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

What We Eat in America, NHANES 2013-2016

Table B

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Protein (g)	2
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Carbohydrate (g) ^{EAR}	4
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Dietary fiber (g) ^{AI}	6
Total fat (g)	7
Saturated fat (g)	8
Monounsaturated fat (g)	9
Polyunsaturated fat (g)	10
Linoleic acid 18:2 (g) ^{AI}	11
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Eicosapentaenoic acid 20:5 (g)	13
Docosahexaenoic acid 22:6 (g)	14
Cholesterol (mg)	15
Vitamin A (μg RAE) ^{EAR}	16
Retinol (μg) ^{UL}	17
Thiamin (mg) ^{EAR}	18
Riboflavin (mg) ^{EAR}	19
Niacin (mg) ^{EAR}	20
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Potassium (mg) ^{AI}	42 ^Δ
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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

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Non-Hispanic White Individuals, What We Eat in America, NHANES 2013-2016
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Table B 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White									
Males and females:									
1-3.....	362	1361 (22)	930 (26)	1013 (23)	1158 (22)	1338 (21)	1542 (26)	1736 (34)	1861 (39)
4-8.....	466	1731 (25)	1209 (27)	1306 (26)	1487 (24)	1708 (24)	1947 (30)	2184 (40)	2335 (46)
Males:									
9-13.....	240	2150 (53)	1422* (45)	1560 (45)	1812 (48)	2119 (54)	2452 (60)	2785 (71)	2998* (79)
14-18.....	225	2354 (53)	1583* (48)	1731 (47)	1998 (48)	2321 (53)	2673 (60)	3022 (70)	3229* (80)
19-50.....	969	2603 (30)	1621 (30)	1807 (28)	2150 (26)	2559 (29)	3011 (38)	3453 (51)	3734 (61)
51+.....	993	2362 (21)	1411 (29)	1590 (26)	1919 (21)	2317 (21)	2758 (29)	3184 (41)	3461 (50)
19+.....	1962	2486 (21)	1498 (28)	1688 (24)	2028 (20)	2441 (20)	2895 (29)	3340 (43)	3620 (52)
Females:									
9-13.....	208	1905 (34)	1219* (33)	1346 (34)	1586 (32)	1875 (34)	2190 (40)	2497 (48)	2695* (53)
14-18.....	214	1767 (39)	1106* (33)	1237 (35)	1462 (35)	1739 (39)	2040 (46)	2338 (56)	2523* (62)
19-50.....	922	1900 (22)	1179 (25)	1314 (24)	1565 (22)	1869 (22)	2200 (24)	2521 (29)	2730 (33)
51+.....	1051	1739 (16)	1047 (21)	1179 (20)	1416 (17)	1706 (17)	2027 (19)	2345 (25)	2545 (29)
19+.....	1973	1812 (13)	1097 (19)	1232 (18)	1479 (15)	1779 (14)	2109 (16)	2434 (23)	2640 (27)
All:									
1+.....	5650	2088 (12)	1180 (14)	1329 (12)	1620 (10)	2006 (10)	2474 (15)	2960 (26)	3272 (37)

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

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Table B 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																	
Males and females:																	
1-3.....	362	49.3	(0.9)	32.8	(1.1)	35.9	(1.0)	41.5	(0.9)	48.4	(0.9)	56.3	(1.1)	63.8	(1.5)	68.7	(1.8)
4-8.....	466	59.9	(1.1)	40.4	(1.3)	43.9	(1.2)	50.7	(1.1)	59.0	(1.1)	68.0	(1.4)	76.9	(1.9)	82.6	(2.2)
Males:																	
9-13.....	240	78.0	(2.1)	47.3*	(2.6)	52.8	(2.4)	63.2	(2.2)	76.2	(2.2)	90.7	(2.5)	105.7	(3.4)	115.4*	(4.2)
14-18.....	225	91.1	(2.2)	56.8*	(3.1)	63.1	(2.9)	74.7	(2.5)	89.1	(2.2)	105.3	(2.6)	121.7	(3.4)	131.6*	(4.2)
19-50.....	969	102.0	(1.6)	61.7	(1.2)	69.2	(1.2)	83.1	(1.3)	100.0	(1.6)	118.9	(2.1)	137.4	(2.7)	149.3	(3.3)
51+.....	993	92.9	(1.0)	53.5	(1.1)	60.8	(1.0)	74.3	(0.9)	90.8	(0.9)	109.3	(1.3)	127.2	(1.9)	139.0	(2.3)
19+.....	1962	97.6	(1.2)	57.0	(1.1)	64.6	(1.0)	78.5	(0.9)	95.5	(1.1)	114.4	(1.6)	133.0	(2.3)	145.0	(2.7)
Females:																	
9-13.....	208	67.7	(1.6)	39.5*	(2.2)	44.4	(2.1)	54.1	(1.8)	66.0	(1.6)	79.5	(1.9)	93.0	(2.8)	101.9*	(3.5)
14-18.....	214	63.5	(1.8)	36.3*	(2.6)	41.4	(2.6)	50.4	(2.3)	61.9	(2.0)	74.8	(1.9)	88.0	(2.4)	96.3*	(2.9)
19-50.....	922	72.1	(0.9)	44.5	(0.9)	49.6	(0.9)	59.2	(0.8)	70.9	(0.9)	83.6	(1.0)	96.0	(1.4)	104.2	(1.6)
51+.....	1051	66.9	(0.7)	40.0	(0.9)	45.1	(0.8)	54.3	(0.7)	65.6	(0.7)	78.1	(0.9)	90.5	(1.3)	98.4	(1.5)
19+.....	1973	69.3	(0.6)	41.8	(0.8)	47.0	(0.7)	56.4	(0.6)	68.0	(0.6)	80.7	(0.8)	93.3	(1.2)	101.3	(1.4)
All:																	
1+.....	5650	80.1	(0.7)	43.3	(0.6)	49.0	(0.6)	60.4	(0.6)	76.1	(0.6)	95.9	(0.9)	116.7	(1.6)	130.0	(2.0)

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

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

	N	Mean	(SE)	Percentiles							<EAR									
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)	EAR	%	(SE)
Non-Hispanic White																				
Males and females:																				
1-3.....	362	4.07	(0.07)	2.63	(0.10)	2.90	(0.09)	3.40	(0.08)	4.00	(0.07)	4.67	(0.08)	5.31	(0.09)	5.71	(0.11)	0.87	<3	
4-8.....	461	2.59	(0.06)	1.50	(0.07)	1.69	(0.07)	2.07	(0.07)	2.53	(0.06)	3.04	(0.06)	3.54	(0.06)	3.87	(0.07)	0.76	<3	
Males:																				
9-13.....	239	1.89	(0.07)	1.02*	(0.08)	1.18	(0.08)	1.47	(0.08)	1.84	(0.07)	2.25	(0.07)	2.68	(0.09)	2.95*	(0.10)	0.76	<3	
14-18.....	224	1.42	(0.04)	0.70*	(0.05)	0.83	(0.05)	1.06	(0.04)	1.37	(0.04)	1.73	(0.05)	2.09	(0.06)	2.31*	(0.07)	0.73	6*	(1.9)
19-50.....	963	1.33	(0.02)	0.70	(0.03)	0.81	(0.03)	1.03	(0.02)	1.29	(0.02)	1.59	(0.03)	1.88	(0.03)	2.07	(0.04)	0.66	4	(0.8)
51+.....	978	1.22	(0.01)	0.61	(0.02)	0.72	(0.02)	0.93	(0.01)	1.18	(0.01)	1.47	(0.02)	1.76	(0.03)	1.94	(0.04)	0.66	7	(0.9)
19+.....	1941	1.27	(0.01)	0.65	(0.02)	0.76	(0.02)	0.97	(0.02)	1.24	(0.01)	1.53	(0.02)	1.83	(0.03)	2.01	(0.04)	0.66	5	(0.8)
Females:																				
9-13.....	207	1.64	(0.04)	0.83*	(0.05)	0.97	(0.05)	1.24	(0.05)	1.59	(0.04)	1.97	(0.04)	2.36	(0.06)	2.62*	(0.07)	0.76	3*	(1.2)
14-18.....	213	1.11	(0.03)	0.48*	(0.05)	0.59	(0.05)	0.79	(0.04)	1.06	(0.04)	1.37	(0.03)	1.70	(0.04)	1.90*	(0.05)	0.71	18	(3.5)
19-50.....	915	1.12	(0.01)	0.63	(0.02)	0.72	(0.02)	0.89	(0.01)	1.10	(0.01)	1.33	(0.01)	1.56	(0.02)	1.71	(0.02)	0.66	7	(0.9)
51+.....	1041	1.07	(0.01)	0.58	(0.02)	0.67	(0.02)	0.84	(0.01)	1.04	(0.01)	1.27	(0.01)	1.50	(0.02)	1.64	(0.02)	0.66	9	(1.0)
19+.....	1956	1.09	(0.01)	0.60	(0.02)	0.69	(0.01)	0.86	(0.01)	1.07	(0.01)	1.30	(0.01)	1.53	(0.02)	1.67	(0.02)	0.66	8	(0.9)
All:																				
1+.....	5603	1.39	(0.01)	0.63	(0.01)	0.74	(0.01)	0.95	(0.01)	1.22	(0.01)	1.58	(0.02)	2.15	(0.03)	2.88	(0.07)		6	(0.6)

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 B 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																			
Males and females:																			
1-3.....	362	180	(3)	120	(3)	131	(3)	152	(3)	177	(3)	206	(4)	233	(5)	250	(6)	100	<3
4-8.....	466	232	(4)	159	(4)	172	(4)	198	(3)	228	(4)	262	(5)	295	(6)	315	(7)	100	<3
Males:																			
9-13.....	240	280	(8)	183*	(7)	202	(7)	235	(7)	276	(8)	321	(8)	365	(10)	394*	(11)	100	<3
14-18.....	225	295	(8)	195*	(8)	214	(7)	249	(8)	291	(8)	337	(9)	383	(11)	410*	(13)	100	<3
19-50.....	969	296	(5)	165	(5)	189	(5)	233	(4)	288	(5)	351	(6)	413	(7)	454	(9)	100	<3
51+.....	993	268	(3)	144	(5)	166	(4)	208	(4)	260	(3)	320	(4)	379	(5)	418	(6)	100	<3
19+.....	1962	282	(3)	153	(5)	177	(4)	220	(4)	274	(3)	336	(4)	399	(6)	439	(7)	100	<3
Females:																			
9-13.....	208	248	(5)	157*	(5)	174	(5)	206	(5)	244	(5)	287	(6)	328	(8)	354*	(9)	100	<3
14-18.....	214	228	(5)	140*	(4)	157	(4)	187	(4)	224	(5)	264	(6)	304	(8)	328*	(10)	100	<3
19-50.....	922	224	(3)	126	(3)	144	(3)	177	(3)	218	(3)	264	(4)	310	(4)	339	(5)	100	<3
51+.....	1051	203	(3)	111	(3)	128	(3)	159	(3)	198	(3)	242	(4)	286	(4)	314	(5)	100	<3
19+.....	1973	213	(3)	117	(3)	134	(3)	167	(3)	207	(3)	252	(3)	298	(4)	327	(4)	100	<3
All:																			
1+.....	5650	246	(2)	131	(2)	151	(2)	188	(2)	236	(2)	294	(2)	354	(3)	394	(5)	100	<3

NOTES: EAR=Estimated Average Requirement

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Table B 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White									
Males and females:									
1-3.....	362	94 (2)	57 (2)	63 (1)	76 (1)	91 (2)	110 (2)	127 (3)	139 (3)
4-8.....	466	110 (2)	68 (2)	75 (2)	89 (2)	107 (2)	127 (3)	147 (3)	160 (4)
Males:									
9-13.....	240	131 (4)	78* (5)	88 (5)	106 (5)	128 (4)	153 (4)	179 (5)	196* (6)
14-18.....	225	138 (4)	83* (5)	93 (4)	112 (4)	135 (4)	161 (4)	187 (5)	203* (6)
19-50.....	969	129 (3)	52 (2)	64 (2)	89 (3)	122 (3)	162 (4)	204 (6)	234 (7)
51+.....	993	117 (2)	45 (2)	56 (2)	78 (2)	109 (2)	147 (3)	187 (4)	214 (5)
19+.....	1962	123 (2)	48 (2)	60 (2)	83 (2)	115 (2)	154 (3)	197 (4)	225 (6)
Females:									
9-13.....	208	116 (3)	66* (4)	75 (4)	92 (3)	113 (3)	136 (3)	160 (4)	175* (5)
14-18.....	214	105 (2)	58* (3)	66 (3)	82 (3)	102 (2)	124 (3)	147 (4)	161* (4)
19-50.....	922	100 (2)	44 (1)	53 (2)	71 (2)	95 (2)	123 (3)	153 (4)	174 (5)
51+.....	1051	93 (3)	40 (2)	48 (2)	65 (2)	88 (3)	115 (3)	145 (4)	165 (5)
19+.....	1973	96 (2)	41 (2)	50 (2)	67 (2)	91 (2)	119 (3)	149 (4)	169 (4)
All:									
1+.....	5650	111 (1)	47 (1)	57 (1)	77 (1)	104 (1)	136 (2)	172 (3)	198 (3)

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

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Table B 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																			
Males and females:																			
1-3.....	362	10.2	(0.3)	5.6	(0.3)	6.4	(0.2)	8.0	(0.3)	9.9	(0.3)	12.2	(0.4)	14.4	(0.4)	15.9	(0.5)	19	<3
4-8.....	466	13.4	(0.3)	7.7	(0.3)	8.7	(0.3)	10.6	(0.3)	13.0	(0.3)	15.7	(0.4)	18.4	(0.5)	20.2	(0.6)	25	<3
Males:																			
9-13.....	240	15.9	(0.5)	9.0*	(0.5)	10.2	(0.5)	12.5	(0.5)	15.4	(0.5)	18.8	(0.6)	22.3	(0.7)	24.7*	(0.8)	31	<3
14-18.....	225	16.0	(0.5)	9.0*	(0.5)	10.2	(0.5)	12.5	(0.4)	15.5	(0.5)	18.9	(0.5)	22.4	(0.7)	24.5*	(0.8)	38	<3
19-50.....	969	18.6	(0.4)	8.4	(0.3)	10.1	(0.3)	13.4	(0.4)	17.7	(0.4)	22.8	(0.5)	28.2	(0.7)	31.7	(0.9)	38	<3
51+.....	993	19.2	(0.4)	8.9	(0.4)	10.6	(0.4)	14.0	(0.3)	18.3	(0.4)	23.5	(0.5)	28.8	(0.7)	32.4	(0.8)	30	8 (1.1)
19+.....	1962	18.9	(0.3)	8.6	(0.3)	10.3	(0.3)	13.7	(0.3)	18.0	(0.3)	23.1	(0.4)	28.5	(0.6)	32.0	(0.8)		5 (0.6)
Females:																			
9-13.....	208	14.6	(0.4)	7.9*	(0.4)	9.1	(0.4)	11.3	(0.4)	14.1	(0.4)	17.4	(0.4)	20.6	(0.5)	22.8*	(0.6)	26	<3
14-18.....	214	13.2	(0.4)	6.9*	(0.5)	8.1	(0.5)	10.1	(0.5)	12.7	(0.4)	15.8	(0.4)	18.9	(0.4)	20.9*	(0.5)	26	<3
19-50.....	922	15.4	(0.4)	7.2	(0.2)	8.6	(0.2)	11.3	(0.3)	14.8	(0.4)	18.8	(0.4)	23.0	(0.6)	25.9	(0.7)	25	6 (1.0)
51+.....	1051	15.5	(0.3)	7.3	(0.2)	8.7	(0.2)	11.4	(0.2)	14.9	(0.3)	19.0	(0.4)	23.3	(0.5)	26.1	(0.5)	21	17 (1.4)
19+.....	1973	15.5	(0.3)	7.3	(0.2)	8.7	(0.2)	11.3	(0.2)	14.8	(0.3)	18.9	(0.4)	23.1	(0.5)	26.0	(0.6)		12 (1.1)
All:																			
1+.....	5650	16.5	(0.2)	7.6	(0.1)	9.0	(0.1)	11.8	(0.1)	15.5	(0.2)	20.1	(0.3)	25.2	(0.4)	28.6	(0.5)		7 (0.6)

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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																	
Males and females:																	
1-3.....	362	51.6	(0.9)	32.5	(1.0)	36.0	(0.9)	42.4	(0.8)	50.4	(0.9)	59.5	(1.2)	68.6	(1.8)	74.4	(2.2)
4-8.....	466	65.5	(1.1)	42.3	(1.3)	46.4	(1.2)	54.4	(1.1)	64.2	(1.1)	75.2	(1.4)	86.1	(2.0)	93.2	(2.3)
Males:																	
9-13.....	240	82.7	(2.1)	50.5*	(2.3)	56.4	(2.2)	67.4	(2.0)	81.0	(2.1)	96.0	(2.4)	111.3	(3.2)	121.2*	(3.8)
14-18.....	225	90.6	(2.2)	56.5*	(2.5)	62.8	(2.3)	74.5	(2.2)	88.8	(2.2)	104.8	(2.7)	120.8	(3.5)	130.4*	(4.1)
19-50.....	969	101.5	(1.5)	59.1	(1.4)	66.9	(1.3)	81.4	(1.3)	99.2	(1.4)	119.0	(1.9)	138.7	(2.4)	151.4	(2.8)
51+.....	993	95.0	(1.2)	53.7	(1.3)	61.3	(1.2)	75.3	(1.1)	92.7	(1.1)	112.2	(1.6)	131.3	(2.3)	143.8	(2.8)
19+.....	1962	98.3	(1.1)	56.1	(1.2)	64.0	(1.1)	78.3	(1.0)	96.0	(1.1)	115.8	(1.5)	135.4	(2.2)	148.0	(2.6)
Females:																	
9-13.....	208	74.5	(1.5)	44.0*	(2.0)	49.4	(1.9)	60.0	(1.6)	72.9	(1.5)	87.2	(1.8)	101.4	(2.4)	110.7*	(2.9)
14-18.....	214	68.8	(2.2)	39.5*	(2.5)	45.1	(2.5)	54.9	(2.4)	67.3	(2.2)	80.9	(2.3)	94.7	(2.6)	103.3*	(2.9)
19-50.....	922	76.0	(1.1)	42.1	(1.2)	48.1	(1.2)	59.6	(1.1)	74.0	(1.1)	90.1	(1.2)	106.2	(1.4)	116.9	(1.6)
51+.....	1051	71.6	(0.9)	38.6	(0.8)	44.6	(0.8)	55.6	(0.8)	69.5	(0.9)	85.3	(1.2)	101.5	(1.6)	111.8	(1.9)
19+.....	1973	73.6	(0.8)	40.0	(0.8)	46.1	(0.8)	57.3	(0.7)	71.5	(0.8)	87.6	(0.9)	103.7	(1.3)	114.3	(1.6)
All:																	
1+.....	5650	82.9	(0.7)	43.2	(0.5)	49.7	(0.5)	62.5	(0.5)	79.6	(0.6)	99.8	(0.9)	120.5	(1.4)	133.8	(1.9)

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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																	
Males and females:																	
1-3.....	362	19.7	(0.4)	11.9	(0.4)	13.3	(0.4)	15.8	(0.4)	19.1	(0.4)	22.9	(0.5)	26.7	(0.8)	29.2	(0.9)
4-8.....	466	23.8	(0.5)	14.6	(0.5)	16.2	(0.4)	19.3	(0.4)	23.2	(0.5)	27.6	(0.6)	32.1	(0.9)	35.0	(1.0)
Males:																	
9-13.....	240	29.9	(0.9)	17.7*	(0.7)	19.9	(0.7)	24.0	(0.7)	29.2	(0.9)	35.0	(1.0)	40.9	(1.4)	44.8*	(1.6)
14-18.....	225	31.8	(1.0)	19.1*	(0.8)	21.4	(0.8)	25.7	(0.8)	31.1	(0.9)	37.1	(1.2)	43.2	(1.5)	47.0*	(1.8)
19-50.....	969	33.8	(0.5)	19.2	(0.5)	21.9	(0.5)	26.8	(0.5)	32.9	(0.5)	39.9	(0.7)	46.8	(0.8)	51.2	(1.0)
51+.....	993	31.2	(0.5)	17.3	(0.5)	19.8	(0.5)	24.5	(0.5)	30.4	(0.5)	37.0	(0.6)	43.7	(0.8)	48.0	(1.0)
19+.....	1962	32.6	(0.4)	18.1	(0.5)	20.8	(0.5)	25.6	(0.4)	31.7	(0.4)	38.5	(0.5)	45.4	(0.8)	49.9	(0.9)
Females:																	
9-13.....	208	26.3	(0.6)	15.0*	(0.6)	17.0	(0.6)	20.8	(0.6)	25.7	(0.6)	31.1	(0.7)	36.5	(1.0)	40.1*	(1.2)
14-18.....	214	23.6	(0.9)	12.9*	(0.9)	14.9	(0.9)	18.4	(0.9)	22.9	(0.9)	28.0	(1.0)	33.1	(1.2)	36.4*	(1.3)
19-50.....	922	24.9	(0.4)	12.9	(0.5)	15.0	(0.4)	19.0	(0.4)	24.1	(0.4)	30.0	(0.4)	35.9	(0.5)	39.9	(0.6)
51+.....	1051	23.4	(0.3)	11.9	(0.3)	13.9	(0.3)	17.6	(0.3)	22.5	(0.3)	28.2	(0.4)	34.1	(0.5)	37.9	(0.7)
19+.....	1973	24.1	(0.3)	12.3	(0.3)	14.3	(0.3)	18.2	(0.3)	23.2	(0.3)	29.0	(0.3)	34.9	(0.4)	38.8	(0.6)
All:																	
1+.....	5650	27.7	(0.2)	14.0	(0.2)	16.3	(0.2)	20.7	(0.2)	26.6	(0.2)	33.6	(0.3)	40.7	(0.5)	45.3	(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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																	
Males and females:																	
1-3.....	362	16.8	(0.3)	10.4	(0.4)	11.5	(0.3)	13.7	(0.3)	16.4	(0.3)	19.5	(0.4)	22.7	(0.6)	24.6	(0.8)
4-8.....	466	21.6	(0.4)	13.7	(0.5)	15.1	(0.4)	17.8	(0.4)	21.2	(0.4)	24.9	(0.5)	28.7	(0.7)	31.1	(0.9)
Males:																	
9-13.....	240	27.8	(0.7)	16.5*	(0.8)	18.5	(0.8)	22.4	(0.7)	27.2	(0.8)	32.5	(0.9)	38.1	(1.3)	41.7*	(1.5)
14-18.....	225	30.8	(0.8)	18.6*	(0.9)	20.8	(0.8)	24.9	(0.7)	30.0	(0.8)	35.8	(1.0)	41.6	(1.4)	45.2*	(1.7)
19-50.....	969	35.3	(0.5)	19.8	(0.5)	22.6	(0.5)	27.9	(0.5)	34.4	(0.5)	41.7	(0.7)	49.2	(0.8)	53.9	(1.0)
51+.....	993	33.6	(0.4)	18.3	(0.4)	21.1	(0.4)	26.2	(0.4)	32.6	(0.4)	39.9	(0.6)	47.2	(0.8)	51.9	(1.0)
19+.....	1962	34.5	(0.4)	19.0	(0.4)	21.8	(0.4)	27.0	(0.4)	33.5	(0.4)	40.9	(0.5)	48.2	(0.8)	53.0	(0.9)
Females:																	
9-13.....	208	25.0	(0.6)	14.3*	(0.8)	16.2	(0.8)	19.8	(0.7)	24.3	(0.6)	29.4	(0.7)	34.6	(1.0)	37.9*	(1.2)
14-18.....	214	22.9	(0.8)	12.7*	(0.9)	14.6	(0.9)	18.0	(0.9)	22.3	(0.8)	27.1	(0.8)	32.1	(1.0)	35.2*	(1.2)
19-50.....	922	26.1	(0.4)	14.0	(0.4)	16.2	(0.4)	20.2	(0.4)	25.3	(0.4)	31.1	(0.5)	37.0	(0.6)	41.0	(0.7)
51+.....	1051	24.9	(0.5)	13.1	(0.3)	15.2	(0.3)	19.1	(0.3)	24.1	(0.4)	29.8	(0.6)	35.8	(0.8)	39.6	(1.0)
19+.....	1973	25.4	(0.3)	13.5	(0.3)	15.6	(0.3)	19.6	(0.3)	24.6	(0.3)	30.4	(0.5)	36.3	(0.6)	40.2	(0.8)
All:																	
1+.....	5650	28.7	(0.3)	14.4	(0.2)	16.6	(0.2)	21.2	(0.2)	27.4	(0.3)	34.8	(0.3)	42.5	(0.5)	47.5	(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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																	
Males and females:																	
1-3.....	362	10.3	(0.2)	5.9	(0.3)	6.7	(0.3)	8.1	(0.2)	10.0	(0.2)	12.1	(0.3)	14.3	(0.4)	15.7	(0.5)
4-8.....	466	14.1	(0.3)	8.4	(0.3)	9.4	(0.3)	11.3	(0.3)	13.7	(0.3)	16.4	(0.4)	19.2	(0.5)	21.0	(0.6)
Males:																	
9-13.....	240	17.4	(0.5)	10.0*	(0.6)	11.3	(0.5)	13.7	(0.5)	16.9	(0.5)	20.6	(0.6)	24.4	(0.9)	26.9*	(1.1)
14-18.....	225	19.1	(0.7)	11.1*	(0.6)	12.5	(0.6)	15.2	(0.6)	18.6	(0.6)	22.5	(0.8)	26.5	(1.1)	28.9*	(1.4)
19-50.....	969	22.6	(0.4)	12.4	(0.4)	14.2	(0.3)	17.6	(0.3)	21.9	(0.4)	26.9	(0.5)	32.0	(0.7)	35.3	(0.9)
51+.....	993	21.7	(0.4)	11.6	(0.3)	13.4	(0.3)	16.7	(0.3)	20.9	(0.3)	25.8	(0.5)	30.8	(0.8)	34.1	(1.0)
19+.....	1962	22.2	(0.3)	12.0	(0.3)	13.8	(0.3)	17.2	(0.3)	21.4	(0.3)	26.4	(0.5)	31.4	(0.7)	34.8	(0.9)
Females:																	
9-13.....	208	16.6	(0.4)	9.3*	(0.5)	10.5	(0.5)	13.0	(0.4)	16.1	(0.4)	19.7	(0.6)	23.3	(0.8)	25.7*	(1.0)
14-18.....	214	15.6	(0.5)	8.5*	(0.7)	9.8	(0.6)	12.2	(0.6)	15.2	(0.6)	18.6	(0.6)	22.1	(0.8)	24.4*	(0.9)
19-50.....	922	18.0	(0.3)	9.7	(0.3)	11.1	(0.3)	13.8	(0.3)	17.4	(0.3)	21.5	(0.4)	25.7	(0.5)	28.5	(0.6)
51+.....	1051	17.0	(0.3)	8.9	(0.2)	10.3	(0.2)	12.9	(0.2)	16.3	(0.3)	20.3	(0.3)	24.5	(0.5)	27.2	(0.6)
19+.....	1973	17.4	(0.2)	9.2	(0.3)	10.6	(0.2)	13.3	(0.2)	16.8	(0.2)	20.9	(0.3)	25.1	(0.4)	27.9	(0.5)
All:																	
1+.....	5650	18.9	(0.2)	9.3	(0.1)	10.9	(0.1)	13.9	(0.2)	18.0	(0.2)	22.9	(0.3)	28.0	(0.4)	31.3	(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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																				
Males and females:																				
1-3.....	362	9.1	(0.2)	5.1	(0.3)	5.8	(0.2)	7.1	(0.2)	8.8	(0.2)	10.8	(0.3)	12.8	(0.4)	14.1	(0.4)	7	77	(3.1)
4-8.....	466	12.6	(0.2)	7.5	(0.3)	8.3	(0.3)	10.1	(0.2)	12.3	(0.2)	14.7	(0.3)	17.3	(0.5)	18.9	(0.6)	10	76	(2.4)
Males:																				
9-13.....	240	15.6	(0.4)	8.9*	(0.5)	10.1	(0.5)	12.3	(0.4)	15.2	(0.5)	18.4	(0.6)	21.8	(0.8)	24.1*	(1.0)	12	77	(3.5)
14-18.....	225	17.1	(0.6)	9.9*	(0.6)	11.1	(0.5)	13.5	(0.5)	16.6	(0.6)	20.1	(0.8)	23.7	(1.0)	25.9*	(1.2)	16	55	(4.8)
19-50.....	969	20.1	(0.3)	11.0	(0.3)	12.5	(0.3)	15.6	(0.3)	19.4	(0.3)	23.9	(0.5)	28.4	(0.7)	31.4	(0.8)	17	66	(1.9)
51+.....	993	19.1	(0.3)	10.2	(0.3)	11.7	(0.3)	14.7	(0.2)	18.5	(0.3)	22.8	(0.4)	27.3	(0.7)	30.3	(0.8)	14	79	(1.4)
19+.....	1962	19.6	(0.3)	10.5	(0.3)	12.1	(0.3)	15.1	(0.2)	19.0	(0.3)	23.4	(0.4)	27.9	(0.6)	30.9	(0.8)		72	(1.4)
Females:																				
9-13.....	208	14.9	(0.4)	8.3*	(0.5)	9.4	(0.4)	11.6	(0.4)	14.4	(0.4)	17.6	(0.5)	20.9	(0.8)	23.1*	(0.9)	10	87	(2.5)
14-18.....	214	14.0	(0.5)	7.6*	(0.6)	8.8	(0.6)	10.9	(0.5)	13.6	(0.5)	16.6	(0.5)	19.8	(0.7)	21.9*	(0.8)	11	74	(4.6)
19-50.....	922	16.0	(0.3)	8.5	(0.3)	9.8	(0.3)	12.2	(0.3)	15.4	(0.3)	19.1	(0.4)	22.9	(0.5)	25.4	(0.6)	12	77	(2.0)
51+.....	1051	14.9	(0.2)	7.7	(0.2)	8.9	(0.2)	11.3	(0.2)	14.3	(0.2)	17.9	(0.3)	21.6	(0.4)	24.1	(0.5)	11	77	(1.5)
19+.....	1973	15.4	(0.2)	8.0	(0.2)	9.3	(0.2)	11.7	(0.2)	14.8	(0.2)	18.5	(0.3)	22.2	(0.4)	24.7	(0.5)		77	(1.5)
All:																				
1+.....	5650	16.7	(0.2)	8.2	(0.1)	9.6	(0.1)	12.3	(0.1)	15.9	(0.2)	20.3	(0.2)	24.8	(0.4)	27.8	(0.5)		74	(1.0)

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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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

	N	Mean	(SE)	Percentiles							>AI									
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)	AI	%	(SE)
Non-Hispanic White																				
Males and females:																				
1-3.....	362	0.96	(0.03)	0.55	(0.03)	0.62	(0.03)	0.75	(0.03)	0.93	(0.03)	1.13	(0.03)	1.35	(0.04)	1.49	(0.05)	0.7	82	(3.1)
4-8.....	466	1.21	(0.03)	0.71	(0.03)	0.79	(0.03)	0.96	(0.03)	1.17	(0.03)	1.41	(0.03)	1.67	(0.04)	1.84	(0.05)	0.9	81	(3.1)
Males:																				
9-13.....	240	1.51	(0.04)	0.85*	(0.06)	0.96	(0.06)	1.18	(0.05)	1.46	(0.04)	1.78	(0.06)	2.12	(0.09)	2.35*	(0.12)	1.2	73	(4.1)
14-18.....	225	1.64	(0.06)	0.94*	(0.07)	1.06	(0.07)	1.29	(0.06)	1.59	(0.06)	1.93	(0.08)	2.30	(0.11)	2.52*	(0.14)	1.6	49	(5.4)
19-50.....	969	2.04	(0.04)	1.10	(0.04)	1.26	(0.04)	1.57	(0.03)	1.96	(0.04)	2.43	(0.06)	2.92	(0.10)	3.25	(0.12)	1.6	73	(2.0)
51+.....	993	2.02	(0.04)	1.09	(0.04)	1.25	(0.04)	1.55	(0.03)	1.94	(0.04)	2.40	(0.06)	2.89	(0.10)	3.21	(0.13)	1.6	72	(2.0)
19+.....	1962	2.03	(0.04)	1.10	(0.04)	1.25	(0.04)	1.56	(0.03)	1.95	(0.03)	2.42	(0.06)	2.91	(0.09)	3.23	(0.12)	1.6	72	(1.7)
Females:																				
9-13.....	208	1.45	(0.04)	0.80*	(0.06)	0.91	(0.05)	1.12	(0.04)	1.40	(0.04)	1.71	(0.06)	2.04	(0.10)	2.27*	(0.12)	1	84	(3.3)
14-18.....	214	1.35	(0.06)	0.73*	(0.07)	0.84	(0.06)	1.04	(0.06)	1.30	(0.06)	1.60	(0.07)	1.92	(0.09)	2.12*	(0.12)	1.1	69	(5.6)
19-50.....	922	1.69	(0.04)	0.87	(0.04)	1.00	(0.04)	1.26	(0.04)	1.61	(0.04)	2.03	(0.05)	2.48	(0.07)	2.79	(0.09)	1.1	85	(2.1)
51+.....	1051	1.66	(0.03)	0.84	(0.03)	0.98	(0.03)	1.23	(0.03)	1.58	(0.03)	2.00	(0.04)	2.45	(0.07)	2.76	(0.09)	1.1	83	(1.7)
19+.....	1973	1.67	(0.03)	0.85	(0.03)	0.99	(0.03)	1.25	(0.03)	1.59	(0.03)	2.01	(0.04)	2.47	(0.06)	2.77	(0.09)	1.1	84	(1.7)
All:																				
1+.....	5650	1.75	(0.02)	0.84	(0.02)	0.98	(0.02)	1.27	(0.02)	1.66	(0.02)	2.13	(0.03)	2.62	(0.06)	2.95	(0.08)		77	(1.1)

NOTES: AI=Adequate Intake

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

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

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

Table B 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White										
Males and females:										
1-3.....	362	0.01	(#)	#	#	#	0.01	(#)	0.01	(#)
4-8.....	466	0.01	(#)	#	#	0.01	(#)	0.01	(0.001)	0.01
									(0.001)	0.02
										(0.001)
Males:										
9-13.....	240	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02
14-18.....	225	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02
										(0.002)
										0.02*
										(0.002)
19-50.....	969	0.02	(0.002)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03
51+.....	993	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03
19+.....	1962	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03
										(0.003)
										0.04
										(0.004)
Females:										
9-13.....	208	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01
14-18.....	214	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01
										(0.002)
										0.01*
										(0.002)
19-50.....	922	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02
51+.....	1051	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03
19+.....	1973	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03
										(0.003)
										0.03
										(0.003)
All:										
1+.....	5650	0.02	(0.001)	0.01	(#)	0.01	(#)	0.01	(0.001)	0.02
										(0.001)
										0.03
										(0.002)
										0.03
										(0.002)

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

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

Table B 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																	
Males and females:																	
1-3.....	362	0.01	(0.001)	#		0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.002)	0.03	(0.003)
4-8.....	466	0.02	(0.001)	#		0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.03	(0.003)
Males:																	
9-13.....	240	0.02	(0.002)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.04	(0.003)	0.05*	(0.004)
14-18.....	225	0.03	(0.002)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.002)	0.02	(0.002)	0.03	(0.003)	0.05	(0.004)	0.06*	(0.006)
19-50.....	969	0.05	(0.004)	0.01	(0.002)	0.02	(0.002)	0.03	(0.002)	0.04	(0.003)	0.07	(0.006)	0.10	(0.009)	0.13	(0.013)
51+.....	993	0.06	(0.004)	0.02	(0.002)	0.02	(0.002)	0.03	(0.002)	0.05	(0.003)	0.08	(0.005)	0.12	(0.009)	0.15	(0.014)
19+.....	1962	0.06	(0.004)	0.01	(0.002)	0.02	(0.002)	0.03	(0.002)	0.05	(0.003)	0.07	(0.005)	0.11	(0.009)	0.14	(0.013)
Females:																	
9-13.....	208	0.02	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.001)	0.03	(0.003)	0.04*	(0.004)
14-18.....	214	0.02	(0.002)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.02	(0.002)	0.03	(0.004)	0.04*	(0.005)
19-50.....	922	0.05	(0.003)	0.01	(0.002)	0.02	(0.002)	0.02	(0.002)	0.04	(0.002)	0.06	(0.004)	0.09	(0.006)	0.11	(0.010)
51+.....	1051	0.05	(0.004)	0.01	(0.002)	0.02	(0.002)	0.03	(0.002)	0.04	(0.003)	0.06	(0.004)	0.10	(0.008)	0.12	(0.011)
19+.....	1973	0.05	(0.003)	0.01	(0.002)	0.02	(0.002)	0.02	(0.002)	0.04	(0.003)	0.06	(0.004)	0.09	(0.007)	0.12	(0.010)
All:																	
1+.....	5650	0.05	(0.002)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.04	(0.002)	0.06	(0.003)	0.09	(0.005)	0.12	(0.008)

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

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

Table B 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White									
Males and females:									
1-3.....	362	159 (6)	90 (6)	101 (6)	124 (5)	153 (5)	188 (8)	224 (12)	248 (15)
4-8.....	466	181 (6)	103 (6)	116 (6)	141 (5)	174 (5)	213 (8)	253 (12)	280 (15)
Males:									
9-13.....	240	249 (8)	123* (8)	143 (8)	184 (7)	237 (8)	302 (10)	372 (16)	419* (20)
14-18.....	225	290 (11)	147* (10)	171 (10)	216 (9)	277 (10)	349 (14)	426 (20)	475* (24)
19-50.....	969	349 (7)	166 (7)	196 (7)	254 (6)	332 (7)	425 (9)	524 (14)	590 (17)
51+.....	993	331 (7)	154 (7)	183 (7)	239 (7)	315 (7)	404 (9)	499 (14)	564 (18)
19+.....	1962	340 (6)	160 (7)	189 (7)	247 (6)	323 (6)	415 (9)	512 (13)	578 (17)
Females:									
9-13.....	208	218 (7)	103* (7)	121 (7)	157 (6)	207 (7)	266 (9)	328 (14)	371* (18)
14-18.....	214	195 (10)	89* (9)	106 (9)	140 (9)	185 (10)	239 (12)	298 (16)	337* (19)
19-50.....	922	249 (4)	122 (6)	142 (6)	184 (5)	238 (5)	302 (5)	370 (7)	417 (9)
51+.....	1051	243 (5)	118 (5)	138 (5)	178 (5)	231 (5)	295 (6)	364 (8)	409 (10)
19+.....	1973	246 (4)	120 (5)	140 (5)	181 (5)	234 (4)	298 (5)	367 (7)	412 (8)
All:									
1+.....	5650	276 (3)	121 (3)	143 (3)	189 (3)	256 (3)	341 (5)	437 (8)	503 (11)

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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																			
Males and females:																			
1-3.....	362	582	(13)	341	(11)	384	(10)	465	(10)	567	(12)	682	(17)	796	(24)	873	(28)	210	<3
4-8.....	466	630	(17)	371	(13)	417	(13)	505	(13)	615	(16)	737	(21)	861	(29)	940	(34)	275	<3
Males:																			
9-13.....	240	725	(29)	352*	(33)	414	(32)	534	(31)	694	(31)	881	(34)	1080	(45)	1212*	(56)	445	13 (3.7)
14-18.....	225	683	(28)	326*	(31)	385	(30)	500	(29)	652	(29)	831	(33)	1022	(44)	1141*	(54)	630	46 (4.7)
19-50.....	969	708	(14)	300	(13)	362	(13)	489	(12)	661	(13)	876	(20)	1110	(29)	1271	(36)	625	45 (1.9)
51+.....	993	741	(17)	315	(13)	382	(14)	513	(14)	693	(16)	916	(23)	1160	(32)	1328	(41)	625	41 (2.2)
19+.....	1962	724	(13)	307	(12)	371	(12)	500	(11)	677	(12)	897	(18)	1134	(28)	1299	(36)	625	43 (1.6)
Females:																			
9-13.....	208	625	(19)	285*	(26)	340	(25)	450	(23)	596	(20)	768	(24)	947	(36)	1068*	(46)	420	20 (3.5)
14-18.....	214	538	(25)	231*	(27)	282	(29)	379	(28)	510	(27)	666	(28)	831	(36)	939*	(43)	485	45 (5.1)
19-50.....	922	606	(18)	265	(13)	316	(13)	420	(14)	566	(17)	746	(24)	944	(35)	1087	(45)	500	39 (2.6)
51+.....	1051	653	(15)	288	(14)	343	(14)	455	(13)	610	(14)	801	(19)	1020	(30)	1167	(39)	500	32 (2.2)
19+.....	1973	632	(14)	276	(13)	330	(13)	439	(12)	589	(14)	777	(19)	987	(30)	1135	(39)	500	35 (2.1)
All:																			
1+.....	5650	668	(9)	293	(9)	352	(9)	467	(8)	624	(8)	818	(11)	1039	(17)	1194	(23)		35 (1.3)

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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																				
Males and females:																				
1-3.....	362	462	(11)	265	(13)	301	(13)	368	(11)	451	(12)	544	(13)	637	(19)	694	(22)	600	15	(2.5)
4-8.....	466	493	(12)	285	(11)	322	(10)	394	(9)	482	(11)	580	(16)	677	(23)	738	(27)	900	<3	
Males:																				
9-13.....	240	583	(28)	256*	(22)	309	(22)	414	(24)	554	(28)	720	(34)	897	(44)	1016*	(53)	1700	<3	
14-18.....	225	565	(29)	245*	(20)	297	(21)	399	(23)	535	(28)	698	(36)	871	(48)	979*	(57)	2800	<3	
19-50.....	969	520	(11)	199	(11)	246	(11)	344	(11)	481	(11)	654	(14)	841	(21)	969	(27)	3000	<3	
51+.....	993	521	(12)	197	(11)	247	(12)	345	(12)	482	(12)	654	(16)	845	(22)	975	(28)	3000	<3	
19+.....	1962	521	(10)	198	(11)	247	(11)	345	(10)	482	(10)	654	(13)	843	(20)	973	(26)	3000	<3	
Females:																				
9-13.....	208	502	(20)	204*	(19)	250	(20)	346	(20)	474	(20)	627	(23)	788	(31)	897*	(37)	1700	<3	
14-18.....	214	413	(22)	152*	(17)	194	(19)	275	(20)	387	(22)	522	(26)	668	(34)	764*	(40)	2800	<3	
19-50.....	922	412	(9)	173	(8)	209	(8)	282	(8)	385	(9)	511	(12)	649	(18)	747	(24)	3000	<3	
51+.....	1051	420	(11)	175	(9)	212	(10)	288	(10)	391	(11)	520	(13)	666	(17)	764	(21)	3000	<3	
19+.....	1973	416	(8)	174	(8)	210	(8)	285	(8)	388	(8)	516	(10)	659	(15)	756	(20)	3000	<3	
All:																				
1+.....	5650	475	(6)	190	(7)	233	(7)	320	(6)	441	(6)	590	(7)	758	(12)	878	(16)		<3	

NOTES: UL=Tolerable Upper Intake Level

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

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

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

	N	Mean	(SE)	Percentiles						<EAR										
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)	EAR	%	(SE)
Non-Hispanic White																				
Males and females:																				
1-3.....	362	1.11	(0.02)	0.70	(0.03)	0.78	(0.02)	0.92	(0.02)	1.09	(0.02)	1.29	(0.03)	1.48	(0.04)	1.61	(0.04)	0.4	<3	
4-8.....	466	1.44	(0.03)	0.94	(0.03)	1.03	(0.03)	1.20	(0.03)	1.42	(0.03)	1.65	(0.03)	1.89	(0.04)	2.04	(0.05)	0.5	<3	
Males:																				
9-13.....	240	1.81	(0.06)	1.06*	(0.06)	1.19	(0.06)	1.44	(0.05)	1.76	(0.06)	2.12	(0.08)	2.49	(0.11)	2.73*	(0.14)	0.7	<3	
14-18.....	225	1.97	(0.07)	1.17*	(0.07)	1.32	(0.07)	1.59	(0.06)	1.92	(0.07)	2.30	(0.09)	2.69	(0.13)	2.93*	(0.15)	1	<3	
19-50.....	969	1.94	(0.03)	1.10	(0.02)	1.25	(0.02)	1.53	(0.02)	1.88	(0.02)	2.29	(0.03)	2.71	(0.05)	2.99	(0.05)	1	<3	
51+.....	993	1.85	(0.03)	1.03	(0.03)	1.18	(0.03)	1.44	(0.03)	1.79	(0.03)	2.18	(0.03)	2.59	(0.04)	2.85	(0.05)	1	4	(0.7)
19+.....	1962	1.89	(0.02)	1.06	(0.02)	1.21	(0.02)	1.48	(0.02)	1.83	(0.02)	2.24	(0.03)	2.65	(0.04)	2.93	(0.05)	1	3	(0.5)
Females:																				
9-13.....	208	1.57	(0.03)	0.88*	(0.05)	1.00	(0.04)	1.23	(0.03)	1.52	(0.03)	1.85	(0.05)	2.19	(0.08)	2.41*	(0.11)	0.7	<3	
14-18.....	214	1.44	(0.04)	0.78*	(0.05)	0.90	(0.05)	1.12	(0.05)	1.39	(0.04)	1.71	(0.05)	2.03	(0.08)	2.23*	(0.10)	0.9	10	(2.8)
19-50.....	922	1.43	(0.02)	0.83	(0.03)	0.94	(0.03)	1.14	(0.02)	1.39	(0.02)	1.68	(0.03)	1.98	(0.04)	2.17	(0.05)	0.9	8	(1.3)
51+.....	1051	1.34	(0.02)	0.76	(0.02)	0.87	(0.02)	1.06	(0.02)	1.30	(0.02)	1.58	(0.03)	1.87	(0.04)	2.05	(0.05)	0.9	12	(1.3)
19+.....	1973	1.38	(0.02)	0.79	(0.02)	0.89	(0.02)	1.09	(0.02)	1.34	(0.02)	1.63	(0.02)	1.92	(0.03)	2.11	(0.04)	0.9	10	(1.1)
All:																				
1+.....	5650	1.62	(0.01)	0.86	(0.01)	0.98	(0.01)	1.22	(0.01)	1.54	(0.01)	1.93	(0.02)	2.36	(0.03)	2.64	(0.03)		6	(0.5)

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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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

	N	Mean	(SE)	Percentiles						<EAR										
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)	EAR	%	(SE)
Non-Hispanic White																				
Males and females:																				
1-3.....	362	1.74	(0.03)	1.10	(0.03)	1.22	(0.03)	1.44	(0.03)	1.70	(0.03)	2.01	(0.03)	2.30	(0.03)	2.49	(0.04)	0.4	<3	
4-8.....	466	1.90	(0.03)	1.21	(0.03)	1.34	(0.03)	1.58	(0.03)	1.87	(0.03)	2.19	(0.03)	2.51	(0.04)	2.72	(0.05)	0.5	<3	
Males:																				
9-13.....	240	2.31	(0.08)	1.26*	(0.09)	1.44	(0.09)	1.78	(0.08)	2.23	(0.08)	2.74	(0.10)	3.29	(0.13)	3.65*	(0.16)	0.8	<3	
14-18.....	225	2.51	(0.08)	1.39*	(0.10)	1.59	(0.09)	1.95	(0.08)	2.42	(0.08)	2.97	(0.10)	3.55	(0.14)	3.90*	(0.17)	1.1	<3	
19-50.....	969	2.70	(0.04)	1.37	(0.04)	1.59	(0.04)	2.02	(0.03)	2.59	(0.04)	3.26	(0.05)	3.96	(0.07)	4.44	(0.09)	1.1	<3	
51+.....	993	2.62	(0.03)	1.31	(0.03)	1.53	(0.03)	1.95	(0.03)	2.51	(0.03)	3.16	(0.04)	3.86	(0.07)	4.32	(0.09)	1.1	<3	
19+.....	1962	2.67	(0.03)	1.34	(0.03)	1.56	(0.03)	1.99	(0.03)	2.55	(0.02)	3.21	(0.04)	3.91	(0.06)	4.38	(0.08)	1.1	<3	
Females:																				
9-13.....	208	2.00	(0.05)	1.05*	(0.07)	1.21	(0.07)	1.52	(0.06)	1.93	(0.06)	2.40	(0.07)	2.89	(0.10)	3.22*	(0.13)	0.8	<3	
14-18.....	214	1.78	(0.06)	0.90*	(0.08)	1.06	(0.08)	1.34	(0.07)	1.71	(0.07)	2.15	(0.07)	2.61	(0.09)	2.90*	(0.11)	0.9	5*	(2.1)
19-50.....	922	1.98	(0.03)	1.10	(0.03)	1.26	(0.03)	1.55	(0.03)	1.92	(0.03)	2.34	(0.04)	2.77	(0.05)	3.06	(0.06)	0.9	<3	
51+.....	1051	1.92	(0.03)	1.06	(0.03)	1.21	(0.03)	1.50	(0.02)	1.86	(0.02)	2.28	(0.03)	2.72	(0.05)	2.99	(0.06)	0.9	<3	
19+.....	1973	1.95	(0.02)	1.08	(0.03)	1.23	(0.03)	1.52	(0.02)	1.89	(0.02)	2.31	(0.03)	2.74	(0.04)	3.02	(0.05)	0.9	<3	
All:																				
1+.....	5650	2.25	(0.02)	1.15	(0.02)	1.32	(0.02)	1.66	(0.02)	2.11	(0.02)	2.69	(0.02)	3.36	(0.04)	3.83	(0.05)		<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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																			
Males and females:																			
1-3.....	362	13.4	(0.3)	8.0	(0.3)	9.0	(0.3)	10.8	(0.2)	13.0	(0.3)	15.7	(0.3)	18.2	(0.5)	19.9	(0.6)	5	<3
4-8.....	466	18.6	(0.4)	11.7	(0.4)	12.9	(0.4)	15.3	(0.4)	18.2	(0.4)	21.5	(0.5)	24.7	(0.7)	26.8	(0.8)	6	<3
Males:																			
9-13.....	240	25.1	(0.8)	14.7*	(0.9)	16.5	(0.9)	20.0	(0.8)	24.4	(0.8)	29.4	(1.0)	34.7	(1.4)	38.2*	(1.8)	9	<3
14-18.....	225	30.3	(0.9)	18.3*	(0.9)	20.5	(0.8)	24.5	(0.7)	29.5	(0.8)	35.3	(1.2)	41.2	(1.7)	44.8*	(2.1)	12	<3
19-50.....	969	33.8	(0.7)	19.1	(0.6)	21.6	(0.6)	26.6	(0.6)	32.8	(0.6)	40.0	(0.8)	47.4	(1.1)	52.2	(1.3)	12	<3
51+.....	993	29.7	(0.3)	16.0	(0.4)	18.4	(0.4)	22.9	(0.3)	28.6	(0.3)	35.4	(0.5)	42.2	(0.8)	46.8	(1.0)	12	<3
19+.....	1962	31.8	(0.5)	17.2	(0.5)	19.8	(0.4)	24.6	(0.4)	30.7	(0.4)	37.9	(0.6)	45.2	(0.9)	50.0	(1.1)	12	<3
Females:																			
9-13.....	208	21.7	(0.6)	12.2*	(0.7)	13.8	(0.6)	17.0	(0.5)	21.0	(0.5)	25.6	(0.8)	30.3	(1.3)	33.4*	(1.6)	9	<3
14-18.....	214	20.8	(0.7)	11.5*	(0.8)	13.2	(0.8)	16.3	(0.7)	20.2	(0.7)	24.7	(0.8)	29.3	(1.2)	32.3*	(1.4)	11	4* (1.7)
19-50.....	922	22.7	(0.3)	13.3	(0.3)	15.0	(0.3)	18.1	(0.3)	22.1	(0.3)	26.5	(0.3)	31.0	(0.4)	34.0	(0.5)	11	<3
51+.....	1051	20.2	(0.3)	11.5	(0.3)	13.0	(0.3)	15.9	(0.3)	19.6	(0.3)	23.8	(0.3)	28.1	(0.3)	30.9	(0.4)	11	4 (0.7)
19+.....	1973	21.3	(0.2)	12.2	(0.3)	13.8	(0.3)	16.9	(0.3)	20.7	(0.2)	25.1	(0.3)	29.6	(0.3)	32.5	(0.4)	11	<3
All:																			
1+.....	5650	25.5	(0.3)	12.5	(0.2)	14.5	(0.2)	18.4	(0.2)	23.8	(0.2)	30.9	(0.4)	38.8	(0.6)	44.0	(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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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

			Percentiles								<EAR			>UL
N	Mean	(SE)	5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%	
Non-Hispanic White														
Males and females:														
1-3.....	362	1.24 (0.02)	0.79 (0.03)	0.87 (0.03)	1.02 (0.03)	1.21 (0.02)	1.43 (0.02)	1.64 (0.04)	1.77 (0.05)	0.4	<3	30	<3	
4-8.....	466	1.50 (0.03)	0.97 (0.04)	1.07 (0.04)	1.24 (0.03)	1.46 (0.03)	1.71 (0.04)	1.96 (0.05)	2.12 (0.06)	0.5	<3	40	<3	
Males:														
9-13.....	240	2.05 (0.08)	1.07* (0.08)	1.23 (0.08)	1.54 (0.07)	1.96 (0.08)	2.46 (0.10)	3.01 (0.14)	3.38* (0.18)	0.8	<3	60	<3	
14-18.....	225	2.37 (0.08)	1.26* (0.08)	1.44 (0.08)	1.80 (0.07)	2.27 (0.08)	2.83 (0.12)	3.44 (0.17)	3.82* (0.22)	1.1	<3	80	<3	
19-50.....	969	2.72 (0.07)	1.32 (0.04)	1.54 (0.04)	1.98 (0.04)	2.57 (0.06)	3.29 (0.09)	4.08 (0.13)	4.62 (0.16)	1.1	<3	100	<3	
51+.....	993	2.48 (0.04)	1.17 (0.04)	1.38 (0.04)	1.78 (0.03)	2.34 (0.03)	3.01 (0.05)	3.74 (0.09)	4.24 (0.11)	1.4	11 (1.1)	100	<3	
19+.....	1962	2.60 (0.05)	1.24 (0.03)	1.45 (0.03)	1.88 (0.03)	2.45 (0.04)	3.16 (0.07)	3.93 (0.11)	4.45 (0.13)		6 (0.7)	100	<3	
Females:														
9-13.....	208	1.74 (0.05)	0.87* (0.06)	1.00 (0.06)	1.28 (0.05)	1.65 (0.05)	2.10 (0.07)	2.58 (0.12)	2.91* (0.15)	0.8	3* (1.5)	60	<3	
14-18.....	214	1.66 (0.06)	0.81* (0.07)	0.95 (0.07)	1.22 (0.07)	1.58 (0.07)	2.01 (0.07)	2.47 (0.11)	2.78* (0.14)	1	12 (3.6)	80	<3	
19-50.....	922	1.85 (0.04)	1.01 (0.03)	1.15 (0.03)	1.42 (0.03)	1.78 (0.03)	2.20 (0.04)	2.65 (0.06)	2.95 (0.07)	1.1	8 (1.1)	100	<3	
51+.....	1051	1.71 (0.03)	0.91 (0.03)	1.04 (0.03)	1.30 (0.03)	1.63 (0.03)	2.04 (0.03)	2.47 (0.05)	2.75 (0.06)	1.3	25 (1.8)	100	<3	
19+.....	1973	1.77 (0.03)	0.95 (0.03)	1.09 (0.02)	1.35 (0.02)	1.70 (0.03)	2.11 (0.03)	2.55 (0.05)	2.85 (0.06)		17 (1.3)	100	<3	
All:														
1+.....	5650	2.09 (0.03)	0.99 (0.02)	1.14 (0.02)	1.45 (0.02)	1.91 (0.02)	2.53 (0.03)	3.28 (0.06)	3.81 (0.09)		10 (0.7)		<3	

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

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

Table B 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																			
Males and females:																			
1-3.....	362	364	(10)	203	(10)	229	(10)	280	(10)	348	(10)	430	(12)	516	(15)	573	(18)	120	<3
4-8.....	466	479	(14)	272	(12)	306	(12)	373	(12)	461	(13)	564	(16)	673	(22)	747	(26)	160	<3
Males:																			
9-13.....	240	583	(26)	316*	(27)	360	(26)	446	(24)	559	(26)	693	(32)	838	(45)	936*	(57)	250	<3
14-18.....	225	610	(28)	333*	(29)	380	(28)	469	(27)	585	(28)	725	(34)	874	(48)	968*	(59)	330	5* (2.4)
19-50.....	969	621	(14)	302	(10)	353	(10)	454	(11)	588	(13)	752	(18)	929	(24)	1049	(29)	320	7 (1.0)
51+.....	993	590	(11)	284	(11)	333	(11)	429	(10)	559	(11)	715	(13)	884	(18)	1000	(23)	320	8 (1.2)
19+.....	1962	605	(11)	292	(10)	343	(10)	441	(9)	573	(10)	734	(14)	908	(20)	1027	(25)	320	7 (1.0)
Females:																			
9-13.....	208	517	(17)	272*	(22)	311	(21)	391	(18)	495	(17)	619	(23)	749	(35)	838*	(46)	250	3* (1.6)
14-18.....	214	463	(19)	238*	(24)	276	(24)	348	(22)	443	(20)	556	(21)	678	(30)	758*	(37)	330	21 (5.3)
19-50.....	922	476	(10)	248	(9)	286	(8)	359	(8)	456	(10)	570	(13)	692	(19)	776	(24)	320	16 (1.7)
51+.....	1051	439	(9)	225	(8)	260	(8)	329	(8)	419	(8)	528	(12)	646	(18)	724	(22)	320	23 (1.9)
19+.....	1973	456	(8)	234	(8)	270	(7)	341	(7)	435	(7)	548	(11)	668	(17)	748	(21)	320	20 (1.6)
All:																			
1+.....	5650	524	(7)	254	(6)	294	(6)	377	(6)	490	(7)	634	(10)	795	(14)	909	(19)		12 (0.9)

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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White												
Males and females:												
1-3.....	362	145	(6)	60	73	99	135	181	229	262	300	<3
4-8.....	466	201	(7)	91	108	143	191	247	307	348	400	<3
Males:												
9-13.....	240	242	(14)	113*	133	174	229	295	368	418*	600	<3
14-18.....	225	247	(16)	116*	137	178	234	302	375	422*	800	<3
19-50.....	969	219	(7)	71	92	135	198	281	373	438	1000	<3
51+.....	993	200	(6)	63	82	122	180	256	343	404	1000	<3
19+.....	1962	210	(6)	67	86	128	189	269	359	423	1000	<3
Females:												
9-13.....	208	211	(10)	94*	112	149	199	260	325	370*	600	<3
14-18.....	214	185	(9)	78*	96	128	174	229	289	329*	800	<3
19-50.....	922	162	(4)	53	68	100	147	207	274	323	1000	<3
51+.....	1051	141	(5)	44	57	85	127	181	245	289	1000	<3
19+.....	1973	151	(4)	47	61	91	136	193	259	305	1000	<3
All:												
1+.....	5650	185	(4)	58	75	112	167	237	317	374		<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 White Individuals, What We Eat in America, NHANES 2013-2016
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Table B 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White Individuals, in the United States, 2013-2016

		Percentiles															
N	Mean	(SE)	5th	10th	25th	50th	75th	90th	95th								
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)								
Non-Hispanic White																	
Males and females:																	
1-3.....	362	117	(4)	68	(3)	76	(3)	93	(3)	113	(4)	138	(5)	163	(6)	179	(8)
4-8.....	466	140	(4)	82	(4)	92	(4)	111	(3)	136	(4)	164	(5)	193	(7)	212	(8)
Males:																	
9-13.....	240	174	(5)	94*	(6)	108	(6)	133	(5)	167	(5)	207	(6)	249	(9)	277*	(11)
14-18.....	225	187	(5)	103*	(6)	117	(6)	144	(5)	180	(5)	221	(5)	265	(8)	292*	(10)
19-50.....	969	251	(3)	127	(3)	148	(3)	188	(3)	240	(3)	301	(4)	367	(6)	410	(8)
51+.....	993	249	(4)	126	(4)	147	(4)	187	(4)	239	(4)	300	(4)	364	(6)	406	(7)
19+.....	1962	250	(3)	127	(3)	148	(3)	188	(3)	240	(3)	301	(4)	365	(5)	408	(7)
Females:																	
9-13.....	208	160	(4)	84*	(5)	97	(5)	121	(4)	153	(4)	191	(5)	230	(8)	256*	(10)
14-18.....	214	147	(4)	76*	(6)	88	(6)	111	(5)	141	(5)	177	(4)	214	(6)	238*	(7)
19-50.....	922	200	(4)	102	(3)	118	(3)	150	(3)	191	(4)	241	(5)	293	(7)	329	(9)
51+.....	1051	199	(4)	101	(3)	117	(3)	148	(3)	190	(4)	240	(5)	293	(7)	328	(9)
19+.....	1973	200	(4)	102	(3)	118	(3)	149	(3)	191	(4)	240	(5)	293	(7)	329	(8)
All:																	
1+.....	5650	210	(2)	98	(2)	115	(2)	149	(2)	197	(2)	257	(3)	322	(4)	365	(5)

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

	N	Mean	(SE)	Percentiles						>AI		>UL										
				5th	10th	25th	50th	75th	90th	95th	AI	%	UL	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Non-Hispanic White																						
Males and females:																						
1-3.....	362	201	(4)	132	(5)	145	(5)	168	(5)	196	(4)	230	(5)	262	(7)	284	(9)	200	47	(3.7)	1000	<3
4-8.....	466	219	(4)	144	(6)	157	(6)	182	(5)	214	(5)	250	(5)	286	(6)	310	(7)	250	25	(2.7)	1000	<3
Males:																						
9-13.....	240	283	(9)	155*	(9)	177	(9)	218	(8)	273	(9)	336	(11)	403	(16)	448*	(20)	375	15	(2.7)	2000	<3
14-18.....	225	323	(10)	181*	(11)	205	(11)	252	(10)	311	(11)	381	(12)	454	(16)	500*	(19)	550	<3		3000	<3
19-50.....	969	402	(6)	222	(6)	253	(6)	313	(5)	389	(5)	476	(8)	566	(12)	625	(15)	550	12	(1.5)	3500	<3
51+.....	993	398	(6)	217	(7)	249	(6)	309	(5)	385	(6)	473	(9)	562	(13)	621	(15)	550	11	(1.5)	3500	<3
19+.....	1962	400	(5)	219	(6)	251	(6)	311	(5)	387	(5)	475	(7)	564	(11)	623	(14)	550	12	(1.4)	3500	<3
Females:																						
9-13.....	208	248	(7)	131*	(8)	150	(8)	188	(8)	238	(8)	296	(9)	357	(13)	397*	(15)	375	7*	(1.6)	2000	<3
14-18.....	214	225	(8)	116*	(9)	135	(10)	170	(9)	216	(9)	270	(9)	328	(12)	365*	(14)	400	<3		3000	<3
19-50.....	922	283	(4)	163	(4)	184	(4)	225	(4)	275	(4)	333	(5)	391	(7)	431	(9)	425	6	(0.9)	3500	<3
51+.....	1051	282	(4)	162	(4)	183	(4)	223	(4)	273	(4)	332	(6)	392	(8)	430	(9)	425	5	(0.9)	3500	<3
19+.....	1973	282	(4)	163	(3)	184	(3)	224	(3)	274	(3)	332	(5)	391	(7)	430	(8)	425	6	(0.8)	3500	<3
All:																						
1+.....	5650	322	(3)	163	(3)	186	(2)	233	(2)	302	(3)	390	(4)	485	(7)	549	(10)		11	(0.7)		<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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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

	N	Mean	(SE)	Percentiles							<EAR									
				5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)	EAR	%	(SE)
Non-Hispanic White																				
Males and females:																				
1-3.....	362	3.88	(0.07)	2.17	(0.11)	2.47	(0.10)	3.04	(0.08)	3.77	(0.07)	4.60	(0.08)	5.44	(0.13)	5.98	(0.16)	0.7	<3	
4-8.....	466	4.24	(0.09)	2.39	(0.12)	2.71	(0.11)	3.33	(0.09)	4.12	(0.09)	5.00	(0.12)	5.90	(0.17)	6.49	(0.21)	1	<3	
Males:																				
9-13.....	240	5.53	(0.21)	2.56*	(0.22)	3.03	(0.22)	3.97	(0.21)	5.25	(0.22)	6.77	(0.25)	8.43	(0.33)	9.55*	(0.42)	1.5	<3	
14-18.....	225	6.48	(0.27)	3.12*	(0.20)	3.67	(0.20)	4.74	(0.20)	6.16	(0.25)	7.87	(0.36)	9.70	(0.51)	10.85*	(0.63)	2	<3	
19-50.....	969	6.44	(0.15)	2.78	(0.14)	3.33	(0.14)	4.45	(0.13)	6.00	(0.14)	7.96	(0.21)	10.09	(0.32)	11.58	(0.42)	2	<3	
51+.....	993	5.85	(0.11)	2.47	(0.12)	2.99	(0.11)	4.01	(0.10)	5.45	(0.10)	7.24	(0.16)	9.21	(0.28)	10.60	(0.37)	2	<3	
19+.....	1962	6.16	(0.12)	2.62	(0.12)	3.15	(0.12)	4.22	(0.10)	5.72	(0.11)	7.60	(0.17)	9.70	(0.29)	11.15	(0.38)	2	<3	
Females:																				
9-13.....	208	4.62	(0.17)	2.00*	(0.17)	2.40	(0.17)	3.23	(0.16)	4.35	(0.17)	5.71	(0.21)	7.17	(0.32)	8.17*	(0.41)	1.5	<3	
14-18.....	214	4.08	(0.14)	1.68*	(0.16)	2.06	(0.16)	2.80	(0.16)	3.83	(0.15)	5.07	(0.17)	6.43	(0.25)	7.32*	(0.32)	2	9	(2.4)
19-50.....	922	4.29	(0.10)	1.91	(0.10)	2.27	(0.10)	3.00	(0.10)	4.01	(0.10)	5.28	(0.12)	6.66	(0.18)	7.65	(0.24)	2	6	(1.2)
51+.....	1051	4.15	(0.10)	1.83	(0.10)	2.18	(0.10)	2.89	(0.10)	3.86	(0.10)	5.10	(0.12)	6.50	(0.16)	7.45	(0.21)	2	7	(1.4)
19+.....	1973	4.21	(0.08)	1.87	(0.10)	2.22	(0.09)	2.94	(0.09)	3.93	(0.09)	5.18	(0.10)	6.57	(0.15)	7.54	(0.20)	2	7	(1.3)
All:																				
1+.....	5650	5.09	(0.07)	2.11	(0.06)	2.54	(0.06)	3.40	(0.06)	4.63	(0.06)	6.28	(0.09)	8.25	(0.16)	9.64	(0.23)		4	(0.5)

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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White													
Males and females:													
1-3.....	362	65.7 (3.4)	25.1 (2.4)	30.9 (2.6)	43.1 (3.0)	60.4 (3.4)	82.9 (4.1)	107.0 (5.1)	123.7 (5.8)	13	<3	400	<3
4-8.....	466	62.8 (3.6)	23.5 (2.5)	29.1 (2.7)	41.2 (3.0)	58.1 (3.5)	79.1 (4.3)	102.4 (5.3)	118.3 (6.1)	22	4 (1.4)	650	<3
Males:													
9-13.....	240	74.7 (4.1)	25.9* (2.7)	32.5 (3.0)	46.6 (3.4)	67.5 (4.1)	94.7 (5.1)	126.7 (6.6)	149.5* (8.3)	39	16 (3.5)	1200	<3
14-18.....	225	65.4 (3.9)	21.8* (2.0)	27.6 (2.2)	40.1 (2.7)	58.6 (3.6)	83.2 (5.2)	112.1 (7.2)	131.3* (9.0)	63	55 (4.5)	1800	<3
19-50.....	969	78.5 (2.5)	19.7 (1.2)	26.4 (1.3)	42.3 (1.6)	67.0 (2.2)	102.0 (3.4)	144.6 (5.3)	175.7 (7.1)	75	57 (2.0)	2000	<3
51+.....	993	87.7 (2.6)	22.6 (1.5)	30.6 (1.7)	48.0 (2.0)	75.5 (2.4)	113.5 (3.4)	159.8 (5.2)	193.7 (6.6)	75	50 (2.1)	2000	<3
19+.....	1962	83.0 (2.1)	21.0 (1.2)	28.3 (1.3)	44.9 (1.4)	71.1 (1.8)	107.9 (2.8)	152.0 (4.6)	185.1 (6.3)	75	53 (1.5)	2000	<3
Females:													
9-13.....	208	63.7 (2.4)	20.5* (2.2)	26.1 (2.4)	38.5 (2.6)	57.0 (2.6)	81.4 (2.8)	109.5 (3.7)	129.8* (4.6)	39	26 (3.3)	1200	<3
14-18.....	214	58.3 (4.0)	18.0* (2.4)	23.5 (2.8)	34.8 (3.3)	52.0 (4.0)	74.8 (4.8)	101.5 (6.2)	120.0* (7.1)	56	55 (5.3)	1800	<3
19-50.....	922	68.6 (2.3)	20.1 (1.5)	26.2 (1.6)	39.8 (1.8)	60.6 (2.2)	88.3 (2.9)	120.6 (4.3)	144.8 (5.7)	60	49 (2.5)	2000	<3
51+.....	1051	74.9 (2.0)	22.4 (1.6)	29.0 (1.7)	44.0 (1.8)	66.2 (2.0)	96.0 (2.6)	132.0 (4.1)	157.0 (5.4)	60	43 (2.1)	2000	<3
19+.....	1973	72.0 (2.0)	21.2 (1.5)	27.7 (1.6)	42.0 (1.7)	63.6 (1.9)	92.6 (2.6)	127.1 (4.0)	152.0 (5.2)	60	46 (2.1)	2000	<3
All:													
1+.....	5650	74.9 (1.4)	21.3 (0.8)	28.0 (0.9)	42.6 (1.0)	64.9 (1.3)	95.9 (1.8)	133.9 (2.9)	162.3 (3.8)		44 (1.3)		<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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White													
Males:													
19-50.....	284	57.4 (2.8)	--	--	--	--	--	--	--	110	--	2000	--
51+.....	154	62.6 (3.1)	--	--	--	--	--	--	--	110	--	2000	--
19+.....	438	59.3 (2.6)	14.1 (0.9)	19.4 (1.1)	31.3 (1.5)	50.1 (2.2)	77.4 (3.5)	111.0 (5.6)	135.3 (7.1)	110	90 (1.6)	2000	<3
Females:													
19-50.....	271	47.5 (2.3)	--	--	--	--	--	--	--	95	--	2000	--
51+.....	171	49.8 (1.8)	--	--	--	--	--	--	--	95	--	2000	--
19+.....	442	48.5 (2.0)	13.4 (1.2)	17.7 (1.3)	27.3 (1.6)	42.3 (1.9)	62.9 (2.5)	87.1 (3.3)	105.1 (4.4)	95	92 (1.1)	2000	<3

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

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

Table B 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White													
Males:													
19-50.....	684	84.1 (2.7)	22.4 (1.3)	30.1 (1.5)	47.0 (1.7)	72.9 (2.3)	108.4 (3.7)	152.6 (5.7)	184.2 (7.6)	75	52 (2.1)	2000	<3
51+.....	839	91.6 (2.7)	25.4 (1.8)	33.5 (1.9)	51.5 (2.2)	79.6 (2.6)	118.2 (3.5)	164.3 (5.4)	198.0 (7.3)	75	46 (2.2)	2000	<3
19+.....	1523	87.9 (2.3)	23.9 (1.4)	31.7 (1.5)	49.3 (1.6)	76.3 (2.0)	113.6 (3.1)	158.8 (5.0)	191.3 (6.9)	75	49 (1.7)	2000	<3
Females:													
19-50.....	651	74.8 (2.4)	24.5 (1.6)	31.1 (1.7)	45.6 (1.9)	66.9 (2.2)	95.7 (3.0)	128.4 (4.5)	151.8 (5.7)	60	42 (2.4)	2000	<3
51+.....	878	79.5 (2.0)	26.5 (1.7)	33.6 (1.8)	48.9 (1.9)	71.5 (2.0)	101.1 (2.6)	135.7 (4.0)	159.7 (5.3)	60	38 (2.1)	2000	<3
19+.....	1529	77.5 (2.0)	25.7 (1.6)	32.5 (1.7)	47.4 (1.8)	69.6 (1.9)	98.9 (2.5)	132.6 (4.0)	156.5 (5.3)	60	40 (2.1)	2000	<3

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

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

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

		Mean	(SE)	Percentiles						<EAR			>UL									
N				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%								
		(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)									
Non-Hispanic White																						
Males:																						
19-50.....	968	78.0	(2.6)	19.3	(1.2)	26.1	(1.3)	42.0	(1.6)	66.9	(2.2)	101.5	(3.5)	144.4	(5.4)	175.5	(7.1)	110/75	61	(2.0)	2000	<3
51+.....	993	87.6	(2.6)	22.9	(1.5)	30.7	(1.7)	48.1	(2.0)	75.7	(2.5)	113.6	(3.3)	159.0	(5.2)	192.4	(7.0)	110/75	52	(2.0)	2000	<3
19+.....	1961	82.7	(2.1)	20.8	(1.2)	28.3	(1.3)	44.8	(1.5)	71.0	(1.8)	107.5	(2.9)	151.9	(4.8)	184.2	(6.4)	110/75	56	(1.6)	2000	<3
Females:																						
19-50.....	922	68.2	(2.2)	19.4	(1.5)	25.7	(1.6)	39.3	(1.8)	60.2	(2.2)	88.4	(2.9)	121.0	(4.2)	144.2	(5.4)	95/60	54	(2.4)	2000	<3
51+.....	1049	75.0	(1.9)	22.8	(1.6)	29.5	(1.7)	44.4	(1.8)	67.0	(1.9)	96.5	(2.4)	130.6	(3.7)	154.7	(5.1)	95/60	46	(2.1)	2000	<3
19+.....	1971	71.9	(1.9)	21.0	(1.5)	27.7	(1.6)	42.0	(1.7)	63.9	(1.9)	92.9	(2.4)	126.3	(3.7)	150.2	(5.0)	95/60	50	(2.1)	2000	<3

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

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

Table B 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																						
Males and females:																						
1-3.....	362	6.7	(0.2)	2.8	(0.2)	3.5	(0.2)	4.7	(0.2)	6.4	(0.2)	8.3	(0.2)	10.3	(0.2)	11.6	(0.3)	10	88	(1.3)	63	<3
4-8.....	466	5.7	(0.2)	2.2	(0.2)	2.7	(0.2)	3.8	(0.2)	5.4	(0.2)	7.1	(0.2)	9.0	(0.2)	10.2	(0.3)	10	94	(1.0)	75	<3
Males:																						
9-13.....	240	6.0	(0.3)	2.2*	(0.2)	2.7	(0.2)	3.9	(0.3)	5.5	(0.3)	7.6	(0.4)	9.9	(0.5)	11.6*	(0.7)	10	90	(2.2)	100	<3
14-18.....	225	5.8	(0.4)	2.1*	(0.2)	2.6	(0.3)	3.7	(0.3)	5.3	(0.4)	7.4	(0.5)	9.7	(0.6)	11.1*	(0.7)	10	91	(2.5)	100	<3
19-50.....	969	5.3	(0.2)	1.6	(0.1)	2.0	(0.1)	3.0	(0.1)	4.6	(0.1)	6.8	(0.2)	9.4	(0.3)	11.3	(0.4)	10	92	(1.0)	100	<3
51+.....	993	5.8	(0.2)	1.7	(0.1)	2.2	(0.1)	3.4	(0.2)	5.1	(0.2)	7.4	(0.2)	10.3	(0.3)	12.4	(0.4)	10	89	(1.0)	100	<3
19+.....	1962	5.5	(0.1)	1.6	(0.1)	2.1	(0.1)	3.2	(0.1)	4.8	(0.1)	7.1	(0.2)	9.8	(0.3)	11.8	(0.4)	10	91	(0.9)	100	<3
Females:																						
9-13.....	208	5.1	(0.2)	1.7*	(0.2)	2.2	(0.2)	3.2	(0.2)	4.7	(0.2)	6.6	(0.3)	8.7	(0.4)	10.1*	(0.5)	10	95*	(1.4)	100	<3
14-18.....	214	4.0	(0.2)	1.2*	(0.1)	1.6	(0.2)	2.4	(0.2)	3.6	(0.2)	5.2	(0.3)	7.0	(0.4)	8.2*	(0.5)	10	>97		100	<3
19-50.....	922	4.1	(0.1)	1.4	(0.1)	1.7	(0.1)	2.5	(0.1)	3.6	(0.1)	5.1	(0.2)	6.9	(0.2)	8.2	(0.3)	10	>97		100	<3
51+.....	1051	4.4	(0.1)	1.5	(0.1)	1.9	(0.1)	2.7	(0.1)	3.9	(0.1)	5.6	(0.1)	7.5	(0.2)	8.9	(0.3)	10	>97		100	<3
19+.....	1973	4.2	(0.1)	1.4	(0.1)	1.8	(0.1)	2.6	(0.1)	3.8	(0.1)	5.4	(0.1)	7.2	(0.2)	8.6	(0.2)	10	>97		100	<3
All:																						
1+.....	5650	5.0	(0.1)	1.6	(0.1)	2.0	(0.1)	3.0	(0.1)	4.4	(0.1)	6.4	(0.1)	8.8	(0.2)	10.5	(0.2)	10	94	(0.5)		<3

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

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

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

N	Mean	(SE)	Percentiles							<EAR										
			5th	10th	25th	50th	75th	90th	95th	EAR	%									
Non-Hispanic White																				
Males and females:																				
1-3.....	362	5.2	(0.1)	2.9	(0.1)	3.2	(0.1)	4.0	(0.1)	5.0	(0.1)	6.1	(0.2)	7.3	(0.3)	8.1	(0.3)	5	51	(3.8)
4-8.....	466	6.6	(0.1)	3.8	(0.2)	4.2	(0.2)	5.2	(0.1)	6.4	(0.1)	7.8	(0.2)	9.3	(0.2)	10.3	(0.3)	6	42	(2.9)
Males:																				
9-13.....	240	8.3	(0.3)	4.2*	(0.3)	4.8	(0.3)	6.1	(0.2)	7.9	(0.3)	10.0	(0.4)	12.4	(0.7)	14.0*	(0.9)	9	65	(3.5)
14-18.....	225	8.5	(0.4)	4.3*	(0.3)	5.0	(0.3)	6.3	(0.3)	8.0	(0.3)	10.2	(0.5)	12.6	(0.8)	14.2*	(1.0)	12	87	(3.8)
19-50.....	969	10.8	(0.2)	5.0	(0.2)	5.8	(0.2)	7.7	(0.2)	10.1	(0.2)	13.2	(0.3)	16.6	(0.4)	18.9	(0.5)	12	66	(2.1)
51+.....	993	10.3	(0.2)	4.7	(0.2)	5.6	(0.2)	7.3	(0.1)	9.7	(0.2)	12.6	(0.2)	15.9	(0.3)	18.1	(0.4)	12	70	(1.5)
19+.....	1962	10.6	(0.2)	4.8	(0.1)	5.7	(0.1)	7.5	(0.1)	9.9	(0.2)	12.9	(0.2)	16.2	(0.3)	18.5	(0.4)	12	68	(1.5)
Females:																				
9-13.....	208	7.6	(0.2)	3.7*	(0.2)	4.3	(0.2)	5.5	(0.2)	7.2	(0.2)	9.2	(0.3)	11.4	(0.5)	12.9*	(0.7)	9	73	(2.9)
14-18.....	214	7.0	(0.3)	3.4*	(0.3)	4.0	(0.3)	5.1	(0.3)	6.7	(0.3)	8.5	(0.3)	10.6	(0.5)	12.0*	(0.6)	12	95*	(1.6)
19-50.....	922	9.0	(0.2)	4.1	(0.1)	4.9	(0.1)	6.4	(0.1)	8.4	(0.2)	11.0	(0.3)	13.7	(0.4)	15.7	(0.6)	12	82	(2.0)
51+.....	1051	8.5	(0.2)	3.8	(0.1)	4.6	(0.1)	6.0	(0.1)	7.9	(0.2)	10.4	(0.3)	13.2	(0.5)	15.0	(0.6)	12	85	(2.0)
19+.....	1973	8.7	(0.2)	4.0	(0.1)	4.7	(0.1)	6.1	(0.1)	8.2	(0.2)	10.7	(0.3)	13.4	(0.4)	15.4	(0.6)	12	84	(1.9)
All:																				
1+.....	5650	9.1	(0.1)	4.0	(0.1)	4.8	(0.1)	6.3	(0.1)	8.4	(0.1)	11.2	(0.2)	14.4	(0.3)	16.6	(0.4)		74	(1.3)

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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																				
Males and females:																				
1-3.....	362	45.5	(2.4)	20.8	(1.7)	24.3	(1.7)	31.5	(1.8)	42.1	(2.2)	55.5	(3.1)	71.0	(4.6)	82.1	(6.0)	30	79	(4.1)
4-8.....	466	59.8	(2.2)	27.5	(2.2)	32.1	(2.2)	41.8	(2.1)	55.4	(2.1)	72.6	(2.8)	92.5	(4.6)	106.8	(6.1)	55	51	(3.6)
Males:																				
9-13.....	240	81.3	(3.7)	35.2*	(3.0)	41.6	(3.0)	55.1	(3.0)	74.6	(3.4)	99.9	(4.8)	129.9	(8.0)	151.6*	(11.1)	60	69	(3.9)
14-18.....	225	76.5	(3.4)	32.9*	(2.9)	39.0	(2.9)	51.7	(2.8)	69.9	(3.1)	93.9	(4.4)	122.1	(7.1)	141.1*	(9.3)	75	44	(4.2)
19-50.....	969	117.2	(3.4)	48.5	(2.7)	57.8	(2.7)	77.9	(2.8)	106.7	(3.2)	144.8	(4.5)	189.4	(7.0)	221.7	(9.2)	120	40	(2.5)
51+.....	993	126.1	(3.8)	53.2	(3.3)	63.7	(3.4)	84.9	(3.5)	115.5	(3.8)	155.3	(4.7)	201.2	(6.8)	234.5	(9.0)	120	47	(2.9)
19+.....	1962	121.5	(3.1)	50.5	(2.8)	60.5	(2.8)	81.1	(2.8)	110.9	(3.0)	150.1	(4.0)	195.3	(6.3)	228.3	(8.5)	120	43	(2.3)
Females:																				
9-13.....	208	75.4	(3.2)	31.8*	(3.1)	37.7	(3.2)	50.6	(3.2)	69.0	(3.2)	93.0	(4.1)	120.6	(6.3)	140.8*	(8.2)	60	62	(4.4)
14-18.....	214	70.9	(4.2)	29.4*	(3.4)	35.5	(3.6)	47.4	(3.8)	64.9	(4.2)	87.6	(5.1)	114.1	(7.4)	132.7*	(9.6)	75	37	(5.2)
19-50.....	922	120.8	(4.8)	41.8	(2.4)	51.4	(2.7)	72.8	(3.3)	105.8	(4.4)	151.3	(6.1)	207.4	(9.0)	251.9	(11.9)	90	62	(2.9)
51+.....	1051	122.0	(4.4)	42.4	(2.3)	52.3	(2.6)	73.7	(3.0)	106.5	(3.9)	153.0	(5.6)	211.2	(8.7)	254.0	(11.4)	90	62	(2.7)
19+.....	1973	121.4	(4.3)	42.1	(2.2)	51.9	(2.5)	73.3	(2.9)	106.2	(3.8)	152.2	(5.4)	209.5	(8.3)	253.0	(11.0)	90	62	(2.6)
All:																				
1+.....	5650	110.4	(2.6)	37.2	(0.9)	46.1	(1.1)	66.2	(1.5)	97.3	(2.2)	139.5	(3.4)	190.2	(5.6)	228.1	(7.7)		53	(1.7)

NOTES: AI=Adequate Intake

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

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

Table B 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White														
Males and females:														
1-3.....	362	990 (18)	612 (22)	680 (21)	807 (19)	967 (18)	1150 (21)	1329 (27)	1444 (33)	500	<3	2500	<3	
4-8.....	466	1037 (21)	637 (22)	708 (21)	844 (20)	1013 (21)	1203 (25)	1392 (34)	1516 (39)	800	19 (2.4)	2500	<3	
Males:														
9-13.....	240	1165 (44)	616* (36)	710 (37)	890 (39)	1124 (44)	1393 (51)	1677 (62)	1865* (72)	1100	48 (4.6)	3000	<3	
14-18.....	225	1219 (46)	652* (37)	750 (37)	936 (40)	1176 (45)	1454 (53)	1744 (66)	1922* (76)	1100	42 (4.4)	3000	<3	
19-50.....	969	1181 (17)	609 (18)	707 (17)	892 (17)	1134 (17)	1419 (20)	1715 (25)	1912 (31)	800	17 (1.4)	2500	<3	
51+.....	993	1048 (19)	525 (17)	613 (18)	782 (18)	1003 (20)	1263 (22)	1536 (28)	1719 (32)		33 (1.9)	2000	<3	
19+.....	1962	1116 (15)	561 (16)	655 (17)	834 (16)	1068 (15)	1346 (17)	1638 (21)	1832 (26)		25 (1.5)		<3	
Females:														
9-13.....	208	1014 (30)	510* (27)	593 (27)	760 (28)	975 (30)	1224 (35)	1481 (45)	1653* (52)	1100	64 (3.3)	3000	<3	
14-18.....	214	896 (35)	431* (27)	513 (30)	662 (31)	859 (35)	1089 (40)	1330 (50)	1485* (58)	1100	76 (3.4)	3000	<3	
19-50.....	922	921 (14)	508 (15)	578 (15)	713 (13)	890 (14)	1093 (17)	1304 (22)	1448 (28)	800	37 (1.9)	2500	<3	
51+.....	1051	853 (15)	461 (12)	528 (12)	655 (12)	820 (14)	1016 (19)	1222 (26)	1356 (32)	1000	73 (1.9)	2000	<3	
19+.....	1973	884 (11)	479 (12)	548 (11)	680 (10)	851 (10)	1052 (14)	1262 (21)	1399 (27)		57 (1.3)		<3	
All:														
1+.....	5650	1010 (10)	517 (11)	598 (10)	754 (10)	961 (10)	1212 (11)	1483 (13)	1671 (16)		40 (1.1)		<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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																						
Males and females:																						
1-3.....	362	1036	(17)	696	(21)	759	(19)	876	(18)	1018	(17)	1180	(21)	1335	(27)	1434	(33)	380	<3	3000	<3	
4-8.....	466	1203	(22)	811	(24)	884	(22)	1020	(21)	1185	(22)	1367	(26)	1546	(34)	1659	(40)	405	<3	3000	<3	
Males:																						
9-13.....	240	1432	(44)	854*	(51)	959	(49)	1155	(45)	1400	(46)	1672	(49)	1951	(63)	2131*	(76)	1055	16	(3.7)	4000	<3
14-18.....	225	1592	(41)	971*	(54)	1086	(51)	1296	(45)	1557	(42)	1849	(46)	2143	(60)	2320*	(72)	1055	9	(2.5)	4000	<3
19-50.....	969	1711	(20)	1015	(23)	1144	(22)	1382	(20)	1673	(20)	2001	(25)	2323	(32)	2529	(40)	580	<3	4000	<3	
51+.....	993	1562	(15)	895	(20)	1018	(18)	1244	(15)	1525	(15)	1841	(21)	2150	(31)	2353	(37)	580	<3		<3	
19+.....	1962	1638	(15)	947	(20)	1075	(18)	1310	(15)	1601	(15)	1925	(20)	2248	(29)	2455	(35)	580	<3		<3	
Females:																						
9-13.....	208	1269	(29)	726*	(40)	822	(38)	1008	(33)	1238	(29)	1495	(34)	1751	(49)	1918*	(60)	1055	30	(3.4)	4000	<3
14-18.....	214	1152	(36)	639*	(46)	735	(46)	906	(42)	1123	(37)	1365	(36)	1611	(45)	1765*	(53)	1055	42	(4.6)	4000	<3
19-50.....	922	1253	(16)	776	(17)	864	(16)	1030	(15)	1232	(16)	1451	(19)	1665	(25)	1806	(29)	580	<3	4000	<3	
51+.....	1051	1169	(14)	705	(16)	793	(16)	952	(14)	1146	(14)	1363	(17)	1577	(23)	1712	(26)	580	<3		<3	
19+.....	1973	1207	(12)	733	(14)	823	(13)	986	(12)	1185	(12)	1404	(15)	1620	(20)	1758	(25)	580	<3		<3	
All:																						
1+.....	5650	1391	(12)	784	(14)	884	(13)	1075	(12)	1329	(12)	1644	(13)	1986	(20)	2210	(26)		3	(0.4)		<3

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

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

Table B 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																				
Males and females:																				
1-3.....	362	186	(3)	123	(4)	134	(3)	156	(3)	182	(3)	212	(4)	241	(5)	260	(6)	65	<3	
4-8.....	466	218	(4)	145	(4)	159	(4)	183	(3)	214	(4)	248	(4)	281	(6)	303	(7)	110	<3	
Males:																				
9-13.....	240	263	(8)	157*	(9)	176	(8)	211	(8)	256	(8)	307	(10)	361	(14)	396*	(17)	200	20	(3.7)
14-18.....	225	287	(7)	173*	(8)	194	(8)	231	(7)	279	(7)	334	(10)	391	(14)	425*	(17)	340	77	(3.2)
19-50.....	969	353	(6)	189	(5)	217	(5)	271	(5)	340	(6)	421	(7)	505	(8)	560	(9)		51	(2.0)
51+.....	993	347	(8)	183	(6)	211	(6)	265	(7)	335	(8)	415	(9)	498	(12)	553	(13)	350	56	(2.7)
19+.....	1962	350	(5)	185	(5)	214	(5)	268	(5)	338	(5)	418	(6)	501	(8)	557	(9)		53	(1.8)
Females:																				
9-13.....	208	238	(5)	138*	(7)	155	(7)	189	(5)	231	(5)	280	(7)	329	(10)	362*	(13)	200	31	(3.1)
14-18.....	214	223	(5)	127*	(8)	145	(7)	176	(6)	217	(5)	263	(5)	311	(8)	342*	(11)	300	88	(1.8)
19-50.....	922	277	(4)	158	(3)	179	(3)	218	(3)	269	(4)	326	(5)	385	(6)	426	(7)		46	(1.9)
51+.....	1051	269	(4)	152	(4)	173	(4)	211	(4)	260	(4)	318	(5)	377	(6)	415	(8)	265	52	(2.1)
19+.....	1973	273	(3)	155	(3)	175	(3)	214	(3)	264	(3)	322	(4)	381	(6)	420	(7)		50	(1.6)
All:																				
1+.....	5650	295	(3)	156	(2)	177	(2)	219	(2)	279	(3)	354	(4)	436	(5)	492	(7)		47	(1.2)

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 White Individuals, What We Eat in America, NHANES 2013-2016
Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White													
Males and females:													
1-3.....	362	9.6 (0.2)	5.6 (0.2)	6.3 (0.2)	7.6 (0.2)	9.2 (0.2)	11.2 (0.3)	13.2 (0.4)	14.6 (0.4)	3	<3	40	<3
4-8.....	466	12.8 (0.2)	7.7 (0.2)	8.5 (0.2)	10.2 (0.2)	12.4 (0.2)	14.9 (0.3)	17.5 (0.4)	19.2 (0.5)	4.1	<3	40	<3
Males:													
9-13.....	240	16.3 (0.6)	9.2* (0.5)	10.4 (0.5)	12.7 (0.5)	15.8 (0.6)	19.2 (0.6)	23.0 (0.8)	25.4* (1.0)	5.9	<3	40	<3
14-18.....	225	17.3 (0.6)	9.9* (0.6)	11.1 (0.6)	13.6 (0.5)	16.7 (0.6)	20.4 (0.7)	24.2 (0.9)	26.6* (1.0)	7.7	<3	45	<3
19-50.....	969	16.9 (0.3)	9.0 (0.3)	10.4 (0.2)	12.9 (0.2)	16.3 (0.3)	20.2 (0.4)	24.3 (0.6)	27.0 (0.7)	6	<3	45	<3
51+.....	993	16.5 (0.2)	8.8 (0.3)	10.1 (0.3)	12.6 (0.3)	15.9 (0.3)	19.7 (0.2)	23.7 (0.3)	26.4 (0.4)	6	<3	45	<3
19+.....	1962	16.7 (0.2)	8.9 (0.3)	10.2 (0.3)	12.8 (0.2)	16.1 (0.2)	19.9 (0.3)	24.0 (0.4)	26.7 (0.5)	6	<3	45	<3
Females:													
9-13.....	208	14.3 (0.4)	7.8* (0.4)	8.9 (0.4)	11.0 (0.4)	13.8 (0.4)	17.0 (0.5)	20.3 (0.6)	22.6* (0.7)	5.7	<3	40	<3
14-18.....	214	12.6 (0.3)	6.7* (0.4)	7.7 (0.4)	9.6 (0.4)	12.1 (0.4)	15.0 (0.4)	18.1 (0.5)	20.1* (0.7)	7.9	17 (2.1)	45	<3
19-50.....	922	12.7 (0.2)	6.9 (0.2)	7.8 (0.2)	9.8 (0.2)	12.2 (0.2)	15.1 (0.3)	18.1 (0.3)	20.1 (0.4)	8.1	19 (1.1)	45	<3
51+.....	1051	12.2 (0.2)	6.5 (0.2)	7.5 (0.2)	9.3 (0.2)	11.7 (0.2)	14.5 (0.3)	17.5 (0.3)	19.4 (0.4)	5	<3	45	<3
19+.....	1973	12.4 (0.2)	6.7 (0.2)	7.6 (0.2)	9.5 (0.2)	11.9 (0.2)	14.8 (0.2)	17.8 (0.3)	19.8 (0.4)		10 (0.7)	45	<3
All:													
1+.....	5650	14.4 (0.1)	7.3 (0.1)	8.4 (0.1)	10.6 (0.1)	13.6 (0.1)	17.3 (0.2)	21.3 (0.3)	24.0 (0.4)		5 (0.3)		<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 White Individuals, What We Eat in America, NHANES 2013-2016
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Table B 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																						
Males and females:																						
1-3.....	362	7.5	(0.1)	4.9	(0.2)	5.3	(0.2)	6.2	(0.1)	7.3	(0.1)	8.6	(0.1)	9.9	(0.2)	10.7	(0.3)	2.5	<3	7	58	(2.6)
4-8.....	466	9.1	(0.1)	5.9	(0.2)	6.5	(0.2)	7.5	(0.2)	8.9	(0.2)	10.4	(0.2)	12.0	(0.3)	13.0	(0.3)	4	<3	12	10	(1.7)
Males:																						
9-13.....	240	12.0	(0.4)	6.7*	(0.5)	7.6	(0.4)	9.3	(0.4)	11.6	(0.4)	14.3	(0.4)	17.1	(0.7)	19.0*	(0.9)	7	7*	(2.3)	23	<3
14-18.....	225	13.3	(0.5)	7.5*	(0.5)	8.5	(0.5)	10.4	(0.4)	12.8	(0.5)	15.7	(0.6)	18.7	(0.8)	20.6*	(1.0)	8.5	10	(2.7)	34	<3
19-50.....	969	14.0	(0.2)	7.9	(0.2)	9.0	(0.2)	11.0	(0.2)	13.5	(0.2)	16.5	(0.3)	19.5	(0.4)	21.4	(0.5)	9.4	13	(1.1)	40	<3
51+.....	993	13.1	(0.1)	7.3	(0.2)	8.3	(0.2)	10.2	(0.2)	12.7	(0.1)	15.5	(0.2)	18.4	(0.3)	20.3	(0.4)	9.4	18	(1.4)	40	<3
19+.....	1962	13.5	(0.1)	7.6	(0.2)	8.7	(0.2)	10.6	(0.1)	13.1	(0.1)	16.0	(0.2)	19.0	(0.3)	20.9	(0.4)	9.4	15	(1.1)	40	<3
Females:																						
9-13.....	208	10.2	(0.3)	5.4*	(0.4)	6.2	(0.4)	7.8	(0.3)	9.8	(0.3)	12.1	(0.3)	14.6	(0.5)	16.3*	(0.7)	7	17	(3.3)	23	<3
14-18.....	214	9.2	(0.3)	4.8*	(0.4)	5.5	(0.4)	6.9	(0.3)	8.8	(0.3)	11.0	(0.3)	13.3	(0.5)	14.8*	(0.6)	7.3	30	(4.4)	34	<3
19-50.....	922	9.8	(0.2)	5.7	(0.1)	6.4	(0.1)	7.8	(0.1)	9.6	(0.1)	11.6	(0.2)	13.7	(0.3)	15.1	(0.4)	6.8	14	(1.3)	40	<3
51+.....	1051	9.3	(0.1)	5.3	(0.2)	6.0	(0.1)	7.3	(0.1)	9.0	(0.1)	11.0	(0.2)	13.1	(0.3)	14.4	(0.3)	6.8	19	(1.6)	40	<3
19+.....	1973	9.6	(0.1)	5.4	(0.1)	6.1	(0.1)	7.5	(0.1)	9.3	(0.1)	11.3	(0.2)	13.4	(0.2)	14.7	(0.3)	6.8	16	(1.2)	40	<3
All:																						
1+.....	5650	11.2	(0.1)	5.9	(0.1)	6.7	(0.1)	8.3	(0.1)	10.6	(0.1)	13.5	(0.1)	16.7	(0.2)	18.8	(0.3)		14	(0.9)		<3

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

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

Table B 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White													
Males and females:													
1-3.....	362	0.7 (0.02)	0.4 (0.02)	0.5 (0.01)	0.6 (0.01)	0.7 (0.02)	0.8 (0.02)	0.9 (0.03)	1.0 (0.03)	0.26	<3	1	5 (1.4)
4-8.....	466	0.9 (0.02)	0.6 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.0 (0.02)	1.1 (0.03)	1.2 (0.04)	0.34	<3	3	<3
Males:													
9-13.....	240	1.0 (0.04)	0.6* (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.04)	1.2 (0.04)	1.4 (0.05)	1.6* (0.07)	0.54	<3	5	<3
14-18.....	225	1.1 (0.04)	0.7* (0.04)	0.8 (0.04)	0.9 (0.03)	1.1 (0.04)	1.3 (0.04)	1.6 (0.05)	1.7* (0.06)	0.685	5* (2.0)	8	<3
19-50.....	969	1.4 (0.02)	0.7 (0.02)	0.8 (0.02)	1.1 (0.02)	1.3 (0.02)	1.7 (0.03)	2.0 (0.04)	2.3 (0.05)	0.7	4 (0.6)	10	<3
51+.....	993	1.4 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.7 (0.03)	2.0 (0.04)	2.3 (0.05)	0.7	4 (0.6)	10	<3
19+.....	1962	1.4 (0.02)	0.7 (0.02)	0.8 (0.02)	1.1 (0.01)	1.3 (0.01)	1.7 (0.02)	2.0 (0.04)	2.3 (0.05)	0.7	4 (0.5)	10	<3
Females:													
9-13.....	208	1.0 (0.02)	0.6* (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.03)	1.3 (0.04)	1.5* (0.05)	0.54	4* (1.3)	5	<3
14-18.....	214	0.9 (0.02)	0.5* (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.02)	1.3 (0.03)	1.4* (0.04)	0.685	21 (2.9)	8	<3
19-50.....	922	1.2 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	1.9 (0.05)	0.7	9 (0.9)	10	<3
51+.....	1051	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.02)	1.4 (0.02)	1.7 (0.03)	1.9 (0.04)	0.7	10 (1.0)	10	<3
19+.....	1973	1.1 (0.01)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.01)	1.4 (0.02)	1.7 (0.03)	1.9 (0.04)	0.7	9 (0.7)	10	<3
All:													
1+.....	5650	1.2 (0.01)	0.6 (0.01)	0.7 (0.01)	0.9 (0.01)	1.1 (0.01)	1.4 (0.01)	1.8 (0.03)	2.0 (0.03)		6 (0.3)		<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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White														
Males and females:														
1-3.....	362	68 (1)	45 (2)	49 (2)	56 (1)	66 (1)	77 (2)	88 (3)	96 (3)	17	<3	90	9 (2.1)	
4-8.....	466	86 (2)	57 (2)	63 (2)	72 (2)	84 (2)	98 (2)	112 (3)	121 (4)	23	<3	150	<3	
Males:														
9-13.....	240	110 (3)	68* (4)	75 (4)	90 (3)	107 (3)	127 (3)	148 (5)	161* (6)	35	<3	280	<3	
14-18.....	225	127 (4)	80* (4)	89 (4)	105 (4)	125 (4)	147 (4)	169 (5)	182* (6)	45	<3	400	<3	
19-50.....	969	143 (3)	85 (2)	95 (2)	115 (2)	139 (2)	167 (3)	194 (4)	211 (5)	45	<3	400	<3	
51+.....	993	129 (2)	74 (2)	84 (2)	103 (2)	126 (2)	152 (2)	178 (3)	195 (4)	45	<3	400	<3	
19+.....	1962	136 (2)	79 (2)	89 (2)	109 (2)	133 (2)	160 (3)	187 (4)	204 (4)	45	<3	400	<3	
Females:														
9-13.....	208	95 (2)	56* (3)	63 (3)	76 (2)	93 (2)	111 (3)	129 (4)	142* (5)	35	<3	280	<3	
14-18.....	214	91 (2)	53* (3)	60 (3)	73 (3)	89 (3)	106 (2)	125 (3)	136* (4)	45	<3	400	<3	
19-50.....	922	100 (1)	60 (1)	67 (1)	81 (1)	98 (1)	117 (2)	136 (2)	148 (3)	45	<3	400	<3	
51+.....	1051	93 (1)	54 (2)	62 (1)	75 (1)	91 (1)	109 (1)	128 (2)	139 (2)	45	<3	400	<3	
19+.....	1973	96 (1)	57 (1)	64 (1)	77 (1)	94 (1)	113 (1)	131 (2)	143 (2)	45	<3	400	<3	
All:														
1+.....	5650	112 (1)	60 (1)	68 (1)	84 (1)	106 (1)	134 (1)	164 (2)	183 (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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

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

			Percentiles								>AI			>CDRR
N	Mean	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)	
Non-Hispanic White														
Males and females:														
1-3.....	362	1928 (45)	1195 (53)	1330 (50)	1573 (48)	1880 (46)	2237 (48)	2582 (57)	2807 (66)	800	>97	1200	95 (1.6)	
4-8.....	466	2668 (45)	1728 (54)	1896 (52)	2219 (46)	2616 (45)	3060 (53)	3500 (70)	3783 (81)	1000	>97	1500	>97	
Males:														
9-13.....	240	3490 (89)	2223* (93)	2454 (90)	2883 (86)	3420 (92)	4015 (99)	4627 (125)	5024* (146)	1200	>97	1800	>97	
14-18.....	225	3926 (99)	2545* (115)	2801 (112)	3269 (104)	3849 (101)	4497 (105)	5155 (122)	5551* (141)	1500	>97	2300	>97	
19-50.....	969	4350 (63)	2708 (50)	3015 (49)	3585 (50)	4269 (61)	5031 (82)	5783 (103)	6261 (122)	1500	>97	2300	>97	
51+.....	993	3912 (49)	2339 (49)	2635 (45)	3172 (44)	3831 (48)	4566 (63)	5283 (86)	5750 (104)	1500	>97	2300	95 (0.6)	
19+.....	1962	4136 (49)	2489 (46)	2802 (42)	3366 (41)	4054 (47)	4819 (66)	5576 (92)	6051 (109)	1500	>97	2300	>97	
Females:														
9-13.....	208	3055 (55)	1887* (66)	2095 (65)	2495 (56)	2989 (55)	3541 (68)	4094 (94)	4455* (112)	1200	>97	1800	97* (1.1)	
14-18.....	214	2910 (71)	1771* (80)	1989 (81)	2369 (73)	2848 (72)	3381 (79)	3922 (97)	4263* (116)	1500	>97	2300	78 (3.4)	
19-50.....	922	3153 (39)	1902 (41)	2130 (40)	2557 (39)	3087 (40)	3674 (44)	4257 (56)	4644 (68)	1500	>97	2300	85 (1.3)	
51+.....	1051	2845 (31)	1661 (35)	1879 (35)	2277 (32)	2774 (32)	3338 (36)	3908 (49)	4272 (57)	1500	>97	2300	74 (1.4)	
19+.....	1973	2985 (28)	1751 (34)	1975 (32)	2393 (29)	2913 (29)	3498 (33)	4086 (45)	4462 (55)	1500	>97	2300	79 (1.2)	
All:														
1+.....	5650	3434 (26)	1824 (21)	2093 (19)	2614 (19)	3303 (23)	4121 (35)	4952 (58)	5479 (77)		>97		89 (0.6)	

^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 White Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White																				
Males and females:																				
1-3.....	362	1823	(37)	1187	(44)	1305	(42)	1522	(39)	1788	(37)	2092	(39)	2383	(43)	2570	(48)	2000	32	(2.8)
4-8.....	466	1999	(43)	1305	(43)	1432	(42)	1670	(41)	1965	(42)	2286	(48)	2606	(59)	2811	(66)	2300	24	(3.1)
Males:																				
9-13.....	240	2383	(75)	1460*	(65)	1628	(64)	1942	(64)	2333	(75)	2766	(90)	3209	(119)	3496*	(140)	2500	39	(4.9)
14-18.....	225	2568	(64)	1596*	(73)	1776	(70)	2106	(64)	2514	(64)	2970	(75)	3431	(97)	3708*	(117)	3000	24	(3.1)
19-50.....	969	3029	(40)	1744	(46)	1983	(43)	2427	(38)	2965	(40)	3560	(46)	4154	(56)	4533	(64)	3400	31	(1.7)
51+.....	993	3107	(31)	1800	(46)	2049	(41)	2497	(35)	3045	(32)	3648	(38)	4239	(50)	4618	(58)	3400	34	(1.3)
19+.....	1962	3067	(29)	1773	(43)	2014	(40)	2459	(32)	3004	(29)	3605	(34)	4196	(46)	4575	(57)	3400	33	(1.2)
Females:																				
9-13.....	208	2103	(48)	1241*	(54)	1395	(53)	1690	(47)	2055	(48)	2462	(60)	2868	(85)	3133*	(103)	2300	34	(3.1)
14-18.....	214	1948	(46)	1121*	(61)	1278	(61)	1554	(53)	1902	(48)	2290	(51)	2682	(70)	2928*	(84)	2300	24	(2.6)
19-50.....	922	2334	(41)	1374	(29)	1552	(31)	1883	(34)	2289	(40)	2732	(48)	3167	(61)	3458	(69)	2600	32	(2.4)
51+.....	1051	2387	(35)	1416	(33)	1599	(33)	1932	(32)	2339	(34)	2792	(41)	3242	(51)	3521	(56)	2600	35	(2.1)
19+.....	1973	2363	(33)	1396	(27)	1577	(28)	1910	(28)	2317	(33)	2764	(40)	3208	(50)	3494	(58)	2600	33	(2.0)
All:																				
1+.....	5650	2593	(23)	1430	(20)	1622	(20)	1992	(28)	2487	(65)	3085	(26)	3709	(117)	4113	(188)		32	(3.3)

^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

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Table B 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Non-Hispanic White 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 White										
Males and females:										
1-3.....	362	4.1	(0.4)	0.4	0.7	1.4	2.8	5.2	9.0	12.3
4-8.....	466	9.3	(0.8)	1.6	2.2	3.8	6.8	11.7	19.0	25.4
				(0.1)	(0.1)	(0.2)	(0.3)	(0.5)	(1.0)	(1.6)
				(0.2)	(0.2)	(0.3)	(0.5)	(1.0)	(1.9)	(2.9)
Males:										
9-13.....	240	28.7	(2.6)	3.1*	4.8	9.2	18.3	35.4	63.7	89.5*
14-18.....	225	60.5	(5.9)	7.5*	11.1	20.5	39.8	75.2	132.0	180.2*
				(0.7)	(0.9)	(1.4)	(2.1)	(3.4)	(5.5)	(8.0)
				(1.4)	(1.8)	(2.7)	(4.4)	(7.4)	(12.9)	(18.4)
19-50.....	969	195.6	(15.0)	23.6	40.3	83.0	156.2	265.7	402.5	499.6
51+.....	993	240.4	(10.8)	41.5	62.8	115.4	201.1	323.1	465.2	572.7
19+.....	1962	217.5	(13.3)	30.6	49.5	97.2	177.9	294.8	435.9	538.7
				(6.2)	(8.7)	(12.4)	(15.3)	(18.5)	(22.2)	(24.3)
				(5.9)	(6.9)	(8.3)	(10.0)	(13.3)	(17.8)	(22.8)
				(7.0)	(9.0)	(11.5)	(13.5)	(15.8)	(19.0)	(22.9)
Females:										
9-13.....	208	25.6	(2.1)	2.8*	4.0	7.9	15.9	31.4	56.7	79.1*
14-18.....	214	51.7	(6.1)	5.8*	8.9	16.9	33.5	64.5	113.5	157.4*
				(0.5)	(0.7)	(1.1)	(1.7)	(2.7)	(4.7)	(6.9)
				(1.1)	(1.4)	(2.3)	(4.1)	(7.7)	(14.1)	(19.8)
19-50.....	922	149.7	(6.4)	15.7	27.7	60.1	118.4	204.1	311.8	391.7
51+.....	1051	175.8	(4.9)	24.4	39.4	77.4	142.6	237.5	355.1	442.1
19+.....	1973	163.9	(4.4)	19.7	33.3	68.8	131.4	222.7	336.0	421.6
				(2.3)	(3.0)	(4.5)	(6.2)	(8.4)	(11.4)	(13.6)
				(2.9)	(3.5)	(4.5)	(5.4)	(6.0)	(7.8)	(9.4)
				(2.5)	(3.0)	(4.0)	(4.8)	(5.7)	(7.2)	(8.7)
All:										
1+.....	5650	157.5	(3.9)	4.4	9.8	42.0	117.5	225.7	358.3	455.1
				(0.4)	(0.9)	(2.9)	(4.7)	(5.6)	(6.9)	(8.3)

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

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Table B 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White 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 White																			
Males and females:																			
1-3.....	362	14.7	(0.2)	11.6	(0.3)	12.2	(0.2)	13.3	(0.2)	14.7	(0.2)	16.0	(0.2)	17.4	(0.3)	18.2	(0.4)	5-20%	>97
4-8.....	466	14.1	(0.2)	11.0	(0.2)	11.6	(0.2)	12.7	(0.2)	14.0	(0.2)	15.3	(0.3)	16.6	(0.4)	17.4	(0.5)	10-30%	>97
Males:																			
9-13.....	240	14.7	(0.2)	10.7*	(0.6)	11.5	(0.5)	12.9	(0.3)	14.6	(0.2)	16.4	(0.2)	18.2	(0.5)	19.3*	(0.6)	10-30%	>97
14-18.....	225	15.8	(0.2)	11.6*	(0.6)	12.4	(0.6)	13.9	(0.4)	15.6	(0.3)	17.5	(0.3)	19.4	(0.5)	20.5*	(0.7)	10-30%	>97
19-50.....	969	16.2	(0.3)	11.5	(0.2)	12.5	(0.2)	14.1	(0.2)	16.0	(0.3)	18.1	(0.4)	20.1	(0.4)	21.4	(0.5)	10-35%	>97
51+.....	993	16.2	(0.2)	11.6	(0.2)	12.5	(0.2)	14.1	(0.2)	16.0	(0.2)	18.1	(0.3)	20.1	(0.4)	21.4	(0.4)	10-35%	>97
19+.....	1962	16.2	(0.2)	11.6	(0.2)	12.5	(0.2)	14.1	(0.2)	16.0	(0.2)	18.1	(0.3)	20.1	(0.4)	21.4	(0.5)	10-35%	>97
Females:																			
9-13.....	208	14.4	(0.3)	10.4*	(0.6)	11.2	(0.5)	12.6	(0.4)	14.2	(0.3)	16.0	(0.3)	17.8	(0.5)	18.9*	(0.6)	10-30%	97* (2.5)
14-18.....	214	14.5	(0.4)	10.4*	(0.8)	11.3	(0.7)	12.7	(0.6)	14.4	(0.4)	16.2	(0.2)	17.9	(0.3)	19.0*	(0.4)	10-30%	97* (2.9)
19-50.....	922	15.7	(0.2)	11.4	(0.2)	12.2	(0.2)	13.7	(0.2)	15.5	(0.2)	17.4	(0.2)	19.3	(0.3)	20.6	(0.3)	10-35%	>97
51+.....	1051	15.9	(0.2)	11.6	(0.2)	12.4	(0.2)	13.9	(0.2)	15.7	(0.2)	17.7	(0.2)	19.7	(0.3)	20.9	(0.4)	10-35%	>97
19+.....	1973	15.8	(0.2)	11.5	(0.2)	12.3	(0.2)	13.8	(0.1)	15.6	(0.2)	17.6	(0.2)	19.5	(0.3)	20.8	(0.4)	10-35%	>97
All:																			
1+.....	5650	15.7	(0.1)	11.4	(0.2)	12.2	(0.2)	13.7	(0.1)	15.5	(0.1)	17.5	(0.2)	19.5	(0.2)	20.8	(0.3)		>97

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

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

Table B 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White 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 White												
Males and females:												
1-3.....	362	53.1 (0.4)	45.9 (0.8)	47.5 (0.7)	50.1 (0.5)	53.1 (0.4)	56.1 (0.4)	58.7 (0.5)	60.2 (0.6)	45-65%	96* (1.4)	
4-8.....	466	53.9 (0.5)	46.6 (0.9)	48.2 (0.7)	50.9 (0.6)	53.9 (0.4)	56.8 (0.4)	59.4 (0.5)	61.0 (0.5)	45-65%	>97	
Males:												
9-13.....	240	52.7 (0.5)	45.5* (0.6)	47.1 (0.5)	49.8 (0.5)	52.7 (0.5)	55.7 (0.5)	58.4 (0.6)	60.0* (0.7)	45-65%	96* (1.1)	
14-18.....	225	50.9 (0.6)	43.7* (0.7)	45.3 (0.7)	48.0 (0.6)	50.9 (0.6)	53.9 (0.6)	56.6 (0.7)	58.1* (0.7)	45-65%	91 (2.5)	
19-50.....	969	45.7 (0.4)	34.3 (0.8)	36.8 (0.7)	41.0 (0.5)	45.7 (0.4)	50.3 (0.3)	54.5 (0.4)	57.0 (0.5)	45-65%	54 (2.3)	
51+.....	993	45.5 (0.4)	34.0 (0.8)	36.6 (0.7)	40.8 (0.5)	45.5 (0.4)	50.1 (0.4)	54.3 (0.5)	56.9 (0.6)	45-65%	53 (2.3)	
19+.....	1962	45.6 (0.3)	34.1 (0.8)	36.7 (0.6)	41.0 (0.5)	45.6 (0.3)	50.2 (0.3)	54.4 (0.4)	56.9 (0.5)	45-65%	53 (2.0)	
Females:												
9-13.....	208	52.5 (0.4)	45.2* (0.6)	46.8 (0.6)	49.6 (0.5)	52.6 (0.4)	55.5 (0.4)	58.2 (0.5)	59.8* (0.5)	45-65%	95* (1.5)	
14-18.....	214	52.2 (0.6)	44.8* (0.7)	46.5 (0.6)	49.2 (0.6)	52.3 (0.6)	55.2 (0.6)	57.9 (0.7)	59.5* (0.7)	45-65%	94* (1.7)	
19-50.....	922	47.4 (0.4)	36.6 (0.4)	38.9 (0.4)	43.0 (0.4)	47.4 (0.4)	51.8 (0.4)	55.8 (0.5)	58.2 (0.6)	45-65%	64 (1.9)	
51+.....	1051	47.0 (0.5)	36.1 (0.7)	38.5 (0.6)	42.6 (0.6)	47.0 (0.6)	51.5 (0.5)	55.6 (0.6)	58.1 (0.6)	45-65%	62 (3.2)	
19+.....	1973	47.2 (0.4)	36.3 (0.5)	38.7 (0.5)	42.7 (0.5)	47.2 (0.4)	51.6 (0.5)	55.7 (0.5)	58.1 (0.6)	45-65%	63 (2.5)	
All:												
1+.....	5650	47.7 (0.2)	35.9 (0.5)	38.5 (0.4)	43.0 (0.3)	48.0 (0.2)	52.6 (0.2)	56.3 (0.2)	58.5 (0.3)	45-65%	66 (1.4)	

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

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

Table B 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White 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 White											
Males and females:											
1-3.....	362	33.6 (0.3)	27.7 (0.5)	29.0 (0.4)	31.2 (0.3)	33.6 (0.3)	36.0 (0.4)	38.1 (0.5)	39.4 (0.6)	30-40%	81 (3.0)
4-8.....	466	33.6 (0.3)	27.8 (0.5)	29.0 (0.4)	31.2 (0.3)	33.6 (0.3)	36.0 (0.4)	38.1 (0.5)	39.3 (0.6)	25-35%	65 (4.0)
Males:											
9-13.....	240	33.9 (0.5)	28.3* (0.9)	29.6 (0.8)	31.7 (0.6)	34.0 (0.5)	36.3 (0.4)	38.3 (0.5)	39.5* (0.6)	25-35%	61 (4.8)
14-18.....	225	34.0 (0.4)	28.4* (0.8)	29.6 (0.7)	31.8 (0.5)	34.1 (0.4)	36.3 (0.4)	38.4 (0.5)	39.5* (0.6)	25-35%	60 (4.3)
19-50.....	969	34.8 (0.3)	27.3 (0.5)	29.0 (0.4)	31.8 (0.3)	34.8 (0.3)	37.8 (0.4)	40.5 (0.5)	42.1 (0.6)	20-35%	51 (2.4)
51+.....	993	35.8 (0.2)	28.3 (0.5)	30.0 (0.4)	32.8 (0.3)	35.8 (0.2)	38.8 (0.3)	41.5 (0.5)	43.1 (0.6)	20-35%	43 (2.0)
19+.....	1962	35.3 (0.2)	27.8 (0.5)	29.5 (0.4)	32.3 (0.3)	35.3 (0.2)	38.3 (0.3)	41.0 (0.5)	42.6 (0.6)	20-35%	47 (1.8)
Females:											
9-13.....	208	34.4 (0.4)	28.6* (0.8)	29.9 (0.7)	32.1 (0.5)	34.4 (0.4)	36.7 (0.4)	38.8 (0.5)	40.0* (0.6)	25-35%	56 (4.4)
14-18.....	214	34.2 (0.6)	28.3* (1.1)	29.7 (1.0)	31.9 (0.8)	34.3 (0.6)	36.5 (0.5)	38.6 (0.5)	39.8* (0.6)	25-35%	58 (5.8)
19-50.....	922	35.4 (0.3)	27.4 (0.5)	29.2 (0.5)	32.1 (0.4)	35.4 (0.3)	38.7 (0.3)	41.6 (0.3)	43.4 (0.4)	20-35%	46 (2.5)
51+.....	1051	36.2 (0.3)	28.2 (0.5)	30.0 (0.4)	32.9 (0.4)	36.2 (0.3)	39.5 (0.4)	42.5 (0.5)	44.3 (0.5)	20-35%	40 (2.8)
19+.....	1973	35.9 (0.3)	27.8 (0.5)	29.6 (0.4)	32.5 (0.3)	35.8 (0.3)	39.1 (0.3)	42.1 (0.4)	43.9 (0.4)	20-35%	43 (2.3)
All:											
1+.....	5650	35.2 (0.2)	27.9 (0.3)	29.5 (0.3)	32.2 (0.2)	35.2 (0.2)	38.2 (0.2)	41.1 (0.3)	42.8 (0.4)		49 (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 B 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White 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 White										
Males and females:										
1-3.....	362	12.8 (0.2)	9.6 (0.4)	10.2 (0.3)	11.4 (0.3)	12.8 (0.2)	14.2 (0.2)	15.5 (0.2)	16.3 (0.3)	8 (2.6)
4-8.....	466	12.2 (0.2)	9.0 (0.3)	9.6 (0.2)	10.8 (0.2)	12.2 (0.2)	13.5 (0.2)	14.8 (0.3)	15.6 (0.3)	14 (2.2)
Males:										
9-13.....	240	12.3 (0.2)	9.6* (0.3)	10.2 (0.3)	11.1 (0.2)	12.2 (0.2)	13.4 (0.2)	14.4 (0.3)	15.0* (0.3)	8 (2.9)
14-18.....	225	12.0 (0.2)	9.4* (0.3)	9.9 (0.3)	10.9 (0.2)	12.0 (0.2)	13.1 (0.2)	14.1 (0.3)	14.7* (0.3)	11 (3.5)
19-50.....	969	11.6 (0.1)	8.8 (0.1)	9.4 (0.1)	10.4 (0.1)	11.5 (0.1)	12.7 (0.1)	13.8 (0.2)	14.5 (0.2)	18 (1.6)
51+.....	993	11.7 (0.1)	8.9 (0.2)	9.5 (0.1)	10.6 (0.1)	11.7 (0.1)	12.9 (0.2)	14.0 (0.2)	14.6 (0.2)	16 (1.9)
19+.....	1962	11.7 (0.1)	8.8 (0.1)	9.4 (0.1)	10.5 (0.1)	11.6 (0.1)	12.8 (0.1)	13.9 (0.2)	14.5 (0.2)	17 (1.5)
Females:										
9-13.....	208	12.1 (0.2)	9.4* (0.3)	10.0 (0.3)	11.0 (0.2)	12.1 (0.2)	13.2 (0.2)	14.3 (0.3)	14.9* (0.3)	10 (3.4)
14-18.....	214	11.6 (0.3)	8.9* (0.5)	9.5 (0.4)	10.5 (0.4)	11.6 (0.3)	12.7 (0.3)	13.8 (0.3)	14.4* (0.3)	16 (6.2)
19-50.....	922	11.6 (0.2)	8.3 (0.2)	9.0 (0.2)	10.1 (0.2)	11.5 (0.2)	12.9 (0.2)	14.2 (0.2)	15.0 (0.2)	23 (2.8)
51+.....	1051	11.8 (0.1)	8.5 (0.2)	9.2 (0.2)	10.4 (0.1)	11.7 (0.1)	13.1 (0.1)	14.5 (0.2)	15.3 (0.2)	19 (2.0)
19+.....	1973	11.7 (0.1)	8.4 (0.2)	9.1 (0.2)	10.3 (0.1)	11.6 (0.1)	13.0 (0.1)	14.4 (0.1)	15.2 (0.2)	21 (2.1)
All:										
1+.....	5650	11.8 (0.1)	8.7 (0.1)	9.4 (0.1)	10.5 (0.1)	11.7 (0.1)	13.0 (0.1)	14.2 (0.1)	15.0 (0.1)	17 (1.3)

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 White Individuals, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table B 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White 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 White											
Males and females:											
1-3.....	362	5.9 (0.1)	4.3 (0.1)	4.6 (0.1)	5.2 (0.1)	5.9 (0.1)	6.6 (0.1)	7.2 (0.1)	7.7 (0.2)	05-10%	80 (3.7)
4-8.....	466	6.5 (0.1)	4.8 (0.1)	5.1 (0.1)	5.7 (0.1)	6.4 (0.1)	7.2 (0.1)	7.9 (0.1)	8.3 (0.2)	05-10%	92 (2.0)
Males:											
9-13.....	240	6.5 (0.1)	4.6* (0.2)	4.9 (0.2)	5.6 (0.2)	6.4 (0.1)	7.3 (0.2)	8.1 (0.2)	8.7* (0.3)	05-10%	89 (3.6)
14-18.....	225	6.5 (0.2)	4.5* (0.2)	4.9 (0.2)	5.6 (0.2)	6.4 (0.2)	7.3 (0.2)	8.1 (0.3)	8.6* (0.3)	05-10%	88 (3.4)
19-50.....	969	6.9 (0.1)	4.9 (0.1)	5.3 (0.1)	6.0 (0.1)	6.8 (0.1)	7.7 (0.1)	8.6 (0.2)	9.2 (0.2)	05-10%	92 (1.7)
51+.....	993	7.2 (0.1)	5.1 (0.1)	5.5 (0.1)	6.3 (0.1)	7.1 (0.1)	8.0 (0.1)	8.9 (0.2)	9.5 (0.2)	05-10%	94 (1.6)
19+.....	1962	7.0 (0.1)	5.0 (0.1)	5.4 (0.1)	6.1 (0.1)	7.0 (0.1)	7.9 (0.1)	8.8 (0.2)	9.3 (0.2)	05-10%	93 (1.7)
Females:											
9-13.....	208	6.9 (0.1)	4.9* (0.2)	5.3 (0.2)	6.0 (0.2)	6.9 (0.1)	7.8 (0.2)	8.6 (0.3)	9.2* (0.3)	05-10%	92* (3.0)
14-18.....	214	7.0 (0.2)	4.9* (0.3)	5.3 (0.3)	6.1 (0.2)	6.9 (0.2)	7.8 (0.2)	8.7 (0.3)	9.3* (0.3)	05-10%	92* (3.2)
19-50.....	922	7.5 (0.1)	5.1 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.4 (0.1)	9.5 (0.2)	10.1 (0.2)	05-10%	90 (1.5)
51+.....	1051	7.5 (0.1)	5.2 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.5 (0.1)	9.6 (0.2)	10.2 (0.2)	05-10%	90 (1.7)
19+.....	1973	7.5 (0.1)	5.2 (0.1)	5.6 (0.1)	6.4 (0.1)	7.4 (0.1)	8.5 (0.1)	9.5 (0.2)	10.2 (0.2)	05-10%	90 (1.6)
All:											
1+.....	5650	7.1 (0.1)	4.9 (0.1)	5.4 (0.1)	6.1 (#)	7.0 (0.1)	8.0 (0.1)	9.0 (0.1)	9.7 (0.1)	05-10%	91 (1.0)

NOTES: AMDR=Acceptable Macronutrient Distribution Range

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

Indicates a non-zero value too small to report

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

Table B 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Non-Hispanic White 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 White																				
Males and females:																				
1-3.....	362	0.63	(0.01)	0.45	(0.02)	0.48	(0.02)	0.54	(0.01)	0.62	(0.01)	0.70	(0.01)	0.79	(0.01)	0.84	(0.02)	0.6-1.2%	57	(4.3)
4-8.....	466	0.62	(0.01)	0.44	(0.01)	0.48	(0.01)	0.54	(0.01)	0.61	(0.01)	0.70	(0.01)	0.78	(0.02)	0.83	(0.02)	0.6-1.2%	55	(3.2)
Males:																				
9-13.....	240	0.62	(0.01)	0.45*	(0.04)	0.48	(0.03)	0.54	(0.02)	0.61	(0.01)	0.69	(0.02)	0.77	(0.04)	0.83*	(0.05)	0.6-1.2%	54	(5.2)
14-18.....	225	0.62	(0.02)	0.44*	(0.04)	0.48	(0.03)	0.54	(0.02)	0.61	(0.02)	0.69	(0.03)	0.77	(0.04)	0.82*	(0.05)	0.6-1.2%	53	(6.5)
19-50.....	969	0.70	(0.01)	0.48	(0.02)	0.52	(0.02)	0.60	(0.01)	0.69	(0.01)	0.80	(0.02)	0.90	(0.03)	0.97	(0.04)	0.6-1.2%	74	(2.8)
51+.....	993	0.76	(0.01)	0.52	(0.02)	0.57	(0.02)	0.65	(0.01)	0.75	(0.01)	0.86	(0.02)	0.98	(0.03)	1.05	(0.04)	0.6-1.2%	84	(3.5)
19+.....	1962	0.73	(0.01)	0.49	(0.02)	0.54	(0.02)	0.62	(0.01)	0.72	(0.01)	0.83	(0.02)	0.94	(0.03)	1.02	(0.04)	0.6-1.2%	79	(3.0)
Females:																				
9-13.....	208	0.67	(0.02)	0.48*	(0.04)	0.52	(0.03)	0.58	(0.02)	0.66	(0.02)	0.75	(0.03)	0.84	(0.05)	0.89*	(0.06)	0.6-1.2%	70	(6.8)
14-18.....	214	0.67	(0.02)	0.47*	(0.04)	0.51	(0.04)	0.58	(0.03)	0.66	(0.02)	0.74	(0.03)	0.83	(0.04)	0.88*	(0.06)	0.6-1.2%	68	(8.6)
19-50.....	922	0.79	(0.01)	0.52	(0.02)	0.57	(0.02)	0.66	(0.01)	0.77	(0.01)	0.90	(0.02)	1.03	(0.03)	1.12	(0.03)	0.6-1.2%	83	(3.3)
51+.....	1051	0.84	(0.02)	0.56	(0.02)	0.61	(0.02)	0.71	(0.02)	0.82	(0.02)	0.96	(0.02)	1.10	(0.03)	1.19	(0.04)	0.6-1.2%	87	(3.3)
19+.....	1973	0.82	(0.01)	0.54	(0.02)	0.59	(0.02)	0.68	(0.01)	0.80	(0.01)	0.93	(0.02)	1.07	(0.03)	1.16	(0.04)	0.6-1.2%	85	(3.3)
All:																				
1+.....	5650	0.75	(0.01)	0.49	(0.01)	0.54	(0.01)	0.62	(0.01)	0.73	(0.01)	0.85	(0.01)	0.98	(0.02)	1.07	(0.03)	0.6-1.2%	77	(1.8)

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

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

TABLE NOTES

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

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

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

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

Usual Nutrient Intakes

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

Indicates a non-zero value too small to report.

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

CITATION

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