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USUAL NUTRIENT INTAKE from Food and Beverages, among Individuals Over 350% of Poverty Level

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

Table H

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

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020

Available www.ars.usda.gov/nea/bhnrc/fsrg

Table H 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean	(SE)	Percentiles						
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Over 350% poverty										
Males and females:										
1-3.....	158	1437	(30)	947* (39)	1034* (35)	1195 (36)	1409 (29)	1642 (38)	1882* (57)	2032* (68)
4-8.....	215	1770	(37)	1180* (45)	1292* (40)	1487 (35)	1735 (38)	2013 (45)	2293* (63)	2468* (80)
Males:										
9-13.....	105	2191	(73)	1426* (42)	1567* (43)	1829 (50)	2150 (65)	2511 (100)	2863* (140)	3120* (175)
14-18.....	128	2463	(83)	1614* (51)	1780* (54)	2064 (64)	2428 (80)	2827 (109)	3198* (139)	3425* (170)
19-50.....	539	2524	(59)	1515 (57)	1705 (58)	2048 (56)	2473 (59)	2944 (67)	3409 (74)	3709 (79)
51+.....	614	2441	(55)	1451 (53)	1634 (53)	1972 (55)	2391 (56)	2854 (58)	3309 (64)	3607 (68)
19+.....	1153	2484	(50)	1483 (50)	1668 (49)	2012 (50)	2433 (50)	2902 (54)	3359 (62)	3658 (67)
Females:										
9-13.....	132	2133	(92)	1365* (48)	1502* (50)	1765 (71)	2094 (86)	2462 (117)	2816* (141)	3027* (168)
14-18.....	112	1871	(101)	1177* (90)	1309* (85)	1535 (94)	1829 (97)	2155 (110)	2486* (144)	2697* (161)
19-50.....	490	1892	(29)	1151 (32)	1285 (30)	1546 (28)	1856 (30)	2198 (33)	2537 (40)	2754 (47)
51+.....	583	1802	(39)	1075 (33)	1212 (33)	1463 (34)	1770 (38)	2100 (46)	2429 (54)	2644 (60)
19+.....	1073	1846	(32)	1110 (30)	1248 (29)	1502 (29)	1813 (32)	2151 (38)	2487 (45)	2704 (52)
All:										
1+.....	3076	2137	(28)	1206 (21)	1363 (22)	1663 (22)	2059 (26)	2530 (36)	3022 (49)	3333 (58)

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

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Table H 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean (SE)	Percentiles						
N	5th (SE)		10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Over 350% poverty									
Males and females:									
1-3.....	158	51.4 (1.8)	32.6* (1.4)	35.9* (1.4)	41.9 (1.5)	50.2 (1.7)	59.3 (2.2)	68.9* (2.9)	74.7* (3.4)
4-8.....	215	61.0 (2.3)	39.0* (1.4)	43.1* (1.4)	50.4 (1.7)	59.6 (2.3)	70.1 (2.8)	80.9* (3.6)	87.7* (4.2)
Males:									
9-13.....	105	74.5 (4.4)	46.5* (3.0)	51.6* (3.0)	61.1 (3.5)	72.9 (4.3)	86.3 (5.4)	99.5* (6.2)	109.2* (6.8)
14-18.....	128	92.7 (6.0)	59.3* (3.1)	65.8* (3.6)	76.9 (4.6)	91.2 (6.0)	107.0 (7.3)	121.9* (8.4)	131.0* (9.9)
19-50.....	539	99.4 (2.9)	59.6 (2.6)	67.2 (2.6)	80.6 (2.7)	97.5 (2.9)	115.9 (3.2)	134.1 (3.8)	146.0 (4.2)
51+.....	614	93.9 (2.2)	55.2 (2.7)	62.3 (2.6)	75.5 (2.4)	91.9 (2.3)	110.1 (2.1)	128.0 (2.5)	139.7 (3.0)
19+.....	1153	96.7 (2.1)	57.2 (2.4)	64.5 (2.2)	78.1 (2.0)	94.8 (2.2)	113.2 (2.4)	131.2 (2.9)	143.2 (3.3)
Females:									
9-13.....	132	72.3 (4.2)	44.2* (2.3)	49.1* (2.2)	58.6 (3.1)	70.7 (4.0)	84.3 (5.4)	97.5* (6.4)	105.5* (7.1)
14-18.....	112	63.0 (4.6)	37.8* (3.0)	42.5* (3.0)	50.6 (3.7)	61.3 (4.4)	73.3 (5.3)	85.6* (6.3)	93.5* (6.9)
19-50.....	490	72.5 (1.4)	44.7 (1.4)	49.7 (1.4)	59.5 (1.4)	71.1 (1.4)	84.0 (1.7)	96.8 (2.0)	104.9 (2.2)
51+.....	583	69.6 (1.8)	42.1 (1.9)	47.4 (1.8)	56.8 (1.8)	68.5 (1.8)	81.0 (2.0)	93.4 (2.1)	101.4 (2.3)
19+.....	1073	71.1 (1.4)	43.3 (1.5)	48.5 (1.4)	58.1 (1.3)	69.8 (1.4)	82.5 (1.5)	95.1 (1.9)	103.3 (2.2)
All:									
1+.....	3076	81.5 (1.3)	44.9 (1.0)	50.9 (1.1)	62.6 (1.2)	78.1 (1.3)	97.0 (1.7)	116.8 (2.2)	129.5 (2.6)

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

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Table H 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Over 350% poverty																			
Males and females:																			
1-3.....	158	4.24	(0.14)	2.70*	(0.13)	2.98*	(0.12)	3.48	(0.12)	4.16	(0.13)	4.88	(0.16)	5.63*	(0.20)	6.08*	(0.23)	0.87	<3
4-8.....	214	2.66	(0.11)	1.56*	(0.09)	1.76*	(0.08)	2.12	(0.10)	2.58	(0.11)	3.12	(0.12)	3.65*	(0.15)	4.03*	(0.17)	0.76	<3
Males:																			
9-13.....	104	1.77	(0.07)	0.99*	(0.05)	1.13*	(0.05)	1.39	(0.05)	1.73	(0.06)	2.10	(0.08)	2.48*	(0.10)	2.75*	(0.12)	0.76	<3
14-18.....	128	1.43	(0.07)	0.73*	(0.05)	0.86*	(0.05)	1.09	(0.06)	1.39	(0.07)	1.74	(0.09)	2.07*	(0.11)	2.27*	(0.13)	0.73	5* (1.4)
19-50.....	537	1.30	(0.04)	0.69	(0.04)	0.81	(0.04)	1.02	(0.04)	1.27	(0.04)	1.55	(0.04)	1.83	(0.04)	2.01	(0.05)	0.66	4* (1.2)
51+.....	607	1.22	(0.03)	0.64	(0.03)	0.74	(0.03)	0.94	(0.03)	1.19	(0.03)	1.47	(0.03)	1.74	(0.04)	1.92	(0.05)	0.66	6 (1.3)
19+.....	1144	1.26	(0.03)	0.67	(0.03)	0.78	(0.03)	0.98	(0.03)	1.23	(0.03)	1.51	(0.03)	1.79	(0.04)	1.97	(0.05)	0.66	5 (1.2)
Females:																			
9-13.....	130	1.69	(0.08)	0.91*	(0.06)	1.05*	(0.05)	1.31	(0.06)	1.65	(0.07)	2.03	(0.09)	2.40*	(0.11)	2.62*	(0.13)	0.76	<3
14-18.....	112	1.09	(0.07)	0.51*	(0.05)	0.61*	(0.05)	0.79	(0.05)	1.04	(0.06)	1.33	(0.08)	1.63*	(0.10)	1.83*	(0.11)	0.71	17* (4.1)
19-50.....	486	1.14	(0.02)	0.62	(0.02)	0.72	(0.02)	0.90	(0.02)	1.12	(0.02)	1.36	(0.02)	1.60	(0.03)	1.75	(0.03)	0.66	7 (0.9)
51+.....	580	1.11	(0.02)	0.59	(0.02)	0.69	(0.02)	0.87	(0.02)	1.09	(0.02)	1.32	(0.03)	1.56	(0.04)	1.71	(0.04)	0.66	8 (1.1)
19+.....	1066	1.13	(0.02)	0.61	(0.02)	0.70	(0.02)	0.88	(0.02)	1.10	(0.02)	1.34	(0.02)	1.58	(0.03)	1.74	(0.04)	0.66	7 (0.9)
All:																			
1+.....	3056	1.37	(0.03)	0.65	(0.02)	0.76	(0.02)	0.96	(0.02)	1.22	(0.02)	1.56	(0.03)	2.03	(0.06)	2.63	(0.14)		6 (0.7)

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 H 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Over 350% poverty												
Males and females:												
1-3.....	158	187	(8)	123*	134*	155	184	215	246*	266*	100	<3
4-8.....	215	231	(6)	154*	168*	194	227	263	300*	322*	100	<3
Males:												
9-13.....	105	283	(9)	180*	199*	234	277	326	374*	409*	100	<3
14-18.....	128	299	(9)	189*	210*	247	294	346	394*	424*	100	<3
19-50.....	539	271	(8)	141	165	208	263	325	387	428	100	<3
51+.....	614	264	(7)	136	159	202	256	317	378	418	100	<3
19+.....	1153	267	(7)	139	162	205	259	321	382	423	100	<3
Females:												
9-13.....	132	275	(11)	171*	190*	225	270	319	367*	396*	100	<3
14-18.....	112	236	(10)	144*	161*	191	231	274	319*	347*	100	<3
19-50.....	490	211	(3)	115	131	164	205	251	298	328	100	<3
51+.....	583	198	(5)	105	121	153	193	237	282	312	100	4 (0.7)
19+.....	1073	205	(4)	109	126	158	199	244	290	320	100	3 (0.6)
All:												
1+.....	3076	239	(4)	123	143	181	230	287	348	388	100	<3

NOTES: EAR=Estimated Average Requirement

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

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Table H 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean (SE)	Percentiles						
N	5th (SE)		10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Over 350% poverty									
Males and females:									
1-3.....	158	93 (4)	55* (3)	62* (3)	74 (3)	91 (4)	109 (5)	129* (7)	141* (8)
4-8.....	215	105 (2)	62* (3)	70* (2)	84 (2)	102 (2)	123 (3)	144* (3)	158* (4)
Males:									
9-13.....	105	129 (4)	72* (4)	82* (3)	101 (3)	125 (4)	153 (6)	180* (8)	201* (10)
14-18.....	128	129 (5)	71* (4)	82* (4)	101 (4)	126 (5)	155 (6)	182* (8)	199* (9)
19-50.....	539	110 (5)	38 (2)	49 (2)	70 (3)	101 (5)	140 (7)	182 (9)	211 (10)
51+.....	614	111 (3)	39 (2)	50 (2)	72 (2)	103 (3)	141 (5)	183 (6)	211 (8)
19+.....	1153	110 (4)	39 (2)	49 (2)	71 (3)	102 (4)	140 (5)	182 (7)	211 (8)
Females:									
9-13.....	132	127 (6)	69* (5)	79* (5)	98 (5)	123 (6)	151 (7)	179* (9)	196* (11)
14-18.....	112	105 (4)	55* (4)	64* (4)	80 (4)	101 (4)	125 (6)	151* (7)	167* (9)
19-50.....	490	89 (2)	36 (2)	44 (2)	61 (2)	84 (2)	112 (3)	142 (4)	163 (5)
51+.....	583	87 (3)	34 (2)	42 (2)	59 (2)	81 (3)	108 (4)	137 (5)	158 (6)
19+.....	1073	88 (3)	35 (2)	43 (2)	60 (2)	82 (3)	110 (3)	140 (5)	160 (5)
All:									
1+.....	3076	102 (2)	39 (1)	49 (1)	68 (2)	95 (2)	128 (3)	164 (5)	189 (6)

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

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Table H 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						>AI										
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Over 350% poverty																				
Males and females:																				
1-3.....	158	12.7	(0.7)	7.0*	(0.4)	8.0*	(0.4)	9.8	(0.5)	12.3	(0.7)	15.2	(0.8)	18.1*	(1.0)	19.9*	(1.1)	19	7*	(2.6)
4-8.....	215	14.9	(0.7)	8.5*	(0.5)	9.6*	(0.5)	11.7	(0.6)	14.4	(0.7)	17.6	(0.8)	20.7*	(0.9)	23.0*	(1.1)	25	<3	
Males:																				
9-13.....	105	16.2	(1.0)	8.9*	(0.5)	10.2*	(0.6)	12.6	(0.7)	15.7	(0.9)	19.2	(1.2)	22.9*	(1.5)	25.6*	(1.8)	31	<3	
14-18.....	128	16.8	(0.8)	9.2*	(0.4)	10.6*	(0.5)	13.0	(0.6)	16.3	(0.7)	20.1	(1.0)	23.8*	(1.3)	26.1*	(1.4)	38	<3	
19-50.....	539	18.5	(0.5)	8.4	(0.4)	10.1	(0.4)	13.3	(0.4)	17.7	(0.5)	22.7	(0.6)	28.0	(0.8)	31.5	(0.9)	38	<3	
51+.....	614	19.6	(0.4)	9.2	(0.4)	10.9	(0.4)	14.3	(0.4)	18.8	(0.4)	24.0	(0.6)	29.4	(0.7)	33.0	(0.9)	30	9	(1.2)
19+.....	1153	19.0	(0.4)	8.8	(0.4)	10.5	(0.4)	13.8	(0.4)	18.2	(0.4)	23.4	(0.5)	28.7	(0.7)	32.3	(0.8)		5	(0.7)
Females:																				
9-13.....	132	16.6	(0.9)	9.1*	(0.6)	10.3*	(0.6)	12.8	(0.7)	16.1	(0.9)	19.8	(1.1)	23.6*	(1.4)	25.9*	(1.7)	26	5*	(2.5)
14-18.....	112	14.4	(0.7)	7.7*	(0.6)	8.8*	(0.5)	10.9	(0.6)	13.8	(0.7)	17.1	(0.9)	20.6*	(1.1)	22.9*	(1.3)	26	<3	
19-50.....	490	15.8	(0.5)	7.4	(0.3)	8.7	(0.3)	11.5	(0.4)	15.0	(0.4)	19.3	(0.6)	23.8	(0.8)	26.9	(1.1)	25	8	(1.7)
51+.....	583	16.2	(0.6)	7.6	(0.4)	9.0	(0.4)	11.8	(0.4)	15.5	(0.5)	19.7	(0.7)	24.3	(0.9)	27.4	(1.1)	21	20	(2.9)
19+.....	1073	16.0	(0.4)	7.5	(0.3)	8.9	(0.3)	11.6	(0.3)	15.2	(0.4)	19.5	(0.6)	24.1	(0.8)	27.1	(1.1)		14	(2.1)
All:																				
1+.....	3076	17.2	(0.3)	8.1	(0.3)	9.5	(0.3)	12.4	(0.3)	16.3	(0.3)	20.9	(0.4)	26.0	(0.5)	29.4	(0.5)		8	(0.8)

NOTES: AI=Adequate Intake

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean	(SE)	Percentiles													
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
Over 350% poverty																	
Males and females:																	
1-3.....	158	55.8	(1.5)	33.1*	(1.6)	37.1*	(1.5)	44.4	(1.6)	54.4	(1.6)	65.3	(1.6)	76.8*	(2.0)	83.8*	(2.6)
4-8.....	215	69.0	(2.2)	42.0*	(2.5)	46.9*	(2.4)	55.9	(2.2)	67.3	(2.2)	80.3	(2.3)	93.3*	(2.8)	101.5*	(3.4)
Males:																	
9-13.....	105	87.6	(4.6)	53.6*	(3.2)	59.8*	(3.4)	71.4	(3.8)	85.7	(4.2)	101.9	(5.3)	117.7*	(7.0)	129.3*	(8.7)
14-18.....	128	100.2	(5.2)	62.2*	(3.7)	69.6*	(4.2)	82.2	(4.6)	98.6	(5.1)	116.6	(6.0)	133.4*	(6.6)	143.7*	(7.4)
19-50.....	539	104.5	(2.7)	57.8	(2.2)	66.4	(2.2)	82.0	(2.3)	101.8	(2.6)	124.0	(3.2)	146.0	(3.9)	160.5	(4.3)
51+.....	614	102.9	(3.0)	56.9	(2.5)	65.2	(2.5)	80.7	(2.8)	100.3	(3.1)	122.3	(3.4)	143.8	(3.8)	157.9	(4.1)
19+.....	1153	103.7	(2.7)	57.3	(2.3)	65.7	(2.2)	81.4	(2.4)	101.1	(2.6)	123.2	(3.0)	144.9	(3.6)	159.2	(3.9)
Females:																	
9-13.....	132	86.0	(5.2)	51.7*	(3.5)	57.7*	(3.7)	69.4	(4.6)	84.2	(4.9)	100.7	(6.1)	116.8*	(6.6)	126.4*	(7.6)
14-18.....	112	77.0	(4.9)	45.5*	(3.5)	51.4*	(3.5)	61.6	(4.2)	75.0	(4.6)	89.9	(5.6)	105.2*	(6.9)	114.9*	(7.6)
19-50.....	490	80.3	(2.0)	44.5	(1.5)	50.7	(1.6)	63.1	(1.8)	78.1	(2.0)	95.0	(2.2)	112.2	(2.6)	123.3	(2.7)
51+.....	583	77.4	(2.1)	42.3	(1.8)	48.6	(1.8)	60.6	(1.8)	75.4	(2.1)	91.9	(2.5)	108.6	(2.8)	119.6	(3.0)
19+.....	1073	78.8	(2.0)	43.4	(1.5)	49.7	(1.6)	61.8	(1.7)	76.8	(1.9)	93.5	(2.3)	110.5	(2.6)	121.6	(2.8)
All:																	
1+.....	3076	89.3	(1.4)	46.6	(1.4)	53.7	(1.4)	67.6	(1.4)	85.8	(1.4)	107.3	(1.6)	129.8	(2.3)	144.2	(2.8)

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

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Table H 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean (SE)	Percentiles						
N	5th (SE)		10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
Over 350% poverty									
Males and females:									
1-3.....	158	20.0 (0.6)	11.3* (0.6)	12.8* (0.6)	15.5 (0.6)	19.3 (0.6)	23.6 (0.6)	28.1* (0.7)	30.8* (0.9)
4-8.....	215	24.5 (0.8)	14.1* (0.9)	16.0* (0.8)	19.4 (0.8)	23.7 (0.9)	28.8 (0.9)	33.9* (1.2)	37.1* (1.4)
Males:									
9-13.....	105	30.3 (1.7)	18.0* (1.7)	20.2* (1.7)	24.4 (1.7)	29.6 (1.6)	35.5 (1.7)	41.3* (2.1)	45.6* (2.5)
14-18.....	128	34.4 (1.5)	20.7* (1.9)	23.3* (1.7)	27.8 (1.7)	33.7 (1.6)	40.3 (1.5)	46.5* (1.5)	50.3* (1.8)
19-50.....	539	34.0 (0.8)	17.4 (0.8)	20.4 (0.8)	25.9 (0.8)	32.9 (0.8)	40.9 (0.9)	49.0 (1.2)	54.3 (1.3)
51+.....	614	33.2 (0.7)	17.0 (0.7)	19.9 (0.7)	25.2 (0.7)	32.1 (0.7)	40.0 (0.8)	47.9 (1.1)	53.1 (1.3)
19+.....	1153	33.6 (0.7)	17.2 (0.7)	20.1 (0.7)	25.5 (0.7)	32.5 (0.7)	40.4 (0.8)	48.4 (1.0)	53.7 (1.2)
Females:									
9-13.....	132	30.2 (1.8)	17.7* (1.8)	19.8* (1.8)	24.1 (1.9)	29.4 (1.8)	35.6 (1.9)	41.5* (2.1)	45.1* (2.6)
14-18.....	112	25.9 (1.4)	14.8* (1.3)	16.9* (1.3)	20.4 (1.4)	25.2 (1.3)	30.5 (1.7)	36.0* (2.5)	39.6* (2.9)
19-50.....	490	25.9 (0.8)	14.2 (0.7)	16.2 (0.6)	20.2 (0.7)	25.1 (0.8)	30.8 (0.9)	36.6 (1.2)	40.4 (1.3)
51+.....	583	25.2 (0.8)	13.6 (0.6)	15.7 (0.6)	19.6 (0.6)	24.5 (0.8)	30.0 (1.0)	35.6 (1.3)	39.4 (1.5)
19+.....	1073	25.6 (0.8)	13.9 (0.6)	15.9 (0.6)	19.9 (0.6)	24.8 (0.7)	30.4 (0.9)	36.1 (1.2)	39.9 (1.4)
All:									
1+.....	3076	29.3 (0.4)	15.0 (0.4)	17.3 (0.4)	21.8 (0.4)	27.9 (0.4)	35.2 (0.5)	43.2 (0.7)	48.4 (0.8)

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

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Table H 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean	(SE)	Percentiles													
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
Over 350% poverty																	
Males and females:																	
1-3.....	158	17.9	(0.6)	10.6*	(0.6)	11.9*	(0.5)	14.2	(0.5)	17.4	(0.6)	20.9	(0.7)	24.6*	(0.8)	26.9*	(1.0)
4-8.....	215	22.4	(0.5)	13.6*	(0.7)	15.2*	(0.6)	18.1	(0.6)	21.8	(0.5)	26.0	(0.6)	30.3*	(1.0)	33.0*	(1.2)
Males:																	
9-13.....	105	28.5	(1.2)	17.5*	(1.0)	19.5*	(1.0)	23.2	(1.0)	27.8	(1.1)	33.1	(1.3)	38.2*	(1.6)	42.0*	(1.9)
14-18.....	128	32.6	(1.4)	20.3*	(1.1)	22.6*	(1.2)	26.7	(1.3)	32.1	(1.4)	37.9	(1.6)	43.4*	(1.9)	46.7*	(2.3)
19-50.....	539	36.0	(1.1)	19.6	(1.1)	22.6	(1.1)	28.0	(1.1)	34.9	(1.1)	42.8	(1.3)	50.6	(1.5)	55.8	(1.7)
51+.....	614	35.5	(0.9)	19.4	(0.9)	22.3	(0.9)	27.7	(0.9)	34.5	(0.9)	42.2	(0.9)	49.9	(1.1)	55.0	(1.2)
19+.....	1153	35.7	(0.9)	19.5	(1.0)	22.4	(0.9)	27.8	(0.9)	34.7	(0.9)	42.5	(1.0)	50.2	(1.2)	55.4	(1.3)
Females:																	
9-13.....	132	27.5	(1.0)	16.5*	(0.8)	18.4*	(0.8)	22.1	(1.0)	26.9	(1.0)	32.2	(1.2)	37.3*	(1.4)	40.4*	(1.6)
14-18.....	112	24.9	(1.4)	14.7*	(1.0)	16.6*	(1.0)	19.9	(1.2)	24.2	(1.4)	29.0	(1.7)	34.0*	(2.1)	37.1*	(2.2)
19-50.....	490	27.2	(0.7)	14.5	(0.5)	16.6	(0.6)	21.0	(0.6)	26.3	(0.7)	32.5	(0.8)	38.8	(0.9)	43.1	(1.0)
51+.....	583	26.3	(0.8)	13.8	(0.6)	16.0	(0.7)	20.2	(0.7)	25.5	(0.8)	31.5	(0.9)	37.7	(1.1)	41.8	(1.2)
19+.....	1073	26.8	(0.7)	14.1	(0.6)	16.3	(0.6)	20.5	(0.6)	25.9	(0.7)	32.0	(0.8)	38.3	(0.9)	42.5	(1.0)
All:																	
1+.....	3076	30.3	(0.4)	15.3	(0.3)	17.7	(0.3)	22.5	(0.4)	29.0	(0.4)	36.7	(0.5)	44.8	(0.8)	50.0	(1.0)

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

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Table H 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	5th	(SE)	10th	(SE)	25th	(SE)	50th	(SE)	75th	(SE)	90th	(SE)	95th	(SE)
Over 350% poverty																	
Males and females:																	
1-3.....	158	11.9	(0.5)	6.3*	(0.3)	7.2*	(0.3)	8.9	(0.4)	11.4	(0.5)	14.2	(0.6)	17.2*	(0.8)	19.1*	(1.0)
4-8.....	215	15.2	(0.5)	8.4*	(0.3)	9.6*	(0.4)	11.8	(0.4)	14.6	(0.5)	18.0	(0.6)	21.5*	(0.8)	23.9*	(0.9)
Males:																	
9-13.....	105	20.3	(1.4)	11.9*	(0.6)	13.4*	(0.7)	16.1	(1.0)	19.7	(1.3)	23.8	(1.8)	28.1*	(2.4)	31.2*	(2.9)
14-18.....	128	22.7	(1.6)	13.3*	(1.0)	15.0*	(1.0)	18.0	(1.2)	22.1	(1.5)	26.7	(2.1)	31.2*	(2.6)	34.1*	(3.0)
19-50.....	539	24.0	(0.8)	12.8	(0.6)	14.8	(0.7)	18.4	(0.6)	23.2	(0.7)	28.7	(1.0)	34.3	(1.3)	38.1	(1.6)
51+.....	614	24.5	(1.1)	13.1	(0.5)	15.1	(0.6)	18.8	(0.7)	23.7	(1.0)	29.3	(1.4)	34.9	(1.8)	38.7	(2.1)
19+.....	1153	24.2	(0.8)	12.9	(0.6)	14.9	(0.6)	18.6	(0.5)	23.4	(0.8)	29.0	(1.1)	34.6	(1.4)	38.4	(1.7)
Females:																	
9-13.....	132	20.1	(1.6)	11.6*	(0.6)	13.0*	(0.7)	15.8	(1.1)	19.5	(1.5)	23.8	(2.1)	28.1*	(2.7)	30.7*	(3.2)
14-18.....	112	18.6	(1.4)	10.7*	(0.8)	12.1*	(0.9)	14.6	(1.1)	18.0	(1.3)	21.9	(1.7)	26.0*	(2.3)	28.7*	(2.7)
19-50.....	490	19.4	(0.5)	9.9	(0.4)	11.5	(0.4)	14.6	(0.5)	18.6	(0.5)	23.2	(0.6)	28.2	(0.6)	31.4	(0.7)
51+.....	583	18.5	(0.6)	9.4	(0.4)	10.9	(0.4)	13.9	(0.5)	17.8	(0.6)	22.3	(0.7)	27.0	(0.7)	30.2	(0.8)
19+.....	1073	18.9	(0.5)	9.7	(0.4)	11.2	(0.4)	14.2	(0.5)	18.2	(0.5)	22.8	(0.6)	27.6	(0.6)	30.9	(0.7)
All:																	
1+.....	3076	21.0	(0.5)	10.3	(0.3)	12.0	(0.3)	15.5	(0.4)	20.1	(0.5)	25.5	(0.7)	31.2	(0.9)	35.0	(1.1)

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

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Table H 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							>AI	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Over 350% poverty											
Males and females:											
1-3.....	158	10.7 (0.6)	5.7* (0.4)	6.5* (0.4)	8.1 (0.4)	10.2 (0.5)	12.8 (0.6)	15.5* (0.8)	17.2* (0.9)	7	86 (3.9)
4-8.....	215	13.7 (0.7)	7.6* (0.5)	8.7* (0.5)	10.6 (0.6)	13.2 (0.7)	16.2 (0.7)	19.4* (0.9)	21.5* (1.1)	10	81 (5.2)
Males:											
9-13.....	105	18.4 (1.4)	10.7* (0.6)	12.0* (0.7)	14.5 (1.0)	17.8 (1.3)	21.6 (1.8)	25.5* (2.3)	28.4* (2.8)	12	90* (4.6)
14-18.....	128	20.4 (1.4)	11.9* (1.0)	13.4* (1.0)	16.1 (1.2)	19.8 (1.4)	24.0 (1.7)	28.2* (2.2)	30.7* (2.5)	16	76 (7.5)
19-50.....	539	21.3 (0.8)	11.4 (0.8)	13.1 (0.8)	16.4 (0.8)	20.6 (0.8)	25.4 (0.9)	30.4 (1.1)	33.8 (1.3)	17	72 (4.5)
51+.....	614	21.6 (0.8)	11.6 (0.5)	13.3 (0.5)	16.6 (0.6)	20.9 (0.8)	25.9 (1.1)	30.9 (1.4)	34.2 (1.6)	14	87 (2.3)
19+.....	1153	21.5 (0.7)	11.5 (0.6)	13.2 (0.6)	16.5 (0.6)	20.7 (0.7)	25.6 (0.9)	30.6 (1.2)	34.0 (1.4)		79 (3.3)
Females:											
9-13.....	132	18.1 (1.5)	10.4* (0.6)	11.6* (0.6)	14.2 (1.0)	17.5 (1.4)	21.4 (1.9)	25.4* (2.4)	27.8* (2.9)	10	96* (1.6)
14-18.....	112	16.7 (1.3)	9.5* (0.8)	10.8* (0.8)	13.1 (1.0)	16.1 (1.3)	19.6 (1.6)	23.4* (2.1)	25.8* (2.4)	11	89* (5.5)
19-50.....	490	17.2 (0.5)	8.7 (0.4)	10.1 (0.4)	12.9 (0.4)	16.5 (0.5)	20.7 (0.5)	25.1 (0.6)	28.1 (0.6)	12	80 (2.4)
51+.....	583	16.4 (0.5)	8.2 (0.4)	9.5 (0.4)	12.2 (0.4)	15.7 (0.5)	19.7 (0.6)	24.0 (0.7)	26.8 (0.8)	11	82 (2.4)
19+.....	1073	16.8 (0.4)	8.4 (0.3)	9.8 (0.4)	12.5 (0.4)	16.1 (0.4)	20.2 (0.5)	24.5 (0.6)	27.6 (0.7)		81 (2.2)
All:											
1+.....	3076	18.6 (0.4)	9.1 (0.3)	10.6 (0.3)	13.7 (0.3)	17.8 (0.4)	22.6 (0.5)	27.7 (0.7)	31.0 (0.9)		81 (1.9)

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 H 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles								>AI	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Over 350% poverty												
Males and females:												
1-3.....	158	1.04 (0.06)	0.54* (0.03)	0.62* (0.03)	0.77 (0.04)	0.99 (0.05)	1.25 (0.07)	1.54* (0.09)	1.74* (0.11)	0.7	83 (4.3)	
4-8.....	215	1.31 (0.06)	0.70* (0.05)	0.80* (0.05)	0.99 (0.05)	1.24 (0.06)	1.56 (0.06)	1.91* (0.09)	2.15* (0.11)	0.9	83 (4.1)	
Males:												
9-13.....	105	1.65 (0.08)	0.98* (0.06)	1.09* (0.06)	1.31 (0.06)	1.59 (0.08)	1.92 (0.11)	2.26* (0.15)	2.51* (0.18)	1.2	83* (4.4)	
14-18.....	128	1.95 (0.11)	1.17* (0.11)	1.31* (0.10)	1.56 (0.11)	1.90 (0.11)	2.29 (0.12)	2.66* (0.14)	2.90* (0.17)	1.6	72 (7.9)	
19-50.....	539	2.21 (0.11)	1.10 (0.07)	1.28 (0.08)	1.63 (0.09)	2.11 (0.10)	2.68 (0.13)	3.27 (0.17)	3.68 (0.20)	1.6	77 (4.1)	
51+.....	614	2.31 (0.12)	1.17 (0.06)	1.35 (0.06)	1.72 (0.08)	2.21 (0.11)	2.79 (0.15)	3.40 (0.21)	3.81 (0.26)	1.6	80 (3.1)	
19+.....	1153	2.26 (0.11)	1.13 (0.07)	1.32 (0.07)	1.67 (0.08)	2.16 (0.10)	2.73 (0.13)	3.34 (0.18)	3.76 (0.22)	1.6	79 (3.3)	
Females:												
9-13.....	132	1.73 (0.10)	1.03* (0.06)	1.14* (0.06)	1.38 (0.07)	1.68 (0.09)	2.04 (0.12)	2.39* (0.16)	2.61* (0.20)	1	96* (1.9)	
14-18.....	112	1.65 (0.09)	0.98* (0.09)	1.10* (0.09)	1.31 (0.09)	1.60 (0.09)	1.93 (0.10)	2.28* (0.13)	2.50* (0.15)	1.1	90* (5.2)	
19-50.....	490	1.83 (0.06)	0.93 (0.05)	1.07 (0.05)	1.36 (0.05)	1.74 (0.06)	2.19 (0.07)	2.69 (0.09)	3.02 (0.11)	1.1	89 (2.2)	
51+.....	583	1.80 (0.06)	0.91 (0.04)	1.06 (0.05)	1.34 (0.05)	1.72 (0.06)	2.17 (0.07)	2.65 (0.10)	2.99 (0.12)	1.1	88 (2.1)	
19+.....	1073	1.81 (0.06)	0.92 (0.04)	1.06 (0.04)	1.35 (0.05)	1.73 (0.05)	2.18 (0.07)	2.67 (0.09)	3.01 (0.11)	1.1	88 (2.0)	
All:												
1+.....	3076	1.95 (0.06)	0.93 (0.03)	1.09 (0.03)	1.41 (0.04)	1.84 (0.05)	2.38 (0.08)	2.97 (0.12)	3.37 (0.15)		84 (2.0)	

NOTES: AI=Adequate Intake

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

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Over 350% poverty									
Males and females:									
1-3.....	158	0.01 (0.001)	#	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)	0.02* (0.002)
4-8.....	215	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)	0.02* (0.002)
Males:									
9-13.....	105	0.01 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02* (0.003)	0.02* (0.003)
14-18.....	128	0.02 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03* (0.003)	0.03* (0.003)
19-50.....	539	0.03 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.004)	0.05 (0.006)
51+.....	614	0.03 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.006)
19+.....	1153	0.03 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.004)	0.05 (0.006)
Females:									
9-13.....	132	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02* (0.003)	0.03* (0.003)
14-18.....	112	0.01 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02* (0.002)	0.02* (0.003)
19-50.....	490	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 (0.003)	0.04 (0.004)
51+.....	583	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 (0.003)	0.04 (0.004)
19+.....	1073	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 (0.003)	0.04 (0.004)
All:									
1+.....	3076	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.002)	0.04 (0.003)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 14. Docosaheaxaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean	(SE)	Percentiles						
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Over 350% poverty										
Males and females:										
1-3.....	158	0.02	(0.003)	#	0.01* (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.04* (0.005)	0.04* (0.007)
4-8.....	215	0.02	(0.003)	#	0.01* (0.001)	0.01 (0.002)	0.01 (0.003)	0.02 (0.004)	0.04* (0.005)	0.05* (0.008)
Males:										
9-13.....	105	0.02	(0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.005)	0.04* (0.008)	0.05* (0.012)
14-18.....	128	0.02	(0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.003)	0.03 (0.004)	0.04* (0.007)	0.06* (0.010)
19-50.....	539	0.05	(0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.04 (0.003)	0.07 (0.006)	0.11 (0.013)	0.15 (0.020)
51+.....	614	0.07	(0.006)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.005)	0.08 (0.007)	0.14 (0.011)	0.19 (0.016)
19+.....	1153	0.06	(0.004)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.04 (0.003)	0.07 (0.005)	0.12 (0.010)	0.17 (0.016)
Females:										
9-13.....	132	0.02	(0.004)	0.01* (0.002)	0.01* (0.002)	0.01 (0.003)	0.02 (0.004)	0.03 (0.005)	0.04* (0.006)	0.05* (0.008)
14-18.....	112	0.02	(0.003)	0.01* (0.002)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.02 (0.004)	0.03* (0.005)	0.04* (0.007)
19-50.....	490	0.05	(0.006)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.004)	0.06 (0.007)	0.10 (0.013)	0.13 (0.019)
51+.....	583	0.05	(0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.004)	0.06 (0.006)	0.10 (0.012)	0.15 (0.018)
19+.....	1073	0.05	(0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.004)	0.06 (0.006)	0.10 (0.012)	0.14 (0.017)
All:										
1+.....	3076	0.05	(0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.06 (0.004)	0.10 (0.007)	0.14 (0.011)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Over 350% poverty									
Males and females:									
1-3.....	158	183 (12)	73* (9)	89* (10)	118 (11)	166 (12)	227 (15)	300* (19)	351* (24)
4-8.....	215	208 (14)	84* (8)	101* (9)	136 (10)	188 (13)	258 (18)	337* (26)	397* (33)
Males:									
9-13.....	105	243 (21)	116* (19)	136* (20)	176 (21)	230 (21)	296 (23)	366* (25)	420* (28)
14-18.....	128	308 (19)	151* (17)	178* (18)	226 (18)	295 (19)	376 (21)	457* (25)	509* (30)
19-50.....	539	368 (13)	158 (11)	192 (12)	258 (13)	348 (14)	455 (15)	569 (18)	648 (21)
51+.....	614	358 (11)	153 (10)	185 (10)	250 (11)	337 (11)	443 (13)	555 (16)	631 (20)
19+.....	1153	363 (10)	156 (10)	189 (10)	254 (11)	343 (10)	449 (12)	563 (14)	640 (18)
Females:									
9-13.....	132	246 (16)	115* (14)	135* (14)	176 (15)	233 (15)	303 (19)	375* (25)	421* (29)
14-18.....	112	217 (17)	100* (15)	119* (15)	153 (17)	204 (17)	264 (18)	331* (23)	376* (26)
19-50.....	490	282 (12)	124 (8)	148 (8)	198 (10)	265 (11)	347 (15)	435 (20)	496 (23)
51+.....	583	276 (11)	121 (8)	144 (8)	194 (9)	260 (11)	340 (15)	426 (19)	486 (22)
19+.....	1073	279 (11)	122 (7)	146 (8)	196 (9)	263 (11)	344 (14)	431 (18)	491 (22)
All:									
1+.....	3076	306 (6)	123 (7)	149 (7)	205 (5)	284 (6)	383 (8)	492 (12)	567 (15)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							<EAR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Over 350% poverty											
Males and females:											
1-3.....	158	586 (37)	282* (19)	332* (21)	423 (26)	557 (35)	715 (47)	881* (62)	994* (70)	210	<3
4-8.....	215	599 (47)	287* (25)	338* (28)	436 (37)	567 (47)	729 (56)	897* (71)	1017* (78)	275	4* (1.9)
Males:											
9-13.....	105	707 (41)	321* (27)	380* (29)	501 (32)	665 (39)	868 (51)	1083* (65)	1250* (81)	445	18* (4.3)
14-18.....	128	663 (29)	289* (16)	349* (18)	462 (21)	626 (27)	826 (38)	1030* (54)	1163* (66)	630	50 (4.3)
19-50.....	539	671 (39)	266 (22)	327 (24)	449 (28)	623 (37)	839 (50)	1078 (65)	1245 (72)	625	50 (5.2)
51+.....	614	736 (28)	299 (21)	362 (21)	496 (23)	684 (27)	918 (37)	1176 (47)	1352 (58)	625	42 (3.5)
19+.....	1153	702 (33)	280 (21)	344 (22)	471 (24)	651 (31)	879 (43)	1126 (55)	1297 (63)	625	47 (4.1)
Females:											
9-13.....	132	682 (38)	300* (21)	356* (23)	475 (27)	641 (35)	846 (52)	1062* (68)	1198* (76)	420	18 (3.5)
14-18.....	112	545 (25)	228* (20)	278* (19)	370 (21)	506 (23)	673 (32)	860* (45)	987* (53)	485	46 (4.2)
19-50.....	490	643 (27)	283 (19)	335 (20)	448 (22)	600 (25)	791 (33)	1000 (46)	1149 (57)	500	33 (3.8)
51+.....	583	676 (23)	295 (21)	354 (21)	470 (22)	633 (23)	833 (29)	1051 (41)	1200 (53)	500	30 (3.4)
19+.....	1073	659 (22)	288 (18)	343 (19)	459 (19)	616 (21)	813 (27)	1026 (40)	1176 (51)	500	31 (3.1)
All:											
1+.....	3076	672 (23)	283 (22)	342 (23)	460 (22)	625 (23)	831 (27)	1061 (32)	1223 (37)		36 (3.6)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						UL	>UL	
				5th	10th	25th	50th	75th	90th	95th		%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Over 350% poverty												
Males and females:												
1-3.....	158	447	(28)	208*	247*	319	426	549	680*	765*	600	18
4-8.....	215	471	(31)	218*	261*	340	447	576	711*	801*	900	<3
Males:												
9-13.....	105	588	(40)	246*	298*	403	549	731	925*	1077*	1700	<3
14-18.....	128	535	(31)	211*	262*	359	501	676	857*	976*	2800	<3
19-50.....	539	448	(22)	156	199	284	410	569	747	873	3000	<3
51+.....	614	493	(22)	176	220	315	451	625	820	955	3000	<3
19+.....	1153	470	(20)	165	208	299	429	597	784	912	3000	<3
Females:												
9-13.....	132	545	(45)	217*	264*	364	507	686	876*	996*	1700	<3
14-18.....	112	409	(25)	150*	188*	262	374	514	673*	782*	2800	<3
19-50.....	490	391	(20)	162	195	267	365	486	619	711	3000	<3
51+.....	583	391	(18)	159	194	265	364	486	619	710	3000	<3
19+.....	1073	391	(17)	161	195	266	364	486	619	710	3000	<3
All:												
1+.....	3076	443	(16)	168	207	289	406	555	726	849		<3

NOTES: UL=Tolerable Upper Intake Level

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR										
				5th	10th	25th	50th	75th	90th	95th	EAR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Over 350% poverty																				
Males and females:																				
1-3.....	158	1.12	(0.03)	0.70*	(0.04)	0.77*	(0.03)	0.91	(0.03)	1.09	(0.03)	1.30	(0.03)	1.51*	(0.04)	1.64*	(0.05)	0.4	<3	
4-8.....	215	1.41	(0.03)	0.90*	(0.03)	0.99*	(0.03)	1.16	(0.03)	1.38	(0.03)	1.63	(0.04)	1.88*	(0.05)	2.04*	(0.06)	0.5	<3	
Males:																				
9-13.....	105	1.80	(0.06)	1.03*	(0.05)	1.16*	(0.05)	1.42	(0.05)	1.74	(0.06)	2.12	(0.08)	2.51*	(0.11)	2.80*	(0.14)	0.7	<3	
14-18.....	128	1.92	(0.07)	1.09*	(0.07)	1.24*	(0.08)	1.51	(0.07)	1.86	(0.07)	2.27	(0.08)	2.67*	(0.11)	2.92*	(0.13)	1	<3	
19-50.....	539	1.84	(0.05)	1.04	(0.06)	1.18	(0.05)	1.44	(0.05)	1.78	(0.05)	2.17	(0.05)	2.57	(0.07)	2.83	(0.09)	1	4*	(1.4)
51+.....	614	1.85	(0.04)	1.05	(0.05)	1.19	(0.05)	1.46	(0.04)	1.80	(0.04)	2.19	(0.05)	2.59	(0.07)	2.85	(0.09)	1	4	(1.3)
19+.....	1153	1.85	(0.04)	1.05	(0.05)	1.19	(0.05)	1.45	(0.04)	1.79	(0.04)	2.18	(0.05)	2.58	(0.06)	2.84	(0.08)	1	4	(1.4)
Females:																				
9-13.....	132	1.69	(0.07)	0.95*	(0.06)	1.07*	(0.06)	1.31	(0.06)	1.64	(0.06)	2.01	(0.08)	2.39*	(0.10)	2.63*	(0.12)	0.7	<3	
14-18.....	112	1.38	(0.08)	0.75*	(0.07)	0.86*	(0.07)	1.05	(0.07)	1.32	(0.08)	1.63	(0.09)	1.97*	(0.11)	2.18*	(0.12)	0.9	12*	(3.9)
19-50.....	490	1.36	(0.03)	0.77	(0.03)	0.87	(0.03)	1.07	(0.03)	1.32	(0.03)	1.61	(0.04)	1.91	(0.04)	2.10	(0.06)	0.9	12	(1.9)
51+.....	583	1.33	(0.04)	0.75	(0.04)	0.85	(0.03)	1.04	(0.03)	1.29	(0.04)	1.57	(0.04)	1.86	(0.05)	2.06	(0.05)	0.9	13	(2.7)
19+.....	1073	1.35	(0.02)	0.76	(0.03)	0.86	(0.03)	1.06	(0.03)	1.30	(0.02)	1.59	(0.03)	1.88	(0.04)	2.08	(0.05)	0.9	12	(2.0)
All:																				
1+.....	3076	1.59	(0.02)	0.84	(0.02)	0.96	(0.02)	1.20	(0.02)	1.52	(0.02)	1.91	(0.02)	2.33	(0.03)	2.60	(0.04)		7	(1.1)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Over 350% poverty																			
Males and females:																			
1-3.....	158	1.53	(0.06)	0.96*	(0.05)	1.06*	(0.05)	1.24	(0.05)	1.50	(0.06)	1.77	(0.07)	2.06*	(0.09)	2.24*	(0.10)	0.4	<3
4-8.....	215	1.74	(0.06)	1.09*	(0.05)	1.21*	(0.05)	1.42	(0.05)	1.69	(0.06)	2.00	(0.08)	2.32*	(0.10)	2.52*	(0.12)	0.5	<3
Males:																			
9-13.....	105	2.06	(0.08)	1.15*	(0.06)	1.30*	(0.06)	1.60	(0.06)	1.99	(0.08)	2.44	(0.11)	2.91*	(0.15)	3.26*	(0.19)	0.8	<3
14-18.....	128	2.24	(0.10)	1.24*	(0.07)	1.42*	(0.08)	1.74	(0.09)	2.17	(0.10)	2.67	(0.13)	3.16*	(0.17)	3.47*	(0.20)	1.1	<3
19-50.....	539	2.54	(0.09)	1.14	(0.05)	1.36	(0.05)	1.79	(0.06)	2.38	(0.08)	3.11	(0.12)	3.91	(0.18)	4.47	(0.22)	1.1	4 (1.0)
51+.....	614	2.49	(0.05)	1.13	(0.06)	1.34	(0.06)	1.76	(0.05)	2.33	(0.05)	3.05	(0.08)	3.82	(0.13)	4.36	(0.17)	1.1	4 (1.0)
19+.....	1153	2.51	(0.06)	1.14	(0.05)	1.35	(0.05)	1.77	(0.05)	2.36	(0.06)	3.08	(0.09)	3.86	(0.14)	4.41	(0.19)	1.1	4 (0.9)
Females:																			
9-13.....	132	2.00	(0.10)	1.09*	(0.06)	1.24*	(0.07)	1.53	(0.08)	1.93	(0.09)	2.39	(0.13)	2.86*	(0.17)	3.15*	(0.20)	0.8	<3
14-18.....	112	1.61	(0.09)	0.85*	(0.07)	0.98*	(0.07)	1.22	(0.08)	1.54	(0.08)	1.92	(0.11)	2.33*	(0.15)	2.60*	(0.17)	0.9	7* (2.3)
19-50.....	490	1.83	(0.04)	1.00	(0.04)	1.14	(0.04)	1.42	(0.04)	1.77	(0.04)	2.18	(0.05)	2.61	(0.06)	2.90	(0.08)	0.9	<3
51+.....	583	1.84	(0.05)	1.00	(0.04)	1.15	(0.04)	1.43	(0.04)	1.78	(0.05)	2.19	(0.06)	2.62	(0.07)	2.91	(0.08)	0.9	<3
19+.....	1073	1.84	(0.04)	1.00	(0.03)	1.14	(0.04)	1.42	(0.04)	1.77	(0.04)	2.19	(0.05)	2.61	(0.07)	2.90	(0.08)	0.9	<3
All:																			
1+.....	3076	2.13	(0.04)	1.05	(0.03)	1.20	(0.03)	1.52	(0.03)	1.96	(0.04)	2.54	(0.05)	3.27	(0.09)	3.79	(0.12)		3 (0.6)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Over 350% poverty																			
Males and females:																			
1-3.....	158	14.0	(0.6)	8.4*	(0.4)	9.4*	(0.4)	11.2	(0.4)	13.6	(0.5)	16.4	(0.6)	19.2*	(0.9)	21.0*	(0.9)	5	<3
4-8.....	215	18.7	(0.5)	11.6*	(0.4)	12.9*	(0.4)	15.2	(0.4)	18.2	(0.5)	21.6	(0.6)	25.0*	(0.7)	27.2*	(0.9)	6	<3
Males:																			
9-13.....	105	24.0	(1.0)	13.8*	(0.8)	15.6*	(0.8)	18.9	(0.8)	23.2	(0.9)	28.2	(1.2)	33.3*	(1.5)	37.1*	(1.9)	9	<3
14-18.....	128	29.5	(1.4)	17.4*	(1.0)	19.7*	(1.0)	23.6	(1.1)	28.8	(1.3)	34.8	(1.7)	40.5*	(2.1)	44.0*	(2.4)	12	<3
19-50.....	539	33.6	(1.0)	17.3	(1.0)	20.1	(1.0)	25.3	(0.9)	32.2	(1.0)	40.4	(1.2)	49.1	(1.8)	55.0	(2.3)	12	<3
51+.....	614	29.8	(1.2)	14.9	(1.0)	17.3	(1.0)	22.0	(1.0)	28.4	(1.0)	36.0	(1.5)	44.0	(2.1)	49.5	(2.6)	12	<3
19+.....	1153	31.8	(0.9)	16.0	(1.0)	18.5	(1.0)	23.6	(0.8)	30.3	(0.9)	38.3	(1.3)	46.9	(1.9)	52.7	(2.4)	12	<3
Females:																			
9-13.....	132	23.1	(1.2)	13.0*	(0.9)	14.7*	(1.0)	18.0	(1.1)	22.4	(1.2)	27.4	(1.5)	32.5*	(1.7)	35.5*	(1.9)	9	<3
14-18.....	112	20.3	(1.5)	11.2*	(1.1)	12.9*	(1.1)	15.7	(1.3)	19.5	(1.4)	24.0	(1.7)	28.7*	(2.1)	31.7*	(2.3)	11	4* (2.2)
19-50.....	490	21.7	(0.4)	12.7	(0.5)	14.3	(0.5)	17.4	(0.4)	21.1	(0.3)	25.4	(0.4)	29.8	(0.6)	32.6	(0.7)	11	<3
51+.....	583	20.1	(0.6)	11.6	(0.4)	13.1	(0.4)	16.0	(0.4)	19.6	(0.5)	23.6	(0.7)	27.7	(0.9)	30.5	(1.0)	11	4* (0.9)
19+.....	1073	20.9	(0.4)	12.1	(0.4)	13.7	(0.4)	16.6	(0.4)	20.3	(0.4)	24.5	(0.5)	28.8	(0.7)	31.6	(0.8)	11	<3
All:																			
1+.....	3076	25.6	(0.4)	12.6	(0.3)	14.5	(0.3)	18.2	(0.3)	23.5	(0.4)	30.8	(0.5)	39.7	(0.9)	45.7	(1.4)		<3

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles							<EAR		>UL									
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%								
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Over 350% poverty																						
Males and females:																						
1-3.....	158	1.36	(0.06)	0.85*	(0.06)	0.94*	(0.05)	1.10	(0.06)	1.33	(0.05)	1.58	(0.06)	1.83*	(0.07)	2.00*	(0.08)	0.4	<3	30	<3	
4-8.....	215	1.56	(0.05)	0.98*	(0.06)	1.09*	(0.05)	1.28	(0.05)	1.52	(0.05)	1.80	(0.05)	2.08*	(0.07)	2.26*	(0.09)	0.5	<3	40	<3	
Males:																						
9-13.....	105	1.86	(0.12)	0.95*	(0.09)	1.09*	(0.09)	1.37	(0.10)	1.76	(0.11)	2.23	(0.14)	2.74*	(0.18)	3.14*	(0.22)	0.8	<3	60	<3	
14-18.....	128	2.21	(0.14)	1.13*	(0.10)	1.31*	(0.11)	1.64	(0.12)	2.11	(0.14)	2.68	(0.17)	3.25*	(0.21)	3.62*	(0.25)	1.1	4*	(2.2)	80	<3
19-50.....	539	2.72	(0.13)	1.14	(0.10)	1.38	(0.11)	1.84	(0.11)	2.51	(0.13)	3.36	(0.15)	4.32	(0.22)	5.02	(0.28)	1.1	4	(1.9)	100	<3
51+.....	614	2.52	(0.08)	1.05	(0.10)	1.26	(0.10)	1.70	(0.09)	2.32	(0.09)	3.12	(0.10)	4.03	(0.15)	4.67	(0.20)	1.4	14	(3.2)	100	<3
19+.....	1153	2.62	(0.10)	1.09	(0.10)	1.31	(0.09)	1.77	(0.10)	2.42	(0.10)	3.25	(0.12)	4.18	(0.17)	4.87	(0.23)		9	(2.3)	100	<3
Females:																						
9-13.....	132	1.89	(0.14)	0.95*	(0.09)	1.09*	(0.09)	1.38	(0.11)	1.79	(0.13)	2.29	(0.17)	2.81*	(0.20)	3.15*	(0.24)	0.8	<3	60	<3	
14-18.....	112	1.57	(0.15)	0.77*	(0.10)	0.90*	(0.10)	1.14	(0.12)	1.47	(0.14)	1.89	(0.17)	2.34*	(0.21)	2.66*	(0.24)	1	15*	(6.0)	80	<3
19-50.....	490	1.75	(0.05)	0.92	(0.05)	1.05	(0.05)	1.32	(0.05)	1.68	(0.05)	2.10	(0.06)	2.55	(0.08)	2.85	(0.09)	1.1	12	(2.4)	100	<3
51+.....	583	1.70	(0.05)	0.88	(0.04)	1.01	(0.04)	1.28	(0.04)	1.63	(0.05)	2.03	(0.06)	2.46	(0.08)	2.76	(0.10)	1.3	26	(3.1)	100	<3
19+.....	1073	1.73	(0.04)	0.90	(0.04)	1.03	(0.04)	1.30	(0.04)	1.65	(0.04)	2.07	(0.05)	2.51	(0.07)	2.81	(0.09)		19	(2.4)	100	<3
All:																						
1+.....	3076	2.11	(0.04)	0.95	(0.04)	1.10	(0.04)	1.42	(0.04)	1.88	(0.04)	2.54	(0.05)	3.41	(0.09)	4.06	(0.13)		12	(1.7)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Over 350% poverty											
Males and females:											
1-3.....	158	320 (13)	175* (11)	200* (11)	244 (12)	307 (13)	381 (16)	460* (19)	511* (22)	120	<3
4-8.....	215	443 (17)	251* (13)	284* (13)	345 (15)	426 (17)	522 (19)	623* (24)	690* (29)	160	<3
Males:											
9-13.....	105	573 (22)	293* (14)	337* (15)	425 (15)	544 (19)	689 (30)	844* (45)	964* (59)	250	<3
14-18.....	128	607 (27)	307* (19)	357* (21)	449 (23)	579 (26)	737 (34)	896* (48)	1000* (58)	330	7* (2.2)
19-50.....	539	567 (15)	290 (18)	337 (18)	425 (16)	543 (16)	683 (16)	831 (18)	932 (22)	320	8 (2.1)
51+.....	614	551 (15)	280 (15)	324 (14)	410 (14)	525 (15)	663 (18)	808 (23)	907 (28)	320	9 (2.1)
19+.....	1153	559 (13)	285 (16)	330 (15)	418 (14)	534 (14)	673 (14)	819 (18)	920 (23)	320	9 (2.0)
Females:											
9-13.....	132	550 (33)	274* (17)	316* (18)	402 (22)	521 (30)	667 (44)	821* (57)	919* (69)	250	3* (1.1)
14-18.....	112	446 (28)	218* (19)	255* (18)	323 (23)	420 (26)	538 (33)	671* (46)	760* (55)	330	27 (5.6)
19-50.....	490	440 (9)	231 (9)	264 (9)	332 (9)	420 (9)	526 (12)	638 (16)	716 (20)	320	22 (2.1)
51+.....	583	408 (8)	211 (8)	243 (8)	306 (7)	391 (8)	489 (10)	594 (15)	667 (18)	320	29 (2.1)
19+.....	1073	424 (8)	219 (8)	253 (8)	318 (7)	405 (7)	508 (10)	618 (15)	692 (19)	320	26 (1.9)
All:											
1+.....	3076	492 (9)	239 (9)	278 (10)	356 (10)	463 (10)	596 (10)	744 (12)	846 (14)		15 (1.9)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						>UL		
				5th	10th	25th	50th	75th	90th	95th	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Over 350% poverty												
Males and females:												
1-3.....	158	116	(6)	49*	59*	79	109	145	184*	210*	300	<3
4-8.....	215	176	(8)	81*	97*	126	166	215	266*	301*	400	<3
Males:												
9-13.....	105	237	(15)	99*	119*	162	220	294	374*	436*	600	<3
14-18.....	128	243	(17)	99*	122*	164	227	305	385*	437*	800	<3
19-50.....	539	191	(10)	66	83	121	174	243	318	373	1000	<3
51+.....	614	177	(8)	60	76	111	161	226	298	348	1000	<3
19+.....	1153	184	(8)	63	79	116	168	235	309	362	1000	<3
Females:												
9-13.....	132	223	(21)	89*	108*	149	207	281	359*	410*	600	<3
14-18.....	112	171	(14)	64*	80*	111	157	215	281*	327*	800	<3
19-50.....	490	136	(5)	46	58	85	123	173	229	269	1000	<3
51+.....	583	118	(4)	38	49	72	107	152	201	239	1000	<3
19+.....	1073	127	(5)	41	53	78	115	162	216	254	1000	<3
All:												
1+.....	3076	163	(5)	51	66	98	145	209	282	335		<3

NOTES: UL=Tolerable Upper Intake Level

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Over 350% poverty									
Males and females:									
1-3.....	158	124 (5)	69* (3)	78* (4)	95 (4)	119 (5)	147 (6)	176* (8)	195* (9)
4-8.....	215	145 (5)	82* (4)	93* (4)	113 (4)	139 (5)	171 (6)	203* (8)	227* (9)
Males:									
9-13.....	105	178 (11)	106* (7)	118* (7)	141 (8)	172 (10)	208 (13)	245* (17)	274* (21)
14-18.....	128	194 (10)	115* (5)	129* (6)	154 (7)	188 (9)	228 (13)	268* (17)	293* (20)
19-50.....	539	244 (5)	123 (7)	143 (7)	182 (6)	234 (6)	295 (6)	359 (8)	402 (10)
51+.....	614	255 (5)	130 (6)	151 (6)	191 (6)	245 (5)	308 (6)	372 (8)	416 (10)
19+.....	1153	249 (4)	126 (6)	147 (6)	186 (5)	239 (5)	301 (5)	366 (7)	410 (9)
Females:									
9-13.....	132	176 (12)	103* (9)	115* (8)	139 (10)	170 (11)	207 (14)	245* (17)	269* (20)
14-18.....	112	158 (14)	92* (10)	103* (10)	124 (11)	152 (13)	184 (16)	219* (20)	242* (23)
19-50.....	490	205 (7)	100 (5)	116 (5)	150 (6)	194 (7)	248 (8)	306 (9)	346 (11)
51+.....	583	208 (5)	101 (5)	118 (5)	152 (5)	197 (5)	251 (6)	310 (8)	350 (10)
19+.....	1073	206 (5)	101 (4)	117 (5)	151 (5)	196 (5)	249 (6)	308 (8)	348 (10)
All:									
1+.....	3076	217 (4)	103 (3)	120 (3)	155 (4)	204 (4)	265 (4)	330 (5)	374 (7)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						>AI		>UL		
				5th	10th	25th	50th	75th	90th	95th	AI	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Over 350% poverty														
Males and females:														
1-3.....	158	225	(8)	124*	141*	171	215	267	323*	362*	200	58	1000	<3
4-8.....	215	236	(11)	130*	147*	180	224	280	339*	380*	250	37	1000	<3
(SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE)														
Males:														
9-13.....	105	277	(15)	161*	181*	219	268	326	385*	429*	375	12*	2000	<3
14-18.....	128	333	(18)	196*	221*	265	324	393	459*	501*	550	<3	3000	<3
(SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE)														
19-50.....	539	395	(11)	205	238	301	382	475	570	632	550	12	3500	<3
51+.....	614	404	(9)	211	245	309	391	484	579	642	550	14	3500	<3
19+.....	1153	400	(9)	208	242	305	386	480	574	638	550	13	3500	<3
(SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE)														
Females:														
9-13.....	132	269	(15)	153*	172*	210	260	319	378*	415*	375	10*	2000	<3
14-18.....	112	231	(12)	129*	147*	179	222	272	326*	361*	400	<3	3000	<3
(SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE)														
19-50.....	490	296	(8)	166	187	232	286	350	414	459	425	8	3500	<3
51+.....	583	300	(8)	168	191	235	291	354	419	462	425	9	3500	<3
19+.....	1073	298	(8)	167	189	233	288	352	417	460	425	9	3500	<3
(SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE)														
All:														
1+.....	3076	334	(7)	167	192	245	315	403	501	566		13		<3
(SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE) (SE)														

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

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR									
				5th	10th	25th	50th	75th	90th	95th	EAR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Over 350% poverty																			
Males and females:																			
1-3.....	158	3.64	(0.23)	1.94*	(0.19)	2.24*	(0.18)	2.75	(0.22)	3.50	(0.23)	4.35	(0.28)	5.23*	(0.30)	5.81*	(0.33)	0.7	<3
4-8.....	215	3.91	(0.22)	2.07*	(0.17)	2.40*	(0.17)	2.99	(0.17)	3.76	(0.22)	4.66	(0.27)	5.62*	(0.31)	6.23*	(0.34)	1	<3
Males:																			
9-13.....	105	4.84	(0.30)	2.08*	(0.18)	2.48*	(0.21)	3.32	(0.23)	4.49	(0.28)	5.98	(0.37)	7.61*	(0.47)	8.90*	(0.60)	1.5	<3
14-18.....	128	5.60	(0.34)	2.42*	(0.17)	2.92*	(0.20)	3.87	(0.24)	5.25	(0.33)	6.97	(0.44)	8.75*	(0.57)	9.93*	(0.71)	2	<3
19-50.....	539	6.19	(0.25)	2.20	(0.15)	2.76	(0.15)	3.92	(0.17)	5.62	(0.21)	7.83	(0.35)	10.37	(0.59)	12.17	(0.74)	2	4* (1.1)
51+.....	614	5.70	(0.26)	1.99	(0.17)	2.50	(0.17)	3.57	(0.16)	5.15	(0.21)	7.22	(0.36)	9.56	(0.57)	11.25	(0.76)	2	5 (1.3)
19+.....	1153	5.96	(0.22)	2.09	(0.16)	2.62	(0.15)	3.74	(0.13)	5.39	(0.17)	7.55	(0.31)	9.98	(0.53)	11.76	(0.72)	2	4 (1.1)
Females:																			
9-13.....	132	4.36	(0.29)	1.78*	(0.15)	2.14*	(0.17)	2.92	(0.20)	4.03	(0.26)	5.46	(0.38)	7.01*	(0.49)	8.01*	(0.54)	1.5	<3
14-18.....	112	3.38	(0.29)	1.32*	(0.17)	1.62*	(0.18)	2.20	(0.23)	3.08	(0.27)	4.21	(0.36)	5.50*	(0.51)	6.40*	(0.58)	2	19* (5.2)
19-50.....	490	3.84	(0.09)	1.68	(0.13)	1.99	(0.12)	2.66	(0.10)	3.57	(0.09)	4.72	(0.11)	5.99	(0.21)	6.87	(0.32)	2	10 (2.3)
51+.....	583	3.79	(0.21)	1.65	(0.14)	1.97	(0.15)	2.63	(0.17)	3.54	(0.21)	4.66	(0.27)	5.90	(0.32)	6.79	(0.36)	2	11 (2.7)
19+.....	1073	3.81	(0.15)	1.67	(0.13)	1.98	(0.13)	2.65	(0.12)	3.56	(0.14)	4.69	(0.18)	5.94	(0.24)	6.83	(0.30)	2	10 (2.4)
All:																			
1+.....	3076	4.80	(0.07)	1.82	(0.10)	2.20	(0.10)	3.01	(0.10)	4.21	(0.11)	5.93	(0.15)	8.16	(0.25)	9.80	(0.36)	7	(1.2)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles								<EAR		>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Over 350% poverty														
Males and females:														
1-3.....	158	84.8 (5.2)	27.7* (2.4)	36.0* (2.5)	52.0 (3.2)	76.4 (4.5)	109.1 (7.1)	145.3* (10.0)	170.9* (12.3)	13	<3	400	<3	
4-8.....	215	83.0 (4.8)	27.2* (2.8)	34.7* (3.1)	50.6 (3.7)	74.5 (4.6)	106.4 (6.1)	140.9* (8.5)	168.0* (10.9)	22	<3	650	<3	
Males:														
9-13.....	105	79.5 (9.3)	27.8* (5.7)	34.7* (6.3)	49.4 (7.7)	71.3 (8.9)	100.5 (11.2)	134.0* (14.2)	161.3* (16.6)	39	15* (7.0)	1200	<3	
14-18.....	128	68.6 (8.4)	22.3* (4.5)	28.6* (5.3)	41.4 (6.4)	61.6 (8.1)	88.5 (10.5)	118.2* (12.8)	138.6* (14.9)	63	52 (9.1)	1800	<3	
19-50.....	539	85.0 (4.0)	21.7 (2.1)	29.4 (2.4)	46.2 (2.9)	73.2 (3.7)	110.7 (5.2)	155.8 (7.3)	190.0 (9.4)	75	52 (3.2)	2000	<3	
51+.....	614	96.7 (3.9)	26.2 (2.2)	34.5 (2.5)	53.7 (3.0)	83.7 (3.8)	125.1 (5.1)	174.5 (7.0)	211.0 (9.0)	75	43 (3.0)	2000	<3	
19+.....	1153	90.6 (3.5)	23.7 (2.0)	31.7 (2.3)	49.6 (2.7)	78.1 (3.3)	117.9 (4.6)	165.6 (6.7)	200.6 (8.7)	75	47 (2.7)	2000	<3	
Females:														
9-13.....	132	86.7 (10.1)	30.2* (5.8)	37.5* (6.3)	53.6 (7.9)	78.1 (9.7)	110.6 (11.8)	147.3* (15.7)	171.5* (20.3)	39	11* (4.8)	1200	<3	
14-18.....	112	62.5 (8.8)	20.2* (5.0)	25.8* (5.4)	37.1 (6.9)	55.1 (8.3)	79.1 (10.6)	108.0* (13.4)	128.6* (15.1)	56	51 (11.1)	1800	<3	
19-50.....	490	76.7 (4.5)	22.4 (2.2)	28.8 (2.4)	44.1 (3.3)	67.1 (4.2)	98.7 (5.8)	136.0 (7.3)	163.9 (8.4)	60	42 (4.3)	2000	<3	
51+.....	583	81.5 (4.0)	24.0 (2.0)	31.3 (2.3)	47.4 (2.6)	72.3 (3.5)	105.0 (5.1)	143.0 (7.1)	172.1 (8.4)	60	38 (3.1)	2000	<3	
19+.....	1073	79.1 (3.5)	23.1 (1.9)	30.0 (2.1)	45.8 (2.5)	69.5 (3.3)	101.7 (4.5)	139.8 (6.1)	167.5 (7.4)	60	40 (3.1)	2000	<3	
All:														
1+.....	3076	83.9 (2.6)	23.7 (1.4)	31.0 (1.7)	47.5 (2.1)	73.0 (2.6)	108.0 (3.3)	150.1 (4.1)	181.3 (5.0)		40 (2.4)		<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles									<EAR		>UL
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Over 350% poverty														
Males:														
19-50.....	58	71.5* (6.2)	--	--	--	--	--	--	--	110	--	2000	--	
51+.....	54	80.9* (6.9)	--	--	--	--	--	--	--	110	--	2000	--	
19+.....	112	75.7 (6.6)	18.7* (2.4)	25.7* (3.2)	40.3 (4.4)	64.3 (5.9)	99.4 (8.7)	138.7* (11.9)	173.4* (13.9)	110	81* (4.5)	2000	<3	
Females:														
19-50.....	33	50.1* (4.9)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	37	55.4* (3.3)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	70	52.8* (3.9)	13.3* (2.1)	17.9* (2.3)	29.3* (3.2)	45.7* (4.1)	66.9* (4.8)	96.3* (7.0)	117.9* (9.8)	95	90* (2.5)	2000	<3	

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

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

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

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean (SE)	Percentiles							EAR	<EAR		>UL	
N			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	UL	% (SE)	
Over 350% poverty														
Males:														
19-50.....	480	87.5 (4.7)	22.7 (2.5)	30.5 (2.7)	47.9 (3.1)	75.7 (4.2)	113.4 (6.3)	160.2 (9.5)	195.1 (12.1)	75	49 (3.6)	2000	<3	
51+.....	560	97.8 (4.1)	26.7 (2.5)	35.4 (2.7)	54.7 (3.2)	85.3 (4.1)	126.3 (5.6)	174.6 (8.8)	211.6 (11.4)	75	42 (3.0)	2000	<3	
19+.....	1040	92.5 (4.1)	24.4 (2.2)	32.6 (2.5)	51.0 (2.9)	80.1 (3.7)	120.1 (5.6)	167.1 (8.5)	203.9 (11.0)	75	46 (2.9)	2000	<3	
Females:														
19-50.....	457	78.6 (4.2)	24.4 (1.8)	31.2 (2.1)	46.4 (2.9)	69.9 (3.9)	100.7 (5.6)	137.1 (7.1)	164.3 (8.4)	60	40 (3.8)	2000	<3	
51+.....	546	83.5 (4.2)	26.5 (1.7)	33.7 (1.8)	50.0 (2.5)	74.5 (3.7)	107.2 (5.4)	144.3 (7.5)	169.9 (9.2)	60	36 (3.1)	2000	<3	
19+.....	1003	81.1 (3.6)	25.3 (1.8)	32.4 (1.9)	48.1 (2.4)	72.1 (3.2)	104.0 (4.8)	140.9 (6.6)	167.5 (7.9)	60	38 (3.1)	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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean (SE)	Percentiles							<EAR		>UL	
N	5th (SE)		10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Over 350% poverty													
Males:													
19-50.....	538	85.8 (4.7)	22.1 (2.4)	29.6 (2.7)	46.6 (3.1)	74.2 (4.2)	111.2 (6.2)	157.5 (9.6)	191.8 (11.8)	110/75	53 (3.9)	2000	<3
51+.....	614	96.2 (4.2)	25.9 (2.5)	34.3 (2.8)	53.5 (3.3)	83.8 (4.2)	124.6 (5.6)	172.6 (8.8)	209.6 (11.2)	110/75	45 (3.2)	2000	<3
19+.....	1152	90.8 (4.1)	23.8 (2.3)	31.6 (2.5)	49.8 (2.9)	78.5 (3.7)	118.0 (5.7)	165.2 (8.5)	201.0 (11.1)	110/75	49 (3.0)	2000	<3
Females:													
19-50.....	490	76.6 (4.6)	22.6 (2.2)	29.5 (2.5)	44.5 (3.3)	67.7 (4.4)	98.5 (6.0)	135.0 (7.3)	162.5 (8.7)	95/60	43 (4.6)	2000	<3
51+.....	583	81.4 (4.4)	24.6 (1.6)	32.1 (1.8)	48.0 (2.6)	72.2 (3.9)	105.1 (5.6)	142.0 (7.8)	167.9 (9.6)	95/60	39 (3.6)	2000	<3
19+.....	1073	79.0 (3.6)	23.6 (1.8)	30.8 (1.9)	46.2 (2.4)	70.0 (3.2)	101.9 (4.8)	138.6 (6.6)	165.5 (8.0)	95/60	41 (3.2)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							<EAR		>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Over 350% poverty													
Males and females:													
1-3.....	158	5.9 (0.2)	2.6* (0.2)	3.2* (0.2)	4.2 (0.3)	5.6 (0.2)	7.2 (0.3)	8.9* (0.4)	10.0* (0.5)	10	95* (1.7)	63	<3
4-8.....	215	5.1 (0.3)	2.1* (0.2)	2.6* (0.2)	3.5 (0.2)	4.8 (0.3)	6.4 (0.3)	8.0* (0.4)	9.0* (0.5)	10	>97	75	<3
Males:													
9-13.....	105	5.7 (0.3)	1.8* (0.2)	2.3* (0.2)	3.4 (0.3)	5.1 (0.3)	7.3 (0.4)	9.8* (0.5)	11.8* (0.6)	10	91* (1.9)	100	<3
14-18.....	128	5.0 (0.4)	1.5* (0.2)	2.0* (0.2)	2.9 (0.3)	4.5 (0.4)	6.6 (0.5)	8.8* (0.6)	10.4* (0.7)	10	94* (1.6)	100	<3
19-50.....	539	4.5 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.2)	5.8 (0.2)	8.0 (0.4)	9.7 (0.5)	10	96 (1.1)	100	<3
51+.....	614	5.3 (0.3)	1.6 (0.2)	2.1 (0.2)	3.1 (0.2)	4.7 (0.2)	6.8 (0.3)	9.4 (0.5)	11.2 (0.6)	10	92 (1.6)	100	<3
19+.....	1153	4.9 (0.2)	1.4 (0.1)	1.9 (0.1)	2.8 (0.1)	4.3 (0.2)	6.3 (0.3)	8.7 (0.4)	10.5 (0.6)	10	94 (1.3)	100	<3
Females:													
9-13.....	132	5.0 (0.3)	1.5* (0.2)	1.9* (0.2)	2.9 (0.3)	4.4 (0.3)	6.5 (0.5)	8.9* (0.6)	10.4* (0.6)	10	94* (1.6)	100	<3
14-18.....	112	3.4 (0.2)	0.9* (0.1)	1.2* (0.1)	1.9 (0.2)	2.9 (0.2)	4.4 (0.3)	6.2* (0.4)	7.5* (0.4)	10	>97	100	<3
19-50.....	490	3.7 (0.2)	1.2 (0.1)	1.5 (0.2)	2.2 (0.2)	3.3 (0.2)	4.7 (0.3)	6.5 (0.3)	7.8 (0.3)	10	>97	100	<3
51+.....	583	4.0 (0.2)	1.3 (0.2)	1.6 (0.2)	2.4 (0.2)	3.5 (0.2)	5.1 (0.3)	6.8 (0.3)	8.2 (0.3)	10	>97	100	<3
19+.....	1073	3.8 (0.2)	1.2 (0.2)	1.5 (0.2)	2.3 (0.2)	3.4 (0.2)	4.9 (0.3)	6.7 (0.3)	8.0 (0.3)	10	>97	100	<3
All:													
1+.....	3076	4.5 (0.2)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.1)	5.8 (0.2)	8.0 (0.2)	9.5 (0.3)	10	96 (0.6)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							<EAR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Over 350% poverty											
Males and females:											
1-3.....	158	6.0 (0.3)	3.4* (0.2)	3.8* (0.2)	4.6 (0.2)	5.8 (0.3)	7.1 (0.4)	8.5* (0.5)	9.4* (0.6)	5	33 (5.5)
4-8.....	215	7.2 (0.3)	4.1* (0.3)	4.6* (0.3)	5.6 (0.3)	6.9 (0.3)	8.5 (0.4)	10.2* (0.5)	11.3* (0.6)	6	32 (6.2)
Males:											
9-13.....	105	9.6 (0.9)	5.1* (0.4)	5.8* (0.5)	7.2 (0.6)	9.1 (0.9)	11.5 (1.2)	14.1* (1.5)	16.1* (1.9)	9	48 (12.1)
14-18.....	128	10.3 (0.7)	5.3* (0.4)	6.2* (0.5)	7.7 (0.6)	9.8 (0.7)	12.4 (0.9)	15.1* (1.2)	16.8* (1.4)	12	72 (7.9)
19-50.....	539	11.0 (0.3)	5.2 (0.3)	6.2 (0.3)	8.0 (0.3)	10.4 (0.3)	13.4 (0.4)	16.7 (0.6)	18.9 (0.7)	12	65 (2.8)
51+.....	614	11.1 (0.3)	5.3 (0.3)	6.2 (0.3)	8.0 (0.3)	10.5 (0.3)	13.5 (0.4)	16.7 (0.5)	18.9 (0.6)	12	64 (2.8)
19+.....	1153	11.1 (0.3)	5.3 (0.2)	6.2 (0.3)	8.0 (0.3)	10.5 (0.3)	13.5 (0.3)	16.7 (0.5)	18.9 (0.6)	12	64 (2.4)
Females:											
9-13.....	132	9.6 (0.7)	5.0* (0.4)	5.7* (0.4)	7.1 (0.5)	9.1 (0.6)	11.6 (0.8)	14.2* (1.0)	15.9* (1.3)	9	48 (7.8)
14-18.....	112	8.3 (0.7)	4.3* (0.4)	4.9* (0.4)	6.1 (0.5)	7.8 (0.6)	9.9 (0.8)	12.2* (1.1)	13.8* (1.3)	12	89* (4.6)
19-50.....	490	9.5 (0.3)	4.4 (0.2)	5.2 (0.3)	6.8 (0.3)	8.9 (0.3)	11.5 (0.4)	14.4 (0.5)	16.4 (0.5)	12	78 (2.3)
51+.....	583	9.1 (0.3)	4.2 (0.3)	4.9 (0.3)	6.5 (0.3)	8.5 (0.3)	11.0 (0.3)	13.8 (0.4)	15.7 (0.4)	12	81 (2.1)
19+.....	1073	9.3 (0.2)	4.3 (0.2)	5.1 (0.2)	6.6 (0.3)	8.7 (0.3)	11.3 (0.3)	14.1 (0.4)	16.1 (0.5)	12	80 (1.9)
All:											
1+.....	3076	9.9 (0.2)	4.6 (0.2)	5.3 (0.2)	7.0 (0.2)	9.2 (0.2)	12.1 (0.3)	15.2 (0.3)	17.4 (0.4)		68 (2.4)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean (SE)	Percentiles							>AI	
N	5th (SE)		10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	
Over 350% poverty											
Males and females:											
1-3.....	158	54.6 (3.5)	26.6* (2.0)	30.7* (2.3)	38.6 (2.8)	50.8 (3.4)	66.2 (4.4)	83.8* (5.4)	95.8* (7.2)	30	91* (3.2)
4-8.....	215	65.2 (4.1)	31.8* (2.3)	36.7* (2.5)	46.5 (3.0)	60.5 (3.8)	78.9 (4.9)	99.0* (6.4)	114.7* (8.2)	55	60 (6.1)
Males:											
9-13.....	105	80.1 (8.6)	38.7* (5.2)	44.8* (5.4)	57.2 (6.1)	74.6 (7.5)	97.0 (10.9)	121.9* (16.1)	142.0* (20.4)	60	71 (9.7)
14-18.....	128	97.4 (10.4)	46.8* (7.3)	54.7* (7.5)	69.6 (8.7)	91.4 (9.8)	119.0 (13.2)	148.2* (17.5)	167.9* (21.0)	75	69 (10.3)
19-50.....	539	132.1 (11.1)	51.1 (6.4)	62.4 (7.1)	85.7 (8.5)	119.6 (10.7)	164.9 (13.2)	216.7 (16.7)	255.3 (19.8)	120	50 (7.2)
51+.....	614	144.2 (8.9)	57.6 (4.9)	69.7 (5.1)	94.7 (5.7)	131.4 (8.1)	179.1 (11.6)	234.0 (16.1)	273.8 (19.1)	120	58 (4.7)
19+.....	1153	137.9 (8.7)	53.9 (5.5)	65.7 (5.9)	89.7 (6.9)	125.2 (8.5)	172.0 (11.3)	225.9 (15.6)	265.4 (18.9)	120	54 (5.5)
Females:											
9-13.....	132	92.9 (9.6)	44.6* (6.5)	51.5* (6.3)	66.0 (7.2)	86.7 (8.5)	113.3 (12.2)	142.4* (17.6)	161.5* (22.0)	60	82 (7.6)
14-18.....	112	86.8 (7.9)	41.9* (6.6)	48.8* (6.4)	61.7 (6.8)	80.7 (7.7)	104.6 (9.1)	132.2* (11.0)	151.4* (14.2)	75	57 (10.5)
19-50.....	490	140.3 (10.2)	49.0 (6.2)	59.8 (7.0)	84.9 (8.5)	122.6 (10.1)	176.0 (12.5)	241.5 (14.0)	292.4 (16.0)	90	72 (5.4)
51+.....	583	143.1 (9.2)	49.7 (5.1)	61.2 (5.7)	86.6 (7.0)	125.9 (8.5)	179.2 (11.1)	245.0 (14.7)	295.9 (18.0)	90	73 (4.5)
19+.....	1073	141.7 (9.0)	49.3 (5.6)	60.4 (6.2)	85.7 (7.6)	124.2 (9.0)	177.5 (10.7)	243.0 (13.0)	293.9 (15.7)	90	72 (4.8)
All:											
1+.....	3076	128.9 (4.1)	44.7 (2.7)	54.9 (2.9)	77.3 (3.7)	113.2 (4.2)	162.6 (4.5)	221.8 (7.1)	266.0 (9.7)		64 (3.0)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Over 350% poverty													
Males and females:													
1-3.....	158	982 (41)	569* (40)	645* (39)	774 (38)	957 (39)	1157 (49)	1359* (61)	1489* (70)	500	<3	2500	<3
4-8.....	215	1013 (45)	579* (34)	659* (33)	801 (33)	984 (44)	1193 (54)	1407* (68)	1540* (82)	800	25 (4.5)	2500	<3
Males:													
9-13.....	105	1114 (58)	645* (35)	727* (38)	883 (43)	1081 (54)	1311 (72)	1542* (86)	1714* (100)	1100	52 (7.6)	3000	<3
14-18.....	128	1176 (49)	676* (26)	768* (32)	930 (37)	1146 (46)	1391 (61)	1627* (78)	1774* (87)	1100	45 (4.9)	3000	<3
19-50.....	539	1112 (25)	558 (31)	654 (29)	831 (27)	1069 (25)	1343 (35)	1629 (46)	1823 (57)	800	22 (2.4)	2500	<3
51+.....	614	1062 (30)	525 (26)	614 (26)	788 (22)	1017 (27)	1287 (40)	1564 (56)	1751 (71)		32 (2.7)	2000	<3
19+.....	1153	1088 (23)	541 (27)	633 (25)	811 (22)	1043 (22)	1316 (34)	1598 (48)	1792 (63)		26 (2.1)		<3
Females:													
9-13.....	132	1058 (48)	597* (26)	674* (26)	827 (33)	1026 (46)	1256 (58)	1485* (73)	1625* (94)	1100	60 (5.9)	3000	<3
14-18.....	112	878 (52)	481* (38)	551* (37)	676 (44)	845 (49)	1040 (58)	1246* (71)	1379* (80)	1100	80 (5.0)	3000	<3
19-50.....	490	907 (28)	512 (26)	577 (27)	710 (27)	877 (28)	1072 (30)	1271 (32)	1407 (40)	800	38 (4.4)	2500	<3
51+.....	583	852 (33)	471 (29)	538 (30)	664 (30)	825 (33)	1009 (38)	1200 (43)	1329 (47)	1000	74 (4.2)	2000	<3
19+.....	1073	879 (29)	490 (26)	557 (27)	685 (28)	851 (29)	1041 (33)	1238 (36)	1368 (41)		56 (4.0)		<3
All:													
1+.....	3076	995 (14)	519 (19)	597 (18)	749 (16)	948 (17)	1190 (17)	1453 (23)	1633 (29)		41 (2.0)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR		>UL		
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)
Over 350% poverty														
Males and females:														
1-3.....	158	1101	(45)	685*	759*	893	1076	1274	1480*	1604*	380	<3	3000	<3
4-8.....	215	1230	(50)	769*	857*	1010	1202	1419	1640*	1778*	405	<3	3000	<3
Males:														
9-13.....	105	1410	(68)	844*	944*	1134	1373	1647	1921*	2124*	1055	18*	4000	<3
14-18.....	128	1610	(63)	972*	1092*	1301	1576	1884	2177*	2359*	1055	8*	4000	<3
19-50.....	539	1630	(42)	924	1054	1293	1591	1924	2256	2472	580	<3	4000	<3
51+.....	614	1589	(37)	896	1020	1255	1550	1880	2205	2416	580	<3		<3
19+.....	1153	1610	(34)	910	1037	1275	1571	1902	2229	2445	580	<3		<3
Females:														
9-13.....	132	1364	(78)	800*	896*	1085	1328	1606	1881*	2047*	1055	22	4000	<3
14-18.....	112	1135	(78)	646*	734*	889	1097	1334	1581*	1741*	1055	45	4000	<3
19-50.....	490	1236	(22)	756	842	1010	1213	1435	1655	1799	580	<3	4000	<3
51+.....	583	1198	(20)	721	811	976	1177	1394	1610	1752	580	<3		<3
19+.....	1073	1217	(17)	737	826	992	1195	1415	1635	1776	580	<3		<3
All:														
1+.....	3076	1399	(21)	786	886	1083	1339	1653	1994	2215		3		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR		
				5th	10th	25th	50th	75th	90th	95th	EAR	%
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)
Over 350% poverty												
Males and females:												
1-3.....	158	209	(6)	135*	149*	172	205	241	277*	300*	65	<3
4-8.....	215	230	(6)	149*	164*	191	225	264	303*	328*	110	<3
Males:												
9-13.....	105	267	(10)	162*	181*	215	260	311	364*	403*	200	18*
14-18.....	128	302	(13)	183*	205*	243	295	353	409*	444*	340	70
				(8)	(9)	(10)	(12)	(17)	(23)	(29)		(3.7)
19-50.....	539	355	(10)	191	219	273	342	423	505	561		50
51+.....	614	365	(8)	198	227	282	352	434	517	572	350	49
19+.....	1153	359	(8)	194	223	277	347	428	511	567		50
				(6)	(7)	(7)	(8)	(9)	(12)	(14)		(2.7)
Females:												
9-13.....	132	265	(12)	158*	176*	212	257	310	364*	396*	200	20
14-18.....	112	237	(16)	140*	158*	188	229	276	325*	358*	300	83*
				(13)	(12)	(13)	(15)	(18)	(23)	(26)		(6.2)
19-50.....	490	287	(7)	161	183	225	277	339	403	447		42
51+.....	583	287	(7)	160	182	224	278	339	402	445	265	44
19+.....	1073	287	(6)	161	182	224	277	339	403	446		43
				(5)	(5)	(5)	(6)	(7)	(10)	(12)		(2.7)
All:												
1+.....	3076	311	(5)	166	188	233	296	372	455	510		43
				(3)	(4)	(4)	(5)	(6)	(7)	(9)		(2.1)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<EAR		>UL										
				5th	10th	25th	50th	75th	90th	95th	EAR	%	UL	%								
			(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)		(SE)								
Over 350% poverty																						
Males and females:																						
1-3.....	158	9.4	(0.5)	5.7*	(0.5)	6.3*	(0.5)	7.4	(0.4)	9.1	(0.5)	11.0	(0.5)	13.0*	(0.6)	14.2*	(0.7)	3	<3	40	<3	
4-8.....	215	12.5	(0.7)	7.6*	(0.6)	8.5*	(0.7)	10.1	(0.7)	12.1	(0.7)	14.5	(0.7)	17.0*	(0.8)	18.6*	(0.8)	4.1	<3	40	<3	
Males:																						
9-13.....	105	15.9	(0.7)	8.6*	(0.4)	9.8*	(0.5)	12.1	(0.5)	15.2	(0.6)	19.0	(0.9)	22.9*	(1.2)	25.9*	(1.6)	5.9	<3	40	<3	
14-18.....	128	17.4	(0.8)	9.3*	(0.5)	10.7*	(0.5)	13.2	(0.6)	16.7	(0.8)	20.9	(1.1)	25.0*	(1.5)	27.7*	(1.8)	7.7	<3	45	<3	
19-50.....	539	16.0	(0.4)	8.6	(0.4)	9.9	(0.3)	12.3	(0.3)	15.4	(0.4)	19.0	(0.5)	22.8	(0.6)	25.4	(0.7)	6	<3	45	<3	
51+.....	614	16.2	(0.4)	8.8	(0.3)	10.0	(0.3)	12.4	(0.3)	15.6	(0.4)	19.2	(0.5)	23.0	(0.7)	25.6	(0.8)	6	<3	45	<3	
19+.....	1153	16.1	(0.4)	8.7	(0.3)	10.0	(0.3)	12.3	(0.3)	15.5	(0.3)	19.1	(0.5)	22.9	(0.6)	25.5	(0.7)	6	<3	45	<3	
Females:																						
9-13.....	132	15.4	(0.9)	8.1*	(0.4)	9.2*	(0.5)	11.5	(0.6)	14.7	(0.9)	18.5	(1.2)	22.4*	(1.6)	24.8*	(1.9)	5.7	<3	40	<3	
14-18.....	112	12.5	(0.7)	6.4*	(0.4)	7.5*	(0.4)	9.3	(0.5)	11.9	(0.6)	14.9	(0.8)	18.3*	(1.2)	20.6*	(1.4)	7.9	18*	(3.0)	45	<3
19-50.....	490	12.3	(0.3)	7.0	(0.4)	7.9	(0.3)	9.6	(0.3)	11.9	(0.3)	14.5	(0.4)	17.2	(0.5)	19.0	(0.6)	8.1	19	(1.8)	45	<3
51+.....	583	12.1	(0.3)	6.9	(0.3)	7.8	(0.3)	9.5	(0.3)	11.7	(0.3)	14.3	(0.3)	16.9	(0.4)	18.7	(0.5)	5	<3	45	<3	
19+.....	1073	12.2	(0.3)	6.9	(0.3)	7.8	(0.3)	9.6	(0.3)	11.8	(0.3)	14.4	(0.3)	17.1	(0.5)	18.9	(0.5)		10	(1.0)	45	<3
All:																						
1+.....	3076	14.1	(0.2)	7.4	(0.2)	8.5	(0.2)	10.5	(0.2)	13.4	(0.2)	16.9	(0.3)	20.8	(0.4)	23.4	(0.5)		5	(0.5)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							<EAR		>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Over 350% poverty													
Males and females:													
1-3.....	158	7.3 (0.2)	4.6* (0.2)	5.1* (0.2)	5.9 (0.2)	7.1 (0.2)	8.4 (0.3)	9.8* (0.4)	10.7* (0.5)	2.5	<3	7	52 (4.7)
4-8.....	215	8.8 (0.3)	5.6* (0.3)	6.1* (0.3)	7.2 (0.3)	8.5 (0.3)	10.1 (0.4)	11.7* (0.5)	12.7* (0.6)	4	<3	12	8* (2.5)
Males:													
9-13.....	105	10.4 (0.5)	5.9* (0.3)	6.7* (0.3)	8.1 (0.4)	10.0 (0.5)	12.3 (0.7)	14.6* (0.9)	16.3* (1.2)	7	13* (3.3)	23	<3
14-18.....	128	12.6 (0.6)	7.2* (0.3)	8.2* (0.4)	9.9 (0.4)	12.2 (0.5)	14.9 (0.8)	17.5* (1.1)	19.2* (1.3)	8.5	12* (2.9)	34	<3
19-50.....	539	13.3 (0.3)	7.5 (0.4)	8.5 (0.4)	10.4 (0.3)	12.9 (0.3)	15.7 (0.4)	18.6 (0.5)	20.6 (0.6)	9.4	16 (2.7)	40	<3
51+.....	614	12.7 (0.3)	7.1 (0.4)	8.1 (0.3)	10.0 (0.3)	12.3 (0.3)	15.1 (0.3)	17.9 (0.4)	19.7 (0.5)	9.4	20 (2.7)	40	<3
19+.....	1153	13.0 (0.2)	7.3 (0.4)	8.3 (0.4)	10.2 (0.3)	12.6 (0.2)	15.4 (0.3)	18.3 (0.4)	20.2 (0.5)	9.4	18 (2.7)	40	<3
Females:													
9-13.....	132	10.0 (0.5)	5.6* (0.2)	6.3* (0.2)	7.7 (0.3)	9.6 (0.4)	11.8 (0.7)	14.1* (0.9)	15.6* (1.1)	7	17 (3.1)	23	<3
14-18.....	112	8.0 (0.4)	4.4* (0.3)	5.0* (0.3)	6.1 (0.3)	7.7 (0.3)	9.5 (0.4)	11.5* (0.6)	12.8* (0.8)	7.3	44 (6.0)	34	<3
19-50.....	490	9.4 (0.2)	5.5 (0.2)	6.2 (0.2)	7.5 (0.1)	9.2 (0.2)	11.1 (0.2)	13.0 (0.3)	14.3 (0.4)	6.8	16 (1.8)	40	<3
51+.....	583	9.2 (0.2)	5.3 (0.3)	6.0 (0.2)	7.3 (0.2)	8.9 (0.2)	10.8 (0.2)	12.7 (0.3)	14.0 (0.3)	6.8	19 (3.1)	40	<3
19+.....	1073	9.3 (0.2)	5.4 (0.2)	6.1 (0.2)	7.4 (0.2)	9.0 (0.2)	10.9 (0.2)	12.9 (0.3)	14.2 (0.3)	6.8	18 (2.4)	40	<3
All:													
1+.....	3076	10.9 (0.1)	5.7 (0.1)	6.5 (0.1)	8.1 (0.1)	10.3 (0.1)	13.1 (0.2)	16.1 (0.3)	18.1 (0.3)		17 (1.5)		<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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							<EAR		>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Over 350% poverty													
Males and females:													
1-3.....	158	0.7 (0.03)	0.4* (0.02)	0.5* (0.02)	0.6 (0.02)	0.7 (0.03)	0.9 (0.04)	1.0* (0.04)	1.1* (0.05)	0.26	<3	1	11* (2.8)
4-8.....	215	0.9 (0.04)	0.6* (0.03)	0.6* (0.03)	0.7 (0.03)	0.9 (0.04)	1.1 (0.04)	1.3* (0.04)	1.4* (0.05)	0.34	<3	3	<3
Males:													
9-13.....	105	1.1 (0.04)	0.6* (0.03)	0.7* (0.02)	0.8 (0.03)	1.0 (0.04)	1.3 (0.06)	1.5* (0.09)	1.7* (0.13)	0.54	<3	5	<3
14-18.....	128	1.2 (0.06)	0.7* (0.02)	0.8* (0.03)	0.9 (0.04)	1.2 (0.05)	1.4 (0.09)	1.7* (0.13)	1.9* (0.16)	0.685	4* (1.2)	8	<3
19-50.....	539	1.4 (0.04)	0.7 (0.02)	0.8 (0.02)	1.1 (0.03)	1.3 (0.04)	1.7 (0.05)	2.0 (0.08)	2.3 (0.09)	0.7	4* (0.7)	10	<3
51+.....	614	1.5 (0.04)	0.8 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.04)	1.7 (0.05)	2.1 (0.06)	2.4 (0.08)	0.7	<3	10	<3
19+.....	1153	1.4 (0.04)	0.8 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.03)	1.7 (0.05)	2.1 (0.06)	2.3 (0.08)	0.7	<3	10	<3
Females:													
9-13.....	132	1.1 (0.06)	0.6* (0.02)	0.7* (0.02)	0.8 (0.03)	1.0 (0.05)	1.2 (0.08)	1.5* (0.12)	1.6* (0.15)	0.54	<3	5	<3
14-18.....	112	1.0 (0.06)	0.6* (0.04)	0.7* (0.04)	0.8 (0.04)	1.0 (0.05)	1.2 (0.08)	1.4* (0.12)	1.6* (0.14)	0.685	12* (3.7)	8	<3
19-50.....	490	1.2 (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.4 (0.03)	1.7 (0.05)	1.9 (0.06)	0.7	9 (1.5)	10	<3
51+.....	583	1.2 (0.04)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.04)	1.4 (0.05)	1.7 (0.05)	1.9 (0.06)	0.7	8 (1.7)	10	<3
19+.....	1073	1.2 (0.03)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.1 (0.03)	1.4 (0.03)	1.7 (0.05)	1.9 (0.06)	0.7	9 (1.4)	10	<3
All:													
1+.....	3076	1.3 (0.03)	0.6 (0.01)	0.7 (0.01)	0.9 (0.02)	1.2 (0.03)	1.5 (0.04)	1.9 (0.05)	2.1 (0.06)		5 (0.8)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							<EAR		>UL	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Over 350% poverty													
Males and females:													
1-3.....	158	64 (2)	38* (1)	42* (1)	51 (1)	62 (2)	75 (2)	89* (3)	98* (3)	17	<3	90	9* (1.9)
4-8.....	215	83 (2)	50* (2)	56* (2)	66 (2)	80 (3)	96 (3)	113* (4)	124* (4)	23	<3	150	<3
Males:													
9-13.....	105	103 (6)	65* (7)	71* (6)	84 (6)	101 (6)	119 (7)	138* (8)	152* (9)	35	<3	280	<3
14-18.....	128	131 (7)	84* (6)	93* (6)	108 (6)	129 (7)	151 (9)	173* (11)	186* (12)	45	<3	400	<3
19-50.....	539	137 (5)	82 (3)	92 (3)	111 (4)	134 (4)	160 (5)	185 (6)	201 (7)	45	<3	400	<3
51+.....	614	132 (5)	78 (4)	88 (4)	106 (4)	129 (4)	155 (5)	180 (6)	197 (7)	45	<3	400	<3
19+.....	1153	134 (3)	80 (4)	90 (3)	109 (3)	132 (3)	157 (4)	182 (5)	199 (6)	45	<3	400	<3
Females:													
9-13.....	132	101 (6)	63* (4)	69* (4)	82 (5)	99 (6)	118 (8)	137* (10)	148* (12)	35	<3	280	<3
14-18.....	112	89 (6)	54* (5)	61* (5)	72 (6)	87 (6)	103 (7)	121* (8)	132* (9)	45	<3	400	<3
19-50.....	490	98 (3)	59 (2)	66 (2)	80 (2)	96 (3)	115 (3)	133 (4)	145 (5)	45	<3	400	<3
51+.....	583	94 (3)	55 (3)	62 (3)	76 (3)	92 (3)	110 (4)	128 (5)	140 (5)	45	<3	400	<3
19+.....	1073	96 (3)	57 (2)	64 (2)	77 (2)	94 (3)	112 (3)	131 (4)	143 (5)	45	<3	400	<3
All:													
1+.....	3076	112 (2)	59 (2)	68 (2)	85 (2)	107 (3)	135 (3)	163 (4)	180 (5)		<3		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles								>AI		>CDRR	
N	Mean	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)	
Over 350% poverty														
Males and females:														
1-3.....	158	1925 (85)	1163* (57)	1294* (60)	1534 (69)	1871 (82)	2244 (99)	2639* (126)	2885* (136)	800	>97	1200	94* (2.3)	
4-8.....	215	2606 (85)	1614* (62)	1796* (62)	2121 (70)	2536 (85)	3015 (99)	3508* (122)	3820* (144)	1000	>97	1500	>97	
Males:														
9-13.....	105	3419 (157)	2179* (81)	2402* (92)	2821 (110)	3343 (146)	3937 (205)	4527* (279)	4961* (332)	1200	>97	1800	>97	
14-18.....	128	4117 (193)	2662* (99)	2940* (97)	3421 (139)	4048 (182)	4742 (245)	5397* (311)	5801* (363)	1500	>97	2300	>97	
19-50.....	539	4213 (114)	2642 (160)	2940 (152)	3470 (136)	4135 (120)	4867 (104)	5595 (110)	6074 (117)	1500	>97	2300	>97	
51+.....	614	3905 (105)	2403 (106)	2675 (104)	3187 (105)	3823 (105)	4534 (111)	5236 (124)	5699 (132)	1500	>97	2300	96 (1.3)	
19+.....	1153	4065 (93)	2508 (111)	2793 (107)	3328 (101)	3983 (96)	4710 (92)	5435 (95)	5908 (103)	1500	>97	2300	>97	
Females:														
9-13.....	132	3307 (192)	2071* (113)	2285* (111)	2703 (150)	3234 (183)	3836 (245)	4425* (300)	4780* (345)	1200	>97	1800	>97	
14-18.....	112	2936 (140)	1817* (108)	2026* (107)	2384 (114)	2859 (133)	3392 (175)	3943* (223)	4297* (259)	1500	>97	2300	79 (5.4)	
19-50.....	490	3128 (69)	1935 (77)	2153 (72)	2565 (66)	3062 (68)	3619 (85)	4177 (106)	4538 (121)	1500	>97	2300	85 (2.5)	
51+.....	583	2904 (75)	1762 (81)	1974 (76)	2364 (70)	2846 (73)	3374 (88)	3902 (110)	4250 (126)	1500	>97	2300	78 (3.1)	
19+.....	1073	3014 (66)	1839 (70)	2056 (65)	2455 (62)	2952 (64)	3499 (81)	4049 (105)	4402 (120)	1500	>97	2300	81 (2.6)	
All:														
1+.....	3076	3460 (64)	1901 (64)	2172 (64)	2685 (64)	3343 (69)	4121 (74)	4907 (97)	5405 (110)		>97		91 (1.5)	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles							>AI									
				5th	10th	25th	50th	75th	90th	95th	AI	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Over 350% poverty																				
Males and females:																				
1-3.....	158	1983	(68)	1256*	(64)	1392*	(61)	1622	(64)	1941	(67)	2291	(75)	2640*	(86)	2869*	(91)	2000	45	(5.4)
4-8.....	215	2054	(64)	1294*	(60)	1435*	(58)	1686	(61)	2004	(67)	2367	(71)	2734*	(79)	2970*	(91)	2300	29	(4.2)
Males:																				
9-13.....	105	2270	(125)	1410*	(120)	1565*	(120)	1856	(122)	2219	(120)	2629	(132)	3036*	(148)	3333*	(173)	2500	32	(7.6)
14-18.....	128	2547	(109)	1594*	(103)	1776*	(109)	2092	(108)	2503	(110)	2957	(118)	3385*	(132)	3649*	(151)	3000	23	(5.8)
19-50.....	539	2943	(74)	1604	(54)	1850	(54)	2301	(60)	2866	(73)	3502	(92)	4124	(111)	4540	(121)	3400	28	(3.0)
51+.....	614	3136	(76)	1778	(60)	2023	(56)	2486	(63)	3061	(74)	3703	(94)	4333	(113)	4744	(130)	3400	36	(3.3)
19+.....	1153	3035	(61)	1676	(45)	1929	(44)	2385	(49)	2960	(61)	3604	(77)	4240	(96)	4649	(114)	3400	32	(2.6)
Females:																				
9-13.....	132	2256	(102)	1381*	(97)	1534*	(95)	1830	(103)	2206	(100)	2630	(111)	3043*	(119)	3291*	(149)	2300	43	(7.0)
14-18.....	112	1933	(142)	1157*	(131)	1302*	(128)	1551	(138)	1881	(139)	2250	(149)	2631*	(164)	2874*	(170)	2300	23	(8.4)
19-50.....	490	2339	(59)	1363	(50)	1536	(50)	1872	(56)	2282	(58)	2744	(67)	3204	(77)	3508	(86)	2600	32	(3.3)
51+.....	583	2461	(53)	1448	(53)	1634	(52)	1983	(49)	2411	(53)	2878	(62)	3345	(74)	3653	(82)	2600	39	(3.1)
19+.....	1073	2401	(49)	1400	(45)	1582	(46)	1928	(48)	2346	(50)	2815	(57)	3281	(68)	3583	(76)	2600	36	(2.8)
All:																				
1+.....	3076	2628	(46)	1445	(42)	1637	(41)	2018	(42)	2518	(44)	3121	(53)	3771	(70)	4196	(83)		33	(2.2)

NOTES: AI=Adequate Intake

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles						
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Over 350% poverty									
Males and females:									
1-3.....	158	4.7 (1.1)	0.3* (0.1)	0.6* (0.2)	1.4 (0.4)	3.1 (0.7)	6.1 (1.3)	10.7* (2.5)	14.7* (3.4)
4-8.....	215	8.0 (1.4)	1.0* (0.4)	1.6* (0.5)	3.0 (0.6)	5.7 (1.0)	10.2 (1.8)	16.7* (3.1)	22.5* (4.6)
Males:									
9-13.....	105	25.8 (5.6)	3.1* (0.7)	4.4* (1.0)	8.5 (1.8)	16.5 (3.3)	31.9 (6.9)	56.6* (11.8)	78.6* (17.1)
14-18.....	128	51.7 (8.9)	5.8* (1.3)	9.2* (1.9)	17.3 (3.0)	33.6 (5.5)	65.0 (11.0)	113.7* (20.1)	155.0* (29.6)
19-50.....	539	183.7 (8.8)	19.3 (2.5)	33.9 (3.9)	73.3 (5.7)	145.3 (8.0)	252.1 (11.4)	380.7 (17.0)	477.1 (23.0)
51+.....	614	217.9 (9.2)	35.5 (4.2)	54.5 (5.4)	100.6 (7.2)	180.0 (9.5)	293.3 (12.4)	428.8 (15.3)	530.2 (18.5)
19+.....	1153	200.1 (8.0)	25.3 (3.0)	42.5 (4.3)	86.0 (5.8)	162.0 (7.6)	273.5 (10.7)	405.2 (14.5)	504.0 (18.9)
Females:									
9-13.....	132	21.5 (3.4)	2.3* (0.5)	3.4* (0.6)	6.7 (1.2)	13.3 (2.1)	26.7 (4.2)	48.3* (8.0)	66.6* (11.3)
14-18.....	112	36.7 (4.1)	3.9* (0.9)	6.2* (1.2)	12.0 (1.7)	23.8 (3.0)	45.4 (4.9)	80.1* (9.4)	112.1* (14.2)
19-50.....	490	148.5 (8.6)	15.6 (2.5)	26.4 (3.3)	57.1 (5.2)	115.3 (7.4)	202.9 (11.4)	314.4 (18.5)	395.9 (24.6)
51+.....	583	175.1 (10.5)	22.3 (3.8)	36.9 (5.2)	74.5 (7.4)	140.9 (10.4)	237.0 (13.8)	357.5 (20.9)	445.2 (23.5)
19+.....	1073	162.0 (8.5)	18.4 (2.8)	30.7 (3.8)	65.4 (5.6)	127.7 (7.6)	220.3 (11.8)	337.0 (18.5)	424.0 (23.2)
All:									
1+.....	3076	153.5 (5.7)	4.6 (0.6)	10.3 (1.2)	41.5 (3.6)	114.4 (5.5)	220.0 (8.2)	348.9 (11.5)	442.1 (14.2)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean (SE)	Percentiles							Within AMDR	
N	5th (SE)		10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)	
Over 350% poverty											
Males and females:											
1-3.....	158	14.5 (0.4)	11.7* (0.4)	12.3* (0.4)	13.3 (0.4)	14.5 (0.4)	15.7 (0.4)	16.9* (0.5)	17.7* (0.6)	5-20%	>97
4-8.....	215	14.0 (0.5)	11.3* (0.5)	11.8* (0.5)	12.8 (0.5)	13.9 (0.5)	15.1 (0.5)	16.3* (0.6)	17.1* (0.6)	10-30%	>97
Males:											
9-13.....	105	13.8 (0.5)	10.6* (0.6)	11.2* (0.5)	12.4 (0.5)	13.7 (0.5)	15.2 (0.5)	16.5* (0.4)	17.5* (0.4)	10-30%	>97
14-18.....	128	15.5 (0.6)	11.9* (0.7)	12.7* (0.6)	13.9 (0.6)	15.4 (0.6)	17.0 (0.5)	18.5* (0.6)	19.3* (0.7)	10-30%	>97
19-50.....	539	16.3 (0.3)	11.6 (0.4)	12.5 (0.4)	14.2 (0.3)	16.1 (0.3)	18.2 (0.4)	20.3 (0.5)	21.7 (0.5)	10-35%	>97
51+.....	614	15.9 (0.3)	11.3 (0.3)	12.2 (0.3)	13.8 (0.3)	15.7 (0.2)	17.8 (0.3)	19.8 (0.4)	21.1 (0.5)	10-35%	>97
19+.....	1153	16.1 (0.3)	11.5 (0.3)	12.3 (0.3)	14.0 (0.3)	15.9 (0.3)	18.0 (0.3)	20.1 (0.4)	21.4 (0.5)	10-35%	>97
Females:											
9-13.....	132	13.8 (0.4)	10.5* (0.5)	11.1* (0.5)	12.3 (0.4)	13.7 (0.4)	15.2 (0.5)	16.6* (0.5)	17.4* (0.5)	10-30%	>97
14-18.....	112	13.6 (0.6)	10.3* (0.7)	11.0* (0.6)	12.1 (0.6)	13.4 (0.6)	14.9 (0.5)	16.3* (0.5)	17.1* (0.5)	10-30%	97* (2.1)
19-50.....	490	15.8 (0.2)	11.4 (0.3)	12.2 (0.3)	13.8 (0.2)	15.6 (0.2)	17.6 (0.3)	19.6 (0.4)	20.9 (0.5)	10-35%	>97
51+.....	583	15.9 (0.2)	11.4 (0.3)	12.3 (0.3)	13.8 (0.3)	15.7 (0.2)	17.7 (0.3)	19.7 (0.4)	21.0 (0.5)	10-35%	>97
19+.....	1073	15.9 (0.2)	11.4 (0.3)	12.2 (0.3)	13.8 (0.2)	15.7 (0.2)	17.7 (0.3)	19.7 (0.4)	21.0 (0.5)	10-35%	>97
All:											
1+.....	3076	15.7 (0.2)	11.3 (0.2)	12.1 (0.2)	13.6 (0.2)	15.4 (0.2)	17.5 (0.2)	19.5 (0.2)	20.9 (0.3)		>97

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							Within AMDR	
	N	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Over 350% poverty											
Males and females:											
1-3.....	158	52.4 (0.8)	45.1* (0.9)	46.8* (0.8)	49.4 (0.7)	52.4 (0.8)	55.5 (0.8)	58.1* (0.9)	59.7* (1.0)	45-65%	95* (2.0)
4-8.....	215	52.6 (0.8)	45.3* (0.9)	46.9* (0.8)	49.5 (0.8)	52.5 (0.8)	55.6 (0.8)	58.2* (0.9)	60.0* (0.9)	45-65%	95* (1.7)
Males:											
9-13.....	105	52.1 (1.1)	44.3* (1.4)	46.0* (1.3)	48.9 (1.2)	52.1 (1.1)	55.3 (1.0)	58.2* (1.1)	60.1* (1.1)	45-65%	93* (3.6)
14-18.....	128	49.3 (1.1)	41.3* (1.3)	43.1* (1.2)	46.0 (1.1)	49.3 (1.1)	52.6 (1.1)	55.5* (1.2)	57.1* (1.3)	45-65%	81 (6.3)
19-50.....	539	43.1 (0.7)	30.5 (0.7)	33.3 (0.7)	38.0 (0.7)	43.1 (0.7)	48.2 (0.7)	52.8 (0.7)	55.7 (0.8)	45-65%	39 (3.6)
51+.....	614	43.5 (0.6)	31.1 (0.7)	33.7 (0.7)	38.4 (0.7)	43.5 (0.6)	48.7 (0.7)	53.3 (0.7)	56.2 (0.8)	45-65%	42 (3.0)
19+.....	1153	43.3 (0.6)	30.8 (0.7)	33.5 (0.6)	38.1 (0.6)	43.3 (0.6)	48.4 (0.6)	53.1 (0.6)	55.9 (0.7)	45-65%	41 (2.8)
Females:											
9-13.....	132	51.9 (1.0)	43.9* (1.3)	45.6* (1.2)	48.5 (1.1)	51.9 (1.0)	55.2 (1.0)	58.1* (1.2)	59.8* (1.3)	45-65%	92* (3.5)
14-18.....	112	51.3 (1.4)	43.5* (1.7)	45.2* (1.6)	48.0 (1.5)	51.2 (1.4)	54.5 (1.3)	57.4* (1.3)	59.2* (1.4)	45-65%	91* (4.8)
19-50.....	490	44.8 (0.4)	32.4 (0.7)	35.0 (0.7)	39.6 (0.6)	44.7 (0.4)	49.8 (0.4)	54.5 (0.4)	57.4 (0.5)	45-65%	48 (2.2)
51+.....	583	44.2 (0.5)	31.8 (1.0)	34.5 (0.9)	39.1 (0.7)	44.3 (0.5)	49.3 (0.5)	53.9 (0.4)	56.8 (0.5)	45-65%	46 (2.8)
19+.....	1073	44.5 (0.4)	32.1 (0.8)	34.8 (0.8)	39.4 (0.6)	44.5 (0.4)	49.6 (0.3)	54.2 (0.4)	57.1 (0.5)	45-65%	47 (2.3)
All:											
1+.....	3076	45.3 (0.3)	32.1 (0.5)	34.9 (0.5)	39.9 (0.4)	45.5 (0.3)	50.8 (0.3)	55.2 (0.4)	57.6 (0.4)	45-65%	52 (1.7)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

			Percentiles							Within AMDR	
N	Mean	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
Over 350% poverty											
Males and females:											
1-3.....	158	34.5 (0.6)	28.5* (0.7)	29.9* (0.6)	32.0 (0.6)	34.6 (0.6)	37.1 (0.6)	39.2* (0.7)	40.5* (0.7)	30-40%	83 (2.1)
4-8.....	215	34.8 (0.6)	28.7* (0.7)	30.1* (0.7)	32.3 (0.6)	34.8 (0.6)	37.3 (0.6)	39.4* (0.6)	40.9* (0.7)	25-35%	52 (6.1)
Males:											
9-13.....	105	35.2 (0.6)	29.3* (1.0)	30.6* (0.9)	32.8 (0.8)	35.2 (0.6)	37.6 (0.6)	39.7* (0.8)	41.1* (0.8)	25-35%	47 (6.1)
14-18.....	128	36.1 (0.7)	30.1* (1.0)	31.5* (1.0)	33.7 (0.9)	36.1 (0.8)	38.6 (0.7)	40.6* (0.8)	41.8* (0.9)	25-35%	38 (7.6)
19-50.....	539	36.6 (0.4)	27.3 (0.6)	29.4 (0.5)	32.9 (0.4)	36.7 (0.4)	40.4 (0.6)	43.7 (0.8)	45.7 (0.9)	20-35%	38 (2.6)
51+.....	614	37.4 (0.4)	28.2 (0.6)	30.2 (0.5)	33.7 (0.3)	37.5 (0.4)	41.2 (0.6)	44.5 (0.8)	46.5 (0.9)	20-35%	33 (2.0)
19+.....	1153	37.0 (0.3)	27.7 (0.6)	29.8 (0.5)	33.3 (0.3)	37.1 (0.3)	40.8 (0.5)	44.1 (0.8)	46.1 (0.9)	20-35%	35 (2.0)
Females:											
9-13.....	132	35.5 (0.7)	29.5* (1.1)	30.8* (1.1)	33.0 (0.9)	35.5 (0.7)	38.0 (0.7)	40.1* (0.8)	41.3* (0.7)	25-35%	44 (7.2)
14-18.....	112	36.3 (0.7)	30.4* (1.0)	31.8* (0.8)	33.8 (0.8)	36.3 (0.7)	38.6 (0.7)	40.8* (0.8)	42.0* (0.8)	25-35%	36 (7.3)
19-50.....	490	37.7 (0.5)	28.9 (0.6)	30.7 (0.6)	34.1 (0.5)	37.7 (0.5)	41.3 (0.4)	44.6 (0.5)	46.6 (0.5)	20-35%	30 (3.1)
51+.....	583	38.1 (0.5)	29.2 (0.7)	31.2 (0.6)	34.5 (0.5)	38.2 (0.5)	41.7 (0.5)	45.0 (0.5)	46.9 (0.5)	20-35%	28 (3.3)
19+.....	1073	37.9 (0.4)	29.0 (0.6)	31.0 (0.5)	34.3 (0.5)	37.9 (0.4)	41.5 (0.4)	44.8 (0.4)	46.8 (0.5)	20-35%	29 (2.9)
All:											
1+.....	3076	37.1 (0.2)	28.5 (0.4)	30.4 (0.4)	33.5 (0.3)	37.0 (0.2)	40.6 (0.2)	43.9 (0.3)	45.9 (0.4)		35 (1.6)

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, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						<10%†									
				5th	10th	25th	50th	75th	90th	95th	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)								
Over 350% poverty																			
Males and females:																			
1-3.....	158	12.4	(0.3)	9.2*	(0.3)	9.9*	(0.3)	11.0	(0.3)	12.3	(0.3)	13.7	(0.2)	15.0*	(0.2)	15.8*	(0.3)	11*	(2.6)
4-8.....	215	12.3	(0.3)	9.1*	(0.3)	9.8*	(0.3)	10.9	(0.3)	12.3	(0.3)	13.7	(0.2)	14.9*	(0.3)	15.8*	(0.3)	12	(3.1)
Males:																			
9-13.....	105	12.2	(0.4)	9.5*	(0.5)	10.1*	(0.5)	11.0	(0.4)	12.2	(0.4)	13.3	(0.4)	14.3*	(0.4)	15.1*	(0.4)	9*	(4.4)
14-18.....	128	12.4	(0.4)	9.6*	(0.5)	10.3*	(0.5)	11.2	(0.4)	12.4	(0.4)	13.6	(0.4)	14.6*	(0.4)	15.2*	(0.4)	8*	(3.8)
19-50.....	539	11.9	(0.2)	8.3	(0.2)	9.1	(0.2)	10.4	(0.2)	11.9	(0.2)	13.4	(0.2)	14.8	(0.2)	15.7	(0.3)	20	(2.0)
51+.....	614	12.0	(0.2)	8.4	(0.3)	9.1	(0.3)	10.4	(0.2)	11.9	(0.2)	13.5	(0.2)	14.9	(0.2)	15.8	(0.3)	19	(2.9)
19+.....	1153	12.0	(0.1)	8.3	(0.2)	9.1	(0.2)	10.4	(0.2)	11.9	(0.1)	13.4	(0.2)	14.9	(0.2)	15.8	(0.3)	20	(2.1)
Females:																			
9-13.....	132	12.4	(0.5)	9.7*	(0.5)	10.2*	(0.5)	11.3	(0.5)	12.4	(0.5)	13.6	(0.5)	14.7*	(0.5)	15.3*	(0.4)	7*	(4.7)
14-18.....	112	12.1	(0.4)	9.4*	(0.5)	10.0*	(0.5)	10.9	(0.4)	12.1	(0.4)	13.2	(0.4)	14.3*	(0.4)	14.9*	(0.5)	10*	(4.4)
19-50.....	490	12.2	(0.3)	8.9	(0.4)	9.5	(0.4)	10.7	(0.3)	12.1	(0.3)	13.5	(0.3)	14.9	(0.4)	15.8	(0.5)	15	(4.0)
51+.....	583	12.4	(0.4)	9.1	(0.4)	9.8	(0.4)	11.0	(0.4)	12.4	(0.4)	13.8	(0.4)	15.2	(0.5)	16.1	(0.6)	12	(4.0)
19+.....	1073	12.3	(0.3)	9.0	(0.4)	9.6	(0.4)	10.8	(0.3)	12.2	(0.3)	13.7	(0.4)	15.1	(0.5)	15.9	(0.5)	14	(3.9)
All:																			
1+.....	3076	12.2	(0.1)	8.7	(0.1)	9.5	(0.1)	10.7	(0.1)	12.1	(0.2)	13.6	(0.2)	14.9	(0.3)	15.8	(0.3)	16	(1.5)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table H 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean	(SE)	Percentiles						Within AMDR										
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)								
Over 350% poverty																				
Males and females:																				
1-3.....	158	6.5	(0.2)	4.6*	(0.2)	5.0*	(0.2)	5.6	(0.2)	6.5	(0.2)	7.3	(0.2)	8.1*	(0.3)	8.6*	(0.3)	05-10%	90*	(2.9)
4-8.....	215	6.9	(0.2)	4.9*	(0.2)	5.3*	(0.2)	6.0	(0.2)	6.8	(0.2)	7.7	(0.3)	8.5*	(0.3)	9.0*	(0.4)	05-10%	93*	(2.5)
Males:																				
9-13.....	105	7.4	(0.3)	5.7*	(0.3)	6.0*	(0.3)	6.6	(0.3)	7.3	(0.3)	8.1	(0.4)	8.9*	(0.4)	9.4*	(0.5)	05-10%	>97	
14-18.....	128	7.3	(0.4)	5.5*	(0.3)	5.9*	(0.3)	6.5	(0.3)	7.3	(0.4)	8.1	(0.4)	8.8*	(0.4)	9.2*	(0.5)	05-10%	>97	
19-50.....	539	7.5	(0.2)	5.0	(0.2)	5.5	(0.2)	6.3	(0.2)	7.4	(0.2)	8.5	(0.3)	9.6	(0.4)	10.4	(0.5)	05-10%	88	(4.7)
51+.....	614	7.9	(0.3)	5.3	(0.2)	5.8	(0.2)	6.7	(0.1)	7.8	(0.2)	9.0	(0.4)	10.1	(0.6)	10.9	(0.7)	05-10%	86	(6.0)
19+.....	1153	7.7	(0.2)	5.1	(0.2)	5.6	(0.2)	6.5	(0.2)	7.6	(0.2)	8.8	(0.3)	9.9	(0.5)	10.6	(0.6)	05-10%	87	(5.3)
Females:																				
9-13.....	132	7.5	(0.4)	5.7*	(0.3)	6.0*	(0.3)	6.6	(0.4)	7.4	(0.4)	8.2	(0.4)	9.0*	(0.5)	9.4*	(0.5)	05-10%	>97	
14-18.....	112	7.9	(0.4)	6.1*	(0.4)	6.4*	(0.4)	7.1	(0.4)	7.8	(0.4)	8.6	(0.5)	9.4*	(0.6)	9.9*	(0.6)	05-10%	95*	(4.3)
19-50.....	490	8.1	(0.2)	5.4	(0.2)	5.9	(0.2)	6.9	(0.2)	8.0	(0.2)	9.2	(0.2)	10.4	(0.3)	11.1	(0.3)	05-10%	84	(3.0)
51+.....	583	8.0	(0.2)	5.4	(0.2)	5.9	(0.2)	6.8	(0.1)	7.9	(0.2)	9.1	(0.2)	10.3	(0.3)	11.1	(0.4)	05-10%	84	(3.2)
19+.....	1073	8.1	(0.2)	5.4	(0.2)	5.9	(0.2)	6.8	(0.1)	8.0	(0.2)	9.1	(0.2)	10.3	(0.3)	11.1	(0.3)	05-10%	84	(3.1)
All:																				
1+.....	3076	7.8	(0.1)	5.3	(0.1)	5.7	(0.1)	6.6	(0.1)	7.6	(0.1)	8.8	(0.2)	9.9	(0.3)	10.7	(0.3)	05-10%	87	(2.5)

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

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Table H 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

		Mean	(SE)	Percentiles						Within AMDR										
N				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)								
Over 350% poverty																				
Males and females:																				
1-3.....	158	0.63	(0.03)	0.43*	(0.02)	0.47*	(0.02)	0.53	(0.02)	0.62	(0.03)	0.72	(0.03)	0.82*	(0.04)	0.88*	(0.05)	0.6-1.2%	56	(6.9)
4-8.....	215	0.65	(0.02)	0.45*	(0.02)	0.48*	(0.02)	0.55	(0.02)	0.64	(0.02)	0.74	(0.03)	0.84*	(0.04)	0.91*	(0.05)	0.6-1.2%	61	(6.2)
Males:																				
9-13.....	105	0.66	(0.03)	0.46*	(0.03)	0.50*	(0.03)	0.57	(0.02)	0.65	(0.02)	0.75	(0.03)	0.84*	(0.05)	0.91*	(0.06)	0.6-1.2%	65	(6.9)
14-18.....	128	0.71	(0.03)	0.49*	(0.03)	0.53*	(0.03)	0.60	(0.03)	0.69	(0.03)	0.80	(0.03)	0.90*	(0.04)	0.96*	(0.05)	0.6-1.2%	75	(6.4)
19-50.....	539	0.78	(0.04)	0.47	(0.03)	0.53	(0.03)	0.63	(0.02)	0.76	(0.03)	0.91	(0.05)	1.06	(0.08)	1.16	(0.10)	0.6-1.2%	76	(5.5)
51+.....	614	0.85	(0.05)	0.52	(0.03)	0.58	(0.02)	0.69	(0.02)	0.83	(0.04)	0.99	(0.07)	1.15	(0.10)	1.26	(0.13)	0.6-1.2%	80	(6.3)
19+.....	1153	0.81	(0.04)	0.49	(0.03)	0.55	(0.03)	0.65	(0.02)	0.79	(0.04)	0.95	(0.06)	1.11	(0.09)	1.21	(0.12)	0.6-1.2%	78	(5.7)
Females:																				
9-13.....	132	0.72	(0.03)	0.50*	(0.02)	0.54*	(0.02)	0.62	(0.02)	0.71	(0.03)	0.82	(0.04)	0.92*	(0.06)	0.99*	(0.07)	0.6-1.2%	78	(3.7)
14-18.....	112	0.79	(0.04)	0.55*	(0.04)	0.60*	(0.04)	0.67	(0.04)	0.77	(0.04)	0.88	(0.04)	1.00*	(0.06)	1.07*	(0.07)	0.6-1.2%	89*	(6.2)
19-50.....	490	0.86	(0.04)	0.55	(0.04)	0.60	(0.03)	0.71	(0.03)	0.84	(0.04)	0.99	(0.05)	1.15	(0.07)	1.26	(0.08)	0.6-1.2%	83	(5.1)
51+.....	583	0.89	(0.04)	0.57	(0.03)	0.62	(0.03)	0.73	(0.03)	0.87	(0.04)	1.03	(0.05)	1.19	(0.07)	1.30	(0.09)	0.6-1.2%	83	(5.3)
19+.....	1073	0.88	(0.04)	0.56	(0.03)	0.61	(0.03)	0.72	(0.03)	0.86	(0.04)	1.01	(0.05)	1.17	(0.07)	1.28	(0.08)	0.6-1.2%	83	(5.2)
All:																				
1+.....	3076	0.82	(0.02)	0.50	(0.02)	0.56	(0.02)	0.66	(0.01)	0.79	(0.02)	0.95	(0.03)	1.11	(0.05)	1.22	(0.07)	0.6-1.2%	79	(3.8)

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

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TABLE NOTES

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

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2017-March 2020 Prepandemic. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3–10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2017–2018 and 2019–2020 as applicable <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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

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

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

The Department of Health and Human Services' poverty guidelines <http://aspe.hhs.gov/poverty> were used as the poverty measure to calculate the ratio of family income to poverty expressed as a percentage.

Usual Nutrient Intakes

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

When applicable, the estimated usual nutrient intakes are compared to age/male/female specific Dietary Reference Intakes (DRIs) <http://nationalacademies.org/HMD/Activities/Nutrition/SummaryDRIs/DRI-Tables.aspx>. The DRIs, nutrient reference values developed by the Institute of Medicine of the National Academies, are used to assess and plan the diets of healthy people. Estimates of percentages less than, within range of, or greater than the DRI, plus the standard error are presented for each age/male/female/lifestyle group.

The estimated distributions of usual contributions to energy are derived using the same univariate usual intake methodology employed for individual nutrients. These distributions represent the long-term daily relationship of the specific nutrient with total energy intake. When applicable, these distributions are compared to age-specific Acceptable Macronutrient Distribution Ranges (AMDRs). Individuals with nonzero energy intake for at least one day of intake were excluded.

DRI Definitions

Estimated Average Requirement (EAR): The average daily nutrient intake level that is estimated to meet the requirements of half of the healthy individuals in a particular life stage and male/female group. The EAR is used to estimate the prevalence of inadequate intakes in a population group.

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

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

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

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

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.76.

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

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

Indicates a non-zero value too small to report.

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

CITATION

USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>