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USUAL NUTRIENT INTAKE from Food and Beverages, among Individuals Under 131% of Poverty Level

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

Table F

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

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

Table F 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						
				5th	10th	25th	50th	75th	90th	95th
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)
Under 131% poverty										
Males and females:										
1-3.....	323	1417	(49)	928*	1017	1182	1389	1621	1854	1997*
4-8.....	417	1744	(62)	1152*	1266	1466	1713	1987	2264	2432*
				(31)	(33)	(38)	(46)	(61)	(80)	(92)
				(31)	(31)	(39)	(58)	(80)	(106)	(122)
Males:										
9-13.....	187	1957	(52)	1221*	1358*	1620	1921	2259	2591*	2804*
14-18.....	198	2187	(81)	1403*	1549*	1819	2149	2517	2869*	3107*
				(81)	(83)	(80)	(80)	(85)	(108)	(127)
19-50.....	450	2518	(57)	1520	1701	2042	2460	2939	3405	3705
51+.....	419	2472	(58)	1471*	1662	2008	2426	2881	3341	3629*
19+.....	869	2502	(52)	1502	1687	2030	2448	2918	3383	3679
				(53)	(52)	(52)	(53)	(56)	(62)	(69)
Females:										
9-13.....	221	1905	(53)	1194*	1319	1560	1868	2200	2530	2755*
14-18.....	194	1659	(87)	1011*	1131*	1356	1627	1928	2222*	2430*
				(85)	(86)	(87)	(88)	(92)	(106)	(123)
19-50.....	612	1831	(20)	1111	1243	1494	1798	2132	2458	2663
51+.....	462	1734	(30)	1024	1163	1408	1697	2029	2341	2544
19+.....	1074	1793	(22)	1074	1211	1458	1759	2092	2415	2624
				(19)	(18)	(17)	(20)	(29)	(40)	(47)
All:										
1+.....	3483	2002	(27)	1128	1272	1546	1913	2365	2858	3190
				(15)	(16)	(19)	(25)	(36)	(51)	(57)

NOTES: * 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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	51.4 (1.6)	32.4* (1.6)	35.9 (1.5)	42.1 (1.6)	50.2 (1.6)	59.4 (1.8)	68.6 (2.1)	74.4* (2.3)
4-8.....	417	60.9 (1.8)	38.6* (1.5)	42.8 (1.5)	50.3 (1.5)	59.6 (1.8)	70.2 (2.2)	80.8 (2.7)	87.4* (3.1)
Males:									
9-13.....	187	66.3 (3.1)	39.5* (3.1)	44.4* (3.1)	53.8 (3.0)	64.8 (3.1)	77.3 (3.3)	89.7* (3.8)	97.8* (4.3)
14-18.....	198	82.2 (3.8)	51.5* (2.8)	57.1* (2.9)	67.7 (3.1)	80.7 (3.7)	95.2 (4.3)	109.2* (5.5)	118.8* (6.5)
19-50.....	450	92.9 (2.7)	55.3 (3.0)	62.0 (2.8)	74.9 (2.6)	90.7 (2.7)	108.8 (3.0)	126.3 (3.6)	137.8 (4.1)
51+.....	419	88.4 (3.8)	51.0* (3.6)	58.0 (3.7)	70.9 (3.7)	86.5 (3.8)	103.6 (3.9)	121.0 (4.7)	132.0* (5.1)
19+.....	869	91.4 (3.0)	53.8 (3.2)	60.5 (3.1)	73.5 (3.0)	89.3 (2.9)	107.1 (3.3)	124.8 (3.8)	136.0 (4.3)
Females:									
9-13.....	221	64.3 (2.9)	38.4* (1.9)	42.9 (1.8)	51.5 (2.0)	62.7 (2.8)	75.0 (3.7)	87.3 (4.5)	95.7* (5.2)
14-18.....	194	55.6 (3.8)	32.2* (3.1)	36.5* (3.3)	44.5 (3.5)	54.3 (3.8)	65.3 (4.4)	76.2* (5.3)	84.0* (6.0)
19-50.....	612	66.7 (0.9)	40.4 (1.1)	45.3 (1.1)	54.4 (1.0)	65.5 (1.0)	77.7 (1.1)	89.6 (1.4)	97.2 (1.8)
51+.....	462	63.6 (1.1)	37.5 (1.3)	42.7 (1.3)	51.6 (1.2)	62.3 (1.1)	74.6 (1.3)	86.0 (1.6)	93.4 (2.0)
19+.....	1074	65.5 (0.9)	39.2 (1.2)	44.2 (1.1)	53.3 (1.0)	64.2 (0.9)	76.4 (1.1)	88.3 (1.4)	95.9 (1.8)
All:									
1+.....	3483	72.3 (1.5)	39.6 (1.2)	44.8 (1.1)	55.0 (1.1)	68.7 (1.3)	85.8 (1.7)	104.8 (2.5)	117.6 (3.0)

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

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Table F 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	4.22	(0.12)	2.68*	(0.14)	2.97	(0.13)	3.48	(0.13)	4.14	(0.12)	4.87	(0.13)	5.59	(0.15)	6.03*	(0.16)	0.87	<3	
4-8.....	415	2.65	(0.08)	1.53*	(0.08)	1.74	(0.08)	2.12	(0.08)	2.58	(0.08)	3.11	(0.09)	3.65	(0.11)	3.99*	(0.12)	0.76	<3	
Males:																				
9-13.....	186	1.59	(0.07)	0.83*	(0.06)	0.97*	(0.06)	1.23	(0.06)	1.55	(0.07)	1.91	(0.08)	2.26*	(0.10)	2.49*	(0.12)	0.76	3*	(1.1)
14-18.....	194	1.25	(0.05)	0.61*	(0.03)	0.72*	(0.04)	0.93	(0.04)	1.21	(0.05)	1.53	(0.06)	1.84*	(0.09)	2.06*	(0.11)	0.73	11*	(1.9)
19-50.....	443	1.28	(0.04)	0.70	(0.04)	0.80	(0.04)	1.00	(0.04)	1.25	(0.04)	1.53	(0.04)	1.81	(0.05)	1.99	(0.05)	0.66	4*	(1.1)
51+.....	412	1.21	(0.04)	0.63*	(0.03)	0.74	(0.03)	0.93	(0.04)	1.18	(0.04)	1.45	(0.05)	1.72	(0.06)	1.89*	(0.07)	0.66	6	(1.5)
19+.....	855	1.26	(0.04)	0.67	(0.03)	0.78	(0.03)	0.98	(0.04)	1.23	(0.04)	1.51	(0.04)	1.78	(0.05)	1.96	(0.06)	0.66	5	(1.2)
Females:																				
9-13.....	219	1.52	(0.06)	0.79*	(0.05)	0.91*	(0.05)	1.16	(0.05)	1.47	(0.06)	1.82	(0.07)	2.17*	(0.09)	2.41*	(0.10)	0.76	4*	(1.4)
14-18.....	192	0.95	(0.07)	0.41*	(0.05)	0.50*	(0.05)	0.68	(0.06)	0.91	(0.06)	1.18	(0.08)	1.45*	(0.10)	1.64*	(0.11)	0.71	28	(5.6)
19-50.....	601	1.06	(0.02)	0.56	(0.02)	0.65	(0.02)	0.82	(0.02)	1.03	(0.02)	1.26	(0.02)	1.49	(0.03)	1.64	(0.03)	0.66	11	(1.4)
51+.....	451	1.01	(0.02)	0.52	(0.02)	0.62	(0.02)	0.78	(0.02)	0.99	(0.02)	1.22	(0.02)	1.44	(0.03)	1.58	(0.04)	0.66	13	(1.4)
19+.....	1052	1.04	(0.02)	0.55	(0.02)	0.64	(0.02)	0.81	(0.02)	1.01	(0.02)	1.25	(0.02)	1.47	(0.02)	1.62	(0.03)	0.66	12	(1.3)
All:																				
1+.....	3436	1.50	(0.03)	0.61	(0.01)	0.72	(0.02)	0.93	(0.02)	1.22	(0.02)	1.66	(0.04)	2.71	(0.13)	3.70	(0.16)		8	(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 F 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)							
Under 131% poverty																			
Males and females:																			
1-3.....	323	184	(7)	120*	(6)	132	(5)	153	(6)	181	(6)	211	(8)	242	(10)	261*	(11)	100	<3
4-8.....	417	227	(7)	149*	(6)	165	(5)	191	(6)	223	(7)	259	(9)	295	(12)	317*	(14)	100	<3
Males:																			
9-13.....	187	257	(7)	156*	(9)	175*	(9)	211	(8)	252	(7)	299	(8)	344*	(10)	373*	(12)	100	<3
14-18.....	198	269	(11)	166*	(12)	185*	(12)	221	(11)	264	(11)	312	(11)	358*	(12)	390*	(14)	100	<3
19-50.....	450	302	(10)	164	(8)	188	(9)	235	(9)	293	(10)	360	(10)	425	(12)	468	(13)	100	<3
51+.....	419	298	(9)	160*	(9)	186	(9)	233	(9)	291	(9)	355	(9)	420	(10)	461*	(11)	100	<3
19+.....	869	300	(9)	163	(9)	188	(9)	234	(9)	292	(9)	358	(10)	424	(11)	466	(11)	100	<3
Females:																			
9-13.....	221	250	(6)	152*	(7)	169	(6)	202	(6)	245	(6)	290	(8)	335	(11)	366*	(13)	100	<3
14-18.....	194	213	(9)	125*	(9)	142*	(9)	172	(9)	209	(9)	250	(10)	290*	(11)	318*	(13)	100	<3
19-50.....	612	220	(4)	122	(4)	139	(4)	173	(3)	215	(3)	262	(4)	308	(6)	338	(7)	100	<3
51+.....	462	207	(4)	111	(3)	129	(3)	161	(4)	201	(4)	247	(5)	291	(7)	320	(9)	100	<3
19+.....	1074	215	(4)	117	(3)	135	(3)	168	(3)	209	(3)	256	(4)	302	(6)	332	(7)	100	<3
All:																			
1+.....	3483	246	(4)	131	(3)	151	(3)	186	(3)	234	(3)	292	(4)	356	(7)	400	(9)	100	<3

NOTES: EAR=Estimated Average Requirement

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

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Table F 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	91 (5)	53* (3)	60 (3)	72 (4)	89 (4)	107 (5)	126 (6)	138* (7)
4-8.....	417	103 (5)	60* (3)	68 (3)	82 (4)	100 (5)	121 (6)	142 (7)	155* (8)
Males:									
9-13.....	187	117 (4)	62* (4)	71* (4)	90 (4)	113 (4)	139 (6)	166* (7)	183* (9)
14-18.....	198	115 (6)	61* (5)	71* (5)	89 (5)	112 (6)	138 (7)	164* (9)	183* (11)
19-50.....	450	132 (6)	50 (3)	62 (4)	87 (5)	122 (5)	166 (7)	214 (8)	247 (10)
51+.....	419	137 (7)	53* (4)	66 (5)	93 (5)	128 (6)	172 (8)	219 (10)	251* (11)
19+.....	869	133 (6)	51 (4)	63 (4)	89 (5)	124 (5)	168 (7)	216 (9)	248 (10)
Females:									
9-13.....	221	115 (5)	61* (4)	70 (4)	88 (4)	111 (5)	137 (6)	163 (7)	182* (8)
14-18.....	194	94 (6)	47* (4)	55* (4)	71 (5)	91 (5)	113 (7)	136* (9)	153* (10)
19-50.....	612	98 (2)	41 (2)	50 (2)	68 (2)	92 (2)	121 (3)	152 (4)	173 (5)
51+.....	462	95 (3)	39 (2)	48 (2)	66 (2)	89 (2)	118 (3)	149 (5)	169 (6)
19+.....	1074	97 (2)	40 (2)	49 (2)	67 (2)	91 (2)	120 (3)	151 (4)	172 (5)
All:									
1+.....	3483	110 (2)	47 (2)	57 (2)	77 (2)	102 (2)	135 (2)	173 (3)	201 (4)

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

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Table F 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)							
Under 131% poverty																			
Males and females:																			
1-3.....	323	10.6	(0.4)	5.6*	(0.3)	6.5	(0.3)	8.1	(0.3)	10.2	(0.4)	12.7	(0.5)	15.3	(0.5)	16.9*	(0.6)	19	<3
4-8.....	417	12.6	(0.4)	6.8*	(0.3)	7.8	(0.3)	9.7	(0.4)	12.2	(0.4)	15.0	(0.4)	17.8	(0.5)	19.7*	(0.5)	25	<3
Males:																			
9-13.....	187	13.6	(0.6)	7.0*	(0.4)	8.1*	(0.4)	10.4	(0.5)	13.1	(0.6)	16.3	(0.8)	19.6*	(1.1)	21.7*	(1.3)	31	<3
14-18.....	198	13.9	(0.5)	7.2*	(0.4)	8.4*	(0.4)	10.6	(0.4)	13.4	(0.5)	16.7	(0.6)	20.0*	(0.9)	22.3*	(1.0)	38	<3
19-50.....	450	16.2	(0.5)	7.1	(0.3)	8.5	(0.4)	11.5	(0.4)	15.3	(0.4)	20.1	(0.5)	24.9	(0.7)	28.2	(0.9)	38	<3
51+.....	419	17.5	(0.7)	7.8*	(0.5)	9.4	(0.5)	12.6	(0.6)	16.7	(0.7)	21.5	(0.9)	26.6	(1.1)	29.8*	(1.2)	30	5* (1.3)
19+.....	869	16.6	(0.5)	7.3	(0.4)	8.8	(0.4)	11.8	(0.4)	15.8	(0.5)	20.5	(0.6)	25.5	(0.8)	28.9	(0.9)		<3
Females:																			
9-13.....	221	13.9	(0.5)	7.3*	(0.4)	8.4	(0.4)	10.5	(0.4)	13.4	(0.5)	16.7	(0.7)	20.1	(0.9)	22.4*	(1.0)	26	<3
14-18.....	194	11.9	(0.5)	6.0*	(0.4)	7.0*	(0.4)	9.0	(0.5)	11.5	(0.5)	14.4	(0.6)	17.4*	(0.8)	19.5*	(0.9)	26	<3
19-50.....	612	13.6	(0.5)	6.1	(0.4)	7.3	(0.4)	9.7	(0.4)	12.9	(0.5)	16.7	(0.5)	20.8	(0.6)	23.5	(0.7)	25	3* (0.7)
51+.....	462	14.1	(0.5)	6.4	(0.4)	7.6	(0.5)	10.1	(0.5)	13.3	(0.5)	17.3	(0.6)	21.4	(0.6)	24.2	(0.8)	21	11 (1.8)
19+.....	1074	13.8	(0.4)	6.2	(0.4)	7.4	(0.4)	9.9	(0.4)	13.1	(0.4)	17.0	(0.4)	21.0	(0.5)	23.7	(0.7)		6 (1.0)
All:																			
1+.....	3483	14.3	(0.4)	6.5	(0.3)	7.7	(0.3)	10.1	(0.3)	13.4	(0.3)	17.4	(0.4)	21.9	(0.6)	25.0	(0.7)		3 (0.5)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	54.7 (2.2)	32.2* (1.5)	36.2 (1.5)	43.6 (1.8)	53.3 (2.0)	64.2 (2.7)	75.1 (3.2)	81.9* (3.6)
4-8.....	417	67.6 (2.2)	40.5* (1.4)	45.7 (1.4)	54.7 (1.6)	66.1 (2.1)	78.8 (2.8)	91.7 (3.6)	99.6* (4.2)
Males:									
9-13.....	187	76.6 (4.3)	44.3* (2.2)	50.2* (2.2)	61.6 (2.9)	74.9 (4.0)	89.9 (5.4)	104.8* (7.1)	114.3* (8.0)
14-18.....	198	87.2 (4.6)	52.4* (3.4)	58.8* (3.4)	70.7 (3.6)	85.4 (4.4)	101.9 (5.4)	117.7* (7.1)	128.4* (8.1)
19-50.....	450	96.4 (3.4)	52.4 (3.0)	60.1 (3.0)	74.9 (3.2)	93.4 (3.4)	115.0 (3.8)	136.3 (4.1)	150.2 (4.5)
51+.....	419	96.5 (3.4)	52.1* (3.4)	60.2 (3.4)	75.3 (3.3)	94.2 (3.5)	114.8 (3.6)	135.8 (3.8)	149.2* (3.8)
19+.....	869	96.4 (3.3)	52.3 (3.1)	60.1 (3.0)	75.0 (3.1)	93.6 (3.3)	114.9 (3.5)	136.1 (3.7)	149.8 (3.8)
Females:									
9-13.....	221	75.2 (3.8)	43.8* (2.9)	49.2 (2.9)	59.8 (2.8)	73.4 (3.6)	88.3 (4.9)	103.1 (6.2)	113.2* (7.1)
14-18.....	194	66.8 (3.2)	37.7* (2.6)	43.0* (2.6)	53.0 (2.8)	65.2 (3.1)	78.9 (4.0)	92.4* (5.5)	101.9* (6.8)
19-50.....	612	74.1 (1.3)	40.4 (1.2)	46.4 (1.1)	57.8 (1.1)	72.1 (1.3)	88.2 (1.6)	104.3 (2.1)	114.6 (2.3)
51+.....	462	71.0 (1.9)	37.9 (1.2)	44.0 (1.3)	55.1 (1.5)	68.8 (1.8)	84.9 (2.2)	100.4 (2.7)	110.5 (3.2)
19+.....	1074	72.9 (1.3)	39.4 (1.1)	45.4 (1.1)	56.7 (1.1)	70.8 (1.3)	86.9 (1.6)	102.8 (2.0)	113.2 (2.4)
All:									
1+.....	3483	79.0 (1.4)	41.0 (0.8)	47.2 (0.9)	59.3 (1.0)	75.4 (1.3)	94.8 (1.9)	115.5 (2.5)	129.5 (2.9)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)	
Under 131% poverty									
Males and females:									
1-3.....	323	19.5 (0.8)	10.9* (0.6)	12.5 (0.7)	15.3 (0.7)	18.9 (0.8)	23.1 (1.0)	27.4 (1.2)	30.1* (1.3)
4-8.....	417	23.9 (0.9)	13.6* (0.7)	15.5 (0.7)	18.9 (0.7)	23.3 (0.9)	28.2 (1.1)	33.3 (1.5)	36.4* (1.8)
Males:									
9-13.....	187	26.6 (1.0)	14.9* (1.0)	17.0* (0.9)	21.1 (0.9)	25.9 (1.0)	31.4 (1.3)	36.9* (1.8)	40.4* (2.2)
14-18.....	198	30.0 (1.3)	17.5* (1.3)	19.7* (1.3)	24.0 (1.2)	29.2 (1.2)	35.2 (1.5)	41.1* (2.2)	45.1* (2.5)
19-50.....	450	31.7 (1.0)	16.1 (1.0)	18.7 (0.9)	23.9 (1.0)	30.5 (1.0)	38.3 (1.1)	46.2 (1.2)	51.3 (1.4)
51+.....	419	31.5 (1.0)	15.8* (0.8)	18.6 (0.9)	23.8 (0.9)	30.4 (1.0)	37.9 (1.1)	45.7 (1.3)	50.6* (1.5)
19+.....	869	31.6 (0.9)	16.0 (0.9)	18.7 (0.9)	23.9 (0.9)	30.5 (1.0)	38.2 (1.1)	46.0 (1.2)	51.0 (1.4)
Females:									
9-13.....	221	26.5 (1.0)	15.1* (1.2)	17.0 (1.1)	20.8 (1.0)	25.8 (1.0)	31.3 (1.3)	36.8 (1.7)	40.6* (2.0)
14-18.....	194	22.6 (1.4)	12.3* (0.8)	14.1* (0.9)	17.6 (0.9)	21.9 (1.3)	26.8 (1.8)	31.7* (2.4)	35.2* (2.9)
19-50.....	612	24.3 (0.5)	13.1 (0.5)	15.0 (0.5)	18.8 (0.4)	23.5 (0.4)	28.9 (0.6)	34.4 (0.9)	37.9 (1.1)
51+.....	462	23.4 (0.6)	12.4 (0.4)	14.4 (0.4)	18.1 (0.5)	22.6 (0.6)	28.0 (0.8)	33.2 (1.2)	36.7 (1.4)
19+.....	1074	23.9 (0.5)	12.8 (0.5)	14.8 (0.4)	18.5 (0.4)	23.2 (0.5)	28.6 (0.7)	34.0 (1.0)	37.5 (1.1)
All:									
1+.....	3483	26.4 (0.5)	13.5 (0.3)	15.6 (0.3)	19.7 (0.4)	25.1 (0.5)	31.7 (0.7)	38.9 (0.9)	43.8 (1.1)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	17.5 (0.9)	10.2* (0.6)	11.6 (0.6)	13.9 (0.7)	17.0 (0.8)	20.5 (1.0)	24.0 (1.2)	26.2* (1.4)
4-8.....	417	21.8 (0.8)	13.1* (0.5)	14.7 (0.5)	17.7 (0.6)	21.3 (0.8)	25.5 (1.0)	29.7 (1.3)	32.3* (1.5)
Males:									
9-13.....	187	25.1 (1.0)	14.6* (0.7)	16.5* (0.8)	20.2 (0.9)	24.5 (1.0)	29.4 (1.2)	34.3* (1.5)	37.4* (1.7)
14-18.....	198	28.6 (1.3)	17.3* (1.0)	19.3* (1.0)	23.2 (1.1)	28.0 (1.3)	33.4 (1.6)	38.5* (2.0)	42.1* (2.3)
19-50.....	450	32.9 (1.1)	17.6 (1.3)	20.2 (1.2)	25.3 (1.2)	31.8 (1.2)	39.3 (1.1)	46.9 (1.2)	52.0 (1.3)
51+.....	419	33.1 (1.2)	17.7* (1.2)	20.5 (1.2)	25.7 (1.3)	32.2 (1.3)	39.5 (1.3)	46.9 (1.3)	51.7* (1.4)
19+.....	869	33.0 (1.1)	17.6 (1.2)	20.3 (1.2)	25.5 (1.2)	31.9 (1.1)	39.4 (1.1)	46.9 (1.1)	51.9 (1.2)
Females:									
9-13.....	221	24.2 (0.8)	14.1* (0.7)	15.8 (0.7)	19.2 (0.7)	23.6 (0.8)	28.4 (1.0)	33.2 (1.2)	36.5* (1.4)
14-18.....	194	21.8 (1.3)	12.4* (0.7)	14.1* (0.8)	17.3 (1.0)	21.3 (1.2)	25.7 (1.5)	30.1* (1.9)	33.2* (2.2)
19-50.....	612	24.9 (0.5)	13.0 (0.4)	15.0 (0.4)	19.0 (0.4)	24.1 (0.5)	29.9 (0.6)	35.7 (0.8)	39.6 (0.9)
51+.....	462	24.0 (0.7)	12.2 (0.5)	14.3 (0.5)	18.2 (0.6)	23.1 (0.7)	28.9 (0.8)	34.5 (1.0)	38.3 (1.2)
19+.....	1074	24.5 (0.5)	12.7 (0.4)	14.7 (0.4)	18.7 (0.4)	23.7 (0.5)	29.5 (0.7)	35.3 (0.8)	39.2 (0.9)
All:									
1+.....	3483	26.5 (0.5)	13.3 (0.3)	15.4 (0.3)	19.5 (0.3)	25.1 (0.5)	32.0 (0.7)	39.4 (0.8)	44.5 (0.9)

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

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Table F 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	11.6 (0.6)	6.1* (0.4)	7.0 (0.5)	8.7 (0.5)	11.1 (0.6)	13.8 (0.8)	16.7 (0.8)	18.6* (0.9)
4-8.....	417	14.8 (0.7)	8.1* (0.4)	9.3 (0.5)	11.5 (0.6)	14.3 (0.7)	17.6 (0.8)	21.0 (0.9)	23.2* (0.9)
Males:									
9-13.....	187	17.3 (0.7)	9.6* (0.7)	10.9* (0.7)	13.6 (0.7)	16.7 (0.7)	20.4 (0.9)	24.2* (1.3)	26.8* (1.5)
14-18.....	198	19.1 (1.1)	10.9* (1.0)	12.3* (1.1)	15.1 (1.1)	18.5 (1.2)	22.6 (1.2)	26.7* (1.5)	29.5* (1.6)
19-50.....	450	21.3 (1.1)	11.1 (0.8)	12.8 (0.9)	16.2 (1.0)	20.5 (1.1)	25.6 (1.2)	30.9 (1.4)	34.4 (1.6)
51+.....	419	22.1 (1.2)	11.5* (0.8)	13.3 (0.8)	16.8 (1.0)	21.3 (1.2)	26.4 (1.5)	31.8 (1.8)	35.2* (2.0)
19+.....	869	21.6 (1.1)	11.3 (0.8)	13.0 (0.8)	16.4 (0.9)	20.7 (1.1)	25.9 (1.3)	31.2 (1.6)	34.7 (1.7)
Females:									
9-13.....	221	17.1 (0.8)	9.6* (0.5)	10.9 (0.5)	13.3 (0.5)	16.6 (0.7)	20.3 (1.0)	24.1 (1.4)	26.8* (1.7)
14-18.....	194	15.8 (0.8)	8.7* (0.8)	10.0* (0.8)	12.3 (0.8)	15.3 (0.8)	18.7 (0.9)	22.2* (1.1)	24.7* (1.4)
19-50.....	612	17.2 (0.4)	8.6 (0.4)	10.0 (0.4)	12.8 (0.4)	16.5 (0.5)	20.7 (0.5)	25.2 (0.6)	28.2 (0.6)
51+.....	462	16.3 (0.4)	8.0 (0.3)	9.4 (0.3)	12.1 (0.4)	15.5 (0.4)	19.7 (0.5)	23.9 (0.6)	26.8 (0.6)
19+.....	1074	16.8 (0.4)	8.4 (0.3)	9.8 (0.3)	12.5 (0.4)	16.1 (0.4)	20.3 (0.5)	24.7 (0.5)	27.7 (0.6)
All:									
1+.....	3483	17.8 (0.3)	8.6 (0.1)	10.1 (0.2)	13.0 (0.2)	16.9 (0.3)	21.7 (0.4)	26.7 (0.6)	30.2 (0.8)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty											
Males and females:											
1-3.....	323	10.4 (0.4)	5.5* (0.2)	6.3 (0.2)	7.9 (0.3)	10.0 (0.4)	12.5 (0.5)	15.1 (0.7)	16.7* (0.8)	7	84 (2.4)
4-8.....	417	13.3 (0.4)	7.3* (0.2)	8.3 (0.2)	10.3 (0.3)	12.9 (0.3)	15.9 (0.5)	18.9 (0.6)	20.9* (0.7)	10	78 (2.3)
Males:											
9-13.....	187	15.7 (0.7)	8.7* (0.7)	9.9* (0.6)	12.3 (0.7)	15.2 (0.7)	18.6 (0.9)	22.1* (1.3)	24.4* (1.5)	12	77 (4.9)
14-18.....	198	17.2 (1.3)	9.7* (1.1)	11.0* (1.2)	13.5 (1.2)	16.7 (1.3)	20.4 (1.3)	24.1* (1.5)	26.7* (1.6)	16	55 (9.8)
19-50.....	450	19.0 (1.2)	10.0 (1.0)	11.5 (1.0)	14.5 (1.1)	18.3 (1.2)	22.9 (1.4)	27.5 (1.5)	30.6 (1.6)	17	59 (7.6)
51+.....	419	19.6 (1.1)	10.2* (0.8)	11.8 (0.8)	14.9 (1.0)	18.9 (1.1)	23.5 (1.3)	28.2 (1.6)	31.3* (1.8)	14	80 (4.4)
19+.....	869	19.2 (1.2)	10.0 (0.9)	11.6 (1.0)	14.6 (1.0)	18.5 (1.2)	23.1 (1.3)	27.8 (1.5)	30.9 (1.6)		66 (6.4)
Females:											
9-13.....	221	15.5 (0.8)	8.6* (0.4)	9.7 (0.4)	11.9 (0.5)	14.9 (0.7)	18.3 (1.0)	21.8 (1.4)	24.3* (1.7)	10	88 (2.4)
14-18.....	194	14.2 (0.8)	7.8* (0.8)	8.9* (0.8)	11.0 (0.8)	13.7 (0.8)	16.8 (0.9)	20.0* (1.1)	22.4* (1.3)	11	75 (6.5)
19-50.....	612	15.2 (0.4)	7.6 (0.3)	8.8 (0.3)	11.3 (0.4)	14.6 (0.4)	18.5 (0.5)	22.5 (0.5)	25.2 (0.6)	12	70 (2.8)
51+.....	462	14.4 (0.4)	7.0 (0.3)	8.2 (0.3)	10.6 (0.3)	13.7 (0.4)	17.4 (0.5)	21.2 (0.6)	23.8 (0.6)	11	72 (2.7)
19+.....	1074	14.9 (0.4)	7.3 (0.3)	8.6 (0.3)	11.0 (0.3)	14.2 (0.4)	18.1 (0.4)	22.0 (0.5)	24.7 (0.5)		71 (2.5)
All:											
1+.....	3483	15.9 (0.3)	7.6 (0.1)	9.0 (0.1)	11.6 (0.2)	15.1 (0.3)	19.4 (0.4)	23.9 (0.7)	27.0 (0.8)		71 (1.8)

NOTES: AI=Adequate Intake

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

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Table F 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	0.99	(0.06)	0.51*	(0.03)	0.59	(0.03)	0.73	(0.04)	0.94	(0.05)	1.19	(0.07)	1.47	(0.09)	1.65*	(0.10)	0.7	79	(4.0)
4-8.....	417	1.26	(0.05)	0.66*	(0.03)	0.75	(0.03)	0.94	(0.04)	1.20	(0.04)	1.50	(0.06)	1.84	(0.08)	2.05*	(0.09)	0.9	79	(3.2)
Males:																				
9-13.....	187	1.35	(0.06)	0.76*	(0.06)	0.86*	(0.05)	1.06	(0.05)	1.31	(0.06)	1.59	(0.07)	1.89*	(0.10)	2.08*	(0.12)	1.2	61	(5.8)
14-18.....	198	1.59	(0.10)	0.93*	(0.11)	1.04*	(0.11)	1.26	(0.11)	1.54	(0.11)	1.87	(0.10)	2.20*	(0.11)	2.43*	(0.13)	1.6	45	(9.1)
19-50.....	450	1.87	(0.07)	0.90	(0.07)	1.05	(0.07)	1.36	(0.07)	1.77	(0.07)	2.27	(0.08)	2.81	(0.10)	3.18	(0.13)	1.6	61	(3.9)
51+.....	419	2.00	(0.09)	0.97*	(0.06)	1.14	(0.07)	1.47	(0.07)	1.90	(0.08)	2.42	(0.12)	2.97	(0.17)	3.33*	(0.20)	1.6	68	(4.0)
19+.....	869	1.91	(0.07)	0.93	(0.07)	1.08	(0.07)	1.40	(0.06)	1.81	(0.06)	2.32	(0.08)	2.86	(0.12)	3.24	(0.15)	1.6	63	(3.6)
Females:																				
9-13.....	221	1.43	(0.05)	0.82*	(0.05)	0.92	(0.05)	1.12	(0.05)	1.38	(0.05)	1.68	(0.06)	1.99	(0.09)	2.20*	(0.11)	1	85	(3.5)
14-18.....	194	1.36	(0.09)	0.78*	(0.09)	0.88*	(0.10)	1.07	(0.10)	1.31	(0.09)	1.60	(0.09)	1.88*	(0.10)	2.09*	(0.11)	1.1	72	(8.7)
19-50.....	612	1.58	(0.04)	0.79	(0.04)	0.92	(0.04)	1.17	(0.04)	1.51	(0.05)	1.91	(0.06)	2.35	(0.07)	2.64	(0.08)	1.1	80	(2.7)
51+.....	462	1.56	(0.04)	0.78	(0.03)	0.90	(0.03)	1.15	(0.04)	1.48	(0.04)	1.89	(0.06)	2.31	(0.07)	2.61	(0.09)	1.1	79	(2.6)
19+.....	1074	1.57	(0.04)	0.78	(0.04)	0.91	(0.04)	1.16	(0.04)	1.50	(0.04)	1.90	(0.05)	2.33	(0.06)	2.63	(0.08)	1.1	79	(2.4)
All:																				
1+.....	3483	1.59	(0.03)	0.75	(0.02)	0.88	(0.02)	1.13	(0.02)	1.48	(0.02)	1.93	(0.04)	2.42	(0.06)	2.78	(0.08)		72	(1.7)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles															
				5th	10th	25th	50th	75th	90th	95th									
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)									
Under 131% poverty																			
Males and females:																			
1-3.....	323	0.01	(0.001)	#	0.01	(#)	0.01	(0.001)	0.01	(0.001)	0.02*	(0.001)							
4-8.....	417	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02*	(0.002)						
Males:																			
9-13.....	187	0.01	(0.002)	#	0.01*	(0.001)	0.01	(0.001)	0.01	(0.002)	0.02*	(0.002)	0.02*	(0.003)					
14-18.....	198	0.01	(0.002)	0.01*	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.002)	0.02	(0.002)	0.02*	(0.003)	0.03*	(0.004)		
19-50.....	450	0.02	(0.002)	0.01	(0.002)	0.01	(0.002)	0.01	(0.002)	0.02	(0.002)	0.03	(0.002)	0.03	(0.003)	0.04	(0.004)		
51+.....	419	0.02	(0.002)	0.01*	(0.002)	0.01	(0.002)	0.01	(0.002)	0.02	(0.002)	0.03	(0.003)	0.03	(0.004)	0.04*	(0.005)		
19+.....	869	0.02	(0.002)	0.01	(0.002)	0.01	(0.002)	0.01	(0.002)	0.02	(0.002)	0.03	(0.002)	0.03	(0.003)	0.04	(0.004)		
Females:																			
9-13.....	221	0.01	(0.001)	0.01*	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)	0.02*	(0.002)		
14-18.....	194	0.01	(0.001)	#	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.....	612	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)	0.02	(0.002)	0.03	(0.003)	0.03	(0.004)
51+.....	462	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)	0.02	(0.002)	0.03	(0.003)	0.03	(0.004)
19+.....	1074	0.02	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.02	(0.002)	0.02	(0.002)	0.03	(0.003)	0.03	(0.004)
All:																			
1+.....	3483	0.02	(0.001)	0.01	(#)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.002)	0.03	(0.002)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles													
				5th	10th	25th	50th	75th	90th	95th							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)							
Under 131% poverty																	
Males and females:																	
1-3.....	323	0.02	(0.002)	#	#	0.01	(0.002)	0.01	(0.002)	0.02	(0.002)	0.03	(0.004)	0.04*	(0.005)		
4-8.....	417	0.02	(0.002)	#	0.01	(0.001)	0.01	(0.002)	0.01	(0.002)	0.02	(0.003)	0.03	(0.004)	0.04*	(0.005)	
Males:																	
9-13.....	187	0.02	(0.003)	#	0.01*	(0.001)	0.01	(0.002)	0.01	(0.002)	0.02	(0.004)	0.03*	(0.006)	0.04*	(0.009)	
14-18.....	198	0.02	(0.005)	0.01*	(0.001)	0.01*	(0.001)	0.01	(0.002)	0.02	(0.003)	0.02	(0.006)	0.04*	(0.009)	0.04*	(0.012)
19-50.....	450	0.04	(0.006)	0.01	(0.001)	0.01	(0.002)	0.02	(0.002)	0.03	(0.004)	0.05	(0.007)	0.09	(0.013)	0.12	(0.021)
51+.....	419	0.05	(0.008)	0.01*	(0.002)	0.01	(0.003)	0.02	(0.004)	0.04	(0.006)	0.07	(0.010)	0.11	(0.016)	0.15*	(0.023)
19+.....	869	0.05	(0.006)	0.01	(0.002)	0.01	(0.002)	0.02	(0.003)	0.03	(0.004)	0.06	(0.007)	0.10	(0.013)	0.13	(0.020)
Females:																	
9-13.....	221	0.02	(0.003)	#	0.01	(0.002)	0.01	(0.002)	0.01	(0.003)	0.02	(0.004)	0.03	(0.005)	0.04*	(0.007)	
14-18.....	194	0.01	(0.003)	#	0.01*	(0.001)	0.01	(0.002)	0.01	(0.002)	0.02	(0.004)	0.03*	(0.005)	0.03*	(0.007)	
19-50.....	612	0.04	(0.005)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.003)	0.05	(0.007)	0.09	(0.013)	0.12	(0.018)
51+.....	462	0.04	(0.006)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.03	(0.003)	0.06	(0.007)	0.09	(0.014)	0.13	(0.021)
19+.....	1074	0.04	(0.005)	0.01	(0.001)	0.01	(0.001)	0.02	(0.001)	0.03	(0.003)	0.05	(0.006)	0.09	(0.013)	0.12	(0.019)
All:																	
1+.....	3483	0.04	(0.002)	0.01	(0.001)	0.01	(0.001)	0.01	(0.001)	0.02	(0.002)	0.04	(0.002)	0.08	(0.004)	0.11	(0.006)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	201 (14)	81* (10)	98 (10)	132 (11)	183 (13)	250 (16)	327 (23)	380* (29)
4-8.....	417	228 (14)	92* (8)	111 (8)	151 (9)	209 (12)	283 (19)	370 (29)	430* (37)
Males:									
9-13.....	187	215 (17)	96* (15)	114* (16)	153 (17)	203 (17)	264 (20)	329* (23)	373* (26)
14-18.....	198	270 (21)	129* (15)	151* (16)	196 (17)	256 (20)	329 (24)	405* (31)	459* (37)
19-50.....	450	352 (9)	152 (9)	182 (9)	246 (9)	331 (9)	437 (11)	548 (16)	624 (20)
51+.....	419	345 (13)	145* (8)	177 (9)	241 (11)	326 (13)	427 (16)	537 (21)	611* (24)
19+.....	869	350 (9)	150 (8)	180 (8)	244 (9)	329 (9)	434 (11)	545 (16)	619 (20)
Females:									
9-13.....	221	218 (14)	99* (11)	117 (11)	154 (11)	206 (13)	267 (17)	334 (22)	382* (27)
14-18.....	194	190 (15)	84* (12)	100* (13)	134 (14)	180 (14)	235 (17)	293* (21)	337* (25)
19-50.....	612	267 (8)	117 (7)	140 (7)	187 (8)	251 (8)	330 (10)	413 (14)	469 (17)
51+.....	462	260 (8)	112 (7)	135 (7)	182 (7)	244 (8)	322 (10)	402 (15)	458 (19)
19+.....	1074	264 (7)	115 (6)	138 (6)	185 (6)	248 (7)	327 (9)	409 (13)	466 (16)
All:									
1+.....	3483	276 (6)	108 (6)	133 (6)	182 (6)	253 (6)	344 (8)	448 (11)	520 (13)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty												
Males and females:												
1-3.....	323	539	(21)	253*	299	389	512	659	815	918*	210	<3
4-8.....	417	553	(21)	256*	303	400	526	676	837	941*	275	7 (2.0)
Males:												
9-13.....	187	554	(36)	226*	275*	381	518	689	874*	1001*	445	36 (6.3)
14-18.....	198	508	(25)	204*	249*	343	473	636	809*	935*	630	74 (3.7)
19-50.....	450	518	(24)	192	238	335	473	655	855	994	625	72 (3.3)
51+.....	419	578	(32)	217*	268	379	533	726	943	1088*	625	63 (4.5)
19+.....	869	538	(23)	200	247	349	492	679	887	1030	625	69 (3.3)
Females:												
9-13.....	221	534	(23)	219*	264	360	497	664	846	978*	420	36 (3.4)
14-18.....	194	418	(25)	160*	198*	278	388	526	675*	789*	485	69 (4.6)
19-50.....	612	505	(16)	212	255	345	470	627	800	918	500	56 (3.0)
51+.....	462	538	(24)	225	272	366	500	667	851	985	500	50 (3.8)
19+.....	1074	518	(16)	216	261	353	481	643	821	945	500	53 (2.6)
All:												
1+.....	3483	526	(12)	211	258	355	488	655	839	968		51 (2.0)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							UL	>UL
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)
Under 131% poverty											
Males and females:											
1-3.....	323	443 (20)	203* (19)	243 (18)	319 (18)	422 (19)	544 (25)	672 (33)	754* (37)	600	17 (3.3)
4-8.....	417	466 (18)	213* (22)	254 (22)	337 (19)	445 (19)	572 (19)	705 (26)	790* (31)	900	<3
Males:											
9-13.....	187	482 (34)	181* (22)	225* (23)	321 (28)	447 (34)	607 (42)	780* (51)	899* (61)	1700	<3
14-18.....	198	428 (21)	156* (17)	195* (18)	277 (19)	394 (21)	543 (24)	702* (34)	818* (41)	2800	<3
19-50.....	450	386 (17)	131 (11)	164 (12)	240 (14)	349 (16)	494 (23)	656 (35)	770 (45)	3000	<3
51+.....	419	427 (30)	144* (18)	183 (20)	269 (23)	389 (30)	544 (37)	719 (49)	838* (56)	3000	<3
19+.....	869	400 (21)	134 (12)	170 (13)	249 (16)	362 (20)	511 (26)	678 (36)	794 (45)	3000	<3
Females:											
9-13.....	221	445 (25)	166* (18)	204 (19)	288 (20)	411 (24)	561 (32)	727 (43)	848* (51)	1700	<3
14-18.....	194	327 (18)	108* (13)	139* (15)	205 (16)	298 (17)	418 (21)	550* (29)	650* (36)	2800	<3
19-50.....	612	349 (12)	142 (11)	172 (11)	236 (10)	325 (11)	436 (17)	557 (25)	638 (31)	3000	<3
51+.....	462	349 (13)	139 (11)	170 (12)	234 (12)	324 (13)	436 (15)	558 (22)	647 (31)	3000	<3
19+.....	1074	349 (10)	141 (11)	171 (11)	235 (10)	325 (10)	436 (15)	557 (22)	641 (29)	3000	<3
All:											
1+.....	3483	393 (10)	145 (11)	180 (12)	255 (9)	362 (9)	496 (13)	646 (19)	749 (22)		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)							
Under 131% poverty																			
Males and females:																			
1-3.....	323	1.16	(0.04)	0.72*	(0.04)	0.80	(0.04)	0.95	(0.04)	1.13	(0.04)	1.35	(0.05)	1.56	(0.06)	1.69*	(0.06)	0.4	<3
4-8.....	417	1.46	(0.05)	0.92*	(0.04)	1.02	(0.04)	1.20	(0.04)	1.43	(0.05)	1.69	(0.05)	1.94	(0.07)	2.10*	(0.07)	0.5	<3
Males:																			
9-13.....	187	1.62	(0.06)	0.89*	(0.05)	1.02*	(0.05)	1.27	(0.05)	1.57	(0.06)	1.93	(0.08)	2.29*	(0.11)	2.53*	(0.13)	0.7	<3
14-18.....	198	1.71	(0.08)	0.96*	(0.08)	1.09*	(0.08)	1.33	(0.08)	1.65	(0.08)	2.03	(0.09)	2.40*	(0.12)	2.67*	(0.14)	1	6* (3.1)
19-50.....	450	1.83	(0.05)	1.05	(0.06)	1.18	(0.05)	1.44	(0.05)	1.77	(0.05)	2.16	(0.06)	2.56	(0.07)	2.82	(0.09)	1	4* (1.3)
51+.....	419	1.86	(0.06)	1.05*	(0.06)	1.20	(0.06)	1.46	(0.06)	1.80	(0.06)	2.19	(0.08)	2.59	(0.09)	2.85*	(0.11)	1	4* (1.4)
19+.....	869	1.84	(0.05)	1.05	(0.05)	1.18	(0.05)	1.45	(0.05)	1.78	(0.05)	2.17	(0.06)	2.57	(0.08)	2.83	(0.09)	1	4 (1.3)
Females:																			
9-13.....	221	1.53	(0.05)	0.84*	(0.05)	0.95	(0.05)	1.17	(0.05)	1.47	(0.05)	1.81	(0.07)	2.17	(0.09)	2.41*	(0.11)	0.7	<3
14-18.....	194	1.23	(0.07)	0.65*	(0.06)	0.75*	(0.06)	0.94	(0.06)	1.19	(0.06)	1.47	(0.08)	1.77*	(0.10)	1.98*	(0.12)	0.9	22 (4.8)
19-50.....	612	1.33	(0.04)	0.75	(0.04)	0.85	(0.04)	1.04	(0.04)	1.29	(0.04)	1.57	(0.05)	1.85	(0.06)	2.04	(0.07)	0.9	13 (2.5)
51+.....	462	1.29	(0.04)	0.73	(0.03)	0.82	(0.04)	1.01	(0.04)	1.24	(0.04)	1.52	(0.05)	1.80	(0.06)	1.99	(0.06)	0.9	15 (3.2)
19+.....	1074	1.31	(0.04)	0.74	(0.04)	0.84	(0.04)	1.03	(0.04)	1.27	(0.04)	1.55	(0.05)	1.83	(0.06)	2.02	(0.07)	0.9	14 (2.6)
All:																			
1+.....	3483	1.51	(0.03)	0.81	(0.03)	0.92	(0.02)	1.14	(0.02)	1.44	(0.02)	1.80	(0.03)	2.20	(0.04)	2.47	(0.05)		8 (1.2)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)							
Under 131% poverty																			
Males and females:																			
1-3.....	323	1.54	(0.06)	0.96*	(0.04)	1.07	(0.04)	1.26	(0.05)	1.51	(0.05)	1.79	(0.07)	2.07	(0.09)	2.24*	(0.10)	0.4	<3
4-8.....	417	1.74	(0.06)	1.09*	(0.04)	1.21	(0.04)	1.43	(0.05)	1.71	(0.06)	2.02	(0.08)	2.33	(0.11)	2.52*	(0.12)	0.5	<3
Males:																			
9-13.....	187	1.82	(0.07)	0.96*	(0.06)	1.11*	(0.05)	1.40	(0.05)	1.75	(0.06)	2.17	(0.09)	2.61*	(0.13)	2.89*	(0.16)	0.8	<3
14-18.....	198	1.95	(0.10)	1.06*	(0.08)	1.21*	(0.08)	1.50	(0.09)	1.88	(0.10)	2.33	(0.11)	2.78*	(0.15)	3.10*	(0.18)	1.1	6* (2.6)
19-50.....	450	2.24	(0.11)	0.99	(0.05)	1.18	(0.05)	1.56	(0.06)	2.09	(0.09)	2.76	(0.14)	3.51	(0.21)	4.03	(0.27)	1.1	8 (1.4)
51+.....	419	2.25	(0.10)	1.00*	(0.06)	1.20	(0.06)	1.58	(0.07)	2.11	(0.09)	2.77	(0.13)	3.48	(0.19)	3.97*	(0.23)	1.1	7 (1.4)
19+.....	869	2.25	(0.10)	0.99	(0.05)	1.18	(0.05)	1.57	(0.06)	2.10	(0.08)	2.76	(0.13)	3.50	(0.20)	4.01	(0.25)	1.1	8 (1.3)
Females:																			
9-13.....	221	1.77	(0.06)	0.94*	(0.04)	1.07	(0.04)	1.34	(0.04)	1.70	(0.06)	2.11	(0.09)	2.54	(0.12)	2.84*	(0.15)	0.8	<3
14-18.....	194	1.41	(0.07)	0.71*	(0.06)	0.83*	(0.06)	1.06	(0.06)	1.35	(0.07)	1.70	(0.08)	2.05*	(0.11)	2.31*	(0.13)	0.9	14 (3.6)
19-50.....	612	1.61	(0.04)	0.86	(0.03)	0.98	(0.03)	1.23	(0.03)	1.55	(0.03)	1.92	(0.05)	2.31	(0.07)	2.56	(0.08)	0.9	6 (1.0)
51+.....	462	1.63	(0.04)	0.86	(0.03)	1.00	(0.03)	1.25	(0.03)	1.56	(0.04)	1.95	(0.06)	2.33	(0.08)	2.59	(0.09)	0.9	6 (0.9)
19+.....	1074	1.62	(0.04)	0.86	(0.03)	0.99	(0.03)	1.24	(0.03)	1.56	(0.04)	1.93	(0.05)	2.32	(0.07)	2.57	(0.08)	0.9	6 (0.9)
All:																			
1+.....	3483	1.83	(0.03)	0.91	(0.02)	1.06	(0.02)	1.33	(0.02)	1.70	(0.02)	2.18	(0.04)	2.76	(0.07)	3.22	(0.11)		6 (0.6)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)							
Under 131% poverty																			
Males and females:																			
1-3.....	323	14.3	(0.5)	8.6*	(0.3)	9.6	(0.4)	11.5	(0.4)	14.0	(0.5)	16.7	(0.6)	19.5	(0.7)	21.3*	(0.8)	5	<3
4-8.....	417	19.0	(0.5)	11.8*	(0.4)	13.1	(0.4)	15.6	(0.4)	18.6	(0.5)	22.0	(0.6)	25.5	(0.7)	27.6*	(0.8)	6	<3
Males:																			
9-13.....	187	22.2	(0.7)	12.3*	(0.8)	14.0*	(0.7)	17.4	(0.7)	21.5	(0.7)	26.3	(0.9)	31.1*	(1.1)	34.3*	(1.3)	9	<3
14-18.....	198	27.1	(1.1)	15.7*	(0.9)	17.7*	(0.9)	21.5	(1.0)	26.4	(1.1)	31.9	(1.2)	37.4*	(1.6)	41.2*	(1.9)	12	<3
19-50.....	450	32.4	(1.3)	16.8	(0.9)	19.2	(0.9)	24.2	(1.0)	30.9	(1.2)	38.9	(1.7)	47.3	(2.3)	53.1	(2.8)	12	<3
51+.....	419	28.9	(1.2)	14.3*	(1.0)	16.7	(1.0)	21.4	(1.0)	27.5	(1.2)	34.8	(1.5)	42.7	(2.2)	47.9*	(2.7)	12	<3
19+.....	869	31.2	(1.3)	15.8	(0.9)	18.3	(0.9)	23.2	(1.0)	29.7	(1.2)	37.6	(1.6)	46.0	(2.2)	51.7	(2.7)	12	<3
Females:																			
9-13.....	221	21.4	(0.8)	11.9*	(0.7)	13.4	(0.7)	16.5	(0.7)	20.7	(0.8)	25.3	(1.0)	30.1	(1.2)	33.4*	(1.4)	9	<3
14-18.....	194	18.7	(1.3)	10.1*	(1.0)	11.6*	(1.0)	14.4	(1.1)	18.1	(1.2)	22.2	(1.4)	26.5*	(1.7)	29.5*	(1.9)	11	8* (3.2)
19-50.....	612	20.8	(0.5)	12.2	(0.5)	13.7	(0.5)	16.6	(0.5)	20.2	(0.5)	24.4	(0.6)	28.5	(0.6)	31.3	(0.7)	11	<3
51+.....	462	19.1	(0.5)	10.9	(0.5)	12.4	(0.5)	15.2	(0.5)	18.5	(0.5)	22.5	(0.7)	26.4	(0.8)	28.9	(0.9)	11	5 (1.3)
19+.....	1074	20.1	(0.5)	11.6	(0.5)	13.1	(0.5)	16.0	(0.5)	19.6	(0.5)	23.7	(0.5)	27.7	(0.6)	30.5	(0.7)	11	4 (1.1)
All:																			
1+.....	3483	23.4	(0.4)	11.6	(0.3)	13.3	(0.3)	16.7	(0.3)	21.5	(0.3)	27.9	(0.6)	36.0	(1.2)	42.1	(1.7)		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty													
Males and females:													
1-3.....	323	1.36 (0.05)	0.84* (0.06)	0.93 (0.05)	1.10 (0.05)	1.32 (0.05)	1.57 (0.06)	1.82 (0.08)	1.98* (0.09)	0.4	<3	30	<3
4-8.....	417	1.55 (0.05)	0.97* (0.06)	1.07 (0.05)	1.27 (0.05)	1.52 (0.05)	1.79 (0.06)	2.07 (0.07)	2.24* (0.09)	0.5	<3	40	<3
Males:													
9-13.....	187	1.65 (0.11)	0.80* (0.07)	0.94* (0.07)	1.22 (0.08)	1.57 (0.10)	2.00 (0.14)	2.47* (0.18)	2.79* (0.21)	0.8	5* (2.2)	60	<3
14-18.....	198	1.95 (0.12)	0.98* (0.08)	1.13* (0.08)	1.44 (0.10)	1.85 (0.12)	2.35 (0.14)	2.88* (0.19)	3.26* (0.22)	1.1	9* (3.4)	80	<3
19-50.....	450	2.54 (0.12)	1.07 (0.10)	1.27 (0.10)	1.71 (0.11)	2.33 (0.12)	3.15 (0.15)	4.05 (0.23)	4.72 (0.29)	1.1	6 (1.8)	100	<3
51+.....	419	2.38 (0.15)	0.97* (0.11)	1.18 (0.12)	1.60 (0.13)	2.19 (0.16)	2.94 (0.17)	3.81 (0.22)	4.41* (0.28)	1.4	17 (4.2)	100	<3
19+.....	869	2.49 (0.12)	1.03 (0.10)	1.24 (0.10)	1.67 (0.12)	2.28 (0.12)	3.08 (0.15)	3.98 (0.21)	4.61 (0.28)		9 (2.5)	100	<3
Females:													
9-13.....	221	1.69 (0.11)	0.83* (0.06)	0.96 (0.07)	1.22 (0.08)	1.59 (0.10)	2.04 (0.14)	2.51 (0.18)	2.86* (0.21)	0.8	4* (1.9)	60	<3
14-18.....	194	1.39 (0.12)	0.67* (0.07)	0.78* (0.08)	1.01 (0.09)	1.31 (0.11)	1.69 (0.14)	2.09* (0.17)	2.39* (0.20)	1	24 (6.3)	80	<3
19-50.....	612	1.66 (0.06)	0.87 (0.05)	1.00 (0.05)	1.25 (0.06)	1.59 (0.06)	2.00 (0.07)	2.42 (0.07)	2.71 (0.09)	1.1	16 (3.1)	100	<3
51+.....	462	1.59 (0.06)	0.82 (0.05)	0.95 (0.05)	1.20 (0.05)	1.52 (0.06)	1.91 (0.07)	2.32 (0.09)	2.60 (0.11)	1.3	33 (4.5)	100	<3
19+.....	1074	1.63 (0.05)	0.85 (0.05)	0.98 (0.05)	1.23 (0.05)	1.56 (0.05)	1.96 (0.06)	2.38 (0.07)	2.67 (0.08)		22 (3.4)	100	<3
All:													
1+.....	3483	1.87 (0.05)	0.88 (0.04)	1.02 (0.04)	1.29 (0.04)	1.68 (0.05)	2.22 (0.07)	2.97 (0.12)	3.57 (0.16)		13 (1.6)		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty												
Males and females:												
1-3.....	323	333	(10)	182*	208	256	321	397	476	528*	120	<3
4-8.....	417	460	(14)	259*	293	360	444	543	645	711*	160	<3
Males:												
9-13.....	187	515	(19)	251*	293*	380	489	624	768*	866*	250	5* (1.7)
14-18.....	198	538	(25)	267*	310*	395	511	652	800*	907*	330	13 (3.8)
19-50.....	450	554	(15)	285	328	414	528	667	813	911	320	9 (2.0)
51+.....	419	533	(15)	268*	313	398	509	642	784	879*	320	11 (2.0)
19+.....	869	547	(14)	279	323	409	522	658	803	901	320	10 (1.9)
Females:												
9-13.....	221	495	(18)	243*	281	359	468	598	739	842*	250	6* (1.6)
14-18.....	194	399	(24)	189*	222*	288	377	485	601*	688*	330	37 (5.9)
19-50.....	612	414	(14)	217	249	312	397	497	603	673	320	27 (3.3)
51+.....	462	383	(12)	197	227	288	366	461	560	628	320	35 (3.6)
19+.....	1074	402	(12)	208	240	302	384	483	587	657	320	30 (3.2)
All:												
1+.....	3483	462	(9)	224	260	333	434	559	699	794		17 (1.8)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							UL	>UL
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)
Under 131% poverty											
Males and females:											
1-3.....	323	130 (5)	56* (5)	68 (5)	91 (5)	123 (5)	162 (7)	203 (9)	231* (11)	300	<3
4-8.....	417	195 (6)	92* (7)	108 (7)	142 (7)	185 (7)	237 (7)	292 (9)	327* (11)	400	<3
Males:											
9-13.....	187	222 (11)	87* (9)	107* (10)	150 (10)	207 (12)	278 (15)	355* (19)	408* (24)	600	<3
14-18.....	198	223 (18)	89* (11)	109* (12)	150 (14)	208 (18)	280 (22)	357* (26)	413* (29)	800	<3
19-50.....	450	210 (8)	76 (7)	95 (7)	135 (7)	193 (8)	267 (9)	348 (12)	405 (15)	1000	<3
51+.....	419	191 (10)	66* (5)	84 (5)	121 (7)	174 (9)	242 (14)	317 (18)	369* (22)	1000	<3
19+.....	869	204 (7)	72 (6)	91 (6)	130 (6)	187 (7)	258 (9)	339 (12)	393 (14)	1000	<3
Females:											
9-13.....	221	210 (12)	82* (8)	100 (8)	138 (9)	194 (12)	262 (16)	337 (23)	392* (29)	600	<3
14-18.....	194	160 (11)	57* (7)	72* (7)	103 (8)	147 (10)	202 (13)	263* (18)	309* (22)	800	<3
19-50.....	612	145 (6)	51 (5)	64 (5)	92 (5)	133 (6)	185 (8)	242 (11)	282 (15)	1000	<3
51+.....	462	125 (4)	42 (5)	53 (5)	78 (5)	113 (4)	160 (5)	211 (8)	249 (10)	1000	<3
19+.....	1074	137 (5)	46 (5)	59 (5)	86 (5)	125 (5)	175 (6)	231 (9)	270 (12)	1000	<3
All:											
1+.....	3483	174 (4)	58 (4)	74 (4)	107 (4)	157 (4)	221 (5)	295 (7)	346 (9)		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	109 (6)	60* (4)	68 (4)	84 (5)	105 (6)	130 (7)	156 (9)	174* (10)
4-8.....	417	129 (5)	71* (4)	81 (4)	100 (4)	124 (5)	153 (7)	183 (8)	203* (9)
Males:									
9-13.....	187	147 (6)	84* (5)	94* (5)	116 (5)	142 (6)	173 (8)	206* (10)	228* (12)
14-18.....	198	159 (6)	92* (5)	103* (5)	125 (5)	153 (6)	187 (7)	221* (11)	246* (13)
19-50.....	450	208 (5)	102 (5)	119 (5)	153 (5)	198 (5)	254 (6)	312 (8)	351 (10)
51+.....	419	223 (8)	109* (7)	128 (7)	165 (7)	213 (8)	269 (10)	329 (12)	368* (14)
19+.....	869	213 (5)	104 (5)	122 (5)	157 (5)	203 (5)	259 (7)	318 (9)	358 (10)
Females:									
9-13.....	221	146 (6)	84* (5)	94 (5)	114 (5)	141 (6)	172 (7)	204 (10)	227* (12)
14-18.....	194	130 (9)	74* (7)	83* (8)	102 (8)	125 (9)	153 (11)	182* (14)	203* (16)
19-50.....	612	174 (5)	82 (4)	97 (4)	126 (4)	164 (5)	211 (7)	262 (9)	296 (10)
51+.....	462	178 (7)	85 (4)	100 (5)	129 (5)	168 (6)	217 (8)	267 (10)	302 (11)
19+.....	1074	175 (5)	83 (4)	98 (4)	127 (4)	166 (5)	214 (7)	264 (9)	299 (10)
All:									
1+.....	3483	173 (4)	81 (2)	94 (3)	121 (3)	160 (4)	212 (5)	270 (6)	310 (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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)		(SE)
Under 131% poverty														
Males and females:														
1-3.....	323	226	(11)	125*	141	173	216	268	325	363*	200	59	1000	<3
4-8.....	417	238	(10)	130*	147	181	227	282	342	381*	250	38	1000	<3
Males:														
9-13.....	187	238	(12)	131*	149*	186	229	281	335*	370*	375	4*	2000	<3
14-18.....	198	284	(15)	163*	183*	224	275	335	395*	438*	550	<3	3000	<3
19-50.....	450	360	(12)	183	213	271	346	435	525	584	550	8	3500	<3
51+.....	419	373	(15)	190*	222	283	360	448	539	598*	550	9	3500	<3
19+.....	869	364	(12)	185	215	275	350	439	530	589	550	8	3500	<3
Females:														
9-13.....	221	231	(11)	128*	145	178	222	273	326	363*	375	4*	2000	<3
14-18.....	194	196	(13)	106*	121*	151	189	234	279*	313*	400	<3	3000	<3
19-50.....	612	273	(5)	151	172	212	264	323	384	424	425	5	3500	<3
51+.....	462	276	(5)	152	174	216	267	327	387	427	425	5	3500	<3
19+.....	1074	274	(4)	151	173	214	265	325	385	425	425	5	3500	<3
All:														
1+.....	3483	288	(6)	143	166	210	270	348	435	495		12		<3

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

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)							
Under 131% poverty																			
Males and females:																			
1-3.....	323	4.07	(0.20)	2.21*	(0.20)	2.54	(0.19)	3.14	(0.19)	3.94	(0.21)	4.85	(0.21)	5.79	(0.28)	6.39*	(0.32)	0.7	<3
4-8.....	417	4.36	(0.19)	2.35*	(0.15)	2.70	(0.15)	3.37	(0.16)	4.22	(0.19)	5.20	(0.22)	6.22	(0.26)	6.85*	(0.32)	1	<3
Males:																			
9-13.....	187	4.84	(0.43)	2.00*	(0.23)	2.42*	(0.25)	3.33	(0.32)	4.51	(0.41)	6.01	(0.54)	7.65*	(0.67)	8.79*	(0.78)	1.5	<3
14-18.....	198	5.50	(0.37)	2.37*	(0.23)	2.84*	(0.24)	3.80	(0.29)	5.13	(0.35)	6.82	(0.44)	8.60*	(0.61)	9.91*	(0.73)	2	<3
19-50.....	450	5.66	(0.43)	1.98	(0.22)	2.47	(0.24)	3.54	(0.28)	5.09	(0.39)	7.19	(0.55)	9.55	(0.78)	11.23	(0.95)	2	5 (1.7)
51+.....	419	5.30	(0.48)	1.80*	(0.22)	2.29	(0.26)	3.31	(0.32)	4.79	(0.43)	6.71	(0.62)	8.94	(0.87)	10.51*	(1.04)	2	7 (2.6)
19+.....	869	5.54	(0.44)	1.92	(0.22)	2.40	(0.24)	3.46	(0.29)	4.99	(0.40)	7.03	(0.56)	9.34	(0.79)	11.01	(0.98)	2	6 (2.0)
Females:																			
9-13.....	221	4.37	(0.32)	1.79*	(0.18)	2.15	(0.20)	2.92	(0.23)	4.04	(0.31)	5.43	(0.40)	6.97	(0.51)	8.10*	(0.60)	1.5	<3
14-18.....	194	3.38	(0.23)	1.30*	(0.14)	1.60*	(0.16)	2.23	(0.19)	3.11	(0.23)	4.23	(0.29)	5.47*	(0.39)	6.42*	(0.46)	2	19 (4.4)
19-50.....	612	3.57	(0.18)	1.56	(0.14)	1.85	(0.14)	2.47	(0.13)	3.33	(0.16)	4.41	(0.21)	5.59	(0.30)	6.39	(0.39)	2	13 (3.0)
51+.....	462	3.51	(0.31)	1.52	(0.16)	1.82	(0.19)	2.43	(0.23)	3.27	(0.29)	4.34	(0.37)	5.49	(0.47)	6.31	(0.55)	2	14 (3.7)
19+.....	1074	3.55	(0.22)	1.54	(0.14)	1.84	(0.14)	2.46	(0.17)	3.31	(0.21)	4.38	(0.27)	5.55	(0.35)	6.37	(0.41)	2	13 (3.1)
All:																			
1+.....	3483	4.43	(0.14)	1.72	(0.10)	2.10	(0.11)	2.87	(0.10)	3.98	(0.09)	5.43	(0.14)	7.27	(0.30)	8.72	(0.47)		8 (1.3)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)	
Under 131% poverty														
Males and females:														
1-3.....	323	76.1 (4.7)	23.9* (2.5)	31.0 (2.8)	45.9 (3.3)	68.3 (4.4)	97.9 (5.9)	131.3 (8.7)	154.8* (10.6)	13	<3	400	<3	
4-8.....	417	75.2 (3.6)	23.1* (2.7)	29.9 (3.0)	45.4 (3.2)	67.6 (3.6)	96.8 (4.7)	130.0 (6.1)	153.2* (7.5)	22	4* (1.6)	650	<3	
Males:														
9-13.....	187	69.9 (6.6)	22.5* (4.2)	28.7* (4.7)	42.8 (5.5)	62.5 (6.4)	89.2 (8.2)	119.9* (11.0)	142.0* (13.4)	39	21 (6.6)	1200	<3	
14-18.....	198	58.8 (4.8)	18.2* (2.2)	23.4* (2.5)	34.7 (3.2)	52.0 (4.4)	75.6 (6.1)	102.4* (9.7)	123.0* (12.6)	63	64 (5.3)	1800	<3	
19-50.....	450	62.0 (3.6)	14.3 (2.2)	19.4 (2.5)	31.8 (3.2)	51.8 (3.8)	81.5 (4.4)	117.2 (5.0)	144.3 (5.8)	75	71 (3.1)	2000	<3	
51+.....	419	72.2 (4.6)	17.4* (2.4)	23.5 (2.9)	38.3 (3.6)	61.5 (4.6)	93.9 (5.9)	134.1 (7.8)	162.6* (9.0)	75	62 (4.1)	2000	<3	
19+.....	869	65.4 (3.6)	15.2 (2.2)	20.6 (2.5)	33.9 (3.1)	54.8 (3.7)	85.7 (4.4)	123.4 (5.5)	151.4 (6.5)	75	68 (3.1)	2000	<3	
Females:														
9-13.....	221	76.6 (4.3)	25.8* (2.3)	32.2 (2.6)	46.5 (2.8)	68.6 (3.2)	97.2 (6.0)	130.3 (9.6)	155.5* (12.9)	39	17 (2.9)	1200	<3	
14-18.....	194	54.5 (5.4)	16.6* (3.1)	21.5* (3.4)	32.3 (4.1)	48.2 (5.0)	69.8 (6.8)	94.7* (9.5)	114.5* (11.9)	56	60 (7.4)	1800	<3	
19-50.....	612	63.7 (3.2)	17.6 (1.5)	23.1 (1.7)	35.8 (2.3)	55.4 (3.1)	82.3 (4.1)	114.3 (5.2)	137.5 (6.0)	60	55 (3.5)	2000	<3	
51+.....	462	68.5 (3.1)	19.3 (1.5)	25.3 (1.7)	38.9 (2.2)	59.7 (2.9)	88.7 (3.9)	122.0 (5.5)	147.2 (6.8)	60	50 (3.0)	2000	<3	
19+.....	1074	65.5 (2.7)	18.2 (1.4)	23.9 (1.6)	37.0 (2.0)	57.0 (2.6)	84.9 (3.5)	117.6 (4.6)	141.2 (5.5)	60	53 (2.9)	2000	<3	
All:														
1+.....	3483	66.9 (1.8)	17.9 (1.1)	23.8 (1.2)	37.3 (1.5)	58.1 (1.8)	86.8 (2.3)	120.7 (2.9)	145.6 (3.4)		48 (1.6)		<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)	
Under 131% poverty														
Males:														
19-50.....	174	55.6 (4.6)	--	--	--	--	--	--	--	110	--	2000	--	
51+.....	132	64.1 (5.4)	--	--	--	--	--	--	--	110	--	2000	--	
19+.....	306	58.2 (4.5)	12.7* (2.3)	17.7 (2.8)	29.4 (3.6)	48.4 (4.6)	76.4 (5.6)	111.4 (6.9)	137.7* (7.7)	110	90 (2.0)	2000	<3	
Females:														
19-50.....	159	45.5 (3.0)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	92	47.8 (2.6)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	251	46.4 (2.3)	11.9* (1.2)	16.1 (1.3)	25.4 (1.7)	39.8 (2.3)	60.1 (3.0)	84.2 (3.9)	102.7* (4.6)	95	93* (1.2)	2000	<3	

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

EAR=Estimated Average Requirement for smokers; 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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)	
Under 131% poverty														
Males:														
19-50.....	275	65.7 (4.4)	15.3* (2.8)	20.8 (3.3)	34.1 (4.1)	55.4 (4.9)	85.9 (5.5)	123.0 (5.7)	150.1* (5.6)	75	68 (4.0)	2000	<3	
51+.....	287	77.6 (5.2)	19.8* (3.0)	26.2 (3.6)	41.5 (4.6)	66.2 (5.4)	100.9 (6.4)	142.0 (7.5)	172.2* (8.5)	75	58 (4.3)	2000	<3	
19+.....	562	69.9 (4.5)	16.4 (2.9)	22.4 (3.3)	36.4 (4.2)	59.1 (4.9)	91.3 (5.6)	130.6 (5.9)	159.4 (6.0)	75	64 (3.9)	2000	<3	
Females:														
19-50.....	453	69.6 (3.4)	20.7 (1.7)	26.8 (2.0)	40.7 (2.5)	61.3 (3.2)	89.0 (4.2)	122.3 (5.5)	146.4 (7.0)	60	49 (3.6)	2000	<3	
51+.....	370	75.9 (4.1)	23.1* (1.9)	30.0 (2.4)	44.7 (3.0)	67.0 (4.1)	97.8 (4.9)	132.0 (6.5)	158.7* (7.9)	60	42 (4.1)	2000	<3	
19+.....	823	72.1 (3.3)	21.6 (1.7)	28.0 (2.0)	42.3 (2.5)	63.5 (3.3)	92.7 (4.1)	126.2 (5.3)	151.6 (6.1)	60	46 (3.5)	2000	<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)	
Under 131% poverty														
Males:														
19-50.....	449	61.8 (4.0)	13.7 (2.5)	18.9 (3.0)	31.6 (3.6)	51.7 (4.4)	81.2 (4.8)	116.8 (5.4)	143.6 (5.4)	110/75	77 (2.9)	2000	<3	
51+.....	419	73.0 (5.2)	17.9* (2.9)	23.9 (3.4)	38.3 (4.5)	61.7 (5.2)	96.1 (6.3)	135.2 (7.6)	166.0* (8.2)	110/75	68 (4.1)	2000	<3	
19+.....	868	65.6 (3.9)	14.9 (2.5)	20.4 (3.0)	33.5 (3.6)	55.0 (4.2)	86.2 (4.7)	124.1 (5.3)	151.9 (5.7)	110/75	74 (2.9)	2000	<3	
Females:														
19-50.....	612	63.1 (3.2)	16.6 (1.4)	22.2 (1.7)	34.9 (2.2)	54.7 (2.9)	81.9 (4.2)	114.2 (5.4)	138.3 (6.4)	95/60	61 (3.4)	2000	<3	
51+.....	462	69.1 (3.6)	18.6 (1.5)	24.8 (1.7)	38.5 (2.4)	60.1 (3.3)	90.2 (4.5)	124.1 (6.0)	150.4 (7.1)	95/60	55 (3.5)	2000	<3	
19+.....	1074	65.4 (2.8)	17.3 (1.4)	23.1 (1.6)	36.3 (1.9)	56.7 (2.7)	85.1 (3.6)	118.3 (4.7)	143.0 (5.7)	95/60	58 (2.9)	2000	<3	

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty														
Males and females:														
1-3.....	323	6.3	(0.5)	2.9*	3.5	4.6	6.0	7.7	9.5	10.6*	10	93	63	<3
4-8.....	417	5.5	(0.4)	2.3*	2.8	3.9	5.3	6.9	8.5	9.6*	10	96*	75	<3
Males:														
9-13.....	187	5.4	(0.4)	1.6*	2.1*	3.3	4.8	7.0	9.4*	11.2*	10	92*	100	<3
14-18.....	198	4.7	(0.3)	1.3*	1.8*	2.7	4.1	6.1	8.2*	9.9*	10	95*	100	<3
19-50.....	450	4.2	(0.2)	1.2	1.6	2.4	3.6	5.4	7.5	9.1	10	97*	100	<3
51+.....	419	5.0	(0.3)	1.5*	1.9	2.9	4.4	6.4	8.8	10.5*	10	94	100	<3
19+.....	869	4.5	(0.2)	1.3	1.7	2.5	3.9	5.8	8.0	9.6	10	96	100	<3
Females:														
9-13.....	221	4.8	(0.3)	1.4*	1.8	2.7	4.2	6.1	8.4	10.1*	10	95*	100	<3
14-18.....	194	3.2	(0.3)	0.8*	1.1*	1.8	2.8	4.2	5.9*	7.2*	10	>97	100	<3
19-50.....	612	3.6	(0.1)	1.1	1.4	2.1	3.2	4.6	6.2	7.4	10	>97	100	<3
51+.....	462	3.8	(0.2)	1.2	1.6	2.3	3.4	4.9	6.7	8.0	10	>97	100	<3
19+.....	1074	3.7	(0.1)	1.2	1.5	2.2	3.2	4.7	6.4	7.6	10	>97	100	<3
All:														
1+.....	3483	4.4	(0.1)	1.3	1.7	2.5	3.9	5.7	7.8	9.2	10	97		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	5.2	(0.2)	2.9*	(0.2)	3.3	(0.2)	4.0	(0.2)	5.0	(0.2)	6.2	(0.3)	7.4	(0.4)	8.3*	(0.5)	5	50	(5.6)
4-8.....	417	6.3	(0.2)	3.5*	(0.2)	4.0	(0.2)	4.9	(0.2)	6.1	(0.2)	7.5	(0.3)	9.0	(0.4)	9.9*	(0.5)	6	49	(4.4)
Males:																				
9-13.....	187	7.6	(0.4)	3.8*	(0.2)	4.4*	(0.2)	5.6	(0.2)	7.2	(0.3)	9.1	(0.5)	11.2*	(0.8)	12.7*	(0.9)	9	74	(5.5)
14-18.....	198	8.0	(0.4)	4.0*	(0.3)	4.6*	(0.3)	5.9	(0.3)	7.5	(0.4)	9.6	(0.4)	11.8*	(0.6)	13.4*	(0.7)	12	91*	(2.4)
19-50.....	450	9.1	(0.5)	4.2	(0.3)	4.9	(0.3)	6.4	(0.4)	8.5	(0.4)	11.1	(0.6)	13.9	(0.7)	15.9	(0.7)	12	81	(3.7)
51+.....	419	9.3	(0.5)	4.3*	(0.4)	5.1	(0.4)	6.6	(0.4)	8.8	(0.5)	11.3	(0.6)	14.2	(0.8)	16.1*	(0.9)	12	79	(4.1)
19+.....	869	9.1	(0.5)	4.2	(0.3)	5.0	(0.3)	6.5	(0.4)	8.6	(0.5)	11.2	(0.6)	14.0	(0.7)	15.9	(0.8)	12	80	(3.7)
Females:																				
9-13.....	221	7.6	(0.4)	3.8*	(0.3)	4.4	(0.3)	5.5	(0.3)	7.2	(0.4)	9.1	(0.5)	11.3	(0.6)	12.8*	(0.7)	9	74	(4.9)
14-18.....	194	6.5	(0.4)	3.2*	(0.2)	3.7*	(0.3)	4.7	(0.3)	6.1	(0.3)	7.8	(0.5)	9.6*	(0.6)	11.0*	(0.8)	12	>97	
19-50.....	612	7.7	(0.2)	3.5	(0.2)	4.1	(0.2)	5.4	(0.2)	7.2	(0.2)	9.4	(0.3)	11.8	(0.4)	13.5	(0.4)	12	91	(1.3)
51+.....	462	7.3	(0.2)	3.2	(0.2)	3.8	(0.2)	5.1	(0.2)	6.8	(0.2)	8.9	(0.3)	11.2	(0.4)	12.8	(0.5)	12	93	(1.3)
19+.....	1074	7.5	(0.2)	3.4	(0.2)	4.0	(0.2)	5.3	(0.2)	7.0	(0.2)	9.2	(0.2)	11.6	(0.3)	13.2	(0.4)	12	92	(1.2)
All:																				
1+.....	3483	7.7	(0.2)	3.5	(0.1)	4.1	(0.1)	5.4	(0.2)	7.2	(0.2)	9.5	(0.3)	12.1	(0.3)	13.9	(0.4)		80	(1.6)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	44.2	(3.6)	21.3*	(1.6)	24.6	(1.8)	31.4	(2.3)	41.1	(3.2)	53.5	(4.6)	67.7	(6.3)	77.7*	(7.4)	30	78	(5.6)
4-8.....	417	53.2	(3.4)	25.4*	(1.8)	29.4	(2.0)	37.9	(2.5)	49.5	(3.1)	64.4	(4.4)	81.4	(6.1)	93.5*	(7.1)	55	39	(6.4)
Males:																				
9-13.....	187	59.6	(6.8)	27.2*	(4.2)	31.9*	(4.1)	42.0	(4.3)	55.4	(5.9)	72.6	(8.9)	92.0*	(12.9)	105.8*	(15.7)	60	42	(9.4)
14-18.....	198	71.6	(7.5)	33.5*	(5.9)	39.1*	(6.3)	50.6	(6.6)	66.6	(7.5)	87.4	(9.4)	109.9*	(13.4)	126.9*	(16.3)	75	38	(10.2)
19-50.....	450	89.0	(5.8)	32.6	(3.2)	39.9	(3.7)	55.9	(4.2)	79.3	(5.3)	111.8	(7.4)	150.1	(10.6)	178.7	(12.7)	120	21	(4.1)
51+.....	419	100.8	(6.9)	37.9*	(4.3)	46.6	(4.7)	64.8	(5.3)	91.0	(6.3)	125.7	(8.6)	166.6	(12.2)	195.8*	(14.9)	120	28	(5.1)
19+.....	869	92.9	(5.5)	34.1	(3.1)	41.8	(3.4)	58.5	(3.8)	83.2	(4.8)	116.8	(7.1)	156.0	(10.0)	184.8	(12.4)	120	23	(4.0)
Females:																				
9-13.....	221	69.5	(6.0)	32.6*	(4.9)	37.7	(5.1)	48.6	(5.4)	64.6	(6.0)	84.4	(7.4)	106.8	(10.6)	123.6*	(13.9)	60	57	(8.8)
14-18.....	194	64.6	(6.1)	30.1*	(6.2)	35.2*	(6.5)	45.8	(6.8)	60.2	(6.6)	78.6	(6.2)	98.9*	(7.5)	114.6*	(8.7)	75	29	(8.0)
19-50.....	612	101.3	(4.6)	34.6	(3.4)	42.5	(3.9)	60.6	(4.4)	88.3	(5.1)	127.2	(5.5)	175.2	(6.6)	211.2	(7.6)	90	49	(4.1)
51+.....	462	104.2	(5.1)	35.5	(3.4)	43.9	(3.7)	62.5	(4.2)	90.7	(5.0)	131.3	(6.3)	180.2	(7.9)	217.9	(10.0)	90	51	(3.8)
19+.....	1074	102.4	(4.6)	34.9	(3.3)	43.0	(3.6)	61.4	(4.1)	89.2	(4.7)	129.0	(5.5)	177.3	(6.4)	213.6	(7.6)	90	49	(3.7)
All:																				
1+.....	3483	85.2	(2.0)	29.8	(1.2)	36.1	(1.2)	50.0	(1.5)	72.8	(1.9)	106.6	(3.2)	150.1	(4.1)	182.6	(5.8)		41	(2.1)

NOTES: AI=Adequate Intake

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty														
Males and females:														
1-3.....	323	960	(46)	550*	625	760	936	1132	1330	1456*	500	<3	2500	<3
4-8.....	417	990	(35)	556*	637	781	963	1170	1378	1506*	800	27 (3.7)	2500	<3
Males:														
9-13.....	187	986	(49)	542*	620*	773	956	1169	1385*	1527*	1100	68 (6.3)	3000	<3
14-18.....	198	1029	(42)	576*	654*	806	998	1220	1440*	1593*	1100	63 (5.1)	3000	<3
19-50.....	450	1033	(35)	516	598	767	987	1253	1526	1710	800	28 (3.8)	2500	<3
51+.....	419	992	(36)	480*	566	733	950	1202	1471	1646*		37 (3.2)	2000	<3
19+.....	869	1019	(35)	503	587	756	974	1236	1508	1689		31 (3.2)		<3
Females:														
9-13.....	221	936	(56)	515*	584	722	905	1111	1321	1468*	1100	74 (6.7)	3000	<3
14-18.....	194	769	(52)	404*	467*	589	743	921	1101*	1231*	1100	90* (4.3)	3000	<3
19-50.....	612	826	(15)	461	522	644	798	978	1162	1282	800	50 (2.6)	2500	<3
51+.....	462	775	(19)	422	484	601	746	922	1096	1213	1000	83 (2.5)	2000	<3
19+.....	1074	806	(15)	444	507	625	779	957	1138	1259		63 (2.1)		<3
All:														
1+.....	3483	918	(24)	477	549	690	878	1099	1339	1501		48 (2.6)		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty														
Males and females:														
1-3.....	323	1067	(45)	657*	733	869	1044	1239	1435	1556*	380	<3	3000	<3
4-8.....	417	1192	(41)	736*	822	977	1168	1382	1595	1725*	405	<3	3000	<3
Males:														
9-13.....	187	1247	(49)	710*	806*	993	1214	1469	1725*	1892*	1055	32	4000	<3
14-18.....	198	1414	(44)	833*	936*	1133	1378	1659	1934*	2123*	1055	18	4000	<3
19-50.....	450	1548	(39)	872	991	1221	1505	1834	2157	2366	580	<3	4000	<3
51+.....	419	1528	(47)	847*	974	1206	1493	1807	2127	2329*	580	<3		<3
19+.....	869	1542	(39)	865	987	1216	1501	1825	2147	2354	580	<3		<3
Females:														
9-13.....	221	1207	(47)	690*	777	948	1172	1422	1674	1849*	1055	36	4000	<3
14-18.....	194	994	(58)	544*	623*	775	964	1181	1398*	1554*	1055	62	4000	<3
19-50.....	612	1132	(21)	680	762	918	1111	1322	1528	1659	580	<3	4000	<3
51+.....	462	1092	(26)	641	728	884	1068	1280	1480	1609	580	<3		<3
19+.....	1074	1116	(22)	663	749	905	1094	1305	1510	1642	580	<3		<3
All:														
1+.....	3483	1266	(25)	700	795	973	1208	1494	1815	2037		7		<3
			(25)	(20)	(20)	(20)	(23)	(30)	(37)	(44)		(1.1)		

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty												
Males and females:												
1-3.....	323	194	(7)	123*	136	160	190	224	258	279*	65	<3
4-8.....	417	214	(6)	136*	150	177	210	246	283	306*	110	<3
Males:												
9-13.....	187	226	(8)	131*	148*	181	220	266	312*	343*	200	37
14-18.....	198	254	(9)	150*	168*	203	246	297	347*	382*	340	89
				(9)	(9)	(8)	(9)	(10)	(13)	(15)		(5.5)
19-50.....	450	306	(7)	161	185	232	294	368	444	495		67
51+.....	419	321	(10)	169*	196	246	310	384	461	511*	350	65
19+.....	869	311	(7)	163	188	237	299	373	450	501		66
				(7)	(7)	(7)	(7)	(8)	(9)	(11)		(2.6)
				(9)	(9)	(10)	(10)	(11)	(12)	(14)		(3.7)
				(7)	(7)	(7)	(7)	(8)	(9)	(11)		(2.7)
Females:												
9-13.....	221	224	(7)	131*	146	177	218	263	310	343*	200	39
14-18.....	194	199	(10)	114*	129*	158	193	234	276*	306*	300	94*
				(10)	(10)	(10)	(10)	(11)	(15)	(19)		(2.6)
19-50.....	612	246	(6)	135	154	191	238	293	349	386		61
51+.....	462	247	(7)	134	154	192	238	295	350	388	265	63
19+.....	1074	247	(6)	135	154	191	238	294	350	387		62
				(5)	(5)	(6)	(6)	(7)	(9)	(11)		(2.9)
				(6)	(6)	(7)	(7)	(9)	(11)	(12)		(3.4)
				(5)	(5)	(6)	(6)	(7)	(9)	(11)		(2.9)
All:												
1+.....	3483	256	(4)	137	155	192	241	305	377	427		54
				(3)	(3)	(3)	(4)	(5)	(6)	(7)		(1.4)

NOTES: EAR=Estimated Average Requirement

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																						
Males and females:																						
1-3.....	323	9.9	(0.6)	6.0*	(0.3)	6.7	(0.4)	7.9	(0.4)	9.6	(0.6)	11.5	(0.8)	13.6	(1.0)	14.9*	(1.1)	3	<3	40	<3	
4-8.....	417	13.1	(0.6)	8.0*	(0.6)	8.9	(0.6)	10.6	(0.6)	12.7	(0.6)	15.2	(0.8)	17.8	(1.0)	19.5*	(1.2)	4.1	<3	40	<3	
Males:																						
9-13.....	187	14.3	(0.5)	7.3*	(0.5)	8.5*	(0.5)	10.8	(0.5)	13.6	(0.5)	17.1	(0.5)	20.8*	(0.6)	23.2*	(0.8)	5.9	<3	40	<3	
14-18.....	198	15.4	(0.5)	8.1*	(0.5)	9.3*	(0.6)	11.6	(0.5)	14.7	(0.5)	18.4	(0.6)	22.3*	(0.8)	25.0*	(1.0)	7.7	5*	(1.7)	45	<3
19-50.....	450	15.3	(0.4)	8.3	(0.3)	9.4	(0.3)	11.7	(0.3)	14.7	(0.4)	18.3	(0.5)	21.9	(0.7)	24.4	(0.8)	6	<3	45	<3	
51+.....	419	15.6	(0.5)	8.3*	(0.3)	9.6	(0.3)	12.0	(0.4)	15.0	(0.5)	18.5	(0.6)	22.2	(0.8)	24.6*	(1.0)	6	<3	45	<3	
19+.....	869	15.4	(0.4)	8.3	(0.3)	9.5	(0.3)	11.8	(0.3)	14.8	(0.4)	18.3	(0.5)	22.0	(0.7)	24.5	(0.8)	6	<3	45	<3	
Females:																						
9-13.....	221	13.8	(0.4)	7.1*	(0.3)	8.2	(0.3)	10.2	(0.3)	13.1	(0.4)	16.5	(0.6)	20.1	(0.8)	22.7*	(1.0)	5.7	<3	40	<3	
14-18.....	194	11.1	(0.4)	5.6*	(0.4)	6.5*	(0.4)	8.3	(0.4)	10.6	(0.4)	13.4	(0.5)	16.4*	(0.6)	18.6*	(0.8)	7.9	26	(3.1)	45	<3
19-50.....	612	11.6	(0.3)	6.6	(0.2)	7.5	(0.3)	9.1	(0.3)	11.2	(0.3)	13.7	(0.4)	16.3	(0.5)	18.0	(0.6)	8.1	23	(1.8)	45	<3
51+.....	462	11.5	(0.4)	6.5	(0.3)	7.3	(0.3)	9.0	(0.3)	11.1	(0.4)	13.6	(0.4)	16.1	(0.5)	17.8	(0.7)	5	<3	45	<3	
19+.....	1074	11.6	(0.3)	6.6	(0.3)	7.4	(0.3)	9.1	(0.3)	11.2	(0.3)	13.7	(0.4)	16.2	(0.5)	17.9	(0.6)		15	(1.7)	45	<3
All:																						
1+.....	3483	13.1	(0.2)	6.9	(0.2)	7.9	(0.2)	9.8	(0.2)	12.4	(0.2)	15.6	(0.3)	19.2	(0.4)	21.7	(0.5)		8	(0.7)		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)									
Under 131% poverty																							
Males and females:																							
1-3.....	323	7.2	(0.3)	4.5*	(0.3)	5.0	(0.3)	5.8	(0.3)	7.0	(0.3)	8.3	(0.3)	9.6	(0.4)	10.4*	(0.5)	2.5	<3	7	50	(6.9)	
4-8.....	417	8.6	(0.3)	5.4*	(0.3)	6.0	(0.3)	7.1	(0.3)	8.4	(0.3)	9.9	(0.3)	11.5	(0.4)	12.5*	(0.5)	4	<3	12	7	(2.1)	
Males:																							
9-13.....	187	9.4	(0.5)	5.2*	(0.3)	5.9*	(0.3)	7.3	(0.4)	9.1	(0.5)	11.2	(0.7)	13.4*	(0.9)	14.8*	(1.1)	7	21	(4.6)	23	<3	
14-18.....	198	11.3	(0.4)	6.4*	(0.3)	7.2*	(0.3)	8.8	(0.3)	10.9	(0.4)	13.4	(0.6)	15.8*	(0.9)	17.6*	(1.1)	8.5	21	(3.2)	34	<3	
19-50.....	450	12.1	(0.3)	6.8	(0.4)	7.7	(0.4)	9.4	(0.4)	11.7	(0.3)	14.4	(0.3)	17.1	(0.4)	18.9	(0.4)	9.4	25	(3.9)	40	<3	
51+.....	419	11.7	(0.4)	6.4*	(0.5)	7.4	(0.5)	9.1	(0.4)	11.3	(0.4)	13.9	(0.4)	16.5	(0.5)	18.3*	(0.5)	9.4	28	(4.7)	40	<3	
19+.....	869	12.0	(0.3)	6.7	(0.4)	7.6	(0.4)	9.3	(0.4)	11.6	(0.4)	14.2	(0.3)	16.9	(0.4)	18.7	(0.4)	9.4	26	(4.1)	40	<3	
Females:																							
9-13.....	221	9.0	(0.4)	5.0*	(0.2)	5.6	(0.2)	6.9	(0.2)	8.7	(0.4)	10.7	(0.6)	12.9	(0.8)	14.4*	(1.0)	7	26	(3.5)	23	<3	
14-18.....	194	7.3	(0.4)	3.8*	(0.3)	4.4*	(0.3)	5.5	(0.3)	7.0	(0.4)	8.7	(0.5)	10.4*	(0.6)	11.7*	(0.8)	7.3	55	(6.3)	34	<3	
19-50.....	612	8.7	(0.2)	5.0	(0.1)	5.7	(0.1)	6.9	(0.1)	8.4	(0.2)	10.2	(0.2)	12.1	(0.3)	13.2	(0.4)	6.8	24	(1.9)	40	<3	
51+.....	462	8.4	(0.2)	4.8	(0.2)	5.4	(0.2)	6.7	(0.2)	8.2	(0.2)	9.9	(0.2)	11.7	(0.2)	12.9	(0.3)	6.8	27	(3.1)	40	<3	
19+.....	1074	8.6	(0.1)	4.9	(0.2)	5.6	(0.2)	6.8	(0.1)	8.3	(0.1)	10.1	(0.2)	11.9	(0.3)	13.1	(0.3)	6.8	25	(2.1)	40	<3	
All:																							
1+.....	3483	9.6	(0.2)	5.1	(0.1)	5.8	(0.1)	7.2	(0.1)	9.1	(0.2)	11.5	(0.2)	14.2	(0.3)	16.1	(0.3)		23	(1.5)		4	(0.6)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty														
Males and females:														
1-3.....	323	0.6	(0.02)	0.4*	0.4	0.5	0.6	0.7	0.9	1.0*	0.26	<3	1	3*
4-8.....	417	0.8	(0.03)	(0.02)	(0.02)	(0.03)	(0.03)	(0.03)	(0.04)	(0.04)	0.34	<3	3	<3
Males:														
9-13.....	187	0.9	(0.03)	0.5*	0.6*	0.7	0.8	1.0	1.2*	1.3*	0.54	8*	5	<3
14-18.....	198	1.0	(0.02)	(0.03)	(0.03)	(0.02)	(0.02)	(0.03)	(0.06)	(0.08)	0.685	16	8	<3
19-50.....	450	1.2	(0.04)	0.6	0.7	0.9	1.1	1.4	1.7	1.9	0.7	10	10	<3
51+.....	419	1.2	(0.05)	0.6*	0.7	0.9	1.2	1.5	1.8	2.0*	0.7	7	10	<3
19+.....	869	1.2	(0.04)	0.6	0.7	0.9	1.1	1.4	1.7	2.0	0.7	9	10	<3
Females:														
9-13.....	221	0.9	(0.03)	0.5*	0.6	0.7	0.8	1.0	1.2	1.3*	0.54	9*	5	<3
14-18.....	194	0.8	(0.03)	0.5*	0.5*	0.6	0.8	0.9	1.1*	1.3*	0.685	34	8	<3
19-50.....	612	1.0	(0.02)	0.5	0.6	0.7	0.9	1.1	1.4	1.6	0.7	22	10	<3
51+.....	462	1.0	(0.03)	0.5	0.6	0.7	0.9	1.2	1.4	1.6	0.7	20	10	<3
19+.....	1074	1.0	(0.02)	0.5	0.6	0.7	0.9	1.2	1.4	1.6	0.7	21	10	<3
All:														
1+.....	3483	1.0	(0.02)	0.5	0.6	0.7	0.9	1.2	1.5	1.7		14		<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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty													
Males and females:													
1-3.....	323	67 (2)	39* (2)	44 (2)	53 (2)	65 (2)	78 (3)	92 (3)	101* (3)	17	<3	90	12 (2.6)
4-8.....	417	86 (2)	51* (2)	58 (2)	69 (2)	84 (2)	100 (3)	117 (3)	128* (4)	23	<3	150	<3
Males:													
9-13.....	187	95 (5)	58* (6)	64* (6)	78 (5)	93 (5)	111 (5)	128* (6)	140* (7)	35	<3	280	<3
14-18.....	198	120 (6)	76* (6)	84* (6)	99 (6)	118 (6)	139 (6)	160* (8)	174* (10)	45	<3	400	<3
19-50.....	450	134 (3)	81 (3)	90 (3)	108 (3)	130 (3)	156 (3)	181 (4)	197 (5)	45	<3	400	<3
51+.....	419	129 (5)	76* (5)	85 (5)	104 (5)	126 (5)	151 (5)	176 (6)	192* (7)	45	<3	400	<3
19+.....	869	132 (3)	79 (4)	88 (3)	107 (3)	129 (3)	154 (3)	179 (4)	196 (4)	45	<3	400	<3
Females:													
9-13.....	221	94 (5)	57* (4)	63 (4)	76 (4)	91 (4)	109 (6)	127 (9)	139* (10)	35	<3	280	<3
14-18.....	194	82 (5)	49* (5)	55* (5)	66 (5)	80 (5)	96 (6)	111* (6)	123* (7)	45	<3	400	<3
19-50.....	612	94 (1)	56 (2)	63 (1)	76 (1)	92 (1)	110 (2)	128 (2)	139 (3)	45	<3	400	<3
51+.....	462	89 (2)	51 (2)	59 (2)	72 (2)	87 (2)	105 (3)	122 (3)	133 (4)	45	<3	400	<3
19+.....	1074	92 (2)	54 (2)	61 (2)	74 (1)	90 (1)	108 (2)	125 (3)	137 (3)	45	<3	400	<3
All:													
1+.....	3483	103 (2)	54 (2)	62 (2)	77 (2)	98 (2)	124 (2)	151 (2)	169 (3)		<3		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty													
Males and females:													
1-3.....	323	1995 (69)	1203* (53)	1346 (56)	1603 (60)	1942 (67)	2327 (81)	2721 (96)	2968* (108)	800	>97	1200	95* (1.6)
4-8.....	417	2692 (65)	1661* (57)	1851 (53)	2195 (57)	2626 (66)	3120 (78)	3617 (97)	3927* (112)	1000	>97	1500	>97
Males:													
9-13.....	187	3058 (103)	1873* (79)	2088* (74)	2506 (83)	2990 (97)	3544 (141)	4096* (204)	4455* (237)	1200	>97	1800	96* (1.3)
14-18.....	198	3664 (155)	2328* (115)	2571* (121)	3028 (128)	3592 (151)	4228 (179)	4844* (242)	5266* (283)	1500	>97	2300	95* (1.7)
19-50.....	450	4003 (104)	2505 (134)	2772 (127)	3287 (117)	3914 (106)	4636 (120)	5338 (149)	5794 (171)	1500	>97	2300	>97
51+.....	419	3744 (144)	2276* (110)	2548 (108)	3055 (117)	3668 (140)	4342 (168)	5028 (204)	5462* (228)	1500	>97	2300	95 (1.8)
19+.....	869	3916 (115)	2417 (107)	2688 (106)	3202 (101)	3830 (112)	4543 (131)	5248 (162)	5703 (180)	1500	>97	2300	96 (1.2)
Females:													
9-13.....	221	2957 (133)	1819* (81)	2014 (85)	2395 (98)	2888 (127)	3429 (164)	3974 (221)	4349* (256)	1200	>97	1800	95* (1.4)
14-18.....	194	2610 (152)	1571* (122)	1760* (125)	2116 (136)	2550 (149)	3041 (168)	3527* (201)	3874* (237)	1500	96* (2.0)	2300	65 (7.8)
19-50.....	612	2918 (56)	1787 (66)	1994 (67)	2383 (62)	2858 (56)	3389 (66)	3915 (81)	4253 (98)	1500	>97	2300	79 (2.9)
51+.....	462	2675 (50)	1593 (63)	1802 (58)	2169 (54)	2610 (51)	3125 (60)	3613 (81)	3933 (99)	1500	97* (1.0)	2300	68 (3.0)
19+.....	1074	2822 (47)	1700 (57)	1910 (57)	2290 (51)	2763 (47)	3291 (55)	3808 (71)	4150 (85)	1500	>97	2300	75 (2.6)
All:													
1+.....	3483	3134 (65)	1695 (56)	1938 (59)	2400 (60)	3009 (65)	3737 (87)	4501 (137)	5003 (171)		>97		87 (2.0)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	1931	(63)	1216*	(51)	1348	(51)	1587	(56)	1892	(63)	2230	(74)	2573	(89)	2790*	(97)	2000	41	(5.2)
4-8.....	417	2002	(64)	1246*	(46)	1384	(46)	1643	(51)	1959	(62)	2315	(79)	2669	(97)	2890*	(105)	2300	26	(4.4)
Males:																				
9-13.....	187	2024	(93)	1201*	(91)	1350*	(90)	1641	(94)	1978	(93)	2363	(105)	2744*	(122)	2992*	(133)	2500	19	(4.6)
14-18.....	198	2255	(81)	1378*	(75)	1538*	(82)	1838	(77)	2208	(81)	2626	(91)	3030*	(114)	3306*	(131)	3000	11*	(2.9)
19-50.....	450	2642	(67)	1399	(74)	1618	(69)	2038	(68)	2561	(65)	3169	(77)	3774	(93)	4170	(104)	3400	18	(2.0)
51+.....	419	2885	(111)	1583*	(94)	1823	(100)	2270	(103)	2816	(111)	3414	(122)	4033	(136)	4412*	(140)	3400	26	(4.0)
19+.....	869	2724	(73)	1450	(74)	1676	(69)	2108	(70)	2646	(73)	3259	(84)	3866	(101)	4257	(109)	3400	20	(2.4)
Females:																				
9-13.....	221	2013	(68)	1206*	(57)	1344	(59)	1615	(56)	1965	(67)	2349	(84)	2732	(106)	2995*	(126)	2300	28	(4.8)
14-18.....	194	1711	(105)	989*	(97)	1120*	(99)	1368	(102)	1670	(105)	2011	(112)	2348*	(124)	2588*	(140)	2300	12	(4.4)
19-50.....	612	2123	(61)	1207	(60)	1374	(59)	1686	(61)	2071	(62)	2504	(64)	2934	(66)	3206	(76)	2600	21	(2.8)
51+.....	462	2251	(61)	1294	(60)	1473	(64)	1804	(63)	2196	(63)	2648	(62)	3083	(62)	3365	(65)	2600	27	(3.2)
19+.....	1074	2173	(57)	1238	(59)	1410	(59)	1731	(59)	2120	(58)	2566	(59)	3003	(59)	3276	(64)	2600	23	(2.7)
All:																				
1+.....	3483	2278	(47)	1254	(45)	1426	(46)	1751	(46)	2174	(45)	2694	(50)	3266	(63)	3662	(76)		23	(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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty									
Males and females:									
1-3.....	323	5.2 (1.2)	0.4* (0.2)	0.6 (0.2)	1.5 (0.4)	3.3 (0.7)	6.6 (1.4)	11.6 (2.6)	16.2* (3.8)
4-8.....	417	8.9 (1.7)	1.1* (0.3)	1.7 (0.4)	3.3 (0.5)	6.3 (1.0)	11.4 (2.0)	19.0 (3.8)	25.7* (5.7)
Males:									
9-13.....	187	24.2 (3.6)	2.5* (0.6)	3.9* (0.8)	7.7 (1.3)	15.6 (2.4)	30.2 (4.3)	53.8* (8.1)	74.7* (11.9)
14-18.....	198	46.9 (4.7)	5.0* (0.9)	7.8* (1.2)	15.1 (1.9)	30.5 (3.1)	58.8 (6.0)	103.3* (12.2)	141.2* (16.8)
19-50.....	450	141.2 (9.8)	8.3 (1.7)	17.2 (2.8)	45.7 (5.2)	104.0 (8.9)	194.9 (13.6)	316.6 (19.6)	407.1 (25.3)
51+.....	419	191.3 (11.3)	25.4* (3.9)	42.2 (5.2)	83.7 (8.1)	156.6 (11.6)	259.6 (14.4)	384.7 (19.5)	475.3* (25.1)
19+.....	869	158.0 (9.5)	11.4 (2.1)	22.8 (3.2)	55.9 (5.8)	121.0 (9.1)	218.9 (13.0)	342.1 (18.4)	432.7 (23.5)
Females:									
9-13.....	221	20.5 (2.6)	2.1* (0.4)	3.2 (0.6)	6.2 (1.0)	13.2 (1.9)	25.6 (3.3)	46.0 (5.9)	64.1* (8.2)
14-18.....	194	34.2 (4.8)	3.4* (0.8)	5.4* (1.2)	10.7 (2.0)	22.1 (3.4)	42.9 (6.0)	75.7* (10.6)	105.5* (15.0)
19-50.....	612	110.0 (7.8)	6.2 (1.3)	12.8 (2.1)	34.3 (3.8)	79.3 (6.7)	153.1 (11.1)	246.1 (16.9)	317.1 (22.4)
51+.....	462	139.6 (9.9)	13.0 (2.7)	23.6 (4.0)	53.2 (6.2)	107.1 (9.2)	193.3 (13.0)	298.0 (19.0)	371.1 (23.9)
19+.....	1074	121.7 (7.4)	8.0 (1.5)	16.1 (2.3)	40.6 (4.2)	90.2 (6.7)	168.6 (10.3)	267.5 (15.6)	340.5 (19.9)
All:									
1+.....	3483	99.3 (4.6)	2.2 (0.3)	4.3 (0.5)	14.0 (1.4)	56.0 (4.0)	142.9 (7.2)	255.2 (10.5)	339.1 (13.3)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						Within AMDR									
				5th	10th	25th	50th	75th	90th	95th	AMDR	%							
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)							
Under 131% poverty																			
Males and females:																			
1-3.....	323	14.7	(0.3)	11.9*	(0.4)	12.5	(0.4)	13.5	(0.3)	14.6	(0.3)	15.9	(0.3)	17.1	(0.4)	17.8*	(0.4)	5-20%	>97
4-8.....	416	14.2	(0.2)	11.4*	(0.3)	12.0	(0.3)	13.0	(0.2)	14.1	(0.2)	15.4	(0.2)	16.5	(0.2)	17.3*	(0.3)	10-30%	>97
Males:																			
9-13.....	187	13.8	(0.3)	10.4*	(0.5)	11.1*	(0.4)	12.3	(0.4)	13.7	(0.3)	15.1	(0.3)	16.5*	(0.4)	17.4*	(0.4)	10-30%	>97
14-18.....	198	15.3	(0.5)	11.8*	(0.4)	12.5*	(0.4)	13.8	(0.4)	15.2	(0.5)	16.8	(0.5)	18.3*	(0.6)	19.3*	(0.7)	10-30%	>97
19-50.....	449	15.2	(0.3)	10.8	(0.3)	11.6	(0.3)	13.1	(0.2)	15.0	(0.3)	17.0	(0.3)	19.0	(0.4)	20.3	(0.5)	10-35%	>97
51+.....	419	14.6	(0.3)	10.3*	(0.3)	11.1	(0.3)	12.7	(0.3)	14.5	(0.3)	16.4	(0.4)	18.3	(0.5)	19.6*	(0.6)	10-35%	96* (1.1)
19+.....	868	15.0	(0.3)	10.6	(0.3)	11.4	(0.3)	13.0	(0.3)	14.8	(0.2)	16.8	(0.3)	18.8	(0.4)	20.1	(0.5)	10-35%	>97
Females:																			
9-13.....	221	13.8	(0.4)	10.5*	(0.4)	11.1	(0.4)	12.3	(0.4)	13.7	(0.4)	15.1	(0.5)	16.5	(0.6)	17.5*	(0.6)	10-30%	>97
14-18.....	194	13.5	(0.4)	10.3*	(0.6)	10.9*	(0.5)	12.1	(0.5)	13.4	(0.4)	14.9	(0.4)	16.2*	(0.4)	17.1*	(0.4)	10-30%	96* (2.1)
19-50.....	611	15.0	(0.2)	10.8	(0.2)	11.6	(0.2)	13.0	(0.2)	14.8	(0.2)	16.8	(0.2)	18.6	(0.4)	19.8	(0.4)	10-35%	>97
51+.....	462	15.0	(0.2)	10.7	(0.3)	11.6	(0.2)	13.1	(0.2)	14.8	(0.2)	16.8	(0.3)	18.6	(0.4)	19.8	(0.4)	10-35%	>97
19+.....	1073	15.0	(0.2)	10.8	(0.2)	11.6	(0.2)	13.1	(0.2)	14.8	(0.2)	16.8	(0.2)	18.6	(0.4)	19.8	(0.4)	10-35%	>97
All:																			
1+.....	3480	14.8	(0.1)	10.8	(0.2)	11.6	(0.1)	13.0	(0.1)	14.6	(0.1)	16.4	(0.2)	18.2	(0.2)	19.4	(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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% of Poverty Level, in the United States, 2017-March 2020 Prepandemic

	N	Mean	(SE)	Percentiles						Within AMDR										
				5th	10th	25th	50th	75th	90th	95th	AMDR	%								
				(SE)	(SE)	(SE)	(SE)	(SE)	(SE)	(SE)		(SE)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	52.3	(0.4)	45.0*	(0.6)	46.6	(0.5)	49.3	(0.4)	52.3	(0.4)	55.3	(0.5)	57.9	(0.6)	59.5*	(0.7)	45-65%	95*	(1.2)
4-8.....	416	52.5	(0.3)	45.0*	(0.6)	46.6	(0.5)	49.5	(0.4)	52.5	(0.3)	55.5	(0.4)	58.2	(0.5)	59.8*	(0.5)	45-65%	95*	(1.4)
Males:																				
9-13.....	187	52.9	(0.7)	44.8*	(1.0)	46.6*	(0.9)	49.7	(0.7)	52.9	(0.7)	56.1	(0.7)	59.0*	(0.7)	60.8*	(0.8)	45-65%	94*	(2.5)
14-18.....	198	49.9	(0.9)	41.9*	(1.0)	43.6*	(1.0)	46.6	(0.9)	49.9	(0.9)	53.2	(1.1)	56.0*	(1.2)	57.9*	(1.2)	45-65%	84	(4.8)
19-50.....	449	48.3	(0.8)	36.0	(1.0)	38.5	(0.9)	43.2	(0.8)	48.3	(0.8)	53.5	(0.8)	58.2	(0.8)	61.0	(0.8)	45-65%	66	(3.6)
51+.....	419	48.7	(0.7)	36.1*	(1.0)	38.8	(0.9)	43.6	(0.8)	48.8	(0.7)	53.8	(0.7)	58.6	(0.7)	61.3*	(0.7)	45-65%	67	(3.2)
19+.....	868	48.5	(0.7)	36.0	(1.0)	38.6	(0.9)	43.3	(0.8)	48.4	(0.7)	53.6	(0.7)	58.3	(0.7)	61.1	(0.8)	45-65%	66	(3.3)
Females:																				
9-13.....	221	52.7	(0.7)	44.8*	(0.8)	46.4	(0.7)	49.3	(0.7)	52.7	(0.8)	55.9	(0.9)	58.9	(1.0)	60.7*	(1.2)	45-65%	94*	(2.2)
14-18.....	194	52.1	(1.0)	44.1*	(1.1)	45.9*	(1.0)	48.9	(1.0)	52.1	(1.0)	55.3	(1.0)	58.2*	(1.1)	60.0*	(1.2)	45-65%	92*	(3.1)
19-50.....	611	48.7	(0.5)	36.4	(0.7)	39.1	(0.6)	43.6	(0.5)	48.7	(0.5)	53.8	(0.6)	58.4	(0.7)	61.1	(0.9)	45-65%	67	(2.2)
51+.....	462	48.3	(0.6)	36.0	(0.7)	38.7	(0.7)	43.3	(0.6)	48.3	(0.6)	53.4	(0.6)	58.0	(0.7)	60.8	(0.8)	45-65%	66	(2.7)
19+.....	1073	48.6	(0.5)	36.3	(0.7)	38.9	(0.6)	43.5	(0.5)	48.5	(0.5)	53.6	(0.6)	58.2	(0.7)	61.0	(0.8)	45-65%	67	(2.3)
All:																				
1+.....	3480	49.7	(0.3)	37.6	(0.4)	40.5	(0.4)	45.3	(0.4)	50.1	(0.3)	54.4	(0.3)	58.2	(0.4)	60.6	(0.4)	45-65%	75	(1.4)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty											
Males and females:											
1-3.....	323	34.1 (0.5)	28.1* (0.6)	29.4 (0.5)	31.7 (0.5)	34.1 (0.5)	36.6 (0.6)	38.8 (0.7)	40.1* (0.7)	30-40%	82 (2.2)
4-8.....	416	34.4 (0.3)	28.2* (0.5)	29.6 (0.4)	32.0 (0.3)	34.4 (0.3)	36.9 (0.4)	39.1 (0.5)	40.4* (0.5)	25-35%	55 (3.6)
Males:											
9-13.....	187	34.3 (0.4)	28.1* (0.6)	29.5* (0.5)	31.9 (0.4)	34.4 (0.5)	36.8 (0.5)	38.9* (0.7)	40.1* (0.8)	25-35%	56 (5.0)
14-18.....	198	35.0 (0.7)	29.0* (0.8)	30.4* (0.7)	32.6 (0.6)	35.1 (0.7)	37.5 (0.8)	39.6* (0.9)	40.9* (1.0)	25-35%	49 (6.4)
19-50.....	449	33.9 (0.7)	24.6 (1.1)	26.6 (1.0)	30.2 (0.8)	34.0 (0.7)	37.8 (0.7)	41.1 (0.7)	43.1 (0.8)	20-35%	57 (4.4)
51+.....	419	34.8 (0.7)	25.4* (1.1)	27.5 (1.0)	31.1 (0.8)	34.9 (0.8)	38.6 (0.7)	41.9 (0.8)	43.9* (0.9)	20-35%	50 (5.2)
19+.....	868	34.2 (0.7)	24.8 (1.1)	26.9 (0.9)	30.5 (0.8)	34.3 (0.7)	38.1 (0.7)	41.4 (0.8)	43.4 (0.8)	20-35%	54 (4.6)
Females:											
9-13.....	221	34.6 (0.6)	28.6* (1.0)	29.9 (0.9)	32.2 (0.7)	34.7 (0.6)	37.1 (0.6)	39.2 (0.7)	40.6* (0.8)	25-35%	53 (6.4)
14-18.....	194	35.4 (0.6)	29.4* (0.8)	30.8* (0.7)	33.1 (0.6)	35.5 (0.6)	37.8 (0.6)	39.9* (0.8)	41.2* (0.9)	25-35%	45 (6.3)
19-50.....	611	35.9 (0.5)	27.1 (0.7)	29.0 (0.6)	32.3 (0.6)	36.0 (0.5)	39.6 (0.5)	42.8 (0.6)	44.7 (0.6)	20-35%	43 (3.9)
51+.....	462	36.3 (0.5)	27.4 (0.7)	29.4 (0.6)	32.7 (0.5)	36.3 (0.5)	39.9 (0.5)	43.1 (0.6)	45.0 (0.6)	20-35%	41 (3.9)
19+.....	1073	36.1 (0.5)	27.2 (0.7)	29.2 (0.6)	32.5 (0.5)	36.1 (0.5)	39.7 (0.5)	42.9 (0.5)	44.8 (0.6)	20-35%	42 (3.6)
All:											
1+.....	3480	35.0 (0.3)	26.7 (0.6)	28.7 (0.5)	31.8 (0.4)	35.0 (0.3)	38.3 (0.3)	41.4 (0.3)	43.3 (0.3)		51 (2.5)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% 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)
Under 131% poverty											
Males and females:											
1-3.....	323	12.2	(0.2)	9.0*	9.7	10.8	12.2	13.5	14.8	15.5*	13
4-8.....	416	12.2	(0.3)	8.9*	9.6	10.8	12.1	13.5	14.8	15.5*	14
				(0.3)	(0.3)	(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(2.5)
				(0.3)	(0.3)	(0.3)	(0.3)	(0.3)	(0.3)	(0.4)	(2.9)
Males:											
9-13.....	187	11.9	(0.3)	9.2*	9.7*	10.8	11.9	13.1	14.1*	14.7*	13
14-18.....	198	12.1	(0.4)	9.3*	9.9*	10.9	12.1	13.2	14.3*	14.9*	11*
				(0.4)	(0.4)	(0.4)	(0.4)	(0.4)	(0.4)	(0.5)	(4.1)
				(0.4)	(0.4)	(0.4)	(0.4)	(0.4)	(0.4)	(0.5)	(4.2)
19-50.....	449	11.2	(0.2)	7.7	8.4	9.6	11.1	12.6	14.0	14.9	31
51+.....	419	11.2	(0.4)	7.6*	8.4	9.7	11.2	12.7	14.1	14.9*	29
19+.....	868	11.2	(0.2)	7.6	8.4	9.7	11.1	12.6	14.0	14.9	30
				(0.3)	(0.3)	(0.2)	(0.2)	(0.3)	(0.3)	(0.4)	(3.5)
				(0.3)	(0.3)	(0.3)	(0.4)	(0.4)	(0.4)	(0.4)	(5.4)
				(0.3)	(0.3)	(0.2)	(0.2)	(0.3)	(0.3)	(0.4)	(3.9)
Females:											
9-13.....	221	12.2	(0.3)	9.5*	10.0	11.0	12.2	13.3	14.4	15.1*	10*
14-18.....	194	11.9	(0.3)	9.1*	9.7*	10.7	11.8	13.0	14.0*	14.7*	13
				(0.4)	(0.4)	(0.4)	(0.3)	(0.3)	(0.4)	(0.4)	(4.2)
				(0.4)	(0.4)	(0.4)	(0.3)	(0.3)	(0.4)	(0.4)	(5.3)
19-50.....	611	11.8	(0.2)	8.5	9.2	10.3	11.7	13.1	14.4	15.3	20
51+.....	462	12.0	(0.2)	8.7	9.4	10.6	11.9	13.3	14.7	15.5	17
19+.....	1073	11.9	(0.2)	8.6	9.2	10.4	11.8	13.2	14.5	15.4	19
				(0.3)	(0.3)	(0.2)	(0.2)	(0.2)	(0.3)	(0.4)	(3.5)
				(0.3)	(0.2)	(0.2)	(0.2)	(0.3)	(0.4)	(0.4)	(2.9)
				(0.3)	(0.3)	(0.2)	(0.2)	(0.2)	(0.3)	(0.4)	(3.1)
All:											
1+.....	3480	11.7	(0.2)	8.4	9.1	10.3	11.7	13.1	14.4	15.2	20
				(0.2)	(0.2)	(0.2)	(0.2)	(0.2)	(0.2)	(0.3)	(2.2)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table F 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	6.4	(0.2)	4.6*	(0.2)	4.9	(0.1)	5.6	(0.2)	6.4	(0.2)	7.2	(0.2)	8.0	(0.2)	8.5*	(0.3)	05-10%	89	(2.8)
4-8.....	416	6.8	(0.1)	4.8*	(0.2)	5.2	(0.1)	5.9	(0.1)	6.7	(0.1)	7.6	(0.2)	8.4	(0.2)	8.9*	(0.3)	05-10%	92	(2.3)
Males:																				
9-13.....	187	7.0	(0.2)	5.3*	(0.2)	5.6*	(0.2)	6.3	(0.2)	7.0	(0.2)	7.7	(0.3)	8.4*	(0.3)	8.9*	(0.4)	05-10%	97*	(1.5)
14-18.....	198	6.9	(0.2)	5.2*	(0.3)	5.5*	(0.3)	6.1	(0.2)	6.8	(0.2)	7.6	(0.2)	8.3*	(0.2)	8.8*	(0.3)	05-10%	96*	(2.0)
19-50.....	449	6.7	(0.3)	4.4	(0.3)	4.9	(0.3)	5.7	(0.3)	6.6	(0.3)	7.7	(0.3)	8.8	(0.5)	9.4	(0.5)	05-10%	85	(4.5)
51+.....	419	7.1	(0.3)	4.7*	(0.3)	5.2	(0.3)	6.0	(0.3)	7.0	(0.3)	8.1	(0.3)	9.2	(0.5)	9.9*	(0.6)	05-10%	88	(4.3)
19+.....	868	6.9	(0.3)	4.5	(0.3)	5.0	(0.3)	5.8	(0.2)	6.8	(0.3)	7.9	(0.3)	8.9	(0.5)	9.6	(0.5)	05-10%	86	(4.1)
Females:																				
9-13.....	221	7.1	(0.3)	5.4*	(0.3)	5.7	(0.3)	6.3	(0.3)	7.0	(0.3)	7.8	(0.3)	8.5	(0.3)	9.0*	(0.3)	05-10%	>97	
14-18.....	194	7.5	(0.2)	5.7*	(0.2)	6.1*	(0.2)	6.7	(0.2)	7.4	(0.2)	8.2	(0.2)	9.0*	(0.3)	9.5*	(0.3)	05-10%	>97	
19-50.....	611	7.3	(0.2)	4.9	(0.2)	5.3	(0.2)	6.2	(0.2)	7.2	(0.2)	8.4	(0.2)	9.5	(0.2)	10.2	(0.3)	05-10%	88	(2.7)
51+.....	462	7.3	(0.1)	4.8	(0.2)	5.3	(0.2)	6.2	(0.1)	7.2	(0.1)	8.3	(0.2)	9.4	(0.2)	10.1	(0.2)	05-10%	88	(2.5)
19+.....	1073	7.3	(0.2)	4.9	(0.2)	5.3	(0.2)	6.2	(0.2)	7.2	(0.2)	8.4	(0.2)	9.5	(0.2)	10.2	(0.3)	05-10%	88	(2.6)
All:																				
1+.....	3480	7.1	(0.1)	4.8	(0.2)	5.2	(0.1)	6.0	(0.1)	7.0	(0.1)	8.0	(0.2)	9.0	(0.2)	9.7	(0.3)	05-10%	89	(2.2)

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

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Table F 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Under 131% 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)								
Under 131% poverty																				
Males and females:																				
1-3.....	323	0.61	(0.02)	0.42*	(0.01)	0.45	(0.01)	0.52	(0.01)	0.60	(0.02)	0.69	(0.02)	0.79	(0.03)	0.85*	(0.04)	0.6-1.2%	50	(4.4)
4-8.....	416	0.63	(0.01)	0.43*	(0.01)	0.47	(0.01)	0.54	(0.01)	0.62	(0.01)	0.72	(0.02)	0.82	(0.03)	0.88*	(0.04)	0.6-1.2%	56	(4.2)
Males:																				
9-13.....	187	0.60	(0.02)	0.41*	(0.02)	0.45*	(0.02)	0.51	(0.02)	0.59	(0.02)	0.68	(0.02)	0.77*	(0.03)	0.83*	(0.03)	0.6-1.2%	48	(6.4)
14-18.....	198	0.63	(0.03)	0.44*	(0.03)	0.47*	(0.03)	0.54	(0.03)	0.62	(0.03)	0.72	(0.03)	0.81*	(0.04)	0.87*	(0.04)	0.6-1.2%	57	(9.1)
19-50.....	449	0.66	(0.02)	0.39	(0.04)	0.44	(0.04)	0.53	(0.03)	0.64	(0.02)	0.77	(0.03)	0.91	(0.05)	1.00	(0.06)	0.6-1.2%	58	(6.3)
51+.....	419	0.72	(0.03)	0.43*	(0.04)	0.48	(0.04)	0.58	(0.03)	0.71	(0.02)	0.84	(0.04)	0.99	(0.07)	1.08*	(0.08)	0.6-1.2%	70	(6.1)
19+.....	868	0.68	(0.02)	0.40	(0.04)	0.45	(0.04)	0.54	(0.03)	0.66	(0.02)	0.80	(0.03)	0.94	(0.05)	1.03	(0.07)	0.6-1.2%	62	(6.0)
Females:																				
9-13.....	221	0.66	(0.02)	0.46*	(0.03)	0.49	(0.03)	0.56	(0.02)	0.65	(0.02)	0.74	(0.03)	0.84	(0.04)	0.91*	(0.05)	0.6-1.2%	64	(6.2)
14-18.....	194	0.72	(0.03)	0.50*	(0.04)	0.54*	(0.04)	0.62	(0.03)	0.71	(0.03)	0.81	(0.03)	0.91*	(0.04)	0.98*	(0.05)	0.6-1.2%	78	(7.6)
19-50.....	611	0.77	(0.02)	0.49	(0.03)	0.53	(0.03)	0.63	(0.02)	0.75	(0.02)	0.88	(0.03)	1.03	(0.04)	1.12	(0.05)	0.6-1.2%	78	(5.1)
51+.....	462	0.80	(0.02)	0.50	(0.02)	0.55	(0.02)	0.65	(0.02)	0.78	(0.02)	0.92	(0.03)	1.06	(0.05)	1.16	(0.06)	0.6-1.2%	80	(4.3)
19+.....	1073	0.78	(0.02)	0.49	(0.03)	0.54	(0.03)	0.64	(0.02)	0.76	(0.02)	0.90	(0.03)	1.04	(0.05)	1.14	(0.06)	0.6-1.2%	79	(4.6)
All:																				
1+.....	3480	0.70	(0.02)	0.44	(0.02)	0.48	(0.02)	0.57	(0.02)	0.68	(0.01)	0.81	(0.02)	0.96	(0.04)	1.05	(0.05)	0.6-1.2%	67	(3.7)

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 Under 131% of Poverty Level, What We Eat in America, NHANES 2017-March 2020 Prepandemic. Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>