

**Cholesterol (mg): Usual Intakes<sup>#</sup> from Food and Water, 2003-2006, Compared to the Recommendation<sup>†</sup> of Below 300 mg**

Age in years	N	Day 1		Percentiles of Usual Intake							Below 300 mg	
		Mean*	(SE)	5	10	25	50	75	90	95	%	(SE)
<b>Males and females:</b>												
1-3.....	1506	178	(6.3)	78	92	122	164	218	280	322	93	(1.6)
4-8.....	1680	203	(6.5)	117	130	156	190	231	277	307	94	(3.0)
<b>Males:</b>												
9-13.....	1009	240	(9.5)	148	163	193	230	274	319	350	85	(7.8)
14-18.....	1351	330	(9.4)	162	189	242	313	399	490	550	45	(3.1)
19-30.....	1097	343	(8.1)	181	208	261	332	416	504	560	38	(2.7)
31-50.....	1439	385	(12.1)	184	216	279	363	466	575	649	31	(3.6)
19-50.....	2536	369	(8.1)	181	212	272	351	446	547	615	34	(2.8)
51-70.....	1215	335	(8.6)	161	189	244	319	410	508	574	44	(2.8)
71 and over.....	808	287	(8.8)	125	150	200	269	356	452	519	60	(2.9)
51 and over.....	2023	323	(6.1)	150	178	232	306	397	495	562	48	(1.9)
19 and over.....	4559	352	(6.1)	168	197	255	334	429	531	599	39	(1.9)
<b>Females:</b>												
9-13.....	1039	213	(9.1)	92	111	149	200	264	332	377	84	(5.5)
14-18.....	1250	197	(5.5)	108	123	153	190	235	280	309	94	(2.1)
19-30.....	914	227	(8.6)	110	129	168	220	283	350	395	80	(3.4)
31-50.....	1350	236	(5.2)	102	122	163	221	291	370	422	77	(2.1)
19-50.....	2264	233	(4.9)	104	124	166	221	289	364	414	78	(1.9)
51-70.....	1251	240	(7.4)	104	125	168	226	297	376	428	76	(2.2)
71 and over.....	787	201	(7.5)	104	119	150	191	240	293	329	91	(2.4)
51 and over.....	2038	228	(4.9)	102	122	161	215	281	352	400	80	(1.3)
19 and over.....	4302	231	(3.4)	104	124	164	219	287	360	410	79	(1.2)
Pregnant 19-50.....	553	320	(15.7)	181	204	251	313	386	464	515	45	(7.1)
<b>All persons 1 and over.....</b>	<b>16696</b>	<b>273</b>	<b>(2.8)</b>	<b>115</b>	<b>138</b>	<b>185</b>	<b>253</b>	<b>339</b>	<b>434</b>	<b>500</b>	<b>65</b>	<b>(0.8)</b>

# † \* See table notes.

Source: What We Eat in America, NHANES 2003-2006. Excludes breastfed children and lactating females. Pregnant females excluded except where noted.

## Cholesterol (mg): Usual Intakes<sup>#</sup> from Food and Water, 2003-2006, Percentiles and Standard Errors

Age in years	Percentiles (SE)													
	5th		10th		25th		50th		75th		90th		95th	
<b>Males and females:</b>														
1-3.....	78	(4.9)	92	(5.0)	122	(5.3)	164	(6.0)	218	(8.2)	280	(12.1)	322	(15.6)
4-8.....	117	(8.1)	130	(7.2)	156	(5.7)	190	(5.5)	231	(9.9)	277	(17.7)	307	(23.6)
<b>Males:</b>														
9-13.....	148	(20.3)	163	(17.7)	193	(12.2)	230	(8.3)	274	(16.6)	319	(31.3)	350	(42.6)
14-18.....	162	(13.7)	189	(13.0)	242	(10.8)	313	(8.9)	399	(12.6)	490	(21.4)	550	(28.6)
19-30.....	181	(12.1)	208	(11.0)	261	(8.6)	332	(7.2)	416	(12.0)	504	(21.1)	560	(28.0)
31-50.....	184	(13.4)	216	(13.0)	279	(12.3)	363	(12.2)	466	(14.5)	575	(19.3)	649	(23.8)
19-50.....	181	(10.3)	212	(10.1)	272	(9.2)	351	(8.2)	446	(9.1)	547	(12.7)	615	(15.8)
51-70.....	161	(10.1)	189	(9.8)	244	(8.8)	319	(8.4)	410	(10.4)	508	(15.9)	574	(21.0)
71 and over.....	125	(7.6)	150	(7.1)	200	(6.7)	269	(7.8)	356	(12.4)	452	(20.1)	519	(26.1)
51 and over.....	150	(7.5)	178	(7.0)	232	(6.2)	306	(5.7)	397	(8.0)	495	(13.2)	562	(16.8)
19 and over.....	168	(6.6)	197	(6.4)	255	(6.1)	334	(6.0)	429	(7.4)	531	(10.6)	599	(13.2)
<b>Females:</b>														
9-13.....	92	(16.1)	111	(14.4)	149	(10.3)	200	(6.9)	264	(16.7)	332	(32.5)	377	(45.0)
14-18.....	108	(8.4)	123	(7.7)	153	(6.4)	190	(5.0)	235	(6.6)	280	(11.1)	309	(14.6)
19-30.....	110	(11.3)	129	(10.7)	168	(8.9)	220	(7.7)	283	(11.3)	350	(19.2)	395	(25.4)
31-50.....	102	(6.9)	122	(6.6)	163	(5.8)	221	(5.4)	291	(7.7)	370	(13.2)	422	(17.9)
19-50.....	104	(4.8)	124	(4.6)	166	(4.2)	221	(4.5)	289	(6.9)	364	(11.2)	414	(14.5)
51-70.....	104	(7.5)	125	(7.4)	168	(7.0)	226	(7.0)	297	(8.2)	376	(11.8)	428	(14.7)
71 and over.....	104	(7.9)	119	(7.5)	150	(6.6)	191	(6.5)	240	(8.8)	293	(13.8)	329	(18.1)
51 and over.....	102	(5.4)	122	(5.4)	161	(5.0)	215	(4.4)	281	(4.9)	352	(7.2)	400	(9.3)
19 and over.....	104	(3.6)	124	(3.5)	164	(3.1)	219	(3.0)	287	(4.4)	360	(7.2)	410	(9.7)
Pregnant 19-50.....	181	(24.3)	204	(22.9)	251	(19.7)	313	(16.3)	386	(17.7)	464	(25.9)	515	(34.5)
<b>All persons 1 and over.....</b>	115	(2.6)	138	(2.5)	185	(2.3)	253	(2.4)	339	(3.3)	434	(5.0)	500	(6.5)

# † \* See table notes.

Source: What We Eat in America, NHANES 2003-2006. Excludes breastfed children and lactating females. Pregnant females excluded except where noted.

## Table Notes

- # The method used to estimate the usual nutrient intake distributions presented in this table was developed by the National Cancer Institute (NCI). An overview of the general method and the procedure for usual intake estimation is available from: [What We Eat in America, NHANES 2005-2006: Usual Nutrient Intakes from Food and Water Compared to 1997 Dietary Reference Intakes for Vitamin D, Calcium, Phosphorus, and Magnesium](#). See Appendix C, Procedure for Usual Intake Estimation.
- † U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005
- \* Daily mean and standard error of the mean for cholesterol are estimated directly from day 1 intake data and do not reflect the NCI usual intake estimation approach used to estimate the distribution statistics. The conventional mean estimates are provided to be comparable to other tables produced by the Food Surveys Research Group. While the NCI method and the conventional method are both estimating the mean, the actual results may differ slightly.