

**Dietary Fiber (g): Usual Intakes<sup>#</sup> from Food and Water, 2003-2006, Compared to Adequate Intakes<sup>†</sup>**

Age in years	N	Day 1		Percentiles of Usual Intake							AI**	Above AI	
		Mean*	(SE)	5	10	25	50	75	90	95		%	(SE)
<b>Males and females:</b>													
1-3.....	1506	9.5	(0.19)	4.7	5.6	7.1	9.1	11.4	13.7	15.2	19	<3	
4-8.....	1680	12.0	(0.18)	7.4	8.2	9.7	11.7	13.9	16.2	17.6	25	<3	
<b>Males:</b>													
9-13.....	1009	14.6	(0.58)	8.7	9.7	11.7	14.2	17.1	20.0	22.0	31	<3	
14-18.....	1351	15.3	(0.39)	7.8	9.1	11.5	14.7	18.5	22.4	25.0	38	<3	
19-30.....	1097	17.4	(0.52)	8.6	10.0	12.8	16.6	21.2	26.0	29.2	38	<3	
31-50.....	1439	18.2	(0.36)	8.9	10.5	13.6	17.5	22.1	26.8	29.9	38	<3	
19-50.....	2536	17.9	(0.33)	8.7	10.2	13.3	17.2	21.7	26.5	29.6	38	<3	
51-70.....	1215	17.3	(0.41)	7.8	9.3	12.4	16.5	21.4	26.7	30.2	30	5	(1.0)
71 and over.....	808	16.5	(0.39)	7.7	9.2	12.0	15.8	20.2	24.9	27.9	30	<3	
51 and over.....	2023	17.1	(0.31)	7.8	9.3	12.3	16.3	21.1	26.2	29.6	30	5	(0.8)
19 and over.....	4559	17.6	(0.25)	8.4	9.9	12.9	16.9	21.5	26.4	29.7	-	<3	
<b>Females:</b>													
9-13.....	1039	12.9	(0.39)	8.3	9.2	10.7	12.6	14.7	16.8	18.2	26	<3	
14-18.....	1250	11.8	(0.34)	6.2	7.2	9.0	11.4	14.2	17.2	19.1	26	<3	
19-30.....	914	12.7	(0.48)	6.4	7.4	9.4	12.1	15.3	18.6	20.8	25	<3	
31-50.....	1350	13.8	(0.32)	6.4	7.6	10.1	13.2	16.9	20.8	23.3	25	3	(0.8)
19-50.....	2264	13.5	(0.32)	6.3	7.5	9.9	12.9	16.4	20.1	22.6	25	<3	
51-70.....	1251	14.3	(0.36)	6.9	8.1	10.5	13.7	17.4	21.3	23.8	21	11	(1.3)
71 and over.....	787	13.7	(0.39)	6.3	7.5	9.9	13.1	16.7	20.5	23.1	21	9	(1.9)
51 and over.....	2038	14.1	(0.27)	6.8	8.0	10.4	13.5	17.1	21.0	23.5	21	10	(1.0)
19 and over.....	4302	13.7	(0.26)	6.5	7.7	10.1	13.2	16.8	20.6	23.1	-	6	(0.6)
Pregnant 19-50.....	553	17.2	(0.62)	8.3	9.8	12.6	16.6	21.1	25.9	29.2	28	7	(2.1)
<b>Males and females:</b>													
1 and over.....	16696	14.8	(0.20)	6.8	8.1	10.7	14.1	18.2	22.4	25.3	-	<3	

# †\*\*\* <3 See table notes.

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

## Dietary Fiber (g): 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.....	4.7	(0.21)	5.6	(0.20)	7.1	(0.18)	9.1	(0.18)	11.4	(0.24)	13.7	(0.35)	15.2	(0.43)
4-8.....	7.4	(0.38)	8.2	(0.33)	9.7	(0.23)	11.7	(0.16)	13.9	(0.29)	16.2	(0.56)	17.6	(0.75)
<b>Males:</b>														
9-13.....	8.7	(0.68)	9.7	(0.63)	11.7	(0.56)	14.2	(0.53)	17.1	(0.66)	20.0	(0.95)	22.0	(1.19)
14-18.....	7.8	(0.66)	9.1	(0.61)	11.5	(0.52)	14.7	(0.39)	18.5	(0.40)	22.4	(0.67)	25.0	(0.93)
19-30.....	8.6	(0.62)	10.0	(0.59)	12.8	(0.52)	16.6	(0.47)	21.2	(0.60)	26.0	(0.92)	29.2	(1.18)
31-50.....	8.9	(0.51)	10.5	(0.47)	13.6	(0.37)	17.5	(0.32)	22.1	(0.43)	26.8	(0.68)	29.9	(0.85)
19-50.....	8.7	(0.43)	10.2	(0.40)	13.3	(0.34)	17.2	(0.29)	21.7	(0.36)	26.5	(0.56)	29.6	(0.72)
51-70.....	7.8	(0.25)	9.3	(0.24)	12.4	(0.24)	16.5	(0.33)	21.4	(0.52)	26.7	(0.78)	30.2	(0.97)
71 and over.....	7.7	(0.35)	9.2	(0.35)	12.0	(0.35)	15.8	(0.37)	20.2	(0.46)	24.9	(0.65)	27.9	(0.77)
51 and over.....	7.8	(0.22)	9.3	(0.20)	12.3	(0.19)	16.3	(0.26)	21.1	(0.42)	26.2	(0.65)	29.6	(0.81)
19 and over.....	8.4	(0.27)	9.9	(0.25)	12.9	(0.22)	16.9	(0.22)	21.5	(0.28)	26.4	(0.41)	29.7	(0.51)
<b>Females:</b>														
9-13.....	8.3	(0.77)	9.2	(0.69)	10.7	(0.53)	12.6	(0.39)	14.7	(0.49)	16.8	(0.81)	18.2	(1.06)
14-18.....	6.2	(0.50)	7.2	(0.47)	9.0	(0.39)	11.4	(0.32)	14.2	(0.38)	17.2	(0.65)	19.1	(0.86)
19-30.....	6.4	(0.42)	7.4	(0.41)	9.4	(0.40)	12.1	(0.43)	15.3	(0.55)	18.6	(0.77)	20.8	(0.95)
31-50.....	6.4	(0.36)	7.6	(0.33)	10.1	(0.29)	13.2	(0.29)	16.9	(0.39)	20.8	(0.60)	23.3	(0.77)
19-50.....	6.3	(0.26)	7.5	(0.26)	9.9	(0.25)	12.9	(0.27)	16.4	(0.37)	20.1	(0.53)	22.6	(0.66)
51-70.....	6.9	(0.35)	8.1	(0.36)	10.5	(0.36)	13.7	(0.36)	17.4	(0.40)	21.3	(0.50)	23.8	(0.61)
71 and over.....	6.3	(0.28)	7.5	(0.27)	9.9	(0.27)	13.1	(0.32)	16.7	(0.49)	20.5	(0.77)	23.1	(1.00)
51 and over.....	6.8	(0.26)	8.0	(0.26)	10.4	(0.26)	13.5	(0.26)	17.1	(0.29)	21.0	(0.36)	23.5	(0.44)
19 and over.....	6.5	(0.21)	7.7	(0.21)	10.1	(0.21)	13.2	(0.23)	16.8	(0.28)	20.6	(0.39)	23.1	(0.47)
Pregnant 19-50.....	8.3	(0.75)	9.8	(0.69)	12.6	(0.57)	16.6	(0.55)	21.1	(0.79)	25.9	(1.22)	29.2	(1.65)
<b>Males and females:</b>														
1 and over.....	6.8	(0.16)	8.1	(0.16)	10.7	(0.17)	14.1	(0.17)	18.2	(0.20)	22.4	(0.27)	25.3	(0.34)

# † \* \*\* <3 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.
- † Institute of Medicine, Food and Nutrition Board. 2002/2005. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients). National Academies Press. Washington, DC.
- \* Daily mean and standard error of the mean for dietary fiber 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.
- \*\* Percentile of usual intake as well as the estimates of percentages less than or greater than the DRI and the standard error of the percentage are the direct result of an estimation of the usual nutrient intake distribution for that specific gender/age/lifestage group. Exceptions were necessary for composite groups where the DRI value differs across the component groups including 19 and over, 51 and over, and 71 and over for males and for females, 19-50 pregnant females, and for males and females 1 and over. For these composite groups, the estimated percentage less than or greater than the DRI value was computed as an average of the percentages for the gender/age/lifestage subgroups comprising the composite group weighted proportionally by population size. Because a single DRI value for these composite groups does not exist, a hyphen is displayed.
- <3 Percentages less than 3 percent are represented by <3. Standard errors are not displayed in these cases.