

Sodium (mg)⁺: Usual Intakes[#] from Food and Water, 2003-2006, Compared to Adequate Intakes and Tolerable Upper Intake Levels[†]

Age in years	N	Day 1		Percentiles of Usual Intake							AI**	Above AI %	UL**	Above UL	
		Mean*	(SE)	5	10	25	50	75	90	95				%	(SE)
Males and females:															
1-3.....	1506	2045	(30.0)	1138	1293	1591	1977	2427	2892	3194	1000	>97	1500	80	(1.4)
4-8.....	1680	2809	(39.9)	1812	1992	2326	2744	3213	3699	4005	1200	>97	1900	93	(1.1)
Males:															
9-13.....	1009	3533	(79.4)	2486	2682	3052	3490	3967	4432	4732	1500	>97	2200	>97	
14-18.....	1351	4370	(147.2)	2388	2717	3356	4192	5163	6165	6824	1500	>97	2300	96	(1.8)
19-30.....	1097	4530	(93.4)	2843	3152	3728	4447	5247	6046	6538	1500	>97	2300	>97	
31-50.....	1439	4487	(65.1)	2703	3029	3624	4365	5209	6058	6602	1500	>97	2300	>97	
19-50.....	2536	4504	(54.5)	2755	3073	3671	4400	5217	6037	6566	1500	>97	2300	>97	
51-70.....	1215	3771	(77.1)	2332	2599	3089	3701	4388	5075	5516	1300	>97	2300	95	(1.4)
71 and over.....	808	3028	(54.2)	1804	2024	2437	2956	3542	4148	4538	1200	>97	2300	81	(2.4)
51 and over.....	2023	3584	(61.2)	2143	2407	2895	3507	4195	4888	5334	1300	>97	2300	92	(1.4)
19 and over.....	4559	4159	(41.6)	2431	2748	3331	4059	4875	5692	6212	-	>97	2300	96	(0.4)
Females:															
9-13.....	1039	3038	(77.1)	1779	2011	2435	2967	3575	4178	4566	1500	>97	2200	84	(2.7)
14-18.....	1250	3005	(70.1)	1844	2059	2454	2948	3501	4054	4394	1500	>97	2300	82	(2.9)
19-30.....	914	3097	(78.5)	1739	1986	2450	3038	3693	4347	4762	1500	>97	2300	81	(3.5)
31-50.....	1350	3058	(55.2)	1729	1961	2399	2956	3585	4232	4637	1500	>97	2300	79	(2.3)
19-50.....	2264	3071	(48.0)	1724	1964	2423	2985	3629	4274	4697	1500	>97	2300	80	(2.0)
51-70.....	1251	2811	(40.1)	1678	1887	2274	2758	3297	3849	4196	1300	>97	2300	74	(2.0)
71 and over.....	787	2426	(42.5)	1530	1694	2002	2383	2796	3210	3472	1200	>97	2300	56	(2.8)
51 and over.....	2038	2696	(29.2)	1611	1811	2181	2639	3158	3675	4004	1300	>97	2300	69	(1.4)
19 and over.....	4302	2910	(31.1)	1663	1888	2309	2841	3445	4048	4440	-	>97	2300	75	(1.3)
Pregnant 19-50.....	553	3601	(124.1)	2121	2391	2911	3547	4253	4962	5399	1500	>97	2300	92	(3.3)
Males and females:															
1 and over.....	16696	3411	(28.1)	1782	2052	2572	3266	4095	4948	5503	-	>97		86	(0.8)

+ # † * ** >97 See table notes.

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

Sodium (mg): Usual Intakes[#] from Food and Water, 2003-2006, Percentiles and Standard Errors

Age in years	Percentiles (SE)													
	5th		10th		25th		50th		75th		90th		95th	
Males and females:														
1-3.....	1138	(31.4)	1293	(28.1)	1591	(23.5)	1977	(24.4)	2427	(40.3)	2892	(67.7)	3194	(88.7)
4-8.....	1812	(42.4)	1992	(38.7)	2326	(34.1)	2744	(37.8)	3213	(56.9)	3699	(89.6)	4005	(111.7)
Males:														
9-13.....	2486	(154.6)	2682	(135.6)	3052	(100.8)	3490	(76.1)	3967	(104.1)	4432	(170.8)	4732	(221.7)
14-18.....	2388	(169.6)	2717	(160.9)	3356	(142.6)	4192	(134.8)	5163	(172.7)	6165	(251.4)	6824	(323.4)
19-30.....	2843	(161.7)	3152	(144.7)	3728	(115.1)	4447	(92.1)	5247	(123.6)	6046	(194.8)	6538	(247.1)
31-50.....	2703	(107.3)	3029	(97.6)	3624	(79.0)	4365	(67.1)	5209	(80.7)	6058	(119.0)	6602	(150.3)
19-50.....	2755	(74.0)	3073	(67.1)	3671	(55.6)	4400	(49.4)	5217	(67.3)	6037	(99.1)	6566	(126.1)
51-70.....	2332	(102.9)	2599	(95.5)	3089	(79.7)	3701	(71.0)	4388	(87.3)	5075	(129.6)	5516	(159.2)
71 and over.....	1804	(69.1)	2024	(64.6)	2437	(57.6)	2956	(54.3)	3542	(64.3)	4148	(89.8)	4538	(109.2)
51 and over.....	2143	(74.7)	2407	(69.6)	2895	(61.3)	3507	(58.0)	4195	(73.6)	4888	(106.6)	5334	(131.6)
19 and over.....	2431	(39.4)	2748	(37.3)	3331	(35.6)	4059	(38.3)	4875	(50.8)	5692	(71.0)	6212	(87.8)
Females:														
9-13.....	1779	(96.1)	2011	(85.5)	2435	(70.4)	2967	(73.2)	3575	(106.3)	4178	(153.3)	4566	(189.0)
14-18.....	1844	(82.5)	2059	(77.3)	2454	(68.0)	2948	(67.1)	3501	(87.2)	4054	(124.7)	4394	(153.1)
19-30.....	1739	(122.3)	1986	(111.6)	2450	(91.2)	3038	(80.2)	3693	(107.4)	4347	(164.4)	4762	(204.8)
31-50.....	1729	(82.3)	1961	(73.7)	2399	(55.8)	2956	(50.4)	3585	(86.3)	4232	(147.7)	4637	(194.0)
19-50.....	1724	(70.3)	1964	(64.3)	2423	(51.5)	2985	(46.0)	3629	(68.2)	4274	(110.6)	4697	(144.4)
51-70.....	1678	(59.8)	1887	(53.7)	2274	(42.6)	2758	(37.9)	3297	(52.7)	3849	(80.4)	4196	(102.7)
71 and over.....	1530	(71.7)	1694	(64.0)	2002	(49.4)	2383	(41.5)	2796	(52.4)	3210	(78.1)	3472	(97.9)
51 and over.....	1611	(37.8)	1811	(35.1)	2181	(28.7)	2639	(26.3)	3158	(37.6)	3675	(58.8)	4004	(75.8)
19 and over.....	1663	(40.6)	1888	(36.9)	2309	(29.0)	2841	(25.8)	3445	(41.3)	4048	(70.1)	4440	(92.6)
Pregnant 19-50.....	2121	(187.8)	2391	(167.9)	2911	(134.6)	3547	(120.0)	4253	(170.9)	4962	(265.7)	5399	(340.6)
Males and females:														
1 and over.....	1782	(21.3)	2052	(20.1)	2572	(20.1)	3266	(22.9)	4095	(32.8)	4948	(49.2)	5503	(61.4)

+ # † * ** >97 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

- ⁺ Sodium intake estimates include sodium in food and water. Sodium estimates include sodium that occurs naturally in foods, added during processing, and added during cooking. The estimates exclude sodium from discretionary salt added at the table and contributed by dietary supplements and medications. Sodium intake estimates include sodium in drinking water. In 2005-2006, respondents reported drinking water during the 24-hour dietary recall. In 2003-2004, respondents did not report drinking water during the 24-hour dietary recall but reported it in a single question following the 24-hour dietary recall. Drinking water intake data for each of the two-year releases were combined to estimate sodium intake from drinking water.
 - [#] 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. 2005. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. National Academies Press. Washington, DC.
 - ^{*} Daily mean and standard error of the mean for sodium 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.
- >97** Percentages greater than 97 percent are represented by >97. Standard errors are not displayed in these cases.