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USUAL NUTRIENT INTAKE

from Food and Beverages, by Gender and Age

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

Table A

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 Adult Smokers (mg) <i>EAR, UL</i>	28
Carbohydrate (g) <i>EAR</i>	4	Vitamin C Adult Non-Smokers (mg) <i>EAR, UL</i>	29
Total sugars (g)	5	Vitamin C Adult Smokers and Non-Smokers (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 as alpha-tocopherol (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 A 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	1487 (37)	990* (35)	1081 (34)	1250 (34)	1459 (36)	1694 (43)	1925 (55)	2079* (64)
4-8.....	555	1855 (32)	1258 (32)	1371 (29)	1574 (26)	1824 (30)	2106 (43)	2376 (60)	2556 (72)
9-13.....	575	2077 (42)	1310 (43)	1451 (34)	1715 (25)	2038 (37)	2400 (67)	2750 (98)	2985 (121)
14-18.....	584	2311 (63)	1475 (62)	1633 (58)	1921 (52)	2272 (60)	2657 (81)	3038 (119)	3287 (149)
19-30.....	696	2370 (46)	1410 (44)	1588 (42)	1917 (42)	2321 (45)	2772 (54)	3219 (63)	3497 (68)
31-50.....	1161	2592 (51)	1578 (48)	1768 (48)	2118 (47)	2542 (50)	3017 (57)	3482 (65)	3783 (70)
19-50.....	1857	2506 (35)	1503 (34)	1688 (34)	2031 (32)	2453 (34)	2926 (42)	3390 (51)	3689 (59)
51-70.....	1387	2490 (38)	1501 (41)	1683 (39)	2022 (40)	2440 (37)	2902 (40)	3355 (45)	3644 (52)
71+.....	596	2261 (33)	1331 (36)	1504 (36)	1818 (35)	2208 (34)	2647 (36)	3076 (41)	3373 (49)
51+.....	1983	2429 (29)	1442 (35)	1624 (33)	1961 (32)	2379 (30)	2840 (31)	3295 (37)	3590 (44)
19+.....	3840	2472 (23)	1475 (30)	1658 (28)	2000 (25)	2420 (23)	2888 (27)	3350 (35)	3647 (44)
Females:									
1-3.....	379	1343 (22)	883* (26)	969 (24)	1120 (21)	1318 (20)	1537 (29)	1749 (42)	1892* (50)
4-8.....	542	1643 (32)	1099 (33)	1203 (30)	1390 (27)	1615 (31)	1865 (41)	2122 (56)	2284 (67)
9-13.....	609	2030 (64)	1270 (33)	1410 (30)	1671 (39)	1989 (58)	2349 (89)	2696 (123)	2921 (149)
14-18.....	525	1763 (68)	1083 (64)	1208 (59)	1437 (56)	1725 (65)	2044 (84)	2364 (104)	2576 (121)
19-30.....	687	1887 (26)	1149 (23)	1289 (22)	1543 (22)	1853 (26)	2194 (34)	2526 (43)	2743 (51)
31-50.....	1226	1867 (22)	1130 (28)	1266 (26)	1522 (24)	1831 (22)	2173 (24)	2509 (30)	2725 (37)
19-50.....	1913	1875 (14)	1137 (22)	1275 (19)	1530 (15)	1839 (14)	2181 (19)	2517 (29)	2730 (36)
51-70.....	1455	1809 (29)	1084 (23)	1222 (23)	1473 (24)	1778 (28)	2110 (36)	2434 (45)	2643 (51)
71+.....	558	1714 (31)	1017 (27)	1144 (28)	1388 (29)	1684 (32)	2001 (36)	2325 (44)	2530 (52)
51+.....	2013	1782 (27)	1060 (23)	1198 (23)	1446 (23)	1750 (26)	2080 (34)	2404 (43)	2613 (50)
19+.....	3926	1829 (18)	1096 (20)	1235 (19)	1487 (16)	1796 (17)	2133 (24)	2465 (33)	2679 (39)
All:									
1+.....	11948	2080 (12)	1173 (13)	1324 (13)	1615 (13)	1998 (14)	2460 (18)	2949 (27)	3268 (34)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	52.7 (1.5)	33.6* (1.4)	37.0 (1.4)	43.4 (1.3)	51.5 (1.4)	60.7 (1.7)	69.9 (2.2)	76.0* (2.7)
4-8.....	555	63.1 (1.6)	40.7 (1.5)	44.9 (1.4)	52.4 (1.4)	61.7 (1.6)	72.5 (2.0)	83.0 (2.6)	90.0 (3.1)
9-13.....	575	70.6 (2.4)	42.8 (2.3)	47.8 (2.4)	57.3 (2.4)	69.0 (2.4)	82.4 (2.9)	95.3 (3.8)	104.1 (4.5)
14-18.....	584	87.3 (3.4)	54.6 (2.6)	60.7 (2.5)	71.9 (2.9)	85.6 (3.3)	100.8 (4.0)	115.9 (5.3)	125.8 (6.6)
19-30.....	696	92.9 (2.8)	54.8 (3.6)	61.8 (3.4)	74.9 (3.1)	90.9 (2.8)	108.9 (3.1)	126.7 (3.3)	137.8 (3.5)
31-50.....	1161	98.0 (2.1)	58.6 (2.5)	66.0 (2.4)	79.5 (2.1)	96.0 (2.1)	114.5 (2.5)	132.7 (3.5)	144.5 (4.0)
19-50.....	1857	96.0 (1.8)	57.0 (2.6)	64.2 (2.4)	77.5 (2.1)	94.0 (1.9)	112.4 (2.0)	130.5 (2.5)	142.2 (3.0)
51-70.....	1387	93.7 (2.1)	55.3 (2.6)	62.3 (2.4)	75.5 (2.2)	91.6 (2.0)	109.6 (2.3)	127.3 (2.8)	138.5 (3.3)
71+.....	596	84.2 (2.1)	48.5 (2.5)	55.1 (2.4)	67.1 (2.2)	82.2 (2.2)	99.1 (2.3)	115.7 (2.4)	127.3 (2.5)
51+.....	1983	91.1 (1.7)	53.0 (2.3)	59.9 (2.2)	73.0 (1.9)	89.1 (1.7)	107.1 (1.7)	124.9 (2.3)	136.3 (2.8)
19+.....	3840	93.9 (1.2)	55.1 (2.1)	62.2 (1.9)	75.5 (1.5)	91.9 (1.2)	110.1 (1.3)	128.1 (1.8)	139.8 (2.3)
Females:									
1-3.....	379	48.0 (0.9)	30.2* (1.2)	33.5 (1.1)	39.3 (0.9)	46.9 (0.9)	55.5 (1.3)	64.0 (1.9)	69.8* (2.4)
4-8.....	542	56.7 (1.4)	36.1 (1.3)	40.0 (1.2)	47.0 (1.1)	55.5 (1.3)	65.1 (1.7)	75.1 (2.4)	81.5 (2.9)
9-13.....	609	68.5 (2.7)	41.1 (1.9)	46.0 (1.9)	55.4 (2.2)	66.9 (2.6)	80.1 (3.6)	92.9 (4.8)	101.3 (5.7)
14-18.....	525	59.3 (3.4)	34.9 (3.6)	39.3 (3.4)	47.5 (3.4)	57.8 (3.4)	69.4 (3.5)	81.2 (4.0)	89.1 (4.8)
19-30.....	687	70.4 (1.4)	43.0 (1.6)	48.2 (1.5)	57.7 (1.5)	69.2 (1.5)	81.8 (1.6)	94.2 (1.9)	102.3 (2.0)
31-50.....	1226	69.8 (1.1)	42.4 (1.2)	47.5 (1.2)	57.0 (1.1)	68.5 (1.1)	81.2 (1.2)	93.7 (1.4)	101.8 (1.6)
19-50.....	1913	70.1 (0.9)	42.6 (1.2)	47.8 (1.1)	57.2 (1.0)	68.7 (0.9)	81.5 (1.1)	94.0 (1.4)	101.9 (1.5)
51-70.....	1455	68.7 (1.0)	41.5 (1.4)	46.7 (1.3)	56.1 (1.2)	67.5 (1.1)	80.0 (1.1)	92.2 (1.3)	100.0 (1.5)
71+.....	558	63.5 (1.7)	37.7 (1.6)	42.4 (1.6)	51.4 (1.6)	62.4 (1.7)	74.1 (2.0)	86.1 (2.3)	93.7 (2.5)
51+.....	2013	67.2 (1.1)	40.1 (1.3)	45.3 (1.3)	54.6 (1.2)	66.0 (1.1)	78.4 (1.1)	90.6 (1.3)	98.5 (1.5)
19+.....	3926	68.7 (0.9)	41.4 (1.2)	46.5 (1.1)	55.9 (1.0)	67.4 (0.9)	80.0 (1.0)	92.4 (1.2)	100.4 (1.4)
All:									
1+.....	11948	77.3 (0.8)	42.1 (0.8)	47.9 (0.8)	59.0 (0.8)	73.8 (0.9)	92.1 (1.0)	111.7 (1.1)	124.5 (1.3)

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

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Table A 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	4.35 (0.11)	2.80* (0.11)	3.09 (0.11)	3.62 (0.11)	4.27 (0.11)	5.00 (0.13)	5.72 (0.16)	6.19* (0.18)	0.87	<3
4-8.....	551	2.66 (0.06)	1.55 (0.08)	1.75 (0.07)	2.12 (0.07)	2.59 (0.06)	3.14 (0.07)	3.66 (0.08)	4.02 (0.10)	0.76	<3
9-13.....	571	1.69 (0.04)	0.91 (0.05)	1.05 (0.04)	1.31 (0.04)	1.64 (0.04)	2.02 (0.05)	2.38 (0.07)	2.63 (0.09)	0.76	<3
14-18.....	579	1.34 (0.04)	0.65 (0.03)	0.77 (0.03)	1.00 (0.03)	1.29 (0.04)	1.62 (0.06)	1.96 (0.08)	2.18 (0.10)	0.73	8 (1.2)
19-30.....	689	1.27 (0.04)	0.68 (0.04)	0.79 (0.04)	0.99 (0.04)	1.24 (0.04)	1.52 (0.05)	1.80 (0.06)	1.97 (0.06)	0.66	4 (1.4)
31-50.....	1153	1.29 (0.03)	0.69 (0.03)	0.80 (0.03)	1.01 (0.03)	1.26 (0.03)	1.54 (0.03)	1.82 (0.04)	2.00 (0.04)	0.66	4 (1.0)
19-50.....	1842	1.28 (0.02)	0.69 (0.03)	0.80 (0.03)	1.00 (0.02)	1.25 (0.02)	1.53 (0.03)	1.81 (0.03)	1.99 (0.04)	0.66	4 (1.0)
51-70.....	1372	1.24 (0.03)	0.66 (0.03)	0.76 (0.03)	0.96 (0.02)	1.21 (0.03)	1.48 (0.03)	1.75 (0.04)	1.93 (0.05)	0.66	5 (1.0)
71+.....	577	1.12 (0.03)	0.57 (0.03)	0.67 (0.03)	0.85 (0.03)	1.09 (0.03)	1.35 (0.03)	1.61 (0.04)	1.79 (0.04)	0.66	9 (1.6)
51+.....	1949	1.21 (0.02)	0.63 (0.02)	0.73 (0.02)	0.93 (0.02)	1.18 (0.02)	1.45 (0.03)	1.72 (0.04)	1.90 (0.05)	0.66	6 (1.0)
19+.....	3791	1.25 (0.02)	0.66 (0.02)	0.77 (0.02)	0.97 (0.02)	1.22 (0.02)	1.50 (0.02)	1.78 (0.03)	1.95 (0.04)	0.66	5 (0.9)
Females:											
1-3.....	379	3.97 (0.07)	2.51* (0.11)	2.78 (0.10)	3.27 (0.09)	3.89 (0.08)	4.58 (0.08)	5.25 (0.10)	5.70* (0.12)	0.87	<3
4-8.....	541	2.57 (0.06)	1.48 (0.06)	1.68 (0.06)	2.05 (0.05)	2.50 (0.05)	3.01 (0.07)	3.55 (0.10)	3.89 (0.12)	0.76	<3
9-13.....	604	1.61 (0.05)	0.85 (0.05)	0.98 (0.04)	1.24 (0.05)	1.56 (0.05)	1.93 (0.06)	2.29 (0.08)	2.53 (0.10)	0.76	<3
14-18.....	521	1.02 (0.06)	0.46 (0.04)	0.55 (0.04)	0.74 (0.05)	0.98 (0.05)	1.26 (0.07)	1.54 (0.08)	1.74 (0.09)	0.71	23 (4.1)
19-30.....	679	1.14 (0.02)	0.62 (0.03)	0.72 (0.02)	0.90 (0.02)	1.11 (0.02)	1.36 (0.03)	1.59 (0.03)	1.75 (0.03)	0.66	7 (1.3)
31-50.....	1213	1.09 (0.02)	0.58 (0.02)	0.68 (0.02)	0.85 (0.02)	1.07 (0.02)	1.31 (0.02)	1.54 (0.03)	1.69 (0.03)	0.66	9 (1.1)
19-50.....	1892	1.11 (0.01)	0.60 (0.02)	0.69 (0.02)	0.87 (0.02)	1.09 (0.01)	1.33 (0.02)	1.56 (0.02)	1.71 (0.03)	0.66	8 (1.1)
51-70.....	1444	1.10 (0.02)	0.59 (0.02)	0.69 (0.02)	0.86 (0.02)	1.08 (0.02)	1.31 (0.03)	1.55 (0.04)	1.70 (0.04)	0.66	8 (1.2)
71+.....	536	1.01 (0.02)	0.53 (0.02)	0.61 (0.02)	0.78 (0.02)	0.99 (0.02)	1.21 (0.03)	1.44 (0.04)	1.58 (0.04)	0.66	14 (1.8)
51+.....	1980	1.08 (0.02)	0.57 (0.02)	0.66 (0.02)	0.84 (0.02)	1.05 (0.02)	1.29 (0.03)	1.52 (0.03)	1.67 (0.04)	0.66	10 (1.2)
19+.....	3872	1.09 (0.01)	0.58 (0.02)	0.68 (0.02)	0.85 (0.01)	1.07 (0.01)	1.31 (0.02)	1.54 (0.03)	1.69 (0.03)	0.66	9 (1.0)
All:											
1+.....	11822	1.40 (0.01)	0.63 (0.01)	0.74 (0.01)	0.94 (0.01)	1.22 (0.01)	1.58 (0.02)	2.18 (0.03)	3.02 (0.04)		7 (0.5)

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 A 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	194 (6)	129* (6)	141 (6)	163 (6)	191 (6)	222 (7)	252 (9)	273* (11)	100	<3
4-8.....	555	242 (4)	163 (5)	178 (5)	205 (4)	238 (4)	275 (5)	311 (7)	334 (9)	100	<3
9-13.....	575	269 (4)	165 (6)	184 (5)	220 (3)	263 (4)	312 (7)	360 (11)	392 (14)	100	<3
14-18.....	584	280 (6)	172 (9)	193 (8)	230 (7)	275 (6)	325 (7)	375 (9)	407 (12)	100	<3
19-30.....	696	269 (5)	140 (4)	163 (4)	206 (4)	261 (5)	323 (7)	385 (9)	425 (10)	100	<3
31-50.....	1161	292 (7)	156 (6)	181 (6)	227 (6)	284 (7)	349 (8)	414 (9)	456 (10)	100	<3
19-50.....	1857	283 (5)	149 (4)	173 (4)	218 (4)	275 (5)	339 (6)	404 (7)	446 (9)	100	<3
51-70.....	1387	279 (5)	147 (5)	171 (5)	215 (5)	271 (5)	335 (6)	398 (7)	438 (8)	100	<3
71+.....	596	260 (6)	134 (5)	157 (5)	198 (5)	252 (6)	313 (6)	373 (8)	416 (10)	100	<3
51+.....	1983	274 (4)	143 (4)	166 (4)	210 (4)	266 (4)	329 (5)	392 (6)	433 (7)	100	<3
19+.....	3840	279 (3)	146 (4)	170 (3)	215 (3)	271 (3)	335 (4)	398 (6)	440 (7)	100	<3
Females:											
1-3.....	379	176 (5)	115* (5)	126 (5)	146 (5)	173 (5)	202 (6)	230 (7)	249* (8)	100	<3
4-8.....	542	216 (3)	144 (5)	158 (5)	183 (4)	212 (3)	246 (4)	280 (5)	301 (6)	100	<3
9-13.....	609	262 (8)	160 (5)	178 (4)	214 (5)	256 (7)	305 (11)	352 (15)	382 (18)	100	<3
14-18.....	525	223 (7)	132 (9)	149 (8)	179 (8)	218 (7)	261 (8)	303 (10)	332 (12)	100	<3
19-30.....	687	219 (4)	120 (4)	138 (4)	172 (4)	214 (4)	261 (4)	308 (6)	339 (7)	100	<3
31-50.....	1226	217 (3)	118 (3)	135 (3)	169 (3)	211 (3)	258 (4)	305 (5)	336 (6)	100	<3
19-50.....	1913	218 (2)	119 (3)	136 (3)	170 (2)	212 (2)	259 (3)	307 (4)	337 (5)	100	<3
51-70.....	1455	205 (4)	110 (3)	127 (3)	160 (3)	200 (4)	245 (5)	291 (7)	320 (8)	100	3 (0.5)
71+.....	558	202 (3)	108 (3)	124 (3)	156 (3)	196 (3)	240 (4)	286 (5)	316 (7)	100	3* (0.6)
51+.....	2013	204 (3)	109 (3)	126 (3)	158 (3)	199 (3)	244 (4)	289 (6)	319 (7)	100	3 (0.5)
19+.....	3926	211 (2)	114 (3)	131 (2)	164 (2)	205 (2)	252 (3)	299 (5)	329 (6)	100	<3
All:											
1+.....	11948	243 (2)	128 (2)	148 (2)	185 (2)	233 (2)	291 (3)	353 (4)	394 (6)	100	<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	96 (4)	57* (3)	64 (3)	77 (3)	93 (4)	113 (5)	132 (6)	145* (7)
4-8.....	555	111 (3)	66 (3)	74 (3)	89 (2)	108 (3)	129 (3)	150 (4)	164 (5)
9-13.....	575	121 (3)	65 (3)	75 (3)	94 (2)	118 (3)	145 (4)	173 (6)	191 (7)
14-18.....	584	120 (4)	63 (3)	73 (3)	92 (3)	116 (3)	144 (4)	172 (6)	190 (8)
19-30.....	696	106 (3)	36 (1)	46 (2)	68 (2)	97 (3)	135 (5)	177 (6)	205 (8)
31-50.....	1161	127 (5)	47 (3)	59 (3)	84 (4)	118 (5)	160 (6)	206 (8)	238 (9)
19-50.....	1857	119 (4)	42 (2)	53 (2)	77 (3)	109 (4)	151 (5)	196 (7)	227 (8)
51-70.....	1387	121 (3)	44 (2)	55 (2)	79 (2)	112 (3)	153 (4)	198 (6)	228 (7)
71+.....	596	117 (3)	42 (2)	53 (2)	76 (2)	108 (3)	148 (4)	191 (5)	223 (7)
51+.....	1983	120 (3)	43 (2)	55 (2)	78 (2)	111 (2)	152 (3)	196 (5)	226 (6)
19+.....	3840	119 (3)	42 (1)	54 (1)	77 (2)	110 (2)	151 (4)	196 (5)	227 (7)
Females:									
1-3.....	379	89 (3)	52* (2)	58 (2)	70 (2)	86 (3)	104 (3)	122 (4)	135* (5)
4-8.....	542	99 (2)	59 (2)	66 (1)	80 (1)	97 (2)	116 (3)	136 (4)	149 (6)
9-13.....	609	120 (4)	64 (3)	73 (3)	92 (3)	116 (4)	143 (5)	171 (8)	189 (9)
14-18.....	525	98 (4)	50 (3)	58 (3)	74 (3)	94 (4)	118 (5)	142 (7)	159 (8)
19-30.....	687	92 (3)	38 (2)	46 (2)	63 (2)	87 (3)	115 (4)	146 (5)	167 (7)
31-50.....	1226	95 (1)	39 (2)	47 (2)	65 (1)	89 (1)	118 (2)	150 (3)	171 (4)
19-50.....	1913	94 (2)	38 (1)	47 (1)	64 (1)	88 (1)	117 (2)	148 (3)	170 (4)
51-70.....	1455	91 (3)	37 (2)	45 (2)	62 (2)	85 (3)	114 (4)	144 (5)	164 (6)
71+.....	558	92 (2)	37 (1)	46 (1)	63 (1)	86 (2)	114 (2)	145 (4)	166 (5)
51+.....	2013	91 (2)	37 (1)	45 (1)	62 (2)	86 (2)	114 (3)	144 (4)	165 (5)
19+.....	3926	93 (2)	38 (1)	46 (1)	63 (1)	87 (1)	115 (2)	146 (4)	167 (5)
All:									
1+.....	11948	106 (1)	42 (1)	53 (1)	72 (1)	99 (1)	132 (2)	169 (3)	195 (4)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Males:											
1-3.....	413	11.5 (0.4)	6.1* (0.3)	7.0 (0.3)	8.8 (0.3)	11.1 (0.3)	13.8 (0.4)	16.5 (0.5)	18.4* (0.6)	19	4* (1.0)
4-8.....	555	13.8 (0.4)	7.5 (0.3)	8.6 (0.3)	10.7 (0.3)	13.3 (0.4)	16.4 (0.4)	19.5 (0.5)	21.5 (0.6)	25	<3
9-13.....	575	15.0 (0.7)	7.9 (0.4)	9.0 (0.4)	11.4 (0.5)	14.4 (0.6)	18.0 (0.8)	21.5 (1.1)	24.0 (1.3)	31	<3
14-18.....	584	15.3 (0.4)	8.0 (0.4)	9.2 (0.4)	11.6 (0.3)	14.7 (0.3)	18.3 (0.5)	22.0 (0.8)	24.5 (1.0)	38	<3
19-30.....	696	16.1 (0.5)	7.0 (0.4)	8.5 (0.4)	11.4 (0.4)	15.3 (0.5)	20.0 (0.7)	24.9 (0.9)	28.1 (1.0)	38	<3
31-50.....	1161	18.3 (0.6)	8.3 (0.6)	10.0 (0.6)	13.2 (0.6)	17.5 (0.6)	22.5 (0.6)	27.8 (0.8)	31.3 (0.9)	38	<3
19-50.....	1857	17.5 (0.4)	7.7 (0.4)	9.3 (0.4)	12.4 (0.4)	16.6 (0.4)	21.6 (0.5)	26.7 (0.7)	30.2 (0.8)	38	<3
51-70.....	1387	18.8 (0.4)	8.6 (0.4)	10.3 (0.4)	13.6 (0.4)	17.9 (0.4)	23.1 (0.5)	28.4 (0.7)	31.9 (0.9)	30	7 (1.2)
71+.....	596	19.1 (0.6)	8.8 (0.6)	10.5 (0.6)	13.8 (0.6)	18.2 (0.6)	23.4 (0.7)	28.7 (0.8)	32.5 (1.0)	30	8 (1.3)
51+.....	1983	18.9 (0.4)	8.7 (0.4)	10.3 (0.4)	13.6 (0.3)	18.0 (0.4)	23.2 (0.5)	28.4 (0.7)	32.0 (0.8)	30	8 (1.1)
19+.....	3840	18.1 (0.3)	8.1 (0.4)	9.7 (0.3)	12.9 (0.3)	17.2 (0.3)	22.3 (0.4)	27.5 (0.6)	31.1 (0.7)		4 (0.5)
Females:											
1-3.....	379	11.3 (0.5)	5.9* (0.3)	6.9 (0.3)	8.6 (0.4)	10.9 (0.5)	13.6 (0.6)	16.2 (0.8)	18.1* (0.9)	19	3* (1.3)
4-8.....	542	13.2 (0.3)	7.1 (0.3)	8.2 (0.3)	10.3 (0.3)	12.8 (0.3)	15.7 (0.4)	18.8 (0.5)	20.8 (0.6)	25	<3
9-13.....	609	15.4 (0.7)	8.1 (0.5)	9.3 (0.5)	11.8 (0.6)	14.8 (0.7)	18.5 (0.9)	22.1 (1.2)	24.5 (1.4)	26	3* (1.5)
14-18.....	525	13.2 (0.6)	6.7 (0.6)	7.8 (0.6)	9.9 (0.6)	12.6 (0.6)	15.8 (0.7)	19.1 (0.9)	21.4 (1.0)	26	<3
19-30.....	687	14.3 (0.5)	6.5 (0.4)	7.7 (0.4)	10.2 (0.4)	13.6 (0.5)	17.6 (0.6)	21.8 (0.8)	24.7 (1.0)	25	5 (1.3)
31-50.....	1226	15.2 (0.4)	6.9 (0.3)	8.2 (0.3)	10.9 (0.3)	14.4 (0.4)	18.6 (0.6)	23.1 (0.8)	26.1 (1.0)	25	6 (1.3)
19-50.....	1913	14.8 (0.4)	6.7 (0.3)	8.0 (0.3)	10.6 (0.3)	14.1 (0.3)	18.2 (0.5)	22.6 (0.7)	25.6 (0.9)	25	6 (1.2)
51-70.....	1455	15.5 (0.5)	7.1 (0.4)	8.5 (0.4)	11.2 (0.4)	14.7 (0.5)	18.9 (0.7)	23.4 (0.9)	26.3 (1.1)	21	17 (2.7)
71+.....	558	15.3 (0.4)	7.1 (0.5)	8.4 (0.5)	11.1 (0.4)	14.6 (0.4)	18.7 (0.4)	23.2 (0.6)	26.2 (0.7)	21	16 (1.7)
51+.....	2013	15.4 (0.4)	7.1 (0.3)	8.4 (0.3)	11.1 (0.3)	14.7 (0.4)	18.9 (0.5)	23.3 (0.8)	26.3 (0.9)	21	16 (2.2)
19+.....	3926	15.1 (0.3)	6.9 (0.2)	8.2 (0.2)	10.9 (0.2)	14.4 (0.3)	18.6 (0.4)	23.0 (0.7)	25.9 (0.9)		11 (1.5)
All:											
1+.....	11948	15.9 (0.2)	7.3 (0.2)	8.6 (0.2)	11.3 (0.2)	15.0 (0.2)	19.5 (0.3)	24.5 (0.4)	27.8 (0.5)		6 (0.6)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	57.6 (1.8)	34.6* (1.6)	38.7 (1.6)	46.4 (1.6)	56.2 (1.7)	67.3 (2.0)	78.3 (2.4)	85.7* (2.8)
4-8.....	555	72.5 (1.6)	44.9 (1.6)	50.0 (1.5)	59.3 (1.5)	70.9 (1.6)	84.1 (1.9)	96.8 (2.4)	105.3 (2.8)
9-13.....	575	83.0 (1.7)	48.8 (1.6)	55.0 (1.3)	66.7 (1.1)	81.1 (1.5)	97.5 (2.7)	113.3 (3.9)	124.0 (4.8)
14-18.....	584	93.8 (3.1)	56.2 (3.0)	63.2 (2.9)	76.1 (2.7)	91.9 (3.1)	109.4 (3.9)	126.7 (5.0)	138.1 (6.0)
19-30.....	696	93.8 (2.6)	50.5 (3.0)	58.2 (2.9)	72.9 (2.7)	91.2 (2.6)	112.0 (2.9)	132.9 (3.2)	145.9 (3.5)
31-50.....	1161	105.3 (2.5)	58.7 (2.5)	67.2 (2.5)	83.0 (2.4)	102.6 (2.5)	124.8 (3.0)	146.8 (3.7)	161.0 (4.0)
19-50.....	1857	100.8 (2.0)	54.8 (2.4)	63.1 (2.3)	78.7 (2.0)	98.0 (2.0)	120.0 (2.4)	141.9 (3.0)	156.2 (3.5)
51-70.....	1387	102.1 (1.9)	56.4 (2.5)	64.6 (2.3)	80.1 (2.2)	99.5 (1.9)	121.2 (2.1)	142.7 (2.4)	156.5 (2.7)
71+.....	596	94.8 (1.9)	51.3 (1.8)	59.1 (1.8)	73.7 (1.9)	92.1 (1.9)	113.0 (2.3)	133.6 (3.3)	148.0 (3.9)
51+.....	1983	100.2 (1.5)	54.8 (2.0)	62.9 (1.8)	78.3 (1.7)	97.6 (1.6)	119.2 (1.7)	140.7 (2.1)	154.7 (2.5)
19+.....	3840	100.5 (1.3)	54.8 (2.0)	63.0 (1.8)	78.5 (1.6)	97.8 (1.3)	119.7 (1.6)	141.4 (2.1)	155.5 (2.7)
Females:									
1-3.....	379	51.9 (1.0)	30.5* (1.1)	34.3 (1.1)	41.3 (1.0)	50.5 (1.0)	60.9 (1.3)	71.1 (1.9)	78.0* (2.2)
4-8.....	542	63.5 (1.5)	38.4 (1.4)	43.1 (1.4)	51.6 (1.4)	62.0 (1.5)	73.8 (1.8)	85.9 (2.4)	93.6 (2.8)
9-13.....	609	81.8 (2.7)	47.7 (2.3)	53.9 (2.3)	65.5 (2.2)	79.8 (2.5)	96.1 (3.6)	112.0 (4.8)	122.2 (5.6)
14-18.....	525	72.4 (3.3)	41.4 (2.5)	47.0 (2.4)	57.4 (2.6)	70.6 (3.1)	85.2 (4.1)	100.0 (5.3)	109.9 (6.2)
19-30.....	687	78.2 (1.7)	43.1 (1.3)	49.4 (1.3)	61.3 (1.4)	76.2 (1.7)	92.9 (2.2)	109.6 (2.8)	120.6 (3.0)
31-50.....	1226	77.4 (1.3)	42.3 (1.5)	48.5 (1.5)	60.5 (1.4)	75.3 (1.3)	92.0 (1.4)	108.9 (1.6)	119.9 (1.9)
19-50.....	1913	77.7 (1.1)	42.6 (1.2)	48.9 (1.1)	60.8 (1.0)	75.6 (1.1)	92.4 (1.3)	109.2 (1.6)	120.1 (1.8)
51-70.....	1455	76.1 (1.7)	41.3 (1.4)	47.7 (1.4)	59.4 (1.5)	74.1 (1.7)	90.6 (1.9)	106.9 (2.3)	117.6 (2.6)
71+.....	558	72.4 (1.7)	38.9 (1.3)	44.8 (1.3)	56.2 (1.4)	70.5 (1.6)	86.2 (1.9)	102.5 (2.4)	113.0 (2.7)
51+.....	2013	75.0 (1.5)	40.4 (1.1)	46.8 (1.2)	58.5 (1.2)	73.0 (1.4)	89.3 (1.8)	105.7 (2.2)	116.3 (2.5)
19+.....	3926	76.4 (1.1)	41.6 (1.1)	47.8 (1.0)	59.6 (0.9)	74.3 (1.1)	91.0 (1.4)	107.5 (1.7)	118.4 (1.9)
All:									
1+.....	11948	85.0 (0.6)	44.0 (0.7)	50.7 (0.6)	63.9 (0.7)	81.4 (0.8)	102.2 (0.9)	124.2 (1.3)	138.7 (1.7)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	20.5 (0.6)	11.7* (0.6)	13.2 (0.6)	16.1 (0.6)	19.9 (0.6)	24.2 (0.7)	28.5 (0.9)	31.4* (1.0)
4-8.....	555	25.8 (0.8)	15.2 (0.6)	17.2 (0.6)	20.7 (0.6)	25.1 (0.8)	30.2 (0.9)	35.2 (1.2)	38.6 (1.4)
9-13.....	575	28.5 (0.7)	16.2 (0.9)	18.4 (0.9)	22.5 (0.8)	27.7 (0.7)	33.7 (0.9)	39.5 (1.3)	43.5 (1.7)
14-18.....	584	31.9 (0.9)	18.5 (1.3)	20.9 (1.3)	25.5 (1.1)	31.1 (0.9)	37.5 (1.0)	43.8 (1.5)	48.0 (1.8)
19-30.....	696	30.7 (0.7)	15.3 (0.8)	18.0 (0.8)	23.1 (0.7)	29.6 (0.7)	37.2 (0.8)	44.8 (0.9)	49.7 (1.1)
31-50.....	1161	34.2 (0.7)	17.7 (0.7)	20.6 (0.7)	26.2 (0.7)	33.1 (0.7)	41.2 (0.9)	49.2 (1.1)	54.5 (1.3)
19-50.....	1857	32.9 (0.5)	16.7 (0.6)	19.5 (0.6)	24.8 (0.5)	31.7 (0.5)	39.7 (0.7)	47.7 (0.9)	52.9 (1.0)
51-70.....	1387	32.9 (0.6)	16.8 (0.6)	19.6 (0.6)	24.9 (0.6)	31.8 (0.6)	39.6 (0.7)	47.4 (0.9)	52.5 (1.1)
71+.....	596	31.1 (0.8)	15.7 (0.7)	18.4 (0.7)	23.4 (0.7)	30.0 (0.8)	37.6 (0.9)	45.2 (1.1)	50.6 (1.3)
51+.....	1983	32.4 (0.5)	16.4 (0.5)	19.2 (0.5)	24.5 (0.5)	31.3 (0.5)	39.1 (0.6)	46.9 (0.8)	52.1 (1.0)
19+.....	3840	32.7 (0.4)	16.6 (0.5)	19.3 (0.5)	24.7 (0.4)	31.5 (0.4)	39.4 (0.5)	47.3 (0.7)	52.6 (0.9)
Females:									
1-3.....	379	18.5 (0.5)	10.3* (0.6)	11.8 (0.6)	14.4 (0.6)	17.9 (0.5)	22.0 (0.6)	26.0 (0.8)	28.7* (1.0)
4-8.....	542	22.2 (0.4)	12.8 (0.5)	14.5 (0.5)	17.7 (0.4)	21.6 (0.4)	26.1 (0.6)	30.8 (0.9)	33.8 (1.2)
9-13.....	609	28.5 (1.0)	16.2 (1.2)	18.4 (1.2)	22.5 (1.1)	27.7 (1.0)	33.7 (1.2)	39.6 (1.5)	43.4 (1.9)
14-18.....	525	24.2 (0.9)	13.3 (0.9)	15.2 (0.9)	18.8 (0.8)	23.4 (0.8)	28.7 (1.2)	34.0 (1.7)	37.6 (2.0)
19-30.....	687	25.5 (0.6)	13.9 (0.4)	16.0 (0.4)	19.8 (0.4)	24.8 (0.6)	30.4 (0.8)	36.0 (1.1)	39.8 (1.3)
31-50.....	1226	24.9 (0.5)	13.4 (0.7)	15.4 (0.7)	19.3 (0.6)	24.2 (0.5)	29.7 (0.6)	35.4 (0.8)	39.1 (0.9)
19-50.....	1913	25.2 (0.4)	13.6 (0.6)	15.6 (0.5)	19.5 (0.4)	24.4 (0.4)	30.0 (0.5)	35.7 (0.8)	39.4 (0.9)
51-70.....	1455	24.7 (0.6)	13.3 (0.5)	15.3 (0.4)	19.1 (0.5)	24.0 (0.6)	29.5 (0.8)	35.0 (1.1)	38.6 (1.3)
71+.....	558	23.9 (0.7)	12.8 (0.6)	14.7 (0.6)	18.4 (0.6)	23.2 (0.7)	28.5 (0.8)	34.0 (1.1)	37.6 (1.3)
51+.....	2013	24.5 (0.6)	13.1 (0.5)	15.1 (0.4)	18.9 (0.4)	23.7 (0.5)	29.2 (0.8)	34.7 (1.0)	38.3 (1.2)
19+.....	3926	24.8 (0.4)	13.4 (0.5)	15.4 (0.4)	19.2 (0.3)	24.1 (0.4)	29.6 (0.6)	35.2 (0.9)	38.9 (1.0)
All:									
1+.....	11948	28.0 (0.2)	14.2 (0.2)	16.4 (0.2)	20.8 (0.2)	26.6 (0.2)	33.7 (0.3)	41.4 (0.5)	46.5 (0.6)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	18.4 (0.6)	11.0* (0.6)	12.3 (0.6)	14.8 (0.6)	17.9 (0.6)	21.5 (0.7)	25.1 (0.8)	27.4* (1.0)
4-8.....	555	23.6 (0.5)	14.6 (0.5)	16.3 (0.5)	19.3 (0.5)	23.1 (0.5)	27.4 (0.6)	31.6 (0.8)	34.4 (0.9)
9-13.....	575	27.2 (0.5)	16.1 (0.7)	18.1 (0.6)	21.9 (0.5)	26.6 (0.5)	31.9 (0.6)	37.1 (0.9)	40.6 (1.1)
14-18.....	584	30.7 (0.8)	18.5 (1.0)	20.8 (1.0)	25.0 (0.9)	30.1 (0.8)	35.8 (0.9)	41.5 (1.3)	45.2 (1.6)
19-30.....	696	31.7 (0.8)	16.8 (1.0)	19.4 (1.0)	24.5 (0.9)	30.8 (0.9)	38.0 (0.9)	45.3 (1.0)	50.0 (1.1)
31-50.....	1161	36.4 (1.0)	20.1 (0.9)	23.0 (0.9)	28.6 (0.9)	35.4 (1.0)	43.3 (1.2)	51.1 (1.4)	56.2 (1.6)
19-50.....	1857	34.6 (0.7)	18.5 (0.9)	21.4 (0.8)	26.7 (0.7)	33.5 (0.7)	41.4 (0.9)	49.1 (1.1)	54.3 (1.3)
51-70.....	1387	35.2 (0.7)	19.2 (0.9)	22.0 (0.8)	27.4 (0.8)	34.2 (0.7)	41.8 (0.7)	49.5 (0.8)	54.4 (1.0)
71+.....	596	32.7 (0.6)	17.5 (0.7)	20.2 (0.7)	25.3 (0.7)	31.7 (0.6)	39.0 (0.8)	46.4 (1.0)	51.5 (1.3)
51+.....	1983	34.5 (0.6)	18.7 (0.8)	21.5 (0.7)	26.8 (0.7)	33.5 (0.6)	41.2 (0.6)	48.8 (0.8)	53.8 (1.0)
19+.....	3840	34.6 (0.5)	18.6 (0.8)	21.4 (0.7)	26.8 (0.6)	33.5 (0.5)	41.3 (0.6)	49.0 (0.8)	54.0 (1.0)
Females:									
1-3.....	379	16.8 (0.4)	9.9* (0.4)	11.1 (0.4)	13.4 (0.4)	16.3 (0.4)	19.7 (0.5)	23.0 (0.7)	25.3* (0.8)
4-8.....	542	20.6 (0.6)	12.4 (0.5)	14.0 (0.5)	16.7 (0.5)	20.1 (0.6)	23.9 (0.6)	27.9 (0.9)	30.4 (1.0)
9-13.....	609	26.3 (0.7)	15.4 (0.8)	17.3 (0.7)	21.1 (0.7)	25.7 (0.7)	30.9 (0.9)	36.0 (1.2)	39.3 (1.4)
14-18.....	525	23.6 (1.2)	13.6 (0.8)	15.4 (0.8)	18.7 (0.9)	23.0 (1.1)	27.7 (1.4)	32.5 (1.7)	35.7 (1.9)
19-30.....	687	26.2 (0.6)	13.8 (0.5)	15.9 (0.5)	20.1 (0.5)	25.3 (0.6)	31.4 (0.8)	37.5 (0.9)	41.6 (0.9)
31-50.....	1226	26.4 (0.4)	13.8 (0.4)	16.0 (0.4)	20.2 (0.4)	25.5 (0.4)	31.6 (0.5)	37.9 (0.6)	42.0 (0.7)
19-50.....	1913	26.3 (0.4)	13.8 (0.4)	16.0 (0.4)	20.1 (0.4)	25.4 (0.4)	31.5 (0.5)	37.7 (0.6)	41.8 (0.7)
51-70.....	1455	26.0 (0.6)	13.5 (0.5)	15.7 (0.5)	19.9 (0.5)	25.1 (0.6)	31.1 (0.7)	37.2 (0.8)	41.2 (0.9)
71+.....	558	24.4 (0.6)	12.5 (0.5)	14.6 (0.5)	18.5 (0.5)	23.6 (0.6)	29.2 (0.7)	35.2 (0.9)	39.1 (1.0)
51+.....	2013	25.5 (0.6)	13.2 (0.4)	15.4 (0.5)	19.5 (0.5)	24.7 (0.6)	30.6 (0.7)	36.7 (0.8)	40.6 (0.9)
19+.....	3926	25.9 (0.4)	13.5 (0.3)	15.7 (0.3)	19.8 (0.3)	25.1 (0.4)	31.1 (0.4)	37.2 (0.6)	41.2 (0.7)
All:									
1+.....	11948	28.8 (0.3)	14.4 (0.2)	16.7 (0.2)	21.2 (0.2)	27.4 (0.3)	34.8 (0.4)	42.7 (0.5)	48.0 (0.7)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	12.4 (0.5)	6.7* (0.3)	7.7 (0.3)	9.5 (0.4)	11.9 (0.5)	14.8 (0.6)	17.7 (0.8)	19.7* (0.9)
4-8.....	555	15.8 (0.4)	8.8 (0.3)	10.0 (0.3)	12.3 (0.3)	15.2 (0.4)	18.7 (0.5)	22.2 (0.6)	24.5 (0.7)
9-13.....	575	19.2 (0.7)	10.8 (0.6)	12.2 (0.5)	15.0 (0.5)	18.5 (0.6)	22.7 (0.9)	26.9 (1.4)	29.8 (1.8)
14-18.....	584	21.1 (0.9)	12.0 (1.0)	13.6 (1.0)	16.6 (0.9)	20.5 (0.9)	24.9 (1.1)	29.5 (1.6)	32.6 (2.0)
19-30.....	696	21.6 (0.7)	11.2 (0.8)	13.0 (0.8)	16.4 (0.7)	20.8 (0.7)	26.0 (0.8)	31.3 (0.9)	34.7 (1.0)
31-50.....	1161	23.8 (0.8)	12.7 (0.6)	14.6 (0.6)	18.3 (0.6)	23.0 (0.7)	28.5 (1.0)	34.1 (1.4)	37.8 (1.6)
19-50.....	1857	23.0 (0.5)	12.0 (0.6)	13.9 (0.6)	17.5 (0.5)	22.1 (0.5)	27.5 (0.7)	33.1 (1.0)	36.8 (1.3)
51-70.....	1387	24.2 (0.8)	12.9 (0.4)	14.9 (0.4)	18.6 (0.5)	23.4 (0.7)	28.9 (1.0)	34.5 (1.4)	38.2 (1.7)
71+.....	596	22.1 (0.4)	11.6 (0.6)	13.4 (0.6)	16.8 (0.5)	21.3 (0.5)	26.5 (0.5)	31.8 (0.7)	35.6 (0.9)
51+.....	1983	23.7 (0.6)	12.5 (0.4)	14.4 (0.4)	18.1 (0.4)	22.8 (0.5)	28.3 (0.8)	33.9 (1.2)	37.7 (1.6)
19+.....	3840	23.3 (0.5)	12.2 (0.5)	14.1 (0.5)	17.7 (0.4)	22.4 (0.4)	27.9 (0.7)	33.5 (1.1)	37.2 (1.4)
Females:									
1-3.....	379	10.8 (0.3)	5.7* (0.2)	6.5 (0.2)	8.1 (0.3)	10.3 (0.3)	12.9 (0.4)	15.5 (0.5)	17.3* (0.5)
4-8.....	542	14.2 (0.5)	7.8 (0.3)	8.9 (0.4)	11.0 (0.4)	13.7 (0.5)	16.8 (0.6)	20.1 (0.7)	22.3 (0.8)
9-13.....	609	19.0 (1.0)	10.7 (0.4)	12.1 (0.4)	14.9 (0.6)	18.4 (0.9)	22.5 (1.4)	26.7 (2.0)	29.5 (2.5)
14-18.....	525	17.5 (0.9)	9.8 (0.9)	11.1 (0.8)	13.6 (0.8)	16.8 (0.9)	20.6 (1.1)	24.6 (1.5)	27.3 (1.8)
19-30.....	687	18.7 (0.6)	9.5 (0.5)	11.0 (0.5)	14.0 (0.5)	17.9 (0.6)	22.5 (0.7)	27.2 (0.8)	30.4 (0.8)
31-50.....	1226	18.3 (0.5)	9.2 (0.4)	10.7 (0.4)	13.7 (0.4)	17.5 (0.5)	22.1 (0.5)	26.8 (0.6)	30.0 (0.6)
19-50.....	1913	18.4 (0.4)	9.3 (0.3)	10.8 (0.3)	13.8 (0.3)	17.7 (0.4)	22.2 (0.4)	27.0 (0.4)	30.2 (0.5)
51-70.....	1455	17.8 (0.4)	8.9 (0.3)	10.4 (0.4)	13.3 (0.4)	17.1 (0.4)	21.5 (0.5)	26.1 (0.6)	29.2 (0.7)
71+.....	558	17.3 (0.5)	8.7 (0.3)	10.1 (0.3)	12.9 (0.4)	16.6 (0.5)	20.9 (0.6)	25.5 (0.7)	28.5 (0.8)
51+.....	2013	17.7 (0.4)	8.8 (0.3)	10.3 (0.3)	13.2 (0.3)	17.0 (0.4)	21.4 (0.5)	25.9 (0.6)	29.0 (0.7)
19+.....	3926	18.1 (0.3)	9.1 (0.3)	10.6 (0.3)	13.5 (0.3)	17.3 (0.3)	21.8 (0.3)	26.5 (0.4)	29.7 (0.5)
All:									
1+.....	11948	19.7 (0.3)	9.5 (0.2)	11.1 (0.2)	14.4 (0.2)	18.8 (0.3)	24.0 (0.4)	29.6 (0.5)	33.3 (0.7)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Males:											
1-3.....	413	11.2 (0.5)	6.1* (0.2)	6.9 (0.3)	8.6 (0.3)	10.8 (0.4)	13.3 (0.6)	16.0 (0.7)	17.8* (0.8)	7	90 (2.1)
4-8.....	555	14.2 (0.4)	8.0 (0.3)	9.0 (0.3)	11.1 (0.3)	13.7 (0.3)	16.9 (0.4)	20.0 (0.6)	22.1 (0.7)	10	84 (1.9)
9-13.....	575	17.3 (0.6)	9.7 (0.5)	11.0 (0.4)	13.5 (0.4)	16.8 (0.6)	20.6 (0.9)	24.4 (1.4)	27.0 (1.8)	12	85 (2.4)
14-18.....	584	19.0 (0.8)	10.7 (0.9)	12.1 (0.8)	14.9 (0.8)	18.4 (0.8)	22.4 (1.0)	26.6 (1.4)	29.4 (1.8)	16	67 (5.6)
19-30.....	696	19.2 (0.7)	10.0 (0.7)	11.6 (0.7)	14.6 (0.7)	18.5 (0.7)	23.1 (0.8)	27.8 (0.9)	30.9 (1.0)	17	60 (4.4)
31-50.....	1161	21.1 (0.6)	11.3 (0.6)	13.0 (0.6)	16.3 (0.5)	20.4 (0.6)	25.3 (0.8)	30.3 (1.1)	33.6 (1.3)	17	71 (3.2)
19-50.....	1857	20.4 (0.5)	10.7 (0.5)	12.4 (0.5)	15.6 (0.5)	19.7 (0.5)	24.5 (0.6)	29.4 (0.8)	32.6 (1.0)	17	66 (2.8)
51-70.....	1387	21.4 (0.7)	11.5 (0.4)	13.2 (0.4)	16.5 (0.5)	20.7 (0.7)	25.6 (0.9)	30.6 (1.3)	33.9 (1.5)	14	87 (1.9)
71+.....	596	19.5 (0.4)	10.2 (0.5)	11.8 (0.5)	14.8 (0.5)	18.7 (0.4)	23.3 (0.5)	28.0 (0.7)	31.3 (0.9)	14	79 (2.7)
51+.....	1983	20.9 (0.6)	11.0 (0.4)	12.7 (0.4)	16.0 (0.4)	20.2 (0.5)	25.0 (0.8)	30.0 (1.1)	33.3 (1.3)	14	85 (1.5)
19+.....	3840	20.6 (0.4)	10.9 (0.4)	12.5 (0.4)	15.7 (0.4)	19.9 (0.4)	24.7 (0.6)	29.7 (0.9)	33.0 (1.1)		74 (2.0)
Females:											
1-3.....	379	9.7 (0.3)	5.1* (0.2)	5.9 (0.2)	7.3 (0.2)	9.3 (0.3)	11.6 (0.3)	14.0 (0.4)	15.6* (0.5)	7	79 (2.8)
4-8.....	542	12.8 (0.4)	7.0 (0.3)	8.0 (0.3)	9.9 (0.4)	12.3 (0.4)	15.1 (0.5)	18.1 (0.6)	20.1 (0.7)	10	74 (3.9)
9-13.....	609	17.1 (0.9)	9.5 (0.3)	10.8 (0.3)	13.3 (0.5)	16.5 (0.8)	20.3 (1.3)	24.1 (1.9)	26.7 (2.3)	10	94 (1.1)
14-18.....	525	15.7 (0.9)	8.7 (0.9)	9.9 (0.8)	12.1 (0.8)	15.1 (0.9)	18.5 (1.1)	22.1 (1.4)	24.6 (1.7)	11	83 (5.4)
19-30.....	687	16.6 (0.5)	8.3 (0.4)	9.7 (0.4)	12.4 (0.4)	15.9 (0.5)	20.0 (0.6)	24.3 (0.6)	27.2 (0.7)	12	78 (2.9)
31-50.....	1226	16.2 (0.4)	8.1 (0.4)	9.4 (0.4)	12.1 (0.4)	15.5 (0.4)	19.6 (0.5)	23.9 (0.5)	26.8 (0.5)	12	76 (2.6)
19-50.....	1913	16.4 (0.3)	8.2 (0.3)	9.5 (0.3)	12.2 (0.3)	15.7 (0.3)	19.8 (0.4)	24.1 (0.4)	27.0 (0.4)	12	76 (2.1)
51-70.....	1455	15.8 (0.4)	7.8 (0.3)	9.1 (0.3)	11.7 (0.3)	15.1 (0.4)	19.1 (0.4)	23.2 (0.5)	26.0 (0.6)	11	80 (2.1)
71+.....	558	15.2 (0.4)	7.5 (0.3)	8.8 (0.3)	11.3 (0.3)	14.6 (0.4)	18.4 (0.5)	22.6 (0.6)	25.3 (0.7)	11	77 (2.1)
51+.....	2013	15.6 (0.4)	7.7 (0.3)	9.0 (0.3)	11.6 (0.3)	15.0 (0.3)	18.9 (0.4)	23.0 (0.5)	25.8 (0.6)	11	79 (1.9)
19+.....	3926	16.0 (0.3)	7.9 (0.3)	9.3 (0.3)	11.9 (0.3)	15.3 (0.3)	19.4 (0.3)	23.6 (0.4)	26.5 (0.4)		78 (1.7)
All:											
1+.....	11948	17.6 (0.2)	8.4 (0.1)	9.9 (0.1)	12.8 (0.2)	16.7 (0.2)	21.4 (0.3)	26.3 (0.5)	29.6 (0.6)		77 (1.0)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Males:											
1-3.....	413	1.07 (0.03)	0.56* (0.02)	0.64 (0.03)	0.80 (0.03)	1.01 (0.03)	1.28 (0.04)	1.56 (0.06)	1.76* (0.07)	0.7	85 (2.4)
4-8.....	555	1.32 (0.05)	0.70 (0.04)	0.80 (0.04)	1.00 (0.04)	1.26 (0.05)	1.58 (0.05)	1.92 (0.06)	2.16 (0.07)	0.9	83 (2.9)
9-13.....	575	1.53 (0.05)	0.88 (0.05)	0.99 (0.04)	1.20 (0.04)	1.48 (0.04)	1.81 (0.06)	2.14 (0.10)	2.38 (0.12)	1.2	75 (3.5)
14-18.....	584	1.79 (0.09)	1.04 (0.09)	1.17 (0.09)	1.42 (0.09)	1.74 (0.09)	2.11 (0.10)	2.49 (0.13)	2.75 (0.15)	1.6	61 (7.0)
19-30.....	696	1.89 (0.05)	0.91 (0.06)	1.07 (0.06)	1.38 (0.05)	1.80 (0.05)	2.30 (0.07)	2.84 (0.11)	3.20 (0.15)	1.6	62 (2.9)
31-50.....	1161	2.20 (0.08)	1.09 (0.08)	1.27 (0.08)	1.63 (0.07)	2.09 (0.08)	2.66 (0.11)	3.25 (0.16)	3.66 (0.19)	1.6	76 (3.6)
19-50.....	1857	2.08 (0.06)	1.01 (0.06)	1.18 (0.06)	1.52 (0.05)	1.97 (0.06)	2.52 (0.08)	3.11 (0.12)	3.51 (0.16)	1.6	71 (2.7)
51-70.....	1387	2.25 (0.10)	1.13 (0.04)	1.31 (0.04)	1.67 (0.06)	2.15 (0.09)	2.72 (0.14)	3.32 (0.20)	3.72 (0.25)	1.6	78 (2.7)
71+.....	596	2.10 (0.05)	1.03 (0.07)	1.21 (0.06)	1.54 (0.06)	1.99 (0.05)	2.54 (0.08)	3.11 (0.12)	3.52 (0.16)	1.6	72 (3.0)
51+.....	1983	2.21 (0.08)	1.10 (0.04)	1.28 (0.04)	1.63 (0.04)	2.11 (0.07)	2.67 (0.12)	3.27 (0.18)	3.68 (0.23)	1.6	77 (2.1)
19+.....	3840	2.14 (0.06)	1.04 (0.05)	1.22 (0.05)	1.57 (0.04)	2.03 (0.05)	2.59 (0.09)	3.18 (0.14)	3.59 (0.18)	1.6	73 (2.0)
Females:											
1-3.....	379	0.92 (0.05)	0.48* (0.03)	0.55 (0.03)	0.68 (0.04)	0.88 (0.05)	1.11 (0.06)	1.36 (0.07)	1.53* (0.09)	0.7	73 (4.6)
4-8.....	542	1.21 (0.05)	0.63 (0.03)	0.73 (0.03)	0.91 (0.04)	1.15 (0.05)	1.44 (0.06)	1.76 (0.08)	1.98 (0.09)	0.9	76 (4.0)
9-13.....	609	1.62 (0.07)	0.93 (0.05)	1.05 (0.04)	1.28 (0.05)	1.57 (0.06)	1.91 (0.09)	2.26 (0.13)	2.49 (0.16)	1	92 (2.1)
14-18.....	525	1.53 (0.09)	0.88 (0.10)	0.99 (0.10)	1.20 (0.10)	1.48 (0.09)	1.80 (0.10)	2.14 (0.11)	2.36 (0.12)	1.1	83 (6.6)
19-30.....	687	1.71 (0.06)	0.86 (0.05)	0.99 (0.05)	1.26 (0.05)	1.63 (0.06)	2.07 (0.07)	2.53 (0.08)	2.86 (0.10)	1.1	85 (2.9)
31-50.....	1226	1.71 (0.06)	0.85 (0.05)	0.99 (0.05)	1.26 (0.06)	1.62 (0.06)	2.07 (0.07)	2.54 (0.08)	2.87 (0.09)	1.1	84 (2.9)
19-50.....	1913	1.71 (0.04)	0.85 (0.05)	0.99 (0.05)	1.26 (0.04)	1.63 (0.04)	2.07 (0.05)	2.54 (0.06)	2.86 (0.08)	1.1	85 (2.4)
51-70.....	1455	1.70 (0.04)	0.84 (0.04)	0.98 (0.04)	1.25 (0.04)	1.62 (0.04)	2.05 (0.05)	2.51 (0.07)	2.83 (0.08)	1.1	84 (2.2)
71+.....	558	1.73 (0.06)	0.87 (0.04)	1.00 (0.04)	1.28 (0.05)	1.65 (0.06)	2.08 (0.08)	2.56 (0.10)	2.88 (0.12)	1.1	85 (2.4)
51+.....	2013	1.71 (0.04)	0.85 (0.04)	0.99 (0.04)	1.26 (0.04)	1.63 (0.04)	2.06 (0.05)	2.53 (0.07)	2.85 (0.09)	1.1	85 (2.1)
19+.....	3926	1.71 (0.03)	0.85 (0.04)	0.99 (0.04)	1.26 (0.04)	1.63 (0.04)	2.06 (0.04)	2.53 (0.06)	2.86 (0.07)	1.1	85 (2.1)
All:											
1+.....	11948	1.80 (0.03)	0.83 (0.02)	0.98 (0.02)	1.28 (0.02)	1.69 (0.03)	2.20 (0.05)	2.77 (0.08)	3.16 (0.11)		79 (1.3)

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

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Table A 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)	
Males:											
1-3.....	413	0.01	(0.001)	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.001)
4-8.....	555	0.01	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)
9-13.....	575	0.01	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.02 (0.003)
14-18.....	584	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.03 (0.003)
19-30.....	696	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.004)	0.04 (0.005)	
31-50.....	1161	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.004)	0.05 (0.005)	
19-50.....	1857	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.004)	0.05 (0.005)	
51-70.....	1387	0.03	(0.002)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.006)	
71+.....	596	0.02	(0.003)	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.003)	0.04 (0.005)	0.04 (0.006)	
51+.....	1983	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.05 (0.005)	
19+.....	3840	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (0.003)	0.05 (0.005)	
Females:											
1-3.....	379	0.01	(0.001)	#	#	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)	
4-8.....	542	0.01	(0.001)	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	
9-13.....	609	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)	0.03 (0.003)	
14-18.....	525	0.01	(0.001)	#	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	
19-30.....	687	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	
31-50.....	1226	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.03 (0.004)	
19-50.....	1913	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	
51-70.....	1455	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.003)	
71+.....	558	0.02	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	
51+.....	2013	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.003)	
19+.....	3926	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	
All:											
1+.....	11948	0.02	(0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.001)	0.03 (0.002)	0.04 (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

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Table A 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:										
1-3.....	413	0.02	(0.002)	#	#	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.004)
4-8.....	555	0.02	(0.002)	#	#	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.004)	0.04 (0.006)
9-13.....	575	0.02	(0.002)	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.002)	0.02 (0.003)	0.04 (0.004)	0.05 (0.005)
14-18.....	584	0.02	(0.004)	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04 (0.006)	0.05 (0.009)
19-30.....	696	0.05	(0.006)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.04 (0.004)	0.06 (0.008)	0.11 (0.015)	0.14 (0.022)
31-50.....	1161	0.05	(0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.04 (0.002)	0.06 (0.004)	0.10 (0.010)	0.14 (0.017)
19-50.....	1857	0.05	(0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.04 (0.002)	0.06 (0.005)	0.10 (0.011)	0.14 (0.017)
51-70.....	1387	0.07	(0.007)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.05 (0.006)	0.08 (0.008)	0.14 (0.014)	0.18 (0.022)
71+.....	596	0.06	(0.007)	0.01 (0.002)	0.01 (0.003)	0.02 (0.004)	0.04 (0.006)	0.07 (0.008)	0.12 (0.015)	0.17 (0.022)
51+.....	1983	0.06	(0.005)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.08 (0.007)	0.13 (0.012)	0.18 (0.019)
19+.....	3840	0.06	(0.003)	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.04 (0.002)	0.07 (0.004)	0.12 (0.010)	0.16 (0.017)
Females:										
1-3.....	379	0.01	(0.002)	#	#	0.01 (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.005)
4-8.....	542	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)
9-13.....	609	0.02	(0.003)	0.01 (0.002)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.02 (0.004)	0.04 (0.005)	0.05 (0.007)
14-18.....	525	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 (0.006)
19-30.....	687	0.04	(0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.004)	0.05 (0.007)	0.09 (0.011)	0.13 (0.015)
31-50.....	1226	0.04	(0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.05 (0.005)	0.09 (0.008)	0.12 (0.011)
19-50.....	1913	0.04	(0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.05 (0.005)	0.09 (0.008)	0.12 (0.012)
51-70.....	1455	0.04	(0.005)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.05 (0.006)	0.09 (0.011)	0.13 (0.016)
71+.....	558	0.05	(0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.03 (0.003)	0.06 (0.005)	0.10 (0.010)	0.14 (0.014)
51+.....	2013	0.05	(0.004)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.003)	0.06 (0.005)	0.10 (0.010)	0.13 (0.014)
19+.....	3926	0.04	(0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.03 (0.002)	0.05 (0.004)	0.09 (0.007)	0.13 (0.011)
All:										
1+.....	11948	0.04	(0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.03 (0.001)	0.05 (0.002)	0.09 (0.005)	0.13 (0.008)

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

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Table A 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	198 (9)	80* (7)	96 (8)	130 (8)	180 (9)	246 (11)	322 (15)	378* (19)
4-8.....	555	222 (10)	90 (6)	108 (6)	147 (6)	202 (8)	277 (13)	361 (22)	423 (30)
9-13.....	575	231 (16)	106 (15)	125 (15)	165 (15)	218 (16)	283 (18)	352 (21)	400 (24)
14-18.....	584	288 (11)	137 (13)	162 (12)	210 (12)	274 (11)	351 (13)	433 (20)	489 (26)
19-30.....	696	349 (16)	148 (13)	180 (14)	243 (15)	329 (16)	433 (18)	544 (20)	617 (22)
31-50.....	1161	375 (11)	163 (8)	197 (8)	264 (9)	354 (11)	464 (14)	580 (20)	658 (23)
19-50.....	1857	365 (9)	157 (9)	190 (9)	255 (9)	344 (9)	452 (11)	566 (15)	644 (19)
51-70.....	1387	360 (11)	154 (11)	187 (11)	251 (11)	339 (11)	445 (13)	557 (15)	633 (18)
71+.....	596	348 (13)	148 (8)	180 (9)	242 (10)	327 (13)	431 (17)	541 (23)	620 (26)
51+.....	1983	357 (8)	152 (8)	184 (8)	249 (8)	336 (8)	442 (9)	553 (12)	629 (15)
19+.....	3840	361 (6)	155 (8)	187 (8)	252 (7)	341 (7)	448 (8)	561 (13)	638 (16)
Females:									
1-3.....	379	173 (11)	69* (9)	83 (10)	112 (10)	157 (11)	216 (12)	283 (14)	333* (16)
4-8.....	542	201 (10)	80 (6)	97 (7)	132 (7)	182 (9)	248 (13)	328 (20)	384 (26)
9-13.....	609	234 (10)	107 (10)	127 (10)	167 (10)	221 (10)	288 (13)	357 (19)	405 (23)
14-18.....	525	204 (11)	92 (11)	109 (11)	144 (11)	192 (11)	250 (14)	314 (18)	358 (22)
19-30.....	687	275 (13)	121 (10)	145 (10)	193 (11)	259 (13)	339 (16)	425 (19)	484 (21)
31-50.....	1226	271 (12)	118 (8)	141 (9)	190 (10)	255 (12)	335 (15)	421 (19)	480 (21)
19-50.....	1913	273 (11)	119 (8)	143 (8)	191 (9)	257 (10)	337 (13)	423 (16)	481 (19)
51-70.....	1455	269 (7)	117 (7)	141 (7)	189 (6)	254 (7)	333 (9)	416 (13)	474 (17)
71+.....	558	262 (11)	113 (9)	136 (9)	183 (10)	247 (11)	323 (12)	407 (16)	464 (19)
51+.....	2013	267 (7)	116 (7)	139 (7)	187 (6)	252 (7)	330 (9)	414 (13)	471 (17)
19+.....	3926	270 (7)	117 (7)	141 (6)	189 (6)	254 (7)	333 (8)	418 (12)	477 (16)
All:									
1+.....	11948	293 (5)	115 (5)	141 (5)	194 (4)	270 (5)	367 (8)	476 (11)	551 (14)

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

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Table A 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	559 (20)	265* (17)	312 (18)	405 (18)	530 (19)	683 (25)	841 (33)	951* (40)	210	<3
4-8.....	555	585 (30)	276 (22)	327 (22)	425 (23)	556 (29)	716 (39)	880 (50)	994 (60)	275	5 (1.6)
9-13.....	575	622 (29)	259 (21)	313 (21)	426 (23)	581 (28)	775 (37)	981 (50)	1129 (61)	445	28 (3.9)
14-18.....	584	571 (20)	227 (14)	279 (14)	385 (14)	532 (18)	713 (27)	912 (40)	1052 (53)	630	65 (3.1)
19-30.....	696	566 (24)	210 (19)	261 (19)	368 (19)	520 (23)	715 (32)	931 (44)	1078 (50)	625	65 (3.5)
31-50.....	1161	648 (35)	252 (20)	310 (21)	431 (24)	599 (32)	814 (45)	1050 (61)	1215 (72)	625	54 (4.7)
19-50.....	1857	616 (25)	233 (17)	288 (18)	403 (18)	567 (22)	776 (33)	1007 (47)	1168 (58)	625	58 (3.4)
51-70.....	1387	666 (26)	261 (19)	320 (18)	443 (19)	616 (23)	835 (34)	1073 (46)	1238 (58)	625	51 (3.2)
71+.....	596	782 (29)	321 (29)	391 (29)	531 (29)	727 (30)	973 (32)	1238 (44)	1435 (54)	625	37 (3.7)
51+.....	1983	697 (22)	272 (19)	334 (19)	463 (19)	645 (20)	873 (28)	1126 (36)	1299 (47)	625	47 (2.7)
19+.....	3840	651 (17)	247 (15)	306 (15)	427 (15)	600 (16)	820 (24)	1062 (37)	1230 (46)	625	53 (2.3)
Females:											
1-3.....	379	538 (24)	252* (17)	298 (16)	386 (18)	511 (24)	659 (30)	812 (41)	919* (52)	210	<3
4-8.....	542	541 (20)	250 (17)	298 (18)	391 (17)	513 (20)	660 (24)	821 (35)	927 (43)	275	7 (1.7)
9-13.....	609	605 (26)	248 (15)	302 (16)	412 (17)	564 (23)	755 (36)	959 (51)	1099 (62)	420	26 (2.8)
14-18.....	525	474 (22)	184 (18)	226 (18)	313 (18)	438 (21)	593 (28)	765 (38)	888 (47)	485	59 (3.9)
19-30.....	687	557 (18)	232 (15)	280 (16)	379 (16)	517 (17)	691 (24)	882 (36)	1018 (45)	500	47 (3.0)
31-50.....	1226	587 (23)	246 (18)	296 (19)	401 (20)	546 (22)	728 (28)	930 (38)	1071 (48)	500	42 (3.8)
19-50.....	1913	576 (17)	241 (16)	290 (16)	392 (16)	534 (17)	714 (23)	913 (34)	1051 (43)	500	44 (2.9)
51-70.....	1455	592 (19)	249 (19)	301 (19)	406 (19)	552 (19)	734 (24)	933 (32)	1072 (42)	500	41 (3.2)
71+.....	558	701 (35)	309 (24)	367 (26)	490 (30)	658 (34)	860 (42)	1089 (54)	1246 (64)	500	27 (4.4)
51+.....	2013	624 (14)	262 (18)	317 (18)	426 (16)	582 (14)	772 (18)	984 (28)	1132 (41)	500	37 (2.5)
19+.....	3926	599 (9)	250 (15)	302 (15)	408 (13)	557 (10)	743 (13)	949 (26)	1093 (38)	500	41 (1.8)
All:											
1+.....	11948	611 (9)	246 (11)	300 (11)	410 (9)	564 (8)	760 (13)	979 (25)	1135 (36)		42 (1.3)

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

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Table A 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Males:											
1-3.....	413	459 (26)	215* (22)	254 (23)	333 (25)	437 (27)	561 (28)	689 (38)	777* (47)	600	20 (3.9)
4-8.....	555	487 (25)	229 (22)	272 (23)	355 (25)	464 (26)	597 (31)	730 (38)	821 (43)	900	<3
9-13.....	575	521 (29)	200 (21)	247 (22)	346 (23)	483 (28)	657 (36)	842 (49)	976 (59)	1700	<3
14-18.....	584	464 (19)	167 (14)	210 (15)	300 (14)	427 (17)	586 (26)	763 (39)	887 (49)	2800	<3
19-30.....	696	404 (21)	135 (15)	172 (16)	252 (17)	367 (19)	516 (26)	685 (36)	799 (44)	3000	<3
31-50.....	1161	440 (21)	152 (11)	193 (11)	278 (13)	401 (18)	560 (28)	737 (41)	862 (51)	3000	<3
19-50.....	1857	426 (15)	145 (10)	184 (11)	267 (11)	387 (13)	543 (21)	717 (31)	840 (41)	3000	<3
51-70.....	1387	454 (20)	159 (14)	200 (14)	288 (15)	414 (18)	576 (27)	756 (36)	881 (45)	3000	<3
71+.....	596	546 (27)	204 (20)	254 (21)	356 (23)	502 (25)	687 (33)	889 (46)	1040 (54)	3000	<3
51+.....	1983	478 (18)	167 (13)	211 (14)	303 (15)	437 (16)	607 (23)	799 (31)	931 (38)	3000	<3
19+.....	3840	449 (14)	153 (11)	194 (11)	282 (11)	407 (13)	572 (19)	755 (28)	881 (37)	3000	<3
Females:											
1-3.....	379	411 (16)	186* (16)	222 (15)	292 (14)	390 (16)	506 (20)	624 (28)	707* (31)	600	12 (2.5)
4-8.....	542	431 (14)	195 (15)	234 (15)	311 (14)	410 (13)	528 (19)	656 (29)	740 (36)	900	<3
9-13.....	609	486 (29)	181 (20)	225 (21)	318 (23)	448 (25)	615 (39)	793 (55)	917 (65)	1700	<3
14-18.....	525	357 (19)	121 (15)	154 (15)	223 (16)	325 (18)	454 (25)	600 (35)	705 (44)	2800	<3
19-30.....	687	373 (14)	152 (10)	185 (10)	253 (9)	347 (12)	465 (19)	593 (26)	683 (32)	3000	<3
31-50.....	1226	371 (20)	150 (17)	182 (18)	251 (19)	345 (20)	463 (24)	592 (30)	682 (34)	3000	<3
19-50.....	1913	372 (15)	151 (14)	184 (14)	252 (14)	346 (15)	464 (19)	592 (25)	682 (30)	3000	<3
51-70.....	1455	358 (11)	143 (13)	175 (14)	242 (14)	334 (12)	447 (12)	571 (14)	657 (20)	3000	<3
71+.....	558	428 (19)	181 (18)	218 (19)	296 (19)	402 (20)	528 (22)	671 (29)	768 (37)	3000	<3
51+.....	2013	378 (12)	151 (14)	186 (14)	255 (14)	353 (13)	472 (12)	604 (18)	696 (24)	3000	<3
19+.....	3926	375 (10)	151 (13)	185 (13)	253 (13)	349 (11)	468 (12)	598 (18)	689 (25)	3000	<3
All:											
1+.....	11948	421 (9)	156 (12)	194 (11)	273 (8)	386 (10)	529 (17)	693 (25)	808 (30)		<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	1.17 (0.03)	0.74* (0.03)	0.82 (0.03)	0.96 (0.03)	1.15 (0.03)	1.36 (0.03)	1.57 (0.03)	1.71* (0.04)	0.4	<3
4-8.....	555	1.50 (0.03)	0.97 (0.03)	1.07 (0.02)	1.25 (0.03)	1.47 (0.03)	1.73 (0.04)	1.98 (0.06)	2.15 (0.07)	0.5	<3
9-13.....	575	1.70 (0.03)	0.95 (0.04)	1.07 (0.04)	1.32 (0.03)	1.64 (0.03)	2.02 (0.05)	2.39 (0.08)	2.66 (0.10)	0.7	<3
14-18.....	584	1.79 (0.04)	0.99 (0.05)	1.13 (0.05)	1.39 (0.04)	1.73 (0.04)	2.12 (0.05)	2.52 (0.07)	2.79 (0.10)	1	5 (1.6)
19-30.....	696	1.77 (0.05)	1.00 (0.05)	1.13 (0.05)	1.39 (0.04)	1.71 (0.05)	2.09 (0.06)	2.48 (0.07)	2.73 (0.08)	1	5 (1.5)
31-50.....	1161	1.85 (0.04)	1.05 (0.04)	1.19 (0.04)	1.46 (0.04)	1.80 (0.04)	2.19 (0.05)	2.59 (0.07)	2.85 (0.08)	1	4 (1.0)
19-50.....	1857	1.82 (0.03)	1.03 (0.04)	1.17 (0.04)	1.43 (0.03)	1.76 (0.03)	2.15 (0.04)	2.55 (0.05)	2.81 (0.07)	1	4 (1.0)
51-70.....	1387	1.86 (0.03)	1.06 (0.04)	1.20 (0.04)	1.46 (0.03)	1.80 (0.03)	2.20 (0.04)	2.60 (0.06)	2.86 (0.08)	1	3 (0.9)
71+.....	596	1.77 (0.04)	1.00 (0.05)	1.13 (0.04)	1.38 (0.04)	1.71 (0.04)	2.09 (0.04)	2.47 (0.05)	2.74 (0.07)	1	5 (1.3)
51+.....	1983	1.84 (0.03)	1.04 (0.04)	1.18 (0.04)	1.44 (0.03)	1.78 (0.03)	2.17 (0.03)	2.57 (0.05)	2.83 (0.07)	1	4 (1.0)
19+.....	3840	1.83 (0.02)	1.04 (0.04)	1.17 (0.03)	1.43 (0.03)	1.77 (0.02)	2.16 (0.03)	2.56 (0.05)	2.82 (0.06)	1	4 (1.0)
Females:											
1-3.....	379	1.07 (0.03)	0.66* (0.03)	0.74 (0.03)	0.87 (0.03)	1.04 (0.03)	1.24 (0.03)	1.43 (0.04)	1.57* (0.05)	0.4	<3
4-8.....	542	1.33 (0.03)	0.84 (0.04)	0.93 (0.03)	1.10 (0.03)	1.30 (0.03)	1.53 (0.04)	1.77 (0.05)	1.92 (0.05)	0.5	<3
9-13.....	609	1.60 (0.05)	0.88 (0.04)	1.00 (0.04)	1.24 (0.04)	1.54 (0.04)	1.91 (0.06)	2.27 (0.09)	2.52 (0.11)	0.7	<3
14-18.....	525	1.29 (0.05)	0.69 (0.05)	0.79 (0.05)	0.98 (0.05)	1.24 (0.05)	1.54 (0.06)	1.85 (0.08)	2.07 (0.09)	0.9	18 (3.7)
19-30.....	687	1.38 (0.04)	0.79 (0.04)	0.89 (0.04)	1.09 (0.04)	1.34 (0.04)	1.63 (0.05)	1.92 (0.07)	2.12 (0.08)	0.9	11 (2.2)
31-50.....	1226	1.34 (0.03)	0.76 (0.03)	0.85 (0.03)	1.05 (0.03)	1.29 (0.03)	1.58 (0.04)	1.87 (0.05)	2.07 (0.06)	0.9	13 (2.1)
19-50.....	1913	1.35 (0.02)	0.77 (0.03)	0.87 (0.03)	1.06 (0.02)	1.31 (0.02)	1.60 (0.03)	1.89 (0.05)	2.09 (0.06)	0.9	12 (1.7)
51-70.....	1455	1.32 (0.03)	0.75 (0.03)	0.85 (0.03)	1.04 (0.03)	1.28 (0.03)	1.56 (0.04)	1.85 (0.05)	2.04 (0.06)	0.9	13 (2.1)
71+.....	558	1.32 (0.03)	0.75 (0.03)	0.85 (0.03)	1.04 (0.03)	1.28 (0.03)	1.56 (0.04)	1.85 (0.05)	2.04 (0.07)	0.9	14 (2.1)
51+.....	2013	1.32 (0.02)	0.75 (0.03)	0.85 (0.02)	1.04 (0.02)	1.28 (0.02)	1.56 (0.03)	1.85 (0.05)	2.04 (0.06)	0.9	13 (1.7)
19+.....	3926	1.34 (0.02)	0.76 (0.03)	0.86 (0.02)	1.05 (0.02)	1.30 (0.02)	1.58 (0.03)	1.87 (0.05)	2.07 (0.06)	0.9	13 (1.6)
All:											
1+.....	11948	1.55 (0.01)	0.83 (0.02)	0.94 (0.02)	1.17 (0.01)	1.48 (0.01)	1.86 (0.02)	2.27 (0.03)	2.54 (0.04)		7 (0.8)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	1.55 (0.05)	0.97* (0.03)	1.08 (0.03)	1.27 (0.04)	1.51 (0.05)	1.79 (0.06)	2.07 (0.08)	2.26* (0.10)	0.4	<3
4-8.....	555	1.78 (0.05)	1.13 (0.03)	1.25 (0.03)	1.47 (0.03)	1.74 (0.04)	2.06 (0.06)	2.36 (0.08)	2.57 (0.10)	0.5	<3
9-13.....	575	1.91 (0.05)	1.02 (0.05)	1.17 (0.05)	1.46 (0.04)	1.84 (0.04)	2.29 (0.07)	2.74 (0.10)	3.06 (0.13)	0.8	<3
14-18.....	584	2.05 (0.06)	1.10 (0.06)	1.26 (0.06)	1.58 (0.06)	1.98 (0.06)	2.45 (0.08)	2.94 (0.12)	3.27 (0.15)	1.1	5 (1.5)
19-30.....	696	2.14 (0.06)	0.94 (0.06)	1.12 (0.06)	1.49 (0.05)	2.00 (0.06)	2.64 (0.09)	3.34 (0.13)	3.82 (0.16)	1.1	9 (1.8)
31-50.....	1161	2.56 (0.09)	1.17 (0.05)	1.38 (0.05)	1.81 (0.06)	2.40 (0.08)	3.14 (0.13)	3.93 (0.19)	4.48 (0.23)	1.1	4 (0.9)
19-50.....	1857	2.39 (0.06)	1.05 (0.04)	1.26 (0.04)	1.67 (0.03)	2.24 (0.05)	2.95 (0.09)	3.73 (0.15)	4.27 (0.20)	1.1	6 (1.0)
51-70.....	1387	2.41 (0.05)	1.09 (0.05)	1.29 (0.05)	1.70 (0.04)	2.26 (0.04)	2.96 (0.07)	3.72 (0.12)	4.24 (0.16)	1.1	5 (1.0)
71+.....	596	2.32 (0.05)	1.04 (0.07)	1.23 (0.07)	1.62 (0.07)	2.16 (0.06)	2.84 (0.06)	3.57 (0.09)	4.12 (0.13)	1.1	6 (1.6)
51+.....	1983	2.39 (0.04)	1.07 (0.06)	1.27 (0.05)	1.68 (0.04)	2.24 (0.04)	2.93 (0.06)	3.69 (0.10)	4.21 (0.14)	1.1	6 (1.1)
19+.....	3840	2.39 (0.04)	1.06 (0.05)	1.26 (0.04)	1.67 (0.03)	2.24 (0.03)	2.94 (0.07)	3.71 (0.12)	4.24 (0.17)	1.1	6 (1.0)
Females:											
1-3.....	379	1.45 (0.04)	0.90* (0.04)	1.00 (0.04)	1.17 (0.04)	1.41 (0.04)	1.68 (0.05)	1.94 (0.07)	2.12* (0.08)	0.4	<3
4-8.....	542	1.62 (0.04)	1.01 (0.03)	1.12 (0.03)	1.33 (0.03)	1.58 (0.04)	1.86 (0.05)	2.16 (0.07)	2.35 (0.09)	0.5	<3
9-13.....	609	1.87 (0.06)	0.99 (0.04)	1.13 (0.04)	1.42 (0.04)	1.79 (0.05)	2.24 (0.09)	2.69 (0.13)	2.99 (0.16)	0.8	<3
14-18.....	525	1.49 (0.07)	0.76 (0.06)	0.88 (0.06)	1.11 (0.06)	1.42 (0.06)	1.79 (0.08)	2.17 (0.11)	2.44 (0.13)	0.9	11 (2.8)
19-30.....	687	1.67 (0.04)	0.89 (0.03)	1.02 (0.03)	1.28 (0.03)	1.61 (0.04)	2.00 (0.05)	2.40 (0.06)	2.67 (0.08)	0.9	5 (1.0)
31-50.....	1226	1.78 (0.03)	0.96 (0.03)	1.10 (0.03)	1.37 (0.03)	1.72 (0.03)	2.13 (0.04)	2.55 (0.06)	2.84 (0.07)	0.9	3 (0.7)
19-50.....	1913	1.74 (0.03)	0.93 (0.03)	1.07 (0.03)	1.33 (0.03)	1.67 (0.03)	2.08 (0.04)	2.50 (0.05)	2.77 (0.07)	0.9	4 (0.7)
51-70.....	1455	1.79 (0.04)	0.96 (0.03)	1.11 (0.03)	1.38 (0.03)	1.73 (0.04)	2.14 (0.05)	2.55 (0.07)	2.83 (0.08)	0.9	4 (0.6)
71+.....	558	1.71 (0.04)	0.91 (0.03)	1.04 (0.03)	1.31 (0.03)	1.65 (0.04)	2.03 (0.05)	2.45 (0.06)	2.72 (0.08)	0.9	5 (0.7)
51+.....	2013	1.77 (0.04)	0.94 (0.03)	1.09 (0.03)	1.36 (0.03)	1.71 (0.03)	2.11 (0.05)	2.52 (0.06)	2.80 (0.08)	0.9	4 (0.6)
19+.....	3926	1.75 (0.03)	0.94 (0.02)	1.08 (0.02)	1.34 (0.02)	1.69 (0.03)	2.09 (0.04)	2.51 (0.06)	2.79 (0.07)	0.9	4 (0.6)
All:											
1+.....	11948	1.99 (0.02)	0.97 (0.02)	1.13 (0.02)	1.43 (0.01)	1.84 (0.02)	2.38 (0.02)	3.05 (0.05)	3.55 (0.09)		4 (0.5)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	14.6 (0.4)	8.9* (0.3)	9.9 (0.3)	11.8 (0.3)	14.3 (0.4)	17.0 (0.5)	19.8 (0.6)	21.7* (0.7)	5	<3
4-8.....	555	19.5 (0.3)	12.3 (0.3)	13.6 (0.2)	16.1 (0.3)	19.1 (0.3)	22.6 (0.4)	26.0 (0.6)	28.2 (0.6)	6	<3
9-13.....	575	23.0 (0.5)	13.0 (0.6)	14.7 (0.6)	18.0 (0.5)	22.3 (0.5)	27.3 (0.7)	32.2 (0.9)	35.7 (1.1)	9	<3
14-18.....	584	28.1 (0.8)	16.3 (0.7)	18.4 (0.7)	22.4 (0.7)	27.4 (0.8)	33.0 (1.0)	38.8 (1.4)	42.7 (1.7)	12	<3
19-30.....	696	31.4 (1.1)	16.0 (1.0)	18.5 (0.9)	23.5 (0.9)	30.0 (1.1)	37.9 (1.5)	46.2 (2.0)	51.6 (2.3)	12	<3
31-50.....	1161	33.4 (1.1)	17.2 (1.1)	19.9 (1.1)	25.1 (1.1)	31.9 (1.1)	40.1 (1.4)	48.8 (1.9)	54.7 (2.3)	12	<3
19-50.....	1857	32.6 (0.7)	16.7 (0.8)	19.3 (0.7)	24.4 (0.6)	31.1 (0.6)	39.2 (1.0)	47.8 (1.5)	53.6 (2.0)	12	<3
51-70.....	1387	29.9 (0.9)	15.1 (0.9)	17.5 (0.9)	22.2 (0.8)	28.5 (0.8)	36.0 (1.2)	44.0 (1.7)	49.3 (2.2)	12	<3
71+.....	596	26.1 (0.6)	12.9 (0.9)	15.0 (0.9)	19.2 (0.8)	24.8 (0.7)	31.6 (0.8)	38.8 (1.2)	44.0 (1.6)	12	4* (1.3)
51+.....	1983	28.9 (0.7)	14.3 (0.9)	16.6 (0.9)	21.3 (0.8)	27.5 (0.7)	34.9 (1.0)	42.9 (1.6)	48.2 (2.0)	12	<3
19+.....	3840	31.0 (0.5)	15.4 (0.8)	17.9 (0.7)	22.9 (0.6)	29.5 (0.4)	37.4 (0.8)	45.9 (1.3)	51.6 (1.8)	12	<3
Females:											
1-3.....	379	13.2 (0.4)	7.9* (0.3)	8.9 (0.3)	10.6 (0.3)	12.9 (0.4)	15.5 (0.5)	18.0 (0.6)	19.8* (0.6)	5	<3
4-8.....	542	17.6 (0.4)	10.9 (0.4)	12.2 (0.4)	14.5 (0.4)	17.2 (0.4)	20.4 (0.5)	23.6 (0.5)	25.7 (0.6)	6	<3
9-13.....	609	22.2 (0.8)	12.3 (0.6)	14.0 (0.6)	17.3 (0.7)	21.4 (0.8)	26.3 (1.0)	31.2 (1.3)	34.4 (1.5)	9	<3
14-18.....	525	19.4 (1.2)	10.6 (1.0)	12.1 (1.0)	15.0 (1.1)	18.7 (1.2)	23.0 (1.4)	27.5 (1.7)	30.5 (1.9)	11	6 (2.6)
19-30.....	687	22.1 (0.6)	13.0 (0.5)	14.7 (0.5)	17.7 (0.5)	21.5 (0.6)	25.8 (0.7)	30.1 (0.9)	33.0 (1.0)	11	<3
31-50.....	1226	21.3 (0.3)	12.5 (0.4)	14.0 (0.4)	17.0 (0.3)	20.7 (0.3)	24.9 (0.4)	29.2 (0.5)	32.1 (0.7)	11	<3
19-50.....	1913	21.6 (0.3)	12.6 (0.4)	14.2 (0.4)	17.3 (0.3)	21.0 (0.3)	25.3 (0.4)	29.6 (0.6)	32.4 (0.7)	11	<3
51-70.....	1455	20.2 (0.5)	11.7 (0.4)	13.2 (0.4)	16.1 (0.4)	19.6 (0.5)	23.7 (0.7)	27.8 (0.9)	30.5 (1.0)	11	4 (0.9)
71+.....	558	19.5 (0.4)	11.2 (0.4)	12.7 (0.4)	15.5 (0.4)	19.0 (0.4)	22.9 (0.5)	26.9 (0.7)	29.6 (0.8)	11	4 (1.0)
51+.....	2013	20.0 (0.4)	11.5 (0.4)	13.0 (0.4)	15.9 (0.4)	19.4 (0.4)	23.4 (0.6)	27.5 (0.8)	30.2 (0.9)	11	4 (0.8)
19+.....	3926	20.8 (0.3)	12.0 (0.4)	13.6 (0.4)	16.5 (0.3)	20.2 (0.3)	24.4 (0.5)	28.7 (0.6)	31.5 (0.8)	11	<3
All:											
1+.....	11948	24.6 (0.3)	12.2 (0.2)	14.0 (0.2)	17.6 (0.2)	22.6 (0.3)	29.4 (0.4)	37.8 (0.7)	43.8 (1.2)		<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	1.37 (0.04)	0.85* (0.04)	0.94 (0.04)	1.12 (0.04)	1.33 (0.04)	1.58 (0.05)	1.83 (0.06)	2.00* (0.08)	0.4	<3	30	<3
4-8.....	555	1.58 (0.03)	1.00 (0.03)	1.10 (0.03)	1.30 (0.02)	1.54 (0.03)	1.83 (0.05)	2.10 (0.07)	2.29 (0.09)	0.5	<3	40	<3
9-13.....	575	1.73 (0.07)	0.86 (0.06)	0.99 (0.06)	1.27 (0.06)	1.64 (0.06)	2.10 (0.09)	2.59 (0.13)	2.94 (0.16)	0.8	4* (1.5)	60	<3
14-18.....	584	2.04 (0.07)	1.02 (0.06)	1.18 (0.06)	1.51 (0.05)	1.94 (0.07)	2.46 (0.10)	3.03 (0.15)	3.43 (0.20)	1.1	7 (1.9)	80	<3
19-30.....	696	2.47 (0.11)	1.02 (0.08)	1.23 (0.08)	1.66 (0.08)	2.27 (0.10)	3.07 (0.14)	3.97 (0.21)	4.59 (0.26)	1.1	7 (1.7)	100	<3
31-50.....	1161	2.70 (0.12)	1.14 (0.12)	1.36 (0.12)	1.83 (0.13)	2.49 (0.13)	3.34 (0.14)	4.30 (0.21)	4.99 (0.26)	1.1	4 (2.2)	100	<3
19-50.....	1857	2.61 (0.07)	1.09 (0.09)	1.31 (0.09)	1.76 (0.08)	2.40 (0.07)	3.24 (0.10)	4.18 (0.16)	4.85 (0.22)	1.1	5 (1.8)	100	<3
51-70.....	1387	2.48 (0.07)	1.03 (0.08)	1.24 (0.08)	1.67 (0.08)	2.28 (0.07)	3.08 (0.09)	3.97 (0.14)	4.59 (0.20)	1.4	15 (2.7)	100	<3
71+.....	596	2.32 (0.08)	0.95 (0.09)	1.15 (0.09)	1.55 (0.08)	2.12 (0.08)	2.87 (0.11)	3.71 (0.17)	4.36 (0.24)	1.4	19 (3.3)	100	<3
51+.....	1983	2.44 (0.06)	1.00 (0.08)	1.21 (0.08)	1.63 (0.08)	2.24 (0.07)	3.02 (0.07)	3.91 (0.12)	4.54 (0.18)	1.4	16 (2.8)	100	<3
19+.....	3840	2.54 (0.05)	1.05 (0.08)	1.26 (0.08)	1.70 (0.07)	2.33 (0.05)	3.14 (0.07)	4.07 (0.13)	4.72 (0.18)		10 (2.0)	100	<3
Females:													
1-3.....	379	1.29 (0.03)	0.80* (0.04)	0.89 (0.04)	1.05 (0.03)	1.26 (0.03)	1.50 (0.03)	1.73 (0.05)	1.90* (0.06)	0.4	<3	30	<3
4-8.....	542	1.47 (0.03)	0.91 (0.05)	1.02 (0.04)	1.20 (0.04)	1.43 (0.03)	1.69 (0.03)	1.96 (0.05)	2.13 (0.06)	0.5	<3	40	<3
9-13.....	609	1.77 (0.08)	0.87 (0.06)	1.01 (0.06)	1.29 (0.06)	1.67 (0.07)	2.14 (0.11)	2.64 (0.16)	2.99 (0.20)	0.8	3* (1.1)	60	<3
14-18.....	525	1.46 (0.09)	0.71 (0.05)	0.82 (0.05)	1.05 (0.06)	1.37 (0.08)	1.76 (0.11)	2.19 (0.15)	2.50 (0.18)	1	21 (4.0)	80	<3
19-30.....	687	1.77 (0.05)	0.93 (0.05)	1.07 (0.05)	1.34 (0.05)	1.70 (0.05)	2.12 (0.06)	2.56 (0.08)	2.87 (0.09)	1.1	11 (2.3)	100	<3
31-50.....	1226	1.70 (0.05)	0.88 (0.05)	1.01 (0.05)	1.28 (0.05)	1.62 (0.05)	2.04 (0.05)	2.47 (0.06)	2.77 (0.07)	1.1	14 (2.9)	100	<3
19-50.....	1913	1.73 (0.04)	0.90 (0.05)	1.04 (0.05)	1.30 (0.05)	1.65 (0.04)	2.07 (0.05)	2.51 (0.06)	2.81 (0.07)	1.1	13 (2.5)	100	<3
51-70.....	1455	1.67 (0.05)	0.86 (0.04)	1.00 (0.04)	1.26 (0.04)	1.60 (0.05)	2.00 (0.06)	2.43 (0.08)	2.71 (0.10)	1.3	28 (2.9)	100	<3
71+.....	558	1.68 (0.05)	0.87 (0.04)	1.00 (0.05)	1.27 (0.05)	1.61 (0.05)	2.01 (0.06)	2.44 (0.07)	2.73 (0.09)	1.3	28 (3.3)	100	<3
51+.....	2013	1.67 (0.04)	0.87 (0.04)	1.00 (0.04)	1.26 (0.04)	1.60 (0.04)	2.00 (0.05)	2.43 (0.07)	2.72 (0.09)	1.3	28 (2.6)	100	<3
19+.....	3926	1.70 (0.03)	0.88 (0.04)	1.02 (0.04)	1.28 (0.04)	1.63 (0.03)	2.04 (0.04)	2.47 (0.05)	2.77 (0.07)		20 (2.2)	100	<3
All:													
1+.....	11948	2.00 (0.02)	0.91 (0.03)	1.06 (0.03)	1.35 (0.03)	1.78 (0.03)	2.39 (0.03)	3.20 (0.06)	3.84 (0.12)		13 (1.2)		<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	331 (7)	181* (6)	206 (6)	254 (5)	317 (7)	393 (10)	472 (15)	526* (18)	120	<3
4-8.....	555	460 (14)	261 (12)	295 (11)	360 (13)	444 (14)	544 (18)	645 (23)	715 (27)	160	<3
9-13.....	575	536 (13)	265 (15)	307 (14)	393 (12)	508 (13)	650 (19)	800 (28)	907 (37)	250	4* (1.3)
14-18.....	584	560 (22)	274 (19)	320 (20)	410 (20)	531 (22)	677 (26)	836 (34)	946 (42)	330	11 (2.9)
19-30.....	696	570 (21)	292 (16)	338 (16)	427 (17)	545 (20)	687 (26)	837 (34)	935 (40)	320	8 (1.9)
31-50.....	1161	555 (12)	283 (16)	327 (16)	415 (14)	529 (13)	668 (14)	814 (17)	914 (21)	320	9 (2.0)
19-50.....	1857	561 (9)	286 (14)	332 (13)	419 (11)	535 (10)	675 (11)	823 (17)	922 (23)	320	9 (1.7)
51-70.....	1387	552 (13)	281 (12)	325 (12)	411 (11)	526 (12)	664 (16)	808 (24)	906 (31)	320	9 (1.7)
71+.....	596	517 (17)	261 (13)	302 (13)	383 (14)	492 (17)	623 (21)	760 (26)	861 (33)	320	13 (2.4)
51+.....	1983	542 (12)	274 (11)	318 (11)	403 (10)	517 (11)	653 (15)	798 (23)	896 (30)	320	10 (1.6)
19+.....	3840	553 (8)	281 (12)	325 (11)	412 (10)	528 (8)	666 (10)	812 (17)	911 (23)	320	9 (1.5)
Females:											
1-3.....	379	306 (10)	166* (9)	190 (9)	233 (9)	294 (10)	366 (12)	439 (14)	490* (17)	120	<3
4-8.....	542	421 (12)	236 (10)	268 (10)	329 (10)	406 (12)	496 (15)	594 (22)	658 (26)	160	<3
9-13.....	609	517 (25)	252 (15)	293 (15)	377 (17)	488 (23)	627 (33)	774 (45)	875 (55)	250	5 (1.5)
14-18.....	525	415 (18)	198 (15)	232 (15)	299 (15)	391 (17)	504 (23)	628 (31)	715 (38)	330	34 (4.3)
19-30.....	687	432 (14)	226 (11)	260 (10)	326 (12)	413 (14)	517 (17)	627 (23)	702 (26)	320	23 (3.0)
31-50.....	1226	431 (13)	224 (10)	258 (10)	324 (11)	411 (13)	516 (16)	627 (21)	703 (24)	320	24 (2.9)
19-50.....	1913	431 (11)	225 (9)	259 (9)	325 (9)	412 (11)	517 (14)	627 (19)	703 (22)	320	24 (2.5)
51-70.....	1455	400 (10)	205 (8)	238 (8)	300 (8)	382 (10)	480 (12)	583 (17)	654 (20)	320	31 (2.6)
71+.....	558	408 (10)	212 (9)	243 (9)	307 (10)	391 (10)	488 (12)	595 (16)	667 (20)	320	29 (2.9)
51+.....	2013	402 (8)	207 (7)	239 (7)	302 (7)	385 (7)	483 (10)	587 (14)	658 (17)	320	30 (2.1)
19+.....	3926	417 (8)	216 (7)	249 (7)	313 (7)	399 (8)	500 (11)	609 (15)	682 (19)	320	27 (2.0)
All:											
1+.....	11948	478 (5)	231 (6)	269 (6)	345 (6)	449 (5)	580 (6)	724 (12)	823 (17)		16 (1.2)

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

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Table A 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
Males:											
1-3.....	413	127 (5)	55* (4)	66 (4)	88 (4)	119 (5)	158 (6)	199 (9)	227* (11)	300	<3
4-8.....	555	193 (7)	91 (7)	108 (7)	140 (7)	183 (7)	236 (8)	289 (11)	326 (13)	400	<3
9-13.....	575	224 (10)	90 (9)	109 (8)	151 (9)	209 (11)	282 (12)	359 (14)	415 (16)	600	<3
14-18.....	584	226 (15)	89 (10)	109 (11)	152 (13)	210 (15)	283 (18)	363 (21)	419 (23)	800	<3
19-30.....	696	215 (15)	78 (11)	98 (12)	139 (13)	198 (15)	273 (17)	356 (20)	411 (22)	1000	<3
31-50.....	1161	188 (8)	65 (6)	82 (6)	119 (6)	172 (7)	240 (11)	315 (15)	368 (20)	1000	<3
19-50.....	1857	199 (6)	69 (7)	88 (7)	126 (7)	182 (6)	253 (7)	332 (10)	388 (13)	1000	<3
51-70.....	1387	183 (7)	62 (6)	79 (6)	115 (6)	167 (6)	233 (10)	307 (15)	358 (18)	1000	<3
71+.....	596	175 (12)	59 (7)	75 (8)	109 (9)	159 (12)	223 (14)	295 (17)	348 (22)	1000	<3
51+.....	1983	181 (6)	61 (5)	78 (5)	113 (5)	165 (6)	231 (9)	304 (13)	355 (17)	1000	<3
19+.....	3840	191 (4)	65 (5)	83 (6)	120 (5)	174 (5)	243 (5)	321 (9)	375 (11)	1000	<3
Females:											
1-3.....	379	115 (5)	48* (5)	58 (5)	78 (5)	108 (5)	143 (7)	181 (10)	208* (11)	300	<3
4-8.....	542	172 (6)	79 (7)	94 (6)	124 (6)	163 (6)	210 (8)	261 (12)	295 (15)	400	<3
9-13.....	609	212 (16)	83 (9)	102 (10)	141 (13)	197 (16)	267 (19)	342 (23)	395 (27)	600	<3
14-18.....	525	161 (7)	58 (5)	73 (5)	104 (5)	148 (6)	203 (10)	266 (15)	311 (18)	800	<3
19-30.....	687	151 (7)	54 (4)	68 (5)	97 (5)	138 (6)	192 (9)	251 (13)	293 (15)	1000	<3
31-50.....	1226	138 (6)	47 (4)	59 (5)	86 (5)	125 (6)	175 (8)	232 (10)	272 (13)	1000	<3
19-50.....	1913	143 (5)	49 (4)	62 (4)	90 (5)	130 (5)	182 (7)	240 (9)	281 (12)	1000	<3
51-70.....	1455	120 (4)	38 (4)	50 (4)	74 (4)	108 (4)	153 (4)	204 (7)	240 (9)	1000	<3
71+.....	558	136 (8)	47 (5)	59 (5)	86 (6)	125 (8)	173 (10)	229 (14)	268 (17)	1000	<3
51+.....	2013	125 (3)	40 (3)	52 (3)	77 (3)	113 (3)	159 (4)	212 (7)	250 (9)	1000	<3
19+.....	3926	134 (3)	44 (3)	57 (3)	83 (3)	121 (3)	171 (4)	227 (7)	267 (10)	1000	<3
All:											
1+.....	11948	168 (3)	54 (2)	69 (2)	102 (2)	151 (2)	214 (4)	288 (7)	340 (10)		<3

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

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Table A 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	115 (3)	62* (2)	71 (3)	88 (3)	110 (3)	136 (4)	164 (6)	183* (7)
4-8.....	555	136 (4)	75 (3)	86 (3)	105 (3)	131 (3)	162 (4)	193 (6)	215 (7)
9-13.....	575	162 (5)	92 (5)	104 (5)	126 (4)	156 (5)	191 (7)	227 (10)	253 (13)
14-18.....	584	174 (5)	99 (5)	112 (4)	136 (4)	168 (4)	205 (6)	244 (10)	271 (13)
19-30.....	696	209 (7)	101 (6)	118 (6)	153 (6)	199 (7)	254 (8)	312 (10)	350 (12)
31-50.....	1161	241 (7)	120 (8)	140 (8)	179 (8)	230 (8)	291 (8)	354 (9)	397 (10)
19-50.....	1857	228 (5)	111 (6)	130 (6)	168 (6)	217 (6)	277 (6)	339 (7)	382 (9)
51-70.....	1387	248 (5)	125 (7)	145 (6)	185 (6)	237 (6)	299 (6)	363 (7)	406 (8)
71+.....	596	228 (7)	113 (6)	132 (6)	169 (6)	217 (7)	276 (9)	336 (11)	380 (13)
51+.....	1983	242 (5)	121 (6)	141 (6)	180 (5)	232 (5)	293 (5)	357 (7)	400 (8)
19+.....	3840	234 (4)	115 (6)	134 (5)	173 (5)	224 (4)	284 (4)	347 (6)	391 (7)
Females:									
1-3.....	379	112 (4)	61* (3)	69 (3)	85 (3)	107 (4)	133 (4)	160 (5)	179* (6)
4-8.....	542	131 (5)	72 (4)	82 (4)	101 (5)	126 (5)	155 (5)	186 (6)	207 (7)
9-13.....	609	161 (8)	91 (5)	103 (6)	126 (7)	155 (8)	190 (10)	227 (14)	251 (17)
14-18.....	525	143 (10)	81 (8)	91 (8)	111 (9)	137 (10)	168 (12)	201 (15)	224 (18)
19-30.....	687	178 (7)	84 (5)	99 (5)	128 (6)	168 (7)	216 (9)	269 (10)	305 (12)
31-50.....	1226	195 (5)	93 (4)	109 (4)	141 (4)	184 (5)	237 (7)	294 (10)	333 (12)
19-50.....	1913	188 (5)	89 (4)	105 (4)	136 (4)	178 (5)	229 (6)	286 (8)	323 (10)
51-70.....	1455	197 (5)	95 (3)	111 (3)	144 (4)	187 (4)	240 (6)	296 (8)	335 (11)
71+.....	558	183 (6)	87 (5)	102 (5)	133 (6)	174 (6)	223 (7)	277 (8)	314 (9)
51+.....	2013	193 (4)	92 (3)	108 (3)	140 (3)	183 (3)	235 (5)	291 (7)	329 (9)
19+.....	3926	191 (3)	90 (3)	106 (3)	138 (3)	180 (3)	232 (4)	288 (7)	326 (9)
All:									
1+.....	11948	197 (3)	90 (2)	105 (2)	137 (3)	183 (3)	242 (3)	306 (4)	349 (5)

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

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Table A 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
Males:													
1-3.....	413	227 (6)	126* (5)	142 (5)	174 (5)	216 (6)	269 (7)	325 (10)	365* (13)	200	59 (3.3)	1000	<3
4-8.....	555	241 (7)	132 (4)	150 (4)	184 (4)	230 (6)	287 (10)	346 (14)	388 (18)	250	40 (3.7)	1000	<3
9-13.....	575	258 (8)	145 (6)	164 (6)	201 (7)	249 (7)	306 (10)	364 (13)	404 (16)	375	8 (2.0)	2000	<3
14-18.....	584	308 (11)	175 (7)	198 (7)	242 (8)	298 (10)	362 (13)	429 (18)	474 (22)	550	<3	3000	<3
19-30.....	696	361 (12)	183 (11)	214 (11)	273 (11)	348 (12)	436 (15)	527 (19)	584 (21)	550	8 (1.8)	3500	<3
31-50.....	1161	397 (8)	207 (9)	240 (9)	303 (8)	384 (8)	477 (10)	572 (15)	634 (18)	550	12 (1.7)	3500	<3
19-50.....	1857	383 (6)	196 (8)	228 (8)	290 (7)	369 (6)	461 (9)	555 (13)	617 (17)	550	11 (1.5)	3500	<3
51-70.....	1387	400 (9)	209 (10)	242 (10)	306 (9)	387 (8)	480 (11)	575 (14)	636 (18)	550	13 (1.7)	3500	<3
71+.....	596	383 (9)	198 (8)	230 (8)	291 (8)	369 (9)	460 (12)	552 (17)	617 (20)	550	10 (1.9)	3500	<3
51+.....	1983	396 (7)	205 (9)	238 (8)	301 (7)	382 (7)	475 (9)	569 (13)	632 (17)	550	12 (1.6)	3500	<3
19+.....	3840	389 (5)	200 (8)	232 (7)	295 (6)	375 (4)	468 (7)	562 (12)	624 (16)	550	11 (1.3)	3500	<3
Females:													
1-3.....	379	213 (6)	117* (6)	133 (6)	162 (6)	203 (6)	253 (7)	305 (10)	343* (12)	200	52 (3.6)	1000	<3
4-8.....	542	221 (7)	121 (4)	137 (5)	169 (5)	211 (7)	262 (9)	318 (13)	357 (16)	250	30 (3.8)	1000	<3
9-13.....	609	252 (10)	140 (4)	158 (4)	195 (6)	242 (9)	299 (13)	356 (18)	394 (22)	375	7 (2.5)	2000	<3
14-18.....	525	214 (11)	117 (9)	133 (9)	164 (10)	206 (11)	254 (12)	305 (14)	339 (16)	400	<3	3000	<3
19-30.....	687	282 (8)	156 (7)	178 (7)	220 (7)	273 (8)	334 (9)	396 (10)	438 (11)	425	6 (1.2)	3500	<3
31-50.....	1226	286 (6)	158 (5)	180 (5)	223 (6)	276 (6)	339 (7)	403 (10)	445 (12)	425	7 (1.2)	3500	<3
19-50.....	1913	284 (5)	157 (5)	179 (5)	221 (5)	275 (5)	337 (7)	400 (8)	443 (10)	425	7 (1.1)	3500	<3
51-70.....	1455	292 (6)	162 (5)	185 (5)	228 (5)	283 (6)	346 (8)	409 (11)	451 (13)	425	8 (1.5)	3500	<3
71+.....	558	281 (6)	156 (6)	177 (6)	219 (6)	273 (6)	333 (8)	396 (10)	438 (12)	425	6 (1.1)	3500	<3
51+.....	2013	289 (5)	160 (5)	183 (4)	226 (4)	280 (5)	342 (7)	405 (10)	447 (12)	425	7 (1.3)	3500	<3
19+.....	3926	286 (4)	159 (4)	181 (4)	223 (4)	277 (4)	339 (6)	403 (9)	445 (11)	425	7 (1.1)	3500	<3
All:													
1+.....	11948	315 (3)	155 (5)	179 (4)	228 (4)	296 (4)	381 (5)	477 (10)	542 (14)		12 (0.9)		<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	3.90 (0.15)	2.09* (0.11)	2.40 (0.11)	2.99 (0.11)	3.75 (0.14)	4.66 (0.19)	5.57 (0.25)	6.20* (0.30)	0.7	<3
4-8.....	555	4.29 (0.15)	2.32 (0.15)	2.66 (0.14)	3.31 (0.14)	4.14 (0.15)	5.13 (0.17)	6.11 (0.20)	6.78 (0.24)	1	<3
9-13.....	575	4.82 (0.23)	2.03 (0.16)	2.44 (0.17)	3.29 (0.19)	4.48 (0.22)	5.99 (0.29)	7.61 (0.40)	8.79 (0.49)	1.5	<3
14-18.....	584	5.49 (0.20)	2.34 (0.15)	2.82 (0.14)	3.79 (0.15)	5.13 (0.18)	6.78 (0.25)	8.62 (0.39)	9.91 (0.53)	2	<3
19-30.....	696	5.39 (0.28)	1.85 (0.17)	2.33 (0.17)	3.36 (0.18)	4.86 (0.24)	6.85 (0.39)	9.13 (0.57)	10.71 (0.72)	2	6 (1.5)
31-50.....	1161	6.23 (0.30)	2.23 (0.17)	2.79 (0.18)	3.96 (0.19)	5.66 (0.24)	7.88 (0.41)	10.40 (0.65)	12.20 (0.84)	2	3 (1.1)
19-50.....	1857	5.90 (0.23)	2.06 (0.15)	2.58 (0.14)	3.70 (0.13)	5.33 (0.17)	7.48 (0.33)	9.94 (0.56)	11.69 (0.75)	2	5 (1.0)
51-70.....	1387	5.57 (0.25)	1.93 (0.16)	2.42 (0.16)	3.48 (0.15)	5.03 (0.21)	7.06 (0.34)	9.36 (0.54)	10.99 (0.72)	2	6 (1.3)
71+.....	596	5.31 (0.25)	1.82 (0.20)	2.29 (0.21)	3.29 (0.22)	4.77 (0.25)	6.73 (0.30)	8.95 (0.44)	10.66 (0.58)	2	7 (2.1)
51+.....	1983	5.50 (0.17)	1.89 (0.15)	2.38 (0.15)	3.42 (0.13)	4.96 (0.13)	6.97 (0.24)	9.26 (0.44)	10.91 (0.61)	2	6 (1.3)
19+.....	3840	5.73 (0.19)	1.98 (0.14)	2.49 (0.14)	3.57 (0.11)	5.17 (0.13)	7.26 (0.28)	9.66 (0.50)	11.37 (0.68)	2	5 (1.1)
Females:											
1-3.....	379	3.62 (0.20)	1.91* (0.16)	2.20 (0.17)	2.74 (0.19)	3.48 (0.20)	4.34 (0.23)	5.20 (0.29)	5.80* (0.31)	0.7	<3
4-8.....	542	3.76 (0.12)	1.97 (0.09)	2.29 (0.09)	2.87 (0.09)	3.62 (0.11)	4.49 (0.16)	5.42 (0.21)	6.02 (0.26)	1	<3
9-13.....	609	4.33 (0.18)	1.76 (0.10)	2.13 (0.11)	2.91 (0.11)	4.00 (0.15)	5.40 (0.25)	6.91 (0.38)	7.98 (0.48)	1.5	<3
14-18.....	525	3.34 (0.19)	1.30 (0.13)	1.59 (0.13)	2.20 (0.15)	3.07 (0.18)	4.18 (0.23)	5.43 (0.32)	6.34 (0.40)	2	20 (3.7)
19-30.....	687	3.81 (0.11)	1.67 (0.10)	2.00 (0.10)	2.65 (0.10)	3.56 (0.11)	4.69 (0.15)	5.94 (0.23)	6.82 (0.28)	2	10 (1.9)
31-50.....	1226	3.76 (0.11)	1.64 (0.11)	1.95 (0.12)	2.60 (0.11)	3.50 (0.11)	4.63 (0.13)	5.88 (0.19)	6.76 (0.24)	2	11 (2.2)
19-50.....	1913	3.78 (0.09)	1.65 (0.10)	1.97 (0.10)	2.62 (0.09)	3.52 (0.09)	4.66 (0.11)	5.91 (0.18)	6.78 (0.23)	2	11 (2.0)
51-70.....	1455	3.72 (0.11)	1.61 (0.11)	1.94 (0.11)	2.58 (0.11)	3.48 (0.11)	4.59 (0.14)	5.80 (0.19)	6.66 (0.25)	2	11 (2.1)
71+.....	558	3.86 (0.15)	1.70 (0.12)	2.02 (0.13)	2.69 (0.14)	3.61 (0.15)	4.73 (0.19)	6.01 (0.25)	6.89 (0.30)	2	10 (2.2)
51+.....	2013	3.76 (0.10)	1.64 (0.11)	1.96 (0.10)	2.61 (0.10)	3.52 (0.10)	4.63 (0.12)	5.86 (0.18)	6.73 (0.23)	2	11 (2.0)
19+.....	3926	3.77 (0.08)	1.64 (0.10)	1.96 (0.10)	2.62 (0.09)	3.52 (0.08)	4.64 (0.10)	5.88 (0.16)	6.76 (0.22)	2	11 (1.9)
All:											
1+.....	11948	4.62 (0.08)	1.78 (0.06)	2.16 (0.05)	2.94 (0.04)	4.09 (0.05)	5.68 (0.09)	7.73 (0.21)	9.30 (0.35)		7 (0.7)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	75.4 (4.7)	23.8* (2.0)	30.6 (2.2)	45.5 (2.8)	67.6 (4.1)	96.9 (6.2)	129.7 (9.1)	153.7* (11.4)	13	<3	400	<3
4-8.....	555	76.2 (4.4)	23.6 (2.4)	30.7 (2.8)	45.8 (3.3)	68.3 (4.1)	98.5 (5.6)	131.7 (7.5)	155.9 (9.2)	22	4 (1.4)	650	<3
9-13.....	575	71.4 (5.3)	23.4 (3.5)	29.6 (3.9)	43.3 (4.6)	63.7 (5.3)	91.4 (6.4)	122.7 (8.1)	146.4 (9.6)	39	20 (5.2)	1200	<3
14-18.....	584	60.7 (3.9)	18.5 (2.4)	23.9 (2.7)	35.7 (3.1)	53.6 (3.7)	77.7 (4.8)	106.2 (6.8)	127.3 (8.7)	63	62 (4.7)	1800	<3
19-30.....	696	68.7 (4.0)	15.9 (2.3)	21.8 (2.7)	35.6 (3.4)	58.0 (4.1)	90.1 (5.2)	129.5 (6.0)	157.8 (6.3)	75	65 (3.6)	2000	<3
31-50.....	1161	81.3 (3.9)	20.2 (1.8)	27.3 (2.1)	43.7 (2.5)	69.5 (3.4)	106.2 (5.1)	150.3 (7.8)	183.2 (9.6)	75	55 (2.9)	2000	<3
19-50.....	1857	76.4 (2.5)	18.3 (1.8)	24.8 (2.1)	40.2 (2.3)	64.8 (2.6)	99.8 (3.1)	142.6 (4.7)	174.4 (6.3)	75	59 (2.1)	2000	<3
51-70.....	1387	87.5 (3.6)	22.3 (2.1)	29.9 (2.4)	47.5 (2.8)	75.1 (3.5)	113.8 (4.6)	160.0 (6.7)	193.8 (8.6)	75	50 (2.9)	2000	<3
71+.....	596	96.3 (4.7)	25.6 (2.3)	34.1 (2.7)	53.1 (3.2)	83.0 (4.3)	124.8 (6.3)	174.1 (8.5)	213.1 (10.0)	75	43 (3.3)	2000	<3
51+.....	1983	89.9 (3.1)	23.1 (2.0)	30.8 (2.2)	48.8 (2.5)	77.3 (3.0)	116.7 (4.0)	164.3 (5.9)	199.3 (7.7)	75	48 (2.5)	2000	<3
19+.....	3840	82.3 (2.2)	20.0 (1.8)	27.1 (2.0)	43.6 (2.2)	69.9 (2.3)	107.4 (2.9)	152.8 (4.7)	186.5 (6.4)	75	54 (1.8)	2000	<3
Females:													
1-3.....	379	83.0 (3.8)	27.1* (2.2)	34.8 (2.2)	50.6 (2.5)	75.0 (3.3)	106.5 (5.1)	141.1 (7.7)	166.5* (9.5)	13	<3	400	<3
4-8.....	542	79.4 (2.6)	24.9 (2.2)	32.5 (2.4)	48.4 (2.4)	71.4 (2.6)	101.4 (3.4)	136.8 (5.3)	161.1 (7.3)	22	3* (1.1)	650	<3
9-13.....	609	78.4 (5.1)	26.1 (2.8)	33.0 (3.1)	48.0 (3.6)	70.0 (4.6)	100.0 (6.3)	133.9 (9.4)	158.3 (12.3)	39	16 (3.2)	1200	<3
14-18.....	525	55.9 (5.5)	17.3 (2.9)	22.2 (3.2)	32.8 (4.1)	49.2 (5.1)	71.3 (6.8)	97.6 (9.0)	117.3 (10.6)	56	59 (7.1)	1800	<3
19-30.....	687	66.8 (2.8)	18.4 (1.5)	24.3 (1.7)	37.5 (2.0)	58.1 (2.6)	86.4 (3.6)	119.9 (4.6)	144.9 (6.0)	60	52 (3.0)	2000	<3
31-50.....	1226	71.5 (4.2)	20.0 (2.0)	26.2 (2.3)	40.5 (3.1)	62.3 (4.0)	92.4 (5.3)	128.2 (6.6)	154.4 (7.4)	60	48 (4.3)	2000	<3
19-50.....	1913	69.7 (3.3)	19.4 (1.7)	25.4 (1.9)	39.3 (2.4)	60.5 (3.1)	90.1 (4.1)	125.2 (5.2)	150.8 (5.8)	60	49 (3.4)	2000	<3
51-70.....	1455	73.8 (3.4)	20.9 (1.5)	27.5 (1.7)	42.3 (2.1)	64.8 (3.1)	95.3 (4.6)	131.1 (6.4)	157.3 (7.7)	60	45 (2.9)	2000	<3
71+.....	558	80.6 (3.7)	23.8 (2.2)	30.8 (2.5)	46.9 (2.8)	71.3 (3.5)	103.3 (4.7)	142.3 (6.4)	170.3 (8.1)	60	39 (3.3)	2000	<3
51+.....	2013	75.8 (2.6)	21.6 (1.2)	28.4 (1.4)	43.4 (1.7)	66.7 (2.1)	97.7 (3.5)	134.3 (5.3)	161.5 (6.7)	60	43 (2.0)	2000	<3
19+.....	3926	72.7 (1.9)	20.4 (1.4)	26.8 (1.4)	41.3 (1.5)	63.4 (1.9)	93.9 (2.5)	130.0 (3.8)	156.1 (4.9)	60	46 (1.9)	2000	<3
All:													
1+.....	11948	76.0 (1.6)	20.6 (1.3)	27.2 (1.4)	42.3 (1.6)	65.7 (1.7)	98.2 (2.0)	137.4 (2.8)	166.6 (3.7)	44	(1.5)	<3	<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
19-30.....	151	56.8 (5.0)	12.2* (2.2)	16.8* (2.7)	28.4 (3.6)	47.4 (4.8)	74.9 (6.5)	108.5* (8.2)	133.6* (9.1)	110	90* (2.1)	2000	<3
31-50.....	301	67.5 (4.7)	16.1* (1.9)	22.2 (2.3)	35.9 (3.1)	57.1 (4.4)	88.0 (6.2)	125.7 (8.6)	154.0* (10.1)	110	85 (2.8)	2000	<3
19-50.....	452	63.3 (4.0)	14.3 (1.9)	19.9 (2.3)	32.7 (3.0)	53.3 (3.8)	82.6 (5.2)	119.0 (7.1)	147.3 (8.6)	110	87 (2.2)	2000	<3
51-70.....	323	72.9 (5.3)	17.4* (2.3)	23.5 (2.7)	37.9 (3.6)	61.6 (4.9)	95.5 (7.0)	135.6 (9.6)	167.1* (11.6)	110	82 (3.2)	2000	<3
71+.....	47	78.0* (6.4)	20.2* (2.6)	26.5* (3.1)	40.6* (4.4)	67.0* (6.1)	103.4* (8.6)	144.4* (10.7)	173.0* (14.1)	110	78* (4.2)	2000	<3
51+.....	370	73.4 (5.3)	17.6* (2.3)	23.8 (2.7)	38.2 (3.6)	62.0 (4.9)	96.2 (7.0)	136.8 (9.5)	167.8* (11.5)	110	82 (3.2)	2000	<3
19+.....	822	67.0 (4.3)	15.3 (1.9)	21.2 (2.4)	34.5 (3.1)	56.3 (4.0)	87.7 (5.7)	126.0 (7.9)	155.9 (9.6)	110	85 (2.5)	2000	<3
Females:													
19-30.....	94	44.2 (2.6)	10.9* (1.1)	14.5* (1.3)	23.4 (2.0)	37.9 (2.5)	57.9 (3.5)	80.8* (4.3)	98.8* (5.9)	95	94* (1.3)	2000	<3
31-50.....	236	48.0 (3.1)	12.1* (1.5)	16.5 (1.8)	26.2 (2.3)	41.3 (3.0)	62.2 (4.0)	88.0 (5.1)	107.2* (5.7)	95	92* (1.4)	2000	<3
19-50.....	330	46.7 (2.7)	11.6* (1.3)	15.9 (1.5)	25.3 (2.0)	40.1 (2.7)	60.8 (3.5)	85.7 (4.6)	104.5* (5.3)	95	93 (1.3)	2000	<3
51-70.....	217	50.3 (2.3)	13.2* (1.0)	17.5* (1.2)	27.7 (1.6)	43.2 (2.1)	64.8 (3.1)	92.1* (4.3)	110.5* (4.8)	95	91* (1.4)	2000	<3
71+.....	36	53.0* (3.6)	14.1* (1.6)	18.8* (1.9)	29.2* (2.4)	44.7* (3.2)	68.8* (4.9)	98.2* (6.5)	117.1* (7.3)	95	89* (2.3)	2000	<3
51+.....	253	50.6 (2.2)	13.4* (1.0)	17.7 (1.2)	27.9 (1.5)	43.4 (2.0)	65.1 (3.0)	92.9 (4.3)	112.1* (4.8)	95	91 (1.4)	2000	<3
19+.....	583	48.3 (2.1)	12.2 (1.1)	16.5 (1.2)	26.3 (1.7)	41.5 (2.1)	62.6 (2.7)	88.9 (3.8)	107.4 (4.6)	95	92 (1.1)	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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
19-30.....	545	71.6 (4.2)	17.3 (2.5)	23.5 (2.8)	37.9 (3.6)	60.6 (4.2)	93.1 (5.3)	133.5 (6.3)	163.0 (7.0)	75	63 (3.8)	2000	<3
31-50.....	858	85.5 (4.0)	21.8 (1.9)	29.3 (2.2)	46.4 (2.6)	73.7 (3.5)	111.2 (5.4)	156.5 (7.9)	189.9 (10.2)	75	51 (3.1)	2000	<3
19-50.....	1403	80.1 (2.5)	19.7 (2.0)	26.7 (2.2)	42.7 (2.4)	68.4 (2.6)	104.3 (3.1)	148.3 (4.9)	180.7 (6.5)	75	56 (2.2)	2000	<3
51-70.....	1064	91.2 (3.3)	24.1 (2.1)	31.9 (2.3)	50.3 (2.6)	78.8 (3.2)	118.0 (4.2)	165.3 (6.7)	200.8 (8.4)	75	47 (2.7)	2000	<3
71+.....	548	96.5 (4.6)	25.8 (2.2)	34.4 (2.5)	53.3 (3.0)	83.6 (4.2)	125.1 (6.0)	173.9 (8.8)	211.8 (11.4)	75	43 (2.9)	2000	<3
51+.....	1612	92.8 (2.9)	24.6 (1.9)	32.7 (2.1)	51.1 (2.4)	80.2 (2.8)	120.1 (3.8)	168.0 (6.3)	203.8 (8.2)	75	46 (2.3)	2000	<3
19+.....	3015	85.8 (2.1)	21.5 (1.9)	29.1 (2.0)	46.2 (2.2)	73.5 (2.2)	111.8 (2.8)	157.4 (4.6)	192.3 (6.5)	75	51 (1.8)	2000	<3
Females:													
19-30.....	593	70.8 (3.4)	21.2 (1.4)	27.4 (1.6)	41.3 (2.1)	62.2 (3.0)	91.0 (4.3)	124.7 (6.1)	148.6 (7.6)	60	47 (3.5)	2000	<3
31-50.....	990	76.3 (3.4)	23.5 (1.7)	30.2 (2.0)	45.0 (2.5)	67.5 (3.2)	97.7 (4.3)	133.5 (5.6)	159.8 (6.7)	60	42 (3.5)	2000	<3
19-50.....	1583	74.1 (2.9)	22.5 (1.4)	29.0 (1.6)	43.5 (2.1)	65.3 (2.7)	95.1 (3.8)	130.3 (5.2)	155.7 (6.3)	60	44 (3.0)	2000	<3
51-70.....	1237	78.7 (4.1)	24.4 (1.6)	31.4 (1.9)	46.5 (2.5)	69.8 (3.7)	101.3 (5.5)	137.1 (7.6)	163.1 (8.9)	60	40 (3.4)	2000	<3
71+.....	522	81.8 (4.5)	25.5 (1.8)	32.7 (2.2)	48.9 (2.9)	73.1 (4.1)	104.7 (5.8)	142.0 (7.9)	167.3 (9.5)	60	37 (3.8)	2000	<3
51+.....	1759	79.7 (3.5)	24.7 (1.3)	31.8 (1.5)	47.3 (2.1)	70.9 (3.1)	102.4 (4.7)	138.5 (6.7)	164.7 (8.1)	60	39 (2.8)	2000	<3
19+.....	3342	76.9 (2.7)	23.5 (1.2)	30.3 (1.4)	45.3 (1.7)	68.1 (2.4)	98.8 (3.6)	134.7 (5.3)	160.5 (6.6)	60	41 (2.4)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
19-30.....	696	68.5 (4.1)	15.7 (2.3)	21.7 (2.7)	35.5 (3.3)	57.7 (4.1)	89.4 (5.2)	128.6 (6.1)	158.0 (6.9)	110/75	69 (3.3)	2000	<3
31-50.....	1159	81.7 (3.9)	20.3 (1.9)	27.4 (2.1)	43.5 (2.7)	70.0 (3.4)	106.5 (5.2)	150.9 (7.8)	184.0 (9.8)	110/75	58 (3.1)	2000	<3
19-50.....	1855	76.5 (2.5)	18.2 (1.9)	24.8 (2.1)	40.1 (2.4)	64.8 (2.6)	100.0 (3.2)	143.0 (4.8)	174.8 (6.3)	110/75	62 (2.2)	2000	<3
51-70.....	1387	87.6 (3.4)	22.3 (2.2)	29.8 (2.4)	47.3 (2.8)	75.4 (3.3)	113.6 (4.4)	160.2 (6.6)	195.7 (8.2)	110/75	54 (2.8)	2000	<3
71+.....	595	95.4 (4.7)	25.4 (2.2)	33.8 (2.5)	52.5 (3.1)	82.5 (4.3)	124.0 (6.0)	172.2 (8.9)	210.2 (11.3)	110/75	45 (3.0)	2000	<3
51+.....	1982	89.7 (3.1)	23.0 (2.1)	30.8 (2.3)	48.7 (2.5)	77.2 (3.0)	116.6 (4.0)	163.6 (6.2)	199.2 (8.0)	110/75	52 (2.4)	2000	<3
19+.....	3837	82.3 (2.3)	20.0 (1.9)	27.0 (2.0)	43.5 (2.2)	70.0 (2.3)	107.3 (3.0)	152.7 (4.8)	186.4 (6.5)	110/75	58 (1.9)	2000	<3
Females:													
19-30.....	687	66.7 (3.2)	18.0 (1.4)	23.8 (1.6)	37.4 (2.1)	58.1 (2.8)	86.5 (4.1)	119.8 (5.8)	144.5 (7.3)	95/60	55 (3.3)	2000	<3
31-50.....	1226	71.2 (3.5)	19.6 (1.8)	26.0 (2.1)	40.3 (2.7)	62.2 (3.4)	92.2 (4.3)	127.8 (5.7)	153.4 (6.8)	95/60	51 (3.7)	2000	<3
19-50.....	1913	69.4 (3.0)	18.9 (1.5)	25.1 (1.7)	39.1 (2.2)	60.6 (2.8)	90.0 (3.7)	124.9 (5.1)	150.1 (6.3)	95/60	52 (3.1)	2000	<3
51-70.....	1454	74.1 (3.8)	20.8 (1.2)	27.6 (1.5)	42.2 (2.1)	65.1 (3.3)	96.2 (5.1)	131.7 (7.2)	157.6 (8.7)	95/60	48 (3.3)	2000	<3
71+.....	558	80.2 (4.4)	24.1 (1.8)	31.2 (2.1)	47.2 (2.7)	71.4 (4.0)	103.1 (5.6)	140.0 (7.7)	165.5 (9.2)	95/60	40 (3.6)	2000	<3
51+.....	2012	75.9 (3.2)	21.7 (1.0)	28.6 (1.2)	43.6 (1.7)	67.0 (2.8)	98.3 (4.4)	134.3 (6.5)	160.4 (7.8)	95/60	46 (2.7)	2000	<3
19+.....	3925	72.6 (2.5)	20.1 (1.1)	26.7 (1.3)	41.2 (1.5)	63.6 (2.1)	94.0 (3.3)	129.6 (5.0)	155.2 (6.3)	95/60	49 (2.3)	2000	<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	5.9 (0.3)	2.6* (0.2)	3.2 (0.2)	4.2 (0.2)	5.6 (0.2)	7.3 (0.3)	9.0 (0.5)	10.1* (0.6)	10	95 (1.9)	63	<3
4-8.....	555	5.5 (0.2)	2.3 (0.2)	2.8 (0.2)	3.9 (0.2)	5.2 (0.2)	6.9 (0.3)	8.5 (0.4)	9.6 (0.5)	10	96* (1.4)	75	<3
9-13.....	575	5.4 (0.2)	1.7 (0.1)	2.1 (0.2)	3.2 (0.2)	4.8 (0.2)	7.0 (0.3)	9.4 (0.4)	11.2 (0.5)	10	92 (1.3)	100	<3
14-18.....	584	4.7 (0.2)	1.3 (0.1)	1.8 (0.1)	2.7 (0.2)	4.1 (0.2)	6.0 (0.3)	8.3 (0.4)	10.0 (0.5)	10	95 (1.0)	100	<3
19-30.....	696	4.2 (0.2)	1.2 (0.1)	1.6 (0.1)	2.4 (0.1)	3.7 (0.2)	5.5 (0.3)	7.6 (0.5)	9.1 (0.6)	10	97 (1.0)	100	<3
31-50.....	1161	4.6 (0.1)	1.4 (0.1)	1.8 (0.1)	2.7 (0.1)	4.1 (0.1)	6.0 (0.2)	8.2 (0.3)	9.9 (0.5)	10	95 (1.0)	100	<3
19-50.....	1857	4.5 (0.1)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.1)	5.8 (0.2)	8.0 (0.3)	9.6 (0.5)	10	96 (0.9)	100	<3
51-70.....	1387	5.2 (0.2)	1.6 (0.1)	2.0 (0.2)	3.0 (0.2)	4.6 (0.2)	6.7 (0.3)	9.1 (0.5)	10.9 (0.6)	10	93 (1.5)	100	<3
71+.....	596	5.9 (0.4)	1.9 (0.2)	2.4 (0.2)	3.5 (0.2)	5.2 (0.3)	7.5 (0.5)	10.2 (0.7)	12.3 (0.8)	10	89 (2.4)	100	<3
51+.....	1983	5.4 (0.2)	1.6 (0.1)	2.1 (0.1)	3.1 (0.2)	4.7 (0.2)	6.9 (0.3)	9.4 (0.5)	11.3 (0.6)	10	92 (1.5)	100	<3
19+.....	3840	4.9 (0.2)	1.4 (0.1)	1.8 (0.1)	2.8 (0.1)	4.2 (0.1)	6.3 (0.2)	8.7 (0.4)	10.4 (0.5)	10	94 (1.1)	100	<3
Females:													
1-3.....	379	5.8 (0.2)	2.5* (0.2)	3.1 (0.2)	4.1 (0.2)	5.6 (0.2)	7.2 (0.3)	8.9 (0.4)	10.0* (0.5)	10	95* (1.7)	63	<3
4-8.....	542	4.7 (0.1)	1.8 (0.1)	2.3 (0.1)	3.2 (0.1)	4.5 (0.1)	5.9 (0.2)	7.5 (0.3)	8.5 (0.4)	10	>97	75	<3
9-13.....	609	4.8 (0.2)	1.4 (0.1)	1.8 (0.1)	2.8 (0.2)	4.2 (0.2)	6.2 (0.3)	8.4 (0.4)	10.0 (0.5)	10	95 (1.0)	100	<3
14-18.....	525	3.2 (0.2)	0.8 (0.1)	1.1 (0.1)	1.7 (0.1)	2.8 (0.1)	4.2 (0.2)	5.9 (0.3)	7.1 (0.3)	10	>97	100	<3
19-30.....	687	3.5 (0.2)	1.1 (0.1)	1.4 (0.1)	2.1 (0.1)	3.1 (0.2)	4.5 (0.2)	6.1 (0.3)	7.3 (0.3)	10	>97	100	<3
31-50.....	1226	3.8 (0.1)	1.2 (0.1)	1.5 (0.1)	2.2 (0.1)	3.3 (0.1)	4.8 (0.2)	6.6 (0.3)	7.8 (0.3)	10	>97	100	<3
19-50.....	1913	3.7 (0.1)	1.1 (0.1)	1.5 (0.1)	2.2 (0.1)	3.2 (0.1)	4.7 (0.1)	6.4 (0.2)	7.6 (0.3)	10	>97	100	<3
51-70.....	1455	3.8 (0.2)	1.2 (0.1)	1.6 (0.2)	2.3 (0.2)	3.4 (0.2)	4.9 (0.2)	6.6 (0.2)	7.9 (0.3)	10	>97	100	<3
71+.....	558	4.3 (0.2)	1.4 (0.1)	1.8 (0.2)	2.6 (0.2)	3.8 (0.2)	5.4 (0.3)	7.3 (0.4)	8.7 (0.5)	10	>97	100	<3
51+.....	2013	4.0 (0.2)	1.3 (0.1)	1.6 (0.1)	2.4 (0.2)	3.5 (0.2)	5.0 (0.2)	6.8 (0.2)	8.2 (0.3)	10	>97	100	<3
19+.....	3926	3.8 (0.1)	1.2 (0.1)	1.5 (0.1)	2.3 (0.1)	3.4 (0.1)	4.9 (0.1)	6.6 (0.2)	7.9 (0.3)	10	>97	100	<3
All:													
1+.....	11948	4.5 (0.1)	1.3 (0.1)	1.7 (0.1)	2.6 (0.1)	3.9 (0.1)	5.7 (0.1)	7.9 (0.2)	9.4 (0.2)	10	96 (0.4)		<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	5.6 (0.2)	3.1* (0.1)	3.5 (0.2)	4.3 (0.2)	5.4 (0.2)	6.6 (0.3)	8.0 (0.5)	8.9* (0.6)	5	41 (4.8)
4-8.....	555	7.2 (0.2)	4.1 (0.2)	4.6 (0.2)	5.6 (0.2)	6.9 (0.2)	8.5 (0.3)	10.1 (0.4)	11.2 (0.5)	6	33 (3.4)
9-13.....	575	8.6 (0.5)	4.3 (0.2)	5.0 (0.2)	6.3 (0.3)	8.1 (0.4)	10.4 (0.7)	12.8 (1.0)	14.6 (1.2)	9	61 (6.5)
14-18.....	584	9.0 (0.3)	4.5 (0.3)	5.2 (0.3)	6.6 (0.3)	8.5 (0.3)	10.9 (0.4)	13.5 (0.7)	15.3 (0.9)	12	83 (3.2)
19-30.....	696	9.3 (0.4)	4.2 (0.2)	5.0 (0.3)	6.6 (0.3)	8.8 (0.4)	11.5 (0.5)	14.3 (0.7)	16.3 (0.8)	12	79 (3.8)
31-50.....	1161	10.8 (0.4)	5.1 (0.3)	6.0 (0.3)	7.8 (0.3)	10.2 (0.4)	13.2 (0.5)	16.4 (0.6)	18.6 (0.7)	12	67 (3.6)
19-50.....	1857	10.2 (0.3)	4.7 (0.2)	5.5 (0.2)	7.3 (0.2)	9.6 (0.3)	12.5 (0.4)	15.7 (0.5)	17.8 (0.6)	12	72 (2.7)
51-70.....	1387	10.6 (0.3)	4.9 (0.2)	5.8 (0.2)	7.6 (0.2)	10.0 (0.2)	12.9 (0.3)	16.0 (0.5)	18.2 (0.5)	12	68 (2.5)
71+.....	596	10.2 (0.3)	4.8 (0.2)	5.6 (0.2)	7.3 (0.3)	9.6 (0.3)	12.5 (0.3)	15.5 (0.4)	17.8 (0.5)	12	72 (2.4)
51+.....	1983	10.5 (0.2)	4.9 (0.2)	5.8 (0.2)	7.5 (0.2)	9.9 (0.2)	12.8 (0.3)	15.9 (0.4)	18.1 (0.5)	12	69 (2.0)
19+.....	3840	10.3 (0.2)	4.8 (0.1)	5.6 (0.1)	7.4 (0.2)	9.7 (0.2)	12.6 (0.3)	15.8 (0.4)	17.9 (0.4)	12	71 (2.0)
Females:											
1-3.....	379	5.4 (0.2)	3.0* (0.2)	3.4 (0.2)	4.2 (0.2)	5.2 (0.2)	6.4 (0.3)	7.7 (0.4)	8.6* (0.5)	5	45 (5.7)
4-8.....	542	6.2 (0.2)	3.4 (0.2)	3.9 (0.2)	4.8 (0.2)	5.9 (0.2)	7.3 (0.3)	8.8 (0.4)	9.8 (0.4)	6	51 (5.0)
9-13.....	609	8.7 (0.4)	4.3 (0.3)	5.0 (0.3)	6.3 (0.4)	8.2 (0.4)	10.5 (0.6)	12.9 (0.8)	14.7 (1.0)	9	60 (5.6)
14-18.....	525	7.3 (0.5)	3.6 (0.3)	4.2 (0.3)	5.3 (0.4)	6.9 (0.4)	8.8 (0.6)	11.0 (0.8)	12.5 (0.9)	12	94 (2.4)
19-30.....	687	8.7 (0.3)	3.9 (0.2)	4.6 (0.2)	6.1 (0.2)	8.1 (0.3)	10.6 (0.4)	13.3 (0.5)	15.2 (0.5)	12	84 (2.3)
31-50.....	1226	8.7 (0.2)	3.9 (0.1)	4.6 (0.1)	6.1 (0.2)	8.1 (0.2)	10.6 (0.3)	13.4 (0.5)	15.3 (0.6)	12	84 (2.2)
19-50.....	1913	8.7 (0.2)	3.9 (0.1)	4.6 (0.1)	6.1 (0.2)	8.1 (0.2)	10.6 (0.3)	13.4 (0.4)	15.3 (0.5)	12	84 (2.0)
51-70.....	1455	8.4 (0.2)	3.8 (0.2)	4.5 (0.2)	5.9 (0.2)	7.9 (0.2)	10.4 (0.3)	13.0 (0.4)	14.8 (0.5)	12	86 (1.6)
71+.....	558	8.2 (0.2)	3.6 (0.2)	4.3 (0.2)	5.7 (0.2)	7.7 (0.2)	10.0 (0.3)	12.6 (0.4)	14.5 (0.5)	12	87 (1.7)
51+.....	2013	8.3 (0.2)	3.7 (0.2)	4.4 (0.2)	5.9 (0.2)	7.8 (0.2)	10.2 (0.2)	12.9 (0.3)	14.7 (0.4)	12	86 (1.5)
19+.....	3926	8.5 (0.2)	3.8 (0.1)	4.5 (0.1)	6.0 (0.1)	8.0 (0.1)	10.4 (0.2)	13.1 (0.3)	15.0 (0.4)	12	85 (1.5)
All:											
1+.....	11948	9.0 (0.1)	4.0 (0.1)	4.7 (0.1)	6.2 (0.1)	8.3 (0.1)	11.0 (0.2)	14.0 (0.2)	16.1 (0.3)		74 (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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Males:											
1-3.....	413	47.8 (2.1)	22.7* (1.6)	26.3 (1.7)	33.7 (1.8)	44.2 (2.0)	57.9 (2.5)	73.4 (3.1)	84.9* (3.6)	30	83 (3.6)
4-8.....	555	56.5 (2.4)	26.7 (1.6)	31.1 (1.7)	39.9 (1.9)	52.3 (2.3)	68.9 (3.0)	87.1 (3.9)	100.6 (4.7)	55	45 (4.3)
9-13.....	575	70.2 (4.8)	31.9 (3.9)	37.4 (4.0)	48.9 (4.1)	65.0 (4.5)	86.0 (6.2)	109.4 (8.9)	126.8 (11.2)	60	58 (6.7)
14-18.....	584	84.2 (8.6)	38.3 (5.9)	45.0 (6.2)	58.8 (7.3)	78.1 (8.4)	102.7 (10.3)	130.7 (13.6)	151.1 (17.2)	75	54 (10.0)
19-30.....	696	98.8 (5.7)	35.9 (2.5)	44.2 (2.7)	62.1 (3.3)	88.5 (4.6)	124.4 (7.8)	166.6 (12.1)	196.5 (15.5)	120	27 (4.1)
31-50.....	1161	126.4 (8.2)	47.9 (4.4)	58.5 (4.8)	81.2 (5.7)	114.1 (7.4)	158.4 (10.2)	209.8 (15.0)	247.4 (18.4)	120	46 (5.3)
19-50.....	1857	115.7 (6.6)	41.8 (3.0)	51.4 (3.3)	72.3 (4.2)	103.3 (5.8)	145.5 (8.4)	194.8 (13.1)	231.5 (16.9)	120	39 (4.3)
51-70.....	1387	133.1 (6.0)	50.8 (3.7)	61.8 (3.7)	85.5 (4.2)	120.2 (5.2)	166.3 (7.7)	219.6 (12.3)	257.9 (15.9)	120	50 (3.6)
71+.....	596	125.8 (9.1)	47.7 (5.7)	58.3 (6.3)	80.5 (7.5)	113.2 (9.0)	157.2 (10.9)	207.8 (13.2)	247.6 (16.5)	120	45 (6.2)
51+.....	1983	131.2 (5.3)	49.8 (3.9)	60.7 (4.1)	84.0 (4.3)	118.4 (4.8)	164.0 (6.7)	216.9 (10.6)	255.4 (13.7)	120	49 (3.3)
19+.....	3840	122.4 (4.7)	44.6 (2.8)	54.9 (3.0)	77.1 (3.3)	109.8 (4.2)	153.8 (6.0)	205.2 (10.0)	243.3 (13.7)	120	43 (3.0)
Females:											
1-3.....	379	47.0 (2.6)	22.3* (1.5)	25.9 (1.6)	33.0 (1.9)	43.5 (2.4)	57.1 (3.2)	72.2 (4.1)	83.5* (5.2)	30	82 (4.0)
4-8.....	542	57.5 (2.3)	27.1 (1.3)	31.7 (1.4)	40.8 (1.6)	53.3 (2.1)	69.5 (3.0)	88.8 (4.5)	102.3 (5.7)	55	47 (4.1)
9-13.....	609	82.1 (6.5)	37.6 (5.1)	44.0 (5.2)	57.4 (5.7)	76.0 (6.4)	100.3 (7.8)	127.3 (10.9)	146.6 (13.7)	60	72 (7.2)
14-18.....	525	75.9 (5.8)	35.1 (5.4)	41.0 (5.4)	53.1 (5.6)	70.3 (5.9)	92.3 (6.8)	117.3 (8.6)	135.7 (10.8)	75	44 (7.6)
19-30.....	687	112.0 (5.3)	36.9 (2.7)	45.9 (2.9)	65.9 (3.5)	96.9 (4.7)	141.0 (6.8)	195.5 (9.8)	238.0 (12.5)	90	55 (3.4)
31-50.....	1226	123.1 (7.3)	40.7 (3.9)	50.4 (4.5)	72.6 (5.6)	106.5 (7.0)	155.0 (9.0)	215.5 (11.6)	261.8 (13.9)	90	62 (4.7)
19-50.....	1913	118.8 (5.6)	39.2 (3.1)	48.6 (3.5)	69.8 (4.2)	102.6 (5.3)	149.7 (6.9)	208.6 (9.6)	252.7 (11.8)	90	59 (3.7)
51-70.....	1455	122.7 (5.3)	40.5 (2.5)	50.6 (2.8)	72.6 (3.4)	106.7 (4.5)	154.6 (6.9)	213.5 (10.6)	258.7 (13.9)	90	62 (2.9)
71+.....	558	127.9 (6.4)	42.8 (3.8)	52.9 (4.2)	76.0 (5.1)	111.6 (6.3)	160.3 (7.9)	222.9 (10.0)	270.1 (11.9)	90	65 (4.0)
51+.....	2013	124.2 (4.4)	41.2 (2.6)	51.3 (2.9)	73.5 (3.3)	108.2 (4.0)	156.4 (5.6)	216.1 (8.5)	262.4 (11.3)	90	63 (2.7)
19+.....	3926	121.5 (4.3)	40.1 (2.7)	49.8 (3.0)	71.6 (3.4)	105.3 (4.1)	153.0 (5.3)	212.2 (7.8)	257.7 (10.3)	90	61 (2.8)
All:											
1+.....	11948	109.2 (3.2)	35.7 (1.5)	44.0 (1.9)	62.9 (2.5)	93.9 (3.1)	138.6 (4.1)	193.3 (6.1)	234.3 (8.0)	54	26 (2.6)

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 A 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	974 (29)	562* (33)	635 (34)	773 (30)	947 (29)	1147 (41)	1344 (58)	1477* (72)	500	<3	2500	<3
4-8.....	555	1040 (33)	602 (23)	682 (22)	829 (25)	1013 (32)	1225 (43)	1431 (63)	1569 (76)	800	22 (2.9)	2500	<3
9-13.....	575	1036 (40)	578 (31)	657 (30)	810 (33)	1004 (40)	1229 (48)	1454 (58)	1608 (68)	1100	62 (4.9)	3000	<3
14-18.....	584	1081 (39)	602 (28)	686 (30)	846 (30)	1049 (37)	1280 (47)	1517 (61)	1675 (72)	1100	56 (4.6)	3000	<3
19-30.....	696	1035 (34)	509 (30)	597 (30)	768 (29)	990 (32)	1256 (42)	1532 (50)	1712 (59)	800	29 (3.1)	2500	<3
31-50.....	1161	1097 (17)	549 (25)	641 (23)	820 (19)	1051 (18)	1327 (21)	1612 (35)	1804 (44)	800	23 (1.9)	2500	<3
19-50.....	1857	1073 (14)	533 (24)	622 (23)	797 (18)	1027 (15)	1299 (18)	1581 (29)	1772 (41)	800	25 (1.9)	2500	<3
51-70.....	1387	1051 (24)	520 (19)	607 (19)	780 (19)	1006 (21)	1273 (33)	1548 (45)	1732 (57)	800	27 (2.0)	2000	<3
71+.....	596	968 (33)	469 (33)	552 (31)	711 (32)	922 (34)	1175 (40)	1436 (49)	1624 (57)	1000	58 (3.7)	2000	<3
51+.....	1983	1029 (24)	503 (21)	590 (20)	759 (17)	984 (22)	1249 (32)	1524 (43)	1708 (54)	800	36 (2.2)	2000	<3
19+.....	3840	1054 (12)	519 (21)	607 (19)	781 (14)	1008 (11)	1277 (18)	1557 (28)	1744 (41)	800	30 (1.4)	2500	<3
Females:													
1-3.....	379	917 (28)	522* (23)	593 (20)	722 (20)	892 (27)	1084 (41)	1273 (57)	1400* (69)	500	4* (1.1)	2500	<3
4-8.....	542	911 (23)	511 (31)	584 (28)	719 (23)	885 (23)	1074 (28)	1271 (44)	1396 (51)	800	37 (3.1)	2500	<3
9-13.....	609	987 (26)	542 (17)	619 (16)	767 (17)	954 (23)	1174 (33)	1394 (47)	1539 (56)	1100	68 (3.2)	3000	<3
14-18.....	525	811 (46)	431 (37)	496 (36)	620 (38)	781 (44)	968 (53)	1161 (63)	1293 (70)	1100	86 (3.9)	3000	<3
19-30.....	687	852 (24)	472 (20)	538 (21)	663 (22)	823 (23)	1009 (28)	1200 (33)	1329 (37)	800	46 (3.5)	2500	<3
31-50.....	1226	879 (16)	489 (19)	555 (18)	685 (17)	849 (17)	1041 (19)	1238 (22)	1370 (27)	800	42 (2.7)	2500	<3
19-50.....	1913	868 (17)	483 (18)	548 (17)	676 (17)	838 (17)	1028 (19)	1224 (24)	1354 (28)	800	44 (2.6)	2500	<3
51-70.....	1455	832 (23)	457 (20)	523 (20)	647 (21)	805 (23)	987 (28)	1174 (35)	1299 (41)	1000	76 (3.0)	2000	<3
71+.....	558	785 (23)	429 (18)	489 (18)	607 (20)	760 (22)	932 (28)	1116 (36)	1237 (44)	1000	82 (2.7)	2000	<3
51+.....	2013	818 (19)	447 (17)	512 (17)	634 (18)	791 (19)	972 (23)	1158 (32)	1282 (38)	1000	78 (2.5)	2000	<3
19+.....	3926	844 (15)	464 (16)	529 (16)	654 (15)	816 (15)	1002 (18)	1194 (24)	1321 (31)	800	61 (2.0)	2500	<3
All:													
1+.....	11948	953 (15)	493 (17)	568 (17)	715 (15)	908 (16)	1141 (19)	1395 (23)	1569 (32)	800	46 (1.8)	2500	<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

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Table A 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	1108 (31)	692* (31)	767 (30)	908 (29)	1084 (31)	1283 (36)	1478 (46)	1608* (52)	380	<3	3000	<3
4-8.....	555	1252 (27)	791 (27)	878 (24)	1034 (23)	1227 (26)	1447 (34)	1658 (46)	1799 (54)	405	<3	3000	<3
9-13.....	575	1331 (46)	772 (40)	870 (38)	1059 (37)	1296 (43)	1568 (60)	1837 (87)	2020 (108)	1055	25 (3.7)	4000	<3
14-18.....	584	1505 (49)	885 (42)	997 (39)	1207 (41)	1468 (47)	1762 (64)	2059 (91)	2256 (116)	1055	13 (2.3)	4000	<3
19-30.....	696	1501 (35)	834 (49)	955 (47)	1181 (43)	1462 (37)	1781 (34)	2098 (34)	2298 (36)	580	<3	4000	<3
31-50.....	1161	1632 (38)	930 (42)	1058 (41)	1298 (36)	1593 (37)	1927 (48)	2257 (59)	2472 (67)	580	<3	4000	<3
19-50.....	1857	1581 (27)	887 (40)	1012 (38)	1248 (33)	1540 (29)	1871 (31)	2200 (43)	2414 (50)	580	<3	4000	<3
51-70.....	1387	1583 (35)	894 (31)	1018 (30)	1252 (31)	1543 (33)	1870 (45)	2193 (59)	2401 (69)	580	<3	4000	<3
71+.....	596	1463 (43)	808 (41)	927 (41)	1146 (42)	1422 (44)	1735 (48)	2044 (53)	2259 (60)	580	<3	3000	<3
51+.....	1983	1551 (30)	866 (27)	989 (25)	1221 (26)	1512 (28)	1837 (40)	2160 (53)	2371 (63)	580	<3		<3
19+.....	3840	1568 (17)	877 (27)	1002 (23)	1236 (19)	1528 (17)	1856 (21)	2182 (34)	2393 (43)	580	<3		<3
Females:													
1-3.....	379	1011 (24)	621* (25)	693 (24)	821 (24)	989 (24)	1176 (30)	1358 (39)	1481* (47)	380	<3	3000	<3
4-8.....	542	1124 (26)	697 (18)	778 (18)	923 (19)	1100 (25)	1298 (34)	1503 (49)	1632 (60)	405	<3	3000	<3
9-13.....	609	1291 (53)	740 (26)	837 (26)	1023 (34)	1254 (48)	1523 (75)	1789 (108)	1963 (132)	1055	28 (3.5)	4000	<3
14-18.....	525	1064 (59)	591 (66)	674 (63)	829 (63)	1030 (61)	1259 (62)	1494 (70)	1653 (77)	1055	53 (7.7)	4000	<3
19-30.....	687	1193 (23)	720 (24)	809 (23)	972 (22)	1171 (23)	1390 (28)	1604 (35)	1745 (39)	580	<3	4000	<3
31-50.....	1226	1198 (15)	721 (21)	809 (20)	974 (17)	1174 (15)	1396 (20)	1614 (26)	1754 (33)	580	<3	4000	<3
19-50.....	1913	1196 (12)	721 (19)	809 (17)	973 (13)	1173 (11)	1394 (15)	1610 (24)	1751 (30)	580	<3	4000	<3
51-70.....	1455	1180 (20)	707 (22)	797 (20)	961 (19)	1159 (20)	1377 (26)	1589 (34)	1726 (39)	580	<3	4000	<3
71+.....	558	1114 (22)	660 (22)	743 (21)	901 (21)	1094 (22)	1301 (26)	1512 (34)	1646 (40)	580	<3	3000	<3
51+.....	2013	1161 (18)	690 (20)	780 (19)	942 (16)	1140 (17)	1356 (23)	1568 (31)	1705 (37)	580	<3		<3
19+.....	3926	1179 (12)	705 (18)	794 (16)	957 (12)	1156 (11)	1376 (16)	1591 (25)	1729 (32)	580	<3		<3
All:													
1+.....	11948	1338 (12)	743 (16)	842 (14)	1031 (12)	1279 (12)	1582 (18)	1914 (25)	2136 (30)		5 (0.5)		<3

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

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Table A 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
Males:											
1-3.....	413	205 (4)	131* (4)	144 (4)	169 (4)	200 (4)	235 (5)	270 (6)	293* (7)	65	<3
4-8.....	555	227 (4)	146 (3)	161 (3)	189 (3)	223 (4)	261 (5)	299 (7)	324 (8)	110	<3
9-13.....	575	247 (6)	145 (8)	162 (7)	196 (5)	240 (6)	291 (8)	341 (13)	377 (16)	200	27 (3.0)
14-18.....	584	276 (8)	162 (7)	183 (6)	220 (6)	268 (7)	323 (11)	380 (17)	417 (22)	340	81 (3.8)
19-30.....	696	306 (7)	159 (6)	184 (6)	232 (6)	294 (7)	367 (9)	443 (10)	492 (11)	330	64 (2.6)
31-50.....	1161	349 (8)	187 (6)	215 (6)	269 (6)	337 (7)	417 (9)	499 (12)	554 (14)	350	55 (2.7)
19-50.....	1857	332 (5)	174 (5)	201 (5)	253 (4)	320 (5)	399 (6)	480 (9)	534 (11)		58 (1.7)
51-70.....	1387	353 (6)	190 (6)	218 (6)	272 (5)	341 (5)	421 (7)	503 (9)	557 (11)	350	53 (1.9)
71+.....	596	330 (8)	175 (8)	202 (8)	252 (7)	318 (8)	395 (9)	473 (10)	529 (11)	350	61 (2.8)
51+.....	1983	347 (5)	185 (6)	213 (6)	266 (5)	335 (5)	415 (6)	497 (8)	551 (10)	350	55 (1.8)
19+.....	3840	339 (3)	178 (5)	206 (4)	258 (3)	326 (3)	406 (4)	487 (7)	542 (9)		57 (1.1)
Females:											
1-3.....	379	191 (4)	121* (4)	134 (4)	157 (4)	187 (4)	220 (4)	253 (6)	275* (6)	65	<3
4-8.....	542	210 (4)	134 (3)	148 (3)	174 (3)	206 (4)	241 (5)	278 (6)	301 (8)	110	<3
9-13.....	609	246 (8)	143 (4)	161 (4)	195 (5)	238 (7)	289 (12)	340 (18)	374 (22)	200	28 (2.6)
14-18.....	525	218 (11)	126 (9)	142 (9)	172 (9)	211 (10)	256 (13)	303 (16)	334 (20)	300	89 (3.7)
19-30.....	687	256 (7)	140 (5)	160 (5)	198 (6)	247 (7)	304 (8)	363 (10)	404 (12)	255	54 (3.5)
31-50.....	1226	276 (4)	152 (3)	173 (3)	214 (3)	266 (4)	327 (5)	391 (8)	433 (10)	265	49 (1.7)
19-50.....	1913	268 (4)	147 (4)	167 (3)	207 (3)	258 (4)	319 (5)	382 (8)	422 (9)		51 (1.9)
51-70.....	1455	276 (6)	152 (6)	174 (6)	215 (6)	267 (6)	327 (8)	389 (9)	431 (11)	265	49 (2.9)
71+.....	558	256 (5)	140 (5)	159 (5)	198 (5)	247 (5)	304 (6)	364 (7)	403 (8)	265	59 (2.4)
51+.....	2013	270 (5)	147 (5)	169 (5)	209 (5)	261 (5)	321 (6)	382 (8)	424 (10)	265	52 (2.4)
19+.....	3926	269 (3)	147 (4)	168 (4)	208 (3)	260 (3)	320 (5)	382 (7)	423 (9)		52 (1.6)
All:											
1+.....	11948	287 (2)	150 (2)	171 (2)	213 (2)	270 (3)	344 (3)	424 (4)	478 (5)		49 (0.8)

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 A 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	9.8 (0.4)	5.9* (0.3)	6.6 (0.3)	7.9 (0.3)	9.5 (0.4)	11.4 (0.5)	13.4 (0.7)	14.8* (0.8)	3	<3	40	<3
4-8.....	555	13.1 (0.3)	8.1 (0.3)	8.9 (0.3)	10.6 (0.3)	12.7 (0.3)	15.2 (0.4)	17.8 (0.6)	19.5 (0.6)	4.1	<3	40	<3
9-13.....	575	14.9 (0.4)	7.8 (0.5)	8.9 (0.4)	11.2 (0.4)	14.3 (0.4)	17.9 (0.5)	21.7 (0.7)	24.4 (1.0)	5.9	<3	40	<3
14-18.....	584	16.1 (0.4)	8.4 (0.4)	9.7 (0.4)	12.1 (0.4)	15.4 (0.4)	19.2 (0.5)	23.4 (0.9)	26.2 (1.2)	7.7	4 (1.1)	45	<3
19-30.....	696	15.2 (0.5)	8.1 (0.4)	9.3 (0.4)	11.6 (0.4)	14.6 (0.5)	18.1 (0.6)	21.8 (0.8)	24.2 (0.9)	6	<3	45	<3
31-50.....	1161	16.1 (0.4)	8.7 (0.4)	10.0 (0.4)	12.4 (0.4)	15.5 (0.4)	19.2 (0.5)	23.0 (0.6)	25.5 (0.7)	6	<3	45	<3
19-50.....	1857	15.7 (0.3)	8.5 (0.3)	9.7 (0.3)	12.1 (0.3)	15.1 (0.3)	18.8 (0.4)	22.5 (0.5)	25.1 (0.6)	6	<3	45	<3
51-70.....	1387	16.0 (0.4)	8.7 (0.2)	9.9 (0.2)	12.3 (0.2)	15.4 (0.3)	19.1 (0.5)	22.9 (0.7)	25.4 (0.8)	6	<3	45	<3
71+.....	596	15.9 (0.4)	8.6 (0.3)	9.8 (0.3)	12.2 (0.4)	15.2 (0.4)	18.9 (0.4)	22.6 (0.6)	25.3 (0.7)	6	<3	45	<3
51+.....	1983	16.0 (0.3)	8.6 (0.2)	9.9 (0.2)	12.3 (0.2)	15.4 (0.2)	19.0 (0.4)	22.8 (0.6)	25.3 (0.7)	6	<3	45	<3
19+.....	3840	15.8 (0.2)	8.5 (0.2)	9.8 (0.2)	12.2 (0.2)	15.2 (0.2)	18.9 (0.3)	22.6 (0.5)	25.2 (0.6)	6	<3	45	<3
Females:													
1-3.....	379	8.9 (0.4)	5.3* (0.3)	5.9 (0.3)	7.1 (0.3)	8.6 (0.4)	10.4 (0.4)	12.2 (0.5)	13.5* (0.5)	3	<3	40	<3
4-8.....	542	11.8 (0.4)	7.2 (0.4)	8.0 (0.4)	9.5 (0.4)	11.4 (0.4)	13.6 (0.5)	16.0 (0.5)	17.6 (0.6)	4.1	<3	40	<3
9-13.....	609	14.5 (0.6)	7.5 (0.3)	8.6 (0.3)	10.8 (0.3)	13.8 (0.5)	17.4 (0.8)	21.1 (1.2)	23.7 (1.4)	5.7	<3	40	<3
14-18.....	525	11.6 (0.4)	5.9 (0.4)	6.8 (0.4)	8.6 (0.4)	11.1 (0.4)	14.0 (0.5)	17.2 (0.7)	19.4 (0.9)	7.9	23 (2.8)	45	<3
19-30.....	687	11.9 (0.3)	6.7 (0.4)	7.6 (0.3)	9.3 (0.3)	11.5 (0.3)	14.0 (0.4)	16.6 (0.6)	18.4 (0.7)	8.1	22 (2.3)	45	<3
31-50.....	1226	12.1 (0.3)	6.9 (0.3)	7.8 (0.3)	9.5 (0.3)	11.7 (0.3)	14.3 (0.3)	17.0 (0.5)	18.8 (0.6)	8.1	20 (1.5)	45	<3
19-50.....	1913	12.0 (0.2)	6.8 (0.3)	7.7 (0.3)	9.4 (0.2)	11.6 (0.2)	14.2 (0.3)	16.9 (0.4)	18.6 (0.6)	8.1	21 (1.4)	45	<3
51-70.....	1455	11.8 (0.2)	6.7 (0.3)	7.6 (0.3)	9.3 (0.2)	11.5 (0.2)	14.0 (0.3)	16.6 (0.5)	18.3 (0.6)	5	<3	45	<3
71+.....	558	12.1 (0.3)	6.9 (0.3)	7.8 (0.3)	9.5 (0.3)	11.7 (0.3)	14.3 (0.4)	16.9 (0.5)	18.7 (0.7)	5	<3	45	<3
51+.....	2013	11.9 (0.2)	6.7 (0.3)	7.6 (0.2)	9.3 (0.2)	11.5 (0.2)	14.1 (0.3)	16.7 (0.5)	18.4 (0.6)	5	<3	45	<3
19+.....	3926	12.0 (0.2)	6.8 (0.3)	7.7 (0.2)	9.4 (0.2)	11.6 (0.1)	14.1 (0.2)	16.8 (0.4)	18.5 (0.6)	12 (1.1)		45	<3
All:													
1+.....	11948	13.7 (0.1)	7.1 (0.2)	8.2 (0.2)	10.2 (0.1)	12.9 (0.1)	16.4 (0.2)	20.2 (0.3)	22.7 (0.4)	6 (0.5)			<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	7.2 (0.2)	4.5* (0.2)	5.0 (0.2)	5.9 (0.2)	7.0 (0.2)	8.3 (0.2)	9.6 (0.3)	10.5* (0.4)	2.5	<3	7	50 (5.2)
4-8.....	555	8.8 (0.2)	5.6 (0.3)	6.2 (0.3)	7.2 (0.2)	8.6 (0.2)	10.2 (0.2)	11.7 (0.3)	12.8 (0.3)	4	<3	12	8 (1.5)
9-13.....	575	10.0 (0.4)	5.6 (0.3)	6.3 (0.3)	7.8 (0.3)	9.6 (0.3)	11.9 (0.5)	14.1 (0.7)	15.7 (0.8)	7	16 (3.3)	23	<3
14-18.....	584	11.9 (0.4)	6.7 (0.3)	7.6 (0.3)	9.3 (0.3)	11.5 (0.4)	14.1 (0.5)	16.7 (0.8)	18.5 (1.0)	8.5	17 (2.5)	34	<3
19-30.....	696	12.0 (0.4)	6.7 (0.5)	7.6 (0.5)	9.4 (0.4)	11.6 (0.4)	14.3 (0.5)	17.0 (0.6)	18.8 (0.6)	9.4	25 (4.5)	40	<3
31-50.....	1161	13.2 (0.4)	7.4 (0.4)	8.4 (0.4)	10.3 (0.3)	12.7 (0.3)	15.6 (0.4)	18.4 (0.6)	20.4 (0.6)	9.4	17 (3.0)	40	<3
19-50.....	1857	12.7 (0.2)	7.1 (0.4)	8.0 (0.4)	9.9 (0.3)	12.3 (0.2)	15.1 (0.3)	17.9 (0.4)	19.8 (0.4)	9.4	20 (2.8)	40	<3
51-70.....	1387	12.5 (0.3)	7.0 (0.3)	7.9 (0.3)	9.8 (0.3)	12.1 (0.3)	14.8 (0.3)	17.6 (0.5)	19.4 (0.6)	9.4	22 (2.7)	40	<3
71+.....	596	11.7 (0.3)	6.4 (0.3)	7.3 (0.3)	9.0 (0.3)	11.3 (0.3)	13.8 (0.4)	16.5 (0.4)	18.4 (0.5)	9.4	29 (3.3)	40	<3
51+.....	1983	12.3 (0.2)	6.8 (0.3)	7.7 (0.3)	9.5 (0.2)	11.9 (0.2)	14.6 (0.3)	17.3 (0.4)	19.2 (0.5)	9.4	24 (2.4)	40	<3
19+.....	3840	12.5 (0.1)	7.0 (0.3)	7.9 (0.3)	9.7 (0.2)	12.1 (0.2)	14.8 (0.2)	17.7 (0.3)	19.5 (0.4)	9.4	22 (2.2)	40	<3
Females:													
1-3.....	379	6.9 (0.2)	4.3* (0.2)	4.7 (0.2)	5.6 (0.2)	6.7 (0.2)	7.9 (0.2)	9.2 (0.3)	10.1* (0.4)	2.5	<3	7	43 (3.9)
4-8.....	542	8.1 (0.2)	5.1 (0.2)	5.6 (0.2)	6.6 (0.2)	7.9 (0.2)	9.3 (0.3)	10.8 (0.4)	11.8 (0.5)	4	<3	12	4 (1.7)
9-13.....	609	9.6 (0.4)	5.3 (0.3)	6.0 (0.2)	7.4 (0.3)	9.2 (0.3)	11.4 (0.5)	13.6 (0.7)	15.1 (0.9)	7	20 (3.0)	23	<3
14-18.....	525	7.7 (0.3)	4.1 (0.3)	4.7 (0.3)	5.9 (0.3)	7.4 (0.3)	9.1 (0.4)	11.0 (0.5)	12.3 (0.6)	7.3	49 (5.5)	34	<3
19-30.....	687	9.1 (0.2)	5.3 (0.2)	6.0 (0.2)	7.2 (0.2)	8.9 (0.2)	10.7 (0.3)	12.6 (0.4)	13.9 (0.4)	6.8	19 (2.8)	40	<3
31-50.....	1226	9.2 (0.1)	5.3 (0.2)	6.0 (0.2)	7.3 (0.1)	8.9 (0.1)	10.8 (0.2)	12.8 (0.2)	14.0 (0.3)	6.8	19 (1.6)	40	<3
19-50.....	1913	9.2 (0.1)	5.3 (0.2)	6.0 (0.1)	7.3 (0.1)	8.9 (0.1)	10.8 (0.2)	12.7 (0.2)	14.0 (0.3)	6.8	19 (1.5)	40	<3
51-70.....	1455	9.1 (0.2)	5.2 (0.2)	5.9 (0.2)	7.2 (0.2)	8.8 (0.2)	10.7 (0.2)	12.6 (0.2)	13.8 (0.3)	6.8	19 (2.9)	40	<3
71+.....	558	8.5 (0.2)	4.9 (0.2)	5.5 (0.2)	6.7 (0.2)	8.3 (0.2)	10.0 (0.3)	11.9 (0.3)	13.1 (0.4)	6.8	26 (3.2)	40	<3
51+.....	2013	8.9 (0.2)	5.1 (0.2)	5.8 (0.2)	7.1 (0.2)	8.7 (0.2)	10.5 (0.2)	12.4 (0.2)	13.6 (0.2)	6.8	21 (2.8)	40	<3
19+.....	3926	9.1 (0.1)	5.2 (0.2)	5.9 (0.2)	7.2 (0.1)	8.8 (0.1)	10.7 (0.1)	12.6 (0.2)	13.8 (0.2)	6.8	20 (1.9)	40	<3
All:													
1+.....	11948	10.4 (0.1)	5.4 (0.1)	6.2 (0.1)	7.7 (0.1)	9.8 (0.1)	12.4 (0.2)	15.3 (0.2)	17.3 (0.2)	19	(1.3)		<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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	0.7 (0.02)	0.4* (0.01)	0.5 (0.01)	0.5 (0.01)	0.7 (0.02)	0.8 (0.02)	0.9 (0.03)	1.1* (0.03)	0.26	<3	1	7 (1.4)
4-8.....	555	0.9 (0.03)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.2 (0.04)	1.3 (0.04)	0.34	<3	3	<3
9-13.....	575	1.0 (0.03)	0.6 (0.02)	0.6 (0.02)	0.8 (0.02)	0.9 (0.03)	1.1 (0.04)	1.4 (0.07)	1.5 (0.09)	0.54	4 (1.4)	5	<3
14-18.....	584	1.1 (0.04)	0.6 (0.03)	0.7 (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.06)	1.5 (0.10)	1.7 (0.13)	0.685	10 (2.0)	8	<3
19-30.....	696	1.2 (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.1 (0.03)	1.4 (0.04)	1.7 (0.05)	1.9 (0.06)	0.7	10 (1.8)	10	<3
31-50.....	1161	1.4 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	2.0 (0.06)	2.2 (0.07)	0.7	4 (1.1)	10	<3
19-50.....	1857	1.3 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.02)	1.5 (0.03)	1.9 (0.04)	2.1 (0.05)	0.7	7 (1.1)	10	<3
51-70.....	1387	1.4 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.7 (0.03)	2.0 (0.05)	2.3 (0.06)	0.7	4 (1.0)	10	<3
71+.....	596	1.3 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	1.9 (0.05)	2.2 (0.06)	0.7	5 (1.2)	10	<3
51+.....	1983	1.4 (0.03)	0.7 (0.03)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.6 (0.03)	2.0 (0.04)	2.2 (0.05)	0.7	4 (1.0)	10	<3
19+.....	3840	1.3 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.02)	1.6 (0.02)	1.9 (0.04)	2.2 (0.05)	0.7	6 (1.0)	10	<3
Females:													
1-3.....	379	0.6 (0.02)	0.4* (0.01)	0.4 (0.01)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.03)	1.0* (0.03)	0.26	<3	1	4* (1.1)
4-8.....	542	0.8 (0.02)	0.5 (0.01)	0.5 (0.01)	0.6 (0.01)	0.8 (0.01)	0.9 (0.02)	1.1 (0.02)	1.2 (0.02)	0.34	<3	3	<3
9-13.....	609	1.0 (0.05)	0.6 (0.02)	0.6 (0.02)	0.7 (0.03)	0.9 (0.04)	1.1 (0.06)	1.4 (0.10)	1.5 (0.12)	0.54	4 (1.1)	5	<3
14-18.....	525	0.9 (0.04)	0.5 (0.03)	0.6 (0.03)	0.7 (0.03)	0.9 (0.04)	1.1 (0.05)	1.3 (0.08)	1.4 (0.09)	0.685	23 (4.7)	8	<3
19-30.....	687	1.0 (0.03)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.03)	1.2 (0.04)	1.5 (0.05)	1.7 (0.05)	0.7	18 (2.5)	10	<3
31-50.....	1226	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.05)	0.7	13 (1.2)	10	<3
19-50.....	1913	1.1 (0.02)	0.6 (0.02)	0.6 (0.01)	0.8 (0.01)	1.0 (0.02)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	15 (1.3)	10	<3
51-70.....	1455	1.1 (0.03)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.1 (0.03)	1.3 (0.03)	1.6 (0.05)	1.8 (0.05)	0.7	12 (1.7)	10	<3
71+.....	558	1.1 (0.03)	0.6 (0.02)	0.6 (0.02)	0.8 (0.03)	1.0 (0.03)	1.3 (0.03)	1.6 (0.04)	1.8 (0.04)	0.7	15 (2.2)	10	<3
51+.....	2013	1.1 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.3 (0.03)	1.6 (0.04)	1.8 (0.04)	0.7	13 (1.5)	10	<3
19+.....	3926	1.1 (0.02)	0.6 (0.01)	0.7 (0.01)	0.8 (0.01)	1.0 (0.01)	1.3 (0.02)	1.6 (0.03)	1.8 (0.04)	0.7	14 (1.2)	10	<3
All:													
1+.....	11948	1.1 (0.01)	0.6 (0.01)	0.6 (0.01)	0.8 (0.01)	1.1 (0.01)	1.4 (0.02)	1.7 (0.02)	1.9 (0.03)		9 (0.7)		<3

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:													
1-3.....	413	68 (2)	41* (1)	45 (2)	54 (2)	66 (2)	79 (2)	93 (3)	103* (3)	17	<3	90	13 (2.2)
4-8.....	555	88 (2)	54 (2)	60 (2)	71 (2)	86 (2)	102 (2)	119 (3)	130 (3)	23	<3	150	<3
9-13.....	575	99 (3)	61 (4)	67 (4)	80 (3)	96 (3)	115 (3)	133 (4)	146 (6)	35	<3	280	<3
14-18.....	584	125 (4)	79 (5)	87 (4)	103 (4)	122 (4)	144 (5)	166 (6)	180 (8)	45	<3	400	<3
19-30.....	696	133 (5)	79 (4)	89 (4)	107 (4)	130 (4)	155 (5)	180 (6)	196 (6)	45	<3	400	<3
31-50.....	1161	134 (3)	80 (3)	90 (3)	109 (2)	131 (3)	157 (3)	182 (4)	198 (5)	45	<3	400	<3
19-50.....	1857	134 (3)	80 (3)	90 (3)	108 (2)	131 (2)	156 (3)	181 (4)	198 (5)	45	<3	400	<3
51-70.....	1387	133 (3)	80 (3)	89 (3)	108 (3)	130 (3)	156 (4)	181 (4)	197 (5)	45	<3	400	<3
71+.....	596	116 (3)	67 (3)	76 (3)	93 (3)	113 (3)	137 (3)	160 (3)	176 (4)	45	<3	400	<3
51+.....	1983	129 (3)	75 (3)	85 (3)	103 (3)	126 (3)	151 (3)	176 (4)	193 (4)	45	<3	400	<3
19+.....	3840	132 (2)	78 (3)	88 (2)	106 (2)	129 (2)	154 (2)	179 (3)	196 (4)	45	<3	400	<3
Females:													
1-3.....	379	60 (2)	35* (1)	40 (1)	47 (1)	58 (2)	70 (2)	83 (2)	91* (3)	17	<3	90	6* (1.3)
4-8.....	542	77 (2)	46 (2)	52 (2)	62 (2)	75 (2)	90 (2)	105 (3)	116 (3)	23	<3	150	<3
9-13.....	609	97 (4)	59 (2)	66 (2)	79 (3)	95 (4)	113 (6)	132 (9)	143 (10)	35	<3	280	<3
14-18.....	525	85 (5)	51 (5)	57 (5)	69 (5)	83 (5)	99 (6)	116 (7)	127 (8)	45	<3	400	<3
19-30.....	687	98 (2)	58 (2)	66 (2)	79 (2)	96 (2)	114 (3)	132 (3)	144 (4)	45	<3	400	<3
31-50.....	1226	96 (2)	57 (1)	64 (1)	77 (1)	94 (2)	112 (2)	130 (3)	142 (4)	45	<3	400	<3
19-50.....	1913	96 (1)	57 (1)	64 (1)	78 (1)	94 (1)	113 (2)	131 (3)	143 (3)	45	<3	400	<3
51-70.....	1455	94 (2)	55 (2)	62 (2)	75 (2)	92 (2)	110 (2)	127 (3)	139 (3)	45	<3	400	<3
71+.....	558	88 (2)	51 (2)	57 (2)	70 (2)	86 (2)	103 (2)	120 (3)	131 (3)	45	<3	400	<3
51+.....	2013	92 (2)	53 (2)	61 (2)	74 (1)	90 (2)	108 (2)	125 (2)	137 (3)	45	<3	400	<3
19+.....	3926	94 (1)	55 (1)	62 (1)	76 (1)	92 (1)	110 (2)	128 (2)	140 (3)	45	<3	400	<3
All:													
1+.....	11948	107 (1)	56 (1)	65 (1)	81 (1)	103 (1)	129 (1)	157 (2)	174 (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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
Males:													
1-3.....	413	2018 (66)	1228* (46)	1367 (50)	1628 (55)	1962 (64)	2348 (78)	2735 (96)	2998* (109)	800	>97	1200	96* (1.3)
4-8.....	555	2756 (51)	1731 (40)	1918 (39)	2260 (42)	2690 (49)	3189 (61)	3674 (80)	4003 (98)	1000	>97	1500	>97
9-13.....	575	3240 (82)	2009 (80)	2229 (78)	2648 (76)	3167 (80)	3759 (109)	4339 (152)	4732 (184)	1200	>97	1800	>97
14-18.....	584	3870 (131)	2447 (107)	2710 (108)	3196 (121)	3794 (131)	4457 (146)	5125 (179)	5564 (228)	1500	>97	2300	97* (1.2)
19-30.....	696	3957 (136)	2458 (136)	2735 (134)	3248 (132)	3877 (135)	4584 (145)	5286 (149)	5725 (167)	1500	>97	2300	>97
31-50.....	1161	4215 (103)	2652 (129)	2943 (125)	3480 (111)	4133 (105)	4868 (106)	5594 (128)	6064 (138)	1500	>97	2300	>97
19-50.....	1857	4115 (103)	2569 (115)	2852 (115)	3381 (109)	4032 (104)	4759 (103)	5482 (110)	5951 (121)	1500	>97	2300	>97
51-70.....	1387	3937 (86)	2445 (97)	2717 (92)	3227 (82)	3856 (82)	4558 (96)	5249 (117)	5693 (138)	1500	>97	2300	97 (1.1)
71+.....	596	3515 (66)	2137 (86)	2390 (84)	2854 (75)	3432 (66)	4086 (68)	4730 (91)	5179 (119)	1500	>97	2300	92 (1.8)
51+.....	1983	3824 (60)	2337 (87)	2607 (82)	3114 (71)	3741 (58)	4444 (69)	5145 (94)	5596 (114)	1500	>97	2300	95 (1.2)
19+.....	3840	3988 (62)	2450 (89)	2731 (84)	3258 (71)	3905 (64)	4627 (62)	5348 (75)	5811 (95)	1500	>97	2300	97 (1.0)
Females:													
1-3.....	379	1834 (54)	1102* (41)	1231 (42)	1467 (47)	1783 (52)	2143 (65)	2500 (86)	2745* (91)	800	>97	1200	92 (1.9)
4-8.....	542	2463 (56)	1525 (58)	1698 (57)	2013 (57)	2402 (58)	2845 (58)	3310 (66)	3608 (74)	1000	>97	1500	96 (1.3)
9-13.....	609	3141 (168)	1930 (99)	2147 (105)	2559 (135)	3066 (162)	3649 (203)	4222 (256)	4596 (293)	1200	>97	1800	97* (1.1)
14-18.....	525	2768 (186)	1682 (176)	1877 (174)	2239 (183)	2699 (188)	3217 (195)	3743 (206)	4096 (219)	1500	>97	2300	72 (8.5)
19-30.....	687	3122 (51)	1934 (61)	2154 (55)	2560 (49)	3060 (48)	3616 (73)	4164 (100)	4526 (117)	1500	>97	2300	86 (1.9)
31-50.....	1226	3007 (53)	1841 (77)	2052 (71)	2454 (63)	2942 (55)	3491 (65)	4037 (83)	4390 (96)	1500	>97	2300	81 (2.5)
19-50.....	1913	3051 (35)	1872 (65)	2089 (58)	2494 (46)	2988 (36)	3542 (49)	4089 (72)	4448 (90)	1500	>97	2300	83 (1.9)
51-70.....	1455	2872 (68)	1739 (71)	1951 (65)	2339 (63)	2815 (67)	3342 (81)	3863 (104)	4203 (117)	1500	>97	2300	77 (3.0)
71+.....	558	2702 (57)	1622 (73)	1816 (71)	2188 (66)	2647 (59)	3146 (56)	3662 (66)	3992 (81)	1500	>97	2300	69 (3.4)
51+.....	2013	2823 (55)	1697 (69)	1907 (64)	2292 (56)	2765 (55)	3288 (67)	3809 (89)	4148 (107)	1500	>97	2300	75 (2.7)
19+.....	3926	2940 (38)	1777 (59)	1994 (52)	2387 (42)	2878 (37)	3422 (46)	3964 (66)	4317 (83)	1500	>97	2300	79 (1.9)
All:													
1+.....	11948	3319 (32)	1798 (59)	2061 (59)	2558 (51)	3201 (62)	3960 (48)	4739 (50)	5240 (97)		>97		89 (1.5)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Males:											
1-3.....	413	1964 (53)	1242* (45)	1372 (44)	1616 (45)	1921 (52)	2267 (62)	2607 (76)	2837* (88)	2000	43 (4.2)
4-8.....	555	2082 (43)	1316 (37)	1458 (36)	1716 (38)	2037 (42)	2406 (53)	2761 (69)	2999 (79)	2300	31 (3.0)
9-13.....	575	2147 (81)	1295 (69)	1447 (72)	1739 (76)	2098 (80)	2507 (93)	2906 (109)	3176 (125)	2500	25 (4.6)
14-18.....	584	2389 (79)	1457 (70)	1630 (69)	1948 (70)	2340 (78)	2774 (91)	3210 (113)	3497 (136)	3000	16 (3.5)
19-30.....	696	2530 (70)	1327 (67)	1542 (66)	1950 (65)	2458 (69)	3036 (83)	3615 (96)	3978 (101)	3400	14 (2.1)
31-50.....	1161	2958 (57)	1635 (67)	1877 (65)	2329 (57)	2884 (57)	3513 (67)	4135 (84)	4539 (93)	3400	29 (2.3)
19-50.....	1857	2791 (42)	1482 (58)	1716 (55)	2158 (48)	2712 (43)	3340 (50)	3962 (67)	4370 (80)	3400	23 (1.6)
51-70.....	1387	3028 (52)	1685 (47)	1928 (45)	2386 (44)	2954 (49)	3588 (68)	4213 (89)	4614 (109)	3400	32 (2.4)
71+.....	596	3026 (84)	1686 (80)	1932 (79)	2384 (79)	2948 (83)	3584 (93)	4207 (106)	4639 (117)	3400	31 (3.5)
51+.....	1983	3028 (44)	1686 (49)	1929 (45)	2386 (41)	2952 (42)	3587 (57)	4212 (77)	4620 (95)	3400	31 (2.0)
19+.....	3840	2894 (27)	1555 (48)	1798 (42)	2252 (32)	2819 (26)	3453 (37)	4083 (57)	4494 (73)	3400	27 (1.2)
Females:											
1-3.....	379	1894 (35)	1191* (40)	1319 (38)	1551 (37)	1853 (35)	2191 (40)	2520 (54)	2742* (61)	2000	38 (2.9)
4-8.....	542	1920 (28)	1199 (35)	1334 (32)	1579 (28)	1878 (28)	2214 (34)	2563 (49)	2785 (61)	2300	20 (1.8)
9-13.....	609	2139 (65)	1283 (54)	1437 (53)	1729 (56)	2087 (63)	2498 (82)	2899 (113)	3160 (137)	2300	36 (4.4)
14-18.....	525	1818 (121)	1066 (106)	1201 (104)	1453 (110)	1772 (119)	2130 (134)	2493 (150)	2736 (163)	2300	17 (6.3)
19-30.....	687	2160 (45)	1227 (45)	1398 (44)	1714 (42)	2108 (46)	2548 (51)	2985 (62)	3273 (75)	2600	23 (2.2)
31-50.....	1226	2287 (33)	1316 (34)	1491 (35)	1824 (35)	2232 (33)	2691 (39)	3148 (49)	3444 (56)	2600	29 (1.9)
19-50.....	1913	2238 (33)	1280 (36)	1453 (35)	1779 (34)	2182 (34)	2638 (38)	3093 (49)	3381 (58)	2600	27 (1.8)
51-70.....	1455	2397 (44)	1396 (48)	1583 (45)	1926 (43)	2347 (44)	2812 (48)	3271 (55)	3569 (59)	2600	35 (2.4)
71+.....	558	2324 (49)	1349 (45)	1525 (45)	1862 (46)	2276 (49)	2725 (56)	3187 (65)	3482 (71)	2600	31 (2.7)
51+.....	2013	2376 (34)	1380 (40)	1565 (39)	1906 (35)	2325 (34)	2787 (37)	3246 (45)	3543 (53)	2600	34 (1.8)
19+.....	3926	2305 (25)	1322 (33)	1504 (31)	1839 (28)	2251 (25)	2713 (27)	3173 (39)	3467 (48)	2600	30 (1.3)
All:											
1+.....	11948	2469 (21)	1343 (30)	1529 (28)	1885 (27)	2358 (25)	2935 (23)	3561 (34)	3980 (46)		28 (1.0)

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

CITATION: USDA, Agricultural Research Service, 2023. Usual Nutrient Intake from Food and Beverages, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, by Gender and Age, 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)
Males:									
1-3.....	413	5.8 (1.4)	0.4* (0.2)	0.8 (0.3)	1.8 (0.5)	3.8 (0.9)	7.4 (1.7)	12.8 (3.0)	17.7* (4.4)
4-8.....	555	8.8 (1.6)	1.1 (0.4)	1.7 (0.4)	3.3 (0.6)	6.2 (1.1)	11.3 (2.0)	18.7 (3.6)	24.9 (5.1)
9-13.....	575	26.0 (3.5)	2.8 (0.5)	4.3 (0.7)	8.4 (1.2)	16.7 (2.1)	32.3 (4.4)	58.1 (8.0)	80.2 (11.8)
14-18.....	584	50.2 (4.7)	5.4 (0.8)	8.3 (1.0)	16.1 (1.4)	32.3 (2.4)	62.9 (5.6)	110.5 (12.0)	151.6 (18.6)
19-30.....	696	102.2 (6.6)	5.9 (0.9)	11.8 (1.4)	31.5 (3.0)	72.4 (5.7)	140.3 (9.4)	231.3 (13.3)	301.3 (16.7)
31-50.....	1161	201.1 (9.8)	28.5 (3.1)	45.8 (4.2)	89.9 (6.1)	164.4 (8.9)	272.4 (12.9)	402.5 (17.9)	499.1 (21.9)
19-50.....	1857	162.5 (6.7)	12.4 (1.3)	24.0 (2.0)	57.9 (3.5)	123.8 (5.6)	225.1 (9.2)	352.4 (13.9)	445.7 (17.8)
51-70.....	1387	213.0 (7.7)	32.7 (2.8)	51.0 (3.7)	97.1 (5.2)	175.6 (7.5)	287.8 (10.2)	422.6 (14.3)	521.0 (16.7)
71+.....	596	182.2 (6.1)	25.3 (2.3)	40.2 (2.8)	79.0 (4.0)	147.5 (5.7)	245.4 (8.2)	367.1 (11.3)	463.6 (14.9)
51+.....	1983	204.8 (6.6)	30.3 (2.3)	47.8 (3.1)	92.0 (4.3)	167.3 (6.4)	277.0 (8.9)	408.9 (12.5)	507.2 (15.6)
19+.....	3840	180.9 (4.7)	17.4 (1.3)	32.0 (1.9)	71.3 (2.8)	142.9 (4.1)	249.0 (6.3)	378.5 (10.1)	475.0 (13.2)
Females:									
1-3.....	379	4.1 (0.9)	0.3* (0.1)	0.5 (0.2)	1.1 (0.3)	2.6 (0.6)	5.2 (1.1)	9.2 (1.9)	12.9* (2.8)
4-8.....	542	8.2 (1.1)	0.9 (0.2)	1.5 (0.3)	3.0 (0.4)	5.7 (0.7)	10.5 (1.3)	17.5 (2.5)	23.6 (3.7)
9-13.....	609	21.8 (2.5)	2.2 (0.4)	3.4 (0.5)	6.8 (0.9)	13.7 (1.6)	27.1 (3.0)	48.5 (5.9)	67.1 (8.3)
14-18.....	525	36.1 (3.9)	3.7 (0.8)	5.7 (1.1)	11.5 (1.7)	23.4 (2.9)	45.0 (5.0)	79.1 (8.7)	111.1 (12.7)
19-30.....	687	102.8 (5.5)	5.6 (2.1)	11.8 (2.8)	31.4 (3.4)	73.3 (4.5)	141.9 (7.9)	231.6 (13.6)	301.5 (17.6)
31-50.....	1226	147.9 (9.1)	15.2 (2.6)	26.2 (3.1)	57.8 (4.4)	115.3 (7.3)	202.4 (12.5)	311.3 (20.7)	391.2 (27.3)
19-50.....	1913	130.5 (6.2)	9.9 (2.2)	18.7 (2.6)	45.4 (3.2)	98.1 (4.7)	179.8 (9.0)	284.8 (15.6)	362.2 (21.7)
51-70.....	1455	170.7 (8.7)	20.6 (3.7)	34.7 (4.5)	71.9 (5.4)	137.4 (7.1)	232.4 (12.0)	348.1 (19.1)	434.8 (23.9)
71+.....	558	133.1 (7.7)	13.5 (2.0)	23.3 (2.4)	50.7 (3.3)	103.2 (6.0)	180.8 (10.9)	280.8 (17.0)	357.0 (23.4)
51+.....	2013	159.7 (7.1)	17.8 (2.7)	30.4 (3.3)	64.9 (4.0)	126.4 (5.5)	217.5 (9.9)	331.0 (17.5)	414.9 (21.9)
19+.....	3926	144.8 (5.6)	12.8 (2.2)	23.4 (2.5)	54.1 (3.0)	111.5 (3.8)	198.5 (7.9)	309.1 (15.2)	389.9 (20.6)
All:									
1+.....	11948	129.6 (2.4)	3.3 (0.4)	6.7 (0.6)	26.1 (1.2)	88.1 (1.5)	187.7 (4.0)	310.8 (8.5)	400.2 (11.7)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		AMDR	% (SE)
Males:												
1-3.....	413	14.4 (0.2)	11.6* (0.4)	12.2 (0.3)	13.1 (0.3)	14.3 (0.2)	15.6 (0.2)	16.7 (0.3)	17.5* (0.3)	5-20%	>97	
4-8.....	554	13.8 (0.2)	11.0 (0.3)	11.6 (0.3)	12.6 (0.2)	13.7 (0.2)	15.0 (0.3)	16.1 (0.3)	16.8 (0.4)	10-30%	>97	
9-13.....	575	13.9 (0.3)	10.5 (0.4)	11.2 (0.4)	12.4 (0.3)	13.8 (0.3)	15.2 (0.3)	16.6 (0.3)	17.6 (0.3)	10-30%	>97	
14-18.....	584	15.5 (0.4)	11.9 (0.3)	12.6 (0.3)	13.9 (0.3)	15.4 (0.3)	17.0 (0.4)	18.5 (0.5)	19.5 (0.6)	10-30%	>97	
19-30.....	696	16.2 (0.3)	11.5 (0.3)	12.4 (0.3)	14.0 (0.3)	16.0 (0.3)	18.1 (0.3)	20.2 (0.4)	21.5 (0.5)	10-35%	>97	
31-50.....	1160	15.6 (0.3)	11.1 (0.3)	11.9 (0.3)	13.5 (0.3)	15.4 (0.3)	17.5 (0.3)	19.6 (0.4)	20.9 (0.4)	10-35%	>97	
19-50.....	1856	15.8 (0.2)	11.2 (0.3)	12.1 (0.3)	13.7 (0.2)	15.6 (0.2)	17.8 (0.2)	19.8 (0.3)	21.2 (0.4)	10-35%	>97	
51-70.....	1387	15.5 (0.2)	10.9 (0.3)	11.8 (0.3)	13.4 (0.2)	15.3 (0.2)	17.4 (0.3)	19.4 (0.4)	20.7 (0.5)	10-35%	>97	
71+.....	596	15.4 (0.2)	10.9 (0.3)	11.7 (0.3)	13.3 (0.2)	15.2 (0.2)	17.2 (0.3)	19.2 (0.3)	20.6 (0.4)	10-35%	>97	
51+.....	1983	15.5 (0.2)	10.9 (0.3)	11.8 (0.2)	13.4 (0.2)	15.3 (0.2)	17.3 (0.2)	19.4 (0.4)	20.7 (0.4)	10-35%	>97	
19+.....	3839	15.7 (0.1)	11.1 (0.3)	12.0 (0.2)	13.6 (0.2)	15.5 (0.1)	17.6 (0.2)	19.6 (0.3)	21.0 (0.4)	10-35%	>97	
Females:												
1-3.....	379	14.5 (0.2)	11.7* (0.3)	12.3 (0.3)	13.2 (0.2)	14.4 (0.2)	15.7 (0.3)	16.9 (0.3)	17.6* (0.4)	5-20%	>97	
4-8.....	542	14.1 (0.2)	11.3 (0.3)	11.8 (0.3)	12.8 (0.3)	14.0 (0.2)	15.2 (0.2)	16.4 (0.3)	17.1 (0.4)	10-30%	>97	
9-13.....	609	13.8 (0.3)	10.5 (0.3)	11.1 (0.3)	12.3 (0.3)	13.7 (0.3)	15.2 (0.3)	16.6 (0.4)	17.5 (0.5)	10-30%	>97	
14-18.....	525	13.6 (0.4)	10.3 (0.5)	11.0 (0.4)	12.1 (0.4)	13.5 (0.4)	14.9 (0.4)	16.3 (0.4)	17.2 (0.4)	10-30%	97* (1.7)	
19-30.....	687	15.4 (0.2)	11.0 (0.3)	11.9 (0.3)	13.4 (0.2)	15.2 (0.2)	17.2 (0.2)	19.1 (0.3)	20.4 (0.4)	10-35%	>97	
31-50.....	1225	15.4 (0.2)	11.0 (0.2)	11.8 (0.2)	13.4 (0.2)	15.2 (0.2)	17.2 (0.2)	19.2 (0.3)	20.4 (0.4)	10-35%	>97	
19-50.....	1912	15.4 (0.1)	11.0 (0.2)	11.8 (0.2)	13.4 (0.2)	15.2 (0.1)	17.2 (0.2)	19.2 (0.3)	20.4 (0.4)	10-35%	>97	
51-70.....	1455	15.6 (0.2)	11.2 (0.3)	12.0 (0.2)	13.6 (0.2)	15.4 (0.2)	17.4 (0.3)	19.4 (0.4)	20.6 (0.4)	10-35%	>97	
71+.....	558	15.2 (0.3)	10.9 (0.3)	11.7 (0.3)	13.2 (0.3)	15.0 (0.3)	16.9 (0.3)	18.9 (0.3)	20.1 (0.4)	10-35%	>97	
51+.....	2013	15.5 (0.2)	11.0 (0.3)	11.9 (0.2)	13.4 (0.2)	15.3 (0.2)	17.3 (0.2)	19.2 (0.3)	20.5 (0.4)	10-35%	>97	
19+.....	3925	15.4 (0.1)	11.0 (0.2)	11.9 (0.2)	13.4 (0.2)	15.2 (0.1)	17.2 (0.2)	19.2 (0.3)	20.4 (0.4)	10-35%	>97	
All:												
1+.....	11945	15.2 (0.1)	11.0 (0.1)	11.8 (0.1)	13.2 (0.1)	15.0 (0.1)	17.0 (0.1)	19.0 (0.2)	20.3 (0.2)		>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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		%	(SE)
Males:												
1-3.....	413	52.4 (0.6)	45.1* (0.8)	46.7 (0.7)	49.4 (0.6)	52.4 (0.6)	55.5 (0.6)	58.1 (0.7)	59.8* (0.8)	45-65%	95*	(1.6)
4-8.....	554	52.5 (0.4)	45.1 (0.6)	46.7 (0.5)	49.5 (0.4)	52.5 (0.4)	55.6 (0.5)	58.3 (0.6)	59.9 (0.6)	45-65%	95	(1.3)
9-13.....	575	52.1 (0.4)	44.2 (0.8)	45.9 (0.7)	48.9 (0.5)	52.2 (0.4)	55.4 (0.4)	58.3 (0.5)	60.1 (0.6)	45-65%	92	(2.2)
14-18.....	584	49.2 (0.7)	41.1 (0.7)	42.9 (0.7)	45.9 (0.7)	49.2 (0.7)	52.5 (0.9)	55.5 (1.0)	57.3 (1.1)	45-65%	80	(3.7)
19-30.....	696	45.7 (0.6)	32.8 (0.8)	35.6 (0.8)	40.4 (0.7)	45.7 (0.6)	51.1 (0.5)	55.9 (0.5)	58.8 (0.6)	45-65%	53	(3.1)
31-50.....	1160	45.3 (0.6)	32.4 (0.7)	35.2 (0.6)	40.0 (0.6)	45.3 (0.6)	50.6 (0.6)	55.5 (0.7)	58.4 (0.7)	45-65%	51	(2.8)
19-50.....	1856	45.5 (0.4)	32.5 (0.6)	35.4 (0.6)	40.1 (0.5)	45.4 (0.4)	50.8 (0.4)	55.7 (0.5)	58.5 (0.5)	45-65%	52	(2.2)
51-70.....	1387	45.3 (0.6)	32.4 (0.7)	35.2 (0.7)	40.0 (0.6)	45.3 (0.7)	50.6 (0.7)	55.4 (0.8)	58.3 (0.8)	45-65%	51	(3.1)
71+.....	596	46.2 (0.6)	33.3 (0.7)	36.1 (0.7)	40.8 (0.6)	46.1 (0.6)	51.5 (0.6)	56.3 (0.7)	59.4 (0.8)	45-65%	55	(3.1)
51+.....	1983	45.6 (0.5)	32.6 (0.7)	35.4 (0.6)	40.2 (0.6)	45.5 (0.5)	50.9 (0.6)	55.7 (0.6)	58.6 (0.7)	45-65%	52	(2.6)
19+.....	3839	45.5 (0.4)	32.6 (0.6)	35.4 (0.5)	40.2 (0.5)	45.5 (0.4)	50.8 (0.4)	55.7 (0.5)	58.6 (0.5)	45-65%	52	(2.0)
Females:												
1-3.....	379	52.6 (0.5)	45.3* (0.5)	46.9 (0.4)	49.5 (0.4)	52.6 (0.5)	55.6 (0.6)	58.2 (0.7)	59.9* (0.8)	45-65%	95*	(1.1)
4-8.....	542	52.9 (0.4)	45.5 (0.7)	47.2 (0.6)	50.0 (0.5)	52.9 (0.4)	55.9 (0.5)	58.7 (0.5)	60.3 (0.6)	45-65%	96	(1.3)
9-13.....	609	51.9 (0.5)	43.9 (0.6)	45.7 (0.5)	48.7 (0.5)	51.9 (0.5)	55.2 (0.7)	58.1 (0.8)	59.9 (1.0)	45-65%	92	(1.8)
14-18.....	525	51.3 (0.8)	43.5 (1.0)	45.2 (0.9)	48.1 (0.8)	51.3 (0.8)	54.6 (0.9)	57.5 (1.0)	59.3 (1.1)	45-65%	91	(3.3)
19-30.....	687	46.7 (0.7)	34.0 (0.8)	36.8 (0.8)	41.4 (0.7)	46.6 (0.7)	51.8 (0.7)	56.5 (0.8)	59.4 (0.9)	45-65%	57	(3.4)
31-50.....	1225	46.9 (0.4)	34.2 (0.6)	37.0 (0.5)	41.7 (0.5)	46.9 (0.4)	52.2 (0.5)	56.9 (0.6)	59.8 (0.6)	45-65%	59	(2.1)
19-50.....	1912	46.8 (0.4)	34.2 (0.6)	36.9 (0.6)	41.6 (0.5)	46.8 (0.4)	52.0 (0.4)	56.8 (0.6)	59.7 (0.6)	45-65%	58	(2.1)
51-70.....	1455	45.8 (0.4)	33.1 (0.8)	35.9 (0.7)	40.6 (0.5)	45.8 (0.4)	51.0 (0.3)	55.7 (0.4)	58.6 (0.5)	45-65%	54	(2.0)
71+.....	558	47.4 (0.6)	34.8 (0.8)	37.5 (0.7)	42.2 (0.6)	47.4 (0.6)	52.5 (0.6)	57.3 (0.7)	60.2 (0.7)	45-65%	61	(2.9)
51+.....	2013	46.3 (0.4)	33.6 (0.7)	36.4 (0.6)	41.0 (0.5)	46.3 (0.4)	51.5 (0.4)	56.2 (0.5)	59.1 (0.5)	45-65%	56	(2.1)
19+.....	3925	46.6 (0.3)	33.9 (0.6)	36.6 (0.5)	41.3 (0.4)	46.6 (0.3)	51.8 (0.3)	56.5 (0.4)	59.4 (0.5)	45-65%	57	(1.6)
All:												
1+.....	11945	47.4 (0.2)	34.2 (0.4)	37.2 (0.4)	42.3 (0.3)	47.8 (0.2)	52.7 (0.2)	56.8 (0.3)	59.2 (0.3)	45-65%	63	(1.0)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Males:											
1-3.....	413	34.3 (0.6)	28.3* (0.6)	29.6 (0.6)	31.9 (0.6)	34.4 (0.6)	36.8 (0.6)	39.0 (0.7)	40.3* (0.7)	30-40%	82 (2.7)
4-8.....	554	34.8 (0.5)	28.6 (0.7)	30.1 (0.7)	32.3 (0.6)	34.9 (0.5)	37.4 (0.6)	39.5 (0.6)	40.9 (0.7)	25-35%	51 (5.4)
9-13.....	575	35.1 (0.3)	29.1 (0.8)	30.5 (0.6)	32.7 (0.4)	35.2 (0.3)	37.6 (0.5)	39.8 (0.7)	41.1 (0.8)	25-35%	47 (3.7)
14-18.....	584	35.8 (0.7)	29.7 (1.3)	31.1 (1.2)	33.4 (0.9)	35.9 (0.7)	38.3 (0.7)	40.5 (0.8)	41.8 (0.9)	25-35%	40 (6.5)
19-30.....	696	34.9 (0.4)	25.4 (0.8)	27.6 (0.6)	31.2 (0.5)	35.0 (0.4)	38.8 (0.5)	42.2 (0.7)	44.2 (0.8)	20-35%	49 (2.8)
31-50.....	1160	36.0 (0.4)	26.6 (0.7)	28.7 (0.6)	32.3 (0.4)	36.1 (0.4)	39.9 (0.5)	43.2 (0.7)	45.2 (0.8)	20-35%	42 (2.3)
19-50.....	1856	35.6 (0.3)	26.1 (0.7)	28.3 (0.5)	31.8 (0.3)	35.7 (0.3)	39.5 (0.4)	42.9 (0.7)	44.9 (0.8)	20-35%	45 (1.7)
51-70.....	1387	36.5 (0.4)	27.1 (0.6)	29.2 (0.5)	32.8 (0.4)	36.6 (0.4)	40.4 (0.6)	43.7 (0.8)	45.7 (0.9)	20-35%	38 (2.3)
71+.....	596	37.0 (0.5)	27.6 (0.9)	29.8 (0.8)	33.3 (0.7)	37.1 (0.5)	40.8 (0.6)	44.1 (0.7)	46.3 (0.8)	20-35%	35 (3.7)
51+.....	1983	36.7 (0.3)	27.3 (0.6)	29.4 (0.5)	32.9 (0.3)	36.7 (0.3)	40.5 (0.5)	43.8 (0.7)	45.8 (0.8)	20-35%	38 (1.7)
19+.....	3839	36.1 (0.2)	26.6 (0.6)	28.7 (0.5)	32.3 (0.3)	36.1 (0.2)	40.0 (0.4)	43.3 (0.7)	45.3 (0.8)	20-35%	42 (1.2)
Females:											
1-3.....	379	34.2 (0.3)	28.1* (0.4)	29.5 (0.4)	31.7 (0.3)	34.3 (0.3)	36.7 (0.3)	38.9 (0.4)	40.2* (0.4)	30-40%	82 (2.5)
4-8.....	542	34.3 (0.5)	28.1 (0.6)	29.5 (0.5)	31.9 (0.5)	34.4 (0.5)	36.8 (0.5)	39.0 (0.5)	40.4 (0.5)	25-35%	56 (4.6)
9-13.....	609	35.5 (0.4)	29.4 (1.1)	30.7 (0.9)	33.0 (0.6)	35.5 (0.4)	37.9 (0.4)	40.1 (0.5)	41.3 (0.6)	25-35%	44 (4.7)
14-18.....	525	36.1 (0.6)	30.2 (1.0)	31.5 (0.8)	33.8 (0.6)	36.2 (0.6)	38.5 (0.7)	40.7 (0.9)	42.0 (1.1)	25-35%	37 (5.8)
19-30.....	687	36.8 (0.5)	27.9 (0.6)	29.9 (0.6)	33.2 (0.5)	36.8 (0.5)	40.5 (0.5)	43.7 (0.5)	45.7 (0.6)	20-35%	37 (3.6)
31-50.....	1225	36.8 (0.4)	27.8 (0.6)	29.8 (0.5)	33.2 (0.4)	36.8 (0.4)	40.5 (0.4)	43.8 (0.5)	45.8 (0.5)	20-35%	37 (2.8)
19-50.....	1912	36.8 (0.4)	27.8 (0.5)	29.8 (0.5)	33.2 (0.4)	36.8 (0.4)	40.5 (0.4)	43.8 (0.4)	45.7 (0.5)	20-35%	37 (2.6)
51-70.....	1455	37.3 (0.4)	28.3 (0.6)	30.3 (0.5)	33.7 (0.4)	37.4 (0.4)	41.0 (0.4)	44.2 (0.4)	46.2 (0.5)	20-35%	33 (2.7)
71+.....	558	37.2 (0.5)	28.3 (0.7)	30.3 (0.6)	33.6 (0.6)	37.3 (0.5)	40.9 (0.6)	44.2 (0.6)	46.1 (0.7)	20-35%	33 (3.7)
51+.....	2013	37.3 (0.4)	28.3 (0.6)	30.3 (0.5)	33.7 (0.4)	37.3 (0.4)	40.9 (0.4)	44.2 (0.4)	46.2 (0.5)	20-35%	33 (2.6)
19+.....	3925	37.0 (0.3)	28.1 (0.5)	30.1 (0.4)	33.4 (0.4)	37.1 (0.3)	40.7 (0.3)	44.0 (0.4)	45.9 (0.4)	20-35%	35 (2.2)
All:											
1+.....	11945	36.2 (0.1)	27.7 (0.4)	29.6 (0.3)	32.8 (0.2)	36.2 (0.1)	39.7 (0.2)	42.9 (0.3)	45.0 (0.4)		41 (1.2)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							<10%†
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	% (SE)
Males:										
1-3.....	413	12.2 (0.2)	9.0* (0.2)	9.7 (0.2)	10.8 (0.2)	12.2 (0.2)	13.5 (0.3)	14.8 (0.3)	15.6* (0.3)	13 (2.2)
4-8.....	554	12.4 (0.2)	9.1 (0.3)	9.8 (0.3)	11.0 (0.2)	12.3 (0.2)	13.7 (0.2)	15.0 (0.2)	15.8 (0.2)	12 (2.7)
9-13.....	575	12.1 (0.2)	9.3 (0.4)	9.9 (0.3)	10.9 (0.3)	12.0 (0.2)	13.2 (0.2)	14.3 (0.3)	14.9 (0.3)	11 (3.5)
14-18.....	584	12.2 (0.2)	9.4 (0.4)	10.0 (0.3)	11.0 (0.3)	12.2 (0.2)	13.3 (0.2)	14.4 (0.3)	15.1 (0.3)	10 (3.3)
19-30.....	696	11.4 (0.2)	7.8 (0.2)	8.6 (0.2)	9.9 (0.2)	11.4 (0.2)	12.9 (0.2)	14.3 (0.2)	15.2 (0.3)	27 (3.0)
31-50.....	1160	11.7 (0.1)	8.1 (0.1)	8.9 (0.1)	10.2 (0.1)	11.7 (0.1)	13.2 (0.2)	14.7 (0.3)	15.5 (0.3)	23 (1.4)
19-50.....	1856	11.6 (0.1)	8.0 (0.2)	8.7 (0.1)	10.1 (0.1)	11.6 (0.1)	13.1 (0.2)	14.5 (0.2)	15.4 (0.3)	24 (1.7)
51-70.....	1387	11.6 (0.2)	8.0 (0.2)	8.8 (0.2)	10.1 (0.2)	11.6 (0.2)	13.1 (0.2)	14.5 (0.2)	15.4 (0.3)	24 (2.5)
71+.....	596	12.1 (0.3)	8.4 (0.3)	9.2 (0.3)	10.5 (0.3)	12.0 (0.3)	13.6 (0.4)	15.0 (0.4)	16.0 (0.5)	18 (3.7)
51+.....	1983	11.8 (0.2)	8.1 (0.2)	8.9 (0.2)	10.2 (0.1)	11.7 (0.2)	13.3 (0.2)	14.7 (0.3)	15.6 (0.3)	22 (2.0)
19+.....	3839	11.7 (0.1)	8.0 (0.1)	8.8 (0.1)	10.1 (0.1)	11.6 (0.1)	13.2 (0.1)	14.6 (0.2)	15.5 (0.3)	23 (1.5)
Females:										
1-3.....	379	12.2 (0.2)	9.1* (0.3)	9.7 (0.2)	10.8 (0.2)	12.2 (0.2)	13.6 (0.2)	14.8 (0.2)	15.6* (0.3)	13 (2.5)
4-8.....	542	12.0 (0.2)	8.8 (0.2)	9.5 (0.2)	10.6 (0.2)	11.9 (0.2)	13.3 (0.2)	14.6 (0.2)	15.4 (0.2)	16 (2.3)
9-13.....	609	12.3 (0.2)	9.6 (0.3)	10.1 (0.3)	11.2 (0.3)	12.3 (0.2)	13.5 (0.2)	14.6 (0.2)	15.2 (0.3)	9 (2.9)
14-18.....	525	12.0 (0.2)	9.3 (0.4)	9.8 (0.3)	10.8 (0.3)	11.9 (0.2)	13.1 (0.2)	14.1 (0.2)	14.8 (0.3)	12 (3.6)
19-30.....	687	12.0 (0.2)	8.7 (0.3)	9.4 (0.2)	10.5 (0.2)	11.9 (0.2)	13.4 (0.3)	14.7 (0.3)	15.6 (0.4)	17 (2.8)
31-50.....	1225	11.9 (0.2)	8.6 (0.3)	9.2 (0.2)	10.4 (0.2)	11.8 (0.2)	13.2 (0.2)	14.6 (0.3)	15.4 (0.4)	19 (2.8)
19-50.....	1912	11.9 (0.2)	8.6 (0.2)	9.3 (0.2)	10.5 (0.2)	11.8 (0.2)	13.3 (0.2)	14.6 (0.3)	15.5 (0.4)	18 (2.4)
51-70.....	1455	12.1 (0.2)	8.8 (0.2)	9.5 (0.2)	10.7 (0.2)	12.1 (0.2)	13.5 (0.3)	14.9 (0.3)	15.7 (0.4)	15 (2.1)
71+.....	558	12.3 (0.3)	9.0 (0.3)	9.6 (0.3)	10.8 (0.3)	12.2 (0.3)	13.7 (0.3)	15.0 (0.5)	15.9 (0.5)	14 (2.9)
51+.....	2013	12.2 (0.2)	8.8 (0.2)	9.5 (0.2)	10.7 (0.2)	12.1 (0.2)	13.5 (0.3)	14.9 (0.4)	15.8 (0.4)	15 (1.9)
19+.....	3925	12.0 (0.1)	8.7 (0.2)	9.4 (0.2)	10.6 (0.1)	12.0 (0.1)	13.4 (0.2)	14.8 (0.3)	15.6 (0.4)	17 (1.9)
All:										
1+.....	11945	11.9 (0.1)	8.5 (0.1)	9.3 (0.1)	10.5 (0.1)	11.9 (0.1)	13.3 (0.1)	14.7 (0.2)	15.5 (0.2)	18 (1.3)

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, by Gender and Age, What We Eat in America, NHANES 2017-March 2020 Prepandemic Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table A 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							AMDR	Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		% (SE)	
Males:												
1-3.....	413	6.6 (0.2)	4.7* (0.2)	5.1 (0.2)	5.8 (0.2)	6.6 (0.2)	7.4 (0.2)	8.2 (0.3)	8.7* (0.3)	05-10%	91 (2.6)	
4-8.....	554	6.8 (0.2)	4.9 (0.2)	5.2 (0.1)	5.9 (0.1)	6.7 (0.2)	7.6 (0.2)	8.4 (0.2)	9.0 (0.3)	05-10%	92 (2.0)	
9-13.....	575	7.4 (0.2)	5.6 (0.2)	5.9 (0.2)	6.6 (0.2)	7.3 (0.2)	8.1 (0.2)	8.9 (0.3)	9.3 (0.3)	05-10%	>97	
14-18.....	584	7.2 (0.2)	5.4 (0.3)	5.8 (0.3)	6.4 (0.3)	7.2 (0.2)	7.9 (0.2)	8.7 (0.2)	9.2 (0.3)	05-10%	97* (1.6)	
19-30.....	696	7.2 (0.2)	4.8 (0.3)	5.2 (0.2)	6.1 (0.2)	7.1 (0.2)	8.3 (0.3)	9.4 (0.4)	10.1 (0.5)	05-10%	88 (4.7)	
31-50.....	1160	7.3 (0.2)	4.8 (0.2)	5.3 (0.2)	6.1 (0.1)	7.1 (0.2)	8.3 (0.3)	9.4 (0.4)	10.1 (0.5)	05-10%	87 (4.8)	
19-50.....	1856	7.2 (0.2)	4.8 (0.2)	5.2 (0.2)	6.1 (0.1)	7.1 (0.2)	8.3 (0.3)	9.4 (0.4)	10.1 (0.5)	05-10%	87 (4.7)	
51-70.....	1387	7.7 (0.3)	5.2 (0.2)	5.6 (0.2)	6.5 (0.2)	7.6 (0.2)	8.8 (0.4)	9.9 (0.5)	10.7 (0.6)	05-10%	87 (5.3)	
71+.....	596	7.6 (0.2)	5.1 (0.3)	5.6 (0.3)	6.5 (0.2)	7.5 (0.2)	8.7 (0.3)	9.8 (0.4)	10.6 (0.5)	05-10%	87 (4.5)	
51+.....	1983	7.7 (0.2)	5.1 (0.2)	5.6 (0.2)	6.5 (0.1)	7.6 (0.2)	8.8 (0.3)	9.9 (0.5)	10.6 (0.6)	05-10%	87 (5.0)	
19+.....	3839	7.4 (0.2)	4.9 (0.2)	5.4 (0.2)	6.3 (0.1)	7.3 (0.2)	8.5 (0.3)	9.6 (0.4)	10.4 (0.5)	05-10%	87 (4.8)	
Females:												
1-3.....	379	6.3 (0.2)	4.5* (0.2)	4.9 (0.2)	5.5 (0.2)	6.3 (0.2)	7.1 (0.2)	7.9 (0.2)	8.4* (0.2)	05-10%	87 (3.4)	
4-8.....	542	6.9 (0.2)	4.9 (0.2)	5.3 (0.2)	6.0 (0.2)	6.8 (0.2)	7.7 (0.3)	8.5 (0.3)	9.0 (0.4)	05-10%	93 (2.8)	
9-13.....	609	7.4 (0.2)	5.6 (0.2)	6.0 (0.2)	6.6 (0.2)	7.3 (0.2)	8.1 (0.3)	8.9 (0.3)	9.4 (0.4)	05-10%	>97	
14-18.....	525	7.8 (0.2)	6.0 (0.2)	6.4 (0.2)	7.0 (0.2)	7.8 (0.2)	8.6 (0.3)	9.4 (0.3)	9.9 (0.4)	05-10%	96 (2.5)	
19-30.....	687	7.8 (0.2)	5.2 (0.3)	5.7 (0.2)	6.6 (0.2)	7.7 (0.2)	8.9 (0.2)	10.1 (0.3)	10.8 (0.3)	05-10%	86 (2.6)	
31-50.....	1225	7.7 (0.2)	5.1 (0.2)	5.6 (0.2)	6.5 (0.2)	7.6 (0.2)	8.8 (0.2)	9.9 (0.3)	10.7 (0.3)	05-10%	86 (2.8)	
19-50.....	1912	7.7 (0.1)	5.1 (0.2)	5.6 (0.2)	6.5 (0.2)	7.6 (0.1)	8.8 (0.2)	10.0 (0.2)	10.7 (0.3)	05-10%	86 (2.6)	
51-70.....	1455	7.7 (0.1)	5.1 (0.2)	5.6 (0.2)	6.5 (0.1)	7.6 (0.1)	8.8 (0.2)	9.9 (0.3)	10.7 (0.3)	05-10%	86 (2.9)	
71+.....	558	7.8 (0.1)	5.2 (0.2)	5.7 (0.2)	6.6 (0.1)	7.7 (0.1)	8.9 (0.2)	10.1 (0.2)	10.9 (0.3)	05-10%	86 (2.7)	
51+.....	2013	7.8 (0.1)	5.1 (0.2)	5.6 (0.2)	6.6 (0.1)	7.6 (0.1)	8.8 (0.2)	10.0 (0.2)	10.7 (0.3)	05-10%	86 (2.8)	
19+.....	3925	7.7 (0.1)	5.1 (0.2)	5.6 (0.2)	6.5 (0.1)	7.6 (0.1)	8.8 (0.1)	10.0 (0.2)	10.7 (0.3)	05-10%	86 (2.7)	
All:												
1+.....	11945	7.5 (0.1)	5.0 (0.1)	5.5 (0.1)	6.4 (0.1)	7.4 (0.1)	8.5 (0.1)	9.6 (0.2)	10.3 (0.3)	05-10%	88 (2.7)	

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 A 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, by Gender and Age, in the United States, 2017-March 2020 Prepandemic

	N	Mean (SE)	Percentiles							AMDR	Within AMDR % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Males:											
1-3.....	413	0.63 (0.02)	0.43* (0.01)	0.46 (0.01)	0.53 (0.01)	0.61 (0.01)	0.71 (0.02)	0.81 (0.03)	0.87* (0.04)	0.6-1.2%	54 (3.8)
4-8.....	554	0.63 (0.02)	0.43 (0.02)	0.46 (0.02)	0.53 (0.01)	0.61 (0.02)	0.71 (0.02)	0.81 (0.03)	0.87 (0.04)	0.6-1.2%	54 (4.6)
9-13.....	575	0.65 (0.02)	0.45 (0.02)	0.48 (0.02)	0.55 (0.02)	0.64 (0.02)	0.74 (0.02)	0.83 (0.04)	0.90 (0.05)	0.6-1.2%	62 (5.2)
14-18.....	584	0.68 (0.03)	0.47 (0.04)	0.51 (0.04)	0.58 (0.04)	0.67 (0.03)	0.77 (0.03)	0.88 (0.03)	0.94 (0.04)	0.6-1.2%	70 (10.0)
19-30.....	696	0.71 (0.02)	0.42 (0.04)	0.47 (0.03)	0.57 (0.02)	0.69 (0.01)	0.83 (0.03)	0.98 (0.06)	1.07 (0.08)	0.6-1.2%	66 (5.2)
31-50.....	1160	0.76 (0.03)	0.45 (0.04)	0.50 (0.03)	0.60 (0.02)	0.73 (0.02)	0.88 (0.04)	1.04 (0.07)	1.14 (0.09)	0.6-1.2%	73 (5.6)
19-50.....	1856	0.74 (0.02)	0.44 (0.04)	0.49 (0.03)	0.59 (0.02)	0.72 (0.02)	0.86 (0.04)	1.01 (0.07)	1.12 (0.09)	0.6-1.2%	70 (5.1)
51-70.....	1387	0.81 (0.04)	0.49 (0.03)	0.54 (0.02)	0.65 (0.02)	0.79 (0.03)	0.95 (0.06)	1.11 (0.09)	1.21 (0.12)	0.6-1.2%	78 (5.6)
71+.....	596	0.83 (0.03)	0.50 (0.04)	0.56 (0.03)	0.66 (0.02)	0.80 (0.02)	0.96 (0.05)	1.12 (0.07)	1.24 (0.10)	0.6-1.2%	78 (6.6)
51+.....	1983	0.82 (0.03)	0.49 (0.03)	0.55 (0.02)	0.66 (0.01)	0.79 (0.03)	0.95 (0.05)	1.11 (0.09)	1.22 (0.11)	0.6-1.2%	78 (5.8)
19+.....	3839	0.77 (0.02)	0.46 (0.03)	0.51 (0.03)	0.61 (0.02)	0.75 (0.02)	0.90 (0.04)	1.06 (0.07)	1.17 (0.10)	0.6-1.2%	74 (5.3)
Females:											
1-3.....	379	0.60 (0.02)	0.41* (0.02)	0.44 (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%	47 (5.8)
4-8.....	542	0.64 (0.02)	0.44 (0.02)	0.48 (0.02)	0.55 (0.02)	0.63 (0.02)	0.73 (0.02)	0.83 (0.03)	0.89 (0.03)	0.6-1.2%	59 (4.8)
9-13.....	609	0.71 (0.02)	0.49 (0.03)	0.53 (0.03)	0.60 (0.02)	0.69 (0.02)	0.80 (0.03)	0.90 (0.04)	0.97 (0.05)	0.6-1.2%	75 (5.6)
14-18.....	525	0.77 (0.03)	0.54 (0.04)	0.58 (0.04)	0.66 (0.03)	0.76 (0.03)	0.86 (0.03)	0.97 (0.04)	1.05 (0.05)	0.6-1.2%	86 (6.0)
19-30.....	687	0.81 (0.04)	0.51 (0.04)	0.56 (0.04)	0.66 (0.04)	0.79 (0.04)	0.93 (0.04)	1.08 (0.05)	1.19 (0.05)	0.6-1.2%	80 (5.7)
31-50.....	1225	0.81 (0.03)	0.51 (0.03)	0.56 (0.03)	0.66 (0.03)	0.79 (0.03)	0.94 (0.04)	1.09 (0.05)	1.20 (0.06)	0.6-1.2%	80 (4.6)
19-50.....	1912	0.81 (0.02)	0.51 (0.03)	0.56 (0.03)	0.66 (0.03)	0.79 (0.02)	0.94 (0.03)	1.09 (0.04)	1.19 (0.05)	0.6-1.2%	80 (4.9)
51-70.....	1455	0.83 (0.03)	0.52 (0.03)	0.58 (0.02)	0.68 (0.02)	0.81 (0.02)	0.96 (0.03)	1.12 (0.04)	1.22 (0.06)	0.6-1.2%	82 (4.0)
71+.....	558	0.90 (0.03)	0.57 (0.03)	0.62 (0.03)	0.74 (0.03)	0.88 (0.03)	1.03 (0.04)	1.20 (0.06)	1.31 (0.07)	0.6-1.2%	83 (4.3)
51+.....	2013	0.85 (0.02)	0.53 (0.03)	0.59 (0.02)	0.69 (0.02)	0.83 (0.02)	0.98 (0.03)	1.14 (0.04)	1.25 (0.06)	0.6-1.2%	82 (4.0)
19+.....	3925	0.83 (0.02)	0.52 (0.03)	0.57 (0.03)	0.68 (0.02)	0.81 (0.02)	0.96 (0.03)	1.12 (0.04)	1.22 (0.06)	0.6-1.2%	81 (4.4)
All:											
1+.....	11945	0.77 (0.01)	0.47 (0.01)	0.52 (0.01)	0.62 (0.01)	0.75 (0.01)	0.90 (0.02)	1.06 (0.05)	1.16 (0.06)	0.6-1.2%	75 (2.9)

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.

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 gender/age/lifestyle group.

When applicable, the estimated usual nutrient intakes are compared to age/gender 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/gender/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 gender 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.

CITATION

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