

Appendix E-2.1: Usual Intake Distributions, 2007-2010, by Age/Gender Groups

Usual Intakes from Food and Beverages 2007-2010 Compared To Dietary Reference Intakes

Page	Nutrient (unit of measure/day)
1	Energy (kcal/day)
2	Protein (g/day)
3	Protein (g/day/kg body weight)
4	Carbohydrate (g/day)
5	Total sugars (g/day)
6	Dietary fiber (g/day)
7	Total fat (g/day)
8	Saturated fat (g/day)
9	Monounsaturated fat (g/day)
10	Polyunsaturated fat (g/day)
11	PFA 18:2 (g/day)
12	PFA 18:3 (g/day)
13	Cholesterol (mg/day)
14	Moisture (g/day)
15	Vitamin A (µg RAE/day)
16	Alpha-carotene (µg/day)
17	Beta-carotene (µg/day)
18	Beta-cryptoxanthin (µg/day)
19	Lycopene (µg/day)
20	Lutein + zeaxanthin (µg/day)
21	Thiamin (mg/day)
22	Riboflavin (mg/day)
23	Niacin (mg/day)
24	Vitamin B6 (mg/day)
25	Folate (µg DFE/day)
26	Food folate (µg/day)
27	Choline (mg/day)
28	Vitamin B12 (µg/day)
29	Vitamin C (mg/day) - all individuals
30	Vitamin C (mg/day) - smokers
31	Vitamin C (mg/day) - non-smokers
32	Vitamin C (mg/day) - adults, smokers and non-smokers
33	Vitamin D (µg/day)
34	Vitamin E as alpha-tocopherol (mg/day)
35	Vitamin K (µg/day)
36	Calcium (mg/day)
37	Phosphorus (mg/day)
38	Magnesium (mg/day)
39	Iron (mg/day)
40	Zinc (mg/day)
41	Copper (mg/day)
42	Selenium (µg/day)
43	Sodium (mg/day)
44	Potassium (mg/day)
45	Caffeine (mg/day)
46	Sodium (mg/1000 kcal/day)
47	Cholesterol (mg/1000 kcal/day)

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

Energy (kcal/day)

Energy (kcal/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	1427	(26.5)	931	1026	1202	1408	1629	1844	1975
Males: 4-8	1001	1758	(22.1)	1255	1352	1528	1742	1978	2211	2359
Males: 9-13	850	2137	(42.1)	1479	1604	1831	2103	2397	2682	2864
Males: 14-18	808	2530	(52.5)	1719	1867	2145	2481	2860	3243	3483
Males: 19-30	1113	2695	(49.6)	1621	1822	2187	2640	3144	3637	3948
Males: 31-50	1825	2695	(39.4)	1649	1847	2208	2651	3146	3639	3944
Males: 19-50	2938	2695	(33.9)	1634	1834	2202	2650	3142	3626	3943
Males: 51-70	1773	2337	(30.1)	1413	1584	1900	2291	2726	3166	3437
Males: 71 and over	912	1861	(36.5)	1228	1347	1569	1836	2130	2420	2602
Males: 50 and over	2685	2222	(27.6)	1328	1494	1801	2181	2599	3015	3281
Males: 19 and over	5623	2514	(23.0)	1478	1674	2027	2468	2955	3434	3739
Females: 1-3	712	1364	(24.7)	899	981	1140	1332	1548	1770	1911
Females: 4-8	894	1694	(26.4)	1165	1262	1443	1667	1915	2164	2317
Females: 9-13	867	1865	(33.9)	1261	1373	1584	1839	2113	2385	2551
Females: 14-18	706	1826	(46.8)	1253	1362	1565	1805	2059	2311	2473
Females: 19-30	1039	1855	(34.1)	1206	1329	1554	1830	2137	2443	2631
Females: 31-50	1918	1844	(28.0)	1129	1264	1510	1809	2140	2469	2668
Females: 19-50	2957	1848	(19.6)	1153	1284	1526	1816	2138	2455	2654
Females: 51-70	1738	1716	(23.4)	1111	1223	1432	1688	1971	2259	2440
Females: 71 and over	964	1502	(24.1)	941	1046	1240	1476	1735	1991	2152
Females: 50 and over	2702	1654	(17.7)	1044	1157	1366	1624	1907	2193	2376
Females: 19 and over	5659	1765	(14.7)	1100	1227	1453	1734	2045	2352	2551
All individuals 1 and over	17892	2065	(13.4)	1161	1313	1605	1992	2452	2919	3213

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Protein (g/day)

Protein (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	52.4	(1.39)	31.1	35.1	42.5	51.5	61.2	70.8	76.8
Males: 4-8	1001	60.2	(0.82)	41.0	44.6	51.2	59.3	68.4	77.6	83.4
Males: 9-13	850	77.7	(2.03)	60.3	63.6	69.7	76.8	84.3	91.4	95.9
Males: 14-18	808	95.3	(2.42)	60.2	66.6	78.7	93.3	109.6	126.0	136.2
Males: 19-30	1113	103.4	(2.27)	65.9	73.0	85.8	101.7	119.2	136.3	147.0
Males: 31-50	1825	105.2	(1.69)	67.1	74.5	87.7	103.8	121.6	139.1	149.9
Males: 19-50	2938	104.5	(1.51)	66.3	73.7	87.0	103.1	120.6	137.7	148.8
Males: 51-70	1773	93.5	(1.46)	55.7	62.6	75.5	91.5	109.4	127.7	139.0
Males: 71 and over	912	72.9	(1.65)	47.7	52.4	61.2	71.9	84.0	96.0	103.8
Males: 50 and over	2685	88.5	(1.34)	51.7	58.4	71.0	86.7	104.1	121.4	132.6
Males: 19 and over	5623	98.4	(1.00)	59.2	66.7	80.2	96.8	115.1	132.9	144.3
Females: 1-3	712	51.1	(1.14)	31.9	35.2	41.6	49.6	58.7	68.3	74.4
Females: 4-8	894	58.6	(1.14)	37.2	41.1	48.5	57.5	67.5	77.4	83.5
Females: 9-13	867	64.7	(1.36)	46.1	49.5	56.0	63.8	71.9	79.9	84.7
Females: 14-18	706	63.6	(1.60)	41.9	46.0	53.7	63.0	73.0	83.0	89.5
Females: 19-30	1039	68.3	(1.23)	45.3	49.7	57.7	67.5	78.1	88.5	94.8
Females: 31-50	1918	70.0	(1.01)	43.6	48.7	57.8	68.8	80.9	92.8	100.1
Females: 19-50	2957	69.4	(0.74)	44.1	49.0	57.8	68.3	79.9	91.2	98.3
Females: 51-70	1738	66.4	(1.21)	42.5	46.9	55.2	65.4	76.5	87.8	94.8
Females: 71 and over	964	58.2	(1.03)	35.3	39.6	47.4	57.0	67.7	78.3	85.0
Females: 50 and over	2702	64.0	(0.84)	39.6	44.1	52.5	62.8	74.2	85.5	92.9
Females: 19 and over	5659	67.1	(0.67)	42.0	46.8	55.4	66.0	77.6	89.0	96.4
All individuals 1 and over	17892	78.4	(0.63)	43.2	49.0	60.2	75.4	93.7	112.1	123.4

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Protein (g/day/kg body weight)

Protein (g/day/kg body weight): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	4.37	(0.116)	2.59	2.92	3.54	4.29	5.10	5.90	6.40	0.87	<3	
Males: 4-8	995	2.69	(0.051)	1.65	1.83	2.18	2.63	3.14	3.68	4.03	0.76	<3	
Males: 9-13	847	1.88	(0.053)	1.20	1.33	1.56	1.84	2.15	2.46	2.66	0.76	<3	
Males: 14-18	804	1.46	(0.038)	0.81	0.92	1.13	1.41	1.73	2.06	2.28	0.73	<3	
Males: 19-30	1107	1.41	(0.029)	0.89	0.99	1.17	1.39	1.64	1.88	2.03	0.66	<3	
Males: 31-50	1814	1.39	(0.022)	0.86	0.96	1.14	1.36	1.61	1.85	2.01	0.66	<3	
Males: 19-50	2921	1.40	(0.019)	0.87	0.97	1.15	1.37	1.62	1.86	2.02	0.66	<3	
Males: 51-70	1757	1.23	(0.019)	0.74	0.83	1.00	1.21	1.44	1.69	1.84	0.66	<3	
Males: 71 and over	881	1.01	(0.022)	0.67	0.73	0.85	0.99	1.15	1.32	1.42	0.66	4	(1.4)
Males: 50 and over	2638	1.18	(0.017)	0.70	0.79	0.95	1.16	1.38	1.61	1.76	0.66	3	(0.6)
Males: 19 and over	5559	1.31	(0.012)	0.79	0.89	1.07	1.29	1.54	1.78	1.94	0.66	<3	
Females: 1-3	712	4.26	(0.095)	2.66	2.93	3.47	4.13	4.89	5.69	6.20	0.87	<3	
Females: 4-8	891	2.60	(0.056)	1.55	1.74	2.10	2.54	3.04	3.55	3.86	0.76	<3	
Females: 9-13	865	1.57	(0.035)	0.89	1.01	1.24	1.53	1.85	2.18	2.39	0.76	<3	
Females: 14-18	704	1.11	(0.031)	0.66	0.74	0.90	1.09	1.30	1.51	1.65	0.71	8	(3.5)
Females: 19-30	1034	1.11	(0.020)	0.69	0.77	0.92	1.09	1.29	1.49	1.61	0.66	4	(1.4)
Females: 31-50	1909	1.11	(0.017)	0.67	0.76	0.91	1.09	1.29	1.49	1.61	0.66	4	(1.4)
Females: 19-50	2943	1.11	(0.013)	0.68	0.76	0.91	1.09	1.29	1.49	1.61	0.66	4	(1.1)
Females: 51-70	1722	1.05	(0.019)	0.66	0.73	0.87	1.04	1.22	1.42	1.54	0.66	5	(1.4)
Females: 71 and over	941	0.98	(0.018)	0.57	0.65	0.78	0.96	1.15	1.35	1.47	0.66	11	(1.7)
Females: 50 and over	2663	1.03	(0.013)	0.63	0.70	0.84	1.01	1.20	1.40	1.52	0.66	7	(1.3)
Females: 19 and over	5606	1.08	(0.011)	0.66	0.73	0.88	1.06	1.26	1.45	1.58	0.66	5	(1.0)
All individuals 1 and over	17755	1.47	(0.010)	0.71	0.81	0.99	1.26	1.62	2.35	3.24		3	(0.5)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR. Excludes individuals 4 and over without height and weight data. Body weights outside of normal range are set to the normal weight boundary fitting their height and age/sex for individuals 4-19 and to Body Mass Index cutoffs for individuals 19 and over. Reference weights assumed for children 1-3.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Carbohydrate (g/day)

Carbohydrate (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	195	(3.7)	121	135	161	191	225	258	278	100	<3	
Males: 4-8	1001	241	(3.7)	168	182	208	239	273	306	328	100	<3	
Males: 9-13	850	285	(5.5)	187	206	240	281	326	368	395	100	<3	
Males: 14-18	808	331	(7.2)	214	235	275	323	378	434	469	100	<3	
Males: 19-30	1113	332	(7.3)	186	213	262	324	394	465	510	100	<3	
Males: 31-50	1825	315	(4.3)	174	200	248	307	375	444	487	100	<3	
Males: 19-50	2938	321	(4.0)	178	205	253	314	382	450	495	100	<3	
Males: 51-70	1773	267	(4.1)	153	174	213	261	317	373	408	100	<3	
Males: 71 and over	912	228	(3.6)	142	158	188	224	265	305	331	100	<3	
Males: 50 and over	2685	258	(3.3)	148	168	206	253	305	358	392	100	<3	
Males: 19 and over	5623	297	(2.8)	163	187	232	290	355	420	462	100	<3	
Females: 1-3	712	182	(3.4)	113	125	148	177	209	244	265	100	<3	
Females: 4-8	894	231	(4.0)	155	169	195	228	263	298	320	100	<3	
Females: 9-13	867	253	(5.1)	166	182	212	249	289	329	353	100	<3	
Females: 14-18	706	243	(6.9)	159	175	205	240	277	314	337	100	<3	
Females: 19-30	1039	237	(4.3)	145	162	193	232	277	322	351	100	<3	
Females: 31-50	1918	230	(3.0)	131	149	183	225	272	320	349	100	<3	
Females: 19-50	2957	233	(2.5)	135	153	186	227	274	320	350	100	<3	
Females: 51-70	1738	210	(2.8)	124	140	169	206	246	287	313	100	<3	
Females: 71 and over	964	193	(3.3)	115	129	155	188	225	261	285	100	<3	
Females: 50 and over	2702	205	(2.2)	121	136	165	200	240	280	306	100	<3	
Females: 19 and over	5659	221	(1.7)	128	145	176	216	260	305	334	100	<3	
All individuals 1 and over	17892	256	(1.4)	140	160	198	248	306	365	403	100	<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Total sugars (g/day)

Total sugars (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	107	(2.4)	62	70	85	104	125	147	160
Males: 4-8	1001	122	(2.4)	78	86	101	120	141	162	175
Males: 9-13	850	139	(2.7)	85	95	113	135	160	183	198
Males: 14-18	808	163	(4.2)	86	99	124	156	192	230	254
Males: 19-30	1113	152	(4.6)	63	77	105	143	189	238	271
Males: 31-50	1825	140	(2.9)	51	65	92	130	178	229	263
Males: 19-50	2938	145	(2.9)	55	69	97	135	182	232	266
Males: 51-70	1773	117	(3.5)	45	56	78	109	147	190	218
Males: 71 and over	912	102	(2.5)	49	57	75	98	124	151	169
Males: 50 and over	2685	113	(2.6)	45	56	77	106	142	181	207
Males: 19 and over	5623	133	(2.2)	51	63	88	124	167	215	246
Females: 1-3	712	100	(1.8)	59	66	80	97	117	138	152
Females: 4-8	894	116	(2.1)	68	77	93	113	136	159	173
Females: 9-13	867	121	(2.9)	72	81	97	118	141	164	179
Females: 14-18	706	116	(4.2)	72	80	96	114	134	153	166
Females: 19-30	1039	112	(2.9)	50	60	80	106	139	173	195
Females: 31-50	1918	108	(1.9)	46	56	76	102	134	167	189
Females: 19-50	2957	109	(1.8)	47	57	77	104	135	169	191
Females: 51-70	1738	96	(1.8)	45	54	70	92	118	145	163
Females: 71 and over	964	87	(1.7)	42	49	64	83	106	129	144
Females: 50 and over	2702	94	(1.4)	44	52	68	89	114	141	158
Females: 19 and over	5659	103	(1.1)	46	55	73	97	127	157	178
All individuals 1 and over	17892	119	(1.1)	51	62	83	112	147	185	210

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Dietary fiber (g/day)

Dietary fiber (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	AI	Above AI: %	Above AI: SE
Males: 1-3	772	10.3	(0.26)	4.9	5.8	7.6	9.9	12.5	15.3	17.0	19	<3	
Males: 4-8	1001	12.8	(0.29)	7.6	8.5	10.3	12.6	15.1	17.7	19.3	25	<3	
Males: 9-13	850	14.5	(0.45)	8.0	9.1	11.3	14.1	17.2	20.5	22.7	31	<3	
Males: 14-18	808	15.5	(0.48)	9.2	10.3	12.4	15.0	18.1	21.3	23.3	38	<3	
Males: 19-30	1113	17.3	(0.53)	8.2	9.8	12.8	16.7	21.3	26.0	29.0	38	<3	
Males: 31-50	1825	19.0	(0.54)	8.5	10.2	13.5	18.0	23.4	29.2	32.9	38	<3	
Males: 19-50	2938	18.3	(0.42)	8.3	10.0	13.2	17.5	22.6	27.9	31.5	38	<3	
Males: 51-70	1773	18.3	(0.50)	8.9	10.5	13.5	17.5	22.2	27.1	30.3	30	5	(1.3)
Males: 71 and over	912	17.0	(0.43)	7.9	9.4	12.3	16.1	20.7	25.6	28.9	30	4	(0.9)
Males: 50 and over	2685	18.0	(0.43)	8.6	10.2	13.2	17.2	21.9	26.7	30.0	30	5	(1.0)
Males: 19 and over	5623	18.2	(0.35)	8.5	10.1	13.2	17.4	22.4	27.5	31.0		<3	
Females: 1-3	712	9.6	(0.23)	4.6	5.4	7.1	9.2	11.6	14.1	15.7	19	<3	
Females: 4-8	894	12.2	(0.31)	7.9	8.7	10.2	12.0	14.1	16.2	17.5	25	<3	
Females: 9-13	867	13.5	(0.45)	8.4	9.2	10.9	13.1	15.6	18.1	19.7	26	<3	
Females: 14-18	706	12.6	(0.40)	6.6	7.6	9.7	12.2	15.1	18.2	20.2	26	<3	
Females: 19-30	1039	13.4	(0.47)	6.4	7.6	9.9	12.8	16.3	19.8	22.1	25	<3	
Females: 31-50	1918	14.9	(0.41)	6.5	7.9	10.6	14.1	18.4	23.0	25.9	25	6	(1.0)
Females: 19-50	2957	14.4	(0.34)	6.4	7.7	10.3	13.7	17.7	21.9	24.7	25	5	(0.8)
Females: 51-70	1738	15.8	(0.37)	8.0	9.3	11.9	15.3	19.2	23.3	25.9	21	17	(2.3)
Females: 71 and over	964	14.5	(0.28)	7.2	8.4	10.7	13.9	17.6	21.4	24.0	21	11	(1.6)
Females: 50 and over	2702	15.4	(0.29)	7.7	9.0	11.5	14.8	18.7	22.8	25.4	21	15	(1.8)
Females: 19 and over	5659	14.8	(0.26)	6.9	8.2	10.8	14.2	18.2	22.4	25.1		9	(0.8)
All individuals 1 and over	17892	15.6	(0.23)	7.1	8.4	11.2	14.8	19.2	23.7	26.7		5	(0.5)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Total fat (g/day)

Total fat (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	50.9	(1.35)	31.0	34.7	41.6	49.9	58.9	67.8	73.3
Males: 4-8	1001	63.8	(0.99)	43.4	47.3	54.5	63.2	72.9	82.7	88.9
Males: 9-13	850	78.6	(2.10)	51.6	56.5	65.5	76.6	88.8	101.0	108.9
Males: 14-18	808	93.1	(2.61)	61.6	67.4	78.3	91.6	106.6	122.0	131.6
Males: 19-30	1113	95.3	(2.07)	50.8	58.6	73.4	92.3	113.9	135.7	149.6
Males: 31-50	1825	102.1	(2.15)	55.5	63.9	79.5	99.3	122.1	145.4	160.0
Males: 19-50	2938	99.6	(1.72)	53.3	61.7	77.2	96.8	118.9	141.3	156.1
Males: 51-70	1773	91.2	(1.38)	47.1	54.7	69.3	88.1	109.8	132.4	146.6
Males: 71 and over	912	70.6	(1.75)	40.6	45.8	56.0	68.7	83.2	98.1	107.7
Males: 50 and over	2685	86.2	(1.26)	44.2	51.4	65.5	83.4	103.9	125.1	138.9
Males: 19 and over	5623	94.5	(1.17)	49.2	57.3	72.2	91.5	113.7	136.1	150.8
Females: 1-3	712	50.0	(1.03)	31.0	34.3	40.6	48.5	57.5	66.8	72.8
Females: 4-8	894	61.9	(1.22)	41.0	44.9	52.1	61.0	70.7	80.5	86.5
Females: 9-13	867	68.7	(1.54)	41.9	46.6	55.8	67.2	79.9	92.8	100.7
Females: 14-18	706	67.8	(1.99)	45.4	49.6	57.5	67.1	77.5	87.9	94.7
Females: 19-30	1039	67.9	(1.73)	38.1	43.6	53.8	66.5	80.9	95.2	104.1
Females: 31-50	1918	69.0	(1.37)	37.9	43.4	53.8	66.8	81.6	96.6	105.9
Females: 19-50	2957	68.6	(0.92)	38.0	43.5	53.9	66.7	81.3	95.8	105.2
Females: 51-70	1738	66.5	(1.15)	38.2	43.1	52.6	64.8	78.7	93.5	102.9
Females: 71 and over	964	56.5	(1.04)	32.2	36.5	44.7	55.0	66.7	78.6	86.2
Females: 50 and over	2702	63.6	(0.86)	35.7	40.5	49.9	61.8	75.4	89.7	99.1
Females: 19 and over	5659	66.4	(0.69)	37.0	42.3	52.2	64.7	78.9	93.3	102.7
All individuals 1 and over	17892	77.2	(0.70)	39.3	45.6	57.8	74.0	93.2	113.2	126.1

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Saturated fat (g/day)

Saturated fat (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	19.4	(0.63)	11.3	12.8	15.5	18.9	22.6	26.3	28.6
Males: 4-8	1001	22.7	(0.43)	14.2	15.8	18.7	22.3	26.4	30.6	33.3
Males: 9-13	850	27.7	(0.89)	17.4	19.2	22.6	26.8	31.4	36.1	39.1
Males: 14-18	808	32.2	(0.96)	19.7	21.9	26.2	31.4	37.4	43.6	47.5
Males: 19-30	1113	31.7	(0.82)	15.4	18.1	23.4	30.3	38.4	46.7	52.1
Males: 31-50	1825	33.8	(0.82)	17.0	19.9	25.4	32.6	41.0	49.7	55.3
Males: 19-50	2938	33.0	(0.69)	16.2	19.2	24.7	31.8	40.0	48.4	54.0
Males: 51-70	1773	29.9	(0.57)	13.7	16.3	21.5	28.4	36.7	45.6	51.3
Males: 71 and over	912	22.7	(0.64)	12.6	14.3	17.7	22.0	27.0	32.2	35.5
Males: 50 and over	2685	28.1	(0.51)	13.0	15.5	20.4	26.8	34.5	42.5	47.9
Males: 19 and over	5623	31.2	(0.47)	14.8	17.6	22.8	29.8	38.1	46.5	52.2
Females: 1-3	712	19.3	(0.43)	11.5	12.8	15.4	18.6	22.3	26.2	28.7
Females: 4-8	894	22.0	(0.56)	14.3	15.7	18.3	21.6	25.2	28.9	31.1
Females: 9-13	867	24.0	(0.60)	14.3	16.0	19.2	23.3	27.9	32.6	35.5
Females: 14-18	706	22.9	(0.65)	14.6	16.1	19.0	22.6	26.4	30.4	33.0
Females: 19-30	1039	22.7	(0.65)	12.0	13.9	17.5	22.1	27.4	32.8	36.2
Females: 31-50	1918	22.8	(0.46)	11.5	13.4	17.1	21.8	27.3	33.1	36.7
Females: 19-50	2957	22.7	(0.31)	11.7	13.6	17.3	21.9	27.3	32.9	36.5
Females: 51-70	1738	21.6	(0.45)	11.3	13.0	16.4	20.8	26.0	31.6	35.2
Females: 71 and over	964	18.6	(0.36)	9.9	11.4	14.2	17.9	22.2	26.7	29.6
Females: 50 and over	2702	20.7	(0.34)	10.7	12.4	15.6	19.9	24.9	30.3	33.8
Females: 19 and over	5659	21.9	(0.27)	11.3	13.1	16.6	21.1	26.4	31.8	35.5
All individuals 1 and over	17892	25.8	(0.27)	12.4	14.6	18.9	24.6	31.5	38.7	43.5

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Monounsaturated fat (g/day)

Monounsaturated fat (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	18.0	(0.49)	10.3	11.7	14.3	17.5	21.0	24.6	26.8
Males: 4-8	1001	23.2	(0.39)	15.9	17.3	19.8	22.9	26.4	29.9	32.1
Males: 9-13	850	28.5	(0.74)	19.0	20.7	23.9	27.8	32.1	36.3	39.1
Males: 14-18	808	34.0	(1.03)	22.3	24.5	28.5	33.5	39.2	45.0	48.6
Males: 19-30	1113	34.7	(0.79)	18.3	21.2	26.6	33.6	41.6	49.6	54.8
Males: 31-50	1825	38.1	(0.80)	20.6	23.7	29.6	37.0	45.5	54.3	59.8
Males: 19-50	2938	36.8	(0.63)	19.6	22.6	28.4	35.7	44.0	52.4	58.0
Males: 51-70	1773	33.8	(0.49)	17.5	20.3	25.7	32.6	40.7	49.1	54.4
Males: 71 and over	912	26.4	(0.65)	14.4	16.4	20.4	25.5	31.4	37.6	41.7
Males: 50 and over	2685	32.0	(0.47)	16.3	19.0	24.2	30.9	38.6	46.6	51.9
Males: 19 and over	5623	35.0	(0.42)	18.1	21.1	26.6	33.8	42.2	50.6	56.1
Females: 1-3	712	17.5	(0.32)	10.5	11.7	14.0	16.8	20.2	23.7	25.9
Females: 4-8	894	22.3	(0.47)	14.2	15.7	18.4	21.9	25.7	29.5	31.9
Females: 9-13	867	24.8	(0.56)	14.9	16.7	20.0	24.2	28.9	33.7	36.6
Females: 14-18	706	24.6	(0.95)	16.0	17.5	20.5	24.2	28.1	32.2	34.8
Females: 19-30	1039	24.3	(0.64)	13.2	15.2	19.0	23.8	29.2	34.7	38.1
Females: 31-50	1918	25.0	(0.54)	13.2	15.3	19.2	24.1	29.7	35.5	39.1
Females: 19-50	2957	24.7	(0.36)	13.2	15.3	19.2	24.0	29.5	35.1	38.8
Females: 51-70	1738	24.0	(0.47)	13.6	15.4	18.9	23.4	28.5	33.9	37.3
Females: 71 and over	964	20.2	(0.40)	11.6	13.2	16.0	19.7	23.8	28.0	30.7
Females: 50 and over	2702	22.9	(0.34)	12.7	14.5	17.9	22.2	27.2	32.4	35.8
Females: 19 and over	5659	23.9	(0.26)	13.0	15.0	18.6	23.2	28.6	34.0	37.6
All individuals 1 and over	17892	28.2	(0.26)	13.9	16.3	20.8	26.9	34.2	41.8	46.7

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Polyunsaturated fat (g/day)

Polyunsaturated fat (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	9.3	(0.25)	5.0	5.7	7.1	9.0	11.1	13.3	14.8
Males: 4-8	1001	12.7	(0.21)	8.5	9.3	10.7	12.5	14.6	16.6	17.9
Males: 9-13	850	15.8	(0.63)	9.3	10.5	12.6	15.3	18.4	21.5	23.7
Males: 14-18	808	18.9	(0.62)	12.6	13.7	15.9	18.5	21.5	24.6	26.6
Males: 19-30	1113	20.5	(0.50)	11.3	12.9	16.0	19.9	24.5	29.1	32.1
Males: 31-50	1825	21.2	(0.45)	11.5	13.2	16.4	20.6	25.6	30.8	34.2
Males: 19-50	2938	20.9	(0.37)	11.4	13.1	16.3	20.4	25.1	30.0	33.3
Males: 51-70	1773	19.7	(0.35)	10.6	12.1	15.1	19.0	23.6	28.4	31.5
Males: 71 and over	912	15.5	(0.42)	8.1	9.3	11.7	14.8	18.6	22.6	25.3
Males: 50 and over	2685	18.7	(0.29)	9.7	11.2	14.2	18.0	22.5	27.2	30.3
Males: 19 and over	5623	20.1	(0.28)	10.7	12.3	15.4	19.5	24.2	29.1	32.4
Females: 1-3	712	9.1	(0.30)	4.9	5.6	7.0	8.7	10.8	13.1	14.6
Females: 4-8	894	12.6	(0.29)	7.8	8.7	10.3	12.3	14.6	16.8	18.3
Females: 9-13	867	14.3	(0.37)	8.4	9.4	11.4	13.9	16.8	19.8	21.8
Females: 14-18	706	14.8	(0.53)	9.0	10.1	12.1	14.6	17.4	20.2	22.2
Females: 19-30	1039	14.9	(0.44)	8.5	9.6	11.8	14.6	17.7	21.0	23.0
Females: 31-50	1918	15.3	(0.34)	8.6	9.8	12.0	14.8	18.1	21.5	23.6
Females: 19-50	2957	15.2	(0.27)	8.5	9.7	12.0	14.7	18.0	21.2	23.4
Females: 51-70	1738	15.3	(0.27)	8.5	9.7	11.9	14.8	18.2	21.8	24.2
Females: 71 and over	964	12.9	(0.27)	6.4	7.5	9.6	12.3	15.6	19.1	21.4
Females: 50 and over	2702	14.6	(0.21)	7.7	8.9	11.1	14.0	17.5	21.2	23.6
Females: 19 and over	5659	14.9	(0.19)	8.2	9.4	11.6	14.4	17.8	21.2	23.5
All individuals 1 and over	17892	16.5	(0.18)	8.3	9.7	12.3	15.9	20.1	24.4	27.4

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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PFA 18:2 (g/day)

PFA 18:2 (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	AI	Above AI: %	Above AI: SE
Males: 1-3	772	8.2	(0.23)	4.2	4.9	6.2	7.9	9.8	11.9	13.3	7	63	(3.1)
Males: 4-8	1001	11.3	(0.19)	7.5	8.2	9.5	11.2	13.1	15.0	16.2	10	68	(3.8)
Males: 9-13	850	14.1	(0.59)	8.1	9.1	11.1	13.6	16.5	19.5	21.5	12	66	(4.3)
Males: 14-18	808	16.8	(0.56)	11.2	12.2	14.1	16.5	19.2	22.0	23.8	16	55	(6.5)
Males: 19-30	1113	18.0	(0.45)	10.0	11.4	14.1	17.5	21.6	25.7	28.4	17	54	(3.3)
Males: 31-50	1825	18.7	(0.41)	10.0	11.5	14.4	18.2	22.7	27.5	30.5	17	58	(2.6)
Males: 19-50	2938	18.5	(0.33)	9.9	11.5	14.3	18.0	22.3	26.7	29.7	17	57	(2.4)
Males: 51-70	1773	17.3	(0.31)	9.0	10.5	13.2	16.7	20.9	25.3	28.1	14	69	(1.9)
Males: 71 and over	912	13.6	(0.38)	6.9	8.0	10.2	13.0	16.4	20.0	22.4	14	42	(3.1)
Males: 50 and over	2685	16.4	(0.26)	8.3	9.7	12.3	15.8	19.9	24.2	27.0	14	63	(1.7)
Males: 19 and over	5623	17.7	(0.25)	9.3	10.7	13.5	17.1	21.4	25.9	28.8		59	(1.8)
Females: 1-3	712	8.0	(0.27)	4.2	4.8	6.0	7.6	9.5	11.7	13.1	7	60	(3.4)
Females: 4-8	894	11.2	(0.27)	6.9	7.7	9.1	11.0	13.1	15.2	16.5	10	64	(3.3)
Females: 9-13	867	12.7	(0.34)	7.3	8.2	10.0	12.4	15.1	17.9	19.7	10	75	(4.3)
Females: 14-18	706	13.2	(0.50)	8.0	8.9	10.8	13.0	15.6	18.2	19.9	11	73	(7.1)
Females: 19-30	1039	13.2	(0.40)	7.4	8.4	10.4	12.9	15.7	18.6	20.5	12	59	(3.8)
Females: 31-50	1918	13.6	(0.31)	7.5	8.5	10.6	13.1	16.1	19.1	21.1	12	61	(3.5)
Females: 19-50	2957	13.4	(0.24)	7.4	8.5	10.5	13.0	15.9	18.9	20.9	12	60	(3.0)
Females: 51-70	1738	13.4	(0.24)	7.3	8.4	10.4	13.0	16.1	19.4	21.5	11	69	(1.6)
Females: 71 and over	964	11.3	(0.24)	5.6	6.5	8.4	10.8	13.7	16.8	18.8	11	48	(2.4)
Females: 50 and over	2702	12.8	(0.18)	6.7	7.7	9.7	12.3	15.4	18.7	21.0	11	63	(1.3)
Females: 19 and over	5659	13.2	(0.17)	7.1	8.2	10.1	12.7	15.7	18.9	20.9		61	(1.9)
All individuals 1 and over	17892	14.6	(0.16)	7.2	8.4	10.8	14.0	17.8	21.7	24.4		62	(1.3)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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PFA 18:3 (g/day)

PFA 18:3 (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	AI	Above AI: %	Above AI: SE
Males: 1-3	772	0.83	(0.018)	0.49	0.55	0.67	0.82	0.98	1.15	1.25	0.7	70	(3.2)
Males: 4-8	1001	1.02	(0.022)	0.65	0.72	0.84	1.00	1.18	1.37	1.49	0.9	66	(4.1)
Males: 9-13	850	1.25	(0.052)	0.74	0.83	1.00	1.21	1.46	1.71	1.89	1.2	51	(5.0)
Males: 14-18	808	1.52	(0.062)	0.89	0.99	1.19	1.45	1.76	2.09	2.31	1.6	36	(5.4)
Males: 19-30	1113	1.78	(0.050)	0.87	1.02	1.31	1.69	2.16	2.64	2.96	1.6	56	(3.4)
Males: 31-50	1825	1.78	(0.043)	0.95	1.09	1.36	1.72	2.15	2.61	2.91	1.6	58	(2.8)
Males: 19-50	2938	1.78	(0.035)	0.91	1.06	1.34	1.71	2.15	2.61	2.92	1.6	58	(2.5)
Males: 51-70	1773	1.77	(0.039)	0.98	1.11	1.37	1.70	2.10	2.52	2.78	1.6	58	(2.5)
Males: 71 and over	912	1.41	(0.041)	0.76	0.86	1.07	1.34	1.67	2.04	2.29	1.6	30	(2.9)
Males: 50 and over	2685	1.68	(0.031)	0.91	1.04	1.29	1.62	2.00	2.41	2.68	1.6	51	(2.0)
Males: 19 and over	5623	1.74	(0.028)	0.92	1.05	1.32	1.68	2.10	2.54	2.84	1.6	55	(2.0)
Females: 1-3	712	0.86	(0.028)	0.47	0.53	0.66	0.82	1.02	1.24	1.38	0.7	69	(3.9)
Females: 4-8	894	1.01	(0.022)	0.68	0.74	0.85	0.99	1.15	1.30	1.40	0.9	67	(4.4)
Females: 9-13	867	1.13	(0.038)	0.65	0.73	0.89	1.10	1.33	1.59	1.75	1	62	(3.9)
Females: 14-18	706	1.19	(0.035)	0.66	0.75	0.93	1.16	1.43	1.71	1.91	1.1	57	(4.9)
Females: 19-30	1039	1.33	(0.041)	0.75	0.85	1.04	1.28	1.56	1.86	2.04	1.1	69	(4.7)
Females: 31-50	1918	1.33	(0.039)	0.75	0.85	1.04	1.28	1.56	1.86	2.05	1.1	69	(4.9)
Females: 19-50	2957	1.33	(0.030)	0.75	0.85	1.04	1.28	1.56	1.85	2.04	1.1	69	(3.6)
Females: 51-70	1738	1.40	(0.029)	0.81	0.91	1.10	1.35	1.64	1.96	2.18	1.1	75	(3.0)
Females: 71 and over	964	1.25	(0.032)	0.57	0.67	0.87	1.15	1.51	1.91	2.19	1.1	54	(2.6)
Females: 50 and over	2702	1.35	(0.025)	0.72	0.82	1.02	1.29	1.61	1.96	2.21	1.1	68	(2.0)
Females: 19 and over	5659	1.34	(0.023)	0.74	0.84	1.03	1.28	1.59	1.91	2.12	1.1	68	(2.2)
All individuals 1 and over	17892	1.43	(0.018)	0.72	0.83	1.06	1.36	1.73	2.12	2.38		61	(1.5)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Cholesterol (mg/day)

Cholesterol (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	Above 300 mg: %	Above 300 mg: SE
Males: 1-3	772	171	(7.7)	72	87	117	158	209	266	305	5	(1.8)
Males: 4-8	1001	195	(6.3)	107	120	146	181	224	272	305	6	(1.9)
Males: 9-13	850	241	(10.2)	127	145	181	227	281	338	376	19	(4.3)
Males: 14-18	808	303	(11.9)	182	202	241	290	346	405	442	45	(6.9)
Males: 19-30	1113	344	(10.6)	180	207	260	330	414	501	559	61	(3.8)
Males: 31-50	1825	374	(9.3)	190	220	278	355	446	543	606	68	(2.7)
Males: 19-50	2938	363	(7.5)	185	215	272	346	433	525	587	66	(2.6)
Males: 51-70	1773	339	(7.2)	147	177	236	317	415	522	591	55	(2.4)
Males: 71 and over	912	274	(10.2)	120	143	192	258	342	434	498	36	(3.4)
Males: 50 and over	2685	323	(5.8)	137	166	224	302	398	502	573	51	(1.8)
Males: 19 and over	5623	348	(5.1)	165	194	251	329	422	521	588	59	(1.5)
Females: 1-3	712	170	(5.1)	79	91	119	156	204	260	299	5	(1.9)
Females: 4-8	894	182	(5.3)	123	133	152	176	203	231	248	<3	
Females: 9-13	867	208	(8.0)	111	126	157	196	242	291	323	8	(3.2)
Females: 14-18	706	203	(7.9)	120	134	162	197	237	279	307	6	(3.5)
Females: 19-30	1039	218	(8.1)	99	118	156	206	268	334	376	16	(3.7)
Females: 31-50	1918	238	(6.0)	123	141	178	225	282	342	380	19	(2.7)
Females: 19-50	2957	231	(4.7)	113	132	170	219	277	339	381	18	(2.4)
Females: 51-70	1738	228	(8.2)	105	124	163	215	278	347	393	19	(3.2)
Females: 71 and over	964	189	(4.7)	97	113	143	183	230	280	313	7	(1.8)
Females: 50 and over	2702	217	(5.2)	101	119	156	205	264	328	372	15	(2.1)
Females: 19 and over	5659	225	(4.1)	108	127	163	213	272	335	378	17	(1.9)
All individuals 1 and over	17892	267	(3.6)	115	137	182	246	326	414	473	32	(1.2)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. No Dietary Reference Intakes have been established for cholesterol; percentage of individuals with usual intake above 300 mg.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Moisture (g/day)

Moisture (g/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	AI	Above AI: %	Above AI: SE
Males: 1-3	772	1372	(26.6)	821	916	1098	1327	1589	1862	2037	1300	53	(2.6)
Males: 4-8	1001	1427	(25.0)	898	987	1157	1378	1643	1926	2117	1700	21	(2.4)
Males: 9-13	850	1867	(48.6)	1122	1251	1494	1806	2164	2532	2778	2400	14	(3.7)
Males: 14-18	808	2692	(107.6)	1397	1585	1970	2486	3142	3885	4392	3300	21	(3.5)
Males: 19-30	1113	3480	(88.6)	1776	2038	2553	3264	4154	5129	5799	3700	36	(3.0)
Males: 31-50	1825	3647	(67.5)	2014	2296	2828	3511	4312	5148	5681	3700	43	(2.3)
Males: 19-50	2938	3584	(62.0)	1911	2190	2723	3426	4252	5123	5719	3700	41	(2.1)
Males: 51-70	1773	3277	(59.0)	1779	2023	2499	3130	3886	4706	5240	3700	30	(2.1)
Males: 71 and over	912	2378	(44.7)	1418	1580	1896	2297	2764	3250	3570	3700	4	(0.9)
Males: 50 and over	2685	3061	(45.8)	1604	1841	2306	2920	3647	4415	4937	3700	24	(1.6)
Males: 19 and over	5623	3384	(41.4)	1769	2037	2547	3227	4037	4887	5463	3700	34	(1.5)
Females: 1-3	712	1318	(25.1)	852	934	1094	1288	1505	1729	1870	1300	48	(3.4)
Females: 4-8	894	1405	(29.3)	901	987	1152	1365	1609	1864	2025	1700	18	(2.9)
Females: 9-13	867	1657	(38.8)	1061	1156	1345	1590	1872	2172	2366	2100	13	(2.6)
Females: 14-18	706	2060	(68.6)	1098	1255	1567	1968	2428	2918	3250	2300	31	(4.4)
Females: 19-30	1039	2591	(76.9)	1352	1544	1920	2431	3057	3741	4193	2700	38	(3.5)
Females: 31-50	1918	2847	(35.9)	1477	1704	2143	2719	3410	4152	4626	2700	51	(1.6)
Females: 19-50	2957	2755	(36.9)	1414	1632	2055	2615	3286	4009	4498	2700	46	(1.6)
Females: 51-70	1738	2728	(46.6)	1474	1683	2088	2616	3231	3890	4320	2700	46	(1.9)
Females: 71 and over	964	2122	(35.8)	1183	1342	1645	2038	2498	2975	3291	2700	17	(1.5)
Females: 50 and over	2702	2551	(36.0)	1336	1534	1924	2435	3032	3663	4089	2700	38	(1.6)
Females: 19 and over	5659	2668	(26.9)	1385	1595	1998	2536	3183	3866	4331	2700	43	(1.2)
All individuals 1 and over	17892	2703	(26.6)	1148	1382	1872	2539	3325	4151	4703		35	(1.0)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin A (μg RAE/day)

Vitamin A (μg RAE/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE	UL	Above UL: %	Above UL: SE
Males: 1-3	772	605	(22.9)	313	363	461	585	725	869	960	210	<3		600	25	(3.0)
Males: 4-8	1001	609	(14.8)	358	404	489	595	715	835	913	275	<3		900	<3	
Males: 9-13	850	659	(30.5)	350	404	507	639	789	942	1042	445	15	(4.4)	1700	<3	
Males: 14-18	808	673	(33.6)	335	390	499	639	807	985	1100	630	49	(5.4)	2800	<3	
Males: 19-30	1113	610	(20.7)	249	304	416	574	773	991	1139	625	57	(3.2)	3000	<3	
Males: 31-50	1825	671	(19.3)	271	334	460	634	851	1089	1245	625	49	(2.5)	3000	<3	
Males: 19-50	2938	648	(12.8)	261	321	443	612	821	1048	1206	625	52	(2.1)	3000	<3	
Males: 51-70	1773	681	(17.2)	252	316	449	635	867	1125	1294	625	49	(2.4)	3000	<3	
Males: 71 and over	912	717	(27.9)	323	383	507	678	893	1132	1297	625	42	(4.1)	3000	<3	
Males: 50 and over	2685	690	(17.2)	268	331	464	647	874	1125	1299	625	47	(2.5)	3000	<3	
Males: 19 and over	5623	664	(11.6)	264	324	449	624	844	1085	1249	625	50	(1.7)	3000	<3	
Females: 1-3	712	566	(20.2)	309	353	439	546	671	801	884	210	<3		600	20	(4.4)
Females: 4-8	894	546	(15.1)	300	343	425	531	651	775	852	275	3	(1.5)	900	<3	
Females: 9-13	867	576	(24.6)	284	332	428	553	696	846	941	420	24	(3.4)	1700	<3	
Females: 14-18	706	495	(23.7)	223	266	354	473	612	765	869	485	53	(4.6)	2800	<3	
Females: 19-30	1039	515	(17.3)	210	257	351	484	651	837	960	500	53	(2.9)	3000	<3	
Females: 31-50	1918	569	(25.2)	220	272	378	530	726	950	1100	500	45	(3.2)	3000	<3	
Females: 19-50	2957	549	(18.4)	216	266	369	513	698	906	1050	500	48	(2.5)	3000	<3	
Females: 51-70	1738	649	(21.1)	246	303	421	591	810	1063	1238	500	37	(2.7)	3000	<3	
Females: 71 and over	964	616	(17.3)	284	334	435	574	746	934	1063	500	37	(2.9)	3000	<3	
Females: 50 and over	2702	640	(14.6)	255	309	424	585	791	1024	1187	500	37	(2.1)	3000	<3	
Females: 19 and over	5659	588	(12.7)	231	282	390	543	741	963	1118	500	43	(1.9)	3000	<3	
All individuals 1 and over	17892	616	(9.0)	254	310	423	579	774	986	1132		40	(1.4)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL. Vitamin A measured in Retinol Activity Equivalents (RAE). Comparison to the UL is for the retinol component only.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Alpha-carotene (µg/day)

Alpha-carotene (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	302	(48)	15	24	48	99	199	368	529
Males: 4-8	1001	272	(33)	17	27	51	94	170	283	380
Males: 9-13	850	290	(48)	11	17	37	85	188	380	565
Males: 14-18	808	236	(39)	14	21	40	75	137	230	311
Males: 19-30	1113	316	(26)	20	32	66	130	243	417	568
Males: 31-50	1825	394	(49)	29	44	84	161	300	516	708
Males: 19-50	2938	365	(32)	25	39	77	150	278	474	651
Males: 51-70	1773	401	(27)	30	47	93	186	362	649	913
Males: 71 and over	912	476	(39)	31	50	103	220	459	878	1274
Males: 50 and over	2685	419	(26)	30	47	95	195	383	699	997
Males: 19 and over	5623	385	(25)	25	40	82	165	321	568	796
Females: 1-3	712	205	(24)	7	13	31	77	189	412	653
Females: 4-8	894	262	(37)	13	21	44	88	165	288	391
Females: 9-13	867	243	(35)	14	22	42	76	131	205	270
Females: 14-18	706	255	(49)	10	16	35	78	165	313	464
Females: 19-30	1039	283	(26)	17	26	54	111	223	405	576
Females: 31-50	1918	398	(41)	24	37	73	152	309	581	838
Females: 19-50	2957	356	(28)	21	32	65	136	275	518	750
Females: 51-70	1738	465	(36)	46	68	124	237	441	760	1042
Females: 71 and over	964	429	(35)	38	56	106	206	387	683	941
Females: 50 and over	2702	454	(29)	44	64	119	229	428	737	1017
Females: 19 and over	5659	398	(22)	26	41	82	169	339	626	899
All individuals 1 and over	17892	358	(15)	20	32	66	140	287	531	761

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Beta-carotene (µg/day)

Beta-carotene (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	1159	(119.6)	238	305	466	739	1165	1767	2249
Males: 4-8	1001	1231	(109.6)	229	302	481	801	1329	2098	2748
Males: 9-13	850	1176	(138.8)	263	337	511	805	1258	1869	2369
Males: 14-18	808	1259	(120.8)	312	386	555	817	1203	1704	2081
Males: 19-30	1113	1525	(83.2)	384	499	763	1200	1857	2702	3352
Males: 31-50	1825	2083	(172.0)	383	526	872	1479	2450	3792	4841
Males: 19-50	2938	1874	(111.6)	375	508	824	1370	2217	3352	4279
Males: 51-70	1773	2226	(134.2)	470	634	1026	1700	2741	4160	5245
Males: 71 and over	912	2460	(176.6)	500	669	1085	1795	2898	4390	5572
Males: 50 and over	2685	2282	(126.8)	474	637	1043	1728	2781	4197	5323
Males: 19 and over	5623	2030	(90.2)	405	547	893	1496	2444	3729	4749
Females: 1-3	712	952	(67.5)	167	228	390	680	1165	1886	2481
Females: 4-8	894	1093	(88.8)	218	283	444	729	1189	1850	2381
Females: 9-13	867	1185	(113.0)	331	400	559	807	1155	1601	1930
Females: 14-18	706	1181	(141.6)	232	303	477	777	1244	1908	2468
Females: 19-30	1039	1514	(126.4)	192	282	520	985	1795	2999	3983
Females: 31-50	1918	2045	(159.7)	313	440	764	1363	2377	3868	5065
Females: 19-50	2957	1854	(118.1)	258	371	664	1216	2155	3548	4727
Females: 51-70	1738	2601	(138.0)	590	781	1236	2001	3153	4712	5916
Females: 71 and over	964	2284	(142.7)	512	679	1073	1742	2762	4117	5186
Females: 50 and over	2702	2509	(109.9)	564	744	1181	1915	3027	4520	5682
Females: 19 and over	5659	2133	(89.4)	348	486	836	1482	2555	4077	5334
All individuals 1 and over	17892	1852	(59.4)	311	430	728	1273	2170	3426	4475

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Beta-cryptoxanthin (µg/day)

Beta-cryptoxanthin (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	73	(10)	8	12	22	42	81	144	202
Males: 4-8	1001	79	(8)	10	16	29	53	93	151	200
Males: 9-13	850	60	(7)	8	12	21	39	66	106	138
Males: 14-18	808	71	(9)	9	14	25	43	71	108	138
Males: 19-30	1113	70	(6)	13	19	33	52	78	109	133
Males: 31-50	1825	84	(7)	12	17	29	52	91	151	201
Males: 19-50	2938	79	(5)	13	18	30	51	87	136	179
Males: 51-70	1773	98	(11)	10	15	30	59	112	193	264
Males: 71 and over	912	93	(7)	13	19	34	63	111	179	236
Males: 50 and over	2685	97	(8)	11	16	31	60	111	190	258
Males: 19 and over	5623	86	(4)	11	16	30	54	97	159	212
Females: 1-3	712	83	(10)	7	11	22	43	82	143	194
Females: 4-8	894	77	(9)	12	16	28	48	81	129	167
Females: 9-13	867	57	(6)	17	21	30	45	66	93	113
Females: 14-18	706	46	(4)	5	8	16	32	57	95	128
Females: 19-30	1039	62	(5)	9	13	23	39	63	94	119
Females: 31-50	1918	86	(13)	10	14	26	48	87	148	199
Females: 19-50	2957	77	(9)	9	14	25	45	78	127	169
Females: 51-70	1738	89	(6)	13	19	35	61	99	152	192
Females: 71 and over	964	90	(7)	12	18	32	60	105	168	219
Females: 50 and over	2702	90	(6)	13	19	34	60	102	157	203
Females: 19 and over	5659	83	(6)	10	15	28	51	89	143	188
All individuals 1 and over	17892	80	(4)	10	15	27	50	88	143	189

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Lycopene (µg/day)

Lycopene (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	3106	(312)	872	1192	1920	2867	3922	4953	5556
Males: 4-8	1001	4103	(215)	986	1438	2456	3907	5678	7569	8806
Males: 9-13	850	4737	(299)	2110	2537	3411	4586	6009	7554	8566
Males: 14-18	808	7087	(719)	2690	3323	4693	6515	8780	11139	12689
Males: 19-30	1113	7347	(553)	2734	3360	4635	6472	8802	11470	13312
Males: 31-50	1825	7235	(431)	2437	3050	4355	6298	8850	11795	13871
Males: 19-50	2938	7277	(334)	2570	3180	4471	6364	8866	11717	13737
Males: 51-70	1773	5853	(314)	1632	2162	3300	5058	7460	10344	12418
Males: 71 and over	912	4835	(388)	917	1295	2205	3737	6028	8929	11072
Males: 50 and over	2685	5609	(278)	1438	1916	3007	4746	7146	10038	12149
Males: 19 and over	5623	6639	(265)	1982	2564	3814	5721	8281	11263	13376
Females: 1-3	712	3376	(280)	1259	1612	2298	3169	4195	5315	6031
Females: 4-8	894	4202	(329)	863	1255	2184	3487	5072	6742	7770
Females: 9-13	867	4791	(480)	2362	2713	3401	4323	5427	6634	7440
Females: 14-18	706	4663	(456)	1733	2151	3021	4277	5871	7616	8889
Females: 19-30	1039	4985	(436)	889	1367	2559	4444	6952	9802	11767
Females: 31-50	1918	4717	(236)	1262	1694	2641	4038	5869	7941	9380
Females: 19-50	2957	4814	(209)	1116	1581	2619	4199	6259	8585	10220
Females: 51-70	1738	4415	(280)	942	1352	2338	3808	5710	7792	9195
Females: 71 and over	964	3553	(241)	983	1323	2087	3237	4825	6639	7911
Females: 50 and over	2702	4163	(203)	948	1345	2260	3658	5461	7452	8841
Females: 19 and over	5659	4537	(162)	1015	1454	2453	3969	5947	8140	9655
All individuals 1 and over	17892	5331	(142)	1418	1897	2956	4581	6776	9316	11130

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Lutein + zeaxanthin (µg/day)

Lutein + zeaxanthin (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	581	(32.1)	165	210	313	474	701	987	1197
Males: 4-8	1001	748	(89.7)	216	271	393	586	865	1221	1493
Males: 9-13	850	802	(112.5)	299	353	466	631	847	1099	1284
Males: 14-18	808	947	(116.9)	294	359	503	717	1020	1396	1671
Males: 19-30	1113	1025	(62.3)	331	414	595	876	1269	1743	2091
Males: 31-50	1825	1542	(151.5)	376	483	725	1116	1695	2445	3006
Males: 19-50	2938	1348	(102.9)	352	450	670	1023	1530	2168	2670
Males: 51-70	1773	1642	(129.3)	447	563	820	1222	1791	2511	3034
Males: 71 and over	912	1467	(89.0)	414	509	727	1067	1558	2187	2668
Males: 50 and over	2685	1600	(107.4)	440	550	803	1191	1738	2421	2936
Males: 19 and over	5623	1445	(80.6)	382	484	715	1085	1619	2294	2803
Females: 1-3	712	573	(45.7)	171	216	320	476	694	965	1161
Females: 4-8	894	625	(42.5)	255	302	401	546	734	952	1102
Females: 9-13	867	845	(95.7)	290	345	467	649	893	1190	1401
Females: 14-18	706	767	(81.6)	325	378	489	643	834	1055	1213
Females: 19-30	1039	1178	(93.2)	219	296	480	796	1287	1945	2446
Females: 31-50	1918	1439	(130.1)	303	400	631	1020	1624	2448	3075
Females: 19-50	2957	1345	(86.1)	264	354	568	934	1499	2267	2884
Females: 51-70	1738	1740	(101.7)	446	561	828	1267	1923	2817	3518
Females: 71 and over	964	1486	(99.7)	324	414	624	981	1537	2300	2922
Females: 50 and over	2702	1666	(76.5)	402	509	758	1172	1802	2661	3348
Females: 19 and over	5659	1482	(61.1)	312	409	641	1037	1654	2482	3145
All individuals 1 and over	17892	1285	(54.3)	296	384	587	925	1430	2083	2597

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Thiamin (mg/day)

Thiamin (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	1.18	(0.034)	0.71	0.79	0.95	1.15	1.37	1.60	1.74	0.4	<3	
Males: 4-8	1001	1.44	(0.026)	0.96	1.05	1.22	1.42	1.65	1.88	2.03	0.5	<3	
Males: 9-13	850	1.71	(0.051)	1.15	1.26	1.45	1.68	1.93	2.18	2.35	0.7	<3	
Males: 14-18	808	1.97	(0.069)	1.14	1.28	1.56	1.91	2.31	2.73	2.99	1	<3	
Males: 19-30	1113	2.07	(0.091)	1.09	1.25	1.56	1.97	2.46	2.96	3.30	1	3	(1.3)
Males: 31-50	1825	1.97	(0.032)	1.13	1.28	1.57	1.93	2.35	2.79	3.07	1	<3	
Males: 19-50	2938	2.01	(0.041)	1.11	1.27	1.57	1.95	2.39	2.84	3.15	1	<3	
Males: 51-70	1773	1.83	(0.030)	1.10	1.23	1.48	1.79	2.15	2.52	2.75	1	<3	
Males: 71 and over	912	1.64	(0.034)	0.95	1.07	1.30	1.59	1.94	2.30	2.54	1	7	(1.2)
Males: 50 and over	2685	1.78	(0.027)	1.05	1.18	1.43	1.74	2.10	2.47	2.70	1	4	(0.7)
Males: 19 and over	5623	1.92	(0.027)	1.09	1.23	1.51	1.87	2.28	2.71	2.99	1	3	(0.4)
Females: 1-3	712	1.11	(0.030)	0.69	0.76	0.90	1.08	1.28	1.49	1.63	0.4	<3	
Females: 4-8	894	1.35	(0.029)	0.89	0.98	1.13	1.33	1.54	1.76	1.89	0.5	<3	
Females: 9-13	867	1.49	(0.041)	1.03	1.11	1.28	1.47	1.69	1.91	2.04	0.7	<3	
Females: 14-18	706	1.39	(0.063)	0.79	0.89	1.08	1.33	1.61	1.91	2.11	0.9	11	(3.8)
Females: 19-30	1039	1.39	(0.025)	0.85	0.95	1.13	1.36	1.62	1.88	2.04	0.9	7	(2.5)
Females: 31-50	1918	1.40	(0.026)	0.84	0.94	1.13	1.36	1.63	1.90	2.07	0.9	8	(2.2)
Females: 19-50	2957	1.39	(0.021)	0.85	0.95	1.13	1.36	1.63	1.89	2.06	0.9	7	(1.6)
Females: 51-70	1738	1.37	(0.033)	0.85	0.94	1.12	1.34	1.60	1.87	2.05	0.9	8	(1.9)
Females: 71 and over	964	1.33	(0.032)	0.76	0.86	1.04	1.28	1.55	1.84	2.03	0.9	13	(2.0)
Females: 50 and over	2702	1.36	(0.026)	0.82	0.91	1.09	1.32	1.59	1.87	2.05	0.9	9	(1.6)
Females: 19 and over	5659	1.38	(0.019)	0.83	0.93	1.11	1.35	1.61	1.88	2.06	0.9	8	(1.4)
All individuals 1 and over	17892	1.60	(0.014)	0.88	1.00	1.23	1.54	1.91	2.30	2.55		5	(0.6)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Riboflavin (mg/day)

Riboflavin (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	1.89	(0.053)	1.05	1.21	1.50	1.85	2.23	2.61	2.85	0.4	<3	
Males: 4-8	1001	1.95	(0.035)	1.24	1.37	1.62	1.92	2.26	2.60	2.81	0.5	<3	
Males: 9-13	850	2.23	(0.079)	1.34	1.50	1.80	2.18	2.61	3.06	3.35	0.8	<3	
Males: 14-18	808	2.56	(0.090)	1.47	1.65	2.02	2.47	3.00	3.54	3.89	1.1	<3	
Males: 19-30	1113	2.48	(0.077)	1.20	1.40	1.81	2.35	3.00	3.67	4.12	1.1	3	(1.0)
Males: 31-50	1825	2.64	(0.049)	1.38	1.59	2.01	2.54	3.18	3.85	4.28	1.1	<3	
Males: 19-50	2938	2.58	(0.048)	1.30	1.51	1.93	2.47	3.11	3.78	4.23	1.1	<3	
Males: 51-70	1773	2.48	(0.051)	1.26	1.47	1.87	2.40	3.01	3.65	4.05	1.1	<3	
Males: 71 and over	912	2.22	(0.050)	1.26	1.43	1.75	2.16	2.63	3.11	3.42	1.1	<3	
Males: 50 and over	2685	2.41	(0.044)	1.24	1.45	1.84	2.34	2.92	3.52	3.91	1.1	<3	
Males: 19 and over	5623	2.52	(0.034)	1.28	1.49	1.89	2.42	3.04	3.69	4.12	1.1	<3	
Females: 1-3	712	1.84	(0.046)	1.09	1.22	1.47	1.79	2.15	2.52	2.76	0.4	<3	
Females: 4-8	894	1.81	(0.040)	1.08	1.21	1.46	1.77	2.12	2.46	2.68	0.5	<3	
Females: 9-13	867	1.86	(0.043)	1.14	1.27	1.52	1.83	2.17	2.52	2.74	0.8	<3	
Females: 14-18	706	1.70	(0.066)	0.94	1.07	1.32	1.65	2.01	2.40	2.66	0.9	4	(2.0)
Females: 19-30	1039	1.78	(0.060)	0.96	1.10	1.37	1.72	2.13	2.55	2.81	0.9	3	(1.0)
Females: 31-50	1918	1.89	(0.032)	1.02	1.18	1.47	1.83	2.26	2.70	2.98	0.9	<3	
Females: 19-50	2957	1.85	(0.036)	1.00	1.15	1.43	1.79	2.21	2.64	2.93	0.9	<3	
Females: 51-70	1738	1.91	(0.035)	1.04	1.18	1.47	1.84	2.27	2.74	3.04	0.9	<3	
Females: 71 and over	964	1.77	(0.033)	0.94	1.08	1.35	1.70	2.11	2.53	2.80	0.9	4	(0.6)
Females: 50 and over	2702	1.87	(0.024)	1.00	1.15	1.43	1.80	2.23	2.68	2.98	0.9	<3	
Females: 19 and over	5659	1.86	(0.025)	1.00	1.15	1.43	1.80	2.22	2.66	2.96	0.9	<3	
All individuals 1 and over	17892	2.13	(0.023)	1.08	1.26	1.59	2.04	2.57	3.13	3.49		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Niacin (mg/day)

Niacin (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	14.2	(0.32)	8.2	9.2	11.3	13.8	16.7	19.7	21.6	5	<3	
Males: 4-8	1001	18.4	(0.32)	12.4	13.5	15.6	18.2	21.1	24.0	25.9	6	<3	
Males: 9-13	850	24.2	(0.83)	17.1	18.4	20.8	23.8	27.1	30.3	32.4	9	<3	
Males: 14-18	808	29.7	(0.96)	17.9	20.0	24.0	28.9	34.7	40.7	44.5	12	<3	
Males: 19-30	1113	33.8	(0.91)	20.0	22.5	27.1	32.9	39.5	46.2	50.5	12	<3	
Males: 31-50	1825	32.4	(0.52)	19.7	22.1	26.4	31.8	37.9	44.1	48.0	12	<3	
Males: 19-50	2938	32.9	(0.44)	19.8	22.2	26.6	32.2	38.5	44.7	48.9	12	<3	
Males: 51-70	1773	28.2	(0.46)	16.9	18.9	22.8	27.7	33.2	38.9	42.4	12	<3	
Males: 71 and over	912	22.9	(0.50)	13.7	15.3	18.4	22.4	27.1	32.0	35.2	12	<3	
Males: 50 and over	2685	27.0	(0.42)	15.6	17.7	21.6	26.4	31.9	37.5	41.1	12	<3	
Males: 19 and over	5623	30.6	(0.32)	17.8	20.2	24.5	30.0	36.2	42.4	46.4	12	<3	
Females: 1-3	712	12.9	(0.34)	7.3	8.3	10.1	12.4	15.1	18.1	19.9	5	<3	
Females: 4-8	894	17.5	(0.38)	10.6	11.8	14.1	17.1	20.4	23.7	25.8	6	<3	
Females: 9-13	867	20.3	(0.48)	13.8	15.0	17.2	19.9	22.9	25.8	27.6	9	<3	
Females: 14-18	706	20.3	(0.65)	12.5	13.9	16.6	19.9	23.4	27.1	29.5	11	<3	
Females: 19-30	1039	21.5	(0.46)	13.8	15.2	17.9	21.2	24.9	28.5	30.8	11	<3	
Females: 31-50	1918	20.9	(0.26)	12.6	14.2	17.0	20.5	24.5	28.5	31.0	11	<3	
Females: 19-50	2957	21.1	(0.29)	13.0	14.5	17.3	20.8	24.6	28.5	31.0	11	<3	
Females: 51-70	1738	20.3	(0.35)	12.1	13.6	16.3	19.9	23.9	28.2	30.9	11	<3	
Females: 71 and over	964	18.2	(0.37)	10.0	11.5	14.1	17.6	21.6	25.6	28.3	11	8	(1.4)
Females: 50 and over	2702	19.7	(0.28)	11.3	12.8	15.6	19.2	23.3	27.6	30.4	11	4	(1.0)
Females: 19 and over	5659	20.5	(0.22)	12.2	13.7	16.5	20.1	24.1	28.2	30.9	11	<3	
All individuals 1 and over	17892	24.2	(0.20)	12.5	14.4	18.1	23.1	29.2	35.5	39.5		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Vitamin B6 (mg/day)

Vitamin B6 (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	EAR	Below	Below	UL	Above	Above
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		EAR: %	EAR: SE		UL: %	UL: SE
Males: 1-3	772	1.34	(0.029)	0.81	0.91	1.09	1.32	1.57	1.82	1.98	0.4	<3		30	<3	
Males: 4-8	1001	1.54	(0.026)	0.99	1.09	1.28	1.52	1.80	2.08	2.27	0.5	<3		40	<3	
Males: 9-13	850	1.93	(0.085)	1.18	1.31	1.54	1.84	2.19	2.56	2.80	0.8	<3		60	<3	
Males: 14-18	808	2.30	(0.096)	1.27	1.44	1.77	2.20	2.72	3.27	3.62	1.1	<3		80	<3	
Males: 19-30	1113	2.61	(0.091)	1.34	1.54	1.94	2.47	3.11	3.78	4.23	1.1	<3		100	<3	
Males: 31-50	1825	2.56	(0.043)	1.35	1.56	1.95	2.46	3.06	3.70	4.12	1.1	<3		100	<3	
Males: 19-50	2938	2.57	(0.039)	1.34	1.55	1.94	2.46	3.08	3.72	4.16	1.1	<3		100	<3	
Males: 51-70	1773	2.22	(0.038)	1.19	1.37	1.71	2.16	2.68	3.23	3.57	1.4	11	(1.4)	100	<3	
Males: 71 and over	912	2.02	(0.048)	1.05	1.21	1.51	1.92	2.41	2.95	3.31	1.4	19	(1.9)	100	<3	
Males: 50 and over	2685	2.17	(0.036)	1.15	1.32	1.66	2.10	2.62	3.16	3.52	1.4	13	(1.3)	100	<3	
Males: 19 and over	5623	2.42	(0.028)	1.27	1.46	1.83	2.32	2.91	3.52	3.93		6	(0.6)	100	<3	
Females: 1-3	712	1.22	(0.035)	0.69	0.77	0.95	1.17	1.43	1.71	1.90	0.4	<3		30	<3	
Females: 4-8	894	1.46	(0.028)	0.85	0.96	1.16	1.43	1.73	2.04	2.24	0.5	<3		40	<3	
Females: 9-13	867	1.60	(0.053)	0.99	1.09	1.30	1.55	1.84	2.14	2.32	0.8	<3		60	<3	
Females: 14-18	706	1.57	(0.051)	0.89	1.00	1.23	1.52	1.85	2.19	2.42	1	10	(3.8)	80	<3	
Females: 19-30	1039	1.69	(0.053)	0.99	1.11	1.34	1.63	1.98	2.35	2.58	1.1	9	(3.0)	100	<3	
Females: 31-50	1918	1.69	(0.036)	0.93	1.07	1.32	1.64	2.01	2.40	2.65	1.1	12	(2.6)	100	<3	
Females: 19-50	2957	1.69	(0.034)	0.94	1.07	1.32	1.63	2.00	2.39	2.64	1.1	11	(2.1)	100	<3	
Females: 51-70	1738	1.72	(0.043)	0.91	1.04	1.30	1.65	2.06	2.51	2.81	1.3	25	(2.5)	100	<3	
Females: 71 and over	964	1.59	(0.046)	0.82	0.95	1.19	1.51	1.90	2.31	2.59	1.3	33	(2.4)	100	<3	
Females: 50 and over	2702	1.68	(0.033)	0.87	1.00	1.26	1.60	2.01	2.45	2.75	1.3	28	(2.1)	100	<3	
Females: 19 and over	5659	1.69	(0.026)	0.91	1.04	1.29	1.62	2.01	2.42	2.70		18	(1.7)	100	<3	
All individuals 1 and over	17892	1.95	(0.021)	0.96	1.11	1.42	1.84	2.36	2.90	3.27		10	(0.8)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Folate (µg DFE/day)

Folate (µg DFE/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE	UL	Above UL: %	Above UL: SE
Males: 1-3	772	374	(14.1)	198	227	285	360	448	540	600	120	<3		300	<3	
Males: 4-8	1001	495	(13.2)	304	337	400	482	579	682	751	160	<3		400	<3	
Males: 9-13	850	570	(20.9)	326	369	451	558	682	810	896	250	<3		600	<3	
Males: 14-18	808	632	(28.7)	324	372	470	602	767	952	1076	330	6	(2.1)	800	<3	
Males: 19-30	1113	665	(21.1)	366	418	517	647	800	959	1064	320	<3		1000	<3	
Males: 31-50	1825	645	(17.6)	330	382	483	617	780	955	1069	320	4	(1.0)	1000	<3	
Males: 19-50	2938	652	(13.5)	342	395	496	630	787	952	1065	320	4	(0.7)	1000	<3	
Males: 51-70	1773	574	(11.1)	312	357	444	560	698	848	945	320	6	(1.2)	1000	<3	
Males: 71 and over	912	550	(13.2)	267	310	399	521	672	841	957	320	11	(1.7)	1000	<3	
Males: 50 and over	2685	568	(9.9)	299	344	434	552	693	846	949	320	7	(1.1)	1000	<3	
Males: 19 and over	5623	620	(10.1)	325	375	470	599	753	915	1025	320	5	(0.7)	1000	<3	
Females: 1-3	712	353	(10.1)	187	213	265	334	419	514	578	120	<3		300	<3	
Females: 4-8	894	454	(11.8)	268	299	359	437	528	625	687	160	<3		400	<3	
Females: 9-13	867	513	(20.2)	290	326	399	497	614	743	828	250	<3		600	<3	
Females: 14-18	706	495	(24.4)	235	275	356	465	595	738	837	330	20	(4.4)	800	<3	
Females: 19-30	1039	464	(9.8)	275	309	372	454	548	646	708	320	12	(3.7)	1000	<3	
Females: 31-50	1918	474	(13.1)	246	284	358	455	574	702	785	320	17	(2.7)	1000	<3	
Females: 19-50	2957	470	(10.9)	256	292	363	455	565	681	758	320	15	(2.1)	1000	<3	
Females: 51-70	1738	465	(12.7)	245	281	352	446	558	682	765	320	18	(1.9)	1000	<3	
Females: 71 and over	964	449	(11.9)	217	252	322	419	541	678	773	320	25	(2.0)	1000	<3	
Females: 50 and over	2702	460	(9.6)	235	271	342	438	554	681	768	320	20	(1.6)	1000	<3	
Females: 19 and over	5659	466	(8.1)	247	283	354	447	561	683	765	320	17	(1.7)	1000	<3	
All individuals 1 and over	17892	530	(6.0)	264	307	392	506	647	797	899		9	(0.7)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL. Folate measured in Dietary Folate Equivalents (DFE). Comparison to the UL is for the folic acid component only.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Food folate (µg/day)

Food folate (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	121	(2.8)	62	72	91	117	146	176	196
Males: 4-8	1001	143	(2.7)	87	98	116	140	167	194	211
Males: 9-13	850	170	(6.5)	104	115	137	164	196	228	249
Males: 14-18	808	194	(6.0)	119	132	156	187	224	262	286
Males: 19-30	1113	243	(6.2)	131	150	187	234	290	347	383
Males: 31-50	1825	262	(7.2)	135	157	198	252	317	386	430
Males: 19-50	2938	255	(5.6)	132	153	193	246	307	371	414
Males: 51-70	1773	253	(4.3)	136	156	194	243	301	362	401
Males: 71 and over	912	203	(4.8)	108	123	153	193	243	297	334
Males: 50 and over	2685	241	(3.7)	127	146	183	232	288	347	387
Males: 19 and over	5623	250	(4.1)	130	150	189	240	300	363	404
Females: 1-3	712	117	(3.4)	60	69	89	112	140	168	187
Females: 4-8	894	132	(3.0)	79	88	106	129	155	182	199
Females: 9-13	867	147	(3.9)	90	100	119	143	171	200	218
Females: 14-18	706	148	(5.7)	88	99	119	145	174	204	223
Females: 19-30	1039	172	(4.4)	91	105	131	165	204	244	270
Females: 31-50	1918	194	(5.5)	96	112	144	185	236	291	326
Females: 19-50	2957	186	(4.3)	92	108	138	178	225	275	308
Females: 51-70	1738	206	(5.2)	110	126	158	199	248	301	336
Females: 71 and over	964	172	(3.7)	93	106	131	164	203	245	272
Females: 50 and over	2702	196	(4.2)	103	119	149	188	235	286	320
Females: 19 and over	5659	190	(3.1)	97	112	142	182	230	280	314
All individuals 1 and over	17892	202	(2.7)	94	111	145	191	247	305	343

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Choline (mg/day)

Choline (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	AI	Above	Above	UL	Above	Above	
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		AI: %	AI: SE		UL: %	UL: SE	
Males: 1-3	772	215	(6.1)	115	132	166	208	257	307	339	200	55	(3.3)	1000	<3		
Males: 4-8	1001	234	(4.2)	156	170	196	228	266	305	331	250	34	(3.2)	1000	<3		
Males: 9-13	850	276	(8.0)	190	206	235	270	309	347	371	375	4	(2.8)	2000	<3		
Males: 14-18	808	337	(9.5)	195	220	266	324	392	462	506	550	<3		3000	<3		
Males: 19-30	1113	391	(8.9)	222	252	308	381	464	548	603	550	10	(2.5)	3500	<3		
Males: 31-50	1825	431	(7.6)	250	282	342	418	505	595	652	550	16	(1.9)	3500	<3		
Males: 19-50	2938	416	(6.5)	237	269	329	404	490	577	635	550	14	(1.6)	3500	<3		
Males: 51-70	1773	396	(5.8)	225	255	312	384	466	551	604	550	10	(1.2)	3500	<3		
Males: 71 and over	912	326	(8.3)	202	224	267	320	380	442	482	550	<3		3500	<3		
Males: 50 and over	2685	379	(4.9)	215	244	299	368	447	527	579	550	7	(0.9)	3500	<3		
Males: 19 and over	5623	402	(4.2)	229	259	316	390	474	560	616	550	11	(0.9)	3500	<3		
Females: 1-3	712	211	(4.9)	126	139	167	202	243	289	319	200	51	(3.4)	1000	<3		
Females: 4-8	894	221	(4.4)	148	161	186	217	250	284	305	250	25	(3.6)	1000	<3		
Females: 9-13	867	233	(6.6)	156	170	196	228	262	297	319	375	<3		2000	<3		
Females: 14-18	706	223	(6.3)	138	154	183	221	262	305	333	400	<3		3000	<3		
Females: 19-30	1039	251	(6.5)	159	176	207	245	289	333	360	425	<3		3500	<3		
Females: 31-50	1918	276	(5.1)	166	186	223	269	321	374	406	425	3	(1.1)	3500	<3		
Females: 19-50	2957	267	(4.3)	162	181	216	260	310	360	392	425	<3		3500	<3		
Females: 51-70	1738	274	(6.9)	161	181	218	265	320	378	415	425	4	(1.3)	3500	<3		
Females: 71 and over	964	240	(4.2)	143	160	193	235	282	329	360	425	<3		3500	<3		
Females: 50 and over	2702	264	(4.7)	154	173	209	256	309	365	401	425	3	(0.8)	3500	<3		
Females: 19 and over	5659	266	(3.5)	158	177	213	259	310	362	397	425	<3		3500	<3		
All individuals 1 and over	17892	311	(3.2)	160	184	230	294	373	455	508		10	(0.6)		<3		

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake above the AI and the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Vitamin B12 (µg/day)

Vitamin B12 (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	4.37	(0.151)	2.08	2.47	3.24	4.22	5.33	6.47	7.19	0.7	<3	
Males: 4-8	1001	4.67	(0.101)	2.61	2.98	3.68	4.57	5.60	6.65	7.34	1	<3	
Males: 9-13	850	5.50	(0.193)	3.31	3.71	4.45	5.39	6.44	7.50	8.19	1.5	<3	
Males: 14-18	808	6.70	(0.196)	3.30	3.85	4.96	6.40	8.14	10.01	11.22	2	<3	
Males: 19-30	1113	6.44	(0.213)	2.94	3.48	4.55	6.04	7.88	9.89	11.25	2	<3	
Males: 31-50	1825	6.60	(0.193)	3.19	3.76	4.86	6.36	8.20	10.20	11.51	2	<3	
Males: 19-50	2938	6.54	(0.151)	3.09	3.65	4.75	6.25	8.07	10.03	11.39	2	<3	
Males: 51-70	1773	6.06	(0.209)	2.61	3.13	4.18	5.65	7.48	9.52	10.88	2	<3	
Males: 71 and over	912	5.58	(0.226)	2.59	3.03	3.97	5.28	6.97	8.91	10.28	2	<3	
Males: 50 and over	2685	5.94	(0.188)	2.61	3.11	4.15	5.59	7.38	9.38	10.75	2	<3	
Males: 19 and over	5623	6.31	(0.131)	2.90	3.44	4.50	5.98	7.83	9.83	11.22	2	<3	
Females: 1-3	712	4.43	(0.156)	2.24	2.59	3.30	4.22	5.32	6.51	7.29	0.7	<3	
Females: 4-8	894	4.29	(0.090)	2.12	2.48	3.19	4.13	5.21	6.34	7.06	1	<3	
Females: 9-13	867	4.45	(0.171)	2.27	2.63	3.35	4.30	5.38	6.51	7.23	1.5	<3	
Females: 14-18	706	3.95	(0.221)	1.85	2.18	2.87	3.79	4.90	6.13	6.98	2	7	(3.7)
Females: 19-30	1039	4.25	(0.117)	2.11	2.47	3.17	4.13	5.29	6.55	7.36	2	4	(2.0)
Females: 31-50	1918	4.57	(0.168)	2.19	2.55	3.26	4.21	5.39	6.69	7.54	2	3	(1.2)
Females: 19-50	2957	4.45	(0.117)	2.17	2.52	3.24	4.19	5.36	6.63	7.49	2	3	(1.1)
Females: 51-70	1738	4.44	(0.158)	1.93	2.29	3.02	4.03	5.30	6.74	7.71	2	6	(1.2)
Females: 71 and over	964	4.21	(0.166)	1.77	2.13	2.87	3.92	5.25	6.74	7.78	2	8	(1.7)
Females: 50 and over	2702	4.38	(0.120)	1.88	2.23	2.97	3.99	5.29	6.74	7.74	2	7	(1.0)
Females: 19 and over	5659	4.42	(0.098)	2.04	2.40	3.12	4.10	5.34	6.70	7.64	2	5	(0.7)
All individuals 1 and over	17892	5.21	(0.068)	2.29	2.73	3.62	4.86	6.43	8.15	9.33		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR. It is advised that persons over 50 meet their B12 requirement mainly with fortified foods or supplements.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Vitamin C (mg/day) - all individuals

Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE	UL	Above UL: %	Above UL: SE
Males: 1-3	772	94.8	(3.74)	29.5	37.7	56.1	83.3	119.2	161.4	190.7	13	<3		400	<3	
Males: 4-8	1001	84.0	(3.20)	37.2	44.7	59.9	80.7	106.4	134.4	153.4	22	<3		650	<3	
Males: 9-13	850	77.5	(4.85)	24.6	31.4	46.2	68.2	97.0	130.1	153.7	39	17	(5.0)	1200	<3	
Males: 14-18	808	88.8	(4.99)	24.3	31.7	48.9	75.2	112.3	157.8	190.3	63	39	(3.3)	1800	<3	
Males: 19-30	1113	98.7	(5.29)	28.0	36.6	55.6	85.3	126.8	176.3	212.1	75	42	(3.6)	2000	<3	
Males: 31-50	1825	95.9	(4.20)	22.7	31.0	49.9	80.1	123.5	177.1	215.5	75	46	(2.8)	2000	<3	
Males: 19-50	2938	97.0	(3.26)	24.4	32.8	52.0	82.2	124.5	175.5	214.1	75	44	(2.4)	2000	<3	
Males: 51-70	1773	88.3	(3.09)	25.5	33.5	51.2	78.1	114.3	157.3	186.9	75	47	(2.4)	2000	<3	
Males: 71 and over	912	87.8	(4.09)	22.4	30.3	48.4	76.1	113.8	158.1	189.6	75	49	(2.5)	2000	<3	
Males: 50 and over	2685	88.2	(2.62)	24.6	32.5	50.7	77.8	114.3	156.9	187.5	75	48	(2.0)	2000	<3	
Males: 19 and over	5623	93.6	(2.45)	24.7	32.8	51.3	80.3	120.8	169.3	204.6	75	46	(1.8)	2000	<3	
Females: 1-3	712	87.5	(4.54)	21.5	29.1	47.2	75.3	115.1	164.7	200.3	13	<3		400	<3	
Females: 4-8	894	80.4	(3.75)	37.8	44.5	58.2	76.9	99.7	124.5	140.7	22	<3		650	<3	
Females: 9-13	867	70.6	(4.49)	21.2	26.9	40.3	60.8	88.6	122.5	146.3	39	23	(3.5)	1200	<3	
Females: 14-18	706	74.4	(4.15)	28.1	34.5	48.3	67.9	92.5	121.0	141.3	56	35	(6.5)	1800	<3	
Females: 19-30	1039	77.3	(4.09)	21.7	28.4	43.1	66.0	97.6	135.2	161.5	60	44	(3.6)	2000	<3	
Females: 31-50	1918	76.2	(3.64)	18.4	25.0	40.1	64.0	98.0	140.1	169.7	60	46	(3.4)	2000	<3	
Females: 19-50	2957	76.6	(3.24)	19.5	26.1	41.2	64.7	97.7	137.7	166.7	60	45	(2.9)	2000	<3	
Females: 51-70	1738	86.6	(4.26)	25.1	32.8	49.8	75.4	109.4	150.0	178.4	60	35	(3.7)	2000	<3	
Females: 71 and over	964	76.2	(2.26)	22.0	29.1	44.6	67.7	98.0	132.5	156.6	60	42	(2.0)	2000	<3	
Females: 50 and over	2702	83.6	(3.16)	24.2	31.6	48.1	72.9	105.9	144.5	171.6	60	37	(2.5)	2000	<3	
Females: 19 and over	5659	79.6	(2.40)	21.1	28.1	43.8	68.1	101.8	141.9	170.9	60	42	(2.1)	2000	<3	
All individuals 1 and over	17892	85.1	(1.84)	23.5	31.0	47.7	73.7	109.2	151.1	181.6		37	(1.4)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) for non-smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL. The usual intake distribution is compared to the EAR for non-smokers for all individuals regardless of smoking status.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Vitamin C (mg/day) - smokers

SMOKERS: Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups for smokers in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE	UL	Above UL: %	Above UL: SE
Males: 20-30	322	92.0	(8.60)	21.5*	29.2	47.0	76.6	120.5	175.8	217.4*	110	70	(4.8)	2000	<3	
Males: 31-50	550	71.0	(4.66)	18.4	24.6	38.8	61.5	94.2	135.1	164.6	110	82	(3.5)	2000	<3	
Males: 20-50	872	79.6	(4.50)	19.3	26.1	41.8	67.2	103.7	149.9	184.9	110	78	(2.9)	2000	<3	
Males: 51-70	421	75.7	(5.44)	20.5	26.8	40.9	62.9	93.3	130.6	156.8	110	83	(4.0)	2000	<3	
Males: 71 and over	67	52.1	(5.68)	10.0*	14.5*	25.7*	44.0	70.5*	103.2*	127.1*	110	92*	(3.2)	2000	<3	
Males: 50 and over	488	73.4	(4.93)	18.5	24.5	38.3	59.8	89.6	125.8	152.4	110	85	(3.4)	2000	<3	
Males: 20 and over	1360	77.9	(4.14)	19.4	25.9	40.9	65.3	100.3	144.0	176.7	110	80	(2.7)	2000	<3	
Females: 20-30	244	50.2	(5.73)	18.0*	22.2	31.0	44.2	61.6	81.9	95.9*	95	95*	(3.8)	2000	<3	
Females: 31-50	483	63.3	(5.77)	13.6	18.6	30.3	49.3	77.2	112.9	138.7	95	84	(4.1)	2000	<3	
Females: 20-50	727	58.4	(4.41)	15.0	19.7	30.5	47.3	71.1	100.4	122.2	95	88	(3.4)	2000	<3	
Females: 51-70	282	67.6	(7.93)	12.2*	17.4	30.6	53.1	86.8	131.3	164.8*	95	79	(5.0)	2000	<3	
Females: 71 and over	53	59.4*	(8.07)	11.4*	16.6*	29.0*	48.6	75.5*	106.8*	128.9*	95	86*	(6.3)	2000	<3	
Females: 50 and over	335	66.5	(6.64)	12.4*	17.8	31.0	53.4	86.8	129.8	162.6*	95	79	(3.7)	2000	<3	
Females: 20 and over	1062	60.5	(3.39)	14.6	19.7	31.5	50.8	79.1	114.5	141.3	95	83	(2.6)	2000	<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) for smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

* Estimate may be less reliable than others due to small sample size and/or large relative standard error. Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Vitamin C (mg/day) - non-smokers

NON-SMOKERS: Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups for non-smokers in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE	UL	Above UL: %	Above UL: SE
Males: 20-30	619	102.0	(5.49)	31.4	40.4	59.7	89.2	129.1	175.5	208.5	75	38	(4.6)	2000	<3	
Males: 31-50	1274	104.9	(5.08)	26.1	35.1	55.5	87.7	133.1	188.5	227.8	75	41	(2.8)	2000	<3	
Males: 20-50	1893	103.9	(3.57)	27.4	36.5	56.8	88.1	131.2	182.5	220.7	75	40	(2.2)	2000	<3	
Males: 51-70	1351	91.5	(3.25)	27.8	36.3	54.7	82.3	119.0	161.8	191.0	75	44	(2.6)	2000	<3	
Males: 71 and over	845	90.5	(4.30)	24.3	32.4	51.0	79.1	116.9	161.1	192.4	75	47	(2.8)	2000	<3	
Males: 50 and over	2196	91.2	(2.68)	26.7	35.0	53.9	81.7	118.5	161.0	191.2	75	44	(2.1)	2000	<3	
Males: 20 and over	4089	98.5	(2.38)	27.3	36.0	55.3	85.1	125.8	173.9	208.6	75	42	(1.6)	2000	<3	
Females: 20-30	679	86.4	(4.72)	26.3	33.9	50.4	75.3	108.9	148.2	175.3	60	35	(4.1)	2000	<3	
Females: 31-50	1435	80.4	(3.67)	21.9	29.0	44.9	69.5	103.5	144.6	173.1	60	41	(3.6)	2000	<3	
Females: 20-50	2114	82.4	(3.31)	23.2	30.5	46.8	71.4	105.2	145.2	174.1	60	39	(3.2)	2000	<3	
Females: 51-70	1456	89.9	(4.63)	29.4	37.3	54.4	79.5	112.3	150.8	177.5	60	31	(3.9)	2000	<3	
Females: 71 and over	911	77.3	(2.17)	22.9	30.1	45.8	69.0	99.3	133.6	157.6	60	41	(2.0)	2000	<3	
Females: 50 and over	2367	85.9	(3.36)	27.3	34.9	51.5	76.1	108.1	145.3	171.3	60	34	(2.5)	2000	<3	
Females: 20 and over	4481	84.1	(2.61)	24.8	32.3	48.6	73.1	106.4	145.2	173.0	60	37	(2.2)	2000	<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) for non-smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL. Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Vitamin C (mg/day) - adults, smokers and non-smokers

ADULTS, SMOKERS and NON-SMOKERS: Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups for smokers and non-smokers in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE	Above UL: %	Above UL: SE
Males: 20-30	941	98.7	(5.44)	27.2	35.7	54.8	84.7	126.6	176.8	213.2		49	(3.8)	2000	<3
Males: 31-50	1824	95.9	(4.20)	22.7	30.9	49.8	80.1	123.5	177.1	215.5		52	(2.8)	2000	<3
Males: 20-50	2765	96.9	(3.26)	24.1	32.5	51.6	81.8	124.2	175.5	214.4		51	(2.3)	2000	<3
Males: 51-70	1772	88.3	(3.09)	25.5	33.5	51.2	78.1	114.3	157.3	186.9		52	(2.5)	2000	<3
Males: 71 and over	912	87.8	(4.09)	22.4	30.3	48.4	76.1	113.8	158.1	189.6		50	(2.6)	2000	<3
Males: 50 and over	2684	88.2	(2.62)	24.6	32.5	50.7	77.8	114.3	156.9	187.5		51	(2.1)	2000	<3
Males: 20 and over	5449	93.5	(2.41)	24.4	32.6	51.0	80.0	120.5	169.1	204.4		51	(1.7)	2000	<3
Females: 20-30	923	76.0	(4.41)	21.2	27.8	42.4	64.9	96.1	133.3	159.3		52	(4.2)	2000	<3
Females: 31-50	1918	76.2	(3.64)	18.4	25.0	40.1	64.0	98.0	140.1	169.7		51	(3.5)	2000	<3
Females: 20-50	2841	76.1	(3.23)	19.2	25.8	40.9	64.2	97.1	136.9	165.9		52	(3.2)	2000	<3
Females: 51-70	1738	86.6	(4.26)	25.1	32.8	49.8	75.4	109.4	150.0	178.4		38	(3.8)	2000	<3
Females: 71 and over	964	76.2	(2.26)	22.0	29.1	44.6	67.7	98.0	132.5	156.6		43	(2.0)	2000	<3
Females: 50 and over	2702	83.6	(3.16)	24.2	31.6	48.1	72.9	105.9	144.5	171.6		39	(2.5)	2000	<3
Females: 20 and over	5543	79.3	(2.42)	21.0	27.9	43.5	67.8	101.4	141.3	170.4		46	(2.3)	2000	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) for smokers and non-smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL. Percentage under the EAR is a weighted average by smoking status. Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin D ($\mu\text{g}/\text{day}$)

Vitamin D ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	EAR	Below	Below	UL	Above	Above
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		EAR: %	EAR: SE		UL: %	UL: SE
Males: 1-3	772	7.7	(0.28)	2.5	3.3	4.9	7.2	9.8	12.6	14.4	10	76	(2.2)	63	<3	
Males: 4-8	1001	6.2	(0.14)	2.7	3.3	4.4	6.0	7.7	9.5	10.7	10	92	(1.7)	75	<3	
Males: 9-13	850	6.1	(0.30)	2.4	2.9	4.1	5.7	7.7	9.7	11.1	10	91	(1.9)	100	<3	
Males: 14-18	808	6.4	(0.30)	2.2	2.8	4.1	5.9	8.2	10.8	12.6	10	86	(2.6)	100	<3	
Males: 19-30	1113	5.2	(0.17)	1.5	2.0	3.0	4.6	6.8	9.3	11.2	10	92	(1.2)	100	<3	
Males: 31-50	1825	5.5	(0.30)	1.7	2.2	3.3	4.8	7.0	9.6	11.4	10	91	(2.0)	100	<3	
Males: 19-50	2938	5.4	(0.20)	1.6	2.1	3.2	4.8	6.9	9.4	11.3	10	92	(1.3)	100	<3	
Males: 51-70	1773	5.5	(0.19)	1.7	2.2	3.2	4.8	7.0	9.7	11.6	10	91	(1.1)	100	<3	
Males: 71 and over	912	5.4	(0.25)	1.8	2.3	3.3	4.8	6.8	9.0	10.7	10	93	(1.6)	100	<3	
Males: 50 and over	2685	5.5	(0.16)	1.7	2.2	3.2	4.8	6.9	9.5	11.4	10	92	(0.8)	100	<3	
Males: 19 and over	5623	5.4	(0.14)	1.7	2.1	3.2	4.8	6.9	9.5	11.4	10	92	(0.8)	100	<3	
Females: 1-3	712	7.7	(0.24)	2.8	3.6	5.2	7.2	9.6	12.2	13.9	10	78	(2.6)	63	<3	
Females: 4-8	894	5.5	(0.17)	2.3	2.8	3.9	5.2	6.8	8.4	9.4	10	97	(1.2)	75	<3	
Females: 9-13	867	4.8	(0.19)	1.8	2.2	3.2	4.5	6.2	7.9	9.1	10	>97		100	<3	
Females: 14-18	706	3.9	(0.24)	1.3	1.7	2.5	3.6	5.1	6.9	8.2	10	>97		100	<3	
Females: 19-30	1039	3.8	(0.18)	1.3	1.7	2.4	3.4	4.8	6.3	7.4	10	>97		100	<3	
Females: 31-50	1918	4.0	(0.11)	1.5	1.8	2.5	3.6	5.1	6.7	7.9	10	>97		100	<3	
Females: 19-50	2957	3.9	(0.10)	1.4	1.8	2.5	3.6	5.0	6.6	7.7	10	>97		100	<3	
Females: 51-70	1738	4.4	(0.21)	1.3	1.7	2.5	3.8	5.5	7.5	9.0	10	97	(0.7)	100	<3	
Females: 71 and over	964	4.2	(0.13)	1.2	1.6	2.4	3.6	5.3	7.3	8.7	10	>97		100	<3	
Females: 50 and over	2702	4.3	(0.15)	1.3	1.6	2.5	3.7	5.4	7.4	8.9	10	>97		100	<3	
Females: 19 and over	5659	4.1	(0.10)	1.3	1.7	2.5	3.6	5.2	7.0	8.3	10	>97		100	<3	
All individuals 1 and over	17892	5.0	(0.07)	1.5	2.0	3.0	4.4	6.4	8.8	10.5	10	94	(0.4)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Vitamin E as alpha-tocopherol (mg/day)

Vitamin E as alpha-tocopherol (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	4.3	(0.14)	2.2	2.5	3.2	4.1	5.1	6.2	6.9	5	73	(3.6)
Males: 4-8	1001	5.4	(0.10)	3.3	3.7	4.4	5.3	6.4	7.5	8.3	6	67	(3.2)
Males: 9-13	850	6.7	(0.47)	3.6	4.0	5.0	6.2	7.8	9.4	10.6	9	87	(5.3)
Males: 14-18	808	7.7	(0.30)	5.0	5.4	6.3	7.3	8.6	9.9	10.7	12	>97	
Males: 19-30	1113	8.4	(0.24)	3.9	4.6	6.0	7.9	10.3	12.8	14.6	12	86	(2.2)
Males: 31-50	1825	9.1	(0.28)	4.5	5.2	6.7	8.6	11.1	13.7	15.5	12	82	(3.4)
Males: 19-50	2938	8.8	(0.21)	4.3	5.0	6.4	8.4	10.8	13.3	15.1	12	84	(2.3)
Males: 51-70	1773	8.4	(0.18)	4.2	4.9	6.3	8.1	10.3	12.7	14.3	12	87	(2.0)
Males: 71 and over	912	7.6	(0.24)	3.4	4.0	5.3	7.1	9.4	11.9	13.7	12	90	(1.3)
Males: 50 and over	2685	8.2	(0.16)	4.0	4.7	6.0	7.9	10.1	12.5	14.2	12	88	(1.5)
Males: 19 and over	5623	8.6	(0.15)	4.2	4.9	6.3	8.2	10.5	13.1	14.8	12	85	(1.5)
Females: 1-3	712	3.9	(0.09)	2.2	2.5	3.1	3.8	4.6	5.5	6.1	5	83	(2.9)
Females: 4-8	894	5.4	(0.17)	3.0	3.4	4.1	5.2	6.4	7.7	8.5	6	68	(3.4)
Females: 9-13	867	6.2	(0.29)	3.6	4.0	4.8	5.9	7.1	8.5	9.4	9	93	(3.2)
Females: 14-18	706	6.3	(0.35)	3.6	4.1	4.9	6.0	7.3	8.6	9.5	12	>97	
Females: 19-30	1039	6.4	(0.25)	3.1	3.6	4.7	6.0	7.7	9.5	10.7	12	>97	
Females: 31-50	1918	7.2	(0.24)	3.2	3.8	5.0	6.6	8.7	11.0	12.5	12	94	(1.9)
Females: 19-50	2957	6.9	(0.21)	3.2	3.7	4.9	6.4	8.3	10.4	11.9	12	95	(1.1)
Females: 51-70	1738	7.5	(0.20)	3.4	4.0	5.2	6.9	9.1	11.8	13.6	12	91	(1.2)
Females: 71 and over	964	6.2	(0.16)	3.0	3.5	4.5	5.8	7.5	9.4	10.6	12	>97	
Females: 50 and over	2702	7.1	(0.15)	3.2	3.8	4.9	6.6	8.7	11.1	12.8	12	93	(0.9)
Females: 19 and over	5659	7.0	(0.14)	3.2	3.7	4.9	6.5	8.5	10.7	12.3	12	94	(0.8)
All individuals 1 and over	17892	7.3	(0.11)	3.3	3.9	5.1	6.8	8.9	11.2	12.8		88	(0.7)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Vitamin K (µg/day)

Vitamin K (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1:	Day 1:	Day 1:	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	AI	Above	Above
	N	Mean	SE	of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		%	AI: SE
Males: 1-3	772	38.0	(1.77)	16.5	19.5	25.8	34.6	45.8	58.7	67.6	30	63	(3.1)
Males: 4-8	1001	51.6	(3.74)	22.4	26.2	34.1	45.7	61.1	79.4	92.8	55	33	(4.2)
Males: 9-13	850	60.6	(6.18)	34.0	37.5	44.3	53.3	63.9	75.3	83.1	60	33	(8.8)
Males: 14-18	808	70.9	(5.67)	36.7	41.2	50.3	62.4	77.5	94.4	105.8	75	28	(7.7)
Males: 19-30	1113	84.3	(4.27)	36.1	43.0	56.9	76.8	102.6	131.7	152.0	120	15	(4.3)
Males: 31-50	1825	106.0	(6.37)	36.9	45.0	62.4	88.8	125.7	171.4	204.5	120	28	(3.6)
Males: 19-50	2938	97.8	(4.63)	36.1	43.9	60.2	84.5	117.1	155.9	185.0	120	23	(3.0)
Males: 51-70	1773	116.3	(5.98)	43.7	52.3	70.3	96.9	132.6	176.0	206.6	120	32	(3.0)
Males: 71 and over	912	97.2	(4.59)	34.9	41.6	56.2	78.0	108.2	145.5	173.4	120	19	(2.6)
Males: 50 and over	2685	111.7	(4.97)	41.2	49.2	66.6	92.3	126.9	168.8	199.6	120	29	(2.4)
Males: 19 and over	5623	103.2	(3.86)	38.1	45.9	62.6	87.5	121.3	161.9	191.4	120	26	(2.4)
Females: 1-3	712	40.2	(2.77)	17.4	20.2	26.4	35.2	47.0	61.2	71.3	30	65	(3.8)
Females: 4-8	894	46.8	(2.18)	25.0	28.3	34.9	43.9	55.1	67.7	76.0	55	25	(6.4)
Females: 9-13	867	58.6	(4.35)	25.7	29.7	38.3	50.7	66.7	85.7	98.8	60	34	(4.7)
Females: 14-18	706	59.0	(4.67)	25.5	29.8	39.1	52.3	69.1	89.0	103.6	75	19	(4.7)
Females: 19-30	1039	82.7	(4.85)	26.0	32.2	45.7	66.6	95.9	132.0	158.0	90	29	(2.7)
Females: 31-50	1918	95.2	(6.90)	32.4	39.4	54.5	77.3	109.1	148.6	176.9	90	38	(4.1)
Females: 19-50	2957	90.7	(4.80)	29.9	36.7	51.3	73.4	104.0	142.0	170.4	90	35	(3.0)
Females: 51-70	1738	117.2	(6.35)	40.2	48.4	66.4	94.0	132.5	182.0	219.0	90	53	(4.1)
Females: 71 and over	964	98.1	(5.37)	32.6	39.5	54.6	78.0	111.4	153.4	185.6	90	39	(2.8)
Females: 50 and over	2702	111.7	(4.68)	37.4	45.2	62.3	88.8	126.1	173.7	209.9	90	49	(2.9)
Females: 19 and over	5659	99.6	(3.28)	32.6	39.8	55.5	79.7	114.3	157.1	189.8	90	41	(2.3)
All individuals 1 and over	17892	89.6	(2.76)	29.2	36.0	50.7	73.3	104.6	142.2	170.5		34	(2.1)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Calcium (mg/day)

Calcium (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE	UL	Above UL: %	Above UL: SE
Males: 1-3	772	1067	(39.1)	535	627	806	1030	1280	1536	1696	500	4	(1.5)	2500	<3	
Males: 4-8	1001	1011	(21.1)	598	674	814	991	1190	1393	1523	800	23	(3.2)	2500	<3	
Males: 9-13	850	1129	(48.9)	648	731	888	1090	1321	1558	1716	1100	51	(5.4)	3000	<3	
Males: 14-18	808	1244	(41.3)	667	764	954	1194	1478	1776	1967	1100	40	(4.3)	3000	<3	
Males: 19-30	1113	1193	(32.0)	584	681	871	1126	1438	1769	1991	800	19	(2.7)	2500	<3	
Males: 31-50	1825	1142	(26.6)	590	683	861	1098	1383	1689	1888	800	19	(1.8)	2500	<3	
Males: 19-50	2938	1161	(19.5)	587	681	866	1110	1402	1710	1925	800	19	(1.7)	2500	<3	
Males: 51-70	1773	1030	(22.1)	479	565	736	972	1264	1590	1805	800	32	(2.3)	2000	<3	
Males: 71 and over	912	868	(22.9)	454	521	655	830	1040	1264	1413	1000	71	(2.9)	2000	<3	
Males: 50 and over	2685	991	(20.1)	467	549	714	938	1211	1511	1715		41	(2.1)	2000	<3	
Males: 19 and over	5623	1096	(13.7)	535	625	800	1041	1334	1649	1863		28	(1.3)		<3	
Females: 1-3	712	1041	(30.1)	536	619	785	996	1242	1502	1670	500	4	(1.1)	2500	<3	
Females: 4-8	894	935	(24.6)	533	603	737	909	1104	1305	1430	800	34	(3.4)	2500	<3	
Females: 9-13	867	948	(26.3)	552	620	754	925	1118	1318	1444	1100	73	(4.3)	3000	<3	
Females: 14-18	706	879	(26.7)	462	532	672	852	1059	1280	1429	1100	79	(3.8)	3000	<3	
Females: 19-30	1039	890	(22.5)	514	580	705	864	1047	1234	1352	800	40	(4.2)	2500	<3	
Females: 31-50	1918	883	(21.2)	436	510	655	845	1074	1318	1474	800	44	(2.6)	2500	<3	
Females: 19-50	2957	885	(17.4)	460	532	672	852	1064	1286	1432	800	43	(2.3)	2500	<3	
Females: 51-70	1738	845	(18.2)	429	496	630	807	1018	1248	1400	1000	73	(1.9)	2000	<3	
Females: 71 and over	964	776	(12.8)	377	441	566	734	935	1150	1294	1000	81	(1.3)	2000	<3	
Females: 50 and over	2702	825	(13.1)	410	476	608	784	995	1222	1373	1000	76	(1.4)	2000	<3	
Females: 19 and over	5659	860	(13.3)	439	509	644	823	1036	1261	1413		57	(1.6)		<3	
All individuals 1 and over	17892	988	(9.8)	485	566	726	940	1199	1474	1659		42	(1.1)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Phosphorus (mg/day)

Phosphorus (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	EAR	Below	Below	UL	Above	Above
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		EAR: %	EAR: SE		UL: %	UL: SE
Males: 1-3	772	1096	(31.4)	630	716	878	1073	1284	1494	1624	380	<3		3000	<3	
Males: 4-8	1001	1161	(18.1)	784	855	985	1145	1322	1499	1612	405	<3		3000	<3	
Males: 9-13	850	1401	(40.3)	916	1004	1166	1366	1587	1805	1947	1055	14	(2.9)	4000	<3	
Males: 14-18	808	1612	(45.9)	1005	1114	1319	1569	1853	2140	2320	1055	7	(3.1)	4000	<3	
Males: 19-30	1113	1666	(36.1)	979	1105	1336	1624	1948	2268	2470	580	<3		4000	<3	
Males: 31-50	1825	1713	(28.8)	1036	1164	1396	1681	2001	2320	2517	580	<3		4000	<3	
Males: 19-50	2938	1695	(23.7)	1009	1139	1373	1662	1980	2295	2500	580	<3		4000	<3	
Males: 51-70	1773	1523	(23.9)	874	992	1212	1488	1799	2117	2314	580	<3		4000	<3	
Males: 71 and over	912	1253	(28.3)	791	875	1034	1230	1449	1669	1810	580	<3		3000	<3	
Males: 50 and over	2685	1458	(22.1)	834	947	1161	1426	1723	2022	2215	580	<3			<3	
Males: 19 and over	5623	1605	(15.4)	930	1055	1283	1570	1891	2207	2412	580	<3			<3	
Females: 1-3	712	1053	(23.5)	650	719	854	1021	1213	1414	1543	380	<3		3000	<3	
Females: 4-8	894	1126	(21.9)	738	809	942	1106	1288	1470	1582	405	<3		3000	<3	
Females: 9-13	867	1184	(29.6)	804	874	1007	1167	1338	1507	1609	1055	32	(3.6)	4000	<3	
Females: 14-18	706	1136	(33.8)	724	801	946	1122	1314	1509	1636	1055	40	(6.6)	4000	<3	
Females: 19-30	1039	1158	(25.6)	742	821	963	1138	1330	1520	1636	580	<3		4000	<3	
Females: 31-50	1918	1196	(18.7)	706	798	966	1171	1398	1626	1764	580	<3		4000	<3	
Females: 19-50	2957	1182	(15.6)	716	804	965	1159	1374	1586	1721	580	<3		4000	<3	
Females: 51-70	1738	1152	(20.8)	712	793	944	1130	1336	1546	1678	580	<3		4000	<3	
Females: 71 and over	964	1013	(15.3)	588	665	809	989	1189	1388	1516	580	5	(0.9)	3000	<3	
Females: 50 and over	2702	1111	(14.6)	665	746	898	1087	1296	1508	1644	580	<3			<3	
Females: 19 and over	5659	1152	(12.7)	694	779	935	1128	1343	1555	1693	580	<3			<3	
All individuals 1 and over	17892	1338	(10.4)	745	846	1040	1293	1587	1887	2078		4	(0.4)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

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7/2013

Magnesium (mg/day)

Magnesium (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	EAR	Below EAR: %	Below EAR: SE
Males: 1-3	772	198	(3.9)	120	134	161	194	230	266	288	65	<3	
Males: 4-8	1001	216	(3.8)	149	161	184	213	245	277	297	110	<3	
Males: 9-13	850	251	(7.9)	157	173	205	244	289	334	364	200	22	(2.6)
Males: 14-18	808	294	(7.3)	181	200	238	285	340	397	435	340	75	(3.5)
Males: 19-30	1113	335	(8.4)	186	212	261	324	399	476	526	330	52	(3.2)
Males: 31-50	1825	362	(7.2)	204	232	284	351	429	511	563	350	50	(2.3)
Males: 19-50	2938	352	(6.1)	196	223	275	341	418	498	551		51	(2.2)
Males: 51-70	1773	335	(4.8)	194	219	267	327	397	469	514	350	59	(2.0)
Males: 71 and over	912	285	(6.2)	160	180	221	274	337	405	450	350	79	(2.4)
Males: 50 and over	2685	323	(4.5)	182	207	254	314	384	456	503	350	64	(1.9)
Males: 19 and over	5623	341	(4.1)	191	217	266	331	406	483	534		56	(1.6)
Females: 1-3	712	186	(3.9)	118	130	153	181	213	246	267	65	<3	
Females: 4-8	894	205	(4.2)	136	149	172	201	234	266	286	110	<3	
Females: 9-13	867	221	(5.7)	147	160	185	217	252	287	308	200	36	(3.1)
Females: 14-18	706	223	(7.4)	127	143	176	217	263	311	343	300	87	(3.6)
Females: 19-30	1039	246	(6.0)	149	167	199	240	285	331	360	255	59	(3.2)
Females: 31-50	1918	271	(6.2)	145	166	207	261	324	390	432	265	52	(2.9)
Females: 19-50	2957	262	(5.2)	144	165	204	253	310	370	409		55	(2.5)
Females: 51-70	1738	271	(5.0)	155	176	215	264	321	380	417	265	50	(2.1)
Females: 71 and over	964	236	(3.8)	133	151	185	227	277	328	361	265	70	(1.9)
Females: 50 and over	2702	261	(3.8)	146	166	204	253	308	366	404	265	56	(1.8)
Females: 19 and over	5659	261	(3.8)	146	166	204	253	310	369	408		55	(1.9)
All individuals 1 and over	17892	282	(3.1)	147	170	213	270	339	410	457		49	(1.3)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Iron (mg/day)

Iron (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	EAR	Below	Below	UL	Above	Above
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		EAR: %	EAR: SE		UL: %	UL: SE
Males: 1-3	772	10.5	(0.30)	5.4	6.2	7.9	10.1	12.7	15.4	17.1	3	<3		40	<3	
Males: 4-8	1001	13.0	(0.27)	9.0	9.8	11.1	12.8	14.7	16.7	18.0	4.1	<3		40	<3	
Males: 9-13	850	15.5	(0.39)	9.8	10.9	12.8	15.2	17.9	20.6	22.4	5.9	<3		40	<3	
Males: 14-18	808	17.2	(0.40)	10.3	11.5	13.9	17.0	20.7	24.7	27.3	7.7	<3		45	<3	
Males: 19-30	1113	17.8	(0.47)	9.8	11.2	13.9	17.4	21.4	25.5	28.1	6	<3		45	<3	
Males: 31-50	1825	18.1	(0.41)	9.8	11.3	14.0	17.5	21.8	26.3	29.2	6	<3		45	<3	
Males: 19-50	2938	18.0	(0.32)	9.7	11.2	14.0	17.5	21.6	25.9	28.8	6	<3		45	<3	
Males: 51-70	1773	16.9	(0.32)	9.5	10.7	13.2	16.4	20.3	24.3	26.9	6	<3		45	<3	
Males: 71 and over	912	16.1	(0.38)	8.4	9.7	12.1	15.4	19.4	23.8	26.8	6	<3		45	<3	
Males: 50 and over	2685	16.7	(0.28)	9.2	10.4	13.0	16.2	20.1	24.2	26.9	6	<3		45	<3	
Males: 19 and over	5623	17.5	(0.23)	9.5	10.9	13.5	17.0	21.1	25.3	28.2	6	<3		45	<3	
Females: 1-3	712	9.5	(0.28)	5.3	5.9	7.3	9.1	11.2	13.5	15.0	3	<3		40	<3	
Females: 4-8	894	12.2	(0.31)	7.3	8.1	9.7	11.8	14.2	16.8	18.4	4.1	<3		40	<3	
Females: 9-13	867	13.7	(0.37)	8.6	9.5	11.2	13.5	16.0	18.6	20.3	5.7	<3		40	<3	
Females: 14-18	706	13.0	(0.50)	6.9	7.9	9.8	12.4	15.4	18.6	20.8	7.9	15	(2.7)	45	<3	
Females: 19-30	1039	12.9	(0.25)	7.6	8.5	10.2	12.5	15.2	18.1	19.9	8.1	16	(1.7)	45	<3	
Females: 31-50	1918	13.3	(0.30)	7.6	8.6	10.5	12.9	15.7	18.6	20.4	8.1	15	(1.7)	45	<3	
Females: 19-50	2957	13.2	(0.24)	7.6	8.6	10.4	12.8	15.5	18.4	20.2	8.1	16	(1.3)	45	<3	
Females: 51-70	1738	12.9	(0.26)	7.3	8.3	10.1	12.5	15.4	18.5	20.5	5	<3		45	<3	
Females: 71 and over	964	12.5	(0.29)	6.7	7.6	9.5	12.0	15.0	18.2	20.4	5	<3		45	<3	
Females: 50 and over	2702	12.8	(0.19)	7.1	8.0	9.9	12.3	15.3	18.4	20.5	5	<3		45	<3	
Females: 19 and over	5659	13.0	(0.19)	7.4	8.3	10.2	12.6	15.4	18.4	20.4		9	(0.8)	45	<3	
All individuals 1 and over	17892	14.7	(0.13)	7.7	8.8	11.1	14.2	17.8	21.7	24.3		5	(0.3)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL. EAR comparisons by probability method for groups.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.

7/2013

Zinc (mg/day)

Zinc (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Below EAR:				Above UL:	
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th	EAR	%	SE	UL	%	UL: SE
Males: 1-3	772	8.0	(0.22)	4.8	5.4	6.4	7.8	9.3	10.9	11.9	2.5	<3		7	65	(4.3)
Males: 4-8	1001	9.6	(0.19)	6.6	7.1	8.2	9.5	11.0	12.5	13.5	4	<3		12	14	(3.5)
Males: 9-13	850	11.8	(0.33)	8.1	8.8	10.0	11.5	13.2	14.8	15.9	7	<3		23	<3	
Males: 14-18	808	13.9	(0.34)	8.4	9.3	11.2	13.4	16.1	18.9	20.7	8.5	5	(3.0)	34	<3	
Males: 19-30	1113	14.4	(0.42)	8.1	9.2	11.3	14.0	17.1	20.2	22.3	9.4	11	(3.0)	40	<3	
Males: 31-50	1825	15.2	(0.33)	9.0	10.1	12.1	14.7	17.8	21.0	23.0	9.4	7	(1.7)	40	<3	
Males: 19-50	2938	14.9	(0.26)	8.6	9.7	11.8	14.5	17.6	20.7	22.8	9.4	8	(1.9)	40	<3	
Males: 51-70	1773	13.9	(0.61)	7.4	8.4	10.3	13.0	16.2	19.8	22.1	9.4	17	(2.5)	40	<3	
Males: 71 and over	912	11.8	(0.47)	6.5	7.3	8.9	11.1	13.9	17.0	19.2	9.4	30	(3.8)	40	<3	
Males: 50 and over	2685	13.4	(0.56)	7.1	8.1	10.0	12.5	15.7	19.1	21.5	9.4	20	(2.5)	40	<3	
Males: 19 and over	5623	14.3	(0.24)	7.9	9.0	11.0	13.7	16.9	20.2	22.5	9.4	12	(1.5)	40	<3	
Females: 1-3	712	7.6	(0.18)	4.6	5.1	6.1	7.3	8.8	10.4	11.4	2.5	<3		7	56	(3.7)
Females: 4-8	894	8.8	(0.20)	5.0	5.6	6.9	8.5	10.4	12.5	13.8	4	<3		12	13	(2.3)
Females: 9-13	867	10.1	(0.35)	6.8	7.4	8.5	9.8	11.3	12.9	13.9	7	6	(3.6)	23	<3	
Females: 14-18	706	8.9	(0.29)	6.0	6.5	7.6	8.8	10.2	11.5	12.5	7.3	21	(6.9)	34	<3	
Females: 19-30	1039	9.7	(0.17)	6.1	6.7	8.0	9.5	11.3	13.1	14.2	6.8	11	(3.5)	40	<3	
Females: 31-50	1918	10.2	(0.17)	5.8	6.6	8.0	9.8	12.0	14.2	15.6	6.8	12	(2.3)	40	<3	
Females: 19-50	2957	10.0	(0.13)	5.9	6.6	8.0	9.7	11.7	13.8	15.1	6.8	12	(2.0)	40	<3	
Females: 51-70	1738	9.7	(0.24)	5.7	6.4	7.7	9.4	11.4	13.6	15.1	6.8	14	(1.9)	40	<3	
Females: 71 and over	964	9.2	(0.24)	5.0	5.7	7.0	8.7	10.9	13.3	15.0	6.8	23	(2.1)	40	<3	
Females: 50 and over	2702	9.6	(0.18)	5.4	6.1	7.4	9.2	11.3	13.6	15.1	6.8	17	(1.6)	40	<3	
Females: 19 and over	5659	9.8	(0.13)	5.7	6.4	7.8	9.5	11.6	13.7	15.2	6.8	14	(1.5)	40	<3	
All individuals 1 and over	17892	11.5	(0.12)	6.1	6.9	8.6	10.9	13.8	16.8	18.8		11	(1.1)		3	(0.2)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Copper (mg/day)

Copper (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	EAR	Below	Below	UL	Above	Above
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		EAR: %	EAR: SE		UL: %	UL: SE
Males: 1-3	772	0.8	(0.02)	0.5	0.5	0.6	0.8	0.9	1.1	1.2	0.26	<3		1	15	(3.1)
Males: 4-8	1001	1.0	(0.02)	0.6	0.7	0.8	0.9	1.1	1.3	1.4	0.34	<3		3	<3	
Males: 9-13	850	1.1	(0.03)	0.7	0.7	0.9	1.1	1.3	1.5	1.6	0.54	<3		5	<3	
Males: 14-18	808	1.3	(0.05)	0.8	0.9	1.0	1.3	1.5	1.8	2.0	0.685	<3		8	<3	
Males: 19-30	1113	1.5	(0.04)	0.9	1.0	1.2	1.4	1.8	2.1	2.4	0.7	<3		10	<3	
Males: 31-50	1825	1.6	(0.03)	0.9	1.0	1.2	1.5	1.9	2.3	2.5	0.7	<3		10	<3	
Males: 19-50	2938	1.5	(0.02)	0.9	1.0	1.2	1.5	1.8	2.2	2.5	0.7	<3		10	<3	
Males: 51-70	1773	1.5	(0.03)	0.9	0.9	1.1	1.4	1.7	2.1	2.3	0.7	<3		10	<3	
Males: 71 and over	912	1.3	(0.03)	0.7	0.8	1.0	1.2	1.5	1.8	2.1	0.7	5	(1.1)	10	<3	
Males: 50 and over	2685	1.4	(0.03)	0.8	0.9	1.1	1.4	1.7	2.0	2.3	0.7	<3		10	<3	
Males: 19 and over	5623	1.5	(0.02)	0.8	0.9	1.2	1.4	1.8	2.2	2.4	0.7	<3		10	<3	
Females: 1-3	712	0.8	(0.02)	0.4	0.5	0.6	0.7	0.9	1.0	1.2	0.26	<3		1	13	(2.1)
Females: 4-8	894	0.9	(0.02)	0.6	0.7	0.8	0.9	1.0	1.2	1.3	0.34	<3		3	<3	
Females: 9-13	867	1.0	(0.02)	0.6	0.7	0.8	1.0	1.1	1.3	1.4	0.54	<3		5	<3	
Females: 14-18	706	1.0	(0.03)	0.6	0.6	0.8	1.0	1.2	1.4	1.5	0.685	14	(4.1)	8	<3	
Females: 19-30	1039	1.1	(0.02)	0.6	0.7	0.9	1.0	1.3	1.5	1.7	0.7	8	(2.5)	10	<3	
Females: 31-50	1918	1.2	(0.03)	0.7	0.7	0.9	1.1	1.4	1.7	1.9	0.7	7	(2.0)	10	<3	
Females: 19-50	2957	1.1	(0.02)	0.7	0.7	0.9	1.1	1.4	1.6	1.8	0.7	8	(1.7)	10	<3	
Females: 51-70	1738	1.2	(0.03)	0.7	0.8	0.9	1.2	1.4	1.8	2.0	0.7	6	(1.0)	10	<3	
Females: 71 and over	964	1.1	(0.03)	0.6	0.7	0.8	1.0	1.2	1.5	1.6	0.7	10	(1.8)	10	<3	
Females: 50 and over	2702	1.2	(0.02)	0.7	0.7	0.9	1.1	1.4	1.7	1.9	0.7	7	(1.0)	10	<3	
Females: 19 and over	5659	1.2	(0.02)	0.7	0.7	0.9	1.1	1.4	1.7	1.9	0.7	7	(1.1)	10	<3	
All individuals 1 and over	17892	1.2	(0.01)	0.6	0.7	0.9	1.2	1.5	1.8	2.1		4	(0.5)		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Selenium (µg/day)

Selenium (µg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	Percentile	EAR	Below	Below	UL	Above	Above
				of Usual Intake: 5th	of Usual Intake: 10th	of Usual Intake: 25th	of Usual Intake: 50th	of Usual Intake: 75th	of Usual Intake: 90th	of Usual Intake: 95th		EAR: %	EAR: SE		UL: %	UL: SE
Males: 1-3	772	66	(1.6)	40	45	54	65	77	90	97	17	<3		90	10	(2.3)
Males: 4-8	1001	80	(0.9)	54	59	68	79	92	105	113	23	<3		150	<3	
Males: 9-13	850	104	(2.6)	74	80	90	103	116	129	137	35	<3		280	<3	
Males: 14-18	808	131	(4.6)	75	85	104	127	153	180	197	45	<3		400	<3	
Males: 19-30	1113	142	(2.7)	89	99	117	140	165	190	206	45	<3		400	<3	
Males: 31-50	1825	141	(2.0)	87	97	116	138	163	188	204	45	<3		400	<3	
Males: 19-50	2938	141	(1.7)	88	98	116	139	164	188	204	45	<3		400	<3	
Males: 51-70	1773	126	(2.2)	77	86	103	123	146	170	184	45	<3		400	<3	
Males: 71 and over	912	100	(2.4)	65	71	84	98	115	132	142	45	<3		400	<3	
Males: 50 and over	2685	120	(1.9)	72	81	97	117	140	162	177	45	<3		400	<3	
Males: 19 and over	5623	133	(1.4)	80	90	108	131	155	180	196	45	<3		400	<3	
Females: 1-3	712	66	(1.4)	42	46	54	65	76	88	96	17	<3		90	9	(2.1)
Females: 4-8	894	79	(1.8)	53	58	67	78	90	102	109	23	<3		150	<3	
Females: 9-13	867	89	(2.4)	63	68	77	88	99	110	117	35	<3		280	<3	
Females: 14-18	706	89	(2.7)	57	63	74	87	102	117	126	45	<3		400	<3	
Females: 19-30	1039	91	(1.6)	60	66	77	91	105	120	128	45	<3		400	<3	
Females: 31-50	1918	96	(1.6)	60	67	79	94	110	127	137	45	<3		400	<3	
Females: 19-50	2957	94	(1.2)	60	66	78	93	109	124	134	45	<3		400	<3	
Females: 51-70	1738	90	(1.9)	58	64	75	88	104	119	129	45	<3		400	<3	
Females: 71 and over	964	79	(1.6)	46	52	63	77	93	109	119	45	4	(1.5)	400	<3	
Females: 50 and over	2702	87	(1.3)	53	59	71	85	101	117	127	45	<3		400	<3	
Females: 19 and over	5659	91	(1.0)	57	63	75	89	105	121	132	45	<3		400	<3	
All individuals 1 and over	17892	106	(0.9)	58	66	81	102	127	152	168		<3			<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Sodium (mg/day)

Sodium (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake:	AI	Above AI:	Above AI:	UL	Above UL:	Above UL:						
				5th	10th	25th	50th	75th	90th	95th		%	SE		%	SE
Males: 1-3	772	2026	(49.1)	1170	1319	1605	1963	2368	2787	3053	1000	>97		1500	81	(4.0)
Males: 4-8	1001	2710	(46.7)	1772	1944	2263	2664	3119	3584	3885	1200	>97		1900	92	(1.9)
Males: 9-13	850	3505	(103.8)	2343	2550	2933	3407	3936	4464	4809	1500	>97		2200	>97	
Males: 14-18	808	4272	(124.5)	2425	2735	3341	4106	5009	5958	6569	1500	>97		2300	96	(1.4)
Males: 19-30	1113	4477	(95.8)	2644	2980	3598	4375	5252	6122	6676	1500	>97		2300	>97	
Males: 31-50	1825	4517	(74.6)	2748	3074	3674	4422	5275	6141	6684	1500	>97		2300	>97	
Males: 19-50	2938	4502	(65.6)	2697	3032	3648	4410	5264	6114	6676	1500	>97		2300	>97	
Males: 51-70	1773	4015	(71.2)	2454	2738	3267	3927	4670	5430	5902	1300	>97		2300	97	(0.7)
Males: 71 and over	912	3183	(74.0)	2079	2282	2664	3132	3655	4180	4515	1200	>97		2300	89	(2.2)
Males: 50 and over	2685	3816	(65.6)	2294	2571	3087	3732	4450	5174	5642		>97		2300	95	(0.8)
Males: 19 and over	5623	4240	(44.7)	2500	2820	3406	4147	4980	5810	6346		>97		2300	97	(0.3)
Females: 1-3	712	2010	(41.8)	1189	1333	1614	1955	2339	2732	2979	1000	>97		1500	82	(3.1)
Females: 4-8	894	2576	(47.1)	1666	1825	2128	2512	2949	3398	3681	1200	>97		1900	87	(3.0)
Females: 9-13	867	2962	(71.1)	2052	2218	2534	2918	3332	3745	3998	1500	>97		2200	91	(2.8)
Females: 14-18	706	3030	(106.2)	1946	2137	2504	2955	3454	3967	4307	1500	>97		2300	84	(6.2)
Females: 19-30	1039	3115	(71.2)	1929	2150	2552	3051	3607	4160	4501	1500	>97		2300	85	(3.6)
Females: 31-50	1918	3109	(52.0)	1860	2088	2508	3026	3609	4200	4562	1500	>97		2300	83	(2.6)
Females: 19-50	2957	3111	(40.5)	1884	2108	2526	3035	3606	4176	4539	1500	>97		2300	84	(2.0)
Females: 51-70	1738	2917	(43.5)	1911	2096	2440	2867	3342	3831	4141	1300	>97		2300	82	(2.3)
Females: 71 and over	964	2550	(49.6)	1614	1788	2109	2507	2950	3392	3675	1200	>97		2300	63	(2.5)
Females: 50 and over	2702	2810	(31.0)	1793	1979	2327	2758	3238	3725	4040		>97		2300	76	(1.6)
Females: 19 and over	5659	2983	(27.9)	1840	2051	2436	2916	3455	3993	4343		>97		2300	81	(1.6)
All individuals 1 and over	17892	3440	(28.3)	1845	2112	2623	3301	4108	4940	5468		>97			89	(0.8)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake above the AI and the UL. Discretionary salt use at the table not included. Post-processing salt adjustment omitted for 2007-2008.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Potassium (mg/day)

Potassium (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th	AI	Above AI: %	Above AI: SE
Males: 1-3	772	2039	(41.2)	1230	1382	1664	2002	2367	2727	2948	3000	4	(1.2)
Males: 4-8	1001	2108	(32.2)	1445	1571	1801	2085	2402	2720	2923	3800	<3	
Males: 9-13	850	2335	(67.2)	1485	1640	1926	2278	2668	3054	3304	4500	<3	
Males: 14-18	808	2756	(89.6)	1555	1762	2161	2657	3232	3826	4203	4700	<3	
Males: 19-30	1113	2925	(75.0)	1581	1824	2274	2844	3492	4136	4547	4700	4	(1.4)
Males: 31-50	1825	3240	(53.0)	1852	2106	2576	3163	3834	4515	4940	4700	8	(1.7)
Males: 19-50	2938	3122	(45.6)	1728	1981	2452	3044	3710	4374	4816	4700	6	(1.1)
Males: 51-70	1773	3135	(47.4)	1844	2088	2536	3082	3680	4276	4639	4700	4	(0.9)
Males: 71 and over	912	2750	(58.8)	1640	1839	2217	2682	3204	3727	4060	4700	<3	
Males: 50 and over	2685	3042	(43.4)	1772	2010	2452	2988	3574	4153	4521	4700	3	(0.7)
Males: 19 and over	5623	3091	(33.1)	1749	1993	2448	3022	3664	4302	4713	4700	5	(0.7)
Females: 1-3	712	1964	(41.2)	1233	1362	1611	1914	2255	2607	2829	3000	<3	
Females: 4-8	894	1985	(35.2)	1284	1410	1647	1947	2283	2625	2838	3800	<3	
Females: 9-13	867	2042	(50.6)	1391	1511	1738	2013	2306	2598	2775	4500	<3	
Females: 14-18	706	1927	(57.8)	1174	1314	1580	1905	2256	2612	2843	4700	<3	
Females: 19-30	1039	2132	(41.9)	1346	1496	1768	2099	2463	2820	3037	4700	<3	
Females: 31-50	1918	2358	(40.2)	1308	1503	1863	2305	2800	3296	3598	4700	<3	
Females: 19-50	2957	2277	(34.2)	1300	1483	1819	2230	2685	3135	3424	4700	<3	
Females: 51-70	1738	2493	(49.2)	1464	1656	2012	2449	2926	3408	3707	4700	<3	
Females: 71 and over	964	2252	(32.7)	1290	1463	1785	2190	2647	3107	3403	4700	<3	
Females: 50 and over	2702	2423	(35.7)	1397	1585	1936	2370	2848	3329	3636	4700	<3	
Females: 19 and over	5659	2339	(27.5)	1337	1522	1865	2291	2764	3230	3527	4700	<3	
All individuals 1 and over	17892	2567	(24.0)	1374	1583	1977	2486	3072	3661	4038		<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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Caffeine (mg/day)

Caffeine (mg/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	4.8	(0.50)	0.1	0.2	0.6	1.7	4.7	10.5	16.5
Males: 4-8	1001	13.8	(0.91)	1.7	2.5	4.7	8.6	15.4	25.1	33.2
Males: 9-13	850	31.5	(2.49)	1.4	2.7	6.9	17.7	40.5	81.6	119.6
Males: 14-18	808	79.3	(10.84)	2.7	6.0	17.9	45.9	97.7	173.5	237.7
Males: 19-30	1113	133.0	(8.64)	4.9	12.4	39.4	95.2	182.9	296.8	382.7
Males: 31-50	1825	222.8	(10.54)	11.4	27.4	76.6	168.0	306.5	478.5	607.9
Males: 19-50	2938	189.1	(9.00)	7.3	18.6	58.5	138.6	260.0	419.4	537.8
Males: 51-70	1773	259.9	(11.36)	15.0	35.4	95.4	201.2	357.8	548.0	689.1
Males: 71 and over	912	163.0	(8.07)	6.6	17.8	53.3	121.2	228.2	365.3	469.4
Males: 50 and over	2685	236.6	(8.83)	11.4	28.8	82.1	180.6	327.1	508.0	644.9
Males: 19 and over	5623	207.3	(7.60)	7.8	20.9	65.8	153.2	287.1	454.7	578.9
Females: 1-3	712	4.7	(0.68)		0.1	0.6	2.2	5.9	11.3	16.0
Females: 4-8	894	12.5	(1.39)	0.8	1.4	3.2	7.1	14.4	25.7	36.2
Females: 9-13	867	24.1	(2.25)	1.5	2.7	6.6	14.8	30.0	52.0	71.7
Females: 14-18	706	63.3	(3.99)	4.0	7.6	19.2	43.5	84.7	142.3	191.0
Females: 19-30	1039	111.9	(8.18)	3.0	8.8	32.0	80.0	155.9	253.4	325.7
Females: 31-50	1918	176.0	(7.92)	7.7	18.5	54.3	126.1	240.3	388.1	499.9
Females: 19-50	2957	152.9	(7.02)	4.9	13.3	43.7	107.7	209.3	343.5	444.7
Females: 51-70	1738	183.2	(10.03)	8.4	21.6	60.2	133.1	246.7	393.0	503.0
Females: 71 and over	964	128.4	(7.37)	4.4	11.7	37.4	90.3	176.4	287.8	372.5
Females: 50 and over	2702	167.2	(6.65)	6.9	18.0	52.5	120.1	228.3	366.3	470.9
Females: 19 and over	5659	159.0	(5.89)	5.4	14.8	47.3	112.4	217.7	352.5	455.6
All individuals 1 and over	17892	144.6	(4.85)	1.1	4.4	26.1	87.9	197.5	347.2	465.1

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Sodium (mg/1000 kcal/day)

Sodium (mg/1000 kcal/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	1415	(22.2)	1077	1145	1265	1402	1546	1684	1770
Males: 4-8	1001	1559	(23.5)	1229	1292	1401	1528	1663	1792	1870
Males: 9-13	850	1648	(25.5)	1328	1392	1499	1627	1766	1902	1992
Males: 14-18	808	1696	(25.4)	1286	1364	1499	1655	1819	1968	2064
Males: 19-30	1113	1690	(16.8)	1351	1415	1529	1659	1799	1936	2020
Males: 31-50	1825	1716	(16.1)	1288	1364	1501	1670	1858	2043	2166
Males: 19-50	2938	1706	(11.5)	1312	1383	1511	1667	1837	2004	2113
Males: 51-70	1773	1763	(25.8)	1306	1387	1536	1718	1924	2132	2268
Males: 71 and over	912	1755	(27.5)	1327	1406	1542	1710	1893	2078	2199
Males: 50 and over	2685	1761	(21.0)	1306	1388	1536	1716	1918	2122	2254
Males: 19 and over	5623	1727	(10.5)	1308	1384	1519	1685	1868	2051	2168
Females: 1-3	712	1469	(19.2)	1104	1180	1307	1459	1623	1782	1888
Females: 4-8	894	1532	(16.9)	1176	1243	1364	1508	1664	1823	1920
Females: 9-13	867	1615	(24.9)	1306	1363	1468	1591	1731	1865	1950
Females: 14-18	706	1673	(25.9)	1346	1408	1513	1639	1776	1906	1986
Females: 19-30	1039	1716	(28.0)	1279	1360	1497	1664	1844	2026	2140
Females: 31-50	1918	1719	(17.4)	1337	1407	1529	1677	1837	1994	2095
Females: 19-50	2957	1718	(14.6)	1309	1383	1514	1671	1843	2011	2122
Females: 51-70	1738	1751	(22.8)	1291	1372	1520	1703	1906	2114	2254
Females: 71 and over	964	1739	(18.0)	1334	1410	1544	1704	1882	2058	2170
Females: 50 and over	2702	1748	(15.7)	1304	1383	1526	1701	1900	2099	2231
Females: 19 and over	5659	1731	(11.1)	1305	1382	1519	1684	1868	2051	2169
All individuals 1 and over	17892	1694	(7.6)	1274	1352	1489	1654	1835	2012	2125

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table. Discretionary salt use at the table not included. Post-processing salt adjustment omitted for 2007-2008.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

7/2013

Cholesterol (mg/1000 kcal/day)

Cholesterol (mg/1000 kcal/day): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010

Dietary Reference Intake Group	Day 1: N	Day 1: Mean	Day 1: SE	Percentile of Usual Intake: 5th	Percentile of Usual Intake: 10th	Percentile of Usual Intake: 25th	Percentile of Usual Intake: 50th	Percentile of Usual Intake: 75th	Percentile of Usual Intake: 90th	Percentile of Usual Intake: 95th
Males: 1-3	772	120	(5.7)	60	69	88	113	144	177	200
Males: 4-8	1001	112	(4.1)	70	76	89	106	125	146	160
Males: 9-13	850	112	(4.6)	61	70	86	108	135	165	186
Males: 14-18	808	121	(4.4)	88	94	104	117	131	144	153
Males: 19-30	1113	128	(3.6)	78	87	104	126	152	180	199
Males: 31-50	1825	139	(2.7)	84	93	112	136	165	196	216
Males: 19-50	2938	135	(2.1)	82	91	109	132	159	189	209
Males: 51-70	1773	145	(3.4)	74	86	108	138	175	214	241
Males: 71 and over	912	152	(4.4)	67	79	105	142	191	249	292
Males: 50 and over	2685	147	(2.7)	72	84	107	139	178	221	251
Males: 19 and over	5623	140	(1.8)	77	88	108	134	167	202	225
Females: 1-3	712	125	(4.3)	67	76	94	118	150	184	209
Females: 4-8	894	108	(3.1)	93	96	101	107	114	121	125
Females: 9-13	867	112	(3.6)	61	69	86	108	136	167	188
Females: 14-18	706	112	(4.7)	74	80	93	110	128	147	159
Females: 19-30	1039	118	(3.9)	54	64	84	113	150	192	222
Females: 31-50	1918	130	(2.6)	77	86	103	126	153	182	201
Females: 19-50	2957	126	(2.5)	66	76	95	121	154	189	213
Females: 51-70	1738	134	(4.0)	70	80	100	128	162	199	225
Females: 71 and over	964	129	(3.2)	77	86	103	125	151	178	196
Females: 50 and over	2702	133	(2.9)	71	81	101	127	158	193	217
Females: 19 and over	5659	129	(2.1)	68	78	97	123	155	190	214
All individuals 1 and over	17892	129	(1.5)	70	80	99	124	155	189	212

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 1 year and over (excluding breast-fed children and pregnant or lactating females), dietary intake data. Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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