

Appendix E-2.2: Usual Intake Distributions as a Percent of Energy for Fatty Acids and Macronutrients, 2007-2010, by Age/Gender Groups

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

<u>Page</u>	<u>Nutrient (unit of measure/day)</u>
48	PFA 20:5 (EPA) (g/day)
49	PFA 22:6 (DHA) (g/day)
50	Protein (% of energy/day)
51	Carbohydrate (% of energy/day)
52	Total fat (% of energy/day)
53	Saturated fat (% of energy/day)
54	Monounsaturated fat (% of energy/day)
55	Polyunsaturated fat (% of energy/day)
56	PFA 18:2 (% of energy/day)
57	PFA 18:3 (% of energy/day)
58	Dietary fiber (g/1000 kcal/day)

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

2/2014

**PFA 20:5 (EPA) (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**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Males:										
1-3.....	772	0.01	(0.001)	#	#	#	#	0.01	0.01	0.01
4-8.....	1001	0.01	(0.002)	#	#	#	0.01	0.01	0.02	0.02
9-13.....	850	0.02	(0.003)	0.01	0.01	0.01	0.01	0.01	0.02	0.02
14-18.....	808	0.02	(0.004)	#	0.01	0.01	0.01	0.02	0.03	0.03
19-30.....	1113	0.04	(0.003)	0.01	0.01	0.01	0.02	0.03	0.05	0.06
31-50.....	1825	0.05	(0.004)	0.01	0.01	0.02	0.02	0.03	0.05	0.05
19-50.....	2938	0.04	(0.003)	0.01	0.01	0.02	0.02	0.03	0.05	0.06
51-70.....	1773	0.05	(0.006)	0.01	0.01	0.01	0.02	0.04	0.05	0.07
71 and over.....	912	0.04	(0.006)	0.01	0.01	0.01	0.02	0.02	0.03	0.04
50 and over.....	2685	0.05	(0.005)	0.01	0.01	0.01	0.02	0.03	0.05	0.06
19 and over.....	5623	0.05	(0.003)	0.01	0.01	0.01	0.02	0.03	0.05	0.06
Females:										
1-3.....	712	0.01	(0.002)	#	#	#	0.01	0.01	0.01	0.02
4-8.....	894	0.01	(0.003)	#	#	0.01	0.01	0.01	0.02	0.02
9-13.....	867	0.01	(0.002)	#	#	0.01	0.01	0.01	0.02	0.02
14-18.....	706	0.02	(0.003)	0.01	0.01	0.01	0.01	0.01	0.01	0.01
19-30.....	1039	0.02	(0.003)	#	0.01	0.01	0.01	0.02	0.02	0.03
31-50.....	1918	0.03	(0.005)	#	0.01	0.01	0.01	0.02	0.03	0.04
19-50.....	2957	0.03	(0.004)	#	0.01	0.01	0.01	0.02	0.03	0.03
51-70.....	1738	0.04	(0.006)	0.01	0.01	0.01	0.02	0.02	0.03	0.04
71 and over.....	964	0.03	(0.004)	#	#	0.01	0.01	0.02	0.03	0.04
50 and over.....	2702	0.04	(0.004)	0.01	0.01	0.01	0.02	0.02	0.03	0.04
19 and over.....	5659	0.03	(0.003)	#	0.01	0.01	0.01	0.02	0.03	0.04
All individuals 1 and over..	17892	0.03	(0.002)	#	0.01	0.01	0.02	0.02	0.03	0.04

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.
Indicates a non-zero value too small to report.

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.

**PFA 22:6 (DHA) (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**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Males:										
1-3.....	772	0.02	(0.003)	#	#	0.01	0.01	0.02	0.04	0.05
4-8.....	1001	0.03	(0.003)	0.01	0.01	0.01	0.02	0.02	0.03	0.04
9-13.....	850	0.04	(0.005)	0.01	0.01	0.01	0.02	0.03	0.05	0.06
14-18.....	808	0.04	(0.006)	0.01	0.01	0.02	0.03	0.04	0.06	0.07
19-30.....	1113	0.08	(0.006)	0.01	0.02	0.03	0.05	0.09	0.13	0.17
31-50.....	1825	0.09	(0.007)	0.02	0.02	0.04	0.06	0.09	0.13	0.16
19-50.....	2938	0.09	(0.005)	0.02	0.02	0.04	0.06	0.09	0.13	0.17
51-70.....	1773	0.10	(0.009)	0.02	0.03	0.04	0.06	0.09	0.13	0.16
71 and over.....	912	0.08	(0.009)	0.01	0.02	0.03	0.05	0.07	0.11	0.13
50 and over.....	2685	0.09	(0.007)	0.02	0.02	0.04	0.06	0.09	0.13	0.16
19 and over.....	5623	0.09	(0.004)	0.02	0.02	0.04	0.06	0.09	0.13	0.16
Females:										
1-3.....	712	0.02	(0.002)	#	0.01	0.01	0.01	0.02	0.03	0.04
4-8.....	894	0.03	(0.003)	0.01	0.01	0.01	0.02	0.03	0.04	0.05
9-13.....	867	0.03	(0.004)	0.01	0.01	0.01	0.02	0.03	0.04	0.06
14-18.....	706	0.03	(0.004)	0.01	0.02	0.02	0.03	0.03	0.04	0.04
19-30.....	1039	0.05	(0.006)	0.01	0.01	0.02	0.03	0.05	0.06	0.08
31-50.....	1918	0.06	(0.007)	0.01	0.02	0.02	0.04	0.06	0.09	0.11
19-50.....	2957	0.06	(0.005)	0.01	0.01	0.02	0.04	0.05	0.08	0.10
51-70.....	1738	0.08	(0.008)	0.02	0.02	0.03	0.05	0.07	0.09	0.10
71 and over.....	964	0.05	(0.005)	0.01	0.01	0.02	0.03	0.05	0.08	0.10
50 and over.....	2702	0.07	(0.006)	0.01	0.02	0.03	0.04	0.06	0.09	0.11
19 and over.....	5659	0.06	(0.004)	0.01	0.02	0.02	0.04	0.06	0.08	0.10
All individuals 1 and over..	17892	0.06	(0.003)	0.01	0.01	0.02	0.04	0.06	0.09	0.12

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.
Indicates a non-zero value too small to report.

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.

**Protein (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----							Within AMDR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE
Males:													
1-3.....	772	14.8	(0.22)	11.1	11.8	13.1	14.6	16.2	17.7	18.8	5-20%	>97	
4-8.....	1001	13.8	(0.15)	10.9	11.5	12.5	13.6	14.9	16.1	16.8	10-30%	>97	
9-13.....	850	14.6	(0.18)	12.0	12.6	13.5	14.6	15.9	17.1	17.9	10-30%	>97	
14-18.....	808	15.2	(0.20)	12.0	12.7	13.7	15.0	16.3	17.6	18.4	10-30%	>97	
19-30.....	1113	15.6	(0.17)	12.3	13.0	14.1	15.4	16.9	18.4	19.3	10-35%	>97	
31-50.....	1825	16.0	(0.17)	12.2	12.9	14.1	15.7	17.4	19.2	20.4	10-35%	>97	
19-50.....	2938	15.9	(0.13)	12.2	12.9	14.1	15.6	17.2	18.9	20.0	10-35%	>97	
51-70.....	1773	16.3	(0.20)	12.1	12.8	14.3	16.0	17.9	19.8	21.1	10-35%	>97	
71 and over.....	912	16.0	(0.19)	12.3	13.0	14.2	15.7	17.3	18.9	19.9	10-35%	>97	
50 and over.....	2685	16.2	(0.16)	12.1	12.9	14.2	15.9	17.7	19.6	20.8	10-35%	>97	
19 and over.....	5623	16.0	(0.11)	12.2	12.9	14.1	15.7	17.4	19.2	20.3	10-35%	>97	
Females:													
1-3.....	712	15.1	(0.19)	11.5	12.2	13.4	14.9	16.5	18.1	19.2	5-20%	>97	
4-8.....	894	14.0	(0.25)	10.9	11.5	12.5	13.7	15.0	16.3	17.1	10-30%	>97	
9-13.....	867	14.0	(0.26)	11.1	11.6	12.6	13.9	15.2	16.6	17.5	10-30%	>97	
14-18.....	706	14.1	(0.23)	12.1	12.5	13.2	14.0	14.8	15.5	16.0	10-30%	>97	
19-30.....	1039	15.1	(0.21)	11.2	11.9	13.1	14.7	16.5	18.2	19.4	10-35%	>97	
31-50.....	1918	15.6	(0.13)	11.8	12.5	13.7	15.2	16.8	18.5	19.6	10-35%	>97	
19-50.....	2957	15.4	(0.12)	11.6	12.3	13.5	15.0	16.7	18.4	19.5	10-35%	>97	
51-70.....	1738	16.0	(0.19)	11.6	12.4	13.8	15.5	17.4	19.3	20.5	10-35%	>97	
71 and over.....	964	15.8	(0.17)	11.7	12.5	13.8	15.5	17.3	19.1	20.3	10-35%	>97	
50 and over.....	2702	15.9	(0.15)	11.7	12.4	13.8	15.5	17.3	19.2	20.4	10-35%	>97	
19 and over.....	5659	15.6	(0.10)	11.6	12.3	13.6	15.2	17.0	18.8	20.0	10-35%	>97	
All individuals 1 and over..	17892	15.5	(0.08)	11.6	12.3	13.6	15.1	16.8	18.5	19.6		>97	

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. Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

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.

**Carbohydrate (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----							Within AMDR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE
Males:													
1-3.....	772	54.9	(0.65)	45.0	47.0	50.4	54.4	58.5	62.4	64.9	45-65%	90	(3.5)
4-8.....	1001	55.2	(0.37)	49.1	50.3	52.4	54.7	57.2	59.5	60.9	45-65%	>97	
9-13.....	850	54.3	(0.47)	48.8	49.9	51.5	53.4	55.2	56.9	57.8	45-65%	>97	
14-18.....	808	52.7	(0.55)	45.0	46.5	49.1	52.1	55.2	58.1	59.8	45-65%	95	(3.6)
19-30.....	1113	50.1	(0.37)	40.1	42.0	45.3	49.1	53.0	56.9	59.2	45-65%	76	(3.6)
31-50.....	1825	47.2	(0.37)	35.1	37.4	41.4	46.1	51.2	56.1	59.3	45-65%	55	(2.1)
19-50.....	2938	48.3	(0.30)	36.7	38.9	42.7	47.3	52.2	56.9	59.9	45-65%	62	(1.9)
51-70.....	1773	46.6	(0.46)	35.1	37.3	41.1	45.7	50.7	55.7	59.0	45-65%	53	(2.4)
71 and over.....	912	49.6	(0.38)	38.4	40.6	44.3	48.8	53.6	58.3	61.4	45-65%	70	(2.6)
50 and over.....	2685	47.3	(0.38)	35.7	37.9	41.7	46.4	51.5	56.6	59.9	45-65%	56	(2.1)
19 and over.....	5623	47.9	(0.27)	36.2	38.4	42.3	46.9	51.9	56.8	59.9	45-65%	59	(1.7)
Females:													
1-3.....	712	53.6	(0.44)	44.4	46.2	49.3	53.0	56.8	60.4	62.7	45-65%	91	(2.2)
4-8.....	894	54.9	(0.33)	48.8	50.0	52.1	54.6	57.1	59.4	60.8	45-65%	>97	
9-13.....	867	54.5	(0.35)	47.5	48.9	51.3	54.1	57.0	59.7	61.3	45-65%	>97	
14-18.....	706	53.7	(0.56)	46.5	47.9	50.3	53.0	55.7	58.2	59.8	45-65%	>97	
19-30.....	1039	51.9	(0.49)	41.1	43.1	46.6	50.8	55.3	59.7	62.5	45-65%	80	(2.7)
31-50.....	1918	50.8	(0.30)	39.0	41.3	45.2	49.8	54.7	59.4	62.5	45-65%	73	(2.4)
19-50.....	2957	51.2	(0.27)	39.7	41.9	45.7	50.1	54.9	59.4	62.3	45-65%	76	(1.6)
51-70.....	1738	49.5	(0.40)	38.6	40.7	44.4	48.6	53.2	57.4	60.1	45-65%	70	(2.6)
71 and over.....	964	51.7	(0.41)	42.1	44.0	47.3	51.1	55.1	58.8	61.3	45-65%	85	(2.4)
50 and over.....	2702	50.1	(0.32)	39.4	41.5	45.1	49.3	53.8	58.0	60.7	45-65%	74	(1.9)
19 and over.....	5659	50.7	(0.21)	39.6	41.7	45.4	49.7	54.4	58.9	61.7	45-65%	75	(1.2)
All individuals 1 and over..	17892	50.6	(0.18)	39.3	41.3	45.0	49.5	54.4	59.2	62.3	45-65%	75	(0.9)

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. Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

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.

**Total fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----							Within AMDR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE
Males:													
1-3.....	772	31.7	(0.48)	25.2	26.5	28.9	31.8	34.8	37.8	39.6	30-40%	62	(5.2)
4-8.....	1001	32.3	(0.29)	28.0	29.0	30.7	32.6	34.6	36.5	37.7	25-35%	78	(4.3)
9-13.....	850	32.2	(0.41)	28.3	29.3	30.9	32.8	34.7	36.6	37.7	25-35%	78	(6.0)
14-18.....	808	32.8	(0.45)	27.6	28.8	30.8	33.2	35.8	38.2	39.8	25-35%	67	(4.8)
19-30.....	1113	31.1	(0.33)	24.4	25.9	28.5	31.5	34.6	37.5	39.3	20-35%	77	(4.1)
31-50.....	1825	33.5	(0.34)	26.0	27.6	30.4	33.6	37.1	40.3	42.4	20-35%	61	(2.9)
19-50.....	2938	32.6	(0.23)	25.3	26.9	29.7	32.8	36.2	39.3	41.3	20-35%	67	(2.1)
51-70.....	1773	34.4	(0.32)	25.6	27.5	30.8	34.6	38.6	42.5	44.9	20-35%	52	(2.2)
71 and over.....	912	33.5	(0.35)	25.5	27.2	30.2	33.7	37.5	41.0	43.2	20-35%	59	(2.4)
50 and over.....	2685	34.2	(0.25)	25.5	27.4	30.6	34.3	38.3	42.2	44.6	20-35%	54	(1.8)
19 and over.....	5623	33.2	(0.20)	25.3	27.0	29.9	33.4	37.0	40.6	42.7	20-35%	62	(1.5)
Females:													
1-3.....	712	32.6	(0.34)	26.4	27.7	30.0	32.8	35.7	38.6	40.4	30-40%	69	(4.4)
4-8.....	894	32.4	(0.31)	28.3	29.2	30.9	32.8	34.8	36.7	37.9	25-35%	77	(5.1)
9-13.....	867	32.7	(0.33)	26.8	28.1	30.3	32.9	35.7	38.3	39.9	25-35%	68	(5.7)
14-18.....	706	33.0	(0.47)	29.1	30.0	31.6	33.5	35.5	37.4	38.6	25-35%	70	(7.7)
19-30.....	1039	32.1	(0.37)	25.8	27.4	29.9	32.6	35.4	38.1	39.6	20-35%	71	(3.3)
31-50.....	1918	32.8	(0.21)	26.0	27.5	30.2	33.2	36.4	39.4	41.3	20-35%	65	(2.2)
19-50.....	2957	32.6	(0.18)	26.0	27.5	30.1	33.0	36.1	39.0	40.7	20-35%	67	(1.7)
51-70.....	1738	34.1	(0.26)	26.8	28.4	31.3	34.6	38.2	41.5	43.6	20-35%	53	(2.2)
71 and over.....	964	33.3	(0.33)	26.4	27.9	30.6	33.6	36.9	40.0	42.0	20-35%	61	(2.5)
50 and over.....	2702	33.9	(0.22)	26.6	28.2	31.0	34.3	37.8	41.1	43.3	20-35%	55	(1.9)
19 and over.....	5659	33.1	(0.14)	26.2	27.7	30.4	33.5	36.9	40.0	41.9	20-35%	62	(1.2)
All individuals 1 and over..	17892	33.0	(0.13)	26.0	27.5	30.2	33.3	36.6	39.9	41.9		65	(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. Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

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.

**Saturated fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----							Below 10%			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	%	SE		
Males:														
1-3.....	772	12.1	(0.25)		8.5	9.2	10.5	12.1	13.8	15.5	16.6		18	(3.1)
4-8.....	1001	11.4	(0.16)		9.1	9.6	10.4	11.5	12.6	13.7	14.4		16	(2.9)
9-13.....	850	11.3	(0.18)		9.1	9.6	10.4	11.4	12.6	13.6	14.3		17	(4.4)
14-18.....	808	11.3	(0.17)		9.0	9.5	10.3	11.4	12.5	13.5	14.1		18	(4.7)
19-30.....	1113	10.2	(0.15)		7.3	7.9	9.0	10.3	11.7	13.0	13.8		43	(4.1)
31-50.....	1825	11.0	(0.13)		7.8	8.5	9.7	11.0	12.5	13.9	14.7		30	(2.7)
19-50.....	2938	10.7	(0.11)		7.6	8.3	9.4	10.8	12.2	13.6	14.4		35	(2.6)
51-70.....	1773	11.2	(0.14)		7.5	8.2	9.6	11.2	12.9	14.5	15.5		31	(2.5)
71 and over.....	912	10.8	(0.15)		7.5	8.2	9.4	10.8	12.5	14.0	15.0		35	(3.0)
50 and over.....	2685	11.1	(0.12)		7.4	8.2	9.5	11.1	12.8	14.4	15.4		32	(2.0)
19 and over.....	5623	10.9	(0.09)		7.5	8.2	9.5	10.9	12.4	13.9	14.9		34	(1.7)
Females:														
1-3.....	712	12.6	(0.17)		9.1	9.8	11.0	12.6	14.2	15.9	16.9		12	(2.3)
4-8.....	894	11.5	(0.18)		9.7	10.1	10.8	11.6	12.5	13.3	13.8		8	(4.5)
9-13.....	867	11.4	(0.13)		8.7	9.2	10.2	11.4	12.8	14.0	14.9		21	(4.9)
14-18.....	706	11.1	(0.20)		9.1	9.6	10.4	11.3	12.2	13.1	13.7		17	(7.3)
19-30.....	1039	10.7	(0.15)		8.0	8.6	9.7	10.8	12.1	13.2	13.8		32	(4.8)
31-50.....	1918	10.8	(0.10)		7.7	8.4	9.5	10.9	12.3	13.7	14.6		33	(2.1)
19-50.....	2957	10.8	(0.08)		7.8	8.5	9.6	10.9	12.3	13.6	14.4		33	(2.1)
51-70.....	1738	11.0	(0.13)		7.8	8.5	9.6	11.1	12.6	14.2	15.1		31	(3.3)
71 and over.....	964	11.0	(0.11)		7.8	8.4	9.6	11.0	12.5	14.0	15.0		33	(2.0)
50 and over.....	2702	11.0	(0.10)		7.8	8.5	9.6	11.1	12.6	14.2	15.2		31	(2.5)
19 and over.....	5659	10.9	(0.07)		7.8	8.4	9.6	10.9	12.4	13.8	14.7		32	(1.8)
All individuals 1 and over..	17892	11.0	(0.06)		7.9	8.6	9.7	11.1	12.6	14.0	15.0		29	(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 saturated fat; percentage of individuals with usual intake below 10% of total energy.

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.

**Monounsaturated fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Males:											
1-3.....	772	11.1	(0.19)		8.4	9.0	10.0	11.2	12.5	13.7	14.5
4-8.....	1001	11.7	(0.13)		9.8	10.2	11.0	11.8	12.8	13.6	14.2
9-13.....	850	11.7	(0.16)		9.9	10.3	11.1	11.9	12.8	13.7	14.2
14-18.....	808	12.0	(0.22)		9.8	10.2	11.1	12.2	13.3	14.3	15.0
19-30.....	1113	11.3	(0.14)		8.6	9.2	10.2	11.4	12.7	13.9	14.7
31-50.....	1825	12.5	(0.13)		9.5	10.2	11.2	12.5	13.9	15.2	16.1
19-50.....	2938	12.0	(0.08)		9.1	9.8	10.9	12.1	13.5	14.8	15.6
51-70.....	1773	12.7	(0.12)		9.3	10.0	11.3	12.8	14.4	16.0	17.0
71 and over.....	912	12.5	(0.16)		8.8	9.6	10.9	12.5	14.2	15.9	17.0
50 and over.....	2685	12.7	(0.10)		9.2	9.9	11.2	12.7	14.4	16.0	17.0
19 and over.....	5623	12.3	(0.07)		9.1	9.8	11.0	12.3	13.8	15.3	16.2
Females:											
1-3.....	712	11.4	(0.13)		8.8	9.3	10.3	11.4	12.6	13.8	14.5
4-8.....	894	11.6	(0.16)		9.5	9.9	10.8	11.8	12.8	13.8	14.4
9-13.....	867	11.8	(0.15)		9.3	9.8	10.8	11.9	13.0	14.1	14.8
14-18.....	706	11.8	(0.25)		10.0	10.4	11.2	12.1	13.0	13.9	14.5
19-30.....	1039	11.5	(0.16)		8.8	9.4	10.5	11.7	12.9	14.0	14.7
31-50.....	1918	11.9	(0.12)		8.9	9.5	10.6	12.0	13.4	14.8	15.6
19-50.....	2957	11.7	(0.10)		8.9	9.5	10.6	11.9	13.2	14.5	15.3
51-70.....	1738	12.3	(0.14)		9.4	10.0	11.2	12.5	13.9	15.2	16.1
71 and over.....	964	11.9	(0.14)		9.3	9.9	10.9	12.0	13.3	14.5	15.3
50 and over.....	2702	12.2	(0.12)		9.4	10.0	11.1	12.3	13.7	15.1	15.9
19 and over.....	5659	11.9	(0.06)		9.1	9.7	10.8	12.1	13.4	14.8	15.6
All individuals 1 and over..	17892	12.0	(0.05)		9.1	9.7	10.8	12.1	13.5	14.9	15.7

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.

**Polyunsaturated fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Males:										
1-3.....	772	5.8	(0.12)	4.0	4.4	5.0	5.7	6.6	7.4	7.9
4-8.....	1001	6.4	(0.08)	5.0	5.3	5.8	6.5	7.2	7.8	8.3
9-13.....	850	6.5	(0.20)	5.2	5.5	6.0	6.5	7.2	7.8	8.2
14-18.....	808	6.7	(0.18)	5.4	5.7	6.2	6.8	7.4	8.0	8.4
19-30.....	1113	6.8	(0.11)	5.3	5.6	6.1	6.8	7.5	8.2	8.6
31-50.....	1825	7.0	(0.12)	5.1	5.5	6.2	7.0	8.0	8.9	9.5
19-50.....	2938	7.0	(0.08)	5.1	5.5	6.1	6.9	7.8	8.7	9.2
51-70.....	1773	7.5	(0.11)	5.2	5.7	6.5	7.5	8.6	9.7	10.5
71 and over.....	912	7.3	(0.12)	5.1	5.6	6.4	7.3	8.3	9.3	10.0
50 and over.....	2685	7.5	(0.09)	5.2	5.7	6.5	7.4	8.5	9.6	10.3
19 and over.....	5623	7.1	(0.07)	5.1	5.5	6.2	7.1	8.1	9.1	9.7
Females:										
1-3.....	712	6.0	(0.14)	4.0	4.4	5.1	5.9	6.9	7.8	8.4
4-8.....	894	6.6	(0.13)	5.1	5.4	5.9	6.6	7.3	8.1	8.5
9-13.....	867	6.8	(0.14)	5.4	5.7	6.2	6.8	7.5	8.0	8.4
14-18.....	706	7.3	(0.18)	5.6	5.9	6.5	7.3	8.1	8.9	9.4
19-30.....	1039	7.1	(0.15)	5.5	5.8	6.4	7.2	7.9	8.6	9.1
31-50.....	1918	7.3	(0.09)	5.6	6.0	6.6	7.4	8.2	9.1	9.6
19-50.....	2957	7.2	(0.08)	5.6	5.9	6.6	7.3	8.1	8.9	9.4
51-70.....	1738	7.9	(0.08)	5.5	6.0	6.9	7.9	9.1	10.3	11.0
71 and over.....	964	7.6	(0.13)	5.1	5.6	6.5	7.6	8.8	9.9	10.7
50 and over.....	2702	7.8	(0.07)	5.4	5.9	6.8	7.8	9.0	10.2	10.9
19 and over.....	5659	7.5	(0.06)	5.4	5.9	6.6	7.5	8.5	9.5	10.1
All individuals 1 and over..	17892	7.1	(0.05)	5.1	5.5	6.3	7.1	8.1	9.1	9.7

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.

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

	Day 1			---- Percentiles of Usual Intake ----								Within AMDR			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE		
Males:															
1-3.....	772	5.1	(0.11)		3.4	3.7	4.3	5.0	5.8	6.7	7.2		05-10%	51	(4.0)
4-8.....	1001	5.7	(0.07)		4.4	4.6	5.2	5.8	6.5	7.1	7.5		05-10%	80	(4.3)
9-13.....	850	5.8	(0.19)		4.5	4.7	5.2	5.8	6.5	7.1	7.5		05-10%	83	(5.9)
14-18.....	808	5.9	(0.17)		4.7	5.0	5.4	6.0	6.6	7.2	7.6		05-10%	90	(7.2)
19-30.....	1113	6.0	(0.10)		4.7	4.9	5.4	6.0	6.6	7.2	7.5		05-10%	89	(7.0)
31-50.....	1825	6.2	(0.11)		4.4	4.8	5.4	6.2	7.1	7.9	8.5		05-10%	85	(3.7)
19-50.....	2938	6.1	(0.08)		4.5	4.8	5.4	6.1	6.9	7.7	8.2		05-10%	86	(3.7)
51-70.....	1773	6.6	(0.10)		4.5	4.9	5.7	6.6	7.6	8.6	9.3		05-10%	86	(2.6)
71 and over.....	912	6.4	(0.10)		4.4	4.8	5.5	6.4	7.3	8.2	8.8		05-10%	86	(3.0)
50 and over.....	2685	6.5	(0.08)		4.5	4.9	5.6	6.5	7.6	8.6	9.2		05-10%	86	(2.0)
19 and over.....	5623	6.3	(0.06)		4.4	4.8	5.5	6.3	7.2	8.0	8.6		05-10%	86	(2.2)
Females:															
1-3.....	712	5.2	(0.13)		3.4	3.7	4.4	5.2	6.1	7.0	7.6		05-10%	55	(4.2)
4-8.....	894	5.9	(0.12)		4.4	4.7	5.3	5.9	6.6	7.3	7.8		05-10%	84	(5.2)
9-13.....	867	6.1	(0.14)		4.8	5.1	5.5	6.1	6.7	7.2	7.6		05-10%	91	(6.5)
14-18.....	706	6.5	(0.17)		4.9	5.2	5.8	6.5	7.3	8.0	8.5		05-10%	94	(6.2)
19-30.....	1039	6.3	(0.13)		4.8	5.1	5.7	6.3	7.0	7.7	8.1		05-10%	92	(4.1)
31-50.....	1918	6.5	(0.08)		4.9	5.2	5.8	6.5	7.3	8.1	8.6		05-10%	93	(3.1)
19-50.....	2957	6.4	(0.07)		4.8	5.2	5.8	6.5	7.2	8.0	8.4		05-10%	93	(2.2)
51-70.....	1738	6.9	(0.07)		4.8	5.2	6.0	7.0	8.0	9.1	9.8		05-10%	89	(2.1)
71 and over.....	964	6.6	(0.12)		4.5	4.9	5.7	6.6	7.7	8.7	9.4		05-10%	86	(3.4)
50 and over.....	2702	6.8	(0.06)		4.7	5.1	5.9	6.9	7.9	9.0	9.6		05-10%	88	(2.1)
19 and over.....	5659	6.6	(0.05)		4.7	5.1	5.8	6.6	7.5	8.4	9.0		05-10%	91	(1.4)
All individuals 1 and over..	17892	6.3	(0.04)		4.5	4.8	5.5	6.3	7.2	8.1	8.6		05-10%	87	(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. Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

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.

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

	Day 1			---- Percentiles of Usual Intake ----								Within AMDR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE	
Males:														
1-3.....	772	0.53	(0.009)	0.36	0.39	0.45	0.52	0.60	0.69	0.74	0.6-1.2%	26	(2.3)	
4-8.....	1001	0.52	(0.010)	0.40	0.43	0.47	0.52	0.57	0.62	0.66	0.6-1.2%	16	(6.1)	
9-13.....	850	0.51	(0.016)	0.39	0.42	0.47	0.52	0.58	0.64	0.67	0.6-1.2%	18	(8.5)	
14-18.....	808	0.53	(0.016)	0.39	0.42	0.47	0.53	0.60	0.67	0.72	0.6-1.2%	25	(5.8)	
19-30.....	1113	0.59	(0.010)	0.39	0.43	0.50	0.58	0.67	0.76	0.82	0.6-1.2%	43	(3.8)	
31-50.....	1825	0.60	(0.011)	0.40	0.44	0.50	0.59	0.68	0.77	0.84	0.6-1.2%	46	(3.3)	
19-50.....	2938	0.59	(0.008)	0.40	0.43	0.50	0.58	0.68	0.77	0.84	0.6-1.2%	45	(2.6)	
51-70.....	1773	0.68	(0.014)	0.48	0.52	0.59	0.68	0.77	0.87	0.94	0.6-1.2%	73	(3.7)	
71 and over.....	912	0.67	(0.012)	0.48	0.52	0.58	0.67	0.76	0.85	0.91	0.6-1.2%	71	(4.6)	
50 and over.....	2685	0.68	(0.011)	0.48	0.52	0.59	0.68	0.77	0.87	0.93	0.6-1.2%	72	(2.7)	
19 and over.....	5623	0.63	(0.007)	0.42	0.46	0.53	0.62	0.72	0.82	0.88	0.6-1.2%	55	(2.2)	
Females:														
1-3.....	712	0.57	(0.014)	0.38	0.41	0.48	0.56	0.65	0.75	0.81	0.6-1.2%	38	(4.3)	
4-8.....	894	0.53	(0.009)	0.44	0.46	0.50	0.53	0.58	0.62	0.64	0.6-1.2%	15	(10.4)	
9-13.....	867	0.54	(0.015)	0.40	0.43	0.48	0.54	0.61	0.69	0.73	0.6-1.2%	29	(4.8)	
14-18.....	706	0.59	(0.016)	0.41	0.45	0.51	0.58	0.66	0.74	0.79	0.6-1.2%	44	(7.1)	
19-30.....	1039	0.62	(0.014)	0.46	0.50	0.56	0.63	0.71	0.80	0.85	0.6-1.2%	61	(5.5)	
31-50.....	1918	0.64	(0.012)	0.46	0.50	0.56	0.64	0.73	0.82	0.88	0.6-1.2%	64	(5.1)	
19-50.....	2957	0.63	(0.010)	0.46	0.50	0.56	0.64	0.73	0.81	0.87	0.6-1.2%	63	(3.7)	
51-70.....	1738	0.74	(0.015)	0.53	0.57	0.64	0.73	0.83	0.93	0.99	0.6-1.2%	83	(4.4)	
71 and over.....	964	0.73	(0.015)	0.45	0.50	0.59	0.71	0.86	1.01	1.12	0.6-1.2%	70	(4.1)	
50 and over.....	2702	0.74	(0.013)	0.50	0.54	0.62	0.72	0.84	0.96	1.03	0.6-1.2%	79	(3.4)	
19 and over.....	5659	0.68	(0.009)	0.47	0.51	0.58	0.67	0.78	0.88	0.95	0.6-1.2%	70	(2.2)	
All individuals 1 and over..	17892	0.62	(0.006)	0.43	0.46	0.53	0.62	0.72	0.82	0.89	0.6-1.2%	54	(1.4)	

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. Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

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.

**Dietary fiber (g/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**

	Day 1			---- Percentiles of Usual Intake ----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Males:											
1-3.....	772	7.3	(0.19)		4.0	4.5	5.6	7.0	8.6	10.4	11.5
4-8.....	1001	7.4	(0.14)		4.5	5.0	5.9	7.1	8.6	10.1	11.2
9-13.....	850	7.0	(0.14)		4.8	5.2	5.8	6.7	7.6	8.5	9.0
14-18.....	808	6.2	(0.11)		4.4	4.7	5.3	6.1	6.9	7.7	8.2
19-30.....	1113	6.7	(0.15)		3.7	4.2	5.1	6.3	7.7	9.1	10.1
31-50.....	1825	7.3	(0.18)		3.6	4.2	5.3	6.8	8.6	10.6	12.0
19-50.....	2938	7.1	(0.14)		3.6	4.2	5.2	6.6	8.3	10.1	11.3
51-70.....	1773	8.3	(0.23)		4.3	4.9	6.1	7.6	9.5	11.6	13.0
71 and over.....	912	9.3	(0.18)		5.0	5.7	7.1	8.8	10.8	12.8	14.2
50 and over.....	2685	8.5	(0.19)		4.4	5.1	6.3	7.9	9.8	11.9	13.4
19 and over.....	5623	7.6	(0.13)		3.8	4.4	5.5	7.1	8.9	10.9	12.3
Females:											
1-3.....	712	7.2	(0.16)		3.8	4.4	5.4	6.7	8.3	10.0	11.1
4-8.....	894	7.4	(0.14)		5.2	5.6	6.3	7.2	8.3	9.3	10.0
9-13.....	867	7.4	(0.18)		5.1	5.5	6.3	7.2	8.2	9.2	9.9
14-18.....	706	7.2	(0.19)		4.3	4.8	5.7	6.8	8.0	9.3	10.1
19-30.....	1039	7.5	(0.24)		4.0	4.5	5.6	7.0	8.6	10.2	11.4
31-50.....	1918	8.3	(0.18)		4.2	4.8	6.1	7.8	9.9	12.1	13.6
19-50.....	2957	8.0	(0.16)		3.9	4.6	5.8	7.5	9.4	11.6	13.0
51-70.....	1738	9.6	(0.20)		5.3	6.0	7.3	9.0	11.0	13.1	14.5
71 and over.....	964	10.0	(0.18)		5.5	6.2	7.6	9.4	11.6	13.9	15.5
50 and over.....	2702	9.7	(0.16)		5.3	6.1	7.4	9.1	11.2	13.2	14.7
19 and over.....	5659	8.7	(0.11)		4.4	5.1	6.4	8.2	10.2	12.4	13.9
All individuals 1 and over..	17892	7.9	(0.09)		4.1	4.7	5.8	7.4	9.2	11.3	12.7

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.
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