

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

Individuals age 71 and older: Usual Intake from Food and Beverages, and Total Usual Intake from Food, Beverages, and Dietary Supplements 2007-2010 Compared To Dietary Reference Intakes -- all individuals regardless of supplement use and users of supplements containing the specific nutrient

The percentage of users of supplements containing these specific nutrients varies by sex / age group. Some of the estimates are based on a relatively small number for a national probability sample. These statistics should be viewed with this consideration.

PLEASE NOTE: The values flagged with an asterisk (*) may be less reliable; interpret with caution.

Usual intake from food and beverages. Each page provides results for all individuals and for users and nonusers of supplements containing the specific nutrients.

Page Nutrient (unit of measure/day)

- 1 Calcium (mg/day)
- 2 Vitamin D (D2+D3) ($\mu\text{g/day}$)
- 3 Phosphorus (mg/day)
- 4 Potassium (mg/day)

Total usual intake from food, beverages, and dietary supplements. Each page provides results for all individuals and for users of supplements containing the specific nutrients.

Page Nutrient (unit of measure/day)

- 5 Calcium (mg/day)
- 6 Vitamin D (D2+D3) ($\mu\text{g/day}$)
- 7 Phosphorus (mg/day)
- 8 Potassium (mg/day)

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

11/2014

**Calcium (mg/day): Mean intake and percentiles of usual intake from food and beverages
by usage of dietary supplements containing calcium, persons aged 71 and over in the United States, 2007-2010**

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Food			---- Percentiles of Usual Intake ----							Below EAR			Above UL		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
All individuals:																
Males:																
71-79.....	557	858	(28.7)	455	522	654	829	1037	1258	1414	1000	71	(3.4)	2000	<3	
80 and over.....	342	881	(35.7)	454	525	656	831	1041	1262	1413	1000	71	(4.0)	2000	<3	
71 and over.....	899	866	(23.1)	455	523	655	830	1039	1260	1414	1000	71	(3.0)	2000	<3	
Females:																
71-79.....	576	767	(12.7)	375	440	562	729	926	1137	1277	1000	81	(1.5)	2000	<3	
80 and over.....	375	781	(21.7)	382	447	573	741	945	1158	1302	1000	80	(2.0)	2000	<3	
71 and over.....	951	773	(13.5)	378	443	566	734	934	1146	1288	1000	81	(1.4)	2000	<3	
Users of supplements containing calcium:																
Males:																
71-79.....	250	909	(36.0)	481*	553	692	874	1092	1318	1464*	1000	66	(3.6)	2000	<3	
80 and over.....	172	928	(57.6)	491*	562	693	872	1088	1316	1463*	1000	66	(4.9)	2000	<3	
71 and over.....	422	916	(31.1)	483	556	692	873	1090	1317	1464	1000	66	(3.4)	2000	<3	
Females:																
71-79.....	336	800	(28.3)	397*	461	586	756	957	1171	1319*	1000	79	(2.1)	2000	<3	
80 and over.....	209	797	(30.7)	403*	471	598	771	976	1193	1343*	1000	77	(2.5)	2000	<3	
71 and over.....	545	799	(23.8)	400	465	591	762	965	1180	1329	1000	78	(2.1)	2000	<3	
Nonusers of supplements containing calcium:																
Males:																
71-79.....	307	805	(35.6)	432*	497	621	784	982	1193	1332*	1000	77	(4.2)	2000	<3	
80 and over.....	170	827	(38.1)	424*	493	619	787	982	1186	1329*	1000	77	(4.0)	2000	<3	
71 and over.....	477	812	(28.3)	430	496	620	786	982	1190	1331	1000	77	(3.7)	2000	<3	
Females:																
71-79.....	240	712	(31.7)	347*	411	530	686	875	1068	1204*	1000	86	(1.9)	2000	<3	
80 and over.....	166	757	(32.1)	358*	421*	536	696	893	1099*	1227*	1000	84	(2.4)	2000	<3	
71 and over.....	406	731	(20.7)	351	415	533	690	883	1083	1214	1000	85	(1.9)	2000	<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

**Vitamin D (D2+D3) (µg/day): Mean intake and percentiles of usual intake from food and beverages
by usage of dietary supplements containing vitamin D, persons aged 71 and over in the United States, 2007-2010**

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Food			---- Percentiles of Usual Intake ----							Below EAR			Above UL		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
All individuals:																
Males:																
71-79.....	557	5.5	(0.36)	1.8	2.3	3.2	4.7	6.6	8.8	10.4	10	94	(1.5)	100	<3	
80 and over.....	342	5.3	(0.25)	2.0	2.5	3.5	5.1	7.2	9.5	11.2	10	92	(1.8)	100	<3	
71 and over.....	899	5.4	(0.24)	1.9	2.3	3.3	4.8	6.8	9.0	10.7	10	93	(1.4)	100	<3	
Females:																
71-79.....	576	4.1	(0.18)	1.2	1.5	2.3	3.5	5.2	7.0	8.4	10	>97		100	<3	
80 and over.....	375	4.2	(0.20)	1.3	1.7	2.5	3.8	5.5	7.5	9.0	10	97*	(0.9)	100	<3	
71 and over.....	951	4.1	(0.13)	1.2	1.6	2.4	3.6	5.3	7.2	8.6	10	>97		100	<3	
Users of supplements containing vitamin D:																
Males:																
71-79.....	232	5.8	(0.55)	1.9*	2.3	3.4	4.9	6.8	9.1	10.7*	10	93*	(1.7)	100	<3	
80 and over.....	158	5.5	(0.44)	2.1*	2.6*	3.7	5.3	7.4	9.7*	11.4*	10	91*	(2.1)	100	<3	
71 and over.....	390	5.7	(0.34)	1.9	2.4	3.5	5.0	7.0	9.4	10.9	10	92	(1.7)	100	<3	
Females:																
71-79.....	287	4.3	(0.26)	1.2*	1.6	2.4	3.6	5.3	7.2	8.6*	10	>97		100	<3	
80 and over.....	195	4.1	(0.19)	1.3*	1.8	2.6	4.0	5.7	7.8	9.2*	10	96*	(0.9)	100	<3	
71 and over.....	482	4.2	(0.18)	1.3	1.7	2.5	3.8	5.5	7.5	8.9	10	>97		100	<3	
Nonusers of supplements containing vitamin D:																
Males:																
71-79.....	325	5.3	(0.41)	1.8*	2.2	3.1	4.5	6.4	8.5	10.1*	10	95*	(1.5)	100	<3	
80 and over.....	184	5.1	(0.35)	1.9*	2.4	3.4	4.9	6.9	9.2	10.9*	10	93*	(1.8)	100	<3	
71 and over.....	509	5.2	(0.33)	1.8	2.3	3.2	4.7	6.6	8.8	10.4	10	94	(1.5)	100	<3	
Females:																
71-79.....	289	3.8	(0.23)	1.1*	1.5	2.2	3.4	5.0	6.8	8.1*	10	>97		100	<3	
80 and over.....	180	4.4	(0.40)	1.2*	1.6	2.4	3.6	5.3	7.2	8.5*	10	>97		100	<3	
71 and over.....	469	4.0	(0.21)	1.1	1.5	2.3	3.5	5.1	7.0	8.3	10	>97		100	<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

Vitamin D dietary intake estimates reflect the sum of only vitamin D2 and vitamin D3; 25(OH)D values are not provided by USDA SR.

**Phosphorus (mg/day): Mean intake and percentiles of usual intake from food and beverages
by usage of dietary supplements containing phosphorus, persons aged 71 and over in the United States, 2007-2010**

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Food			---- Percentiles of Usual Intake ----							Below EAR			Above UL		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
All individuals:																
Males:																
71-79.....	557	1279	(33.7)	813	898	1056	1254	1475	1695	1844	580	<3		3000	<3	
80 and over.....	342	1207	(36.7)	760	846	996	1186	1400	1611	1751	580	<3		3000	<3	
71 and over.....	899	1254	(28.7)	792	877	1034	1229	1449	1668	1815	580	<3		3000	<3	
Females:																
71-79.....	576	1023	(14.8)	591	673	816	995	1194	1389	1519	580	4	(1.0)	3000	<3	
80 and over.....	375	995	(22.3)	579	660	801	979	1181	1374	1503	580	5	(0.9)	3000	<3	
71 and over.....	951	1011	(15.6)	586	668	809	989	1188	1383	1513	580	5	(0.9)	3000	<3	
Users of supplements containing phosphorus:																
Males:																
71-79.....	158	1385	(48.9)	870*	963*	1130	1336	1568	1798*	1941*	580	<3		3000	<3	
80 and over.....	102	1235	(62.2)	824*	912*	1068	1263	1483	1701*	1839*	580	<3		3000	<3	
71 and over.....	260	1333	(42.6)	850*	943	1107	1310	1539	1766	1908*	580	<3		3000	<3	
Females:																
71-79.....	150	1048	(28.0)	631*	708*	856	1041	1244	1450*	1584*	580	<3		3000	<3	
80 and over.....	112	1029	(48.7)	617*	702*	842	1022	1224	1431*	1560*	580	4*	(0.9)	3000	<3	
71 and over.....	262	1039	(31.3)	624*	705	849	1032	1235	1442	1573*	580	3*	(0.9)	3000	<3	
Nonusers of supplements containing phosphorus:																
Males:																
71-79.....	399	1227	(38.0)	790	875	1027	1216	1430	1638	1773	580	<3		3000	<3	
80 and over.....	240	1194	(37.4)	739*	824	967	1153	1357	1558	1688*	580	<3		3000	<3	
71 and over.....	639	1215	(30.7)	770	855	1005	1193	1405	1612	1745	580	<3		3000	<3	
Females:																
71-79.....	426	1013	(19.0)	580	659	801	977	1173	1362	1488	580	5	(1.1)	3000	<3	
80 and over.....	263	977	(27.0)	565*	642	783	958	1156	1348	1469*	580	6*	(1.1)	3000	<3	
71 and over.....	689	999	(17.7)	574	652	794	969	1166	1356	1480	580	5	(1.0)	3000	<3	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

**Potassium (mg/day): Mean intake and percentiles of usual intake from food and beverages
by usage of dietary supplements containing potassium, persons aged 71 and over in the United States, 2007-2010**

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Food			---- Percentiles of Usual Intake ----							Above AI			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE	
All individuals:														
Males:														
71-79.....	557	2789	(73.3)		1680	1876	2251	2718	3244	3770	4115		4700	<3
80 and over.....	342	2671	(67.5)		1589	1794	2154	2611	3122	3632	3968		4700	<3
71 and over.....	899	2747	(59.7)		1645	1845	2215	2680	3202	3723	4065		4700	<3
Females:														
71-79.....	576	2299	(40.2)		1316	1497	1818	2229	2687	3142	3441		4700	<3
80 and over.....	375	2185	(43.1)		1252	1430	1745	2147	2601	3054	3346		4700	<3
71 and over.....	951	2251	(33.1)		1287	1468	1787	2194	2652	3107	3403		4700	<3
Users of supplements containing potassium:														
Males:														
71-79.....	197	3005	(95.6)		1835*	2053	2444	2929	3465	4010	4333*		4700	<3
80 and over.....	118	2758	(104.3)		1766*	1982*	2355	2820	3350	3869*	4192*		4700	<3
71 and over.....	315	2922	(68.2)		1810*	2027	2413	2891	3427	3963	4289*		4700	<3
Females:														
71-79.....	163	2417	(55.7)		1447*	1623*	1961	2388	2859	3341*	3646*		4700	<3
80 and over.....	117	2351	(103.8)		1382*	1565*	1878	2289	2749	3226*	3525*		4700	<3
71 and over.....	280	2387	(64.1)		1417*	1595	1922	2343	2810	3292	3594*		4700	<3
Nonusers of supplements containing potassium:														
Males:														
71-79.....	360	2644	(80.9)		1597	1793	2148	2585	3086	3571	3884		4700	<3
80 and over.....	224	2619	(78.4)		1523*	1720	2058	2496	2973	3447	3758*		4700	<3
71 and over.....	584	2635	(66.8)		1568	1765	2114	2552	3044	3528	3841		4700	<3
Females:														
71-79.....	413	2244	(57.4)		1274	1451	1767	2161	2606	3034	3323		4700	<3
80 and over.....	258	2095	(58.4)		1205*	1377	1684	2070	2513	2945	3218*		4700	<3
71 and over.....	671	2184	(42.3)		1245	1419	1732	2124	2568	3001	3284		4700	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

Calcium (mg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, and DIETARY SUPPLEMENTS, persons aged 71 and over in the United States, 2007-2010

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Below EAR			Above UL		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
All individuals:																		
Males:																		
71-79.....	557	51	(2.8)	1026	(33.6)	492	571	727	945	1229	1592	1889	1000	56	(3.2)	2000	4	(0.8)
80 and over.....	342	54	(3.7)	1067	(42.9)	493	576	745	973	1280	1637	1897	1000	53	(4.0)	2000	4*	(0.9)
71 and over.....	899	52	(2.6)	1040	(28.5)	493	573	733	955	1247	1610	1893	1000	55	(2.8)	2000	4	(0.7)
Females:																		
71-79.....	576	62	(2.0)	1169	(27.4)	428	513	693	1009	1530	2050	2342	1000	49	(2.1)	2000	11	(1.2)
80 and over.....	375	61	(2.1)	1148	(38.5)	438	521	709	1012	1462	1982	2290	1000	49	(2.2)	2000	10	(1.6)
71 and over.....	951	62	(1.4)	1160	(27.7)	432	516	700	1010	1499	2023	2321	1000	49	(1.8)	2000	11	(1.2)
Users of supplements containing calcium:																		
Males:																		
71-79.....	250			1238	(42.3)	652*	737	903	1134	1454	1870	2198*	1000	36	(3.2)	2000	7	(1.6)
80 and over.....	172			1275	(66.3)	665*	759	932	1185	1499	1860	2122*	1000	32	(4.4)	2000	7*	(1.6)
71 and over.....	422			1252	(35.6)	657	744	913	1152	1471	1866	2168	1000	34	(2.8)	2000	7	(1.2)
Females:																		
71-79.....	336			1445	(38.5)	597*	709	961	1347	1829	2253	2520*	1000	27	(2.2)	2000	18	(1.8)
80 and over.....	209			1399	(59.8)	645*	757	978	1316	1755	2203	2473*	1000	27	(3.2)	2000	16	(2.5)
71 and over.....	545			1426	(39.7)	614	729	968	1331	1801	2235	2502	1000	27	(2.4)	2000	17	(1.7)

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.
 Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes.
 * Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.
 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 71 years and over, dietary intake data and the NHANES 2007-2010 30-day dietary supplement questionnaire.
 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

11/2014

Vitamin D (D2+D3) (µg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, and DIETARY SUPPLEMENTS, persons aged 71 and over in the United States, 2007-2010

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Below EAR			Above UL		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
All individuals:																		
Males:																		
71-79.....	557	47	(3.1)	12.1	(0.76)	2.2	2.8	4.3	8.7	15.9	23.6	31.0	10	53	(2.3)	100	<3	
80 and over.....	342	49	(4.2)	14.0	(1.04)	2.4	3.1	4.8	9.7	17.6	27.6	39.9	10	51	(3.5)	100	<3	
71 and over.....	899	48	(2.9)	12.8	(0.65)	2.2	2.9	4.5	9.0	16.5	25.0	33.5	10	52	(2.1)	100	<3	
Females:																		
71-79.....	576	53	(2.9)	15.1	(0.96)	1.5	2.0	3.5	8.5	22.2	33.6	44.4	10	53	(3.0)	100	<3	
80 and over.....	375	56	(2.5)	15.0	(1.01)	1.7	2.3	3.9	10.0	20.2	36.9	45.1	10	50	(2.6)	100	<3	
71 and over.....	951	54	(2.2)	15.0	(0.81)	1.6	2.1	3.6	9.0	21.5	34.3	44.8	10	52	(2.2)	100	<3	
Users of supplements containing vitamin D:																		
Males:																		
71-79.....	232			19.7	(1.12)	8.7*	11.1	13.5	16.2	21.5	31.6	39.3*	10	7	(1.5)	100	<3	
80 and over.....	158			23.4	(1.34)	8.9*	11.9*	14.4	17.7	24.7	40.1*	59.1*	10	7*	(1.6)	100	<3	
71 and over.....	390			21.0	(0.92)	8.8	11.4	13.8	16.7	22.7	34.3	46.5	10	7	(1.1)	100	<3	
Females:																		
71-79.....	287			25.0	(1.29)	6.0*	8.6	13.2	21.1	30.0	43.3	57.0*	10	13	(1.8)	100	<3	
80 and over.....	195			23.3	(1.42)	6.2*	8.7	13.5	18.1	28.7	43.9	52.6*	10	13	(2.5)	100	<3	
71 and over.....	482			24.3	(0.99)	6.1	8.6	13.3	19.4	29.5	43.6	54.3	10	13	(1.2)	100	<3	

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.

Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

Vitamin D dietary intake estimates reflect the sum of only vitamin D2 and vitamin D3; 25(OH)D values are not provided by USDA SR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 71 years and over, dietary intake data and the NHANES 2007-2010 30-day dietary supplement questionnaire.

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

11/2014

Phosphorus (mg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, and DIETARY SUPPLEMENTS, persons aged 71 and over in the United States, 2007-2010

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Below EAR			Above UL		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE
All individuals:																		
Males:																		
71-79.....	557	33	(2.7)	1301	(34.2)	824	911	1073	1274	1502	1731	1881	580	<3		3000	<3	
80 and over.....	342	32	(2.9)	1228	(37.0)	768	856	1010	1206	1423	1640	1783	580	<3		3000	<3	
71 and over.....	899	32	(2.1)	1275	(29.0)	802	890	1049	1250	1475	1701	1849	580	<3		3000	<3	
Females:																		
71-79.....	576	29	(2.3)	1042	(15.2)	602	686	830	1013	1215	1415	1545	580	4	(0.9)	3000	<3	
80 and over.....	375	34	(2.7)	1018	(22.6)	591	672	819	1003	1208	1406	1541	580	4*	(0.8)	3000	<3	
71 and over.....	951	31	(1.5)	1031	(15.7)	597	680	825	1009	1212	1411	1543	580	4	(0.8)	3000	<3	
Users of supplements containing phosphorus:																		
Males:																		
71-79.....	158			1452	(50.4)	933*	1023*	1193	1405	1641	1869*	2014*	580	<3		3000	<3	
80 and over.....	102			1298	(64.5)	884*	969*	1132	1327	1546	1763*	1905*	580	<3		3000	<3	
71 and over.....	260			1399	(44.0)	914*	1002	1170	1378	1609	1836	1981*	580	<3		3000	<3	
Females:																		
71-79.....	150			1110	(29.1)	686*	762*	918	1105	1308	1515*	1646*	580	<3		3000	<3	
80 and over.....	112			1097	(49.5)	680*	765*	912	1091	1295	1499*	1633*	580	<3		3000	<3	
71 and over.....	262			1104	(32.6)	684*	764	915	1098	1303	1508	1639*	580	<3		3000	<3	

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.

Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

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 71 years and over, dietary intake data and the NHANES 2007-2010 30-day dietary supplement questionnaire.

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

11/2014

Potassium (mg/day): Mean intake and percentiles of TOTAL usual intake from food, beverages, and DIETARY SUPPLEMENTS, persons aged 71 and over in the United States, 2007-2010

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

	Users			Total intake		----- Percentiles of Total Usual Intake -----							Above AI		
	N	%	SE	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE
All individuals:															
Males:															
71-79.....	557	40	(2.5)	2819	(73.7)	1695	1894	2274	2750	3283	3813	4165	4700	<3	
80 and over.....	342	37	(3.4)	2699	(67.5)	1604	1807	2177	2638	3158	3674	4014	4700	<3	
71 and over.....	899	39	(2.1)	2777	(60.0)	1661	1861	2238	2710	3239	3767	4114	4700	<3	
Females:															
71-79.....	576	31	(2.2)	2322	(40.7)	1329	1514	1836	2253	2716	3176	3475	4700	<3	
80 and over.....	375	35	(2.7)	2213	(42.9)	1268	1447	1767	2176	2634	3090	3391	4700	<3	
71 and over.....	951	33	(1.4)	2277	(33.1)	1303	1485	1806	2220	2682	3142	3444	4700	<3	
Users of supplements containing potassium:															
Males:															
71-79.....	197			3079	(95.7)	1910*	2125	2517	3003	3540	4084	4414*	4700	<3	
80 and over.....	118			2834	(104.9)	1841*	2057*	2430	2895	3426	3947*	4271*	4700	<3	
71 and over.....	315			2997	(67.8)	1885*	2101	2486	2966	3503	4040	4366*	4700	<3	
Females:															
71-79.....	163			2492	(55.8)	1521*	1697*	2035	2463	2932	3416*	3726*	4700	<3	
80 and over.....	117			2430	(103.7)	1460*	1638*	1959	2366	2831	3304*	3605*	4700	<3	
71 and over.....	280			2464	(64.1)	1492*	1668	1999	2420	2888	3368	3675*	4700	<3	

NOTES: Mean intake estimated directly from day 1 dietary recall and 30-day supplement questionnaire. Usual intake distribution from dietary sources estimated using National Cancer Institute Method.
 Mean daily intake from supplements added to usual intake from dietary sources to produce total usual nutrient intakes.
 * Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.
 Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 71 years and over, dietary intake data and the NHANES 2007-2010 30-day dietary supplement questionnaire.
 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.