

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012

<b>T h i a m i n</b>																		
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																		
Gender and age (years)	Percent reporting thiamin <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																		
2 - 5.....	11	(2.2)	827	1.25	(0.025)	0.15	(0.034)	1.40	(0.042)	94	1.33	(0.063)	1.38	(0.113)	2.71	(0.154)	1.24	(0.027)
6 - 11.....	11	(1.1)	1139	1.59	(0.047)	0.15	(0.016)	1.74	(0.054)	88	1.73	(0.071)	1.39	(0.063)	3.12	(0.075)	1.58	(0.049)
12 - 19.....	5	(1.0)	1131	1.67	(0.048)	0.36*	(0.195)	2.03	(0.183)		--		--		--		1.66	(0.051)
<b>Males:</b>																		
20 - 39.....	16	(2.0)	874	1.99	(0.051)	3.55	(1.042)	5.53	(1.007)	100	2.01	(0.170)	21.80	(6.183)	23.81	(6.090)	1.98	(0.049)
40 - 59.....	23	(2.9)	752	1.90	(0.048)	3.79*	(1.158)	5.69	(1.177)	151	1.98	(0.089)	16.35*	(4.963)	18.33	(4.997)	1.88	(0.041)
60 and over.....	35	(1.9)	735	1.73	(0.041)	7.90*	(4.514)	9.64*	(4.529)	209	1.78	(0.070)	22.67*(13.253)		24.45*(13.280)		1.71	(0.042)
20 and over...	23	(1.4)	2361	1.89	(0.020)	4.68	(1.242)	6.57	(1.250)	460	1.92	(0.060)	20.06	(5.193)	21.98	(5.219)	1.89	(0.022)
<b>Females:</b>																		
20 - 39.....	16	(2.0)	756	1.53	(0.051)	2.31*	(0.875)	3.85	(0.880)	105	1.66	(0.110)	14.11*	(5.035)	15.77*	(5.042)	1.51	(0.052)
40 - 59.....	21	(2.8)	806	1.35	(0.030)	4.15	(1.126)	5.50	(1.123)	156	1.37	(0.062)	19.77	(5.143)	21.14	(5.167)	1.35	(0.033)
60 and over.....	37	(1.3)	721	1.29	(0.036)	6.68	(1.838)	7.97	(1.827)	224	1.34	(0.070)	18.15	(5.121)	19.49	(5.080)	1.26	(0.038)
20 and over...	24	(1.1)	2283	1.40	(0.022)	4.24	(0.601)	5.63	(0.598)	485	1.43	(0.060)	17.78	(2.341)	19.21	(2.323)	1.39	(0.016)
<b>All Individuals:</b>																		
2 and over...	20	(0.9)	7741	1.62	(0.016)	3.38	(0.573)	5.00	(0.576)	1175	1.66	(0.039)	17.25	(2.802)	18.92	(2.806)	1.61	(0.013)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting riboflavin <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	11	(2.2)	827	1.80 (0.039)	0.16 (0.035)	1.96 (0.050)	94	1.81 (0.063)	1.50 (0.075)	3.31 (0.115)	1.79 (0.045)					
6 - 11.....	11	(1.1)	1139	1.96 (0.045)	0.17 (0.018)	2.13 (0.052)	88	2.02 (0.097)	1.57 (0.069)	3.59 (0.118)	1.96 (0.042)					
12 - 19.....	5	(1.0)	1131	2.11 (0.079)	0.37* (0.195)	2.48 (0.197)	--	--	--	2.09 (0.085)						
<b>Males:</b>																
20 - 39.....	16	(2.0)	874	2.51 (0.064)	2.28 (0.551)	4.79 (0.535)	100	3.04 (0.340)	14.03 (2.918)	17.06 (2.869)	2.41 (0.103)					
40 - 59.....	23	(2.9)	752	2.54 (0.081)	2.83 (0.678)	5.38 (0.709)	154	2.62 (0.153)	12.10 (2.865)	14.72 (2.828)	2.52 (0.080)					
60 and over.....	35	(1.8)	735	2.50 (0.132)	2.96 (0.400)	5.46 (0.375)	210	2.42 (0.110)	8.45 (1.256)	10.87 (1.220)	2.55 (0.153)					
20 and over...	23	(1.4)	2361	2.52 (0.053)	2.65 (0.334)	5.17 (0.359)	464	2.66 (0.080)	11.31 (1.331)	13.96 (1.308)	2.48 (0.072)					
<b>Females:</b>																
20 - 39.....	16	(2.0)	756	1.87 (0.057)	1.46 (0.412)	3.32 (0.434)	106	2.13 (0.151)	8.85 (2.028)	10.98 (2.082)	1.81 (0.048)					
40 - 59.....	21	(2.8)	806	1.83 (0.036)	1.96 (0.432)	3.79 (0.436)	158	1.83 (0.057)	9.31 (1.815)	11.14 (1.837)	1.83 (0.048)					
60 and over.....	37	(1.3)	721	1.78 (0.044)	3.10 (0.411)	4.87 (0.418)	225	1.89 (0.092)	8.39 (1.046)	10.27 (1.068)	1.72 (0.036)					
20 and over...	24	(1.1)	2283	1.83 (0.026)	2.11 (0.217)	3.94 (0.226)	489	1.92 (0.060)	8.81 (0.870)	10.73 (0.883)	1.80 (0.022)					
<b>All Individuals:</b>																
2 and over...	20	(0.9)	7741	2.13 (0.026)	1.84 (0.175)	3.97 (0.182)	1183	2.26 (0.044)	9.34 (0.807)	11.60 (0.805)	2.09 (0.031)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting niacin <sup>8</sup> % (SE)		N i a c i n														
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
<b>Males and females:</b>																	
2 - 5.....	11	(2.2)	827	15.8 (0.32)	1.5 (0.32)	17.3 (0.51)	96	16.7 (1.14)	13.9 (0.69)	30.5 (1.64)	15.7 (0.30)						
6 - 11.....	11	(1.1)	1139	21.3 (0.70)	1.5 (0.18)	22.9 (0.76)	87	22.1 (1.79)	14.4 (0.65)	36.6 (2.00)	21.2 (0.67)						
12 - 19.....	5	(1.0)	1131	25.7 (0.89)	1.1 (0.26)	26.8 (0.92)		--	--	--	25.6 (0.93)						
<b>Males:</b>																	
20 - 39.....	16	(2.0)	874	34.9 (0.80)	4.7 (0.79)	39.6 (0.97)	100	35.0 (2.47)	28.9 (3.18)	64.0 (3.71)	34.9 (1.05)						
40 - 59.....	24	(2.8)	752	31.1 (0.92)	8.4 (0.98)	39.5 (1.64)	156	29.4 (1.44)	35.4 (4.13)	64.7 (4.36)	31.7 (1.03)						
60 and over.....	35	(1.9)	735	27.1 (0.87)	18.4 (4.67)	45.5 (5.02)	209	28.1 (1.01)	52.8 (13.36)	80.8 (13.85)	26.6 (0.92)						
20 and over...	24	(1.4)	2361	31.6 (0.48)	9.4 (1.42)	41.0 (1.60)	465	30.4 (0.84)	39.8 (5.64)	70.2 (5.96)	32.0 (0.62)						
<b>Females:</b>																	
20 - 39.....	18	(2.4)	756	23.1 (0.44)	5.5 (1.23)	28.6 (1.20)	117	22.5 (0.70)	29.7 (3.97)	52.2 (3.77)	23.2 (0.54)						
40 - 59.....	22	(2.6)	806	20.2 (0.33)	11.0 (3.15)	31.2 (3.07)	163	20.7 (0.46)	50.0 (14.16)	70.8 (14.14)	20.0 (0.39)						
60 and over.....	38	(1.8)	721	18.7 (0.45)	16.2 (3.23)	34.9 (3.30)	229	19.3 (0.65)	42.0 (7.58)	61.4 (7.68)	18.4 (0.59)						
20 and over...	25	(1.2)	2283	20.7 (0.28)	10.6 (1.65)	31.3 (1.50)	509	20.6 (0.31)	41.8 (5.49)	62.4 (5.42)	20.8 (0.34)						
<b>All Individuals:</b>																	
2 and over...	20	(1.0)	7741	25.1 (0.31)	7.8 (0.81)	32.9 (0.78)	1210	25.0 (0.51)	38.4 (2.88)	63.3 (2.81)	25.2 (0.32)						

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Gender and age (years)	Percent reporting vitamin B6 <sup>8</sup> % (SE)		V i t a m i n B 6													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
<b>Males and females:</b>																
2 - 5.....	27	(2.8)	827	1.40 (0.039)	0.42* (0.129)	1.82 (0.131)	194	1.37 (0.063)	1.57 (0.416)	2.94 (0.414)	1.41 (0.046)					
6 - 11.....	21	(2.3)	1139	1.70 (0.058)	0.40 (0.051)	2.10 (0.070)	173	1.59 (0.090)	1.87 (0.196)	3.46 (0.230)	1.73 (0.063)					
12 - 19.....	8	(1.4)	1131	2.03 (0.084)	0.44* (0.202)	2.47 (0.178)	76	2.27 (0.222)	5.71* (2.353)	7.97* (2.445)	2.01 (0.097)					
<b>Males:</b>																
20 - 39.....	17	(2.1)	874	2.82 (0.065)	2.92 (0.776)	5.75 (0.764)	108	3.10 (0.257)	16.86 (4.725)	19.96 (4.741)	2.77 (0.097)					
40 - 59.....	24	(2.8)	752	2.65 (0.130)	3.36 (0.701)	6.01 (0.705)	158	2.76 (0.279)	14.11 (3.225)	16.87 (3.044)	2.62 (0.110)					
60 and over.....	36	(1.9)	735	2.27 (0.088)	6.54* (2.456)	8.81 (2.451)	217	2.37 (0.141)	18.20* (6.924)	20.57* (6.944)	2.21 (0.096)					
20 and over...	24	(1.5)	2361	2.63 (0.052)	3.95 (0.726)	6.58 (0.731)	483	2.71 (0.105)	16.31 (2.857)	19.03 (2.842)	2.60 (0.058)					
<b>Females:</b>																
20 - 39.....	21	(2.5)	756	1.92 (0.061)	1.64 (0.367)	3.56 (0.373)	127	1.90 (0.115)	7.92 (1.359)	9.82 (1.389)	1.93 (0.081)					
40 - 59.....	24	(2.9)	806	1.66 (0.032)	2.55 (0.479)	4.22 (0.478)	172	1.73 (0.125)	10.83 (1.812)	12.56 (1.843)	1.64 (0.031)					
60 and over.....	38	(1.7)	721	1.65 (0.058)	3.87 (0.563)	5.52 (0.581)	231	1.75 (0.112)	10.15 (1.363)	11.90 (1.400)	1.59 (0.046)					
20 and over...	27	(1.2)	2283	1.75 (0.037)	2.61 (0.250)	4.36 (0.257)	530	1.78 (0.068)	9.81 (0.848)	11.60 (0.859)	1.73 (0.039)					
<b>All Individuals:</b>																
2 and over...	23	(1.2)	7741	2.08 (0.030)	2.55 (0.312)	4.63 (0.317)	1456	2.12 (0.051)	11.04 (1.217)	13.16 (1.215)	2.07 (0.033)					

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Gender and age (years)	Percent reporting folate (DFE) <sup>8</sup> % (SE)		Folate (DFE)													
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>			
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
<b>Males and females:</b>																
2 - 5.....	26	(2.8)	827	417 (10.3)	107 (14.3)	524 (18.0)	186	424 (15.7)	411 (23.7)	835 (28.4)	415 (13.6)					
6 - 11.....	21	(2.3)	1139	539 (20.0)	105 (10.8)	643 (23.2)	175	571 (29.6)	493 (25.2)	1064 (39.4)	530 (22.4)					
12 - 19.....	9	(1.9)	1131	571 (17.0)	52 (12.1)	623 (15.9)	79	652 (85.4)	602 (25.5)	1254 (107.0)	564 (20.2)					
<b>Males:</b>																
20 - 39.....	17	(2.0)	874	683 (19.8)	121 (16.1)	804 (23.0)	105	742 (56.0)	708 (43.7)	1450 (58.7)	670 (19.9)					
40 - 59.....	24	(2.8)	752	640 (29.3)	169 (24.8)	809 (40.2)	155	630 (38.4)	715 (45.4)	1346 (73.8)	643 (30.1)					
60 and over.....	36	(1.8)	735	614 (36.3)	275 (14.0)	889 (38.2)	219	662 (54.5)	754 (35.0)	1416 (68.2)	587 (33.4)					
20 and over...	24	(1.4)	2361	650 (9.8)	176 (13.5)	826 (18.1)	479	672 (26.8)	727 (23.6)	1399 (38.2)	643 (9.4)					
<b>Females:</b>																
20 - 39.....	21	(2.5)	756	519 (22.0)	179 (26.8)	697 (41.2)	126	564 (29.2)	863 (61.2)	1427 (67.6)	507 (25.0)					
40 - 59.....	23	(2.8)	806	485 (11.3)	177 (22.1)	663 (21.4)	169	507 (41.4)	776 (35.6)	1282 (64.3)	479 (15.9)					
60 and over.....	39	(1.6)	721	463 (15.8)	309 (18.0)	773 (26.1)	238	508 (24.7)	788 (22.2)	1297 (34.6)	434 (17.3)					
20 and over...	27	(1.3)	2283	490 (10.9)	214 (11.8)	705 (18.9)	533	522 (19.4)	803 (19.2)	1326 (32.9)	479 (11.5)					
<b>All Individuals:</b>																
2 and over...	23	(1.2)	7741	559 (7.2)	166 (9.1)	725 (12.0)	1452	583 (17.7)	717 (11.6)	1300 (24.9)	552 (6.9)					

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Gender and age (years)	Percent reporting supplement choline <sup>8</sup> % (SE)		C h o l i n e														
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
<b>Males and females:</b>																	
2 - 5.....	16	(2.4)	827	221 (6.4)	4 (0.9)	224 (6.4)	126	207 (9.3)	23 (2.5)	229 (9.0)	223 (7.6)						
6 - 11.....	16	(2.4)	1139	248 (5.6)	4 (0.5)	251 (5.8)	126	239 (13.3)	24 (3.4)	263 (15.8)	249 (5.2)						
12 - 19.....	4	(0.9)	1131	295 (10.8)	1* (0.2)	296 (10.8)		--	--	--	295 (12.1)						
<b>Males:</b>																	
20 - 39.....	5	(1.2)	874	400 (10.0)	2* (0.7)	401 (10.0)		--	--	--	390 (10.3)						
40 - 59.....	4	(1.0)	752	420 (14.0)	1* (0.4)	421 (14.0)		--	--	--	422 (14.1)						
60 and over.....	4	(1.2)	735	379 (8.7)	2* (0.6)	380 (9.0)		--	--	--	378 (8.0)						
20 and over...	4	(0.6)	2361	402 (7.0)	2 (0.3)	404 (6.9)		--	--	--	399 (6.9)						
<b>Females:</b>																	
20 - 39.....	6	(1.7)	756	276 (5.3)	1* (0.4)	278 (5.1)		--	--	--	276 (5.7)						
40 - 59.....	4	(1.1)	806	269 (7.5)	1* (0.5)	271 (7.5)		--	--	--	270 (8.1)						
60 and over.....	5	(0.9)	721	265 (6.7)	4* (1.1)	269 (6.6)		--	--	--	264 (7.3)						
20 and over...	5	(0.8)	2283	271 (4.0)	2 (0.4)	272 (4.0)	90	277 (23.5)	37 (6.4)	313 (26.3)	270 (4.8)						
<b>All Individuals:</b>																	
2 and over...	6	(0.6)	7741	318 (2.9)	2 (0.3)	319 (2.9)	453	309 (22.0)	30 (2.5)	338 (21.6)	318 (3.2)						

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Gender and age (years)	Percent reporting supplement vitamin B12 <sup>s</sup> % (SE)		V i t a m i n B 1 2												
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>		
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)				
<b>Males and females:</b>															
2 - 5.....	27	(2.8)	827	4.33 (0.149)	1.1 (0.13)	5.4 (0.21)	192	4.30 (0.214)	4.0 (0.20)	8.3 (0.32)	4.35 (0.154)				
6 - 11.....	22	(2.5)	1139	4.85 (0.150)	2.8* (1.59)	7.7 (1.61)	176	4.65 (0.208)	12.6* (6.80)	17.3* (6.77)	4.91 (0.168)				
12 - 19.....	8	(1.4)	1131	5.72 (0.324)	2.9* (1.56)	8.6 (1.60)	77	6.86 (0.765)	37.5* (19.94)	44.3* (20.22)	5.62 (0.367)				
<b>Males:</b>															
20 - 39.....	17	(2.1)	874	6.62 (0.252)	14.8* (5.64)	21.4 (5.66)	107	7.67 (0.860)	84.6* (34.18)	92.2* (34.51)	6.40 (0.334)				
40 - 59.....	26	(2.7)	752	6.12 (0.351)	76.8* (32.46)	82.9* (32.53)	170	6.74 (1.028)	290.0*(121.37)	296.8*(121.22)	5.89 (0.263)				
60 and over.....	40	(2.6)	735	7.93 (1.881)	80.5 (14.04)	88.4 (13.77)	232	6.09 (0.391)	202.1 (24.50)	208.2 (24.72)	9.14* (3.058)				
20 and over...	26	(1.7)	2361	6.74 (0.490)	54.0 (15.96)	60.7 (16.02)	509	6.74 (0.439)	205.9 (54.01)	212.6 (54.12)	6.74 (0.674)				
<b>Females:</b>															
20 - 39.....	20	(2.5)	756	4.54 (0.154)	27.0* (8.31)	31.5 (8.35)	126	5.13 (0.431)	131.9 (37.35)	137.0 (37.33)	4.38 (0.149)				
40 - 59.....	24	(2.6)	806	4.00 (0.187)	40.2 (9.69)	44.2 (9.62)	179	3.96 (0.277)	164.6 (44.64)	168.6 (44.58)	4.01 (0.203)				
60 and over.....	42	(1.8)	721	4.00 (0.169)	105.7 (21.17)	109.7 (21.19)	258	4.04 (0.259)	253.6 (45.43)	257.6 (45.33)	3.97 (0.227)				
20 and over...	28	(1.3)	2283	4.18 (0.102)	53.9 (7.31)	58.1 (7.29)	563	4.28 (0.175)	193.4 (23.95)	197.7 (23.94)	4.14 (0.098)				
<b>All Individuals:</b>															
2 and over...	24	(1.2)	7741	5.37 (0.183)	40.8 (7.90)	46.2 (7.89)	1517	5.38 (0.182)	167.2 (29.62)	172.6 (29.69)	5.37 (0.261)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).



**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting vitamin C <sup>8</sup> % (SE)		V i t a m i n C														
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
<b>Males and females:</b>																	
2 - 5.....	27	(2.8)	827	86.5 (5.99)	12.3 (2.65)	98.8 (6.64)	201	102.5 (15.00)	45.2 (6.97)	147.7 (17.51)	80.4 (4.69)						
6 - 11.....	23	(2.4)	1139	81.9 (4.34)	23.0 (3.79)	105.0 (5.19)	190	76.6 (7.58)	101.6 (17.53)	178.2 (22.04)	83.5 (4.54)						
12 - 19.....	10	(1.9)	1131	74.7 (6.92)	18.2 (2.96)	92.9 (7.09)	104	73.2 (10.47)	178.8 (24.93)	252.0 (28.31)	74.9 (7.31)						
<b>Males:</b>																	
20 - 39.....	19	(2.2)	874	98.4 (9.32)	62.6 (10.94)	161.0 (12.46)	127	107.4 (10.24)	331.6 (49.27)	439.0 (54.92)	96.3 (11.55)						
40 - 59.....	25	(2.8)	752	85.8 (4.96)	78.9 (7.82)	164.7 (8.85)	169	92.4 (7.32)	312.2 (34.33)	404.7 (36.03)	83.6 (5.78)						
60 and over.....	39	(2.0)	735	91.4 (8.83)	150.1 (20.36)	241.4 (24.09)	240	101.6 (14.91)	386.2 (44.68)	487.9 (49.15)	84.8 (12.26)						
20 and over...	26	(1.4)	2361	91.9 (6.49)	89.7 (8.39)	181.6 (10.44)	536	99.8 (7.67)	343.9 (31.08)	443.8 (33.45)	89.2 (8.34)						
<b>Females:</b>																	
20 - 39.....	22	(2.4)	756	78.0 (4.67)	51.2 (8.99)	129.2 (10.32)	139	76.7 (6.76)	234.9 (35.68)	311.6 (38.36)	78.3 (5.59)						
40 - 59.....	23	(2.5)	806	74.3 (3.78)	61.5 (18.03)	135.8 (18.84)	189	79.9 (8.24)	264.2 (59.36)	344.1 (57.13)	72.7 (4.10)						
60 and over.....	43	(1.5)	721	78.6 (3.61)	120.6 (11.22)	199.1 (11.11)	263	83.3 (4.13)	281.4 (21.43)	364.6 (21.09)	75.0 (5.30)						
20 and over...	28	(1.3)	2283	76.7 (2.96)	74.4 (8.53)	151.1 (9.78)	591	80.5 (3.18)	263.9 (23.86)	344.4 (24.04)	75.2 (3.72)						
<b>All Individuals:</b>																	
2 and over...	25	(1.1)	7741	83.1 (3.33)	65.8 (5.38)	149.0 (6.19)	1622	88.8 (4.25)	265.2 (18.09)	354.0 (20.60)	81.3 (3.78)						

See page 23 for footnotes.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

<b>V i t a m i n D</b>																		
----- <i>All Individuals</i> <sup>5</sup> -----      ----- <i>Supplement Users</i> <sup>6</sup> -----      ----- <i>Non-users</i> <sup>7</sup> -----																		
Gender and age (years)	Percent reporting vitamin D <sup>8</sup>		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	27	(2.8)	827	6.6	(0.28)	2.4	(0.28)	8.9	(0.31)	199	6.3	(0.27)	8.6	(0.38)	15.0	(0.33)	6.7	(0.37)
6 - 11.....	22	(2.6)	1139	6.0	(0.20)	2.4	(0.35)	8.3	(0.40)	188	6.0	(0.30)	10.6	(0.68)	16.6	(0.71)	6.0	(0.20)
12 - 19.....	8	(1.4)	1131	5.7	(0.24)	1.3	(0.24)	6.9	(0.26)	94	6.4	(1.05)	15.2	(2.00)	21.6	(2.89)	5.6	(0.30)
<b>Males:</b>																		
20 - 39.....	17	(2.3)	874	5.2	(0.27)	3.6	(0.59)	8.7	(0.69)	112	7.6	(1.30)	20.6	(1.98)	28.2	(1.97)	4.6	(0.26)
40 - 59.....	27	(2.6)	752	5.7	(0.39)	9.4*	(3.71)	15.2	(3.71)	171	6.5	(1.15)	35.3*	(12.06)	41.8	(11.77)	5.5	(0.27)
60 and over.....	45	(2.5)	735	5.4	(0.19)	14.5	(2.56)	19.9	(2.58)	290	5.0	(0.30)	32.3	(6.20)	37.3	(6.25)	5.8	(0.46)
20 and over...	27	(1.7)	2361	5.4	(0.20)	8.4	(1.21)	13.8	(1.15)	573	6.2	(0.57)	30.6	(4.37)	36.8	(4.12)	5.2	(0.20)
<b>Females:</b>																		
20 - 39.....	21	(2.7)	756	3.9	(0.21)	5.8	(1.15)	9.6	(1.19)	139	4.1	(0.34)	27.0	(4.02)	31.1	(4.02)	3.8	(0.23)
40 - 59.....	32	(3.7)	806	3.7	(0.20)	11.1	(2.60)	14.8	(2.52)	234	3.5	(0.36)	34.8	(5.00)	38.3	(4.78)	3.8	(0.22)
60 and over.....	56	(1.9)	721	4.3	(0.21)	27.9	(4.80)	32.3	(4.86)	364	4.3	(0.28)	49.5	(7.57)	53.8	(7.58)	4.4	(0.32)
20 and over...	35	(2.0)	2283	3.9	(0.13)	14.0	(1.64)	17.9	(1.66)	737	4.0	(0.15)	39.7	(3.74)	43.7	(3.76)	3.9	(0.15)
<b>All Individuals:</b>																		
2 and over...	28	(1.5)	7741	5.0	(0.12)	8.8	(0.91)	13.8	(0.92)	1791	5.2	(0.25)	31.8	(2.30)	37.0	(2.27)	5.0	(0.13)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting vitamin K <sup>8</sup> % (SE)	V i t a m i n K													
		All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>			
		Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
<b>Males and females:</b>															
2 - 5.....	#	827	50.2 (1.96)	#	50.3 (1.96)	--	--	--					50.2 (1.96)		
6 - 11.....	#	1139	67.0 (3.48)	0.1* (0.03)	67.1 (3.48)	--	--	--					67.0 (3.51)		
12 - 19.....	3 (0.8)	1131	73.9 (5.22)	1.1* (0.39)	75.0 (4.98)	--	--	--					73.9 (5.05)		
<b>Males:</b>															
20 - 39.....	12 (2.1)	874	118.8 (6.99)	4.0 (0.87)	122.8 (7.74)	81	171.9 (24.46)	33.4 (3.55)	205.4 (26.25)	111.5 (7.14)					
40 - 59.....	20 (2.8)	752	129.0 (6.73)	6.3 (0.77)	135.3 (6.76)	129	170.5 (24.84)	31.3 (1.86)	201.8 (24.40)	118.6 (8.36)					
60 and over.....	29 (1.7)	735	187.2* (61.68)	9.0 (0.72)	196.2* (61.42)	179	115.0 (11.65)	31.0 (1.65)	146.0 (12.00)	216.8* (86.16)					
20 and over...	19 (1.3)	2361	139.0 (16.42)	6.1 (0.43)	145.1 (16.67)	389	150.7 (10.27)	31.7 (1.10)	182.4 (10.56)	136.3 (19.88)					
<b>Females:</b>															
20 - 39.....	11 (2.1)	756	110.5 (9.08)	4.0 (1.08)	114.5 (9.06)		--	--	--	112.9 (9.69)					
40 - 59.....	15 (2.3)	806	128.2 (11.95)	4.3 (0.63)	132.5 (11.81)	118	146.3 (40.33)	28.9 (0.69)	175.1 (40.23)	125.0 (9.79)					
60 and over.....	29 (1.7)	721	122.5 (8.83)	11.1 (1.24)	133.6 (8.84)	180	134.3 (12.34)	37.8 (3.05)	172.1 (12.51)	117.5 (10.37)					
20 and over...	17 (1.0)	2283	120.7 (7.23)	6.1 (0.47)	126.8 (7.44)	364	129.4 (18.02)	34.8 (1.99)	164.2 (18.35)	118.9 (6.32)					
<b>All Individuals:</b>															
2 and over...	14 (0.8)	7741	113.7 (6.76)	4.7 (0.26)	118.3 (6.90)	797	138.4 (9.07)	33.1 (1.11)	171.5 (9.34)	109.6 (7.31)					

See page 23 for footnotes.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

<b>L y c o p e n e</b>																		
Gender and age (years)	Percent reporting supplement lycopene <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>						Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	0*	(0.0)	827	3363 (332.4)	0*	(0.0)	3363 (332.4)		--	--	--				3363 (332.4)			
6 - 11.....	#		1139	5320 (449.0)	#		5320 (449.0)		--	--	--				5321 (449.8)			
12 - 19.....	1*	(0.4)	1131	6128 (516.2)	7*	(3.8)	6135 (514.5)		--	--	--				6128 (527.7)			
<b>Males:</b>																		
20 - 39.....	9	(1.7)	874	6210 (358.0)	73*	(31.2)	6283 (345.3)		--	--	--				6061 (356.8)			
40 - 59.....	15	(2.7)	752	6210 (526.9)	143*	(70.3)	6353 (538.6)	91	5880 (790.5)	972*	(412.5)	6852 (1011.0)			6267 (649.8)			
60 and over.....	21	(1.6)	735	5123 (505.1)	257*	(105.5)	5380 (499.2)	131	7511 (1487.2)	1240*	(489.1)	8751 (1505.4)			4499 (667.7)			
20 and over...	14	(1.5)	2361	5951 (286.6)	143	(41.3)	6094 (282.3)	276	6922 (594.7)	1039	(245.2)	7961 (555.3)			5795 (291.9)			
<b>Females:</b>																		
20 - 39.....	1*	(0.7)	756	5167 (443.0)	7*	(3.0)	5174 (443.4)		--	--	--				5125 (437.4)			
40 - 59.....	5	(1.9)	806	4630 (267.6)	21*	(6.5)	4651 (269.3)		--	--	--				4545 (215.8)			
60 and over.....	16	(1.3)	721	3809 (457.7)	84	(20.1)	3894 (459.2)	93	3950 (674.7)	515	(113.7)	4465 (706.2)			3782 (527.4)			
20 and over...	7	(0.9)	2283	4582 (240.8)	34	(5.7)	4615 (241.9)	131	4869 (985.6)	475	(75.7)	5343 (987.6)			4560 (226.9)			
<b>All Individuals:</b>																		
2 and over...	8	(0.8)	7741	5262 (165.5)	67	(15.8)	5328 (165.9)	417	6218 (406.2)	843	(160.7)	7062 (425.8)			5180 (174.7)			

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting supplement lutein + zeaxanthin <sup>8</sup> % (SE)		L u t e i n + z e a x a n t h i n												
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>		
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)				
<b>Males and females:</b>															
2 - 5.....	0*	(0.0)	827	638 (35.9)	0*	(0.0)	638 (35.9)		--	--	--		638 (35.9)		
6 - 11.....	#		1139	815 (60.6)	#		815 (60.6)		--	--	--		816 (60.6)		
12 - 19.....	1*	(0.5)	1131	850 (61.0)	7*	(4.5)	858 (57.6)		--	--	--		848 (60.6)		
<b>Males:</b>															
20 - 39.....	4	(1.2)	874	1532 (124.8)	71*	(41.7)	1603 (151.8)		--	--	--		1495 (126.9)		
40 - 59.....	6	(1.4)	752	1660 (136.3)	62*	(37.2)	1722 (145.6)		--	--	--		1631 (152.7)		
60 and over.....	16	(1.5)	735	2014 (414.3)	281*	(118.8)	2295 (475.4)	100	4537*(3048.8)	1790* (775.9)	6327*(3522.0)		1545 (293.6)		
20 and over...	8	(0.9)	2361	1696 (145.3)	118*	(35.8)	1813 (174.4)	167	3339*(1427.6)	1522 (421.2)	4862*(1799.5)		1558 (104.4)		
<b>Females:</b>															
20 - 39.....	3*	(1.1)	756	1663 (198.4)	8*	(3.0)	1672 (199.7)		--	--	--		1673 (205.8)		
40 - 59.....	6	(1.5)	806	1861 (263.6)	205*	(138.9)	2066 (361.1)		--	--	--		1829 (235.1)		
60 and over.....	22	(1.4)	721	1762 (188.6)	332	(87.0)	2094 (193.3)	125	1776 (176.5)	1526 (371.2)	3302 (397.9)		1758 (226.6)		
20 and over...	9	(0.9)	2283	1768 (173.0)	175*	(57.9)	1943 (210.6)	187	1884 (306.9)	1905 (533.5)	3789 (793.3)		1756 (172.1)		
<b>All Individuals:</b>															
2 and over...	6	(0.6)	7741	1492 (96.4)	110	(23.8)	1602 (109.3)	366	2519 (669.0)	1711 (315.9)	4230 (882.8)		1422 (94.4)		

See page 23 for footnotes.

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Gender and age (years)	Percent reporting calcium <sup>8</sup> % (SE)		C a l c i u m														
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
<b>Males and females:</b>																	
2 - 5.....	10	(2.0)	827	1005 (34.9)	10 (2.2)	1015 (34.5)	86	1003 (56.3)	99 (5.1)	1102 (56.2)	1005 (36.9)						
6 - 11.....	12	(1.2)	1139	1072 (27.4)	14 (1.4)	1085 (27.7)	102	1104 (72.6)	117 (11.9)	1221 (73.0)	1067 (26.4)						
12 - 19.....	7	(1.6)	1131	1127 (35.3)	20 (4.1)	1148 (35.9)	--	--	--	1126 (34.8)							
<b>Males:</b>																	
20 - 39.....	17	(2.2)	874	1209 (46.8)	55 (7.0)	1263 (49.5)	113	1393 (146.1)	316 (36.3)	1709 (165.4)	1170 (41.1)						
40 - 59.....	27	(2.7)	752	1111 (40.0)	77 (10.9)	1188 (45.9)	175	1151 (43.5)	282 (28.6)	1433 (54.7)	1096 (40.6)						
60 and over.....	39	(2.7)	735	982 (26.1)	162 (17.5)	1143 (31.5)	244	1025 (53.3)	417 (32.4)	1442 (56.6)	954 (19.0)						
20 and over...	26	(1.7)	2361	1117 (21.4)	89 (5.9)	1206 (24.4)	532	1168 (40.0)	338 (15.7)	1506 (45.6)	1099 (19.6)						
<b>Females:</b>																	
20 - 39.....	18	(2.6)	756	907 (35.2)	78 (11.7)	985 (41.0)	124	1013 (80.1)	422 (30.1)	1436 (90.0)	883 (38.7)						
40 - 59.....	31	(4.0)	806	864 (16.0)	186 (31.0)	1050 (38.9)	224	902 (44.5)	611 (56.9)	1513 (83.2)	847 (21.3)						
60 and over.....	54	(1.6)	721	805 (32.1)	363 (22.5)	1168 (35.3)	341	831 (52.1)	676 (35.2)	1507 (58.3)	775 (36.7)						
20 and over...	33	(2.0)	2283	862 (17.9)	199 (15.0)	1061 (27.9)	689	891 (29.5)	605 (28.0)	1496 (48.1)	848 (16.4)						
<b>All Individuals:</b>																	
2 and over...	24	(1.4)	7741	1013 (13.9)	111 (7.9)	1124 (19.2)	1473	1021 (26.8)	456 (18.8)	1477 (36.8)	1010 (14.5)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting supplement phosphorus <sup>8</sup> % (SE)		P h o s p h o r u s													
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
<b>Males and females:</b>																
2 - 5.....	8	(1.9)	827	1122 (25.9)	7 (1.8)	1129 (25.3)		--	--	--				1123 (28.7)		
6 - 11.....	8	(1.1)	1139	1287 (20.4)	8 (1.2)	1295 (20.8)		--	--	--				1282 (18.1)		
12 - 19.....	2*	(0.5)	1131	1437 (37.8)	1* (0.5)	1439 (37.8)		--	--	--				1435 (40.0)		
<b>Males:</b>																
20 - 39.....	6	(1.0)	874	1750 (40.8)	8* (4.1)	1758 (43.1)		--	--	--				1727 (31.2)		
40 - 59.....	10	(1.8)	752	1672 (53.5)	3 (0.5)	1676 (53.4)		--	--	--				1664 (58.7)		
60 and over.....	23	(2.7)	735	1470 (25.8)	11 (2.6)	1481 (24.4)	139	1418 (44.3)	48 (11.2)	1466 (41.9)			1486 (31.5)			
20 and over...	12	(1.1)	2361	1654 (20.3)	7 (1.7)	1660 (20.4)	254	1665 (100.1)	58 (12.3)	1723 (105.4)			1652 (24.2)			
<b>Females:</b>																
20 - 39.....	6	(1.1)	756	1262 (24.5)	3* (0.9)	1265 (25.0)		--	--	--				1262 (25.3)		
40 - 59.....	10	(1.5)	806	1189 (18.7)	4 (0.9)	1193 (18.5)		--	--	--				1188 (20.9)		
60 and over.....	24	(1.5)	721	1096 (25.8)	11 (2.0)	1107 (26.3)	151	1137 (57.3)	45 (7.8)	1182 (60.5)			1084 (24.4)			
20 and over...	12	(1.0)	2283	1188 (13.2)	6 (0.8)	1193 (13.5)	260	1176 (42.8)	45 (5.2)	1221 (44.3)			1189 (11.9)			
<b>All Individuals:</b>																
2 and over...	10	(0.6)	7741	1394 (10.3)	6 (0.6)	1400 (10.3)	663	1398 (60.2)	56 (5.4)	1454 (61.7)			1394 (11.7)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting magnesium <sup>8</sup> % (SE)		M a g n e s i u m														
			All Individuals <sup>5</sup>					Supplement Users <sup>6</sup>					Non-users <sup>7</sup>				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
<b>Males and females:</b>																	
2 - 5.....	15	(2.3)	827	207 (2.6)	2 (0.4)	209 (2.5)	100	209 (14.2)	10 (1.7)	220 (13.7)	207 (2.9)						
6 - 11.....	11	(1.3)	1139	237 (4.9)	2 (0.3)	239 (5.0)	87	290 (16.3)	20 (2.0)	310 (15.7)	231 (3.9)						
12 - 19.....	5	(0.9)	1131	266 (5.3)	3 (0.7)	269 (5.2)		--	--	--	265 (5.4)						
<b>Males:</b>																	
20 - 39.....	15	(2.3)	874	365 (7.5)	14 (2.2)	379 (7.4)	94	441 (36.2)	92 (6.7)	533 (35.3)	352 (8.1)						
40 - 59.....	23	(2.6)	752	361 (12.3)	25 (4.8)	387 (15.0)	151	383 (18.3)	111 (14.2)	494 (25.4)	355 (12.7)						
60 and over.....	33	(2.0)	735	335 (9.0)	48* (14.8)	383 (18.6)	202	355 (16.3)	146* (48.2)	501 (61.0)	326 (10.2)						
20 and over...	22	(1.4)	2361	357 (6.5)	26 (5.1)	383 (9.7)	447	388 (11.7)	119 (19.1)	507 (24.6)	348 (6.6)						
<b>Females:</b>																	
20 - 39.....	13	(2.3)	756	276 (6.5)	12 (3.3)	288 (8.6)	90	301 (12.5)	86 (15.1)	387 (22.9)	272 (6.6)						
40 - 59.....	20	(2.9)	806	276 (5.0)	24 (6.4)	300 (9.4)	154	298 (15.6)	118 (21.2)	415 (31.5)	270 (4.7)						
60 and over.....	37	(1.7)	721	259 (5.3)	45 (3.9)	304 (6.6)	224	283 (12.2)	121 (7.1)	404 (12.4)	244 (5.1)						
20 and over...	23	(1.3)	2283	271 (3.8)	26 (3.1)	297 (6.0)	468	291 (10.2)	113 (9.3)	405 (15.3)	265 (3.6)						
<b>All Individuals:</b>																	
2 and over...	19	(1.0)	7741	296 (4.0)	20 (2.9)	316 (5.8)	1150	329 (8.4)	106 (11.3)	435 (15.7)	288 (3.7)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting supplement iron <sup>8</sup> % (SE)		All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
<b>Males and females:</b>																
2 - 5.....	8	(1.5)	827	11.4 (0.26)	1.3 (0.28)	12.8 (0.41)	76	12.8 (0.80)	16.1 (0.94)	29.0 (1.39)	11.3 (0.29)					
6 - 11.....	8	(0.9)	1139	14.7 (0.49)	1.3 (0.17)	16.1 (0.56)		--	--	--	14.6 (0.47)					
12 - 19.....	4	(0.7)	1131	15.5 (0.38)	1.0 (0.15)	16.4 (0.37)		--	--	--	15.5 (0.38)					
<b>Males:</b>																
20 - 39.....	9	(1.4)	874	18.6 (0.52)	1.5 (0.26)	20.1 (0.61)		--	--	--	18.6 (0.58)					
40 - 59.....	8	(0.7)	752	17.9 (0.67)	1.6 (0.28)	19.5 (0.71)		--	--	--	17.7 (0.63)					
60 and over.....	17	(2.1)	735	17.6 (0.71)	3.3 (0.53)	20.9 (0.79)	86	17.3 (1.17)	19.3 (2.15)	36.5 (2.80)	17.6 (0.78)					
20 and over...	11	(0.8)	2361	18.1 (0.24)	2.0 (0.15)	20.1 (0.23)	195	18.5 (0.85)	18.8 (1.42)	37.4 (1.97)	18.0 (0.29)					
<b>Females:</b>																
20 - 39.....	14	(2.2)	756	14.2 (0.26)	3.5 (0.55)	17.7 (0.68)	99	15.3 (0.85)	24.0 (1.87)	39.3 (1.92)	14.0 (0.28)					
40 - 59.....	15	(1.9)	806	13.5 (0.41)	3.5 (0.66)	17.0 (0.68)	124	11.8 (0.63)	23.6 (2.54)	35.5 (2.46)	13.8 (0.48)					
60 and over.....	18	(1.3)	721	12.5 (0.32)	4.6 (0.60)	17.2 (0.75)	126	13.0 (0.91)	26.3 (2.86)	39.2 (3.51)	12.4 (0.33)					
20 and over...	15	(1.2)	2283	13.5 (0.21)	3.8 (0.34)	17.3 (0.42)	349	13.3 (0.36)	24.6 (1.40)	37.8 (1.56)	13.5 (0.23)					
<b>All Individuals:</b>																
2 and over...	11	(0.6)	7741	15.4 (0.13)	2.5 (0.16)	17.9 (0.20)	733	15.3 (0.40)	21.8 (1.16)	37.1 (1.36)	15.4 (0.14)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting supplement zinc <sup>8</sup> % (SE)		Z i n c													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
<b>Males and females:</b>																
2 - 5.....	25	(2.9)	827	8.2 (0.23)	1.2 (0.24)	9.4 (0.32)	175	7.6 (0.27)	5.0 (0.60)	12.6 (0.66)	8.3 (0.25)					
6 - 11.....	21	(2.2)	1139	9.9 (0.30)	1.4 (0.13)	11.3 (0.34)	166	10.0 (0.76)	6.4 (0.74)	16.5 (1.15)	9.9 (0.29)					
12 - 19.....	7	(1.4)	1131	11.4 (0.43)	0.8 (0.16)	12.2 (0.43)		--	--	--	11.2 (0.49)					
<b>Males:</b>																
20 - 39.....	16	(2.4)	874	14.2 (0.37)	2.4 (0.48)	16.6 (0.62)	99	16.2 (1.37)	15.5 (2.35)	31.6 (2.58)	13.9 (0.40)					
40 - 59.....	22	(2.7)	752	13.8 (0.64)	3.1 (0.45)	16.9 (0.95)	147	14.4 (0.84)	14.2 (0.67)	28.6 (1.36)	13.7 (0.63)					
60 and over.....	34	(1.6)	735	12.5 (0.33)	5.6 (0.47)	18.0 (0.58)	209	12.7 (0.40)	16.3 (1.51)	29.0 (1.67)	12.3 (0.35)					
20 and over...	22	(1.4)	2361	13.6 (0.26)	3.4 (0.34)	17.1 (0.55)	455	14.2 (0.37)	15.3 (1.11)	29.5 (1.21)	13.5 (0.31)					
<b>Females:</b>																
20 - 39.....	16	(2.1)	756	9.9 (0.22)	2.3 (0.35)	12.2 (0.53)	107	10.6 (0.54)	14.2 (0.93)	24.7 (1.26)	9.7 (0.24)					
40 - 59.....	20	(2.0)	806	9.4 (0.20)	2.8 (0.60)	12.3 (0.55)	151	10.2 (0.28)	14.2 (2.16)	24.3 (2.03)	9.3 (0.24)					
60 and over.....	37	(1.5)	721	8.8 (0.21)	6.9 (0.61)	15.7 (0.66)	221	9.3 (0.41)	18.9 (1.39)	28.2 (1.45)	8.5 (0.20)					
20 and over...	23	(1.0)	2283	9.4 (0.11)	3.8 (0.26)	13.2 (0.26)	479	9.9 (0.20)	16.2 (0.98)	26.1 (1.00)	9.3 (0.13)					
<b>All Individuals:</b>																
2 and over...	21	(1.0)	7741	11.2 (0.13)	3.0 (0.18)	14.1 (0.25)	1347	11.6 (0.25)	14.1 (0.51)	25.7 (0.60)	11.1 (0.13)					

See page 23 for footnotes.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting supplement copper <sup>8</sup> % (SE)		C o p p e r													
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
<b>Males and females:</b>																
2 - 5.....	8	(2.0)	827	0.8 (0.01)	0.2 (0.04)	1.0 (0.04)		--	--	--				0.8 (0.01)		
6 - 11.....	9	(1.0)	1139	1.0 (0.02)	0.2 (0.02)	1.2 (0.03)		--	--	--				1.0 (0.02)		
12 - 19.....	5	(1.0)	1131	1.1 (0.04)	0.1 (0.02)	1.2 (0.04)		--	--	--				1.1 (0.04)		
<b>Males:</b>																
20 - 39.....	14	(2.1)	874	1.5 (0.04)	0.2 (0.03)	1.7 (0.05)	89	1.8 (0.11)	1.3 (0.12)	3.0 (0.15)			1.5 (0.05)			
40 - 59.....	22	(2.7)	752	1.5 (0.05)	0.3 (0.05)	1.8 (0.08)	142	1.7 (0.09)	1.4 (0.11)	3.0 (0.13)			1.4 (0.04)			
60 and over.....	33	(1.6)	735	1.8 (0.33)	0.4 (0.03)	2.2 (0.33)	198	1.6 (0.10)	1.2 (0.12)	2.7 (0.18)			1.9 (0.47)			
20 and over...	22	(1.4)	2361	1.6 (0.09)	0.3 (0.03)	1.8 (0.11)	429	1.7 (0.05)	1.3 (0.09)	2.9 (0.11)			1.6 (0.11)			
<b>Females:</b>																
20 - 39.....	13	(2.1)	756	1.2 (0.03)	0.2 (0.04)	1.4 (0.06)	83	1.3 (0.08)	1.7 (0.12)	3.0 (0.16)			1.1 (0.03)			
40 - 59.....	17	(2.2)	806	1.2 (0.03)	0.2 (0.03)	1.4 (0.04)	130	1.2 (0.06)	1.1 (0.08)	2.4 (0.09)			1.2 (0.03)			
60 and over.....	34	(1.5)	721	1.1 (0.02)	0.4 (0.04)	1.5 (0.04)	201	1.1 (0.04)	1.1 (0.10)	2.2 (0.12)			1.1 (0.02)			
20 and over...	20	(1.1)	2283	1.1 (0.02)	0.3 (0.02)	1.4 (0.03)	414	1.2 (0.05)	1.2 (0.07)	2.4 (0.09)			1.1 (0.02)			
<b>All Individuals:</b>																
2 and over...	17	(0.8)	7741	1.3 (0.04)	0.2 (0.01)	1.5 (0.05)	1032	1.4 (0.04)	1.3 (0.04)	2.7 (0.05)			1.2 (0.04)			

See page 23 for footnotes.

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**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting supplement sodium <sup>8</sup> % (SE)		S o d i u m														
			All Individuals <sup>5</sup>						Supplement Users <sup>6</sup>				Non-users <sup>7</sup>				
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
<b>Males and females:</b>																	
2 - 5.....	15	(3.1)	827	2294 (48.4)	1 (0.4)	2295 (48.3)	110	2163 (103.7)	9 (0.6)	2173 (103.3)	2316 (58.4)						
6 - 11.....	11	(1.7)	1139	3079 (65.5)	2 (0.3)	3081 (65.4)	91	3067 (126.4)	14 (0.9)	3081 (126.7)	3081 (63.1)						
12 - 19.....	2	(1.0)	1131	3593 (86.8)	#	3593 (86.8)		--	--	--	3621 (87.3)						
<b>Males:</b>																	
20 - 39.....	1*	(0.4)	874	4515 (76.8)	1* (0.5)	4515 (76.9)		--	--	--	4514 (78.1)						
40 - 59.....	4	(1.4)	752	4316 (120.4)	2* (0.5)	4317 (120.3)		--	--	--	4330 (118.6)						
60 and over.....	8	(1.3)	735	3622 (62.8)	3 (0.8)	3625 (62.6)		--	--	--	3594 (67.1)						
20 and over...	4	(0.8)	2361	4226 (52.0)	2 (0.4)	4227 (52.0)	83	4043 (212.6)	41 (7.4)	4083 (217.3)	4234 (52.3)						
<b>Females:</b>																	
20 - 39.....	3	(1.0)	756	3208 (63.6)	1* (0.2)	3208 (63.6)		--	--	--	3209 (66.6)						
40 - 59.....	6	(1.4)	806	3045 (67.5)	1 (0.4)	3046 (67.5)		--	--	--	3038 (66.0)						
60 and over.....	11	(1.3)	721	2653 (62.8)	4 (1.0)	2657 (63.1)		--	--	--	2633 (64.1)						
20 and over...	6	(0.7)	2283	2991 (36.6)	2 (0.3)	2993 (36.5)	130	3004 (159.9)	32 (4.1)	3035 (159.9)	2990 (39.4)						
<b>All Individuals:</b>																	
2 and over...	6	(0.5)	7741	3487 (24.6)	2 (0.2)	3489 (24.6)	434	3130 (116.4)	27 (2.8)	3158 (117.9)	3509 (25.7)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

Gender and age (years)	Percent reporting potassium <sup>8</sup> % (SE)		P o t a s s i u m						Supplement Users <sup>6</sup>		Non-users <sup>7</sup>	
			All Individuals <sup>5</sup>			Supplement Users <sup>6</sup>			Non-users <sup>7</sup>			
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	
<b>Males and females:</b>												
2 - 5.....	#		827	2043 (42.4)	#		2043 (42.4)		--	--	--	2042 (42.8)
6 - 11.....	2 (1.1)		1139	2233 (44.8)	1* (0.5)		2234 (44.8)		--	--	--	2232 (45.3)
12 - 19.....	1* (0.3)		1131	2433 (48.5)	1* (0.2)		2433 (48.4)		--	--	--	2428 (49.6)
<b>Males:</b>												
20 - 39.....	10 (1.4)		874	3128 (74.3)	8 (1.1)		3136 (73.7)		--	--	--	3100 (62.4)
40 - 59.....	16 (2.5)		752	3316 (107.0)	15 (3.5)		3331 (108.5)	102	3567 (185.7)	95 (12.9)	3662 (188.1)	3268 (101.6)
60 and over.....	29 (2.0)		735	3121 (72.4)	23 (2.1)		3144 (72.7)	172	3279 (247.6)	79 (4.2)	3358 (249.3)	3057 (70.5)
20 and over...	17 (1.3)		2361	3198 (54.7)	14 (1.5)		3212 (55.2)	332	3405 (107.0)	84 (4.7)	3489 (105.9)	3155 (49.3)
<b>Females:</b>												
20 - 39.....	5 (0.9)		756	2347 (45.3)	4 (0.7)		2352 (45.6)		--	--	--	2341 (43.1)
40 - 59.....	10 (1.6)		806	2425 (43.6)	9 (1.9)		2434 (43.8)	79	2543 (128.8)	89 (9.3)	2632 (135.9)	2411 (45.8)
60 and over.....	28 (1.7)		721	2394 (53.2)	25 (2.5)		2419 (52.8)	170	2399 (122.4)	90 (5.8)	2489 (122.5)	2392 (52.5)
20 and over...	13 (0.8)		2283	2391 (36.3)	12 (1.0)		2403 (36.4)	286	2450 (93.4)	89 (4.3)	2540 (94.0)	2381 (33.8)
<b>All Individuals:</b>												
2 and over...	12 (0.7)		7741	2663 (32.4)	10 (0.7)		2672 (32.9)	646	2973 (68.6)	86 (3.2)	3059 (68.4)	2622 (29.4)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

**Table 37. Total Nutrient Intakes:** Percent Reporting and Mean Amounts<sup>1</sup> of Selected<sup>2</sup> Vitamins and Minerals from Food and Beverages<sup>3</sup> and Dietary Supplements<sup>4</sup>, by Gender and Age, in the United States, 2011-2012 (continued)

<b>S e l e n i u m</b>																		
Gender and age (years)	Percent reporting selenium <sup>8</sup> % (SE)		— All Individuals <sup>5</sup> —						— Supplement Users <sup>6</sup> —						— Non-users <sup>7</sup> —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
<b>Males and females:</b>																		
2 - 5.....	#		827	75.0	(1.21)	#		75.0	(1.20)	--	--	--	--	--	74.9	(1.22)		
6 - 11.....	2	(1.1)	1139	95.1	(1.90)	0.2*	(0.09)	95.3	(1.87)	--	--	--	--	--	94.8	(1.91)		
12 - 19.....	3	(0.9)	1131	111.5	(3.23)	2.0*	(0.87)	113.5	(3.06)	--	--	--	--	--	110.9	(3.18)		
<b>Males:</b>																		
20 - 39.....	14	(2.3)	874	146.3	(3.16)	12.3	(2.64)	158.6	(2.88)	89	147.5	(12.28)	88.0	(8.03)	235.5	(10.19)	146.1	(3.21)
40 - 59.....	21	(2.8)	752	137.1	(2.69)	47.6*	(29.61)	184.8	(29.08)	139	136.2	(5.47)	224.9*	(142.09)	361.2*	(141.16)	137.4	(2.77)
60 and over.....	32	(1.5)	735	117.6	(1.92)	25.7	(2.19)	143.3	(3.19)	197	118.4	(3.55)	80.5	(6.57)	198.9	(6.98)	117.3	(2.30)
20 and over...	21	(1.4)	2361	136.0	(1.90)	28.9*	(11.62)	164.9	(11.38)	425	132.6	(3.57)	137.7*	(55.21)	270.3	(54.74)	136.9	(2.11)
<b>Females:</b>																		
20 - 39.....	12	(2.0)	756	101.4	(1.63)	5.8	(1.43)	107.2	(2.46)	77	106.0	(4.75)	49.2	(5.21)	155.2	(8.65)	100.7	(1.67)
40 - 59.....	18	(2.5)	806	92.0	(2.07)	36.3*	(26.63)	128.3	(26.96)	132	91.8	(2.83)	200.5*	(154.13)	292.3*	(153.71)	92.0	(2.32)
60 and over.....	32	(1.5)	721	87.9	(2.35)	19.8	(1.81)	107.7	(2.35)	191	90.9	(4.86)	62.3	(3.96)	153.2	(6.43)	86.5	(2.22)
20 and over...	20	(1.1)	2283	94.0	(1.18)	21.6*	(10.40)	115.6	(10.20)	400	94.2	(2.60)	109.1*	(54.42)	203.3	(54.02)	93.9	(1.13)
<b>All Individuals:</b>																		
2 and over...	16	(0.9)	7741	110.6	(1.09)	19.1*	(5.84)	129.7	(5.86)	867	114.2	(2.44)	121.1*	(37.88)	235.3	(38.38)	110.0	(1.06)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2011-2012, day 1 food and supplement intake data, 2 years and over (excluding individuals pregnant, lactating, breast-fed, or with incomplete supplement data.).

Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

## Symbol Legend

\* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages are as follows:

**Mean:** An estimated mean is flagged when the relative standard error is greater than 30 percent.

**Percent reporting a supplement intake:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is the percentage expressed as a fraction. The VIF used in this table is 2.50.

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

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF), i.e., sample size less than 75 for VIF = 2.50.

## Footnotes

<sup>1</sup> Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> Selection of the 22 vitamins, minerals, and carotenoids was based on the availability of Day 1 nutrient intakes from both food and dietary supplements. At the time of this release, supplement data were not available for vitamin A, vitamin E, and other carotenoids.

**Niacin:** values do not include niacin-equivalents from tryptophan.

**Folic acid:** the synthetic form of folate used as a fortificant in foods and dietary supplements.

**Folate (DFE):**  $\mu\text{g}$  dietary folate equivalents =  $\mu\text{g}$  food folate + (1.7\* $\mu\text{g}$  folic acid).

**Vitamin D:** 1  $\mu\text{g}$  = 40 International Units (IU).

**Calcium and Magnesium:** supplement intake includes non-prescription antacids.

<sup>3</sup> **Food and beverage intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2011-2012. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2011-2012 [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

<sup>4</sup> **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT\_G) of NHANES 2011-2012. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: [http://www.cdc.gov/nchs/nhanes/nhanes2011-2012/DS1TOT\\_G.htm](http://www.cdc.gov/nchs/nhanes/nhanes2011-2012/DS1TOT_G.htm).

<sup>5</sup> **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females, breast-fed children, and individuals with incomplete dietary supplement component of the 24-hour dietary recall were excluded.

<sup>6</sup> **Supplement Users:** includes individuals who reported taking at least one multi- and/or single-nutrient supplement that contained the vitamin or mineral displayed on this page.

<sup>7</sup> **Non-users:** includes individuals who did not report taking any dietary supplement that contained the vitamin or mineral displayed on this page. Non-users may include individuals that reported other dietary supplements.

<sup>8</sup> The weighted percentage of respondents in the gender/age group who reported taking at least one multi- and /or single- nutrient supplement containing this nutrient.

## Abbreviations

SE = standard error; DFE = dietary folate equivalents.

## Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2014. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Beverages and Dietary Supplements, by Gender and Age, *What We Eat in America*, NHANES 2011-2012. Available: [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).