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Research
Service

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TOTAL USUAL NUTRIENT INTAKE

from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals

What We Eat in America, NHANES 2013-2016

Table TD

Thiamin (mg) <i>EAR</i>	page 1	Vitamin D (µg) <i>EAR, UL</i>	page 13
Riboflavin (mg) <i>EAR</i>	2	Vitamin K (µg) <i>AI</i>	14
Niacin (mg) <i>EAR</i>	3	Calcium (mg) <i>EAR, UL</i>	15
Vitamin B6 (mg) <i>EAR, UL</i>	4	Phosphorus (mg) <i>EAR, UL</i>	16
Folate (µg DFE) <i>EAR</i>	5	Magnesium (mg) <i>EAR</i>	17
Folic acid (µg) <i>UL</i>	6	Iron (mg) <i>EAR, UL</i>	18
Choline (mg) <i>AI, UL</i>	7	Zinc (mg) <i>EAR, UL</i>	19
Vitamin B12 (µg) <i>EAR</i>	8	Copper (mg) <i>EAR, UL</i>	20
Vitamin C (mg) <i>EAR, UL</i>	9	Selenium (µg) <i>EAR, UL</i>	21
Vitamin C <i>Adult Smokers</i> (mg) <i>EAR, UL</i>	10	Sodium (mg) <i>AI, CDRR</i>	22
Vitamin C <i>Adult Non-Smokers</i> (mg) <i>EAR, UL</i>	11	Potassium (mg) <i>AI</i>	23
Vitamin C <i>Adult Smokers and Non-Smokers</i> (mg) <i>EAR, UL</i>	12	SAMPLE SIZE	24
		TABLE NOTES	25

Compared to Dietary Reference Intakes: **EAR**=Estimated Average Requirement; **AI**=Adequate Intake; **UL**=Tolerable Upper Intake Level;
CDRR=Chronic Disease Risk Reduction Intake; **AMDR**=Acceptable Macronutrient Distribution Range

Table TD 1. Thiamin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	19* (5.1)	--	--	--	--	--	--	--	--	--	0.4	--
4-8.....	5* (2.3)	--	--	--	--	--	--	--	--	--	0.5	--
Males:												
9-13.....	14* (5.3)	--	--	--	--	--	--	--	--	--	0.7	--
14-18.....	7* (4.8)	--	--	--	--	--	--	--	--	--	1	--
19-50.....	27 (3.4)	6.79 (1.62)	1.12* (0.03)	1.28 (0.04)	1.59 (0.04)	2.05 (0.06)	2.80 (0.15)	5.40 (3.64)	27.03* (14.30)	1	<3	
51+.....	36 (4.7)	5.58 (1.44)	1.08* (0.04)	1.23 (0.04)	1.55 (0.05)	2.05 (0.10)	3.02 (0.22)	6.54 (5.53)	26.32* (16.11)	1	3* (0.8)	
19+.....	30 (2.9)	6.39 (1.19)	1.11 (0.03)	1.26 (0.04)	1.57 (0.04)	2.05 (0.05)	2.87 (0.12)	6.12 (3.06)	26.90 (12.03)	1	<3	
Females:												
9-13.....	4* (2.9)	--	--	--	--	--	--	--	--	0.7	--	
14-18.....	23 (9.4)	--	--	--	--	--	--	--	--	0.9	--	
19-50.....	24 (3.2)	3.54 (0.52)	0.91* (0.03)	1.02 (0.03)	1.26 (0.03)	1.60 (0.04)	2.23 (0.17)	3.74 (0.90)	8.06* (3.21)	0.9	5* (1.0)	
51+.....	39 (4.5)	6.36 (1.60)	0.87* (0.03)	1.00 (0.03)	1.26 (0.04)	1.71 (0.09)	2.73 (0.12)	3.83 (0.53)	28.36* (29.30)	0.9	6* (0.8)	
19+.....	30 (2.7)	4.65 (0.64)	0.89 (0.03)	1.01 (0.03)	1.26 (0.03)	1.63 (0.04)	2.49 (0.13)	3.78 (0.47)	11.72 (5.48)	0.9	5 (0.8)	
All:												
1+.....	26 (2.0)	4.73 (0.55)	0.94 (0.02)	1.08 (0.02)	1.35 (0.02)	1.76 (0.03)	2.51 (0.08)	3.75 (0.29)	11.82 (3.79)	4	(0.5)	

NOTES: [†] Percent reporting supplement containing thiamin. Sample size presented on page 24.
 EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 2. Riboflavin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	17* (4.3)	--	--	--	--	--	--	--	--	--	0.4	--
4-8.....	5* (2.3)	--	--	--	--	--	--	--	--	--	0.5	--
Males:												
9-13.....	14* (5.3)	--	--	--	--	--	--	--	--	--	0.8	--
14-18.....	7* (4.8)	--	--	--	--	--	--	--	--	--	1.1	--
19-50.....	27 (3.4)	4.55 (0.72)	1.04* (0.05)	1.22 (0.05)	1.61 (0.06)	2.23 (0.09)	3.22 (0.19)	6.27 (3.11)	18.75* (6.24)	1.1	7 (1.2)	
51+.....	35 (4.7)	3.84 (0.54)	1.01* (0.05)	1.21 (0.05)	1.61 (0.07)	2.27 (0.14)	3.43 (0.26)	5.60 (1.88)	13.14* (5.97)	1.1	7* (1.4)	
19+.....	30 (2.8)	4.32 (0.52)	1.03 (0.05)	1.21 (0.05)	1.61 (0.06)	2.25 (0.09)	3.28 (0.16)	5.83 (2.49)	17.66 (5.29)	1.1	7 (1.2)	
Females:												
9-13.....	4* (2.9)	--	--	--	--	--	--	--	--	0.8	--	
14-18.....	23 (9.4)	--	--	--	--	--	--	--	--	0.9	--	
19-50.....	24 (3.2)	3.17 (0.43)	0.94* (0.04)	1.08 (0.04)	1.37 (0.05)	1.81 (0.07)	2.60 (0.21)	4.08 (0.59)	8.15* (3.90)	0.9	4* (1.0)	
51+.....	39 (4.5)	3.85 (0.68)	0.95* (0.04)	1.11 (0.04)	1.45 (0.05)	2.01 (0.12)	3.20 (0.18)	4.55 (0.59)	21.55* (12.45)	0.9	4* (0.8)	
19+.....	30 (2.7)	3.44 (0.38)	0.94 (0.04)	1.09 (0.04)	1.40 (0.04)	1.87 (0.06)	2.88 (0.17)	4.30 (0.37)	11.44 (3.64)	0.9	4 (0.9)	
All:												
1+.....	26 (2.0)	3.51 (0.27)	0.99 (0.03)	1.16 (0.03)	1.49 (0.04)	2.00 (0.05)	2.90 (0.11)	4.32 (0.28)	11.13 (2.01)		5 (0.7)	

NOTES: [†] Percent reporting supplement containing riboflavin. Sample size presented on page 24.
 EAR=Estimated Average Requirement
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Table TD 3. Niacin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	19* (5.1)	--	--	--	--	--	--	--	--	--	5	--
4-8.....	5* (2.3)	--	--	--	--	--	--	--	--	--	6	--
Males:												
9-13.....	14* (5.3)	--	--	--	--	--	--	--	--	--	9	--
14-18.....	9* (4.9)	--	--	--	--	--	--	--	--	--	12	--
19-50.....	32 (3.8)	36.1 (1.2)	17.8* (0.7)	20.3 (0.7)	25.5 (0.6)	33.0 (0.8)	42.8 (1.1)	53.9 (2.1)	62.6* (4.0)	12	<3	
51+.....	37 (4.3)	38.0 (1.9)	15.3* (0.7)	17.9 (0.7)	22.8 (0.8)	30.6 (1.2)	42.2 (1.9)	55.2 (2.8)	67.9* (6.5)	12	<3	
19+.....	33 (3.1)	36.7 (1.2)	16.9 (0.6)	19.4 (0.6)	24.6 (0.6)	32.3 (0.7)	42.6 (1.0)	54.2 (1.9)	64.0 (3.9)	12	<3	
Females:												
9-13.....	5* (3.1)	--	--	--	--	--	--	--	--	9	--	
14-18.....	32* (10.0)	--	--	--	--	--	--	--	--	11	--	
19-50.....	29 (3.7)	27.2 (0.9)	13.5* (0.4)	15.2 (0.4)	18.9 (0.5)	24.0 (0.6)	32.4 (1.7)	43.5 (1.7)	50.4* (3.0)	11	<3	
51+.....	42 (4.8)	27.7 (1.2)	12.0* (0.5)	14.0 (0.5)	17.8 (0.6)	23.9 (1.3)	35.2 (1.8)	44.7 (2.0)	52.1* (3.5)	11	3* (0.7)	
19+.....	34 (3.0)	27.4 (0.8)	12.9 (0.4)	14.7 (0.4)	18.4 (0.4)	24.0 (0.6)	33.6 (1.3)	43.9 (1.4)	51.0 (2.5)	11	<3	
All:												
1+.....	29 (2.1)	29.9 (0.6)	13.0 (0.4)	15.1 (0.4)	19.4 (0.4)	26.1 (0.5)	36.2 (0.7)	47.0 (0.9)	55.4 (1.7)		<3	

NOTES: [†] Percent reporting supplement containing niacin. Sample size presented on page 24.
 EAR=Estimated Average Requirement
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Table TD 4. Vitamin B6 (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	38* (6.5)	--	--	--	--	--	--	--	--	--	0.4	--	30	--
4-8.....	40 (4.7)	--	--	--	--	--	--	--	--	--	0.5	--	40	--
Males:														
9-13.....	48 (7.6)	--	--	--	--	--	--	--	--	--	0.8	--	60	--
14-18.....	13* (5.9)	--	--	--	--	--	--	--	--	--	1.1	--	80	--
19-50.....	33 (3.9)	4.70 (0.63)	1.28* (0.06)	1.51 (0.07)	2.01 (0.08)	2.80 (0.13)	4.14 (0.31)	6.82 (2.06)	12.58* (2.89)	1.1	<3	100	<3	
51+.....	39 (4.5)	5.69 (1.16)	1.18* (0.07)	1.40 (0.07)	1.89 (0.10)	2.77 (0.20)	4.88 (0.45)	8.11 (1.40)	12.56* (14.01)	1.4	10 (2.0)	100	<3	
19+.....	35 (3.2)	5.02 (0.55)	1.25 (0.06)	1.48 (0.06)	1.97 (0.08)	2.79 (0.12)	4.35 (0.26)	7.43 (1.42)	12.58 (2.14)	5	10 (1.0)	100	<3	
Females:														
9-13.....	25* (9.2)	--	--	--	--	--	--	--	--	0.8	--	60	--	
14-18.....	34 (9.5)	--	--	--	--	--	--	--	--	1	--	80	--	
19-50.....	31 (3.6)	3.29 (0.32)	1.06* (0.04)	1.22 (0.04)	1.56 (0.05)	2.10 (0.08)	3.29 (0.25)	4.80 (0.43)	7.13* (1.93)	1.1	6 (1.1)	100	<3	
51+.....	44 (5.4)	4.92 (1.18)	1.00* (0.04)	1.17 (0.05)	1.54 (0.07)	2.32 (0.30)	4.34 (0.34)	7.04 (0.80)	10.69* (6.33)	1.3	15 (2.0)	100	<3	
19+.....	37 (3.3)	3.93 (0.54)	1.04 (0.03)	1.20 (0.04)	1.55 (0.05)	2.15 (0.10)	3.68 (0.22)	5.74 (0.50)	8.85 (1.58)	10	10 (1.2)	100	<3	
All:														
1+.....	35 (2.6)	4.02 (0.34)	1.08 (0.03)	1.25 (0.03)	1.63 (0.04)	2.33 (0.08)	3.69 (0.15)	5.86 (0.45)	9.72 (1.39)	6	0 (0.7)	100	<3	

NOTES: [†] Percent reporting supplement containing vitamin B6. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
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Table TD 5. Folate (µg DFE): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	31* (8.6)	--	--	--	--	--	--	--	--	--	120	--
4-8.....	40 (4.7)	--	--	--	--	--	--	--	--	--	160	--
Males:												
9-13.....	48 (7.6)	--	--	--	--	--	--	--	--	--	250	--
14-18.....	14* (5.9)	--	--	--	--	--	--	--	--	--	330	--
19-50.....	32 (3.8)	793 (32)	332* (17)	389 (19)	511 (21)	701 (30)	991 (45)	1311 (52)	1504* (69)	320	4* (1.1)	
51+.....	37 (4.5)	897 (93)	315* (18)	375 (19)	496 (25)	708 (45)	1124 (82)	1470 (67)	1674* (87)	320	5* (1.3)	
19+.....	33 (3.2)	827 (40)	327 (17)	385 (18)	507 (20)	703 (29)	1029 (44)	1369 (45)	1574 (58)	320	5 (1.1)	
Females:												
9-13.....	25* (9.2)	--	--	--	--	--	--	--	--	250	--	
14-18.....	34 (9.5)	--	--	--	--	--	--	--	--	330	--	
19-50.....	31 (3.5)	725 (27)	290* (11)	334 (12)	430 (14)	583 (22)	890 (73)	1314 (65)	1709* (128)	320	8 (1.4)	
51+.....	42 (5.0)	762 (35)	271* (12)	319 (13)	422 (19)	611 (52)	1062 (53)	1361 (50)	1669* (107)	320	10 (1.6)	
19+.....	36 (3.1)	740 (24)	283 (11)	327 (11)	427 (14)	591 (24)	977 (60)	1334 (47)	1694 (103)	320	9 (1.3)	
All:												
1+.....	34 (2.5)	749 (24)	298 (9)	349 (10)	455 (13)	628 (19)	938 (38)	1290 (36)	1530 (52)		6 (0.9)	

NOTES: [†] Percent reporting supplement containing folate. Sample size presented on page 24.
 DFE=dietary folate equivalents; EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
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Table TD 6. Folic acid (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	31* (8.6)	--	--	--	--	--	--	--	--	--	300	--
4-8.....	40 (4.7)	--	--	--	--	--	--	--	--	--	400	--
Males:												
9-13.....	48 (7.6)	--	--	--	--	--	--	--	--	--	600	--
14-18.....	14* (5.9)	--	--	--	--	--	--	--	--	--	800	--
19-50.....	32 (3.8)	300 (15)	77* (6)	100 (7)	151 (8)	241 (12)	396 (26)	577 (26)	673* (35)	1000	<3	
51+.....	37 (4.5)	362 (52)	70* (8)	93 (8)	143 (11)	240 (22)	493 (50)	671 (37)	780* (53)	1000	<3	
19+.....	33 (3.2)	320 (21)	75 (6)	97 (7)	149 (8)	240 (13)	422 (29)	610 (22)	714 (29)	1000	<3	
Females:												
9-13.....	25* (9.2)	--	--	--	--	--	--	--	--	--	600	--
14-18.....	34 (9.5)	--	--	--	--	--	--	--	--	--	800	--
19-50.....	31 (3.5)	287 (16)	64* (5)	82 (5)	125 (7)	201 (12)	368 (46)	605 (35)	870* (99)	1000	<3	
51+.....	42 (5.0)	308 (20)	55* (5)	73 (6)	118 (9)	212 (30)	481 (26)	623 (24)	844* (94)	1000	<3	
19+.....	36 (3.1)	296 (14)	61 (4)	78 (5)	122 (7)	204 (13)	432 (42)	613 (25)	858 (86)	1000	<3	
All:												
1+.....	34 (2.5)	298 (12)	70 (4)	92 (4)	142 (5)	227 (9)	391 (22)	583 (17)	705 (27)		<3	

NOTES: [†] Percent reporting supplement containing folic acid. Sample size presented on page 24.
 UL=Tolerable Upper Intake Level
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Table TD 7. Choline (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>AI		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	15* (7.1)	--	--	--	--	--	--	--	--	--	200	--	1000	--
4-8.....	24 (5.1)	--	--	--	--	--	--	--	--	--	250	--	1000	--
Males:														
9-13.....	40 (8.5)	--	--	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	5* (2.7)	--	--	--	--	--	--	--	--	--	550	--	3000	--
19-50.....	10 (2.4)	374 (14)	204* (9)	232 (9)	289 (11)	362 (13)	446 (17)	531 (22)	584* (26)	550	8 (2.2)	3500	<3	
51+.....	4* (1.5)	371 (15)	201* (9)	230 (9)	288 (11)	360 (15)	441 (20)	528 (25)	584* (29)	550	7* (2.2)	3500	<3	
19+.....	8 (1.6)	373 (14)	203 (9)	231 (9)	288 (10)	361 (13)	445 (18)	530 (23)	584 (27)	550	8 (2.2)	3500	<3	
Females:														
9-13.....	12* (8.5)	--	--	--	--	--	--	--	--	--	375	--	2000	--
14-18.....	23 (11.1)	--	--	--	--	--	--	--	--	--	400	--	3000	--
19-50.....	11 (2.1)	301 (7)	176* (6)	197 (6)	240 (7)	293 (7)	353 (8)	415 (9)	457* (10)	425	9 (1.2)	3500	<3	
51+.....	4* (1.8)	303 (6)	174* (6)	196 (6)	239 (6)	293 (6)	353 (6)	418 (8)	460* (10)	425	9 (1.1)	3500	<3	
19+.....	8 (1.5)	302 (6)	175 (6)	197 (6)	239 (6)	293 (6)	353 (7)	416 (8)	459 (9)	425	9 (1.0)	3500	<3	
All:														
1+.....	11 (1.3)	324 (6)	176 (4)	200 (4)	246 (4)	309 (5)	385 (7)	470 (12)	525 (16)		13 (1.2)		<3	

NOTES: [†] Percent reporting supplement containing choline. Sample size presented on page 24.
 AI=Adequate Intake; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 8. Vitamin B12 (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	35* (8.5)	--	--	--	--	--	--	--	--	--	0.7	--
4-8.....	40 (4.7)	--	--	--	--	--	--	--	--	--	1	--
Males:												
9-13.....	48 (7.6)	--	--	--	--	--	--	--	--	--	1.5	--
14-18.....	13* (5.9)	--	--	--	--	--	--	--	--	--	2	--
19-50.....	33 (3.7)	30.41* (12.77)	2.09* (0.11)	2.57 (0.13)	3.63 (0.15)	5.48 (0.26)	9.64 (0.86)	25.04 (4.94)	69.91* (34.84)		2	4* (0.9)
51+.....	39 (4.3)	106.38 (30.29)	1.88* (0.12)	2.35 (0.13)	3.39 (0.18)	5.48 (0.49)	24.18 (6.88)	104.02 (148.91)	1001.87* (426.58)		2	6* (1.2)
19+.....	35 (3.2)	55.08 (13.31)	2.02 (0.11)	2.49 (0.12)	3.55 (0.15)	5.48 (0.26)	11.05 (1.42)	34.20 (12.59)	119.09 (66.26)		2	5 (0.9)
Females:												
9-13.....	25* (9.2)	--	--	--	--	--	--	--	--	--	1.5	--
14-18.....	34 (9.5)	--	--	--	--	--	--	--	--	--	2	--
19-50.....	32 (3.5)	19.39* (7.76)	1.84* (0.12)	2.21 (0.13)	3.07 (0.15)	4.55 (0.23)	8.51 (0.78)	15.11 (2.13)	29.89* (11.84)		2	7 (1.6)
51+.....	50 (4.8)	141.88* (63.95)	1.92* (0.13)	2.36 (0.13)	3.45 (0.22)	6.70 (1.22)	27.92 (4.11)	137.17 (144.67)	759.03* (375.32)		2	6* (1.2)
19+.....	39 (3.0)	67.68* (25.92)	1.87 (0.11)	2.26 (0.12)	3.20 (0.14)	5.01 (0.29)	10.86 (1.04)	31.46 (13.50)	133.58 (114.39)		2	6 (1.4)
All:												
1+.....	36 (2.5)	50.07 (10.77)	1.97 (0.07)	2.42 (0.07)	3.44 (0.10)	5.23 (0.18)	9.78 (0.59)	28.74 (1.19)	103.55 (29.95)		5	(0.7)

NOTES: [†] Percent reporting supplement containing vitamin B12. Sample size presented on page 24.
 EAR=Estimated Average Requirement
 It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 9. Vitamin C (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	37* (6.5)	--	--	--	--	--	--	--	--	--	13	--	400	--
4-8.....	43 (4.8)	--	--	--	--	--	--	--	--	--	22	--	650	--
Males:														
9-13.....	51 (7.1)	--	--	--	--	--	--	--	--	--	39	--	1200	--
14-18.....	25* (7.9)	--	--	--	--	--	--	--	--	--	63	--	1800	--
19-50.....	35 (3.5)	145.2 (15.7)	28.9* (2.4)	38.7 (3.1)	62.0 (4.6)	102.2 (7.4)	163.9 (11.4)	253.2 (23.0)	342.9* (52.1)	75	34 (3.7)	2000	<3	
51+.....	40 (5.1)	167.9 (19.4)	32.9* (3.7)	44.5 (4.2)	71.1 (6.5)	116.8 (9.7)	185.8 (15.7)	307.7 (43.4)	462.6* (96.9)	75	27 (4.2)	2000	<3	
19+.....	37 (3.3)	152.6 (15.2)	30.0 (2.5)	40.4 (3.2)	64.6 (4.8)	106.8 (7.5)	170.7 (11.7)	266.9 (24.9)	377.5 (68.7)	75	32 (3.6)	2000	<3	
Females:														
9-13.....	32* (10.3)	--	--	--	--	--	--	--	--	--	39	--	1200	--
14-18.....	36 (9.3)	--	--	--	--	--	--	--	--	--	56	--	1800	--
19-50.....	35 (3.8)	159.7 (19.5)	32.0* (2.1)	41.4 (2.4)	63.4 (3.1)	101.0 (4.8)	162.9 (9.0)	257.9 (37.4)	450.5* (130.7)	60	23 (2.2)	2000	<3	
51+.....	51 (5.4)	240.9 (29.1)	38.7* (3.0)	50.1 (3.7)	80.1 (5.8)	131.0 (9.4)	211.8 (20.6)	620.9 (124.7)	1082.3* (215.6)	60	15 (2.1)	2000	<3	
19+.....	41 (3.4)	191.7 (18.6)	33.9 (2.2)	44.2 (2.5)	68.8 (3.5)	111.2 (5.4)	181.3 (10.0)	331.6 (99.2)	691.6 (83.6)	60	19 (1.9)	2000	<3	
All:														
1+.....	39 (2.7)	159.0 (10.4)	30.7 (1.7)	40.2 (2.0)	62.2 (2.9)	100.3 (4.3)	163.6 (7.2)	267.0 (22.5)	499.4 (105.9)		23 (2.0)		<3	

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 EAR used is for non-smokers regardless of smoking status
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 10. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males:														
19-50.....	27* (10.3)	--	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	8* (4.9)	--	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	22* (8.3)	88.7* (10.3)	19.6* (2.1)	26.3* (2.6)	42.6* (4.6)	70.7* (9.0)	111.5* (12.3)	163.9* (18.7)	206.8* (24.2)	110	74* (6.1)	2000	<3	
Females:														
19-50.....	34* (15.5)	--	--	--	--	--	--	--	--	--	95	--	2000	--
51+.....	53* (26.3)	--	--	--	--	--	--	--	--	--	95	--	2000	--
19+.....	38* (15.0)	272.4* (137.3)	20.8* (2.7)	27.3* (3.8)	43.4* (7.4)	76.1* (23.5)	172.0* (158.2)	1046.8* (817.6)	2112.1* (1352.9)	95	59* (11.2)	2000	5* (5.9)	

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
 Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
 EAR=Estimated Average Requirement for smokers; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 11. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males:													
19-50.....	36 (3.6)	154.3 (16.1)	32.3* (2.6)	43.0 (3.1)	67.9 (4.3)	108.6 (6.7)	171.4 (11.7)	264.3 (24.7)	355.3* (60.9)	75	30 (3.1)	2000	<3
51+.....	44 (5.2)	177.6 (18.4)	37.5* (3.5)	49.6* (4.4)	77.3 (6.0)	124.6 (8.9)	194.6 (13.8)	324.4* (43.9)	491.3* (101.6)	75	24 (3.5)	2000	<3
19+.....	39 (3.4)	162.0 (14.6)	33.8 (2.6)	45.0 (3.2)	70.7 (4.3)	113.5 (6.6)	179.0 (11.0)	281.8 (25.1)	397.0 (76.1)	75	28 (3.0)	2000	<3
Females:													
19-50.....	35 (4.1)	162.4 (20.2)	35.2* (2.6)	44.9 (2.8)	67.0 (3.8)	103.2 (5.8)	161.2 (9.8)	254.2 (36.3)	442.1* (139.8)	60	20 (2.5)	2000	<3
51+.....	51 (5.4)	222.3 (26.2)	41.1* (3.7)	52.7 (4.6)	81.5 (6.7)	130.6 (10.0)	207.0 (20.2)	590.8 (151.6)	844.4* (230.4)	60	13 (2.6)	2000	<3
19+.....	41 (3.5)	186.6 (17.7)	37.1 (2.7)	47.6 (3.1)	71.7 (4.2)	113.3 (6.3)	179.1 (11.1)	313.7 (78.6)	667.8 (73.9)	60	17 (2.3)	2000	<3

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
 Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
 EAR=Estimated Average Requirement for non-smokers; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error

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Table TD 12. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						<EAR		>UL	
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL
Non-Hispanic Asian													
Males:													
19-50.....	35 (3.5)	146.0 (14.1)	29.2* (2.2)	39.6 (2.6)	63.7 (4.0)	103.2 (6.2)	164.1 (10.3)	253.1 (21.5)	342.6* (46.6)	110/75	36 (2.9)	2000	<3
51+.....	40 (5.1)	166.8 (18.1)	33.2* (3.3)	44.4 (4.2)	70.7 (6.2)	116.4 (9.1)	184.3 (13.9)	302.4 (42.6)	452.0* (90.2)	110/75	30 (4.4)	2000	<3
19+.....	37 (3.3)	152.8 (13.1)	30.3 (2.3)	40.9 (2.8)	65.8 (4.1)	107.4 (6.3)	170.7 (10.3)	266.5 (22.2)	375.5 (58.0)	110/75	34 (3.1)	2000	<3
Females:													
19-50.....	35 (3.8)	159.0 (20.0)	33.0* (2.5)	42.7 (2.8)	64.7 (3.7)	101.3 (5.7)	160.0 (9.9)	252.4 (38.9)	447.1* (127.3)	95/60	23 (2.6)	2000	<3
51+.....	51 (5.4)	240.4 (29.4)	40.4* (3.7)	52.0 (4.5)	81.0 (6.7)	131.0 (10.1)	211.3 (22.2)	624.9 (126.1)	1079.1* (217.1)	95/60	14 (2.7)	2000	<3
19+.....	41 (3.4)	191.1 (19.1)	35.4 (2.7)	46.0 (3.1)	70.0 (4.1)	111.9 (6.3)	178.8 (11.6)	327.1 (101.3)	689.2 (81.5)	95/60	19 (2.4)	2000	<3

NOTES: [†] Percent reporting supplement containing vitamin C. Sample size presented on page 24.
 Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.
 EAR=Estimated Average Requirement for smokers and non-smokers; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
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Table TD 13. Vitamin D (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†]		Percentiles							<EAR		>UL	
	% (SE)	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males and females:													
1-3.....	36* (6.6)	--	--	--	--	--	--	--	--	10	--	63	--
4-8.....	44 (4.8)	--	--	--	--	--	--	--	--	10	--	75	--
Males:													
9-13.....	50 (7.7)	--	--	--	--	--	--	--	--	10	--	100	--
14-18.....	24 (8.0)	--	--	--	--	--	--	--	--	10	--	100	--
19-50.....	36 (3.8)	12.7 (2.0)	1.5* (0.2)	2.0 (0.2)	3.2 (0.3)	5.7 (0.7)	13.1 (2.3)	27.7 (2.2)	52.1* (14.8)	10	69 (4.1)	100	<3
51+.....	50 (3.8)	17.9 (2.2)	1.8* (0.2)	2.4 (0.2)	4.0 (0.3)	9.0 (1.5)	21.8 (2.6)	35.8 (9.8)	56.3* (28.7)	10	52 (4.0)	100	3* (1.6)
19+.....	41 (3.1)	14.4 (1.6)	1.6 (0.2)	2.1 (0.2)	3.4 (0.3)	6.4 (0.6)	16.4 (2.1)	30.1 (1.9)	53.1 (7.4)	10	63 (3.1)	100	<3
Females:													
9-13.....	34 (9.4)	--	--	--	--	--	--	--	--	10	--	100	--
14-18.....	35 (9.4)	--	--	--	--	--	--	--	--	10	--	100	--
19-50.....	40 (3.7)	17.3 (2.3)	1.6* (0.1)	2.1 (0.2)	3.2 (0.2)	5.8 (0.5)	17.7 (3.0)	40.8 (7.6)	61.9* (19.2)	10	63 (3.2)	100	3* (1.4)
51+.....	63 (4.9)	26.9 (3.3)	2.1* (0.2)	2.8 (0.2)	4.8 (0.6)	15.5 (2.6)	31.9 (2.2)	55.8 (7.6)	105.0* (35.9)	10	41 (4.8)	100	6* (2.3)
19+.....	49 (3.3)	21.1 (2.0)	1.7 (0.1)	2.3 (0.2)	3.6 (0.2)	8.0 (1.2)	27.1 (2.3)	52.2 (5.1)	72.0 (27.8)	10	54 (3.0)	100	4 (1.3)
All:													
1+.....	43 (2.6)	16.3 (1.2)	1.7 (0.1)	2.3 (0.1)	3.7 (0.2)	7.2 (0.5)	17.9 (1.6)	33.1 (1.9)	55.0 (1.7)	10	60 (2.4)		<3

NOTES: [†] Percent reporting supplement containing vitamin D. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table TD 14. Vitamin K (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Asian											
Males:											
19-50.....	23 (3.6)	150.4 (7.8)	62.4* (5.1)	74.4 (5.6)	99.7 (6.3)	137.7 (7.4)	187.6 (9.6)	242.4 (13.1)	280.2* (16.5)	120	62 (4.6)
51+.....	31 (4.7)	162.7 (7.5)	70.1* (6.0)	83.3 (6.4)	110.5 (6.8)	149.9 (7.5)	201.1 (9.1)	258.6 (11.2)	296.5* (13.5)	120	69 (4.5)
19+.....	25 (3.1)	154.4 (7.2)	64.5 (5.1)	76.9 (5.6)	103.0 (6.1)	141.7 (7.1)	191.9 (8.8)	247.3 (11.8)	287.1 (14.2)	120	64 (4.3)
Females:											
19-50.....	16 (3.0)	172.1 (7.2)	61.0* (3.7)	74.1 (4.2)	104.6 (5.2)	151.9 (6.7)	215.5 (8.8)	297.1 (12.1)	356.4* (15.6)	90	83 (2.3)
51+.....	34 (5.0)	182.7 (8.0)	63.9* (4.6)	80.1 (5.0)	112.2 (6.1)	161.7 (7.6)	228.7 (9.8)	311.8 (12.7)	373.9* (16.1)	90	86 (2.4)
19+.....	23 (2.8)	176.3 (7.0)	62.1 (3.7)	76.3 (4.2)	107.1 (5.1)	155.7 (6.5)	220.8 (8.5)	303.1 (11.7)	363.2 (14.8)	90	84 (2.2)

NOTES: [†] Percent reporting supplement containing vitamin K. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing vitamin K
 AI=Adequate Intake
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

CITATION: USDA, Agricultural Research Service, 2019. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, What We Eat in America, NHANES 2013-2016
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 15. Calcium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†]		Percentiles								<EAR		>UL	
	% (SE)	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	8* (3.2)	--	--	--	--	--	--	--	--	500	--	2500	--	
4-8.....	9* (2.7)	--	--	--	--	--	--	--	--	800	--	2500	--	
Males:														
9-13.....	18* (6.1)	--	--	--	--	--	--	--	--	1100	--	3000	--	
14-18.....	17* (7.8)	--	--	--	--	--	--	--	--	1100	--	3000	--	
19-50.....	30 (3.8)	953 (29)	443* (19)	522 (20)	677 (22)	896 (27)	1158 (34)	1448 (48)	1656* (68)	800	39 (2.9)	2500	<3	
51+.....	42 (4.4)	916 (47)	393* (25)	472 (27)	625 (31)	837 (42)	1117 (59)	1455 (95)	1733* (121)	1000	50 (4.8)	2000	<3	
19+.....	34 (3.0)	941 (31)	427 (20)	504 (21)	660 (24)	876 (29)	1146 (37)	1451 (53)	1684 (69)	800	43 (3.2)	2500	<3	
Females:														
9-13.....	9* (3.4)	--	--	--	--	--	--	--	--	1100	--	3000	--	
14-18.....	25 (9.3)	--	--	--	--	--	--	--	--	1100	--	3000	--	
19-50.....	30 (3.2)	858 (27)	420* (16)	481 (17)	611 (20)	790 (24)	1033 (37)	1322 (53)	1531* (72)	800	51 (3.1)	2500	<3	
51+.....	60 (5.0)	1015 (52)	423* (19)	498 (24)	661 (32)	916 (52)	1257 (67)	1670 (109)	1946* (131)	1000	57 (4.5)	2000	4* (1.6)	
19+.....	42 (3.1)	920 (31)	421 (16)	488 (18)	627 (21)	831 (29)	1117 (42)	1462 (58)	1726 (76)	800	53 (3.2)	2500	<3	
All:														
1+.....	33 (2.0)	944 (24)	435 (14)	511 (16)	664 (19)	879 (23)	1148 (28)	1452 (37)	1681 (50)	800	48 (2.5)	2500	<3	

NOTES: [†] Percent reporting supplement containing calcium. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 16. Phosphorus (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males:													
19-50.....	12 (2.0)	1492 (32)	859* (34)	971 (34)	1185 (31)	1456 (33)	1763 (34)	2060 (39)	2241* (45)	580	<3	4000	<3
51+.....	24 (3.6)	1360 (33)	756* (31)	865 (32)	1071 (32)	1326 (33)	1607 (36)	1909 (44)	2076* (49)	580	<3		<3
19+.....	16 (1.9)	1449 (31)	817 (32)	932 (32)	1143 (31)	1413 (31)	1716 (34)	2015 (39)	2197 (44)	580	<3		<3
Females:													
19-50.....	10 (1.8)	1182 (25)	720* (22)	802 (23)	964 (24)	1160 (25)	1375 (27)	1588 (30)	1731* (33)	580	<3	4000	<3
51+.....	27 (4.1)	1115 (24)	657* (22)	743 (22)	898 (21)	1092 (23)	1302 (27)	1520 (31)	1656* (36)	580	<3		<3
19+.....	16 (2.0)	1155 (21)	690 (20)	776 (20)	935 (21)	1133 (21)	1347 (24)	1564 (27)	1705 (31)	580	<3		<3

NOTES: [†] Percent reporting supplement containing phosphorus. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing phosphorus
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

Table TD 17. Magnesium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
Non-Hispanic Asian												
Males and females:												
1-3.....	<3	--	--	--	--	--	--	--	--	--	65	--
4-8.....	<3	--	--	--	--	--	--	--	--	--	110	--
Males:												
9-13.....	10* (4.9)	--	--	--	--	--	--	--	--	--	200	--
14-18.....	7* (4.8)	--	--	--	--	--	--	--	--	--	340	--
19-50.....	25 (3.5)	368 (11)	195* (9)	223 (9)	279 (10)	355 (11)	442 (12)	530 (14)	586* (15)		46 (3.5)	
51+.....	35 (3.8)	378 (14)	194* (10)	224 (11)	282 (12)	357 (13)	451 (16)	548 (20)	620* (26)	350	48 (4.2)	
19+.....	28 (2.7)	371 (11)	195 (9)	224 (9)	280 (10)	355 (11)	445 (13)	535 (15)	595 (17)		46 (3.6)	
Females:												
9-13.....	6* (3.1)	--	--	--	--	--	--	--	--	--	200	--
14-18.....	20* (9.4)	--	--	--	--	--	--	--	--	--	300	--
19-50.....	18 (2.3)	302 (6)	171* (4)	192 (4)	234 (5)	290 (6)	355 (7)	428 (10)	480* (12)		37 (2.3)	
51+.....	43 (5.6)	326 (9)	172* (6)	197 (6)	243 (7)	305 (9)	382 (11)	469 (18)	552* (33)	265	34 (3.0)	
19+.....	28 (2.6)	311 (5)	171 (4)	194 (4)	238 (4)	296 (5)	365 (7)	445 (9)	506 (12)		36 (2.1)	
All:												
1+.....	24 (1.8)	322 (7)	167 (4)	190 (4)	236 (5)	302 (7)	385 (10)	478 (14)	541 (16)		38 (2.6)	

NOTES: [†] Percent reporting supplement containing magnesium. Sample size presented on page 24.
 EAR=Estimated Average Requirement
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table TD 18. Iron (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2015-2018

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	5* (4.0)	--	--	--	--	--	--	--	--	--	3	--	40	--
4-8.....	9* (2.9)	--	--	--	--	--	--	--	--	--	4.1	--	40	--
Males:														
9-13.....	8* (5.0)	--	--	--	--	--	--	--	--	--	5.9	--	40	--
14-18.....	4* (2.4)	--	--	--	--	--	--	--	--	--	7.7	--	45	--
19-50.....	9 (1.2)	17.4 (0.5)	8.5* (0.4)	9.9 (0.4)	12.4 (0.4)	15.7 (0.5)	20.0 (0.7)	25.4 (1.0)	30.6* (1.9)	6	<3	45	<3	
51+.....	12 (3.3)	17.7 (1.0)	8.5* (0.4)	9.8 (0.5)	12.4 (0.6)	15.7 (0.7)	20.1 (0.9)	26.2 (2.2)	32.4* (3.6)	6	<3	45	<3	
19+.....	10 (1.3)	17.4 (0.4)	8.5 (0.4)	9.9 (0.4)	12.4 (0.4)	15.7 (0.5)	20.0 (0.7)	25.7 (1.0)	31.2 (1.7)	6	<3	45	<3	
Females:														
9-13.....	6* (3.7)	--	--	--	--	--	--	--	--	--	5.7	--	40	--
14-18.....	6* (3.0)	--	--	--	--	--	--	--	--	--	7.9	--	45	--
19-50.....	20 (2.8)	16.9 (1.0)	7.2* (0.3)	8.3 (0.2)	10.3 (0.3)	13.2 (0.4)	17.6 (0.8)	28.2 (3.1)	36.7* (5.7)	8.1	15 (1.1)	45	3* (1.5)	
51+.....	21 (2.7)	15.2 (0.9)	7.0* (0.2)	8.0 (0.2)	10.0 (0.3)	12.8 (0.5)	16.9 (1.0)	25.5 (2.7)	30.9* (1.7)	5	<3	45	<3	
19+.....	20 (1.8)	16.2 (0.7)	7.2 (0.2)	8.2 (0.2)	10.2 (0.2)	13.1 (0.4)	17.3 (0.7)	26.9 (1.8)	33.6 (2.3)	10 (0.8)		45	<3	
All:														
1+.....	14 (1.2)	16.3 (0.4)	7.5 (0.2)	8.6 (0.2)	10.9 (0.3)	14.1 (0.4)	18.4 (0.5)	24.9 (0.8)	30.9 (1.0)	5 (0.4)			<3	

NOTES: [†] Percent reporting supplement containing iron. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 EAR percentages determined by probability method for groups
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table TD 19. Zinc (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	27* (7.5)	--	--	--	--	--	--	--	--	--	2.5	--	7	--
4-8.....	41 (4.9)	--	--	--	--	--	--	--	--	--	4	--	12	--
Males:														
9-13.....	48 (7.6)	--	--	--	--	--	--	--	--	--	7	--	23	--
14-18.....	11* (5.5)	--	--	--	--	--	--	--	--	--	8.5	--	34	--
19-50.....	27 (3.9)	14.8 (0.5)	7.1* (0.3)	8.1 (0.3)	10.1 (0.3)	13.1 (0.4)	17.6 (0.9)	24.3 (1.3)	28.3* (1.3)	9.4	19 (2.1)	40	<3	
51+.....	36 (4.7)	16.4 (0.9)	6.7* (0.3)	7.8 (0.3)	9.9 (0.4)	13.3 (0.7)	20.1 (1.5)	27.3 (2.4)	36.2* (5.6)	9.4	21 (3.2)	40	4* (1.7)	
19+.....	30 (3.6)	15.3 (0.6)	7.0 (0.3)	8.0 (0.3)	10.1 (0.3)	13.2 (0.4)	18.3 (0.9)	25.3 (1.1)	29.9 (1.9)	9.4	20 (2.3)	40	<3	
Females:														
9-13.....	25* (9.2)	--	--	--	--	--	--	--	--	--	7	--	23	--
14-18.....	21* (8.9)	--	--	--	--	--	--	--	--	--	7.3	--	34	--
19-50.....	25 (3.6)	12.0 (0.5)	5.6* (0.1)	6.3 (0.1)	7.8 (0.2)	10.0 (0.2)	13.6 (0.8)	22.2 (1.7)	25.9* (1.5)	6.8	14 (1.3)	40	<3	
51+.....	42 (4.9)	14.9 (0.9)	5.4* (0.2)	6.3 (0.2)	8.0 (0.2)	11.3 (0.8)	19.9 (1.0)	24.9 (0.9)	28.4* (5.8)	6.8	14 (1.4)	40	<3	
19+.....	32 (3.1)	13.2 (0.5)	5.5 (0.1)	6.3 (0.1)	7.9 (0.1)	10.4 (0.2)	16.1 (1.2)	23.7 (0.8)	26.9 (1.2)	6.8	14 (1.1)	40	<3	
All:														
1+.....	31 (2.6)	13.6 (0.4)	5.9 (0.2)	6.8 (0.2)	8.6 (0.2)	11.4 (0.3)	16.2 (0.7)	23.2 (0.8)	27.1 (1.0)	15 (1.3)			5 (0.7)	

NOTES: [†] Percent reporting supplement containing zinc. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table TD 20. Copper (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	3* (1.6)	--	--	--	--	--	--	--	--	--	0.26	--	1	--
4-8.....	3* (1.9)	--	--	--	--	--	--	--	--	--	0.34	--	3	--
Males:														
9-13.....	5* (3.3)	--	--	--	--	--	--	--	--	--	0.54	--	5	--
14-18.....	7* (4.8)	--	--	--	--	--	--	--	--	--	0.685	--	8	--
19-50.....	24 (3.6)	1.7 (0.06)	0.8* (0.04)	1.0 (0.04)	1.2 (0.05)	1.6 (0.06)	2.1 (0.08)	2.8 (0.15)	3.3* (0.20)	0.7	<3	10	<3	
51+.....	34 (4.3)	1.8 (0.10)	0.8* (0.04)	1.0 (0.04)	1.2 (0.05)	1.6 (0.07)	2.2 (0.12)	3.1 (0.30)	3.8* (0.31)	0.7	<3	10	<3	
19+.....	27 (3.1)	1.8 (0.07)	0.8 (0.04)	1.0 (0.04)	1.2 (0.04)	1.6 (0.06)	2.1 (0.09)	2.8 (0.16)	3.5 (0.18)	0.7	<3	10	<3	
Females:														
9-13.....	4* (2.9)	--	--	--	--	--	--	--	--	--	0.54	--	5	--
14-18.....	12* (4.2)	--	--	--	--	--	--	--	--	--	0.685	--	8	--
19-50.....	17 (3.0)	1.5 (0.06)	0.7* (0.02)	0.8 (0.02)	1.0 (0.03)	1.3 (0.04)	1.7 (0.07)	2.5 (0.28)	3.3* (0.22)	0.7	4* (0.6)	10	<3	
51+.....	40 (5.5)	1.7 (0.06)	0.8* (0.03)	0.9 (0.03)	1.1 (0.04)	1.5 (0.06)	2.1 (0.10)	3.0 (0.15)	3.5* (0.10)	0.7	3* (0.7)	10	<3	
19+.....	26 (2.7)	1.6 (0.04)	0.7 (0.02)	0.8 (0.02)	1.1 (0.03)	1.4 (0.03)	1.9 (0.06)	2.8 (0.16)	3.4 (0.10)	0.7	3* (0.5)	10	<3	
All:														
1+.....	22 (2.1)	1.6 (0.04)	0.7 (0.02)	0.8 (0.02)	1.0 (0.02)	1.4 (0.03)	1.9 (0.05)	2.6 (0.12)	3.3 (0.11)	<3			<3	

NOTES: [†] Percent reporting supplement containing copper. Sample size presented on page 24.
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
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Table TD 21. Selenium (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
Non-Hispanic Asian													
Males:													
19-50.....	24 (3.6)	158 (3)	88* (3)	99 (3)	120 (3)	149 (3)	185 (4)	228 (7)	262* (9)	45	<3	400	<3
51+.....	34 (4.5)	150 (4)	80* (3)	91 (3)	112 (3)	139 (4)	176 (6)	221 (11)	253* (14)	45	<3	400	<3
19+.....	27 (3.2)	155 (3)	85 (3)	96 (3)	117 (3)	146 (3)	182 (4)	226 (7)	259 (9)	45	<3	400	<3
Females:													
19-50.....	17 (3.0)	116 (3)	66* (2)	74 (2)	90 (2)	109 (2)	132 (3)	160 (6)	183* (11)	45	<3	400	<3
51+.....	37 (4.1)	115 (2)	63* (2)	72 (2)	88 (2)	109 (2)	136 (2)	165 (3)	185* (5)	45	<3	400	<3
19+.....	25 (2.5)	115 (2)	65 (2)	73 (2)	89 (2)	109 (2)	134 (2)	162 (4)	184 (6)	45	<3	400	<3

NOTES: [†] Percent reporting supplement containing selenium. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing selenium
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table TD 22. Sodium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)	Percentiles							>AI		>CDRR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)	
Non-Hispanic Asian														
Males and females:														
1-3.....	7* (5.5)	--	--	--	--	--	--	--	--	--	800	--	1200	--
4-8.....	10* (5.1)	--	--	--	--	--	--	--	--	--	1000	--	1500	--
Males:														
9-13.....	9* (3.9)	--	--	--	--	--	--	--	--	--	1200	--	1800	--
14-18.....	<3	--	--	--	--	--	--	--	--	--	1500	--	2300	--
19-50.....	9 (2.4)	4337 (114)	2716* (101)	3006 (104)	3569 (104)	4258 (111)	5021 (133)	5779 (150)	6223* (158)	1500	>97	2300	>97	
51+.....	7* (1.9)	3906 (119)	2373* (97)	2646 (107)	3183 (110)	3826 (116)	4547 (134)	5265 (153)	5718* (163)	1500	>97	2300	96* (1.1)	
19+.....	8 (1.7)	4197 (113)	2570 (102)	2870 (103)	3428 (106)	4111 (110)	4881 (130)	5638 (145)	6090 (156)	1500	>97	2300	>97	
Females:														
9-13.....	<3	--	--	--	--	--	--	--	--	--	1200	--	1800	--
14-18.....	7* (3.7)	--	--	--	--	--	--	--	--	--	1500	--	2300	--
19-50.....	8 (2.1)	3452 (81)	2117* (60)	2357 (65)	2821 (71)	3377 (79)	3999 (94)	4634 (107)	5049* (120)	1500	>97	2300	91 (1.6)	
51+.....	12 (2.7)	3148 (74)	1862* (58)	2100 (60)	2530 (67)	3075 (73)	3669 (82)	4295 (100)	4701* (109)	1500	>97	2300	84 (2.3)	
19+.....	10 (1.8)	3332 (74)	1990 (56)	2243 (61)	2696 (65)	3258 (72)	3887 (87)	4518 (101)	4932 (112)	1500	>97	2300	89 (1.8)	
All:														
1+.....	9 (0.8)	3609 (60)	1979 (46)	2276 (46)	2822 (49)	3510 (58)	4289 (75)	5081 (99)	5592 (114)		>97		93 (0.8)	

NOTES: [†] Percent reporting supplement containing sodium. Sample size presented on page 24.
 AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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Table TD 23. Potassium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Non-Hispanic Asian Individuals, in the United States, 2013-2016

	Percent reporting [†] % (SE)	Mean (SE)		Percentiles						>AI		
		Mean (SE)	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
Non-Hispanic Asian												
Males:												
19-50.....	17 (2.1)	2892 (67)		1659* (58)	1879 (60)	2300 (62)	2835 (65)	3421 (75)	3991 (87)	4329* (94)	3400	26 (2.6)
51+.....	25 (3.3)	2968 (70)		1712* (63)	1948 (64)	2374 (67)	2907 (69)	3482 (79)	4070 (94)	4424* (103)	3400	28 (2.9)
19+.....	19 (1.8)	2917 (65)		1677 (57)	1900 (59)	2324 (61)	2860 (64)	3442 (73)	4016 (86)	4364 (94)	3400	26 (2.6)
Females:												
19-50.....	9 (1.7)	2384 (53)		1419* (44)	1591 (44)	1925 (49)	2337 (54)	2786 (61)	3241 (69)	3534* (76)	2600	34 (3.2)
51+.....	27 (5.0)	2492 (55)		1477* (59)	1676 (57)	2013 (55)	2440 (56)	2909 (57)	3382 (60)	3687* (66)	2600	41 (3.3)
19+.....	16 (2.1)	2426 (46)		1442 (44)	1619 (44)	1959 (44)	2378 (47)	2833 (52)	3303 (57)	3601 (63)	2600	37 (2.8)

NOTES: [†] Percent reporting supplement containing potassium. Sample size presented on page 24.
 Estimates for children unavailable due to very low reporting of supplements containing potassium
 AI=Adequate Intake
 * Estimate may be less reliable due to small sample size and/or large relative standard error
 -- Estimate not displayed due to small sample size and for consistency of presentation

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SAMPLE SIZE

	Sample Size	Sample Size by Adult Smoking Status †		
		Smokers <i>Table TD 10</i>	Non-Smokers <i>Table TD 11</i>	Smokers/Non-Smokers <i>Table TD 12</i>
Non-Hispanic Asian				
Males and females:				
1-3.....	64			
4-8.....	115			
Males:				
9-13.....	69			
14-18.....	82			
19-50.....	337	46	291	337
51+.....	182	19	163	182
19+.....	519	65	454	519
Females:				
9-13.....	71			
14-18.....	83			
19-50.....	305	16	289	305
51+.....	198	5	193	198
19+.....	503	21	482	503
All:				
1+.....	1506			

†Excludes individuals without smoking status data.

TABLE NOTES

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2013-2016 and 30-day dietary supplement interviews also conducted in the National Health and Nutrition Examination Survey (NHANES) 2013-2016. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 and 2015-2016.

The table includes data from individuals 1 year and over, excluding breast-fed children and pregnant or lactating females. Breast-fed children are excluded because human milk is not quantified in dietary recall interviews. The sample of pregnant and lactating females is not large enough to allow for reliable estimates. Individuals with missing or incomplete 30-day dietary supplement data are also excluded.

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

The assessments presented in this table cover nutrient intakes from food, beverages (including water) and, dietary supplements. They do not contain intakes from medications.

Usual Nutrient Intakes

Usual intakes (expressed on a per day basis) are an estimate of the usual or habitual intake over the long term, as opposed to what was reported on the days surveyed. The National Cancer Institute (NCI) Method <https://epi.grants.cancer.gov/diet/usualintakes/method.html> was used to produce group usual intake distributions from food and beverages. Daily intake from dietary supplements derived from the 30-day questionnaire and the NCHS Dietary Supplement Database was added to the estimates of usual intake from food and beverages to produce the distributions of total usual nutrient intake presented in this table set. Information on this distribution is presented as mean and percentiles of usual nutrient intake with standard errors for a specific gender/age/lifestyle group.

When applicable, the estimated total usual nutrient intakes are compared to age/gender specific Dietary Reference Intakes (DRIs) <http://nationalacademies.org/HMD/Activities/Nutrition/SummaryDRIs/DRI-Tables.aspx>. The DRIs, nutrient reference values developed by the Institute of Medicine of the National Academies, are used to assess and plan the diets of healthy people. Estimates of percentages less than, within range of, or greater than the DRI, plus the standard error are presented for each age/gender/lifestyle group.

DRI Definitions

Estimated Average Requirement (EAR): The average daily nutrient intake level that is estimated to meet the requirements of half of the healthy individuals in a particular life stage and gender group. The EAR is used to estimate the prevalence of inadequate intakes in a population group.

Adequate Intake (AI): The recommended average daily intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people that are assumed to be adequate.

Tolerable Upper Intake Level (UL): The highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects may increase.

Chronic Disease Risk Reduction Intake (CDRR): Reductions in intake that exceed the CDRR are expected to reduce chronic disease risk within the apparently healthy population. Established for sodium using evidence of the beneficial effect of reducing sodium intake on cardiovascular disease risk, hypertension risk, systolic blood pressure, and diastolic blood pressure.

Symbol Legend

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

Mean: An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.21.

Percentiles: Estimated 50th percentile values are flagged when n is less than 30 times the VIF, where n is the sample size. Estimated values at the other percentiles are flagged when np is less than 8 times the VIF, where n is the sample size and p is 0.25 at the 25th and 75th percentile, 0.10 at the 10th and 90th percentile, and 0.05 at the 5th and 95th percentile.

Percentage above or below a DRI value: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the VIF, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction.

-- Estimate not displayed due to small sample size and for consistency of presentation.

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