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Service

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# TOTAL USUAL NUTRIENT INTAKE

## from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level

What We Eat in America, NHANES 2015-2018

Table TF

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 Adult Smokers (mg) <i>EAR, UL</i>	10	Sodium (mg) <i>AI, CDRR</i>	22
Vitamin C Adult Non-Smokers (mg) <i>EAR, UL</i>	11	Potassium (mg) <i>AI</i>	23
Vitamin C Adult Smokers and Non-Smokers (mg) <i>EAR, UL</i>	12	<b>SAMPLE SIZE</b>	24
		<b>TABLE NOTES</b>	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 TF 1. Thiamin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Under 131% poverty</b>											
<b>Males and females:</b>											
1-3.....	5 (1.5)	1.18 (0.04)	0.73* (0.03)	0.81 (0.03)	0.95 (0.03)	1.13 (0.03)	1.35 (0.04)	1.59 (0.06)	1.77* (0.08)	0.4	<3
4-8.....	8 (1.5)	1.52 (0.05)	0.95 (0.05)	1.05 (0.05)	1.23 (0.05)	1.45 (0.05)	1.72 (0.05)	2.04 (0.07)	2.30 (0.11)	0.5	<3
<b>Males:</b>											
9-13.....	5* (2.2)	1.96 (0.26)	1.00* (0.04)	1.12 (0.04)	1.36 (0.04)	1.65 (0.05)	2.01 (0.07)	2.42 (0.12)	2.75* (0.22)	0.7	<3
14-18.....	6* (2.0)	2.19 (0.39)	1.09* (0.05)	1.22 (0.05)	1.45 (0.06)	1.76 (0.07)	2.14 (0.08)	2.54 (0.11)	2.85* (0.16)	1	<3
19-50.....	12 (2.0)	3.34 (0.93)	1.00 (0.04)	1.14 (0.04)	1.41 (0.04)	1.77 (0.04)	2.23 (0.07)	2.84 (0.16)	3.60 (0.72)	1	5 (1.0)
51+.....	26 (3.5)	4.55 (0.69)	0.99 (0.06)	1.13 (0.07)	1.42 (0.08)	1.85 (0.10)	2.61 (0.19)	3.66 (0.28)	10.15 (4.76)	1	5 (1.5)
19+.....	17 (1.9)	3.76 (0.71)	1.00 (0.04)	1.14 (0.04)	1.41 (0.05)	1.80 (0.05)	2.33 (0.08)	3.17 (0.18)	4.22 (3.38)	1	5 (1.2)
<b>Females:</b>											
9-13.....	6* (1.6)	1.58 (0.05)	0.90* (0.04)	1.02 (0.04)	1.23 (0.04)	1.51 (0.05)	1.84 (0.06)	2.21 (0.08)	2.48* (0.12)	0.7	<3
14-18.....	10 (4.0)	1.47 (0.08)	0.76* (0.04)	0.87 (0.04)	1.07 (0.04)	1.33 (0.06)	1.67 (0.09)	2.12 (0.18)	2.54* (0.26)	0.9	12 (2.6)
19-50.....	14 (1.5)	2.31 (0.22)	0.75 (0.03)	0.85 (0.03)	1.06 (0.03)	1.33 (0.03)	1.71 (0.04)	2.50 (0.17)	3.77 (0.86)	0.9	13 (1.8)
51+.....	28 (2.7)	3.15 (0.34)	0.73 (0.03)	0.83 (0.03)	1.04 (0.03)	1.37 (0.04)	2.06 (0.15)	3.09 (0.17)	5.62 (0.73)	0.9	14 (1.8)
19+.....	20 (1.7)	2.64 (0.23)	0.74 (0.03)	0.84 (0.02)	1.05 (0.02)	1.34 (0.03)	1.80 (0.06)	2.83 (0.15)	4.48 (0.94)	0.9	13 (1.6)
<b>All:</b>											
1+.....	15 (1.1)	2.65 (0.22)	0.82 (0.02)	0.94 (0.01)	1.17 (0.01)	1.50 (0.01)	1.97 (0.03)	2.71 (0.08)	3.46 (0.17)	7	(0.7)

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 2. Riboflavin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Under 131% poverty</b>											
<b>Males and females:</b>											
1-3.....	5 (1.4)	1.61 (0.04)	1.01* (0.03)	1.12 (0.03)	1.32 (0.03)	1.57 (0.04)	1.85 (0.04)	2.14 (0.06)	2.36* (0.08)	0.4	<3
4-8.....	8 (1.5)	1.84 (0.05)	1.16 (0.04)	1.28 (0.04)	1.50 (0.04)	1.77 (0.04)	2.09 (0.05)	2.45 (0.06)	2.74 (0.10)	0.5	<3
<b>Males:</b>											
9-13.....	5* (2.2)	2.25 (0.28)	1.07* (0.06)	1.23 (0.06)	1.53 (0.06)	1.92 (0.07)	2.40 (0.10)	2.96 (0.17)	3.40* (0.26)	0.8	<3
14-18.....	6* (2.0)	3.54* (1.23)	1.17* (0.06)	1.33 (0.07)	1.63 (0.07)	2.05 (0.08)	2.55 (0.11)	3.11 (0.16)	3.54* (0.22)	1.1	4* (1.1)
19-50.....	12 (2.0)	3.12 (0.42)	0.99 (0.04)	1.20 (0.04)	1.60 (0.04)	2.19 (0.07)	2.95 (0.12)	3.93 (0.22)	4.96 (0.56)	1.1	7 (1.0)
51+.....	27 (4.2)	3.54 (0.31)	1.04 (0.05)	1.24 (0.06)	1.68 (0.07)	2.40 (0.13)	3.50 (0.23)	5.15 (0.97)	8.88 (2.65)	1.1	6 (1.3)
19+.....	17 (2.1)	3.26 (0.30)	1.01 (0.04)	1.21 (0.04)	1.63 (0.05)	2.25 (0.07)	3.12 (0.13)	4.31 (0.25)	6.00 (1.10)	1.1	7 (1.0)
<b>Females:</b>											
9-13.....	6* (1.6)	1.88 (0.05)	0.98* (0.05)	1.13 (0.05)	1.41 (0.05)	1.78 (0.05)	2.23 (0.06)	2.74 (0.09)	3.11* (0.14)	0.8	<3
14-18.....	10 (4.0)	1.67 (0.11)	0.80* (0.05)	0.93 (0.05)	1.18 (0.06)	1.52 (0.08)	1.96 (0.12)	2.50 (0.18)	2.93* (0.23)	0.9	9 (2.1)
19-50.....	14 (1.5)	2.55 (0.22)	0.88 (0.03)	1.02 (0.03)	1.29 (0.03)	1.66 (0.04)	2.18 (0.07)	3.07 (0.18)	4.18 (0.73)	0.9	6 (1.1)
51+.....	28 (2.7)	2.69 (0.24)	0.89 (0.03)	1.03 (0.04)	1.33 (0.05)	1.78 (0.07)	2.61 (0.16)	3.81 (0.24)	5.27 (0.60)	0.9	5 (1.0)
19+.....	20 (1.7)	2.60 (0.20)	0.88 (0.03)	1.02 (0.03)	1.30 (0.04)	1.70 (0.05)	2.31 (0.09)	3.43 (0.18)	4.76 (0.62)	0.9	6 (1.0)
<b>All:</b>											
1+.....	15 (1.1)	2.63 (0.12)	0.95 (0.02)	1.11 (0.01)	1.41 (0.01)	1.84 (0.02)	2.48 (0.05)	3.48 (0.08)	4.48 (0.20)		5 (0.4)

NOTES: <sup>†</sup> Percent reporting supplement containing riboflavin. 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

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

**Table TF 3. Niacin (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Under 131% poverty</b>											
<b>Males and females:</b>											
1-3.....	5 (1.4)	14.7 (0.3)	8.5* (0.3)	9.6 (0.2)	11.6 (0.3)	14.2 (0.3)	17.2 (0.4)	20.4 (0.6)	22.7* (0.8)	5	<3
4-8.....	8 (1.8)	20.1 (0.5)	12.2 (0.5)	13.6 (0.5)	16.2 (0.5)	19.4 (0.5)	23.2 (0.4)	27.3 (0.6)	30.3 (0.8)	6	<3
<b>Males:</b>											
9-13.....	5* (2.2)	23.9 (0.8)	13.6* (0.8)	15.3 (0.7)	18.6 (0.7)	22.8 (0.7)	27.9 (1.0)	33.6 (1.5)	38.1* (2.4)	9	<3
14-18.....	8* (2.2)	29.0 (0.9)	17.1* (0.8)	19.0 (0.8)	22.7 (0.8)	27.6 (0.8)	33.6 (1.1)	40.2 (1.4)	44.9* (2.0)	12	<3
19-50.....	13 (1.9)	33.6 (1.3)	16.4 (0.9)	19.0 (0.9)	24.1 (0.8)	31.0 (0.9)	39.7 (1.4)	49.7 (2.3)	58.2 (3.8)	12	<3
51+.....	26 (3.3)	33.7 (2.3)	14.4 (0.9)	16.8 (0.9)	21.7 (0.9)	29.3 (1.3)	40.1 (1.8)	51.9 (2.6)	60.7 (4.0)	12	<3
19+.....	17 (1.8)	33.6 (1.4)	15.6 (0.9)	18.2 (0.8)	23.2 (0.8)	30.5 (1.0)	39.8 (1.4)	50.5 (2.1)	59.2 (3.2)	12	<3
<b>Females:</b>											
9-13.....	7* (1.7)	21.9 (0.9)	12.3* (0.7)	13.9 (0.7)	17.0 (0.8)	21.0 (0.8)	25.8 (0.9)	31.0 (1.5)	34.8* (2.0)	9	<3
14-18.....	10 (4.1)	21.2 (1.1)	11.5* (0.8)	13.0 (0.8)	16.0 (0.9)	20.0 (1.0)	24.9 (1.4)	30.7 (2.0)	35.3* (2.6)	11	4* (1.8)
19-50.....	17 (1.6)	24.0 (0.6)	12.3 (0.4)	14.0 (0.4)	17.4 (0.4)	21.7 (0.4)	27.6 (0.7)	36.2 (1.6)	42.6 (1.8)	11	<3
51+.....	30 (2.8)	25.5 (1.4)	11.1 (0.5)	12.8 (0.5)	16.1 (0.5)	21.1 (0.8)	30.0 (1.6)	40.6 (1.6)	46.4 (2.1)	11	5 (1.0)
19+.....	22 (1.7)	24.6 (0.7)	11.8 (0.4)	13.5 (0.4)	16.9 (0.4)	21.5 (0.5)	28.3 (0.9)	38.2 (1.4)	44.3 (1.6)	11	3 (0.7)
<b>All:</b>											
1+.....	16 (1.2)	26.3 (0.5)	12.0 (0.2)	13.9 (0.2)	17.6 (0.2)	23.0 (0.3)	31.2 (0.5)	41.3 (0.8)	48.5 (1.0)		<3

NOTES: <sup>†</sup> Percent reporting supplement containing niacin. 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

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**Table TF 4. Vitamin B6 (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles								<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
<b>Under 131% poverty</b>														
<b>Males and females:</b>														
1-3.....	17 (2.4)	1.46 (0.05)	0.85* (0.04)	0.94 (0.03)	1.13 (0.04)	1.36 (0.04)	1.65 (0.06)	2.08 (0.09)	2.46* (0.17)	0.4	<3	30	<3	
4-8.....	23 (2.6)	1.77 (0.07)	1.05 (0.05)	1.16 (0.05)	1.37 (0.05)	1.65 (0.05)	2.02 (0.07)	2.53 (0.16)	3.04 (0.26)	0.5	<3	40	<3	
<b>Males:</b>														
9-13.....	17 (3.2)	2.22 (0.27)	0.94* (0.07)	1.09 (0.07)	1.40 (0.07)	1.83 (0.07)	2.40 (0.10)	3.12 (0.20)	3.65* (0.31)	0.8	<3	60	<3	
14-18.....	11 (2.1)	2.57 (0.39)	1.09* (0.07)	1.25 (0.07)	1.58 (0.08)	2.04 (0.09)	2.66 (0.13)	3.38 (0.19)	3.98* (0.27)	1.1	5* (1.5)	80	<3	
19-50.....	14 (2.0)	3.56 (0.43)	1.06 (0.08)	1.29 (0.08)	1.75 (0.08)	2.45 (0.10)	3.44 (0.16)	4.95 (0.29)	6.73 (2.60)	1.1	6 (1.5)	100	<3	
51+.....	27 (3.2)	4.60 (0.70)	0.98 (0.08)	1.19 (0.08)	1.65 (0.09)	2.44 (0.15)	3.98 (0.27)	6.78 (0.87)	9.89 (2.16)	1.4	16 (2.7)	100	<3	
19+.....	19 (2.0)	3.92 (0.37)	1.04 (0.08)	1.26 (0.08)	1.72 (0.08)	2.45 (0.09)	3.59 (0.14)	5.47 (0.31)	8.01 (1.64)	9	9 (1.9)	100	<3	
<b>Females:</b>														
9-13.....	12 (2.2)	1.87 (0.09)	0.87* (0.06)	1.02 (0.06)	1.30 (0.07)	1.70 (0.09)	2.24 (0.12)	2.95 (0.17)	3.51* (0.20)	0.8	3* (1.2)	60	<3	
14-18.....	12 (4.3)	1.76 (0.12)	0.76* (0.05)	0.89 (0.04)	1.15 (0.05)	1.52 (0.07)	2.03 (0.13)	2.76 (0.26)	3.49* (0.42)	1	15 (2.8)	80	<3	
19-50.....	19 (1.8)	2.93 (0.25)	0.90 (0.04)	1.05 (0.04)	1.34 (0.04)	1.76 (0.04)	2.40 (0.09)	3.74 (0.24)	5.55 (1.01)	1.1	12 (1.9)	100	<3	
51+.....	31 (2.7)	3.27 (0.33)	0.84 (0.04)	0.98 (0.05)	1.28 (0.05)	1.77 (0.09)	3.11 (0.28)	5.52 (0.77)	7.66 (0.66)	1.3	26 (3.2)	100	<3	
19+.....	24 (1.8)	3.07 (0.21)	0.88 (0.04)	1.02 (0.04)	1.32 (0.04)	1.76 (0.05)	2.58 (0.13)	4.48 (0.36)	6.98 (0.75)	18	18 (2.0)	100	<3	
<b>All:</b>														
1+.....	20 (1.2)	2.95 (0.13)	0.92 (0.02)	1.07 (0.02)	1.38 (0.02)	1.86 (0.03)	2.73 (0.08)	4.24 (0.16)	6.02 (0.41)	11	9 (0.9)		<3	

NOTES: <sup>†</sup> 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 TF 5. Folate (µg DFE): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Under 131% poverty</b>											
<b>Males and females:</b>											
1-3.....	16 (2.3)	386 (10)	201* (8)	229 (7)	285 (7)	361 (8)	457 (12)	571 (17)	653* (29)	120	<3
4-8.....	22 (2.6)	541 (18)	287 (15)	325 (15)	400 (15)	501 (16)	640 (20)	806 (33)	936 (44)	160	<3
<b>Males:</b>											
9-13.....	17 (3.2)	592 (24)	307* (17)	349 (17)	437 (19)	551 (23)	703 (32)	888 (61)	1029* (84)	250	<3
14-18.....	11 (2.2)	611 (27)	326* (18)	367 (20)	453 (22)	571 (25)	724 (32)	901 (43)	1039* (59)	330	5* (1.7)
19-50.....	12 (1.8)	601 (16)	266 (11)	313 (11)	407 (13)	542 (16)	720 (22)	965 (39)	1161 (46)	320	11 (1.5)
51+.....	27 (3.0)	699 (32)	258 (14)	304 (14)	402 (16)	560 (23)	877 (75)	1263 (68)	1494 (99)	320	12 (1.8)
19+.....	17 (1.8)	635 (17)	263 (11)	310 (11)	405 (12)	547 (14)	755 (22)	1088 (43)	1297 (51)	320	11 (1.5)
<b>Females:</b>											
9-13.....	12 (2.2)	562 (25)	287* (16)	329 (16)	407 (18)	516 (20)	656 (22)	828 (41)	958* (87)	250	<3
14-18.....	12 (4.3)	494 (38)	239* (18)	275 (20)	343 (23)	438 (29)	569 (48)	756 (106)	951* (156)	330	22 (5.7)
19-50.....	19 (1.7)	526 (26)	220 (12)	256 (12)	330 (13)	435 (14)	595 (24)	936 (68)	1182 (80)	320	23 (2.9)
51+.....	31 (2.7)	586 (34)	203 (14)	238 (15)	313 (16)	435 (23)	761 (95)	1135 (48)	1367 (177)	320	27 (3.9)
19+.....	24 (1.8)	550 (27)	213 (12)	249 (12)	323 (13)	435 (16)	635 (36)	1051 (55)	1253 (76)	320	24 (3.1)
<b>All:</b>											
1+.....	19 (1.1)	568 (9)	235 (7)	277 (6)	360 (6)	484 (8)	671 (14)	981 (25)	1188 (30)	14	(1.1)

NOTES: <sup>†</sup>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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 6. Folic acid (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>Under 131% poverty</b>											
<b>Males and females:</b>											
1-3.....	16 (2.3)	162 (6)	61* (7)	75 (7)	104 (5)	146 (5)	201 (7)	267 (11)	315* (20)	300	6 (1.3)
4-8.....	22 (2.6)	240 (13)	100 (12)	120 (12)	160 (12)	216 (13)	295 (14)	392 (22)	467 (28)	400	9 (1.9)
<b>Males:</b>											
9-13.....	17 (3.2)	262 (12)	110* (9)	132 (9)	177 (10)	239 (12)	321 (16)	423 (33)	503* (45)	600	<3
14-18.....	11 (2.2)	260 (15)	113* (11)	133 (12)	176 (13)	237 (15)	319 (18)	414 (24)	488* (33)	800	<3
19-50.....	12 (1.8)	235 (10)	67 (5)	87 (5)	130 (6)	198 (7)	292 (13)	433 (28)	547 (28)	1000	<3
51+.....	27 (3.0)	288 (17)	62 (6)	81 (6)	123 (8)	201 (12)	377 (50)	599 (33)	731 (60)	1000	<3
19+.....	17 (1.8)	253 (10)	65 (5)	85 (5)	128 (6)	199 (7)	310 (15)	509 (25)	620 (28)	1000	<3
<b>Females:</b>											
9-13.....	12 (2.2)	247 (16)	101* (10)	121 (10)	162 (10)	220 (12)	296 (17)	390 (28)	463* (51)	600	<3
14-18.....	12 (4.3)	210 (20)	77* (7)	94 (7)	128 (9)	177 (13)	247 (23)	350 (56)	466* (90)	800	<3
19-50.....	19 (1.7)	210 (11)	51 (5)	66 (5)	101 (5)	155 (6)	243 (13)	444 (39)	577 (42)	1000	<3
51+.....	31 (2.7)	246 (14)	45 (5)	59 (6)	92 (6)	154 (8)	340 (47)	550 (21)	679 (108)	1000	<3
19+.....	24 (1.8)	224 (11)	48 (5)	63 (5)	98 (5)	155 (6)	266 (15)	506 (22)	615 (46)	1000	<3
<b>All:</b>											
1+.....	19 (1.1)	235 (5)	60 (4)	79 (3)	120 (3)	186 (3)	286 (6)	466 (14)	574 (17)		<3

NOTES: <sup>†</sup>Percent reporting supplement containing folic acid. Sample size presented on page 24.  
 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, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 7. Choline (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males and females:</b>													
1-3.....	7 (1.5)	212 (6)	126* (7)	142 (7)	170 (6)	206 (7)	248 (7)	291 (8)	320* (9)	200	54 (4.6)	1000	<3
4-8.....	7 (1.4)	227 (6)	137 (6)	152 (6)	183 (6)	221 (6)	264 (7)	311 (8)	341 (10)	250	32 (3.6)	1000	<3
<b>Males:</b>													
9-13.....	6* (1.7)	249 (12)	139* (7)	158 (7)	194 (9)	240 (11)	294 (15)	350 (19)	389* (23)	375	6* (2.3)	2000	<3
14-18.....	4* (1.5)	282 (17)	162* (9)	181 (10)	220 (13)	271 (16)	332 (19)	396 (25)	439* (29)	550	<3	3000	<3
19-50.....	4 (1.3)	361 (12)	186 (11)	216 (11)	274 (11)	349 (12)	434 (14)	521 (18)	576 (20)	550	7 (1.6)	3500	<3
51+.....	<3	371 (17)	194 (14)	224 (15)	282 (16)	358 (17)	447 (19)	536 (24)	593 (28)	550	9 (2.6)	3500	<3
19+.....	<3	364 (13)	188 (12)	219 (12)	277 (12)	352 (13)	438 (15)	527 (19)	582 (23)	550	8 (1.9)	3500	<3
<b>Females:</b>													
9-13.....	6* (2.1)	229 (9)	126* (6)	144 (6)	177 (7)	220 (9)	271 (11)	325 (15)	360* (18)	375	4* (1.5)	2000	<3
14-18.....	4* (1.9)	209 (12)	113* (9)	130 (9)	161 (10)	201 (12)	248 (15)	298 (18)	332* (19)	400	<3	3000	<3
19-50.....	6 (1.1)	269 (5)	149 (5)	170 (5)	210 (5)	260 (5)	318 (6)	378 (7)	418 (8)	425	4 (0.7)	3500	<3
51+.....	6 (1.2)	268 (7)	150 (6)	170 (6)	210 (6)	259 (7)	317 (8)	376 (10)	414 (11)	425	4 (0.8)	3500	<3
19+.....	6 (1.0)	268 (5)	149 (5)	170 (5)	210 (5)	260 (5)	318 (6)	377 (7)	416 (9)	425	4 (0.7)	3500	<3
<b>All:</b>													
1+.....	5 (0.6)	286 (5)	146 (4)	167 (4)	209 (4)	267 (4)	343 (6)	431 (10)	491 (13)		10 (0.7)		<3

NOTES: <sup>†</sup>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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table TF 8. Vitamin B12 (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles								<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	
<b>Under 131% poverty</b>												
<b>Males and females:</b>												
1-3.....	17 (2.4)	4.40 (0.12)	2.36* (0.15)	2.67 (0.14)	3.28 (0.13)	4.08 (0.12)	5.13 (0.13)	6.45 (0.21)	7.56* (0.36)	0.7	<3	
4-8.....	23 (2.6)	4.97 (0.19)	2.60 (0.17)	2.95 (0.16)	3.62 (0.15)	4.53 (0.17)	5.75 (0.21)	7.43 (0.46)	8.98 (0.60)	1	<3	
<b>Males:</b>												
9-13.....	17 (3.2)	9.76* (4.17)	2.27* (0.20)	2.74 (0.21)	3.76 (0.23)	5.16 (0.28)	7.06 (0.42)	9.57 (0.74)	11.60* (1.57)	1.5	<3	
14-18.....	12 (2.3)	9.29 (2.33)	2.68* (0.18)	3.16 (0.19)	4.21 (0.22)	5.76 (0.28)	7.89 (0.39)	10.63 (0.74)	13.57* (3.84)	2	<3	
19-50.....	15 (1.8)	21.40 (4.84)	1.98 (0.19)	2.52 (0.20)	3.66 (0.20)	5.43 (0.30)	8.22 (0.56)	14.62 (3.44)	25.21 (8.44)	2	5 (1.5)	
51+.....	28 (3.4)	58.31* (18.50)	1.93 (0.21)	2.44 (0.22)	3.61 (0.29)	5.76 (0.51)	11.20 (1.96)	58.82 (43.79)	107.85 (65.38)	2	6 (1.8)	
19+.....	19 (2.0)	34.18 (7.27)	1.96 (0.20)	2.50 (0.20)	3.64 (0.23)	5.53 (0.35)	8.87 (0.68)	23.05 (4.51)	56.71 (36.00)	2	5 (1.5)	
<b>Females:</b>												
9-13.....	12 (2.3)	9.37* (4.31)	1.91* (0.16)	2.34 (0.17)	3.19 (0.20)	4.46 (0.27)	6.23 (0.36)	8.58 (0.53)	10.31* (0.70)	1.5	<3	
14-18.....	12 (4.3)	7.81* (3.47)	1.49* (0.14)	1.84 (0.15)	2.57 (0.17)	3.65 (0.21)	5.26 (0.41)	7.94 (1.22)	11.21* (2.70)	2	13 (2.7)	
19-50.....	22 (1.8)	65.19 (18.87)	1.68 (0.12)	2.03 (0.11)	2.78 (0.11)	3.95 (0.14)	6.07 (0.31)	12.11 (1.40)	53.01 (26.24)	2	10 (1.7)	
51+.....	37 (2.6)	152.45 (42.38)	1.72 (0.15)	2.09 (0.16)	2.93 (0.18)	4.62 (0.32)	12.90 (4.64)	341.16 (273.85)	1004.12 (273.99)	2	9 (2.1)	
19+.....	28 (1.8)	99.72 (24.09)	1.69 (0.12)	2.05 (0.13)	2.84 (0.12)	4.15 (0.16)	7.38 (0.52)	29.29 (4.44)	503.91 (184.42)	2	9 (1.8)	
<b>All:</b>												
1+.....	22 (1.2)	49.81 (9.97)	1.87 (0.07)	2.31 (0.07)	3.22 (0.07)	4.64 (0.09)	7.22 (0.22)	14.86 (2.43)	45.12 (11.57)	6	(0.7)	

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 9. Vitamin C (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males and females:</b>													
1-3.....	18 (2.5)	76.6 (5.2)	25.4* (3.7)	32.2 (3.7)	46.4 (3.6)	67.0 (4.0)	94.3 (4.4)	126.1 (6.1)	150.3* (10.5)	13	<3	400	<3
4-8.....	25 (3.3)	84.9 (5.6)	27.8 (3.2)	34.9 (3.2)	50.6 (3.6)	73.3 (4.1)	105.0 (5.3)	142.8 (9.5)	176.7 (21.1)	22	<3	650	<3
<b>Males:</b>													
9-13.....	17 (3.3)	87.7 (12.5)	25.2* (3.7)	32.0 (4.1)	47.3 (5.0)	69.0 (6.1)	98.8 (7.8)	136.2 (10.6)	168.4* (22.0)	39	16 (4.9)	1200	<3
14-18.....	12 (2.1)	79.2 (9.4)	21.4* (3.2)	26.7 (3.6)	39.3 (4.2)	59.0 (5.2)	87.9 (6.8)	126.1 (11.4)	160.4* (20.4)	63	54 (5.8)	1800	<3
19-50.....	15 (2.1)	91.5 (8.3)	16.3 (1.7)	22.6 (2.1)	37.4 (2.9)	62.9 (4.4)	102.8 (6.5)	161.1 (14.4)	241.4 (62.3)	75	59 (3.5)	2000	<3
51+.....	33 (4.1)	187.0* (57.7)	19.0 (2.1)	26.0 (2.8)	44.2 (4.8)	80.5 (8.7)	147.6 (19.5)	257.6 (29.7)	377.5 (102.0)	75	47 (4.7)	2000	<3
19+.....	22 (2.4)	124.5 (22.6)	17.1 (1.7)	23.7 (2.1)	39.2 (3.0)	67.7 (4.8)	115.6 (8.4)	199.0 (24.9)	308.4 (44.2)	75	55 (3.4)	2000	<3
<b>Females:</b>													
9-13.....	15 (3.6)	79.0 (5.9)	25.6* (3.1)	32.7 (3.5)	47.2 (4.1)	69.6 (5.5)	100.5 (7.6)	138.2 (10.5)	165.0* (13.5)	39	16 (4.1)	1200	<3
14-18.....	15 (5.2)	69.1 (8.0)	18.7* (2.9)	24.2 (3.3)	36.1 (4.2)	54.6 (5.9)	82.2 (8.7)	118.7 (14.9)	158.5* (43.4)	56	52 (6.8)	1800	<3
19-50.....	23 (1.8)	95.2 (9.5)	19.8 (2.5)	25.9 (2.9)	40.2 (3.6)	63.4 (4.3)	100.8 (5.8)	162.6 (13.3)	226.5 (31.6)	60	47 (4.1)	2000	<3
51+.....	37 (3.0)	141.9 (19.9)	21.3 (2.3)	28.2 (2.5)	44.8 (3.1)	75.8 (4.4)	129.1 (8.1)	247.6 (39.6)	581.6 (200.2)	60	39 (2.9)	2000	<3
19+.....	29 (1.6)	113.7 (10.3)	20.3 (2.4)	26.7 (2.8)	41.8 (3.3)	67.5 (3.9)	111.3 (5.7)	188.2 (15.2)	305.9 (60.6)	60	43 (3.4)	2000	<3
<b>All:</b>													
1+.....	23 (1.3)	106.1 (8.3)	20.2 (1.2)	26.8 (1.3)	42.1 (1.6)	67.2 (2.1)	106.3 (3.4)	168.6 (8.6)	249.6 (22.6)	39	(1.6)		<3

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 10. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
<b>Under 131% poverty</b>														
<b>Males:</b>														
19-50.....	17 (3.6)	--	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	29 (6.8)	--	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	22 (3.3)	139.6* (62.8)	13.4 (1.8)	18.6 (2.3)	31.9 (3.4)	55.2 (5.4)	94.6 (8.8)	159.5 (31.6)	249.1 (53.1)	110	80 (3.6)	2000	<3	
<b>Females:</b>														
19-50.....	16 (2.9)	--	--	--	--	--	--	--	--	--	95	--	2000	--
51+.....	31 (7.1)	--	--	--	--	--	--	--	--	--	95	--	2000	--
19+.....	21 (3.5)	72.1 (11.0)	14.2* (1.8)	18.8 (2.0)	29.2 (2.3)	47.3 (3.1)	75.6 (5.5)	118.4 (14.0)	165.5* (37.1)	95	84 (2.7)	2000	<3	

NOTES: <sup>†</sup> 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, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 11. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males:</b>													
19-50.....	15 (2.7)	99.4 (9.3)	19.3 (2.0)	26.3 (2.4)	42.1 (3.2)	69.3 (4.7)	111.2 (7.3)	172.9 (19.8)	272.0 (66.6)	75	54 (3.9)	2000	<3
51+.....	36 (4.4)	152.7 (20.0)	22.5* (2.6)	30.7 (3.5)	51.8 (5.5)	91.6 (10.5)	164.9 (22.7)	280.8 (44.7)	536.1* (149.3)	75	41 (5.0)	2000	<3
19+.....	22 (2.6)	117.1 (10.9)	20.3 (2.1)	27.5 (2.5)	44.7 (3.5)	75.1 (5.3)	125.9 (9.7)	215.6 (26.8)	338.6 (47.8)	75	50 (3.7)	2000	<3
<b>Females:</b>													
19-50.....	26 (2.5)	107.7 (13.2)	24.6 (2.9)	31.9 (3.1)	47.5 (3.9)	72.7 (5.8)	113.3 (9.5)	177.2 (16.9)	241.5 (38.0)	60	38 (4.6)	2000	<3
51+.....	39 (3.6)	162.8 (25.2)	25.9 (3.7)	33.9 (4.3)	52.9 (5.5)	87.1 (7.3)	149.0 (12.0)	301.7 (115.8)	639.0 (366.6)	60	31 (4.7)	2000	<3
19+.....	32 (2.3)	130.9 (13.3)	25.1 (3.1)	32.7 (3.5)	49.5 (4.0)	77.9 (4.9)	126.1 (8.7)	214.8 (21.5)	380.3 (130.2)	60	35 (3.9)	2000	<3

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 12. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males:</b>													
19-50.....	15 (2.1)	91.9 (8.3)	16.6 (2.0)	22.9 (2.3)	37.8 (3.2)	63.3 (4.6)	103.3 (6.4)	161.2 (14.3)	237.7 (61.7)	110/75	64 (3.2)	2000	<3
51+.....	33 (4.1)	186.7* (58.0)	18.1 (2.5)	25.6 (3.2)	44.2 (5.2)	79.5 (9.7)	147.5 (20.5)	259.0 (27.7)	367.4 (108.6)	110/75	53 (5.3)	2000	<3
19+.....	22 (2.4)	124.7 (22.5)	17.1 (2.0)	23.7 (2.5)	39.5 (3.4)	68.0 (5.3)	115.6 (8.6)	199.0 (25.2)	304.3 (40.2)	110/75	60 (3.6)	2000	<3
<b>Females:</b>													
19-50.....	23 (1.8)	95.1 (10.1)	19.2 (2.1)	25.3 (2.4)	39.8 (3.1)	63.4 (4.4)	101.2 (7.2)	162.9 (14.8)	226.3 (31.2)	95/60	53 (3.7)	2000	<3
51+.....	37 (3.0)	142.6 (20.8)	21.3 (3.2)	28.2 (3.6)	45.3 (4.7)	76.1 (5.9)	129.7 (9.3)	249.0 (39.9)	583.4 (214.3)	95/60	43 (4.3)	2000	<3
19+.....	29 (1.6)	113.9 (10.6)	20.0 (2.4)	26.3 (2.7)	41.7 (3.2)	67.8 (3.7)	111.7 (6.6)	188.9 (15.7)	303.3 (62.1)	95/60	49 (3.0)	2000	<3

NOTES: <sup>†</sup> 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, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 13. Vitamin D (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males and females:</b>													
1-3.....	17 (2.4)	7.4 (0.3)	2.9* (0.2)	3.5 (0.2)	4.7 (0.2)	6.4 (0.2)	8.9 (0.4)	12.6 (1.0)	15.6* (1.2)	10	81 (2.4)	63	<3
4-8.....	22 (2.5)	7.2 (0.4)	2.4 (0.2)	2.9 (0.2)	4.1 (0.2)	5.8 (0.2)	8.5 (0.5)	13.8 (1.1)	17.5 (1.7)	10	81 (2.8)	75	<3
<b>Males:</b>													
9-13.....	17 (3.0)	7.4 (0.6)	1.8* (0.2)	2.4 (0.2)	3.7 (0.3)	5.7 (0.4)	8.9 (0.7)	14.8 (2.2)	19.6* (2.0)	10	80 (3.2)	100	<3
14-18.....	11 (2.4)	6.2 (0.5)	1.6* (0.2)	2.0 (0.2)	3.1 (0.3)	4.8 (0.4)	7.5 (0.5)	11.7 (1.3)	16.6* (2.5)	10	86 (2.9)	100	<3
19-50.....	15 (1.6)	8.1 (0.8)	1.3 (0.1)	1.7 (0.1)	2.6 (0.2)	4.2 (0.2)	7.1 (0.4)	15.1 (2.6)	26.5 (3.9)	10	85 (1.7)	100	<3
51+.....	34 (3.1)	17.2 (1.9)	1.6 (0.2)	2.1 (0.2)	3.4 (0.3)	6.1 (0.6)	21.4 (5.6)	37.9 (11.6)	64.6 (13.8)	10	65 (3.9)	100	<3
19+.....	22 (1.6)	11.3 (0.8)	1.4 (0.1)	1.8 (0.1)	2.8 (0.2)	4.7 (0.3)	8.8 (0.7)	27.7 (2.5)	40.6 (11.8)	10	78 (1.8)	100	<3
<b>Females:</b>													
9-13.....	12 (2.1)	6.1 (0.3)	1.5* (0.2)	2.0 (0.2)	3.0 (0.2)	4.8 (0.3)	7.5 (0.5)	12.3 (0.9)	15.5* (1.1)	10	85 (2.1)	100	<3
14-18.....	14 (4.3)	5.2 (0.6)	1.0* (0.1)	1.3 (0.1)	2.1 (0.2)	3.5 (0.3)	5.9 (0.8)	10.7 (2.1)	16.5* (4.1)	10	89 (3.8)	100	<3
19-50.....	23 (2.2)	11.3 (2.8)	1.2 (0.1)	1.6 (0.1)	2.5 (0.1)	3.9 (0.2)	7.3 (0.7)	22.5 (3.8)	31.8 (5.9)	10	81 (2.4)	100	<3
51+.....	49 (3.1)	25.8 (3.5)	1.4 (0.1)	1.9 (0.1)	3.2 (0.2)	7.2 (1.6)	31.0 (2.9)	63.9 (12.1)	102.5 (17.2)	10	55 (3.5)	100	6 (2.3)
19+.....	33 (2.1)	17.0 (2.3)	1.3 (0.1)	1.7 (0.1)	2.7 (0.1)	4.6 (0.2)	13.5 (2.2)	38.8 (8.6)	63.4 (8.7)	10	71 (2.1)	100	<3
<b>All:</b>													
1+.....	24 (1.2)	11.9 (0.9)	1.4 (0.1)	1.9 (0.1)	2.9 (0.1)	4.9 (0.1)	9.2 (0.3)	27.0 (1.3)	42.1 (8.2)	10	77 (0.8)		<3

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 14. Vitamin K (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Under 131% poverty</b>											
<b>Males:</b>											
19-50.....	9 (1.5)	91.3 (5.1)	32.7 (2.5)	40.4 (2.9)	56.8 (3.7)	81.4 (4.8)	114.8 (6.5)	154.2 (9.4)	183.2 (11.9)	120	22 (3.3)
51+.....	23 (3.2)	109.5 (7.8)	38.1 (3.8)	46.5 (4.2)	65.3 (5.4)	95.3 (7.0)	137.7 (9.4)	185.9 (12.8)	222.6 (18.7)	120	34 (4.8)
19+.....	14 (1.7)	97.6 (5.2)	34.3 (2.6)	42.3 (3.1)	59.5 (3.9)	85.8 (5.1)	122.6 (6.8)	166.6 (9.9)	198.4 (12.7)	120	26 (3.5)
<b>Females:</b>											
19-50.....	8 (1.2)	100.2 (5.6)	36.2 (4.1)	44.1 (4.6)	61.9 (5.4)	88.2 (5.8)	125.4 (6.5)	171.1 (7.5)	205.1 (9.0)	90	48 (5.0)
51+.....	22 (2.5)	104.0 (5.9)	36.6 (4.3)	44.8 (4.6)	63.5 (5.3)	91.5 (6.1)	131.8 (6.9)	178.4 (8.1)	210.9 (8.3)	90	51 (4.8)
19+.....	14 (1.3)	101.7 (5.5)	36.4 (4.1)	44.4 (4.5)	62.4 (5.2)	89.4 (5.7)	128.1 (6.2)	174.2 (6.8)	207.5 (7.5)	90	50 (4.8)

NOTES: <sup>†</sup>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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 15. Calcium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males and females:</b>													
1-3.....	3* (0.9)	916 (21)	552* (20)	620 (20)	743 (20)	895 (22)	1067 (26)	1238 (31)	1353* (39)	500	<3	2500	<3
4-8.....	7 (1.3)	936 (27)	557 (26)	626 (26)	756 (27)	913 (28)	1094 (31)	1275 (38)	1390 (42)	800	32 (4.2)	2500	<3
<b>Males:</b>													
9-13.....	8* (2.8)	1020 (42)	546* (29)	627 (30)	783 (34)	982 (38)	1214 (52)	1462 (66)	1630* (77)	1100	64 (4.9)	3000	<3
14-18.....	11 (2.2)	1057 (48)	578* (29)	656 (31)	812 (38)	1015 (47)	1259 (59)	1508 (74)	1679* (86)	1100	60 (5.7)	3000	<3
19-50.....	22 (2.3)	1071 (34)	518 (27)	609 (28)	785 (30)	1020 (35)	1298 (41)	1598 (52)	1798 (61)	800	27 (3.3)	2500	<3
51+.....	35 (4.0)	1027 (53)	478 (25)	564 (26)	730 (37)	964 (51)	1253 (67)	1564 (83)	1788 (104)		37 (4.3)	2000	<3
19+.....	26 (2.2)	1056 (37)	502 (24)	592 (25)	765 (29)	1002 (34)	1285 (47)	1587 (61)	1795 (74)		30 (3.2)		<3
<b>Females:</b>													
9-13.....	4* (1.9)	935 (35)	495* (26)	572 (26)	715 (28)	902 (34)	1117 (46)	1343 (61)	1491* (71)	1100	73 (4.2)	3000	<3
14-18.....	12 (3.6)	810 (47)	409* (39)	477 (39)	607 (41)	776 (44)	974 (61)	1184 (75)	1320* (82)	1100	85 (4.4)	3000	<3
19-50.....	27 (1.9)	886 (21)	455 (17)	522 (17)	658 (19)	836 (21)	1061 (25)	1310 (34)	1486 (38)	800	45 (2.8)	2500	<3
51+.....	48 (3.0)	970 (36)	431 (15)	502 (16)	647 (19)	862 (28)	1176 (48)	1632 (114)	1921 (111)	1000	63 (2.9)	2000	4 (1.2)
19+.....	35 (1.7)	919 (23)	445 (14)	514 (15)	654 (17)	845 (21)	1098 (27)	1418 (48)	1671 (72)		52 (2.5)		<3
<b>All:</b>													
1+.....	24 (1.1)	968 (18)	478 (15)	557 (14)	709 (14)	910 (18)	1161 (25)	1446 (32)	1654 (42)		44 (1.9)		<3

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table TF 16. Phosphorus (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males:</b>													
19-50.....	4 (0.9)	1549 (46)	879 (43)	1002 (41)	1230 (40)	1517 (47)	1828 (53)	2137 (61)	2329 (69)	580	<3	4000	<3
51+.....	17 (2.8)	1473 (52)	819 (42)	936 (44)	1157 (47)	1434 (53)	1750 (60)	2058 (66)	2245 (72)	580	<3		<3
19+.....	9 (1.3)	1522 (46)	855 (41)	976 (40)	1202 (40)	1490 (46)	1803 (53)	2111 (62)	2301 (70)	580	<3		<3
<b>Females:</b>													
19-50.....	5 (1.0)	1145 (21)	681 (20)	767 (20)	929 (19)	1122 (21)	1337 (24)	1552 (29)	1687 (34)	580	<3	4000	<3
51+.....	15 (2.2)	1083 (28)	631 (19)	715 (19)	870 (24)	1059 (28)	1271 (36)	1480 (45)	1612 (52)	580	<3		<3
19+.....	9 (1.2)	1120 (19)	658 (16)	744 (17)	904 (17)	1096 (19)	1313 (23)	1525 (32)	1658 (36)	580	<3		<3

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 17. Magnesium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Under 131% poverty</b>											
<b>Males:</b>											
19-50.....	16 (2.3)	320 (10)	161 (7)	187 (7)	238 (7)	305 (9)	385 (11)	471 (14)	530 (19)	350	62 (3.3)
51+.....	26 (3.2)	329 (12)	163 (9)	190 (9)	240 (10)	311 (12)	397 (15)	490 (20)	555 (30)		63 (3.9)
19+.....	20 (1.8)	323 (8)	162 (7)	188 (7)	239 (8)	307 (8)	389 (10)	478 (12)	539 (14)		62 (2.8)
<b>Females:</b>											
19-50.....	12 (1.5)	261 (6)	140 (4)	159 (5)	197 (5)	245 (6)	305 (7)	373 (10)	426 (15)	265	57 (2.7)
51+.....	27 (3.0)	266 (10)	138 (5)	157 (5)	196 (7)	247 (8)	313 (10)	384 (14)	436 (19)		58 (3.8)
19+.....	18 (1.6)	263 (7)	139 (4)	158 (4)	196 (4)	246 (5)	308 (7)	377 (10)	431 (13)		58 (2.5)

NOTES: <sup>†</sup> Percent reporting supplement containing magnesium. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing magnesium  
 EAR=Estimated Average Requirement

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 18. Iron (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males and females:</b>													
1-3.....	3* (0.7)	10.1 (0.3)	5.9* (0.2)	6.6 (0.2)	7.9 (0.2)	9.6 (0.3)	11.7 (0.3)	13.9 (0.4)	15.6* (0.5)	3	<3	40	<3
4-8.....	6 (1.1)	13.6 (0.4)	8.1 (0.4)	9.0 (0.4)	10.7 (0.4)	12.9 (0.4)	15.6 (0.4)	18.7 (0.6)	21.4 (0.9)	4.1	<3	40	<3
<b>Males:</b>													
9-13.....	<3	15.2 (0.5)	8.4* (0.4)	9.5 (0.4)	11.7 (0.4)	14.5 (0.5)	17.8 (0.6)	21.6 (0.9)	24.5* (1.4)	5.9	<3	40	<3
14-18.....	3* (1.2)	16.4 (0.7)	9.1* (0.4)	10.2 (0.4)	12.4 (0.5)	15.4 (0.5)	19.1 (0.6)	23.1 (0.8)	26.1* (1.1)	7.7	3* (0.8)	45	<3
19-50.....	5 (1.1)	15.5 (0.3)	7.9 (0.3)	9.1 (0.3)	11.5 (0.3)	14.7 (0.3)	18.5 (0.4)	22.6 (0.5)	25.5 (0.6)	6	<3	45	<3
51+.....	8 (2.3)	16.5 (0.8)	7.9 (0.4)	9.1 (0.4)	11.5 (0.4)	14.7 (0.5)	18.8 (0.7)	24.4 (2.0)	30.6 (3.4)	6	<3	45	<3
19+.....	6 (1.1)	15.9 (0.5)	7.9 (0.3)	9.1 (0.3)	11.5 (0.3)	14.7 (0.3)	18.6 (0.4)	23.1 (0.7)	26.9 (1.3)	6	<3	45	<3
<b>Females:</b>													
9-13.....	5* (1.1)	14.7 (0.5)	7.9* (0.4)	9.0 (0.4)	11.0 (0.4)	13.8 (0.4)	17.1 (0.5)	21.0 (0.8)	24.1* (1.4)	5.7	<3	40	<3
14-18.....	10 (3.5)	14.6 (1.1)	6.5* (0.3)	7.5 (0.3)	9.3 (0.3)	11.8 (0.4)	15.2 (0.7)	20.3 (2.2)	28.3* (16.5)	7.9	18 (2.0)	45	3* (1.9)
19-50.....	16 (1.6)	15.2 (0.8)	6.5 (0.3)	7.4 (0.2)	9.3 (0.2)	11.8 (0.3)	15.5 (0.5)	23.6 (2.0)	32.0 (2.6)	8.1	21 (1.5)	45	<3
51+.....	17 (2.6)	14.8 (0.8)	6.3 (0.2)	7.2 (0.2)	9.0 (0.2)	11.5 (0.3)	15.3 (0.7)	22.9 (1.9)	30.6 (2.1)	5	<3	45	<3
19+.....	16 (1.3)	15.0 (0.5)	6.4 (0.2)	7.3 (0.2)	9.2 (0.2)	11.7 (0.2)	15.4 (0.4)	23.3 (1.4)	31.4 (1.6)		14 (1.1)	45	<3
<b>All:</b>													
1+.....	10 (0.6)	14.9 (0.2)	6.9 (0.1)	8.0 (0.1)	10.0 (0.1)	12.9 (0.2)	16.8 (0.2)	22.0 (0.4)	27.3 (0.6)	7 (0.4)			<3

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 19. Zinc (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males and females:</b>													
1-3.....	15 (2.2)	7.6 (0.2)	4.7* (0.2)	5.2 (0.2)	6.1 (0.2)	7.3 (0.2)	8.6 (0.2)	10.1 (0.2)	11.1* (0.3)	2.5	<3	7	56 (3.5)
4-8.....	21 (2.4)	9.3 (0.2)	5.8 (0.2)	6.4 (0.2)	7.5 (0.2)	8.9 (0.2)	10.6 (0.2)	12.5 (0.3)	14.1 (0.6)	4	<3	12	13 (1.8)
<b>Males:</b>													
9-13.....	14 (2.8)	10.8 (0.5)	5.8* (0.2)	6.6 (0.3)	8.2 (0.3)	10.3 (0.4)	12.8 (0.6)	15.6 (0.8)	17.5* (1.1)	7	13 (2.0)	23	<3
14-18.....	9 (2.1)	12.2 (0.4)	6.7* (0.2)	7.6 (0.3)	9.3 (0.3)	11.6 (0.4)	14.4 (0.5)	17.5 (0.7)	19.8* (0.9)	8.5	17 (2.8)	34	<3
19-50.....	13 (1.8)	13.3 (0.5)	6.7 (0.3)	7.7 (0.3)	9.6 (0.3)	12.1 (0.3)	15.4 (0.5)	19.6 (0.9)	23.9 (1.5)	9.4	23 (2.7)	40	<3
51+.....	28 (4.3)	15.6 (1.2)	6.6 (0.3)	7.6 (0.4)	9.6 (0.5)	12.7 (0.7)	18.5 (2.0)	26.8 (2.7)	33.2 (6.2)	9.4	23 (3.8)	40	<3
19+.....	18 (1.9)	14.1 (0.6)	6.7 (0.3)	7.7 (0.3)	9.6 (0.3)	12.3 (0.4)	16.1 (0.6)	22.5 (1.4)	27.4 (1.9)	9.4	23 (2.7)	40	<3
<b>Females:</b>													
9-13.....	9 (1.8)	9.9 (0.4)	5.2* (0.2)	6.0 (0.2)	7.4 (0.3)	9.4 (0.4)	11.7 (0.5)	14.3 (0.7)	16.0* (0.9)	7	20 (3.1)	23	<3
14-18.....	6* (2.3)	8.7 (0.3)	4.4* (0.2)	5.1 (0.2)	6.4 (0.3)	8.1 (0.4)	10.2 (0.5)	12.6 (0.6)	14.4* (0.7)	7.3	39 (5.0)	34	<3
19-50.....	18 (1.6)	10.2 (0.3)	5.0 (0.2)	5.7 (0.2)	7.0 (0.1)	8.8 (0.2)	11.3 (0.3)	15.8 (0.9)	22.2 (1.6)	6.8	22 (1.8)	40	<3
51+.....	31 (2.7)	12.4 (0.5)	4.8 (0.2)	5.5 (0.2)	7.0 (0.2)	9.2 (0.3)	14.5 (1.5)	23.1 (1.1)	30.2 (2.3)	6.8	23 (2.5)	40	<3
19+.....	23 (1.7)	11.1 (0.3)	4.9 (0.2)	5.6 (0.2)	7.0 (0.1)	8.9 (0.2)	12.0 (0.4)	19.9 (1.2)	25.0 (1.1)	6.8	22 (1.8)	40	<3
<b>All:</b>													
1+.....	18 (1.1)	11.5 (0.2)	5.3 (0.1)	6.1 (0.1)	7.6 (0.1)	9.8 (0.1)	13.2 (0.3)	18.7 (0.5)	23.8 (0.8)	19 (1.0)		5 (0.5)	

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table TF 20. Copper (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males:</b>													
19-50.....	9 (1.7)	1.3 (0.04)	0.6 (0.03)	0.7 (0.03)	0.9 (0.03)	1.2 (0.04)	1.5 (0.05)	2.0 (0.08)	2.4 (0.17)	0.7	10 (1.6)	10	<3
51+.....	26 (4.2)	1.4 (0.08)	0.6 (0.03)	0.7 (0.03)	0.9 (0.04)	1.3 (0.05)	1.7 (0.08)	2.3 (0.32)	3.0 (0.40)	0.7	8 (1.6)	10	<3
19+.....	15 (2.0)	1.3 (0.04)	0.6 (0.02)	0.7 (0.03)	0.9 (0.03)	1.2 (0.04)	1.6 (0.05)	2.1 (0.10)	2.7 (0.24)	0.7	9 (1.5)	10	<3
<b>Females:</b>													
19-50.....	11 (1.3)	1.1 (0.03)	0.5 (0.01)	0.6 (0.01)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.7 (0.07)	2.2 (0.17)	0.7	19 (1.6)	10	<3
51+.....	25 (2.7)	1.2 (0.05)	0.5 (0.02)	0.6 (0.02)	0.8 (0.02)	1.0 (0.04)	1.4 (0.07)	2.4 (0.26)	3.0 (0.11)	0.7	17 (2.2)	10	<3
19+.....	16 (1.3)	1.2 (0.03)	0.5 (0.01)	0.6 (0.01)	0.8 (0.02)	1.0 (0.02)	1.3 (0.04)	1.9 (0.11)	2.7 (0.14)	0.7	18 (1.6)	10	<3

NOTES: <sup>†</sup>Percent reporting supplement containing copper. Sample size presented on page 24.  
 Estimates for children unavailable due to very low reporting of supplements containing copper  
 EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
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**Table TF 21. Selenium (µg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Under 131% poverty</b>													
<b>Males:</b>													
19-50.....	11 (1.9)	140 (4)	79 (3)	89 (3)	109 (3)	134 (4)	164 (5)	198 (6)	222 (9)	45	<3	400	<3
51+.....	25 (4.4)	136 (5)	73 (3)	83 (3)	103 (3)	129 (4)	160 (7)	194 (10)	221 (14)	45	<3	400	<3
19+.....	16 (2.0)	139 (4)	76 (3)	87 (3)	107 (3)	133 (4)	163 (5)	197 (6)	222 (8)	45	<3	400	<3
<b>Females:</b>													
19-50.....	10 (1.2)	99 (2)	57 (2)	65 (2)	78 (2)	95 (2)	115 (2)	136 (3)	151 (4)	45	<3	400	<3
51+.....	23 (2.9)	97 (3)	53 (2)	60 (2)	74 (2)	91 (2)	113 (3)	138 (5)	159 (7)	45	<3	400	<3
19+.....	15 (1.4)	98 (2)	56 (2)	63 (2)	77 (1)	94 (2)	114 (2)	137 (3)	154 (4)	45	<3	400	<3

NOTES: <sup>†</sup> 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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
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**Table TF 22. Sodium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>Under 131% poverty</b>													
<b>Males and females:</b>													
1-3.....	<3	1975 (59)	1197* (46)	1333 (44)	1592 (49)	1921 (57)	2299 (72)	2681 (89)	2941* (101)	800	>97	1200	95 (1.3)
4-8.....	8 (1.9)	2661 (77)	1655 (56)	1834 (54)	2177 (61)	2593 (75)	3074 (92)	3571 (111)	3889 (132)	1000	>97	1500	>97
<b>Males:</b>													
9-13.....	3* (1.6)	3173 (95)	2011* (81)	2223 (80)	2623 (87)	3106 (95)	3646 (110)	4200 (131)	4567* (156)	1200	>97	1800	>97
14-18.....	3* (1.4)	3645 (97)	2378* (74)	2601 (77)	3022 (82)	3559 (94)	4179 (115)	4797 (150)	5190* (173)	1500	>97	2300	96* (1.0)
19-50.....	6 (1.4)	3979 (85)	2413 (92)	2702 (84)	3230 (74)	3901 (81)	4631 (102)	5362 (124)	5820 (144)	1500	>97	2300	96 (1.0)
51+.....	7 (2.1)	3707 (133)	2193 (99)	2468 (101)	2972 (113)	3617 (132)	4351 (158)	5064 (183)	5524 (203)	1500	>97	2300	93 (1.6)
19+.....	6 (1.1)	3884 (91)	2324 (87)	2606 (81)	3133 (80)	3805 (88)	4542 (107)	5263 (131)	5725 (149)	1500	>97	2300	95 (1.2)
<b>Females:</b>													
9-13.....	7* (2.9)	2918 (98)	1827* (71)	2030 (75)	2394 (82)	2854 (96)	3364 (117)	3899 (151)	4234* (168)	1200	>97	1800	95* (1.3)
14-18.....	4* (1.9)	2734 (98)	1693* (78)	1887 (77)	2234 (85)	2672 (96)	3159 (116)	3659 (134)	3980* (150)	1500	>97	2300	71 (4.9)
19-50.....	8 (1.8)	2945 (45)	1740 (45)	1959 (45)	2369 (44)	2872 (44)	3442 (52)	4017 (66)	4391 (77)	1500	>97	2300	78 (1.8)
51+.....	10 (2.5)	2680 (53)	1551 (47)	1754 (48)	2136 (50)	2607 (55)	3148 (60)	3694 (74)	4052 (86)	1500	96 (0.9)	2300	67 (2.7)
19+.....	8 (1.6)	2840 (40)	1651 (41)	1864 (40)	2269 (39)	2764 (40)	3336 (45)	3903 (60)	4279 (71)	1500	>97	2300	74 (1.8)
<b>All:</b>													
1+.....	7 (0.8)	3141 (47)	1687 (30)	1932 (28)	2399 (29)	3010 (45)	3752 (62)	4529 (95)	5029 (119)		>97		86 (1.0)

NOTES: <sup>†</sup>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

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**Table TF 23. Potassium (mg): Mean and Percentiles of Total Usual Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, in the United States, 2015-2018**

	Percent reporting <sup>†</sup> % (SE)	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Under 131% poverty</b>											
<b>Males:</b>											
19-50.....	6 (1.1)	2646 (69)	1405 (67)	1632 (67)	2053 (63)	2578 (70)	3164 (78)	3745 (85)	4102 (95)	3400	18 (2.2)
51+.....	20 (2.9)	2826 (102)	1549 (87)	1774 (88)	2209 (97)	2755 (104)	3375 (113)	3967 (121)	4339 (129)	3400	24 (3.9)
19+.....	11 (1.4)	2708 (75)	1450 (67)	1680 (66)	2102 (67)	2637 (75)	3240 (85)	3829 (94)	4197 (106)	3400	20 (2.6)
<b>Females:</b>											
19-50.....	5 (1.1)	2114 (49)	1214 (41)	1377 (45)	1688 (47)	2062 (49)	2488 (55)	2915 (66)	3181 (75)	2600	20 (2.4)
51+.....	19 (2.9)	2210 (53)	1289 (46)	1455 (46)	1772 (51)	2157 (53)	2598 (62)	3028 (72)	3315 (80)	2600	25 (2.8)
19+.....	10 (1.5)	2152 (48)	1243 (42)	1407 (43)	1720 (45)	2100 (48)	2531 (54)	2962 (66)	3239 (75)	2600	22 (2.4)

NOTES: <sup>†</sup>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

CITATION: USDA, Agricultural Research Service, 2021. Total Usual Nutrient Intake from Food, Beverages, and Dietary Supplements, among Individuals Under 131% of Poverty Level, What We Eat in America, NHANES 2015-2018  
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**SAMPLE SIZE**

	Sample Size	Sample Size by Adult Smoking Status †		
		Smokers <i>Table TF 10</i>	Non-Smokers <i>Table TF 11</i>	Smokers/Non-Smokers <i>Table TF 12</i>
<b>Under 131% poverty</b>				
<b>Males and females:</b>				
1-3.....	393			
4-8.....	550			
<b>Males:</b>				
9-13.....	239			
14-18.....	239			
19-50.....	639	221	418	639
51+.....	577	186	391	577
19+.....	1216	407	809	1216
<b>Females:</b>				
9-13.....	288			
14-18.....	253			
19-50.....	753	201	550	751
51+.....	635	114	521	635
19+.....	1388	315	1071	1386
<b>All:</b>				
1+.....	4566			

†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) 2015-2018 and 30-day dietary supplement interviews also conducted in the National Health and Nutrition Examination Survey (NHANES) 2015-2018. 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 2015-2016 and 2017-2018.

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 2.52.

**Percentiles:** Estimated 50<sup>th</sup> 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 25<sup>th</sup> and 75<sup>th</sup> percentile, 0.10 at the 10<sup>th</sup> and 90<sup>th</sup> percentile, and 0.05 at the 5<sup>th</sup> and 95<sup>th</sup> 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.

**CITATION**

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