

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008

T h i a m i n													
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----													
Gender and age (years)	Percent reporting supplement thiamin ⁸		Sample Size	Food		Supplement		Food plus supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:													
2 - 5.....	18	(2.5)	832	1.24 (0.030)	0.23 (0.029)	1.46 (0.040)	119	1.18 (0.048)	1.27 (0.050)	2.46 (0.077)	1.25 (0.033)		
6 - 11.....	15	(2.3)	1121	1.48 (0.028)	0.30 (0.070)	1.78 (0.080)	107	1.57 (0.106)	2.05 (0.369)	3.62 (0.400)	1.46 (0.026)		
12 - 19.....	10	(1.6)	1136	1.67 (0.029)	0.46*(0.237)	2.13 (0.245)	87	1.91 (0.218)	4.81*(2.535)	6.72*(2.563)	1.64 (0.030)		
Males:													
20 - 39.....	13	(1.9)	860	2.02 (0.097)	0.94 (0.265)	2.96 (0.291)	91	1.99 (0.094)	7.47 (1.728)	9.47 (1.787)	2.03 (0.111)		
40 - 59.....	25	(3.1)	843	1.91 (0.058)	2.93 (0.791)	4.85 (0.792)	169	1.97 (0.090)	11.86 (2.275)	13.83 (2.287)	1.90 (0.065)		
60 and over.....	40	(3.1)	959	1.65 (0.041)	4.16 (0.518)	5.80 (0.533)	321	1.75 (0.062)	10.52 (1.139)	12.27 (1.148)	1.57 (0.034)		
20 and over...	23	(1.7)	2662	1.90 (0.045)	2.44 (0.450)	4.33 (0.460)	581	1.89 (0.047)	10.44 (1.390)	12.33 (1.408)	1.90 (0.055)		
Females:													
20 - 39.....	18	(3.1)	809	1.36 (0.028)	2.56*(0.798)	3.92 (0.803)	105	1.73 (0.085)	14.33 (3.461)	16.06 (3.495)	1.28 (0.026)		
40 - 59.....	28	(2.6)	873	1.41 (0.065)	3.26 (0.790)	4.68 (0.830)	205	1.65 (0.123)	11.52 (2.095)	13.17 (2.169)	1.32 (0.054)		
60 and over.....	43	(2.4)	988	1.31 (0.023)	5.17 (1.089)	6.48 (1.091)	345	1.37 (0.027)	12.06 (2.017)	13.43 (2.016)	1.27 (0.028)		
20 and over...	28	(1.5)	2670	1.37 (0.036)	3.50 (0.524)	4.87 (0.540)	655	1.56 (0.063)	12.34 (1.451)	13.90 (1.469)	1.29 (0.029)		
All Individuals:													
2 and over...	23	(1.2)	8421	1.59 (0.027)	2.32 (0.287)	3.91 (0.301)	1549	1.68 (0.045)	10.22 (0.947)	11.90 (0.966)	1.57 (0.027)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

R i b o f l a v i n																		
Gender and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —			—Non-users ⁷ —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	18	(2.5)	832	1.87 (0.048)	0.26 (0.033)	2.13 (0.052)	119	1.85 (0.067)	1.45 (0.058)	3.30 (0.113)	1.88 (0.050)							
6 - 11.....	15	(2.3)	1121	1.98 (0.047)	0.33 (0.072)	2.31 (0.096)	107	1.96 (0.133)	2.27 (0.364)	4.23 (0.403)	1.98 (0.047)							
12 - 19.....	10	(1.6)	1136	2.19 (0.053)	0.27 (0.059)	2.46 (0.083)	87	2.42 (0.138)	2.87 (0.605)	5.28 (0.611)	2.17 (0.057)							
Males:																		
20 - 39.....	13	(1.9)	860	2.56 (0.082)	0.96 (0.271)	3.52 (0.282)	91	2.52 (0.183)	7.60 (1.739)	10.13 (1.854)	2.57 (0.088)							
40 - 59.....	25	(3.1)	843	2.66 (0.090)	1.83 (0.456)	4.49 (0.452)	168	2.82 (0.112)	7.43 (1.136)	10.25 (1.153)	2.61 (0.108)							
60 and over.....	40	(3.2)	959	2.27 (0.064)	3.44 (0.479)	5.71 (0.500)	321	2.40 (0.093)	8.68 (0.929)	11.08 (0.950)	2.19 (0.055)							
20 and over...	23	(1.7)	2662	2.54 (0.058)	1.85 (0.320)	4.39 (0.325)	580	2.60 (0.072)	7.94 (0.912)	10.54 (0.940)	2.52 (0.069)							
Females:																		
20 - 39.....	18	(3.1)	809	1.83 (0.070)	2.60*(0.825)	4.42 (0.791)	106	2.27 (0.155)	14.27 (3.532)	16.54 (3.434)	1.73 (0.064)							
40 - 59.....	28	(2.5)	873	1.95 (0.050)	3.01 (0.765)	4.96 (0.770)	207	2.13 (0.094)	10.56 (2.280)	12.69 (2.293)	1.88 (0.052)							
60 and over.....	43	(2.5)	988	1.84 (0.044)	3.95 (0.958)	5.79 (0.970)	347	1.92 (0.059)	9.16 (1.899)	11.08 (1.914)	1.79 (0.045)							
20 and over...	29	(1.4)	2670	1.88 (0.043)	3.10 (0.531)	4.99 (0.534)	660	2.08 (0.062)	10.84 (1.527)	12.92 (1.523)	1.80 (0.042)							
All Individuals:																		
2 and over...	23	(1.2)	8421	2.16 (0.042)	1.94 (0.265)	4.09 (0.270)	1553	2.27 (0.055)	8.51 (0.895)	10.78 (0.910)	2.13 (0.043)							

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement niacin ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	18	(2.6)	832	15.1 (0.33)	2.5 (0.32)	17.6 (0.45)	121	15.0 (0.68)	13.6 (0.60)	28.6 (0.95)	15.1 (0.34)					
6 - 11.....	15	(2.3)	1121	20.2 (0.53)	2.4 (0.33)	22.7 (0.77)	108	22.4 (1.25)	16.6 (0.70)	39.0 (1.55)	19.9 (0.57)					
12 - 19.....	9	(1.6)	1136	24.9 (0.66)	1.8 (0.30)	26.7 (0.73)	83	26.6 (2.05)	19.2 (1.11)	45.8 (2.57)	24.7 (0.68)					
Males:																
20 - 39.....	13	(1.9)	860	32.4 (0.84)	4.3 (1.26)	36.7 (1.48)	94	31.9 (2.78)	33.3 (8.91)	65.2 (8.97)	32.5 (0.94)					
40 - 59.....	25	(3.1)	843	30.8 (0.67)	17.9* (5.79)	48.7 (5.86)	171	29.6 (1.11)	71.8 (21.49)	101.4 (22.01)	31.2 (0.82)					
60 and over.....	40	(3.1)	959	24.0 (0.71)	26.3 (4.74)	50.4 (5.00)	327	25.5 (0.75)	65.2 (9.75)	90.7 (9.89)	23.0 (0.69)					
20 and over...	24	(1.7)	2662	29.9 (0.47)	14.5 (2.36)	44.5 (2.44)	592	28.5 (0.75)	61.1 (8.69)	89.7 (8.84)	30.4 (0.64)					
Females:																
20 - 39.....	18	(3.2)	809	21.0 (0.74)	5.3 (1.25)	26.2 (1.14)	107	24.5 (2.08)	28.8 (3.28)	53.4 (2.38)	20.2 (0.69)					
40 - 59.....	29	(2.7)	873	21.1 (0.59)	9.0 (1.52)	30.1 (1.53)	209	23.5 (0.88)	30.6 (4.14)	54.0 (4.10)	20.2 (0.66)					
60 and over.....	44	(2.5)	988	18.1 (0.21)	21.8 (4.30)	40.0 (4.38)	352	18.9 (0.40)	49.7 (9.63)	68.7 (9.66)	17.5 (0.32)					
20 and over...	29	(1.5)	2670	20.3 (0.36)	11.0 (1.44)	31.3 (1.68)	668	22.0 (0.64)	37.5 (3.71)	59.5 (3.95)	19.6 (0.39)					
All Individuals:																
2 and over...	23	(1.2)	8421	24.0 (0.35)	10.0 (1.24)	33.9 (1.52)	1572	24.3 (0.53)	43.1 (3.79)	67.4 (3.99)	23.9 (0.38)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

V i t a m i n B 6																		
Gender and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —			—Non-users ⁷ —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	28	(3.4)	832	1.39 (0.030)	0.36 (0.044)	1.75 (0.054)	182	1.32 (0.041)	1.30 (0.074)	2.62 (0.101)	1.41 (0.035)							
6 - 11.....	20	(2.5)	1121	1.65 (0.050)	0.41 (0.079)	2.06 (0.108)	159	1.69 (0.080)	2.01 (0.265)	3.70 (0.313)	1.64 (0.052)							
12 - 19.....	11	(2.0)	1136	1.97 (0.067)	0.49 (0.118)	2.46 (0.140)	99	2.21 (0.142)	4.31 (0.803)	6.53 (0.814)	1.94 (0.072)							
Males:																		
20 - 39.....	13	(1.9)	860	2.48 (0.060)	1.23 (0.300)	3.71 (0.290)	95	2.39 (0.196)	9.48 (1.599)	11.87 (1.704)	2.49 (0.066)							
40 - 59.....	25	(3.0)	843	2.34 (0.055)	2.11 (0.394)	4.46 (0.408)	168	2.36 (0.109)	8.56 (1.061)	10.92 (1.109)	2.34 (0.071)							
60 and over.....	41	(2.9)	959	2.02 (0.065)	4.99 (0.547)	7.01 (0.547)	329	2.23 (0.088)	12.29 (1.445)	14.52 (1.426)	1.88 (0.068)							
20 and over...	24	(1.7)	2662	2.32 (0.034)	2.41 (0.242)	4.74 (0.248)	592	2.32 (0.070)	10.18 (0.569)	12.50 (0.591)	2.33 (0.048)							
Females:																		
20 - 39.....	20	(3.1)	809	1.64 (0.063)	3.26 (0.861)	4.91 (0.851)	112	1.96 (0.103)	16.61 (3.650)	18.57 (3.649)	1.57 (0.079)							
40 - 59.....	32	(2.8)	873	1.71 (0.085)	4.67 (1.262)	6.38 (1.265)	219	1.92 (0.119)	14.67 (3.124)	16.59 (3.109)	1.60 (0.075)							
60 and over.....	45	(2.7)	988	1.57 (0.035)	5.20 (1.005)	6.77 (1.010)	359	1.66 (0.054)	11.64 (1.785)	13.30 (1.792)	1.50 (0.041)							
20 and over...	31	(1.6)	2670	1.65 (0.046)	4.32 (0.620)	5.97 (0.636)	690	1.83 (0.072)	13.98 (1.570)	15.81 (1.577)	1.57 (0.044)							
All Individuals:																		
2 and over...	25	(1.2)	8421	1.91 (0.037)	2.64 (0.280)	4.55 (0.300)	1722	1.97 (0.057)	10.56 (0.872)	12.54 (0.883)	1.89 (0.035)							

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d																
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷						
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)		
Males and females:																			
2 - 5.....	26	(3.6)	832	170	(8.1)	76	(8.8)	246	(13.6)	172	149	(13.1)	292	(14.5)	441	(21.5)	178	(10.1)	
6 - 11.....	20	(2.5)	1121	210	(5.6)	65	(8.8)	275	(8.9)	155	213	(22.2)	322	(15.2)	534	(19.1)	210	(5.3)	
12 - 19.....	11	(1.8)	1136	226	(7.8)	42	(7.2)	267	(11.9)	99	256	(22.5)	393	(18.8)	649	(33.8)	222	(8.3)	
Males:																			
20 - 39.....	13	(1.9)	860	241	(11.6)	57	(8.7)	298	(13.7)	92	234	(20.4)	451	(43.0)	685	(30.1)	242	(13.4)	
40 - 59.....	25	(3.0)	843	212	(13.8)	110	(13.2)	322	(17.0)	170	210	(19.9)	445	(11.6)	655	(24.5)	213	(14.0)	
60 and over.....	41	(3.5)	959	187	(7.9)	204	(21.2)	391	(24.4)	327	198	(11.3)	498	(18.1)	697	(20.1)	179	(7.7)	
20 and over...	24	(1.8)	2662	218	(7.6)	110	(9.3)	328	(12.4)	589	211	(11.1)	467	(11.9)	678	(15.1)	220	(8.4)	
Females:																			
20 - 39.....	18	(2.9)	809	166	(6.1)	102	(17.8)	267	(21.3)	110	218	(21.0)	549	(36.4)	767	(40.6)	154	(6.0)	
40 - 59.....	31	(2.6)	873	160	(10.8)	158	(17.2)	318	(21.8)	213	182	(19.2)	510	(58.2)	693	(58.3)	149	(12.7)	
60 and over.....	45	(2.4)	988	157	(5.8)	217	(20.3)	375	(22.4)	356	159	(11.3)	485	(27.6)	643	(25.0)	157	(7.8)	
20 and over...	30	(1.6)	2670	161	(5.8)	154	(8.0)	315	(10.8)	679	181	(9.7)	509	(25.5)	690	(23.9)	153	(5.6)	
All Individuals:																			
2 and over...	25	(1.2)	8421	193	(3.5)	113	(6.1)	307	(7.8)	1694	195	(4.8)	463	(14.5)	658	(14.6)	193	(3.7)	

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		F o l a t e (D F E)																
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷						
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)		
Males and females:																			
2 - 5.....	26	(3.6)	832	415 (15.9)	129 (15.0)	544 (24.0)	172	375 (22.3)	497 (24.7)	871 (38.4)	429 (19.3)								
6 - 11.....	20	(2.5)	1121	499 (10.0)	110 (15.0)	609 (15.6)	155	515 (38.8)	547 (25.9)	1062 (33.6)	495 (9.8)								
12 - 19.....	11	(1.8)	1136	560 (13.6)	71 (12.3)	630 (21.0)	99	624 (45.3)	668 (31.9)	1292 (62.3)	552 (14.1)								
Males:																			
20 - 39.....	13	(1.9)	860	660 (24.0)	97 (14.8)	757 (24.6)	92	667 (45.7)	767 (73.1)	1434 (57.6)	659 (26.6)								
40 - 59.....	25	(3.0)	843	611 (27.4)	187 (22.4)	798 (35.3)	170	629 (34.1)	757 (19.8)	1385 (42.4)	605 (31.9)								
60 and over.....	41	(3.5)	959	534 (14.7)	346 (36.0)	881 (45.3)	327	569 (19.6)	847 (30.7)	1417 (38.1)	511 (15.1)								
20 and over...	24	(1.8)	2662	613 (16.7)	188 (15.9)	801 (26.4)	589	614 (17.7)	794 (20.3)	1408 (27.3)	613 (19.3)								
Females:																			
20 - 39.....	18	(2.9)	809	459 (12.9)	173 (30.2)	631 (37.3)	110	588 (38.1)	934 (61.9)	1522 (73.9)	429 (12.8)								
40 - 59.....	31	(2.6)	873	470 (24.6)	269 (29.2)	739 (43.4)	213	531 (36.7)	868 (99.0)	1399 (102.8)	443 (28.0)								
60 and over.....	45	(2.4)	988	449 (12.1)	370 (34.6)	818 (39.0)	356	466 (20.9)	824 (46.9)	1290 (40.3)	434 (15.3)								
20 and over...	30	(1.6)	2670	461 (14.0)	261 (13.6)	722 (21.9)	679	519 (20.4)	865 (43.3)	1384 (39.6)	436 (13.4)								
All Individuals:																			
2 and over...	25	(1.2)	8421	527 (9.9)	193 (10.3)	720 (17.3)	1694	548 (11.4)	787 (24.7)	1334 (25.2)	520 (10.0)								

See page 23 for footnotes.

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Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

C h o l i n e																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----																			
Gender and age (years)	Percent reporting supplement choline ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																			
2 - 5.....	17	(3.2)	832	213	(5.9)	5	(1.0)	218	(6.4)	114	236	(11.9)	27	(1.8)	263	(12.6)	209	(6.8)	
6 - 11.....	15	(2.7)	1121	237	(4.4)	4	(1.0)	241	(4.7)	110	261	(10.8)	27	(3.3)	288	(11.5)	233	(5.1)	
12 - 19.....	4	(0.9)	1136	275	(7.6)	1*	(0.5)	277	(7.6)		--	--	--	--	--	275	(7.9)		
Males:																			
20 - 39.....	2	(0.6)	860	404	(11.1)	1*	(0.3)	405	(10.9)		--	--	--	--	--	403	(11.3)		
40 - 59.....	2*	(0.9)	843	419	(13.4)	1*	(0.3)	419	(13.4)		--	--	--	--	--	419	(13.7)		
60 and over.....	3	(0.7)	959	341	(8.7)	1	(0.4)	343	(8.8)		--	--	--	--	--	341	(9.8)		
20 and over...	2	(0.4)	2662	396	(7.0)	1	(0.1)	397	(6.9)		--	--	--	--	--	396	(7.5)		
Females:																			
20 - 39.....	3	(1.2)	809	253	(7.8)	1*	(0.3)	253	(7.6)		--	--	--	--	--	254	(7.7)		
40 - 59.....	5	(1.1)	873	272	(7.3)	1*	(0.5)	273	(7.6)		--	--	--	--	--	270	(7.9)		
60 and over.....	4	(0.7)	988	247	(4.7)	2	(0.2)	248	(4.8)		--	--	--	--	--	245	(4.6)		
20 and over...	4	(0.8)	2670	259	(5.6)	1	(0.2)	260	(5.7)	74	282	(24.3)	27	(5.4)	309	(26.8)	258	(5.4)	
All Individuals:																			
2 and over...	5	(0.7)	8421	305	(5.3)	1	(0.2)	307	(5.3)	401	289	(14.5)	29	(2.1)	318	(15.0)	306	(5.3)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

V i t a m i n B 1 2																		
Gender and age (years)	Percent reporting supplement vitamin B12 ^s % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																		
2 - 5.....	27	(3.5)	832	4.32	(0.168)	1.3	(0.15)	5.6	(0.19)	179	4.21	(0.177)	4.8	(0.20)	9.0	(0.26)	4.37	(0.188)
6 - 11.....	20	(2.5)	1121	4.85	(0.177)	1.4	(0.20)	6.3	(0.29)	159	4.84	(0.321)	6.9	(0.55)	11.7	(0.70)	4.85	(0.184)
12 - 19.....	11	(1.9)	1136	5.42	(0.153)	0.9	(0.16)	6.3	(0.23)	97	6.05	(0.567)	8.1	(0.72)	14.1	(0.82)	5.34	(0.177)
Males:																		
20 - 39.....	13	(1.9)	860	6.68	(0.237)	9.9	(2.83)	16.6	(2.89)	98	5.82	(0.463)	74.2	(20.33)	80.0	(20.31)	6.81	(0.253)
40 - 59.....	25	(3.0)	843	6.31	(0.412)	21.5*	(7.17)	27.8	(7.18)	175	6.45	(0.471)	84.8*	(29.98)	91.2*	(30.05)	6.26	(0.472)
60 and over.....	42	(3.3)	959	5.73	(0.293)	48.0	(12.88)	53.8	(12.97)	342	6.32	(0.412)	114.7	(27.17)	121.0	(27.24)	5.31	(0.364)
20 and over...	24	(1.7)	2662	6.32	(0.245)	22.9	(4.30)	29.3	(4.38)	615	6.27	(0.264)	94.0	(16.39)	100.3	(16.48)	6.34	(0.274)
Females:																		
20 - 39.....	19	(3.1)	809	4.18	(0.190)	7.5	(2.18)	11.7	(2.14)	111	5.08	(0.412)	40.2	(9.95)	45.3	(9.77)	3.97	(0.178)
40 - 59.....	32	(3.2)	873	4.35	(0.229)	51.3*	(20.60)	55.7*	(20.56)	223	5.06	(0.322)	162.4*	(65.65)	167.5*	(65.63)	4.02	(0.250)
60 and over.....	47	(2.2)	988	4.34	(0.204)	77.9	(10.51)	82.2	(10.48)	377	4.59	(0.312)	165.7	(20.03)	170.3	(19.98)	4.13	(0.198)
20 and over...	31	(1.5)	2670	4.29	(0.137)	42.9	(8.46)	47.2	(8.49)	711	4.88	(0.205)	138.1	(28.00)	143.0	(28.02)	4.02	(0.130)
All Individuals:																		
2 and over...	25	(1.2)	8421	5.19	(0.120)	25.1	(4.70)	30.3	(4.77)	1761	5.37	(0.127)	99.3	(18.38)	104.7	(18.44)	5.13	(0.134)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement vitamin C ⁸ % (SE)		V i t a m i n C													
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
Males and females:																
2 - 5.....	29	(3.7)	832	96.2 (4.00)	18.4 (2.38)	114.6 (4.58)	190	85.7 (8.74)	64.6 (7.69)	150.3 (10.53)	100.4 (4.65)					
6 - 11.....	22	(2.1)	1121	80.9 (4.53)	24.9 (3.73)	105.8 (3.79)	168	90.8 (8.09)	113.8 (18.76)	204.6 (19.87)	78.2 (4.87)					
12 - 19.....	12	(1.9)	1136	80.3 (3.90)	18.4 (3.38)	98.7 (5.75)	109	81.8 (7.84)	148.7 (26.01)	230.6 (26.06)	80.1 (4.06)					
Males:																
20 - 39.....	16	(2.2)	860	97.6 (5.79)	49.2 (11.26)	146.8 (13.93)	111	131.0 (19.52)	316.8 (40.20)	447.8 (53.35)	91.4 (5.15)					
40 - 59.....	27	(2.6)	843	89.0 (5.87)	88.9 (14.15)	177.9 (14.35)	190	99.4 (10.44)	324.9 (47.51)	424.2 (45.33)	85.0 (7.26)					
60 and over.....	44	(3.3)	959	84.5 (3.23)	127.9 (13.97)	212.5 (14.81)	355	104.8 (6.29)	290.0 (28.92)	394.8 (28.18)	68.5 (3.08)					
20 and over...	27	(1.6)	2662	91.3 (4.23)	82.3 (9.10)	173.6 (10.03)	656	108.6 (4.22)	310.1 (27.12)	418.7 (27.04)	85.1 (5.05)					
Females:																
20 - 39.....	21	(3.0)	809	75.9 (4.91)	59.9 (12.19)	135.8 (13.70)	123	94.6 (10.06)	284.2 (44.66)	378.7 (44.77)	70.9 (4.47)					
40 - 59.....	33	(2.9)	873	77.8 (5.85)	92.7 (17.22)	170.5 (21.79)	233	88.9 (6.13)	281.7 (37.55)	370.6 (38.39)	72.4 (7.75)					
60 and over.....	49	(2.0)	988	76.3 (3.17)	133.0 (11.29)	209.3 (13.10)	401	87.0 (4.26)	272.4 (16.31)	359.4 (18.49)	66.1 (3.68)					
20 and over...	33	(1.8)	2670	76.8 (4.12)	91.6 (9.84)	168.4 (12.52)	757	89.4 (4.55)	278.7 (19.85)	368.1 (19.81)	70.5 (4.45)					
All Individuals:																
2 and over...	27	(1.3)	8421	83.8 (3.37)	70.0 (5.88)	153.8 (7.73)	1880	95.6 (3.26)	258.7 (17.26)	354.2 (16.81)	79.4 (3.69)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

V i t a m i n D																		
Gender and age (years)	Percent reporting supplement vitamin D ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg
Males and females:																		
2 - 5.....	28	(3.4)	832	6.3	(0.25)	2.1	(0.24)	8.4	(0.21)	182	6.0	(0.28)	7.6	(0.41)	13.6	(0.51)	6.5	(0.25)
6 - 11.....	21	(2.5)	1121	5.0	(0.17)	1.8	(0.25)	6.9	(0.32)	162	5.3	(0.33)	8.9	(0.38)	14.2	(0.57)	5.0	(0.19)
12 - 19.....	11	(1.9)	1136	4.8	(0.24)	1.2	(0.22)	6.0	(0.30)	101	5.8	(0.72)	10.8	(0.62)	16.6	(0.80)	4.7	(0.25)
Males:																		
20 - 39.....	12	(1.6)	860	4.9	(0.24)	1.2	(0.16)	6.1	(0.25)	89	6.0	(0.88)	10.2	(0.50)	16.2	(0.82)	4.8	(0.26)
40 - 59.....	23	(2.7)	843	5.2	(0.42)	5.3*	(2.74)	10.6	(2.83)	161	5.9	(0.76)	22.8*(11.94)		28.7*(12.09)		5.1	(0.46)
60 and over.....	41	(3.2)	959	4.6	(0.14)	6.0	(0.53)	10.6	(0.58)	335	4.9	(0.32)	14.7	(0.53)	19.7	(0.74)	4.4	(0.14)
20 and over...	23	(1.6)	2662	5.0	(0.22)	3.9	(1.08)	8.9	(1.15)	585	5.5	(0.37)	17.0	(4.50)	22.5	(4.73)	4.8	(0.26)
Females:																		
20 - 39.....	20	(2.9)	809	3.5	(0.18)	2.5	(0.40)	6.0	(0.42)	116	4.4	(0.61)	12.5	(0.66)	17.0	(0.83)	3.2	(0.14)
40 - 59.....	33	(2.7)	873	4.0	(0.21)	6.0	(0.72)	10.0	(0.82)	225	5.0	(0.43)	18.1	(1.56)	23.0	(1.64)	3.5	(0.28)
60 and over.....	51	(2.2)	988	3.9	(0.13)	10.8	(1.76)	14.7	(1.69)	427	4.0	(0.18)	21.1	(3.20)	25.2	(3.14)	3.7	(0.15)
20 and over...	33	(1.6)	2670	3.8	(0.13)	6.0	(0.48)	9.8	(0.51)	768	4.5	(0.20)	18.1	(1.35)	22.6	(1.39)	3.4	(0.15)
All Individuals:																		
2 and over...	26	(1.2)	8421	4.6	(0.11)	4.1	(0.50)	8.7	(0.54)	1798	5.0	(0.18)	16.1	(1.79)	21.2	(1.89)	4.4	(0.14)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

V i t a m i n K																		
Gender and age (years)	Percent reporting supplement vitamin K ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)		µg
Males and females:																		
2 - 5.....	2*	(0.5)	832	49.4	(5.98)	0.2*	(0.07)	49.6	(6.02)	--	--	--	--	--	49.3	(6.12)		
6 - 11.....	1*	(0.6)	1121	50.2	(2.47)	7.1*	(6.81)	57.2	(7.57)	--	--	--	--	--	49.7	(2.48)		
12 - 19.....	5	(1.1)	1136	68.1	(5.88)	1.6	(0.39)	69.6	(5.94)	--	--	--	--	--	66.8	(5.80)		
Males:																		
20 - 39.....	10	(1.7)	860	95.5	(6.55)	3.1	(0.44)	98.6	(6.68)	77	97.9	(11.71)	29.9	(2.01)	127.8	(13.18)	95.3	(6.36)
40 - 59.....	20	(2.4)	843	115.4	(8.03)	5.1	(0.87)	120.5	(8.22)	137	163.1	(30.17)	25.6	(2.19)	188.7	(31.53)	103.6	(10.42)
60 and over.....	33	(2.8)	959	97.2	(4.88)	7.7	(0.84)	104.9	(4.94)	260	102.4	(9.78)	23.4	(1.49)	125.8	(10.49)	94.7	(5.06)
20 and over...	19	(1.4)	2662	103.7	(5.91)	4.9	(0.38)	108.6	(5.98)	474	126.1	(16.35)	25.7	(1.03)	151.7	(16.86)	98.4	(6.52)
Females:																		
20 - 39.....	11	(2.1)	809	88.2	(5.78)	4.2*	(1.34)	92.4	(6.37)	65	97.3	(15.05)	39.6	(6.10)	136.9	(14.24)	87.1	(6.53)
40 - 59.....	23	(2.5)	873	98.9	(8.10)	6.7	(1.06)	105.6	(8.73)	151	111.9	(14.60)	29.7	(2.48)	141.7	(15.79)	95.1	(8.82)
60 and over.....	33	(1.7)	988	99.6	(6.25)	10.1	(0.97)	109.6	(6.20)	272	98.8	(10.73)	30.2	(2.95)	129.0	(12.66)	99.9	(8.54)
20 and over...	21	(1.4)	2670	95.3	(4.98)	6.7	(0.65)	102.0	(5.37)	488	104.1	(6.41)	31.6	(2.29)	135.7	(7.37)	93.0	(5.70)
All Individuals:																		
2 and over...	16	(1.0)	8421	88.7	(4.26)	5.1	(0.60)	93.8	(4.45)	1020	112.8	(7.92)	32.5	(3.47)	145.4	(7.70)	84.2	(4.58)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

L y c o p e n e																
Gender and age (years)	Percent reporting supplement lycopene ⁸ % (SE)	—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —				
		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food
			µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	
Males and females:																
2 - 5.....	0* (0.0)	832	3732 (237.7)	0* (0.0)	3732 (237.7)										3732 (237.7)	
6 - 11.....	0* (0.0)	1121	5028 (218.3)	0* (0.0)	5028 (218.3)										5028 (218.3)	
12 - 19.....	3 (0.8)	1136	5541 (508.7)	10* (3.2)	5550 (508.4)										5583 (523.1)	
Males:																
20 - 39.....	9 (1.7)	860	7803 (587.3)	42 (9.2)	7845 (590.5)										7862 (624.1)	
40 - 59.....	19 (2.5)	843	6578 (463.5)	80 (12.1)	6659 (470.5)	129	8906(1687.7)	419 (25.3)	9325(1688.0)						6026 (353.3)	
60 and over.....	32 (2.6)	959	5393 (414.2)	193 (25.6)	5586 (426.9)	249	4580 (416.8)	609 (69.8)	5189 (417.8)						5771 (545.8)	
20 and over...	18 (1.3)	2662	6787 (306.9)	91 (9.1)	6878 (312.1)	442	6872 (708.6)	505 (27.6)	7378 (711.6)						6769 (352.0)	
Females:																
20 - 39.....	6 (1.1)	809	5399 (431.2)	35* (13.3)	5434 (433.6)										5457 (435.4)	
40 - 59.....	16 (2.3)	873	4241 (389.1)	77 (11.3)	4318 (386.0)	102	4454 (889.5)	498 (49.8)	4952 (877.6)						4201 (370.8)	
60 and over.....	27 (1.8)	988	4178 (320.5)	91 (7.7)	4269 (322.3)	222	4590 (506.8)	334 (13.4)	4924 (507.3)						4024 (322.5)	
20 and over...	15 (1.3)	2670	4627 (256.1)	66 (7.5)	4693 (253.9)	359	4513 (518.7)	437 (34.3)	4951 (519.1)						4647 (263.3)	
All Individuals:																
2 and over...	13 (0.9)	8421	5483 (185.7)	59 (5.1)	5542 (188.3)	823	5702 (352.9)	471 (21.0)	6172 (359.3)						5452 (208.6)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)		L u t e i n + z e a x a n t h i n										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Males and females:													
2 - 5.....	0*	(0.0)	832	746 (135.7)	0*	(0.0)	746 (135.7)	--	--	--	--	746 (135.7)	
6 - 11.....	0*	(0.0)	1121	634 (37.6)	0*	(0.0)	634 (37.6)	--	--	--	--	634 (37.6)	
12 - 19.....	2	(0.6)	1136	921 (120.2)	6*	(1.9)	926 (119.8)	--	--	--	--	921 (122.8)	
Males:													
20 - 39.....	6	(1.1)	860	1231 (128.7)	19	(4.7)	1250 (129.6)	--	--	--	--	1252 (134.7)	
40 - 59.....	14	(1.9)	843	1671 (172.7)	41	(5.7)	1712 (174.1)	91	2085 (476.8)	288 (18.6)	2373 (466.7)	1601 (223.9)	
60 and over.....	29	(2.3)	959	1345 (98.6)	329	(66.6)	1674 (88.7)	231	1426 (164.7)	1129 (216.5)	2555 (256.3)	1311 (114.1)	
20 and over...	14	(1.1)	2662	1428 (115.1)	97	(15.6)	1524 (112.6)	366	1601 (209.4)	679 (104.5)	2280 (221.8)	1399 (137.0)	
Females:													
20 - 39.....	6	(0.9)	809	1250 (113.3)	40*	(17.9)	1290 (111.7)	--	--	--	--	1270 (120.4)	
40 - 59.....	15	(2.2)	873	1461 (117.4)	64	(10.8)	1525 (124.5)	100	1839 (313.8)	418 (41.2)	2257 (331.7)	1392 (138.0)	
60 and over.....	29	(1.7)	988	1504 (108.8)	307	(88.1)	1810 (127.8)	241	1675 (255.9)	1063 (301.6)	2739 (377.8)	1434 (160.6)	
20 and over...	15	(1.3)	2670	1398 (80.0)	118	(25.4)	1516 (83.0)	376	1644 (118.5)	762 (142.8)	2406 (185.9)	1354 (93.5)	
All Individuals:													
2 and over...	11	(0.8)	8421	1252 (76.7)	81	(12.2)	1333 (77.5)	760	1609 (79.8)	715 (91.3)	2325 (128.8)	1207 (84.7)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement calcium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	14	(1.7)	832	985 (34.2)	13	(1.7)	998 (33.9)	97	975 (59.8)	98	(7.7)	1073 (61.7)	986	(33.6)		
6 - 11.....	12	(2.1)	1121	956 (30.1)	14	(2.1)	970 (30.2)	98	1010 (57.6)	114	(6.4)	1124 (56.6)	948	(34.1)		
12 - 19.....	11	(1.2)	1136	1030 (33.3)	37	(5.5)	1066 (34.0)	93	1188 (71.5)	339	(32.0)	1527 (72.9)	1011	(34.0)		
Males:																
20 - 39.....	17	(2.3)	860	1115 (33.5)	54	(8.8)	1169 (35.2)	118	1317 (136.0)	328	(33.3)	1645 (150.6)	1074	(39.1)		
40 - 59.....	28	(3.2)	843	1051 (40.3)	106	(16.4)	1157 (42.2)	202	1149 (48.6)	374	(32.1)	1523 (60.8)	1013	(55.3)		
60 and over.....	44	(3.3)	959	880 (25.9)	181	(24.3)	1061 (46.6)	360	969 (56.3)	415	(35.1)	1384 (81.6)	810	(15.2)		
20 and over...	27	(2.0)	2662	1038 (24.2)	103	(10.9)	1140 (29.1)	680	1124 (47.3)	378	(19.3)	1502 (58.4)	1005	(33.3)		
Females:																
20 - 39.....	22	(2.7)	809	853 (23.5)	99	(17.4)	952 (29.7)	131	1021 (56.9)	460	(64.0)	1481 (76.4)	807	(24.9)		
40 - 59.....	38	(2.3)	873	851 (39.6)	275	(21.0)	1125 (55.5)	265	928 (51.8)	732	(35.6)	1660 (71.0)	804	(48.3)		
60 and over.....	58	(2.7)	988	764 (21.9)	439	(27.9)	1203 (46.4)	495	819 (22.5)	761	(20.6)	1580 (31.9)	689	(23.6)		
20 and over...	37	(1.6)	2670	829 (24.3)	256	(14.8)	1085 (37.0)	891	903 (24.0)	689	(20.1)	1592 (41.2)	786	(26.8)		
All Individuals:																
2 and over...	27	(1.3)	8421	946 (19.9)	142	(8.9)	1088 (26.4)	1859	1001 (25.1)	523	(15.9)	1524 (37.6)	926	(23.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

P h o s p h o r u s																
Gender and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	10	(1.6)	832	1059 (26.6)	9	(1.6)	1068 (26.8)	73	1090 (45.4)	94	(3.6)	1184 (46.5)	1055 (26.9)			
6 - 11.....	9	(2.4)	1121	1184 (23.8)	9	(2.4)	1192 (24.3)	74	1258 (44.9)	94	(2.7)	1352 (44.9)	1176 (25.9)			
12 - 19.....	5	(0.9)	1136	1324 (26.5)	5	(0.9)	1330 (26.7)	--	--	--	--	1317 (24.0)				
Males:																
20 - 39.....	6	(1.0)	860	1632 (43.0)	10	(2.8)	1641 (43.7)	--	--	--	--	1632 (42.8)				
40 - 59.....	14	(1.7)	843	1612 (42.2)	15	(2.2)	1628 (42.3)	97	1592 (103.2)	106	(5.0)	1698 (104.8)	1616 (48.0)			
60 and over.....	28	(2.3)	959	1299 (37.9)	25	(2.0)	1324 (38.7)	225	1431 (69.9)	88	(5.4)	1519 (70.5)	1248 (32.4)			
20 and over...	14	(1.1)	2662	1550 (26.1)	15	(1.4)	1565 (26.8)	370	1526 (64.6)	106	(6.1)	1633 (66.1)	1554 (28.6)			
Females:																
20 - 39.....	8	(2.0)	809	1135 (23.7)	8	(1.6)	1142 (23.7)	--	--	--	--	1122 (22.8)				
40 - 59.....	14	(2.4)	873	1171 (35.3)	18	(3.9)	1189 (37.4)	105	1307 (63.7)	122	(21.1)	1429 (74.0)	1149 (41.1)			
60 and over.....	29	(1.7)	988	1021 (22.9)	26	(1.1)	1047 (22.9)	236	1070 (30.8)	90	(5.3)	1160 (30.2)	1000 (28.5)			
20 and over...	16	(1.1)	2670	1120 (22.3)	16	(1.6)	1136 (23.7)	385	1193 (30.9)	103	(6.9)	1297 (33.9)	1106 (24.5)			
All Individuals:																
2 and over...	13	(0.9)	8421	1298 (20.9)	14	(1.2)	1312 (21.8)	952	1334 (34.3)	103	(4.2)	1437 (36.9)	1293 (21.0)			

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	14	(1.8)	832	193 (4.5)	3 (0.5)	196 (4.5)	96	198 (10.7)	21 (2.3)	219 (10.6)	193 (4.4)					
6 - 11.....	12	(2.2)	1121	215 (2.8)	3 (0.5)	218 (2.9)	93	246 (10.7)	22 (1.3)	268 (11.2)	211 (2.9)					
12 - 19.....	9	(1.5)	1136	253 (6.8)	6 (1.3)	260 (7.2)	75	277 (20.3)	72 (6.7)	349 (21.5)	251 (6.5)					
Males:																
20 - 39.....	14	(2.0)	860	344 (11.4)	15 (3.3)	358 (11.8)	96	371 (26.7)	109 (13.1)	480 (31.5)	340 (11.1)					
40 - 59.....	24	(3.0)	843	345 (8.1)	28 (5.2)	374 (10.2)	167	354 (17.1)	120 (11.3)	473 (16.1)	343 (9.0)					
60 and over.....	38	(2.8)	959	297 (9.3)	47 (6.0)	343 (13.9)	313	330 (15.7)	122 (9.9)	452 (21.9)	276 (6.0)					
20 and over...	23	(1.6)	2662	334 (7.0)	27 (2.9)	361 (9.0)	576	349 (15.0)	118 (5.9)	467 (17.2)	329 (6.7)					
Females:																
20 - 39.....	16	(2.8)	809	250 (7.6)	17 (3.7)	267 (10.0)	94	311 (12.2)	103 (9.7)	414 (12.9)	239 (7.2)					
40 - 59.....	29	(2.5)	873	273 (10.3)	45* (14.1)	318 (23.1)	207	313 (18.7)	156 (42.3)	470 (56.7)	256 (8.9)					
60 and over.....	43	(1.6)	988	243 (5.9)	65 (7.9)	308 (12.4)	349	262 (7.6)	151 (16.0)	412 (18.2)	228 (6.8)					
20 and over...	28	(1.5)	2670	257 (7.3)	40 (7.5)	298 (13.8)	650	293 (9.4)	143 (21.0)	436 (28.4)	243 (6.7)					
All Individuals:																
2 and over...	22	(1.1)	8421	277 (6.1)	26 (3.8)	303 (9.4)	1490	307 (10.6)	121 (12.3)	428 (21.5)	268 (5.2)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement iron ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	12	(2.0)	832	11.0	(0.39)	2.1	(0.31)	13.0	(0.57)	93	11.3	(0.98)	16.7	(0.74)	28.0	(1.36)	10.9	(0.43)
6 - 11.....	12	(2.1)	1121	13.5	(0.27)	2.1	(0.37)	15.5	(0.56)	87	16.1	(1.14)	17.6	(0.52)	33.7	(1.45)	13.1	(0.27)
12 - 19.....	8	(1.3)	1136	15.2	(0.32)	1.4	(0.29)	16.6	(0.47)	68	16.7	(1.29)	18.0	(1.26)	34.7	(2.09)	15.0	(0.30)
Males:																		
20 - 39.....	8	(1.2)	860	17.9	(0.46)	1.7	(0.44)	19.5	(0.49)		--		--		--		17.8	(0.49)
40 - 59.....	12	(1.6)	843	17.8	(0.68)	2.2	(0.41)	20.1	(0.73)	85	18.9	(1.51)	18.7	(1.75)	37.6	(1.61)	17.7	(0.65)
60 and over.....	17	(1.8)	959	16.2	(0.50)	3.2	(0.44)	19.4	(0.84)	143	18.1	(1.04)	19.0	(1.85)	37.1	(2.11)	15.8	(0.46)
20 and over...	11	(1.0)	2662	17.5	(0.43)	2.2	(0.29)	19.7	(0.51)	284	18.7	(0.96)	19.4	(1.48)	38.2	(1.41)	17.3	(0.42)
Females:																		
20 - 39.....	16	(2.5)	809	12.6	(0.21)	3.5	(0.58)	16.1	(0.72)	105	14.6	(0.74)	21.9	(1.43)	36.5	(1.07)	12.3	(0.23)
40 - 59.....	21	(2.6)	873	13.3	(0.65)	4.2	(0.59)	17.5	(0.97)	164	15.5	(1.05)	19.7	(1.29)	35.1	(1.68)	12.7	(0.74)
60 and over.....	23	(1.1)	988	12.7	(0.23)	6.2	(0.68)	18.9	(0.76)	190	13.3	(0.39)	26.4	(2.43)	39.6	(2.62)	12.6	(0.31)
20 and over...	20	(1.4)	2670	12.9	(0.33)	4.5	(0.31)	17.4	(0.59)	459	14.6	(0.51)	22.3	(1.18)	36.9	(1.17)	12.5	(0.39)
All Individuals:																		
2 and over...	14	(1.0)	8421	14.7	(0.26)	3.0	(0.17)	17.7	(0.37)	991	15.8	(0.47)	20.6	(0.49)	36.4	(0.46)	14.6	(0.27)

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement zinc ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	22	(3.3)	832	8.3 (0.22)	1.6 (0.22)	9.9 (0.36)	151	8.1 (0.30)	7.2 (0.71)	15.3 (0.86)	8.4 (0.28)					
6 - 11.....	18	(2.5)	1121	10.3 (0.33)	1.6 (0.26)	11.8 (0.53)	138	11.3 (0.56)	8.9 (0.54)	20.2 (0.93)	10.1 (0.35)					
12 - 19.....	10	(1.7)	1136	11.4 (0.26)	1.3 (0.24)	12.7 (0.35)	92	12.7 (0.77)	13.1 (1.19)	25.9 (1.08)	11.2 (0.29)					
Males:																
20 - 39.....	12	(1.9)	860	15.2 (0.49)	1.8 (0.27)	17.0 (0.57)	87	13.2 (0.84)	15.1 (0.91)	28.3 (1.37)	15.5 (0.55)					
40 - 59.....	24	(2.8)	843	14.9 (0.84)	3.7 (0.44)	18.6 (0.72)	163	14.9 (0.74)	15.6 (0.62)	30.5 (0.86)	14.8 (1.10)					
60 and over.....	38	(3.2)	959	12.4 (0.70)	7.2 (0.87)	19.6 (1.12)	310	13.2 (0.83)	18.8 (1.25)	32.0 (1.48)	11.8 (0.71)					
20 and over...	23	(1.6)	2662	14.4 (0.43)	3.8 (0.34)	18.2 (0.56)	560	13.9 (0.50)	16.7 (0.60)	30.6 (0.65)	14.6 (0.53)					
Females:																
20 - 39.....	17	(2.9)	809	9.8 (0.23)	2.8 (0.65)	12.7 (0.59)	101	11.1 (0.94)	16.8 (1.96)	27.9 (1.12)	9.6 (0.17)					
40 - 59.....	29	(2.6)	873	10.2 (0.39)	4.9 (0.51)	15.1 (0.72)	203	11.4 (0.48)	16.9 (0.90)	28.4 (1.05)	9.7 (0.40)					
60 and over.....	43	(1.6)	988	9.3 (0.25)	8.5 (0.52)	17.8 (0.70)	342	10.0 (0.32)	19.8 (0.96)	29.8 (1.05)	8.7 (0.29)					
20 and over...	28	(1.6)	2670	9.8 (0.21)	5.1 (0.29)	14.9 (0.45)	646	10.8 (0.24)	18.0 (0.36)	28.8 (0.43)	9.4 (0.21)					
All Individuals:																
2 and over...	23	(1.1)	8421	11.6 (0.22)	3.7 (0.19)	15.3 (0.35)	1587	11.9 (0.32)	16.1 (0.36)	28.0 (0.50)	11.5 (0.25)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting supplement copper ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	11	(1.7)	832	0.9 (0.02)	0.2 (0.03)	1.1 (0.04)	81	0.9 (0.05)	1.9 (0.10)	2.8 (0.11)	0.8 (0.02)					
6 - 11.....	11	(2.1)	1121	1.0 (0.01)	0.2 (0.04)	1.2 (0.05)	81	1.1 (0.06)	1.9 (0.05)	3.1 (0.08)	1.0 (0.01)					
12 - 19.....	8	(1.3)	1136	1.2 (0.03)	0.2 (0.03)	1.3 (0.05)	66	1.2 (0.09)	2.0 (0.17)	3.2 (0.19)	1.2 (0.03)					
Males:																
20 - 39.....	11	(1.6)	860	1.6 (0.06)	0.2 (0.03)	1.8 (0.06)	84	1.7 (0.15)	1.8 (0.11)	3.5 (0.16)	1.6 (0.06)					
40 - 59.....	21	(2.7)	843	1.5 (0.04)	0.4 (0.05)	1.9 (0.04)	150	1.6 (0.10)	1.8 (0.11)	3.4 (0.08)	1.5 (0.06)					
60 and over.....	37	(3.0)	959	1.4 (0.05)	0.7 (0.08)	2.0 (0.10)	294	1.5 (0.08)	1.8 (0.12)	3.3 (0.14)	1.3 (0.04)					
20 and over...	21	(1.5)	2662	1.5 (0.03)	0.4 (0.04)	1.9 (0.05)	528	1.6 (0.08)	1.8 (0.08)	3.4 (0.07)	1.5 (0.03)					
Females:																
20 - 39.....	14	(2.7)	809	1.1 (0.03)	0.3 (0.06)	1.4 (0.07)	83	1.4 (0.07)	1.8 (0.14)	3.2 (0.14)	1.1 (0.03)					
40 - 59.....	26	(2.7)	873	1.2 (0.06)	0.5 (0.07)	1.7 (0.12)	177	1.5 (0.10)	1.8 (0.12)	3.3 (0.20)	1.2 (0.05)					
60 and over.....	38	(1.6)	988	1.1 (0.04)	0.7 (0.05)	1.8 (0.08)	313	1.2 (0.05)	1.9 (0.12)	3.1 (0.14)	1.1 (0.04)					
20 and over...	25	(1.4)	2670	1.2 (0.04)	0.5 (0.03)	1.6 (0.06)	573	1.4 (0.06)	1.8 (0.05)	3.2 (0.10)	1.1 (0.03)					
All Individuals:																
2 and over...	19	(1.0)	8421	1.3 (0.03)	0.4 (0.02)	1.6 (0.05)	1329	1.4 (0.06)	1.8 (0.05)	3.3 (0.08)	1.2 (0.02)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

S o d i u m																
Gender and age (years)	Percent reporting supplement sodium ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	13	(2.0)	832	2230 (45.1)	1	(0.2)	2232 (45.1)	87	2163 (66.3)	11	(0.6)	2174 (66.4)	2241	(48.5)		
6 - 11.....	10	(2.4)	1121	2933 (71.4)	1	(0.3)	2934 (71.4)	72	3009 (157.6)	10	(0.2)	3019 (157.6)	2925	(78.9)		
12 - 19.....	3	(0.7)	1136	3504 (95.6)	1*	(0.2)	3504 (95.5)	--	--	--	--	3517	(92.4)			
Males:																
20 - 39.....	6	(0.6)	860	4299 (109.1)	5*	(1.6)	4304 (108.7)	--	--	--	--	4270	(118.5)			
40 - 59.....	6	(1.2)	843	4221 (113.8)	3	(0.4)	4224 (113.9)	--	--	--	--	4249	(112.1)			
60 and over.....	11	(1.6)	959	3287 (108.4)	5	(0.8)	3292 (108.7)	78	3688 (233.7)	42	(5.7)	3730 (233.5)	3239	(102.5)		
20 and over...	7	(0.7)	2662	4043 (80.3)	4	(0.7)	4046 (80.2)	148	4063 (226.4)	55	(9.9)	4119 (229.0)	4041	(81.0)		
Females:																
20 - 39.....	3	(1.0)	809	3027 (71.1)	4*	(2.5)	3030 (71.9)	--	--	--	--	3017	(70.6)			
40 - 59.....	6	(1.1)	873	2984 (77.3)	2	(0.4)	2986 (77.5)	--	--	--	--	2977	(78.3)			
60 and over.....	11	(2.0)	988	2513 (36.6)	5	(1.2)	2518 (36.4)	87	2529 (130.8)	45	(6.6)	2574 (133.7)	2511	(37.7)		
20 and over...	6	(0.8)	2670	2878 (42.2)	3	(0.8)	2882 (42.5)	145	2879 (166.5)	49	(13.5)	2928 (176.4)	2878	(42.5)		
All Individuals:																
2 and over...	7	(0.6)	8421	3332 (52.3)	3	(0.4)	3335 (52.4)	481	3248 (119.8)	41	(6.5)	3289 (122.9)	3338	(53.0)		

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

P o t a s s i u m																
Gender and age (years)	Percent reporting potassium ⁸ % (SE)		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	#		832	1984 (37.3)	#		1984 (37.3)			--	--	--		1985 (37.3)		
6 - 11.....	1*	(0.6)	1121	2053 (37.7)	#		2053 (37.8)			--	--	--		2052 (37.8)		
12 - 19.....	4	(0.8)	1136	2277 (65.3)	3	(0.9)	2280 (65.3)			--	--	--		2274 (65.1)		
Males:																
20 - 39.....	13	(2.2)	860	3007 (81.5)	18	(4.2)	3025 (79.7)	82	3178 (171.4)	146	(20.9)	3324 (174.6)		2982 (88.2)		
40 - 59.....	21	(2.4)	843	3165 (64.0)	19	(2.1)	3185 (64.6)	151	3267 (138.4)	92	(3.3)	3359 (138.2)		3138 (80.7)		
60 and over.....	35	(2.9)	959	2817 (79.2)	32	(2.9)	2849 (80.2)	281	3054 (105.9)	91	(3.7)	3145 (105.7)		2688 (83.5)		
20 and over...	21	(1.4)	2662	3026 (50.4)	22	(1.8)	3048 (51.2)	514	3167 (92.2)	104	(5.9)	3271 (91.7)		2989 (57.7)		
Females:																
20 - 39.....	7	(1.1)	809	2123 (48.1)	9*	(4.1)	2132 (49.3)		--	--	--	--		2098 (51.4)		
40 - 59.....	16	(2.4)	873	2422 (67.1)	14	(2.2)	2436 (68.5)	119	2864 (133.9)	83	(7.3)	2947 (133.7)		2337 (68.4)		
60 and over.....	32	(2.0)	988	2280 (52.4)	29	(2.1)	2309 (54.3)	263	2399 (93.8)	89	(3.6)	2488 (95.5)		2224 (43.7)		
20 and over...	17	(1.4)	2670	2282 (50.6)	16	(2.4)	2298 (52.0)	428	2587 (80.0)	93	(8.5)	2681 (81.8)		2220 (47.1)		
All Individuals:																
2 and over...	15	(1.0)	8421	2510 (46.1)	14	(1.5)	2524 (47.1)	982	2875 (72.9)	98	(5.9)	2973 (73.0)		2448 (44.0)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 37. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Gender and Age, in the United States, 2007-2008 (continued)

Gender and age (years)	Percent reporting selenium ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)		µg
Males and females:																
2 - 5.....	1*	(0.4)	832	69.8	(1.90)	0.1*	(0.06)	69.9	(1.90)	--	--	--	--	70.0	(1.89)	
6 - 11.....	1*	(0.6)	1121	87.4	(1.89)	0.6*	(0.35)	88.0	(1.88)	--	--	--	--	87.3	(1.93)	
12 - 19.....	5	(1.2)	1136	106.7	(2.39)	3.3	(0.80)	110.0	(2.59)	--	--	--	--	106.6	(2.53)	
Males:																
20 - 39.....	11	(1.7)	860	140.0	(2.95)	8.6	(1.75)	148.7	(3.15)	79	140.2	(9.94)	80.5	(7.44)	220.7	(15.69)
40 - 59.....	22	(2.9)	843	137.1	(3.93)	15.2	(2.69)	152.3	(4.77)	148	138.7	(5.79)	69.5	(5.29)	208.2	(8.10)
60 and over.....	36	(3.1)	959	106.7	(3.40)	23.4	(2.58)	130.1	(4.41)	288	110.1	(5.32)	65.7	(4.97)	175.8	(5.75)
20 and over...	21	(1.6)	2662	131.4	(2.08)	14.5	(1.19)	145.9	(2.80)	515	128.0	(3.60)	70.2	(2.72)	198.2	(3.31)
Females:																
20 - 39.....	11	(2.0)	809	91.3	(2.57)	6.9*	(2.17)	98.1	(3.11)	71	112.0	(9.93)	63.3	(12.06)	175.3	(9.79)
40 - 59.....	24	(2.7)	873	93.3	(3.33)	13.2	(2.14)	106.4	(4.53)	165	104.9	(4.36)	55.2	(5.28)	160.0	(8.38)
60 and over.....	38	(2.4)	988	79.5	(1.54)	19.4	(1.94)	98.9	(2.77)	305	82.7	(2.50)	51.1	(4.57)	133.8	(3.86)
20 and over...	23	(1.7)	2670	89.1	(1.73)	12.6	(1.11)	101.6	(2.53)	541	96.7	(2.59)	54.8	(3.25)	151.5	(4.02)
All Individuals:																
2 and over...	17	(1.2)	8421	104.9	(1.54)	10.5	(0.67)	115.4	(2.06)	1112	110.5	(2.60)	61.6	(1.77)	172.0	(2.77)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2007-2008, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Symbol Legend

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

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

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.16.

Indicates a non-zero value too small to report.

-- Estimated mean not presented where sample size is less than 30 times the variance inflation factor (VIF).

Footnotes

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

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

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

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

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

Vitamin D: 1 μg = 40 International Units (IU).

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

³ **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.1 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22 (Agricultural Research Service, Nutrient Data Laboratory). Sodium estimate from food adjusted for salt used in food preparation.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_E) of NHANES 2007-2008. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/DS1TOT_E.htm.

⁵ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

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

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

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

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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