

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, 2009-2010

T h i a m i n																		
Gender and age (years)	Percent reporting thiamin ⁸ % (SE)		— <i>All Individuals</i> ⁵ —						— <i>Supplement Users</i> ⁶ —			— <i>Non-users</i> 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.....	16	(2.4)	861	1.27 (0.024)	0.24 (0.030)	1.51 (0.047)	103	1.29 (0.083)	1.45 (0.088)	2.74 (0.125)	1.26 (0.022)							
6 - 11.....	9	(1.2)	1154	1.54 (0.036)	0.22*(0.070)	1.76 (0.064)	89	1.58 (0.138)	2.34 (0.657)	3.92 (0.664)	1.54 (0.033)							
12 - 19.....	7	(1.5)	1253	1.68 (0.062)	0.27*(0.112)	1.95 (0.132)	62	1.84 (0.112)	3.85*(1.268)	5.69 (1.237)	1.67 (0.062)							
Males:																		
20 - 39.....	14	(2.0)	905	2.03 (0.058)	1.68 (0.361)	3.70 (0.393)	95	2.25 (0.184)	12.42 (2.341)	14.67 (2.413)	1.99 (0.049)							
40 - 59.....	27	(2.9)	951	1.98 (0.038)	3.47 (0.833)	5.45 (0.832)	203	2.23 (0.081)	12.99 (2.644)	15.23 (2.630)	1.89 (0.049)							
60 and over.....	36	(2.3)	933	1.75 (0.037)	4.19 (0.902)	5.94 (0.901)	287	1.84 (0.059)	11.75 (2.536)	13.59 (2.513)	1.70 (0.049)							
20 and over...	24	(1.5)	2789	1.95 (0.031)	2.94 (0.433)	4.89 (0.444)	585	2.10 (0.059)	12.44 (1.730)	14.54 (1.752)	1.90 (0.032)							
Females:																		
20 - 39.....	17	(1.8)	928	1.42 (0.020)	1.17 (0.268)	2.59 (0.270)	139	1.59 (0.044)	6.87 (1.467)	8.45 (1.470)	1.38 (0.026)							
40 - 59.....	30	(2.8)	979	1.39 (0.028)	3.68 (0.808)	5.07 (0.807)	230	1.40 (0.060)	12.09 (2.290)	13.49 (2.307)	1.39 (0.031)							
60 and over.....	42	(1.5)	966	1.34 (0.033)	6.15*(2.462)	7.49*(2.470)	338	1.38 (0.050)	14.72*(5.977)	16.10*(5.995)	1.31 (0.037)							
20 and over...	29	(1.5)	2873	1.39 (0.015)	3.52 (0.858)	4.90 (0.864)	707	1.43 (0.034)	12.09 (2.803)	13.52 (2.812)	1.37 (0.016)							
All Individuals:																		
2 and over...	22	(1.0)	8930	1.63 (0.012)	2.47 (0.394)	4.10 (0.393)	1546	1.71 (0.037)	11.13 (1.611)	12.84 (1.623)	1.61 (0.013)							

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, 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, 2009-2010 (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)	
Males and females:																	
2 - 5.....	16	(2.4)	861	1.84 (0.045)	0.27 (0.034)	2.11 (0.061)	103	2.00 (0.151)	1.64 (0.103)	3.64 (0.150)	1.81 (0.039)						
6 - 11.....	9	(1.2)	1154	1.94 (0.037)	0.24*(0.073)	2.18 (0.079)	89	2.06 (0.156)	2.52 (0.676)	4.58 (0.687)	1.93 (0.039)						
12 - 19.....	7	(1.6)	1253	2.05 (0.079)	0.22*(0.067)	2.27 (0.115)	63	2.36 (0.232)	3.13 (0.656)	5.49 (0.681)	2.02 (0.070)						
Males:																	
20 - 39.....	13	(1.9)	905	2.46 (0.080)	1.55 (0.292)	4.01 (0.324)	94	3.04 (0.248)	11.64 (2.038)	14.67 (2.070)	2.37 (0.062)						
40 - 59.....	27	(2.9)	951	2.65 (0.064)	2.40 (0.668)	5.05 (0.690)	203	2.96 (0.123)	8.98 (2.100)	11.94 (2.130)	2.53 (0.076)						
60 and over.....	36	(2.3)	933	2.29 (0.055)	2.02 (0.324)	4.31 (0.337)	286	2.50 (0.097)	5.66 (0.905)	8.16 (0.910)	2.18 (0.060)						
20 and over...	24	(1.5)	2789	2.49 (0.038)	1.98 (0.299)	4.48 (0.311)	583	2.82 (0.075)	8.42 (1.043)	11.23 (1.054)	2.39 (0.036)						
Females:																	
20 - 39.....	17	(1.9)	928	1.84 (0.049)	1.16 (0.265)	3.01 (0.283)	140	2.14 (0.096)	6.77 (1.444)	8.90 (1.423)	1.78 (0.056)						
40 - 59.....	31	(2.6)	979	1.84 (0.030)	3.74 (1.003)	5.59 (1.014)	231	1.96 (0.072)	12.12 (3.423)	14.07 (3.442)	1.79 (0.029)						
60 and over.....	42	(1.5)	966	1.83 (0.039)	3.54 (0.544)	5.37 (0.548)	340	1.87 (0.055)	8.47 (1.324)	10.34 (1.346)	1.80 (0.068)						
20 and over...	29	(1.4)	2873	1.84 (0.027)	2.83 (0.447)	4.67 (0.464)	711	1.96 (0.049)	9.65 (1.681)	11.61 (1.709)	1.79 (0.029)						
All Individuals:																	
2 and over...	22	(0.9)	8930	2.11 (0.018)	1.86 (0.211)	3.97 (0.222)	1549	2.31 (0.050)	8.35 (0.930)	10.66 (0.946)	2.05 (0.020)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

N i a c i n																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----																			
Gender and age (years)	Percent reporting supplement niacin 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.....	16	(2.4)	861	15.9	(0.29)	2.5	(0.32)	18.4	(0.46)	103	15.5	(0.97)	15.4	(1.28)	30.9	(1.90)	15.9	(0.27)	
6 - 11.....	9	(1.2)	1154	20.4	(0.47)	1.6	(0.24)	22.0	(0.54)	89	19.1	(1.67)	17.2	(0.99)	36.3	(1.88)	20.5	(0.45)	
12 - 19.....	7	(1.6)	1253	24.8	(0.59)	1.5	(0.35)	26.2	(0.72)	65	26.3	(2.27)	20.4	(1.01)	46.7	(2.35)	24.7	(0.61)	
Males:																			
20 - 39.....	14	(2.0)	905	33.7	(0.67)	7.1	(1.78)	40.8	(1.97)	99	39.7	(3.12)	49.2	(9.14)	88.8	(10.29)	32.7	(0.65)	
40 - 59.....	27	(3.1)	951	31.8	(0.47)	14.2*	(4.31)	46.0	(4.34)	206	34.3	(0.79)	51.7	(15.04)	86.0	(14.85)	30.9	(0.66)	
60 and over.....	36	(2.2)	933	25.9	(0.56)	16.1	(2.14)	41.9	(2.45)	292	27.2	(0.87)	44.1	(6.34)	71.3	(6.77)	25.1	(0.51)	
20 and over...	24	(1.6)	2789	31.2	(0.42)	11.9	(1.73)	43.0	(1.81)	597	33.1	(1.02)	48.5	(7.13)	81.6	(7.16)	30.5	(0.40)	
Females:																			
20 - 39.....	17	(1.8)	928	21.8	(0.47)	3.3	(0.35)	25.0	(0.40)	141	21.8	(1.04)	18.8	(1.03)	40.6	(0.94)	21.8	(0.49)	
40 - 59.....	31	(2.8)	979	20.9	(0.36)	8.5	(0.76)	29.4	(0.70)	233	21.3	(0.67)	27.3	(2.27)	48.5	(2.20)	20.8	(0.36)	
60 and over.....	43	(1.3)	966	19.2	(0.46)	16.4	(2.76)	35.6	(2.84)	345	20.3	(0.85)	38.4	(6.53)	58.7	(6.77)	18.4	(0.39)	
20 and over...	30	(1.5)	2873	20.7	(0.26)	8.9	(0.90)	29.7	(0.83)	719	21.0	(0.55)	30.0	(3.10)	51.0	(3.07)	20.7	(0.28)	
All Individuals:																			
2 and over...	23	(1.0)	8930	24.7	(0.21)	8.2	(0.67)	32.9	(0.76)	1573	25.6	(0.60)	35.9	(2.69)	61.5	(2.63)	24.4	(0.21)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (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)	
Males and females:																	
2 - 5.....	28	(2.0)	861	1.43 (0.030)	0.42 (0.036)	1.85 (0.051)	205	1.34 (0.058)	1.48 (0.063)	2.82 (0.090)	1.46 (0.027)						
6 - 11.....	18	(1.6)	1154	1.59 (0.053)	0.36 (0.064)	1.95 (0.086)	170	1.56 (0.117)	2.00 (0.322)	3.56 (0.322)	1.59 (0.058)						
12 - 19.....	9	(1.4)	1253	1.91 (0.065)	0.27 (0.061)	2.18 (0.099)	83	1.97 (0.161)	2.97 (0.504)	4.94 (0.519)	1.90 (0.072)						
Males:																	
20 - 39.....	15	(1.9)	905	2.70 (0.082)	2.30 (0.408)	5.00 (0.448)	103	3.34 (0.214)	15.49 (2.427)	18.84 (2.469)	2.59 (0.078)						
40 - 59.....	27	(3.0)	951	2.50 (0.073)	3.14 (0.765)	5.64 (0.799)	208	2.71 (0.132)	11.57 (2.159)	14.28 (2.233)	2.42 (0.081)						
60 and over.....	36	(2.3)	933	2.16 (0.054)	3.07 (0.378)	5.23 (0.347)	290	2.30 (0.090)	8.48 (0.937)	10.78 (0.913)	2.09 (0.055)						
20 and over...	24	(1.5)	2789	2.50 (0.039)	2.80 (0.376)	5.30 (0.384)	601	2.72 (0.079)	11.45 (1.201)	14.16 (1.232)	2.43 (0.044)						
Females:																	
20 - 39.....	19	(1.8)	928	1.80 (0.065)	1.71 (0.315)	3.52 (0.340)	151	1.91 (0.071)	9.23 (1.663)	11.14 (1.682)	1.78 (0.070)						
40 - 59.....	31	(2.8)	979	1.72 (0.046)	3.78 (0.566)	5.50 (0.569)	233	1.85 (0.101)	12.18 (1.521)	14.03 (1.554)	1.66 (0.047)						
60 and over.....	44	(1.0)	966	1.65 (0.049)	5.76 (0.714)	7.41 (0.702)	357	1.75 (0.087)	13.04 (1.692)	14.79 (1.679)	1.58 (0.049)						
20 and over...	30	(1.5)	2873	1.73 (0.028)	3.63 (0.348)	5.36 (0.347)	741	1.82 (0.043)	11.92 (1.281)	13.74 (1.281)	1.69 (0.038)						
All Individuals:																	
2 and over...	25	(1.0)	8930	2.00 (0.022)	2.49 (0.210)	4.49 (0.220)	1800	2.10 (0.046)	10.08 (0.864)	12.18 (0.882)	1.97 (0.029)						

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, 2009-2010 (continued)

F o l i c a c i d																			
— <i>All Individuals</i> ⁵ — — <i>Supplement Users</i> ⁶ — — <i>Non-users</i> ⁷ —																			
Gender and age (years)	Percent reporting folic acid ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size		Food		Supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:																			
2 - 5.....	27	(1.9)	861	173	(5.5)	79	(6.6)	253	(9.2)	191	172	(10.6)	297	(8.4)	469	(14.0)	174	(5.7)	
6 - 11.....	17	(1.7)	1154	217	(9.5)	54	(6.6)	272	(9.5)	161	219	(24.2)	318	(15.6)	537	(29.8)	217	(9.3)	
12 - 19.....	9	(1.3)	1253	233	(13.7)	36	(6.5)	269	(16.8)	83	294	(32.9)	387	(26.8)	681	(42.1)	227	(14.2)	
Males:																			
20 - 39.....	15	(1.9)	905	237	(8.1)	67	(11.5)	305	(15.1)	101	263	(31.3)	461	(39.4)	724	(51.5)	233	(8.1)	
40 - 59.....	26	(3.1)	951	208	(7.6)	114	(13.7)	322	(16.9)	204	211	(9.5)	433	(11.3)	644	(14.6)	206	(10.8)	
60 and over.....	36	(2.3)	933	201	(9.8)	169	(13.1)	370	(16.3)	289	227	(17.6)	467	(16.2)	694	(25.7)	186	(10.7)	
20 and over...	24	(1.6)	2789	218	(4.9)	109	(6.3)	326	(7.3)	594	229	(10.7)	451	(13.3)	680	(18.6)	214	(6.1)	
Females:																			
20 - 39.....	19	(1.8)	928	177	(6.4)	88	(9.9)	265	(8.1)	150	182	(17.1)	469	(24.9)	651	(28.7)	176	(6.0)	
40 - 59.....	31	(2.8)	979	155	(8.4)	149	(13.7)	304	(17.2)	234	172	(15.8)	478	(18.0)	650	(25.9)	148	(8.5)	
60 and over.....	44	(1.4)	966	152	(6.1)	207	(10.6)	359	(8.6)	354	157	(9.5)	474	(17.3)	630	(15.6)	149	(6.2)	
20 and over...	30	(1.4)	2873	162	(4.5)	145	(6.1)	306	(5.5)	738	168	(6.7)	475	(9.5)	642	(11.1)	159	(4.4)	
All Individuals:																			
2 and over...	24	(1.0)	8930	196	(3.8)	108	(3.8)	303	(4.1)	1767	199	(6.3)	442	(8.1)	641	(10.1)	195	(4.2)	

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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, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		Folate (DFE)											
			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.....	27	(1.9)	861	426 (10.5)	135 (11.3)	561 (17.2)	191	423 (20.9)	505 (14.3)	928 (26.2)	427 (10.9)			
6 - 11.....	17	(1.7)	1154	522 (18.3)	93 (11.2)	614 (18.4)	161	529 (47.4)	541 (26.6)	1070 (56.1)	520 (16.9)			
12 - 19.....	9	(1.3)	1253	567 (24.0)	61 (11.1)	628 (29.2)	83	683 (47.3)	658 (45.6)	1341 (61.7)	556 (25.6)			
Males:														
20 - 39.....	15	(1.9)	905	660 (16.7)	115 (19.6)	775 (27.8)	101	767 (65.5)	784 (67.0)	1551 (96.1)	642 (16.4)			
40 - 59.....	26	(3.1)	951	626 (16.5)	194 (23.4)	821 (30.4)	204	670 (24.6)	736 (19.2)	1406 (30.6)	610 (22.1)			
60 and over.....	36	(2.3)	933	575 (19.4)	287 (22.3)	862 (28.5)	289	625 (32.4)	793 (27.5)	1419 (46.6)	547 (22.0)			
20 and over...	24	(1.6)	2789	628 (11.5)	185 (10.6)	812 (14.8)	594	678 (25.9)	767 (22.7)	1445 (38.2)	612 (14.2)			
Females:														
20 - 39.....	19	(1.8)	928	483 (12.7)	150 (16.8)	632 (13.8)	150	517 (32.4)	798 (42.4)	1314 (52.9)	475 (11.6)			
40 - 59.....	31	(2.8)	979	470 (15.8)	253 (23.2)	723 (29.9)	234	513 (32.2)	813 (30.7)	1326 (49.0)	450 (14.6)			
60 and over.....	44	(1.4)	966	449 (12.0)	352 (17.9)	801 (15.2)	354	465 (18.7)	805 (29.4)	1271 (25.2)	437 (12.7)			
20 and over...	30	(1.4)	2873	469 (8.6)	246 (10.4)	714 (9.6)	738	495 (13.9)	807 (16.2)	1302 (20.4)	457 (8.3)			
All Individuals:														
2 and over...	24	(1.0)	8930	540 (7.3)	183 (6.5)	723 (7.7)	1767	567 (14.0)	752 (13.8)	1318 (19.6)	531 (8.6)			

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, 2009-2010 (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.....	15	(2.3)	861	223	(4.8)	5	(0.8)	228	(5.0)	95	233	(15.5)	34	(0.9)	267	(15.6)	221	(4.7)	
6 - 11.....	8	(1.6)	1154	244	(3.8)	3	(0.6)	247	(4.0)	75	264	(15.0)	36	(2.9)	300	(15.2)	242	(3.8)	
12 - 19.....	3	(0.9)	1253	282	(8.9)	1*	(0.4)	284	(8.9)		--		--		--		283	(9.3)	
Males:																			
20 - 39.....	3	(0.7)	905	408	(9.3)	1*	(0.7)	409	(9.4)		--		--		--		406	(9.4)	
40 - 59.....	2*	(0.5)	951	438	(10.6)	#		438	(10.6)		--		--		--		436	(10.5)	
60 and over.....	2	(0.6)	933	361	(7.8)	2*	(1.1)	364	(8.2)		--		--		--		363	(7.6)	
20 and over...	2	(0.5)	2789	409	(4.8)	1*	(0.4)	410	(4.8)		--		--		--		408	(4.5)	
Females:																			
20 - 39.....	3	(0.9)	928	269	(6.2)	1	(0.1)	270	(6.3)		--		--		--		268	(7.0)	
40 - 59.....	3	(0.6)	979	284	(7.5)	1*	(0.3)	284	(7.4)		--		--		--		283	(7.8)	
60 and over.....	3	(0.6)	966	265	(5.1)	2*	(1.3)	268	(5.3)		--		--		--		265	(5.2)	
20 and over...	3	(0.4)	2873	274	(4.2)	1*	(0.4)	275	(4.2)	65	295	(21.9)	39*	(13.0)	335	(23.7)	273	(4.6)	
All Individuals:																			
2 and over...	4	(0.3)	8930	319	(3.8)	2	(0.3)	320	(3.9)	310	307	(14.1)	40	(6.4)	347	(13.2)	319	(4.0)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (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)	
Males and females:																	
2 - 5.....	28	(2.0)	861	4.42 (0.135)	1.7 (0.30)	6.2 (0.26)	203	4.29 (0.270)	6.1 (1.20)	10.4 (1.07)	4.47 (0.129)						
6 - 11.....	18	(1.6)	1154	4.62 (0.096)	1.4 (0.29)	6.0 (0.31)	170	4.74 (0.307)	7.8 (1.59)	12.5 (1.65)	4.59 (0.103)						
12 - 19.....	9	(1.4)	1253	5.10 (0.198)	2.3* (1.20)	7.4 (1.14)	83	5.15 (0.436)	24.6*(14.37)	29.7*(14.40)	5.10 (0.194)						
Males:																	
20 - 39.....	15	(2.1)	905	6.33 (0.198)	14.4 (3.83)	20.7 (3.97)	106	7.74 (0.777)	93.0 (19.03)	100.7 (19.23)	6.07 (0.135)						
40 - 59.....	27	(3.1)	951	6.38 (0.190)	10.9 (2.07)	17.3 (2.08)	210	7.08 (0.423)	41.0 (7.07)	48.1 (7.03)	6.12 (0.261)						
60 and over.....	38	(2.2)	933	6.05 (0.230)	53.4 (9.96)	59.4 (10.01)	303	6.24 (0.256)	142.2 (25.26)	148.4 (25.34)	5.94 (0.298)						
20 and over...	25	(1.6)	2789	6.28 (0.124)	22.0 (2.24)	28.3 (2.27)	619	6.95 (0.260)	88.6 (9.45)	95.6 (9.36)	6.06 (0.127)						
Females:																	
20 - 39.....	19	(1.8)	928	4.61 (0.145)	10.7* (3.73)	15.3 (3.81)	152	5.03 (0.452)	57.1*(19.83)	62.2*(19.85)	4.51 (0.165)						
40 - 59.....	32	(2.8)	979	4.68 (0.363)	45.7 (7.46)	50.3 (7.30)	244	4.23 (0.222)	144.4 (24.01)	148.6 (24.08)	4.89 (0.477)						
60 and over.....	46	(1.5)	966	4.39 (0.217)	96.9 (20.29)	101.3 (20.22)	374	4.62 (0.405)	210.2 (41.98)	214.8 (41.90)	4.19 (0.163)						
20 and over...	31	(1.5)	2873	4.58 (0.143)	48.0 (5.26)	52.5 (5.33)	770	4.55 (0.179)	153.3 (19.88)	157.9 (19.86)	4.59 (0.194)						
All Individuals:																	
2 and over...	25	(1.1)	8930	5.25 (0.070)	26.7 (2.46)	32.0 (2.48)	1845	5.43 (0.183)	106.4 (12.35)	111.9 (12.29)	5.19 (0.073)						

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

V i t a m i n C															
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -															
Gender and age (years)	Percent reporting supplement vitamin C ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		Food plus supplement		-Non-users ⁷ -	
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:															
2 - 5.....	30	(2.5)	861	83.1 (3.76)	18.8 (2.49)	101.9 (4.54)	215	81.3 (7.67)	62.6 (6.30)	143.9 (10.50)	83.9 (3.16)				
6 - 11.....	21	(2.2)	1154	73.8 (2.97)	19.2 (3.66)	93.0 (5.38)	189	75.6 (4.92)	89.5 (15.18)	165.1 (19.06)	73.3 (3.44)				
12 - 19.....	11	(1.2)	1253	82.2 (5.82)	16.4 (2.69)	98.6 (5.05)	99	90.6 (10.54)	147.7 (19.24)	238.4 (17.88)	81.1 (6.04)				
Males:															
20 - 39.....	16	(2.1)	905	99.2 (3.30)	48.4 (12.88)	147.6 (14.87)	113	115.2 (9.99)	307.8 (57.02)	423.0 (62.60)	96.2 (3.30)				
40 - 59.....	28	(2.7)	951	95.5 (5.13)	87.5 (20.11)	183.0 (24.11)	221	120.4 (14.10)	309.7 (71.13)	430.1 (82.74)	85.7 (4.22)				
60 and over.....	41	(2.7)	933	89.7 (4.21)	101.4 (11.12)	191.1 (10.23)	326	100.5 (5.83)	248.3 (23.95)	348.7 (24.71)	82.2 (5.25)				
20 and over...	26	(1.4)	2789	95.6 (2.29)	75.5 (11.43)	171.1 (13.37)	660	112.1 (6.27)	287.4 (40.22)	399.5 (45.21)	89.7 (1.94)				
Females:															
20 - 39.....	20	(2.1)	928	76.6 (3.46)	41.4 (10.48)	117.9 (11.04)	158	84.0 (5.99)	206.8 (47.43)	290.8 (51.69)	74.7 (3.93)				
40 - 59.....	32	(2.7)	979	88.2 (5.44)	81.0 (10.39)	169.2 (12.27)	249	115.4 (13.60)	251.1 (20.92)	366.5 (25.20)	75.3 (4.09)				
60 and over.....	47	(1.8)	966	79.5 (3.01)	165.4 (33.73)	244.9 (34.43)	385	85.6 (3.41)	348.2 (62.35)	433.8 (62.53)	74.0 (4.58)				
20 and over...	32	(1.4)	2873	81.9 (2.48)	90.8 (8.49)	172.7 (8.96)	792	97.0 (6.27)	280.8 (28.28)	377.8 (31.13)	74.8 (2.56)				
All Individuals:															
2 and over...	27	(1.0)	8930	86.3 (1.46)	66.6 (6.69)	153.0 (7.11)	1955	99.7 (3.89)	250.0 (24.92)	349.7 (27.45)	81.5 (1.80)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

V i t a m i n D															
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----															
Gender and age (years)	Percent reporting supplement vitamin D ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		Food plus supplement		-Non-users ⁷ -	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:															
2 - 5.....	30	(2.5)	861	6.8 (0.21)	2.9 (0.30)	9.7 (0.42)	214	6.9 (0.33)	9.6 (0.84)	16.5 (0.77)	6.8 (0.23)				
6 - 11.....	19	(1.6)	1154	6.1 (0.15)	2.9* (1.20)	9.0 (1.23)	175	6.2 (0.42)	15.4* (6.21)	21.6 (6.25)	6.0 (0.20)				
12 - 19.....	10	(1.3)	1253	5.5 (0.27)	1.3 (0.28)	6.7 (0.42)	87	6.0 (0.50)	13.4 (2.17)	19.4 (2.37)	5.4 (0.26)				
Males:															
20 - 39.....	15	(1.9)	905	5.4 (0.23)	2.3 (0.42)	7.7 (0.53)	104	6.1 (0.62)	15.5 (1.16)	21.6 (1.30)	5.3 (0.22)				
40 - 59.....	27	(2.0)	951	6.2 (0.38)	5.2 (0.61)	11.5 (0.71)	210	7.1 (0.55)	19.2 (2.72)	26.3 (2.72)	5.9 (0.48)				
60 and over.....	42	(2.7)	933	5.9 (0.23)	16.3 (4.25)	22.2 (4.29)	341	6.3 (0.45)	38.3 (10.05)	44.6 (10.07)	5.7 (0.45)				
20 and over...	26	(1.4)	2789	5.9 (0.18)	6.6 (1.05)	12.5 (1.01)	655	6.6 (0.25)	25.6 (3.87)	32.1 (3.90)	5.6 (0.22)				
Females:															
20 - 39.....	18	(2.0)	928	4.5 (0.18)	3.7 (1.03)	8.1 (0.99)	149	4.9 (0.44)	20.4 (3.89)	25.3 (3.62)	4.4 (0.21)				
40 - 59.....	38	(3.0)	979	4.3 (0.29)	11.3 (2.66)	15.6 (2.68)	291	4.3 (0.47)	29.9 (6.08)	34.2 (6.27)	4.3 (0.22)				
60 and over.....	56	(1.6)	966	4.5 (0.14)	15.9 (1.41)	20.4 (1.44)	470	4.8 (0.24)	28.3 (2.43)	33.2 (2.52)	4.1 (0.17)				
20 and over...	36	(1.6)	2873	4.4 (0.15)	10.0 (0.99)	14.4 (1.00)	910	4.6 (0.28)	27.6 (2.61)	32.3 (2.73)	4.3 (0.13)				
All Individuals:															
2 and over...	28	(1.0)	8930	5.3 (0.11)	6.8 (0.58)	12.1 (0.56)	2041	5.6 (0.21)	24.5 (1.93)	30.1 (1.99)	5.2 (0.12)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

V i t a m i n K															
Gender and age (years)	Percent reporting vitamin K 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)	
Males and females:															
2 - 5.....	#		861	42.5 (2.24)	0.1* (0.06)	42.6 (2.22)		--	--	--		42.5 (2.28)			
6 - 11.....	1*	(0.3)	1154	53.1 (2.24)	0.3* (0.08)	53.3 (2.25)		--	--	--		52.9 (2.26)			
12 - 19.....	5	(1.6)	1253	63.1 (1.64)	1.6* (0.56)	64.6 (1.82)		--	--	--		63.2 (1.89)			
Males:															
20 - 39.....	11	(1.7)	905	91.4 (6.04)	5.1 (1.04)	96.4 (6.31)	83	119.1 (25.57)	44.3 (4.67)	163.3 (24.30)	87.8 (5.42)				
40 - 59.....	21	(2.8)	951	110.0 (5.65)	5.9 (0.78)	115.9 (5.80)	167	125.9 (12.21)	27.6 (1.21)	153.5 (12.60)	105.7 (7.21)				
60 and over.....	33	(2.1)	933	114.3 (10.60)	10.1 (0.92)	124.4 (10.22)	259	105.0 (8.33)	30.7 (1.31)	135.8 (8.57)	118.9 (14.65)				
20 and over...	20	(1.4)	2789	103.8 (5.37)	6.5 (0.44)	110.3 (5.37)	509	116.6 (6.88)	32.4 (1.59)	149.0 (6.97)	100.5 (6.08)				
Females:															
20 - 39.....	11	(2.2)	928	82.9 (5.19)	4.1 (0.98)	87.0 (4.95)	86	86.6 (21.13)	38.5 (3.73)	125.1 (23.03)	82.5 (4.71)				
40 - 59.....	24	(1.9)	979	124.4 (8.95)	8.5 (0.91)	132.9 (8.88)	184	169.5 (25.47)	36.3 (2.39)	205.8 (24.91)	110.5 (5.60)				
60 and over.....	34	(1.2)	966	105.0 (4.97)	10.2 (0.62)	115.2 (5.15)	277	108.1 (11.77)	30.1 (1.48)	138.2 (12.11)	103.4 (7.25)				
20 and over...	22	(1.6)	2873	105.2 (4.18)	7.5 (0.68)	112.7 (4.11)	547	130.5 (12.36)	34.0 (1.38)	164.5 (12.19)	98.1 (3.54)				
All Individuals:															
2 and over...	16	(0.9)	8930	92.0 (3.51)	5.4 (0.30)	97.4 (3.51)	1117	121.5 (7.96)	33.2 (1.08)	154.7 (8.10)	86.2 (3.22)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

L y c o p e n e															
Gender and age (years)	Percent reporting supplement lycopene ⁸		—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 (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	
Males and females:															
2 - 5.....	#		861	3259 (183.8)	4*	(3.0)	3262 (183.9)		--	--	--		3273 (185.3)		
6 - 11.....	1*	(0.5)	1154	4495 (346.0)	3*	(1.9)	4498 (345.7)		--	--	--		4504 (346.5)		
12 - 19.....	2	(0.7)	1253	5433 (379.0)	8*	(3.2)	5441 (380.1)		--	--	--		5409 (379.2)		
Males:															
20 - 39.....	7	(1.2)	905	7054 (613.4)	42	(8.7)	7095 (616.0)		--	--	--		6760 (586.7)		
40 - 59.....	15	(1.8)	951	6490 (718.0)	137*	(54.8)	6627 (732.3)	122	8489(2070.4)	939*(319.0)	9428(2169.9)		6150 (722.1)		
60 and over.....	25	(1.3)	933	5530 (572.1)	145	(21.9)	5675 (565.8)	199	5373 (773.8)	578 (88.5)	5951 (757.3)		5583 (571.6)		
20 and over...	14	(0.8)	2789	6489 (451.9)	102	(20.5)	6590 (456.9)	365	7695 (958.1)	728 (136.7)	8424 (969.6)		6293 (419.3)		
Females:															
20 - 39.....	2	(0.7)	928	4956 (363.9)	17*	(9.4)	4973 (371.8)		--	--	--		4934 (352.1)		
40 - 59.....	7	(1.5)	979	4309 (302.5)	49*	(15.4)	4358 (298.6)		--	--	--		4333 (309.2)		
60 and over.....	21	(0.9)	966	4112 (351.7)	77	(6.5)	4190 (351.6)	170	4699 (859.9)	375 (31.1)	5074 (875.3)		3960 (379.0)		
20 and over...	9	(0.6)	2873	4471 (199.9)	46	(8.0)	4517 (202.1)	237	4575 (596.5)	503 (69.7)	5079 (606.8)		4461 (215.3)		
All Individuals:															
2 and over...	9	(0.3)	8930	5251 (220.7)	56	(8.0)	5307 (224.0)	622	6396 (680.7)	632 (83.9)	7028 (685.7)		5140 (204.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

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 -													
Gender and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸		Sample Size	Food		Supplement		Food plus supplement		Food plus supplement		Food	
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)
Males and females:													
2 - 5.....	#		861	650 (27.8)	4* (3.3)	654 (27.9)			--	--	--	651 (27.9)	
6 - 11.....	1*	(0.5)	1154	708 (42.9)	4* (3.2)	712 (43.7)			--	--	--	711 (43.2)	
12 - 19.....	1*	(0.5)	1253	851 (51.8)	5* (2.2)	856 (52.8)			--	--	--	852 (54.1)	
Males:													
20 - 39.....	3	(0.8)	905	1166 (88.7)	17 (3.7)	1183 (87.9)			--	--	--	1160 (93.0)	
40 - 59.....	10	(1.2)	951	1655 (186.9)	56* (23.2)	1711 (180.3)	82	2134 (490.2)	585*(261.8)	2719 (537.2)		1605 (199.9)	
60 and over.....	20	(1.4)	933	1720 (225.5)	150 (40.1)	1870 (199.7)	163	1661 (259.2)	744 (197.3)	2405 (116.3)		1735 (244.2)	
20 and over...	10	(0.6)	2789	1480 (117.8)	62 (12.7)	1543 (111.7)	267	1797 (228.8)	647 (124.4)	2444 (240.5)		1447 (125.6)	
Females:													
20 - 39.....	3	(0.7)	928	1234 (109.5)	22* (9.5)	1256 (111.9)			--	--	--	1225 (117.3)	
40 - 59.....	9	(1.4)	979	1896 (198.7)	79 (22.8)	1975 (205.8)			--	--	--	1826 (206.0)	
60 and over.....	24	(1.2)	966	1573 (97.6)	559*(188.8)	2133 (158.6)	197	1948 (346.4)	2380*(814.7)	4327 (712.8)		1458 (79.7)	
20 and over...	11	(0.5)	2873	1587 (92.1)	191* (57.8)	1778 (92.5)	278	2131 (324.8)	1753*(535.9)	3885 (540.2)		1521 (91.7)	
All Individuals:													
2 and over...	8	(0.3)	8930	1337 (76.6)	96 (24.8)	1434 (75.3)	560	1941 (199.3)	1225 (310.4)	3166 (300.5)		1286 (79.5)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

C a l c i u m																		
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		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																		
2 - 5.....	15	(2.1)	861	1032	(34.3)	24	(3.2)	1056	(37.0)	92	1175	(100.9)	156	(20.3)	1331	(97.8)	1006	(29.6)
6 - 11.....	9	(1.4)	1154	1048	(23.7)	16	(3.4)	1063	(24.3)	84	1079	(77.6)	177	(26.8)	1256	(65.7)	1044	(24.2)
12 - 19.....	9	(1.1)	1253	1095	(35.6)	29	(4.3)	1124	(36.6)	78	1245	(80.0)	330	(40.5)	1575	(86.8)	1080	(32.0)
Males:																		
20 - 39.....	16	(1.7)	905	1210	(28.1)	49	(6.9)	1260	(26.8)	109	1313	(97.3)	312	(30.9)	1625	(94.7)	1191	(28.8)
40 - 59.....	28	(3.1)	951	1188	(30.1)	108	(15.9)	1297	(40.3)	226	1355	(70.3)	384	(40.1)	1739	(82.6)	1123	(41.0)
60 and over.....	42	(2.6)	933	966	(34.1)	187	(18.5)	1153	(33.7)	343	1043	(32.6)	452	(31.4)	1495	(31.2)	911	(40.7)
20 and over...	26	(1.7)	2789	1146	(14.5)	104	(8.3)	1250	(16.4)	678	1233	(30.9)	392	(19.9)	1625	(31.5)	1115	(16.3)
Females:																		
20 - 39.....	19	(1.8)	928	932	(21.0)	74	(9.8)	1007	(20.5)	160	1048	(48.9)	387	(34.5)	1435	(40.9)	904	(20.0)
40 - 59.....	38	(2.3)	979	879	(17.9)	263	(16.9)	1143	(25.9)	304	964	(34.9)	692	(40.0)	1656	(50.9)	827	(19.8)
60 and over.....	56	(1.8)	966	842	(11.9)	423	(19.6)	1266	(24.7)	487	875	(25.4)	754	(25.8)	1629	(33.1)	801	(31.9)
20 and over...	37	(1.3)	2873	887	(12.2)	244	(11.1)	1131	(12.2)	951	942	(26.0)	665	(25.4)	1606	(29.7)	855	(15.5)
All Individuals:																		
2 and over...	26	(1.0)	8930	1027	(6.8)	136	(6.0)	1163	(7.6)	1883	1072	(24.3)	521	(16.3)	1593	(20.2)	1011	(9.8)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (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)	mg	(SE)
Males and females:																		
2 - 5.....	13	(2.2)	861	1136	(26.6)	12	(2.1)	1149	(27.6)	77	1268	(116.7)	96	(2.3)	1364	(115.9)	1117	(20.5)
6 - 11.....	7	(1.3)	1154	1263	(21.4)	8	(1.5)	1271	(22.3)	70	1318	(90.3)	114	(8.3)	1432	(87.9)	1259	(20.3)
12 - 19.....	3	(1.1)	1253	1405	(35.8)	3*	(1.1)	1408	(35.7)	--	--	--	--	--	--	1401	(34.4)	
Males:																		
20 - 39.....	7	(1.3)	905	1721	(32.1)	5	(1.3)	1726	(32.7)	--	--	--	--	--	--	1706	(34.7)	
40 - 59.....	17	(2.1)	951	1742	(34.0)	10	(1.4)	1752	(33.8)	124	1874	(96.6)	59	(5.7)	1933	(97.7)	1714	(46.2)
60 and over.....	27	(1.7)	933	1399	(22.1)	14	(2.3)	1413	(22.6)	216	1442	(46.2)	52	(8.2)	1494	(47.5)	1383	(20.1)
20 and over...	15	(1.1)	2789	1655	(18.7)	9	(0.9)	1664	(18.8)	389	1709	(50.6)	59	(5.9)	1768	(52.0)	1645	(20.2)
Females:																		
20 - 39.....	6	(1.2)	928	1227	(21.5)	3	(0.8)	1230	(21.6)	--	--	--	--	--	--	1215	(23.5)	
40 - 59.....	13	(1.5)	979	1189	(20.2)	7	(0.9)	1196	(20.0)	109	1182	(44.2)	53	(6.6)	1235	(44.8)	1190	(22.7)
60 and over.....	29	(1.3)	966	1122	(14.4)	16	(1.5)	1137	(14.3)	235	1159	(30.8)	54	(4.4)	1213	(33.1)	1106	(21.0)
20 and over...	15	(0.9)	2873	1183	(12.6)	8	(0.6)	1191	(12.4)	394	1201	(35.2)	53	(4.3)	1254	(36.2)	1180	(14.4)
All Individuals:																		
2 and over...	13	(0.7)	8930	1385	(7.9)	8	(0.6)	1393	(7.9)	960	1438	(39.6)	62	(4.3)	1500	(40.4)	1377	(9.3)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (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		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Males and females:																
2 - 5.....	14	(2.1)	861	210 (3.4)	3 (0.4)	212 (3.6)	90	229 (15.6)	18 (0.7)	247 (15.7)	206 (2.3)					
6 - 11.....	10	(1.6)	1154	231 (4.9)	3 (0.6)	234 (5.2)	91	257 (17.2)	31 (5.4)	288 (18.0)	228 (4.6)					
12 - 19.....	6	(1.7)	1253	260 (5.9)	4* (1.4)	264 (6.6)	--	--	--	259 (5.7)						
Males:																
20 - 39.....	14	(1.9)	905	351 (8.9)	12 (2.0)	364 (9.9)	96	434 (38.2)	90 (8.4)	524 (39.8)	338 (6.8)					
40 - 59.....	25	(3.1)	951	369 (6.8)	24 (2.9)	393 (6.8)	200	408 (21.7)	92 (5.5)	501 (21.5)	356 (8.6)					
60 and over.....	37	(2.2)	933	313 (4.9)	37 (3.3)	350 (5.3)	299	334 (9.1)	100 (7.9)	434 (9.2)	300 (4.0)					
20 and over...	24	(1.6)	2789	349 (4.6)	22 (1.4)	372 (4.0)	595	387 (12.1)	94 (5.7)	482 (11.8)	338 (5.0)					
Females:																
20 - 39.....	15	(1.8)	928	264 (4.6)	14 (2.0)	277 (5.4)	127	303 (14.7)	89 (8.4)	392 (17.5)	257 (4.8)					
40 - 59.....	29	(2.4)	979	275 (5.2)	31 (3.2)	306 (5.2)	221	295 (9.2)	108 (10.0)	403 (16.0)	267 (6.3)					
60 and over.....	42	(1.6)	966	256 (3.2)	54 (5.2)	309 (6.1)	345	273 (8.8)	128 (11.7)	401 (15.0)	243 (3.4)					
20 and over...	28	(1.3)	2873	266 (2.8)	31 (1.8)	298 (3.1)	693	288 (7.0)	112 (6.8)	400 (10.8)	258 (3.3)					
All Individuals:																
2 and over...	22	(1.0)	8930	290 (2.0)	21 (1.0)	311 (2.1)	1528	324 (7.2)	97 (4.8)	421 (9.0)	280 (2.7)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement iron ⁸ % (SE)		I r o n													
			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.....	13	(2.3)	861	11.5 (0.24)	2.2 (0.42)	13.7 (0.53)	83	11.7 (1.44)	17.4 (0.57)	29.1 (1.61)	11.4 (0.19)					
6 - 11.....	8	(1.5)	1154	13.7 (0.31)	1.4 (0.30)	15.1 (0.43)	74	14.7 (1.84)	17.9 (1.29)	32.5 (2.38)	13.7 (0.30)					
12 - 19.....	6	(1.4)	1253	15.1 (0.40)	1.2 (0.30)	16.3 (0.52)		--	--	--	15.2 (0.43)					
Males:																
20 - 39.....	8	(1.4)	905	18.2 (0.44)	1.1 (0.21)	19.3 (0.46)		--	--	--	17.9 (0.38)					
40 - 59.....	14	(1.7)	951	17.6 (0.34)	2.9 (0.56)	20.5 (0.78)	105	20.6 (1.33)	20.6 (2.98)	41.2 (3.74)	17.1 (0.31)					
60 and over.....	14	(1.6)	933	16.3 (0.39)	3.0 (0.39)	19.4 (0.57)	121	18.4 (0.77)	21.7 (2.63)	40.1 (2.93)	16.0 (0.37)					
20 and over...	12	(1.0)	2789	17.5 (0.21)	2.2 (0.28)	19.8 (0.34)	283	20.3 (0.87)	19.1 (1.37)	39.4 (2.05)	17.2 (0.24)					
Females:																
20 - 39.....	15	(1.5)	928	13.5 (0.23)	3.5 (0.45)	17.0 (0.43)	123	15.4 (0.81)	23.9 (2.39)	39.2 (2.62)	13.2 (0.23)					
40 - 59.....	23	(2.0)	979	13.0 (0.36)	5.2 (0.70)	18.2 (0.80)	192	13.4 (0.82)	23.2 (2.56)	36.6 (2.90)	12.8 (0.26)					
60 and over.....	27	(1.7)	966	12.6 (0.37)	6.2 (0.59)	18.9 (0.80)	204	12.9 (0.52)	23.4 (1.81)	36.3 (1.94)	12.5 (0.37)					
20 and over...	21	(1.1)	2873	13.0 (0.20)	4.9 (0.30)	18.0 (0.29)	519	13.7 (0.45)	23.4 (1.03)	37.1 (1.08)	12.9 (0.18)					
All Individuals:																
2 and over...	14	(0.6)	8930	14.9 (0.10)	3.1 (0.18)	17.9 (0.20)	1007	15.6 (0.51)	21.4 (0.75)	37.1 (1.01)	14.8 (0.11)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement zinc ⁸ % (SE)		Z 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.....	25	(2.0)	861	8.6 (0.12)	1.7 (0.22)	10.3 (0.25)	181	8.6 (0.35)	6.7 (0.56)	15.3 (0.53)	8.6 (0.14)			
6 - 11.....	17	(1.8)	1154	9.9 (0.16)	1.2 (0.19)	11.1 (0.27)	161	10.1 (0.53)	7.2 (0.62)	17.3 (0.91)	9.8 (0.21)			
12 - 19.....	9	(1.4)	1253	11.5 (0.29)	1.1 (0.22)	12.6 (0.43)	79	11.6 (0.72)	13.2 (1.33)	24.8 (1.78)	11.5 (0.30)			
Males:														
20 - 39.....	13	(1.9)	905	14.5 (0.36)	2.3 (0.38)	16.9 (0.57)	95	18.2 (1.36)	17.7 (1.60)	35.9 (2.04)	13.9 (0.33)			
40 - 59.....	25	(3.0)	951	15.0 (0.41)	3.5 (0.48)	18.5 (0.74)	195	17.0 (1.19)	14.3 (0.58)	31.2 (1.35)	14.3 (0.32)			
60 and over.....	37	(2.5)	933	12.5 (0.20)	6.4 (0.65)	18.8 (0.70)	296	13.7 (0.50)	17.2 (1.00)	30.8 (1.05)	11.7 (0.21)			
20 and over...	23	(1.6)	2789	14.2 (0.22)	3.7 (0.25)	17.9 (0.38)	586	16.0 (0.65)	16.1 (0.57)	32.1 (0.74)	13.7 (0.21)			
Females:														
20 - 39.....	18	(2.0)	928	10.0 (0.19)	2.3 (0.31)	12.3 (0.30)	140	11.3 (0.81)	13.1 (0.65)	24.4 (0.82)	9.7 (0.16)			
40 - 59.....	28	(2.6)	979	9.8 (0.25)	4.2 (0.40)	14.0 (0.37)	218	10.1 (0.49)	14.9 (0.59)	25.0 (0.62)	9.7 (0.30)			
60 and over.....	41	(1.8)	966	9.5 (0.25)	7.2 (0.53)	16.8 (0.57)	336	9.8 (0.31)	17.6 (0.84)	27.4 (0.82)	9.4 (0.29)			
20 and over...	28	(1.6)	2873	9.8 (0.17)	4.4 (0.25)	14.2 (0.26)	694	10.2 (0.35)	15.6 (0.54)	25.8 (0.57)	9.6 (0.17)			
All Individuals:														
2 and over...	23	(1.1)	8930	11.5 (0.12)	3.4 (0.14)	14.9 (0.20)	1701	12.3 (0.37)	14.6 (0.40)	26.9 (0.48)	11.3 (0.13)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement copper ⁸ % (SE)		C o p p e r						Supplement Users ⁶		Non-users ⁷	
			All Individuals ⁵									
			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.....	13	(2.2)	861	0.8 (0.02)	0.2 (0.04)	1.1 (0.06)	76	1.0 (0.08)	1.9 (0.07)	2.8 (0.11)	0.8 (0.02)	
6 - 11.....	7	(1.3)	1154	1.0 (0.01)	0.2 (0.03)	1.1 (0.04)	75	1.2 (0.09)	2.1 (0.11)	3.3 (0.12)	0.9 (0.01)	
12 - 19.....	6	(1.5)	1253	1.1 (0.03)	0.1 (0.03)	1.2 (0.04)		--	--	--	1.1 (0.03)	
Males:												
20 - 39.....	12	(1.8)	905	1.5 (0.03)	0.2 (0.04)	1.7 (0.06)	87	2.0 (0.18)	1.8 (0.18)	3.8 (0.27)	1.4 (0.03)	
40 - 59.....	24	(2.8)	951	1.6 (0.03)	0.3 (0.04)	1.8 (0.06)	187	1.9 (0.10)	1.1 (0.05)	3.0 (0.11)	1.5 (0.03)	
60 and over.....	35	(2.1)	933	1.4 (0.03)	0.4 (0.03)	1.7 (0.04)	278	1.5 (0.04)	1.1 (0.06)	2.5 (0.08)	1.3 (0.04)	
20 and over...	22	(1.4)	2789	1.5 (0.02)	0.3 (0.02)	1.8 (0.03)	552	1.8 (0.06)	1.3 (0.06)	3.0 (0.09)	1.4 (0.02)	
Females:												
20 - 39.....	13	(2.0)	928	1.1 (0.02)	0.2 (0.02)	1.3 (0.03)	107	1.3 (0.07)	1.4 (0.09)	2.7 (0.13)	1.1 (0.02)	
40 - 59.....	26	(2.2)	979	1.2 (0.03)	0.4 (0.05)	1.6 (0.05)	199	1.3 (0.05)	1.4 (0.12)	2.7 (0.13)	1.2 (0.04)	
60 and over.....	38	(1.4)	966	1.2 (0.03)	0.4 (0.04)	1.6 (0.04)	313	1.2 (0.04)	1.2 (0.07)	2.4 (0.07)	1.2 (0.04)	
20 and over...	25	(1.6)	2873	1.2 (0.02)	0.3 (0.03)	1.5 (0.03)	619	1.3 (0.03)	1.3 (0.07)	2.6 (0.07)	1.1 (0.02)	
All Individuals:												
2 and over...	20	(1.0)	8930	1.2 (0.01)	0.3 (0.01)	1.5 (0.02)	1378	1.4 (0.03)	1.3 (0.04)	2.8 (0.05)	1.2 (0.01)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

Gender and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m											
			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.....	14	(2.3)	861	2308 (43.5)	2 (0.2)	2310 (43.5)	88	2444 (166.4)	11 (0.6)	2454 (166.3)	2285 (44.1)			
6 - 11.....	8	(1.4)	1154	2971 (49.0)	1 (0.1)	2972 (49.1)	68	3018 (341.3)	13 (0.9)	3031 (341.1)	2967 (40.9)			
12 - 19.....	2	(0.6)	1253	3563 (112.0)	#	3563 (112.0)	--	--	--	--	3569 (110.8)			
Males:														
20 - 39.....	3	(0.9)	905	4452 (74.7)	1* (0.6)	4453 (74.6)	--	--	--	--	4439 (82.4)			
40 - 59.....	4	(0.8)	951	4419 (71.9)	2* (0.6)	4421 (72.0)	--	--	--	--	4401 (73.6)			
60 and over.....	8	(1.3)	933	3593 (57.2)	4 (0.8)	3597 (57.1)	63	3334 (195.1)	47 (6.9)	3381 (196.3)	3616 (66.0)			
20 and over...	4	(0.6)	2789	4243 (42.9)	2 (0.3)	4245 (42.9)	113	4249 (375.9)	44 (6.0)	4293 (374.5)	4242 (47.8)			
Females:														
20 - 39.....	4	(1.2)	928	3114 (58.6)	1* (0.8)	3116 (58.5)	--	--	--	--	3114 (63.0)			
40 - 59.....	5	(1.1)	979	3000 (45.7)	2* (0.6)	3002 (45.9)	--	--	--	--	3021 (44.0)			
60 and over.....	9	(1.2)	966	2739 (49.9)	3 (0.4)	2742 (50.0)	74	2917 (105.9)	36 (4.0)	2953 (108.6)	2720 (51.1)			
20 and over...	6	(0.6)	2873	2967 (33.2)	2 (0.4)	2969 (33.1)	143	2858 (85.7)	35 (5.1)	2892 (89.2)	2974 (35.4)			
All Individuals:														
2 and over...	6	(0.4)	8930	3464 (20.7)	2 (0.2)	3466 (20.7)	431	3237 (156.7)	31 (3.1)	3268 (158.7)	3477 (23.8)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

Gender and age (years)	Percent reporting potassium ⁸ % (SE)		P o t a s s i u m													
			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.....	1*	(0.5)	861	2071 (36.0)	1*	(0.5)	2071 (36.1)		--	--	--		2074 (36.4)			
6 - 11.....	1*	(0.7)	1154	2172 (39.6)	#		2173 (39.7)		--	--	--		2173 (40.3)			
12 - 19.....	2	(0.8)	1253	2360 (67.1)	2*	(0.9)	2362 (67.5)		--	--	--		2348 (66.1)			
Males:																
20 - 39.....	11	(2.0)	905	3055 (76.2)	14	(3.6)	3069 (76.7)	78	3552 (303.6)	123	(14.2)	3676 (302.7)	2990 (64.9)			
40 - 59.....	23	(2.5)	951	3406 (69.7)	22	(3.4)	3429 (69.3)	172	3794 (226.8)	96	(11.8)	3890 (226.1)	3290 (78.4)			
60 and over.....	34	(2.1)	933	2977 (67.1)	29	(2.5)	3006 (67.1)	267	3093 (106.2)	87	(5.4)	3180 (106.2)	2918 (65.7)			
20 and over...	21	(1.3)	2789	3172 (43.9)	21	(1.5)	3192 (44.5)	517	3486 (121.7)	98	(6.6)	3584 (124.0)	3088 (43.8)			
Females:																
20 - 39.....	8	(1.7)	928	2310 (38.9)	12*	(3.8)	2322 (38.0)	62	2585 (117.7)	149	(30.5)	2734 (125.0)	2286 (41.0)			
40 - 59.....	15	(1.6)	979	2479 (47.2)	12	(2.0)	2491 (46.6)	122	2645 (122.7)	80	(8.2)	2725 (124.3)	2449 (52.6)			
60 and over.....	34	(1.2)	966	2413 (27.9)	28	(1.5)	2441 (27.6)	269	2591 (76.5)	83	(3.2)	2674 (76.8)	2324 (44.4)			
20 and over...	18	(0.9)	2873	2405 (23.5)	16	(1.7)	2421 (23.0)	453	2608 (76.6)	92	(6.0)	2700 (76.5)	2361 (27.8)			
All Individuals:																
2 and over...	15	(0.8)	8930	2642 (18.8)	14	(1.0)	2656 (18.9)	1005	3060 (72.9)	95	(3.5)	3155 (73.8)	2569 (25.0)			

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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, 2009-2010 (continued)

S e l e n i u m																		
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	(SE)	
Males and females:																		
2 - 5.....	1*	(0.4)	861	73.5	(1.09)	0.3*	(0.26)	73.8	(0.95)	--	--	--	73.5	(1.07)				
6 - 11.....	1*	(0.4)	1154	90.7	(1.42)	0.5*	(0.25)	91.2	(1.50)	--	--	--	90.9	(1.42)				
12 - 19.....	5	(1.6)	1253	109.7	(3.38)	2.9*	(1.04)	112.5	(4.08)	--	--	--	109.1	(3.22)				
Males:																		
20 - 39.....	13	(1.7)	905	141.5	(2.45)	13.3	(2.49)	154.8	(3.87)	87	162.1	(13.23)	105.9	(9.81)	268.0	(15.88)	138.6	(2.56)
40 - 59.....	23	(2.7)	951	137.7	(2.97)	16.3	(2.41)	154.0	(2.46)	179	149.0	(6.35)	70.8	(3.62)	219.7	(6.86)	134.3	(3.96)
60 and over.....	35	(2.4)	933	114.0	(1.62)	26.4	(2.31)	140.3	(2.46)	276	114.7	(3.07)	75.0	(2.78)	189.7	(4.35)	113.6	(2.13)
20 and over...	22	(1.3)	2789	133.7	(1.98)	17.5	(0.91)	151.2	(2.14)	542	139.2	(4.38)	80.2	(2.88)	219.4	(5.42)	132.2	(1.83)
Females:																		
20 - 39.....	12	(2.2)	928	94.0	(1.83)	7.0	(1.69)	101.0	(1.93)	99	96.9	(8.04)	60.3	(7.15)	157.2	(6.18)	93.6	(1.85)
40 - 59.....	25	(2.3)	979	96.1	(2.33)	15.7	(1.97)	111.8	(2.11)	193	89.7	(4.08)	61.6	(4.57)	151.4	(5.88)	98.3	(2.11)
60 and over.....	38	(1.4)	966	87.2	(2.29)	22.2	(1.85)	109.3	(2.38)	308	90.6	(2.79)	58.4	(4.11)	149.0	(3.69)	85.0	(2.54)
20 and over...	24	(1.6)	2873	93.0	(1.27)	14.6	(1.08)	107.5	(1.00)	600	91.3	(2.64)	60.0	(2.66)	151.3	(2.77)	93.5	(1.34)
All Individuals:																		
2 and over...	18	(0.9)	8930	108.5	(1.05)	12.3	(0.53)	120.8	(0.94)	1197	113.4	(2.99)	69.0	(2.08)	182.4	(3.25)	107.4	(1.09)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, 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 2.04.

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: $1 \mu\text{g} = 40$ 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) 2009-2010. 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 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011). Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_F) of NHANES 2009-2010. 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/nhanes2009-2010/DS1TOT_F.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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