

Table 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010

T h i a m i n																		
Family income in dollars and age (years)	Percent reporting supplement 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)
\$0 - \$24,999:																		
2 - 19.....	6	(1.2)	1099	1.52 (0.044)	0.20*(0.085)	1.72 (0.109)			--	--	--						1.52 (0.043)	
20 and over.....	18	(1.1)	1857	1.57 (0.025)	2.58*(1.192)	4.15 (1.194)	322	1.63 (0.090)	14.28*(6.374)	15.91*(6.384)							1.56 (0.026)	
2 and over...	15	(1.0)	2956	1.56 (0.020)	1.96*(0.887)	3.51 (0.887)	381	1.62 (0.085)	13.02*(5.712)	14.63*(5.717)							1.55 (0.022)	
\$25,000 - \$74,999:																		
2 - 19.....	9	(0.9)	1251	1.48 (0.039)	0.21*(0.065)	1.69 (0.074)	82	1.58 (0.126)	2.33 (0.697)	3.90 (0.757)							1.47 (0.038)	
20 and over.....	27	(1.8)	2181	1.64 (0.031)	3.29 (0.488)	4.93 (0.504)	515	1.66 (0.060)	12.34 (1.572)	13.99 (1.590)							1.63 (0.029)	
2 and over...	22	(1.3)	3432	1.60 (0.022)	2.55 (0.363)	4.14 (0.370)	597	1.65 (0.054)	11.34 (1.369)	12.99 (1.377)							1.59 (0.019)	
\$75,000 and higher:																		
2 - 19.....	13	(1.5)	683	1.62 (0.059)	0.34*(0.133)	1.96 (0.138)	89	1.54 (0.107)	2.63*(0.963)	4.17 (0.965)							1.63 (0.073)	
20 and over.....	33	(2.5)	1172	1.76 (0.034)	3.47 (0.607)	5.23 (0.607)	353	1.83 (0.057)	10.62 (1.718)	12.45 (1.727)							1.72 (0.034)	
2 and over...	28	(1.7)	1855	1.72 (0.025)	2.68 (0.463)	4.40 (0.463)	442	1.80 (0.053)	9.67 (1.586)	11.47 (1.591)							1.69 (0.030)	
All Individuals ⁹:																		
2 - 19.....	10	(0.7)	3268	1.54 (0.036)	0.25 (0.055)	1.79 (0.055)	254	1.56 (0.066)	2.49 (0.494)	4.05 (0.475)							1.54 (0.035)	
20 and over.....	26	(1.3)	5662	1.66 (0.019)	3.23 (0.514)	4.89 (0.520)	1292	1.72 (0.041)	12.24 (1.763)	13.97 (1.781)							1.64 (0.019)	
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

R i b o f l a v i n																		
Family income in dollars 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)
\$0 - \$24,999:																		
2 - 19.....	7	(1.2)	1099	1.90 (0.042)	0.22*(0.089)	2.12 (0.114)			--	--	--						1.89 (0.041)	
20 and over.....	18	(1.1)	1857	2.02 (0.058)	1.19 (0.206)	3.22 (0.206)	323	2.17 (0.144)	6.60 (0.979)	8.77 (0.954)							1.99 (0.066)	
2 and over...	15	(1.0)	2956	1.99 (0.041)	0.94 (0.173)	2.93 (0.176)	383	2.16 (0.135)	6.22 (0.941)	8.38 (0.931)							1.96 (0.048)	
\$25,000 - \$74,999:																		
2 - 19.....	9	(0.9)	1251	1.90 (0.049)	0.24 (0.066)	2.13 (0.074)	82	2.23 (0.215)	2.55 (0.706)	4.78 (0.797)							1.86 (0.049)	
20 and over.....	27	(1.7)	2181	2.12 (0.040)	2.93 (0.590)	5.04 (0.612)	516	2.29 (0.073)	10.88 (2.239)	13.16 (2.271)							2.06 (0.035)	
2 and over...	23	(1.3)	3432	2.07 (0.026)	2.27 (0.456)	4.34 (0.470)	598	2.28 (0.068)	10.06 (2.007)	12.34 (2.020)							2.00 (0.022)	
\$75,000 and higher:																		
2 - 19.....	13	(1.5)	683	2.07 (0.049)	0.27 (0.043)	2.33 (0.053)	89	2.07 (0.131)	2.06 (0.209)	4.13 (0.239)							2.07 (0.062)	
20 and over.....	33	(2.5)	1172	2.33 (0.047)	2.86 (0.492)	5.19 (0.506)	353	2.42 (0.071)	8.75 (1.339)	11.17 (1.352)							2.28 (0.063)	
2 and over...	28	(1.7)	1855	2.26 (0.030)	2.20 (0.368)	4.46 (0.376)	442	2.38 (0.068)	7.96 (1.223)	10.33 (1.232)							2.22 (0.039)	
All Individuals⁹:																		
2 - 19.....	10	(0.7)	3268	1.97 (0.041)	0.24 (0.039)	2.20 (0.049)	255	2.13 (0.104)	2.39 (0.316)	4.52 (0.314)							1.95 (0.038)	
20 and over.....	26	(1.3)	5662	2.16 (0.029)	2.41 (0.256)	4.57 (0.276)	1294	2.33 (0.053)	9.11 (1.020)	11.45 (1.043)							2.10 (0.032)	
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

N i a c i n																		
Family income in dollars 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		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	7	(1.2)	1099	21.3	(0.61)	1.4	(0.32)	22.6	(0.76)	--	--	--	--	21.1	(0.63)			
20 and over.....	18	(1.1)	1857	24.4	(0.56)	4.8	(0.39)	29.3	(0.68)	327	24.4	(1.79)	26.4	(1.40)	50.8	(1.92)	24.5	(0.51)
2 and over...	15	(1.0)	2956	23.6	(0.46)	3.9	(0.33)	27.5	(0.60)	387	24.3	(1.61)	25.8	(1.28)	50.1	(1.80)	23.5	(0.42)
\$25,000 - \$74,999:																		
2 - 19.....	9	(0.9)	1251	20.6	(0.47)	1.7	(0.22)	22.3	(0.60)	82	19.5	(2.07)	17.9	(2.34)	37.4	(4.16)	20.7	(0.42)
20 and over.....	27	(1.7)	2181	25.9	(0.31)	10.8	(0.93)	36.7	(1.05)	522	26.4	(0.87)	39.8	(3.89)	66.2	(3.81)	25.7	(0.34)
2 and over...	23	(1.3)	3432	24.6	(0.20)	8.6	(0.72)	33.2	(0.78)	604	25.7	(0.78)	37.7	(3.46)	63.4	(3.32)	24.3	(0.17)
\$75,000 and higher:																		
2 - 19.....	13	(1.5)	683	22.1	(0.65)	2.1	(0.32)	24.3	(0.49)	90	19.4	(1.32)	16.5	(0.88)	35.8	(2.03)	22.5	(0.72)
20 and over.....	35	(2.5)	1172	27.0	(0.79)	15.1	(2.20)	42.1	(2.29)	366	27.2	(1.27)	43.6	(5.69)	70.8	(5.97)	27.0	(0.74)
2 and over...	29	(1.7)	1855	25.8	(0.57)	11.8	(1.68)	37.6	(1.83)	456	26.3	(1.12)	40.5	(5.12)	66.8	(5.34)	25.6	(0.47)
All Individuals ⁹:																		
2 - 19.....	10	(0.7)	3268	21.3	(0.34)	1.8	(0.18)	23.1	(0.36)	257	20.1	(1.01)	17.6	(0.95)	37.7	(1.70)	21.5	(0.36)
20 and over.....	27	(1.3)	5662	25.9	(0.30)	10.4	(0.85)	36.2	(0.93)	1316	26.3	(0.73)	38.2	(2.97)	64.5	(2.93)	25.7	(0.31)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 6																		
Family income in dollars 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)
\$0 - \$24,999:																		
2 - 19.....	11	(1.4)	1099	1.69	(0.062)	0.32	(0.081)	2.00	(0.118)	115	1.76	(0.165)	2.81	(0.745)	4.57	(0.760)	1.68	(0.067)
20 and over.....	19	(1.1)	1857	2.00	(0.069)	1.85	(0.345)	3.85	(0.355)	330	2.07	(0.156)	9.98	(1.551)	12.05	(1.491)	1.98	(0.072)
2 and over...	17	(1.0)	2956	1.92	(0.051)	1.44	(0.273)	3.36	(0.287)	445	2.02	(0.129)	8.70	(1.346)	10.72	(1.301)	1.90	(0.058)
\$25,000 - \$74,999:																		
2 - 19.....	16	(1.9)	1251	1.64	(0.058)	0.33	(0.072)	1.97	(0.099)	163	1.56	(0.120)	2.06	(0.437)	3.62	(0.482)	1.66	(0.063)
20 and over.....	28	(1.7)	2181	2.12	(0.024)	3.53	(0.402)	5.65	(0.409)	539	2.24	(0.082)	12.67	(1.148)	14.91	(1.182)	2.07	(0.037)
2 and over...	25	(1.4)	3432	2.00	(0.024)	2.76	(0.295)	4.76	(0.306)	702	2.13	(0.076)	11.04	(1.050)	13.17	(1.082)	1.96	(0.035)
\$75,000 and higher:																		
2 - 19.....	21	(1.3)	683	1.76	(0.053)	0.36	(0.030)	2.12	(0.046)	145	1.53	(0.066)	1.74	(0.092)	3.27	(0.134)	1.82	(0.063)
20 and over.....	34	(2.5)	1172	2.18	(0.072)	4.05	(0.693)	6.23	(0.700)	366	2.24	(0.108)	11.85	(1.866)	14.09	(1.898)	2.15	(0.081)
2 and over...	31	(1.9)	1855	2.07	(0.053)	3.11	(0.525)	5.18	(0.537)	511	2.12	(0.081)	10.10	(1.591)	12.22	(1.609)	2.05	(0.055)
All Individuals⁹:																		
2 - 19.....	16	(0.8)	3268	1.69	(0.034)	0.33	(0.030)	2.03	(0.043)	458	1.58	(0.056)	2.05	(0.184)	3.62	(0.183)	1.72	(0.040)
20 and over.....	27	(1.3)	5662	2.11	(0.027)	3.22	(0.273)	5.33	(0.278)	1342	2.21	(0.053)	11.71	(0.977)	13.93	(0.997)	2.07	(0.035)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)		F o l i c a c i d																
		All Individuals ⁵						Supplement Users ⁶						Non-users ⁷				
Percent reporting supplement 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
\$0 - \$24,999:																		
2 - 19.....	10 (1.4)	1099	207 (8.2)	39 (7.8)	247 (12.1)	107	225 (31.3)	384 (44.8)	609 (54.5)	205 (8.1)								
20 and over.....	19 (1.0)	1857	174 (6.0)	95 (6.2)	269 (9.0)	334	170 (12.5)	499 (25.0)	669 (22.6)	175 (6.8)								
2 and over...	17 (0.8)	2956	183 (5.8)	81 (5.4)	263 (8.5)	441	179 (11.8)	481 (21.6)	660 (22.0)	183 (6.0)								
\$25,000 - \$74,999:																		
2 - 19.....	15 (1.9)	1251	207 (15.6)	49 (5.7)	256 (15.8)	153	196 (12.5)	316 (18.2)	512 (24.7)	210 (18.0)								
20 and over.....	27 (1.7)	2181	187 (5.8)	128 (7.5)	316 (7.3)	529	190 (12.8)	468 (15.3)	658 (19.0)	186 (5.3)								
2 and over...	25 (1.4)	3432	192 (6.7)	109 (5.4)	301 (7.2)	682	191 (11.1)	445 (16.7)	636 (18.6)	192 (7.3)								
\$75,000 and higher:																		
2 - 19.....	20 (1.4)	683	222 (8.2)	64 (5.1)	286 (10.4)	140	235 (21.4)	316 (10.6)	551 (27.0)	219 (7.7)								
20 and over.....	34 (2.4)	1172	199 (8.0)	149 (11.4)	349 (13.9)	361	207 (13.7)	446 (11.0)	652 (16.4)	195 (11.8)								
2 and over...	30 (1.7)	1855	205 (6.0)	128 (8.1)	333 (9.3)	501	212 (12.3)	424 (10.7)	635 (12.7)	202 (7.9)								
All Individuals⁹:																		
2 - 19.....	16 (0.7)	3268	215 (8.9)	52 (3.2)	266 (9.1)	435	221 (13.0)	328 (12.4)	549 (20.4)	213 (9.0)								
20 and over.....	27 (1.3)	5662	189 (3.5)	127 (4.9)	316 (4.7)	1332	194 (6.6)	464 (8.1)	659 (9.1)	187 (4.2)								
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars 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)				
\$0 - \$24,999:															
2 - 19.....	10	(1.4)	1099	503 (16.8)	67 (13.3)	570 (22.5)	107	534 (58.7)	653 (76.2)	1187 (95.0)	500 (16.8)				
20 and over.....	19	(1.0)	1857	501 (11.4)	162 (10.5)	663 (17.3)	334	507 (29.4)	849 (42.5)	1356 (39.8)	499 (13.0)				
2 and over...	17	(0.8)	2956	501 (11.1)	137 (9.2)	638 (16.2)	441	512 (26.6)	817 (36.6)	1329 (40.3)	499 (12.0)				
\$25,000 - \$74,999:															
2 - 19.....	15	(1.9)	1251	507 (27.7)	83 (9.7)	590 (27.8)	153	477 (25.4)	537 (30.9)	1013 (48.8)	512 (30.7)				
20 and over.....	27	(1.7)	2181	541 (11.3)	218 (12.7)	760 (13.5)	529	564 (26.3)	795 (26.1)	1359 (32.2)	533 (10.1)				
2 and over...	25	(1.4)	3432	533 (12.0)	186 (9.1)	719 (12.7)	682	551 (21.6)	756 (28.5)	1306 (32.3)	527 (12.4)				
\$75,000 and higher:															
2 - 19.....	20	(1.4)	683	536 (13.6)	109 (8.6)	644 (18.0)	140	558 (34.2)	538 (18.1)	1096 (44.7)	530 (13.6)				
20 and over.....	34	(2.4)	1172	582 (17.2)	254 (19.4)	835 (24.1)	361	611 (30.2)	758 (18.8)	1369 (33.4)	567 (23.0)				
2 and over...	30	(1.7)	1855	570 (13.5)	217 (13.7)	787 (17.8)	501	602 (25.4)	720 (18.2)	1322 (26.7)	556 (16.7)				
All Individuals⁹:															
2 - 19.....	16	(0.7)	3268	521 (15.7)	88 (5.4)	608 (16.2)	435	529 (22.7)	558 (21.0)	1087 (35.1)	519 (15.8)				
20 and over.....	27	(1.3)	5662	547 (7.5)	216 (8.3)	762 (8.9)	1332	574 (15.9)	790 (13.8)	1364 (19.0)	536 (9.2)				
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.

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

C h o l i n e																		
Family income in dollars and age (years)	Percent reporting supplement choline 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)
\$0 - \$24,999:																		
2 - 19.....	4	(1.1)	1099	254	(7.5)	2	(0.5)	256	(7.4)	--	--	--	--	--	--	254	(7.6)	
20 and over.....	1	(0.4)	1857	330	(7.2)	1*	(0.5)	331	(7.2)	--	--	--	--	--	--	330	(7.4)	
2 and over...	2	(0.4)	2956	310	(6.6)	1*	(0.5)	311	(6.6)	72	279	(17.6)	54	(15.8)	333	(29.0)	311	(6.9)
\$25,000 - \$74,999:																		
2 - 19.....	8	(1.6)	1251	249	(7.4)	3	(0.6)	252	(7.5)	69	223	(18.8)	33	(2.7)	256	(19.5)	252	(7.6)
20 and over.....	3	(0.6)	2181	344	(5.6)	1*	(0.4)	345	(5.7)	--	--	--	--	--	--	343	(5.2)	
2 and over...	4	(0.5)	3432	321	(4.4)	1	(0.4)	323	(4.5)	116	307	(32.7)	34	(6.9)	341	(31.3)	322	(4.4)
\$75,000 and higher:																		
2 - 19.....	9	(1.6)	683	258	(5.5)	3	(0.6)	262	(5.5)	62	263	(11.6)	36	(1.2)	299	(11.3)	258	(5.6)
20 and over.....	3	(0.7)	1172	342	(9.9)	1*	(0.7)	344	(10.0)	--	--	--	--	--	--	341	(9.6)	
2 and over...	5	(0.5)	1855	321	(8.2)	2	(0.5)	323	(8.2)	99	319	(19.5)	43	(12.2)	362	(22.1)	321	(8.0)
All Individuals ⁹:																		
2 - 19.....	7	(1.1)	3268	256	(4.9)	3	(0.4)	259	(4.8)	194	250	(10.9)	35	(1.3)	285	(10.8)	257	(5.5)
20 and over.....	3	(0.3)	5662	340	(4.1)	1	(0.3)	341	(4.1)	116	363	(25.2)	44	(12.5)	408	(25.6)	339	(4.1)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 1 2																				
----- <i>All Individuals</i> ⁵ ----- ----- <i>Supplement Users</i> ⁶ ----- ----- <i>Non-users</i> ⁷ -----																				
Family income in dollars and age (years)	Percent reporting supplement vitamin B12 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)	
\$0 - \$24,999:																				
2 - 19.....	11	(1.4)	1099	4.74	(0.123)	1.8*	(0.73)	6.6	(0.65)	115	4.87	(0.453)	16.2*	(6.01)	21.1	(6.13)	4.73	(0.136)		
20 and over.....	20	(1.3)	1857	5.05	(0.193)	26.5	(5.76)	31.6	(5.84)	358	5.31	(0.652)	132.4	(23.46)	137.7	(23.46)	4.98	(0.179)		
2 and over...	18	(1.1)	2956	4.97	(0.146)	20.0	(4.27)	25.0	(4.33)	473	5.24	(0.535)	113.0	(19.82)	118.2	(19.77)	4.91	(0.143)		
\$25,000 - \$74,999:																				
2 - 19.....	16	(1.9)	1251	4.77	(0.124)	1.2	(0.27)	6.0	(0.31)	161	4.73	(0.413)	7.6	(1.80)	12.3	(1.74)	4.77	(0.155)		
20 and over.....	29	(1.7)	2181	5.35	(0.184)	35.7	(6.74)	41.1	(6.63)	554	5.39	(0.261)	124.1	(26.69)	129.5	(26.56)	5.33	(0.176)		
2 and over...	26	(1.4)	3432	5.21	(0.157)	27.4	(5.26)	32.6	(5.15)	715	5.29	(0.208)	106.7	(23.97)	112.0	(23.87)	5.18	(0.160)		
\$75,000 and higher:																				
2 - 19.....	21	(1.3)	683	4.93	(0.159)	2.8*	(1.60)	7.8	(1.54)	145	4.50	(0.203)	13.5*	(7.54)	18.0*	(7.65)	5.04	(0.204)		
20 and over.....	34	(2.3)	1172	5.86	(0.407)	33.6	(5.73)	39.5	(5.74)	368	5.94	(0.352)	98.9	(16.09)	104.9	(15.99)	5.82	(0.529)		
2 and over...	31	(1.7)	1855	5.62	(0.284)	25.8	(4.24)	31.4	(4.27)	513	5.69	(0.287)	84.1	(13.70)	89.8	(13.62)	5.59	(0.345)		
All Individuals ⁹:																				
2 - 19.....	16	(0.8)	3268	4.79	(0.079)	1.9*	(0.57)	6.6	(0.54)	456	4.67	(0.156)	11.4*	(3.67)	16.0	(3.73)	4.81	(0.096)		
20 and over.....	28	(1.3)	5662	5.41	(0.098)	35.2	(3.15)	40.6	(3.17)	1389	5.59	(0.217)	125.3	(14.27)	130.9	(14.20)	5.35	(0.117)		
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) 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 —						
Family income in dollars and age (years)	Percent reporting supplement vitamin C 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)
\$0 - \$24,999:																		
2 - 19.....	12	(1.5)	1099	82.4	(4.50)	11.9	(2.46)	94.2	(3.65)	124	82.6	(10.11)	96.2	(14.16)	178.8	(18.01)	82.3	(5.24)
20 and over.....	20	(1.2)	1857	84.3	(3.33)	57.6	(8.42)	141.9	(10.06)	361	90.9	(5.63)	284.4	(36.74)	375.4	(36.56)	82.6	(3.22)
2 and over...	18	(1.0)	2956	83.8	(2.17)	45.5	(6.62)	129.3	(7.33)	485	89.4	(5.36)	250.8	(31.73)	340.3	(31.95)	82.5	(2.28)
\$25,000 - \$74,999:																		
2 - 19.....	18	(2.1)	1251	79.1	(4.68)	17.2	(2.93)	96.4	(5.18)	181	90.2	(10.98)	93.4	(12.89)	183.5	(17.39)	76.6	(4.35)
20 and over.....	30	(1.7)	2181	86.3	(3.74)	91.0	(15.78)	177.3	(16.76)	585	105.9	(9.88)	307.3	(49.21)	413.2	(53.99)	78.1	(2.63)
2 and over...	27	(1.5)	3432	84.6	(2.88)	73.2	(12.13)	157.7	(12.69)	766	103.3	(8.54)	271.8	(43.87)	375.1	(48.19)	77.7	(2.39)
\$75,000 and higher:																		
2 - 19.....	24	(2.4)	683	74.3	(3.53)	24.5	(5.85)	98.9	(6.16)	161	71.8	(2.45)	100.5	(18.43)	172.4	(18.68)	75.2	(4.61)
20 and over.....	36	(2.5)	1172	91.5	(3.99)	96.1	(9.63)	187.6	(11.51)	387	106.8	(6.73)	270.0	(31.25)	376.8	(36.15)	83.0	(3.66)
2 and over...	33	(2.0)	1855	87.1	(2.81)	77.9	(7.98)	165.0	(9.24)	548	100.2	(5.27)	237.8	(26.98)	338.0	(30.74)	80.8	(2.84)
All Individuals ⁹:																		
2 - 19.....	19	(1.1)	3268	79.6	(2.92)	17.9	(2.15)	97.5	(2.91)	503	81.6	(5.01)	95.3	(8.22)	176.9	(10.92)	79.2	(3.43)
20 and over.....	29	(1.2)	5662	88.6	(1.77)	83.3	(8.71)	171.9	(9.49)	1452	103.6	(4.70)	283.7	(29.28)	387.3	(32.47)	82.4	(1.77)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n D																		
Family income in dollars 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	(SE)
\$0 - \$24,999:																		
2 - 19.....	12	(1.4)	1099	5.9	(0.15)	1.2	(0.20)	7.1	(0.24)	118	6.1	(0.56)	10.1	(0.90)	16.2	(1.11)	5.9	(0.12)
20 and over.....	23	(1.2)	1857	4.8	(0.20)	7.1	(1.95)	11.8	(2.00)	415	5.1	(0.32)	31.2	(8.29)	36.3	(8.34)	4.7	(0.26)
2 and over...	20	(1.1)	2956	5.1	(0.15)	5.5	(1.44)	10.6	(1.48)	533	5.3	(0.29)	27.9	(7.05)	33.2	(7.13)	5.0	(0.20)
\$25,000 - \$74,999:																		
2 - 19.....	16	(1.9)	1251	5.8	(0.16)	2.9*	(1.39)	8.6	(1.42)	168	6.3	(0.54)	17.7*	(7.77)	24.0*	(8.09)	5.7	(0.23)
20 and over.....	31	(1.6)	2181	4.9	(0.19)	8.0	(1.19)	13.0	(1.17)	614	4.9	(0.31)	25.7	(3.52)	30.7	(3.51)	4.9	(0.18)
2 and over...	28	(1.2)	3432	5.1	(0.15)	6.8	(1.02)	11.9	(0.98)	782	5.1	(0.25)	24.6	(3.49)	29.7	(3.49)	5.1	(0.14)
\$75,000 and higher:																		
2 - 19.....	22	(2.0)	683	6.1	(0.25)	2.1	(0.21)	8.2	(0.39)	153	6.6	(0.39)	9.4	(0.57)	16.0	(0.65)	6.0	(0.25)
20 and over.....	38	(2.5)	1172	5.6	(0.35)	8.4	(0.84)	14.1	(0.88)	416	6.0	(0.46)	22.3	(1.32)	28.3	(1.50)	5.4	(0.34)
2 and over...	34	(2.0)	1855	5.8	(0.28)	6.8	(0.64)	12.6	(0.69)	569	6.1	(0.44)	20.1	(1.07)	26.2	(1.20)	5.6	(0.23)
All Individuals ⁹:																		
2 - 19.....	17	(0.7)	3268	6.0	(0.13)	2.2	(0.54)	8.1	(0.56)	476	6.4	(0.28)	12.7	(3.06)	19.1	(3.08)	5.9	(0.15)
20 and over.....	31	(1.2)	5662	5.1	(0.14)	8.3	(0.76)	13.5	(0.75)	1565	5.4	(0.21)	26.8	(2.29)	32.2	(2.36)	5.0	(0.15)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

V i t a m i n K															
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----															
Family income in dollars and age (years)	Percent reporting supplement vitamin K ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		-Non-users ⁷ -			
	%	(SE)		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)		
\$0 - \$24,999:															
2 - 19.....	1*	(0.7)	1099	52.2	(3.08)	0.4*	(0.28)	52.7	(3.01)	--	--	--	52.2	(3.16)	
20 and over.....	14	(0.7)	1857	87.3	(5.36)	4.7	(0.42)	92.0	(5.51)	252	101.4	(14.73)	33.2	(2.68)	
2 and over...	11	(0.6)	2956	78.1	(3.85)	3.6	(0.35)	81.6	(3.98)	262	99.9	(13.88)	33.1	(2.52)	
\$25,000 - \$74,999:															
2 - 19.....	2	(0.9)	1251	53.1	(2.40)	0.7*	(0.29)	53.7	(2.52)	418	--	--	--	53.1	(2.53)
20 and over.....	20	(1.3)	2181	110.5	(7.21)	6.1	(0.53)	116.6	(7.44)	418	136.6	(18.84)	31.0	(1.63)	
2 and over...	16	(1.0)	3432	96.6	(5.48)	4.8	(0.42)	101.4	(5.66)	437	133.8	(17.91)	31.0	(1.56)	
\$75,000 and higher:															
2 - 19.....	3	(0.8)	683	61.5	(3.19)	1.1*	(0.46)	62.6	(3.10)	305	--	--	--	61.3	(3.34)
20 and over.....	28	(2.9)	1172	112.1	(7.60)	10.0	(1.08)	122.1	(7.20)	305	120.2	(13.65)	35.3	(1.64)	
2 and over...	22	(1.9)	1855	99.2	(6.35)	7.7	(0.71)	107.0	(6.16)	329	118.4	(12.99)	35.3	(1.42)	
All Individuals⁹:															
2 - 19.....	3	(0.7)	3268	55.2	(1.30)	0.8*	(0.25)	56.0	(1.34)	1056	--	--	--	55.0	(1.38)
20 and over.....	21	(1.3)	5662	104.5	(4.24)	7.0	(0.42)	111.6	(4.24)	1056	124.0	(8.34)	33.3	(1.22)	
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)	

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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

L y c o p e n e													
Family income in dollars and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		— All Individuals ⁵ —				— Supplement Users ⁶ —				— Non-users ⁷ —		
			Sample Size	Food		Supplement		Sample size	Food		Supplement		Food µg (SE)
				µg (SE)	µg (SE)	µg (SE)	µg (SE)		µg (SE)	µg (SE)	µg (SE)	µg (SE)	
\$0 - \$24,999:													
2 - 19.....	1*	(0.6)	1099	4605 (408.9)	7*	(4.3)	4612 (410.5)	--	--	--	4479 (365.5)		
20 and over.....	7	(0.7)	1857	5184 (431.9)	29	(3.4)	5214 (433.4)	129	8213(2537.9)	430 (40.8)	8643(2555.5)	4963 (426.7)	
2 and over...	5	(0.6)	2956	5032 (396.8)	23	(3.1)	5055 (398.2)	134	8656(2392.3)	445 (42.2)	9100(2409.3)	4830 (380.4)	
\$25,000 - \$74,999:													
2 - 19.....	1*	(0.4)	1251	4217 (240.6)	5*	(1.6)	4222 (241.0)	--	--	--	4229 (244.3)		
20 and over.....	11	(0.8)	2181	5340 (346.2)	61	(7.2)	5401 (346.4)	247	6676(1300.5)	555 (70.0)	7231(1291.1)	5176 (292.8)	
2 and over...	9	(0.6)	3432	5068 (270.4)	47	(5.3)	5116 (270.8)	255	6566(1246.4)	552 (69.6)	7118(1234.3)	4928 (214.6)	
\$75,000 and higher:													
2 - 19.....	1*	(0.3)	683	4902 (521.8)	3*	(1.8)	4905 (523.1)	--	--	--	4935 (536.1)		
20 and over.....	16	(1.2)	1172	5765 (455.3)	130	(32.9)	5895 (471.5)	182	5744 (903.4)	806 (197.6)	6550(1016.7)	5769 (419.6)	
2 and over...	12	(0.8)	1855	5545 (417.4)	98	(23.7)	5643 (430.7)	187	5662 (885.9)	801 (193.2)	6464 (994.3)	5529 (400.4)	
All Individuals ⁹:													
2 - 19.....	1	(0.4)	3268	4638 (251.4)	5*	(1.8)	4644 (252.3)	--	--	--	4630 (255.3)		
20 and over.....	12	(0.4)	5662	5460 (277.7)	73	(11.1)	5534 (281.0)	602	6430 (715.3)	637 (87.7)	7067 (723.7)	5334 (254.3)	
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) 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 —							
Family income in dollars and age (years)	Percent reporting supplement lutein + zeaxanthin 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
\$0 - \$24,999:																			
2 - 19.....	1*	(0.5)	1099	724 (59.5)	6*	(4.6)	730 (60.3)				--	--	--				726 (60.0)		
20 and over.....	6	(0.7)	1857	1266 (96.4)	201*	(101.1)	1466 (115.9)	118	1730 (357.0)	3289*	(1634.4)	5019*	(1638.1)				1236 (93.0)		
2 and over...	5	(0.5)	2956	1123 (73.9)	150*	(74.7)	1273 (89.3)	120	1683 (318.4)	3206*	(1579.8)	4889*	(1568.9)				1096 (72.9)		
\$25,000 - \$74,999:																			
2 - 19.....	1*	(0.4)	1251	724 (56.9)	5	(1.4)	729 (57.3)				--	--	--				723 (55.8)		
20 and over.....	9	(0.7)	2181	1689 (166.2)	100*	(36.7)	1790 (163.4)	216	2240 (360.1)	1064*	(346.0)	3304	(340.2)				1632 (167.2)		
2 and over...	7	(0.6)	3432	1456 (129.5)	77*	(27.8)	1533 (126.0)	223	2193 (354.1)	1045*	(333.0)	3238	(331.5)				1397 (127.0)		
\$75,000 and higher:																			
2 - 19.....	1*	(0.3)	683	814 (71.6)	3*	(2.0)	817 (72.4)				--	--	--				815 (72.4)		
20 and over.....	14	(1.2)	1172	1604 (129.3)	114	(21.8)	1718 (127.5)	166	1953 (265.9)	797	(168.7)	2750	(302.9)				1546 (143.5)		
2 and over...	11	(0.8)	1855	1403 (116.2)	86	(16.1)	1489 (116.3)	170	1934 (265.3)	792	(165.8)	2726	(299.4)				1338 (125.5)		
All Individuals⁹:																			
2 - 19.....	1	(0.3)	3268	759 (35.8)	5*	(1.7)	764 (36.1)				--	--	--				760 (36.4)		
20 and over.....	10	(0.4)	5662	1535 (91.8)	128	(33.3)	1663 (89.4)	545	1978 (206.7)	1245	(316.8)	3223	(303.4)				1484 (96.0)		
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

C a l c i u m																		
Family income in dollars 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		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	6	(1.1)	1099	1027	(27.2)	13	(3.1)	1040	(26.8)	--	--	--	--	1033	(26.7)			
20 and over.....	24	(1.1)	1857	946	(25.7)	125	(7.7)	1072	(29.8)	434	987	(48.2)	529	(26.0)	1516	(51.1)	934	(29.8)
2 and over...	19	(1.1)	2956	968	(20.5)	96	(5.8)	1063	(23.0)	492	983	(46.4)	502	(25.1)	1486	(50.1)	964	(22.8)
\$25,000 - \$74,999:																		
2 - 19.....	10	(1.2)	1251	1039	(23.2)	18	(3.9)	1057	(23.8)	81	1277	(71.5)	182	(32.5)	1459	(72.3)	1012	(24.3)
20 and over.....	31	(1.8)	2181	986	(21.1)	175	(11.4)	1161	(18.9)	649	1006	(37.7)	556	(24.3)	1563	(39.7)	976	(28.6)
2 and over...	26	(1.5)	3432	999	(14.8)	137	(8.9)	1136	(12.9)	730	1031	(34.6)	522	(23.7)	1553	(37.3)	987	(19.5)
\$75,000 and higher:																		
2 - 19.....	13	(1.5)	683	1108	(38.9)	34	(5.5)	1142	(39.2)	91	1153	(64.6)	258	(35.3)	1411	(68.2)	1100	(45.6)
20 and over.....	38	(2.2)	1172	1109	(20.6)	209	(20.9)	1317	(31.2)	422	1160	(50.3)	547	(39.0)	1708	(61.3)	1077	(24.3)
2 and over...	32	(1.9)	1855	1108	(14.0)	164	(16.8)	1273	(24.1)	513	1160	(50.2)	517	(35.7)	1676	(58.8)	1085	(20.5)
All Individuals⁹:																		
2 - 19.....	10	(0.8)	3268	1065	(18.0)	23	(3.1)	1089	(19.2)	254	1174	(44.7)	229	(22.3)	1403	(49.2)	1053	(18.7)
20 and over.....	32	(1.2)	5662	1014	(10.6)	175	(7.8)	1189	(10.1)	1629	1061	(24.6)	553	(16.8)	1614	(20.3)	992	(14.2)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

P h o s p h o r u s																				
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																				
Family income in dollars and age (years)	Percent reporting supplement phosphorus 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)	
\$0 - \$24,999:																				
2 - 19.....	4	(1.1)	1099	1263	(19.2)	6	(1.6)	1269	(19.3)			--	--	--	--			1269	(19.1)	
20 and over.....	10	(0.8)	1857	1341	(28.4)	6	(1.0)	1347	(28.7)	195	1379	(82.3)	56	(7.0)	1435	(84.3)			1337	(34.1)
2 and over...	9	(0.7)	2956	1321	(21.3)	6	(0.9)	1326	(21.5)	237	1348	(79.8)	66	(7.0)	1414	(80.7)			1318	(25.3)
\$25,000 - \$74,999:																				
2 - 19.....	8	(1.2)	1251	1258	(22.3)	8	(1.6)	1265	(22.9)	62	1428	(94.9)	98	(7.4)	1527	(98.1)			1243	(22.6)
20 and over.....	14	(1.1)	2181	1405	(21.2)	9	(0.9)	1414	(20.8)	310	1373	(58.8)	66	(4.6)	1439	(58.6)			1410	(22.5)
2 and over...	13	(0.9)	3432	1369	(14.4)	9	(0.9)	1378	(14.2)	372	1381	(55.1)	71	(4.7)	1452	(55.2)			1367	(17.3)
\$75,000 and higher:																				
2 - 19.....	7	(1.7)	683	1360	(44.7)	7	(1.7)	1367	(44.1)			--	--	--	--			1364	(47.2)	
20 and over.....	20	(2.1)	1172	1491	(33.8)	10	(1.3)	1500	(34.5)	216	1560	(78.6)	47	(4.9)	1607	(80.2)			1473	(30.2)
2 and over...	17	(1.4)	1855	1458	(20.3)	9	(0.9)	1466	(20.7)	272	1532	(74.7)	52	(4.5)	1584	(75.7)			1442	(16.9)
All Individuals⁹:																				
2 - 19.....	7	(0.8)	3268	1298	(20.0)	7	(0.9)	1305	(20.0)	177	1340	(53.7)	102	(4.6)	1441	(53.7)			1295	(21.3)
20 and over.....	15	(0.9)	5662	1415	(14.3)	9	(0.6)	1423	(14.3)	783	1453	(40.3)	56	(4.6)	1508	(41.4)			1408	(15.4)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		M a g n e s i u m						—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)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																				
2 - 19.....	6	(1.4)	1099	230 (4.6)	3*	(1.5)	233	(4.7)			--	--	--					229	(4.7)	
20 and over.....	17	(0.9)	1857	288 (5.8)	17	(1.1)	305	(6.2)	316	319 (21.9)	101	(5.2)	420	(21.8)				281	(6.0)	
2 and over...	14	(0.9)	2956	272 (4.6)	14	(1.0)	286	(5.0)	374	311 (20.5)	96	(5.0)	407	(20.9)				266	(4.9)	
\$25,000 - \$74,999:																				
2 - 19.....	9	(1.2)	1251	232 (4.1)	3	(0.4)	234	(4.2)	78	249 (20.5)	28	(5.8)	277	(24.3)				230	(3.6)	
20 and over.....	27	(1.8)	2181	303 (4.7)	28	(1.9)	332	(4.5)	529	318 (11.9)	106	(8.3)	424	(11.9)				298	(4.8)	
2 and over...	23	(1.4)	3432	286 (3.5)	22	(1.5)	308	(3.7)	607	311 (11.3)	98	(8.0)	410	(12.3)				279	(3.7)	
\$75,000 and higher:																				
2 - 19.....	11	(1.7)	683	251 (8.1)	3	(0.6)	255	(8.2)	81	256 (10.9)	31	(4.0)	287	(9.1)				251	(9.1)	
20 and over.....	32	(2.5)	1172	325 (6.5)	33	(3.0)	358	(7.1)	347	352 (14.8)	102	(9.2)	453	(18.0)				313	(5.4)	
2 and over...	27	(1.9)	1855	306 (4.3)	25	(2.3)	332	(5.4)	428	342 (13.8)	94	(8.1)	436	(17.0)				294	(4.0)	
All Individuals⁹:																				
2 - 19.....	9	(0.9)	3268	239 (3.0)	3	(0.7)	242	(3.4)	240	251 (9.0)	38	(6.8)	289	(12.6)				238	(3.0)	
20 and over.....	26	(1.3)	5662	307 (2.9)	27	(1.3)	334	(2.8)	1288	332 (7.9)	104	(5.0)	437	(9.9)				298	(3.6)	
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)		Percent reporting supplement iron ⁸ % (SE)		I r o n						Sample size		Food plus supplement mg (SE)		Food mg (SE)	
				All Individuals ⁵				Supplement Users ⁶							
		Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)						
\$0 - \$24,999:															
2 - 19.....		1099	13.5 (0.40)	1.1 (0.28)	14.5 (0.53)	--	--	--				13.5 (0.39)			
20 and over.....		1857	14.3 (0.26)	3.2 (0.31)	17.5 (0.35)	230	14.4 (0.64)	24.0 (1.72)	38.3 (1.82)			14.3 (0.32)			
2 and over...		2956	14.1 (0.23)	2.7 (0.22)	16.7 (0.31)	280	14.3 (0.66)	23.7 (1.55)	38.0 (1.61)			14.0 (0.27)			
\$25,000 - \$74,999:															
2 - 19.....		1251	13.6 (0.36)	1.5 (0.25)	15.1 (0.38)	69	12.5 (1.59)	18.8 (1.96)	31.4 (2.78)			13.7 (0.32)			
20 and over.....		2181	15.2 (0.35)	3.4 (0.26)	18.7 (0.37)	315	16.1 (1.03)	21.4 (1.55)	37.5 (1.83)			15.1 (0.26)			
2 and over...		3432	14.8 (0.26)	3.0 (0.17)	17.8 (0.28)	384	15.6 (0.93)	21.1 (1.40)	36.7 (1.64)			14.7 (0.19)			
\$75,000 and higher:															
2 - 19.....		683	14.4 (0.42)	1.7 (0.39)	16.1 (0.45)	67	14.5 (1.05)	17.3 (1.11)	31.8 (2.05)			14.3 (0.47)			
20 and over.....		1172	15.9 (0.33)	4.2 (0.58)	20.1 (0.75)	194	16.9 (1.20)	22.2 (2.57)	39.1 (2.97)			15.7 (0.34)			
2 and over...		1855	15.5 (0.23)	3.5 (0.43)	19.1 (0.55)	261	16.5 (1.05)	21.4 (2.13)	38.0 (2.49)			15.3 (0.26)			
All Individuals⁹:															
2 - 19.....		3268	13.8 (0.25)	1.5 (0.23)	15.3 (0.31)	205	13.4 (0.98)	18.5 (1.07)	31.9 (1.63)			13.9 (0.24)			
20 and over.....		5662	15.3 (0.15)	3.6 (0.25)	18.9 (0.27)	802	16.0 (0.54)	21.9 (0.91)	37.9 (1.21)			15.1 (0.18)			
2 and over...		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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Z i n c																		
Family income in dollars 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		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	10	(1.4)	1099	10.3	(0.29)	0.8	(0.18)	11.2	(0.33)	104	9.8	(0.93)	8.7	(1.14)	18.5	(1.55)	10.4	(0.35)
20 and over.....	18	(1.0)	1857	11.3	(0.31)	3.0	(0.24)	14.3	(0.47)	317	11.5	(0.89)	16.4	(1.17)	27.9	(1.01)	11.3	(0.38)
2 and over...	16	(1.0)	2956	11.1	(0.26)	2.4	(0.19)	13.5	(0.38)	421	11.2	(0.77)	15.2	(0.96)	26.4	(0.92)	11.0	(0.32)
\$25,000 - \$74,999:																		
2 - 19.....	15	(1.9)	1251	10.1	(0.18)	1.3	(0.19)	11.3	(0.29)	152	9.7	(0.49)	8.4	(1.07)	18.1	(1.30)	10.1	(0.23)
20 and over.....	26	(1.8)	2181	12.0	(0.26)	4.1	(0.35)	16.1	(0.46)	511	12.7	(0.55)	16.1	(0.78)	28.8	(1.03)	11.8	(0.29)
2 and over...	23	(1.5)	3432	11.5	(0.17)	3.4	(0.25)	15.0	(0.33)	663	12.2	(0.47)	14.9	(0.66)	27.1	(0.89)	11.4	(0.17)
\$75,000 and higher:																		
2 - 19.....	18	(1.4)	683	10.6	(0.26)	1.5	(0.19)	12.0	(0.32)	133	9.9	(0.39)	8.1	(0.65)	18.0	(0.70)	10.7	(0.32)
20 and over.....	32	(2.4)	1172	12.5	(0.34)	5.0	(0.45)	17.5	(0.59)	350	13.6	(0.90)	15.4	(0.67)	29.0	(1.12)	12.0	(0.20)
2 and over...	29	(1.9)	1855	12.0	(0.26)	4.1	(0.33)	16.1	(0.44)	483	13.0	(0.77)	14.2	(0.57)	27.2	(0.98)	11.6	(0.17)
All Individuals ⁹:																		
2 - 19.....	15	(1.1)	3268	10.3	(0.14)	1.3	(0.11)	11.6	(0.19)	421	9.9	(0.23)	8.6	(0.50)	18.5	(0.57)	10.4	(0.17)
20 and over.....	26	(1.3)	5662	12.0	(0.16)	4.1	(0.20)	16.0	(0.27)	1280	12.8	(0.43)	15.8	(0.46)	28.6	(0.52)	11.7	(0.18)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

C o p p e r																		
Family income in dollars 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		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
\$0 - \$24,999:																		
2 - 19.....	5	(1.0)	1099	0.9 (0.03)	0.1 (0.02)	1.1 (0.04)		280	--	--	--					0.9 (0.03)		
20 and over.....	15	(0.8)	1857	1.2 (0.02)	0.2 (0.02)	1.4 (0.03)			1.4 (0.10)	1.4 (0.11)	2.7 (0.13)					1.2 (0.02)		
2 and over...	13	(0.7)	2956	1.2 (0.02)	0.2 (0.02)	1.3 (0.03)		327	1.3 (0.09)	1.4 (0.12)	2.8 (0.14)					1.1 (0.02)		
\$25,000 - \$74,999:																		
2 - 19.....	8	(1.1)	1251	1.0 (0.02)	0.1 (0.02)	1.1 (0.03)		67	1.0 (0.08)	1.8 (0.09)	2.9 (0.13)					0.9 (0.02)		
20 and over.....	24	(1.7)	2181	1.3 (0.02)	0.3 (0.03)	1.6 (0.03)		475	1.4 (0.05)	1.3 (0.06)	2.8 (0.10)					1.3 (0.03)		
2 and over...	20	(1.2)	3432	1.2 (0.01)	0.3 (0.02)	1.5 (0.02)		542	1.4 (0.04)	1.4 (0.06)	2.8 (0.09)					1.2 (0.02)		
\$75,000 and higher:																		
2 - 19.....	10	(1.7)	683	1.1 (0.04)	0.2 (0.03)	1.3 (0.04)		73	1.1 (0.07)	1.8 (0.07)	2.9 (0.07)					1.1 (0.04)		
20 and over.....	30	(2.6)	1172	1.4 (0.03)	0.4 (0.04)	1.8 (0.04)		324	1.6 (0.08)	1.2 (0.08)	2.8 (0.09)					1.3 (0.03)		
2 and over...	25	(1.8)	1855	1.3 (0.02)	0.3 (0.03)	1.7 (0.03)		397	1.5 (0.07)	1.3 (0.07)	2.8 (0.08)					1.3 (0.02)		
All Individuals⁹:																		
2 - 19.....	8	(0.8)	3268	1.0 (0.02)	0.1 (0.02)	1.2 (0.02)		207	1.1 (0.05)	1.9 (0.05)	3.0 (0.05)					1.0 (0.02)		
20 and over.....	24	(1.3)	5662	1.3 (0.01)	0.3 (0.02)	1.6 (0.02)		1171	1.5 (0.03)	1.3 (0.05)	2.8 (0.05)					1.3 (0.01)		
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

Family income in dollars and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m						—Non-users ⁷ —					
			—All Individuals ⁵ —						—Supplement Users ⁶ —					
			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)			
\$0 - \$24,999:														
2 - 19.....	4	(1.0)	1099	3074 (46.7)	1 (0.1)	3074 (46.7)		--	--	--		3080 (46.1)		
20 and over.....	3	(0.6)	1857	3451 (50.6)	1* (0.3)	3452 (50.6)	66	3223 (145.7)	31 (5.6)	3254 (147.5)		3459 (54.1)		
2 and over...	4	(0.6)	2956	3352 (44.2)	1 (0.2)	3353 (44.2)	111	3132 (119.6)	26 (4.2)	3158 (120.5)		3360 (46.5)		
\$25,000 - \$74,999:														
2 - 19.....	7	(1.4)	1251	2954 (70.9)	1 (0.1)	2955 (71.0)	62	2600 (169.1)	12 (1.2)	2612 (169.1)		2983 (72.4)		
20 and over.....	5	(0.9)	2181	3586 (46.0)	2 (0.6)	3588 (46.3)	102	3667 (421.5)	42 (5.2)	3709 (424.2)		3582 (45.9)		
2 and over...	6	(0.8)	3432	3433 (31.7)	2 (0.4)	3435 (32.1)	164	3327 (335.9)	33 (4.9)	3360 (339.2)		3440 (25.7)		
\$75,000 and higher:														
2 - 19.....	7	(1.6)	683	3221 (118.9)	1 (0.2)	3222 (118.9)		--	--	--		3256 (129.0)		
20 and over.....	6	(1.0)	1172	3739 (73.4)	2 (0.4)	3741 (73.6)	66	3436 (213.9)	35 (7.2)	3471 (218.6)		3759 (71.0)		
2 and over...	6	(0.7)	1855	3607 (44.0)	2 (0.3)	3609 (44.1)	120	3246 (176.8)	28 (4.9)	3274 (179.5)		3632 (44.3)		
All Individuals⁹:														
2 - 19.....	6	(0.9)	3268	3088 (58.6)	1 (0.1)	3089 (58.6)	175	2748 (189.4)	11 (0.6)	2759 (189.3)		3111 (61.4)		
20 and over.....	5	(0.5)	5662	3593 (31.6)	2 (0.3)	3595 (31.7)	256	3444 (187.3)	39 (3.7)	3482 (189.0)		3601 (34.7)		
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

P o t a s s i u m																		
Family income in dollars and age (years)	Percent reporting supplement potassium 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)
\$0 - \$24,999:																		
2 - 19.....	1*	(0.6)	1099	2223	(52.3)	1*	(0.9)	2224	(52.1)	--	--	--	--	2224	(51.8)			
20 and over.....	14	(1.0)	1857	2593	(54.6)	13	(2.1)	2607	(55.7)	231	2919	(155.6)	98	(10.5)	3017	(154.9)	2542	(61.5)
2 and over...	10	(0.8)	2956	2496	(44.3)	10	(1.6)	2506	(45.0)	238	2894	(149.5)	98	(10.2)	2992	(148.8)	2449	(51.1)
\$25,000 - \$74,999:																		
2 - 19.....	2	(0.6)	1251	2163	(48.1)	1*	(0.6)	2165	(48.3)	--	--	--	--	2154	(47.7)			
20 and over.....	18	(1.5)	2181	2768	(42.6)	20	(2.3)	2788	(43.4)	393	2994	(129.5)	106	(5.8)	3100	(131.1)	2717	(40.5)
2 and over...	14	(1.1)	3432	2622	(32.7)	15	(1.7)	2637	(33.1)	406	2987	(127.3)	105	(5.7)	3093	(129.1)	2561	(31.2)
\$75,000 and higher:																		
2 - 19.....	2*	(0.4)	683	2300	(51.6)	1*	(0.3)	2301	(51.7)	--	--	--	--	2298	(52.7)			
20 and over.....	25	(2.6)	1172	2927	(60.9)	22	(2.7)	2949	(62.0)	270	3249	(117.3)	87	(4.4)	3336	(119.7)	2820	(59.2)
2 and over...	19	(1.8)	1855	2768	(44.6)	16	(2.0)	2784	(45.5)	282	3232	(115.3)	86	(4.3)	3319	(117.7)	2658	(41.1)
All Individuals ⁹:																		
2 - 19.....	2	(0.5)	3268	2234	(33.4)	1*	(0.5)	2235	(33.7)	--	--	--	--	2228	(32.5)			
20 and over.....	19	(1.1)	5662	2781	(24.5)	18	(1.3)	2799	(24.6)	970	3074	(74.7)	96	(3.6)	3170	(75.6)	2710	(31.0)
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 39. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (in Dollars) and Age, in the United States, 2009-2010 (continued)

S e l e n i u m																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -----																			
Family income in dollars and age (years)	Percent reporting supplement selenium 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)
\$0 - \$24,999:																			
2 - 19.....	2	(0.7)	1099	94.0	(2.15)	1.1*	(0.63)	95.2	(2.15)			--		--		--		94.1	(2.17)
20 and over.....	15	(0.7)	1857	107.1	(2.10)	9.8	(0.84)	116.9	(2.60)	276	112.4	(6.94)	64.5	(4.77)	176.9	(8.29)		106.1	(2.09)
2 and over...	12	(0.6)	2956	103.6	(1.95)	7.5	(0.71)	111.2	(2.32)	284	111.6	(6.62)	64.9	(4.61)	176.6	(8.22)		102.6	(1.84)
\$25,000 - \$74,999:																			
2 - 19.....	2	(1.0)	1251	90.8	(2.03)	1.6*	(0.78)	92.4	(2.29)			--		--		--		90.0	(2.01)
20 and over.....	23	(1.6)	2181	113.6	(2.07)	15.0	(1.30)	128.6	(2.27)	458	108.8	(4.14)	66.2	(4.22)	175.0	(6.37)		115.0	(2.26)
2 and over...	18	(1.2)	3432	108.1	(1.50)	11.7	(1.07)	119.8	(1.74)	477	109.3	(4.03)	66.3	(4.23)	175.6	(6.29)		107.8	(1.57)
\$75,000 and higher:																			
2 - 19.....	3	(0.9)	683	99.8	(3.60)	1.3*	(0.46)	101.1	(3.70)			--		--		--		99.7	(3.71)
20 and over.....	30	(2.6)	1172	116.9	(3.01)	22.8	(1.69)	139.7	(3.08)	322	118.6	(5.93)	76.1	(3.06)	194.6	(6.38)		116.2	(2.24)
2 and over...	23	(1.8)	1855	112.5	(2.00)	17.3	(1.17)	129.9	(2.31)	344	118.1	(5.96)	75.0	(2.99)	193.1	(6.45)		110.9	(1.51)
All Individuals⁹:																			
2 - 19.....	3	(0.8)	3268	95.3	(1.74)	1.5*	(0.55)	96.9	(2.04)			--		--		--		94.9	(1.61)
20 and over.....	23	(1.3)	5662	113.0	(1.45)	16.0	(0.68)	128.9	(1.12)	1142	113.5	(3.21)	69.4	(2.23)	182.9	(3.53)		112.8	(1.43)
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.

-- 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* μg 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) 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 income/age group who reported taking at least one multi- and/or single- nutrient supplement containing this nutrient.

⁹ Includes persons of all income levels or with unknown family income.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

Suggested Citation

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