

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008

Race/ethnicity and age (years)	Percent reporting supplement thiamin ⁸ % (SE)		T h i a m i 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)		
Non-Hispanic White:													
2 - 19.....	17	(2.5)	986	1.55 (0.035)	0.29 (0.050)	1.84 (0.070)	160	1.56 (0.086)	1.75 (0.183)	3.31 (0.197)	1.55 (0.049)		
20 and over.....	31	(2.1)	2524	1.66 (0.043)	3.64 (0.564)	5.30 (0.587)	787	1.71 (0.063)	11.86 (1.369)	13.57 (1.402)	1.64 (0.047)		
2 and over...	28	(1.9)	3510	1.63 (0.038)	2.88 (0.435)	4.52 (0.456)	947	1.69 (0.054)	10.47 (1.187)	12.16 (1.209)	1.61 (0.039)		
Non-Hispanic Black:													
2 - 19.....	8	(1.8)	782	1.39 (0.045)	0.85*(0.757)	2.25*(0.794)	--	--	--	--	1.38 (0.043)		
20 and over.....	16	(1.3)	1121	1.42 (0.033)	1.41 (0.169)	2.83 (0.169)	211	1.59 (0.080)	8.80 (0.948)	10.38 (0.954)	1.39 (0.033)		
2 and over...	14	(1.0)	1903	1.41 (0.023)	1.24 (0.256)	2.65 (0.258)	260	1.58 (0.070)	9.08 (1.680)	10.65 (1.674)	1.39 (0.023)		
Hispanic:													
2 - 19.....	9	(0.9)	1167	1.50 (0.035)	0.26 (0.079)	1.76 (0.096)	98	1.58 (0.100)	3.05 (0.872)	4.63 (0.868)	1.49 (0.037)		
20 and over.....	11	(1.4)	1482	1.61 (0.039)	1.23 (0.270)	2.83 (0.277)	195	1.77 (0.092)	10.86 (2.537)	12.63 (2.515)	1.59 (0.037)		
2 and over...	10	(0.9)	2649	1.57 (0.027)	0.89 (0.175)	2.46 (0.179)	293	1.71 (0.064)	8.60 (1.587)	10.32 (1.588)	1.55 (0.026)		
All Individuals⁹:													
2 - 19.....	13	(1.6)	3089	1.51 (0.018)	0.36*(0.110)	1.86 (0.116)	313	1.56 (0.073)	2.72*(0.837)	4.29 (0.839)	1.50 (0.024)		
20 and over.....	26	(1.4)	5332	1.62 (0.033)	2.99 (0.386)	4.61 (0.402)	1236	1.70 (0.054)	11.52 (1.075)	13.23 (1.104)	1.59 (0.035)		
2 and over...	23	(1.2)	8421	1.59 (0.027)	2.32 (0.287)	3.91 (0.301)	1549	1.68 (0.045)	10.22 (0.947)	11.90 (0.966)	1.57 (0.027)		

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		R i b o f l a v i 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)		
Non-Hispanic White:													
2 - 19.....	17	(2.5)	986	2.16 (0.069)	0.33 (0.054)	2.48 (0.098)	160	2.07 (0.062)	1.95 (0.185)	4.03 (0.193)	2.17 (0.080)		
20 and over.....	31	(2.0)	2524	2.31 (0.037)	2.95 (0.512)	5.26 (0.515)	792	2.33 (0.072)	9.56 (1.207)	11.89 (1.235)	2.29 (0.041)		
2 and over...	28	(1.8)	3510	2.27 (0.039)	2.36 (0.398)	4.63 (0.407)	952	2.30 (0.064)	8.52 (1.030)	10.82 (1.055)	2.26 (0.040)		
Non-Hispanic Black:													
2 - 19.....	8	(1.8)	782	1.76 (0.055)	0.30*(0.158)	2.06 (0.200)	--	--	--	--	1.75 (0.055)		
20 and over.....	16	(1.2)	1121	1.83 (0.058)	1.76*(0.770)	3.59 (0.766)	212	2.11 (0.119)	11.07*(4.987)	13.18*(4.964)	1.78 (0.055)		
2 and over...	14	(0.9)	1903	1.81 (0.046)	1.30*(0.484)	3.12 (0.470)	261	2.07 (0.094)	9.64*(3.834)	11.71*(3.810)	1.77 (0.044)		
Hispanic:													
2 - 19.....	9	(0.9)	1167	2.01 (0.061)	0.24 (0.062)	2.25 (0.098)	98	2.19 (0.077)	2.79 (0.695)	4.98 (0.685)	1.99 (0.069)		
20 and over.....	11	(1.4)	1482	2.05 (0.057)	1.16 (0.279)	3.21 (0.263)	195	2.27 (0.096)	10.24 (2.527)	12.52 (2.526)	2.02 (0.059)		
2 and over...	10	(0.9)	2649	2.03 (0.053)	0.84 (0.184)	2.88 (0.168)	293	2.25 (0.070)	8.09 (1.637)	10.34 (1.642)	2.01 (0.056)		
All Individuals⁹:													
2 - 19.....	13	(1.6)	3089	2.05 (0.038)	0.29 (0.041)	2.34 (0.062)	313	2.08 (0.056)	2.22 (0.235)	4.29 (0.229)	2.04 (0.044)		
20 and over.....	26	(1.4)	5332	2.20 (0.046)	2.50 (0.359)	4.70 (0.359)	1240	2.30 (0.063)	9.60 (1.062)	11.90 (1.077)	2.16 (0.049)		
2 and over...	23	(1.2)	8421	2.16 (0.042)	1.94 (0.265)	4.09 (0.270)	1553	2.27 (0.055)	8.51 (0.895)	10.78 (0.910)	2.13 (0.043)		

See page 23 for footnotes.

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

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement niacin ⁸ % (SE)		N i a c i 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)	
Non-Hispanic White:																		
2 - 19.....	17	(2.5)	986	22.0	(0.92)	2.7	(0.37)	24.7	(1.12)	161	21.7	(1.10)	15.8	(0.53)	37.4	(1.29)	22.1	(1.07)
20 and over.....	32	(2.0)	2524	25.4	(0.47)	15.8	(2.33)	41.2	(2.62)	805	24.7	(0.69)	50.2	(5.37)	74.9	(5.68)	25.7	(0.60)
2 and over...	28	(1.9)	3510	24.6	(0.48)	12.8	(1.86)	37.5	(2.24)	966	24.3	(0.61)	45.5	(4.57)	69.8	(4.85)	24.7	(0.57)
Non-Hispanic Black:																		
2 - 19.....	9	(1.8)	782	20.1	(0.65)	1.6	(0.41)	21.7	(0.96)		--	--	--	--	--	20.1	(0.67)	
20 and over.....	16	(1.3)	1121	23.5	(0.60)	5.6	(1.18)	29.1	(1.44)	215	25.8	(1.14)	34.7	(6.17)	60.5	(6.41)	23.1	(0.61)
2 and over...	14	(1.0)	1903	22.4	(0.41)	4.4	(0.84)	26.8	(1.00)	265	24.8	(0.85)	31.6	(4.87)	56.4	(4.93)	22.1	(0.42)
Hispanic:																		
2 - 19.....	9	(0.8)	1167	20.4	(0.56)	1.7	(0.22)	22.0	(0.62)	95	20.5	(0.88)	19.4	(1.41)	40.0	(1.75)	20.3	(0.58)
20 and over.....	12	(1.3)	1482	24.7	(0.60)	3.9	(0.72)	28.7	(0.99)	199	25.3	(1.76)	33.6	(5.09)	58.8	(5.35)	24.6	(0.59)
2 and over...	11	(0.9)	2649	23.2	(0.56)	3.2	(0.49)	26.4	(0.77)	294	23.9	(1.30)	29.6	(3.58)	53.6	(3.79)	23.1	(0.56)
All Individuals⁹:																		
2 - 19.....	13	(1.6)	3089	21.2	(0.52)	2.2	(0.25)	23.3	(0.63)	312	21.4	(0.90)	16.5	(0.50)	37.9	(1.15)	21.1	(0.56)
20 and over.....	27	(1.4)	5332	24.9	(0.37)	12.7	(1.61)	37.6	(1.87)	1260	24.8	(0.62)	47.6	(4.50)	72.4	(4.73)	25.0	(0.44)
2 and over...	23	(1.2)	8421	24.0	(0.35)	10.0	(1.24)	33.9	(1.52)	1572	24.3	(0.53)	43.1	(3.79)	67.4	(3.99)	23.9	(0.38)

See page 23 for footnotes.

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

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		V i t a m i n B 6						—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)	
Non-Hispanic White:												
2 - 19.....	23	(3.2)	986	1.81 (0.086)	0.56 (0.128)	2.37 (0.166)	219	1.73 (0.091)	2.48 (0.424)	4.21 (0.471)	1.84 (0.094)	
20 and over.....	33	(2.0)	2524	2.01 (0.046)	4.24 (0.556)	6.25 (0.574)	822	2.04 (0.070)	12.99 (1.297)	15.03 (1.309)	1.99 (0.049)	
2 and over...	30	(1.8)	3510	1.96 (0.052)	3.41 (0.429)	5.37 (0.456)	1041	1.99 (0.067)	11.22 (1.123)	13.21 (1.134)	1.95 (0.052)	
Non-Hispanic Black:												
2 - 19.....	11	(1.9)	782	1.53 (0.043)	0.25*(0.080)	1.77 (0.105)	68	1.53 (0.144)	2.27 (0.432)	3.80 (0.536)	1.53 (0.048)	
20 and over.....	16	(1.2)	1121	1.80 (0.048)	1.30 (0.142)	3.10 (0.143)	217	2.01 (0.102)	8.02 (0.845)	10.03 (0.877)	1.76 (0.044)	
2 and over...	15	(1.0)	1903	1.72 (0.034)	0.97 (0.086)	2.69 (0.082)	285	1.90 (0.076)	6.68 (0.645)	8.58 (0.674)	1.69 (0.032)	
Hispanic:												
2 - 19.....	12	(1.2)	1167	1.72 (0.059)	0.31 (0.037)	2.03 (0.076)	138	1.78 (0.090)	2.58 (0.301)	4.37 (0.310)	1.71 (0.064)	
20 and over.....	11	(1.3)	1482	2.00 (0.055)	1.36 (0.272)	3.36 (0.266)	198	2.13 (0.139)	12.14 (2.485)	14.27 (2.466)	1.98 (0.053)	
2 and over...	12	(1.0)	2649	1.90 (0.054)	1.00 (0.180)	2.90 (0.174)	336	2.00 (0.091)	8.67 (1.463)	10.67 (1.443)	1.89 (0.052)	
All Individuals⁹:												
2 - 19.....	18	(2.0)	3089	1.74 (0.049)	0.44 (0.079)	2.17 (0.102)	440	1.71 (0.072)	2.43 (0.330)	4.14 (0.365)	1.74 (0.050)	
20 and over.....	27	(1.4)	5332	1.97 (0.036)	3.41 (0.381)	5.38 (0.395)	1282	2.03 (0.062)	12.41 (1.013)	14.44 (1.025)	1.95 (0.036)	
2 and over...	25	(1.2)	8421	1.91 (0.037)	2.64 (0.280)	4.55 (0.300)	1722	1.97 (0.057)	10.56 (0.872)	12.54 (0.883)	1.89 (0.035)	

See page 23 for footnotes.

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Race/ethnicity and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d													
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
Non-Hispanic White:																
2 - 19.....	21	(3.0)	986	210 (5.9)	69 (10.4)	279 (13.6)	205	204 (11.7)	325 (16.3)	529 (12.6)	212 (8.4)					
20 and over.....	32	(2.1)	2524	193 (6.0)	161 (10.0)	354 (12.9)	815	195 (7.6)	499 (19.2)	694 (19.7)	193 (6.9)					
2 and over...	30	(1.9)	3510	197 (5.0)	140 (9.1)	337 (11.9)	1020	196 (6.0)	471 (16.3)	667 (16.2)	198 (5.5)					
Non-Hispanic Black:																
2 - 19.....	10	(1.7)	782	188 (11.0)	38 (8.8)	226 (16.6)	66	200 (25.2)	371 (30.0)	571 (52.5)	187 (12.2)					
20 and over.....	16	(1.2)	1121	165 (6.5)	70 (6.3)	236 (6.8)	213	178 (13.9)	440 (18.2)	618 (25.6)	163 (8.0)					
2 and over...	14	(0.9)	1903	172 (5.2)	60 (4.9)	233 (6.2)	279	183 (14.1)	424 (13.8)	607 (23.5)	171 (6.2)					
Hispanic:																
2 - 19.....	12	(1.2)	1167	212 (10.0)	44 (4.9)	256 (11.6)	139	202 (29.4)	369 (26.0)	571 (46.5)	213 (10.7)					
20 and over.....	11	(1.3)	1482	176 (6.4)	52 (5.6)	228 (10.7)	198	203 (19.9)	460 (13.7)	663 (22.7)	173 (6.4)					
2 and over...	12	(1.0)	2649	189 (3.5)	49 (3.6)	238 (4.9)	337	202 (17.5)	427 (12.7)	629 (21.9)	187 (4.8)					
All Individuals⁹:																
2 - 19.....	17	(2.0)	3089	208 (4.3)	57 (6.6)	265 (8.7)	426	203 (9.8)	332 (12.0)	535 (14.0)	209 (5.0)					
20 and over.....	27	(1.5)	5332	188 (4.8)	133 (7.3)	321 (9.4)	1268	193 (6.5)	491 (16.8)	685 (17.4)	186 (5.2)					
2 and over...	25	(1.2)	8421	193 (3.5)	113 (6.1)	307 (7.8)	1694	195 (4.8)	463 (14.5)	658 (14.6)	193 (3.7)					

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Race/ethnicity 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)	
Non-Hispanic White:																		
2 - 19.....	21	(3.0)	986	513	(12.2)	117	(17.7)	630	(24.6)	205	495	(22.8)	553	(27.7)	1048	(27.0)	518	(16.5)
20 and over.....	32	(2.1)	2524	545	(17.6)	273	(17.1)	819	(28.3)	815	561	(17.6)	849	(32.6)	1410	(32.5)	538	(19.5)
2 and over...	30	(1.9)	3510	538	(14.4)	238	(15.5)	776	(25.5)	1020	551	(14.7)	801	(27.7)	1352	(28.1)	533	(14.9)
Non-Hispanic Black:																		
2 - 19.....	10	(1.7)	782	461	(21.8)	65	(15.0)	526	(30.7)	66	502	(52.2)	631	(51.0)	1133	(95.9)	456	(24.3)
20 and over.....	16	(1.2)	1121	467	(12.2)	120	(10.8)	587	(12.0)	213	506	(26.5)	748	(30.9)	1254	(44.6)	460	(14.1)
2 and over...	14	(0.9)	1903	465	(10.3)	103	(8.4)	568	(11.2)	279	505	(26.0)	721	(23.4)	1227	(40.8)	459	(11.8)
Hispanic:																		
2 - 19.....	12	(1.2)	1167	516	(18.4)	76	(8.3)	591	(20.5)	139	508	(55.1)	627	(44.1)	1136	(83.3)	517	(20.6)
20 and over.....	11	(1.3)	1482	516	(12.5)	88	(9.6)	604	(19.8)	198	593	(33.7)	782	(23.3)	1376	(38.9)	506	(13.1)
2 and over...	12	(1.0)	2649	516	(8.9)	84	(6.1)	600	(11.3)	337	563	(31.6)	726	(21.6)	1289	(38.0)	510	(11.3)
All Individuals⁹:																		
2 - 19.....	17	(2.0)	3089	507	(7.9)	96	(11.2)	604	(15.2)	426	498	(18.8)	564	(20.5)	1062	(27.6)	509	(9.2)
20 and over.....	27	(1.5)	5332	534	(13.3)	226	(12.3)	760	(20.8)	1268	558	(15.1)	835	(28.5)	1394	(29.1)	524	(14.1)
2 and over...	25	(1.2)	8421	527	(9.9)	193	(10.3)	720	(17.3)	1694	548	(11.4)	787	(24.7)	1334	(25.2)	520	(10.0)

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Race/ethnicity 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			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	12	(2.7)	986	255	(7.6)	3	(0.9)	258	(7.7)	119	247	(15.2)	26	(3.1)	273	(15.1)	256	(8.4)
20 and over.....	4	(0.7)	2524	327	(6.6)	1	(0.2)	328	(6.7)	88	327	(27.5)	30	(3.4)	357	(28.4)	327	(6.5)
2 and over...	6	(0.9)	3510	311	(6.1)	2	(0.3)	312	(6.2)	207	289	(17.0)	28	(2.3)	317	(17.8)	312	(5.9)
Non-Hispanic Black:																		
2 - 19.....	9	(1.9)	782	223	(4.3)	4*	(1.7)	227	(5.3)		--	--	--	--	--	--	222	(5.0)
20 and over.....	2	(0.4)	1121	305	(7.7)	#		306	(7.6)		--	--	--	--	--	--	304	(7.9)
2 and over...	4	(0.6)	1903	280	(5.7)	1*	(0.5)	281	(5.8)	76	278	(26.4)	37	(8.9)	315	(29.3)	280	(6.5)
Hispanic:																		
2 - 19.....	7	(0.9)	1167	254	(5.9)	2	(0.3)	256	(5.8)	82	300	(18.6)	26	(5.6)	326	(16.7)	250	(5.8)
20 and over.....	1*	(0.3)	1482	332	(8.8)	#		333	(8.7)		--	--	--	--	--	--	332	(8.8)
2 and over...	3	(0.3)	2649	305	(6.7)	1	(0.1)	306	(6.6)	101	308	(17.1)	27	(4.4)	335	(17.5)	305	(6.7)
All Individuals⁹:																		
2 - 19.....	10	(1.8)	3089	249	(4.7)	3	(0.7)	252	(4.8)	265	256	(12.5)	28	(2.8)	284	(12.4)	248	(5.3)
20 and over.....	3	(0.5)	5332	324	(5.9)	1	(0.2)	325	(5.9)	136	327	(24.1)	30	(3.6)	357	(25.1)	324	(5.9)
2 and over...	5	(0.7)	8421	305	(5.3)	1	(0.2)	307	(5.3)	401	289	(14.5)	29	(2.1)	318	(15.0)	306	(5.3)

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 ^s % (SE)		V i t a m i n B 1 2						— Non-users ⁷ —			
			— All Individuals ⁵ —			— Supplement Users ⁶ —						
			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)	
Non-Hispanic White:												
2 - 19.....	22	(3.1)	986	5.25 (0.190)	1.4 (0.21)	6.7 (0.28)	216	5.03 (0.313)	6.5 (0.48)	11.5 (0.60)	5.30 (0.207)	
20 and over.....	33	(1.9)	2524	5.42 (0.140)	41.4 (7.44)	46.9 (7.49)	840	5.47 (0.160)	126.0 (25.64)	131.5 (25.74)	5.40 (0.184)	
2 and over...	30	(1.7)	3510	5.38 (0.125)	32.4 (5.84)	37.8 (5.89)	1056	5.40 (0.155)	106.5 (21.75)	111.9 (21.82)	5.38 (0.150)	
Non-Hispanic Black:												
2 - 19.....	11	(1.9)	782	4.33 (0.213)	0.8 (0.18)	5.1 (0.36)	68	4.09 (0.326)	7.3 (1.11)	11.4 (1.15)	4.36 (0.224)	
20 and over.....	17	(1.5)	1121	4.95 (0.255)	15.1* (5.72)	20.1 (5.85)	225	6.59 (0.666)	88.1*(29.65)	94.7*(30.16)	4.62 (0.207)	
2 and over...	15	(1.2)	1903	4.76 (0.188)	10.7* (4.03)	15.4 (4.12)	293	6.03 (0.532)	70.1*(23.19)	76.2*(23.62)	4.53 (0.161)	
Hispanic:												
2 - 19.....	12	(1.2)	1167	4.95 (0.179)	0.8 (0.08)	5.7 (0.18)	136	5.34 (0.299)	6.5 (0.51)	11.8 (0.59)	4.89 (0.196)	
20 and over.....	12	(1.6)	1482	5.06 (0.150)	11.1 (2.85)	16.1 (2.81)	217	4.94 (0.323)	89.3 (20.49)	94.2 (20.41)	5.08 (0.159)	
2 and over...	12	(1.2)	2649	5.02 (0.134)	7.5 (1.85)	12.5 (1.81)	353	5.08 (0.251)	61.4 (12.81)	66.4 (12.76)	5.01 (0.138)	
All Individuals⁹:												
2 - 19.....	18	(2.0)	3089	4.99 (0.113)	1.1 (0.14)	6.1 (0.18)	435	4.96 (0.238)	6.5 (0.34)	11.4 (0.46)	5.00 (0.129)	
20 and over.....	28	(1.4)	5332	5.26 (0.142)	33.3 (6.18)	38.6 (6.26)	1326	5.46 (0.140)	119.7 (21.62)	125.1 (21.70)	5.18 (0.164)	
2 and over...	25	(1.2)	8421	5.19 (0.120)	25.1 (4.70)	30.3 (4.77)	1761	5.37 (0.127)	99.3 (18.38)	104.7 (18.44)	5.13 (0.134)	

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin C ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	24	(3.0)	986	74.4 (3.13)	25.7 (2.80)	100.1 (4.98)	228	77.5 (6.73)	108.9 (10.74)	186.4 (11.13)	73.5 (4.01)					
20 and over.....	35	(2.1)	2524	79.2 (4.45)	104.7 (11.33)	183.8 (14.19)	886	96.9 (3.98)	299.2 (22.15)	396.1 (21.29)	69.6 (4.98)					
2 and over...	32	(1.9)	3510	78.1 (3.88)	86.8 (9.01)	164.9 (11.54)	1114	93.7 (3.31)	267.8 (21.25)	361.5 (20.59)	70.6 (4.37)					
Non-Hispanic Black:																
2 - 19.....	12	(1.9)	782	105.2 (5.28)	10.7 (2.79)	115.9 (7.40)	76	125.3 (19.00)	91.2 (17.85)	216.5 (31.61)	102.5 (4.82)					
20 and over.....	18	(1.4)	1121	102.1 (5.97)	33.6 (3.28)	135.7 (6.46)	237	99.9 (7.61)	186.0 (16.98)	285.9 (22.88)	102.6 (6.53)					
2 and over...	16	(1.1)	1903	103.1 (4.01)	26.4 (2.29)	129.5 (4.20)	313	105.7 (6.10)	164.4 (14.33)	270.1 (17.78)	102.6 (3.96)					
Hispanic:																
2 - 19.....	13	(1.2)	1167	96.5 (5.06)	14.3 (2.16)	110.8 (6.00)	143	110.2 (10.97)	114.4 (16.97)	224.6 (22.29)	94.5 (4.87)					
20 and over.....	14	(1.5)	1482	91.6 (4.03)	37.8 (5.76)	129.4 (7.14)	239	117.2 (8.31)	276.6 (22.41)	393.8 (22.40)	87.5 (4.15)					
2 and over...	13	(1.2)	2649	93.3 (2.79)	29.7 (4.12)	123.0 (5.00)	382	114.9 (7.00)	223.7 (14.99)	338.6 (13.66)	90.0 (2.75)					
All Individuals⁹:																
2 - 19.....	19	(2.0)	3089	84.1 (3.06)	20.5 (1.88)	104.6 (3.72)	467	86.5 (6.38)	107.5 (9.33)	194.0 (10.61)	83.5 (3.27)					
20 and over.....	30	(1.5)	5332	83.7 (3.80)	87.1 (7.64)	170.9 (9.84)	1413	97.6 (3.80)	292.1 (17.95)	389.6 (17.49)	77.8 (4.21)					
2 and over...	27	(1.3)	8421	83.8 (3.37)	70.0 (5.88)	153.8 (7.73)	1880	95.6 (3.26)	258.7 (17.26)	354.2 (16.81)	79.4 (3.69)					

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin D ⁸ % (SE)		V i t a m i n D										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	22	(3.1)	986	5.4 (0.21)	2.0 (0.30)	7.5 (0.32)	216	5.5 (0.33)	9.2 (0.43)	14.7 (0.66)	5.4 (0.22)		
20 and over.....	34	(2.0)	2524	4.5 (0.15)	6.3 (0.89)	10.8 (0.94)	868	4.9 (0.24)	18.6 (2.56)	23.4 (2.69)	4.3 (0.20)		
2 and over...	31	(1.8)	3510	4.7 (0.15)	5.3 (0.71)	10.0 (0.74)	1084	5.0 (0.23)	17.1 (2.12)	22.0 (2.24)	4.6 (0.19)		
Non-Hispanic Black:													
2 - 19.....	10	(1.6)	782	4.0 (0.10)	0.9 (0.18)	4.9 (0.21)	69	4.9 (0.63)	8.9 (0.69)	13.8 (0.78)	3.9 (0.12)		
20 and over.....	17	(1.4)	1121	3.3 (0.19)	2.2 (0.22)	5.5 (0.25)	221	4.4 (0.54)	12.7 (0.74)	17.1 (1.02)	3.1 (0.14)		
2 and over...	15	(1.1)	1903	3.5 (0.14)	1.8 (0.16)	5.3 (0.19)	290	4.5 (0.42)	11.9 (0.66)	16.4 (0.85)	3.3 (0.11)		
Hispanic:													
2 - 19.....	13	(1.2)	1167	5.6 (0.24)	1.1 (0.12)	6.6 (0.24)	143	7.0 (0.64)	8.5 (0.73)	15.6 (0.71)	5.3 (0.27)		
20 and over.....	12	(1.3)	1482	4.4 (0.25)	1.4 (0.15)	5.8 (0.20)	221	5.2 (0.33)	11.2 (0.47)	16.4 (0.43)	4.3 (0.27)		
2 and over...	12	(1.1)	2649	4.8 (0.20)	1.3 (0.10)	6.1 (0.16)	364	5.9 (0.34)	10.2 (0.37)	16.1 (0.38)	4.6 (0.22)		
All Individuals⁹:													
2 - 19.....	18	(2.0)	3089	5.2 (0.12)	1.6 (0.19)	6.8 (0.19)	445	5.7 (0.26)	9.0 (0.35)	14.7 (0.52)	5.1 (0.13)		
20 and over.....	28	(1.4)	5332	4.3 (0.12)	5.0 (0.67)	9.3 (0.71)	1353	4.9 (0.19)	17.7 (2.21)	22.6 (2.32)	4.1 (0.16)		
2 and over...	26	(1.2)	8421	4.6 (0.11)	4.1 (0.50)	8.7 (0.54)	1798	5.0 (0.18)	16.1 (1.79)	21.2 (1.89)	4.4 (0.14)		

See page 23 for footnotes.

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

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin K ⁸ % (SE)		V i t a m i n K						Supplement Users ⁶			Non-users ⁷	
			All Individuals ⁵										
			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)		
Non-Hispanic White:													
2 - 19.....	4	(1.0)	986	56.5 (4.43)	4.9* (3.58)	61.4 (5.78)		--	--	--		54.9 (4.05)	
20 and over.....	24	(1.7)	2524	99.0 (5.79)	6.9 (0.65)	105.9 (6.19)	621	112.6 (10.44)	28.9 (1.89)	141.6 (10.97)		94.6 (6.13)	
2 and over...	20	(1.4)	3510	89.4 (5.02)	6.5 (0.85)	95.8 (5.31)	658	111.8 (9.86)	33.2 (4.13)	145.0 (9.50)		83.9 (5.11)	
Non-Hispanic Black:													
2 - 19.....	#		782	69.0 (9.10)	#	69.0 (9.10)		--	--	--		69.1 (9.11)	
20 and over.....	12	(1.2)	1121	112.5 (7.77)	3.7 (0.39)	116.2 (7.73)	161	140.9 (11.24)	30.0 (1.88)	170.9 (12.19)		108.5 (8.58)	
2 and over...	9	(0.8)	1903	98.9 (5.41)	2.5 (0.24)	101.5 (5.35)	163	140.0 (10.89)	29.9 (1.79)	169.9 (11.72)		95.1 (5.69)	
Hispanic:													
2 - 19.....	2	(0.6)	1167	46.4 (2.16)	0.6* (0.25)	47.0 (2.15)		--	--	--		46.1 (2.08)	
20 and over.....	8	(1.1)	1482	75.8 (4.85)	2.4 (0.41)	78.3 (5.01)	152	111.5 (13.42)	29.4 (3.01)	140.9 (13.91)		72.6 (4.38)	
2 and over...	6	(0.8)	2649	65.6 (3.72)	1.8 (0.29)	67.4 (3.83)	171	105.7 (12.75)	29.7 (2.78)	135.4 (13.02)		63.0 (3.33)	
All Individuals⁹:													
2 - 19.....	3	(0.6)	3089	58.1 (3.37)	3.1* (2.14)	61.1 (4.23)		--	--	--		57.1 (3.22)	
20 and over.....	20	(1.2)	5332	99.3 (5.04)	5.8 (0.43)	105.2 (5.24)	962	114.0 (8.41)	28.9 (1.67)	143.0 (8.94)		95.6 (5.69)	
2 and over...	16	(1.0)	8421	88.7 (4.26)	5.1 (0.60)	93.8 (4.45)	1020	112.8 (7.92)	32.5 (3.47)	145.4 (7.70)		84.2 (4.58)	

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		Lycopene						Supplement Users ⁶		Non-users ⁷			
			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)
Non-Hispanic White:														
2 - 19.....	2*	(0.6)	986	5148 (503.3)	6*	(2.3)	5154 (503.2)		--	--	--	5173 (513.4)		
20 and over.....	20	(1.6)	2524	5899 (240.0)	92	(9.9)	5992 (245.3)	533	6057 (415.4)	462	(27.9)	6519 (434.7)	5860 (281.9)	
2 and over...	16	(1.2)	3510	5729 (265.0)	73	(7.9)	5802 (268.4)	546	6001 (399.3)	460	(27.5)	6461 (418.1)	5678 (306.7)	
Non-Hispanic Black:														
2 - 19.....	0*	(0.0)	782	4700 (422.3)	0*	(0.0)	4700 (422.3)		--	--	--	4700 (422.3)		
20 and over.....	9	(1.0)	1121	4750 (365.8)	65*	(24.1)	4815 (384.9)	121	3721 (452.3)	725*	(250.0)	4446 (601.0)	4851 (391.4)	
2 and over...	6	(0.7)	1903	4734 (334.6)	45*	(16.1)	4779 (345.8)	121	3721 (452.3)	725*	(250.0)	4446 (601.0)	4801 (349.1)	
Hispanic:														
2 - 19.....	1*	(0.4)	1167	4763 (333.4)	4*	(2.0)	4767 (333.4)		--	--	--	4757 (335.0)		
20 and over.....	6	(1.0)	1482	5959 (366.4)	28	(4.2)	5987 (365.6)	124	4675 (838.5)	433	(28.9)	5108 (835.5)	6046 (364.8)	
2 and over...	4	(0.7)	2649	5545 (277.4)	19	(3.0)	5565 (277.0)	133	4730 (748.4)	433	(27.6)	5163 (745.3)	5583 (273.0)	
All Individuals⁹:														
2 - 19.....	1	(0.3)	3089	4969 (280.8)	4*	(1.4)	4974 (280.7)		--	--	--	4982 (285.3)		
20 and over.....	16	(1.2)	5332	5661 (186.3)	78	(6.8)	5739 (190.0)	801	5745 (365.8)	473	(21.6)	6218 (372.6)	5644 (216.7)	
2 and over...	13	(0.9)	8421	5483 (185.7)	59	(5.1)	5542 (188.3)	823	5702 (352.9)	471	(21.0)	6172 (359.3)	5452 (208.6)	

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (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 -----																			
Race/ethnicity 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	(SE)
Non-Hispanic White:																			
2 - 19.....	1*	(0.5)	986	731 (88.3)	3*	(1.3)	734 (88.3)					--	--	--				731	(89.5)
20 and over.....	18	(1.4)	2524	1394 (104.9)	140	(18.2)	1535 (104.4)	502	1612 (107.6)	769	(101.7)	2381	(154.9)	1346	(125.0)				
2 and over...	14	(1.1)	3510	1244 (90.2)	109	(14.6)	1353 (91.1)	511	1597 (103.2)	760	(100.8)	2357	(151.0)	1185	(102.6)				
Non-Hispanic Black:																			
2 - 19.....	0*	(0.0)	782	1019 (203.2)	0*	(0.0)	1019 (203.2)					--	--	--				1019	(203.2)
20 and over.....	7	(0.8)	1121	1585 (130.7)	42*	(12.6)	1626 (128.5)	108	2237 (554.2)	556	(125.9)	2792	(508.7)	1532	(121.7)				
2 and over...	5	(0.5)	1903	1408 (86.4)	29	(8.3)	1437 (84.2)	108	2237 (554.2)	556	(125.9)	2792	(508.7)	1363	(73.7)				
Hispanic:																			
2 - 19.....	1*	(0.4)	1167	615 (36.1)	4*	(1.7)	618 (35.6)					--	--	--				607	(34.9)
20 and over.....	5	(1.0)	1482	1066 (96.5)	19	(3.2)	1086 (96.6)	111	1472 (272.0)	350	(29.8)	1823	(270.8)	1043	(97.5)				
2 and over...	4	(0.7)	2649	910 (70.9)	14	(2.2)	924 (71.0)	120	1463 (252.5)	352	(27.0)	1815	(251.5)	887	(70.0)				
All Individuals⁹:																			
2 - 19.....	1	(0.3)	3089	788 (65.5)	2*	(0.9)	791 (65.5)					--	--	--				787	(66.6)
20 and over.....	15	(1.1)	5332	1412 (90.5)	108	(16.0)	1520 (90.3)	742	1624 (84.6)	724	(92.2)	2348	(131.5)	1375	(104.7)				
2 and over...	11	(0.8)	8421	1252 (76.7)	81	(12.2)	1333 (77.5)	760	1609 (79.8)	715	(91.3)	2325	(128.8)	1207	(84.7)				

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium ⁸ % (SE)		C a l c 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)					
Non-Hispanic White:																
2 - 19.....	15	(2.3)	986	1040 (27.5)	31 (6.3)	1072 (28.5)	136	1071 (36.0)	211 (24.3)	1282 (49.9)	1035 (29.7)					
20 and over.....	38	(2.0)	2524	970 (27.4)	221 (15.4)	1190 (39.1)	984	1007 (34.4)	581 (16.0)	1587 (47.7)	947 (32.7)					
2 and over...	33	(1.6)	3510	986 (23.4)	178 (12.4)	1164 (32.8)	1120	1013 (31.9)	543 (17.9)	1556 (45.4)	972 (27.7)					
Non-Hispanic Black:																
2 - 19.....	9	(1.8)	782	827 (25.1)	14 (3.7)	841 (25.2)		--	--	--	811 (26.5)					
20 and over.....	19	(1.6)	1121	790 (32.4)	89 (9.7)	880 (29.1)	246	912 (84.4)	466 (33.5)	1378 (90.6)	761 (25.9)					
2 and over...	16	(1.2)	1903	802 (25.5)	66 (6.3)	868 (24.3)	296	926 (75.6)	415 (29.6)	1341 (73.3)	778 (20.4)					
Hispanic:																
2 - 19.....	9	(0.7)	1167	1001 (30.0)	15 (2.1)	1017 (30.4)	96	1157 (84.3)	178 (16.5)	1335 (93.5)	987 (32.2)					
20 and over.....	16	(1.7)	1482	903 (21.3)	74 (8.5)	977 (20.8)	291	978 (34.6)	461 (24.4)	1439 (26.7)	889 (22.6)					
2 and over...	13	(1.1)	2649	937 (18.4)	53 (5.7)	991 (17.1)	387	1018 (35.0)	398 (18.7)	1416 (30.7)	925 (19.2)					
All Individuals⁹:																
2 - 19.....	12	(1.3)	3089	996 (19.7)	24 (3.1)	1020 (19.7)	288	1074 (30.5)	202 (18.6)	1275 (39.3)	985 (21.7)					
20 and over.....	32	(1.7)	5332	929 (22.6)	182 (11.6)	1111 (31.5)	1571	992 (27.9)	564 (14.5)	1556 (40.4)	899 (26.6)					
2 and over...	27	(1.3)	8421	946 (19.9)	142 (8.9)	1088 (26.4)	1859	1001 (25.1)	523 (15.9)	1524 (37.6)	926 (23.3)					

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity 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)
Non-Hispanic White:																
2 - 19.....	9	(1.9)	986	1278 (27.1)	8	(1.9)	1286 (27.5)	92	1292 (50.9)	91	(3.1)	1382 (50.9)	1276 (27.3)			
20 and over.....	18	(1.4)	2524	1368 (26.2)	19	(1.8)	1387 (27.4)	499	1353 (45.3)	106	(5.5)	1459 (48.7)	1371 (27.8)			
2 and over...	16	(1.2)	3510	1347 (24.0)	17	(1.6)	1364 (25.2)	591	1345 (41.3)	104	(4.7)	1449 (44.3)	1348 (23.7)			
Non-Hispanic Black:																
2 - 19.....	7	(1.8)	782	1058 (24.8)	7*	(2.1)	1065 (25.8)	--	--	--	--	1050 (26.3)				
20 and over.....	8	(0.8)	1121	1151 (38.5)	8	(0.9)	1159 (38.3)	113	1233 (89.8)	96	(6.0)	1328 (87.6)	1144 (37.3)			
2 and over...	8	(0.5)	1903	1122 (28.3)	7	(0.6)	1129 (28.3)	152	1218 (61.4)	97	(5.3)	1315 (59.1)	1114 (28.0)			
Hispanic:																
2 - 19.....	6	(0.6)	1167	1194 (27.7)	7	(1.1)	1201 (27.2)	--	--	--	--	1190 (30.0)				
20 and over.....	6	(0.9)	1482	1316 (31.9)	6	(1.0)	1322 (31.6)	122	1439 (86.4)	96	(5.4)	1535 (85.0)	1307 (30.7)			
2 and over...	6	(0.6)	2649	1274 (25.9)	6	(0.5)	1280 (25.7)	185	1378 (53.6)	102	(4.9)	1480 (53.7)	1267 (25.8)			
All Individuals⁹:																
2 - 19.....	8	(1.3)	3089	1219 (18.0)	7	(1.3)	1227 (18.3)	197	1272 (40.7)	95	(3.5)	1367 (40.8)	1215 (17.8)			
20 and over.....	15	(1.1)	5332	1326 (23.5)	16	(1.4)	1342 (24.5)	755	1345 (38.8)	105	(5.0)	1449 (41.8)	1322 (24.6)			
2 and over...	13	(0.9)	8421	1298 (20.9)	14	(1.2)	1312 (21.8)	952	1334 (34.3)	103	(4.2)	1437 (36.9)	1293 (21.0)			

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity 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)	
Non-Hispanic White:																		
2 - 19.....	14	(2.2)	986	234	(6.7)	5	(1.1)	240	(7.2)	126	249	(14.5)	40	(4.5)	289	(17.4)	232	(6.6)
20 and over.....	30	(2.0)	2524	302	(9.4)	42	(7.1)	344	(15.5)	792	318	(13.3)	139	(15.9)	457	(27.4)	294	(8.4)
2 and over...	27	(1.6)	3510	286	(8.4)	34	(5.6)	320	(13.4)	918	310	(12.9)	127	(14.7)	437	(26.0)	278	(7.0)
Non-Hispanic Black:																		
2 - 19.....	8	(1.6)	782	203	(5.6)	2	(0.4)	205	(5.7)		--		--		--		201	(5.8)
20 and over.....	15	(1.2)	1121	249	(8.3)	16	(1.5)	264	(7.6)	194	275	(16.2)	106	(5.3)	381	(15.5)	244	(8.0)
2 and over...	13	(0.9)	1903	234	(6.5)	12	(1.0)	246	(6.1)	240	264	(12.5)	91	(5.4)	355	(12.2)	230	(6.5)
Hispanic:																		
2 - 19.....	8	(0.7)	1167	227	(5.7)	4	(0.7)	231	(5.7)	89	239	(9.4)	47	(6.5)	286	(9.3)	226	(6.6)
20 and over.....	12	(1.3)	1482	296	(7.5)	12	(2.0)	309	(7.1)	202	337	(25.0)	107	(9.3)	444	(22.2)	291	(6.3)
2 and over...	10	(0.9)	2649	272	(6.4)	9	(1.4)	282	(6.4)	291	310	(19.0)	91	(7.4)	401	(17.6)	268	(5.7)
All Individuals⁹:																		
2 - 19.....	11	(1.4)	3089	228	(4.1)	4	(0.7)	232	(4.4)	264	244	(11.0)	39	(3.7)	283	(13.5)	226	(3.9)
20 and over.....	26	(1.4)	5332	294	(7.1)	34	(5.0)	328	(11.4)	1226	317	(11.1)	133	(13.3)	449	(22.7)	286	(6.5)
2 and over...	22	(1.1)	8421	277	(6.1)	26	(3.8)	303	(9.4)	1490	307	(10.6)	121	(12.3)	428	(21.5)	268	(5.2)

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		
Non-Hispanic White:																		
2 - 19.....	12	(1.9)	986	13.9	(0.41)	2.1	(0.35)	15.9	(0.66)	118	15.3	(0.89)	16.7	(0.50)	32.0	(1.13)	13.6	(0.49)
20 and over.....	18	(1.3)	2524	15.4	(0.42)	3.8	(0.23)	19.2	(0.50)	440	16.1	(0.61)	20.8	(0.66)	36.9	(0.64)	15.3	(0.47)
2 and over...	17	(1.3)	3510	15.1	(0.35)	3.4	(0.23)	18.5	(0.48)	558	16.0	(0.55)	20.1	(0.52)	36.1	(0.54)	14.9	(0.37)
Non-Hispanic Black:																		
2 - 19.....	8	(1.7)	782	13.1	(0.47)	1.4	(0.34)	14.5	(0.68)		--	--	--	--	--	--	13.1	(0.50)
20 and over.....	12	(1.0)	1121	13.9	(0.35)	3.0	(0.38)	16.8	(0.34)	138	14.7	(0.47)	25.6	(1.38)	40.3	(1.44)	13.8	(0.39)
2 and over...	10	(0.9)	1903	13.6	(0.30)	2.5	(0.28)	16.1	(0.31)	182	14.2	(0.35)	24.0	(1.29)	38.2	(1.39)	13.6	(0.34)
Hispanic:																		
2 - 19.....	8	(0.7)	1167	13.8	(0.37)	1.6	(0.28)	15.4	(0.47)	81	15.1	(1.56)	20.6	(2.46)	35.7	(2.75)	13.7	(0.40)
20 and over.....	9	(1.0)	1482	14.8	(0.31)	2.1	(0.30)	16.9	(0.43)	142	15.8	(0.74)	23.3	(3.00)	39.1	(2.77)	14.7	(0.31)
2 and over...	9	(0.6)	2649	14.5	(0.22)	1.9	(0.24)	16.4	(0.32)	223	15.6	(0.67)	22.5	(2.61)	38.0	(2.34)	14.4	(0.25)
All Individuals⁹:																		
2 - 19.....	10	(1.2)	3089	13.7	(0.24)	1.8	(0.23)	15.4	(0.40)	248	15.0	(0.67)	17.5	(0.56)	32.5	(1.06)	13.5	(0.28)
20 and over.....	16	(1.0)	5332	15.1	(0.33)	3.4	(0.18)	18.5	(0.42)	743	16.0	(0.53)	21.3	(0.56)	37.3	(0.51)	14.9	(0.36)
2 and over...	14	(1.0)	8421	14.7	(0.26)	3.0	(0.17)	17.7	(0.37)	991	15.8	(0.47)	20.6	(0.49)	36.4	(0.46)	14.6	(0.27)

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement zinc ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		
Non-Hispanic White:																		
2 - 19.....	18	(2.9)	986	10.5	(0.21)	1.8	(0.31)	12.3	(0.41)	178	11.0	(0.43)	9.9	(0.77)	20.9	(0.92)	10.4	(0.29)
20 and over.....	30	(2.0)	2524	12.4	(0.26)	5.4	(0.36)	17.9	(0.46)	777	12.3	(0.42)	18.0	(0.29)	30.3	(0.44)	12.5	(0.30)
2 and over...	28	(1.6)	3510	12.0	(0.22)	4.6	(0.28)	16.6	(0.39)	955	12.1	(0.38)	16.8	(0.39)	28.9	(0.55)	11.9	(0.25)
Non-Hispanic Black:																		
2 - 19.....	10	(1.8)	782	9.8	(0.64)	1.1	(0.28)	10.8	(0.85)	65	9.1	(0.86)	10.4	(1.18)	19.5	(1.91)	9.8	(0.68)
20 and over.....	15	(1.2)	1121	10.6	(0.37)	2.4	(0.24)	13.1	(0.41)	198	11.5	(0.95)	15.8	(0.66)	27.3	(1.07)	10.5	(0.32)
2 and over...	14	(0.9)	1903	10.4	(0.33)	2.0	(0.19)	12.4	(0.43)	263	10.9	(0.69)	14.6	(0.49)	25.5	(0.85)	10.3	(0.31)
Hispanic:																		
2 - 19.....	11	(1.1)	1167	10.4	(0.29)	1.1	(0.12)	11.5	(0.29)	125	10.7	(0.40)	9.8	(1.06)	20.5	(1.23)	10.3	(0.33)
20 and over.....	12	(1.3)	1482	11.9	(0.58)	1.6	(0.19)	13.5	(0.70)	193	11.4	(0.64)	14.1	(0.63)	25.5	(0.96)	11.9	(0.60)
2 and over...	11	(1.1)	2649	11.4	(0.42)	1.5	(0.12)	12.8	(0.49)	318	11.2	(0.41)	12.7	(0.51)	23.9	(0.65)	11.4	(0.45)
All Individuals⁹:																		
2 - 19.....	15	(1.9)	3089	10.3	(0.17)	1.5	(0.19)	11.8	(0.29)	381	10.7	(0.31)	9.6	(0.60)	20.4	(0.73)	10.3	(0.21)
20 and over.....	26	(1.4)	5332	12.0	(0.27)	4.5	(0.25)	16.5	(0.43)	1206	12.1	(0.36)	17.5	(0.30)	29.6	(0.42)	12.0	(0.31)
2 and over...	23	(1.1)	8421	11.6	(0.22)	3.7	(0.19)	15.3	(0.35)	1587	11.9	(0.32)	16.1	(0.36)	28.0	(0.50)	11.5	(0.25)

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity 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								
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)					
Non-Hispanic White:																							
2 - 19.....	12	(2.1)	986	1.1 (0.03)	0.2 (0.05)	1.3 (0.07)	111	1.1 (0.05)	1.9 (0.11)	3.0 (0.13)	1.1 (0.03)	20 and over.....	27	(1.8)	2524	1.4 (0.04)	0.5 (0.04)	1.9 (0.07)	711	1.5 (0.08)	1.8 (0.06)	3.3 (0.10)	1.3 (0.04)
2 and over...	24	(1.4)	3510	1.3 (0.04)	0.4 (0.03)	1.7 (0.07)	822	1.4 (0.07)	1.9 (0.06)	3.3 (0.10)	1.3 (0.03)	Non-Hispanic Black:											
2 - 19.....	6	(1.7)	782	1.0 (0.04)	0.1 (0.04)	1.1 (0.07)	--	--	--	1.0 (0.04)	20 and over.....	14	(1.2)	1121	1.2 (0.02)	0.3 (0.03)	1.5 (0.03)	179	1.5 (0.16)	1.9 (0.08)	3.4 (0.16)	1.2 (0.02)	
2 and over...	11	(0.9)	1903	1.1 (0.02)	0.2 (0.02)	1.4 (0.04)	217	1.4 (0.13)	2.0 (0.08)	3.4 (0.15)	1.1 (0.03)	Hispanic:											
2 - 19.....	7	(0.7)	1167	1.0 (0.02)	0.1 (0.02)	1.1 (0.02)	76	1.0 (0.06)	1.9 (0.15)	2.9 (0.17)	1.0 (0.03)	20 and over.....	10	(1.1)	1482	1.3 (0.04)	0.2 (0.02)	1.5 (0.05)	177	1.5 (0.10)	1.6 (0.09)	3.1 (0.13)	1.3 (0.04)
2 and over...	9	(0.7)	2649	1.2 (0.03)	0.2 (0.01)	1.4 (0.04)	253	1.4 (0.08)	1.7 (0.10)	3.0 (0.13)	1.2 (0.03)	All Individuals⁹:											
2 - 19.....	9	(1.4)	3089	1.0 (0.02)	0.2 (0.03)	1.2 (0.04)	228	1.1 (0.04)	2.0 (0.08)	3.0 (0.09)	1.0 (0.02)	20 and over.....	23	(1.3)	5332	1.3 (0.03)	0.4 (0.03)	1.8 (0.06)	1101	1.5 (0.07)	1.8 (0.06)	3.3 (0.09)	1.3 (0.03)
2 and over...	19	(1.0)	8421	1.3 (0.03)	0.4 (0.02)	1.6 (0.05)	1329	1.4 (0.06)	1.8 (0.05)	3.3 (0.08)	1.2 (0.02)												

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m						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)	
Non-Hispanic White:												
2 - 19.....	9	(1.8)	986	3135 (111.1)	1 (0.2)	3136 (111.1)	91	2633 (95.6)	12 (1.4)	2645 (95.2)	3187 (117.5)	
20 and over.....	8	(0.9)	2524	3484 (66.7)	5 (0.8)	3489 (66.6)	206	3518 (169.1)	55 (10.0)	3574 (174.1)	3481 (71.2)	
2 and over...	9	(0.9)	3510	3405 (65.1)	4 (0.6)	3409 (65.2)	297	3298 (139.2)	45 (7.5)	3343 (142.7)	3415 (67.8)	
Non-Hispanic Black:												
2 - 19.....	7	(2.0)	782	2972 (79.1)	1* (0.4)	2973 (79.2)	--	--	--	--	2967 (83.3)	
20 and over.....	2	(0.4)	1121	3262 (93.1)	#	3263 (93.1)	--	--	--	--	3257 (96.9)	
2 and over...	4	(0.7)	1903	3172 (59.9)	1 (0.1)	3173 (59.9)	69	3234 (183.5)	18 (3.2)	3252 (184.8)	3170 (64.1)	
Hispanic:												
2 - 19.....	5	(0.8)	1167	2815 (40.1)	1 (0.1)	2815 (40.1)	--	--	--	--	2821 (42.3)	
20 and over.....	2	(0.6)	1482	3277 (49.5)	1* (0.3)	3278 (49.5)	--	--	--	--	3283 (50.2)	
2 and over...	3	(0.4)	2649	3117 (34.7)	1 (0.2)	3118 (34.6)	97	2850 (188.8)	23 (5.6)	2873 (190.8)	3126 (34.9)	
All Individuals⁹:												
2 - 19.....	8	(1.2)	3089	3033 (67.5)	1 (0.1)	3034 (67.4)	188	2700 (77.2)	12 (1.2)	2712 (77.1)	3061 (70.7)	
20 and over.....	7	(0.6)	5332	3435 (57.8)	3 (0.6)	3439 (57.8)	293	3465 (151.9)	52 (8.8)	3518 (156.0)	3433 (59.3)	
2 and over...	7	(0.6)	8421	3332 (52.3)	3 (0.4)	3335 (52.4)	481	3248 (119.8)	41 (6.5)	3289 (122.9)	3338 (53.0)	

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity and age (years)	Percent reporting supplement potassium ⁸ % (SE)		P o t a s 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)	
Non-Hispanic White:																		
2 - 19.....	3	(0.8)	986	2191 (62.9)	2	(0.5)	2193 (63.0)	--	--	--	--	--	--	2187	(62.5)			
20 and over.....	23	(1.7)	2524	2725 (64.5)	23	(2.7)	2748 (65.9)	618	2946 (85.6)	100	(7.4)	3046	(85.6)	2660	(68.3)			
2 and over...	18	(1.3)	3510	2604 (61.8)	18	(2.1)	2622 (63.0)	640	2926 (81.7)	99	(7.2)	3025	(81.9)	2532	(61.5)			
Non-Hispanic Black:																		
2 - 19.....	1*	(0.5)	782	1927 (33.4)	1*	(0.9)	1929 (33.6)	--	--	--	--	--	--	1929	(33.9)			
20 and over.....	10	(0.9)	1121	2219 (61.4)	10	(1.4)	2230 (61.1)	139	2517 (208.8)	103	(9.5)	2620	(209.2)	2187	(50.6)			
2 and over...	7	(0.6)	1903	2128 (41.4)	7	(1.0)	2136 (41.3)	142	2497 (203.3)	107	(9.5)	2604	(203.9)	2101	(33.1)			
Hispanic:																		
2 - 19.....	2	(0.5)	1167	2164 (57.4)	2*	(0.8)	2166 (57.3)	--	--	--	--	--	--	2161	(58.5)			
20 and over.....	8	(1.0)	1482	2592 (55.6)	7	(1.0)	2599 (55.7)	158	2746 (91.9)	86	(5.7)	2831	(93.6)	2579	(60.6)			
2 and over...	6	(0.7)	2649	2444 (54.7)	5	(0.7)	2449 (54.8)	173	2697 (80.6)	86	(6.7)	2784	(81.5)	2428	(57.5)			
All Individuals⁹:																		
2 - 19.....	2	(0.5)	3089	2138 (38.7)	2	(0.4)	2140 (38.8)	--	--	--	--	--	--	2135	(38.2)			
20 and over.....	19	(1.4)	5332	2638 (50.2)	19	(2.1)	2657 (51.3)	942	2896 (77.3)	99	(6.1)	2995	(77.1)	2578	(50.2)			
2 and over...	15	(1.0)	8421	2510 (46.1)	14	(1.5)	2524 (47.1)	982	2875 (72.9)	98	(5.9)	2973	(73.0)	2448	(44.0)			

See page 23 for footnotes.

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

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2007-2008 (continued)

Race/ethnicity 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)	
Non-Hispanic White:															
2 - 19.....	4	(1.0)	986	94.5 (3.13)	2.4 (0.63)	96.9 (3.33)								94.1 (3.23)	
20 and over.....	26	(2.0)	2524	109.7 (2.21)	16.4 (1.19)	126.1 (3.04)	691	110.2 (3.05)	62.8 (2.07)	173.0 (3.38)	109.5 (2.30)				
2 and over...	21	(1.6)	3510	106.2 (2.06)	13.2 (0.95)	119.5 (2.72)	726	109.9 (2.89)	62.6 (1.93)	172.5 (3.17)	105.2 (2.02)				
Non-Hispanic Black:															
2 - 19.....	#		782	85.4 (2.82)	0.1* (0.07)	85.5 (2.83)								85.4 (2.82)	
20 and over.....	13	(1.2)	1121	103.2 (2.64)	7.8 (1.13)	110.9 (3.06)	172	111.0 (7.40)	60.9 (6.22)	171.9 (9.42)	102.1 (2.31)				
2 and over...	9	(0.8)	1903	97.7 (1.74)	5.4 (0.74)	103.0 (2.14)	173	111.0 (7.38)	61.0 (6.19)	172.0 (9.39)	96.4 (1.57)				
Hispanic:															
2 - 19.....	2	(0.6)	1167	90.6 (1.94)	1.3* (0.47)	91.9 (2.14)								90.5 (2.00)	
20 and over.....	8	(1.2)	1482	112.0 (2.06)	4.6 (0.58)	116.6 (2.12)	160	117.9 (8.36)	54.5 (4.93)	172.4 (6.62)	111.5 (1.78)				
2 and over...	6	(0.9)	2649	104.6 (1.66)	3.4 (0.43)	108.0 (1.82)	180	115.1 (8.57)	54.6 (4.60)	169.7 (6.43)	103.9 (1.50)				
All Individuals⁹:															
2 - 19.....	3	(0.6)	3089	92.2 (1.77)	1.7 (0.40)	93.9 (1.85)								91.8 (1.78)	
20 and over.....	22	(1.5)	5332	109.3 (1.82)	13.5 (0.87)	122.8 (2.45)	1056	110.8 (2.76)	61.8 (1.88)	172.6 (3.01)	108.9 (1.85)				
2 and over...	17	(1.2)	8421	104.9 (1.54)	10.5 (0.67)	115.4 (2.06)	1112	110.5 (2.60)	61.6 (1.77)	172.0 (2.77)	103.8 (1.44)				

See page 23 for footnotes.

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

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

Symbol Legend

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

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

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

Indicates a non-zero value too small to report.

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

Footnotes

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

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

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

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

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

Vitamin D: $1 \mu\text{g} = 40$ 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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.1 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22 (Agricultural Research Service, Nutrient Data Laboratory). Sodium estimate from food adjusted for salt used in food preparation.

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

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

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

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

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

⁹ Includes persons of all races and Hispanic origins.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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