

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, 2007-2008

Family income in dollars and age (years)		T h i a m i n										
		—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —
		Percent reporting supplement thiamin ⁸ % (SE)	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.....	10 (1.9)	1040	1.45 (0.033)	0.66*(0.430)	2.11 (0.442)	84	1.59 (0.083)	6.78*(4.268)	8.37*(4.285)	1.43 (0.032)		
20 and over.....	20 (1.5)	1798	1.52 (0.038)	2.08 (0.474)	3.59 (0.482)	334	1.65 (0.062)	10.14 (2.121)	11.79 (2.142)	1.48 (0.046)		
2 and over...	18 (1.2)	2838	1.50 (0.029)	1.72 (0.367)	3.22 (0.375)	418	1.64 (0.049)	9.68 (1.935)	11.32 (1.951)	1.47 (0.034)		
\$25,000 - \$74,999:												
2 - 19.....	12 (1.5)	1230	1.51 (0.058)	0.20 (0.019)	1.71 (0.062)	131	1.55 (0.117)	1.65 (0.138)	3.20 (0.201)	1.51 (0.059)		
20 and over.....	26 (1.9)	2074	1.61 (0.040)	2.61 (0.571)	4.21 (0.594)	485	1.65 (0.091)	10.20 (1.980)	11.84 (2.034)	1.59 (0.033)		
2 and over...	22 (1.5)	3304	1.58 (0.041)	2.01 (0.435)	3.59 (0.454)	616	1.63 (0.091)	9.02 (1.666)	10.65 (1.720)	1.57 (0.034)		
\$75,000 and higher:												
2 - 19.....	18 (3.4)	619	1.55 (0.034)	0.32 (0.059)	1.87 (0.056)	84	1.56 (0.128)	1.73 (0.223)	3.29 (0.210)	1.54 (0.030)		
20 and over.....	32 (2.8)	1043	1.75 (0.055)	4.61 (0.761)	6.35 (0.766)	335	1.82 (0.059)	14.58 (2.510)	16.40 (2.525)	1.71 (0.083)		
2 and over...	28 (2.1)	1662	1.69 (0.042)	3.43 (0.563)	5.12 (0.564)	419	1.78 (0.038)	12.26 (2.187)	14.03 (2.187)	1.66 (0.060)		
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 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, 2007-2008 (continued)

R i b o f l a v i n																		
----- <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 riboflavin ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		Food plus supplement		Food				
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)			
\$0 - \$24,999:																		
2 - 19.....	10	(1.9)	1040	1.95	(0.057)	0.34*	(0.124)	2.29	(0.144)	84	2.11	(0.110)	3.49	(0.917)	5.60	(0.911)	1.94	(0.058)
20 and over.....	20	(1.5)	1798	2.09	(0.070)	1.80	(0.453)	3.90	(0.428)	333	2.26	(0.100)	8.80	(2.113)	11.06	(2.074)	2.05	(0.073)
2 and over...	18	(1.2)	2838	2.06	(0.059)	1.44	(0.332)	3.49	(0.305)	417	2.24	(0.085)	8.08	(1.824)	10.31	(1.790)	2.02	(0.059)
\$25,000 - \$74,999:																		
2 - 19.....	12	(1.5)	1230	2.08	(0.094)	0.22	(0.022)	2.30	(0.099)	131	2.11	(0.141)	1.83	(0.132)	3.94	(0.195)	2.08	(0.095)
20 and over.....	25	(1.9)	2074	2.19	(0.055)	2.06	(0.474)	4.25	(0.476)	484	2.24	(0.063)	8.08	(1.565)	10.33	(1.597)	2.18	(0.064)
2 and over...	22	(1.5)	3304	2.17	(0.060)	1.60	(0.362)	3.77	(0.375)	615	2.23	(0.070)	7.22	(1.322)	9.45	(1.362)	2.15	(0.065)
\$75,000 and higher:																		
2 - 19.....	18	(3.4)	619	2.08	(0.053)	0.36	(0.066)	2.45	(0.082)	84	2.05	(0.072)	1.96	(0.223)	4.01	(0.202)	2.09	(0.061)
20 and over.....	32	(2.6)	1043	2.31	(0.038)	3.85	(0.720)	6.16	(0.719)	339	2.44	(0.085)	12.04	(2.213)	14.48	(2.233)	2.25	(0.058)
2 and over...	28	(2.0)	1662	2.25	(0.034)	2.89	(0.523)	5.14	(0.518)	423	2.37	(0.065)	10.23	(1.837)	12.60	(1.842)	2.20	(0.045)
All Individuals ⁹:																		
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.

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, 2007-2008 (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.....	10	(1.7)	1040	20.7	(0.61)	1.7	(0.39)	22.4	(0.79)	81	22.2	(1.29)	18.0	(1.33)	40.1	(2.10)	20.6	(0.58)
20 and over.....	21	(1.4)	1798	23.2	(0.53)	9.9	(1.56)	33.1	(1.66)	339	22.3	(1.07)	47.5	(8.55)	69.8	(8.11)	23.4	(0.62)
2 and over...	18	(1.1)	2838	22.6	(0.44)	7.8	(1.18)	30.4	(1.26)	420	22.3	(0.95)	43.5	(7.17)	65.8	(6.81)	22.6	(0.48)
\$25,000 - \$74,999:																		
2 - 19.....	12	(1.4)	1230	21.5	(1.15)	2.2	(0.29)	23.7	(1.14)	132	21.3	(1.45)	17.5	(0.95)	38.8	(2.02)	21.6	(1.26)
20 and over.....	26	(1.9)	2074	25.0	(0.58)	13.6	(2.33)	38.6	(2.58)	495	24.4	(0.67)	51.8	(7.85)	76.2	(8.14)	25.2	(0.71)
2 and over...	23	(1.5)	3304	24.1	(0.66)	10.8	(1.79)	34.9	(2.15)	627	24.0	(0.61)	47.2	(6.72)	71.1	(6.99)	24.2	(0.78)
\$75,000 and higher:																		
2 - 19.....	19	(3.6)	619	21.0	(0.56)	2.8	(0.55)	23.8	(0.78)	85	21.1	(1.11)	15.0	(0.78)	36.2	(1.34)	21.0	(0.60)
20 and over.....	32	(2.6)	1043	26.4	(0.38)	13.8	(3.36)	40.2	(3.23)	341	26.7	(1.00)	42.7	(10.05)	69.4	(10.36)	26.2	(0.73)
2 and over...	28	(2.0)	1662	24.9	(0.28)	10.7	(2.54)	35.7	(2.50)	426	25.7	(0.69)	37.7	(8.30)	63.4	(8.44)	24.6	(0.47)
All Individuals ⁹:																		
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.

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V i t a m i n B 6																		
----- <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 B6 ⁸		Sample Size	Food		Supplement		Food plus supplement		Supplement Users ⁶		Food plus supplement		Food				
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)			
\$0 - \$24,999:																		
2 - 19.....	12	(2.3)	1040	1.70	(0.046)	0.51*	(0.268)	2.21	(0.289)	103	1.79	(0.069)	4.32*	(1.613)	6.11	(1.662)	1.69	(0.049)
20 and over.....	21	(1.4)	1798	1.85	(0.059)	2.24	(0.443)	4.10	(0.446)	346	1.84	(0.095)	10.60	(2.031)	12.44	(2.041)	1.86	(0.064)
2 and over...	19	(1.2)	2838	1.82	(0.048)	1.81	(0.319)	3.63	(0.320)	449	1.83	(0.081)	9.61	(1.695)	11.44	(1.703)	1.81	(0.051)
\$25,000 - \$74,999:																		
2 - 19.....	16	(2.2)	1230	1.76	(0.112)	0.33	(0.043)	2.08	(0.114)	181	1.63	(0.135)	1.99	(0.247)	3.62	(0.343)	1.78	(0.114)
20 and over.....	27	(2.0)	2074	1.97	(0.040)	3.22	(0.358)	5.19	(0.374)	498	2.04	(0.065)	12.02	(1.023)	14.06	(1.033)	1.94	(0.050)
2 and over...	24	(1.4)	3304	1.92	(0.056)	2.50	(0.263)	4.41	(0.291)	679	1.97	(0.072)	10.33	(0.837)	12.30	(0.852)	1.90	(0.060)
\$75,000 and higher:																		
2 - 19.....	27	(4.7)	619	1.74	(0.046)	0.56	(0.101)	2.30	(0.112)	137	1.68	(0.098)	2.09	(0.290)	3.78	(0.351)	1.77	(0.045)
20 and over.....	34	(2.3)	1043	2.10	(0.045)	4.67	(0.797)	6.77	(0.798)	348	2.17	(0.083)	13.77	(2.028)	15.94	(2.025)	2.06	(0.063)
2 and over...	32	(2.1)	1662	2.00	(0.036)	3.54	(0.590)	5.54	(0.593)	485	2.06	(0.049)	11.10	(1.776)	13.16	(1.777)	1.97	(0.048)
All Individuals ⁹:																		
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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Family income in dollars 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)					
\$0 - \$24,999:																
2 - 19.....	10	(1.8)	1040	205 (9.9)	33 (5.1)	238 (13.1)	96	238 (27.3)	317 (31.9)	555 (30.0)	201 (8.7)					
20 and over.....	21	(1.5)	1798	180 (7.1)	98 (7.6)	278 (12.7)	342	201 (7.3)	473 (8.4)	674 (13.0)	174 (8.2)					
2 and over...	18	(1.2)	2838	186 (5.0)	82 (5.9)	268 (9.3)	438	207 (7.4)	450 (11.2)	657 (13.1)	181 (5.5)					
\$25,000 - \$74,999:																
2 - 19.....	16	(2.3)	1230	204 (6.0)	55 (7.2)	259 (10.9)	177	220 (19.2)	347 (20.5)	567 (26.5)	201 (7.5)					
20 and over.....	27	(2.0)	2074	190 (6.3)	126 (10.3)	317 (11.6)	492	188 (8.8)	475 (15.1)	662 (18.2)	191 (6.9)					
2 and over...	24	(1.3)	3304	194 (4.5)	109 (8.0)	302 (9.4)	669	193 (7.9)	454 (14.8)	647 (18.4)	194 (4.9)					
\$75,000 and higher:																
2 - 19.....	26	(4.6)	619	215 (8.2)	84 (15.5)	299 (17.2)	136	184 (12.4)	323 (10.6)	507 (16.0)	225 (9.7)					
20 and over.....	33	(2.5)	1043	197 (6.9)	171 (10.6)	368 (10.5)	346	195 (12.8)	520 (39.4)	715 (40.7)	198 (8.5)					
2 and over...	31	(2.4)	1662	202 (5.9)	147 (9.7)	349 (10.7)	482	193 (10.1)	474 (31.4)	667 (31.0)	206 (6.6)					
All Individuals ⁹:																
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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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		Food		Supplement		Food plus		Sample		Food		Supplement		Food plus		Food	
			Size		µg	(SE)	µg	(SE)	µg	(SE)	µg	(SE)	size	µg	(SE)	µg	(SE)	µg	(SE)	µg
\$0 - \$24,999:																				
2 - 19.....	10	(1.8)	1040	498 (18.4)	56 (8.7)	554 (24.3)	96	568 (49.4)	539 (54.2)	1106 (54.2)	490 (16.6)									
20 and over.....	21	(1.5)	1798	502 (18.2)	167 (12.9)	669 (27.2)	342	552 (17.9)	804 (14.2)	1355 (25.3)	489 (21.1)									
2 and over...	18	(1.2)	2838	501 (13.4)	139 (10.0)	640 (20.4)	438	554 (17.4)	766 (19.1)	1320 (25.6)	489 (14.8)									
\$25,000 - \$74,999:																				
2 - 19.....	16	(2.3)	1230	503 (14.3)	94 (12.2)	597 (19.4)	177	521 (33.3)	590 (34.8)	1111 (53.4)	500 (17.2)									
20 and over.....	27	(2.0)	2074	535 (16.2)	215 (17.6)	749 (24.8)	492	534 (18.9)	807 (25.7)	1341 (31.5)	535 (17.7)									
2 and over...	24	(1.3)	3304	527 (12.1)	185 (13.6)	711 (20.7)	669	532 (17.9)	771 (25.1)	1303 (34.9)	525 (12.4)									
\$75,000 and higher:																				
2 - 19.....	26	(4.6)	619	518 (16.0)	144 (26.3)	662 (29.3)	136	465 (24.4)	549 (17.9)	1014 (30.3)	537 (18.7)									
20 and over.....	33	(2.5)	1043	565 (14.3)	291 (18.0)	855 (20.7)	346	589 (24.5)	884 (67.1)	1473 (69.3)	553 (18.0)									
2 and over...	31	(2.4)	1662	552 (10.7)	250 (16.5)	802 (18.7)	482	560 (17.2)	806 (53.3)	1367 (54.1)	548 (12.9)									
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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C h o l i n e																			
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -																			
Family income in dollars and age (years)	Percent reporting supplement choline ⁸		Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food		
	%	(SE)		mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg
\$0 - \$24,999:																			
2 - 19.....	7	(1.8)	1040	241	(6.5)	2	(0.4)	243	(6.6)	65	233	(19.3)	23	(3.5)	256	(21.6)	242	(6.7)	
20 and over.....	3	(0.5)	1798	305	(7.3)	1	(0.2)	305	(7.3)		--	--	--	--	--	305	(7.1)		
2 and over...	4	(0.6)	2838	289	(6.2)	1	(0.2)	290	(6.2)	100	258	(22.6)	29	(4.8)	287	(25.2)	290	(6.1)	
\$25,000 - \$74,999:																			
2 - 19.....	9	(1.1)	1230	250	(7.6)	3	(0.5)	253	(7.6)	96	261	(24.4)	36	(5.4)	297	(25.1)	249	(7.3)	
20 and over.....	2	(0.6)	2074	326	(7.9)	1	(0.1)	326	(7.8)		--	--	--	--	--	327	(7.8)		
2 and over...	4	(0.5)	3304	307	(7.4)	1	(0.2)	308	(7.3)	143	280	(19.7)	30	(4.3)	309	(18.1)	308	(7.2)	
\$75,000 and higher:																			
2 - 19.....	16	(4.6)	619	254	(8.3)	4*	(1.8)	258	(8.8)	93	255	(16.0)	26	(3.8)	282	(15.1)	254	(10.4)	
20 and over.....	5	(1.2)	1043	343	(6.5)	2*	(0.6)	344	(6.6)		--	--	--	--	--	342	(6.9)		
2 and over...	8	(1.7)	1662	318	(5.6)	2	(0.6)	321	(5.5)	140	303	(19.0)	28	(3.3)	331	(18.9)	320	(4.9)	
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 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, 2007-2008 (continued)

V i t a m i n B 1 2													
-----All Individuals ⁵ ----- Supplement Users ⁶ ----- -Non-users ⁷ -													
Family income in dollars and age (years)	Percent reporting supplement vitamin B12 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.....	11	(1.9)	1040	4.84 (0.158)	0.9 (0.24)	5.8 (0.32)	101	4.91 (0.276)	8.5 (1.02)	13.4 (1.14)	4.83 (0.168)		
20 and over.....	22	(1.4)	1798	5.00 (0.185)	24.1 (6.19)	29.1 (6.26)	360	5.01 (0.235)	111.3 (26.55)	116.3 (26.58)	5.00 (0.217)		
2 and over...	19	(1.2)	2838	4.96 (0.149)	18.3 (4.69)	23.2 (4.74)	461	4.99 (0.207)	96.1 (23.07)	101.1 (23.08)	4.96 (0.168)		
\$25,000 - \$74,999:													
2 - 19.....	16	(2.3)	1230	5.13 (0.254)	1.0 (0.11)	6.2 (0.23)	180	5.16 (0.519)	6.3 (0.40)	11.5 (0.87)	5.13 (0.245)		
20 and over.....	28	(1.9)	2074	5.33 (0.175)	38.3*(11.54)	43.6 (11.59)	523	5.50 (0.193)	134.7*(42.13)	140.2*(42.18)	5.27 (0.193)		
2 and over...	25	(1.3)	3304	5.28 (0.167)	29.0* (8.78)	34.3 (8.82)	703	5.45 (0.199)	114.4*(34.63)	119.9 (34.64)	5.23 (0.177)		
\$75,000 and higher:													
2 - 19.....	27	(4.7)	619	5.06 (0.105)	1.6 (0.31)	6.7 (0.30)	136	4.72 (0.314)	6.0 (0.36)	10.8 (0.47)	5.18 (0.129)		
20 and over.....	33	(2.6)	1043	5.51 (0.140)	40.4 (9.57)	45.9 (9.56)	357	5.73 (0.224)	121.9 (32.05)	127.6 (32.13)	5.40 (0.235)		
2 and over...	31	(2.2)	1662	5.39 (0.106)	29.7 (7.26)	35.1 (7.27)	493	5.50 (0.193)	94.9 (26.21)	100.4 (26.27)	5.34 (0.175)		
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 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, 2007-2008 (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)	mg
\$0 - \$24,999:																			
2 - 19.....	11	(1.9)	1040	96.9 (6.58)	11.2 (2.35)	108.1 (7.31)	106	119.0 (13.59)	97.4 (13.97)	216.4 (17.20)	94.0 (6.63)								
20 and over.....	24	(1.5)	1798	81.9 (7.12)	68.0 (7.18)	149.9 (10.01)	389	96.3 (9.26)	284.5 (25.74)	380.8 (26.75)	77.4 (7.35)								
2 and over...	21	(1.3)	2838	85.7 (6.24)	53.8 (5.30)	139.4 (8.02)	495	99.4 (8.72)	258.6 (22.70)	358.0 (22.44)	82.1 (6.35)								
\$25,000 - \$74,999:																			
2 - 19.....	18	(2.2)	1230	75.7 (3.71)	23.3 (2.84)	99.0 (3.84)	195	62.2 (6.30)	128.8 (16.98)	191.0 (17.77)	78.7 (4.26)								
20 and over.....	30	(2.5)	2074	78.6 (3.70)	85.3 (10.49)	163.9 (12.61)	556	87.2 (3.39)	286.1 (26.70)	373.3 (27.53)	74.9 (4.38)								
2 and over...	27	(1.7)	3304	77.9 (3.10)	69.8 (7.89)	147.7 (9.59)	751	83.0 (2.73)	259.7 (21.59)	342.7 (21.93)	76.0 (3.75)								
\$75,000 and higher:																			
2 - 19.....	28	(4.7)	619	82.7 (4.18)	24.3 (4.79)	107.1 (6.09)	147	91.6 (9.04)	87.1 (13.43)	178.7 (14.81)	79.3 (4.90)								
20 and over.....	35	(2.1)	1043	92.5 (4.56)	110.6 (13.70)	203.2 (15.41)	369	113.0 (5.71)	315.1 (33.79)	428.2 (34.47)	81.4 (5.12)								
2 and over...	33	(2.1)	1662	89.8 (4.00)	86.9 (10.55)	176.8 (11.87)	516	108.1 (5.36)	262.4 (30.69)	370.4 (32.57)	80.8 (4.62)								
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 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, 2007-2008 (continued)

V i t a m i n D																															
----- <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 D 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	(2.0)	1040	5.0 (0.27)	1.1 (0.26)	6.1 (0.39)	106	5.4 (0.46)	9.8 (1.03)	15.1 (1.08)	4.9 (0.28)	20 and over.....	23	(1.3)	1798	4.2 (0.24)	3.1 (0.20)	7.3 (0.39)	378	4.4 (0.32)	13.6 (0.39)	18.1 (0.50)	4.1 (0.24)								
2 and over...	20	(1.1)	2838	4.4 (0.20)	2.6 (0.16)	7.0 (0.32)	484	4.5 (0.27)	13.1 (0.37)	17.6 (0.45)	4.3 (0.21)	\$25,000 - \$74,999:																			
2 - 19.....	16	(2.2)	1230	5.2 (0.19)	1.5 (0.22)	6.7 (0.27)	183	5.5 (0.55)	9.1 (0.62)	14.6 (1.01)	5.2 (0.20)	20 and over.....	29	(2.1)	2074	4.2 (0.15)	4.9 (0.60)	9.2 (0.61)	548	4.5 (0.22)	17.1 (2.00)	21.6 (2.05)	4.1 (0.18)								
2 and over...	26	(1.4)	3304	4.5 (0.12)	4.1 (0.47)	8.5 (0.47)	731	4.7 (0.20)	15.8 (1.61)	20.5 (1.64)	4.4 (0.14)	\$75,000 and higher:																			
2 - 19.....	26	(4.7)	619	5.5 (0.20)	2.3 (0.43)	7.8 (0.43)	136	5.9 (0.57)	8.7 (0.55)	14.6 (0.88)	5.4 (0.21)	20 and over.....	33	(2.3)	1043	4.7 (0.18)	7.2 (2.11)	11.9 (2.13)	341	5.7 (0.49)	21.7 (5.96)	27.4 (6.10)	4.2 (0.32)								
2 and over...	31	(2.2)	1662	4.9 (0.16)	5.9 (1.54)	10.8 (1.54)	477	5.8 (0.43)	18.7 (4.64)	24.5 (4.76)	4.6 (0.25)	All Individuals ⁹:																			
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.

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, 2007-2008 (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.....	2	(0.6)	1040	54.0 (5.85)	9.1* (8.56)	63.2 (10.87)							
20 and over.....	16	(1.1)	1798	88.4 (7.03)	4.8 (0.71)	93.2 (7.09)	261	91.9 (9.94)	29.9 (3.56)	121.9 (9.41)			87.8 (7.84)
2 and over...	13	(0.9)	2838	79.8 (6.07)	5.9* (2.30)	85.7 (6.33)	274	91.4 (9.81)	47.0*(16.49)	138.5 (17.04)			78.1 (6.50)
\$25,000 - \$74,999:													
2 - 19.....	2	(0.8)	1230	57.3 (4.94)	0.6* (0.37)	58.0 (5.17)							
20 and over.....	21	(1.7)	2074	95.9 (6.16)	5.5 (0.52)	101.4 (6.21)	391	104.8 (10.83)	26.8 (1.41)	131.6 (11.50)			93.6 (6.68)
2 and over...	16	(1.4)	3304	86.3 (5.30)	4.3 (0.45)	90.6 (5.44)	413	103.7 (10.04)	26.9 (1.55)	130.6 (10.81)			82.9 (5.37)
\$75,000 and higher:													
2 - 19.....	5	(1.3)	619	62.1 (4.48)	1.5* (0.47)	63.6 (4.66)							
20 and over.....	24	(2.5)	1043	112.6 (8.24)	7.3 (0.87)	119.9 (8.49)	249	140.2 (14.78)	30.9 (1.83)	171.1 (14.73)			104.0 (10.06)
2 and over...	19	(1.8)	1662	98.7 (6.38)	5.7 (0.64)	104.4 (6.50)	271	137.2 (13.25)	30.8 (1.76)	168.0 (13.05)			89.9 (7.40)
All Individuals⁹:													
2 - 19.....	3	(0.6)	3089	58.1 (3.37)	3.1* (2.14)	61.1 (4.23)							
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.

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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, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		Lycopene						-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)	
\$0 - \$24,999:												
2 - 19.....	1*	(0.4)	1040	5474 (412.9)	3* (1.8)	5477 (413.0)		--	--	--		5458 (421.0)
20 and over.....	13	(0.9)	1798	5117 (329.0)	57 (7.1)	5174 (327.3)	217	5389 (538.3)	434 (43.9)	5822 (516.1)		5076 (323.7)
2 and over...	10	(0.8)	2838	5207 (319.8)	43 (5.5)	5250 (318.9)	222	5429 (531.3)	433 (43.2)	5862 (509.8)		5182 (311.6)
\$25,000 - \$74,999:												
2 - 19.....	1*	(0.6)	1230	4839 (629.4)	4* (2.2)	4843 (629.2)		--	--	--		4857 (639.0)
20 and over.....	17	(1.6)	2074	5725 (376.7)	86 (10.7)	5811 (380.9)	325	4456 (496.0)	507 (40.9)	4963 (504.7)		5984 (470.4)
2 and over...	13	(1.1)	3304	5504 (421.8)	65 (8.2)	5570 (425.5)	333	4429 (483.2)	505 (39.9)	4934 (489.6)		5665 (500.1)
\$75,000 and higher:												
2 - 19.....	2*	(0.8)	619	4566 (442.6)	7* (3.2)	4573 (441.8)		--	--	--		4591 (451.0)
20 and over.....	19	(2.2)	1043	6164 (410.2)	85 (14.2)	6250 (420.1)	207	7296(1013.6)	444 (28.4)	7740(1034.1)		5894 (432.2)
2 and over...	14	(1.6)	1662	5725 (303.1)	64 (10.0)	5789 (309.2)	216	7158 (979.3)	442 (28.0)	7600(1000.4)		5483 (324.2)
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 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, 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 —							
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*	(0.3)	1040	674 (75.3)	1*	(0.8)	675 (75.2)			--	--	--	--	--	--	667 (75.2)			
20 and over.....	12	(0.9)	1798	1234 (133.5)	89	(18.2)	1323 (135.5)	208	1096 (132.2)	744	(122.8)	1839 (171.3)	1253 (141.9)						
2 and over...	9	(0.8)	2838	1094 (111.6)	67	(13.4)	1161 (112.9)	212	1107 (129.7)	736	(121.5)	1844 (169.0)	1093 (115.9)						
\$25,000 - \$74,999:																			
2 - 19.....	1*	(0.6)	1230	861 (118.8)	3*	(1.8)	864 (119.7)			--	--	--	865 (121.7)						
20 and over.....	16	(1.3)	2074	1359 (120.9)	126	(26.7)	1485 (111.7)	305	1411 (108.8)	797	(182.5)	2209 (166.9)	1349 (134.0)						
2 and over...	12	(1.0)	3304	1235 (105.4)	95	(19.9)	1330 (98.8)	312	1393 (100.2)	788	(181.0)	2181 (165.5)	1213 (113.3)						
\$75,000 and higher:																			
2 - 19.....	1*	(0.7)	619	795 (97.0)	3*	(1.8)	798 (96.7)			--	--	--	793 (98.8)						
20 and over.....	17	(1.7)	1043	1661 (149.5)	99	(15.6)	1760 (152.8)	182	2248 (341.4)	592	(107.7)	2839 (419.8)	1542 (190.9)						
2 and over...	13	(1.3)	1662	1423 (116.1)	73	(11.8)	1496 (119.1)	189	2212 (330.6)	583	(103.9)	2795 (405.9)	1310 (137.9)						
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 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, 2007-2008 (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.....	9	(2.2)	1040	943 (34.3)	13 (3.8)	956 (35.4)	71	969 (93.2)	147 (24.0)	1115 (95.7)	941 (36.7)							
20 and over.....	27	(1.5)	1798	877 (32.9)	154 (9.6)	1031 (37.2)	460	928 (31.3)	562 (23.6)	1490 (37.3)	858 (36.3)							
2 and over...	23	(1.2)	2838	894 (27.3)	119 (7.8)	1012 (31.0)	531	932 (28.4)	522 (23.9)	1454 (36.9)	882 (28.4)							
\$25,000 - \$74,999:																		
2 - 19.....	11	(1.0)	1230	989 (39.8)	23 (5.1)	1011 (37.6)	116	1006 (69.7)	202 (33.8)	1207 (73.2)	986 (45.3)							
20 and over.....	33	(2.4)	2074	923 (25.2)	186 (17.0)	1109 (36.3)	625	938 (29.9)	568 (26.5)	1506 (52.9)	916 (32.6)							
2 and over...	27	(1.7)	3304	939 (25.7)	145 (12.9)	1085 (33.6)	741	945 (26.1)	531 (25.1)	1476 (47.6)	937 (33.1)							
\$75,000 and higher:																		
2 - 19.....	16	(3.4)	619	1048 (28.0)	35 (7.2)	1083 (28.3)	88	1198 (85.3)	216 (26.6)	1414 (101.3)	1019 (28.0)							
20 and over.....	36	(2.3)	1043	995 (29.7)	207 (17.0)	1201 (35.8)	381	1100 (40.8)	567 (28.1)	1667 (55.9)	934 (41.0)							
2 and over...	31	(2.0)	1662	1009 (22.7)	160 (13.7)	1169 (25.7)	469	1114 (36.1)	516 (29.7)	1631 (52.1)	962 (30.4)							
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 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, 2007-2008 (continued)

Family income in dollars and age (years)		P h o s p h o r u s														
		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷				
Percent reporting supplement phosphorus ⁸		Sample Size	Food		Supplement		Food plus supplement		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.....	5 (1.2)	1040	1155 (31.8)	5 (1.3)	1160 (32.2)	--	--	--	--	1148 (34.8)						
20 and over.....	12 (1.3)	1798	1241 (32.5)	11 (1.2)	1252 (32.9)	214	1164 (55.4)	96 (3.2)	1260 (56.0)	1251 (36.7)						
2 and over...	10 (1.0)	2838	1219 (26.5)	10 (0.9)	1229 (26.9)	267	1179 (47.9)	96 (2.9)	1274 (48.4)	1224 (30.0)						
\$25,000 - \$74,999:																
2 - 19.....	7 (1.3)	1230	1226 (41.0)	7 (1.4)	1233 (41.3)	77	1286 (77.8)	99 (6.6)	1385 (77.5)	1222 (41.3)						
20 and over.....	15 (1.4)	2074	1327 (28.8)	15 (2.0)	1342 (30.1)	299	1303 (54.2)	97 (7.7)	1400 (60.9)	1331 (29.8)						
2 and over...	13 (1.2)	3304	1302 (29.5)	13 (1.8)	1315 (30.7)	376	1301 (53.9)	97 (7.0)	1398 (59.6)	1302 (29.4)						
\$75,000 and higher:																
2 - 19.....	11 (3.2)	619	1258 (29.9)	10 (3.1)	1269 (29.7)	--	--	--	--	1259 (32.4)						
20 and over.....	17 (1.3)	1043	1413 (25.2)	21 (2.7)	1434 (26.5)	190	1521 (66.3)	121 (10.0)	1642 (69.4)	1391 (33.6)						
2 and over...	16 (1.2)	1662	1371 (18.1)	18 (2.1)	1389 (18.7)	249	1468 (54.1)	115 (7.9)	1583 (57.5)	1353 (22.9)						
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 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, 2007-2008 (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 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.....	9	(2.3)	1040	220 (7.2)	4* (1.4)	224 (7.7)	68	252 (19.3)	43 (7.2)	295 (20.3)	217 (7.4)				
20 and over.....	21	(1.4)	1798	269 (8.3)	28 (3.9)	297 (10.3)	351	285 (11.0)	132 (11.9)	417 (18.1)	265 (9.0)				
2 and over...	18	(1.1)	2838	257 (6.9)	22 (2.9)	279 (8.6)	419	281 (10.4)	122 (11.4)	403 (17.4)	251 (7.3)				
\$25,000 - \$74,999:															
2 - 19.....	10	(1.0)	1230	227 (8.1)	4 (0.9)	231 (8.2)	110	240 (21.8)	36 (6.6)	276 (25.3)	226 (7.9)				
20 and over.....	25	(1.9)	2074	288 (7.7)	38 (8.7)	327 (15.8)	482	300 (11.8)	151 (25.8)	450 (35.6)	284 (7.2)				
2 and over...	22	(1.3)	3304	273 (7.4)	30 (6.7)	303 (13.8)	592	293 (12.8)	137 (24.3)	430 (35.7)	268 (6.4)				
\$75,000 and higher:															
2 - 19.....	15	(3.5)	619	231 (3.9)	6 (1.4)	237 (4.1)	76	242 (11.1)	41 (5.8)	283 (15.7)	229 (4.2)				
20 and over.....	30	(2.4)	1043	323 (7.4)	36 (3.6)	358 (9.9)	315	356 (15.2)	117 (9.7)	473 (20.1)	308 (9.4)				
2 and over...	26	(2.0)	1662	298 (5.2)	28 (2.6)	325 (6.8)	391	338 (12.4)	105 (9.0)	443 (17.3)	283 (5.9)				
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 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, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement iron ⁸ % (SE)		I r o n						-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.....	8	(1.8)	1040	13.4 (0.35)	1.3 (0.31)	14.6 (0.58)	65	15.0 (0.92)	16.5 (0.54)	31.4 (1.06)	13.2 (0.32)				
20 and over.....	13	(1.4)	1798	13.9 (0.35)	3.3 (0.55)	17.2 (0.71)	219	14.3 (0.56)	24.6 (2.34)	39.0 (2.04)	13.9 (0.43)				
2 and over...	12	(1.1)	2838	13.8 (0.28)	2.8 (0.42)	16.6 (0.55)	284	14.4 (0.48)	23.3 (1.95)	37.8 (1.72)	13.7 (0.33)				
\$25,000 - \$74,999:															
2 - 19.....	10	(1.1)	1230	13.9 (0.44)	1.8 (0.26)	15.6 (0.55)	102	15.2 (1.18)	18.0 (1.45)	33.2 (2.02)	13.7 (0.45)				
20 and over.....	15	(1.2)	2074	15.1 (0.36)	3.1 (0.31)	18.2 (0.46)	276	16.0 (0.65)	20.4 (1.36)	36.4 (0.82)	14.9 (0.41)				
2 and over...	14	(0.9)	3304	14.8 (0.33)	2.8 (0.24)	17.5 (0.44)	378	15.9 (0.63)	20.0 (1.30)	35.8 (0.94)	14.6 (0.33)				
\$75,000 and higher:															
2 - 19.....	14	(3.0)	619	13.7 (0.37)	2.4 (0.52)	16.1 (0.71)	71	14.9 (0.84)	17.5 (0.54)	32.4 (0.88)	13.5 (0.44)				
20 and over.....	19	(1.9)	1043	16.3 (0.30)	3.4 (0.29)	19.7 (0.45)	190	17.6 (1.04)	18.3 (1.23)	35.9 (1.43)	16.0 (0.35)				
2 and over...	17	(1.9)	1662	15.6 (0.21)	3.1 (0.28)	18.7 (0.35)	261	17.0 (0.83)	18.2 (0.94)	35.2 (1.05)	15.3 (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 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, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement zinc ⁸ % (SE)		Z i n c													
			—All Individuals ⁵ —						—Supplement Users ⁶ —						—Non-users ⁷ —	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)					
\$0 - \$24,999:																
2 - 19.....	10	(1.9)	1040	10.2 (0.27)	0.9 (0.19)	11.1 (0.38)	89	11.4 (0.76)	9.3 (0.68)	20.7 (0.91)	10.1 (0.25)					
20 and over.....	20	(1.5)	1798	11.1 (0.36)	3.6 (0.38)	14.8 (0.63)	328	11.1 (0.58)	18.0 (1.00)	29.1 (1.37)	11.2 (0.37)					
2 and over...	18	(1.2)	2838	10.9 (0.28)	3.0 (0.29)	13.9 (0.48)	417	11.1 (0.55)	16.8 (0.98)	27.9 (1.30)	10.9 (0.28)					
\$25,000 - \$74,999:																
2 - 19.....	13	(1.9)	1230	10.3 (0.32)	1.4 (0.19)	11.6 (0.35)	149	10.3 (0.66)	10.2 (1.00)	20.4 (1.52)	10.3 (0.32)					
20 and over.....	26	(1.9)	2074	12.2 (0.44)	4.5 (0.46)	16.6 (0.75)	483	12.3 (0.40)	17.3 (1.03)	29.6 (1.16)	12.1 (0.51)					
2 and over...	23	(1.2)	3304	11.7 (0.36)	3.7 (0.34)	15.4 (0.61)	632	12.0 (0.44)	16.3 (1.00)	28.3 (1.25)	11.6 (0.39)					
\$75,000 and higher:																
2 - 19.....	23	(4.8)	619	10.6 (0.37)	2.2 (0.49)	12.8 (0.68)	128	10.3 (0.44)	9.7 (0.94)	20.0 (1.03)	10.6 (0.49)					
20 and over.....	31	(2.6)	1043	12.9 (0.30)	5.2 (0.44)	18.0 (0.60)	319	12.8 (0.57)	16.8 (0.83)	29.5 (0.69)	12.9 (0.41)					
2 and over...	29	(2.3)	1662	12.2 (0.18)	4.4 (0.34)	16.6 (0.36)	447	12.2 (0.45)	15.2 (0.87)	27.4 (0.82)	12.3 (0.27)					
All Individuals ⁹:																
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 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, 2007-2008 (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.....	7	(1.4)	1040	1.0	(0.03)	0.1	(0.03)	1.1	(0.05)	--	--	--	--	--	--	1.0	(0.03)	
20 and over.....	18	(1.2)	1798	1.2	(0.04)	0.3	(0.03)	1.5	(0.06)	296	1.3	(0.06)	1.8	(0.11)	3.1	(0.14)	1.2	(0.04)
2 and over...	15	(0.9)	2838	1.2	(0.03)	0.3	(0.03)	1.4	(0.05)	355	1.3	(0.05)	1.8	(0.10)	3.1	(0.13)	1.1	(0.03)
\$25,000 - \$74,999:																		
2 - 19.....	9	(0.9)	1230	1.0	(0.03)	0.2	(0.02)	1.2	(0.04)	93	1.0	(0.07)	1.9	(0.12)	3.0	(0.12)	1.0	(0.03)
20 and over.....	23	(1.6)	2074	1.3	(0.04)	0.4	(0.04)	1.7	(0.07)	444	1.4	(0.07)	1.8	(0.09)	3.2	(0.13)	1.3	(0.04)
2 and over...	19	(1.3)	3304	1.3	(0.03)	0.4	(0.03)	1.6	(0.06)	537	1.4	(0.07)	1.8	(0.07)	3.2	(0.12)	1.2	(0.03)
\$75,000 and higher:																		
2 - 19.....	13	(3.7)	619	1.1	(0.02)	0.3	(0.08)	1.3	(0.08)	66	1.1	(0.04)	2.1	(0.10)	3.1	(0.13)	1.1	(0.02)
20 and over.....	28	(2.6)	1043	1.5	(0.04)	0.5	(0.04)	2.0	(0.08)	294	1.6	(0.09)	1.8	(0.08)	3.4	(0.08)	1.4	(0.05)
2 and over...	24	(2.1)	1662	1.4	(0.03)	0.4	(0.04)	1.8	(0.05)	360	1.5	(0.08)	1.8	(0.08)	3.4	(0.07)	1.3	(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 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, 2007-2008 (continued)

Family income in dollars and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m											
			—All Individuals ⁵ —						—Supplement Users ⁶ —				—Non-users ⁷ —	
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)			
\$0 - \$24,999:														
2 - 19.....	5	(1.2)	1040	2948 (71.2)	1 (0.1)	2948 (71.2)		--	--	--		2944 (74.2)		
20 and over.....	5	(0.7)	1798	3156 (77.8)	1 (0.4)	3158 (77.9)	77	2946 (276.6)	30 (5.9)	2976 (273.5)		3167 (84.9)		
2 and over...	5	(0.5)	2838	3104 (61.3)	1 (0.3)	3105 (61.3)	128	2964 (200.4)	25 (4.5)	2989 (198.0)		3111 (67.0)		
\$25,000 - \$74,999:														
2 - 19.....	7	(0.8)	1230	3121 (118.3)	1 (0.2)	3122 (118.3)	73	2972 (173.7)	12 (1.9)	2984 (173.5)		3132 (123.6)		
20 and over.....	7	(1.2)	2074	3490 (79.7)	3 (0.8)	3494 (79.5)	111	3405 (236.0)	47 (9.5)	3453 (238.6)		3497 (80.1)		
2 and over...	7	(1.0)	3304	3398 (81.5)	3 (0.6)	3401 (81.3)	184	3303 (197.2)	39 (6.9)	3342 (198.6)		3406 (84.4)		
\$75,000 and higher:														
2 - 19.....	12	(3.0)	619	3022 (117.9)	1 (0.4)	3023 (117.9)		--	--	--		3102 (126.5)		
20 and over.....	8	(1.0)	1043	3668 (78.9)	6* (2.0)	3674 (78.2)	88	3732 (240.8)	72* (22.7)	3804 (245.6)		3663 (81.1)		
2 and over...	9	(1.2)	1662	3491 (55.2)	5* (1.5)	3495 (55.4)	141	3265 (195.7)	51* (15.9)	3316 (202.4)		3513 (50.7)		
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 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, 2007-2008 (continued)

Family income in dollars and age (years)		Percent reporting selenium ⁸ % (SE)		S e l e n i u m						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)	
\$0 - \$24,999:													
2 - 19.....		2	(0.8)	1040	87.5 (2.19)	1.8* (0.74)	89.3 (2.23)		--	--	--	87.4 (2.17)	
20 and over.....		17	(1.2)	1798	102.5 (2.18)	9.5 (1.35)	112.0 (2.58)	281	101.9 (4.22)	56.5 (6.81)	158.4 (6.40)	102.6 (2.10)	
2 and over...		13	(1.0)	2838	98.8 (1.65)	7.6 (0.96)	106.3 (1.87)	293	101.5 (4.14)	57.4 (6.45)	158.9 (5.89)	98.3 (1.54)	
\$25,000 - \$74,999:													
2 - 19.....		2	(0.7)	1230	93.7 (3.16)	1.2* (0.41)	94.9 (3.16)		--	--	--	93.6 (3.10)	
20 and over.....		22	(1.8)	2074	109.1 (2.46)	12.8 (0.95)	121.9 (2.91)	424	105.1 (3.59)	58.4 (3.36)	163.6 (3.21)	110.2 (2.53)	
2 and over...		17	(1.4)	3304	105.3 (2.39)	9.9 (0.72)	115.2 (2.87)	447	104.9 (3.50)	58.2 (3.30)	163.1 (3.48)	105.3 (2.42)	
\$75,000 and higher:													
2 - 19.....		5	(1.3)	619	91.7 (3.25)	2.6* (0.85)	94.3 (3.43)		--	--	--	90.7 (3.42)	
20 and over.....		27	(3.0)	1043	117.1 (2.31)	18.2 (2.34)	135.3 (4.05)	284	121.6 (4.55)	68.0 (2.64)	189.5 (5.87)	115.5 (3.35)	
2 and over...		21	(2.2)	1662	110.1 (1.31)	14.0 (1.62)	124.1 (2.33)	305	120.8 (4.24)	67.0 (2.53)	187.8 (5.49)	107.3 (1.74)	
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.

-- 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) 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 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

U.S. Department of Agriculture, Agricultural Research Service. 2011. Total Nutrient Intakes: Percent Reporting and Mean Amounts of Selected Vitamins and Minerals from Food and Dietary Supplements, by Family Income (in Dollars) and Age, *What We Eat in America*, NHANES 2007-2008. Available: www.ars.usda.gov/ba/bhnrc/fsrg.