

Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008

T h i a m i n																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement thiamin ⁹		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)
Under 131% poverty:																		
2 - 19.....	11	(1.9)	1291	1.47 (0.034)	0.56*(0.355)	2.03 (0.363)	107	1.62 (0.136)	5.32*(3.225)	6.94*(3.233)	1.45 (0.031)							
20 and over.....	16	(1.5)	1476	1.49 (0.040)	1.78*(0.582)	3.27 (0.595)	219	1.65 (0.074)	11.40 (3.023)	13.05 (3.059)	1.46 (0.051)							
2 and over...	14	(1.1)	2767	1.48 (0.032)	1.35 (0.403)	2.83 (0.416)	326	1.64 (0.069)	9.78 (2.459)	11.43 (2.484)	1.45 (0.036)							
131-185% poverty:																		
2 - 19.....	12	(2.6)	353	1.56 (0.065)	0.20 (0.040)	1.76 (0.084)		--	--	--	1.55 (0.069)							
20 and over.....	23	(3.5)	682	1.57 (0.051)	2.40*(0.862)	3.97 (0.863)	145	1.62 (0.069)	10.29 (2.562)	11.91 (2.572)	1.56 (0.058)							
2 and over...	20	(2.6)	1035	1.57 (0.046)	1.85*(0.634)	3.42 (0.645)	189	1.62 (0.066)	9.04 (2.364)	10.66 (2.371)	1.56 (0.050)							
Over 185% poverty:																		
2 - 19.....	16	(2.5)	1216	1.52 (0.032)	0.28 (0.040)	1.80 (0.056)	145	1.53 (0.102)	1.78 (0.169)	3.31 (0.176)	1.52 (0.046)							
20 and over.....	30	(1.8)	2697	1.68 (0.038)	3.60 (0.437)	5.28 (0.452)	778	1.74 (0.061)	12.07 (1.101)	13.81 (1.116)	1.65 (0.042)							
2 and over...	27	(1.5)	3913	1.64 (0.033)	2.86 (0.331)	4.50 (0.341)	923	1.71 (0.051)	10.70 (1.023)	12.41 (1.029)	1.62 (0.036)							
All Individuals ¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement riboflavin ⁹ % (SE)		R i b o f l a v i n										
			All Individuals ⁶					Supplement Users ⁷					Non-users ⁸
			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)		
Under 131% poverty:													
2 - 19.....	11	(1.9)	1291	2.01 (0.059)	0.30*(0.104)	2.31 (0.125)	107	2.19 (0.143)	2.87 (0.721)	5.05 (0.711)	1.99 (0.061)		
20 and over.....	16	(1.5)	1476	2.03 (0.087)	1.60*(0.603)	3.63 (0.567)	218	2.21 (0.166)	10.25*(3.257)	12.46 (3.176)	2.00 (0.087)		
2 and over...	14	(1.1)	2767	2.02 (0.066)	1.15*(0.392)	3.17 (0.366)	325	2.20 (0.133)	8.29 (2.482)	10.49 (2.423)	1.99 (0.065)		
131-185% poverty:													
2 - 19.....	12	(2.6)	353	2.18 (0.182)	0.23 (0.045)	2.41 (0.201)	--	--	--	--	2.21 (0.207)		
20 and over.....	23	(3.4)	682	2.12 (0.051)	1.64*(0.523)	3.76 (0.511)	143	2.32 (0.113)	7.15 (1.522)	9.47 (1.516)	2.05 (0.063)		
2 and over...	20	(2.6)	1035	2.13 (0.058)	1.29 (0.382)	3.42 (0.412)	187	2.27 (0.090)	6.39 (1.406)	8.66 (1.397)	2.10 (0.067)		
Over 185% poverty:													
2 - 19.....	16	(2.5)	1216	2.05 (0.054)	0.31 (0.043)	2.36 (0.077)	145	2.06 (0.065)	1.98 (0.170)	4.04 (0.142)	2.04 (0.067)		
20 and over.....	30	(1.8)	2697	2.26 (0.037)	2.99 (0.437)	5.25 (0.445)	783	2.34 (0.063)	9.95 (1.119)	12.28 (1.136)	2.23 (0.042)		
2 and over...	27	(1.5)	3913	2.21 (0.037)	2.39 (0.336)	4.60 (0.340)	928	2.30 (0.052)	8.89 (0.973)	11.19 (0.982)	2.18 (0.041)		
All Individuals¹⁰:													
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement niacin ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	10	(1.8)	1291	20.9 (0.64)	1.8 (0.37)	22.7 (0.77)	104	20.9 (1.83)	16.8 (1.10)	37.7 (2.35)	20.9 (0.61)							
20 and over.....	16	(1.4)	1476	23.1 (0.56)	7.3 (1.24)	30.4 (1.31)	222	22.0 (1.19)	45.7 (7.52)	67.7 (7.45)	23.4 (0.57)							
2 and over...	14	(1.1)	2767	22.4 (0.45)	5.3 (0.81)	27.7 (0.90)	326	21.7 (1.00)	38.2 (5.75)	59.9 (5.67)	22.5 (0.44)							
131-185% poverty:																		
2 - 19.....	12	(2.6)	353	23.3 (2.42)	2.1 (0.46)	25.4 (2.36)		--	--	--	23.9 (2.69)							
20 and over.....	24	(3.5)	682	23.7 (0.67)	8.9 (2.26)	32.6 (2.48)	148	24.5 (1.29)	37.2 (5.89)	61.6 (5.61)	23.5 (0.83)							
2 and over...	21	(2.6)	1035	23.6 (0.94)	7.2 (1.64)	30.8 (2.29)	192	23.7 (1.31)	34.4 (5.49)	58.1 (5.38)	23.6 (1.11)							
Over 185% poverty:																		
2 - 19.....	16	(2.5)	1216	20.9 (0.55)	2.6 (0.35)	23.5 (0.74)	147	21.8 (1.22)	16.1 (0.55)	38.0 (1.42)	20.7 (0.65)							
20 and over.....	31	(1.8)	2697	25.7 (0.32)	15.1 (2.33)	40.7 (2.49)	793	25.3 (0.65)	49.3 (6.56)	74.6 (6.74)	25.8 (0.40)							
2 and over...	27	(1.5)	3913	24.6 (0.27)	12.3 (1.88)	36.8 (2.06)	940	24.9 (0.52)	44.9 (5.65)	69.8 (5.70)	24.5 (0.33)							
All Individuals¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B6 ⁹		V i t a m i n B 6						— Non-users ⁸ —			
			All Individuals ⁶			Supplement 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)	
Under 131% poverty:												
2 - 19.....	13	(2.5)	1291	1.73 (0.058)	0.45*(0.226)	2.19 (0.245)	137	1.72 (0.112)	3.48*(1.187)	5.20 (1.226)	1.74 (0.061)	
20 and over.....	16	(1.5)	1476	1.83 (0.057)	2.02 (0.596)	3.85 (0.593)	228	1.78 (0.069)	12.42 (2.952)	14.21 (2.941)	1.84 (0.061)	
2 and over...	15	(1.3)	2767	1.80 (0.046)	1.47 (0.386)	3.27 (0.386)	365	1.77 (0.062)	9.73 (2.140)	11.49 (2.132)	1.80 (0.048)	
131-185% poverty:												
2 - 19.....	14	(2.6)	353	1.81 (0.248)	0.27 (0.048)	2.09 (0.267)		--	--	--	1.87 (0.281)	
20 and over.....	23	(3.3)	682	1.85 (0.064)	2.07 (0.450)	3.92 (0.486)	145	2.08 (0.120)	8.93 (1.394)	11.01 (1.427)	1.78 (0.056)	
2 and over...	21	(2.5)	1035	1.84 (0.101)	1.62 (0.321)	3.46 (0.398)	199	1.98 (0.096)	7.76 (1.250)	9.73 (1.281)	1.80 (0.107)	
Over 185% poverty:												
2 - 19.....	23	(3.2)	1216	1.72 (0.045)	0.49 (0.074)	2.21 (0.092)	226	1.69 (0.087)	2.15 (0.217)	3.84 (0.257)	1.73 (0.043)	
20 and over.....	32	(1.8)	2697	2.04 (0.031)	4.06 (0.447)	6.10 (0.461)	807	2.08 (0.070)	12.80 (0.993)	14.88 (0.992)	2.02 (0.034)	
2 and over...	30	(1.4)	3913	1.97 (0.030)	3.26 (0.346)	5.23 (0.361)	1033	2.01 (0.058)	10.97 (0.970)	12.98 (0.972)	1.95 (0.030)	
All Individuals¹⁰:												
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)	

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement folate (DFE) ⁹ % (SE)		F o l a t e (D F E)													
				All Individuals ⁶						Supplement Users ⁷						Non-users ⁸	
				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)					
Under 131% poverty:																	
2 - 19.....	12 (2.1)	1291	502 (17.8)	63 (10.5)	565 (26.1)	129	559 (47.0)	537 (47.6)	1095 (69.3)	495 (16.2)							
20 and over.....	16 (1.4)	1476	488 (17.6)	132 (10.4)	620 (23.9)	227	561 (35.6)	824 (24.7)	1385 (46.2)	474 (19.7)							
2 and over...	15 (1.1)	2767	493 (14.8)	108 (7.8)	601 (20.3)	356	560 (31.1)	742 (30.5)	1303 (47.7)	482 (15.1)							
131-185% poverty:																	
2 - 19.....	14 (2.7)	353	516 (20.2)	88 (18.7)	604 (31.1)		--	--	--	507 (19.3)							
20 and over.....	23 (3.4)	682	515 (16.7)	175 (25.2)	690 (32.5)	145	558 (31.5)	752 (14.9)	1310 (35.1)	502 (16.6)							
2 and over...	21 (2.5)	1035	515 (15.2)	153 (18.3)	668 (27.2)	198	560 (30.4)	733 (13.9)	1293 (35.1)	503 (14.0)							
Over 185% poverty:																	
2 - 19.....	22 (3.2)	1216	508 (14.7)	124 (17.8)	633 (25.9)	223	476 (23.0)	560 (22.1)	1036 (26.3)	517 (20.5)							
20 and over.....	31 (1.8)	2697	553 (13.2)	263 (16.1)	817 (20.1)	796	558 (18.6)	848 (40.0)	1405 (42.9)	551 (15.5)							
2 and over...	29 (1.4)	3913	543 (10.0)	232 (13.7)	775 (17.4)	1019	544 (12.3)	798 (34.7)	1342 (35.0)	543 (11.2)							
All Individuals¹⁰:																	
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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Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement choline ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	8	(2.1)	1291	245	(5.8)	2*	(0.5)	247	(6.1)	79	252	(23.8)	23	(4.5)	275	(27.0)	245	(5.6)
20 and over.....	3	(0.7)	1476	303	(8.8)	1	(0.2)	304	(8.7)		--	--	--	--	--	--	304	(8.6)
2 and over...	4	(1.0)	2767	283	(6.5)	1	(0.2)	284	(6.6)	104	248	(22.5)	27	(4.9)	275	(24.9)	284	(6.6)
131-185% poverty:																		
2 - 19.....	8	(1.3)	353	271	(12.3)	2	(0.5)	274	(12.1)		--	--	--	--	--	--	275	(14.7)
20 and over.....	4	(0.9)	682	316	(10.7)	1	(0.2)	317	(10.8)		--	--	--	--	--	--	314	(10.0)
2 and over...	5	(0.8)	1035	305	(8.6)	1	(0.2)	306	(8.6)		--	--	--	--	--	--	304	(8.2)
Over 185% poverty:																		
2 - 19.....	13	(3.0)	1216	247	(7.4)	4*	(1.2)	251	(7.8)	137	256	(14.7)	31	(3.0)	287	(14.0)	245	(8.9)
20 and over.....	3	(0.5)	2697	334	(5.5)	1	(0.2)	335	(5.5)	81	335	(25.2)	29	(5.1)	364	(25.4)	334	(5.6)
2 and over...	6	(0.8)	3913	314	(4.8)	2	(0.3)	316	(4.8)	218	294	(15.6)	30	(2.6)	324	(15.7)	316	(4.7)
All Individuals ¹⁰:																		
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.

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V i t a m i n B 1 2												
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----												
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin B12 ⁹		Sample Size	<i>All Individuals</i> ⁶		<i>Supplement Users</i> ⁷		<i>Supplement Users</i> ⁷		<i>Supplement Users</i> ⁷		Food µg (SE)
	%	(SE)		Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)		
Under 131% poverty:												
2 - 19.....	13	(2.2)	1291	5.02 (0.139)	0.9 (0.23)	5.9 (0.27)	135	5.52 (0.385)	7.2 (0.73)	12.7 (0.88)	4.95 (0.167)	
20 and over.....	16	(1.3)	1476	4.95 (0.184)	16.5* (6.40)	21.4* (6.46)	234	4.71 (0.233)	100.8*(38.16)	105.5*(38.15)	5.00 (0.205)	
2 and over...	15	(1.1)	2767	4.98 (0.135)	11.0* (4.19)	16.0 (4.23)	369	4.94 (0.250)	73.5*(27.01)	78.4*(26.98)	4.98 (0.149)	
131-185% poverty:												
2 - 19.....	14	(2.6)	353	5.25 (0.506)	0.9 (0.15)	6.1 (0.51)		--	--	--	5.40 (0.587)	
20 and over.....	25	(3.8)	682	4.88 (0.182)	32.3*(12.93)	37.2*(13.03)	156	5.53 (0.363)	127.7*(39.15)	133.2 (39.22)	4.67 (0.214)	
2 and over...	22	(2.8)	1035	4.98 (0.194)	24.4* (9.74)	29.4* (9.86)	210	5.34 (0.269)	108.8*(35.51)	114.1*(35.58)	4.87 (0.254)	
Over 185% poverty:												
2 - 19.....	23	(3.2)	1216	4.99 (0.137)	1.4 (0.20)	6.4 (0.26)	224	4.77 (0.245)	6.3 (0.34)	11.1 (0.43)	5.05 (0.182)	
20 and over.....	32	(1.7)	2697	5.45 (0.166)	41.1 (8.64)	46.6 (8.66)	836	5.58 (0.142)	128.0 (29.30)	133.6 (29.35)	5.39 (0.211)	
2 and over...	30	(1.3)	3913	5.35 (0.142)	32.3 (6.88)	37.6 (6.91)	1060	5.44 (0.123)	107.5 (24.74)	113.0 (24.78)	5.31 (0.177)	
All Individuals ¹⁰:												
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin C ⁹ % (SE)		V i t a m i n C						- Non-users ⁸ -					
			All Individuals ⁶			Supplement 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)			
Under 131% poverty:														
2 - 19.....	13	(2.1)	1291	95.6 (6.63)	10.6 (2.15)	106.2 (7.20)	141	100.0 (11.13)	83.0 (10.05)	183.0 (14.84)	94.9 (7.13)			
20 and over.....	19	(1.4)	1476	80.1 (6.23)	59.0 (9.49)	139.2 (8.87)	255	99.7 (10.33)	315.4 (39.55)	415.1 (40.32)	75.6 (6.42)			
2 and over...	17	(1.2)	2767	85.5 (5.56)	42.1 (6.40)	127.6 (6.71)	396	99.8 (8.85)	253.0 (34.89)	352.9 (34.74)	82.7 (5.72)			
131-185% poverty:														
2 - 19.....	17	(2.9)	353	71.1 (5.53)	25.3* (9.39)	96.4 (8.65)		--	--	--	73.2 (5.82)			
20 and over.....	27	(4.2)	682	83.3 (7.64)	71.1 (20.22)	154.4 (25.75)	171	91.5 (7.46)	263.3 (41.11)	354.8 (42.72)	80.3 (9.03)			
2 and over...	24	(3.0)	1035	80.3 (6.01)	59.6 (14.21)	139.9 (17.96)	232	86.2 (7.51)	243.5 (35.78)	329.8 (37.50)	78.3 (6.68)			
Over 185% poverty:														
2 - 19.....	24	(3.1)	1216	78.8 (3.27)	25.3 (2.76)	104.1 (5.35)	242	83.7 (7.75)	104.4 (10.61)	188.1 (14.88)	77.2 (3.53)			
20 and over.....	34	(1.8)	2697	84.8 (3.70)	100.5 (10.96)	185.3 (13.01)	873	99.3 (3.56)	296.9 (23.55)	396.2 (23.13)	77.4 (4.50)			
2 and over...	32	(1.4)	3913	83.5 (3.18)	83.6 (8.76)	167.1 (10.55)	1115	96.6 (2.99)	264.0 (23.13)	360.6 (23.17)	77.4 (3.91)			
All Individuals¹⁰:														
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

V i t a m i n D																
Family income as % of Federal poverty threshold and age (years)	Percent reporting vitamin D ⁹ % (SE)		— All Individuals ⁶ —						— Supplement Users ⁷ —				— Non-users ⁸ —			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				µg	(SE)	µg	(SE)	µg	(SE)		µg	(SE)	µg	(SE)	µg	(SE)
Under 131% poverty:																
2 - 19.....	13	(2.2)	1291	5.2 (0.23)	1.2 (0.27)	6.4 (0.36)	140	5.9 (0.51)	9.3 (0.70)	15.2 (0.95)	5.1 (0.25)					
20 and over.....	18	(1.4)	1476	3.9 (0.16)	2.3 (0.23)	6.2 (0.23)	252	4.2 (0.32)	12.7 (0.56)	16.9 (0.54)	3.9 (0.16)					
2 and over...	16	(1.1)	2767	4.4 (0.15)	1.9 (0.17)	6.3 (0.17)	392	4.7 (0.34)	11.8 (0.46)	16.4 (0.45)	4.3 (0.14)					
131-185% poverty:																
2 - 19.....	14	(2.6)	353	5.3 (0.26)	1.3 (0.27)	6.6 (0.29)		--	--	--	5.4 (0.30)					
20 and over.....	25	(3.8)	682	4.1 (0.18)	3.6 (0.58)	7.7 (0.70)	161	4.5 (0.36)	14.4 (0.46)	18.9 (0.68)	4.0 (0.24)					
2 and over...	22	(2.8)	1035	4.4 (0.18)	3.0 (0.43)	7.5 (0.56)	215	4.6 (0.27)	13.6 (0.37)	18.2 (0.50)	4.4 (0.23)					
Over 185% poverty:																
2 - 19.....	23	(3.2)	1216	5.3 (0.16)	2.0 (0.30)	7.3 (0.38)	227	5.7 (0.39)	8.9 (0.52)	14.5 (0.78)	5.2 (0.20)					
20 and over.....	33	(1.7)	2697	4.5 (0.14)	6.3 (1.01)	10.8 (1.04)	843	5.1 (0.22)	19.3 (3.03)	24.4 (3.13)	4.3 (0.21)					
2 and over...	30	(1.3)	3913	4.7 (0.12)	5.3 (0.79)	10.0 (0.81)	1070	5.2 (0.21)	17.6 (2.50)	22.8 (2.60)	4.5 (0.19)					
All Individuals¹⁰:																
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

V i t a m i n K																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement vitamin K ⁹		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)
Under 131% poverty:																		
2 - 19.....	2	(0.8)	1291	54.3	(4.92)	0.5*	(0.19)	54.8	(4.95)		--	--	--				53.2	(5.04)
20 and over.....	12	(1.5)	1476	81.6	(7.52)	4.0	(1.04)	85.5	(7.69)	165	71.0	(8.36)	33.1	(5.58)	104.1	(7.38)	83.0	(8.36)
2 and over...	9	(1.1)	2767	72.0	(5.86)	2.8	(0.69)	74.8	(6.03)	182	73.7	(8.65)	32.2	(5.06)	105.9	(7.31)	71.9	(6.34)
131-185% poverty:																		
2 - 19.....	2*	(0.9)	353	60.6	(6.52)	0.5*	(0.40)	61.2	(6.49)		--	--	--				60.8	(6.72)
20 and over.....	18	(2.2)	682	99.7	(7.73)	5.4	(0.64)	105.1	(7.46)	114	111.1	(23.48)	29.9	(1.56)	141.0	(24.05)	97.2	(9.54)
2 and over...	14	(1.6)	1035	89.9	(6.62)	4.2	(0.46)	94.1	(6.42)	119	109.3	(22.92)	30.1	(1.53)	139.4	(23.46)	86.8	(8.20)
Over 185% poverty:																		
2 - 19.....	4	(0.9)	1216	60.0	(4.12)	1.2*	(0.39)	61.2	(4.30)		--	--	--				58.8	(4.12)
20 and over.....	23	(1.7)	2697	104.4	(5.88)	6.6	(0.48)	111.0	(6.07)	612	121.9	(11.78)	28.2	(1.51)	150.1	(12.15)	99.1	(6.73)
2 and over...	19	(1.3)	3913	94.5	(4.82)	5.4	(0.40)	99.9	(4.96)	644	120.5	(11.01)	28.4	(1.53)	148.9	(11.27)	88.4	(5.28)
All Individuals ¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement lycopene ⁹ % (SE)		Lycopene						Supplement Users ⁷		Non-users ⁸	
			All Individuals ⁶			Supplement Users ⁷			Non-users ⁸			
			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)	
Under 131% poverty:												
2 - 19.....	1*	(0.3)	1291	5001 (371.8)	3*	(1.5)	5004 (372.1)	--	--	--	4980 (376.8)	
20 and over.....	9	(1.1)	1476	4900 (336.7)	46	(10.0)	4946 (333.0)	136	4702 (969.6)	491 (80.5)	5193 (941.3)	4920 (335.6)
2 and over...	6	(0.8)	2767	4935 (274.8)	31	(6.8)	4966 (273.5)	140	4828 (963.5)	488 (77.7)	5315 (935.3)	4942 (272.5)
131-185% poverty:												
2 - 19.....	1*	(0.9)	353	5377(1340.1)	6*	(4.8)	5383(1340.7)	--	--	--	5373(1366.5)	
20 and over.....	14	(1.6)	682	5781 (637.3)	55	(6.5)	5835 (639.2)	91	6320(1413.1)	380 (17.9)	6700(1417.1)	5690 (649.4)
2 and over...	11	(1.2)	1035	5679 (784.8)	43	(4.7)	5722 (786.4)	94	6302(1459.5)	382 (16.1)	6684(1461.3)	5601 (799.9)
Over 185% poverty:												
2 - 19.....	2	(0.5)	1216	4790 (401.5)	6*	(2.3)	4796 (400.9)	--	--	--	4825 (404.8)	
20 and over.....	19	(1.6)	2697	5935 (186.9)	92	(11.3)	6027 (194.8)	515	5724 (442.2)	477 (28.7)	6201 (457.7)	5986 (214.8)
2 and over...	15	(1.3)	3913	5679 (168.6)	73	(8.9)	5752 (173.0)	529	5653 (425.5)	475 (28.2)	6128 (440.7)	5684 (204.2)
All Individuals¹⁰:												
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.

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Table 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)		Percent reporting supplement lutein + zeaxanthin ⁹ % (SE)	L u t e i n + z e a x a n t h i n										
			All Individuals ⁶						Supplement 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)			
Under 131% poverty:													
2 - 19.....	#	1291	718 (81.4)	1* (0.7)	719 (81.4)		--	--	--	715 (81.7)			
20 and over.....	8 (1.0)	1476	1117 (142.4)	69 (20.0)	1185 (147.2)	125	1048 (202.0)	849 (196.7)	1897 (244.2)	1123 (153.9)			
2 and over...	5 (0.7)	2767	977 (108.9)	45 (13.1)	1022 (112.8)	128	1060 (198.0)	833 (191.4)	1893 (235.9)	973 (114.4)			
131-185% poverty:													
2 - 19.....	1* (0.9)	353	900 (126.7)	5* (4.0)	905 (126.6)		--	--	--	899 (131.0)			
20 and over.....	14 (1.6)	682	1440 (198.6)	99 (26.4)	1539 (186.8)	87	1825*(557.6)	729 (171.7)	2554 (602.5)	1379 (215.0)			
2 and over...	11 (1.2)	1035	1304 (159.8)	75 (19.2)	1380 (150.0)	90	1798*(540.1)	719 (169.5)	2516 (589.2)	1247 (174.2)			
Over 185% poverty:													
2 - 19.....	1* (0.5)	1216	812 (90.4)	3* (1.2)	815 (90.5)		--	--	--	813 (92.3)			
20 and over.....	18 (1.3)	2697	1508 (111.3)	120 (19.4)	1628 (110.8)	474	1688 (153.1)	684 (122.7)	2372 (206.6)	1470 (130.7)			
2 and over...	14 (1.1)	3913	1353 (91.8)	94 (15.9)	1446 (93.1)	485	1671 (148.2)	676 (120.8)	2347 (201.2)	1301 (101.0)			
All Individuals¹⁰:													
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

C a l c i u m																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement calcium ⁹		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)
Under 131% poverty:																		
2 - 19.....	9	(2.3)	1291	966 (32.1)	12*	(3.9)	979	(32.8)	82	980 (74.7)	136	(16.0)	1117	(82.8)	965	(33.7)		
20 and over.....	22	(1.6)	1476	844 (21.6)	126	(8.5)	970	(21.1)	317	916 (42.3)	560	(29.5)	1476	(45.9)	824	(26.9)		
2 and over...	18	(1.4)	2767	887 (21.2)	86	(6.2)	973	(19.5)	399	927 (40.3)	485	(30.0)	1412	(40.9)	878	(22.7)		
131-185% poverty:																		
2 - 19.....	10	(2.0)	353	997 (65.8)	20*	(7.5)	1017	(67.4)		--	--	--			988	(71.2)		
20 and over.....	32	(3.7)	682	915 (43.5)	180	(26.8)	1095	(66.3)	198	972 (59.5)	570	(37.9)	1543	(75.4)	888	(57.1)		
2 and over...	26	(2.5)	1035	936 (35.0)	140	(18.5)	1075	(52.1)	238	983 (53.7)	534	(32.9)	1517	(56.3)	919	(51.7)		
Over 185% poverty:																		
2 - 19.....	15	(2.2)	1216	1014 (27.7)	32	(6.2)	1046	(30.2)	149	1124 (44.4)	220	(32.2)	1343	(66.0)	995	(31.5)		
20 and over.....	36	(2.0)	2697	963 (23.3)	202	(15.9)	1165	(31.9)	938	1008 (32.2)	565	(19.2)	1573	(47.3)	937	(31.9)		
2 and over...	31	(1.5)	3913	974 (21.0)	164	(13.5)	1138	(27.5)	1087	1021 (29.9)	528	(22.8)	1549	(46.1)	953	(27.8)		
All Individuals ¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

P h o s p h o r u s																		
----- <i>All Individuals</i> ⁶ ----- ----- <i>Supplement Users</i> ⁷ ----- ----- <i>Non-users</i> ⁸ -----																		
Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement phosphorus ⁹		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)
Under 131% poverty:																		
2 - 19.....	6	(1.4)	1291	1178 (28.8)	5	(1.4)	1184	(29.3)		--	--	--					1167	(30.4)
20 and over.....	8	(1.0)	1476	1225 (27.0)	8	(1.1)	1233	(27.2)	133	1189	(43.5)	97	(4.4)	1286	(41.7)		1228	(28.4)
2 and over...	7	(0.8)	2767	1209 (23.4)	7	(0.9)	1216	(23.8)	192	1235	(52.4)	97	(3.6)	1332	(52.7)		1207	(24.0)
131-185% poverty:																		
2 - 19.....	8	(1.4)	353	1282 (58.7)	7	(1.8)	1289	(58.6)		--	--	--					1293	(61.6)
20 and over.....	12	(1.3)	682	1261 (46.0)	12	(0.9)	1273	(46.2)	82	1161	(44.5)	95	(5.7)	1256	(46.0)		1275	(52.2)
2 and over...	11	(1.0)	1035	1266 (39.0)	11	(0.8)	1277	(39.1)	115	1160	(41.1)	94	(5.3)	1254	(42.6)		1280	(45.0)
Over 185% poverty:																		
2 - 19.....	10	(2.1)	1216	1229 (29.7)	9	(2.1)	1238	(30.4)	95	1256	(49.5)	96	(3.9)	1352	(47.7)		1226	(31.4)
20 and over.....	18	(1.3)	2697	1374 (20.5)	19	(1.9)	1393	(21.7)	480	1394	(45.8)	108	(6.2)	1502	(49.8)		1370	(22.4)
2 and over...	16	(1.0)	3913	1342 (19.5)	17	(1.6)	1358	(20.5)	575	1376	(37.5)	106	(5.2)	1482	(40.8)		1335	(19.9)
All Individuals ¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement magnesium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	9	(2.4)	1291	223	(7.1)	4*	(1.3)	226	(7.7)	80	263	(24.9)	39	(5.8)	303	(24.7)	219	(6.1)
20 and over.....	17	(1.6)	1476	266	(9.0)	24	(3.5)	290	(9.0)	233	292	(11.1)	141	(10.3)	433	(17.3)	261	(10.5)
2 and over...	14	(1.3)	2767	251	(7.6)	17	(2.4)	268	(7.8)	313	286	(11.3)	119	(11.7)	404	(17.5)	245	(8.0)
131-185% poverty:																		
2 - 19.....	9	(1.4)	353	224	(7.4)	3*	(1.5)	228	(7.8)		--		--		--		225	(7.6)
20 and over.....	24	(3.0)	682	274	(8.0)	28	(6.4)	302	(13.8)	154	305	(12.5)	116	(15.4)	421	(25.9)	264	(6.5)
2 and over...	20	(2.3)	1035	261	(6.6)	22	(4.8)	283	(11.0)	190	295	(11.4)	108	(15.0)	403	(24.9)	253	(5.4)
Over 185% poverty:																		
2 - 19.....	14	(2.4)	1216	230	(4.4)	5	(1.1)	235	(5.0)	135	239	(8.9)	40	(4.6)	279	(12.3)	228	(5.0)
20 and over.....	29	(1.8)	2697	306	(6.4)	40	(6.7)	345	(12.3)	749	323	(13.1)	136	(16.7)	459	(27.4)	299	(5.6)
2 and over...	26	(1.3)	3913	289	(5.4)	32	(5.3)	321	(10.3)	884	313	(12.1)	124	(16.1)	437	(26.2)	280	(4.3)
All Individuals¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement iron ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸					
			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)
Under 131% poverty:																		
2 - 19.....	8	(2.0)	1291	13.6	(0.39)	1.3	(0.33)	14.9	(0.65)	82	15.9	(1.52)	15.7	(0.88)	31.7	(2.10)	13.4	(0.33)
20 and over.....	12	(1.6)	1476	13.9	(0.35)	3.1	(0.70)	16.9	(0.92)	159	14.5	(0.82)	25.0	(3.25)	39.5	(3.12)	13.8	(0.44)
2 and over...	11	(1.4)	2767	13.8	(0.30)	2.4	(0.53)	16.2	(0.76)	241	14.9	(0.71)	22.5	(2.38)	37.4	(2.68)	13.6	(0.33)
131-185% poverty:																		
2 - 19.....	10	(1.9)	353	14.2	(0.37)	1.8	(0.36)	15.9	(0.51)		--	--	--	--	--	--	13.9	(0.40)
20 and over.....	13	(2.3)	682	14.2	(0.43)	2.6	(0.67)	16.8	(0.64)	83	15.6	(1.12)	20.8	(2.66)	36.4	(2.38)	14.0	(0.44)
2 and over...	12	(1.5)	1035	14.2	(0.34)	2.4	(0.44)	16.6	(0.48)	122	15.7	(1.17)	20.3	(1.95)	36.0	(1.75)	14.0	(0.32)
Over 185% poverty:																		
2 - 19.....	12	(2.0)	1216	13.6	(0.42)	2.2	(0.36)	15.8	(0.65)	115	14.5	(0.85)	18.1	(0.69)	32.6	(1.18)	13.5	(0.52)
20 and over.....	17	(1.0)	2697	15.7	(0.32)	3.4	(0.19)	19.1	(0.34)	435	16.6	(0.67)	19.4	(0.97)	36.0	(0.78)	15.5	(0.35)
2 and over...	16	(1.0)	3913	15.2	(0.26)	3.1	(0.18)	18.4	(0.32)	550	16.3	(0.56)	19.2	(0.84)	35.4	(0.72)	15.0	(0.28)
All Individuals ¹⁰:																		
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement zinc ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			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)
Under 131% poverty:																
2 - 19.....	11	(2.4)	1291	10.2 (0.23)	0.9 (0.24)	11.1 (0.38)	112	10.9 (0.65)	8.9 (0.86)	19.7 (1.26)	10.1 (0.22)					
20 and over.....	15	(1.5)	1476	11.2 (0.39)	2.7 (0.35)	13.9 (0.58)	212	11.0 (0.93)	17.7 (1.29)	28.7 (1.98)	11.2 (0.36)					
2 and over...	14	(1.4)	2767	10.8 (0.29)	2.1 (0.26)	12.9 (0.44)	324	11.0 (0.73)	15.3 (1.15)	26.3 (1.60)	10.8 (0.27)					
131-185% poverty:																
2 - 19.....	11	(1.5)	353	10.3 (0.45)	1.1 (0.20)	11.4 (0.53)		--	--	--	10.3 (0.43)					
20 and over.....	24	(3.1)	682	11.2 (0.50)	4.3 (0.56)	15.5 (0.96)	148	12.0 (0.61)	18.2 (1.06)	30.2 (1.24)	11.0 (0.54)					
2 and over...	20	(2.2)	1035	11.0 (0.37)	3.5 (0.40)	14.5 (0.71)	194	11.7 (0.55)	17.2 (0.93)	28.9 (1.09)	10.8 (0.40)					
Over 185% poverty:																
2 - 19.....	20	(3.3)	1216	10.4 (0.31)	2.0 (0.32)	12.4 (0.54)	204	10.4 (0.33)	10.0 (0.84)	20.4 (0.94)	10.5 (0.42)					
20 and over.....	30	(1.7)	2697	12.5 (0.28)	5.0 (0.33)	17.6 (0.44)	757	12.4 (0.39)	17.1 (0.37)	29.5 (0.52)	12.6 (0.35)					
2 and over...	27	(1.2)	3913	12.1 (0.25)	4.4 (0.25)	16.4 (0.37)	961	12.1 (0.34)	15.9 (0.49)	28.0 (0.64)	12.1 (0.33)					
All Individuals¹⁰:																
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement sodium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			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)
Under 131% poverty:																
2 - 19.....	6	(1.3)	1291	2944 (61.0)	1	(0.1)	2944 (61.0)	65	3000 (244.6)	10	(0.6)	3010 (244.2)	2940	(58.2)		
20 and over.....	3	(0.7)	1476	3158 (75.4)	1*	(0.3)	3159 (75.4)		--	--		--	3171	(79.6)		
2 and over...	4	(0.7)	2767	3083 (56.4)	1	(0.2)	3084 (56.4)	112	2899 (133.1)	20	(3.8)	2918 (133.8)	3091	(58.5)		
131-185% poverty:																
2 - 19.....	6	(2.2)	353	3347 (193.7)	1*	(0.7)	3348 (193.7)		--	--		--	3364	(202.9)		
20 and over.....	7	(1.7)	682	3282 (118.1)	3*	(1.2)	3285 (118.3)		--	--		--	3295	(132.3)		
2 and over...	6	(1.3)	1035	3298 (126.7)	3*	(0.9)	3301 (126.8)		--	--		--	3313	(138.6)		
Over 185% poverty:																
2 - 19.....	10	(2.1)	1216	3044 (108.0)	1	(0.2)	3045 (108.0)	90	2566 (101.6)	12	(1.4)	2578 (102.3)	3096	(119.3)		
20 and over.....	8	(0.8)	2697	3576 (54.0)	5	(0.9)	3580 (53.7)	186	3573 (158.1)	57	(11.2)	3630 (163.6)	3576	(58.2)		
2 and over...	8	(0.8)	3913	3457 (46.8)	4	(0.7)	3460 (46.8)	276	3311 (137.6)	45	(8.5)	3356 (142.3)	3470	(48.6)		
All Individuals¹⁰:																
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting supplement potassium ⁹ % (SE)		All Individuals ⁶						Supplement Users ⁷				Non-users ⁸			
			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)
Under 131% poverty:																
2 - 19.....	2	(1.1)	1291	2156 (63.7)	1*	(0.3)	2157 (63.8)		--	--	--		2150	(64.7)		
20 and over.....	11	(1.1)	1476	2392 (59.3)	11	(1.6)	2403 (59.3)	171	2557 (78.2)	97	(7.8)	2654 (82.5)	2373	(66.5)		
2 and over...	8	(0.8)	2767	2310 (55.3)	7	(1.1)	2317 (55.2)	180	2544 (72.4)	91	(8.5)	2635 (76.2)	2290	(60.4)		
131-185% poverty:																
2 - 19.....	2*	(1.2)	353	2106 (101.3)	3*	(1.8)	2109 (101.6)		--	--	--		2104	(100.9)		
20 and over.....	16	(1.8)	682	2465 (78.7)	14	(1.5)	2479 (79.7)	112	2526 (137.8)	86	(4.9)	2612 (138.9)	2453	(86.9)		
2 and over...	13	(1.4)	1035	2375 (70.3)	11	(1.2)	2386 (70.9)	118	2512 (131.8)	88	(5.0)	2601 (132.9)	2355	(76.2)		
Over 185% poverty:																
2 - 19.....	2	(0.5)	1216	2119 (41.0)	2*	(0.6)	2121 (41.2)		--	--	--		2116	(40.7)		
20 and over.....	22	(1.8)	2697	2742 (45.8)	23	(3.0)	2764 (47.3)	589	3007 (91.4)	102	(7.8)	3109 (92.9)	2666	(42.9)		
2 and over...	18	(1.4)	3913	2602 (42.2)	18	(2.4)	2620 (43.6)	613	2986 (89.1)	102	(7.7)	3088 (90.9)	2520	(37.1)		
All Individuals¹⁰:																
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 40. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Family Income (as % of Federal Poverty Threshold⁵) and Age, in the United States, 2007-2008 (continued)

Family income as % of Federal poverty threshold and age (years)	Percent reporting selenium ⁹ % (SE)		S e l e n i u m											
			All Individuals ⁶			Supplement Users ⁷			Non-users ⁸					
			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)			
Under 131% poverty:														
2 - 19.....	3	(0.8)	1291	87.9 (1.84)	1.5* (0.60)	89.4 (1.93)		--	--	--			87.9 (1.75)	
20 and over.....	13	(1.6)	1476	101.7 (2.00)	7.7 (1.76)	109.4 (2.30)	182	99.2 (6.63)	60.5 (8.60)	159.7 (6.16)			102.1 (2.08)	
2 and over...	9	(1.1)	2767	96.9 (1.51)	5.6 (1.16)	102.4 (1.72)	197	97.9 (6.49)	60.4 (8.05)	158.3 (6.66)			96.8 (1.51)	
131-185% poverty:														
2 - 19.....	2*	(0.9)	353	104.3 (3.46)	1.2* (0.88)	105.5 (3.26)		--	--	--			104.0 (3.48)	
20 and over.....	19	(2.7)	682	106.4 (4.08)	12.1 (1.65)	118.5 (5.15)	124	106.4 (6.71)	62.3 (4.99)	168.7 (6.08)			106.4 (3.90)	
2 and over...	15	(1.9)	1035	105.9 (3.24)	9.4 (1.25)	115.3 (4.08)	129	106.8 (6.56)	62.7 (5.05)	169.6 (5.82)			105.7 (3.13)	
Over 185% poverty:														
2 - 19.....	4	(0.9)	1216	90.9 (3.13)	2.2 (0.52)	93.1 (3.34)		--	--	--			90.2 (3.24)	
20 and over.....	25	(2.0)	2697	112.9 (1.95)	15.7 (1.24)	128.6 (2.74)	673	113.0 (2.89)	61.7 (1.56)	174.8 (3.27)			112.8 (2.19)	
2 and over...	21	(1.5)	3913	108.0 (1.47)	12.7 (0.96)	120.6 (2.09)	707	112.8 (2.68)	61.5 (1.59)	174.3 (3.08)			106.7 (1.48)	
All Individuals¹⁰:														
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 + $(1.7 \times \mu\text{g}$ 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 Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The poverty threshold categories are related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

⁶ **All Individuals:** includes both supplement users and non-users 2 years and over. Pregnant and/or lactating females and breast-fed children were excluded.

⁷ **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.

⁸ **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.

⁹ 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.

¹⁰ 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 (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2007-2008. Available: www.ars.usda.gov/ba/bhnrc/fsrg.