

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010

T h i a m i n																	
Race/ethnicity and age (years)	Percent reporting thiamin 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)	
Non-Hispanic White:																	
2 - 19.....	12	(0.8)	1096	1.56 (0.056)	0.20 (0.020)	1.76 (0.066)	125	1.53 (0.070)	1.65 (0.091)	3.17 (0.138)	1.56 (0.056)						
20 and over.....	31	(1.2)	2749	1.70 (0.019)	4.07 (0.702)	5.77 (0.705)	817	1.76 (0.044)	13.05 (2.049)	14.81 (2.064)	1.68 (0.022)						
2 and over...	27	(0.8)	3845	1.67 (0.016)	3.21 (0.552)	4.88 (0.546)	942	1.73 (0.040)	11.90 (1.891)	13.63 (1.900)	1.65 (0.021)						
Non-Hispanic Black:																	
2 - 19.....	7	(1.8)	652	1.51 (0.051)	0.12 (0.036)	1.63 (0.064)		--	--	--	1.51 (0.052)						
20 and over.....	16	(1.3)	1005	1.45 (0.026)	0.84 (0.143)	2.29 (0.139)	177	1.48 (0.053)	5.19 (0.665)	6.66 (0.678)	1.45 (0.030)						
2 and over...	14	(1.0)	1657	1.47 (0.019)	0.63 (0.097)	2.10 (0.093)	218	1.49 (0.059)	4.63 (0.597)	6.12 (0.613)	1.47 (0.022)						
Hispanic:																	
2 - 19.....	6	(1.1)	1283	1.49 (0.035)	0.20*(0.084)	1.69 (0.077)	62	1.70 (0.225)	3.59*(1.672)	5.29*(1.683)	1.48 (0.032)						
20 and over.....	13	(1.2)	1613	1.61 (0.030)	1.47 (0.315)	3.08 (0.319)	232	1.63 (0.070)	11.24 (2.249)	12.87 (2.262)	1.61 (0.036)						
2 and over...	10	(0.8)	2896	1.57 (0.020)	1.02 (0.217)	2.59 (0.216)	294	1.64 (0.071)	9.81 (2.078)	11.45 (2.084)	1.56 (0.024)						
All Individuals⁹:																	
2 - 19.....	10	(0.7)	3268	1.54 (0.036)	0.25 (0.055)	1.79 (0.055)	254	1.56 (0.066)	2.49 (0.494)	4.05 (0.475)	1.54 (0.035)						
20 and over.....	26	(1.3)	5662	1.66 (0.019)	3.23 (0.514)	4.89 (0.520)	1292	1.72 (0.041)	12.24 (1.763)	13.97 (1.781)	1.64 (0.019)						
2 and over...	22	(1.0)	8930	1.63 (0.012)	2.47 (0.394)	4.10 (0.393)	1546	1.71 (0.037)	11.13 (1.611)	12.84 (1.623)	1.61 (0.013)						

See page 23 for footnotes.

DATA SOURCE: *What We Eat in America*, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement riboflavin ⁸ % (SE)		R i b o f l a v i n										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Non-Hispanic White:													
2 - 19.....	12	(0.8)	1096	2.05 (0.066)	0.23 (0.023)	2.28 (0.079)	126	2.13 (0.132)	1.85 (0.103)	3.98 (0.174)	2.04 (0.063)		
20 and over.....	31	(1.1)	2749	2.30 (0.030)	2.94 (0.372)	5.24 (0.396)	820	2.42 (0.053)	9.40 (1.251)	11.81 (1.272)	2.25 (0.037)		
2 and over...	27	(0.8)	3845	2.25 (0.023)	2.34 (0.313)	4.59 (0.327)	946	2.39 (0.052)	8.63 (1.142)	11.02 (1.159)	2.19 (0.027)		
Non-Hispanic Black:													
2 - 19.....	7	(1.8)	652	1.81 (0.081)	0.14 (0.040)	1.95 (0.086)	--	--	--	--	1.80 (0.086)		
20 and over.....	16	(1.2)	1005	1.73 (0.050)	0.85 (0.144)	2.59 (0.134)	176	1.86 (0.119)	5.27 (0.669)	7.13 (0.681)	1.71 (0.048)		
2 and over...	14	(1.0)	1657	1.76 (0.039)	0.64 (0.098)	2.40 (0.083)	217	1.87 (0.126)	4.74 (0.595)	6.60 (0.615)	1.74 (0.038)		
Hispanic:													
2 - 19.....	6	(1.1)	1283	1.86 (0.040)	0.21*(0.083)	2.07 (0.078)	62	2.25 (0.186)	3.80*(1.676)	6.05 (1.651)	1.84 (0.036)		
20 and over.....	13	(1.1)	1613	1.93 (0.041)	1.11 (0.205)	3.04 (0.214)	232	2.10 (0.089)	8.60 (1.675)	10.71 (1.644)	1.91 (0.051)		
2 and over...	10	(0.7)	2896	1.91 (0.027)	0.79 (0.149)	2.70 (0.147)	294	2.13 (0.088)	7.70 (1.590)	9.83 (1.557)	1.88 (0.032)		
All Individuals⁹:													
2 - 19.....	10	(0.7)	3268	1.97 (0.041)	0.24 (0.039)	2.20 (0.049)	255	2.13 (0.104)	2.39 (0.316)	4.52 (0.314)	1.95 (0.038)		
20 and over.....	26	(1.3)	5662	2.16 (0.029)	2.41 (0.256)	4.57 (0.276)	1294	2.33 (0.053)	9.11 (1.020)	11.45 (1.043)	2.10 (0.032)		
2 and over...	22	(0.9)	8930	2.11 (0.018)	1.86 (0.211)	3.97 (0.222)	1549	2.31 (0.050)	8.35 (0.930)	10.66 (0.946)	2.05 (0.020)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement niacin ⁸ % (SE)		N i a c i n										
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷
			Sample Size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Sample size	Food mg (SE)	Supplement mg (SE)	Food plus supplement mg (SE)	Food mg (SE)		
Non-Hispanic White:													
2 - 19.....	12	(0.8)	1096	21.4 (0.45)	2.1 (0.24)	23.5 (0.49)	126	19.3 (1.26)	17.1 (1.12)	36.5 (2.20)	21.7 (0.48)		
20 and over.....	32	(1.3)	2749	26.3 (0.36)	13.1 (1.14)	39.3 (1.16)	837	26.8 (0.79)	40.6 (3.62)	67.4 (3.52)	26.1 (0.36)		
2 and over...	28	(0.8)	3845	25.2 (0.24)	10.6 (0.93)	35.8 (0.98)	963	26.0 (0.66)	38.3 (3.35)	64.4 (3.25)	24.9 (0.24)		
Non-Hispanic Black:													
2 - 19.....	7	(1.8)	652	21.8 (0.65)	1.2 (0.35)	23.0 (0.80)	--	--	--	21.8 (0.63)			
20 and over.....	16	(1.3)	1005	24.2 (0.50)	4.5 (0.95)	28.7 (0.73)	179	23.6 (1.27)	27.6 (5.23)	51.1 (5.30)	24.3 (0.64)		
2 and over...	14	(1.0)	1657	23.5 (0.41)	3.6 (0.64)	27.0 (0.67)	220	23.3 (1.26)	25.9 (4.62)	49.2 (4.81)	23.5 (0.49)		
Hispanic:													
2 - 19.....	6	(1.1)	1283	20.9 (0.45)	1.1 (0.16)	22.0 (0.50)	63	21.9 (2.24)	18.9 (2.12)	40.8 (3.63)	20.9 (0.46)		
20 and over.....	13	(1.1)	1613	25.5 (0.39)	4.1 (0.63)	29.5 (0.83)	232	25.5 (1.28)	31.5 (4.17)	57.0 (4.58)	25.5 (0.50)		
2 and over...	10	(0.8)	2896	23.9 (0.35)	3.0 (0.40)	26.9 (0.57)	295	24.8 (1.18)	29.1 (3.56)	53.9 (3.99)	23.8 (0.40)		
All Individuals⁹:													
2 - 19.....	10	(0.7)	3268	21.3 (0.34)	1.8 (0.18)	23.1 (0.36)	257	20.1 (1.01)	17.6 (0.95)	37.7 (1.70)	21.5 (0.36)		
20 and over.....	27	(1.3)	5662	25.9 (0.30)	10.4 (0.85)	36.2 (0.93)	1316	26.3 (0.73)	38.2 (2.97)	64.5 (2.93)	25.7 (0.31)		
2 and over...	23	(1.0)	8930	24.7 (0.21)	8.2 (0.67)	32.9 (0.76)	1573	25.6 (0.60)	35.9 (2.69)	61.5 (2.63)	24.4 (0.21)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

V i t a m i n B 6																		
Race/ethnicity and age (years)	Percent reporting supplement vitamin B6 ⁸ % (SE)		— All Individuals ⁵ —					— Supplement Users ⁶ —				— Non-users ⁷ —						
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	20	(1.0)	1096	1.69 (0.047)	0.35 (0.022)	2.04 (0.049)	226	1.55 (0.071)	1.76 (0.073)	3.31 (0.122)	1.73 (0.057)							
20 and over.....	32	(1.2)	2749	2.15 (0.032)	3.82 (0.399)	5.97 (0.401)	850	2.23 (0.061)	11.83 (1.214)	14.05 (1.226)	2.11 (0.047)							
2 and over...	30	(0.9)	3845	2.05 (0.027)	3.05 (0.319)	5.10 (0.328)	1076	2.12 (0.052)	10.33 (1.100)	12.45 (1.112)	2.01 (0.040)							
Non-Hispanic Black:																		
2 - 19.....	10	(1.8)	652	1.68 (0.053)	0.18 (0.041)	1.87 (0.068)		--	--	--	1.68 (0.057)							
20 and over.....	17	(1.3)	1005	1.92 (0.045)	1.98 (0.382)	3.90 (0.379)	184	1.97 (0.134)	11.52 (1.883)	13.48 (1.903)	1.91 (0.046)							
2 and over...	15	(1.0)	1657	1.85 (0.037)	1.45 (0.271)	3.30 (0.266)	242	1.92 (0.119)	9.69 (1.545)	11.61 (1.555)	1.84 (0.037)							
Hispanic:																		
2 - 19.....	10	(1.5)	1283	1.71 (0.042)	0.27 (0.081)	1.98 (0.084)	119	1.74 (0.087)	2.84*(1.000)	4.57 (1.037)	1.71 (0.045)							
20 and over.....	13	(1.2)	1613	2.11 (0.045)	1.47 (0.285)	3.58 (0.287)	238	2.34 (0.165)	11.17 (2.086)	13.51 (2.078)	2.07 (0.050)							
2 and over...	12	(1.0)	2896	1.97 (0.035)	1.05 (0.190)	3.02 (0.186)	357	2.17 (0.136)	8.82 (1.793)	10.99 (1.809)	1.94 (0.038)							
All Individuals⁹:																		
2 - 19.....	16	(0.8)	3268	1.69 (0.034)	0.33 (0.030)	2.03 (0.043)	458	1.58 (0.056)	2.05 (0.184)	3.62 (0.183)	1.72 (0.040)							
20 and over.....	27	(1.3)	5662	2.11 (0.027)	3.22 (0.273)	5.33 (0.278)	1342	2.21 (0.053)	11.71 (0.977)	13.93 (0.997)	2.07 (0.035)							
2 and over...	25	(1.0)	8930	2.00 (0.022)	2.49 (0.210)	4.49 (0.220)	1800	2.10 (0.046)	10.08 (0.864)	12.18 (0.882)	1.97 (0.029)							

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement folic acid ⁸ % (SE)		F o l i c a c i d										
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	19	(1.0)	1096	219 (15.5)	61 (3.4)	280 (16.1)	213	215 (13.4)	320 (11.6)	535 (20.8)	219 (17.0)		
20 and over.....	32	(1.2)	2749	193 (3.5)	148 (4.8)	341 (3.5)	842	199 (7.8)	464 (6.5)	662 (8.1)	190 (4.6)		
2 and over...	29	(0.9)	3845	198 (5.2)	129 (3.4)	327 (3.8)	1055	201 (7.2)	443 (6.7)	644 (9.3)	197 (6.4)		
Non-Hispanic Black:													
2 - 19.....	10	(1.8)	652	202 (9.1)	38 (9.7)	241 (13.5)		--	--	--	200 (8.8)		
20 and over.....	17	(1.2)	1005	160 (5.1)	82 (7.2)	241 (6.4)	182	167 (19.4)	483 (24.3)	650 (32.5)	158 (4.7)		
2 and over...	15	(1.0)	1657	172 (5.0)	69 (5.3)	241 (5.2)	240	178 (18.3)	467 (19.5)	645 (25.2)	171 (4.4)		
Hispanic:													
2 - 19.....	9	(1.4)	1283	207 (10.3)	30 (4.6)	237 (12.6)	113	252 (42.6)	331 (14.3)	583 (47.1)	202 (9.3)		
20 and over.....	13	(1.0)	1613	180 (5.2)	68 (9.8)	248 (10.9)	235	168 (16.5)	531 (51.4)	699 (51.1)	182 (6.4)		
2 and over...	12	(0.9)	2896	189 (4.7)	55 (6.3)	244 (8.3)	348	192 (17.0)	475 (39.1)	667 (40.5)	189 (5.8)		
All Individuals⁹:													
2 - 19.....	16	(0.7)	3268	215 (8.9)	52 (3.2)	266 (9.1)	435	221 (13.0)	328 (12.4)	549 (20.4)	213 (9.0)		
20 and over.....	27	(1.3)	5662	189 (3.5)	127 (4.9)	316 (4.7)	1332	194 (6.6)	464 (8.1)	659 (9.1)	187 (4.2)		
2 and over...	24	(1.0)	8930	196 (3.8)	108 (3.8)	303 (4.1)	1767	199 (6.3)	442 (8.1)	641 (10.1)	195 (4.2)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement folate (DFE) ⁸ % (SE)		Folate (DFE)															
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)	
Non-Hispanic White:																		
2 - 19.....	19	(1.0)	1096	523	(26.7)	104	(5.8)	627	(27.8)	213	517	(22.8)	544	(19.7)	1061	(35.9)	525	(29.1)
20 and over.....	32	(1.2)	2749	558	(7.5)	252	(8.2)	810	(6.7)	842	582	(18.8)	788	(11.0)	1370	(19.2)	547	(10.4)
2 and over...	29	(0.9)	3845	550	(9.7)	219	(5.8)	770	(7.4)	1055	573	(16.5)	753	(11.4)	1325	(19.7)	541	(12.7)
Non-Hispanic Black:																		
2 - 19.....	10	(1.8)	652	496	(17.7)	65	(16.6)	561	(25.2)		--	--	--	--			492	(17.7)
20 and over.....	17	(1.2)	1005	461	(10.1)	139	(12.2)	600	(12.1)	182	479	(37.5)	822	(41.3)	1301	(59.5)	457	(11.3)
2 and over...	15	(1.0)	1657	471	(8.8)	117	(9.0)	589	(8.9)	240	490	(34.7)	793	(33.2)	1283	(46.6)	468	(9.5)
Hispanic:																		
2 - 19.....	9	(1.4)	1283	515	(21.1)	51	(7.8)	566	(24.6)	113	582	(76.7)	562	(24.2)	1144	(83.6)	508	(19.4)
20 and over.....	13	(1.0)	1613	528	(13.4)	116	(16.6)	644	(21.2)	235	535	(31.9)	903	(87.4)	1439	(87.1)	527	(15.8)
2 and over...	12	(0.9)	2896	523	(11.5)	93	(10.6)	617	(15.9)	348	548	(31.8)	808	(66.6)	1357	(69.8)	520	(13.3)
All Individuals⁹:																		
2 - 19.....	16	(0.7)	3268	521	(15.7)	88	(5.4)	608	(16.2)	435	529	(22.7)	558	(21.0)	1087	(35.1)	519	(15.8)
20 and over.....	27	(1.3)	5662	547	(7.5)	216	(8.3)	762	(8.9)	1332	574	(15.9)	790	(13.8)	1364	(19.0)	536	(9.2)
2 and over...	24	(1.0)	8930	540	(7.3)	183	(6.5)	723	(7.7)	1767	567	(14.0)	752	(13.8)	1318	(19.6)	531	(8.6)

See page 23 for footnotes.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement choline ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	9	(1.4)	1096	254	(4.6)	3	(0.5)	257	(4.5)	100	237	(16.5)	34	(1.0)	271	(16.5)	255	(5.4)
20 and over.....	3	(0.4)	2749	342	(4.7)	1	(0.4)	343	(4.8)	70	374	(35.5)	48*	(15.6)	422	(34.8)	341	(4.6)
2 and over...	4	(0.3)	3845	322	(4.3)	2	(0.3)	324	(4.4)	170	307	(20.6)	41	(7.6)	348	(19.6)	323	(4.3)
Non-Hispanic Black:																		
2 - 19.....	5	(1.4)	652	248	(13.1)	2*	(0.7)	250	(13.2)	--	--	--	--	--	--	--	249	(13.7)
20 and over.....	2*	(0.4)	1005	333	(7.7)	#		333	(7.7)	--	--	--	--	--	--	--	333	(8.0)
2 and over...	2	(0.6)	1657	308	(6.4)	1*	(0.2)	309	(6.4)	--	--	--	--	--	--	--	309	(6.5)
Hispanic:																		
2 - 19.....	3	(0.7)	1283	263	(9.9)	1	(0.3)	264	(9.8)	--	--	--	--	--	--	--	263	(9.9)
20 and over.....	2	(0.4)	1613	345	(8.1)	1*	(1.0)	346	(8.0)	--	--	--	--	--	--	--	345	(8.1)
2 and over...	2	(0.3)	2896	316	(8.9)	1*	(0.7)	317	(8.8)	62	295	(17.3)	56*	(26.1)	351	(23.4)	317	(8.9)
All Individuals⁹:																		
2 - 19.....	7	(1.1)	3268	256	(4.9)	3	(0.4)	259	(4.8)	194	250	(10.9)	35	(1.3)	285	(10.8)	257	(5.5)
20 and over.....	3	(0.3)	5662	340	(4.1)	1	(0.3)	341	(4.1)	116	363	(25.2)	44	(12.5)	408	(25.6)	339	(4.1)
2 and over...	4	(0.3)	8930	319	(3.8)	2	(0.3)	320	(3.9)	310	307	(14.1)	40	(6.4)	347	(13.2)	319	(4.0)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin B12 ^s % (SE)		V i t a m i n B 1 2						—Non-users ⁷ —			
			—All Individuals ⁵ —			—Supplement Users ⁶ —						
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)	
Non-Hispanic White:												
2 - 19.....	20	(1.0)	1096	4.98 (0.138)	2.6* (1.05)	7.6 (1.02)	225	4.56 (0.245)	13.2* (5.58)	17.7* (5.69)	5.09 (0.171)	
20 and over.....	33	(1.2)	2749	5.71 (0.146)	42.7 (5.33)	48.5 (5.40)	874	5.69 (0.195)	130.2 (18.83)	135.9 (18.74)	5.73 (0.222)	
2 and over...	30	(0.9)	3845	5.55 (0.102)	33.9 (4.43)	39.4 (4.48)	1099	5.53 (0.172)	113.0 (16.87)	118.6 (16.80)	5.56 (0.145)	
Non-Hispanic Black:												
2 - 19.....	10	(1.8)	652	4.51 (0.203)	0.6 (0.12)	5.2 (0.24)		--	--	--	4.49 (0.223)	
20 and over.....	18	(1.3)	1005	4.91 (0.310)	14.8* (4.56)	19.7 (4.60)	188	5.75 (1.109)	83.9 (21.54)	89.7 (22.00)	4.74 (0.227)	
2 and over...	15	(1.1)	1657	4.80 (0.244)	10.6* (3.24)	15.4 (3.26)	246	5.55 (0.906)	69.5 (17.46)	75.1 (17.86)	4.66 (0.200)	
Hispanic:												
2 - 19.....	9	(1.5)	1283	4.57 (0.093)	0.7 (0.10)	5.2 (0.13)	118	4.94 (0.225)	7.0 (1.09)	11.9 (1.11)	4.53 (0.102)	
20 and over.....	14	(1.1)	1613	4.67 (0.119)	12.8 (2.21)	17.4 (2.25)	250	4.79 (0.314)	91.4 (14.67)	96.2 (14.67)	4.65 (0.140)	
2 and over...	12	(1.0)	2896	4.63 (0.091)	8.5 (1.49)	13.1 (1.51)	368	4.83 (0.219)	68.7 (12.16)	73.5 (12.17)	4.60 (0.100)	
All Individuals⁹:												
2 - 19.....	16	(0.8)	3268	4.79 (0.079)	1.9* (0.57)	6.6 (0.54)	456	4.67 (0.156)	11.4* (3.67)	16.0 (3.73)	4.81 (0.096)	
20 and over.....	28	(1.3)	5662	5.41 (0.098)	35.2 (3.15)	40.6 (3.17)	1389	5.59 (0.217)	125.3 (14.27)	130.9 (14.20)	5.35 (0.117)	
2 and over...	25	(1.1)	8930	5.25 (0.070)	26.7 (2.46)	32.0 (2.48)	1845	5.43 (0.183)	106.4 (12.35)	111.9 (12.29)	5.19 (0.073)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin C ⁸ % (SE)		V i t a m 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)					
Non-Hispanic White:																
2 - 19.....	23	(1.2)	1096	68.7 (3.38)	20.4 (3.59)	89.1 (4.16)	251	78.8 (6.89)	88.7 (12.31)	167.6 (14.90)	65.7 (3.63)					
20 and over.....	34	(1.3)	2749	85.9 (2.68)	101.7 (13.14)	187.6 (14.40)	922	101.4 (6.13)	296.9 (36.01)	398.4 (39.39)	77.8 (2.44)					
2 and over...	32	(1.1)	3845	82.1 (2.18)	83.7 (10.70)	165.8 (11.60)	1173	97.8 (5.14)	263.5 (31.57)	361.3 (34.38)	74.8 (2.42)					
Non-Hispanic Black:																
2 - 19.....	10	(1.8)	652	98.1 (5.04)	8.6 (2.14)	106.7 (6.09)		--	--	--	99.3 (4.80)					
20 and over.....	18	(1.2)	1005	93.3 (4.25)	44.0 (8.82)	137.3 (10.29)	192	104.4 (7.46)	249.7 (48.64)	354.0 (53.26)	90.9 (4.93)					
2 and over...	15	(0.8)	1657	94.7 (3.09)	33.6 (6.20)	128.3 (6.56)	253	101.0 (4.74)	217.1 (40.83)	318.1 (43.15)	93.5 (3.68)					
Hispanic:																
2 - 19.....	11	(1.9)	1283	89.5 (4.38)	12.9 (3.02)	102.4 (5.74)	132	88.4 (9.50)	115.9 (22.19)	204.3 (26.33)	89.7 (5.12)					
20 and over.....	15	(1.3)	1613	99.3 (5.14)	40.8 (7.10)	140.1 (9.89)	261	125.5 (9.36)	276.2 (34.25)	401.6 (35.56)	94.8 (5.16)					
2 and over...	13	(1.1)	2896	95.9 (3.85)	31.0 (4.80)	126.9 (6.91)	393	114.7 (7.37)	229.8 (31.32)	344.5 (33.82)	92.9 (4.12)					
All Individuals⁹:																
2 - 19.....	19	(1.1)	3268	79.6 (2.92)	17.9 (2.15)	97.5 (2.91)	503	81.6 (5.01)	95.3 (8.22)	176.9 (10.92)	79.2 (3.43)					
20 and over.....	29	(1.2)	5662	88.6 (1.77)	83.3 (8.71)	171.9 (9.49)	1452	103.6 (4.70)	283.7 (29.28)	387.3 (32.47)	82.4 (1.77)					
2 and over...	27	(1.0)	8930	86.3 (1.46)	66.6 (6.69)	153.0 (7.11)	1955	99.7 (3.89)	250.0 (24.92)	349.7 (27.45)	81.5 (1.80)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin D ⁸ % (SE)		V i t a m i n D													
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)					
Non-Hispanic White:																
2 - 19.....	21	(0.9)	1096	6.2 (0.20)	2.1 (0.20)	8.3 (0.32)	236	6.4 (0.39)	10.0 (0.90)	16.4 (0.96)	6.2 (0.25)					
20 and over.....	36	(1.2)	2749	5.4 (0.23)	10.3 (1.13)	15.7 (1.17)	982	5.6 (0.28)	28.3 (2.83)	33.8 (2.94)	5.4 (0.27)					
2 and over...	33	(0.9)	3845	5.6 (0.20)	8.5 (0.87)	14.1 (0.92)	1218	5.7 (0.27)	25.7 (2.46)	31.4 (2.58)	5.6 (0.22)					
Non-Hispanic Black:																
2 - 19.....	10	(1.9)	652	4.9 (0.30)	1.1 (0.26)	6.0 (0.40)		--	--	--	4.9 (0.32)					
20 and over.....	20	(1.1)	1005	4.1 (0.17)	5.0 (1.13)	9.1 (1.09)	218	4.6 (0.38)	24.5 (4.70)	29.2 (4.51)	4.0 (0.19)					
2 and over...	17	(1.0)	1657	4.3 (0.15)	3.9 (0.85)	8.2 (0.84)	279	4.7 (0.32)	22.3 (3.89)	27.0 (3.77)	4.3 (0.16)					
Hispanic:																
2 - 19.....	10	(1.6)	1283	5.9 (0.14)	1.0 (0.19)	6.9 (0.27)	122	6.6 (0.48)	10.4 (0.60)	17.1 (0.67)	5.8 (0.13)					
20 and over.....	15	(1.1)	1613	4.7 (0.12)	3.0 (0.33)	7.8 (0.36)	289	5.1 (0.35)	20.0 (2.46)	25.1 (2.57)	4.7 (0.15)					
2 and over...	13	(0.9)	2896	5.1 (0.08)	2.3 (0.22)	7.5 (0.23)	411	5.5 (0.26)	17.5 (1.94)	23.0 (2.00)	5.1 (0.09)					
All Individuals⁹:																
2 - 19.....	17	(0.7)	3268	6.0 (0.13)	2.2 (0.54)	8.1 (0.56)	476	6.4 (0.28)	12.7 (3.06)	19.1 (3.08)	5.9 (0.15)					
20 and over.....	31	(1.2)	5662	5.1 (0.14)	8.3 (0.76)	13.5 (0.75)	1565	5.4 (0.21)	26.8 (2.29)	32.2 (2.36)	5.0 (0.15)					
2 and over...	28	(1.0)	8930	5.3 (0.11)	6.8 (0.58)	12.1 (0.56)	2041	5.6 (0.21)	24.5 (1.93)	30.1 (1.99)	5.2 (0.12)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement vitamin K ⁸ % (SE)		V i t a m i n K															
			All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Sample size	Food µg (SE)		Supplement µg (SE)		Food plus supplement µg (SE)		Food µg (SE)	
Non-Hispanic White:																		
2 - 19.....	3	(1.2)	1096	52.6	(1.57)	1.1*	(0.40)	53.7	(1.62)	--	--	--	--	52.5	(1.66)			
20 and over.....	25	(1.5)	2749	108.4	(5.19)	8.1	(0.57)	116.5	(5.07)	668	124.1	(10.54)	32.5	(1.20)	156.6	(10.63)	103.2	(4.40)
2 and over...	20	(1.0)	3845	96.1	(4.52)	6.5	(0.41)	102.6	(4.43)	695	121.7	(10.22)	32.6	(1.06)	154.3	(10.28)	89.6	(3.86)
Non-Hispanic Black:																		
2 - 19.....	2*	(0.6)	652	67.7	(4.66)	0.4*	(0.15)	68.0	(4.74)	--	--	--	--	67.2	(4.84)			
20 and over.....	13	(0.8)	1005	98.6	(7.53)	4.3	(0.34)	102.9	(7.49)	148	99.2	(9.70)	33.5	(1.77)	132.7	(9.97)	98.5	(8.31)
2 and over...	10	(0.6)	1657	89.5	(6.31)	3.2	(0.26)	92.7	(6.32)	157	98.9	(10.86)	32.8	(1.71)	131.7	(11.17)	88.5	(6.86)
Hispanic:																		
2 - 19.....	2	(0.4)	1283	49.7	(1.96)	0.5*	(0.16)	50.2	(2.04)	--	--	--	--	49.6	(1.90)			
20 and over.....	10	(0.6)	1613	73.0	(3.74)	4.2	(0.76)	77.2	(3.84)	184	80.0	(5.59)	42.5	(6.56)	122.4	(8.16)	72.3	(3.94)
2 and over...	7	(0.4)	2896	64.9	(2.65)	2.9	(0.50)	67.7	(2.70)	204	78.2	(5.99)	41.3	(6.12)	119.5	(8.07)	63.9	(2.69)
All Individuals⁹:																		
2 - 19.....	3	(0.7)	3268	55.2	(1.30)	0.8*	(0.25)	56.0	(1.34)	--	--	--	--	55.0	(1.38)			
20 and over.....	21	(1.3)	5662	104.5	(4.24)	7.0	(0.42)	111.6	(4.24)	1056	124.0	(8.34)	33.3	(1.22)	157.3	(8.55)	99.3	(3.93)
2 and over...	16	(0.9)	8930	92.0	(3.51)	5.4	(0.30)	97.4	(3.51)	1117	121.5	(7.96)	33.2	(1.08)	154.7	(8.10)	86.2	(3.22)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement lycopene ⁸ % (SE)		Lycopene										
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	1*	(0.6)	1096	4889 (366.3)	6* (2.5)	4895 (367.7)		--	--	--		4874 (373.6)	
20 and over.....	14	(0.5)	2749	5644 (328.6)	87 (15.1)	5731 (330.5)	387	6642 (901.2)	630 (99.3)	7272 (897.6)		5484 (293.7)	
2 and over...	11	(0.3)	3845	5477 (271.1)	69 (11.3)	5546 (273.4)	397	6621 (850.6)	625 (95.2)	7246 (843.3)		5334 (250.0)	
Non-Hispanic Black:													
2 - 19.....	#		652	4125 (400.2)	2* (1.2)	4127 (400.5)		--	--	--		4142 (408.1)	
20 and over.....	6	(0.7)	1005	4134 (345.0)	36* (11.9)	4170 (350.1)	83	6558(1986.6)	603*(215.1)	7161(2050.3)		3982 (360.7)	
2 and over...	4	(0.5)	1657	4131 (264.2)	26* (8.3)	4157 (269.4)	86	6359(1928.9)	594*(207.7)	6953(1992.7)		4031 (259.9)	
Hispanic:													
2 - 19.....	1*	(0.4)	1283	4355 (301.5)	7* (3.0)	4362 (301.3)		--	--	--		4344 (301.2)	
20 and over.....	5	(0.7)	1613	5690 (476.9)	44* (18.8)	5734 (476.8)	104	8030(2322.9)	869*(369.7)	8899(2261.7)		5565 (426.2)	
2 and over...	4	(0.5)	2896	5221 (310.1)	31* (12.2)	5252 (312.0)	110	7832(2061.1)	864*(339.2)	8696(2013.6)		5124 (279.0)	
All Individuals⁹:													
2 - 19.....	1	(0.4)	3268	4638 (251.4)	5* (1.8)	4644 (252.3)		--	--	--		4630 (255.3)	
20 and over.....	12	(0.4)	5662	5460 (277.7)	73 (11.1)	5534 (281.0)	602	6430 (715.3)	637 (87.7)	7067 (723.7)		5334 (254.3)	
2 and over...	9	(0.3)	8930	5251 (220.7)	56 (8.0)	5307 (224.0)	622	6396 (680.7)	632 (83.9)	7028 (685.7)		5140 (204.3)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement lutein + zeaxanthin ⁸ % (SE)		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
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	1*	(0.5)	1096	693 (50.3)	5* (2.0)	698 (49.6)		--	--	--	693 (51.0)		
20 and over.....	12	(0.5)	2749	1588 (109.0)	145 (31.1)	1732 (102.2)	352	1930 (210.6)	1195 (229.6)	3124 (285.7)	1541 (112.3)		
2 and over...	10	(0.4)	3845	1390 (96.1)	114 (23.8)	1503 (91.3)	359	1896 (203.4)	1175 (229.2)	3071 (287.4)	1335 (98.5)		
Non-Hispanic Black:													
2 - 19.....	#		652	980 (130.3)	#	980 (130.4)		--	--	--	981 (130.6)		
20 and over.....	5	(0.8)	1005	1544 (170.0)	182*(156.1)	1726 (218.0)	68	1511 (224.4)	3687(3066.2)	5198(3032.6)	1546 (176.8)		
2 and over...	4	(0.5)	1657	1379 (143.8)	129*(110.8)	1508 (175.8)	69	1503 (219.9)	3666(3047.3)	5169(3013.0)	1374 (147.3)		
Hispanic:													
2 - 19.....	1*	(0.3)	1283	681 (37.0)	8* (4.6)	689 (37.9)		--	--	--	682 (36.7)		
20 and over.....	5	(0.5)	1613	1005 (46.2)	35* (11.1)	1040 (52.1)	97	1036 (149.0)	768*(287.0)	1804 (377.8)	1003 (48.0)		
2 and over...	3	(0.4)	2896	891 (33.7)	26 (7.1)	917 (35.7)	102	999 (133.9)	795*(270.5)	1794 (342.5)	887 (35.9)		
All Individuals⁹:													
2 - 19.....	1	(0.3)	3268	759 (35.8)	5* (1.7)	764 (36.1)		--	--	--	760 (36.4)		
20 and over.....	10	(0.4)	5662	1535 (91.8)	128 (33.3)	1663 (89.4)	545	1978 (206.7)	1245 (316.8)	3223 (303.4)	1484 (96.0)		
2 and over...	8	(0.3)	8930	1337 (76.6)	96 (24.8)	1434 (75.3)	560	1941 (199.3)	1225 (310.4)	3166 (300.5)	1286 (79.5)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement calcium ⁸ % (SE)		C a l c i u m													
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷	
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	mg (SE)	
Non-Hispanic White:																
2 - 19.....	13	(0.9)	1096	1111 (28.3)	29 (3.6)	1139 (29.4)	126	1206 (75.7)	230 (21.9)	1437 (80.5)	1097 (29.2)					
20 and over.....	37	(1.1)	2749	1069 (15.9)	209 (9.2)	1278 (15.4)	1002	1092 (27.7)	567 (18.5)	1659 (25.3)	1056 (22.0)					
2 and over...	31	(0.9)	3845	1078 (12.8)	169 (6.9)	1247 (13.2)	1128	1102 (28.9)	537 (18.1)	1639 (26.0)	1067 (17.4)					
Non-Hispanic Black:																
2 - 19.....	7	(1.8)	652	956 (45.1)	11* (3.4)	967 (44.8)		--	--	--	958 (46.6)					
20 and over.....	20	(1.1)	1005	829 (25.9)	95 (11.9)	924 (33.1)	215	888 (40.2)	482 (48.5)	1369 (75.8)	814 (27.1)					
2 and over...	16	(1.1)	1657	866 (16.5)	70 (9.1)	936 (22.0)	255	893 (33.3)	442 (43.5)	1335 (68.6)	861 (16.3)					
Hispanic:																
2 - 19.....	5	(0.8)	1283	1025 (27.0)	10 (1.9)	1035 (27.3)		--	--	--	1014 (25.6)					
20 and over.....	17	(1.2)	1613	963 (20.8)	89 (8.0)	1052 (24.8)	327	1021 (39.7)	525 (36.9)	1546 (61.1)	951 (24.7)					
2 and over...	13	(0.7)	2896	985 (19.3)	61 (5.1)	1046 (22.0)	382	1052 (38.2)	483 (31.8)	1536 (49.4)	975 (20.1)					
All Individuals⁹:																
2 - 19.....	10	(0.8)	3268	1065 (18.0)	23 (3.1)	1089 (19.2)	254	1174 (44.7)	229 (22.3)	1403 (49.2)	1053 (18.7)					
20 and over.....	32	(1.2)	5662	1014 (10.6)	175 (7.8)	1189 (10.1)	1629	1061 (24.6)	553 (16.8)	1614 (20.3)	992 (14.2)					
2 and over...	26	(1.0)	8930	1027 (6.8)	136 (6.0)	1163 (7.6)	1883	1072 (24.3)	521 (16.3)	1593 (20.2)	1011 (9.8)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement phosphorus ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	8	(0.8)	1096	1337 (30.8)	8	(1.0)	1345 (30.4)	87	1397 (76.7)	96	(4.5)	1493 (75.5)	1332	(30.6)		
20 and over.....	18	(1.2)	2749	1457 (19.3)	10	(0.8)	1467 (19.3)	519	1473 (47.2)	55	(4.3)	1528 (48.8)	1453	(20.2)		
2 and over...	16	(0.9)	3845	1430 (12.7)	10	(0.6)	1440 (12.8)	606	1465 (45.7)	59	(4.1)	1524 (47.1)	1424	(13.1)		
Non-Hispanic Black:																
2 - 19.....	5	(1.9)	652	1202 (46.0)	5*	(2.0)	1207 (45.6)		--	--		--	1208	(48.3)		
20 and over.....	8	(0.7)	1005	1236 (32.1)	4	(0.8)	1239 (32.2)	91	1233 (98.9)	50	(9.5)	1283 (94.9)	1236	(32.4)		
2 and over...	7	(0.8)	1657	1226 (23.7)	4	(0.9)	1230 (23.6)	121	1202 (83.6)	62	(10.1)	1263 (78.8)	1228	(25.8)		
Hispanic:																
2 - 19.....	3	(0.7)	1283	1258 (17.1)	3	(0.7)	1261 (17.2)		--	--		--	1252	(15.6)		
20 and over.....	7	(0.9)	1613	1420 (21.7)	5	(0.9)	1425 (22.0)	134	1526 (60.6)	73	(8.6)	1599 (59.7)	1413	(24.2)		
2 and over...	6	(0.6)	2896	1363 (16.1)	4	(0.6)	1368 (16.2)	172	1504 (57.2)	80	(6.9)	1584 (57.2)	1355	(17.2)		
All Individuals⁹:																
2 - 19.....	7	(0.8)	3268	1298 (20.0)	7	(0.9)	1305 (20.0)	177	1340 (53.7)	102	(4.6)	1441 (53.7)	1295	(21.3)		
20 and over.....	15	(0.9)	5662	1415 (14.3)	9	(0.6)	1423 (14.3)	783	1453 (40.3)	56	(4.6)	1508 (41.4)	1408	(15.4)		
2 and over...	13	(0.7)	8930	1385 (7.9)	8	(0.6)	1393 (7.9)	960	1438 (39.6)	62	(4.3)	1500 (40.4)	1377	(9.3)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement magnesium ⁸ % (SE)		M a g n e s i u m															
			All Individuals ⁵						Supplement Users ⁶						Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	
Non-Hispanic White:																		
2 - 19.....	11	(1.0)	1096	242	(5.1)	4	(1.0)	246	(5.9)	121	246	(10.4)	37	(7.8)	283	(15.6)	241	(5.1)
20 and over.....	31	(1.2)	2749	315	(3.8)	32	(1.8)	347	(4.2)	819	337	(9.1)	106	(5.6)	443	(11.8)	305	(4.6)
2 and over...	26	(0.9)	3845	299	(3.3)	26	(1.5)	325	(3.9)	940	329	(8.5)	99	(5.5)	428	(11.2)	288	(4.1)
Non-Hispanic Black:																		
2 - 19.....	6	(1.8)	652	224	(6.9)	3*	(1.2)	227	(7.3)		--		--		--		223	(7.2)
20 and over.....	15	(1.0)	1005	262	(5.9)	15	(2.2)	277	(5.9)	171	273	(12.1)	102	(11.0)	376	(14.8)	260	(6.1)
2 and over...	12	(1.0)	1657	251	(4.0)	12	(1.8)	262	(3.9)	209	268	(12.0)	94	(9.9)	361	(15.9)	248	(4.0)
Hispanic:																		
2 - 19.....	5	(0.9)	1283	237	(3.9)	2	(0.4)	239	(4.0)		--		--		--		236	(3.6)
20 and over.....	13	(1.2)	1613	307	(5.4)	15	(2.3)	321	(6.2)	237	330	(14.7)	112	(15.0)	442	(21.2)	303	(6.3)
2 and over...	10	(0.8)	2896	282	(4.2)	10	(1.5)	293	(4.7)	293	319	(14.0)	100	(12.8)	418	(18.5)	278	(4.5)
All Individuals⁹:																		
2 - 19.....	9	(0.9)	3268	239	(3.0)	3	(0.7)	242	(3.4)	240	251	(9.0)	38	(6.8)	289	(12.6)	238	(3.0)
20 and over.....	26	(1.3)	5662	307	(2.9)	27	(1.3)	334	(2.8)	1288	332	(7.9)	104	(5.0)	437	(9.9)	298	(3.6)
2 and over...	22	(1.0)	8930	290	(2.0)	21	(1.0)	311	(2.1)	1528	324	(7.2)	97	(4.8)	421	(9.0)	280	(2.7)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement iron ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food			
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	10	(1.0)	1096	13.8	(0.40)	1.7	(0.22)	15.5	(0.40)	99	13.1	(1.03)	17.2	(0.85)	30.3	(1.55)	13.9	(0.39)
20 and over.....	18	(1.0)	2749	15.6	(0.18)	4.0	(0.33)	19.5	(0.37)	487	16.4	(0.64)	21.5	(1.05)	37.9	(1.41)	15.4	(0.19)
2 and over...	17	(0.6)	3845	15.2	(0.13)	3.5	(0.23)	18.6	(0.28)	586	15.9	(0.61)	20.9	(0.87)	36.9	(1.21)	15.0	(0.12)
Non-Hispanic Black:																		
2 - 19.....	6	(1.8)	652	13.9	(0.51)	1.4*	(0.58)	15.3	(0.79)	--	--	--	--	--	--	--	14.0	(0.55)
20 and over.....	11	(0.9)	1005	14.0	(0.29)	3.3	(0.54)	17.3	(0.51)	108	13.2	(0.78)	30.1	(4.26)	43.3	(4.34)	14.1	(0.28)
2 and over...	9	(0.9)	1657	14.0	(0.26)	2.7	(0.44)	16.7	(0.40)	142	13.1	(0.71)	29.3	(3.70)	42.3	(3.69)	14.0	(0.27)
Hispanic:																		
2 - 19.....	4	(0.8)	1283	13.9	(0.38)	0.8	(0.16)	14.7	(0.47)	--	--	--	--	--	--	--	13.8	(0.36)
20 and over.....	9	(1.2)	1613	14.7	(0.28)	2.3	(0.31)	17.0	(0.46)	155	14.5	(0.70)	24.7	(1.46)	39.1	(1.25)	14.8	(0.34)
2 and over...	7	(0.7)	2896	14.4	(0.22)	1.8	(0.18)	16.2	(0.31)	208	14.7	(0.88)	24.0	(1.25)	38.7	(1.01)	14.4	(0.26)
All Individuals⁹:																		
2 - 19.....	8	(1.0)	3268	13.8	(0.25)	1.5	(0.23)	15.3	(0.31)	205	13.4	(0.98)	18.5	(1.07)	31.9	(1.63)	13.9	(0.24)
20 and over.....	16	(0.8)	5662	15.3	(0.15)	3.6	(0.25)	18.9	(0.27)	802	16.0	(0.54)	21.9	(0.91)	37.9	(1.21)	15.1	(0.18)
2 and over...	14	(0.6)	8930	14.9	(0.10)	3.1	(0.18)	17.9	(0.20)	1007	15.6	(0.51)	21.4	(0.75)	37.1	(1.01)	14.8	(0.11)

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity 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)					
Non-Hispanic White:																
2 - 19.....	18	(1.2)	1096	10.4 (0.21)	1.5 (0.15)	11.9 (0.30)	210	9.7 (0.33)	8.3 (0.63)	18.0 (0.83)	10.5 (0.23)					
20 and over.....	30	(1.3)	2749	12.3 (0.16)	4.8 (0.27)	17.1 (0.32)	812	13.1 (0.44)	15.9 (0.63)	29.0 (0.68)	12.0 (0.19)					
2 and over...	27	(1.0)	3845	11.9 (0.10)	4.1 (0.18)	16.0 (0.22)	1022	12.6 (0.38)	14.8 (0.52)	27.4 (0.61)	11.6 (0.14)					
Non-Hispanic Black:																
2 - 19.....	8	(1.6)	652	10.4 (0.49)	0.9 (0.26)	11.3 (0.48)	--	--	--	10.4 (0.51)						
20 and over.....	16	(1.1)	1005	10.9 (0.30)	2.6 (0.21)	13.5 (0.39)	175	10.6 (0.59)	16.1 (0.77)	26.7 (0.84)	11.0 (0.40)					
2 and over...	14	(1.0)	1657	10.8 (0.28)	2.1 (0.17)	12.8 (0.31)	227	10.5 (0.55)	15.0 (0.64)	25.5 (0.69)	10.8 (0.34)					
Hispanic:																
2 - 19.....	8	(1.1)	1283	10.0 (0.14)	0.8 (0.14)	10.8 (0.22)	106	10.6 (0.93)	9.8 (1.18)	20.4 (1.39)	10.0 (0.13)					
20 and over.....	12	(1.2)	1613	11.3 (0.18)	2.1 (0.31)	13.3 (0.38)	226	12.6 (0.80)	16.7 (1.77)	29.3 (1.96)	11.1 (0.16)					
2 and over...	11	(0.9)	2896	10.8 (0.13)	1.6 (0.20)	12.4 (0.26)	332	12.1 (0.45)	14.9 (1.40)	27.0 (1.53)	10.7 (0.12)					
All Individuals⁹:																
2 - 19.....	15	(1.1)	3268	10.3 (0.14)	1.3 (0.11)	11.6 (0.19)	421	9.9 (0.23)	8.6 (0.50)	18.5 (0.57)	10.4 (0.17)					
20 and over.....	26	(1.3)	5662	12.0 (0.16)	4.1 (0.20)	16.0 (0.27)	1280	12.8 (0.43)	15.8 (0.46)	28.6 (0.52)	11.7 (0.18)					
2 and over...	23	(1.1)	8930	11.5 (0.12)	3.4 (0.14)	14.9 (0.20)	1701	12.3 (0.37)	14.6 (0.40)	26.9 (0.48)	11.3 (0.13)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement copper ⁸ % (SE)		All Individuals ⁵						Supplement Users ⁶				Non-users ⁷			
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																
2 - 19.....	10	(0.9)	1096	1.0 (0.02)	0.2 (0.02)	1.2 (0.02)	103	1.1 (0.05)	1.8 (0.04)	2.9 (0.05)	1.0 (0.03)					
20 and over.....	28	(1.4)	2749	1.3 (0.01)	0.3 (0.02)	1.7 (0.02)	743	1.5 (0.04)	1.2 (0.05)	2.7 (0.06)	1.3 (0.02)					
2 and over...	24	(1.0)	3845	1.3 (0.01)	0.3 (0.01)	1.6 (0.01)	846	1.5 (0.04)	1.3 (0.04)	2.7 (0.05)	1.2 (0.01)					
Non-Hispanic Black:																
2 - 19.....	6	(1.7)	652	0.9 (0.04)	0.1* (0.04)	1.1 (0.05)		--	--	--	0.9 (0.04)					
20 and over.....	14	(0.8)	1005	1.2 (0.05)	0.2 (0.02)	1.4 (0.05)	158	1.2 (0.06)	1.4 (0.08)	2.6 (0.09)	1.2 (0.06)					
2 and over...	12	(0.9)	1657	1.1 (0.04)	0.2 (0.02)	1.3 (0.04)	193	1.2 (0.06)	1.5 (0.10)	2.6 (0.09)	1.1 (0.04)					
Hispanic:																
2 - 19.....	4	(0.7)	1283	1.0 (0.02)	0.1 (0.01)	1.0 (0.03)		--	--	--	1.0 (0.02)					
20 and over.....	11	(0.9)	1613	1.3 (0.02)	0.2 (0.04)	1.5 (0.04)	207	1.5 (0.11)	1.7 (0.25)	3.2 (0.26)	1.2 (0.03)					
2 and over...	9	(0.5)	2896	1.2 (0.02)	0.2 (0.02)	1.3 (0.03)	255	1.4 (0.08)	1.7 (0.20)	3.2 (0.21)	1.1 (0.02)					
All Individuals⁹:																
2 - 19.....	8	(0.8)	3268	1.0 (0.02)	0.1 (0.02)	1.2 (0.02)	207	1.1 (0.05)	1.9 (0.05)	3.0 (0.05)	1.0 (0.02)					
20 and over.....	24	(1.3)	5662	1.3 (0.01)	0.3 (0.02)	1.6 (0.02)	1171	1.5 (0.03)	1.3 (0.05)	2.8 (0.05)	1.3 (0.01)					
2 and over...	20	(1.0)	8930	1.2 (0.01)	0.3 (0.01)	1.5 (0.02)	1378	1.4 (0.03)	1.3 (0.04)	2.8 (0.05)	1.2 (0.01)					

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting supplement sodium ⁸ % (SE)		S o d i u m						Supplement Users ⁶		Non-users ⁷				
			All Individuals ⁵												
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Food plus supplement		Food
		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:															
2 - 19.....	8	(1.2)	1096	3101 (83.6)	1	(0.1)	3102 (83.6)	93	2642 (182.3)	10	(0.5)	2652 (182.3)	3139	(83.1)	
20 and over.....	6	(0.8)	2749	3632 (37.5)	3	(0.4)	3634 (37.6)	182	3431 (213.3)	42	(4.8)	3472 (215.4)	3645	(38.8)	
2 and over...	7	(0.6)	3845	3514 (20.5)	2	(0.3)	3516 (20.6)	275	3224 (175.6)	33	(4.1)	3257 (178.0)	3534	(21.8)	
Non-Hispanic Black:															
2 - 19.....	5	(1.6)	652	3062 (77.9)	1*	(0.2)	3063 (77.9)	--	--	--	--	3067	(75.0)		
20 and over.....	2*	(0.4)	1005	3353 (62.9)	#		3354 (62.9)	--	--	--	--	3357	(65.0)		
2 and over...	3	(0.6)	1657	3268 (49.6)	1	(0.1)	3268 (49.5)	--	--	--	--	3274	(51.7)		
Hispanic:															
2 - 19.....	3	(0.8)	1283	2931 (58.2)	#		2932 (58.2)	--	--	--	--	2920	(55.6)		
20 and over.....	2	(0.4)	1613	3428 (54.7)	1	(0.1)	3428 (54.6)	--	--	--	--	3428	(57.9)		
2 and over...	2	(0.4)	2896	3253 (52.6)	1	(0.1)	3254 (52.6)	78	3366 (299.0)	24	(3.6)	3390 (299.4)	3250	(55.8)	
All Individuals⁹:															
2 - 19.....	6	(0.9)	3268	3088 (58.6)	1	(0.1)	3089 (58.6)	175	2748 (189.4)	11	(0.6)	2759 (189.3)	3111	(61.4)	
20 and over.....	5	(0.5)	5662	3593 (31.6)	2	(0.3)	3595 (31.7)	256	3444 (187.3)	39	(3.7)	3482 (189.0)	3601	(34.7)	
2 and over...	6	(0.4)	8930	3464 (20.7)	2	(0.2)	3466 (20.7)	431	3237 (156.7)	31	(3.1)	3268 (158.7)	3477	(23.8)	

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

P o t a s s i u m																		
Race/ethnicity and age (years)	Percent reporting supplement potassium ⁸ % (SE)		— All Individuals ⁵ —						— Supplement Users ⁶ —				— Non-users ⁷ —					
			Sample Size	Food		Supplement		Food plus supplement		Sample size	Food		Supplement		Food plus supplement		Food	
				mg	(SE)	mg	(SE)	mg	(SE)		mg	(SE)	mg	(SE)	mg	(SE)	mg	(SE)
Non-Hispanic White:																		
2 - 19.....	2	(0.7)	1096	2235 (47.4)	2*	(0.8)	2236 (48.0)		--	--	--	--	2229	(45.3)				
20 and over.....	23	(1.2)	2749	2876 (29.7)	23	(1.4)	2898 (29.5)	636	3117 (83.2)	97	(4.5)	3214 (84.2)	2803	(39.5)				
2 and over...	19	(0.8)	3845	2734 (27.7)	18	(1.0)	2752 (27.7)	655	3100 (81.4)	97	(4.3)	3197 (82.2)	2650	(36.4)				
Non-Hispanic Black:																		
2 - 19.....	1*	(0.6)	652	2152 (69.1)	1*	(0.6)	2153 (69.3)		--	--	--	--	2146	(67.3)				
20 and over.....	10	(0.7)	1005	2373 (53.2)	9	(1.0)	2382 (53.2)	119	2582 (110.8)	89	(5.8)	2670 (109.2)	2350	(55.2)				
2 and over...	7	(0.6)	1657	2308 (41.2)	7	(0.7)	2315 (41.4)	124	2591 (101.3)	89	(5.6)	2680 (99.9)	2286	(42.8)				
Hispanic:																		
2 - 19.....	1*	(0.4)	1283	2248 (38.0)	1*	(0.4)	2249 (37.9)		--	--	--	--	2243	(37.9)				
20 and over.....	9	(1.0)	1613	2700 (40.0)	9	(1.3)	2709 (39.3)	171	2992 (132.6)	101	(17.3)	3093 (127.0)	2672	(40.8)				
2 and over...	6	(0.6)	2896	2541 (31.8)	6	(0.8)	2547 (31.5)	180	2987 (128.3)	100	(16.5)	3087 (122.5)	2513	(31.1)				
All Individuals ⁹:																		
2 - 19.....	2	(0.5)	3268	2234 (33.4)	1*	(0.5)	2235 (33.7)		--	--	--	--	2228	(32.5)				
20 and over.....	19	(1.1)	5662	2781 (24.5)	18	(1.3)	2799 (24.6)	970	3074 (74.7)	96	(3.6)	3170 (75.6)	2710	(31.0)				
2 and over...	15	(0.8)	8930	2642 (18.8)	14	(1.0)	2656 (18.9)	1005	3060 (72.9)	95	(3.5)	3155 (73.8)	2569	(25.0)				

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Table 38. Total Nutrient Intakes: Percent Reporting and Mean Amounts¹ of Selected² Vitamins and Minerals from Food³ and Dietary Supplements⁴, by Race/Ethnicity and Age, in the United States, 2009-2010 (continued)

Race/ethnicity and age (years)	Percent reporting selenium ⁸ % (SE)		S e l e n i u m										
			All Individuals ⁵					Supplement Users ⁶					Non-users ⁷
			Sample Size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Sample size	Food µg (SE)	Supplement µg (SE)	Food plus supplement µg (SE)	Food µg (SE)		
Non-Hispanic White:													
2 - 19.....	3	(1.3)	1096	95.4 (2.45)	2.0* (0.85)	97.4 (2.90)		--	--	--	94.8 (2.15)		
20 and over.....	27	(1.4)	2749	112.9 (1.75)	18.9 (0.84)	131.8 (1.39)	728	112.9 (3.82)	69.3 (2.33)	182.2 (4.22)	112.9 (1.59)		
2 and over...	22	(1.0)	3845	109.0 (1.16)	15.1 (0.67)	124.2 (1.03)	758	112.9 (3.53)	68.9 (2.15)	181.8 (3.82)	107.9 (1.09)		
Non-Hispanic Black:													
2 - 19.....	1*	(0.7)	652	91.6 (3.34)	0.9* (0.50)	92.5 (3.52)		--	--	--	91.7 (3.50)		
20 and over.....	14	(1.1)	1005	108.2 (2.36)	8.9 (0.85)	117.1 (2.39)	155	108.7 (6.37)	64.5 (3.93)	173.2 (7.73)	108.2 (2.56)		
2 and over...	10	(0.8)	1657	103.4 (1.91)	6.5 (0.65)	109.9 (2.08)	162	107.8 (6.77)	64.5 (4.10)	172.3 (8.41)	102.9 (2.19)		
Hispanic:													
2 - 19.....	1*	(0.5)	1283	94.1 (2.23)	1.1* (0.45)	95.2 (2.43)		--	--	--	93.8 (2.25)		
20 and over.....	11	(0.8)	1613	114.7 (1.97)	8.4 (1.33)	123.1 (2.04)	202	112.2 (4.60)	77.4 (9.86)	189.6 (11.45)	115.0 (1.89)		
2 and over...	8	(0.5)	2896	107.4 (2.00)	5.8 (0.87)	113.3 (2.22)	215	112.9 (4.90)	77.9 (9.48)	190.8 (11.29)	107.0 (1.97)		
All Individuals⁹:													
2 - 19.....	3	(0.8)	3268	95.3 (1.74)	1.5* (0.55)	96.9 (2.04)		--	--	--	94.9 (1.61)		
20 and over.....	23	(1.3)	5662	113.0 (1.45)	16.0 (0.68)	128.9 (1.12)	1142	113.5 (3.21)	69.4 (2.23)	182.9 (3.53)	112.8 (1.43)		
2 and over...	18	(0.9)	8930	108.5 (1.05)	12.3 (0.53)	120.8 (0.94)	1197	113.4 (2.99)	69.0 (2.08)	182.4 (3.25)	107.4 (1.09)		

See page 23 for footnotes.

DATA SOURCE: What We Eat in America, NHANES 2009-2010, individuals 2 years and over (excluding pregnant and/or lactating females and breast-fed children), day 1 food and supplement intake data, weighted.

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

Symbol Legend

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

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

Percent reporting a supplement intake: An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of np and $n(1-p)$ is less than 8 times the VIF, where n is the sample size and p is the percentage expressed as a fraction. The VIF used in this table is 2.04.

Indicates a non-zero value too small to report.

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

Footnotes

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

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

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

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

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

Vitamin D: $1 \mu\text{g} = 40$ International Units (IU).

Calcium and Magnesium: supplement intake includes non-prescription antacids.

³ **Food intake** was estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2009-2010. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 5.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011). Salt adjustment is not applied to *What We Eat in America*, NHANES 2009-2010 and all subsequent surveys. Estimates of sodium intake include salt added in cooking and food preparation as assumed in the nutrient profiles for foods in FNDDS 5.0.

⁴ **Dietary supplement** intake was estimated from the Day 1 Total Dietary Supplements File (DS1TOT_F) of NHANES 2009-2010. Collected as part of the dietary supplement component of the 24-hour dietary recall, intakes now reflect the same timeframe as the food and beverage intake. Data are collected on the usage of all vitamins, minerals, herbals, and other dietary supplements as well as non-prescription antacids and calculated using the NHANES-Dietary Supplement Database. Documentation available at: http://www.cdc.gov/nchs/nhanes/nhanes2009-2010/DS1TOT_F.htm.

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

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

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

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

⁹ Includes persons of all races and Hispanic origins.

Abbreviations

SE = standard error; DFE = dietary folate equivalents.

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