

Appendix E-2.4: Usual intake distributions, 2007-2010, for pregnant and non-pregnant women in the U.S. ages 19-50 years

Usual Intakes from Food and Beverages 2007-2010 Compared To Dietary Reference Intakes -- females 19-50 years old

The following tables provide separate analysis of pregnant females. This is a relatively small number (n=133) for a national probability sample; therefore, data should be viewed with this consideration.

PLEASE NOTE: The values flagged with an asterisk (*) may be less reliable; interpret with caution.

<u>Page</u>	<u>Nutrient (unit of measure/day)</u>
1	Energy (kcal/day)
2	Protein (g/day)
3	Protein (g/day/kg body weight)
4	Carbohydrate (g/day)
5	Total sugars (g/day)
6	Dietary fiber (g/day)
7	Total fat (g/day)
8	Saturated fat (g/day)
9	Monounsaturated fat (g/day)
10	Polyunsaturated fat (g/day)
11	PFA 18:2 (g/day)
12	PFA 18:3 (g/day)
13	Cholesterol (mg/day)
14	Moisture (g/day)
15	Vitamin A (µg RAE/day)
16	Alpha-carotene (µg/day)
17	Beta-carotene (µg/day)
18	Beta-cryptoxanthin (µg/day)
19	Lycopene (µg/day)
20	Lutein + zeaxanthin (µg/day)
21	Thiamin (mg/day)
22	Riboflavin (mg/day)
23	Niacin (mg/day)
24	Vitamin B6 (mg/day)
25	Folate (µg DFE/day)
26	Food folate (µg/day)
27	Choline (mg/day)
28	Vitamin B12 (µg/day)
29	Vitamin C (mg/day) - all individuals
30	Vitamin C (mg/day) - smokers
31	Vitamin C (mg/day) - non-smokers
32	Vitamin C (mg/day) - adults, smokers and non-smokers
33	Vitamin D (µg/day)
34	Vitamin E as alpha-tocopherol (mg/day)
35	Vitamin K (µg/day)
36	Calcium (mg/day)
37	Phosphorus (mg/day)
38	Magnesium (mg/day)
39	Iron (mg/day)
40	Zinc (mg/day)
41	Copper (mg/day)
42	Selenium (µg/day)
43	Sodium (mg/day)
44	Potassium (mg/day)

Page Nutrient (unit of measure/day)

45	Caffeine (mg/day)
46	Sodium (mg/1000 kcal/day)
47	Cholesterol (mg/1000 kcal/day)
48	PFA 20:5 (EPA) (g/day)
49	PFA 22:6 (DHA) (g/day)
50	Protein (% of energy/day)
51	Carbohydrate (% of energy/day)
52	Total fat (% of energy/day)
53	Saturated fat (% of energy/day)
54	Monounsaturated fat (% of energy/day)
55	Polyunsaturated fat (% of energy/day)
56	PFA 18:2 (% of energy/day)
57	PFA 18:3 (% of energy/day)
58	Dietary fiber (g/1000 kcal/day)

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**Energy (kcal/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	1848	(19.6)		1153	1284	1526	1816	2138	2455	2654
Pregnant.....	133	2131	(74.5)		1443*	1583*	1814	2096	2407	2726*	2909*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Protein (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	69.4	(0.74)	44.1	49.0	57.8	68.3	79.9	91.2	98.3
Pregnant.....	133	78.6	(4.40)	57.8*	61.9*	68.7	77.0	86.1	95.5*	100.9*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
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**Protein (g/day/kg body weight): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE		
Females 20-50:															
Non-pregnant, non-lactating..	2943	1.11	(0.013)		0.68	0.76	0.91	1.09	1.29	1.49	1.61		0.66	4	(1.1)
Estimates not available for pregnant females.....															

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR. Excludes individuals 4 and over without height and weight data. Body weights outside of normal range are set to the normal weight boundary fitting their Body Mass Index cutoffs. Not presented for pregnant females.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Carbohydrate (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	
Females 19-50:														
Non-pregnant, non-lactating..	2957	233	(2.5)		135	153	186	227	274	320	350		100	<3
Pregnant.....	133	277	(11.4)		174*	195*	230	272	317	364*	391*		135	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Total sugars (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	109	(1.8)	47	57	77	104	135	169	191
Pregnant.....	133	126	(7.0)	59*	71*	93	121	153	187*	207*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Dietary fiber (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Above AI			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	14.4	(0.34)		6.4	7.7	10.3	13.7	17.7	21.9	24.7		25	5	(0.8)
Pregnant.....	133	17.3	(1.19)		8.5*	9.9*	12.6	16.3	21.1	26.8*	30.4*		28	8*	(3.0)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Total fat (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	68.6	(0.92)	38.0	43.5	53.9	66.7	81.3	95.8	105.2
Pregnant.....	133	80.5	(3.33)	50.0*	55.8*	65.8	78.4	93.0	108.7*	118.0*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Saturated fat (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	22.7	(0.31)	11.7	13.6	17.3	21.9	27.3	32.9	36.5
Pregnant.....	133	26.3	(1.51)	15.6*	17.6*	21.1	25.6	31.0	37.0*	40.7*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
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**Monounsaturated fat (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	24.7	(0.36)	13.2	15.3	19.2	24.0	29.5	35.1	38.8
Pregnant.....	133	29.2	(1.23)	17.8*	20.0*	23.7	28.4	33.7	39.5*	42.8*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Polyunsaturated fat (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	15.2	(0.27)		8.5	9.7	12.0	14.7	18.0	21.2	23.4
Pregnant.....	133	18.1	(0.99)		9.6*	11.1*	13.6	17.1	21.3	26.1*	29.0*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
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**PFA 18:2 (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Above AI			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	13.4	(0.24)		7.4	8.5	10.5	13.0	15.9	18.9	20.9		12	60	(3.0)
Pregnant.....	133	16.0	(0.88)		8.4*	9.7*	12.0	15.1	18.8	23.0*	25.7*		13	67	(9.4)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**PFA 18:3 (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----								Above AI			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	1.33	(0.030)		0.75	0.85	1.04	1.28	1.56	1.85	2.04		1.1	69	(3.6)
Pregnant.....	133	1.59	(0.124)		0.73*	0.87*	1.12	1.47	1.93	2.46*	2.80*		1.4	55	(9.3)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Cholesterol (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							Above 300 mg			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	%	SE		
Females 19-50:														
Non-pregnant, non-lactating..	2957	231	(4.7)		113	132	170	219	277	339	381		18	(2.4)
Pregnant.....	133	286	(23.5)		163*	184*	221	271	331	399*	442*		37*	(19.3)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

No Dietary Reference Intakes have been established for cholesterol; percentage of individuals with usual intake above 300 mg.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Moisture (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Above AI			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	2755	(36.9)		1414	1632	2055	2615	3286	4009	4498		2700	46	(1.6)
Pregnant.....	133	2883	(78.9)		1537*	1798*	2243	2801	3431	4087*	4468*		3000	41	(4.1)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Vitamin A (μg RAE/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	549	(18.4)		216	266	369	513	698	906	1050		500	48	(2.5)		3000	<3
Pregnant.....	133	728	(86.5)		385*	441*	542	676	838	1020*	1133*		550	26*	(16.5)		3000	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

Vitamin A measured in Retinol Activity Equivalents (RAE). Comparison to the UL is for the retinol component only.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Alpha-carotene ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	356	(28)	21	32	65	136	275	518	750
Pregnant.....	133	389	(92)	39*	58*	110	217	425	771*	1118*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

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**Beta-carotene ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	1854	(118.1)		258	371	664	1216	2155	3548	4727
Pregnant.....	133	2199	(407.1)		514*	693*	1080	1740	2761	4204*	5246*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
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**Beta-cryptoxanthin ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	77	(9)		9	14	25	45	78	127	169
Pregnant.....	133	154*	(53)		24*	30*	47	76	119	184*	231*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
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**Lycopene ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	4814	(209)		1116	1581	2619	4199	6259	8585	10220
Pregnant.....	133	5688	(984)		1453*	1958*	3149	4932	7239	9995*	11780*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
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**Lutein + zeaxanthin ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	1345	(86.1)		264	354	568	934	1499	2267	2884
Pregnant.....	133	1790	(460.3)		369*	482*	722	1125	1748	2634*	3281*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

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**Thiamin (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR	
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE
Females 19-50:													
Non-pregnant, non-lactating..	2957	1.39	(0.021)	0.85	0.95	1.13	1.36	1.63	1.89	2.06	0.9	7	(1.6)
Pregnant.....	133	1.70	(0.099)	1.22*	1.32*	1.48	1.68	1.90	2.12*	2.25*	1.2	4*	(5.6)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

revised 7/2014

**Riboflavin (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	
Females 19-50:														
Non-pregnant, non-lactating..	2957	1.85	(0.036)		1.00	1.15	1.43	1.79	2.21	2.64	2.93		0.9	<3
Pregnant.....	133	2.09	(0.114)		1.21*	1.37*	1.65	2.01	2.43	2.89*	3.17*		1.2	5* (3.4)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Niacin (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	
Females 19-50:														
Non-pregnant, non-lactating..	2957	21.1	(0.29)		13.0	14.5	17.3	20.8	24.6	28.5	31.0		11	<3
Pregnant.....	133	23.4	(1.18)		16.3*	17.8*	20.2	23.1	26.3	29.6*	31.5*		14	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Vitamin B6 (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	1.69	(0.034)		0.94	1.07	1.32	1.63	2.00	2.39	2.64		1.1	11	(2.1)		100	<3
Pregnant.....	133	1.99	(0.105)		1.22*	1.36*	1.61	1.93	2.31	2.72*	2.96*		1.6	24	(8.1)		100	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Folate ($\mu\text{g DFE/day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR		Above UL				
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	470	(10.9)		256	292	363	455	565	681	758		320	15	(2.1)		1000	<3
Pregnant.....	133	622	(52.1)		379*	425*	503	603	718	841*	914*		520	29*	(12.2)		1000	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

Folate measured in Dietary Folate Equivalents (DFE). Comparison to the UL is for the folic acid component only.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Food folate ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	186	(4.3)	92	108	138	178	225	275	308
Pregnant.....	133	223	(14.9)	121*	138*	170	212	262	320*	355*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Choline (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Above AI			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	267	(4.3)		162	181	216	260	310	360	392		425	<3		3500	<3	
Pregnant.....	133	314	(18.1)		200*	221*	257	304	358	418*	454*		450	5*	(4.2)		3500	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake above the AI and the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Vitamin B12 ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							Below EAR				
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	4.45	(0.117)		2.17	2.52	3.24	4.19	5.36	6.63	7.49		2	3	(1.1)
Pregnant.....	133	5.99	(0.803)		2.34*	2.79*	3.64	4.88	6.53	8.56*	9.89*		2.2	3*	(2.2)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

It is advised that persons over 50 meet their B12 requirement mainly with fortified foods or supplements.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	76.6	(3.24)		19.5	26.1	41.2	64.7	97.7	137.7	166.7		60	45	(2.9)		2000	<3
Pregnant.....	133	121.0	(16.16)		30.4*	41.4*	64.0	99.4	148.8	211.3*	252.6*		70	30	(7.4)		2000	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) for non-smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

The usual intake distribution is compared to the EAR for non-smokers for all individuals regardless of smoking status.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**SMOKERS: Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups for smokers in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR		Above UL				
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 20-50:																		
Non-pregnant, non-lactating..	727	58.4	(4.41)		15.0	19.7	30.5	47.3	71.1	100.4	122.2		95	88	(3.4)		2000	<3
Estimates not available for pregnant females.....																		

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) for smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**NON-SMOKERS: Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups for non-smokers in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 20-50:																		
Non-pregnant, non-lactating..	2114	82.4	(3.31)		23.2	30.5	46.8	71.4	105.2	145.2	174.1		60	39	(3.2)		2000	<3
Estimates not available for pregnant females.....																		

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) for non-smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**SMOKERS and NON-SMOKERS: Vitamin C (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups for smokers and non-smokers in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE	
Females 20-50:																	
Non-pregnant, non-lactating..	2841	76.1	(3.23)		19.2	25.8	40.9	64.2	97.1	136.9	165.9		52	(3.2)		2000	<3
Estimates not available for pregnant females.....																	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) for smokers and non-smokers, Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

Percentage under the EAR is a weighted average by smoking status. Smoking status determined by self-reported cigarette use. Available for those 20 years and older.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Vitamin D ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR		Above UL				
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	3.9	(0.10)		1.4	1.8	2.5	3.6	5.0	6.6	7.7		10	>97		100	<3	
Pregnant.....	133	5.6	(0.65)		1.7*	2.3*	3.3	5.0	7.2	9.9*	11.7*		10	90*	(4.8)		100	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Vitamin E as alpha-tocopherol (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	6.9	(0.21)		3.2	3.7	4.9	6.4	8.3	10.4	11.9		12	95	(1.1)
Pregnant.....	133	7.4	(0.43)		3.9*	4.5*	5.6	7.2	9.0	11.1*	12.5*		12	94*	(5.3)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Vitamin K ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							Above AI				
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	90.7	(4.80)		29.9	36.7	51.3	73.4	104.0	142.0	170.4		90	35	(3.0)
Pregnant.....	133	113.7	(19.81)		33.2*	41.5*	58.4	84.8	122.9	173.7*	209.0*		90	46	(9.1)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Calcium (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	885	(17.4)		460	532	672	852	1064	1286	1432		800	43	(2.3)		2500	<3
Pregnant.....	133	1123	(75.9)		509*	616*	809	1068	1379	1724*	1932*		800	24	(8.6)		2500	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Phosphorus (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE	
Females 19-50:																	
Non-pregnant, non-lactating..	2957	1182	(15.6)		716	804	965	1159	1374	1586	1721		580	<3		4000	<3
Pregnant.....	133	1401	(72.4)		878*	976*	1144	1358	1605	1870*	2028*		580	<3		3500	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Magnesium (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR	
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE
Females 19-50:													
Non-pregnant, non-lactating..	2957	262	(5.2)		144	165	204	253	310	370	409		55 (2.5)
Pregnant.....	133	299	(14.5)		156*	182*	227	286	356	433*	479*		

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Iron (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	13.2	(0.24)		7.6	8.6	10.4	12.8	15.5	18.4	20.2		8.1	16	(1.3)		45	<3
Pregnant.....	133	16.9	(1.20)		12.1*	12.9*	14.4	16.2	18.2	20.3*	21.5*		22	96*	(6.4)		45	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

EAR comparisons for non-pregnant, non-lactating females by probability method for groups.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Zinc (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	10.0	(0.13)		5.9	6.6	8.0	9.7	11.7	13.8	15.1		6.8	12	(2.0)		40	<3
Pregnant.....	133	11.2	(0.59)		7.3*	8.0*	9.3	10.9	12.8	14.8*	16.0*		9.5	29	(7.6)		40	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Copper (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	1.1	(0.02)		0.7	0.7	0.9	1.1	1.4	1.6	1.8		0.7	8	(1.7)		10	<3
Pregnant.....	133	1.5	(0.14)		0.9*	1.0*	1.1	1.4	1.6	1.9*	2.1*		0.8	<3			10	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Selenium ($\mu\text{g}/\text{day}$): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Below EAR		Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	UL	%	SE	
Females 19-50:																	
Non-pregnant, non-lactating..	2957	94	(1.2)		60	66	78	93	109	124	134		45	<3		400	<3
Pregnant.....	133	109	(6.4)		82*	88*	97	108	120	131*	138*		49	<3		400	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake below the EAR and above the UL.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Sodium (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Above AI			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE	UL	%	SE		
Females 19-50:																		
Non-pregnant, non-lactating..	2957	3111	(40.5)		1884	2108	2526	3035	3606	4176	4539		1500	>97		2300	84	(2.0)
Pregnant.....	133	3523	(163.6)		2714*	2916*	3237	3615	4015	4411*	4633*		1500	>97		2300	>97	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake above the AI and the UL.

Discretionary salt use at the table not included. Post-processing salt adjustment omitted for 2007-2008.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Potassium (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Above AI		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE	
Females 19-50:														
Non-pregnant, non-lactating..	2957	2277	(34.2)		1300	1483	1819	2230	2685	3135	3424		4700	<3
Pregnant.....	133	2660	(128.2)		1557*	1764*	2120	2574	3101	3666*	4001*		4700	<3

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Caffeine (mg/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	152.9	(7.02)	4.9	13.3	43.7	107.7	209.3	343.5	444.7
Pregnant.....	133	57.3	(8.80)	1.3*	3.3*	11.8	32.7	70.6	127.5*	175.6*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Sodium (mg/1000 kcal/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	1718	(14.6)		1309	1383	1514	1671	1843	2011	2122
Pregnant.....	133	1698	(60.3)		1266*	1347*	1489	1663	1859	2054*	2184*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Discretionary salt use at the table not included. Post-processing salt adjustment omitted for 2007-2008.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Cholesterol (mg/1000 kcal/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	126	(2.5)	66	76	95	121	154	189	213
Pregnant.....	133	141	(13.0)	81*	90*	107	132	162	195*	218*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**PFA 20:5 (EPA) (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	0.03	(0.004)	#	0.01	0.01	0.01	0.02	0.03	0.03
Pregnant.....	133	0.03	(0.008)		0.01*	0.01*	0.01	0.02	0.02	0.04*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Indicates a non-zero value too small to report.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**PFA 22:6 (DHA) (g/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	
Females 19-50:											
Non-pregnant, non-lactating..	2957	0.06	(0.005)		0.01	0.01	0.02	0.04	0.05	0.08	0.10
Pregnant.....	133	0.07	(0.012)		0.02*	0.02*	0.03	0.05	0.07	0.11*	0.13*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

revised 7/2014

**Protein (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----								Within AMDR	
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE
Females 19-50:													
Non-pregnant, non-lactating..	2957	15.4	(0.12)		11.6	12.3	13.5	15.0	16.7	18.4	19.5		10-35% >97
Pregnant.....	133	14.9	(0.57)		12.3*	12.8*	13.7	14.7	15.9	17.0*	17.7*		10-35% >97

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Carbohydrate (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----								Within AMDR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE	
Females 19-50:														
Non-pregnant, non-lactating..	2957	51.2	(0.27)	39.7	41.9	45.7	50.1	54.9	59.4	62.3	45-65%	76	(1.6)	
Pregnant.....	133	52.2	(1.36)	43.4*	45.1*	48.2	51.4	54.9	58.3*	60.1*	45-65%	90*	(5.9)	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Total fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----								Within AMDR			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	32.6	(0.18)		26.0	27.5	30.1	33.0	36.1	39.0	40.7		20-35%	67	(1.7)
Pregnant.....	133	33.8	(1.00)		27.2*	28.6*	31.0	33.9	37.0	40.0*	41.9*		20-35%	60	(8.9)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Saturated fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							Below 10%	
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	%	SE
Females 19-50:												
Non-pregnant, non-lactating..	2957	10.8	(0.08)	7.8	8.5	9.6	10.9	12.3	13.6	14.4	33	(2.1)
Pregnant.....	133	11.1	(0.54)	8.0*	8.6*	9.7	11.1	12.7	14.3*	15.4*	30	(8.5)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

No Dietary Reference Intakes have been established for saturated fat; percentage of individuals with usual intake below 10% of total energy.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Monounsaturated fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	11.7	(0.10)	8.9	9.5	10.6	11.9	13.2	14.5	15.3
Pregnant.....	133	12.2	(0.34)	9.3*	9.9*	11.0	12.2	13.5	14.8*	15.7*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Polyunsaturated fat (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	7.2	(0.08)	5.6	5.9	6.6	7.3	8.1	8.9	9.4
Pregnant.....	133	7.6	(0.39)	5.2*	5.6*	6.4	7.4	8.5	9.6*	10.3*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.
* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**PFA 18:2 (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----								Within AMDR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE	
Females 19-50:														
Non-pregnant, non-lactating..	2957	6.4	(0.07)	4.8	5.2	5.8	6.5	7.2	8.0	8.4	05-10%	93	(2.2)	
Pregnant.....	133	6.7	(0.35)	4.6*	5.0*	5.7	6.6	7.5	8.5*	9.0*	05-10%	88*	(6.8)	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**PFA 18:3 (% of energy/day): Mean intake and percentiles of usual intake from food and beverages
as a percentage of total energy by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----								Within AMDR			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AMDR	%	SE		
Females 19-50:															
Non-pregnant, non-lactating..	2957	0.63	(0.010)		0.46	0.50	0.56	0.64	0.73	0.81	0.87		0.6-1.2%	63	(3.7)
Pregnant.....	133	0.67	(0.051)		0.44*	0.48*	0.55	0.64	0.74	0.84*	0.91*		0.6-1.2%	61	(12.7)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

Acceptable Macronutrient Distribution Range (AMDR) and the percentage of individuals with usual intake within the AMDR.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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**Dietary fiber (g/1000 kcal/day): Mean intake and percentiles of usual intake from food and beverages
by Dietary Reference Intake age-gender groups in the United States, females 19-50, 2007-2010**

	Day 1			---- Percentiles of Usual Intake ----						
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th
Females 19-50:										
Non-pregnant, non-lactating..	2957	8.0	(0.16)	3.9	4.6	5.8	7.5	9.4	11.6	13.0
Pregnant.....	133	8.5	(0.52)	4.5*	5.1*	6.3	7.9	9.8	11.8*	13.3*

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, females 19-50 years old (excluding lactating females), dietary intake data.

Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

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