

**Appendix E-2.6:** Usual Intake Distributions for Non-supplement Users for Folate, Folic Acid, Vitamin D, Calcium, and Iron, 2007-2010, by Age/Gender Groups

**Usual Intake from Food and Beverages 2007-2010 Compared To Dietary Reference Intakes -- nonusers of supplements containing the specific nutrient**

**Nonusers of supplements containing the specific nutrients**

<b><u>Page</u></b>	<b><u>Nutrient (unit of measure/day)</u></b>
1	Folate ( $\mu\text{g DFE/day}$ )
2	Folic acid ( $\mu\text{g/day}$ )
3	Vitamin D (D2+D3) ( $\mu\text{g/day}$ )
4	Calcium ( $\text{mg/day}$ )
5	Iron ( $\text{mg/day}$ )

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

3/2014

**NONUSERS OF SUPPLEMENTS CONTAINING FOLIC ACID: Folate ( µg DFE/day ): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							Below EAR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE
<b>Males:</b>													
1-3.....	600	370	(14.9)	194	224	281	353	440	528	587	120	<3	
4-8.....	686	520	(17.2)	316	351	416	500	599	700	770	160	<3	
9-13.....	680	561	(24.6)	324	369	452	558	685	813	901	250	<3	
14-18.....	703	625	(29.7)	322	372	470	604	770	946	1063	330	6	(2.2)
19-30.....	926	632	(19.4)	358	410	509	635	781	934	1036	320	<3	
31-50.....	1371	626	(20.8)	321	371	467	595	749	911	1025	320	5	(1.1)
19-50.....	2297	628	(15.5)	334	385	482	609	761	919	1026	320	4	(0.8)
51-70.....	1187	552	(13.3)	300	343	426	536	668	805	898	320	7	(1.4)
71 and over.....	552	519	(14.0)	254	297	379	493	635	789	898	320	14	(2.0)
50 and over.....	1739	545	(11.3)	287	330	414	525	659	802	898	320	9	(1.2)
19 and over.....	4036	601	(11.6)	315	363	457	579	725	881	986	320	5	(0.7)
<b>Females:</b>													
1-3.....	569	366	(12.3)	189	217	270	341	429	524	589	120	<3	
4-8.....	633	482	(14.3)	281	314	374	455	550	646	716	160	<3	
9-13.....	707	515	(20.4)	293	333	406	505	630	762	853	250	<3	
14-18.....	623	472	(24.6)	227	268	342	446	573	705	794	330	22	(5.1)
19-30.....	828	450	(12.0)	269	301	361	440	531	621	683	320	14	(4.1)
31-50.....	1350	452	(14.6)	239	275	345	437	548	666	747	320	19	(2.8)
19-50.....	2178	452	(11.0)	249	284	351	439	543	652	726	320	17	(2.2)
51-70.....	1092	432	(14.7)	231	266	332	418	526	636	715	320	22	(2.6)
71 and over.....	572	435	(11.9)	213	249	317	413	533	663	755	320	26	(2.2)
50 and over.....	1664	433	(11.1)	224	259	327	418	528	647	727	320	23	(2.0)
19 and over.....	3842	445	(8.2)	238	273	341	431	538	651	728	320	20	(1.8)
All individuals 1 and over..	13079	519	(6.7)	258	300	383	496	633	780	879		10	(0.7)

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. Folate measured in Dietary Folate Equivalents (DFE). Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

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

**NONUSERS OF SUPPLEMENTS CONTAINING FOLIC ACID: Folic acid ( µg/day ): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 2007-2010**

	Day 1			----- Percentiles of Usual Intake -----							Above UL		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	UL	%	SE
<b>Males:</b>													
1-3.....	600	147	(7.6)	59	73	100	136	181	228	260	300	<3	
4-8.....	686	222	(9.7)	119	136	168	211	262	315	350	400	<3	
9-13.....	680	229	(11.9)	113	135	176	232	298	367	414	600	<3	
14-18.....	703	257	(16.3)	113	136	184	250	332	418	475	800	<3	
19-30.....	926	233	(8.7)	110	133	176	235	306	383	436	1000	<3	
31-50.....	1371	221	(9.8)	82	103	145	205	281	363	421	1000	<3	
19-50.....	2297	226	(7.0)	92	113	156	216	291	371	427	1000	<3	
51-70.....	1187	180	(6.3)	65	83	119	171	238	310	360	1000	<3	
71 and over.....	552	189	(7.0)	67	86	124	179	249	326	381	1000	<3	
50 and over.....	1739	182	(5.2)	65	83	120	173	239	313	364	1000	<3	
19 and over.....	4036	211	(4.8)	81	101	142	200	273	354	409	1000	<3	
<b>Females:</b>													
1-3.....	569	146	(5.8)	63	76	101	136	177	221	251	300	<3	
4-8.....	633	206	(7.7)	104	121	151	193	241	289	324	400	<3	
9-13.....	707	218	(12.0)	105	125	161	212	274	340	384	600	<3	
14-18.....	623	193	(12.3)	78	96	130	179	240	305	349	800	<3	
19-30.....	828	168	(5.8)	84	99	127	165	211	257	290	1000	<3	
31-50.....	1350	157	(7.2)	65	80	110	153	207	265	307	1000	<3	
19-50.....	2178	161	(5.0)	71	86	116	158	210	266	305	1000	<3	
51-70.....	1092	141	(7.0)	50	64	93	135	190	250	293	1000	<3	
71 and over.....	572	157	(6.3)	51	66	99	147	211	283	334	1000	<3	
50 and over.....	1664	146	(5.4)	50	64	94	139	196	260	306	1000	<3	
19 and over.....	3842	156	(3.9)	61	76	107	151	206	266	309	1000	<3	
All individuals 1 and over..	13079	191	(2.9)	72	90	127	181	248	323	375		<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.

Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

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

**NONUSERS OF SUPPLEMENTS CONTAINING VITAMIN D: Vitamin D (D2+D3) ( μg/day ): Mean intake and percentiles of usual intake from food and beverages by Dietary Reference Intake age-gender groups in the United States, 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
<b>Males:</b>																
1-3.....	563	7.7	(0.38)	2.5	3.3	4.9	7.2	9.9	12.6	14.3	10	76	(2.9)	63	<3	
4-8.....	662	6.1	(0.23)	2.6	3.2	4.4	5.9	7.7	9.5	10.6	10	93	(2.1)	75	<3	
9-13.....	664	6.1	(0.35)	2.3	2.9	4.1	5.6	7.6	9.6	11.0	10	92	(1.9)	100	<3	
14-18.....	703	6.1	(0.31)	2.1	2.7	3.9	5.7	7.9	10.4	12.0	10	88	(2.6)	100	<3	
19-30.....	929	5.0	(0.16)	1.5	2.0	3.0	4.6	6.7	9.3	11.1	10	92	(1.2)	100	<3	
31-50.....	1362	5.4	(0.34)	1.7	2.2	3.2	4.7	6.7	9.1	10.9	10	93	(2.0)	100	<3	
19-50.....	2291	5.2	(0.22)	1.6	2.1	3.1	4.6	6.7	9.1	10.9	10	93	(1.4)	100	<3	
51-70.....	1151	5.0	(0.24)	1.6	2.0	3.0	4.5	6.5	9.0	10.7	10	93	(1.3)	100	<3	
71 and over.....	509	5.2	(0.33)	1.8	2.3	3.2	4.7	6.6	8.8	10.4	10	94	(1.5)	100	<3	
50 and over.....	1660	5.1	(0.20)	1.6	2.1	3.0	4.5	6.5	8.9	10.6	10	94	(1.0)	100	<3	
19 and over.....	3951	5.2	(0.17)	1.6	2.1	3.1	4.6	6.6	9.1	10.8	10	93	(0.9)	100	<3	
<b>Females:</b>																
1-3.....	543	7.9	(0.28)	2.9	3.7	5.2	7.3	9.8	12.3	14.0	10	77	(2.8)	63	<3	
4-8.....	618	5.8	(0.25)	2.5	3.1	4.1	5.6	7.2	8.8	9.9	10	95	(1.4)	75	<3	
9-13.....	700	4.7	(0.18)	1.7	2.2	3.1	4.5	6.2	8.0	9.2	10	>97		100	<3	
14-18.....	615	3.6	(0.22)	1.3	1.6	2.3	3.4	4.8	6.4	7.6	10	>97		100	<3	
19-30.....	824	3.7	(0.16)	1.3	1.6	2.3	3.2	4.5	5.9	6.9	10	>97		100	<3	
31-50.....	1294	3.9	(0.16)	1.4	1.8	2.5	3.4	4.8	6.2	7.3	10	>97		100	<3	
19-50.....	2118	3.8	(0.12)	1.4	1.7	2.4	3.4	4.6	6.1	7.2	10	>97		100	<3	
51-70.....	944	4.0	(0.25)	1.2	1.5	2.2	3.3	4.9	6.7	8.0	10	>97		100	<3	
71 and over.....	469	4.0	(0.21)	1.1	1.5	2.3	3.5	5.1	7.0	8.3	10	>97		100	<3	
50 and over.....	1413	4.0	(0.20)	1.1	1.5	2.2	3.4	5.0	6.8	8.1	10	>97		100	<3	
19 and over.....	3531	3.9	(0.10)	1.3	1.6	2.3	3.4	4.8	6.4	7.5	10	>97		100	<3	
All individuals 1 and over..	12550	4.9	(0.09)	1.5	1.9	2.8	4.3	6.2	8.4	10.1	10	95	(0.4)		<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. Vitamin D dietary intake estimates reflect the sum of only vitamin D2 and vitamin D3; 25(OH)D values are not provided by USDA SR. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

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

**NONUSERS OF SUPPLEMENTS CONTAINING CALCIUM: 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, 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
<b>Males:</b>																
1-3.....	680	1071	(45.4)	533	630	809	1033	1287	1537	1697	500	4	(1.7)	2500	<3	
4-8.....	844	1005	(23.5)	586	661	803	983	1186	1388	1521	800	25	(3.2)	2500	<3	
9-13.....	742	1107	(46.8)	636	726	886	1088	1327	1570	1732	1100	51	(5.1)	3000	<3	
14-18.....	687	1218	(42.7)	653	748	930	1162	1440	1717	1895	1100	43	(4.4)	3000	<3	
19-30.....	857	1136	(32.8)	564	660	845	1089	1383	1695	1907	800	21	(2.8)	2500	<3	
31-50.....	1220	1084	(34.9)	555	642	809	1030	1297	1576	1771	800	24	(2.5)	2500	<3	
19-50.....	2077	1105	(27.2)	558	648	822	1050	1326	1619	1815	800	23	(2.2)	2500	<3	
51-70.....	1063	974	(25.3)	448	528	690	909	1183	1479	1682	800	38	(2.9)	2000	<3	
71 and over.....	477	812	(28.3)	430	496	620	786	982	1190	1331	1000	77	(3.7)	2000	<3	
50 and over.....	1540	938	(21.2)	441	517	669	877	1132	1411	1602		46	(2.5)	2000	<3	
19 and over.....	3617	1050	(19.4)	506	593	762	988	1265	1566	1766		31	(1.7)		<3	
<b>Females:</b>																
1-3.....	637	1034	(29.8)	534	623	786	997	1245	1494	1658	500	4	(1.2)	2500	<3	
4-8.....	746	945	(28.9)	539	613	746	921	1119	1315	1454	800	33	(3.4)	2500	<3	
9-13.....	751	923	(27.9)	546	619	748	916	1113	1310	1444	1100	74	(4.4)	3000	<3	
14-18.....	611	851	(25.0)	444	516	647	820	1025	1230	1370	1100	82	(3.7)	3000	<3	
19-30.....	776	865	(24.0)	496	562	679	831	1007	1184	1299	800	45	(4.4)	2500	<3	
31-50.....	1165	825	(26.8)	403	471	604	778	985	1203	1354	800	53	(3.0)	2500	<3	
19-50.....	1941	842	(20.1)	434	502	632	801	998	1204	1341	800	50	(2.6)	2500	<3	
51-70.....	849	764	(26.3)	386	448	569	727	921	1120	1259	1000	82	(2.2)	2000	<3	
71 and over.....	406	731	(20.7)	351	415	533	690	883	1083	1214	1000	85	(1.9)	2000	<3	
50 and over.....	1255	755	(18.9)	374	436	556	719	911	1118	1253	1000	83	(1.6)	2000	<3	
19 and over.....	3196	813	(17.5)	409	475	602	769	968	1173	1312		62	(2.0)		<3	
All individuals 1 and over..	12511	964	(12.2)	469	549	703	912	1162	1429	1610		44	(1.2)		<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. Supplement intake includes antacids. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

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

**NONUSERS OF SUPPLEMENTS CONTAINING IRON: 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, 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	
<b>Males:</b>																	
1-3.....	672	10.5	(0.32)	5.3	6.2	7.9	10.0	12.6	15.2	17.0	3	<3		40	<3		
4-8.....	856	12.8	(0.27)	8.9	9.7	11.0	12.7	14.6	16.4	17.7	4.1	<3		40	<3		
9-13.....	766	15.3	(0.40)	9.8	10.8	12.8	15.2	17.9	20.6	22.4	5.9	<3		40	<3		
14-18.....	734	17.2	(0.46)	10.3	11.5	13.9	16.9	20.6	24.4	26.9	7.7	<3		45	<3		
19-30.....	998	17.5	(0.49)	9.8	11.2	13.9	17.3	21.2	25.2	27.9	6	<3		45	<3		
31-50.....	1561	17.7	(0.38)	9.7	11.1	13.7	17.2	21.3	25.6	28.5	6	<3		45	<3		
19-50.....	2559	17.7	(0.32)	9.6	11.1	13.8	17.2	21.3	25.5	28.3	6	<3		45	<3		
51-70.....	1523	16.5	(0.33)	9.3	10.6	13.1	16.3	20.1	24.0	26.6	6	<3		45	<3		
71 and over.....	756	15.8	(0.37)	8.4	9.6	12.0	15.3	19.3	23.6	26.5	6	<3		45	<3		
50 and over.....	2279	16.4	(0.28)	9.1	10.4	12.8	16.1	19.9	23.9	26.6	6	<3		45	<3		
19 and over.....	4838	17.2	(0.23)	9.4	10.8	13.4	16.8	20.8	24.9	27.7	6	<3		45	<3		
<b>Females:</b>																	
1-3.....	644	9.6	(0.26)	5.2	6.0	7.3	9.2	11.3	13.6	15.1	3	<3		40	<3		
4-8.....	763	12.3	(0.38)	7.3	8.2	9.8	11.9	14.3	16.8	18.6	4.1	<3		40	<3		
9-13.....	781	13.8	(0.37)	8.7	9.7	11.4	13.6	16.2	18.8	20.6	5.7	<3		40	<3		
14-18.....	643	12.7	(0.56)	6.7	7.7	9.5	12.0	14.9	17.8	19.7	7.9	17	(3.1)	45	<3		
19-30.....	854	12.7	(0.34)	7.5	8.4	10.1	12.3	14.9	17.7	19.5	8.1	17	(2.0)	45	<3		
31-50.....	1425	12.6	(0.29)	7.4	8.3	10.2	12.4	15.1	17.8	19.6	8.1	17	(1.8)	45	<3		
19-50.....	2279	12.7	(0.24)	7.4	8.3	10.1	12.4	15.0	17.7	19.6	8.1	17	(1.4)	45	<3		
51-70.....	1357	12.8	(0.29)	7.2	8.2	10.0	12.3	15.1	18.1	20.1	5	<3		45	<3		
71 and over.....	756	12.4	(0.36)	6.6	7.6	9.4	11.9	14.8	17.9	20.0	5	<3		45	<3		
50 and over.....	2113	12.7	(0.23)	7.0	7.9	9.8	12.2	15.0	18.1	20.1	5	<3		45	<3		
19 and over.....	4392	12.7	(0.20)	7.2	8.1	10.0	12.3	15.1	17.9	19.8		11	(0.9)	45	<3		
All individuals 1 and over..	15089	14.6	(0.13)	7.6	8.8	11.0	14.0	17.7	21.5	24.1		5	(0.3)		<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. EAR comparisons by probability method for groups. Breast-fed children, pregnant or lactating females, and individuals with incomplete dietary supplement data excluded.

DATA SOURCE: What We Eat in America, NHANES 2007-2010 dietary intake data and NHANES 2007-2010 30-day supplement questionnaire data.

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