

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)

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

2/2014

**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..	5659	1765	(14.7)		1100	1227	1453	1734	2045	2352	2551
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	67.1	(0.67)	42.0	46.8	55.4	66.0	77.6	89.0	96.4
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5606	1.08	(0.011)	0.66	0.73	0.88	1.06	1.26	1.45	1.58	0.66	5	(1.0)
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.

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

2/2014

**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..	5659	221	(1.7)		128	145	176	216	260	305	334		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.

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

2/2014

**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..	5659	103	(1.1)	46	55	73	97	127	157	178
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	14.8	(0.26)		6.9	8.2	10.8	14.2	18.2	22.4	25.1		9	(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.

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

2/2014

**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..	5659	66.4	(0.69)	37.0	42.3	52.2	64.7	78.9	93.3	102.7
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	21.9	(0.27)	11.3	13.1	16.6	21.1	26.4	31.8	35.5
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	23.9	(0.26)		13.0	15.0	18.6	23.2	28.6	34.0	37.6
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	14.9	(0.19)	8.2	9.4	11.6	14.4	17.8	21.2	23.5
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	13.2	(0.17)		7.1	8.2	10.1	12.7	15.7	18.9	20.9		61	(1.9)	
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.

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

2/2014

**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..	5659	1.34	(0.023)		0.74	0.84	1.03	1.28	1.59	1.91	2.12		1.1	68	(2.2)
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.

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

2/2014

**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..	5659	225	(4.1)		108	127	163	213	272	335	378		17 (1.9)
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.

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

2/2014

**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..	5659	2668	(26.9)		1385	1595	1998	2536	3183	3866	4331		2700	43	(1.2)
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.

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

2/2014

**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..	5659	588	(12.7)		231	282	390	543	741	963	1118		500	43	(1.9)		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.

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

2/2014

**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..	5659	398	(22)		26	41	82	169	339	626	899
Pregnant.....	133	389	(92)		249*	264*	283	294	300	302*	303*

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.

**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..	5659	2133	(89.4)		348	486	836	1482	2555	4077	5334
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	83	(6)		10	15	28	51	89	143	188
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	4537	(162)		1015	1454	2453	3969	5947	8140	9655
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.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture.

**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..	5659	1482	(61.1)		312	409	641	1037	1654	2482	3145
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.

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.

**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..	5659	1.38	(0.019)		0.83	0.93	1.11	1.35	1.61	1.88	2.06		0.9	8	(1.4)
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.

2/2014

**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..	5659	1.86	(0.025)		1.00	1.15	1.43	1.80	2.22	2.66	2.96		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.

2/2014

**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..	5659	20.5	(0.22)		12.2	13.7	16.5	20.1	24.1	28.2	30.9		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.

2/2014

**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..	5659	1.69	(0.026)		0.91	1.04	1.29	1.62	2.01	2.42	2.70		18	(1.7)		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.

2/2014

**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..	5659	466	(8.1)		247	283	354	447	561	683	765		320	17	(1.7)		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.

2/2014

**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..	5659	190	(3.1)	97	112	142	182	230	280	314
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.

**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..	5659	266	(3.5)		158	177	213	259	310	362	397		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.

2/2014

**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..	5659	4.42	(0.098)		2.04	2.40	3.12	4.10	5.34	6.70	7.64		2	5	(0.7)
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.

2/2014

**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..	5659	79.6	(2.40)		21.1	28.1	43.8	68.1	101.8	141.9	170.9		60	42	(2.1)		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.

**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..	1062	60.5	(3.39)		14.6	19.7	31.5	50.8	79.1	114.5	141.3		95	83	(2.6)		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.

2/2014

**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..	4481	84.1	(2.61)		24.8	32.3	48.6	73.1	106.4	145.2	173.0		60	37	(2.2)		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.

2/2014

**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..	5543	79.3	(2.42)		21.0	27.9	43.5	67.8	101.4	141.3	170.4		46	(2.3)		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.

**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..	5659	4.1	(0.10)		1.3	1.7	2.5	3.6	5.2	7.0	8.3		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.

2/2014

**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..	5659	7.0	(0.14)		3.2	3.7	4.9	6.5	8.5	10.7	12.3		12	94	(0.8)
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.

2/2014

**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..	5659	99.6	(3.28)		32.6	39.8	55.5	79.7	114.3	157.1	189.8		90	41	(2.3)
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.

2/2014

**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	
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE
Females 19-50:													
Non-pregnant, non-lactating..	5659	860	(13.3)	439	509	644	823	1036	1261	1413		57	(1.6)
Pregnant.....	133	1123	(75.9)	509*	616*	809	1068	1379	1724*	1932*		800	24 (8.6)

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), 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.

2/2014

**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		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE	
Females 19-50:														
Non-pregnant, non-lactating..	5659	1152	(12.7)		694	779	935	1128	1343	1555	1693		580	<3
Pregnant.....	133	1401	(72.4)		878*	976*	1144	1358	1605	1870*	2028*		580	<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.

2/2014

**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..	5659	261	(3.8)		146	166	204	253	310	369	408		55 (1.9)
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.

2/2014

**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..	5659	13.0	(0.19)		7.4	8.3	10.2	12.6	15.4	18.4	20.4		9	(0.8)		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 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.

**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..	5659	9.8	(0.13)		5.7	6.4	7.8	9.5	11.6	13.7	15.2		6.8	14	(1.5)		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.

2/2014

**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..	5659	1.2	(0.02)		0.7	0.7	0.9	1.1	1.4	1.7	1.9		0.7	7	(1.1)		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.

2/2014

**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..	5659	91	(1.0)		57	63	75	89	105	121	132		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.

2/2014

**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..	5659	2983	(27.9)		1840	2051	2436	2916	3455	3993	4343		>97		2300	81	(1.6)
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.

2/2014

**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..	5659	2339	(27.5)		1337	1522	1865	2291	2764	3230	3527		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.

2/2014

**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..	5659	159.0	(5.89)		5.4	14.8	47.3	112.4	217.7	352.5	455.6
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.

**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..	5659	1731	(11.1)		1305	1382	1519	1684	1868	2051	2169
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.

**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..	5659	129	(2.1)	68	78	97	123	155	190	214
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.

**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..	5659	0.03	(0.003)	#	0.01	0.01	0.01	0.02	0.03	0.04
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.

2/2014

**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..	5659	0.06	(0.004)		0.01	0.02	0.02	0.04	0.06	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.

**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..	5659	15.6	(0.10)		11.6	12.3	13.6	15.2	17.0	18.8	20.0		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.

2/2014

**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..	5659	50.7	(0.21)		39.6	41.7	45.4	49.7	54.4	58.9	61.7		45-65%	75	(1.2)
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.

2/2014

**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..	5659	33.1	(0.14)		26.2	27.7	30.4	33.5	36.9	40.0	41.9		20-35%	62	(1.2)
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.

2/2014

**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..	5659	10.9	(0.07)	7.8	8.4	9.6	10.9	12.4	13.8	14.7	32	(1.8)	
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.

2/2014

**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..	5659	11.9	(0.06)	9.1	9.7	10.8	12.1	13.4	14.8	15.6
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.

**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..	5659	7.5	(0.06)	5.4	5.9	6.6	7.5	8.5	9.5	10.1
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.

**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..	5659	6.6	(0.05)		4.7	5.1	5.8	6.6	7.5	8.4	9.0		05-10%	91	(1.4)
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.

2/2014

**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..	5659	0.68	(0.009)		0.47	0.51	0.58	0.67	0.78	0.88	0.95		0.6-1.2%	70	(2.2)
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.

**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..	5659	8.7	(0.11)	4.4	5.1	6.4	8.2	10.2	12.4	13.9
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.

2/2014