

Nutrient Intakes From Food Compared to Estimated Average Requirement (EAR) for 8,940 Individuals in Selected Population Groups, 2001-2002 ¹

Nutrient	Population Groups	EAR	Percent of Group With Intake Less Than EAR	Mean Intake	10th Percentile Intake	10th Percentile Intake as Percent of EAR	50th Percentile Intake	50th Percentile Intake as Percent of EAR
Vitamin A (RAE ²)	Children 1-3	210	<3	532	330	157%	512	244%
	Males 9-13	445	13	670	418	94%	643	144%
	Males 19-30	625	59	615	288	46%	559	89%
	Females 19-30	500	58	487	249	50%	458	92%
	Females 71+	500	38	600	349	70%	559	112%
	All Persons 1+ ³		44	600				
Vitamin E (mg Alpha-tocopherol)	Children 1-3	5	80	4	2.4	48%	3.7	74%
	Males 9-13	9	97	6	4.4	49%	5.9	66%
	Males 19-30	12	89	8.1	4.8	40%	7.6	63%
	Females 19-30	12	>97	6.2	3.4	28%	5.8	48%
	Females 71+	12	>97	5.6	3.3	28%	5.1	43%
	All Persons 1+		93	6.7				
Thiamin (mg)	Children 1-3	0.4	<3	1.2	0.85	213%	1.17	293%
	Males 9-13	0.7	<3	1.78	1.31	187%	1.74	249%
	Males 19-30	1	3	2.01	1.25	125%	1.93	193%
	Females 19-30	0.9	8	1.48	0.94	104%	1.44	160%
	Females 71+	0.9	12	1.27	0.87	97%	1.21	134%
	All Persons 1+		5	1.6				
Riboflavin (mg)	Children 1-3	0.4	<3	1.97	1.33	333%	1.94	485%
	Males 9-13	0.8	<3	2.51	1.7	213%	2.43	304%
	Males 19-30	1.1	<3	2.55	1.56	142%	2.44	222%
	Females 19-30	0.9	5	1.8	1.06	118%	2.19	243%
	Females 71+	0.9	<3	1.74	1.11	123%	2.02	224%
	All Persons 1+		<3	2.18				
Niacin (mg)	Children 1-3	5	<3	13.5	8.9	178%	13.2	264%
	Males 9-13	9	<3	22.5	15.6	173%	22	244%
	Males 19-30	12	<3	29.4	19.6	163%	28.5	238%
	Females 19-30	11	5	20.2	12.9	117%	19.7	179%
	Females 71+	11	13	16.1	10.5	95%	15.2	138%
	All Persons 1+		<3	21.9				
Vitamin B ₆ (mg)	Children 1-3	0.4	<3	1.34	0.89	223%	1.3	325%
	Males 9-13	0.8	<3	1.81	1.23	154%	1.76	220%
	Males 19-30	1.1	<3	2.36	1.42	129%	2.24	204%
	Females 19-30	1.1	23	1.54	0.87	79%	1.47	134%
	Females 71+	1.3	49	1.44	0.84	65%	1.32	102%
	All Persons 1+		14	1.81				
Folate (DFE ⁴)	Children 1-3	120	<3	416	254	212%	369	308%
	Males 9-13	250	<3	644	424	170%	619	248%
	Males 19-30	320	6	696	366	114%	641	200%
	Females 19-30	320	14	519	291	91%	491	153%
	Females 71+	320	21	452	272	85%	418	131%
	All Persons 1+		8	554				
Vitamin B ₁₂ (µg)	Children 1-3	0.7	<3	4.51	2.79	399%	4.38	626%
	Males 9-13	1.5	<3	6	3.98	265%	5.84	389%
	Males 19-30	2	<3	6.41	3.48	174%	5.8	290%
	Females 19-30	2	9	4.27	2.09	105%	3.87	194%
	Females 71+	2	*	4.18	1.92	96%	3.59	180%
	All Persons 1+			5.28				
Vitamin C (mg)	Children 1-3	13	<3	92.1	41	315%	84	646%
	Males 9-13	39	8	80.2	41	105%	75	192%
	Males 19-30	75	37	116.2	37	49%	97	129%
	Females 19-30	60	40	82.3	31	52%	70	117%
	Females 71+	60	40	81.6	27	45%	72	120%
	All Persons 1+		31	91.8				
Phosphorus (mg)	Children 1-3	380	<3	1065	721	190%	1044	275%
	Males 9-13	1055	9	1431	1066	101%	1399	133%
	Males 19-30	580	<3	1658	1097	189%	1612	278%
	Females 19-30	580	4	1160	717	124%	1136	196%
	Females 71+	580	5	946	650	112%	918	158%

Nutrient	Population Groups	EAR	Percent of Group With Intake Less Than EAR	Mean Intake	10th Percentile Intake	10th Percentile Intake as Percent of EAR	50th Percentile Intake	50th Percentile Intake as Percent of EAR
Magnesium (mg)	All Persons 1+		5	1304				
	Children 1-3	65	<3	188	132	203%	185	285%
	Males 9-13	200	14	250	193	97%	246	123%
	Males 19-30	330	55	328	213	65%	317	96%
	Females 19-30	255	64	235	136	53%	226	89%
	Females 71+	265	82	213	142	54%	203	77%
Iron (mg)	All Persons 1+		56	265				
	Children 1-3	3	<3	11	6.8	227%	10.5	350%
	Males 9-13	5.9	<3	17	11.6	197%	16.4	278%
	Males 19-30	6	<3	19.2	11.2	187%	18	300%
	Females 19-30	8.1	15	13.9	8.5	105%	13.4	165%
	Females 71+	5	<3	12.3	8	160%	14.2	284%
Zinc (mg)	All Persons 1+		5	15.3				
	Children 1-3	2.5	<3	8.3	5.6	224%	8	320%
	Males 9-13	7	<3	13	9.3	133%	12.8	183%
	Males 19-30	9.4	6	14.5	10.1	107%	14.2	151%
	Females 19-30	6.8	13	10.3	6.4	94%	9.8	144%
	Females 71+	6.8	36	8.2	5.2	76%	7.6	112%
Copper (mg)	All Persons 1+		12	11.6				
	Children 1-3	0.34	<3	0.76	0.49	144%	0.74	218%
	Males 9-13	0.54	<3	1.16	0.9	167%	1.14	211%
	Males 19-30	0.7	<3	1.59	1.09	156%	1.52	217%
	Females 19-30	0.7	11	1.13	0.68	97%	1.08	154%
	Females 71+	0.7	14	0.95	0.67	96%	0.91	130%
Selenium (µg)	All Persons 1+		5	1.24				
	Children 1-3	17	<3	65	45	265%	64	376%
	Males 9-13	17	<3	103	77	453%	102	600%
	Males 19-30	45	<3	131	89	198%	127	282%
	Females 19-30	45	4	99	57	127%	93	207%
	Females 71+	45	<3	75	54	120%	73	162%
Carbohydrate (g)	All Persons 1+		<3	102				
	Children 1-3	100	<3	204	143	143%	198	198%
	Males 9-13	100	<3	309	229	229%	264	264%
	Males 19-30	100	<3	366	239	239%	355	355%
	Females 19-30	100	<3	273	181	181%	268	268%
	Females 71+	100	<3	189	135	135%	186	186%
Protein (g/kg body weight) ⁵	All Persons 1+			274				
	Children 1-3	0.87	<3	4.38	3.08	354%	4.31	495%
	Males 9-13	0.76	<3	2	1.32	174%	1.95	257%
	Males 19-30	0.66	<3	1.38	0.97	147%	1.36	206%
	Females 19-30	0.66	5	1.15	0.75	114%	1.12	170%
	Females 71+	0.66	11	0.95	0.65	98%	0.92	139%
	All Persons 1+		3	1.51				

Source: All data derived or calculated from "What We Eat in America, NHANES 2001-2002" (USDA Agricultural Research Service, September 2005); except where noted below.

¹Sample Size: Children 1-3: 798, Males 19-30: 552, Females 19-30: 465, Females 71+:405, All Persons 1+:8940

²RAE= Retinol Activity Equivalents. 1 RAE= 1 µg retinol=12 µg Beta Carotene=24 µg Alpha Carotene

³"Percentage computed as weighted average of estimates for gender/age subgroups comprising the composite group."

⁴DFE= Dietary Folate Equivalent; 1 DFE= 1 µg food folate = 0.6 µg of folic acid from fortified food.

⁵Sample Size: Children 1-3: 798, Males 19-30: 535, Females 19-30: 457, Females 71+: 345, All Persons 1+: 8637.

**Comparison to EAR for ages 50 and older not presented because 10-30 percent of older people malabsorb food borne vitamin B₁₂. This age group is advised to meet the vitamin B₁₂ requirement mainly by consuming foods fortified with vitamin B₁₂ or a supplement containing it."