

Indicators of Diet Quality, Nutrition, and Health for Americans by Program Participation Status, 2011–2016: SNAP Report



Appendix F. Usual Micronutrient Intakes



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Appendix F. Usual Micronutrient Intakes



December 2021

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Submitted to

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Appendix F. Usual Micronutrient Intakes

Table F.1. Vitamin A (Micrograms Retinol Activity Equivalent): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	629	(5.8)	6,093	562	(9.1)	4,551	568	(13.0)	12,244	656 ***	(7.3)
Men and boys	12,123	679	(8.9)	2,890	615	(15.1)	2,291	608	(15.7)	6,235	706 ***	(11.3)
Women and girls	12,158	580	(7.6)	3,203	512	(10.2)	2,260	529	(20.6)	6,009	607 ***	(9.4)
Children 1–18 years old	9,260	595	(7.0)	3,076	557	(11.4)	1,709	560	(15.9)	4,023	622 ***	(10.2)
Boys	4,682	643	(10.0)	1,545	603	(19.2)	865	619	(26.1)	2,044	668 **	(14.7)
Girls	4,578	543	(9.8)	1,531	508	(11.8)	844	497	(17.5)	1,979	575 ***	(14.1)
Adults 19–59 years old	10,269	631	(8.1)	2,215	557	(12.9)	1,994	570	(20.5)	5,473	661 ***	(10.1)
Men	5,094	679	(11.1)	997	615	(21.6)	1,012	602	(22.3)	2,776	709 ***	(14.2)
Women	5,175	583	(11.7)	1,218	501	(14.1)	982	538	(34.4)	2,697	614 ***	(14.3)
Older adults 60+ years old	4,752	666	(16.9)	802	585	(24.6)	848	575	(22.8)	2,748	684 **	(20.4)
Men	2,347	730	(33.2)	348	632	(41.9)	414	615	(35.4)	1,415	755 *	(40.0)
Women	2,405	614	(14.5)	454	547	(28.8)	434	542	(29.8)	1,333	627 *	(17.9)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	61.2	(0.77)	6,093	51.1	(1.36)	4,551	51.4	(1.65)	12,244	65.5 ***	(1.01)
Men and boys	12,123	58.9	(0.95)	2,890	51.1	(2.05)	2,291	49.3	(2.11)	6,235	62.8 ***	(1.26)
Women and girls	12,158	63.3	(1.20)	3,203	51.1	(1.79)	2,260	53.5	(2.52)	6,009	68.1 ***	(1.57)
Children 1–18 years old	9,260	79.0	(1.07)	3,076	75.3	(1.95)	1,709	74.9	(3.14)	4,023	80.9 *	(1.34)
Boys	4,682	80.6	(1.32)	1,545	78.0	(2.96)	865	78.3	(4.25)	2,044	82.0	(1.60)
Girls	4,578	77.3	(1.71)	1,531	72.5	(2.52)	844	71.4	(4.62)	1,979	79.8 *	(2.17)
Adults 19–59 years old	10,269	53.7	(1.07)	2,215	42.4	(1.96)	1,994	43.3	(2.28)	5,473	59.3 ***	(1.47)
Men	5,094	50.1	(1.30)	997	41.7	(3.01)	1,012	39.3	(2.83)	2,776	54.6 ***	(1.77)
Women	5,175	57.3	(1.70)	1,218	43.1	(2.51)	982	47.2	(3.58)	2,697	63.8 ***	(2.35)
Older adults 60+ years old	4,752	60.4	(2.05)	802	45.8	(3.30)	848	45.5	(3.54)	2,748	64.2 ***	(2.47)
Men	2,347	56.1	(2.78)	348	42.6	(4.75)	414	39.9	(4.68)	1,415	61.5 **	(3.69)
Women	2,405	63.8	(2.95)	454	48.3	(4.56)	434	50.0	(5.17)	1,333	66.4 **	(3.34)

See notes at end of table.

Table F.1a. Vitamin A (Micrograms Retinol Activity Equivalent): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	283	342	386	461	632	842	977	1,077	1,240
Children 1–18 years old	328	381	421	483	619	775	870	938	1,046
Adults 19–59 years old	256	318	364	444	626	854	1,001	1,110	1,289
Older adults 60+ years old	303	364	410	488	670	904	1,058	1,173	1,366
SNAP participants	244	299	340	410	570	768	894	989	1,145
Children 1–18 years old	332	380	414	469	585	716	794	851	942
Adults 19–59 years old	213	269	312	387	561	781	923	1,031	1,208
Older adults 60+ years old	218	279	323	402	580	803	947	1,055	1,233
Income-eligible nonparticipants	226	282	324	395	559	767	900	1,000	1,161
Children 1–18 years old	282	337	380	448	592	760	862	936	1,054
Adults 19–59 years old	205	261	304	376	547	765	908	1,016	1,188
Older adults 60+ years old	210	267	309	381	552	783	930	1,040	1,232
Higher income nonparticipants	315 **	375 ***	419 ***	495 ***	662 ***	866 ***	998 *	1,096	1,253
Children 1–18 years old	344	399	439	504	642	802	899	970	1,082
Adults 19–59 years old	290	353 *	399 *	479 **	658 **	880 *	1,025	1,132	1,305
Older adults 60+ years old	353 **	413 *	458 **	533 **	703	916	1,055	1,164	1,336
Women and girls									
All individuals	260	309	346	408	545	712	818	896	1,023
Children 1–18 years old	272	317	351	405	522	656	738	798	893
Adults 19–59 years old	244	295	333	398	543	724	837	923	1,061
Older adults 60+ years old	290	339	376	438	576	747	857	938	1,072
SNAP participants	225	270	303	357	479	630	725	796	912
Children 1–18 years old	278	319	348	394	493	605	671	719	794
Adults 19–59 years old	210	255	288	342	465	620	719	792	911
Older adults 60+ years old	205	255	293	356	501	684	806	897	1,053

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipants	218	263	297	355	488	657	766	846	984
Children 1–18 years old	271	310	338	383	480	591	659	708	788
Adults 19–59 years old	192	239	275	337	485	679	807	901	1,065
Older adults 60+ years old	230	276	311	371	504	671	776	854	991
Higher income nonparticipants	284 **	334 ***	373 ***	437 ***	574 ***	742 ***	845 ***	922 ***	1,045 *
Children 1–18 years old	280	329	365	424	550 *	697 **	787 **	853 *	956 *
Adults 19–59 years old	277 *	329 **	369 ***	435 ***	579 ***	754 ***	862 **	943 *	1,072
Older adults 60+ years old	306 *	355 *	392 *	454 *	590	758	866	945	1,075

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.2. Vitamin B6 (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	2.06	(0.015)	6,093	1.96	(0.028)	4,551	1.97	(0.033)	12,244	2.09 ***	(0.020)
Men and boys	12,123	2.43	(0.026)	2,890	2.33	(0.050)	2,291	2.33	(0.058)	6,235	2.46 *	(0.032)
Women and girls	12,158	1.71	(0.017)	3,203	1.61	(0.027)	2,260	1.63	(0.033)	6,009	1.74 ***	(0.023)
Children 1–18 years old	9,260	1.70	(0.016)	3,076	1.67	(0.028)	1,709	1.68	(0.039)	4,023	1.70	(0.025)
Boys	4,682	1.88	(0.025)	1,545	1.84	(0.043)	865	1.85	(0.062)	2,044	1.88	(0.041)
Girls	4,578	1.51	(0.021)	1,531	1.50	(0.035)	844	1.51	(0.046)	1,979	1.51	(0.029)
Adults 19–59 years old	10,269	2.28	(0.025)	2,215	2.17	(0.044)	1,994	2.17	(0.051)	5,473	2.33 **	(0.032)
Men	5,094	2.74	(0.042)	997	2.65	(0.077)	1,012	2.61	(0.092)	2,776	2.77	(0.051)
Women	5,175	1.83	(0.027)	1,218	1.68	(0.041)	982	1.73	(0.046)	2,697	1.88 ***	(0.038)
Older adults 60+ years old	4,752	1.87	(0.021)	802	1.72	(0.061)	848	1.77	(0.065)	2,748	1.90 **	(0.026)
Men	2,347	2.21	(0.035)	348	1.95	(0.120)	414	2.12	(0.100)	1,415	2.25 *	(0.041)
Women	2,405	1.60	(0.026)	454	1.53	(0.053)	434	1.48	(0.085)	1,333	1.62	(0.032)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	91.4	(0.47)	6,093	86.1	(1.24)	4,551	86.9	(1.10)	12,244	93.0 ***	(0.58)
Men and boys	12,123	95.9	(0.39)	2,890	91.1	(1.27)	2,291	92.6	(1.22)	6,235	97.0 ***	(0.49)
Women and girls	12,158	87.0	(0.84)	3,203	81.3	(2.11)	2,260	81.4	(1.81)	6,009	89.1 ***	(1.04)
Children 1–18 years old	9,260	97.7	(0.66)	3,076	99.0	(0.90)	1,709	95.8 *	(1.03)	4,023	98.0	(0.83)
Boys	4,682	98.4	(0.48)	1,545	98.7	(0.82)	865	97.3	(1.08)	2,044	98.8	(0.59)
Girls	4,578	96.9	(1.25)	1,531	99.4	(1.63)	844	94.2 *	(1.77)	1,979	97.2	(1.58)
Adults 19–59 years old	10,269	92.7	(0.64)	2,215	85.5	(1.68)	1,994	89.3	(1.48)	5,473	94.7 ***	(0.79)
Men	5,094	96.9	(0.51)	997	92.6	(1.43)	1,012	94.5	(1.70)	2,776	97.8 ***	(0.62)
Women	5,175	88.5	(1.17)	1,218	78.5	(3.03)	982	84.1	(2.41)	2,697	91.6 ***	(1.44)
Older adults 60+ years old	4,752	79.1	(1.34)	802	71.0	(4.08)	848	68.1	(3.57)	2,748	81.0 *	(1.67)
Men	2,347	88.7	(1.35)	348	74.8	(5.56)	414	78.8	(4.01)	1,415	91.5 **	(1.72)
Women	2,405	71.3	(2.16)	454	68.0	(5.86)	434	59.5	(5.57)	1,333	72.7	(2.68)

See notes at end of table.

Table F.2a. Vitamin B6 (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	1.24	1.43	1.57	1.80	2.31	2.91	3.30	3.58	4.04
Children 1–18 years old	1.06	1.19	1.29	1.45	1.80	2.21	2.47	2.66	2.96
Adults 19–59 years old	1.34	1.56	1.72	1.98	2.58	3.31	3.78	4.12	4.68
Older adults 60+ years old	1.20	1.37	1.49	1.69	2.12	2.63	2.94	3.16	3.52
SNAP participants	1.09	1.28	1.42	1.66	2.18	2.83	3.25	3.56	4.08
Children 1–18 years old	1.11	1.24	1.33	1.47	1.79	2.14	2.36	2.52	2.77
Adults 19–59 years old	1.13	1.35	1.52	1.81	2.45	3.27	3.81	4.22	4.88
Older adults 60+ years old	0.93	1.10	1.22	1.42	1.85	2.37	2.69	2.92	3.30
Income-eligible nonparticipant	1.12	1.31	1.45	1.68	2.19	2.83	3.24	3.55	4.05
Children 1–18 years old	0.97	1.12	1.22	1.40	1.77	2.21	2.48	2.68	3.02
Adults 19–59 years old	1.24	1.45	1.60	1.86	2.44	3.17	3.65	4.01	4.60
Older adults 60+ years old	0.94	1.13	1.26	1.48	1.98	2.61	2.99	3.27	3.75
Higher income nonparticipants	1.30 **	1.48 **	1.62 **	1.84 **	2.34 *	2.93	3.31	3.59	4.04
Children 1–18 years old	1.06	1.20	1.30	1.46	1.81	2.22	2.48	2.67	2.97
Adults 19–59 years old	1.41 *	1.62 *	1.78 *	2.04 *	2.62	3.33	3.78	4.12	4.67
Older adults 60+ years old	1.28 *	1.45 *	1.56 *	1.76 *	2.17	2.65	2.94	3.16	3.50
Women and girls									
All individuals	0.95	1.08	1.17	1.32	1.64	2.02	2.25	2.41	2.68
Children 1–18 years old	0.92	1.02	1.10	1.22	1.47	1.75	1.92	2.05	2.24
Adults 19–59 years old	0.99	1.13	1.23	1.39	1.75	2.18	2.44	2.63	2.93
Older adults 60+ years old	0.91	1.03	1.11	1.25	1.55	1.89	2.10	2.25	2.48
SNAP participants	0.88	1.00	1.09	1.23	1.54	1.91	2.14	2.30	2.57
Children 1–18 years old	1.09	1.17	1.22	1.31	1.48	1.67	1.78	1.86	1.99
Adults 19–59 years old	0.79	0.93	1.04	1.21	1.58	2.05	2.34	2.56	2.91
Older adults 60+ years old	0.88	1.00	1.09	1.22	1.50	1.80	1.98	2.11	2.31

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	0.90	1.03	1.11	1.26	1.57	1.93	2.15	2.30	2.57
Children 1–18 years old	0.83	0.94	1.02	1.16	1.44	1.79	2.00	2.16	2.42
Adults 19–59 years old	0.98	1.11	1.21	1.36	1.68	2.04	2.26	2.41	2.66
Older adults 60+ years old	0.77	0.88	0.96	1.10	1.41	1.78	2.01	2.19	2.49
Higher income nonparticipants	0.99	1.11	1.21	1.36 *	1.68 ***	2.05 *	2.28	2.45	2.73
Children 1–18 years old	0.90	1.01	1.08	1.21	1.47	1.76	1.95	2.08	2.28
Adults 19–59 years old	1.05	1.19 **	1.29 **	1.45 ***	1.81 ***	2.23	2.48	2.68	2.99
Older adults 60+ years old	0.91	1.04	1.13	1.27	1.57	1.92	2.13	2.28	2.52

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.3. Vitamin B12 (Micrograms): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	5.00	(0.048)	6,093	4.75	(0.072)	4,551	4.66	(0.097)	12,244	5.10 ***	(0.063)
Men and boys	12,123	5.93	(0.086)	2,890	5.58	(0.121)	2,291	5.53	(0.176)	6,235	6.07 **	(0.114)
Women and girls	12,158	4.10	(0.045)	3,203	3.96	(0.078)	2,260	3.82	(0.086)	6,009	4.16 *	(0.059)
Children 1–18 years old	9,260	4.69	(0.055)	3,076	4.64	(0.090)	1,709	4.51	(0.112)	4,023	4.76	(0.083)
Boys	4,682	5.27	(0.093)	1,545	5.05	(0.145)	865	5.08	(0.181)	2,044	5.39	(0.142)
Girls	4,578	4.08	(0.056)	1,531	4.21	(0.105)	844	3.92	(0.130)	1,979	4.10	(0.081)
Adults 19–59 years old	10,269	5.25	(0.072)	2,215	5.05	(0.106)	1,994	4.82	(0.151)	5,473	5.37 *	(0.096)
Men	5,094	6.37	(0.130)	997	6.13	(0.177)	1,012	5.88	(0.283)	2,776	6.51	(0.171)
Women	5,175	4.13	(0.061)	1,218	3.98	(0.119)	982	3.77	(0.111)	2,697	4.24	(0.088)
Older adults 60+ years old	4,752	4.66	(0.114)	802	4.00	(0.167)	848	4.35	(0.192)	2,748	4.74 ***	(0.133)
Men	2,347	5.45	(0.203)	348	4.49	(0.323)	414	5.03	(0.297)	1,415	5.62 **	(0.255)
Women	2,405	4.03	(0.127)	454	3.61	(0.154)	434	3.81	(0.251)	1,333	4.03 *	(0.125)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	95.9	(0.39)	6,093	94.5	(0.85)	4,551	94.0	(1.04)	12,244	96.0	(0.51)
Men and boys	12,123	98.4	(0.30)	2,890	95.1	(0.99)	2,291	95.9	(1.27)	6,235	98.7 ***	(0.29)
Women and girls	12,158	93.5	(0.71)	3,203	94.0	(1.36)	2,260	92.1	(1.65)	6,009	93.5	(0.97)
Children 1–18 years old	9,260	98.6	(0.44)	3,076	99.8	(0.36)	1,709	97.8 **	(0.65)	4,023	98.4 *	(0.61)
Boys	4,682	99.3	(0.28)	1,545	99.9	(0.19)	865	99.7	(0.40)	2,044	99.1 *	(0.36)
Girls	4,578	97.9	(0.85)	1,531	99.7	(0.70)	844	95.9 **	(1.26)	1,979	97.6	(1.20)
Adults 19–59 years old	10,269	95.5	(0.59)	2,215	93.9	(1.23)	1,994	93.8	(1.65)	5,473	95.6	(0.80)
Men	5,094	98.5	(0.47)	997	95.5	(1.50)	1,012	94.5	(2.10)	2,776	98.9 *	(0.41)
Women	5,175	92.5	(1.08)	1,218	92.4	(1.95)	982	93.2	(2.55)	2,697	92.2	(1.55)
Older adults 60+ years old	4,752	93.8	(0.89)	802	89.5	(2.51)	848	89.4	(2.27)	2,748	94.4	(0.96)
Men	2,347	96.7	(0.68)	348	86.4	(2.91)	414	95.2 *	(2.19)	1,415	97.2 ***	(0.82)
Women	2,405	91.5	(1.51)	454	92.0	(3.88)	434	84.7	(3.70)	1,333	92.0	(1.60)

See notes at end of table.

Table F.3a. Vitamin B12 (Micrograms): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	2.58	3.08	3.46	4.09	5.53	7.31	8.46	9.30	10.69
Children 1–18 years old	2.59	3.02	3.34	3.87	5.02	6.38	7.23	7.84	8.82
Adults 19–59 years old	2.67	3.23	3.64	4.33	5.92	7.89	9.16	10.10	11.64
Older adults 60+ years old	2.24	2.69	3.04	3.62	4.98	6.75	7.92	8.80	10.27
SNAP participants	2.34	2.81	3.17	3.78	5.18	6.91	8.03	8.87	10.24
Children 1–18 years old	3.16	3.51	3.75	4.13	4.94	5.84	6.37	6.76	7.37
Adults 19–59 years old	2.23	2.78	3.21	3.93	5.61	7.74	9.11	10.16	11.86
Older adults 60+ years old	1.46	1.88	2.20	2.76	4.06	5.73	6.84	7.68	9.07
Income-eligible nonparticipant	2.21	2.70	3.07	3.69	5.11	6.90	8.05	8.92	10.33
Children 1–18 years old	2.51	2.95	3.28	3.81	4.90	6.15	6.91	7.45	8.32
Adults 19–59 years old	2.12	2.65	3.05	3.74	5.35	7.42	8.78	9.82	11.48
Older adults 60+ years old	2.04	2.48	2.81	3.35	4.61	6.27	7.31	8.07	9.43
Higher income nonparticipants	2.68	3.19	3.57	4.21 *	5.66 *	7.45	8.62	9.50	10.92
Children 1–18 years old	2.46	2.92	3.26	3.83	5.09	6.60	7.55 *	8.25 *	9.38 *
Adults 19–59 years old	2.87	3.41	3.82	4.51	6.06	7.99	9.25	10.20	11.73
Older adults 60+ years old	2.38 **	2.83 **	3.18 **	3.77 **	5.14 *	6.92	8.10	9.03	10.52
Women and girls									
All individuals	1.89	2.23	2.49	2.91	3.86	5.01	5.74	6.28	7.16
Children 1–18 years old	2.14	2.47	2.71	3.11	3.94	4.89	5.47	5.89	6.55
Adults 19–59 years old	1.83	2.18	2.44	2.89	3.87	5.09	5.85	6.43	7.35
Older adults 60+ years old	1.76	2.09	2.34	2.77	3.73	4.95	5.74	6.33	7.32
SNAP participants	2.01	2.34	2.57	2.95	3.78	4.76	5.38	5.83	6.55
Children 1–18 years old	2.59	2.89	3.10	3.42	4.11	4.89	5.35	5.68	6.20
Adults 19–59 years old	1.84	2.18	2.43	2.84	3.74	4.86	5.56	6.08	6.92
Older adults 60+ years old	1.81	2.12	2.35	2.71	3.47	4.35	4.90	5.29	5.93

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	1.85	2.16	2.39	2.77	3.62	4.63	5.26	5.72	6.49
Children 1–18 years old	1.78 *	2.13 *	2.38 *	2.80 *	3.72	4.81	5.49	5.98	6.79
Adults 19–59 years old	2.03	2.33	2.54	2.89	3.63	4.50	5.03	5.40	6.01
Older adults 60+ years old	1.41	1.74	1.99	2.43	3.45	4.78	5.65	6.31	7.48
Higher income nonparticipants	1.86	2.21	2.48	2.92	3.90	5.11	5.87	6.44	7.36
Children 1–18 years old	2.10	2.44	2.69	3.09	3.94	4.93	5.53	5.96	6.64
Adults 19–59 years old	1.78	2.15	2.43	2.90	3.95	5.25	6.08	6.70	7.72
Older adults 60+ years old	1.80	2.13	2.38	2.80	3.75	4.94	5.71	6.28	7.22

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.4. Vitamin C (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	79	(0.8)	6,093	76	(1.7)	4,551	81	(2.3)	12,244	79	(1.1)
Men and boys	12,123	85	(1.3)	2,890	84	(2.9)	2,291	88	(3.7)	6,235	83	(1.6)
Women and girls	12,158	74	(1.0)	3,203	68	(1.9)	2,260	73	(2.7)	6,009	75 **	(1.5)
Children 1–18 years old	9,260	74	(1.4)	3,076	74	(1.9)	1,709	80	(3.1)	4,023	72	(2.0)
Boys	4,682	79	(2.2)	1,545	79	(2.7)	865	83	(4.8)	2,044	77	(3.3)
Girls	4,578	69	(1.6)	1,531	69	(2.5)	844	78	(3.8)	1,979	67	(2.3)
Adults 19–59 years old	10,269	81	(1.2)	2,215	77	(2.6)	1,994	82	(3.4)	5,473	81	(1.6)
Men	5,094	87	(1.8)	997	89	(4.5)	1,012	90	(5.4)	2,776	84	(2.2)
Women	5,175	75	(1.6)	1,218	66	(2.8)	982	75	(4.2)	2,697	77 **	(2.2)
Older adults 60+ years old	4,752	82	(1.7)	802	76	(4.0)	848	75	(4.8)	2,748	84	(1.9)
Men	2,347	89	(2.9)	348	79	(6.7)	414	90	(9.5)	1,415	90	(3.0)
Women	2,405	76	(2.0)	454	73	(4.9)	434	63	(4.1)	1,333	79	(2.5)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	60.1	(0.77)	6,093	55.0	(1.42)	4,551	59.6	(2.27)	12,244	61.2 ***	(1.06)
Men and boys	12,123	58.3	(1.15)	2,890	55.0	(2.07)	2,291	60.4	(4.00)	6,235	57.9	(1.48)
Women and girls	12,158	61.8	(1.03)	3,203	54.9	(1.94)	2,260	58.8	(2.24)	6,009	64.4 ***	(1.51)
Children 1–18 years old	9,260	81.9	(1.67)	3,076	80.7	(2.11)	1,709	89.8	(6.09)	4,023	81.3	(1.97)
Boys	4,682	83.6	(2.90)	1,545	80.6	(2.80)	865	95.7	(11.33)	2,044	83.3	(3.24)
Girls	4,578	80.1	(1.58)	1,531	80.8	(3.18)	844	83.7	(3.79)	1,979	79.2	(2.17)
Adults 19–59 years old	10,269	52.8	(1.04)	2,215	45.8	(1.94)	1,994	51.1	(2.55)	5,473	54.5 ***	(1.55)
Men	5,094	49.7	(1.41)	997	47.3	(2.96)	1,012	48.5	(3.84)	2,776	49.0	(2.03)
Women	5,175	55.8	(1.54)	1,218	44.4	(2.53)	982	53.6 *	(3.35)	2,697	59.8 ***	(2.36)
Older adults 60+ years old	4,752	53.7	(1.43)	802	48.8	(3.86)	848	45.9	(4.88)	2,748	55.2	(1.75)
Men	2,347	49.3	(1.97)	348	43.0	(5.47)	414	47.7	(9.72)	1,415	49.6	(2.31)
Women	2,405	57.2	(2.03)	454	53.5	(5.39)	434	44.4	(4.07)	1,333	59.7	(2.56)

See notes at end of table.

Table F.4a. Vitamin C (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	24	31	37	47	74	110	135	154	186
Children 1–18 years old	28	35	41	50	72	100	118	132	155
Adults 19–59 years old	23	31	37	47	75	112	138	158	192
Older adults 60+ years old	18	26	32	44	74	118	149	172	213
SNAP participants	20	27	33	43	71	110	137	159	197
Children 1–18 years old	27	35	40	49	72	100	118	132	155
Adults 19–59 years old	18	25	31	42	72	116	148	174	219
Older adults 60+ years old	16	23	29	39	66	104	131	152	187
Income-eligible nonparticipant	27	33	38	48	74	112	139	161	199
Children 1–18 years old	44	49	54	61	77	98	112	122	139
Adults 19–59 years old	21	28	33	44	72	116	148	174	220
Older adults 60+ years old	20 ^u	27 ^u	33	44	72	118	150	176	221
Higher income nonparticipants	24	32	38	48	73	107	130	148	178
Children 1–18 years old	27	34	39	48	70	98	116	130	154
Adults 19–59 years old	25	33	38	49	74	108	131	149	179
Older adults 60+ years old	19	26	33	44	74	118	148	173	213
Women and girls									
All individuals	22	29	34	43	65	95	115	130	155
Children 1–18 years old	25	31	35	44	63	87	104	116	137
Adults 19–59 years old	21	28	33	43	66	97	118	134	161
Older adults 60+ years old	22	28	34	44	67	98	119	135	161
SNAP participants	19	25	29	38	59	88	108	124	151
Children 1–18 years old	29	35	39	47	64	86	99	110	126
Adults 19–59 years old	14	20	25	33	54	87	109	127	158
Older adults 60+ years old	19	26	31	40	63	94	116	132	160

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	21	27	32	41	64	95	115	131	158
Children 1–18 years old	29	36	41	50	71	98	116	129	151
Adults 19–59 years old	19	26	31	40	64	98	120	137	167
Older adults 60+ years old	16	21	26	34	55	83	101	116	141
Higher income nonparticipants	24	30	36 *	45 **	67 **	96	115	130	154
Children 1–18 years old	22	28	32	41	60	85	102	115	135
Adults 19–59 years old	25 **	31 ***	37 ***	47 ***	69 ***	99	118	134	159
Older adults 60+ years old	23	30	36	46	70	101	122	138	164

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.5. Vitamin D (Micrograms): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	4.9	(0.05)	6,093	5.0	(0.10)	4,551	4.6 **	(0.10)	12,244	5.0	(0.08)
Men and boys	12,123	5.6	(0.09)	2,890	5.6	(0.18)	2,291	5.1 *	(0.16)	6,235	5.7	(0.13)
Women and girls	12,158	4.3	(0.06)	3,203	4.3	(0.11)	2,260	4.0	(0.11)	6,009	4.3	(0.08)
Children 1–18 years old	9,260	5.7	(0.07)	3,076	5.7	(0.12)	1,709	5.7	(0.17)	4,023	5.7	(0.11)
Boys	4,682	6.3	(0.11)	1,545	6.2	(0.20)	865	6.3	(0.29)	2,044	6.3	(0.16)
Girls	4,578	5.1	(0.09)	1,531	5.2	(0.13)	844	5.0	(0.19)	1,979	5.2	(0.14)
Adults 19–59 years old	10,269	4.7	(0.09)	2,215	4.7	(0.15)	1,994	4.1 **	(0.14)	5,473	4.8	(0.12)
Men	5,094	5.4	(0.15)	997	5.5	(0.26)	1,012	4.6 *	(0.24)	2,776	5.6	(0.21)
Women	5,175	4.0	(0.09)	1,218	3.9	(0.17)	982	3.6	(0.16)	2,697	4.0	(0.11)
Older adults 60+ years old	4,752	4.7	(0.10)	802	4.8	(0.25)	848	4.3	(0.21)	2,748	4.7	(0.12)
Men	2,347	5.2	(0.14)	348	5.2	(0.47)	414	4.7	(0.30)	1,415	5.3	(0.17)
Women	2,405	4.2	(0.13)	454	4.5	(0.24)	434	4.0	(0.29)	1,333	4.3	(0.18)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	5.8	(0.37)	6,093	5.5	(0.75)	4,551	4.1	(0.58)	12,244	6.4	(0.51)
Men and boys	12,123	9.2	(0.69)	2,890	9.1	(1.45)	2,291	5.9	(1.06)	6,235	9.9	(0.95)
Women and girls	12,158	2.6	(0.28)	3,203	2.0	(0.49)	2,260	2.4	(0.50)	6,009	3.0	(0.40)
Children 1–18 years old	9,260	7.9	(0.57)	3,076	6.1	(0.94)	1,709	8.5	(1.25)	4,023	8.5	(0.86)
Boys	4,682	11.0	(0.94)	1,545	8.7	(1.70)	865	12.0	(2.12)	2,044	11.3	(1.41)
Girls	4,578	4.6	(0.62)	1,531	3.4	(0.72)	844	4.8	(1.28)	1,979	5.5	(0.96)
Adults 19–59 years old	10,269	5.4	(0.57)	2,215	5.3	(1.11)	1,994	2.4 * u	(0.81)	5,473	6.0	(0.78)
Men	5,094	9.2	(1.09)	997	9.7	(2.11)	1,012	3.6 * u	(1.52)	2,776	10.3	(1.49)
Women	5,175	1.5	(0.35)	1,218	1.0 u	(0.70)	982	1.3 u	(0.58)	2,697	1.7	(0.48)
Older adults 60+ years old	4,752	4.6	(0.57)	802	5.3 u	(1.85)	848	3.5	(0.91)	2,748	4.8	(0.73)
Men	2,347	6.5	(0.92)	348	8.0 u	(3.87)	414	4.4 u	(1.44)	1,415	6.6	(1.19)
Women	2,405	3.1	(0.71)	454	3.2 u	(1.18)	434	2.8 u	(1.16)	1,333	3.4	(0.90)

See notes at end of table.

Table F.5a. Vitamin D (Micrograms): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	1.8	2.3	2.7	3.4	5.0	7.2	8.6	9.7	11.6
Children 1–18 years old	2.4	2.9	3.4	4.2	5.9	8.0	9.3	10.2	11.7
Adults 19–59 years old	1.6	2.0	2.4	3.1	4.7	7.0	8.5	9.8	11.8
Older adults 60+ years old	1.7	2.1	2.5	3.1	4.6	6.6	7.9	8.9	10.6
SNAP participants	1.8	2.3	2.7	3.4	5.0	7.2	8.6	9.8	11.6
Children 1–18 years old	2.6	3.2	3.6	4.3	5.9	7.7	8.8	9.6	11.0
Adults 19–59 years old	1.6	2.1	2.5	3.1	4.8	7.1	8.7	9.9	12.0
Older adults 60+ years old	1.3	1.8	2.2	2.9	4.6	6.7	8.2	9.3	11.2
Income-eligible nonparticipant	1.8	2.2	2.6	3.2	4.6	6.5	7.7	8.6	10.1
Children 1–18 years old	2.2	2.8	3.3	4.1	5.9	8.1	9.4	10.4	12.0
Adults 19–59 years old	1.7	2.1	2.4	2.9	4.2	5.9	7.0	7.9	9.3
Older adults 60+ years old	1.4	1.9	2.2	2.8	4.2	6.1	7.3	8.2	9.7
Higher income nonparticipants	1.8	2.3	2.7	3.4	5.0	7.3	8.8	10.0	12.0
Children 1–18 years old	2.3	2.9	3.3	4.1	5.9	8.0	9.3	10.3	11.9
Adults 19–59 years old	1.5	2.0	2.4	3.1	4.8	7.1	8.8	10.2	12.4
Older adults 60+ years old	1.8	2.3	2.6	3.3	4.7	6.7	8.0	9.0	10.6
Women and girls									
All individuals	1.5	1.9	2.2	2.7	3.9	5.4	6.5	7.2	8.5
Children 1–18 years old	1.9	2.4	2.7	3.4	4.7	6.4	7.5	8.3	9.6
Adults 19–59 years old	1.4	1.7	2.0	2.5	3.6	5.0	6.0	6.7	7.9
Older adults 60+ years old	1.3	1.7	2.0	2.5	3.7	5.4	6.6	7.5	9.0
SNAP participants	1.9	2.2	2.5	3.0	4.0	5.3	6.2	6.8	7.9
Children 1–18 years old	2.2	2.7	3.0	3.6	4.9	6.4	7.3	8.0	9.1
Adults 19–59 years old	1.8	2.1	2.4	2.8	3.6	4.8	5.5	6.0	7.0
Older adults 60+ years old	1.5	1.9	2.2	2.7	4.0	5.6	6.8	7.6	9.0

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	1.3	1.7	2.0	2.4	3.6	5.1	6.2	6.9	8.2
Children 1–18 years old	1.8	2.3	2.6	3.2	4.6	6.3	7.4	8.2	9.5
Adults 19–59 years old	1.2	1.5	1.7	2.2	3.2	4.7	5.6	6.3	7.5
Older adults 60+ years old	1.1	1.5	1.8	2.3	3.5	5.2	6.3	7.1	8.6
Higher income nonparticipants	1.4	1.8	2.1	2.6	3.9	5.5	6.6	7.4	8.7
Children 1–18 years old	1.8	2.3	2.7	3.3	4.8	6.6	7.7	8.6	10.0
Adults 19–59 years old	1.3	1.7	2.0	2.4	3.6	5.0	6.0	6.8	8.1
Older adults 60+ years old	1.3	1.6	1.9	2.5	3.7	5.5	6.7	7.6	9.1

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.6. Vitamin E (Milligrams Alpha-Tocopherol): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	8.7	(0.06)	6,093	7.6	(0.12)	4,551	7.9	(0.12)	12,244	9.1 ***	(0.09)
Men and boys	12,123	9.6	(0.10)	2,890	8.5	(0.21)	2,291	8.7	(0.20)	6,235	10.0 ***	(0.13)
Women and girls	12,158	7.8	(0.09)	3,203	6.8	(0.12)	2,260	7.0	(0.15)	6,009	8.1 ***	(0.11)
Children 1–18 years old	9,260	6.9	(0.07)	3,076	6.6	(0.13)	1,709	6.6	(0.14)	4,023	7.1 **	(0.12)
Boys	4,682	7.4	(0.12)	1,545	6.8	(0.20)	865	7.0	(0.20)	2,044	7.7 **	(0.19)
Girls	4,578	6.4	(0.09)	1,531	6.4	(0.15)	844	6.1	(0.20)	1,979	6.5	(0.13)
Adults 19–59 years old	10,269	9.5	(0.10)	2,215	8.3	(0.18)	1,994	8.6	(0.19)	5,473	10.0 ***	(0.13)
Men	5,094	10.6	(0.15)	997	9.5	(0.31)	1,012	9.6	(0.30)	2,776	11.1 ***	(0.20)
Women	5,175	8.4	(0.14)	1,218	7.1	(0.17)	982	7.6	(0.24)	2,697	8.9 ***	(0.17)
Older adults 60+ years old	4,752	8.4	(0.14)	802	7.1	(0.28)	848	7.3	(0.26)	2,748	8.8 ***	(0.18)
Men	2,347	9.4	(0.20)	348	8.0	(0.52)	414	8.3	(0.47)	1,415	9.7 **	(0.25)
Women	2,405	7.7	(0.20)	454	6.3	(0.30)	434	6.5	(0.28)	1,333	8.1 ***	(0.26)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	23.1	(0.64)	6,093	15.2	(1.22)	4,551	17.1	(1.18)	12,244	25.8 ***	(0.93)
Men and boys	12,123	31.4	(0.95)	2,890	21.3	(2.28)	2,291	22.7	(1.89)	6,235	35.1 ***	(1.35)
Women and girls	12,158	15.0	(0.85)	3,203	9.4	(0.95)	2,260	11.7	(1.41)	6,009	16.9 ***	(1.30)
Children 1–18 years old	9,260	31.1	(1.31)	3,076	27.6	(1.80)	1,709	24.6	(2.43)	4,023	33.8 *	(2.28)
Boys	4,682	36.9	(1.95)	1,545	30.7	(2.80)	865	27.7	(3.71)	2,044	41.5 *	(3.28)
Girls	4,578	24.9	(1.75)	1,531	24.4	(2.24)	844	21.3	(3.10)	1,979	25.7	(3.16)
Adults 19–59 years old	10,269	22.4	(0.89)	2,215	13.0	(1.89)	1,994	16.5	(1.68)	5,473	25.5 ***	(1.21)
Men	5,094	31.8	(1.30)	997	21.0	(3.57)	1,012	22.6	(2.63)	2,776	35.6 ***	(1.71)
Women	5,175	13.1	(1.21)	1,218	5.1	(1.30)	982	10.4 *	(2.10)	2,697	15.5 ***	(1.72)
Older adults 60+ years old	4,752	14.5	(1.14)	802	5.7 u	(2.03)	848	9.0	(1.85)	2,748	16.4 ***	(1.56)
Men	2,347	21.5	(1.83)	348	8.0 u	(4.13)	414	15.2	(3.77)	1,415	23.6 ***	(2.28)
Women	2,405	9.0	(1.45)	454	3.8 u	(1.56)	434	3.9 u	(1.38)	1,333	10.7 **	(2.15)

See notes at end of table.

Table F.6a. Vitamin E (Milligrams Alpha-Tocopherol): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	4.5	5.3	5.9	6.8	9.0	11.6	13.3	14.6	16.6
Children 1–18 years old	4.1	4.6	5.0	5.6	7.1	8.8	9.8	10.6	11.9
Adults 19–59 years old	4.8	5.7	6.3	7.4	9.9	13.0	15.0	16.4	18.8
Older adults 60+ years old	4.3	5.1	5.7	6.6	8.8	11.4	13.2	14.4	16.5
SNAP participants	4.3	5.0	5.5	6.3	8.1	10.3	11.6	12.7	14.4
Children 1–18 years old	3.8	4.3	4.6	5.2	6.5	8.1	9.0	9.7	10.9
Adults 19–59 years old	4.6	5.3	5.9	6.8	8.9	11.5	13.1	14.3	16.2
Older adults 60+ years old	4.3	4.9	5.3	6.0	7.5	9.5	10.7	11.7	13.3
Income-eligible nonparticipant	4.3	5.0	5.5	6.4	8.3	10.6	12.0	13.1	14.8
Children 1–18 years old	4.4	4.9	5.2	5.8	6.9	8.1	8.9	9.4	10.3
Adults 19–59 years old	4.4	5.2	5.8	6.8	9.0	11.7	13.4	14.7	16.7
Older adults 60+ years old	3.5	4.2	4.8	5.7	7.8	10.4	12.0	13.1	15.1
Higher income nonparticipants	4.9	5.7	6.2	7.2 **	9.4 ***	12.1 ***	13.8 ***	15.1 ***	17.2 **
Children 1–18 years old	4.2	4.8	5.2	5.9	7.4 *	9.2 *	10.3	11.1	12.5
Adults 19–59 years old	5.2	6.1	6.8	7.9	10.4 ***	13.5 ***	15.5 **	17.0 *	19.4
Older adults 60+ years old	4.6	5.4	5.9	6.9	9.1	11.8 *	13.5	14.9	17.1
Women and girls									
All individuals	3.8	4.5	4.9	5.7	7.3	9.4	10.7	11.6	13.2
Children 1–18 years old	3.7	4.2	4.5	5.0	6.2	7.5	8.3	8.9	9.8
Adults 19–59 years old	3.9	4.6	5.1	6.0	7.9	10.2	11.6	12.7	14.5
Older adults 60+ years old	3.7	4.3	4.7	5.5	7.2	9.3	10.7	11.7	13.4
SNAP participants	3.4	4.0	4.4	5.0	6.4	8.2	9.2	10.0	11.3
Children 1–18 years old	3.9	4.4	4.7	5.2	6.2	7.4	8.2	8.7	9.6
Adults 19–59 years old	3.4	4.0	4.4	5.2	6.7	8.6	9.8	10.7	12.0
Older adults 60+ years old	2.9	3.5	3.9	4.5	6.0	7.7	8.9	9.7	11.1

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	3.2	3.8	4.2	4.9	6.6	8.6	9.9	10.8	12.5
Children 1–18 years old	3.4	3.8	4.1	4.6	5.8	7.2	8.1	8.7	9.8
Adults 19–59 years old	3.2	3.9	4.4	5.2	7.1	9.5	11.0	12.0	13.9
Older adults 60+ years old	3.1	3.6	3.9	4.6	6.0	7.9	9.0	9.9	11.5
Higher income nonparticipants	4.3 **	4.9 ***	5.3 ***	6.1 ***	7.7 ***	9.7 ***	11.0 ***	11.9 ***	13.5 ***
Children 1–18 years old	3.9	4.4	4.7	5.2	6.3	7.5	8.3	8.8	9.7
Adults 19–59 years old	4.5 *	5.1 **	5.7 ***	6.5 ***	8.4 ***	10.7 ***	12.1 ***	13.2 ***	14.9 ***
Older adults 60+ years old	4.1 *	4.7 *	5.2 **	5.9 **	7.6 ***	9.7 ***	11.1 **	12.1 **	13.7

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.7. Folate (Micrograms Dietary Folate Equivalent): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	530	(3.3)	6,093	505	(6.8)	4,551	516	(7.5)	12,244	535 ***	(4.5)
Men and boys	12,123	600	(5.4)	2,890	573	(10.8)	2,291	583	(10.7)	6,235	606 *	(7.2)
Women and girls	12,158	462	(4.0)	3,203	440	(8.2)	2,260	452	(10.4)	6,009	468 **	(5.5)
Children 1–18 years old	9,260	499	(5.4)	3,076	504	(10.5)	1,709	495	(11.8)	4,023	496	(7.9)
Boys	4,682	539	(8.2)	1,545	537	(16.5)	865	547	(18.7)	2,044	532	(11.7)
Girls	4,578	457	(7.1)	1,531	470	(12.8)	844	440	(14.0)	1,979	458	(10.5)
Adults 19–59 years old	10,269	553	(5.0)	2,215	523	(10.0)	1,994	544	(11.0)	5,473	562 **	(6.6)
Men	5,094	633	(7.9)	997	607	(15.5)	1,012	618	(15.6)	2,776	642	(10.5)
Women	5,175	474	(6.0)	1,218	439	(12.6)	982	470	(15.5)	2,697	482 **	(8.0)
Older adults 60+ years old	4,752	499	(6.4)	802	455	(14.3)	848	462	(15.4)	2,748	507 **	(8.4)
Men	2,347	579	(11.4)	348	515	(26.6)	414	519	(19.7)	1,415	593 **	(14.4)
Women	2,405	435	(7.2)	454	407	(14.6)	434	415	(22.8)	1,333	438	(9.7)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	89.4	(0.58)	6,093	85.8	(1.29)	4,551	86.9	(1.42)	12,244	90.3 **	(0.63)
Men and boys	12,123	94.4	(0.53)	2,890	89.6	(1.46)	2,291	92.0	(1.31)	6,235	95.9 ***	(0.61)
Women and girls	12,158	84.5	(1.01)	3,203	82.1	(2.11)	2,260	82.0	(2.49)	6,009	84.9	(1.08)
Children 1–18 years old	9,260	95.7	(0.68)	3,076	96.8	(1.59)	1,709	93.2	(1.19)	4,023	95.5	(0.83)
Boys	4,682	98.2	(0.66)	1,545	97.9	(2.04)	865	98.0	(0.86)	2,044	98.1	(0.80)
Girls	4,578	93.0	(1.21)	1,531	95.6	(2.45)	844	88.2 *	(2.26)	1,979	92.8	(1.48)
Adults 19–59 years old	10,269	89.0	(0.87)	2,215	84.0	(1.89)	1,994	87.3	(2.20)	5,473	90.3 **	(0.92)
Men	5,094	94.0	(0.75)	997	88.1	(1.94)	1,012	92.4	(2.06)	2,776	96.2 ***	(0.85)
Women	5,175	84.0	(1.57)	1,218	79.9	(3.22)	982	82.3	(3.88)	2,697	84.5	(1.62)
Older adults 60+ years old	4,752	82.4	(1.32)	802	76.9	(3.25)	848	77.6	(3.27)	2,748	83.4	(1.50)
Men	2,347	90.3	(1.56)	348	82.5	(4.59)	414	82.0	(3.07)	1,415	91.5	(1.81)
Women	2,405	76.0	(2.03)	454	72.4	(4.55)	434	74.1	(5.36)	1,333	76.9	(2.28)

See notes at end of table.

Table F.7a. Folate (Micrograms Dietary Folate Equivalent): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	303	350	385	442	569	721	818	889	1,004
Children 1–18 years old	311	350	378	423	520	633	703	754	834
Adults 19–59 years old	308	359	396	459	598	766	873	951	1,078
Older adults 60+ years old	276	322	356	413	542	703	806	882	1,008
SNAP participants	277	323	357	414	541	695	793	866	985
Children 1–18 years old	360	391	412	448	524	610	662	701	763
Adults 19–59 years old	253	305	345	412	564	752	873	965	1,113
Older adults 60+ years old	237	284	316	371	489	629	716	780	883
Income-eligible nonparticipant	278	327	362	421	551	709	809	882	999
Children 1–18 years old	290	332	364	416	524	653	732	790	884
Adults 19–59 years old	288	341	379	442	583	754	863	944	1,071
Older adults 60+ years old	224	271	304	360	485	643	740	810	931
Higher income nonparticipants	319	364	398	454 *	575 *	722	816	886	998
Children 1–18 years old	296	335	363	410	510	629	702	756	843
Adults 19–59 years old	339 ***	387 ***	423 ***	482 ***	610 *	766	865	939	1,056
Older adults 60+ years old	286	332	366	424	554	716	822	904	1,035
Women and girls									
All individuals	246	282	308	351	443	551	618	668	747
Children 1–18 years old	254	287	312	352	438	540	603	649	724
Adults 19–59 years old	251	289	315	360	455	567	635	686	766
Older adults 60+ years old	222	256	282	324	414	523	590	638	718
SNAP participants	248	281	305	343	424	519	577	620	687
Children 1–18 years old	297	328	350	384	458	542	593	630	688
Adults 19–59 years old	240	274	298	337	421	522	583	627	698
Older adults 60+ years old	214	247	272	311	392	486	545	587	656

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	230	266	292	335	430	544	614	665	751
Children 1–18 years old	203	238 *	264 *	309 **	410	537	618	680	784
Adults 19–59 years old	243	281	308	353	450	565	635	684	766
Older adults 60+ years old	228	258	280	316	396	492	552	596	672
Higher income nonparticipants	250	285	311	354	446	557	626	677	759
Children 1–18 years old	263	295	318	356	439	538	600	647	721
Adults 19–59 years old	253	290	317	363	460	577	648	702	788
Older adults 60+ years old	226	260	285	327	417	526	594	643	722

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample *t*-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.8. Niacin (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	25.1	(0.14)	6,093	24.2	(0.26)	4,551	24.4	(0.33)	12,244	25.4 ***	(0.19)
Men and boys	12,123	29.7	(0.23)	2,890	28.5	(0.44)	2,291	28.9	(0.59)	6,235	30.1 **	(0.32)
Women and girls	12,158	20.6	(0.16)	3,203	20.0	(0.28)	2,260	20.0	(0.32)	6,009	20.8 *	(0.22)
Children 1–18 years old	9,260	20.8	(0.19)	3,076	20.7	(0.29)	1,709	20.6	(0.43)	4,023	20.8	(0.27)
Boys	4,682	23.0	(0.28)	1,545	22.6	(0.44)	865	22.8	(0.67)	2,044	23.2	(0.41)
Girls	4,578	18.5	(0.26)	1,531	18.7	(0.38)	844	18.3	(0.51)	1,979	18.4	(0.36)
Adults 19–59 years old	10,269	27.8	(0.22)	2,215	26.6	(0.39)	1,994	27.2	(0.52)	5,473	28.2 **	(0.30)
Men	5,094	33.5	(0.37)	997	32.2	(0.64)	1,012	32.8	(0.94)	2,776	33.9 *	(0.50)
Women	5,175	22.1	(0.24)	1,218	21.1	(0.44)	982	21.6	(0.45)	2,697	22.5 *	(0.34)
Older adults 60+ years old	4,752	22.4	(0.23)	802	21.3	(0.65)	848	20.8	(0.60)	2,748	22.7 *	(0.29)
Men	2,347	26.8	(0.37)	348	24.6	(1.32)	414	25.1	(1.02)	1,415	27.2	(0.46)
Women	2,405	18.9	(0.29)	454	18.5	(0.50)	434	17.3	(0.71)	1,333	19.1	(0.38)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	98.8	(0.17)	6,093	97.4	(0.54)	4,551	97.8	(0.48)	12,244	99.0 **	(0.20)
Men and boys	12,123	99.7	(0.08)	2,890	98.0	(0.57)	2,291	99.0	(0.39)	6,235	99.8 **	(0.07)
Women and girls	12,158	98.0	(0.32)	3,203	96.8	(0.91)	2,260	96.7	(0.86)	6,009	98.2	(0.38)
Children 1–18 years old	9,260	99.4	(0.26)	3,076	99.7	(0.28)	1,709	98.7	(0.53)	4,023	99.5	(0.35)
Boys	4,682	99.7	(0.16)	1,545	99.7	(0.29)	865	99.4	(0.49)	2,044	99.8	(0.17)
Girls	4,578	99.1	(0.50)	1,531	99.7	(0.49)	844	98.0	(0.95)	1,979	99.1	(0.69)
Adults 19–59 years old	10,269	98.9	(0.20)	2,215	97.4	(0.72)	1,994	98.5	(0.59)	5,473	99.2 *	(0.23)
Men	5,094	99.8	(0.08)	997	98.9	(0.46)	1,012	99.1	(0.56)	2,776	99.9 *	(0.08)
Women	5,175	98.1	(0.38)	1,218	95.9	(1.36)	982	97.8	(1.03)	2,697	98.5	(0.44)
Older adults 60+ years old	4,752	97.7	(0.57)	802	94.4	(1.88)	848	94.6	(1.69)	2,748	97.9	(0.65)
Men	2,347	99.3	(0.30)	348	92.4	(2.96)	414	97.6	(1.08)	1,415	99.7 *	(0.18)
Women	2,405	96.4	(1.00)	454	96.0	(2.43)	434	92.2	(2.92)	1,333	96.4	(1.17)

See notes at end of table.

Table F.8a. Niacin (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	17.3	19.4	21.0	23.5	28.8	34.8	38.5	41.1	45.3
Children 1–18 years old	14.2	15.8	16.9	18.7	22.4	26.7	29.3	31.2	34.1
Adults 19–59 years old	18.8	21.3	23.1	26.1	32.4	39.6	44.0	47.2	52.2
Older adults 60+ years old	16.8	18.6	19.9	21.9	26.2	30.9	33.7	35.6	38.7
SNAP participants	15.1	17.3	19.0	21.7	27.4	34.0	38.1	41.1	45.8
Children 1–18 years old	14.0	15.6	16.6	18.4	22.0	26.1	28.5	30.3	33.1
Adults 19–59 years old	16.5	19.1	21.0	24.1	30.8	38.8	43.7	47.3	53.1
Older adults 60+ years old	11.7	14.1	15.7	18.3	23.9	30.0	33.7	36.4	40.5
Income-eligible nonparticipant	15.8	18.0	19.6	22.1	27.7	34.3	38.4	41.4	46.2
Children 1–18 years old	13.2	14.8	16.1	18.1	22.1	26.8	29.6	31.6	34.8
Adults 19–59 years old	16.8	19.4	21.3	24.4	31.1	39.3	44.4	48.3	54.3
Older adults 60+ years old	16.1	17.8	18.9	20.7	24.5	28.8	31.3	33.1	35.9
Higher income nonparticipants	18.2 ***	20.3 ***	21.8 ***	24.2 ***	29.2 **	34.9	38.4	40.9	44.8
Children 1–18 years old	14.6	16.1	17.2	19.0	22.6	26.7	29.2	31.0	33.8
Adults 19–59 years old	20.0 *	22.4 **	24.2 **	27.0 **	33.0	39.7	43.8	46.8	51.4
Older adults 60+ years old	17.8 ***	19.5 ***	20.7 **	22.6 **	26.6	31.1	33.8	35.8	38.8
Women and girls									
All individuals	12.5	13.9	15.0	16.7	20.1	24.0	26.3	27.9	30.4
Children 1–18 years old	12.1	13.3	14.1	15.5	18.2	21.1	22.9	24.1	26.1
Adults 19–59 years old	12.9	14.6	15.8	17.7	21.6	25.9	28.5	30.4	33.3
Older adults 60+ years old	11.5	12.9	13.8	15.4	18.5	21.9	24.0	25.4	27.7
SNAP participants	11.9	13.4	14.4	16.1	19.5	23.3	25.7	27.3	30.0
Children 1–18 years old	13.0	14.1	14.9	16.0	18.5	21.1	22.6	23.7	25.4
Adults 19–59 years old	11.6	13.3	14.5	16.4	20.3	25.0	27.8	29.8	33.0
Older adults 60+ years old	11.4	12.8	13.7	15.2	18.2	21.5	23.4	24.8	26.9

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	12.1	13.5	14.5	16.1	19.5	23.2	25.5	27.0	29.6
Children 1–18 years old	10.8	12.1	13.1	14.6	17.8	21.4	23.6	25.2	27.8
Adults 19–59 years old	13.3	14.8	15.9	17.6	21.1	25.1	27.4	29.0	31.6
Older adults 60+ years old	10.3	11.5	12.4	13.8	16.8	20.2	22.3	23.7	26.2
Higher income nonparticipants	12.6	14.1	15.1	16.9	20.3	24.2	26.5	28.2	30.8
Children 1–18 years old	12.1	13.3	14.1	15.4	18.1	21.0	22.8	24.0	25.9
Adults 19–59 years old	13.2	14.8	16.0	17.9	21.9	26.3	28.9	30.8	33.8
Older adults 60+ years old	11.6	13.0	14.0	15.5	18.7	22.3	24.4	25.9	28.2

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t-tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.9. Riboflavin (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	2.12	(0.013)	6,093	1.97	(0.024)	4,551	2.00	(0.027)	12,244	2.18 ***	(0.017)
Men and boys	12,123	2.43	(0.022)	2,890	2.27	(0.042)	2,291	2.29	(0.048)	6,235	2.49 ***	(0.029)
Women and girls	12,158	1.81	(0.014)	3,203	1.68	(0.024)	2,260	1.72	(0.027)	6,009	1.87 ***	(0.018)
Children 1–18 years old	9,260	1.93	(0.015)	3,076	1.88	(0.028)	1,709	1.89	(0.040)	4,023	1.97 **	(0.023)
Boys	4,682	2.11	(0.023)	1,545	2.04	(0.046)	865	2.08	(0.062)	2,044	2.15	(0.034)
Girls	4,578	1.75	(0.021)	1,531	1.71	(0.030)	844	1.68	(0.050)	1,979	1.79	(0.030)
Adults 19–59 years old	10,269	2.22	(0.020)	2,215	2.05	(0.037)	1,994	2.09	(0.042)	5,473	2.29 ***	(0.026)
Men	5,094	2.59	(0.035)	997	2.42	(0.064)	1,012	2.43	(0.076)	2,776	2.66 **	(0.046)
Women	5,175	1.86	(0.021)	1,218	1.69	(0.036)	982	1.76	(0.036)	2,697	1.93 ***	(0.026)
Older adults 60+ years old	4,752	2.04	(0.022)	802	1.84	(0.051)	848	1.87	(0.049)	2,748	2.09 ***	(0.028)
Men	2,347	2.37	(0.039)	348	2.11	(0.096)	414	2.12	(0.077)	1,415	2.44 **	(0.049)
Women	2,405	1.77	(0.025)	454	1.62	(0.052)	434	1.66	(0.063)	1,333	1.81 **	(0.032)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	97.4	(0.22)	6,093	94.8	(0.60)	4,551	95.4	(0.61)	12,244	98.2 ***	(0.22)
Men and boys	12,123	97.7	(0.29)	2,890	94.3	(0.86)	2,291	96.2	(0.90)	6,235	98.4 ***	(0.28)
Women and girls	12,158	97.2	(0.32)	3,203	95.2	(0.84)	2,260	94.7	(0.83)	6,009	98.0 **	(0.34)
Children 1–18 years old	9,260	98.7	(0.35)	3,076	99.2	(0.56)	1,709	98.0	(0.58)	4,023	98.9	(0.40)
Boys	4,682	99.2	(0.35)	1,545	99.7	(0.74)	865	99.2	(0.61)	2,044	99.1	(0.38)
Girls	4,578	98.1	(0.61)	1,531	98.8	(0.85)	844	96.8	(1.00)	1,979	98.6	(0.72)
Adults 19–59 years old	10,269	97.2	(0.31)	2,215	94.4	(0.85)	1,994	95.3	(0.95)	5,473	98.1 ***	(0.32)
Men	5,094	97.1	(0.46)	997	93.6	(1.24)	1,012	95.5	(1.47)	2,776	98.2 ***	(0.44)
Women	5,175	97.2	(0.41)	1,218	95.2	(1.17)	982	95.0	(1.20)	2,697	98.1 *	(0.46)
Older adults 60+ years old	4,752	96.6	(0.49)	802	90.2	(1.73)	848	92.6	(1.37)	2,748	97.5 ***	(0.46)
Men	2,347	97.3	(0.48)	348	88.8	(2.55)	414	94.3	(1.54)	1,415	98.2 ***	(0.48)
Women	2,405	96.0	(0.79)	454	91.4	(2.36)	434	91.3	(2.14)	1,333	97.0 *	(0.74)

See notes at end of table.

Table F.9a. Riboflavin (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	1.24	1.44	1.58	1.81	2.32	2.92	3.30	3.57	4.01
Children 1–18 years old	1.25	1.41	1.52	1.69	2.06	2.47	2.72	2.89	3.16
Adults 19–59 years old	1.24	1.45	1.61	1.87	2.45	3.15	3.58	3.91	4.43
Older adults 60+ years old	1.23	1.42	1.56	1.78	2.27	2.84	3.20	3.46	3.87
SNAP participants	1.09	1.28	1.42	1.65	2.15	2.75	3.13	3.41	3.86
Children 1–18 years old	1.33	1.47	1.56	1.70	2.00	2.33	2.52	2.66	2.87
Adults 19–59 years old	1.03	1.24	1.40	1.67	2.26	2.99	3.45	3.80	4.36
Older adults 60+ years old	0.95	1.15	1.29	1.52	2.02	2.59	2.95	3.21	3.62
Income-eligible nonparticipant	1.14	1.33	1.47	1.69	2.17	2.76	3.12	3.39	3.83
Children 1–18 years old	1.21	1.37	1.49	1.68	2.04	2.44	2.68	2.84	3.10
Adults 19–59 years old	1.13	1.33	1.48	1.72	2.27	2.96	3.40	3.74	4.27
Older adults 60+ years old	1.07	1.26	1.39	1.60	2.04	2.56	2.86	3.07	3.43
Higher income nonparticipants	1.31 ***	1.50 ***	1.64 ***	1.88 ***	2.38 ***	2.98 *	3.35	3.63	4.07
Children 1–18 years old	1.24	1.40	1.52	1.70	2.08	2.52	2.78	2.97	3.27
Adults 19–59 years old	1.34 ***	1.55 ***	1.71 ***	1.97 ***	2.53 ***	3.21	3.63	3.95	4.46
Older adults 60+ years old	1.30 **	1.49 **	1.62 **	1.85 **	2.33 **	2.90	3.26	3.54	3.96
Women and girls									
All individuals	0.99	1.14	1.24	1.41	1.75	2.15	2.39	2.57	2.84
Children 1–18 years old	1.02	1.15	1.24	1.39	1.70	2.05	2.26	2.41	2.64
Adults 19–59 years old	1.00	1.15	1.26	1.43	1.80	2.21	2.46	2.64	2.93
Older adults 60+ years old	0.94	1.08	1.18	1.35	1.70	2.11	2.36	2.54	2.83
SNAP participants	0.92	1.06	1.15	1.31	1.63	2.00	2.22	2.38	2.63
Children 1–18 years old	1.07	1.19	1.27	1.40	1.68	1.98	2.16	2.29	2.49
Adults 19–59 years old	0.91	1.05	1.15	1.30	1.63	2.02	2.25	2.42	2.68
Older adults 60+ years old	0.79	0.94	1.04	1.21	1.56	1.96	2.20	2.38	2.66

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	0.90	1.04	1.14	1.30	1.65	2.06	2.31	2.49	2.79
Children 1–18 years old	0.91	1.04	1.13	1.29	1.62	2.00	2.24	2.42	2.71
Adults 19–59 years old	0.93	1.07	1.17	1.34	1.70	2.10	2.35	2.52	2.80
Older adults 60+ years old	0.80	0.93	1.04	1.21	1.58	2.02	2.30	2.50	2.85
Higher income nonparticipants	1.05 **	1.19 **	1.29 ***	1.46 ***	1.81 ***	2.22 ***	2.46 ***	2.63 ***	2.91 **
Children 1–18 years old	1.06	1.19	1.28	1.43	1.75	2.10	2.31	2.46	2.70
Adults 19–59 years old	1.06 *	1.21 *	1.32 **	1.50 ***	1.86 ***	2.29 ***	2.54 **	2.73 **	3.03 *
Older adults 60+ years old	0.99	1.13 *	1.24 *	1.40 *	1.75 *	2.15	2.39	2.56	2.84

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.10. Thiamin (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	1.59	(0.008)	6,093	1.53	(0.016)	4,551	1.57	(0.018)	12,244	1.61 ***	(0.011)
Men and boys	12,123	1.83	(0.012)	2,890	1.75	(0.027)	2,291	1.81	(0.028)	6,235	1.84 **	(0.016)
Women and girls	12,158	1.37	(0.011)	3,203	1.32	(0.019)	2,260	1.35	(0.021)	6,009	1.38 *	(0.015)
Children 1–18 years old	9,260	1.51	(0.014)	3,076	1.50	(0.023)	1,709	1.47	(0.026)	4,023	1.52	(0.020)
Boys	4,682	1.65	(0.021)	1,545	1.62	(0.037)	865	1.64	(0.040)	2,044	1.66	(0.030)
Girls	4,578	1.36	(0.019)	1,531	1.38	(0.029)	844	1.30	(0.032)	1,979	1.37	(0.026)
Adults 19–59 years old	10,269	1.66	(0.012)	2,215	1.58	(0.024)	1,994	1.67 **	(0.027)	5,473	1.68 ***	(0.016)
Men	5,094	1.93	(0.017)	997	1.84	(0.037)	1,012	1.94	(0.043)	2,776	1.94 *	(0.023)
Women	5,175	1.40	(0.016)	1,218	1.32	(0.030)	982	1.41 *	(0.032)	2,697	1.42 **	(0.022)
Older adults 60+ years old	4,752	1.50	(0.016)	802	1.43	(0.039)	848	1.40	(0.035)	2,748	1.52 *	(0.020)
Men	2,347	1.76	(0.028)	348	1.63	(0.075)	414	1.64	(0.054)	1,415	1.79	(0.034)
Women	2,405	1.29	(0.017)	454	1.28	(0.035)	434	1.21	(0.046)	1,333	1.31	(0.022)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	94.2	(0.41)	6,093	91.2	(0.96)	4,551	92.7	(1.02)	12,244	94.9 ***	(0.50)
Men and boys	12,123	97.0	(0.36)	2,890	92.4	(1.18)	2,291	96.0 *	(0.92)	6,235	97.8 ***	(0.37)
Women and girls	12,158	91.5	(0.73)	3,203	90.1	(1.50)	2,260	89.5	(1.80)	6,009	92.1	(0.91)
Children 1–18 years old	9,260	97.9	(0.48)	3,076	98.8	(0.74)	1,709	97.5	(0.62)	4,023	97.9	(0.60)
Boys	4,682	98.8	(0.46)	1,545	99.3	(0.96)	865	99.1	(0.45)	2,044	98.6	(0.54)
Girls	4,578	97.0	(0.85)	1,531	98.3	(1.14)	844	95.8	(1.19)	1,979	97.2	(1.08)
Adults 19–59 years old	10,269	93.9	(0.59)	2,215	89.9	(1.36)	1,994	92.2	(1.54)	5,473	94.8 **	(0.72)
Men	5,094	96.7	(0.52)	997	91.5	(1.57)	1,012	95.5	(1.45)	2,776	97.9 ***	(0.51)
Women	5,175	91.0	(1.06)	1,218	88.4	(2.21)	982	88.8	(2.71)	2,697	91.6	(1.34)
Older adults 60+ years old	4,752	90.4	(1.11)	802	85.3	(2.90)	848	88.1	(2.68)	2,748	91.4	(1.29)
Men	2,347	95.5	(0.94)	348	85.4	(4.27)	414	93.0	(2.17)	1,415	96.2 *	(0.99)
Women	2,405	86.3	(1.85)	454	85.1	(3.95)	434	84.2	(4.52)	1,333	87.5	(2.18)

See notes at end of table.

Table F.10a. Thiamin (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	1.06	1.20	1.29	1.45	1.77	2.15	2.37	2.53	2.79
Children 1–18 years old	1.04	1.15	1.23	1.35	1.61	1.91	2.08	2.21	2.40
Adults 19–59 years old	1.08	1.23	1.33	1.50	1.87	2.28	2.53	2.71	3.00
Older adults 60+ years old	1.03	1.15	1.24	1.39	1.70	2.06	2.28	2.43	2.68
SNAP participants	0.93	1.07	1.17	1.33	1.68	2.09	2.33	2.52	2.80
Children 1–18 years old	1.07	1.18	1.25	1.36	1.59	1.85	2.00	2.11	2.28
Adults 19–59 years old	0.90	1.05	1.16	1.35	1.75	2.23	2.52	2.74	3.08
Older adults 60+ years old	0.81	0.96	1.06	1.23	1.58	1.97	2.20	2.37	2.64
Income-eligible nonparticipant	1.01	1.15	1.25	1.41	1.75	2.14	2.38	2.55	2.83
Children 1–18 years old	1.01	1.13	1.21	1.35	1.61	1.89	2.06	2.18	2.36
Adults 19–59 years old	1.02	1.17	1.28	1.46	1.85	2.31	2.60	2.82	3.15
Older adults 60+ years old	1.00	1.11	1.20	1.32	1.59	1.91	2.09	2.22	2.43
Higher income nonparticipants	1.10 ***	1.23 ***	1.33 ***	1.48 ***	1.79 **	2.15	2.37	2.53	2.77
Children 1–18 years old	1.03	1.14	1.22	1.35	1.61	1.92	2.10	2.23	2.44
Adults 19–59 years old	1.16 ***	1.29 ***	1.39 ***	1.55 ***	1.89 **	2.27	2.50	2.67	2.93
Older adults 60+ years old	1.04	1.17	1.26	1.41	1.72	2.09	2.32	2.49	2.75
Women and girls									
All individuals	0.82	0.92	0.99	1.10	1.33	1.60	1.76	1.87	2.05
Children 1–18 years old	0.87	0.96	1.02	1.12	1.33	1.56	1.69	1.79	1.94
Adults 19–59 years old	0.82	0.92	1.00	1.12	1.37	1.65	1.82	1.94	2.13
Older adults 60+ years old	0.75	0.85	0.92	1.03	1.26	1.52	1.67	1.78	1.95
SNAP participants	0.80	0.90	0.97	1.07	1.29	1.54	1.68	1.78	1.94
Children 1–18 years old	0.92	1.01	1.07	1.16	1.36	1.57	1.69	1.77	1.91
Adults 19–59 years old	0.78	0.88	0.95	1.06	1.28	1.54	1.69	1.79	1.96
Older adults 60+ years old	0.73	0.83	0.90	1.02	1.24	1.50	1.65	1.76	1.94

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	0.77	0.87	0.94	1.05	1.30	1.59	1.76	1.88	2.08
Children 1–18 years old	0.75	0.85	0.92 *	1.03 *	1.26	1.52	1.68	1.80	1.98
Adults 19–59 years old	0.78	0.89	0.96	1.09	1.37	1.68	1.87	2.00	2.22
Older adults 60+ years old	0.75	0.83	0.89	0.98	1.18	1.40	1.53	1.63	1.79
Higher income nonparticipants	0.83	0.93	1.00	1.11	1.35	1.61	1.77	1.89	2.07
Children 1–18 years old	0.89	0.98	1.04	1.14	1.34	1.57	1.70	1.80	1.94
Adults 19–59 years old	0.83	0.93	1.00	1.12	1.37	1.66	1.83	1.96	2.16
Older adults 60+ years old	0.77	0.86	0.93	1.05	1.28	1.54	1.69	1.80	1.97

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.11. Calcium (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	987	(6.1)	6,093	944	(13.5)	4,551	940	(13.7)	12,244	1,012 ***	(7.7)
Men and boys	12,123	1,106	(10.2)	2,890	1,059	(24.5)	2,291	1,060	(23.9)	6,235	1,129 *	(12.6)
Women and girls	12,158	872	(6.7)	3,203	833	(12.2)	2,260	824	(14.1)	6,009	899 ***	(8.9)
Children 1–18 years old	9,260	1,023	(8.7)	3,076	976	(15.1)	1,709	986	(23.3)	4,023	1,060 ***	(13.3)
Boys	4,682	1,115	(13.4)	1,545	1,057	(26.3)	865	1,087	(38.0)	2,044	1,147 **	(21.0)
Girls	4,578	927	(11.1)	1,531	893	(13.8)	844	881	(26.4)	1,979	969 ***	(16.2)
Adults 19–59 years old	10,269	1,010	(9.4)	2,215	963	(21.4)	1,994	962	(20.6)	5,473	1,033 **	(11.4)
Men	5,094	1,145	(15.9)	997	1,100	(38.4)	1,012	1,092	(36.4)	2,776	1,165	(18.9)
Women	5,175	877	(9.9)	1,218	827	(19.3)	982	832	(19.5)	2,697	902 **	(12.9)
Older adults 60+ years old	4,752	869	(10.6)	802	844	(24.8)	848	814	(23.6)	2,748	884	(13.3)
Men	2,347	962	(16.7)	348	924	(47.8)	414	910	(35.7)	1,415	977	(20.8)
Women	2,405	793	(13.5)	454	780	(22.8)	434	737	(31.3)	1,333	809	(17.1)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	57.6	(0.62)	6,093	52.7	(1.38)	4,551	52.5	(1.54)	12,244	60.5 ***	(0.81)
Men and boys	12,123	71.6	(0.86)	2,890	65.3	(1.87)	2,291	66.7	(2.48)	6,235	74.8 ***	(1.12)
Women and girls	12,158	44.1	(0.88)	3,203	40.7	(2.01)	2,260	38.7	(1.84)	6,009	46.7 **	(1.16)
Children 1–18 years old	9,260	58.3	(0.99)	3,076	54.7	(2.52)	1,709	54.3	(3.18)	4,023	61.3 *	(1.36)
Boys	4,682	67.3	(1.39)	1,545	63.6	(4.34)	865	64.9	(5.42)	2,044	69.6	(1.89)
Girls	4,578	48.8	(1.40)	1,531	45.3	(2.43)	844	43.2	(3.16)	1,979	52.6 *	(1.95)
Adults 19–59 years old	10,269	64.8	(0.91)	2,215	58.5	(1.97)	1,994	58.5	(2.16)	5,473	68.2 ***	(1.19)
Men	5,094	79.0	(1.25)	997	70.6	(2.25)	1,012	72.7	(3.38)	2,776	83.2 ***	(1.63)
Women	5,175	50.7	(1.32)	1,218	46.5	(3.23)	982	44.4	(2.71)	2,697	53.4	(1.72)
Older adults 60+ years old	4,752	34.8	(1.24)	802	32.8	(2.70)	848	31.7	(2.67)	2,748	36.1	(1.57)
Men	2,347	52.7	(1.87)	348	49.7	(4.57)	414	49.2	(4.08)	1,415	54.2	(2.23)
Women	2,405	20.5	(1.65)	454	19.1	(3.21)	434	17.7	(3.52)	1,333	21.5	(2.18)

See notes at end of table.

Table F.11a. Calcium (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	557	650	717	826	1,062	1,335	1,502	1,623	1,815
Children 1–18 years old	602	692	757	862	1,081	1,328	1,477	1,582	1,747
Adults 19–59 years old	569	665	734	849	1,096	1,385	1,563	1,692	1,897
Older adults 60+ years old	453	536	597	695	914	1,174	1,335	1,452	1,639
SNAP participants	500	589	655	764	1,003	1,290	1,469	1,603	1,817
Children 1–18 years old	653	729	781	864	1,035	1,223	1,334	1,413	1,539
Adults 19–59 years old	468	563	636	756	1,028	1,361	1,572	1,732	1,990
Older adults 60+ years old	378	468	532	640	874	1,151	1,323	1,449	1,652
Income-eligible nonparticipant	519	610	675	782	1,013	1,285	1,452	1,574	1,766
Children 1–18 years old	580	668	734	840	1,055	1,298	1,445	1,550	1,714
Adults 19–59 years old	523	617	685	795	1,039	1,327	1,507	1,641	1,847
Older adults 60+ years old	414	497	555	650	860	1,119	1,273	1,384	1,573
Higher income nonparticipants	592 **	683 **	749 ***	858 ***	1,086 **	1,350	1,512	1,630	1,814
Children 1–18 years old	602	698	766	879	1,111	1,374 *	1,529 *	1,642 *	1,818 *
Adults 19–59 years old	622 ***	714 ***	781 ***	890 ***	1,122	1,389	1,555	1,675	1,862
Older adults 60+ years old	474	556	616	715	929	1,184	1,342	1,462	1,646
Women and girls									
All individuals	470	539	589	670	841	1,038	1,158	1,244	1,381
Children 1–18 years old	518	590	642	725	900	1,096	1,216	1,301	1,436
Adults 19–59 years old	472	541	592	673	846	1,045	1,165	1,252	1,390
Older adults 60+ years old	410	474	521	597	760	953	1,070	1,155	1,292
SNAP participants	465	531	577	650	805	985	1,093	1,171	1,296
Children 1–18 years old	518	587	636	711	871	1,049	1,153	1,229	1,345
Adults 19–59 years old	471	534	578	649	799	974	1,080	1,156	1,277
Older adults 60+ years old	388	455	503	582	747	940	1,061	1,148	1,291

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	411	479	529	611	789	997	1,124	1,214	1,365
Children 1–18 years old	481	549	597	677	848	1,046	1,168	1,256	1,399
Adults 19–59 years old	412	482	533	617	798	1,009	1,137	1,226	1,375
Older adults 60+ years old	327	391	439	520	696	908	1,038	1,133	1,296
Higher income nonparticipants	493	562	613	695 *	867 ***	1,067 ***	1,187 **	1,275 *	1,414
Children 1–18 years old	545	620	673	759	939 *	1,145 **	1,269 *	1,359 *	1,497
Adults 19–59 years old	494	563	614	697	871 *	1,072 *	1,192	1,281	1,421
Older adults 60+ years old	432	494	541	616	776	965	1,081	1,164	1,298

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.12. Iron (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	14.5	(0.08)	6,093	14.1	(0.18)	4,551	14.3	(0.17)	12,244	14.6 **	(0.11)
Men and boys	12,123	16.6	(0.13)	2,890	16.1	(0.31)	2,291	16.3	(0.27)	6,235	16.6	(0.17)
Women and girls	12,158	12.6	(0.10)	3,203	12.1	(0.18)	2,260	12.3	(0.21)	6,009	12.7 *	(0.13)
Children 1–18 years old	9,260	13.7	(0.12)	3,076	13.8	(0.22)	1,709	13.5	(0.27)	4,023	13.7	(0.17)
Boys	4,682	15.0	(0.17)	1,545	14.8	(0.36)	865	15.1	(0.43)	2,044	14.9	(0.24)
Girls	4,578	12.4	(0.16)	1,531	12.7	(0.26)	844	11.9	(0.33)	1,979	12.4	(0.23)
Adults 19–59 years old	10,269	15.1	(0.12)	2,215	14.5	(0.27)	1,994	14.9	(0.25)	5,473	15.2 *	(0.16)
Men	5,094	17.3	(0.18)	997	17.0	(0.47)	1,012	17.1	(0.40)	2,776	17.4	(0.25)
Women	5,175	12.8	(0.15)	1,218	12.0	(0.26)	982	12.7	(0.32)	2,697	13.0 **	(0.20)
Older adults 60+ years old	4,752	14.0	(0.18)	802	13.3	(0.39)	848	13.3	(0.36)	2,748	14.2 *	(0.21)
Men	2,347	16.4	(0.30)	348	15.1	(0.77)	414	15.3	(0.63)	1,415	16.7	(0.36)
Women	2,405	12.1	(0.21)	454	11.8	(0.36)	434	11.7	(0.42)	1,333	12.2	(0.25)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	97.1	(0.33)	6,093	96.1	(0.61)	4,551	95.8	(0.78)	12,244	97.3	(0.41)
Men and boys	12,123	99.6	(0.09)	2,890	98.4	(0.50)	2,291	99.3	(0.24)	6,235	99.8 **	(0.09)
Women and girls	12,158	94.6	(0.65)	3,203	93.9	(1.10)	2,260	92.4	(1.51)	6,009	94.9	(0.79)
Children 1–18 years old	9,260	98.0	(0.38)	3,076	98.2	(0.69)	1,709	97.0	(0.72)	4,023	98.0	(0.53)
Boys	4,682	99.5	(0.26)	1,545	99.0	(0.79)	865	99.2	(0.41)	2,044	99.7	(0.31)
Girls	4,578	96.4	(0.73)	1,531	97.4	(1.15)	844	94.8	(1.40)	1,979	96.2	(1.03)
Adults 19–59 years old	10,269	96.0	(0.56)	2,215	94.4	(0.99)	1,994	94.3	(1.32)	5,473	96.4	(0.67)
Men	5,094	99.7	(0.09)	997	98.4	(0.61)	1,012	99.6	(0.26)	2,776	99.8 *	(0.07)
Women	5,175	92.3	(1.11)	1,218	90.4	(1.88)	982	89.1	(2.61)	2,697	93.0	(1.33)
Older adults 60+ years old	4,752	99.1	(0.27)	802	98.4	(0.92)	848	98.6	(0.62)	2,748	99.1	(0.32)
Men	2,347	99.5	(0.14)	348	97.2	(1.80)	414	98.2	(0.94)	1,415	99.7	(0.12)
Women	2,405	98.7	(0.48)	454	99.4	(0.83)	434	98.9	(0.83)	1,333	98.6	(0.58)

See notes at end of table.

Table F.12a. Iron (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	9.2	10.4	11.3	12.8	15.9	19.6	21.9	23.6	26.2
Children 1–18 years old	9.1	10.1	10.8	12.0	14.5	17.4	19.2	20.5	22.5
Adults 19–59 years old	9.3	10.7	11.7	13.2	16.7	20.6	23.1	24.9	27.7
Older adults 60+ years old	8.6	9.9	10.8	12.3	15.6	19.6	22.1	23.9	27.0
SNAP participants	8.4	9.7	10.6	12.1	15.4	19.3	21.8	23.6	26.5
Children 1–18 years old	9.4	10.4	11.0	12.1	14.4	17.0	18.6	19.7	21.7
Adults 19–59 years old	8.3	9.7	10.7	12.4	16.2	20.7	23.5	25.5	28.9
Older adults 60+ years old	7.2	8.5	9.4	10.9	14.3	18.3	20.9	22.8	25.9
Income-eligible nonparticipant	8.5	9.8	10.7	12.2	15.5	19.5	22.0	23.8	26.7
Children 1–18 years old	8.3	9.4	10.3	11.7	14.6	17.9	19.9	21.3	23.6
Adults 19–59 years old	9.0	10.3	11.2	12.8	16.3	20.4	23.1	25.1	28.2
Older adults 60+ years old	7.4	8.7	9.6	11.1	14.5	18.7	21.2	23.0	26.1
Higher income nonparticipants	9.5 *	10.7 *	11.6 *	13.0	16.0	19.6	21.7	23.3	25.9
Children 1–18 years old	9.0	10.0	10.8	11.9	14.4	17.3	19.1	20.4	22.4
Adults 19–59 years old	9.9	11.2	12.1	13.6	16.8	20.5	22.8	24.4	27.0
Older adults 60+ years old	9.0	10.2	11.1	12.6	15.9	19.8	22.2	24.1	27.1
Women and girls									
All individuals	7.1	8.0	8.7	9.8	12.1	14.9	16.5	17.7	19.6
Children 1–18 years old	7.3	8.1	8.8	9.8	12.0	14.5	16.0	17.1	18.9
Adults 19–59 years old	7.3	8.2	8.9	10.0	12.4	15.1	16.8	18.0	20.0
Older adults 60+ years old	6.4	7.3	8.0	9.2	11.6	14.5	16.2	17.5	19.5
SNAP participants	7.3	8.2	8.8	9.7	11.8	14.1	15.5	16.6	18.2
Children 1–18 years old	8.5	9.3	9.8	10.6	12.4	14.4	15.5	16.4	17.8
Adults 19–59 years old	6.9	7.8	8.4	9.4	11.6	14.1	15.7	16.9	18.7
Older adults 60+ years old	7.1	8.0	8.6	9.6	11.5	13.7	15.1	16.0	17.6

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	6.4	7.4	8.1	9.3	11.8	14.8	16.6	17.9	20.1
Children 1–18 years old	6.2 *	7.1 *	7.8 *	8.9 **	11.3	14.2	16.1	17.4	19.7
Adults 19–59 years old	6.6	7.6	8.4	9.6	12.2	15.3	17.2	18.5	20.7
Older adults 60+ years old	6.3	7.2	7.8	8.8	11.1	13.8	15.6	16.8	19.0
Higher income nonparticipants	7.2	8.1	8.8	9.9	12.2	15.0	16.6	17.9	19.8
Children 1–18 years old	7.3	8.1	8.8	9.8	12.0	14.6	16.2	17.3	19.2
Adults 19–59 years old	7.5	8.4	9.1	10.2	12.5 *	15.2	16.9	18.1	20.0
Older adults 60+ years old	6.3	7.3	8.0	9.2	11.7	14.7	16.5	17.8	20.0

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.13. Magnesium (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	290	(1.4)	6,093	264	(2.7)	4,551	275 **	(3.0)	12,244	299 ***	(1.8)
Men and boys	12,123	325	(2.2)	2,890	299	(4.6)	2,291	308	(4.8)	6,235	334 ***	(2.9)
Women and girls	12,158	256	(1.7)	3,203	230	(2.8)	2,260	244 **	(3.7)	6,009	266 ***	(2.2)
Children 1–18 years old	9,260	231	(1.7)	3,076	220	(3.0)	1,709	226	(3.7)	4,023	237 ***	(2.5)
Boys	4,682	249	(2.8)	1,545	235	(5.1)	865	248	(6.1)	2,044	255 **	(4.1)
Girls	4,578	211	(1.7)	1,531	205	(2.9)	844	204	(4.2)	1,979	217 **	(2.7)
Adults 19–59 years old	10,269	316	(2.1)	2,215	283	(4.0)	1,994	302 **	(4.7)	5,473	327 ***	(2.8)
Men	5,094	358	(3.3)	997	328	(6.7)	1,012	338	(7.4)	2,776	368 ***	(4.2)
Women	5,175	275	(2.7)	1,218	238	(4.3)	982	265 ***	(5.8)	2,697	286 ***	(3.5)
Older adults 60+ years old	4,752	287	(2.9)	802	264	(6.6)	848	260	(5.9)	2,748	295 ***	(3.8)
Men	2,347	326	(5.4)	348	297	(12.8)	414	297	(9.4)	1,415	334 *	(6.9)
Women	2,405	256	(3.0)	454	237	(5.7)	434	230	(7.4)	1,333	264 ***	(4.0)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	53.1	(0.56)	6,093	42.0	(1.02)	4,551	47.2 **	(1.24)	12,244	57.4 ***	(0.74)
Men and boys	12,123	53.8	(0.79)	2,890	44.9	(1.54)	2,291	48.5	(1.79)	6,235	57.2 ***	(1.01)
Women and girls	12,158	52.4	(0.79)	3,203	39.2	(1.36)	2,260	45.9 **	(1.73)	6,009	57.7 ***	(1.08)
Children 1–18 years old	9,260	69.1	(0.76)	3,076	64.1	(1.19)	1,709	67.0	(2.00)	4,023	71.9 ***	(1.10)
Boys	4,682	73.3	(1.14)	1,545	66.6	(1.72)	865	73.8 *	(3.16)	2,044	76.0 ***	(1.57)
Girls	4,578	64.7	(0.99)	1,531	61.4	(1.64)	844	60.0	(2.41)	1,979	67.7 **	(1.55)
Adults 19–59 years old	10,269	50.9	(0.85)	2,215	36.4	(1.56)	1,994	44.9 ***	(1.85)	5,473	56.2 ***	(1.10)
Men	5,094	50.4	(1.16)	997	39.9	(2.33)	1,012	43.4	(2.61)	2,776	54.4 ***	(1.45)
Women	5,175	51.5	(1.25)	1,218	32.9	(2.09)	982	46.4 ***	(2.61)	2,697	58.0 ***	(1.66)
Older adults 60+ years old	4,752	38.8	(1.12)	802	30.2	(2.24)	848	28.2	(2.42)	2,748	42.2 ***	(1.55)
Men	2,347	36.3	(1.84)	348	29.2	(3.66)	414	27.9	(3.20)	1,415	38.4 *	(2.34)
Women	2,405	40.9	(1.38)	454	31.0	(2.77)	434	28.5	(3.54)	1,333	45.2 ***	(2.07)

See notes at end of table.

Table F.13a. Magnesium (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	179	204	222	251	314	385	428	460	509
Children 1–18 years old	154	171	183	202	243	289	316	336	367
Adults 19–59 years old	192	220	241	274	345	426	476	512	568
Older adults 60+ years old	176	201	219	248	312	388	435	469	523
SNAP participants	157	181	199	227	288	358	401	432	482
Children 1–18 years old	151	167	178	195	230	270	293	309	336
Adults 19–59 years old	162	189	210	242	314	397	448	485	545
Older adults 60+ years old	149	175	193	223	286	358	403	435	487
Income-eligible nonparticipant	167	192	209	237	297	367	409	439	487
Children 1–18 years old	154	171	183	203	243	287	313	331	360
Adults 19–59 years old	178	206	225	257	325	405	454	490	545
Older adults 60+ years old	148	175	193	223	286	360	402	432	482
Higher income nonparticipants	191 ***	215 ***	233 ***	262 ***	322 ***	392 ***	435 **	467 *	516
Children 1–18 years old	158	175	187	208	249 *	295 *	323 *	343	375
Adults 19–59 years old	207 ***	235 ***	255 ***	287 ***	356 ***	435 **	483	519	574
Older adults 60+ years old	186	210	228	257	320	394	441	476	532
Women and girls									
All individuals	148	167	181	203	248	301	332	354	390
Children 1–18 years old	137	151	161	176	208	242	262	277	299
Adults 19–59 years old	153	174	189	214	266	325	361	387	427
Older adults 60+ years old	148	167	181	203	248	301	333	356	392
SNAP participants	130	148	161	181	223	271	300	321	354
Children 1–18 years old	132	146	156	171	202	235	255	269	290
Adults 19–59 years old	130	149	162	184	229	282	314	337	374
Older adults 60+ years old	127	147	161	184	230	282	314	337	374

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	135	154	167	189	236 *	289 *	321	343	380
Children 1–18 years old	135	148	157	171	200	233	252	265	287
Adults 19–59 years old	140	162	177	202	256 ***	317 **	355 *	381 *	424
Older adults 60+ years old	122	140	154	175	221	274	306	329	368
Higher income nonparticipants	160 ***	179 ***	192 ***	214 ***	258 ***	309 ***	340 ***	362 ***	397 ***
Children 1–18 years old	142	156	166	182	213 *	248	269	284	307
Adults 19–59 years old	168 ***	189 ***	204 ***	228 ***	278 ***	335 ***	370 ***	395 ***	435 ***
Older adults 60+ years old	159 **	177 **	191 **	212 **	256 **	308 **	339	361	396

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.14. Phosphorus (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	1,369	(6.3)	6,093	1,305	(12.2)	4,551	1,311	(15.0)	12,244	1,398 ***	(8.3)
Men and boys	12,123	1,570	(10.6)	2,890	1,496	(21.3)	2,291	1,513	(26.7)	6,235	1,599 ***	(14.1)
Women and girls	12,158	1,174	(6.8)	3,203	1,120	(12.1)	2,260	1,115	(14.2)	6,009	1,204 ***	(8.9)
Children 1–18 years old	9,260	1,247	(9.2)	3,076	1,208	(15.2)	1,709	1,223	(22.7)	4,023	1,275 **	(13.9)
Boys	4,682	1,364	(14.4)	1,545	1,299	(26.2)	865	1,358	(37.4)	2,044	1,392 **	(22.0)
Girls	4,578	1,124	(11.3)	1,531	1,113	(14.8)	844	1,081	(24.8)	1,979	1,152	(16.5)
Adults 19–59 years old	10,269	1,461	(9.7)	2,215	1,390	(18.4)	1,994	1,398	(22.9)	5,473	1,491 ***	(12.5)
Men	5,094	1,703	(16.7)	997	1,634	(32.0)	1,012	1,627	(41.1)	2,776	1,733 *	(21.7)
Women	5,175	1,221	(9.9)	1,218	1,148	(18.4)	982	1,171	(20.5)	2,697	1,251 ***	(12.4)
Older adults 60+ years old	4,752	1,248	(10.6)	802	1,174	(26.3)	848	1,162	(26.7)	2,748	1,278 ***	(14.0)
Men	2,347	1,430	(15.7)	348	1,327	(49.2)	414	1,362	(47.4)	1,415	1,458 *	(19.5)
Women	2,405	1,102	(14.4)	454	1,051	(26.4)	434	1,002	(29.5)	1,333	1,133 *	(19.8)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	96.1	(0.21)	6,093	95.1	(0.53)	4,551	94.5	(0.58)	12,244	96.8 **	(0.29)
Men and boys	12,123	98.0	(0.27)	2,890	97.1	(0.71)	2,291	97.9	(0.70)	6,235	98.2	(0.33)
Women and girls	12,158	94.3	(0.31)	3,203	93.1	(0.78)	2,260	91.3	(0.91)	6,009	95.4 *	(0.48)
Children 1–18 years old	9,260	86.4	(0.76)	3,076	85.6	(1.66)	1,709	84.1	(2.03)	4,023	88.4	(1.14)
Boys	4,682	93.0	(1.04)	1,545	92.9	(2.36)	865	94.4	(2.54)	2,044	93.4	(1.27)
Girls	4,578	79.5	(1.10)	1,531	78.0	(2.33)	844	73.4	(3.20)	1,979	83.1	(1.92)
Adults 19–59 years old	10,269	99.5	(0.11)	2,215	98.6	(0.43)	1,994	98.7	(0.41)	5,473	99.7 *	(0.10)
Men	5,094	99.8	(0.05)	997	99.0	(0.45)	1,012	99.3	(0.36)	2,776	99.9 *	(0.04)
Women	5,175	99.2	(0.21)	1,218	98.3	(0.73)	982	98.1	(0.74)	2,697	99.5	(0.19)
Older adults 60+ years old	4,752	98.6	(0.35)	802	96.6	(1.25)	848	95.7	(0.91)	2,748	99.1	(0.36)
Men	2,347	99.6	(0.11)	348	96.8	(1.62)	414	98.6	(0.90)	1,415	99.8	(0.07)
Women	2,405	97.9	(0.62)	454	96.4	(1.84)	434	93.4	(1.47)	1,333	98.6	(0.65)

See notes at end of table.

Table F.14a. Phosphorus (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	928	1,046	1,129	1,262	1,536	1,837	2,015	2,142	2,338
Children 1–18 years old	850	945	1,012	1,118	1,337	1,577	1,719	1,819	1,974
Adults 19–59 years old	986	1,117	1,209	1,358	1,664	2,001	2,201	2,342	2,562
Older adults 60+ years old	848	956	1,031	1,151	1,399	1,673	1,834	1,948	2,125
SNAP participants	846	964	1,048	1,182	1,459	1,766	1,949	2,080	2,285
Children 1–18 years old	878	960	1,015	1,103	1,281	1,472	1,583	1,662	1,785
Adults 19–59 years old	867	1,001	1,100	1,256	1,584	1,954	2,174	2,334	2,583
Older adults 60+ years old	729	844	922	1,048	1,301	1,576	1,736	1,850	2,026
Income-eligible nonparticipant	845	968	1,054	1,190	1,474	1,792	1,980	2,114	2,321
Children 1–18 years old	823	923	995	1,109	1,334	1,580	1,724	1,826	1,985
Adults 19–59 years old	874	1,009	1,104	1,256	1,578	1,940	2,158	2,316	2,556
Older adults 60+ years old	781	895	971	1,090	1,334	1,606	1,758	1,863	2,034
Higher income nonparticipants	980 ***	1,093 ***	1,173 ***	1,302 ***	1,564 ***	1,855	2,029	2,153	2,344
Children 1–18 years old	861	958	1,027	1,139	1,364	1,612 *	1,758 *	1,862 *	2,025 *
Adults 19–59 years old	1,060 ***	1,183 ***	1,269 ***	1,409 ***	1,694 *	2,011	2,201	2,336	2,544
Older adults 60+ years old	887	991	1,066	1,183	1,425	1,694	1,853	1,970	2,145
Women and girls									
All individuals	724	809	868	963	1,153	1,361	1,481	1,567	1,699
Children 1–18 years old	724	800	853	938	1,107	1,289	1,396	1,471	1,587
Adults 19–59 years old	747	837	899	999	1,199	1,419	1,545	1,635	1,774
Older adults 60+ years old	661	743	801	893	1,079	1,285	1,405	1,489	1,622
SNAP participants	697	779	835	922	1,100	1,294	1,407	1,487	1,611
Children 1–18 years old	719	795	848	929	1,096	1,277	1,381	1,456	1,570
Adults 19–59 years old	718	801	857	946	1,126	1,326	1,441	1,523	1,648
Older adults 60+ years old	615	699	758	850	1,031	1,228	1,345	1,426	1,556

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	667	750	807	900	1,091	1,302	1,425	1,510	1,650
Children 1–18 years old	709	778	827	904	1,061	1,235	1,337	1,409	1,524
Adults 19–59 years old	692	782	845	944	1,148	1,371	1,499	1,587	1,728
Older adults 60+ years old	550	627	683	775	967	1,189	1,322	1,417	1,579
Higher income nonparticipants	753	837	897 *	992 **	1,182 ***	1,391 ***	1,512 **	1,599 *	1,733
Children 1–18 years old	746	824	878	963	1,133	1,320	1,428	1,505	1,622
Adults 19–59 years old	777	864	927	1,027 *	1,228 ***	1,449 **	1,576 *	1,668	1,811
Older adults 60+ years old	696	778	836	927	1,111	1,314	1,433	1,515	1,644

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.15. Zinc (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	11.0	(0.06)	6,093	10.4	(0.12)	4,551	10.5	(0.14)	12,244	11.2 ***	(0.08)
Men and boys	12,123	12.8	(0.11)	2,890	12.0	(0.21)	2,291	12.2	(0.24)	6,235	13.1 ***	(0.14)
Women and girls	12,158	9.2	(0.07)	3,203	8.9	(0.12)	2,260	8.8	(0.15)	6,009	9.4 **	(0.09)
Children 1–18 years old	9,260	9.8	(0.09)	3,076	9.7	(0.16)	1,709	9.5	(0.19)	4,023	9.9	(0.14)
Boys	4,682	10.8	(0.14)	1,545	10.4	(0.26)	865	10.4	(0.29)	2,044	11.0	(0.22)
Girls	4,578	8.7	(0.12)	1,531	8.9	(0.17)	844	8.5	(0.24)	1,979	8.7	(0.17)
Adults 19–59 years old	10,269	11.7	(0.10)	2,215	11.1	(0.18)	1,994	11.1	(0.21)	5,473	12.0 ***	(0.13)
Men	5,094	13.9	(0.17)	997	13.1	(0.31)	1,012	13.1	(0.36)	2,776	14.2 **	(0.22)
Women	5,175	9.6	(0.10)	1,218	9.1	(0.18)	982	9.2	(0.22)	2,697	9.8 **	(0.14)
Older adults 60+ years old	4,752	10.3	(0.11)	802	9.5	(0.28)	848	9.7	(0.31)	2,748	10.5 **	(0.13)
Men	2,347	12.0	(0.18)	348	10.8	(0.51)	414	11.6	(0.57)	1,415	12.2 **	(0.21)
Women	2,405	8.9	(0.13)	454	8.4	(0.28)	434	8.2	(0.30)	1,333	9.1	(0.17)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	85.3	(0.61)	6,093	79.8	(1.44)	4,551	79.7	(1.54)	12,244	87.8 ***	(0.76)
Men and boys	12,123	86.7	(0.82)	2,890	78.9	(1.89)	2,291	79.9	(2.17)	6,235	89.9 ***	(0.96)
Women and girls	12,158	84.0	(0.90)	3,203	80.6	(2.17)	2,260	79.6	(2.18)	6,009	85.8 *	(1.16)
Children 1–18 years old	9,260	91.2	(0.89)	3,076	91.6	(1.58)	1,709	88.7	(2.10)	4,023	92.1	(1.15)
Boys	4,682	94.9	(1.03)	1,545	94.6	(2.25)	865	92.8	(2.49)	2,044	95.5	(1.26)
Girls	4,578	87.4	(1.47)	1,531	88.4	(2.22)	844	84.4	(3.41)	1,979	88.6	(1.95)
Adults 19–59 years old	10,269	86.1	(0.89)	2,215	79.1	(2.17)	1,994	80.1	(2.32)	5,473	89.2 ***	(1.10)
Men	5,094	86.3	(1.20)	997	77.5	(2.80)	1,012	77.1	(3.20)	2,776	90.8 ***	(1.40)
Women	5,175	85.8	(1.31)	1,218	80.8	(3.31)	982	83.1	(3.35)	2,697	87.7	(1.69)
Older adults 60+ years old	4,752	75.3	(1.39)	802	66.3	(3.45)	848	66.8	(3.27)	2,748	78.0 **	(1.72)
Men	2,347	75.7	(2.10)	348	60.0	(4.79)	414	69.9	(5.69)	1,415	78.8 ***	(2.48)
Women	2,405	74.9	(1.85)	454	71.3	(4.89)	434	64.3	(3.73)	1,333	77.3	(2.37)

See notes at end of table.

Table F.15a. Zinc (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	7.3	8.2	8.9	10.0	12.4	15.1	16.7	17.9	19.8
Children 1–18 years old	6.5	7.2	7.8	8.6	10.5	12.6	13.9	14.8	16.3
Adults 19–59 years old	7.8	8.8	9.6	10.8	13.4	16.4	18.3	19.6	21.7
Older adults 60+ years old	7.0	7.8	8.4	9.5	11.6	14.1	15.7	16.8	18.6
SNAP participants	6.5	7.4	8.1	9.2	11.6	14.3	15.9	17.2	19.1
Children 1–18 years old	7.1	7.7	8.1	8.8	10.2	11.8	12.8	13.4	14.5
Adults 19–59 years old	6.6	7.7	8.5	9.8	12.5	15.7	17.7	19.1	21.4
Older adults 60+ years old	5.3	6.2	6.8	7.9	10.3	13.1	14.8	16.1	18.1
Income-eligible nonparticipant	6.4	7.4	8.1	9.2	11.6	14.5	16.3	17.6	19.7
Children 1–18 years old	5.6	6.5	7.1	8.1	10.1	12.4	13.8	14.8	16.4
Adults 19–59 years old	6.7	7.7	8.5	9.7	12.5	15.7	17.8	19.3	21.6
Older adults 60+ years old	6.5	7.4	8.0	9.0	11.1	13.7	15.2	16.3	18.2
Higher income nonparticipants	7.8 **	8.7 ***	9.4 ***	10.4 ***	12.7 ***	15.3 *	16.8	18.0	19.8
Children 1–18 years old	6.5	7.2	7.8	8.7	10.6	12.8	14.2	15.2	16.8
Adults 19–59 years old	8.5 **	9.5 **	10.2 **	11.4 ***	13.8 **	16.6	18.3	19.6	21.5
Older adults 60+ years old	7.3 **	8.1 **	8.7 **	9.7 **	11.8 *	14.3	15.8	16.9	18.6
Women and girls									
All individuals	5.4	6.1	6.6	7.3	9.0	10.8	11.9	12.7	14.0
Children 1–18 years old	5.4	6.0	6.4	7.1	8.5	10.0	11.0	11.7	12.8
Adults 19–59 years old	5.7	6.4	6.9	7.7	9.3	11.2	12.3	13.1	14.4
Older adults 60+ years old	4.8	5.5	6.0	6.8	8.5	10.6	11.9	12.8	14.3
SNAP participants	5.2	5.9	6.4	7.1	8.6	10.4	11.5	12.2	13.5
Children 1–18 years old	5.7	6.2	6.7	7.3	8.7	10.2	11.2	11.8	12.9
Adults 19–59 years old	5.3	6.0	6.5	7.2	8.8	10.6	11.7	12.5	13.8
Older adults 60+ years old	4.6	5.3	5.8	6.5	8.2	10.0	11.2	12.0	13.3

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	5.2	5.8	6.2	7.0	8.6	10.4	11.5	12.2	13.5
Children 1–18 years old	5.0	5.6	6.0	6.7	8.2	9.9	11.0	11.7	13.0
Adults 19–59 years old	5.6	6.2	6.7	7.4	9.0	10.8	11.8	12.5	13.7
Older adults 60+ years old	4.2	4.8	5.3	6.1	7.8	9.9	11.2	12.1	13.8
Higher income nonparticipants	5.6	6.2	6.7	7.5	9.1 *	11.0	12.1	12.9	14.2
Children 1–18 years old	5.4	6.0	6.4	7.1	8.5	10.0	11.0	11.7	12.8
Adults 19–59 years old	5.9	6.6	7.1	7.9	9.5 **	11.4	12.5	13.4	14.7
Older adults 60+ years old	5.0	5.7	6.2	7.0	8.7	10.7	12.0	12.9	14.3

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.16. Copper (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	1.18	(0.007)	6,093	1.05	(0.012)	4,551	1.12 ***	(0.014)	12,244	1.23 ***	(0.009)
Men and boys	12,123	1.31	(0.010)	2,890	1.18	(0.021)	2,291	1.24 *	(0.020)	6,235	1.36 ***	(0.014)
Women and girls	12,158	1.06	(0.008)	3,203	0.93	(0.013)	2,260	1.01 ***	(0.020)	6,009	1.10 ***	(0.011)
Children 1–18 years old	9,260	0.92	(0.008)	3,076	0.87	(0.013)	1,709	0.88	(0.014)	4,023	0.96 ***	(0.012)
Boys	4,682	0.99	(0.014)	1,545	0.92	(0.022)	865	0.97	(0.022)	2,044	1.03 ***	(0.019)
Girls	4,578	0.85	(0.009)	1,531	0.81	(0.015)	844	0.80	(0.016)	1,979	0.88 **	(0.014)
Adults 19–59 years old	10,269	1.29	(0.010)	2,215	1.13	(0.018)	1,994	1.23 ***	(0.022)	5,473	1.34 ***	(0.013)
Men	5,094	1.44	(0.015)	997	1.31	(0.032)	1,012	1.35	(0.030)	2,776	1.49 ***	(0.020)
Women	5,175	1.14	(0.013)	1,218	0.96	(0.018)	982	1.10 ***	(0.032)	2,697	1.19 ***	(0.017)
Older adults 60+ years old	4,752	1.22	(0.014)	802	1.06	(0.030)	848	1.12	(0.029)	2,748	1.25 ***	(0.020)
Men	2,347	1.36	(0.028)	348	1.15	(0.052)	414	1.26	(0.047)	1,415	1.40 ***	(0.038)
Women	2,405	1.10	(0.014)	454	0.98	(0.033)	434	1.01	(0.035)	1,333	1.13 ***	(0.019)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	93.5	(0.32)	6,093	87.6	(1.03)	4,551	90.2 *	(0.79)	12,244	95.7 ***	(0.39)
Men and boys	12,123	96.8	(0.31)	2,890	92.5	(1.18)	2,291	95.1	(0.87)	6,235	97.8 ***	(0.33)
Women and girls	12,158	90.4	(0.55)	3,203	82.9	(1.68)	2,260	85.5	(1.30)	6,009	93.6 ***	(0.71)
Children 1–18 years old	9,260	95.5	(0.46)	3,076	94.0	(1.25)	1,709	94.0	(1.13)	4,023	96.6	(0.57)
Boys	4,682	98.0	(0.59)	1,545	97.1	(1.85)	865	98.2	(0.83)	2,044	98.3	(0.60)
Girls	4,578	92.8	(0.72)	1,531	90.6	(1.69)	844	89.7	(2.14)	1,979	94.7 *	(0.98)
Adults 19–59 years old	10,269	93.1	(0.44)	2,215	86.1	(1.55)	1,994	90.0 *	(1.10)	5,473	95.8 ***	(0.55)
Men	5,094	96.3	(0.40)	997	92.0	(1.51)	1,012	95.4	(1.15)	2,776	97.5 ***	(0.46)
Women	5,175	90.0	(0.77)	1,218	80.3	(2.69)	982	84.8	(1.87)	2,697	94.2 ***	(1.00)
Older adults 60+ years old	4,752	92.2	(0.86)	802	83.8	(2.40)	848	85.9	(2.09)	2,748	94.0 ***	(1.04)
Men	2,347	96.4	(0.82)	348	87.0	(3.76)	414	89.8	(3.08)	1,415	98.2 **	(0.71)
Women	2,405	88.9	(1.40)	454	81.2	(3.09)	434	82.8	(2.85)	1,333	90.7 **	(1.79)

See notes at end of table.

Table F.16a. Copper (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	0.71	0.81	0.88	1.00	1.25	1.56	1.75	1.89	2.12
Children 1–18 years old	0.60	0.67	0.72	0.79	0.96	1.15	1.27	1.36	1.49
Adults 19–59 years old	0.75	0.86	0.94	1.08	1.37	1.72	1.95	2.11	2.37
Older adults 60+ years old	0.75	0.85	0.92	1.03	1.29	1.60	1.81	1.96	2.20
SNAP participants	0.63	0.72	0.78	0.89	1.13	1.41	1.59	1.72	1.93
Children 1–18 years old	0.59	0.65	0.69	0.76	0.90	1.06	1.15	1.22	1.33
Adults 19–59 years old	0.65	0.75	0.83	0.96	1.24	1.58	1.79	1.95	2.20
Older adults 60+ years old	0.60	0.69	0.76	0.87	1.11	1.39	1.56	1.69	1.89
Income-eligible nonparticipant	0.66	0.76	0.83	0.94	1.18	1.48	1.66	1.79	2.01
Children 1–18 years old	0.59	0.65	0.70	0.78	0.94	1.13	1.24	1.32	1.45
Adults 19–59 years old	0.71	0.82	0.89	1.02	1.29	1.62	1.82	1.97	2.20
Older adults 60+ years old	0.60	0.70	0.78	0.90	1.18	1.54	1.76	1.92	2.20
Higher income nonparticipants	0.76 ***	0.86 ***	0.93 ***	1.04 ***	1.30 ***	1.60 ***	1.80 ***	1.94 ***	2.17 *
Children 1–18 years old	0.62	0.69	0.74	0.82	1.00 **	1.20 **	1.32 **	1.42 **	1.56 *
Adults 19–59 years old	0.81 **	0.92 ***	1.00 ***	1.13 ***	1.42 ***	1.77 **	2.00	2.16	2.43
Older adults 60+ years old	0.81 **	0.90 **	0.97 **	1.09 **	1.34 **	1.64 **	1.83 *	1.98 *	2.21
Women and girls									
All individuals	0.59	0.67	0.72	0.82	1.02	1.26	1.41	1.52	1.69
Children 1–18 years old	0.51	0.57	0.62	0.68	0.83	0.99	1.08	1.15	1.27
Adults 19–59 years old	0.62	0.70	0.76	0.86	1.09	1.35	1.52	1.64	1.84
Older adults 60+ years old	0.61	0.69	0.74	0.84	1.05	1.31	1.47	1.59	1.79
SNAP participants	0.53	0.60	0.65	0.73	0.90	1.09	1.22	1.31	1.45
Children 1–18 years old	0.51	0.56	0.60	0.66	0.79	0.94	1.03	1.10	1.20
Adults 19–59 years old	0.54	0.61	0.66	0.74	0.92	1.13	1.26	1.36	1.52
Older adults 60+ years old	0.53	0.61	0.66	0.76	0.95	1.17	1.30	1.40	1.56

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	0.54	0.62	0.67	0.76	0.96 *	1.21 **	1.36 **	1.47 *	1.65 *
Children 1–18 years old	0.50	0.56	0.59	0.65	0.78	0.92	1.00	1.06	1.16
Adults 19–59 years old	0.55	0.63	0.70	0.80	1.04 **	1.33 ***	1.52 **	1.65 **	1.87 **
Older adults 60+ years old	0.57	0.64	0.69	0.77	0.96	1.19	1.33	1.43	1.61
Higher income nonparticipants	0.64 ***	0.71 ***	0.77 ***	0.86 ***	1.06 ***	1.30 ***	1.44 ***	1.55 ***	1.73 ***
Children 1–18 years old	0.53	0.59	0.64	0.71	0.85 *	1.02 *	1.13	1.20	1.32
Adults 19–59 years old	0.68 ***	0.77 ***	0.83 ***	0.93 ***	1.14 ***	1.40 ***	1.56 ***	1.67 ***	1.86 ***
Older adults 60+ years old	0.63	0.71	0.77	0.87 *	1.08 **	1.34 **	1.50 *	1.62 *	1.81

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.17. Selenium (Micrograms): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	111	(0.6)	6,093	107	(1.1)	4,551	108	(1.4)	12,244	112 ***	(0.8)
Men and boys	12,123	129	(1.0)	2,890	122	(1.7)	2,291	125	(2.3)	6,235	131 ***	(1.4)
Women and girls	12,158	94	(0.7)	3,203	92	(1.2)	2,260	91	(1.4)	6,009	95	(0.9)
Children 1–18 years old	9,260	94	(0.8)	3,076	91	(1.3)	1,709	94	(1.8)	4,023	95	(1.2)
Boys	4,682	103	(1.2)	1,545	99	(2.1)	865	104	(2.9)	2,044	105 *	(1.7)
Girls	4,578	84	(1.1)	1,531	84	(1.5)	844	83	(2.2)	1,979	84	(1.6)
Adults 19–59 years old	10,269	121	(0.9)	2,215	116	(1.6)	1,994	118	(2.1)	5,473	123 ***	(1.3)
Men	5,094	143	(1.5)	997	136	(2.6)	1,012	138	(3.5)	2,776	146 **	(2.2)
Women	5,175	99	(1.0)	1,218	96	(1.8)	982	98	(2.2)	2,697	100 *	(1.3)
Older adults 60+ years old	4,752	102	(1.0)	802	99	(2.4)	848	96	(2.9)	2,748	104	(1.2)
Men	2,347	118	(1.5)	348	109	(4.3)	414	113	(5.4)	1,415	121 *	(1.8)
Women	2,405	89	(1.2)	454	91	(2.6)	434	82 *	(2.7)	1,333	90	(1.5)
Percent of individuals with usual intake greater than estimated average requirements												
All individuals	24,281	99.6	(0.08)	6,093	99.2	(0.29)	4,551	99.5	(0.20)	12,244	99.7	(0.10)
Men and boys	12,123	99.9	(0.02)	2,890	99.6	(0.27)	2,291	99.7	(0.16)	6,235	100.0	(0.02)
Women and girls	12,158	99.3	(0.16)	3,203	98.8	(0.51)	2,260	99.3	(0.35)	6,009	99.3	(0.19)
Children 1–18 years old	9,260	99.8	(0.10)	3,076	99.8	(0.18)	1,709	99.9	(0.17)	4,023	99.8	(0.17)
Boys	4,682	100.0	(0.04)	1,545	99.9	(0.14)	865	99.9	(0.13)	2,044	100.0	(0.03)
Girls	4,578	99.7	(0.20)	1,531	99.7	(0.34)	844	99.8	(0.32)	1,979	99.7	(0.35)
Adults 19–59 years old	10,269	99.6	(0.10)	2,215	99.3	(0.37)	1,994	99.6	(0.25)	5,473	99.7	(0.13)
Men	5,094	99.9	(0.03)	997	99.7	(0.37)	1,012	99.6	(0.24)	2,776	100.0	(0.02)
Women	5,175	99.3	(0.20)	1,218	98.9	(0.65)	982	99.5	(0.43)	2,697	99.3	(0.25)
Older adults 60+ years old	4,752	99.2	(0.27)	802	97.9	(1.04)	848	98.7	(0.69)	2,748	99.4	(0.27)
Men	2,347	99.9	(0.06)	348	98.8	(0.97)	414	99.6	(0.41)	1,415	99.9	(0.07)
Women	2,405	98.7	(0.48)	454	97.2	(1.70)	434	98.0	(1.21)	1,333	99.0	(0.49)

See notes at end of table.

Table F.17a. Selenium (Micrograms): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	78	88	94	105	126	150	164	174	189
Children 1–18 years old	66	73	78	86	101	119	129	137	148
Adults 19–59 years old	85	96	103	115	140	167	183	195	213
Older adults 60+ years old	74	82	88	97	116	136	149	158	171
SNAP participants	75	83	90	99	119	141	154	164	178
Children 1–18 years old	67	73	77	84	97	112	120	126	135
Adults 19–59 years old	79	89	97	108	133	159	175	187	204
Older adults 60+ years old	72	79	83	91	107	125	135	143	154
Income-eligible nonparticipant	69	79	87	98	122	149	165	176	194
Children 1–18 years old	59	67	73	83	102	123	136	145	159
Adults 19–59 years old	72	84	92	105	134	166	185	199	221
Older adults 60+ years old	76	83	88	96	111	129	139	146	158
Higher income nonparticipants	82	91	97	108	128 ***	151 *	165	175	190
Children 1–18 years old	68	75	80	87	103	120	130	137	149
Adults 19–59 years old	90	101	108	119	143 *	169	184	195	212
Older adults 60+ years old	75	83	89	99	118	139	152	161	175
Women and girls									
All individuals	57	64	69	76	92	109	119	126	137
Children 1–18 years old	55	60	64	70	83	96	104	109	118
Adults 19–59 years old	60	67	72	80	97	116	127	135	147
Older adults 60+ years old	54	60	65	72	87	103	113	120	131
SNAP participants	55	62	67	74	90	107	117	125	136
Children 1–18 years old	52	58	62	69	82	97	106	112	122
Adults 19–59 years old	59	66	71	78	94	111	121	128	139
Older adults 60+ years old	50	57	62	71	88	108	121	129	144

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	58	64	68	75	89	105	114	121	131
Children 1–18 years old	53	59	63	69	81	95	103	108	117
Adults 19–59 years old	62	68	73	81	96	113	123	130	141
Older adults 60+ years old	52	57	61	67	80	94 *	103 *	108 *	118 *
Higher income nonparticipants	58	65	70	77	93	110	120	127	138
Children 1–18 years old	58	63	66	72	83	95	103	108	116
Adults 19–59 years old	60	67	72	81	98	117	129	137	150
Older adults 60+ years old	56	62	67	74	88	104	114	120	131

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimated average requirement is the average daily nutrient intake level estimated to meet the requirements for half of the healthy individuals in a life stage or gender group. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Totals are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.18. Potassium (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	2,556	(11.1)	6,093	2,377	(24.3)	4,551	2,472 **	(26.2)	12,244	2,614 ***	(14.4)
Men and boys	12,123	2,880	(16.5)	2,890	2,688	(41.7)	2,291	2,791	(41.0)	6,235	2,938 ***	(21.9)
Women and girls	12,158	2,243	(14.9)	3,203	2,075	(25.8)	2,260	2,163 *	(32.9)	6,009	2,302 ***	(18.7)
Children 1–18 years old	9,260	2,143	(15.3)	3,076	2,082	(26.8)	1,709	2,156	(38.3)	4,023	2,167 *	(22.4)
Boys	4,682	2,331	(24.5)	1,545	2,248	(43.0)	865	2,357	(65.2)	2,044	2,355	(35.3)
Girls	4,578	1,947	(18.0)	1,531	1,909	(31.4)	844	1,945	(38.4)	1,979	1,971	(27.0)
Adults 19–59 years old	10,269	2,715	(16.9)	2,215	2,496	(35.9)	1,994	2,625 *	(39.2)	5,473	2,786 ***	(21.6)
Men	5,094	3,097	(24.8)	997	2,890	(61.6)	1,012	2,967	(59.3)	2,776	3,168 ***	(32.7)
Women	5,175	2,338	(22.9)	1,218	2,106	(37.4)	982	2,285 **	(51.5)	2,697	2,407 ***	(28.2)
Older adults 60+ years old	4,752	2,613	(22.4)	802	2,399	(61.6)	848	2,423	(53.8)	2,748	2,680 ***	(27.7)
Men	2,347	2,971	(32.3)	348	2,668	(112.9)	414	2,847	(90.7)	1,415	3,034 **	(40.2)
Women	2,405	2,325	(30.9)	454	2,182	(64.3)	434	2,082	(63.9)	1,333	2,395 **	(38.2)
Mean usual intake as a percent of adequate intake												
All individuals	24,281	90.0	(0.39)	6,093	83.9	(0.80)	4,551	87.2 **	(0.90)	12,244	92.0 ***	(0.50)
Men and boys	12,123	91.0	(0.51)	2,890	85.3	(1.26)	2,291	88.4	(1.27)	6,235	92.8 ***	(0.69)
Women and girls	12,158	89.0	(0.58)	3,203	82.5	(1.00)	2,260	86.0 *	(1.28)	6,009	91.3 ***	(0.73)
Children 1–18 years old	9,260	90.0	(0.62)	3,076	87.8	(1.07)	1,709	90.3	(1.50)	4,023	91.0 *	(0.92)
Boys	4,682	93.3	(0.94)	1,545	90.6	(1.64)	865	93.9	(2.46)	2,044	94.2	(1.38)
Girls	4,578	86.6	(0.80)	1,531	84.9	(1.38)	844	86.6	(1.69)	1,979	87.7	(1.20)
Adults 19–59 years old	10,269	90.5	(0.57)	2,215	83.0	(1.15)	1,994	87.6 **	(1.32)	5,473	92.9 ***	(0.73)
Men	5,094	91.1	(0.73)	997	85.0	(1.81)	1,012	87.3	(1.74)	2,776	93.2 ***	(0.96)
Women	5,175	89.9	(0.88)	1,218	81.0	(1.44)	982	87.9 **	(1.98)	2,697	92.6 ***	(1.09)
Older adults 60+ years old	4,752	88.5	(0.78)	802	81.5	(2.02)	848	81.7	(1.81)	2,748	90.8 ***	(0.97)
Men	2,347	87.4	(0.95)	348	78.5	(3.32)	414	83.7	(2.67)	1,415	89.2 **	(1.18)
Women	2,405	89.4	(1.19)	454	83.9	(2.47)	434	80.1	(2.46)	1,333	92.1 **	(1.47)

See notes at end of table.

Table F.18a. Potassium (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	1,685	1,906	2,061	2,308	2,818	3,376	3,705	3,938	4,298
Children 1–18 years old	1,435	1,600	1,719	1,903	2,284	2,702	2,948	3,122	3,391
Adults 19–59 years old	1,797	2,040	2,209	2,480	3,034	3,636	3,990	4,240	4,626
Older adults 60+ years old	1,680	1,911	2,076	2,337	2,887	3,509	3,879	4,141	4,554
SNAP participants	1,522	1,733	1,884	2,124	2,621	3,173	3,499	3,735	4,102
Children 1–18 years old	1,483	1,631	1,730	1,890	2,212	2,562	2,766	2,911	3,138
Adults 19–59 years old	1,551	1,785	1,958	2,231	2,804	3,448	3,831	4,110	4,545
Older adults 60+ years old	1,480	1,709	1,864	2,114	2,615	3,160	3,479	3,704	4,053
Income-eligible nonparticipant	1,562	1,789	1,947	2,199	2,720	3,303	3,646	3,891	4,270
Children 1–18 years old	1,479	1,647	1,767	1,956	2,323	2,720	2,950	3,111	3,361
Adults 19–59 years old	1,616	1,861	2,032	2,306	2,882	3,528	3,915	4,195	4,619
Older adults 60+ years old	1,501	1,757	1,930	2,202	2,768	3,414	3,781	4,037	4,455
Higher income nonparticipants	1,785 ***	1,998 ***	2,148 ***	2,388 ***	2,876 ***	3,413 ***	3,731 *	3,959	4,308
Children 1–18 years old	1,433	1,602	1,722	1,915	2,306	2,736	2,987	3,168	3,449
Adults 19–59 years old	1,943 ***	2,173 ***	2,334 ***	2,591 ***	3,110 ***	3,674	4,008	4,245	4,604
Older adults 60+ years old	1,782	2,002	2,161	2,414	2,944	3,547 *	3,912	4,183	4,596
Women and girls									
All individuals	1,342	1,511	1,630	1,818	2,200	2,617	2,859	3,030	3,296
Children 1–18 years old	1,266	1,395	1,486	1,630	1,917	2,227	2,409	2,536	2,734
Adults 19–59 years old	1,373	1,555	1,682	1,884	2,292	2,738	2,996	3,179	3,461
Older adults 60+ years old	1,344	1,523	1,653	1,857	2,272	2,733	3,002	3,192	3,491
SNAP participants	1,189	1,356	1,471	1,653	2,025	2,441	2,686	2,860	3,130
Children 1–18 years old	1,206	1,340	1,434	1,578	1,876	2,201	2,389	2,524	2,730
Adults 19–59 years old	1,189	1,360	1,477	1,664	2,050	2,486	2,742	2,925	3,208
Older adults 60+ years old	1,171	1,361	1,496	1,708	2,129	2,594	2,873	3,067	3,379

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	1,276	1,440	1,554	1,739	2,117	2,533	2,776	2,944	3,219
Children 1–18 years old	1,316	1,436	1,519	1,651	1,916	2,204	2,372	2,490	2,677
Adults 19–59 years old	1,337	1,514	1,636	1,833	2,238 *	2,682	2,939	3,115	3,400
Older adults 60+ years old	1,063	1,241	1,369	1,579	2,014	2,505	2,795	3,001	3,347
Higher income nonparticipants	1,420 ***	1,584 ***	1,702 ***	1,888 ***	2,259 ***	2,668 ***	2,904 ***	3,073 **	3,333 *
Children 1–18 years old	1,296	1,426	1,515	1,657	1,941	2,250	2,430	2,557	2,750
Adults 19–59 years old	1,464 ***	1,639 ***	1,765 ***	1,965 ***	2,363 ***	2,799 ***	3,049 ***	3,230 **	3,508
Older adults 60+ years old	1,443	1,617	1,742	1,941	2,342	2,790	3,053	3,238	3,527

Notes: “All individuals” includes respondents with missing SNAP participation or income. Adequate intake is the recommended average daily intake level. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.19. Sodium (Milligrams): Mean Usual Intake From Foods and Beverages for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	3,415	(15.1)	6,093	3,311	(31.9)	4,551	3,361	(41.2)	12,244	3,449 ***	(19.6)
Men and boys	12,123	3,928	(24.5)	2,890	3,759	(52.4)	2,291	3,886	(69.4)	6,235	3,970 ***	(32.1)
Women and girls	12,158	2,920	(17.9)	3,203	2,879	(37.0)	2,260	2,853	(45.6)	6,009	2,945	(23.0)
Children 1–18 years old	9,260	2,927	(22.2)	3,076	2,920	(36.4)	1,709	2,875	(50.6)	4,023	2,945	(30.6)
Boys	4,682	3,201	(35.3)	1,545	3,118	(58.4)	865	3,163	(78.1)	2,044	3,236	(49.7)
Girls	4,578	2,640	(26.3)	1,531	2,712	(42.8)	844	2,574	(63.5)	1,979	2,640	(35.0)
Adults 19–59 years old	10,269	3,733	(23.1)	2,215	3,579	(46.9)	1,994	3,681	(65.6)	5,473	3,772 ***	(29.9)
Men	5,094	4,355	(37.9)	997	4,165	(75.0)	1,012	4,278	(109.0)	2,776	4,404 **	(49.6)
Women	5,175	3,116	(26.5)	1,218	2,999	(56.7)	982	3,090	(73.4)	2,697	3,146 *	(33.4)
Older adults 60+ years old	4,752	3,093	(27.6)	802	3,012	(80.3)	848	3,025	(67.9)	2,748	3,128	(34.7)
Men	2,347	3,576	(39.6)	348	3,350	(151.5)	414	3,648	(130.7)	1,415	3,607	(43.7)
Women	2,405	2,705	(38.3)	454	2,741	(78.5)	434	2,524 *	(63.0)	1,333	2,744	(51.7)
Mean usual intake as a percent of adequate intake												
All individuals	24,281	241.8	(1.04)	6,093	235.2	(2.16)	4,551	237.8	(2.81)	12,244	243.9 ***	(1.36)
Men and boys	12,123	277.3	(1.68)	2,890	266.3	(3.53)	2,291	273.9	(4.73)	6,235	280.1 ***	(2.23)
Women and girls	12,158	207.5	(1.23)	3,203	205.1	(2.52)	2,260	202.8	(3.13)	6,009	208.9	(1.59)
Children 1–18 years old	9,260	252.6	(1.81)	3,076	253.3	(2.88)	1,709	247.7	(4.17)	4,023	253.4	(2.54)
Boys	4,682	273.8	(2.84)	1,545	269.3	(4.43)	865	269.0	(6.43)	2,044	276.1	(4.09)
Girls	4,578	230.3	(2.19)	1,531	236.6	(3.65)	844	225.3	(5.23)	1,979	229.6	(2.94)
Adults 19–59 years old	10,269	248.8	(1.54)	2,215	238.6	(3.13)	1,994	245.4	(4.37)	5,473	251.5 ***	(1.99)
Men	5,094	290.3	(2.53)	997	277.7	(5.00)	1,012	285.2	(7.26)	2,776	293.6 **	(3.31)
Women	5,175	207.8	(1.76)	1,218	199.9	(3.78)	982	206.0	(4.90)	2,697	209.7 *	(2.23)
Older adults 60+ years old	4,752	206.2	(1.84)	802	200.8	(5.35)	848	201.7	(4.53)	2,748	208.6	(2.31)
Men	2,347	238.4	(2.64)	348	223.3	(10.10)	414	243.2	(8.71)	1,415	240.4	(2.92)

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Women	2,405	180.3	(2.55)	454	182.7	(5.23)	434	168.3 *	(4.20)	1,333	182.9	(3.45)

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Percent of individuals with usual intake above the chronic disease risk reduction level												
All individuals	24,281	90.1	(0.42)	6,093	87.2	(1.06)	4,551	85.8	(1.04)	12,244	91.5 ***	(0.59)
Men and boys	12,123	97.2	(0.27)	2,890	94.4	(1.02)	2,291	93.6	(1.05)	6,235	98.2 ***	(0.29)
Women and girls	12,158	83.1	(0.79)	3,203	80.2	(1.84)	2,260	78.2	(1.77)	6,009	85.1 *	(1.12)
Children 1–18 years old	9,260	94.6	(0.63)	3,076	94.9	(1.09)	1,709	91.8	(1.31)	4,023	95.5	(0.85)
Boys	4,682	97.5	(0.49)	1,545	98.5	(0.68)	865	93.9 ***	(1.12)	2,044	97.9	(0.60)
Girls	4,578	91.5	(1.18)	1,531	91.0	(2.11)	844	89.5	(2.42)	1,979	93.0	(1.62)
Adults 19–59 years old	10,269	91.4	(0.56)	2,215	87.6	(1.52)	1,994	87.4	(1.55)	5,473	92.8 **	(0.81)
Men	5,094	98.1	(0.32)	997	95.3	(1.23)	1,012	94.4	(1.54)	2,776	99.0 **	(0.32)
Women	5,175	84.7	(1.08)	1,218	80.0	(2.77)	982	80.4	(2.67)	2,697	86.7 *	(1.58)
Older adults 60+ years old	4,752	80.1	(1.23)	802	75.8	(2.96)	848	72.9	(2.37)	2,748	82.4 *	(1.60)
Men	2,347	93.9	(0.89)	348	85.2	(4.16)	414	90.0	(2.82)	1,415	95.8 *	(1.00)
Women	2,405	69.1	(2.09)	454	68.2	(4.17)	434	59.2	(3.63)	1,333	71.7	(2.78)

See notes at end of table.

Table F.19a. Sodium (Milligrams): Percentile Distribution of Mean Usual Intake From Foods and Beverages for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	2,451	2,727	2,919	3,226	3,854	4,540	4,944	5,230	5,672
Children 1–18 years old	2,065	2,272	2,421	2,654	3,137	3,672	3,991	4,215	4,566
Adults 19–59 years old	2,671	2,987	3,206	3,557	4,274	5,053	5,511	5,834	6,334
Older adults 60+ years old	2,287	2,529	2,698	2,963	3,510	4,111	4,462	4,709	5,093
SNAP participants	2,295	2,565	2,758	3,061	3,684	4,367	4,768	5,057	5,503
Children 1–18 years old	2,209	2,386	2,505	2,696	3,079	3,491	3,732	3,902	4,170
Adults 19–59 years old	2,429	2,745	2,974	3,333	4,074	4,888	5,365	5,710	6,240
Older adults 60+ years old	1,969	2,228	2,404	2,690	3,273	3,921	4,306	4,582	5,012
Income-eligible nonparticipant	2,162	2,478	2,699	3,050	3,782	4,604	5,090	5,438	5,979
Children 1–18 years old	1,864	2,094	2,265	2,536	3,082	3,700	4,068	4,332	4,750
Adults 19–59 years old	2,320	2,674	2,922	3,317	4,152	5,091	5,655	6,062	6,680
Older adults 60+ years old	2,076	2,388	2,595	2,919	3,579	4,312	4,716	4,993	5,450
Higher income nonparticipants	2,574 *	2,835 *	3,018 **	3,310 **	3,899 **	4,546	4,928	5,201	5,619
Children 1–18 years old	2,090	2,298	2,445	2,683	3,168	3,708	4,029	4,260	4,621
Adults 19–59 years old	2,844 *	3,138 *	3,343 *	3,670 *	4,329	5,048	5,472	5,774	6,234
Women and girls									
All individuals	1,814	2,019	2,164	2,394	2,862	3,379	3,681	3,896	4,230
Children 1–18 years old	1,723	1,894	2,015	2,208	2,596	3,018	3,268	3,443	3,718
Adults 19–59 years old	1,918	2,140	2,295	2,544	3,052	3,613	3,941	4,176	4,540
Older adults 60+ years old	1,634	1,831	1,973	2,197	2,649	3,150	3,441	3,647	3,970
SNAP participants	1,725	1,941	2,090	2,326	2,812	3,355	3,675	3,904	4,260
Children 1–18 years old	1,695	1,885	2,019	2,226	2,657	3,134	3,412	3,614	3,924
Adults 19–59 years old	1,813	2,036	2,188	2,430	2,929	3,490	3,818	4,053	4,417
Older adults 60+ years old	1,516	1,741	1,903	2,157	2,669	3,241	3,587	3,829	4,220

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	1,684	1,896	2,044	2,284	2,783	3,340	3,668	3,897	4,272
Children 1–18 years old	1,598	1,782	1,910	2,114	2,528	2,979	3,243	3,428	3,723
Adults 19–59 years old	1,776	2,013	2,178	2,446	3,008	3,639	4,011	4,269	4,690
Older adults 60+ years old	1,530	1,706	1,832	2,037	2,458	2,935	3,217	3,418	3,757
Higher income nonparticipants	1,880	2,078	2,219	2,443	2,891	3,386	3,672	3,878	4,195
Children 1–18 years old	1,804	1,964	2,074	2,249	2,600	2,983	3,208	3,368	3,611
Adults 19–59 years old	1,983	2,196	2,350	2,595	3,086	3,629	3,942	4,169	4,521
Older adults 60+ years old	1,687	1,885	2,026	2,249	2,693	3,183	3,467	3,665	3,974

Notes: “All individuals” includes respondents with missing SNAP participation or income. Adequate intake is the recommended average daily intake level. The chronic disease risk reduction is the intake above which intake reduction is expected to reduce chronic disease risk within an apparently healthy population. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements or table salt. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table F.20. Choline (Milligrams): Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	All Individuals			SNAP Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error	Sample Size	Mean	Standard Error
Mean usual intake												
All individuals	24,281	316	(1.8)	6,093	308	(3.3)	4,551	306	(4.2)	12,244	321 **	(2.4)
Men and boys	12,123	369	(3.1)	2,890	358	(5.6)	2,291	358	(7.3)	6,235	374 *	(3.9)
Women and girls	12,158	265	(2.0)	3,203	259	(3.4)	2,260	255	(4.2)	6,009	269 *	(2.7)
Children 1–18 years old	9,260	248	(2.4)	3,076	240	(3.7)	1,709	254	(6.1)	4,023	249	(3.5)
Boys	4,682	274	(3.5)	1,545	259	(6.0)	865	285 *	(10.2)	2,044	276 *	(5.1)
Girls	4,578	221	(3.1)	1,531	221	(4.2)	844	220	(6.4)	1,979	221	(4.8)
Adults 19–59 years old	10,269	347	(2.9)	2,215	338	(4.9)	1,994	332	(6.3)	5,473	353 *	(3.7)
Men	5,094	413	(4.9)	997	407	(8.5)	1,012	391	(10.9)	2,776	418	(6.2)
Women	5,175	283	(3.1)	1,218	269	(4.8)	982	274	(6.3)	2,697	288 **	(4.0)
Older adults 60+ years old	4,752	311	(3.0)	802	304	(8.2)	848	294	(8.4)	2,748	316	(3.6)
Men	2,347	363	(4.7)	348	341	(14.1)	414	353	(16.3)	1,415	371 *	(5.3)
Women	2,405	269	(3.8)	454	275	(9.4)	434	246 *	(7.6)	1,333	273	(4.9)
Mean usual intake as a percent of adequate intake												
All individuals	24,281	71.2	(0.38)	6,093	69.6	(0.67)	4,551	69.0	(0.86)	12,244	72.1 **	(0.50)
Men and boys	12,123	75.2	(0.59)	2,890	73.3	(1.06)	2,291	72.9	(1.40)	6,235	76.1 *	(0.76)
Women and girls	12,158	67.4	(0.50)	3,203	66.0	(0.83)	2,260	65.2	(1.02)	6,009	68.3 *	(0.66)
Children 1–18 years old	9,260	77.5	(0.65)	3,076	76.4	(1.01)	1,709	78.4	(1.57)	4,023	77.7	(0.98)
Boys	4,682	81.7	(0.91)	1,545	79.1	(1.54)	865	82.9	(2.48)	2,044	82.2	(1.38)
Girls	4,578	73.2	(0.94)	1,531	73.5	(1.28)	844	73.7	(1.91)	1,979	73.0	(1.41)
Adults 19–59 years old	10,269	70.8	(0.58)	2,215	68.7	(0.95)	1,994	67.7	(1.24)	5,473	71.9 **	(0.73)
Men	5,094	75.1	(0.90)	997	74.1	(1.54)	1,012	71.1	(1.99)	2,776	76.1	(1.13)
Women	5,175	66.5	(0.72)	1,218	63.3	(1.13)	982	64.4	(1.49)	2,697	67.8 **	(0.94)
Older adults 60+ years old	4,752	64.4	(0.62)	802	63.5	(1.67)	848	60.7	(1.65)	2,748	65.6	(0.77)
Men	2,347	65.9	(0.85)	348	62.0	(2.56)	414	64.2	(2.97)	1,415	67.4 *	(0.96)
Women	2,405	63.2	(0.89)	454	64.7	(2.21)	434	57.8 *	(1.79)	1,333	64.2	(1.16)

See notes at end of table.

Table F.20a. Choline (Milligrams): Percentile Distribution of Mean Usual Intakes for SNAP Participants and Nonparticipants by Age Group and Gender

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Men and boys									
All individuals	207	235	255	288	357	436	483	518	572
Children 1–18 years old	160	180	194	217	265	320	354	378	417
Adults 19–59 years old	223	256	279	317	398	491	547	588	652
Older adults 60+ years old	220	246	264	293	353	421	462	490	535
SNAP participants	199	226	246	278	345	423	471	505	561
Children 1–18 years old	159	177	189	209	252	299	328	348	381
Adults 19–59 years old	213	245	269	308	391	488	547	590	659
Older adults 60+ years old	213	236	252	278	332	393	430	456	497
Income-eligible nonparticipant	182	212	233	268	342	430	483	523	585
Children 1–18 years old	144	167	185	214	274	343	386	417	466
Adults 19–59 years old	197	230	253	290	373	470	531	576	646
Older adults 60+ years old	189	219	240	272	341	422	468	501	555
Higher income nonparticipants	216	243	263	295	362	438	485	519	573
Children 1–18 years old	167	186	199	221	267	320	352	376	413
Adults 19–59 years old	234	265	288	325	403	494	549	590	653
Older adults 60+ years old	229	255	273	302	361	428	468	497	541
Women and girls									
All individuals	156	175	189	212	258	310	341	363	398
Children 1–18 years old	136	151	162	179	215	255	279	296	323
Adults 19–59 years old	162	184	199	223	274	332	366	391	430
Older adults 60+ years old	162	181	194	216	261	312	343	365	399
SNAP participants	144	164	178	202	250	306	340	364	403
Children 1–18 years old	132	148	159	177	215	257	283	302	331
Adults 19–59 years old	150	171	186	209	260	318	353	378	418
Older adults 60+ years old	140	164	181	208	265	330	370	398	444

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
Income-eligible nonparticipant	147	166	179	201	247	300	331	354	390
Children 1–18 years old	142	156	166	182	215	252	274	290	315
Adults 19–59 years old	153	174	189	213	265	323	358	383	423
Older adults 60+ years old	136	155	168	190	237	291	323	346	385
Higher income nonparticipants	162 *	181 *	194 *	216 *	262	313	344	366	401
Children 1–18 years old	137	152	162	180	215	255	280	297	325
Adults 19–59 years old	169	190	205	229 *	279 **	337	371	396	435
Older adults 60+ years old	171	189	202	223	266	314	343	363	395

Notes: “All individuals” includes respondents with missing SNAP participation or income. Adequate intake is the recommended average daily intake level. Estimates are based on two dietary recalls per person. The data reflect nutrient intake from foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES respondents 1+ years old with complete day 1 and day 2 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.