

**Table I-1. Estimated distributions of calcium using three different methods for men aged 40–59: National Health and Nutrition Examination Survey, 2011–2014**

| Method                                     | Estimated calcium intake (grams) | Standard error |
|--|----------------------------------|----------------|
| 5th percentile                             |                                  |                |
| Given day . . . . .                        | 303.7                            | 21.4           |
| Within-person mean . . . . .               | 377.0                            | 16.3           |
| National Cancer Institute Method . . . . . | 524.8                            | 23.3           |
| 10th percentile                            |                                  |                |
| Given day . . . . .                        | 384.9                            | 16.9           |
| Within-person mean . . . . .               | 461.5                            | 18.7           |
| National Cancer Institute Method . . . . . | 615.9                            | 20.0           |
| 25th percentile                            |                                  |                |
| Given day . . . . .                        | 622.1                            | 23.8           |
| Within-person mean . . . . .               | 671.0                            | 20.5           |
| National Cancer Institute Method . . . . . | 791.5                            | 15.0           |
| 50th percentile                            |                                  |                |
| Given day . . . . .                        | 964.3                            | 34.0           |
| Within-person mean . . . . .               | 988.6                            | 19.3           |
| National Cancer Institute Method . . . . . | 1,026.3                          | 17.2           |
| 75th percentile                            |                                  |                |
| Given day . . . . .                        | 1,400.9                          | 34.2           |
| Within-person mean . . . . .               | 1,363.7                          | 37.3           |
| National Cancer Institute Method . . . . . | 1,305.9                          | 31.5           |
| 90th percentile                            |                                  |                |
| Given day . . . . .                        | 1,966.8                          | 51.1           |
| Within-person mean . . . . .               | 1,767.2                          | 57.3           |
| National Cancer Institute Method . . . . . | 1,598.1                          | 50.6           |
| 95th percentile                            |                                  |                |
| Given day . . . . .                        | 2,203.1                          | 67.3           |
| Within-person mean . . . . .               | 2,089.1                          | 78.4           |
| National Cancer Institute Method . . . . . | 1,795.8                          | 64.3           |

NOTES: Given day estimates are from Day 1 dietary recall, within-person mean estimates are from Days 1 and 2 dietary recalls, and usual intake distributions are estimated using the National Cancer Institute Method. This analysis includes males aged 40–59.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

**Table I-2. Percentage of U.S. population with calcium intake below estimated average requirement using different estimation methods, by age and sex: National Health and Nutrition Examination Survey, 2011–2014**

| Method                                     | Males aged 2–5 years | Males aged 6–11 years | Males aged 12–19 years | Males aged 20–39 years | Males aged 40–59 years | Males aged 60 years and over | Females aged 2–5 years | Females aged 6–11 years | Females aged 12–19 years | Females aged 20–39 years | Females aged 40–59 years | Females aged 60 years and over |
|--|----------------------|-----------------------|------------------------|------------------------|------------------------|------------------------------|------------------------|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------------|
| Given day . . . . .                        | 27.4                 | 39.1                  | 49.0                   | 33.3                   | 38.6                   | 51.9                         | 30.3                   | 53.7                    | 67.5                     | 50.5                     | 59.3                     | 72.9                           |
| Within-person mean . . . . .               | 24.5                 | 35.3                  | 48.5                   | 30.5                   | 34.3                   | 49.5                         | 25.3                   | 49.7                    | 71.4                     | 47.8                     | 61.3                     | 75.8                           |
| National Cancer Institute Method . . . . . | 16.5                 | 26.7                  | 40.8                   | 19.2                   | 25.9                   | 44.4                         | 17.8                   | 43.6                    | 74.4                     | 42.1                     | 59.5                     | 78.2                           |

NOTES: Given day estimates are from Day 1 dietary recall, within-person mean (WPM) estimates are from Days 1 and 2 dietary recalls, and usual intake distributions are estimated using the National Cancer Institute (NCI) Method. The estimated percentages of persons not meeting the estimated average requirement (EAR) for calcium with given day and WPM are shown for comparative purposes only. The recommended method to evaluate dietary adequacy is to compare estimates from usual intake methods, such as the NCI Method, with EAR. This analysis includes persons aged 2 years and over but excludes children who were reported to consume breast milk and women who were pregnant or lactating.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2011–2014.

**Table I-3. Estimated distributions of fruit intake using three different methods for girls aged 2-5 years: National Health and Nutrition Examination Survey, 2009-2012**

| Method                                     | Estimated fruit intake<br>(cup equivalents) | Standard error |
|--|---|----------------|
| 5th percentile                             |   |                |
| Given day . . . . .                        | ...   | ...            |
| Within-person mean . . . . .               | 0.1   | 0.05           |
| National Cancer Institute Method . . . . . | 0.5   | 0.07           |
| 10th percentile                            |   |                |
| Given day . . . . .                        | 0.1   | 0.03           |
| Within-person mean . . . . .               | 0.3   | 0.06           |
| National Cancer Institute Method . . . . . | 0.7   | 0.06           |
| 25th percentile                            |   |                |
| Given day . . . . .                        | 0.5   | 0.05           |
| Within-person mean . . . . .               | 0.7   | 0.06           |
| National Cancer Institute Method . . . . . | 1.0   | 0.06           |
| 50th percentile                            |   |                |
| Given day . . . . .                        | 1.1   | 0.07           |
| Within-person mean . . . . .               | 1.3   | 0.07           |
| National Cancer Institute Method . . . . . | 1.4   | 0.07           |
| 75th percentile                            |   |                |
| Given day . . . . .                        | 2.0   | 0.12           |
| Within-person mean . . . . .               | 2.0   | 0.11           |
| National Cancer Institute Method . . . . . | 1.9   | 0.10           |
| 90th percentile                            |   |                |
| Given day . . . . .                        | 2.9   | 0.12           |
| Within-person mean . . . . .               | 3.1   | 0.21           |
| National Cancer Institute Method . . . . . | 2.4   | 0.15           |
| 95th percentile                            |   |                |
| Given day . . . . .                        | 3.4   | 0.26           |
| Within-person mean . . . . .               | 3.7   | 0.28           |
| National Cancer Institute Method . . . . . | 2.8   | 0.19           |

... Estimate not available because of the large number of nonconsumers.

NOTES: Given day estimates are from Day 1 dietary recall, within-person mean estimates are from Days 1 and 2 dietary recalls, and usual intake distributions are estimated using the National Cancer Institute Method. This analysis includes persons aged 2-5 years but excludes children who were reported to consume breast milk.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2009-2012.

**Table I-4. Percentage of U.S. population with fruit intake below the 2015–2020 Dietary Guidelines recommended consumption range, by age and sex, National Health and Nutrition Examination Survey, 2009–2012**

| Method                                     | Males aged 2–5 years | Males aged 6–11 years | Males aged 12–19 years | Males aged 20–39 years | Males aged 40–59 years | Males aged 60 years and over | Females aged 2–5 years | Females aged 6–11 years | Female aged 12–19 years | Females aged 20–39 years | Females aged 40–59 years | Females aged 60 years and over |
|--|----------------------|-----------------------|------------------------|------------------------|------------------------|------------------------------|------------------------|-------------------------|-------------------------|--------------------------|--------------------------|--------------------------------|
| Given day . . . . .                        | 35.2                 | 42.5                  | 45.1                   | 45.0                   | 48.7                   | 53.9                         | 38.9                   | 43.8                    | 44.8                    | 44.3                     | 49.6                     | 56.0                           |
| Within-person estimates . . . . .          | 34.7                 | 51.8                  | 63.2                   | 60.8                   | 62.4                   | 66.0                         | 34.2                   | 52.5                    | 64.3                    | 58.8                     | 61.5                     | 63.5                           |
| National Cancer Institute Method . . . . . | 27.1                 | 57.0                  | 86.1                   | 90.0                   | 88.0                   | 85.9                         | 27.2                   | 57.0                    | 91.3                    | 83.9                     | 79.7                     | 73.9                           |

NOTES: Given day estimates are from Day 1 dietary recall, within-person mean (WPM) estimates are from Days 1 and 2 dietary recalls, and usual intake distributions are estimated using the National Cancer Institute (NCI) Method. The estimated percentages of persons consuming fruit below the lower recommended range with given day and WPM are shown for comparative purposes only. The recommended method to evaluate dietary adequacy is to compare estimates from usual intake methods, such as the NCI Method, with reference intakes. This analysis includes persons aged 2 years and over but excludes children who were reported to consume breast milk and women who were pregnant or lactating.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2009–2012.