

Appendix E-2.3: Usual intake distributions for individuals age 71 and older, 2007-2010

Individuals age 71 and older: Usual Intake from Food and Beverages 2007-2010 Compared To Dietary Reference Intakes

Some of the estimates are based on a relatively small number for a national probability sample. These statistics should be viewed with this consideration.

PLEASE NOTE: The values flagged with an asterisk (*) may be less reliable; interpret with caution.

Usual intake from food and beverages.

<u>Page</u>	<u>Nutrient (unit of measure/day)</u>
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|---|--------------------------------|
| 1 | Protein (g/day/kg body weight) |
| 2 | Dietary fiber (g/day) |
| 3 | Sodium (mg/day) |

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

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Protein (g/kg body weight): Mean intake and percentiles of usual intake from food and beverages, persons aged 71 and over in the United States, 2007-2010

	Food			---- Percentiles of Usual Intake ----							Below EAR		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	EAR	%	SE
Males:													
71-79.....	548	1.02	(0.025)	0.68	0.75	0.87	1.01	1.18	1.34	1.45	0.66	4	(1.4)
80 and over.....	333	0.97	(0.030)	0.65*	0.71	0.82	0.96	1.11	1.27	1.38*	0.66	6	(1.8)
71 and over.....	881	1.01	(0.022)	0.67	0.73	0.85	0.99	1.15	1.32	1.42	0.66	4	(1.4)
Females:													
71-79.....	572	0.98	(0.019)	0.57	0.64	0.78	0.95	1.15	1.34	1.47	0.66	11	(1.8)
80 and over.....	369	0.98	(0.028)	0.58	0.65	0.79	0.96	1.15	1.35	1.47	0.66	11	(1.9)
71 and over.....	941	0.98	(0.018)	0.57	0.65	0.78	0.96	1.15	1.35	1.47	0.66	11	(1.7)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

Estimated Average Requirement (EAR) and percentage of individuals with usual intake below the EAR.

Excludes individuals with incomplete height and weight data. Body weights outside of normal range are set to the normal weight boundary fitting their BMI cutoffs.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 71 years and over, dietary intake data.

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**Dietary fiber (g): Mean intake and percentiles of usual intake from food and beverages,
persons aged 71 and over in the United States, 2007-2010**

	Food			---- Percentiles of Usual Intake ----								Above AI		
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE	
Males:														
71-79.....	563	17.1	(0.57)	8.0	9.5	12.5	16.3	21.0	25.8	29.2	30	4	(1.0)	
80 and over.....	349	16.9	(0.41)	7.8	9.3	12.0	15.8	20.3	25.2	28.4	30	4*	(0.7)	
71 and over.....	912	17.0	(0.43)	7.9	9.4	12.3	16.1	20.7	25.6	28.9	30	4	(0.9)	
Females:														
71-79.....	583	15.1	(0.33)	7.5	8.8	11.2	14.4	18.2	22.1	24.8	21	13	(1.6)	
80 and over.....	381	13.7	(0.43)	6.9	8.1	10.3	13.3	16.9	20.6	23.2	21	9	(2.0)	
71 and over.....	964	14.5	(0.28)	7.2	8.4	10.7	13.9	17.6	21.4	24.0	21	11	(1.6)	

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.

Adequate Intake (AI) and percentage of individuals with usual intake above the AI.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 71 years and over, dietary intake data.

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**Sodium (mg): Mean intake and percentiles of usual intake from food and beverages,
persons aged 71 and over in the United States, 2007-2010**

	Food			---- Percentiles of Usual Intake ----							Above AI			Above UL			
	N	Mean	SE	5th	10th	25th	50th	75th	90th	95th	AI	%	SE	UL	%	SE	
Males:																	
71-79.....	563	3286	(83.4)		2164	2378	2761	3231	3758	4269		1200	>97		2300	92	(2.0)
80 and over.....	349	2998	(84.9)		1971	2168	2517	2958	3452	3945		1200	>97		2300	85	(3.0)
71 and over.....	912	3183	(74.0)		2079	2282	2664	3132	3655	4180		1200	>97		2300	89	(2.2)
Females:																	
71-79.....	583	2611	(43.3)		1647	1830	2155	2555	3008	3447		1200	>97		2300	66	(2.7)
80 and over.....	381	2466	(74.9)		1570	1743	2051	2439	2873	3305		1200	>97		2300	59	(3.5)
71 and over.....	964	2550	(49.6)		1614	1788	2109	2507	2950	3392		1200	>97		2300	63	(2.5)

NOTES: Mean intake estimated directly from the day 1 dietary recall. Usual intake distribution estimated using the National Cancer Institute Method. Standard errors of percentiles presented in a separate table.

* Estimate may be less reliable than others due to small sample size. Individuals with incomplete dietary supplement data excluded.
Adequate Intake (AI), Tolerable Upper Intake Level (UL), and percentage of individuals with usual intake above the AI and the UL.
Discretionary salt use at the table not included. Post-processing salt adjustment omitted for 2007-2008.

DATA SOURCE: What We Eat in America, NHANES 2007-2010, individuals 71 years and over, dietary intake data.

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