

J

Association of Added Sugars Intake and Intake of Other Nutrients

TABLE J-1 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Children 4 Through 8 Years of Age

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	244	608	827	711
Calcium, mg	977	1,042	985	908
Standard error	31	23	15	16
Comparison	abcde ^c	abc	abc	ade
Percent > AI (800 mg/d)	69	95	85	78
Magnesium, mg	241	257	237	222
Standard error	6.3	5.2	5.2	3.4
Comparison	abcde	abc	abcde	acde
Percent < EAR (110 mg/d)	0	0	0	0
Vitamin A, RAE	684	722	715	778
Standard error	32	19	13	26
Comparison	abcdef	abcde	abcde	abcd
Percent < EAR (275 µg/d)	0.4	0	0.9	0.1
Vitamin E, mg α-tocopherol ^d	4.6	5.9	5.3	5.5
Standard error	0.2	0.2	0.1	0.1
Comparison	aefg	bcd	bcde	bcde
Percent < EAR (6 mg/d)	76	53	68	65
Iron, mg	12.7	14.4	13.4	12.8
Standard error	0.4	0.3	0.2	0.2
Comparison	acdef	bc	abcde	acde
Percent < EAR (4.1 mg/d)	0	0	0	0
Zinc, mg	9.1	10.3	9.0	8.8
Standard error	0.2	0.2	0.2	0.2
Comparison	acde	b	acde	acde
Percent < EAR (4 mg/d)	0	0	0	0

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α-tocopherol were obtained by multiplying estimates of mg of α-tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

20 < x ≤ 25%	25 < x ≤ 30%	30 < x ≤ 35%	> 35%
504	297	130	127
899	771	703	NA ^b
22	32	43	NA
ade	fg	fg	
77	41	25	NA
219	197	188	NA
3.7	5.8	9.7	NA
acdeg	fg	efg	
0	0	0	NA
668	568	504	NA
19	38	40	NA
abcef	aefg	fg	
7.1	0.7	3.6	NA
5.2	4.7	4.0	NA
0.1	0.1	0.3	NA
acdef	aefg	afg	
77	95	99	NA
12.6	11.6	10.0	NA
0.2	0.3	0.6	NA
acdef	aefg	fg	
0	0	0	NA
8.7	7.9	6.8	NA
0.2	0.2	0.4	NA
acde	fg	fg	
0	0	0.4	NA

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-2 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Boys 9 Through 13 Years of Age

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	81	171	278	236
Calcium, mg	1,301	1,177	1,155	1,045
Standard error	43	48	37	32
Comparison	abc ^b	abcde	abcde	bcdeg
Percent > AI (1,300 mg/d)	50	27	23	15
Magnesium, mg	301	297	305	264
Standard error	9.9	5.1	8.7	6.3
Comparison	abceh	abceh	abceh	deh
Percent < EAR (200 mg/d)	8.0	0	0.2	15.4
Vitamin A, RAE	808	757	764	730
Standard error	49	39	38	35
Comparison	abcdefgh	abcdefgh	abcdefgh	abcdefgh
Percent < EAR (445 µg/d)	9.6	3.1	3.2	14.6
Vitamin E, mg α-tocopherol ^c	5.9	6.8	7.7	6.7
Standard error	0.4	0.3	0.3	0.2
Comparison	abdefgh	abcdefg	bcdeg	abcdefg
Percent < EAR (9 mg/d)	81	94	64	96
Iron, mg	16.1	17.0	17.3	15.7
Standard error	0.7	0.6	0.5	0.4
Comparison	abcdegh	abcdegh	abcdegh	abcdegh
Percent < EAR (5.9 mg/d)	0.2	0	0	0
Zinc, mg	12.5	12.6	12.6	11.1
Standard error	0.4	0.6	0.4	0.3
Comparison	abcde	abcde	abce	abdef
Percent < EAR (7 mg/d)	2.1	0.03	1.4	0

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α-tocopherol were obtained by multiplying estimates of mg of α-tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

20 < x ≤ 25%	25 < x ≤ 30%	30 < x ≤ 35%	> 35%
195	127	64	67
1,138	826	951	769
29	28	43	57
bcde	fgh	dfgh	fgh
22	6.9	8.7	0
281	226	219	247
7.2	6.4	10.2	16.7
abcdeh	fgh	fgh	abcdefgh
11.1	24.1	31	3.9
813	611	710	659
44	44	54	53
abcdegh	abcdfgh	abcdefgh	abcdefgh
8.3	16.3	4.6	4.0
7.3	5.9	5.9	4.8
0.4	0.4	0.5	0.3
abcdefg	abdefgh	abcdefgh	afgh
80	95	99	99.7
15.9	12.7	13.6	14.2
0.5	0.4	1.2	0.9
abcdegh	fgh	abcdefgh	abcdefgh
0	0.7	0	0
12.5	9.8	8.0	
0.4	0.3	0.4	
abcde	df	g	
0	12.9	24	

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-3 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Boys 14 Through 18 Years of Age

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	54	112	153	191
Calcium, mg	1,236	1,162	1,213	1,195
Standard error	100	71	53	45
Comparison	abcdef ^c	abcdef	abcdef	abcdef
Percent > AI (1,300 mg/d)	43	41	42	42
Magnesium, mg	328	365	323	314
Standard error	16	15	13	10.3
Comparison	abcdefg	abcdeg	abcdefg	abcdefg
Percent < EAR (340 mg/d)	66	31	58	60
Vitamin A, RAE	676	706	737	903
Standard error	50	49	41	53
Comparison	abcefg	abcdefg	abcdefg	bcde
Percent < EAR (630 µg/d)	39	42	34	4.5
Vitamin E, mg α-tocopherol ^d	7.2	10.2	7.5	13.2
Standard error	0.4	0.7	0.3	1.7
Comparison	acefg	bde	acefg	bde
Percent < EAR (12 mg/d)	99	100	86	45
Iron, mg	16.6	18.9	19.0	23.4
Standard error	0.8	0.9	0.7	1.4
Comparison	abdefg	abcdefg	abcdef	bcdef
Percent < EAR (7.7 mg/d)	0	0.3	0	0
Zinc, mg	14.2	15.4	15.0	18.9
Standard error	0.7	0.8	0.6	1.4
Comparison	abcdef	abcdef	abcd	abcdef
Percent < EAR (8.5 mg/d)	1.5	0.4	0.7	2.7

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α-tocopherol were obtained by multiplying estimates of mg of α-tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

20 < x ≤ 25%	25 < x ≤ 30%	30 < x ≤ 35%	> 35%
165	101	66	66
1,167	955	747	NA ^b
42	70	49	NA
abcdef	abcdefg	fg	
29	17	4.2	NA
326	286	335	NA
10.5	18.3	49	NA
abcdefg	acdefg	abcdefg	
55	75	51	NA
770	615	546	NA
52	45	48	NA
abcdef	abcefg	abcfg	
33	52	70	NA
8.5	7.1	7.0	NA
0.3	0.4	0.4	NA
abcdef	acefg	acfg	
93	91	99	NA
19.7	17.5	15.6	NA
0.7	2.0	0.8	NA
abcdef	abcdefg	abfg	
0	0.2	0.3	NA
15.1	12.3	12.9	NA
0.6	1.8	0.9	NA
abdef	abdef	abcefg	
2.5	17.2	6.1	NA

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-4 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Men 19 Through 50 Years of Age

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	656	814	915	810
Calcium, mg	909	1,040	1,115	964
Standard error	19	21	22	19
Comparison	ade ^b fg	bcd	bc	abdef
Percent > AI (1,000 mg/d)	40	54	68	46
Magnesium, mg (19–30 y)	384	436	373	370
Standard error	10	11	7	8
Comparison	acd	b	acd	acd
Percent < EAR (330 mg/d)	2.7	8.5	33	17
Magnesium, mg (31–50 y)	370	401	400	339
Standard error	7	7	8	7
Comparison	abc	abc	abc	defg
Percent < EAR (350 mg/d)	42	29	11	57
Vitamin A, RAE	737	694	953	764
Standard error	31	19	27	22
Comparison	abdef	abdef	c	abdef
Percent < EAR (625 µg/d)	32	44	23	30
Vitamin E, mg α-tocopherol ^c	7.8	10.3	9.5	9.8
Standard error	0.2	0.2	0.2	0.2
Comparison	aefg	bcd	bce	bcd
Percent < EAR (12 mg/d)	86	80	85.2	91
Iron, mg	16.9	19.5	20	18.7
Standard error	0.3	0.4	0.3	0.3
Comparison	aef	bcd	bcd	bcd
Percent < EAR (6 mg/d)	0.2	0	0	0

$20 < x \leq$ 25%	$25 < x \leq$ 30%	$30 < x \leq$ 35%	$> 35\%$
565	312	190	173
917	912	798	624
21	30	37	27
adefg	adefg	ae fg	h
36	15	31	2.7
304	287	265	217
7	12	12	9
efg	efg	efgh	gh
63	72	76	91
321	321	308	236
7	9	14	17
defg	defg	defg	h
62	68	71	82
725	682	409	360
26	40	26	27
abdef	abdef	gh	gh
35	43	73	85
8.5	7.5	7.2	5.2
0.2	0.2	0.3	0.4
ae	afg	afg	h
92	98	100	99
17.1	16.0	14.1	11.5
0.3	0.5	0.5	0.6
acf	acfg	fg	h
0	<0.05	2.6	3.1

continued

TABLE J-4 Continued

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
Zinc, mg	15	16.3	16.2	14.9
Standard error	0.3	0.3	0.3	0.3
Comparison	abcd	abc	abc	ad
Percent < EAR (9.4 mg/d)	5.9	0	0	4.2

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a-h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α -tocopherol were obtained by multiplying estimates of mg of α -tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

$20 < x \leq 25\%$	$25 < x \leq 30\%$	$30 < x \leq 35\%$	$> 35\%$
13.6	12.6	11.2	9.1
0.3	0.3	0.4	0.4
ef	efg	fg	h
07	0	26	48

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-5 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Men 51 Years of Age and Older

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	707	736	694	476
Calcium, mg	768	835	821	790
Standard error	19	18	18	19
Comparison	abcdef ^b	abcde	abcde	abcdef
Percent > AI (1,200 mg/d)	18	15	13	13
Magnesium, mg	336	339	327	303
Standard error	6	5	5	6
Comparison	abce	abc	abcde	cde
Percent < EAR (350 mg/d)	54	54.2	61	65
Vitamin A, RAE	698	811	879	842
Standard error	24	23	28	28
Comparison	aefg	bcdefg	bcdef	bcdefg
Percent < EAR (625 µg/d)	43	29	20	28
Vitamin E, mg α-tocopherol ^c	7.2	7.2	8.5	7.6
Standard error	0.2	0.2	0.2	0.2
Comparison	abdef	abdef	cde	abcdef
Percent < EAR (12 mg/d)	90	85	95	97
Iron, mg	15.1	16.9	17.1	17.8
Standard error	0.3	0.3	0.4	0.5
Comparison	aefg	bcdef	bcdef	bcdf
Percent < EAR (6 mg/d)	1.8	0	0	0
Zinc, mg	12.3	12.3	12.9	11.7
Standard error	0.3	0.3	0.3	0.3
Comparison	abcdefg	abcdefg	abcdfg	abcdefg
Percent < EAR (9.4 mg/d)	24	17	11	25

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α-tocopherol were obtained by multiplying estimates of mg of α-tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

20 < x ≤ 25%	25 < x ≤ 30%	30 < x ≤ 35%	> 35%
282	151	87	64
773	672	585	600
29	38	37	45
abcdef	abdefgh	fgh	fgh
14	11	4.4	0
306	246	240	237
9	9	11	17
acde	fgh	fgh	fgh
65	82	93	97
748	693	624	424
37	53	69	60
abcdefg	abcdefg	abdefgh	gh
37	35	50	81
7.9	6.5	5.6	4.0
0.3	0.4	0.4	0.3
abcdef	abdefg	fg	h
82	90	96	100
15.5	15.2	13.3	10.8
0.5	0.7	0.8	0.7
abcefg	abcdefg	aefgh	gh
0.3	0.6	0.5	0
11.1	12.7	18.9	8.3
0.4	0.7	3.0	0.6
abdefg	abcdefg	abcdefg	h
27	0.7	14.5	58

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-6 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Girls 9 Through 13 Years of Age

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	75	167	247	259
Calcium, mg	884	1,063	944	883
Standard error	183	35	28	27
Comparisons	abcdefg ^b	abc	abcd	acde
Percent > AI (1,300 mg/d)	16	15	4.2	7.9
Magnesium, mg	255	280	235	230
Standard error	9	7	6	7
Comparison	abcdg	ab	acdg	acdeg
Percent < EAR (200 mg/d)	16	0	17	30
Vitamin A, RAE	650	729	741	741
Standard error	207	57	34	34
Comparison	abcdefg ^b	abcdeg	abcdeg	abcdeg
Percent < EAR (420 µg/d)	16	6.4	3.5	2.7
Vitamin E, mg α-tocopherol ^c	5.4	5.9	5.8	6.2
Standard error	0.3	0.3	0.2	0.3
Comparison	abcdefg	abcdeg	abcdeg	abcdeg
Percent < EAR (9 mg/d)	97	80	97	89
Iron, mg	15.7	15.8	13.5	13.2
Standard error	6.1	0.6	0.5	0.5
Comparison	abcdefg ^b	abg	acdeg	acdeg
Percent < EAR (5.7 mg/d)	1.9	0	0	0.2
Zinc, mg	10.7	10.5	9.3	9.8
Standard error	0.4	0.3	0.3	0.4
Comparison	abcdg	abcdg	abcdeg	abcdeg
Percent < EAR (7 mg/d)	12	5.7	17	14

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α-tocopherol were obtained by multiplying estimates of mg of α-tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

20 < x ≤ 25%	25 < x ≤ 30%	30 < x ≤ 35%	> 35%
210	124	70	64
785	614	720	479
29	24	23	26
adeg	af	aeg	ah
1.5	0.2	2.4	0
208	180	221	133
6	4	11	8
deg	f	acdeg	h
44	73	35	90
606	413	553	406
32	26	57	69
abcdegh	afgh	abcdegh	aeefgh
18	51	19	52
5.5	4.6	5.7	3.3
0.3	0.2	0.3	0.3
abcdefg	aeefg	abcdefg	h
95	99	87	97
12.3	10.5	12.8	8.2
0.5	0.3	0.8	0.5
acdeg	afg	abcdefg	ah
0.2	0	0.2	10.5
8.4	7.3	10.6	5.1
0.3	0.3	1.0	0.4
cdefg	efg	abcdefg	h
23	43	4.5	77

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-7 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Girls 14 Through 18 Years of Age

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	57	122	147	196
Calcium, mg	689	929	938	807
Standard error	72	60	38	29
Comparison	abcdefg ^b	abcd	abcd	abcde
Percent > AI (1,300 mg/d)	4.5	28	11	0.7
Magnesium, mg	350	264	261	221
Standard error	57	11	9	6
Comparison	abcdef	abce	abce	ade
Percent < EAR (300 mg/d)	34	65	77	85
Vitamin A, RAE	407	613	688	642
Standard error	42	41	38	41
Comparison	aefg	bcdg	bcd	bcdg
Percent < EAR (485 μ/d)	76	31	22	18
Vitamin E, mg α-tocopherol ^c	6.0	8.5	6.5	9.8
Standard error	0.6	0.5	0.3	1.0
Comparison	acefg	bd	acdefg	bcde
Percent < EAR (12 mg/d)	99	100	100	69
Iron, mg	12.7	12.5	14.2	13.9
Standard error	0.9	0.4	0.6	0.5
Comparison	abcdef	abcde	abcde	abcde
Percent < EAR (7.9 mg/d)	6.9	15	0.7	0.2
Zinc, mg	8.3	9.8	10.8	9.8
Standard error	0.5	0.4	0.4	0.4
Comparison	abdefg	abcdef	bcde	abcdef
Percent < EAR (3.0 mg/d)	39	33	16	27

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α-tocopherol were obtained by multiplying estimates of mg of α-tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

20 < x ≤ 25%	25 < x ≤ 30%	30 < x ≤ 35%	> 35%
141	119	73	94
719	647	598	434
28	37	34	30
adefg	aefg	aefg	h
0	0	2.4	0.8
228	183	168	129
7	8	8	7
abcde	afg	fg	h
85	100	100	98
404	369	429	242
28	23	61	24
aefg	aefg	abdefgh	gh
73	71	65	98
6.7	5.2	5.1	3.5
0.3	0.2	0.3	0.2
acde	acfg	acfg	h
97	100	98	100
12.3	10.5	8.9	6.9
0.5	0.4	0.6	0.4
abcdef	aefg	fgh	gh
3.0	9.8	28	67
9.8	8.3	6.7	4.9
0.4	0.4	0.4	0.3
abcdef	abdefg	afg	h
14.5	39	88	86

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-8 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Women 19 Through 50 Years of Age

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	634	762	937	825
Calcium, mg	623	753	764	732
Standard error	16	15	15	14
Comparison	ae ^f ^b	bcd	bcd	bcd
Percent > AI (1,000 mg/d)	14	22	17	9.1
Magnesium, mg (19–30 y)	231	254	254	260
Standard error	7	6	6	7
Comparison	abcdef	abcde	abcde	abcd
Percent < EAR (255 mg/d)	65	50	51	48
Magnesium, mg (31–50 y)	265	287	277	263
Standard error	6	5	5	5
Comparison	abcd	abc	abcd	acd
Percent < EAR (265 mg/d)	50	36	41	52
Vitamin A, RAE	542	665	675	543
Standard error	20	21	18	15
Comparison	ade ^f	bc	bc	ade ^f
Percent < EAR (500 µg/d)	43	28	11	39
Vitamin E, mg α-tocopherol ^c	6.6	6.8	7.4	7.0
Standard error	0.2	0.2	0.2	0.2
Comparison	abcd	abcd	abcd	abcd
Percent < EAR (12 mg/d)	100	94	90	94
Iron, mg	12.3	13.9	13.2	13.1
Standard error	0.3	0.3	0.2	0.2
Comparison	acde ^f	bcd	abcd	abcd
Percent < EAR (8.1 mg/d)	5.7	0.7	3.4	0

$20 < x \leq$ 25%	$25 < x \leq$ 30%	$30 < x \leq$ 35%	$> 35\%$
648	455	253	326
650	607	542	404
15	17	19	17
ae f	ae f g	f g	h
6.6	9.3	3.5	0.3
229	210	184	156
6	6	7	8
ab c e f	ae f g	f g h	g h
78	84	83	99
226	212	180	145
5	6	7	6
ef	ef	g	h
86	84	94	100
480	491	395	294
16	21	24	19
a d e f g	a d e f g	e f g	h
55	51	71	86
5.5	5.3	4.8	3.6
0.1	0.2	0.2	0.2
e f g	e f g	e f g	h
99	97	99	100
11.6	11.3	10.0	7.4
0.2	0.2	0.3	0.2
a e f	a e f g	f g	h
9.5	11.5	29	63

continued

TABLE J-8 Continued

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
Zinc, mg	9.5	10.4	10.1	10.0
Standard error	0.2	0.2	0.2	0.2
Comparison	abcde	abcd	abcd	abcd
Percent < EAR (6.8 mg/d)	8	2.2	10	10

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α -tocopherol were obtained by multiplying estimates of mg of α -tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

$20 < x \leq 25\%$	$25 < x \leq 30\%$	$30 < x \leq 35\%$	$> 35\%$
8.8	8.4	7.4	5.5
0.2	0.2	0.2	0.2
aef	ef	g	h
13	29	42	77

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE J-9 Median Nutrient Intakes by Range of Percent of Daily Energy Intake from Added Sugars, Women 51 Years of Age and Older

Nutrient ^a	Percent of Energy from Added Sugars			
	0 ≤ x ≤ 5%	5 < x ≤ 10%	10 < x ≤ 15%	15 < x ≤ 20%
<i>n</i>	786	851	707	496
Calcium, mg	567	639	677	623
Standard error	13	13	14	15
Comparison	adef ^b	bcdef	bcdef	abcdef
Percent > AI (1,200 mg/d)	4.5	5.7	3.9	3.8
Magnesium, mg	235	257	255	241
Standard error	4	4	4	5
Comparison	adef	bcd	bcd	abcdf
Percent < EAR (265 mg/d)	63	54	55	61
Vitamin A, RAE	762	675	777	612
Standard error	24	20	23	25
Comparison	abch	abdeh	ach	bdefh
Percent < EAR (500 µg/d)	12	32	11	37
Vitamin E, mg α-tocopherol ^c	5.0	5.6	5.7	5.7
Standard error	0.1	0.1	0.1	0.2
Comparison	aef	bcdf	bcdf	bcdf
Percent < EAR (12 mg/d)	98	90	99	95
Iron, mg	11.1	12.4	12.4	12.1
Standard error	0.2	0.3	0.2	0.3
Comparison	adef	bcd	bcd	abcdf
Percent < EAR (5 mg/d)	1.1	1.2	0.2	0.8
Zinc, mg	8.0	8.8	8.8	8.2
Standard error	0.2	0.2	0.2	0.2
Comparison	adef	bcd	bcd	abcdf
Percent < EAR (6.8 mg/d)	35	30	22	34

^a AI = Adequate Intake, EAR = Estimated Average Requirement, RAE = retinol activity equivalents.

^b NA = data not available.

^c Percent ranges of energy from added sugars have been assigned a letter (a–h). When ranges of intakes do not share the same letter, they are significantly different ($p < 0.5$).

^d Estimates of mg of α-tocopherol were obtained by multiplying estimates of mg of α-tocopherol equivalents by 0.8.

NOTE: Data are limited to individuals who provided a complete and reliable 24-hour dietary recall on Day 1. Individuals were assigned to ranges of energy intake from added sugars based on unadjusted Day 1 intakes. Estimates of nutrient intake were adjusted using the Iowa State University method and data from the subsample of individuals with Day 2 recalls

20 < x ≤ 25%	25 < x ≤ 30%	30 < x ≤ 35%	> 35%
296	141	76	80
567	551	414	424
19	27	27	40
abdef	abdefh	gh	fgh
3.1	0.2	1.0	1.1
216	214	154	160
5	8	8	9
aef	adef	gh	gh
75	95	92	98
583	529	403	543
30	40	46	75
bdefh	defgh	fgh	abcdefgh
38	45	69	6
4.7	5.4	3.7	3.1
0.2	0.4	0.3	0.2
aefg	abcdef	efgh	gh
97	97	100	100
10.3	10.6	7.9	7.8
0.3	0.5	0.5	0.4
aef	adef	gh	gh
3.5	0.3	16	7.0
7.2	7.6	6.0	5.1
0.2	0.3	0.4	0.3
aefg	adefg	efgh	gh
47	37	67	89

providing estimates of usual intake. Medians, standard errors, and percents below or above the Dietary Reference Intakes were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 49 degrees of freedom.

DATA SOURCES: U.S. Department of Health and Human Services, National Center for Health Statistics, Third National Health and Nutrition Examination Survey (NHANES III), 1988–1994; National Cancer Institute’s Pyramid Servings Database for NHANES III; and U.S. Department of Health and Human Services, National Center for Health Statistics and University of Minnesota Nutrition Coordinating Center’s Carotenoid Database for NHANES III (vitamin A data only).

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.