Usual Intakes of Nutrients and Dietary Components and Comparison to Recommendations: Infants and Young Children

Supplementary Data Analysis for the 2025 Dietary Guidelines Advisory Committee

Federal Data Analysis Team and 2025 Dietary Guidelines Advisory Committee

Data analysis provided by: United States Department of Agriculture; Research, Education, and Economics; Agricultural Research Service

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Introduction

The 2025 Dietary Guidelines Advisory Committee (Committee) used data analysis to describe the current health and dietary intakes in the United States. The federal data analysis team and interagency collaborations supported the work of the Committee by analyzing data on specific topics and questions. The federal data analysis team included expert scientists with advanced degrees in nutrition, statistics, and epidemiology from the following Departments and agencies:

United States Department of Health and Human Services (HHS)

- Office of Disease Prevention and Health Promotion (ODPHP), Office of the Assistant Secretary for Health (OASH)
- National Cancer Institute, National Institutes of Health
- National Center for Health Statistics, Centers for Disease Control and Prevention

United States Department of Agriculture (USDA)

- Center for Nutrition Policy and Promotion (CNPP), Food and Nutrition Service (FNS), Food, Nutrition, and Consumer Services
- Agricultural Research Service, Research, Education, and Economics

A collection of federal data sources, including the National Health and Nutrition Examination Survey (NHANES), informed the Committee's work. The Federal Data Analysis Plan described the data analysis process and strategy and specified the analyses that would be used to support the Committee in answering the data analysis questions.[1] Data analysis results for the 2025 Committee are summarized in the Federal Data Analysis Reports and synthesized in the 2025 Committee's Scientific Report however should not be interpreted as dietary guidance.[2-7] The Committee's Scientific Report also includes conclusion statements which describe the state of the science based on the evidence considered for each data analysis question.

This supplemental report, Usual Intakes of Nutrients and Dietary Components and Comparison to Recommendations: Infants and Young Children, includes the results of data analyses conducted for the 2025 Committee by the federal data analysis team. These data tables contributed to the evidence for the following data analysis questions:

- What are the current intakes of food groups, nutrients, and dietary components?
- Which nutrients and/or dietary components present a substantial public health concern because of underconsumption or overconsumption?

Acknowledgments and Funding

The federal data analysis team supported the Committee by facilitating, executing, and documenting the work necessary to analyze federal data on dietary intake, nutrients and/or dietary components of public health concern, and nutrition-related chronic health conditions. The federal data analysis team was comprised of staff from ODPHP and CNPP, along with project leadership, and was supported by interagency collaborators who collect and analyze the federal data. Contractor support was also provided for analysis of food category sources of nutrients, dietary components, and food groups. The Committee members were involved in identifying additional data analysis topics and needs, synthesizing analysis results, and writing conclusion statements for the Scientific Report.

Contributors to the supplementary data analysis are recognized below.

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Supplemental Data Tables: Usual Intakes of Nutrients and Dietary Components and Comparison to Recommendations: Infants and Young Children

Table 4.1. Energy (kcal): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	671	(15)	403†	(10)	453	(11)	544	(12)	654	(14)	779	(18)	908	(23)	992†	(27)
Formula group.....	760	838	(13)	524	(13)	583	(13)	689	(12)	821	(12)	970	(15)	1113	(18)	1208	(21)
All.....	902	805	(11)	483	(9)	544	(9)	652	(9)	788	(11)	940	(14)	1088	(18)	1184	(20)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.2. Protein (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	13.6	(0.6)	6.2†	(0.3)	7.3	(0.3)	9.4	(0.4)	12.4	(0.5)	16.4	(0.8)	21.2	(1.2)	24.7†	(1.5)
Formula group.....	760	21.7	(0.5)	10.0	(0.3)	11.6	(0.3)	15.0	(0.3)	19.9	(0.4)	26.4	(0.6)	33.8	(1.0)	39.3	(1.2)
All.....	902	20.1	(0.5)	8.4	(0.2)	10.0	(0.2)	13.4	(0.3)	18.3	(0.4)	24.8	(0.6)	32.3	(0.9)	37.7	(1.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.3. Protein (g/kg body weight): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----														<EAR		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		EAR	%	se
Human milk group.....	142	1.51	(0.07)	0.69†	(0.03)	0.81	(0.03)	1.05	(0.04)	1.38	(0.06)	1.82	(0.09)	2.35	(0.13)	2.75†	(0.16)	1.00	22	(2.9)
Formula group.....	760	2.41	(0.05)	1.11	(0.03)	1.29	(0.04)	1.66	(0.04)	2.21	(0.05)	2.93	(0.07)	3.75	(0.11)	4.36	(0.14)	1.00	3	(0.5)
All.....	902	2.23	(0.05)	0.93	(0.03)	1.11	(0.03)	1.49	(0.03)	2.03	(0.04)	2.76	(0.07)	3.59	(0.10)	4.19	(0.13)	1.00	7	(0.7)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
EAR = Estimated Average Requirement. Based on reference weight of 9 kg.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.4. Carbohydrate (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																	>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	81	(3)	47†	(2)	53	(2)	64	(2)	78	(2)	95	(3)	112	(4)	123†	(4)	95	25	(3.8)
Formula group.....	760	110	(2)	67	(2)	74	(2)	89	(2)	107	(2)	128	(2)	148	(2)	162	(2)	95	67	(2.4)
All.....	902	104	(2)	59	(1)	67	(1)	82	(2)	102	(2)	123	(2)	145	(2)	158	(2)	95	59	(2.1)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.5. Total sugars (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----													
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	60	(1)	38†	(1)	42	(1)	50	(1)	59	(1)	68	(1)	78	(2)	85†	(2)
Formula group.....	760	76	(1)	51	(1)	56	(1)	64	(1)	75	(1)	87	(1)	99	(2)	106	(2)
All.....	902	73	(1)	46	(1)	51	(1)	61	(1)	72	(1)	84	(1)	96	(2)	104	(2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.6. Dietary fiber (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----											
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	4.0	(0.3)	0.7†	(0.1)	1.1	(0.2)	2.1	(0.2)	3.5	(0.3)	5.4	(0.4)	7.6	(0.5)	9.1†	(0.5)
Formula group.....	760	4.8	(0.2)	1.0	(0.1)	1.5	(0.1)	2.6	(0.2)	4.2	(0.2)	6.4	(0.2)	8.7	(0.3)	10.2	(0.3)
All.....	902	4.6	(0.2)	0.9	(0.1)	1.4	(0.1)	2.5	(0.1)	4.1	(0.2)	6.2	(0.2)	8.5	(0.3)	10.0	(0.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.7. Total fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI		%		se
Human milk group.....	142	34.0	(0.7)	20.6†	(0.5)	23.1	(0.5)	27.7	(0.5)	33.2	(0.6)	39.4	(0.9)	45.7	(1.1)	49.9†	(1.4)	30.0		65		(2.3)
Formula group.....	760	35.4	(0.5)	21.9	(0.4)	24.3	(0.4)	28.9	(0.4)	34.6	(0.5)	41.1	(0.7)	47.4	(1.0)	51.4	(1.1)	30.0		70		(1.7)
All.....	902	35.1	(0.5)	21.6	(0.4)	24.1	(0.3)	28.6	(0.3)	34.3	(0.4)	40.8	(0.7)	47.1	(0.9)	51.2	(1.1)	30.0		69		(1.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.8. Saturated fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	14.6	(0.2)	8.5†	(0.2)	9.7	(0.2)	11.7	(0.2)	14.3	(0.2)	17.1	(0.3)	20.0	(0.4)	22.0†	(0.5)
Formula group.....	760	14.3	(0.2)	8.4	(0.2)	9.5	(0.2)	11.5	(0.2)	14.0	(0.2)	16.8	(0.3)	19.6	(0.4)	21.4	(0.4)
All.....	902	14.4	(0.2)	8.4	(0.2)	9.5	(0.2)	11.5	(0.2)	14.0	(0.2)	16.9	(0.2)	19.7	(0.3)	21.5	(0.4)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.9. Monounsaturated fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	12.8	(0.2)	6.7†	(0.3)	7.9	(0.2)	10.0	(0.2)	12.5	(0.2)	15.3	(0.3)	18.1	(0.4)	19.9†	(0.5)
Formula group.....	760	11.7	(0.2)	5.9	(0.2)	7.0	(0.2)	9.0	(0.2)	11.4	(0.2)	14.1	(0.3)	16.7	(0.4)	18.4	(0.4)
All.....	902	11.9	(0.1)	6.0	(0.2)	7.1	(0.2)	9.2	(0.2)	11.6	(0.1)	14.4	(0.2)	17.0	(0.3)	18.7	(0.4)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.10. Polyunsaturated fat (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----													
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	4.6	(0.2)	2.4†	(0.1)	2.8	(0.1)	3.5	(0.1)	4.4	(0.1)	5.5	(0.2)	6.7	(0.2)	7.5†	(0.3)
Formula group.....	760	7.2	(0.1)	4.0	(0.1)	4.5	(0.1)	5.6	(0.1)	7.0	(0.1)	8.6	(0.2)	10.2	(0.2)	11.4	(0.3)
All.....	902	6.7	(0.1)	3.3	(0.1)	3.9	(0.1)	5.0	(0.1)	6.5	(0.1)	8.2	(0.2)	9.9	(0.2)	11.0	(0.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.11. Linoleic acid 18:2 (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----													>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	3.6	(0.1)	1.9†	(0.1)	2.2	(0.1)	2.7	(0.1)	3.4	(0.1)	4.3	(0.1)	5.3	(0.2)	6.0†	(0.2)	4.6	20	(2.4)
Formula group.....	760	6.3	(0.1)	3.4	(0.1)	3.9	(0.1)	4.8	(0.1)	6.1	(0.1)	7.6	(0.1)	9.1	(0.2)	10.2	(0.2)	4.6	79	(1.4)
All.....	902	5.8	(0.1)	2.6	(0.1)	3.1	(0.1)	4.2	(0.1)	5.6	(0.1)	7.2	(0.1)	8.8	(0.2)	9.9	(0.2)	4.6	68	(1.5)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.12. Linolenic 18:3 (g): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																	>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	0.47	(0.01)	0.25†	(0.01)	0.29	(0.01)	0.36	(0.01)	0.45	(0.01)	0.56	(0.02)	0.68	(0.02)	0.76†	(0.03)	0.50	37	(3.3)
Formula group.....	760	0.66	(0.01)	0.37	(0.01)	0.42	(0.01)	0.51	(0.01)	0.64	(0.01)	0.79	(0.02)	0.95	(0.02)	1.06	(0.03)	0.50	77	(1.6)
All.....	902	0.63	(0.01)	0.32	(0.01)	0.37	(0.01)	0.47	(0.01)	0.60	(0.01)	0.75	(0.02)	0.92	(0.02)	1.03	(0.02)	0.50	69	(1.7)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.13. Cholesterol (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	138	(5)	25†	(2)	37	(3)	66	(3)	113	(4)	182	(7)	271	(11)	338†	(16)
Formula group.....	760	44	(2)	3	(#)	6	(1)	14	(1)	30	(2)	59	(3)	100	(6)	134	(8)
All.....	902	63	(3)	4	(1)	7	(1)	17	(1)	39	(2)	82	(4)	148	(6)	205	(10)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.14. Vitamin A (µg RAE): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----															
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	>AI %	se
Human milk group..........	142	615	(20)	345†	(20)	395	(21)	485	(19)	596	(19)	724	(24)	857	(30)	945†	(37)	500	72	(4.0)
Formula group..........	760	708	(18)	412	(22)	466	(21)	563	(19)	689	(19)	833	(21)	974	(27)	1067	(32)	500	85	(2.8)
All...........	902	690	(17)	394	(21)	448	(20)	546	(18)	671	(17)	814	(20)	956	(26)	1049	(31)	500	83	(2.9)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
RAE = Retinol Activity Equivalents; AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.15. Retinol (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																	>UL		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		UL	%	se
Human milk group.....	142	414	(7)	214†	(10)	254	(8)	324	(8)	406	(7)	495	(9)	582	(12)	636†	(15)	600	8	(1.3)
Formula group.....	760	505	(10)	290	(14)	334	(13)	408	(11)	498	(10)	595	(11)	684	(13)	740	(15)	600	24	(2.5)
All.....	902	487	(9)	267	(11)	312	(11)	389	(9)	480	(9)	579	(11)	670	(13)	727	(15)	600	21	(2.2)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.16. Thiamin (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

	N	Mean	se	5th	(se)	10th	(se)	25th	(se)	50th	(se)	75th	(se)	90th	(se)	95th	(se)	AI	>AI %	>AI se
Human milk group..........	142	0.36	(0.03)	0.14†	(0.01)	0.18	(0.01)	0.24	(0.02)	0.33	(0.03)	0.45	(0.04)	0.59	(0.05)	0.69†	(0.06)	0.30	59	(6.3)
Formula group..........	760	0.90	(0.02)	0.39	(0.02)	0.47	(0.02)	0.63	(0.02)	0.85	(0.02)	1.12	(0.02)	1.41	(0.03)	1.61	(0.05)	0.30	>97	
All...........	902	0.80	(0.02)	0.23	(0.02)	0.31	(0.02)	0.49	(0.02)	0.75	(0.02)	1.04	(0.02)	1.34	(0.03)	1.55	(0.04)	0.30	91	(1.6)

----- Percentiles (se) -----

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.17. Riboflavin (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	0.58	(0.03)	0.28†	(0.01)	0.33	(0.02)	0.42	(0.02)	0.55	(0.03)	0.70	(0.04)	0.88	(0.06)	1.00†	(0.07)	0.40	79	(3.4)
Formula group.....	760	1.26	(0.02)	0.63	(0.03)	0.74	(0.03)	0.94	(0.02)	1.21	(0.02)	1.53	(0.02)	1.85	(0.04)	2.07	(0.05)	0.40	>97	
All.....	902	1.13	(0.02)	0.41	(0.02)	0.52	(0.02)	0.76	(0.03)	1.09	(0.02)	1.44	(0.02)	1.78	(0.03)	2.01	(0.05)	0.40	96	(0.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.18. Niacin (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	>AI %	>AI se
Human milk group.....	142	5.2	(0.4)	1.9†	(0.2)	2.4	(0.2)	3.4	(0.2)	4.8	(0.3)	6.5	(0.5)	8.5	(0.6)	9.9†	(0.7)	4.0	64	(5.1)
Formula group.....	760	11.4	(0.2)	4.9	(0.3)	6.0	(0.3)	8.0	(0.3)	10.8	(0.2)	14.1	(0.3)	17.5	(0.4)	20.0	(0.5)	4.0	>97	
All.....	902	10.2	(0.2)	3.2	(0.2)	4.2	(0.2)	6.4	(0.3)	9.6	(0.3)	13.2	(0.3)	16.8	(0.4)	19.2	(0.4)	4.0	91	(1.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.19. Vitamin B6 (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																	>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	0.38	(0.02)	0.15†	(0.01)	0.19	(0.01)	0.26	(0.01)	0.35	(0.02)	0.47	(0.02)	0.61	(0.03)	0.71†	(0.04)	0.30	63	(4.4)
Formula group.....	760	0.76	(0.01)	0.35	(0.02)	0.41	(0.02)	0.54	(0.01)	0.72	(0.01)	0.94	(0.01)	1.16	(0.02)	1.32	(0.03)	0.30	>97	
All.....	902	0.69	(0.01)	0.24	(0.01)	0.31	(0.02)	0.45	(0.01)	0.65	(0.01)	0.88	(0.01)	1.11	(0.02)	1.27	(0.03)	0.30	91	(1.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.20. Folate (µg DFE): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----															
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		>AI		
																		AI	%	se
Human milk group.....	142	99	(7)	43†	(4)	52	(4)	69	(5)	92	(6)	121	(8)	154	(11)	177†	(13)	80	63	(6.1)
Formula group.....	760	222	(5)	109	(5)	127	(5)	163	(5)	211	(5)	269	(6)	330	(8)	372	(10)	80	>97	
All.....	902	198	(5)	68	(5)	87	(5)	131	(6)	189	(6)	253	(6)	317	(8)	359	(9)	80	92	(1.4)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
DFE = Dietary Folate Equivalents; AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.21. Folic acid (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	18	(3)	2†	(1)	4	(1)	8	(2)	15	(3)	24	(4)	36	(5)	45†	(6)
Formula group.....	760	107	(2)	40	(3)	51	(2)	73	(2)	102	(2)	135	(3)	168	(4)	190	(5)
All.....	902	89	(2)	8	(2)	15	(3)	47	(5)	88	(3)	125	(3)	161	(3)	183	(5)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.22. Food folate (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th	
Human milk group.....	142	70	(2)	22†	(1)	29	(1)	43	(2)	64	(2)	89	(3)	118	(4)	137†	(5)
Formula group.....	760	40	(2)	9	(1)	13	(1)	22	(1)	35	(2)	54	(2)	75	(3)	89	(4)
All.....	902	46	(2)	10	(1)	14	(1)	24	(1)	40	(2)	61	(2)	86	(3)	105	(3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.23. Choline (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																
																		>AI	
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group..........	142	142	(3)	73†	(2)	84	(2)	106	(2)	134	(3)	169	(4)	208	(5)	235†	(7)	150	37	(2.3)
Formula group..........	760	140	(3)	73	(1)	84	(1)	105	(2)	133	(2)	168	(3)	205	(4)	231	(5)	150	37	(2.0)
All...........	902	141	(2)	73	(1)	84	(1)	105	(1)	134	(2)	168	(3)	206	(4)	232	(5)	150	37	(1.6)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.24. Vitamin B12 (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	>AI %	>AI se
Human milk group..........	142	0.73	(0.06)	0.29†	(0.02)	0.35	(0.03)	0.48	(0.04)	0.66	(0.05)	0.90	(0.08)	1.19	(0.11)	1.40†	(0.14)	0.50	72	(5.6)
Formula group..........	760	2.23	(0.05)	0.97	(0.05)	1.15	(0.05)	1.53	(0.05)	2.06	(0.05)	2.75	(0.06)	3.51	(0.10)	4.07	(0.13)	0.50	>97	
All...........	902	1.94	(0.05)	0.48	(0.03)	0.65	(0.04)	1.14	(0.06)	1.80	(0.05)	2.55	(0.06)	3.34	(0.09)	3.90	(0.12)	0.50	94	(1.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.25. Vitamin C (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----															
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		>AI		
																		AI	%	se
Human milk group.....	142	57.2	(2.0)	24.6†	(1.8)	29.9	(1.8)	40.2	(1.5)	53.8	(1.7)	70.4	(2.9)	88.7	(4.6)	101.3†	(6.2)	50.0	57	(2.9)
Formula group.....	760	92.8	(2.1)	45.4	(3.6)	53.3	(3.4)	68.5	(3.0)	88.7	(2.4)	112.8	(2.5)	137.3	(3.7)	154.0	(5.2)	50.0	92	(2.3)
All.....	902	85.9	(1.8)	36.2	(2.2)	44.5	(2.3)	60.4	(2.3)	81.8	(2.1)	106.9	(2.2)	132.3	(3.4)	149.4	(4.8)	50.0	86	(2.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.26. Vitamin D (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----													>AI			>UL		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se	UL	%	se
Human milk group.....	142	1.3	(0.1)	0.4†	(#)	0.6	(0.1)	0.8	(0.1)	1.2	(0.1)	1.7	(0.1)	2.2	(0.2)	2.6†	(0.2)	10	<3		38	<3	
Formula group.....	760	8.5	(0.2)	3.9	(0.3)	4.8	(0.2)	6.5	(0.2)	8.3	(0.2)	10.4	(0.2)	12.3	(0.3)	13.6	(0.3)	10	29	(2.2)	38	<3	
All.....	902	7.1	(0.2)	0.8	(0.1)	1.2	(0.1)	4.2	(0.5)	7.5	(0.2)	9.8	(0.2)	11.9	(0.3)	13.2	(0.3)	10	23	(1.9)	38	<3	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.27. Vitamin E as alpha-tocopherol (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	>AI %	>AI se
Human milk group.....	142	2.20	(0.13)	0.68†	(0.06)	0.91	(0.08)	1.37	(0.09)	2.01	(0.12)	2.82	(0.16)	3.73	(0.21)	4.36†	(0.26)	5.00	<3	
Formula group.....	760	7.78	(0.13)	3.51	(0.21)	4.32	(0.18)	5.79	(0.15)	7.57	(0.13)	9.54	(0.14)	11.44	(0.20)	12.71	(0.26)	5.00	84	(1.7)
All.....	902	6.68	(0.10)	1.37	(0.09)	1.98	(0.13)	4.10	(0.24)	6.74	(0.13)	8.98	(0.12)	11.04	(0.18)	12.33	(0.23)	5.00	68	(1.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.28. Vitamin K (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	>AI %	se
Human milk group.....	142	16.8	(1.7)	4.8†	(0.7)	6.4	(0.8)	9.8	(1.1)	14.8	(1.5)	21.5	(2.3)	29.5	(3.3)	35.3†	(4.1)	2.5	>97	
Formula group.....	760	59.6	(2.0)	24.0	(1.4)	29.7	(1.3)	40.9	(1.3)	56.0	(1.7)	74.5	(2.9)	93.6	(4.4)	106.9	(5.7)	2.5	>97	
All.....	902	51.2	(1.9)	9.8	(0.9)	14.4	(1.2)	29.0	(2.0)	48.8	(1.8)	69.2	(2.5)	89.4	(4.0)	103.0	(5.3)	2.5	>97	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.29. Calcium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----															>AI			>UL		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se	UL	%	se
Human milk group.....	142	356	(14)	196†	(8)	223	(9)	274	(10)	339	(13)	419	(17)	507	(21)	568†	(25)	260	80	(3.2)	1500	<3	
Formula group.....	760	687	(12)	384	(14)	436	(13)	533	(12)	661	(11)	813	(14)	968	(18)	1076	(22)	260	>97		1500	<3	
All.....	902	622	(12)	270	(10)	324	(11)	447	(12)	603	(12)	770	(14)	935	(18)	1044	(21)	260	96	(0.7)	1500	<3	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.30. Phosphorus (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																		>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	241	(12)	104†	(6)	124	(7)	165	(8)	221	(11)	294	(16)	381	(21)	443†	(26)	275	30	(4.5)
Formula group.....	760	493	(11)	223	(10)	263	(9)	344	(9)	459	(10)	605	(14)	764	(19)	878	(25)	275	88	(1.5)
All.....	902	444	(11)	157	(7)	197	(8)	284	(10)	410	(10)	564	(13)	729	(18)	844	(23)	275	77	(1.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.31. Magnesium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																		>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	62	(3)	26†	(2)	32	(2)	43	(2)	58	(3)	76	(4)	96	(5)	110†	(5)	75	26	(3.8)
Formula group.....	760	103	(2)	49	(2)	58	(2)	75	(2)	98	(2)	126	(2)	153	(3)	172	(4)	75	75	(2.3)
All.....	902	95	(2)	39	(2)	48	(2)	66	(2)	90	(2)	119	(2)	148	(3)	167	(3)	75	66	(2.1)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.32. Iron (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												< EAR			Above UL		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		EAR	%	se	UL	%	se
Human milk group.....	142	5.3	(0.6)	1.1†	(0.2)	1.6	(0.3)	2.8	(0.4)	4.6	(0.5)	7.0	(0.7)	10.0	(1.0)	12.1†	(1.2)	6.9	74	(5.7)	40	<3	
Formula group.....	760	17.3	(0.4)	6.1	(0.6)	7.9	(0.5)	11.4	(0.5)	16.2	(0.4)	22.0	(0.5)	27.9	(0.7)	32.1	(0.9)	6.9	7	(1.4)	40	<3	
All.....	902	14.9	(0.4)	2.7	(0.4)	4.2	(0.4)	8.2	(0.6)	14.0	(0.5)	20.3	(0.5)	26.7	(0.6)	30.9	(0.8)	6.9	20	(2.1)	40	<3	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
EAR = Estimated Average Requirement; UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.33. Zinc (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												< EAR			Above UL		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		EAR	%	se	UL	%	se
Human milk group.....	142	2.7	(0.1)	1.3†	(0.1)	1.5	(0.1)	2.0	(0.1)	2.6	(0.1)	3.3	(0.2)	4.2	(0.2)	4.7†	(0.3)	2.5	47	(5.3)	5.0	4‡	(1.3)
Formula group.....	760	6.9	(0.1)	3.5	(0.1)	4.1	(0.1)	5.2	(0.1)	6.6	(0.1)	8.3	(0.2)	10.0	(0.2)	11.2	(0.3)	2.5	<3		5.0	78	(1.6)
All.....	902	6.1	(0.1)	2.0	(0.1)	2.5	(0.1)	4.0	(0.2)	5.9	(0.1)	7.8	(0.1)	9.6	(0.2)	10.8	(0.3)	2.5	10	(1.3)	5.0	63	(1.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
EAR = Estimated Average Requirement; UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.34. Copper (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----																	>AI		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	142	0.51	(0.01)	0.31†	(0.01)	0.35	(0.01)	0.42	(0.01)	0.50	(0.01)	0.60	(0.02)	0.69	(0.02)	0.75†	(0.02)	0.22	>97	
Formula group.....	760	0.69	(0.01)	0.44	(0.01)	0.49	(0.01)	0.57	(0.01)	0.68	(0.01)	0.79	(0.01)	0.89	(0.02)	0.96	(0.02)	0.22	>97	
All.....	902	0.65	(0.01)	0.39	(0.01)	0.44	(0.01)	0.53	(0.01)	0.64	(0.01)	0.76	(0.01)	0.87	(0.02)	0.94	(0.02)	0.22	>97	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.35. Selenium (µg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----												>AI			>UL		
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se	UL	%	se
Human milk group.....	142	21.2	(1.0)	9.1†	(0.4)	10.8	(0.4)	14.2	(0.6)	19.2	(0.8)	25.8	(1.3)	34.0	(1.9)	40.2†	(2.5)	20.0	46	(4.1)	60.0	<3	
Formula group.....	760	26.3	(0.6)	11.4	(0.4)	13.4	(0.4)	17.6	(0.4)	23.8	(0.6)	32.2	(0.8)	42.0	(1.3)	49.2	(1.7)	20.0	65	(1.9)	60.0	<3	
All.....	902	25.3	(0.6)	10.7	(0.3)	12.7	(0.3)	16.8	(0.3)	22.8	(0.5)	31.1	(0.8)	40.7	(1.3)	47.9	(1.7)	20.0	61	(1.7)	60.0	<3	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.36. Sodium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	>AI %	>AI se
				----- Percentiles (se) -----																
Human milk group..........	142	333	(23)	88†	(6)	113	(8)	172	(12)	267	(17)	415	(28)	623	(44)	796†	(60)	370	31	(3.7)
Formula group..........	760	489	(18)	133	(6)	169	(6)	253	(9)	395	(14)	618	(23)	913	(38)	1154	(51)	370	54	(2.0)
All...........	902	458	(16)	119	(4)	153	(5)	232	(7)	366	(11)	579	(20)	866	(35)	1100	(49)	370	49	(1.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018

Table 4.37. Potassium (mg): Mean and percentiles of usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

				----- Percentiles (se) -----															
	N	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	>AI %	>AI se
Human milk group..........	142	737	(26)	393†	(15)	451	(18)	562	(19)	703	(24)	875	(34)	1064	(43)	1194†	(53)	860	27	(3.8)
Formula group..........	760	1136	(21)	631	(22)	715	(22)	878	(20)	1092	(20)	1349	(26)	1610	(34)	1791	(41)	860	77	(2.1)
All...........	902	1058	(19)	523	(15)	613	(16)	786	(17)	1015	(19)	1283	(24)	1555	(31)	1740	(38)	860	67	(2.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Mean usual intake from foods and beverages estimated with the NCI method.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.38. Thiamin (mg): Percentage reporting dietary supplements containing thiamin, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

		Percentage reporting thiamin supplement		Mean total intake		----- Percentiles (se) -----												>AI		
	N	%	se	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	141	7‡	(2.5)	0.39	(0.03)	0.15†	(0.01)	0.18	(0.01)	0.25	(0.02)	0.34	(0.03)	0.48	(0.04)	0.66	(0.06)	0.80†	(0.06)	0.30	60	(6.1)
Formula group.....	754	4	(0.7)	0.92	(0.02)	0.40	(0.02)	0.48	(0.02)	0.64	(0.02)	0.86	(0.02)	1.14	(0.02)	1.44	(0.04)	1.65	(0.05)	0.30	>97	
All.....	895	5	(0.6)	0.82	(0.02)	0.24	(0.02)	0.31	(0.02)	0.50	(0.02)	0.77	(0.02)	1.06	(0.02)	1.37	(0.03)	1.59	(0.04)	0.30	91	(1.5)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 and the appropriate 30-day dietary supplement files.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.39. Riboflavin (mg): Percentage reporting dietary supplements containing riboflavin, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

		Percentage reporting riboflavin supplement		Mean total intake		----- Percentiles (se) -----												>AI		
	N	%	se	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	141	7‡	(2.5)	0.61	(0.03)	0.29†	(0.02)	0.34	(0.02)	0.43	(0.02)	0.56	(0.03)	0.74	(0.05)	0.96	(0.07)	1.13†	(0.07)	0.40	80	(3.4)
Formula group.....	754	4	(0.7)	1.29	(0.02)	0.64	(0.03)	0.75	(0.03)	0.96	(0.02)	1.23	(0.02)	1.55	(0.02)	1.90	(0.04)	2.13	(0.06)	0.40	>97	
All.....	895	5	(0.6)	1.16	(0.02)	0.42	(0.02)	0.53	(0.03)	0.78	(0.03)	1.11	(0.02)	1.46	(0.02)	1.82	(0.04)	2.06	(0.05)	0.40	96	(0.8)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 and the appropriate 30-day dietary supplement files.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.40. Niacin (mg): Percentage reporting dietary supplements containing niacin, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

		Percentage reporting niacin supplement		Mean total intake		----- Percentiles (se) -----												>AI		
	N	%	se	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	141	7‡	(2.5)	5.7	(0.4)	2.0†	(0.2)	2.5	(0.2)	3.5	(0.3)	5.0	(0.4)	7.0	(0.5)	9.7	(0.8)	11.9†	(1.0)	4.0	66	(5.1)
Formula group.....	754	4	(0.7)	11.7	(0.3)	5.0	(0.3)	6.0	(0.3)	8.2	(0.3)	11.0	(0.3)	14.4	(0.3)	18.2	(0.5)	20.7	(0.6)	4.0	>97	
All.....	895	5	(0.6)	10.5	(0.3)	3.3	(0.2)	4.3	(0.3)	6.6	(0.3)	9.8	(0.3)	13.5	(0.3)	17.3	(0.4)	19.9	(0.5)	4.0	92	(1.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 and the appropriate 30-day dietary supplement files.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.41. Vitamin B6 (mg): Percentage reporting dietary supplements containing vitamin B6, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

		Percentage reporting vitamin B6 supplement		Mean total intake		----- Percentiles (se) -----												>AI		
	N	%	se	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	141	7‡	(2.5)	0.40	(0.02)	0.16†	(0.01)	0.19	(0.01)	0.26	(0.02)	0.37	(0.02)	0.50	(0.03)	0.67	(0.04)	0.79†	(0.05)	0.30	66	(4.9)
Formula group.....	754	4	(0.8)	0.78	(0.02)	0.35	(0.02)	0.42	(0.02)	0.55	(0.02)	0.73	(0.02)	0.95	(0.02)	1.20	(0.04)	1.36	(0.05)	0.30	>97	
All.....	895	5	(0.7)	0.71	(0.02)	0.25	(0.01)	0.31	(0.02)	0.46	(0.02)	0.66	(0.02)	0.90	(0.02)	1.14	(0.03)	1.31	(0.05)	0.30	91	(1.3)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 and the appropriate 30-day dietary supplement files.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.42. Vitamin B12 (µg): Percentage reporting dietary supplements containing vitamin B12, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

		Percentage reporting vitamin B12 supplement		Mean total intake		----- Percentiles (se) -----												>AI		
	N	%	se	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	141	5‡	(2.4)	0.81	(0.06)	0.30†	(0.03)	0.36	(0.03)	0.49	(0.04)	0.68	(0.05)	0.95	(0.07)	1.32	(0.13)	1.79†	(0.49)	0.50	74	(5.6)
Formula group.....	754	4	(0.7)	2.31	(0.06)	0.97	(0.05)	1.15	(0.05)	1.54	(0.05)	2.09	(0.05)	2.81	(0.07)	3.68	(0.10)	4.29	(0.13)	0.50	>97	
All.....	895	4	(0.6)	2.02	(0.05)	0.49	(0.03)	0.66	(0.04)	1.16	(0.06)	1.85	(0.06)	2.61	(0.06)	3.47	(0.09)	4.09	(0.12)	0.50	95	(1.0)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 and the appropriate 30-day dietary supplement files.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.43. Vitamin C (mg): Percentage reporting dietary supplements containing vitamin C, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

		Percentage reporting vitamin C supplement		Mean total intake		----- Percentiles (se) -----												>AI		
	N	%	se	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se
Human milk group.....	141	8	(2.5)	60.7	(2.1)	26.3†	(1.7)	31.4	(1.6)	41.7	(1.4)	56.3	(1.8)	74.0	(3.1)	93.1	(5.0)	107.5†	(6.5)	50.0	61	(2.7)
Formula group.....	754	6	(1.1)	95.2	(2.2)	46.1	(3.5)	54.1	(3.3)	69.8	(2.9)	90.5	(2.4)	114.8	(2.6)	141.0	(3.8)	158.5	(5.3)	50.0	93	(2.1)
All.....	895	7	(1.0)	88.5	(1.7)	37.4	(2.1)	45.6	(2.0)	62.1	(2.1)	83.7	(2.0)	109.1	(2.4)	135.7	(3.5)	153.9	(4.9)	50.0	87	(1.7)

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

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Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
AI = Adequate Intake (AI)

SOURCE: WWEIA 2009-2018 and the appropriate 30-day dietary supplement files.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

Table 4.44. Vitamin D (µg): Percentage reporting dietary supplements containing vitamin D, and mean and percentiles of total usual intake from all food and beverages including human milk and infant formula, of infants 6-11 months old by milk reporting status, 2009-2018

		Percentage reporting vitamin D supplement		Mean total intake		----- Percentiles (se) -----												>AI			>UL		
	N	%	se	Mean	se	5th		10th		25th		50th		75th		90th		95th		AI	%	se	UL	%	se
Human milk group.....	141	31	(7.4)	4.3	(0.6)	0.5†	(0.1)	0.7	(0.1)	1.0	(0.1)	1.6	(0.2)	7.0	(3.9)	11.3	(0.4)	12.6†	(0.7)	10	19	(4.4)	38	<3	
Formula group.....	754	9	(1.3)	9.3	(0.2)	4.0	(0.3)	5.0	(0.2)	6.7	(0.2)	8.7	(0.2)	10.9	(0.3)	13.6	(0.4)	15.9	(0.6)	10	34	(2.5)	38	<3	
All.....	895	13	(2.0)	8.3	(0.2)	1.0	(0.1)	1.6	(0.2)	5.4	(0.3)	8.2	(0.2)	10.7	(0.2)	13.2	(0.3)	15.5	(0.6)	10	31	(2.2)	38	<3	

HUMAN MILK: Volume quantified using method in Briefel R, et al; The Feeding Infants and Toddlers Study 2008: Study Design and Methods. J Am Diet Assoc. 2010; 110 (suppl 3): S16-S36.
Nutrient composition data are very limited (Wu X, et al; Human Milk Nutrient Composition in the United States: Current Knowledge, Challenges, and Research Needs, Curr Dev Nutr 2018; 2:nzy025 https://doi.org/10.1093/cdn/nzy025); noted 'For Reference Only' by USDA FoodData Central: Dec 2019, www.fdc.nal.usda.gov.

NOTES: ‡ indicates a mean or percentage that may be less precise than others due to small sample size and/or large relative standard error.
† indicates a percentile that may be less precise than others due to small sample size. # indicates a non-zero value too small to present. Mean usual intake from foods and beverages estimated with the NCI method.
Sample based on age at Mobile Examination Center. Milk reporting status determined by the report of human milk on either day 1 or day 2. Children without complete 30-day supplement data are excluded.
AI = Adequate Intake (AI); UL = Tolerable Upper Intake Level

SOURCE: WWEIA 2009-2018 and the appropriate 30-day dietary supplement files.
Prepared by the Food Surveys Research Group, Beltsville Human Nutrition Research Center, ARS, USDA 6/8/23

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