

## Supplemental Appendix X

### National Survey Data: Dietary Intakes of Energy

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**TABLE X-1 Means and Percentiles for Usual Daily Intake of Energy (kcal), NHANES 2015-2018**

Age (y)	Sex	n	Mean	SEM	1st %tile	SE	5th %tile	SE	10th %tile
Male	0-6 mo	182	683	23	276	36	377	36	435
Female	0-6 mo	187	*		295*	59	*		*
Male	7-12 mo	141	*		*		*		*
Female	7-12 mo	137	*		*		*		*
Male	2-3 y	585	1441	44	873	106	1007	84	1088
Female	2-3 y	531	1355	61	797	102	938	96	1014
Male	4-8 y	720	1853	45	1168	126	1329	97	1430
Female	4-8 y	731	1650	46	1021	118	1180	107	1269
Male	9-13 y	740	2043	54	1055	102	1294	89	1432
Female	9-13 y	770	1895	63	976	106	1194	97	1317
Male	14-18 y	715	2344	127	1273	43	1527	51	1683
Female	14-18 y	706	1793	54	897	53	1116	44	1239
Male	19-30 y	919	2463	47	1236	126	1528	95	1695
Female	19-30 y	904	1823	74	889	42	1130	31	1272
Male	31-50 y	1469	2602	77	1313	129	1630	132	1812
Female	31-50 y	1564	1864	21	938	84	1171	64	1305
Male	51-70 y	1700	2379	108	1187	46	1461	36	1628
Female	51-70 y	1745	1750	73	856	44	1081	25	1212
Male	>70 y	762	2206	32	1051	82	1338	82	1505
Female	>70 y	750	1621	79	762	41	973	31	1105
Male	19+	4850	2454	19	1204	85	1497	63	1675
Female	19+	4963	1783	48	869	57	1096	30	1230
Female	Lactating	78	*		*		*		*
Female	Pregnant	111	*		*		*		*
Female	Pregnant or Lactating	189	*		*		*		*

Includes participants with reliable 24-hour dietary recall on Day 1 and breastfeeding children with status code DR1DRSTZ=4 and dietary data

Estimates other than for pregnant and lactating women adjusted for age, day of the week and weekend.

SOURCE: National Health and Nutrition Examination Survey (NHANES), 2015-2018

Seed value = 83021098; nsim\_mc value=100

\* Estimate has a relative standard error greater than 40% does not meet National Center for Health Statistics (NCHS) standards of reliability or precision. (Suppress estimates.)

\* Estimate has a relative standard error greater than 30% but less than 40% and should be used with caution because it does not meet NCHS standards of reliability or precision.





**TABLE X-2 Means and Percentiles for Usual Daily Intake of Energy (kcal), Among Children and Adults with Normal Weight, NHANES 2015-2018**

Sex	Age	n	Mean	SEM	1st %tile	SE	5th %tile	SE	10th %tile	SE	25th %tile
Male	0-6 mo	NO BMI CATEGORIES FOR <2 YEARS									
Female	0-6 mo										
Male	7-12 mo										
Female	7-12 mo										
Male	2-3 y	337	1404	34	903*	129	1023	96	1092	80	1222
Female	2-3 y	350	1357	51	*		986*	127	1059*	125	1183
Male	4-8 y	460	1872	112	*		*		*		1658*
Female	4-8 y	468	1664	104	*		*		1317*	179	1470*
Male	9-13 y	425	2017	100	*		*		1448*	154	1688*
Female	9-13 y	429	1871*	134	*		*		*		1552*
Male	14-18 y	396	2425*	147	1365	105	1616	87	1771	83	2051
Female	14-18 y	379	1846	67	972*	131	1183	110	1296	111	1522
Male	19-30 y	354	*		*		*		*		*
Female	19-30 y	339	1750*	138	992*	129	1186	104	1297	88	1480
Male	31-50 y	292	*		*		*		*		*
Female	31-50 y	390	1834	98	*		1246*	150	1361*	131	1572
Male	51-70 y	352	*		*		*		*		*
Female	51-70 y	358	*		974*	119	1159*	111	1270*	124	*
Male	>70 y	181	*		*		*		*		*
Female	>70 y	185	*		*		*	175	*		*
Male	19+	1179	2554	96	1304	179	1625	162	1801	147	2117
Female	19+	1272	1751	117	975	145	1172	109	1286	86	1482

Normal weight - Adults: Body Mass Index (BMI)  $\geq 18.5$  and  $< 25$ ; Children: BMI 5th to  $<85$ th percentile on sex-specific BMI-for-age CDC growth charts

SOURCE: National Health and Nutrition Examination Survey (NHANES), 2015-2018

Includes participants with reliable 24-hour dietary recall on Day 1; Estimates adjusted for age, day of the week and weekend

Seed value = 83021098; nsim\_mc value=100

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**TABLE X-3 Means and Percentiles for Usual Daily Intake of Energy (kcal), Among Children and Adults with Overweight, NHANES 2015-2018**

Sex	Age	n	Mean	SEM	1st %tile	SE	5th %tile	SE	10th %tile	SE	25th %tile	SE	50th %tile
Male	0-6 mo	<b>NO BMI CATEGORIES FOR &lt;2 YEARS</b>											
Female	0-6 mo												
Male	7-12 mo												
Female	7-12 mo												
Male	2-3 y	109	*		*		*		*		*		*
Female	2-3 y	90	*		*		*		*		*		*
Male	4-8 y	99	*		*		*		*		*		*
Female	4-8 y	101	*		*		*		*		*		*
Male	9-13 y	113	*		*		*		*		*		*
Female	9-13 y	141	*		*		*		*		*		*
Male	14-18 y	110	*		*		*		*		*		*
Female	14-18 y	145	*		*		*		*		*		*
Male	19-30 y	243	*		*		*		*		*		*
Female	19-30 y	193	*		*		*		*		*		*
Male	31-50 y	535	2383*	187	1319*	207	1595*	183	1734*	184	2018*	172	2359*
Female	31-50 y	398	*		*		*		*		*		*
Male	51-70 y	652	2242	179	1226*	210	1482	174	1614	176	1892	165	2211
Female	51-70 y	510	1725	156	859	126	1073	136	1194	146	1411	156	1685
Male	>70 y	305	*		*		*		*		*		*
Female	>70 y	252	*		*		*		*		*		*
Male	19+	1735	2348	93	1264	174	1531	143	1685	126	1968	100	2313
Female	19+	1353	1756	135	875	101	1083	109	1210	112	1443	114	1720

Overweight - Adults: Body Mass Index (BMI)  $\geq 25$  and  $< 30\text{kg}/\text{m}^2$  ; Children: BMI 85th to  $< 95$ th percentile on sex-specific BMI-for-age CDC growth charts

SOURCE: National Health and Nutrition Examination Survey (NHANES), 2015-2018; Includes participants with reliable 24-hour dietary recall on Day 1; Estimates adjusted for age, day of the week and weekend

Seed value = 83021098; nsim\_mc value=100

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**TABLE X-5 Means and Percentiles for Usual Daily Intake of Energy (kcal) by Race and Hispanic Origin, NHANES 2015-2018**

Age	Sex	Race-Hispanic origin	N	Mean	SEM	1st %tile	SE	5th %tile	SE
0-6 mo	M	Hispanic	62	*		*		*	
0-6 mo		Non-Hispanic Asian	5						
0-6 mo		Non-Hispanic Black	29						
0-6 mo		Non-Hispanic White	75	*		*		*	
0-6 mo	F	Hispanic	70	*		*		*	
0-6 mo		Non-Hispanic Asian	6						
0-6 mo		Non-Hispanic Black	35	*		*		*	
0-6 mo		Non-Hispanic White	62	*		*		*	
7-12 mo	M	Hispanic	44	*		*		*	
7-12 mo		Non-Hispanic Asian	1						
7-12 mo		Non-Hispanic Black	23						
7-12 mo		Non-Hispanic White	63	*		*		*	
7-12 mo	F	Hispanic	48	*		*		*	
7-12 mo		Non-Hispanic Asian	3						
7-12 mo		Non-Hispanic Black	21						
7-12 mo		Non-Hispanic White	47	*		*		*	
1-3 y	M	Hispanic	151	*		*		*	
1-3 y		Non-Hispanic Asian	35	*		*		*	
1-3 y		Non-Hispanic Black	119	*		*		*	
1-3 y		Non-Hispanic White	210	*		848	36	1017	48
1-3 y	F	Hispanic	154	*		*		*	
1-3 y		Non-Hispanic Asian	28						
1-3 y		Non-Hispanic Black	119	*		*		*	
1-3 y		Non-Hispanic White	188	1250	58	*		*	
4-8 y	M	Hispanic	194	*		*		*	
4-8 y		Non-Hispanic Asian	53	*		*		*	
4-8 y		Non-Hispanic Black	166	*		*		*	
4-8 y		Non-Hispanic White	246	1834	61	*		1281*	93
4-8 y	F	Hispanic	230	1593	55	840*	76	1014*	74
4-8 y		Non-Hispanic Asian	54	*		*		*	
4-8 y		Non-Hispanic Black	159	*		*		*	

4-8 y		Non-Hispanic White	219	1571	42	*		*	
9-13 y	M	Hispanic	225	*		*		*	
9-13 y		Non-Hispanic Asian	73	*		*		*	
9-13 y		Non-Hispanic Black	159	*		*		*	
9-13 y		Non-Hispanic White	225	*		*		*	
9-13 y	F	Hispanic	246	*		*		*	
9-13 y		Non-Hispanic Asian	64	*		*		*	
9-13 y		Non-Hispanic Black	184	*		*		*	
9-13 y		Non-Hispanic White	222	*		1076*	78	1291*	71
14-18 y	M	Hispanic	189	*		*		*	
14-18 y		Non-Hispanic Asian	83	*		*		*	
14-18 y		Non-Hispanic Black	162	*		*		*	
14-18 y		Non-Hispanic White	219	*		*		*	
14-18 y	F	Hispanic	217	*		*		*	
14-18 y		Non-Hispanic Asian	69	*		*		*	
14-18 y		Non-Hispanic Black	165	1890*	65	*		*	
14-18 y		Non-Hispanic White	202	1743*	81	*		*	
19-30 y	M	Hispanic	264	*		*		*	
19-30 y		Non-Hispanic Asian	129	*		*		*	
19-30 y		Non-Hispanic Black	210	*		*		*	
19-30 y		Non-Hispanic White	273	*		*		*	
19-30 y	F	Hispanic	250	1945	70	*		1249*	83
19-30 y		Non-Hispanic Asian	114	*		*		*	
19-30 y		Non-Hispanic Black	204	*		983*	81	1211*	69
19-30 y		Non-Hispanic White	283	1926*	96	*		1220*	108
31-50 y	M	Hispanic	379	2573*	150	*		*	
31-50 y		Non-Hispanic Asian	221	2203*	78	*		*	
31-50 y		Non-Hispanic Black	300	2462*	119	*		*	
31-50 y		Non-Hispanic White	477	2490	100	*		*	
31-50 y	F	Hispanic	442	1791	101	907	54	1115	58
31-50 y		Non-Hispanic Asian	215	*		*		*	
31-50 y		Non-Hispanic Black	379	1987	89	*		1303*	135
31-50 y		Non-Hispanic White	458	*		*		*	
51-70 y	M	Hispanic	479	*		918*	174	1205*	184

51-70 y		Non-Hispanic Asian	189 *			*		*	
51-70 y		Non-Hispanic Black	432 2376	87		*		*	
51-70 y		Non-Hispanic White	530 2512	77		*		*	
51-70 y	F	Hispanic	550 1640	153	819	82	1006	96	
51-70 y		Non-Hispanic Asian	190 *				*		
51-70 y		Non-Hispanic Black	421 1725	101	902	91	1102	80	
51-70 y		Non-Hispanic White	530 1798	91	894	137	1108	127	
>70 y	M	Hispanic	119 *				*		
>70 y		Non-Hispanic Asian	33 *				*		
>70 y		Non-Hispanic Black	118 *				*		
>70 y		Non-Hispanic White	464 2261	74			*		
>70 y	F	Hispanic	142 *				*		
>70 y		Non-Hispanic Asian	57 *				*		
>70 y		Non-Hispanic Black	133 *				*		
>70 y		Non-Hispanic White	400 1586*	151			*		
19y+	M	Hispanic	1241 2458	85	986	123	1306	115	
19y+		Non-Hispanic Asian	572 2172	59	1304	177	1532	144	
19y+		Non-Hispanic Black	1060 2395	54	1343*	384	1662*	381	
19y+		Non-Hispanic White	1744 2459	55	1301	319	1593	247	
19y+	F	Hispanic	1384 1790	52	867	49	1090	42	
19y+		Non-Hispanic Asian	576 1575	170	898	115	1061	125	
19y+		Non-Hispanic Black	1137 1848	40	950	105	1176	91	
19y+		Non-Hispanic White	1671 1779	111	852	168	1084	146	
Lactating	F	Hispanic	31 *				*		
Lactating		Non-Hispanic Asian	8						
Lactating		Non-Hispanic Black	14						
Lactating		Non-Hispanic White	22						
Pregnant		Hispanic	33 *			*		*	
Pregnant		Non-Hispanic Asian	16						
Pregnant		Non-Hispanic Black	27						
Pregnant		Non-Hispanic White	30 *			*		1018*	1337
Pregnant or Lactating		Hispanic	64 *			*		*	
Pregnant or Lactating		Non-Hispanic Asian	24						
Pregnant or Lactating		Non-Hispanic Black	41 *			*		*	

Pregnant or Lactating	Non-Hispanic White	52 *	*	1186*	520.0
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SOURCE: National Health and Nutrition Examination Survey (NHANES), 2015-2018

Includes participants with reliable 24-hour dietary recall on Day 1 and breastfeeding children with status code DR1DRSTZ=4 and dietary data;  
 Analyses stratified by race, estimates other than for pregnant and lactating women adjusted for age, day of the week and weekend.

Seed value = 83021098; nsim\_mc value=100

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\* Estimate has a relative standard error greater than 30% but less than 40% and should be used with caution because it does not meet NCHS standards of reliability or precision.

Sample size <30					
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1413*	74	1617*	86	*		*		*		*	
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*		2094*	101	*		*		*		*	
1369	73	1602	66	1889	67	2249*	81	2440*	93	*	
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1340*	64	1557*	74	*		*		*		*	
1356*	99	1593*	88	1890	93	*		*		*	
*		*		*		3057*	151	3401*	151	*	
*		*		2186*	84	2466*	81	*		*	
*		*		2436*	96	*		*		*	
*		2095*	195	2451	111	2858	128	3077*	187	*	
1239	66	1467	76	1758	93	2071	130	2253*	160	2388*	174
*		*		*		*		*		*	
1436*	133	1676*	119	1963	97	2268	80	2445	85	2573	94
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*		*		2017*	74	*		*		*	
*		*		2360	109	*		*		*	
1807*	215	2110	127	2477	72	2875*	176	*		*	
1114	111	1329	133	1601	153	1908*	175	2089*	188	2209*	209
*		*		*		*		*		*	
1220	78	1442	79	1699	96	1985	127	2153*	155	*	
1248	109	1486	93	1771	90	2077	113	2258	134	2383	151
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1606*	185	1888	106	2227	67	2592*	159	*		*	
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*		*		*		*		*		*	
*		*		*		1919*	126	*		*	
*		1291*	161	1555*	153	1849*	155	*		2144*	160
1504	110	1885	99	2373	91	2939	108	3273	138	3519	160
1657	120	1881	84	2148	58	2443*	85	2605*	119	2718	148
1828*	355	2097	250	2389	91	2689	156	2853	296	2968*	402
1764	199	2058	123	2424	51	2817	141	3052	222	3203	267
1220	38	1460	34	1747	52	2076	80	2275	90	2410	105
1160	130	1343	137	1552	164	1788*	194	1922*	217	2020*	229
1307	81	1539	60	1822	43	2128	60	2302	85	2423	103
1215	134	1454	119	1751	107	2069	127	2249	152	2375	172
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2609*	180	*			
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2748	111	*			
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2591*	185	*			
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3891	194	4669	291		
2884*	201	*			
*		*			
3445	354	3944*	548		
2630	122	3068	152		
*		*			
2613	133	2975	206		
2576	205	2964	279		
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**TABLE X-6 Means and Percentiles for Usual Daily Intake of Energy (kcal), Youth Ages 0-19 years, NHANES 2015-2018**

	Boys						Girls					
	Ages (y)											
	0-6 mo	7-12 mo	2-3 y	4-8 y	9-13 y	14-18 y	0-6 mo	7-12 mo	2-3 y	4-8 y	9-13 y	14-18 y
Mean	683	838	1441	1853	2043	2344	704	838	1355	1649	1895	1793
Percentile												
0	94	190	597	729	485	697	120	198	513	657	355	466
1	276	371	873	1168	1054	1273	295	398	797	1021	976	897
2	316	436	929	1227	1158	1374	332	435	855	1083	1062	981
3	340	465	960	1271	1214	1428	360	465	890	1126	1121	1034
4	360	482	985	1299	1262	1482	381	484	917	1156	1162	1074
5	377	506	1007	1329	1294	1527	404	498	938	1180	1194	1116
6	391	518	1025	1354	1328	1564	415	514	956	1201	1222	1144
7	401	534	1043	1375	1357	1599	426	525	972	1219	1251	1168
8	410	549	1061	1394	1384	1625	438	542	987	1236	1275	1194
9	423	561	1074	1413	1409	1652	446	553	1000	1254	1296	1217
10	435	571	1088	1430	1432	1683	454	564	1014	1269	1317	1239
11	443	582	1098	1445	1456	1707	463	573	1027	1283	1339	1263
12	453	591	1110	1460	1478	1732	474	580	1041	1297	1359	1279
13	463	598	1123	1475	1495	1751	481	587	1054	1311	1379	1297
14	470	607	1135	1489	1516	1771	488	594	1065	1322	1397	1313
15	477	614	1145	1501	1533	1793	496	601	1076	1331	1415	1329
16	482	619	1157	1513	1550	1811	503	610	1086	1344	1431	1345
17	491	627	1166	1526	1567	1829	509	619	1094	1357	1446	1361
18	498	634	1176	1538	1583	1849	517	631	1102	1366	1459	1375
19	503	644	1185	1548	1604	1864	524	639	1112	1376	1473	1387
20	508	649	1193	1560	1619	1882	530	646	1121	1386	1486	1400
21	515	656	1201	1571	1634	1897	537	654	1131	1396	1498	1414
22	521	665	1211	1581	1649	1913	542	661	1140	1408	1513	1427
23	527	671	1218	1591	1662	1928	548	667	1148	1417	1528	1442
24	533	679	1228	1603	1676	1942	552	673	1157	1428	1542	1456
25	540	685	1237	1613	1691	1955	559	680	1165	1438	1558	1469
26	545	693	1244	1622	1706	1973	564	685	1172	1445	1572	1480
27	552	699	1250	1633	1722	1987	570	691	1179	1454	1583	1491
28	558	707	1258	1643	1736	2001	575	698	1186	1462	1597	1501
29	564	714	1266	1653	1749	2015	581	704	1193	1471	1610	1515
30	569	721	1275	1661	1762	2031	588	710	1202	1479	1621	1529
31	573	725	1282	1671	1775	2045	593	716	1209	1486	1633	1542
32	578	732	1290	1680	1789	2059	598	721	1216	1494	1646	1554
33	584	737	1297	1688	1799	2074	603	727	1224	1502	1660	1563
34	589	743	1304	1696	1812	2086	611	734	1231	1509	1673	1576
35	595	748	1311	1704	1824	2098	615	739	1238	1517	1684	1587
36	600	754	1318	1713	1836	2111	620	746	1246	1525	1695	1599
37	606	759	1326	1721	1847	2125	625	753	1252	1532	1708	1610
38	610	767	1333	1729	1859	2140	630	759	1259	1539	1720	1622
39	615	770	1341	1737	1872	2154	637	765	1266	1546	1731	1634
40	619	776	1348	1746	1883	2169	643	770	1272	1553	1742	1644
41	625	781	1355	1755	1893	2182	648	775	1279	1560	1753	1655
42	630	785	1362	1764	1905	2194	653	783	1285	1568	1763	1666
43	633	789	1370	1772	1916	2208	659	789	1292	1576	1773	1678
44	638	795	1378	1781	1928	2221	665	794	1301	1582	1786	1688
45	643	801	1385	1789	1939	2233	669	797	1306	1591	1798	1699
46	647	805	1393	1797	1951	2246	675	802	1312	1597	1807	1710
47	651	812	1401	1805	1964	2262	681	808	1317	1605	1820	1721
48	657	817	1408	1814	1978	2275	688	814	1325	1612	1833	1734
49	662	824	1415	1821	1991	2288	693	818	1331	1619	1847	1745
50	666	829	1423	1830	2004	2300	698	824	1337	1626	1859	1758
51	671	833	1430	1839	2018	2314	703	828	1343	1634	1870	1768
52	676	838	1437	1847	2029	2326	708	835	1350	1641	1883	1780

53	681	845	1444	1856	2040	2338	712	840	1356	1650	1894	1790
54	686	851	1450	1865	2052	2350	717	845	1363	1659	1906	1801
55	692	855	1459	1875	2065	2366	721	850	1370	1667	1920	1814
56	698	861	1466	1883	2077	2381	726	855	1378	1675	1929	1823
57	703	866	1475	1891	2090	2396	731	862	1384	1683	1940	1834
58	709	871	1483	1901	2101	2409	734	868	1391	1691	1953	1845
59	714	877	1490	1910	2114	2427	737	876	1399	1698	1966	1858
60	721	882	1497	1919	2127	2440	741	883	1407	1705	1978	1870
61	726	888	1506	1926	2139	2457	747	888	1413	1714	1991	1883
62	732	895	1512	1935	2153	2470	751	893	1420	1721	2005	1893
63	736	901	1520	1944	2166	2483	758	899	1427	1728	2017	1906
64	742	905	1528	1955	2180	2500	766	907	1436	1737	2029	1916
65	749	911	1537	1964	2193	2514	773	914	1443	1746	2041	1927
66	755	916	1546	1973	2206	2532	780	921	1449	1755	2054	1940
67	760	922	1554	1984	2223	2550	786	927	1459	1763	2067	1956
68	767	928	1562	1994	2239	2567	791	936	1467	1772	2083	1970
69	774	936	1571	2004	2255	2582	798	942	1474	1782	2097	1985
70	782	943	1578	2014	2270	2600	803	949	1482	1791	2111	2001
71	790	949	1588	2026	2286	2616	808	958	1491	1800	2127	2015
72	797	957	1597	2035	2303	2635	814	964	1499	1809	2142	2032
73	803	964	1607	2046	2322	2654	820	970	1507	1820	2157	2047
74	811	971	1615	2057	2339	2671	826	977	1516	1830	2172	2063
75	817	976	1624	2069	2352	2689	834	985	1525	1840	2189	2079
76	822	984	1636	2079	2369	2710	842	991	1534	1851	2205	2095
77	828	991	1644	2090	2390	2727	849	997	1544	1862	2226	2110
78	835	998	1655	2104	2406	2746	856	1007	1554	1873	2246	2127
79	843	1005	1665	2117	2425	2765	866	1016	1563	1885	2261	2148
80	850	1012	1677	2130	2444	2787	874	1024	1574	1897	2280	2165
81	858	1024	1688	2144	2466	2812	880	1035	1585	1910	2297	2187
82	865	1033	1700	2159	2485	2832	888	1043	1596	1922	2314	2210
83	873	1043	1712	2174	2505	2855	895	1052	1608	1934	2336	2229
84	881	1051	1724	2189	2526	2881	907	1064	1622	1949	2358	2246
85	890	1061	1737	2207	2549	2905	912	1072	1635	1963	2382	2267
86	901	1069	1749	2223	2576	2931	922	1080	1650	1978	2406	2290
87	913	1080	1764	2241	2606	2958	930	1089	1665	1993	2432	2316
88	923	1093	1779	2259	2634	2992	940	1101	1679	2013	2457	2339
89	936	1109	1794	2281	2666	3027	951	1112	1699	2031	2493	2367
90	949	1126	1814	2304	2696	3066	965	1130	1716	2054	2518	2396
91	967	1139	1833	2322	2732	3107	978	1147	1734	2079	2547	2426
92	984	1156	1854	2347	2772	3152	992	1165	1749	2103	2580	2462
93	1000	1171	1881	2377	2815	3192	1010	1179	1774	2128	2615	2502
94	1018	1190	1916	2411	2866	3240	1032	1193	1804	2164	2667	2543
95	1036	1214	1946	2446	2933	3302	1051	1220	1838	2197	2716	2603
96	1053	1240	1987	2497	3008	3366	1072	1249	1871	2241	2793	2668
97	1081	1274	2037	2545	3084	3456	1106	1291	1914	2294	2873	2744
98	1126	1317	2100	2617	3212	3574	1155	1339	1978	2362	2983	2855
99	1180	1368	2211	2753	3379	3762	1226	1408	2090	2475	3146	3009
100	1748	1859	2987	4457	4720	5301	1656	1831	2840	3293	4384	4201

SOURCE: National Health and Nutrition Examination Survey (NHANES), 2015-2018; Includes participants with reliable 24-hour dietary recall on Day 1 and breastfeeding children with status code DR1DRSTZ=4 and dietary data.

Seed value = 83021098  
 nsim\_mc value=100

**TABLE X-7** Means and Percentiles for Usual Daily Intake of Energy (kcal), Adults Ages 19 years and Older, NHANES 2015-2018

	Males				Women			
	Ages (y)							
	19-30 y	31-50 y	51-70 y	>70 y	19-30 y	31-50 y	51-70 y	>70 y
Mean	2463	2602	2379	2206	1823	1864	1750	1621
Percentile								
0	680	590	540	478	321	377	391	253
1	1236	1313	1187	1051	889	938	856	762
2	1341	1440	1280	1154	982	1032	938	842
3	1423	1519	1355	1224	1040	1090	1000	894
4	1482	1577	1416	1278	1087	1130	1039	940
5	1528	1630	1461	1338	1130	1171	1081	973
6	1571	1680	1497	1377	1167	1205	1115	1008
7	1606	1717	1534	1411	1197	1235	1143	1034
8	1637	1750	1566	1443	1225	1261	1169	1059
9	1667	1783	1597	1474	1249	1283	1190	1083
10	1695	1812	1628	1505	1272	1305	1212	1104
11	1724	1835	1653	1527	1296	1326	1229	1125
12	1750	1865	1676	1548	1314	1346	1249	1144
13	1777	1892	1702	1574	1332	1363	1265	1162
14	1801	1915	1724	1596	1350	1384	1285	1177
15	1824	1939	1744	1619	1368	1402	1302	1194
16	1847	1959	1766	1639	1382	1419	1318	1206
17	1870	1982	1789	1660	1399	1435	1334	1221
18	1890	2001	1809	1681	1414	1450	1349	1236
19	1908	2025	1826	1697	1428	1468	1364	1250
20	1928	2043	1845	1713	1443	1481	1379	1265
21	1946	2063	1864	1732	1460	1496	1392	1280
22	1965	2083	1882	1749	1474	1510	1405	1292
23	1981	2102	1901	1766	1489	1525	1418	1305
24	2000	2120	1921	1783	1501	1538	1430	1317
25	2017	2140	1938	1799	1515	1551	1444	1331
26	2034	2156	1954	1816	1529	1563	1455	1343
27	2048	2175	1973	1831	1541	1576	1466	1356
28	2062	2191	1991	1846	1554	1588	1478	1369
29	2081	2209	2009	1861	1568	1600	1491	1379
30	2098	2224	2024	1877	1580	1612	1503	1391
31	2118	2241	2042	1891	1588	1626	1516	1400
32	2134	2258	2057	1904	1599	1637	1527	1412
33	2151	2275	2072	1919	1609	1648	1537	1424
34	2167	2289	2088	1933	1621	1661	1549	1435
35	2183	2306	2104	1947	1632	1673	1560	1446
36	2197	2324	2117	1962	1645	1685	1571	1456
37	2214	2339	2132	1977	1657	1697	1581	1468

38	2227	2358	2150	1991	1669	1707	1594	1478
39	2242	2376	2163	2007	1681	1718	1604	1489
40	2259	2392	2179	2021	1691	1731	1617	1498
41	2273	2408	2194	2039	1702	1741	1628	1508
42	2286	2424	2207	2053	1712	1752	1637	1518
43	2303	2439	2222	2067	1722	1760	1647	1530
44	2319	2455	2239	2078	1733	1771	1658	1539
45	2336	2472	2254	2091	1743	1781	1668	1548
46	2352	2487	2267	2104	1754	1793	1679	1557
47	2368	2503	2283	2119	1765	1803	1691	1567
48	2383	2517	2300	2134	1776	1814	1703	1578
49	2398	2532	2313	2152	1786	1825	1713	1587
50	2414	2549	2330	2162	1797	1836	1724	1598
51	2428	2566	2345	2179	1809	1849	1735	1609
52	2443	2583	2359	2194	1819	1860	1745	1618
53	2461	2598	2375	2207	1832	1871	1757	1630
54	2477	2615	2392	2220	1843	1882	1768	1639
55	2495	2633	2408	2236	1855	1893	1779	1650
56	2513	2650	2424	2250	1866	1904	1790	1660
57	2527	2667	2440	2266	1879	1916	1802	1671
58	2545	2682	2454	2278	1889	1928	1815	1681
59	2560	2701	2471	2294	1902	1941	1828	1692
60	2577	2719	2488	2308	1915	1955	1838	1702
61	2595	2738	2504	2324	1926	1965	1849	1711
62	2612	2756	2519	2339	1937	1977	1862	1724
63	2631	2774	2537	2355	1950	1989	1872	1736
64	2649	2792	2554	2372	1963	2001	1884	1745
65	2664	2811	2571	2390	1976	2015	1897	1758
66	2680	2828	2589	2407	1988	2028	1910	1768
67	2702	2845	2608	2424	2000	2042	1922	1780
68	2719	2864	2626	2438	2011	2055	1935	1790
69	2739	2884	2646	2457	2024	2067	1948	1803
70	2756	2904	2663	2472	2038	2081	1960	1816
71	2776	2925	2682	2488	2050	2093	1973	1829
72	2797	2943	2701	2509	2065	2108	1986	1842
73	2815	2963	2720	2526	2082	2123	1998	1855
74	2833	2986	2744	2545	2095	2136	2012	1868
75	2854	3006	2765	2562	2111	2150	2028	1883
76	2875	3029	2786	2580	2129	2166	2042	1896
77	2898	3052	2811	2604	2145	2182	2056	1911
78	2924	3076	2831	2624	2161	2200	2071	1924
79	2949	3102	2854	2646	2177	2218	2088	1939
80	2974	3128	2880	2670	2192	2238	2104	1953
81	3002	3153	2905	2692	2209	2254	2119	1971
82	3024	3179	2928	2716	2227	2273	2137	1991
83	3057	3209	2959	2744	2248	2289	2159	2007
84	3087	3243	2987	2772	2269	2308	2176	2027



85	3114	3279	3019	2796	2288	2329	2195	2047
86	3146	3312	3052	2825	2308	2353	2217	2068
87	3182	3348	3086	2859	2330	2374	2240	2089
88	3215	3385	3119	2887	2350	2397	2265	2114
89	3252	3429	3158	2926	2378	2423	2289	2138
90	3293	3469	3195	2965	2404	2452	2319	2170
91	3335	3516	3237	3004	2433	2481	2349	2198
92	3383	3568	3289	3051	2465	2515	2381	2228
93	3435	3624	3334	3113	2494	2548	2420	2264
94	3499	3688	3405	3165	2534	2591	2458	2302
95	3572	3754	3478	3226	2580	2641	2510	2347
96	3655	3838	3568	3313	2637	2697	2576	2401
97	3757	3944	3666	3419	2707	2769	2646	2467
98	3896	4065	3793	3562	2806	2849	2727	2560
99	4082	4305	4018	3762	2965	2999	2909	2704
100	5863	6911	5800	5298	3964	4401	4016	3805

SOURCE: National Health and Nutrition Examination Survey (NHANES), 2015-2018;  
Includes participants with reliable 24-hour dietary recall on Day 1.

Seed value = 83021098

nsim\_mc value=100

**TABLE X-8** Total Energy Intake (kcal/d): Usual intake from Food, Canada, 2015, CCHS-Nutrition 2015

Country	Age or Life Stage Group	Sex	n	Mean	SE	p1	SE	p5	SE	p10	SE	p25	SE
Canada	1 to 3 years	Males	665	1367	25	682	199 <sup>E</sup>	858	148 <sup>E</sup>	954	120	1134	70
Canada	1 to 3 years	Females	623	1261	28	F		766	150 <sup>E</sup>	865	121	1038	73
Canada	4 to 8 years	Males	590	1739	27	1158	114	1310	89	1396	75	1546	51
Canada	4 to 8 years	Females	609	1602	30	1057	104	1201	81	1283	68	1418	47
Canada	9 to 13 years	Males	1023	2057	34	1114	73	1340	62	1477	55	1718	44
Canada	9 to 13 years	Females	939	1839	31	1057	57	1246	46	1357	42	1560	35
Canada	14 to 18 years	Males	900	2483	51	1229	73	1527	63	1701	58	2026	52
Canada	14 to 18 years	Females	986	1819	39	847	72	1083	60	1222	53	1477	44
Canada	19 to 30 years	Males	857	2409	71	1223	128	1507	109	1677	97	1984	78
Canada	19 to 30 years	Females	872	1679	45	775	55	982	47	1105	45	1336	43
Canada	31 to 50 years	Males	2005	2226	34	1023	173 <sup>E</sup>	1313	132	1482	108	1790	67
Canada	31 to 50 years	Females	2207	1638	26	953	114	1122	91	1221	77	1400	51
Canada	51 to 70 years	Males	2151	2070	37	988	113	1251	89	1404	75	1686	51
Canada	51 to 70 years	Females	2314	1577	21	786	223 <sup>E</sup>	980	167 <sup>E</sup>	1092	135	1297	76
Canada	71 years and over	Males	1180	1806	27	833	48	1076	38	1220	34	1471	29
Canada	71 years and over	Females	1448	1418	24	704	31	876	27	978	25	1162	23
Canada	Pregnant	Females	114	1947	77			1344	192	1462	163	1673	115
Canada	Lactating	Females	187	1927	64			1313	188	1434	158	1657	107
Canada	Pregnant or Lactating	Females	301	1935	55			1327	200	1446	167	1663	108
Canada	19 years and over	Males	6193	2162	23	960	33	1242	30	1409	28	1720	24
Canada	19 years and over	Females	6841	1591	15	785	32	980	27	1094	24	1303	19
Canada	19 years and over	Both sexes	13034	1879	14	785	19	1035	17	1182	16	1461	14

Data source: Statistics Canada, Canadian Community Health Survey (CCHS) - Nutrition 2015 Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Excluded from the dataset were respondents with null intakes (zero total intake from food) or invalid intakes, breastfed children and pregnant or breastfeeding women.

Summary data table of estimates of usual intakes for energy, nutrients & other dietary components from food, using data collected from Canadians in the 2015 Canadian Community Health Survey (CCHS) - Nutrition.

Health Canada (2019). Usual Intakes from Food for Energy, Nutrients and Other Dietary Components (2004 and 2015 CCHS-Nutrition) derived from Statistics Canada's 2004 and 2015 Canadian Community Health Survey, Nutrition, Share file. Ottawa.

Source: <https://open.canada.ca/data/en/dataset/31599960-2c1e-4d90-a9d9-979ad0e1abb4>

p50	SE	p75	SE	p90	SE	p95	SE	p99	SE
1347	26	1578	67	1807	132	1946	172	2202	245
1244	30	1464	61	1675	120	1813	160	2083	237
1723	29	1918	39	2097	72	2210	96	2445	144
1590	30	1769	44	1944	76	2048	99	2256	147
2014	35	2355	41	2691	61	2908	78	3350	119
1810	32	2084	40	2357	54	2538	66	2881	95
2422	49	2878	65	3337	98	3654	126	4248	197
1785	39	2122	50	2461	73	2678	91	3105	128
2367	70	2783	95	3199	139	3472	173	4000	252
1636	44	1974	55	2306	72	2526	86	2958	116
2177	35	2605	62	3035	122	3314	165	3867	256
1616	28	1852	44	2084	83	2229	111	2520	172
2028	37	2408	56	2783	92	3031	118	3513	176
1552	22	1826	59	2093	132	2264	183	2607	289
1775	28	2107	33	2431	45	2635	55	3033	81
1392	23	1643	31	1892	41	2048	50	2358	70
1918	80	2194	106	2451	172	2649	226		
1916	66	2180	96	2430	166	2587	215		
1917	58	2186	90	2438	167	2611	226		
2110	23	2545	29	2983	41	3260	51	3844	72
1562	15	1847	19	2129	30	2306	38	2660	57
1821	14	2233	18	2653	26	2927	32	3485	50

**TABLE X-9** Total Energy Intake (kcal/d): Means and Percentiles for Usual Daily Intake from Food with Body Mass Index Normal, Overweight and Obese, Canada, 2015, CCHS-Nutrition 2015

Country	Age	Sex	BMI	n	<50 2nd recall	Mean	SE	p5	SE	p10	SE	p25
Canada	1 to 3 years	Males	normal	209		1422	46	934	59	1021	57	1188
Canada	4 to 8 years	Males	normal	297		1792	44	1280	74	1381	64	1556
Canada	9 to 13 years	Males	normal	541		2067	47	1358	74	1484	68	1718
Canada	14 to 18 years	Males	normal	468		2584	64	1649	80	1825	75	2136
Canada	19 to 30 years	Males	normal	286		2489	70	1748	188	1886	157	2144
Canada	31 to 50 years	Males	normal	387		2264	66	1303	193	1484	158	1798
Canada	51 to 70 years	Males	normal	313		2111	61	1349	69	1490	66	1750
Canada	71 years and over	Males	normal	192		1787	50	1110	51	1239	49	1469
Canada	19 years and over	Males	normal	1178		2256	34	1349	42	1512	39	1819
Canada	1 to 3 years	Females	normal	183		1284	67	1009	172E	1068	148	1167
Canada	4 to 8 years	Females	normal	329		1635	41	1311	181	1378	147	1492
Canada	9 to 13 years	Females	normal	505		1918	42	1314	68	1430	60	1641
Canada	14 to 18 years	Females	normal	525		1885	51	1174	55	1307	51	1552
Canada	19 to 30 years	Females	normal	347		1709	53	1071	69	1191	64	1410
Canada	31 to 50 years	Females	normal	654		1696	46	1187	115	1283	98	1463
Canada	51 to 70 years	Females	normal	470		1635	38	1027	51	1147	47	1356
Canada	71 years and over	Females	normal	308		1435	41	915	44	1012	41	1187
Canada	19 years and over	Females	normal	1782		1658	25	1052	37	1168	34	1373
Canada	1 to 3 years	Males	overweight	45	*	1495	87					1253
Canada	4 to 8 years	Males	overweight	60	*	1845	65			1420	88	1604
Canada	9 to 13 years	Males	overweight	133		2148	68	1403	83	1537	78	1782
Canada	14 to 18 years	Males	overweight	97		2368	107			1629	103	1925
Canada	19 to 30 years	Males	overweight	223		2394	82	1671	187	1821	160	2061
Canada	31 to 50 years	Males	overweight	564		2283	63	1315	190	1505	154	1825
Canada	51 to 70 years	Males	overweight	608		2139	55	1366	63	1511	60	1777
Canada	71 years and over	Males	overweight	326		1853	47	1174	48	1303	46	1536
Canada	19 years and over	Males	overweight	1721		2198	35	1304	43	1468	40	1768
Canada	1 to 3 years	Females	overweight	41	*	1545	86					1415

Canada	4 to 8 years	Females	overweight	78	*	1521	91			1272	175	1381
Canada	9 to 13 years	Females	overweight	135		1818	49	1229	66	1340	60	1545
Canada	14 to 18 years	Females	overweight	132		1737	73	1069	70	1193	69	1423
Canada	19 to 30 years	Females	overweight	155	*	1614	67	991	71	1109	68	1320
Canada	31 to 50 years	Females	overweight	448		1584	35	1102	109	1196	93	1356
Canada	51 to 70 years	Females	overweight	530		1565	33	982	43	1094	40	1293
Canada	71 years and over	Females	overweight	327		1479	45	946	43	1053	42	1231
Canada	19 years and over	Females	overweight	1460		1559	20	973	35	1082	32	1281
Canada	1 to 3 years	Males	obese	36	*	1463	104					1226
Canada	4 to 8 years	Males	obese	58	*	1765	96			1355	100	1530
Canada	9 to 13 years	Males	obese	136		1981	64	1283	79	1411	74	1634
Canada	14 to 18 years	Males	obese	114		2299	96	1450	102	1607	99	1891
Canada	19 to 30 years	Males	obese	110	*	2527	170	1749	221	1918	198	2178
Canada	31 to 50 years	Males	obese	409		2171	82	1229	202	1410	168	1733
Canada	51 to 70 years	Males	obese	522		2147	53	1382	63	1520	58	1776
Canada	71 years and over	Males	obese	226		1902	47	1207	44	1332	42	1572
Canada	19 years and over	Males	obese	1267		2173	48	1287	45	1446	44	1748
Canada	1 to 3 years	Females	obese	22	*	1433	69					1301
Canada	4 to 8 years	Females	obese	52	*	1591	75			1322	165	1442
Canada	9 to 13 years	Females	obese	99		1792	69			1322	76	1531
Canada	14 to 18 years	Females	obese	112		1675	83	1003	74	1133	73	1356
Canada	19 to 30 years	Females	obese	138	*	1698	78	1042	79	1169	76	1404
Canada	31 to 50 years	Females	obese	432		1666	38	1157	110	1255	93	1431
Canada	51 to 70 years	Females	obese	512		1591	36	1006	42	1115	39	1314
Canada	71 years and over	Females	obese	261		1465	35	938	41	1038	38	1215
Canada	19 years and over	Females	obese	1343		1605	21	1004	36	1120	32	1326

Data source: Statistics Canada, Canadian Community Health Survey (CCHS) - Nutrition 2015 and 2004 Share File

## Symbol Legend

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Results are not reported in cells with responses from less than 5 unweighted respondents. Percentiles with less than 5 observations on either side of the percentile are also not reported.

Subgroups with less than 50 respondents with dietary information during the 2nd recall from CCHS 2015 are flagged in the column.

Excluded from the dataset were respondents with null intakes (zero total intake from food) or invalid intakes, breastfed children and pregnant or breastfeeding women.

Summary data table of estimates of usual intakes for energy, nutrients & other dietary components from food, using data collected from Canadians in the 2015 Canadian Community Health Survey (CCHS) - Nutrition.

Health Canada (2019). Usual Intakes from Food for Energy, Nutrients and Other Dietary Components (2004 and 2015 CCHS-Nutrition) derived from Statistics Canada's 2004 and 2015 Canadian Community Health Survey, Nutrition, Share file. Ottawa.

Methodology:

<https://www.canada.ca/en/health-canada/services/food-nutrition/food-nutrition-surveillance/health-nutrition-surveys/canadian-community-health-survey-cchs/compendium-data-tables-intakes-energy-nutrients-other-food.html#a2.3>

BMI status in children 18 and under were determined using CDC percentiles.

SE	p50	SE	p75	SE	p90	SE	p95	SE
51	1394	48	1630	53	1866	68	2019	82
49	1770	43	2007	63	2228	90	2377	114
58	2022	49	2364	55	2709	77	2937	98
65	2528	63	2978	80	3412	113	3700	139
106	2466	71	2799	108	3133	187	3341	244
104	2208	67	2670	105	3136	191	3437	256
62	2073	62	2430	70	2787	87	3009	101
48	1754	51	2069	59	2386	70	2568	82
35	2198	35	2635	42	3073	57	3344	71
108	1281	70	1394	73	1511	114	1578	148
89	1627	46	1771	73	1899	137	1982	186
49	1894	42	2169	51	2443	73	2614	89
49	1849	51	2185	64	2509	83	2720	98
57	1676	53	1984	59	2265	74	2437	88
69	1673	47	1905	62	2134	103	2276	136
42	1612	39	1883	41	2152	50	2323	57
39	1409	40	1654	49	1892	63	2048	75
29	1629	25	1910	30	2192	41	2367	50
78	1477	87	1706	101				
75	1824	67	2071	78	2310	103		
70	2103	68	2456	80	2816	107	3069	136
104	2316	106	2737	125	3173	152		
114	2371	84	2701	111	3005	181	3212	234
101	2232	65	2695	104	3127	184	3410	245
55	2100	55	2456	66	2813	85	3046	101
44	1818	47	2134	57	2445	72	2634	87
36	2143	35	2568	41	2995	55	3281	68
128	1538	90	1665	90				

124	1515	90	1648	101	1774	145		
52	1791	49	2069	60	2330	82	2498	99
70	1705	73	2024	84	2318	97	2503	113
65	1583	67	1879	77	2164	95	2340	109
64	1560	38	1787	49	2011	90	2158	122
36	1536	33	1805	37	2080	50	2244	57
40	1454	44	1697	53	1934	67	2098	82
27	1528	22	1804	24	2070	35	2252	45
95	1441	103	1677	116				
94	1736	97	1977	110	2203	133		
69	1936	64	2264	77	2612	101	2840	123
96	2258	98	2657	109	3035	138	3291	164
174	2493	169	2832	203	3209	273	3395	316
113	2122	83	2560	109	2989	182	3262	239
53	2105	52	2468	63	2826	82	3059	98
42	1871	47	2198	58	2501	75	2705	88
43	2124	47	2544	57	2962	74	3230	87
111	1423	73	1553	78				
113	1589	78	1731	91	1864	147		
69	1771	69	2027	80	2277	101		
75	1653	83	1954	96	2263	114	2456	128
73	1677	79	1964	91	2261	109	2427	123
64	1644	39	1875	55	2101	99	2256	132
36	1569	38	1832	41	2090	52	2264	62
34	1443	35	1687	43	1927	57	2078	68
26	1577	21	1855	25	2126	37	2299	46



**TABLE X-10** Total Energy Intake (kcal/d): Usual Intake from Food, all Percentiles, Canada, 2015, CCHS-Nutrition 2015

Country	Age or Life Stage Group	Sex	n	Mean	p1	p2	p3
Canada	1 to 3 years	Male	665	1367(25)	682 E(199)	749 E(180)	791 E(167)
Canada	4 to 8 years	Male	590	1739(27)	1158(114)	1215(104)	1255(98)
Canada	9 to 13 years	Male	1023	2057(34)	1114(73)	1193(71)	1257(66)
Canada	14 to 18 years	Male	900	2483(51)	1229(73)	1344(69)	1419(66)
Canada	19 to 30 years	Male	857	2409(71)	1223(128)	1319(123)	1397(117)
Canada	31 to 50 years	Male	2005	2226(34)	1023 E(173)	1130(158)	1208(147)
Canada	51 to 70 years	Male	2151	2070(37)	988(113)	1089(104)	1156(98)
Canada	71 years and over	Male	1180	1806(27)	833(48)	926(44)	990(41)
Canada	1 to 3 years	Female	623	1261(28)	F	653 E(184)	699 E(170)
Canada	4 to 8 years	Female	609	1602(30)	1057(104)	1107(95)	1145(89)
Canada	9 to 13 years	Female	939	1839(31)	1057(57)	1126(52)	1175(50)
Canada	14 to 18 years	Female	986	1819(39)	847(72)	941(67)	1001(64)
Canada	19 to 30 years	Female	872	1679(45)	775(55)	856(52)	908(50)
Canada	31 to 50 years	Female	2207	1638(26)	953(114)	1014(105)	1057(99)
Canada	51 to 70 years	Female	2314	1577(21)	786 E(223)	858 E(203)	907 E(188)
Canada	71 years and over	Female	1448	1418(24)	704(31)	769(29)	813(28)
Canada	Pregnant	Female	114	1947(77)			
Canada	Breastfeeding	Female	187	1927(64)			1245(203)
Canada	Pregnant or breastfeeding	Female	301	1935(55)		1209 E(233)	1250 E(221)
Canada	19 years and over	Both sexes	13034	1879(14)	785(19)	881(18)	944(18)
Canada	19 years and over	Male	6193	2162(23)	960(33)	1069(31)	1141(31)
Canada	19 years and over	Female	6841	1591(15)	785(32)	858(30)	908(29)

Data source: Statistics Canada, Canadian Community Health Survey (CCHS) - Nutrition 2015 & 2004 Share File

#### Symbol Legend

**E** Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

**<3** Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

**F** Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Results are not reported in cells with responses from less than 5 unweighted respondents. Percentiles with less than 5 observations on either side of the percentile are also not reported.

Excluded from the dataset were respondents with null intakes (zero total intake from food) or invalid intakes and breastfed children. Pregnant or breastfeeding women were excluded from their respective age groups and reported as their own subgroup.

Summary data table of estimates of usual intakes for energy, nutrients & other dietary components from food, using data collected from Canadians in the 2015 Canadian Community Health Survey (CCHS) - Nutrition.

Health Canada (2019). Usual Intakes from Food for Energy, Nutrients and Other Dietary Components (2004 and 2015 CCHS-Nutrition) derived from Statistics Canada's 2004 and 2015 Canadian Community Health Survey, Nutrition, Share file. Ottawa.

[Source: https://open.canada.ca/data/en/dataset/31599960-2c1e-4d90-a9d9-979ad0e1abb4](https://open.canada.ca/data/en/dataset/31599960-2c1e-4d90-a9d9-979ad0e1abb4)

p4	p5	p6	p7	p8	p9	p10	p11
828 E(157)	858 E(148)	880(141)	900(136)	920(130)	940(124)	954(120)	969(116)
1287(93)	1310(89)	1331(86)	1350(83)	1367(80)	1384(77)	1396(75)	1409(73)
1303(64)	1340(62)	1373(60)	1402(58)	1428(57)	1453(56)	1477(55)	1496(54)
1477(65)	1527(63)	1568(62)	1607(61)	1640(60)	1672(59)	1701(58)	1728(58)
1455(113)	1507(109)	1550(106)	1584(104)	1618(101)	1649(99)	1677(97)	1700(96)
1265(139)	1313(132)	1355(126)	1390(121)	1423(116)	1454(112)	1482(108)	1510(104)
1208(93)	1251(89)	1290(85)	1324(82)	1354(80)	1380(77)	1404(75)	1429(73)
1037(39)	1076(38)	1111(37)	1141(36)	1170(35)	1196(34)	1220(34)	1241(33)
738 E(158)	766 E(150)	792 E(142)	810 E(137)	831(131)	849(126)	865(121)	878(118)
1175(85)	1201(81)	1219(78)	1239(75)	1254(72)	1269(70)	1283(68)	1294(66)
1211(48)	1246(46)	1273(45)	1297(44)	1319(43)	1338(42)	1357(42)	1373(41)
1047(62)	1083(60)	1117(58)	1147(57)	1174(55)	1199(54)	1222(53)	1244(52)
950(49)	982(47)	1011(47)	1040(46)	1063(46)	1085(45)	1105(45)	1125(44)
1094(94)	1122(91)	1146(87)	1168(84)	1187(81)	1204(79)	1221(77)	1237(74)
948 E(176)	980 E(167)	1007(159)	1030(152)	1053(146)	1073(140)	1092(135)	1111(129)
845(28)	876(27)	903(26)	924(26)	943(26)	961(25)	978(25)	994(25)
	1344(189)	1377(182)	1404(176)	1419(171)	1437(166)	1462(161)	1479(157)
1283(193)	1313(186)	1340(179)	1365(173)	1386(168)	1407(162)	1434(156)	1454(152)
1293(210)	1327(200)	1352(193)	1377(186)	1403(179)	1422(174)	1446(167)	1465(162)
994(17)	1035(17)	1069(17)	1101(16)	1130(16)	1157(16)	1182(16)	1206(16)
1196(30)	1242(30)	1281(29)	1318(29)	1352(28)	1382(28)	1409(28)	1435(27)
947(28)	980(27)	1008(27)	1033(26)	1055(25)	1076(25)	1094(24)	1113(24)

p12	p13	p14	p15	p16	p17	p18	p19
985(112)	996(108)	1010(104)	1024(100)	1037(97)	1048(94)	1059(91)	1072(87)
1421(71)	1434(69)	1444(67)	1455(65)	1465(64)	1474(62)	1484(61)	1494(59)
1516(53)	1535(52)	1554(51)	1572(50)	1589(49)	1606(48)	1621(48)	1635(47)
1753(57)	1777(56)	1802(56)	1825(55)	1847(55)	1871(55)	1892(54)	1913(54)
1722(95)	1748(93)	1770(91)	1792(90)	1815(88)	1836(87)	1858(85)	1873(85)
1535(101)	1559(98)	1583(94)	1604(91)	1625(88)	1645(86)	1666(83)	1685(80)
1451(71)	1475(69)	1493(67)	1514(65)	1533(63)	1551(62)	1569(60)	1586(59)
1260(32)	1281(32)	1298(31)	1317(31)	1334(31)	1350(30)	1366(30)	1383(30)
891(114)	905(110)	919(106)	933(102)	946(98)	958(95)	970(92)	980(89)
1305(64)	1317(62)	1327(61)	1338(59)	1347(58)	1356(56)	1365(55)	1373(54)
1389(40)	1406(40)	1422(39)	1436(39)	1450(38)	1463(38)	1476(37)	1488(37)
1263(51)	1282(50)	1301(50)	1321(49)	1339(48)	1356(48)	1374(47)	1390(47)
1142(45)	1159(45)	1178(44)	1194(44)	1210(44)	1227(43)	1243(43)	1255(43)
1252(72)	1266(70)	1279(68)	1292(67)	1304(65)	1316(63)	1327(61)	1339(60)
1127(124)	1143(120)	1157(116)	1172(112)	1187(107)	1200(103)	1212(100)	1226(96)
1009(25)	1024(24)	1037(24)	1050(24)	1063(24)	1076(24)	1088(23)	1099(23)
1497(153)	1514(149)	1526(145)	1541(142)	1560(138)	1573(135)	1588(132)	1597(129)
1472(148)	1488(143)	1504(140)	1523(136)	1538(132)	1552(129)	1566(125)	1579(122)
1483(157)	1498(152)	1516(148)	1531(143)	1546(139)	1561(135)	1576(131)	1587(128)
1228(16)	1250(15)	1270(15)	1290(15)	1309(15)	1328(15)	1346(15)	1363(15)
1460(27)	1484(27)	1507(26)	1529(26)	1552(26)	1573(25)	1593(25)	1612(25)
1130(23)	1145(23)	1161(23)	1176(22)	1189(22)	1203(22)	1217(21)	1230(21)

p20	p21	p22	p23	p24	p25	p26	p27
1084(84)	1095(80)	1106(77)	1118(74)	1127(72)	1134(70)	1143(67)	1152(65)
1502(58)	1511(56)	1521(55)	1529(53)	1538(52)	1546(51)	1554(50)	1563(48)
1648(47)	1663(46)	1677(45)	1691(45)	1705(44)	1718(44)	1731(43)	1744(43)
1931(53)	1951(53)	1969(52)	1988(52)	2008(53)	2026(52)	2044(52)	2062(52)
1893(84)	1912(83)	1929(82)	1949(80)	1967(79)	1984(78)	2002(77)	2017(77)
1703(78)	1722(76)	1738(74)	1755(71)	1773(69)	1790(67)	1807(65)	1825(63)
1604(57)	1621(56)	1638(55)	1655(53)	1670(52)	1686(51)	1703(50)	1717(49)
1399(29)	1415(29)	1430(29)	1445(29)	1459(29)	1471(29)	1485(29)	1499(29)
989(86)	999(84)	1007(82)	1018(79)	1029(76)	1038(73)	1047(71)	1057(68)
1380(52)	1387(51)	1396(50)	1403(49)	1411(48)	1418(47)	1426(46)	1434(44)
1500(37)	1512(36)	1525(36)	1538(35)	1549(35)	1560(35)	1570(34)	1582(34)
1405(46)	1421(46)	1434(45)	1448(44)	1464(44)	1477(44)	1490(43)	1505(43)
1269(43)	1283(43)	1295(43)	1309(43)	1323(43)	1336(43)	1350(42)	1364(42)
1349(58)	1359(57)	1370(55)	1381(54)	1390(52)	1400(51)	1409(50)	1419(48)
1239(93)	1250(89)	1262(86)	1274(83)	1285(80)	1297(76)	1309(73)	1320(70)
1110(23)	1120(23)	1130(23)	1141(23)	1151(23)	1162(23)	1171(23)	1181(23)
1614(126)	1624(123)	1637(120)	1649(118)	1660(115)	1673(113)	1686(111)	1696(109)
1590(120)	1603(117)	1619(114)	1632(111)	1645(108)	1657(106)	1666(103)	1679(101)
1598(125)	1614(121)	1625(118)	1639(114)	1651(111)	1663(108)	1673(105)	1687(102)
1380(15)	1397(15)	1413(14)	1429(14)	1445(14)	1461(14)	1475(14)	1491(14)
1631(25)	1648(25)	1667(24)	1685(24)	1703(24)	1720(24)	1736(24)	1753(24)
1243(20)	1255(20)	1268(20)	1279(20)	1291(19)	1303(19)	1314(19)	1326(18)

p28	p29	p30	p31	p32	p33	p34	p35
1161(62)	1170(60)	1180(58)	1189(55)	1199(53)	1208(50)	1216(48)	1224(46)
1571(47)	1579(46)	1586(45)	1593(44)	1601(43)	1608(42)	1614(41)	1621(40)
1756(42)	1768(42)	1782(41)	1794(41)	1807(40)	1818(40)	1830(39)	1841(39)
2079(52)	2095(52)	2111(51)	2129(52)	2146(52)	2162(51)	2180(52)	2195(52)
2035(76)	2050(75)	2065(75)	2080(74)	2096(74)	2112(73)	2127(72)	2142(72)
1842(61)	1858(59)	1874(57)	1889(55)	1906(54)	1921(52)	1937(51)	1954(49)
1731(48)	1746(47)	1760(46)	1774(45)	1788(44)	1801(43)	1815(43)	1829(42)
1512(28)	1525(28)	1539(29)	1551(28)	1564(28)	1576(28)	1589(28)	1601(28)
1066(66)	1073(64)	1082(61)	1091(59)	1100(57)	1108(55)	1117(53)	1126(50)
1441(43)	1448(42)	1455(41)	1462(41)	1469(40)	1475(39)	1482(38)	1489(37)
1593(34)	1604(33)	1614(33)	1625(33)	1636(33)	1647(32)	1656(32)	1667(32)
1518(43)	1531(42)	1544(42)	1556(42)	1569(41)	1583(41)	1594(41)	1606(41)
1376(42)	1390(42)	1402(42)	1415(42)	1427(42)	1439(42)	1450(42)	1464(42)
1428(47)	1437(46)	1447(45)	1455(44)	1464(42)	1474(41)	1482(40)	1491(39)
1331(67)	1342(64)	1353(61)	1363(58)	1374(56)	1384(53)	1394(51)	1405(48)
1191(23)	1200(23)	1210(23)	1219(23)	1229(23)	1238(23)	1247(23)	1257(23)
1708(106)	1718(105)	1727(103)	1735(101)	1747(99)	1758(97)	1769(96)	1783(94)
1691(98)	1702(96)	1713(94)	1724(92)	1735(90)	1745(88)	1756(86)	1770(84)
1697(99)	1709(96)	1720(93)	1729(91)	1739(88)	1751(85)	1761(83)	1774(81)
1506(14)	1521(14)	1536(14)	1551(14)	1566(14)	1580(14)	1595(14)	1609(14)
1770(23)	1786(23)	1803(23)	1819(23)	1834(23)	1851(23)	1866(23)	1881(23)
1337(18)	1347(18)	1358(18)	1368(18)	1379(17)	1389(17)	1399(17)	1410(17)

p36	p37	p38	p39	p40	p41	p42	p43
1233(44)	1242(42)	1251(40)	1259(38)	1267(37)	1275(35)	1283(33)	1292(32)
1628(39)	1635(38)	1642(37)	1649(36)	1656(35)	1664(34)	1670(34)	1677(33)
1852(39)	1865(38)	1877(38)	1889(38)	1900(37)	1911(37)	1923(37)	1934(36)
2212(52)	2226(51)	2241(51)	2256(50)	2270(50)	2285(50)	2299(49)	2315(49)
2157(72)	2172(71)	2189(70)	2204(70)	2218(70)	2233(70)	2247(70)	2262(70)
1969(47)	1985(46)	2000(45)	2015(43)	2030(42)	2045(41)	2060(40)	2074(39)
1843(41)	1857(41)	1871(40)	1884(39)	1897(39)	1910(39)	1924(38)	1937(38)
1613(28)	1625(28)	1637(28)	1648(28)	1660(28)	1672(28)	1683(28)	1695(28)
1135(48)	1143(46)	1151(45)	1159(43)	1166(41)	1175(39)	1183(38)	1191(36)
1496(36)	1504(35)	1510(35)	1517(34)	1523(34)	1530(33)	1537(32)	1543(32)
1676(32)	1686(32)	1696(32)	1706(32)	1716(31)	1725(31)	1735(31)	1744(31)
1618(40)	1629(40)	1643(40)	1655(40)	1667(40)	1678(40)	1690(40)	1702(39)
1474(42)	1487(42)	1498(42)	1511(42)	1522(42)	1533(43)	1544(43)	1555(43)
1500(38)	1508(37)	1516(36)	1525(35)	1533(34)	1542(33)	1550(33)	1558(32)
1415(46)	1426(43)	1436(41)	1446(39)	1455(37)	1465(35)	1475(33)	1485(31)
1266(23)	1275(23)	1284(23)	1292(23)	1301(23)	1310(23)	1319(23)	1328(23)
1795(92)	1806(91)	1815(89)	1827(88)	1835(87)	1842(86)	1852(84)	1858(83)
1777(82)	1788(80)	1798(78)	1807(77)	1817(75)	1826(74)	1835(73)	1846(71)
1784(78)	1795(77)	1805(75)	1814(73)	1824(71)	1834(69)	1843(68)	1853(66)
1623(14)	1637(14)	1652(14)	1666(13)	1680(13)	1694(13)	1708(13)	1722(13)
1896(23)	1912(22)	1927(22)	1942(22)	1957(22)	1973(22)	1988(22)	2002(22)
1420(17)	1430(16)	1441(16)	1451(16)	1461(16)	1471(16)	1481(16)	1491(15)

p44	p45	p46	p47	p48	p49	p50	p51
1299(31)	1307(29)	1315(28)	1323(27)	1331(26)	1339(26)	1347(26)	1355(25)
1684(32)	1690(32)	1697(31)	1704(30)	1710(30)	1716(29)	1723(29)	1731(28)
1945(36)	1956(36)	1968(36)	1980(36)	1991(35)	2002(35)	2014(35)	2026(35)
2331(49)	2345(49)	2360(49)	2376(49)	2390(49)	2405(49)	2422(49)	2438(50)
2277(69)	2293(69)	2308(69)	2324(69)	2336(70)	2351(70)	2367(70)	2383(70)
2088(39)	2103(38)	2118(37)	2134(36)	2149(36)	2164(35)	2177(35)	2193(35)
1951(37)	1963(37)	1976(37)	1989(37)	2003(37)	2015(37)	2028(37)	2042(37)
1706(28)	1717(28)	1729(28)	1741(28)	1752(28)	1764(28)	1775(28)	1787(28)
1200(35)	1209(33)	1217(32)	1224(31)	1230(31)	1238(30)	1244(30)	1251(29)
1551(31)	1558(31)	1564(30)	1571(30)	1577(30)	1583(30)	1590(30)	1597(29)
1753(31)	1762(31)	1772(31)	1783(31)	1792(31)	1801(31)	1810(32)	1820(32)
1714(39)	1726(39)	1738(39)	1750(39)	1761(39)	1773(39)	1785(39)	1796(39)
1566(43)	1577(43)	1590(43)	1603(44)	1614(44)	1625(44)	1636(44)	1647(44)
1566(31)	1574(30)	1583(30)	1591(29)	1599(29)	1608(28)	1616(28)	1625(27)
1494(29)	1504(28)	1512(27)	1522(25)	1532(24)	1542(23)	1552(22)	1561(22)
1337(23)	1346(23)	1355(23)	1364(23)	1373(23)	1383(23)	1392(23)	1402(24)
1867(83)	1875(82)	1884(81)	1894(80)	1902(80)	1912(79)	1918(79)	1928(79)
1857(70)	1866(69)	1875(68)	1885(67)	1895(67)	1907(66)	1916(65)	1925(65)
1861(65)	1869(63)	1879(62)	1888(61)	1898(60)	1909(59)	1917(58)	1927(57)
1736(13)	1749(14)	1764(14)	1778(14)	1791(14)	1806(14)	1821(14)	1835(14)
2018(22)	2034(22)	2049(22)	2064(22)	2080(22)	2095(22)	2110(23)	2126(23)
1502(15)	1511(15)	1521(15)	1531(15)	1541(15)	1551(15)	1562(15)	1571(15)



p52	p53	p54	p55	p56	p57	p58	p59
1363(25)	1371(26)	1379(26)	1388(27)	1397(27)	1406(28)	1414(29)	1424(31)
1738(28)	1745(28)	1752(27)	1759(27)	1766(27)	1773(27)	1780(27)	1787(27)
2038(35)	2050(35)	2062(35)	2075(35)	2087(35)	2100(35)	2113(35)	2126(35)
2451(49)	2467(50)	2482(50)	2498(50)	2515(50)	2531(51)	2549(51)	2566(52)
2399(70)	2417(70)	2430(71)	2445(71)	2460(72)	2476(73)	2493(73)	2507(74)
2208(35)	2223(35)	2239(35)	2254(35)	2270(35)	2285(35)	2302(36)	2317(36)
2056(37)	2070(37)	2083(38)	2097(38)	2110(38)	2124(39)	2139(39)	2153(40)
1798(28)	1810(28)	1822(28)	1835(28)	1847(28)	1858(28)	1870(28)	1883(29)
1259(29)	1267(29)	1275(29)	1283(29)	1290(29)	1299(30)	1308(30)	1317(31)
1603(30)	1609(30)	1615(30)	1622(30)	1628(30)	1635(31)	1642(31)	1648(31)
1830(32)	1839(32)	1849(32)	1859(32)	1871(32)	1881(32)	1892(32)	1903(32)
1808(39)	1820(39)	1832(39)	1844(40)	1856(40)	1867(40)	1879(40)	1891(40)
1658(45)	1671(45)	1682(45)	1695(45)	1707(46)	1719(46)	1731(46)	1745(46)
1632(27)	1641(27)	1649(27)	1658(27)	1667(27)	1676(27)	1685(27)	1694(28)
1571(21)	1582(21)	1592(22)	1602(22)	1613(23)	1623(24)	1633(25)	1644(26)
1411(24)	1420(24)	1429(24)	1437(24)	1447(25)	1456(25)	1466(25)	1476(25)
1937(78)	1949(78)	1957(78)	1969(78)	1980(78)	1992(79)	2002(79)	2010(79)
1934(65)	1943(65)	1954(64)	1963(65)	1973(65)	1983(65)	1992(66)	2000(66)
1935(57)	1946(56)	1955(56)	1965(57)	1976(57)	1986(57)	1996(57)	2005(58)
1849(14)	1863(14)	1878(14)	1893(14)	1907(14)	1922(15)	1938(15)	1953(15)
2140(23)	2156(23)	2171(23)	2187(23)	2204(23)	2220(23)	2235(24)	2252(24)
1581(15)	1591(15)	1602(15)	1613(15)	1623(15)	1633(15)	1644(15)	1654(15)

p60	p61	p62	p63	p64	p65	p66	p67
1433(32)	1441(34)	1450(36)	1459(37)	1469(39)	1478(42)	1487(44)	1497(46)
1795(27)	1803(28)	1810(28)	1819(28)	1827(29)	1834(29)	1842(30)	1850(31)
2138(35)	2151(35)	2165(35)	2178(35)	2191(36)	2205(36)	2218(36)	2233(37)
2584(52)	2602(53)	2619(53)	2637(54)	2653(55)	2673(55)	2690(56)	2708(57)
2521(75)	2536(76)	2551(77)	2565(78)	2580(79)	2596(81)	2611(82)	2630(83)
2333(37)	2349(38)	2367(39)	2383(40)	2400(41)	2416(42)	2434(44)	2451(45)
2167(40)	2181(41)	2197(42)	2212(42)	2227(43)	2242(44)	2258(45)	2275(45)
1897(29)	1911(30)	1924(30)	1937(30)	1951(31)	1964(31)	1978(31)	1989(31)
1325(32)	1334(33)	1343(34)	1352(36)	1361(37)	1369(39)	1378(41)	1386(42)
1655(32)	1662(32)	1669(33)	1676(33)	1683(34)	1691(34)	1698(35)	1706(36)
1913(33)	1924(33)	1935(33)	1945(33)	1955(34)	1965(34)	1977(34)	1988(35)
1904(41)	1916(41)	1930(42)	1945(42)	1958(43)	1972(43)	1986(44)	2000(44)
1760(47)	1770(47)	1784(47)	1796(48)	1808(48)	1822(49)	1834(49)	1849(50)
1702(28)	1711(28)	1720(29)	1730(30)	1739(30)	1748(31)	1759(32)	1768(33)
1654(27)	1665(29)	1677(31)	1688(33)	1698(34)	1709(36)	1719(38)	1730(40)
1485(25)	1495(26)	1505(26)	1515(26)	1525(26)	1535(27)	1544(27)	1554(27)
2025(80)	2038(81)	2046(82)	2058(83)	2067(84)	2076(85)	2090(87)	2104(88)
2010(67)	2021(68)	2029(69)	2041(70)	2051(72)	2062(73)	2073(75)	2085(76)
2015(59)	2027(60)	2037(61)	2047(62)	2058(64)	2069(65)	2079(66)	2091(68)
1969(15)	1984(15)	2000(15)	2016(15)	2032(16)	2049(16)	2066(16)	2083(16)
2268(24)	2285(24)	2302(25)	2318(25)	2335(25)	2352(26)	2370(26)	2388(26)
1665(15)	1676(15)	1687(16)	1699(16)	1710(16)	1721(16)	1732(16)	1744(17)

p68	p69	p70	p71	p72	p73	p74	p75
1506(48)	1515(50)	1525(53)	1535(55)	1545(58)	1556(61)	1567(64)	1578(67)
1859(32)	1867(32)	1875(33)	1883(34)	1892(35)	1900(36)	1908(38)	1918(39)
2247(37)	2263(38)	2278(38)	2294(39)	2308(39)	2323(40)	2339(40)	2355(41)
2727(58)	2748(58)	2769(59)	2791(61)	2812(62)	2833(63)	2855(64)	2878(65)
2649(84)	2670(85)	2688(86)	2704(89)	2723(90)	2742(91)	2763(93)	2783(95)
2468(47)	2487(49)	2505(51)	2524(53)	2543(55)	2563(57)	2584(59)	2605(62)
2291(46)	2308(47)	2323(49)	2338(50)	2355(51)	2372(53)	2390(54)	2408(56)
2002(31)	2016(31)	2030(31)	2044(32)	2059(32)	2075(32)	2092(33)	2107(33)
1396(45)	1406(47)	1415(49)	1426(51)	1434(54)	1444(56)	1455(59)	1464(61)
1714(36)	1722(37)	1730(38)	1738(39)	1746(40)	1754(41)	1761(43)	1769(44)
1999(35)	2010(36)	2020(37)	2033(37)	2046(38)	2059(38)	2070(39)	2084(40)
2013(45)	2028(45)	2043(46)	2059(47)	2073(48)	2091(49)	2106(50)	2122(50)
1863(50)	1879(51)	1892(51)	1909(52)	1923(53)	1939(53)	1956(54)	1974(55)
1778(34)	1788(35)	1798(37)	1808(38)	1818(39)	1829(41)	1840(42)	1852(44)
1741(42)	1752(44)	1764(46)	1775(48)	1788(51)	1800(53)	1814(56)	1826(59)
1565(28)	1576(28)	1587(28)	1598(29)	1609(29)	1620(30)	1631(30)	1643(31)
2113(90)	2124(92)	2133(93)	2144(95)	2158(98)	2169(100)	2182(102)	2194(105)
2095(78)	2106(80)	2120(83)	2131(85)	2144(87)	2155(90)	2166(92)	2180(95)
2104(70)	2113(72)	2126(75)	2136(78)	2150(81)	2161(83)	2173(86)	2186(90)
2101(16)	2120(16)	2138(16)	2155(17)	2174(17)	2193(17)	2213(18)	2233(18)
2406(26)	2425(27)	2443(28)	2462(28)	2482(28)	2502(29)	2523(29)	2545(29)
1755(17)	1768(17)	1780(17)	1793(18)	1806(18)	1819(18)	1833(19)	1847(19)

p76	p77	p78	p79	p80	p81	p82	p83
1590(70)	1603(74)	1617(77)	1630(81)	1644(85)	1655(88)	1668(92)	1682(96)
1927(40)	1938(42)	1948(44)	1956(45)	1966(47)	1977(49)	1987(51)	1999(53)
2371(42)	2390(43)	2406(43)	2424(44)	2443(45)	2462(46)	2483(47)	2503(49)
2900(66)	2922(68)	2947(69)	2972(71)	2999(73)	3026(74)	3055(76)	3084(78)
2804(97)	2823(99)	2844(101)	2867(104)	2891(106)	2914(109)	2940(111)	2967(114)
2626(64)	2649(67)	2672(70)	2696(73)	2719(76)	2744(79)	2770(83)	2796(87)
2429(57)	2447(59)	2468(60)	2487(62)	2510(64)	2532(66)	2554(68)	2577(71)
2124(34)	2141(34)	2158(35)	2175(35)	2195(36)	2214(37)	2234(37)	2255(38)
1476(64)	1487(67)	1498(70)	1511(74)	1523(77)	1535(80)	1549(84)	1562(88)
1779(45)	1788(47)	1796(48)	1805(50)	1814(52)	1825(54)	1836(56)	1848(57)
2099(40)	2113(40)	2128(41)	2143(42)	2159(43)	2174(44)	2189(45)	2206(46)
2141(52)	2159(53)	2176(53)	2193(54)	2214(56)	2236(58)	2257(59)	2279(61)
1992(55)	2010(56)	2025(57)	2042(58)	2061(59)	2079(60)	2097(61)	2118(62)
1862(46)	1874(47)	1886(49)	1898(51)	1911(53)	1926(55)	1940(58)	1955(60)
1840(62)	1853(65)	1868(69)	1883(73)	1898(77)	1914(81)	1931(86)	1947(90)
1656(31)	1669(31)	1681(32)	1694(33)	1710(33)	1725(34)	1740(34)	1756(35)
2209(108)	2221(111)	2234(114)	2248(117)	2259(120)	2275(124)	2288(128)	2300(132)
2192(98)	2206(101)	2220(105)	2231(108)	2243(112)	2259(116)	2275(120)	2291(124)
2198(93)	2211(96)	2226(100)	2237(103)	2252(108)	2266(112)	2281(116)	2295(120)
2254(18)	2275(19)	2297(19)	2321(19)	2344(20)	2369(20)	2395(21)	2422(21)
2567(30)	2589(30)	2612(31)	2637(32)	2662(32)	2687(33)	2714(33)	2742(34)
1861(19)	1876(20)	1891(20)	1906(21)	1922(21)	1939(22)	1956(23)	1974(23)

p84	p85	p86	p87	p88	p89	p90	p91
1697(100)	1712(105)	1730(110)	1745(114)	1767(121)	1785(126)	1807(132)	1831(139)
2011(55)	2023(57)	2037(60)	2051(63)	2066(66)	2082(69)	2097(72)	2115(76)
2525(50)	2550(52)	2575(53)	2602(55)	2629(57)	2660(59)	2691(61)	2727(64)
3116(81)	3148(83)	3182(85)	3220(88)	3254(91)	3295(94)	3337(98)	3388(102)
2994(117)	3024(120)	3054(123)	3084(127)	3121(131)	3157(135)	3199(139)	3242(144)
2824(91)	2851(95)	2882(99)	2915(104)	2952(109)	2992(115)	3035(122)	3078(128)
2602(73)	2628(75)	2656(78)	2686(81)	2717(84)	2748(88)	2783(92)	2824(96)
2277(39)	2299(40)	2323(41)	2347(42)	2375(43)	2402(44)	2431(45)	2465(47)
1576(92)	1589(96)	1604(100)	1622(105)	1637(109)	1655(114)	1675(120)	1698(127)
1859(60)	1871(62)	1883(65)	1896(67)	1912(70)	1926(72)	1944(76)	1961(79)
2224(47)	2244(48)	2264(49)	2284(50)	2306(51)	2330(53)	2357(54)	2385(56)
2301(62)	2323(63)	2347(65)	2372(66)	2399(68)	2429(71)	2461(73)	2495(76)
2141(63)	2169(64)	2192(65)	2217(66)	2243(68)	2276(70)	2306(72)	2342(74)
1970(63)	1986(66)	2004(69)	2021(72)	2039(75)	2060(79)	2084(83)	2107(87)
1966(95)	1983(100)	2003(105)	2025(112)	2046(118)	2069(125)	2093(132)	2121(140)
1772(35)	1790(36)	1807(37)	1827(38)	1847(39)	1868(40)	1892(41)	1919(42)
2313(137)	2333(141)	2351(146)	2374(152)	2403(157)	2430(164)	2451(170)	2480(178)
2308(129)	2327(134)	2348(139)	2366(145)	2383(150)	2403(157)	2430(164)	2456(171)
2311(125)	2329(131)	2348(137)	2369(144)	2390(151)	2414(158)	2438(167)	2465(176)
2450(22)	2480(22)	2511(23)	2542(24)	2577(24)	2614(25)	2653(26)	2699(27)
2769(35)	2800(36)	2833(37)	2868(37)	2903(39)	2942(40)	2983(41)	3026(43)
1994(24)	2014(25)	2034(26)	2056(27)	2079(28)	2104(29)	2129(30)	2157(31)

p92	p93	p94	p95	p96	p97	p98	p99
1854(146)	1880(153)	1913(163)	1946(172)	1987(184)	2042(200)	2110(220)	2202(245)
2135(80)	2158(85)	2184(90)	2210(96)	2244(103)	2292(112)	2347(124)	2445(144)
2765(67)	2809(70)	2854(74)	2908(78)	2972(84)	3054(91)	3167(101)	3350(119)
3443(107)	3511(112)	3579(119)	3654(126)	3747(135)	3843(148)	3991(167)	4248(197)
3291(150)	3346(156)	3402(164)	3472(173)	3551(185)	3655(198)	3791(219)	4000(252)
3124(135)	3179(144)	3241(154)	3314(165)	3397(179)	3499(195)	3638(218)	3867(256)
2868(100)	2914(105)	2969(111)	3031(118)	3102(127)	3192(137)	3311(152)	3513(176)
2500(48)	2539(50)	2585(53)	2635(55)	2694(59)	2772(63)	2878(70)	3033(81)
1723(134)	1748(141)	1778(150)	1813(160)	1851(171)	1912(188)	1985(209)	2083(237)
1980(83)	1999(88)	2021(93)	2048(99)	2079(107)	2123(115)	2172(128)	2256(147)
2416(58)	2450(61)	2491(63)	2538(66)	2590(70)	2656(75)	2743(83)	2881(95)
2536(80)	2575(82)	2623(86)	2678(91)	2738(96)	2814(103)	2929(113)	3105(128)
2382(76)	2421(79)	2471(82)	2526(86)	2600(92)	2686(99)	2783(103)	2958(116)
2133(92)	2162(97)	2191(104)	2229(111)	2273(120)	2324(132)	2395(147)	2520(172)
2151(149)	2184(158)	2222(170)	2264(183)	2316(199)	2381(219)	2466(245)	2607(289)
1946(43)	1977(45)	2010(47)	2048(50)	2095(52)	2153(56)	2236(60)	2358(70)
2518(187)	2559(198)	2597(208)	2649(223)				
2487(180)	2511(189)	2543(199)	2587(212)	2634(227)	2700(245)		
2495(186)	2529(197)	2564(210)	2611(226)	2667(246)	2732(268)	2811(295)	
2746(28)	2800(29)	2860(31)	2927(32)	3009(35)	3111(38)	3256(42)	3485(50)
3075(44)	3131(46)	3193(48)	3260(51)	3342(55)	3450(58)	3599(63)	3844(72)
2189(32)	2224(34)	2263(36)	2306(38)	2361(41)	2427(44)	2516(49)	2660(57)