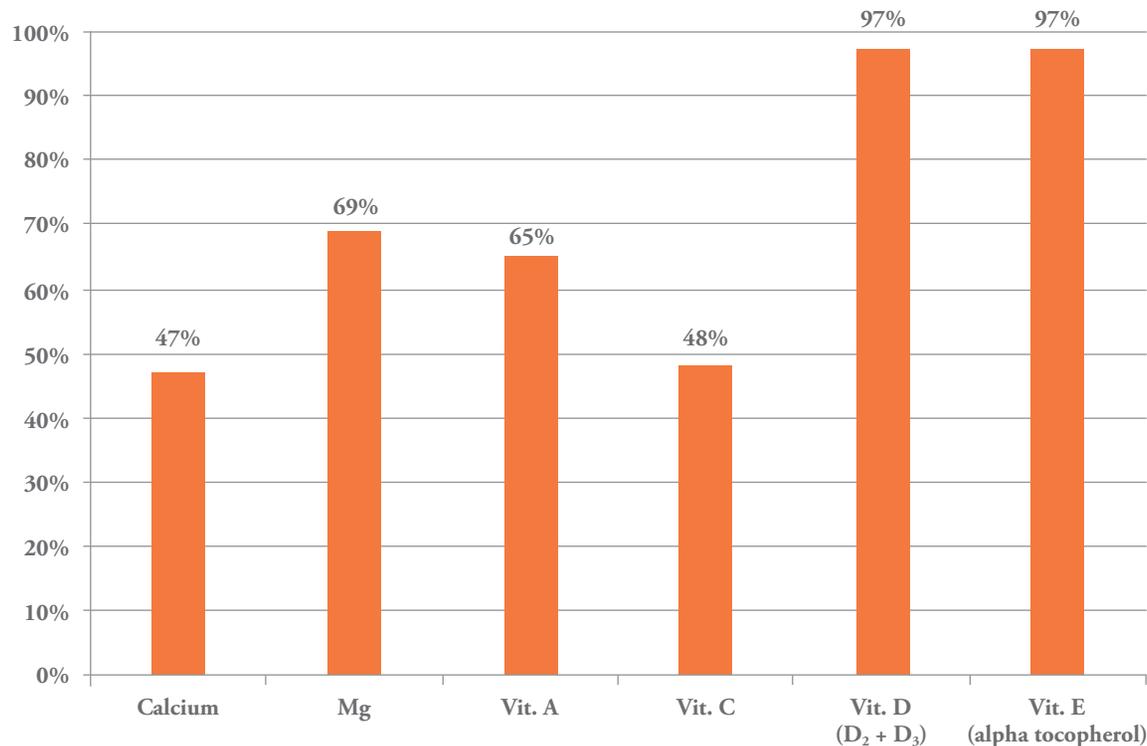


Nutrient Shortfalls Among Adults Using Food Assistance*



PERCENT OF ADULTS ON FOOD ASSISTANCE* WITH INADEQUATE INTAKE OF KEY NUTRIENTS (ESTIMATED AVERAGE REQUIREMENT)** Source: NHANES 2007-2010



The National Health and Nutrition Examination Survey (NHANES) is a program of studies designed to assess the health and nutritional status of adults and children in the United States. The survey is unique in that it combines interviews and physical examinations. The NHANES is conducted by the National Center for Health Statistics, which is part of the Centers for Disease Control and Prevention (CDC).

For more information visit:

Dietary Guidelines for Americans | www.dietaryguidelines.gov

Nutrition.gov | www.nutrition.gov

National Institutes of Health MedlinePlus | www.nlm.nih.gov/medlineplus/nutrition.html

National Osteoporosis Foundation | www.nof.org

Centers for Disease Control and Prevention | www.cdc.gov

¹ Warensjo E, Byberg L, Melhus H, et al. Dietary calcium intake and risk of fracture and osteoporosis: prospective longitudinal cohort study. *BMJ* 2011;342:d1473.

² J. Michael Gaziano, MD, MPH; Howard D. Sesso, ScD, MPH; William G. Christen, ScD; Vadim Bubes, PhD; Joanne P. Smith, BA; Jean MacFadyen, BA; Miriam Schwartz, MD; JoAnn E. Manson, MD, DrPH; Robert J. Glynn, ScD; Julie E. Buring, ScD. Multivitamins in the Prevention of Cancer in Men The Physicians' Health Study II Randomized Controlled Trial. *JAMA* 2012; 308(18): 1871-1889.

³ Fulgoni V. NHANES 2001-2008 Food Only analysis. 2011 unpublished.

America is in the midst of a nutrition crisis that has yet to be fully addressed.

- Current dietary and lifestyle choices have led to a growing gap between the amount of nutrients people should consume and the actual nutrients they are consuming.
- Nutrient shortfalls left unaddressed have the potential to lead to chronic diseases such as osteoporosis¹ and certain cancers², which will increase healthcare costs.

According to data from the NHANES 2007-2010, a large percentage of adults who use food assistance (SNAP and/or WIC*) are getting inadequate levels of calcium, magnesium and vitamins A, C, D and E.³

- While rates of inadequate intake of nutrients is a substantial problem in the general population, the problem is worse among those receiving food assistance. Those receiving food assistance are more likely than the general population of adults to have inadequate intakes of magnesium (69% v. 61%), vitamin A (65% v. 50%), vitamin C (48% v. 42%), and vitamin E (97% v. 94%).

*The Supplemental Nutrition Assistance Program (SNAP) is the cornerstone of the Nation's nutrition assistance safety net. Benefits are available to most people who meet the financial requirements, and the program serves a broad spectrum of low income people. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, as well as to infants and children up to age five who are found to be at nutritional risk.

**An Estimated Average Requirement (EAR) is the average daily nutrient intake level estimated to meet the requirements of half of the healthy individuals in a group.