

Vitamin D (µg/d): Usual intakes from food and supplement sources, by DRI age-sex group, household population, Canada excluding territories, 2004

	Mean	(SE)	Percentiles (and SE) of usual intake										EAR ¹	% < EAR	(SE)	UL ²	% > UL	(SE)					
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)														
Sex	Age (years)																						
Both																							
	1-3	9.5	(0.2)	2.4	(0.2)	3.4	(0.2)	5.2	(0.2)	8.3	(0.3)	13.9	(0.4)	18.0	(0.4)	20.5	(0.5)	10	59.8	(1.8)	63	0.0	(0.0)
	4-8	9.5	(0.2)	3.1	(0.2)	3.9	(0.2)	5.4	(0.2)	8.2	(0.3)	13.2	(0.3)	16.5	(0.3)	18.7	(0.4)	10	59.8	(1.6)	75	0.0	(0.0)
Male																							
	9-13	9.0	(0.2)	3.3	(0.2)	4.0	(0.2)	5.4	(0.2)	7.7	(0.3)	11.8	(0.4)	16.3	(0.5)	19.0	(0.7)	10	66.4	(2.1)	100	0.0	(0.0)
	14-18	8.8	(0.3)	3.0	(0.2)	3.7	(0.2)	5.3	(0.2)	7.7	(0.3)	11.4	(0.4)	16.6	(0.7)	20.6	(1.1)	10	67.7	(2.3)	100	<3	
	19-30	7.4	(0.3)	2.3	(0.2)	2.8	(0.2)	3.9	(0.2)	5.8	(0.3)	9.2	(0.6)	14.4	(0.8)	17.6	(0.9)	10	78.0	(2.5)	100	0.0	(0.0)
	31-50	7.4	(0.3)	2.4	(0.3)	2.9	(0.2)	3.9	(0.2)	5.8	(0.3)	9.2	(0.6)	14.7	(0.8)	18.6	(1.0)	10	78.0	(2.4)	100	<3	
	51-70	9.8	(0.5)	2.4	(0.2)	3.0	(0.2)	4.3	(0.3)	7.1	(0.4)	12.6	(0.7)	19.9	(1.3)	25.7	(2.0)	10	64.9	(2.4)	100	<3	
	>70	10.1	(0.6)	2.4	(0.2)	3.0	(0.3)	4.2	(0.3)	6.8	(0.6)	12.9	(0.9)	20.9	(1.4)	27.4	(1.9)	10	66.3	(3.0)	100	0.0	(0.0)
	19+	8.3	(0.2)	2.3	(0.1)	2.9	(0.1)	4.0	(0.1)	6.1	(0.2)	10.5	(0.4)	16.5	(0.5)	21.3	(0.8)	10	73.2	(1.3)	100	<3	
Female																							
	9-13	7.5	(0.2)	2.5	(0.2)	3.0	(0.2)	4.1	(0.2)	5.8	(0.2)	9.3	(0.5)	14.8	(0.6)	17.3	(0.7)	10	77.4	(1.8)	100	0.0	(0.0)
	14-18	6.3	(0.2)	1.6	(0.1)	2.1	(0.2)	3.3	(0.2)	5.0	(0.2)	8.0	(0.4)	12.3	(0.6)	15.5	(0.7)	10	83.8	(1.6)	100	<3	
	19-30	6.4	(0.2)	1.7	(0.2)	2.2	(0.2)	3.1	(0.2)	4.8	(0.2)	8.1	(0.5)	13.5	(0.6)	17.1	(1.0)	10	81.4	(1.7)	100	<3	
	31-50	8.3	(0.5)	2.1	(0.2)	2.6	(0.2)	3.6	(0.3)	5.9	(0.5)	11.3	(0.7)	16.6	(0.7)	21.4	(1.0)	10	70.6	(2.8)	100	<3	
	51-70	10.3	(0.4)	2.0	(0.2)	2.6	(0.3)	4.0	(0.4)	7.9	(0.7)	14.3	(0.4)	21.4	(0.8)	27.4	(1.2)	10	57.6	(2.3)	100	<3	
	>70	11.0	(0.7)	2.4	(0.5)	3.0	(0.6)	5.0	(0.9)	9.0	(1.0)	14.8	(0.6)	21.6	(1.4)	27.7	(1.6)	10	54.3	(3.9)	100	<3	
	19+	8.8	(0.2)	2.0	(0.1)	2.5	(0.1)	3.7	(0.1)	6.2	(0.3)	12.3	(0.3)	18.0	(0.4)	23.4	(0.5)	10	67.2	(1.5)	100	<3	

Source: Statistics Canada. 2010. Special tabulation, based on CCHS 2.2, Nutrition (2004) - Master File

Symbol Legend

<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.

Footnotes

¹ EAR is the Estimated Average Requirement.

² UL is the Tolerable Upper Intake Level.

Notes

Excludes pregnant and breastfeeding women, null and invalid intakes.

Sample size and mean intake are based on the first 24-hour dietary recall (first day of interview) only.

The methodology used to calculate the usual intake from food and supplement sources was based on Method 3 (divide, add, shrink) in the article "[Combining nutrient intake from food/beverages and vitamin/mineral supplements](#)". This article documents the assumptions and limitations of the methodology and provides context for interpretation of estimates.

Percent below EAR or above UL are from the weighted average of percent below EAR or above UL from vitamin D supplement non users and percent below EAR or above UL from vitamin D supplement users.

Bootstrapping techniques were used to produce the coefficient of variation (CV) and the standard error (SE).

In terms of precision, the estimate 0.0 with a standard error of 0.0 refers to a standard error smaller than 0.1%.