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

- Data from the government’s National Health and Nutrition Survey (NHANES) shows that most people have problems meeting recommended nutrient intake for the following nutrients: vitamins A, C, D, and E, calcium and magnesium.¹
- As the graphic to the left demonstrates, the latest information from NHANES reveals that shortfalls in key nutrients differ by race/ethnicity.
- For vitamins A, D and E, Hispanic and Non-Hispanic Black populations have greater nutrient shortfalls than Caucasian.
- For calcium and magnesium¹, the Non-Hispanic Black population (65 percent and 66 percent, respectively) has greater shortfalls than Hispanic or Caucasian.
- For vitamin C, all three race/ethnicities have similar shortfalls.

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.

- The Healthy Eating Index (HEI) is a measure of diet quality based on how many servings of food from various food groups are eaten. American adults score about 50 out of a possible 100 points.¹
- The HEI score shows that most people need to make significant changes in how they eat to meet nutrient goals.

Nutrient shortfalls left unaddressed have the potential to lead to chronic diseases such as osteoporosis², which will increase healthcare costs.

---