

# Federal Income Tax Brackets & Long-Term Capital Gains Rates

Rates apply progressively. The rate shown applies only to income within that range.

## Ordinary Income Tax Rates (2026)

Rate	Married filing jointly /Surviving	Head of household	Single	Married filing separately
10%	Up to \$24,800	Up to \$17,700	Up to \$12,400	Up to \$12,400
12%	\$24,801 - \$100,800	\$17,701 - \$67,450	\$12,401 - \$50,400	\$12,401 - \$50,400
22%	\$100,801 - \$211,400	\$67,451 - \$105,700	\$50,401 - \$105,700	\$50,401 - \$105,700
24%	\$211,401 - \$403,550	\$105,701 - \$201,750	\$105,701 - \$201,775	\$105,701 - \$201,775
32%	\$403,551 - \$512,450	\$201,751 - \$256,200	\$201,776 - \$256,225	\$201,776 - \$256,225
35%	\$512,451 - \$768,700	\$256,201 - \$640,600	\$256,226 - \$640,600	\$256,226 - \$384,350
37%	\$768,701+	\$640,601+	\$640,601+	\$384,351+

## Long-Term Capital Gains & Qualified Dividend Rates (2026)

Rate	Married filing jointly /Surviving	Head of household	Single	Married filing separately
0%	Up to \$98,900	Up to \$66,200	Up to \$49,450	Up to \$49,450
15%	\$98,901 - \$613,700	\$66,201 - \$579,600	\$49,451 - \$545,500	\$49,451 - \$306,850
20%	\$613,701+	\$579,601+	\$545,501+	\$306,851+

**Capital gains notes:** Short-term gains are generally taxed as ordinary income. Some gains may be taxed at special rates (e.g., up to 25% for unrecaptured real estate depreciation and up to 28% for collectibles). High-income taxpayers may also owe the 3.8% NIIT.

## Annual Contribution Limits

Limits can interact with plan rules and eligibility. Use these as planning reference points.

### Retirement Plan Limits (2026)

Plan type	2026 base limit	Catch-up (age)	Notes
401(k) / 403(b) / governmental 457(b) / TSP	\$24,500	Age 50+: \$8,000; Age 60-63: \$11,250	Elective deferrals
Traditional IRA / Roth IRA	\$7,500	Age 50+: \$1,100	Combined across IRAs
SIMPLE IRA / SIMPLE 401(k)	\$17,000	Age 50+: \$4,000; Age 60-63: \$5,250	Certain SIMPLE plans: \$18,100; some catch-ups:\$3,850
SEP IRA (employer)	Up to \$72,000	N/A	Generally up to 25% of compensation; subject to annual additions limit
Defined contribution plan annual additions	Up to \$72,000	Catch-ups may be additional	Overall plan limit (employer + employee)

Roth catch-up wage threshold: \$150,000 (prior-year wages). If exceeded, catch-up contributions to applicable employer plans must generally be designated as Roth.

### HSA & HDHP Thresholds (2026)

Item	2026 amount	Catch-up	Notes
HSA contribution limit - Self-only	\$4,400	Age 55+: +\$1,000	Must be eligible with an HDHP
HSA contribution limit - Family	\$8,750	Age 55+: +\$1,000	Catch-up is per eligible individual
HDHP minimum deductible - Self-only	\$1,700	N/A	
HDHP minimum deductible - Family	\$3,400	N/A	
HDHP out-of-pocket max - Self-only	\$8,500	N/A	Does not include premiums
HDHP out-of-pocket max - Family	\$17,000	N/A	Does not include premiums

## Key Planning Thresholds

### Surtaxes, Payroll Taxes, and Other Federal Thresholds

Item	What it is	2026 threshold / amount
Net Investment Income Tax (NIIT)	3.8% on lesser of NII or MAGI above threshold	Single/HOH: \$200,000; MFJ/QSS: \$250,000; MFS: \$125,000
Additional Medicare Tax	0.9% on Medicare wages/SE income above threshold	Single/HOH: \$200,000; MFJ: \$250,000; MFS: \$125,000
Kiddie tax (Form 8615)	Net unearned income over the threshold is generally taxed at the parent's marginal rate	Applies when unearned income > \$2,700 (2026); first \$1,350 excluded, next \$1,350 at child's rate
Social Security (OASDI) wage base	6.2% payroll tax applies up to	\$184,500 of wages (2026)
AMT exemption (Alternative Minimum Tax)	Exemption amounts	Single: \$90,100; MFJ/QSS: \$140,200; MFS: \$70,100
AMT phase-out begins	Exemption starts phasing out at	Single: \$500,000; MFJ/QSS: \$1,000,000
Estate & gift basic exclusion amount	Lifetime exclusion (estate/gift/GST)	\$15,000,000 per person (2026)
Annual gift exclusion	Per recipient (calendar year 2026)	\$19,000 (non-citizen spouse limit: \$194,000)
Health FSA salary reduction limit	Employee pre-tax contributions (plan years beginning 2026)	\$3,400 (carryover max: \$680)
Foreign earned income exclusion (FEIE)	For qualifying taxpayers abroad	\$132,900 (2026)

### MAGI Phase-Outs (2026)

Provision (MAGI-based)	Single	MFJ	HOH	MFS
Education Credits (AOTC & Lifetime Learning)	\$80,000-\$90,000	\$160,000-\$180,000	\$80,000-\$90,000	Not eligible
Student Loan Interest Deduction	\$85,000-\$100,000	\$175,000-\$205,000	\$85,000-\$100,000	Not eligible
Adoption Credit / Exclusion	\$265,080-\$305,080	\$265,080-\$305,080	\$265,080-\$305,080	\$265,080-\$305,080
Savings Bond Interest Exclusion (education)	\$101,800-\$116,800	\$152,650-\$182,650	\$101,800-\$116,800	\$101,800-\$116,800
Roth IRA Contributions	\$153,000-\$168,000	\$242,000-\$252,000	\$153,000-\$168,000	\$0-\$10,000
Traditional IRA Deduction (covered by workplace plan)	\$81,000-\$91,000	\$129,000-\$149,000	\$81,000-\$91,000	\$0-\$10,000

### Saver's Credit tiers (2026 AGI)

Saver's Credit rate	Single	MFJ	HOH	MFS
50%	≤ \$24,250	≤ \$48,500	≤ \$36,375	≤ \$24,250
20%	\$24,251-\$26,250	\$48,501-\$52,500	\$36,376-\$39,375	\$24,251-\$26,250
10%	\$26,251-\$40,250	\$52,501-\$80,500	\$39,376-\$60,375	\$26,251-\$40,250
0%	> \$40,250	> \$80,500	> \$60,375	> \$40,250

## Medicare Reference Amounts & IRMAA

IRMAA is an additional monthly amount paid by higher-income Medicare beneficiaries. For 2026, Social Security generally uses your 2024 tax return (MAGI). MAGI includes AGI plus tax-exempt interest. Part D IRMAA is added to your plan premium.

### Medicare (2026) - Common Reference Amounts

Item	2026 amount	Notes
Part B standard premium (monthly)	\$202.90	Higher-income beneficiaries may pay IRMAA surcharges.
Part B annual deductible	\$283	
Part A inpatient hospital deductible (per benefit period)	\$1,736	

### All IRMAA Tiers (2024 MAGI Used for 2026)

Tier	Single/HOH/QSS 2024 MAGI	MFJ 2024 MAGI	MFS 2024 MAGI	Part B base	Part B increase	Part B total	Part D add-on
1	\$109,000 or less	\$218,000 or less	\$109,000 or less	\$202.90	\$0.00	\$202.90	\$0.00
2	\$109,001 - \$137,000	\$218,001 - \$274,000	-	\$202.90	\$81.20	\$284.10	\$14.50
3	\$137,001 - \$171,000	\$274,001 - \$342,000	-	\$202.90	\$202.90	\$405.80	\$37.50
4	\$171,001 - \$205,000	\$342,001 - \$410,000	-	\$202.90	\$324.60	\$527.50	\$60.40
5	\$205,001 - \$499,999	\$410,001 - \$749,999	\$109,001 - \$390,999	\$202.90	\$446.30	\$649.20	\$83.30
6	\$500,000 or more	\$750,000 or more	\$391,000 or more	\$202.90	\$487.00	\$689.90	\$91.00

Planning note: One-time income events (Roth conversions, large realized gains, RMDs, business or real estate sales) can increase future premiums because Medicare uses a lookback. Certain life-changing events may allow an appeal (Form SSA-44).

## Social Security

Reference points for benefit taxation and payroll withholding.

### Benefits (2026)

Benefits	
Estimated maximum monthly benefit (if turning full retirement age 67 years) in 2026	\$4,152
Retirement earnings exempt amounts	\$24,480 under FRA \$65,160 during year you reach FRA No limit after FRA

### Tax on Social Security benefits: Income Brackets (2026)

Filing status	Provisional income*	Amount of Social Security subject to tax
Married filing jointly	Under \$32,000	0
	\$32,000-\$44,000	up to 50%
	Over \$44,000	up to 85%
Single, head of household, qualifying widow(er), married filing separately and living apart from spouse	Under \$25,000	0
	\$25,000-\$34,000	up to 50%
	Over \$34,000	up to 85%
Married filing separately living with spouse	Over 0	up to 85%

\*Provisional income = adjusted gross income (not incl. Social Security) + tax-exempt interest + 50% of Social Security benefit.

### Payroll Taxes (2026)

Tax (FICA)	%	Max tax
Employer pays	6.2%	\$11,439.00
Employee pays	6.2%	\$11,439.00
Self-employed pays	12.4%	\$22,878.00

Medicare tax	%	Max tax
Employer pays	1.45%	varies per income
Employee pays	1.45% plus 0.9% (on income over \$200,000 single or \$250,000 joint)	varies per income
Self-employed pays	2.9% plus 0.9% (on income over \$200,000 single or \$250,000 joint)	varies per income

## Uniform Lifetime Table (partial)

These factors are used for most IRA owners and plan participants to calculate required minimum distributions (RMDs). Some situations use a different table (e.g., eligible designated beneficiary).

Age	Life expectancy	Approx. withdrawal	Age	Life expectancy	Approx. withdrawal
73	26.5	3.77%	89	12.9	7.75%
74	25.5	3.92%	90	12.2	8.20%
75	24.6	4.07%	91	11.5	8.70%
76	23.7	4.22%	92	10.8	9.26%
77	22.9	4.37%	93	10.1	9.90%
78	22.0	4.55%	94	9.5	10.53%
79	21.1	4.74%	95	8.9	11.24%
80	20.2	4.95%	96	8.4	11.90%
81	19.4	5.15%	97	7.8	12.82%
82	18.5	5.41%	98	7.3	13.70%
83	17.7	5.65%	99	6.8	14.71%
84	16.8	5.95%	100	6.4	15.62%
85	16.0	6.25%	101	6.0	16.67%
86	15.2	6.58%	102	5.6	17.86%
87	14.4	6.94%	103	5.2	19.23%
88	13.7	7.30%	104	4.9	20.41%

### How to use this table

- 1) Find the IRA owner or plan participant's age on the table (age at the end of the year).
- 2) Use the corresponding life expectancy factor.
- 3) Divide the prior year-end account balance by the factor to estimate the required minimum distribution (RMD). Example: If the 12/31 balance was \$500,000 and the factor is 26.5, the RMD is about \$18,868 ( $\$500,000 \div 26.5$ ).

\*Withdrawal rate shown is an approximation ( $1 \div$  factor). Actual RMDs may differ based on account balance timing and plan rules.

# Deductions

This handout is a high-level reference for 2026 federal thresholds. Many items depend on definitions (taxable income vs. MAGI), plan eligibility, and coordination across accounts.

## Standard Deduction (2026)

Filing status	2026 standard deduction
Married filing jointly / Surviving spouse	\$32,200
Head of household	\$24,150
Single	\$16,100
Married filing separately	\$16,100

  

Additional deduction reference points	2026 amount / rule
Additional standard deduction (age 65+ or blind)	\$1,650
Additional amount if unmarried (and not a surviving spouse)	\$2,050
Dependent standard deduction (maximum)	Greater of \$1,350 or (\$450 + earned income)
Senior bonus deduction (age 65+, 2025-2028)	\$6,000 per eligible individual (\$12,000 if both spouses qualify); phases out above MAGI \$75,000 (\$150,000 MFJ)

Note: The \$6,000 senior bonus deduction is available whether you itemize or take the standard deduction; eligibility rules apply.