

**Table 2. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2005-2006**

Gender and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
<b>Males:</b>															
2 - 5.....	1641	56.3	13.9	228	55.9	58.4	31.4	21.4	11.5	21.4	11.5	10.8	5.8	**	**
6 - 11.....	2092	70.9	13.8	280	53.7	79.4	33.8	28.3	12.1	29.1	12.4	15.4	6.5	**	**
12 - 19.....	2707	99.1	14.6	352	52.7	100.9	33.1	35.6	11.6	37.5	12.3	19.1	6.2	2.9	0.5
20 - 29.....	2821	106.2	15.4	344	49.0	100.6	31.7	33.7	10.7	37.9	11.9	20.2	6.4	19.7	4.6
30 - 39.....	2978	118.0	16.0	342	46.8	114.1	34.0	38.7	11.4	42.5	12.7	22.9	7.0	19.7	4.1
40 - 49.....	2753	106.6	16.0	313	45.6	104.9	34.0	35.2	11.2	39.2	12.7	21.4	7.1	23.0	5.5
50 - 59.....	2597	97.4	15.2	307	47.7	102.3	34.6	33.3	11.3	38.1	12.9	22.2	7.5	13.6	3.8
60 - 69.....	2202	88.3	16.4	258	47.2	84.2	33.7	27.9	11.2	30.7	12.3	18.2	7.1	12.9	4.1
70 and over....	1984	76.9	15.9	239	48.7	77.3	34.5	25.8	11.5	28.5	12.7	16.3	7.3	7.9	2.6
20 and over...	2638	101.9	15.8	310	47.4	100.1	33.7	33.4	11.2	37.3	12.5	20.7	7.0	17.2	4.3
<b>Females:</b>															
2 - 5.....	1486	51.9	14.3	207	56.0	52.2	31.1	19.1	11.3	18.7	11.2	10.0	6.0	**	**
6 - 11.....	1879	63.4	13.5	251	53.8	71.6	33.9	25.4	12.0	26.4	12.5	14.0	6.6	**	**
12 - 19.....	1906	64.2	13.7	253	53.6	72.3	33.4	24.6	11.5	26.2	12.1	15.5	7.0	#1.3	#0.4
20 - 29.....	1959	72.2	15.1	246	51.0	73.9	33.1	25.6	11.3	26.8	12.0	15.2	6.9	6.4	2.0
30 - 39.....	1923	75.4	16.1	231	49.0	74.5	34.2	24.4	11.1	27.6	12.6	16.2	7.5	7.4	2.1
40 - 49.....	1873	75.9	16.5	221	47.9	71.6	33.6	24.3	11.4	25.6	11.9	15.5	7.3	9.3	3.3
50 - 59.....	1718	70.3	16.7	205	48.3	67.6	34.5	22.7	11.8	24.5	12.4	14.6	7.3	4.8	1.8
60 - 69.....	1598	63.5	16.0	194	49.2	63.1	34.8	21.0	11.6	22.9	12.6	13.8	7.6	4.0	1.7
70 and over....	1495	57.2	15.6	192	51.9	56.1	33.0	19.2	11.2	19.9	11.7	12.4	7.3	3.1	1.3
20 and over...	1785	70.1	16.0	217	49.4	68.7	33.8	23.2	11.4	24.9	12.2	14.8	7.3	6.1	2.1
<b>Males and females:</b>															
2 and over...	2157	81.8	15.4	265	49.9	81.9	33.6	27.8	11.4	30.1	12.3	17.0	7.0	8.8	2.4

**NOTES:** # indicates an estimate with a relative standard error greater than 30%.

\* indicates a non-zero value too small to print.

**DATA SOURCE:** What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

**CITATION:** U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2005-2006. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 2se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2005-2006**

Gender and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
<b>Males:</b>															
2 - 5.....	28.4	0.99	0.34	5.3	0.60	1.19	0.45	0.57	0.26	0.55	0.19	0.25	0.12	0.01	*
6 - 11.....	43.2	1.66	0.24	6.2	0.48	1.83	0.34	0.69	0.17	0.72	0.14	0.54	0.20	0.01	*
12 - 19.....	63.2	3.12	0.22	10.0	0.43	2.07	0.43	0.93	0.14	0.76	0.26	0.44	0.12	0.82	0.13
20 - 29.....	70.4	3.28	0.36	13.1	0.87	3.35	0.72	1.30	0.34	1.20	0.23	0.95	0.26	2.79	0.84
30 - 39.....	69.7	4.21	0.35	8.7	0.98	4.16	0.61	1.56	0.24	1.49	0.22	0.86	0.19	2.59	0.53
40 - 49.....	65.5	2.80	0.32	9.5	0.86	3.01	0.62	1.03	0.21	1.15	0.27	0.90	0.23	2.52	0.60
50 - 59.....	72.7	3.14	0.29	9.3	0.84	4.60	0.88	1.64	0.41	1.83	0.36	1.10	0.20	2.45	0.69
60 - 69.....	77.2	3.68	0.33	7.0	0.81	4.12	0.59	1.23	0.25	1.48	0.25	1.35	0.28	1.67	0.49
70 and over....	49.7	1.71	0.29	6.9	0.65	2.10	0.42	0.83	0.23	0.81	0.15	0.65	0.20	1.45	0.43
20 and over...	43.0	1.77	0.11	5.4	0.40	2.07	0.27	0.68	0.11	0.77	0.10	0.53	0.11	0.99	0.25
<b>Females:</b>															
2 - 5.....	38.9	1.79	0.36	5.8	0.97	1.83	0.76	0.86	0.33	0.58	0.29	0.48	0.28	*	*
6 - 11.....	35.8	2.22	0.28	3.6	0.73	2.18	0.49	0.70	0.14	0.80	0.22	0.60	0.19	0.02	0.01
12 - 19.....	32.7	1.69	0.24	4.4	0.55	1.69	0.51	0.47	0.13	0.73	0.23	0.54	0.20	0.44	0.15
20 - 29.....	65.5	2.72	0.27	7.4	0.77	3.41	0.72	1.36	0.28	1.28	0.31	0.77	0.26	1.40	0.43
30 - 39.....	36.3	2.32	0.40	5.5	0.91	2.49	0.64	0.69	0.23	0.90	0.24	1.08	0.37	2.16	0.53
40 - 49.....	51.0	2.07	0.36	7.1	0.99	2.70	0.68	1.02	0.29	1.10	0.28	0.58	0.22	1.74	0.47
50 - 59.....	50.9	2.46	0.43	7.7	0.71	2.54	0.60	0.89	0.23	0.86	0.30	0.83	0.30	1.05	0.42
60 - 69.....	48.0	2.66	0.35	4.5	0.65	2.72	0.67	1.12	0.35	1.04	0.30	0.59	0.21	0.78	0.33
70 and over....	39.4	1.85	0.30	5.9	0.39	1.11	0.31	0.53	0.18	0.42	0.15	0.26	0.17	0.71	0.28
20 and over...	27.6	1.35	0.14	3.3	0.42	1.60	0.34	0.56	0.15	0.54	0.11	0.47	0.16	0.58	0.18
<b>Males and females:</b>															
2 and over...	29.0	1.15	0.06	3.6	0.25	1.35	0.19	0.49	0.09	0.48	0.07	0.31	0.08	0.52	0.15

**NOTES:** \* indicates a non-zero value too small to print.

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