

**Table 5. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2005-2006

Gender and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol <sup>2</sup>	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Males:</b>																	
2 - 5.....	442	1641	(28.4)	14	(0.3)	56	(0.6)	31	(0.5)	11	(0.3)	11	(0.2)	6	(0.1)	--	--
6 - 11.....	489	2092	(43.2)	14	(0.2)	54	(0.5)	34	(0.3)	12	(0.2)	12	(0.1)	6	(0.2)	--	--
12 - 19.....	1052	2707	(63.2)	15	(0.2)	53	(0.4)	33	(0.4)	12	(0.1)	12	(0.3)	6	(0.1)	--	--
20 - 29.....	388	2821	(70.4)	15	(0.4)	49	(0.9)	32	(0.7)	11	(0.3)	12	(0.2)	6	(0.3)	--	--
30 - 39.....	371	2978	(69.7)	16	(0.4)	47	(1.0)	34	(0.6)	11	(0.2)	13	(0.2)	7	(0.2)	--	--
40 - 49.....	382	2753	(65.5)	16	(0.3)	46	(0.9)	34	(0.6)	11	(0.2)	13	(0.3)	7	(0.2)	--	--
50 - 59.....	303	2597	(72.7)	15	(0.3)	48	(0.8)	35	(0.9)	11	(0.4)	13	(0.4)	7	(0.2)	--	--
60 - 69.....	320	2202	(77.2)	16	(0.3)	47	(0.8)	34	(0.6)	11	(0.3)	12	(0.2)	7	(0.3)	--	--
70 and over.....	399	1984	(49.7)	16	(0.3)	49	(0.6)	35	(0.4)	11	(0.2)	13	(0.2)	7	(0.2)	--	--
20 and over...	2163	2638	(43.0)	16	(0.1)	47	(0.4)	34	(0.3)	11	(0.1)	13	(0.1)	7	(0.1)	4	(0.2)
<b>Females:</b>																	
2 - 5.....	460	1486	(38.9)	14	(0.4)	56	(1.0)	31	(0.8)	11	(0.3)	11	(0.3)	6	(0.3)	--	--
6 - 11.....	523	1879	(35.8)	14	(0.3)	54	(0.7)	34	(0.5)	12	(0.1)	12	(0.2)	7	(0.2)	--	--
12 - 19.....	1063	1906	(32.7)	14	(0.2)	54	(0.5)	33	(0.5)	11	(0.1)	12	(0.2)	7	(0.2)	--	--
20 - 29.....	582	1959	(65.5)	15	(0.3)	51	(0.8)	33	(0.7)	11	(0.3)	12	(0.3)	7	(0.3)	--	--
30 - 39.....	406	1923	(36.3)	16	(0.4)	49	(0.9)	34	(0.6)	11	(0.2)	13	(0.2)	7	(0.4)	--	--
40 - 49.....	390	1873	(51.0)	17	(0.4)	48	(1.0)	34	(0.7)	11	(0.3)	12	(0.3)	7	(0.2)	--	--
50 - 59.....	301	1718	(50.9)	17	(0.4)	48	(0.7)	34	(0.6)	12	(0.2)	12	(0.3)	7	(0.3)	--	--
60 - 69.....	315	1598	(48.0)	16	(0.3)	49	(0.7)	35	(0.7)	12	(0.3)	13	(0.3)	8	(0.2)	--	--
70 and over.....	363	1495	(39.4)	16	(0.3)	52	(0.4)	33	(0.3)	11	(0.2)	12	(0.1)	7	(0.2)	--	--
20 and over...	2357	1785	(27.6)	16	(0.1)	49	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	7	(0.2)	2	(0.2)
<b>Males and females:</b>																	
2 and over...	8549	2157	(29.0)	15	(0.1)	50	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--

**Footnotes**

<sup>1</sup> Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

<sup>2</sup> Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are suppressed due to extreme variability and/or inadequate sample size.

**Abbreviations**

SE = standard error.

**Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2005-2006***

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2005-2006. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intake information was coded using the USDA Food and Nutrient Database for Dietary Studies 3.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 20 (Agricultural Research Service, Nutrient Data Laboratory, 2008).

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

**Suggested Citation**

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