

**Table 6. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2005-2006

Race/ethnicity and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol <sup>3</sup>	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 5.....	252	1582	(36.3)	14	(0.4)	57	(1.0)	31	(0.6)	11	(0.3)	11	(0.2)	6*	(0.2)	--	--
6 - 11.....	276	2033	(40.7)	13	(0.3)	54	(0.8)	34	(0.5)	12	(0.2)	13	(0.2)	6*	(0.2)	--	--
12 - 19.....	547	2406	(57.7)	14	(0.2)	53	(0.6)	33	(0.5)	12	(0.1)	12	(0.2)	6	(0.2)	--	--
20 and over...	2276	2219	(36.0)	16	(0.1)	48	(0.5)	34	(0.3)	12	(0.1)	12	(0.1)	7	(0.1)	4	(0.2)
2 and over...	3351	2198	(32.0)	15	(0.1)	49	(0.4)	34	(0.2)	12	(0.1)	12	(0.1)	7	(0.1)	--	--
<b>Non-Hispanic Black:</b>																	
2 - 5.....	225	1587	(43.0)	14	(0.6)	55	(1.2)	33	(0.7)	11	(0.4)	12	(0.3)	7*	(0.2)	--	--
6 - 11.....	304	1858	(62.0)	15	(0.6)	52	(1.2)	35	(0.7)	12	(0.2)	13	(0.3)	7	(0.3)	--	--
12 - 19.....	722	2246	(93.4)	14	(0.3)	52	(0.8)	35	(0.7)	11	(0.2)	13	(0.3)	7	(0.2)	--	--
20 and over...	1012	2146	(45.4)	15	(0.2)	50	(0.5)	34	(0.4)	11	(0.2)	12	(0.2)	7	(0.1)	2	(0.3)
2 and over...	2263	2095	(35.6)	15	(0.2)	51	(0.4)	34	(0.4)	11	(0.1)	12	(0.2)	7	(0.1)	--	--
<b>Mexican American:</b>																	
2 - 5.....	320	1555	(21.3)	14	(0.3)	56	(0.7)	31	(0.6)	12	(0.2)	11	(0.2)	6*	(0.2)	--	--
6 - 11.....	334	1976	(54.6)	14	(0.3)	54	(0.8)	33	(0.6)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
12 - 19.....	684	2194	(54.6)	15	(0.3)	54	(0.6)	32	(0.3)	11	(0.2)	12	(0.1)	7	(0.1)	--	--
20 and over...	907	2199	(52.1)	16	(0.2)	51	(0.8)	32	(0.5)	10	(0.2)	12	(0.2)	7	(0.2)	2*	(0.5)
2 and over...	2245	2109	(36.1)	16	(0.1)	53	(0.5)	32	(0.4)	11	(0.1)	12	(0.2)	7	(0.1)	--	--
<b>All Individuals<sup>2</sup>:</b>																	
2 - 5.....	902	1564	(24.4)	14	(0.3)	56	(0.7)	31	(0.5)	11	(0.2)	11	(0.2)	6	(0.1)	--	--
6 - 11.....	1012	1985	(35.6)	14	(0.2)	54	(0.4)	34	(0.3)	12	(0.1)	12	(0.1)	7	(0.2)	--	--
12 - 19.....	2115	2324	(45.7)	14	(0.2)	53	(0.4)	33	(0.3)	12	(0.1)	12	(0.2)	7	(0.1)	--	--
20 and over...	4520	2195	(33.1)	16	(0.1)	48	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.2)
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)	--	--

### Symbol Legend

\* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means and percentages are as follows:

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.51.

**Percent:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 percent or greater than or equal to 75 percent is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is the percentage expressed as a fraction. The VIF used in this table is 2.51.

### 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> Includes persons of all races and Hispanic origins, not just those presented separately.

<sup>3</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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