

Table 7. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2007-2008

Family income in dollars and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat		Alcohol ³	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
\$0 - \$24,999:																	
2 - 5.....	295	1702	(32.9)	14	(0.3)	54	(0.6)	33	(0.4)	12	(0.2)	12	(0.2)	6	(0.1)	--	--
6 - 11.....	378	2003	(64.6)	14	(0.2)	55	(0.7)	33	(0.6)	12	(0.2)	12	(0.3)	7	(0.2)	--	--
12 - 19.....	379	2025	(81.2)	14	(0.3)	55	(0.9)	32	(0.6)	11	(0.3)	12	(0.3)	7	(0.2)	--	--
20 and over...	1830	2002	(37.6)	16	(0.2)	51	(0.5)	32	(0.4)	11	(0.2)	12	(0.2)	7	(0.1)	2	(0.2)
2 and over...	2882	1988	(31.9)	15	(0.2)	52	(0.4)	32	(0.3)	11	(0.2)	12	(0.1)	7	(0.1)	--	--
\$25,000 - \$74,999:																	
2 - 5.....	335	1473	(33.3)	14	(0.3)	55	(0.7)	32	(0.5)	12	(0.2)	12	(0.2)	6	(0.2)	--	--
6 - 11.....	462	1922	(49.5)	14	(0.3)	53	(0.5)	34	(0.6)	12	(0.2)	12	(0.2)	7	(0.2)	--	--
12 - 19.....	439	2212	(86.9)	15	(0.3)	53	(0.7)	33	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
20 and over...	2112	2115	(36.7)	16	(0.1)	49	(0.4)	34	(0.3)	11	(0.2)	12	(0.1)	7	(0.1)	3	(0.2)
2 and over...	3348	2071	(34.9)	15	(0.1)	50	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--
\$75,000 and higher:																	
2 - 5.....	152	1480	(42.0)	14	(0.3)	55	(0.8)	33	(0.6)	12	(0.4)	11	(0.2)	6*	(0.2)	--	--
6 - 11.....	221	1907	(40.4)	14	(0.4)	56	(1.1)	32	(1.0)	11	(0.4)	12	(0.5)	6*	(0.2)	--	--
12 - 19.....	246	2128	(100.0)	15	(0.4)	53	(1.0)	33	(0.8)	12	(0.4)	12	(0.4)	6*	(0.2)	--	--
20 and over...	1055	2235	(30.0)	16	(0.2)	48	(0.8)	34	(0.4)	11	(0.2)	13	(0.2)	7	(0.2)	3	(0.4)
2 and over...	1674	2150	(23.5)	16	(0.2)	50	(0.6)	34	(0.4)	11	(0.1)	12	(0.2)	7	(0.1)	--	--
All Individuals²:																	
2 - 5.....	832	1526	(24.9)	14	(0.2)	55	(0.5)	32	(0.4)	12	(0.2)	12	(0.1)	6	(0.1)	--	--
6 - 11.....	1121	1928	(27.8)	14	(0.2)	55	(0.5)	33	(0.4)	12	(0.2)	12	(0.2)	7	(0.1)	--	--
12 - 19.....	1156	2145	(32.9)	15	(0.2)	53	(0.4)	33	(0.3)	11	(0.2)	12	(0.2)	7	(0.1)	--	--
20 and over...	5420	2115	(29.7)	16	(0.1)	49	(0.4)	34	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.2)
2 and over...	8529	2070	(24.5)	15	(0.1)	50	(0.3)	33	(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 2.16.

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 2.16.

Footnotes

¹ 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.

² Includes persons of all income levels or with unknown family income.

³ Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented 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 2007-2008

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) 2007-2008. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 4.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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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