

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2011-2012

Gender and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Males:																	
2 - 5.....	411	1648	(32.7)	14	(0.2)	56	(0.8)	32	(0.7)	11	(0.5)	11	(0.3)	7	(0.2)	--	--
6 - 11.....	590	2087	(38.6)	14	(0.2)	55	(0.4)	32	(0.3)	11	(0.1)	11	(0.1)	7	(0.2)	--	--
12 - 19.....	585	2531	(58.7)	15	(0.4)	53	(0.4)	33	(0.6)	11	(0.2)	11	(0.2)	7	(0.4)	--	--
20 - 29.....	457	2764	(74.5)	16	(0.3)	48	(0.8)	33	(0.7)	11	(0.3)	12	(0.4)	8	(0.3)	--	--
30 - 39.....	425	2772	(73.2)	16	(0.3)	49	(0.6)	32	(0.7)	10	(0.3)	12	(0.3)	8	(0.2)	--	--
40 - 49.....	374	2734	(94.0)	16	(0.4)	47	(0.8)	34	(0.6)	11	(0.2)	12	(0.3)	8	(0.2)	--	--
50 - 59.....	382	2500	(104.8)	16	(0.4)	48	(0.9)	33	(0.8)	10	(0.3)	12	(0.4)	8	(0.4)	--	--
60 - 69.....	397	2302	(51.7)	16	(0.3)	48	(0.8)	34	(0.8)	11	(0.3)	12	(0.4)	8	(0.3)	--	--
70 and over.....	359	2023	(51.4)	16	(0.3)	49	(0.5)	33	(0.6)	10	(0.2)	12	(0.3)	8	(0.2)	--	--
2 - 19.....	1586	2190	(30.5)	15	(0.2)	54	(0.3)	32	(0.3)	11	(0.2)	11	(0.1)	7	(0.2)	--	--
20 and over...	2394	2567	(26.7)	16	(0.1)	48	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	3980	2469	(21.8)	16	(0.1)	50	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Females:																	
2 - 5.....	423	1520	(32.0)	14	(0.2)	55	(0.5)	32	(0.3)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	556	1878	(43.4)	14	(0.2)	54	(0.3)	33	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	567	1809	(38.8)	14	(0.3)	54	(1.0)	33	(0.8)	11	(0.3)	11	(0.3)	8	(0.3)	--	--
20 - 29.....	428	2019	(41.6)	15	(0.2)	51	(0.6)	33	(0.4)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
30 - 39.....	404	2010	(50.4)	16	(0.4)	51	(0.8)	33	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
40 - 49.....	407	1841	(52.9)	15	(0.4)	51	(0.7)	33	(0.4)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
50 - 59.....	423	1820	(49.8)	15	(0.4)	49	(0.8)	33	(0.6)	10	(0.3)	11	(0.2)	8	(0.2)	--	--
60 - 69.....	380	1663	(57.9)	16	(0.3)	49	(0.9)	34	(0.8)	11	(0.4)	12	(0.5)	8	(0.3)	--	--
70 and over.....	365	1555	(28.3)	16	(0.3)	52	(0.8)	33	(0.7)	10	(0.3)	11	(0.3)	8	(0.3)	--	--
2 - 19.....	1546	1767	(19.1)	14	(0.2)	54	(0.5)	33	(0.4)	11	(0.1)	11	(0.2)	8	(0.2)	--	--
20 and over...	2407	1834	(17.8)	15	(0.2)	50	(0.4)	33	(0.3)	11	(0.2)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	3953	1817	(15.3)	15	(0.1)	51	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Males and females:																	
2 - 19.....	3132	1983	(22.8)	14	(0.1)	54	(0.3)	33	(0.3)	11	(0.1)	11	(0.1)	7	(0.1)	--	--
20 and over...	4801	2191	(15.6)	16	(0.1)	49	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7933	2139	(12.3)	15	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

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.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2011-2012

Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

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) 2011-2012. 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 2011-2012 www.ars.usda.gov/nea/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

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.

Although alcohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

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