

Table 8. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold²) and Age, in the United States, 2011-2012

Family income as % of Federal poverty threshold 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)
Under 131% poverty:																	
2 - 5.....	408	1637	(51.3)	15	(0.3)	55	(0.7)	32	(0.7)	11	(0.4)	11	(0.3)	7	(0.2)	--	--
6 - 11.....	524	1969	(42.8)	14	(0.3)	54	(0.5)	33	(0.5)	12	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	479	2220	(102.4)	15	(0.2)	53	(0.6)	33	(0.6)	11	(0.4)	11	(0.2)	8	(0.3)	--	--
20 and over...	1585	2242	(61.9)	15	(0.2)	51	(0.5)	32	(0.3)	11	(0.1)	11	(0.2)	8	(0.2)	3	(0.3)
2 and over...	2996	2159	(55.2)	15	(0.1)	52	(0.4)	33	(0.3)	11	(0.1)	11	(0.1)	8	(0.1)	--	--
131-350% poverty:																	
2 - 5.....	228	1583	(65.1)	14	(0.3)	56	(1.1)	32	(0.8)	12	(0.5)	11	(0.3)	7*	(0.2)	--	--
6 - 11.....	354	1980	(58.8)	14	(0.3)	56	(0.7)	32	(0.5)	11	(0.2)	11	(0.2)	7	(0.3)	--	--
12 - 19.....	341	2107	(95.5)	14	(0.5)	55	(1.5)	31	(0.9)	11	(0.4)	11	(0.4)	7	(0.3)	--	--
20 and over...	1509	2120	(56.7)	15	(0.2)	50	(0.4)	33	(0.5)	11	(0.2)	12	(0.2)	8	(0.1)	3	(0.4)
2 and over...	2432	2078	(48.9)	15	(0.1)	51	(0.4)	33	(0.4)	11	(0.2)	12	(0.2)	8	(0.1)	--	--
Over 350% poverty:																	
2 - 5.....	135	1502	(31.3)	14*	(0.3)	56	(0.9)	31	(1.0)	11*	(0.6)	11*	(0.5)	7*	(0.3)	--	--
6 - 11.....	203	2036	(49.5)	14	(0.4)	54	(0.7)	34	(0.5)	12	(0.3)	12	(0.4)	7*	(0.2)	--	--
12 - 19.....	235	2207	(93.0)	16	(0.7)	51	(0.8)	34	(0.7)	12	(0.3)	12	(0.3)	7*	(0.4)	--	--
20 and over...	1340	2237	(42.3)	16	(0.2)	48	(0.4)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	4	(0.4)
2 and over...	1913	2194	(39.4)	16	(0.2)	49	(0.4)	34	(0.4)	11	(0.1)	12	(0.2)	8	(0.1)	--	--
All Individuals³:																	
2 - 5.....	834	1585	(22.6)	14	(0.2)	55	(0.6)	32	(0.4)	12	(0.4)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	1146	1987	(30.7)	14	(0.1)	55	(0.3)	33	(0.3)	11	(0.1)	11	(0.1)	7	(0.2)	--	--
12 - 19.....	1152	2175	(44.9)	15	(0.3)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
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)	--	--

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 2.50.

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 2.50.

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.

² Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds. The lowest poverty threshold category is related to Federal Nutrition Assistance Programs, www.fns.usda.gov.

³ Includes persons of all income levels or with unknown family income.

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.

Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2014. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, *What We Eat in America*, NHANES 2011-2012.