

Table 6. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2013-2014

Race/ethnicity 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)
Non-Hispanic White:																	
2 - 5.....	184	1420	(33.7)	14	(0.4)	55	(0.5)	32	(0.4)	12	(0.3)	11	(0.2)	7*	(0.2)	--	--
6 - 11.....	290	1951	(54.3)	14	(0.3)	53	(0.5)	34	(0.3)	13	(0.2)	11	(0.2)	7	(0.1)	--	--
12 - 19.....	337	2034	(47.9)	16	(0.5)	52	(0.9)	33	(0.6)	11	(0.3)	11	(0.3)	8	(0.3)	--	--
20 and over...	2233	2129	(22.9)	16	(0.3)	47	(0.4)	35	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	3044	2080	(20.5)	16	(0.2)	48	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Non-Hispanic Black:																	
2 - 5.....	161	1559	(72.5)	14	(0.4)	55	(1.0)	33	(0.8)	11	(0.5)	11	(0.3)	8*	(0.3)	--	--
6 - 11.....	285	1837	(60.9)	14	(0.2)	55	(1.0)	32	(1.0)	11	(0.5)	11	(0.3)	8	(0.2)	--	--
12 - 19.....	307	2056	(73.3)	14	(0.2)	52	(1.0)	34	(1.0)	11	(0.3)	12	(0.3)	8	(0.3)	--	--
20 and over...	1009	2230	(54.8)	15	(0.2)	49	(0.5)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	3	(0.3)
2 and over...	1762	2133	(43.8)	15	(0.2)	50	(0.4)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
Non-Hispanic Asian²:																	
2 - 5.....	58	1528*	(140.7)	16*	(1.1)	53*	(1.1)	32*	(1.2)	12*	(0.7)	10*	(0.3)	6*	(0.5)	--	--
6 - 11.....	70	1874	(115.4)	15*	(0.7)	56	(1.2)	30	(1.0)	10*	(0.5)	10*	(0.5)	7*	(0.3)	--	--
12 - 19.....	136	2040	(113.2)	17	(0.6)	52	(1.4)	31	(1.1)	10*	(0.6)	11*	(0.4)	8*	(0.4)	--	--
20 and over...	525	1844	(41.7)	18	(0.3)	50	(0.9)	32	(0.5)	9	(0.2)	11	(0.3)	8	(0.2)	2*	(0.3)
2 and over...	789	1853	(37.9)	17	(0.3)	51	(0.8)	31	(0.4)	9	(0.2)	11	(0.3)	8	(0.2)	--	--
Hispanic:																	
2 - 5.....	221	1554	(52.3)	15	(0.2)	54	(0.7)	32	(0.6)	12	(0.3)	10	(0.2)	7*	(0.3)	--	--
6 - 11.....	330	1896	(69.8)	15	(0.2)	54	(0.5)	33	(0.4)	11	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	446	2092	(92.2)	15	(0.2)	52	(0.6)	34	(0.5)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	1125	2204	(38.0)	17	(0.2)	49	(0.4)	33	(0.3)	11	(0.2)	11	(0.1)	8	(0.2)	2	(0.2)
2 and over...	2122	2104	(38.3)	16	(0.1)	50	(0.3)	33	(0.2)	11	(0.1)	11	(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 1.98.

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 1.98.

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 A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2013-2014

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) 2013-2014. 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 2013-2014 www.ars.usda.gov/nea/bhnrc/fsrg.

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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