

**Table 8. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level<sup>2</sup>) and Age, in the United States, 2013-2014

Family income as % of poverty level 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)
<b>Under 131% poverty:</b>																	
2 - 5.....	329	1486	(41.3)	14	(0.3)	54	(0.7)	33	(0.4)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	494	1845	(43.6)	15	(0.3)	54	(0.5)	33	(0.4)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	555	2016	(69.0)	15	(0.4)	53	(1.0)	33	(0.7)	11	(0.3)	11	(0.3)	8	(0.2)	--	--
20 and over...	1596	2157	(21.0)	16	(0.3)	50	(0.4)	33	(0.3)	11	(0.2)	11	(0.1)	8	(0.2)	3	(0.2)
2 and over...	2974	2053	(17.1)	15	(0.2)	51	(0.3)	33	(0.3)	11	(0.2)	11	(0.1)	8	(0.1)	--	--
<b>131-350% poverty:</b>																	
2 - 5.....	200	1465	(57.2)	15	(0.5)	55	(0.9)	32	(1.1)	12	(0.4)	10	(0.4)	7*	(0.4)	--	--
6 - 11.....	302	1983	(58.8)	14	(0.3)	54	(0.6)	33	(0.6)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	402	2085	(70.5)	16	(0.4)	51	(0.7)	34	(0.4)	11	(0.2)	11	(0.3)	8	(0.4)	--	--
20 and over...	1622	2146	(33.9)	16	(0.1)	48	(0.3)	35	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.3)
2 and over...	2526	2094	(32.7)	16	(0.1)	49	(0.2)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>Over 350% poverty:</b>																	
2 - 5.....	109	1491	(30.2)	14*	(0.7)	56	(0.8)	32	(0.4)	12*	(0.3)	10*	(0.2)	7*	(0.3)	--	--
6 - 11.....	194	1976	(35.0)	14	(0.5)	54	(0.7)	33	(0.5)	12	(0.5)	11	(0.2)	7*	(0.3)	--	--
12 - 19.....	239	2015	(111.6)	16	(0.5)	52	(0.8)	33	(0.9)	11	(0.3)	11	(0.4)	8	(0.4)	--	--
20 and over...	1468	2136	(26.6)	16	(0.3)	47	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	2010	2095	(20.8)	16	(0.3)	48	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
<b>All Individuals<sup>3</sup>:</b>																	
2 - 5.....	676	1481	(30.6)	14	(0.3)	55	(0.3)	32	(0.3)	12	(0.2)	11	(0.1)	7	(0.2)	--	--
6 - 11.....	1047	1921	(35.4)	14	(0.2)	54	(0.3)	33	(0.3)	12	(0.2)	11	(0.1)	7	(0.1)	--	--
12 - 19.....	1296	2038	(31.1)	15	(0.3)	52	(0.6)	33	(0.4)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	5047	2141	(18.7)	16	(0.2)	48	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	8066	2079	(17.2)	16	(0.2)	49	(0.2)	34	(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 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

<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.

<sup>2</sup> The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.

<sup>3</sup> 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 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](http://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.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2016. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2013-2014.