

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2015-2016

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.....	336	1545	(27.4)	14	(0.3)	53	(0.6)	34	(0.4)	12	(0.2)	11	(0.3)	7	(0.2)	--	--
6 - 11.....	517	1973	(31.2)	14	(0.3)	53	(0.8)	34	(0.6)	12	(0.3)	12	(0.3)	8	(0.2)	--	--
12 - 19.....	609	2247	(69.7)	15	(0.2)	51	(0.5)	35	(0.3)	12	(0.2)	12	(0.1)	7	(0.1)	--	--
20 - 29.....	392	2570	(71.3)	17	(0.8)	46	(0.8)	34	(0.6)	12	(0.2)	12	(0.3)	7	(0.2)	--	--
30 - 39.....	418	2687	(73.8)	16	(0.4)	46	(1.0)	35	(0.8)	12	(0.3)	12	(0.3)	8	(0.3)	--	--
40 - 49.....	370	2519	(53.4)	16	(0.5)	45	(0.7)	35	(0.9)	11	(0.4)	12	(0.3)	8	(0.2)	--	--
50 - 59.....	397	2487	(72.1)	16	(0.4)	46	(1.0)	35	(0.8)	11	(0.3)	12	(0.3)	8	(0.3)	--	--
60 - 69.....	420	2166	(56.7)	16	(0.5)	47	(1.0)	36	(0.8)	11	(0.2)	13	(0.3)	8	(0.4)	--	--
70 and over.....	418	2014	(51.0)	15	(0.4)	46	(0.7)	37	(0.8)	12	(0.3)	13	(0.3)	8	(0.3)	--	--
2 - 19.....	1462	2009	(37.0)	15	(0.2)	52	(0.5)	34	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	2415	2439	(27.5)	16	(0.3)	46	(0.3)	35	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	4	(0.2)
2 and over...	3877	2332	(27.6)	16	(0.2)	47	(0.2)	35	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Females:																	
2 - 5.....	329	1395	(35.6)	15	(0.2)	53	(0.7)	34	(0.6)	12	(0.2)	12	(0.3)	7	(0.2)	--	--
6 - 11.....	523	1834	(37.2)	14	(0.3)	52	(0.5)	35	(0.4)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
12 - 19.....	587	1813	(44.7)	14	(0.2)	52	(0.5)	35	(0.4)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
20 - 29.....	442	1917	(33.2)	16	(0.4)	49	(0.6)	36	(0.4)	11	(0.2)	12	(0.2)	9	(0.2)	--	--
30 - 39.....	435	1869	(53.3)	16	(0.6)	46	(0.9)	35	(0.5)	11	(0.3)	12	(0.2)	8	(0.3)	--	--
40 - 49.....	460	1845	(40.0)	16	(0.5)	47	(0.8)	36	(0.7)	11	(0.3)	13	(0.3)	9	(0.3)	--	--
50 - 59.....	419	1807	(32.1)	16	(0.3)	46	(1.4)	37	(1.3)	12	(0.3)	13	(0.8)	9	(0.3)	--	--
60 - 69.....	432	1686	(39.0)	16	(0.4)	48	(1.2)	36	(0.8)	12	(0.3)	13	(0.3)	9	(0.3)	--	--
70 and over.....	414	1598	(55.2)	16	(0.3)	49	(0.6)	36	(0.5)	12	(0.3)	12	(0.2)	8	(0.3)	--	--
2 - 19.....	1439	1725	(21.3)	14	(0.1)	52	(0.2)	35	(0.2)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
20 and over...	2602	1795	(16.7)	16	(0.2)	48	(0.5)	36	(0.4)	12	(0.1)	13	(0.2)	8	(0.1)	2	(0.2)
2 and over...	4041	1779	(12.1)	16	(0.1)	49	(0.4)	36	(0.3)	12	(0.1)	12	(0.2)	8	(0.1)	--	--
Males and females:																	
2 - 19.....	2901	1868	(25.2)	15	(0.1)	52	(0.3)	35	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
20 and over...	5017	2105	(20.6)	16	(0.2)	47	(0.3)	36	(0.3)	12	(0.1)	13	(0.1)	8	(0.1)	3	(0.2)
2 and over...	7918	2048	(18.3)	16	(0.1)	48	(0.3)	35	(0.2)	12	(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 2015-2016

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) 2015-2016. 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 2015-2016 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. 2018. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES 2015-2016.