

Table 8. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level²) and Age, in the United States, 2015-2016

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)
Under 131% poverty:																	
2 - 5.....	261	1514	(44.5)	14	(0.3)	54	(0.7)	33	(0.5)	12	(0.4)	11	(0.2)	7*	(0.2)	--	--
6 - 11.....	395	1846	(55.1)	14	(0.3)	53	(0.5)	34	(0.4)	12	(0.2)	11	(0.2)	8	(0.2)	--	--
12 - 19.....	424	1967	(66.4)	15	(0.3)	51	(0.6)	35	(0.5)	12	(0.3)	12	(0.2)	8	(0.2)	--	--
20 and over...	1434	2027	(45.8)	16	(0.3)	49	(0.6)	34	(0.7)	11	(0.3)	12	(0.2)	8	(0.2)	2	(0.2)
2 and over...	2514	1961	(27.6)	16	(0.2)	50	(0.4)	34	(0.5)	11	(0.2)	12	(0.2)	8	(0.1)	--	--
131-350% poverty:																	
2 - 5.....	236	1490	(26.9)	15	(0.3)	52	(0.7)	34	(0.5)	12	(0.3)	12	(0.2)	7*	(0.2)	--	--
6 - 11.....	387	1927	(52.2)	15	(0.3)	52	(0.8)	34	(0.7)	12	(0.3)	12	(0.4)	8	(0.1)	--	--
12 - 19.....	435	1998	(63.9)	15	(0.2)	51	(0.6)	35	(0.6)	12	(0.3)	12	(0.3)	8	(0.2)	--	--
20 and over...	1823	2122	(34.0)	16	(0.1)	47	(0.5)	36	(0.4)	12	(0.2)	13	(0.1)	8	(0.1)	3	(0.2)
2 and over...	2881	2056	(23.4)	15	(0.1)	48	(0.4)	35	(0.3)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Over 350% poverty:																	
2 - 5.....	118	1378	(39.0)	14*	(0.4)	53	(1.2)	35	(1.0)	12*	(0.6)	12*	(0.4)	7*	(0.4)	--	--
6 - 11.....	191	1962	(48.4)	14	(0.3)	52	(0.7)	36	(0.6)	13	(0.3)	12	(0.2)	8*	(0.2)	--	--
12 - 19.....	222	2176	(137.9)	15	(0.4)	52	(0.7)	34	(0.5)	12	(0.4)	12	(0.2)	8*	(0.3)	--	--
20 and over...	1280	2160	(33.8)	16	(0.3)	45	(0.7)	36	(0.5)	12	(0.1)	13	(0.3)	9	(0.2)	4	(0.3)
2 and over...	1811	2122	(30.8)	16	(0.3)	46	(0.6)	36	(0.4)	12	(0.1)	13	(0.2)	8	(0.2)	--	--
All Individuals³:																	
2 - 5.....	665	1467	(23.5)	15	(0.2)	53	(0.5)	34	(0.4)	12	(0.2)	12	(0.2)	7	(0.1)	--	--
6 - 11.....	1040	1907	(28.2)	14	(0.2)	52	(0.5)	35	(0.4)	12	(0.2)	12	(0.2)	8	(0.1)	--	--
12 - 19.....	1196	2031	(52.0)	15	(0.2)	51	(0.4)	35	(0.3)	12	(0.2)	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)	--	--

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 2.41.

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 2.41.

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 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/>.

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 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 Family Income (as % of Poverty Level) and Age, *What We Eat in America*, NHANES 2015-2016.