

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2017-2018

Gender and age (years)	Sample size ²	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.....	260	1656	(53.0)	14	(0.2)	53	(0.6)	34	(0.5)	12	(0.3)	11	(0.2)	8*	(0.2)	--	--
6 - 11.....	383	2006	(54.0)	14	(0.3)	52	(0.8)	35	(0.6)	12	(0.3)	12	(0.2)	8	(0.3)	--	--
12 - 19.....	531	2275	(43.2)	15	(0.4)	50	(0.7)	35	(0.5)	12	(0.2)	11	(0.3)	8	(0.2)	--	--
20 - 29.....	335	2409	(77.6)	16	(0.4)	46	(0.7)	35	(0.8)	11	(0.2)	12	(0.2)	8	(0.6)	--	--
30 - 39.....	329	2660	(69.5)	16	(0.4)	46	(0.8)	35	(0.8)	11	(0.3)	12	(0.3)	8	(0.3)	--	--
40 - 49.....	340	2605	(122.1)	17	(0.5)	45	(1.0)	36	(1.0)	12	(0.3)	13	(0.6)	8	(0.4)	--	--
50 - 59.....	375	2554	(58.7)	15	(0.4)	46	(1.2)	35	(0.8)	11	(0.3)	12	(0.4)	8	(0.3)	--	--
60 - 69.....	500	2451	(72.7)	15	(0.4)	46	(0.6)	38	(0.6)	12	(0.4)	13	(0.3)	9	(0.3)	--	--
70 and over.....	428	2159	(55.3)	15	(0.3)	47	(0.7)	37	(0.5)	12	(0.3)	13	(0.2)	9	(0.2)	--	--
2 - 19.....	1174	2055	(25.5)	15	(0.2)	52	(0.3)	35	(0.3)	12	(0.2)	11	(0.1)	8	(0.1)	--	--
20 and over...	2307	2485	(23.9)	16	(0.2)	46	(0.3)	36	(0.3)	12	(0.1)	12	(0.1)	8	(0.2)	4	(0.2)
2 and over...	3481	2378	(21.9)	15	(0.2)	47	(0.2)	36	(0.3)	12	(0.1)	12	(0.1)	8	(0.2)	--	--
Females:																	
2 - 5.....	280	1424	(45.7)	14	(0.3)	54	(0.6)	33	(0.5)	12	(0.3)	11	(0.2)	7*	(0.3)	--	--
6 - 11.....	412	1864	(40.3)	13	(0.3)	53	(0.6)	35	(0.5)	12	(0.2)	11	(0.2)	8	(0.2)	--	--
12 - 19.....	514	1768	(44.7)	14	(0.4)	51	(0.9)	36	(0.5)	12	(0.2)	12	(0.3)	9	(0.2)	--	--
20 - 29.....	359	1985	(38.5)	15	(0.2)	46	(0.9)	37	(0.8)	12	(0.3)	12	(0.3)	9	(0.3)	--	--
30 - 39.....	407	1885	(41.1)	15	(0.3)	48	(0.7)	36	(0.5)	12	(0.3)	13	(0.3)	9	(0.3)	--	--
40 - 49.....	367	1921	(65.9)	15	(0.3)	48	(1.1)	36	(1.0)	12	(0.5)	12	(0.4)	9	(0.3)	--	--
50 - 59.....	419	1826	(96.2)	16	(0.5)	48	(0.9)	36	(0.6)	12	(0.3)	12	(0.4)	8	(0.3)	--	--
60 - 69.....	479	1789	(63.5)	16	(0.4)	45	(1.0)	37	(0.8)	12	(0.4)	13	(0.4)	9	(0.4)	--	--
70 and over.....	404	1662	(38.5)	15	(0.3)	49	(0.5)	36	(0.5)	12	(0.3)	12	(0.2)	9	(0.2)	--	--
2 - 19.....	1206	1726	(27.0)	14	(0.3)	53	(0.5)	35	(0.4)	12	(0.1)	11	(0.2)	8	(0.1)	--	--
20 and over...	2435	1849	(28.3)	15	(0.2)	47	(0.5)	36	(0.3)	12	(0.2)	12	(0.2)	9	(0.1)	2	(0.2)
2 and over...	3641	1821	(21.7)	15	(0.2)	49	(0.4)	36	(0.3)	12	(0.1)	12	(0.1)	9	(0.1)	--	--
Males and females:																	
2 - 19.....	2380	1894	(18.2)	14	(0.2)	52	(0.3)	35	(0.2)	12	(0.1)	11	(0.1)	8	(0.1)	--	--
20 and over...	4742	2155	(18.8)	16	(0.1)	47	(0.3)	36	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	3	(0.2)
2 and over...	7122	2093	(14.2)	15	(0.1)	48	(0.2)	36	(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 2.57.

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 2.57.

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 Sample size and mean energy includes individuals ($n = 1$) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2017-2018

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) 2017-2018. 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 2017-2018 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. 2020. Energy Intakes: Percentages of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, *What We Eat in America*, NHANES 2017-2018.