

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, 2017-March 2020 Prepandemic

Family income as % of poverty level and age (years)	Sample size ³	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.....	373	1632	(74.7)	14	(0.3)	53	(0.5)	34	(0.5)	12	(0.3)	11	(0.1)	7	(0.2)	--	--
6 - 11.....	514	1942	(50.2)	14	(0.4)	52	(1.0)	35	(0.6)	12	(0.2)	11	(0.3)	8	(0.2)	--	--
12 - 19.....	628	1974	(50.7)	15	(0.4)	51	(0.8)	35	(0.5)	12	(0.3)	12	(0.2)	8	(0.3)	--	--
20 and over...	1900	2150	(45.7)	15	(0.2)	49	(0.5)	35	(0.4)	11	(0.2)	12	(0.1)	8	(0.2)	2	(0.3)
2 and over...	3415	2060	(38.5)	15	(0.2)	50	(0.3)	35	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
131-350% poverty:																	
2 - 5.....	297	1513	(37.3)	14	(0.3)	53	(0.7)	35	(0.4)	12	(0.3)	11	(0.2)	8	(0.1)	--	--
6 - 11.....	467	1993	(34.3)	13	(0.2)	53	(0.5)	36	(0.4)	12	(0.2)	12	(0.1)	8	(0.2)	--	--
12 - 19.....	568	2043	(35.3)	14	(0.3)	50	(0.5)	36	(0.5)	12	(0.3)	12	(0.2)	9	(0.2)	--	--
20 and over...	2619	2139	(34.0)	15	(0.1)	47	(0.3)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	2	(0.2)
2 and over...	3951	2081	(24.1)	15	(0.1)	48	(0.3)	36	(0.2)	12	(0.1)	12	(0.1)	8	(0.1)	--	--
Over 350% poverty:																	
2 - 5.....	184	1495	(42.9)	14	(0.4)	54	(0.8)	33	(0.6)	11*	(0.4)	11*	(0.3)	7*	(0.3)	--	--
6 - 11.....	291	1930	(65.7)	14	(0.6)	52	(1.0)	35	(0.5)	13	(0.4)	11	(0.2)	8	(0.3)	--	--
12 - 19.....	356	2192	(96.6)	15	(0.5)	50	(1.1)	36	(0.7)	12	(0.3)	12	(0.2)	9	(0.5)	--	--
20 and over...	2217	2146	(31.2)	16	(0.2)	44	(0.4)	37	(0.2)	12	(0.2)	13	(0.1)	9	(0.2)	4	(0.3)
2 and over...	3048	2114	(27.2)	16	(0.2)	45	(0.4)	37	(0.2)	12	(0.1)	13	(0.1)	9	(0.2)	--	--
All Individuals⁴:																	
2 - 5.....	940	1543	(23.6)	14	(0.1)	53	(0.3)	34	(0.2)	12	(0.1)	11	(0.1)	7	(0.1)	--	--
6 - 11.....	1411	1947	(27.2)	14	(0.2)	52	(0.4)	35	(0.3)	12	(0.1)	11	(0.1)	8	(0.1)	--	--
12 - 19.....	1740	2058	(34.4)	15	(0.2)	50	(0.5)	36	(0.4)	12	(0.1)	12	(0.1)	8	(0.2)	--	--
20 and over...	7707	2144	(14.9)	16	(0.1)	46	(0.2)	37	(0.2)	12	(0.1)	12	(0.1)	9	(0.1)	3	(0.2)
2 and over...	11798	2089	(11.3)	15	(0.1)	47	(0.2)	36	(0.1)	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 2.76.

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 2.76.

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 Sample size and mean energy includes individuals ($n = 3$) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

⁴ 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 2017-March 2020 Prepandemic*

The 2017–March 2020 files represent a unique public-use data release from NHANES. The coronavirus disease 2019 (COVID-19) pandemic required suspension of data collection in March 2020. As a result, the partially completed NHANES 2019–2020 cycle was not nationally representative. Therefore, the 2019–March 2020 data were combined with the data from the 2017–2018 cycle to create the nationally representative 2017–March 2020 prepandemic data files.

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-March 2020 Prepandemic*. 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 and 2019-2020 as applicable 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

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