

**Table 6. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2003-2004**

Family income in dollars and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
<b>\$0 - \$24,999:</b>															
2 - 5.....	1836	62.9	13.9	249	54.5	68.0	32.9	25.5	12.4	24.9	12.0	11.7	5.6	0.0	0.0
6 - 11.....	2277	77.1	13.7	305	54.1	86.2	33.4	30.5	11.9	31.7	12.3	16.9	6.5	#*	#*
12 - 19.....	2368	81.8	13.8	312	53.7	88.5	32.8	30.2	11.2	32.9	12.2	18.0	6.7	#3.0	0.7
20 and over....	2139	77.9	14.8	269	51.1	79.1	32.9	26.0	10.8	29.7	12.3	16.6	7.0	9.4	2.5
2 and over...	2160	77.3	14.5	276	51.9	80.2	32.9	26.9	11.1	30.0	12.2	16.5	6.8	7.1	1.8
<b>\$25,000 - \$74,999:</b>															
2 - 5.....	1625	54.9	13.8	224	55.0	58.6	32.3	21.8	12.2	21.6	11.8	10.5	5.7	#*	#*
6 - 11.....	2019	66.9	13.4	280	55.6	72.8	32.2	25.5	11.3	27.6	12.2	13.7	6.0	#*	#*
12 - 19.....	2295	78.4	13.8	307	54.2	84.4	32.8	29.0	11.2	31.7	12.3	17.0	6.6	#2.5	#0.4
20 and over....	2191	82.8	15.4	266	49.1	83.1	33.7	27.5	11.1	31.3	12.6	17.3	7.1	10.5	3.0
2 and over...	2159	79.6	15.0	269	50.4	81.1	33.5	27.2	11.2	30.5	12.5	16.7	6.9	8.3	2.3
<b>\$75,000 and higher:</b>															
2 - 5.....	1628	58.9	14.4	227	56.5	55.9	30.4	20.6	11.2	20.2	10.9	10.7	5.9	#*	#*
6 - 11.....	2008	67.4	13.7	277	55.0	72.9	32.6	25.9	11.4	26.7	12.1	14.3	6.5	#*	#*
12 - 19.....	2386	84.9	14.5	314	52.9	90.0	33.4	30.8	11.5	33.3	12.4	19.0	6.9	#1.1	#0.2
20 and over....	2332	88.6	15.7	274	47.4	90.7	34.7	29.4	11.3	34.0	13.0	19.9	7.6	14.1	3.5
2 and over...	2279	84.8	15.3	278	49.3	87.5	34.1	28.9	11.3	32.7	12.7	18.9	7.3	10.3	2.6
<b>All Individuals<sup>1</sup>:</b>															
2 - 5.....	1719	59.2	13.9	236	55.1	62.0	32.2	23.1	12.0	22.7	11.7	11.1	5.7	#*	#*
6 - 11.....	2115	71.1	13.6	289	54.9	77.9	32.7	27.6	11.6	28.9	12.2	15.0	6.3	#*	#*
12 - 19.....	2341	81.4	14.0	310	53.7	87.2	32.9	29.8	11.3	32.5	12.3	17.9	6.8	#2.2	0.4
20 and over....	2216	82.9	15.3	269	49.3	84.0	33.7	27.7	11.1	31.6	12.6	17.7	7.2	11.2	3.0
2 and over...	2195	80.4	14.9	274	50.6	82.7	33.4	27.7	11.2	31.0	12.5	17.2	7.0	8.5	2.3

**NOTES:** # indicates an estimate with a relative standard error greater than 30%.  
 \* indicates a non-zero value too small to print.  
<sup>1</sup>"All individuals" includes individuals for whom income was not reported.

**DATA SOURCE:** What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.  
**CITATION:** U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2003-2004. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).

**Table 6se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2003-2004**

Family income in dollars and age (years)	Food energy (kcal)	Protein		Carbohydrate		Total fat		Saturated fat		Monounsaturated fat		Polyunsaturated fat		Alcohol	
		(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)	(g)	(%kcal)
<b>\$0 - \$24,999:</b>															
2 - 5.....	47.5	2.31	0.30	5.4	0.94	3.20	0.80	1.36	0.41	1.30	0.34	0.45	0.08	0.00	0.00
6 - 11.....	99.7	3.24	0.25	11.5	0.67	5.30	0.74	1.79	0.34	2.08	0.31	1.39	0.27	*	*
12 - 19.....	62.5	3.26	0.32	7.5	0.83	3.05	0.63	1.06	0.31	1.09	0.18	0.79	0.18	0.93	0.18
20 and over....	35.6	1.75	0.27	4.3	0.42	1.66	0.38	0.63	0.16	0.64	0.14	0.38	0.14	0.86	0.22
2 and over...	31.4	1.49	0.21	3.9	0.30	1.48	0.36	0.55	0.15	0.55	0.13	0.31	0.10	0.58	0.14
<b>\$25,000 - \$74,999:</b>															
2 - 5.....	49.1	1.68	0.32	7.9	1.14	2.56	0.99	0.85	0.38	1.18	0.45	0.55	0.21	*	*
6 - 11.....	54.1	1.68	0.41	9.6	0.82	2.21	0.47	0.86	0.30	0.95	0.25	0.63	0.20	0.02	0.01
12 - 19.....	65.4	2.48	0.23	8.2	0.43	3.28	0.46	1.24	0.17	1.23	0.16	0.76	0.20	1.61	0.18
20 and over....	38.6	1.75	0.17	4.2	0.43	2.24	0.48	0.80	0.22	0.90	0.19	0.45	0.11	0.94	0.28
2 and over...	29.3	1.40	0.16	3.8	0.34	1.65	0.39	0.57	0.18	0.68	0.15	0.35	0.09	0.62	0.20
<b>\$75,000 and higher:</b>															
2 - 5.....	53.1	2.76	0.45	7.0	0.75	2.65	0.96	0.66	0.28	1.13	0.42	0.79	0.35	*	*
6 - 11.....	95.7	3.09	0.35	13.6	0.76	4.31	0.77	2.06	0.45	1.58	0.40	0.73	0.24	*	*
12 - 19.....	55.9	2.70	0.32	8.3	0.67	2.64	0.60	1.00	0.17	1.23	0.28	0.89	0.34	0.48	0.10
20 and over....	34.2	1.45	0.23	5.9	0.59	1.70	0.27	0.49	0.15	0.56	0.11	0.85	0.25	1.33	0.33
2 and over...	27.3	1.29	0.22	5.1	0.55	1.31	0.27	0.31	0.11	0.44	0.13	0.72	0.21	1.01	0.26
<b>All Individuals<sup>1</sup>:</b>															
2 - 5.....	25.7	1.32	0.19	3.0	0.59	1.85	0.56	0.75	0.26	0.78	0.25	0.32	0.12	*	*
6 - 11.....	48.0	1.64	0.21	6.6	0.34	2.27	0.33	0.86	0.22	0.89	0.15	0.66	0.16	0.01	*
12 - 19.....	40.3	1.86	0.19	5.4	0.39	1.85	0.35	0.67	0.13	0.75	0.14	0.44	0.14	0.81	0.09
20 and over....	16.5	1.09	0.15	2.6	0.31	0.85	0.28	0.33	0.14	0.34	0.11	0.28	0.11	0.68	0.18
2 and over...	15.6	0.94	0.13	2.6	0.26	0.71	0.25	0.24	0.11	0.29	0.09	0.25	0.09	0.43	0.11

**NOTES:** \* indicates a non-zero value too small to print.  
<sup>1</sup>"All individuals" includes individuals for whom income was not reported.

**DATA SOURCE:** What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.  
**CITATION:** U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, One Day, 2003-2004. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).