

**Table 8. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004**

Family income as % of Federal poverty threshold <sup>1</sup> 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>Under 131% poverty:</b>															
2 - 5.....	1789	61.4	13.9	245	54.8	65.0	32.5	24.3	12.2	23.7	11.8	11.4	5.6	0.0	0.0
6 - 11.....	2232	75.4	13.6	301	54.3	84.0	33.3	29.9	12.0	30.7	12.2	16.4	6.4	#*	#*
12 - 19.....	2371	81.3	13.7	313	53.7	89.0	33.0	30.3	11.2	33.0	12.3	18.2	6.8	2.2	0.6
20 and over....	2185	77.7	14.5	277	51.5	80.3	32.6	26.4	10.7	30.2	12.2	16.9	6.9	9.7	2.5
2 and over...	2183	76.5	14.2	283	52.5	80.7	32.8	27.2	11.1	30.1	12.2	16.6	6.7	6.5	1.7
<b>131-185% poverty:</b>															
2 - 5.....	1852	65.6	14.2	237	52.3	73.3	34.6	27.5	13.1	27.8	13.0	12.3	5.8	#*	#*
6 - 11.....	2046	71.1	14.2	271	53.6	77.5	33.4	26.8	11.6	29.5	12.5	14.9	6.5	#*	#*
12 - 19.....	2135	77.4	14.2	285	54.6	77.8	32.0	27.0	11.1	29.1	11.9	15.1	6.3	#1.2	#0.3
20 and over....	2126	80.9	15.5	262	50.2	79.6	33.1	26.9	11.1	29.8	12.3	16.1	6.8	8.8	2.3
2 and over...	2101	78.5	15.1	264	51.2	78.7	33.1	26.9	11.3	29.6	12.3	15.6	6.7	6.4	1.7
<b>Over 185% poverty:</b>															
2 - 5.....	1609	55.3	13.9	225	55.9	56.5	31.4	21.0	11.7	20.5	11.3	10.4	5.8	#*	#*
6 - 11.....	2035	67.3	13.4	283	55.7	73.2	32.2	25.8	11.3	27.4	12.1	14.0	6.2	#*	#*
12 - 19.....	2367	82.2	14.1	313	53.4	88.2	33.2	30.2	11.4	32.9	12.4	18.3	6.8	#2.5	#0.4
20 and over....	2229	84.4	15.6	267	48.5	85.3	34.1	28.0	11.2	32.1	12.8	18.2	7.3	11.7	3.2
2 and over...	2204	81.8	15.2	272	49.8	83.6	33.8	27.8	11.2	31.4	12.6	17.6	7.1	9.4	2.5
<b>All Individuals<sup>2</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>Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.

<sup>2</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 (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg).**

**Table 8se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Federal Poverty Threshold) and Age, One Day, 2003-2004**

Family income as % of Federal poverty threshold <sup>1</sup> 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>Under 131% poverty:</b>															
2 - 5.....	43.8	1.85	0.27	5.8	0.51	2.08	0.48	0.78	0.27	0.84	0.24	0.48	0.11	0.00	0.00
6 - 11.....	115.6	4.02	0.31	13.9	0.63	5.61	0.65	1.81	0.29	2.15	0.26	1.42	0.23	*	*
12 - 19.....	69.1	3.78	0.33	8.7	0.84	3.23	0.67	1.11	0.31	1.20	0.20	0.78	0.17	0.66	0.15
20 and over....	44.4	1.57	0.24	5.1	0.53	2.44	0.58	0.85	0.21	0.95	0.23	0.63	0.19	0.82	0.18
2 and over...	38.7	1.57	0.20	4.9	0.36	1.92	0.43	0.66	0.17	0.72	0.16	0.49	0.13	0.52	0.11
<b>131-185% poverty:</b>															
2 - 5.....	163.4	7.25	0.57	13.4	2.17	10.29	1.67	3.85	0.74	4.31	0.80	1.72	0.39	*	*
6 - 11.....	116.9	4.44	0.69	15.3	0.99	5.30	0.58	2.31	0.41	2.09	0.29	0.97	0.14	*	*
12 - 19.....	107.5	4.66	0.29	12.8	1.02	5.05	0.91	1.73	0.33	1.85	0.31	1.15	0.31	0.78	0.22
20 and over....	60.5	2.82	0.29	7.8	0.63	2.79	0.60	1.12	0.25	1.10	0.29	0.62	0.22	1.14	0.31
2 and over...	50.4	2.17	0.22	6.6	0.47	2.50	0.51	0.96	0.20	0.96	0.24	0.57	0.16	0.87	0.24
<b>Over 185% poverty:</b>															
2 - 5.....	41.4	1.54	0.21	7.4	0.81	1.58	0.78	0.62	0.33	0.71	0.31	0.36	0.18	*	*
6 - 11.....	51.1	2.06	0.33	7.0	0.64	2.62	0.48	1.22	0.30	1.09	0.26	0.48	0.18	0.02	0.01
12 - 19.....	47.3	1.96	0.26	7.1	0.40	2.24	0.41	0.95	0.15	0.95	0.18	0.49	0.19	1.47	0.16
20 and over....	31.0	1.56	0.16	4.0	0.47	1.59	0.33	0.50	0.15	0.59	0.12	0.53	0.15	0.78	0.19
2 and over...	26.0	1.32	0.16	3.9	0.40	1.23	0.27	0.36	0.12	0.45	0.10	0.44	0.13	0.53	0.14
<b>All Individuals<sup>2</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>Thresholds for family sizes are defined by the U.S. Census Bureau. Families with income under 131% of poverty meet one of the criteria for participating in the Food Stamp Program.  
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