

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2007-2008

Gender and age (years)	Sample size	Food energy kcal (SE)	Protein % kcal (SE)	Carbohydrate % kcal (SE)	Total fat % kcal (SE)	Saturated fat % kcal (SE)	Mono-unsaturated fat % kcal (SE)	Poly-unsaturated fat % kcal (SE)	Alcohol ² % kcal (SE)
Males:									
2 - 5.....	455	1570 (24.3)	14 (0.2)	55 (0.6)	32 (0.5)	12 (0.2)	12 (0.2)	6 (0.2)	-- --
6 - 11.....	550	2042 (56.5)	14 (0.3)	55 (0.6)	33 (0.4)	12 (0.2)	12 (0.2)	6 (0.1)	-- --
12 - 19.....	607	2424 (48.5)	15 (0.3)	52 (0.6)	33 (0.4)	11 (0.2)	12 (0.2)	7 (0.2)	-- --
20 - 29.....	409	2756 (75.5)	16 (0.3)	50 (0.7)	31 (0.6)	10 (0.3)	11 (0.2)	7 (0.2)	-- --
30 - 39.....	451	2654 (67.7)	16 (0.2)	47 (0.8)	34 (0.7)	11 (0.3)	13 (0.3)	7 (0.2)	-- --
40 - 49.....	412	2692 (78.0)	16 (0.3)	47 (0.9)	34 (0.4)	11 (0.2)	12 (0.2)	7 (0.2)	-- --
50 - 59.....	431	2493 (69.3)	16 (0.3)	47 (0.9)	35 (0.7)	11 (0.2)	13 (0.3)	8 (0.3)	-- --
60 - 69.....	459	2140 (61.7)	16 (0.3)	47 (1.0)	35 (0.8)	11 (0.2)	13 (0.4)	7 (0.2)	-- --
70 and over.....	500	1837 (56.5)	16 (0.3)	49 (0.5)	34 (0.5)	11 (0.2)	13 (0.2)	7 (0.1)	-- --
20 and over...	2662	2507 (35.3)	16 (0.1)	48 (0.4)	34 (0.3)	11 (0.1)	13 (0.1)	7 (0.1)	4 (0.2)
Females:									
2 - 5.....	377	1475 (40.5)	14 (0.3)	55 (0.6)	33 (0.4)	12 (0.2)	12 (0.2)	6 (0.2)	-- --
6 - 11.....	571	1824 (31.3)	14 (0.3)	54 (0.5)	33 (0.6)	12 (0.2)	12 (0.2)	7 (0.2)	-- --
12 - 19.....	549	1861 (61.8)	14 (0.3)	54 (0.6)	33 (0.4)	11 (0.2)	12 (0.3)	7 (0.1)	-- --
20 - 29.....	409	1828 (58.0)	15 (0.4)	52 (0.9)	32 (0.6)	11 (0.2)	12 (0.3)	7 (0.3)	-- --
30 - 39.....	482	1858 (60.4)	15 (0.4)	50 (0.6)	33 (0.4)	11 (0.2)	12 (0.2)	7 (0.2)	-- --
40 - 49.....	466	1879 (65.8)	15 (0.4)	50 (0.8)	34 (0.5)	11 (0.1)	12 (0.2)	7 (0.2)	-- --
50 - 59.....	413	1793 (44.0)	16 (0.2)	49 (0.7)	34 (0.5)	11 (0.3)	12 (0.2)	8 (0.2)	-- --
60 - 69.....	465	1597 (47.1)	16 (0.4)	49 (0.6)	35 (0.7)	11 (0.3)	13 (0.4)	8 (0.3)	-- --
70 and over.....	523	1491 (25.8)	16 (0.2)	52 (0.6)	33 (0.5)	11 (0.1)	12 (0.2)	7 (0.2)	-- --
20 and over...	2758	1766 (24.6)	16 (0.1)	50 (0.4)	34 (0.2)	11 (0.1)	12 (0.1)	7 (0.1)	2 (0.2)
Males and females:									
2 and over...	8529	2070 (24.5)	15 (0.1)	50 (0.3)	33 (0.2)	11 (0.1)	12 (0.1)	7 (0.1)	-- --

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. Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

² Alcohol estimates are shown only for 20 years and over age groups. Although the data are collected for all individuals, estimates are not presented due to extreme variability and/or inadequate sample size.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America, NHANES 2007-2008*

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) 2007-2008. 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 4.0 www.ars.usda.gov/ba/bhnrc/fsrg which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 22, Errata of several fatty acids in 2% reduced fat milk (Agricultural Research Service, Nutrient Data Laboratory, August 10, 2010).

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.

Suggested Citation

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