

**Table 6. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, 2009-2010

Race/ethnicity and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol <sup>3</sup>	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
<b>Non-Hispanic White:</b>																	
2 - 5.....	305	1538	(37.8)	14	(0.3)	55	(1.0)	32	(0.8)	12	(0.6)	11	(0.3)	6	(0.2)	--	--
6 - 11.....	371	1845	(30.2)	14	(0.2)	56	(0.5)	32	(0.3)	11	(0.2)	11	(0.2)	7	(0.1)	--	--
12 - 19.....	425	2181	(59.1)	15	(0.2)	53	(0.8)	33	(0.7)	11	(0.3)	11	(0.3)	7	(0.3)	--	--
20 and over...	2786	2150	(21.8)	16	(0.2)	49	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.3)
2 and over...	3887	2104	(15.3)	16	(0.1)	50	(0.3)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--
<b>Non-Hispanic Black:</b>																	
2 - 5.....	150	1622	(52.1)	14	(0.4)	55	(0.9)	32	(0.8)	11*	(0.3)	11	(0.3)	7*	(0.3)	--	--
6 - 11.....	229	1921	(56.0)	14	(0.3)	55	(0.7)	32	(0.6)	11	(0.3)	12	(0.2)	7*	(0.2)	--	--
12 - 19.....	275	2142	(85.1)	14	(0.3)	53	(0.8)	34	(0.6)	11	(0.2)	12	(0.2)	8	(0.3)	--	--
20 and over...	1025	2102	(48.8)	16	(0.3)	49	(0.4)	33	(0.5)	10	(0.2)	12	(0.2)	7	(0.1)	3	(0.3)
2 and over...	1679	2061	(30.2)	15	(0.2)	51	(0.3)	33	(0.4)	11	(0.2)	12	(0.1)	7	(0.1)	--	--
<b>Hispanic<sup>2</sup>:</b>																	
<i>Mexican American</i>																	
2 - 5.....	237	1512	(31.1)	15	(0.3)	55	(1.1)	31	(0.8)	11	(0.3)	11	(0.3)	6*	(0.2)	--	--
6 - 11.....	337	1834	(45.3)	15	(0.3)	54	(0.8)	32	(0.8)	11	(0.2)	11	(0.4)	7	(0.2)	--	--
12 - 19.....	340	2148	(60.2)	15	(0.5)	54	(0.8)	32	(0.6)	10	(0.2)	11	(0.3)	7	(0.2)	--	--
20 and over...	1062	2138	(38.5)	16	(0.2)	53	(0.3)	30	(0.3)	10	(0.2)	11	(0.1)	7	(0.2)	2	(0.2)
2 and over...	1976	2046	(28.6)	16	(0.2)	53	(0.3)	31	(0.3)	10	(0.1)	11	(0.1)	7	(0.1)	--	--
<i>All Hispanic</i>																	
2 - 5.....	332	1497	(26.0)	15	(0.4)	55	(1.3)	30	(0.8)	11	(0.3)	10	(0.4)	6	(0.2)	--	--
6 - 11.....	474	1860	(33.9)	15	(0.2)	54	(0.5)	32	(0.5)	11	(0.2)	11	(0.2)	7	(0.1)	--	--
12 - 19.....	482	2128	(37.3)	15	(0.4)	54	(0.7)	31	(0.5)	10	(0.2)	11	(0.2)	7	(0.2)	--	--
20 and over...	1647	2124	(34.2)	16	(0.2)	52	(0.3)	31	(0.2)	10	(0.1)	11	(0.1)	7	(0.1)	2	(0.2)
2 and over...	2935	2038	(22.7)	16	(0.2)	53	(0.3)	31	(0.2)	10	(0.1)	11	(0.1)	7	(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 2.04.

**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 2.04.

### Footnotes

- <sup>1</sup> 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.
- <sup>2</sup> A new sampling methodology was implemented for NHANES 2007-2010; the entire Hispanic population was oversampled instead of just the Mexican American population. Sufficient numbers of Mexican Americans were retained in the sample design so that trends can be monitored.
- <sup>3</sup> 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 2009-2010*

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) 2009-2010. 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 5.0 [www.ars.usda.gov/ba/bhnrc/fsrg](http://www.ars.usda.gov/ba/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 24 (Agricultural Research Service, Nutrient Data Laboratory, 2011).

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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