

Table 7. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (in Dollars) and Age, in the United States, 2009-2010

Family income in dollars and age (years)	Sample size	Food energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono- unsaturated fat		Poly- unsaturated fat		Alcohol ³	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
\$0 - \$24,999:																	
2 - 5.....	347	1577	(26.7)	15	(0.3)	55	(0.6)	32	(0.5)	11	(0.2)	11	(0.2)	6	(0.1)	--	--
6 - 11.....	373	1939	(45.2)	15	(0.3)	53	(0.5)	33	(0.5)	11	(0.2)	12	(0.2)	7	(0.2)	--	--
12 - 19.....	384	2128	(65.5)	15	(0.3)	53	(0.7)	33	(0.7)	11	(0.3)	11	(0.3)	7	(0.3)	--	--
20 and over...	1884	2097	(32.9)	15	(0.1)	51	(0.3)	32	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.3)
2 and over...	2988	2052	(26.7)	15	(0.1)	51	(0.2)	32	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	--	--
\$25,000 - \$74,999:																	
2 - 5.....	308	1579	(57.5)	14	(0.4)	56	(1.0)	31	(0.7)	12	(0.7)	11	(0.2)	6	(0.3)	--	--
6 - 11.....	449	1830	(27.4)	14	(0.2)	55	(0.5)	32	(0.4)	11	(0.2)	11	(0.3)	6	(0.1)	--	--
12 - 19.....	499	2098	(67.1)	15	(0.4)	54	(0.8)	32	(0.6)	11	(0.3)	11	(0.3)	7	(0.1)	--	--
20 and over...	2215	2130	(32.1)	16	(0.1)	49	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.3)
2 and over...	3471	2072	(22.1)	16	(0.1)	51	(0.3)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.1)	--	--
\$75,000 and higher:																	
2 - 5.....	150	1445	(33.4)	15	(0.3)	55	(1.0)	32	(0.8)	12	(0.4)	11	(0.4)	6*	(0.1)	--	--
6 - 11.....	253	1844	(49.7)	14	(0.2)	56	(0.5)	31	(0.4)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	280	2247	(92.3)	15	(0.3)	53	(0.9)	33	(0.9)	11	(0.4)	11	(0.3)	7	(0.4)	--	--
20 and over...	1198	2164	(24.7)	16	(0.3)	48	(0.5)	33	(0.4)	11	(0.2)	12	(0.1)	8	(0.2)	4	(0.3)
2 and over...	1881	2112	(17.2)	16	(0.2)	50	(0.4)	33	(0.3)	11	(0.1)	12	(0.1)	7	(0.2)	--	--
All Individuals²:																	
2 - 5.....	861	1537	(24.5)	15	(0.2)	55	(0.5)	31	(0.4)	12	(0.3)	11	(0.2)	6	(0.1)	--	--
6 - 11.....	1154	1869	(20.4)	14	(0.1)	55	(0.3)	32	(0.2)	11	(0.1)	11	(0.1)	7	(0.1)	--	--
12 - 19.....	1265	2167	(43.7)	15	(0.2)	53	(0.6)	33	(0.5)	11	(0.2)	11	(0.2)	7	(0.2)	--	--
20 and over...	5762	2132	(19.6)	16	(0.1)	50	(0.2)	33	(0.2)	11	(0.1)	12	(0.1)	7	(0.1)	3	(0.2)
2 and over...	9042	2081	(12.9)	16	(0.1)	51	(0.2)	33	(0.2)	11	(0.1)	12	(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

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 Includes persons of all income levels or with unknown family income.

³ 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 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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