

**Table 5. Energy Intakes:** Percentages<sup>1</sup> of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2011-2012

| Gender and age (years)    | Sample size | Energy |         | Protein |       | Carbohydrate |       | Total fat |       | Saturated fat |       | Mono-unsaturated fat |       | Poly-unsaturated fat |       | Alcohol |       |
|---------------------------|-------------|--------|---------|---------|-------|--------------|-------|-----------|-------|---------------|-------|----------------------|-------|----------------------|-------|---------|-------|
|                           |             | kcal   | (SE)    | % kcal  | (SE)  | % kcal       | (SE)  | % kcal    | (SE)  | % kcal        | (SE)  | % kcal               | (SE)  | % kcal               | (SE)  | % kcal  | (SE)  |
| <b>Males:</b>             |             |        |         |         |       |              |       |           |       |               |       |                      |       |                      |       |         |       |
| 2 - 5.....                | 411         | 1648   | (32.7)  | 14      | (0.2) | 56           | (0.8) | 32        | (0.7) | 11            | (0.5) | 11                   | (0.3) | 7                    | (0.2) | --      | --    |
| 6 - 11.....               | 590         | 2087   | (38.6)  | 14      | (0.2) | 55           | (0.4) | 32        | (0.3) | 11            | (0.1) | 11                   | (0.1) | 7                    | (0.2) | --      | --    |
| 12 - 19.....              | 585         | 2531   | (58.7)  | 15      | (0.4) | 53           | (0.4) | 33        | (0.6) | 11            | (0.2) | 11                   | (0.2) | 7                    | (0.4) | --      | --    |
| 20 - 29.....              | 457         | 2764   | (74.5)  | 16      | (0.3) | 48           | (0.8) | 33        | (0.7) | 11            | (0.3) | 12                   | (0.4) | 8                    | (0.3) | --      | --    |
| 30 - 39.....              | 425         | 2772   | (73.2)  | 16      | (0.3) | 49           | (0.6) | 32        | (0.7) | 10            | (0.3) | 12                   | (0.3) | 8                    | (0.2) | --      | --    |
| 40 - 49.....              | 374         | 2734   | (94.0)  | 16      | (0.4) | 47           | (0.8) | 34        | (0.6) | 11            | (0.2) | 12                   | (0.3) | 8                    | (0.2) | --      | --    |
| 50 - 59.....              | 382         | 2500   | (104.8) | 16      | (0.4) | 48           | (0.9) | 33        | (0.8) | 10            | (0.3) | 12                   | (0.4) | 8                    | (0.4) | --      | --    |
| 60 - 69.....              | 397         | 2302   | (51.7)  | 16      | (0.3) | 48           | (0.8) | 34        | (0.8) | 11            | (0.3) | 12                   | (0.4) | 8                    | (0.3) | --      | --    |
| 70 and over.....          | 359         | 2023   | (51.4)  | 16      | (0.3) | 49           | (0.5) | 33        | (0.6) | 10            | (0.2) | 12                   | (0.3) | 8                    | (0.2) | --      | --    |
| 2 - 19.....               | 1586        | 2190   | (30.5)  | 15      | (0.2) | 54           | (0.3) | 32        | (0.3) | 11            | (0.2) | 11                   | (0.1) | 7                    | (0.2) | --      | --    |
| 20 and over...            | 2394        | 2567   | (26.7)  | 16      | (0.1) | 48           | (0.3) | 33        | (0.3) | 11            | (0.1) | 12                   | (0.1) | 8                    | (0.1) | 4       | (0.3) |
| 2 and over...             | 3980        | 2469   | (21.8)  | 16      | (0.1) | 50           | (0.2) | 33        | (0.2) | 11            | (0.1) | 12                   | (0.1) | 8                    | (0.1) | --      | --    |
| <b>Females:</b>           |             |        |         |         |       |              |       |           |       |               |       |                      |       |                      |       |         |       |
| 2 - 5.....                | 423         | 1520   | (32.0)  | 14      | (0.2) | 55           | (0.5) | 32        | (0.3) | 12            | (0.3) | 11                   | (0.2) | 7                    | (0.2) | --      | --    |
| 6 - 11.....               | 556         | 1878   | (43.4)  | 14      | (0.2) | 54           | (0.3) | 33        | (0.4) | 11            | (0.2) | 11                   | (0.2) | 7                    | (0.2) | --      | --    |
| 12 - 19.....              | 567         | 1809   | (38.8)  | 14      | (0.3) | 54           | (1.0) | 33        | (0.8) | 11            | (0.3) | 11                   | (0.3) | 8                    | (0.3) | --      | --    |
| 20 - 29.....              | 428         | 2019   | (41.6)  | 15      | (0.2) | 51           | (0.6) | 33        | (0.4) | 11            | (0.2) | 12                   | (0.2) | 8                    | (0.2) | --      | --    |
| 30 - 39.....              | 404         | 2010   | (50.4)  | 16      | (0.4) | 51           | (0.8) | 33        | (0.5) | 11            | (0.2) | 11                   | (0.2) | 8                    | (0.2) | --      | --    |
| 40 - 49.....              | 407         | 1841   | (52.9)  | 15      | (0.4) | 51           | (0.7) | 33        | (0.4) | 11            | (0.2) | 12                   | (0.2) | 8                    | (0.2) | --      | --    |
| 50 - 59.....              | 423         | 1820   | (49.8)  | 15      | (0.4) | 49           | (0.8) | 33        | (0.6) | 10            | (0.3) | 11                   | (0.2) | 8                    | (0.2) | --      | --    |
| 60 - 69.....              | 380         | 1663   | (57.9)  | 16      | (0.3) | 49           | (0.9) | 34        | (0.8) | 11            | (0.4) | 12                   | (0.5) | 8                    | (0.3) | --      | --    |
| 70 and over.....          | 365         | 1555   | (28.3)  | 16      | (0.3) | 52           | (0.8) | 33        | (0.7) | 10            | (0.3) | 11                   | (0.3) | 8                    | (0.3) | --      | --    |
| 2 - 19.....               | 1546        | 1767   | (19.1)  | 14      | (0.2) | 54           | (0.5) | 33        | (0.4) | 11            | (0.1) | 11                   | (0.2) | 8                    | (0.2) | --      | --    |
| 20 and over...            | 2407        | 1834   | (17.8)  | 15      | (0.2) | 50           | (0.4) | 33        | (0.3) | 11            | (0.2) | 12                   | (0.1) | 8                    | (0.1) | 3       | (0.2) |
| 2 and over...             | 3953        | 1817   | (15.3)  | 15      | (0.1) | 51           | (0.3) | 33        | (0.3) | 11            | (0.1) | 12                   | (0.1) | 8                    | (0.1) | --      | --    |
| <b>Males and females:</b> |             |        |         |         |       |              |       |           |       |               |       |                      |       |                      |       |         |       |
| 2 - 19.....               | 3132        | 1983   | (22.8)  | 14      | (0.1) | 54           | (0.3) | 33        | (0.3) | 11            | (0.1) | 11                   | (0.1) | 7                    | (0.1) | --      | --    |
| 20 and over...            | 4801        | 2191   | (15.6)  | 16      | (0.1) | 49           | (0.3) | 33        | (0.2) | 11            | (0.1) | 12                   | (0.1) | 8                    | (0.1) | 3       | (0.2) |
| 2 and over...             | 7933        | 2139   | (12.3)  | 15      | (0.1) | 51           | (0.2) | 33        | (0.2) | 11            | (0.1) | 12                   | (0.1) | 8                    | (0.1) | --      | --    |

**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.

**Abbreviations**

SE = standard error.

**Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2011-2012**

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

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) 2011-2012. 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 2011-2012 [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg) which is based on nutrient values in the USDA National Nutrient Database for Standard Reference, Release 26 (Agricultural Research Service, Nutrient Data Laboratory, 2013).

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.

Although alcohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

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