

Table 4. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, One Day, 2005-2006

Race/ethnicity 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)
Non-Hispanic White:															
2 - 5.....	1582	53.7	13.8	222	56.7	55.4	30.8	20.3	11.2	20.2	11.2	10.5	5.9	#*	#*
6 - 11.....	2033	67.4	13.2	272	54.0	77.9	34.2	28.1	12.4	28.6	12.5	14.9	6.5	#*	#*
12 - 19.....	2406	85.5	14.1	315	53.3	90.1	33.2	32.0	11.8	33.2	12.2	17.4	6.4	2.4	0.5
20 and over....	2219	86.0	15.9	261	47.7	85.6	34.2	29.0	11.6	31.4	12.5	17.9	7.2	12.7	3.5
2 and over...	2198	83.2	15.4	266	49.2	84.2	33.9	28.9	11.6	30.9	12.4	17.3	7.0	10.1	2.8
Non-Hispanic Black:															
2 - 5.....	1587	54.2	13.6	216	54.9	58.4	32.6	20.4	11.4	21.1	11.7	11.7	6.6	#*	#*
6 - 11.....	1858	65.7	14.6	240	51.7	72.6	34.6	24.8	11.8	26.9	12.9	14.4	6.8	#*	#*
12 - 19.....	2246	76.4	13.8	291	52.1	87.7	34.7	28.8	11.4	32.5	12.9	18.7	7.4	#1.2	#0.2
20 and over....	2146	80.3	15.4	262	49.8	82.0	33.6	26.6	10.8	30.4	12.4	17.7	7.4	9.1	2.3
2 and over...	2095	76.6	15.0	261	50.7	80.3	33.8	26.3	11.0	29.7	12.5	17.1	7.3	6.4	1.6
Mexican American:															
2 - 5.....	1555	55.5	14.3	215	55.7	54.8	31.4	20.1	11.5	19.5	11.1	10.3	5.9	#*	#*
6 - 11.....	1976	69.6	14.1	268	54.4	72.1	32.6	25.2	11.4	26.0	11.7	14.7	6.6	#*	#*
12 - 19.....	2194	79.8	14.8	291	53.7	79.2	31.9	27.0	10.9	29.0	11.6	16.3	6.5	#2.6	#0.6
20 and over....	2199	87.7	16.1	279	51.4	78.5	31.7	25.6	10.3	29.7	11.9	16.4	6.7	7.6	2.0
2 and over...	2109	81.2	15.5	273	52.5	75.6	31.8	25.2	10.7	28.2	11.7	15.6	6.6	5.2	1.4
All Individuals¹:															
2 - 5.....	1564	54.1	14.1	217	55.9	55.3	31.3	20.2	11.4	20.0	11.3	10.4	5.9	#*	#*
6 - 11.....	1985	67.1	13.6	265	53.8	75.5	33.8	26.8	12.0	27.7	12.4	14.7	6.5	#*	#*
12 - 19.....	2324	82.4	14.2	304	53.1	87.2	33.3	30.3	11.6	32.1	12.2	17.4	6.6	2.1	0.5
20 and over....	2195	85.4	15.9	262	48.4	83.8	33.8	28.1	11.3	30.8	12.4	17.6	7.2	11.4	3.2
2 and over...	2157	81.8	15.4	265	49.9	81.9	33.6	27.8	11.4	30.1	12.3	17.0	7.0	8.8	2.4

NOTES: # indicates an estimate with a relative standard error greater than 30%.

* indicates a non-zero value too small to print.

¹"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

DATA SOURCE: What We Eat in America, NHANES, 2005-2006, individuals 2 years and over (excluding breast-fed children), Day 1 dietary intake data, weighted.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2008. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, One Day, 2005-2006. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 4se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, One Day, 2005-2006

Race/ethnicity 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)
Non-Hispanic White:															
2 - 5.....	36.3	1.98	0.36	6.0	0.96	1.54	0.65	0.79	0.34	0.53	0.21	0.39	0.24	0.01	*
6 - 11.....	40.7	2.25	0.31	4.7	0.76	2.25	0.45	0.75	0.16	0.85	0.18	0.64	0.22	0.02	0.01
12 - 19.....	57.7	3.06	0.22	9.1	0.56	1.73	0.47	0.82	0.13	0.66	0.24	0.43	0.20	0.56	0.11
20 and over....	36.0	1.60	0.09	4.6	0.46	1.90	0.31	0.65	0.13	0.69	0.10	0.46	0.13	0.84	0.23
2 and over...	32.0	1.46	0.08	4.0	0.37	1.55	0.24	0.56	0.11	0.54	0.07	0.38	0.10	0.66	0.18
Non-Hispanic Black:															
2 - 5.....	43.0	2.62	0.59	7.2	1.18	1.95	0.75	0.89	0.45	0.89	0.35	0.44	0.22	*	*
6 - 11.....	62.0	2.43	0.56	9.6	1.20	3.04	0.72	0.91	0.17	1.17	0.26	0.84	0.29	0.01	*
12 - 19.....	93.4	3.08	0.29	13.6	0.80	3.82	0.72	1.27	0.20	1.39	0.30	0.93	0.22	0.54	0.08
20 and over....	45.4	1.68	0.19	5.3	0.50	2.24	0.43	0.79	0.15	0.85	0.18	0.52	0.14	1.24	0.27
2 and over...	35.6	1.11	0.17	4.6	0.39	1.82	0.36	0.61	0.13	0.70	0.16	0.42	0.09	0.91	0.20
Mexican American:															
2 - 5.....	21.3	1.37	0.26	3.0	0.67	1.47	0.56	0.58	0.24	0.61	0.25	0.40	0.22	0.02	0.01
6 - 11.....	54.6	2.56	0.28	7.6	0.82	2.58	0.58	0.96	0.20	1.03	0.24	0.57	0.23	0.01	*
12 - 19.....	54.6	2.51	0.34	7.3	0.61	2.08	0.31	0.80	0.16	0.75	0.11	0.50	0.12	0.90	0.21
20 and over....	52.1	2.44	0.15	4.8	0.76	2.63	0.53	0.68	0.18	1.17	0.24	0.76	0.21	1.74	0.47
2 and over...	36.1	1.79	0.13	3.4	0.52	1.80	0.36	0.51	0.12	0.80	0.16	0.48	0.15	1.11	0.30
All Individuals¹:															
2 - 5.....	24.4	1.23	0.26	4.0	0.65	1.12	0.50	0.51	0.23	0.42	0.19	0.26	0.15	*	*
6 - 11.....	35.6	1.67	0.19	4.0	0.44	1.83	0.29	0.59	0.09	0.71	0.14	0.48	0.15	0.01	*
12 - 19.....	45.7	2.18	0.17	6.8	0.39	1.59	0.33	0.66	0.09	0.57	0.16	0.38	0.13	0.40	0.07
20 and over....	33.1	1.35	0.09	4.2	0.35	1.67	0.26	0.57	0.11	0.60	0.09	0.41	0.11	0.67	0.19
2 and over...	29.0	1.15	0.06	3.6	0.25	1.35	0.19	0.49	0.09	0.48	0.07	0.31	0.08	0.52	0.15

NOTES: * indicates a non-zero value too small to print.
¹"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

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