

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, August 2021-August 2023

| Gender and age (years) | Sample size ² | 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) |
| Males: | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 206 | 1567 | (58.2) | 14 | (0.3) | 53 | (0.8) | 34 | (0.7) | 11 | (0.3) | 11 | (0.4) | 8 | (0.3) | -- | -- |
| 6 - 11..... | 301 | 1894 | (44.4) | 13 | (0.2) | 53 | (0.5) | 34 | (0.5) | 12 | (0.3) | 11 | (0.2) | 8 | (0.2) | -- | -- |
| 12 - 19..... | 366 | 2297 | (61.2) | 15 | (0.3) | 49 | (0.5) | 36 | (0.3) | 12 | (0.1) | 12 | (0.2) | 8 | (0.2) | -- | -- |
| 20 - 29..... | 196 | 2354 | (117.5) | 16 | (0.3) | 45 | (1.5) | 37 | (1.1) | 12 | (0.6) | 13 | (0.5) | 9 | (0.3) | -- | -- |
| 30 - 39..... | 286 | 2368 | (60.4) | 15 | (0.3) | 45 | (0.9) | 36 | (0.7) | 12 | (0.4) | 12 | (0.2) | 8 | (0.3) | -- | -- |
| 40 - 49..... | 260 | 2499 | (75.8) | 16 | (0.5) | 45 | (0.6) | 36 | (0.5) | 12 | (0.3) | 12 | (0.2) | 8 | (0.2) | -- | -- |
| 50 - 59..... | 316 | 2373 | (66.1) | 16 | (0.4) | 45 | (0.8) | 37 | (0.8) | 11 | (0.4) | 13 | (0.3) | 8 | (0.3) | -- | -- |
| 60 - 69..... | 545 | 2248 | (57.6) | 15 | (0.2) | 43 | (0.4) | 38 | (0.5) | 12 | (0.2) | 13 | (0.2) | 9 | (0.2) | -- | -- |
| 70 and over..... | 512 | 2077 | (51.4) | 15 | (0.2) | 45 | (0.7) | 38 | (0.7) | 12 | (0.3) | 13 | (0.3) | 9 | (0.2) | -- | -- |
| 2 - 19..... | 873 | 2013 | (42.2) | 14 | (0.1) | 51 | (0.3) | 35 | (0.3) | 12 | (0.2) | 12 | (0.1) | 8 | (0.1) | -- | -- |
| 20 and over... | 2115 | 2330 | (25.9) | 16 | (0.1) | 45 | (0.3) | 37 | (0.2) | 12 | (0.1) | 13 | (0.1) | 8 | (0.1) | 3 | (0.2) |
| 2 and over... | 2988 | 2252 | (19.6) | 15 | (0.1) | 46 | (0.2) | 37 | (0.2) | 12 | (0.1) | 12 | (0.1) | 8 | (0.1) | -- | -- |
| Females: | | | | | | | | | | | | | | | | | |
| 2 - 5..... | 192 | 1495 | (47.5) | 14 | (0.3) | 53 | (0.9) | 35 | (0.7) | 12 | (0.3) | 11 | (0.3) | 8 | (0.2) | -- | -- |
| 6 - 11..... | 308 | 1861 | (57.3) | 13 | (0.2) | 52 | (0.8) | 35 | (0.6) | 12 | (0.3) | 11 | (0.2) | 8 | (0.3) | -- | -- |
| 12 - 19..... | 392 | 1731 | (45.9) | 14 | (0.2) | 50 | (1.1) | 36 | (1.0) | 12 | (0.3) | 12 | (0.3) | 9 | (0.4) | -- | -- |
| 20 - 29..... | 262 | 1939 | (74.0) | 15 | (0.2) | 46 | (0.9) | 38 | (0.7) | 12 | (0.3) | 13 | (0.2) | 9 | (0.3) | -- | -- |
| 30 - 39..... | 370 | 1757 | (46.9) | 16 | (0.3) | 45 | (0.6) | 38 | (0.4) | 12 | (0.3) | 13 | (0.1) | 9 | (0.2) | -- | -- |
| 40 - 49..... | 335 | 1817 | (78.9) | 16 | (0.4) | 47 | (0.6) | 37 | (0.7) | 12 | (0.3) | 13 | (0.3) | 8 | (0.3) | -- | -- |
| 50 - 59..... | 420 | 1723 | (31.4) | 16 | (0.2) | 45 | (0.5) | 38 | (0.5) | 12 | (0.4) | 13 | (0.2) | 9 | (0.2) | -- | -- |
| 60 - 69..... | 723 | 1673 | (15.5) | 15 | (0.3) | 45 | (0.4) | 38 | (0.4) | 12 | (0.1) | 13 | (0.1) | 9 | (0.2) | -- | -- |
| 70 and over..... | 573 | 1657 | (34.5) | 15 | (0.2) | 46 | (0.5) | 38 | (0.4) | 12 | (0.2) | 13 | (0.2) | 9 | (0.1) | -- | -- |
| 2 - 19..... | 892 | 1728 | (26.7) | 13 | (0.2) | 51 | (0.7) | 36 | (0.6) | 12 | (0.2) | 11 | (0.2) | 8 | (0.3) | -- | -- |
| 20 and over... | 2683 | 1760 | (25.1) | 15 | (0.1) | 46 | (0.2) | 38 | (0.2) | 12 | (0.2) | 13 | (0.1) | 9 | (0.1) | 2 | (0.1) |
| 2 and over... | 3575 | 1753 | (20.4) | 15 | (0.1) | 47 | (0.3) | 37 | (0.3) | 12 | (0.2) | 12 | (0.1) | 9 | (0.1) | -- | -- |
| Males and females: | | | | | | | | | | | | | | | | | |
| 2 - 19..... | 1765 | 1875 | (26.2) | 14 | (0.1) | 51 | (0.4) | 35 | (0.4) | 12 | (0.1) | 11 | (0.2) | 8 | (0.2) | -- | -- |
| 20 and over... | 4798 | 2036 | (20.7) | 16 | (0.1) | 45 | (0.2) | 37 | (0.2) | 12 | (0.1) | 13 | (0.1) | 9 | (0.1) | 3 | (0.1) |
| 2 and over... | 6563 | 1999 | (16.1) | 15 | (0.1) | 47 | (0.2) | 37 | (0.2) | 12 | (0.1) | 12 | (0.1) | 9 | (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.

² Sample size and mean energy includes individuals (n = 7) with zero energy intake that are excluded from estimates of percentages of energy from protein, carbohydrate, fat, and alcohol.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES August 2021-August 2023

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) August 2021-August 2023. The 24-hour dietary recalls were conducted via telephone 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 2021-2023 www.ars.usda.gov/nea/bhnrc/fsrg.

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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