

Table 6. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Race/Ethnicity and Age, in the United States, August 2021-August 2023

Race/ethnicity 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)
Non-Hispanic White:																	
2 - 19.....	716	1943	(33.5)	14	(0.1)	51	(0.4)	36	(0.5)	12	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over.....	2969	2084	(25.8)	15	(0.1)	44	(0.2)	38	(0.2)	12	(0.2)	13	(0.1)	9	(0.1)	3	(0.2)
2 and over...	3685	2057	(21.0)	15	(0.1)	46	(0.2)	38	(0.2)	12	(0.1)	13	(0.1)	9	(0.1)	--	--
Non-Hispanic Black:																	
2 - 19.....	261	1688	(40.7)	14	(0.4)	51	(1.2)	35	(0.9)	11	(0.4)	12	(0.4)	9	(0.2)	--	--
20 and over.....	555	1892	(53.6)	16	(0.4)	46	(0.8)	37	(0.6)	11	(0.1)	13	(0.3)	9	(0.2)	2*	(0.4)
2 and over...	816	1842	(43.6)	15	(0.3)	47	(0.7)	37	(0.5)	11	(0.1)	13	(0.3)	9	(0.2)	--	--
Non-Hispanic Asian:																	
2 - 19.....	123	1832	(80.6)	14	(0.4)	53	(1.0)	34	(0.9)	11	(0.4)	11	(0.3)	7*	(0.4)	--	--
20 and over.....	199	2163	(185.3)	15	(0.4)	50	(0.5)	34	(0.4)	10	(0.3)	12	(0.2)	8	(0.2)	1*	(0.2)
2 and over...	322	2055	(127.4)	15	(0.3)	51	(0.6)	34	(0.4)	11	(0.2)	12	(0.2)	8	(0.3)	--	--
Hispanic:																	
2 - 19.....	513	1837	(74.9)	15	(0.2)	51	(0.7)	35	(0.7)	12	(0.2)	11	(0.3)	8	(0.2)	--	--
20 and over.....	776	1914	(52.1)	16	(0.3)	47	(0.6)	35	(0.6)	11	(0.2)	12	(0.2)	8	(0.1)	2	(0.2)
2 and over...	1289	1890	(41.2)	16	(0.2)	48	(0.6)	35	(0.5)	11	(0.2)	12	(0.2)	8	(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 1.66.

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 1.66.

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.

Suggested Citation

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