

Table 8. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Family Income (as % of Poverty Level²) and Age, in the United States, August 2021-August 2023

Family income as % of poverty level and age (years)	Sample size ³	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)
Under 131% poverty:																	
2 - 19.....	540	1827	(54.7)	14	(0.2)	51	(0.7)	35	(0.6)	12	(0.3)	11	(0.2)	8	(0.3)	--	--
20 and over.....	892	1914	(35.2)	15	(0.2)	48	(0.5)	36	(0.4)	12	(0.2)	12	(0.1)	8	(0.1)	2	(0.4)
2 and over...	1432	1888	(30.3)	15	(0.2)	49	(0.5)	35	(0.3)	12	(0.2)	12	(0.1)	8	(0.1)	--	--
131-350% poverty:																	
2 - 19.....	584	1915	(45.8)	14	(0.2)	51	(0.6)	36	(0.6)	12	(0.2)	12	(0.2)	8	(0.2)	--	--
20 and over.....	1577	2047	(40.9)	15	(0.1)	46	(0.4)	38	(0.3)	12	(0.2)	13	(0.1)	9	(0.1)	2	(0.3)
2 and over...	2161	2015	(32.2)	15	(0.1)	47	(0.4)	37	(0.3)	12	(0.1)	12	(0.1)	9	(0.1)	--	--
Over 350% poverty:																	
2 - 19.....	435	1906	(38.0)	14	(0.2)	51	(0.8)	35	(0.6)	12	(0.3)	12	(0.2)	8	(0.1)	--	--
20 and over.....	1774	2111	(33.4)	16	(0.1)	44	(0.4)	38	(0.4)	12	(0.2)	13	(0.1)	9	(0.1)	3	(0.2)
2 and over...	2209	2073	(28.3)	15	(0.1)	45	(0.5)	38	(0.4)	12	(0.2)	13	(0.1)	9	(0.1)	--	--
All Individuals⁴:																	
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 The ratio of family income to poverty expressed as a percentage. The Department of Health and Human Services' poverty guidelines were used as the poverty measure to calculate the ratio, <http://aspe.hhs.gov/poverty/>.
- ³ 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.
- ⁴ Includes persons of all income levels or with unknown family income.

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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