

Table 2. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2003-2004

Gender 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)
Males:															
2 - 5.....	1679	57.7	13.9	231	55.4	60.4	31.9	22.3	11.9	22.1	11.6	10.9	5.7	**	**
6 - 11.....	2256	76.5	13.7	310	55.1	81.7	32.3	29.3	11.6	29.9	11.9	15.5	6.1	**	**
12 - 19.....	2652	94.0	14.4	350	53.5	97.5	32.5	33.7	11.2	36.5	12.2	19.4	6.4	#3.6	#0.6
20 - 29.....	2969	111.2	15.2	367	49.6	107.5	32.4	36.9	11.1	41.1	12.4	20.8	6.3	17.0	3.8
30 - 39.....	2888	109.0	15.4	353	49.5	104.0	31.7	34.0	10.3	39.2	11.9	21.9	6.7	18.8	4.3
40 - 49.....	2873	103.0	14.8	336	47.2	106.6	33.3	35.6	11.1	40.1	12.6	22.0	6.9	27.1	5.8
50 - 59.....	2388	94.6	16.3	274	45.4	95.4	36.0	30.6	11.6	36.1	13.5	20.4	7.7	12.6	3.5
60 - 69.....	2109	81.0	15.9	244	46.8	83.6	35.3	26.9	11.4	31.5	13.3	18.0	7.6	12.5	3.4
70 and over....	1868	73.0	15.8	229	49.7	70.5	33.0	23.5	11.0	26.4	12.2	14.7	6.9	8.0	3.1
20 and over...	2612	98.6	15.5	312	48.0	97.7	33.5	32.3	11.1	36.9	12.6	20.2	6.9	17.0	4.1
Females:															
2 - 5.....	1759	60.8	14.0	241	54.8	63.7	32.4	23.9	12.2	23.4	11.8	11.2	5.7	**	**
6 - 11.....	1964	65.3	13.4	266	54.7	73.8	33.2	25.7	11.5	27.9	12.5	14.4	6.5	**	**
12 - 19.....	2007	67.8	13.7	267	53.9	76.1	33.4	25.6	11.3	28.2	12.4	16.3	7.1	0.8	0.3
20 - 29.....	2103	74.9	14.6	271	52.1	77.8	32.7	25.5	10.7	29.3	12.2	16.7	7.1	6.4	1.7
30 - 39.....	1956	71.9	15.1	241	49.8	77.1	34.4	25.7	11.5	28.6	12.8	16.5	7.3	5.0	1.9
40 - 49.....	1934	67.8	14.3	238	49.9	73.5	33.7	24.5	11.2	27.5	12.5	15.7	7.3	10.8	3.5
50 - 59.....	1728	67.0	15.8	207	48.7	69.3	35.2	22.6	11.6	26.0	13.1	15.1	7.7	4.7	1.8
60 - 69.....	1668	65.9	15.9	205	50.2	65.4	34.3	20.6	10.9	24.3	12.7	14.7	7.7	3.3	1.2
70 and over....	1548	59.8	15.6	198	52.1	58.7	33.1	18.7	10.6	22.0	12.4	13.1	7.3	2.3	0.9
20 and over...	1850	68.5	15.1	230	50.4	71.3	33.9	23.3	11.1	26.7	12.6	15.5	7.4	5.7	1.9
Males and females:															
2 and over...	2195	80.4	14.9	274	50.6	82.7	33.4	27.7	11.2	31.0	12.5	17.2	7.0	8.5	2.3

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

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

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.

Table 2se. Nutrient Intakes from Food: Standard Errors of the Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2003-2004

Gender and age (years)	Food energy (kcal)	Protein (g) (%kcal)		Carbohydrate (g) (%kcal)		Total fat (g) (%kcal)		Saturated fat (g) (%kcal)		Monounsaturated fat (g) (%kcal)		Polyunsaturated fat (g) (%kcal)		Alcohol (g) (%kcal)	
Males:															
2 - 5.....	28.6	1.42	0.18	4.7	0.76	1.85	0.74	0.80	0.34	0.69	0.32	0.39	0.16	*	*
6 - 11.....	56.8	2.03	0.31	10.9	0.62	1.93	0.51	1.01	0.32	0.69	0.23	0.55	0.13	0.01	*
12 - 19.....	66.5	3.08	0.23	8.3	0.51	2.89	0.32	1.12	0.14	1.11	0.12	0.69	0.18	1.56	0.18
20 - 29.....	87.3	2.73	0.34	14.7	1.07	4.04	0.63	1.44	0.26	1.57	0.26	0.86	0.14	1.82	0.47
30 - 39.....	86.6	3.41	0.25	14.6	1.27	4.06	1.03	1.31	0.30	1.57	0.42	1.26	0.36	1.88	0.46
40 - 49.....	70.9	2.51	0.29	9.9	0.80	2.40	0.42	0.95	0.25	0.78	0.17	0.94	0.21	3.98	0.74
50 - 59.....	76.7	3.08	0.40	9.7	0.88	3.94	0.79	1.09	0.29	1.61	0.33	1.36	0.36	2.24	0.57
60 - 69.....	60.3	2.52	0.29	8.2	0.64	1.77	0.50	0.96	0.27	0.78	0.14	1.05	0.46	2.42	0.51
70 and over....	38.1	2.52	0.32	4.5	0.81	1.81	0.41	0.77	0.24	0.66	0.17	0.46	0.17	1.19	0.49
20 and over...	24.8	1.11	0.13	3.3	0.36	1.41	0.28	0.46	0.11	0.52	0.11	0.50	0.14	0.97	0.20
Females:															
2 - 5.....	51.6	2.07	0.29	6.5	0.73	2.83	0.60	0.98	0.31	1.27	0.29	0.58	0.19	*	*
6 - 11.....	66.9	2.46	0.27	8.5	0.59	3.26	0.48	0.92	0.23	1.27	0.24	0.99	0.23	0.01	0.01
12 - 19.....	32.6	1.33	0.24	5.8	0.68	1.65	0.56	0.58	0.19	0.65	0.22	0.46	0.18	0.15	0.05
20 - 29.....	67.3	2.66	0.38	9.3	0.78	3.32	0.58	1.29	0.28	1.30	0.25	0.72	0.23	0.64	0.19
30 - 39.....	46.1	1.48	0.32	5.7	0.74	2.64	0.76	0.86	0.31	1.08	0.31	0.81	0.29	0.85	0.33
40 - 49.....	55.3	2.30	0.29	7.8	0.90	2.10	0.75	0.95	0.47	0.86	0.23	0.42	0.19	1.78	0.58
50 - 59.....	75.8	3.41	0.31	8.6	0.69	3.99	0.77	1.37	0.38	1.65	0.29	0.88	0.22	0.73	0.33
60 - 69.....	41.3	3.19	0.48	5.2	0.86	1.95	0.54	0.81	0.29	0.86	0.26	0.62	0.30	0.77	0.29
70 and over....	36.3	1.22	0.22	4.6	0.57	2.14	0.50	0.67	0.25	0.83	0.20	0.64	0.23	0.54	0.21
20 and over...	18.3	1.32	0.20	2.9	0.36	0.71	0.36	0.33	0.20	0.31	0.14	0.18	0.09	0.54	0.17
Males and females:															
2 and over...	15.6	0.94	0.13	2.6	0.26	0.71	0.25	0.24	0.11	0.29	0.09	0.25	0.09	0.43	0.11

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

DATA SOURCE: What We Eat in America, NHANES, 2003-2004, individuals 2 years and over (excluding breast-fed children), Day 1 dietary sampling weights.

CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2007. Nutrient Intakes from Food: Mean Amounts and Percentages of Calories from Protein, Carbohydrate, Fat, and Alcohol, One Day, 2003-2004. Available: www.ars.usda.gov/ba/bhnrc/fsrg.