

**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, 2003-2004**

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)
<b>Non-Hispanic White:</b>															
2 - 5.....	1694	58.2	13.9	233	55.1	61.1	32.2	23.2	12.3	22.5	11.8	10.5	5.5	#*	#*
6 - 11.....	2141	69.7	13.1	295	55.5	79.0	32.7	28.2	11.7	29.4	12.2	15.1	6.2	#*	#*
12 - 19.....	2345	82.1	14.2	309	53.4	87.6	33.1	30.5	11.5	32.4	12.3	17.8	6.7	#2.5	#0.4
20 and over....	2226	83.1	15.3	269	48.9	85.4	34.2	28.4	11.4	32.0	12.7	17.9	7.2	11.3	3.0
2 and over...	2208	80.8	14.9	274	50.2	84.0	33.9	28.4	11.5	31.4	12.6	17.4	7.0	9.0	2.3
<b>Non-Hispanic Black:</b>															
2 - 5.....	1762	59.4	13.8	235	53.4	66.9	33.8	23.1	11.7	25.1	12.7	12.7	6.4	#*	#*
6 - 11.....	2068	69.8	13.8	279	54.0	77.1	33.2	26.6	11.4	28.8	12.4	15.0	6.5	#*	#*
12 - 19.....	2341	78.1	13.3	314	54.5	87.1	32.8	28.9	10.8	33.0	12.4	17.9	6.8	#1.2	#0.3
20 and over....	2125	77.1	14.9	257	49.2	81.5	33.7	25.9	10.6	31.0	12.8	17.7	7.4	10.5	3.2
2 and over...	2127	75.3	14.5	267	50.8	80.9	33.5	26.2	10.8	30.6	12.7	17.1	7.2	7.3	2.2
<b>Mexican American:</b>															
2 - 5.....	1733	59.0	13.7	243	56.2	61.1	31.5	22.4	11.6	21.9	11.3	11.6	5.9	#*	#*
6 - 11.....	2193	76.9	14.2	295	53.8	81.2	33.2	29.0	11.9	29.9	12.2	15.5	6.3	#*	#*
12 - 19.....	2333	81.3	14.0	308	53.8	86.9	32.7	28.6	10.7	32.7	12.3	18.5	7.0	#2.6	#0.6
20 and over....	2386	90.6	15.5	303	51.1	85.7	32.2	28.2	10.7	32.6	12.1	17.6	6.7	9.9	2.4
2 and over...	2296	84.7	15.0	297	52.3	83.1	32.4	27.9	10.9	31.3	12.1	16.9	6.6	6.7	1.6
<b>All Individuals<sup>1</sup>:</b>															
2 - 5.....	1719	59.2	13.9	236	55.1	62.0	32.2	23.1	12.0	22.7	11.7	11.1	5.7	#*	#*
6 - 11.....	2115	71.1	13.6	289	54.9	77.9	32.7	27.6	11.6	28.9	12.2	15.0	6.3	#*	#*
12 - 19.....	2341	81.4	14.0	310	53.7	87.2	32.9	29.8	11.3	32.5	12.3	17.9	6.8	#2.2	0.4
20 and over....	2216	82.9	15.3	269	49.3	84.0	33.7	27.7	11.1	31.6	12.6	17.7	7.2	11.2	3.0
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.

<sup>1</sup>"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

**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, by Race/Ethnicity and Age, One Day, 2003-2004. Available: [www.ars.usda.gov/ba/bhnrc/fsrg](http://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, 2003-2004**

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)
<b>Non-Hispanic White:</b>															
2 - 5.....	37.6	1.36	0.16	5.0	0.80	2.60	0.78	1.10	0.37	1.11	0.34	0.38	0.16	*	*
6 - 11.....	59.9	2.29	0.27	7.6	0.60	3.23	0.56	1.37	0.35	1.24	0.23	0.86	0.23	*	*
12 - 19.....	56.1	2.49	0.23	7.7	0.54	2.65	0.45	1.03	0.16	0.99	0.16	0.59	0.17	1.21	0.13
20 and over....	22.0	1.27	0.16	3.4	0.35	1.02	0.32	0.38	0.17	0.40	0.13	0.34	0.11	0.75	0.20
2 and over...	21.2	1.14	0.14	3.5	0.27	0.85	0.29	0.26	0.13	0.34	0.12	0.30	0.10	0.52	0.15
<b>Non-Hispanic Black:</b>															
2 - 5.....	72.1	2.94	0.37	8.7	0.56	3.28	0.56	1.30	0.27	1.44	0.37	0.66	0.22	*	*
6 - 11.....	68.8	2.08	0.34	9.8	0.56	3.03	0.56	0.92	0.18	1.18	0.27	0.84	0.23	*	*
12 - 19.....	63.3	2.97	0.28	8.3	0.32	2.26	0.14	0.81	0.14	0.90	0.11	0.68	0.19	0.44	0.13
20 and over....	54.7	2.53	0.32	8.2	0.64	2.49	0.46	0.83	0.13	0.97	0.20	0.62	0.18	1.34	0.41
2 and over...	38.2	1.75	0.24	5.7	0.49	1.96	0.37	0.60	0.11	0.75	0.16	0.53	0.14	0.90	0.29
<b>Mexican American:</b>															
2 - 5.....	64.4	3.70	0.44	10.0	0.97	2.37	0.72	1.17	0.32	0.79	0.28	0.46	0.25	*	*
6 - 11.....	96.3	3.46	0.31	14.0	0.75	3.69	0.42	1.29	0.23	1.49	0.14	0.85	0.21	*	*
12 - 19.....	82.0	2.96	0.12	10.5	0.27	3.25	0.34	1.14	0.14	1.40	0.17	0.61	0.20	0.97	0.26
20 and over....	55.6	2.65	0.32	8.9	1.02	2.85	0.59	1.09	0.29	1.20	0.33	0.73	0.15	1.20	0.28
2 and over...	39.1	2.01	0.23	5.6	0.69	2.09	0.39	0.80	0.19	0.90	0.23	0.47	0.10	0.79	0.19
<b>All Individuals<sup>1</sup>:</b>															
2 - 5.....	25.7	1.32	0.19	3.0	0.59	1.85	0.56	0.75	0.26	0.78	0.25	0.32	0.12	*	*
6 - 11.....	48.0	1.64	0.21	6.6	0.34	2.27	0.33	0.86	0.22	0.89	0.15	0.66	0.16	0.01	*
12 - 19.....	40.3	1.86	0.19	5.4	0.39	1.85	0.35	0.67	0.13	0.75	0.14	0.44	0.14	0.81	0.09
20 and over....	16.5	1.09	0.15	2.6	0.31	0.85	0.28	0.33	0.14	0.34	0.11	0.28	0.11	0.68	0.18
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.  
<sup>1</sup>"All individuals" includes "Other Hispanic" and "Other race" categories not presented separately.

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