

**Table 72 (page 1 of 2). Mean energy and macronutrient intake among persons 20 years of age and over, by sex and age: United States, selected years 1971–1974 through 2005–2008**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2011.htm#072>.

[Data are based on dietary recall interviews of a sample of the civilian noninstitutionalized population]

Sex and age	1971–1974	1976–1980	1988–1994	1999–2002	2005–2008
Mean energy intake in kilocalories (kcal)					
Male, age-adjusted <sup>1</sup>	2,450	2,439	2,592	2,570	2,656
Male, crude	2,461	2,459	2,648	2,593	2,672
20–39 years	2,784	2,753	2,964	2,854	2,946
40–59 years	2,303	2,315	2,567	2,601	2,702
60–74 years	1,918	1,906	2,104	2,124	2,170
75 years and over	---	---	1,814	1,876	1,941
Female, age-adjusted <sup>1</sup>	1,542	1,522	1,762	1,837	1,811
Female, crude	1,540	1,525	1,772	1,832	1,803
20–39 years	1,652	1,643	1,956	2,031	1,973
40–59 years	1,510	1,473	1,734	1,823	1,798
60–74 years	1,325	1,322	1,520	1,582	1,605
75 years and over	---	---	1,401	1,435	1,466
Percent kcal from carbohydrates					
Male, age-adjusted <sup>1</sup>	42.4	42.6	48.5	49.1	47.4
Male, crude	42.4	42.7	48.4	49.0	47.4
20–39 years	42.2	43.1	48.1	50.1	48.0
40–59 years	41.6	41.5	47.8	47.7	46.5
60–74 years	44.8	44.1	49.7	48.9	47.3
75 years and over	---	---	50.9	50.8	49.0
Female, age-adjusted <sup>1</sup>	45.4	46.0	51.0	51.7	49.5
Female, crude	45.5	46.1	51.0	51.7	49.4
20–39 years	45.8	46.0	50.6	52.6	50.0
40–59 years	44.4	45.0	50.0	50.4	48.0
60–74 years	46.8	48.6	52.6	51.4	49.9
75 years and over	---	---	54.2	53.5	52.6
Percent kcal from protein					
Male, age-adjusted <sup>1</sup>	16.5	16.1	15.5	15.3	15.6
Male, crude	16.4	16.0	15.4	15.3	15.6
20–39 years	16.1	15.8	15.0	14.8	15.5
40–59 years	16.9	16.3	15.7	15.5	15.5
60–74 years	16.5	16.3	15.9	16.2	16.2
75 years and over	---	---	16.3	15.7	15.7
Female, age-adjusted <sup>1</sup>	16.9	16.0	15.4	15.1	15.8
Female, crude	16.8	16.0	15.4	15.1	15.9
20–39 years	16.4	15.8	14.8	14.6	15.4
40–59 years	17.3	16.3	15.6	15.3	16.4
60–74 years	17.0	16.1	16.4	16.0	15.9
75 years and over	---	---	15.9	15.3	15.6
Percent kcal from total fat					
Male, age-adjusted <sup>1</sup>	36.9	36.7	33.8	33.0	33.6
Male, crude	36.9	36.7	33.9	33.0	33.6
20–39 years	37.0	36.2	34.0	32.1	32.7
40–59 years	36.9	37.2	34.2	33.7	34.1
60–74 years	36.4	36.8	32.9	33.8	34.2
75 years and over	---	---	32.9	33.5	34.1
Female, age-adjusted <sup>1</sup>	36.1	36.0	33.2	33.2	33.8
Female, crude	36.0	35.9	33.2	33.2	33.8
20–39 years	36.3	36.0	33.6	32.5	33.6
40–59 years	36.3	36.4	34.0	33.9	34.2
60–74 years	34.9	34.7	31.6	33.4	34.2
75 years and over	---	---	31.5	32.8	32.5
Percent kcal from saturated fat					
Male, age-adjusted <sup>1</sup>	13.5	13.2	11.3	10.8	11.1
Male, crude	13.5	13.2	11.4	10.8	11.1
20–39 years	13.6	13.1	11.5	10.7	11.0
40–59 years	13.5	13.4	11.3	10.8	11.2
60–74 years	13.3	13.1	10.9	10.7	11.2
75 years and over	---	---	11.2	10.8	11.5
Female, age-adjusted <sup>1</sup>	13.0	12.5	11.1	10.7	11.3
Female, crude	12.9	12.5	11.1	10.7	11.3
20–39 years	13.0	12.6	11.4	10.8	11.2
40–59 years	13.1	12.6	11.3	10.9	11.5
60–74 years	12.4	11.8	10.4	10.5	11.3
75 years and over	---	---	10.5	10.2	10.9

See footnotes at end of table.

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- - - Data not available.

<sup>1</sup>Age-adjusted to the 2000 standard population using four age groups: 20–39 years, 40–59 years, 60–74 years, and 75 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See [Appendix II, Age adjustment](#).

NOTES: Estimates of energy intake include kilocalories from all foods and beverages, including alcoholic beverages, consumed during the preceding 24 hours. Individuals who reported no energy intake were excluded. Starting in 2001, data collection method also included a second-day recall that was conducted by telephone (Day 2 file). This table includes only data collected in the Mobile Examination Center (MEC) (Day 1 file) to calculate dietary intake. Standard errors are available in the spreadsheet version of this table. Available from: <http://www.cdc.gov/nchs/hus.htm>. Data for additional years are available. See [Appendix III](#).

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey. U.S. Department of Agriculture, Agriculture Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group, What We Eat in America. See [Appendix I, National Health and Nutrition Examination Survey \(NHANES\)](#).