

Table 66. Mean macronutrient intake among adults aged 20 and over, by sex and age: United States, selected years 1971–1974 through 2007–2010

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2012.htm#066>.

[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	2003–2006	2007–2010
Percent kcal from carbohydrates						
Male, age-adjusted ¹	42.4	42.6	48.5	49.5	47.8	47.9
Male, crude	42.4	42.7	48.4	49.4	47.7	47.9
20–39 years	42.2	43.1	48.1	50.6	48.7	48.9
40–59 years	41.6	41.5	47.8	48.1	46.5	46.7
60–74 years	44.8	44.1	49.7	49.1	47.1	47.0
75 years and over	---	---	50.9	51.0	50.3	50.4
Female, age-adjusted ¹	45.4	46.0	51.0	51.9	49.9	50.8
Female, crude	45.5	46.1	51.0	51.9	49.9	50.7
20–39 years	45.8	46.0	50.6	52.9	50.4	51.4
40–59 years	44.4	45.0	50.0	50.6	48.7	50.3
60–74 years	46.8	48.6	52.6	51.3	50.2	49.9
75 years and over	---	---	54.2	53.7	52.4	51.6
Percent kcal from protein						
Male, age-adjusted ¹	16.5	16.1	15.5	15.4	15.6	16.0
Male, crude	16.4	16.0	15.4	15.4	15.6	16.0
20–39 years	16.1	15.8	15.0	14.9	15.5	15.7
40–59 years	16.9	16.3	15.7	15.5	15.6	16.2
60–74 years	16.5	16.3	15.9	16.3	16.1	16.3
75 years and over	---	---	16.3	15.7	15.8	15.9
Female, age-adjusted ¹	16.9	16.0	15.4	15.2	15.6	15.6
Female, crude	16.8	16.0	15.4	15.2	15.6	15.6
20–39 years	16.4	15.8	14.8	14.8	15.2	15.2
40–59 years	17.3	16.3	15.6	15.2	15.8	15.8
60–74 years	17.0	16.1	16.4	16.1	15.9	15.9
75 years and over	---	---	15.9	15.3	15.5	15.7
Percent kcal from total fat						
Male, age-adjusted ¹	36.9	36.7	33.8	33.0	33.6	33.2
Male, crude	36.9	36.7	33.9	33.0	33.6	33.2
20–39 years	37.0	36.2	34.0	32.0	32.5	32.0
40–59 years	36.9	37.2	34.2	33.6	34.4	34.0
60–74 years	36.4	36.8	32.9	33.7	34.5	34.3
75 years and over	---	---	32.9	33.2	33.3	33.2
Female, age-adjusted ¹	36.1	36.0	33.2	33.1	33.9	33.1
Female, crude	36.0	35.9	33.2	33.1	33.9	33.2
20–39 years	36.3	36.0	33.6	32.3	33.6	32.6
40–59 years	36.3	36.4	34.0	33.9	34.2	33.2
60–74 years	34.9	34.7	31.6	33.4	34.2	34.1
75 years and over	---	---	31.5	32.6	32.9	33.4
Percent kcal from saturated fat						
Male, age-adjusted ¹	13.5	13.2	11.3	10.7	11.1	10.8
Male, crude	13.5	13.2	11.4	10.7	11.1	10.9
20–39 years	13.6	13.1	11.5	10.8	10.9	10.4
40–59 years	13.5	13.4	11.3	10.8	11.3	11.2
60–74 years	13.3	13.1	10.9	10.6	11.3	11.0
75 years and over	---	---	11.2	10.7	11.2	10.9
Female, age-adjusted ¹	13.0	12.5	11.1	10.7	11.3	10.9
Female, crude	12.9	12.5	11.1	10.7	11.3	10.9
20–39 years	13.0	12.6	11.4	10.8	11.2	10.8
40–59 years	13.1	12.6	11.3	10.8	11.5	10.8
60–74 years	12.4	11.8	10.4	10.5	11.2	11.2
75 years and over	---	---	10.5	10.1	10.8	11.0

--- Data not available.

¹Estimates are age-adjusted to the year 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: Starting in 2001, 24-hour dietary recall data were collected in the mobile examination center (day 1 file) and on a second day by telephone interview (day 2 file). For comparability across survey years, this table is based on day 1 data only. It is recognized that usual intake of macronutrients based on 2 or more days of dietary data would be more precise (Freedman LS, Guenther PM, Dodd KW, Krebs-Smith SM, Midthune D. The population distribution of ratios of usual intakes of dietary components that are consumed every day can be estimated from repeated 24-hour recalls. *J Nutr* 2010 Jan;140(1):111–6.) Two days of data are available only in later years of the continuous NHANES survey. Thus, in order to present trends, macronutrient intake estimates on a given day are presented in this table. This table excludes individuals who reported no energy intake. Energy intake included kilocalories from all foods and beverages, including alcoholic beverages, consumed during the previous 24-hour period. Macronutrients (carbohydrates, protein, and fat) do not sum to 100% because information for alcohol is not shown in the table. Standard errors are available in the spreadsheet version of this table. Available from: <http://www.cdc.gov/nchs/hus.htm>.

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 \(NHANES\)](#).