

Table McrNutr. Mean macronutrient intake among adults aged 20 and over, by sex and age: United States, selected years 1988–1994 through 2015–2018

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hsu/contents2020-2021.htm#Table-McrNutr>

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

Sex and age	1988–1994	1999–2002	2003–2006	2011–2014	2015–2018
Percent kcal from carbohydrates					
Both sexes, age adjusted ¹	49.8	50.7	48.9	48.6	46.7
Both sexes, crude	49.8	50.7	48.9	48.5	46.7
20–44 years	49.2	51.3	49.3	48.8	46.4
45–64 years	49.7	49.3	47.5	47.9	46.6
65–74 years	51.1	50.5	49.2	48.2	46.8
75 years and over	53.0	52.6	51.5	50.5	48.5
Male, age adjusted ¹	48.5	49.5	47.8	47.5	45.9
Male, crude	48.4	49.4	47.7	47.4	45.9
20–44 years	48.1	50.2	48.4	47.5	45.7
45–64 years	48.3	48.0	46.3	47.2	45.9
65–74 years	49.4	49.4	47.6	46.6	46.1
75 years and over	50.9	51.0	50.3	49.0	47.0
Female, age adjusted ¹	51.0	51.9	49.9	49.7	47.4
Female, crude	51.0	51.9	49.9	49.6	47.4
20–44 years	50.3	52.5	50.2	50.0	47.2
45–64 years	51.0	50.6	48.7	48.6	47.2
65–74 years	52.5	51.4	50.6	49.6	47.3
75 years and over	54.2	53.7	52.4	51.6	49.5
Percent kcal from protein					
Both sexes, age adjusted ¹	15.5	15.3	15.6	15.8	15.8
Both sexes, crude	15.4	15.3	15.6	15.8	15.8
20–44 years	15.0	14.9	15.3	15.7	16.0
45–64 years	15.9	15.6	16.0	15.8	15.7
65–74 years	16.2	16.3	15.9	16.3	16.1
75 years and over	16.0	15.4	15.6	15.7	15.0
Male, age adjusted ¹	15.5	15.4	15.6	16.1	16.0
Male, crude	15.4	15.4	15.6	16.1	16.0
20–44 years	15.0	15.0	15.4	16.1	16.3
45–64 years	15.9	15.7	15.8	16.0	15.8
65–74 years	15.9	16.3	16.0	16.6	15.9
75 years and over	16.3	15.7	15.8	16.1	14.8
Female, age adjusted ¹	15.5	15.2	15.6	15.5	15.7
Female, crude	15.4	15.2	15.6	15.6	15.7
20–44 years	14.9	14.8	15.2	15.3	15.7
45–64 years	15.9	15.5	16.1	15.7	15.7
65–74 years	16.5	16.3	15.9	16.1	16.2
75 years and over	15.9	15.3	15.5	15.3	15.0
Percent kcal from total fat					
Both sexes, age adjusted ¹	33.5	33.0	33.7	33.6	35.8
Both sexes, crude	33.5	33.0	33.7	33.7	35.9
20–44 years	34.0	32.4	33.1	33.2	35.5
45–64 years	33.4	33.9	34.6	34.0	35.8
65–74 years	32.3	33.4	34.3	34.4	36.5
75 years and over	32.0	32.8	33.1	33.7	36.8
Male, age adjusted ¹	33.8	33.0	33.5	33.6	35.5
Male, crude	33.9	33.0	33.6	33.6	35.6
20–44 years	34.1	32.2	32.6	33.0	35.0
45–64 years	33.9	34.0	34.8	34.1	35.5
65–74 years	33.0	33.4	34.5	34.5	36.7
75 years and over	33.0	33.2	33.3	34.1	37.6
Female, age adjusted ¹	33.2	33.1	33.8	33.7	36.1
Female, crude	33.2	33.1	33.9	33.7	36.1
20–44 years	33.9	32.6	33.6	33.5	36.1
45–64 years	32.9	33.9	34.4	33.9	36.1
65–74 years	31.6	33.3	34.1	34.2	36.3
75 years and over	31.5	32.6	32.9	33.4	36.2

See footnotes at end of table.

Table McrNutr. Mean macronutrient intake among adults aged 20 and over, by sex and age: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2020-2021.htm#Table-McrNutr>

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

Sex and age	1988–1994	1999–2002	2003–2006	2011–2014	2015–2018
Percent kcal from saturated fat					
Both sexes, age adjusted ¹	11.2	10.7	11.2	10.8	11.6
Both sexes, crude	11.2	10.7	11.2	10.8	11.7
20–44 years	11.5	10.8	11.1	10.7	11.5
45–64 years	11.1	10.8	11.4	10.8	11.6
65–74 years	10.7	10.5	11.2	10.8	11.8
75 years and over	10.7	10.3	11.0	11.1	12.2
Male, age adjusted ¹	11.3	10.7	11.1	10.8	11.6
Male, crude	11.4	10.7	11.1	10.8	11.6
20–44 years	11.5	10.8	11.0	10.6	11.5
45–64 years	11.2	10.7	11.3	10.9	11.4
65–74 years	10.9	10.6	11.2	11.0	11.9
75 years and over	11.2	10.7	11.2	11.1	12.7
Female, age adjusted ¹	11.1	10.7	11.2	10.8	11.7
Female, crude	11.1	10.7	11.3	10.8	11.7
20–44 years	11.4	10.8	11.2	10.8	11.6
45–64 years	10.9	10.9	11.5	10.7	11.7
65–74 years	10.4	10.4	11.3	10.6	11.7
75 years and over	10.5	10.1	10.8	11.0	11.9

¹Estimates are age adjusted to the year 2000 standard population using four age groups: 20–44 years, 45–64 years, 65–74 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 Sources and Definitions, Age adjustment.

NOTES: Starting in 2001, 24-hour dietary recall data are collected in a mobile examination center (day 1 file) and by telephone interview on a second day (day 2 file). For comparability across survey years, this table is based on day 1 data only, with recognition that usual intake of macronutrients based on 2 days or more of dietary data would be more precise; see 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* 140(1):111–6. 2010. This table excludes both people who reported no energy intake and people who did not meet the minimum criteria for reliable dietary recall. Energy intake includes 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. For earlier data years, see *Health, United States, 2013*, Table 67. Standard errors and data for additional years are available in the Excel spreadsheet version of this table on the *Health, United States* website at: <https://www.cdc.gov/nchs/hus/index.htm>.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, and U.S. Department of Agriculture, Agriculture Research Service. Beltsville Human Nutrition Research Center, Food Surveys Research Group, What We Eat in America. See Sources and Definitions, National Health and Nutrition Examination Survey (NHANES).