

Table 1. Mean<sup>1</sup> intakes of Energy and macronutrients by children: What We Eat in America, NHANES 2001-2002, Day-1 data

Age-gender categories	Sample size	Energy (kcal)	% Energy from total fat	% Energy from saturated fat	% Energy from carbohydrate	% Energy from protein	Total fat (g)	Saturated fat (g)	Carbohydrate (g)	Protein (g)
1-2, All	597	1453	33	12.9	54	14.8	53	21	195	53
3-5, All	549	1698	32	11.7	56	13.5	61	22	237	57
6-11, All	1136	1986	33	11.6	55	13.6	73	26	272	67
12-15, Males	552	2449	32	11.4	55	14.2	89	32	331	88
12-15, Females	636	1948	32	11.2	56	13.5	71	25	268	65
16-19, Males	587	2920	31	10.7	54	13.7	104	36	391	99
16-19, Females	522	2034	32	10.7	56	13.1	73	25	280	66

<sup>1</sup>Data weighted to represent the U.S. population. Breastfed children excluded.

Data source: What We Eat in America, NHANES 2001-2002, Day 1

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group

Table 2. Mean<sup>1</sup> intakes of Energy and macronutrients by children: What We Eat in America, NHANES 2003-2004, Day-1 data

Age-gender categories	Sample size	Energy (kcal)	% Energy from total fat	% Energy from saturated fat	% Energy from carbohydrate	% Energy from protein	Total fat (g)	Saturated fat (g)	Carbohydrate (g)	Protein (g)
1-2, All	555	1458	33	13.2	54	14.7	53	21	197	53
3-5, All	501	1793	32	11.9	55	13.7	65	24	247	61
6-11, All	900	2115	33	11.6	55	13.6	78	28	289	71
12-15, Males	539	2494	33	11.3	54	14.0	94	32	332	87
12-15, Females	523	1978	34	11.6	54	13.8	76	26	263	67
16-19, Males	566	2816	32	11.1	53	14.8	102	35	367	101
16-19, Females	534	2036	33	11.0	54	13.6	76	25	272	69

<sup>1</sup>Data weighted to represent the U.S. population. Breastfed children excluded.

Data source: What We Eat in America, NHANES 2003-2004, Day 1

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group

Table 3. Mean<sup>1</sup> intakes of Energy and macronutrients by children: What We Eat in America, NHANES 2005-2006, Day-1 data

Age-gender categories	Sample size	Energy (kcal)	% Energy from total fat	% Energy from saturated fat	% Energy from carbohydrate	% Energy from protein	Total fat (g)	Saturated fat (g)	Carbohydrate (g)	Protein (g)
1-2, All	599	1361	32	12.8	54	15.0	49	19	184	50
3-5, All	595	1605	31	11.2	56	13.9	57	21	224	55
6-11, All	1012	1985	34	12.0	54	13.6	76	27	265	67
12-15, Males	522	2507	33	11.6	54	14.5	94	33	329	92
12-15, Females	521	1873	33	11.5	55	13.5	70	24	253	63
16-19, Males	530	2932	33	11.7	52	14.8	109	38	378	108
16-19, Females	542	1939	34	11.5	53	13.8	74	25	252	66

<sup>1</sup>Data weighted to represent the U.S. population. Breastfed children excluded.

Data source: What We Eat in America, NHANES 2005-2006, Day 1

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group