Percentage of total energy intake from protein, by dietary age-sex reference intake group, household population aged 4 and over, Canadian Community Health Survey (CCHS 2.2), Quebec

	Mean	Percentile						
		5th	10th	25th	50th	75th	90th	95th
4 to 8 years, both sexes								
Percentage of total energy intake from protein	14.79	11.68	12.26	13.30	14.55	15.90	17.22	18.05
Low 95% confidence interval	14.20	10.97	11.56	12.58	13.77	15.00	16.13	16.82
High 95% confidence interval	15.37	12.38	12.97	14.02	15.33	16.81	18.30	19.28
9 to 13 years, males								
Percentage of total energy intake from protein	15.22	11.38	12.09	13.37	14.95	16.77	18.65	19.90
Low 95% confidence interval	13.95	10.20	10.90	12.10	13.50	15.00	16.46	17.38
High 95% confidence interval	16.48	12.55	13.28	14.64	16.41	18.53	20.83	22.43
9 to 13 years, females								
Percentage of total energy intake from protein	13.95	10.60	11.25	12.37	13.70	15.12	16.52	17.41
Low 95% confidence interval	13.27	9.75	10.43	11.56	12.81	14.11	15.34	16.11
High 95% confidence interval	14.64	11.45	12.07	13.19	14.58	16.14	17.69	18.70
14 to 18 years, males								
Percentage of total energy intake from protein	14.63	10.83	11.49	12.74	14.46	16.46	18.72	20.36
Low 95% confidence interval	13.56	9.73	10.38	11.61	13.22	14.88	16.43	17.42
High 95% confidence interval	15.71	11.94	12.60	13.88	15.69	18.05	21.00	23.29
14 to 18 years, females								
Percentage of total energy intake from protein	14.45	10.42	11.11	12.43	14.04	15.88	17.84	19.12
Low 95% confidence interval	13.55	9.21	9.90	11.24	12.81	14.60	16.40	17.50
High 95% confidence interval	15.35	11.62	12.32	13.62	15.27	17.17	19.28	20.74
19 to 30 years, males								
Percentage of total energy intake from protein	14.30	10.83	11.48	12.63	14.05	15.68	17.35	18.47
Low 95% confidence interval	13.25	9.78	10.42	11.48	12.73	14.11	15.46	16.31
High 95% confidence interval	15.36	11.87	12.54	13.77	15.37	17.25	19.24	20.62
19 to 30 years, females								
Percentage of total energy intake from protein	15.15	11.43	12.23	13.60	15.13	16.68	18.15	19.11
Low 95% confidence interval	14.05	10.00	10.87	12.28	13.79	15.20	16.41	17.13
High 95% confidence interval	16.25	12.85	13.60	14.92	16.48	18.16	19.89	21.08
31 to 50 years, males								
Percentage of total energy intake from protein	16.05	12.57	13.27	14.49	15.97	17.62	19.25	20.30
Low 95% confidence interval	15.22	11.28	12.05	13.38	14.89	16.44	17.85	18.70
High 95% confidence interval	16.88	13.86	14.48	15.60	17.06	18.80	20.66	21.90
31 to 50 years, females								
Percentage of total energy intake from protein	16.86	11.92	12.81	14.47	16.52	18.73	20.86	22.22
Low 95% confidence interval	15.40	10.49	11.38	13.02	14.91	16.82	18.54	19.56
High 95% confidence interval	18.32	13.34	14.23	15.92	18.13	20.64	23.18	24.88
51 to 70 years, males								
Percentage of total energy intake from protein	16.07	12.91	13.50	14.54	15.82	17.29	18.84	19.88
Low 95% confidence interval	15.22	11.85	12.53	13.66	14.90	16.11	17.23	17.94
High 95% confidence interval	16.92	13.97	14.47	15.42	16.74	18.48	20.45	21.82
51 to 70 years, females								
Percentage of total energy intake from protein	16.74	13.35	14.02	15.20	16.60	18.12	19.59	20.53
Low 95% confidence interval	15.97	12.22	13.00	14.32	15.76	17.10	18.24	18.92
High 95% confidence interval	17.52	14.48	15.05	16.08	17.45	19.13	20.94	22.14

See footnotes at the end of the table.

Percentage of total energy intake from protein, by dietary age-sex reference intake group, household population aged 4 and over, Canadian Community Health Survey (CCHS 2.2), Quebec – continued

	Mean	Percentile						
		5th	10th	25th	50th	75th	90th	95th
71 years and over, males								
Percentage of total energy intake from protein	16.01	11.93	12.61	13.85	15.44	17.22	18.96	20.07
Low 95% confidence interval	14.63	10.34	10.98	12.15	13.57	15.08	16.46	17.27
High 95% confidence interval	17.40	13.52	14.23	15.56	17.32	19.37	21.46	22.87
71 years and over, females								
Percentage of total energy intake from protein	16.16	12.64	13.33	14.57	16.09	17.74	19.39	20.46
Low 95% confidence interval	15.41	11.71	12.38	13.59	15.02	16.52	17.95	18.87
High 95% confidence interval	16.91	13.57	14.27	15.55	17.15	18.97	20.82	22.05

1. The survey excludes from its target population those living in the three territories, individuals living on Indian reserves or on Crown lands, residents of institutions, full-time members of the Canadian Armed Forces and residents of certain remote regions.
2. The table excludes pregnant or breastfeeding females, subject to another set of nutritional recommendations. The sample of pregnant or breastfeeding females is not large enough to allow for reliable estimates.
3. Characteristics based on the first 24-hour dietary recall (first day of interview) only.
4. The intake distribution was adjusted to remove within individual variability using Software of Intake Distribution Estimation (SIDE) (Iowa State University, 1996) and the method presented in Nusser SM, Carriquirry AL, Dodd KW, Fuller WA. "A semiparametric approach to estimating usual daily intake distributions". Journal of American Statistical Association 1996;91:1440-1449.
5. AMDR is the Acceptable Macronutrient Distribution Range, expressed as a percentage of total energy intake. Intakes inside the range are associated with a reduced risk of chronic disease while providing adequate intakes of essentials nutrients.
6. The lower threshold for Acceptable Macronutrient Distribution Range (AMDR) for protein is 10%.
7. The upper threshold for Acceptable Macronutrient Distribution Range (AMDR) for protein is 30% for 4 to 18 year olds; 35% for 19 year olds and over.
8. Within individual variance was estimated at the national level and applied at the provincial level.
9. The dietary age-sex reference intake groups have been preferred to other classifications to respect established standards from the American Institute of Medicine.
10. When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate.
11. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
12. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
13. Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

Source: *Statistics Canada, Canadian Community Health Survey (CCHS 2.2), Nutrition, 2004 (CANSIM table 105-2015).*