

DATA TABLES:

Results from USDA's
1994-96 Continuing Survey of Food Intakes by Individuals
and
1994-96 Diet and Health Knowledge Survey

Table Set 10



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DATA TABLES:

Results from USDA's 1994-96 Continuing Survey of Food Intakes by Individuals and 1994-96 Diet and Health Knowledge Survey

Results from the combined 3 years of USDA's 10th nationwide food consumption survey are contained in this set of tables. In 1994-96, 16,103 people nationwide participated in the Continuing Survey of Food Intakes by Individuals (CSFII), popularly known as the *What We Eat in America Survey*. Participants recalled food intake information for 2 separate days. In addition, 5,765 of them age 20 years or older answered questions on their attitudes and knowledge about dietary guidance and health in the follow-up Diet and Health Knowledge Survey (DHKS).

The tables provide national probability estimates for the U.S. population. The results are weighted to adjust for differential rates of sample selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior. The design, methodology, and operation of the survey are detailed in a separate report [Tippett and Cypel (eds.) 1997], which is also available on Disk 1 of this CD-ROM set in the directory \dor94-96.

Sample sizes on which estimates are based are provided in appendix A. In general, the sample sizes for each sex-age group provide a sufficient level of precision to ensure statistical reliability of the estimates; see appendix B for the criteria used in flagging estimates. Readers using data for young children should note that breast-fed children have been excluded from estimates in the tables. For 1994-96, the overall day-1 response rate was 80.0 percent, the 2-day response rate was 76.1 percent, and the DHKS response rate was 73.5 percent.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can track trends over time from surveys with different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes. Notes to aid in interpretation of the tables are provided in appendixes C and D. References are in appendix E.

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Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>			<i>-----</i>		<i>Milligrams</i>
Males and females:								
Under 1.....	1.1	838	21.6	36.4	15.4	11.1	7.8	46
1-2.....	3.1	1,312	49.2	47.9	19.5	17.5	7.3	189
3-5.....	4.7	1,577	55.4	57.4	21.6	21.9	9.6	183
5 and under.....	8.9	1,393	49.1	51.5	20.1	19.0	8.6	168
Males:								
6-11.....	4.6	2,026	70.3	74.3	27.3	28.7	12.7	228
12-19.....	5.8	2,766	97.5	102.8	36.5	40.2	18.4	323
20-29.....	7.3	2,821	104.1	103.3	35.4	40.1	19.6	348
30-39.....	8.3	2,665	102.7	102.8	35.3	39.4	20.1	352
40-49.....	7.0	2,435	95.3	91.8	30.6	35.6	18.3	331
50-59.....	4.6	2,270	90.3	87.4	28.5	33.9	18.1	332
60-69.....	3.4	2,072	83.5	78.8	25.9	30.1	16.5	307
70 and over.....	3.4	1,834	72.9	68.6	22.8	26.4	13.9	270
20 and over.....	33.9	2,455	94.9	92.7	31.3	35.8	18.4	331
Females:								
6-11.....	4.4	1,807	62.4	66.1	24.2	25.5	11.5	200
12-19.....	5.6	1,910	65.3	69.3	24.5	26.6	12.9	216
20-29.....	7.0	1,841	65.9	65.9	22.3	25.2	13.5	219
30-39.....	8.8	1,710	65.3	63.2	21.3	24.1	12.8	217
40-49.....	6.9	1,682	63.5	63.5	21.0	24.0	13.6	222
50-59.....	5.2	1,600	64.1	59.4	19.1	22.6	13.1	209
60-69.....	4.1	1,489	60.4	55.2	17.9	20.8	12.1	218
70 and over.....	4.9	1,384	56.6	49.2	15.9	18.7	10.6	188
20 and over.....	36.8	1,646	63.2	60.5	20.0	23.0	12.8	213
All individuals.....	100.0	2,002	75.1	74.4	25.6	28.6	14.6	256

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		----- Micrograms retinol equivalents -----		----- Milligrams alpha-tocopherol equivalents -----		----- Milligrams -----
Males and females:							
Under 1.....	106.8	3.4	855	217	11.9	108	.90
1-2.....	175.9	8.8	717	263	4.6	99	1.11
3-5.....	215.6	10.7	789	274	5.4	96	1.34
5 and under.....	188.3	9.1	772	264	5.9	98	1.21
Males:							
6-11.....	276.3	13.6	950	291	6.9	101	1.76
12-19.....	366.1	17.4	1,086	411	9.3	119	2.13
20-29.....	344.9	18.3	994	432	10.0	120	2.04
30-39.....	322.3	19.4	1,069	529	10.9	107	2.01
40-49.....	294.7	18.3	1,134	546	9.5	105	1.89
50-59.....	273.1	18.5	1,194	590	9.7	110	1.80
60-69.....	252.5	18.5	1,281	666	9.4	105	1.76
70 and over.....	231.2	17.7	1,356	632	8.6	101	1.63
20 and over.....	298.8	18.6	1,133	544	9.9	109	1.90
Females:							
6-11.....	247.3	12.2	816	285	6.4	94	1.47
12-19.....	261.9	13.0	798	333	7.0	95	1.44
20-29.....	241.6	13.2	855	448	7.1	93	1.37
30-39.....	218.8	13.6	895	500	7.1	83	1.36
40-49.....	213.8	14.0	903	511	7.7	90	1.33
50-59.....	201.5	14.5	932	523	7.2	95	1.32
60-69.....	188.7	14.2	977	531	6.8	94	1.28
70 and over.....	183.5	14.2	1,099	567	6.4	95	1.24
20 and over.....	211.7	13.9	930	508	7.1	91	1.33
All individuals.....	255.4	15.1	982	463	8.0	100	1.59

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Males and females:							
Under 1.....	1.34	10.4	.65	118	2.52	664	526
1-2.....	1.69	12.5	1.28	177	3.23	848	961
3-5.....	1.79	16.0	1.44	215	3.45	819	1,027
5 and under.....	1.70	14.1	1.29	190	3.25	809	942
Males:							
6-11.....	2.26	21.4	1.84	283	4.49	970	1,275
12-19.....	2.58	27.8	2.21	319	5.85	1,145	1,633
20-29.....	2.38	30.9	2.30	316	6.16	990	1,619
30-39.....	2.34	29.6	2.29	312	7.61	951	1,581
40-49.....	2.18	27.6	2.11	293	6.48	876	1,467
50-59.....	2.10	26.6	2.07	291	7.00	791	1,386
60-69.....	2.08	24.9	2.08	292	5.89	796	1,315
70 and over.....	1.99	21.9	1.92	283	6.39	746	1,198
20 and over.....	2.22	27.8	2.17	301	6.69	886	1,474
Females:							
6-11.....	1.91	18.0	1.50	232	3.91	857	1,131
12-19.....	1.75	19.0	1.53	232	3.80	771	1,108
20-29.....	1.63	19.3	1.53	230	3.78	701	1,090
30-39.....	1.60	19.0	1.50	223	4.05	661	1,048
40-49.....	1.57	18.9	1.51	226	4.37	634	1,014
50-59.....	1.55	19.0	1.51	224	4.14	630	1,023
60-69.....	1.53	17.8	1.48	220	4.25	604	957
70 and over.....	1.53	17.5	1.53	232	4.66	584	918
20 and over.....	1.57	18.7	1.51	226	4.17	643	1,019
All individuals.....	1.92	22.0	1.77	257	5.02	801	1,224

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Males and females:						
Under 1.....	98	15.7	6.4	.7	458	1,070
1-2.....	186	10.5	7.4	.7	1,946	1,981
3-5.....	200	12.4	8.6	.8	2,468	2,026
5 and under.....	182	12.2	7.9	.8	2,037	1,891
Males:						
6-11.....	245	16.6	11.2	1.0	3,186	2,398
12-19.....	311	19.8	14.5	1.4	4,407	3,115
20-29.....	335	19.5	14.8	1.5	4,553	3,216
30-39.....	344	19.8	15.5	1.6	4,385	3,380
40-49.....	329	18.2	13.3	1.5	4,048	3,225
50-59.....	318	17.1	13.2	1.5	3,874	3,165
60-69.....	311	17.4	12.4	1.3	3,562	3,076
70 and over.....	283	16.3	11.3	1.3	3,120	2,822
20 and over.....	326	18.4	13.8	1.5	4,074	3,198
Females:						
6-11.....	218	13.7	9.5	.9	2,805	2,145
12-19.....	223	13.8	9.9	1.0	3,052	2,218
20-29.....	229	13.5	9.5	1.1	3,001	2,255
30-39.....	234	12.9	9.7	1.1	2,871	2,310
40-49.....	237	13.2	9.3	1.1	2,754	2,373
50-59.....	244	12.5	8.9	1.1	2,710	2,450
60-69.....	230	12.4	8.5	1.0	2,577	2,350
70 and over.....	225	12.4	8.3	1.0	2,370	2,283
20 and over.....	234	12.9	9.1	1.0	2,752	2,332
All individuals.....	264	15.4	11.1	1.2	3,271	2,620

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>----- Percent of RDA -----</i>							
Males and females:									
Under 1.....	1.1	110	158	228	345	330	251	293	185
1-2.....	3.1	101	308	179	77	248	158	211	139
3-5.....	4.7	98	266	170	80	221	162	182	147
5 and under.....	8.9	100	267	180	112	244	172	206	149
Males:									
6-11.....	4.6	99	240	137	93	221	172	185	160
12-19.....	5.8	99	184	109	93	213	150	155	148
20-29.....	7.3	97	172	99	100	199	136	140	162
30-39.....	8.3	92	163	107	109	179	134	138	156
40-49.....	7.0	84	151	113	95	175	126	128	145
50-59.....	4.6	96	143	119	97	183	146	146	172
60-69.....	3.4	90	133	128	94	175	147	149	166
70 and over.....	3.4	80	116	136	86	168	136	142	146
20 and over.....	33.9	91	152	113	99	182	136	139	157
Females:									
6-11.....	4.4	90	213	124	90	205	147	159	137
12-19.....	5.6	87	145	100	88	171	131	134	126
20-29.....	7.0	82	135	104	86	150	120	122	126
30-39.....	8.8	77	129	110	87	136	121	121	125
40-49.....	6.9	76	127	113	95	149	121	121	126
50-59.....	5.2	83	128	117	90	158	131	128	144
60-69.....	4.1	78	121	122	85	157	128	127	137
70 and over.....	4.9	73	113	137	80	158	124	127	135
20 and over.....	36.8	78	127	115	88	149	123	124	131
All individuals.....	100.0	88	161	121	94	179	137	143	144

Excludes breast-fed children.

Continued

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-96
--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percent of RDA</i> -----								
Males and females:								
Under 1.....	143	390	615	132	129	189	197	128
1-2.....	128	354	461	106	120	232	105	74
3-5.....	135	332	390	102	128	193	124	86
5 and under.....	134	347	443	107	126	206	127	87
Males:								
6-11.....	133	280	324	114	150	144	160	105
12-19.....	117	180	293	95	136	92	169	97
20-29.....	115	158	308	103	169	96	195	98
30-39.....	114	156	380	119	198	98	198	103
40-49.....	105	146	324	109	183	94	182	88
50-59.....	103	145	350	99	173	91	171	88
60-69.....	104	146	295	99	164	89	174	82
70 and over.....	96	141	320	93	150	81	163	76
20 and over.....	108	151	334	106	177	93	184	92
Females:								
6-11.....	112	231	286	101	133	128	129	92
12-19.....	104	138	190	64	92	77	91	82
20-29.....	93	121	186	71	110	80	87	76
30-39.....	92	120	201	81	128	83	85	79
40-49.....	94	125	218	79	126	85	87	77
50-59.....	95	125	207	79	128	87	120	74
60-69.....	92	122	213	75	120	82	124	71
70 and over.....	95	129	233	73	115	80	124	69
20 and over.....	93	123	208	77	122	83	100	75
All individuals.....	107	168	284	93	142	102	139	86

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3.--Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	----- Percentage of individuals -----							
Males and females:									
Under 1.....	1.1	57.2	80.1	94.6	93.4	† 99.0	† 95.4	† 98.5	91.9
1-2.....	3.1	43.7	98.8	77.5	18.9	81.5	85.4	95.0	71.0
3-5.....	4.7	39.5	98.9	72.2	22.3	79.0	86.4	90.0	79.4
5 and under.....	8.9	43.1	96.5	76.8	30.1	82.4	87.2	92.8	78.1
Males:									
6-11.....	4.6	41.7	97.4	61.1	30.8	77.0	89.7	91.2	84.4
12-19.....	5.8	39.4	90.4	35.9	35.3	67.5	76.0	76.8	75.8
20-29.....	7.3	35.4	84.7	30.4	35.4	59.3	64.0	62.5	77.0
30-39.....	8.2	32.5	84.2	36.8	39.3	59.7	65.8	67.6	81.4
40-49.....	6.9	26.4	82.8	41.3	40.3	58.9	65.0	66.1	76.4
50-59.....	4.6	39.0	78.2	40.0	35.2	59.8	77.0	74.1	85.5
60-69.....	3.4	32.5	75.9	48.6	30.2	65.5	77.2	78.1	87.7
70 and over.....	3.3	19.5	62.3	47.6	23.2	65.5	73.3	74.4	78.3
20 and over.....	33.9	31.5	80.2	39.1	35.6	60.6	68.7	68.8	80.3
Females:									
6-11.....	4.4	27.5	95.1	50.0	25.9	74.6	79.5	83.9	73.2
12-19.....	5.6	25.2	76.2	30.6	24.0	57.7	68.0	64.5	61.9
20-29.....	7.0	20.5	72.8	31.6	26.2	56.0	60.4	58.7	64.4
30-39.....	8.7	17.4	70.6	39.0	28.3	50.0	61.3	58.9	64.2
40-49.....	6.9	14.0	71.0	40.2	29.3	54.4	58.4	56.7	65.2
50-59.....	5.2	21.4	70.1	43.3	30.2	59.2	66.7	64.3	75.4
60-69.....	4.2	15.2	68.2	44.6	25.1	60.2	63.9	65.3	73.2
70 and over.....	4.8	12.4	58.9	49.3	20.9	62.8	66.1	66.9	68.9
20 and over.....	36.8	17.0	69.2	40.4	27.0	56.1	62.3	61.0	67.6
All individuals.....	100.0	27.6	79.4	43.8	30.6	62.5	69.8	70.0	74.0

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 3.--Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percentage of individuals</i> -----								
Males and females:								
Under 1.....	75.7	† 99.6	† 98.7	72.4	72.5	93.3	87.9	73.0
1-2.....	64.9	98.6	99.0	48.7	64.7	97.1	43.9	15.2
3-5.....	71.1	97.8	97.8	43.5	71.0	92.7	61.7	25.4
5 and under.....	69.5	98.3	98.3	48.9	69.0	94.3	58.9	27.8
Males:								
6-11.....	66.9	94.9	97.7	55.5	82.6	76.0	79.8	45.2
12-19.....	53.8	73.2	92.5	36.3	72.8	33.5	83.1	34.7
20-29.....	49.1	62.4	88.7	39.3	78.7	33.0	86.9	36.5
30-39.....	51.7	69.9	89.6	51.9	92.0	38.9	88.9	41.2
40-49.....	46.0	66.3	88.3	48.8	89.9	38.8	85.8	32.7
50-59.....	47.7	67.0	89.2	39.2	89.0	33.1	83.8	29.0
60-69.....	45.4	65.8	87.8	43.1	87.5	31.1	85.4	24.4
70 and over.....	38.1	65.7	83.8	38.8	83.4	21.3	78.5	14.5
20 and over.....	47.4	66.3	88.3	44.6	87.0	34.3	85.8	32.4
Females:								
6-11.....	53.7	90.1	94.0	42.5	71.8	67.4	60.9	30.4
12-19.....	42.3	58.2	73.9	13.4	33.6	17.7	27.5	23.8
20-29.....	34.7	52.4	70.4	16.9	52.3	21.2	25.9	19.6
30-39.....	36.5	52.0	71.9	25.3	71.0	24.9	26.6	20.6
40-49.....	33.2	51.9	70.3	23.9	68.4	26.2	22.1	18.3
50-59.....	37.8	54.6	69.6	23.3	70.3	27.2	55.2	16.1
60-69.....	33.8	55.3	70.2	20.7	64.1	22.5	59.3	13.3
70 and over.....	39.6	58.9	70.6	20.8	61.9	23.5	59.2	12.4
20 and over.....	35.8	53.7	70.6	22.0	64.9	24.3	37.7	17.4
All individuals.....	46.4	66.8	82.8	34.9	72.6	38.4	60.9	26.6

† See "Statistical notes," Appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 4.--Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>Percent of kilocalories</i>						
Males and females:								
Under 1.....	1.1	9.9	39.7	16.7	12.0	8.6	50.8	† *
1-2.....	3.1	15.0	32.2	13.3	11.7	4.9	54.2	*
3-5.....	4.7	14.2	32.4	12.2	12.3	5.4	55.0	*
5 and under.....	8.9	13.9	33.2	13.2	12.1	5.6	54.2	*
Males:								
6-11.....	4.6	14.0	32.5	12.0	12.6	5.5	54.8	*
12-19.....	5.8	14.4	33.1	11.7	13.0	5.9	53.2	† .4
20-29.....	7.3	15.2	32.4	11.1	12.6	6.2	49.8	3.4
30-39.....	8.3	15.9	34.0	11.5	13.0	6.7	48.8	2.4
40-49.....	7.0	16.0	33.1	11.0	12.9	6.6	49.2	2.8
50-59.....	4.6	16.3	33.8	11.0	13.1	7.1	48.7	2.5
60-69.....	3.4	16.6	33.5	11.0	12.8	6.9	49.3	2.1
70 and over.....	3.4	16.3	33.0	11.0	12.7	6.6	50.9	1.6
20 and over.....	33.9	16.0	33.3	11.2	12.9	6.6	49.3	2.6
Females:								
6-11.....	4.4	14.0	32.6	12.0	12.6	5.7	54.9	*
12-19.....	5.6	14.0	32.2	11.3	12.3	6.0	55.0	† .2
20-29.....	7.0	14.7	31.8	10.8	12.1	6.5	53.0	1.9
30-39.....	8.8	15.7	32.4	10.9	12.3	6.7	51.8	1.5
40-49.....	6.9	15.6	33.4	11.0	12.5	7.3	51.1	1.4
50-59.....	5.2	16.5	32.4	10.5	12.2	7.1	51.2	1.6
60-69.....	4.1	16.7	32.6	10.6	12.3	7.1	51.2	1.3
70 and over.....	4.9	16.7	31.4	10.2	11.9	6.6	53.3	.5
20 and over.....	36.8	15.9	32.4	10.7	12.2	6.8	51.9	1.4
All individuals.....	100.0	15.4	32.8	11.3	12.5	6.4	51.8	1.4

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>----- Percent of individuals -----</i>		
Males and females:				
Under 1.....	1.1	8.4	† 2.9	† 97.4
1-2.....	3.1	35.1	18.5	84.8
3-5.....	4.7	32.5	23.0	87.5
5 and under.....	8.9	30.4	18.9	87.8
Males:				
6-11.....	4.6	30.3	24.9	80.1
12-19.....	5.8	30.3	27.5	55.8
20-29.....	7.3	29.3	34.1	53.1
30-39.....	8.2	28.1	30.7	52.6
40-49.....	6.9	27.4	31.7	53.5
50-59.....	4.6	28.0	35.2	54.2
60-69.....	3.4	33.9	42.1	58.1
70 and over.....	3.3	34.4	41.6	67.1
20 and over.....	33.9	29.4	34.5	55.1
Females:				
6-11.....	4.4	33.9	23.2	85.4
12-19.....	5.6	35.3	33.5	80.8
20-29.....	7.0	40.1	42.3	77.0
30-39.....	8.7	35.9	39.7	80.9
40-49.....	6.9	30.5	38.5	76.0
50-59.....	5.2	36.5	46.0	80.7
60-69.....	4.2	38.0	46.1	78.7
70 and over.....	4.8	42.2	47.9	84.5
20 and over.....	36.8	36.8	42.7	79.4
All individuals.....	100.0	32.9	34.7	70.9

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	13.5	19.2	10.8	11.0	11.9	12.2	20.8
1-2.....	23.1	21.2	35.9	13.7	20.2	27.1	32.0
3-5.....	24.0	20.2	40.5	14.6	18.0	29.6	33.7
5 and under.....	22.4	20.4	35.2	13.9	18.0	26.6	31.5
Males:							
6-11.....	22.6	18.9	39.8	14.1	17.3	29.4	32.5
12-19.....	19.4	16.7	32.6	14.6	17.5	26.0	26.1
20-29.....	16.3	14.4	23.5	12.2	14.3	21.8	19.8
30-39.....	18.0	14.5	22.6	8.5	16.0	17.6	21.3
40-49.....	18.8	15.8	23.6	11.5	17.2	20.0	21.6
50-59.....	21.4	18.0	25.8	10.9	19.3	21.9	24.4
60-69.....	24.7	20.7	27.4	11.4	20.9	26.8	28.0
70 and over.....	28.1	24.8	32.1	14.7	24.1	31.4	32.4
20 and over.....	19.9	16.9	24.9	11.2	17.7	21.9	23.2
Females:							
6-11.....	22.0	17.7	36.3	13.5	16.4	27.5	30.2
12-19.....	18.2	15.0	27.9	12.7	15.2	23.5	25.0
20-29.....	18.4	15.6	25.3	11.5	14.6	22.3	22.8
30-39.....	19.9	15.8	23.1	9.8	16.3	17.6	22.7
40-49.....	20.3	16.5	22.2	10.4	15.5	19.1	22.1
50-59.....	22.9	19.3	23.6	10.1	17.3	21.7	25.2
60-69.....	23.8	20.1	25.2	12.4	18.8	25.3	25.8
70 and over.....	28.4	25.2	29.3	13.1	20.4	31.4	32.0
20 and over.....	21.7	18.1	24.5	11.0	16.8	22.0	24.5
All individuals.....	20.9	17.6	27.4	11.9	17.1	23.3	25.4

Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96
--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	19.2	19.1	15.5	13.2	12.4	15.2	15.1
1-2.....	34.0	27.8	33.1	38.6	28.9	28.9	26.7
3-5.....	36.3	28.6	34.8	40.6	30.2	31.7	27.7
5 and under.....	33.4	27.1	31.8	36.5	27.5	28.7	25.8
Males:							
6-11.....	35.3	27.9	34.2	41.1	28.7	29.9	25.7
12-19.....	28.6	21.4	25.8	31.4	23.9	24.4	21.4
20-29.....	21.2	15.3	18.6	22.6	16.7	19.4	16.4
30-39.....	22.9	16.8	17.8	21.8	18.6	20.9	17.4
40-49.....	22.9	17.7	18.6	23.0	18.9	22.3	18.6
50-59.....	25.7	19.8	20.7	25.5	20.3	23.8	20.4
60-69.....	29.8	23.0	25.3	29.1	25.8	27.8	24.0
70 and over.....	33.5	27.1	30.0	34.7	26.7	30.7	26.6
20 and over.....	24.7	18.7	20.5	24.7	20.0	22.9	19.4
Females:							
6-11.....	32.9	25.6	31.7	37.0	27.5	28.5	24.3
12-19.....	26.5	20.4	23.2	28.9	21.0	23.0	19.8
20-29.....	24.8	18.6	21.6	25.4	21.9	22.7	18.9
30-39.....	24.4	18.5	19.0	23.4	20.2	22.8	19.1
40-49.....	23.6	19.4	19.8	23.1	19.7	22.3	19.1
50-59.....	25.9	20.6	21.5	25.1	20.7	25.8	21.5
60-69.....	27.4	22.2	22.8	27.2	21.8	25.6	22.0
70 and over.....	31.9	26.6	29.2	33.5	26.6	29.6	25.5
20 and over.....	25.9	20.5	21.8	25.7	21.5	24.3	20.6
All individuals.....	27.1	21.1	23.6	28.0	22.2	24.6	21.0

Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- <i>Percent</i> -----						
Males and females:						
Under 1.....	15.4	21.3	13.0	12.8	12.5	12.8
1-2.....	25.3	35.8	27.0	20.2	20.5	23.2
3-5.....	25.7	35.5	27.8	19.2	20.3	23.9
5 and under.....	24.3	33.8	25.7	18.7	19.4	22.3
Males:						
6-11.....	24.0	33.3	25.1	17.8	19.0	22.3
12-19.....	20.5	25.9	19.6	16.4	16.9	19.8
20-29.....	16.8	19.1	14.4	13.7	13.2	16.9
30-39.....	18.4	20.2	15.6	14.5	14.4	17.3
40-49.....	20.4	21.6	15.9	15.8	15.2	19.9
50-59.....	22.2	23.7	18.1	17.4	17.1	21.0
60-69.....	25.9	29.2	21.2	19.5	18.6	23.9
70 and over.....	29.2	34.3	24.3	22.7	20.8	26.2
20 and over.....	20.8	23.0	17.2	16.3	15.7	19.8
Females:						
6-11.....	23.0	31.2	24.0	17.2	18.4	21.7
12-19.....	18.9	24.2	19.1	15.3	15.5	18.0
20-29.....	19.2	22.5	17.7	15.4	13.9	19.1
30-39.....	20.5	21.9	17.4	16.3	14.8	19.2
40-49.....	22.0	22.1	17.1	16.8	14.4	21.4
50-59.....	24.3	25.1	19.0	18.7	16.6	22.5
60-69.....	25.3	27.3	19.9	19.1	17.1	23.6
70 and over.....	29.5	33.7	23.8	23.5	19.7	26.1
20 and over.....	22.8	24.7	18.8	17.8	15.7	21.5
All individuals.....	22.0	25.6	19.4	17.1	16.4	20.7

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating snacks	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>								
<i>----- Percent -----</i>									
Males and females:									
Under 1.....	1.1	49.5	17.5	16.8	18.9	19.2	18.8	18.4	16.6
1-2.....	3.1	88.9	24.1	18.0	22.5	23.7	22.0	20.0	16.0
3-5.....	4.7	86.8	21.3	13.9	20.1	20.6	20.0	19.4	13.2
5 and under.....	8.9	82.9	21.8	15.7	20.8	21.5	20.5	19.5	14.6
Males:									
6-11.....	4.6	82.7	20.5	13.0	19.3	19.2	19.1	19.3	12.3
12-19.....	5.8	78.9	19.5	12.6	16.9	17.0	16.8	17.3	11.2
20-29.....	7.3	73.6	18.2	11.1	14.6	15.2	14.3	14.6	9.7
30-39.....	8.3	74.1	15.5	8.4	12.5	13.4	12.1	12.0	7.8
40-49.....	7.0	72.3	15.5	8.9	12.7	13.7	12.8	11.3	8.2
50-59.....	4.6	73.1	15.4	8.8	12.9	13.7	12.8	12.2	8.0
60-69.....	3.4	74.6	15.0	8.9	12.9	13.8	12.9	11.7	7.6
70 and over.....	3.4	66.7	12.2	7.0	10.9	11.3	10.9	10.1	6.7
20 and over.....	33.9	72.8	15.7	9.0	12.9	13.7	12.8	12.2	8.2
Females:									
6-11.....	4.4	81.2	19.9	11.9	18.8	19.2	18.6	18.9	12.5
12-19.....	5.6	76.5	21.2	13.1	19.1	19.6	18.9	18.5	12.9
20-29.....	7.0	72.3	17.0	10.5	14.3	15.1	14.4	13.1	9.9
30-39.....	8.8	76.0	16.9	10.0	13.9	14.6	13.8	13.4	8.5
40-49.....	6.9	76.1	17.1	9.7	15.2	16.0	15.1	14.1	8.7
50-59.....	5.2	74.7	15.2	9.1	12.6	13.6	12.3	11.6	7.5
60-69.....	4.1	77.3	15.1	8.4	12.9	13.8	12.7	12.2	8.1
70 and over.....	4.9	65.2	12.3	6.9	10.9	12.1	10.8	9.5	6.4
20 and over.....	36.8	73.9	15.9	9.3	13.5	14.4	13.4	12.6	8.3
All individuals.....	100.0	75.5	17.2	10.5	15.0	15.7	14.8	14.3	9.6

Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	16.8	10.3	16.3	9.4	18.7	17.9	15.3
1-2.....	26.7	20.3	17.4	16.6	22.3	26.0	19.2
3-5.....	24.1	20.7	14.4	15.6	20.5	20.8	14.9
5 and under.....	24.1	19.5	15.7	15.4	20.9	22.2	16.4
Males:							
6-11.....	23.2	19.3	14.5	15.7	19.0	17.9	14.2
12-19.....	22.8	17.8	13.2	14.7	18.0	16.8	13.9
20-29.....	20.3	15.2	12.4	11.8	14.8	15.5	12.5
30-39.....	18.5	13.2	12.0	9.3	12.5	12.3	10.6
40-49.....	18.1	12.7	10.7	9.5	11.8	11.3	10.6
50-59.....	18.2	13.0	9.8	9.4	12.3	12.9	10.6
60-69.....	17.5	13.3	9.6	8.6	12.0	11.9	10.3
70 and over.....	13.6	10.0	8.0	8.0	10.5	10.3	7.9
20 and over.....	18.2	13.2	10.9	9.7	12.6	12.6	10.7
Females:							
6-11.....	22.7	17.8	14.0	14.2	18.8	16.6	14.0
12-19.....	24.2	18.6	15.8	16.3	17.9	17.4	14.6
20-29.....	19.3	14.0	11.9	11.0	13.4	14.4	11.9
30-39.....	19.9	14.8	12.4	13.0	14.2	15.3	11.9
40-49.....	20.1	14.7	11.6	11.4	14.4	14.2	11.7
50-59.....	17.8	13.0	9.8	8.9	12.1	13.8	10.8
60-69.....	18.2	13.1	10.9	9.0	12.3	13.6	10.5
70 and over.....	14.6	9.8	8.2	7.6	10.1	11.0	8.5
20 and over.....	18.7	13.5	11.1	10.6	13.0	14.0	11.1
All individuals.....	19.9	14.9	12.1	11.7	14.7	14.9	12.1

Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	16.5	15.0	16.5	17.3	18.8	18.2	17.2
1-2.....	22.0	14.8	19.4	18.1	19.8	24.9	21.7
3-5.....	17.2	12.3	15.3	15.3	14.2	18.7	17.0
5 and under.....	18.7	13.5	16.8	16.5	16.7	20.7	18.6
Males:							
6-11.....	15.9	12.8	14.0	14.8	11.8	16.8	15.7
12-19.....	15.4	12.5	13.7	14.9	11.2	16.6	15.4
20-29.....	15.2	12.2	14.0	15.5	11.3	17.0	15.3
30-39.....	13.8	9.8	10.9	13.1	8.9	14.7	12.3
40-49.....	13.4	9.6	10.9	12.2	9.1	15.0	12.5
50-59.....	13.0	9.3	11.1	11.5	8.8	14.3	12.1
60-69.....	12.5	9.3	10.7	11.4	8.6	14.8	11.9
70 and over.....	9.9	6.9	8.0	8.2	7.1	11.8	9.4
20 and over.....	13.4	9.9	11.3	12.5	9.3	14.9	12.6
Females:							
6-11.....	15.3	11.8	12.7	13.9	11.6	15.8	14.6
12-19.....	17.0	12.3	14.5	15.0	13.4	17.9	16.6
20-29.....	14.9	10.7	12.0	13.1	10.9	15.9	14.2
30-39.....	14.6	10.7	12.6	14.0	9.6	15.2	13.7
40-49.....	14.6	10.0	10.8	12.6	9.2	15.9	13.6
50-59.....	13.5	9.3	10.9	11.8	9.3	14.7	12.3
60-69.....	13.0	8.5	10.7	11.2	8.8	14.9	11.7
70 and over.....	10.3	6.7	8.3	8.1	7.6	12.2	9.4
20 and over.....	13.7	9.6	11.1	12.2	9.4	15.0	12.8
All individuals.....	14.5	10.6	12.2	13.2	10.5	15.8	13.8

Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- <i>Percent</i> -----						
Males and females:						
Under 1.....	15.6	15.6	17.7	16.8	16.9	17.0
1-2.....	22.6	16.8	18.0	21.7	16.3	23.6
3-5.....	19.5	14.2	14.2	20.7	14.1	19.2
5 and under.....	20.1	15.3	16.0	20.5	15.2	20.5
Males:						
6-11.....	18.6	14.5	14.1	19.5	14.0	16.8
12-19.....	18.4	13.9	13.5	19.1	13.4	16.4
20-29.....	17.7	12.2	12.2	17.2	12.2	15.0
30-39.....	15.0	10.2	9.8	14.3	9.1	12.8
40-49.....	14.9	10.3	9.9	14.1	9.1	13.0
50-59.....	14.5	9.8	9.7	13.8	9.1	13.1
60-69.....	13.8	9.5	9.5	13.7	8.6	12.5
70 and over.....	10.4	7.6	7.5	10.3	7.2	9.9
20 and over.....	14.9	10.3	10.1	14.4	9.5	13.0
Females:						
6-11.....	17.1	13.8	12.4	18.3	13.6	15.5
12-19.....	18.8	15.0	14.3	19.3	14.5	17.2
20-29.....	16.5	11.7	12.2	16.2	10.4	14.7
30-39.....	16.2	11.9	11.2	16.0	10.4	15.0
40-49.....	15.9	11.8	11.3	16.0	10.6	14.4
50-59.....	14.4	10.6	10.7	14.6	9.2	13.7
60-69.....	13.9	10.4	9.7	13.8	8.9	13.0
70 and over.....	10.7	7.5	7.8	10.7	6.8	10.5
20 and over.....	14.9	10.9	10.7	14.9	9.6	13.8
All individuals.....	16.1	11.8	11.5	16.1	11.0	14.7

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating away	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>								
Males and females:									
Under 1.....	1.1	16.2	4.1	4.1	3.7	† 3.4	3.8	3.8	† 3.4
1-2.....	3.1	36.7	13.7	13.8	14.6	13.8	15.3	15.6	13.7
3-5.....	4.7	54.0	21.8	21.9	23.4	23.4	23.8	22.7	23.1
5 and under.....	8.9	43.3	16.8	16.9	17.9	17.6	18.4	17.9	17.6
Males:									
6-11.....	4.6	67.5	27.0	27.1	28.5	29.2	28.7	27.2	27.8
12-19.....	5.8	72.0	33.2	31.9	34.9	35.5	35.6	33.5	32.8
20-29.....	7.3	71.2	40.0	39.3	41.2	40.9	41.9	40.8	39.9
30-39.....	8.3	66.9	31.4	30.7	32.5	32.2	32.8	32.9	31.5
40-49.....	7.0	66.2	29.6	28.8	31.5	31.3	32.0	31.3	31.2
50-59.....	4.6	59.1	26.7	26.6	28.4	28.1	28.5	28.8	28.5
60-69.....	3.4	47.9	20.0	20.6	21.8	21.6	22.1	21.7	22.4
70 and over.....	3.4	31.3	14.2	14.8	15.6	15.2	15.8	15.8	16.6
20 and over.....	33.9	61.2	29.4	29.0	30.9	30.6	31.2	30.9	30.4
Females:									
6-11.....	4.4	66.2	30.5	30.4	31.7	32.6	32.1	29.8	30.4
12-19.....	5.6	64.3	32.3	31.3	34.1	34.1	34.7	33.5	31.8
20-29.....	7.0	63.0	34.3	34.2	36.4	36.0	36.7	36.8	35.4
30-39.....	8.8	56.5	26.6	26.2	28.2	27.9	28.4	28.7	28.2
40-49.....	6.9	54.6	25.4	25.5	26.6	26.4	26.9	26.8	26.9
50-59.....	5.2	52.0	23.0	23.7	25.4	25.2	25.6	25.5	25.7
60-69.....	4.1	39.9	17.6	18.1	19.7	19.5	19.8	19.9	20.1
70 and over.....	4.9	26.9	12.5	13.1	14.0	13.4	14.4	14.4	14.5
20 and over.....	36.8	51.0	24.5	24.6	26.2	25.9	26.5	26.5	26.3
All individuals.....	100.0	57.1	26.8	26.6	28.3	28.2	28.7	28.2	27.9

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	4.5	7.5	† 3.7	6.1	† 3.2	† 3.8	4.0
1-2.....	13.3	14.6	11.0	14.2	14.6	11.5	12.5
3-5.....	20.9	20.9	17.5	21.9	21.4	17.5	18.9
5 and under.....	16.3	17.4	13.5	17.6	16.8	13.7	14.9
Males:							
6-11.....	26.3	27.1	22.3	27.0	26.2	22.6	22.7
12-19.....	32.7	31.9	26.6	30.9	32.2	28.5	29.3
20-29.....	38.9	38.6	33.7	38.0	38.5	35.2	36.5
30-39.....	30.9	29.5	26.7	30.2	31.0	27.6	28.4
40-49.....	28.4	26.3	24.5	27.4	28.8	23.9	26.6
50-59.....	25.6	24.7	24.0	26.0	26.7	23.0	25.1
60-69.....	18.2	17.7	18.2	20.4	20.1	15.2	18.1
70 and over.....	12.6	12.3	12.1	14.9	14.5	11.3	12.4
20 and over.....	28.3	27.2	25.1	28.2	28.8	25.0	26.7
Females:							
6-11.....	30.0	30.2	28.1	31.1	30.0	26.6	27.7
12-19.....	31.5	31.0	27.1	31.5	32.2	28.0	28.8
20-29.....	32.5	32.8	30.1	34.6	35.1	30.4	32.0
30-39.....	25.6	25.3	23.6	25.9	26.9	23.9	24.0
40-49.....	24.2	23.9	22.4	24.5	25.9	23.2	23.3
50-59.....	21.2	21.5	20.7	23.0	24.2	19.7	21.4
60-69.....	15.7	15.1	16.0	18.0	18.1	14.1	16.0
70 and over.....	11.1	11.4	11.1	12.8	13.0	9.3	10.9
20 and over.....	23.0	22.9	21.7	24.3	25.1	21.4	22.4
All individuals.....	25.7	25.4	23.0	26.2	26.7	23.0	24.2

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	† 3.8	4.1	4.6	4.3	† 3.2	† 3.2	3.7
1-2.....	11.3	14.0	12.2	11.9	12.2	11.6	12.8
3-5.....	18.8	19.9	18.2	17.5	20.5	20.1	21.0
5 and under.....	14.3	15.9	14.4	13.9	15.5	15.1	16.0
Males:							
6-11.....	24.0	23.5	22.2	20.9	26.4	27.2	26.4
12-19.....	29.6	30.4	28.6	28.1	32.1	31.9	31.8
20-29.....	35.8	38.9	37.1	36.3	38.4	36.7	38.3
30-39.....	27.8	29.9	28.3	28.3	30.3	28.7	30.3
40-49.....	26.1	28.4	26.2	25.6	28.8	26.7	28.0
50-59.....	24.5	26.3	24.7	24.6	26.3	24.6	25.8
60-69.....	17.9	19.8	18.5	17.6	20.6	17.5	19.2
70 and over.....	11.9	13.8	12.3	11.4	14.5	11.8	13.3
20 and over.....	26.2	28.4	26.7	26.2	28.7	26.6	28.1
Females:							
6-11.....	29.1	27.6	26.5	25.8	30.7	32.4	30.9
12-19.....	28.3	30.0	28.2	28.0	30.6	30.8	30.9
20-29.....	31.4	33.7	31.8	31.0	32.4	31.6	32.8
30-39.....	23.5	25.4	24.0	23.9	25.1	23.8	25.2
40-49.....	23.2	24.4	23.4	23.3	23.8	23.9	24.7
50-59.....	20.9	22.9	21.3	20.3	23.3	20.8	22.4
60-69.....	15.5	17.4	15.9	15.3	17.5	15.4	16.6
70 and over.....	10.4	12.1	11.2	10.0	12.2	10.4	11.8
20 and over.....	21.9	23.8	22.4	21.8	23.4	22.2	23.4
All individuals.....	23.9	25.5	24.0	23.4	25.8	24.8	25.7

† See "Statistical notes," appendix B.
Excludes breast-fed children.

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	4.4	† 3.7	3.8	4.2	5.1	4.1
1-2.....	12.6	12.7	12.8	14.0	14.6	13.2
3-5.....	20.1	18.9	20.3	21.1	22.2	21.1
5 and under.....	15.6	14.9	15.7	16.5	17.4	16.3
Males:						
6-11.....	25.6	23.0	25.4	26.6	27.1	27.3
12-19.....	30.4	29.8	31.3	32.1	33.0	31.7
20-29.....	37.7	36.9	38.6	38.7	39.3	38.1
30-39.....	29.5	29.4	30.0	30.1	31.4	30.1
40-49.....	27.1	27.2	28.4	27.7	30.1	27.7
50-59.....	24.8	25.1	25.5	25.3	27.9	25.3
60-69.....	18.4	18.7	19.9	18.9	20.7	18.9
70 and over.....	12.3	12.5	14.1	13.5	15.3	13.3
20 and over.....	27.3	27.2	28.3	28.0	29.7	27.9
Females:						
6-11.....	29.6	26.7	29.1	29.9	30.3	30.8
12-19.....	29.9	28.5	29.5	31.4	31.9	31.0
20-29.....	32.2	32.2	33.1	33.2	35.1	32.8
30-39.....	24.5	24.6	25.2	25.4	26.9	25.3
40-49.....	23.0	23.0	23.9	23.7	26.2	23.8
50-59.....	20.7	21.8	22.9	22.2	24.5	20.9
60-69.....	15.3	16.1	17.2	16.1	18.1	15.6
70 and over.....	11.0	11.1	12.0	11.9	13.0	11.4
20 and over.....	22.3	22.6	23.5	23.3	25.2	22.9
All individuals.....	24.8	24.4	25.5	25.7	27.1	25.5

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9.1.--Grain products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
<i>Percent</i>		<i>----- Grams -----</i>									
Males and females:											
Under 1.....	1.1	56	† 3	30	† 1	† 2	† 1	† 1	3	† 1	18
1-2.....	3.1	206	21	59	14	13	12	11	18	7	89
3-5.....	4.7	254	35	66	21	14	10	14	28	11	101
5 and under.....	8.9	213	26	59	16	13	9	11	22	8	86
Males:											
6-11.....	4.6	308	45	81	32	16	17	20	41	15	106
12-19.....	5.8	406	54	82	29	26	17	26	49	19	175
20-29.....	7.3	410	60	91	15	39	30	22	36	19	181
30-39.....	8.3	391	63	81	16	35	20	23	48	15	161
40-49.....	7.0	353	65	92	14	31	32	26	46	13	112
50-59.....	4.6	324	62	84	15	29	19	28	46	14	90
60-69.....	3.4	308	65	92	17	23	20	24	42	11	74
70 and over.....	3.4	292	58	98	19	18	14	18	50	7	62
20 and over.....	33.9	360	62	89	16	31	24	24	44	14	127
Females:											
6-11.....	4.4	275	43	62	20	13	15	20	41	13	97
12-19.....	5.6	306	40	67	17	19	22	15	37	15	132
20-29.....	7.0	284	40	66	15	29	16	15	34	11	118
30-39.....	8.8	261	45	61	11	21	18	15	31	12	97
40-49.....	6.9	263	47	66	12	26	16	18	37	11	84
50-59.....	5.2	245	50	61	11	16	11	18	33	10	73
60-69.....	4.1	230	48	61	12	14	13	15	37	8	61
70 and over.....	4.9	230	47	71	15	12	10	15	37	5	54
20 and over.....	36.8	256	46	64	13	21	15	16	34	10	85
All individuals.....	100.0	302	50	74	16	23	18	19	38	12	109

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9.2.--Vegetables: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
		<i>Percent</i>			<i>Grams</i>						
Males and females:											
Under 1.....	1.1	52	5	† 1	† 2	16	† *	0	8	4	17
1-2.....	3.1	82	28	13	4	6	9	1	8	9	17
3-5.....	4.7	89	36	18	4	5	12	3	5	10	15
5 and under.....	8.9	82	29	14	4	7	9	2	6	9	16
Males:											
6-11.....	4.6	114	50	27	4	5	16	6	5	12	17
12-19.....	5.8	176	86	44	6	6	28	12	† 3	10	25
20-29.....	7.3	216	85	44	9	5	40	16	6	13	42
30-39.....	8.3	247	90	37	16	7	36	20	9	15	54
40-49.....	7.0	239	74	27	14	9	39	19	8	20	56
50-59.....	4.6	265	79	23	17	10	40	21	12	22	64
60-69.....	3.4	262	70	19	18	13	42	19	11	14	75
70 and over.....	3.4	246	67	13	15	15	32	15	15	18	70
20 and over.....	33.9	243	80	31	14	9	38	18	9	17	57
Females:											
6-11.....	4.4	117	43	25	5	4	14	8	6	13	24
12-19.....	5.6	145	61	31	9	4	18	12	4	8	28
20-29.....	7.0	169	54	25	9	9	28	15	7	9	39
30-39.....	8.8	188	55	19	15	10	29	18	8	13	40
40-49.....	6.9	194	48	16	14	12	27	21	6	11	54
50-59.....	5.2	205	49	12	16	11	30	20	7	11	62
60-69.....	4.1	211	49	9	18	10	30	16	11	10	68
70 and over.....	4.9	207	47	6	18	11	29	12	10	14	65
20 and over.....	36.8	193	51	16	15	10	29	17	8	11	52
All individuals.....	100.0	189	61	24	12	8	28	15	7	13	45

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9.3.--Fruits: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<i>Percent</i>		<i>----- Grams -----</i>								
Males and females:											
Under 1.....	1.1	131	† 1	† *	0	130	15	7	† 1	44	64
1-2.....	3.1	269	57	50	2	209	24	21	8	23	132
3-5.....	4.7	213	60	50	1	150	26	14	12	20	78
5 and under.....	8.9	222	51	44	1	168	24	15	9	24	95
Males:											
6-11.....	4.6	177	65	58	† *	108	29	11	13	19	36
12-19.....	5.8	174	102	94	† 1	70	13	8	† 11	10	29
20-29.....	7.3	163	99	93	† *	63	12	10	9	11	21
30-39.....	8.3	145	71	62	† 1	72	15	15	10	17	16
40-49.....	7.0	168	70	59	† 1	92	14	20	19	19	20
50-59.....	4.6	182	73	61	† 1	107	22	22	22	22	18
60-69.....	3.4	190	68	54	2	116	22	28	27	28	11
70 and over.....	3.4	212	78	59	4	129	24	31	22	30	22
20 and over.....	33.9	170	78	67	1	89	17	19	16	19	18
Females:											
6-11.....	4.4	165	62	53	*	100	21	7	9	23	39
12-19.....	5.6	157	72	67	† *	83	13	5	15	14	35
20-29.....	7.0	138	68	62	† *	66	10	11	8	14	23
30-39.....	8.8	132	52	45	† 1	77	15	15	17	13	18
40-49.....	6.9	153	63	51	† 1	89	19	16	23	19	11
50-59.....	5.2	167	68	54	1	97	20	23	25	22	7
60-69.....	4.1	186	72	54	1	111	24	21	28	25	13
70 and over.....	4.9	192	77	57	2	111	22	26	18	31	13
20 and over.....	36.8	156	65	53	1	88	17	18	19	19	15
All individuals.....	100.0	169	70	60	1	96	18	16	16	19	27

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9.4.--Milk and milk products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
		<i>Percent</i>	<i>Grams</i>							
Males and females:										
Under 1.....	1.1	749	743	57	39	† 16	0	† *	† 4	† 1
1-2.....	3.1	474	449	412	262	135	11	11	14	10
3-5.....	4.7	392	354	319	142	149	22	8	24	12
5 and under.....	8.9	465	436	318	170	128	15	8	18	10
Males:										
6-11.....	4.6	448	400	334	117	174	33	6	35	11
12-19.....	5.8	409	358	303	100	157	40	† 3	29	19
20-29.....	7.3	240	192	176	59	81	33	4	22	21
30-39.....	8.3	262	201	172	61	82	25	10	33	21
40-49.....	7.0	254	197	178	52	82	40	7	34	18
50-59.....	4.6	223	172	153	33	76	41	5	31	14
60-69.....	3.4	238	182	166	41	76	47	5	35	15
70 and over.....	3.4	263	205	187	46	97	41	3	37	14
20 and over.....	33.9	248	193	172	52	82	36	6	31	18
Females:										
6-11.....	4.4	382	337	285	107	138	28	3	30	13
12-19.....	5.6	268	219	189	67	91	30	† 4	29	14
20-29.....	7.0	208	172	145	58	44	41	7	17	16
30-39.....	8.8	198	156	128	30	64	31	13	21	17
40-49.....	6.9	179	134	116	31	50	34	10	25	14
50-59.....	5.2	195	149	120	20	46	50	17	27	16
60-69.....	4.1	194	149	128	24	57	43	11	26	14
70 and over.....	4.9	209	165	149	30	73	45	7	28	11
20 and over.....	36.8	197	154	131	33	55	39	11	23	15
All individuals.....	100.0	274	227	191	65	88	35	8	27	16

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9.5.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>	<i>----- Grams -----</i>									
Males and females:											
Under 1.....	1.1	27	† 1	† *	† *	† 1	† 2	† 3	† 2	† *	20
1-2.....	3.1	88	7	4	† *	† *	16	15	14	4	42
3-5.....	4.7	108	11	5	† *	† *	20	18	17	4	47
5 and under.....	8.9	91	8	4	† *	† *	16	15	14	3	42
Males:											
6-11.....	4.6	152	19	7	† *	† *	23	22	20	7	70
12-19.....	5.8	250	30	12	† 1	0	28	31	26	8	135
20-29.....	7.3	297	37	12	† 2	† 1	28	37	29	8	168
30-39.....	8.3	283	46	15	† 2	† *	31	35	30	18	131
40-49.....	7.0	277	38	15	† 1	† 1	31	35	27	12	138
50-59.....	4.6	262	35	17	† 2	† 1	28	31	25	19	124
60-69.....	3.4	238	29	15	† 1	† 1	23	25	21	18	117
70 and over.....	3.4	197	20	16	† 2	† 1	21	21	18	14	97
20 and over.....	33.9	269	37	15	2	1	28	32	27	14	135
Females:											
6-11.....	4.4	131	17	5	† *	† *	18	20	17	5	63
12-19.....	5.6	158	21	5	† *	† *	15	21	19	6	85
20-29.....	7.0	172	19	7	† 2	† *	15	23	21	9	96
30-39.....	8.8	172	20	10	† *	† *	18	21	19	9	87
40-49.....	6.9	164	19	10	† 1	† *	14	22	18	9	86
50-59.....	5.2	170	18	11	† 1	† *	14	26	20	14	83
60-69.....	4.1	161	17	11	1	† 1	17	20	17	12	79
70 and over.....	4.9	149	13	10	† 1	† 1	12	22	19	12	77
20 and over.....	36.8	166	18	10	1	*	15	22	19	10	86
All individuals.....	100.0	197	24	10	1	1	21	25	21	10	99

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i>		<i>Grams</i>								
Males and females:										
Under 1.....	1.1	4	153	†*	†*	†*	†*	† 1	†*	†*
1-2.....	3.1	16	18	3	3	1	1	17	*	4
3-5.....	4.7	12	10	5	4	2	2	33	1	8
5 and under.....	8.9	12	31	4	3	2	1	23	1	6
Males:										
6-11.....	4.6	12	12	5	8	3	4	40	1	13
12-19.....	5.8	22	17	5	12	3	9	35	2	13
20-29.....	7.3	27	28	4	15	3	10	23	4	9
30-39.....	8.3	21	41	4	19	5	10	25	4	6
40-49.....	7.0	23	29	4	19	5	11	23	5	7
50-59.....	4.6	24	30	5	20	5	11	25	6	5
60-69.....	3.4	27	41	4	19	6	10	26	6	5
70 and over.....	3.4	21	33	4	16	5	8	21	4	3
20 and over.....	33.9	24	33	4	18	5	10	24	5	7
Females:										
6-11.....	4.4	11	12	4	7	3	4	42	1	12
12-19.....	5.6	13	14	3	10	2	7	31	2	12
20-29.....	7.0	16	20	2	14	2	10	20	4	6
30-39.....	8.8	16	23	3	15	3	9	20	5	5
40-49.....	6.9	16	19	3	17	3	11	21	4	7
50-59.....	5.2	16	22	3	18	4	11	20	4	6
60-69.....	4.1	18	23	2	16	4	9	17	3	3
70 and over.....	4.9	14	21	3	14	5	7	20	3	3
20 and over.....	36.8	16	21	3	16	4	10	20	4	5
All individuals.....	100.0	18	25	4	14	4	8	25	3	7

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9.7.--Beverages: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>		<i>Grams</i>												
Males and females:														
Under 1.....	1.1	15	0	0	0	15	0	† 1	13	9	† 3	† 2	† 2	0
1-2.....	3.1	157	0	0	0	157	† *	19	95	82	11	43	39	4
3-5.....	4.7	272	0	0	0	272	† *	24	142	133	8	105	93	11
5 and under.....	8.9	200	0	0	0	200	† *	19	109	100	8	71	63	7
Males:														
6-11.....	4.6	417	† *	0	0	417	† 2	38	151	137	14	225	201	24
12-19.....	5.8	994	† 45	† 1	† 40	950	21	115	205	157	44	608	583	25
20-29.....	7.3	1,482	408	11	382	1,073	191	130	138	99	39	613	549	63
30-39.....	8.3	1,399	228	11	210	1,170	372	202	76	59	16	516	404	113
40-49.....	7.0	1,415	225	17	198	1,190	512	185	88	73	14	400	296	105
50-59.....	4.6	1,261	155	15	129	1,106	539	154	86	63	† 21	322	200	123
60-69.....	3.4	1,056	133	16	111	923	526	153	48	42	† 6	190	109	81
70 and over.....	3.4	738	63	11	45	674	402	122	40	30	† 10	108	63	45
20 and over.....	33.9	1,301	230	13	207	1,070	403	164	87	66	20	414	322	92
Females:														
6-11.....	4.4	364	† *	0	0	364	† 2	36	129	119	10	198	178	20
12-19.....	5.6	645	† 8	† 1	† 6	638	14	92	134	113	† 20	396	350	43
20-29.....	7.0	970	106	9	85	864	147	140	110	100	10	466	351	115
30-39.....	8.8	969	64	12	46	905	294	175	73	67	† 7	362	234	128
40-49.....	6.9	1,032	52	17	28	980	407	190	59	44	† 15	324	165	157
50-59.....	5.2	967	62	21	34	905	447	170	50	42	† 6	236	114	123
60-69.....	4.1	788	29	16	† 8	759	390	170	37	26	† 11	160	88	73
70 and over.....	4.9	613	12	† 6	† 4	601	349	135	37	32	† 4	77	47	29
20 and over.....	36.8	914	59	13	38	855	327	165	66	56	9	296	185	111
All individuals.....	100.0	924	103	10	87	821	259	133	95	79	15	332	253	78

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10.1.--Grain products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta			Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain	
				Total	Ready-to-eat cereals	Rice					Pasta
		<i>Percent</i>		----- <i>Percent</i> -----							
Males and females:											
Under 1.....	1.1	70.6	10.4	63.8	8.5	† 2.4	† 1.8	† 3.0	16.4	7.2	15.9
1-2.....	3.1	98.5	53.0	72.1	50.1	13.4	9.9	25.5	45.3	35.6	47.1
3-5.....	4.7	† 99.6	65.4	68.1	52.3	11.3	7.1	27.8	51.2	34.4	47.4
5 and under.....	8.9	95.6	54.2	68.9	46.1	10.9	7.4	23.9	44.8	31.4	43.4
Males:											
6-11.....	4.6	† 98.8	68.3	65.0	53.3	10.0	7.9	26.0	52.1	33.8	44.8
12-19.....	5.8	98.2	62.7	44.6	33.2	10.0	5.9	24.5	41.3	27.2	46.1
20-29.....	7.3	94.4	62.3	34.1	17.5	11.8	8.5	18.6	32.2	27.7	41.6
30-39.....	8.3	96.6	67.5	37.6	20.1	13.0	6.8	22.7	37.8	25.4	39.4
40-49.....	7.0	96.4	68.5	40.2	19.1	13.1	9.9	23.4	39.6	24.2	32.4
50-59.....	4.6	97.1	69.7	42.0	22.6	12.6	6.4	25.9	41.0	27.0	26.7
60-69.....	3.4	97.4	78.2	49.6	28.2	11.1	7.7	24.4	41.8	24.8	21.2
70 and over.....	3.4	98.6	76.3	60.4	38.2	7.5	5.1	21.9	47.9	24.3	19.7
20 and over.....	33.9	96.5	68.8	41.4	22.3	12.0	7.7	22.5	38.8	25.7	32.9
Females:											
6-11.....	4.4	† 99.3	70.7	59.1	45.3	9.5	7.3	27.0	54.8	35.6	45.5
12-19.....	5.6	97.6	60.8	45.9	30.2	8.6	9.3	19.9	40.7	30.9	46.1
20-29.....	7.0	95.6	59.7	41.7	23.6	13.5	6.8	19.7	35.9	24.6	40.2
30-39.....	8.8	96.1	64.6	38.8	20.5	11.5	8.2	21.3	38.1	29.8	38.0
40-49.....	6.9	96.6	66.1	40.2	19.6	12.9	8.2	23.3	40.3	27.5	30.8
50-59.....	5.2	97.9	72.6	41.7	22.0	10.2	6.6	23.4	38.2	26.5	28.0
60-69.....	4.1	98.0	73.2	46.8	26.9	8.9	6.9	21.6	42.4	29.3	21.1
70 and over.....	4.9	† 98.8	74.8	56.2	35.3	6.5	4.4	22.0	46.9	22.5	19.7
20 and over.....	36.8	96.9	67.4	43.2	23.8	11.0	7.1	21.8	39.8	26.9	31.3
All individuals.....	100.0	96.9	66.3	46.8	28.5	11.0	7.4	22.7	41.2	27.8	35.9

† See "Statistical notes," appendix B.
Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10.2.--Vegetables: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
		<i>Percent</i>		<i>Percent</i>							
Males and females:											
Under 1.....	1.1	45.1	10.4	† 3.4	† 3.0	19.7	† .4	† 0.0	10.5	6.9	15.7
1-2.....	3.1	75.4	41.7	27.5	7.3	11.5	23.7	5.6	13.1	16.2	21.5
3-5.....	4.7	79.2	47.1	34.6	5.9	9.6	33.2	10.4	9.8	15.3	25.3
5 and under.....	8.9	73.6	40.6	28.3	6.0	11.5	25.9	7.4	11.0	14.6	22.8
Males:											
6-11.....	4.6	79.6	48.8	38.4	6.1	12.0	38.0	14.2	6.8	14.0	30.1
12-19.....	5.8	78.2	49.6	38.7	3.6	8.1	43.0	23.8	3.5	7.4	33.3
20-29.....	7.3	83.7	49.7	37.0	6.7	7.2	45.5	26.0	4.6	8.4	41.1
30-39.....	8.3	87.9	49.9	33.0	11.5	11.2	42.2	27.0	6.1	9.9	50.4
40-49.....	7.0	86.7	43.7	26.3	9.9	12.4	42.6	29.2	7.2	14.1	50.8
50-59.....	4.6	86.9	45.5	22.3	12.7	14.4	40.0	30.3	8.1	14.9	49.8
60-69.....	3.4	87.2	44.2	19.7	13.4	17.7	41.9	29.3	10.5	12.1	52.7
70 and over.....	3.4	84.2	44.2	14.0	12.5	18.6	37.3	25.4	12.6	16.0	52.6
20 and over.....	33.9	86.2	46.8	27.8	10.6	12.4	42.2	27.8	7.3	12.0	48.9
Females:											
6-11.....	4.4	81.9	49.8	38.4	5.5	12.2	33.5	17.4	7.8	15.5	30.2
12-19.....	5.6	79.5	46.4	34.6	7.0	10.6	35.3	25.1	4.4	7.4	34.5
20-29.....	7.0	81.2	42.3	28.1	9.2	11.3	40.6	25.5	7.1	7.6	40.9
30-39.....	8.8	82.6	41.9	23.5	10.8	15.3	40.4	28.8	7.4	12.4	42.8
40-49.....	6.9	83.6	39.4	21.4	12.1	15.9	39.1	31.1	7.4	10.9	47.5
50-59.....	5.2	85.1	40.0	16.9	15.4	17.4	38.9	31.6	7.7	11.4	51.5
60-69.....	4.1	86.1	39.2	13.3	13.8	15.6	39.7	32.2	11.4	11.4	55.3
70 and over.....	4.9	85.7	38.5	9.5	15.5	15.0	36.2	24.0	11.7	15.7	51.3
20 and over.....	36.8	83.7	40.5	20.1	12.4	15.0	39.3	28.8	8.4	11.4	47.1
All individuals.....	100.0	82.8	44.3	27.0	9.8	12.9	38.8	24.9	7.7	11.7	42.5

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10.3.--Fruits: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices						
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars	
	<i>Percent</i>											
<i>-----</i>						<i>-----</i>						
Males and females:												
Under 1.....	1.1	61.4	† 1.7	† .9	† 0.0	60.5	17.0	9.8	† 1.5	32.6	33.9	
1-2.....	3.1	78.1	27.4	21.6	5.4	67.5	22.9	21.8	7.1	21.5	40.2	
3-5.....	4.7	69.1	28.9	22.3	3.2	56.7	21.4	13.4	7.1	17.8	25.8	
5 and under.....	8.9	71.2	25.0	19.4	3.5	60.9	21.4	15.8	6.4	21.0	31.7	
Males:												
6-11.....	4.6	55.9	24.1	20.6	† 1.1	43.8	18.9	8.1	6.2	15.1	11.3	
12-19.....	5.8	44.5	24.8	21.7	† 1.0	27.0	8.2	6.0	4.1	7.1	8.1	
20-29.....	7.3	41.6	23.8	21.0	† .8	25.2	7.4	7.3	4.7	7.2	5.0	
30-39.....	8.3	40.0	21.3	16.1	† 1.0	26.5	8.3	11.2	4.6	10.0	3.8	
40-49.....	7.0	47.6	24.1	17.6	1.6	32.6	8.7	13.3	7.3	12.1	4.9	
50-59.....	4.6	56.8	29.5	22.6	2.0	42.7	12.9	16.7	10.0	14.2	5.5	
60-69.....	3.4	62.4	31.2	23.3	3.2	47.2	13.7	24.4	11.0	16.1	4.0	
70 and over.....	3.4	69.6	37.9	27.7	7.1	55.4	16.1	29.0	12.3	19.2	7.1	
20 and over.....	33.9	49.4	26.2	20.2	2.1	34.6	10.1	14.6	7.3	11.9	4.9	
Females:												
6-11.....	4.4	61.5	27.2	21.3	† .9	46.9	16.0	6.8	7.4	18.5	15.0	
12-19.....	5.6	45.6	22.4	18.1	† 1.1	30.2	8.2	4.4	5.9	11.4	9.7	
20-29.....	7.0	46.5	24.3	18.9	† 1.0	28.9	6.8	9.0	4.5	10.7	6.0	
30-39.....	8.8	47.2	21.4	15.5	2.7	34.3	9.9	12.5	8.1	10.8	5.4	
40-49.....	6.9	51.6	24.8	18.0	1.5	39.2	12.8	13.2	11.6	13.6	4.7	
50-59.....	5.2	59.3	32.4	23.5	2.5	45.2	13.2	18.6	12.9	15.5	2.6	
60-69.....	4.1	66.7	35.7	25.3	3.4	52.2	17.4	20.4	15.0	18.6	5.2	
70 and over.....	4.9	71.1	40.3	31.2	5.4	54.1	14.3	26.3	9.7	21.7	6.2	
20 and over.....	36.8	54.9	28.2	20.9	2.6	40.3	11.8	15.6	9.7	14.3	5.1	
All individuals.....	100.0	53.7	26.5	20.4	2.2	39.3	12.2	13.4	7.8	13.7	8.5	

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10.4.--Milk and milk products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese	
			Total	Fluid milk				Yogurt			
				Total	Whole	Low fat	Skim				
		<i>Percent</i>		<i>Percent</i>							
Males and females:											
Under 1.....	1.1	83.9	83.9	9.2	5.9	† 2.4	† 0.0	† .3	6.7	5.4	
1-2.....	3.1	93.6	90.1	87.0	53.1	32.1	3.5	8.1	16.3	30.1	
3-5.....	4.7	92.7	86.0	83.0	40.1	41.2	6.0	5.7	22.9	33.9	
5 and under.....	8.9	91.9	87.2	75.1	40.3	33.2	4.4	5.8	18.6	29.0	
Males:											
6-11.....	4.6	92.1	84.9	79.4	31.3	43.1	9.8	3.5	25.5	30.0	
12-19.....	5.8	81.3	65.8	59.5	22.7	30.5	7.1	1.7	13.6	37.1	
20-29.....	7.3	67.9	42.7	39.6	13.2	19.4	7.0	1.9	12.4	37.7	
30-39.....	8.3	74.3	51.2	47.5	17.0	23.5	6.8	3.6	16.7	36.7	
40-49.....	7.0	74.2	51.7	48.5	17.0	20.7	12.6	3.6	16.9	32.2	
50-59.....	4.6	72.7	51.1	48.7	11.8	25.5	11.7	2.7	17.7	27.9	
60-69.....	3.4	80.0	62.8	59.8	15.0	28.0	15.2	2.2	21.1	27.8	
70 and over.....	3.4	85.5	71.0	68.2	17.5	36.3	15.7	2.1	25.5	28.5	
20 and over.....	33.9	74.4	52.6	49.5	15.3	24.1	10.4	2.8	17.3	33.1	
Females:											
6-11.....	4.4	90.6	82.2	77.0	33.4	39.1	8.1	2.9	22.7	31.0	
12-19.....	5.6	75.4	53.9	49.6	17.5	23.8	9.4	2.2	17.0	36.1	
20-29.....	7.0	73.1	51.2	46.1	17.7	16.3	12.1	3.5	11.2	34.4	
30-39.....	8.8	75.9	53.3	49.0	14.2	24.0	11.2	6.7	14.0	35.9	
40-49.....	6.9	76.5	51.4	47.9	14.0	21.5	13.3	5.0	15.7	34.7	
50-59.....	5.2	77.7	57.5	50.9	11.2	21.3	18.0	8.8	18.6	30.7	
60-69.....	4.1	79.0	60.9	57.5	13.6	25.4	18.9	5.1	20.0	29.1	
70 and over.....	4.9	83.1	66.6	63.7	16.6	30.8	17.2	3.4	22.4	23.8	
20 and over.....	36.8	77.0	55.7	51.4	14.7	22.7	14.4	5.4	16.2	32.3	
All individuals.....	100.0	78.9	60.5	55.6	19.4	26.3	11.0	4.0	17.4	32.6	

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10.5.--Meat, poultry, and fish: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>										
<i>----- Percent -----</i>											
Males and females:											
Under 1.....	1.1	32.2	† 2.2	† .6	† .3	† .9	5.6	6.6	5.0	† 1.1	17.7
1-2.....	3.1	80.2	14.2	9.9	.9	† .1	29.3	25.9	24.3	5.7	31.8
3-5.....	4.7	86.7	16.4	13.2	† .5	† .2	35.4	26.2	23.9	5.3	32.2
5 and under.....	8.9	77.7	13.9	10.5	.6	† .2	29.6	23.6	21.7	4.9	30.2
Males:											
6-11.....	4.6	87.1	22.5	12.5	† .4	† .2	35.0	22.2	19.6	5.6	35.6
12-19.....	5.8	86.9	24.2	15.8	† .6	† 0.0	31.8	20.6	17.7	5.1	38.4
20-29.....	7.3	89.1	22.8	13.3	1.5	† .7	30.9	24.1	19.6	6.6	44.9
30-39.....	8.3	90.0	27.9	15.4	1.3	† .4	31.9	23.0	20.3	10.8	39.8
40-49.....	7.0	89.2	26.9	18.4	† 1.0	† 1.0	32.9	23.1	19.1	7.5	38.3
50-59.....	4.6	92.7	23.4	22.1	1.5	† .9	31.3	22.7	17.4	13.6	38.4
60-69.....	3.4	92.0	24.6	21.7	† 1.3	† .8	32.5	22.1	17.1	11.6	38.7
70 and over.....	3.4	92.2	19.6	24.9	1.6	† 1.4	32.4	19.6	16.9	11.5	35.7
20 and over.....	33.9	90.4	24.8	18.1	1.3	.8	31.9	22.8	18.9	9.8	39.9
Females:											
6-11.....	4.4	85.8	19.4	10.8	† .5	† .3	31.7	22.4	19.4	5.9	33.3
12-19.....	5.6	80.2	22.2	11.3	† .1	† .1	24.5	21.6	19.0	5.8	33.9
20-29.....	7.0	79.7	16.3	12.8	† .8	† .1	22.5	23.4	20.6	6.2	36.9
30-39.....	8.8	84.4	20.4	15.2	† .4	† .5	26.9	19.3	16.8	7.1	36.1
40-49.....	6.9	86.1	18.9	17.0	† .9	† .4	23.6	23.3	18.6	8.1	34.0
50-59.....	5.2	86.5	18.1	18.4	† 1.1	† .8	22.0	26.5	20.4	10.9	32.6
60-69.....	4.1	89.1	19.2	19.2	1.5	† .8	27.4	21.6	18.5	10.4	34.1
70 and over.....	4.9	87.8	15.9	20.6	† 1.0	† .9	23.0	23.4	20.4	10.0	33.1
20 and over.....	36.8	85.1	18.3	16.7	.9	.5	24.3	22.7	19.0	8.4	34.8
All individuals.....	100.0	86.2	20.9	15.8	.9	.5	28.6	22.6	19.2	8.0	36.2

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	<i>----- Percent -----</i>								
Males and females:										
Under 1.....	1.1	7.8	19.9	† 7	5.8	† 3.8	† 1.8	6.0	† 1.2	† .5
1-2.....	3.1	25.6	11.9	15.0	35.5	27.4	10.9	44.6	8.3	15.8
3-5.....	4.7	17.5	9.6	20.8	41.5	27.5	18.2	59.2	12.3	24.3
5 and under.....	8.9	19.1	11.7	16.3	35.0	24.5	13.6	47.5	9.5	18.4
Males:										
6-11.....	4.6	15.4	9.8	15.4	46.5	27.7	25.2	58.5	12.1	29.1
12-19.....	5.8	17.0	11.0	8.7	43.2	20.8	27.7	46.6	13.4	21.0
20-29.....	7.3	18.7	12.0	7.0	46.3	18.8	29.7	39.4	18.7	14.9
30-39.....	8.3	19.6	16.9	7.6	56.7	28.7	30.6	49.9	32.4	12.1
40-49.....	7.0	21.3	15.7	8.2	58.5	32.3	33.7	53.1	35.0	11.7
50-59.....	4.6	23.0	13.0	10.7	63.1	35.8	32.5	58.2	41.1	11.9
60-69.....	3.4	26.8	15.2	9.7	69.8	44.8	35.1	61.5	45.1	12.1
70 and over.....	3.4	27.8	15.1	11.2	67.3	47.0	30.9	65.2	44.8	7.4
20 and over.....	33.9	21.7	14.7	8.6	58.1	31.7	31.8	52.1	33.7	12.1
Females:										
6-11.....	4.4	13.8	11.1	16.6	48.3	30.0	23.0	60.8	13.3	28.5
12-19.....	5.6	15.1	10.7	7.8	45.6	23.9	28.6	46.3	11.9	23.8
20-29.....	7.0	17.7	15.0	7.0	48.5	23.0	27.9	47.0	26.7	13.2
30-39.....	8.8	17.2	15.9	7.1	59.1	29.2	32.0	56.5	36.7	12.2
40-49.....	6.9	19.3	15.4	7.5	63.7	33.4	36.0	58.6	37.9	15.1
50-59.....	5.2	17.7	14.3	7.8	66.3	39.3	37.2	60.2	40.7	13.8
60-69.....	4.1	23.8	15.1	8.7	67.5	41.5	34.8	56.1	38.5	8.3
70 and over.....	4.9	19.4	11.7	10.3	65.5	44.5	28.0	60.8	38.3	8.5
20 and over.....	36.8	18.8	14.8	7.9	60.7	33.6	32.5	56.1	36.0	12.2
All individuals.....	100.0	19.1	13.6	9.6	54.5	30.4	29.3	53.2	28.1	15.4

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10.7.--Beverages: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic										
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks				
									Total	Regular	Low calorie	Total	Regular	Low calorie		
		----- Percent ----- Percent -----														
Males and females:																
Under 1.....	1.1	6.5	† 0.0	† 0.0	† 0.0	6.5	† 0.0	† .7	5.6	4.1	† 1.3	† 1.4	† 1.4	† 0.0		
1-2.....	3.1	49.4	† 0.0	† 0.0	† 0.0	49.4	† .2	7.2	30.4	27.1	3.0	21.4	19.7	1.8		
3-5.....	4.7	69.6	† 0.0	† 0.0	† 0.0	69.6	† .6	8.5	40.3	37.9	2.9	36.6	32.1	4.8		
5 and under.....	8.9	54.7	† 0.0	† 0.0	† 0.0	54.7	.4	7.1	32.6	30.0	2.8	26.9	24.0	3.2		
Males:																
6-11.....	4.6	74.9	† .2	† 0.0	† 0.0	74.9	† 1.0	9.3	38.8	35.5	4.4	47.6	43.7	5.8		
12-19.....	5.8	87.4	2.9	† .3	2.3	86.8	6.1	16.3	28.5	23.7	5.7	69.1	66.1	5.2		
20-29.....	7.3	91.5	27.8	3.1	24.3	87.1	24.6	17.6	20.5	16.6	4.9	68.3	62.9	6.7		
30-39.....	8.3	94.0	23.4	3.5	19.1	92.5	51.9	26.9	13.2	11.0	2.5	62.9	51.0	14.2		
40-49.....	7.0	95.5	24.0	5.8	17.1	94.0	63.4	25.6	14.8	12.6	2.3	53.8	41.0	15.3		
50-59.....	4.6	95.3	22.9	5.8	14.5	93.5	70.3	25.7	14.4	11.5	2.7	50.7	33.3	19.0		
60-69.....	3.4	95.4	19.2	6.1	10.3	94.7	78.0	26.2	10.0	8.8	1.5	37.7	22.6	16.4		
70 and over.....	3.4	91.8	14.8	5.5	5.7	90.6	75.0	25.7	10.7	9.1	1.8	25.7	16.1	9.7		
20 and over.....	33.9	93.9	23.1	4.7	17.0	91.8	55.8	24.3	14.7	12.2	2.8	54.3	42.8	13.2		
Females:																
6-11.....	4.4	72.0	† .2	† 0.0	† 0.0	72.0	† .8	11.0	35.3	32.9	2.5	44.4	40.3	6.0		
12-19.....	5.6	86.9	1.7	† .4	† .9	86.7	3.7	19.2	27.2	23.8	4.0	62.2	56.2	8.5		
20-29.....	7.0	90.3	13.0	2.9	8.1	88.4	24.7	25.8	20.3	18.3	2.3	63.2	50.3	15.7		
30-39.....	8.8	90.0	12.8	4.8	5.7	89.3	45.9	29.3	15.6	13.9	1.7	56.0	39.2	18.6		
40-49.....	6.9	93.5	12.5	6.4	4.6	92.9	61.1	31.5	12.6	10.3	2.4	54.6	31.1	25.5		
50-59.....	5.2	94.4	13.2	6.6	3.4	93.6	68.6	33.1	12.1	10.2	1.4	45.1	26.1	20.8		
60-69.....	4.1	92.7	13.6	7.9	1.7	92.0	71.1	32.8	10.9	8.5	2.2	36.9	20.6	17.3		
70 and over.....	4.9	88.3	5.3	3.4	† .7	87.9	70.8	29.4	11.8	10.2	† 1.4	21.2	12.4	8.9		
20 and over.....	36.8	91.4	11.9	5.1	4.5	90.5	54.0	30.0	14.4	12.5	1.9	48.8	32.3	18.2		
All individuals.....	100.0	86.9	12.5	3.5	7.6	85.8	39.5	22.8	19.7	17.2	2.8	50.4	39.3	12.8		

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11.--Weight Status: Percentages of overweight individuals 20 years of age and older, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Overweight
	<i>Percent</i>	<i>----- Percent -----</i>
Males:		
20-29.....	7.3	21.5
30-39.....	8.3	32.3
40-49.....	7.0	37.0
50-59.....	4.6	39.9
60-69.....	3.4	40.7
70 and over.....	3.4	22.1
20 and over.....	33.9	31.8
Females:		
20-29.....	7.0	22.1
30-39.....	8.8	27.4
40-49.....	6.9	36.1
50-59.....	5.2	37.8
60-69.....	4.1	37.8
70 and over.....	4.9	33.4
20 and over.....	36.8	31.5
All 20 and over.....	70.7	31.7

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12.--Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Daily	5 - 6 times per week	2 - 4 times per week	Once a week	1 - 3 times per month	Rarely	Don't know	Not ascertained	
	<i>Percent</i>	----- <i>Percent</i> -----								
Males:										
20-29.....	7.3	30.3	9.3	29.0	8.9	5.6	16.6	† 0.0	.2	
30-39.....	8.3	23.5	9.0	29.7	9.2	6.8	21.8	† .0	.1	
40-49.....	7.0	21.4	8.8	26.6	9.4	5.8	27.4	† .2	.3	
50-59.....	4.6	22.4	7.2	23.4	8.8	4.2	33.4	† .0	.6	
60-69.....	3.4	27.6	5.8	18.1	4.7	3.8	39.4	† .0	.7	
70 and over.....	3.4	20.5	3.7	14.3	3.6	2.5	54.6	† .0	.8	
20 and over.....	33.9	24.5	7.9	25.4	8.1	5.3	28.4	† *	.4	
Females:										
20-29.....	7.0	12.1	6.2	27.1	10.5	7.9	35.8	† .0	.3	
30-39.....	8.8	13.2	6.4	26.5	10.4	8.9	34.6	† .0	.0	
40-49.....	6.9	11.3	6.5	25.3	9.4	7.3	39.5	† .0	.7	
50-59.....	5.2	15.1	8.2	21.2	6.6	5.1	43.2	† .0	.6	
60-69.....	4.1	16.4	4.0	16.7	5.4	4.2	53.2	† .0	.2	
70 and over.....	4.9	10.5	3.0	9.8	2.7	2.2	71.1	† .0	.7	
20 and over.....	36.8	12.9	5.9	22.3	8.1	6.5	43.9	† .0	.4	
All 20 and over.....	70.7	18.5	6.9	23.8	8.1	5.9	36.5	† *	.4	

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13.--Perceived diet quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1994-96

Nutrient	Too low	Too high	About right	Don't know	Not ascertained
----- <i>Percent</i> -----					
Men: (N = 2,897)					
Calories.....	6.1	36.2	54.3	3.1	.3
Calcium.....	25.9	5.7	61.0	7.2	.2
Iron.....	21.3	2.4	66.9	9.4	.1
Vitamin C.....	26.6	3.6	65.7	3.9	.1
Protein.....	9.2	12.4	74.7	3.6	.1
Fat.....	7.5	47.7	42.0	2.6	.2
Saturated fat.....	9.1	37.6	44.1	9.1	.1
Cholesterol.....	7.0	31.8	54.4	6.6	.3
Salt or sodium.....	11.8	24.9	60.9	1.7	.6
Fiber.....	31.1	2.9	61.7	4.2	.1
Sugar and sweets.....	11.2	31.0	56.4	1.2	.2
Women: (N = 2,868)					
Calories.....	6.1	41.8	49.6	2.1	.4
Calcium.....	43.3	2.5	51.1	2.9	.2
Iron.....	34.7	1.3	58.9	5.0	.1
Vitamin C.....	30.1	1.8	65.6	2.4	.2
Protein.....	14.6	9.7	73.4	2.2	.1
Fat.....	5.9	48.1	44.5	1.4	.1
Saturated fat.....	6.7	36.0	49.9	7.1	.3
Cholesterol.....	5.5	29.4	59.7	5.2	.2
Salt or sodium.....	8.6	23.8	66.4	1.0	.2
Fiber.....	35.3	2.4	59.4	2.8	.1
Sugar and sweets.....	7.5	37.7	53.8	.8	.2

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 14.--Perceived importance of dietary guidance, individuals 20 years of age and older, by sex, 1994-96

Dietary guidance	Very important	Somewhat important	Not too important	Not at all important	Don't know	Not ascertained
----- Percent -----						
Men: (N = 2,897)						
Use salt or sodium only in moderation.....	45.6	30.9	15.0	7.4	† .2	.8
Choose a diet low in saturated fat.....	47.1	33.4	13.5	3.5	1.7	.7
Choose a diet with plenty of fruits and vegetables.....	59.7	28.0	9.8	2.0	† .2	.4
Use sugars only in moderation.....	45.0	37.2	13.1	3.7	† .4	.6
Choose a diet with adequate fiber.....	44.3	36.9	12.9	3.2	2.1	.7
Eat a variety of foods.....	54.8	33.5	8.7	2.2	† .3	.5
Maintain a healthy weight.....	68.1	24.9	5.0	1.5	† .1	.4
Choose a diet low in fat.....	50.6	33.1	12.1	3.5	† .3	.4
Choose a diet low in cholesterol.....	50.9	31.7	11.9	3.8	1.3	.4
Choose a diet with plenty of breads, cereals, rice and pasta.....	28.6	44.9	21.4	4.3	.5	.3
Eat at least two servings of dairy products daily.....	28.2	37.7	26.1	7.2	.6	.3
Women: (N =2,868)						
Use salt or sodium only in moderation.....	56.1	27.1	11.6	4.2	† .4	.6
Choose a diet low in saturated fat.....	59.4	28.3	7.6	1.9	2.3	.5
Choose a diet with plenty of fruits and vegetables.....	75.3	20.2	3.6	.5	† .2	.3
Use sugars only in moderation.....	56.0	33.0	8.6	1.8	† .3	.4
Choose a diet with adequate fiber.....	55.5	32.1	9.1	1.3	1.7	.3
Eat a variety of foods.....	66.1	27.3	5.5	.7	† .2	.3
Maintain a healthy weight.....	77.0	18.8	3.0	.8	† .2	.2
Choose a diet low in fat.....	64.5	27.7	6.2	1.0	† .3	.4
Choose a diet low in cholesterol.....	60.4	28.5	7.6	1.8	1.3	.3
Choose a diet with plenty of breads, cereals, rice and pasta.....	34.3	40.3	20.3	4.4	.5	.2
Eat at least two servings of dairy products daily.....	42.6	32.1	19.5	4.7	.8	.3

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Appendix A. Counts of day-1 and 2-day respondents and population percentages, by sex and age, 1994-96

Interpreting information in appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group shown in tables 1 through 12, as well as the weighted percentages of the population that they represent. One hundred and thirty five breast-fed children are excluded from these counts and population percentages. Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics known to be correlated with eating behavior, and to equalize intakes over the 4 quarters of the year and the 7 days of the week.
- Counts of respondents are shown separately for those who provided intake data for day 1 and those who provided intake data for both day 1 and day 2; slight differences exist in the weighted percentages of the population for some sex-age groups because fewer sex-age groups were used in calculating the weighting factors than in reporting results and because of rounding.
- The statistics presented in tables 1 through 14 are based on the data from all appropriate respondents. Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, they were excluded from the calculations for table 4 because nonzero energy intakes are required from each person for the contribution to energy estimates, and fasters are the only individuals reporting zero energy intake. Fasters were also excluded from the contribution to daily nutrient intake estimates presented in tables 6, 7, and 8 because the calculations required nonzero total nutrient intakes for each person. In 1994-96, five individuals (a male age 40-49, two females age 20-29, one female age 40-49, and one female age 70 and over) reported no food or beverages for day 1. In addition, for tables 6, 7, and 8, individuals were excluded from the calculation for a specific nutrient if their total day-1 intake for the nutrient was zero.
- Persons not reporting height or weight were excluded from table 11 because their Body Mass Index (BMI) could not be calculated.

Appendix A. Counts of day-1 and 2-day respondents and population percentages, by sex and age, 1994-96

Sex and age (years)	Day-1 count (unweighted)	Day-1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
		----- Percent -----		----- Percent -----
Males and females:				
Under 1.....	284	1.1	269	1.1
1-2.....	1,376	3.1	1,316	3.1
3-5.....	1,475	4.7	1,432	4.7
5 and under.....	3,135	8.9	3,017	8.9
Males:				
6-11.....	752	4.6	726	4.6
12-19.....	737	5.8	696	5.8
20-29.....	781	7.3	723	7.3
30-39.....	889	8.3	820	8.2
40-49.....	862	7.0	815	6.9
50-59.....	888	4.6	848	4.6
60-69.....	845	3.4	809	3.4
70 and over.....	791	3.4	736	3.3
20 and over.....	5,056	33.9	4,751	33.9
Females:				
6-11.....	740	4.4	706	4.4
12-19.....	732	5.6	702	5.6
20-29.....	720	7.0	675	7.0
30-39.....	816	8.8	774	8.7
40-49.....	902	6.9	870	6.9
50-59.....	864	5.2	824	5.2
60-69.....	789	4.1	755	4.2
70 and over.....	725	4.9	674	4.8
20 and over.....	4,816	36.8	4,572	36.8
All individuals.....	15,968	100.0	15,170	100.0

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Appendix B. Statistical notes

Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group (see appendix A). The guidelines (listed below) for determining when a cell size is small take into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 1.00, its effect on accuracy is negligible; a larger design effect implies a greater effect on variance. The guidelines derive from a policy statement (FASEB/LSRO 1995) that specifies the use of a broadly calculated design effect. In that role we are using a variance inflation factor. Variance inflation factors for the survey data sets used to generate these tables are as follows:

1994-96 CSFII day 1 -- 1.41
1994-96 CSFII 2 day -- 1.60
1994-96 DHKS day 1 -- 1.78

Daggers are used in the tables to flag estimates that may tend to be less statistically reliable than those that are not flagged. The rules used for flagging estimates are listed below, and tables to which each rule applies are identified.

1. An estimated mean is flagged when it is based on a cell size of less than 30 times the average design effect or when its coefficient of variation (CV) is equal to or greater than 30 percent. The CV is the ratio of the estimated standard error of the mean to the estimated mean, expressed as a percentage.

Rule 1 has been applied to data in tables 1, 2, 4, 6, 7, 8, and 9.1 through 9.7 to flag estimates that should be used with caution. It applies to mean nutrient intakes, mean food intakes, and means expressed as percentages, such as mean intakes of nutrients expressed as percentages of Recommended Dietary Allowances and percentages of nutrients from foods eaten as snacks.

2. An estimated proportion (percent) that falls above 25 percent and below 75 percent is flagged when it is based on a cell size of less than 30 times the average design effect or when the CV is equal to or greater than 30 percent.

3. An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the smaller of np and $n(1-p)$ is less than 8 times the average design effect, where "n" is the cell size on which the estimate is based and "p" is the proportion expressed as a fraction.

Rules 2 and 3 have been applied to data in tables 3, 5, 10.1 through 10.7, 11, 12, 13, and 14 and to the second column of tables 6, 7, and 8 to flag estimates that should be used with caution.

Standard errors of the mean for tables 1 through 14 will be available from the National Technical Information Service. For ordering instructions contact the Food Surveys Research Group, BHNRC/ARS/USDA; 4700 River Road, Unit 83; Riverdale, MD 20737. Phone: 301-734-5825; FAX: 301-734-5496; E-mail: fsrg@rbhnrc.usda.gov.

Appendix C. Table notes

Table 1. Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-96

- The estimated nutrient intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the left-hand column. For each nutrient or dietary component identified in the column head, intakes for each individual in a day were totaled, and a group mean was calculated. The nutrient intakes presented in the tables do not include nutrients from vitamin and mineral supplements or plain drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. The sodium intake does not include sodium from salt added at the table.

Table 2. Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-96

- Nutrient intakes by individuals were expressed as percentages of the RDA, then averaged for the group. "The RDAs provide a safety factor appropriate to each nutrient [except energy] and exceed the actual requirements of most individuals" (FNB/NRC 1989, p. 2). "If a group average intake approximates that of the ... group RDA, some persons within the group are consuming less than the RDA and others more. Except for energy, in which the average requirement of the population group is recommended, the RDAs are intended to be sufficiently generous to encompass the presumed ... variability in requirement among people. Thus, if a population's habitual intake approximates or exceeds the RDA, the probability of deficiency is quite low" (FNB/NRC 1989, p. 21). However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes.

Table 3. Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-96

- "The RDAs provide a safety factor appropriate to each nutrient [except energy], and exceed the actual requirements of most individuals" (FNB/NRC 1989, p.2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. However, as the percentage of the population with intakes below 100 percent of a given RDA increases, so does the likelihood that some individuals in the population are at nutritional risk.
- "Although RDAs are most appropriately applied to groups, a comparison of individual intakes, averaged over a sufficient length of time, to the RDA allows an estimate to be made about the probable risk of deficiency for that individual" (FNB/NRC 1989, p.9). "For most nutrients, RDAs are intended to be average intakes over at least 3 days; for others, (e.g., vitamin A and B-12), they may be averaged over several months" (FNB/NRC 1989, p.20). Estimates in this table are based on 2-day average data.

Table 4. Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994-96

- The percentage contributions of protein, fat, fatty acids, carbohydrate, and alcohol to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, carbohydrate by 4 kilocalories per gram, and alcohol by 7 kilocalories per gram.

These values were divided by the individual's total food energy intake and multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors 4, 9, 4, and 7 give estimates for a typical mixed diet (Merrill and Watt 1973).

- Five individuals who had no food intake for the day were excluded from the calculations. Percentages may not add to 100 percent because of the use of the general factors cited above.

Table 5. Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, 1994-96

- The 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995) recommend that people 2 years of age and older choose a diet with no more than 30 percent of calories from total fat, less than 10 percent of calories from saturated fat, and no more than 300 milligrams per day of cholesterol. In addition, the *Healthy People 2000* objectives establish a goal of increasing to at least 50 percent the proportion of people aged 2 and older who meet the average daily goals of no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat (DHHS/PHS 1995). Please note that although the age groups used in this table are the same as those used throughout the table set, the recommendations are not appropriate for children under 2 years.

Table 6. Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994-96

- Each separate time a respondent ate and/or drank was considered to be an "eating occasion." Eating occasions identified by the respondent as "breakfast" are included here.
- Calculations of averages were based on all individuals, not just those who ate breakfast. An individual's intake of each nutrient from breakfast was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If breakfast contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.

Table 7. Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-96

- Each separate time a respondent ate and/or drank was considered to be an "eating occasion." The specific wording of the question on which this table is based is, "Looking at this card, please tell me what you would call this occasion?" The answer card shown to the respondent listed the categories "breakfast, brunch, lunch, dinner, supper, food and/or beverage break (snack, alcoholic beverage, other beverage), feeding (infant only), and other (specify)." In this table, "snack" refers to any eating occasion designated by the respondent as a food and/or beverage break, including the snack, alcoholic beverage, and other beverage subcategories.
- Calculations of averages were based on all individuals, not just those who ate snacks. An individual's intake of each nutrient from snacks was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If snacks contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.

Table 8. Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994-96

- For each food item eaten, the respondent was asked, “Before you ate this particular food, was it ever at your home?” If the answer was “no,” the food was classified as food obtained and eaten away from home (food away from home). Prepared foods obtained away and taken home to be eaten and foods taken from home to be eaten elsewhere were not classified as food obtained and eaten away from home.
- Calculations of averages were based on all individuals, not just those who obtained and ate food away from home. An individual's intake of each nutrient from food away from home was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by such food. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If food obtained and eaten away from home contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.

Table 9.1 to table 9.7. Food intakes: Mean quantities (in grams) of food from various food groups consumed per individual, by sex and age, 1 day, 1994-96

- Appendix D lists foods in each food group shown in these tables.
- Quantities exclude inedible parts of foods such as bones, rinds, and seeds.
- Ingredients in mixed dishes are tabulated with the food group of the primary ingredient. For example, cheese in pizza is tabulated under "Grain products" in the subgroup "Mixtures mainly grain." Among foods eaten by adults in 1994, foods tabulated as "Mixtures mainly grain" were 32 percent grain products, 24 percent vegetables, 8 percent milk and milk products, and 8 percent meat, poultry, and fish by weight, and foods tabulated as "mixtures mainly meat, poultry, fish" were 14 percent grain products, 28 percent vegetables, 6 percent milk and milk products, and 34 percent meat, poultry, and fish by weight (unpublished data).
- One ounce (by weight) is equivalent to 28.35 grams.
- Food group quantities represent average intakes of both consumers (users of that food group) and nonconsumers on the survey day. Quantities for consumers alone can be calculated by dividing the average intake of a food group (tables 9.1 to 9.7) by the percentage of individuals using foods from that group (tables 10.1 to 10.7) expressed as a decimal.

Table 10.1 to table 10.7. Food intakes: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994-96

- Appendix D lists foods in each food group shown in these tables.

Table 11. Weight status: Percentages of overweight individuals 20 years of age and older, by sex and age, 1994-96

- For people aged 20 and older, national nutrition objectives for the Year 2000 define overweight as a body mass index (BMI) equal to or greater than 27.8 for men and 27.3 for women, excluding pregnant women (DHHS/PHS 1995). This definition of overweight is based on the 85th percentile of the 1976-80 National Health and Nutrition Examination Survey (NHANES II) reference population age 20 to 29 years. BMI is calculated by dividing weight in kilograms by the square of height in meters.
- Estimates in this table are based on self-reported heights and weights. Persons not reporting height or weight were excluded from the estimates in the table.

Table 12. Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994-96

- Vigorous exercise is defined as "enough to work up a sweat." Respondents were asked, "How often do you exercise vigorously enough to work up a sweat?" Answer categories were those listed in table 12.

Table 13. Perceived diet quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1994-96

- Respondents were asked, "Compared to what is healthy, do you think your diet is too low, too high, or about right in (nutrient/food component)?" The nutrients and food components are listed in the left-hand column of table 13.

Table 14. Perceived importance of dietary guidance, individuals 20 years of age and older, by sex, 1994-96

- Respondents were asked, "To *you personally*, is it very important, somewhat important, not too important, or not at all important to (dietary guidance statement)?" The dietary guidance statements listed in the left-hand column of table 14 are based on the *Dietary Guidelines for Americans* (USDA and DHHS 1990).

Appendix D. Descriptions of food groups used in tables 9.1 to 9.7 and 10.1 to 10.7.

GRAIN PRODUCTS

Total grain products: Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, French toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a grilled cheese sandwich coded as a single item is tabulated under Milk and Milk Products.

Yeast breads and rolls: Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

Total cereals, rice, pasta: Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

Ready-to-eat cereals: Includes unsweetened and sweetened ready-to-eat cereals.

Rice: Includes white, brown, and wild rice.

Pasta: Includes macaroni, noodles, and spaghetti.

Quick breads, pancakes, French toast: Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

Cakes, cookies, pastries, pies: Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

Crackers, popcorn, pretzels, corn chips: Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables in the subgroup "white potatoes."

Mixtures mainly grain: Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

VEGETABLES

Total vegetables: Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, potatoes or tomatoes in beef stew are tabulated under Meat, Poultry, and Fish.

White potatoes: Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

Fried potatoes: Includes french-fried, deep-fried, hash brown, and home-fried potatoes; potato skins; and potato chips.

Dark-green vegetables: Includes raw and cooked broccoli and dark-green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

Deep-yellow vegetables: Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweet potatoes; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweet potato casserole; and baby-food carrots, squash, and sweet potatoes.

Tomatoes: Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

Lettuce, lettuce-based salads: Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

Green beans: Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

Corn, green peas, lima beans: Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans, which are tabulated under Legumes.

Other vegetables: Includes raw and cooked vegetables other than the following: white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having "other" vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat.

FRUITS

Total fruits: Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, apples in apple pie are tabulated under Grain Products.

Total citrus fruits and juices: Includes oranges and other citrus fruits, mixtures of orange juice and other citrus juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under Beverages.

Citrus juices: Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under "noncitrus juices and nectars."

Dried fruits: Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under "other fruits, mixtures, and juices."

Total other fruits, mixtures, juices: Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes frozen fruit juice bars and sorbets, which are tabulated under Total Sugars and Sweets.

Apples: Includes raw and cooked apples, applesauce, and baby-food applesauce.

Bananas: Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or "green bananas," which are tabulated under Vegetables in the subgroup "other."

Melons and berries: Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

Other fruits and mixtures mainly fruit: Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars: Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

MILK AND MILK PRODUCTS

Total milk and milk products: Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, cheese on pizza is tabulated under Grain Products.

Total milk, milk drinks, yogurt: Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

Total fluid milk: Includes fluid whole, lowfat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk: Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

Lowfat milk: Includes lowfat (1 and 2 percent) milk, buttermilk (lowfat and nonfat), acidophilus milk, lowfat lactose-reduced fluid milk, and reconstituted lowfat dry milk.

Skim milk: Includes skim or nonfat fluid milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

Yogurt: Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under "milk desserts."

Milk desserts: Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

Cheese: Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

MEAT, POULTRY, AND FISH

Total meat, poultry, and fish: Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

Beef: Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Pork: Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig's feet; and pork rinds. Excludes organ meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game: Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Organ meats: Includes liver, tripe, gizzards, and other organ meats.

Frankfurters, sausages, luncheon meats: Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

Total poultry: Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

Chicken: Includes only chicken. Excludes organ meats (giblets).

Fish and shellfish: Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

Mixtures mainly meat, poultry, fish: Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

EGGS; LEGUMES; NUTS AND SEEDS; FATS AND OILS; SUGARS AND SWEETS

Eggs: Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, eggs in baked goods are tabulated under Grain Products.

Legumes: Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, beans in tacos are tabulated under Grain Products.

Nuts and seeds: Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets in the subgroup "candy." Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, nuts in baked goods are tabulated under Grain Products.

Total fats and oils: Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, or Fish. Also, mayonnaise in cole slaw is tabulated under Vegetables.

Table fats: Includes butter, margarine, imitation margarine, margarine-like spreads, blends of butter with margarine or vegetable oil, and butter replacements.

Salad dressings: Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

Total sugars and sweets: Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, sugar in baked goods is tabulated under Grain Products. Also, sugar in carbonated soft drinks is tabulated under Beverages.

Sugars: Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

Candy: Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

BEVERAGES

Total beverages: Includes alcoholic and nonalcoholic beverages. Excludes plain tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

Total alcoholic beverages: Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

Wine: Includes wine; light wine; and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under "nonalcoholic beverages."

Beer and ale: Includes beer, ale, and light ("lite") beer. Excludes "near beer," which is tabulated under "nonalcoholic beverages."

Total nonalcoholic beverages: Includes coffee, tea, fruit drinks and ades, and soft drinks. "Near beer and nonalcoholic wine" are included under this total but not in any of the following subgroups.

Coffee: Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

Tea: Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

Total fruit drinks and ades: Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under "carbonated soft drinks."

Regular fruit drinks and ades: Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

Low-calorie fruit drinks and ades: Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks: Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

Regular carbonated soft drinks: Includes all carbonated soft drinks except unsweetened and sugar-free types.

Low-calorie carbonated soft drinks: Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.

Appendix E. References

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