



PYRAMID SERVINGS INTAKES

By U.S. Children and Adults

1994-96, 1998

CNRG Table Set No. 1

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by

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October 2000

Acknowledgments

Several people deserve special thanks for their roles in the production of these tables:

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Carole Davis, *Alyson Escobar*, and *Kristin L. Marcoe*, Center for Nutrition Policy and Promotion, USDA.

Staff of Food Surveys Research Group, BHNRC, ARS, USDA:

Katherine S. Tippett, Data Dissemination Team Leader;

Joe Goldman, Mathematical Statistician;

Randy LaComb, Nutritionist.

Note: Text portions from previous reports on Pyramid Servings released by the Food Surveys Research Group, BHNRC, ARS, USDA have been used in this report.

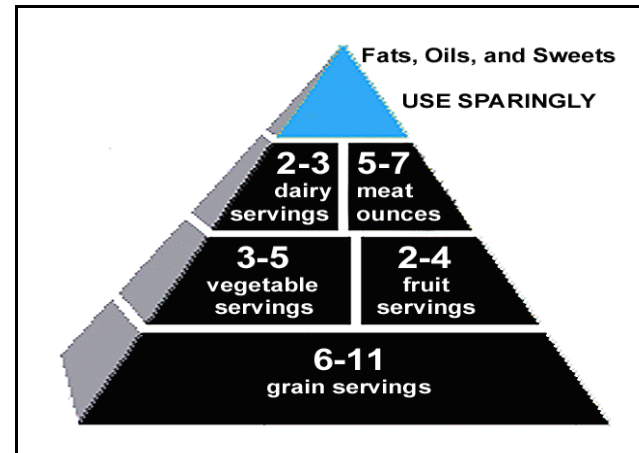
PYRAMID SERVINGS INTAKES, 1994-96, 1998

Introduction

This report compares food intakes from the Continuing Survey of Food Intakes by Individuals (CSFII) to serving recommendations in the U.S. Department of Agriculture's Food Guide Pyramid. It updates previous reports on Pyramid Servings Intakes (USDA/ARS 1998, 1997) and includes changes in Pyramid Serving recommendations and additional data from the CSFII 1998. The results in this report reflect:

- Ⓒ modified Dairy serving recommendations by specific age ranges (USDA and USDHHS 2000);
- Ⓒ new serving recommendations for young children, 2 to 6 years old (USDA/CNPP 1999 and Davis et al.1999);
- Ⓒ combined results from CSFII 1998 and CSFII 1994-96*;
- Ⓒ summary tables by single year sex-age groups for children 2 to 5 years old and by combined groups for children 6 to 9 years old;
- Ⓒ summary tables for all individuals 2 years old and over, by selected sex and age groups;
- Ⓒ flexibility to report contributions of dry beans and peas to either the meat and meat alternate group or the vegetable group (see Appendix A).

The Food Guide Pyramid (see the box) is a general guide designed to help Americans choose healthful diets as described in the Dietary Guidelines for Americans (USDA and USDHHS 2000, USDA 1992). The Pyramid divides information on food choices and recommended number of servings into five major groups (grain, vegetable, fruit, dairy, and meat); it also provides advice on fats, alcohol and added sugars in the diet.



The Pyramid provides guidance for individuals 2 years of age and over. This guidance indicates everyone should eat at least the lowest number of servings within the recommended range.

For the dairy group, individuals 9 through 18 years and 51 years and over, should have three servings; all others should have two dairy servings a day. Pregnant and lactating women should have the same number of dairy servings as for nonpregnant women.

People who consume more calories need to eat more servings. Generally speaking, the smallest end of the recommended range of servings is about right for young children (2 through 6 years old) and many sedentary women and older adults; the middle is about right for most other children, teenage girls, active women, and many sedentary men, and the top of the range is about right for teenage boys, many active men, and some very active women. Very young children (2-3 years old) should have smaller serving sizes ($\frac{2}{3}$ of the standard size).

The servings intake data are based on two nonconsecutive days of food intakes collected using the 24-hour recall method from 14,256 individuals 2 years of age and over from USDA’s 1994-96 Continuing Survey of Food Intakes by Individuals (CSFII 1994-96) and an additional 3,815 children, 2 through 9 years of age, from the CSFII 1998. The CSFII 1994-96 was conducted between January 1994 and January 1997 (USDA/ARS 1998), and the CSFII 1998, was conducted between December 1997 and November 1998 (USDA/ARS 2000a).

Sample sizes on which estimates were based are provided in Appendix B. In general, the sample sizes for each sex-age group provided a sufficient level of precision to ensure statistical reliability of the estimates. A statistic that is potentially unreliable because of a small sample size or large coefficient of variation is flagged: see Appendix C, for the criteria used in flagging estimates. For CSFII 1994-96, 1998, the overall 2-day response rate was 77.5 percent (USDA/ARS 200a).

Background information on the method used to develop Pyramid Servings is provided in Appendix D. More information on the translation of food amounts into numbers of servings is available *Online* (USDA/ARS 2000b).

* Serving estimates for children and teens (10 through 19 years of age) and adults (20 years of age and over), are based on the same CSFII 1994-96 intake records used in the previous report (USDA/ARS 1998). However, estimates for 10-19 year olds may differ slightly due to re-weighting of the sample for individuals 19 years and under (USDA/ARS 2000a). Children less than 2 years of age are excluded from this report as there are no Pyramid Serving recommendations for this age group.

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Suggested citation:
 U.S. Department of Agriculture, Agriculture Research Service. 2000. Pyramid Servings Intakes by U.S. Children and Adults: 1994-96, 1998. *Online*. ARS Community Nutrition Research Group Web site available at <http://www.barc.usda.gov/bhnrc/cnrg/> [accessed year, month, day].

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Table 1A.--Grain group: Mean numbers of Pyramid Servings consumed per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Males:				
2.....	6.6	6.6	1.0	5.6
3.....	6.7	7.7	1.3	6.4
2-3.....	13.3	7.2	1.2	6.0
4.....	6.2	5.6	.9	4.7
5.....	6.9	6.2	1.0	5.3
4-5.....	13.1	5.9	.9	5.0
2-5.....	26.4	6.6	1.0	5.5
6-9.....	25.2	6.9	1.0	5.9
Females:				
2.....	6.1	6.2	1.0	5.2
3.....	6.3	6.9	1.0	5.9
2-3.....	12.3	6.6	1.0	5.5
4.....	6.6	5.3	.8	4.5
5.....	6.2	5.5	.9	4.6
4-5.....	12.8	5.4	.8	4.6
2-5.....	25.1	6.0	.9	5.0
6-9.....	23.3	6.0	.8	5.2
All Children 2-9:				
2-5.....	51.5	6.3	1.0	5.3
6-9.....	48.5	6.4	.9	5.5
2-9.....	100.0	6.3	.9	5.4

‡ One serving is 1 slice of bread; 1 small roll; 1/2 bagel, English muffin, or croissant; 1 ounce of ready-to-eat cereal; 1/2 cup cooked cereal, rice, or pasta; 1 small muffin; or amounts of other grain products such as pretzels and cakes that contain an amount of grain equivalent to that in a standard slice of bread. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999). Whole- and nonwhole-grain servings were calculated based on the proportion of whole- and nonwhole-grain ingredients in foods as consumed.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 1B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Males:				
2.....	6.6	† 1	56	56
3.....	6.7	† 0	68	68
2-3.....	13.3	† 0	62	62
4.....	6.2	† 0	36	36
5.....	6.9	† 0	49	49
4-5.....	13.1	† 0	43	43
2-5.....	26.4	† 0	53	53
6-9.....	25.2	† 0	60	51
Females:				
2.....	6.1	† 0	48	48
3.....	6.3	† 1	60	60
2-3.....	12.3	† 1	54	54
4.....	6.6	† 0	31	31
5.....	6.2	† 0	34	34
4-5.....	12.8	† 0	32	32
2-5.....	25.1	† 0	43	43
6-9.....	23.3	† 0	45	40
All Children 2-9:				
2-5.....	51.5	† 0	48	48
6-9.....	48.5	† 0	53	46
2-9.....	100.0	† 0	50	47

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 6 servings of grain per day. Individuals over six years of age, consuming less than 2,200 calories met the recommendation if they ate at least 6 servings of grain per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 9 servings of grain per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 11 servings of grain per day.

† See "Statistical notes," appendix C.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 2A.--Vegetable group: Mean numbers of Pyramid Servings consumed per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total vegetables ‡	Dark green vegetables	Deep yellow vegetables	Starchy vegetables		Tomatoes	Other vegetables
					White potatoes	Other starchy §		
	<i>Percent</i>	<i>----- Servings ¶ -----</i>						
Males:								
2.....	6.6	2.4	0.1	0.1	1.1	0.2	0.4	0.5
3.....	6.7	2.5	.1	.1	1.2	.2	.4	.4
2-3.....	13.3	2.4	.1	.1	1.1	.2	.4	.4
4.....	6.2	1.8	.1	.1	.8	.2	.3	.4
5.....	6.9	1.9	.1	.1	.9	.2	.3	.4
4-5.....	13.1	1.8	.1	.1	.8	.2	.3	.4
2-5.....	26.4	2.1	.1	.1	1.0	.2	.3	.4
6-9.....	25.2	2.1	.1	.1	.9	.2	.3	.5
Females:								
2.....	6.1	2.2	.1	.1	.9	.2	.4	.4
3.....	6.3	2.4	.1	.1	1.0	.2	.4	.5
2-3.....	12.3	2.3	.1	.1	1.0	.2	.4	.5
4.....	6.6	1.8	.1	.1	.8	.2	.3	.4
5.....	6.2	1.8	.1	.1	.9	.1	.3	.4
4-5.....	12.8	1.8	.1	.1	.8	.2	.3	.4
2-5.....	25.1	2.0	.1	.1	.9	.2	.3	.4
6-9.....	23.3	2.0	.1	.1	.9	.2	.3	.4
All Children 2-9:								
2-5.....	51.5	2.1	.1	.1	.9	.2	.3	.4
6-9.....	48.5	2.0	.1	.1	.9	.2	.3	.4
2-9.....	100.0	2.1	.1	.1	.9	.2	.3	.4

‡ Excludes cooked dry beans and peas, which are tabulated with meat and meat alternates in table 5A; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate. See appendix A.

§ Examples are corn, green peas, and lima beans (immature).

¶ One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 2B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Males:				
2.....	6.6	23	30	30
3.....	6.7	22	35	35
2-3.....	13.3	22	32	32
4.....	6.2	27	13	13
5.....	6.9	25	17	17
4-5.....	13.1	26	15	15
2-5.....	26.4	24	24	24
6-9.....	25.2	23	20	17
Females:				
2.....	6.1	23	25	25
3.....	6.3	20	30	30
2-3.....	12.3	21	27	27
4.....	6.6	27	14	14
5.....	6.2	23	14	14
4-5.....	12.8	25	14	14
2-5.....	25.1	23	21	21
6-9.....	23.3	25	19	17
All Children 2-9:				
2-5.....	51.5	24	22	22
6-9.....	48.5	24	20	17
2-9.....	100.0	24	21	20

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 3 servings of vegetables per day. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 3 servings of vegetables per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 servings of vegetables per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 5 servings of vegetables per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 3A.--Fruit group: Mean numbers of Pyramid Servings consumed per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>Servings ‡</i>		
Males:				
2.....	6.6	3.2	0.9	2.2
3.....	6.7	3.0	1.0	2.0
2-3.....	13.3	3.1	1.0	2.1
4.....	6.2	1.9	.7	1.2
5.....	6.9	1.8	.6	1.2
4-5.....	13.1	1.9	.6	1.2
2-5.....	26.4	2.5	.8	1.7
6-9.....	25.2	1.6	.7	.9
Females:				
2.....	6.1	2.7	.9	1.9
3.....	6.3	2.7	.9	1.8
2-3.....	12.3	2.7	.9	1.9
4.....	6.6	1.8	.7	1.1
5.....	6.2	1.6	.6	1.0
4-5.....	12.8	1.7	.7	1.0
2-5.....	25.1	2.2	.8	1.4
6-9.....	23.3	1.6	.6	.9
All Children 2-9:				
2-5.....	51.5	2.4	.8	1.6
6-9.....	48.5	1.6	.7	.9
2-9.....	100.0	2.0	.7	1.3

‡ One serving is a whole fruit such as a medium apple, banana, or orange; a grapefruit half; 1/2 cup of berries, melon, or chopped raw fruit; 1/2 cup of cooked or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of fruit juice. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 3B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Males:				
2.....	6.6	20	63	63
3.....	6.7	22	60	60
2-3.....	13.3	21	62	62
4.....	6.2	30	39	39
5.....	6.9	37	36	36
4-5.....	13.1	34	38	38
2-5.....	26.4	27	50	50
6-9.....	25.2	41	29	26
Females:				
2.....	6.1	19	58	58
3.....	6.3	22	56	56
2-3.....	12.3	21	57	57
4.....	6.6	37	36	36
5.....	6.2	37	34	34
4-5.....	12.8	37	35	35
2-5.....	25.1	29	46	46
6-9.....	23.3	42	26	24
All Children 2-9:				
2-5.....	51.5	28	48	48
6-9.....	48.5	42	28	25
2-9.....	100.0	35	38	37

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 2 servings of fruit per day. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 2 servings of fruit per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 3 servings of fruit per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 4 servings of fruit per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 4A.--Dairy group: Mean numbers of Pyramid Servings consumed per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

USDA's Food Guide Pyramid recommends eating 2 or 3 servings of dairy products each day, depending on age

Sex and age (years)	Percentage of population	Total dairy ‡	Milk	Yogurt	Cheese
	Percent	----- Servings § -----			
Males:					
2.....	6.6	1.9	1.5	*	0.3
3.....	6.7	2.0	1.6	*	.3
2-3.....	13.3	1.9	1.6	*	.3
4.....	6.2	2.0	1.6	*	.4
5.....	6.9	2.1	1.7	*	.4
4-5.....	13.1	2.1	1.6	*	.4
2-5.....	26.4	2.0	1.6	*	.4
6-9.....	25.2	2.2	1.7	*	.5
Females:					
2.....	6.1	1.9	1.6	*	.3
3.....	6.3	1.9	1.5	*	.3
2-3.....	12.3	1.9	1.5	*	.3
4.....	6.6	1.9	1.5	*	.4
5.....	6.2	1.9	1.5	*	.4
4-5.....	12.8	1.9	1.5	*	.4
2-5.....	25.1	1.9	1.5	*	.3
6-9.....	23.3	1.9	1.5	*	.4
All Children 2-9:					
2-5.....	51.5	2.0	1.6	*	.3
6-9.....	48.5	2.1	1.6	*	.4
2-9.....	100.0	2.0	1.6	*	.4

‡ Includes small amounts of miscellaneous dairy products, such as whey and nonfat sour cream, that are not included in the subgroups milk, yogurt, cheese.

§ One serving is 1 cup of milk, 1 cup of yogurt; 1-1/2 ounces of natural cheese, 2 ounces of processed cheese, 1/2 cup of ricotta cheese, or 2 cups of cottage cheese. Dairy desserts, such as ice cream, ice milk, frozen yogurt, custard, and pudding, were separated into ingredients, and servings from dairy ingredients (usually milk) are tabulated. Serving sizes are the same for all individuals regardless of age.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 4B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age ‡
	<i>Percent</i>	<i>Percent</i>		
Males:				
2.....	6.6	22	41	41
3.....	6.7	19	44	44
2-3.....	13.3	20	42	42
4.....	6.2	15	46	46
5.....	6.9	12	48	48
4-5.....	13.1	14	47	47
2-5.....	26.4	17	45	45
6-9.....	25.2	12	54	47
Females:				
2.....	6.1	21	43	43
3.....	6.3	21	40	40
2-3.....	12.3	21	41	41
4.....	6.6	15	42	42
5.....	6.2	19	39	39
4-5.....	12.8	17	41	41
2-5.....	25.1	19	41	41
6-9.....	23.3	20	41	35
All Children 2-9:				
2-5.....	51.5	18	43	43
6-9.....	48.5	16	48	41
2-9.....	100.0	17	45	42

‡ The recommendation for an individual is based on age: children 2-8 years old need 2 standard servings daily; children 9 years old need 3 servings daily (USDA and USDHHS 2000).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 5A.--Meat group: Mean numbers of Pyramid Servings (ounce equivalents) consumed per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Sex and age (years)	Percentage of population	Total meat and alternates ‡	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products §	Nuts and seeds	Cooked dry beans and peas
	Percent	----- Ounces cooked lean meat equivalents ¶-----									
Males:											
2.....	6.6	2.6	0.7	0.7	0.1	*	0.6	0.3	*	0.1	0.1
3.....	6.7	2.8	.9	.6	.1	*	.6	.3	*	.2	.1
2-3.....	13.3	2.7	.8	.6	.1	*	.6	.3	*	.1	.1
4.....	6.2	3.2	.9	.8	.2	*	.7	.3	*	.2	.1
5.....	6.9	3.3	1.1	.7	.2	*	.7	.3	*	.2	.1
4-5.....	13.1	3.2	1.0	.7	.2	*	.7	.3	*	.2	.1
2-5.....	26.4	3.0	.9	.7	.1	*	.7	.3	*	.2	.1
6-9.....	25.2	3.7	1.4	.7	.2	*	.8	.3	*	.2	.1
Females:											
2.....	6.1	2.4	.7	.6	.1	*	.5	.3	*	.1	.1
3.....	6.3	2.6	.8	.6	.1	*	.6	.3	*	.1	.1
2-3.....	12.3	2.5	.8	.6	.1	*	.5	.3	*	.1	.1
4.....	6.6	2.9	.9	.7	.2	*	.6	.2	*	.1	.1
5.....	6.2	3.2	1.1	.7	.2	*	.6	.3	*	.2	.1
4-5.....	12.8	3.0	1.0	.7	.2	*	.6	.3	*	.1	.1
2-5.....	25.1	2.8	.9	.6	.2	*	.6	.3	*	.1	.1
6-9.....	23.3	3.1	1.1	.7	.2	*	.6	.2	*	.1	.1
All Children 2-9:											
2-5.....	51.5	2.9	.9	.7	.1	*	.6	.3	*	.2	.1
6-9.....	48.5	3.4	1.2	.7	.2	*	.7	.2	*	.2	.1
2-9.....	100.0	3.1	1.1	.7	.2	*	.7	.3	*	.2	.1

‡ Includes cooked dry beans and peas; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate. See appendix A.

§ Includes tofu and simulated meat products made from soy.

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, 1/4 cup of seeds, and 1/2 cup of cooked dry beans and peas are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 6.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 5B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid Servings (ounce equivalents) per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least the minimum recommended quantity §	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent	----- Percent -----		
Males:				
2.....	6.6	11	27	27
3.....	6.7	12	31	31
2-3.....	13.3	11	29	29
4.....	6.2	7	16	16
5.....	6.9	6	16	16
4-5.....	13.1	6	16	16
2-5.....	26.4	9	22	22
6-9.....	25.2	7	21	19
Females:				
2.....	6.1	16	24	24
3.....	6.3	11	28	28
2-3.....	12.3	13	26	26
4.....	6.6	8	10	10
5.....	6.2	8	12	12
4-5.....	12.8	8	11	11
2-5.....	25.1	11	18	18
6-9.....	23.3	7	13	12
All Children 2-9:				
2-5.....	51.5	10	20	20
6-9.....	48.5	7	17	15
2-9.....	100.0	8	19	18

§ The recommended quantity for children 2-3 years of age is 3.3 ounces, for 4-6 year olds the recommendation is 5 ounces, and for all others the minimum recommendation is 5 ounce

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-3 or 4-6 years of age met the recommendation if they ate at least 3.3 ounces or 5 ounces of cooked lean meat equivalents per day respectively. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and those consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day (USDA 1999).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 6.--Pyramid Tip: Mean daily intakes of discretionary fat and added sugars per day, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy but little else of nutritional value

Sex and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Fat	Discretionary fat ‡	Added sugars §	Discretionary fat	Added sugars
	Percent	Kilocalories	----- Percent of total kilocalories -----	----- Grams -----	--- Teaspoons ¶ ---		
Males:							
2.....	6.6	1426	32.2	25.2	13.9	40.4	12.3
3.....	6.7	1566	31.9	25.1	15.7	44.1	15.4
2-3.....	13.3	1497	32.0	25.2	14.8	42.3	13.9
4.....	6.2	1673	32.4	25.5	16.0	48.0	16.6
5.....	6.9	1783	32.6	25.6	16.8	51.2	18.9
4-5.....	13.1	1731	32.5	25.5	16.4	49.7	17.8
2-5.....	26.4	1613	32.3	25.4	15.6	45.9	15.8
6-9.....	25.2	1939	32.6	25.5	18.1	55.3	22.1
Females:							
2.....	6.1	1337	31.9	24.9	14.1	37.9	11.8
3.....	6.3	1450	32.2	25.3	15.8	41.2	14.4
2-3.....	12.3	1394	32.0	25.1	15.0	39.6	13.1
4.....	6.6	1558	32.2	25.3	16.2	44.2	15.8
5.....	6.2	1646	32.9	25.9	17.0	48.0	17.6
4-5.....	12.8	1601	32.5	25.6	16.6	46.1	16.7
2-5.....	25.1	1500	32.3	25.4	15.8	42.9	14.9
6-9.....	23.3	1704	32.4	25.5	18.0	48.8	19.5
All Children 2-9:							
2-5.....	51.5	1558	32.3	25.4	15.7	44.5	15.4
6-9.....	48.5	1826	32.5	25.5	18.1	52.2	20.8
2-9.....	100.0	1688	32.4	25.4	16.8	48.2	18.0

‡ Discretionary fat includes fats added to foods in preparation and at the table (that is, cream, butter, margarine, cream cheese, oil, lard, meat drippings, cocoa, and chocolate) and fat from grain products, vegetables, fruits, dairy products, and meats and meat alternates beyond amounts people would consume if they selected only the lowest-fat foods in each food group.

§ Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

¶ Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 7A.--Grain group: Mean numbers of Pyramid Servings consumed per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	Percent	----- Servings ‡ -----		
Males:				
2-5.....	3.3	6.6	1.0	5.5
6-11.....	4.7	7.0	1.0	6.0
12-19.....	5.9	9.2	1.1	8.1
20-29.....	7.5	8.7	1.1	7.6
30-39.....	8.5	8.7	1.1	7.6
40-49.....	7.1	7.9	1.1	6.7
50-59.....	4.8	7.1	1.1	5.9
60-69.....	3.5	7.0	1.1	5.9
70 and over.....	3.4	6.2	1.2	4.9
20 and over.....	34.8	7.9	1.1	6.8
Females:				
2-5.....	3.1	6.0	.9	5.0
6-11.....	4.5	6.1	.8	5.3
12-19.....	5.7	6.3	.9	5.5
20-29.....	7.2	5.9	.8	5.1
30-39.....	9.0	5.8	.9	4.9
40-49.....	7.1	5.7	.8	4.8
50-59.....	5.3	5.4	.9	4.5
60-69.....	4.3	4.9	.9	4.1
70 and over.....	4.9	4.9	1.0	3.9
20 and over.....	37.8	5.5	.9	4.6
All Individuals 2 and over.....	100.0	6.8	1.0	5.8

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ One serving is 1 slice of bread; 1 small roll; 1/2 bagel, English muffin, or croissant; 1 ounce of ready-to-eat cereal; 1/2 cup cooked cereal, rice, or pasta; 1 small muffin; or amounts of other grain products such as pretzels and cakes that contain an amount of grain equivalent to that in a standard slice of bread. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999). Whole- and nonwhole-grain servings were calculated based on the proportion of whole- and nonwhole-grain ingredients in foods as consumed.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 7B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent		Percent	
Males:				
2-5.....	3.3	† 0	53	53
6-11.....	4.7	† 0	61	47
12-19.....	5.9	† 0	77	48
20-29.....	7.5	† 1	71	46
30-39.....	8.5	† *	70	41
40-49.....	7.1	† 1	68	40
50-59.....	4.8	† 1	59	36
60-69.....	3.5	† 0	58	41
70 and over.....	3.4	† 1	49	38
20 and over.....	34.8	† 0	65	41
Females:				
2-5.....	3.1	† 0	43	43
6-11.....	4.5	† 0	46	39
12-19.....	5.7	† 0	49	35
20-29.....	7.2	† 1	41	32
30-39.....	9.0	† 1	41	33
40-49.....	7.1	† 1	39	33
50-59.....	5.3	† 1	37	31
60-69.....	4.3	† 2	28	25
70 and over.....	4.9	† 1	28	26
20 and over.....	37.8	1	37	31
All Individuals 2 and over.....	100.0	1	52	38

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-1996 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 6 servings of grain per day. Individuals over six years of age, consuming less than 2,200 calories met the recommendation if they ate at least 6 servings of grain per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 9 servings of grain per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 11 servings of grain per day.

† See "Statistical notes," appendix C.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 8A.--Vegetable group: Mean numbers of Pyramid Servings consumed per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total vegetables ‡	Dark green vegetables	Deep yellow vegetables	Starchy vegetables		Tomatoes	Other vegetables
					White potatoes	Other starchy §		
	<i>Percent</i>	----- <i>Servings ¶</i> -----						
Males:								
2-5.....	3.3	2.1	0.1	0.1	1.0	0.2	0.3	0.4
6-11.....	4.7	2.2	.1	.1	1.0	.2	.4	.5
12-19.....	5.9	3.5	.1	.1	1.7	.2	.6	.8
20-29.....	7.5	4.0	.1	.1	1.7	.2	.7	1.2
30-39.....	8.5	4.2	.2	.2	1.6	.2	.6	1.4
40-49.....	7.1	3.8	.2	.2	1.2	.3	.6	1.3
50-59.....	4.8	3.8	.2	.2	1.2	.3	.5	1.3
60-69.....	3.5	3.7	.2	.2	1.1	.3	.5	1.3
70 and over.....	3.4	3.2	.2	.2	.9	.3	.4	1.2
20 and over.....	34.8	3.9	.2	.2	1.4	.3	.6	1.3
Females:								
2-5.....	3.1	2.0	.1	.1	.9	.2	.3	.4
6-11.....	4.5	2.1	.1	.1	.9	.2	.3	.5
12-19.....	5.7	2.6	.1	.1	1.2	.1	.4	.7
20-29.....	7.2	2.8	.1	.2	1.0	.2	.4	.9
30-39.....	9.0	2.9	.2	.2	.9	.2	.4	1.0
40-49.....	7.1	3.0	.2	.2	.9	.2	.4	1.2
50-59.....	5.3	3.0	.2	.2	.8	.2	.5	1.2
60-69.....	4.3	2.9	.2	.2	.7	.2	.4	1.2
70 and over.....	4.9	2.7	.2	.2	.7	.2	.4	1.0
20 and over.....	37.8	2.9	.2	.2	.8	.2	.4	1.1
All Individuals 2 and over.....	100.0	3.1	.2	.2	1.1	.2	.5	1.0

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-1996 alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ Excludes cooked dry beans and peas, which are tabulated with meat and meat alternates in table 11A; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate. See appendix A.

§ Examples are corn, green peas, and lima beans (immature).

¶ One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 8B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	----- Percent -----		
Males:				
2-5.....	3.3	24	24	24
6-11.....	4.7	21	24	18
12-19.....	5.9	11	51	33
20-29.....	7.5	8	64	45
30-39.....	8.5	6	65	50
40-49.....	7.1	10	58	43
50-59.....	4.8	9	62	51
60-69.....	3.5	8	56	48
70 and over.....	3.4	13	48	42
20 and over.....	34.8	8	60	47
Females:				
2-5.....	3.1	23	21	21
6-11.....	4.5	23	22	19
12-19.....	5.7	15	34	26
20-29.....	7.2	13	39	35
30-39.....	9.0	10	42	37
40-49.....	7.1	10	46	42
50-59.....	5.3	11	46	44
60-69.....	4.3	10	43	41
70 and over.....	4.9	11	37	36
20 and over.....	37.8	11	42	39
All Individuals 2 and over.....	100.0	12	45	38

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 3 servings of vegetables per day. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 3 servings of vegetables per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 servings of vegetables per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 5 servings of vegetables per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 9A.--Fruit group: Mean numbers of Pyramid Servings consumed per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Sex and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	Percent	----- Servings ‡ -----		
Males:				
2-5.....	3.3	2.5	0.8	1.7
6-11.....	4.7	1.6	.7	.9
12-19.....	5.9	1.4	.8	.6
20-29.....	7.5	1.3	.8	.5
30-39.....	8.5	1.3	.6	.7
40-49.....	7.1	1.5	.7	.7
50-59.....	4.8	1.7	.8	.9
60-69.....	3.5	1.9	.9	1.0
70 and over.....	3.4	2.1	.9	1.1
20 and over.....	34.8	1.5	.8	.8
Females:				
2-5.....	3.1	2.2	.8	1.4
6-11.....	4.5	1.5	.7	.9
12-19.....	5.7	1.3	.7	.6
20-29.....	7.2	1.2	.6	.6
30-39.....	9.0	1.3	.7	.6
40-49.....	7.1	1.4	.8	.7
50-59.....	5.3	1.6	.8	.8
60-69.....	4.3	1.7	.9	.8
70 and over.....	4.9	1.8	.8	1.0
20 and over.....	37.8	1.5	.7	.7
All Individuals 2 and over.....	100.0	1.5	.8	.8

Estimates are based on combined data from 1994-1996 and 1998 for individuals 9 years of age and under, and on 1994-1996 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ One serving is a whole fruit such as a medium apple, banana, or orange; a grapefruit half; 1/2 cup of berries, melon, or chopped raw fruit; 1/2 cup of cooked or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of fruit juice. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 9B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	Percent	Percent	Percent
Males:				
2-5.....	3.3	27	50	50
6-11.....	4.7	44	28	23
12-19.....	5.9	54	22	14
20-29.....	7.5	60	23	15
30-39.....	8.5	59	23	16
40-49.....	7.1	53	27	18
50-59.....	4.8	48	30	21
60-69.....	3.5	40	36	29
70 and over.....	3.4	35	43	37
20 and over.....	34.8	52	28	20
Females:				
2-5.....	3.1	29	46	46
6-11.....	4.5	44	27	24
12-19.....	5.7	53	24	18
20-29.....	7.2	57	20	18
30-39.....	9.0	55	23	20
40-49.....	7.1	53	23	21
50-59.....	5.3	45	31	29
60-69.....	4.3	38	35	33
70 and over.....	4.9	33	36	36
20 and over.....	37.8	49	27	25
All Individuals 2 and over.....	100.0	49	28	23

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 2 servings of fruit per day. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 2 servings of fruit per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 3 servings of fruit per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 4 servings of fruit per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 10A.--Dairy group: Mean numbers of Pyramid Servings consumed per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

USDA's Food Guide Pyramid recommends eating 2 or 3 servings of dairy products each day, depending on age

Sex and age (years)	Percentage of population	Total dairy ‡	Milk	Yogurt	Cheese
	Percent	----- Servings § -----			
Males:					
2-5.....	3.3	2.0	1.6	*	0.4
6-11.....	4.7	2.2	1.7	*	.5
12-19.....	5.9	2.4	1.6	*	.8
20-29.....	7.5	1.7	.9	*	.8
30-39.....	8.5	1.7	1.0	*	.7
40-49.....	7.1	1.6	1.0	*	.5
50-59.....	4.8	1.3	.8	*	.4
60-69.....	3.5	1.3	.9	*	.4
70 and over.....	3.4	1.3	1.1	*	.3
20 and over.....	34.8	1.5	.9	*	.6
Females:					
2-5.....	3.1	1.9	1.5	*	.3
6-11.....	4.5	1.9	1.5	*	.4
12-19.....	5.7	1.5	1.0	*	.5
20-29.....	7.2	1.3	.7	*	.5
30-39.....	9.0	1.2	.7	*	.4
40-49.....	7.1	1.1	.6	*	.4
50-59.....	5.3	1.1	.7	.1	.3
60-69.....	4.3	1.0	.7	*	.3
70 and over.....	4.9	1.1	.8	*	.2
20 and over.....	37.8	1.1	.7	*	.4
All Individuals 2 and over.....	100.0	1.5	1.0	*	.5

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ Includes small amounts of miscellaneous dairy products, such as whey and nonfat sour cream, that are not included in the subgroups milk, yogurt, cheese.

§ One serving is 1 cup of milk, 1 cup of yogurt; 1-1/2 ounces of natural cheese, 2 ounces of processed cheese, 1/2 cup of ricotta cheese, or 2 cups of cottage cheese. Dairy desserts, such as ice cream, ice milk, frozen yogurt, custard, and pudding, were separated into ingredients, and servings from dairy ingredients (usually milk) are tabulated. Serving sizes are the same for all individuals regardless of age.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 10B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age ‡
	<i>Percent</i>	<i>Percent</i>		
Males:				
2-5.....	3.3	17	45	45
6-11.....	4.7	12	53	40
12-19.....	5.9	21	51	30
20-29.....	7.5	37	30	30
30-39.....	8.5	39	31	31
40-49.....	7.1	42	29	29
50-59.....	4.8	50	20	10
60-69.....	3.5	45	23	7
70 and over.....	3.4	43	24	6
20 and over.....	34.8	42	27	22
Females:				
2-5.....	3.1	19	41	41
6-11.....	4.5	20	41	29
12-19.....	5.7	39	26	12
20-29.....	7.2	44	17	17
30-39.....	9.0	53	19	19
40-49.....	7.1	56	16	16
50-59.....	5.3	56	14	4
60-69.....	4.3	59	12	3
70 and over.....	4.9	56	15	3
20 and over.....	37.8	53	16	12
All Individuals 2 and over.....	100.0	41	27	21

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ The recommendation for an individual is based on age. Older children and teenagers (ages 9 through 18) and adults over the age of 50 need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for nonpregnant women (USDA and USDHHS 2000).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 11A.--Meat group: Mean numbers of Pyramid Servings (ounce equivalents) consumed per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Sex and age (years)	Percentage of population	Total meat and alternates ‡	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products §	Nuts and seeds	Cooked dry beans and peas
	Percent	----- Ounces cooked lean meat equivalents ¶-----									
Males:											
2-5.....	3.3	3.0	0.9	0.7	0.1	*	0.7	0.3	*	0.2	0.1
6-11.....	4.7	3.9	1.4	.8	.2	*	.8	.3	*	.2	.1
12-19.....	5.9	6.1	2.6	1.4	.3	*	1.0	.4	*	.2	.2
20-29.....	7.5	6.9	3.0	1.6	.4	*	1.0	.5	*	.2	.2
30-39.....	8.5	7.5	3.1	1.6	.6	*	1.3	.4	*	.2	.3
40-49.....	7.1	6.8	2.7	1.6	.5	*	1.0	.5	*	.2	.3
50-59.....	4.8	6.6	2.5	1.5	.6	*	.9	.5	*	.2	.3
60-69.....	3.5	5.8	2.2	1.2	.6	*	.8	.5	*	.1	.2
70 and over.....	3.4	4.7	1.7	.9	.5	*	.6	.5	*	.2	.2
20 and over.....	34.8	6.7	2.7	1.5	.5	*	1.0	.5	*	.2	.3
Females:											
2-5.....	3.1	2.8	.9	.6	.2	*	.6	.3	*	.1	.1
6-11.....	4.5	3.2	1.1	.7	.2	*	.7	.2	*	.1	.1
12-19.....	5.7	3.8	1.5	.9	.2	*	.6	.3	*	.1	.1
20-29.....	7.2	4.0	1.4	1.1	.3	*	.5	.3	*	.1	.2
30-39.....	9.0	4.2	1.6	1.0	.4	*	.6	.3	*	.1	.2
40-49.....	7.1	4.2	1.5	1.1	.4	*	.5	.3	*	.1	.2
50-59.....	5.3	4.1	1.4	1.1	.5	*	.5	.3	*	.1	.2
60-69.....	4.3	4.0	1.4	1.0	.6	*	.5	.4	*	.1	.1
70 and over.....	4.9	3.6	1.2	1.0	.4	*	.4	.3	*	.1	.1
20 and over.....	37.8	4.0	1.4	1.1	.4	*	.5	.3	*	.1	.2
All Individuals 2 and over....	100.0	4.9	1.9	1.2	.4	*	.8	.4	*	.1	.2

Estimates are based on combined data from 1994-96 and 1998 data for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ Includes cooked dry beans and peas; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate. See appendix A.

§ Includes tofu and simulated meat products made from soy.

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, 1/4 cup of seeds, and 1/2 cup of cooked dry beans and peas are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 12.

* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 11B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid Servings (ounce equivalents) per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least the minimum recommended quantity §	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent	Percent	Percent	Percent
Males:				
2-5.....	3.3	9	22	22
6-11.....	4.7	5	24	21
12-19.....	5.9	† 2	55	44
20-29.....	7.5	† 2	65	54
30-39.....	8.5	† 1	69	60
40-49.....	7.1	† 1	68	59
50-59.....	4.8	† 1	64	57
60-69.....	3.5	† 1	58	52
70 and over.....	3.4	† 2	40	36
20 and over.....	34.8	1	63	55
Females:				
2-5.....	3.1	11	18	18
6-11.....	4.5	6	13	12
12-19.....	5.7	7	26	22
20-29.....	7.2	7	29	25
30-39.....	9.0	4	30	28
40-49.....	7.1	5	30	28
50-59.....	5.3	4	29	27
60-69.....	4.3	3	29	29
70 and over.....	4.9	5	20	20
20 and over.....	37.8	5	28	26
All Individuals 2 and over.....	100.0	4	41	36

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

§ The recommended quantity for children 2-3 years of age is 3.3 ounces, for 4-6 year olds the recommendation is 5 ounces, and for all others the minimum recommendation is 5 ounce

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-3 or 4-6 years of age met the recommendation if they ate at least 3.3 ounces or 5 ounces of cooked lean meat equivalents per day respectively. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and those consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day (USDA 1999).

† See "Statistical notes," appendix C.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 12.--Pyramid Tip: Mean daily intakes of discretionary fat and added sugars per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy but little else of nutritional value

Sex and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Fat	Discretionary fat ‡	Added sugars §	Discretionary fat	Added sugars
	Percent	Kilocalories	----- Percent of total kilocalories -----	----- Grams -----	--- Teaspoons ¶ ---		
Males:							
2-5.....	3.3	1613	32.3	25.4	15.6	45.9	15.8
6-11.....	4.7	1985	32.5	25.3	18.3	56.2	22.9
12-19.....	5.9	2716	33.1	25.5	19.9	77.8	34.2
20-29.....	7.5	2667	33.0	24.8	16.8	74.2	27.8
30-39.....	8.5	2669	34.2	25.7	15.3	78.3	26.0
40-49.....	7.1	2403	34.1	25.3	13.9	69.1	21.4
50-59.....	4.8	2217	34.3	25.5	13.2	64.4	18.7
60-69.....	3.5	2059	33.1	24.3	11.9	57.3	15.9
70 and over.....	3.4	1816	32.9	24.6	12.0	50.9	13.8
20 and over.....	34.8	2406	33.7	25.1	14.4	68.8	22.2
Females:							
2-5.....	3.1	1500	32.3	25.4	15.8	42.9	14.9
6-11.....	4.5	1756	32.3	25.5	18.7	50.2	20.9
12-19.....	5.7	1841	32.3	25.1	20.1	52.1	23.4
20-29.....	7.2	1758	31.8	24.4	18.2	48.8	20.4
30-39.....	9.0	1687	32.4	24.5	15.8	47.3	17.1
40-49.....	7.1	1639	33.8	25.7	14.4	47.8	15.0
50-59.....	5.3	1576	32.7	24.8	13.5	44.5	13.5
60-69.....	4.3	1443	32.3	23.8	12.3	39.3	11.4
70 and over.....	4.9	1386	31.9	23.7	12.6	37.1	11.1
20 and over.....	37.8	1609	32.5	24.6	14.9	45.0	15.4
All Individuals 2 and over.....	100.0	1987	32.9	25.0	15.7	56.4	20.0

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

‡ Discretionary fat includes fats added to foods in preparation and at the table (that is, cream, butter, margarine, cream cheese, oil, lard, meat drippings, cocoa, and chocolate) and fat from grain products, vegetables, fruits, dairy products, and meats and meat alternates beyond amounts people would consume if they selected only the lowest-fat foods in each food group.

§ Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

¶ Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Appendix A. Dry beans and peas – Meat alternate or vegetable?

The Food Guide Pyramid (USDA 1992, USDA and USDHHS, 2000) indicates that dry beans and peas can count as servings of Meat and Meat Alternates or as Vegetables.

The main tables of this report summarize intakes of dry beans and peas with the Meat and Meat Alternate group (see Tables 5A, 5B, 11A, and 11B); total intakes of vegetables (Tables 2A, 2B, 8A, and 8B) exclude dry beans and peas. Note: In the CSFII 1994-96 Pyramid Servings release (USDA/ARS 1998), dry beans and peas were assigned to the vegetable group.

The serving size for cooked dry beans and peas is defined as 1/2 cup. This amount is equivalent to one ounce of cooked lean meat or one vegetable serving.

Since the units of measure for dry beans and peas are comparable whether counted as ounces of lean meat equivalents or servings of vegetables, the summary data in Appendix Tables 13 to 16 present these two options. Each table includes two sets of values on the total number of Pyramid Servings for Meat and Meat Alternates and for Vegetables: one set includes dry beans and peas in the totals; the second set excludes dry beans and peas from the total. Results also include the percentage of individuals consuming specified numbers of Pyramid Servings, where the intakes of dry beans and peas are included or excluded from the meat and meat alternate group; as well as where the intakes of dry beans and peas are included or excluded from the vegetable group. *CAUTION* is required to insure that dry beans and peas are not counted toward both food groups.

Table 13.--Vegetable group excluding and including dry beans and peas: Mean number of servings consumed per day and percentages of children consuming specified numbers of Pyramid Servings per day, by sex and age, children 2-9 years of age 2-day average, 1994-96, 1998

According to USDA's Food Guide Pyramid, dry beans and peas can be counted as a vegetable or a meat alternate.

Sex and age (years)	Percentage of population	Number of total vegetable servings ¶		Percentage of individuals consuming specified number of vegetable servings (excluding dry beans and peas)			Percentage of individuals consuming specified number of vegetable servings (including dry beans and peas)		
		excluding dry beans and peas	including dry beans and peas	less than 1 serving per day	at least minimum servings per day (3 a day)	at least recommended servings per day ‡	less than 1 serving per day	at least minimum servings per day (3 a day)	at least recommended servings per day ‡
	<i>Percent</i>	<i>Servings</i>		<i>Percent</i>			<i>Percent</i>		
Males:									
2.....	6.6	2.4	2.5	23	30	30	19	33	33
3.....	6.7	2.5	2.6	22	35	35	19	37	37
2-3.....	13.3	2.4	2.5	22	32	32	19	35	35
4.....	6.2	1.8	1.9	27	13	13	25	15	15
5.....	6.9	1.9	2.0	25	17	17	23	18	18
4-5.....	13.1	1.8	1.9	26	15	15	24	17	17
2-5.....	26.4	2.1	2.2	24	24	24	22	26	26
6-9.....	25.2	2.1	2.2	23	20	17	21	22	18
Females:									
2.....	6.1	2.2	2.4	23	25	25	20	28	28
3.....	6.3	2.4	2.5	20	30	30	17	33	33
2-3.....	12.3	2.3	2.4	21	27	27	19	30	30
4.....	6.6	1.8	1.9	27	14	14	23	16	16
5.....	6.2	1.8	2.0	23	14	14	20	19	19
4-5.....	12.8	1.8	1.9	25	14	14	21	17	17
2-5.....	25.1	2.0	2.2	23	21	21	20	24	24
6-9.....	23.3	2.0	2.1	25	19	17	23	21	19
All Children 2-9:									
2-5.....	51.5	2.1	2.2	24	22	22	21	25	25
6-9.....	48.5	2.0	2.1	24	20	17	22	22	19
2-9.....	100.0	2.1	2.2	24	21	20	21	23	22

¶ USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs. One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999).

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 3 servings of vegetables per day. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 3 servings of vegetables per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 servings of vegetables per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 5 servings of vegetables per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 14.--Meat group excluding and including dry beans and peas: Mean number of Pyramid Servings (ounce equivalents) consumed per day and percentages of children consuming specified numbers of Pyramid Servings per day, by sex and age, children 2-9 years of age--day average, 1994-96, 1998

According to USDA's Food Guide Pyramid, dry beans and peas can be counted as a vegetable or a meat alternate.

Sex and age (years)	Percentage of population	Total ounces of cooked lean meat equivalents ¶		Percentage of individuals consuming specified number of meat servings (including dry beans and peas)			Percentage of individuals consuming specified number of meat servings (excluding dry beans and peas)		
		including dry beans and peas	excluding dry beans and peas	less than 1 ounce equivalent per day	at least the minimum recommended quantity §	recommended ounce equivalents per day ‡	less than 1 ounce equivalent per day	at least the minimum recommended quantity §	recommended ounce equivalents per day ‡
	<i>Percent</i>	<i>----- Ounces -----</i>		<i>----- Percent -----</i>					
Males:									
2.....	6.6	2.6	2.6	11	27	27	12	24	24
3.....	6.7	2.8	2.7	12	31	31	13	28	28
2-3.....	13.3	2.7	2.6	11	29	29	13	26	26
4.....	6.2	3.2	3.1	7	16	16	7	14	14
5.....	6.9	3.3	3.2	6	16	16	8	15	15
4-5.....	13.1	3.2	3.1	6	16	16	8	14	14
2-5.....	26.4	3.0	2.9	9	22	22	10	20	20
6-9.....	25.2	3.7	3.6	7	21	19	8	20	17
Females:									
2.....	6.1	2.4	2.3	16	24	24	17	21	21
3.....	6.3	2.6	2.5	11	28	28	12	25	25
2-3.....	12.3	2.5	2.4	13	26	26	15	23	23
4.....	6.6	2.9	2.8	8	10	10	9	9	9
5.....	6.2	3.2	3.1	8	12	12	8	11	11
4-5.....	12.8	3.0	2.9	8	11	11	8	10	10
2-5.....	25.1	2.8	2.7	11	18	18	11	16	16
6-9.....	23.3	3.1	3.0	7	13	12	7	11	10
All Children 2-9:									
2-5.....	51.5	2.9	2.8	10	20	20	11	18	18
6-9.....	48.5	3.4	3.3	7	17	15	7	16	14
2-9.....	100.0	3.1	3.0	8	19	18	9	17	16

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, 1/4 cup of seeds, and 1/2 cup of cooked dry beans and peas are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 6.

§ The recommended quantity for children 2-3 years of age is 3.3 ounces, for 4-6 year olds the recommendation is 5 ounces, and for all others the minimum recommendation is 5 ounces.

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-3 or 4-6 years of age met the recommendation if they ate at least 3.3 ounces or 5 ounces of cooked lean meat equivalents per day respectively. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and those consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day (USDA 1999).

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 15.--Vegetable group excluding and including dry beans and peas: Mean number of servings consumed per day and percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

According to USDA's Food Guide Pyramid, dry beans and peas can be counted as a vegetable or a meat alternate.

Sex and age (years)	Percentage of population	Number of total vegetable servings ¶		Percentage of individuals consuming specified number of vegetable servings (excluding dry beans and peas)			Percentage of individuals consuming specified number of vegetable servings (including dry beans and peas)		
		excluding dry beans and peas	including dry beans and peas	less than 1 serving per day	at least minimum servings per day (3 a day)	at least recommended servings per day ‡	less than 1 serving per day	at least minimum servings per day (3 a day)	at least recommended servings per day ‡
	<i>Percent</i>	<i>Servings</i>		<i>Percent</i>					
Males:									
2-5.....	3.3	2.1	2.2	24	24	24	22	26	26
6-11.....	4.7	2.2	2.3	21	24	18	19	27	21
12-19.....	5.9	3.5	3.7	11	51	33	10	55	37
20-29.....	7.5	4.0	4.3	8	64	45	7	67	49
30-39.....	8.5	4.2	4.5	6	65	50	4	70	54
40-49.....	7.1	3.8	4.1	10	58	43	7	62	48
50-59.....	4.8	3.8	4.1	9	62	51	7	67	56
60-69.....	3.5	3.7	3.9	8	56	48	6	61	52
70 and over.....	3.4	3.2	3.4	13	48	42	11	53	47
20 and over.....	34.8	3.9	4.1	8	60	47	7	65	51
Females:									
2-5.....	3.1	2.0	2.2	23	21	21	20	24	24
6-11.....	4.5	2.1	2.2	23	22	19	22	25	21
12-19.....	5.7	2.6	2.8	15	34	26	12	38	29
20-29.....	7.2	2.8	3.0	13	39	35	11	43	38
30-39.....	9.0	2.9	3.1	10	42	37	8	45	39
40-49.....	7.1	3.0	3.2	10	46	42	8	49	46
50-59.....	5.3	3.0	3.2	11	46	44	9	50	47
60-69.....	4.3	2.9	3.0	10	43	41	9	46	44
70 and over.....	4.9	2.7	2.8	11	37	36	10	40	39
20 and over.....	37.8	2.9	3.1	11	42	39	9	45	42
All Individuals 2 and over....	100.0	3.1	3.3	12	45	38	10	49	41

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

¶ USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs. One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2-3 years old, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs (USDA 1999).

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-6 years of age met the recommendation if they ate at least 3 servings of vegetables per day. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 3 servings of vegetables per day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 servings of vegetables per day; and those consuming 2,800 calories or more met the recommendation if they ate at least 5 servings of vegetables per day.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 16.--Meat group excluding and including dry beans and peas: Mean number of Pyramid Servings (ounce equivalents) consumed per day and percentages of individuals consuming specified numbers of Pyramid Servings per day, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

According to USDA's Food Guide Pyramid, dry beans and peas can be counted as a vegetable or a meat alternate.

Sex and age (years)	Percentage of population	Total ounces of cooked lean meat equivalents ¶		Percentage of individuals consuming specified number of meat servings (including dry beans and peas)			Percentage of individuals consuming specified number of meat servings (excluding dry beans and peas)		
		including dry beans and peas	excluding dry beans and peas	less than 1 ounce equivalent per day	at least the minimum recommended quantity §	recommended ounce equivalents per day ‡	less than 1 ounce equivalent per day	at least the minimum recommended quantity §	recommended ounce equivalents per day ‡
	<i>Percent</i>	<i>----- Ounces -----</i>		<i>----- Percent -----</i>					
Males:									
2-5.....	3.3	3.0	2.9	9	22	22	10	20	20
6-11.....	4.7	3.9	3.7	5	24	21	6	23	19
12-19.....	5.9	6.1	5.9	† 2	55	44	† 2	54	41
20-29.....	7.5	6.9	6.6	† 2	65	54	† 2	63	51
30-39.....	8.5	7.5	7.2	† 1	69	60	† 1	67	57
40-49.....	7.1	6.8	6.5	† 1	68	59	† 2	65	55
50-59.....	4.8	6.6	6.4	† 1	64	57	† 1	61	54
60-69.....	3.5	5.8	5.6	† 1	58	52	† 1	55	47
70 and over.....	3.4	4.7	4.5	† 2	40	36	3	37	32
20 and over.....	34.8	6.7	6.4	1	63	55	2	61	51
Females:									
2-5.....	3.1	2.8	2.7	11	18	18	11	16	16
6-11.....	4.5	3.2	3.1	6	13	12	6	12	10
12-19.....	5.7	3.8	3.7	7	26	22	8	24	20
20-29.....	7.2	4.0	3.8	7	29	25	8	26	22
30-39.....	9.0	4.2	4.1	4	30	28	4	28	25
40-49.....	7.1	4.2	4.0	5	30	28	6	27	25
50-59.....	5.3	4.1	3.9	4	29	27	5	25	24
60-69.....	4.3	4.0	3.9	3	29	29	4	27	26
70 and over.....	4.9	3.6	3.5	5	20	20	7	17	17
20 and over.....	37.8	4.0	3.9	5	28	26	6	26	23
All Individuals 2 and over....	100.0	4.9	4.8	4	41	36	5	38	33

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-96 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, 1/4 cup of seeds, and 1/2 cup of cooked dry beans and peas are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 6.

§ The recommended quantity for children 2-3 years of age is 3.3 ounces, for 4-6 year olds the recommendation is 5 ounces, and for all others the minimum recommendation is 5 ounces.

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992) and from the children's Pyramid (USDA, CNPP 1999). Children 2-3 or 4-6 years of age met the recommendation if they ate at least 3.3 ounces or 5 ounces of cooked lean meat equivalents per day respectively. Individuals over 6 years of age, consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; those consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and those consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day (USDA 1999).

† See "Statistical notes," appendix C.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 17.-- Counts of 2-day respondents and population percentages, by sex and age, children 2-9 years of age, 2-day average, 1994-96, 1998

Sex and age (years)	Count (unweighted)	Percentage of population (weighted)
	<i>n</i>	<i>Percent</i>
Males:		
2.....	526	6.6
3.....	902	6.7
2-3.....	1428	13.3
4.....	878	6.2
5.....	449	6.9
4-5.....	1327	13.1
2-5.....	2755	26.4
6-9.....	758	25.2
Females:		
2.....	525	6.1
3.....	852	6.3
2-3.....	1377	12.3
4.....	904	6.6
5.....	401	6.2
4-5.....	1305	12.8
2-5.....	2682	25.1
6-9.....	665	23.3
All Children 2-9:		
2-5.....	5437	51.5
6-9.....	1423	48.5
2-9.....	6860	100.0

Note: Excludes 10 breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

Table 18 .-- Counts of 2-day respondents and population percentages, by sex and age, individuals 2 years of age and over, 2-day average, 1994-96, 1998 #

Sex and age (years)	Count (unweighted)	Percentage of population (weighted)
	<i>n</i>	<i>Percent</i>
Males:		
2-5.....	2755	3.3
6-11.....	991	4.7
12-19.....	696	5.9
20-29.....	723	7.5
30-39.....	820	8.5
40-49.....	815	7.1
50-59.....	848	4.8
60-69.....	809	3.5
70 and over.....	736	3.4
20 and over.....	4751	34.8
Females:		
2-5.....	2682	3.1
6-11.....	922	4.5
12-19.....	702	5.7
20-29.....	675	7.2
30-39.....	774	9.0
40-49.....	870	7.1
50-59.....	824	5.3
60-69.....	755	4.3
70 and over.....	674	4.9
20 and over.....	4572	37.8
All individuals.....	18071	100.0

Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under, and on 1994-1996 data alone for those age 10 years and over. Data for individuals 10 to 19 years of age have been reweighted.

Note: Excludes 10 breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96, 1998.

