Food and Nutrient Intakes of Individuals in 1 Day, Low-Income Households, November 1977-March 1978

Nationwide Food Consumption Survey 1977-78, Preliminary Report No. 11
ABSTRACT

One-day food and nutrient intakes of just over 12,000 individuals from low-income households, classified by participation in the Food Stamp Program, are presented in this report. Information was collected in the 48 conterminous States from November 1977 through March 1978. This survey of low-income households was a supplement to the Nationwide Food Consumption Survey, April 1977 - March 1978. Average food intakes of total respondents, Food Stamp Program participants, and nonparticipants in 22 sex-age groups are summarized in 10 major food groups and 43 subgroups. The percentage of individuals eating foods from each group is presented. Also included are average intakes of food energy and 14 nutrients, nutrient densities, comparison of intakes with 1980 Recommended Dietary Allowances, nutritive contributions of food eaten away from home, frequency of eating, and some characteristics of the sample. Data are presented in 118 tables, and results are summarized.

KEYWORDS: Dietary survey, food intake, Food Stamp Program, frequency of eating, low-income individuals, nutrient density, nutrient intakes.

Although data collection in the NFCS 77-78 was completed in mid-1978, this survey is the only source of national information on food intakes of individuals, by item and quantity, since 1965 when the first USDA nationwide survey of individuals was conducted. The results are still valid and will be used in coming years in the evaluation of many issues relating to food safety and product development, consumer demand, and nutrition education.

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FOOD AND NUTRITION INTAKES OF INDIVIDUALS IN 1 DAY,
LOW-INCOME HOUSEHOLDS,
NOVEMBER 1977-MARCH 1978

SUMMARY

One day's food and nutrient intakes of approximately 12,000 individuals from low-income households that were either eligible for or participating in the Food Stamp Program (FSP) in the 48 contiguous States are presented. Intakes are reported for total respondents, FSP participants and nonparticipants, classified by 22 sex-age groups. This survey of low-income households was supplemental to the Nationwide Food Consumption Survey (NFCS) 1977-78 and was conducted by the U.S. Department of Agriculture (USDA) from November 1977 through March 1978. Some of the findings are:

- FSP participants, who made up 40 percent of respondents, differed considerably from the nonparticipants. FSP participants were more likely than nonparticipants to be from households with incomes under $6,000 (53 versus 34 percent), from households headed by females only (55 versus 25 percent), and from households of five or more members (55 versus 42 percent). FSP participants were more likely to be black (51 versus 30 percent), to be children or teenagers (55 versus 39 percent), and to be from central cities (55 versus 31 percent).

- The day's average food intakes did not differ markedly between FSP participants and nonparticipants. Of both groups, about 90 percent reported eating some meat, poultry, or fish; 80 percent, some milk or milk product; 95 percent, some grain product; 75-80 percent, some vegetable; and 40 percent, some fruit.

- Participants more often than nonparticipants had poultry; frankfurters, sausages, and luncheon meats; cereals and pastas; soft drinks; fruit punches and ades. Participants less often than nonparticipants had cream and milk desserts, eggs, table fats, baked goods other than bread, grain mixtures, tomatoes, dark-green vegetables, coffee, and tea. Some of those differences are associated with the higher proportion of children in the participant than in the nonparticipant population studied.

- Food intakes of FSP-participant infants were generally similar to those of nonparticipant infants except for lower intakes of vegetables and fluid milk and higher intakes of soy-based formula and fruit drinks.

Energy intakes of total low-income respondents averaged about 80 percent of the 1980 Recommended Dietary Allowances (RDA). Of total energy intakes, protein provided 16.7 percent, fat 38.5 percent, and carbohydrate 44.7 percent. Other factors, including alcohol, accounted for the 0.9 percent remainder.

Average intakes of total respondents exceeded RDA for 8 of the 12 nutrients studied: protein (162 percent), phosphorus (125 percent), vitamin A value (125 percent), thiamin (113 percent), riboflavin (128 percent), preformed niacin (115 percent), vitamin B₁₂ (147 percent), and vitamin C (137 percent). Intakes were below the RDA for calcium (81 percent), iron (92 percent), magnesium (79 percent), and vitamin B₆ (71 percent).

FSP participants generally had diets with a slightly higher proportion of food energy from protein and a slightly lower proportion from fat than did nonparticipants.

FSP participants averaged equal or higher intakes relative to RDA than did nonparticipants for food energy and 8 of 12 nutrients. Two of the four nutrients which averaged lower, calcium and phosphorus, may reflect food preferences of racial groups rather than FSP status.

In the South, average intakes relative to RDA were higher for FSP participants than for nonparticipants for all nutrients studied except iron and vitamin B₁₂. Also, in suburban and nonmetropolitan areas, FSP participants averaged higher intakes than did nonparticipants for two-thirds of the nutrients. In central cities, however, average intakes of three-fourths of the nutrients were lower for participants than for nonparticipants.

For total respondents, foods obtained and eaten away from home contributed an average of 12 to 14 percent of the day's intakes of food energy and the 14 nutrients studied.

The contributions of away-from-home foods to nutrient intakes were lower among FSP participants than among nonparticipants for most nutrients. Eating-away patterns for a number of sex-age groups differed markedly between participants and nonparticipants. Participants, compared to nonparticipants, had a much smaller proportion of individuals eating away from home for preschoolers, children 9 to 11, men 35 to 50, and women 19 to 50.

INTRODUCTION

The Survey of Food Consumption in Low-Income Households reported here was a supplemental survey conducted from November 1977 through March 1978, the last 5 months of the year-long NFCS. The purpose of the survey was to evaluate dietary intakes of members of low-income households--those qualified to participate in

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the FSP under eligibility standards in effect at the time. FSP participants were members of households reporting receipt of food stamps during the month prior to the interview. Eligible nonparticipants were members of households that did not receive food stamps but were considered eligible for the program. About 4,700 households and approximately 12,000 individuals from those households participated in the survey. Major changes have been made in the FSP eligibility standards since this survey was undertaken. Also, family food stamp purchase requirements have been terminated. Briefly, changes in the standards include (1) elimination of categorical eligibility of Aid for Dependent Children (AFDC) and Supplemental Security Income (SSI) recipients for food stamps, (2) elimination of income allowances and hardship expenditure deductions to a standard deduction, (3) changes in the earned income deduction, and (4) changes in the combined excess shelter and child care deduction. Also, net income limits decreased slightly for households of six or more members but increased for all other household sizes.

A followup survey in 1979-80 provided information on changes during the 2-year period in food consumption and dietary status of participants and eligible nonparticipants. Results from the second survey are being prepared for publication.

Initial plans called for a year-long supplemental survey of low-income households in 1977-78. Action was delayed pending availability of funds. The survey, although independent from the NFCS, was designed to provide comparable results insofar as feasible. Data collection and processing procedures were essentially the same. The questionnaires were expanded to include a limited number of questions pertaining especially to the population group under study.

**DESCRIPTION OF SAMPLE**

The sample design for the 1977-78 Survey of Food Consumption in Low-Income Households was a disproportionate, multistage, stratified, probability sample of households eligible for food stamps in the 48 conterminous United States. The first step in sample stratification was carried out by allocating all households in the conterminous United States with poverty-level incomes in 1970 into nine census regions. Each region was further divided into three urbanization strata—central city, suburban, and nonmetropolitan. Each stratum was divided into one or more Primary Sampling Units (PSU). The 114 PSU's used in the NFCS were expanded to 144 to provide equal representation for all low-income households. Most of the additional PSU's were cities and counties in the South Atlantic and South Central census regions. Each PSU was divided into small clusters of housing units called "area segments." These area segments were designed to contain 100 or more housing units based on the 1970 Census and usually consisted of 1 or more city blocks in urban areas and parts of Census Enumeration Districts elsewhere. Area segments were classified into three categories based upon the percent of private households with incomes at or below poverty income threshold in 1970. These classifications were 30 percent and over, 20 to 29 percent, 1 to 20 percent, and no poverty households. These area segments were then systematically subsampled, and 1,134 area segments comprised the sample for this survey. From those area segments, the final sample of households was selected in such a way that probabilities were known.

Since not all sample households qualified for the survey, a short screening interview was conducted at each sample household to determine eligibility. To
be eligible the households were either (1) receiving food stamps or welfare assistance (SSI, AFDC, General Assistance, or Public Assistance) or (2) qualified for the program based on income and assets. Households were eligible if assets such as cash, checking and savings accounts, stocks, bonds, and similar items totaled $1,500 or less; in households of two or more persons with one member at least 60 years of age these assets could total $3,000. Income after taxes and deductions during the previous month was compared to FSP income cutoffs for households of specified size. Considered for deductions were child- and day-care expenditures, nonreimbursed medical expenses, and housing costs. The FSP income cutoffs for households of 1 through 10 members were as follows: (1) $250, (2) $325, (3) $450, (4) $570, (5) $680, (6) $810, (7) $900, (8) $1,020, (9) $1,150, and (10) $1,280. However, measures of FSP eligibility used in the survey were approximations. An undetermined number of eligibles might not have qualified for food stamps under the full-scale certification process. Some others that were excluded from the survey because their incomes were too high might have qualified if all allowable income allowances and deductions had been determined.

Representativeness of the sample was maintained by adjusting for different completion rates for the various PSU's through development of weighting factors that were applied to households. The weight determined for each household was then applied to data of individual members of the household. All household members were eligible to provide information on food eaten at home and away from home.

DATA COLLECTION

An appointment for a personal interview was made at least 7 days in advance with the household respondent--the person most responsible for food planning and preparation--usually the homemaker. During the interview, information was obtained on the kind, form, quantity, and cost, if purchased, of foods used in the household during the previous 7 days. The household respondent also supplied information on household characteristics, household composition, number of meals eaten at home and away from home by household members, and other variables that might influence dietary intakes.

After the household respondent finished giving information about the household, the trained interviewer asked each household member present to recall the previous day's dietary intake. The interviewer then instructed each individual in keeping a record of his or her intake for the day of the interview and the next day; thus, individuals provided data for 3 consecutive days. The household respondent usually answered for children under 12 years and others unable to answer for themselves. If a household member was absent at the time of the interview but was expected to return within the next 2 days, forms were left for completion. The interviewer returned to the home to pick up and review the records. Interviewing took place on all days of the week. However, the fewest interviews took place on Sunday and the fewest 1-day recalls were collected for Saturday. Information from the first day only is presented in this report.
Differences Between FSP Participants and Nonparticipants

The low-income sample was divided into two subgroups, individuals in households participating in the FSP and those in households eligible for but not participating in the FSP. (A few individuals were from households classified in neither subgroup, but they are included in total respondents. Their households passed the screening stage, but the household respondent did not report on FSP-participation status.) The distributions of individuals by demographic characteristics and by sex and age differed considerably between the FSP-participant group and the nonparticipant group. Consequently, multivariate procedures will be required to interpret more clearly variations in intakes of the two groups.

A higher percentage of FSP participants than of nonparticipants lived in households with incomes in the two lowest income categories. Over one-half (53 percent) of the FSP-participant individuals but only about one-third (34 percent) of the nonparticipants came from households with incomes under $6,000. A markedly higher proportion of FSP participants than of nonparticipants was from female-headed households (55 versus 25 percent), was black (51 versus 30 percent), and was from households of five or more members (55 versus 42 percent).

Compared to nonparticipants, the FSP-participant group consisted of a higher proportion of children and teenagers (56 versus 39 percent) and a lower proportion of men (14 versus 24 percent) and of adults over 50 years (12 versus 24 percent), as shown below. The group of elderly among FSP participants was particularly small.

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<td>51 and over</td>
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The sex-age distribution of respondents in this survey differed from that of respondents giving 1-day recalls in the spring 1977 NFCS, which contained households at all levels of income. The present survey contained a much higher percentage of children (46 versus 33 percent) and lower percentages of men (20 versus 30 percent) and of elderly persons (20 versus 25 percent) than did the spring 1977 survey. Characteristics of households and individuals are discussed further in the last part of this section.

**DISCUSSION OF PRELIMINARY RESULTS**

This preliminary report presents food and nutrient intake information from 1-day dietary recalls. Intakes of infants are included in tables along with those of other sex-age groups but, because they are unique, are discussed separately in the next-to-last part of the section. Completely and partially breast-fed infants are excluded from all tables except those showing the distribution of characteristics of participants (tables 6.1 to 6.7). Data from the low-income survey are tabulated for total respondents and for FSP participants and nonparticipants. Possibly some differences in intakes were influenced by characteristics other than FSP status. Therefore, comparisons of the intakes of sex-age groups and "all individuals" in the FSP-participant group with intakes of those in the nonparticipant group should be viewed in terms of the disproportionate distributions of individuals by sex and age and other demographic characteristics in the two groups.

**Food Intake**

Data on food intake as recalled for the day preceding the interview by individuals in 22 sex-age groups are summarized in 10 major food groups and 43 food subgroups. The average quantities of food and beverage in grams (g) ingested per individual are given (tables 1.1A-1 to 1.6A-3). The percentage of individuals using food from each of the food groups on the day reported also is shown (tables 1.1B-1 to 1.6B-3). Mixtures made from several ingredients were usually put into the food group of the major ingredient. One ounce is equivalent to 28.35 g.

**Meat, Poultry, and Fish**

The meat, poultry, and fish group (meat group) includes beef, pork, lamb, veal, and game; poultry; organ meats; frankfurters, sausages, and luncheon meats; fish and shellfish; and mixtures with meat, poultry, and/or fish as a major ingredient. Mixtures with the major ingredient from another food group, such as pizza in the grain products group, may have small bits of meat also.

Among total respondents, average intakes per individual from the meat group range from 118 g for 1- to 2-year-olds to 274 g for men 23 to 34 years (table 1.1A-1). In two-thirds of the sex-age groups, FSP participants averaged higher

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meat intakes than nonparticipants did (table 1.1A-2, 3). In several of the age categories above 50 years, however, participants averaged lower meat intakes than nonparticipants did. Average intakes of several sex-age groups of FSP participants and nonparticipants are shown below:

<table>
<thead>
<tr>
<th>Sex and age</th>
<th>Total meat</th>
<th>Beef</th>
</tr>
</thead>
<tbody>
<tr>
<td>(years)</td>
<td>FSP</td>
<td>Non-</td>
</tr>
<tr>
<td></td>
<td>participants</td>
<td>participants</td>
</tr>
<tr>
<td>Males:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-14.......</td>
<td>199</td>
<td>177</td>
</tr>
<tr>
<td>35-50.......</td>
<td>261</td>
<td>236</td>
</tr>
<tr>
<td>65-74.......</td>
<td>175</td>
<td>221</td>
</tr>
<tr>
<td>Females:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-14.......</td>
<td>199</td>
<td>163</td>
</tr>
<tr>
<td>35-50.......</td>
<td>175</td>
<td>167</td>
</tr>
<tr>
<td>65-74.......</td>
<td>109</td>
<td>142</td>
</tr>
</tbody>
</table>

Mixtures, generally the largest of the meat subgroups, accounted for over one-third of the intake from the meat group. Beef intakes were next largest and, for young adults, tended to be larger for participants than for nonparticipants. After age 50 years, beef intakes were usually lower for participants than for nonparticipants, as shown above. Intakes of poultry averaged next largest and, for two-thirds of the sex-age categories, were higher among participants than among nonparticipants. For most groups of participants and nonparticipants, average intakes were less from the pork subgroup and the frankfurters, sausages, and luncheon meats subgroup than from poultry.

Over 90 percent of total respondents reported at least one item from the meat group (table 1.1B-1). Among sex-age groups under 65 years, the proportion of FSP participants having meat was often about the same or slightly higher than that for the corresponding group of nonparticipants (13 of 17 groups) (tables 1.1B-2, 3). Older participants, however, had meat less often than older nonparticipants. Among FSP participants and nonparticipants, similar proportions of individuals (26-27 and 29 percent, respectively) reported beef and pork. Poultry was reported by a larger proportion of FSP participants than of nonparticipants (26 and 19 percent, respectively) and the same was true for frankfurters, sausages, and luncheon meats (30 and 25 percent, respectively).

Milk and Milk Products

This group includes all dairy products except butter. It includes mixtures, such as ice cream, cheese souffle, and puddings made from milk, but cream soups are classified according to kind. Cream of tomato soup, for example, is in the tomato subgroup. The total quantity of milk and milk products is given in terms of calcium equivalent of whole fluid milk. Each milk item was converted on the basis of its calcium content to its equivalent weight in grams of whole milk. For example, 28 g (1 ounce) of cheddar cheese is equivalent on the basis of its calcium content to 181 g (about 0.75 cup) of milk.
For total respondents, average intake of milk and milk products ranged from the calcium equivalent of 150 g of whole milk for 51- to 64-year-old women to 557 g for 9- to 11-year-old boys (table 1.2A-1 and fig. 1). For six of nine sex-age groups among children and teenagers, intakes of milk and milk products averaged lower for FSP participants than for nonparticipants (table 1.2A-2, 3). Intakes of FSP-participant adults were higher for the youngest and oldest groups but lower for men 23 to 50 and 65 to 74 years and for women 35 to 74 years compared with nonparticipants. Fluid milk intakes averaged less for 16 of 21 sex-age groups among FSP participants than among nonparticipants. Average intakes of fluid milk are shown below for several sex-age groups of participants and nonparticipants.

<table>
<thead>
<tr>
<th>Sex and age (years)</th>
<th>Fluid milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>FSP participants</td>
</tr>
<tr>
<td>---------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>males and females:</td>
<td></td>
</tr>
<tr>
<td>6-8</td>
<td>378</td>
</tr>
<tr>
<td>males:</td>
<td></td>
</tr>
<tr>
<td>12-14</td>
<td>404</td>
</tr>
<tr>
<td>35-50</td>
<td>121</td>
</tr>
<tr>
<td>65-74</td>
<td>221</td>
</tr>
<tr>
<td>females:</td>
<td></td>
</tr>
<tr>
<td>12-14</td>
<td>380</td>
</tr>
<tr>
<td>35-50</td>
<td>102</td>
</tr>
<tr>
<td>65-74</td>
<td>173</td>
</tr>
</tbody>
</table>

About 80 percent of the total respondents (table 1.2B-1) consumed at least one item from the milk and milk products group, and 68 percent reported fluid milk. That was true for both FSP participants and nonparticipants (tables 1.2B2, 3). A slightly higher proportion of FSP participants than of nonparticipants reported cheese (18 and 15 percent, respectively), whereas a lower proportion of FSP participants than of nonparticipants reported cream and milk desserts (9 and 14 percent, respectively).

Eggs

The egg group includes prepared forms of eggs as well as mixtures, such as omelets and egg salad, and egg substitutes. Average intakes of eggs were highest for 51- to 64-year-old men and women among FSP participants (66 g and 57 g, respectively) and nonparticipants (52 g and 31 g, respectively) (tables 1.2A-1, 2, 3). About one-third of the total respondents reported eggs (table 1.2B-1). The proportion of individuals in the sex-age groups reporting eggs varied from 24 to 69 percent among FSP participants and from 23 to 55 percent among nonparticipants.

Legumes, Nuts, and Seeds

This group includes soy-based formulas; peanut butter; cooked dry peas, beans, and lentils; nuts; and seeds. Among total respondents, 1- to 2-year-old children averaged the highest intakes (60 g) and women 65 years and over the
Milk and Milk Products
Quantity per individual in a day, total respondents

1Expressed as quantity of whole fluid milk to which dairy products are equivalent in calcium content.

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78,

Figure 1
lowest intakes (15 to 16 g) (table 1.2A-1). For 12 of the 21 sex-age groups, intakes averaged higher for FSP participants than for nonparticipants (tables 1.2A-2, 3). About 20 percent of the FSP participants and nonparticipants reported one or more items from this food group (tables 1.2B-1, 2, 3). Of children under 9 years, a smaller proportion of participants than of nonparticipants used items from this group.

Grain Products

Grain products include breads, rolls, and biscuits; other bakery products such as cakes, cookies, pies, pastries, crackers, snacks; pastas; hot and ready-to-eat cereals; and mixtures in which the major ingredient is a grain product. Examples of mixtures are pizza, spaghetti with sauce, lasagna, macaroni and cheese, tacos, and egg rolls.

Among total respondents, average intakes of total grain products ranged from 183 g (3- to 5-year-olds) to 357 g (boys 15 to 18 years) (table 1.3A-1). Intakes of breads, rolls, and biscuits averaged higher for more sex-age groups among FSP participants than among nonparticipants (13 of 21 groups) (tables 1.3A-2, 3). The differences for men 35 years and over were notable (79 to 128 g and 68 to 90 g for FSP participants and nonparticipants, respectively). Intakes of other baked goods and mixtures mainly grain averaged lower for most groups of FSP participants compared with nonparticipants (14-15 of 21 sex-age groups), whereas intakes of total cereals and pastas averaged higher among FSP participants for the majority of the groups (15 of 21 sex-age groups). Intakes of some grain products for several sex-age groups by FSP status are given below.

<table>
<thead>
<tr>
<th>Sex and age (years)</th>
<th>Breads, rolls, and biscuits</th>
<th>Other baked goods</th>
<th>Cereals and pastas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>FSP participants</td>
<td>Non-participants</td>
<td>FSP participants</td>
</tr>
<tr>
<td>---------------------</td>
<td>----------------</td>
<td>----------------</td>
<td>----------------</td>
</tr>
<tr>
<td></td>
<td>Grams</td>
<td></td>
<td>Grams</td>
</tr>
<tr>
<td>Males and females:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-8</td>
<td>57</td>
<td>51</td>
<td>46</td>
</tr>
<tr>
<td>Males:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-14</td>
<td>70</td>
<td>92</td>
<td>60</td>
</tr>
<tr>
<td>35-50</td>
<td>117</td>
<td>90</td>
<td>68</td>
</tr>
<tr>
<td>65-74</td>
<td>79</td>
<td>68</td>
<td>49</td>
</tr>
<tr>
<td>Females:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-14</td>
<td>52</td>
<td>56</td>
<td>61</td>
</tr>
<tr>
<td>35-50</td>
<td>52</td>
<td>58</td>
<td>56</td>
</tr>
<tr>
<td>65-74</td>
<td>53</td>
<td>59</td>
<td>51</td>
</tr>
</tbody>
</table>

Ninety-seven percent of both FSP participants and nonparticipants reported using at least one grain product (tables 1.3B-2, 3). Eighty percent of both groups reported eating bread, rolls, or biscuits. In nearly all sex-age groups a smaller proportion of FSP participants than of nonparticipants reported other baked products and mixtures mainly grain. These two food subgroups were especially popular among children and teenagers. Also, ready-to-eat cereals were more popular
among children than among adults (fig. 2). A slightly higher proportion of FSP participants than of nonparticipants had ready-to-eat cereals. This may reflect the higher proportion of children among participants than among nonparticipants.

Fats and Oils

The fats and oils group includes butter, margarine, salad dressings, sauces such as tartar and hollandaise, oils, and cream substitutes that were reported separately. Fats used in frying are considered part of the fried food unless reported separately. Also, salad dressings were not always reported separately in which case they were included with the salad in another food group.

Among total respondents, average intakes of fats and oils ranged from 4 g (girls 12 to 14) to 16 g (men 65 to 74) (table 1.3A-1). Intakes of fats and oils averaged the same or less for FSP participants than for nonparticipants in all except three sex-age groups (children 1 to 2, girls 9 to 11, and women 75 years and over) (tables 1.3A-2, 3). Of total respondents, 45 percent used at least one item from the fats and oils group, and more reported table fats (34 percent) than salad dressings (14 percent) (table 1.3A-1). A smaller proportion of FSP participants used fats and oils and table fats (40 and 30 percent, respectively) than nonparticipants (49 and 38 percent, respectively), but a n e q u a l proportion (14 percent) of both used salad dressings (tables 1.3B-2, 3). In both the FSP participant and nonparticipant groups, a higher proportion of men 23 years and over used fats and oils, particularly table fats, than of younger groups. Over age 23 years, the proportion using fats and oils was generally smaller among women than among men.

Vegetables

Vegetable subgroups include white potatoes, tomatoes, and dark-green, deep-yellow, and other vegetables. Mixtures containing mostly vegetables are included in the subgroup of the major vegetable. Vegetable soups are included even if they are cream soups. Vegetables in meat mixtures, such as stews, are not included here unless they were reported separately by the respondent. Among total respondents, average intakes of total vegetables were highest for men 65 to 74 (272 g) (table 1.4A-1). Total vegetable intakes averaged higher among FSP participants than among nonparticipants for children 1 to 5 years, three of four teenage groups, and half of the adult groups (tables 1.4A-2, 3). The highest average intakes of white potatoes predominated among the FSP participants (15 of 21 sex-age groups).

Almost 80 percent of the total respondents had at least one vegetable item during the day surveyed (table 1.4B-1). White potatoes were reported by 40 percent of FSP participants and 42 percent of nonparticipants (tables 1.4B-2, 3). Tomatoes were eaten by 15 percent of FSP participants and 18 percent of nonparticipants; dark-green vegetables by 7 and 10 percent, respectively; deep-yellow vegetables by 5 percent of each group; and other vegetables by 57 percent of each group.

Fruits

Fruits include citrus fruits, citrus juices, dried fruits, apples, bananas, other fruits including mixtures mainly fruit, and noncitrus juices and nectars. Fruit in fruit pies is included in grain products with pies.
Ready-to-Eat Cereals
Percentage of individuals using in a day, total respondents

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78,

Figure 2
Over one-half of the total fruit intake came from the citrus fruit group and most of it was citrus juice (tables 1.5A-1, 2, 3). For 14 of the 21 sex-age groups, average intakes of total fruits were lower for FSP participants than for nonparticipants. Intakes of apples especially were lower for many sex-age groups of FSP participants compared to nonparticipants.

About 40 percent of all individuals in both the FSP-participant and nonparticipant groups reported at least one fruit item (tables 1.5B-2, 3). Slightly fewer FSP participants (24 percent) than nonparticipants (27 percent) reported citrus fruit or juice. Although 22 percent of the FSP participants and nonparticipants reported fruits other than citrus, a smaller proportion of participants (6 percent) than of nonparticipants (11 percent) reported apples.

Sugar and Sweets

In the sugar and sweets group are such items as granulated sugar, brown sugar, jams, jellies, sirups, and candy. Sugar and sweeteners that are ingredients in other foods are included with those foods, for example, sweeteners in soft drinks in the beverage group. Intakes of sugar and sweets ranged from 11 g (men 23 to 34) to 32 g (women over 74) for FSP participants and from 6 g (1- to 2-year-olds) to 36 g (women over 74) for nonparticipants (tables 1.6A-2, 3). About one-half of the respondents in both groups reported using at least one item from this group (tables 1.6B-2, 3). Of the respondents, 34 percent reported sugar and 5 to 6 percent reported candy.

Beverages

Nonalcoholic beverages include coffee, tea, soft drinks, and fruit and fruit-flavored drinks and ades. Soft drinks include carbonated and noncarbonated types. Among the latter are those made from dry mixes.

For over one-half of the sex-age groups, intakes of coffee and tea averaged less among FSP participants than among nonparticipants (tables 1.6A-2, 3). Generally, average intakes of coffee were larger for adults over 22 years than for younger persons. For soft drinks, however, average intakes tended to be higher among individuals under 35 years than among older adults (fig. 3). Intakes of soft drinks averaged higher for FSP participants than for nonparticipants in two-thirds of the sex-age groups. Participants' intakes of fruit drinks and ades were also equal to or higher than nonparticipants' except in one sex-age group.

A smaller proportion of FSP participants used coffee and tea (27 and 15 percent, respectively) than nonparticipants (41 and 23 percent, respectively), reflecting the higher proportion of adults among the nonparticipant group (tables 1.6B-2, 3). Conversely, a larger proportion of the FSP participants used soft drinks and fruit drinks and ades (42 and 14 percent, respectively) than nonparticipants (33 and 7 percent, respectively).

Nutrient Contributions by Major Food Groups

Foods consumed by individuals were divided into 14 groups, and the average percentages that each food group contributed to intakes of energy and nutrients
Soft Drinks
Quantity per individual in a day, total respondents

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78,

Figure 3
were calculated for total respondents (tables 2.1 to 2.15). Mixtures were classified according to their main ingredient as in the previous section. Separate tables for FSP participants and nonparticipants are not included but are available upon request.

The nutritive values of food intakes were calculated by use of a nutrient data base\textsuperscript{5} constructed from Agriculture Handbook No. 8\textsuperscript{6} and three of its revised sections (dairy and egg products, baby foods, and poultry products), Home Economics Research Report No. 36,\textsuperscript{7} manufacturers' data, and estimates based on ingredients or similar foods. Values were updated to account for changes such as the 1975 enrichment standards for bread and flour. Values for magnesium, vitamin B\textsubscript{6}, and vitamin B\textsubscript{12} were not available for all items, thus some were imputed from other foods. Those values were considered the best available at the time.

Food Energy

For total respondents, grain products (30 percent) and the meat group (26 percent) were the largest sources of food energy, followed by milk and milk products (15 percent) and fruits and vegetables (12 percent) (fig. 4). The contribution of milk and milk products to energy intakes had the greatest age-related change, decreasing with advancing age from 22 percent for 1- to 2-year-olds to as low as 6 percent for 51- to 64-year-old men and then increasing in later years to as high as 14 percent (women 65 to 74).

Protein

The meat group was the largest source of protein, providing 44 percent (fig. 4). Grain products and milk and milk products each provided about half that amount. The meat group contributed 36 to 41 percent of the protein in diets of children 1 to 14 years of age, close to 50 percent in diets of young and middle-aged adults, and 39 to 43 percent in diets of adults over 64 years of age. These changes were inversely related to the changing contributions of milk. Milk and milk products were the second largest source of protein in diets of children 1 to 8 years, boys 9 to 11, and girls 9 to 14 but fell to third place behind grain products in diets of older individuals. Eggs provided 3 to 8 percent of protein and legumes 2 to 6 percent.

Fat

The meat group was also the largest contributor of fat (40 percent) (fig. 4). In diets of 1- to 18-year-olds, milk and milk products made the second largest


Sources of Energy and Energy Nutrients
Percentage of day's intake per individual, total respondents

Food energy

Protein

Fat

Carbohydrate

- Milk, milk products
- Eggs, legumes
- Fruits, vegetables
- Meat, poultry, fish
- Grain products
- Fats, sweets, beverages

Source: USDA Survey of Food Consumption in Low-Income Households 1977-78,

Figure 4
contribution to fat intake (20 to 28 percent) and grain products were third (14 to 21 percent). In diets of 19- to 64-year-olds, grain products made the second largest contribution to fat intakes (15 to 19 percent), followed by milk and milk products (8 to 15 percent). Fats and oils reported separately contributed 7 percent of the fat in diets.

Carbohydrate

Grain products were by far the largest source of carbohydrate (45 percent) (fig. 4). Fruits and vegetables provided 19 percent. Milk and milk products contributed 11 percent of the carbohydrate in diets overall, and this food group was the second largest source in diets of respondents of 1 to 14 years. Among 15- to 64-year-olds, nonalcoholic beverages contributed more carbohydrate than milk and milk products did. The sugar and sweets group provided 6 percent overall.

Calcium

Milk and milk products were the largest source of calcium (46 percent), followed by grain products (26 percent), fruits and vegetables (11 percent), and the meat group (7 percent) (fig. 5). The contribution of milk and milk products to calcium intakes decreased steeply with advancing age from 61 to 65 percent for 1- to 8-year-olds to 24 percent for men of 51 to 64 years. The grain products' contribution increased from 18 to 19 percent for 1- to 8-year-olds to 36 percent for men of 35 to 50 years, and the contribution of vegetables increased from 4-6 percent to 16 percent. Adults 65 and over obtained more of their calcium from milk and milk products (41 to 46 percent) than younger adults did (24 to 39 percent) and correspondingly less from grain products and vegetables.

Iron

Grain products were the largest source of iron (37 percent), followed by the meat group (31 percent) (fig. 5). Fruits and vegetables also made significant contributions to iron intakes (14 percent), especially in some sex-age groups, such as women over age 50 (18 to 20 percent). Eggs and the legumes, nuts, and seeds group each provided about 5 percent of iron. The meat group generally contributed a greater share of the iron in diets of 12- to 64-year-olds (28 to 36 percent) than in diets of younger and older individuals (26 to 29 percent). Grain products contributed a larger share in diets of boys under 15 years and girls under 12 (42 to 44 percent) than in diets of older individuals (29 to 39 percent). Grain products contributed more iron than the meat group did for most sex-age groups, but the meat group's contribution was slightly higher than the grain products' in diets of men 23 to 64 and women 19 to 64 years of age.

Magnesium

Magnesium intakes were more evenly distributed among the major food groups than were intakes of other minerals. Grain products provided 24 percent, milk and milk products 20 percent, fruits and vegetables 19 percent, and the meat group 17 percent (fig. 5). Nonalcoholic beverages provided 10 percent. The magnesium contributed by milk and milk products varied from as high as 32 percent for 1- to 2-year-olds to as low as 8 percent for 51- to 64-year-olds. The nonalcoholic beverage contribution varied even more (1 to 23 percent) most likely because of differences in coffee consumption (see table 1.6A-1).
Sources of Minerals
Percentage of day's intake per individual, total respondents

Calcium

Iron

Magnesium

Phosphorus


Figure 5
Phosphorus

Phosphorus was contributed in similar proportions by milk and milk products (28 percent), the meat group (26 percent), and grain products (23 percent) (fig. 5). Fruits and vegetables provided 10 percent. Milk and milk products were the largest source of phosphorus in diets of respondents under 19 years of age (32 to 42 percent). The meat group was the largest source among adults (26 to 34 percent), except for women 65 years and older.

Vitamin A Value

Fruits and vegetables provided more than one-third (37 percent) of the vitamin A value of diets (fig. 6). Milk and milk products provided one-fifth (20 percent) and grain products slightly less (18 percent). Of the five subgroups of fruits and vegetables, three were important sources of vitamin A value: vegetables other than dark green, deep yellow, and potatoes (15 percent); dark-green and deep-yellow vegetables (11 percent); and citrus fruits and tomatoes (8 percent). Dark-green and deep-yellow vegetables were particularly important sources of vitamin A value in diets of women over age 50 (17 to 22 percent).

Thiamin

Grain products supplied nearly one-half (45 percent) of the thiamin and were the largest source (fig. 6). The meat group supplied about one-fifth (21 percent) and fruits and vegetables slightly less (17 percent). Milk and milk products supplied about one-eighth (12 percent) of the thiamin; this proportion varied with age, decreasing from 13 to 18 percent among children and teenagers 1 to 18 years to 5 to 13 percent among adults.

Riboflavin

Riboflavin was contributed almost equally by grain products (31 percent) and milk and milk products (29 percent) (fig. 6). The meat group was another important source (22 percent), and fruits and vegetables and eggs and legumes contributed smaller amounts (9 and 7 percent, respectively). Among respondents 1 to 18 years, milk and milk products were the largest source of riboflavin (34 to 42 percent), followed by grain products (28 to 34 percent) and the meat group (14 to 21 percent). Grain products were the largest source among adults (28 to 34 percent) except for women of 51 to 64 years, whose largest source was the meat group (31 percent), followed by grain products (27 percent). Among respondents of 19 to 64 years, the meat group was usually the second largest source (24 to 31 percent) and milk and milk products were third (13 to 24 percent). For older adults, milk and milk products were second (24 to 27 percent) and the meat group third (20 to 22 percent).

Preformed Niacin

Three-fourths of the preformed niacin was provided by two food groups—the meat group (41 percent) and grain products (35 percent) (fig. 6). Fruits and vegetables provided another one-eighth (13 percent), with potatoes providing the largest share (5 percent). Nonalcoholic beverages contributed 4 percent overall,
Sources of Vitamins
Percentage of day's intake per individual, total respondents

Vitamin A value

Thiamin

Riboflavin

Preformed niacin

Vitamin B₆

Vitamin C

Milk, milk products
Eggs, legumes
Fruits, vegetables
Meat, poultry, fish
Grain products
Fats, sweets, beverages

but their contribution was 8 to 10 percent among the sex-age groups drinking the largest amounts of coffee, women over 34 years and men 35 to 74 years (see table 1.6A-1). Grain products were the largest source of preformed niacin in diets of children 1 to 11, boys 12 to 18, and adults over age 74 (36 to 46 percent). For the other sex-age groups, the meat group was the largest source (37 to 48 percent).

Vitamin \( B_6 \)

The meat group was the largest source of vitamin \( B_6 \) (38 percent), followed by grain products (21 percent), fruits and vegetables (20 percent), and milk and milk products (13 percent) (fig. 6). When sources for individual sex-age groups were identified, the meat group and grain products remained the largest and second largest sources for almost all groups. Milk and milk products (14 to 19 percent) and fruits and vegetables (15 to 20 percent) were about equally important in diets of children and teenagers (1 to 18 years), while fruits and vegetables contributed more vitamin \( B_6 \) in diets of adults (16 to 28 percent) than milk and milk products did (5 to 15 percent). In diets of men aged 35 to 74 the contributions of eggs (4 to 5 percent) and legumes, nuts, and seeds (6 to 8 percent) to vitamin \( B_6 \) intakes were similar to the contribution of milk and milk products (5 to 9 percent).

Vitamin \( B_{12} \)

Vitamin \( B_{12} \) occurs naturally only in animal products, but food groups of mainly plant origin also provided some vitamin \( B_{12} \) because of fortification and small amounts of animal products in mixtures in these food groups. The meat group (43 percent) and milk and milk products (34 percent) were the main contributors of vitamin \( B_{12} \), with eggs (11 percent) and grain products (9 percent) providing smaller amounts. Milk and milk products were the largest source in diets of boys under age 19 and girls under age 15 (40 to 47 percent), followed by the meat group (29 to 37 percent). In diets of older individuals, the meat group was the largest source (39 to 55 percent), followed by milk and milk products (16 to 38 percent). Eggs were a more important source of vitamin \( B_{12} \) for adults (9 to 21 percent) than for children and teenagers 1 to 18 years of age (6 to 12 percent).

Vitamin C

About three-fifths of the vitamin C came from fruits and vegetables (fig. 6). Vegetables alone contributed about one-third of the vitamin C, and fruits and tomatoes about one-fourth. Milk and milk products, grain products, and nonalcoholic beverages each contributed about one-tenth of the vitamin C. Compared to adults, children tended to receive relatively larger proportions of their vitamin C from fruits and nonalcoholic beverages and relatively less from vegetables. Although milk has only 2 to 3 mg of vitamin C per cup, its contribution to total intake was important (10-19 percent) in diets of children and teenagers consuming the largest amounts of milk (see table 1.2A-1).

**Nutritive Value of Food intake**

The nutritive value of food intakes, excluding vitamin and mineral supplements, is presented. As for food intakes, nutritive values are given for total respondents, for those participating in the FSP, and for those not participating.
in the FSP. For each population, data are shown for all individuals and for individuals in each of 22 sex-age groups as follows:

- Average intakes of food energy, protein, fat, carbohydrate, four minerals, and seven vitamins (tables 3.1).
- Average percentage contributions of protein, fat, and carbohydrate to energy intakes (tables 3.2).
- Average nutrient intakes as percentages of the 1980 RDA (tables 3.3). These data are further classified by four regions, three urbanizations, and two racial groups.
- Average nutrient densities of diets, the amount of nutrient per 1,000 kcal of energy intake (tables 3.4).
- Nutrient intakes of infants are discussed separately.

**Energy and Nutrient Intakes**

**Energy and energy-providing nutrients.**—Average food energy intakes of total respondents peaked at age 15 to 18 among males (2,207 kcal) and at age 12 to 14 among females (1,839 kcal) (table 3.1-01 and fig. 7). Intakes decreased with advancing age to about 1,600 kcal (1,581 kcal) for men over 74 years and to about 1,300 kcal (1,275 to 1,310 kcal) for women over 64 years. Protein intakes were highest for 23- to 34-year-old males (91 g) and for 12- to 14-year-old females (76 g). These two groups also had the largest intakes of fat (100 g for the men and 78 g for the girls). Carbohydrate intakes paralleled those of energy with peak levels for 15- to 18-year-old males (251 g) and 12- to 14-year-old females (211 g). Overall intakes of energy and energy-providing nutrients of FSP participants and nonparticipants were similar, with a slight tendency toward lower fat and higher carbohydrate intakes for participants (tables 3.1-02, 03).

**Minerals.**—Average calcium intakes of total respondents increased with age from 685 mg for children 1 to 2 years to a high of 1,004 mg among males aged 15 to 18 years and to 908 mg among females aged 12 to 14 (table 3.1-01). Intakes were lowest among 51- to 64-year-old men (586 mg) and 35- to 50-year-old women (483 mg). Iron intakes increased from 9.0 mg for 1- to 2-year-olds to as high as 15.2 mg for men 35 to 50. Intakes of men then decreased with advancing age to 11.6 mg for men 75 years and over. Among females the highest iron intake averaged 11.6 mg (12- to 14-year-olds) and the lowest 9.8 mg (65- to 74-year-olds). Magnesium showed a similar age-related pattern among children and males, increasing from an average of 163 mg for 1- to 2-year-olds to 293 mg for 23- to 34-year-old men and decreasing to 216 mg for men 75 and over. Intakes of females ranged from 179 mg (15- to 18-year-olds) to 232 mg (12- to 14-year-olds). Average phosphorus intakes ranged from 840 mg (35- to 50-year-old women) to 1,404 mg (15- to 18-year-old boys). When mineral intakes of FSP participants and nonparticipants were compared, only one nutrient was higher in at least two-thirds of the sex-age groups: 14 of the 21 sex-age groups of nonparticipants had higher intakes of calcium than the corresponding groups of FSP participants. This may have been partly because of differences in regional and racial composition of the groups and their differences in milk consumption rather than because of food stamps.
Food Energy
Average intake per individual in a day, total respondents

Kilocalories

Age (years)


Figure 7
Vitamins.—Vitamin A value was the only nutrient for which the average intakes were highest among the elderly. Among total-respondent males, men 65 to 74 years had the highest average intake (5,948 IU), and among females, women 75 and over had the highest intake (7,361 IU). One- to 2-year-olds had the lowest intake (3,351 IU). Average intakes of B vitamins had smaller ranges among sex-age groups. Vitamin C intakes increased slightly with age from an average of 63 mg at age 1 to 2 years to 87 mg for boys 9 to 11 years and 86 mg for girls 12 to 14. Intakes of males then generally decreased with advancing age except for the 19- to 22-year-olds who had the highest intake, 99 mg. After age 14 average intakes of females stayed in the range of 66-79 mg. When vitamin intakes of FSP participants and nonparticipants were compared, only one vitamin, preformed niacin, was higher for participants than for nonparticipants in two-thirds of the sex-age groups.

Percentage of Energy From Protein, Fat, and Carbohydrate

The percentage contributions of protein, fat, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kcal per gram, fat by 9 kcal per gram, and carbohydrate by 4 kcal per gram and then obtaining the percentage of energy from each of these nutrients. The averages were computed for the sex-age groups (tables 3.2-01, 02, 03). Alcohol is also an energy source but is not calculated separately. The difference between energy intake and the sum of energy calculated as coming from protein, fat, and carbohydrate represents the amount of energy from alcohol plus the amount generated by use of the general factors 4, 9, and 4 rather than the exact values for each food eaten. This difference is labeled "other" in the tables.

For total respondents, the average proportion of energy was 16.7 percent from protein, 38.5 percent from fat, and 44.7 percent from carbohydrate. Protein varied the least among sex-age groups, remaining at 16 to 17 percent for almost all groups. Fat generally contributed a higher proportion of energy in diets of individuals 23 to 74 years of age (39 to 43 percent) than in diets of younger (35 to 39 percent) and older (37 to 38 percent) individuals. The proportion of carbohydrate was accordingly lower for 23- to 74-year-olds (41 to 44 percent) than for the younger (45 to 49 percent) and older (43 to 46 percent) individuals. When FSP participants and nonparticipants were compared, participants generally had diets with a slightly higher proportion of food energy from protein. Participants, however, were more likely than nonparticipants to have diets with a slightly lower proportion of energy from fat.

Nutrient Intakes Compared With 1980 RDA

Energy and nutrient intakes of each individual were divided by the appropriate RDA (see table 7.1), expressed as percentages, and averaged for each sex-age group (tables 3.3-01 to 3.3-30 and fig. 8). Energy RDA are the midpoints of the ranges for the sex-age groups. Of total respondents, only 1 of 21 sex-age groups,

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### NUTRIENT INTAKES BELOW 1980 RECOMMENDED DIETARY ALLOWANCES

Average Intake as percentage of 1980 RDA, 1977-78

Total respondents

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<th>Sex and age (years)</th>
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<th>Calcium</th>
<th>Iron</th>
<th>Magnesium</th>
<th>Phosphorus</th>
<th>Vitamin A value</th>
<th>Thiamin</th>
<th>Riboflavin</th>
<th>Niacin</th>
<th>Vitamin B6</th>
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- * 90-99% RDA
- ** 80-89% RDA
- *** 70-79% RDA
- **** Below 70% RDA

**Figure 8**
children 1 to 2 years, averaged over 100 percent of its RDA for energy. Other
groups averaged 69 to 86 percent. All groups exceeded their RDA for protein (119
to 229 percent).

Of the four minerals studied, three appeared to be problems for at least
some sex-age groups. Among total respondents, the RDA for calcium was met by the
average intakes of only two sex-age groups, 6- to 8-year-old children and 9- to
11-year-old boys. Intakes of males (73 to 102 percent) exceeded those of females
(57 to 91 percent) with respect to their RDA for calcium. RDA for iron were met
by 6- to 8-year-old children, men over 18 years, and women 51 to 64 years. One-
to 2-year-olds and females 12 to 50 years of age averaged only 55 to 65 percent
of their RDA for iron. Children under 9 had the highest percentages of RDA for
magnesium (90 to 128 percent), and males 15 to 74 years had higher percentages
(67 to 84 percent) than females in the same age groups (59 to 70 percent).
Phosphorus intakes met RDA for all sex-age groups except 15- to 18-year-old girls
(82 percent).

Total respondents' vitamin A intakes exceeded RDA by 25 percent. Only 8 of
21 sex-age groups, primarily teenagers and young adults, did not meet RDA for
vitamin A on the average. Thiamin intakes exceeded RDA for all except four
groups (91 to 98 percent), riboflavin intakes exceeded RDA for all but one group
(95 percent), and preformed niacin intakes exceeded RDA for all but four groups
(96 to 98 percent). Intakes of vitamin B₆ were much lower; only 1- to 2-year-olds
exceeded RDA. All groups of males over 50 years and females over 14 years aver-
aged below 60 percent of their RDA. Vitamin B₁₂ was the only nutrient, other
than protein, for which average intakes exceeded RDA for all sex-age groups. Only
one group, males 75 and over, averaged well below RDA for vitamin C (68 percent).

FSP participants, on the average, consumed a higher percentage of RDA than
nonparticipants did for protein and most vitamins but for none of the minerals
studied, as shown below:

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<th>Non-participants</th>
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<tr>
<td>Vitamin C</td>
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<td>128</td>
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</table>

For most sex-age groups of participants and nonparticipants, average intakes
of food energy relative to RDA were similar. Protein intakes of participant
children and teenagers (1 to 18 years) averaged a higher percentage of RDA than
nonparticipants for two-thirds of the sex-age groups, but intakes of adult participants averaged higher percentages than nonparticipants for a smaller fraction of the sex-age groups. Among the minerals considered, calcium intakes of two sex-age groups of FSP participants and four groups of nonparticipants met their RDA. Iron intakes of participants, relative to RDA, were higher for most sex-age groups of children, teenagers, and women over 50 but lower for men and for women 23 to 50 years than intakes of nonparticipants. Magnesium and phosphorus intakes relative to RDA of most sex-age groups were similar for participants and nonparticipants. Among the vitamins studied, about as many sex-age groups of participants as of nonparticipants met their RDA, on the average, except for vitamin A, vitamin C, and riboflavin (for which fewer groups of participants than of nonparticipants met RDA). Participant sex-age groups whose intakes as a percentage of their RDA for the vitamins under discussion generally exceeded those of nonparticipants included children 1 to 5, teenagers 15 to 18, men and women 51 to 64, and women 19 to 22 and 75 and over.

Differences by region.--Considering total respondents in the four regions (tables 3.3-04, 07, 10, 13), those in the Northeast averaged the lowest percentages of RDA for all nutrients, except calcium, magnesium, and vitamin C that were lowest in the South. Total respondents in the North Central region averaged the highest percentages of RDA for energy, protein, calcium (same as in the West), thiamin, riboflavin, and preformed niacin. Percentages of RDA were highest in the West for calcium (same as in the North Central region), iron, magnesium, phosphorus, and vitamin B6; in the Northeast for vitamin C; and in the South for vitamin A and vitamin B12. Those regional differences in nutrient intakes might be associated with FSP participation. Of the total respondents in the Northeast, 52 percent were FSP participants; percentages in the other regions were smaller--44 percent in the North Central, 34 percent in the South, and 30 percent in the West.

Average intakes related to RDA for all FSP participants and nonparticipants were compared in each of the four regions. Only in the South were percentages of RDA, for all nutrients except iron and vitamin B12, higher for FSP participants than for nonparticipants. In all regions, FSP participants averaged a higher percentage of RDA for protein but a lower percentage for iron than nonparticipants did. A majority of sex-age groups (13 to 16 of 21) of FSP participants, when compared to nonparticipants, had lower percentages of RDA for calcium, magnesium, and riboflavin in the Northeast and North Central regions, a lower percentage of vitamin A and vitamin C in the North Central region and West, and a lower percentage of thiamin in the Northeast and North Central region. Because of the small numbers of individuals in some sex-age groups and some individuals with extremely high intakes, some average intakes were very high; vitamin B12 for FSP-participant women 65 to 74 in the Northeast is an example.

Differences by urbanization.--Of total respondents in the three urbanizations—central cities, suburban areas, and nonmetropolitan areas—intakes of those in central cities averaged the highest percentage of RDA for energy, protein, magnesium, vitamin A value, thiamin, riboflavin (with suburban areas), preformed niacin, vitamin B6, vitamin B12, and vitamin C (tables 3.3-16, 19, 22). Intakes as a percentage of RDA averaged highest for calcium in suburban areas, and highest for iron and phosphorus in nonmetropolitan areas.
In comparisons between FSP participants and nonparticipants in each urbanization, participants in central cities averaged a lower percentage of RDA than nonparticipants did for all nutrients except three (protein, preformed niacin, and vitamin B₆). In the other two urbanizations, percentage of RDA for the majority of nutrients averaged higher for participants than for nonparticipants. In suburban areas, participants had notably higher percentages than nonparticipants for protein, thiamin, riboflavin, preformed niacin, vitamin B₆, and vitamin C but lower percentages of RDA for energy, calcium, iron, vitamin A, and vitamin B₁₂. In nonmetropolitan areas, participants had considerably higher percentages of RDA than nonparticipants did for vitamins A, B₁₂, and C but lower percentages for iron, phosphorus, and preformed niacin.

Differences by race.--Of the respondents in this survey, 57 percent were white and 39 percent were black (table 6.1-1). Individuals whose race was listed as "other" (4 percent) are omitted from this discussion. On the average, neither the whites nor the blacks had intakes that met their RDA for calcium, iron, magnesium, and vitamin B₆ (tables 3.3-25, 28). Average intakes of blacks were higher, relative to RDA, for protein and all the vitamins and lower for the minerals than intakes of whites. Not all sex-age groups conformed to that pattern; however, substantially more sex-age groups among blacks than among whites met the RDA for vitamin A (17 black and 6 white), thiamin (19 black and 14 white), and preformed niacin (18 black and 13 white). Among whites, percentage of RDA averaged higher in FSP participants than in nonparticipants for 9 of 12 nutrients (lower for calcium, iron, and phosphorus). Among blacks, percentage of RDA averaged higher in FSP participants than in nonparticipants for energy and for 7 of 12 nutrients (lower for iron, phosphorus, vitamin A, vitamin B₁₂, and vitamin C).

Nutrient Densities

Variation in the nutritional quality of diets among sex-age groups is greatly reduced when comparisons are based on nutrient densities, i.e., the amount of nutrient per 1,000 kcal of food energy intake (tables 3.4-01, 02, 03). The nutrient densities of intakes can be compared to the RDA expressed as nutrient densities (see table 7.2). This method of dietary evaluation, however, does not assess the adequacy of energy intake. That point should not be overlooked when nutrient densities in the present study are interpreted because average intakes of food energy were only 69 to 86 percent of RDA for individuals over 2 years of age (table 3.3-01).

Energy-providing nutrients.--Protein densities showed little age-related variation (39-45 g per 1,000 kcal). Protein densities of diets tended to be slightly higher for females than for males. Many sex-age groups had diets with protein densities twice the density of RDA. Fat densities tended to increase slightly, from 42 g to 46 g per 1,000 kcal, as age of respondents advanced to age 65 to 74 years and then decreased to about 42 g per 1,000 kcal at age 75 and over. Carbohydrate densities changed in the opposite direction, generally decreasing from about 117 g per 1,000 kcal at ages 6 to 11 years to as low as 102 g per 1,000 kcal as age advanced to 65 to 74 years and then increasing to as high as 114 g per 1,000 kcal at 75 years and over. Intakes differed consistently between FSP participants and nonparticipants only among females; participants generally had higher densities of protein (8 of 9 age groups) and lower densities of carbohydrate (6 of 9 groups).
Minerals.—Calcium densities of diets, on the average, decreased with advancing age from 572 mg per 1,000 kcal for 1- to 2-year-olds to 319 to 346 mg per 1,000 kcal for 51- to 64-year-olds and then increased to 379 to 482 mg per 1,000 kcal for adults over 74 years of age. Intakes of males age 9 to 22 years generally had slightly higher calcium densities (378 to 532 mg per 1,000 kcal) than females of the same ages (369 to 519 mg per 1,000 kcal). Among adults age 35 and over, however, women's intakes had higher calcium densities (346 to 482 mg per 1,000 kcal) than men's (319 to 396 mg per 1,000 kcal). Average density of calcium in diets was less than the density of the RDA for children 1 to 2 years and greater than the densities of the RDA for children 3 to 11 years. Among older individuals, only diets of males 12 to 50 and adults 65 to 74 years had densities that were nearly the same as the densities of the RDA for calcium. Density of iron in diets varied much less with sex and age (6.3 to 7.9 mg per 1,000 kcal) than that of calcium did. When iron densities of intakes and RDA were compared, differences were greatest for 1- to 2-year-olds and females of 12 to 50 years (fig. 9). Magnesium densities of diets (115 to 170 mg per 1,000 kcal) increased somewhat with age. For 9 of the 21 sex-age groups, densities of intakes were less than densities of RDA. For all sex-age groups, phosphorus densities of diets (610 to 728 mg per 1,000 kcal) were well above densities of RDA.

Vitamins.—Vitamin A value densities of intakes varied greatly among sex-age groups (2,159 to 6,794 IU per 1,000 kcal) (fig. 10). Up to age 23, males had diets with higher vitamin A value densities (2,365 to 2,963 IU per 1,000 kcal) than females did (2,294 to 2,503 IU per 1,000 kcal), but at age 23 and over females had higher vitamin A value densities (3,032 to 6,794 IU per 1,000 kcal versus 2,159 to 3,683 IU per 1,000 kcal). Thiamin densities in diets varied little with sex and age but were lower for 15- to 64-year-olds (0.69 to 0.73 mg per 1,000 kcal) than for other sex-age groups (0.72 to 0.84 mg per 1,000 kcal). Riboflavin densities of diets were highest at age 1 to 2 (1.22 mg per 1,000 kcal) and decreased with advancing age to 0.83 mg per 1,000 kcal for men age 35 to 50. They then increased with age to 1.10 mg per 1,000 kcal for women 75 and over. Females generally had diets with slightly higher densities of preformed niacin (8.7 to 11.4 mg per 1,000 kcal) and vitamin B₁₂ (2.00 to 3.48 mcg per 1,000 kcal) than males did (8.6 to 11.4 mg per 1,000 kcal of preformed niacin and 2.05 to 2.90 mcg of vitamin B₁₂). For vitamin B₆, males 50 years and under generally had diets with higher densities (0.69 to 0.79 mg per 1,000 kcal) than females did (0.65 to 0.75 mg per 1,000 kcal). Among older adults, however, women had higher vitamin B₆ densities (0.76 to 0.80 mg per 1,000 kcal) than men did (0.68 to 0.75 mg per 1,000 kcal). Diets of females also generally had higher densities of vitamin C (45 to 60 mg per 1,000 kcal) than diets of males did (28 to 60 mg per 1,000 kcal). For all sex-age groups, nutrient densities were higher for intakes than for RDA for vitamin A value, thiamin, riboflavin, preformed niacin, vitamin B₁₂, and vitamin C, except for men 75 years and over. Vitamin B₆ densities were lower for intakes than for RDA for all sex-age groups over 11 years, except for 19- to 22-year-old men.

Vitamin densities of diets of FSP participants and nonparticipants were generally similar except for two of the seven vitamins studied. For at least two-thirds of the sex-age groups, FSP participants had higher densities of preformed niacin and lower densities of riboflavin than nonparticipants.
Iron Density of Intakes and Recommended Dietary Allowances

Average intake per individual in a day, total respondents

Mg/1,000 kcal


Figure 9
Vitamin A Density per 1,000 Kilocalories
Average intake per individual in a day, total respondents.

IU/1,000 kcal


Figure 10
Nutritive Value of Food Obtained and Eaten Away From Home

Average percentage contribution of food obtained and eaten away from home to the nutrient intake of each sex-age group is presented in tables 4-1 to 4-3. Of the total respondents, 32 percent obtained and ate some food or beverage away from home during the day reported. This proportion increased with advancing age of children from 11 percent of 1- to 2-year-olds to 59 percent of children 6 to 8 years (fig. 11). The proportion eating away from home remained high during the school-age years (44 to 55 percent) and then fell for the young and middle aged (19 to 50 years) to 22 to 36 percent for women and to 36 to 45 percent for men. Among adults 65 years and over only 4 to 11 percent ate away from home.

For all individuals surveyed, away-from-home foods contributed 13 to 14 percent of the intake of energy and energy-providing nutrients. The contribution of these foods to vitamin and mineral intakes varied from 12 percent for vitamin C to 14 percent for calcium and vitamin B<sub>12</sub>.

Among sex-age groups, the nutrient with the largest proportion contributed by away-from-home foods was calcium in the diets of 6- to 11-year-olds. The large contribution of calcium probably came from milk at school. A study of the impact of the National School Lunch Program on the diets of school-age children in this survey reported that lunches of National School Lunch Program participants contributed almost one-half of the children's intake of calcium on school days.²

Patterns of eating away from home differed markedly between sex-age groups of FSP participants and nonparticipants, although overall only 4 percent fewer participants than nonparticipants reported obtaining and eating food away from home. Differences in the proportions of individuals eating food away from home are shown below for specified sex-age groups:

Individuals Obtaining and Eating Food Away From Home

Total respondents

Percent

60

50

40

30

20

10

0

under 1  1-2  3-5  6-8  9-11  12-14  15-18  19-22  23-34  35-50  51-64  65-74  75 +

Age (years)

Females

Males

Males and Females


Figure 11
Among preschoolers, FSP participants were much less likely than their non-participant peers to obtain and eat food away from home. Among school children 9 to 11 years of age, a considerably smaller proportion of participants than of nonparticipants ate away. Among teenagers 15 to 18, however, the proportion of participants compared to nonparticipants eating away from home was higher. For men the largest difference was among 35- to 50-year-olds. The difference between FSP-participant and nonparticipant sex-age groups was greatest for women 19 to 22 years, with only one-sixth of the participants but almost one-half of the nonparticipants eating outside the home. The proportion of FSP-participant women of 23 to 50 years eating away was about one-half that for nonparticipant peers. As would be expected, most groups of FSP participants obtained a smaller proportion of their day's nutrient intake from food away from home than did nonparticipants.

### Frequency of Eating

More individuals (44 to 45 percent) ate (meals and/or snacks) three times a day than any other number of times (tables 5.1-1, 2, 3). Among total respondents, 26 percent ate four times during the day, 12 percent ate twice, and 10 percent ate five times. Six percent had six or seven eating occasions, and 1 percent ate more often than seven times in the day. Only one eating occasion during the day was reported by 1 percent of the individuals. The sex-age groups with the greatest proportions eating three times a day were men over age 74 (68 percent), women over age 64 (61 to 66 percent), and girls 9 to 11 (66 percent). Eating twice a day was most frequently reported by males 19 to 34 years (16 to 19 percent) and females 12 to 64 years (13 to 26 percent).

Differences in frequency of eating between FSP participants and nonparticipants were small (tables 5.1-2, 3). Slightly more of the participants ate once or twice during the day reported (2 and 14 percent, respectively) than nonparticipants did (1 and 11 percent). Differences may reflect the different age distributions of the two subpopulations rather than FSP status.
The frequency of each type of eating occasion named by the respondent also was tabulated (tables 5.2-1, 2, 3). No breakfast was reported by 15 percent of total respondents. This proportion was 17-33 percent for 15- to 50-year-olds, but only 3 to 6 percent for adults over 64 years of age. Only 2 to 4 percent of children aged 1-8 did not report breakfast. Lunch, including brunch, was reported by 69 percent of the respondents, dinner by 46 percent, and supper by 57 percent. Some of the reported dinners were midday meals. Snacks, including coffee and other beverage breaks, were reported by more than half (52 percent) of the respondents. One snack was reported by 31 percent, two by 12 percent, and three or more by 9 percent. Men 35 to 50 years of age had the largest proportion reporting three or more snacks in the day (22 percent). Only 6 percent reported eating occasions with a name other than those already mentioned or with no name.

Infant intakes

Infants discussed in this section were under 1 year of age and exclude those who were completely or partially breast fed. The proportion of infants under 6 months of age was 55 percent in FSP-participant and 47 percent in nonparticipant households. Black infants (52 percent) predominated over white (45 percent) among FSP participants, but white infants (64 percent) predominated over black (32 percent) among nonparticipants. Age and racial differences may account for some differences in food and nutrient intakes between the participant and nonparticipant infants.

Food Intake

Quantities of foods eaten by infants reflect the importance of milk- or soy-based formulas to their intakes (tables 1.1A-1 to 1.6B-3). Total intake of milk and milk products (in their calcium equivalent of whole fluid cows' milk) averaged 411 g per day (table 1.2A-1). Average intake of milk and milk drinks was 632 g and fluid milk accounted for 249 g of that amount. The difference between those two amounts, almost 400 g, was almost entirely milk-based formula. (Baby formulas often have less than one-half the calcium content of cows' milk.) Of the infants, 89 percent consumed a food in the milk group. (Other infants were fed soy-based formulas which are included in the legumes group rather than in the milk group).

During the day surveyed, infants on the average ate about 2 ounces (56 g) from the meat, poultry, and fish group, usually in the form of mixtures mainly meat, poultry, and fish. Forty-three percent of the infants--predominantly older infants--consumed an item from the meat group. Eggs were consumed by 12 percent of the infants, and intakes averaged 6 g. Foods from the legumes group, most probably soy-based formulas, were consumed by 21 percent of the infants, and intakes averaged 75 g. Many of infants (83 percent) consumed a grain product, and intakes averaged 63 g. On the average, over half of that amount (45 g) was eaten as cereals and pastas. Average intakes for fats and oils were negligible, and added fat was reported for only 8 percent of the infants.

Vegetable intakes averaged 65 g, and 48 percent of the infants consumed a vegetable item. Fruit intakes averaged 126 g, and 70 percent of the infants had fruit. Sugar and sweets were consumed by 15 percent of the infants, and intakes averaged 3 g. Beverages other than milk, formula, or juice were consumed by 12 percent of the infants, and intakes averaged 41 g.
FSP-participant and nonparticipant infants consumed similar quantities and had similar percentages of users for most food groups except vegetables. Average intake of vegetables by infants was lower in FSP-participant than in nonparticipant households mainly because a smaller percentage ate vegetables. Participants averaged lower intakes of fluid milk and milk drinks than nonparticipants, and their average intake of legumes was higher. Apparently a higher percentage of infants in participant than in nonparticipant households consumed soy-based formula. FSP-participant infants averaged a higher intake of grain products than nonparticipants did, although the percentage of users was about the same. Participant infants consumed more cooked cereals and pasta and less ready-to-eat cereal than nonparticipants. Average intakes were lower for citrus fruit and citrus juice and higher for noncitrus fruit for participant than for nonparticipant infants. Average fruit drink intakes were higher for participants than for nonparticipants.

Nutrient Contributions by Major Food Groups

Milk and milk products contributed the greatest proportion of infants' intakes of food energy and most nutrients (tables 2.1–2.15). Iron and preformed niacin were the exceptions. Milk and milk products provided about 50 to 70 percent of infants' food energy, protein, fat, calcium, phosphorus, vitamin A value, riboflavin, vitamin $B_6$, and vitamin $B_{12}$. Milk and milk products also provided about 40 to 50 percent of infants' carbohydrate, magnesium, thiamin, and vitamin C. This food group provided only about 30 to 35 percent of infants' iron and preformed niacin.

Grain products were the second most important contributor to infants' nutrient intakes. Grain products provided the major portion of infants' iron and preformed niacin (43 and 42 percent, respectively) and a large proportion (38 percent) of their thiamin. About 20 to 25 percent of infants' carbohydrate, magnesium, phosphorus, and riboflavin was contributed by grain products. Legumes contributed between 5 and 9 percent of each of the nutrients. The meat group contributed 10 to 13 percent of infants' intakes of protein, fat, preformed niacin, vitamin $B_6$, and vitamin $B_{12}$. Fruits contributed 18 percent of infants' carbohydrate and 34 percent of their vitamin C. The three vegetable subgroups together contributed 21 percent of infants' vitamin A value.

Nutritive Value of Food Intake

Of the 22 sex-age groups, FSP-participant and nonparticipant infants had the lowest average intakes for all nutrients except calcium, iron, thiamin, riboflavin, and vitamin C (tables 3.1–1, 2, 3). Infants had the highest average iron intake (19.6–19.8 mg) of all sex-age groups. This was true whether or not the infants were in FSP-participant households. Infants in FSP-participant households had average intakes that were less than or about equal to intakes of infants in nonparticipating households for food energy and all nutrients except carbohydrate and vitamin $B_6$. Carbohydrate appeared to supply the highest percentage of infants' food energy (tables 3.2–1, 2, 3). However, the general factors used to estimate the energy from protein, fat, and carbohydrate were derived for mixed diets and are less accurate for diets consisting so largely of one food—milk. For infants, percentage of food energy from carbohydrates was slightly higher in participating than in nonparticipating households. The reverse was true for the percentage of food energy from protein.
Among total respondents, infants' diets on the average exceeded the RDA for food energy and all nutrients (table 3.3-01). Total respondent infants' diets supplied more than twice the RDA for most vitamins studied. Preformed niacin and vitamin B₆ were the exceptions. Participant infants' diets supplied a higher percentage of the RDA for food energy, iron, thiamin, and vitamin B₆ than did the diets of nonparticipants (tables 3.3-02, 03).

The nutrient intakes of infants in all four regions averaged above the RDA for the 12 nutrients studied and for food energy in all regions except the North Central region. Because the number of infants in each region was small, regional differences are not discussed. Among urbanizations, infants in central cities had the highest and those in suburban areas the lowest average percentages of RDA for most nutrients. White infants' intakes provided higher percentages of RDA for eight nutrients than those of black infants.

The average nutrient densities of infants' diets were equal to or greater than those of the older groups of individuals for six nutrients (table 3.4-01). Densities for calcium, iron, thiamin, riboflavin, preformed niacin, and vitamin C averaged higher for diets of infants than for diets of any older sex-age group. Average iron density for infants was about three times that of older sex-age categories, mostly because of infants' consumption of iron-fortified baby cereals and formulas.

Nutritive Value of Food Obtained and Eaten Away From Home

Foods obtained and eaten away from home were reported for only 3 percent of the total infants surveyed. In the FSP-participant households less than 1 percent of the infants consumed foods obtained and eaten away from home compared to 6 percent of the infants in nonparticipant households. One percent of participant infants' nutrients and up to 4 percent of nonparticipant infants' nutrients were supplied by foods obtained and eaten away from home.

Frequency of Eating

The most frequently reported feeding pattern for infants in FSP-participant households was four or five times a day (58 percent, about equally partitioned), whereas five or seven times a day (55 percent, also about equally partitioned) was more common in the nonparticipating households. Infants in participant households, compared to those in nonparticipant households, were less likely to be fed 6 or more times in a day. Traditional meal names are not always appropriate for infant feedings, and the data for infants in tables 5.2-1 to 5.2-3 reflect this.

Characteristics of Households and Individuals

Information such as household income (table 6.1) was supplied by the household respondent. Race of the household respondent was recorded as observed by the interviewer. Region and urbanization designations (tables 6.2 and 6.3) were determined by the location of the residence based on Census definitions. The household respondent was also asked to give information on participation in FSP (table 6.4); household size (table 6.5); and age, education, and employment status of the male and female heads of household (tables 6.6 and 6.7). Unlike
elsewhere in this report, the tables in this section (tables 6.1 to 6.7) include breast-fed infants and children. The counts and percentages reflect application of weighting factors. Because rounding occurs at each aggregation, the parts may not add to totals.

Household Income

The previous year's household income before taxes was reported as below $4,000 for 25 percent of the individuals surveyed. Of the remaining individuals, 17 percent were members of households reporting incomes of $4,000-$5,999, 27 percent $6,000-$9,999, and 18 percent $10,000 or more (table 6.1-1). Of the respondents, 13 percent were in households whose income was not reported. These households not reporting income on the household questionnaire did supply information on the screening questionnaire that showed they were eligible to participate in the FSP. When comparing FSP participants with nonparticipants, a higher proportion of participants reported household incomes below $4,000 and a smaller proportion incomes of $10,000 or more, as shown below. This is partially explained by the larger percentage of FSP participants under 18 years of age.

<table>
<thead>
<tr>
<th>Household income before taxes</th>
<th>FSP participants</th>
<th>Non-participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under $4,000</td>
<td>31.2</td>
<td>20.1</td>
</tr>
<tr>
<td>$4,000-$5,999</td>
<td>21.8</td>
<td>14.3</td>
</tr>
<tr>
<td>$6,000-$9,999</td>
<td>22.3</td>
<td>30.0</td>
</tr>
<tr>
<td>$10,000 and over</td>
<td>12.0</td>
<td>22.3</td>
</tr>
<tr>
<td>Not reported</td>
<td>12.7</td>
<td>13.3</td>
</tr>
<tr>
<td>All incomes</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Racial differences are such that among FSP participants the percentage of blacks was almost twice the percentage of whites at the two lower income levels, about equal at incomes of $6,000-$9,999, but only one-half as high in the highest income group. Among nonparticipants, almost twice as many whites as blacks had incomes under $10,000. At incomes of $10,000 or more, whites outnumbered blacks seven to one.

Regional distributions showed that of total individuals with household income below $4,000, 51 percent lived in the South (as shown below), 26 percent in the North Central region, 13 percent in the Northeast, and 11 percent in the West.

<table>
<thead>
<tr>
<th>Household income</th>
<th>48 States</th>
<th>Northeast</th>
<th>North Central</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Percent</td>
<td>Number</td>
<td>Number</td>
<td>Number</td>
</tr>
<tr>
<td>Under $4,000</td>
<td>2,977</td>
<td>13</td>
<td>26</td>
<td>51</td>
<td>11</td>
</tr>
<tr>
<td>$4,000-$5,999</td>
<td>2,097</td>
<td>16</td>
<td>24</td>
<td>51</td>
<td>9</td>
</tr>
<tr>
<td>$6,000-$9,999</td>
<td>3,249</td>
<td>36</td>
<td>18</td>
<td>39</td>
<td>8</td>
</tr>
<tr>
<td>$10,000 or more</td>
<td>2,190</td>
<td>36</td>
<td>17</td>
<td>32</td>
<td>14</td>
</tr>
<tr>
<td>Not reported</td>
<td>1,583</td>
<td>23</td>
<td>16</td>
<td>46</td>
<td>15</td>
</tr>
<tr>
<td>All incomes</td>
<td>12,095</td>
<td>25</td>
<td>20</td>
<td>44</td>
<td>11</td>
</tr>
</tbody>
</table>
Race

Among total individuals, the household respondent was white for 59 percent, black for 39 percent, and of other races for 4 percent. The race of the household respondent was unreported for less than 1 percent of the individuals. Proportionately more FSP participants than nonparticipants were black, as shown below.

<table>
<thead>
<tr>
<th>Race</th>
<th>Total respondents (N = 12,095)</th>
<th>FSP participants (N = 4,873)</th>
<th>Nonparticipants (N = 7,177)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>57</td>
<td>42</td>
<td>67</td>
</tr>
<tr>
<td>Black</td>
<td>39</td>
<td>51</td>
<td>30</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>6</td>
<td>3</td>
</tr>
</tbody>
</table>

Region and Race

Of total respondents surveyed, 44 percent lived in the South, 25 percent in the Northeast, 20 percent in the North Central region, and 11 percent in the West (table 6.2-1). Among FSP participants, 37 percent lived in the South, 33 percent in the Northeast, 22 percent in the North Central region, and 8 percent in the West (table 6.2-2). Of nonparticipants, 48 percent lived in the South, 20 percent in the Northeast, 19 percent in the North Central region, and 13 percent in the West (table 6.2-3). Racial distributions within regions were similar for the Northeast and North Central regions (tables 6.2-1, 2, 3). In the South, percentages of blacks and whites were equal (49 percent each) and other races accounted for 1 percent. In the West, 70 percent were white, 18 percent were black, and 12 percent were of other races.

Urbanization and Race

A larger percentage of the individuals surveyed lived in central cities (41 percent) than in suburban (31 percent) and nonmetropolitan areas (28 percent) (table 6.3-1). More than half (55 percent) of the FSP participants and only a third (31 percent) of the nonparticipants lived in central cities. Nonparticipants were almost evenly distributed among the three urbanizations, with 38 percent in suburban and 31 percent in nonmetropolitan areas. FSP participants were less evenly distributed with only 21 percent in suburban and 24 percent in nonmetropolitan areas. Blacks accounted for the largest group of central city dwellers whether they were participants (65 percent) or nonparticipants (55 percent).

Food Stamp Program Participation

Of the individuals surveyed, 40 percent were in households participating in the FSP (table 6.4). As stated previously, age distribution differed between participants and nonparticipants. More than 75 percent of the participants were women 19 to 50 years and children 0 to 18 years. For 22 households, information on the screening questionnaire indicated they were eligible to participate in the FSP, but the household respondents did not report whether food stamps were received in the previous month.
Household Size

Of total respondents, 30 percent lived in households of six or more members (table 6.5-I). Proportionately more FSP participants than nonparticipants lived in households of six or more members, and proportionately fewer participants than nonparticipants lived in households with less than five members as shown below. (Total respondents include some individuals not classified as to FSP status as explained above.)

<table>
<thead>
<tr>
<th>Household members (number)</th>
<th>Total respondents (N = 12,095)</th>
<th>FSP participants (N = 4,873)</th>
<th>Non-participants (N = 7,177)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8.7</td>
<td>7.4</td>
<td>9.7</td>
</tr>
<tr>
<td>2</td>
<td>13.2</td>
<td>10.0</td>
<td>15.2</td>
</tr>
<tr>
<td>3</td>
<td>13.4</td>
<td>12.6</td>
<td>14.0</td>
</tr>
<tr>
<td>4</td>
<td>17.2</td>
<td>15.1</td>
<td>18.6</td>
</tr>
<tr>
<td>5</td>
<td>17.2</td>
<td>18.9</td>
<td>16.1</td>
</tr>
<tr>
<td>6</td>
<td>10.2</td>
<td>13.3</td>
<td>8.0</td>
</tr>
<tr>
<td>7</td>
<td>10.2</td>
<td>11.5</td>
<td>9.2</td>
</tr>
<tr>
<td>8</td>
<td>3.6</td>
<td>4.4</td>
<td>3.1</td>
</tr>
<tr>
<td>9</td>
<td>3.9</td>
<td>4.0</td>
<td>3.9</td>
</tr>
<tr>
<td>10 or more...</td>
<td>2.4</td>
<td>2.8</td>
<td>2.1</td>
</tr>
</tbody>
</table>

Households of six or more members generally included more children, teenagers, and adults 19 to 50 years than older adults. Adults over 51 years were most often in households of one or two members. These findings were true for FSP participants and nonparticipants (tables 6.4-2, 3).

Characteristics of the Male Head of Household

Of total respondents, 38 percent lived in households without a male head (table 6.6-I). Proportionately, markedly more FSP participants (55 percent) than nonparticipants (25 percent) were without a male head of household (table 6.6-2, 3). The male head was 65 years and over for 4 and 10 percent, 35 to 64 years for 25 and 39 percent, and 20 to 34 years for 15 and 25 percent of participants and nonparticipants, respectively.

Households were headed by unemployed males for 26 percent of the total respondents, with 25 percent for FSP participants, and 27 percent for nonparticipants. Of participants, only 20 percent had an employed male head of household; 13 percent were employed full time (more than 34 hours per week) and 7 percent part time (1 to 34 hours per week). Of nonparticipants, 37 percent were in households where the male head was employed full time and 10 percent in households where he was employed part time.

More than one-fifth (21 percent) of the total individuals surveyed lived in households with a male head having an elementary school education or less, with 17 percent for participants and 24 percent for nonparticipants. Levels of education completed by the male heads of households were high school for 11 and
21 percent of individuals, some high school for 9 and 19 percent, and some college for 8 and 11 percent of participants and nonparticipants, respectively.

Characteristics of the Female Head of Household

Few individuals (3 percent) lived in households without a female head (table 6.7-1). For FSP participants and nonparticipants, most infants and children under 9 years of age (64 to 77 percent) lived with female heads 20 to 34 years old (tables 6.7-2, 3). For participants, almost equal proportions of individuals were in households with a female head aged either 20 to 34 years (45 percent) or 35 to 64 years (46 percent). For nonparticipants, the proportion was greater for female heads aged 35 to 64 years (48 percent) than for those aged 20 to 34 years (35 percent).

Of the individuals surveyed, 76 percent lived in households with unemployed female heads and only 20 percent in households with employed female heads. The percentage of individuals living in households with employed female heads was higher among nonparticipants than among participants; 13 and 8 percent of female heads were employed full time, 12 and 5 percent part time, and 71 and 84 percent unemployed, respectively. The largest proportion (29 percent) of the individuals surveyed lived in households with female heads who had completed high school. Levels of education completed by female heads of participating and nonparticipating households, respectively, were elementary school or less for 28 and 25 percent of individuals, some high school for 34 and 24 percent, high school for 28 and 30 percent, and some college for 8 and 19 percent.
**TABLE 1.1A-1. MEAT, POULTRY, FISH**

AVERAGE INTAKE**1/ PER INDIVIDUAL IN A DAY**2/ 1977-78

<table>
<thead>
<tr>
<th>TOTAL RESPONDENTS</th>
<th>SEX AND AGE (YEARS)</th>
<th>NUMBER</th>
<th>MEAT/GRAMS</th>
<th>POULTRY/GRAMS</th>
<th>LAMB/GRAMS</th>
<th>VEAL/GRAMS</th>
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<th>TOTAL CHICKEN/GRAMS</th>
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**Notes:**
1/ Quantities given are for foods as ingested; no inedible parts are included.
2/ Based on 24-hour dietary recall of day preceding interview.
3/ Excludes breast-fed infants.
4/ Value less than 0.5 but more than 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.

### TABLE 1.1A-2. MEAT, POULTRY, FISH
AVERAGE INTAKE PER INDIVIDUAL IN A DAY, 1977-78

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 1: MEAT, POULTRY, FISH
AVERAGE INTAKE PER INDIVIDUAL IN A DAY, 1977-78

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1/ Quantities given are for foods as ingested; no inedible parts are included.
2/ Based on 24-hour dietary recall of day preceding interview.
3/ Excludes breast-fed infants.
4/ Value less than 0.5 but more than 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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**TABLE 1.22-1: MILK, MILK PRODUCTS, EGGS, LEGUMES, NUTS, SEEDS, INDIVIDUALS USING 1° IN A DAY 2° 1977-78**

**TOTAL RESPONDENTS**

- **Males and Females:**
  - Under 1
  - 1-2
  - 3-5
  - 6-8

**Number**

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**Number**

1° USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM
2° BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW
3° EXCLUDES BREAST-FED INFANTS
4° VALUE LESS THAN 0.05 BUT MORE THAN 0

**Source:** Survey of Food Consumption in Low-Income Households 1977-78, November 1977-March 1978 (Preliminary).
TABLE 1.2A-2.--MILK, MILK PRODUCTS; EGGS; LEGUMES; NUTS; SEEDS.

AVERAGE INTAKE PER INDIVIDUAL IN A DAY (2) 1977-78

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**MALES AND FEMALES:**

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**ALL INDIVIDUALS:** 2/4,841 344 305 272 2 10 7 29 34

1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

TABLE 1.2A-3.--MILK, MILK PRODUCTS; EGGS; LEGUMES; NUTS; SEEDS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY2/ 1977-78

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

### Table 1.28-3--Milk, Milk Products, Eggs, Legumes, Nuts, Seeds

**Individuals Using1/ in a Day2/ 1977-78**

**Nonparticipants in Food Stamp Program**

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1/ User is an individual reporting a specified food item.
2/ Based on 24-hour dietary recall of day preceding interview.
3/ Excludes breast-fed infants.

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1/ Quantities given are for foods as ingested; no inedible parts are included.
2/ Based on 24-hour dietary recall of day preceding interview.
3/ Excludes breast-fed infants.
4/ Value less than 0.5 but more than 0.

### Table 1.38-1: Grain Products and Fats and Oils

#### Individuals Using in a Day, 1977-78

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1/ User is an individual reporting a specified food item.
2/ Based on 24-hour dietary recall of day preceding interview.
3/ Excludes breast-fed infants.

TABLE 1.3A-2.—GRAIN PRODUCTS & FATS, OILS
AVERAGE INTAKE1 PER INDIVIDUAL IN A DAY2 1977-78

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 1.3A-3. GRAIN PRODUCTS, FATS, OILS
AVERAGE INTAKE/ PER INDIVIDUAL IN A DAY*2 1977-78

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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<th>INDIVIDUALS</th>
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<th>FATS, OILS</th>
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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.

### Table 1.4A-1. -Vegetables1/ 
Average Intake2/ Per Individual in a Day3/ 1977-78

#### Total Respondents

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1/ Mixtures are included in each subgroup and in the total.
2/ Quantities given are for foods as ingested; no inedible parts are included.
3/ Based on 24-hour dietary recall of day preceding interview.
4/ Excludes breast-fed infants.

### Table 1: Individuals Using Vegetables in a Day / 1977-78

#### Total Respondents

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1/ Mixtures are included in each subgroup and in the total.
2/ User is an individual reporting a specified food item.
3/ Based on 24-hour dietary recall of day preceding interview.
4/ Excludes breast-fed infants.

**Source:** Survey of Food Consumption in Low-Income Households 1977-78, November 1977-March 1978 (Preliminary).
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1/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

### TABLE 1-48-2: VEGETABLES\(^1\) IN INDIVIDUALS USING FOOD STAMP PROGRAM \(^2\) IN A DAY \(^3\) 1977-78

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1/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 24-HOUR DIETARY RECALL OF DAY PREcedING INTERVIEW.
4/ EXCLUDES BREAST-FED INFANTS.

**SOURCE:** SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1977-78, NOVEMBER 1977-MARCH 1978 (PRELIMINARY).
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1/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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1/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
4/ EXCLUDES BREAST-FED INFANTS.

## TABLE 1.5A-1.—FRUITS
**AVERAGE INTAKE PER INDIVIDUAL IN A DAY, 1977-78**

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASE ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
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### Table 1.58-2. FRUITS

**INDIVIDUALS USING 1. IN A DAY, 2. 1977-78**

**PARTICIPANTS IN FOOD STAMP PROGRAM**

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2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.

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2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
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3/ EXCLUDES BREAST-FED INFANTS.

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
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1/ User is an individual reporting a specified food item.
2/ Based on 24-hour dietary recall of day preceding interview.
3/ Excludes breast-fed infants.

### TABLE 1.6A-2.-SUGAR, SWEETS: BEVERAGES
AVERAGE INTAKE/ PER INDIVIDUAL IN A DAY, 2/ 1977-78

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1/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.5 BUT MORE THAN ZERO.

TABLE 1.68-2.--SUGAR, SWEETS; BEVERAGES  
INDIVIDUALS USING1 IN A DAY2/ 1977-78

PARTICIPANTS IN FOOD STAMP PROGRAM

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<tr>
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<th>INDIVIDUALS</th>
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<th>TOTAL</th>
<th>NONALCOHOLIC BEVERAGES</th>
<th>TOTAL</th>
<th>BEVERAGES</th>
<th>ALCOHOLIC BEVERAGES</th>
<th>TOTAL</th>
</tr>
</thead>
</table>
|                     |             | TOTAL | SUGAR | CANDY | TOTAL | COFFEE | TEA | DRINKS | DRINKS | ADES | TOTAL | BEER | ALE 
| MALES AND FEMALES: |             |       |       |       |       |       |    |       |       |     |       |   |   
| UNDER 1............ | 3/216       | 19.1  | 17.7  | 0.3   | 12.6 | 12.6  | 0.2 | 1.1   | 1.5   | 10.5| 0.0   | 0.0 |   
| 1-2..............   | 3/208       | 21.4  | 10.8  | 1.3   | 52.4 | 54.9  | 1.1 | 6.4   | 35.4  | 18.4| 0.0   | 0.0 |   
| 3-5.............   | 462         | 35.8  | 22.5  | 6.1   | 60.0 | 60.0  | 1.1 | 6.3   | 35.1  | 21.6| 0.0   | 0.0 |   
| 6-8.............   | 413         | 59.1  | 31.3  | 17.0  | 67.5 | 67.5  | 1.2 | 11.4  | 43.9  | 13.0| 0.0   | 0.0 |   
| MALES:            |             |       |       |       |       |       |    |       |       |     |       |   |   
| 9-11.............. | 247         | 45.6  | 25.6  | 11.4  | 62.6 | 62.6  | 7.2 | 7.4   | 43.7  | 16.2| 0.0   | 0.0 |   
| 12-14............ | 234         | 51.4  | 21.7  | 17.2  | 64.2 | 64.2  | 2.6 | 23.9  | 49.0  | 21.1| 0.0   | 0.0 |   
| 15-18............ | 218         | 42.9  | 22.9  | 9.0   | 68.6 | 68.6  | 5.5 | 4.0   | 51.1  | 12.0| 6.5   | 6.5 |   
| 19-22............ | 115         | 51.2  | 26.5  | 15.8  | 95.5 | 90.9  | 23.8| 21.6  | 45.9  | 18.9| 10.6  | 10.6|   
| 23-34............ | 185         | 60.9  | 58.5  | 0.2   | 97.3 | 89.6  | 56.0| 19.5  | 55.2  | 8.6 | 16.1  | 15.3|   
| 35-50............ | 185         | 53.9  | 46.6  | 1.2   | 94.9 | 94.4  | 80.0| 25.9  | 43.6  | 22.0| 22.8  | 2.8 |   
| 51-64............ | 91          | 61.5  | 52.7  | 0.3   | 93.8 | 91.2  | 72.2| 19.3  | 28.1  | 5.5 | 19.7  | 15.2|   
| 65-74............ | 52          | 70.4  | 48.4  | 1.9   | 95.1 | 94.7  | 90.8| 24.3  | 16.1  | 1.8 | 3.5   | 3.5 |   
| 75 AND OVER....... | 36          | 37.3  | 24.7  | 0     | 51.0 | 51.0  | 49.2| 7.2   | 11.1  | 8   | 0.0   | 0.0 |   
| FEMALES:          |             |       |       |       |       |       |    |       |       |     |       |   |   
| 9-11.............. | 190         | 40.7  | 15.6  | 5.6   | 68.8 | 68.8  | 1.2 | 7.8   | 55.5  | 7.6 | 0.0   | 0.0 |   
| 12-14............ | 329         | 48.4  | 32.6  | 9.9   | 64.1 | 64.1  | 1.7 | 26.2  | 38.1  | 17.8| 0.0   | 0.0 |   
| 15-18............ | 277         | 44.2  | 24.8  | 5.4   | 73.0 | 75.0  | 7.5 | 9.9   | 48.5  | 18.3| 0.0   | (4) |   
| 19-22............ | 194         | 46.5  | 37.8  | 5.7   | 80.6 | 80.6  | 25.3| 22.6  | 54.5  | 3.9 | 0.0   | 0.0 |   
| 23-34............ | 492         | 51.2  | 40.9  | 1.9   | 85.8 | 83.0  | 52.2| 13.4  | 46.9  | 17.3| 7.6   | 3.3 |   
| 35-50............ | 394         | 55.8  | 47.1  | 3.1   | 87.5 | 87.2  | 54.6| 27.2  | 37.5  | 7.5 | 9.4   | 1.7 |   
| 51-64............ | 235         | 58.6  | 51.6  | 2.0   | 85.9 | 85.5  | 71.4| 24.2  | 35.3  | 5.7 | 3.0   | 0.9 |   
| 65-74............ | 118         | 69.8  | 54.1  | 0.6   | 92.1 | 92.1  | 79.4| 17.6  | 41.1  | 4.1 | 0.4   | 0.4 |   
| 75 AND OVER....... | 53          | 62.6  | 54.4  | 7.5   | 86.6 | 86.6  | 83.4| 24.4  | 19.5  | 4.3 | 0.0   | 0.0 |   
| ALL INDIVIDUALS... | 3/4841      | 49.7  | 35.6  | 6.4   | 79.0 | 73.2  | 26.9| 15.9  | 41.7  | 13.8| 4.2   | 2.1 |   

1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.  
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.  
3/ EXCLUDES BREAST-FEED INFANTS.  
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.  

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<th>FEMALES:</th>
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1/ Quantities given are for foods as ingested; no inedible parts are included.
2/ Based on 24-hour dietary recall of day preceding interview.
3/ Excludes breast-fed infants.
4/ Value less than 0.5 but more than 0.

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1/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.

### TABLE 2.1-1. FOOD ENERGY

PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY** 1/ 1977-1978

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<th>POULTRY*</th>
<th>EGGS</th>
<th>LEGUMES*</th>
<th>GRAIN PRODUCTS</th>
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#### MALES AND FEMALES:

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**Note:** Figures may not sum to 100% due to rounding.

Continued—
TABLE 2.1-1---FOOD ENERGY
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY, 1/ 1977-1978

TOTAL RESPONDENTS

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF Rounding.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

## TABLE 2.3-1: FAT
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY, 1977-1978

**TOTAL RESPONDENTS**

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**MALES AND FEMALES:**

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**ALL INDIVIDUALS...** 3/12,042 100.0 19.1 39.6 5.1 2.9 17.2 4.6 2.2

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<td>7.0</td>
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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF Rounding.
3/ EXCLUDES BREAST-FOOLED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

## Table 2.4-1: Carbohydrate
### Percentage Contribution of 14 Food Groups per Individual in a Day, 1/1977-1978

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<th>EGGS</th>
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<th>GRAIN</th>
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<th>NONCITRUS</th>
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| ALL INDIVIDUALS ... | 3/12,042    | 100.0     | 10.7                | 4.8           | .3  | 3.0    | 44.9  | 4.4    | 3.9      |

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<td>5.9</td>
<td>10.1</td>
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4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

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<th>INDIVIDUALS:</th>
<th>MILK &amp; MILK PRODUCTS</th>
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<th>EGGS</th>
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<th>GRAIN</th>
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<td>1.5</td>
<td>17.9</td>
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MALES:
- 9-11: 481 | 100.0 | 62.7 | 3.9 | 1.9 | 1.4 | 21.3 | 1.2 | 0.6
- 12-14: 458 | 100.0 | 56.6 | 5.6 | 2.0 | 2.1 | 22.6 | 1.2 | 0.3
- 15-19: 575 | 100.0 | 54.8 | 7.0 | 3.4 | 2.4 | 21.8 | 0.8 | 0.3
- 19-22: 336 | 100.0 | 36.9 | 8.4 | 5.2 | 3.3 | 28.1 | 2.2 | 0.3
- 23-34: 704 | 100.0 | 39.3 | 10.0 | 5.0 | 2.6 | 28.4 | 1.7 | 0.4
- 35-50: 573 | 100.0 | 27.6 | 9.5 | 5.3 | 3.1 | 35.9 | 1.6 | 0.3
- 51-64: 367 | 100.0 | 23.5 | 8.3 | 6.4 | 4.2 | 34.5 | 3.2 | 0.4
- 65-74: 247 | 100.0 | 40.4 | 7.5 | 4.9 | 3.8 | 24.5 | 1.9 | 0.7
- 75 AND OVER: 169 | 100.0 | 41.2 | 10.9 | 5.3 | 2.6 | 26.8 | 1.3 | 0.8

FEMALES:
- 9-11: 381 | 100.0 | 59.2 | 5.5 | 1.8 | 1.8 | 22.9 | 1.5 | 0.4
- 12-14: 568 | 100.0 | 39.0 | 6.1 | 2.5 | 1.1 | 21.2 | 1.7 | 0.6
- 15-19: 557 | 100.0 | 51.3 | 6.3 | 2.9 | 1.9 | 25.3 | 2.0 | 0.3
- 19-22: 532 | 100.0 | 38.2 | 9.0 | 3.1 | 2.2 | 31.0 | 2.4 | 0.7
- 23-34: 1,094 | 100.0 | 33.5 | 10.4 | 5.1 | 2.3 | 30.0 | 2.7 | 0.3
- 35-50: 958 | 100.0 | 29.3 | 9.8 | 4.3 | 2.7 | 31.8 | 3.0 | 0.5
- 51-64: 781 | 100.0 | 26.0 | 10.9 | 5.6 | 3.7 | 28.9 | 2.3 | 1.1
- 65-74: 517 | 100.0 | 46.1 | 4.9 | 3.7 | 1.4 | 24.4 | 3.1 | 1.0
- 75 AND OVER: 328 | 100.0 | 41.2 | 5.5 | 3.7 | 2.2 | 26.9 | 2.5 | 1.0

ALL INDIVIDUALS: 3,204 | 100.0 | 45.8 | 7.3 | 3.7 | 2.3 | 25.7 | 2.0 | 0.5

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF Rounding.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

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**ALL INDIVIDUALS...** 3/12,042 100.0 4.2 36.7 4.8 4.5 37.0 1.9 1.6

*Continued*
### TABLE 2.6-1: IRON
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY 1/ 1977-1978

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

### Table 2.7-1: Magnesium Percentage Contribution of 14 Food Groups Per Individual in a Day 1/1977-1978

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDIING.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Percentages may not add to 100 because of rounding.
3/ Excludes breast-fed infants.
4/ Value less than 0.05 but more than 0.

### TABLE 2.9-1. — VITAMIN A VALUE
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY, 1977-1978

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Percentages may not add to 100 because of rounding.
3/ Excludes breast-fed infants.
4/ Value less than 0.05 but more than 0.

### TABLE 2-10-1--THIAMIN

**PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977-1978**

#### TOTAL RESPONDENTS

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<th>EGGS:</th>
<th>LEGUMES, NUTS, SEEDS:</th>
<th>GRAIN PRODUCTS:</th>
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<th>NONCITRUS FRUITS:</th>
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#### MALES AND FEMALES:

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#### MALES:

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<td>23-34</td>
<td>1,094</td>
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<td>958</td>
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<td>701</td>
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<td>65-74</td>
<td>517</td>
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#### ALL INDIVIDUALS...

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Continued--
### TABLE 2.10-1. THIAMIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY, 1/ 1977-1978

**TOTAL RESPONDENTS**

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| ALL INDIVIDUALS...    | 1.3               | 4.6        | 5.0           | 0.4        |

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

**SOURCE:** SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1977-78, NOVEMBER 1977-MARCH 1978 (PRELIMINARY).
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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Percentages may not add to 100 because of rounding.
3/ Excludes breast-fed infants.
4/ Value less than 0.05 but more than 0.

### TABLE 2.12-1—PREFORMED NIACIN

PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY*1/ 1977-1978

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**TABLE 2.12-1.--PREFORMED NIACIN**

*PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY, 1/ 1977-1978*

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF Rounding.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

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PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY, 1/ 1977-1978

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

### Table 2.14-1: Vitamin B12

**Percentage Contribution of 14 Food Groups Per Individual in a Day, 1977-1978**

**Total Respondents**

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### TABLE 2.14-1.--VITAMIN B12
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY*1/ 1977-1978

**TOTAL RESPONDENTS**

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*1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
*2/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
*3/ EXCLUDES BREAST-FED INFANTS.
*4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

**SOURCE:** SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1977-78, NOVEMBER 1977-MARCH 1978 (PRELIMINARY).
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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Percentages may not add to 100 because of rounding.
3/ Excludes breast-fed infants.
4/ Value less than 0.05 but more than 0.

### TABLE 3.1-01: NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY, 1/ 1977-78

**TOTAL RESPONDENTS**

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### TABLE 3.1-01: NUTRITIVE VALUE OF FOOD

**AVERAGE INTAKE PER INDIVIDUAL IN A DAY** 1977-78

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ EXCLUDES BREAST-FED INFANTS.

**SOURCE:** SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1977-78, NOVEMBER 1977-MARCH 1978 (PRELIMINARY).
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Continued--
TABLE 3.1-02.—NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY, 1/1977-78

PARTICIPANTS IN FOOD STAMP PROGRAM

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ALL INDIVIDUALS: 1,054 4,604 1.23 1.56 16.5 1.25 3.97 75

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ EXCLUDES BREAST-FED INFANTS.

### Table 3.1-03: Nutritive Value of Food Average Intake Per Individual in a Day* 1/ 1977-78

**Nonparticipants in Food Stamp Program**

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ EXCLUDES BREAST-FED INFANTS.

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2/ PERCENTAGES ADD TO SLIGHTLY GREATER THAN 100 BECAUSE OF THE ALGORITHM USED IN CALCULATIONS.

3/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.

4/ EXCLUDES BREAST-FED INFANTS.

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4/ EXCLUDES BREAST-FED INFANTS.

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4/ EXCLUDES BREAST-FED INFANTS.

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**ALL INDIVIDUALS...** 3/4 x 841 79 169 79 88 79 122 126 117 129 119 76 144 141

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

*SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1977-78, NOVEMBER 1977-MARCH 1978 (PRELIMINARY).*
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**Table 3.3-03: Nutritive Value of Food**

Percentage of 1980 Recommended Dietary Allowances in a Day*1/ 1977-78

**Nonparticipants in Food Stamp Program**

*1/ Based on 24-hour dietary recall of day preceding interview.
*2/ Based on recommended dietary allowance values as milligrams preformed niacin rather than niacin equivalents.
*3/ Excludes breast-fed infants.

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2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

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2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIAIN RATHER THAN NIAIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 3-3-06—NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY, 1/ 1977-78

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3/ EXCLUDES BREAST-FED INFANTS.

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3/ EXCLUDES BREAST-FED INFANTS.

TABLE 3.3-06—NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY*1/ 1977-78

PARTICIPANTS IN FOOD STAMP PROGRAM, NORTH CENTRAL

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MALES AND FEMALES:

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3-5  119  86  222  94  73  95  123  159  136  171  124  87  148  142

6-8  74  81  221  106  102  88  140  118  119  151  118  94  136  103

MALES:

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15-18  74  79  144  79  85  71  112  86  128  118  115  89  123  161

19-22  43  66  124  57  132  50  116  59  89  83  86  65  87  331

23-34  30  96  180  94  180  101  185  88  128  150  154  83  198  100

35-50  15  60  129  54  123  67  117  82  73  89  106  40  148  60

51-64  34  95  155  108  170  80  195  81  143  133  122  62  133  63

65-74  13  62  116  64  116  79  116  79  82  85  113  45  63  88

75 AND OVER  2  80  90  31  102  66  99  55  85  62  102  56  72  71

FEMALES:

9-11  42  78  191  97  92  81  122  112  115  134  104  88  142  128

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15-18  79  83  145  52  60  62  89  66  114  106  106  55  99  100

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23-34  76  88  168  77  70  81  130  75  125  150  146  68  146  99

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51-64  67  95  208  73  139  92  137  373  133  125  169  77  144  325

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75 AND OVER  3  100  129  76  117  76  115  163  97  108  122  64  83  125

ALL INDIVIDUALS  3/1,076  82  173  78  91  82  122  126  125  131  126  78  132  141

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

| TABLE 3.3-10.—NUTRITIVE VALUE OF FOOD PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY*1 1977-78 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| MALES AND FEMALES: | | | | | | | | | | | | | |
| UNDER 1......... | 1/112 | 103 | 171 | 172 | 197 | 192 | 221 | 232 | 203 | 300 | 347 | 159 | 180 | 304 | 221 |
| 1-2............. | 1/207 | 100 | 213 | 92 | 53 | 124 | 123 | 171 | 154 | 198 | 118 | 159 | 159 | 155 |
| 3-5............. | 369 | 88 | 196 | 84 | 81 | 94 | 113 | 162 | 139 | 166 | 125 | 94 | 168 | 137 |
| 6-8............. | 379 | 79 | 203 | 104 | 106 | 88 | 135 | 211 | 114 | 156 | 107 | 85 | 199 | 163 |
| MALES: | | | | | | | | | | | | | |
| 9-11............. | 229 | 77 | 196 | 95 | 95 | 79 | 129 | 117 | 110 | 131 | 99 | 83 | 132 | 173 |
| 12-14.......... | 222 | 79 | 187 | 88 | 79 | 73 | 118 | 101 | 115 | 137 | 106 | 89 | 154 | 141 |
| 15-18.......... | 219 | 76 | 158 | 73 | 81 | 63 | 111 | 116 | 116 | 118 | 108 | 75 | 168 | 139 |
| 19-22.......... | 113 | 67 | 144 | 86 | 136 | 66 | 149 | 102 | 96 | 102 | 64 | 150 | 126 |
| 23-34.......... | 245 | 77 | 158 | 86 | 146 | 74 | 163 | 92 | 101 | 108 | 68 | 150 | 89 |
| 35-50.......... | 271 | 80 | 159 | 86 | 161 | 82 | 157 | 113 | 109 | 107 | 65 | 138 | 106 |
| 51-64.......... | 181 | 78 | 144 | 75 | 137 | 76 | 152 | 101 | 113 | 116 | 63 | 135 | 80 |
| 65-74.......... | 159 | 80 | 143 | 90 | 138 | 75 | 152 | 124 | 117 | 121 | 62 | 154 | 106 |
| 75 AND OVER..... | 93 | 74 | 114 | 70 | 106 | 57 | 125 | 75 | 91 | 96 | 49 | 109 | 84 |
| FEMALES: | | | | | | | | | | | | | |
| 9-11............. | 172 | 78 | 183 | 91 | 98 | 80 | 125 | 137 | 110 | 129 | 96 | 71 | 123 | 149 |
| 12-14.......... | 208 | 90 | 166 | 74 | 71 | 79 | 106 | 153 | 127 | 145 | 111 | 73 | 138 | 159 |
| 15-18.......... | 227 | 74 | 134 | 54 | 57 | 61 | 81 | 107 | 97 | 109 | 98 | 52 | 108 | 118 |
| 19-22.......... | 185 | 77 | 150 | 64 | 62 | 59 | 117 | 106 | 105 | 99 | 116 | 60 | 115 | 124 |
| 23-34.......... | 424 | 73 | 144 | 57 | 58 | 58 | 139 | 122 | 99 | 102 | 121 | 52 | 149 | 82 |
| 35-50.......... | 415 | 80 | 135 | 59 | 58 | 63 | 104 | 114 | 100 | 112 | 50 | 137 | 119 |
| 51-64.......... | 357 | 80 | 142 | 64 | 111 | 70 | 112 | 124 | 105 | 113 | 54 | 116 | 115 |
| 65-74.......... | 318 | 69 | 124 | 70 | 91 | 60 | 106 | 164 | 93 | 105 | 95 | 44 | 177 | 90 |
| 75 AND OVER..... | 154 | 79 | 126 | 69 | 92 | 60 | 117 | 153 | 92 | 114 | 99 | 48 | 165 | 101 |
| ALL INDIVIDUALS... | 1/5*285 | 79 | 160 | 79 | 94 | 76 | 123 | 136 | 114 | 127 | 112 | 70 | 151 | 124 |

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 3.3-11.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY 1/ 1977-78

PARTICIPANTS IN FOOD STAMP PROGRAM, SOUTH

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

### Table 3.3-12: Nutritive Value of Food

Percentage of 1980 Recommended Dietary Allowances in a Day*1/ 1977-78

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Based on recommended dietary allowance values as milligrams preformed niacin rather than niacin equivalents.
3/ Excludes breast-fed infants.

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Based on recommended dietary allowance values as milligrams preformed niacin rather than niacin equivalents.
3/ Excludes breast-fed infants.

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Based on recommended dietary allowance values as milligrams preformed niacin rather than niacin equivalents.
3/ Excludes breast-fed infants.

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Based on recommended dietary allowance values as milligrams preformed niacin rather than niacin equivalents.
3/ Excludes breast-fed infants.

### TABLE 3.3-16—NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY*1/ 1977-78

**TOTAL RESPONDENTS: CENTRAL CITIES**

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILIGRAMS PREFORMED NIAIN RATHER THAN NIAIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 3.3-18.--NUTRITIVE VALUE OF FOOD  
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1977-78  

NONPARTICIPANTS IN FOOD STAMP PROGRAM, CENTRAL CITIES  

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.  
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIacin RATHER THAN NIacin EQUIVALENTS.  
3/ EXCLUDES BREAST-FED INFANTS.  

| SEX AND AGE (YEARS) | INDIVIDUALS | FOOD ENERGY | PROTEIN | CALCIUM | IRON | MAGNESIUM | PHOSPHORUS | VITAMIN A VALUE | FLAVIN | NIA 
|---------------------|-------------|-------------|--------|---------|------|-----------|-------------|-----------------|--------|------
| MALES AND FEMALES:  |            |             |        |         |      |           |             |                 |        |      
| UNDER 1............. | 3/90        | 92          | 151    | 152     | 165  | 175       | 168         | 155             | 255    | 296  |
| 1-2.................. | 3/156       | 114         | 246    | 108     | 63   | 135       | 140         | 212             | 185    | 233  |
| 3-5.................. | 310         | 82          | 200    | 90      | 79   | 91        | 115         | 161             | 134    | 174  |
| 6-8.................. | 288         | 78          | 204    | 106     | 102  | 86        | 136         | 176             | 112    | 148  |
| MALES:              |             |             |        |         |      |           |             |                 |        |      
| 9-11................ | 117         | 70          | 186    | 113     | 90   | 83        | 133         | 122             | 107    | 143  |
| 12-14...............  | 129         | 77          | 189    | 92      | 75   | 79        | 117         | 117             | 104    | 136  |
| 15-18...............  | 171         | 83          | 139    | 93      | 72   | 67        | 114         | 74              | 102    | 123  |
| 19-22...............  | 128         | 63          | 132    | 82      | 134  | 69        | 143         | 130             | 88     | 96   |
| 23-35...............  | 224         | 82          | 165    | 111     | 160  | 83        | 178         | 86              | 111    | 136  |
| 35-50...............  | 202         | 78          | 169    | 88      | 150  | 89        | 153         | 95              | 105    | 120  |
| 51-60...............  | 123         | 80          | 129    | 68      | 123  | 75        | 132         | 99              | 105    | 116  |
| 65-74...............  | 85          | 69          | 114    | 90      | 117  | 76        | 131         | 89              | 98     | 113  |
| 75 AND OVER......... | 57          | 84          | 143    | 81      | 136  | 68        | 154         | 59              | 106    | 117  |
| FEMALES:            |             |             |        |         |      |           |             |                 |        |      
| 9-11................ | 107         | 73          | 166    | 97      | 81   | 78        | 116         | 93              | 113    | 139  |
| 12-14...............  | 88          | 85          | 161    | 74      | 66   | 81        | 190         | 95              | 113    | 148  |
| 15-18...............  | 147         | 86          | 132    | 68      | 54   | 59        | 88          | 66              | 125    | 125  |
| 19-22...............  | 200         | 81          | 154    | 76      | 64   | 66        | 125         | 97              | 115    | 111  |
| 23-35...............  | 304         | 68          | 138    | 59      | 51   | 61        | 103         | 66              | 91     | 92   |
| 35-50...............  | 269         | 68          | 130    | 64      | 51   | 67        | 106         | 71              | 97     | 96   |
| 51-60...............  | 199         | 81          | 134    | 95      | 108  | 68        | 183         | 156             | 108    | 119  |
| 65-74...............  | 226         | 68          | 120    | 71      | 88   | 65        | 104         | 117             | 92     | 90   |
| 75 AND OVER......... | 110         | 73          | 117    | 63      | 86   | 91        | 100         | 87              | 98     | 98   |
| ALL INDIVIDUALS.... | 3/3,729     | 78          | 158    | 84      | 92   | 79        | 123         | 113             | 129    | 113  |

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIA 
   CIN RATHER THAN NIA 
   CIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 3.3-21—NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY*1/ 1977-78

NONPARTICIPANTS IN FOOD STAMP PROGRAM, SUBURBAN AREAS

| SEX AND AGE (YEARS) | MALES AND FEMALES: | UNDER 1 | 1-2 | 3-5 | 6-8 | MALES: | 9-11 | 12-14 | 15-18 | 19-22 | 23-35 | 35-50 | 51-64 | 65-74 | 75 AND OVER | JANUARY |
|---------------------|-------------------|--------|-----|-----|-----|--------|------|-------|-------|-------|-------|-------|--------|------|--------|----------|--------|
| INDIVIDUALS:        | FEMALE:           | 3/100  | 101 | 118 | 125 | 130 | 135 | 160 | 175 | 130 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
| NUMBER:             | ENERGY:           | 98     | 103 | 115 | 118 | 125 | 130 | 135 | 140 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
| TEIN:               | MAGNE:           | 186    | 140 | 197 | 197 | 197 | 197 | 197 | 197 | 197 | 197 | 197 | 197 | 197 | 197 | 197 | 197 |
| (CAL):              | IRON:            | 151    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| PHOS:               | VITAMIN THIAMIN: | 165    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN RIBO:       | VITAMIN PREFORMED: | 190 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 197    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 169    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 243    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 311    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 143    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 127    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 279    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |
| VITAMIN:            | VITAMIN:         | 192    | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 | 118 |

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 3.3-22—NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY, 1 1977-78

TOTAL RESPONDENTS: NONMETROPOLITAN AREAS

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**MALES AND FEMALES:**

| UNDER 1 | 3/63 | 96 | 177 | 158 | 160 | 199 | 254 | 223 | 246 | 300 | 134 | 131 | 274 | 216 |
|---------|------|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1-2     | 1/143 | 93 | 205 | 92 | 51 | 115 | 120 | 143 | 144 | 189 | 106 | 105 | 150 | 133 |
| 3-5     | 231 | 85 | 195 | 81 | 74 | 89 | 111 | 128 | 127 | 157 | 124 | 83 | 171 | 132 |
| 6-8     | 234 | 76 | 205 | 104 | 105 | 92 | 137 | 121 | 111 | 144 | 108 | 82 | 124 | 145 |

**MALES:**

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**ALL INDIVIDUALS**

| 3/3*405 | 78 | 160 | 80 | 94 | 78 | 126 | 113 | 110 | 125 | 115 | 69 | 151 | 114 |

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIAVIN RATHER THAN NIAVIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

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3/ EXCLUDES BREAST-FED INFANTS.

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Based on recommended dietary allowance values as milligrams preformed niacin rather than niacin equivalents.
3/ Excludes breast-fed infants.

### TABLE 3.3-25.—NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1968 RECOMMENDED DIETARY ALLOWANCES IN A DAY 1/ 1977-78

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1/ Based on 24-hour dietary recall of day preceding interview.
2/ Based on recommended dietary allowance values as milligrams preformed niacin rather than niacin equivalents.
3/ Excludes breast-fed infants.

TABLE 3.3-28.—NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY*1/ 1977-78

TOTAL RESPONDENTS: BLACKS

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MALES AND FEMALES:

| UNDER 1 | 3/99 | 104 | 192 | 142 | 133 | 186 | 193 | 199 | 215 | 274 | 119 | 131 | 288 | 219 |
| 1-2     | 3/199 | 101 | 234 | 80 | 62 | 119 | 127 | 167 | 153 | 193 | 124 | 119 | 196 | 139 |
| 3-5     | 335 | 90 | 221 | 90 | 79 | 97 | 121 | 170 | 152 | 176 | 146 | 93 | 174 | 147 |
| 6-8     | 327 | 84 | 230 | 114 | 111 | 93 | 147 | 236 | 121 | 167 | 118 | 94 | 223 | 207 |

MALES:

| 9-11    | 232 | 74 | 201 | 99 | 94 | 78 | 130 | 153 | 112 | 132 | 95 | 87 | 139 | 197 |
| 12-14   | 172 | 81 | 196 | 87 | 80 | 75 | 120 | 134 | 122 | 138 | 115 | 94 | 155 | 196 |
| 15-18   | 318 | 78 | 158 | 81 | 81 | 66 | 115 | 111 | 121 | 125 | 113 | 79 | 162 | 149 |
| 19-22   | 128 | 66 | 134 | 75 | 133 | 59 | 136 | 98 | 99 | 66 | 127 | 216 |
| 23-34   | 176 | 69 | 147 | 67 | 124 | 59 | 139 | 81 | 100 | 90 | 108 | 62 | 121 | 104 |
| 35-54   | 252 | 74 | 162 | 79 | 150 | 72 | 147 | 183 | 103 | 99 | 117 | 68 | 130 | 167 |
| 55-64   | 120 | 70 | 135 | 67 | 129 | 58 | 131 | 117 | 111 | 106 | 112 | 58 | 129 | 93 |
| 65-74   | 65 | 74 | 141 | 84 | 136 | 67 | 141 | 202 | 122 | 119 | 109 | 60 | 192 | 128 |
| 75 AND OVER | 93 | 88 | 158 | 74 | 125 | 61 | 145 | 80 | 114 | 109 | 121 | 59 | 155 | 94 |

FEMALES:

| 9-11    | 171 | 78 | 192 | 88 | 88 | 70 | 123 | 133 | 115 | 127 | 106 | 75 | 129 | 149 |
| 12-14   | 306 | 81 | 168 | 80 | 61 | 76 | 107 | 122 | 121 | 145 | 102 | 69 | 157 | 170 |
| 15-18   | 292 | 73 | 135 | 59 | 56 | 56 | 80 | 105 | 98 | 107 | 99 | 54 | 110 | 131 |
| 19-22   | 203 | 80 | 163 | 64 | 65 | 61 | 123 | 97 | 119 | 104 | 126 | 59 | 113 | 160 |
| 23-34   | 377 | 76 | 150 | 63 | 68 | 58 | 114 | 143 | 107 | 109 | 125 | 58 | 162 | 111 |
| 35-54   | 399 | 70 | 141 | 58 | 57 | 60 | 104 | 156 | 104 | 98 | 115 | 52 | 142 | 151 |
| 55-64   | 295 | 86 | 184 | 66 | 118 | 69 | 123 | 226 | 117 | 112 | 158 | 60 | 138 | 175 |
| 65-74   | 164 | 72 | 136 | 72 | 101 | 66 | 113 | 328 | 109 | 120 | 112 | 51 | 234 | 112 |
| 75 AND OVER | 158 | 99 | 144 | 107 | 117 | 67 | 130 | 346 | 129 | 152 | 113 | 57 | 219 | 194 |

ALL INDIVIDUALS: 3/4,671

80 | 172 | 79 | 88 | 75 | 122 | 160 | 119 | 130 | 117 | 73 | 158 | 156 |

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

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2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIACIN RATHER THAN NIACIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

TABLE 3.3-38.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY*1/ 1977-78

NONPARTICIPANTS IN FOOD STAMP PROGRAM: BLACKS

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2/ BASED ON RECOMMENDED DIETARY ALLOWANCE VALUES AS MILLIGRAMS PREFORMED NIAICIN RATHER THAN NIAICIN EQUIVALENTS.
3/ EXCLUDES BREAST-FED INFANTS.

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ EXCLUDES BREAST-FED INFANTS.

TABLE 34-02: NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY, J/ 1977-78

PARTICIPANTS IN FOOD STAMP PROGRAM

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## TABLE 3.4-02.---NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY, 1/ 1977-78

### PARTICIPANTS IN FOOD STAMP PROGRAM

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2/ EXCLUDES BREAST-FED INFANTS.

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ALL INDIVIDUALS... 2/7/135 1,663 41.1 43.2 111.4 445 7.4 143

Continued—
TABLE 3.4-03.—NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY*1/ 1977-78

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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<th>RIBOFLAVIN</th>
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*1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
*2/ EXCLUDES BREAST-FED INFANTS.

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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ EXCLUDES BREAST-FED INFANTS.

### Table 4-2: Nutritive Value of Food Obtained and Eaten Away from Home

Percentage of Daily Intake Per Individual, 1977-78

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<th>Sex and Age (Years)</th>
<th>Individuals (Number)</th>
<th>Eating Away (Percent)</th>
<th>Food Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Calcium</th>
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Continued--
TABLE 4-2.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY*61/ INTAKE PER INDIVIDUAL, 1977-78

PARTICIPANTS IN FOOD STAMP PROGRAM

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<th>RIBOFLAVIN</th>
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ALL INDIVIDUALS: 13.9 | 12.4 | 12.3 | 13.4 | 12.1 | 12.2 | 13.3 | 11.9 |

1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEEDING INTERVIEW.
2/ EXCLUDES BREAST-FED INFANTS.

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<th>FAT</th>
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1/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
2/ EXCLUDES BREAST-FED INFANTS.

## Table 5.1-1: Frequency of Eating

**Percentage** of Individuals Reporting Specified Number of Times in a Day* 2/ 1977-78

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*1/ Percentages may not add to 100 because of rounding.

*2/ Based on 24-hour dietary recall of day preceding interview.

*3/ Excludes breast-fed infants.

*4/ Value less than than 0.05 but more than 0.

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1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 24-HOUR DAILY DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

TABLE 5.1-3.—FREQUENCY OF EATING
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER OF TIMES IN A DAY2/ 1977-78

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF Rounding.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ EXCLUDES BREAST-FED INFANTS.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

TABLE 5.2-1.--FREQUENCY OF EACH EATING OCCASION  
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY2/ 1977-78

TOTAL RESPONDENTS

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MALES AND FEMALES:

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1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ INCLUDES BRUNCH.
4/ INCLUDES COFFEE AND BEVERAGE BREAKS.
5/ INCLUDES EATING OCCASIONS WITH NO NAME REPORTED AND EATING OCCASIONS NAMED BY RESPONDENT AS SOMETHING OTHER THAN BREAKFAST, LUNCH, BRUNCH, DINNER, SNACK, COFFEE OR BEVERAGE BREAK.
6/ EXCLUDES BREAST-FED INFANTS.
7/ VALUE LESS THAN THAN 0.05 BUT MORE THAN 0.

## TABLE 5.2-2: FREQUENCY OF EACH EATING OCCASION
### PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY2/ 1977-78

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MALES AND FEMALES:

MALES:

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15-18

19-22

23-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-74

75 AND OVER

FEMALES:

9-11

12-14

15-18

19-22

23-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-74

75 AND OVER

ALL INDIVIDUALS

1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF Rounding.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ INCLUDES BRUNCH.
4/ INCLUDES COFFEE AND BEVERAGE BREAKS.
5/ INCLUDES EATING OCCASIONS WITH NO NAME REPORTED AND EATING OCCASIONS NAMED BY RESPONDENT AS SOMETHING OTHER THAN BREAKFAST, LUNCH, BRUNCH, DINNER, SNACK, COFFEE OR BEVERAGE BREAK.
6/ EXCLUDES BREAST-FED INFANTS.

TABLE 5.2-3—FREQUENCY OF EACH EATING OCCASION
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY*2/ 1977-78

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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MALES AND FEMALES:

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1/ PERCENTAGES MAY NOT ADD TO 100 BECAUSE OF ROUNDING.
2/ BASED ON 24-HOUR DIETARY RECALL OF DAY PRECEDING INTERVIEW.
3/ INCLUDES BRUNCH.
4/ INCLUDES COFFEE AND BEVERAGE BREAKS.
5/ INCLUDES EATING OCCASIONS WITH NO NAME REPORTED AND EATING OCCASIONS NAMED BY RESPONDENT AS SOMETHING OTHER THAN BREAKFAST, LUNCH, BRUNCH, DINNER, SNACK, COFFEE OR BEVERAGE BREAK.
6/ EXCLUDES BREAST-FED INFANTS.
7/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

TABLE 6.1-1.--DISTRIBUTION/ OF INDIVIDUALS BY HOUSEHOLD INCOME/ AND RACE

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ALL INDIVIDUALS... 12,095 56.6 38.7 4.4 2,977 49.4 46.8 3.6 2,097 44.5 49.5 6.0

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### Table 6.1-1: Distribution of Individuals by Household Income and Race

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1/ Percentages and numbers may not add to totals because of rounding.
2/ Previous year's household income before taxes.
3/ Includes breast-fed infants.
4/ Does not include individuals for whom race was not reported.

**Source:** Survey of Food Consumption in Low-Income Households 1977-78, November 1977-March 1978 (Preliminary).
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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ PREVIOUS YEAR'S HOUSEHOLD INCOME BEFORE TAXES.
3/ INCLUDES BREAST-FED INFANTS.
4/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

### TABLE 6.2-1. DISTRIBUTION\(^1\) OF INDIVIDUALS BY REGION AND RACE

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1/ Percentages and numbers may not add to totals because of rounding.
2/ Includes breast-fed infants.
3/ Does not include individuals for whom race was not reported.

**TABLE 6.2-2**: DISTRIBUTION1/ OF INDIVIDUALS BY REGION AND RACE PARTICIPANTS IN FOOD STAMP PROGRAM

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1/ Percentages and numbers may not add to totals because of rounding.
2/ Includes breast-fed infants.
3/ Does not include individuals for whom race was not reported.

### TABLE 6.2-3. DISTRIBUTION OF INDIVIDUALS BY REGION AND RACE

**Nonparticipants in Food Stamp Program**

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

<p>| TABLE 6.3-1. -- DISTRIBUTION OF INDIVIDUALS BY URBANIZATION AND RACE |</p>
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<td>6-8.............</td>
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| **MALES:** | | | | | | | | |
| 9-11........... | 234 | 21.0 | 75.9 | 3.5 | 117 | 72.7 | 19.0 | 8.3 | 130 | 71.3 | 25.5 | 2.6 |
| 12-14.......... | 173 | 37.1 | 59.7 | 1.9 | 129 | 68.6 | 23.7 | 7.5 | 156 | 71.9 | 24.2 | 3.2 |
| 15-18.......... | 269 | 14.5 | 79.9 | 5.5 | 171 | 62.2 | 33.7 | 4.1 | 135 | 62.6 | 33.8 | 3.6 |
| 19-22.......... | 129 | 59.3 | 60.2 | 6.6 | 128 | 56.7 | 24.7 | 18.3 | 81 | 72.9 | 23.3 | 3.8 |
| 23-34.......... | 288 | 51.8 | 42.2 | 6.0 | 224 | 88.8 | 12.9 | 6.3 | 200 | 81.8 | 14.2 | 3.6 |
| 35-50.......... | 199 | 48.6 | 46.8 | 3.6 | 202 | 86.3 | 9.7 | 3.9 | 172 | 81.0 | 17.0 | 1.1 |
| 51-64.......... | 114 | 39.5 | 54.3 | 6.2 | 122 | 83.6 | 16.2 | 0.0 | 131 | 69.0 | 28.7 | 2.3 |
| 65-74.......... | 59 | 41.0 | 54.8 | 4.1 | 85 | 93.1 | 6.8 | 0.1 | 163 | 71.6 | 26.4 | 9.9 |
| 75 AND OVER..... | 54 | 70.0 | 29.3 | 7.0 | 57 | 75.0 | 24.4 | 7.2 | 59 | 76.6 | 23.4 | 0.0 |

| **FEMALES:** | | | | | | | | |
| 9-11........... | 169 | 29.0 | 69.3 | 1.7 | 107 | 88.3 | 19.7 | 1.0 | 105 | 61.3 | 31.7 | 6.1 |
| 12-14.......... | 342 | 24.3 | 74.4 | 1.3 | 88 | 80.2 | 11.1 | 8.5 | 138 | 64.7 | 30.4 | 4.2 |
| 15-18.......... | 256 | 24.2 | 71.6 | 5.5 | 147 | 63.6 | 31.6 | 4.9 | 153 | 57.5 | 40.7 | 9.9 |
| 19-22.......... | 227 | 45.8 | 50.6 | 2.8 | 270 | 79.5 | 23.1 | 1.3 | 104 | 56.0 | 39.9 | 4.1 |
| 23-34.......... | 472 | 39.5 | 56.3 | 4.1 | 304 | 71.7 | 13.0 | 15.3 | 319 | 74.4 | 22.5 | 2.7 |
| 35-50.......... | 419 | 33.9 | 64.2 | 1.3 | 269 | 71.3 | 23.4 | 5.3 | 270 | 72.6 | 25.0 | 1.8 |
| 51-64.......... | 285 | 44.3 | 51.2 | 4.1 | 199 | 64.1 | 35.0 | 0.8 | 217 | 61.3 | 36.4 | 2.1 |
| 65-74.......... | 137 | 33.6 | 65.4 | 1.0 | 226 | 84.9 | 15.4 | 0.1 | 153 | 72.6 | 25.9 | 1.5 |
| 75 AND OVER..... | 112 | 41.8 | 57.9 | 0.5 | 119 | 83.7 | 15.8 | 0.1 | 105 | 75.2 | 23.8 | 1.0 |

| **ALL INDIVIDUALS** | 4,919 | 35.6 | 60.9 | 3.2 | 3,732 | 72.3 | 28.2 | 7.4 | 3,444 | 69.7 | 27.0 | 2.8 |

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF Rounding.
2/ INCLUDES BREAST-FED INFANTS.
3/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

### Table 6.3-3: Distribution of Individuals by Urbanization and Race

**Nonparticipants in Food Stamp Program**

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**All Individuals**

|                | 2,207      | 42.8 | 55.1 | 2.0  | 2,705      | 79.9 | 15.1 | 4.9  | 2,265      | 73.9 | 23.0 | 2.7  |

**Notes:**
1/ Percentages and numbers may not add to totals because of rounding.
2/ Includes breast-fed infants.
3/ Does not include individuals for whom race was not reported.

**Source:** Survey of Food Consumption in Low-Income Households 1977-78, November 1977-March 1978 (Preliminary).
| Table 6.4: Distribution of Individuals by Food Stamp Program Status |
|---------------------------------|-----------------|-----------------|-----------------|-----------------|
| **Total Respondents**           | **Sex and Age (Years)** | **Individuals2/** | **Food Stamp Program Status** |
|                                 |                               |                  | Participants | Nonparticipants | Reported |
|                                 |                               |                  |              |                 |          |
| **Number**                      | **Percent**                  |                  |              |                 |          |
| **Males and Females:**          |                               |                  |              |                 |          |
| **Under 1**                     | 269                          | 49.1             | 50.6         | 0.3             |
| **1-2**                         | 558                          | 40.1             | 59.4         | 0.5             |
| **3-5**                         | 896                          | 51.5             | 48.2         | 0.3             |
| **6-8**                         | 824                          | 50.2             | 49.7         | 0.2             |
| **Males:**                      |                               |                  |              |                 |          |
| **9-11**                        | 481                          | 51.3             | 48.3         | 0.4             |
| **12-14**                       | 458                          | 48.8             | 51.0         | 0.1             |
| **15-16**                       | 575                          | 38.0             | 61.6         | 0.5             |
| **19-22**                       | 338                          | 34.1             | 65.8         | 0.1             |
| **23-34**                       | 708                          | 25.6             | 74.4         | 0.7             |
| **35-50**                       | 573                          | 32.3             | 67.7         | 0.3             |
| **51-64**                       | 367                          | 24.8             | 75.2         | 1.2             |
| **65-74**                       | 247                          | 21.0             | 78.7         | 0.3             |
| **75 and over**                 | 169                          | 21.0             | 78.8         | 0.2             |
| **Females:**                    |                               |                  |              |                 |          |
| **9-11**                        | 381                          | 49.9             | 49.7         | 0.4             |
| **12-14**                       | 568                          | 57.9             | 42.0         | 0.2             |
| **15-18**                       | 557                          | 49.8             | 49.9         | 0.3             |
| **19-22**                       | 532                          | 36.4             | 63.6         | 0.5             |
| **23-34**                       | 1,094                        | 45.5             | 54.2         | 0.3             |
| **35-50**                       | 958                          | 41.1             | 58.9         | 0.2             |
| **51-64**                       | 701                          | 33.6             | 65.4         | 1.0             |
| **65-74**                       | 517                          | 22.8             | 77.2         | 0.1             |
| **75 and over**                 | 326                          | 16.3             | 83.6         | 0.1             |
| **All Individuals**             | 12,095                       | 40.3             | 59.3         | 0.4             |

1/ Percentages and numbers may not add to totals because of rounding.
2/ Includes breast-fed infants.

TABLE 6.5-1. DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD SIZE

TOTAL RESPONDENTS

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TABLE 6.6-1.—DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD—AGE, EMPLOYMENT STATUS, AND EDUCATION

TOTAL RESPONDENTS

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AGE, EMPLOYMENT STATUS, AND EDUCATION

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TABLE 6.6-2—DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD—AGE, EMPLOYMENT STATUS, AND EDUCATION

PARTICIPANTS IN FOOD STAMP PROGRAM

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNING.

2/ INCLUDES BREAST-FED INFANTS.

| TABLE 6.7-1--Distribution1/ of Individuals by Characteristics of the Female Head of Household-- | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TOTAL RESPONDENTS | AGE (YEARS) | | | | | | | | | |
| | INDIVIDUALS2/ | | | | | | | | | |
| SEX AND AGE | UNDER: 20- | 35- | 65 | NO FEMALE HEAD | NO TIME | PART TIME | NOT EMPLOYED | NOT REPORTED | NO FEMALE HEAD |
| (YEARS) | 20 | 34 | 64 | AND | OVER | TIME | TIME | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1-2 | 269 | 7.9 | 69.1 | 23.0 | 0.3 | 0.1 | 6.7 | 5.7 | 84.6 | 3.0 | 0.1 |
| 3-5 | 558 | 4.8 | 69.2 | 25.5 | 0.4 | 0.0 | 12.3 | 8.3 | 77.6 | 1.8 | 0.0 |
| 6-8 | 824 | 1.1 | 77.3 | 21.0 | 0.5 | 0.1 | 11.8 | 9.0 | 77.9 | 1.2 | 0.1 |
| MALES: | | | | | | | | | | |
| 30- | 481 | 0.0 | 42.6 | 56.2 | 1.1 | 0.0 | 11.0 | 6.8 | 82.1 | 0.0 | 0.0 |
| 12-14 | 458 | 0.0 | 28.5 | 70.7 | 0.7 | 0.1 | 14.7 | 14.2 | 70.9 | 0.1 | 0.1 |
| 15-18 | 575 | 1.8 | 14.7 | 80.5 | 2.1 | 0.9 | 15.7 | 8.6 | 74.3 | 0.5 | 0.9 |
| 19-22 | 338 | 9.8 | 19.7 | 47.5 | 0.7 | 22.3 | 10.0 | 7.2 | 60.4 | 0.0 | 22.3 |
| 23-34 | 704 | 1.7 | 72.4 | 16.4 | 1.2 | 8.3 | 12.4 | 12.4 | 66.9 | 0.0 | 8.3 |
| 35-50 | 573 | 0.8 | 28.4 | 60.4 | 3.8 | 6.6 | 7.4 | 10.4 | 73.8 | 1.8 | 6.6 |
| 51-64 | 367 | 1.1 | 2.5 | 82.2 | 4.3 | 11.0 | 6.6 | 11.2 | 71.2 | 0.0 | 11.0 |
| 65-74 | 247 | 0.3 | 1.2 | 43.8 | 37.9 | 16.8 | 1.0 | 3.6 | 78.5 | 0.1 | 16.8 |
| 75 AND OVER | 169 | 0.0 | 1.0 | 24.6 | 33.4 | 41.9 | 2.0 | 0.8 | 55.1 | 0.2 | 41.9 |
| FEMALES: | | | | | | | | | | |
| 9-11 | 381 | 0.2 | 53.5 | 44.9 | 1.0 | 0.3 | 15.9 | 6.0 | 77.6 | 0.1 | 0.3 |
| 12-14 | 568 | 1.4 | 36.0 | 61.8 | 0.7 | 0.2 | 16.7 | 16.1 | 72.9 | 0.1 | 0.2 |
| 15-18 | 557 | 7.2 | 12.2 | 79.7 | 0.6 | 0.3 | 20.7 | 6.2 | 70.5 | 0.3 | 0.3 |
| 19-22 | 532 | 9.2 | 51.2 | 39.0 | 0.5 | 0.1 | 12.1 | 7.1 | 80.6 | 0.0 | 1.1 |
| 23-34 | 1,094 | 0.2 | 92.7 | 6.2 | 0.8 | 0.0 | 13.8 | 13.6 | 71.6 | 0.9 | 0.0 |
| 35-50 | 958 | 0.0 | 6.9 | 97.8 | 1.6 | 0.0 | 12.2 | 9.9 | 77.9 | 0.0 | 0.0 |
| 51-64 | 701 | 0.0 | 3.2 | 95.4 | 1.4 | 0.6 | 6.7 | 9.6 | 82.5 | 1.1 | 0.0 |
| 65-74 | 517 | 0.0 | 7.1 | 97.8 | 0.8 | 0.0 | 6.7 | 5.2 | 94.1 | 0.2 | 0.0 |
| 75 AND OVER | 328 | 0.0 | 0.3 | 84.1 | 95.8 | 0.1 | 1.2 | 3.3 | 98.3 | 0.0 | 0.1 |
| ALL INDIVIDUALS | 12,095 | 1.8 | 39.3 | 47.0 | 9.1 | 2.8 | 11.1 | 9.3 | 76.3 | 0.5 | 2.8 |

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.

TABLE 6.7-2.--DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION

PARTICIPANTS IN FOOD STAMP PROGRAM

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.

### TABLE 6.7-3: DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD—AGE, EMPLOYMENT STATUS, AND EDUCATION

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1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDOING.
2/ INCLUDES BREAST-FED INFANTS.

### Table 7.1 - Recommended Dietary Allowances, 1980, Expressed as Levels of Intake
Adapted for use with the USDA Nationwide Food Consumption Survey 1977-78

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<th>VITAMIN C</th>
<th>THIAMIN</th>
<th>RIBOFLAVIN</th>
<th>NIACIN</th>
<th>MAGNESIUM (MG)</th>
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1/ 1 NE (niacin equivalent) is equal to 1 mg of pyridoxine.
2/ Weight (kg) x 2.2 = protein (g).
3/ Weight (kg) x 2.2 = protein (g).
4/ Weight (kg) x 105 = kilocalories.
5/ Weight (kg) x 2.0 = protein (g).
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1/ 1 NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.