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Food and Nutrient Intakes of Individuals in 1 Day in Puerto Rico, Summer and Fall 1977

Nationwide Food Consumption Survey 1977-78, Preliminary Report No. 12

ABSTRACT

In Puerto Rico, food intake information was collected from over 7,800 individuals from July through December 1977 as part of the USDA Nationwide Food Consumption Survey 1977-78. This report contains food and nutrient intake data based on 1-day dietary recalls. Average (mean) food intakes of individuals 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 the nutrient contributions by major food groups, average intakes of food energy and 14 nutrients, nutrient densities, comparison of intakes with 1980 Recommended Dietary Allowances, nutrient contribution of food eaten away from home, frequency of eating, and some characteristics of the sample. Data are presented in 38 tables, and results are summarized.

KEYWORDS: Puerto Rico, dietary survey, food intake, nutrient density, nutrient intakes.

The Puerto Rican survey is the first islandwide study to be carried out in conjunction with one of the U.S. Department of Agriculture's periodic Nationwide Food Consumption Surveys. Although data collection was completed in December 1977, this survey is the only source of information on a proper sample of food intakes of individuals, by item and quantity. 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.

Human Nutrition Information Service, Nationwide Food Consumption Survey 1977-78. Preliminary Report No. 12, September 1982

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FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY IN PUERTO RICO, SUMMER AND FALL 1977[1]

SUMMARY

One day's food and nutrient intakes of about 7,800 individuals in Puerto Rico in July through December 1977 were reported as part of the USDA Nationwide Food Consumption Survey 1977-78. Average intakes are presented here for all individuals and for individuals classified by 22 sex-age groups. Some of the findings are:

- Of all individuals, 92 percent reported eating meat, poultry, or fish on the day studied; 94 percent, milk or milk products; 44 percent, eggs; 60 percent, legumes, nuts, or seeds; 98 percent, grain products; 73 percent, vegetables; 47 percent, fruits; and 63 percent, sugar or sweets.

- Energy intakes from foods eaten by all individuals averaged 96 percent of the midpoint of the range recommended in the 1980 Recommended Dietary Allowances (RDA).[2] Energy intakes of men 23 to 34 years averaged 2,492 kcal (92 percent of RDA) and of women 23 to 34 years, 2,061 kcal (102 percent of RDA).

- Energy from protein averaged 15.8 percent, from fat 37.7 percent, and from carbohydrate 46.9 percent for all individuals surveyed.

- Food energy and fat contributed by major food groups:

  Food energy.--For all individuals, grain products contributed the largest proportion of food energy at 33 percent, followed by the meat, poultry, and fish group at 22 percent, and milk and milk products (excluding butter) at 16 percent. For children under 3 years old, the largest contributor of food energy was milk and milk products.

  Fat.--Dietary fat was contributed mainly by the meat, poultry, and fish group at 34 percent, grain products at 22 percent, and milk and milk products at 21 percent.

- Average nutrient intakes as a percentage of the 1980 RDA:

  --All sex-age groups had intakes that met RDA for protein, thiamin, vitamin B_{12}, and vitamin C.

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[1] Prepared by the Consumer Nutrition Center, Human Nutrition Information Service, U.S. Department of Agriculture, Hyattsville, Md. 20782.

[2] Food and Nutrition Board. 1980. Recommended Dietary Allowances, Ninth Edition. National Research Council, National Academy of Sciences, Washington, D.C., 185 pp.

--Most sex-age groups had intakes that met at least 95 percent of the RDA for phosphorus and riboflavin; intakes of preformed niacin met 94 percent or more of the RDA for niacin.

--Calcium intakes met RDA only for children under 9 and men over 64 years. Calcium intakes as percentages of RDA were lowest for 12- to 18-year-olds (58 to 68 percent).

--Iron intakes exceeded RDA for infants, children 6 to 8 years, boys 9 to 11 years, men 19 years and over, and women 51 years and over. Compared to RDA, iron intakes were lowest for 1- to 2-year-olds (57 percent) and for females 12 to 50 years (75 to 78 percent).

--Magnesium and vitamin B_6 intakes were below RDA for all sex-age groups over 5 years and over 2 years, respectively. Vitamin A values were below RDA for most groups of males and for girls 9 to 18 years.

- Compared with intakes on the U.S. mainland in the spring 1977,[3] intakes in Puerto Rico in the summer and fall averaged higher for food energy and 9 out of 12 nutrients studied. Nutrients for which intakes were lower in Puerto Rico were vitamin A value, riboflavin, and preformed niacin.

- Of all individuals, 21 percent obtained and ate some food away from home. The proportion of individuals eating away from home was highest for children 6 to 11 years (31 to 34 percent).

- Eating three times in a day was the pattern most frequently reported (40 percent), followed by eating four times (30 percent), and five times (17 percent). Less than 1 percent of the individuals ate only once on the day surveyed and about 3 percent ate only twice.

INTRODUCTION

A household food consumption survey of a stratified area probability sample was conducted in Puerto Rico by the U.S. Department of Agriculture (USDA) from July through December of 1977. The survey was carried out using the same protocol as that used in the Nationwide Food Consumption Survey (NFCS) conducted in the 48 conterminous States from April 1977 through March 1978 and in Hawaii and Alaska during January, February, and March of 1978. Households participating in the survey in Puerto Rico numbered 3,040. This is a preliminary report of food and nutrient intakes for 7,828 individuals from those households. These counts were weighted to adjust for irregular response rates of households and thus maintain representativeness in the survey sample. The weighting occurs at the household

[3]Consumer Nutrition Center. 1980. Food and nutrient intakes of individuals in 1 day in the United States, spring 1977. Nationwide Food Consumption Survey 1977-78, U.S. Dept. Agr. Prelim. Rpt. No. 2, 121 pp.

level and the individuals in the household were given the household's weight. Preliminary reports of intakes of individuals in the 48 States in spring 1977, in[4] Hawaii,[5] and in Alaska[6] have been published previously.

Dietary questionnaires and instructions used in the survey in Puerto Rico were printed in Spanish and the interviewers were residents of Puerto Rico. Data were collected under contract by a private firm, Clapp and Mayne, Inc., of San Juan, Puerto Rico. Trained interviewers made appointments at least 7 days in advance with the household member--usually the homemaker--most responsible for planning and preparation of meals. This household respondent gave information concerning characteristics of the household and its members including income; participation in food programs; education, occupation, and employment status of the male and female heads of household; and the sex and age of individuals in the household. The household respondent also gave information about the kind, quantity, and cost (if purchased) of food used in the home during the 7 days prior to the interview.

After completing questions concerning the household and its use of food, the interviewer asked individual members to recall all food and beverage as ingested--both at home and away from home--during the day preceding the interview. Household members then were given forms and asked to record their intake of food and beverage for the day of and the day following the interview, thus giving information for 3 consecutive days. The household respondent usually answered for children under 12 years of age and for others unable to answer for themselves. The interviewer returned to the home to pick up and review the records.

Dietary information collected on each individual included the kind and quantity of each food (and beverage) eaten, the time the food was eaten, the name of the eating occasion, with whom the food was eaten, and if the food was from the home food supply. If the food was obtained away from home, the individual was asked from what place the food was obtained, the type of service, and the cost, if any. Individuals also were asked for a self-appraisal of health status and physical handicaps; if the day's intake was typical; if they were on a special diet; were vegetarian; or if they took vitamins, minerals, or other supplements. Data in this report are based on the 1-day dietary recalls only.

DISCUSSION OF PRELIMINARY RESULTS

This preliminary report presents food and nutrient intake data based on 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 a section on infants. Completely and partially breast-fed infants are excluded

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[4] See footnote 3.

[5] Consumer Nutrition Center. 1981. Food and nutrient intakes of individuals in 1 day in Hawaii, winter 1978. Nationwide Food Consumption Survey 1977-78, U.S. Dept. Agr. Prelim. Rpt. No. 5, 66 pp.

[6] Consumer Nutrition Center. 1981. Food and nutrient intakes of individuals in 1 day in Alaska, winter 1978. Nationwide Food Consumption Survey 1977-78, U.S. Dept. Agr. Prelim. Rpt. No. 6, 61 pp.

from all tables except those showing the distribution by characteristics of survey participants (tables 6.1 to 6.5). Averages presented are mean values. Tables were produced using the U.S. Bureau of Labor Statistics Table Producing Language (version 5)[7] and Print Control Language (version 5).[8]

Food Intake

Food intakes as recalled for the day preceding the interview are presented in 10 major food groups and 43 food subgroups for all individuals and for individuals in 22 sex-age groups. Mixtures comprised of ingredients belonging in several food groups are usually classified in the group of the major ingredient. For each food group, the average quantity in grams (g) of food or beverage ingested per individual is reported (tables 1.1A to 1.6A). (One ounce is equivalent to 28.35 g). The percentage of individuals who reported using any item from the food group is also shown (tables 1.1B to 1.6B).

Meat, Poultry, and Fish

The meat, poultry, and fish group (meat group) includes meats (beef, pork, lamb, veal, game); poultry; organ meats; frankfurters, sausages, luncheon meats, and spreads; fish and shellfish; and mixtures that contain meat, poultry, and/or fish as a main ingredient, such as stews, soups, and sandwiches if reported as a single unit. Average intakes of the meat group increased with increasing age until 50 years, from 102 g for 1- to 2-year-olds to 254 g for 35- to 50-year-old men, then generally declined among older groups (table 1.1A).

Mixtures with meat, poultry, or fish as a main ingredient made up the largest proportion of the meat group intakes for all sex-age categories (fig. 1), accounting for 35 percent (men 23 to 34 and women 19 to 22) to 61 percent (women over 74) of the total intakes. Beef and poultry intakes were generally next largest, followed by pork. Among sex-age groups under 35 years, intakes of frankfurters, sausages, and luncheon meats tended to be higher than average intakes of fish and shellfish, but for men and women 35 years and over, intakes of fish and shellfish were higher.

Of all individuals, 92 percent reported at least one item from the meat group (table 1.1B). Mixtures were reported by 38 percent of the individuals; poultry by 28 percent; beef by 23 percent; pork by 21 percent; frankfurters, sausages, and luncheon meats by 21 percent; and fish and shellfish by 16 percent.

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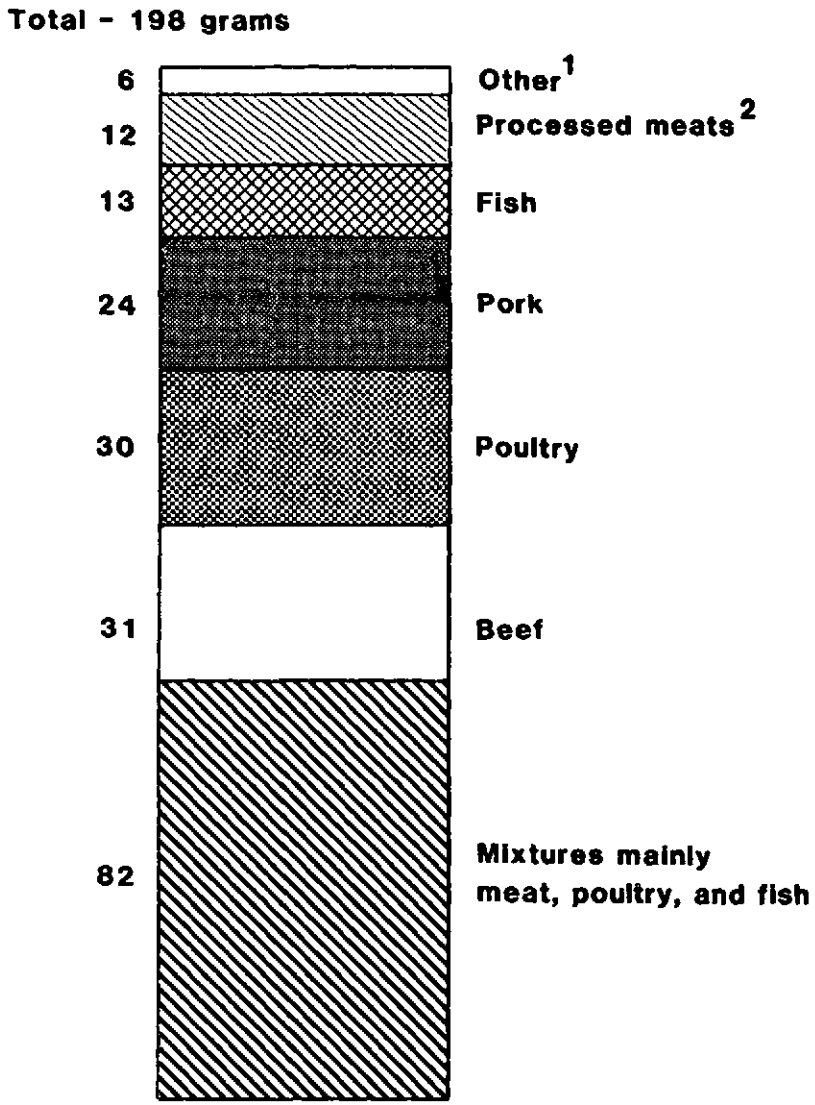
[7] U.S. Department of Labor. 1980. Table Producing Language System - Table Producing Language. Bureau of Labor Statistics, Office of Systems and Standards. 271 pp.

[8] U.S. Department of Labor. 1980. Table Producing Language System - Print Control Language. Bureau of Labor Statistics, Office of Systems and Standards. 169 pp.

Meat, Poultry, and Fish

Quantity per individual in a day in Puerto Rico



[1] Lamb, veal, game, and organ meats

[2] Frankfurters, sausages, luncheon meats, and spreads

Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 1

Milk and Milk Products

Milk and milk products include all dairy products except butter. Ice cream, cheesecake, puddings, yogurt, milk with coffee, and cheese are examples of milk products and mixtures included in this group. Cream soup or soups made with milk, however, 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 tabulated 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 whole fluid milk.

Average intakes of total milk and milk products were lowest for 19- to 50-year-old males and 15- to 50-year-old females and highest for the youngest children, ranging from the calcium equivalent of 368 g of whole milk for 15- to 18-year-old girls to 746 g for 1- to 2-year-olds (table 1.2A and fig. 2). Fluid milk intakes followed the same pattern, with a range of 253 g for 15- to 18-year-old girls to 596 g for 1- to 2-year-olds.

About 94 percent of all individuals reported at least one item from milk and milk products, and 79 percent reported fluid milk (table 1.2B). Cheese was reported by 22 percent of the respondents, and cream and milk desserts by 8 percent.

Eggs

The egg group includes prepared forms of eggs, egg mixtures such as omelets, and egg substitutes. Intakes of eggs were higher for males over 8 years at 31 to 41 g than for females of corresponding ages at 28 to 34 g (table 1.2A). Of all respondents, 44 percent reported eggs (table 1.2B). Among the sex-age groups, the proportion of individuals using eggs was highest for 1- to 2-year-olds (52 percent).

Legumes, Nuts, and Seeds

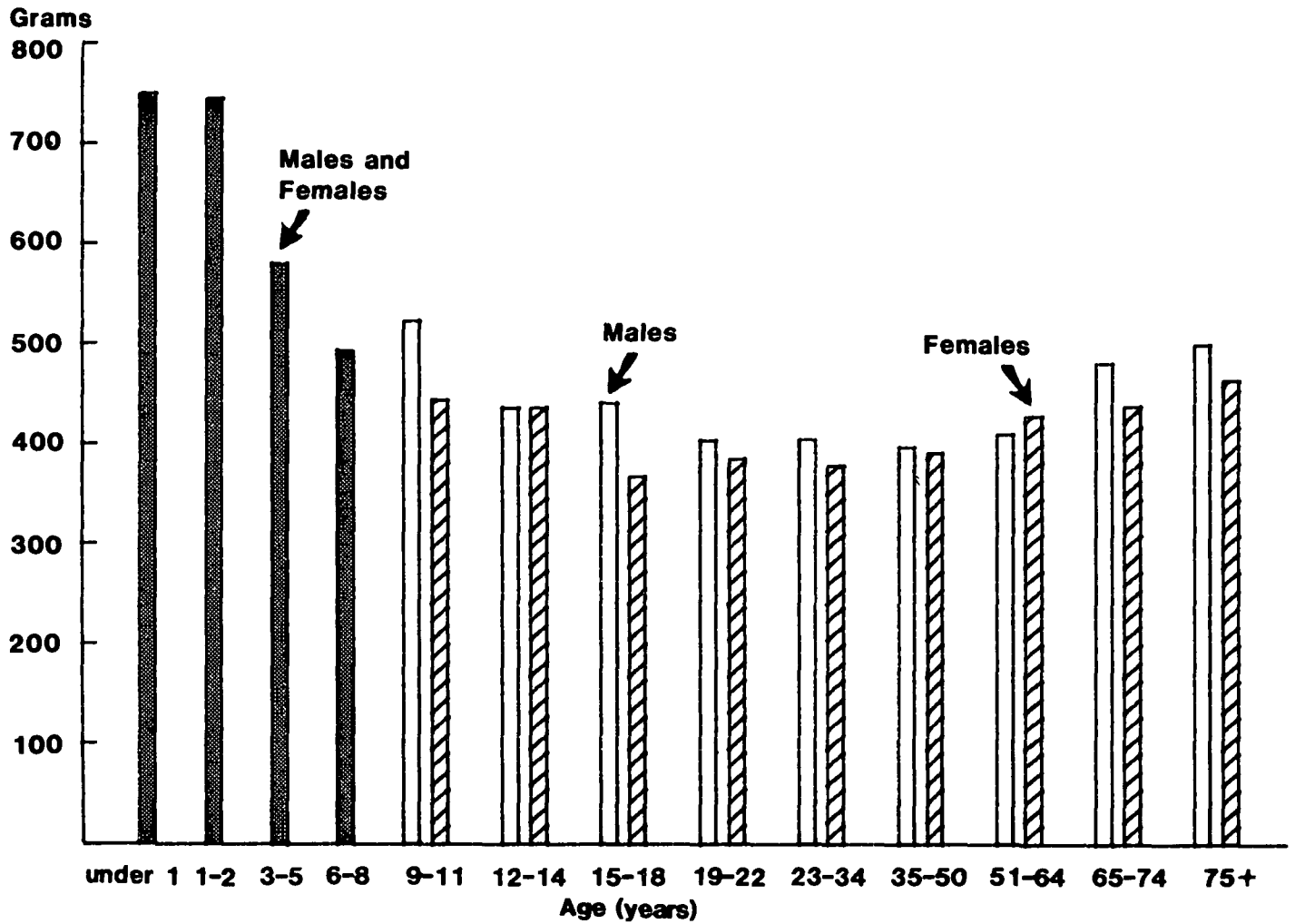
The legumes, nuts, and seeds group includes peanut butter; cooked and stewed dry beans, peas, and lentils; and soy-based baby formulas. Average intakes of legumes, nuts, and seeds were lowest for 1- to 2-year-olds (39 g) and highest for 15- to 18-year-old boys (148 g); males over 15 had much higher average intakes (124 to 148 g) than did females the same age (69 to 104 g) (table 1.2A and fig. 3). Of all individuals, 60 percent reported items from this group (table 1.2B). Proportions of males reporting items from this group were higher (61 to 74 percent) than those of females (48 to 65 percent).

Grain Products

The grain products group includes the subgroups bread, rolls, and biscuits; other baked goods such as cornbread, cakes, crackers, and pastries; cereals and pastas; and mixtures with grain as a major ingredient such as rice with chicken, stewed rice with meat, and rice with stewed beans. Intake of grain products was highest among males 15 to 18 and 23 to 34 years at 423 to 426 g and among females 12 to 22 years at 349 to 359 g (table 1.3A). For all sex-age groups, at least half of the grain intake was from cereals and pastas (fig. 4), and the second largest proportion (20 to 32 percent) was from grain mixtures. Bread, rolls, and

Milk and Milk Products

Quantity[1] per individual in a day in Puerto Rico



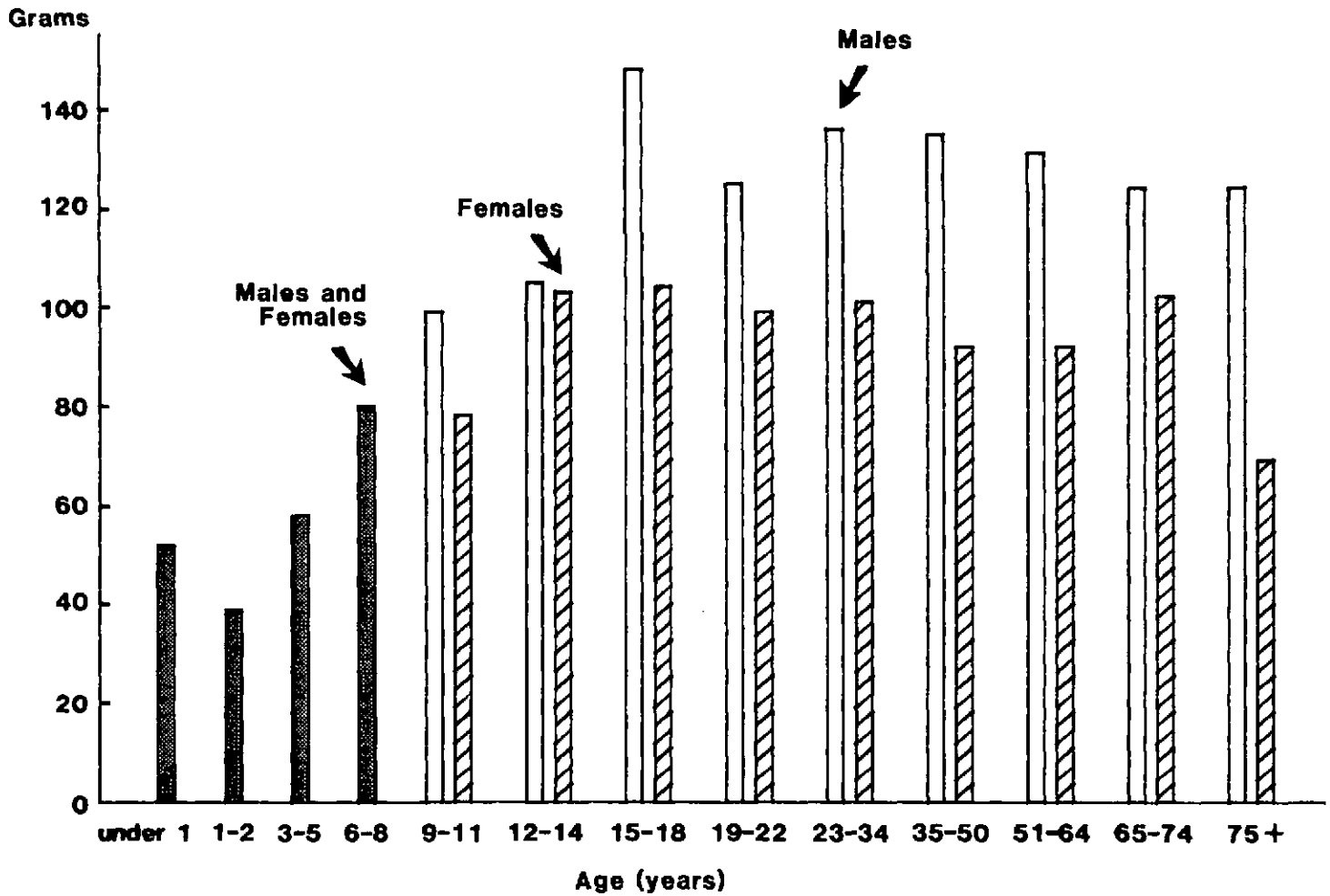
[1]Expressed as quantity of whole fluid milk to which dairy products are equivalent in calcium content.

Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 2

Legumes, Nuts, and Seeds

Quantity per individual in a day in Puerto Rico

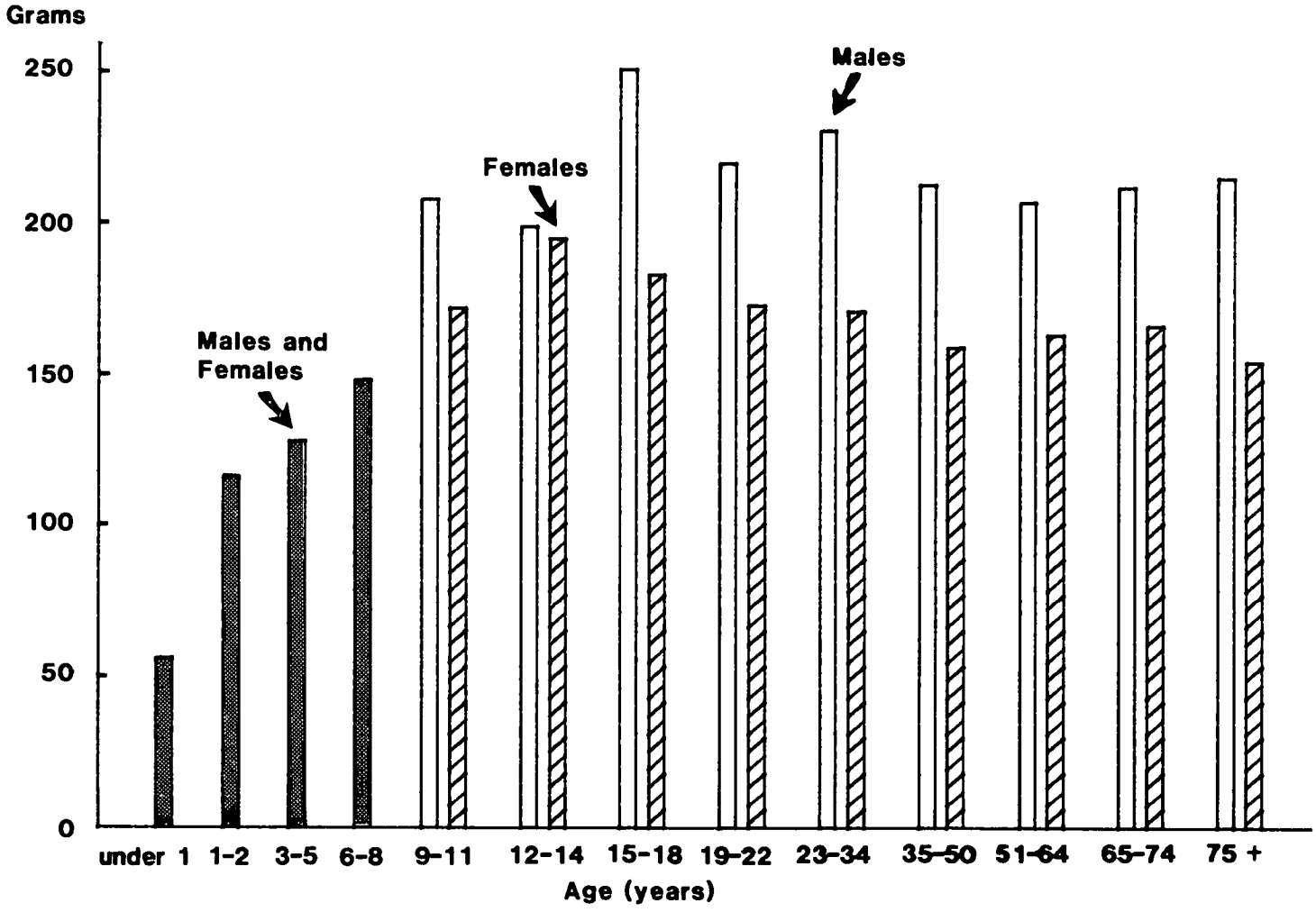


Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 3

Cereals and Pastas

Quantity per individual in a day in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 4

biscuits made up 7 to 15 percent of intakes from grain products, and other baked goods, 4 to 10 percent.

Of all individuals, 98 percent reported grain products (table 1.3B). Seventy-nine percent of the respondents ate cereals and pastas; over half--56 percent--ate bread, rolls, and biscuits; about one-third--34 percent--ate grain mixtures; and 29 percent ate other baked goods.

Fats and Oils

The fats and oils group includes only fats and oils which were reported separately. Fat used during frying, for example, is considered part of the fried food and is not coded separately. Table fats include butter and margarine. Other items in the fats and oils group are salad dressings, sauces such as tartar sauce, and nondairy cream substitutes. Intake of fats and oils ranged from 2 g for children 1 to 2 years old, to 8 g for men 75 years old and over (table 1.3A). Table fats made up most of the intake of fats and oils. Of all individuals, 32 percent reported fats and oils, 25 percent reported table fats, and 4 percent reported salad dressing (table 1.3B). Among sex-age groups, the proportion reporting fats and oils was highest for 12- to 14-year-olds (41 percent for boys and 39 percent for girls) and for men 75 and over (40 percent).

Vegetables

Vegetable subgroups include white potatoes, tomatoes, and dark-green, deep-yellow, and other vegetables. Viandas (starchy vegetables) are included with other vegetables. Vegetables classified as viandas are green and ripe plantains, green bananas, cassava, sweetpotatoes, yams, tannier, yautia, celeriac, and dasheen. Mixtures containing 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 reported separately. Average intakes of total vegetables increased with increasing age, peaking for males at ages 51 to 74 (192 to 194 g) and for females at ages 35 to 64 (169 to 173 g) (table 1.4A). The largest proportion--67 to 81 percent--of vegetable intakes came from the "other vegetables" subgroup and much of this was from viandas which are shown separately as follows:

Sex and age (years)	"Other" Vegetables Subgroup: Viandas: Average intake	Viandas: Individuals using	Vegetables other than viandas: Average intake	Vegetables other than viandas: Individuals using
	Grams	Percent	Grams	Percent
Males and females:				
Under 1.....	1	2.8	28	19.3
1-2.....	26	23.9	22	23.8
3-5.....	35	27.8	18	25.2
6-8.....	37	28.0	20	29.7
Males:				
9-11.....	49	32.2	34	41.4
12-14.....	56	31.6	33	38.2
15-18.....	59	33.0	31	42.0
19-22.....	71	35.0	33	36.6
23-34.....	73	35.9	43	40.5
35-50.....	88	40.7	47	44.5
51-64.....	100	43.8	46	43.0
65-74.....	106	44.5	40	35.3
75 and over.....	74	43.8	40	33.3
Females:				
9-11.....	48	32.5	23	38.8
12-14.....	63	37.3	33	40.7
15-18.....	66	37.3	35	39.7
19-22.....	74	38.4	35	40.4
23-34.....	72	39.7	37	41.1
35-50.....	85	43.7	41	42.5
51-64.....	88	46.3	41	45.1
65-74.....	92	49.9	40	36.1
75 and over.....	71	45.8	28	35.8
All individuals...	70	37.7	36	38.8

White potatoes generally made up a slightly smaller proportion of average intakes for adults over age 34 at 8 to 14 percent than for younger persons (13 to 25 percent). Tomatoes comprised about 5 to 14 percent of vegetable intakes. Dark-green vegetables showed no intake by almost one-half of the sex-age groups, and average intakes of deep-yellow vegetables were small at 1 to 11 g. Of all individuals, 73 percent ate at least one vegetable item (table 1.4B).

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. Fruit intakes averaged highest at 153 g for 1- to 2-year-olds, 149 g for 6- to 8-year-olds, 144 g for 9- to 11-year-old boys, 141 g for women over 74, and lowest at 92 g for men 65 to 74 (table 1.5A). About one-fourth to one-half (25 to 55 percent) of fruit intake of sex-age groups was from citrus fruits and juices (mainly from juices),

and about one-half to three-fourths (45 to 75 percent) was from other fruits, mixtures, and juices--generally about one-half or more from noncitrus juices and nectars. Of all individuals, 47 percent had fruit, with 20 percent reporting citrus fruits and juices and 34 percent reporting other fruits, mixtures, and juices (table 1.5B). For most sex-age groups, proportions reporting fruit were higher for females than for males.

Sugar and Sweets

The sugar and sweets group includes 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 are included in the beverage group. Average intakes of sugar and sweets ranged from 12 g for 1- to 2-year-olds to 26 g for boys 9 to 11 (table 1.6A). Candy made up a very small proportion of the intakes of sugar and sweets. Sugar made up a larger proportion of intakes of adults over 22 years (59 to 78 percent) than of intakes of children and teenagers (31 to 50 percent). Of all individuals, 63 percent reported sugar or sweets; 36 to 50 percent of children under 9 years and 59 to 74 percent of older individuals reported items from this group (table 1.6B).

Beverages

Nonalcoholic beverages include coffee, tea, soft drinks, and fruit drinks and ades. Soft drinks include carbonated and noncarbonated types. Among the latter are those made from dry mixes and liquid concentrates. For all sex-age groups under 35 years, intakes of soft drinks (fig. 5) averaged higher than intakes of other nonalcoholic beverages (table 1.6A). Intakes of fruit drinks and ades (fig. 6) were second largest for children and teenagers and third largest for adults. For adults over 34 years, the beverage with the largest intakes was coffee. However, coffee was actually more popular than indicated here, since the mixture, milk with coffee, is included with the milk and milk products group. The highest intakes of alcoholic beverages averaged 19 to 47 g for men 23 to 64 years and 16 g for women 19 to 22 years. Among the beverages as reported in this group, coffee was consumed by 56 percent of all individuals, soft drinks by 31 percent, fruit drinks and ades by 20 percent, and alcoholic beverages by less than 2 percent (table 1.6B).

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 were calculated (tables 2.1 to 2.15). Mixtures were classified according to their main ingredient, as in the previous section.

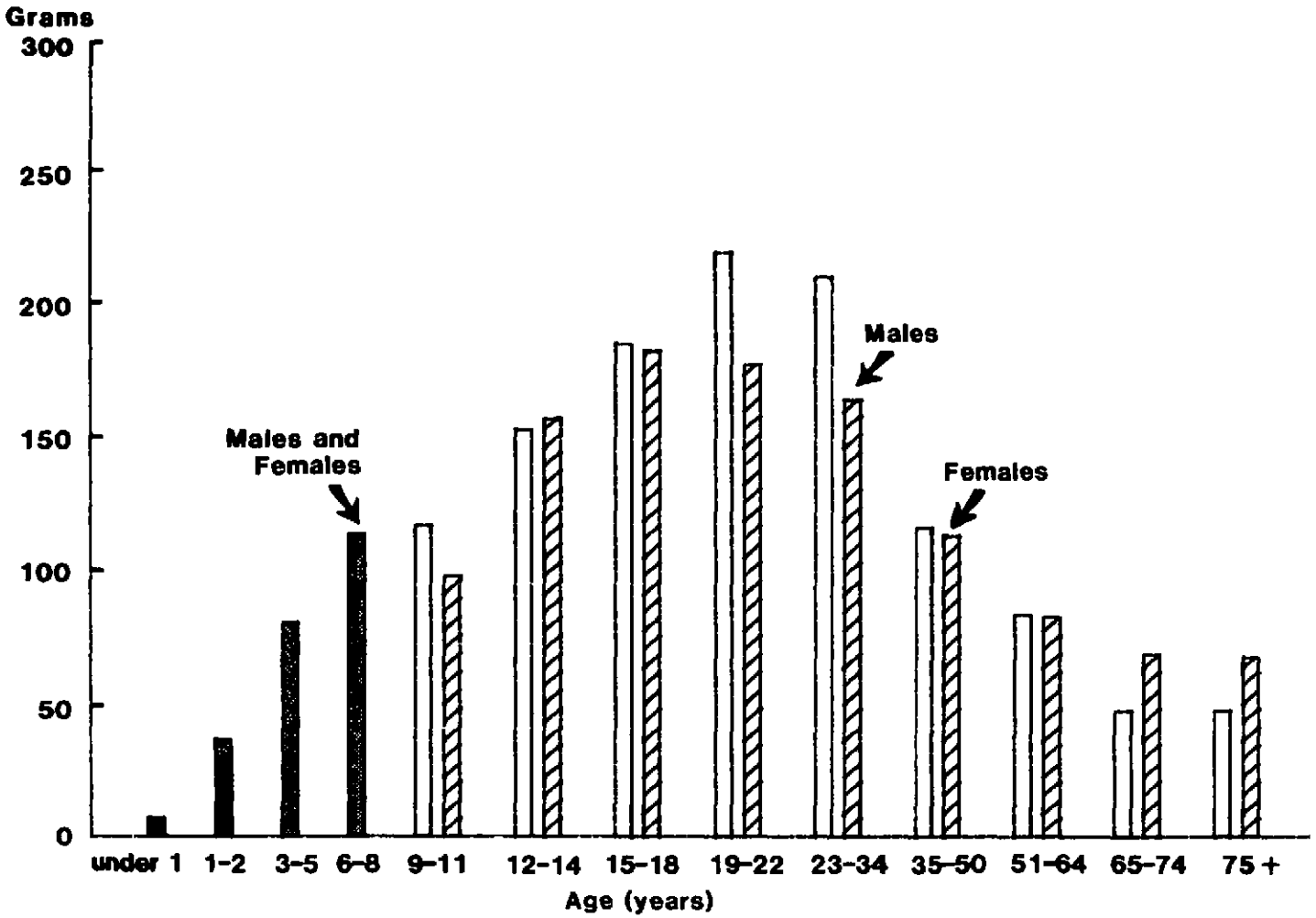
The nutritive values of food intakes were calculated by use of a nutrient data base[9] constructed from Agriculture Handbook No. 8[10] and three of its revised

[9] U.S. Department of Agriculture. 1980. Nutritive values used in individual survey, 1977-78. Accession No. PB80 197403. Tape available from U.S. Department of Commerce, National Technical Information Service, 5285 Port Royal Rd., Springfield, Va. 22161.

[10] Watt, B. K., and Merrill, A. L. 1963. Composition of foods...raw, processed, prepared. U.S. Department of Agr. Agr. Handb. No. 8 (rev.), 190 pp.

Soft Drinks

Quantity per individual in a day in Puerto Rico

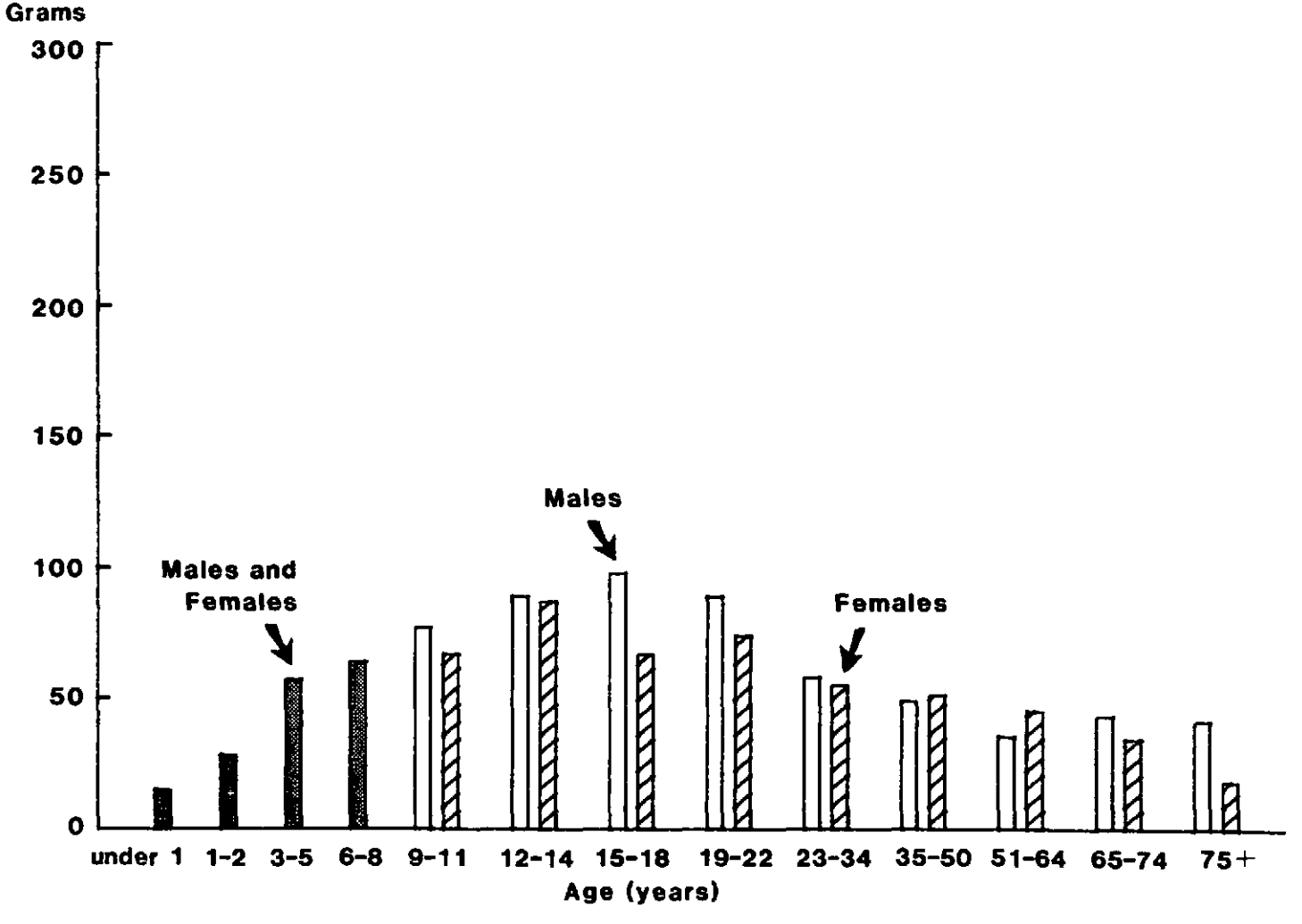


Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 5

Fruit Drinks and Ades

Quantity per individual in a day in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 6

sections (dairy and egg products, baby foods, and poultry products), Home Economics Research Report No. 36,[11] manufacturer's 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. Nutritive values for foods and recipes native to Puerto Rico were provided through contract by Applied Social Research, Inc., San Juan, Puerto Rico. Values for magnesium, vitamin B_6, and vitamin B_{12} were particularly limited, but the data used were considered the best available at the time of the survey.

Food Energy

The largest sources of food energy in the diet were grain products at 33 percent of total intakes, the meat group at 22 percent, and milk and milk products at 16 percent (table 2.1 and fig. 7). Fruits and vegetables together supplied 12 percent of food energy; the remaining food groups 6 percent or less. The average contribution of the meat group increased with advancing age from 15 percent for 1- to 2-year-olds to about 25 percent for 35- to 50-year-olds and then decreased in later years to 18 to 19 percent. The contribution of energy from the milk group was highest for the 1- to 2-year-olds at 37 percent and decreased with advancing age to a low of 11 percent for men 35 to 50 and a low of 12 percent for women 19 to 22 before increasing for the older years. Grain products contributed the largest proportion of food energy for all sex-age groups except the youngest.

Protein

The meat group was the largest source of protein, averaging 42 percent in diets for all individuals (table 2.2 and fig. 7). Milk and milk products at 21 percent and grain products at 20 percent each supplied about half as much protein as the meat group. Legumes, nuts, and seeds contributed 8 percent of protein and eggs contributed 5 percent. For all sex-age groups except 1- to 2-year-olds, the meat group was the largest contributor of protein. For children 3 to 8 years, boys 9 to 11 years, men over 64 years, and women over 50 years the second largest source of protein was milk and milk products which supplied 20 to 32 percent. For all other sex-age groups the second largest source was grain products, which provided 19 to 23 percent.

Fat

The meat group contributed 34 percent of the fat in diets of all individuals, grain products 22 percent, and milk and milk products 21 percent (table 2.3 and fig. 7). Fats and oils reported separately contributed 5 percent of the fat in diets. The meat group was the largest contributor of fat at 28 to 39 percent for all sex-age groups except children 5 years and under who received the largest proportion of fat from milk and milk products at 31 to 47 percent. For persons 6 to 64 years, grain products made the second largest contribution (21 to 26 percent)--probably because of the many grain mixtures--and milk and milk products the third largest (15 to 23 percent).

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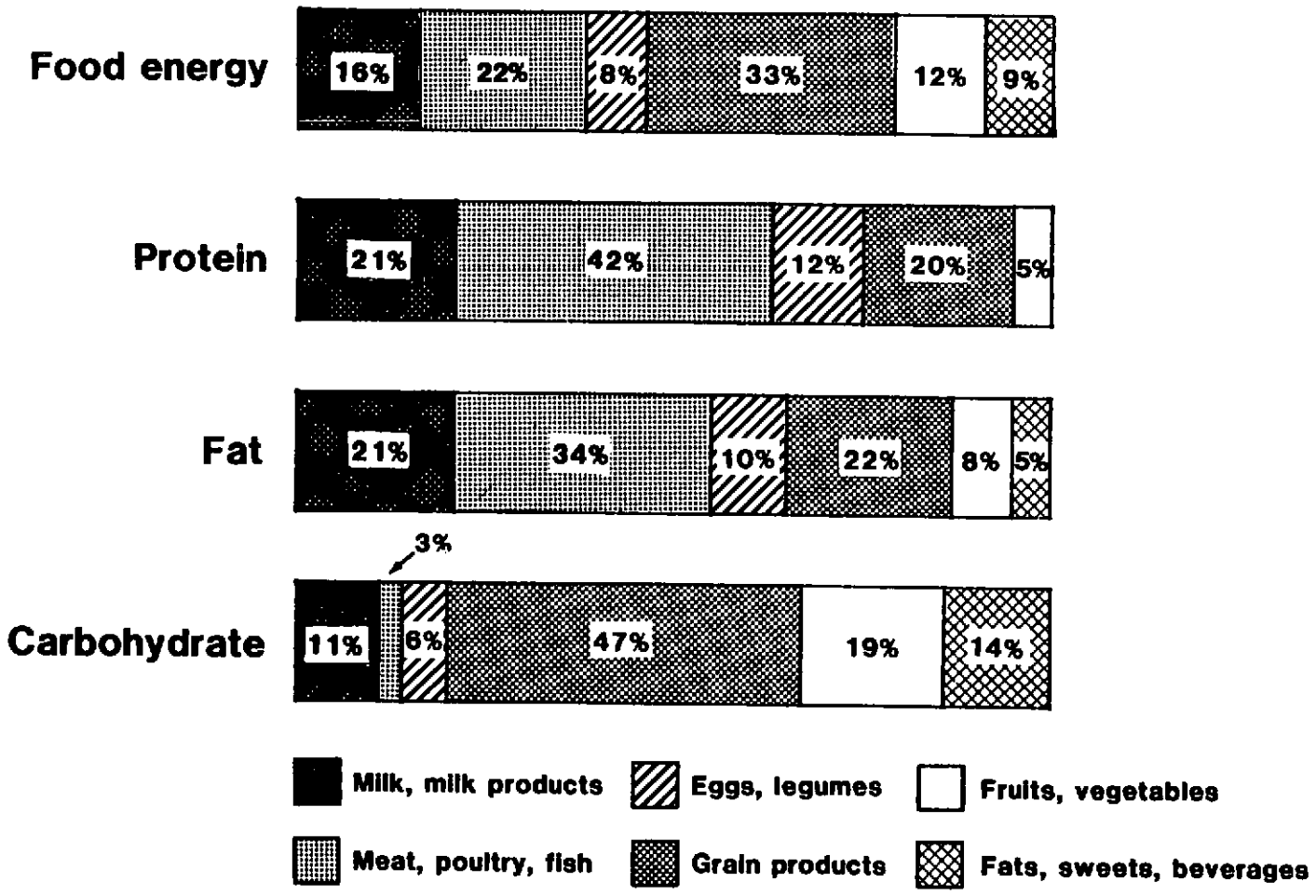
[11] Orr, M. L. 1969. Pantothenic acid, vitamin B_6, and vitamin B_{12} in foods. U.S. Department of Agr. Home Econ. Res. Rpt. No. 36, 53 pp.

Sources of Energy and Energy Nutrients

Percentage of day's intake per individual in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 7

Carbohydrate

For individuals overall, grain products contributed the largest proportion of carbohydrate in diets, providing 47 percent of total carbohydrate intakes (table 2.4 and fig. 7). Fruits and vegetables together contributed 19 percent, milk and milk products 11 percent, nonalcoholic beverages 8 percent, legumes 6 percent, and sugar and sweets 6 percent. Grain products supplied the largest proportion of carbohydrate at 36 to 52 percent for all sex-age groups, and fruits and vegetables provided the second largest proportion at 15 to 24 percent for all sex-age groups over 5 years. Milk and milk products contributed the third largest proportion of carbohydrate for children 6 to 11, girls 12 to 14, and adults over 34. Nonalcoholic beverages provided more carbohydrate (9 to 11 percent) than did milk and milk products (8 to 9 percent) for males 12 to 34 and females 15 to 34.

Calcium

The predominant source of calcium for all individuals was milk and milk products. This group supplied 60 percent of calcium intake (table 2.5 and fig. 8). Grain products provided 17 percent of calcium intake, the meat group 7 percent, fruits and vegetables 6 percent, and legumes, nuts, and seeds 5 percent. The contribution of milk and milk products to calcium intakes decreased slightly with age from 63 to 79 percent for children under 12 years to 54 to 60 percent for individuals 12 to 64.

Iron

Grain products were the largest source of iron, providing 34 percent for all individuals (table 2.6 and fig. 8). The meat group supplied the next largest proportion at 29 percent followed by fruits and vegetables at 13 percent, and legumes, nuts, and seeds provided 12 percent. Grain products and the meat group were the largest and next-to-largest sources of iron for all sex-age groups as well.

Magnesium

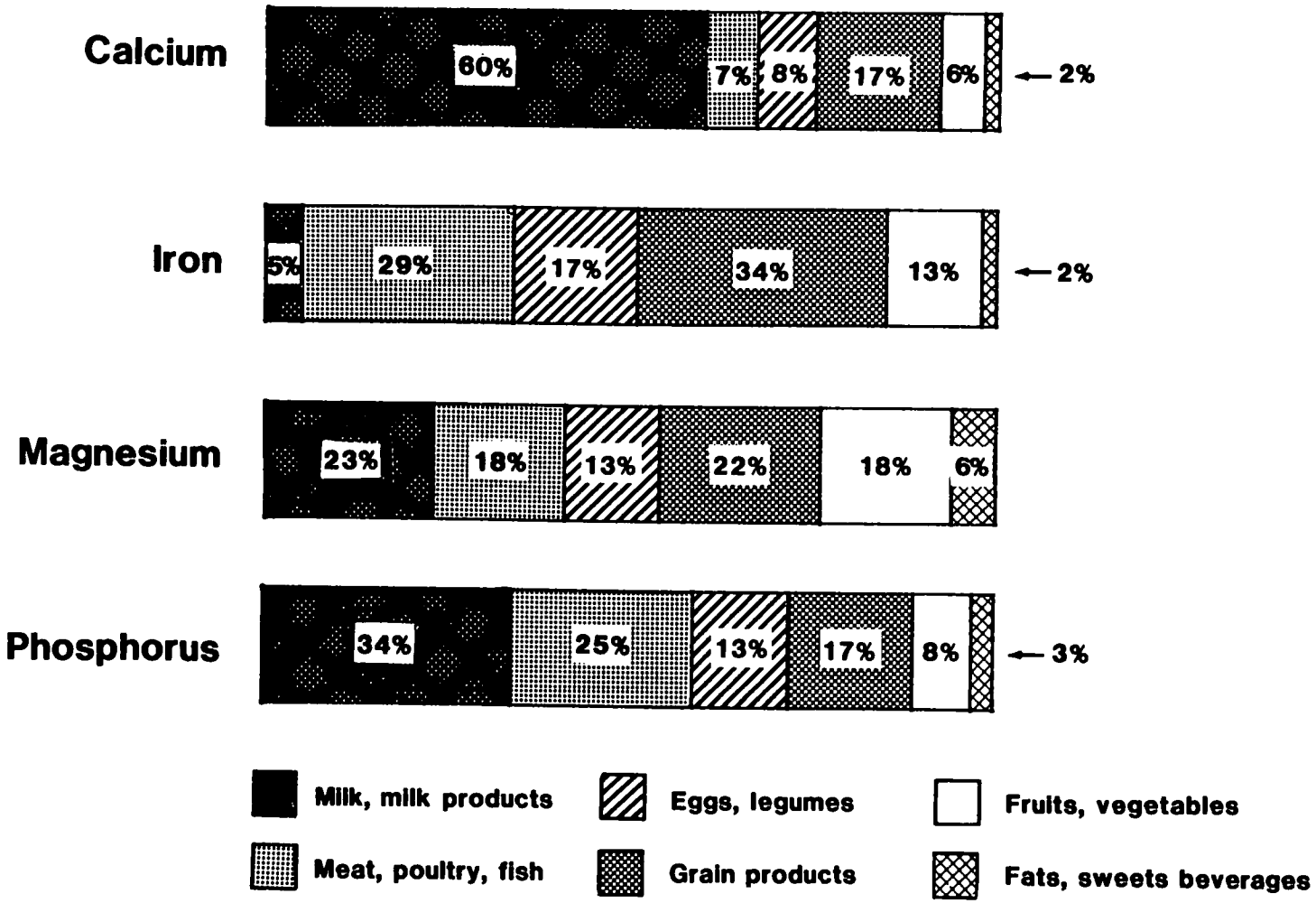
Sources of magnesium were more evenly distributed among major food groups than were sources of other minerals (table 2.7 and fig. 8). For all individuals, milk and milk products provided 23 percent of magnesium in diets; grain products 22 percent; the meat group and fruits and vegetables each provided 18 percent; and legumes, nuts, and seeds 11 percent. As for some other nutrients, milk supplied a larger proportion of magnesium in the diets of children under 12 at 26 to 48 percent than in the diets of adults at 17 to 28 percent. Females received a higher proportion of magnesium from fruits and vegetables and a lower proportion from legumes, nuts, and seeds than did males in the same age groups.

Phosphorus

For all individuals, three food groups provided more than three-fourths of the phosphorus in diets (table 2.8 and fig. 8). Milk and milk products supplied 34 percent, the meat group 25 percent, and grain products 18 percent. For all sex-age groups except men 23 to 50 years, milk and milk products supplied the highest proportion of phosphorus (28 to 59 percent). The meat group supplied the

Sources of Minerals

Percentage of day's intake per individual in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 8

second highest proportion (19 to 28 percent) except for children under 3 years--for whom grain products were second--and men 23 to 50 years--for whom the meat group was first.

Vitamin A Value

For all individuals, nearly one-third (31 percent) of vitamin A value was supplied by fruits and vegetables, one-fourth (25 percent) by milk and milk products, about one-seventh (14 percent) by the meat group, and one-tenth (10 percent) by grain products (table 2.9 and fig. 9). Fruits and vegetables supplied the largest share of vitamin A value for individuals over 8 years (26 to 37 percent) while milk and milk products did so for those 8 and under (31 to 42 percent). Fruits and vegetables provided a higher proportion of vitamin A value for women (29 to 37 percent) than for men (26 to 33 percent).

Thiamin

The major source of thiamin for individuals overall was grain products, which provided 43 percent (table 2.10 and fig. 9). Other food groups providing at least 5 percent of thiamin were the meat group, which provided 20 percent; milk and milk products, 14 percent; fruits and vegetables, 14 percent; and legumes, nuts, and seeds, 7 percent. Grain products provided the largest average quantity of thiamin in diets of all sex-age groups.

Riboflavin

Milk and milk products provided the largest proportion of riboflavin at 41 percent in diets of individuals overall; the meat group the second largest proportion at 22 percent; and grain products third at 19 percent (table 2.11 and fig. 9). Fruits and vegetables supplied 8 percent of riboflavin, and eggs supplied 6 percent. As with other nutrients for which milk and milk products were a major source, the proportion of riboflavin contributed by milk and milk products was lower for individuals 15 to 64 years (33 to 41 percent) than for those older (41 to 48 percent) or younger (39 to 64 percent). The meat group provided the second largest proportion (20 to 27 percent) for males 12 to 74 and for females 15 to 74, while grain products supplied all other sex-age groups with the second largest proportion of riboflavin (15 to 22 percent).

Preformed Niacin

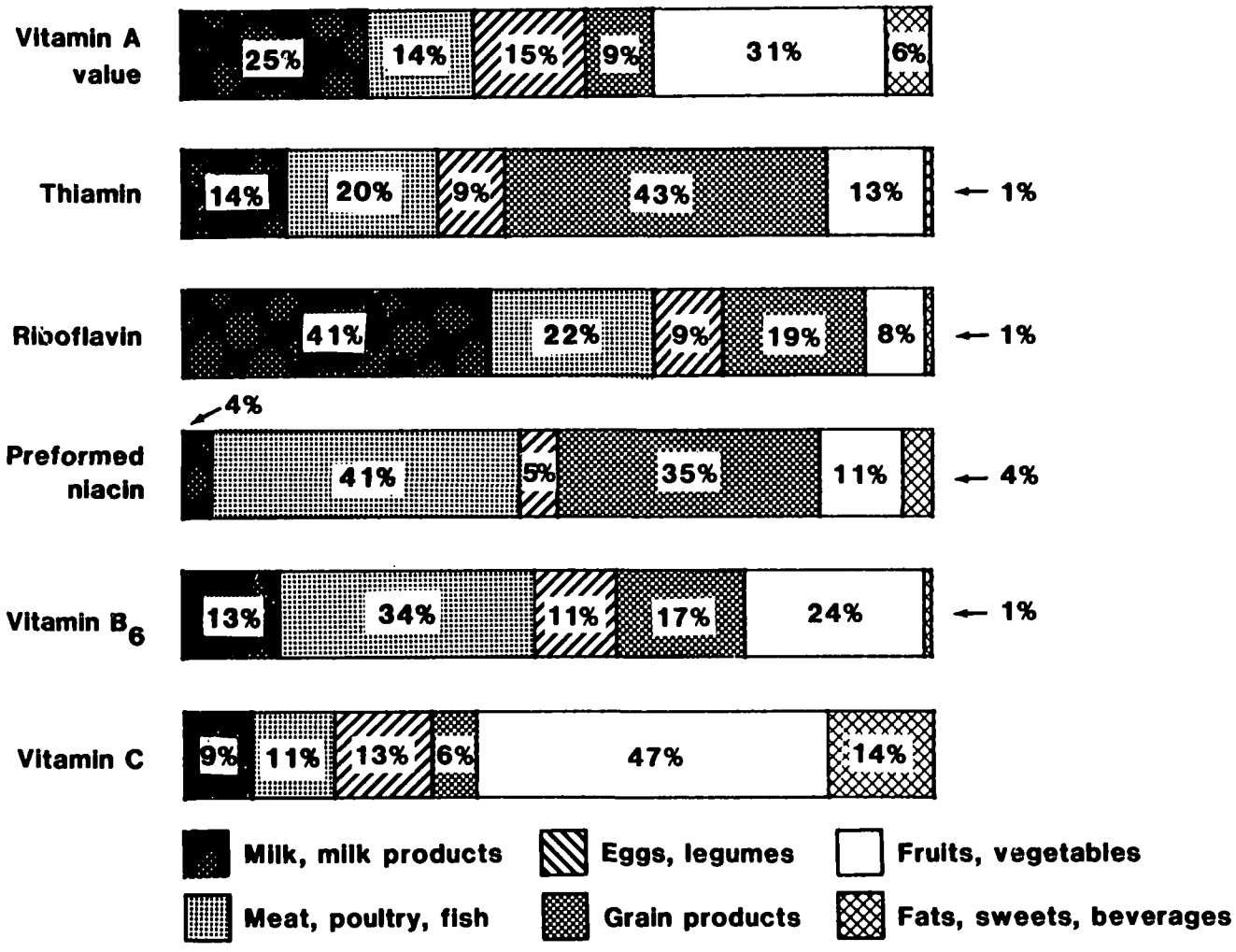
The meat group (42 percent) and grain products (35 percent) were the major sources of preformed niacin in diets of individuals overall (table 2.12 and fig. 9). Fruits and vegetables supplied 11 percent of preformed niacin nearly half of which--5 percent--was found in white potatoes and viandas. For all sex-age groups except 1- to 2-year-old children, the largest source of preformed niacin was the meat group (37 to 45 percent) followed by grain products (31 to 39 percent).

Vitamin B_6

In diets of individuals overall, the meat group provided the largest proportion of vitamin B_6 (34 percent), followed by fruits and vegetables (24 percent), grain products (17 percent), and milk and milk products (13 percent) (table 2.13

Sources of Vitamins

Percentage of day's intake per individual in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 9

and fig. 9). The contribution of fruits and vegetables to vitamin B_6 intake was generally less for children and teenagers (19 to 23 percent) except for girls 15 to 18 (26 percent) than for adults over 22 years (23 to 29 percent). Average intakes of vitamin B_6 from fruits and vegetables were less for men over 22 years (23 to 26 percent) than for women of corresponding age (25 to 29 percent). The subgroup white potatoes supplied more than half of the vitamin B_6 contribution of fruits and vegetables at 13 percent, and in each age group, white potatoes and viandas provided a higher proportion of vitamin B_6 for females than for males.

Vitamin B_{12}

Vitamin B_{12} occurs naturally only in animal products, but foods of mainly plant origin such as legumes, nuts, and seeds; grain products; and white potatoes also provided some vitamin B_{12} through fortification and small amounts of animal products found in mixtures. For all individuals, milk and milk products (44 percent), the meat group (37 percent), and eggs (12 percent) provided 93 percent of vitamin B_{12} intake (table 2.14 and fig. 9). For all sex-age groups except males 19 to 50 years and females 19 to 34 years, milk and milk products supplied the largest proportion of vitamin B_{12} at 40 to 64 percent. The meat group supplied 19 to 43 percent and eggs 11 to 15 percent.

Vitamin C

In diets of individuals, nearly half (47 percent) of the vitamin C was contributed by fruits and vegetables (table 2.15 and fig. 9). Of the five fruit and vegetable subgroups, citrus fruits and tomatoes supplied the most vitamin C at 18 percent followed by white potatoes and viandas at 17 percent. Also providing vitamin C were milk and milk products, 9 percent; the meat group, 11 percent; legumes, nuts, and seeds, 13 percent; and nonalcoholic beverages, mainly fruit ades and drinks, 14 percent. White potatoes and viandas supplied a higher proportion of vitamin C in diets of individuals over age 14 (15 to 22 percent) than in diets of younger individuals (10 to 14 percent). Nonalcoholic beverages, however, contributed more heavily to the diets of those under 23 years, except for 1- to 2-year-olds (15 to 21 percent), than those 23 years and over (7 to 12 percent).

Nutritive Value of Food Intake

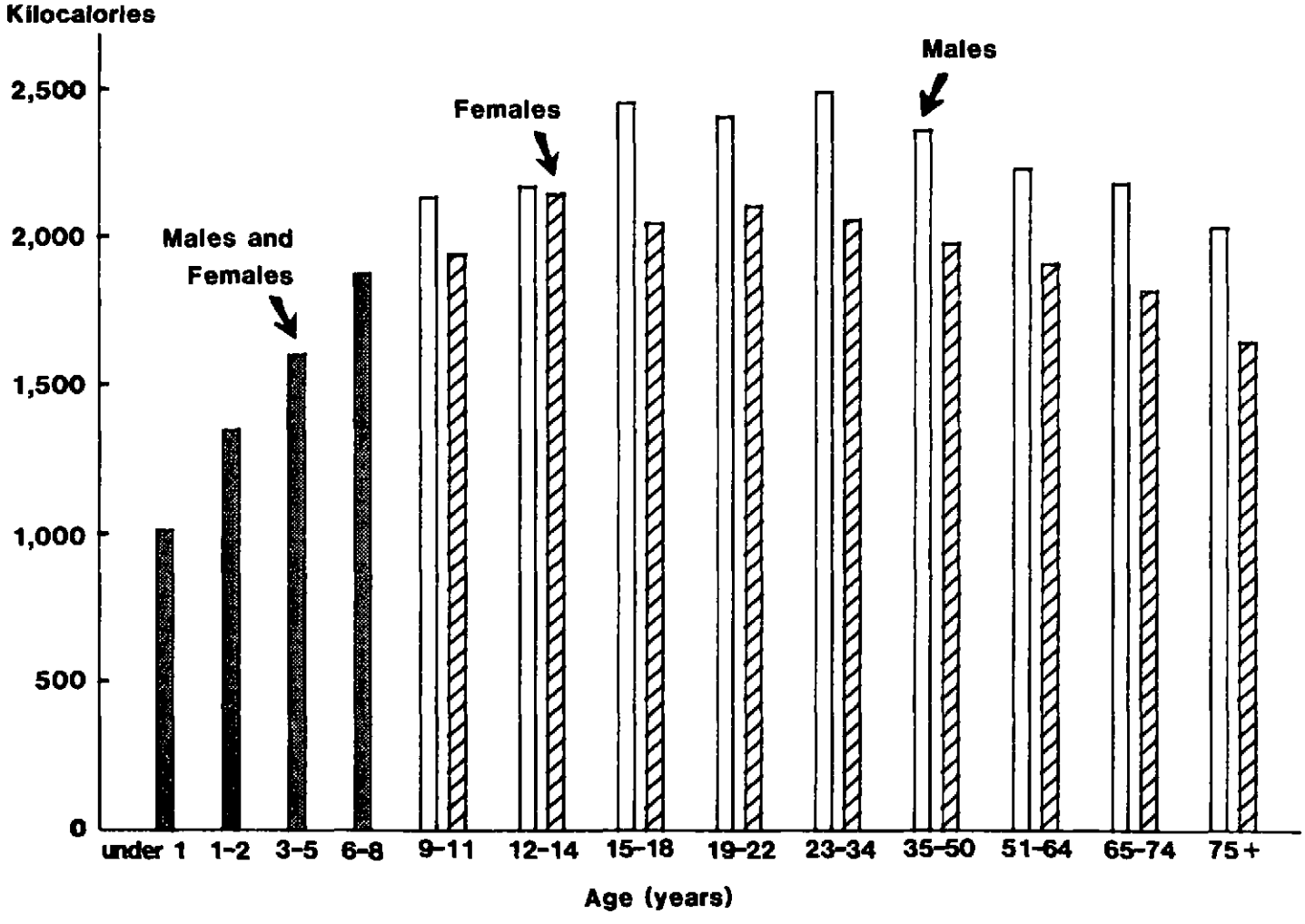
The nutritive value of food intakes, excluding vitamin and mineral supplements, is presented for all individuals and for individuals in each of 22 sex-age groups. Average intakes of food energy, protein, fat, carbohydrate, four minerals, and seven vitamins are shown in table 3.1. The percentage of energy from protein, fat, and carbohydrate is shown in table 3.2. Nutritive values of individual intakes are expressed also as percentages of the 1980 RDA (table 3.3) and as nutrient densities (table 3.4). Nutrient intakes of infants are discussed in a separate section.

Energy and Nutrient Intakes

Energy and energy-providing nutrients.--Average intakes of food energy peaked at ages 23 to 34 years among males (2,492 kcal) and at ages 12 to 14 among females (2,146 kcal) (table 3.1 and fig. 10). Intakes then generally decreased with advancing age to 2,032 kcal for men over 74 years and to 1,646 kcal for women of the same age. Values for the three energy-yielding nutrients--protein, fat, and carbohydrate--tended to follow a similar pattern. Peak protein values among males

Food Energy

Average intake per individual in a day in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 10

were for 23- to 34-year-olds (96 g) and among females were for 19- to 22-year-olds (82 g). Among adults, average protein values were lowest for individuals 75 years and over (79 g for men and 65 g for women). Fat intakes among males also peaked for 23- to 34-year-olds (107 g), while among females, average intakes were highest for 12- to 14-year-olds and 19- to 22-year-olds (89 g). For individuals 75 years and over, average fat intakes were 83 g for men and 66 g for women. Carbohydrate intakes averaged highest among 15- to 18-year-old boys (292 g) and 12- to 14-year-old girls (259 g); men over 74 had the lowest average intake among males over age 8 (245 g), and women in the same age group had the lowest intake among females over age 8 (200 g).

Minerals.--Calcium intakes averaged highest for children 1 to 2 years old (1,060 mg) and were lowest for females 15 to 50 years (697 to 721 mg). Except for one group of teenage boys, 12- to 64-year-old males had calcium intakes averaging less than 20 mg apart (774 to 793 mg). Iron intakes showed an age-related pattern, increasing from 8.5 mg for 1- to 2-year-olds to 17.3 mg for 23- to 34-year-old men, then decreasing to 14.0 mg for men 75 years and over. Among females, average iron intakes increased from 12.2 (for 9- to 11-year-olds) to 14.1 mg (for 19- to 22-year-olds) and then declined to 10.5 mg (for women 75 years and over). Magnesium intakes generally increased with advancing age from 193 mg (for 1- to 2-year-olds) to 304 mg (for men 35 to 50 years) and then decreased to 281 mg for the oldest group. Among females over 8 years of age, average intakes of magnesium were very close (253 to 258 mg). Average intakes of phosphorus were highest among males for 23- to 34-year-olds (1,417 mg) and among females for 12- to 14-year-olds (1,241 mg).

Vitamins.--Average intakes of vitamin A value were higher among adults than among children or teenagers, and were highest for men 51 to 64 years (5,570 IU) and for females 65 to 74 years (4,875 IU). Thiamin intakes increased with age from 0.90 mg for 1- to 2-year-olds to 1.89 mg for 15- to 18-year-old boys and to 1.56 mg for 12- to 14-year-old girls, then decreased to 1.39 mg for men over 74 years and to 1.11 mg for women the same age. Riboflavin intakes showed small variation; intakes were similar among males for six of the nine age groups (1.63 to 1.67 mg) and among females for eight of the nine age groups (1.44 to 1.52 mg). Preformed niacin values rose from 8.6 mg for 1- to 2-year-olds to 21.1 mg for men 23 to 34 years and 17.6 mg for women 19 to 22 years, then declined. Vitamin B_6 intakes peaked among males for 23- to 50-year-olds (1.85 mg) and among females for 19- to 50-year-olds (1.57 to 1.58 mg). Individuals 23 to 34 years old had the highest intakes of vitamin B_{12} (5.73 mcg for men and 4.58 mcg for women). Vitamin C intakes were highest for 12- to 14-year-olds (122 mg for boys and 114 mg for girls), but averaged 100 mg or more for almost three-fourths of the sex-age groups (15 of 21).

Percentage of Energy From Protein, Fat, and Carbohydrate

The percentage of food energy from protein, fat, and carbohydrate in diets of individuals was calculated by multiplying each individual's intake of protein by 4 kcal per gram, of fat by 9 kcal per gram, and of 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 (table 3.2). The general factors--4, 9, 4--have been found to give suitable estimates for a typical mixed diet. Alcohol is also a source of energy but it is not calculated. The difference between intake of total food energy and the sum of energy calculated as coming from

protein, fat, and carbohydrate represents the amount of energy from alcohol plus an amount generated by the use of general factors rather than exact values for each food eaten. That difference is labeled "other" in the tables.

For all individuals surveyed in Puerto Rico, the average proportion of energy was 15.8 percent from protein, 37.7 percent from fat, and 46.9 percent from carbohydrate. Comparable proportions for the U.S. mainland in spring 1977 were 16.6 percent from protein, 40.3 percent from fat, and 42.8 percent from carbohydrate. Percentages of energy from protein ranged from 14.8 percent for girls aged 15 to 18 to 16.7 percent for children aged 1 to 2. Fat contributed about the same proportion of energy in the diets of children 1 to 18 (36.8 to 38.5 percent) as in the diets of adults (35.9 to 38.4 percent). The proportions of carbohydrate also averaged about the same in diets of all sex-age groups--46.1 to 48.9 percent for children and teenagers and 45.5 to 48.7 percent for adults.

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 (table 3.3 and fig. 11). Energy RDA are the midpoints of the ranges for each sex-age group. For all individuals, average intakes exceeded RDA for nine nutrients: protein, iron, phosphorus, vitamin A, thiamin, riboflavin, niacin, vitamin B_{12}, and vitamin C, and fell short for energy and three nutrients: calcium, magnesium, and vitamin B_6. Intakes on the U.S. mainland in spring 1977 also fell short of RDA for energy and these three nutrients. However, average levels of intakes relative to RDA on the mainland were lower than those in Puerto Rico for 9 out of 12 nutrients. Nutrients for which mainland intakes were higher were vitamin A value, riboflavin, and preformed niacin.

Among individuals, six sex-age groups had average intakes of food energy over 100 percent of their RDA (children 1 to 2 and 3 to 5 and women 23 to 34, 50 to 64, 65 to 74, and over 74 years). Energy values decreased to 80 percent of RDA for boys 12 to 14 years and 83 percent for girls 9 to 11 years, then tended to rise with age to 99 percent for men 75 and over and 101 to 104 percent for women 51 and over. Intakes of all groups exceeded their RDA for protein, and were highest for children under 9 (220 to 251 percent) and lowest for people over 74 years (140 to 147 percent).

Average intakes of five sex-age groups (children 1 to 2, 3 to 5, and 6 to 8, and men 65 to 74 and over 74) met their RDA for calcium (102 to 146 percent). Lowest calcium values expressed as percentages of RDA were for boys and girls 12 to 18 (58 to 68 percent). RDA for iron were met for about one-half of the sex-age groups. Intakes of 1- to 2-year-olds averaged only 57 percent of their RDA for iron, and females 12 to 50 averaged 75 to 78 percent. Only children under 6 had average intakes that met their RDA for magnesium (113 to 152 percent); older groups averaged 71 to 98 percent of RDA. All sex-age groups had intakes that met their RDA for phosphorus (104 to 177 percent) except 15- to 18-year-old girls (95 percent).

Although average vitamin A intake for individuals overall exceeded RDA by 9 percent, only 12 of 21 sex-age groups had average intakes that met their RDA (103 to 165 percent). Thiamin intakes exceeded RDA for all sex-age groups (111

NUTRIENT INTAKES BELOW 1980 RECOMMENDED DIETARY ALLOWANCES

Average intake as percentage of 1980 RDA in Puerto Rico

Sex and age (years)	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:												
Under 1.												
1-2.			••••						•			
3-5.			••							•		
6-8.				•						••		
Males:												
9-11		•		•						•		
12-14		••••	•	•••		••		•	•	••		
15-18		••••	••	•••		•••		•	•	••		
19-22		•		••		••		•		•••		
23-34		•		••						••		
35-50		•		••		•				••		
51-64		•		••						••		
65-74				••		••				••		
75 and over . .				••		•				•••		
Females:												
9-11		••	•	••					•	•••		
12-14		••••	•••	••						••		
15-18		••••	•••	••	•					•••		
19-22		••	•••	••						•••		
23-34		••	•••	••		•				•••		
35-50		••	•••	••		•				•••		
51-64		•		••						•••		
65-74		•		••						•••		
75 and over . .		•		•••					•	••••		

Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

• 90-99% RDA
•• 80-89% RDA
••• 70-79% RDA
•••• Below 70% RDA

Figure 11

to 149 percent). Only three groups (males 12 to 14, 15 to 18, and 19 to 22) did not meet their RDA for riboflavin (96 to 99 percent), and only five groups (children 1 to 2, boys 9 to 11 and 12 to 14, girls 9 to 11, and women over 74) did not meet their RDA for preformed niacin (94 to 99 percent). Intakes of vitamin B_6 averaged 83 percent of RDA for all individuals; only 1- to 2-year-olds exceeded RDA (117 percent). Women 75 and over had the lowest average percentage of RDA for vitamin B_6 (63 percent); other groups averaged 70 to 96 percent. All sex-age groups had average intakes exceeding RDA for vitamin B_{12} (112 to 191 percent) and vitamin C (130 to 240 percent).

Nutrient Densities

Nutrient density of dietary intakes refers to the amount of nutrient per 1,000 kcal of food energy and is another measure used to describe nutritional quality of diets. This measure, however, does not provide for assessment of energy intake, and this limitation should not be overlooked when interpreting nutrient densities of diets. The density of each nutrient in each individual's intake is computed, and then an average is calculated for the individuals in each sex-age group (table 3.4). The nutrient densities can be compared to the appropriate RDA also expressed as densities (see table 7.2). Infants' intakes are excluded from discussion here.

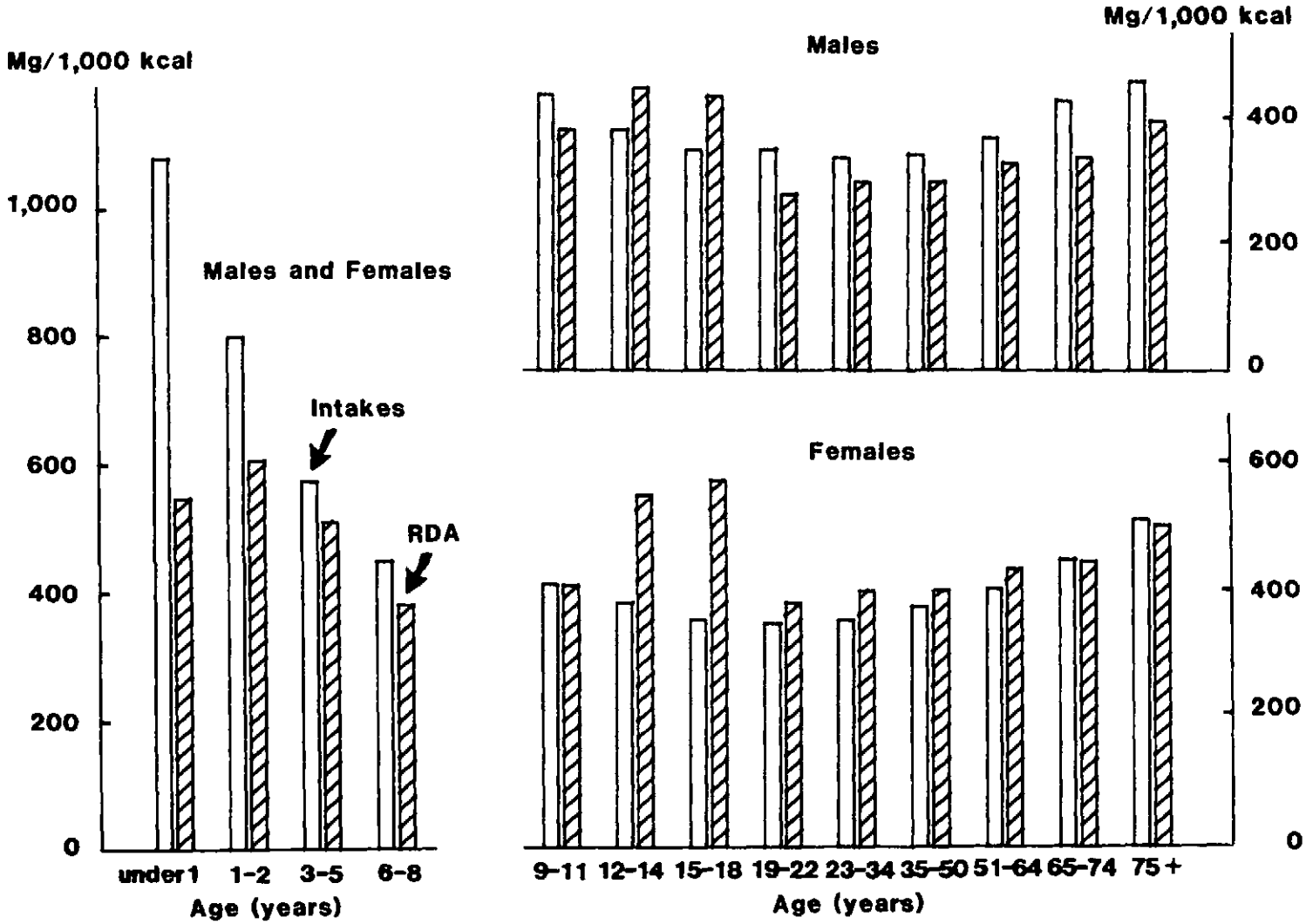
Energy-yielding nutrients.--Diets of young children (aged 1 to 5) and adults over 22 tended to have slightly higher average protein densities (39.4 to 41.9 g per 1,000 kcal) than diets of older children and teenagers (36.9 to 39.1 g per 1,000 kcal). Average protein densities of intakes were nearly twice the protein densities of the RDA for children aged 1 to 11 and for males 12 to 50, but differences were less for females over 11 and for men over 50. Fat and carbohydrate densities of intakes varied little with age. Fat densities of intakes ranged from 39.8 g to 42.8 g per 1,000 kcal for women over 74 and children 3 to 5, respectively, and carbohydrate densities from 113.7 g to 122.2 g per 1,000 kcal for men 35 to 50 and girls 15 to 18, respectively.

Minerals.--Average calcium densities of diets decreased with advancing age from 798 mg per 1,000 kcal for 1- to 2-year-olds to 334 to 346 mg per 1,000 kcal for males 15 to 50 and 349 to 355 mg per 1,000 kcal for females 15 to 34. Calcium densities of intakes were less than densities of the corresponding RDA for two groups of males (12 to 18 years) and for six groups of females (12 to 64 years) (fig. 12). Iron densities generally averaged higher in intakes of adults under 75 (6.7 to 7.1 mg per 1,000 kcal) than in intakes of children, teenagers, and adults over 74 (6.0 to 6.8 mg per 1,000 kcal). Iron densities of intakes were lower than densities of RDA for children of ages 1 to 5 and females 12 to 50 (fig. 13); magnesium densities of intakes were lower than densities of RDA for all sex-age groups except children under age 12. Phosphorus densities decreased with advancing age from 837 mg per 1,000 kcal for children 1 to 2 years to 572 and 568 mg per 1,000 kcal for boys and girls 15 to 18, respectively, and then increased with age through the adult years. For all sex-age groups, phosphorus densities of intakes were well above densities of the RDA.

Vitamins.--Density of vitamin A value generally averaged highest in diets of the youngest children, men 51 to 64, and women over 64 years (2,528 to 2,853 IU per 1,000 kcal) and lowest in diets of several groups of older children and teenagers (1,634 to 1,877 IU per 1,000 kcal) (fig. 14). Average thiamin densities

Calcium Density of Intakes and Recommended Dietary Allowances

Average intake per individual in a day in Puerto Rico

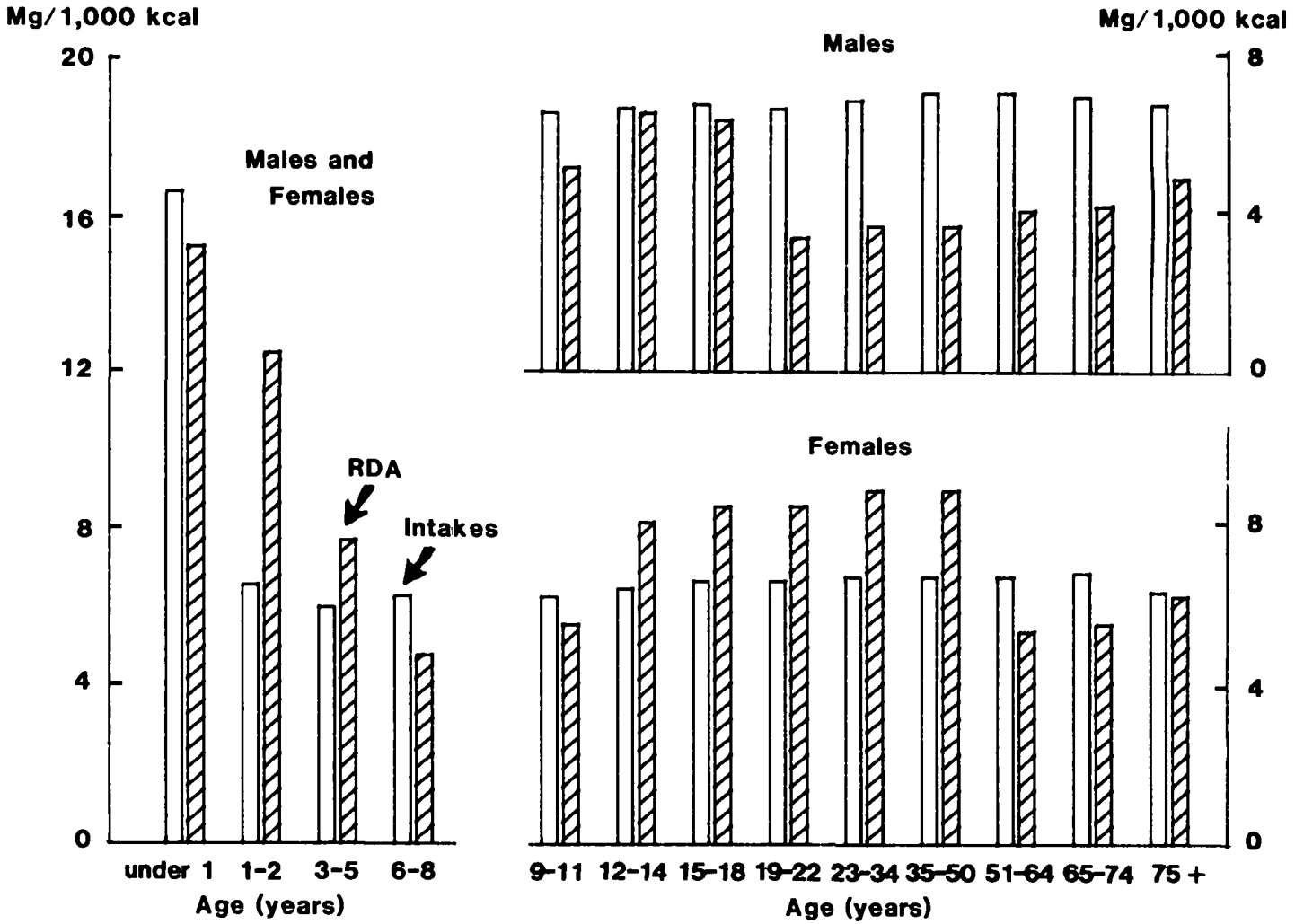


Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 12

Iron Density of Intakes and Recommended Dietary Allowances

Average intake per individual in a day in Puerto Rico

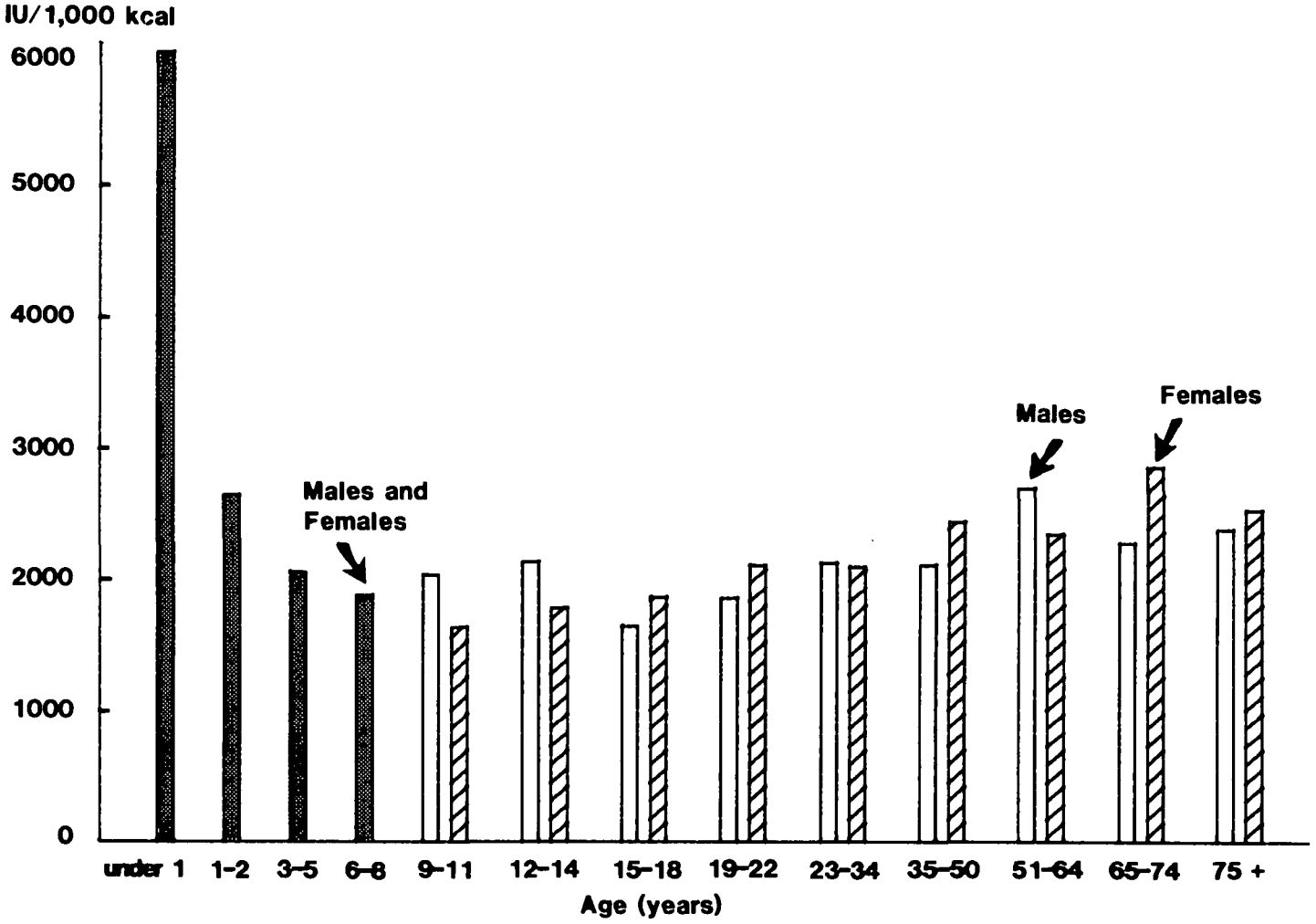


Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 13

Vitamin A Density Per 1,000 Kilocalories

Average intake per individual in a day in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 14

showed small variation with age and were highest in diets of males 15 to 34 years (0.74 to 0.76 mg per 1,000 kcal) and lowest in diets of children 1 to 2 and adults over 74 years (0.68 to 0.69 mg per 1,000 kcal). Riboflavin densities of intakes decreased with advancing age from 1.31 mg per 1,000 kcal for children 1 to 2 years old to 0.70 mg per 1,000 kcal for males 15 to 22 years. After age 22, riboflavin densities of diets for both sexes generally increased with advancing age. Preformed niacin and vitamin B_6 densities of intakes were generally higher for adults over 22 years (8.0 to 8.7 and 0.76 to 0.82 mg per 1,000 kcal, respectively) than those for children under 9 years (6.6 to 7.7 and 0.71 to 0.73 mg per 1,000 kcal, respectively). Densities of vitamin B_{12} averaged lowest in intakes of boys 15 to 18 and girls 12 to 14 years old. Vitamin C densities of diets ranged from 50 to 59 mg per 1,000 kcal for all sex-age groups except for men 23 to 74 and women over 74 years (44 to 49 mg per 1,000 kcal). For all sex-age groups, average densities of intakes of thiamin, riboflavin, vitamin B_{12}, and vitamin C were higher than densities of corresponding RDA; the same was true for densities of preformed niacin except for the youngest children and the oldest women. However, vitamin A value densities of intakes were below RDA for boys 15 to 18, men 75 years and over, and girls 12 to 18 years old; vitamin B_6 densities of intakes were lower than densities of the RDA for all sex-age groups except for children 1 to 2 and 6 to 8 and boys 9 to 18 years old.

Nutritive Value of Food Obtained and Eaten Away From Home

Of all individuals, 21 percent obtained and ate some food away from home on the day surveyed (table 4). This compared with 44 percent on the U.S. mainland in spring 1977. For all individuals in Puerto Rico, away-from-home food contributed an average of 8 to 9 percent of energy (fig. 15) and of each nutrient studied.

Percentages of respondents eating away from home rose from 6 percent of 1- to 2-year-olds to the highest value, 34 percent of 9- to 11-year-olds. Had the data collection taken place solely during the school year, the percentage of 6- to 18-year-olds eating away probably would have been higher. School lunches are available at no charge to nearly all children in Puerto Rico. Among age groups of 15- to 74-year-olds, percentages of individuals eating away from home were higher for males than for females. Of respondents 75 years and over, 9 percent ate away from home.

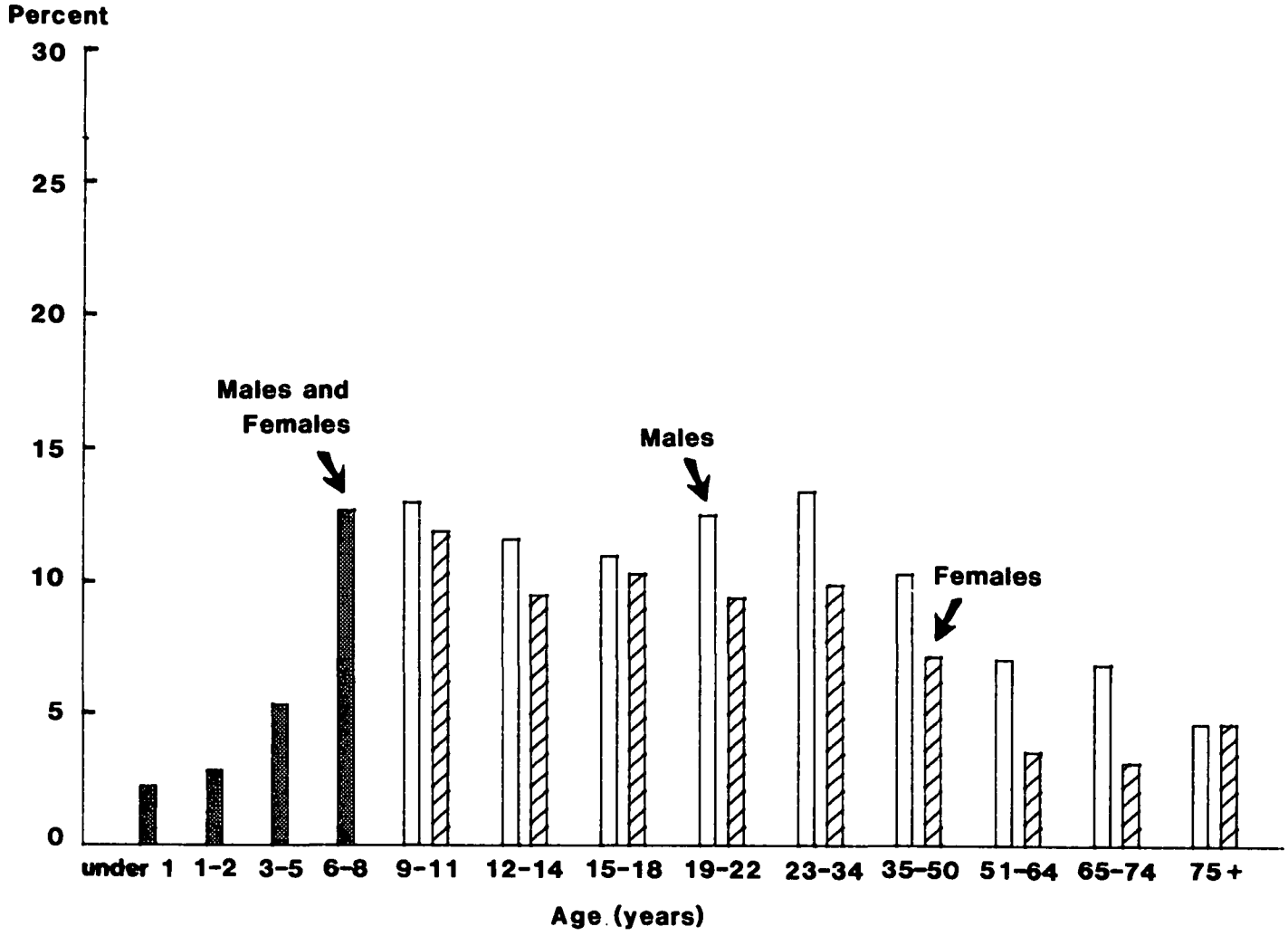
In each sex-age group, the variation among average percentages of nutrients from away-from-home food was small. Average contributions by food eaten away from home to energy and nutrient intakes were highest for 6- to 18-year-olds, men 19 to 50 years, and women 23 to 34 years, ranging from 9 to 15 percent.

Frequency of Eating

Of all individuals, 86 percent ate three, four, or five times on the day surveyed (table 5). Three percent of respondents ate fewer than three times in a day, and 11 percent ate more than five times. The percentage of respondents eating three times was highest at 40 percent, followed by those eating four times at 30 percent and five times at 17 percent. Among sex-age groups other than infants, only 1- to 2-year-olds did not conform to that pattern, with 27 percent eating six times, 25 percent eating five times, 14 percent eating four times, and 22 percent eating three times in a day. Of the 1- to 2-year-olds, 13 percent ate seven times or more in a day, and none ate fewer than three times.

Food Energy from Food Obtained and Eaten Away from Home

Percentage of day's intake per individual in Puerto Rico



Source: USDA Nationwide Food Consumption Survey 1977-78, Puerto Rico, summer and fall 1977 (preliminary).

Figure 15

Infant Intakes

Infants discussed in this section were under 1 year of age. Of the 113 infants surveyed, those who were breast fed were excluded.

Food Intake

Infants' intakes of meat, poultry, and fish averaged 97 g per day, and 52 percent of infants consumed an item from the meat group (tables 1.1A and 1.1B). Mixtures whose main ingredient was meat, poultry, or fish, such as baby food dinners, accounted for a large proportion of infants' meat consumption.

Milk and milk products were the most important component of infants' intakes. Average intakes of total milk and milk products (in their calcium equivalent of whole fluid cows' milk) averaged 751 g per day with 551 g from fluid milk (table 1.2A). Milk and milk products were reported for 92 percent of infants, and 72 percent consumed fluid milk (table 1.2B). Infants who did not drink milk may have consumed soy-based formula, as reflected in the consumption of legumes by 17 percent of infants, with an average intake of 52 g. Nineteen percent of infants consumed eggs, with an average intake of 9 g.

The average intake of grain products by infants was 78 g, contributed largely by cereals and pastas, which provided 56 g (table 1.3A). Grain products were consumed by 77 percent of infants (table 1.3B). Added fats or oils were reported for 5 percent of infants, but average intakes were negligible. Vegetable intakes averaged 62 g, and 39 percent of infants consumed vegetables (tables 1.4A and 1.4B). Fruit and fruit juices were consumed by 75 percent of infants; average intake was 217 g (tables 1.5A and 1.5B). Twenty percent of infants consumed sugar or sweets, with intakes averaging 5 g (tables 1.6A and 1.6B). Beverages other than milk, formula, or juice were reported for 12 percent of infants, and intakes averaged 28 g. About half of this beverage intake was fruit drinks and ades, with an average intake of 15 g.

Nutrient Contributions by Major Food Groups

Milk and milk products contributed the greatest proportion of infants' intakes of food energy and all nutrients studied except for iron, preformed niacin, and vitamin C (tables 2.1 to 2.15). Fifty-six to 77 percent of infants' food energy, protein, fat, calcium, magnesium, phosphorus, riboflavin, and vitamin B_{12} was provided by milk and milk products. These foods provided 42 to 48 percent of infants' carbohydrate, vitamin A value, thiamin, and vitamin B_6 and 24 to 29 percent of infants' iron, preformed niacin, and vitamin C.

Grain products provided the greatest percentages of infants' intake of iron, with 43 percent, and preformed niacin, with 37 percent, and provided 32 percent of their thiamin intake. Ten to 17 percent of infants' food energy, carbohydrate, calcium, magnesium, phosphorus, riboflavin, and vitamin B_6 was provided by grain products.

Noncitrus fruit provided the largest percentage of infants' vitamin C--35 percent--and a large proportion of their carbohydrate--22 percent. The meat group contributed 12 to 22 percent of protein, fat, iron, vitamin A value, preformed niacin, vitamin B_6, and vitamin B_{12} in infants' intakes. Legumes provided 4 to 6 percent of most nutrients.

Nutritive Value of Food Intake

Of all 22 sex-age groups, infants' intakes of calcium, vitamin A value, and riboflavin were the highest (table 3.1). Infants had the lowest average intakes of the energy-providing nutrients, magnesium, phosphorus, vitamin B_6, and vitamin B_{12}. Carbohydrate was the infants' major source of food energy (46 percent) (table 3.2). However, the general factors used to estimate the energy from protein, fat, and carbohydrate were derived for mixed diets; they are less accurate for diets based primarily on one food--milk.

Infants' intakes exceeded the RDA for food energy and all 12 nutrients studied (table 3.3). Average values for riboflavin were four times the RDA; for phosphorus, vitamin A value, and vitamin B_{12} were three times the RDA; and for protein, calcium, magnesium, thiamin, and vitamin C were at least twice the RDA. Nutrient densities of infants' intakes considerably exceeded the densities of their RDA for all nutrients. Infants had intakes with nutrient densities surpassing those of older groups for all four minerals and all vitamins except vitamin B_6.

Nutritive Value of Food Obtained and Eaten Away From Home

Food obtained and eaten away from home was reported for only 3 percent of infants (table 4). Away-from-home foods provided 2 to 3 percent of infants' nutrient intake.

Frequency of Eating

Thirty-four percent of infants ate six times on the day surveyed, 31 percent ate five times, and 15 percent ate seven times (table 5). Twelve percent of infants ate four times or less, while 9 percent ate more than seven times in a day.

Characteristics of Households and Individuals

Information presented in tables 6.1 to 6.5 was supplied by the household respondent. Those tables, unlike tables 1.1 to 5, include breast-fed infants and children. The counts and percentages reflect application of weighting factors.

Household Income

Over half of the individuals lived in households whose income before taxes for the previous year (1976) was lower than $6,000; household income was under $3,000 for 27 percent and between $3,000 and $5,999 for 28 percent of individuals overall (table 6.1). Of all individuals, 19 percent lived in households with incomes from $6,000 to $9,999 and 16 percent in households with incomes of $10,000 or more. For teenagers 12 to 18 years and adults over 50 years, the highest percentages of individuals were from households with income under $3,000. For all other sex-age groups, the highest percentages of individuals were from households with incomes between $3,000 and $5,999. Of all sex-age groups, women 75 and over

had the lowest proportion (8 percent) in households with incomes from $6,000 to $9,999. In the highest income category ($10,000 and over), percentages were highest for individuals 23 to 50 years (20 to 23 percent) and lowest for those over 64 years (3 to 10 percent).

Household Size

Of all individuals, 32 percent lived in households of more than five members (table 6.2). Percentages of individuals living in households of four and five members were the same at 19 percent, and those in two- and three-member households were 12 and 15 percent, respectively. Only 3 percent lived in one-person households. For all sex-age groups 50 years and under except men 23 to 34 years, percentages of individuals were highest in households of more than five members. For sex-age groups over 50 years and for men 23 to 34 years, percentages of respondents were highest in households of two and four members, respectively. Among one-member households, percentages were higher for individuals over 50 years than for other sex-age groups.

Characteristics of the Male Head of Household

For the majority of individuals (54 percent), the male head of household was 35 to 64 years old (table 6.3). For 17 and 12 percent of individuals, the male head was 20 to 34 and over 64 years, respectively. Eighteen percent of the individuals lived in households without a male head. Of women 51 years and over, 30 to 54 percent lived in households with no male head. The male head was employed full time for 40 percent of all individuals, employed part time for 7 percent, and not employed for 35 percent. Of men 65 and over, 83 to 91 percent lived in households whose male head was not employed. Of all individuals, 40 percent lived in a household with a male head having elementary school education or less. Levels of education completed by male heads of households were: some high school for 10 percent of individuals; high school for 17 percent; and some college for 15 percent of individuals.

Characteristics of the Female Head of Household

For the majority of individuals, 61 percent, the female head was 35 to 64 years old (table 6.4). For 26 and 9 percent of individuals, the female head was 20 to 34 and over 64 years, respectively. Only 2 percent of all individuals lived in households with no female head. Of men 51 years and over, 10 to 16 percent lived in households without a female head. Of all individuals, the female head of household was employed full time for 14 percent, part time for 5 percent, and not employed for 79 percent. The educational level of the female head of household was: elementary school or less for 51 percent of all individuals; some high school for 15 percent; high school completed for 18 percent; and some college for 14 percent.

Food Stamp Program Status

The percentages of Food Stamp Program (FSP) participants and nonparticipants surveyed were nearly the same--51 and 49 percent, respectively (table 6.5). Higher percentages of children, teenagers, and elderly men were FSP participants, while higher percentages of most adult groups were nonparticipants. About two-thirds, or 60 to 67 percent, of 6- to 18-year-olds were in households participating in the FSP.

TABLE 1.1A.--MEAT, POULTRY, FISH
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	BEEF	PORK	LAMB, VEAL, GAME	POULTRY		ORGAN MEATS, MIXTURES	FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS	FISH, SHELL-FISH	MIXTURES MAINLY MEAT, POULTRY, FISH
						TOTAL	CHICKEN				
	NUMBER	GRAMS									
MALES AND FEMALES:											
UNDER 1.....	3/109	97	12	2	1	9	8	4	0	1	67
1-2.....	3/233	102	19	8	1	13	12	1	4	3	53
3-5.....	377	127	19	15	(4)	24	24	3	10	5	50
6-8.....	431	154	24	19	2	23	23	3	13	8	62
MALES:											
9-11.....	237	202	32	21	0	27	25	6	12	12	91
12-14.....	296	209	39	23	(4)	33	30	3	13	10	89
15-18.....	341	219	37	34	1	32	32	2	16	8	90
19-22.....	273	228	38	29	0	32	32	10	16	16	87
23-34.....	481	241	37	37	3	37	34	8	21	14	85
35-50.....	570	254	37	32	1	36	35	11	14	21	102
51-64.....	444	234	32	27	1	31	29	6	12	21	104
65-74.....	188	240	33	21	1	28	28	1	10	20	124
75 AND OVER.....	123	196	19	16	0	27	25	5	10	17	102
FEMALES:											
9-11.....	224	157	29	19	0	22	21	1	16	11	58
12-14.....	296	187	30	21	(4)	32	29	4	16	11	72
15-18.....	358	168	28	23	(4)	27	26	7	12	11	60
19-22.....	292	195	35	25	1	37	36	6	13	9	68
23-34.....	706	204	33	28	1	30	30	6	14	12	81
35-50.....	872	206	35	23	1	30	29	6	12	14	84
51-64.....	599	197	32	20	(4)	32	31	4	8	18	82
65-74.....	235	201	25	16	1	28	28	2	8	14	107
75 AND OVER.....	141	187	21	10	2	22	21	4	3	10	115
ALL INDIVIDUALS...	3/7,828	198	31	24	1	30	28	5	12	13	82

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.1B.--MEAT, POULTRY, FISH
INDIVIDUALS USING1/ IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	BEEF	PORK	LAMB, VEAL, GAME	POULTRY TOTAL	POULTRY CHICKEN	ORGAN MEATS, MIXTURES	FRANKFURTERS, SAUSAGES, LUNCHEON MEATS	FISH, SHELLFISH	MIXTURES MAINLY MEAT, POULTRY, FISH
	NUMBER	PERCENT									
MALES AND FEMALES:											
UNDER 1.....	3/109	51.9	13.5	4.7	0.8	8.5	7.5	4.1	0.0	0.8	40.6
1-2.....	3/233	76.6	20.6	14.0	.9	18.7	17.8	1.5	12.2	8.1	32.6
3-5.....	377	86.0	21.5	19.7	.2	29.5	29.2	3.3	20.9	11.2	35.9
6-8.....	431	91.7	23.5	22.0	1.7	24.8	24.8	2.4	23.8	13.9	37.2
MALES:											
9-11.....	237	95.6	24.0	21.4	.0	27.0	25.5	4.0	16.7	14.0	45.3
12-14.....	296	95.7	25.4	21.0	.3	31.7	28.9	2.7	23.3	14.0	42.1
15-18.....	341	94.7	27.6	27.6	.3	28.6	28.0	1.5	25.0	11.1	39.3
19-22.....	273	95.4	23.6	23.3	.0	27.8	27.8	3.6	26.8	16.4	38.0
23-34.....	481	94.4	24.7	28.7	1.5	28.1	27.0	4.4	31.1	14.5	35.9
35-50.....	570	96.4	23.6	24.3	.7	27.5	26.5	4.0	21.7	20.5	41.9
51-64.....	444	92.8	21.2	21.1	.7	26.2	25.5	3.9	18.3	18.8	41.3
65-74.....	188	91.4	21.5	17.7	.6	24.4	24.4	1.6	14.5	20.7	39.1
75 AND OVER.....	123	88.3	15.1	15.4	.0	24.5	23.7	3.6	14.6	17.1	39.6
FEMALES:											
9-11.....	224	94.9	23.9	20.6	.0	26.2	24.6	1.6	27.2	17.6	40.5
12-14.....	296	92.9	21.0	20.3	.4	33.3	31.2	3.2	22.1	14.2	37.1
15-18.....	358	92.2	20.7	21.7	.3	30.2	29.5	4.1	22.7	16.6	37.1
19-22.....	292	92.9	27.3	22.4	.7	32.8	32.4	4.0	25.2	11.2	36.7
23-34.....	706	92.1	24.8	24.7	.8	27.1	26.5	3.8	25.2	15.2	35.9
35-50.....	872	94.3	25.4	20.6	1.1	28.8	28.2	3.8	20.3	16.7	37.6
51-64.....	599	92.2	24.9	18.8	.3	28.7	27.9	3.1	14.0	19.2	37.3
65-74.....	235	91.2	19.0	15.8	.8	26.4	26.4	2.5	12.0	17.1	40.8
75 AND OVER.....	141	88.1	18.5	11.7	.7	24.4	23.6	2.5	7.8	16.0	45.9
ALL INDIVIDUALS...	3/7,828	91.9	23.3	21.3	.7	27.6	26.8	3.3	20.9	15.5	38.4

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.2A.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	MILK, MILK PRODUCTS						EGGS	LEGUMES, NUTS, SEEDS
		TOTAL (CALCIUM EQUIVALENT3/)	MILK, MILK DRINKS			CREAM, MILK DESSERTS	CHEESE		
			TOTAL	FLUID MILK	YOGURT				
	NUMBER	GRAMS							
MALES AND FEMALES:									
UNDER 1.....	4/109	751	751	551	1	15	(5)	9	52
1-2.....	4/233	746	644	596	0	21	3	25	39
3-5.....	377	582	517	471	0	15	7	29	58
6-8.....	431	494	441	356	0	12	8	30	80
MALES:									
9-11.....	237	524	467	393	0	10	10	35	99
12-14.....	296	437	386	314	0	8	11	31	105
15-18.....	341	442	379	303	0	9	13	35	148
19-22.....	273	404	349	271	0	10	12	40	125
23-34.....	481	406	350	284	(5)	6	13	39	136
35-50.....	570	398	361	284	1	9	11	41	135
51-64.....	444	411	390	292	0	12	9	36	131
65-74.....	188	482	446	375	0	8	9	39	124
75 AND OVER.....	123	501	482	389	0	8	10	33	124
FEMALES:									
9-11.....	224	445	406	321	0	9	8	30	78
12-14.....	296	437	385	304	0	16	9	30	103
15-18.....	358	368	324	253	0	8	10	34	104
19-22.....	292	386	318	253	1	10	12	30	99
23-34.....	706	379	336	273	2	10	11	32	101
35-50.....	872	392	363	278	1	8	9	30	92
51-64.....	599	429	383	307	0	7	19	28	92
65-74.....	235	439	413	332	1	7	8	30	102
75 AND OVER.....	141	465	444	355	0	9	9	29	69
ALL INDIVIDUALS...	4/7,828	443	398	321	(5)	10	10	32	103

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.2B.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
INDIVIDUALS USING1/ IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	MILK, MILK PRODUCTS						EGGS	LEGUMES, NUTS, SEEDS
		TOTAL	MILK, MILK DRINKS			CREAM, MILK DESSERTS	CHEESE		
			TOTAL	FLUID MILK	YOGURT				
	NUMBER	PERCENT							
MALES AND FEMALES:									
UNDER 1.....	3/109	92.2	92.2	72.0	0.8	13.8	1.9	19.3	16.6
1-2.....	3/233	96.6	94.6	89.6	.0	11.6	7.6	51.8	42.7
3-5.....	377	94.5	92.0	86.3	.0	9.9	15.8	48.9	55.7
6-8.....	431	96.4	94.4	84.4	.0	11.1	21.1	45.9	59.3
MALES:									
9-11.....	237	95.2	94.4	83.3	.0	9.4	20.0	48.1	64.8
12-14.....	296	92.9	89.9	78.8	.0	7.0	26.2	40.8	63.2
15-18.....	341	94.7	92.5	80.3	.0	7.0	27.6	44.0	74.0
19-22.....	273	92.0	88.8	75.2	.0	9.4	25.7	46.9	63.6
23-34.....	481	91.6	87.4	77.7	.2	6.9	27.4	45.4	60.9
35-50.....	570	91.4	88.9	75.8	.4	7.7	20.1	47.1	62.7
51-64.....	444	94.9	93.0	79.2	.0	8.5	21.7	43.5	64.9
65-74.....	188	91.8	89.6	79.1	.0	4.2	20.7	47.3	60.8
75 AND OVER.....	123	96.7	96.7	82.5	.0	5.5	17.8	47.2	61.1
FEMALES:									
9-11.....	224	96.7	96.0	81.7	.0	9.7	21.6	45.6	62.3
12-14.....	296	93.2	90.3	77.8	.0	13.3	21.0	41.0	64.9
15-18.....	358	88.7	85.0	71.8	.0	8.2	24.5	43.9	61.6
19-22.....	292	86.7	82.5	68.9	.4	8.6	27.3	40.7	58.8
23-34.....	706	92.1	88.6	77.2	.6	8.4	23.0	42.9	58.7
35-50.....	872	95.4	92.2	78.6	.6	6.9	21.2	40.6	56.9
51-64.....	599	96.0	94.5	83.4	.0	6.6	22.2	41.3	56.9
65-74.....	235	96.2	95.5	81.1	.4	5.3	17.3	45.7	59.2
75 AND OVER.....	141	98.1	96.8	84.3	.0	8.3	17.4	45.7	47.5
ALL INDIVIDUALS...	3/7,828	93.7	91.1	79.3	.2	8.3	21.6	44.0	59.5

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.3A.--GRAIN PRODUCTS; FATS, OILS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	GRAIN PRODUCTS						FATS, OILS		
		TOTAL	BREAD, ROLLS, BISCUITS	OTHER BAKED GOODS	CEREALS, PASTAS		MIXTURES MAINLY GRAIN	TOTAL	TABLE FATS	SALAD DRESSING
					TOTAL	READY-TO-EAT CEREALS				
	NUMBER	GRAMS								
MALES AND FEMALES:										
UNDER 1.....	3/109	78	2	1	56	26	19	(4)	(4)	(4)
1-2.....	3/233	202	14	11	116	5	61	2	1	(4)
3-5.....	377	256	26	20	128	3	83	3	2	(4)
6-8.....	431	296	36	29	148	2	82	4	3	(4)
MALES:										
9-11.....	237	353	43	23	208	2	79	4	3	(4)
12-14.....	296	358	55	26	199	2	80	7	5	1
15-18.....	341	426	57	20	251	2	97	7	5	1
19-22.....	273	410	62	19	220	1	109	5	3	1
23-34.....	481	423	53	16	231	1	123	5	4	1
35-50.....	570	378	51	11	213	1	102	7	4	1
51-64.....	444	370	52	15	207	1	95	6	3	(4)
65-74.....	188	355	49	14	212	1	80	6	4	(4)
75 AND OVER.....	123	358	42	20	215	1	80	8	5	(4)
FEMALES:										
9-11.....	224	335	42	33	172	1	89	6	4	(4)
12-14.....	296	359	45	29	195	1	91	5	3	(4)
15-18.....	358	350	49	21	183	1	96	5	3	(4)
19-22.....	292	349	46	18	173	1	111	5	3	1
23-34.....	706	322	45	19	171	1	88	5	3	1
35-50.....	872	299	44	15	159	1	82	6	3	1
51-64.....	599	298	39	14	163	1	82	5	3	(4)
65-74.....	235	287	36	12	166	1	73	5	3	1
75 AND OVER.....	141	255	30	19	154	1	51	5	3	(4)
ALL INDIVIDUALS...	3/7,828	332	44	18	181	2	89	5	3	1

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.3B.--GRAIN PRODUCTS; FATS, OILS
INDIVIDUALS USING1/ IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	GRAIN PRODUCTS						FATS, OILS		
		TOTAL	BREAD, ROLLS, BISCUITS	OTHER BAKED GOODS	CEREALS, PASTAS		MIXTURES MAINLY GRAIN	TOTAL	TABLE FATS	SALAD DRESSING
					TOTAL	READY-TO-EAT CEREALS				
	NUMBER	PERCENT								
MALES AND FEMALES:										
UNDER 1.....	3/109	76.8	4.6	5.5	76.8	58.7	10.9	4.6	2.7	1.9
1-2.....	3/233	98.0	27.1	18.7	82.0	13.7	37.6	14.7	11.6	1.7
3-5.....	377	99.5	44.1	33.6	83.6	11.4	42.1	22.0	18.1	1.3
6-8.....	431	99.8	53.2	39.3	81.0	9.4	38.5	29.7	23.8	2.0
MALES:										
9-11.....	237	99.6	56.9	35.3	85.7	8.8	36.9	30.0	25.7	2.8
12-14.....	296	98.9	64.5	37.1	81.2	8.2	34.1	41.1	33.7	4.2
15-18.....	341	99.1	63.5	30.1	81.7	7.3	34.7	35.3	28.2	6.5
19-22.....	273	98.9	65.3	27.7	74.1	6.3	34.4	34.3	26.1	5.9
23-34.....	481	97.4	58.6	24.8	75.3	5.0	33.9	31.1	25.3	3.6
35-50.....	570	97.9	59.6	18.4	75.3	3.7	31.5	34.2	25.9	4.9
51-64.....	444	97.0	62.4	21.3	74.8	3.4	32.3	34.3	25.2	2.5
65-74.....	188	96.3	54.6	22.9	72.8	5.8	30.1	31.6	23.1	2.0
75 AND OVER.....	123	99.3	47.7	39.4	78.7	4.6	29.6	39.5	30.1	2.4
FEMALES:										
9-11.....	224	99.5	59.2	45.9	84.1	6.9	39.5	35.9	29.2	2.5
12-14.....	296	99.1	58.4	40.3	81.3	7.1	37.6	39.4	30.3	3.9
15-18.....	358	98.6	59.1	33.6	76.3	5.0	35.0	33.0	25.3	4.4
19-22.....	292	99.3	62.8	26.8	72.3	4.5	36.0	34.5	24.4	5.2
23-34.....	706	97.9	56.0	29.0	71.4	4.1	32.1	31.0	22.8	4.5
35-50.....	872	96.6	60.8	25.9	70.2	3.0	33.3	34.5	25.6	4.3
51-64.....	599	97.2	54.1	29.5	73.1	5.8	32.5	32.5	25.1	2.8
65-74.....	235	97.2	47.7	29.4	80.7	7.4	29.1	31.5	22.4	3.1
75 AND OVER.....	141	96.4	45.6	35.9	76.0	6.5	28.7	31.1	20.8	2.1
ALL INDIVIDUALS...	3/7,828	97.8	55.9	29.1	76.5	6.7	33.9	32.1	24.6	3.6

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.4A.--VEGETABLES1/
AVERAGE INTAKE2/ PER INDIVIDUAL IN A DAY.3/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	GRAMS					
MALES AND FEMALES:							
UNDER 1.....	4/109	62	7	(5)	0	25	29
1-2.....	4/233	66	9	3	0	6	48
3-5.....	377	76	14	8	0	2	52
6-8.....	431	89	22	9	(5)	1	57
MALES:							
9-11.....	237	114	18	11	1	3	83
12-14.....	296	127	20	14	0	4	88
15-18.....	341	131	23	15	1	3	90
19-22.....	273	150	29	15	0	2	104
23-34.....	481	169	28	23	(5)	2	116
35-50.....	570	184	22	22	1	4	135
51-64.....	444	192	19	22	(5)	5	146
65-74.....	188	194	24	16	0	8	146
75 AND OVER.....	123	149	13	17	(5)	5	114
FEMALES:							
9-11.....	224	105	19	13	0	2	70
12-14.....	296	138	24	15	0	3	97
15-18.....	358	132	17	11	(5)	3	101
19-22.....	292	153	26	17	0	2	109
23-34.....	706	151	20	19	0	3	109
35-50.....	872	173	21	20	(5)	5	126
51-64.....	599	169	14	19	(5)	7	128
65-74.....	235	161	13	11	1	5	131
75 AND OVER.....	141	143	20	13	0	11	99
ALL INDIVIDUALS.....	4/7,828	145	20	16	(5)	4	105

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.48.--VEGETABLES1/
INDIVIDUALS USING2/ IN A DAY,3/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1.....	4/109	39.2	6.2	2.8	0.0	20.0	22.1
1-2.....	4/233	55.9	15.9	9.0	.0	6.6	40.1
3-5.....	377	63.2	21.1	16.0	.0	3.6	44.5
6-8.....	431	66.7	25.5	17.2	.2	2.3	49.7
MALES:							
9-11.....	237	76.1	21.4	22.2	.4	3.6	61.0
12-14.....	296	71.9	21.5	22.9	.0	5.2	58.5
15-18.....	341	70.9	21.2	22.8	.3	4.0	62.6
19-22.....	273	72.3	23.0	23.3	.0	2.0	59.1
23-34.....	481	74.8	26.7	28.3	.2	2.2	61.6
35-50.....	570	76.1	20.2	26.1	1.0	4.8	66.9
51-64.....	444	75.0	19.8	27.3	.2	4.6	66.2
65-74.....	188	70.5	19.2	19.1	.0	6.9	61.3
75 AND OVER.....	123	69.9	18.0	19.0	.7	5.6	60.4
FEMALES:							
9-11.....	224	73.7	25.6	21.7	.0	4.1	57.1
12-14.....	296	74.7	22.0	24.0	.0	3.5	62.0
15-18.....	358	71.7	22.8	18.8	.3	3.7	62.0
19-22.....	292	74.0	27.3	27.9	.0	3.1	61.3
23-34.....	706	73.6	23.3	24.5	.0	3.0	63.3
35-50.....	872	78.1	22.7	25.5	.1	5.6	67.7
51-64.....	599	77.3	17.9	25.4	.2	6.6	69.4
65-74.....	235	71.3	16.5	16.2	.4	5.1	64.3
75 AND OVER.....	141	76.2	21.4	17.3	.0	10.7	63.5
ALL INDIVIDUALS.....	4/7,828	72.5	21.7	22.5	.2	4.6	60.8

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.5A.--FRUITS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	CITRUS FRUITS, JUICES: TOTAL	CITRUS FRUITS, JUICES: JUICES	DRIED FRUITS	OTHER FRUITS, MIXTURES, JUICES: TOTAL	OTHER FRUITS, MIXTURES, JUICES: APPLES	OTHER FRUITS, MIXTURES, JUICES: BANANAS	OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT	OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS
	NUMBER	GRAMS								
MALES AND FEMALES:										
UNDER 1.....	3/109	217	33	33	0	184	22	15	70	77
1-2.....	3/233	153	39	38	0	115	10	14	29	62
3-5.....	377	127	50	50	(4)	76	2	5	14	54
6-8.....	431	149	51	49	1	98	3	6	29	60
MALES:										
9-11.....	237	144	52	49	(4)	92	6	8	33	46
12-14.....	296	106	36	33	1	69	5	5	26	33
15-18.....	341	115	50	50	1	63	2	7	23	32
19-22.....	273	104	50	49	0	54	1	5	13	35
23-34.....	481	124	63	62	0	61	2	4	18	36
35-50.....	570	104	55	53	0	48	3	7	16	23
51-64.....	444	120	59	55	(4)	62	4	8	25	24
65-74.....	188	92	42	41	(4)	49	2	16	9	23
75 AND OVER.....	123	94	34	33	(4)	60	(4)	6	10	43
FEMALES:										
9-11.....	224	118	45	41	1	73	1	4	28	40
12-14.....	296	127	61	58	1	66	2	7	25	32
15-18.....	358	121	53	53	(4)	68	1	4	24	38
19-22.....	292	112	49	49	0	63	4	5	14	39
23-34.....	706	120	66	64	(4)	54	3	4	14	32
35-50.....	872	109	53	50	(4)	56	3	7	20	27
51-64.....	599	126	58	53	(4)	68	4	9	18	36
65-74.....	235	124	62	57	(4)	61	5	7	14	36
75 AND OVER.....	141	141	50	38	(4)	91	5	10	10	67
ALL INDIVIDUALS...	3/7,828	121	53	51	(4)	68	3	7	21	37

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.5B.--FRUITS
INDIVIDUALS USING1/ IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	CITRUS FRUITS, JUICES: TOTAL	CITRUS FRUITS, JUICES: JUICES	DRIED FRUITS	OTHER FRUITS, MIXTURES, JUICES: TOTAL	OTHER FRUITS, MIXTURES, JUICES: APPLES	OTHER FRUITS, MIXTURES, JUICES: BANANAS	OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT	OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS
	NUMBER	PERCENT								
MALES AND FEMALES:										
UNDER 1.....	3/109	74.9	18.6	18.6	0.0	69.6	18.3	12.4	42.7	36.9
1-2.....	3/233	55.0	19.4	17.8	.0	45.4	6.5	11.0	17.1	27.2
3-5.....	377	48.6	19.6	18.8	.9	35.1	1.9	4.1	14.7	20.3
6-8.....	431	58.1	18.2	17.3	1.4	46.1	2.6	4.6	25.9	24.1
MALES:										
9-11.....	237	55.6	18.6	18.2	.4	46.1	4.0	6.8	27.9	18.5
12-14.....	296	48.3	14.1	12.7	3.6	36.5	2.5	3.4	21.6	12.6
15-18.....	341	46.0	18.9	18.3	1.0	33.5	1.1	5.4	18.5	12.2
19-22.....	273	38.2	15.7	15.3	.0	27.0	.6	5.4	11.8	13.3
23-34.....	481	44.1	21.3	20.8	.0	27.7	1.9	3.0	13.1	13.5
35-50.....	570	41.0	18.9	17.9	.0	28.5	2.5	5.3	15.0	9.0
51-64.....	444	44.1	18.8	17.4	.4	32.3	2.8	8.6	16.9	10.2
65-74.....	188	37.8	16.1	14.6	.4	25.1	1.0	9.5	8.8	10.1
75 AND OVER.....	123	41.3	12.5	11.8	.8	34.3	.7	6.0	11.7	18.2
FEMALES:										
9-11.....	224	52.1	20.6	18.5	2.5	35.8	1.3	4.1	22.6	15.9
12-14.....	296	54.5	23.9	21.7	1.7	38.4	1.9	6.5	24.0	13.1
15-18.....	358	49.7	20.0	19.4	.3	35.7	1.1	3.1	19.7	15.2
19-22.....	292	43.8	17.1	16.8	.0	30.4	3.0	3.2	12.5	16.2
23-34.....	706	44.9	22.8	21.9	.4	27.6	2.2	3.3	14.4	12.4
35-50.....	872	42.4	19.8	18.9	.1	29.9	2.8	5.9	14.1	10.7
51-64.....	599	47.7	20.5	18.4	.5	34.0	3.4	8.2	15.9	15.2
65-74.....	235	44.4	22.9	19.9	.9	28.8	3.7	6.6	8.9	14.2
75 AND OVER.....	141	48.6	18.4	14.1	.7	35.3	4.5	8.2	10.1	24.2
ALL INDIVIDUALS...	3/7,828	46.9	19.5	18.3	.6	33.7	2.7	5.7	16.8	14.8

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.6A.--SUGAR, SWEETS; BEVERAGES
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOHOLIC BEVERAGES					ALCOHOLIC BEVERAGES	
		TOTAL	SUGAR	CANDY	TOTAL	TOTAL	COFFEE	TEA	SOFT DRINKS	FRUIT DRINKS, ADES	TOTAL	BEER, ALE
	NUMBER	GRAMS										
MALES AND FEMALES:												
UNDER 1.....	3/109	5	3	0	28	28	2	4	7	15	(4)	0
1-2.....	3/233	12	6	(4)	74	74	10	0	36	28	0	0
3-5.....	377	16	6	3	166	166	29	0	80	57	0	0
6-8.....	431	23	8	6	216	216	37	1	113	64	0	0
MALES:												
9-11.....	237	26	8	4	259	259	64	0	116	77	0	0
12-14.....	296	19	8	1	303	303	62	0	152	89	0	0
15-18.....	341	16	10	1	372	370	87	1	184	98	2	2
19-22.....	273	14	10	1	405	395	88	1	218	89	10	10
23-34.....	481	17	13	1	423	395	124	4	209	58	28	24
35-50.....	570	21	15	(4)	370	323	156	2	115	49	47	45
51-64.....	444	18	14	(4)	292	272	148	6	83	35	19	18
65-74.....	188	16	12	(4)	262	261	164	8	47	43	1	0
75 AND OVER.....	123	20	14	2	237	237	145	4	47	41	0	0
FEMALES:												
9-11.....	224	20	7	2	213	213	49	0	97	67	0	0
12-14.....	296	25	9	2	323	323	79	1	156	87	0	0
15-18.....	358	17	8	1	318	318	69	1	181	67	1	0
19-22.....	292	16	8	1	349	333	83	0	176	74	16	14
23-34.....	706	17	12	1	339	333	111	2	163	55	6	3
35-50.....	872	18	13	1	321	314	146	5	112	51	6	6
51-64.....	599	17	12	1	279	276	142	7	82	45	3	1
65-74.....	235	17	10	1	232	231	128	1	68	34	(4)	0
75 AND OVER.....	141	24	15	(4)	211	211	122	4	67	18	(4)	0
ALL INDIVIDUALS...	3/7,828	18	11	1	296	287	102	3	124	58	9	8

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 1.6B.--SUGAR, SWEETS, BEVERAGES--
INDIVIDUALS USING1/ IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOHOLIC BEVERAGES					ALCOHOLIC BEVERAGES	
		TOTAL	SUGAR	CANDY	TOTAL	TOTAL	COFFEE	TEA	SOFT DRINKS	FRUIT DRINKS, ADES	TOTAL	BEER, ALE
	NUMBER	PERCENT										
MALES AND FEMALES:												
UNDER 1.....	3/109	19.6	19.6	0.0	12.3	11.5	2.8	1.8	3.6	7.1	0.9	0.0
1-2.....	3/233	35.7	32.0	.4	36.2	36.2	9.2	.0	18.1	12.9	.0	.0
3-5.....	377	43.5	35.6	3.2	57.7	57.7	23.2	.0	26.9	21.8	.0	.0
6-8.....	431	50.0	40.0	7.9	69.1	69.1	30.9	.2	34.2	24.9	.0	.0
MALES:												
9-11.....	237	63.1	54.2	5.3	71.4	71.4	44.1	.0	32.5	27.6	.0	.0
12-14.....	296	59.1	52.6	2.9	80.2	80.2	47.9	.0	35.0	29.6	.0	.0
15-18.....	341	62.3	58.4	2.6	82.0	82.0	51.9	.3	37.9	29.4	.3	.3
19-22.....	273	61.2	57.4	1.7	82.0	81.7	52.0	.4	42.2	25.0	2.2	1.9
23-34.....	481	66.8	63.8	1.4	87.7	87.1	65.4	1.4	43.7	17.8	5.3	3.7
35-50.....	570	73.4	69.4	1.1	85.7	84.4	70.4	.5	27.7	18.0	7.2	6.4
51-64.....	444	71.2	67.8	1.5	84.0	83.7	71.5	2.3	24.4	11.5	2.9	1.3
65-74.....	188	66.2	64.3	1.1	81.3	81.3	73.2	2.6	14.7	11.5	1.0	.0
75 AND OVER.....	123	73.6	72.8	2.4	77.6	77.6	73.4	1.8	14.2	17.7	.0	.0
FEMALES:												
9-11.....	224	58.8	49.3	5.0	70.8	70.8	39.6	.0	28.5	24.1	.0	.0
12-14.....	296	60.0	52.2	5.0	80.4	80.4	47.1	.4	38.0	26.2	.0	.0
15-18.....	358	59.5	52.8	2.9	79.2	79.2	45.7	.3	44.0	20.7	.5	.0
19-22.....	292	61.5	55.5	4.9	81.5	80.8	50.6	.0	41.2	23.2	1.7	1.0
23-34.....	706	68.5	66.1	1.8	85.1	84.7	64.7	.8	39.9	18.6	2.2	1.1
35-50.....	872	71.5	68.1	1.5	85.8	85.8	70.5	1.7	30.3	18.2	1.8	1.3
51-64.....	599	70.9	67.9	1.6	84.4	84.4	71.1	2.6	23.6	15.0	.8	.3
65-74.....	235	68.6	66.2	.7	81.5	81.5	72.3	.8	19.5	11.9	.3	.0
75 AND OVER.....	141	72.7	69.2	1.4	75.3	75.3	67.3	1.5	22.4	9.4	.8	.0
ALL INDIVIDUALS...	3/7,828	63.3	58.7	2.5	78.3	78.0	55.9	1.0	31.4	19.5	1.7	1.1

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

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

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	56.1	9.3	1.4	4.8	11.5	1.4	10.2
1-2.....	3/233	100.0	36.9	14.5	3.4	3.0	25.3	1.5	5.5
3-5.....	377	100.0	24.9	19.2	3.3	4.0	30.4	1.9	3.3
6-8.....	431	100.0	18.3	19.9	2.8	5.1	33.7	1.4	3.7
MALES:									
9-11.....	237	100.0	16.3	21.5	3.0	5.4	34.6	1.4	3.0
12-14.....	296	100.0	13.7	22.7	2.7	5.6	35.8	1.2	2.3
15-18.....	341	100.0	12.5	22.7	2.6	7.0	36.5	1.2	2.1
19-22.....	273	100.0	12.2	22.8	3.1	6.0	35.9	1.2	1.6
23-34.....	481	100.0	11.5	24.7	2.9	6.1	34.3	1.6	1.9
35-50.....	570	100.0	11.4	25.3	3.1	6.4	32.8	1.5	1.8
51-64.....	444	100.0	12.7	23.6	2.8	6.3	33.4	1.7	2.3
65-74.....	188	100.0	15.2	22.1	3.5	6.6	33.4	1.2	2.3
75 AND OVER.....	123	100.0	17.2	18.3	2.8	6.5	35.5	1.0	2.4
FEMALES:									
9-11.....	224	100.0	16.0	20.1	2.9	4.7	36.9	1.6	2.7
12-14.....	296	100.0	14.4	20.6	2.5	5.7	36.1	1.7	2.2
15-18.....	358	100.0	12.7	20.9	2.8	5.4	36.3	1.5	2.5
19-22.....	292	100.0	12.4	23.7	2.5	5.3	33.6	1.5	2.1
23-34.....	706	100.0	13.0	24.1	2.7	5.5	32.7	1.9	2.1
35-50.....	872	100.0	13.8	23.9	2.6	5.3	31.3	1.9	2.2
51-64.....	599	100.0	14.7	23.1	2.5	5.6	31.4	1.9	2.8
65-74.....	235	100.0	16.4	21.1	2.9	6.3	31.9	1.8	2.3
75 AND OVER.....	141	100.0	20.4	19.2	3.1	4.4	29.8	1.8	3.7
ALL INDIVIDUALS...	3/7,828	100.0	15.7	22.2	2.8	5.6	32.9	1.6	2.6

Continued--

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

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.9	0.6	1.5	0.2	1.2	0.8	0.1
1-2.....	.2	3.9	1.0	.7	2.1	2.1	.0
3-5.....	(4)	4.6	.9	1.2	2.5	3.6	.0
6-8.....	(4)	5.1	.8	1.7	3.3	4.0	.0
MALES:							
9-11.....	(4)	5.2	1.3	1.4	3.0	3.8	.0
12-14.....	.1	5.4	1.1	2.3	2.5	4.7	.0
15-18.....	.1	5.5	.8	1.9	2.3	4.8	(4)
19-22.....	(4)	6.6	1.0	1.6	2.4	5.3	.2
23-34.....	.1	6.6	1.4	1.4	2.5	4.4	.6
35-50.....	.1	7.1	1.5	2.0	3.2	2.8	.9
51-64.....	.1	7.8	1.6	2.0	2.9	2.3	.5
65-74.....	.2	7.6	1.5	2.2	2.6	1.5	.1
75 AND OVER.....	.1	6.4	1.6	2.5	3.6	2.0	.0
FEMALES:							
9-11.....	(4)	5.6	.9	2.0	2.9	3.6	.0
12-14.....	(4)	6.1	1.2	1.8	2.8	4.8	.0
15-18.....	.1	7.1	1.4	1.9	2.4	5.0	(4)
19-22.....	.1	7.8	1.1	1.9	2.4	5.1	.4
23-34.....	.1	7.3	1.4	1.9	2.9	4.3	.2
35-50.....	.1	8.6	1.5	2.1	3.1	3.4	.2
51-64.....	.2	8.3	1.7	1.8	3.1	2.8	.1
65-74.....	.1	8.5	1.7	2.1	2.8	2.2	(4)
75 AND OVER.....	.5	7.6	.9	2.4	4.0	2.2	.1
ALL INDIVIDUALS...	.1	6.8	1.3	1.8	2.8	3.6	.2

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.2.--PROTEIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	61.9	17.1	2.5	5.2	8.6	0.5	1.6
1-2.....	3/233	100.0	44.9	25.6	5.7	3.6	16.4	.6	.9
3-5.....	377	100.0	31.8	34.1	5.7	5.4	18.4	.9	.6
6-8.....	431	100.0	24.8	37.3	5.2	7.0	20.8	.7	.8
MALES:									
9-11.....	237	100.0	21.7	40.2	5.2	7.3	20.9	.7	.6
12-14.....	296	100.0	18.9	43.5	4.6	7.3	21.0	.6	.4
15-18.....	341	100.0	17.3	42.3	4.6	9.9	21.4	.6	.5
19-22.....	273	100.0	16.2	43.2	5.1	8.2	21.9	.6	.4
23-34.....	481	100.0	15.1	45.5	5.2	8.2	20.5	.8	.4
35-50.....	570	100.0	15.0	47.2	5.4	8.3	18.7	.7	.4
51-64.....	444	100.0	16.6	43.5	5.0	8.4	20.2	.9	.6
65-74.....	188	100.0	19.9	40.9	6.1	8.7	19.3	.6	.5
75 AND OVER.....	123	100.0	23.0	37.0	5.5	8.3	21.5	.5	.4
FEMALES:									
9-11.....	224	100.0	21.7	38.2	5.3	6.7	23.1	.9	.6
12-14.....	296	100.0	19.9	39.6	4.6	7.8	22.4	.9	.5
15-18.....	358	100.0	17.9	40.6	5.1	8.0	22.9	.7	.6
19-22.....	292	100.0	16.7	45.3	4.5	7.2	20.2	.8	.5
23-34.....	736	100.0	17.2	45.0	4.7	7.6	19.5	1.0	.5
35-50.....	872	100.0	18.3	45.0	4.6	6.9	18.6	1.1	.5
51-64.....	599	100.0	19.6	43.6	4.5	7.3	18.7	.9	.6
65-74.....	235	100.0	21.2	40.9	4.9	8.3	19.0	.8	.5
75 AND OVER.....	141	100.0	27.2	36.6	5.5	5.8	18.6	1.0	.7
ALL INDIVIDUALS...	3/7,828	100.0	20.6	41.6	5.0	7.5	19.8	.8	.6

Continued--

TABLE 2.2.--PROTEIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.7	3.4	1.4	(4)	0.1	(4)	(4)
1-2.....	.1	1.1	.8	(4)	.2	0.1	0.0
3-5.....	(4)	1.9	.6	(4)	.3	.1	.0
6-8.....	(4)	2.0	.7	(4)	.5	.2	.0
MALES:							
9-11.....	.1	1.9	1.0	(4)	.3	.1	.0
12-14.....	.1	2.5	.8	(4)	.2	.2	.0
15-18.....	.1	2.5	.6	0.1	.1	.1	(4)
19-22.....	(4)	3.0	.7	(4)	.1	.1	(4)
23-34.....	(4)	2.7	1.2	(4)	(4)	.1	.1
35-50.....	.1	2.8	1.0	(4)	.1	.1	.1
51-64.....	.1	3.3	1.0	(4)	.1	.1	.2
65-74.....	.1	2.8	1.1	(4)	.1	(4)	(4)
75 AND OVER.....	.1	2.6	.9	.1	.1	.1	.0
FEMALES:							
9-11.....	(4)	2.3	.7	(4)	.2	.2	.0
12-14.....	(4)	3.0	1.0	(4)	.2	.2	.0
15-18.....	.1	3.0	.9	(4)	.1	.2	(4)
19-22.....	(4)	3.5	.9	(4)	.2	.2	.1
23-34.....	(4)	3.2	1.0	(4)	.1	.1	(4)
35-50.....	.1	3.5	1.0	(4)	.2	.1	(4)
51-64.....	.1	3.4	1.0	(4)	.1	.1	(4)
65-74.....	.1	3.1	.9	(4)	.1	.1	(4)
75 AND OVER.....	.2	3.1	.8	(4)	.2	.2	.0
ALL INDIVIDUALS...	.1	2.8	.9	(4)	.1	.1	(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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.3.--FAT
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	71.0	11.9	2.4	6.4	5.7	0.2	0.6
1-2.....	3/233	100.0	47.0	21.6	5.8	2.6	17.2	.2	.7
3-5.....	377	100.0	31.2	29.8	5.8	3.5	20.3	.4	1.3
6-8.....	431	100.0	23.2	32.1	5.2	4.9	24.1	.3	.8
MALES:									
9-11.....	237	100.0	21.1	34.2	5.4	4.9	24.3	.4	.6
12-14.....	296	100.0	18.5	35.6	4.8	4.7	24.2	.5	.7
15-18.....	341	100.0	16.6	35.7	4.8	6.4	24.2	.4	1.4
19-22.....	273	100.0	16.5	35.9	5.3	5.6	24.4	.2	1.2
23-34.....	481	100.0	15.4	38.6	5.3	5.5	22.8	.5	1.5
35-50.....	570	100.0	15.2	38.9	5.5	5.8	21.7	.3	1.3
51-64.....	444	100.0	17.3	36.2	5.0	5.7	22.5	.5	1.7
65-74.....	188	100.0	20.6	33.3	6.3	6.0	22.0	.2	1.6
75 AND OVER.....	123	100.0	24.1	27.9	5.3	6.0	24.7	.2	1.3
FEMALES:									
9-11.....	224	100.0	20.2	32.1	5.4	4.1	25.9	.8	1.1
12-14.....	296	100.0	19.1	32.7	4.7	5.2	26.2	.7	.8
15-18.....	358	100.0	17.6	33.7	5.2	4.9	24.9	.3	1.4
19-22.....	292	100.0	16.5	36.8	4.6	4.9	22.9	.4	1.4
23-34.....	706	100.0	17.4	37.0	4.7	5.1	22.0	.4	1.5
35-50.....	872	100.0	18.2	36.7	4.6	4.7	20.8	.7	1.6
51-64.....	599	100.0	20.0	35.3	4.5	5.1	21.2	.5	1.6
65-74.....	235	100.0	22.6	31.5	5.2	6.0	21.8	.3	.9
75 AND OVER.....	141	100.0	28.5	29.2	5.7	4.0	19.6	.5	1.1
ALL INDIVIDUALS...	3/7,828	100.0	20.8	34.4	5.0	5.1	22.3	.4	1.3

Continued--

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.3.--FAT

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

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.1	0.4	0.8	0.5	0.0	0.0	(4)
1-2.....	(4)	2.7	.4	1.8	(4)	(4)	0.0
3-5.....	(4)	4.0	.3	2.7	.5	(4)	.0
6-8.....	(4)	4.1	.4	4.0	1.0	.0	.0
MALES:							
9-11.....	(4)	4.3	.7	3.5	.7	(4)	.0
12-14.....	(4)	4.4	.4	5.8	.4	(4)	.0
15-18.....	(4)	5.1	.5	4.6	.3	(4)	.0
19-22.....	(4)	5.9	.4	4.1	.1	(4)	.0
23-34.....	(4)	6.0	.8	3.5	.1	(4)	.0
35-50.....	(4)	5.0	.9	5.2	.1	(4)	.0
51-64.....	(4)	5.2	.8	4.9	.1	(4)	.0
65-74.....	(4)	3.6	.7	5.6	.1	(4)	.0
75 AND OVER.....	(4)	3.3	.5	6.4	.1	(4)	.0
FEMALES:							
9-11.....	(4)	4.9	.4	4.7	.4	.0	.0
12-14.....	(4)	5.2	.6	4.7	.3	(4)	.0
15-18.....	(4)	6.3	.6	4.8	.2	(4)	.0
19-22.....	(4)	7.1	.5	4.6	.4	(4)	.0
23-34.....	(4)	6.5	.6	4.5	.1	(4)	.0
35-50.....	(4)	6.6	.8	4.9	.3	(4)	.0
51-64.....	.1	5.9	.9	4.6	.1	(4)	.0
65-74.....	.1	5.8	.8	5.1	(4)	(4)	.0
75 AND OVER.....	.4	4.7	.3	5.9	.2	.0	.0
ALL INDIVIDUALS...	(4)	5.3	.6	4.5	.3	(4)	(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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.4.--CARBOHYDRATE
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	41.8	3.8	0.1	4.0	16.7	2.6	21.7
1-2.....	3/233	100.0	27.8	2.4	.2	3.3	35.6	3.0	11.1
3-5.....	377	100.0	18.9	2.4	.3	4.4	44.2	3.8	5.9
6-8.....	431	100.0	13.8	2.3	.3	5.3	46.1	2.8	6.7
MALES:									
9-11.....	237	100.0	11.7	3.0	.2	5.7	47.7	2.5	5.8
12-14.....	296	100.0	9.4	2.9	.2	6.2	50.7	2.1	4.3
15-18.....	341	100.0	8.7	2.7	.2	7.3	51.5	2.3	3.5
19-22.....	273	100.0	8.5	3.0	.3	6.1	50.2	2.5	2.6
23-34.....	481	100.0	7.8	2.8	.3	6.5	49.3	3.2	3.1
35-50.....	570	100.0	8.1	3.5	.3	7.0	48.2	3.1	2.9
51-64.....	444	100.0	8.9	3.5	.3	6.8	47.7	3.5	3.7
65-74.....	188	100.0	10.7	4.0	.3	7.1	48.2	2.4	3.4
75 AND OVER.....	123	100.0	11.4	2.4	.2	6.9	49.2	1.9	3.8
FEMALES:									
9-11.....	224	100.0	11.8	2.0	.3	5.1	50.7	2.7	4.6
12-14.....	296	100.0	10.5	2.3	.2	5.9	48.7	3.0	3.9
15-18.....	358	100.0	8.4	2.5	.2	5.6	49.6	2.8	4.2
19-22.....	292	100.0	8.5	2.7	.2	5.6	47.7	3.2	3.6
23-34.....	706	100.0	9.0	3.2	.2	5.8	46.9	3.8	3.1
35-50.....	872	100.0	10.0	3.1	.2	5.8	44.9	3.5	3.5
51-64.....	599	100.0	10.1	3.1	.2	6.0	44.7	3.6	4.7
65-74.....	235	100.0	11.3	3.5	.2	6.5	44.6	3.5	4.1
75 AND OVER.....	141	100.0	14.3	3.8	.2	4.8	41.3	3.2	7.0
ALL INDIVIDUALS...	3/7,828	100.0	11.2	3.0	.2	5.9	46.6	3.1	4.5

Continued--

TABLE 2.4.--CARBOHYDRATE
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	1.8	1.0	2.2	(4)	2.5	1.8	(4)
1-2.....	.3	6.1	1.5	(4)	4.2	4.5	0.0
3-5.....	.1	6.3	1.5	(4)	4.8	7.5	.0
6-8.....	.1	7.3	1.3	(4)	5.9	8.3	.0
MALES:							
9-11.....	.1	7.2	2.2	(4)	5.9	8.0	.0
12-14.....	.2	7.3	2.0	(4)	5.1	9.6	.0
15-18.....	.1	7.3	1.3	(4)	4.7	10.2	(4)
19-22.....	.1	8.8	1.7	(4)	4.8	11.2	.2
23-34.....	.1	9.2	2.2	(4)	5.4	9.6	.5
35-50.....	.2	10.5	2.6	0.1	7.0	5.9	.8
51-64.....	.2	11.5	2.6	(4)	6.1	4.7	.4
65-74.....	.3	12.4	2.5	(4)	5.6	3.1	(4)
75 AND OVER.....	.3	9.9	2.7	(4)	7.2	4.1	.0
FEMALES:							
9-11.....	.1	7.8	1.5	(4)	5.8	7.6	.0
12-14.....	.1	8.1	1.9	(4)	5.6	9.8	.0
15-18.....	.1	9.2	2.2	(4)	5.0	10.3	(4)
19-22.....	.1	10.4	1.8	(4)	5.0	10.7	.5
23-34.....	.1	9.8	2.3	(4)	6.3	9.2	.1
35-50.....	.2	12.3	2.5	(4)	6.7	7.1	.1
51-64.....	.4	11.9	2.8	(4)	6.5	5.9	(4)
65-74.....	.3	12.8	2.7	(4)	5.9	4.6	(4)
75 AND OVER.....	.7	11.6	1.5	(4)	7.6	4.0	.0
ALL INDIVIDUALS...	.2	9.5	2.1	(4)	5.8	7.6	.2

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.5.--CALCIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	77.2	3.1	0.7	5.0	10.4	0.4	1.7
1-2.....	3/233	100.0	78.5	2.6	2.1	1.5	11.6	.6	1.1
3-5.....	377	100.0	71.0	4.2	2.9	3.1	13.5	1.0	1.2
6-8.....	431	100.0	67.0	4.1	2.8	3.7	15.9	.8	1.5
MALES:									
9-11.....	237	100.0	62.5	5.2	3.1	4.1	18.2	1.0	1.3
12-14.....	296	100.0	59.3	7.2	3.3	5.1	17.7	1.0	1.0
15-18.....	341	100.0	59.2	7.0	3.0	6.2	17.3	1.0	1.1
19-22.....	273	100.0	54.8	8.4	3.7	6.1	18.8	1.1	.8
23-34.....	481	100.0	54.1	8.0	3.7	6.4	19.0	1.4	1.0
35-50.....	570	100.0	53.8	9.7	4.1	6.6	16.9	1.4	.8
51-64.....	444	100.0	56.6	8.0	3.4	6.0	17.6	1.5	1.0
65-74.....	188	100.0	59.4	7.6	3.6	6.7	15.9	.9	.8
75 AND OVER.....	123	100.0	64.3	5.9	2.8	5.3	15.8	.7	.7
FEMALES:									
9-11.....	224	100.0	63.8	5.2	3.1	3.8	17.5	1.1	1.1
12-14.....	296	100.0	60.0	5.9	2.8	4.6	19.1	1.5	1.0
15-18.....	358	100.0	54.9	6.9	3.4	5.6	20.5	1.2	1.3
19-22.....	292	100.0	53.9	8.3	3.2	5.5	19.5	1.4	1.2
23-34.....	706	100.0	57.3	7.6	3.5	5.6	17.2	1.7	1.1
35-50.....	872	100.0	60.0	7.5	3.1	4.7	15.8	1.6	.9
51-64.....	599	100.0	60.8	7.7	2.6	5.0	15.4	1.6	1.1
65-74.....	235	100.0	61.6	7.6	2.7	5.3	15.7	1.3	.8
75 AND OVER.....	141	100.0	67.6	6.2	2.7	3.6	12.9	1.4	1.1
ALL INDIVIDUALS...	3/7,828	100.0	60.2	7.0	3.1	5.1	16.8	1.3	1.1

Continued--

TABLE 2.5.--CALCIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.7	0.1	0.6	(4)	0.0	0.1	(4)
1-2.....	.1	.7	.4	(4)	(4)	.6	0.0
3-5.....	.1	1.1	.5	0.1	.3	1.0	.0
6-8.....	.1	1.4	.6	.1	.7	1.2	.0
MALES:							
9-11.....	.2	1.4	1.1	.1	.4	1.2	.0
12-14.....	.2	1.9	.9	.2	.3	2.0	.0
15-18.....	.2	1.7	1.1	.2	.2	1.8	(4)
19-22.....	.1	2.3	1.1	.2	.1	2.4	.1
23-34.....	.1	2.2	1.5	.1	.1	2.1	.3
35-50.....	.3	2.6	1.7	.2	.1	1.6	.4
51-64.....	.2	2.5	1.5	.1	.1	1.2	.3
65-74.....	.3	2.3	1.4	.2	.1	1.0	(4)
75 AND OVER.....	.2	1.8	1.0	.2	.1	1.1	.0
FEMALES:							
9-11.....	.1	1.7	.7	.2	.4	1.5	.0
12-14.....	.1	2.0	1.0	.1	.3	1.7	.0
15-18.....	.1	2.2	1.2	.2	.3	2.1	(4)
19-22.....	.1	2.6	1.3	.2	.2	2.3	.3
23-34.....	.1	2.4	1.3	.1	.1	1.8	(4)
35-50.....	.3	2.6	1.5	.2	.2	1.6	.1
51-64.....	.3	2.5	1.5	.1	.1	1.3	(4)
65-74.....	.3	2.3	1.2	.1	.1	1.2	(4)
75 AND OVER.....	.4	1.9	.8	.1	.1	1.1	.0
ALL INDIVIDUALS...	.2	2.1	1.2	.1	.2	1.5	.1

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.6.--IRON
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	26.6	12.8	2.6	4.7	42.5	1.2	5.9
1-2.....	3/233	100.0	13.0	21.3	7.7	7.7	37.3	1.3	4.7
3-5.....	377	100.0	8.5	26.0	6.6	9.9	35.9	1.7	2.8
6-8.....	431	100.0	5.9	26.9	5.3	11.5	36.9	1.1	3.4
MALES:									
9-11.....	237	100.0	4.7	29.0	5.3	12.0	35.2	1.2	2.7
12-14.....	296	100.0	3.7	29.4	4.5	12.5	36.6	1.1	2.1
15-18.....	341	100.0	3.3	28.5	4.5	15.4	36.4	1.0	1.7
19-22.....	273	100.0	3.3	29.0	5.1	12.9	36.0	1.1	1.2
23-34.....	481	100.0	3.1	31.7	5.0	12.5	33.9	1.6	1.3
35-50.....	570	100.0	2.9	31.4	5.3	13.4	31.8	1.6	1.4
51-64.....	444	100.0	3.1	29.3	4.7	13.7	32.5	1.9	1.8
65-74.....	188	100.0	3.7	26.8	6.2	13.9	32.7	1.6	1.7
75 AND OVER.....	123	100.0	4.6	24.6	5.2	13.7	36.1	1.3	1.8
FEMALES:									
9-11.....	224	100.0	4.9	26.7	5.2	11.7	38.7	1.5	2.3
12-14.....	296	100.0	4.3	26.5	4.5	13.0	37.4	1.3	1.9
15-18.....	358	100.0	3.4	26.9	4.7	12.4	37.6	1.2	1.9
19-22.....	292	100.0	3.3	30.3	4.5	11.8	34.2	1.5	1.5
23-34.....	706	100.0	3.5	31.1	4.6	11.9	33.3	1.8	1.6
35-50.....	872	100.0	3.7	30.6	4.6	11.4	31.5	2.1	1.7
51-64.....	599	100.0	3.9	28.9	4.5	11.9	31.8	2.1	2.3
65-74.....	235	100.0	4.2	27.4	5.3	13.6	31.7	1.6	2.1
75 AND OVER.....	141	100.0	6.7	26.0	6.2	9.8	32.0	2.0	3.2
ALL INDIVIDUALS...	3/7,828	100.0	4.6	28.5	5.0	12.1	34.4	1.6	2.1

Continued--

TABLE 2.6.--IRON
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	1.4	0.4	1.7	0.0	(4)	0.1	(4)
1-2.....	.4	4.1	1.8	(4)	0.2	.5	0.0
3-5.....	.1	5.2	1.4	(4)	.6	1.3	.0
6-8.....	.1	5.2	1.3	(4)	1.1	1.3	.0
MALES:							
9-11.....	.2	5.4	2.1	(4)	.8	1.5	.0
12-14.....	.2	5.6	2.0	(4)	.5	1.7	.0
15-18.....	.2	5.4	1.4	.1	.3	1.9	.0
19-22.....	.1	6.8	1.6	(4)	.2	2.7	.0
23-34.....	.1	6.1	2.1	(4)	.2	2.3	(4)
35-50.....	.2	7.4	2.3	.1	.2	2.1	(4)
51-64.....	.2	8.2	2.4	(4)	.2	1.9	(4)
65-74.....	.3	9.1	2.3	(4)	.1	1.6	(4)
75 AND OVER.....	.3	7.8	2.4	(4)	.3	1.8	.0
FEMALES:							
9-11.....	.1	5.9	1.5	(4)	.5	1.1	.0
12-14.....	.1	6.7	2.1	(4)	.4	1.8	.0
15-18.....	.1	7.4	1.9	(4)	.3	1.9	(4)
19-22.....	.1	7.9	1.9	(4)	.7	2.3	.1
23-34.....	.1	7.2	2.1	.1	.2	2.5	.1
35-50.....	.2	9.1	2.4	(4)	.3	2.4	(4)
51-64.....	.3	9.1	2.6	(4)	.2	2.3	(4)
65-74.....	.4	9.0	2.5	(4)	.2	2.0	(4)
75 AND OVER.....	.4	8.8	2.2	(4)	.3	2.5	.0
ALL INDIVIDUALS...	.2	7.1	2.1	(4)	.4	2.0	(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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.7.--MAGNESIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	57.4	7.1	0.7	5.2	14.8	1.9	7.2
1-2.....	3/233	100.0	47.9	10.7	1.8	5.8	18.4	2.3	5.1
3-5.....	377	100.0	36.3	13.9	2.0	8.7	20.5	3.4	4.3
6-8.....	431	100.0	29.5	14.9	1.9	10.9	22.8	2.8	4.8
MALES:									
9-11.....	237	100.0	25.7	16.9	1.8	11.2	23.3	2.5	4.1
12-14.....	296	100.0	22.3	19.5	1.7	12.2	24.5	2.3	3.0
15-18.....	341	100.0	20.3	17.9	1.7	15.0	24.8	2.6	3.0
19-22.....	273	100.0	18.9	19.3	1.9	12.9	24.5	2.7	2.7
23-34.....	481	100.0	17.5	19.4	2.0	12.8	23.5	3.5	3.1
35-50.....	570	100.0	17.4	20.5	2.0	13.1	21.1	3.1	2.8
51-64.....	444	100.0	18.7	19.2	1.7	12.2	21.3	3.4	3.4
65-74.....	188	100.0	21.6	17.7	2.0	12.9	20.7	2.3	3.0
75 AND OVER.....	123	100.0	25.4	15.3	1.6	12.4	21.8	2.1	2.8
FEMALES:									
9-11.....	224	100.0	25.9	15.7	1.9	10.7	25.5	3.0	3.6
12-14.....	296	100.0	23.0	16.6	1.6	11.9	24.9	3.2	3.5
15-18.....	358	100.0	20.3	17.1	1.8	11.6	25.1	3.2	3.8
19-22.....	292	100.0	19.1	19.9	1.6	11.2	23.0	3.4	3.3
23-34.....	706	100.0	19.6	19.3	1.7	11.7	21.6	4.1	3.3
35-50.....	872	100.0	20.8	18.6	1.6	10.7	20.2	3.5	3.1
51-64.....	599	100.0	21.2	18.4	1.4	11.2	19.6	3.6	3.7
65-74.....	235	100.0	23.1	17.3	1.5	11.8	19.9	3.2	3.1
75 AND OVER.....	141	100.0	28.4	16.5	1.7	8.6	18.1	3.1	4.2
ALL INDIVIDUALS...	3/7,828	100.0	23.2	17.7	1.7	11.4	21.9	3.2	3.5

Continued--

TABLE 2.7.--MAGNESIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	1.8	0.9	2.2	0.0	0.1	0.6	(4)
1-2.....	.3	4.9	1.4	(4)	.2	1.1	0.0
3-5.....	.1	5.7	1.6	(4)	.7	2.9	.0
6-8.....	.1	6.9	1.6	(4)	1.0	2.8	.0
MALES:							
9-11.....	.2	7.0	2.6	(4)	1.0	3.5	.0
12-14.....	.2	7.2	2.4	(4)	.6	4.1	.0
15-18.....	.2	7.5	2.0	(4)	.3	4.6	(4)
19-22.....	.1	8.7	2.2	(4)	.2	5.5	.4
23-34.....	.1	8.4	2.9	(4)	.2	5.9	.8
35-50.....	.3	9.0	2.9	(4)	.2	6.3	1.3
51-64.....	.3	10.0	2.9	(4)	.2	6.1	.5
65-74.....	.4	10.4	2.7	(4)	.1	6.1	(4)
75 AND OVER.....	.3	9.0	2.6	(4)	.2	6.5	.0
FEMALES:							
9-11.....	.1	7.9	1.8	(4)	.5	3.2	.0
12-14.....	.1	8.2	2.4	(4)	.3	4.4	.0
15-18.....	.1	9.6	2.7	(4)	.3	4.4	(4)
19-22.....	.1	10.0	2.3	(4)	.5	5.1	.5
23-34.....	.1	9.2	2.8	(4)	.2	6.1	.2
35-50.....	.3	10.8	3.0	(4)	.3	6.8	.2
51-64.....	.4	10.6	3.0	(4)	.2	6.6	(4)
65-74.....	.4	10.9	2.8	(4)	.2	5.8	(4)
75 AND OVER.....	.6	9.6	1.8	(4)	.4	6.9	.0
ALL INDIVIDUALS...	.2	8.7	2.5	(4)	.3	5.2	.3

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.8.--PHOSPHORUS
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	69.1	8.5	2.1	4.3	10.6	0.5	2.3
1-2.....	3/233	100.0	59.4	12.9	4.7	3.3	13.9	.7	1.2
3-5.....	377	100.0	47.3	18.9	5.1	5.5	15.6	1.1	1.0
6-8.....	431	100.0	40.2	20.8	4.7	7.2	18.0	.9	1.2
MALES:									
9-11.....	237	100.0	35.9	23.4	5.0	7.8	18.8	.9	.9
12-14.....	296	100.0	32.5	26.6	4.7	8.4	18.5	.8	.7
15-18.....	341	100.0	30.6	25.9	4.6	10.9	18.8	.9	.8
19-22.....	273	100.0	28.3	27.0	5.2	9.4	19.5	1.0	.6
23-34.....	481	100.0	27.1	28.9	5.2	9.3	18.5	1.2	.7
35-50.....	570	100.0	26.6	30.0	5.6	9.7	16.9	1.2	.7
51-64.....	444	100.0	29.0	27.4	4.9	9.7	18.1	1.3	.9
65-74.....	188	100.0	33.0	24.6	5.9	9.9	17.4	.9	.7
75 AND OVER.....	123	100.0	37.4	21.1	5.0	9.1	18.6	.7	.7
FEMALES:									
9-11.....	224	100.0	36.3	22.0	5.0	7.3	20.2	1.1	.9
12-14.....	296	100.0	33.5	23.3	4.4	8.5	19.9	1.2	.7
15-18.....	358	100.0	30.2	24.5	5.0	9.0	20.2	1.1	.8
19-22.....	292	100.0	29.2	27.7	4.5	8.1	18.4	1.2	.7
23-34.....	706	100.0	29.9	28.1	4.8	8.5	17.3	1.5	.8
35-50.....	872	100.0	31.7	27.5	4.7	7.8	16.5	1.5	.8
51-64.....	599	100.0	33.1	26.6	4.3	8.2	16.5	1.4	1.0
65-74.....	235	100.0	34.6	24.2	4.7	9.0	17.1	1.2	.8
75 AND OVER.....	141	100.0	41.2	20.9	5.1	6.3	15.8	1.2	1.1
ALL INDIVIDUALS...	3/7,828	100.0	33.8	25.2	4.8	8.3	17.6	1.2	.9

Continued--

TABLE 2.8.--PHOSPHORUS
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.7	0.3	1.2	(4)	0.1	0.2	(4)
1-2.....	.1	1.9	.8	(4)	.2	.9	0.0
3-5.....	(4)	2.4	.9	(4)	.4	1.6	.0
6-8.....	(4)	3.1	1.0	0.1	.6	2.2	.0
MALES:							
9-11.....	.1	3.1	1.5	.1	.5	2.0	.0
12-14.....	.1	3.5	1.2	.1	.3	2.6	.0
15-18.....	.1	3.4	1.0	.1	.2	2.6	(4)
19-22.....	(4)	4.2	1.3	.1	.1	3.1	.2
23-34.....	.1	4.0	1.7	.1	.1	2.7	.5
35-50.....	.1	4.5	1.6	.1	.1	1.9	.8
51-64.....	.1	4.9	1.6	.1	.1	1.6	.4
65-74.....	.2	4.6	1.5	.1	.1	1.2	(4)
75 AND OVER.....	.1	3.9	1.5	.1	.1	1.5	.0
FEMALES:							
9-11.....	(4)	3.4	1.1	.1	.3	2.2	.0
12-14.....	(4)	4.0	1.4	.1	.2	2.7	.0
15-18.....	.1	4.3	1.5	.1	.2	3.0	(4)
19-22.....	.1	4.9	1.4	.1	.2	3.0	.4
23-34.....	.1	4.5	1.6	.1	.1	2.6	.1
35-50.....	.1	5.1	1.6	.1	.2	2.2	.2
51-64.....	.2	5.0	1.7	.1	.1	1.8	(4)
65-74.....	.2	4.8	1.5	.1	.2	1.6	(4)
75 AND OVER.....	.3	4.4	1.1	.1	.2	2.2	.0
ALL INDIVIDUALS...	.1	4.1	1.4	.1	.2	2.2	.2

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

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

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	42.5	16.8	1.7	5.0	3.0	1.7	6.4
1-2.....	3/233	100.0	41.9	10.8	6.9	3.9	9.1	3.5	5.4
3-5.....	377	100.0	36.4	10.4	8.1	5.1	11.6	6.6	3.9
6-8.....	431	100.0	31.1	10.3	7.3	6.4	12.5	6.1	6.3
MALES:									
9-11.....	237	100.0	27.1	13.1	7.8	6.6	10.8	5.6	5.0
12-14.....	296	100.0	24.6	14.7	7.6	6.7	9.2	5.8	5.2
15-18.....	341	100.0	23.6	12.9	7.7	9.3	9.7	6.9	4.1
19-22.....	273	100.0	23.4	15.1	8.3	9.0	10.2	6.9	2.3
23-34.....	481	100.0	20.5	14.8	8.3	8.6	10.0	9.3	3.4
35-50.....	570	100.0	20.1	16.3	8.5	9.3	8.1	8.0	2.9
51-64.....	444	100.0	21.4	18.0	6.6	7.7	9.2	7.6	4.2
65-74.....	188	100.0	24.7	14.4	8.2	11.2	7.4	5.7	3.3
75 AND OVER.....	123	100.0	24.5	15.8	6.9	7.7	10.2	4.4	3.0
FEMALES:									
9-11.....	224	100.0	27.9	10.3	7.7	6.0	11.1	7.0	4.9
12-14.....	296	100.0	25.0	12.2	6.8	7.3	11.6	7.9	4.7
15-18.....	358	100.0	22.8	13.7	7.4	8.0	10.5	6.9	4.6
19-22.....	292	100.0	22.2	15.3	6.8	7.2	10.3	8.4	3.2
23-34.....	706	100.0	23.3	14.5	7.3	8.4	9.3	9.2	3.1
35-50.....	872	100.0	22.8	14.9	6.4	6.8	8.0	8.2	3.4
51-64.....	599	100.0	23.0	13.9	5.6	7.5	8.7	8.3	4.8
65-74.....	235	100.0	24.3	14.9	6.5	8.8	8.8	5.8	4.2
75 AND OVER.....	141	100.0	26.6	16.3	7.1	4.1	10.2	6.4	4.1
ALL INDIVIDUALS...	3/7,828	100.0	25.0	14.1	7.2	7.5	9.5	7.3	4.0

Continued--

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

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	13.8	0.4	8.1	(4)	0.0	0.6	(4)
1-2.....	4.7	4.9	6.2	1.1	(4)	1.5	0.0
3-5.....	2.0	6.3	4.3	2.5	.1	2.7	.0
6-8.....	1.3	6.8	5.3	3.2	.3	3.2	.0
MALES:							
9-11.....	2.3	7.4	7.9	3.2	.1	3.1	.0
12-14.....	3.0	7.0	6.6	5.0	(4)	4.7	.0
15-18.....	2.3	9.2	6.8	4.0	.1	3.4	.0
19-22.....	1.0	10.6	5.6	3.9	(4)	3.6	.0
23-34.....	1.6	10.0	7.6	3.4	(4)	2.3	.0
35-50.....	3.1	10.0	8.4	3.8	(4)	1.6	.0
51-64.....	3.1	10.1	7.7	3.2	(4)	1.2	.0
65-74.....	4.0	9.8	6.5	3.9	(4)	.8	.0
75 AND OVER.....	4.1	9.8	6.3	5.1	(4)	1.9	.0
FEMALES:							
9-11.....	2.5	8.9	5.4	4.4	.1	3.8	.0
12-14.....	1.7	9.1	6.9	3.5	.1	3.3	.0
15-18.....	2.2	10.7	5.6	4.4	(4)	3.1	.0
19-22.....	1.6	11.2	6.2	3.9	(4)	3.7	.0
23-34.....	1.9	11.2	6.8	3.4	(4)	1.7	.0
35-50.....	3.6	12.2	8.0	3.5	.1	2.1	.0
51-64.....	4.2	12.1	7.3	3.1	(4)	1.5	(4)
65-74.....	3.6	12.9	5.6	3.2	(4)	1.4	.0
75 AND OVER.....	6.4	9.1	5.3	3.0	(4)	1.5	.0
ALL INDIVIDUALS...	2.9	9.7	6.8	3.5	.1	2.4	(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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

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

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	46.7	6.5	1.0	3.7	31.6	3.4	4.1
1-2.....	3/233	100.0	33.4	12.3	2.5	3.8	35.8	3.5	3.3
3-5.....	377	100.0	21.7	17.5	2.1	5.1	39.5	4.3	2.8
6-8.....	431	100.0	16.2	18.7	1.8	6.5	43.6	3.5	2.9
MALES:									
9-11.....	237	100.0	14.7	18.8	1.9	6.7	44.8	3.3	2.7
12-14.....	296	100.0	11.7	20.1	1.7	6.7	47.4	2.9	1.8
15-18.....	341	100.0	10.2	22.0	1.7	8.7	45.5	3.0	1.5
19-22.....	273	100.0	9.6	21.5	2.2	7.4	45.6	3.1	1.5
23-34.....	481	100.0	9.4	24.4	1.9	7.2	43.2	3.9	1.6
35-50.....	570	100.0	9.6	23.6	2.1	8.0	42.7	3.6	1.6
51-64.....	444	100.0	10.3	21.6	1.9	7.5	42.7	4.0	1.8
65-74.....	188	100.0	13.3	19.1	2.4	8.5	42.9	2.8	1.8
75 AND OVER.....	123	100.0	15.7	15.2	1.9	8.2	45.8	2.5	1.6
FEMALES:									
9-11.....	224	100.0	14.1	18.1	2.0	6.0	47.2	3.7	2.0
12-14.....	296	100.0	12.3	18.6	1.6	7.0	45.1	4.1	2.1
15-18.....	358	100.0	10.3	19.9	1.9	6.7	47.5	3.7	2.1
19-22.....	292	100.0	10.1	22.0	1.6	6.6	44.0	4.0	1.7
23-34.....	706	100.0	10.7	23.1	1.8	7.0	42.4	4.5	1.8
35-50.....	872	100.0	12.1	21.7	1.9	6.6	41.0	4.5	1.8
51-64.....	599	100.0	13.0	19.4	1.7	7.0	41.8	4.5	2.3
65-74.....	235	100.0	14.7	18.7	2.0	7.6	40.6	4.4	1.9
75 AND OVER.....	141	100.0	19.1	16.0	2.2	5.4	39.3	4.7	2.9
ALL INDIVIDUALS...	3/7,828	100.0	13.5	20.3	1.9	6.9	42.8	3.9	2.1

Continued--

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

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.7	0.8	1.2	0.0	0.0	0.4	(4)
1-2.....	.2	3.1	1.3	(4)	.1	.9	0.0
3-5.....	.1	4.3	1.4	(4)	.1	1.2	.0
6-8.....	(4)	4.0	1.3	(4)	.3	1.0	.0
MALES:							
9-11.....	.1	3.7	2.1	(4)	.1	1.1	.0
12-14.....	.1	4.6	1.8	(4)	.1	1.1	.0
15-18.....	.1	4.5	1.4	(4)	.1	1.4	.0
19-22.....	(4)	5.7	1.6	(4)	(4)	1.2	.0
23-34.....	.1	5.0	2.3	(4)	(4)	1.0	(4)
35-50.....	.2	5.7	2.4	(4)	(4)	.6	(4)
51-64.....	.2	6.7	2.5	(4)	(4)	.5	(4)
65-74.....	.2	6.5	2.2	(4)	(4)	.4	(4)
75 AND OVER.....	.2	5.5	2.3	(4)	(4)	1.0	.0
FEMALES:							
9-11.....	.1	4.1	1.5	(4)	.1	1.1	.0
12-14.....	.1	5.7	2.0	(4)	.1	1.4	.0
15-18.....	.1	4.7	2.0	(4)	.1	1.0	(4)
19-22.....	.1	6.5	1.8	(4)	.2	1.4	.0
23-34.....	.1	5.4	2.2	(4)	(4)	1.0	(4)
35-50.....	.2	6.8	2.6	(4)	.1	1.0	.0
51-64.....	.3	6.5	2.5	(4)	(4)	1.0	(4)
65-74.....	.2	6.9	2.4	(4)	(4)	.5	(4)
75 AND OVER.....	.5	7.3	1.9	.0	(4)	.7	.0
ALL INDIVIDUALS...	.1	5.4	2.0	(4)	.1	1.0	(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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.11.--RIBOFLAVIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	65.7	7.7	1.6	3.5	16.3	0.4	2.8
1-2.....	3/233	100.0	63.9	10.1	5.1	1.1	14.5	.5	1.9
3-5.....	377	100.0	53.3	15.6	5.8	1.8	16.8	.8	1.9
6-8.....	431	100.0	47.4	16.8	5.7	2.3	20.1	.8	2.1
MALES:									
9-11.....	237	100.0	43.7	19.6	6.2	2.6	20.1	.8	1.6
12-14.....	296	100.0	39.2	23.4	5.9	2.6	21.1	.8	1.4
15-18.....	341	100.0	38.4	23.6	5.9	4.2	20.1	.8	1.4
19-22.....	273	100.0	34.6	24.2	7.0	3.5	21.7	1.0	1.5
23-34.....	481	100.0	33.0	27.0	6.9	3.5	19.5	1.3	1.9
35-50.....	570	100.0	34.3	26.5	7.5	3.8	17.3	1.2	1.8
51-64.....	444	100.0	36.2	23.8	6.5	3.3	19.3	1.3	2.2
65-74.....	188	100.0	41.2	20.7	7.3	4.0	18.5	.9	1.7
75 AND OVER.....	123	100.0	44.7	17.6	6.4	2.9	20.5	.8	1.4
FEMALES:									
9-11.....	224	100.0	43.2	18.1	6.2	2.3	22.2	1.0	1.7
12-14.....	296	100.0	41.1	20.0	5.7	2.8	21.6	1.1	1.5
15-18.....	358	100.0	35.8	22.4	6.5	3.2	22.1	1.0	1.9
19-22.....	292	100.0	35.1	25.5	5.8	3.1	19.9	1.2	1.8
23-34.....	706	100.0	36.2	25.1	6.2	3.6	19.0	1.4	1.9
35-50.....	872	100.0	39.2	24.0	6.0	2.8	17.3	1.4	1.8
51-64.....	599	100.0	40.7	22.3	5.5	3.1	17.5	1.4	2.2
65-74.....	235	100.0	42.5	20.2	5.8	3.8	18.5	1.1	1.6
75 AND OVER.....	141	100.0	48.3	16.7	6.5	1.9	16.9	1.1	2.2
ALL INDIVIDUALS...	3/7,828	100.0	40.6	22.0	6.1	3.1	19.0	1.1	1.9

Continued--

TABLE 2.11.--RIBOFLAVIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.7	0.2	0.7	0.0	(4)	0.2	(4)
1-2.....	.2	1.3	.8	(4)	0.1	.4	0.0
3-5.....	.1	1.7	1.0	(4)	.3	.7	.0
6-8.....	.1	2.1	1.1	(4)	.7	.9	.0
MALES:							
9-11.....	.2	2.2	1.7	.1	.4	.7	.0
12-14.....	.1	2.6	1.5	.1	.3	.9	.0
15-18.....	.2	2.8	1.4	.1	.2	.8	(4)
19-22.....	.1	3.3	1.6	(4)	.5	.7	.2
23-34.....	.1	3.1	2.3	.1	.2	.8	.4
35-50.....	.2	3.7	2.2	.1	.2	.4	.8
51-64.....	.2	4.0	2.1	(4)	.2	.4	.4
65-74.....	.2	3.3	1.8	.1	.1	.2	(4)
75 AND OVER.....	.3	3.0	1.8	.1	.2	.5	.0
FEMALES:							
9-11.....	.1	2.4	1.3	.1	.4	1.1	.0
12-14.....	.1	2.9	1.7	(4)	.3	1.0	.0
15-18.....	.1	3.5	2.1	.1	.3	1.1	(4)
19-22.....	.1	3.9	1.8	.1	.3	1.1	.3
23-34.....	.1	3.6	2.0	.1	.2	.6	.1
35-50.....	.2	4.1	2.1	.1	.3	.7	.1
51-64.....	.3	4.0	2.2	.1	.2	.6	(4)
65-74.....	.2	3.6	2.0	.1	.1	.5	(4)
75 AND OVER.....	.5	3.4	1.3	(4)	.2	1.0	.0
ALL INDIVIDUALS...	.2	3.2	1.8	.1	.3	.7	.2

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.12.--PREFORMED NIACIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	24.4	21.5	0.1	3.6	37.2	1.8	5.7
1-2.....	3/233	100.0	12.1	32.7	.2	3.2	37.8	1.9	4.0
3-5.....	377	100.0	7.1	38.8	.3	3.7	36.4	2.4	2.4
6-8.....	431	100.0	4.9	38.5	.3	4.6	38.0	1.7	3.0
MALES:									
9-11.....	237	100.0	3.9	42.6	.3	4.8	35.9	1.4	2.1
12-14.....	296	100.0	3.1	43.5	.3	4.2	36.8	1.3	1.7
15-18.....	341	100.0	2.9	42.5	.3	5.8	37.0	1.5	1.6
19-22.....	273	100.0	2.9	41.5	.4	5.0	36.9	1.5	1.3
23-34.....	481	100.0	2.6	43.9	.3	4.9	34.1	1.9	1.4
35-50.....	570	100.0	2.6	44.7	.3	4.9	32.2	1.7	1.5
51-64.....	444	100.0	3.1	42.5	.3	4.8	33.3	2.0	1.9
65-74.....	188	100.0	3.7	41.4	.3	4.9	34.5	1.6	1.6
75 AND OVER.....	123	100.0	4.4	37.0	.2	5.1	37.1	1.4	1.7
FEMALES:									
9-11.....	224	100.0	3.9	39.9	.3	3.9	38.7	1.9	2.3
12-14.....	296	100.0	3.4	40.0	.3	4.7	37.4	1.7	1.8
15-18.....	358	100.0	2.9	39.4	.3	4.6	38.2	1.7	1.8
19-22.....	292	100.0	2.8	43.4	.2	4.3	34.2	1.8	1.4
23-34.....	706	100.0	2.9	44.3	.3	4.4	33.2	2.2	1.6
35-50.....	872	100.0	3.4	44.3	.3	4.1	30.9	2.3	1.8
51-64.....	599	100.0	3.5	42.5	.2	4.4	32.2	2.1	2.2
65-74.....	235	100.0	4.4	41.0	.2	5.0	32.8	1.9	2.0
75 AND OVER.....	141	100.0	5.9	38.6	.2	3.5	31.7	2.0	2.5
ALL INDIVIDUALS...	3/7,828	100.0	4.1	41.6	.3	4.5	34.6	1.9	2.0

Continued--

TABLE 2.12.--PREFORMED NIACIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	2.2	1.1	2.1	0.0	(4)	0.4	(4)
1-2.....	.7	3.4	1.9	(4)	(4)	2.0	0.0
3-5.....	.1	4.2	1.7	(4)	0.1	2.7	.0
6-8.....	(4)	4.5	1.4	(4)	.3	3.0	.0
MALES:							
9-11.....	.1	3.9	2.1	(4)	.1	2.8	.0
12-14.....	.2	3.9	1.9	(4)	.1	2.9	.0
15-18.....	.1	4.2	1.2	(4)	.1	2.8	(4)
19-22.....	.1	5.0	1.5	(4)	(4)	3.6	.3
23-34.....	.1	4.6	2.1	(4)	(4)	3.4	.6
35-50.....	.2	4.8	2.0	(4)	.1	3.8	1.1
51-64.....	.2	5.5	2.1	(4)	(4)	3.8	.4
65-74.....	.3	5.7	2.0	(4)	(4)	4.0	(4)
75 AND OVER.....	.3	5.0	2.5	(4)	(4)	5.1	.0
FEMALES:							
9-11.....	.1	4.2	1.4	(4)	.1	3.2	.0
12-14.....	.1	4.9	2.1	(4)	.1	3.4	.0
15-18.....	.2	5.2	2.1	(4)	.1	3.5	(4)
19-22.....	.1	6.1	1.7	(4)	.3	3.4	.3
23-34.....	.1	5.0	2.1	(4)	(4)	3.7	.1
35-50.....	.2	5.8	2.2	(4)	.1	4.3	.2
51-64.....	.3	5.7	2.2	(4)	(4)	4.4	(4)
65-74.....	.3	5.6	2.2	(4)	(4)	4.5	(4)
75 AND OVER.....	.5	6.1	1.7	(4)	.1	7.1	.0
ALL INDIVIDUALS...	.2	4.9	1.9	(4)	.1	3.6	.2

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.13.--VITAMIN B6
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	47.7	14.5	1.5	4.6	12.2	2.0	10.3
1-2.....	3/233	100.0	33.4	22.5	3.3	4.6	15.4	2.0	8.5
3-5.....	377	100.0	22.6	29.7	3.3	6.6	16.9	2.3	6.2
6-8.....	431	100.0	17.0	31.5	3.0	8.3	18.4	2.1	6.2
MALES:									
9-11.....	237	100.0	14.5	34.0	2.9	8.3	17.9	1.8	5.4
12-14.....	296	100.0	12.1	38.1	2.7	9.2	17.9	1.9	3.7
15-18.....	341	100.0	10.8	36.9	2.6	11.3	17.9	1.9	4.2
19-22.....	273	100.0	10.3	36.2	3.1	9.5	17.8	1.8	4.0
23-34.....	481	100.0	9.3	37.9	3.0	9.1	17.0	2.5	4.2
35-50.....	570	100.0	9.1	38.2	3.1	9.3	15.3	2.3	4.1
51-64.....	444	100.0	10.0	35.4	2.6	9.3	16.1	2.6	4.8
65-74.....	188	100.0	12.6	32.0	3.3	9.7	15.9	1.8	5.2
75 AND OVER.....	123	100.0	14.5	28.3	3.0	10.0	19.2	1.5	4.5
FEMALES:									
9-11.....	224	100.0	14.5	33.0	3.0	8.2	18.9	2.5	5.2
12-14.....	296	100.0	12.5	34.1	2.6	9.3	18.2	2.3	4.9
15-18.....	358	100.0	10.7	33.4	2.8	8.9	18.4	2.0	4.9
19-22.....	292	100.0	10.1	36.7	2.5	8.6	16.7	2.4	4.3
23-34.....	706	100.0	10.5	37.0	2.6	8.8	15.9	2.8	4.3
35-50.....	872	100.0	11.1	36.0	2.5	7.8	14.5	2.7	4.5
51-64.....	599	100.0	11.6	33.8	2.3	8.1	15.1	2.7	5.5
65-74.....	235	100.0	13.2	31.9	2.7	8.9	15.8	2.2	5.1
75 AND OVER.....	141	100.0	17.2	29.4	3.1	6.8	15.7	2.8	6.8
ALL INDIVIDUALS...	3/7,828	100.0	13.3	34.3	2.8	8.5	16.5	2.3	5.0

Continued--

TABLE 2.13.--VITAMIN B6
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	2.7	1.7	2.7	0.0	0.0	0.1	(4)
1-2.....	.5	7.6	1.9	(4)	(4)	.3	0.0
3-5.....	.1	9.3	2.5	(4)	.1	.5	.0
6-8.....	.1	10.6	2.1	(4)	.5	.2	.0
MALES:							
9-11.....	.1	11.0	3.4	(4)	.2	.4	.0
12-14.....	.2	10.6	3.0	(4)	.1	.4	.0
15-18.....	.1	11.7	2.1	(4)	.1	.4	(4)
19-22.....	.1	13.3	2.6	(4)	.1	.4	.4
23-34.....	.1	12.5	3.3	(4)	.1	.3	.7
35-50.....	.2	13.6	3.4	(4)	(4)	.2	1.2
51-64.....	.2	14.9	3.3	(4)	.1	.2	.5
65-74.....	.3	15.9	3.2	(4)	(4)	.1	(4)
75 AND OVER.....	.3	14.9	3.4	(4)	(4)	.3	.0
FEMALES:							
9-11.....	.1	11.7	2.5	(4)	.2	.2	.0
12-14.....	.1	12.3	3.3	(4)	.1	.3	.0
15-18.....	.1	14.8	3.7	(4)	.1	.2	(4)
19-22.....	.1	14.7	2.9	(4)	.1	.5	.5
23-34.....	.1	14.0	3.5	(4)	(4)	.5	.2
35-50.....	.2	16.5	3.6	(4)	.1	.3	.2
51-64.....	.4	16.4	3.7	(4)	.1	.3	.1
65-74.....	.3	16.0	3.6	(4)	(4)	.2	(4)
75 AND OVER.....	.6	15.2	2.0	.0	.1	.3	.0
ALL INDIVIDUALS...	.2	13.3	3.1	(4)	.1	.3	.2

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

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

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/109	100.0	69.0	17.5	4.5	5.9	2.0	(4)	0.0
1-2.....	3/233	100.0	63.6	18.9	10.9	.7	5.3	(4)	(4)
3-5.....	377	100.0	55.9	25.6	12.4	.6	4.7	(4)	.0
6-8.....	431	100.0	50.3	30.3	11.5	1.0	5.7	(4)	.0
MALES:									
9-11.....	237	100.0	46.1	34.6	12.5	1.1	4.8	(4)	.0
12-14.....	296	100.0	41.8	39.7	11.7	.8	4.7	(4)	.0
15-18.....	341	100.0	42.1	38.8	12.6	1.4	3.4	(4)	.0
19-22.....	273	100.0	37.8	40.9	13.8	1.5	4.2	(4)	.0
23-34.....	481	100.0	35.8	42.9	13.7	1.4	4.8	(4)	.0
35-50.....	570	100.0	36.1	43.4	14.5	1.3	3.6	(4)	.0
51-64.....	444	100.0	40.7	39.4	13.0	1.0	4.4	(4)	.0
65-74.....	188	100.0	44.0	35.5	14.0	1.5	4.1	(4)	.0
75 AND OVER.....	123	100.0	48.5	31.2	13.0	1.1	5.2	(4)	.0
FEMALES:									
9-11.....	224	100.0	46.6	33.8	12.5	.9	4.8	0.1	.0
12-14.....	296	100.0	44.7	35.7	11.7	1.2	4.8	.1	.0
15-18.....	358	100.0	40.3	37.8	13.5	1.1	5.9	(4)	.0
19-22.....	292	100.0	37.8	42.9	11.5	1.3	4.8	(4)	.0
23-34.....	706	100.0	39.3	40.7	12.5	1.4	4.5	(4)	.0
35-50.....	872	100.0	41.3	40.5	11.6	1.0	3.8	(4)	.0
51-64.....	599	100.0	45.3	37.2	11.2	1.0	3.5	(4)	.0
65-74.....	235	100.0	48.4	32.6	11.9	1.5	4.0	(4)	.0
75 AND OVER.....	141	100.0	53.0	27.8	13.1	.8	4.2	(4)	.0
ALL INDIVIDUALS...	3/7,828	100.0	43.7	36.9	12.4	1.2	4.4	(4)	(4)

Continued--

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

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.0	0.2	0.8	(4)	0.0	0.0	0.0
1-2.....	.0	.2	.4	(4)	.0	.0	.0
3-5.....	.0	.6	.1	(4)	.1	.0	.0
6-8.....	.0	.6	.1	0.1	.4	.0	.0
MALES:							
9-11.....	.0	.5	.1	.1	.2	.0	.0
12-14.....	.0	1.1	(4)	.1	.1	.0	.0
15-18.....	.0	1.2	.0	.1	.1	.0	.0
19-22.....	.0	1.2	.0	.1	.1	.0	.0
23-34.....	.0	1.0	(4)	.1	(4)	(4)	.0
35-50.....	.0	1.0	(4)	.1	(4)	(4)	.0
51-64.....	.0	1.3	.1	.1	(4)	.0	.0
65-74.....	.0	.6	.1	.1	(4)	.0	.0
75 AND OVER.....	.0	.9	.0	.1	(4)	.0	.0
EMALES:							
9-11.....	.0	1.0	.1	.1	.1	.0	.0
12-14.....	.0	1.6	(4)	.1	.1	.0	.0
15-18.....	.0	1.2	.1	.1	.1	.0	.0
19-22.....	.0	1.4	.1	.1	(4)	.0	.0
23-34.....	.0	1.4	.1	.1	(4)	.0	.0
35-50.....	.0	1.3	(4)	.1	.1	(4)	.0
51-64.....	.0	1.4	(4)	.1	(4)	.0	.0
65-74.....	.0	1.3	.1	.1	.0	.0	.0
75 AND OVER.....	.0	1.1	.0	(4)	.0	.0	.0
ALL INDIVIDUALS...	.0	1.1	.1	.1	.1	(4)	.0

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 2.15.--VITAMIN C
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	ALL FOOD2/	MILK, MILK PRODUCTS	MEAT, POULTRY, FISH	EGGS	LEGUMES, NUTS, SEEDS	GRAIN PRODUCTS	CITRUS FRUITS, TOMATOES	NONCITRUS FRUITS
MALES AND FEMALES:									
UNDER 1.....	3/189	100.0	29.2	3.7	0.0	5.4	4.4	11.1	35.2
1-2.....	3/233	100.0	23.5	7.6	.0	7.5	5.9	14.8	19.2
3-5.....	377	100.0	15.7	8.9	.1	10.4	6.8	17.3	10.5
6-8.....	431	100.0	10.0	10.1	.1	9.9	6.9	16.0	12.8
MALES:									
9-11.....	237	100.0	8.5	11.5	.1	11.9	5.4	15.7	10.8
12-14.....	296	100.0	6.9	13.6	.1	12.5	5.6	13.8	8.8
15-18.....	341	100.0	6.3	10.2	.0	15.0	5.4	15.9	6.8
19-22.....	273	100.0	7.6	10.6	.0	12.8	7.4	14.9	6.7
23-34.....	481	100.0	6.7	10.0	.1	13.9	6.8	20.8	7.0
35-50.....	570	100.0	6.9	12.1	.0	14.8	5.8	17.9	6.3
51-64.....	444	100.0	6.8	14.2	(4)	13.9	5.9	18.7	7.5
65-74.....	188	100.0	8.9	13.5	.0	15.7	5.4	14.3	6.5
75 AND OVER.....	123	100.0	8.7	11.9	.0	15.7	8.7	12.6	7.5
FEMALES:									
9-11.....	224	100.0	9.6	7.7	(4)	11.5	6.4	17.7	10.0
12-14.....	296	100.0	6.9	8.4	.0	12.5	7.0	19.2	8.3
15-18.....	358	100.0	6.7	9.4	(4)	13.0	7.7	17.1	8.8
19-22.....	292	100.0	7.3	10.3	.1	11.4	6.9	16.5	7.2
23-34.....	706	100.0	7.4	10.8	.1	12.9	6.4	21.0	7.4
35-50.....	872	100.0	7.0	10.9	.1	12.2	5.5	18.8	6.7
51-64.....	599	100.0	7.2	10.7	.1	12.3	6.0	19.9	7.9
65-74.....	235	100.0	8.1	13.7	(4)	14.9	5.1	18.3	6.4
75 AND OVER.....	141	100.0	11.6	13.4	.1	8.5	5.5	17.9	10.0
ALL INDIVIDUALS...	3/7,828	100.0	8.7	10.8	.1	12.5	6.2	17.7	8.7

Continued--

TABLE 2.15.--VITAMIN C
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, VIANDAS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	3.1	1.4	1.3	0.0	0.0	5.3	(4)
1-2.....	.6	9.9	1.6	.0	(4)	9.4	0.0
3-5.....	.1	11.6	2.3	.0	.2	16.1	.0
6-8.....	.1	12.6	2.6	.0	.8	17.8	.0
MALES:							
9-11.....	.2	12.4	4.0	.0	.8	18.7	.0
12-14.....	.2	12.9	3.4	.0	1.0	20.5	.0
15-18.....	.3	14.6	3.4	(4)	.6	21.2	.0
19-22.....	.1	17.4	4.0	.0	.4	18.0	.0
23-34.....	.4	16.5	4.5	(4)	.6	12.3	(4)
35-50.....	.5	17.9	5.5	.0	.8	11.3	(4)
51-64.....	.5	19.3	4.7	.0	.7	7.5	.0
65-74.....	.7	22.3	4.2	.0	.2	7.8	.0
75 AND OVER.....	.5	17.7	4.1	.0	.5	12.1	.0
FEMALES:							
9-11.....	.2	14.3	3.5	.0	1.0	17.9	.0
12-14.....	.1	14.1	3.4	(4)	.6	19.1	.0
15-18.....	.2	16.7	4.4	(4)	.4	14.7	.0
19-22.....	.3	18.4	3.9	(4)	.6	16.4	.0
23-34.....	.2	16.4	4.2	(4)	.5	12.3	.1
35-50.....	.4	20.2	5.2	(4)	.6	12.3	.0
51-64.....	.7	19.4	4.9	.0	.5	10.3	(4)
65-74.....	.5	20.8	3.2	.0	.6	8.3	.0
75 AND OVER.....	1.0	19.7	3.9	.0	.8	6.9	.0
ALL INDIVIDUALS...	.4	16.5	4.0	(4)	.6	13.5	(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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 3.1.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1.....	2/109	1,010	40.2	41.6	117.1	1,095	16.5	159
1-2.....	2/233	1,344	55.2	57.3	155.0	1,060	8.5	193
3-5.....	377	1,603	63.4	68.9	186.1	888	9.5	206
6-8.....	431	1,876	70.3	78.0	227.4	817	11.7	225
MALES:								
9-11.....	237	2,134	81.7	88.0	257.1	906	13.9	265
12-14.....	296	2,169	82.6	90.1	259.2	790	14.5	259
15-18.....	341	2,454	91.2	103.8	291.9	818	16.6	285
19-22.....	273	2,406	91.4	101.2	286.6	792	16.4	285
23-34.....	481	2,492	96.1	107.0	287.0	793	17.3	295
35-50.....	570	2,364	94.1	101.1	268.3	774	16.7	304
51-64.....	444	2,232	87.3	94.7	258.5	786	15.8	292
65-74.....	188	2,179	86.5	91.0	256.3	860	15.3	296
75 AND OVER.....	123	2,032	78.7	83.1	245.0	861	14.0	281
FEMALES:								
9-11.....	224	1,941	72.1	82.5	231.4	770	12.2	227
12-14.....	296	2,146	79.6	89.3	259.3	791	13.8	255
15-18.....	358	2,049	74.7	85.4	249.0	697	13.8	240
19-22.....	292	2,106	81.9	89.2	246.9	721	14.1	256
23-34.....	706	2,061	79.5	88.2	240.4	702	13.9	253
35-50.....	872	1,982	77.3	86.2	227.1	714	13.4	258
51-64.....	599	1,912	75.6	81.0	222.6	754	12.7	257
65-74.....	235	1,819	73.2	74.8	215.4	774	12.7	255
75 AND OVER.....	141	1,646	64.6	66.1	199.8	776	10.5	230
ALL INDIVIDUALS...	2/7,828	2,055	79.4	87.0	241.0	788	13.9	259

Continued--

TABLE 3.1.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1977

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.....	947	5,903	0.95	1.99	9.7	0.68	2.87	100
1-2.....	1,109	3,296	.90	1.73	8.6	.94	3.45	72
3-5.....	1,114	3,292	1.15	1.61	11.8	1.15	4.14	84
6-8.....	1,154	3,375	1.32	1.57	14.2	1.29	4.00	100
MALES:								
9-11.....	1,317	4,198	1.46	1.74	16.5	1.53	4.74	108
12-14.....	1,258	4,465	1.56	1.58	17.8	1.54	3.77	122
15-18.....	1,372	3,943	1.89	1.65	19.8	1.69	3.50	119
19-22.....	1,362	4,374	1.80	1.63	19.6	1.74	4.27	115
23-34.....	1,417	5,202	1.86	1.75	21.1	1.85	5.73	110
35-50.....	1,371	4,861	1.70	1.64	20.2	1.85	4.79	105
51-64.....	1,321	5,570	1.67	1.67	18.9	1.76	5.43	95
65-74.....	1,333	4,429	1.57	1.64	17.9	1.75	3.99	95
75 AND OVER.....	1,265	4,685	1.39	1.64	16.1	1.54	4.54	113
FEMALES:								
9-11.....	1,144	3,090	1.36	1.50	15.1	1.33	3.66	106
12-14.....	1,241	3,513	1.56	1.56	16.9	1.51	3.47	114
15-18.....	1,144	3,680	1.46	1.44	16.3	1.49	3.79	108
19-22.....	1,219	4,269	1.54	1.50	17.6	1.58	3.81	104
23-34.....	1,185	4,289	1.52	1.52	17.3	1.57	4.58	100
35-50.....	1,163	4,636	1.41	1.48	16.6	1.57	4.31	100
51-64.....	1,150	4,354	1.33	1.46	15.9	1.54	3.97	100
65-74.....	1,144	4,875	1.30	1.51	14.9	1.48	3.91	94
75 AND OVER.....	1,067	4,175	1.11	1.45	12.9	1.26	3.36	78
ALL INDIVIDUALS...	1,228	4,322	1.49	1.58	16.8	1.54	4.25	102

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 3.2.--NUTRIENT SOURCES OF FOOD ENERGY1/
PERCENTAGE2/ OF ENERGY INTAKE PER INDIVIDUAL IN A DAY,3/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	PROTEIN	FAT	CARBOHYDRATE	OTHER
MALES AND FEMALES:					
UNDER 1	4/109	15.9	37.4	45.8	2.3
1-2	4/233	16.7	37.9	46.2	.3
3-5	377	16.2	38.5	46.1	.2
6-8	431	15.2	37.1	48.5	.2
MALES:					
9-11	237	15.6	37.0	47.9	.3
12-14	296	15.6	37.3	47.5	.3
15-18	341	15.3	37.9	47.3	.3
19-22	273	15.5	37.4	47.6	.4
23-34	481	15.9	38.4	45.7	.8
35-50	570	16.2	38.1	45.5	.9
51-64	444	16.0	37.5	46.6	.7
65-74	188	16.4	37.2	46.8	.5
75 AND OVER	123	15.8	36.5	48.2	.3
FEMALES:					
9-11	224	15.1	37.8	47.7	.3
12-14	296	15.1	36.8	48.7	.3
15-18	358	14.8	37.0	48.9	.3
19-22	292	15.8	38.1	46.6	.6
23-34	706	15.8	38.2	46.5	.4
35-50	872	15.9	38.4	46.2	.4
51-64	599	16.1	37.3	47.0	.3
65-74	235	16.5	36.7	47.2	.3
75 AND OVER	141	16.0	35.9	48.7	.3
ALL INDIVIDUALS	4/7,828	15.8	37.7	46.9	.5

1/ THE GENERAL FACTORS 4, 9, 4 WERE USED TO CALCULATE ENERGY VALUES AS DESCRIBED IN MERRILL, A. L., AND WATT, B. K., "ENERGY VALUE OF FOODS - BASIS AND DERIVATION," U.S. DEPT. AGR. HANDB. 74, 1955. (SL. REV. 1973.)
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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

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

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/109	135	280	248	139	265	318	345	255	409	141	158	341	285
1-2.....	3/233	112	251	146	57	152	165	165	149	247	96	117	181	172
3-5.....	377	102	226	111	80	113	139	141	144	179	118	96	180	186
6-8.....	431	89	220	102	117	98	144	110	120	131	102	86	143	222
MALES:														
9-11.....	237	85	215	95	107	92	139	103	112	116	97	90	158	229
12-14.....	296	80	180	66	81	73	105	89	112	99	99	85	126	240
15-18.....	341	88	163	68	92	71	114	79	135	97	110	85	117	198
19-22.....	273	83	163	99	164	81	170	87	120	96	103	79	142	191
23-34.....	481	92	172	99	173	84	177	104	133	110	117	84	191	184
35-50.....	570	88	168	97	167	87	171	97	121	102	112	84	160	175
51-64.....	444	91	156	98	158	84	165	111	139	119	118	80	181	158
65-74.....	188	91	154	107	153	85	167	89	131	117	112	80	133	158
75 AND OVER.....	123	99	140	108	140	80	158	94	116	117	101	70	151	188
FEMALES:														
9-11.....	224	83	185	81	94	84	120	84	113	107	94	78	122	225
12-14.....	296	98	173	66	77	85	104	88	142	120	113	84	116	223
15-18.....	358	97	161	58	76	79	95	92	132	110	116	74	126	180
19-22.....	292	99	182	88	78	83	149	106	137	114	125	78	126	171
23-34.....	706	102	176	86	77	82	145	107	149	124	131	77	151	164
35-50.....	872	99	175	89	75	86	145	116	141	124	128	79	143	166
51-64.....	599	104	172	94	127	86	144	109	133	122	122	77	132	166
65-74.....	235	101	166	97	127	85	143	122	130	126	115	74	130	157
75 AND OVER.....	141	103	147	97	105	77	133	104	111	121	99	63	112	130
ALL INDIVIDUALS...	3/7,828	96	180	94	110	90	146	109	134	126	115	83	149	184

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: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

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

SEX AND AGE (YEARS)	INDIVIDUALS	FOOD ENERGY IN TOTAL DIET	NUTRIENT PER 1,000 KCAL					
			PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
	NUMBER	KCAL	G	G	G	MG	MG	MG
MALES AND FEMALES:								
UNDER 1.....	2/109	1,010	39.8	41.6	114.4	1,078	16.6	159
1-2.....	2/233	1,344	41.9	42.2	115.6	798	6.6	146
3-5.....	377	1,603	40.5	42.8	115.3	573	6.0	131
6-8.....	431	1,876	38.1	41.2	121.2	449	6.3	122
MALES:								
9-11.....	237	2,134	39.1	41.2	119.7	433	6.6	126
12-14.....	296	2,169	39.0	41.5	118.8	378	6.7	121
15-18.....	341	2,454	38.2	42.1	118.3	346	6.8	118
19-22.....	273	2,406	38.7	41.5	119.1	346	6.7	121
23-34.....	481	2,492	39.7	42.6	114.3	334	6.9	121
35-50.....	570	2,364	40.4	42.3	113.7	338	7.1	131
51-64.....	444	2,232	40.0	41.7	116.4	363	7.1	135
65-74.....	188	2,179	41.0	41.3	117.1	422	7.0	141
75 AND OVER.....	123	2,032	39.4	40.6	120.5	451	6.8	141
FEMALES:								
9-11.....	224	1,941	37.8	42.0	119.2	412	6.3	119
12-14.....	296	2,146	37.7	40.9	121.8	382	6.5	122
15-18.....	358	2,049	36.9	41.1	122.2	355	6.7	119
19-22.....	292	2,106	39.4	42.3	116.4	349	6.7	124
23-34.....	706	2,061	39.4	42.4	116.3	354	6.8	125
35-50.....	872	1,982	39.8	42.6	115.5	376	6.8	134
51-64.....	599	1,912	40.3	41.5	117.6	402	6.8	138
65-74.....	235	1,819	41.1	40.8	118.1	448	6.9	144
75 AND OVER.....	141	1,646	39.9	39.8	121.6	510	6.4	145
ALL INDIVIDUALS...	2/7,828	2,055	39.5	41.9	117.4	411	6.9	129

Continued--

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

SEX AND AGE (YEARS)	NUTRIENT PER 1,000 KCAL							
	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	MG	IU	MG	MG	MG	MG	MCG	MG
MALES AND FEMALES:								
UNDER 1.....	926	6,026	0.93	1.96	9.7	0.69	2.94	102
1-2.....	837	2,645	.68	1.31	6.6	.72	2.75	58
3-5.....	712	2,062	.72	1.04	7.5	.73	2.67	56
6-8.....	628	1,877	.71	.86	7.7	.71	2.21	56
MALES:								
9-11.....	628	2,038	.70	.84	7.9	.74	2.31	51
12-14.....	594	2,139	.72	.75	8.3	.72	1.79	59
15-18.....	572	1,642	.76	.70	8.3	.71	1.54	50
19-22.....	578	1,861	.74	.70	8.2	.73	1.88	51
23-34.....	584	2,134	.75	.73	8.6	.76	2.32	48
35-50.....	589	2,116	.71	.71	8.7	.79	2.11	46
51-64.....	604	2,693	.74	.78	8.7	.81	2.55	45
65-74.....	634	2,282	.72	.81	8.5	.82	2.03	44
75 AND OVER.....	638	2,385	.69	.85	8.1	.78	2.30	56
FEMALES:								
9-11.....	603	1,634	.70	.80	7.8	.70	1.92	54
12-14.....	588	1,782	.72	.75	7.9	.71	1.68	55
15-18.....	568	1,864	.71	.73	8.1	.73	1.95	55
19-22.....	586	2,117	.71	.72	8.4	.76	1.77	52
23-34.....	589	2,101	.73	.76	8.5	.77	2.23	51
35-50.....	600	2,442	.71	.77	8.5	.81	2.25	55
51-64.....	614	2,347	.70	.79	8.6	.82	2.17	55
65-74.....	648	2,853	.72	.87	8.3	.82	2.33	52
75 AND OVER.....	676	2,528	.68	.94	8.0	.78	2.14	49
ALL INDIVIDUALS...	618	2,226	.72	.82	8.3	.76	2.17	53

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 4.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	INDIVIDUALS EATING AWAY (PERCENT)	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
MALES AND FEMALES:									
UNDER 1.....	2/109	2.8	2.2	2.0	2.1	2.3	1.9	2.5	2.1
1-2.....	2/233	5.8	2.8	2.7	2.8	2.8	2.3	3.1	2.7
3-5.....	377	12.3	5.3	5.2	5.0	5.4	4.5	5.8	4.9
6-8.....	431	31.2	12.6	12.3	11.9	13.4	12.2	13.1	12.5
MALES:									
9-11.....	237	34.3	12.9	12.8	12.4	13.3	12.6	13.5	12.8
12-14.....	296	28.9	11.5	11.3	11.0	11.8	11.4	11.5	11.2
15-18.....	341	30.3	10.9	10.5	10.3	11.5	11.8	10.8	11.0
19-22.....	273	28.1	12.4	12.2	12.2	12.4	11.6	12.3	11.7
23-34.....	481	28.5	13.3	13.1	13.2	13.1	12.1	13.3	12.4
35-50.....	570	25.1	10.2	10.6	10.5	9.9	9.3	10.0	9.6
51-64.....	444	17.0	7.0	6.8	6.9	6.9	6.2	7.0	6.7
65-74.....	188	11.1	6.8	6.6	6.9	6.9	5.4	7.0	6.2
75 AND OVER.....	123	8.8	4.6	5.1	4.9	4.1	3.2	5.0	4.3
FEMALES:									
9-11.....	224	34.4	11.8	11.3	11.2	12.7	12.3	12.2	11.7
12-14.....	296	29.0	9.4	9.1	8.9	10.1	9.2	9.3	8.9
15-18.....	358	25.3	10.2	10.2	10.0	10.5	9.8	10.0	9.9
19-22.....	292	21.1	9.3	8.9	9.0	9.7	8.2	9.1	8.3
23-34.....	706	22.5	9.8	9.8	9.8	9.7	8.5	9.7	9.0
35-50.....	872	16.8	7.1	7.1	7.2	7.0	6.2	7.2	6.6
51-64.....	599	8.5	3.5	3.5	3.5	3.3	3.1	3.4	3.2
65-74.....	235	6.4	3.1	3.1	3.3	2.9	1.8	3.5	2.7
75 AND OVER.....	141	8.6	4.6	4.8	4.6	4.5	3.6	5.3	4.3
ALL INDIVIDUALS.....	2/7,828	20.8	8.6	8.5	8.5	8.7	7.9	8.7	8.2

Continued--

TABLE 4.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1977

SEX AND AGE (YEARS)	PHOS-PHORUS	VITAMIN A VALUE	THIAMIN	RIBO-FLAVIN	PREFORMED NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:								
UNDER 1.....	1.9	2.2	2.3	2.0	2.4	2.4	2.2	2.5
1-2.....	2.5	3.1	2.8	2.5	3.5	3.3	2.6	3.0
3-5.....	4.9	5.2	5.1	4.6	5.4	5.2	5.3	4.4
6-8.....	12.6	13.3	12.3	11.6	12.1	11.9	13.0	12.9
MALES:								
9-11.....	12.6	14.7	12.2	12.1	12.6	13.1	13.5	13.3
12-14.....	11.6	13.3	11.0	10.8	10.6	11.2	11.8	12.3
15-18.....	11.4	12.2	10.6	10.5	10.0	10.5	10.6	12.0
19-22.....	12.5	12.7	12.4	11.9	12.4	12.2	12.1	11.5
23-34.....	12.9	12.2	12.9	12.3	13.5	13.4	12.7	12.5
35-50.....	10.3	9.2	9.7	9.8	10.5	10.3	10.3	8.7
51-64.....	6.6	6.5	6.9	6.2	7.1	7.0	6.1	6.7
65-74.....	6.2	6.2	6.7	5.7	6.9	6.6	5.4	6.0
75 AND OVER.....	4.4	4.8	4.6	3.7	5.5	5.2	3.1	4.8
FEMALES:								
9-11.....	11.8	12.7	11.9	11.3	10.9	11.3	12.6	13.4
12-14.....	9.3	10.0	9.5	8.8	8.9	9.1	9.0	9.9
15-18.....	10.1	10.5	10.1	9.4	10.2	9.5	9.7	10.7
19-22.....	8.8	8.0	8.9	8.6	9.0	8.5	8.6	8.9
23-34.....	9.5	9.4	9.6	9.1	10.0	9.5	8.7	9.8
35-50.....	6.9	6.8	6.9	6.4	7.2	7.0	6.5	7.2
51-64.....	3.3	3.5	3.0	3.1	3.5	3.4	3.2	3.2
65-74.....	2.7	1.7	3.1	2.2	3.3	3.1	2.2	2.8
75 AND OVER.....	4.2	4.6	4.8	4.0	5.4	5.2	3.9	4.6
ALL INDIVIDUALS.....	8.4	8.6	8.4	7.9	8.6	8.5	8.2	8.5

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 5.--FREQUENCY OF EATING
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER OF TIMES IN A DAY,2/ 1977

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FREQUENCY OF EATING												
		1	2	3	4	5	6	7	8	9	10	11	12	13 OR MORE
MALES AND FEMALES:														
UNDER 1.....	3/109	0.9	0.0	4.6	6.1	31.2	33.5	14.8	5.4	2.7	0.0	0.8	0.0	0.0
1-2.....	3/233	.0	.0	21.6	13.5	24.8	26.8	6.8	5.6	.0	.8	.0	.0	.0
3-5.....	377	.7	.4	29.2	28.8	18.3	15.3	5.4	1.1	.8	.0	.0	.0	.0
6-8.....	431	.0	.9	36.0	28.9	19.5	12.1	1.2	1.0	.2	.0	.0	.0	.0
MALES:														
9-11.....	237	.0	1.2	38.8	31.0	17.4	8.1	1.5	2.0	.0	.0	.0	.0	.0
12-14.....	296	.4	1.7	46.7	30.4	12.5	6.5	1.9	.0	.0	.0	.0	.0	.0
15-18.....	341	.8	1.6	44.5	29.1	16.9	4.8	1.4	.8	.0	.0	.0	.0	.0
19-22.....	273	.7	3.2	46.2	30.3	11.4	6.0	1.2	.4	.3	.0	.0	.4	.0
23-34.....	481	.0	7.3	41.9	28.5	14.5	5.5	1.6	.5	.0	.0	.0	.0	.2
35-50.....	570	.2	5.6	43.4	30.5	14.5	4.5	1.2	.2	.0	.0	.0	.0	.0
51-64.....	444	.0	2.3	42.1	30.9	16.2	6.3	1.1	.4	.2	.0	.0	.0	.2
65-74.....	188	.0	1.7	44.1	33.9	15.5	4.4	.0	.0	.5	.0	.0	.0	.0
75 AND OVER.....	123	.0	3.6	39.0	28.9	15.1	10.9	.9	1.7	.0	.0	.0	.0	.0
FEMALES:														
9-11.....	224	.0	.8	40.6	30.3	14.5	11.7	1.0	.0	.9	.0	.0	.0	.0
12-14.....	296	.0	1.2	37.6	31.6	16.7	10.9	.6	1.0	.4	.0	.0	.0	.0
15-18.....	358	.3	4.2	42.0	32.2	13.7	5.6	1.7	.2	.0	.0	.0	.0	.0
19-22.....	292	1.0	3.8	48.0	27.0	13.5	5.2	.6	.3	.3	.0	.0	.4	.0
23-34.....	706	.2	4.9	41.9	27.4	17.7	6.7	.9	.3	.0	.0	.0	.0	.0
35-50.....	872	.2	3.3	37.3	33.0	16.8	7.3	1.6	.3	.1	.0	.0	.0	.0
51-64.....	599	.0	2.7	38.1	32.3	17.7	7.6	1.2	.2	.0	.0	.0	.0	.2
65-74.....	235	.3	2.1	42.1	30.0	17.4	7.6	.0	.0	.0	.4	.0	.0	.0
75 AND OVER.....	141	.0	.7	39.5	31.8	17.1	8.6	2.3	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/7,828	.2	2.9	39.5	29.5	16.6	8.5	1.8	.7	.2	(4)	(4)	(4)	(4)

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.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 6.1.--DISTRIBUTION OF INDIVIDUALS BY HOUSEHOLD INCOME1/

SEX AND AGE (YEARS)	INDIVIDUALS2/	ALL INCOMES3/	UNDER $3,000	$3,000-$5,999	$6,000-$9,999	$10,000 OR MORE	NOT REPORTED
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1.....	113	100.0	21.7	25.4	21.5	17.6	13.8
1-2.....	234	100.0	26.6	29.2	18.0	13.4	12.8
3-5.....	377	100.0	22.3	30.6	20.1	15.1	11.9
6-8.....	431	100.0	24.2	32.0	20.7	13.6	9.6
MALES:							
9-11.....	237	100.0	27.4	31.1	16.6	15.0	10.1
12-14.....	296	100.0	29.5	27.9	18.9	14.4	9.3
15-18.....	341	100.0	35.4	23.8	19.7	14.8	6.3
19-22.....	273	100.0	26.6	28.4	19.3	14.7	10.9
23-34.....	481	100.0	23.6	25.1	19.2	19.9	12.1
35-50.....	570	100.0	18.4	28.8	23.1	22.7	7.0
51-64.....	444	100.0	30.3	25.8	17.4	16.8	9.7
65-74.....	188	100.0	40.6	28.9	12.0	7.9	10.5
75 AND OVER.....	123	100.0	48.7	27.3	15.9	3.3	4.7
FEMALES:							
9-11.....	224	100.0	22.4	34.7	21.6	11.8	9.5
12-14.....	296	100.0	33.2	28.4	17.5	15.0	5.8
15-18.....	358	100.0	32.4	26.4	20.2	12.4	8.5
19-22.....	292	100.0	22.6	27.8	15.4	17.1	17.1
23-34.....	706	100.0	20.0	28.0	21.6	20.0	10.3
35-50.....	872	100.0	21.7	24.9	22.5	22.7	8.1
51-64.....	599	100.0	34.7	25.7	17.1	12.5	10.0
65-74.....	235	100.0	41.0	26.1	15.0	7.4	10.5
75 AND OVER.....	141	100.0	45.9	26.9	7.9	10.1	9.3
ALL INDIVIDUALS...	7,833	100.0	27.3	27.6	19.2	16.2	9.7

1/ 1976 HOUSEHOLD INCOME BEFORE TAXES.
2/ INCLUDES BREAST-FED INFANTS.
3/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 6.2.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD SIZE

SEX AND AGE (YEARS)	INDIVIDUALS2/	NUMBER OF HOUSEHOLD MEMBERS					
		1	2	3	4	5	MORE THAN 5
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1.....	113	0.0	3.1	14.6	17.2	26.4	38.8
1-2.....	234	.0	2.5	14.6	26.5	17.7	38.8
3-5.....	377	.0	1.2	12.7	22.4	23.6	40.1
6-8.....	431	.0	1.6	6.7	20.7	26.4	44.6
MALES:							
9-11.....	237	.0	.8	7.6	14.8	25.7	51.2
12-14.....	296	.0	.7	7.5	17.5	21.3	53.1
15-18.....	341	.0	2.9	8.1	15.2	22.3	51.5
19-22.....	273	1.1	8.3	19.2	18.0	17.1	36.3
23-34.....	481	3.2	11.4	20.5	26.5	16.2	22.2
35-50.....	570	2.9	8.8	12.0	23.1	23.6	29.5
51-64.....	444	5.9	26.0	21.1	15.6	12.3	19.1
65-74.....	188	7.1	36.1	23.7	8.9	12.5	11.7
75 AND OVER.....	123	12.1	36.3	24.2	10.4	5.1	11.8
FEMALES:							
9-11.....	224	.0	2.2	3.2	15.9	28.6	50.1
12-14.....	296	.0	.6	8.6	16.4	19.9	54.5
15-18.....	358	.0	3.7	11.6	15.4	19.8	49.4
19-22.....	292	.0	9.8	16.9	24.2	16.6	32.4
23-34.....	706	.8	10.0	17.6	22.3	23.4	25.9
35-50.....	872	2.1	11.5	15.8	21.8	19.8	29.0
51-64.....	599	8.0	30.2	26.2	13.4	9.4	12.7
65-74.....	235	13.8	36.2	20.7	8.4	11.5	9.3
75 AND OVER.....	141	18.8	32.6	19.2	5.8	9.7	13.8
ALL INDIVIDUALS.....	7,833	2.8	11.8	15.3	18.7	19.1	32.2

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 6.3.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

SEX AND AGE (YEARS)	INDIVIDUALS2/	AGE (YEARS)					EMPLOYMENT STATUS				
		UNDER 20	20-34	35-64	65 AND OVER	NO MALE HEAD	FULL TIME	PART TIME	NOT EMPLOYED	NOT REPORTED	NO MALE HEAD
	NUMBER	PERCENT									
MALES AND FEMALES:											
UNDER 1.....	113	0.0	49.2	30.6	5.8	14.4	47.3	1.8	36.5	0.0	14.4
1-2.....	234	.0	49.0	29.9	2.7	18.4	44.1	7.5	30.0	.0	18.4
3-5.....	377	.0	41.9	35.6	4.6	17.9	45.0	5.8	31.3	.0	17.9
6-8.....	431	.0	27.8	52.4	4.4	15.3	50.0	7.9	26.8	.0	15.3
MALES:											
9-11.....	237	.0	15.1	60.8	6.7	17.4	42.2	7.9	32.1	.4	17.4
12-14.....	296	.0	2.2	72.8	7.1	17.8	37.3	12.0	32.9	.0	17.8
15-18.....	341	.5	1.9	67.8	6.5	23.3	35.7	7.6	33.4	.0	23.3
19-22.....	273	1.5	16.0	53.1	6.4	23.0	35.5	8.6	33.0	.0	23.0
23-34.....	481	.0	64.5	20.0	7.6	7.9	51.7	8.5	31.9	.0	7.9
35-50.....	570	.0	.7	93.0	2.7	3.7	58.4	9.4	28.3	.2	3.7
51-64.....	444	.2	.2	96.5	1.6	1.5	35.8	8.6	54.2	.0	1.5
65-74.....	188	.0	.5	.6	96.9	2.0	8.4	6.7	83.0	.0	2.0
75 AND OVER.....	123	.0	.0	4.9	92.0	3.1	2.2	3.3	91.4	.0	3.1
FEMALES:											
9-11.....	224	.0	13.4	63.4	6.0	17.2	45.6	6.9	30.2	.0	17.2
12-14.....	296	.0	4.9	71.7	6.7	16.8	37.6	9.1	36.5	.0	16.8
15-18.....	358	.2	7.2	65.9	7.0	19.8	39.0	8.8	32.2	.3	19.8
19-22.....	292	.4	24.3	47.4	6.7	21.2	44.9	5.5	28.4	.0	21.2
23-34.....	706	.2	40.0	36.5	5.4	18.0	48.3	6.5	27.2	.0	18.0
35-50.....	872	.0	3.4	69.3	5.3	22.0	45.2	6.7	26.0	.1	22.0
51-64.....	599	.0	2.1	47.3	20.3	30.3	21.9	5.2	42.6	.0	30.3
65-74.....	235	.0	2.2	14.6	44.2	38.9	9.1	3.7	48.2	.0	38.9
75 AND OVER.....	141	.0	1.4	18.8	25.7	54.2	10.7	2.2	32.9	.0	54.2
ALL INDIVIDUALS...	7,833	.1	17.0	53.6	11.5	17.8	39.8	7.2	35.2	.1	17.8

Continued--

TABLE 6.3.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

SEX AND AGE (YEARS)	HIGHEST EDUCATION LEVEL					
	ELEMENTARY SCHOOL OR LESS	SOME HIGH SCHOOL	HIGH SCHOOL COMPLETED	COLLEGE	NOT REPORTED	NO MALE HEAD
	PERCENT					
MALES AND FEMALES:						
UNDER 1.....	25.4	11.8	25.5	22.9	0.0	14.4
1-2.....	31.6	12.8	21.3	15.9	.0	18.4
3-5.....	32.2	11.6	22.7	15.5	.0	17.9
6-8.....	37.2	14.6	14.7	17.9	.2	15.3
MALES:						
9-11.....	39.9	12.6	18.2	12.0	.0	17.4
12-14.....	41.1	7.3	18.2	14.8	.7	17.8
15-18.....	44.8	7.8	14.2	9.9	.0	23.3
19-22.....	33.6	12.3	15.9	15.3	.0	23.0
23-34.....	35.4	13.3	21.6	21.8	.0	7.9
35-50.....	38.2	14.8	24.3	18.8	.2	3.7
51-64.....	60.0	8.2	16.0	14.3	.0	1.5
65-74.....	79.0	6.6	7.7	4.8	.0	2.0
75 AND OVER.....	85.0	2.5	6.0	3.4	.0	3.1
FEMALES:						
9-11.....	38.8	15.3	15.7	12.1	1.0	17.2
12-14.....	43.8	10.3	16.8	12.0	.4	16.8
15-18.....	44.6	8.7	13.5	13.1	.3	19.8
19-22.....	34.5	10.5	17.7	16.0	.0	21.2
23-34.....	30.3	12.7	20.1	18.9	.0	18.0
35-50.....	32.6	9.4	19.0	16.8	.3	22.0
51-64.....	44.3	6.4	10.4	8.7	.0	30.3
65-74.....	44.1	2.6	6.9	7.4	.0	38.9
75 AND OVER.....	31.0	1.5	7.0	6.3	.0	54.2
ALL INDIVIDUALS...	40.1	10.3	17.0	14.7	.1	17.8

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 6.4.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

SEX AND AGE (YEARS)	INDIVIDUALS2/	AGE (YEARS)					EMPLOYMENT STATUS				
		UNDER 20	20-34	35-64	65 AND OVER	NO FEMALE HEAD	FULL TIME	PART TIME	NOT EMPLOYED	NOT REPORTED	NO FEMALE HEAD
	NUMBER	PERCENT									
MALES AND FEMALES:											
UNDER 1.....	113	7.2	59.3	30.4	2.3	0.8	14.1	7.4	77.8	0.0	0.8
1-2.....	234	5.7	57.9	34.0	2.0	.4	16.2	4.0	79.4	.0	.4
3-5.....	377	1.2	64.9	30.1	3.5	.3	16.0	3.0	80.8	.0	.3
6-8.....	431	.2	50.7	44.2	4.2	.7	13.8	3.9	81.6	.0	.7
MALES:											
9-11.....	237	.7	35.7	60.9	2.7	.0	14.0	6.0	79.6	.4	.0
12-14.....	296	.0	19.9	76.6	3.0	.6	15.3	6.5	77.5	.0	.6
15-18.....	341	.7	6.3	86.2	4.6	2.2	14.4	5.4	78.0	.0	2.2
19-22.....	273	4.5	11.1	75.6	3.2	5.6	11.2	6.8	76.5	.0	5.6
23-34.....	481	2.0	52.9	34.1	4.7	6.3	15.5	2.7	75.4	.2	6.3
35-50.....	570	.5	23.1	68.3	4.1	4.0	15.3	6.9	73.8	.0	4.0
51-64.....	444	.7	3.6	81.3	4.9	9.6	10.1	4.2	76.0	.0	9.6
65-74.....	188	.0	2.1	55.7	29.5	12.7	2.6	4.0	80.7	.0	12.7
75 AND OVER.....	123	.0	.7	30.9	52.0	16.3	.7	.0	82.9	.0	16.3
FEMALES:											
9-11.....	224	.4	38.6	53.9	7.2	.0	8.9	6.3	84.5	.4	.0
12-14.....	296	.3	17.1	77.6	4.7	.3	14.0	3.3	82.4	.0	.3
15-18.....	358	5.5	7.3	82.2	3.4	1.6	16.6	7.4	74.4	.0	1.6
19-22.....	292	4.1	28.2	62.2	4.1	1.5	17.3	5.9	75.4	.0	1.5
23-34.....	706	.0	76.3	19.2	4.0	.6	20.0	5.4	73.9	.1	.6
35-50.....	872	.0	.5	95.3	4.0	.2	19.8	7.4	72.4	.1	.2
51-64.....	599	.1	1.2	97.5	1.2	.0	6.7	5.1	88.0	.2	.0
65-74.....	235	.0	2.3	9.4	87.5	.9	2.5	2.1	94.0	.4	.9
75 AND OVER.....	141	.0	2.0	29.1	68.9	.0	4.0	3.5	92.5	.0	.0
ALL INDIVIDUALS...	7,833	1.2	26.4	61.1	8.8	2.4	13.8	5.2	78.5	.1	2.4

Continued--

TABLE 6.4.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

SEX AND AGE (YEARS)	HIGHEST EDUCATION LEVEL					
	ELEMENTARY SCHOOL OR LESS	SOME HIGH SCHOOL	HIGH SCHOOL COMPLETED	COLLEGE	NOT REPORTED	NO FEMALE HEAD
	PERCENT					
MALES AND FEMALES:						
UNDER 1.....	31.2	24.8	22.1	21.1	0.0	0.8
1-2.....	42.7	23.0	22.2	11.6	.0	.4
3-5.....	37.3	21.1	25.6	15.7	.0	.3
6-8.....	40.7	20.8	20.5	17.1	.3	.7
MALES:						
9-11.....	47.4	22.9	17.2	12.5	.0	.0
12-14.....	53.6	17.6	17.8	10.3	.0	.6
15-18.....	61.3	13.2	15.0	8.3	.0	2.2
19-22.....	57.5	12.4	15.3	9.2	.0	5.6
23-34.....	36.6	16.6	22.6	17.9	.0	6.3
35-50.....	43.5	16.5	20.3	15.7	.0	4.0
51-64.....	58.7	8.5	11.5	11.4	.2	9.6
65-74.....	67.1	3.4	7.0	9.7	.0	12.7
75 AND OVER.....	71.1	1.7	6.0	4.9	.0	16.3
FEMALES:						
9-11.....	54.0	20.0	15.4	10.6	.0	.0
12-14.....	58.0	16.6	15.8	9.3	.0	.3
15-18.....	56.9	18.9	13.0	9.3	.3	1.6
19-22.....	42.2	21.6	21.4	13.3	.0	1.5
23-34.....	35.9	17.5	25.1	20.8	.2	.6
35-50.....	46.6	15.1	20.6	17.3	.1	.2
51-64.....	70.7	6.4	10.2	12.4	.4	.0
65-74.....	80.0	4.6	7.3	6.7	.4	.9
75 AND OVER.....	78.9	3.6	9.7	7.9	.0	.0
ALL INDIVIDUALS...	50.9	15.2	17.7	13.7	.1	2.4

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 6.5.--DISTRIBUTION1/ OF INDIVIDUALS BY FOOD STAMP PROGRAM STATUS

SEX AND AGE (YEARS)	INDIVIDUALS2/	FOOD STAMP PROGRAM STATUS		
		PARTICIPANTS	NONPARTICIPANTS	NOT REPORTED
	NUMBER	PERCENT		
MALES AND FEMALES:				
UNDER 1	113	54.0	46.0	0.0
1-2	234	58.6	41.1	.4
3-5	377	57.4	42.6	.0
6-8	431	60.8	38.7	.5
MALES:				
9-11	237	66.8	33.2	.0
12-14	296	62.2	37.5	.3
15-18	341	62.7	36.7	.6
19-22	273	51.1	48.9	.0
23-34	481	40.2	59.8	.0
35-50	570	41.0	59.0	.0
51-64	444	43.1	56.4	.4
65-74	188	49.2	50.8	.0
75 AND OVER	123	54.8	45.2	.0
FEMALES:				
9-11	224	60.1	39.9	.0
12-14	296	66.1	33.9	.0
15-18	358	58.9	40.4	.7
19-22	292	47.2	51.6	1.2
23-34	706	47.8	52.2	.0
35-50	872	41.3	58.3	.3
51-64	599	46.2	53.5	.4
65-74	235	48.9	50.7	.3
75 AND OVER	141	45.5	54.5	.0
ALL INDIVIDUALS	7,833	50.9	48.9	.3

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, PUERTO RICO, SUMMER-FALL 1977 (PRELIMINARY).

TABLE 7.1.--RECOMMENDED DIETARY ALLOWANCES, 1980, EXPRESSED AS LEVELS OF INTAKE ADAPTED FOR USE WITH THE USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78

SEX AND AGE (YEARS)	FOOD ENERGY	PRO-TEIN	CAL-CIUM	IRON	MAGNE-SIUM	PHOS-PHORUS	VITA-MIN A VALUE	THIA-MIN	RIBO-FLAVIN	NIACIN	VITA-MIN B6	VITA-MIN B12	VITA MIN C
	KCAL	G	MG	MG	MG	MG	IU	MG	MG	MG(NE1/)	MG	MCG	MG
MALES AND FEMALES:													
0.0-0.5.....	2/	3/	360	10	50	240	1,400	0.3	0.4	6	0.3	0.5	35
0.6-0.9.....	4/	5/	540	15	70	360	2,000	.5	.6	8	.6	1.5	35
1-2.....	1,199	22	726	15	127	674	2,000	.6	.7	9	.8	1.9	42
3-5.....	1,567	28	800	12	183	800	2,333	.8	.9	10	1.2	2.3	45
6-8.....	2,100	32	800	10	229	800	3,071	1.1	1.2	14	1.5	2.8	45
MALES:													
9-11.....	2,513	38	950	13	288	950	4,063	1.3	1.5	17	1.7	3.0	47
12-14.....	2,713	46	1,200	18	356	1,200	5,000	1.4	1.6	18	1.8	3.0	51
15-18.....	2,800	56	1,200	18	400	1,200	5,000	1.4	1.7	18	2.0	3.0	60
19-22.....	2,900	56	800	10	350	800	5,000	1.5	1.7	19	2.2	3.0	60
23-50.....	2,700	56	800	10	350	800	5,000	1.4	1.6	18	2.2	3.0	60
51-64.....	2,462	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
65-74.....	2,400	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
75 AND OVER.....	2,050	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
FEMALES:													
9-11.....	2,325	39	950	13	269	950	3,688	1.2	1.4	16	1.7	3.0	47
12-14.....	2,188	46	1,200	18	300	1,200	4,000	1.1	1.3	15	1.8	3.0	51
15-18.....	2,100	46	1,200	18	300	1,200	4,000	1.1	1.3	14	2.0	3.0	60
19-22.....	2,100	44	800	18	300	800	4,000	1.1	1.3	14	2.0	3.0	60
23-50.....	2,000	44	800	18	300	800	4,000	1.0	1.2	13	2.0	3.0	60
51-64.....	1,842	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
65-74.....	1,800	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
75 AND OVER.....	1,600	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
PREGNANT:													
15-18.....	2,400	76	1,600	18	450	1,600	4,200	1.5	1.6	16	2.6	4.0	80
19-22.....	2,400	74	1,200	18	450	1,200	4,200	1.5	1.6	16	2.6	4.0	80
23-50.....	2,300	74	1,200	18	450	1,200	4,200	1.4	1.5	15	2.6	4.0	80
LACTATING:													
15-18.....	2,600	66	1,600	18	450	1,600	4,400	1.6	1.8	19	2.5	4.0	100
19-22.....	2,600	64	1,200	18	450	1,200	4,400	1.6	1.8	19	2.5	4.0	100
23-50.....	2,500	64	1,200	18	450	1,200	4,400	1.6	1.8	19	2.5	4.0	100

1/ 1 NE (NIACIN EQUIVALENT) IS EQUAL TO 1 MG OF PREFORMED NIACIN OR 60 MG OF DIETARY TRYPTOPHAN.

2/ WEIGHT (KG) X 115 = KILOCALORIES.

3/ WEIGHT (KG) X 2.2 = PROTEIN (G).

4/ WEIGHT (KG) X 105 = KILOCALORIES.

5/ WEIGHT (KG) X 2.0 = PROTEIN (G).

TABLE 7.2.--RECOMMENDED DIETARY ALLOWANCES, 1980, EXPRESSED AS NUTRIENT DENSITIES (PER 1,000 KILOCALORIES) ADAPTED FOR USE WITH THE USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78

SEX AND AGE (YEARS)	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	NIACIN	VITAMIN B6	VITAMIN B12	VITAMIN C
	G	MG	MG	MG	MG	IU	MG	MG	MG(NE1/)	MG	MCG	MG
MALES AND FEMALES:												
0.0-0.5.....	18.8	522	14.5	72	348	2,029	0.43	0.58	8.7	0.43	0.72	51
0.6-0.9.....	19.0	571	15.9	74	381	2,116	.53	.63	8.5	.63	1.59	37
1-2.....	18.3	606	12.5	106	562	1,668	.50	.58	7.5	.67	1.58	35
3-5.....	17.9	511	7.7	117	511	1,489	.51	.57	6.4	.77	1.47	29
6-8.....	15.2	381	4.8	109	381	1,462	.52	.57	6.7	.71	1.33	21
MALES:												
9-11.....	15.1	378	5.2	115	378	1,617	.52	.60	6.8	.68	1.19	19
12-14.....	17.0	442	6.6	131	442	1,843	.52	.59	6.6	.66	1.11	19
15-18.....	20.0	429	6.4	143	429	1,786	.50	.61	6.4	.71	1.07	21
19-22.....	19.3	276	3.4	121	276	1,724	.52	.59	6.6	.76	1.03	21
23-34.....	20.7	296	3.7	130	296	1,852	.52	.59	6.7	.81	1.11	22
35-50.....	20.7	296	3.7	130	296	1,852	.52	.59	6.7	.81	1.11	22
51-64.....	22.7	325	4.1	142	325	2,031	.49	.57	6.5	.89	1.22	24
65-74.....	23.3	333	4.2	146	333	2,083	.50	.58	6.7	.92	1.25	25
75 AND OVER.....	27.3	390	4.9	171	390	2,439	.59	.68	7.8	1.07	1.46	29
FEMALES:												
9-11.....	16.8	409	5.6	116	409	1,586	.52	.60	6.9	.73	1.29	20
12-14.....	21.0	548	8.2	137	548	1,828	.50	.59	6.9	.82	1.37	23
15-18.....	21.9	571	8.6	143	571	1,905	.52	.62	6.7	.95	1.43	29
19-22.....	21.0	381	8.6	143	381	1,905	.52	.62	6.7	.95	1.43	29
23-34.....	22.0	400	9.0	150	400	2,000	.50	.60	6.5	1.00	1.50	30
35-50.....	22.0	400	9.0	150	400	2,000	.50	.60	6.5	1.00	1.50	30
51-64.....	23.9	434	5.4	163	434	2,172	.54	.65	7.1	1.09	1.63	33
65-74.....	24.4	444	5.6	167	444	2,222	.56	.67	7.2	1.11	1.67	33
75 AND OVER.....	27.5	500	6.3	188	500	2,500	.63	.75	8.1	1.25	1.88	38
PREGNANT:												
15-18.....	31.7	667	7.5	188	667	1,750	.63	.67	6.7	1.08	1.67	33
19-22.....	30.8	500	7.5	188	500	1,750	.63	.67	6.7	1.08	1.67	33
23-50.....	32.2	522	7.8	196	522	1,826	.61	.65	6.5	1.13	1.74	35
LACTATING:												
15-18.....	25.4	615	6.9	173	615	1,692	.62	.70	7.3	.96	1.54	38
19-22.....	24.6	462	6.9	173	462	1,692	.62	.70	7.3	.96	1.54	38
23-50.....	25.6	480	7.2	180	480	1,760	.64	.70	7.3	1.00	1.60	40

1/ 1 NE (NIACIN EQUIVALENT) IS EQUAL TO 1 MG OF PREFORMED NIACIN OR 60 MG OF DIETARY TRYPTOPHAN.

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