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Food and Nutrient Intakes of Individuals in 1 Day, Low-Income Households, November 1979-March 1980

Nationwide Food Consumption Survey 1977-78, Preliminary Report No. 13

ABSTRACT

This report presents data on 1-day food and nutrient intakes of 9,093 individuals from low-income households classified by participation in the Food Stamp Program (FSP). Information was collected in the 48 conterminous States from November 1979 through March 1980 as a followup of an earlier study of similar households conducted November 1977 through March 1978. Average food intakes of total respondents, FSP participants, and nonparticipants in 22 sex-age groups are summarized in 10 major food groups and 43 subgroups. The percentage of individuals eating foods from each food group and the contribution of each food group to intake of food energy and 14 nutrients are presented. Also included are 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, some characteristics of the sample, and comparisons with the earlier low-income survey. Data are presented in 120 tables, and results are summarized.

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

Human Nutrition Information Service, Nationwide Food Consumption Survey, Survey of Food Consumption in Low-Income Households, 1979-80, Preliminary Report No. 13, September 1982

CONTENTS

	Page
Guide to tables	iv
List of figures	vi
Summary	1
Introduction	3
Description of sample	3
Data collection	4
Differences between FSP participants and nonparticipants	5
Discussion of preliminary results	5
Food intake	6
Meat, poultry, and fish	6
Milk and milk products	7
Eggs	8
Legumes, nuts, and seeds	8
Grain products	8
Fats and oils	10
Vegetables	10
Fruits	12
Sugar and sweets	12
Beverages	13
Nutrient contributions by major food groups	13
Food energy	15
Protein	15
Fat	15
Carbohydrate	15
Calcium	15
Iron	17
Magnesium	17
Phosphorus	17
Vitamin A value	17
Thiamin	17
Riboflavin	20
Preformed niacin	20
Vitamin B_6	20
Vitamin B_{12}	20
Vitamin C	20
Nutritive value of food intake	20
Energy and nutrient intakes	21
Percentage of energy from protein, fat, and carbohydrate	23
Nutrient intakes compared with 1980 RDA	23
Nutrient densities	26

Page

Nutritive value of food obtained and eaten away from home..... 30

Frequency of eating..... 30

Infant intakes..... 32
Food intake..... 32
Nutrient contributions by major food groups..... 33
Nutritive value of food intake..... 33
Nutritive value of food obtained and eaten away from home..... 34
Frequency of eating..... 34

Characteristics of households and individuals..... 34
Household income..... 35
Race..... 36
Region and race..... 36
Urbanization and race..... 37
Food Stamp Program participation..... 37
Household size..... 37
Characteristics of the male head of household..... 38
Characteristics of the female head of household..... 38

Comparison of intakes of individuals in low-income households 1977-78 and 1979-80..... 39
Characteristics of households and individuals..... 39
Food intake..... 41
Nutrient intakes compared with 1980 RDA..... 43

GUIDE TO TABLES

	Table No.	Page
Food Intake		
Meat, Poultry, Fish		
Average intake per individual	1.1A-1,2,3	51,52,53
Individuals using	1.1B-1,2,3	54,55,56
Milk, Milk Products; Eggs; Legumes, Nuts, Seeds		
Average intake per individual	1.2A-1,2,3	57,58,59
Individuals using	1.2B-1,2,3	60,61,62
Grain Products; Fats, Oils		
Average intake per individual	1.3A-1,2,3	63,64,65
Individuals using	1.3B-1,2,3	66,67,68
Vegetables		
Average intake per individual	1.4A-1,2,3	69,70,71
Individuals using	1.4B-1,2,3	72,73,74
Fruits		
Average intake per individual	1.5A-1,2,3	75,76,77
Individuals using	1.5B-1,2,3	78,79,80
Sugar, Sweets; Beverages		
Average intake per individual	1.6A-1,2,3	81,82,83
Individuals using	1.6B-1,2,3	84,85,86
Nutrient Contributions by Major Food Groups (percent)		
Food energy	2.1-1	87
Protein	2.2-1	89
Fat	2.3-1	91
Carbohydrate	2.4-1	93
Calcium	2.5-1	95
Iron	2.6-1	97
Magnesium	2.7-1	99
Phosphorus	2.8-1	101
Vitamin A value	2.9-1	103
Thiamin	2.10-1	105
Riboflavin	2.11-1	107
Preformed niacin	2.12-1	109
Vitamin B_6	2.13-1	111
Vitamin B_{12}	2.14-1	113
Vitamin C	2.15-1	115

	Table No.	Page
Nutritive Value of Food Intake		
Average intake per individual	3.1-01,02,03	117
Nutrient sources of food energy--percentage of energy intake	3.2-01,02,03	123
Intake as percentage of 1980 Recommended Dietary Allowances		
All regions, urbanizations, races	3.3-01,02,03	126
Northeast	3.3-04,05,06	129
North Central	3.3-07,08,09	132
South	3.3-10,11,12	135
West	3.3-13,14,15	138
Central cities	3.3-16,17,18	141
Suburban areas	3.3-19,20,21	144
Nonmetropolitan areas	3.3-22,23,24	147
Whites	3.3-25,26,27	150
Blacks	3.3-28,29,30	153
Nutrients per 1,000 kilocalories	3.4-01,02,03	156
Nutritive Value of Food Obtained and Eaten Away From Home		
Percentage of day's intake per individual	4-1,2,3	162
Eating Occasions		
Frequency of eating	5.1-1,2,3	168
Frequency of each eating occasion	5.2-1,2,3	171
Distribution of Individuals		
Household income and race	6.1-1,2,3	177
Region and race	6.2-1,2,3	183
Urbanization and race	6.3-1,2,3	189
Food Stamp Program status	6.4	192
Household size	6.5-1,2,3	193
Characteristics of the male head of household	6.6-1,2,3	196
Characteristics of the female head of household	6.7-1,2,3	202
Recommended Dietary Allowances, 1980, Adapted for Use With the USDA Nationwide Food Consumption Survey 1977-78		
As levels of intake	7.1	208
As nutrient densities	7.2	209

LIST OF FIGURES

Page

1. Milk and Milk Products
   Quantity per individual in a day..... 9

2. Ready-to-Eat Cereals
   Percentage of individuals using in a day..... 11

3. Soft Drinks
   Quantity per individual in a day..... 14

4. Sources of Energy and Energy Nutrients
   Percentage of day's intake per individual..... 16

5. Sources of Minerals
   Percentage of day's intake per individual..... 18

6. Sources of Vitamins
   Percentage of day's intake per individual..... 19

7. Food Energy
   Average intake per individual in a day..... 22

8. Nutrient Intakes Below 1980 Recommended Dietary Allowances
   Average intake as percentage of 1980 RDA..... 24

9. Iron Density of Intakes and Recommended Dietary Allowances
   Average intake per individual in a day..... 28

10. Vitamin A Density per 1,000 Kilocalories
    Average intake per individual in a day..... 29

11. Individuals Obtaining and Eating Food Away From Home..... 31

FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY, LOW-INCOME HOUSEHOLDS, NOVEMBER 1979-MARCH 1980[1]

SUMMARY

One day's food and nutrient intakes for about 9,100 individuals surveyed in low-income households eligible for the Food Stamp Program (FSP) in the 48 conterminous States in November 1979 through March 1980 are presented. The Survey of Food Consumption of Low-Income Households 1979-80 was a followup of an earlier survey of similar households conducted in November 1977 through March 1978.[2] In the interim an amendment to the Food Stamp Act terminated the food stamp purchase requirement. These two surveys of individuals in low-income households were supplemental to the Nationwide Food Consumption Survey 1977-78 (NFCS) conducted by the U.S. Department of Agriculture (USDA). Data are reported for total respondents, FSP participants, and nonparticipants, classified by 22 sex-age groups. Some of the findings are:

- FSP participants made up 38 percent of the total respondents, and they were more likely than nonparticipants to be from households with incomes under $6,000 (59 versus 18 percent), from households headed by females only (57 versus 20 percent), and from households with five or fewer members (73 versus 67 percent). FSP participants were also more likely than nonparticipants to be children (28 versus 19 percent), to be black (50 versus 21 percent), and to live in central cities (50 versus 27 percent).

- Food intakes of FSP participants and nonparticipants were similar for several major food groups. Meat, poultry, or fish was reported by 92 percent of both groups on the day studied; eggs by 38 to 40 percent; grain products by 96 to 97 percent; vegetables by 80 to 81 percent; fruit by 42 to 45 percent; and sugar and sweets by 52 to 53 percent.

- Intakes of FSP participants and nonparticipants differed, however, for several other food groups. FSP participants more often than nonparticipants reported pork (39 and 21 percent, respectively); poultry (23 and 19 percent); frankfurters, sausages, and luncheon meats (35 and 29 percent); baked goods other than breads and biscuits (51 and 44 percent); cereals and pastas (51 and 42 percent); dark-green vegetables (11 and 5 percent); and soft drinks and fruit drinks and ades (44 and 38 percent).

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

[2]Consumer Nutrition Center. Food and Nutrient Intakes of Individuals in 1 Day, Low-Income Households in the United States, 1977-78, Preliminary Report No. 11, NFCS 1977-78, HNIS, U.S. Department of Agriculture, Hyattsville, Md. 1982, 200 pp.

Participants less often than nonparticipants reported mixtures mainly meat, poultry, or fish (30 and 46 percent, respectively); milk and milk products (79 and 83 percent); legumes and nuts (24 and 29 percent); fats and oils (52 and 59 percent); tomatoes (18 and 26 percent); sugar (35 and 40 percent); coffee (31 and 39 percent); and tea (16 and 21 percent). The higher proportion of children and women among the participants compared to nonparticipants may explain some of these differences.

- Food energy of total respondents averaged 84 percent of the 1980 Recommended Dietary Allowances (RDA).[3] Protein supplied 16.6 percent of the energy, fat provided 39.2 percent, and carbohydrate provided 44.0 percent.

- Average intakes of total respondents exceeded RDA for 8 of the 12 nutrients considered: protein (169 percent), phosphorus (131 percent), vitamin A (124 percent), thiamin (119 percent), riboflavin (135 percent), preformed niacin (118 percent), vitamin B_{12} (142 percent), and vitamin C (137 percent). Intakes below the RDA were for calcium (89 percent), iron (99 percent), magnesium (87 percent), and vitamin B_6 (75 percent).

- FSP participants averaged equal or higher intakes relative to RDA than nonparticipants for food energy and 7 of 12 nutrients considered. Averages for calcium, iron, magnesium, phosphorus, and vitamin B_{12} were lower for participants than for nonparticipants. Differences in calcium intakes may reflect a lesser preference for milk by blacks, who made up a much higher proportion of participants than of nonparticipants.

- Among regions, FSP participants in the Northeast had notably higher average intakes relative to RDA than nonparticipants for food energy and all nutrients included except iron. Participants in the West and South had higher averages for 8 and 6, respectively, of the 12 nutrients (and for food energy in the West) compared with nonparticipants. Participants in the North Central region had averages exceeding those of nonparticipants for food energy and 5 of the 12 nutrients.

- Among urbanizations, FSP participants in central cities had average intakes relative to RDA that equaled or exceeded those of nonparticipants for food energy and all nutrients considered except vitamin A. In suburban areas, the same was true except for vitamin B_{12} and the 4 minerals studied (calcium, iron, magnesium, and phosphorus), and in nonmetropolitan areas it was true for food energy and 6 of 12 nutrients.

- Among racial groups, white FSP participants averaged higher intakes in relation to RDA than white nonparticipants for food energy and 10 of the 12 nutrients; while among blacks, participants had higher averages than nonparticipants for food energy and 7 of the 12 nutrients.

- Of the total respondents, 33 percent obtained and ate food away from home. These foods contributed an average of 12 to 15 percent of the day's

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[3]Food and Nutrition Board. 1980. Recommended Dietary Allowances. Ed. 9, National Research Council - National Academy of Sciences, Washington, D.C., 185 pp.

intake of food energy and 14 nutrients for both FSP participants and nonparticipants. The proportion of participants reporting food away from home was slightly less than for nonparticipants (31 and 35 percent, respectively), especially for those between the ages of 15 and 64 years.

INTRODUCTION

The Survey of Food Consumption of Low-Income Households 1979-80 was conducted from November 1979 through March 1980 in the 48 conterminous States. The dietary intakes of individuals in these low-income households are the subject of this report. The purpose of the survey was to compare dietary status of these individuals with findings for individuals from a comparable group of low-income households surveyed in November 1977 through March 1978 in which the households were participating in or were eligible to participate in the FSP at that time.[4]

The 1979-80 survey provided data on the effects of changes in the FSP eligibility standards and rising food costs on food choices and dietary adequacy of members of low-income households since the 1977-78 survey. In January 1979 an amendment to the Food Stamp Act terminated the food stamp purchase requirement, and thus households received the value of the bonus coupons with no cash payment. Several other major changes made in the FSP eligibility standards since the earlier survey include: (1) elimination of categorical eligibility of Aid for Dependent Children (AFDC) and Supplemental Security Income (SSI) recipients for food stamps, (2) elimination of income allowances and hardship expenditure deductions and institution of a standard deduction, (3) changes in the earned income deduction (20 percent of all earnings), and (4) changes in the combined excess shelter and child care deduction. Also, net income limits in the FSP decreased slightly for households of six or more members but increased for households of smaller size. Asset limits in the FSP increased for households, other than elderly households of two or more persons, from $1,500 during the 1977-78 survey to $1,750 during the 1979-80 survey. These assets include cash, checking and savings accounts, stocks, bonds, and similar items. For elderly households of two or more persons (one member at least 60 years of age) the FSP asset limit of $3,000 remained the same during both surveys. Income cutoffs used in the 1979-80 survey were higher than in the 1977-78 survey but were calculated in a similar manner. The income cutoffs were adjusted upward, reflecting changes in cost of foods under the USDA Thrifty Food Plan.

About 3,000 households and about 9,100 household members responded in the 1979-80 survey. Approximately 4,700 households and approximately 12,000 household members provided information in the 1977-78 survey.

DESCRIPTION OF SAMPLE

The sample design for the 1979-80 Survey of Food Consumption in Low-Income Households was a disproportionate multistage stratified probability sample in the 48 conterminous States of households receiving food stamps or welfare assistance or having income assets that would have qualified them for participation in the FSP under eligibility standards in effect during the 1977-78 low-income survey.

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[4]See footnote 2.

The sampling procedure for the 1979-80 survey was essentially the same as that for the 1977-78 survey.

In both surveys, 144 Primary Sampling Units (PSU's), mostly cities or counties, were selected. Within each PSU, Census Enumeration Districts or other reporting units were stratified by three poverty income levels based on the 1970 Census of Population. The percentages of households with income below the poverty line for each of the three strata were (1) 30 percent or more, (2) 20 to 29 percent, and (3) under 20 percent. For interviewing purposes, 1,134 area segments were selected. Onsite listings of residences were compiled in each segment, and specific housing units for interview were chosen in such a way that probabilities were known.

Since not all sample households qualified for the survey, a short screening interview was conducted at each sample household to determine eligibility. To be eligible for the survey, the households had to be receiving food stamps or welfare assistance (AFDC, SSI, General Assistance, or Public Assistance) or qualify for the FSP based on the income and asset regulations that were in effect during the 1977-78 survey. The figure derived from income after taxes and deductions during the previous month was compared to FSP income cutoffs for households of specified size. Considered for deductions were child and day-care expenditures, nonreimbursed medical expenses, and housing costs. The monthly income cutoffs used in the 1979-80 survey to determine eligibility of households with one to eight members, respectively, were as follows: (1) $280, (2) $370, (3) $540, (4) $680, (5) $810, (6) $970, (7) $1,070, and (8) $1,220. For the 1977-78 survey, the income cutoffs for corresponding sizes of households were (1) $250, (2) $325, (3) $450, (4) $570, (5) $680, (6) $810, (7) $900, and (8) $1,020.

Representativeness of the sample was maintained by adjusting for different completion rates for the various PSU's through development of weighting factors that were applied to households. The weight determined for each household was then applied to data of the individual members of the household.

DATA COLLECTION

An appointment for a personal interview was made at least 7 days in advance with the household member most responsible for food planning and preparation, usually the homemaker. Information was obtained on the kind, form, quantity, and cost, if purchased, of foods used in the household during the previous 7 days. The household respondent also supplied information on household characteristics, household composition, and other variables that might influence dietary intake.

After the household respondent finished giving information about the household, the trained interviewer obtained from each household member present a recall of the previous day's dietary intake, thus providing information for 1 day only. (In the 1977-78 survey individuals had provided dietary intake information for 3 consecutive days.) The household respondent usually answered for children under 12 years and others unable to answer for themselves. If a household member was absent at the time of the interview but was expected to return within the next 1 or 2 days, a form was left to be completed and the interviewer returned to pick up the form. Interviewing took place on all days of the week. Conceptual and

measurement differences between data on individual intakes as reported here and food consumption by the household are discussed in a 1972 USDA report.[5]

DIFFERENCES BETWEEN FSP PARTICIPANTS AND NONPARTICIPANTS

The survey respondents were separated into two subgroups, individuals in households participating in the FSP and individuals in nonparticipating households. The distribution of FSP participants by demographic characteristics and by sex and age differed from that of the nonparticipants. Therefore, multivariate procedures will be necessary to analyze the effects of the several demographic factors that may have more influence on dietary intakes than FSP status.

FSP participants made up 38 percent of the total respondents and nonparticipants 62 percent. Participants were more likely than nonparticipants to live in households with incomes under $6,000 (59 versus 18 percent), to be from female-headed households (57 versus 20 percent), to be black (50 versus 21 percent), and to be from households with five or fewer members (73 versus 67 percent). Compared to nonparticipants, the FSP-participant group consisted of a slightly higher proportion of children (28 versus 19 percent), a lower proportion of men (14 versus 23 percent), and about the same proportion of adults over 50 years (17 versus 20 percent) as shown below (based on table 6.4).

Sex and age (years)	Total respondents	FSP participants	Non-participants
	Percent		
Males and Females:			
0-8.....	23	28	19
9-18.....	24	23	26
Males:			
19-50.....	13	9	15
51 and over.....	7	5	8
Females:			
19-50.....	21	23	20
51 and over.....	12	12	12

DISCUSSION OF PRELIMINARY RESULTS

This report presents food and nutrient intake information from 1-day dietary recalls. Infants' intakes are included in tables along with the other sex-age groups, but they are discussed in a separate section because diets of infants differ markedly from those of older groups. Completely and partially breast-fed infants are excluded from all tables except those showing the distribution of

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[5]U.S. Department of Agriculture. 1972. Food and Nutrient Intake of Individuals in the United States, Spring 1965, Household Food Consumption Survey 1965-66. Report No. 11, 291 pp.

characteristics of respondents (tables 6.1 to 6.7). Separate tables show intakes for total respondents, FSP participants, and nonparticipants in all sections in this report except the second section, which shows nutrient contributions by major food groups. Tables in that section are for total respondents only. Intakes of FSP participants and nonparticipants are influenced by characteristics other than FSP status. Therefore, comparisons should be viewed in terms of the disproportionate distributions of individuals by sex, age, and other demographic characteristics in the two groups.

Food Intake

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

Meat, Poultry, and Fish

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

Among total respondents, average intake from the meat group was 186 g per individual with a range of 104 g for children 1 to 2 years to 293 g for men 35 to 50 years (table 1.1A-1). Mixtures with meat, poultry, and/or fish as a major ingredient accounted for 81 of the 186 g intake from the meat group, and a considerable amount of this mixtures subgroup consisted of ingredients other than meat. Excluding mixtures, intakes of meat, poultry, and fish averaged 105 g or 3.7 ounces per individual per day. Males 19 to 22 years consumed the most, 207 g or 7.3 ounces; females of the same age consumed the most among females, 139 g or 4.9 ounces.

Among males, 19- to 22-year-olds had the highest intakes of most meat subgroups except the mixtures; 35- to 50-year-old men averaged higher intakes of meat mixtures. Among females, no one age group consistently averaged higher intakes of the meat subgroups.

Most sex-age groups of FSP participants compared to nonparticipants had higher average intakes of pork; poultry; and frankfurters, sausages, and luncheon meats, as shown below, but had lower intakes of the total meat group and meat mixtures. Average beef intakes of participants were higher for 12 of the 21 sex-age groups, although the average intake for individuals overall was slightly higher for the nonparticipants than for participants.

Sex and age (years)	Pork		Poultry		Frankfurters, sausages, and luncheon meats	
	FSP participants	Nonparticipants	FSP participants	Nonparticipants	FSP participants	Nonparticipants
	Grams					
Males:						
12-14.....	27	11	39	19	30	12
35-50.....	38	19	51	23	25	21
65-74.....	42	32	25	47	10	22
Females:						
12-14.....	27	16	31	26	25	8
35-50.....	35	10	30	22	19	13
65-74.....	18	21	50	33	9	12

Over 90 percent of total respondents ate meat, poultry, fish, or mixtures during the day prior to the interview (table 1.1B-1). The meat subgroup reported by the largest proportion of respondents was mixtures (40 percent of all respondents consumed at least one meat mixture) followed by the frankfurters, sausages, and luncheon meats subgroup (31 percent). Pork was used by 28 percent of respondents, beef by 23 percent, and poultry by 20 percent. Fish and other meats were reported less frequently.

The same proportion (92 percent) of FSP participants and of nonparticipants ate meat, poultry, fish, or mixtures. A larger proportion of participants than of nonparticipants ate pork on the day reported (39 percent of participants and 21 percent of nonparticipants); poultry (23 and 19 percent); and frankfurters, sausages, and luncheon meats (35 and 29 percent). Conversely, more nonparticipants (46 percent) than participants (30 percent) reported eating a meat mixture. Such differences between participants and nonparticipants were found for most sex-age groups, but for the frankfurters, sausages, and luncheon meats subgroup, the larger proportion of participants than of nonparticipants using the foods was found only among individuals 14 and under and females 15 to 50.

Milk and Milk Products

This food group includes all dairy products except butter. It includes mixtures, such as ice cream, cheese souffle, and puddings made from milk, but cream soups are grouped according to kind. For example, cream of tomato soup is grouped with tomatoes. The total quantity of milk and milk products is expressed in terms of calcium equivalents of whole fluid milk. To obtain calcium equivalents, each milk item was converted to its equivalent weight in grams of whole milk based on the calcium content of the item. One ounce (28 g) of cheddar cheese is equivalent to 181 g (about 0.75 cup) of whole milk based on the calcium content.

Intake of milk and milk products in calcium equivalents for total respondents averaged from 139 g for 35- to 50-year-old women to 635 g for 9- to 11-year-old

boys (table 1.2A-1 and fig. 1). One cup of whole milk weighs 244 g. FSP participants under 19 years averaged less milk and milk products than nonparticipants (tables 1.2A-2, 3). This difference between young participants and nonparticipants was especially evident for fluid milk. Participants 18 years and under averaged 187 to 462 g per day, and nonparticipants in these age groups, 387 to 630 g.

Over 80 percent of total respondents had at least one item from the milk and milk products group; 71 percent reported fluid milk, 13 percent cream and milk desserts, and 16 percent cheese (table 1.2B-1). In most sex-age groups, proportionately fewer FSP participants than nonparticipants reported using these milk products (tables 1.2B-2, 3).

Eggs

Various prepared forms of eggs, egg substitutes, and egg mixtures such as omelets and egg salads are included in the egg group. Among total respondents, intakes of eggs averaged 32 g for all individuals--from 13 g per day for 9- to 11-year-old girls to 54 g per day for 65- to 74-year-old men (table 1.2A-1). A large egg without the shell weighs about 50 g. In comparison with nonparticipants, FSP participants averaged larger intakes of eggs among girls 9 to 18 and among most groups of adults but smaller intakes among boys 9 to 18 (tables 1.2A-2, 3).

Nearly 40 percent of total respondents reported eating eggs on the day studied (table 1.2B-1). Highest proportions (about 55 percent) were for 51- to 64-year-old females and 65- to 74-year-old males. The proportion of FSP participants who ate eggs was greater than that of nonparticipants in two-thirds of the sex-age groups (tables 1.2B-2, 3).

Legumes, Nuts, and Seeds

The legumes, nuts, and seeds group includes cooked dry beans, peas, and lentils; soy-based formulas and meat analogs; nuts and nut butters; and seeds. One-day intakes of legumes per individual among total respondents averaged 55 g and were considerably higher for males (26 to 136 g) than for females (17 to 76 g) (table 1.2A-1). Legume intakes for 12 of 21 sex-age groups of FSP participants averaged less than for corresponding groups of nonparticipants (tables 1.2A-2, 3). This difference between participating and nonparticipating individuals was particularly noticeable among 6- to 8-year-old children and 9- to 18-year-old males (22 to 74 g per day compared to 55 to 169 g per day).

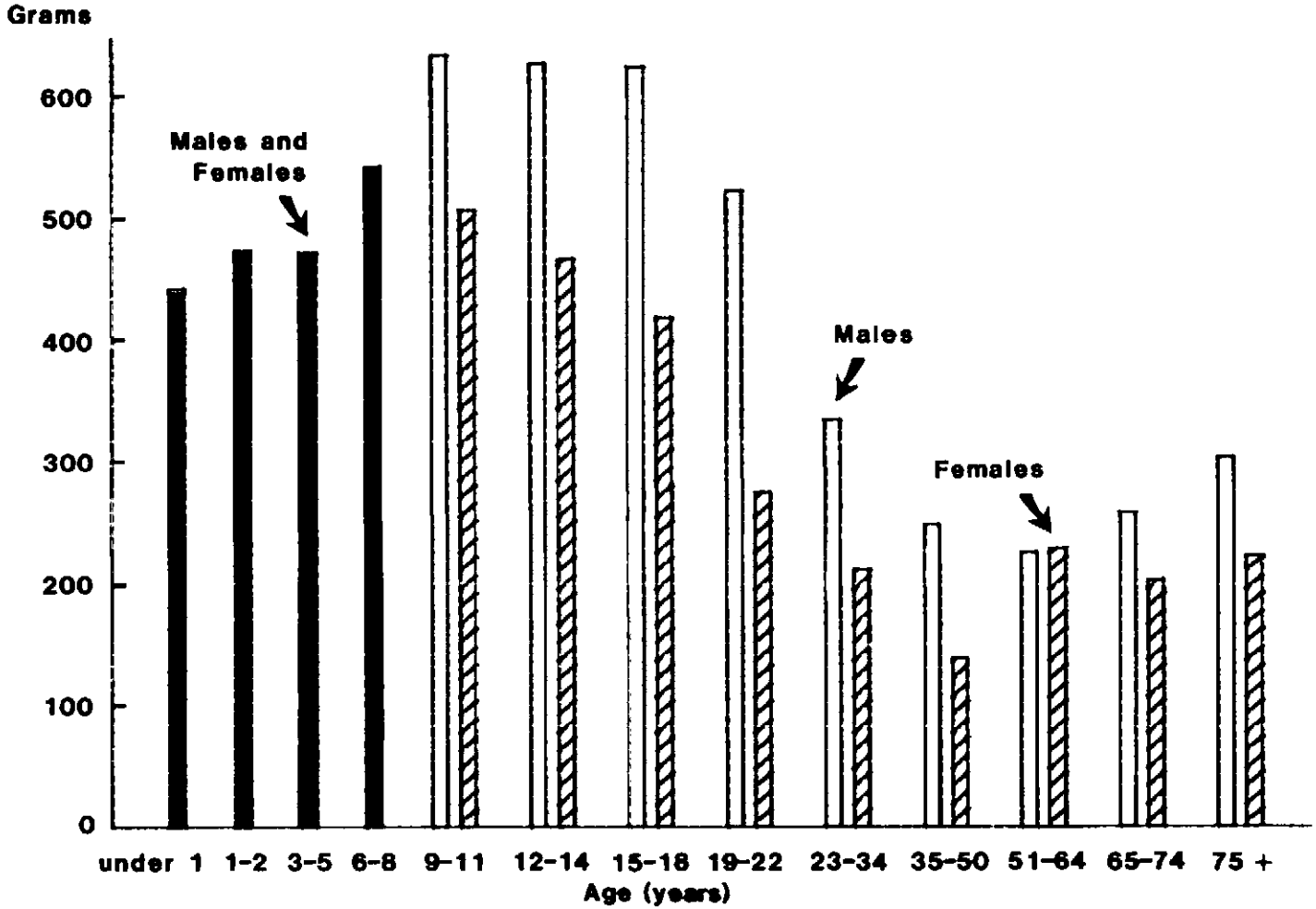
Although 27 percent of all individuals ate legumes, nuts, or seeds, 31 to 51 percent of 9- to 18-year-olds ate them, probably reflecting their greater use of peanut butter (table 1.2B-1). In most sex-age groups, proportionately fewer FSP participants than nonparticipants reported eating legumes, nuts, and seeds (tables 1.2B-2, 3).

Grain Products

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

Milk and Milk Products

Quantity[1] per individual in a day, total respondents



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

Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 1

The average intake of total grain products by total respondents in 1 day was 227 g per individual with roughly one-fourth accounted for by each of the subgroups: bread, rolls, and biscuits; other baked goods; cereals and pasta; and mixtures mainly grain (table 1.3A-1). Ready-to-eat cereals were more popular with children than with adults (fig. 2). For the majority of sex-age groups, participants had higher average intakes of grain products than nonparticipants. This pattern of higher intakes by the majority of sex-age groups also held for baked goods other than bread, rolls, and biscuits and for cereals and pastas.

Of total respondents, 96 percent reported using at least one item from the grain products group (table 1.3B-1). Eighty percent reported eating bread, rolls, and biscuits; 46 percent reported other baked goods such as cakes, pies, cookies, crackers, and doughnuts; 45 percent, cereals and pastas; and 25 percent, grain mixtures such as lasagna, pizza, and spaghetti. A larger proportion of participants than nonparticipants reported other baked goods (51 and 44 percent, respectively) and cereals and pastas (51 and 42 percent, respectively) (tables 1.3B-2, 3).

Fats and Oils

The fats and oils group includes butter, margarine, salad dressings, sauces such as tartar and hollandaise, oils, and cream substitutes that were reported separately by respondents. Unless reported separately, fats used in frying are included as part of the fried food in another group. Also, salad dressings not reported separately are included as part of the salad in another food group.

The intake of fats and oils reported separately among total respondents averaged from 6 g in 1 day for 1- to 2-year-olds to 26 g for 15- to 18-year-old males (table 1.3A-1). For nearly all sex-age groups, at least one-half of the total fats and oils intake reported separately was table fat (butter or margarine). Except for 12- to 14-year-olds, intakes of fats and oils by males averaged as much or more than intakes by females. Among both males and females over 8 years, intakes of fats and oils, especially table fats, decreased after age 22. FSP participants reported lower average intakes of fats and oils than nonparticipants did (tables 1.3A-2, 3).

Of total respondents, 57 percent reported intakes of fats and oils separately (table 1.3B-1). Fifty-two percent of participants compared to 59 percent of nonparticipants reported fats and oils (tables 1.3A-2, 3).

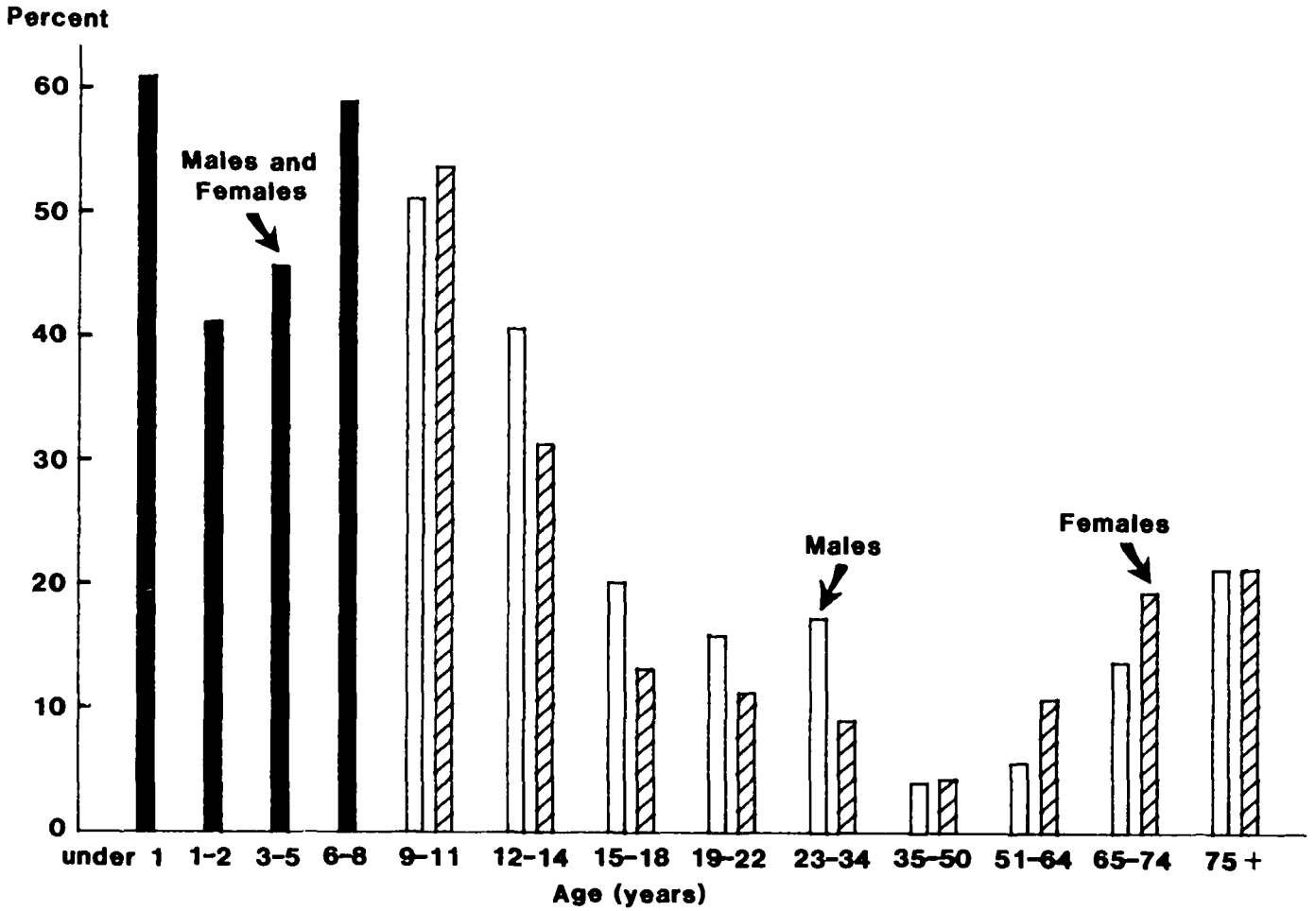
Vegetables

Vegetables include white potatoes, tomatoes, and dark-green, deep-yellow, and other vegetables. Mixtures mainly vegetables are included in the group of the major vegetable. Vegetable soups are included with vegetables even though they may be cream soups. Vegetables in meat mixtures such as stews are not included here unless ingredients were reported separately by the respondent.

Total vegetable intake averaged 183 g per individual--from 101 g in a day for 1- to 2-year-olds to 246 g for 9- to 11-year-old boys (table 1.4A-1). FSP participants in most sex-age groups under 65 years ate more dark-green vegetables than did nonparticipants. However, participants' intakes of tomatoes were smaller for 15 of 21 sex-age groups (tables 1.4A-2, 3). In general, participating men had

Ready-to-Eat Cereals

Percentage of individuals using in a day, total respondents



Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 2

larger average intakes of white potatoes than nonparticipating men, but for children and teenagers the reverse occurred. Among women the pattern varied.

Of total respondents, 81 percent ate at least one vegetable item; 45 percent ate white potatoes, 23 percent ate tomatoes, 7 percent ate dark-green vegetables, 6 percent ate deep-yellow vegetables, and 60 percent ate other vegetables (table 1.4B-1). For most sex-age groups, a larger proportion of participants than of nonparticipants reported dark-green vegetables, but a smaller proportion reported tomatoes (tables 1.4B-2, 3). About 45 percent of both participants and nonparticipants reported white potatoes.

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 the grain products group.

The average fruit intake of total respondents was 120 g in a day (table 1.5A-1). About one-half of the total fruit intake came from the citrus fruit group. Except for 35- to 50-year-old males, citrus fruit provided a larger proportion of the total fruit intake for those 19 and over (48 to 75 percent) than for those who were younger (21 to 54 percent). Fruit intake of participants was lower than that of nonparticipants because the latter had less apples and noncitrus juices and nectars. The difference between intakes of participants and nonparticipants was pronounced for teenage males and females.

Of total respondents, 44 percent reported at least one fruit item, 25 percent reported citrus fruit, and 25 percent noncitrus fruit. The sex-age groups with the largest proportion consuming fruit were boys 9 to 11 years and women 75 and over. After age 18, proportionately fewer males than females reported fruit. In 15 of 21 sex-age groups, FSP participants reported fruit less often than nonparticipants did.

Sugar and Sweets

In the sugar and sweets group are such items as granulated sugar, brown sugar, jams, jellies, sirups, and candy. Sugar and sweeteners that are ingredients in other foods are included with those foods; for example, sweeteners in soft drinks are in the beverage group.

Intake of sugar and sweets averaged 20 g per individual per day and ranged from 14 g for men 51 to 64 years to 42 g for girls 12 to 14 years (table 1.6A-1). Children 3 to 14 years had average sugar intakes of 21 to 42 g, while teenagers and adults reported less (14 to 28 g). Intakes of total sugar and sweets were the same for participants and nonparticipants, on the average. However, intakes of participants under 15 years old were smaller than those for nonparticipants, except for 6- to 8-year-olds, whereas intakes for the majority of older participant groups were larger (tables 1.6A-2, 3).

More than one-half of the total respondents consumed at least one item from the sugar and sweets group; 39 percent reported sugar and 7 percent reported candy (table 1.6B-1). Men 75 years and older most often (88 percent) reported sugar

and sweets. In about two-thirds of the sex-age groups, FSP participants reported items in the sugar and sweets group less often than nonparticipants did (tables 1.6B-2, 3).

Beverages

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

Average intake of coffee among total respondents was 235 g per individual, and men 51 to 64 years reported the largest quantity of 788 g per individual (table 1.6A-1). After age 35 men generally averaged more coffee than women in the same age groups. Tea intake averaged 84 g per day with women 19 to 34 years reporting the largest quantities. Intakes of soft drinks averaged 167 g per individual in a day, and 19- to 22-year-old men had the highest intake (332 g) (fig. 3). FSP participants over 22 years, except for the 65- to 74-year-olds, had smaller average intakes of coffee than their nonparticipant peers did (table 1.6A-2, 3). However, intakes of soft drinks and fruit drinks or ades were larger for at least two-thirds of the participant groups compared with nonparticipant groups. In contrast, intakes of tea were larger for two-thirds of the nonparticipant compared to participant groups. Intake of alcoholic beverages among participants averaged only about one-half that of nonparticipants, with differences being greatest for men 19 to 74 years.

Of adults 35 years and over, 71 to 93 percent reported coffee (table 1.6B-1). Men 75 and over had the highest proportion (93 percent) using coffee. Thirty-six percent of total respondents used soft drinks with the highest proportion of users (40 to 55 percent) among children 6 to 8, males 15 to 34, and females 15 to 50. In about two-thirds of the sex-age groups a smaller proportion of FSP participants than of nonparticipants reported coffee and tea and a larger proportion reported soft drinks and fruit drinks and ades (tables 1.6B-2, 3).

Nutrient Contributions by Major Food Groups

Foods consumed by individuals were divided into 14 groups, and the average percentage contribution of each food group to energy and nutrient intakes was calculated (tables 2.1-1 to 2.15-1). Mixtures were classified according to their main ingredient as in the previous section. Separate tables for FSP participants and nonparticipants are not included in this section but are available upon request.

The nutritive values of food intakes were calculated using a nutrient data base[6] constructed from Agriculture Handbook No. 8[7] and three revised sections (dairy and egg products, baby foods, and poultry products), Home Economics Research

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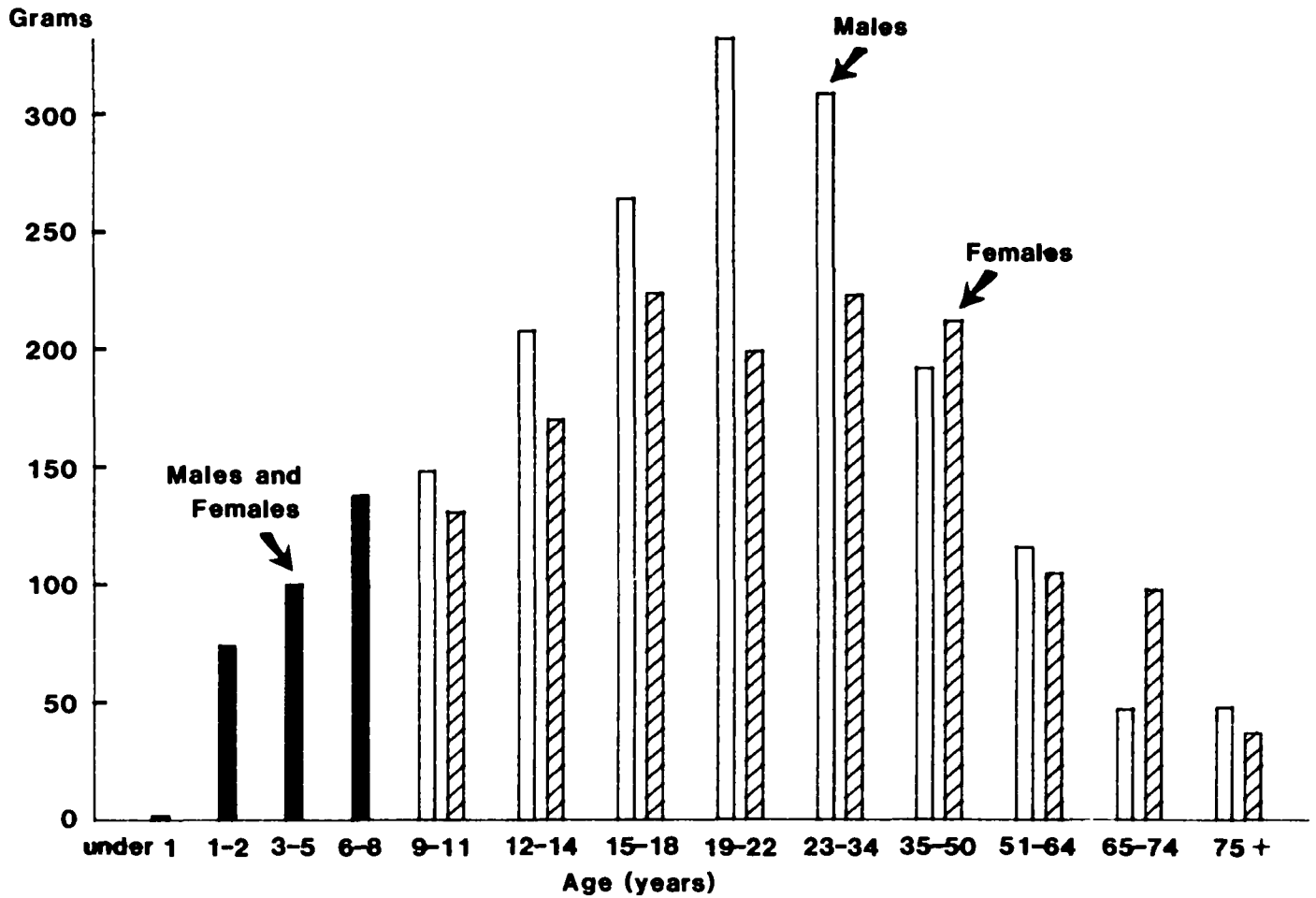
[6]U.S. Department of Agriculture. 1980. Nutritive values used in individual survey, 1977-78. Accession No. PB 80 197403. Tape available from U.S. Department of Commerce, National Technical Information Service, 5285 Port Royal Rd., Springfield, Va. 22161

[7]Watt, B. K., and Merrill, A. L. 1963. Composition of foods...raw, processed, prepared. U.S. Dept. Agr., Agr. Handb. 8 (rev.), 190 pp.

Soft Drinks

Quantity per individual in a day, total respondents



Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 3

Report No. 36,[8] manufacturers' data, and estimates based on ingredients or similar foods. Values were updated to account for changes such as the 1975 enrichment standards for bread and flour. Values for magnesium, vitamin B_6, and vitamin B_{12} were not available for all items; thus, some were imputed from other foods. These values were the best available at this time.

Food Energy

Three food groups--milk and milk products; meat, poultry, and fish; and grain products--contributed 68 percent of the food energy in diets of total respondents (table 2.1-1 and fig. 4). For children and teenagers and for men 65 years and over, grain products supplied more food energy than did any other food group. However, the meat, poultry, and fish group supplied the most food energy for adults 19 to 50 years. Individuals 18 and under obtained more of their food energy from milk and milk products (15 to 25 percent) than did other age groups (7 to 15 percent).

Protein

The meat group was the largest source of protein and provided 43 percent (range 34 to 54 percent) in diets of total respondents (table 2.2-1 and fig. 4). Among children 14 years and under, the milk and milk products group was the second largest source of protein; among respondents over 14, the grain products group was the second largest source. These three groups--meat, milk, and grain products--provided 74 to 87 percent of protein in diets depending on the sex-age group. Eggs contributed 2 to 9 percent and legumes, nuts, and seeds 2 to 10 percent.

Fat

The food group providing the most fat in diets of total respondents was the meat, poultry, and fish group (39 percent), and, except for 1- to 2-year-old children, it was the largest source for all sex-age groups (table 2.3-1 and fig. 4). For men 19 to 64 years old, nearly half (45 to 47 percent) the dietary fat came from meat, poultry, and fish. Milk and milk products supplied the second largest share of fat for children and adolescents, and grain products did so for most other groups. About 10 percent of fat intake was from fats and oils reported separately, such as butter, margarine, and salad dressing.

Carbohydrate

Grain products provided more carbohydrate (42 percent) in diets than any other food group (table 2.4-1 and fig. 4). Twenty-one percent of carbohydrate was supplied by fruits and vegetables, 11 percent by milk and milk products, and 9 percent by beverages.

Calcium

The predominant source of calcium for all sex-age groups except 35- to 50-year-old women was milk and milk products, which supplied 27 to 66 percent of

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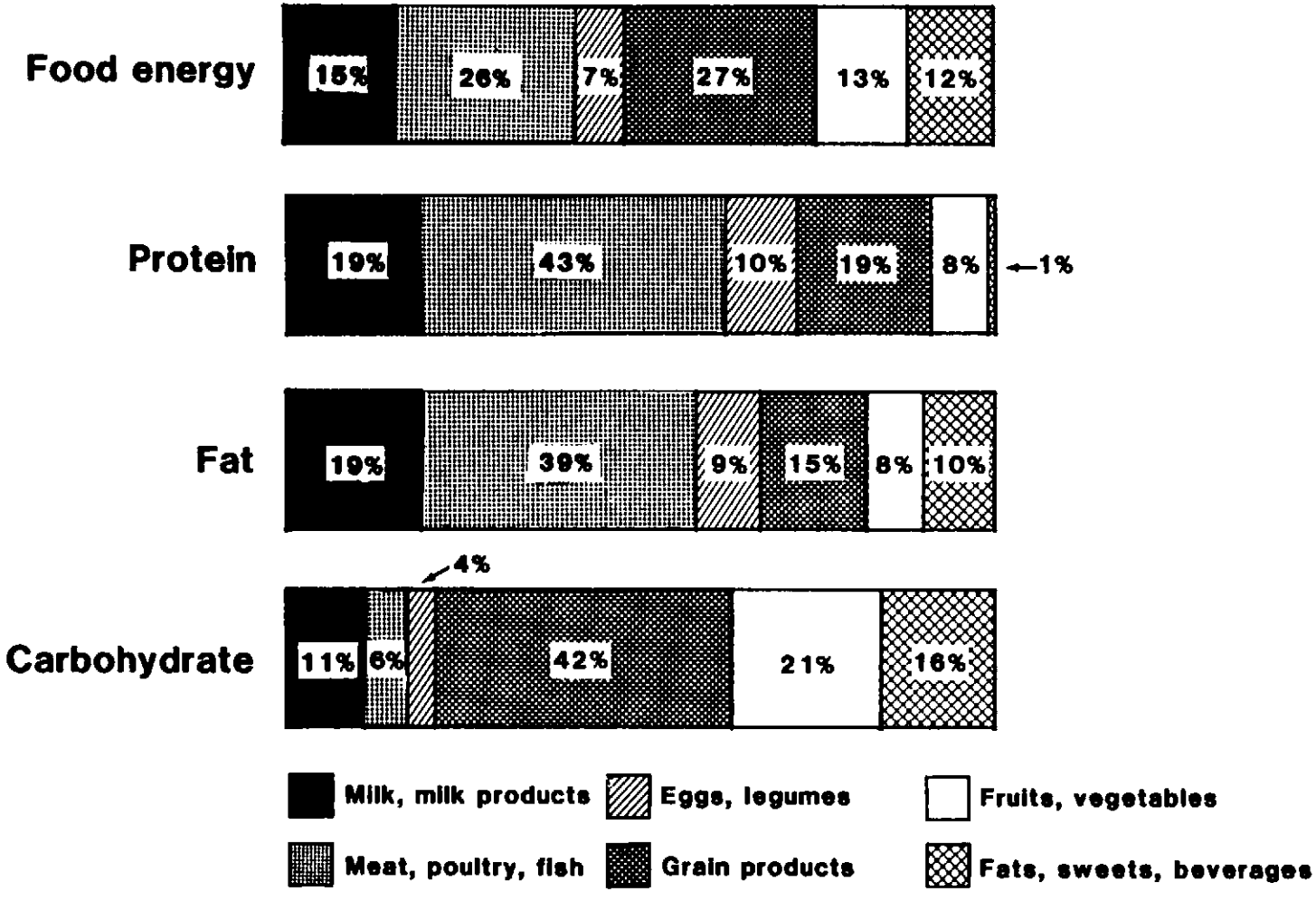
[8]Orr, M. L. 1969. Pantothenic acid, vitamin B_6, and vitamin B_{12} in foods. U.S. Dept. Agr., Home Econ. Res. Rpt. No. 36, 53 pp.

Sources of Energy and Energy Nutrients

Percentage of day's intake per individual, total respondents



Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 4

calcium (table 2.5-1 and fig. 5). The proportion of calcium supplied by milk decreased with age from 52 to 66 percent for children and teenagers to 27 to 49 percent for adults. Grain products provided 23 percent of calcium, and fruits and vegetables 11 percent.

Iron

Two food groups--the meat group and grain products--provided 66 percent of dietary iron (table 2.6-1 and fig. 5). In addition, 15 percent of dietary iron was obtained from fruits and vegetables; 6 percent from legumes, nuts, and seeds; and 5 percent from eggs. Among men 19 to 64 years and women 19 to 50 years old, the meat group supplied the highest proportion of iron (31 to 39 percent), but other sex-age groups obtained the highest proportion of iron from grain products (31 to 45 percent).

Magnesium

Substantial contributions of magnesium were made by milk and milk products (20 percent); meat, poultry, and fish (17 percent); grain products (21 percent); and fruits and vegetables (21 percent) (table 2.7-1 and fig. 5). For children and teenagers, milk and milk products supplied the largest proportion of magnesium. Most groups of adult males received the largest proportion of magnesium from grain products while all groups of adult females received the largest proportion from fruits and vegetables. Males obtained a higher proportion of magnesium from legumes, nuts, and seeds than did females (5 to 16 percent compared to 4 to 11 percent), and adults over 22 years obtained a higher proportion from beverages (mainly coffee) than did younger groups (12 to 24 percent compared to 1 to 9 percent).

Phosphorus

Three-fourths of phosphorus was supplied by three food groups: milk and milk products (30 percent); meat, poultry, and fish (26 percent); and grain products (20 percent) (table 2.8-1 and fig. 5). For individuals under 19 and men 75 and over, the largest proportion of phosphorus was supplied by milk and milk products (31 to 46 percent). For all other sex-age groups meat, poultry, and fish supplied the largest proportion.

Vitamin A Value

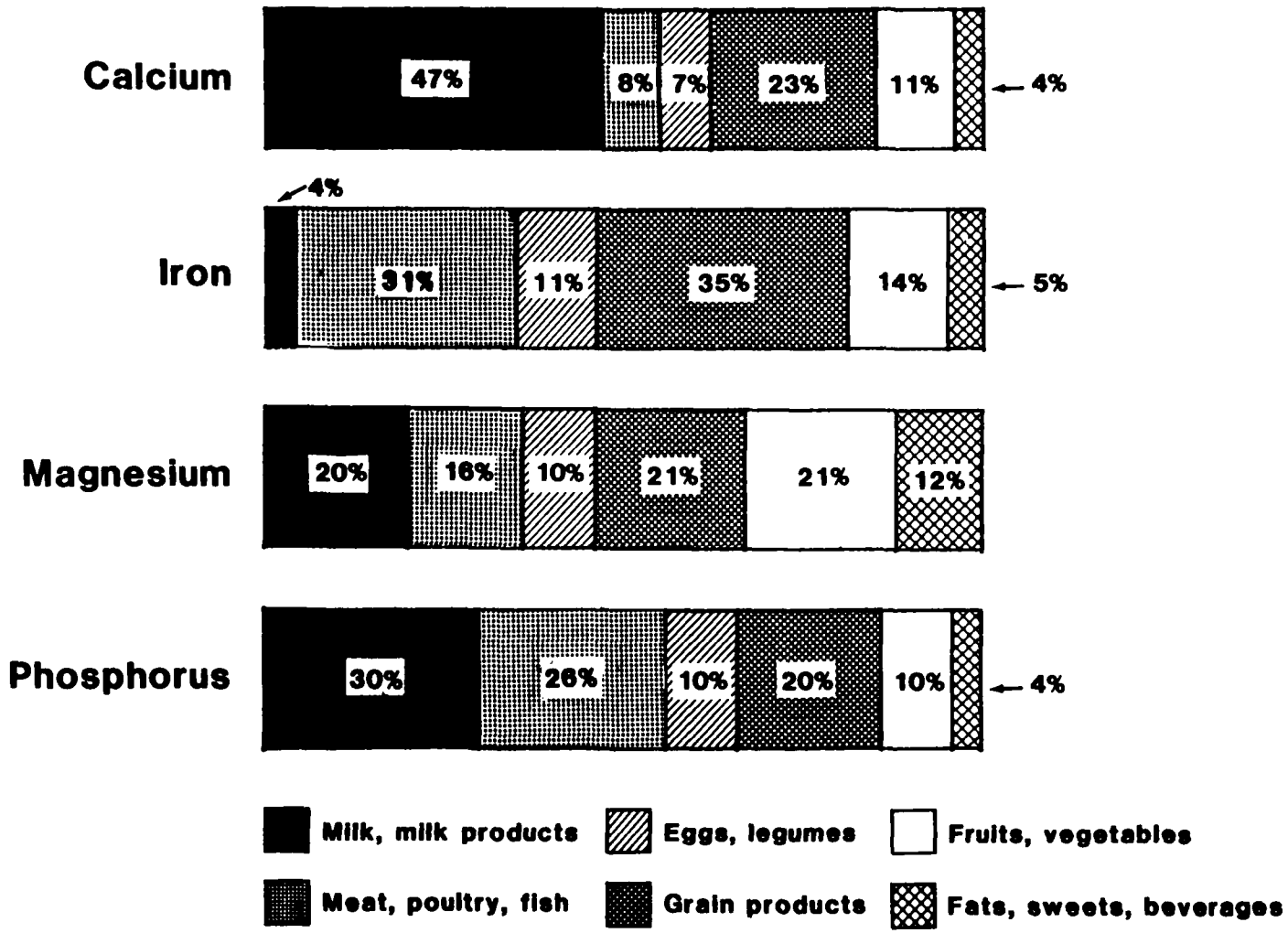
The largest source of vitamin A value was fruits and vegetables, providing 37 percent (table 2.9-1 and fig. 6). Men 35 to 74 years old and women over 22 obtained 41 to 52 percent of vitamin A value from fruits and vegetables. The next largest sources of vitamin A value were milk and milk products (20 percent) and grain products (17 percent).

Thiamin

The major source of thiamin was the grain products group (42 percent) (table 2.10-1 and fig. 6). The meat group was the next most plentiful source (22 percent) followed by fruits and vegetables (18 percent) and the milk and milk products group (12 percent).

Sources of Minerals

Percentage of day's intake per individual, total respondents

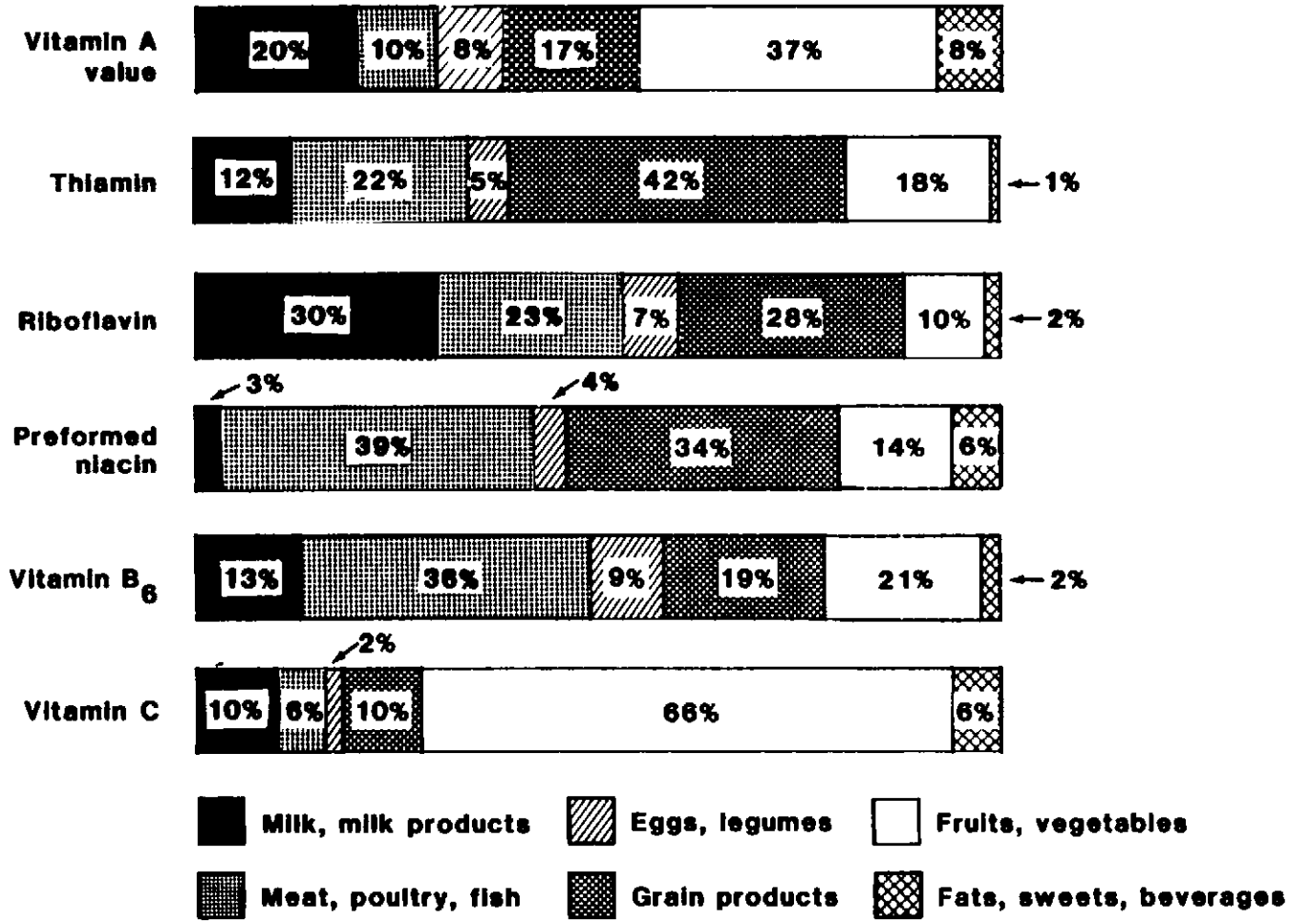


Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 5

Sources of Vitamins

Percentage of day's intake per individual, total respondents



Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 6

Riboflavin

Riboflavin was contributed mainly by three food groups--milk and milk products (30 percent), grain products (28 percent), and the meat group (23 percent) (table 2.11-1 and fig. 6). For individuals 18 and under, milk and milk products were the predominant source of riboflavin, supplying 35 to 46 percent. After age 18, the meat, poultry, and fish group or grain products supplied the largest proportion of riboflavin (each about 22 to 33 percent). Fruits and vegetables provided 10 percent and eggs 6 percent.

Preformed Niacin

The largest contributor of preformed niacin was the meat group (39 percent) followed by grain products (34 percent) (table 2.12-1 and fig. 6). Fruits and vegetables provided 14 percent of preformed niacin, about half of which was found in white potatoes.

Vitamin B_6

The largest proportion of vitamin B_6 intake was from the meat group (36 percent), and the second largest proportion came from grain products (19 percent) (table 2.13-1 and fig. 6). Grain products were the largest source of vitamin B_6 in diets of three sex-age groups under 12 years. Milk and milk products also made substantial contributions of this vitamin to diets of children and to those of teenagers. Fruits and vegetables made a substantial contribution of this vitamin in diets of adults.

Vitamin B_{12}

Vitamin B_{12} occurs naturally only in animal products, but food groups of mainly plant origin such as legumes, nuts, and seeds and grain products also provided some vitamin B_{12} because of fortification and small amounts of animal products found in mixtures. For individuals 1 to 14 years old and men 75 years and over, the largest proportion of vitamin B_{12} was supplied by milk and milk products (39 to 49 percent) and the second largest was provided by the meat group (table 2.14-1). All other groups of individuals received the largest proportion (38 to 61 percent) of vitamin B_{12} from meat, poultry, and fish, and the second largest from milk and milk products. Grain products supplied the third largest share of vitamin B_{12} for individuals 14 and younger while eggs did so for people over 14.

Vitamin C

Vitamin C was contributed mainly by fruits and vegetables (66 percent) (table 2.15). Of the five fruit and vegetable subgroups, the citrus fruits and tomatoes subgroup contributed the most vitamin C (23 percent) followed by white potatoes (16 percent) and vegetables other than those dark green and deep yellow (14 percent).

Nutritive Value of Food Intake

The nutritive value of food eaten by total respondents, by individuals participating in the FSP, and by nonparticipants is presented in several ways. Average intakes of food energy, protein, fat, carbohydrate, four minerals, and seven

vitamins are tabulated for all individuals and for individuals in 22 sex-age categories (tables 3.1-01 to 03). The average percentage contributions of protein, fat, and carbohydrate to energy intakes are also shown (tables 3.2-01 to 03). Average nutrient intakes as percentages of the 1980 RDA are presented for individuals living in the 48 conterminous States, in each of four regions, in each of three urbanizations, and for two racial groups (tables 3.3-01 to 30). Average nutrient densities of diets (the amount of nutrient per 1,000 kcal of energy intake) are also shown (tables 3.4-01 to 03). Vitamin and mineral supplements were not included in calculations of nutrient intakes.

Differences in results between FSP participants and nonparticipants must be interpreted with caution since the two subpopulations differ in many ways that influence food intakes other than FSP participation.

Energy and Nutrient Intakes

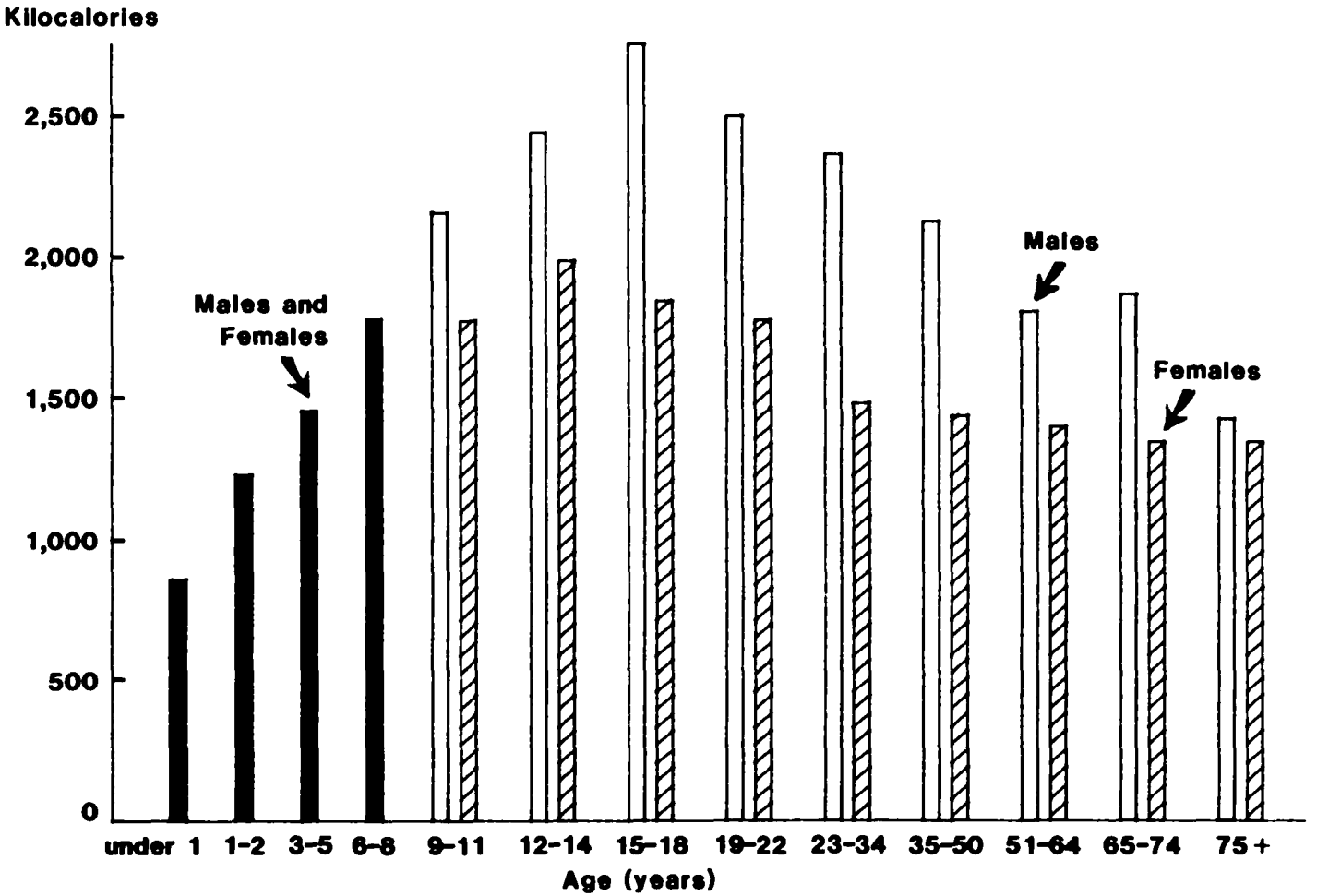
Energy and energy-providing nutrients.--Average food energy intakes of total respondents peaked at ages 15 to 18 among males (2,756 kcal) and at ages 12 to 14 among females (1,986 kcal) (table 3.01-01 and fig. 7). Intakes decreased with age to about 1,400 kcal for men over 74 years old and to about 1,350 for women over 64 years. Protein intakes were highest for 15- to 18-year-old boys (106 g) and for 12- to 14-year-old girls (77 g), and fat intakes were highest for 15- to 18-year-old boys (129 g) and for 19- to 22-year-old women (82 g). Carbohydrate intakes paralleled those of energy and protein with peak levels for 15- to 18-year-old boys (298 g) and 12- to 14-year-old girls (240 g). When intakes of FSP participants and nonparticipants were compared, nearly all groups of male participants aged 9 to 50 were found to have lower intakes of energy and energy-contributing nutrients (tables 3.1-02, 03). Among females and older men, intakes of participants were usually higher than those of nonparticipants.

Minerals.--Average calcium intakes of total respondents increased with age from 759 mg for children 1 to 2 years to a high of 1,220 mg among boys aged 15 to 18 years and to 914 mg among girls aged 12 to 14 (table 3.1-01). Lowest intakes were found among men over 74 years (614 mg) and 35- to 50-year-old women (452 mg). Iron intakes increased from 8.4 mg for 1- to 2-year-olds to 17.8 mg for boys 15 to 18. Intakes of men then decreased with advancing age to 10.7 mg for men 75 years and over. Among females the highest iron intake averaged 12.8 mg (12 to 14 years) and the lowest, 9.8 mg (over 74 years). Magnesium showed a similar age-related pattern among children and males, increasing from an average of 163 mg for 1- to 2-year-olds to 324 mg for 15- to 18-year-old boys and decreasing to 221 mg for men 75 and over. Intakes of females ranged from 204 mg (over 74 years) to 237 mg (12- to 14-year-olds). Average phosphorus intakes ranged from 831 mg (women over 74) to 1,676 mg (15- to 18-year-old boys). When mineral intakes of FSP participants and nonparticipants were compared, participant children and teenagers generally had lower intakes than nonparticipants (tables 3.1-02, 03). Among adults, the participants tended to have higher mineral intakes.

Vitamins.--Among total-respondent males, boys 15 to 18 years had the highest average intake of vitamin A value (6,378 IU); among females, women 65 to 74 had the highest intake (7,532 IU) (table 3.1-01). One- to two-year-olds had the lowest intake (3,022 IU). Average intakes of B vitamins had smaller ranges among sex-age groups. Vitamin C intakes increased slightly with age from an average of 61 mg

Food Energy

Average intake per individual in a day, total respondents



Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 7

at ages 1 to 2 years to 97 and 80 mg for boys and girls 15 to 18 years, respectively. Intakes of men and women ranged from 68 to 77 mg, except for men over 74 (58 mg) and women 65 to 74 years (94 mg). Compared with nonparticipants, most groups of female participants had higher intakes of most vitamins (tables 3.1-02, 03).

Percentage of Energy From Protein, Fat, and Carbohydrate

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

For average intakes of total respondents, protein provided 16.6 percent of energy; fat, 39.2 percent; carbohydrate, 44.0 percent; and other, 0.9 percent. Protein varied among sex-age groups from 15 to 18 percent of energy and fat from 37 to 43 percent. Carbohydrate contributed a larger share of energy in diets of 3- to 14-year-olds (46 to 48 percent) than in diets of other age groups (40 to 45 percent). When FSP participants and nonparticipants were compared, only small differences were found.

Nutrient Intakes Compared With 1980 RDA

Energy and nutrient intakes of each individual were expressed as percentages of the appropriate RDA (see table 7.1) and averaged for each sex-age group. Energy needs of individuals vary according to body size, age, and physical activity, and thus some individuals need less than others. The RDA for energy is for people doing light work. The midpoint of the range for energy RDA of each sex-age group was used for these comparisons. Total respondents (table 3.3-01 and fig. 8) are discussed first, followed by FSP participants (table 3.3-02) and nonparticipants (table 3.3-03).

Energy and protein.--Only one sex-age group of total respondents, children 1 to 2 years, averaged over 100 percent of its RDA for energy. Other energy intakes ranged from 69 percent of RDA for men 75 years and over to 98 percent of RDA for 15- to 18-year-old boys. Protein intake exceeded the RDA for all sex-age groups. Children 1 to 8 years and boys 9 to 14 years consumed more than twice their RDA for protein (205 to 236 percent and 205 to 212 percent, respectively).

Minerals.--Calcium intakes among total respondents met or exceeded the RDA for 1- to 2-year-old and 6- to 8-year-old children and for males 9 to 34. No group of females met the RDA for calcium. RDA for iron were met by 6- to

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[9] Merrill, A. L., and Watt, B. K. Energy Value of Foods--Basis and Derivation. U.S. Dept. Agr. Handb. 74, 1955. (Sl. rev. 1973.)

NUTRIENT INTAKES BELOW 1980 RECOMMENDED DIETARY ALLOWANCES

Average intake as percentage of 1980 RDA, 1979-80
Total respondents

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 Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

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

Figure 8

8-year-old children, most groups of males, and women 51 to 74. Lowest iron intakes (in terms of percent of RDA) were among 1- to 2-year-olds (56 percent of RDA) and 35- to 50-year-old women (57 percent of RDA). Magnesium intakes exceeded the RDA only for children under 6 years, and except for females 75 and over, males had a higher percentage of the RDA than did females. Only one group, 15- to 18-year-old girls, did not meet the RDA for phosphorus (94 percent).

Vitamins.--The RDA for vitamin A was exceeded by most sex-age groups of total respondents. Only males 75 and over had an average vitamin A intake less than 90 percent of the RDA (82 percent). Males over 75 also were the only group that did not meet the RDA for thiamin (92 percent), and their intake of preformed niacin was 95 percent of their RDA for niacin. RDA for riboflavin was not met by males over 75 and females 35 to 50, and the RDA for vitamin C was not met by males over 75. All sex-age groups except women 35 to 50 and 75 and over met or exceeded the RDA for vitamin B_{12}. Intakes of thiamin, riboflavin, and preformed niacin, expressed as a percentage of RDA, peaked during preschool years and generally diminished thereafter.

The only vitamin studied for which the RDA was not met by the majority of sex-age groups of total respondents was vitamin B_6. Only diets of children age 2 and under provided their RDA for this vitamin. Diets of men 75 and over and females 15 to 18 and over 22 years provided less than 60 percent of the RDA for this nutrient. FSP participants on the average had diets with a higher percentage of RDA than nonparticipants for food energy, protein, and all of the vitamins except vitamin B_{12}--but none of the minerals studied, as shown below.

Energy and nutrients	FSP participants	Non-participants
	Percent	
Food energy.....	85	83
Protein.....	172	168
Calcium.....	87	90
Iron.....	96	100
Magnesium.....	85	88
Phosphorus.....	130	132
Vitamin A.....	132	118
Thiamin.....	130	113
Riboflavin.....	141	132
Preformed niacin..	120	117
Vitamin B_6.....	79	72
Vitamin B_{12}.....	142	143
Vitamin C.....	144	133

Differences by region.--When total respondents were examined by region of the country--Northeast, North Central, South, and West--intakes of those in the West averaged the highest percentage of RDA for all nutrients except protein and preformed niacin (tables 3.3-04, 07, 10, 13). Protein and preformed niacin intakes relative to RDA were highest in the Northeast.

For each region, intakes of FSP participants and nonparticipants were compared on the basis of percent of RDA for each nutrient. The most distinct

differences between participants and nonparticipants were observed in the Northeast (tables 3.3-05, 06), where participants achieved a higher proportion of RDA for food energy and for all nutrients except iron than did nonparticipants. In the North Central region (tables 3.3-08, 09), most differences between participants and nonparticipants were slight and clearly favored participants only for thiamin, riboflavin, and vitamin C. Intake of participants in the South compared to nonparticipants (tables 3.3-11, 12) averaged a higher percentage of RDA for 6 of the 12 nutrients--protein, vitamin A, thiamin, riboflavin, preformed niacin, and vitamin B_6. In the West (tables 3.3-14, 15), participants had higher intakes of protein, magnesium, vitamin A, thiamin, riboflavin, preformed niacin, vitamin B_6, and vitamin B_{12} in terms of percent of RDA than did nonparticipants.

Differences by urbanization.--Dietary intakes of total respondents as percentage of RDA were also compared by urbanization--central cities, suburban areas, and nonmetropolitan areas (tables 3.3-16, 19, 22). Individuals in suburban areas had the highest average intakes as percentages of RDA for food energy, protein, calcium, iron, magnesium, phosphorus, riboflavin, preformed niacin, vitamin B_6, and vitamin B_{12}; central city residents had the highest values for vitamin A, thiamin, and vitamin C.

Central-city FSP participants compared to nonparticipants averaged an equal or higher percentage of RDA for food energy and all nutrients except vitamin A (tables 3.3-17, 18). The average intakes relative to RDA of all nutrients except the minerals and vitamin B_{12} were higher for participants than for nonparticipants in suburban areas (tables 3.3-20, 21). Differences in percentage of RDA between participants and nonparticipants in nonmetropolitan areas were 0 to 6 percentage points, except for vitamin A which was higher for participants than for nonparticipants (tables 3.3-23, 24).

Differences by race.--Sixty-five percent of the respondents in this survey were white and 32 percent were black. Individuals whose race was listed as "other" (3 percent) are omitted from this discussion. On the average, neither blacks nor whites had intakes that met the RDA for calcium, magnesium, and vitamin B_6, and blacks had intakes that did not meet the RDA for iron (tables 3.3-25, 28). White individuals overall had higher intakes than blacks in terms of percent of RDA for food energy, protein, calcium, iron, magnesium, phosphorus, riboflavin, preformed niacin, and vitamin B_{12}. Black individuals had intakes averaging a higher percentage of RDA for vitamin A, thiamin, vitamin B_6, and vitamin C.

White FSP participants had higher average intakes relative to RDA for food energy and all nutrients studied except iron and magnesium than did white nonparticipants (tables 3.3-26, 27). Black FSP participants compared to black nonparticipants had higher percentages for food energy, protein, calcium, magnesium, phosphorus, thiamin, riboflavin, and vitamin B_6 but lower percentages for iron, vitamin A, preformed niacin, vitamin B_{12}, and vitamin C (tables 3.3-29, 30).

Nutrient Densities

Variation in the nutritional quality of diets among sex-age groups in this study (as in previous ones) is greatly reduced when comparisons are based on nutrient densities, i.e., the amount of nutrient per 1,000 kcal of food energy intake (tables 3.4-01, 02, 03). The nutrient densities of intakes can be compared

to the RDA expressed as nutrient densities (see table 7.2). However, this method of dietary evaluation does not assess the adequacy of energy intake. This point should not be overlooked when interpreting nutrient densities in the present study since average intakes of food energy were 69 to 98 percent of RDA for individuals over 2 years of age (table 3.3-01).

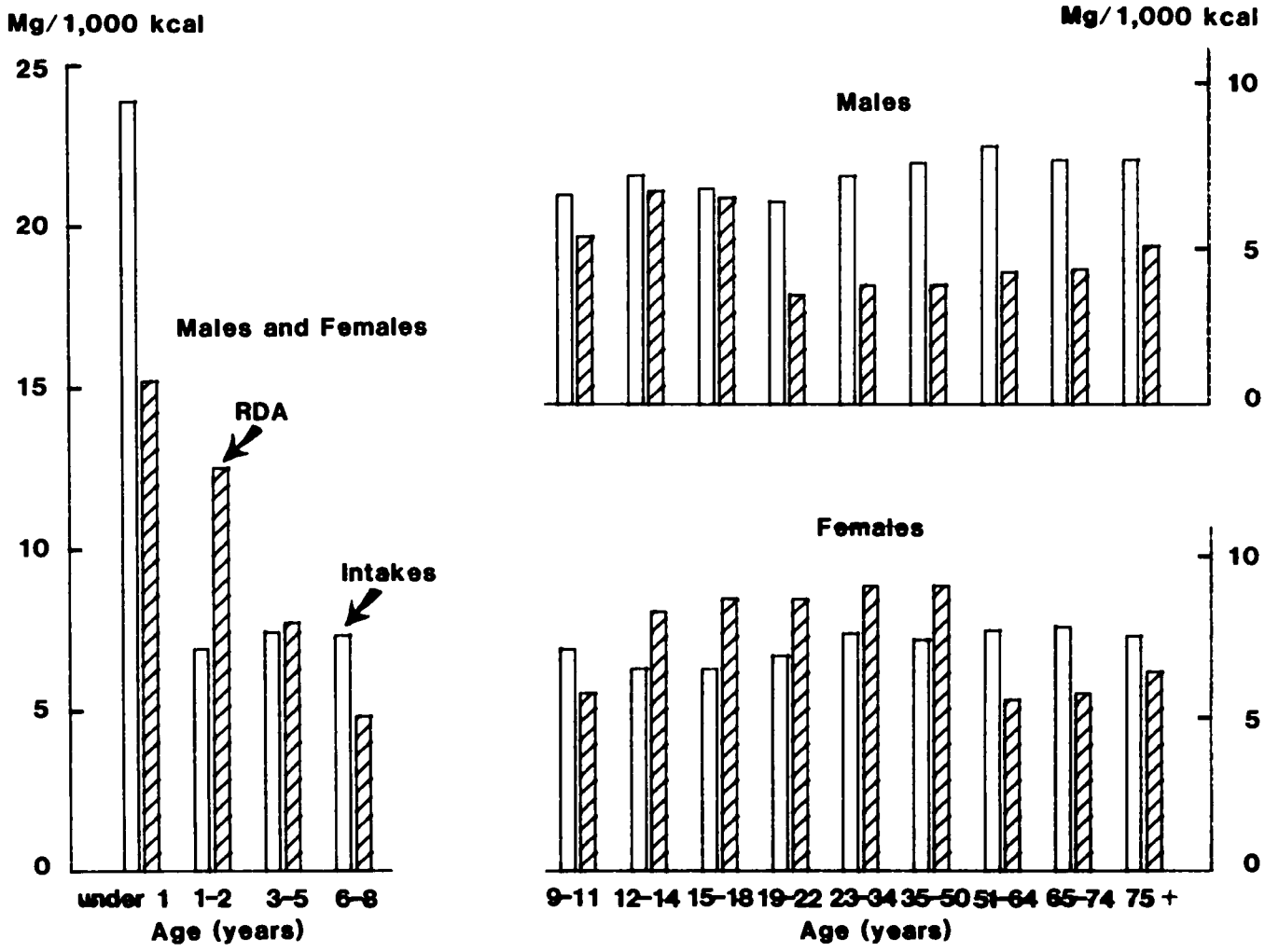
Energy-providing nutrients.--Protein densities tended to be slightly greater for adults 35 years and over (43 to 45 g per 1,000 kcal) than for individuals under 35 years (37 to 42 g per 1,000 kcal). Nine sex-age groups had diets with protein densities twice the density of their RDA. Fat densities ranged from 41 to 48 g per 1,000 kcal and were generally slightly higher among males than among females. Carbohydrate densities were higher among children 3 to 14 years of age (114 to 121 g per 1,000 kcal) than among older groups (100 to 113 g per 1,000 kcal). When densities for FSP participants and nonparticipants were compared, only small differences were evident.

Minerals.--Calcium densities of intakes, on the average, generally decreased with advancing age from 626 mg per 1,000 kcal for 1- to 2-year-olds to 344 mg per 1,000 kcal for men 23 to 34 years old and 328 mg per 1,000 kcal for women 35 to 50 years and then increased for older adults. The average density of calcium in diets of children and males of all ages was greater than the density of their RDA for calcium, while calcium densities of diets of most age groups of females were less than the density of their RDA. Iron densities of intakes varied much less with sex and age (6.3 to 8.0 mg per 1,000 kcal) than calcium densities did. When iron densities of intakes and RDA were compared, 1- to 5-year-olds and females 12 to 50 years of age had densities below that of their RDA (fig. 9). Magnesium densities (115 to 178 mg per 1,000 kcal) tended to increase somewhat with age. When compared with the RDA, 10 of the 21 sex-age groups had densities below that of their RDA. Phosphorus densities of intakes (601 to 735 mg per 1,000 kcal) were well above the densities of the RDA for all sex-age groups. When FSP participants and nonparticipants were compared, 12 to 16 groups of nonparticipants had intakes with mineral densities higher than those of participants.

Vitamins.--Vitamin A value densities of intakes varied greatly among sex-age groups (2,088 to 5,451 IU per 1,000 kcal) (fig. 10). Females generally had higher vitamin A value densities (2,225 to 5,451 IU per 1,000 kcal) than males (2,088 to 3,413 IU per 1,000 kcal). Thiamin, preformed niacin, and vitamin B_6 densities varied little with sex and age. Vitamin B_{12} densities varied somewhat more, but showed no age- or sex-related pattern. Riboflavin densities of intakes were highest at ages 1 to 2 with 1.25 mg per 1,000 kcal and decreased with advancing age to 0.77 mg per 1,000 kcal for women ages 35 to 50. They then increased with age to a high of 0.99 mg per 1,000 kcal for women 65 to 74. Intakes of females 12 years and over had higher densities of vitamin C (41 to 71 mg per 1,000 kcal) than intakes of their male counterparts (32 to 46 mg per 1,000 kcal). All sex-age groups had intakes with greater nutrient densities than RDA for vitamin A value, thiamin, riboflavin, preformed niacin, vitamin B_{12}, and vitamin C. Vitamin B_6 densities of intakes were below densities of RDA for groups of males over 24 years and of females over 11 years of age. Vitamin densities of intakes of FSP participants and nonparticipants were generally similar except that most groups of participants had higher densities of thiamin.

Iron Density of Intakes and Recommended Dietary Allowances

Average intake per individual in a day, total respondents

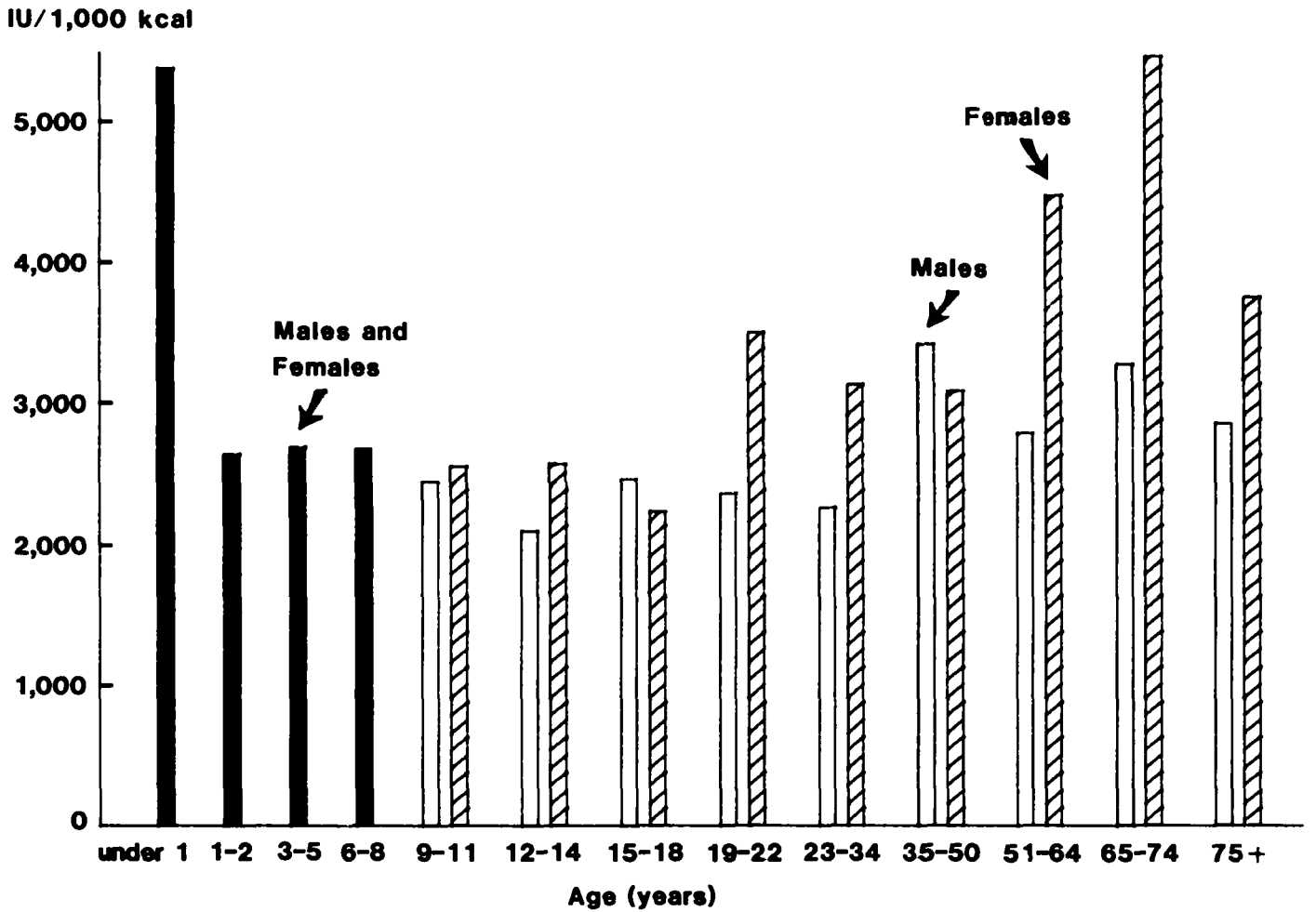


Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 9

Vitamin A Density per 1,000 Kilocalories

Average intake per individual in a day, total respondents



Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 10

Nutritive Value of Food Obtained and Eaten Away From Home

Thirty-three percent of all respondents obtained and ate some food away from home on the day reported (table 4-1). Percentages of food energy and nutrient intakes from food obtained and eaten away from home averaged 13 to 15 percent. Percentages of individuals consuming food obtained and eaten away from home increased with age from 19 percent of 1- to 2-year-olds to 59 percent of boys 15 to 18 years old and 61 percent of girls 9 to 11 years old (fig. 11). Among adults 19 to 64 years of age, 30 to 42 percent of males and 15 to 34 percent of females obtained and ate food away from home. Only 5 to 7 percent of respondents 65 years and older obtained and ate food away from home.

For the seven groups of 6- to 18-year-olds, foods obtained and eaten away from home contributed 17 to 32 percent of nutrient intakes. For five of these seven sex-age groups, calcium was the nutrient contributed in the highest percentage by foods obtained and eaten away from home, probably reflecting the importance of milk consumed at school. Highest percentages of calcium intakes obtained from away-from-home foods were among 9- to 11-year-olds (30 to 32 percent).

Fewer participants than nonparticipants reported obtaining and eating food away from home (31 percent and 35 percent, respectively). As for total respondents, both participants and nonparticipants in the school-age groups ate out most often and persons over 65 years least often. Participants, however, had higher percentages eating away from home in 6 of the 21 sex-age groups.

Proportions of nutrients contributed by away-from-home foods for participants and for nonparticipants overall ranged from 12.5 to 15.2 percent depending on the nutrients. Of all the nutrients, the greatest difference between participants and nonparticipants was for vitamin C; participants averaged 13.5 percent from away-from-home foods and nonparticipants, 11.9 percent. For sex-age groups, the contribution of nutrients generally followed the proportion of individuals obtaining and eating food away from home.

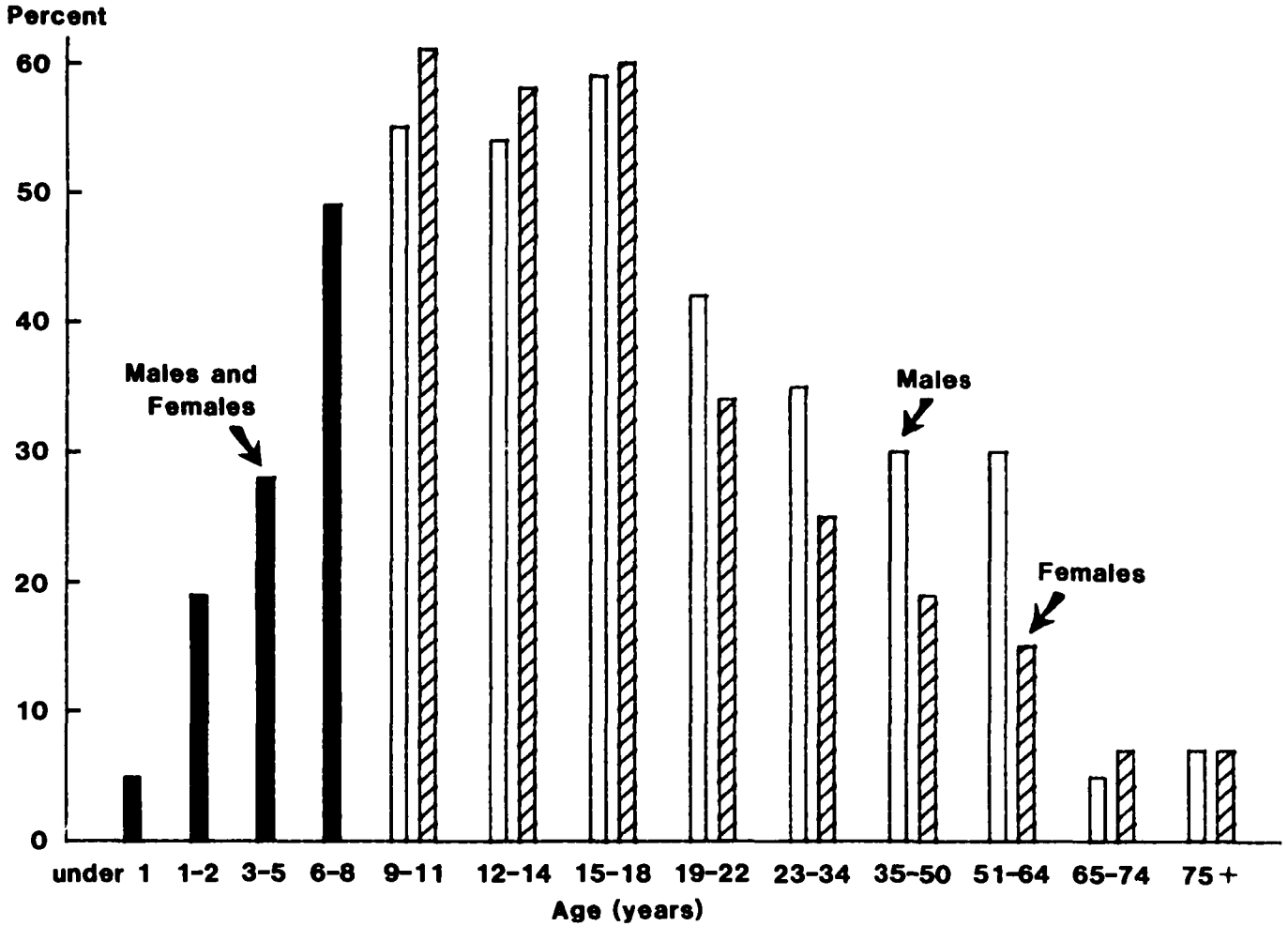
Frequency of Eating

More individuals (44 percent) ate meals and/or snacks three times a day than any other number of times (table 5.1-1). Twenty-six percent ate four times a day, 11 percent five times, and 10 percent two times. Five percent of individuals ate seven or more times a day. Frequency of eating tended to decline with advancing age. The proportion of individuals eating more than three times a day was 51 to 62 percent for children 8 years and under, 45 to 56 percent for 9- to 14-year-olds, 30 to 52 percent for 15- to 74-year-olds, and 23 to 28 percent for people 75 years and over.

Differences in the frequency of eating were apparent between a number of sex-age groups of FSP participants and nonparticipants (tables 5.1-2, 3). Among children 3 to 8, a higher percentage of nonparticipants than of participants ate fewer than three times a day. However, among teenage boys and young men, the higher proportion having fewer than three eating occasions were the participants rather than the nonparticipants. Other differences are also shown between the two subgroups in those eating more than three times in a day.

Individuals Obtaining and Eating Food Away from Home

Total respondents



Source: USDA Survey of Food Consumption in Low-Income Households 1979-80, 48 conterminous States, November 1979-March 1980 (preliminary).

Figure 11

The frequency of each type of eating occasion named by respondents has also been tabulated (tables 5.2-1, 2, 3). Breakfast was reported by 87 percent of respondents; lunch, including brunch, by 76 percent; dinner by 43 percent; and supper by 58 percent. Some dinners reported were midday meals. One or more snacks were reported by 55 percent of individuals, and eating occasions with a name other than those mentioned above or with no name given were reported by 4 percent of the respondents.

Sex-age groups with at least 20 percent reporting no breakfast were males 23 to 34 years and females 15 to 50 years. Less than 5 percent of children 11 years and under reported no breakfast. Groups with the largest proportion reporting snacks were 1- to 5-year-old children (60 to 66 percent), boys 12 to 14 (61 percent), men 35 to 50 (70 percent), and women 23 to 50 (60 to 62 percent).

Infant Intakes

Infants discussed in this section are the children under 1 year of age, excluding those who were completely or partially breast fed. In FSP-participant households, 57 percent of infants were under 6 months of age, but in nonparticipant households only 29 percent were under 6 months. This age difference accounts for some differences in food and nutrient intakes (particularly when nutrient intakes are expressed as percentages of RDA which may be different for infants under one-half year of age compared to those over one-half year of age) and in frequency of eating found between participants and nonparticipants.

Food Intake

Intakes of infants are generally lower, except for milk, than those of other sex-age groups (tables 1.1 to 1.6). Milk and milk products constituted the largest component of the food intake of infants. Total average intake of milk and milk products was equivalent in grams of calcium to 443 g of fluid whole milk. Of the 598 g average intake of milk and milk drinks, 319 g were fluid milk. Milk-based formula accounted for most of the difference between these figures. (Infant formulas often have less than one-half the calcium content of cows' milk.) Eighty-eight percent of infants consumed milk or milk products; most remaining infants probably were consuming soy-based formulas. Such intakes of soy-based formula are probably reflected in consumption of legumes by 14 percent of infants, with intake averaging 111 g.

Grain products were consumed by 82 percent of infants. Average intake of grain products was 58 g, about one-half (30 g) of which was contributed by ready-to-eat cereals. Seventy percent of the infants consumed vegetables, and intakes averaged 127 g. Fruit and fruit juices were consumed by 67 percent of infants; average intake was 176 g. Almost one-half of the infants had meat, poultry, or fish on the day surveyed. Infants' average intake of meat, poultry, and fish was 61 g, consisting primarily of mixtures (53 g average intake). Twenty-one percent of the infants consumed eggs, with an average intake of 13 g. Intakes of fats and oils reported separately averaged 2 g, and consumption was reported for 16 percent of the infants. Only 5 percent of infants consumed sugar or sweets, and intakes averaged 1 g. Beverages other than milk, formula, or juice were reported for 4 percent of infants, with an average intake of 7 g.

The percentages of FSP-participant and nonparticipant infants consuming milk and milk products were about the same. The average intake of milk and milk drinks (including milk-based formulas) by participants was higher (631 g) than that by nonparticipants (576 g). Average intake of fluid milk was higher among nonparticipant infants (353 g) than among participant infants (270 g). This indicates higher intakes of milk-based formula among FSP participants than among nonparticipants. Use of formula rather than fluid milk is likely to be related to the younger average age of the participants. While the average intake of legumes was similar between the two groups, a higher percentage of participants than of nonparticipants consumed items in this group. Thus, it appears that a higher percentage of participants than of nonparticipants drank soy-based formula.

Nutrient Contributions by Major Food Groups

Of the 14 major food groups studied, milk and milk products were the greatest contributors of food energy and of all nutrients considered (tables 2.1-1 to 2.15-1) except iron and preformed niacin. Fifty to 70 percent of infants' food energy, protein, fat, calcium, phosphorus, riboflavin, and vitamin B_{12} were provided by milk and milk products. These foods provided 40 to 48 percent of infants' magnesium, vitamin A value, thiamin, and vitamin B_6. Twenty-seven to 36 percent of infants' carbohydrate, iron, preformed niacin, and vitamin C were provided by milk and milk products.

Grain products provided the greatest percentage of infants' iron and preformed niacin (42 percent of each) and much of their thiamin (37 percent). They also contributed 17 to 24 percent of infants' carbohydrate, magnesium, and riboflavin and 10 to 13 percent of their phosphorus, vitamin B_6, calcium, energy, and protein.

Meat, poultry, and fish provided 8 to 10 percent of infants' protein, fat, vitamin A value, preformed niacin, vitamin B_6, and vitamin B_{12}. Legumes contributed 6 to 11 percent of all 14 nutrients. Fruit provided 31 percent of infants' vitamin C, 22 percent of their carbohydrate, and 11 percent of their vitamin B_6 and food energy. Vegetables contributed 31 percent of infants' vitamin A value, 18 percent of their vitamin C, and 11 to 12 percent of their carbohydrate, magnesium, and preformed niacin.

Nutritive Value of Food Intake

Of the 22 sex-age groups, infants had the highest average iron intake (17.7 mg) and the lowest average intakes of all other nutrients except calcium, vitamin A value, riboflavin, and vitamin C (table 3.1). Participating infants had higher average intakes of iron, vitamin A value, thiamin, riboflavin, preformed niacin, and vitamin C than nonparticipants.

Carbohydrate was the infants' major source of food energy (46 percent) (table 3.2). However, the general factors used to obtain these figures were developed to estimate the energy from protein, fat, and carbohydrate in a mixed diet; they do not give as good estimates for a diet based primarily on one food--milk.

For total respondents, infants' diets exceeded the RDA for all nutrients studied (table 3.3). Average intakes for vitamin A value, thiamin, riboflavin, and vitamin C were more than twice the RDA. FSP participants had values 8 to 124 percentage points higher than those of nonparticipants for all nutrients.

In all four regions, in all three urbanizations, and in both racial groups, infants' average intakes exceeded the RDA for all nutrients. Among regions, infants in the North Central region had the highest average percentages of RDA for six nutrients. Those in the South had the lowest percentages for five nutrients. Among urbanizations, infants in nonmetropolitan areas had the highest percentages of RDA for all nutrients except vitamin A, preformed niacin, and vitamin C, which were highest among infants in central cities. Black infants averaged higher percentages of RDA than whites for all nutrients except protein.

Infants had diets with average nutrient densities greater than those of all older age groups for calcium, iron, thiamin, riboflavin, and vitamin C. Average iron density for infants was about three times that of older sex-age groups, mostly because of infants' consumption of iron-fortified baby cereals and formulas. For all nutrients, nutrient densities of infants' diets exceeded densities of their RDA by a wide margin.

Nutritive Value of Food Obtained and Eaten Away From Home

Foods obtained and eaten away from home were reported for only 5 percent of infants (table 4-1). Only 1 percent or less of infants' nutrient intake was provided by away-from-home foods. Differences between participating infants and nonparticipants were slight (tables 4-2, 3).

Frequency of Eating

Thirty-five percent of infants ate four times a day, 21 percent ate five times a day, 20 percent ate six times a day, and 12 percent ate seven times a day (table 5.1). Among FSP participants, 74 percent ate five or more times per day, and among nonparticipating infants, 50 percent ate five or more times per day. Infants under 6 months of age are often fed more frequently than older infants are, and the higher proportion of younger infants among participants than among nonparticipants would explain some of the difference between these groups.

Characteristics of Households and Individuals

The household respondent gave information on the household income; participation in FSP; household size; and the age, education, and employment status of the male and female heads of the household. The region and urbanization of the household were recorded based on census definitions. The interviewer recorded the race of the household respondent based on observation. The tables in this section (6.1-1 to 6.7-3) include breast-fed infants and children who are not included in tables in the previous sections (1.1A-1 to 5.2-3). Counts and percentages in the tables reflect application of weighting factors. Because rounding occurs at each aggregation, parts may not add to totals.

Household Income

Household income before taxes for the year previous to the interview (1978 or 1979) was reported to be below $4,000 for 18 percent of the total respondents, $4,000 to $5,999 for 15 percent, $6,000 to $9,999 for 28 percent, and $10,000 or more for 24 percent (table 6.1-1). Fifteen percent of the individuals were in households whose income was not reported. (Some of the household respondents may not have reported income on the household questionnaire, but information provided on the screening questionnaires showed the households were eligible to participate in the survey.) A much higher proportion of FSP participants than nonparticipants was from households reporting incomes below $4,000 (32 versus 10 percent), and a much lower proportion had incomes of $10,000 or more (9 versus 33 percent) as shown in tables 6.1-2, 3 and summarized below.

Household income before taxes	Total respondents	FSP participants	Non-participants
	Percent		
All incomes.....	100.0	100.0	100.0
Under $4,000.....	18.4	32.3	9.8
$4,000-$5,999.....	15.1	26.6	8.0
$6,000-$9,999.....	27.6	23.0	30.4
$10,000 and over..	23.9	8.6	33.3
Not reported.....	15.0	9.5	18.5

Of the FSP participants in the lowest income group, 25 percent were children under 9 years but few (6 percent) of the nonparticipants were this young. The nonparticipants in this income group were more likely to be over 50 years of age than were FSP participants. In both groups women made up the majority of the adults. Differences among sex-age groups were less in the highest income compared to the lowest income group as shown below.

	Under $4,000		$10,000 and over	
Sex and age (years)	FSP participants (N = 1,222)	Non-participants (N = 555)	FSP participants (N = 298)	Non-participants (N = 1,884)
All individuals...	100	100	100	100
Children, 0-8.....	25	6	28	25
Males:				
9-18.....	9	5	16	15
19-50.....	7	11	11	16
51 and over.....	7	15	3	4
Females:				
9-18.....	8	3	12	18
19-50.....	23	15	25	20
51 and over.....	21	45	5	2

The two lowest income groups (under $6,000) of FSP participants were about equally divided among whites and blacks (table 6.1-2). At incomes $6,000 to $9,999 the proportion of blacks was substantially higher than that of whites (61 versus 39 percent). At the highest incomes, whites predominated over blacks (72 versus 26 percent). Among nonparticipants with incomes under $4,000, the proportion of whites was larger than that of blacks (57 versus 43 percent) (table 6.1-3). As income level increased, differences increased in favor of the whites; and at incomes $10,000 and over, whites outnumbered blacks six to one.

Regional distribution by income revealed that over one-half of total respondents in the lowest and highest income groups were from the South and the fewest were from the West. The next largest groups of respondents with income below $4,000 and $10,000 and over were in the North Central region as shown below.

Household Income	48 States		Northeast (N = 2,012)	Central (N = 1,744)	South (N = 4,422)	West (N = 946)
	Number	Percent				
Under $4,000.....	1,677	100.0	16.7	21.9	54.3	7.1
$4,000-$5,999.....	1,374	100.0	21.3	26.1	41.8	10.8
$6,000-$9,999.....	2,517	100.0	23.5	18.5	48.5	9.5
$10,000 and over..	2,182	100.0	17.8	21.5	51.2	9.5
Not reported.....	1,372	100.0	33.5	6.1	43.6	16.8
All incomes.....	9,123	100.0	22.1	19.1	48.4	10.4

Race

Race of the household respondent was reported by the interviewer by observation, and other household members were assigned the same racial designation. Of all individuals, 65 percent were white, 32 percent were black, and 3 percent were of another race (table 6.1-1). Among FSP participants, a slightly higher proportion of individuals was black compared to white (50 versus 47 percent), while for nonparticipants, whites predominated over blacks by over three to one (75 versus 21 percent) (tables 6.1-2, 3).

Region and Race

The largest proportion of total respondents resided in the South (48 percent). Less than one-half as many resided in the Northeast (22 percent) and in the North Central region (19 percent), and the fewest resided in the West (10 percent) (tables 6.2-1, 2, 3). Compared with nonparticipants, participants were more often from the North Central region and less often from the Northeast and West as shown below.

Region	FSP participants	Non-participants
Northeast.....	19	24
North Central...	25	15
South.....	48	49
West.....	8	12

Of the four regions, the Northeast had the highest proportion of white respondents (84 percent) and the South had the lowest (56 percent). The proportion of black respondents was highest in the South (43 percent), only slightly less in the North Central region (38 percent), and much less in the Northeast and West (13 percent). Other racial groups made up 14 percent of respondents in the West and 3 percent or less in the other regions. In all regions except the West, the racial distribution of respondents differed markedly between the FSP-participant and nonparticipant groups. FSP participants were more likely to be black than white in the South (63 and 36 percent, respectively) and in the North Central region (57 and 43 percent, respectively). Among nonparticipants in the Northeast only 8 percent were black, in the North Central region 19 percent, and in the South 31 percent.

Urbanization and Race

Slightly higher proportions of respondents resided in central cities (36 percent) and in suburban areas (34 percent) than in nonmetropolitan areas (30 percent) (table 6.3-1). Of the FSP participants, 50 percent lived in central cities, 30 percent in nonmetropolitan areas, and the fewest (20 percent) in suburban areas (table 6.3-2). Among nonparticipants, the largest group lived in suburban areas (43 percent) and the smallest group in central cities (27 percent) (table 6.3-3). In central cities, blacks were predominant among FSP participants (69 percent), but whites were in the majority among nonparticipants (52 percent).

FSP Participation

Of total respondents, 38 percent were in households participating in the FSP and the remaining 62 percent were nonparticipants (table 6.4). As can be seen in the table, the sex-age distribution showed considerable variation. Among total respondents, FSP participants made up a considerably smaller proportion of most sex-age groups, the most prominent exceptions being children 1 to 8 and women 19 to 35 years.

Household Size

Of total respondents, 31 percent lived in households with 6 or more members, and a smaller proportion of FSP participants (27 percent) lived in these larger households than did nonparticipants (34 percent) (see text table below and tables 6.5-1,2,3). About 7 percent were one-person households for both participants and nonparticipants. There were considerably more nonparticipants than participants among the households with nine and more members as shown below.

Household members (number)	Total respondents (N = 9,123)	FSP participants (N = 3,473)	Non-participants (N = 5,651)
	Percent		
1.....	7.2	7.5	7.0
2.....	12.4	13.2	11.9
3.....	13.2	18.6	9.9
4.....	22.3	19.7	23.9
5.....	13.9	14.0	13.8
6.....	9.8	8.9	10.3
7.....	6.6	7.0	6.4
8.....	3.4	5.3	2.2
9.....	5.3	2.0	7.4
10 and over...	5.9	3.8	7.2

About one-half of the women 65 years and over lived in one-person households, but men in this age bracket were most frequently members of two-person households. The largest proportion of children and teenagers were members of households of six or more persons, and the proportion among nonparticipants was generally greater than that among participants.

Characteristics of the Male Head of Household

Thirty-four percent of total respondents resided in households with no male head (table 6.6-1). The proportion of FSP participants in households without a male head was much greater than that for nonparticipants (57 and 20 percent, respectively) (tables 6.6-2, 3). Both participants and nonparticipants were more likely to live in a household with a male head 35 to 64 years than one younger or older. Only 28 percent of total respondents lived in households where a male head was employed full time, and for FSP participants the percentage was much less than for nonparticipants (11 versus 38 percent). The percentage of total respondents living in households with a male head having some high school education was somewhat larger than the percentage with male heads who had completed high school. Few male heads had any college education.

Characteristics of the Female Head of Household

Four percent of the total respondents lived in households with no female head, and these respondents tended to be males 15 to 22 years and those over 50 years (table 6.7-1). A slightly higher percentage of total respondents lived in households with female heads who were 20 to 34 years of age (45 percent) compared to those who were 35 to 64 (42 percent). The proportion living in households with female heads 20 to 34 years and 35 to 64 years was nearly the same for FSP participants (47 and 41 percent, respectively) as for nonparticipants (44 and 42 percent, respectively) (tables 6.7-2, 3). Twenty percent of the total respondents lived in households whose female head was employed full time or part time, while 76 percent were from households whose female head was not employed. The percentage of FSP participants in the households with employed female heads was less than that of nonparticipants (15 and 24 percent, respectively). Eighty-three percent of the participants and 71 percent of the nonparticipants lived in

households whose female head was not employed. The largest proportion of total respondents was in households whose female head had some high school (35 percent) while 28 percent of total respondents were in households whose female head had elementary schooling or less. Twenty-five percent of the total respondents had a female head who had completed high school, and 8 percent had a female head who had at least some college. Few differences were found between participants and nonparticipants in the level of education attained by the female heads.

COMPARISON OF INTAKES OF INDIVIDUALS IN LOW-INCOME HOUSEHOLDS 1977-78 AND 1979-80

One purpose of surveying diets of individuals in low-income households in 1979-80 was to ascertain changes in food and nutrient intakes of individuals in the low-income population after 1977-78 when a similar survey was conducted. In the 2 years between the two surveys, major revisions took place in the FSP, including the elimination of the purchase requirements, and the cost of food and other necessities rose.

In this section, characteristics of all individuals in the two surveys are compared as well as those of the FSP participants and nonparticipants. Dietary intakes of individuals are examined using two sets of data--the percentage of individuals using foods classified in food groups, and the average food energy and nutrient content of diets relative to 1980 RDA. Comparisons between surveys are made by subtracting the average percentage for the first survey (1977-78) from that for the second survey (1979-80). Distributions of intakes relative to RDA are also presented. Results described have not been tested for statistical significance. Multivariate procedures will be required for more definitive analysis.

Characteristics of Households and Individuals

The Survey of Food Consumption in Low-Income Households 1979-80 included about 3,000 households and the comparable survey in 1977-78 included about 4,700 households. In each household, a respondent, usually the homemaker, gave information on household characteristics and the foods used at home by the household during 1 week. The interviewer then administered a 1-day recall questionnaire on the food and beverage intake of each individual member of the household. In the 1977-78 survey, food intake information was obtained on 12,095 household members, and in the 1979-80 survey, on 9,123 members. These counts have been weighted to adjust for nonresponse and thereby to maintain representativeness of the samples.

FSP participants made up about the same percentage of respondents in the two surveys (38 to 40 percent). Participants numbered 4,873 and 3,473 in the first and second surveys, respectively, and nonparticipants numbered 7,177 and 5,651, respectively. There were some differences, however, in the characteristics of the two groups. In the second survey, children 9 to 18 made up a smaller proportion and older women (over 50 years) a larger proportion of the FSP-participant group than in the earlier survey; the reverse was true for nonparticipants. The distribution of men was about the same in both surveys. The distributions by sex and age in the two surveys are given below.

Characteristic	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
	Percent					
SEX AND AGE (YEARS):						
Males and females:						
0-8	23	+2	28	+3	19	+1
9-18	24	0	23	-9	26	+5
Males:						
19-50	13	0	9	-1	15	-1
51 and over	7	0	5	+1	8	0
Females:						
19-50	21	0	23	+1	20	-1
51 and over	12	-1	12	+4	12	-4
RACE:						
White	65	+8	47	+5	75	+8
Black	32	-7	50	-1	21	-9
Other	3	-1	3	-4	4	+1
REGION:						
Northeast	22	-3	19	-13	24	+4
North Central	19	-1	25	+3	15	-3
South	49	+4	48	+10	49	+1
West	10	-1	8	0	12	-1
URBANIZATION:						
Central city	36	-5	50	-5	27	-4
Suburban areas	34	+3	20	-1	43	+5
Nonmetropolitan areas	30	+2	30	+6	30	-2
INCOME:						
Less than $4,000	18	-7	32	+1	10	-10
$4,000-$5,999	15	-2	27	+5	8	-6
$6,000-$9,999	28	+1	23	+1	30	0
$10,000 and over	24	+6	9	-3	33	+11
Not reported	15	+2	9	-3	18	+5
HOUSEHOLD SIZE:						
1	7	-2	7	+1	7	-3
2	12	-1	13	+3	12	-3
3	13	0	19	+6	10	-4
4	22	+5	20	+5	24	+5
5	14	-3	14	-5	14	-2
6	10	0	9	-4	10	+3
7 and over	22	+1	18	-4	23	+5
HOUSEHOLD HEAD:						
Female only	34	-4	57	+2	20	-5
Male only	4	+1	2	0	5	+2
AGE (YEARS) OF HOUSEHOLD HEAD:						
Male:						
Less than 35	37	+2	35	-1	38	+2
35-64	54	+1	49	-8	55	+3
65 and over	9	-3	16	+8	7	-7
Female:						
Less than 35	49	+6	50	+3	47	+9
35-64	43	-5	42	-5	44	-5
65 and over	8	-1	8	+3	9	-3

Among the racial groups (above), white respondents outnumbered black respondents by a greater margin in the second survey than in the first survey. More of this change from the first survey occurred in the nonparticipant group than in the participant group. Blacks made up about the same proportion of FSP participants in both surveys. (Race of the household respondent was reported by the interviewer from observation, and other individuals in the household were assigned the same racial designation.)

Of the four regions (above), the largest proportion of respondents in both surveys came from the South, the smallest proportion from the West, and of the remainder, slightly more came from the Northeast than from the North Central region. Among FSP participants, however, the proportion from the Northeast was markedly less in the second survey compared to the first.

Regarding urbanizations, the largest proportion of respondents came from central cities in the 1977-78 survey, but in the 1979-80 survey, respondents were more evenly distributed among the three categories shown above. In both surveys, the majority of FSP participants were from central cities. However, in the second survey, the proportion from central cities decreased, and that from nonmetropolitan areas increased. The largest proportion of nonparticipants came from suburban areas in both surveys but the proportion was larger in the second survey.

The majority of FSP participants in both surveys were in the two lowest income categories (under $6,000), and the majority of nonparticipants were in the two highest income categories ($6,000 and over) as shown above. Disparity in income level between participant and nonparticipant individuals was considerably greater in the second survey than in the first survey. Incomes have not been adjusted for inflation and thus $6,000 in 1979-80 bought less than in 1977-78.

The proportion of FSP participants from small households (four and under) and the proportion of nonparticipants from large households (six and over) generally increased in the second survey compared to the first. FSP participants outnumbered nonparticipants in households with no male head by almost three to one in the second survey, a greater disparity than in the first survey. The proportion of FSP participants in households with male heads 65 years and over increased in the second survey compared to the first, and for nonparticipants the proportion decreased.

Food Intake

Foods and beverages reported by individuals were classified into major food groups and subgroups for the purpose of summarizing food intake patterns. The comparison of food and beverage intakes in the two surveys is based on the percentage of individuals using foods in the major food groups and specified subgroups. An individual is considered to be a user if at least one item in the food group was reported on the 1-day dietary recall. Average intakes are not considered in this discussion; however, differences in intakes are generally reflected by differences in the percentage using. The percentage of individuals using foods in specified food groups in the survey of 1979-80 and the change in percentage points from the survey of 1977-78 for total respondents, FSP participants, and nonparticipants are given below.

Food group	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
	Percent using					
Meat, poultry, fish, mixtures..	92	+1	92	0	92	+1
Beef.....	23	-4	24	-3	23	-3
Pork.....	28	-1	39	+10	21	-8
Poultry.....	20	-2	23	-3	19	0
Frankfurters, sausages, and luncheon meats.....	31	+4	35	+5	29	+4
Fish.....	6	-2	5	-4	6	-1
Mixtures with meat.....	40	+4	30	-6	46	+9
Milk and milk products.....	81	+1	79	0	83	+3
Fluid milk.....	71	+3	69	+1	72	+3
Cream and milk desserts.....	13	+2	12	+3	14	0
Cheese.....	16	0	13	-5	17	+2
Eggs.....	39	+3	40	+7	38	+1
Legumes and nuts.....	27	+6	24	+4	29	+8
Grain products.....	96	-1	97	0	96	-1
Bread, rolls, and biscuits...	80	0	78	-2	81	+1
Other baked goods.....	46	-7	51	0	44	-11
Cereals and pastas.....	45	-5	51	-1	42	-6
Ready-to-eat cereals.....	25	0	26	-1	24	+1
Mixtures mainly grain.....	22	-3	21	-1	22	-4
Total vegetables.....	81	+2	80	0	81	+3
White potatoes.....	45	+4	46	+6	45	+3
Tomatoes.....	23	+6	18	+3	26	+8
Dark-green vegetables.....	7	-2	11	+4	5	-5
Deep-yellow vegetables.....	6	0	5	-1	7	0
Other vegetables.....	60	+2	57	0	61	+3
Total fruits.....	44	+4	42	+3	45	+4
Citrus fruits and juices.....	25	-1	25	+1	25	-2
Other fruits, mixtures, and juices.....	25	+2	24	+2	25	+2
Apples.....	13	+4	11	+5	14	+3
Bananas.....	4	0	5	+1	4	0
Other fruits and mixtures..	8	-2	8	-5	8	-1
Noncitrus juices and nectars	7	+4	5	+2	8	+5
Fats and oils.....	57	+12	52	+12	59	+10
Table fats.....	46	+12	42	+12	48	+10
Salad dressings.....	21	+7	16	+2	25	+11
Sugar and sweets.....	52	+3	52	+2	53	+4
Sugar.....	39	+5	35	+1	40	+6
Candy.....	7	+1	7	+1	7	+2
Coffee.....	36	+1	31	+4	39	-2
Tea.....	19	-1	16	+1	21	-2
Soft drinks.....	36	0	38	-4	34	+1
Fruit drinks and ades.....	4	-6	6	-8	4	-3
Alcoholic beverages.....	3	-1	3	-1	3	-1

In the second survey, both FSP participants and nonparticipants showed gains of 3 percentage points or more in users of frankfurters, sausages, and luncheon meats; legumes and nuts; white potatoes; tomatoes; total fruits; apples; fats and oils; and table fats and declines of 3 percentage points or more for beef and fruit drinks and ades. In addition to these food groups, participants also had increases in users of pork, cream and milk desserts, eggs, dark-green vegetables, and coffee. Nonparticipants, however, had increases in users of meat mixtures, fluid milk, total vegetables, noncitrus juices and nectars, salad dressings, and sugar. Food groups with declines in participant users included beef, poultry, fish, meat mixtures, cheese, noncitrus fruits other than apples and bananas, soft drinks, and fruit drinks and ades. Nonparticipants had declines in users of beef; pork; baked goods other than bread, rolls, and biscuits; cereals and pastas; mixtures mainly grain; dark-green vegetables; and fruit drinks and ades.

Nutrient Intakes Compared With 1980 RDA

In the two surveys, intakes of food energy and 12 nutrients were computed for each individual, expressed as percentages of the appropriate 1980 RDA, and averaged for all individuals and specified sex-age groups of total respondents, FSP participants, and nonparticipants. Total respondents overall had average intakes that exceeded RDA for eight nutrients in the 1979-80 survey as in the 1977-78 survey, but averages for energy and all nutrients except three were higher in the second survey than in the first. Comparing the 1979-80 survey to the 1977-78 survey, percentages increased for energy and 11 of 12 nutrients among FSP participants and for energy and 9 of 12 nutrients among nonparticipants. Among participants, the largest gains were for thiamin and riboflavin, and among nonparticipants for protein. Averages of nutrient intakes expressed as a percentage of RDA in the 1979-80 survey and changes from the 1977-78 survey are shown for all individuals in the specified categories as follows:

Nutrient	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
	Percent					
Food energy.....	84	+5	85	+ 6	83	+ 4
Protein.....	169	+7	172	+ 3	168	+10
Calcium.....	89	+8	87	+ 8	90	+ 7
Iron.....	99	+7	96	+ 8	100	+ 5
Magnesium.....	87	+8	85	+ 6	88	+ 9
Phosphorus.....	131	+6	130	+ 8	132	+ 5
Vitamin A.....	124	-1	132	+ 6	118	- 6
Thiamin.....	119	+6	130	+13	113	+ 2
Riboflavin.....	135	+7	141	+12	132	+ 4
Preformed niacin..	118	+3	120	+ 1	117	+ 5
Vitamin B_6.....	75	+4	79	+ 3	72	+ 4
Vitamin B_{12}.....	142	-5	142	- 2	143	- 5
Vitamin C.....	137	0	144	+ 3	133	- 1

Nutrient intakes relative to RDA for sex-age groups sometimes differed from average values for all individuals. Infants in the total respondent group of the 1979-80 survey had lower values for food energy and two-thirds of the nutrients studied compared to the earlier survey (shown below). However, FSP-participant infants (N = 107) showed gains for nearly all nutrients in 1979-80 while nonparticipant infants (N = 157) showed mostly declines. Participating infants had larger values than nonparticipating infants in the second survey (except for magnesium), but in the first survey, nonparticipant infants had the majority of higher values. Children 1 to 8 years had mostly gains in the second survey except for vitamin A, vitamin B_{12}, and vitamin C. Nevertheless, average values equaled or exceeded RDA for most nutrients except iron and food energy as shown below.

Age and nutrient	Children 0-8 years					
	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
	Percent					
Infants under 1 year:						
Food energy.....	97	- 5	100	- 7	95	- 3
Protein.....	168	- 8	171	+ 6	166	-20
Calcium.....	156	- 1	167	+15	148	-12
Iron.....	144	-28	184	+10	117	-54
Magnesium.....	204	+ 8	204	+10	205	+ 8
Phosphorus.....	199	+ 6	202	+23	197	- 8
Vitamin A.....	240	+22	262	+73	225	-21
Thiamin.....	226	-35	278	+ 7	191	-61
Riboflavin.....	285	-21	321	+26	260	-57
Preformed niacin...	123	-23	145	- 1	107	-39
Vitamin B_6.....	127	-22	136	-31	122	- 9
Vitamin B_{12}.....	227	-33	235	+ 1	222	-63
Vitamin C.....	226	+15	252	+54	209	-14
Children 1-8 years:						
Food energy.....	92	+ 4	92	+ 5	91	+ 2
Protein.....	219	+ 8	214	+ 2	223	+13
Calcium.....	107	+ 9	103	+ 9	111	+10
Iron.....	92	+ 8	87	+ 2	96	+12
Magnesium.....	107	+ 6	103	+ 4	111	+ 8
Phosphorus.....	136	+ 7	133	+ 7	138	+ 7
Vitamin A.....	146	-18	143	-24	148	-12
Thiamin.....	141	+ 7	145	+10	137	+ 4
Riboflavin.....	184	+11	180	+11	187	+10
Preformed niacin...	125	+ 3	122	- 6	127	+ 9
Vitamin B_6	100	+ 1	100	0	101	+ 3
Vitamin B_{12}.....	162	-12	157	-16	166	- 9
Vitamin C	150	-16	163	-14	138	-19

Total-respondent males 9 to 50 years had intakes relative to RDA that averaged higher for all nutrients in the second survey than in the first except for vitamin C for males 19 to 50 years. Although participant and nonparticipant males 9 to 18 years had higher values in the second survey compared to the first, values for energy and 10 of 12 nutrients were lower for participants than for nonparticipants in 1979-80. Gains in the second survey were especially marked for nonparticipant males 9 to 18--ranging from 11 to 38 percentage points--and for participant males 19 to 50 years--3 to 29 percentage points--as shown below.

Age and nutrient	Males 9-50 years					
	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
	Percent					
9-18 years:						
Food energy.....	93	+17	84	+ 8	97	+21
Protein.....	200	+25	184	+ 4	208	+38
Calcium.....	105	+16	90	+ 5	113	+21
Iron.....	100	+17	90	+ 3	104	+24
Magnesium.....	87	+15	75	+ 2	93	+21
Phosphorus.....	138	+19	125	+ 7	145	+25
Vitamin A.....	116	+12	120	+14	114	+11
Thiamin.....	124	+13	126	+10	124	+18
Riboflavin.....	148	+19	136	+10	154	+23
Preformed niacin..	117	+14	111	+ 4	120	+20
Vitamin B_6.....	91	+10	86	+ 1	94	+16
Vitamin B_{12}.....	176	+26	153	+ 8	188	+34
Vitamin C.....	161	+ 7	156	- 4	164	+16
19-50 years:						
Food energy.....	84	+ 7	83	+ 7	85	+ 7
Protein.....	169	+12	168	+13	169	+10
Calcium.....	104	+12	93	+11	108	+11
Iron.....	164	+15	168	+25	163	+12
Magnesium.....	87	+ 6	81	+ 3	90	+12
Phosphorus.....	175	+12	170	+15	177	+10
Vitamin A.....	104	+ 7	95	+ 8	107	+ 6
Thiamin.....	113	+11	121	+23	110	+ 6
Riboflavin.....	120	+10	123	+23	119	+ 5
Preformed niacin..	127	+ 9	131	+13	126	+ 8
Vitamin B_6.....	78	+ 8	88	+15	74	+ 5
Vitamin B_{12}.....	164	+13	169	+29	162	+ 6
Vitamin C.....	122	- 5	120	-16	123	- 1

Among total-respondent females, 9- to 18-year-olds had higher intakes of energy and 11 of 12 nutrients relative to the RDA in the second survey than in the first, whereas females 19 to 50 years had fewer gains in the second survey (see below). FSP-participant and nonparticipant females 9 to 18 years had similar

increases in 1979-80 in energy and nutrients except for vitamin A and vitamin C, which increased for the participants only. Among females 19 to 50 years, participants showed mostly gains in the second survey while nonparticipants showed mostly declines. Only the nonparticipant females 19 to 50 years had a decline in food energy in the second survey compared to the first, and their intakes of most nutrients relative to RDA were the lowest of the female groups. Some nutrients continued to be problems for females: iron, calcium, magnesium, and vitamin B_6 as shown below.

Age and Nutrient	Females 9-50 years					
	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
	Percent					
9-18 years:						
Food energy.....	86	+ 7	84	+ 6	86	+ 7
Protein.....	166	+ 9	166	+ 7	165	+10
Calcium.....	78	+ 5	72	+ 3	81	+ 4
Iron.....	74	+ 8	75	+ 8	74	+ 8
Magnesium.....	76	+ 5	73	+ 4	78	+ 5
Phosphorus.....	104	+ 4	103	+ 5	104	+ 2
Vitamin A.....	110	+ 8	127	+25	101	- 2
Thiamin.....	115	+ 3	120	+ 8	113	+ 2
Riboflavin.....	134	+ 6	129	+ 5	137	+ 4
Preformed niacin..	109	+ 8	112	+ 9	107	+ 9
Vitamin B_6.....	67	+ 3	71	+ 7	65	+ 1
Vitamin B_{12}.....	131	+ 8	129	+ 7	132	+ 8
Vitamin C.....	139	-10	150	+15	133	-32
19-50 years:						
Food energy.....	74	0	82	+ 8	69	- 4
Protein.....	140	- 2	150	+ 3	133	- 6
Calcium.....	64	- 1	68	+ 5	60	- 6
Iron.....	60	+ 2	63	+ 5	57	- 1
Magnesium.....	68	+ 2	69	+ 6	68	0
Phosphorus.....	111	- 2	121	+ 9	105	- 8
Vitamin A.....	101	- 2	105	+10	97	-12
Thiamin.....	102	+ 1	118	+17	90	-12
Riboflavin.....	100	- 1	110	+11	92	-11
Preformed niacin..	117	- 1	124	- 1	112	- 2
Vitamin B_6.....	54	0	61	+ 5	48	- 4
Vitamin B_{12}.....	108	-18	110	-10	107	-24
Vitamin C.....	115	+ 2	122	+18	111	- 9

Among total respondents over 50 years, mineral intakes relative to RDA increased for males in the second survey compared to the first but the values were more alike for females; however, levels for three of the vitamins increased for both groups of adults (see below). FSP-participant males had no change

in average food energy but decreases in two minerals in the second survey while nonparticipant males had a decrease in energy and increases in all four minerals. Of the 7 vitamins, participating males had increases for more of them than did nonparticipating males. Participating females over 50 years had increases in food energy and 7 of 12 nutrients in the 1979-80 survey while the nonparticipating females had increases for only one nutrient--vitamin C. In the second survey, average intakes were higher relative to RDA for participant than nonparticipant adults over 50 except for magnesium and and vitamin C intakes of males as shown below.

Age and nutrient	Adults over 50 years					
	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
	Percent					
Males over 50 years:						
Food energy.....	74	- 3	81	0	70	- 5
Protein.....	133	+ 2	137	0	132	+ 3
Calcium.....	80	+ 3	90	+ 4	76	+ 1
Iron.....	134	+ 4	142	+ 7	131	+ 3
Magnesium.....	82	+10	78	- 1	83	+13
Phosphorus.....	145	+ 4	148	-10	144	+ 8
Vitamin A.....	98	- 3	124	+19	87	-14
Thiamin.....	105	0	121	+ 8	98	- 5
Riboflavin.....	105	- 7	124	+ 6	98	-12
Preformed niacin....	117	+ 1	119	- 7	116	+ 3
Vitamin B_6.....	61	+ 5	65	+ 4	60	+ 5
Vitamin B_{12}.....	119	-26	138	- 4	111	-35
Vitamin C.....	120	+19	104	+15	127	+22
Females over 50 years:						
Food energy.....	78	+ 1	78	+ 1	77	0
Protein.....	135	- 2	138	- 6	133	- 2
Calcium.....	69	+ 2	73	+ 9	67	- 2
Iron.....	102	- 2	103	- 5	102	- 1
Magnesium.....	69	+ 1	71	+ 1	68	0
Phosphorus.....	110	0	117	+ 5	106	- 4
Vitamin A.....	156	-18	177	-46	145	-12
Thiamin.....	103	+ 2	106	+ 2	101	0
Riboflavin.....	107	0	116	+ 7	102	- 5
Preformed niacin....	113	- 2	115	- 5	113	0
Vitamin B_6.....	55	+ 2	57	+ 3	53	0
Vitamin B_{12}.....	120	-20	131	-23	113	-22
Vitamin C.....	135	+13	146	+ 4	129	+15

Distributions of nutrient intakes relative to 1980 RDA provide information in addition to that from the averages discussed above. In the second survey, the proportions of total respondents, FSP participants, and nonparticipants meeting

RDA for energy and all nutrients studied were the same or higher than in the first survey (see below). In the second survey, as in the first, the proportions of participants meeting or exceeding RDA for food energy and nutrients were the same or slightly higher than those of nonparticipants except for the minerals as shown below.

Nutrient	Percentage of individuals meeting or exceeding RDA					
	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
Food energy.....	29	+5	29	+4	28	+5
Protein.....	80	+3	81	+1	79	+5
Calcium.....	35	+5	34	+6	36	+4
Iron.....	38	+5	35	+5	40	+5
Magnesium.....	29	+5	28	+5	29	+5
Phosphorus.....	65	+4	63	+2	66	+5
Viamin A.....	40	+5	40	+4	39	+4
Thiamin.....	56	+5	61	+9	53	+2
Riboflavin.....	62	+3	65	+6	60	+1
Preformed niacin....	57	+5	57	+3	56	+6
Vitamin B_6.....	24	+4	26	+4	23	+4
Vitamin B_{12}.....	56	+3	56	+1	56	+4
Vitamin C.....	48	0	50	0	47	+1

The proportions of total respondents, FSP participants, and nonparticipants with intakes below 70 percent of RDA were less in the second survey than in the first except for vitamin B_{12} intake for participants (see below). In the second survey, as in the first, the proportions of participants with energy and nutrient intakes below 70 percent of RDA were the same or slightly less than those of nonparticipants except for the minerals as shown below.

Nutrient	Percentage of individuals with intakes below 70 percent of RDA					
	Total respondents		FSP participants		Nonparticipants	
	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78	1979-80	Difference from 1977-78
Food energy.....	40	-4	37	-6	41	-3
Protein.....	7	-3	7	-3	8	-3
Calcium.....	44	-4	45	-5	44	-3
Iron.....	38	-5	40	-6	36	-5
Magnesium.....	44	-5	43	-8	45	-3
Phosphorus.....	15	-2	14	-4	16	-1
Vitamin A.....	45	-5	43	-5	46	-5
Thiamin.....	20	-4	18	-5	22	-3
Riboflavin.....	18	-3	17	-4	18	-4
Preformed niacin.	20	-4	19	-3	21	-4
Vitamin B_6.....	53	-5	51	-4	55	-5
Vitamin B_{12}.....	25	-4	28	+2	24	-6
Vitamin C.....	39	-4	39	-1	39	-5

In summary, food intakes of all individuals in the 1979-80 survey compared with those reported in the 1977-78 survey appeared to contribute slightly larger average intakes of food energy and most nutrients relative to RDA, although differences were not tested for significance. In the second survey, as in the first, FSP participants had somewhat higher average values for protein and most vitamins but lower values for minerals than nonparticipants did. Considering sex-age groups, there were more gains by participating infants and participating women over 18 years old than by the corresponding nonparticipating groups, but smaller gains were made by participating than nonparticipating boys aged 9 to 18. Differences between the other sex-age groups of participants and nonparticipants were minor. Variations in characteristics of the two samples may contribute to the differences in food and nutrient intakes. Determination of relative importance of these factors will require further study using procedures such as multivariate regression analysis.

In this comparison of food and nutrient intakes of individual members of households surveyed in 1979-80 and in 1977-78, measures are based on all foods ingested at home and away from home during a 1-day period. These surveys also provided information for comparing the nutrient quality of foods used in housekeeping households[10] at home during a 7-day period.[11] Foods used by households were reported in the form in which they entered the kitchen and include food that was eaten as well as some food that was not eaten, such as food discarded in the kitchen or at the table and leftovers fed to animals. Nutritional quality measures were derived by relating the nutritional content of the food to the combined amounts of nutrients recommended for the household members and others eating food from home food supplies based on 1974 RDA. Proportions of households using foods that met RDA for each of the 12 nutrients studied were slightly lower in 1979-80 than in 1977-78 (39 and 42 percent, respectively).

The seeming discrepancy of results from the household phase of the survey with results presented in this report for individual intakes can be attributed to any of several reasons. In the study of households, each household is an independent unit, and in that respect, each household, regardless of its composition, has equal weight. However, in this report, individuals--who belong to the households--are treated as independent cases. In households of more than one person, a weighting effect occurs for individuals that becomes greater with each additional member reporting individual intake. Consequently, large households have a much greater impact on the study of individual intakes than do small households. There was a smaller proportion of large households in the 1979-80 survey than in the earlier one. It has been observed that large households generally are able to use food more efficiently than small households. Households

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[10]Housekeeping households are those with at least 1 person having 10 or more meals from the household food supply during the 7 days surveyed. About 2 percent of the households were excluded because they did not meet this criterion.

[11]Consumer Nutrition Center. Food Consumption and Dietary Levels of Low-Income Households, November 1979 - March 1980, Nationwide Food Consumption Survey, Preliminary Report No. 10, HNIS, U.S. Department of Agriculture, Hyattsville, Md., 1982. 48 pp.

in 1979-80 as a whole appear to have used their food more efficiently in terms of nutrients. The money value of foods used in real dollars was lower in 1979-80 than in 1977-78. Households with low expenditures for food use food more efficiently than those with high expenditures. Also, the impact of members from nonhousekeeping households and the impact of foods eaten away from home on differences between the food consumption of households during 1 week and food intake of individuals during 1 day have not been studied as yet.

TABLE 1.1A-1.--MEAT, POULTRY, FISH
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

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.....	3/264	61	1	2	(4)	3	2	(4)	2	(4)	53
1-2.....	3/428	104	13	12	1	17	17	1	17	2	41
3-5.....	631	132	22	14	(4)	17	16	1	20	1	57
6-8.....	713	168	16	17	1	22	21	2	25	4	81
MALES:											
9-11.....	277	182	27	18	0	19	14	1	21	4	92
12-14.....	332	204	18	16	10	26	19	1	18	4	111
15-18.....	452	254	37	20	1	32	26	1	46	5	113
19-22.....	226	279	51	39	(4)	48	41	1	54	14	72
23-34.....	516	274	42	34	2	32	23	2	38	5	121
35-50.....	433	293	25	23	2	29	25	2	22	11	180
51-64.....	379	193	47	19	2	29	28	1	27	10	57
65-74.....	138	210	33	37	2	37	30	3	16	12	70
75 AND OVER.....	121	194	12	18	2	22	20	1	14	3	122
FEMALES:											
9-11.....	299	183	21	11	1	21	19	1	27	11	90
12-14.....	341	191	15	19	2	27	25	1	13	4	110
15-18.....	534	171	24	16	1	23	20	1	25	3	78
19-22.....	331	193	50	20	1	44	36	4	18	3	54
23-34.....	917	178	26	25	1	23	21	1	18	5	79
35-50.....	663	184	44	19	(4)	25	22	1	16	12	68
51-64.....	502	159	27	26	4	25	25	3	13	10	50
65-74.....	322	159	20	20	1	39	31	5	11	10	53
75 AND OVER.....	273	159	57	11	1	28	26	1	11	5	46
ALL INDIVIDUALS...	3/9,093	186	28	20	1	26	22	2	22	6	81

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.1A-2.--MEAT, POULTRY, FISH
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	BEEF	PORK	LAMB, VEAL, GAME	POULTRY TOTAL	POULTRY CHICKEN	ORGAN MEATS, MIXTURES	FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS	FISH, SHELL-FISH	MIXTURES MAINLY MEAT, POULTRY, FISH
	NUMBER	GRAMS									
MALES AND FEMALES:											
UNDER 1.....	3/107	36	1	4	1	3	3	0	5	0	21
1-2.....	3/208	102	11	13	(4)	13	12	1	23	2	38
3-5.....	318	118	16	18	(4)	18	16	1	27	2	36
6-8.....	331	150	18	31	1	20	19	4	36	3	38
MALES:											
9-11.....	97	171	34	29	0	23	23	1	23	4	56
12-14.....	114	176	21	27	(4)	39	24	3	30	8	47
15-18.....	152	262	45	44	(4)	32	23	1	37	4	99
19-22.....	80	239	58	48	0	44	27	1	19	8	59
23-34.....	147	265	70	33	2	54	34	2	41	4	57
35-50.....	94	245	24	38	(4)	51	39	2	25	11	94
51-64.....	79	184	26	39	(4)	25	25	3	18	7	66
65-74.....	66	241	42	42	3	25	21	4	10	12	104
75 AND OVER.....	42	155	17	24	0	25	25	3	12	7	67
FEMALES:											
9-11.....	132	136	24	13	0	27	23	1	41	2	28
12-14.....	105	184	20	27	1	31	28	1	25	3	75
15-18.....	177	214	18	33	(4)	33	27	4	33	6	86
19-22.....	154	205	37	24	(4)	59	40	1	28	2	55
23-34.....	409	179	29	38	1	24	21	2	26	5	53
35-50.....	241	175	25	35	(4)	30	24	2	19	24	40
51-64.....	221	159	31	28	9	20	19	4	10	5	53
65-74.....	113	151	14	18	1	50	39	5	9	14	40
75 AND OVER.....	69	145	17	20	2	53	45	2	10	6	34
ALL INDIVIDUALS...	3/3,459	171	26	29	1	29	23	2	25	6	53

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.1A-3.--MEAT, POULTRY, FISH
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	79	1	(4)	0	2	1	(4)	(4)	1	75
1-2.....	3/219	106	15	12	1	22	22	(4)	10	2	44
3-5.....	313	147	28	9	(4)	16	15	(4)	13	1	79
6-8.....	382	183	14	6	1	24	23	(4)	16	4	118
MALES:											
9-11.....	180	188	24	12	0	16	9	1	19	4	111
12-14.....	218	219	16	11	16	19	16	0	12	2	145
15-18.....	300	250	33	8	1	32	28	1	51	6	120
19-22.....	146	301	47	34	1	50	49	2	73	17	79
23-34.....	369	277	31	33	1	23	19	1	36	5	147
35-50.....	339	307	25	19	2	23	21	2	21	11	204
51-64.....	300	195	53	14	3	31	29	1	29	11	54
65-74.....	72	180	24	32	1	47	39	3	22	12	39
75 AND OVER.....	79	215	9	15	3	21	18	0	14	1	152
FEMALES:											
9-11.....	167	221	18	10	2	17	16	1	15	17	140
12-14.....	236	193	12	16	2	26	23	(4)	8	4	126
15-18.....	357	150	27	8	1	17	17	(4)	21	2	74
19-22.....	177	181	61	16	1	32	32	7	9	3	52
23-34.....	507	177	22	14	2	22	21	(4)	11	5	100
35-50.....	422	189	55	10	(4)	22	20	(4)	13	5	84
51-64.....	281	158	24	24	(4)	30	29	2	15	15	49
65-74.....	209	163	23	21	(4)	33	27	5	12	9	60
75 AND OVER.....	204	164	70	7	1	19	19	(4)	12	5	50
ALL INDIVIDUALS...	3/5,634	195	29	14	2	24	22	1	20	6	99

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.1B-1.--MEAT, POULTRY, FISH
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

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	PERCENT									
MALES AND FEMALES:											
UNDER 1.....	3/264	47.0	1.9	4.6	0.8	4.0	3.5	0.1	3.7	1.0	35.8
1-2.....	3/428	85.0	19.8	32.7	.9	20.9	20.0	1.1	34.5	3.4	34.6
3-5.....	631	92.4	24.6	30.1	.2	19.0	16.9	1.3	36.4	2.1	35.1
6-8.....	713	95.7	18.8	23.2	1.2	19.9	19.2	2.3	37.3	4.9	46.1
MALES:											
9-11.....	277	91.8	27.9	24.7	.0	21.5	13.4	1.8	31.4	3.8	41.5
12-14.....	332	96.1	18.7	22.8	9.4	17.5	14.0	1.2	24.3	4.4	51.8
15-18.....	452	96.3	29.3	22.9	.6	20.4	16.0	.7	47.6	4.8	46.3
19-22.....	226	96.9	33.9	39.3	.2	28.8	24.7	3.4	39.3	7.9	36.5
23-34.....	516	92.8	25.2	34.1	1.3	17.9	14.9	1.8	39.5	3.9	42.7
35-50.....	433	96.2	16.6	26.9	.7	18.0	15.4	1.6	28.2	12.5	52.9
51-64.....	379	95.0	34.7	25.1	1.8	16.8	16.3	1.8	41.9	5.4	22.1
65-74.....	138	90.4	20.3	43.4	1.7	23.4	20.0	2.1	30.9	8.5	26.8
75 AND OVER.....	121	90.7	11.4	29.6	.7	19.1	16.5	.8	25.8	1.9	39.1
FEMALES:											
9-11.....	299	94.6	21.7	19.7	.7	19.1	17.6	1.8	33.1	9.2	40.3
12-14.....	341	95.5	13.5	28.4	.9	23.8	21.4	1.0	21.8	6.5	63.8
15-18.....	534	96.2	22.4	24.8	.3	17.8	16.9	1.1	39.2	2.7	49.9
19-22.....	331	95.4	33.2	35.0	.5	27.9	25.2	2.5	28.1	3.4	31.8
23-34.....	917	91.3	20.3	30.1	1.4	19.8	18.1	1.0	27.6	5.6	36.1
35-50.....	663	93.5	30.8	28.6	.1	20.7	18.3	1.3	22.9	7.2	41.4
51-64.....	502	93.2	27.8	35.4	1.9	22.5	21.4	2.8	23.3	10.7	28.0
65-74.....	322	92.4	16.6	30.0	.6	30.8	24.1	5.9	23.8	8.0	23.5
75 AND OVER.....	273	91.2	38.3	27.5	1.0	25.2	24.0	1.6	19.5	4.6	34.0
ALL INDIVIDUALS...	3/9,093	92.2	23.4	28.0	1.2	20.4	18.0	1.7	30.9	5.6	39.7

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.1B-2.--MEAT, POULTRY, FISH
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	BEEF	PORK	LAMB, VEAL, GAME	POULTRY: TOTAL	POULTRY: CHICKEN	ORGAN MEATS, MIXTURES	FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS	FISH, SHELL-FISH	MIXTURES MAINLY MEAT, POULTRY, FISH
	NUMBER	PERCENT									
MALES AND FEMALES:											
UNDER 1.....	3/107	36.9	2.3	10.4	2.1	5.7	5.7	0.0	8.9	0.0	17.6
1-2.....	3/208	89.6	16.7	34.7	.5	18.2	17.0	1.9	43.7	4.5	26.2
3-5.....	318	92.9	24.2	40.2	.1	20.1	17.7	2.1	44.6	3.3	27.2
6-8.....	331	94.2	25.0	36.3	1.3	17.7	17.1	4.4	49.8	4.2	30.9
MALES:											
9-11.....	97	94.8	38.1	34.3	.0	21.9	21.7	.8	33.7	4.5	31.9
12-14.....	114	96.0	22.3	35.3	.3	25.5	17.0	3.3	34.6	8.8	32.3
15-18.....	152	98.0	32.7	37.2	.3	21.2	16.6	1.1	35.9	4.3	45.5
19-22.....	80	96.7	32.4	54.8	.0	31.2	20.0	2.7	23.6	8.4	18.8
23-34.....	147	95.9	39.9	39.4	2.4	30.4	25.1	3.7	34.3	2.4	29.2
35-50.....	94	91.6	18.0	40.0	.1	27.5	20.5	2.8	27.8	6.8	34.8
51-64.....	79	83.9	15.6	46.8	.2	15.6	15.4	5.9	33.6	7.1	20.9
65-74.....	66	91.6	25.7	51.9	2.2	17.8	14.7	1.2	20.3	7.6	33.5
75 AND OVER.....	42	87.6	19.6	42.2	.0	21.0	21.0	2.2	18.0	3.4	16.1
FEMALES:											
9-11.....	132	93.4	26.8	25.5	.0	24.3	21.0	1.7	46.5	3.5	23.1
12-14.....	105	95.9	20.1	38.0	1.0	34.3	31.1	.7	38.4	3.9	47.4
15-18.....	177	95.6	17.8	43.6	.2	21.9	19.6	3.0	44.2	5.6	38.2
19-22.....	154	97.2	24.8	38.2	.1	30.3	24.8	.2	35.2	2.2	29.2
23-34.....	409	95.7	22.5	42.3	1.5	20.1	17.8	1.7	37.0	4.3	29.0
35-50.....	241	92.9	24.8	44.6	.1	24.5	20.8	2.3	26.9	12.3	24.8
51-64.....	221	90.9	28.9	42.7	4.1	16.9	15.5	3.9	22.1	5.7	32.8
65-74.....	113	90.9	15.3	39.7	1.4	43.6	32.6	3.5	13.9	8.5	20.3
75 AND OVER.....	69	84.8	14.0	46.6	1.2	42.4	38.0	4.5	16.1	4.2	24.2
ALL INDIVIDUALS...	3/3,459	91.8	23.6	39.1	1.0	22.8	19.6	2.5	34.8	5.1	29.5

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.1B-3.--MEAT, POULTRY, FISH
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	54.0	1.6	0.7	0.0	2.9	2.1	0.1	0.1	1.6	48.3
1-2.....	3/219	80.6	22.8	30.9	1.2	23.4	23.0	.3	25.8	2.4	42.6
3-5.....	313	91.9	25.0	19.7	.3	17.8	16.1	.5	28.1	.9	43.1
6-8.....	382	97.1	13.4	11.9	1.1	21.7	21.0	.5	26.4	5.6	59.2
MALES:											
9-11.....	180	90.1	22.4	19.5	.0	21.2	8.9	2.3	30.2	3.5	46.7
12-14.....	218	96.2	16.8	16.3	14.2	13.2	12.5	.0	18.9	2.1	62.1
15-18.....	300	95.5	27.6	15.7	.7	20.1	15.7	.5	53.5	5.0	46.7
19-22.....	146	97.0	34.7	30.8	.2	27.5	27.3	3.7	47.9	7.6	46.1
23-34.....	369	91.6	19.3	32.0	.9	12.9	10.8	1.1	41.6	4.5	48.2
35-50.....	339	97.4	16.2	23.2	.8	15.4	14.0	1.2	28.4	14.1	57.9
51-64.....	300	98.0	39.8	19.3	2.2	17.1	16.5	.7	44.1	5.0	22.4
65-74.....	72	89.2	15.4	35.6	1.3	28.5	24.9	2.9	40.7	9.3	20.7
75 AND OVER.....	79	92.3	7.0	22.8	1.2	18.1	14.0	.0	30.0	1.1	51.5
FEMALES:											
9-11.....	167	95.6	17.7	15.2	1.2	15.0	14.9	1.8	22.5	13.8	53.9
12-14.....	236	95.4	10.6	24.2	.9	19.2	17.1	1.1	14.4	7.7	71.1
15-18.....	357	96.5	24.7	15.4	.4	15.8	15.5	.1	36.8	1.3	55.7
19-22.....	177	93.8	40.4	32.3	.8	25.9	25.6	4.4	22.0	4.4	34.1
23-34.....	507	87.8	18.4	20.2	1.2	19.6	18.3	.4	19.9	6.7	41.8
35-50.....	422	93.8	34.2	19.4	.2	18.6	16.9	.6	20.6	4.3	50.8
51-64.....	281	95.1	27.0	29.6	.2	27.0	26.1	2.0	24.3	14.6	24.2
65-74.....	209	93.2	17.3	24.8	.2	23.8	19.5	7.1	29.3	7.8	25.2
75 AND OVER.....	204	93.4	46.5	21.1	.9	19.4	19.3	.7	20.6	4.7	37.2
ALL INDIVIDUALS...	3/5,634	92.4	23.3	21.2	1.3	18.9	17.1	1.2	28.5	5.8	46.0

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.2A-1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

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.....	4/264	443	598	319	0	5	(5)	13	111
1-2.....	4/428	474	446	435	0	10	4	24	24
3-5.....	631	472	421	406	1	18	6	23	22
6-8.....	713	543	499	468	(5)	13	6	21	40
MALES:									
9-11.....	277	635	608	556	0	10	4	28	64
12-14.....	332	628	585	549	0	15	6	38	126
15-18.....	452	625	547	526	0	25	8	53	134
19-22.....	226	523	425	410	2	12	12	53	29
23-34.....	516	335	221	213	1	14	18	45	60
35-50.....	433	249	185	149	0	13	11	46	96
51-64.....	379	226	163	162	0	6	9	44	136
65-74.....	138	258	202	200	0	6	12	54	54
75 AND OVER.....	121	304	206	201	0	7	16	34	26
FEMALES:									
9-11.....	299	507	447	408	(5)	11	9	13	23
12-14.....	341	467	425	400	0	9	7	23	63
15-18.....	534	419	383	370	0	19	3	30	76
19-22.....	331	275	213	200	5	19	8	34	22
23-34.....	917	212	172	161	2	11	7	30	36
35-50.....	663	139	92	87	1	10	9	25	25
51-64.....	502	229	166	156	1	9	10	40	34
65-74.....	322	203	159	155	2	8	10	33	24
75 AND OVER.....	273	223	189	186	1	10	8	20	17
ALL INDIVIDUALS...	4/9,093	372	324	299	1	13	8	32	55

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.2A-2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	4/107	434	631	270	0	11	(5)	6	111
1-2.....	4/208	444	415	412	0	10	3	30	25
3-5.....	318	448	409	400	(5)	10	5	25	25
6-8.....	331	540	482	445	(5)	18	7	20	22
MALES:									
9-11.....	97	521	487	436	0	12	5	22	42
12-14.....	114	478	429	395	0	20	5	31	45
15-18.....	152	537	477	462	0	17	7	44	74
19-22.....	80	396	329	301	2	24	9	60	39
23-34.....	147	338	270	268	0	26	11	55	77
35-50.....	94	133	79	76	0	16	6	52	60
51-64.....	79	288	201	200	0	14	12	69	48
65-74.....	66	315	260	259	0	7	9	49	48
75 AND OVER.....	42	280	244	241	0	3	3	42	39
FEMALES:									
9-11.....	132	530	474	435	0	7	10	16	31
12-14.....	105	412	378	339	0	16	7	25	58
15-18.....	177	253	211	187	0	26	4	36	39
19-22.....	154	329	279	270	0	17	7	34	23
23-34.....	409	209	178	164	4	8	6	28	33
35-50.....	241	161	122	113	(5)	9	6	37	41
51-64.....	221	245	190	186	1	8	7	40	22
65-74.....	113	248	190	182	7	12	8	46	18
75 AND OVER.....	69	279	249	246	0	4	10	28	18
ALL INDIVIDUALS...	4/3,459	356	317	290	1	13	6	33	39

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.2A-3.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	4/157	449	576	353	0	(5)	(5)	19	110
1-2.....	4/219	504	476	458	0	11	5	18	23
3-5.....	313	497	432	411	1	26	8	21	19
6-8.....	382	546	513	488	0	9	4	21	55
MALES:									
9-11.....	180	696	673	620	0	9	3	32	76
12-14.....	218	707	666	630	0	13	7	41	169
15-18.....	300	669	582	558	0	29	9	58	165
19-22.....	146	593	478	469	2	5	14	49	23
23-34.....	369	334	201	191	2	10	21	41	53
35-50.....	339	281	214	169	0	12	12	44	107
51-64.....	300	210	153	152	0	4	8	37	160
65-74.....	72	205	148	145	0	6	15	59	60
75 AND OVER.....	79	317	185	180	0	9	23	30	18
FEMALES:									
9-11.....	167	489	426	387	1	15	9	11	17
12-14.....	236	492	446	426	0	6	7	22	65
15-18.....	357	501	469	461	0	16	3	28	93
19-22.....	177	228	155	140	10	20	8	34	21
23-34.....	507	214	168	158	(5)	14	9	30	38
35-50.....	422	127	76	73	1	10	11	18	15
51-64.....	281	216	147	133	1	11	13	39	42
65-74.....	209	179	142	140	0	6	11	27	28
75 AND OVER.....	204	204	168	166	1	13	7	18	17
ALL INDIVIDUALS...	4/5,634	382	328	305	1	12	9	31	65

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.2B-1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

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.....	3/264	88.4	88.0	52.7	0.0	3.6	0.7	20.9	13.9
1-2.....	3/428	89.5	88.3	87.7	.0	10.9	10.9	42.0	31.3
3-5.....	631	95.1	91.9	90.9	.3	17.2	12.5	36.6	28.3
6-8.....	713	96.0	94.7	93.2	(4)	12.1	13.3	27.0	30.0
MALES:									
9-11.....	277	96.5	95.5	93.6	.0	10.6	10.5	33.6	45.7
12-14.....	332	93.5	89.0	87.8	.0	11.1	13.0	38.6	51.0
15-18.....	452	88.3	85.9	82.2	.0	16.0	15.5	53.2	38.2
19-22.....	226	79.0	63.9	61.2	.8	14.2	21.8	47.9	15.5
23-34.....	516	73.8	63.9	62.8	.6	6.1	23.8	46.7	20.6
35-50.....	433	72.0	61.6	54.4	.0	13.6	17.1	46.4	34.3
51-64.....	379	74.2	58.8	58.7	.0	8.6	22.5	46.4	34.0
65-74.....	138	70.9	56.6	56.3	.0	8.2	16.9	55.1	26.8
75 AND OVER.....	121	81.9	77.2	77.2	.0	9.2	28.9	47.0	19.4
FEMALES:									
9-11.....	299	93.8	87.0	85.1	.3	14.4	17.1	19.3	38.5
12-14.....	341	91.2	87.6	82.4	.0	9.7	14.4	30.6	32.5
15-18.....	534	86.0	80.2	77.5	.0	21.1	8.3	37.3	30.8
19-22.....	331	72.0	56.5	55.8	1.2	18.9	18.8	38.0	18.0
23-34.....	917	68.7	57.0	55.3	1.1	14.9	14.2	37.6	19.6
35-50.....	663	61.9	46.5	44.6	.2	13.7	15.6	31.3	18.2
51-64.....	502	75.0	64.8	63.9	.4	10.8	27.6	55.8	21.4
65-74.....	322	72.6	63.3	63.2	.5	10.4	14.6	44.8	16.5
75 AND OVER.....	273	83.2	80.2	79.8	.4	14.4	10.0	33.4	13.6
ALL INDIVIDUALS...	3/9,093	81.3	73.7	70.9	.3	13.0	15.5	38.9	27.0

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.28-2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/107	87.0	85.9	46.5	0.0	9.0	0.6	11.3	17.4
1-2.....	3/208	92.7	92.0	92.0	.0	14.1	9.0	43.8	28.0
3-5.....	318	94.8	90.2	89.4	.3	10.6	10.0	39.5	29.7
6-8.....	331	95.1	92.8	91.1	.1	12.3	16.1	24.8	21.8
MALES:									
9-11.....	97	96.0	94.6	92.9	.0	11.6	12.5	21.8	29.2
12-14.....	114	85.1	84.2	82.2	.0	12.6	11.1	36.4	28.5
15-18.....	152	85.5	82.0	79.9	.0	9.9	12.4	41.1	29.4
19-22.....	80	78.8	68.7	63.7	.7	13.2	22.7	54.0	25.3
23-34.....	147	66.5	59.7	59.3	.0	10.4	14.8	45.7	21.8
35-50.....	94	60.0	41.8	40.9	.0	10.1	11.0	41.1	25.9
51-64.....	79	74.9	55.8	55.8	.0	14.0	21.0	71.8	31.0
65-74.....	66	65.9	54.9	54.9	.0	7.8	12.6	53.3	23.6
75 AND OVER.....	42	78.7	73.6	73.6	.0	6.3	7.9	54.9	33.4
FEMALES:									
9-11.....	132	92.9	88.8	87.9	.0	7.3	13.7	23.4	30.9
12-14.....	105	89.0	79.3	73.4	.0	14.8	12.5	34.2	32.3
15-18.....	177	72.1	58.6	53.3	.0	18.8	11.5	43.1	23.0
19-22.....	154	71.1	62.3	62.2	.0	15.9	19.4	40.8	13.5
23-34.....	409	63.3	51.7	50.9	2.1	10.8	12.9	34.3	18.4
35-50.....	241	58.1	45.9	44.0	.2	10.3	10.9	44.1	25.4
51-64.....	221	72.7	66.2	64.7	.1	8.3	19.2	59.7	17.2
65-74.....	113	77.3	66.6	66.6	1.5	12.3	14.7	58.7	14.2
75 AND OVER.....	69	85.0	84.6	84.1	.0	6.4	6.6	43.6	11.6
ALL INDIVIDUALS...	3/3,459	79.1	71.9	69.3	.4	11.5	13.0	40.0	23.6

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.2B-3.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	89.4	89.4	56.9	0.0	0.3	0.9	27.5	11.5
1-2.....	3/219	86.4	84.9	83.7	.0	8.0	12.8	40.3	34.4
3-5.....	313	95.4	93.6	92.4	.4	24.0	15.0	33.8	26.8
6-8.....	382	96.9	96.2	95.0	.0	11.8	10.8	28.9	37.2
MALES:									
9-11.....	180	96.8	96.0	94.0	.0	10.0	9.5	40.0	54.6
12-14.....	218	97.9	91.5	90.7	.0	10.3	14.0	39.7	62.7
15-18.....	300	89.7	87.8	83.4	.0	19.0	17.1	59.3	42.6
19-22.....	146	79.0	61.3	59.9	.8	14.7	21.3	44.6	10.1
23-34.....	369	76.7	65.6	64.2	.8	7.2	27.4	47.1	20.1
35-50.....	339	75.3	67.1	58.1	.0	14.6	18.8	47.9	36.6
51-64.....	300	74.0	59.6	59.5	.0	7.1	22.8	39.6	34.8
65-74.....	72	75.5	58.1	57.6	.0	8.6	20.9	56.7	29.7
75 AND OVER.....	79	83.7	79.2	79.2	.0	10.8	40.3	42.8	11.8
FEMALES:									
9-11.....	167	94.4	85.6	82.9	.5	20.1	19.8	16.0	44.4
12-14.....	236	92.1	91.3	86.4	.0	7.4	15.3	29.1	32.6
15-18.....	357	92.9	90.9	89.5	.0	22.3	6.7	34.4	34.6
19-22.....	177	72.8	51.5	50.2	2.2	21.5	18.3	35.5	22.0
23-34.....	507	73.1	61.3	58.9	.3	18.2	15.2	40.3	20.5
35-50.....	422	64.0	46.8	45.0	.2	15.6	18.3	24.1	14.1
51-64.....	281	76.8	63.7	63.2	.6	12.7	34.2	52.7	24.8
65-74.....	209	70.0	61.5	61.4	.0	9.4	14.5	37.2	17.7
75 AND OVER.....	204	82.6	78.7	78.3	.6	17.1	11.1	30.0	14.3
ALL INDIVIDUALS...	3/5,634	82.7	74.8	71.9	.3	14.0	17.0	38.2	29.2

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.3A-1.--GRAIN PRODUCTS; FATS, OILS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

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.....	3/264	58	8	1	40	30	9	2	2	0
1-2.....	3/428	173	36	29	47	11	61	6	4	1
3-5.....	631	192	52	35	58	14	47	8	5	2
6-8.....	713	223	58	44	58	20	63	9	6	3
MALES:										
9-11.....	277	241	74	53	67	18	47	22	13	8
12-14.....	332	320	89	73	59	13	100	15	11	4
15-18.....	452	355	108	77	53	9	117	26	17	8
19-22.....	226	283	110	59	84	9	31	22	17	6
23-34.....	516	315	89	57	78	11	91	14	7	6
35-50.....	433	247	87	66	57	2	37	13	6	6
51-64.....	379	231	65	45	67	3	55	13	8	4
65-74.....	138	320	79	80	73	5	88	12	7	3
75 AND OVER.....	121	263	63	37	108	9	55	12	10	2
FEMALES:										
9-11.....	299	247	74	52	57	19	65	7	4	3
12-14.....	341	223	78	57	44	10	45	18	11	6
15-18.....	534	242	66	56	43	5	76	15	9	5
19-22.....	331	244	65	48	56	6	76	14	9	4
23-34.....	917	176	46	38	43	3	49	11	6	4
35-50.....	663	179	60	43	37	2	39	10	6	4
51-64.....	502	210	53	47	56	4	54	13	7	5
65-74.....	322	200	53	47	75	6	25	11	7	4
75 AND OVER.....	273	215	56	42	79	6	38	10	7	3
ALL INDIVIDUALS...	3/9,093	227	65	48	57	9	58	13	8	4

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.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.3A-2.--GRAIN PRODUCTS: FATS, OILS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/107	62	6	1	46	28	9	(4)	(4)	0
1-2.....	3/208	166	36	26	51	8	54	5	3	1
3-5.....	318	212	48	45	69	15	50	7	5	2
6-8.....	331	251	61	58	71	20	61	5	4	2
MALES:										
9-11.....	97	297	66	74	89	18	69	11	6	5
12-14.....	114	352	100	86	82	14	84	10	5	4
15-18.....	152	321	106	93	77	11	46	12	7	3
19-22.....	80	332	113	62	127	12	30	16	12	3
23-34.....	147	310	100	40	114	16	56	13	9	3
35-50.....	94	244	81	80	56	2	28	10	6	3
51-64.....	79	351	84	82	57	5	128	16	10	1
65-74.....	66	300	80	86	70	6	63	12	8	1
75 AND OVER.....	42	252	72	36	62	12	83	11	10	1
FEMALES:										
9-11.....	132	264	69	55	69	20	72	5	4	1
12-14.....	105	266	66	60	91	12	49	7	4	2
15-18.....	177	250	62	69	66	4	53	9	5	4
19-22.....	154	261	72	41	57	9	92	13	8	4
23-34.....	409	204	48	43	49	3	64	10	7	2
35-50.....	241	217	67	55	56	2	36	12	7	3
51-64.....	221	196	56	51	43	4	45	14	7	6
65-74.....	113	207	50	50	77	7	30	12	6	5
75 AND OVER.....	69	192	64	31	72	8	25	9	5	3
ALL INDIVIDUALS...	3/3,459	239	64	53	67	10	55	9	6	3

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.3A-3.--GRAIN PRODUCTS; FATS, OILS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	55	9	1	36	31	9	3	3	0
1-2.....	3/219	179	36	32	44	15	67	7	5	1
3-5.....	313	171	56	24	48	14	43	9	5	3
6-8.....	382	198	55	31	46	20	65	13	8	5
MALES:										
9-11.....	180	211	79	42	55	19	35	27	17	10
12-14.....	218	303	82	66	46	12	109	18	13	4
15-18.....	300	373	110	69	42	9	152	33	22	11
19-22.....	146	256	108	57	60	7	31	26	19	7
23-34.....	369	317	85	64	63	9	105	15	7	7
35-50.....	339	247	89	62	58	1	39	14	6	7
51-64.....	300	200	60	35	70	3	35	12	7	4
65-74.....	72	338	77	74	76	5	111	11	6	4
75 AND OVER.....	79	269	58	38	132	7	41	13	10	2
FEMALES:										
9-11.....	167	233	77	49	48	17	59	9	4	4
12-14.....	236	204	83	55	23	9	43	22	14	8
15-18.....	357	237	69	50	31	6	88	17	11	6
19-22.....	177	229	58	54	55	3	62	15	10	4
23-34.....	507	153	45	34	38	3	36	12	5	6
35-50.....	422	158	56	37	26	1	40	10	5	4
51-64.....	281	221	50	43	67	5	60	12	7	4
65-74.....	209	197	54	45	75	6	23	11	7	4
75 AND OVER.....	204	223	53	46	82	6	42	11	7	3
ALL INDIVIDUALS...	3/5,634	220	65	45	50	9	60	15	9	5

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.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.3B-1.--GRAIN PRODUCTS; FATS, OILS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

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.....	3/264	82.4	21.5	6.5	67.0	60.9	6.2	16.4	16.4	0.0
1-2.....	3/428	97.0	69.8	60.1	63.5	41.1	30.4	43.3	38.1	9.4
3-5.....	631	99.6	79.0	48.0	65.5	45.6	23.0	58.4	48.7	20.8
6-8.....	713	100.0	79.9	47.5	71.4	58.8	26.4	53.4	44.7	20.4
MALES:										
9-11.....	277	99.8	88.6	48.8	64.7	51.0	18.8	64.9	55.3	33.7
12-14.....	332	96.1	84.9	58.8	56.2	40.6	27.5	46.5	39.4	23.1
15-18.....	452	99.3	81.2	55.2	32.7	20.2	30.1	59.0	50.6	35.4
19-22.....	226	97.6	89.8	55.2	37.1	15.9	12.4	66.3	56.1	29.1
23-34.....	516	97.3	85.8	42.5	39.6	17.3	24.2	65.9	44.6	26.7
35-50.....	433	91.3	81.3	43.8	26.5	4.1	11.6	57.0	37.9	23.8
51-64.....	379	99.1	79.1	32.3	34.9	5.7	19.6	50.1	43.8	18.8
65-74.....	138	99.6	88.6	55.4	43.8	13.8	18.3	58.3	50.6	16.2
75 AND OVER.....	121	100.0	93.4	36.4	64.7	21.3	15.8	75.7	64.3	10.0
FEMALES:										
9-11.....	299	100.0	87.8	55.2	71.4	53.6	28.0	57.6	43.9	16.4
12-14.....	341	99.5	82.1	58.1	45.5	31.3	21.0	47.1	39.6	26.4
15-18.....	534	91.7	79.0	45.6	26.7	13.2	28.7	52.6	43.5	28.3
19-22.....	331	96.7	85.5	46.7	33.4	11.3	20.0	66.0	56.6	24.7
23-34.....	917	87.7	72.6	39.8	27.3	9.1	19.1	52.9	40.5	20.3
35-50.....	663	95.0	83.0	40.0	24.8	4.3	18.0	61.3	48.1	15.9
51-64.....	502	97.5	77.3	48.5	37.6	10.8	22.8	67.5	55.8	25.1
65-74.....	322	99.4	86.5	50.6	53.2	19.4	13.8	66.8	51.7	17.1
75 AND OVER.....	273	99.0	90.3	46.1	53.7	21.4	24.4	75.5	63.4	13.8
ALL INDIVIDUALS...	3/9,093	96.0	79.5	46.1	45.1	25.1	21.7	56.8	45.9	21.4

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.3B-2.--GRAIN PRODUCTS; FATS, OILS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/107	81.6	12.4	6.2	78.7	67.5	5.9	4.0	4.0	0.0
1-2.....	3/208	95.5	68.1	53.7	57.3	28.3	31.2	38.4	33.6	9.6
3-5.....	318	99.8	77.1	54.3	69.2	48.9	21.3	58.0	47.0	14.7
6-8.....	331	100.0	83.4	61.4	73.3	54.5	28.0	48.7	39.8	15.8
MALES:										
9-11.....	97	99.3	86.6	56.6	70.1	46.8	27.6	48.2	35.6	16.0
12-14.....	114	100.0	82.5	63.3	58.7	36.0	24.3	45.0	34.3	14.8
15-18.....	152	99.1	82.5	57.8	43.8	22.5	16.6	50.3	37.8	16.4
19-22.....	80	98.3	92.5	42.5	56.5	18.4	9.3	72.6	62.0	25.4
23-34.....	147	97.2	81.9	33.9	45.9	18.0	13.7	56.2	41.3	19.1
35-50.....	94	93.6	77.5	54.0	30.2	4.4	10.7	45.5	32.7	15.7
51-64.....	79	98.0	85.7	52.7	35.3	6.1	26.9	54.6	44.6	5.9
65-74.....	66	100.0	86.8	62.5	41.9	16.4	17.7	58.6	45.7	7.7
75 AND OVER.....	42	100.0	96.1	31.6	51.4	25.7	30.0	63.5	59.6	2.6
FEMALES:										
9-11.....	132	100.0	85.2	62.6	73.1	48.9	27.1	39.8	36.1	6.2
12-14.....	105	98.7	73.8	61.8	60.9	29.0	24.9	43.1	31.4	15.8
15-18.....	177	98.6	78.6	51.2	39.8	11.5	21.7	49.9	35.7	26.1
19-22.....	154	94.6	82.1	42.9	39.9	17.9	23.7	59.6	53.0	20.8
23-34.....	409	89.1	69.9	40.1	29.8	8.7	23.2	51.0	40.9	15.9
35-50.....	241	96.4	82.3	49.8	33.3	5.3	12.8	62.3	46.4	14.7
51-64.....	221	97.0	78.5	60.4	31.6	8.8	19.2	71.0	59.7	33.4
65-74.....	113	98.7	85.3	47.7	47.2	18.3	11.1	65.4	47.1	15.3
75 AND OVER.....	69	97.3	87.1	40.9	69.4	26.9	8.5	70.5	61.0	19.8
ALL INDIVIDUALS...	3/3,459	96.5	77.6	50.5	50.7	26.3	20.8	52.4	41.9	16.2

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.3B-3.--GRAIN PRODUCTS; FATS, OILS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	82.9	27.7	6.7	59.0	56.4	6.5	24.9	24.9	0.0
1-2.....	3/219	98.4	71.4	66.2	69.4	53.3	29.7	48.0	42.4	9.3
3-5.....	313	99.4	80.9	41.6	61.7	42.3	24.7	58.7	50.4	26.9
6-8.....	382	100.0	76.8	35.5	69.7	62.5	25.1	57.6	48.8	24.3
MALES:										
9-11.....	180	100.0	89.7	44.7	61.8	53.3	14.0	73.8	65.9	43.2
12-14.....	218	94.0	86.1	56.4	54.9	43.1	29.2	47.3	42.1	27.4
15-18.....	300	99.4	80.6	53.8	27.1	19.0	36.9	63.4	57.0	45.1
19-22.....	146	97.3	88.3	62.1	26.5	14.6	14.1	62.8	52.9	31.2
23-34.....	369	97.4	87.4	45.9	37.1	17.0	28.4	69.8	45.9	29.7
35-50.....	339	90.7	82.3	41.0	25.5	4.0	11.9	60.2	39.3	26.1
51-64.....	300	99.3	77.3	26.9	34.8	5.6	17.7	48.9	43.6	22.2
65-74.....	72	99.2	90.2	48.9	45.6	11.4	18.8	58.1	55.2	23.9
75 AND OVER.....	79	100.0	92.0	38.9	71.8	18.9	8.1	82.3	66.8	14.0
FEMALES:										
9-11.....	167	100.0	89.8	49.3	70.1	57.3	28.6	71.7	50.0	24.5
12-14.....	236	99.8	85.8	56.4	38.6	32.3	19.3	48.9	43.2	31.2
15-18.....	357	88.2	79.2	42.8	20.2	14.0	32.1	54.0	47.4	29.3
19-22.....	177	98.6	88.3	50.1	27.7	5.5	16.8	71.5	59.6	28.1
23-34.....	507	86.6	74.7	39.6	25.4	9.4	15.7	54.5	40.1	23.8
35-50.....	422	94.2	83.4	34.4	19.9	3.8	21.0	60.7	49.1	16.6
51-64.....	281	97.9	76.5	39.0	42.2	12.4	25.7	64.7	52.7	18.6
65-74.....	209	99.8	87.1	52.2	56.4	20.1	15.3	67.6	54.2	18.0
75 AND OVER.....	204	99.6	91.4	47.8	48.5	19.5	29.8	77.1	64.2	11.8
ALL INDIVIDUALS...	3/5,634	95.8	80.6	43.5	41.7	24.4	22.3	59.4	48.4	24.5

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.4A-1.--VEGETABLES1/
AVERAGE INTAKE2/ PER INDIVIDUAL IN A DAY.3/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	GRAMS					
MALES AND FEMALES:							
UNDER 1.....	4/264	127	40	(5)	1	11	75
1-2.....	4/428	101	39	15	2	2	42
3-5.....	631	112	48	12	7	2	44
6-8.....	713	144	60	18	4	3	59
MALES:							
9-11.....	277	246	119	27	6	3	92
12-14.....	332	183	83	20	5	2	74
15-18.....	452	234	91	17	14	5	107
19-22.....	226	212	74	22	19	5	93
23-34.....	516	230	110	22	11	3	84
35-50.....	433	244	74	24	20	15	111
51-64.....	379	235	61	36	17	7	113
65-74.....	138	203	34	14	19	11	126
75 AND OVER.....	121	163	45	4	9	8	98
FEMALES:							
9-11.....	299	162	68	7	6	3	78
12-14.....	341	187	81	22	8	12	63
15-18.....	534	157	67	15	15	3	57
19-22.....	331	191	75	16	15	4	82
23-34.....	917	188	70	17	14	4	83
35-50.....	663	174	54	21	11	10	78
51-64.....	502	202	43	26	23	13	96
65-74.....	322	226	42	22	38	14	111
75 AND OVER.....	273	189	45	16	22	14	90
ALL INDIVIDUALS.....	4/9,093	183	66	19	13	6	80

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.4A-2.--VEGETABLES1/
AVERAGE INTAKE2/ PER INDIVIDUAL IN A DAY,3/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	GRAMS					
MALES AND FEMALES:							
UNDER 1.....	4/107	78	6	(5)	2	14	56
1-2.....	4/208	86	34	6	4	3	39
3-5.....	318	124	52	4	11	2	56
6-8.....	331	131	52	7	8	2	63
MALES:							
9-11.....	97	174	75	12	15	4	68
12-14.....	114	182	71	15	10	4	83
15-18.....	152	208	82	8	32	5	81
19-22.....	80	202	64	23	16	6	93
23-34.....	147	266	136	12	11	2	105
35-50.....	94	223	100	19	22	2	81
51-64.....	79	255	94	13	25	4	119
65-74.....	66	250	45	18	13	15	158
75 AND OVER.....	42	181	68	1	8	12	92
FEMALES:							
9-11.....	132	171	69	10	9	3	79
12-14.....	105	169	65	7	19	5	73
15-18.....	177	169	44	17	36	4	68
19-22.....	154	192	87	9	11	3	83
23-34.....	409	199	79	10	21	6	83
35-50.....	241	201	53	21	18	5	106
51-64.....	221	242	65	31	23	17	106
65-74.....	113	173	38	12	35	8	79
75 AND OVER.....	69	219	52	15	18	28	106
ALL INDIVIDUALS.....	4/3,459	178	64	12	16	6	80

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.4A-3.--VEGETABLES1/
AVERAGE INTAKE2/ PER INDIVIDUAL IN A DAY.3/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	GRAMS					
MALES AND FEMALES:							
UNDER 1.....	4/157	161	63	1	1	9	88
1-2.....	4/219	116	45	24	1	2	44
3-5.....	313	99	44	19	2	2	32
6-8.....	382	155	67	28	(5)	3	56
MALES:							
9-11.....	180	285	142	34	2	2	105
12-14.....	218	184	89	22	3	1	70
15-18.....	300	247	96	22	4	5	120
19-22.....	146	218	79	21	21	5	93
23-34.....	369	216	100	26	11	4	76
35-50.....	339	250	67	25	19	19	119
51-64.....	300	230	52	42	15	8	112
65-74.....	72	161	25	9	23	7	96
75 AND OVER.....	79	153	33	5	8	6	101
FEMALES:							
9-11.....	167	155	67	5	3	2	77
12-14.....	236	195	88	29	4	15	59
15-18.....	357	151	78	15	4	3	51
19-22.....	177	190	64	21	19	4	81
23-34.....	507	179	62	23	8	2	83
35-50.....	422	158	54	21	7	13	62
51-64.....	281	171	26	22	24	10	89
65-74.....	209	255	43	27	39	17	128
75 AND OVER.....	204	178	43	17	24	10	85
ALL INDIVIDUALS.....	4/5,634	186	66	23	10	7	80

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.4B-1.--VEGETABLES1/
INDIVIDUALS USING2/ IN A DAY,3/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1	4/264	69.9	29.9	0.9	1.1	10.7	60.5
1-2	4/428	76.7	41.8	19.9	4.8	3.6	46.3
3-5	631	76.3	53.3	18.8	8.4	4.2	54.2
6-8	713	81.2	49.3	26.3	4.5	6.2	60.2
MALES:							
9-11	277	83.5	53.0	31.5	5.6	2.9	63.5
12-14	332	76.9	51.8	24.7	3.4	2.4	62.6
15-18	452	79.3	47.6	25.4	5.4	5.0	60.7
19-22	226	86.3	44.9	25.1	9.9	3.1	62.7
23-34	516	84.6	56.5	24.3	4.4	2.9	62.1
35-50	433	73.3	39.3	29.8	7.9	12.0	49.8
51-64	379	76.8	32.6	30.6	5.8	3.0	61.3
65-74	138	75.6	24.8	13.1	11.7	9.4	54.3
75 AND OVER	121	81.4	34.3	5.6	6.1	8.6	67.0
FEMALES:							
9-11	299	90.6	49.4	19.5	3.6	4.3	77.2
12-14	341	90.7	53.5	33.6	5.7	10.5	62.2
15-18	534	86.7	54.7	23.7	9.4	2.9	59.6
19-22	331	79.9	46.8	19.3	9.2	4.7	60.1
23-34	917	77.9	44.7	21.8	7.6	4.4	59.3
35-50	663	80.9	47.6	27.1	5.8	8.7	52.9
51-64	502	85.1	31.1	27.9	12.6	10.4	68.3
65-74	322	81.4	30.7	14.3	13.2	13.9	58.9
75 AND OVER	273	87.1	39.0	11.1	16.2	12.0	65.9
ALL INDIVIDUALS	4/9,093	80.8	45.2	23.0	7.2	6.3	59.6

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.4E-2.--VEGETABLES1/
INDIVIDUALS USING2/ IN A DAY,3/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1	4/107	65.0	9.0	1.2	1.4	12.4	53.1
1-2	4/208	71.8	42.7	9.8	7.7	3.7	47.5
3-5	318	83.6	57.9	12.2	12.8	3.5	59.0
6-8	331	79.8	47.7	19.0	8.2	4.1	57.8
MALES:							
9-11	97	86.2	54.8	21.4	14.0	3.6	61.5
12-14	114	84.3	49.2	20.6	7.1	5.1	61.2
15-18	152	82.4	49.7	20.2	13.0	3.6	54.0
19-22	80	81.3	37.8	19.9	8.7	3.8	58.5
23-34	147	80.8	52.1	12.9	7.6	1.3	65.4
35-50	94	78.1	53.5	25.2	13.7	1.2	44.5
51-64	79	74.0	44.5	13.4	7.8	3.1	50.2
65-74	66	80.1	31.9	22.3	11.2	10.2	55.5
75 AND OVER	42	76.3	48.3	2.8	6.1	8.3	56.5
FEMALES:							
9-11	132	87.0	48.4	25.1	5.7	3.1	70.5
12-14	105	82.3	47.1	19.2	15.6	7.4	54.1
15-18	177	81.6	41.3	23.2	23.9	3.6	47.7
19-22	154	78.0	48.1	16.2	6.1	3.2	58.1
23-34	409	80.7	51.3	15.0	10.2	4.5	56.4
35-50	241	79.1	37.2	20.5	8.1	3.1	59.4
51-64	221	84.9	48.1	32.4	12.9	11.9	67.1
65-74	113	74.3	27.7	12.4	15.4	10.7	52.2
75 AND OVER	69	87.4	37.7	9.6	12.5	18.2	61.7
ALL INDIVIDUALS	4/3,459	80.2	45.8	17.5	10.6	5.2	57.2

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.4E-3.--VEGETABLES1/
INDIVIDUALS USING2/ IN A DAY,3/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	WHITE POTATOES	TOMATOES	DARK GREEN VEGETABLES	DEEP YELLOW VEGETABLES	OTHER VEGETABLES
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1.....	4/157	73.3	44.2	0.8	0.8	9.5	65.5
1-2.....	4/219	81.5	40.9	29.5	2.1	3.5	45.2
3-5.....	313	68.8	48.7	25.5	4.0	4.8	49.4
6-8.....	382	82.4	50.8	32.6	1.2	8.1	62.3
MALES:							
9-11.....	180	82.0	52.1	36.9	1.1	2.5	64.7
12-14.....	218	73.0	53.2	26.9	1.4	.9	63.4
15-18.....	300	77.7	46.5	28.1	1.6	5.7	64.0
19-22.....	146	89.0	48.8	28.0	10.5	2.7	65.0
23-34.....	369	86.1	58.2	28.8	3.2	3.5	60.9
35-50.....	339	72.0	35.4	31.1	6.3	15.0	51.2
51-64.....	300	77.6	29.5	35.1	5.2	2.9	64.2
65-74.....	72	71.6	18.3	4.6	12.2	8.6	53.2
75 AND OVER.....	79	84.2	26.8	7.1	6.1	8.8	72.7
FEMALES:							
9-11.....	167	93.5	50.2	15.1	2.0	5.3	82.4
12-14.....	236	94.5	56.4	40.0	1.4	11.9	65.8
15-18.....	357	89.3	61.4	23.9	2.2	2.6	65.4
19-22.....	177	81.5	45.6	22.0	11.9	6.0	61.9
23-34.....	507	75.6	39.3	27.3	5.6	4.3	61.7
35-50.....	422	82.0	53.6	30.9	4.5	11.9	49.2
51-64.....	281	85.3	17.7	24.3	12.2	9.3	69.2
65-74.....	209	85.3	32.4	15.3	12.0	15.7	62.5
75 AND OVER.....	204	87.0	39.4	11.6	17.5	9.9	67.4
ALL INDIVIDUALS.....	4/5,634	81.2	44.8	26.3	5.1	6.9	61.1

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.5A-1.--FRUITS
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	CITRUS FRUITS, JUICES		DRIED FRUITS	OTHER FRUITS, MIXTURES, JUICES				
			TOTAL	JUICES		TOTAL	APPLES	BANANAS	OTHER FRUITS, MIXTURES MAINLY FRUIT	NONCITRUS JUICES, NECTARS
	NUMBER	GRAMS								
MALES AND FEMALES:										
UNDER 1.....	3/264	176	20	19	(4)	155	46	17	38	54
1-2.....	3/428	93	47	39	(4)	46	14	5	5	22
3-5.....	631	115	59	47	1	55	24	12	9	10
6-8.....	713	139	50	40	1	89	39	4	17	29
MALES:										
9-11.....	277	179	58	42	(4)	121	48	9	11	52
12-14.....	332	195	40	35	0	155	63	3	31	58
15-18.....	452	210	91	87	0	119	61	1	15	41
19-22.....	226	55	33	29	0	22	6	1	3	11
23-34.....	516	63	45	43	0	17	7	4	5	3
35-50.....	433	124	36	30	(4)	88	33	7	11	37
51-64.....	379	92	68	63	(4)	24	16	1	6	1
65-74.....	138	119	72	56	1	46	15	6	19	6
75 AND OVER.....	121	64	31	25	(4)	32	10	13	7	2
FEMALES:										
9-11.....	299	99	42	37	1	55	16	2	34	2
12-14.....	341	135	46	33	0	89	45	4	10	30
15-18.....	534	138	75	71	(4)	62	21	3	5	32
19-22.....	331	81	61	54	(4)	20	6	3	3	8
23-34.....	917	87	51	36	1	35	16	2	6	11
35-50.....	663	102	84	63	(4)	18	8	5	2	3
51-64.....	502	116	66	50	(4)	50	26	6	9	9
65-74.....	322	137	78	60	(4)	58	20	6	25	7
75 AND OVER.....	273	141	82	76	(4)	58	22	8	19	9
ALL INDIVIDUALS...	3/9,093	120	58	48	(4)	62	25	5	12	19

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.5A-2.--FRUITS

AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/107	144	30	29	(4)	114	22	17	39	36
1-2.....	3/208	93	42	36	(4)	50	14	4	4	28
3-5.....	318	128	65	50	1	62	35	12	8	7
6-8.....	331	141	67	58	(4)	74	33	4	21	16
MALES:										
9-11.....	97	113	69	49	1	43	20	4	14	5
12-14.....	114	119	68	63	0	51	14	5	28	4
15-18.....	152	90	59	51	0	31	15	2	12	2
19-22.....	80	66	29	21	0	36	12	4	4	16
23-34.....	147	45	37	36	0	8	3	1	2	1
35-50.....	94	55	42	33	0	13	2	5	3	3
51-64.....	79	73	33	24	(4)	40	18	3	18	1
65-74.....	66	107	60	34	0	48	16	8	16	7
75 AND OVER.....	42	54	17	15	0	37	7	25	5	0
FEMALES:										
9-11.....	132	98	36	31	2	61	25	3	31	2
12-14.....	105	92	48	36	0	44	13	4	18	8
15-18.....	177	100	57	50	0	43	12	2	11	18
15-22.....	154	88	69	65	(4)	19	7	2	1	9
23-34.....	409	90	58	38	1	31	12	3	7	10
35-50.....	241	87	60	44	0	27	12	5	3	4
51-64.....	221	142	89	72	(4)	53	27	8	5	13
65-74.....	113	136	79	72	(4)	56	21	10	12	13
75 AND OVER.....	65	122	71	65	0	51	17	8	12	14
ALL INDIVIDUALS...	3/3,459	104	58	47	(4)	46	18	6	11	11

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.5A-3.--FRUITS

AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	197	14	13	0	184	64	16	38	66
1-2.....	3/219	94	52	42	1	41	13	6	6	16
3-5.....	313	102	53	44	1	48	12	12	9	14
6-8.....	382	137	35	25	1	102	44	3	13	40
MALES:										
9-11.....	180	214	51	38	(4)	163	63	12	10	77
12-14.....	218	234	25	20	0	210	89	2	32	87
15-18.....	300	270	107	104	0	163	85	1	17	60
19-22.....	146	49	36	33	0	14	2	(4)	3	8
23-34.....	369	70	49	46	0	21	8	4	5	3
35-50.....	339	143	34	29	1	108	42	8	13	46
51-64.....	300	97	77	74	0	20	16	1	2	1
65-74.....	72	131	84	77	2	45	15	4	21	4
75 AND OVER.....	79	70	39	31	1	30	11	7	9	3
FEMALES:										
9-11.....	167	99	46	42	1	51	9	2	37	3
12-14.....	236	154	45	31	0	110	59	4	7	40
15-18.....	357	156	85	82	(4)	72	26	3	3	39
19-22.....	177	74	53	45	0	21	6	3	5	7
23-34.....	507	84	45	34	(4)	39	20	2	5	11
35-50.....	422	110	97	73	(4)	13	6	4	2	2
51-64.....	281	95	48	32	1	47	25	4	12	6
65-74.....	209	137	78	54	0	59	19	4	32	4
75 AND OVER.....	204	147	86	80	(4)	61	23	8	22	7
ALL INDIVIDUALS...	3/5,634	129	58	49	(4)	71	30	5	12	25

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.5B-1.--FRUITS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	CITRUS FRUITS, JUICES		DRIED FRUITS	OTHER FRUITS, MIXTURES, JUICES				
			TOTAL	JUICES		TOTAL	APPLES	BANANAS	OTHER FRUITS, MIXTURES MAINLY FRUIT	NONCITRUS JUICES, NECTARS
	NUMBER	PERCENT								
MALES AND FEMALES:										
UNDER 1.....	3/264	67.2	11.1	10.6	0.1	63.2	28.2	17.2	30.3	30.7
1-2.....	3/428	45.6	25.5	21.2	1.4	25.6	10.0	5.3	4.8	10.5
3-5.....	631	46.5	26.9	19.0	2.5	29.7	14.2	9.8	6.8	6.2
6-8.....	713	51.0	23.9	20.1	1.8	35.9	20.8	4.1	13.4	8.4
MALES:										
9-11.....	277	63.3	32.4	24.8	.5	37.2	23.5	6.5	9.1	14.1
12-14.....	332	58.7	19.2	16.5	.0	46.1	27.1	2.6	17.6	13.2
15-18.....	452	50.8	34.1	32.8	.0	22.1	14.3	1.2	6.7	8.3
19-22.....	226	18.9	11.4	9.9	.0	9.5	2.6	1.1	2.7	4.3
23-34.....	516	23.3	16.0	14.7	.0	9.4	4.7	2.4	2.9	.9
35-50.....	433	34.5	15.3	13.5	.4	23.8	14.1	5.1	5.8	10.5
51-64.....	379	30.5	19.4	17.1	.1	13.5	11.4	1.1	2.6	.4
65-74.....	138	39.2	28.5	21.6	1.5	19.4	9.1	5.0	10.5	2.3
75 AND OVER.....	121	30.4	13.2	11.9	.3	21.6	6.8	9.3	6.9	1.0
FEMALES:										
9-11.....	299	51.0	20.0	17.7	3.6	36.2	10.2	2.0	26.8	1.4
12-14.....	341	51.4	21.3	16.7	.0	36.3	23.6	3.2	8.9	11.5
15-18.....	534	44.6	29.9	28.1	.3	17.6	9.9	2.1	3.7	9.2
19-22.....	331	31.0	23.7	19.9	(4)	11.8	4.6	2.3	2.3	4.0
23-34.....	917	32.8	22.2	15.2	1.2	16.3	9.7	2.2	3.2	3.2
35-50.....	663	37.8	29.9	20.7	.1	10.7	5.3	3.1	2.2	1.2
51-64.....	502	52.4	36.8	26.1	.8	25.0	17.8	4.8	4.7	3.0
65-74.....	322	51.7	35.1	24.0	.8	28.6	11.5	5.5	12.5	3.4
75 AND OVER.....	273	64.1	42.1	38.4	.6	32.7	15.8	9.6	12.8	4.0
ALL INDIVIDUALS...	3/9,093	43.7	25.0	20.2	.8	24.7	13.2	4.3	7.8	6.5

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.
4/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.5B-2.--FRUITS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	TOTAL	CITRUS FRUITS, JUICES		DRIED FRUITS	OTHER FRUITS, MIXTURES, JUICES				
			TOTAL	JUICES		TOTAL	APPLES	BANANAS	OTHER FRUITS, MIXTURES MAINLY FRUIT	NONCITRUS JUICES, NECTARS
	NUMBER	PERCENT								
MALES AND FEMALES:										
UNDER 1.....	3/107	68.3	16.7	16.1	0.2	60.1	25.8	21.4	33.6	24.5
1-2.....	3/208	45.2	22.2	18.5	1.0	27.1	8.9	4.3	4.2	12.3
3-5.....	318	51.3	28.5	20.0	1.6	33.8	17.6	10.6	6.8	5.0
6-8.....	331	55.2	30.9	26.3	1.6	36.4	16.9	5.3	16.5	4.8
MALES:										
9-11.....	97	59.7	37.4	27.8	.5	30.2	16.8	3.1	12.4	1.5
12-14.....	114	41.3	25.5	23.1	.0	26.7	13.0	3.4	11.0	2.8
15-18.....	152	31.8	22.4	20.1	.0	15.7	8.1	1.4	6.8	.9
19-22.....	80	30.4	11.7	9.2	.0	21.3	6.1	2.8	3.8	10.0
23-34.....	147	20.1	16.3	16.1	.0	5.5	2.5	1.2	3.1	.4
35-50.....	94	26.5	21.7	17.5	.0	7.8	1.5	3.8	1.2	1.3
51-64.....	79	21.0	11.5	8.7	.5	13.4	9.8	2.5	4.6	.2
65-74.....	66	36.6	24.6	15.0	.0	25.2	13.2	6.8	11.7	2.9
75 AND OVER.....	42	28.4	7.2	6.3	.0	22.6	5.0	14.7	3.9	.0
FEMALES:										
9-11.....	132	48.2	17.9	15.2	2.3	37.0	14.7	2.0	25.2	1.2
12-14.....	105	43.6	23.9	17.9	.0	28.2	9.3	3.7	14.6	2.1
15-18.....	177	41.3	25.6	22.6	.0	23.5	8.7	2.0	7.4	6.7
19-22.....	154	34.5	25.5	23.7	.1	13.1	5.0	1.8	1.8	4.9
23-34.....	409	28.1	20.0	12.2	2.1	13.6	7.0	2.5	4.2	2.9
35-50.....	241	34.3	23.7	20.4	.0	16.3	7.9	4.5	2.6	1.6
51-64.....	221	58.4	46.6	37.4	.7	22.5	16.1	6.6	2.6	3.4
65-74.....	113	56.9	30.6	26.3	2.4	30.4	16.0	7.3	8.2	6.4
75 AND OVER.....	69	59.8	39.9	35.4	.0	29.9	11.4	9.8	8.2	6.8
ALL INDIVIDUALS...	3/3,459	42.4	25.3	20.5	.8	24.3	11.3	5.1	8.3	4.6

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.5B-3.--FRUITS
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	66.5	7.4	6.8	0.0	65.4	29.9	14.4	28.1	34.9
1-2.....	3/219	46.3	28.6	23.8	1.8	24.1	11.1	6.3	5.5	8.8
3-5.....	313	41.6	25.3	18.1	3.4	25.5	10.8	8.9	6.9	7.5
6-8.....	382	47.4	17.9	14.7	2.0	35.5	24.1	3.1	10.6	11.5
MALES:										
9-11.....	180	65.2	29.6	23.2	.5	40.9	27.1	8.3	7.4	20.9
12-14.....	218	67.8	15.9	13.0	.0	56.3	34.6	2.1	21.1	18.6
15-18.....	300	60.5	40.0	39.2	.0	25.3	17.4	1.1	6.6	12.1
19-22.....	146	12.6	11.3	10.2	.0	3.0	.8	.2	2.0	1.1
23-34.....	369	24.6	15.9	14.2	.0	11.0	5.6	2.9	2.8	1.1
35-50.....	339	36.7	13.5	12.4	.5	28.2	17.6	5.5	7.1	13.0
51-64.....	300	33.1	21.5	19.3	.0	13.6	11.8	.7	2.0	.4
65-74.....	72	41.5	32.1	27.7	2.8	14.1	5.4	3.4	9.3	1.7
75 AND OVER.....	79	31.4	16.4	15.0	.4	21.1	7.7	6.4	8.5	1.5
FEMALES:										
9-11.....	167	53.3	21.7	19.7	4.6	35.6	6.6	2.0	28.1	1.6
12-14.....	236	54.8	20.2	16.2	.0	39.9	30.0	3.0	6.4	15.7
15-18.....	357	46.3	32.0	30.8	.5	14.7	10.5	2.2	1.8	10.4
19-22.....	177	28.0	22.0	16.6	.0	10.6	4.3	2.7	2.6	3.2
23-34.....	507	36.6	24.0	17.6	.5	18.5	11.9	1.9	2.3	3.5
35-50.....	422	39.8	33.4	20.8	.2	7.5	3.8	2.3	2.0	1.0
51-64.....	281	47.7	29.2	17.2	.8	27.0	19.1	3.4	6.3	2.6
65-74.....	209	48.8	37.5	22.8	.0	27.6	9.0	4.5	14.8	1.8
75 AND OVER.....	204	65.6	42.9	39.4	.8	33.7	17.3	9.6	14.4	3.1
ALL INDIVIDUALS...	3/5,634	44.5	24.8	20.0	.8	24.9	14.4	3.9	7.6	7.7

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.6A-1.--SUGARS, SWEETS; BEVERAGES
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOLHOLIC 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.....	3/264	1	(4)	(4)	7	7	0	2	2	3	0	0
1-2.....	3/428	18	1	8	106	106	(4)	20	74	12	0	0
3-5.....	631	21	3	4	148	148	1	31	100	16	0	0
6-8.....	713	29	4	8	195	195	10	35	138	11	0	0
MALES:												
9-11.....	277	38	4	4	237	237	1	55	148	32	0	0
12-14.....	332	38	4	5	281	281	9	49	208	15	0	0
15-18.....	452	16	3	2	396	396	31	83	264	17	1	1
19-22.....	226	16	8	2	655	583	112	114	332	24	72	72
23-34.....	516	19	10	2	906	773	321	125	309	18	133	128
35-50.....	433	18	9	2	1114	960	632	129	192	7	153	150
51-64.....	379	14	11	(4)	1141	976	788	46	116	26	165	161
65-74.....	138	20	7	2	647	635	432	129	47	27	12	7
75 AND OVER.....	121	28	12	(4)	606	604	494	46	48	17	2	2
FEMALES:												
9-11.....	299	21	4	3	184	184	1	37	131	14	0	0
12-14.....	341	42	20	9	261	261	1	68	170	22	0	0
15-18.....	534	17	2	2	312	310	19	48	224	19	2	(4)
19-22.....	331	18	8	2	494	481	119	145	199	18	13	10
23-34.....	917	14	7	1	831	807	431	144	223	9	24	21
35-50.....	663	15	6	3	869	860	526	113	212	9	9	9
51-64.....	502	18	10	1	678	674	413	138	105	18	5	2
65-74.....	322	17	6	4	612	611	364	133	98	16	(4)	(4)
75 AND OVER.....	273	19	5	1	538	534	395	92	37	10	3	3
ALL INDIVIDUALS...	3/9,093	20	6	3	529	501	235	84	167	15	28	26

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.6A-2.--SUGARS, SWEETS; BEVERAGES
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOLHOLIC 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.....	3/107	3	(4)	(4)	9	9	0	1	5	3	0	0
1-2.....	3/208	12	1	1	135	135	1	16	105	14	0	0
3-5.....	318	18	3	4	181	181	1	25	133	23	0	0
6-8.....	331	30	4	5	209	209	5	30	160	14	0	0
MALES:												
9-11.....	97	27	5	5	252	252	2	37	185	29	0	0
12-14.....	114	28	5	2	318	318	12	41	240	25	0	0
15-18.....	152	28	4	3	487	485	59	48	360	19	2	2
19-22.....	80	20	5	3	586	577	120	102	341	14	9	9
23-34.....	147	18	12	1	773	582	253	116	190	23	191	190
35-50.....	94	19	7	4	837	777	494	92	167	24	59	43
51-64.....	79	17	12	(4)	908	873	682	79	88	24	35	15
65-74.....	66	26	7	4	673	665	462	142	45	16	8	5
75 AND OVER.....	42	42	12	1	623	618	457	68	82	12	5	5
FEMALES:												
9-11.....	132	18	3	3	186	186	1	13	150	22	0	0
12-14.....	105	29	4	4	377	377	1	54	287	34	0	0
15-18.....	177	35	3	6	373	367	31	70	244	22	6	1
19-22.....	154	16	6	2	535	531	134	159	220	18	5	4
23-34.....	409	15	8	2	741	703	317	113	260	13	38	36
35-50.....	241	17	7	1	705	685	350	89	237	9	21	20
51-64.....	221	16	9	1	642	634	337	201	84	11	9	3
65-74.....	113	23	7	4	586	585	378	110	60	37	1	1
75 AND OVER.....	69	13	4	(4)	533	533	328	110	67	27	0	0
ALL INDIVIDUALS...	3/3,459	20	6	3	464	446	171	77	180	18	18	16

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.6A-3.--SUGARS, SWEETS; BEVERAGES
AVERAGE INTAKE1/ PER INDIVIDUAL IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOLHOLIC 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.....	3/157	(4)	(4)	(4)	6	6	0	3	(4)	3	0	0
1-2.....	3/219	24	1	14	78	78	(4)	23	45	10	0	0
3-5.....	313	25	2	3	114	114	1	36	66	10	0	0
6-8.....	382	27	4	10	182	182	14	40	118	9	0	0
MALES:												
9-11.....	180	43	3	3	228	228	0	65	129	34	0	0
12-14.....	218	43	4	7	261	261	7	53	191	10	0	0
15-18.....	300	11	3	1	350	350	16	101	216	17	0	0
19-22.....	146	14	9	2	693	586	108	121	327	29	107	107
23-34.....	369	20	9	3	960	850	348	129	357	16	110	104
35-50.....	339	18	9	1	1190	1011	670	140	199	2	180	180
51-64.....	300	13	11	(4)	1202	1003	816	37	123	26	199	199
65-74.....	72	14	7	0	623	607	405	116	49	37	16	8
75 AND OVER.....	79	21	12	(4)	597	597	513	34	30	20	0	0
FEMALES:												
9-11.....	167	24	5	3	183	183	2	56	117	8	0	0
12-14.....	236	48	27	12	210	210	1	74	118	17	0	0
15-18.....	357	8	1	1	282	282	13	38	214	17	(4)	0
19-22.....	177	19	9	1	458	437	106	133	180	18	20	15
23-34.....	507	13	7	(4)	904	891	524	169	192	7	13	10
35-50.....	422	15	6	4	962	960	626	127	198	8	2	2
51-64.....	281	19	11	1	706	705	474	87	120	24	1	1
65-74.....	209	13	5	4	626	626	356	146	119	5	0	0
75 AND OVER.....	204	21	5	1	539	535	417	86	28	4	4	4
ALL INDIVIDUALS...	3/5,634	20	7	3	569	535	274	88	159	13	34	33

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.6B-1.--SUGARS, SWEETS; BEVERAGES
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOLHOLIC 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.....	3/264	5.0	1.8	0.5	4.0	4.0	0.0	1.3	1.3	1.6	0.0	0.0
1-2.....	3/428	43.1	17.5	10.7	38.3	38.3	.4	11.2	28.1	5.1	.0	.0
3-5.....	631	54.1	28.3	9.0	41.4	41.4	1.1	11.8	30.2	6.2	.0	.0
6-8.....	713	64.5	42.8	17.0	56.0	56.0	6.9	10.2	41.5	4.2	.0	.0
MALES:												
9-11.....	277	50.7	29.6	6.6	50.5	50.5	.2	13.9	34.2	11.1	.0	.0
12-14.....	332	58.9	42.2	14.3	48.2	48.2	3.1	11.6	34.1	4.0	.0	.0
15-18.....	452	38.1	25.4	3.7	65.7	65.6	8.8	19.8	45.2	4.8	.2	.2
19-22.....	226	43.4	34.5	6.0	83.7	83.1	25.0	27.9	54.5	5.1	7.2	7.2
23-34.....	516	57.4	45.4	4.8	89.6	85.0	54.5	22.2	45.0	4.5	14.8	13.8
35-50.....	433	61.1	49.3	1.3	93.3	91.2	77.5	23.7	29.9	1.8	15.6	14.8
51-64.....	379	58.5	55.8	.5	94.2	93.7	87.8	8.7	30.7	5.5	7.0	5.0
65-74.....	138	65.2	45.0	3.1	87.0	86.7	75.6	24.7	13.1	6.9	3.5	1.1
75 AND OVER.....	121	88.2	79.2	.4	97.0	97.0	92.7	12.7	11.2	5.8	.4	.4
FEMALES:												
9-11.....	299	57.6	40.1	20.3	47.7	47.7	.6	12.3	36.0	5.4	.0	.0
12-14.....	341	48.6	26.5	23.8	54.2	54.2	.5	22.3	34.6	6.6	.0	.0
15-18.....	534	26.1	16.4	4.6	57.0	57.0	6.3	13.6	46.0	5.1	1.7	.1
19-22.....	331	51.5	39.0	3.3	76.9	74.9	32.2	30.0	41.0	4.8	3.5	2.6
23-34.....	917	53.3	43.2	3.1	87.7	87.4	50.1	27.4	45.4	2.3	3.4	2.3
35-50.....	663	54.0	45.8	4.9	93.8	93.8	71.4	21.2	40.1	3.2	1.1	.8
51-64.....	502	64.0	57.4	1.5	93.0	92.8	77.5	29.9	29.6	4.1	2.6	.4
65-74.....	322	61.5	49.7	8.0	95.7	95.7	81.7	32.3	27.1	3.1	.3	(4)
75 AND OVER.....	273	58.0	47.7	3.5	91.4	91.4	82.4	24.9	13.0	3.1	1.0	1.0
ALL INDIVIDUALS...	3/9,093	52.3	38.5	7.0	70.6	70.1	36.1	19.0	35.6	4.4	3.0	2.3

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.6B-2.--SUGARS, SWEETS; BEVERAGES
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOLHOLIC 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.....	3/107	9.9	3.5	0.5	4.9	4.9	0.0	0.9	2.4	2.1	0.0	0.0
1-2.....	3/208	42.3	16.1	4.9	43.8	43.8	.7	7.7	33.4	5.4	.0	.0
3-5.....	318	51.0	28.7	11.1	46.9	46.9	.5	10.1	34.8	9.4	.0	.0
6-8.....	331	59.9	33.5	16.5	53.3	53.3	5.6	8.2	41.0	5.4	.0	.0
MALES:												
9-11.....	97	52.6	38.9	6.8	62.1	62.1	.6	10.6	46.0	8.2	.0	.0
12-14.....	114	52.4	31.0	8.6	59.6	59.6	4.6	8.4	45.0	7.2	.0	.0
15-18.....	152	45.1	26.9	5.8	75.1	74.9	11.7	10.7	61.5	4.8	.5	.5
19-22.....	80	50.2	40.0	7.2	80.2	79.5	20.3	20.8	52.2	5.4	1.2	1.2
23-34.....	147	57.0	45.1	2.1	79.2	72.8	44.2	20.5	33.5	7.5	20.3	20.2
35-50.....	94	55.4	46.5	1.7	88.9	85.4	68.8	14.3	39.4	6.5	10.6	6.8
51-64.....	79	48.8	43.6	.6	93.1	91.5	82.6	13.9	26.0	5.5	10.9	2.1
65-74.....	66	78.6	55.7	6.5	95.1	94.3	87.0	26.4	11.5	4.2	1.4	.8
75 AND OVER.....	42	86.0	67.8	.7	94.8	94.8	90.8	15.3	18.2	3.8	1.0	1.0
FEMALES:												
9-11.....	132	46.2	23.0	12.5	50.5	50.5	.3	4.4	40.4	8.1	.0	.0
12-14.....	105	49.9	26.5	13.3	65.4	65.4	.6	12.3	53.2	7.2	.0	.0
15-18.....	177	47.8	26.8	10.2	69.2	69.2	10.9	20.5	52.1	7.8	4.8	.2
19-22.....	154	48.1	33.4	3.9	74.7	74.6	32.1	19.9	42.3	5.8	.4	.1
23-34.....	409	49.3	38.7	5.5	84.1	84.0	43.4	21.7	47.2	3.5	3.5	3.1
35-50.....	241	59.9	49.0	3.5	91.3	91.2	66.2	17.9	45.0	3.2	1.8	1.0
51-64.....	221	62.5	53.5	1.6	93.6	93.5	70.5	39.6	21.7	3.3	5.4	.4
65-74.....	113	51.9	43.1	7.6	94.1	93.9	83.7	30.9	17.3	6.3	.9	.1
75 AND OVER.....	69	48.4	39.7	.7	92.2	92.2	80.7	29.8	23.9	6.7	.0	.0
ALL INDIVIDUALS...	3/3,459	51.8	35.4	6.9	70.0	69.5	30.8	16.4	38.3	5.7	2.7	1.7

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 1.6B-3.--SUGARS, SWEETS; BEVERAGES
INDIVIDUALS USING1/ IN A DAY,2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS	SUGAR, SWEETS			BEVERAGES							
						NONALCOLHOLIC 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.....	3/157	1.6	0.7	0.4	3.5	3.5	0.0	1.6	0.5	1.3	0.0	0.0
1-2.....	3/219	43.9	18.8	16.2	33.2	33.2	.2	14.5	23.2	4.8	.0	.0
3-5.....	313	57.2	27.8	6.8	35.7	35.7	1.6	13.5	25.5	2.9	.0	.0
6-8.....	382	68.4	50.9	17.5	58.3	58.3	8.0	12.0	41.8	3.2	.0	.0
MALES:												
9-11.....	180	49.7	24.6	6.4	44.2	44.2	.0	15.7	27.9	12.6	.0	.0
12-14.....	218	62.4	48.0	17.3	42.3	42.3	2.3	13.2	28.4	2.3	.0	.0
15-18.....	300	34.5	24.7	2.7	60.9	60.9	7.4	24.4	37.0	4.7	.0	.0
19-22.....	146	39.7	31.4	5.4	85.7	85.1	27.6	31.8	55.8	4.9	10.5	10.5
23-34.....	369	57.6	45.5	5.8	93.7	89.9	58.6	23.0	55.1	3.3	12.5	11.3
35-50.....	339	62.7	50.1	1.1	94.5	92.8	79.9	26.3	27.3	.5	17.0	17.0
51-64.....	300	61.1	59.0	.5	94.5	94.3	89.1	7.4	31.9	5.6	5.9	5.8
65-74.....	72	52.9	35.1	.0	79.6	79.6	65.1	23.2	14.6	9.4	5.5	1.4
75 AND OVER.....	79	89.4	85.3	.3	98.2	98.2	93.7	11.2	7.4	6.8	.0	.0
FEMALES:												
9-11.....	167	66.7	53.6	26.4	45.4	45.4	.8	18.6	32.5	3.3	.0	.0
12-14.....	236	48.0	26.6	28.5	49.3	49.3	.5	26.7	26.3	6.3	.0	.0
15-18.....	357	15.3	11.3	1.8	51.0	51.0	3.9	10.1	42.9	3.8	.1	.0
19-22.....	177	54.5	43.9	2.7	78.7	75.2	32.4	38.8	39.8	3.9	6.2	4.7
23-34.....	507	56.6	46.8	1.1	90.5	90.1	55.4	32.0	43.9	1.4	3.4	1.6
35-50.....	422	50.7	44.1	5.7	95.2	95.2	74.4	23.1	37.3	3.2	.8	.6
51-64.....	281	65.2	60.4	1.4	92.4	92.2	82.9	22.3	35.7	4.7	.5	.3
65-74.....	209	66.7	53.4	8.2	96.6	96.6	80.7	33.0	32.3	1.3	.0	.0
75 AND OVER.....	204	61.2	50.4	4.4	91.2	91.1	83.0	23.3	9.3	1.9	1.3	1.3
ALL INDIVIDUALS...	3/5,634	52.7	40.4	7.1	71.0	70.4	39.4	20.6	33.9	3.7	3.1	2.8

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.1-1.--FOOD ENERGY
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	50.2	6.6	1.8	8.9	11.8	1.0	9.7
1-2.....	3/428	100.0	25.0	20.6	3.7	3.6	25.4	2.5	3.0
3-5.....	631	100.0	21.3	21.8	2.8	3.1	28.5	2.2	2.5
6-8.....	713	100.0	19.0	25.0	1.8	4.1	28.1	1.8	2.9
MALES:									
9-11.....	277	100.0	19.4	18.5	1.9	4.9	28.6	2.0	3.4
12-14.....	332	100.0	17.1	21.0	2.4	6.9	29.0	1.2	4.3
15-18.....	452	100.0	14.8	25.0	3.3	5.0	28.2	1.8	2.6
19-22.....	226	100.0	12.1	30.6	3.6	1.9	26.7	1.4	.6
23-34.....	516	100.0	9.3	30.1	3.5	3.1	26.7	1.6	.5
35-50.....	433	100.0	8.0	30.5	3.7	5.1	25.0	1.3	2.6
51-64.....	379	100.0	9.4	30.1	4.3	7.7	23.1	2.7	1.0
65-74.....	138	100.0	8.9	27.8	5.1	4.4	31.0	2.5	1.9
75 AND OVER.....	121	100.0	15.2	23.0	5.2	2.9	29.0	.9	1.5
FEMALES:									
9-11.....	299	100.0	18.2	24.9	1.3	3.1	32.0	1.2	2.8
12-14.....	341	100.0	15.9	21.1	1.9	4.3	29.0	1.5	3.2
15-18.....	534	100.0	15.2	26.5	2.4	3.9	27.3	2.3	2.1
19-22.....	331	100.0	10.5	29.8	3.0	2.1	27.1	2.4	.8
23-34.....	917	100.0	9.8	30.3	3.6	3.0	23.7	2.0	1.7
35-50.....	663	100.0	7.2	34.0	3.2	2.4	26.4	3.5	1.0
51-64.....	502	100.0	11.0	26.7	4.6	3.2	27.0	3.0	2.3
65-74.....	322	100.0	9.6	27.5	4.3	3.0	28.3	3.5	3.0
75 AND OVER.....	273	100.0	10.8	31.0	2.8	2.1	27.7	3.4	3.3
ALL INDIVIDUALS...	3/9,093	100.0	14.8	26.3	3.1	3.9	26.6	2.2	2.4

Continued--

TABLE 2.1-1.--FOOD ENERGY
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.5	3.6	4.3	1.0	0.4	0.3	0.0
1-2.....	.3	4.5	1.9	3.1	3.4	2.9	.0
3-5.....	.3	5.8	1.7	3.4	3.5	3.1	.0
6-8.....	.2	4.8	1.8	3.0	4.0	3.6	.0
MALES:							
9-11.....	.3	6.8	1.9	5.4	3.2	3.8	.0
12-14.....	.2	5.2	2.1	3.4	3.8	3.5	.0
15-18.....	.5	5.0	2.4	5.4	1.7	4.3	(4)
19-22.....	.6	5.3	1.9	6.1	2.4	5.7	1.0
23-34.....	.4	7.7	2.4	4.0	2.7	6.0	2.1
35-50.....	1.3	4.9	2.3	3.7	2.7	4.1	4.5
51-64.....	.8	4.4	3.7	4.0	2.6	3.4	3.0
65-74.....	1.2	2.7	4.0	3.9	3.1	2.5	1.0
75 AND OVER.....	1.0	3.6	3.5	6.1	5.6	2.5	.1
FEMALES:							
9-11.....	.3	5.2	2.7	2.4	2.9	3.0	.0
12-14.....	.7	5.5	1.8	5.0	5.8	4.2	.0
15-18.....	.5	6.1	1.7	4.3	1.7	5.9	.1
19-22.....	.8	6.0	2.8	5.0	3.6	5.7	.5
23-34.....	.7	6.5	3.4	4.7	2.8	7.1	.7
35-50.....	1.0	5.7	2.9	4.2	3.3	4.9	.2
51-64.....	1.6	3.4	4.1	5.1	4.0	3.6	.2
65-74.....	1.7	3.4	3.7	5.0	3.5	3.4	(4)
75 AND OVER.....	1.8	3.6	3.6	4.4	3.4	2.0	.1
ALL INDIVIDUALS...	.7	5.2	2.7	4.1	3.1	4.3	.6

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.2-1.--PROTEIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	57.0	10.1	3.3	9.8	10.0	0.5	1.3
1-2.....	3/428	100.0	31.3	33.8	5.8	3.9	18.3	1.4	.4
3-5.....	631	100.0	27.8	35.6	4.2	3.9	21.4	1.1	.5
6-8.....	713	100.0	24.9	41.0	2.8	4.7	19.9	1.1	.4
MALES:									
9-11.....	277	100.0	27.6	33.8	3.2	6.1	20.4	1.2	.5
12-14.....	332	100.0	22.0	38.7	4.0	7.7	21.1	.6	.6
15-18.....	452	100.0	19.4	40.6	5.6	6.6	21.0	1.0	.3
19-22.....	226	100.0	15.9	50.6	5.7	2.3	18.6	.9	.1
23-34.....	516	100.0	12.8	49.1	5.8	3.8	20.3	.9	.1
35-50.....	433	100.0	9.5	54.3	5.7	5.8	16.4	.9	.3
51-64.....	379	100.0	12.7	44.9	6.7	10.3	16.0	1.4	.3
65-74.....	138	100.0	11.2	45.1	8.1	5.3	22.0	1.1	.4
75 AND OVER.....	121	100.0	20.2	37.7	8.6	3.6	22.5	.4	.3
FEMALES:									
9-11.....	299	100.0	23.9	40.6	1.9	3.6	22.7	.6	.5
12-14.....	341	100.0	22.8	40.6	3.3	5.2	20.3	.9	.4
15-18.....	534	100.0	19.9	42.9	4.2	5.0	20.9	1.1	.2
19-22.....	331	100.0	12.4	50.5	4.7	2.7	20.9	1.2	.1
23-34.....	917	100.0	12.3	48.9	5.9	3.9	17.9	1.1	.5
35-50.....	663	100.0	8.8	54.1	4.8	3.0	19.5	1.9	.2
51-64.....	502	100.0	14.7	45.1	7.2	3.9	19.5	1.5	.3
65-74.....	322	100.0	12.7	47.0	6.7	3.5	19.7	1.6	.5
75 AND OVER.....	273	100.0	14.8	47.4	4.8	2.6	20.2	1.5	.5
ALL INDIVIDUALS...	3/9,093	100.0	19.0	43.4	5.0	4.7	19.4	1.1	.4

Continued--

TABLE 2.2-1.--PROTEIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.5	2.4	5.2	(4)	(4)	(4)	0.0
1-2.....	.2	2.3	2.0	0.1	0.6	0.1	.0
3-5.....	.4	2.6	1.9	.1	.5	.1	.0
6-8.....	.2	2.5	1.8	.1	.6	.1	.0
MALES:							
9-11.....	.3	3.6	2.1	.2	.6	.1	.0
12-14.....	.2	2.3	2.4	.1	.3	.1	.0
15-18.....	.5	2.4	2.1	.2	.2	.1	(4)
19-22.....	.7	2.6	1.9	.2	.2	.2	.2
23-34.....	.4	3.5	2.3	.1	.2	.2	.4
35-50.....	1.2	2.5	2.2	.1	.2	.2	.8
51-64.....	.7	2.1	3.8	.2	(4)	.1	.8
65-74.....	.9	1.3	4.0	.1	.1	.3	(4)
75 AND OVER.....	.7	2.0	3.5	.2	.2	.1	(4)
FEMALES:							
9-11.....	.3	2.6	2.8	.1	.3	.1	.0
12-14.....	.5	3.0	1.9	.2	.8	.1	.0
15-18.....	.6	2.8	1.7	.1	.4	.1	(4)
19-22.....	.8	3.1	2.7	.2	.3	.3	.1
23-34.....	1.4	3.5	3.5	.3	.2	.4	.1
35-50.....	1.0	2.6	3.4	.2	.3	.3	.1
51-64.....	1.5	1.8	3.8	.2	.2	.3	(4)
65-74.....	1.7	2.0	3.8	.2	.3	.3	(4)
75 AND OVER.....	1.4	1.9	4.3	.1	.3	.2	(4)
ALL INDIVIDUALS...	.8	2.6	2.8	.2	.3	.2	.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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.3-1.--FAT
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	64.1	8.2	3.2	11.0	4.1	0.1	0.6
1-2.....	3/428	100.0	31.1	30.1	6.1	4.8	13.8	.7	.2
3-5.....	631	100.0	26.3	32.7	5.1	4.2	13.7	.2	.3
6-8.....	713	100.0	24.3	36.8	3.1	4.8	15.6	.7	.2
MALES:									
9-11.....	277	100.0	24.0	28.2	3.2	4.8	16.5	.5	.2
12-14.....	332	100.0	22.1	32.1	4.1	4.8	18.9	.2	.8
15-18.....	452	100.0	17.4	36.2	5.3	3.5	16.3	.3	.1
19-22.....	226	100.0	14.0	45.1	5.9	1.5	12.8	.5	.1
23-34.....	516	100.0	12.5	44.2	5.8	2.4	14.6	.3	.1
35-50.....	433	100.0	12.7	45.6	6.6	3.2	13.8	.2	.2
51-64.....	379	100.0	13.8	47.1	7.4	4.0	10.7	.4	.3
65-74.....	138	100.0	11.9	40.0	8.2	5.3	17.4	.4	.3
75 AND OVER.....	121	100.0	20.3	30.9	10.2	2.7	14.4	.1	.1
FEMALES:									
9-11.....	299	100.0	22.9	36.0	2.0	4.5	18.6	.1	.9
12-14.....	341	100.0	20.4	31.5	3.0	4.9	18.0	.2	.3
15-18.....	534	100.0	19.2	38.0	4.1	2.4	15.9	.3	.1
19-22.....	331	100.0	13.1	43.7	4.9	2.2	14.6	.5	.1
23-34.....	917	100.0	12.9	44.3	6.5	2.2	13.2	.3	.4
35-50.....	663	100.0	8.8	48.1	5.2	2.1	15.5	.7	.2
51-64.....	502	100.0	13.8	39.8	8.5	2.4	14.1	.5	.3
65-74.....	322	100.0	12.8	41.2	7.6	3.0	15.1	.5	.4
75 AND OVER.....	273	100.0	12.8	46.4	4.9	2.2	14.7	.5	.4
ALL INDIVIDUALS...	3/9,093	100.0	18.8	38.6	5.4	3.5	14.6	.4	.3

Continued--

TABLE 2.3-1.--FAT

PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.2	2.5	3.3	2.6	(4)	(4)	0.0
1-2.....	.2	4.1	1.3	7.0	0.7	(4)	.0
3-5.....	.2	6.8	1.3	8.2	1.0	0.0	.0
6-8.....	.2	4.7	1.5	7.4	.7	.0	.0
MALES:							
9-11.....	.3	7.3	1.3	13.2	.3	.0	.0
12-14.....	.1	6.0	1.5	8.8	.6	.0	.0
15-18.....	.3	5.9	2.2	12.0	.3	(4)	.0
19-22.....	.5	4.8	1.4	13.1	.4	.0	.0
23-34.....	.4	8.0	1.7	9.7	.4	(4)	(4)
35-50.....	1.2	5.1	2.0	9.2	.3	.0	.0
51-64.....	.8	4.3	2.3	8.9	.1	.0	.0
65-74.....	.9	2.7	3.4	9.3	.1	(4)	.0
75 AND OVER.....	.7	3.0	3.7	14.0	(4)	.0	.0
FEMALES:							
9-11.....	.2	5.9	2.2	6.2	.5	.0	.0
12-14.....	.8	6.2	1.7	10.9	2.1	.0	.0
15-18.....	.5	7.2	1.4	10.6	.3	(4)	.0
19-22.....	.7	5.7	2.4	11.3	.8	(4)	(4)
23-34.....	.5	6.4	2.8	10.0	.3	(4)	(4)
35-50.....	1.1	6.0	2.1	9.6	.6	(4)	.0
51-64.....	1.4	2.8	3.7	12.5	.3	(4)	.0
65-74.....	1.4	2.5	3.4	11.8	.5	(4)	.0
75 AND OVER.....	1.4	3.1	2.7	10.3	.4	.2	.0
ALL INDIVIDUALS...	.6	5.4	2.1	9.7	.5	(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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.4-1.--CARBOHYDRATE
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	36.1	3.5	0.1	7.1	18.9	2.1	19.9
1-2.....	3/428	100.0	19.0	3.7	.4	3.0	40.0	5.0	6.0
3-5.....	631	100.0	16.8	5.1	.3	2.4	43.7	4.1	5.2
6-8.....	713	100.0	13.7	6.3	.2	3.6	42.0	3.3	6.0
MALES:									
9-11.....	277	100.0	14.2	3.6	.2	4.9	41.0	3.7	7.3
12-14.....	332	100.0	12.5	4.5	.2	8.6	40.1	2.4	8.7
15-18.....	452	100.0	11.8	5.5	.3	5.8	42.8	4.1	5.9
19-22.....	226	100.0	9.9	5.2	.5	2.2	45.9	2.9	1.2
23-34.....	516	100.0	5.9	7.3	.4	3.8	42.4	3.4	1.1
35-50.....	433	100.0	5.1	8.2	.5	6.4	40.5	3.0	6.0
51-64.....	379	100.0	6.3	3.6	.4	9.2	42.9	5.5	2.2
65-74.....	138	100.0	6.6	4.1	.6	4.1	51.0	5.1	3.8
75 AND OVER.....	121	100.0	8.3	7.9	.5	2.7	46.9	1.8	3.4
FEMALES:									
9-11.....	299	100.0	13.3	7.0	.2	2.0	47.4	2.4	5.3
12-14.....	341	100.0	11.5	5.2	.2	3.9	40.8	3.0	7.4
15-18.....	534	100.0	11.5	7.7	.2	4.8	40.3	5.3	4.4
19-22.....	331	100.0	8.1	4.9	.4	2.1	43.0	4.9	1.8
23-34.....	917	100.0	7.4	5.8	.4	3.6	38.1	4.3	3.4
35-50.....	663	100.0	5.9	9.1	.4	2.6	41.7	6.9	2.2
51-64.....	502	100.0	7.5	5.2	.5	3.8	43.1	6.5	5.0
65-74.....	322	100.0	6.8	3.8	.5	3.2	45.7	7.2	6.4
75 AND OVER.....	273	100.0	8.2	5.9	.3	1.9	44.6	8.1	6.7
ALL INDIVIDUALS...	3/9,093	100.0	10.9	5.8	.3	4.1	41.5	4.5	5.1

Continued--

TABLE 2.4-1.--CARBOHYDRATE
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.8	4.6	5.4	(4)	0.8	0.6	0.0
1-2.....	.5	6.4	2.9	0.1	6.8	6.2	.0
3-5.....	.3	6.4	2.3	.1	6.8	6.4	.0
6-8.....	.3	6.2	2.5	.2	7.6	7.9	.0
MALES:							
9-11.....	.4	7.6	2.6	.3	6.3	7.8	.0
12-14.....	.2	5.9	2.7	.1	6.7	7.1	.0
15-18.....	.9	5.6	3.4	.4	3.7	9.9	(4)
19-22.....	.9	7.8	3.3	.3	5.8	13.1	1.0
23-34.....	.5	10.2	4.0	.2	6.3	12.6	2.0
35-50.....	2.2	6.3	3.2	.4	6.1	7.7	4.4
51-64.....	1.1	6.4	6.7	.5	5.9	6.4	2.9
65-74.....	1.8	3.5	5.6	.4	7.5	5.6	.3
75 AND OVER.....	1.2	4.7	4.6	.4	13.5	4.2	.1
FEMALES:							
9-11.....	.5	5.8	3.8	.3	5.9	6.2	.0
12-14.....	.9	6.6	2.4	.3	9.3	8.5	.0
15-18.....	.7	7.1	2.3	.2	3.3	12.0	(4)
19-22.....	1.2	8.4	4.2	.3	7.5	12.5	.4
23-34.....	1.2	9.1	5.1	.5	6.6	13.9	.5
35-50.....	1.4	7.9	4.9	.6	6.6	9.6	.2
51-64.....	2.2	4.9	5.7	.6	7.9	7.0	.1
65-74.....	2.6	4.9	4.6	.5	7.1	6.6	(4)
75 AND OVER.....	2.4	5.4	5.2	.4	7.3	3.5	.1
ALL INDIVIDUALS...	1.1	6.8	3.9	.3	6.4	8.7	.6

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.5-1.--CALCIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	69.1	2.3	0.9	9.2	13.1	0.4	1.3
1-2.....	3/428	100.0	65.1	3.5	3.7	2.0	16.8	1.8	.8
3-5.....	631	100.0	66.4	4.2	2.3	1.5	17.3	1.5	.6
6-8.....	713	100.0	63.7	6.8	1.7	2.5	18.0	1.4	.6
MALES:									
9-11.....	277	100.0	64.9	3.2	1.8	2.6	17.7	1.6	.7
12-14.....	332	100.0	57.0	4.0	2.1	6.2	21.2	.8	.9
15-18.....	452	100.0	53.7	5.8	3.5	4.1	22.3	1.3	.5
19-22.....	226	100.0	43.9	7.9	4.4	1.6	27.8	1.5	.3
23-34.....	516	100.0	36.9	10.8	5.2	3.8	28.6	1.5	.2
35-50.....	433	100.0	29.5	15.1	5.3	5.6	25.0	1.5	.9
51-64.....	379	100.0	35.4	9.8	5.5	7.7	22.7	1.7	.4
65-74.....	138	100.0	33.4	7.0	6.5	3.2	31.7	2.8	.8
75 AND OVER.....	121	100.0	49.2	5.1	5.7	2.1	24.6	.7	.5
FEMALES:									
9-11.....	299	100.0	61.5	4.7	1.4	1.2	22.9	.9	.7
12-14.....	341	100.0	55.2	6.4	1.9	4.6	21.2	1.3	.6
15-18.....	534	100.0	52.1	7.4	2.5	3.0	23.7	1.5	.6
19-22.....	331	100.0	36.6	8.5	4.4	2.1	29.1	2.3	.4
23-34.....	917	100.0	35.1	10.9	4.6	3.1	25.3	2.5	.8
35-50.....	663	100.0	26.7	13.4	3.9	2.1	30.2	4.6	.5
51-64.....	502	100.0	38.6	6.9	5.7	3.0	25.4	3.3	.8
65-74.....	322	100.0	35.2	7.7	5.8	2.5	24.9	3.8	1.1
75 AND OVER.....	273	100.0	39.6	9.1	3.4	1.3	24.9	3.1	1.3
ALL INDIVIDUALS...	3/9,093	100.0	47.2	7.8	3.7	3.3	23.2	2.0	.7

Continued--

TABLE 2.5-1.--CALCIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY.1/ 1979-1980

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	VEGETABLES			FATS, OILS	SUGAR, SWEETS	BEVERAGES	
	DARK GREEN, DEEP YELLOW	WHITE POTATOES, PLANTAINS	OTHER			NONALCOHOLIC	ALCOHOLIC
MALES AND FEMALES:							
UNDER 1.....	0.5	0.9	2.1	0.1	(4)	(4)	0.0
1-2.....	.6	2.3	1.6	.3	0.9	0.5	.0
3-5.....	1.4	1.8	1.1	.2	.9	.6	.0
6-8.....	.8	1.5	1.4	.2	.8	.7	.0
MALES:							
9-11.....	1.0	2.5	2.1	.4	.7	1.0	.0
12-14.....	.8	1.9	2.0	.3	2.0	.9	.0
15-18.....	2.0	2.0	2.6	.4	.5	1.2	(4)
19-22.....	3.2	1.7	3.7	.9	.4	2.3	.4
23-34.....	1.6	3.5	2.9	.4	.6	3.2	.8
35-50.....	3.7	3.1	4.2	.4	.4	3.8	1.5
51-64.....	3.3	2.8	5.0	.4	.1	4.0	1.2
65-74.....	4.0	1.2	5.5	.4	.5	2.9	.2
75 AND OVER.....	2.0	1.8	4.2	.5	.8	2.8	(4)
FEMALES:							
9-11.....	1.1	2.0	2.1	.2	.7	.6	.0
12-14.....	2.0	2.1	2.2	.3	1.2	1.1	.0
15-18.....	2.7	2.1	2.1	.3	.4	1.5	(4)
19-22.....	3.4	2.5	5.6	.7	1.4	2.7	.1
23-34.....	3.2	3.4	4.6	.7	.5	4.9	.3
35-50.....	3.1	3.2	5.1	.6	.6	5.9	.1
51-64.....	5.5	1.4	4.8	.5	.3	3.7	.1
65-74.....	6.4	1.9	6.2	.5	.6	3.4	(4)
75 AND OVER.....	4.9	2.6	5.4	.5	.8	3.1	.1
ALL INDIVIDUALS...	2.6	2.3	3.4	.4	.7	2.5	.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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.6-1.--IRON

PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	30.6	7.0	3.0	6.5	41.8	0.4	4.6
1-2.....	3/428	100.0	7.0	25.4	6.5	4.6	38.8	2.4	3.9
3-5.....	631	100.0	5.3	26.4	4.3	4.0	44.2	1.8	2.9
6-8.....	713	100.0	4.5	29.1	2.9	5.5	43.0	1.9	2.6
MALES:									
9-11.....	277	100.0	4.9	24.1	3.0	8.2	42.4	2.0	2.9
12-14.....	332	100.0	4.3	26.9	4.1	11.9	36.3	1.2	3.1
15-18.....	452	100.0	3.7	30.1	5.4	8.8	35.0	2.1	2.3
19-22.....	226	100.0	3.4	35.7	6.2	3.2	35.3	1.8	.5
23-34.....	516	100.0	2.3	35.4	5.6	5.5	33.6	1.5	.5
35-50.....	433	100.0	1.7	38.9	5.3	7.8	26.1	2.2	1.9
51-64.....	379	100.0	2.0	30.7	6.2	12.9	25.3	3.4	1.4
65-74.....	138	100.0	2.5	29.1	7.7	6.9	34.4	2.1	1.5
75 AND OVER.....	121	100.0	2.8	28.6	7.2	4.3	37.7	.8	1.3
FEMALES:									
9-11.....	299	100.0	4.4	29.7	2.0	3.5	44.9	1.0	2.2
12-14.....	341	100.0	4.3	29.4	3.5	6.6	38.1	2.1	3.1
15-18.....	534	100.0	3.9	33.7	4.0	7.6	34.2	1.9	1.7
19-22.....	331	100.0	2.6	34.7	5.1	3.4	34.5	2.3	.7
23-34.....	917	100.0	2.1	35.4	5.6	5.0	27.1	2.2	1.8
35-50.....	663	100.0	1.7	36.6	5.0	3.7	28.3	3.8	1.0
51-64.....	502	100.0	2.2	29.5	7.2	5.2	30.6	3.4	2.3
65-74.....	322	100.0	2.0	28.9	6.5	4.6	32.7	3.1	2.6
75 AND OVER.....	273	100.0	2.4	32.3	4.4	3.0	33.3	2.6	3.1
ALL INDIVIDUALS...	3/9,093	100.0	4.1	30.8	4.9	5.9	34.8	2.2	2.1

Continued--

TABLE 2.6-1.--IRON

PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY.1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.4	2.0	3.7	0.0	0.1	(4)	0.0
1-2.....	.6	3.7	4.0	.1	2.1	0.7	.0
3-5.....	1.1	4.1	3.0	.1	2.2	.7	.0
6-8.....	.8	3.4	3.3	.1	2.1	.7	.0
MALES:							
9-11.....	1.0	4.6	3.9	.2	1.7	1.2	.0
12-14.....	.6	3.4	4.8	.1	2.0	1.2	.0
15-18.....	1.3	3.5	4.7	.1	1.1	1.7	.0
19-22.....	1.5	4.5	4.3	.4	.6	2.4	.0
23-34.....	.8	5.3	4.5	.2	.9	3.8	.1
35-50.....	2.7	3.3	4.4	.1	.6	5.0	(4)
51-64.....	1.5	2.7	7.1	.1	.2	6.3	(4)
65-74.....	2.2	1.7	6.8	.1	1.0	3.8	.1
75 AND OVER.....	1.5	2.4	5.9	.2	1.7	5.6	.0
FEMALES:							
9-11.....	.8	3.5	5.7	.1	1.5	.8	.0
12-14.....	1.4	4.3	4.2	.2	1.9	.9	.0
15-18.....	1.6	4.4	3.4	.1	.7	2.7	.1
19-22.....	1.4	5.2	5.8	.3	1.2	2.8	(4)
23-34.....	1.6	4.9	6.5	.2	.8	6.7	(4)
35-50.....	2.0	3.9	6.0	.2	.7	7.1	.0
51-64.....	3.4	2.5	7.4	.3	.4	5.5	.1
65-74.....	4.1	2.7	6.5	.2	1.1	5.1	.0
75 AND OVER.....	3.7	2.3	7.0	.2	1.3	4.5	.0
ALL INDIVIDUALS...	1.6	3.8	5.0	.2	1.2	3.3	(4)

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.7-1.--MAGNESIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	48.4	4.7	0.9	8.7	16.8	1.6	6.6
1-2.....	3/428	100.0	35.9	12.8	2.6	7.9	20.9	4.6	3.1
3-5.....	631	100.0	32.2	13.4	1.8	6.9	23.8	3.9	3.1
6-8.....	713	100.0	29.7	16.6	1.1	8.4	24.0	3.9	2.7
MALES:									
9-11.....	277	100.0	29.7	11.9	1.2	11.0	22.3	3.9	3.4
12-14.....	332	100.0	26.4	14.1	1.5	15.5	21.6	2.4	3.2
15-18.....	452	100.0	23.6	17.0	2.2	11.3	22.0	4.2	2.2
19-22.....	226	100.0	19.2	21.0	2.6	4.5	23.5	2.7	.7
23-34.....	516	100.0	11.5	20.3	2.2	6.5	22.8	3.1	.6
35-50.....	433	100.0	8.7	19.8	2.1	10.0	16.4	3.0	2.7
51-64.....	375	100.0	10.3	14.1	2.3	12.1	16.5	4.3	.5
65-74.....	138	100.0	11.0	15.9	2.9	8.2	23.3	4.0	1.9
75 AND OVER.....	121	100.0	14.6	11.5	2.4	5.7	25.4	1.5	2.0
FEMALES:									
9-11.....	299	100.0	27.8	17.1	.9	6.9	27.3	2.5	2.0
12-14.....	341	100.0	25.6	16.4	1.3	10.5	21.2	3.5	3.2
15-18.....	534	100.0	23.8	18.1	1.6	8.3	21.8	4.9	2.3
19-22.....	331	100.0	13.7	21.0	2.2	5.2	23.2	4.9	1.0
23-34.....	917	100.0	11.4	18.7	2.2	6.3	18.4	3.8	1.5
35-50.....	663	100.0	8.2	19.8	1.8	5.1	17.3	5.5	1.3
51-64.....	502	100.0	11.8	14.5	2.4	6.0	19.6	5.1	2.2
65-74.....	322	100.0	11.2	16.0	2.4	5.2	20.4	5.4	3.1
75 AND OVER.....	273	100.0	12.8	16.4	1.5	3.6	20.3	5.6	3.2
ALL INDIVIDUALS...	3/9,093	100.0	20.0	16.5	1.9	7.8	21.0	4.0	2.3

Continued--

TABLE 2.7-1.--MAGNESIUM
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY.1/ 1979-1980

TOTAL RESPONDENTS

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.....	1.3	5.0	6.0	0.0	(4)	0.1	0.0
1-2.....	.9	5.7	3.6	.1	0.9	.9	.0
3-5.....	1.5	7.5	2.9	.1	1.9	1.1	.0
6-8.....	1.0	6.7	3.5	.1	.5	1.4	.0
MALES:							
9-11.....	1.5	8.6	4.1	.2	.8	1.6	.0
12-14.....	1.0	6.1	4.7	.1	1.6	1.8	.0
15-18.....	2.1	6.2	5.4	.2	.5	3.1	(4)
19-22.....	3.2	7.9	5.5	.3	.5	6.5	1.8
23-34.....	1.2	9.8	5.7	.1	.5	12.3	3.2
35-50.....	3.7	5.6	4.5	.1	.3	18.5	4.7
51-64.....	2.2	4.5	7.2	.1	.1	22.4	3.0
65-74.....	3.5	2.9	7.8	.1	.4	17.8	.3
75 AND OVER.....	2.2	3.6	6.6	.1	.5	23.9	.1
FEMALES:							
9-11.....	1.4	6.2	5.8	.1	.7	1.2	.0
12-14.....	2.8	7.4	4.5	.2	1.8	1.6	.0
15-18.....	2.4	8.3	3.8	.1	.8	3.5	.1
19-22.....	2.8	8.5	6.9	.2	1.3	8.5	.5
23-34.....	2.0	8.1	7.1	.2	.5	19.0	.8
35-50.....	3.4	6.4	6.5	.2	.5	23.7	.2
51-64.....	4.4	3.8	7.5	.1	.3	22.1	.2
65-74.....	5.5	4.4	6.8	.1	.5	19.1	(4)
75 AND OVER.....	4.6	4.0	6.4	.1	.6	20.7	.2
ALL INDIVIDUALS...	2.4	6.6	5.4	.1	.8	10.5	.7

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.8-1.--PHOSPHORUS
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	61.3	4.9	2.5	8.0	13.2	0.5	2.0
1-2.....	3/428	100.0	45.9	18.0	5.4	4.0	16.8	1.7	.8
3-5.....	631	100.0	43.6	18.8	4.0	3.7	19.8	1.4	.8
6-8.....	713	100.0	40.3	23.0	2.7	4.8	19.9	1.4	.7
MALES:									
9-11.....	277	100.0	42.4	17.2	2.9	6.0	19.2	1.4	.8
12-14.....	332	100.0	36.2	20.0	3.6	9.3	20.8	.8	.9
15-18.....	452	100.0	33.2	23.5	5.4	6.8	20.1	1.3	.6
19-22.....	226	100.0	26.0	31.4	5.8	2.6	20.9	1.2	.2
23-34.....	516	100.0	20.1	31.3	6.1	4.4	21.3	1.3	.2
35-50.....	433	100.0	16.2	33.5	6.0	7.3	17.8	1.3	.7
51-64.....	379	100.0	19.3	28.2	7.0	10.7	17.0	1.9	.4
65-74.....	138	100.0	18.0	27.6	8.4	5.5	26.7	1.7	.7
75 AND OVER.....	121	100.0	31.1	21.0	8.0	3.6	23.8	.6	.5
FEMALES:									
9-11.....	299	100.0	39.0	22.2	1.9	3.3	22.8	.8	.8
12-14.....	341	100.0	35.9	22.8	3.0	6.7	19.9	1.2	.7
15-18.....	534	100.0	32.1	24.9	4.0	5.1	21.2	1.6	.5
19-22.....	331	100.0	21.0	32.1	5.2	3.1	22.2	1.8	.3
23-34.....	917	100.0	19.6	30.7	5.8	4.1	19.6	1.5	.6
35-50.....	663	100.0	14.7	35.3	4.9	3.2	21.2	3.0	.4
51-64.....	502	100.0	23.4	27.2	7.2	4.3	21.2	2.3	.7
65-74.....	322	100.0	20.3	29.0	6.9	3.8	22.5	2.5	.9
75 AND OVER.....	273	100.0	23.0	30.9	4.9	2.7	21.6	2.3	1.0
ALL INDIVIDUALS...	3/9,093	100.0	29.5	25.9	4.9	5.0	20.1	1.6	.7

Continued--

TABLE 2.8-1.--PHOSPHORUS
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.5	2.6	4.4	(4)	(4)	(4)	0.0
1-2.....	.3	3.6	2.0	0.2	0.7	0.7	.0
3-5.....	.4	3.8	1.9	.2	.9	.6	.0
6-8.....	.3	3.5	2.0	.1	.7	.7	.0
MALES:							
9-11.....	.3	4.9	2.3	.3	.8	1.5	.0
12-14.....	.2	3.5	2.7	.2	.5	1.3	.0
15-18.....	.6	3.7	2.8	.3	.3	1.5	(4)
19-22.....	.8	4.2	2.9	.5	.3	2.2	1.1
23-34.....	.6	5.7	3.1	.3	.4	3.4	2.0
35-50.....	1.6	4.3	2.8	.2	.3	4.1	3.9
51-64.....	.9	3.4	4.9	.3	.1	3.4	2.4
65-74.....	1.2	2.1	4.8	.4	.3	2.4	.2
75 AND OVER.....	.9	2.8	4.0	.4	.4	2.9	.1
FEMALES:							
9-11.....	.4	3.8	3.4	.1	.5	1.0	.0
12-14.....	.7	4.3	2.5	.2	1.0	1.0	.0
15-18.....	.7	4.1	2.1	.2	.7	2.8	(4)
19-22.....	1.0	5.1	3.7	.4	.7	3.0	.4
23-34.....	1.5	5.4	4.6	.6	.3	5.3	.5
35-50.....	1.3	4.5	4.4	.5	.4	6.1	.2
51-64.....	1.8	2.7	4.8	.5	.2	3.7	.1
65-74.....	2.1	3.1	4.2	.6	.4	3.8	(4)
75 AND OVER.....	1.7	3.0	5.3	.4	.4	2.8	.1
ALL INDIVIDUALS...	.9	4.0	3.3	.3	.5	2.7	.5

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.9-1.--VITAMIN A VALUE
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	41.7	9.6	2.6	7.0	1.8	0.7	3.2
1-2.....	3/428	100.0	27.9	6.4	6.7	.5	23.1	9.1	1.5
3-5.....	631	100.0	26.3	8.3	5.1	.4	26.0	7.5	2.3
6-8.....	713	100.0	21.9	7.4	3.6	.9	31.7	7.7	2.4
MALES:									
9-11.....	277	100.0	22.0	6.8	4.3	2.0	26.4	8.1	2.1
12-14.....	332	100.0	23.4	6.5	5.4	2.0	27.4	5.4	2.5
15-18.....	452	100.0	20.4	7.9	7.2	4.4	18.7	7.0	1.5
19-22.....	226	100.0	21.1	9.2	8.4	.8	14.9	7.8	.6
23-34.....	516	100.0	15.1	15.7	10.4	1.4	15.3	9.7	.7
35-50.....	433	100.0	16.2	14.5	11.0	2.2	8.2	7.7	1.4
51-64.....	379	100.0	14.7	9.4	9.7	4.7	8.8	14.9	.8
65-74.....	138	100.0	13.4	9.3	11.9	1.7	12.4	7.0	2.2
75 AND OVER.....	121	100.0	23.0	9.7	10.8	.5	13.1	2.6	1.6
FEMALES:									
9-11.....	299	100.0	24.3	8.6	3.8	.4	28.9	4.9	3.1
12-14.....	341	100.0	21.8	9.8	4.2	1.1	20.1	6.4	1.4
15-18.....	534	100.0	24.9	9.9	4.8	2.3	15.7	9.3	1.1
19-22.....	331	100.0	15.4	10.4	7.4	.4	16.2	9.2	.9
23-34.....	917	100.0	17.1	12.5	7.8	1.4	12.9	9.2	1.1
35-50.....	663	100.0	11.7	14.7	7.7	.5	9.9	13.7	1.1
51-64.....	502	100.0	13.1	7.7	9.3	1.1	11.7	11.4	2.9
65-74.....	322	100.0	9.2	11.4	9.1	1.1	13.3	10.7	2.9
75 AND OVER.....	273	100.0	12.9	8.9	3.6	.3	12.8	10.6	2.4
ALL INDIVIDUALS...	3/9,093	100.0	19.5	10.1	6.9	1.6	17.3	8.8	1.7

Continued--

TABLE 2.9-1.--VITAMIN A VALUE
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	7.7	1.7	21.9	2.1	(4)	(4)	0.0
1-2.....	4.5	1.9	11.4	6.6	0.2	0.2	.0
3-5.....	7.0	1.9	8.1	6.6	.2	.2	.0
6-8.....	6.6	1.8	11.1	4.7	.1	.1	.0
MALES:							
9-11.....	5.4	3.2	10.6	8.5	.1	.4	.0
12-14.....	3.6	2.5	13.1	7.5	.3	.3	.0
15-18.....	7.6	2.5	12.9	9.7	.1	.1	.0
19-22.....	9.7	1.2	12.9	12.8	.1	.4	.0
23-34.....	4.9	3.0	16.1	7.3	.1	.2	(4)
35-50.....	15.4	4.1	12.5	6.7	.1	.1	.0
51-64.....	6.7	5.0	18.8	6.2	(4)	.3	(4)
65-74.....	13.6	1.7	18.4	7.7	(4)	.8	.0
75 AND OVER.....	9.1	1.8	13.8	13.9	(4)	.1	.0
FEMALES:							
9-11.....	4.8	3.1	14.0	4.0	.1	.1	.0
12-14.....	12.1	2.7	11.1	8.6	.1	.6	.0
15-18.....	8.9	3.0	9.2	9.2	.1	1.4	.0
19-22.....	8.0	2.9	17.4	10.6	.1	.3	(4)
23-34.....	7.4	2.9	20.4	6.9	(4)	.3	(4)
35-50.....	11.6	4.1	15.2	9.3	.2	.3	.0
51-64.....	16.5	1.4	15.7	8.8	(4)	.3	.0
65-74.....	20.2	1.4	12.9	7.2	(4)	.2	.0
75 AND OVER.....	19.0	3.2	17.1	9.0	(4)	.1	.0
ALL INDIVIDUALS...	9.2	2.7	14.2	7.6	.1	.3	(4)

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.10-1.--THIAMIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	40.0	3.2	1.1	6.1	36.5	1.5	3.6
1-2.....	3/428	100.0	21.6	16.4	2.4	2.8	40.9	5.4	2.1
3-5.....	631	100.0	16.6	18.6	1.4	2.2	46.6	4.6	1.5
6-8.....	713	100.0	15.1	21.4	1.1	2.4	46.8	3.6	1.7
MALES:									
9-11.....	277	100.0	16.5	15.1	1.2	3.2	45.8	4.6	2.3
12-14.....	332	100.0	15.5	16.6	1.5	4.8	44.2	2.8	2.8
15-18.....	452	100.0	12.8	20.9	2.0	5.5	42.7	4.1	1.5
19-22.....	226	100.0	9.6	27.1	2.4	2.2	44.0	3.0	.4
23-34.....	516	100.0	5.9	30.0	2.2	3.9	41.6	3.8	.3
35-50.....	433	100.0	6.5	28.0	2.3	4.2	38.7	4.5	2.6
51-64.....	379	100.0	7.6	23.1	2.5	9.4	36.9	5.7	.7
65-74.....	138	100.0	6.6	24.5	3.1	4.1	44.6	5.6	1.0
75 AND OVER.....	121	100.0	9.3	22.7	3.1	2.8	48.7	1.8	.9
FEMALES:									
9-11.....	299	100.0	14.0	18.4	.8	2.1	49.7	2.9	1.4
12-14.....	341	100.0	14.4	19.8	1.2	3.6	43.4	3.8	2.0
15-18.....	534	100.0	14.3	22.4	1.6	3.3	40.1	5.7	1.7
19-22.....	331	100.0	8.2	24.8	2.1	2.5	42.3	5.3	.5
23-34.....	917	100.0	8.2	27.9	2.5	2.9	36.3	5.1	1.1
35-50.....	663	100.0	5.2	29.0	2.1	2.4	38.7	7.2	.7
51-64.....	502	100.0	7.8	22.6	2.8	3.6	40.7	7.2	1.5
65-74.....	322	100.0	6.9	19.9	2.7	3.1	43.5	8.2	2.7
75 AND OVER.....	273	100.0	8.8	20.7	1.8	2.2	42.7	8.0	1.8
ALL INDIVIDUALS...	3/9,093	100.0	11.9	22.4	2.0	3.5	41.9	4.9	1.5

Continued--

TABLE 2.10-1.--THIAMIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY.1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.3	4.1	3.5	0.0	(4)	(4)	0.0
1-2.....	.4	4.4	3.1	(4)	0.4	0.1	.0
3-5.....	.5	4.7	2.4	(4)	.6	.3	.0
6-8.....	.4	4.2	2.7	(4)	.4	.1	.0
MALES:							
9-11.....	.5	6.7	3.4	(4)	.4	.2	.0
12-14.....	.3	4.5	5.5	(4)	1.4	.1	.0
15-18.....	.8	4.9	4.4	(4)	.3	.2	.0
19-22.....	1.2	5.6	3.9	(4)	.3	.1	.0
23-34.....	.6	6.9	4.2	.1	.4	.1	(4)
35-50.....	2.7	6.0	4.3	(4)	.1	(4)	.0
51-64.....	1.5	4.4	7.8	(4)	(4)	.3	(4)
65-74.....	1.7	2.4	5.9	(4)	.1	.3	(4)
75 AND OVER.....	1.2	3.5	5.6	(4)	.1	.2	.0
FEMALES:							
9-11.....	.5	4.6	5.3	(4)	.3	.1	.0
12-14.....	.9	5.9	4.3	(4)	.5	.2	.0
15-18.....	1.1	5.9	3.4	(4)	.2	.2	.0
19-22.....	1.3	6.8	5.4	(4)	.5	.2	(4)
23-34.....	1.7	7.1	5.9	(4)	.4	.2	(4)
35-50.....	1.7	6.0	6.4	.1	.2	.3	.0
51-64.....	2.8	3.6	6.8	(4)	.1	.4	.0
65-74.....	2.9	4.3	5.3	(4)	.1	.2	.0
75 AND OVER.....	2.5	3.5	7.6	(4)	.2	.2	.0
ALL INDIVIDUALS...	1.2	5.3	4.8	(4)	.3	.2	(4)

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.11-1.--RIBOFLAVIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	56.8	3.3	2.2	6.9	24.2	0.4	2.2
1-2.....	3/428	100.0	45.9	14.5	5.5	1.3	25.3	1.6	1.0
3-5.....	631	100.0	41.9	14.8	3.9	1.1	31.2	1.0	1.1
6-8.....	713	100.0	39.7	17.5	2.8	1.3	32.0	1.3	.9
MALES:									
9-11.....	277	100.0	42.6	13.3	3.1	1.8	30.5	1.2	1.0
12-14.....	332	100.0	38.5	16.8	3.9	2.4	30.4	.7	1.2
15-18.....	452	100.0	34.8	19.4	6.1	2.9	28.0	1.2	.7
19-22.....	226	100.0	26.7	25.1	6.7	1.0	29.3	1.3	.4
23-34.....	516	100.0	19.1	30.1	7.0	2.0	29.7	1.2	.3
35-50.....	433	100.0	17.6	30.1	7.3	2.5	25.0	1.6	1.1
51-64.....	379	100.0	20.0	27.7	8.3	5.4	23.2	2.1	.5
65-74.....	138	100.0	20.2	23.6	9.9	2.2	31.3	1.6	1.0
75 AND OVER.....	121	100.0	28.8	21.7	9.0	1.3	29.8	.5	.9
FEMALES:									
9-11.....	299	100.0	37.9	17.5	2.1	.9	33.9	.6	.8
12-14.....	341	100.0	37.3	19.4	3.2	1.7	28.4	1.2	.9
15-18.....	534	100.0	35.3	22.9	4.5	1.8	27.0	1.2	.7
19-22.....	331	100.0	22.4	27.6	5.9	1.2	29.1	1.6	.5
23-34.....	917	100.0	22.1	28.7	6.9	1.7	24.5	1.7	1.0
35-50.....	663	100.0	15.3	33.4	5.8	1.3	28.5	3.2	.6
51-64.....	502	100.0	23.3	23.8	8.9	1.6	27.3	2.5	1.1
65-74.....	322	100.0	20.9	24.8	8.2	1.7	29.0	2.5	1.4
75 AND OVER.....	273	100.0	24.4	26.3	5.1	.9	28.7	1.8	1.4
ALL INDIVIDUALS...	3/9,093	100.0	30.0	22.7	5.6	1.9	28.2	1.6	.9

Continued--

TABLE 2.11-1.--RIBOFLAVIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.4	1.2	2.4	0.0	(4)	(4)	0.0
1-2.....	.4	2.1	1.6	.1	0.5	0.2	.0
3-5.....	.7	1.9	1.4	.1	.7	.3	.0
6-8.....	.4	1.7	1.6	.1	.4	.3	.0
MALES:							
9-11.....	.6	2.6	2.1	.2	.3	.3	.0
12-14.....	.4	1.9	2.4	.1	.9	.3	.0
15-18.....	1.0	2.3	2.6	.3	.3	.6	(4)
19-22.....	1.5	2.4	3.1	.3	.5	.9	.9
23-34.....	.9	3.4	2.9	.2	.4	1.0	1.8
35-50.....	3.3	3.0	3.4	.1	.3	.8	4.0
51-64.....	1.9	2.7	4.8	.2	.1	.4	2.7
65-74.....	2.2	1.4	4.8	.1	.3	1.3	.2
75 AND OVER.....	1.3	1.7	4.2	.1	.2	.3	(4)
FEMALES:							
9-11.....	.6	2.1	2.8	(4)	.4	.3	.0
12-14.....	1.3	2.5	2.5	.1	.9	.5	.0
15-18.....	1.5	2.3	1.9	.1	.3	.5	(4)
19-22.....	1.6	3.1	4.2	.2	1.0	1.2	.3
23-34.....	2.5	3.6	4.6	.3	.3	1.6	.4
35-50.....	2.2	3.1	4.4	.2	.4	1.3	.2
51-64.....	3.3	1.7	4.8	.2	.2	1.4	.1
65-74.....	3.7	1.8	4.0	.2	.4	1.4	(4)
75 AND OVER.....	2.9	2.0	4.9	.1	.4	1.0	.1
ALL INDIVIDUALS...	1.6	2.4	3.2	.2	.4	.8	.5

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.12-1.--PREFORMED NIACIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	26.8	10.0	0.3	6.2	41.6	0.7	2.8
1-2.....	3/428	100.0	5.7	34.4	.4	5.7	39.3	2.9	1.5
3-5.....	631	100.0	3.7	33.7	.2	4.7	43.9	2.1	1.3
6-8.....	713	100.0	3.2	34.7	.2	5.1	43.5	2.0	1.2
MALES:									
9-11.....	277	100.0	3.7	30.4	.3	6.4	42.4	2.3	1.5
12-14.....	332	100.0	3.3	37.6	.2	5.7	39.4	1.5	1.4
15-18.....	452	100.0	2.7	41.0	.3	5.3	37.1	2.1	.7
19-22.....	226	100.0	2.1	47.3	.3	1.8	31.5	2.0	.3
23-34.....	516	100.0	1.4	42.7	.3	2.4	31.5	1.9	.2
35-50.....	433	100.0	1.0	45.6	.3	3.8	24.5	1.9	.8
51-64.....	379	100.0	1.3	39.4	.3	5.6	23.4	3.6	.4
65-74.....	138	100.0	1.4	42.8	.4	3.7	31.8	2.1	1.0
75 AND OVER.....	121	100.0	1.9	39.0	.4	2.6	33.4	.7	.8
FEMALES:									
9-11.....	299	100.0	2.7	37.1	.1	4.6	43.0	1.3	1.1
12-14.....	341	100.0	3.3	37.8	.2	5.2	36.7	2.3	1.1
15-18.....	534	100.0	3.1	42.7	.3	3.8	34.3	2.5	.9
19-22.....	331	100.0	1.4	48.0	.4	2.6	29.9	2.2	.3
23-34.....	917	100.0	1.4	41.4	.4	3.1	26.5	2.3	.7
35-50.....	663	100.0	1.2	45.1	.4	2.6	25.9	3.0	.4
51-64.....	502	100.0	1.7	41.3	.3	2.4	27.8	3.6	.8
65-74.....	322	100.0	1.3	43.5	.4	2.2	30.0	2.9	1.2
75 AND OVER.....	273	100.0	1.7	42.4	.2	1.9	30.0	2.8	1.3
ALL INDIVIDUALS...	3/9,093	100.0	3.1	39.4	.3	4.0	33.7	2.3	.9

Continued--

TABLE 2.12-1.--PREFORMED NIACIN
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	0.6	6.4	4.5	0.0	(4)	(4)	0.0
1-2.....	.4	6.1	3.3	(4)	0.2	0.1	.0
3-5.....	.4	6.9	2.6	(4)	.3	.1	.0
6-8.....	.3	6.7	2.6	.1	.2	.2	.0
MALES:							
9-11.....	.4	9.1	2.8	.2	.2	(4)	.0
12-14.....	.3	6.4	3.7	.1	.3	.2	.0
15-18.....	.5	6.4	2.8	.2	.1	.6	(4)
19-22.....	1.0	7.3	2.8	.1	.2	1.8	1.6
23-34.....	.5	8.4	3.1	(4)	.2	4.7	2.7
35-50.....	1.8	5.4	2.5	.1	.1	8.0	4.1
51-64.....	.9	4.9	4.6	.1	.1	12.4	2.9
65-74.....	1.1	3.3	4.3	.1	.1	7.8	.1
75 AND OVER.....	.9	4.1	3.6	.1	.1	12.3	.1
FEMALES:							
9-11.....	.4	5.9	3.8	(4)	.1	.1	.0
12-14.....	1.1	8.3	2.7	.2	1.2	(4)	.0
15-18.....	.9	8.2	2.5	.1	.1	.5	(4)
19-22.....	.8	8.2	3.2	(4)	.2	2.4	.3
23-34.....	1.0	8.3	4.8	.1	.3	9.2	.5
35-50.....	1.5	5.6	3.8	(4)	.2	10.1	.2
51-64.....	2.1	4.3	5.0	(4)	.1	10.5	(4)
65-74.....	2.5	4.2	3.4	(4)	.1	8.3	(4)
75 AND OVER.....	1.8	3.9	4.6	(4)	.1	9.2	.1
ALL INDIVIDUALS...	.9	6.6	3.5	.1	.2	4.5	.6

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.13-1.--VITAMIN B6
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	44.3	7.5	1.9	8.3	12.9	1.3	9.6
1-2.....	3/428	100.0	22.6	26.1	3.9	4.9	23.3	4.0	4.6
3-5.....	631	100.0	17.6	27.7	2.3	4.0	29.3	3.2	4.9
6-8.....	713	100.0	16.2	29.8	1.7	5.6	29.7	3.0	2.9
MALES:									
9-11.....	277	100.0	17.8	25.0	1.9	6.9	26.7	3.7	4.0
12-14.....	332	100.0	15.3	30.5	2.5	9.5	25.0	2.1	2.8
15-18.....	452	100.0	14.2	35.9	3.6	7.0	20.9	3.2	1.8
19-22.....	226	100.0	11.8	43.0	3.8	3.6	16.6	2.7	.9
23-34.....	516	100.0	6.8	41.6	3.6	5.6	19.8	3.0	1.0
35-50.....	433	100.0	6.2	44.3	3.7	8.3	10.4	3.4	2.9
51-64.....	379	100.0	8.5	38.7	4.8	11.4	11.5	5.7	1.3
65-74.....	138	100.0	7.4	40.6	5.7	7.2	18.0	4.0	2.7
75 AND OVER.....	121	100.0	13.4	29.0	5.7	5.0	20.6	.9	3.4
FEMALES:									
9-11.....	299	100.0	15.8	33.6	1.3	4.1	27.7	2.0	2.2
12-14.....	341	100.0	16.3	34.9	2.0	6.5	19.3	3.7	3.2
15-18.....	534	100.0	15.8	37.2	2.5	6.0	18.5	3.6	2.4
19-22.....	331	100.0	8.7	45.0	3.1	3.6	16.5	3.7	1.3
23-34.....	917	100.0	8.1	41.4	4.2	5.4	14.1	4.0	2.0
35-50.....	663	100.0	5.9	49.0	3.3	4.1	12.1	6.3	2.0
51-64.....	502	100.0	8.6	36.8	4.8	6.4	14.8	5.5	3.2
65-74.....	322	100.0	7.0	37.2	4.0	5.3	18.3	5.1	4.2
75 AND OVER.....	273	100.0	9.6	40.4	2.8	4.4	16.5	4.5	5.2
ALL INDIVIDUALS...	3/9,093	100.0	12.9	36.1	3.2	5.9	19.2	3.8	2.9

Continued--

TABLE 2.13-1.--VITAMIN B6
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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	6.5	6.1	0.0	(4)	0.1	0.0
1-2.....	.7	5.9	3.5	(4)	0.4	.1	.0
3-5.....	1.0	5.9	3.2	(4)	.5	.2	.0
6-8.....	.7	6.7	3.3	(4)	.3	.1	.0
MALES:							
9-11.....	1.0	8.0	4.0	(4)	.4	.2	.0
12-14.....	.6	6.1	3.7	(4)	1.7	.1	.0
15-18.....	1.3	6.2	5.6	(4)	.1	.2	(4)
19-22.....	1.8	7.6	5.6	.1	.2	.2	2.1
23-34.....	1.1	9.0	5.1	.1	.2	.1	3.1
35-50.....	3.6	6.2	5.0	.1	.2	(4)	5.6
51-64.....	2.1	5.0	7.0	.1	.1	.3	3.7
65-74.....	3.0	3.5	7.1	(4)	.2	.4	.3
75 AND OVER.....	2.0	4.6	14.5	.2	.2	.3	.1
FEMALES:							
9-11.....	.8	6.2	5.7	.1	.3	.1	.0
12-14.....	1.7	7.6	3.7	.1	.7	.1	.0
15-18.....	1.7	7.7	4.0	(4)	.2	.4	.1
19-22.....	2.0	9.1	6.1	(4)	.4	.2	.4
23-34.....	2.9	9.4	7.0	.1	.3	.1	.7
35-50.....	2.7	7.0	6.8	.1	.3	.1	.3
51-64.....	4.2	5.3	9.8	.1	.1	.2	.1
65-74.....	4.7	5.4	8.4	(4)	.1	(4)	(4)
75 AND OVER.....	4.2	5.3	6.4	.1	.4	.3	.1
ALL INDIVIDUALS...	2.0	6.9	5.6	.1	.3	.2	.8

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.14-1.--VITAMIN B12
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	69.6	10.1	4.3	11.3	0.9	0.0	(4)
1-2.....	3/428	100.0	49.0	27.6	10.3	1.2	10.5	(4)	(4)
3-5.....	631	100.0	48.3	29.0	8.0	.9	12.1	(4)	(4)
6-8.....	713	100.0	45.6	33.1	6.0	.7	13.4	(4)	(4)
MALES:									
9-11.....	277	100.0	48.9	30.6	6.3	.7	11.4	.0	(4)
12-14.....	332	100.0	40.2	34.8	7.7	.9	14.8	.0	0.2
15-18.....	452	100.0	36.7	38.3	12.5	1.0	10.0	(4)	.1
19-22.....	226	100.0	28.3	50.7	12.7	.8	6.3	.1	.0
23-34.....	516	100.0	21.2	51.3	13.9	1.1	9.8	.0	.0
35-50.....	433	100.0	17.9	60.8	13.8	.8	4.9	.0	.1
51-64.....	379	100.0	21.7	52.4	16.7	2.0	4.5	.0	.0
65-74.....	138	100.0	22.8	44.1	18.9	1.3	10.4	(4)	.2
75 AND OVER.....	121	100.0	39.0	31.2	17.8	.8	10.0	.0	.0
FEMALES:									
9-11.....	299	100.0	43.1	36.3	4.6	.6	13.7	(4)	(4)
12-14.....	341	100.0	43.0	37.0	6.7	1.1	10.4	.0	(4)
15-18.....	534	100.0	38.1	42.2	9.1	.6	8.5	.0	(4)
19-22.....	331	100.0	24.4	52.1	10.9	.8	9.6	.0	.0
23-34.....	917	100.0	22.6	52.4	13.0	1.1	6.6	(4)	(4)
35-50.....	663	100.0	16.8	60.4	11.2	.9	7.7	.0	(4)
51-64.....	502	100.0	26.5	44.4	17.5	1.9	7.9	.2	(4)
65-74.....	322	100.0	26.1	46.7	16.0	2.3	5.8	(4)	.1
75 AND OVER.....	273	100.0	30.5	46.9	10.5	.9	8.6	.0	(4)
ALL INDIVIDUALS...	3/9,093	100.0	33.5	42.8	11.0	1.4	9.0	(4)	(4)

Continued--

TABLE 2.14-1.--VITAMIN B12
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	(4)	0.4	3.4	(4)	(4)	0.0	0.0
1-2.....	(4)	.6	.4	0.1	0.2	.0	.0
3-5.....	(4)	.7	.6	.3	.2	.0	.0
6-8.....	0.0	.5	.3	.2	.2	.0	.0
MALES:							
9-11.....	.0	.9	.3	.5	.1	.0	.0
12-14.....	(4)	.7	.2	.3	.2	.0	.0
15-18.....	.0	.8	.2	.3	.1	.0	.0
19-22.....	.0	.4	.1	.5	.1	.0	.0
23-34.....	.1	.7	.2	.6	.1	.0	.0
35-50.....	.0	1.0	.2	.4	.1	(4)	.0
51-64.....	.0	.7	1.2	.5	(4)	.0	.0
65-74.....	.0	.3	.9	.7	(4)	.1	.0
75 AND OVER.....	.0	.4	.2	.5	(4)	.0	.0
FEMALES:							
9-11.....	(4)	.9	.4	.2	.2	.0	.0
12-14.....	.0	.8	.2	.3	.4	.0	.0
15-18.....	(4)	.7	.3	.3	.1	(4)	.0
19-22.....	.1	.8	.2	.6	.2	(4)	.0
23-34.....	.0	1.1	.5	.4	.1	(4)	.0
35-50.....	.0	.9	.4	.9	.3	(4)	.0
51-64.....	(4)	.5	.4	.6	.1	(4)	.0
65-74.....	.0	.4	1.4	.3	.2	(4)	.0
75 AND OVER.....	.0	.7	1.2	.6	.1	(4)	.0
ALL INDIVIDUALS...	(4)	.7	.5	.4	.2	(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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 2.15-1.--VITAMIN C
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	3/264	100.0	33.2	1.4	0.0	6.4	8.8	6.1	24.7
1-2.....	3/428	100.0	16.6	4.4	.0	.8	15.9	23.8	8.7
3-5.....	631	100.0	13.6	4.4	(4)	.3	19.7	24.0	5.6
6-8.....	713	100.0	12.0	6.0	.2	1.4	22.2	20.2	4.5
MALES:									
9-11.....	277	100.0	12.0	3.9	.3	1.4	14.5	27.8	4.2
12-14.....	332	100.0	12.8	6.3	.1	6.0	17.6	14.1	3.0
15-18.....	452	100.0	11.5	6.8	.1	1.1	11.8	26.8	2.6
19-22.....	226	100.0	11.3	7.0	(4)	.7	8.3	14.2	1.4
23-34.....	516	100.0	6.7	8.6	.1	.4	9.0	17.8	1.5
35-50.....	433	100.0	6.4	12.7	.1	4.3	4.0	21.3	3.9
51-64.....	379	100.0	4.6	4.2	.1	2.0	5.0	28.2	1.5
65-74.....	138	100.0	8.7	5.1	.0	.6	7.4	24.8	3.5
75 AND OVER.....	121	100.0	10.9	6.5	.0	.3	4.5	9.9	5.4
FEMALES:									
9-11.....	299	100.0	12.3	5.6	.0	.4	17.9	16.5	4.2
12-14.....	341	100.0	11.5	7.3	.0	3.2	10.3	22.5	3.6
15-18.....	534	100.0	9.7	8.6	.0	1.8	6.8	27.7	3.5
19-22.....	331	100.0	9.4	5.6	.1	.3	6.8	22.8	2.0
23-34.....	917	100.0	7.0	8.1	(4)	.8	6.4	21.7	1.8
35-50.....	663	100.0	7.6	6.8	.1	.5	3.9	29.8	2.8
51-64.....	502	100.0	5.7	4.0	.1	.6	4.1	31.7	4.3
65-74.....	322	100.0	5.3	3.1	.0	.7	7.4	27.4	8.7
75 AND OVER.....	273	100.0	5.3	2.5	(4)	.5	6.9	35.1	6.4
ALL INDIVIDUALS...	3/9,093	100.0	10.1	6.2	.1	1.4	10.3	23.3	4.4

Continued--

TABLE 2.15-1.--VITAMIN C
PERCENTAGE CONTRIBUTION OF 14 FOOD GROUPS PER INDIVIDUAL IN A DAY,1/ 1979-1980

TOTAL RESPONDENTS

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.....	1.0	11.1	6.3	0.0	(4)	1.0	0.0
1-2.....	2.3	10.4	10.8	(4)	0.8	5.2	.0
3-5.....	4.6	14.0	6.5	(4)	.3	6.9	.0
6-8.....	2.3	14.9	7.4	(4)	.5	7.7	.0
MALES:							
9-11.....	3.0	17.1	7.8	(4)	.3	7.2	.0
12-14.....	1.8	14.5	13.3	(4)	.6	5.8	.0
15-18.....	4.0	15.1	12.7	(4)	.3	6.7	.0
19-22.....	8.0	21.1	16.8	(4)	.2	9.3	.0
23-34.....	3.2	27.0	14.1	(4)	1.2	6.4	(4)
35-50.....	8.0	15.9	13.9	(4)	.3	1.9	.0
51-64.....	4.9	14.7	23.2	(4)	.3	3.9	.0
65-74.....	9.3	11.8	18.6	(4)	.6	4.5	.0
75 AND OVER.....	6.5	13.6	34.2	.4	.5	4.5	.0
FEMALES:							
9-11.....	2.3	15.5	16.6	.9	.8	6.8	.0
12-14.....	4.4	15.8	9.5	(4)	.4	11.2	.0
15-18.....	6.0	17.1	9.7	(4)	.1	6.8	.0
19-22.....	7.3	21.4	15.9	(4)	.4	5.1	.1
23-34.....	5.9	19.5	14.7	.1	.6	5.7	.3
35-50.....	4.9	16.4	18.5	(4)	.3	3.4	.0
51-64.....	11.3	10.1	22.1	.2	.3	3.5	.0
65-74.....	11.8	10.6	17.9	(4)	.1	3.8	.0
75 AND OVER.....	13.7	7.8	16.7	.4	1.9	1.8	.0
ALL INDIVIDUALS...	5.4	15.8	13.9	.1	.5	5.5	(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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.1-01.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

TOTAL RESPONDENTS

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.....	2/264	858	28.8	35.9	100.9	727	17.7	125
1-2.....	2/428	1,226	51.8	54.9	133.3	759	8.4	163
3-5.....	631	1,454	57.5	64.6	164.0	782	9.8	188
6-8.....	713	1,779	70.7	76.7	204.7	934	12.2	225
MALES:								
9-11.....	277	2,157	77.8	95.9	250.1	1,105	13.8	283
12-14.....	332	2,443	97.4	101.0	288.6	1,210	17.1	304
15-18.....	452	2,756	105.5	128.7	298.0	1,220	17.8	324
19-22.....	226	2,500	100.9	122.0	245.2	1,035	15.4	282
23-34.....	516	2,363	94.3	105.5	251.5	806	16.8	305
35-50.....	433	2,126	91.4	88.6	231.1	749	16.4	318
51-64.....	379	1,803	78.5	77.4	186.0	640	14.0	316
65-74.....	138	1,866	79.2	85.1	193.3	680	13.9	265
75 AND OVER.....	121	1,423	58.3	63.1	157.6	614	10.7	221
FEMALES:								
9-11.....	299	1,773	72.1	75.7	204.5	912	12.3	223
12-14.....	341	1,986	76.6	81.9	240.2	914	12.8	237
15-18.....	534	1,844	71.1	80.8	209.1	839	11.7	215
19-22.....	331	1,776	73.3	82.4	185.2	659	11.5	208
23-34.....	917	1,481	61.6	66.5	157.1	529	10.8	213
35-50.....	663	1,435	60.4	66.0	148.8	452	10.2	205
51-64.....	502	1,397	60.1	61.6	150.2	568	10.3	212
65-74.....	322	1,343	59.3	58.5	146.1	555	10.2	206
75 AND OVER.....	273	1,344	58.4	60.4	142.5	529	9.8	204
ALL INDIVIDUALS...	2/9,093	1,760	71.3	77.8	193.0	766	12.6	236

Continued--

TABLE 3.1-01.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

TOTAL RESPONDENTS

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.....	629	4,123	0.90	1.46	8.7	0.59	2.27	79
1-2.....	893	3,022	.93	1.50	10.9	.95	3.50	61
3-5.....	987	3,487	1.16	1.67	13.4	1.18	3.74	65
6-8.....	1,190	4,276	1.42	1.96	16.3	1.37	4.14	70
MALES:								
9-11.....	1,373	5,035	1.55	2.22	17.7	1.54	4.64	85
12-14.....	1,565	4,736	1.65	2.36	20.5	1.68	5.35	73
15-18.....	1,676	6,378	1.86	2.51	22.8	1.80	5.64	97
19-22.....	1,523	5,455	1.73	2.27	23.0	1.67	5.29	72
23-34.....	1,421	5,058	1.74	2.01	23.8	1.88	5.00	75
35-50.....	1,320	5,212	1.40	1.69	22.4	1.52	4.64	72
51-64.....	1,211	4,833	1.26	1.45	19.9	1.41	3.65	74
65-74.....	1,187	5,793	1.40	1.60	18.3	1.38	3.78	77
75 AND OVER.....	979	4,109	1.10	1.37	15.2	1.10	3.09	58
FEMALES:								
9-11.....	1,192	4,281	1.40	1.95	17.6	1.32	4.27	64
12-14.....	1,197	4,499	1.35	1.81	17.0	1.31	3.88	77
15-18.....	1,134	4,253	1.22	1.68	14.8	1.17	3.80	80
19-22.....	1,055	5,198	1.15	1.53	17.5	1.31	4.81	74
23-34.....	903	3,889	1.06	1.24	15.0	1.07	3.15	68
35-50.....	854	3,667	1.00	1.08	15.5	1.00	2.75	72
51-64.....	910	6,028	1.03	1.29	14.2	1.07	3.49	76
65-74.....	871	7,532	1.02	1.32	15.4	1.18	4.37	94
75 AND OVER.....	831	5,165	1.01	1.22	14.8	1.04	2.86	76
ALL INDIVIDUALS...	1,116	4,661	1.27	1.66	16.8	1.29	3.96	74

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.1-02.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY.1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	2/107	805	26.6	34.3	90.8	724	21.4	120
1-2.....	2/208	1,176	48.3	52.9	128.2	710	7.5	152
3-5.....	318	1,482	56.9	65.7	168.7	759	9.6	186
6-8.....	331	1,818	71.0	79.4	207.4	910	11.7	216
MALES:								
9-11.....	97	2,009	75.4	90.9	226.3	947	12.8	239
12-14.....	114	2,135	82.7	91.2	248.1	950	13.7	241
15-18.....	152	2,519	100.4	114.3	274.6	1,097	17.1	306
19-22.....	80	2,388	94.5	108.8	256.2	890	16.3	268
23-34.....	147	2,401	101.4	109.2	241.4	782	18.5	309
35-50.....	94	1,978	81.9	88.0	203.9	570	14.3	256
51-64.....	79	2,026	81.0	92.2	210.2	742	14.7	284
65-74.....	66	1,969	81.3	92.5	203.2	759	15.0	281
75 AND OVER.....	42	1,568	61.4	69.0	179.5	621	12.0	247
FEMALES:								
9-11.....	132	1,781	69.4	77.9	203.2	920	12.1	221
12-14.....	105	1,930	74.2	81.0	229.3	827	12.6	234
15-18.....	177	1,849	74.0	81.4	203.7	683	11.6	198
19-22.....	154	1,878	79.1	86.0	197.9	715	12.0	224
23-34.....	409	1,629	64.9	75.1	171.4	546	11.3	208
35-50.....	241	1,596	65.9	72.2	170.6	507	11.0	210
51-64.....	221	1,440	61.6	63.0	154.3	592	10.7	217
65-74.....	113	1,370	60.1	59.4	149.5	575	9.6	202
75 AND OVER.....	69	1,315	60.3	55.2	145.9	586	9.7	214
ALL INDIVIDUALS...	2/3,459	1,730	69.5	77.2	189.0	732	12.3	220

Continued--

TABLE 3.1-02.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY.1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	592	4,297	1.02	1.53	9.9	0.56	1.95	88
1-2.....	840	2,883	.89	1.39	9.6	.88	3.37	59
3-5.....	985	3,675	1.21	1.64	13.4	1.19	3.57	70
6-8.....	1,191	3,951	1.52	1.97	16.5	1.42	4.11	82
MALES:								
9-11.....	1,261	4,987	1.54	2.01	17.2	1.50	3.82	82
12-14.....	1,337	4,853	1.66	2.12	18.8	1.50	4.56	83
15-18.....	1,569	6,768	1.91	2.38	22.0	1.72	5.14	82
19-22.....	1,424	4,864	1.79	2.06	22.3	1.66	4.89	72
23-34.....	1,481	4,705	1.88	2.28	26.1	2.43	5.99	75
35-50.....	1,128	4,668	1.44	1.49	21.6	1.42	3.82	68
51-64.....	1,216	6,118	1.50	1.76	19.8	1.41	4.16	61
65-74.....	1,259	6,995	1.48	1.80	19.3	1.46	4.03	74
75 AND OVER.....	1,026	5,103	1.29	1.57	16.8	1.36	4.24	46
FEMALES:								
9-11.....	1,184	4,706	1.42	1.99	17.3	1.41	4.65	68
12-14.....	1,185	4,598	1.41	1.78	17.0	1.38	3.64	83
15-18.....	1,078	5,379	1.29	1.50	16.2	1.21	3.53	89
19-22.....	1,105	3,824	1.30	1.61	18.6	1.42	3.73	77
23-34.....	965	4,398	1.22	1.36	16.2	1.22	3.60	78
35-50.....	968	4,219	1.20	1.24	15.8	1.14	2.84	68
51-64.....	943	7,172	1.09	1.37	14.4	1.14	3.56	92
65-74.....	942	7,346	.99	1.44	15.8	1.17	5.45	88
75 AND OVER.....	890	6,270	1.04	1.32	15.0	1.10	2.68	73
ALL INDIVIDUALS...	1,089	4,800	1.33	1.67	16.6	1.32	3.88	77

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.1-03.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	2/157	895	30.3	37.0	107.8	728	15.1	135
1-2.....	2/219	1,273	55.1	56.8	138.2	806	9.2	173
3-5.....	313	1,426	58.0	63.5	159.3	807	10.0	190
6-8.....	382	1,746	70.5	74.3	202.4	955	12.6	234
MALES:								
9-11.....	180	2,236	79.1	98.6	262.9	1,190	14.3	306
12-14.....	218	2,604	105.2	106.2	309.9	1,347	18.8	336
15-18.....	300	2,876	108.0	136.0	309.8	1,282	18.2	333
19-22.....	146	2,562	104.4	129.2	239.2	1,114	14.9	289
23-34.....	369	2,348	91.5	104.1	255.5	816	16.1	304
35-50.....	339	2,167	94.0	88.8	238.7	799	16.9	335
51-64.....	300	1,745	77.8	73.5	179.6	613	13.8	324
65-74.....	72	1,771	77.2	78.2	184.3	608	12.9	250
75 AND OVER.....	79	1,345	56.6	59.9	145.8	611	10.0	206
FEMALES:								
9-11.....	167	1,767	74.3	74.0	205.6	906	12.4	225
12-14.....	236	2,011	77.6	82.3	245.1	952	12.9	238
15-18.....	357	1,842	69.7	80.5	211.8	916	11.8	223
19-22.....	177	1,688	68.4	79.2	174.1	610	11.1	195
23-34.....	507	1,362	58.9	59.6	145.6	515	10.4	217
35-50.....	422	1,342	57.3	62.4	136.3	421	9.8	202
51-64.....	281	1,363	59.0	60.5	147.0	549	10.0	208
65-74.....	209	1,328	58.9	58.1	144.2	544	10.5	208
75 AND OVER.....	204	1,353	57.7	62.1	141.3	509	9.9	200
ALL INDIVIDUALS...	2/5,634	1,778	72.4	78.3	195.5	787	12.8	245

Continued--

TABLE 3.1-03.--NUTRITIVE VALUE OF FOOD
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	655	4,005	0.82	1.41	8.0	0.62	2.49	73
1-2.....	944	3,155	.98	1.61	12.2	1.02	3.63	64
3-5.....	989	3,295	1.10	1.69	13.4	1.17	3.92	61
6-8.....	1,189	4,558	1.33	1.95	16.1	1.33	4.16	59
MALES:								
9-11.....	1,432	5,061	1.55	2.33	17.9	1.57	5.08	87
12-14.....	1,684	4,675	1.65	2.48	21.4	1.77	5.77	68
15-18.....	1,730	6,180	1.83	2.58	23.1	1.85	5.90	105
19-22.....	1,578	5,779	1.70	2.39	23.3	1.67	5.50	72
23-34.....	1,397	5,199	1.68	1.90	22.9	1.66	4.61	75
35-50.....	1,373	5,362	1.39	1.74	22.6	1.55	4.87	74
51-64.....	1,209	4,494	1.19	1.37	20.0	1.41	3.52	78
65-74.....	1,121	4,686	1.33	1.43	17.4	1.30	3.54	79
75 AND OVER.....	953	3,574	1.00	1.27	14.3	.95	2.46	65
FEMALES:								
9-11.....	1,199	3,944	1.38	1.91	17.9	1.24	3.98	61
12-14.....	1,202	4,454	1.32	1.83	17.0	1.28	3.99	74
15-18.....	1,161	3,695	1.18	1.77	14.1	1.15	3.93	76
19-22.....	1,009	6,388	1.03	1.45	16.5	1.21	5.75	71
23-34.....	854	3,479	.93	1.15	14.0	.95	2.79	60
35-50.....	789	3,352	.89	1.00	15.3	.91	2.70	74
51-64.....	884	5,128	.98	1.22	14.1	1.01	3.44	63
65-74.....	832	7,633	1.04	1.25	15.1	1.18	3.79	97
75 AND OVER.....	811	4,793	1.00	1.18	14.7	1.01	2.92	77
ALL INDIVIDUALS...	1,132	4,575	1.23	1.66	17.0	1.27	4.00	73

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.2-01.--NUTRIENT SOURCES OF FOOD ENERGY1/
PERCENTAGE2/ OF ENERGY INTAKE PER INDIVIDUAL IN A DAY,3/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	PROTEIN	FAT	CARBOHYDRATE	OTHER
MALES AND FEMALES:					
UNDER 1	4/264	13.0	37.7	46.0	4.6
1-2	4/428	16.9	40.2	43.5	.3
3-5	631	16.3	38.8	45.6	.2
6-8	713	16.1	38.4	46.2	.2
MALES:					
9-11	277	14.8	38.8	47.2	.2
12-14	332	16.3	36.9	47.2	.2
15-18	452	15.9	41.5	43.1	.2
19-22	226	16.5	42.9	40.0	1.1
23-34	516	16.3	40.1	42.5	1.5
35-50	433	17.5	37.1	42.8	3.2
51-64	379	18.0	39.4	40.7	2.4
65-74	138	17.3	40.1	41.7	1.4
75 AND OVER	121	16.9	39.6	43.9	.4
FEMALES:					
9-11	299	16.3	38.3	46.1	.2
12-14	341	15.7	36.8	48.4	.1
15-18	534	15.9	39.1	45.2	.4
19-22	331	16.8	40.6	42.6	.7
23-34	917	16.9	40.0	42.7	1.1
35-50	663	17.2	40.3	42.2	.9
51-64	502	17.6	38.6	43.6	.9
65-74	322	17.8	38.2	44.4	.3
75 AND OVER	273	17.5	39.6	43.0	.5
ALL INDIVIDUALS	4/9,093	16.6	39.2	44.0	.9

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.2-02.--NUTRIENT SOURCES OF FOOD ENERGY1/
PERCENTAGE2/ OF ENERGY INTAKE PER INDIVIDUAL IN A DAY,3/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	PROTEIN	FAT	CARBOHYDRATE	OTHER
MALES AND FEMALES:					
UNDER 1	4/107	12.8	38.1	45.2	4.9
1-2	4/208	16.7	40.0	43.7	.4
3-5	318	15.5	39.5	45.8	.2
6-8	331	15.5	39.1	46.0	.3
MALES:					
9-11	97	15.2	39.8	45.8	.1
12-14	114	15.7	38.4	46.3	.3
15-18	152	16.3	40.4	43.6	.3
19-22	80	16.2	40.5	43.1	.7
23-34	147	17.3	41.0	40.1	2.1
35-50	94	16.8	39.7	40.9	2.9
51-64	79	16.1	39.2	43.1	2.0
65-74	66	17.0	41.3	41.7	.7
75 AND OVER	42	16.2	38.2	46.4	.3
FEMALES:					
9-11	132	15.6	39.1	45.8	.3
12-14	105	15.9	37.4	47.4	.2
15-18	177	16.3	39.6	43.7	.9
19-22	154	16.9	40.3	43.1	.5
23-34	409	16.1	41.4	42.1	1.0
35-50	241	17.0	40.2	42.8	.8
51-64	221	17.5	38.0	43.7	1.5
65-74	113	18.3	38.6	43.2	.4
75 AND OVER	69	18.5	36.8	45.2	.3
ALL INDIVIDUALS	4/3,459	16.3	39.6	43.9	.9

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.2-03.--NUTRIENT SOURCES OF FOOD ENERGY1/
PERCENTAGE2/ OF ENERGY INTAKE PER INDIVIDUAL IN A DAY,3/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	PROTEIN	FAT	CARBOHYDRATE	OTHER
MALES AND FEMALES:					
UNDER 1	4/157	13.1	37.4	46.5	4.3
1-2	4/219	17.1	40.3	43.3	.3
3-5	313	17.1	38.2	45.5	.2
6-8	382	16.7	37.7	46.4	.1
MALES:					
9-11	180	14.6	38.3	48.0	.2
12-14	218	16.6	36.2	47.6	.2
15-18	300	15.7	42.0	42.9	.2
19-22	146	16.7	44.2	38.3	1.3
23-34	369	15.9	39.8	43.4	1.3
35-50	339	17.6	36.4	43.3	3.3
51-64	300	18.5	39.4	40.1	2.5
65-74	72	17.6	39.0	41.8	2.0
75 AND OVER	79	17.3	40.3	42.5	.4
FEMALES:					
9-11	167	16.9	37.7	46.4	.1
12-14	236	15.6	36.6	48.9	.1
15-18	357	15.6	38.8	45.9	.2
19-22	177	16.7	40.9	42.2	.9
23-34	507	17.4	38.9	43.1	1.2
35-50	422	17.3	40.3	41.9	.9
51-64	281	17.7	39.1	43.5	.4
65-74	209	17.5	38.0	45.0	.2
75 AND OVER	204	17.2	40.5	42.3	.5
ALL INDIVIDUALS	4/5,634	16.7	39.0	44.1	.9

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-01.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/264	97	168	156	144	204	199	240	226	285	123	127	227	226
1-2.....	3/428	102	236	105	56	128	133	151	155	215	121	119	184	146
3-5.....	631	93	205	98	82	103	123	149	144	185	134	98	163	145
6-8.....	713	85	221	117	122	98	149	139	129	163	117	91	148	156
MALES:														
9-11.....	277	86	205	116	106	98	144	124	119	148	104	91	155	181
12-14.....	332	90	212	101	95	85	130	95	118	147	114	93	178	143
15-18.....	452	98	188	102	99	81	140	128	133	148	126	90	188	162
19-22.....	226	86	180	129	154	81	190	109	116	134	121	76	176	120
23-34.....	516	88	168	101	168	87	178	101	124	126	132	85	167	125
35-50.....	433	79	163	94	164	91	165	104	100	105	124	69	155	120
51-64.....	379	73	140	80	140	90	151	97	105	104	125	64	122	124
65-74.....	138	78	141	85	139	76	148	116	117	115	114	63	126	128
75 AND OVER.....	121	69	104	77	107	63	122	82	92	98	95	50	103	97
FEMALES:														
9-11.....	299	76	185	96	94	83	126	116	117	139	110	77	142	136
12-14.....	341	91	166	76	71	79	130	112	123	139	113	73	129	150
15-18.....	534	87	153	69	65	71	94	106	110	129	105	58	125	132
19-22.....	331	83	159	78	64	66	126	129	101	114	123	64	157	121
23-34.....	917	73	136	64	60	69	110	97	103	101	114	53	103	110
35-50.....	663	72	137	56	57	68	106	92	100	90	119	50	92	120
51-64.....	502	76	137	71	103	71	114	151	103	107	110	53	116	126
65-74.....	322	75	135	69	102	69	109	188	102	110	118	59	146	156
75 AND OVER.....	273	84	133	66	98	68	104	129	101	101	114	52	95	126
ALL INDIVIDUALS...	3/9,093	84	169	89	99	87	131	124	119	135	118	75	142	137

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-02.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/107	106	171	167	184	204	202	262	278	321	145	136	235	252
1-2.....	3/208	98	220	98	50	120	125	144	148	199	106	110	178	140
3-5.....	318	95	203	95	80	102	123	158	151	183	134	99	155	155
6-8.....	331	87	222	114	117	94	149	129	138	164	118	95	147	183
MALES:														
9-11.....	97	80	198	100	99	83	133	123	119	134	101	88	127	175
12-14.....	114	79	180	79	76	68	111	97	118	132	105	83	152	162
15-18.....	152	90	179	91	95	77	131	135	136	140	122	86	171	137
19-22.....	80	82	169	111	163	77	178	97	119	121	118	75	163	120
23-34.....	147	89	181	98	185	88	185	94	134	143	145	110	200	124
35-50.....	94	73	146	71	143	73	141	93	103	93	120	64	127	113
51-64.....	79	82	145	93	147	81	152	122	125	125	124	64	139	102
65-74.....	66	82	145	95	150	80	157	140	123	128	121	67	134	123
75 AND OVER.....	42	76	110	78	120	71	128	132	108	112	105	62	141	76
FEMALES:														
9-11.....	132	77	178	97	93	82	125	128	118	142	108	83	155	144
12-14.....	105	88	161	69	70	78	99	115	128	137	113	76	121	163
15-18.....	177	87	157	56	65	64	88	134	116	114	115	60	115	144
19-22.....	154	87	168	84	67	70	131	95	113	119	130	68	119	125
23-34.....	409	80	143	66	63	68	117	109	120	110	123	60	117	126
35-50.....	241	80	149	63	61	70	121	105	120	103	122	57	94	112
51-64.....	221	78	140	74	107	72	118	179	109	114	111	57	119	153
65-74.....	113	76	136	72	96	67	118	184	99	120	121	58	182	147
75 AND OVER.....	69	82	137	73	97	71	111	157	104	110	116	55	89	122
ALL INDIVIDUALS...	3/3,459	85	172	87	96	85	130	132	130	141	120	79	142	144

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-03.7-NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	95	166	148	117	205	197	225	191	260	107	122	222	209
1-2.....	3/219	136	251	111	62	136	141	158	163	230	136	127	191	151
3-5.....	313	91	207	101	84	104	124	141	138	188	134	97	170	136
6-8.....	382	83	220	119	126	102	149	148	121	163	115	89	149	132
MALES:														
9-11.....	180	89	208	125	110	106	151	125	119	156	106	92	169	184
12-14.....	218	96	229	112	105	94	140	94	118	155	119	98	192	133
15-18.....	300	103	193	107	101	83	144	124	131	152	129	92	197	175
19-22.....	146	88	186	139	149	83	197	116	113	141	123	76	183	120
23-34.....	369	87	163	102	161	87	175	104	120	119	127	76	154	126
35-50.....	339	80	168	100	169	96	172	107	99	109	125	71	162	123
51-64.....	350	71	139	77	138	93	151	90	99	98	125	64	117	129
65-74.....	72	74	138	76	129	71	140	94	111	102	108	59	118	132
75 AND OVER.....	79	66	101	76	100	59	119	71	84	91	89	43	82	108
FEMALES:														
9-11.....	167	76	190	95	95	84	126	107	115	137	112	73	133	129
12-14.....	236	92	169	79	72	79	100	111	120	140	113	71	133	145
15-18.....	357	88	151	76	65	74	96	92	107	136	101	57	131	126
19-22.....	177	80	151	73	62	63	122	159	91	110	117	60	190	116
23-34.....	507	67	130	62	58	71	134	87	90	94	106	47	91	98
35-50.....	422	67	130	53	54	67	98	84	89	83	117	46	90	124
51-64.....	281	74	134	69	100	69	110	128	98	101	109	51	115	106
65-74.....	209	74	134	68	105	69	104	191	104	104	116	59	126	162
75 AND OVER.....	204	85	131	64	99	67	101	120	100	98	113	51	97	128
ALL INDIVIDUALS...	3/5,634	83	168	90	100	88	132	118	113	132	117	72	143	133

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-04.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS, NORTHEAST

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.....	3/50	88	157	148	118	178	186	190	186	261	120	107	152	199
1-2.....	3/88	127	320	139	63	158	166	153	169	265	163	142	201	111
3-5.....	108	96	207	117	73	110	137	139	145	193	122	96	163	164
6-8.....	214	82	227	119	124	97	152	119	143	165	121	94	137	178
MALES:														
9-11.....	28	73	180	92	97	79	123	97	115	133	103	82	134	213
12-14.....	75	86	238	88	120	84	121	58	118	136	136	94	176	113
15-18.....	38	86	179	94	78	67	126	115	120	146	131	83	197	159
19-22.....	32	75	173	125	133	72	169	168	112	135	123	71	149	152
23-34.....	130	87	176	112	166	90	179	92	133	126	140	82	150	97
35-50.....	94	93	223	130	205	108	199	62	119	131	155	76	190	109
51-64.....	90	51	117	62	105	62	114	64	74	88	96	46	159	59
65-74.....	19	70	145	73	139	65	127	146	99	114	124	63	169	103
75 AND OVER.....	42	57	92	83	88	57	123	54	69	90	81	35	118	93
FEMALES:														
9-11.....	92	79	194	108	106	91	133	98	131	160	128	79	161	148
12-14.....	50	122	244	80	116	104	116	59	141	151	171	88	155	99
15-18.....	130	74	157	65	56	64	88	54	96	117	112	52	127	136
19-22.....	55	90	183	103	68	77	143	107	113	146	137	65	161	132
23-34.....	230	70	155	69	61	81	114	81	104	103	131	55	108	95
35-50.....	162	77	166	61	62	69	120	85	110	98	136	58	105	136
51-64.....	123	68	123	76	86	65	111	109	86	99	95	45	83	123
65-74.....	63	82	166	70	119	76	119	198	105	127	162	71	253	222
75 AND OVER.....	86	89	159	60	112	77	112	97	107	98	146	55	106	147
ALL INDIVIDUALS...	3/2,000	82	183	92	100	88	134	100	118	137	129	73	143	132

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-05.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, NORTHEAST

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/15	122	221	239	169	256	272	147	240	353	146	107	172	253
1-2.....	3/34	111	248	129	45	137	144	158	160	230	110	137	188	163
3-5.....	61	100	203	112	73	113	133	149	149	196	122	102	161	181
6-8.....	77	110	281	157	136	116	199	145	187	214	140	125	186	285
MALES:														
9-11.....	15	81	201	95	106	88	138	86	124	126	102	90	115	259
12-14.....	13	71	163	62	71	63	95	76	117	100	90	69	109	251
15-18.....	22	93	204	102	85	66	140	104	125	148	138	84	247	167
19-22.....	13	69	142	86	129	59	146	57	96	92	100	65	118	129
23-34.....	33	89	184	105	182	92	185	82	123	148	154	115	244	114
35-50.....	17	66	121	39	128	62	104	92	77	73	100	61	193	108
51-64.....	7	54	95	71	138	77	117	73	124	116	111	61	146	51
65-74.....	9	70	147	66	167	68	128	210	117	126	145	84	149	128
75 AND OVER.....	1	59	98	40	146	51	115	405	70	228	141	49	1752	107
FEMALES:														
9-11.....	20	97	206	116	128	106	146	138	165	191	142	110	202	221
12-14.....	7	106	204	72	88	93	115	96	151	136	134	84	119	207
15-18.....	28	85	156	54	64	69	88	90	110	112	136	63	101	178
19-22.....	30	104	204	116	76	89	156	105	136	167	160	82	149	129
23-34.....	98	86	149	81	60	75	129	107	126	115	120	66	114	161
35-50.....	53	87	175	58	67	80	128	99	138	104	146	77	98	177
51-64.....	50	93	166	88	112	81	138	189	122	129	123	69	114	202
65-74.....	20	84	165	79	118	93	138	379	97	169	197	79	542	247
75 AND OVER.....	21	93	169	91	100	89	130	171	116	126	151	60	92	155
ALL INDIVIDUALS...	3/644	93	190	100	97	94	145	133	138	155	133	88	164	187

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-06.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, NORTHEAST

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.....	3/35	73	130	109	96	144	148	208	162	222	108	107	143	175
1-2.....	3/54	137	365	145	75	172	180	149	175	287	197	145	209	79
3-5.....	47	90	212	123	72	106	141	127	140	190	122	89	159	142
6-8.....	137	67	198	97	117	87	126	104	119	138	111	76	110	117
MALES:														
9-11.....	13	62	155	88	85	68	105	110	103	140	105	72	158	158
12-14.....	62	89	254	93	130	88	127	54	118	144	146	100	189	84
15-18.....	16	77	146	79	69	68	107	129	113	143	120	82	127	148
19-22.....	20	79	192	150	135	80	183	240	121	163	138	74	168	168
23-34.....	98	87	173	115	161	90	177	95	136	119	136	71	118	91
35-50.....	77	98	245	150	222	118	219	55	127	143	167	79	189	109
51-64.....	83	50	119	61	102	63	114	63	69	86	95	44	160	60
65-74.....	9	71	143	80	111	62	127	83	82	101	102	42	188	78
75 AND OVER.....	41	57	92	84	86	57	124	45	69	87	80	35	76	93
FEMALES:														
9-11.....	72	74	191	106	99	87	129	87	121	151	124	70	149	127
12-14.....	43	124	250	81	120	106	117	53	139	153	176	89	161	32
15-18.....	102	71	157	68	54	62	88	45	92	119	105	49	134	124
19-22.....	26	74	158	87	59	64	128	109	88	121	110	46	175	135
23-34.....	132	58	159	61	63	85	103	61	88	94	139	47	104	46
35-50.....	108	72	162	63	60	64	117	78	97	96	132	48	108	115
51-64.....	73	51	92	68	67	55	93	54	60	79	75	28	60	68
65-74.....	43	81	167	66	119	68	110	115	108	108	146	68	120	211
75 AND OVER.....	65	88	157	50	116	73	106	73	104	90	144	53	111	144
ALL INDIVIDUALS...	3/1,356	77	179	89	101	84	129	85	109	128	127	66	133	106

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-07.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY.1/ 1979-80

TOTAL RESPONDENTS, NORTH CENTRAL

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.....	3/42	93	151	155	201	184	187	163	291	320	144	133	251	292
1-2.....	3/93	96	213	86	64	117	116	173	166	204	123	119	209	160
3-5.....	181	76	183	80	86	83	101	149	146	180	135	98	171	114
6-8.....	158	75	193	96	112	78	124	133	121	146	104	83	135	118
MALES:														
9-11.....	44	77	203	117	97	85	143	120	121	149	107	93	147	153
12-14.....	45	82	191	89	78	74	118	87	121	146	112	88	167	158
15-18.....	66	95	193	104	91	71	136	87	130	157	138	87	201	125
19-22.....	52	109	224	195	198	106	252	120	140	190	157	96	279	141
23-34.....	98	89	161	113	186	83	177	130	136	144	130	97	189	130
35-50.....	77	55	115	62	104	63	114	124	72	72	97	52	136	110
51-64.....	60	81	166	78	138	79	149	82	115	106	161	69	113	105
65-74.....	14	70	97	69	119	67	113	73	107	101	89	55	87	111
75 AND OVER.....	11	78	114	92	113	67	125	77	96	116	92	51	133	88
FEMALES:														
9-11.....	55	66	158	81	83	69	103	117	110	126	98	73	141	113
12-14.....	82	76	149	61	62	67	84	151	122	120	111	67	97	131
15-18.....	103	86	154	60	58	59	86	130	108	116	105	56	119	143
19-22.....	51	82	158	75	66	68	123	95	96	105	129	63	142	83
23-34.....	178	66	117	60	54	63	98	102	108	95	96	48	86	144
35-50.....	128	62	113	54	46	58	88	100	88	78	98	41	66	110
51-64.....	114	78	139	62	109	72	108	148	118	98	114	53	97	145
65-74.....	39	71	105	60	85	67	95	123	86	87	91	39	105	89
75 AND OVER.....	46	83	114	54	94	60	86	118	98	86	97	46	100	135
ALL INDIVIDUALS...	3/1,736	78	158	82	94	77	118	125	122	132	115	73	139	131

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-08.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, NORTH CENTRAL

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/31	93	154	152	191	172	181	142	294	319	138	131	272	191
1-2.....	3/72	89	197	77	55	105	105	120	151	183	106	105	165	165
3-5.....	94	83	178	76	79	80	100	136	149	171	128	84	153	115
6-8.....	98	70	173	83	102	70	111	101	120	132	100	77	113	134
MALES:														
9-11.....	23	73	200	107	87	80	133	120	122	137	106	86	124	170
12-14.....	26	82	196	81	76	66	110	83	121	145	121	84	173	151
15-18.....	28	91	175	81	86	71	115	101	134	136	133	80	130	165
19-22.....	14	83	178	108	233	99	176	146	139	159	173	106	288	151
23-34.....	36	85	164	118	217	77	171	164	167	188	154	132	264	191
35-50.....	24	69	144	70	131	71	133	97	97	88	111	64	72	106
51-64.....	25	84	146	90	136	80	151	101	127	111	123	59	128	92
65-74.....	9	81	108	84	136	79	133	87	120	117	97	60	87	140
75 AND OVER.....	5	72	108	125	82	63	134	81	82	129	69	43	119	27
FEMALES:														
9-11.....	33	62	143	81	76	67	100	85	100	120	87	64	147	96
12-14.....	29	87	151	65	70	71	90	145	124	131	106	68	114	154
15-18.....	62	89	165	54	61	56	85	161	116	109	110	55	117	174
19-22.....	32	82	165	87	69	74	131	83	100	117	130	70	157	77
23-34.....	101	74	133	69	61	64	111	111	132	110	110	55	99	163
35-50.....	49	74	139	61	55	65	108	81	107	98	113	48	93	71
51-64.....	55	66	110	72	90	69	103	211	104	97	87	47	75	182
65-74.....	14	71	117	61	78	57	103	71	80	89	74	45	80	102
75 AND OVER.....	7	94	156	69	128	73	112	240	125	108	120	64	92	124
ALL INDIVIDUALS...	3/867	79	159	80	91	77	115	123	132	138	113	75	135	141

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-09.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, NORTH CENTRAL

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/11	93	141	163	227	220	233	223	282	323	159	139	193	579
1-2.....	3/22	120	268	118	92	154	150	346	214	276	180	163	352	144
3-5.....	87	69	189	85	94	86	102	163	143	191	141	113	191	114
6-8.....	60	82	226	119	130	90	144	185	122	170	110	93	172	91
MALES:														
9-11.....	21	81	206	128	108	91	153	120	121	163	108	100	172	136
12-14.....	19	81	184	100	81	85	129	92	121	148	100	93	159	167
15-18.....	38	98	205	122	95	71	151	77	128	176	141	92	253	96
19-22.....	38	119	241	227	185	109	281	111	141	206	151	92	275	137
23-34.....	62	91	159	110	167	87	181	111	118	119	115	77	144	95
35-50.....	53	49	102	58	91	60	105	136	60	64	90	47	165	111
51-64.....	35	79	180	71	139	79	148	69	107	102	189	76	103	115
65-74.....	5	49	75	41	85	45	76	48	82	72	74	43	87	57
75 AND OVER.....	6	83	119	63	140	70	117	73	108	106	111	58	145	140
FEMALES:														
9-11.....	22	73	180	81	93	72	108	167	126	135	115	87	131	140
12-14.....	52	69	148	59	57	65	81	155	122	114	114	66	87	119
15-18.....	41	83	138	69	54	63	87	83	96	128	98	57	122	96
19-22.....	19	80	145	55	62	57	109	116	91	85	127	53	116	95
23-34.....	78	55	97	49	45	60	80	90	76	74	77	39	69	120
35-50.....	80	54	97	50	41	54	76	112	77	67	88	36	50	133
51-64.....	59	89	165	52	127	75	111	90	132	99	140	58	117	112
65-74.....	24	71	98	59	89	72	90	153	89	85	101	36	120	82
75 AND OVER.....	39	81	106	51	88	58	81	96	93	82	93	43	101	138
ALL INDIVIDUALS...	3/869	77	157	84	97	77	120	126	113	127	117	72	142	121

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-10.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS, SOUTH

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.....	3/141	101	177	163	132	218	215	236	218	288	115	128	245	188
1-2.....	3/204	94	208	92	48	116	120	136	146	193	107	109	163	152
3-5.....	263	101	218	99	83	109	130	159	143	186	141	100	161	141
6-8.....	279	91	226	125	125	108	157	163	123	172	116	94	162	159
MALES:														
9-11.....	186	90	206	119	107	104	146	127	117	149	103	91	159	187
12-14.....	192	94	208	110	88	89	136	110	116	153	106	93	184	153
15-18.....	309	99	185	102	100	82	139	139	133	145	121	88	182	173
19-22.....	98	79	156	97	139	70	162	91	100	106	105	67	134	103
23-34.....	195	83	162	79	156	77	163	95	116	112	129	79	173	130
35-50.....	204	81	155	87	163	93	165	96	96	103	123	69	153	92
51-64.....	202	76	133	86	148	103	162	115	109	106	120	68	105	154
65-74.....	92	80	144	90	141	76	155	121	121	119	113	62	127	121
75 AND OVER.....	64	76	110	72	117	66	121	99	106	130	104	59	89	100
FEMALES:														
9-11.....	123	77	184	90	89	79	125	124	107	127	100	75	131	133
12-14.....	168	90	156	86	64	77	104	111	122	152	101	71	144	158
15-18.....	281	94	150	75	72	79	99	123	117	138	104	62	126	131
19-22.....	173	79	147	63	60	61	114	151	96	101	117	62	160	129
23-34.....	380	79	138	62	61	67	114	87	101	101	114	53	94	95
35-50.....	320	72	131	54	58	71	106	94	98	89	117	49	95	121
51-64.....	235	77	140	73	106	71	116	176	104	115	112	56	142	115
65-74.....	184	74	135	71	101	66	110	201	105	111	110	58	132	133
75 AND OVER.....	122	82	122	73	92	65	104	163	102	106	99	51	80	113
ALL INDIVIDUALS...	3/4,415	86	166	88	97	88	132	131	118	135	114	75	143	136

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-11.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, SOUTH

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/50	99	166	164	186	212	224	317	282	320	151	146	235	255
1-2.....	3/87	100	218	96	46	121	126	151	144	194	106	102	176	120
3-5.....	129	96	211	95	81	104	127	183	151	179	140	104	142	159
6-8.....	135	83	215	109	116	95	143	145	124	158	116	89	145	165
MALES:														
9-11.....	57	82	196	98	100	82	131	133	117	134	98	88	131	154
12-14.....	69	78	176	82	76	68	114	106	118	135	101	83	153	156
15-18.....	84	86	170	89	96	77	129	154	144	137	113	83	156	127
19-22.....	42	80	161	115	138	69	175	80	102	113	99	63	132	108
23-34.....	60	87	183	74	173	83	177	73	122	111	130	94	151	98
35-50.....	42	80	167	82	162	79	163	78	124	106	143	70	127	105
51-64.....	38	85	148	107	146	81	162	154	125	142	126	64	143	123
65-74.....	46	84	152	102	149	83	168	137	124	130	120	63	139	114
75 AND OVER.....	35	78	110	72	123	71	126	94	110	104	108	64	98	80
FEMALES:														
9-11.....	66	76	181	92	90	78	125	135	113	133	104	81	144	152
12-14.....	54	90	167	75	70	79	105	109	136	151	119	83	135	155
15-18.....	81	87	149	56	67	68	90	133	118	116	113	63	114	119
19-22.....	78	84	163	70	63	62	123	96	110	103	123	64	90	137
23-34.....	169	83	150	56	65	66	116	91	112	104	130	59	95	88
35-50.....	122	79	144	66	61	66	123	117	119	105	115	52	88	101
51-64.....	101	77	140	73	110	70	117	171	107	120	112	53	142	111
65-74.....	78	75	133	73	94	63	116	154	103	114	110	56	109	130
75 AND OVER.....	37	76	119	68	92	64	104	140	100	105	96	53	82	114
ALL INDIVIDUALS...	3/1,659	84	169	84	95	83	130	135	126	136	118	76	131	130

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-12.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, SOUTH

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/91	102	183	162	102	222	221	191	183	271	95	118	251	152
1-2.....	3/117	90	200	88	49	113	116	125	148	191	108	113	154	176
3-5.....	134	105	225	103	85	114	132	136	136	192	141	97	179	125
6-8.....	144	98	237	141	134	121	169	180	122	184	117	98	178	154
MALES:														
9-11.....	130	93	211	128	111	113	152	124	117	155	106	92	170	202
12-14.....	123	103	225	125	95	100	149	112	114	163	109	98	201	152
15-18.....	225	104	190	107	101	84	142	134	129	148	124	90	192	190
19-22.....	56	78	153	84	140	70	152	100	97	100	109	70	136	99
23-34.....	134	81	152	81	148	75	157	105	114	112	128	73	182	145
35-50.....	162	82	153	89	163	97	166	101	89	102	118	69	160	89
51-64.....	164	74	130	81	149	108	162	107	106	97	119	69	96	161
65-74.....	46	75	136	77	133	69	143	104	117	107	106	60	114	128
75 AND OVER.....	29	75	111	72	110	60	115	105	101	95	99	52	77	124
FEMALES:														
9-11.....	56	78	188	88	89	80	124	111	100	119	95	68	116	111
12-14.....	114	90	150	91	61	77	103	113	115	152	92	66	148	159
15-18.....	200	97	150	82	74	83	103	120	117	147	100	61	131	136
19-22.....	95	75	134	57	57	60	106	196	85	99	112	61	218	123
23-34.....	211	75	128	67	58	68	113	84	93	98	102	49	93	100
35-50.....	199	67	123	47	56	74	96	80	85	80	119	46	99	133
51-64.....	135	77	140	74	103	72	116	180	101	112	112	58	142	118
65-74.....	106	74	137	70	106	68	106	236	106	108	109	59	148	136
75 AND OVER.....	85	85	123	75	92	66	104	173	102	106	100	49	80	112
ALL INDIVIDUALS...	3/2,756	86	164	90	98	91	133	129	112	134	112	74	150	140

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-13.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS, WEST

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/31	103	165	136	170	211	164	450	240	260	135	151	234	355
1-2.....	3/43	103	244	136	61	150	158	173	148	242	100	122	199	155
3-5.....	79	101	211	109	79	119	136	133	144	183	131	96	153	203
6-8.....	62	91	246	124	127	110	164	120	125	164	133	94	152	157
MALES:														
9-11.....	19	88	230	128	129	103	166	143	142	161	104	101	163	136
12-14.....	19	81	201	93	100	85	134	106	131	138	107	105	160	122
15-18.....	39	112	219	102	128	103	166	114	144	154	150	121	206	143
19-22.....	45	83	187	126	153	81	197	94	124	128	113	76	169	108
23-34.....	93	97	179	118	177	108	205	97	115	134	130	91	155	149
35-50.....	58	78	157	99	181	93	178	176	120	117	114	81	129	253
51-64.....	27	112	211	99	198	112	200	98	150	135	172	87	143	151
65-74.....	14	82	163	87	148	95	165	85	124	101	133	76	102	220
75 AND OVER.....	4	70	106	56	123	71	121	117	99	99	104	60	92	106
FEMALES:														
9-11.....	29	84	211	110	102	101	149	139	126	152	121	92	135	154
12-14.....	41	86	152	62	65	78	94	104	105	113	100	71	106	220
15-18.....	21	88	159	70	65	69	97	76	108	127	94	58	132	73
19-22.....	52	93	177	105	73	70	152	114	110	134	121	66	155	115
23-34.....	128	73	124	63	63	66	106	146	101	108	105	53	141	137
35-50.....	53	79	143	59	61	72	112	76	110	101	128	55	95	89
51-64.....	30	90	163	67	131	81	127	129	112	110	131	70	126	156
65-74.....	36	67	109	69	93	73	99	175	103	100	112	65	72	232
75 AND OVER.....	19	71	127	78	86	63	111	82	82	122	105	60	131	99
ALL INDIVIDUALS...	3/943	88	177	96	111	96	147	134	124	140	121	82	146	163

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-14.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, WEST

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/11	99	167	123	177	188	153	512	265	284	134	141	214	403
1-2.....	3/16	103	271	135	55	139	164	189	126	234	102	121	222	84
3-5.....	34	113	244	119	90	136	153	136	159	206	151	119	203	204
6-8.....	22	99	279	130	129	121	178	99	126	172	135	106	173	152
MALES:														
9-11.....	2	76	214	92	128	93	134	134	103	144	117	95	145	176
12-14.....	6	83	193	74	94	81	117	100	108	121	107	109	143	98
15-18.....	18	104	200	104	118	96	153	138	120	156	133	111	216	101
19-22.....	12	103	216	127	208	98	226	147	183	146	137	95	175	118
23-34.....	18	104	202	126	172	122	241	50	127	149	159	114	153	100
35-50.....	11	68	111	81	120	75	131	147	73	84	82	50	149	161
51-64.....	9	89	167	60	185	90	144	89	117	103	130	83	147	87
65-74.....	2	98	162	120	178	79	171	111	140	153	119	98	170	274
75 AND OVER.....	1	76	119	83	141	97	173	148	175	162	144	85	95	133
FEMALES:														
9-11.....	12	88	213	134	102	107	155	189	122	172	130	100	158	107
12-14.....	14	74	140	53	61	81	87	86	96	96	96	66	86	193
15-18.....	6	89	183	74	71	69	106	71	104	143	103	48	157	32
19-22.....	14	84	129	83	66	64	116	95	112	118	102	58	127	162
23-34.....	42	72	128	59	66	66	109	181	106	123	130	62	252	111
35-50.....	17	78	134	67	62	77	120	109	100	109	123	56	133	110
51-64.....	15	78	161	42	132	74	109	88	99	95	146	76	133	158
65-74.....	1	68	137	29	108	63	76	234	57	61	128	40	79	106
75 AND OVER.....	4	60	113	44	68	41	78	92	53	83	107	38	131	35
ALL INDIVIDUALS...	3/289	90	185	93	106	99	144	142	125	149	128	89	178	142

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-15.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, WEST

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.....	3/20	106	164	143	166	225	179	415	226	247	135	156	245	328
1-2.....	3/27	103	228	137	64	156	155	164	162	247	99	122	186	198
3-5.....	45	91	186	102	71	106	123	131	133	166	115	78	115	203
6-8.....	40	87	228	121	126	104	157	132	125	159	132	87	140	160
MALES:														
9-11.....	16	90	233	133	129	104	171	144	147	164	103	102	166	130
12-14.....	13	80	204	102	103	87	143	109	142	146	107	103	168	134
15-18.....	21	119	236	101	138	109	177	94	165	153	165	130	197	178
19-22.....	33	76	176	126	133	75	186	75	104	122	105	69	166	105
23-34.....	75	95	173	116	178	105	197	108	112	131	123	86	155	161
35-50.....	47	80	168	103	195	97	189	183	131	125	122	88	125	275
51-64.....	18	124	232	119	204	123	228	103	166	152	194	89	140	184
65-74.....	12	80	163	83	144	97	164	81	122	94	135	73	93	213
75 AND OVER.....	3	68	100	44	115	60	98	103	65	71	86	48	91	94
FEMALES:														
9-11.....	17	81	213	93	101	97	145	104	129	138	115	85	119	188
12-14.....	27	92	158	67	68	77	97	114	110	122	102	73	116	234
15-18.....	15	87	148	67	62	69	93	79	110	120	91	63	121	91
19-22.....	38	96	195	113	75	73	166	121	110	141	128	68	165	98
23-34.....	86	73	122	66	62	66	135	129	98	100	93	48	88	150
35-50.....	36	80	148	55	61	70	138	60	115	97	130	55	78	78
51-64.....	15	102	165	93	131	88	145	173	126	127	114	63	118	153
65-74.....	35	67	108	70	93	74	100	173	104	101	112	65	71	236
75 AND OVER.....	15	74	131	88	91	69	120	79	91	133	104	66	131	118
ALL INDIVIDUALS...	3/653	87	173	98	113	94	148	131	123	136	118	79	132	172

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-16.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS, CENTRAL CITIES

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.....	3/126	91	154	140	160	182	175	244	233	275	139	122	177	272
1-2.....	3/166	98	214	97	55	121	124	154	156	201	111	111	184	152
3-5.....	274	91	196	92	76	99	118	154	139	171	126	95	143	140
6-8.....	324	80	200	104	114	90	136	147	126	152	112	91	138	175
MALES:														
9-11.....	105	76	188	92	92	79	121	130	113	131	105	89	134	196
12-14.....	97	77	180	78	72	66	106	101	119	128	107	79	142	200
15-18.....	144	86	182	89	91	75	125	136	132	136	131	94	152	171
19-22.....	112	83	179	122	152	78	184	128	113	128	127	79	172	136
23-34.....	229	88	172	115	176	88	187	122	128	131	127	91	158	145
35-50.....	116	73	152	81	148	76	150	136	111	101	119	67	122	201
51-64.....	118	71	145	87	129	77	148	116	100	107	128	63	136	110
65-74.....	62	80	154	89	146	76	154	115	123	123	122	67	146	118
75 AND OVER.....	62	60	97	72	89	55	114	69	71	82	88	36	95	97
FEMALES:														
9-11.....	101	78	188	93	91	81	128	138	114	136	107	77	155	146
12-14.....	110	91	176	72	67	74	100	120	124	138	124	77	125	162
15-18.....	184	90	163	62	64	66	91	144	118	125	119	64	117	149
19-22.....	171	86	171	82	66	68	131	136	107	118	137	67	155	133
23-34.....	413	74	130	56	58	63	105	101	112	93	108	53	82	118
35-50.....	246	76	147	59	59	66	114	113	109	96	122	53	107	116
51-64.....	231	75	135	75	101	70	117	164	101	109	107	51	117	127
65-74.....	160	76	138	72	104	70	111	253	106	112	120	60	166	159
75 AND OVER.....	100	86	123	76	93	71	106	171	103	107	100	53	86	152
ALL INDIVIDUALS...	3/3,649	82	164	85	95	81	127	141	122	131	118	75	133	150

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-17.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, CENTRAL CITIES

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/59	95	161	156	189	191	187	233	285	313	153	127	192	244
1-2.....	3/113	98	214	92	50	116	119	131	151	192	107	111	172	166
3-5.....	181	91	197	94	76	96	120	163	145	176	129	95	139	136
6-8.....	199	81	200	108	113	90	136	142	124	157	112	90	141	180
MALES:														
9-11.....	53	80	200	103	99	83	132	134	116	136	100	90	137	188
12-14.....	63	77	181	82	74	66	110	105	118	133	103	77	160	181
15-18.....	75	92	198	103	97	81	139	166	151	151	131	93	177	179
19-22.....	49	87	181	119	174	82	189	116	126	131	128	85	188	150
23-34.....	86	92	188	105	192	91	194	99	136	150	149	123	192	142
35-50.....	47	73	155	74	140	66	141	102	107	95	126	68	126	128
51-64.....	30	84	153	89	157	86	154	104	127	115	122	68	130	101
65-74.....	25	90	169	115	169	85	180	154	144	157	131	80	178	126
75 AND OVER.....	15	67	109	55	104	57	106	130	80	95	109	53	202	83
FEMALES:														
9-11.....	66	78	189	100	89	81	132	144	120	142	109	81	160	142
12-14.....	55	91	170	71	70	75	100	145	134	140	118	80	128	169
15-18.....	110	93	165	58	67	66	91	164	123	118	117	63	119	166
19-22.....	94	91	180	82	72	72	137	89	116	123	149	76	128	140
23-34.....	235	82	146	59	62	63	115	100	119	101	123	60	94	118
35-50.....	132	76	151	60	60	67	119	113	116	100	122	56	98	97
51-64.....	100	81	146	77	114	74	123	199	117	121	111	58	134	160
65-74.....	59	76	133	70	99	67	118	241	97	130	123	58	259	146
75 AND OVER.....	26	79	122	66	88	64	102	183	99	100	101	50	92	153
ALL INDIVIDUALS...	3/1,871	85	174	86	95	83	130	140	130	141	122	80	142	150

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-18.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, CENTRAL CITIES

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/67	86	148	126	134	174	164	254	187	242	127	117	163	297
1-2.....	3/53	97	213	107	65	131	133	201	165	219	119	111	210	121
3-5.....	93	90	195	88	76	104	114	137	127	164	121	93	151	146
6-8.....	124	77	199	99	115	92	135	155	130	145	112	93	133	168
MALES:														
9-11.....	52	72	177	81	85	76	110	126	109	127	111	88	132	205
12-14.....	34	77	178	71	69	65	100	93	120	120	114	84	109	234
15-18.....	79	81	165	73	84	70	110	104	112	120	131	96	126	163
19-22.....	63	80	178	124	134	76	181	138	103	125	126	73	159	125
23-34.....	143	85	163	121	165	87	182	136	124	120	113	72	138	147
35-50.....	69	74	150	86	153	82	156	159	114	106	114	67	120	250
51-64.....	88	67	143	87	119	74	146	121	91	104	130	62	138	113
65-74.....	37	74	145	73	131	70	137	90	110	101	117	59	125	112
75 AND OVER.....	47	58	93	77	84	55	117	49	68	78	81	31	61	102
FEMALES:														
9-11.....	34	78	184	81	96	81	121	127	103	122	102	69	146	152
12-14.....	55	91	182	74	64	73	101	96	114	136	131	75	121	156
15-18.....	74	86	159	69	60	65	91	114	112	137	122	65	115	123
19-22.....	77	80	159	82	59	63	125	195	96	112	122	57	188	125
23-34.....	178	64	110	52	52	62	92	101	102	82	88	43	65	118
35-50.....	114	77	142	58	56	65	107	112	101	92	121	50	118	138
51-64.....	131	70	128	73	91	66	112	136	88	100	104	46	105	101
65-74.....	101	76	141	74	107	72	107	261	111	102	119	62	112	167
75 AND OVER.....	73	88	123	79	94	73	108	166	105	109	100	54	83	152
ALL INDIVIDUALS...	3/1,778	78	154	83	95	80	125	142	112	122	113	69	124	150

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE. 3.3-19.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY.1/ 1979-80

TOTAL RESPONDENTS, SUBURBAN AREAS

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.....	3/89	103	177	160	111	226	219	236	201	278	98	123	254	161
1-2.....	3/143	115	283	125	59	148	154	148	159	247	144	130	192	137
3-5.....	192	102	233	110	93	110	135	149	155	209	151	108	192	143
6-8.....	244	91	250	133	137	109	165	139	135	179	122	93	165	140
MALES:														
9-11.....	97	101	227	149	126	127	172	135	125	172	103	95	192	186
12-14.....	157	103	244	123	117	104	150	97	120	167	125	106	218	113
15-18.....	200	111	195	118	109	91	154	146	138	160	122	91	213	188
19-22.....	21	78	174	116	141	84	190	96	103	116	124	78	156	148
23-34.....	145	85	157	77	144	80	157	82	107	111	135	75	157	119
35-50.....	195	85	174	107	182	107	181	100	90	109	129	71	183	84
51-64.....	179	74	141	73	149	104	160	65	105	96	126	66	107	135
65-74.....	21	82	159	93	152	77	165	106	128	121	120	73	151	203
75 AND OVER.....	16	89	134	70	151	80	141	117	136	121	141	83	101	121
FEMALES:														
9-11.....	114	75	192	104	100	84	127	114	113	146	109	75	148	87
12-14.....	160	94	168	86	76	86	104	122	118	146	107	69	144	133
15-18.....	244	91	156	83	69	81	103	93	107	140	99	57	138	136
19-22.....	76	86	167	94	64	69	139	147	97	132	115	64	214	107
23-34.....	296	71	142	70	63	82	111	104	85	107	121	50	127	117
35-50.....	248	67	131	50	57	71	99	76	95	82	120	47	85	134
51-64.....	112	77	149	65	110	71	113	138	107	102	117	56	118	133
65-74.....	71	74	131	60	105	67	105	117	96	108	129	63	133	145
75 AND OVER.....	97	85	149	56	103	66	103	73	107	94	137	50	100	127
ALL INDIVIDUALS...	3/3,117	88	182	95	103	97	138	115	117	143	122	77	157	133

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-20.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, SUBURBAN AREAS

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.....	3/18	107	185	184	194	244	233	372	293	350	162	143	236	326
1-2.....	3/54	105	248	117	47	136	142	156	142	215	107	113	184	116
3-5.....	78	106	229	103	86	115	134	142	171	198	151	115	163	210
6-8.....	76	102	278	134	134	107	185	109	185	193	133	111	175	220
MALES:														
9-11.....	18	77	182	89	93	79	126	119	115	122	86	75	106	103
12-14.....	17	72	161	66	79	61	105	86	119	134	98	89	157	90
15-18.....	37	91	163	86	103	80	131	110	127	138	112	86	169	82
19-22.....	3	66	150	101	131	62	150	129	85	102	103	62	133	136
23-34.....	17	64	154	67	131	58	133	75	104	96	110	60	106	76
35-50.....	11	70	135	81	143	82	149	73	105	97	106	55	112	63
51-64.....	12	75	150	69	143	64	131	99	115	115	121	59	107	94
65-74.....	8	84	163	95	178	77	159	124	141	137	143	74	175	106
75 AND OVER.....	8	93	120	77	178	105	158	133	172	148	146	113	107	147
FEMALES:														
9-11.....	32	80	191	107	115	93	130	137	130	168	131	102	185	123
12-14.....	24	82	158	79	70	84	107	77	122	151	109	75	149	114
15-18.....	23	77	161	52	61	68	88	82	107	105	139	63	97	133
19-22.....	32	90	175	111	62	76	140	108	120	141	106	66	135	129
23-34.....	90	76	130	70	60	77	112	157	110	117	122	56	160	176
35-50.....	38	95	171	67	68	77	138	101	159	117	128	72	95	147
51-64.....	43	76	149	65	111	74	116	199	99	105	120	65	117	172
65-74.....	18	80	164	81	98	70	133	106	107	118	155	68	108	169
75 AND OVER.....	24	88	162	90	101	79	130	95	123	133	148	64	95	100
ALL INDIVIDUALS...	3/683	89	187	94	94	94	136	132	139	154	126	85	149	155

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-21.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, SUBURBAN AREAS

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.....	3/70	102	175	154	89	222	215	200	177	259	82	118	258	117
1-2.....	3/93	121	304	129	67	155	161	143	169	265	166	140	197	150
3-5.....	113	99	236	115	98	106	135	153	144	217	151	104	212	97
6-8.....	168	87	238	133	139	110	156	152	112	172	117	85	161	103
MALES:														
9-11.....	79	106	237	162	133	138	183	139	127	183	107	100	211	205
12-14.....	140	107	254	130	121	109	156	98	120	171	128	108	225	116
15-18.....	164	115	202	126	111	93	159	154	140	165	125	92	222	212
19-22.....	18	81	178	119	143	89	198	90	106	118	128	81	161	151
23-34.....	128	87	157	78	146	83	160	83	107	113	138	77	164	124
35-50.....	184	86	176	109	185	109	183	102	89	110	130	72	188	85
51-64.....	167	74	140	73	150	107	162	63	104	95	127	66	107	138
65-74.....	13	81	157	92	137	77	169	96	121	112	106	73	138	257
75 AND OVER.....	8	85	146	65	127	58	126	103	104	95	137	55	96	98
FEMALES:														
9-11.....	82	73	192	103	95	80	125	105	106	137	101	65	134	73
12-14.....	136	96	170	87	77	87	103	130	118	145	106	68	143	136
15-18.....	221	93	155	86	70	82	104	94	107	144	95	56	143	137
19-22.....	44	84	161	81	66	64	139	175	81	125	121	63	270	92
23-34.....	205	69	148	69	64	84	110	81	74	102	121	47	112	91
35-50.....	210	62	124	47	55	70	92	72	83	76	119	42	83	132
51-64.....	69	78	148	64	109	69	111	100	111	100	116	51	120	108
65-74.....	53	72	120	53	107	66	95	120	92	104	120	62	142	136
75 AND OVER.....	73	84	145	45	103	62	95	66	101	81	133	46	101	135
ALL INDIVIDUALS...	3/2,434	88	181	96	106	97	138	110	111	139	121	74	159	127

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-22.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS, NONMETROPOLITAN AREAS

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.....	3/49	104	185	186	165	223	224	239	252	322	124	148	308	228
1-2.....	3/119	93	208	91	54	115	119	151	150	197	110	117	175	148
3-5.....	165	86	188	94	77	101	119	142	142	180	129	93	162	157
6-8.....	145	85	219	116	115	99	151	123	126	163	118	90	140	137
MALES:														
9-11.....	75	80	199	108	101	87	141	101	122	141	103	88	135	153
12-14.....	78	80	186	85	78	72	120	83	112	131	101	85	145	132
15-18.....	108	91	185	88	91	70	133	82	123	140	128	84	190	102
19-22.....	92	92	183	141	161	82	198	89	121	145	113	72	186	93
23-34.....	142	90	174	103	180	93	184	87	134	132	138	87	190	100
35-50.....	123	74	157	84	149	79	154	80	105	104	122	68	140	103
51-64.....	81	75	132	85	136	78	138	137	111	115	117	61	134	118
65-74.....	56	73	120	77	127	75	136	120	105	103	103	53	94	111
75 AND OVER.....	43	75	103	87	116	68	127	88	105	113	88	57	115	87
FEMALES:														
9-11.....	84	75	173	88	90	84	121	93	125	135	116	81	119	191
12-14.....	71	83	148	60	68	70	90	80	131	127	111	74	104	172
15-18.....	106	74	129	51	57	57	78	71	102	107	97	51	109	94
19-22.....	84	74	129	57	60	60	104	99	93	91	101	55	110	106
23-34.....	208	74	138	71	60	65	118	78	112	109	114	56	110	86
35-50.....	170	72	130	62	54	66	107	84	95	93	113	50	79	104
51-64.....	159	77	130	70	102	72	110	141	104	108	108	54	114	121
65-74.....	91	73	131	71	96	67	108	130	101	107	105	53	119	161
75 AND OVER.....	76	81	125	66	100	66	101	146	92	104	102	52	103	92
ALL INDIVIDUALS...	3/2,326	81	160	86	98	82	129	108	119	132	114	73	137	123

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-23.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, NONMETROPOLITAN AREAS

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.....	3/33	106	181	179	168	206	211	253	253	318	118	148	318	220
1-2.....	3/42	90	198	90	54	107	117	163	145	198	104	106	184	100
3-5.....	59	90	190	87	82	101	118	161	143	185	130	92	197	137
6-8.....	56	84	223	106	108	93	145	107	124	152	119	90	130	144
MALES:														
9-11.....	26	83	206	100	102	86	138	103	127	138	113	93	123	199
12-14.....	35	85	187	81	78	74	117	89	118	136	111	92	135	165
15-18.....	41	85	160	74	84	66	116	102	117	121	116	74	163	108
19-22.....	27	77	150	98	148	69	162	59	112	105	101	59	121	65
23-34.....	44	92	178	95	193	96	187	92	141	147	150	105	250	109
35-50.....	36	75	139	65	147	83	139	89	96	90	117	63	134	108
51-64.....	36	83	136	104	139	83	158	146	127	137	127	63	157	106
65-74.....	34	76	124	81	131	77	141	133	104	106	108	55	94	125
75 AND OVER.....	20	77	106	95	109	67	134	69	103	111	86	49	110	44
FEMALES:														
9-11.....	34	70	143	82	82	74	105	88	105	118	84	70	116	168
12-14.....	26	88	146	56	71	78	90	87	122	119	108	71	82	197
15-18.....	43	79	134	52	59	58	81	85	102	109	97	48	113	95
19-22.....	28	71	119	60	55	56	99	100	93	84	92	43	71	72
23-34.....	84	81	149	80	67	71	129	83	131	127	124	64	133	95
35-50.....	71	79	134	67	59	71	114	93	105	103	118	51	87	123
51-64.....	78	76	128	75	97	70	112	143	104	112	105	51	100	132
65-74.....	36	74	128	70	91	67	109	129	96	105	100	54	91	136
75 AND OVER.....	18	80	127	61	104	72	100	198	88	96	96	51	78	107
ALL INDIVIDUALS...	3/905	82	156	83	97	82	127	116	121	133	113	72	137	124

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-24.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, NONMETROPOLITAN AREAS

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.....	3/19	100	192	197	161	251	243	217	251	327	133	149	291	241
1-2.....	3/76	95	214	92	53	119	121	145	153	196	113	123	170	175
3-5.....	106	83	187	97	74	101	119	132	142	177	129	94	143	168
6-8.....	90	85	217	123	120	102	155	133	127	169	117	89	146	133
MALES:														
9-11.....	49	79	195	112	100	88	143	101	119	143	97	85	141	129
12-14.....	44	76	185	89	78	71	122	78	108	132	93	79	152	107
15-18.....	67	95	200	96	96	73	144	70	127	151	135	90	207	98
19-22.....	65	98	197	160	166	88	213	101	125	162	118	77	214	105
23-34.....	98	89	172	106	174	91	182	85	131	125	133	79	163	96
35-50.....	87	74	164	92	150	79	161	77	108	109	125	70	143	101
51-64.....	45	69	128	69	133	74	122	131	98	98	108	60	115	127
65-74.....	21	69	114	72	121	70	128	99	106	97	95	50	93	87
75 AND OVER.....	23	73	101	80	123	68	121	105	106	115	89	63	119	123
FEMALES:														
9-11.....	50	79	192	93	96	91	131	97	138	146	137	89	122	206
12-14.....	45	81	149	62	66	66	89	75	136	132	112	76	117	158
15-18.....	63	71	125	50	55	56	76	60	102	106	97	53	106	93
19-22.....	56	76	133	55	62	62	107	98	93	95	105	61	130	123
23-34.....	123	69	130	66	55	61	110	75	99	97	108	52	94	79
35-50.....	99	66	128	58	51	62	102	77	88	86	110	49	73	91
51-64.....	81	78	133	65	107	74	109	139	104	105	111	57	126	111
65-74.....	55	71	134	72	99	67	108	130	102	108	108	52	137	177
75 AND OVER.....	57	81	124	68	99	65	102	129	93	106	104	53	111	87
ALL INDIVIDUALS...	3/1,422	80	162	87	98	81	130	193	117	131	115	74	137	122

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-25.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS, WHITES

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/173	98	169	156	129	235	203	209	213	281	110	123	234	205
1-2.....	3/237	106	250	115	60	134	141	149	160	234	132	127	190	140
3-5.....	393	95	211	105	85	108	129	144	146	194	139	101	173	152
6-8.....	441	85	226	122	126	101	153	139	131	167	118	91	150	146
MALES:														
9-11.....	179	92	215	131	114	109	158	122	122	159	104	94	175	176
12-14.....	222	96	227	113	105	96	142	90	120	156	118	100	194	131
15-18.....	286	105	195	111	104	86	150	123	133	154	128	92	201	173
19-22.....	104	87	180	142	163	88	208	89	122	145	125	76	196	129
23-34.....	377	88	166	107	170	91	181	100	126	130	134	85	170	126
35-50.....	339	83	170	99	173	98	174	91	101	109	129	71	164	100
51-64.....	277	72	133	83	138	96	154	65	102	102	118	62	110	119
65-74.....	85	77	140	88	141	80	152	118	118	118	116	64	118	111
75 AND OVER.....	86	70	104	83	111	67	131	84	94	104	95	50	114	100
FEMALES:														
9-11.....	191	78	187	105	96	86	131	103	121	147	114	77	140	137
12-14.....	228	93	168	81	73	82	102	108	120	141	110	70	134	144
15-18.....	349	88	153	77	66	75	98	87	105	135	101	56	130	126
19-22.....	171	89	166	91	68	72	138	108	102	129	125	63	178	101
23-34.....	594	71	135	69	61	74	112	92	101	105	114	52	112	107
35-50.....	452	70	132	56	56	71	106	75	96	88	121	48	84	122
51-64.....	281	70	125	69	94	69	109	103	93	98	102	47	89	104
65-74.....	208	76	134	69	105	70	112	156	98	111	121	58	165	147
75 AND OVER.....	204	83	132	64	101	69	104	106	102	100	117	51	95	117
ALL INDIVIDUALS...	3/5,877	84	170	93	102	91	136	110	118	138	119	74	146	131

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-26.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, WHITES

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/47	112	183	186	193	214	217	260	290	346	140	141	264	263
1-2.....	3/90	101	231	111	53	126	136	157	147	216	109	119	199	120
3-5.....	145	102	218	109	87	115	139	164	163	204	144	111	185	195
6-8.....	146	95	251	127	121	101	168	119	154	176	126	104	157	215
MALES:														
9-11.....	37	77	193	97	94	82	132	90	115	130	99	84	125	166
12-14.....	47	81	184	87	78	72	122	77	119	140	105	89	157	159
15-18.....	72	90	174	91	91	74	133	97	120	138	121	85	184	114
19-22.....	36	82	164	125	178	85	188	79	121	133	124	78	180	107
23-34.....	89	85	173	109	191	91	187	99	135	159	151	117	219	128
35-50.....	49	79	145	70	157	84	148	69	110	94	124	66	119	102
51-64.....	44	81	135	102	138	86	157	98	128	126	123	59	133	85
65-74.....	39	85	150	101	164	88	167	158	134	139	129	71	136	109
75 AND OVER.....	27	81	110	85	136	80	140	116	128	129	109	70	178	89
FEMALES:														
9-11.....	61	81	185	115	96	90	141	102	125	158	114	86	157	149
12-14.....	33	85	151	59	69	81	95	78	118	121	110	71	96	159
15-18.....	55	82	150	56	62	64	87	74	102	112	119	56	105	121
19-22.....	71	93	176	102	72	82	142	81	111	139	139	73	151	97
23-34.....	199	77	138	75	63	75	121	107	123	122	124	61	144	148
35-50.....	111	83	145	69	62	78	131	76	122	108	126	60	88	124
51-64.....	119	78	138	75	102	72	119	136	102	112	111	54	114	132
65-74.....	67	81	142	80	105	75	130	205	102	131	127	60	238	171
75 AND OVER.....	46	82	144	74	101	77	117	146	112	114	128	57	89	108
ALL INDIVIDUALS...	3/1,630	87	173	95	101	90	140	120	132	149	125	82	156	146

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-27.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, WHITES

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FOOD ENERGY	PROTEIN	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	VITAMIN A VALUE	THIAMIN	RIBOFLAVIN	PREFORMED NIACIN2/	VITAMIN B6	VITAMIN B12	VITAMIN C
MALES AND FEMALES:														
UNDER 1.....	3/127	94	163	145	105	202	198	190	184	257	99	117	224	184
1-2.....	3/147	109	262	118	65	140	145	145	167	245	145	131	184	152
3-5.....	248	91	207	102	83	104	124	132	136	188	135	96	166	127
6-8.....	295	80	213	119	128	101	146	149	120	162	113	85	147	112
MALES:														
9-11.....	141	96	220	140	119	116	165	130	124	167	105	96	188	179
12-14.....	175	100	238	119	112	102	148	94	120	161	122	102	204	124
15-18.....	214	110	202	118	108	90	156	132	138	160	130	94	207	192
19-22.....	69	90	188	151	154	90	219	94	122	151	125	74	204	141
23-34.....	288	89	164	107	163	91	180	101	123	121	128	75	155	126
35-50.....	289	83	174	104	176	100	178	95	99	111	130	72	171	99
51-64.....	233	70	132	79	138	98	154	59	97	97	118	63	105	126
65-74.....	46	70	132	76	122	73	140	84	105	101	106	57	102	113
75 AND OVER.....	59	64	100	82	100	61	126	69	78	93	89	40	85	105
FEMALES:														
9-11.....	129	76	188	99	96	85	127	103	120	141	114	73	132	131
12-14.....	195	94	170	85	73	83	103	113	120	144	110	70	140	142
15-18.....	294	89	154	81	66	77	100	89	105	139	98	56	135	127
19-22.....	100	86	158	84	66	65	136	127	96	121	115	56	198	104
23-34.....	395	68	133	66	60	73	107	85	90	97	109	47	96	87
35-50.....	341	66	128	52	54	69	98	74	88	81	119	45	83	122
51-64.....	162	64	116	65	88	66	103	78	88	88	96	41	70	84
65-74.....	141	73	130	63	105	68	103	133	96	101	118	56	131	135
75 AND OVER.....	158	83	129	60	101	67	100	94	99	96	114	50	97	120
ALL INDIVIDUALS...	3/4,246	83	168	93	102	91	135	106	113	134	117	71	142	126

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-28.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

TOTAL RESPONDENTS, BLACKS

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.....	3/74	93	164	157	179	203	197	254	262	302	151	132	209	248
1-2.....	3/182	97	215	90	49	118	120	151	150	188	108	108	170	151
3-5.....	220	89	196	87	76	95	114	163	144	171	127	94	145	135
6-8.....	254	83	209	108	116	93	140	138	126	158	112	90	139	172
MALES:														
9-11.....	97	75	187	90	92	78	120	127	114	128	104	86	118	198
12-14.....	101	78	184	77	75	64	106	106	115	129	106	80	146	161
15-18.....	147	84	170	79	90	71	116	139	131	129	124	87	150	149
19-22.....	100	75	156	87	129	64	143	125	95	99	111	70	121	115
23-34.....	118	85	175	87	162	75	166	115	125	116	127	89	145	132
35-50.....	73	70	148	71	136	69	138	132	101	95	116	68	135	138
51-64.....	95	77	160	74	142	72	144	188	112	110	142	68	155	143
65-74.....	50	78	143	82	137	68	144	115	115	109	110	61	141	150
75 AND OVER.....	34	69	106	62	97	54	102	79	89	83	93	50	69	90
FEMALES:														
9-11.....	98	74	181	81	91	74	113	145	110	126	103	77	148	139
12-14.....	106	87	166	68	69	72	97	126	130	140	121	79	122	163
15-18.....	166	89	157	55	67	64	88	152	125	119	119	65	114	153
19-22.....	152	77	151	63	59	60	112	155	98	98	121	64	135	138
23-34.....	282	79	143	57	59	63	111	102	112	98	118	57	84	114
35-50.....	197	75	148	58	58	61	109	131	112	97	115	53	109	115
51-64.....	217	84	151	73	115	73	119	214	114	118	118	62	153	153
65-74.....	111	72	135	68	95	64	100	244	108	105	112	61	108	169
75 AND OVER.....	67	88	133	74	91	65	105	201	100	105	103	54	95	157
ALL INDIVIDUALS...	3/2,940	82	168	78	92	78	123	150	123	129	117	76	132	147

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-29.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM, BLACKS

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.....	3/55	91	158	153	182	200	191	250	275	302	154	132	210	225
1-2.....	3/116	96	211	88	48	115	116	128	147	185	104	103	154	153
3-5.....	169	88	191	83	74	91	110	153	141	164	126	89	130	119
6-8.....	180	80	199	103	114	89	134	133	125	155	111	87	136	158
MALES:														
9-11.....	58	82	203	101	102	84	133	142	121	137	103	91	130	181
12-14.....	59	79	182	73	76	65	104	115	119	127	107	79	150	156
15-18.....	76	90	183	92	96	78	127	167	148	139	121	85	156	149
19-22.....	37	81	166	100	143	66	165	110	111	110	111	69	146	133
23-34.....	56	94	193	81	177	82	179	89	132	117	132	99	164	121
35-50.....	42	69	152	75	129	63	136	124	97	95	120	65	139	129
51-64.....	28	83	154	89	148	73	148	169	122	131	125	69	148	143
65-74.....	25	76	138	89	132	69	146	117	107	115	108	59	137	135
75 AND OVER.....	15	68	109	64	90	54	107	79	73	81	98	47	75	54
FEMALES:														
9-11.....	69	73	172	80	91	75	110	150	112	128	102	80	154	139
12-14.....	69	90	167	74	71	77	101	134	134	146	116	79	134	165
15-18.....	118	90	161	56	66	64	89	164	122	115	113	61	120	155
19-22.....	76	82	159	66	62	59	118	107	110	101	122	64	90	143
23-34.....	205	84	149	57	63	60	114	110	117	99	122	59	88	106
35-50.....	124	77	154	59	60	63	113	133	119	100	119	55	100	104
51-64.....	99	78	142	72	114	72	116	235	116	117	110	60	124	175
65-74.....	45	70	129	60	84	57	99	157	95	104	113	56	100	116
75 AND OVER.....	23	82	124	71	88	61	101	178	90	103	91	52	87	152
ALL INDIVIDUALS...	3/1,746	83	170	79	90	79	121	143	128	134	116	76	128	141

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.3-30.--NUTRITIVE VALUE OF FOOD
PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM, BLACKS

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.....	3/19	99	180	170	171	212	213	264	223	300	143	131	206	315
1-2.....	3/66	98	223	95	51	124	126	192	153	194	114	117	200	149
3-5.....	51	93	213	102	85	108	127	195	155	196	131	109	196	189
6-8.....	74	91	233	121	119	101	155	151	128	166	113	97	147	205
MALES:														
9-11.....	39	65	164	73	77	70	99	105	105	114	107	79	99	204
12-14.....	42	78	187	82	73	63	109	93	108	131	106	82	139	169
15-18.....	71	78	157	65	83	64	104	109	113	118	127	89	145	149
19-22.....	62	72	151	79	121	63	129	135	86	92	111	71	105	104
23-34.....	62	78	160	92	149	69	155	137	119	115	123	80	128	142
35-50.....	31	72	143	65	145	77	140	143	107	94	116	72	130	149
51-64.....	67	74	162	68	139	72	142	196	108	101	150	68	158	143
65-74.....	25	80	149	75	142	68	141	113	123	104	113	63	146	165
75 AND OVER.....	19	70	104	59	102	54	98	78	102	85	89	52	65	118
FEMALES:														
9-11.....	28	76	203	83	91	72	121	132	104	121	104	72	133	138
12-14.....	37	82	163	56	67	63	88	110	124	128	129	77	99	159
15-18.....	48	85	148	52	69	63	85	123	133	128	133	75	101	146
19-22.....	76	72	143	60	56	61	106	203	85	95	120	64	181	132
23-34.....	77	67	128	58	49	68	102	82	100	93	106	51	75	135
35-50.....	72	72	138	57	54	57	102	128	98	92	109	49	124	135
51-64.....	118	88	159	73	117	73	121	197	113	119	125	63	176	135
65-74.....	66	73	139	73	102	69	101	302	118	105	112	64	113	205
75 AND OVER.....	44	91	137	75	93	67	107	213	106	106	108	55	99	159
ALL INDIVIDUALS...	3/1,194	80	163	77	94	76	119	160	115	123	119	75	138	155

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.4-01.--NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

TOTAL RESPONDENTS

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.....	2/264	858	32.4	41.9	115.0	850	23.9	147
1-2.....	2/428	1,226	42.2	44.6	108.8	626	6.9	134
3-5.....	631	1,454	40.7	43.2	114.1	553	7.4	131
6-8.....	713	1,779	40.4	42.6	115.4	512	7.3	126
MALES:								
9-11.....	277	2,157	36.9	43.1	118.1	522	6.5	130
12-14.....	332	2,443	40.7	41.0	117.9	457	7.1	122
15-18.....	452	2,756	39.7	46.1	107.8	437	6.7	119
19-22.....	226	2,500	41.2	47.6	100.0	392	6.3	115
23-34.....	516	2,363	40.7	44.6	106.2	344	7.1	130
35-50.....	433	2,126	43.6	41.3	107.0	358	7.5	155
51-64.....	379	1,803	44.9	43.7	101.7	383	8.0	178
65-74.....	138	1,866	43.2	44.5	104.3	360	7.6	144
75 AND OVER.....	121	1,423	42.2	44.0	109.7	458	7.6	161
FEMALES:								
9-11.....	299	1,773	40.8	42.6	115.3	509	7.0	125
12-14.....	341	1,986	39.2	40.9	121.1	483	6.4	122
15-18.....	534	1,844	39.7	43.4	113.0	448	6.4	115
19-22.....	331	1,776	42.0	45.1	106.5	365	6.8	122
23-34.....	917	1,481	42.1	44.4	106.6	366	7.5	157
35-50.....	663	1,435	43.0	44.8	105.6	328	7.3	152
51-64.....	502	1,397	44.0	42.9	108.9	434	7.6	164
65-74.....	322	1,343	44.6	42.4	110.9	412	7.7	158
75 AND OVER.....	273	1,344	43.8	44.0	107.6	397	7.4	154
ALL INDIVIDUALS...	2/9,093	1,760	41.4	43.6	110.1	448	7.7	139

Continued--

TABLE 3.4-01.--NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

TOTAL RESPONDENTS

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.....	719	5,369	1.17	1.82	11.2	0.72	2.58	101
1-2.....	735	2,634	.77	1.25	8.8	.80	2.97	58
3-5.....	689	2,685	.87	1.24	10.1	.89	2.80	47
6-8.....	664	2,672	.84	1.13	9.7	.80	2.37	39
MALES:								
9-11.....	647	2,435	.76	1.07	8.7	.74	2.20	42
12-14.....	652	2,088	.71	1.00	8.8	.72	2.36	32
15-18.....	616	2,459	.71	.94	9.0	.70	2.10	36
19-22.....	602	2,354	.70	.89	9.5	.70	2.06	33
23-34.....	605	2,252	.75	.85	10.1	.78	2.13	36
35-50.....	636	3,413	.66	.81	11.0	.74	2.66	41
51-64.....	687	2,780	.71	.85	11.2	.78	2.15	44
65-74.....	635	3,268	.77	.86	10.3	.74	2.07	46
75 AND OVER.....	720	2,847	.77	.98	10.8	.75	2.21	41
FEMALES:								
9-11.....	668	2,540	.79	1.10	10.0	.74	2.57	36
12-14.....	624	2,566	.72	.96	8.7	.68	2.00	41
15-18.....	615	2,225	.69	.93	8.6	.66	2.10	46
19-22.....	601	3,493	.67	.88	10.4	.77	3.18	48
23-34.....	621	3,128	.73	.86	10.6	.73	2.25	53
35-50.....	608	3,081	.70	.77	11.1	.71	1.97	56
51-64.....	677	4,464	.74	.95	10.5	.78	2.39	58
65-74.....	654	5,451	.78	.99	11.7	.89	3.38	71
75 AND OVER.....	625	3,746	.75	.92	11.1	.77	2.17	58
ALL INDIVIDUALS...	647	3,030	.76	.99	10.1	.76	2.39	48

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.4-02.--NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	2/107	805	32.0	42.3	113.1	877	28.8	147
1-2.....	2/208	1,176	41.7	44.5	109.2	622	6.5	131
3-5.....	318	1,482	38.6	43.9	114.4	518	6.6	126
6-8.....	331	1,818	38.8	43.5	114.9	500	6.7	120
MALES:								
9-11.....	97	2,009	38.0	44.2	114.4	487	6.4	121
12-14.....	114	2,135	39.3	42.6	115.7	465	6.7	116
15-18.....	152	2,519	40.7	44.9	108.9	445	6.9	123
19-22.....	80	2,388	40.4	45.0	107.8	387	6.9	115
23-34.....	147	2,401	43.3	45.5	100.1	313	7.5	128
35-50.....	94	1,978	41.9	44.1	102.3	290	7.2	131
51-64.....	79	2,026	40.4	43.6	107.8	371	7.6	152
65-74.....	66	1,969	42.5	45.9	104.1	366	7.9	143
75 AND OVER.....	42	1,568	40.4	42.5	116.1	409	7.6	163
FEMALES:								
9-11.....	132	1,781	39.1	43.5	114.4	507	7.0	124
12-14.....	105	1,930	39.7	41.5	118.6	474	6.5	125
15-18.....	177	1,849	40.8	44.0	109.2	368	6.4	108
19-22.....	154	1,878	42.3	44.7	107.6	365	6.7	122
23-34.....	409	1,629	40.3	46.0	105.3	345	7.2	140
35-50.....	241	1,596	42.4	44.7	106.9	325	7.1	136
51-64.....	221	1,440	43.6	42.2	109.1	443	7.6	162
65-74.....	113	1,370	45.8	42.9	108.0	421	7.3	151
75 AND OVER.....	69	1,315	46.1	40.9	112.9	446	7.3	163
ALL INDIVIDUALS...	2/3,459	1,730	40.7	44.0	109.9	443	7.6	132

Continued--

TABLE 3.4-02.--NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	706	5,818	1.32	1.92	12.8	0.70	2.35	112
1-2.....	728	2,515	.76	1.22	8.1	.76	2.95	56
3-5.....	665	2,590	.84	1.14	9.3	.83	2.40	48
6-8.....	649	2,405	.85	1.11	9.3	.80	2.37	45
MALES:								
9-11.....	638	2,630	.78	1.02	8.6	.75	1.92	43
12-14.....	646	2,680	.80	1.06	9.0	.73	2.64	40
15-18.....	629	2,915	.78	.97	9.1	.72	2.13	34
19-22.....	610	2,239	.75	.89	9.5	.71	2.16	33
23-34.....	613	1,999	.77	.90	10.8	.93	2.32	32
35-50.....	566	2,609	.71	.76	10.8	.72	2.11	36
51-64.....	614	3,189	.74	.87	10.1	.69	2.00	30
65-74.....	624	3,778	.77	.90	10.3	.75	2.05	42
75 AND OVER.....	668	3,572	.80	1.02	10.9	.86	2.97	29
FEMALES:								
9-11.....	659	2,964	.81	1.13	9.8	.80	2.94	38
12-14.....	643	2,478	.75	.99	8.9	.74	1.99	43
15-18.....	580	2,891	.71	.82	9.0	.67	1.84	50
19-22.....	588	2,335	.71	.84	10.1	.77	1.93	47
23-34.....	600	3,448	.75	.86	10.4	.77	2.39	56
35-50.....	618	2,746	.74	.79	10.2	.71	1.88	42
51-64.....	682	5,576	.77	.97	10.1	.81	2.39	71
65-74.....	701	5,649	.74	1.09	11.8	.88	4.48	62
75 AND OVER.....	676	4,801	.78	1.01	11.3	.83	2.04	58
ALL INDIVIDUALS...	640	3,164	.79	1.01	9.9	.77	2.37	49

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 3.4-03.--NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	2/157	895	32.7	41.5	116.3	831	20.5	148
1-2.....	2/219	1,273	42.7	44.8	108.4	630	7.3	136
3-5.....	313	1,426	42.8	42.4	113.8	588	8.3	135
6-8.....	382	1,746	41.7	41.9	115.9	523	7.8	132
MALES:								
9-11.....	180	2,236	36.4	42.6	120.1	541	6.6	135
12-14.....	218	2,604	41.4	40.2	119.0	514	7.3	125
15-18.....	300	2,876	39.2	46.6	107.2	434	6.6	117
19-22.....	146	2,562	41.6	49.1	95.7	394	6.0	115
23-34.....	369	2,348	39.7	44.2	108.6	356	7.0	131
35-50.....	339	2,167	44.1	40.5	108.3	377	7.6	161
51-64.....	300	1,745	46.2	43.8	100.1	386	8.1	185
65-74.....	72	1,771	43.9	43.3	104.4	354	7.2	145
75 AND OVER.....	79	1,345	43.2	44.8	106.2	485	7.5	161
FEMALES:								
9-11.....	167	1,767	42.2	41.9	116.0	510	7.0	126
12-14.....	236	2,011	39.0	40.6	122.2	487	6.4	121
15-18.....	357	1,842	39.1	43.2	114.8	488	6.4	119
19-22.....	177	1,688	41.8	45.5	105.4	364	6.8	123
23-34.....	507	1,362	43.6	43.2	107.7	382	7.8	171
35-50.....	422	1,342	43.4	44.8	104.8	329	7.5	161
51-64.....	281	1,363	44.3	43.5	108.7	427	7.6	166
65-74.....	209	1,328	43.9	42.2	112.5	407	8.0	161
75 AND OVER.....	204	1,353	43.1	45.0	105.8	381	7.4	151
ALL INDIVIDUALS...	2/5,634	1,778	41.8	43.3	110.2	451	7.7	144

Continued--

TABLE 3.4-03.--NUTRIENTS PER 1,000 KILOCALORIES
AVERAGE INTAKE PER INDIVIDUAL IN A DAY,1/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	728	5,061	1.06	1.74	10.1	0.73	2.75	94
1-2.....	741	2,747	.78	1.29	9.4	.83	2.99	59
3-5.....	715	2,782	.90	1.34	10.8	.96	3.21	47
6-8.....	676	2,903	.83	1.13	10.0	.80	2.37	34
MALES:								
9-11.....	652	2,330	.75	1.10	8.7	.74	2.35	42
12-14.....	654	1,777	.67	.98	8.8	.71	2.21	28
15-18.....	609	2,227	.67	.93	9.0	.70	2.09	37
19-22.....	598	2,417	.66	.88	9.6	.70	2.01	33
23-34.....	601	2,353	.74	.84	9.9	.72	2.05	37
35-50.....	655	3,636	.64	.83	11.1	.75	2.81	43
51-64.....	707	2,672	.70	.85	11.4	.80	2.18	47
65-74.....	645	2,799	.76	.83	10.2	.74	2.08	50
75 AND OVER.....	748	2,456	.75	.97	10.7	.69	1.81	48
FEMALES:								
9-11.....	674	2,204	.78	1.08	10.2	.70	2.27	34
12-14.....	616	2,604	.71	.94	8.6	.65	2.01	40
15-18.....	632	1,895	.68	.98	8.4	.66	2.24	44
19-22.....	612	4,496	.64	.92	10.6	.77	4.26	49
23-34.....	639	2,869	.71	.86	10.7	.70	2.13	49
35-50.....	602	3,272	.68	.76	11.7	.70	2.02	64
51-64.....	674	3,590	.72	.92	10.8	.76	2.40	48
65-74.....	628	5,343	.80	.94	11.7	.90	2.78	76
75 AND OVER.....	607	3,391	.75	.89	11.0	.76	2.22	58
ALL INDIVIDUALS...	650	2,948	.74	.98	10.2	.75	2.40	47

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 4-1.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	INDIVIDUALS EATING AWAY (PERCENT)	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
MALES AND FEMALES:									
UNDER 1.....	2/264	4.7	0.6	0.9	0.7	0.6	0.6	0.3	0.8
1-2.....	2/428	19.3	7.4	8.5	7.1	7.1	5.9	7.9	7.4
3-5.....	631	28.0	11.9	11.6	12.0	12.0	12.5	10.7	11.3
6-8.....	713	48.8	21.0	21.8	21.0	21.0	25.5	18.3	21.1
MALES:									
9-11.....	277	55.0	25.0	25.9	24.9	24.8	29.8	23.1	24.9
12-14.....	332	53.6	22.2	21.7	23.3	22.1	22.3	20.4	21.6
15-18.....	452	58.7	24.2	23.6	23.3	25.7	24.5	22.9	21.9
19-22.....	226	41.7	13.9	13.9	12.9	14.9	14.3	13.3	13.7
23-34.....	516	35.3	17.7	16.9	16.9	18.0	16.8	16.8	17.6
35-50.....	433	30.4	12.0	10.5	13.0	12.1	12.6	9.7	10.1
51-64.....	379	29.9	9.4	9.0	12.7	8.3	10.3	6.7	6.8
65-74.....	138	5.1	1.8	2.2	1.6	1.8	1.7	1.9	1.7
75 AND OVER.....	121	7.3	3.0	3.4	3.1	2.8	2.3	2.6	2.9
FEMALES:									
9-11.....	299	61.0	25.6	25.6	26.2	25.4	32.0	21.1	25.2
12-14.....	341	58.2	21.3	19.9	21.3	21.8	24.6	16.5	20.4
15-18.....	534	60.0	25.9	23.1	24.8	28.0	28.8	22.9	24.5
19-22.....	331	33.9	17.8	18.9	18.4	16.7	15.6	17.1	15.9
23-34.....	917	25.3	13.1	12.6	13.0	12.9	10.7	12.1	10.5
35-50.....	663	19.2	7.1	6.8	6.8	7.6	6.1	7.0	6.6
51-64.....	502	14.7	6.0	5.9	6.3	5.7	5.3	6.0	5.5
65-74.....	322	6.5	3.2	3.4	3.0	3.2	2.5	2.9	2.7
75 AND OVER.....	273	6.7	3.0	3.2	3.1	2.7	2.3	2.9	2.6
ALL INDIVIDUALS.....	2/9,093	33.4	14.2	13.9	14.2	14.3	14.7	12.8	13.3

Continued--

TABLE 4-1.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1979-80

TOTAL RESPONDENTS

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.....	0.8	1.0	0.4	0.4	0.4	0.7	0.7	0.3
1-2.....	7.5	5.5	6.2	6.9	8.7	7.7	8.3	5.2
3-5.....	12.1	11.8	10.7	11.9	11.0	11.2	11.7	10.7
6-8.....	22.8	20.5	18.6	22.2	19.2	19.1	22.0	19.0
MALES:								
9-11.....	26.7	27.1	23.4	27.1	23.3	24.8	28.2	28.1
12-14.....	22.8	18.6	20.0	21.6	19.9	20.8	22.2	22.5
15-18.....	24.5	20.2	21.4	22.8	23.6	24.5	23.9	20.3
19-22.....	14.0	12.3	11.1	13.8	13.3	13.5	16.1	13.3
23-34.....	17.4	15.9	16.3	16.9	17.7	17.6	16.3	16.2
35-50.....	11.6	12.2	11.2	12.4	10.3	10.2	12.6	12.3
51-64.....	7.8	7.6	8.1	10.8	9.6	7.8	13.5	6.6
65-74.....	2.0	1.1	1.7	1.9	2.5	2.0	1.8	1.2
75 AND OVER.....	3.0	3.3	2.9	2.7	3.4	2.9	1.8	4.0
FEMALES:								
9-11.....	27.6	23.8	22.3	26.8	20.9	21.9	27.9	22.6
12-14.....	21.5	22.0	17.4	22.3	17.8	18.2	23.1	18.9
15-18.....	26.5	25.1	22.3	26.1	22.1	25.0	23.9	20.2
19-22.....	17.1	16.6	15.3	16.2	17.2	16.4	19.0	15.3
23-34.....	11.9	11.2	12.1	11.5	11.4	12.7	11.8	10.4
35-50.....	6.7	7.0	6.6	6.7	6.6	6.8	6.2	6.5
51-64.....	6.0	6.2	4.9	5.3	5.9	5.7	6.1	4.4
65-74.....	3.0	3.0	2.4	2.5	3.0	3.1	2.9	3.3
75 AND OVER.....	3.0	2.7	2.6	2.5	3.0	2.7	3.0	2.4
ALL INDIVIDUALS.....	14.2	13.2	12.5	14.0	13.0	13.3	14.4	12.5

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 4-2.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	INDIVIDUALS EATING AWAY (PERCENT)	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
MALES AND FEMALES:									
UNDER 1.....	2/107	5.3	0.9	1.2	1.0	0.9	1.2	0.3	0.9
1-2.....	2/208	16.9	6.3	6.1	5.8	7.0	5.6	5.5	6.3
3-5.....	318	34.6	13.9	13.1	14.3	14.1	15.5	12.1	13.3
6-8.....	331	55.9	24.4	25.7	24.6	24.3	32.1	20.8	24.9
MALES:									
9-11.....	97	69.2	34.0	34.6	34.7	33.5	39.3	31.9	34.9
12-14.....	114	52.1	23.3	23.8	25.1	22.1	26.5	21.7	23.9
15-18.....	152	50.6	20.5	20.9	21.0	20.3	19.8	20.0	19.4
19-22.....	80	26.4	10.1	9.2	10.0	10.4	11.5	8.5	9.6
23-34.....	147	25.6	9.5	9.4	8.6	9.8	10.4	9.3	10.1
35-50.....	94	25.1	11.8	11.6	11.0	11.8	11.4	11.0	11.5
51-64.....	79	13.7	3.2	3.3	3.2	3.3	2.4	3.9	4.4
65-74.....	66	3.5	.8	1.3	.7	.7	.7	.8	.9
75 AND OVER.....	42	14.9	6.5	7.3	6.8	6.0	4.9	6.2	6.3
FEMALES:									
9-11.....	132	52.0	25.4	26.1	26.1	25.0	30.3	20.7	24.0
12-14.....	105	69.1	29.2	30.4	31.5	28.4	35.8	26.3	30.8
15-18.....	177	47.8	23.7	22.6	23.2	24.5	26.0	21.7	24.4
19-22.....	154	28.9	15.1	15.3	15.1	15.4	12.6	12.6	13.7
23-34.....	409	23.1	12.0	11.9	12.1	11.8	11.3	11.3	11.3
35-50.....	241	15.7	6.0	5.3	5.5	6.6	5.4	5.6	5.9
51-64.....	221	11.7	6.5	6.6	7.5	5.6	5.4	6.8	5.9
65-74.....	113	8.3	3.8	3.9	3.5	3.7	3.1	3.1	3.0
75 AND OVER.....	69	4.4	2.9	2.9	2.9	2.8	2.8	2.8	2.8
ALL INDIVIDUALS.....	2/3,459	31.3	14.0	14.0	14.1	13.9	15.2	12.6	13.8

Continued--

TABLE 4-2.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	1.2	0.4	0.5	0.7	0.4	0.8	1.2	0.4
1-2.....	5.5	5.9	5.9	5.5	5.4	5.8	5.4	6.9
3-5.....	14.2	13.4	12.5	14.2	12.4	12.8	13.8	12.3
6-8.....	27.5	25.4	21.6	27.1	21.9	22.1	27.3	22.5
MALES:								
9-11.....	36.1	35.2	30.8	35.1	31.8	32.1	38.2	39.0
12-14.....	24.5	23.8	20.4	24.0	21.6	22.6	25.6	23.8
15-18.....	20.3	17.0	18.7	19.6	21.5	19.0	21.7	21.1
19-22.....	10.5	10.2	8.5	10.4	8.1	9.5	11.0	9.4
23-34.....	9.9	8.8	8.9	9.5	8.9	9.6	8.9	5.7
35-50.....	11.6	10.7	10.8	11.2	12.0	11.9	11.6	9.9
51-64.....	3.2	3.0	2.6	2.7	4.3	2.9	3.5	3.2
65-74.....	1.0	.4	.6	.8	1.4	1.3	.6	.2
75 AND OVER.....	6.7	8.0	7.1	6.3	7.9	6.8	4.2	8.5
FEMALES:								
9-11.....	26.8	25.0	21.6	26.1	21.2	21.1	26.3	24.4
12-14.....	31.1	32.3	25.0	31.7	27.3	27.7	32.5	27.0
15-18.....	24.5	24.2	21.7	23.9	21.8	23.4	22.3	25.2
19-22.....	13.6	12.4	12.1	12.4	13.4	13.1	12.9	13.3
23-34.....	11.6	10.7	11.2	11.4	11.8	11.5	11.2	12.2
35-50.....	5.8	6.6	5.4	5.3	5.2	6.0	4.5	6.7
51-64.....	6.1	8.2	4.8	5.5	7.1	7.3	7.3	5.9
65-74.....	3.3	3.2	3.1	2.9	3.5	3.2	3.2	2.7
75 AND OVER.....	2.9	3.0	2.9	2.9	2.7	2.9	3.2	2.9
ALL INDIVIDUALS.....	14.3	13.8	12.4	14.0	13.0	13.1	14.2	13.5

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 4-3.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	INDIVIDUALS EATING AWAY (PERCENT)	FOOD ENERGY	PROTEIN	FAT	CARBO-HYDRATE	CALCIUM	IRON	MAGNESIUM
MALES AND FEMALES:									
UNDER 1.....	2/157	4.4	0.4	0.7	0.4	0.4	0.2	0.3	0.6
1-2.....	2/219	21.6	8.4	10.8	8.3	7.2	6.1	10.2	8.5
3-5.....	313	21.3	9.9	10.1	9.7	9.9	9.5	9.3	9.3
6-8.....	382	42.5	18.0	18.3	17.9	18.2	19.7	16.2	17.8
MALES:									
9-11.....	180	47.3	20.2	21.2	19.6	20.1	24.7	18.4	19.5
12-14.....	218	54.4	21.6	20.6	22.3	22.0	20.1	19.7	20.3
15-18.....	300	62.8	26.0	25.0	24.5	28.5	26.8	24.4	23.1
19-22.....	146	50.1	16.0	16.5	14.5	17.3	15.8	15.9	15.9
23-34.....	369	39.1	21.0	20.0	20.2	21.3	19.4	19.8	20.6
35-50.....	339	31.8	12.0	10.2	13.5	12.2	13.0	9.4	9.7
51-64.....	300	34.1	11.0	10.5	15.2	9.7	12.3	7.5	7.4
65-74.....	72	6.6	2.7	3.1	2.5	2.9	2.5	2.9	2.5
75 AND OVER.....	79	3.2	1.1	1.2	1.0	1.1	.9	.7	1.1
FEMALES:									
9-11.....	167	68.2	25.7	25.2	26.4	25.6	33.2	21.4	26.2
12-14.....	236	53.4	17.7	15.3	16.8	18.9	19.6	12.1	15.8
15-18.....	357	66.0	26.9	23.4	25.6	29.7	30.1	23.5	24.5
19-22.....	177	38.2	20.2	21.9	21.2	17.9	18.2	21.0	17.9
23-34.....	507	27.0	13.9	13.2	13.7	13.9	10.1	12.8	10.7
35-50.....	422	21.2	7.8	7.7	7.6	8.1	6.5	7.8	7.0
51-64.....	281	17.2	5.6	5.4	5.5	5.7	5.2	5.3	5.2
65-74.....	209	5.5	2.9	3.2	2.8	2.9	2.2	2.8	2.6
75 AND OVER.....	204	7.5	3.0	3.3	3.2	2.7	2.2	2.9	2.5
ALL INDIVIDUALS.....	2/5,634	34.7	14.3	13.8	14.3	14.6	14.4	12.9	13.0

Continued--

TABLE 4-3.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
PERCENTAGE OF DAY'S1/ INTAKE PER INDIVIDUAL, 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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	0.5	1.4	0.3	0.2	0.4	0.6	0.3	0.2
1-2	9.4	5.1	6.5	8.1	11.8	9.5	11.1	3.7
3-5	9.9	10.2	8.8	9.6	9.5	9.5	9.6	9.1
6-8	18.7	16.3	16.1	17.9	17.0	16.4	17.4	15.9
MALES:								
9-11	21.6	22.7	19.4	22.7	18.7	20.9	22.7	22.3
12-14	21.8	15.8	19.8	20.3	19.1	19.8	20.5	21.9
15-18	26.6	21.8	22.8	24.4	24.6	27.3	25.0	19.9
19-22	16.0	13.4	12.6	15.6	16.1	15.7	18.9	15.5
23-34	20.3	18.8	19.2	19.9	21.2	20.8	19.2	20.4
35-50	11.6	12.7	11.2	12.8	9.8	9.7	12.9	12.9
51-64	9.1	8.8	9.5	12.9	10.9	9.1	16.2	7.4
65-74	2.8	1.7	2.6	2.9	3.5	2.7	2.8	2.2
75 AND OVER	1.0	.8	.7	.7	.9	.8	.5	1.5
FEMALES:								
9-11	28.3	22.8	22.8	27.4	20.6	22.6	29.2	21.2
12-14	17.3	17.4	14.0	18.1	13.6	14.0	18.9	15.4
15-18	27.4	25.5	22.6	27.2	22.2	25.8	24.8	17.7
19-22	20.1	20.2	18.0	19.5	20.5	19.3	24.3	17.0
23-34	12.1	11.6	12.8	11.6	11.0	13.6	12.3	8.9
35-50	7.2	7.2	7.2	7.6	7.4	7.2	7.2	6.4
51-64	5.9	4.7	4.9	5.2	5.0	4.5	5.3	3.2
65-74	2.8	2.8	2.1	2.3	2.8	3.0	2.7	3.7
75 AND OVER	3.0	2.6	2.5	2.4	3.0	2.6	2.9	2.2
ALL INDIVIDUALS	14.2	12.9	12.6	14.0	13.1	13.5	14.5	11.9

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 5.1-1.--FREQUENCY OF EATING
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER OF TIMES IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

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.....	3/264	0.0	0.3	4.5	35.4	21.4	20.4	11.9	3.0	2.6	0.5	0.0	0.0	0.0
1-2.....	3/428	.1	2.1	36.0	32.9	15.3	7.3	3.6	.9	1.1	.0	.6	.0	.0
3-5.....	631	.6	2.5	42.5	32.4	13.3	5.4	3.2	.2	.0	.0	.0	.0	.0
6-8.....	713	(4)	6.4	42.8	27.5	14.8	3.7	4.4	.3	(4)	.0	.0	.0	.0
MALES:														
9-11.....	277	.2	1.1	54.3	28.0	7.4	7.8	.6	.6	.0	.0	.0	.0	.0
12-14.....	332	.0	4.6	39.4	31.1	12.8	11.6	.3	.1	.2	.0	.0	.0	.0
15-18.....	452	.7	8.4	59.0	16.6	12.6	1.5	.1	.2	.0	.9	.0	.0	.0
19-22.....	226	.7	18.0	42.5	23.1	5.0	7.4	.8	2.5	.0	.0	.0	.0	.0
23-34.....	516	2.9	12.4	51.0	18.2	11.1	2.9	.4	(4)	.5	.4	.0	.0	.2
35-50.....	433	1.7	8.6	38.0	28.1	8.8	2.7	7.3	1.0	.3	3.2	.0	.1	.3
51-64.....	379	.3	18.1	32.7	27.4	7.2	.8	3.6	9.8	.0	.0	.1	.0	.0
65-74.....	138	2.0	10.8	49.0	22.8	10.5	.8	.8	.0	2.1	.0	.0	.9	.3
75 AND OVER.....	121	.0	10.1	66.6	19.0	3.2	1.0	.0	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.....	299	.1	6.0	43.4	29.5	6.1	12.6	2.3	.0	.0	.0	.0	.0	.0
12-14.....	341	1.2	4.8	44.1	21.9	25.9	1.7	.2	.1	.0	.0	.0	.0	.0
15-18.....	534	.7	20.4	46.3	26.8	4.4	.5	.8	.0	.0	.0	.0	.0	.1
19-22.....	331	3.1	13.7	52.6	18.9	7.2	1.9	.4	.0	2.0	.0	.0	.0	.0
23-34.....	917	1.9	19.6	35.4	21.8	11.5	3.4	1.9	.4	.5	(4)	3.4	.0	.1
35-50.....	663	1.1	8.7	42.5	28.0	11.0	1.2	1.5	.5	.0	.2	.0	5.4	.0
51-64.....	502	.3	7.4	47.3	27.8	13.5	1.8	1.4	.2	.2	.0	.1	.0	.0
65-74.....	322	1.0	9.0	49.1	30.9	6.4	1.3	1.6	.6	.0	.0	.0	.0	.0
75 AND OVER.....	273	.1	6.3	65.7	18.6	5.4	3.1	.8	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/9,093	.9	9.6	43.6	26.0	11.2	4.1	2.3	.8	.3	.3	.4	.4	.1

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: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 5.1-2.--FREQUENCY OF EATING
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER OF TIMES IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/107	0.0	0.0	7.4	18.7	32.1	21.3	11.1	5.4	2.7	1.2	0.0	0.0	0.0
1-2.....	3/208	.3	1.5	39.7	33.5	13.7	6.2	2.4	.6	2.2	.0	.0	.0	.0
3-5.....	318	.1	1.2	46.4	30.0	11.8	5.6	4.8	.1	.0	.0	.0	.0	.0
6-8.....	331	.1	1.7	44.3	33.0	16.2	4.4	.2	.0	.0	.0	.0	.0	.0
MALES:														
9-11.....	97	.7	2.8	40.1	41.5	12.8	1.9	.3	.0	.0	.0	.0	.0	.0
12-14.....	114	.0	10.9	38.7	39.2	4.1	6.6	.2	.3	.0	.0	.0	.0	.0
15-18.....	152	.5	12.9	46.7	23.6	12.8	2.4	.4	.7	.0	.0	.0	.0	.0
19-22.....	80	1.6	15.8	51.2	22.7	4.5	3.0	.3	.9	.0	.0	.0	.0	.0
23-34.....	147	6.3	14.7	47.5	23.2	5.7	2.3	.4	.0	.0	.0	.0	.0	.0
35-50.....	94	7.7	11.2	41.2	25.7	7.0	3.7	.4	1.5	.0	.9	.0	.0	.7
51-64.....	79	.3	9.6	26.0	42.2	7.9	1.4	10.5	2.0	.0	.0	.0	.0	.0
65-74.....	66	1.8	8.4	43.1	35.0	6.3	.4	1.6	.0	2.7	.0	.0	.0	.7
75 AND OVER.....	42	.0	9.7	52.0	33.7	3.5	1.1	.0	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.....	132	.2	5.2	39.5	40.4	10.6	4.1	.0	.0	.0	.0	.0	.0	.0
12-14.....	105	4.1	5.0	43.0	27.5	19.2	.8	.5	.0	.0	.0	.0	.0	.0
15-18.....	177	1.7	17.1	54.6	18.6	7.4	.5	.1	.0	.0	.0	.0	.0	.0
19-22.....	154	4.9	10.6	53.0	16.4	8.7	2.8	.0	.0	3.7	.0	.0	.0	.0
23-34.....	409	1.9	16.6	38.6	22.9	11.3	4.3	3.8	.2	.0	.1	.0	.0	.3
35-50.....	241	1.1	11.8	42.2	33.8	6.9	1.8	2.5	.0	.0	.0	.0	.0	.0
51-64.....	221	.6	7.9	45.0	26.2	17.0	.2	2.7	.5	.0	.0	.0	.0	.0
65-74.....	113	.4	7.1	50.1	32.2	8.3	1.9	.0	.0	.0	.0	.0	.0	.0
75 AND OVER.....	69	.0	7.0	69.6	17.5	2.1	.5	3.3	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/3,459	1.4	8.5	43.3	28.5	11.4	3.7	2.2	.4	.4	.1	.0	.0	.1

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.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 5.1-3.--FREQUENCY OF EATING
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER OF TIMES IN A DAY.2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	3/157	0.0	0.5	2.6	46.9	14.0	19.8	12.4	1.4	2.5	(4)	0.0	0.0	0.0
1-2.....	3/219	.0	2.7	32.5	32.3	16.9	8.4	4.8	1.3	.0	0.0	1.1	.0	.0
3-5.....	313	1.0	3.8	38.6	34.9	14.8	5.1	1.5	.4	.0	.0	.0	.0	.0
6-8.....	382	.0	10.5	41.5	22.7	13.6	3.1	8.1	.5	.1	.0	.0	.0	.0
MALES:														
9-11.....	180	.0	.2	62.0	20.7	4.5	11.0	.7	.9	.0	.0	.0	.0	.0
12-14.....	218	.0	1.3	39.7	26.9	17.3	14.2	.4	.0	.3	.0	.0	.0	.0
15-18.....	300	.8	6.1	65.2	13.0	12.5	1.1	.0	.0	.0	1.3	.0	.0	.0
19-22.....	146	.2	19.2	37.8	23.4	5.2	9.8	1.1	3.3	.0	.0	.0	.0	.0
23-34.....	369	1.5	11.5	52.5	16.2	13.2	3.1	.4	.1	.7	.5	.0	.0	.3
35-50.....	339	.0	7.9	37.1	28.7	9.3	2.4	9.2	.8	.3	3.8	.0	.2	.2
51-64.....	300	.3	20.4	34.5	23.5	7.0	.6	1.8	11.9	.0	.0	.1	.0	.0
65-74.....	72	2.2	12.9	54.4	11.5	14.4	1.2	.0	.0	1.7	.0	.0	1.8	.0
75 AND OVER.....	79	.0	10.4	74.5	11.2	3.1	.9	.0	.0	.0	.0	.0	.0	.0
FEMALES:														
9-11.....	167	.0	6.6	46.5	20.9	2.5	19.4	4.2	.0	.0	.0	.0	.0	.0
12-14.....	236	.0	4.7	44.6	19.3	28.9	2.2	.0	.2	.0	.0	.0	.0	.0
15-18.....	357	.1	22.0	42.3	30.8	2.9	.5	1.1	.0	.0	.0	.0	.0	.2
19-22.....	177	1.6	16.5	52.4	21.2	5.9	1.1	.7	.0	.6	.0	.0	.0	.0
23-34.....	507	1.8	22.0	32.7	20.9	11.7	2.7	.4	.5	1.0	.0	6.2	.0	.0
35-50.....	422	1.0	6.9	42.6	24.6	13.3	.9	1.0	.8	.0	.4	.0	8.4	.0
51-64.....	281	.2	7.0	49.2	29.0	10.8	3.1	.4	.0	.3	.0	.1	.0	.0
65-74.....	209	1.4	10.1	48.6	30.3	5.4	.9	2.5	.9	.0	.0	.0	.0	.0
75 AND OVER.....	204	.1	6.1	64.3	19.0	6.5	4.0	.0	.0	.0	.0	.0	.0	.0
ALL INDIVIDUALS...	3/5,634	.6	10.3	43.8	24.4	11.1	4.4	2.3	1.1	.3	.4	.6	.7	(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 0.05 BUT MORE THAN 0.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 5.2-1.--FREQUENCY OF EACH EATING OCCASION
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FREQUENCY								
		BREAKFAST			LUNCH3/			DINNER		
		0	1	2 OR MORE	0	1	2 OR MORE	0	1	2 OR MORE
MALES AND FEMALES:										
UNDER 1	6/264	13.2	82.7	4.1	33.7	61.9	4.4	57.4	41.0	1.6
1-2	6/428	4.7	94.1	1.2	17.1	81.2	1.7	53.7	45.7	.6
3-5	631	2.2	94.8	3.0	16.2	81.8	2.0	59.6	40.4	.0
6-8	713	1.6	96.0	2.4	20.6	78.9	.6	51.8	48.1	.1
MALES:										
9-11	277	4.1	93.1	2.8	11.9	86.2	1.9	65.7	33.9	.3
12-14	332	2.5	97.1	.5	14.4	85.5	.1	53.6	46.3	.1
15-18	452	13.4	86.1	.5	17.2	79.6	3.2	69.3	30.4	.3
19-22	226	16.5	83.5	.0	22.6	76.6	.8	66.4	33.6	.0
23-34	516	20.6	78.9	.5	28.5	71.2	.3	48.0	52.0	.0
35-50	433	15.1	78.0	6.9	31.9	67.7	.4	56.3	43.7	.0
51-64	379	9.7	89.7	.5	32.4	64.2	3.4	64.6	35.4	.0
65-74	138	11.3	87.0	1.7	32.1	67.5	.4	68.2	30.8	1.1
75 AND OVER	121	.3	99.2	.5	35.7	63.9	.4	41.0	59.0	.0
FEMALES:										
9-11	299	4.8	93.6	1.5	14.9	84.0	1.1	57.1	42.8	.1
12-14	341	7.6	91.8	.6	11.9	87.3	.8	55.9	44.0	.1
15-18	534	22.3	77.5	.2	16.9	82.8	.3	66.5	33.4	.1
19-22	331	24.4	73.6	2.0	28.5	71.4	.1	61.6	38.4	.0
23-34	917	31.3	67.9	.8	32.0	67.3	.7	55.9	43.8	.2
35-50	663	20.0	77.9	2.2	25.2	74.2	.5	59.7	40.2	.1
51-64	502	8.7	90.6	.7	26.0	72.6	1.5	45.2	54.8	.0
65-74	322	8.1	83.5	8.5	35.1	64.1	.8	56.1	43.9	.0
75 AND OVER	273	2.6	96.8	.6	32.2	67.5	.3	54.9	44.9	.3
ALL INDIVIDUALS	6/9,093	12.7	85.4	1.9	24.0	74.9	1.1	57.4	42.5	.2

Continued--

TABLE 5.2-1.--FREQUENCY OF EACH EATING OCCASION
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY,2/ 1979-80

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	FREQUENCY									
	SUPPER			SNACK4/					OTHER5/	
	0	1	2 OR MORE	0	1	2	3	4 OR MORE	0	1 OR MORE
MALES AND FEMALES:										
UNDER 1	54.0	45.3	0.7	34.3	25.7	24.9	8.4	6.6	59.2	40.8
1-2	46.7	52.7	.6	34.2	33.6	17.3	8.5	6.3	92.5	7.5
3-5	41.4	58.6	.0	39.8	40.0	13.1	4.1	2.9	93.3	6.7
6-8	45.3	54.7	.1	46.3	29.8	15.8	3.4	4.8	98.1	1.9
MALES:										
9-11	34.8	65.2	.0	48.8	33.1	10.6	6.4	1.1	98.3	1.7
12-14	44.5	55.3	.2	39.0	34.3	14.4	11.8	.5	97.6	2.4
15-18	35.2	64.7	.2	54.6	27.6	12.1	4.1	1.5	97.2	2.8
19-22	39.4	60.1	.5	47.2	37.0	3.9	9.2	2.7	94.6	5.4
23-34	52.6	45.0	2.4	48.0	33.3	10.0	7.1	1.5	98.1	1.9
35-50	41.1	58.1	.8	30.0	40.3	13.3	13.7	2.7	95.4	4.6
51-64	34.2	65.8	.0	45.7	27.3	12.0	1.5	13.6	97.0	3.0
65-74	22.2	77.8	.0	53.0	29.3	12.4	.8	4.5	98.4	1.6
75 AND OVER	36.7	63.3	.0	74.8	21.8	2.4	1.0	.0	98.4	1.6
FEMALES:										
9-11	40.1	59.9	.0	46.3	29.4	9.3	12.7	2.3	98.9	1.1
12-14	42.8	57.0	.1	46.9	22.5	28.0	2.1	.4	98.5	1.5
15-18	33.8	66.2	.0	54.3	37.7	6.1	.8	1.1	99.0	1.0
19-22	41.9	58.0	.2	48.1	34.2	12.3	2.3	3.1	97.4	2.6
23-34	48.7	51.1	.2	37.8	30.6	20.3	3.1	8.2	95.8	4.2
35-50	40.4	59.5	.1	40.2	28.5	21.1	3.0	7.1	96.4	3.6
51-64	48.9	50.9	.1	45.7	34.8	13.3	4.8	1.4	96.6	3.4
65-74	35.8	64.2	.0	47.9	41.4	6.8	3.3	.6	96.6	3.4
75 AND OVER	27.4	72.5	.1	64.1	25.9	6.0	4.0	.0	99.0	1.0
ALL INDIVIDUALS	41.9	57.8	.3	44.8	32.3	14.1	5.1	3.8	95.7	4.3

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 5.2-2.--FREQUENCY OF EACH EATING OCCASION
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FREQUENCY								
		BREAKFAST			LUNCH3/			DINNER		
		0	1	2 OR MORE	0	1	2 OR MORE	0	1	2 OR MORE
MALES AND FEMALES:										
UNDER 1	6/107	13.5	84.1	2.5	27.3	69.1	3.5	53.9	45.1	1.0
1-2	6/208	7.8	91.2	1.0	20.5	78.2	1.3	56.5	43.5	.0
3-5	318	3.8	92.0	4.1	13.1	82.8	4.1	55.5	44.5	.0
6-8	331	2.3	95.6	2.1	15.0	84.7	.3	54.3	45.5	.2
MALES:										
9-11	97	8.1	87.3	4.6	11.9	87.5	.6	68.4	30.8	.9
12-14	114	4.7	95.3	.0	20.6	79.4	.0	67.6	32.2	.2
15-18	152	14.6	84.5	.9	24.0	71.5	4.4	62.3	37.2	.5
19-22	80	18.7	81.3	.0	28.7	70.0	1.3	59.8	40.2	.0
23-34	147	21.3	78.4	.3	22.0	77.7	.3	67.7	32.3	.0
35-50	94	34.4	65.6	.0	42.7	57.3	.0	67.8	32.2	.0
51-64	79	18.5	81.0	.5	42.3	50.2	7.5	58.6	41.4	.0
65-74	66	9.4	87.4	3.2	26.2	73.9	.0	69.5	30.5	.0
75 AND OVER	42	.9	98.6	.5	41.0	58.0	1.0	65.4	34.6	.0
FEMALES:										
9-11	132	4.3	93.9	1.8	17.2	82.2	.7	61.3	38.7	.0
12-14	105	11.0	89.0	.0	19.7	77.6	2.7	52.9	46.7	.4
15-18	177	20.2	79.7	.1	21.8	77.5	.7	52.9	46.7	.4
19-22	154	19.1	80.6	.3	27.2	72.7	.2	62.9	37.1	.0
23-34	409	31.5	68.2	.3	33.6	65.8	.6	50.2	49.8	.0
35-50	241	25.4	74.3	.3	23.9	74.9	1.2	53.1	46.7	.2
51-64	221	7.6	90.8	1.6	27.8	69.6	2.6	51.2	48.8	.0
65-74	113	6.4	87.0	6.6	38.6	60.4	1.0	73.6	26.4	.0
75 AND OVER	69	4.6	94.4	1.0	55.5	44.5	.0	39.7	60.3	.0
ALL INDIVIDUALS	6/3,459	14.0	84.5	1.5	24.9	73.6	1.5	57.4	42.4	.2

Continued--

TABLE 5.2-2.--FREQUENCY OF EACH EATING OCCASION
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY,2/ 1979-80

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	FREQUENCY									
	SUPPER			SNACK4/					OTHER5/	
	0	1	2 OR MORE	0	1	2	3	4 OR MORE	0	1 OR MORE
MALES AND FEMALES:										
UNDER 1	58.5	41.5	0.0	45.9	26.3	13.1	5.9	8.8	44.7	55.3
1-2	41.4	58.4	.2	32.8	37.5	15.1	9.4	5.2	96.3	3.7
3-5	46.8	53.2	.0	45.2	32.7	11.7	5.6	4.8	95.2	4.8
6-8	44.3	55.6	.1	38.7	39.4	17.3	4.6	.0	97.3	2.7
MALES:										
9-11	27.8	72.2	.0	41.8	41.4	15.1	1.4	.3	97.7	2.3
12-14	29.3	70.2	.5	45.3	40.9	7.0	6.6	.2	96.5	3.5
15-18	36.2	63.3	.5	43.0	43.0	10.4	2.5	1.1	98.6	1.4
19-22	49.4	49.7	.9	44.5	43.1	5.7	5.9	.9	96.0	4.0
23-34	38.8	52.9	8.3	59.2	31.3	5.6	2.9	.9	98.0	2.0
35-50	29.9	68.7	1.4	40.1	28.0	22.5	4.0	5.4	99.3	.7
51-64	41.2	58.8	.0	30.2	31.7	20.9	4.1	13.2	92.5	7.5
65-74	23.2	76.8	.0	47.6	37.4	8.9	1.1	4.9	97.8	2.2
75 AND OVER	8.0	92.0	.0	61.4	33.5	3.9	1.1	.0	96.6	3.4
FEMALES:										
9-11	37.4	62.6	.0	38.8	42.9	13.3	5.0	.0	98.9	1.1
12-14	49.5	50.1	.4	50.1	24.5	23.1	1.9	.5	95.2	4.8
15-18	52.4	47.6	.0	49.3	41.2	8.9	.4	.1	99.9	.1
19-22	38.2	61.5	.3	50.2	29.1	13.6	2.8	4.3	98.6	1.4
23-34	47.9	51.9	.2	42.1	24.9	23.4	4.1	5.5	94.0	6.0
35-50	47.1	52.9	.0	41.6	35.3	18.0	3.0	2.1	95.7	4.3
51-64	44.1	55.7	.2	42.3	36.3	18.0	1.7	1.6	95.3	4.7
65-74	14.1	85.9	.0	43.7	46.3	7.7	2.2	.0	97.5	2.5
75 AND OVER	36.2	63.8	.0	51.2	41.5	3.1	4.2	.0	96.6	3.4
ALL INDIVIDUALS	41.5	57.9	.5	43.6	35.1	14.6	3.9	2.8	94.9	5.1

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 5.2-3.--FREQUENCY OF EACH EATING OCCASION
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY.2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS (NUMBER)	FREQUENCY								
		BREAKFAST			LUNCH3/			DINNER		
		0	1	2 OR MORE	0	1	2 OR MORE	0	1	2 OR MORE
MALES AND FEMALES:										
UNDER 1	6/157	13.1	81.7	5.2	38.1	56.9	5.0	59.8	38.2	2.0
1-2	6/219	1.8	96.9	1.3	13.9	84.0	2.1	51.0	47.8	1.1
3-5	313	.5	97.6	1.9	19.3	80.7	.0	63.7	36.3	.0
6-8	382	1.1	96.3	2.7	25.4	73.8	.8	49.6	50.4	.0
MALES:										
9-11	180	1.9	96.3	1.8	11.9	85.5	2.6	64.3	35.7	.0
12-14	218	1.3	98.0	.7	11.1	88.7	.2	46.3	53.7	.0
15-18	300	12.8	86.9	.3	13.7	83.6	2.6	72.8	27.0	.2
19-22	146	15.3	84.7	.0	19.3	80.2	.5	70.0	30.0	.0
23-34	369	20.3	79.1	.6	31.1	68.6	.2	40.1	59.9	.0
35-50	339	9.8	81.4	8.8	28.9	70.6	.5	53.1	46.9	.0
51-64	300	7.4	92.0	.6	29.8	68.0	2.2	66.1	33.9	.0
65-74	72	13.0	86.6	.4	37.6	61.6	.8	66.9	31.0	2.1
75 AND OVER	79	.0	99.5	.5	32.9	67.1	.0	27.9	72.1	.0
FEMALES:										
9-11	167	5.3	93.4	1.3	13.1	85.5	1.4	53.7	46.0	.2
12-14	236	6.0	93.1	.8	8.4	91.6	.0	57.2	42.8	.0
15-18	357	23.4	76.3	.3	14.4	85.5	.1	73.2	26.8	.0
19-22	177	29.0	67.5	3.5	29.6	70.2	.1	60.4	39.6	.0
23-34	507	31.2	67.6	1.1	30.8	68.5	.7	60.5	39.0	.4
35-50	422	16.8	80.0	3.2	25.9	73.9	.2	63.5	36.5	.0
51-64	281	9.6	90.4	.1	24.6	74.9	.5	40.5	59.5	.0
65-74	209	8.9	81.6	9.5	33.1	66.2	.7	46.6	53.4	.0
75 AND OVER	204	1.9	97.6	.5	24.3	75.2	.5	60.0	39.7	.3
ALL INDIVIDUALS	6/5,634	12.0	85.9	2.1	23.4	75.7	.9	57.3	42.5	.2

Continued--

TABLE 5.2-3.--FREQUENCY OF EACH EATING OCCASION
PERCENTAGE1/ OF INDIVIDUALS REPORTING SPECIFIED NUMBER IN A DAY.2/ 1979-80

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	FREQUENCY									
	SUPPER			SNACK4/					OTHER5/	
	0	1	2 OR MORE	0	1	2	3	4 OR MORE	0	1 OR MORE
MALES AND FEMALES:										
UNDER 1	50.9	47.8	1.2	26.4	25.3	33.0	10.1	5.1	69.1	30.9
1-2	51.8	47.2	1.1	35.6	29.9	19.5	7.6	7.4	88.9	11.1
3-5	36.1	63.9	.0	34.4	47.4	14.6	2.7	1.0	91.3	8.7
6-8	46.1	53.9	.0	52.8	21.4	14.5	2.3	8.9	98.7	1.3
MALES:										
9-11	38.6	61.4	.0	52.5	28.6	8.2	9.1	1.6	98.6	1.4
12-14	52.5	47.5	.0	35.7	30.8	18.3	14.5	.7	98.2	1.8
15-18	34.6	65.4	.0	60.5	19.8	13.0	5.0	1.8	96.5	3.5
19-22	33.9	65.8	.3	48.8	33.7	2.9	11.1	3.6	93.8	6.2
23-34	58.1	41.9	.0	43.6	34.1	11.8	8.8	1.8	98.1	1.9
35-50	44.1	55.2	.7	27.2	43.7	10.7	16.4	2.0	94.4	5.6
51-64	32.3	67.7	.0	49.8	26.1	9.7	.8	13.7	98.2	1.8
65-74	21.3	78.7	.0	58.0	21.8	15.6	.5	4.1	99.1	.9
75 AND OVER	52.2	47.8	.0	82.0	15.5	1.6	.9	.0	99.4	.6
FEMALES:										
9-11	42.3	57.7	.0	52.2	18.7	6.2	18.8	4.2	98.8	1.2
12-14	39.9	60.1	.0	45.6	21.6	30.2	2.2	.4	100.0	.0
15-18	24.5	75.5	.0	56.8	35.9	4.6	1.0	1.6	98.6	1.4
19-22	45.1	54.9	.0	46.2	38.7	11.2	1.9	2.0	96.4	3.6
23-34	49.4	50.4	.2	34.4	35.2	17.9	2.2	10.3	97.3	2.7
35-50	36.6	63.3	.1	39.4	24.7	22.9	3.0	10.0	96.8	3.2
51-64	52.7	47.2	.1	48.3	33.7	9.5	7.3	1.2	97.7	2.3
65-74	47.6	52.4	.0	50.2	38.8	6.2	3.9	.9	96.2	3.8
75 AND OVER	24.4	75.5	.1	68.4	20.7	7.0	3.9	.0	99.9	.1
ALL INDIVIDUALS	42.1	57.7	.2	45.5	30.6	13.7	5.8	4.4	96.1	3.9

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.1-1.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD INCOME2/ AND RACE

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	ALL INCOMES				UNDER $4,000				$4,000-$5,999			
	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	293	67.5	26.7	5.7	48	55.3	42.0	1.9	29	47.1	41.1	11.9
1-2.....	429	55.2	42.4	2.2	70	49.6	49.2	.6	63	43.7	56.3	.0
3-5.....	631	62.3	34.8	2.8	82	46.6	50.3	2.6	100	50.1	49.1	.8
6-8.....	713	61.8	35.6	2.5	113	32.2	63.3	4.0	133	51.4	48.4	.3
MALES:												
9-11.....	277	64.4	34.8	.7	37	20.8	76.9	2.3	40	48.0	50.2	1.8
12-14.....	332	66.7	30.4	2.9	35	25.5	68.0	6.5	35	57.6	37.5	5.0
15-18.....	452	63.3	32.6	4.0	52	24.5	73.7	1.8	53	59.8	38.0	1.3
19-22.....	226	46.2	44.0	9.8	28	69.2	26.0	4.8	43	45.3	47.8	6.9
23-34.....	516	73.1	22.9	4.1	77	64.7	33.9	1.4	55	80.9	19.1	.0
35-50.....	433	78.2	16.8	5.0	37	48.2	49.7	2.2	34	51.0	47.0	2.0
51-64.....	379	73.1	25.1	1.8	48	38.0	59.6	2.4	53	78.9	21.1	.0
65-74.....	138	61.6	36.4	2.0	72	66.2	32.1	1.7	37	56.0	44.0	.0
75 AND OVER.....	121	70.8	28.4	.8	47	55.2	44.5	.3	27	81.0	16.9	2.1
FEMALES:												
9-11.....	299	63.8	32.6	3.3	40	34.4	63.8	1.4	61	52.6	46.1	.0
12-14.....	341	67.0	31.2	1.8	23	36.9	56.7	6.4	46	36.2	63.8	.0
15-18.....	534	65.4	31.1	3.5	40	24.2	73.8	2.1	60	35.9	64.1	.0
19-22.....	331	51.8	45.9	2.3	86	63.3	35.3	1.4	50	37.5	55.7	6.9
23-34.....	917	64.8	30.8	4.4	174	54.4	44.1	1.1	155	56.4	43.4	.0
35-50.....	663	68.1	29.6	2.1	86	40.8	56.6	2.6	108	45.5	52.8	1.7
51-64.....	502	56.0	43.2	.8	193	42.8	55.8	1.3	85	56.8	42.7	.5
65-74.....	322	64.6	34.4	1.0	150	57.0	42.8	.2	74	79.3	18.8	1.9
75 AND OVER.....	273	74.9	24.6	.5	141	73.5	26.0	.6	33	70.6	27.7	1.7
ALL INDIVIDUALS...	9,123	64.7	32.3	3.0	1,677	49.5	48.5	1.8	1,375	54.8	43.7	1.4

Continued--

TABLE 6.1-1.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD INCOME2/ AND RACE

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	$6,000-$9,999				$10,000 OR MORE				NOT REPORTED			
	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	64	75.9	20.3	3.8	112	83.0	15.0	2.0	39	38.8	41.8	19.4
1-2.....	144	42.8	52.7	4.5	75	73.2	24.6	2.2	77	75.4	23.1	1.4
3-5.....	191	46.3	47.8	6.0	201	90.2	8.6	1.3	57	61.8	36.7	1.5
6-8.....	196	56.8	41.7	1.5	161	82.4	15.6	2.0	110	83.4	10.4	6.2
MALES:												
9-11.....	63	48.4	51.6	.0	121	92.2	7.8	.0	17	59.3	37.7	3.1
12-14.....	68	54.6	45.4	.0	95	73.9	24.5	1.6	99	85.9	9.9	4.2
15-18.....	183	64.0	28.9	7.1	106	78.1	19.4	2.5	59	71.5	26.8	1.7
19-22.....	65	29.6	50.3	20.1	31	52.2	45.0	2.8	58	51.2	42.4	6.4
23-34.....	161	78.3	16.2	5.5	117	78.0	18.6	3.5	106	61.7	31.7	6.6
35-50.....	75	74.7	21.9	3.3	191	93.0	6.6	.4	97	72.8	9.7	17.4
51-64.....	164	82.5	17.5	.0	82	79.7	20.1	.2	32	50.5	32.0	17.5
65-74.....	14	63.0	37.0	.0	2	55.0	45.0	.0	15	53.0	36.5	10.5
75 AND OVER.....	37	83.4	16.6	.0	.0	.0	.0	.0	10	68.3	29.0	2.8
FEMALES:												
9-11.....	67	46.8	40.4	12.8	77	86.4	13.6	.0	54	87.0	11.8	1.3
12-14.....	60	45.0	51.5	3.5	140	84.6	14.2	1.2	72	80.2	18.3	1.4
15-18.....	203	58.8	34.5	6.7	165	87.6	10.9	1.5	66	81.5	15.4	3.1
19-22.....	104	43.7	55.5	.8	45	60.0	40.0	.0	46	56.2	39.0	4.8
23-34.....	219	60.5	34.8	4.7	201	82.0	15.5	2.6	167	68.4	18.1	13.4
35-50.....	204	70.3	27.9	1.2	202	88.8	9.2	2.0	63	70.4	24.4	5.2
51-64.....	130	66.6	33.1	.3	35	53.1	46.3	.5	59	76.2	22.9	.9
65-74.....	42	67.7	31.2	1.1	20	65.3	34.7	.0	35	61.6	35.6	2.9
75 AND OVER.....	62	78.6	21.4	.0	2	34.3	65.7	.0	34	81.4	18.6	.0
ALL INDIVIDUALS...	2,517	61.0	35.0	3.9	2,182	83.0	15.5	1.5	1,373	70.8	22.6	6.6

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ PREVIOUS YEAR'S HOUSEHOLD INCOME BEFORE TAXES.
3/ INCLUDES BREAST-FED INFANTS.
4/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.1-2.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD INCOME2/ AND RACE

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	ALL INCOMES				UNDER $4,000				$4,000-$5,999			
	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	121	48.4	46.9	4.3	43	51.4	45.6	2.1	18	38.4	45.2	16.4
1-2.....	209	43.0	55.9	.9	61	46.1	52.6	.6	49	34.7	65.3	.0
3-5.....	318	45.5	53.1	1.3	78	45.5	51.4	2.7	81	48.3	51.7	.0
6-8.....	331	44.1	54.3	1.5	94	36.7	57.9	4.8	117	49.9	49.7	.3
MALES:												
9-11.....	97	38.3	59.7	2.0	22	35.1	61.1	3.8	33	41.5	56.4	2.2
12-14.....	114	40.7	52.0	7.3	34	26.0	67.3	6.6	26	54.9	39.7	5.4
15-18.....	152	47.6	50.3	1.7	41	24.6	73.1	2.2	42	59.8	37.4	1.6
19-22.....	80	44.7	46.4	8.9	9	32.3	56.2	11.5	24	52.1	37.5	10.5
23-34.....	147	60.5	37.7	1.7	40	69.2	28.6	2.3	26	82.8	17.2	.0
35-50.....	94	52.6	44.7	2.7	31	46.8	50.6	2.6	22	41.8	56.9	1.4
51-64.....	79	55.8	35.4	8.8	23	57.8	37.3	4.9	20	75.9	24.1	.0
65-74.....	66	58.8	37.7	3.5	38	68.5	29.4	2.2	15	56.0	44.0	.0
75 AND OVER.....	42	63.6	36.1	.3	24	64.9	34.6	.5	10	88.1	11.9	.0
FEMALES:												
9-11.....	132	46.5	52.3	.4	36	35.8	62.1	1.6	51	58.9	39.6	.0
12-14.....	105	31.9	66.4	1.8	17	24.3	68.1	7.5	41	36.1	63.9	.0
15-18.....	177	31.2	66.8	2.0	36	19.2	79.0	1.9	50	33.2	66.8	.0
19-22.....	154	46.3	49.4	4.2	54	48.5	49.3	2.2	31	32.2	58.4	9.4
23-34.....	409	48.6	50.2	1.0	135	47.5	50.6	1.5	127	50.3	49.5	.0
35-50.....	241	46.0	51.5	2.5	71	38.1	58.8	3.2	70	46.9	51.5	1.6
51-64.....	221	53.8	44.6	1.6	122	42.7	55.3	2.0	44	57.5	41.6	1.0
65-74.....	113	58.9	39.7	1.4	72	66.1	33.9	.0	17	67.4	31.9	.8
75 AND OVER.....	69	66.5	33.3	.2	41	67.6	32.0	.3	11	56.6	43.4	.0
ALL INDIVIDUALS...	3,473	47.3	50.3	2.3	1,122	45.9	51.4	2.4	925	49.9	48.5	1.5

Continued--

TABLE 6.1-2.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD INCOME2/ AND RACE-

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	$6,000-$9,999				$10,000 OR MORE				NOT REPORTED			
	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	20	45.7	54.3	0.0	19	66.7	33.3	0.0	21	36.9	56.3	6.8
1-2.....	59	30.7	67.9	1.5	18	71.8	28.2	.0	21	63.1	33.6	3.3
3-5.....	102	35.3	63.4	1.3	29	68.7	31.3	.0	28	50.6	47.3	2.1
6-8.....	90	36.4	63.6	.0	17	76.2	23.8	.0	14	56.5	43.5	.0
MALES:												
9-11.....	24	16.0	84.0	.0	13	75.0	25.0	.0	6	41.7	52.0	6.3
12-14.....	28	35.8	64.2	.0	13	78.1	12.7	9.2	12	20.4	50.2	29.4
15-18.....	38	45.9	54.1	.0	22	79.7	17.7	2.6	8	21.6	73.1	5.3
19-22.....	15	63.1	36.9	.0	5	36.0	60.1	3.9	28	33.8	53.7	12.5
23-34.....	41	56.5	43.5	.0	15	64.0	29.2	6.9	24	26.0	71.5	2.5
35-50.....	21	63.7	36.3	.0	12	72.9	27.1	.0	8	43.7	38.2	18.0
51-64.....	15	42.6	57.4	.0	9	94.2	3.6	2.2	12	7.1	45.8	47.1
65-74.....	6	56.5	43.5	.0	1	.0	100.0	.0	6	13.3	60.8	25.8
75 AND OVER.....	7	22.5	77.5	.0	.0	.0	.0	.0	2	67.1	32.9	.0
FEMALES:												
9-11.....	37	36.8	63.2	.0	5	66.5	33.5	.0	3	47.0	53.0	.0
12-14.....	31	21.0	79.0	.0	8	38.3	59.2	2.4	8	63.3	32.1	4.6
15-18.....	52	16.0	84.0	.0	23	61.4	33.9	4.6	17	57.8	31.6	10.7
19-22.....	33	55.5	41.8	2.7	11	68.5	31.5	.0	24	37.1	56.6	6.2
23-34.....	85	35.3	64.7	.0	38	81.8	15.0	3.2	24	40.1	55.9	4.0
35-50.....	56	42.6	56.6	.8	26	74.7	25.3	.0	18	42.1	45.2	12.7
51-64.....	22	64.4	35.6	.0	11	91.6	6.7	1.7	23	77.5	20.2	2.3
65-74.....	13	52.9	43.5	3.6	1	.0	100.0	.0	11	10.4	80.6	9.0
75 AND OVER.....	3	13.1	86.9	.0	1	60.0	40.0	.0	13	85.3	14.7	.0
ALL INDIVIDUALS...	799	38.5	61.0	.5	298	72.2	25.8	2.0	329	43.6	47.9	8.5

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ PREVIOUS YEAR'S HOUSEHOLD INCOME BEFORE TAXES.
3/ INCLUDES BREAST-FED INFANTS.
4/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.1-3.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD INCOME2/ AND RACE

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	ALL INCOMES				UNDER $4,000				$4,000-$5,999			
	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	172	80.9	12.5	6.6	5	90.9	9.1	0.0	11	61.2	34.3	4.5
1-2.....	221	66.8	29.7	3.5	9	73.9	26.1	.0	14	75.0	25.0	.0
3-5.....	313	79.5	16.2	4.4	3	74.0	26.0	.0	20	57.3	38.6	4.1
6-8.....	382	77.1	19.4	3.4	18	8.9	91.1	.0	16	61.6	38.4	.0
MALES:												
9-11.....	180	78.5	21.4	.1	15	.0	100.0	.0	7	80.7	19.3	.0
12-14.....	218	80.4	19.1	.6	1	.0	100.0	.0	9	65.7	30.7	3.6
15-18.....	300	71.2	23.6	5.2	11	24.1	75.9	.0	11	59.7	40.3	.0
19-22.....	146	47.0	42.8	10.3	19	86.2	12.1	1.8	19	36.9	60.5	2.5
23-34.....	369	78.1	16.9	5.0	37	59.8	39.7	.5	29	79.1	20.9	.0
35-50.....	339	85.3	9.1	5.6	6	54.7	45.3	.0	12	67.3	29.6	3.1
51-64.....	300	77.6	22.4	.0	25	19.1	80.9	.0	33	80.7	19.3	.0
65-74.....	72	64.2	35.3	.5	34	63.6	35.3	1.1	21	56.0	44.0	.0
75 AND OVER.....	79	74.6	24.3	1.1	23	45.3	54.7	.0	18	77.1	19.7	3.2
FEMALES:												
9-11.....	167	77.4	17.0	5.6	4	22.4	77.6	.0	10	18.6	81.4	.0
12-14.....	236	82.5	15.6	1.8	6	74.4	22.7	2.9	5	37.4	62.6	.0
15-18.....	357	82.3	13.4	4.3	4	65.8	30.3	3.9	10	49.9	50.1	.0
19-22.....	177	56.5	42.8	.7	31	88.6	11.4	.0	19	46.4	51.0	2.6
23-34.....	507	77.8	15.1	7.0	39	78.1	21.9	.0	28	83.7	16.3	.0
35-50.....	422	80.8	17.1	1.8	15	53.1	46.9	.0	38	43.0	55.2	1.8
51-64.....	281	57.7	42.1	.2	71	43.0	56.8	.2	42	56.2	43.8	.0
65-74.....	209	67.7	31.6	.8	78	48.7	51.0	.4	58	82.8	15.0	2.2
75 AND OVER.....	204	77.7	21.6	.6	100	75.8	23.5	.7	23	77.1	20.4	2.5
ALL INDIVIDUALS...	5,651	75.4	21.2	3.4	555	56.8	42.7	.4	450	64.8	33.8	1.3

Continued--

TABLE 6.1-3.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD INCOME2/ AND RACE

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	$6,000-$9,999				$10,000 OR MORE				NOT REPORTED			
	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/	INDIVIDUALS3/	WHITE	BLACK	OTHER RACES4/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	44	89.5	5.0	5.5	93	86.4	11.2	2.4	18	41.1	25.0	34.0
1-2.....	85	51.3	42.1	6.6	56	73.6	23.4	2.9	56	80.1	19.2	.7
3-5.....	89	58.9	29.8	11.3	172	93.8	4.8	1.5	29	72.7	26.4	.9
6-8.....	106	74.0	23.2	2.8	144	83.1	14.6	2.3	97	87.2	5.7	7.1
MALES:												
9-11.....	40	67.8	32.2	.0	108	94.2	5.8	.0	11	67.9	30.6	1.5
12-14.....	40	68.0	32.0	.0	81	73.2	26.4	.3	87	94.7	4.5	.8
15-18.....	144	68.8	22.2	8.9	84	77.6	19.9	2.5	51	79.6	19.3	1.1
19-22.....	51	19.6	54.3	26.1	26	55.2	42.1	2.6	31	66.9	32.2	.9
23-34.....	120	85.9	6.8	7.4	102	80.1	17.0	3.0	82	72.1	20.2	7.8
35-50.....	54	79.0	16.3	4.7	178	94.4	5.2	.4	89	75.5	7.1	17.4
51-64.....	149	86.6	13.4	.0	73	77.9	22.1	.0	20	76.2	23.8	.0
65-74.....	7	68.8	31.2	.0	1	82.7	17.3	.0	9	80.1	19.9	.0
75 AND OVER.....	30	97.0	3.0	.0	.0	.0	.0	.0	8	68.6	27.9	3.5
FEMALES:												
9-11.....	30	59.0	12.4	28.6	72	87.8	12.2	.0	51	89.1	9.6	1.3
12-14.....	29	70.4	22.5	7.1	132	87.4	11.5	1.1	64	82.2	16.7	1.1
15-18.....	151	73.5	17.5	9.0	142	91.8	7.2	1.0	50	89.4	10.0	.6
19-22.....	71	38.1	61.9	.0	34	57.3	42.7	.0	22	77.6	19.2	3.2
23-34.....	134	76.6	15.7	7.7	162	82.0	15.6	2.4	144	73.1	11.9	15.0
35-50.....	148	80.9	17.0	1.3	176	90.9	6.8	2.3	45	82.0	15.9	2.1
51-64.....	108	67.1	32.6	.3	24	35.7	64.3	.0	36	75.4	24.6	.0
65-74.....	29	74.1	25.9	.0	19	67.4	32.6	.0	24	85.6	14.4	.0
75 AND OVER.....	59	82.3	17.7	.0	1	17.2	82.8	.0	21	79.0	21.0	.0
ALL INDIVIDUALS...	1,718	71.4	22.9	5.6	1,884	84.7	13.8	1.5	1,044	79.4	14.6	6.0

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ PREVIOUS YEAR'S HOUSEHOLD INCOME BEFORE TAXES.
3/ INCLUDES BREAST-FED INFANTS.
4/ DOES NOT INCLUDE INDIVIDUALS FOR WHOM RACE WAS NOT REPORTED.

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.2-1.--DISTRIBUTION1/ OF INDIVIDUALS BY REGION AND RACE

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	ALL REGIONS				NORTHEAST				NORTH CENTRAL			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	293	67.5	26.7	5.7	62	93.6	1.7	4.7	50	71.7	28.3	0.0
1-2.....	429	55.2	42.4	2.2	88	91.0	6.4	2.7	93	40.7	59.3	.0
3-5.....	631	62.3	34.8	2.8	108	71.8	24.1	4.1	181	64.3	35.1	0.5
6-8.....	713	61.8	35.6	2.5	214	83.8	14.1	2.1	158	46.5	52.9	.6
MALES:												
9-11.....	277	64.4	34.8	.7	28	56.8	38.8	4.4	44	73.4	26.6	.0
12-14.....	332	66.7	30.4	2.9	75	85.8	7.1	7.1	45	70.1	29.9	.0
15-18.....	452	63.3	32.6	4.0	38	70.2	25.8	2.7	66	42.4	38.2	19.4
19-22.....	226	46.2	44.0	9.8	32	39.2	52.0	8.7	52	53.5	21.5	24.9
23-34.....	516	73.1	22.9	4.1	133	89.4	7.4	3.1	98	78.1	21.9	.0
35-50.....	433	78.2	16.8	5.0	94	93.9	4.6	1.5	77	74.6	25.4	.0
51-64.....	379	73.1	25.1	1.8	90	89.5	10.5	.0	60	57.3	42.7	.0
65-74.....	138	61.6	36.4	2.0	19	79.5	15.6	4.9	14	81.9	18.1	.0
75 AND OVER.....	121	70.8	28.4	.8	42	95.9	2.2	2.0	11	71.5	28.5	.0
FEMALES:												
9-11.....	299	63.8	32.6	3.3	92	88.3	10.2	.7	55	62.7	37.3	.0
12-14.....	341	67.0	31.2	1.8	50	85.3	11.3	3.4	82	61.7	38.3	.0
15-18.....	534	65.4	31.1	3.5	130	92.5	5.8	1.7	103	40.2	47.3	12.6
19-22.....	331	51.8	45.9	2.3	55	79.6	14.8	5.6	51	52.1	47.9	.0
23-34.....	917	64.8	30.8	4.4	230	85.7	12.3	1.9	178	58.6	40.8	.6
35-50.....	663	68.1	29.6	2.1	162	73.7	21.8	4.5	128	73.0	27.0	.0
51-64.....	502	56.0	43.2	.8	123	83.8	15.9	.3	114	39.2	59.2	1.6
65-74.....	322	64.6	34.4	1.0	63	86.7	11.7	1.6	39	81.2	18.8	.0
75 AND OVER.....	273	74.9	24.6	.5	86	92.6	5.9	1.4	46	79.3	20.7	.0
ALL INDIVIDUALS...	9,123	64.7	32.3	3.0	2,012	84.4	12.9	2.7	1,744	59.3	38.2	2.5

Continued--

TABLE 6.2-1.--DISTRIBUTION1/ OF INDIVIDUALS BY REGION AND RACE

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	SOUTH				WEST			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:								
UNDER 1.....	148	56.1	42.7	0.9	33	62.6	0.0	37.4
1-2.....	204	41.5	55.8	2.5	44	78.2	17.0	4.8
3-5.....	263	49.1	48.5	2.3	79	89.0	3.0	8.1
6-8.....	279	50.5	48.7	.6	62	75.0	7.4	17.6
MALES:								
9-11.....	186	61.2	38.3	.4	19	86.6	13.4	.0
12-14.....	192	59.0	40.2	.8	19	60.8	24.8	14.3
15-18.....	309	65.5	34.3	.1	39	74.3	16.0	9.7
19-22.....	98	41.0	57.3	1.7	45	53.9	35.5	10.7
23-34.....	195	59.7	37.8	2.5	93	73.0	14.2	12.7
35-50.....	204	79.9	19.5	.6	58	51.5	15.7	32.8
51-64.....	202	70.7	29.2	.1	27	70.6	4.4	25.0
65-74.....	92	52.2	46.5	1.4	14	80.2	16.1	3.7
75 AND OVER.....	64	52.2	47.6	.2	4	100.0	.0	.0
FEMALES:								
9-11.....	123	46.1	49.6	4.1	29	62.7	23.2	14.2
12-14.....	168	61.2	38.4	.4	41	78.7	12.1	9.2
15-18.....	281	61.2	38.2	.6	21	76.1	13.2	10.7
19-22.....	173	33.4	66.3	.4	52	83.0	9.3	7.6
23-34.....	380	52.7	45.3	1.8	128	71.8	6.8	21.4
35-50.....	320	62.8	36.3	.5	53	71.5	19.3	9.2
51-64.....	235	47.7	52.1	.2	30	70.5	24.4	5.1
65-74.....	184	50.8	48.7	.5	36	78.4	18.0	3.6
75 AND OVER.....	122	57.6	42.3	.1	19	95.8	4.2	.0
ALL INDIVIDUALS...	4,422	56.0	42.9	1.0	946	73.2	12.9	13.8

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.2-2.--DISTRIBUTION1/ OF INDIVIDUALS BY REGION AND RACE

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	ALL REGIONS				NORTHEAST				NORTH CENTRAL			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	121	48.4	46.9	4.3	23	92.4	4.6	3.1	35	59.3	40.7	0.0
1-2.....	209	43.0	55.9	.9	34	79.1	16.4	4.6	72	36.9	63.1	.0
3-5.....	318	45.5	53.1	1.3	61	58.0	38.8	3.2	94	40.8	59.2	.0
6-8.....	331	44.1	54.3	1.5	77	73.8	24.0	2.2	98	27.2	72.8	.0
MALES:												
9-11.....	97	38.3	59.7	2.0	15	51.0	42.1	6.9	23	51.1	48.9	.0
12-14.....	114	40.7	52.0	7.3	13	25.6	38.8	35.6	26	61.5	38.5	.0
15-18.....	152	47.6	50.3	1.7	22	68.9	24.1	4.6	28	42.4	57.6	.0
19-22.....	80	44.7	46.4	8.9	13	57.0	24.0	19.1	14	68.3	31.7	.0
23-34.....	147	60.5	37.7	1.7	33	75.1	19.6	5.2	36	69.0	31.0	.0
35-50.....	94	52.6	44.7	2.7	17	75.0	18.9	6.1	24	37.3	62.7	.0
51-64.....	79	55.8	35.4	8.8	7	97.9	2.1	.0	25	60.1	39.9	.0
65-74.....	66	58.8	37.7	3.5	9	70.6	23.5	5.8	9	74.3	25.7	.0
75 AND OVER.....	42	63.6	36.1	.3	1	53.4	46.6	.0	5	91.3	8.7	.0
FEMALES:												
9-11.....	132	46.5	52.3	.4	20	77.7	18.6	.0	33	39.6	60.4	.0
12-14.....	105	31.9	66.4	1.8	7	20.1	71.1	8.8	29	28.6	71.4	.0
15-18.....	177	31.2	66.8	2.0	28	69.7	25.3	5.1	62	26.0	74.0	.0
19-22.....	154	46.3	49.4	4.2	30	85.2	5.8	9.0	32	62.8	37.2	.0
23-34.....	409	48.6	50.2	1.0	98	72.4	25.2	2.1	101	41.0	59.0	.0
35-50.....	241	46.0	51.5	2.5	53	60.9	32.3	6.8	49	40.4	59.6	.0
51-64.....	221	53.8	44.6	1.6	50	81.1	18.9	.0	55	31.7	65.0	3.3
65-74.....	113	58.9	39.7	1.4	20	84.5	10.5	5.1	14	71.1	28.9	.0
75 AND OVER.....	69	66.5	33.3	.2	21	89.4	10.6	.0	7	56.2	43.8	.0
ALL INDIVIDUALS...	3,473	47.3	50.3	2.3	652	71.6	23.6	4.6	870	42.7	57.1	.2

Continued--

TABLE 6.2-2.--DISTRIBUTION1/ OF INDIVIDUALS BY REGION AND RACE

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	SOUTH				WEST			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:								
UNDER 1.....	52	17.7	79.9	1.6	11	66.9	0.0	33.1
1-2.....	87	24.3	74.7	.4	16	94.2	5.8	.0
3-5.....	129	30.8	68.2	.8	34	92.1	4.6	3.2
6-8.....	135	34.2	64.2	1.2	22	75.8	17.3	6.9
MALES:								
9-11.....	57	28.5	70.0	1.5	2	68.6	31.4	.0
12-14.....	69	34.8	63.0	2.3	6	50.5	14.6	34.9
15-18.....	84	35.3	64.2	.5	18	86.9	6.6	6.5
19-22.....	42	36.0	62.6	1.4	12	34.4	29.5	36.1
23-34.....	60	39.2	60.4	.4	18	88.6	8.1	3.3
35-50.....	42	52.8	44.2	3.0	11	51.7	45.6	2.7
51-64.....	38	54.2	45.5	.3	9	16.7	8.6	74.7
65-74.....	46	55.5	41.8	2.8	2	.0	67.9	32.1
75 AND OVER.....	35	58.6	41.0	.4	1	100.0	.0	.0
FEMALES:								
9-11.....	66	39.6	59.2	.8	12	50.8	49.2	.0
12-14.....	54	23.9	75.1	1.0	14	74.9	20.2	4.9
15-18.....	81	19.0	79.6	1.4	6	71.3	13.2	15.5
19-22.....	78	20.4	79.4	.2	14	69.4	4.5	26.2
23-34.....	169	31.7	67.5	.5	42	79.7	17.2	3.1
35-50.....	122	37.7	60.9	1.4	17	74.0	21.4	4.7
51-64.....	101	50.6	49.2	.3	15	64.0	26.1	10.0
65-74.....	78	50.5	48.7	.8	1	25.3	74.7	.0
75 AND OVER.....	37	52.6	47.0	.4	4	93.1	6.9	.0
ALL INDIVIDUALS...	1,661	35.7	63.2	1.0	289	72.9	16.3	10.8

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.2-3.--DISTRIBUTION1/ OF INDIVIDUALS BY REGION AND RACE

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	ALL REGIONS				NORTHEAST				NORTH CENTRAL			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	172	80.9	12.5	6.6	39	94.3	0.0	5.7	15	100.0	0.0	0.0
1-2.....	221	66.8	29.7	3.5	54	98.5	.0	1.5	22	53.3	46.7	.0
3-5.....	313	79.5	16.2	4.4	47	89.8	5.1	5.2	87	89.8	9.1	1.1
6-8.....	382	77.1	19.4	3.4	137	89.5	8.5	2.0	60	78.0	20.3	1.6
MALES:												
9-11.....	180	78.5	21.4	.1	13	63.9	34.8	1.3	21	97.2	2.8	.0
12-14.....	218	80.4	19.1	.6	62	98.3	.6	1.2	19	81.6	18.4	.0
15-18.....	300	71.2	23.6	5.2	16	72.0	28.0	.0	38	42.4	24.1	33.5
19-22.....	146	47.0	42.8	10.3	20	27.9	70.0	2.1	38	48.1	17.8	34.1
23-34.....	369	78.1	16.9	5.0	98	94.2	3.3	2.4	62	83.3	16.7	.0
35-50.....	339	85.3	9.1	5.6	77	98.0	1.5	.5	53	91.6	8.4	.0
51-64.....	300	77.6	22.4	.0	83	88.8	11.2	.0	35	55.3	44.7	.0
65-74.....	72	64.2	35.3	.5	9	88.3	7.7	4.0	5	96.3	3.7	.0
75 AND OVER.....	79	74.6	24.3	1.1	41	96.9	1.0	2.0	6	54.7	45.3	.0
FEMALES:												
9-11.....	167	77.4	17.0	5.6	72	91.3	7.8	.9	22	98.3	1.7	.0
12-14.....	236	82.5	15.6	1.8	43	95.8	1.7	2.6	52	80.2	19.8	.0
15-18.....	357	82.3	13.4	4.3	102	98.6	.6	.8	41	61.8	6.4	31.8
19-22.....	177	56.5	42.8	.7	26	73.2	25.2	1.6	19	33.4	66.6	.0
23-34.....	507	77.8	15.1	7.0	132	95.5	2.7	1.8	78	81.6	17.2	1.3
35-50.....	422	80.8	17.1	1.8	108	80.0	16.7	3.3	80	93.0	7.0	.0
51-64.....	281	57.7	42.1	.2	73	85.7	13.8	.5	59	46.1	53.9	.0
65-74.....	209	67.7	31.6	.8	43	87.8	12.2	.0	24	87.2	12.8	.0
75 AND OVER.....	204	77.7	21.6	.6	65	93.7	4.4	1.9	39	83.6	16.4	.0
ALL INDIVIDUALS...	5,651	75.4	21.2	3.4	1,360	90.5	7.7	1.8	873	75.8	19.4	4.8

Continued--

TABLE 6.2-3.--DISTRIBUTION1/ OF INDIVIDUALS BY REGION AND RACE

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	SOUTH				WEST			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:								
UNDER 1.....	96	77.1	22.4	0.5	22	60.4	0.0	39.6
1-2.....	117	54.1	41.8	4.1	28	69.0	23.5	7.5
3-5.....	134	66.8	29.5	3.7	45	86.6	1.7	11.7
6-8.....	144	65.8	34.2	.0	40	74.5	2.0	23.5
MALES:								
9-11.....	130	75.5	24.5	.0	16	89.2	10.8	.0
12-14.....	123	72.6	27.4	.0	13	65.9	29.8	4.3
15-18.....	225	76.8	23.2	.0	21	63.4	24.0	12.6
19-22.....	56	44.8	53.3	2.0	33	60.7	37.6	1.7
23-34.....	134	68.9	27.7	3.5	75	69.3	15.7	15.0
35-50.....	162	87.0	13.0	.0	47	51.4	8.6	40.0
51-64.....	164	74.5	25.5	.0	18	97.7	2.3	.0
65-74.....	46	48.8	51.2	.0	12	90.8	9.2	.0
75 AND OVER.....	29	44.3	55.7	.0	3	100.0	.0	.0
FEMALES:								
9-11.....	56	53.6	38.4	8.0	17	71.1	4.7	24.2
12-14.....	114	79.0	20.8	.1	27	80.7	7.8	11.4
15-18.....	200	78.3	21.4	.2	15	78.2	13.2	8.6
19-22.....	95	44.0	55.5	.5	38	88.1	11.1	.7
23-34.....	211	69.5	27.6	2.9	86	67.9	1.8	30.3
35-50.....	199	78.1	21.3	.0	36	70.3	18.3	11.4
51-64.....	135	45.6	54.3	.1	15	77.3	22.7	.0
65-74.....	106	51.0	48.7	.3	35	79.9	16.5	3.7
75 AND OVER.....	85	59.7	40.3	.0	15	96.6	3.4	.0
ALL INDIVIDUALS...	2,761	68.3	30.7	1.0	657	73.4	11.5	15.2

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.3-1.--DISTRIBUTION1/ OF INDIVIDUALS BY URBANIZATION AND RACE

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	CENTRAL CITIES				SUBURBAN AREAS				NONMETROPOLITAN AREAS			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	117	46.9	42.5	10.2	93	86.5	10.8	2.7	82	75.1	22.3	2.6
1-2.....	142	21.8	76.0	1.9	144	87.0	12.6	.5	143	56.6	39.0	4.3
3-5.....	252	36.7	60.7	2.4	192	83.2	14.4	2.4	187	75.4	20.8	3.8
6-8.....	301	35.9	59.6	4.3	244	85.7	13.5	.8	168	73.3	24.8	1.9
MALES:												
9-11.....	89	21.4	76.4	2.1	97	91.4	8.6	.0	91	77.9	21.9	.2
12-14.....	87	27.8	64.9	7.3	157	92.5	6.7	.8	88	59.0	38.7	2.3
15-18.....	132	28.2	68.9	2.5	200	91.0	8.8	.2	120	55.6	32.4	12.0
19-22.....	105	38.5	57.2	4.3	21	73.1	23.6	3.4	100	48.5	34.5	17.0
23-34.....	207	59.0	35.4	5.6	145	86.5	10.8	2.7	164	79.0	17.7	3.3
35-50.....	95	36.7	45.5	17.8	195	96.4	2.1	1.5	143	81.0	17.7	1.2
51-64.....	108	54.3	40.2	5.5	179	87.6	12.4	.0	92	66.8	32.1	1.1
65-74.....	46	53.1	43.5	3.4	21	70.2	29.8	.0	72	64.6	33.8	1.6
75 AND OVER.....	51	71.7	26.4	1.9	16	68.1	31.9	.0	54	70.7	29.3	.0
FEMALES:												
9-11.....	83	30.2	67.5	1.1	114	80.1	16.3	3.6	101	73.0	22.3	4.7
12-14.....	100	34.4	62.8	2.7	160	90.3	8.5	1.3	81	61.2	37.1	1.8
15-18.....	167	27.1	70.6	2.2	244	93.8	5.8	.5	123	61.1	27.5	11.4
19-22.....	156	38.8	57.6	3.6	76	72.3	27.7	.0	99	56.5	41.3	2.2
23-34.....	381	39.9	52.6	7.3	296	91.0	7.5	1.5	240	72.0	24.8	3.2
35-50.....	222	38.5	58.0	3.5	248	88.8	10.3	1.0	194	75.6	21.9	1.9
51-64.....	206	40.3	58.8	.9	112	73.6	26.4	.0	185	62.8	36.0	1.2
65-74.....	141	49.0	50.7	.3	71	79.8	20.2	.0	110	74.7	22.8	2.5
75 AND OVER.....	82	48.2	50.2	1.7	97	93.6	6.4	.0	94	79.0	21.0	.0
ALL INDIVIDUALS...	3,272	39.1	56.5	4.2	3,122	87.8	11.1	1.1	2,729	68.9	27.3	3.7

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.3-2.--DISTRIBUTION1/ OF INDIVIDUALS BY URBANIZATION AND RACE

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	CENTRAL CITIES				SUBURBAN AREAS				NONMETROPOLITAN AREAS			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	54	28.8	64.3	6.2	20	48.4	49.4	2.2	47	70.9	25.9	3.2
1-2.....	102	19.4	78.3	1.9	54	75.5	24.5	.0	53	55.4	44.6	.0
3-5.....	170	27.8	70.2	1.8	78	65.0	35.0	.0	70	66.8	31.9	1.4
6-8.....	190	27.0	70.9	1.8	76	67.5	32.5	.0	65	66.3	31.3	2.3
MALES:												
9-11.....	47	19.7	76.5	3.7	18	57.8	42.2	.0	32	54.8	44.7	.5
12-14.....	60	22.0	69.6	8.4	17	59.1	33.3	7.6	37	62.1	32.4	5.4
15-18.....	71	29.3	67.0	3.1	37	70.5	28.3	1.2	44	58.3	41.7	.0
19-22.....	47	40.6	52.6	6.8	3	42.5	44.8	12.7	30	51.5	36.7	11.8
23-34.....	82	46.0	50.8	3.1	17	82.5	17.5	.0	48	77.7	22.3	.0
35-50.....	43	32.0	65.4	2.6	11	76.9	19.2	3.9	40	67.9	29.6	2.6
51-64.....	27	38.0	40.2	21.8	12	38.4	61.6	.0	40	73.5	23.9	2.6
65-74.....	20	52.0	42.0	6.0	8	79.1	20.9	.0	39	58.4	38.7	3.0
75 AND OVER.....	6	22.5	75.5	2.0	8	85.8	14.2	.0	28	67.0	33.0	.0
FEMALES:												
9-11.....	62	29.7	68.3	.4	32	53.2	46.8	.0	38	68.3	30.9	.8
12-14.....	51	12.1	85.6	2.3	24	44.0	56.0	.0	30	56.0	41.8	2.2
15-18.....	105	7.0	91.2	1.8	23	63.3	34.8	1.9	49	67.8	29.9	2.3
19-22.....	88	39.7	54.7	5.6	32	47.5	52.5	.0	34	62.0	33.2	4.8
23-34.....	222	25.8	72.1	1.6	90	77.7	22.3	.0	97	73.8	25.7	.5
35-50.....	128	27.9	69.3	2.8	38	66.6	32.2	1.2	75	66.2	30.9	2.8
51-64.....	86	26.9	71.6	1.5	43	78.0	22.0	.0	92	67.6	29.9	2.5
65-74.....	51	51.4	48.4	.3	18	54.4	45.6	.0	44	69.6	27.1	3.4
75 AND OVER.....	20	36.3	63.1	.7	24	91.9	8.1	.0	25	66.1	33.9	.0
ALL INDIVIDUALS...	1,731	28.1	68.7	3.0	685	67.0	32.4	.6	1,057	66.0	31.9	2.2

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.3-3.--DISTRIBUTION1/ OF INDIVIDUALS BY URBANIZATION AND RACE

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	CENTRAL CITIES				SUBURBAN AREAS				NONMETROPOLITAN AREAS			
	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/	INDIVIDUALS2/	WHITE	BLACK	OTHER RACES3/
	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT	NUMBER	PCT	PCT	PCT
MALES AND FEMALES:												
UNDER 1.....	63	62.2	24.1	13.7	73	97.2	.0	2.8	35	80.8	17.5	1.8
1-2.....	41	27.9	70.2	1.9	90	93.8	5.4	.8	90	57.3	35.8	6.9
3-5.....	82	55.3	41.1	3.6	113	95.8	.2	4.0	117	80.5	14.3	5.2
6-8.....	111	51.1	40.4	8.5	168	94.1	4.8	1.2	103	77.7	20.6	1.7
MALES:												
9-11.....	42	23.3	76.3	.4	79	99.2	.8	.0	59	90.3	9.7	.0
12-14.....	27	40.6	54.7	4.7	140	96.6	3.4	.0	50	56.7	43.3	.0
15-18.....	61	26.9	71.2	1.9	164	95.6	4.4	.0	76	54.0	27.0	18.9
19-22.....	58	36.9	60.9	2.2	18	79.0	19.4	1.5	70	47.2	33.6	19.2
23-34.....	125	67.6	25.2	7.2	128	87.0	9.9	3.1	116	79.6	15.8	4.7
35-50.....	52	40.5	29.2	30.3	184	97.6	1.0	1.4	104	86.1	13.2	.7
51-64.....	81	59.8	40.2	.0	167	91.2	8.8	.0	52	61.7	38.3	.0
65-74.....	26	54.0	44.6	1.4	13	65.2	34.8	.0	32	72.1	27.9	.0
75 AND OVER.....	44	78.9	19.3	1.9	8	52.0	48.0	.0	26	74.8	25.2	.0
FEMALES:												
9-11.....	21	31.7	65.1	3.2	82	90.6	4.4	5.0	63	75.7	17.1	7.1
12-14.....	49	57.5	39.3	3.1	136	98.5	.0	1.5	51	64.2	34.3	1.5
15-18.....	63	60.8	36.3	2.9	221	97.0	2.7	.3	74	56.6	26.0	17.4
19-22.....	69	37.8	61.2	1.0	44	90.1	9.9	.0	64	53.6	45.7	.8
23-34.....	159	59.6	25.4	15.1	205	96.9	.9	2.2	143	70.8	24.2	5.1
35-50.....	94	52.9	42.7	4.5	210	92.7	6.3	.9	119	81.6	16.1	1.3
51-64.....	120	49.9	49.6	.5	69	70.9	29.1	.0	92	57.9	42.1	.0
65-74.....	90	47.7	52.0	.3	53	88.7	11.3	.0	66	78.1	19.9	1.9
75 AND OVER.....	62	51.9	46.1	2.0	73	94.2	5.8	.0	68	83.8	16.2	.0
ALL INDIVIDUALS...	1,541	51.5	42.9	5.6	2,437	93.6	5.2	1.2	1,672	70.8	24.5	4.6

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.4.--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	293	41.4	58.6	.0
1-2	429	48.6	51.4	.0
3-5	631	50.4	49.6	.0
6-8	713	46.5	53.5	.0
MALES:				
9-11	277	35.0	65.0	.0
12-14	332	34.4	65.6	.0
15-18	452	33.6	66.4	.0
19-22	226	35.4	64.6	.0
23-34	516	28.5	71.5	.0
35-50	433	21.7	78.3	.0
51-64	379	20.9	79.1	.0
65-74	138	48.0	52.0	.0
75 AND OVER	121	35.0	65.0	.0
FEMALES:				
9-11	299	44.2	55.8	.0
12-14	341	30.7	69.3	.0
15-18	534	33.1	66.9	.0
19-22	331	46.4	53.6	.0
23-34	917	44.6	55.4	.0
35-50	663	36.3	63.7	.0
51-64	502	44.0	56.0	.0
65-74	322	35.2	64.8	.0
75 AND OVER	273	25.2	74.8	.0
ALL INDIVIDUALS	9,123	38.1	61.9	.0

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

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

TOTAL RESPONDENTS

SEX AND AGE (YEARS)	INDIVIDUALS2/	NUMBER OF HOUSEHOLD MEMBERS					
		1	2	3	4	5	MORE THAN 5
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1.....	293	.0	2.8	19.0	34.9	13.2	30.0
1-2.....	429	.0	4.9	18.4	25.1	15.2	36.4
3-5.....	631	.0	6.4	15.3	29.8	15.5	33.0
6-8.....	713	.0	1.9	16.7	24.0	13.2	44.1
MALES:							
9-11.....	277	.0	.5	7.4	22.7	25.0	44.3
12-14.....	332	.0	1.8	5.3	14.9	11.1	66.9
15-18.....	452	.0	3.5	6.4	15.8	30.0	44.4
19-22.....	226	9.1	14.0	27.7	23.9	7.2	18.1
23-34.....	516	3.9	14.4	18.5	25.4	14.7	23.2
35-50.....	433	3.7	9.4	5.3	25.5	12.6	43.5
51-64.....	379	9.4	25.8	10.2	29.4	15.6	9.6
65-74.....	138	28.9	49.0	8.3	2.9	3.0	8.0
75 AND OVER.....	121	20.2	64.3	5.5	3.0	2.1	4.9
FEMALES:							
9-11.....	299	.0	2.2	12.1	17.4	12.2	56.1
12-14.....	341	.0	3.0	6.4	17.7	15.2	57.7
15-18.....	534	.0	5.2	8.2	23.1	22.6	40.9
19-22.....	331	5.5	18.4	29.2	15.6	9.9	21.4
23-34.....	917	1.6	12.2	18.5	26.0	15.1	26.6
35-50.....	663	4.3	11.3	12.6	31.8	14.8	25.4
51-64.....	502	27.1	36.7	14.1	9.5	6.1	6.5
65-74.....	322	46.2	32.5	5.5	10.6	2.2	3.0
75 AND OVER.....	273	55.2	19.4	4.0	18.5	.5	2.4
ALL INDIVIDUALS.....	9,123	7.2	12.4	13.2	22.3	13.9	31.0

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.5-2.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD SIZE

PARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS2/	NUMBER OF HOUSEHOLD MEMBERS					
		1	2	3	4	5	MORE THAN 5
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1.....	121	.0	6.8	30.7	21.6	15.8	25.1
1-2.....	209	.0	9.1	13.6	30.9	16.9	29.6
3-5.....	318	.0	7.6	20.4	23.3	16.8	31.9
6-8.....	331	.0	4.0	25.9	26.6	13.8	29.7
MALES:							
9-11.....	97	.0	.9	14.1	25.9	20.6	38.4
12-14.....	114	.0	4.0	10.1	25.5	13.2	47.3
15-18.....	152	.0	4.8	12.6	19.9	17.8	44.9
19-22.....	80	1.4	8.1	29.4	27.4	11.6	22.1
23-34.....	147	5.3	18.2	21.8	18.1	17.2	19.3
35-50.....	94	10.0	5.3	4.6	31.2	9.5	39.4
51-64.....	79	19.4	24.6	22.4	7.8	7.2	18.5
65-74.....	66	24.7	47.8	8.6	4.6	4.6	9.7
75 AND OVER.....	42	25.7	42.8	10.4	6.0	3.7	11.5
FEMALES:							
9-11.....	132	.0	4.9	17.3	25.1	13.7	39.0
12-14.....	105	.0	4.9	13.6	10.6	14.2	56.8
15-18.....	177	.0	8.8	11.6	10.3	22.9	46.3
19-22.....	154	.3	22.1	29.3	16.8	13.1	18.5
23-34.....	409	.8	10.6	27.3	26.4	16.8	18.0
35-50.....	241	4.8	19.5	15.8	18.9	12.9	28.2
51-64.....	221	42.6	23.6	16.1	4.4	8.5	4.7
65-74.....	113	49.1	36.3	4.2	4.2	4.7	1.5
75 AND OVER.....	69	48.3	41.9	5.7	2.5	.3	1.4
ALL INDIVIDUALS.....	3,473	7.5	13.2	18.6	19.7	14.0	27.0

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.5-3.--DISTRIBUTION1/ OF INDIVIDUALS BY HOUSEHOLD SIZE

NONPARTICIPANTS IN FOOD STAMP PROGRAM

SEX AND AGE (YEARS)	INDIVIDUALS2/	NUMBER OF HOUSEHOLD MEMBERS					
		1	2	3	4	5	MORE THAN 5
	NUMBER	PERCENT					
MALES AND FEMALES:							
UNDER 1.....	172	.0	0.0	10.8	44.3	11.4	33.5
1-2.....	221	.0	.9	22.9	19.7	13.6	42.9
3-5.....	313	.0	5.2	10.0	36.4	14.2	34.1
6-8.....	382	.0	.1	8.7	21.8	12.7	56.6
MALES:							
9-11.....	180	.0	.3	3.9	21.0	27.3	47.5
12-14.....	218	.0	.7	2.7	9.4	10.0	77.2
15-18.....	300	.0	2.8	3.3	13.7	36.1	44.1
19-22.....	146	13.4	17.3	26.7	22.0	4.8	15.9
23-34.....	369	3.3	12.9	17.1	28.3	13.7	24.8
35-50.....	339	2.0	10.5	5.5	24.0	13.4	44.7
51-64.....	300	6.8	26.1	6.9	35.1	17.8	7.2
65-74.....	72	32.6	50.1	8.0	1.3	1.5	6.5
75 AND OVER.....	79	17.2	75.9	2.9	1.4	1.2	1.4
FEMALES:							
9-11.....	167	.0	.1	7.9	11.4	11.0	69.6
12-14.....	236	.0	2.2	3.2	20.8	15.7	58.1
15-18.....	357	.0	3.5	6.4	29.4	22.5	38.2
19-22.....	177	10.1	15.1	29.1	14.6	7.1	23.9
23-34.....	507	2.2	13.4	11.3	25.6	13.8	33.6
35-50.....	422	4.0	6.6	10.7	39.1	15.8	23.8
51-64.....	281	15.0	46.9	12.5	13.6	4.2	7.9
65-74.....	209	44.7	30.4	6.2	14.1	.8	3.8
75 AND OVER.....	204	57.5	11.8	3.5	23.9	.6	2.7
ALL INDIVIDUALS.....	5,651	7.0	11.9	9.9	23.9	13.8	33.5

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.6-1.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

TOTAL RESPONDENTS

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.....	293	0.8	48.4	25.5	0.3	24.9	55.5	6.8	12.6	0.2	24.9
1-2.....	429	.8	44.7	13.7	1.6	39.2	29.1	14.6	17.0	.1	39.2
3-5.....	631	.1	29.6	26.5	1.9	42.0	31.7	5.2	21.1	.0	42.0
6-8.....	713	.0	34.0	26.8	.8	38.3	30.1	14.3	17.2	.0	38.3
MALES:											
9-11.....	277	.0	12.9	52.9	1.7	32.4	41.1	10.1	16.4	.0	32.4
12-14.....	332	.0	27.4	46.6	1.6	24.5	37.0	27.7	10.8	.0	24.5
15-18.....	452	1.5	3.1	57.2	2.9	35.3	27.6	4.7	32.4	.0	35.3
19-22.....	226	2.9	46.8	17.2	3.8	29.4	14.9	15.8	39.9	.0	29.4
23-34.....	516	.0	84.3	3.6	1.9	10.3	45.4	16.6	27.7	.0	10.3
35-50.....	433	.0	7.1	88.2	.7	3.9	47.1	16.9	32.0	.0	3.9
51-64.....	379	.0	1.4	96.4	.4	1.8	19.0	7.2	72.0	.0	1.8
65-74.....	138	.0	.9	1.6	95.6	1.9	.9	5.6	91.6	.0	1.9
75 AND OVER.....	121	.0	.0	.4	99.1	.4	.3	2.0	97.4	.0	.4
FEMALES:											
9-11.....	299	.0	28.4	28.9	1.3	41.4	26.4	17.7	14.5	.0	41.4
12-14.....	341	.0	16.2	54.6	1.2	28.1	31.4	17.2	23.3	.0	28.1
15-18.....	534	1.9	11.2	56.7	.6	29.6	33.4	12.1	25.0	.0	29.6
19-22.....	331	.3	36.4	16.2	2.2	44.9	19.3	11.3	24.3	.2	44.9
23-34.....	917	.0	39.7	19.0	1.2	40.1	31.1	13.2	15.7	.0	40.1
35-50.....	663	.0	4.5	55.3	3.8	36.4	30.2	4.7	28.8	.0	36.4
51-64.....	502	.0	1.5	29.0	15.9	53.6	3.0	3.8	39.6	.0	53.6
65-74.....	322	.0	.3	9.1	17.6	72.9	1.6	1.2	24.3	.0	72.9
75 AND OVER.....	273	.0	.0	17.2	10.8	72.0	.7	.0	27.3	.0	72.0
ALL INDIVIDUALS...	9,123	.3	24.2	35.6	6.0	33.9	27.9	10.7	27.5	.0	33.9

Continued--

TABLE 6.6-1.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

TOTAL RESPONDENTS

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.....	17.4	23.5	23.3	10.9	0.0	24.9
1-2.....	11.0	18.1	25.0	6.7	.0	39.2
3-5.....	12.9	18.7	19.3	7.2	.0	42.0
6-8.....	17.2	21.5	16.0	6.9	.0	38.3
MALES:						
9-11.....	26.6	16.0	23.7	1.3	.0	32.4
12-14.....	29.7	29.1	14.3	2.4	.0	24.5
15-18.....	24.8	24.8	14.0	.8	.3	35.3
19-22.....	14.1	19.7	20.4	16.4	.0	29.4
23-34.....	11.4	29.0	32.4	17.0	.0	10.3
35-50.....	33.7	24.9	29.3	7.9	.4	3.9
51-64.....	57.7	27.2	9.6	3.6	.1	1.8
65-74.....	69.7	12.8	11.9	2.3	1.4	1.9
75 AND OVER.....	79.9	8.6	4.9	6.2	.0	.4
FEMALES:						
9-11.....	18.0	20.7	14.8	5.1	.0	41.4
12-14.....	26.5	22.7	21.3	1.4	.0	28.1
15-18.....	24.6	30.0	12.3	3.0	.5	29.6
19-22.....	13.0	11.9	22.6	7.7	.0	44.9
23-34.....	12.2	21.2	16.7	9.8	.0	40.1
35-50.....	25.6	15.4	16.5	5.9	.3	36.4
51-64.....	35.5	5.4	4.9	.5	.1	53.6
65-74.....	18.1	5.6	3.0	.2	.2	72.9
75 AND OVER.....	25.5	2.0	.5	.0	.0	72.0
ALL INDIVIDUALS...	23.5	19.6	16.9	6.0	.1	33.9

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.6-2.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	121	0.5	33.1	15.2	0.1	51.2	20.9	10.7	16.7	0.4	51.2
1-2.....	209	1.6	20.8	9.1	2.5	66.2	11.5	3.6	18.6	.3	66.2
3-5.....	318	.2	16.9	13.2	2.8	66.9	9.5	3.5	20.1	.0	66.9
6-8.....	331	.0	10.9	21.3	.7	67.1	8.0	2.5	22.5	.0	67.1
MALES:											
9-11.....	97	.0	7.8	27.2	4.2	60.8	12.0	4.6	22.6	.0	60.8
12-14.....	114	.0	12.6	33.5	4.4	49.5	16.3	12.7	21.5	.0	49.5
15-18.....	152	1.5	4.3	31.0	6.9	56.2	9.2	5.1	29.4	.0	56.2
19-22.....	80	1.2	43.1	15.1	8.1	32.5	16.6	15.3	35.5	.0	32.5
23-34.....	147	.0	70.7	4.8	3.6	20.9	34.1	10.4	34.6	.0	20.9
35-50.....	94	.0	.0	94.5	1.3	4.2	20.6	11.3	63.9	.0	4.2
51-64.....	79	.0	.0	96.2	.3	3.5	6.0	7.2	83.4	.0	3.5
65-74.....	66	.0	1.9	3.1	91.3	3.6	.4	5.4	90.5	.0	3.6
75 AND OVER.....	42	.0	.0	1.1	97.8	1.2	.0	.9	98.0	.0	1.2
FEMALES:											
9-11.....	132	.0	6.8	24.4	1.0	67.9	9.1	10.9	12.2	.0	67.9
12-14.....	105	.0	5.0	37.4	1.3	56.2	9.5	7.9	26.4	.0	56.2
15-18.....	177	1.3	8.6	26.1	.3	63.7	14.2	5.5	16.6	.0	63.7
19-22.....	154	.6	34.0	6.0	3.8	55.6	14.6	9.5	20.0	.3	55.6
23-34.....	409	.0	18.1	14.0	1.8	66.1	10.7	4.2	19.0	.0	66.1
35-50.....	241	.0	3.7	28.8	6.3	61.1	11.6	2.8	24.4	.0	61.1
51-64.....	221	.0	1.9	15.3	13.0	69.8	1.7	1.7	26.8	.0	69.8
65-74.....	113	.0	.0	.5	16.1	83.4	.4	.0	16.2	.0	83.4
75 AND OVER.....	69	.0	.0	1.3	17.7	81.0	1.1	.0	17.9	.0	81.0
ALL INDIVIDUALS...	3,473	.3	14.7	21.2	7.0	56.8	11.1	5.4	26.7	.0	56.8

Continued--

TABLE 6.6-2.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	5.2	18.7	14.2	10.6	0.1	51.2
1-2.....	9.9	11.6	11.1	1.3	.1	66.2
3-5.....	11.7	11.6	7.6	2.2	.0	66.9
6-8.....	13.0	9.8	7.4	2.6	.1	67.1
MALES:						
9-11.....	17.0	7.2	14.2	.8	.0	60.8
12-14.....	23.2	16.7	10.5	.0	.0	49.5
15-18.....	24.8	10.6	8.3	.0	.0	56.2
19-22.....	18.4	25.5	17.0	6.6	.0	32.5
23-34.....	15.4	25.1	32.9	5.7	.0	20.9
35-50.....	44.2	28.2	20.6	2.4	.3	4.2
51-64.....	68.8	7.0	14.9	5.8	.0	3.5
65-74.....	73.8	17.8	2.9	.2	1.7	3.6
75 AND OVER.....	78.7	11.1	6.0	3.0	.0	1.2
FEMALES:						
9-11.....	15.4	10.2	5.8	.6	.0	67.9
12-14.....	21.1	14.0	5.9	2.8	.0	56.2
15-18.....	11.8	12.9	7.0	4.6	.0	63.7
19-22.....	10.3	11.2	20.6	2.3	.0	55.6
23-34.....	8.1	12.4	9.4	4.0	.0	66.1
35-50.....	22.2	6.2	5.0	5.3	.1	61.1
51-64.....	23.5	3.4	3.1	.2	.0	69.8
65-74.....	15.7	.7	.2	.0	.0	83.4
75 AND OVER.....	17.8	.3	.9	.0	.0	81.0
ALL INDIVIDUALS...	18.7	11.7	9.8	2.9	.1	56.8

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.6-3.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	172	1.1	59.2	32.9	0.5	6.3	79.9	4.0	9.8	0.0	6.3
1-2.....	221	.1	67.4	18.0	.7	13.8	45.7	25.1	15.4	.0	13.8
3-5.....	313	.0	42.4	40.0	1.0	16.6	54.2	7.0	22.2	.0	16.6
6-8.....	382	.0	54.1	31.6	.8	13.4	49.4	24.5	12.6	.0	13.4
MALES:											
9-11.....	180	.0	15.7	66.7	.4	17.1	56.8	13.0	13.0	.0	17.1
12-14.....	218	.0	35.2	53.4	.1	11.3	47.8	35.6	5.2	.0	11.3
15-18.....	300	1.5	2.4	70.4	.9	24.7	36.9	4.4	34.0	.0	24.7
19-22.....	146	3.8	48.8	18.4	1.4	27.6	14.0	16.1	42.3	.0	27.6
23-34.....	369	.0	89.8	3.1	1.1	6.0	49.9	19.1	24.9	.0	6.0
35-50.....	339	.0	9.1	86.5	.6	3.9	54.5	18.5	23.2	.0	3.9
51-64.....	300	.0	1.8	96.4	.4	1.4	22.4	7.3	69.0	.0	1.4
65-74.....	72	.0	.0	.3	99.5	.2	1.3	5.8	92.6	.0	.2
75 AND OVER.....	79	.0	.0	.1	99.9	.0	.4	2.6	97.0	.0	.0
FEMALES:											
9-11.....	167	.0	45.6	32.5	1.5	20.3	40.2	23.2	16.3	.0	20.3
12-14.....	236	.0	21.1	62.2	1.1	15.6	41.1	21.4	21.9	.0	15.6
15-18.....	357	2.1	12.6	71.8	.8	12.7	42.8	15.3	29.2	.0	12.7
19-22.....	177	.0	38.5	25.1	.9	35.6	23.4	12.9	28.1	.0	35.6
23-34.....	507	.0	57.2	23.0	.8	19.1	47.5	20.4	13.0	.0	19.1
35-50.....	422	.0	4.9	70.4	2.4	22.3	40.8	5.7	31.2	.0	22.3
51-64.....	281	.0	1.2	39.7	18.1	40.9	4.0	5.5	49.6	.0	40.9
65-74.....	209	.0	.5	13.8	18.5	67.3	2.3	1.8	28.7	.0	67.3
75 AND OVER.....	204	.0	.0	22.6	8.4	69.0	.5	.0	30.5	.0	69.0
ALL INDIVIDUALS...	5,651	.4	30.0	44.5	5.4	19.8	38.2	14.0	28.0	.0	19.8

Continued--

TABLE 6.6-3.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	26.1	26.8	29.7	11.1	0.0	6.3
1-2.....	12.2	24.2	38.1	11.7	.0	13.8
3-5.....	14.1	26.0	31.2	12.2	.0	16.6
6-8.....	20.8	31.7	23.4	10.7	.0	13.4
MALES:						
9-11.....	31.8	20.7	28.8	1.6	.0	17.1
12-14.....	33.1	35.7	16.3	3.6	.0	11.3
15-18.....	24.8	32.0	16.8	1.3	0.4	24.7
19-22.....	11.8	16.6	22.2	21.8	.0	27.6
23-34.....	9.8	30.5	32.2	21.5	.0	6.0
35-50.....	30.8	23.9	31.7	9.4	.4	3.9
51-64.....	54.8	32.6	8.2	3.0	.1	1.4
65-74.....	66.1	8.2	20.3	4.2	1.1	.2
75 AND OVER.....	80.5	7.3	4.3	7.8	.0	.0
FEMALES:						
9-11.....	20.0	29.0	22.0	8.7	.0	20.3
12-14.....	28.9	26.6	28.1	.8	.0	15.6
15-18.....	31.0	38.5	14.9	2.3	.7	12.7
19-22.....	15.4	12.5	24.2	12.3	.0	35.6
23-34.....	15.5	28.4	22.5	14.5	.1	19.1
35-50.....	27.5	20.6	23.1	6.2	.4	22.3
51-64.....	44.9	7.1	6.2	.7	.1	40.9
65-74.....	19.4	8.3	4.5	.3	.3	67.3
75 AND OVER.....	28.1	2.5	.4	.0	.0	69.0
ALL INDIVIDUALS...	26.4	24.5	21.2	7.9	.2	19.8

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.7-1.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

TOTAL RESPONDENTS

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.....	293	8.9	77.2	13.5	0.4	0.0	11.7	5.1	83.1	0.0	0.0
1-2.....	429	5.6	78.0	23.3	.9	0.2	12.5	5.2	82.2	.0	0.2
3-5.....	631	.9	65.5	32.5	1.2	.0	12.7	10.1	77.2	.0	.0
6-8.....	713	.0	72.0	26.0	2.0	.1	11.7	4.8	83.5	.0	.1
MALES:											
9-11.....	277	.5	54.6	38.7	5.8	.4	14.1	14.3	71.3	.0	.4
12-14.....	332	.0	53.1	46.1	.7	.1	13.1	10.7	76.1	.0	.1
15-18.....	452	1.8	18.8	59.9	3.5	16.0	16.8	10.1	57.2	.0	16.0
19-22.....	226	8.7	27.4	45.3	2.5	16.1	11.8	13.9	58.2	.0	16.1
23-34.....	516	3.6	71.7	14.4	3.9	6.4	8.8	9.2	75.6	.0	6.4
35-50.....	433	.1	40.5	51.1	4.2	4.2	8.7	9.4	77.7	.0	4.2
51-64.....	379	.0	3.3	72.6	4.3	19.8	6.6	3.8	69.7	0.1	19.8
65-74.....	138	.4	4.1	41.5	23.7	30.3	1.2	6.0	62.5	.0	30.3
75 AND OVER.....	121	.0	.2	36.3	40.9	22.6	3.9	2.5	71.0	.0	22.6
FEMALES:											
9-11.....	299	.0	64.7	33.1	2.1	.1	16.3	9.4	74.3	.0	.1
12-14.....	341	.0	56.1	42.6	1.3	.1	19.4	7.3	73.3	.0	.1
15-18.....	534	6.7	25.1	60.4	1.0	6.8	11.4	11.2	70.7	.0	6.8
19-22.....	331	9.5	54.5	35.0	.4	.5	17.6	7.9	74.0	.0	.5
23-34.....	917	.1	92.5	6.6	.7	.1	14.3	9.4	76.2	.0	.1
35-50.....	663	.2	1.3	96.8	1.6	.1	19.0	10.4	70.6	.0	.1
51-64.....	502	.0	5.6	93.1	1.2	.1	9.5	7.2	83.2	.1	.1
65-74.....	322	.0	.5	11.7	87.9	.0	6.4	3.9	89.7	.0	.0
75 AND OVER.....	273	.0	.1	24.6	75.3	.0	1.7	2.7	95.6	.0	.0
ALL INDIVIDUALS...	9,123	1.9	44.7	41.6	8.0	3.8	12.2	8.2	75.7	.0	3.8

Continued--

TABLE 6.7-1.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

TOTAL RESPONDENTS

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.....	23.0	36.4	31.2	9.5	0.0	0.0
1-2.....	14.7	41.3	35.9	7.9	.0	0.2
3-5.....	21.0	34.4	34.2	10.4	.0	.0
6-8.....	22.7	43.9	21.9	11.5	.0	.1
MALES:						
9-11.....	35.0	28.1	33.0	3.5	.0	.4
12-14.....	31.1	42.6	22.2	4.0	.0	.1
15-18.....	33.2	21.4	24.8	4.6	.0	16.0
19-22.....	29.4	27.0	22.5	5.0	.0	16.1
23-34.....	17.9	32.5	28.4	14.8	.0	6.4
35-50.....	31.8	26.9	34.5	2.5	.0	4.2
51-64.....	28.7	43.0	3.9	4.4	0.2	19.8
65-74.....	39.0	18.3	8.9	3.5	.0	30.3
75 AND OVER.....	61.4	8.8	5.7	1.4	.0	22.6
FEMALES:						
9-11.....	15.8	47.7	26.0	10.4	.0	.1
12-14.....	31.8	39.0	19.7	9.4	.0	.1
15-18.....	23.7	42.9	23.6	3.0	.0	6.8
19-22.....	13.0	36.1	39.9	10.5	.0	.5
23-34.....	16.3	41.3	29.9	12.4	.0	.1
35-50.....	27.6	35.0	29.6	7.7	.1	.1
51-64.....	44.7	29.7	16.1	9.4	.0	.1
65-74.....	55.2	18.1	16.5	10.3	.0	.0
75 AND OVER.....	61.4	22.8	13.6	2.2	.0	.0
ALL INDIVIDUALS...	27.8	34.8	25.4	8.1	.0	3.8

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.7-2.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	121	13.5	63.7	22.0	0.9	0.0	5.6	5.3	89.1	0.0	0.0
1-2.....	209	8.6	65.1	25.2	.9	0.1	10.3	3.8	85.7	.0	0.1
3-5.....	318	1.2	71.0	25.9	1.9	.0	8.8	6.3	85.0	.0	.0
6-8.....	331	.0	72.7	23.4	3.8	.1	4.8	3.9	91.2	.0	.1
MALES:											
9-11.....	97	1.3	53.3	43.9	.5	1.0	9.7	15.7	73.5	.0	1.0
12-14.....	114	.0	38.8	60.0	.8	.3	8.2	15.2	76.3	.0	.3
15-18.....	152	2.4	15.8	77.4	3.6	.7	13.5	10.0	75.8	.0	.7
19-22.....	80	13.1	33.4	47.4	2.9	3.3	5.8	6.8	84.1	.0	3.3
23-34.....	147	5.2	57.2	20.0	9.7	7.9	3.1	8.1	80.9	.0	7.9
35-50.....	94	.5	40.9	46.0	1.5	11.1	2.9	7.5	78.4	.0	11.1
51-64.....	79	.0	8.5	66.8	3.8	20.9	4.7	5.2	69.1	.0	20.9
65-74.....	66	.9	8.1	48.8	15.8	26.5	2.1	3.4	68.0	.0	26.5
75 AND OVER.....	42	.0	.7	24.3	43.9	31.1	10.5	1.8	56.6	.0	31.1
FEMALES:											
9-11.....	132	.0	68.8	27.7	3.5	.0	8.2	8.4	83.4	.0	.0
12-14.....	105	.0	48.4	50.4	1.0	.2	12.6	7.2	80.0	.0	.2
15-18.....	177	9.1	28.7	59.1	2.7	.3	10.0	13.1	76.6	.0	.3
19-22.....	154	10.5	58.8	29.9	.6	.2	10.0	7.5	82.4	.0	.2
23-34.....	409	.1	89.0	9.3	1.4	.1	10.1	5.8	84.0	.0	.1
35-50.....	241	.6	1.6	95.1	2.6	.2	10.5	11.3	78.0	.0	.2
51-64.....	221	.0	2.5	96.7	.8	.0	5.4	3.8	90.8	.0	.0
65-74.....	113	.0	1.3	2.0	96.6	.0	.8	1.9	97.3	.0	.0
75 AND OVER.....	69	.0	.0	19.0	81.0	.0	3.5	1.3	95.2	.0	.0
ALL INDIVIDUALS...	3,473	2.8	46.6	40.6	7.7	2.2	7.8	7.0	83.0	.0	2.2

Continued--

TABLE 6.7-2.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

PARTICIPANTS IN FOOD STAMP PROGRAM

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.....	16.4	41.1	37.5	5.0	0.0	0.0
1-2.....	21.1	46.5	28.9	3.5	.0	0.1
3-5.....	19.9	39.4	31.9	8.8	.0	.0
6-8.....	20.0	50.5	20.4	9.0	.0	.1
MALES:						
9-11.....	26.7	45.0	24.4	2.9	.0	1.0
12-14.....	24.3	44.9	25.6	5.0	.0	.3
15-18.....	40.7	31.1	25.1	2.4	.0	.7
19-22.....	30.0	42.4	17.3	7.0	.0	3.3
23-34.....	24.1	31.8	25.8	10.4	.0	7.9
35-50.....	27.4	40.3	21.2	.0	.0	11.1
51-64.....	39.7	18.7	9.1	11.6	.0	20.9
65-74.....	45.4	17.0	6.0	5.1	.0	26.5
75 AND OVER.....	45.1	16.5	7.2	.0	.0	31.1
FEMALES:						
9-11.....	17.9	48.6	20.9	12.5	.0	.0
12-14.....	21.7	41.7	20.6	15.7	.0	.2
15-18.....	29.2	38.2	30.8	1.5	.0	.3
19-22.....	17.8	35.1	38.4	8.4	.0	.2
23-34.....	15.0	49.9	28.2	6.7	.0	.1
35-50.....	32.9	33.3	25.0	8.6	.0	.2
51-64.....	45.4	15.3	25.3	13.9	.0	.0
65-74.....	68.2	18.7	6.0	7.1	.0	.0
75 AND OVER.....	64.3	5.1	30.6	.0	.0	.0
ALL INDIVIDUALS...	27.7	37.6	25.2	7.3	.0	2.2

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (PRELIMINARY).

TABLE 6.7-3.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	172	5.7	86.8	7.5	0.0	0.0	16.1	5.0	78.9	0.0	0.0
1-2.....	221	2.8	74.6	21.6	0.9	0.2	14.6	6.5	78.8	.0	0.2
3-5.....	313	.6	59.8	39.1	.5	.0	16.6	14.0	69.3	.0	.0
6-8.....	382	.0	71.3	28.3	.4	.0	17.7	5.6	76.8	.0	.0
MALES:											
9-11.....	180	.1	55.2	35.9	8.7	.0	16.4	13.5	70.0	.0	.0
12-14.....	218	.0	60.7	38.7	.6	.0	15.7	8.3	76.0	.0	.0
15-18.....	300	1.5	20.3	51.0	3.5	23.7	18.4	10.1	47.8	.0	23.7
19-22.....	146	6.3	24.1	44.1	2.3	23.2	15.1	17.8	44.0	.0	23.2
23-34.....	369	3.0	77.5	12.2	1.5	5.8	11.0	9.7	73.4	.0	5.8
35-50.....	339	.0	40.3	52.5	4.9	2.3	10.2	9.9	77.5	.0	2.3
51-64.....	300	.0	1.9	74.1	4.4	19.5	7.1	3.4	69.9	0.1	19.5
65-74.....	72	.0	.3	34.9	30.9	33.8	.4	8.4	57.3	.0	33.8
75 AND OVER.....	79	.0	.0	42.8	39.2	18.0	.3	2.8	78.8	.0	18.0
FEMALES:											
9-11.....	167	.0	61.5	37.4	1.0	.1	22.7	10.1	67.1	.0	.1
12-14.....	236	.0	59.4	39.1	1.4	.0	22.4	7.3	70.3	.0	.0
15-18.....	357	5.5	23.4	61.0	.1	10.0	12.1	10.2	67.7	.0	10.0
19-22.....	177	8.7	50.9	39.4	.2	.8	24.1	8.3	66.8	.0	.8
23-34.....	507	.0	95.3	4.5	.2	.0	17.8	12.2	70.0	.0	.0
35-50.....	422	.0	1.1	97.8	1.1	.0	23.8	9.8	66.4	.0	.0
51-64.....	281	.0	8.1	90.2	1.6	.1	12.7	9.9	77.1	.1	.1
65-74.....	209	.0	.0	16.9	83.1	.0	9.4	5.1	85.5	.0	.0
75 AND OVER.....	204	.0	.2	26.4	73.4	.0	1.1	3.1	95.8	.0	.0
ALL INDIVIDUALS...	5,651	1.4	43.5	42.2	8.2	4.8	14.9	9.0	71.3	.0	4.8

Continued--

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TABLE 6.7-3.--DISTRIBUTION1/ OF INDIVIDUALS BY CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--
AGE, EMPLOYMENT STATUS, AND EDUCATION

NONPARTICIPANTS IN FOOD STAMP PROGRAM

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.....	27.6	33.0	26.7	12.7	0.0	0.0
1-2.....	8.8	36.5	42.6	12.0	.0	0.2
3-5.....	22.2	29.3	36.5	12.0	.0	.0
6-8.....	25.0	38.2	23.1	13.7	.0	.0
MALES:						
9-11.....	39.5	19.0	37.7	3.8	.0	.0
12-14.....	34.7	41.4	20.4	3.5	.0	.0
15-18.....	29.4	16.5	24.7	5.7	.0	23.7
19-22.....	29.0	18.5	25.4	3.9	.0	23.2
23-34.....	15.4	32.8	29.4	16.6	.0	5.8
35-50.....	33.0	23.3	38.2	3.2	.0	2.3
51-64.....	25.8	49.4	2.6	2.4	0.3	19.5
65-74.....	33.1	19.4	11.6	2.1	.0	33.8
75 AND OVER.....	70.2	4.7	4.9	2.2	.0	18.0
FEMALES:						
9-11.....	14.2	47.0	30.0	8.7	.0	.1
12-14.....	36.3	37.9	19.3	6.5	.0	.0
15-18.....	21.0	45.3	20.0	3.8	.0	10.0
19-22.....	8.8	37.0	41.1	12.3	.0	.8
23-34.....	17.4	34.3	31.2	17.0	.0	.0
35-50.....	24.5	35.9	32.2	7.1	.2	.0
51-64.....	44.2	41.0	8.8	5.9	.0	.1
65-74.....	48.1	17.7	22.2	12.0	.0	.0
75 AND OVER.....	60.4	28.8	7.9	2.9	.0	.0
ALL INDIVIDUALS...	27.9	33.1	25.6	8.6	.0	4.8

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

SOURCE: SURVEY OF FOOD CONSUMPTION IN LOW-INCOME HOUSEHOLDS 1979-80, NOVEMBER 1979-MARCH 1980 (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	.63	6.9	.73	1.29	28
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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