Nationwide Food Consumption Survey 1977-78
Preliminary Report No. 2

# FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY IN THE UNITED STATES, SPRING 1977

U.S. Department of Agriculture
Science and Education Administration September 1980

## ABSTRACT

This report presents data on 1-day food and nutrient intakes of 9,620 individuals from the Nationwide Food Consumption Survey 1977-78 in the 48 conterminous States of the United States in the spring of 1977. Average food intakes of individuals in 22 sex-age groups are summarized in 10 major food groups and 43 subgroups. Average intakes of food groups and subgroups for all individuals and for users only of each food group and the percentage of individuals using each food group are given. Also included are average intakes of energy and 14 nutrients, nutrient-to-calorie ratios, comparisons of intakes with the 1980 Recommended Dietary Allowances, nutrient contributions of major food groups, nutritive value of food eaten away from home, frequency and nutritive value of meals and snacks reported, certain characteristics of sample, and some comparisons with similar information collected in a 1965 survey. Data are presented in 75 tables with a summary of the main points.



KEYWORDS: Dietary survey, food away from home, food intakes, frequency of eating, meals, nutrient density, nutrient intakes, snacks.

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# FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY IN THE UNITED STATES, SPRING 1977[1]

## I. SUMMARY

One day's food and nutrient intakes of 9,620 individuals in the 48 conterminous States in April-June 1977, reported in the USDA Nationwide Food Consumption Survey 1977-78, were classified by 22 sex-age groups. Some findings are as follows:

- Energy intakes of foods eaten averaged 15 percent below the median 1980 Recommended Dietary Allowances (RDA)[2] for individuals reporting them. For example, energy intakes for women 23 to 34 years averaged about 1,600 kcal and those for men of the same age about 2,400 kcal; their respective RDA are 2,000 and 2,700 kcal.

- Energy from protein for all individuals surveyed averaged 16.6 percent; from fat, 40.3 percent; and from carbohydrate, 42.8 percent.

- Energy and fat contributed by major food groups:

  Food energy--The meat, poultry, and fish group was the largest contributor of food energy (28 percent), followed by grain products (25 percent), and milk and milk products excluding butter (14 percent). Energy sources varied among sex and age groups. For infants, the major source of energy was the milk group; for children 1 to 2 years, milk and grain products; for 3- to 14-year-olds, grain products; and for most groups 15 years and over, meat, poultry, and fish.

  Fat--Fat in the diet was contributed mainly by the meat, poultry, and fish group (41 percent), followed by milk and milk products (17 percent), grain products (15 percent), and fats and oils (10 percent).

- Nutrient intakes as a percentage of the RDA:

  --Protein, riboflavin, niacin, and vitamin C intakes for all 22 sex-age groups met the RDA in full.

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[1] Prepared by the Consumer Nutrition Center, Human Nutrition, Science and Education Administration, U.S. Department of Agriculture, Hyattsville, Md. 20782.

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

--Phosphorus, vitamin A, thiamin, and vitamin $B_{12}$ intakes for almost all sex-age groups met the RDA in full; exceptions were some groups of females whose intakes exceeded 90 percent of the RDA.

--Calcium intakes met the RDA in full only for children under 3 years and 6 to 8 years and males 19 to 34 years. Intakes of females 12 years and over were lowest compared to their RDA (64 to 77 percent).

--Iron intakes averaged 100 percent or more of the RDA for infants, most school-age children, and men but were well below the RDA for 1- to 2-year-olds (53 percent), 3- to 5-year-olds (79 percent), and females 12 to 50 years of age (58 to 64 percent).

--All groups over 2 years of age had less than 100 percent of the RDA for magnesium and vitamin $B_6$, with women's intakes lower than those of men.

o Forty-four percent of the individuals obtained and ate food away from home. The 23- to 34-year-old men had the largest percentage of persons obtaining and consuming food or beverage away from home (60 percent).

o Eating three times during the day of the survey was the most frequently reported pattern by individuals (39 percent), followed by 28 percent eating four times, and 14 percent eating five times; almost 1 percent ate only once and 7 percent ate twice. Breakfast was reported by 86 percent of the individuals and snacks by 59 percent. Over half of the snacks were consumed in the evening between 5 o'clock and midnight.

o Comparisons with a similar survey in 1965:

--Energy intakes of all sex-age groups were lower in 1977 than in 1965, and the decline was smallest for the oldest adult groups.

--Intakes of fat averaged less for all sex-age groups in 1977.

--Average iron intakes of infants in 1977 were dramatically higher than in 1965 because of increased iron fortification of cereals and and formulas.

--Vitamin C intakes likewise were higher in 1977 than in 1965, with increased contributions from ready-to-eat cereals and citrus fruit juices.

--Consumption of total milk and milk products, eggs, total grain products, fats and oils, and sugar and sweets was lower in 1977 than in 1965, but consumption of cheese, soft drinks, and alcoholic drinks was higher in 1977.

--The increased popularity of eating out was reflected in 1965-77 comparisons for most sex-age groups. The largest increase in the percentage of individuals obtaining and eating food away from home in 1977 compared with 1965 was for females 23 to 34 years, paralleled

by an increase for the 3- to 5-year-olds. These increases probably reflect the great expansion of younger women into the work force and their use of day care outside the home for preschoolers.

## II. SCOPE OF 1977-78 SURVEY

The Nationwide Food Consumption Survey (NFCS) 1977-78 is the sixth nationwide survey of households to be conducted by the U.S. Department of Agriculture. Previous surveys were conducted in 1936-37, 1942, 1948 (urban only), 1955, and 1965-66. Information on food used at home by housekeeping households (at least 1 member having a minimum of 10 meals from home food supplies during the week surveyed) was collected in all the surveys. However, NFCS 1977-78 included households irrespective of the number of meals from home supplies. In addition to household food use, information on dietary intakes (at home and away from home) of specified members of the households was obtained in the last two surveys--in the spring only of the 1965-66 survey and in all four seasons of the NFCS 1977-78.

The results of the NFCS 1977-78 provide new benchmark data on the kinds and quantities of foods and nutritive values of diets ingested by men, women, and children of different ages classified by various household characteristics. Dietary information obtained for individuals included the kind and amount of each food eaten; the time the food was eaten; the name of eating occasions at which and with whom the food was eaten; and if the food was eaten away from home, the place it was eaten, the type of service, and the cost. Individuals were also asked if the day's intake was typical and if they were on a special diet, were vegetarians, or took vitamins, minerals, or other supplements.

Information was obtained on those household characteristics believed to be related to food consumption of individuals and their households. Some household characteristics included were region and urbanization of residence; household income; participation in food programs; education, occupation, and employment status of male and female heads of households; household size; race; home production of food; money value of household food used at home; and cost of food eaten away from home by household members. Characteristics of individuals included sex, age, estimated height and weight, and self-appraisal of health and physical handicaps.

A stratified area probability sample was surveyed in the 48 conterminous States in each of 4 quarters from April 1977 through March 1978 (basic survey). Approximately 15,000 households and about 34,000 individuals in these households participated. Also, 2 supplemental surveys were conducted in the 48 conterminous States on (1) about 5,000 households with at least 1 member 65 years or over and about 7,500 individuals from April 1977 through March 1978 and (2) about 4,700 households eligible for the Food Stamp Program and about 13,000 individuals from November 1977 through March 1978. Three additional surveys were conducted on (1) about 1,100 urban households and 2,400 individuals in Alaska from January through March 1978, (2) about 1,250 households and 3,100 individuals in Hawaii from January through March 1978, and (3) about 3,100 households and 9,000 individuals in Puerto Rico from July through December 1977.

Information on dietary intakes was collected for all individuals in the household in all 5 supplemental surveys and in the spring segment of the basic survey in the 48 conterminous States. In the remaining three seasons of the basic survey, all household individuals under 19 years of age were asked to provide intake information, but only half of those 19 years and over were asked. Dietary intake information was sought for 3 consecutive days in all surveys except in the supplemental survey of households with at least one member 65 years or over. In this survey only a 24-hour dietary recall was obtained.

## III. DATA COLLECTION

Trained interviewers collected most of the data by personal interview with the household member most responsible for food planning and preparation, usually the homemaker. An appointment for the interview was made at least 7 days before the interview. Household food consumption information was obtained using a list to aid the respondent in recalling the kind, form, quantity, and cost, if purchased, of foods used during the previous 7 days. The household respondent also supplied the information on household characteristics, such as income, participation in food programs, number of meals eaten at home and away by household members, and educational level and employment status of the heads of the household.

After the household respondent finished giving information about the household, the interviewer proceeded to obtain from each eligible household member present a recall of the previous day's dietary intake. The household respondent usually answered for children under 12 years old and others unable to answer for themselves. Individuals then recorded their intake for the day of the interview and the next day and thus provided data for 3 consecutive days. If a household member was absent at the time of the interview but was expected to return within the next 2 days, forms were left to be completed. The interviewer returned to the home to pick up and review the records.

The method of data collection in the spring 1977-78 survey was slightly different from the method used in the spring of 1965. In 1965, no advance notice of the interview was given. Also in 1965, an individual intake recall was obtained for the previous day only, and the household respondent provided this information for all eligible family members. In 1965, the sample included members under 20 and over 64 years of age and one-half of the members 20 through 64 years of age. A form was left to be returned by mail if the household respondent could not supply the information. In order to measure the impact of changes in method on the results in the 1977-78 survey, a bridging survey of about 1,300 households, yielding about 3,800 individual 1-day recalls, was conducted in the spring of 1977 using the 1965 methods.

## IV. DISCUSSION OF PRELIMINARY RESULTS

This preliminary report is based on 9,620 24-hour dietary recalls during the first quarter of the 1977-78 survey--April-June 1977. Data presented (including breast-fed infants) have been weighted from 8,661 to 9,660 total individuals to correct for irregular response rates of households in the survey sample. Characteristics of the households and individuals surveyed are discussed in the last section. Data for 40 breast-fed infants are excluded unless otherwise specified.

## A. FOOD INTAKE

Food reported as eaten by individuals in 22 sex-age groups on the 1 day preceding the interview in the spring of 1977 is summarized in 10 major food groups and 43 food subgroups (tables 1.1a-1.5c). The average quantity in grams of food and beverages (other than water) ingested per individual surveyed is shown. Also shown are the percentage of individuals using the food or food group on the 1 day reported and the average quantity ingested per individual reporting use of the particular food or food group (user). Mixtures made up of ingredients belonging in several different food groups are placed in the group of the major ingredient.

### 1. Meat, Poultry, and Fish

This group includes the meats--beef, pork, lamb, veal, and game; poultry; organ meats and mixtures mainly organ meats; frankfurters, sausages, luncheon meats, and meat spreads; fish and shellfish; and mixtures that contain meat, poultry, and/or fish, such as stews, soups, casseroles, and such combinations as frozen dinners and sandwiches if reported as single units. Small amounts of meat, poultry, or fish are in the grain products group as ingredients in mixtures mainly grain products.

The average daily intake of meat, poultry, and fish was 4.8 ounces (28.35 grams = 1 ounce) per individual, and mixtures including these items averaged an additional 2.5 ounces per individual (table 1.1a). Over 90 percent of the individuals surveyed reported use of at least one food from this group on the day surveyed. This popularity of meat, poultry, and fish was apparent at all ages except infants.

Beef was the most popular meat, with 35 percent of the individuals reporting it. Beef intake averaged 1.9 ounces per individual (table 1.1a) and 5.4 ounces per user (table 1.1c). Adults under 65 years of age ate beef more often than older adults and children did, and a larger proportion of the men ate beef than did women. Males 15 to 34 years averaged the highest daily intake, about 3 ounces per individual and over 7 ounces per user. Females 12 to 64 years averaged about 1.7 ounces per individual in a day or about 5 ounces per user.

Pork cuts were consumed by 26 percent of the individuals. Daily intake was 0.7 ounce per individual or 2.8 ounces per user. In contrast to beef, pork was more popular among older than among younger adults.

Poultry, most of it chicken, was consumed by 18 percent of the individuals--less often than for either beef or pork. Daily intake was about 1 ounce per individual or about 5.2 ounces per user.

Frankfurters, sausages, luncheon meats, and spreads--which may contain beef, pork, or poultry, or a combination of these--were consumed by 28 percent of the individuals. Daily intake averaged 0.7 ounce per individual or 2.4 ounces per user in a day. About a third of the children 1 to 11 years ate these products, with a dropoff among female users 12 years and older but little change in usage among older males.

Fish or shellfish was eaten by 9 percent of the individuals. Daily intake averaged about 0.4 ounce per individual and 4.4 ounces per user.

Lamb, veal, and game were eaten by slightly over 1 percent of the individuals. Organ meats were reported by 2 percent of the individuals, but use was greatest among adults 35 years and older.

Over one-third of the individuals reported mixtures partly meat, poultry, or fish. Unlike other meat group items, mixtures were reported almost as frequently by infants as by older groups.

The percentage of individuals using meat, poultry, fish, and their mixtures in 1977 was similar to the percentage using them in the 1965 survey, over 90 percent.[3] Among subgroups, mixtures containing ingredients of meat, poultry, or fish were more often selected and pork was less often selected in 1977 than in 1965. Ethnic mixtures, such as oriental and Mexican foods, were reported more frequently in 1977.

2. Milk and Milk Products

Milk and milk products, as reported in tables 1.2a-1.2c, include all dairy products except butter. They include mixtures, mainly milk such as ice cream and cornstarch puddings, but exclude cream soups, which are grouped according to kind--cream of chicken in the meat group, for example. Total quantity of milk and milk products is in terms of calcium equivalent. The total grams of calcium equivalent were obtained by converting each milk product to its equivalent weight of whole milk on the basis of its calcium content before aggregation. For example, 1 ounce (28 g) of cheddar cheese is equivalent to three-fourths cup of milk (181 g) based on its calcium content.

At least one item from this group was consumed during the day as reported by 85 to 93 percent of the children and teenagers, by about 80 to 84 percent of the adults 65 years and older, and by 73 to 82 percent of the younger adults. Boys 15 to 18 years old had the largest average intake of milk and milk products, an equivalent of 2.6 cups of milk per individual and 3.0 cups per user.

Milk and milk drinks were reported by 69 percent of the individuals and an average intake was slightly over 1 cup. Infants averaged the largest intake of milk and milk drinks (including milk-based baby formulas), about 2.5 cups, and boys 12 to 18 averaged the second largest intake, about 2 cups. Yogurt was reported by less than 2 percent of the individuals, and users were most often women although men 23 to 34 reported this item almost as frequently as women of this age group. Cheese was consumed by about a fourth of the individuals--more often by adults than by children and teenagers--averaging about a half ounce each. Cream and milk desserts, such as ice cream and ice milk, were consumed by about one-fifth to one-fourth of all groups except infants.

Average intake of milk and milk products (total calcium equivalent) was down in 1977 from 1965 (fig.1).[3] However, elderly groups were exceptions,

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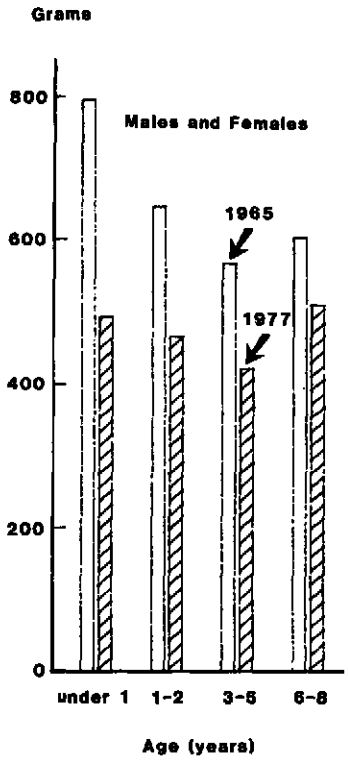
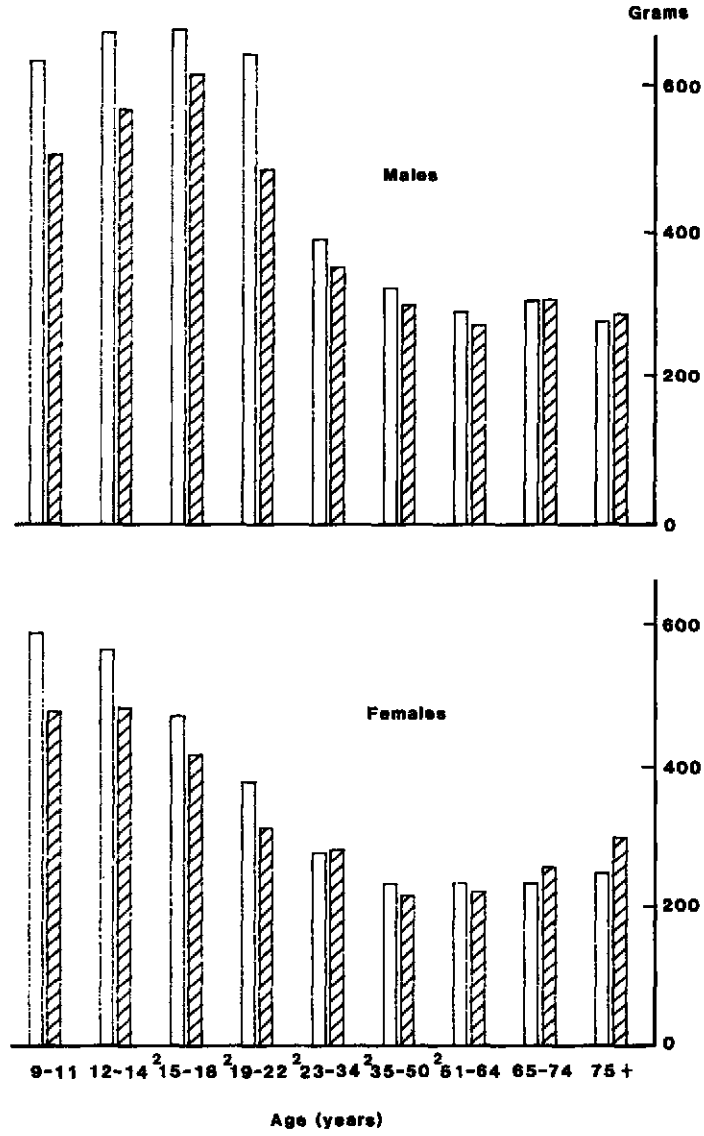
[3] U.S. Agricultural Research Service, Consumer and Food Economics Research Division. 1972. Food and Nutrient Intake of Individuals in the United States, Spring 1965. U.S. Dept. Agr. Household Food Consumption Survey 1965-66, Rpt. 11, 290 pp.

# MILK AND MILK PRODUCTS

## Quantity[1] per individual in a day, spring 1965 and 1977




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

[2]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 1

showing as high or higher average intakes in 1977 than in 1965. Average intake by infants showed the biggest decline of all sex-age groups. Intake of some components of the group—cheese and yogurt—was up.

3. Eggs

The egg group includes such items as omelets, egg salad, egg sandwiches, and egg substitutes and is reported in tables 1.2a-1.2c. About a third of the individuals ate eggs on the 1 day reported, and users averaged about 1-3/4 eggs. (One large cooked egg weighs 50 g.) Eggs were eaten by one-tenth of the infants, one-third of the 1- to 5-year-olds, and one-fourth of the 6- to 8-year-olds. Among men, one-third of the 23- to 34-year-olds reported egg items, and the proportion of individuals increased to one-half for the oldest group. Among females, 9- to 14-year-olds had the smallest fraction of users, about a fifth.

Egg consumption was down in 1977 compared with levels in the 1965 survey (fig. 2).[4] This was chiefly because fewer persons ate eggs. However, the amount eaten per user in 1977 was up slightly for most sex-age groups. In the earlier survey, over half of the men ate eggs, and the proportion increased as age of the group increased except for the oldest group. Among the elderly men, the proportion of users was the same as in 1965.

4. Legumes, Nuts, and Seeds

The legume, nut, and seed group includes peanut butter and soy-based baby formulas, as well as cooked dry beans, peas, and lentils, and nuts and is reported in tables 1.2a-1.2c. One-fifth of all individuals reported at least one item from this group on the day reported, and intakes averaged about 1 ounce per individual. Children 3 to 11 years and 12- to 14-year-old boys most often selected these foods. A smaller fraction of women than men reported using them.

Intake of the legume, nut, and seed group was generally down in 1977 from the 1965 survey for groups under 35 years of age.[4] Most groups 35 years and over averaged more in 1977 than in 1965.

5. Grain Products

Grain products were consumed by 95 percent or more of all sex-age groups except infants and women 19 to 50 years (table 1.3b), and the average intake per individual was just over 7 ounces (table 1.3a). Teenage boys were the heaviest users at 10 to 11 ounces per individual.

Bread, rolls, and biscuits were consumed by almost 80 percent of the individuals excluding infants, with a range from about 70 percent for the 1- to 2-year-old children to about 85 percent of the men and women 65 years and older. Larger proportions of the men than women ate these items, especially between the ages of 19 and 50 years.

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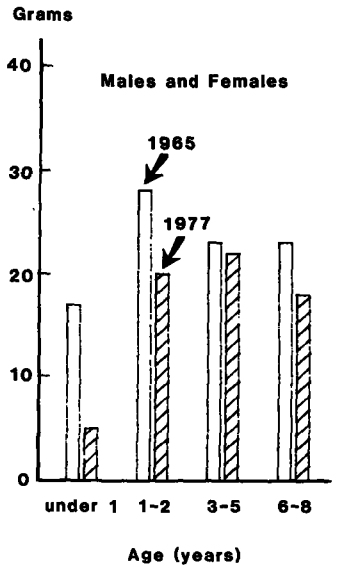
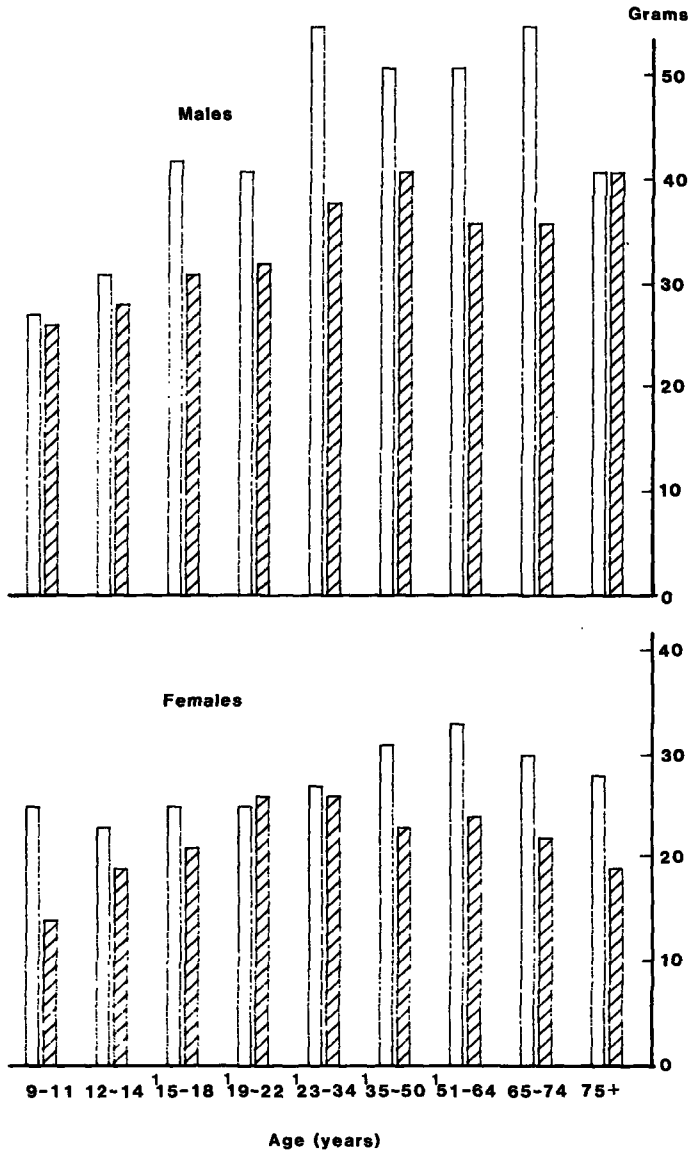
[4]See footnote 3, p. 6.

# EGGS

## Quantity per individual in a day, spring 1965 and1977




[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-1966, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 2

Other bakery products--including cookies, crackers, doughnuts, pies, cakes, and other pastries--were consumed by over half of the individuals in the survey, with an average intake of 1.75 ounces per individual and over 3 ounces per user (table 1.3c). The largest proportion of users was among children 3 to 14 years. Generally, slightly more men than women used these bakery products.

Ready-to-eat cereals were reported by over one-fourth of the survey respondents and intakes of users averaged just over 1.3 ounces. Almost three-fourths of the infants and over half of the children 1 to 11 years reported ready-to-eat cereals (fig. 3). These products were less popular among teenagers and young and middle-aged adults, but users among older adults increased to one-third or more.

Mixtures, mainly a grain product, included such items as lasagna, pizzas, spaghetti, and egg rolls. Thus, some of the grain mixtures had pieces of meat, poultry, or fish as an ingredient but less than in mixtures classified under the meat group. Mixtures were reported by almost 20 percent of the respondents and were more common in the groups under 35 years of age excluding infants.

Intakes of grain products were down in the spring of 1977 from 1965.[5] For bread, rolls, and biscuits, the 1977 survey shows a 6- to 13-percent decline in male users and a 7- to 19-percent decline in female users. However, there may be more reporting of bread and rolls as parts of sandwiches, which are included in other categories. Intakes of ready-to-eat cereals averaged considerably higher in 1977, particularly for infants, teenage boys, and the elderly.

6. Fats and Oils

This group comprises the following foods when reported separately by the respondent: Table fats, such as butter and margarine, salad dressings, sauces, such as tartar and hollandaise, oils, and cream substitutes. Fats in commercially or home-prepared mixtures or used in cooking, such as deep-fat frying, are not included in this group, nor is salad dressing if an ingredient in a salad.

Fats and oils were mentioned in the day's diet by 60 percent of the individuals, and the average intake was 0.5 ounce per individual and 0.8 ounce per user (tables 1.3a-1.3c). Over half of the adults 65 years and over reported using table fats, but fewer among the younger groups did so. Conversely, older adults less often reported use of salad dressing.

Intakes of fats and oils were down considerably in 1977 from the 1965 survey.[5] Average intakes of total fats and oils in 1977 for children and males under 65 years of age were less than half the amounts reported in 1965; for women, differences were smaller.

7. Vegetables

Vegetables include white potatoes, tomatoes, dark green and deep yellow vegetables, and other vegetables, as well as mixtures with vegetables as the

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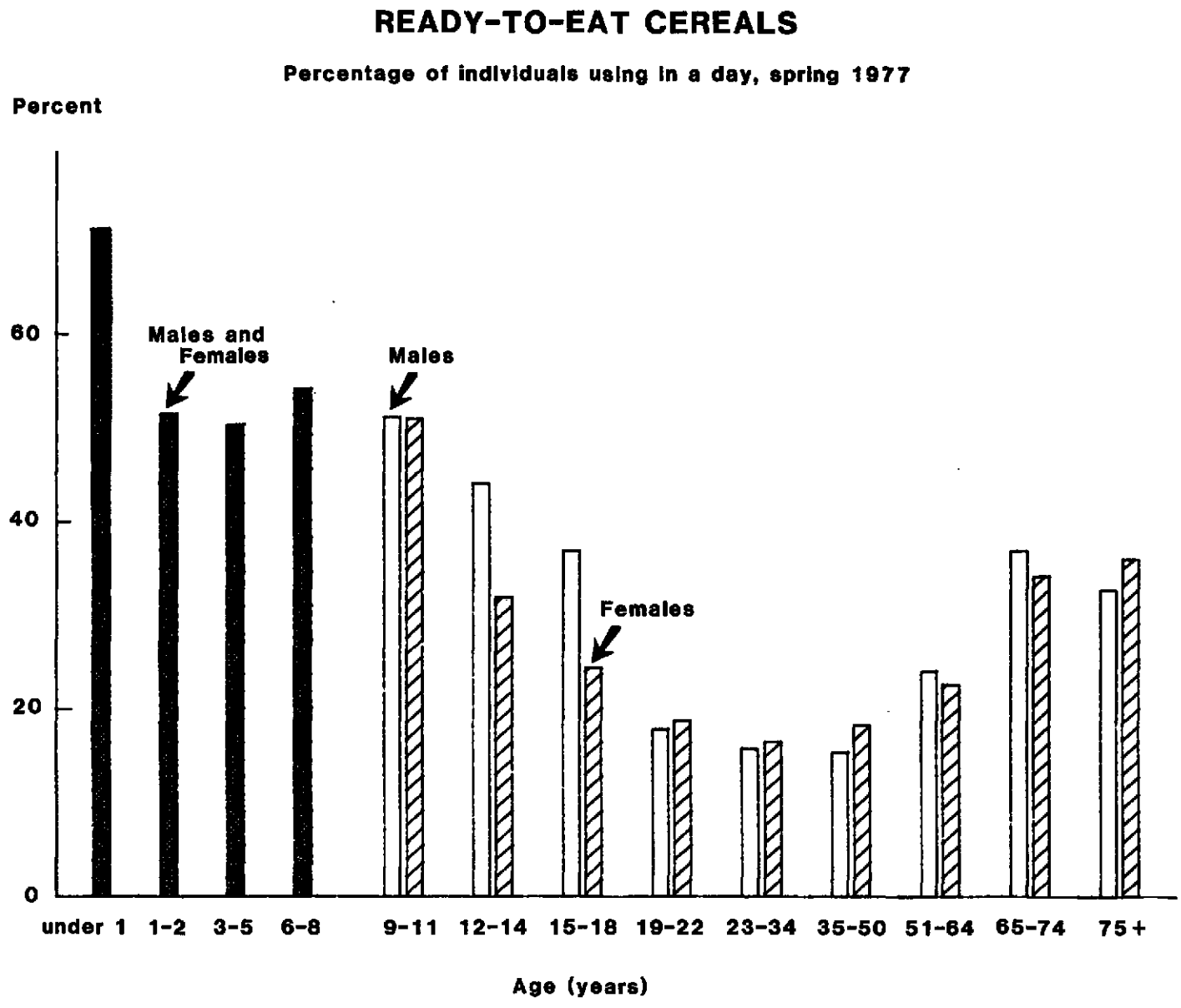
[5]See footnote 3, p. 6.




Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 3

main ingredient, such as vegetable soups (tables 1.4a-1.4c). Over 85 percent of the individuals consumed one or more vegetables, with an average intake per individual of 7 ounces. Generally, popularity of vegetables increased slightly with age of the eater, with over 90 percent of adults over 50 years of age using them.

Almost half of the respondents consumed white potatoes. White potatoes include potato chips and potato salad as well as potatoes not specified as to form. Of the types of vegetables shown, potatoes were most often reported. Males 19 to 22 years of age had the highest consumption per day, almost 3.5 ounces per individual. Men who ate potatoes averaged intakes of about 6 ounces per day. Among females, girls 9 to 18 years most often used potatoes, and elderly women used them least often. Generally, a higher proportion of the boys and men ate potatoes than the same age groups of females.

Tomatoes were reported by almost one-fourth of the individuals. The tomato group includes catsup and tomato soup as well as raw and cooked tomatoes and tomato juice. Dark green and deep yellow vegetables each were consumed by about 1 in 12 individuals.

Average intakes of potatoes in 1977 were less than in 1965 for children and teenage boys but higher for teenage girls and most groups of adults.[6] Generally, dark green vegetable intake was up and deep yellow vegetable and tomato intakes were down between 1965 and 1977.

8. Beverages

Nonalcoholic beverages include coffee; tea; soft drinks, carbonated and noncarbonated; and fruit and fruit-flavored drinks (tables 1.4a-1.4c). About 85 percent of the individuals reported at least one of these beverages--more among adults and fewer among children.

Coffee was the beverage reported by the largest percentage of individuals, 45 percent. Its popularity increased with the age of the respondent. About 25 percent of the 19- to 22-year-olds, almost 50 percent of the 23- to 34-year-olds, around 70 percent of the 35- to 50-year-olds, and about 80 percent or more of the respondents over 50 years consumed coffee. Users among men averaged between 2 and 3 cups in 1 day, and women averaged only slightly less.

Tea was consumed by 28 percent of the respondents. Although few children drank coffee, about one out of seven between 1 and 11 years drank tea. However, use of tea did not increase with age as much as coffee. By about age 20, one in four selected tea and one in four selected coffee, but more adults beyond this age preferred coffee. Tea was more popular among women (33 to 40 percent using) than among men (25 to 33 percent using).

Soft drinks (including both carbonated and noncarbonated ones) were reported by 40 percent of the individuals and were most popular in the age

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[6]See footnote 3, p. 6.

groups below 35 years of age. Teenagers 15 to 18 years of age had the highest percentage of users (56 to 60 percent). Almost half of the children 3 to 8 years drank soft drinks, and almost 40 percent of the 1- to 2-year-olds did also. Even among infants, 11 percent had soft drinks. Only among adults over 35 years of age were soft drinks less often selected than coffee.

Soft drink intake increased considerably in 1977 from 1965 (fig. 4).[7] Although less popular with adults 35 years and over than with younger groups, average intakes in 1977 increased over those in 1965 for all groups except 12- to 14-year-old boys and the oldest men. The greatest increase in quantity consumed was for boys 15 to 18 years of age. Fruit drinks and fruit-flavored drinks were consumed by less than 10 percent of the respondents. The largest percentage of users was among the children and teenagers (12 to 18 percent).

Alcoholic beverages were part of the day's diet for 10 percent of the respondents, but use differed widely by age and sex (tables 1.4a-1.4c). Nearly 25 percent of the men 23 to 50 years old and about 14 percent of women this age consumed at least one of these beverages. As age increased beyond 50 years, the percentage using these beverages decreased. Teenage use of these beverages was limited to 1 to 3 percent of the age groups. Intakes by 19- to 22-year-old men were greatest, averaging 38 fluid ounces in a day for users of alcoholic beverages, most of which were beer and ale. Women's consumption peaked at a later age, 23 to 35 years, but even then users consumed only half as much as 19- to 22-year-old men.

9. Fruits

Fruits were consumed by 54 percent of the individuals and average intake was 5 ounces per individual surveyed (tables 1.5a-1.5c). Among the infants and adults over 50 years, average intakes were 6 to 6-2/3 ounces. Over 85 percent of the infants ate fruits, mostly noncitrus types. Otherwise, groups of children 1 to 8 years and adults over 50 years of age had the largest percentage of users, generally 60 percent or more.

Citrus fruit or juice was reported by one-third of the individuals, with a larger fraction for groups over 50 years of age, especially for women. Citrus juice was much more popular than other fruit juices, except for infants. About one-third of the individuals reported noncitrus fruit. Apples--raw and cooked such as applesauce--were eaten by 1 in 10, bananas by 1 in 14, and other fruits by 1 in 5. For each of these, infants, preschool children, and adults over 50 years were most often the users. Bananas were eaten by equally as many infants as apples, but more adults over 64 years ate bananas than apples. Dried fruits, eaten by about 1 percent of the individuals, were most popular with older adults.

10. Sugar and Sweets

The sugar and sweets group contains such items as granulated sugars, jams, jellies, sirups, and candies and is reported in tables 1.5a-1.5c. Sugars and sweeteners, which are ingredients in other foods, are reported with those foods--

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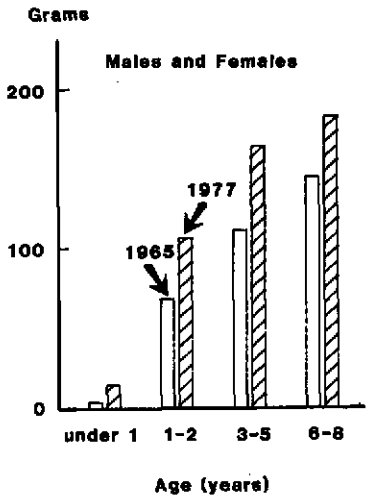
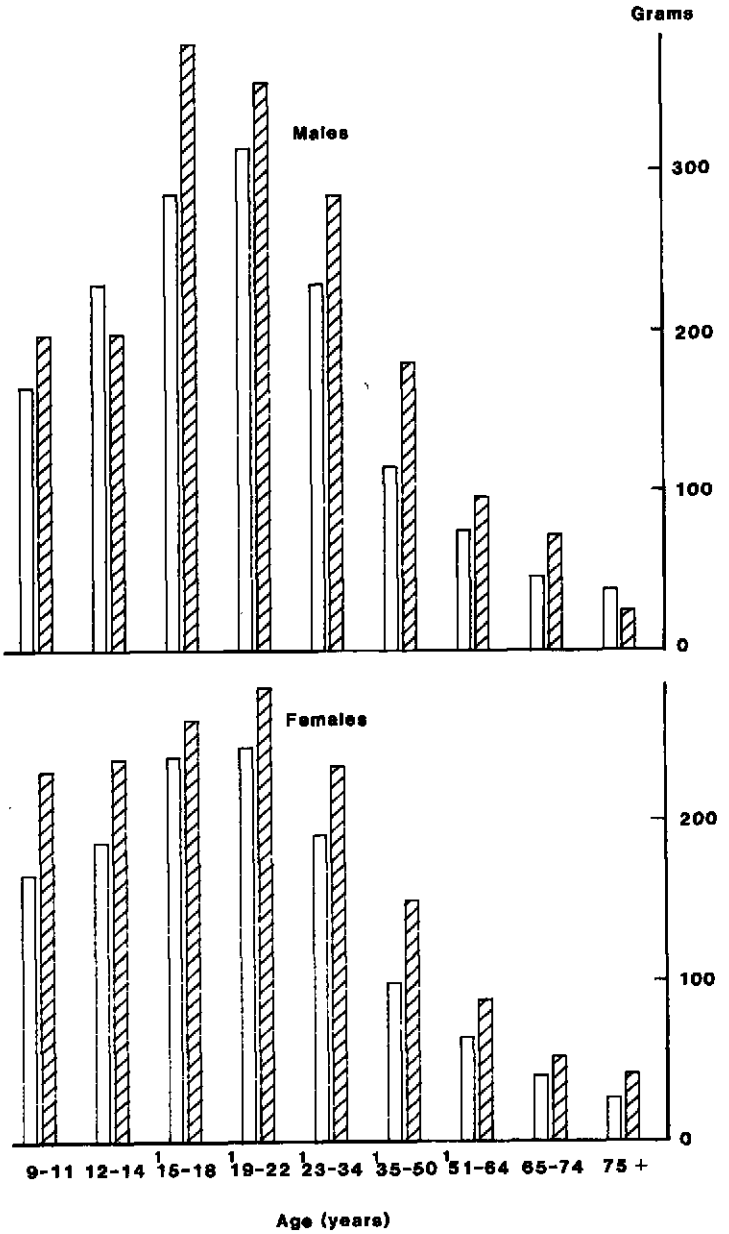
[7]See footnote 3, p. 6.

# SOFT DRINKS

## Quantity per individual in a day, spring 1965 and 1977




[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 4

sweeteners in soft drinks in the beverage group and sweeteners in presweetened cereals in the grain products groups, for example. Over half of the individuals reported one or more items from the sugar and sweets group, and over one-third used sugar. Generally, more of the adults than children and slightly more males than females reported sugar. Only 6 percent reported candy, with the largest proportions of users among children and teenagers.

In 1977, intake of sugar and sweets was down from 1965.[8] The largest decline in intakes of sugar and sweets was by teenage girls and young adults under 35 years.

## B. NUTRIENT CONTRIBUTIONS BY MAJOR FOOD GROUPS

### 1. Food Energy

Food energy was contributed mainly by three major food groups--meat, poultry, and fish (28 percent); grain products (25 percent); and milk and milk products (14 percent) (table 2.1). However, contributions for sex-age groups varied. Although the meat group provided the largest proportion of food energy for most groups over 15 years, grain products provided the most energy for 3- to 14-year-olds and the milk and milk products group for infants. The milk group provided over 50 percent of infants' food energy, 25 percent for the 1- to 2-year-olds, and about 20 percent for the 3- to 8-year-olds. Children over 9 years and teenagers obtained 16 to 18 percent and adults 10 to 16 percent of their energy from milk and milk products. The contribution of food energy by 11 food groups is shown in figure 5 for three sex-age groups.

### 2. Protein

Protein was contributed mainly by the same three major food groups that were the main sources of energy--meat, poultry, and fish (47 percent); grain products (19 percent); and milk and milk products (18 percent) (table 2.2). The meat group was the primary source of protein for all sex-age groups (37 to 54 percent) except infants (15 percent) and 1- to 2-year-olds (32 percent). The milk group was the main source of protein for infants (62 percent) but provided about the same amount as the meat group for the 1- to 2-year-olds. The milk group was more important as a source of protein than the grain group for children 3 to 11 years, about equally as important for teenagers, and less important for adults. Other food groups contributed less protein to the average intake of the sex-age groups.

### 3. Fat

Fat in the diets of individuals was contributed largely by the meat, poultry, and fish group (41 percent), followed by the milk group excluding butter (17 percent), grain products (15 percent), fats and oils (10 percent), and vegetables (9 percent) (table 2.3). Other major food groups each contributed less than 5 percent. However, there were departures from this general picture among various sex-age groups.

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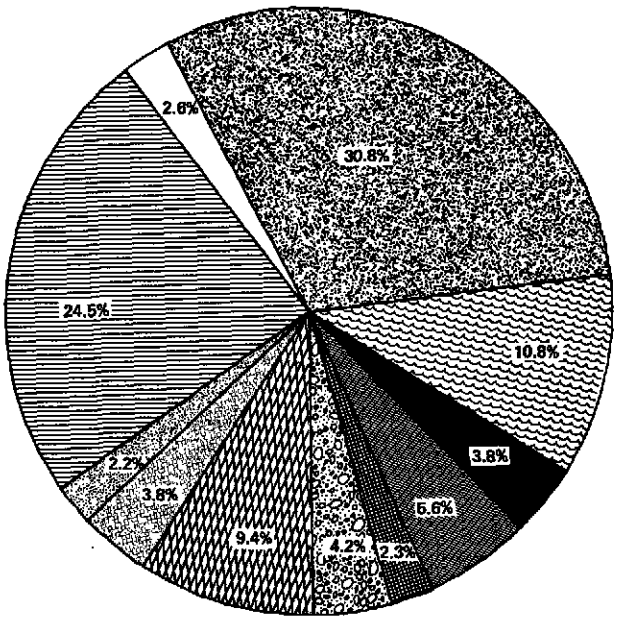
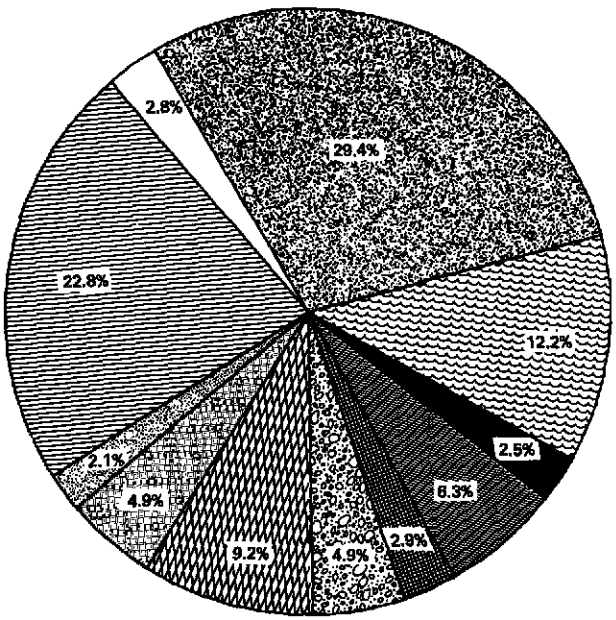
[8] See footnote 3, p. 6.

# FOOD ENERGY CONTRIBUTION OF FOOD GROUPS

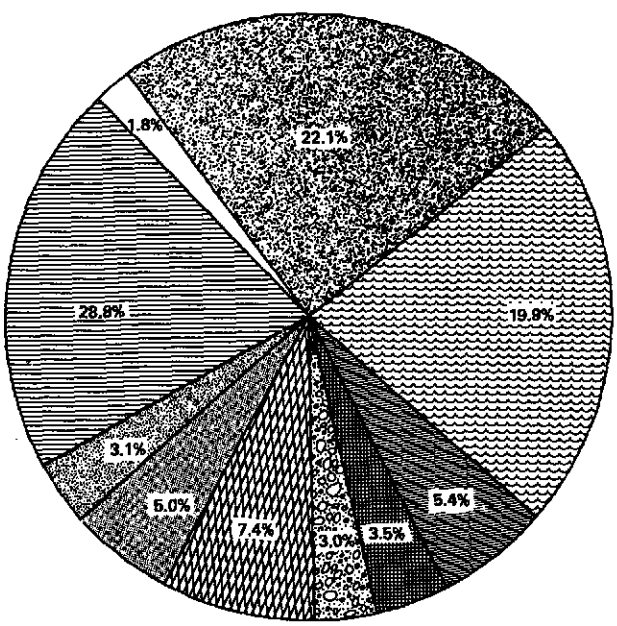
## Percentage of day's intake per individual, spring 1977



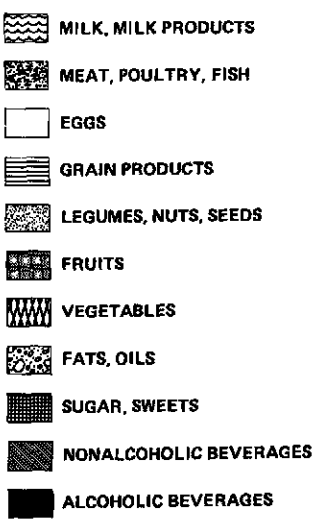

MALES, 23 - 34 YEARS




FEMALES, 23 - 34 YEARS




BOYS and GIRLS, 6 - 8 YEARS




Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

**Figure 5**

The meat group was the most important source of fat for all sex-age groups except the two youngest. Its contribution increased progressively with age of the group from infancy (13 percent) to middle age (over 45 percent) and then decreased slightly in the older age groups.

Milk and milk products supplied the same amount of fat as the meat group in diets of 1- to 2-year-olds (30 percent), but for infants this group was by far the largest contributor (68 percent). Depending on the sex-age group, the grain or milk group was second to meat as a contributor of fat to diets.

The fats and oils group contributed proportionately more fat to diets of females (9 to 14 percent) than to those of males over 14 years of age (8 to 11 percent). Children and teenagers received 8 percent or less from this source.

Potatoes and other vegetables also contributed some fat, almost all of it from items that had fat added during or after cooking, such as potato chips and buttered peas.

4. Carbohydrate

Carbohydrate in the diet was contributed largely by the grain products group (40 percent) (table 2.4). Fruits and vegetables provided about 23 percent. The milk and nonalcoholic beverage groups each provided 11 percent. Sugar and sweets when reported separately contributed only 6 percent, but sweeteners as ingredients in beverages and many other products obviously contributed additional carbohydrate.

The grain group contributed the largest percentage of carbohydrate for all sex-age groups (36 to 44 percent) except infants (17 percent). The milk group contributed 40 percent of the carbohydrate in diets of infants, almost 20 percent in diets of 1- to 2-year-olds, and less in diets of older children and adults.

Nonalcoholic beverages, mainly the soft drinks, fruit drinks, and ades, contributed about 10 to 16 percent of the carbohydrate in diets. Major exceptions were for infants and adults over 50 years of age (7 percent or less).

5. Calcium

Calcium in diets was derived primarily from the milk and milk products group (46 percent), and the second most plentiful source was the grain products (23 percent) (table 2.5). The meat group provided about 8 percent and the vegetable group about 9 percent. Infants received 73 percent of dietary calcium from the milk group and 14 percent from the grain group. Children and teenagers received less than infants from the milk group (53 to 68 percent) but more from the grain products (13 to 22 percent). Adults received 36 to 48 percent of their calcium from the milk group and 22 to 26 percent from the grain group. The meat group provided about 10 percent of calcium only in diets of middle-aged men and women. Vegetables also provided about 10 percent of calcium in diets of some groups of adults. Other major food groups provided 5 percent or less in diets of any sex-age group.

6. Iron

Iron in the diet was supplied mainly and about equally by the meat, poultry, and fish group (34 percent) and grain products (33 percent) (table 2.6). The infant group deviated the most from the general picture with grain products, mostly cereals, furnishing the largest amount of dietary iron (46 percent), followed by the milk group (28 percent) (primarily from iron-fortified formulas), the fruits and vegetables group (11 percent), and the meat group (8 percent). For children from 1 to 14 years, the grain group was the most important source of iron (39 to 43 percent), and the meat group was second (23 to 31 percent). For teenagers 15 to 18 years, these two food groups furnished about the same amount of iron (34 to 37 percent). Then for adults 19 to 64 years, the meat group was the dominant source of iron (35 to 39 percent), and grain products (28 to 31 percent) were next most important. For adults 65 years and older, the two food groups were reversed in importance, and grain products were most important, especially for the women. Vegetables also contributed significant amounts of iron--less than one-tenth in diets of children and slightly more in diets of adults. Egg, legume, noncitrus fruit, and nonalcoholic beverage groups each contributed up to 6 percent of the iron in diets of a few sex-age groups.

7. Magnesium

Significant amounts of magnesium in diets were contributed by almost all groups--fruits and vegetables (22 percent); grain products (21 percent); meat, poultry, and fish (18 percent); milk and milk products (17 percent); nonalcoholic beverages (12 percent); and legumes (5 percent) (table 2.7).

The milk group was the major contributor of magnesium to diets of infants and children (1 to 11 years) (26 to 51 percent), with grain products second in importance (18 to 25 percent). For teenagers, these two food groups were about equally important (22 to 27 percent), but for adults a larger share came from the grain products (18 to 24 percent) than from the milk group (10 to 19 percent). Meat, poultry, and fish (18 to 21 percent) and grain products were about equally important sources of dietary magnesium for adults 19 to 64 years, but meat was less important than grains for adults 65 years and older. Vegetables, especially potatoes, contributed more magnesium to diets of most sex-age groups than fruits except for the infants. Adults 23 years and older derived 12 to 21 percent of their dietary magnesium from the nonalcoholic beverage group, mainly from coffee.

8. Phosphorus

Phosphorus was contributed largely by three major food groups--meat, poultry, and fish (29 percent); milk and milk products (27 percent); and grain products (20 percent) (table 2.8). Milk and milk products were the primary source of phosphorus for infants (67 percent), children (37 to 48 percent), teenagers (32 to 35 percent), and women 75 years and older (29 percent). For adults, except the elderly women, the meat, poultry, and fish group was the primary source of phosphorus, usually followed by the milk and grain groups. Vegetables and fruits, eggs, legumes, and nonalcoholic beverages contributed small amounts of phosphorus.

9. Vitamin A Value

Vegetables and fruits contributed the largest share of vitamin A value (41 percent) of any major food group (table 2.9). Also important as sources were the milk group (19 percent) and the grain group (16 percent). The meat group (10 percent), fats and oils (6 percent), and eggs (5 percent) also contributed this vitamin. For infants, the milk group (49 percent) was the main source of vitamin A, and vegetables and fruits (31 percent) were next most important. For children, the milk, vegetable-fruit, and grain products groups were about equally important as sources of vitamin A. For adults, vegetables and fruits were the dominant source of vitamin A in diets, and generally the meat group contributed almost as much as the grain products.

10. Thiamin

Thiamin was provided chiefly by grain products (41 percent), meat, poultry, and fish (23 percent), vegetables and fruits (20 percent), and milk and milk products (11 percent) (table 2.10). Grain products were the major source of thiamin for all sex-age groups except infants. Even for infants, milk and milk products contributed only slightly more (44 percent) than grain products (38 percent). For young children, the grain products were especially important (44 to 48 percent), with the milk group (15 to 21 percent) and the meat group (13 to 17 percent) also providing important amounts.

11. Riboflavin

Principal sources of riboflavin in diets were milk and milk products, grain products (each 28 percent), and meat, poultry, and fish (24 percent) (table 2.11). Milk and milk products were the predominant source for infants (61 percent), children (37 to 46 percent), and teenagers (33 to 37 percent), and grain products were next in importance. For adults 23 to 64, the meat group was generally the largest source, followed closely by the grain group, and for adults over 64 years, grain products contributed the most riboflavin. Vegetables and fruits contributed about 11 percent, eggs about 5 percent, and other food groups less.

12. Preformed Niacin

Preformed niacin was supplied in large part by the meat, poultry, and fish group (43 percent) and grain products (31 percent) (table 2.12). The vegetable-fruit group contribution came primarily from potatoes. Nonalcoholic beverages, mainly coffee, contributed 7 to 10 percent in diets of adults over 34 years of age. Infants derived 25 percent of preformed niacin from the milk group, but grain products (44 percent) were the most important source. The grain products group was also the most important source for children 1 to 11 years, but for older age groups the meat group was the major source.

13. Vitamin $B_6$

Vitamin $B_6$ was furnished in significant amounts by several major food groups--most by meat, poultry, and fish (39 percent), vegetables and fruits (23 percent), grain products (19 percent), and milk and milk products (11 percent) (table 2.13). Almost half of the infants' intake was supplied by the milk group.

For the 1- to 2-year-olds, the milk group (22 percent) was of about the same importance as the meat group (24 percent), the grain group (24 percent), and the vegetable-fruit group (22 percent). For older groups, the meat group was most important. The grain group was second in importance for children 3 to 14 years, but fruits and vegetables were second for adults.

14. Vitamin $B_{12}$

Vitamin $B_{12}$ was provided by the animal products--meat, poultry, and fish (48 percent), the milk group (31 percent), and eggs (9 percent) (table 2.14). The grain products supplied 8 percent, which came from fortification and small amounts of animal products, which were ingredients in mixtures mainly grain.

15. Vitamin C

Vitamin C was supplied by fruits and vegetables (68 percent)--the citrus fruits and tomatoes (27 percent); white potatoes (15 percent); dark green, deep yellow, and other vegetables (18 percent); and noncitrus fruit (8 percent) (table 2.15). Other worthwhile amounts came from grain products (9 percent), milk and milk products (7 percent), nonalcoholic drinks (7 percent), and the meat, poultry, and fish group (6 percent), most likely from mixtures.

Compared to the average, infants received larger proportions of vitamin C from noncitrus fruit and formula in the milk group. Children and teenagers averaged a larger proportion of vitamin C from the grain products than infants or adults. Men obtained a larger proportion from potatoes than other sex-age groups.

## C. NUTRITIVE VALUE OF FOOD INTAKE

Nutritive values of food intakes of individuals were calculated from a special nutrient data base constructed from partially updated composition values of foods from Agriculture Handbook No. 8.[9] For new or unusual foods, values were obtained from manufacturers' data, were based on similar foods, were calculated from the ingredients, or were based on a composite of these values. Average intakes were calculated for food energy, protein, fat, carbohydrate, four minerals--calcium, iron, magnesium, and phosphorus--and seven vitamins--vitamin A value, thiamin, riboflavin, preformed niacin, vitamin $B_6$, vitamin $B_{12}$, and vitamin C. Nutritive values for magnesium and vitamins $B_6$ and $B_{12}$ in many foods are less reliable than for other nutrients evaluated, and consequently these averages should be interpreted with restraint.

The average nutritive value of food intakes is presented for individuals classified by sex and age (table 3.1) and then by three urbanizations (tables 3.2a-3.2c) and by four regions (tables 3.3a-3.3d). The percentage of energy provided by protein, fat, carbohydrate, and other sources is shown in table 3.4. Nutritive values of individual intakes, classified by income, are also expressed as percentages of the 1980 RDA (tables 3.5a-3.5f) and as nutrients per 1,000 kcal (tables 3.6a-3.6f).

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

1. Energy and Nutrient Intakes

Energy.--Average food energy intakes peaked at 2,700 kcal for boys 15 to 18 years and then gradually declined to about 2,400 kcal for 23- to 34-year-olds and to about 1,800 kcal for males 75 and older. For females, the highest intake of energy averaged 1,900 kcal for the 12- to 14-year-olds, declined to 1,500 to 1,600 kcal for the 19- to 64-year-olds, and then dropped to below 1,400 kcal for women 75 and older.

Energy-providing nutrients.--Patterns similar to those for energy were apparent for the three energy-providing nutrients--protein, fat, and carbohydrate. Protein intakes were largest for males 15 to 18 years (107 g) and decreased with age to an average of 75 g for the oldest group. The peak intake of protein for females averaged nearly 75 g for 12- to 14-year-olds, and it declined to 65 g in diets of young and middle-aged women (19 to 64 years) and to about 55 g for the oldest group. Average fat intakes, also highest for 15- to 18-year-old boys (almost 125 g), declined to about 100 g for men 51 to 64 years and to about 85 g for men 75 years and older. Among the groups of females, the 12- to 14-year-olds averaged the largest fat intakes (85 g), and intakes declined to around 70 g for women 23 to 64 years and then dropped to about 60 g for the oldest women. Carbohydrate intakes for males averaged the highest for the 15- to 18-year-olds (295 g) and then gradually decreased with age to 185 g for the oldest group. Among females, carbohydrate intakes were lowest at about 150 g for the 35- to 50-year-olds and highest at 225 g for the 9- to 11-year-olds.

Minerals.--Calcium intakes, which were 700 to 800 mg for infants and preschoolers, peaked at almost 1,200 mg for 15- to 18-year-old males and progressively declined with increasing age to below 700 mg for men 75 years and older. Calcium intakes for females declined from a high short of 900 mg for 12- to 14-year-olds to a low of about 500 mg for women 35 to 50 years and then turned upward somewhat for the oldest groups. Iron intakes averaged highest for infants (17 mg) and lowest for 1- to 2-year-olds (8 mg), followed closely by 3- to 5-year-olds (10 mg). Iron intakes of groups over 8 years of age ranged from 13 to 17 mg for males and 10 to 12 mg for females. Average magnesium intakes for groups of children increased from about 125 to over 200 mg; intakes of women were slightly above 200 mg, whereas intakes of men were generally closer to 300 mg. Phosphorus intakes averaged from about 650 mg for infants to about 1,700 mg for 15- to 18-year-old boys.

Vitamins.--Average intakes of vitamin A value among adults, both males and females, generally increased with the age of the group to over 6,000 IU for five of the oldest groups. Thiamin intakes and those for other B vitamins--riboflavin, preformed niacin, vitamin $B_6$, and vitamin $B_{12}$--were generally higher for males 9 years and older than for younger males and females of all ages. Average intakes of vitamin C, as for vitamin A value, were highest for the groups of adults over 50 years of age (96 to 100 mg for men, 90 to 93 mg for women). An exception was the 15- to 18-year-old boys with an intake of 112 mg.

2. Nutrient Intakes Among Urbanizations

Intakes of most nutrients by individuals, grouped separately by urbanization of household--central cities, suburban areas, and nonmetropolitan areas--showed

only very small differences (tables 3.2a-3.2c). Nutrients with the greatest differences were calcium, with the lowest average in the central cities and nonmetropolitan areas (713 and 718 mg) and highest in the suburban areas (763 mg); vitamin A, with a low in the nonmetropolitan areas (4,800 IU) and a high in the central cities (5,600 IU); and vitamin C, with a low of about 80 mg in the nonmetropolitan areas and a high of about 95 mg in the central cities.

3. Nutrient Intakes Among Regions

When individuals were grouped separately by region--Northeast, North Central, South, and West--differences in average intakes for most nutrients were very small (tables 3.3a-3.3d). Individuals in the West had somewhat higher average intakes of calcium, magnesium, and phosphorus than those in the other regions. Individuals in the Northeast had higher average intakes of vitamins $B_{12}$ and C. Individuals in the South had slightly lower average intakes of energy, protein, fat, carbohydrate, calcium, riboflavin, vitamin $B_6$, vitamin $B_{12}$, and vitamin C than those in the other three regions.

4. Percentage of Energy From Protein, Fat, and Carbohydrate

The general factors 4, 9, and 4[10] were used to calculate the energy value from each gram of protein, fat, and carbohydrate, respectively, for each individual's intake. Then the percentage of kilocalories from each source was computed for each individual, after which an average was obtained for each sex-age group (table 3.4). These factors have been found to give suitable estimates for a typical mixed diet. Alcohol is also a source of energy but is not accounted for in this calculation. Therefore, the difference between total energy and energy calculated from protein, fat, and carbohydrate is assumed to be an estimate for alcohol plus an amount generated by atypical diets and is labeled "other." Because infant diets, largely milk, are not typical of the usual mixed diet, the explanation of the values in table 3.4 is excluded from the following discussion.

For all individuals surveyed in the spring of 1977, the average proportion of energy from protein was 16.6 percent; fat, 40.3 percent; and carbohydrate, 42.8 percent. The percentage of energy from protein for children or teenagers (15.4 to 16.1) was generally lower than for men over 34 years (16.7 to 17.2) and women 19 to 74 years (16.8 to 17.5). Men 35 years and older had the highest proportion of energy from fat, about 42 percent, and children and girls 9 to 11 years had the lowest. The Food and Nutrition Board of the National Academy of Sciences recommends that no more than 35 percent of dietary energy come from fat.[11] Females 9 to 11 years of age obtained the highest proportion of energy from carbohydrate (48 percent), and males 35 to 50 years had the lowest (39 percent).

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

[11]See p. 36 of footnote 2 reference, p. 1.

5. Nutrient Intakes Compared With 1980 RDA

Nutrient intakes of sex-age groups are compared with the 1980 Recommended Dietary Allowances (RDA)[12] in table 3.5a, and comparisons by income level appear in tables 3.5b-3.5f. For each nutrient, each individual's intake was compared with the appropriate RDA (see table 7.1 for RDA used) and expressed as a percentage. The percentages of all individuals within each sex-age group were then averaged. Among the nutrients considered, average intakes of each of the sex-age groups exceeded the RDA for protein, riboflavin, niacin, and vitamin C (fig. 6).

Energy and protein.--Energy intakes of individuals averaged 85 percent of the RDA, ranging from 76 percent for 19- to 22- and 35- to 50-year-old females to 100 percent for infants. Energy needs of individuals vary according to body size, age, and physical activity, and thus some individuals need less than others. The midpoint of the range for energy RDA of each sex-age group was used for these comparisons. The average protein intake of all individuals was 165 percent of the RDA and varied from 123 percent for women 75 years and older to 210 percent for 1- and 2-year-olds.

Minerals.--Phosphorus intakes exceeded the RDA for all except those for two groups of teenage girls that were close to the recommended amounts. Average calcium intakes of four groups met or exceeded their RDA slightly, and infants' intake exceeded the RDA substantially. Other groups failed to meet the RDA for calcium. Intakes of groups of males averaged 85 percent or more of their RDA, but some groups of females had average intakes 64 to 77 percent of the RDA. Iron intakes of infants and 6- to 8-year-olds averaged more than adequate to meet recommendations, but intakes of 1- to 2- and 3- to 5-year-olds were lower than their RDA, 53 and 79 percent, respectively. Intakes of females 12 to 50 years averaged only 58 to 64 percent of their RDA. Magnesium intakes exceeded the RDA for children from infancy through 2 years of age, and 3- to 8-year-olds had average intakes slightly below their RDA. For older individuals, intakes of magnesium were between 65 and 89 percent of their RDA.

Vitamins.--Of the seven vitamins investigated, three--riboflavin, niacin, and vitamin C--showed group averages that exceeded the RDA for all sex-age groups. Three of the other four vitamins--vitamin A, thiamin, and vitamin $B_{12}$--had average intakes that met the RDA for all sex-age groups except one or two whose intakes were a few percentage points below the RDA. Intakes of vitamin $B_6$ averaged below the RDA for all sex-age groups except children under 3 years and were especially low (60 to 65 percent) for women.

Of the four income levels, the lowest income level had the lowest intakes as a percentage of the RDA for energy and all nutrients calculated except vitamin A, thiamin, riboflavin, and vitamin C. The lowest income group had the highest percentage for vitamin A of all four income groups. The highest income group had the highest percentage of all income groups for vitamin C. However, among the income groups, all sex-age groups met the RDA for protein and vitamin C. Some very small differences appear, but they probably would not show significance if tested statistically.

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[12]See footnote 2, p. 1.

## NUTRIENT INTAKES BELOW 1980 RECOMMENDED DIETARY ALLOWANCES

### Average intake as percentage of 1980 RDA, spring 1977

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

Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

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

**Figure 6**

## 6. Nutrient Intakes of 1977 and 1965 Compared

Nutrient intakes of individuals in the spring of 1977 are compared with similar published data from the spring 1965 survey[13] collected as described previously under data collection. Several age groups by which data in the 1965 survey were tabulated differed slightly from groupings used in 1977 (see note on fig. 7).

Energy.--Food energy intakes of individuals in 1977 were lower on the average than those reported in 1965 (fig. 7). Intakes of children under 3 years declined the most (17 percent) and intakes of certain groups of elderly persons declined the least (2 to 4 percent). Intakes of all three energy-yielding nutrients--protein, fat, and carbohydrate--decreased in 1977 from 1965. Average fat intakes decreased about 15 percent for half of the 22 sex-age groups.

Minerals.--Calcium intakes averaged lower for infants, children, and teenagers in 1977 than in 1965. For most age groups of adults, intakes were close to or above 1965 levels. Considerable increases in intakes of calcium occurred for the oldest group of men and for the two oldest groups of women. Iron intakes increased slightly from 1965 to 1977 for many sex-age groups. The increase in the iron intake of infants was especially dramatic, about triple the 1965 level. However, in 1977, iron intake of 1- to 2-year-olds was less than half that of the infants. The increase in iron intakes of infants is the result of increased iron fortification of baby cereals and formulas since the 1965 survey. Magnesium intakes in 1977 were somewhat less than the 1965 estimates for infants and most groups of children and teenagers but higher for most groups of adults, especially those 65 years and over. (Phosphorus intakes for 1965 are not available.)

Vitamins.--Average vitamin A intakes were lower in 1977 than in 1965 for all sex-age groups except children 6 to 8 years old, men 65 years and older, and women 51 years and older. The decreases in vitamin A intakes varied from about 5 to 25 percent. Nevertheless, the 1977 vitamin A intake of only one sex-age group (19- to 22-year-old women) averaged below the RDA (95 percent). Vitamin C intakes in 1977 were considerably higher than in 1965, with increases ranging from approximately 15 to 65 percent, except for infants whose average intake more than doubled. Fortification of beverages and ready-to-eat cereals and higher consumption of citrus fruit juices contributed substantially to the increases.

Intakes of thiamin averaged higher in 1977 for all groups except 19- to 34-year-old men. Average riboflavin intakes were down in 1977 for infants, children, teenage girls, and adults less than 65 years, but intakes still met the RDA. Vitamin $B_6$ average intakes were higher in 1977 than estimated intakes in 1965 except for 1- to 2-year-olds, men 23 to 50 years, and women 19 to 34 years of age. Average intakes of vitamin $B_{12}$ were lower in 1977 than in 1965, especially for infants and individuals 12 to 34 years of age. Niacin values are not available for the 1965 survey.

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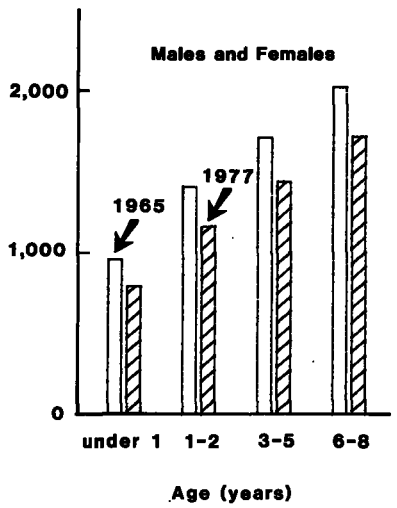
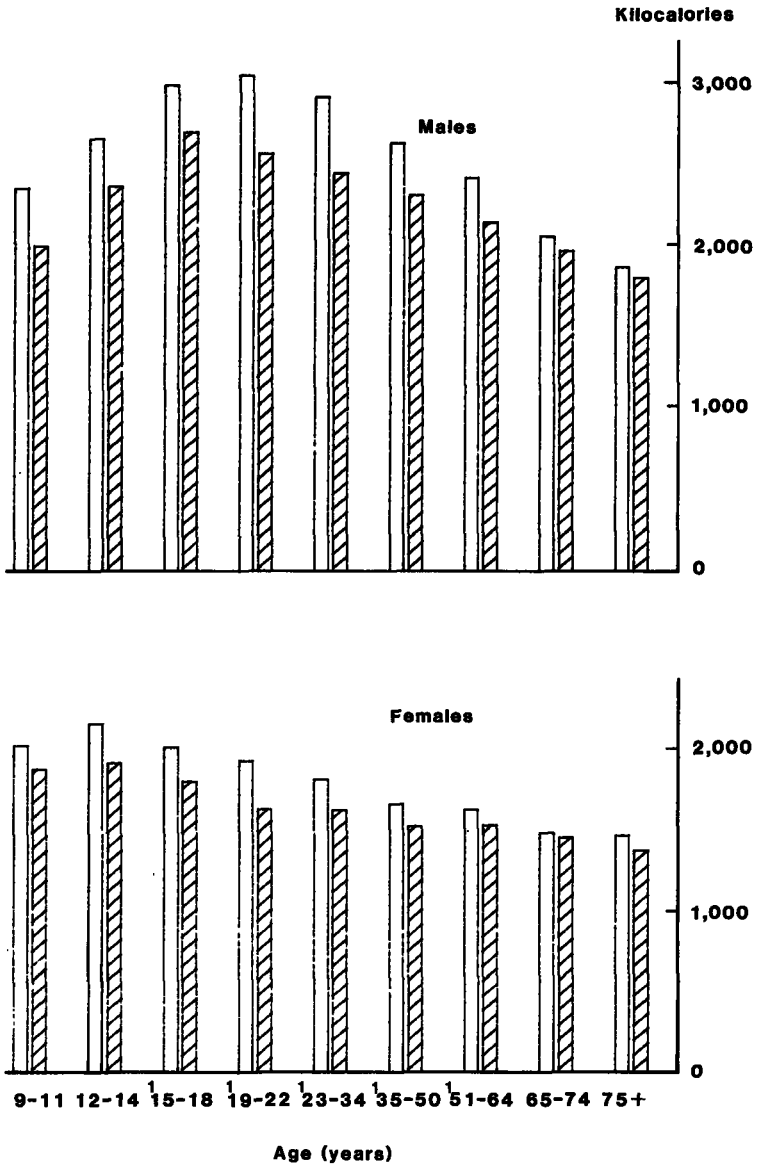
[13] See footnote 3, p. 6.

# FOOD ENERGY

## Average intake per individual in a day, spring 1965 and 1977




[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 7

## 7. Nutrient Densities

Reporting of nutrient intakes per 1,000 kcal (tables 3.6a-3.6f) permits the comparison of the nutrient density of diets. Variation in nutrient level among sex-age groups is greatly reduced when nutrient intakes are expressed as nutrient densities. Examining the nutrient density of food intakes relative to the RDA is a useful alternative method for considering nutritional quality of diets in this study where average energy levels are consistently below the RDA. Nutrient densities of the RDA have been calculated (in table 7.2) for comparison with nutrient densities in tables 3.6a-3.6f.

The vitamin and mineral densities of infants' diets were generally much higher than for the diets of other age groups, and the protein and fat densities of their diets were somewhat lower. For example, the iron density for the infants, 22.1 mg/1,000 kcal, was about three times higher than for any other group as illustrated in figure 8 and was also much higher than the nutrient density of the RDA (14.5mg). Infants were not included in the following discussion of the range of nutrient densities between the sex-age groups.

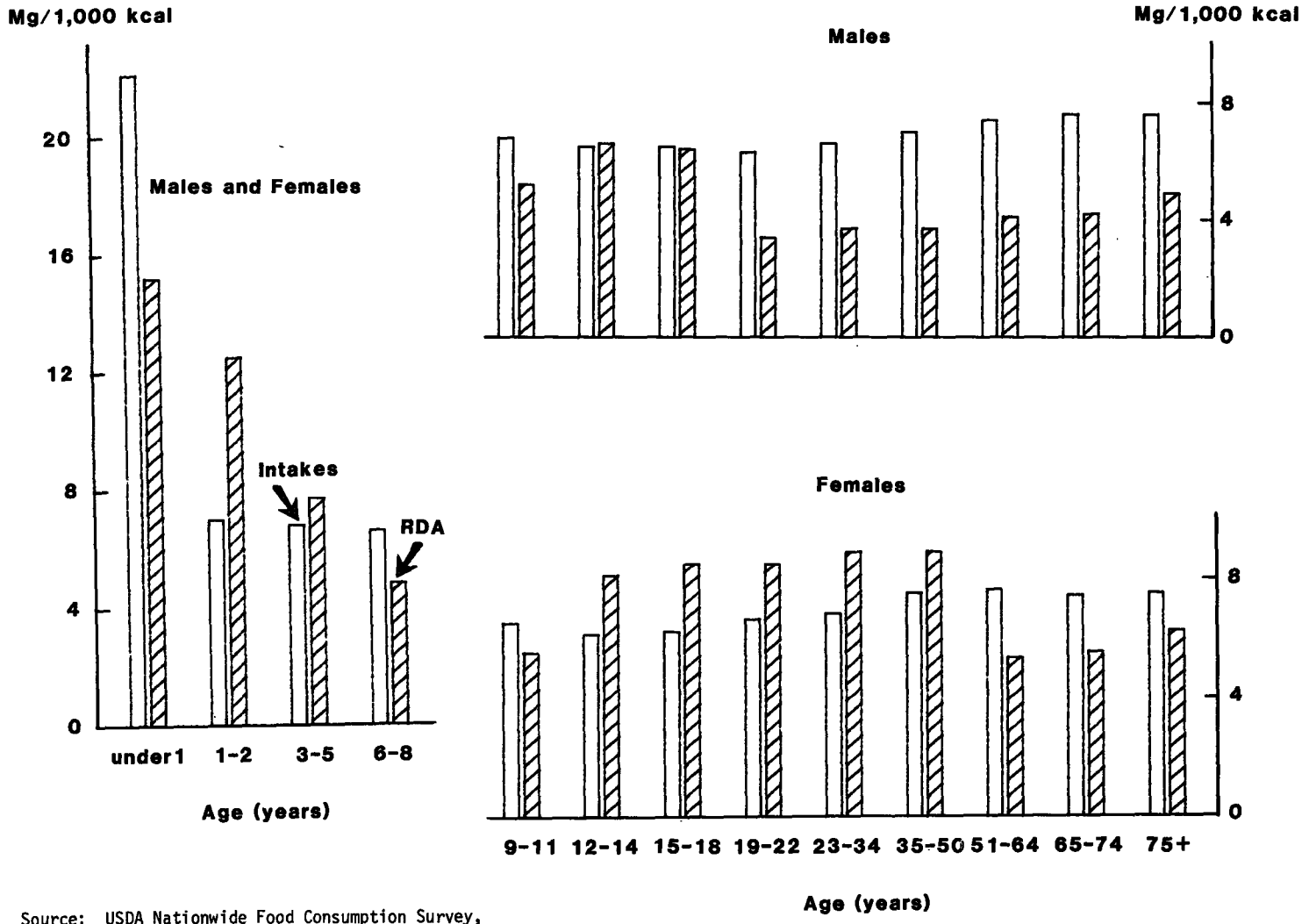
Energy-providing nutrients.--Average protein densities were slightly lower for children and teenagers (38 to 40 g/1,000 kcal) than for adults (40 to 44 g/1,000 kcal). These densities exceeded considerably the protein densities of comparable RDA (table 7.2). Carbohydrate density was lowest for men 35 to 64 years of age (98 g/1,000 kcal) and highest for girls 9 to 11 years old (121 g/1,000 kcal). Fat density varied from 41 g/1,000 kcal for 1- to 2-year-olds to 47 g/1,000 kcal for men over 50 years of age.

Minerals.--Calcium density was lowest for men 35 to 64 years (about 340 mg/1,000 kcal) and highest for 1- to 2-year-olds (633 mg/1,000 kcal); these calcium densities exceeded the densities for their respective RDA (fig. 9). However, densities of intakes for women and teenage girls were below densities of their calcium RDA. The lowest iron density was for 12- to 14-year-old girls (6.2 mg/1,000 kcal), and the highest was for 51- to 64-year-old women (7.7 mg/1,000 kcal). Densities of iron intakes were well below densities of the girls' RDA, as they were for older girls and women of childbearing age; but intakes exceeded the density of iron RDA for older women (fig. 8). Preschool-age children's iron intakes also were low when compared to their RDA on a 1,000 kcal basis. Magnesium densities varied from about 120mg/1,000 kcal for teenage boys and girls to over 160 mg/1,000 kcal for women over 35 years. Densities of magnesium intakes exceeded densities of magnesium RDA for children under 12 years, were below the RDA densities for teenagers and the elderly, and were close to the RDA densities for young and middle-aged adults. Phosphorus intake densities, which varied from 600 mg/1,000 kcal to 730 mg/1,000 kcal, exceeded RDA densities for all sex-age categories.

Vitamins.--Vitamin intakes exceeded RDA on a density basis for all sex-age groups with one exception--vitamin $B_6$. Vitamin A intakes per 1,000 kcal varied among sex-age groups the most of all nutrients--lowest for young men (2,000 IU/1,000 kcal) and highest for elderly women (4,600 IU/1,000 kcal) (fig. 10). Thiamin density was also lowest for young men (0.62 mg/1,000 kcal) but highest for children and elderly men and women (0.75 to 0.80 mg/1,000 kcal). The lowest density for riboflavin was for men (0.80 to 0.85 mg/1,000 kcal), and the highest

# IRON DENSITY OF INTAKES AND RECOMMENDED DIETARY ALLOWANCES

## Average intake per individual in a day, spring 1977

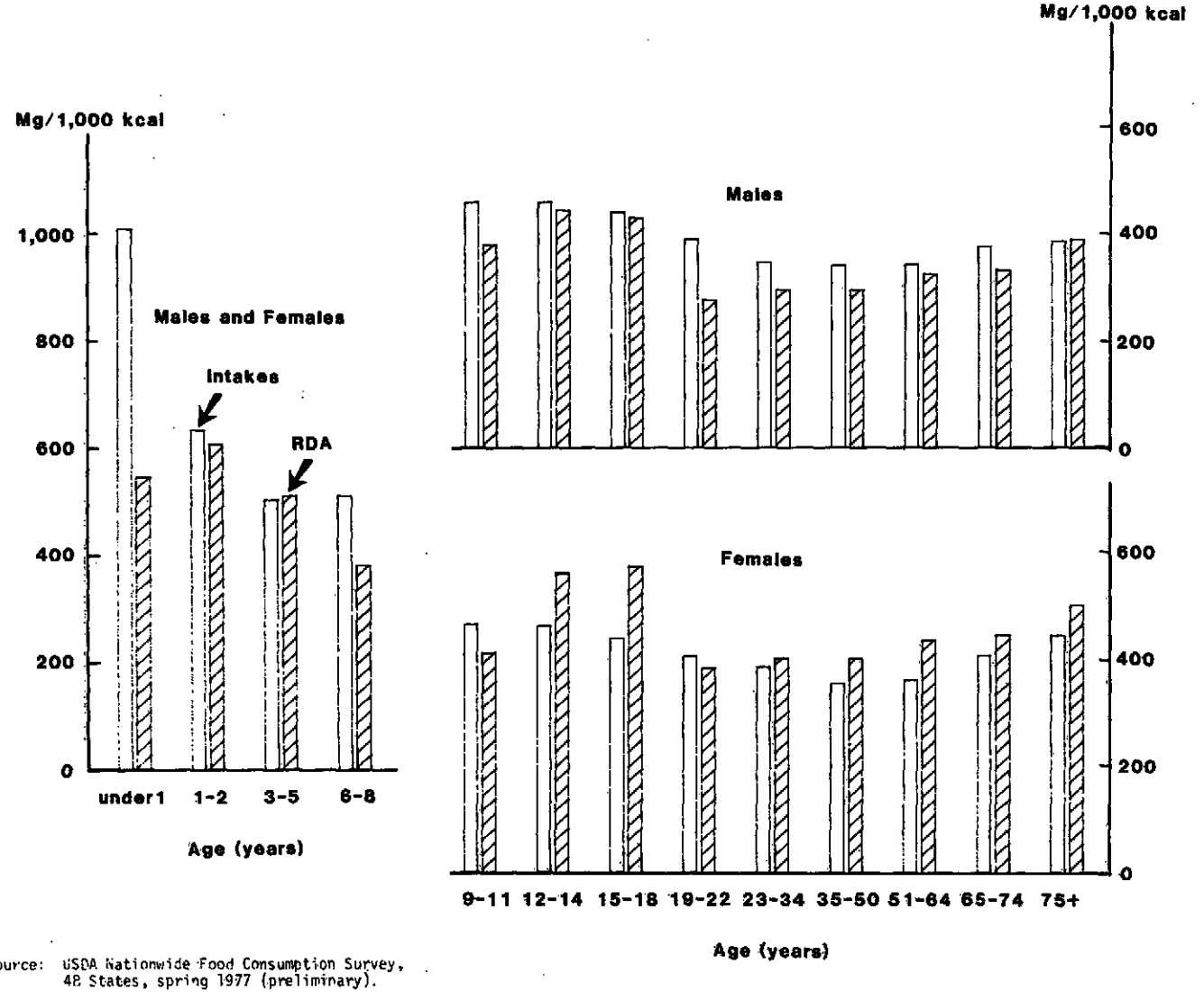



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 8

# CALCIUM DENSITY OF INTAKES AND RECOMMENDED DIETARY ALLOWANCES

**Average intake per individual in a day, spring 1977**

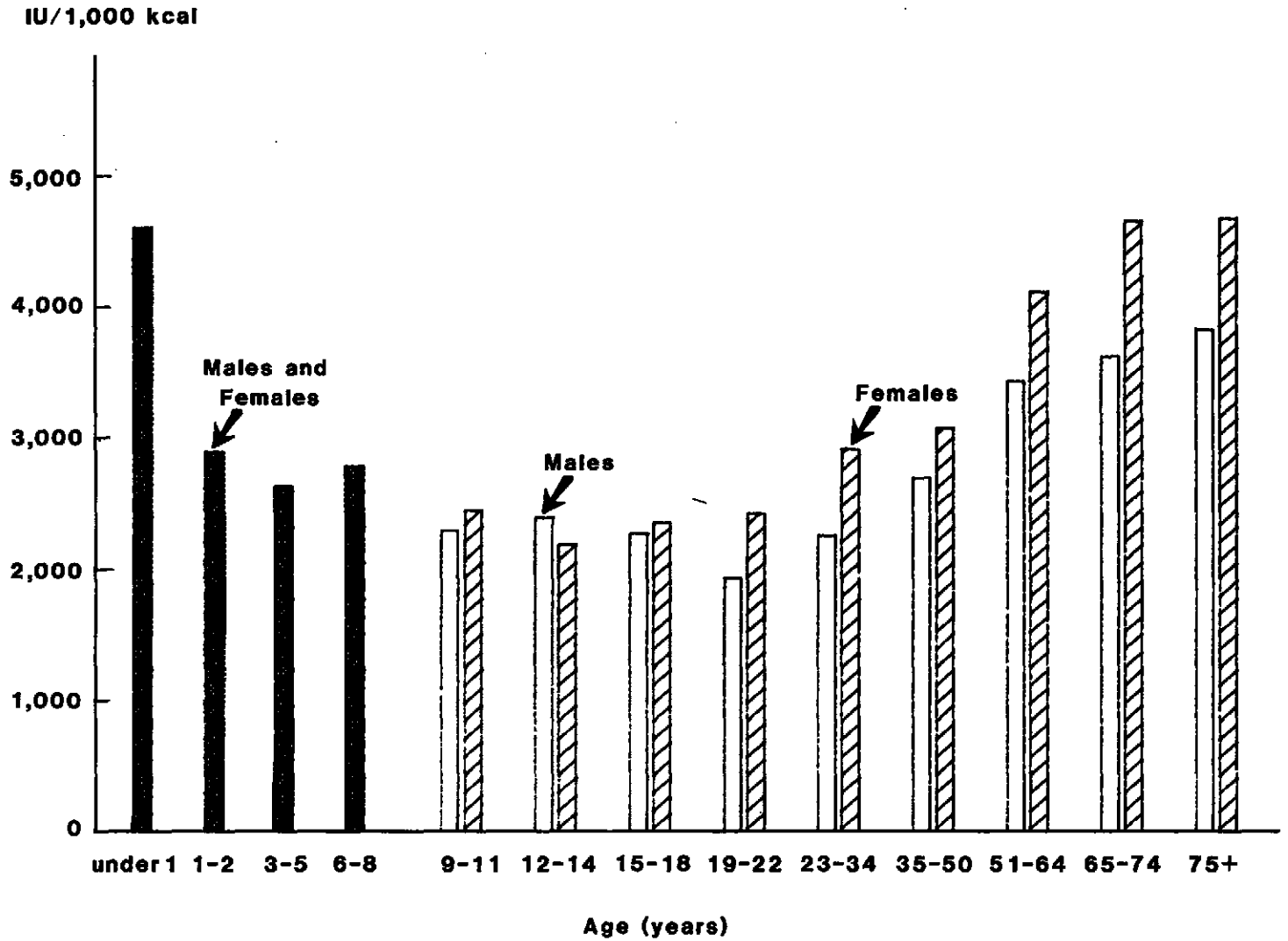



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 9

# VITAMIN A DENSITY PER 1,000 KILOCALORIES

**Average intake per individual in a day, spring 1977**




Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 10

was for 1- to 2-year-olds (1.25 mg/1,000 kcal). Densities for preformed niacin varied from a low of 9 mg/1,000 kcal for 1- to 2-year-olds to a high of 12 mg/1,000 kcal for some groups of women. Vitamin $B_6$ density was lowest for teenagers and young men and women (0.70 to 0.75 mg/1,000 kcal) and highest for older men and women (about 0.85 mg/1,000 kcal). Vitamin $B_{12}$ densities varied from 2.1 to 3.7 mcg/1,000, with teenagers and young adults having the lowest. Vitamin C density varied widely among sex-age groups--from 35 mg/1,000 kcal to 70 mg/1,000 kcal--with teenage boys and men having the lowest densities.

When individuals were divided by income level and average nutrient densities were compared, little difference among income levels was found for protein, fat, carbohydrate, preformed niacin, vitamin $B_6$, or vitamin $B_{12}$. However, compared with those in most higher income levels, individuals with household incomes of less than $6,000 had intakes with nearly the same or higher nutrient densities for most other nutrients. The high magnesium density of 35- to 50-year-old women in the lowest income group is due to an intake of coffee (a significant source of magnesium) and little else by one woman. Only for two nutrients--calcium and vitamin $B_{12}$--was the density for any income group higher than for the lowest income group.

## D. NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME

The average contribution of food obtained and eaten away from home to the total day's nutrient intake for all individuals is presented in table 4.1. Forty-four percent of the individuals surveyed obtained and ate some food or beverage away from home on the day reported. The percentages of males and females eating away from home were very similar below age 22 and over age 65; however, for ages 23 to 64, the percentage of men eating away from home was much greater than that of women.

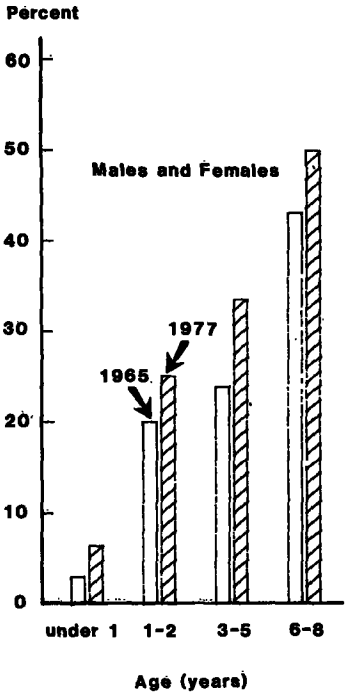
Six percent of the infants had some food or beverage that was obtained and eaten away from home. This proportion increased progressively for 1- to 2-year-olds (25 percent), for 3- to 5-year-olds (33 percent), and for 6- to 22-year-olds (50 to 55 percent). This continued to increase to a peak of 60 percent for 23- to 34-year-old males but declined to below 50 percent for females of this age. Eating away from home then decreased with age to 23 percent for men and women age 65 to 74 and about 15 to 17 percent for those 75 and older.

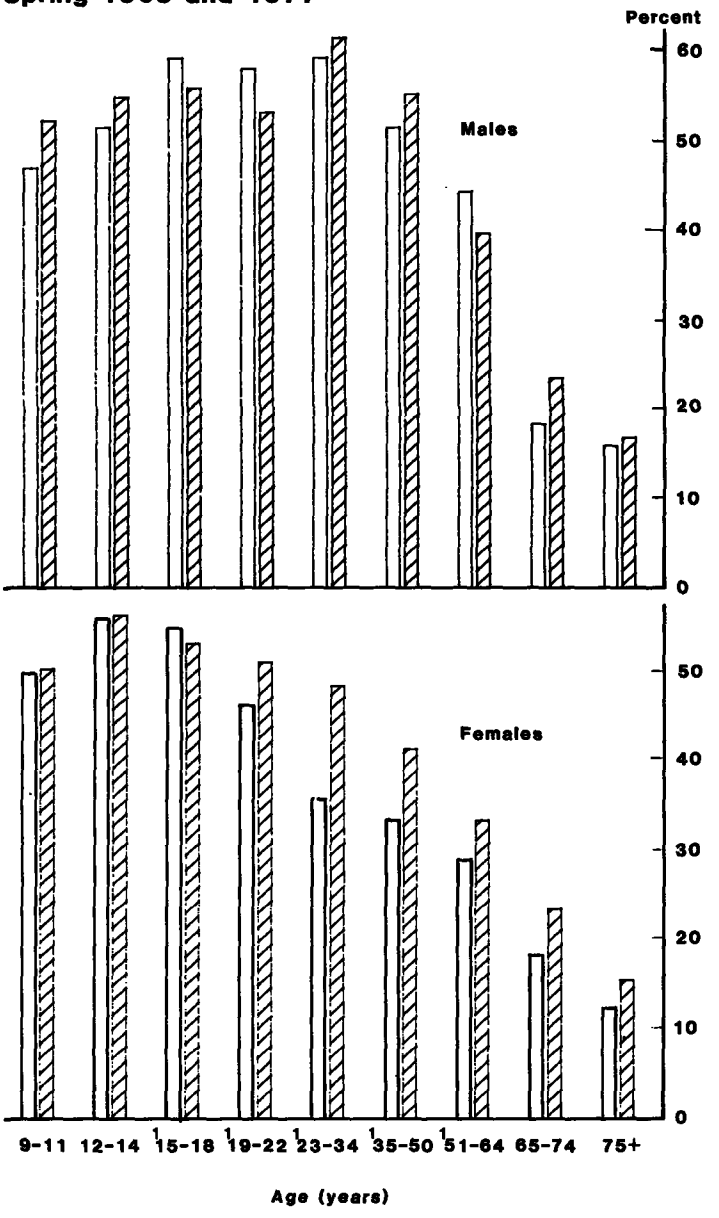
In the 1965 survey, 39 percent of the individuals obtained and ate some food away from home compared with the 44 percent reported here for 1977. The sex-age group with the greatest increase since 1965 was the 23- to 34-year-old females (fig. 11). In 1965, 35 percent of this group had food away from home on the day surveyed; in 1977, almost 50 percent ate out. The next largest increase was for the 3- to 5-year-olds; 24 percent had food away from home in 1965 compared with 33 percent in 1977. These increases probably reflect the large expansion of the younger women into the work force and their use of day care outside the home for preschoolers.

Almost 19 percent of the energy intake (and of the intakes of energy-providing nutrients) for all individuals came from food obtained and eaten away from home. By sex-age groups the proportion of energy from food away averaged between a low of about 7 percent for the oldest groups and a high of 27 percent for 23-

# INDIVIDUALS OBTAINING AND EATING FOOD AWAY FROM HOME

## Spring 1965 and 1977




[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, unpublished data.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 11

to 34-year-old men (fig. 12). Compared with energy-providing nutrients, vitamins and minerals from food obtained and eaten away represented a slightly smaller percentage of the total intake. When all individuals are considered (table 4.1), the proportions of vitamins and minerals coming from food obtained and eaten away from home ranged from 15 to 18 percent compared with 19 percent for energy-providing nutrients.

The importance of food away in diets of people who eat out was appraised by studying only the individuals who had some food away from home. For these individuals the proportions of vitamins and minerals provided by away-from-home foods averaged from 35 to 42 percent, and the energy was 43 percent of the total day's intake (table 4.2). Among these individuals who ate away from home, some age groups obtained nearly half of their food energy away from home, namely males 19 to 22 years, females 15 to 34 years, and the groups who ate out the least--men and women over 64 years. Apparently elderly individuals who eat out have substantial proportions of their day's food away from home. Unlike most younger groups, adults over 64 obtained a greater percentage of their protein than of their caloric intake from food away from home, indicating that the food they had away from home had a higher protein density than that of most younger groups.

## E. EATING OCCASIONS

### 1. Frequency of Eating

Three times a day was the most frequent eating pattern reported by individuals (39 percent), followed by four times (28 percent), and five times (14 percent) (table 5.1a). Almost 1 percent ate only once and 7 percent ate twice on the day reported. Adults 75 years and older had the highest proportion (58 percent) eating three times during the day, and infants and 1- to 2-year-olds had the smallest proportion (6 and 26 percent, respectively). Almost half (46 percent) of the infants ate six or more times in the day.

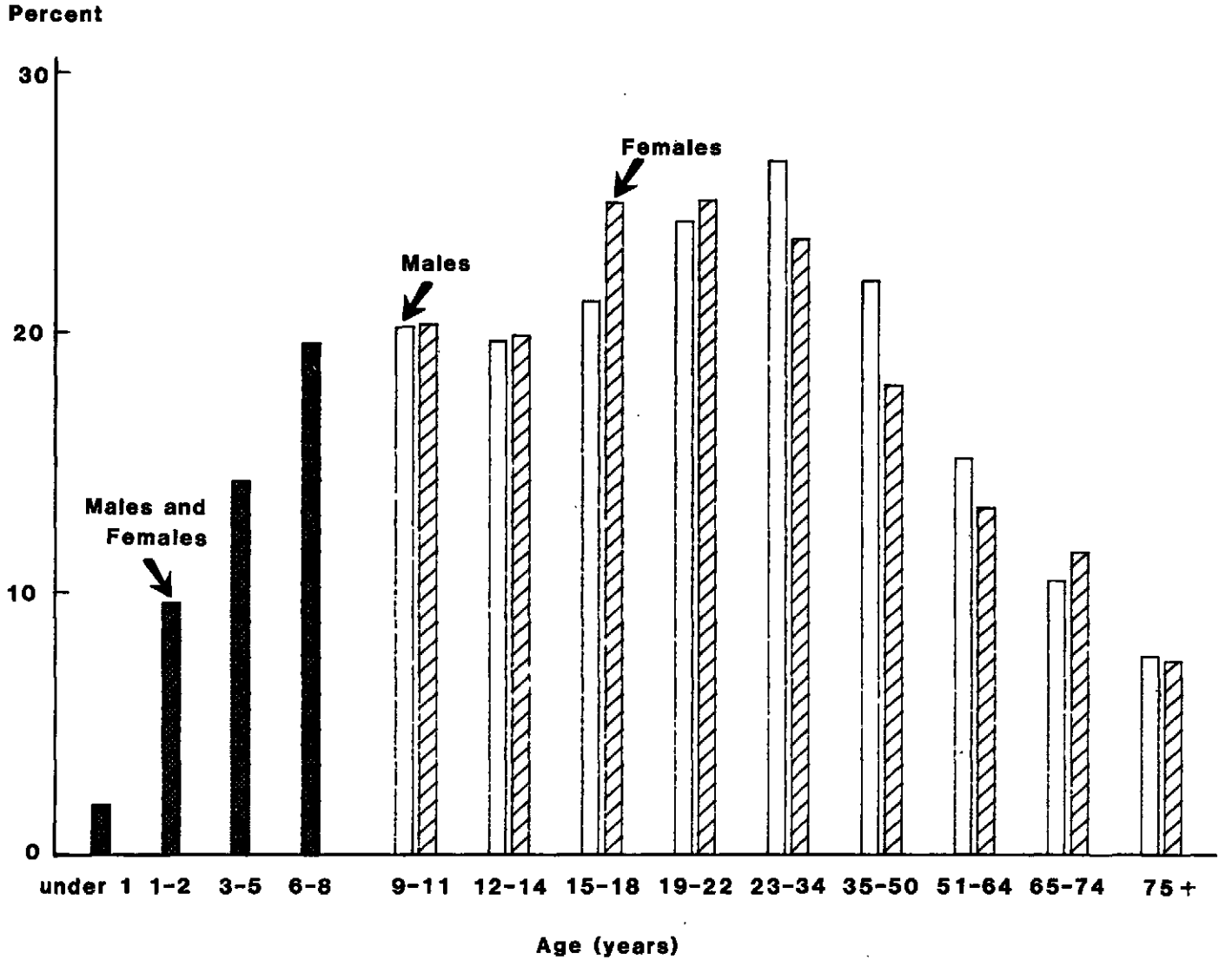
About 95 percent of the sample reported between two and six eating occasions in the day. Eating twice a day was reported most often by males 19 to 34 years (about 13 percent) and females 15 to 50 years (9 to 12 percent). About 4 percent of the 19- to 22-year-old females reported eating only once during the day as did 2 percent of the males in this age group.

In 1965, the frequencies of three and four eating occasions per individual in 1 day were nearly equal (32 and 31 percent of the individuals, respectively) but not in 1977 (39 and 28 percent, respectively). In 1977, fewer persons appeared to be eating more than three times in a day (53 percent) compared with those in 1965 (64 percent) as shown below.

| Frequency of eating | 1965 | 1977 |
|---|---|---|
| | Percent | |
| 1 | 0.2 | 0.9 |
| 2 | 3.5 | 7.4 |
| 3 | 32.2 | 39.2 |
| 4 | 31.1 | 27.6 |
| 5 | 19.4 | 14.3 |
| 6 | 8.5 | 6.1 |
| 7 | 3.0 | 2.5 |
| 8 | 1.1 | .9 |
| 9 or more | 1.0 | 1.1 |

# FOOD ENERGY FROM FOOD OBTAINED AND EATEN AWAY FROM HOME

**Percentage of day's intake per individual, spring 1977**




Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

**Figure 12**

## 2. Identification of Eating Occasions

Eating occasions were identified by participants in the 1977 survey (table 5.1b). Breakfast was not reported by 14 percent of the individuals. However, 29 percent of the 19- to 22-year-olds reported no breakfast as did 25 percent of adults 23 to 34 years of age. The oldest adults (75 years and older) had the smallest proportion reporting no breakfast along with the 1- to 2-year-olds (1 to 2 percent).

Lunch, which includes brunch, was reported by 77 percent of the individuals. Dinner was reported by 49 percent and supper by 52 percent. Some of the respondents called the midday meal "dinner" as shown in figure 13. Many of these may be individuals 65 years and over who, of the sex-age groups, most often report dinner and supper and least often report lunch.

Snacks, which include coffee breaks, were reported by 59 percent of the respondents, with 32 percent reporting only one. The 1- to 2-year-olds had the highest proportion with more than one snack reported. For about 45 percent of the infants, the eating occasion was not named by the respondent, probably because it was often difficult for mothers to label.

## 3. Time of Day

The frequency of eating meals and snacks by the time of day is shown in figure 13 and table 5.2. Breakfast was most frequently reported between 7 and 8 a.m. (31 percent), lunch between 12 and 1 p.m. (53 percent), and dinner and supper between 6 and 7 p.m. (33 and 38 percent, respectively). "Dinner" appears more frequently to refer to the evening meal, although 11 percent of "dinners" were reported between 12 and 1 p.m.; how many are midday meals on Sunday has not been ascertained yet. Snacking peaked during three periods--10 to 11 a.m. (8 percent), 3 to 4 p.m. (11 percent), and 8 to 10 p.m. (25 percent). About half (51 percent) of the snacking took place in the evening hours (5 p.m. to midnight).

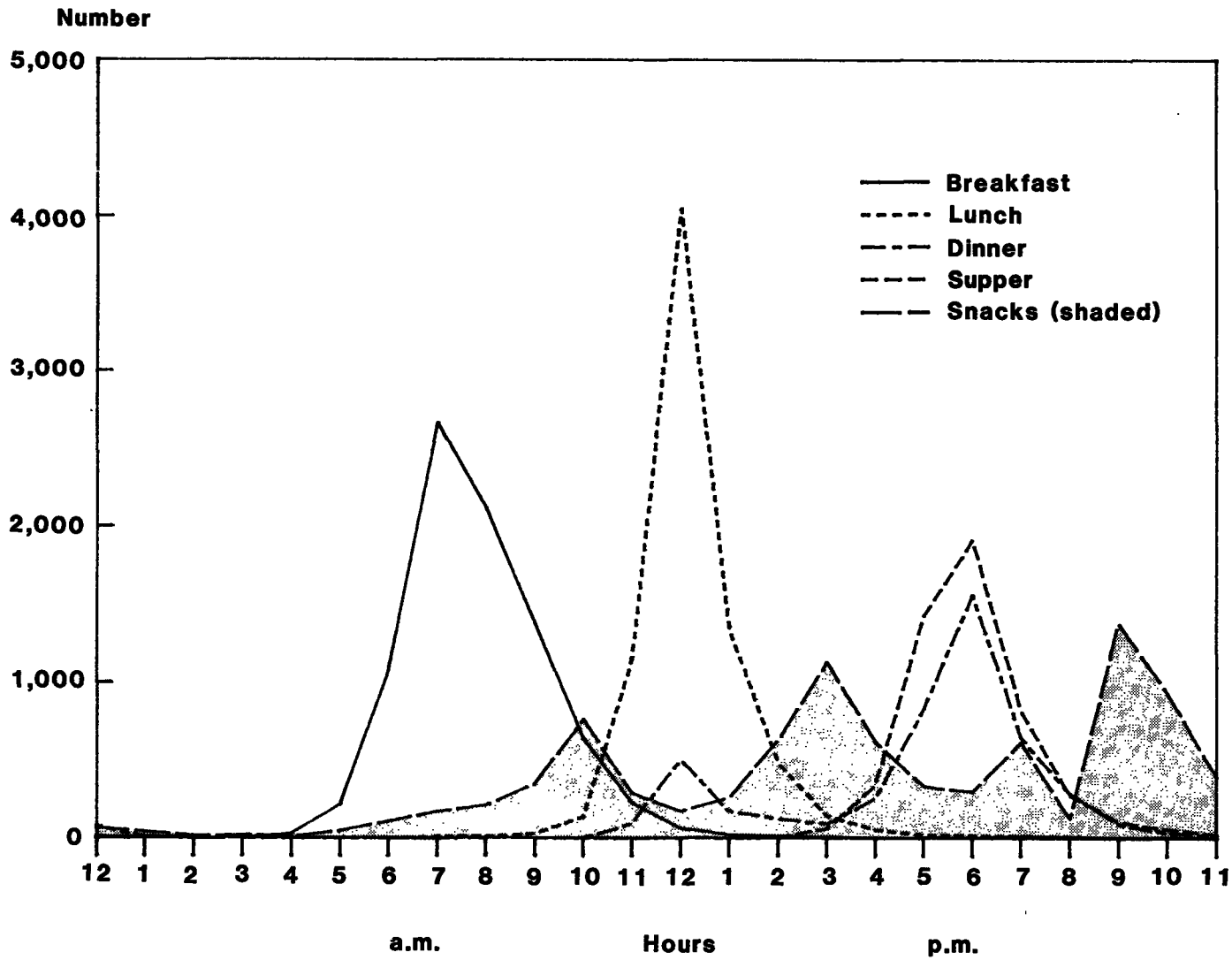
## 4. Nutritive Value of Eating Occasions

The average nutritive content of meals and snacks has been computed in two ways: (1) Including all individuals even though the particular meal or snack was not eaten by everyone (tables 5.3a-5.9a) and (2) including only users, or individuals who reported eating the meal or snack (tables 5.3b-5.9b).

The contribution to the day's energy and nutrient intake of each eating occasion based on all individuals is shown in tables 5.3a-5.9a. The energy content of breakfast averaged 18 percent of the total day's energy intake, lunch (including brunch) 25 percent, dinner and supper 22 percent each, and snacks (including coffee and beverage breaks) 11 percent. Other eating occasions that respondents considered not to fit into these categories or did not name averaged 2 percent.

The contribution of an eating occasion based on intakes of only those individuals reporting that eating occasion, as discussed here, may be more useful to meal planners than those based on intakes of all individuals. The average

# EATING OCCASIONS BY TIME OF DAY, SPRING 1977




Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 13

proportion of the day's energy intake provided by specified meals based on only the individuals reporting (users) was breakfast 21 percent, lunch 32 percent, dinner 45 percent, supper 42 percent, and snacks 19 percent (tables 5.3b-5.7b and fig. 14).

Breakfast.--Breakfasts for users provided proportionately more carbohydrate (26 percent) than protein or fat (18 percent) and proportionately more of the vitamins and minerals (22 to 31 percent) than energy (21 percent) (table 5.3b and fig. 14). The nutrient density of breakfast appears to be higher than for other meals in the day. Children's (1 to 11 years) breakfasts supplied about one-fourth (22 to 27 percent) of the day's energy but more than one-third of their day's intake of vitamin A (35 to 39 percent), thiamin (36 to 41 percent), riboflavin (36 to 38 percent), and vitamin C (36 to 40 percent). The elderly averaged somewhat higher percentages of their day's energy and most nutrients from breakfast than most groups of younger adults, possibly because they had few snacks.

Lunch.--Lunch, which includes brunch, by users showed a different profile of energy and nutrients than breakfast by its users (fig. 14). For most sex-age groups except infants and young children, about one-third of the users' energy and most nutrients came from lunch, with smaller fractions of vitamins A and C (28 and 25 percent, respectively).

Dinner.--The nutrient profile for dinner showed less carbohydrate and calcium but more iron, vitamin A, and vitamin C in relation to food energy than the profile for lunch (fig. 14). For people reporting dinner, about one-half of the day's intake of fat, protein, and vitamin $B_6$ came from this meal, almost one-half of the iron (46 percent), preformed niacin (48 percent), and vitamin A (48 percent) but less of the other vitamins and minerals (table 5.5b). Generally, children and younger teenagers obtained a lower percentage of energy and nutrients from this meal than did adults, possibly because snacks are more important for the younger groups.

Supper.--Supper for its users provided a slightly smaller share of the day's intake of energy and nutrients than dinner did for its users (fig. 14). Supper for the elderly provided a little over one-third of their day's intake of energy and most nutrients. Children's and younger teenagers' suppers also provided less of their day's intake of energy and most nutrients than suppers of young and middle-aged adults.

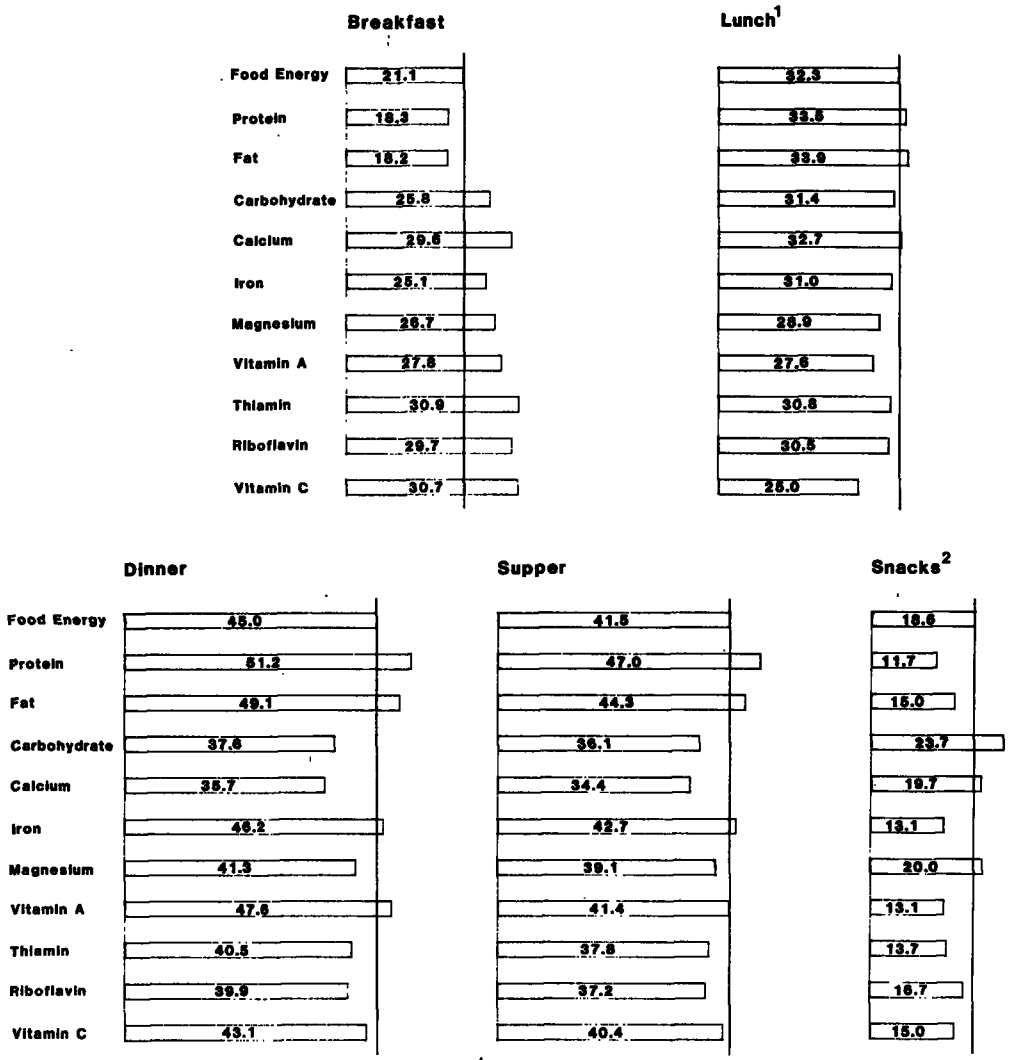
Snacks.--The nutrient profile for snacks differed markedly from profiles for other eating occasions (fig. 14). Snacks were relatively higher in energy and carbohydrate than in protein, iron, or vitamins. The relatively high values for magnesium in snacks are likely from coffee, and for calcium they are likely from milk or milk products.

5. Eating Occasions Away From Home

Of the total eating occasions reported, 17.8 percent included only food obtained and eaten away from home (1.6 percent were breakfasts; 6.1 percent, lunches (including brunches); 2.0 percent, dinners; 1.5 percent, suppers; 6.0 percent, snacks; and 0.6 percent, other). In addition to eating occasions,

## NUTRIENT CONTRIBUTION OF EATING OCCASIONS

**Percentage of day's intake per individual reporting specified eating occasions, spring 1977**




[1]Includes brunch.

[2]Includes coffee and beverage breaks.

Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

**Figure 14**

which included only food obtained away from home, about 1.3 percent of the total occasions included some food carried from home and some food obtained away from home. For example, a lunch could consist of a sandwich from home and milk purchased at school or place of work. Of the total eating occasions, 3.7 percent consisted only of food carried from home and eaten elsewhere--2.0 percent were lunches carried from home and 1.2 percent were snacks.

Each eating occasion was also studied separately. For each sex-age group and specified eating occasion, the number of each eating occasion with all food obtained away from home was expressed as a percentage of the group's total number of that eating occasion (at home and away). For example, 23- to 34-year-old men reported that 94 out of a total of 587 breakfasts (numbers not shown) were obtained away from home, or 16 percent as shown below.

Eating Occasions With All Food Obtained Away From Home

| Sex and age (years) | Breakfast | Lunch | Dinner | Supper | Snack | All occasions |
|---|---|---|---|---|---|---|
| | Percent | | | | | |
| Males and females: | | | | | | |
| Under 1..... | 0 | 1.5 | 3.6 | 1.9 | 1.8 | 1.5 |
| 1-2..... | 3.6 | 9.6 | 14.0 | 9.9 | 7.1 | 7.9 |
| 3-5..... | 4.4 | 19.8 | 17.7 | 8.2 | 13.9 | 12.3 |
| 6-8..... | 5.9 | 37.1 | 13.7 | 7.1 | 19.3 | 17.5 |
| Males: | | | | | | |
| 9-11..... | 5.9 | 38.1 | 9.8 | 9.5 | 10.3 | 15.5 |
| 12-14..... | 5.5 | 46.4 | 10.1 | 5.4 | 21.4 | 18.8 |
| 15-18..... | 7.4 | 46.2 | 8.8 | 9.2 | 24.6 | 21.0 |
| 19-22..... | 11.0 | 29.0 | 21.1 | 21.7 | 34.8 | 25.7 |
| 23-34..... | 16.0 | 35.4 | 23.9 | 18.7 | 35.1 | 27.7 |
| 35-50..... | 12.4 | 34.8 | 14.6 | 13.1 | 32.7 | 23.6 |
| 51-64..... | 5.9 | 27.1 | 12.4 | 10.7 | 19.1 | 15.5 |
| 65-74..... | 1.4 | 15.4 | 15.0 | 6.1 | 6.0 | 8.0 |
| 75 and over..... | 1.6 | 8.1 | 9.0 | 5.7 | 4.7 | 5.4 |
| Females: | | | | | | |
| 9-11..... | 4.3 | 34.5 | 18.3 | 9.1 | 19.4 | 17.6 |
| 12-14..... | 4.9 | 41.3 | 9.6 | 7.9 | 20.9 | 18.8 |
| 15-18..... | 4.8 | 41.4 | 21.7 | 15.9 | 26.8 | 23.4 |
| 19-22..... | 8.5 | 30.7 | 22.7 | 18.8 | 35.1 | 24.8 |
| 23-34..... | 10.1 | 30.0 | 22.7 | 12.8 | 25.4 | 22.4 |
| 35-50..... | 5.5 | 24.9 | 13.7 | 10.5 | 20.3 | 15.7 |
| 51-64..... | 4.0 | 19.3 | 13.2 | 7.8 | 15.6 | 11.9 |
| 65-74..... | 1.6 | 12.3 | 14.6 | 6.1 | 8.8 | 7.8 |
| 75 and over..... | .5 | 13.0 | 7.3 | 4.6 | 2.6 | 5.4 |
| All individuals... | 6.7 | 29.1 | 15.8 | 10.8 | 22.0 | 17.8 |

As can be seen in these data, the 23- to 34-year-old men had the largest proportion of breakfasts out. Boys 12 to 18 years obtained nearly half (46 percent) of their lunches away from home, more than for any other sex-age

group. Almost one-fourth of the dinners of 23- to 34-year-olds were obtained outside the home and less than one-tenth for infants, some teenage groups, and the oldest adults. A smaller proportion of suppers (10.8 percent) than dinners (15.8 percent) was obtained at places other than at home. One-third or more of the snacks of 19- to 50-year-old men were obtained away from home, but among females only the 19- to 22-year-olds obtained this level. When all eating occasions were considered, the older teenagers, men less than 51 years, and women less than 35 years more frequently reported occasions away from home.

## F. CHARACTERISTICS OF HOUSEHOLDS AND INDIVIDUALS

Household income (table 6.1), race (tables 6.1-6.3), household size (table 6.4), and age, education, and employment status of the female head of the household (table 6.5) were among those household characteristics for which information was collected in the survey. Race of the respondent was recorded as observed by the interviewer; other characteristics were reported to the interviewer by the household respondent. Unlike other tables in this report, breast-fed infants and children were included.

### 1. Income, Race, and Age

Household income before taxes in 1976, one of the income variables obtained in the 1977-78 NFCS, was under $6,000 for 12.7 percent of the individuals surveyed, $6,000-$9,999 for 13.4 percent, $10,000-$15,999 for 20.8 percent, $16,000 or more for 34.4 percent, and was not reported for 18.7 percent. Blacks made up a higher proportion (26 percent) of the lowest income group than of higher income groups, and the proportion of blacks in the higher income groups progressively decreased as the income level increased.

Elderly people were more often from low income households than were younger people. Thirty-four percent of the individuals 65 years and older were from households in the lowest income group compared with only 10 percent of adults age 19 to 64 years as shown below.

| Age (years) | Individuals (number) | 1976 household income before taxes (percent) | | | | |
|---|---|---|---|---|---|---|
| | | Under $6,000 | $6,000-$9,999 | $10,000-$15,999 | $16,000 or more | Not reported |
| Under 19..... | 3,169 | 10.7 | 13.4 | 21.9 | 37.1 | 16.9 |
| 19-64..... | 5,495 | 10.0 | 12.5 | 21.5 | 37.5 | 18.5 |
| 65 and over.... | 996 | 33.5 | 19.0 | 12.8 | 8.4 | 26.3 |

### 2. Region, Urbanization, and Race

The respondents surveyed were 84.1 percent white, 11.7 percent black, 3.8 percent of another race, and a few were unreported (table 6.2). Of the elderly (75 years and older), over 90 percent were white. Blacks made up a higher percentage of the respondents in central cities (27 percent) than in suburban

(5 percent) or nonmetropolitan areas (7 percent). In the regions, the blacks made up a higher percentage of the respondents from the South (21 percent) than of respondents in the Northeast (8 percent), North Central (7 percent), or West (6 percent) (table 6.3).

3. Region, Urbanization, and Income

A higher percentage of individuals was from households in the lowest income group in the South (17 percent) than in other regions (10 to 12 percent). A higher percentage of individuals in central cities (18 percent) and nonmetropolitan areas (13 percent) resided in households with incomes under $6,000 than in suburban areas (8 percent). A lower percentage of individuals in central cities (30 percent) and nonmetropolitan areas (30 percent) resided in households with the highest income ($16,000 and over) than in suburban areas (42 percent). The distribution of individuals in the four regions and three urbanizations by level of household income is summarized as follows:

| Region and urbanization | Individuals (number) | 1976 household income before taxes (percent) | | | | |
|---|---|---|---|---|---|---|
| | | Under $6,000 | $6,000-$9,999 | $10,000-$15,999 | $16,000 or more | Not reported |
| 48 States..... | 9,660 | 12.6 | 13.4 | 20.7 | 34.4 | 18.8 |
| Northeast..... | 2,298 | 12.0 | 11.7 | 17.7 | 40.1 | 18.5 |
| North Central.... | 2,501 | 9.5 | 9.4 | 21.3 | 38.6 | 21.2 |
| South..... | 3,085 | 16.7 | 17.1 | 21.0 | 25.7 | 19.6 |
| West..... | 1,776 | 10.8 | 15.0 | 23.4 | 36.5 | 14.3 |
| Central cities... | 2,726 | 18.4 | 13.3 | 22.3 | 29.6 | 16.4 |
| Suburban areas... | 3,687 | 8.1 | 11.8 | 19.5 | 42.0 | 18.6 |
| Nonmetropolitan areas..... | 3,247 | 13.0 | 15.4 | 20.9 | 29.8 | 20.9 |

4. Household Size

Household size refers to the number of members regularly living in the household but excludes roomers, boarders, and employees. About 7 percent of the individuals participating in the survey lived alone (4 percent lived alone in the 1965 survey[14]), and elderly women more often lived alone than any other sex-age group (table 6.4). Generally, a higher proportion of women than men lived alone at a given age, and the proportion of men and women living alone became larger as age of the group increased. Almost 50 percent of the elderly women (75 years and older) lived alone as compared with only about 20 percent of the men in this age group. Thirty-seven percent of individuals lived in households composed of four or five persons, and almost 20 percent lived in households with more than five persons.

[14]See footnote 3, p. 6.

Individuals surveyed in central cities were more often from one-person households than in other urbanizations, and individuals in suburban and nonmetropolitan areas were more often from large families (four or more persons) than in central cities as shown below.

| Urbanization | Individuals (number) | Household size (percent) | | | | |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | More than 5 |
| 48 States..... | 9,660 | 6.8 | 22.0 | 16.5 | 36.8 | 17.9 |
| Central cities.... | 2,726 | 11.5 | 23.4 | 16.5 | 30.1 | 18.5 |
| Suburban areas.... | 3,687 | 4.3 | 19.9 | 16.6 | 41.4 | 17.7 |
| Nonmetropolitan areas..... | 3,247 | 5.8 | 23.1 | 16.4 | 37.1 | 17.6 |

In this survey, as in those in the past, household income of small households was lower than that of large households. Over half of the individuals in the lowest income category, under $6,000, were in one- and two-person households. Two-thirds of the individuals from large households (four or more persons) were from households with incomes of $16,000 and over as shown below.

| Household income | Individuals (number) | Household size (percent) | | | | |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 or 5 | More than 5 |
| All incomes..... | 9,660 | 6.8 | 22.0 | 16.5 | 36.8 | 17.9 |
| Under $6,000..... | 1,223 | 23.0 | 28.2 | 16.9 | 24.0 | 8.0 |
| $6,000-$9,999..... | 1,299 | 9.2 | 29.7 | 16.3 | 27.0 | 17.8 |
| $10,000-$15,999.... | 2,006 | 5.0 | 19.9 | 18.2 | 36.8 | 20.1 |
| $16,000 and over... | 3,321 | 1.7 | 16.1 | 16.2 | 46.0 | 19.9 |
| Not reported..... | 1,811 | 5.6 | 25.3 | 15.3 | 35.4 | 18.4 |

5. Characteristics of the Female Head of Household

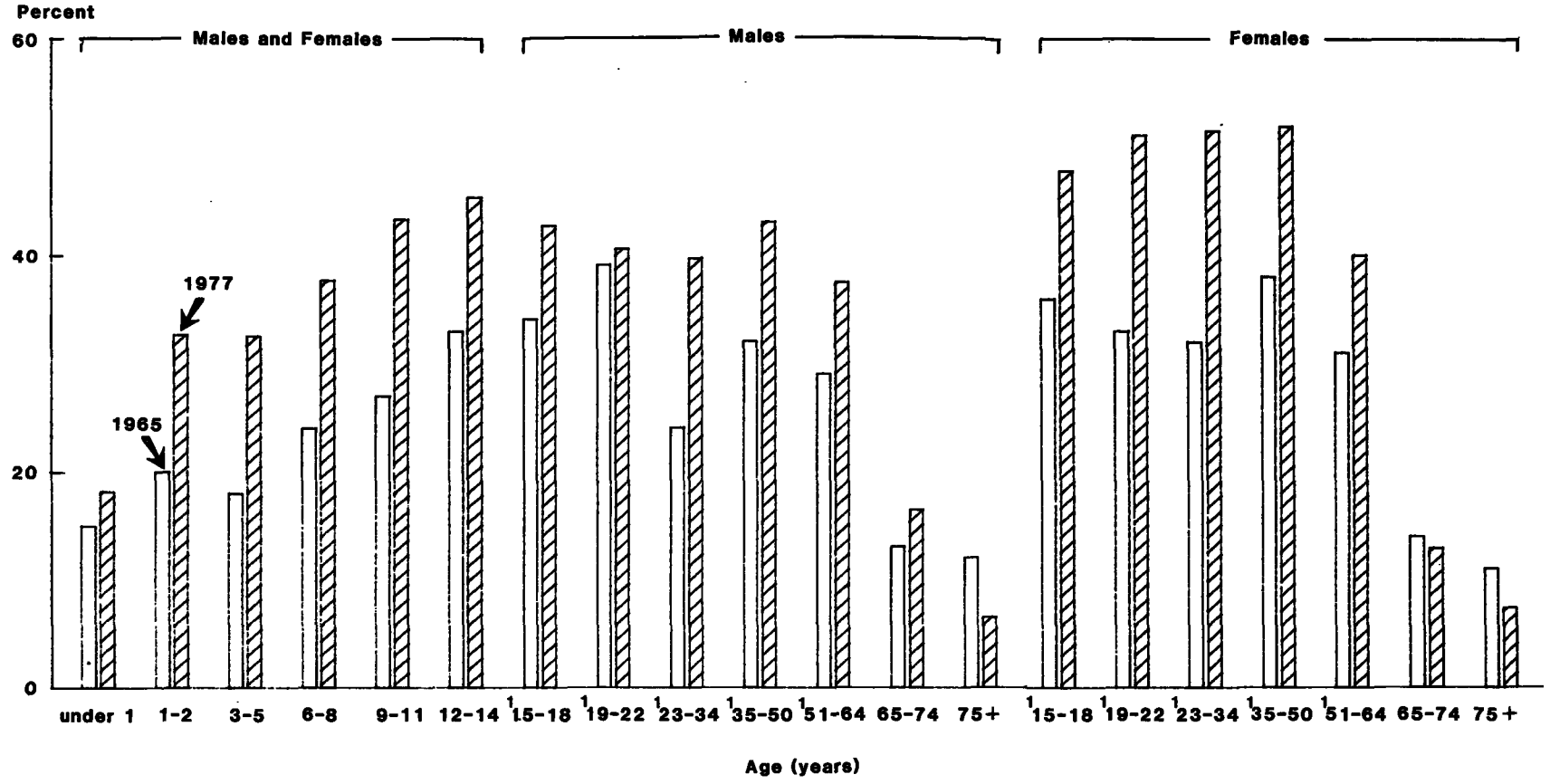
Fifty-five percent of the individuals surveyed lived in households in which the female head was between 35 and 64 years of age (table 6.5). About 4 percent of the individuals lived in households without a female head.

The highest proportion of individuals lived in households with female heads who had completed high school (39 percent), and the next highest proportion lived in households in which the female head had attended college (29 percent) (table 6.5). Among individuals living in households in which the female head had attended elementary school only (or less), the largest percentages were in the oldest age groups.

Forty percent of the individuals surveyed lived in households with employed female heads (table 6.5). The proportion of individuals in households

with employed female heads increased with the age group, being lowest for infants (18 percent) and peaking for females 23 to 34 years. When compared with 1965, the 1977 data showed an increase in the number of individuals in households with employed female heads (fig. 15). Older women and the oldest group of men were the only groups to show a smaller percentage than in 1965 of individuals in households with employed female heads.

## INDIVIDUALS LIVING IN HOUSEHOLDS WITH EMPLOYED FEMALE HEAD OF HOUSEHOLD
### Spring 1965 and 1977




[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 15

TABLE 1.1a.--MEAT, POULTRY, FISH
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Meat, poultry, fish | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total | Beef | Pork | Lamb, veal, game | Poultry | | Organ meats, mixtures mainly organ meats | Frankfurters, sausages, luncheon meats, spreads | Fish, shell-fish | Mixtures mainly meat, poultry, fish |
| | | | | | | Total | Chicken | | | | |
| | Number | Grams | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| Under 1 | [3]78 | 72 | 9 | 4 | 3 | 4 | 1 | 0 | 2 | 0 | 51 |
| 1-2 | [4]264 | 91 | 18 | 6 | ([5]) | 16 | 13 | ([5]) | 15 | 4 | 32 |
| 3-5 | 437 | 121 | 23 | 8 | ([5]) | 19 | 19 | 1 | 15 | 6 | 49 |
| 6-8 | 469 | 149 | 33 | 15 | 1 | 20 | 19 | 1 | 17 | 7 | 55 |
| Males: | | | | | | | | | | | |
| 9-11 | 216 | 188 | 41 | 22 | 3 | 24 | 21 | 1 | 19 | 7 | 71 |
| 12-14 | 313 | 218 | 53 | 18 | ([5]) | 27 | 24 | ([5]) | 25 | 8 | 87 |
| 15-18 | 400 | 272 | 82 | 24 | 1 | 37 | 32 | 3 | 25 | 7 | 93 |
| 19-22 | 287 | 310 | 90 | 21 | 2 | 45 | 43 | 1 | 33 | 6 | 112 |
| 23-34 | 770 | 285 | 86 | 27 | 1 | 31 | 29 | 2 | 30 | 14 | 94 |
| 35-50 | 784 | 295 | 75 | 28 | 1 | 31 | 28 | 3 | 26 | 17 | 113 |
| 51-64 | 634 | 274 | 70 | 32 | 1 | 31 | 29 | 4 | 29 | 22 | 86 |
| 65-74 | 295 | 231 | 54 | 25 | 2 | 29 | 26 | 5 | 22 | 21 | 72 |
| 75 and over | 127 | 196 | 41 | 39 | 7 | 28 | 25 | 4 | 19 | 5 | 54 |
| Females: | | | | | | | | | | | |
| 9-11 | 241 | 162 | 38 | 17 | 1 | 27 | 23 | 0 | 20 | 5 | 55 |
| 12-14 | 309 | 176 | 47 | 19 | 1 | 23 | 22 | 1 | 18 | 7 | 61 |
| 15-18 | 402 | 180 | 46 | 14 | 2 | 28 | 27 | 1 | 16 | 11 | 61 |
| 19-22 | 337 | 184 | 52 | 19 | 1 | 26 | 24 | ([5]) | 18 | 8 | 61 |
| 23-34 | 949 | 183 | 48 | 17 | 1 | 24 | 22 | 1 | 16 | 10 | 66 |
| 35-50 | 942 | 187 | 49 | 19 | 2 | 24 | 21 | 2 | 14 | 14 | 63 |
| 51-64 | 792 | 187 | 52 | 19 | 2 | 26 | 24 | 4 | 12 | 12 | 60 |
| 65-74 | 377 | 159 | 34 | 21 | 4 | 30 | 25 | 2 | 12 | 9 | 47 |
| 75 and over | 197 | 134 | 31 | 17 | 2 | 19 | 16 | 3 | 9 | 4 | 49 |
| All individuals | [6]9,620 | 207 | 54 | 20 | 2 | 27 | 24 | 2 | 20 | 11 | 72 |

[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 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Less than 0.5 g but more than 0.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.1b.--MEAT, POULTRY, FISH
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Meat, poultry, fish: Total | Beef | Pork | Lamb, veal, game | Poultry: Total | Poultry: Chicken | Organ meats, mixtures mainly organ meats | Frankfurters, sausages, luncheon meats, spreads | Fish, shellfish | Mixtures mainly meat, poultry, fish |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Percent | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| Under 1 | [3]78 | 56.0 | 11.3 | 6.0 | 4.9 | 4.5 | 1.6 | 0 | 4.9 | 0 | 31.0 |
| 1-2 | [4]264 | 87.2 | 27.4 | 18.9 | .5 | 19.6 | 16.3 | .5 | 31.4 | 5.7 | 32.3 |
| 3-5 | 437 | 89.7 | 29.6 | 21.8 | .2 | 17.5 | 16.8 | 2.0 | 33.6 | 7.9 | 35.0 |
| 6-8 | 469 | 93.3 | 31.0 | 25.7 | 1.2 | 18.3 | 16.8 | 1.1 | 31.3 | 8.3 | 33.9 |
| Males: | | | | | | | | | | | |
| 9-11 | 216 | 96.4 | 32.7 | 21.9 | 2.6 | 16.7 | 13.6 | 1.1 | 33.7 | 10.6 | 39.5 |
| 12-14 | 313 | 95.1 | 35.3 | 18.7 | .3 | 17.8 | 16.1 | .4 | 28.8 | 8.5 | 43.5 |
| 15-18 | 400 | 96.4 | 40.1 | 26.2 | .8 | 19.8 | 16.8 | 2.3 | 32.1 | 6.8 | 42.3 |
| 19-22 | 287 | 92.9 | 41.7 | 26.7 | .8 | 21.6 | 19.5 | 1.2 | 36.3 | 2.9 | 43.2 |
| 23-34 | 770 | 93.6 | 40.5 | 25.9 | .7 | 15.1 | 13.7 | 1.9 | 32.2 | 9.1 | 40.1 |
| 35-50 | 784 | 96.4 | 40.7 | 31.7 | .8 | 18.3 | 16.1 | 3.4 | 29.9 | 11.2 | 44.6 |
| 51-64 | 634 | 96.4 | 36.9 | 30.7 | 1.1 | 16.7 | 15.7 | 2.9 | 33.0 | 11.3 | 35.6 |
| 65-74 | 295 | 94.6 | 37.4 | 35.4 | 2.0 | 19.5 | 16.7 | 3.9 | 31.6 | 10.5 | 34.3 |
| 75 and over | 127 | 95.1 | 28.1 | 43.0 | 5.2 | 21.8 | 18.7 | 4.5 | 29.0 | 4.0 | 23.9 |
| Females: | | | | | | | | | | | |
| 9-11 | 241 | 93.4 | 33.7 | 20.2 | .8 | 22.7 | 17.7 | 0 | 34.8 | 9.1 | 32.5 |
| 12-14 | 309 | 92.2 | 30.7 | 25.8 | 1.2 | 17.3 | 16.2 | .7 | 30.8 | 8.4 | 35.3 |
| 15-18 | 402 | 91.2 | 31.7 | 19.6 | 2.0 | 21.4 | 19.6 | 1.3 | 26.7 | 7.3 | 36.0 |
| 19-22 | 337 | 90.2 | 34.8 | 21.0 | 1.3 | 17.7 | 15.9 | .7 | 25.5 | 7.5 | 31.9 |
| 23-34 | 949 | 90.2 | 33.4 | 22.8 | 1.0 | 17.4 | 15.7 | .8 | 24.9 | 9.0 | 32.5 |
| 35-50 | 942 | 93.1 | 36.4 | 26.3 | 1.5 | 18.9 | 16.5 | 2.6 | 23.7 | 11.5 | 34.0 |
| 51-64 | 792 | 92.9 | 35.6 | 27.1 | 2.0 | 17.8 | 15.4 | 2.9 | 21.0 | 10.3 | 34.6 |
| 65-74 | 377 | 92.0 | 29.5 | 28.9 | 2.5 | 22.4 | 18.1 | 3.5 | 23.5 | 7.6 | 26.6 |
| 75 and over | 197 | 90.6 | 31.8 | 27.2 | 2.0 | 18.3 | 14.6 | 4.4 | 17.9 | 5.3 | 28.3 |
| All individuals | [5]9,620 | 92.8 | 35.0 | 25.8 | 1.3 | 18.3 | 16.2 | 2.0 | 28.3 | 8.9 | 35.9 |

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.1c.--MEAT, POULTRY, FISH
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Meat, poultry, fish | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total | Beef | Pork | Lamb, veal, game | Poultry | | Organ meats, mixtures mainly organ meats | Frankfurters, sausages, luncheon meats, spreads | Fish, shell-fish | Mixtures mainly meat, poultry, fish |
| | | | | | | Total | Chicken | | | | |
| | Number | Grams | | | | | | | | | |
| Males and females: | | | | | | | | | | | |
| Under 1..... | [4]78 | 128 | 79 | 56 | 57 | 97 | 72 | 0 | 32 | 0 | 166 |
| 1-2..... | [5]264 | 105 | 64 | 33 | 67 | 80 | 80 | 35 | 48 | 77 | 99 |
| 3-5..... | 437 | 135 | 78 | 38 | 20 | 112 | 112 | 45 | 45 | 73 | 139 |
| 6-8..... | 469 | 159 | 105 | 57 | 104 | 111 | 115 | 72 | 56 | 78 | 163 |
| Males: | | | | | | | | | | | |
| 9-11..... | 216 | 196 | 125 | 101 | 111 | 146 | 154 | 135 | 56 | 68 | 177 |
| 12-14..... | 313 | 229 | 150 | 94 | 54 | 149 | 146 | 144 | 88 | 93 | 200 |
| 15-18..... | 400 | 282 | 204 | 91 | 184 | 187 | 191 | 128 | 79 | 105 | 220 |
| 19-22..... | 287 | 333 | 216 | 78 | 231 | 211 | 221 | 72 | 90 | 233 | 249 |
| 23-34..... | 770 | 305 | 213 | 103 | 203 | 204 | 209 | 84 | 94 | 151 | 208 |
| 35-50..... | 784 | 306 | 185 | 88 | 183 | 170 | 174 | 97 | 88 | 149 | 254 |
| 51-64..... | 634 | 284 | 189 | 104 | 117 | 185 | 186 | 134 | 87 | 191 | 241 |
| 65-74..... | 295 | 244 | 145 | 70 | 96 | 149 | 156 | 133 | 71 | 205 | 211 |
| 75 and over..... | 127 | 207 | 144 | 91 | 122 | 126 | 131 | 76 | 66 | 125 | 224 |
| Females: | | | | | | | | | | | |
| 9-11..... | 241 | 173 | 112 | 81 | 69 | 116 | 128 | 0 | 57 | 59 | 171 |
| 12-14..... | 309 | 191 | 152 | 75 | 52 | 135 | 138 | 79 | 59 | 78 | 173 |
| 15-18..... | 402 | 198 | 145 | 72 | 114 | 130 | 135 | 70 | 61 | 150 | 170 |
| 19-22..... | 337 | 204 | 148 | 88 | 121 | 144 | 148 | 49 | 70 | 107 | 189 |
| 23-34..... | 949 | 203 | 145 | 75 | 123 | 140 | 141 | 72 | 64 | 107 | 202 |
| 35-50..... | 942 | 200 | 134 | 72 | 108 | 125 | 129 | 80 | 59 | 121 | 187 |
| 51-64..... | 792 | 201 | 145 | 72 | 122 | 148 | 154 | 120 | 56 | 113 | 173 |
| 65-74..... | 377 | 172 | 114 | 38 | 151 | 132 | 138 | 68 | 51 | 122 | 176 |
| 75 and over..... | 197 | 148 | 96 | 63 | 106 | 101 | 108 | 60 | 50 | 84 | 173 |
| All individuals... | [6]9,620 | 223 | 154 | 79 | 121 | 147 | 151 | 93 | 69 | 124 | 200 |

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] User is an individual reporting a specified food item.
[3] Based on 24-hour dietary recall of day preceding interview.
[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.2a.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Milk, milk products: Total (calcium equivalent[3]) | Milk, milk drinks: Total | Milk, milk drinks: Fluid milk | Milk, milk drinks: Yogurt | Cream, milk desserts | Cheese | Eggs | Legumes, nuts, seeds |
|---|---|---|---|---|---|---|---|---|---|
| | Number | Grams | | | | | | | |
| Males and females: | | | | | | | | | |
| Under 1..... | [4]78 | 492 | 618 | 361 | 0 | 7 | 1 | 5 | 63 |
| 1-2..... | [5]264 | 466 | 404 | 397 | 1 | 15 | 8 | 20 | 21 |
| 3-5..... | 437 | 421 | 353 | 330 | 1 | 23 | 9 | 22 | 19 |
| 6-8..... | 469 | 508 | 433 | 401 | 2 | 25 | 10 | 18 | 26 |
| Males: | | | | | | | | | |
| 9-11..... | 216 | 515 | 432 | 402 | 1 | 39 | 8 | 26 | 24 |
| 12-14..... | 313 | 577 | 504 | 461 | ([6]) | 34 | 9 | 28 | 32 |
| 15-18..... | 400 | 626 | 519 | 467 | 2 | 44 | 13 | 31 | 33 |
| 19-22..... | 287 | 494 | 388 | 353 | 3 | 22 | 15 | 32 | 30 |
| 23-34..... | 770 | 359 | 243 | 213 | 7 | 24 | 21 | 38 | 30 |
| 35-50..... | 784 | 306 | 203 | 192 | 1 | 29 | 18 | 41 | 43 |
| 51-64..... | 634 | 277 | 180 | 173 | 2 | 29 | 17 | 36 | 32 |
| 65-74..... | 295 | 313 | 217 | 204 | ([6]) | 34 | 14 | 36 | 24 |
| 75 and over..... | 127 | 293 | 193 | 184 | 0 | 31 | 18 | 41 | 21 |
| Females: | | | | | | | | | |
| 9-11..... | 241 | 465 | 402 | 371 | 0 | 30 | 7 | 14 | 33 |
| 12-14..... | 309 | 470 | 387 | 343 | 1 | 33 | 11 | 19 | 25 |
| 15-18..... | 402 | 405 | 316 | 279 | 3 | 29 | 11 | 21 | 21 |
| 19-22..... | 337 | 303 | 224 | 205 | 5 | 20 | 18 | 26 | 19 |
| 23-34..... | 949 | 272 | 182 | 158 | 8 | 18 | 19 | 26 | 21 |
| 35-50..... | 942 | 209 | 130 | 117 | 5 | 20 | 18 | 23 | 21 |
| 51-64..... | 792 | 214 | 139 | 128 | 5 | 21 | 19 | 24 | 19 |
| 65-74..... | 377 | 248 | 166 | 156 | 4 | 27 | 14 | 22 | 15 |
| 75 and over..... | 197 | 289 | 214 | 205 | 1 | 26 | 20 | 19 | 8 |
| All individuals... | [7]9,620 | 352 | 266 | 242 | 3 | 26 | 15 | 27 | 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] Calcium equivalent is quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.
[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Less than 0.5 g but more than 0.
[7] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.2b.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Milk, milk products: Total | Milk, milk drinks: Total | Milk, milk drinks: Fluid milk | Milk, milk drinks: Yogurt | Cream, milk desserts | Cheese | Eggs | Legumes, nuts, seeds |
|---|---|---|---|---|---|---|---|---|---|
| | Number | Percent | | | | | | | |
| Males and females: | | | | | | | | | |
| Under 1..... | [3]78 | 92.2 | 92.2 | 60.9 | 0 | 6.5 | 3.6 | 10.0 | 14.5 |
| 1-2..... | [4]264 | 93.4 | 90.9 | 90.5 | .6 | 19.3 | 21.7 | 33.3 | 22.8 |
| 3-5..... | 437 | 91.7 | 87.8 | 85.6 | .3 | 21.8 | 21.0 | 33.6 | 30.7 |
| 6-8..... | 469 | 93.4 | 90.5 | 88.5 | 1.2 | 25.0 | 19.7 | 24.3 | 29.4 |
| Males: | | | | | | | | | |
| 9-11..... | 216 | 92.9 | 90.7 | 87.9 | .5 | 24.3 | 16.1 | 26.4 | 28.0 |
| 12-14..... | 313 | 90.2 | 86.3 | 81.1 | .4 | 23.0 | 14.5 | 28.8 | 27.5 |
| 15-18..... | 400 | 85.9 | 77.3 | 75.7 | .7 | 27.9 | 20.7 | 30.4 | 20.9 |
| 19-22..... | 287 | 81.6 | 74.3 | 69.7 | 1.3 | 16.4 | 26.0 | 30.1 | 17.7 |
| 23-34..... | 770 | 73.8 | 58.3 | 53.6 | 2.9 | 21.9 | 28.3 | 33.7 | 19.7 |
| 35-50..... | 784 | 75.8 | 57.6 | 56.5 | .8 | 24.1 | 27.0 | 39.8 | 22.5 |
| 51-64..... | 634 | 77.8 | 61.8 | 60.9 | 1.1 | 26.2 | 25.9 | 40.1 | 20.5 |
| 65-74..... | 295 | 81.3 | 71.2 | 70.4 | .3 | 29.1 | 24.8 | 47.7 | 15.2 |
| 75 and over..... | 127 | 80.7 | 67.9 | 66.3 | 0 | 25.8 | 25.2 | 51.5 | 20.3 |
| Females: | | | | | | | | | |
| 9-11..... | 241 | 92.5 | 88.8 | 86.8 | 0 | 25.6 | 16.8 | 19.7 | 30.6 |
| 12-14..... | 309 | 88.6 | 80.9 | 76.2 | .3 | 22.7 | 22.8 | 23.4 | 21.0 |
| 15-18..... | 402 | 85.4 | 74.7 | 69.2 | 2.0 | 24.2 | 24.9 | 25.5 | 18.0 |
| 19-22..... | 337 | 78.1 | 65.1 | 62.3 | 1.9 | 18.3 | 26.9 | 27.2 | 14.3 |
| 23-34..... | 949 | 74.3 | 58.6 | 54.5 | 3.4 | 18.8 | 28.5 | 31.3 | 18.2 |
| 35-50..... | 942 | 73.0 | 55.2 | 52.6 | 2.8 | 21.4 | 28.0 | 28.0 | 17.4 |
| 51-64..... | 792 | 73.9 | 58.2 | 56.0 | 2.5 | 21.1 | 26.8 | 33.2 | 17.1 |
| 65-74..... | 377 | 80.3 | 68.4 | 67.3 | 2.7 | 26.9 | 25.6 | 32.9 | 11.7 |
| 75 and over..... | 197 | 84.2 | 73.1 | 71.4 | 2.0 | 28.4 | 24.5 | 32.2 | 9.6 |
| All individuals... | [5]9,620 | 80.7 | 68.8 | 65.9 | 1.7 | 22.8 | 24.7 | 31.9 | 20.2 |

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.2c.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Average intake per user[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Milk, milk products: Total (calcium equivalent[3]) | Milk, milk drinks: Total | Milk, milk drinks: Fluid milk | Milk, milk drinks: Yogurt | Cream, milk desserts | Cheese | Eggs | Legumes, nuts, seeds |
|---|---|---|---|---|---|---|---|---|---|
| | Number | Grams | | | | | | | |
| Males and females: | | | | | | | | | |
| Under 1..... | [4]78 | 531 | 667 | 596 | 0 | 102 | 22 | 44 | 442 |
| 1-2..... | [5]264 | 500 | 443 | 438 | 196 | 77 | 37 | 61 | 93 |
| 3-5..... | 437 | 459 | 401 | 385 | 363 | 104 | 41 | 67 | 62 |
| 6-8..... | 469 | 544 | 479 | 453 | 182 | 102 | 49 | 73 | 87 |
| Males: | | | | | | | | | |
| 9-11..... | 216 | 554 | 477 | 457 | 256 | 158 | 52 | 98 | 88 |
| 12-14..... | 313 | 641 | 584 | 568 | 154 | 149 | 59 | 98 | 115 |
| 15-18..... | 400 | 728 | 672 | 616 | 230 | 158 | 62 | 103 | 157 |
| 19-22..... | 287 | 606 | 523 | 507 | 235 | 137 | 56 | 107 | 166 |
| 23-34..... | 770 | 486 | 417 | 398 | 249 | 110 | 76 | 112 | 151 |
| 35-50..... | 784 | 403 | 354 | 339 | 188 | 122 | 68 | 104 | 190 |
| 51-64..... | 634 | 356 | 291 | 285 | 174 | 112 | 65 | 89 | 157 |
| 65-74..... | 295 | 385 | 305 | 290 | 52 | 118 | 56 | 76 | 156 |
| 75 and over..... | 127 | 364 | 283 | 277 | 0 | 119 | 70 | 80 | 104 |
| Females: | | | | | | | | | |
| 9-11..... | 241 | 503 | 453 | 427 | 0 | 118 | 42 | 72 | 108 |
| 12-14..... | 309 | 531 | 478 | 450 | 168 | 144 | 50 | 81 | 117 |
| 15-18..... | 402 | 474 | 423 | 403 | 159 | 121 | 45 | 84 | 120 |
| 19-22..... | 337 | 387 | 343 | 329 | 221 | 108 | 67 | 96 | 133 |
| 23-34..... | 949 | 366 | 309 | 289 | 221 | 95 | 65 | 83 | 113 |
| 35-50..... | 942 | 286 | 236 | 223 | 193 | 93 | 63 | 82 | 122 |
| 51-64..... | 792 | 289 | 239 | 229 | 179 | 102 | 69 | 73 | 113 |
| 65-74..... | 377 | 309 | 242 | 232 | 141 | 100 | 54 | 66 | 126 |
| 75 and over..... | 197 | 342 | 292 | 288 | 66 | 91 | 83 | 59 | 87 |
| All individuals... | [6]9,620 | 436 | 387 | 367 | 199 | 113 | 62 | 86 | 127 |

[1] User is an individual reporting a specified food item.
[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 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.3a.--GRAIN PRODUCTS; FATS, OILS
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| 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]78 | 42 | 4 | 5 | 30 | 25 | 3 | 1 | ([4]) | ([4]) |
| 1-2..... | [5]264 | 158 | 27 | 24 | 44 | 14 | 63 | 5 | 3 | 1 |
| 3-5..... | 437 | 181 | 46 | 37 | 54 | 16 | 45 | 8 | 5 | 3 |
| 6-8..... | 469 | 206 | 53 | 56 | 60 | 19 | 38 | 9 | 5 | 4 |
| Males: | | | | | | | | | | |
| 9-11..... | 216 | 238 | 67 | 56 | 51 | 20 | 64 | 11 | 5 | 5 |
| 12-14..... | 313 | 288 | 76 | 80 | 57 | 22 | 74 | 12 | 8 | 4 |
| 15-18..... | 400 | 303 | 91 | 77 | 53 | 19 | 82 | 16 | 8 | 8 |
| 19-22..... | 287 | 253 | 84 | 53 | 64 | 9 | 52 | 17 | 9 | 6 |
| 23-34..... | 770 | 256 | 82 | 60 | 40 | 7 | 74 | 18 | 8 | 9 |
| 35-50..... | 784 | 234 | 82 | 58 | 44 | 7 | 50 | 19 | 9 | 8 |
| 51-64..... | 634 | 229 | 78 | 57 | 48 | 10 | 46 | 18 | 8 | 8 |
| 65-74..... | 295 | 235 | 71 | 60 | 69 | 15 | 35 | 17 | 8 | 6 |
| 75 and over..... | 127 | 196 | 70 | 50 | 58 | 12 | 19 | 14 | 10 | 2 |
| Females: | | | | | | | | | | |
| 9-11..... | 241 | 214 | 58 | 59 | 44 | 21 | 53 | 10 | 4 | 5 |
| 12-14..... | 309 | 235 | 57 | 61 | 45 | 12 | 72 | 11 | 5 | 6 |
| 15-18..... | 402 | 196 | 57 | 43 | 41 | 10 | 55 | 12 | 6 | 6 |
| 19-22..... | 337 | 161 | 44 | 36 | 33 | 7 | 48 | 13 | 5 | 7 |
| 23-34..... | 949 | 163 | 49 | 38 | 32 | 6 | 44 | 15 | 5 | 8 |
| 35-50..... | 942 | 161 | 49 | 37 | 32 | 7 | 43 | 14 | 5 | 8 |
| 51-64..... | 792 | 155 | 52 | 40 | 36 | 8 | 27 | 15 | 6 | 7 |
| 65-74..... | 377 | 175 | 57 | 42 | 47 | 12 | 29 | 13 | 7 | 4 |
| 75 and over..... | 197 | 178 | 54 | 44 | 58 | 11 | 22 | 14 | 8 | 4 |
| All individuals... | [6]9,620 | 204 | 62 | 49 | 44 | 11 | 49 | 14 | 6 | 6 |

[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 36 breast-fed infants.
[4] Less than 0.5 g but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.3b.--GRAIN PRODUCTS; FATS, OILS
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| 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]78 | 81.9 | 13.8 | 22.0 | 76.1 | 71.1 | 4.9 | 9.3 | 7.5 | 1.8 |
| 1-2..... | [4]264 | 98.1 | 67.9 | 56.8 | 69.5 | 51.4 | 35.7 | 45.0 | 36.2 | 11.1 |
| 3-5..... | 437 | 99.8 | 78.1 | 60.7 | 66.1 | 50.3 | 26.9 | 53.0 | 40.6 | 19.5 |
| 6-8..... | 469 | 99.7 | 80.6 | 67.3 | 68.7 | 54.1 | 20.5 | 53.3 | 40.3 | 22.4 |
| Males: | | | | | | | | | | |
| 9-11..... | 216 | 99.1 | 85.2 | 62.9 | 65.3 | 51.1 | 21.2 | 54.5 | 39.1 | 24.5 |
| 12-14..... | 313 | 99.1 | 83.2 | 65.6 | 53.2 | 44.0 | 27.2 | 61.1 | 47.8 | 21.6 |
| 15-18..... | 400 | 98.0 | 80.7 | 55.6 | 49.6 | 36.8 | 23.8 | 53.7 | 38.2 | 26.5 |
| 19-22..... | 287 | 95.8 | 81.3 | 46.4 | 34.5 | 17.8 | 14.0 | 58.5 | 41.7 | 25.2 |
| 23-34..... | 770 | 94.5 | 80.1 | 51.2 | 27.8 | 15.8 | 22.4 | 61.2 | 44.0 | 30.0 |
| 35-50..... | 784 | 96.3 | 84.1 | 51.7 | 31.8 | 15.4 | 15.5 | 66.0 | 48.0 | 29.7 |
| 51-64..... | 634 | 95.1 | 85.5 | 51.9 | 38.2 | 24.0 | 14.4 | 66.7 | 49.2 | 28.1 |
| 65-74..... | 295 | 98.7 | 87.3 | 59.4 | 56.0 | 36.8 | 11.1 | 70.0 | 55.4 | 27.1 |
| 75 and over..... | 127 | 100.0 | 85.1 | 52.3 | 56.3 | 32.7 | 7.6 | 64.9 | 56.5 | 11.2 |
| Females: | | | | | | | | | | |
| 9-11..... | 241 | 99.3 | 82.2 | 63.7 | 60.3 | 50.9 | 23.3 | 53.3 | 41.4 | 24.2 |
| 12-14..... | 309 | 96.6 | 77.3 | 60.3 | 46.2 | 31.9 | 25.1 | 47.6 | 34.0 | 23.6 |
| 15-18..... | 402 | 96.2 | 76.4 | 53.9 | 36.3 | 24.3 | 20.1 | 57.2 | 41.2 | 26.9 |
| 19-22..... | 337 | 88.7 | 68.8 | 44.6 | 27.9 | 18.7 | 20.3 | 52.5 | 36.3 | 27.1 |
| 23-34..... | 949 | 91.7 | 73.4 | 44.8 | 28.8 | 16.5 | 20.4 | 61.3 | 38.6 | 33.5 |
| 35-50..... | 942 | 92.1 | 74.3 | 45.4 | 30.9 | 18.3 | 17.5 | 64.3 | 42.3 | 33.5 |
| 51-64..... | 792 | 95.9 | 80.7 | 50.0 | 36.4 | 22.6 | 11.0 | 67.3 | 47.1 | 29.7 |
| 65-74..... | 377 | 97.7 | 84.7 | 51.9 | 50.8 | 34.2 | 13.0 | 69.1 | 51.4 | 26.1 |
| 75 and over..... | 197 | 99.1 | 86.8 | 53.3 | 55.4 | 36.0 | 9.9 | 69.1 | 56.2 | 16.3 |
| All individuals... | [5]9,620 | 95.7 | 78.9 | 52.7 | 42.4 | 28.5 | 18.7 | 60.3 | 43.4 | 26.9 |

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.3c.--GRAIN PRODUCTS; FATS, OILS
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

| 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..... | [4]78 | 51 | 32 | 22 | 40 | 35 | 49 | 6 | 3 | 19 |
| 1-2..... | [5]264 | 161 | 40 | 43 | 63 | 28 | 176 | 10 | 8 | 13 |
| 3-5..... | 437 | 182 | 59 | 61 | 81 | 31 | 167 | 15 | 12 | 16 |
| 6-8..... | 469 | 206 | 66 | 83 | 87 | 36 | 184 | 17 | 11 | 17 |
| Males: | | | | | | | | | | |
| 9-11..... | 216 | 240 | 79 | 89 | 78 | 39 | 300 | 19 | 13 | 22 |
| 12-14..... | 313 | 291 | 92 | 122 | 108 | 51 | 274 | 20 | 16 | 19 |
| 15-18..... | 400 | 309 | 112 | 138 | 108 | 51 | 345 | 30 | 21 | 30 |
| 19-22..... | 267 | 264 | 104 | 115 | 185 | 50 | 370 | 29 | 22 | 24 |
| 23-34..... | 770 | 271 | 102 | 118 | 142 | 44 | 330 | 29 | 18 | 29 |
| 35-50..... | 784 | 243 | 97 | 111 | 139 | 44 | 324 | 29 | 19 | 28 |
| 51-64..... | 634 | 241 | 91 | 110 | 124 | 40 | 323 | 27 | 17 | 28 |
| 65-74..... | 295 | 239 | 81 | 101 | 124 | 39 | 310 | 24 | 14 | 24 |
| 75 and over..... | 127 | 196 | 82 | 96 | 103 | 37 | 237 | 21 | 17 | 21 |
| Females: | | | | | | | | | | |
| 9-11..... | 241 | 215 | 70 | 93 | 74 | 41 | 226 | 18 | 10 | 20 |
| 12-14..... | 309 | 243 | 74 | 101 | 97 | 36 | 287 | 24 | 14 | 26 |
| 15-18..... | 402 | 204 | 75 | 80 | 112 | 42 | 275 | 21 | 14 | 21 |
| 19-22..... | 337 | 182 | 64 | 80 | 119 | 40 | 239 | 25 | 14 | 26 |
| 23-34..... | 949 | 177 | 67 | 85 | 110 | 36 | 214 | 24 | 13 | 24 |
| 35-50..... | 942 | 175 | 66 | 81 | 105 | 39 | 245 | 22 | 13 | 23 |
| 51-64..... | 792 | 162 | 64 | 80 | 98 | 34 | 247 | 22 | 12 | 23 |
| 65-74..... | 377 | 179 | 67 | 82 | 93 | 34 | 222 | 19 | 13 | 17 |
| 75 and over..... | 197 | 180 | 62 | 82 | 105 | 31 | 218 | 20 | 14 | 22 |
| All individuals... | [6]9,620 | 213 | 78 | 93 | 105 | 39 | 260 | 23 | 15 | 24 |

[1]Quantities given are for foods as ingested; no inedible parts are included.
[2]User is an individual reporting a specified food item.
[3]Based on 24-hour recall of day preceding interview.

[4]Excludes 36 breast-fed infants.
[5]Excludes 4 breast-fed infants.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.4a.--VEGETABLES; BEVERAGES
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Vegetables | | | | | | Beverages | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total[3] | White potatoes[3] | Tomatoes[3] | Dark green[3] | Deep yellow[3] | Other vegetables[3] | Total | Nonalcoholic beverages | | | | | Alcoholic beverages | |
| | | | | | | | | | Total | Coffee | Tea | Soft drinks | Fruit drinks, ades | Total | Beer, ale |
| | Number | Grams | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | | | |
| Under 1..... | [4]78 | 76 | 13 | 4 | 1 | 15 | 43 | 50 | 50 | 0 | 9 | 15 | 27 | 0 | 0 |
| 1-2..... | [5]264 | 91 | 29 | 6 | 2 | 8 | 47 | 178 | 177 | 1 | 33 | 106 | 37 | 1 | 1 |
| 3-5..... | 437 | 100 | 36 | 15 | 4 | 3 | 42 | 238 | 237 | 0 | 38 | 163 | 36 | ([6]) | ([6]) |
| 6-8..... | 469 | 136 | 50 | 9 | 7 | 6 | 63 | 272 | 272 | 2 | 44 | 182 | 44 | 0 | 0 |
| Males: | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 138 | 55 | 10 | 4 | 4 | 64 | 303 | 303 | 7 | 52 | 197 | 48 | ([6]) | 0 |
| 12-14..... | 313 | 184 | 65 | 17 | 12 | 6 | 84 | 371 | 371 | 16 | 111 | 198 | 47 | 0 | 0 |
| 15-18..... | 400 | 216 | 89 | 13 | 11 | 6 | 96 | 614 | 602 | 49 | 110 | 379 | 64 | 12 | 11 |
| 19-22..... | 287 | 226 | 96 | 22 | 10 | 5 | 94 | 871 | 657 | 124 | 140 | 355 | 39 | 214 | 201 |
| 23-34..... | 770 | 248 | 90 | 27 | 7 | 7 | 118 | 974 | 772 | 297 | 167 | 284 | 24 | 203 | 181 |
| 35-50..... | 784 | 261 | 86 | 30 | 9 | 10 | 126 | 1,017 | 836 | 494 | 143 | 180 | 20 | 181 | 153 |
| 51-64..... | 634 | 285 | 85 | 27 | 12 | 11 | 150 | 901 | 801 | 536 | 156 | 96 | 13 | 100 | 78 |
| 65-74..... | 295 | 265 | 71 | 25 | 11 | 16 | 142 | 739 | 687 | 464 | 137 | 72 | 14 | 52 | 49 |
| 75 and over..... | 127 | 264 | 85 | 30 | 18 | 7 | 124 | 624 | 596 | 450 | 99 | 25 | 22 | 28 | 25 |
| Females: | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 139 | 51 | 11 | 7 | 4 | 66 | 340 | 340 | 3 | 68 | 231 | 38 | 0 | 0 |
| 12-14..... | 309 | 154 | 59 | 17 | 10 | 5 | 64 | 382 | 381 | 10 | 71 | 239 | 61 | 1 | 0 |
| 15-18..... | 402 | 178 | 63 | 21 | 11 | 6 | 77 | 479 | 466 | 55 | 105 | 263 | 44 | 13 | 10 |
| 19-22..... | 337 | 184 | 60 | 21 | 8 | 3 | 91 | 559 | 534 | 109 | 112 | 283 | 30 | 25 | 21 |
| 23-34..... | 949 | 187 | 51 | 25 | 9 | 7 | 94 | 772 | 694 | 273 | 163 | 234 | 23 | 78 | 52 |
| 35-50..... | 942 | 187 | 49 | 27 | 8 | 7 | 96 | 829 | 786 | 432 | 185 | 150 | 19 | 43 | 24 |
| 51-64..... | 792 | 229 | 56 | 27 | 14 | 9 | 124 | 765 | 740 | 464 | 175 | 88 | 13 | 25 | 13 |
| 65-74..... | 377 | 221 | 51 | 21 | 11 | 16 | 122 | 621 | 611 | 390 | 151 | 53 | 17 | 10 | 7 |
| 75 and over..... | 197 | 198 | 53 | 26 | 13 | 12 | 94 | 536 | 525 | 337 | 134 | 42 | 13 | 10 | 4 |
| All individuals... | [7]9,620 | 201 | 64 | 22 | 9 | 8 | 99 | 667 | 604 | 262 | 129 | 185 | 29 | 63 | 51 |

[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]Includes mixtures.
[4]Excludes 36 breast-fed infants.
[5]Excludes 4 breast-fed infants.
[6]Less than 0.5 g but more than 0.
[7]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.4b.--VEGETABLES; BEVERAGES
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Vegetables | | | | | | Beverages | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total[3] | White potatoes[3] | Tomatoes[3] | Dark green[3] | Deep yellow[3] | Other vegetables[3] | Total | Nonalcoholic beverages | | | | | Alcoholic beverages | |
| | | | | | | | | | Total | Coffee | Tea | Soft drinks | Fruit drinks, ades | Total | Beer, ale |
| | Number | Percent | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | | | |
| Under 1..... | [4]78 | 62.7 | 11.9 | 2.2 | 1.4 | 19.4 | 42.2 | 23.1 | 23.1 | 0 | 7.2 | 11.3 | 6.8 | 0 | 0 |
| 1-2..... | [5]264 | 78.0 | 45.4 | 9.1 | 3.7 | 10.0 | 52.5 | 57.3 | 57.3 | .8 | 14.6 | 39.5 | 13.2 | .8 | .8 |
| 3-5..... | 437 | 79.3 | 47.5 | 21.3 | 5.3 | 7.4 | 55.1 | 63.4 | 63.4 | 0 | 13.1 | 47.9 | 12.0 | .2 | .2 |
| 6-8..... | 469 | 84.3 | 53.2 | 17.5 | 4.3 | 8.2 | 64.2 | 67.3 | 67.3 | 1.3 | 14.1 | 49.8 | 14.6 | 0 | 0 |
| Males: | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 83.5 | 56.0 | 17.4 | 4.6 | 6.4 | 64.2 | 65.6 | 65.6 | 2.7 | 14.8 | 47.6 | 15.4 | .6 | 0 |
| 12-14..... | 313 | 84.5 | 51.9 | 24.1 | 8.0 | 9.6 | 63.2 | 68.8 | 68.8 | 4.8 | 25.5 | 44.0 | 16.0 | 0 | 0 |
| 15-18..... | 400 | 85.9 | 57.8 | 19.2 | 7.2 | 8.1 | 67.6 | 82.8 | 82.8 | 14.1 | 22.2 | 60.2 | 14.4 | 1.9 | 1.7 |
| 19-22..... | 287 | 84.7 | 56.8 | 20.9 | 5.6 | 6.3 | 63.2 | 83.0 | 77.8 | 24.3 | 23.4 | 51.6 | 6.5 | 18.8 | 16.0 |
| 23-34..... | 770 | 88.5 | 55.6 | 25.9 | 4.8 | 7.2 | 72.2 | 90.2 | 87.6 | 49.5 | 29.2 | 54.1 | 5.7 | 24.1 | 17.9 |
| 35-50..... | 784 | 86.8 | 49.8 | 27.5 | 6.5 | 8.6 | 74.0 | 93.4 | 92.0 | 72.7 | 27.7 | 34.3 | 5.9 | 24.4 | 16.6 |
| 51-64..... | 634 | 90.3 | 50.8 | 23.1 | 9.5 | 7.9 | 77.6 | 93.8 | 93.1 | 83.7 | 31.8 | 25.2 | 3.6 | 19.1 | 11.0 |
| 65-74..... | 295 | 88.5 | 39.9 | 25.5 | 9.4 | 11.8 | 72.7 | 93.0 | 92.4 | 83.3 | 33.1 | 16.7 | 4.1 | 11.9 | 8.6 |
| 75 and over..... | 127 | 93.6 | 49.3 | 30.1 | 14.3 | 6.8 | 74.8 | 92.5 | 92.5 | 86.6 | 25.2 | 6.8 | 7.7 | 8.1 | 5.5 |
| Females: | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 83.7 | 52.9 | 21.4 | 6.5 | 8.1 | 67.5 | 69.0 | 69.0 | 2.2 | 17.1 | 52.0 | 12.1 | 0 | 0 |
| 12-14..... | 309 | 84.6 | 54.1 | 21.9 | 7.5 | 6.8 | 59.5 | 74.9 | 74.2 | 3.4 | 18.8 | 52.5 | 17.8 | 1.0 | 0 |
| 15-18..... | 402 | 83.8 | 49.3 | 25.1 | 8.6 | 7.2 | 61.9 | 75.4 | 74.8 | 11.6 | 23.7 | 55.6 | 11.8 | 3.2 | 1.5 |
| 19-22..... | 337 | 81.1 | 47.1 | 23.0 | 4.9 | 6.1 | 66.6 | 81.1 | 80.0 | 25.4 | 25.5 | 53.4 | 9.4 | 6.1 | 3.8 |
| 23-34..... | 949 | 84.7 | 44.3 | 27.4 | 6.8 | 7.5 | 70.1 | 90.8 | 89.6 | 47.0 | 33.9 | 52.3 | 7.7 | 14.1 | 6.0 |
| 35-50..... | 942 | 84.6 | 42.0 | 27.3 | 6.8 | 7.2 | 70.8 | 93.5 | 92.8 | 70.3 | 39.8 | 35.2 | 6.1 | 12.8 | 3.5 |
| 51-64..... | 792 | 89.8 | 41.8 | 23.9 | 12.0 | 8.5 | 78.5 | 95.0 | 94.6 | 81.6 | 36.5 | 25.2 | 4.4 | 9.7 | .5 |
| 65-74..... | 377 | 87.2 | 37.5 | 23.2 | 10.1 | 13.4 | 75.7 | 96.2 | 95.7 | 81.9 | 39.0 | 14.8 | 5.6 | 4.3 | 1.5 |
| 75 and over..... | 197 | 88.1 | 39.8 | 21.4 | 9.9 | 12.0 | 68.5 | 91.2 | 90.7 | 76.4 | 33.4 | 14.2 | 4.8 | 5.7 | 1.0 |
| All individuals... | [6]9,620 | 85.6 | 47.9 | 23.5 | 7.3 | 8.2 | 69.0 | 84.3 | 83.5 | 45.3 | 27.9 | 40.4 | 8.5 | 10.4 | 5.8 |

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Includes mixtures.
[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.4c.--VEGETABLES; BEVERAGES
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Vegetables | | | | | | Beverages | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total[4] | White potatoes[4] | Tomatoes[4] | Dark green[4] | Deep yellow[4] | Other vegetables | Total | Nonalcoholic beverages | | | | | Alcoholic beverages | |
| | | | | | | | | | Total | Coffee | Tea | Soft drinks | Fruit drinks, ades | Total | Beer, ale |
| | Number | Grams | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | | | |
| Under 1..... | [5]78 | 121 | 113 | 159 | 71 | 76 | 102 | 215 | 215 | 0 | 111 | 127 | 413 | 0 | 0 |
| 1-2..... | [6]264 | 116 | 64 | 63 | 41 | 76 | 89 | 310 | 309 | 99 | 229 | 269 | 281 | 76 | 76 |
| 3-5..... | 437 | 126 | 75 | 71 | 72 | 43 | 77 | 375 | 374 | 0 | 294 | 340 | 304 | 98 | 98 |
| 6-8..... | 469 | 161 | 95 | 52 | 160 | 79 | 98 | 404 | 404 | 176 | 310 | 365 | 302 | 0 | 0 |
| Males: | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 165 | 99 | 59 | 87 | 65 | 99 | 462 | 462 | 265 | 349 | 413 | 313 | 37 | 0 |
| 12-14..... | 313 | 217 | 125 | 70 | 150 | 67 | 132 | 540 | 540 | 333 | 433 | 448 | 294 | 0 | 0 |
| 15-18..... | 400 | 251 | 155 | 68 | 157 | 79 | 142 | 742 | 728 | 347 | 493 | 630 | 444 | 611 | 633 |
| 19-22..... | 287 | 267 | 169 | 103 | 176 | 79 | 148 | 1,050 | 846 | 508 | 598 | 688 | 585 | 1,138 | 1,252 |
| 23-34..... | 770 | 280 | 163 | 103 | 139 | 94 | 163 | 1,080 | 881 | 600 | 572 | 525 | 417 | 840 | 1,012 |
| 35-50..... | 784 | 300 | 173 | 107 | 144 | 112 | 170 | 1,089 | 909 | 679 | 515 | 523 | 345 | 743 | 924 |
| 51-64..... | 634 | 316 | 168 | 118 | 125 | 144 | 193 | 960 | 860 | 640 | 489 | 382 | 357 | 522 | 710 |
| 65-74..... | 295 | 300 | 178 | 98 | 115 | 131 | 195 | 796 | 743 | 556 | 414 | 432 | 353 | 440 | 574 |
| 75 and over..... | 127 | 281 | 172 | 100 | 127 | 97 | 166 | 676 | 646 | 517 | 397 | 357 | 282 | 355 | 448 |
| Females: | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 166 | 97 | 51 | 111 | 48 | 97 | 494 | 494 | 145 | 402 | 446 | 312 | 0 | 0 |
| 12-14..... | 309 | 183 | 110 | 77 | 129 | 68 | 107 | 510 | 513 | 298 | 380 | 455 | 341 | 111 | 0 |
| 15-18..... | 402 | 212 | 127 | 83 | 133 | 82 | 124 | 636 | 623 | 467 | 444 | 474 | 375 | 394 | 693 |
| 19-22..... | 337 | 227 | 128 | 92 | 161 | 55 | 137 | 688 | 668 | 426 | 440 | 530 | 321 | 396 | 552 |
| 23-34..... | 949 | 221 | 116 | 93 | 128 | 94 | 135 | 850 | 774 | 582 | 481 | 448 | 298 | 555 | 867 |
| 35-50..... | 942 | 221 | 118 | 99 | 124 | 91 | 135 | 887 | 847 | 615 | 465 | 426 | 314 | 336 | 690 |
| 51-64..... | 792 | 255 | 133 | 113 | 113 | 106 | 157 | 804 | 782 | 568 | 479 | 347 | 301 | 164 | 522 |
| 65-74..... | 377 | 253 | 137 | 91 | 109 | 115 | 161 | 647 | 638 | 477 | 387 | 359 | 300 | 235 | 516 |
| 75 and over..... | 197 | 226 | 135 | 121 | 130 | 99 | 137 | 589 | 580 | 442 | 400 | 292 | 275 | 187 | 412 |
| All individuals... | [7]9,620 | 235 | 133 | 94 | 127 | 93 | 143 | 791 | 724 | 579 | 461 | 458 | 337 | 598 | 866 |

[1]Quantities given are for foods as ingested; no inedible parts are included.
[2]User is an individual reporting a specified food item.
[3]Based on 24-hour dietary recall of day preceding interview.
[4]Includes mixtures.
[5]Excludes 36 breast-fed infants.
[6]Excludes 4 breast-fed infants.
[7]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.5a.--FRUITS; SUGAR, SWEETS
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Fruits | | | | | | | | | Sugar, sweets | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total | Citrus fruits, juices | | Dried fruits | Other fruits, mixtures, juices | | | | | Total | Sugar | Candy |
| | | | Total | Juices | | Total | Apples | Bananas | Other fruits, mixtures mainly fruit | Noncitrus juices, nectars | | | |
| | Number | Grams | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 169 | 16 | 16 | 0 | 153 | 25 | 30 | 67 | 31 | 10 | 1 | 0 |
| 1-2..... | [4]264 | 146 | 57 | 51 | 1 | 88 | 17 | 12 | 32 | 27 | 19 | 2 | 4 |
| 3-5..... | 437 | 134 | 58 | 52 | 1 | 75 | 18 | 9 | 30 | 18 | 25 | 3 | 4 |
| 6-8..... | 469 | 152 | 70 | 62 | ([5]) | 81 | 16 | 7 | 40 | 17 | 27 | 3 | 4 |
| Males: | | | | | | | | | | | | | |
| 9-11..... | 216 | 133 | 61 | 48 | ([5]) | 72 | 15 | 6 | 36 | 15 | 37 | 3 | 10 |
| 12-14..... | 313 | 120 | 58 | 50 | ([5]) | 62 | 20 | 5 | 33 | 4 | 42 | 4 | 7 |
| 15-18..... | 400 | 147 | 86 | 72 | ([5]) | 61 | 17 | 6 | 32 | 6 | 30 | 6 | 5 |
| 19-22..... | 287 | 107 | 50 | 41 | ([5]) | 57 | 13 | 6 | 32 | 6 | 22 | 5 | 2 |
| 23-34..... | 770 | 141 | 77 | 70 | ([5]) | 64 | 14 | 6 | 31 | 13 | 19 | 6 | 2 |
| 35-50..... | 784 | 115 | 61 | 51 | ([5]) | 55 | 11 | 6 | 32 | 6 | 24 | 7 | 2 |
| 51-64..... | 634 | 171 | 81 | 58 | 1 | 90 | 19 | 15 | 48 | 7 | 27 | 6 | 2 |
| 65-74..... | 295 | 174 | 83 | 62 | 3 | 88 | 8 | 11 | 62 | 7 | 25 | 7 | 2 |
| 75 and over..... | 127 | 186 | 71 | 48 | 5 | 110 | 32 | 20 | 52 | 6 | 25 | 6 | ([5]) |
| Females: | | | | | | | | | | | | | |
| 9-11..... | 241 | 148 | 77 | 65 | ([5]) | 71 | 21 | 7 | 36 | 7 | 34 | 4 | 9 |
| 12-14..... | 309 | 120 | 56 | 44 | 1 | 64 | 18 | 6 | 32 | 8 | 22 | 3 | 6 |
| 15-18..... | 402 | 126 | 60 | 49 | 1 | 64 | 16 | 5 | 33 | 9 | 19 | 4 | 6 |
| 19-22..... | 337 | 133 | 71 | 61 | ([5]) | 62 | 13 | 4 | 36 | 9 | 14 | 4 | 2 |
| 23-34..... | 949 | 122 | 56 | 47 | ([5]) | 65 | 15 | 5 | 31 | 15 | 18 | 6 | 3 |
| 35-50..... | 942 | 133 | 71 | 61 | ([5]) | 62 | 13 | 7 | 37 | 6 | 19 | 5 | 2 |
| 51-64..... | 792 | 171 | 88 | 63 | 1 | 82 | 18 | 11 | 44 | 9 | 20 | 5 | 2 |
| 65-74..... | 377 | 179 | 89 | 63 | 2 | 89 | 15 | 14 | 53 | 7 | 21 | 3 | 1 |
| 75 and over..... | 197 | 189 | 83 | 58 | 2 | 103 | 16 | 16 | 58 | 13 | 25 | 5 | 1 |
| All individuals... | [6]9,620 | 142 | 70 | 57 | 1 | 72 | 16 | 8 | 38 | 10 | 23 | 5 | 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 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Less than 0.5 g but more than 0.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.5b.--FRUITS; SUGAR, SWEETS
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Fruits | | | | | | | | | Sugar, sweets | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total | Citrus fruits, juices | | Dried fruits | Other fruits, mixtures, juices | | | | | Total | Sugar | Candy |
| | | | Total | Juices | | Total | Apples | Bananas | Other fruits, mixtures mainly fruit | Noncitrus juices, nectars | | | |
| | Number | Percent | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 86.8 | 15.0 | 15.0 | 0 | 83.4 | 28.2 | 28.7 | 52.2 | 23.6 | 16.7 | 10.3 | 0 |
| 1-2..... | [4]264 | 62.9 | 30.5 | 27.4 | 3.4 | 45.5 | 15.2 | 12.4 | 23.0 | 14.1 | 46.2 | 24.0 | 7.6 |
| 3-5..... | 437 | 56.1 | 30.1 | 27.6 | 2.4 | 36.4 | 12.8 | 7.7 | 18.4 | 8.8 | 55.6 | 27.1 | 9.9 |
| 6-8..... | 469 | 60.1 | 34.4 | 30.2 | .9 | 40.6 | 11.6 | 6.2 | 24.1 | 7.3 | 55.6 | 31.9 | 8.3 |
| Males: | | | | | | | | | | | | | |
| 9-11..... | 216 | 50.5 | 28.7 | 23.5 | .4 | 35.5 | 10.5 | 4.7 | 20.9 | 5.0 | 61.9 | 31.7 | 15.3 |
| 12-14..... | 313 | 51.2 | 29.9 | 24.9 | .8 | 35.1 | 11.7 | 4.7 | 20.3 | 1.9 | 55.8 | 31.4 | 11.5 |
| 15-18..... | 400 | 47.0 | 32.1 | 27.7 | .7 | 28.1 | 9.7 | 5.5 | 16.3 | 2.5 | 53.8 | 37.4 | 9.5 |
| 19-22..... | 287 | 39.4 | 21.6 | 17.0 | .9 | 26.2 | 8.4 | 5.3 | 14.6 | 2.5 | 42.1 | 26.8 | 5.5 |
| 23-34..... | 770 | 46.4 | 28.3 | 24.5 | .5 | 26.9 | 8.4 | 4.3 | 15.3 | 4.3 | 49.4 | 36.7 | 4.4 |
| 35-50..... | 784 | 44.0 | 28.7 | 23.2 | .6 | 27.5 | 7.6 | 5.2 | 16.8 | 2.1 | 57.3 | 42.5 | 4.0 |
| 51-64..... | 634 | 62.4 | 40.0 | 29.0 | 1.5 | 40.6 | 10.1 | 13.1 | 24.9 | 3.9 | 57.8 | 40.9 | 3.4 |
| 65-74..... | 295 | 62.2 | 39.8 | 30.4 | 3.9 | 40.8 | 6.4 | 11.0 | 30.0 | 4.5 | 67.2 | 51.0 | 4.3 |
| 75 and over..... | 127 | 62.6 | 33.7 | 26.2 | 8.2 | 50.1 | 12.3 | 15.6 | 29.2 | 3.8 | 66.6 | 49.3 | 1.4 |
| Females: | | | | | | | | | | | | | |
| 9-11..... | 241 | 59.7 | 37.9 | 33.1 | .5 | 38.0 | 15.5 | 4.8 | 23.3 | 3.3 | 57.2 | 29.2 | 16.7 |
| 12-14..... | 309 | 48.7 | 28.2 | 23.3 | 1.0 | 32.1 | 10.9 | 5.1 | 16.8 | 3.9 | 49.1 | 25.6 | 12.6 |
| 15-18..... | 402 | 49.9 | 29.2 | 25.2 | .8 | 31.7 | 9.0 | 5.2 | 19.5 | 3.4 | 42.6 | 23.3 | 10.4 |
| 19-22..... | 337 | 48.0 | 30.6 | 27.0 | 1.2 | 25.5 | 8.5 | 3.5 | 15.2 | 3.5 | 41.3 | 33.4 | 4.2 |
| 23-34..... | 949 | 47.7 | 28.3 | 23.8 | 1.0 | 29.8 | 9.1 | 4.9 | 18.0 | 4.6 | 50.9 | 38.1 | 5.0 |
| 35-50..... | 942 | 52.8 | 34.3 | 28.9 | .8 | 32.0 | 9.0 | 5.7 | 18.6 | 2.8 | 55.0 | 42.7 | 4.2 |
| 51-64..... | 792 | 66.7 | 46.2 | 33.6 | 1.6 | 41.1 | 11.8 | 10.7 | 24.2 | 4.5 | 51.6 | 36.9 | 4.3 |
| 65-74..... | 377 | 69.3 | 47.4 | 35.5 | 3.4 | 46.9 | 10.6 | 14.4 | 31.7 | 4.5 | 57.4 | 39.0 | 2.3 |
| 75 and over..... | 197 | 64.7 | 43.9 | 31.0 | 5.3 | 49.1 | 11.1 | 15.0 | 34.7 | 6.0 | 57.8 | 38.2 | 2.8 |
| All individuals... | [5]9,620 | 54.2 | 33.4 | 27.2 | 1.4 | 34.9 | 10.2 | 7.5 | 20.9 | 4.5 | 53.0 | 35.9 | 6.2 |

[1]User is an individual reporting a specified food item.
[2]Based on 24-hour dietary recall of day preceding interview.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.5c.--FRUITS; SUGAR, SWEETS
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Fruits | | | | | | | | | Sugar, sweets | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Total | Citrus fruits, juices | | Dried fruits | Other fruits, mixtures, juices | | | | | Total | Sugar | Candy |
| | | | Total | Juices | | Total | Apples | Bananas | Other fruits, mixtures mainly fruit | Noncitrus juices, nectars | | | |
| | Number | Grams | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| Under 1..... | [4]78 | 196 | 101 | 101 | 0 | 184 | 88 | 108 | 127 | 135 | 58 | 7 | 0 |
| 1-2..... | [5]264 | 231 | 187 | 186 | 30 | 193 | 111 | 100 | 137 | 193 | 41 | 10 | 51 |
| 3-5..... | 437 | 239 | 193 | 188 | 39 | 205 | 138 | 112 | 163 | 212 | 45 | 11 | 37 |
| 6-8..... | 469 | 253 | 205 | 204 | 53 | 200 | 141 | 119 | 168 | 233 | 49 | 10 | 50 |
| Males: | | | | | | | | | | | | | |
| 9-11..... | 216 | 263 | 212 | 205 | 47 | 201 | 139 | 132 | 173 | 289 | 60 | 11 | 68 |
| 12-14..... | 313 | 236 | 194 | 200 | 25 | 177 | 169 | 112 | 162 | 187 | 75 | 14 | 64 |
| 15-18..... | 400 | 313 | 269 | 261 | 47 | 216 | 171 | 112 | 194 | 249 | 55 | 16 | 49 |
| 19-22..... | 287 | 271 | 230 | 238 | 23 | 218 | 159 | 115 | 216 | 242 | 51 | 17 | 40 |
| 23-34..... | 770 | 305 | 274 | 285 | 28 | 237 | 166 | 134 | 200 | 310 | 38 | 16 | 54 |
| 35-50..... | 784 | 262 | 211 | 218 | 52 | 198 | 147 | 113 | 191 | 274 | 42 | 17 | 56 |
| 51-64..... | 334 | 275 | 201 | 199 | 60 | 221 | 188 | 118 | 194 | 177 | 47 | 14 | 51 |
| 65-74..... | 295 | 281 | 208 | 205 | 69 | 216 | 121 | 102 | 205 | 156 | 38 | 14 | 40 |
| 75 and over..... | 127 | 197 | 211 | 187 | 55 | 220 | 257 | 129 | 178 | 155 | 38 | 12 | 28 |
| Females: | | | | | | | | | | | | | |
| 9-11..... | 241 | 247 | 203 | 196 | 18 | 185 | 134 | 136 | 155 | 219 | 60 | 14 | 55 |
| 12-14..... | 309 | 247 | 198 | 189 | 63 | 199 | 165 | 113 | 189 | 207 | 45 | 11 | 50 |
| 15-18..... | 402 | 251 | 207 | 194 | 185 | 201 | 182 | 102 | 171 | 269 | 44 | 16 | 54 |
| 19-22..... | 337 | 278 | 233 | 226 | 38 | 242 | 147 | 114 | 239 | 248 | 35 | 11 | 57 |
| 23-34..... | 949 | 255 | 199 | 197 | 24 | 219 | 160 | 108 | 170 | 322 | 35 | 15 | 49 |
| 35-50..... | 942 | 252 | 208 | 210 | 29 | 193 | 131 | 118 | 199 | 201 | 34 | 12 | 48 |
| 51-64..... | 792 | 256 | 190 | 189 | 50 | 200 | 157 | 106 | 180 | 199 | 38 | 12 | 39 |
| 65-74..... | 377 | 259 | 188 | 178 | 53 | 189 | 137 | 96 | 167 | 164 | 36 | 9 | 28 |
| 75 and over..... | 197 | 292 | 191 | 188 | 45 | 208 | 143 | 109 | 168 | 207 | 42 | 12 | 41 |
| All individuals... | [6]9,620 | 263 | 209 | 208 | 49 | 206 | 153 | 112 | 181 | 227 | 43 | 14 | 50 |

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] User is an individual reporting a specified food item.
[3] Based on 24-hour dietary recall of day preceding interview.

[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.1.--FOOD ENERGY

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 54.3 | 7.8 | 1.1 | 5.3 | 11.4 | 1.3 | 10.6 | 0.6 | 1.2 | 2.1 | 0.4 | 1.8 | 1.8 | 0 |
| 1-2..... | [4]264 | 100 | 24.5 | 19.0 | 3.2 | 2.5 | 24.6 | 3.0 | 5.2 | .4 | 4.3 | 2.2 | 2.4 | 3.3 | 5.0 | ([5]) |
| 3-5..... | 437 | 100 | 19.7 | 21.1 | 2.9 | 3.2 | 27.4 | 2.4 | 3.4 | .2 | 4.3 | 1.9 | 3.4 | 4.0 | 5.5 | ([5]) |
| 6-8..... | 469 | 100 | 19.9 | 22.1 | 1.8 | 3.1 | 28.8 | 2.2 | 2.8 | .4 | 4.5 | 2.2 | 3.0 | 3.5 | 5.4 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 18.1 | 24.4 | 2.3 | 3.4 | 27.7 | 1.7 | 2.6 | .2 | 4.6 | 1.9 | 3.2 | 4.4 | 5.1 | ([5]) |
| 12-14..... | 313 | 100 | 16.8 | 25.2 | 2.3 | 2.9 | 30.0 | 1.5 | 1.8 | .5 | 4.7 | 2.3 | 3.1 | 3.9 | 4.6 | 0 |
| 15-18..... | 400 | 100 | 15.8 | 28.1 | 2.1 | 2.2 | 26.8 | 1.8 | 1.3 | .4 | 5.4 | 2.3 | 3.6 | 2.6 | 7.0 | .2 |
| 19-22..... | 287 | 100 | 13.2 | 30.8 | 2.1 | 2.3 | 24.0 | 1.2 | 1.7 | .3 | 5.4 | 2.6 | 3.9 | 2.2 | 6.7 | 3.2 |
| 23-34..... | 770 | 100 | 10.8 | 30.8 | 2.6 | 2.2 | 24.5 | 2.0 | 1.8 | .4 | 5.7 | 2.9 | 4.2 | 2.3 | 5.6 | 3.8 |
| 35-50..... | 764 | 100 | 10.0 | 32.8 | 3.2 | 2.9 | 23.7 | 1.8 | 1.7 | .4 | 4.6 | 3.5 | 4.7 | 2.6 | 3.9 | 3.8 |
| 51-64..... | 634 | 100 | 9.9 | 32.5 | 3.0 | 2.5 | 24.0 | 2.2 | 2.8 | .7 | 5.1 | 4.2 | 4.7 | 2.5 | 2.7 | 2.7 |
| 65-74..... | 295 | 100 | 11.4 | 29.0 | 3.4 | 2.0 | 26.7 | 2.5 | 3.0 | .8 | 4.9 | 4.3 | 4.7 | 3.2 | 2.4 | 1.4 |
| 75 and over..... | 127 | 100 | 12.2 | 28.8 | 3.8 | 2.1 | 25.7 | 2.0 | 4.6 | .6 | 5.1 | 4.6 | 4.4 | 3.0 | 1.8 | .7 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 17.3 | 22.9 | 1.5 | 3.7 | 29.3 | 2.2 | 2.4 | .3 | 4.9 | 2.2 | 2.9 | 4.3 | 5.8 | 0 |
| 12-14..... | 309 | 100 | 17.3 | 24.8 | 1.8 | 2.5 | 28.9 | 1.9 | 2.1 | .3 | 5.1 | 2.0 | 3.2 | 2.9 | 6.8 | .1 |
| 15-18..... | 402 | 100 | 15.5 | 26.2 | 1.9 | 2.2 | 26.1 | 2.2 | 2.6 | .4 | 5.8 | 2.4 | 4.0 | 2.8 | 7.2 | .4 |
| 19-22..... | 337 | 100 | 14.1 | 29.7 | 3.0 | 1.7 | 22.5 | 2.9 | 2.3 | .3 | 5.4 | 3.2 | 4.5 | 2.1 | 7.3 | .7 |
| 23-34..... | 949 | 100 | 12.2 | 29.4 | 2.8 | 2.1 | 22.8 | 2.3 | 2.7 | .5 | 4.5 | 3.6 | 4.9 | 2.9 | 6.3 | 2.5 |
| 35-50..... | 942 | 100 | 10.2 | 31.9 | 2.7 | 2.4 | 23.3 | 2.9 | 2.8 | .5 | 4.5 | 3.9 | 5.3 | 2.6 | 4.9 | 1.9 |
| 51-64..... | 792 | 100 | 10.5 | 30.6 | 2.8 | 2.3 | 23.6 | 3.5 | 3.8 | .8 | 4.4 | 4.6 | 5.5 | 2.6 | 3.1 | 1.4 |
| 65-74..... | 377 | 100 | 12.6 | 26.9 | 2.5 | 1.6 | 27.8 | 3.6 | 4.1 | 1.2 | 3.7 | 4.7 | 5.2 | 2.5 | 2.7 | .6 |
| 75 and over..... | 197 | 100 | 15.5 | 23.3 | 2.5 | 1.3 | 27.8 | 3.4 | 5.2 | .9 | 3.9 | 3.7 | 5.9 | 3.2 | 2.4 | .7 |
| All individuals... | [6]9,620 | 100 | 13.8 | 28.2 | 2.6 | 2.4 | 25.2 | 2.4 | 2.8 | .5 | 4.8 | 3.3 | 4.3 | 2.9 | 4.9 | 1.6 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Less than 0.05% but more than 0.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.2.--PROTEIN

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3] 78 | 100 | 61.5 | 15.3 | 1.4 | 5.8 | 9.3 | 0.7 | 1.6 | 0.5 | 0.7 | 2.8 | (4) | 0.2 | (4) | 0 |
| 1-2..... | [5] 264 | 100 | 32.8 | 31.6 | 5.0 | 3.2 | 19.0 | 1.6 | 1.0 | .3 | 2.1 | 2.2 | 0.1 | .9 | 0.1 | (4) |
| 3-5..... | 437 | 100 | 26.5 | 37.0 | 4.8 | 4.1 | 20.1 | 1.3 | .7 | .3 | 2.2 | 2.0 | .1 | .5 | .1 | (4) |
| 6-8..... | 469 | 100 | 26.7 | 39.2 | 2.8 | 4.0 | 19.6 | 1.0 | .6 | .4 | 2.2 | 2.2 | .1 | .6 | .1 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 22.9 | 42.0 | 3.6 | 4.0 | 20.8 | .8 | .5 | .1 | 2.2 | 1.8 | .1 | .9 | .1 | 0 |
| 12-14..... | 313 | 100 | 21.8 | 41.9 | 3.5 | 3.6 | 22.3 | .7 | .4 | .5 | 2.3 | 2.0 | .1 | .6 | .1 | 0 |
| 15-18..... | 400 | 100 | 20.1 | 46.9 | 3.3 | 2.8 | 19.6 | .8 | .3 | .4 | 2.6 | 2.0 | .1 | .5 | .1 | (4) |
| 19-22..... | 287 | 100 | 16.7 | 50.9 | 3.5 | 2.8 | 18.0 | .6 | .6 | .3 | 2.6 | 2.3 | .2 | .2 | .2 | .7 |
| 23-34..... | 770 | 100 | 14.0 | 50.5 | 4.3 | 2.7 | 19.1 | 1.1 | .4 | .3 | 2.9 | 2.8 | .2 | .2 | .4 | .7 |
| 35-50..... | 784 | 100 | 11.9 | 53.8 | 4.9 | 3.6 | 17.0 | 1.0 | .4 | .5 | 2.4 | 2.9 | .2 | .3 | .2 | .5 |
| 51-64..... | 634 | 100 | 11.8 | 53.1 | 4.7 | 3.0 | 17.2 | 1.1 | .6 | .6 | 2.7 | 3.6 | .2 | .3 | .2 | .3 |
| 65-74..... | 295 | 100 | 14.2 | 48.3 | 5.6 | 2.6 | 18.9 | 1.4 | .7 | .6 | 2.5 | 3.9 | .2 | .2 | .2 | .2 |
| 75 and over..... | 127 | 100 | 14.3 | 47.5 | 6.1 | 2.8 | 18.4 | 1.0 | .9 | 1.0 | 2.8 | 4.2 | .1 | .3 | .2 | .1 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 22.6 | 41.3 | 2.4 | 5.0 | 20.8 | 1.0 | .5 | .4 | 2.4 | 2.2 | .1 | .8 | .1 | 0 |
| 12-14..... | 309 | 100 | 22.4 | 41.5 | 3.3 | 3.2 | 22.4 | 1.1 | .4 | .4 | 2.5 | 1.7 | .1 | .6 | .1 | (4) |
| 15-18..... | 402 | 100 | 19.8 | 46.1 | 3.2 | 2.6 | 19.7 | 1.1 | .7 | .5 | 3.0 | 2.2 | .1 | .5 | .2 | (4) |
| 19-22..... | 337 | 100 | 17.9 | 48.3 | 4.3 | 2.2 | 17.9 | 1.4 | .6 | .4 | 2.8 | 2.7 | .2 | .3 | .6 | .1 |
| 23-34..... | 949 | 100 | 15.9 | 49.6 | 4.3 | 2.9 | 17.6 | 1.3 | .6 | .5 | 2.5 | 3.1 | .3 | .4 | .3 | .3 |
| 35-50..... | 942 | 100 | 12.7 | 52.5 | 4.2 | 3.1 | 17.3 | 1.4 | .7 | .5 | 2.4 | 3.3 | .3 | .4 | .4 | .2 |
| 51-64..... | 792 | 100 | 13.5 | 50.9 | 4.4 | 2.9 | 16.9 | 1.8 | .8 | .9 | 2.4 | 4.0 | .3 | .4 | .3 | .1 |
| 65-74..... | 377 | 100 | 15.4 | 46.1 | 4.3 | 2.0 | 20.8 | 1.9 | .9 | .9 | 2.1 | 4.1 | .2 | .3 | .3 | .2 |
| 75 and over..... | 197 | 100 | 20.3 | 41.9 | 4.2 | 1.6 | 20.9 | 1.8 | 1.1 | .9 | 2.4 | 3.5 | .2 | .5 | .4 | (4) |
| All individuals... | [6] 9,620 | 100 | 17.6 | 47.3 | 4.2 | 3.1 | 18.7 | 1.2 | .6 | .5 | 2.5 | 2.9 | .2 | .4 | .2 | .2 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.3.--FAT

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 67.9 | 12.9 | 2.4 | 5.8 | 5.5 | 0.5 | 1.1 | 0.1 | 1.1 | 1.4 | 1.0 | ([4]) | 0 | 0 |
| 1-2..... | [5]264 | 100 | 30.3 | 29.9 | 5.5 | 3.1 | 15.3 | .7 | .4 | .2 | 4.8 | 1.9 | 6.0 | 1.2 | 0 | 0 |
| 3-5..... | 437 | 100 | 24.5 | 32.9 | 5.1 | 4.6 | 15.6 | .4 | .3 | .2 | 5.1 | 1.8 | 8.3 | 1.0 | 0 | 0 |
| 6-8..... | 469 | 100 | 24.3 | 34.7 | 3.2 | 4.1 | 16.9 | .2 | .4 | .3 | 5.0 | 2.1 | 7.6 | 1.0 | 0 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 21.9 | 36.4 | 4.0 | 4.9 | 15.4 | .1 | .2 | .1 | 5.3 | 1.7 | 7.9 | 1.6 | 0 | 0 |
| 12-14..... | 313 | 100 | 19.9 | 37.6 | 4.1 | 3.4 | 18.1 | .1 | .3 | .4 | 5.0 | 2.2 | 7.6 | 1.1 | 0 | 0 |
| 15-18..... | 400 | 100 | 18.2 | 41.7 | 3.7 | 2.1 | 16.6 | .2 | .1 | .2 | 5.7 | 2.3 | 8.2 | .7 | 0 | 0 |
| 19-22..... | 287 | 100 | 16.0 | 44.4 | 3.7 | 2.2 | 14.8 | .1 | .9 | .2 | 5.5 | 2.6 | 9.0 | .4 | ([4]) | ([4]) |
| 23-34..... | 770 | 100 | 13.1 | 44.7 | 4.1 | 2.2 | 15.2 | .3 | .5 | .3 | 6.2 | 3.0 | 9.5 | .4 | ([4]) | .1 |
| 35-50..... | 784 | 100 | 12.2 | 46.8 | 5.2 | 2.6 | 13.4 | .3 | .4 | .3 | 4.1 | 3.5 | 10.4 | .5 | ([4]) | 0 |
| 51-64..... | 634 | 100 | 12.0 | 46.3 | 4.8 | 2.4 | 13.1 | .2 | .4 | .5 | 4.5 | 4.2 | 10.7 | .3 | .1 | ([4]) |
| 65-74..... | 295 | 100 | 13.9 | 42.2 | 5.5 | 1.7 | 14.5 | .4 | .5 | .4 | 4.7 | 4.5 | 10.6 | .8 | ([4]) | 0 |
| 75 and over..... | 127 | 100 | 15.2 | 42.7 | 6.2 | 2.3 | 12.7 | .2 | .7 | .5 | 3.8 | 4.9 | 10.2 | .2 | ([4]) | ([4]) |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 21.8 | 35.4 | 2.6 | 4.7 | 17.6 | .2 | .5 | .3 | 5.6 | 2.3 | 7.1 | 1.6 | ([4]) | 0 |
| 12-14..... | 309 | 100 | 21.3 | 36.6 | 3.3 | 2.8 | 18.6 | .3 | .3 | .4 | 6.0 | 1.8 | 7.4 | 1.0 | ([4]) | 0 |
| 15-18..... | 402 | 100 | 18.5 | 38.1 | 3.1 | 2.7 | 16.4 | .2 | .9 | .4 | 6.5 | 2.5 | 9.2 | 1.1 | 0 | 0 |
| 19-22..... | 337 | 100 | 17.1 | 42.2 | 4.8 | 1.3 | 14.1 | .4 | .5 | .3 | 5.2 | 3.1 | 10.0 | .4 | ([4]) | 0 |
| 23-34..... | 949 | 100 | 15.1 | 42.3 | 4.8 | 1.9 | 13.7 | .4 | .5 | .4 | 4.8 | 3.8 | 11.2 | .7 | ([4]) | ([4]) |
| 35-50..... | 942 | 100 | 12.2 | 45.4 | 4.3 | 2.3 | 13.5 | .3 | .8 | .4 | 4.2 | 3.9 | 11.7 | .5 | ([4]) | ([4]) |
| 51-64..... | 792 | 100 | 12.3 | 43.9 | 4.7 | 2.2 | 13.4 | .6 | .9 | .5 | 3.8 | 4.9 | 12.0 | .6 | ([4]) | ([4]) |
| 65-74..... | 377 | 100 | 15.6 | 39.8 | 4.2 | 1.5 | 16.0 | .6 | .7 | .8 | 3.3 | 4.8 | 12.1 | .1 | .1 | 0 |
| 75 and over..... | 197 | 100 | 19.8 | 36.6 | 4.4 | 1.4 | 14.6 | .4 | .8 | .6 | 2.9 | 3.9 | 14.1 | .3 | ([4]) | ([4]) |
| All individuals... | [6]9,620 | 100 | 16.8 | 41.2 | 4.4 | 2.6 | 14.8 | .3 | .5 | .4 | 4.8 | 3.3 | 9.9 | .7 | ([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 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.4.--CARBOHYDRATE
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 40.0 | 2.4 | 0.1 | 4.8 | 17.1 | 2.2 | 21.7 | 1.1 | 1.5 | 3.0 | ([4]) | 2.7 | 3.2 | 0 |
| 1-2..... | [5]264 | 100 | 18.6 | 3.2 | .4 | 1.9 | 35.8 | 5.3 | 10.1 | .6 | 5.1 | 3.0 | 0.1 | 5.9 | 9.7 | ([4]) |
| 3-5..... | 437 | 100 | 15.0 | 4.0 | .3 | 2.2 | 40.1 | 4.6 | 6.7 | .3 | 4.9 | 2.5 | .1 | 7.5 | 11.3 | ([4]) |
| 6-8..... | 469 | 100 | 15.4 | 3.7 | .2 | 2.3 | 41.8 | 4.2 | 5.6 | .5 | 5.4 | 2.8 | .2 | 6.5 | 11.2 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 14.9 | 4.2 | .2 | 2.1 | 42.0 | 3.5 | 5.4 | .3 | 5.7 | 2.7 | .2 | 7.9 | 10.5 | ([4]) |
| 12-14..... | 313 | 100 | 13.6 | 5.3 | .2 | 2.5 | 43.8 | 3.2 | 3.7 | .6 | 5.9 | 3.1 | .2 | 7.3 | 10.3 | 0 |
| 15-18..... | 400 | 100 | 13.1 | 5.5 | .2 | 2.0 | 40.6 | 3.8 | 3.0 | .7 | 6.8 | 3.1 | .3 | 5.2 | 15.3 | .2 |
| 19-22..... | 287 | 100 | 11.0 | 5.8 | .2 | 2.4 | 38.6 | 2.8 | 3.4 | .4 | 7.7 | 3.5 | .3 | 5.3 | 15.4 | 2.8 |
| 23-34..... | 770 | 100 | 8.7 | 6.1 | .4 | 2.3 | 39.5 | 4.5 | 3.8 | .6 | 8.0 | 4.3 | .5 | 5.2 | 12.6 | 3.3 |
| 35-50..... | 784 | 100 | 8.3 | 7.1 | .5 | 3.3 | 40.4 | 4.2 | 3.7 | .7 | 7.5 | 5.2 | .6 | 6.4 | 8.7 | 3.2 |
| 51-64..... | 634 | 100 | 8.2 | 5.8 | .4 | 2.7 | 41.1 | 5.3 | 6.6 | 1.2 | 8.0 | 6.0 | .6 | 6.0 | 6.1 | 1.9 |
| 65-74..... | 295 | 100 | 9.1 | 4.6 | .3 | 2.3 | 43.9 | 5.4 | 6.5 | 1.3 | 6.7 | 5.4 | .6 | 7.3 | 5.0 | 1.1 |
| 75 and over..... | 127 | 100 | 9.4 | 3.4 | .3 | 2.0 | 43.6 | 4.9 | 9.9 | .8 | 7.9 | 5.5 | .3 | 7.0 | 3.9 | .8 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 13.6 | 4.0 | .2 | 3.0 | 41.5 | 4.4 | 4.6 | .3 | 5.4 | 2.9 | .3 | 7.8 | 11.7 | 0 |
| 12-14..... | 309 | 100 | 14.6 | 4.6 | .2 | 2.2 | 41.0 | 3.6 | 4.4 | .5 | 5.9 | 2.8 | .3 | 5.5 | 14.2 | ([4]) |
| 15-18..... | 402 | 100 | 12.5 | 5.1 | .2 | 1.8 | 38.5 | 4.8 | 4.9 | .6 | 7.0 | 2.9 | .4 | 5.2 | 15.4 | .3 |
| 19-22..... | 337 | 100 | 11.5 | 5.8 | .4 | 2.2 | 34.8 | 6.3 | 4.6 | .4 | 7.8 | 4.7 | .5 | 4.4 | 15.8 | .7 |
| 23-34..... | 949 | 100 | 9.6 | 5.3 | .4 | 2.0 | 36.3 | 5.1 | 5.7 | .8 | 6.3 | 5.2 | .7 | 6.3 | 14.2 | 1.8 |
| 35-50..... | 942 | 100 | 8.5 | 5.7 | .4 | 2.6 | 38.2 | 6.6 | 5.8 | .8 | 6.6 | 5.8 | .9 | 5.8 | 10.3 | 1.4 |
| 51-64..... | 792 | 100 | 8.7 | 4.9 | .4 | 2.3 | 39.4 | 7.9 | 8.0 | 1.2 | 6.7 | 6.4 | .7 | 5.7 | 6.6 | .7 |
| 65-74..... | 377 | 100 | 9.8 | 3.9 | .2 | 1.7 | 43.6 | 7.3 | 8.6 | 1.8 | 5.4 | 5.9 | .6 | 5.4 | 5.2 | .4 |
| 75 and over..... | 197 | 100 | 10.9 | 3.5 | .2 | 1.1 | 43.6 | 6.9 | 10.4 | 1.4 | 5.7 | 4.5 | .5 | 6.4 | 4.4 | .3 |
| All individuals... | [6]9,620 | 100 | 11.1 | 5.2 | .3 | 2.3 | 39.6 | 5.2 | 5.8 | .8 | 6.6 | 4.5 | .5 | 6.0 | 10.5 | 1.2 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.5.--CALCIUM

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 72.9 | 2.3 | 0.5 | 5.0 | 14.0 | 0.3 | 1.5 | 0.5 | 0.3 | 1.3 | ([4]) | 0.1 | 1.1 | 0 |
| 1-2..... | [5]264 | 100 | 67.7 | 3.5 | 2.8 | 1.8 | 14.9 | 1.9 | 1.5 | .7 | 1.2 | 1.7 | 0.2 | 1.0 | 1.0 | ([4]) |
| 3-5..... | 437 | 100 | 62.4 | 4.7 | 3.1 | 1.5 | 18.7 | 1.6 | 1.4 | .7 | 1.3 | 1.7 | .2 | 1.0 | 1.3 | ([4]) |
| 6-8..... | 469 | 100 | 63.7 | 4.5 | 1.9 | 1.6 | 18.1 | 1.6 | 1.0 | 1.4 | 1.5 | 2.0 | .2 | 1.1 | 1.2 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 61.0 | 5.3 | 2.7 | 1.8 | 19.7 | 1.3 | 1.0 | .9 | 1.4 | 1.6 | .2 | 1.6 | 1.1 | ([4]) |
| 12-14..... | 313 | 100 | 56.2 | 5.9 | 2.5 | 1.6 | 13.3 | 1.1 | .6 | 2.0 | 1.6 | 2.2 | .2 | 1.5 | 1.2 | 0 |
| 15-18..... | 400 | 100 | 52.8 | 7.4 | 2.6 | 1.6 | 13.0 | 1.4 | .6 | 2.0 | 2.0 | 3.0 | .3 | 1.0 | 2.0 | .1 |
| 19-22..... | 287 | 100 | 48.3 | 9.9 | 2.6 | 2.1 | 22.2 | 1.3 | .9 | 1.6 | 2.3 | 3.4 | .5 | .7 | 2.6 | 1.4 |
| 23-34..... | 770 | 100 | 39.5 | 10.5 | 3.6 | 2.2 | 25.6 | 2.1 | 1.0 | 1.1 | 3.0 | 4.6 | .5 | .8 | 3.4 | 1.8 |
| 35-50..... | 784 | 100 | 36.3 | 11.7 | 4.6 | 2.9 | 25.2 | 1.9 | 1.0 | 1.7 | 2.4 | 5.5 | .6 | .8 | 3.4 | 1.6 |
| 51-64..... | 634 | 100 | 37.2 | 10.0 | 4.4 | 2.3 | 23.8 | 2.9 | 1.4 | 2.4 | 3.1 | 6.8 | .6 | .5 | 3.3 | 1.0 |
| 65-74..... | 295 | 100 | 40.2 | 9.0 | 4.3 | 1.8 | 25.0 | 2.4 | 1.6 | 2.4 | 2.6 | 6.1 | .5 | .6 | 2.7 | .6 |
| 75 and over..... | 127 | 100 | 42.6 | 6.0 | 4.7 | 1.3 | 23.5 | 2.4 | 2.2 | 3.8 | 2.5 | 7.0 | .5 | .6 | 2.4 | .3 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 59.2 | 4.8 | 1.6 | 2.3 | 20.7 | 1.9 | 1.0 | 1.2 | 1.5 | 2.3 | .3 | 1.5 | 1.5 | 0 |
| 12-14..... | 309 | 100 | 56.7 | 5.9 | 2.3 | 1.5 | 22.0 | 1.7 | 1.0 | 1.8 | 1.9 | 2.1 | .3 | 1.2 | 1.6 | ([4]) |
| 15-18..... | 402 | 100 | 52.7 | 7.4 | 2.3 | 1.5 | 21.5 | 2.0 | 1.2 | 1.9 | 2.4 | 2.8 | .4 | 1.1 | 2.4 | .1 |
| 19-22..... | 337 | 100 | 45.6 | 9.5 | 3.5 | 1.7 | 21.6 | 2.4 | 1.1 | 1.4 | 3.3 | 4.6 | .5 | .5 | 3.7 | .4 |
| 23-34..... | 949 | 100 | 40.4 | 10.2 | 3.5 | 1.8 | 22.9 | 2.4 | 1.4 | 2.1 | 2.4 | 5.8 | .6 | .8 | 4.5 | .8 |
| 35-50..... | 942 | 100 | 35.8 | 10.9 | 3.9 | 2.3 | 23.8 | 3.1 | 1.6 | 2.2 | 2.6 | 6.5 | .8 | .7 | 4.8 | .7 |
| 51-64..... | 792 | 100 | 36.6 | 9.1 | 3.6 | 2.0 | 23.5 | 3.8 | 2.1 | 3.3 | 2.6 | 7.4 | .7 | .6 | 3.9 | .4 |
| 65-74..... | 377 | 100 | 41.7 | 6.8 | 3.0 | 1.4 | 24.8 | 3.4 | 2.0 | 3.0 | 2.3 | 7.2 | .6 | .4 | 2.9 | .2 |
| 75 and over..... | 197 | 100 | 47.1 | 5.3 | 2.7 | .8 | 24.5 | 3.5 | 2.5 | 3.0 | 1.7 | 4.9 | .6 | .6 | 2.3 | .2 |
| All individuals... | [6]9,620 | 100 | 45.8 | 8.4 | 3.3 | 2.0 | 22.7 | 2.3 | 1.3 | 1.9 | 2.3 | 4.7 | .5 | .8 | 3.0 | .6 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.6.--IRON

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 28.3 | 7.5 | 1.2 | 5.2 | 45.9 | 0.8 | 6.9 | 0.4 | 0.6 | 2.5 | ([4]) | 0.1 | 0.3 | 0 |
| 1-2..... | [5]264 | 100 | 6.2 | 22.6 | 5.6 | 3.7 | 42.4 | 2.2 | 5.9 | .8 | 3.4 | 3.7 | 0.1 | 1.9 | 1.2 | 0 |
| 3-5..... | 437 | 100 | 5.2 | 25.9 | 5.1 | 4.0 | 42.5 | 2.0 | 4.0 | .8 | 3.3 | 3.6 | .2 | 2.0 | 1.1 | 0 |
| 6-8..... | 469 | 100 | 5.0 | 27.7 | 3.2 | 4.0 | 42.7 | 1.7 | 3.3 | 1.0 | 3.5 | 4.2 | .2 | 1.9 | 1.5 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 4.4 | 30.4 | 3.7 | 3.9 | 41.0 | 1.4 | 2.9 | .7 | 3.4 | 3.5 | .2 | 2.9 | 1.4 | ([4]) |
| 12-14..... | 313 | 100 | 4.4 | 30.5 | 3.6 | 3.9 | 41.5 | 1.3 | 1.9 | 1.2 | 3.5 | 3.9 | .1 | 2.7 | 1.2 | 0 |
| 15-18..... | 400 | 100 | 4.1 | 35.4 | 3.4 | 3.6 | 36.5 | 1.5 | 1.6 | 1.2 | 4.1 | 4.4 | .2 | 1.2 | 2.3 | ([4]) |
| 19-22..... | 287 | 100 | 3.6 | 39.1 | 3.6 | 3.5 | 31.0 | 1.3 | 2.1 | .9 | 4.5 | 4.9 | .2 | 1.5 | 3.3 | .2 |
| 23-34..... | 770 | 100 | 2.9 | 38.3 | 4.3 | 3.3 | 30.1 | 2.2 | 1.9 | .8 | 4.4 | 5.5 | .3 | 1.4 | 4.0 | .3 |
| 35-50..... | 784 | 100 | 2.2 | 39.2 | 5.1 | 4.5 | 28.0 | 2.0 | 1.8 | 1.2 | 3.5 | 5.8 | .3 | 1.2 | 4.6 | .3 |
| 51-64..... | 634 | 100 | 2.1 | 37.4 | 4.7 | 3.5 | 28.7 | 2.3 | 3.0 | 1.6 | 3.8 | 7.0 | .2 | .8 | 4.5 | .2 |
| 65-74..... | 295 | 100 | 2.4 | 32.2 | 5.2 | 3.1 | 33.9 | 2.6 | 3.5 | 1.6 | 3.4 | 6.3 | .2 | 1.4 | 3.9 | ([4]) |
| 75 and over..... | 127 | 100 | 2.4 | 30.9 | 5.8 | 2.9 | 32.0 | 2.9 | 4.8 | 2.1 | 3.8 | 6.7 | .1 | 1.2 | 4.1 | ([4]) |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 4.2 | 28.9 | 2.6 | 5.5 | 41.4 | 1.8 | 2.8 | 1.0 | 3.7 | 4.2 | .2 | 2.0 | 1.6 | 0 |
| 12-14..... | 309 | 100 | 4.5 | 31.4 | 3.2 | 3.6 | 38.8 | 1.9 | 2.8 | 1.3 | 4.1 | 4.0 | .3 | 1.8 | 2.2 | ([4]) |
| 15-18..... | 402 | 100 | 4.0 | 33.7 | 3.5 | 3.0 | 34.5 | 2.3 | 3.1 | 1.4 | 4.5 | 4.8 | .3 | 1.4 | 3.1 | .1 |
| 19-22..... | 337 | 100 | 3.8 | 37.2 | 4.6 | 2.9 | 28.8 | 2.4 | 3.1 | 1.0 | 4.4 | 5.6 | .4 | 1.0 | 4.5 | .1 |
| 23-34..... | 949 | 100 | 3.3 | 35.4 | 4.5 | 3.1 | 29.0 | 2.6 | 3.0 | 1.4 | 3.6 | 6.6 | .4 | .9 | 5.5 | .6 |
| 35-50..... | 942 | 100 | 2.7 | 36.5 | 4.2 | 3.7 | 27.5 | 2.8 | 2.8 | 1.3 | 3.4 | 6.9 | .4 | .7 | 6.3 | .4 |
| 51-64..... | 792 | 100 | 2.4 | 35.0 | 4.3 | 3.0 | 28.1 | 3.6 | 3.9 | 2.2 | 3.2 | 7.5 | .3 | .7 | 5.4 | .2 |
| 65-74..... | 377 | 100 | 2.4 | 29.7 | 4.1 | 2.4 | 34.9 | 3.5 | 4.6 | 2.3 | 2.7 | 7.5 | .3 | .6 | 4.7 | .1 |
| 75 and over..... | 197 | 100 | 3.1 | 27.2 | 4.0 | 1.4 | 38.2 | 3.3 | 5.8 | 2.2 | 3.3 | 6.2 | .2 | .8 | 3.9 | .1 |
| All individuals... | [6]9,620 | 100 | 3.5 | 33.8 | 4.2 | 3.5 | 33.1 | 2.4 | 3.1 | 1.3 | 3.6 | 5.7 | .3 | 1.3 | 3.8 | .2 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.7.--MAGNESIUM

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 51.3 | 5.8 | 0.5 | 6.2 | 18.1 | 1.3 | 8.3 | 1.6 | 1.6 | 4.2 | 0 | 0.4 | 0.6 | 0 |
| 1-2..... | [4]264 | 100 | 34.9 | 11.4 | 2.1 | 5.0 | 22.2 | 4.6 | 5.6 | 1.1 | 5.3 | 4.0 | .1 | 1.7 | 1.7 | .1 |
| 3-5..... | 437 | 100 | 28.6 | 14.5 | 2.0 | 7.2 | 24.4 | 4.5 | 4.5 | 1.0 | 5.5 | 4.3 | .1 | 1.3 | 1.8 | ([5]) |
| 6-8..... | 469 | 100 | 29.0 | 15.1 | 1.2 | 6.9 | 24.3 | 3.9 | 3.7 | 1.6 | 6.0 | 4.6 | .1 | 1.5 | 1.8 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 27.1 | 16.4 | 1.5 | 7.7 | 24.5 | 3.4 | 3.4 | .9 | 6.1 | 4.2 | .1 | 2.5 | 2.0 | ([5]) |
| 12-14..... | 313 | 100 | 25.2 | 17.0 | 1.5 | 6.3 | 26.8 | 3.1 | 2.3 | 1.9 | 6.1 | 4.8 | .1 | 1.6 | 3.1 | 0 |
| 15-18..... | 400 | 100 | 23.4 | 19.7 | 1.4 | 5.3 | 23.8 | 3.7 | 2.0 | 1.8 | 7.4 | 5.5 | .2 | 1.1 | 4.0 | .4 |
| 19-22..... | 287 | 100 | 19.0 | 21.2 | 1.5 | 5.0 | 21.3 | 2.7 | 2.3 | 1.3 | 7.2 | 5.6 | .2 | .6 | 6.9 | 4.8 |
| 23-34..... | 770 | 100 | 13.3 | 20.2 | 1.7 | 4.6 | 21.5 | 4.0 | 2.3 | 1.1 | 7.2 | 5.8 | .2 | .6 | 11.9 | 5.1 |
| 35-50..... | 784 | 100 | 11.0 | 20.9 | 1.9 | 6.0 | 18.9 | 3.4 | 2.2 | 1.4 | 5.8 | 6.4 | .2 | .7 | 16.8 | 4.1 |
| 51-64..... | 634 | 100 | 10.4 | 19.2 | 1.8 | 4.7 | 18.7 | 4.2 | 3.6 | 2.1 | 6.0 | 7.4 | .2 | .7 | 18.3 | 2.5 |
| 65-74..... | 295 | 100 | 12.6 | 16.9 | 1.8 | 3.8 | 22.5 | 4.5 | 3.6 | 2.1 | 5.4 | 6.9 | .1 | .6 | 17.3 | 1.7 |
| 75 and over..... | 127 | 100 | 12.2 | 14.2 | 1.9 | 4.0 | 22.7 | 4.1 | 5.1 | 2.6 | 6.6 | 7.1 | .1 | .7 | 17.4 | 1.0 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 25.6 | 15.2 | 1.0 | 8.1 | 25.2 | 4.3 | 3.2 | 1.4 | 6.4 | 4.8 | .2 | 1.8 | 2.5 | 0 |
| 12-14..... | 309 | 100 | 25.5 | 17.3 | 1.4 | 5.6 | 24.6 | 4.1 | 3.1 | 1.6 | 7.1 | 4.5 | .2 | 1.6 | 3.0 | .1 |
| 15-18..... | 402 | 100 | 22.0 | 19.1 | 1.3 | 4.3 | 22.6 | 4.5 | 3.8 | 2.0 | 7.4 | 5.0 | .2 | 1.4 | 5.7 | .4 |
| 19-22..... | 337 | 100 | 17.6 | 20.7 | 1.8 | 4.1 | 21.2 | 5.0 | 3.1 | 1.2 | 7.3 | 6.3 | .2 | .7 | 9.6 | 1.1 |
| 23-34..... | 949 | 100 | 13.6 | 20.0 | 1.7 | 4.2 | 19.4 | 4.5 | 3.2 | 1.7 | 5.7 | 7.2 | .3 | .8 | 15.1 | 2.3 |
| 35-50..... | 942 | 100 | 10.3 | 19.3 | 1.5 | 4.5 | 18.1 | 5.2 | 3.5 | 1.5 | 5.2 | 7.0 | .3 | .7 | 21.2 | 1.4 |
| 51-64..... | 792 | 100 | 10.1 | 17.6 | 1.4 | 4.0 | 18.2 | 5.7 | 4.5 | 2.6 | 5.2 | 7.7 | .2 | .7 | 21.0 | .7 |
| 65-74..... | 377 | 100 | 12.3 | 14.2 | 1.2 | 2.8 | 23.0 | 5.8 | 4.9 | 2.8 | 4.5 | 8.0 | .2 | .5 | 19.0 | .4 |
| 75 and over..... | 197 | 100 | 16.0 | 12.3 | 1.4 | 2.1 | 24.4 | 5.5 | 5.7 | 2.8 | 5.3 | 5.7 | .2 | .7 | 17.2 | .3 |
| All individuals... | [6]9,620 | 100 | 17.2 | 18.0 | 1.6 | 5.0 | 21.3 | 4.4 | 3.5 | 1.7 | 6.0 | 6.1 | .2 | .9 | 12.2 | 1.6 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Less than 0.05% but more than 0.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.8.--PHOSPHORUS
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 66.5 | 6.9 | 1.1 | 5.1 | 13.4 | 0.6 | 2.3 | 0.5 | 0.9 | 2.0 | ([4]) | 0.2 | 0.3 | 0 |
| 1-2..... | [5]264 | 100 | 47.7 | 15.9 | 4.4 | 2.8 | 17.5 | 1.9 | 1.9 | .4 | 2.8 | 2.4 | 0.1 | .9 | 1.0 | ([4]) |
| 3-5..... | 437 | 100 | 40.4 | 20.5 | 4.5 | 3.8 | 19.8 | 1.6 | 1.2 | .3 | 3.1 | 2.4 | .2 | .7 | 1.3 | ([4]) |
| 6-8..... | 469 | 100 | 40.6 | 21.3 | 2.7 | 3.7 | 20.3 | 1.4 | 1.0 | .5 | 3.2 | 2.7 | .2 | .7 | 1.5 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 37.2 | 23.5 | 3.6 | 4.0 | 20.4 | 1.2 | 1.0 | .2 | 3.3 | 2.3 | .2 | 1.3 | 1.6 | ([4]) |
| 12-14..... | 313 | 100 | 34.6 | 24.1 | 3.7 | 3.4 | 22.9 | 1.0 | .6 | .6 | 3.5 | 2.7 | .1 | .9 | 1.5 | 0 |
| 15-18..... | 400 | 100 | 32.4 | 27.8 | 3.5 | 3.0 | 20.6 | 1.2 | .5 | .6 | 3.9 | 2.8 | .2 | .6 | 2.4 | .3 |
| 19-22..... | 287 | 100 | 27.1 | 31.1 | 3.5 | 3.0 | 18.7 | .9 | .9 | .4 | 4.1 | 3.2 | .2 | .3 | 3.0 | 3.2 |
| 23-34..... | 770 | 100 | 22.0 | 32.0 | 4.5 | 2.9 | 19.5 | 1.6 | .7 | .5 | 4.6 | 3.5 | .3 | .4 | 3.6 | 3.5 |
| 35-50..... | 784 | 100 | 19.3 | 34.9 | 5.3 | 4.1 | 18.4 | 1.5 | .7 | .6 | 3.8 | 4.0 | .4 | .4 | 3.3 | 3.0 |
| 51-64..... | 634 | 100 | 19.6 | 34.6 | 5.1 | 3.3 | 18.7 | 1.8 | 1.1 | .9 | 4.3 | 4.8 | .4 | .4 | 3.0 | 1.8 |
| 65-74..... | 295 | 100 | 21.9 | 29.8 | 5.5 | 2.7 | 22.4 | 2.0 | 1.2 | .9 | 3.9 | 4.8 | .4 | .3 | 2.4 | 1.3 |
| 75 and over..... | 127 | 100 | 23.6 | 28.1 | 6.1 | 2.7 | 21.6 | 1.7 | 1.6 | 1.2 | 4.4 | 5.2 | .4 | .4 | 2.3 | .6 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 36.5 | 22.6 | 2.4 | 4.9 | 21.0 | 1.5 | .9 | .4 | 3.7 | 2.8 | .3 | 1.1 | 1.6 | 0 |
| 12-14..... | 309 | 100 | 35.0 | 24.5 | 3.1 | 3.1 | 22.0 | 1.5 | .8 | .5 | 3.6 | 2.3 | .2 | .8 | 2.3 | ([4]) |
| 15-18..... | 402 | 100 | 31.7 | 27.5 | 3.3 | 2.6 | 19.4 | 1.7 | 1.1 | .6 | 4.4 | 2.8 | .3 | .7 | 3.4 | .3 |
| 19-22..... | 337 | 100 | 27.3 | 30.3 | 4.4 | 2.6 | 18.1 | 2.0 | 1.0 | .5 | 4.4 | 3.6 | .3 | .4 | 4.4 | .7 |
| 23-34..... | 949 | 100 | 23.7 | 31.9 | 4.4 | 2.8 | 18.1 | 1.8 | 1.0 | .7 | 3.7 | 4.2 | .6 | .5 | 4.7 | 1.5 |
| 35-50..... | 942 | 100 | 19.9 | 34.4 | 4.4 | 3.4 | 18.7 | 2.3 | 1.2 | .7 | 3.7 | 4.5 | .6 | .5 | 4.7 | .9 |
| 51-64..... | 792 | 100 | 20.5 | 33.1 | 4.5 | 3.0 | 19.2 | 2.6 | 1.5 | 1.1 | 3.8 | 5.2 | .6 | .5 | 3.6 | .4 |
| 65-74..... | 377 | 100 | 23.7 | 28.2 | 4.1 | 2.2 | 23.1 | 2.7 | 1.6 | 1.3 | 3.4 | 5.3 | .6 | .3 | 2.9 | .4 |
| 75 and over..... | 197 | 100 | 28.8 | 24.9 | 4.0 | 1.5 | 23.6 | 2.6 | 2.0 | 1.2 | 3.6 | 4.0 | .6 | .4 | 2.4 | .2 |
| All individuals... | [6]9,620 | 100 | 27.2 | 29.2 | 4.2 | 3.2 | 19.6 | 1.8 | 1.1 | .7 | 3.8 | 3.8 | .4 | .5 | 3.1 | 1.1 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Less than 0.05% but more than 0.
[5]Excludes 4 breast-fed infants.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.9.--VITAMIN A VALUE
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 48.9 | 11.4 | 1.2 | 3.9 | 2.7 | 2.5 | 4.9 | 13.3 | 0.5 | 10.1 | 0.5 | ([4]) | ([4]) | 0 |
| 1-2..... | [5]264 | 100 | 29.8 | 6.4 | 5.5 | 1.0 | 20.6 | 6.8 | 5.1 | 8.2 | 1.4 | 9.4 | 4.3 | 0.5 | 0.4 | 0 |
| 3-5..... | 437 | 100 | 25.6 | 8.8 | 5.8 | .2 | 24.8 | 8.1 | 4.6 | 6.7 | 1.3 | 8.0 | 5.2 | .3 | .3 | 0 |
| 6-8..... | 469 | 100 | 25.2 | 6.8 | 3.8 | .3 | 25.8 | 6.7 | 5.0 | 7.7 | 1.5 | 11.5 | 4.8 | .2 | .4 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 23.5 | 6.4 | 5.3 | .2 | 26.7 | 6.3 | 5.3 | 6.3 | 1.6 | 11.8 | 5.2 | .3 | .8 | 0 |
| 12-14..... | 313 | 100 | 23.0 | 8.6 | 5.1 | .5 | 23.4 | 6.8 | 2.8 | 9.9 | 1.6 | 10.8 | 6.7 | .2 | .3 | 0 |
| 15-18..... | 400 | 100 | 23.9 | 10.5 | 5.0 | .2 | 21.0 | 6.9 | 3.2 | 8.7 | 1.9 | 12.3 | 5.7 | .1 | .3 | 0 |
| 19-22..... | 287 | 100 | 23.0 | 12.8 | 5.3 | .8 | 13.4 | 7.2 | 4.8 | 7.4 | 2.7 | 14.4 | 7.6 | ([4]) | .3 | .1 |
| 23-34..... | 770 | 100 | 17.6 | 12.5 | 5.8 | .6 | 14.5 | 9.5 | 3.6 | 6.8 | 2.7 | 18.6 | 6.9 | .1 | .2 | ([4]) |
| 35-50..... | 784 | 100 | 14.6 | 13.5 | 7.5 | .9 | 11.5 | 8.8 | 3.4 | 9.4 | 2.1 | 19.7 | 7.6 | .3 | .2 | .1 |
| 51-64..... | 634 | 100 | 13.5 | 11.3 | 6.8 | .7 | 12.2 | 8.8 | 4.9 | 10.4 | 2.6 | 21.3 | 6.6 | .1 | .1 | .1 |
| 65-74..... | 295 | 100 | 13.5 | 10.9 | 6.6 | .3 | 15.7 | 9.0 | 5.6 | 12.9 | 2.0 | 16.3 | 6.9 | ([4]) | ([4]) | 0 |
| 75 and over..... | 127 | 100 | 15.2 | 9.0 | 6.0 | .2 | 14.3 | 9.2 | 5.9 | 12.9 | 2.2 | 16.9 | 7.8 | ([4]) | .1 | ([4]) |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 22.1 | 7.3 | 3.0 | .9 | 27.1 | 8.4 | 4.8 | 7.7 | 1.3 | 12.1 | 4.6 | .3 | .2 | 0 |
| 12-14..... | 309 | 100 | 27.0 | 7.6 | 3.9 | .6 | 21.8 | 7.5 | 4.0 | 8.8 | 2.4 | 10.9 | 4.8 | .2 | .4 | 0 |
| 15-18..... | 402 | 100 | 23.9 | 9.6 | 4.1 | .3 | 16.9 | 9.9 | 4.4 | 9.3 | 2.0 | 12.5 | 6.3 | .2 | .2 | 0 |
| 19-22..... | 337 | 100 | 20.7 | 11.6 | 5.6 | .5 | 14.1 | 9.7 | 3.7 | 6.8 | 3.4 | 15.9 | 5.9 | .1 | .2 | 0 |
| 23-34..... | 949 | 100 | 18.0 | 10.7 | 5.7 | .3 | 14.1 | 10.3 | 4.2 | 8.6 | 2.1 | 18.7 | 6.4 | .1 | .2 | .1 |
| 35-50..... | 942 | 100 | 14.6 | 11.5 | 5.3 | .8 | 12.5 | 11.5 | 5.2 | 8.8 | 2.1 | 20.4 | 6.5 | .1 | .2 | ([4]) |
| 51-64..... | 792 | 100 | 12.2 | 10.2 | 5.1 | .3 | 11.6 | 10.8 | 5.9 | 12.5 | 2.0 | 21.4 | 6.9 | .1 | .3 | .1 |
| 65-74..... | 377 | 100 | 13.0 | 9.0 | 4.1 | .4 | 15.1 | 9.7 | 6.4 | 14.3 | 1.8 | 18.3 | 7.5 | .1 | .1 | ([4]) |
| 75 and over..... | 197 | 100 | 16.8 | 7.8 | 5.1 | .1 | 15.2 | 8.4 | 8.0 | 13.5 | 2.1 | 14.1 | 8.3 | ([4]) | .1 | ([4]) |
| All individuals... | [6]9,620 | 100 | 18.9 | 10.3 | 5.4 | .5 | 16.2 | 9.0 | 4.6 | 9.3 | 2.1 | 16.4 | 6.4 | .2 | .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 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.10.--THIAMIN

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 44.0 | 3.5 | 0.6 | 4.3 | 37.5 | 2.1 | 3.0 | 0.3 | 1.1 | 1.8 | 0 | (4) | 1.5 | 0 |
| 1-2..... | [5]264 | 100 | 20.7 | 13.1 | 2.1 | 2.0 | 43.8 | 6.4 | 2.7 | .5 | 3.8 | 3.5 | (4) | 0.7 | .7 | 0 |
| 3-5..... | 437 | 100 | 15.6 | 16.3 | 1.9 | 2.0 | 47.3 | 5.5 | 2.3 | .6 | 3.8 | 3.4 | (4) | .6 | .5 | 0 |
| 6-8..... | 469 | 100 | 15.4 | 17.1 | 1.1 | 2.0 | 47.7 | 5.1 | 2.0 | .7 | 3.8 | 3.9 | (4) | .7 | .3 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 13.8 | 17.7 | 1.4 | 2.3 | 49.5 | 4.4 | 1.7 | .5 | 4.2 | 3.1 | (4) | .9 | .2 | 0 |
| 12-14..... | 313 | 100 | 14.3 | 19.3 | 1.3 | 2.4 | 47.7 | 3.6 | 1.2 | .9 | 4.3 | 3.5 | (4) | .9 | .2 | 0 |
| 15-18..... | 400 | 100 | 13.6 | 21.8 | 1.3 | 2.1 | 43.8 | 4.5 | 1.0 | .8 | 5.6 | 4.4 | .1 | .5 | .3 | 0 |
| 19-22..... | 287 | 100 | 12.1 | 26.3 | 1.4 | 1.8 | 39.8 | 3.5 | 1.5 | .7 | 6.2 | 5.4 | .1 | .4 | .3 | .2 |
| 23-34..... | 770 | 100 | 8.2 | 27.5 | 1.9 | 2.2 | 39.4 | 5.4 | 1.6 | .6 | 6.3 | 5.7 | .1 | .5 | .2 | .1 |
| 35-50..... | 784 | 100 | 7.4 | 28.0 | 2.4 | 2.8 | 39.4 | 4.9 | 1.4 | 1.0 | 5.5 | 6.4 | .1 | .5 | .1 | (4) |
| 51-64..... | 634 | 100 | 6.7 | 27.4 | 2.1 | 2.2 | 39.0 | 5.6 | 2.2 | 1.2 | 5.8 | 7.0 | .1 | .2 | .1 | (4) |
| 65-74..... | 295 | 100 | 8.3 | 21.8 | 2.1 | 2.1 | 44.3 | 6.1 | 2.1 | 1.1 | 5.2 | 6.2 | .1 | .3 | .1 | (4) |
| 75 and over..... | 127 | 100 | 8.0 | 24.8 | 2.2 | 2.1 | 40.3 | 5.2 | 3.0 | 1.7 | 5.9 | 6.0 | (4) | .2 | .4 | (4) |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 13.3 | 17.8 | 1.0 | 2.7 | 47.9 | 5.7 | 1.6 | .5 | 4.3 | 4.0 | (4) | .7 | .3 | 0 |
| 12-14..... | 309 | 100 | 15.0 | 19.7 | 1.2 | 2.1 | 44.4 | 5.0 | 1.7 | .9 | 5.0 | 3.6 | (4) | .8 | .4 | (4) |
| 15-18..... | 402 | 100 | 13.3 | 21.2 | 1.5 | 1.8 | 42.4 | 5.6 | 2.3 | .9 | 5.7 | 4.1 | (4) | .7 | .2 | (4) |
| 19-22..... | 337 | 100 | 11.7 | 26.0 | 2.2 | 1.9 | 35.8 | 6.9 | 2.0 | .7 | 6.2 | 5.4 | .1 | .4 | .4 | (4) |
| 23-34..... | 949 | 100 | 9.4 | 25.7 | 2.1 | 1.9 | 37.9 | 5.9 | 2.4 | 1.1 | 5.1 | 7.0 | .1 | .5 | .2 | .2 |
| 35-50..... | 942 | 100 | 7.0 | 25.7 | 2.0 | 2.6 | 37.9 | 7.4 | 2.5 | 1.1 | 5.1 | 7.3 | .1 | .3 | .2 | .1 |
| 51-64..... | 792 | 100 | 7.5 | 23.2 | 1.9 | 2.2 | 38.0 | 8.5 | 3.2 | 1.7 | 4.9 | 7.9 | .1 | .3 | .2 | (4) |
| 65-74..... | 377 | 100 | 8.6 | 20.0 | 1.7 | 1.6 | 43.0 | 7.9 | 3.1 | 1.9 | 4.2 | 7.4 | (4) | .1 | .2 | (4) |
| 75 and over..... | 197 | 100 | 10.4 | 17.8 | 1.6 | .9 | 44.8 | 8.0 | 3.6 | 1.7 | 4.7 | 5.8 | (4) | .2 | .1 | (4) |
| All individuals... | [6]9,620 | 100 | 10.7 | 23.0 | 1.8 | 2.2 | 41.3 | 5.9 | 2.2 | 1.0 | 5.1 | 5.7 | .1 | .5 | .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 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.11.--RIBOFLAVIN

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 60.5 | 4.4 | 1.0 | 4.2 | 22.8 | 0.3 | 2.8 | 0.5 | 0.3 | 1.6 | ([4]) | 0.2 | 1.3 | 0 |
| 1-2..... | [5]264 | 100 | 45.7 | 11.8 | 4.5 | 1.3 | 26.9 | 1.4 | 2.4 | .6 | 1.5 | 2.2 | ([4]) | .8 | .7 | ([4]) |
| 3-5..... | 437 | 100 | 39.0 | 16.1 | 4.9 | 1.0 | 30.4 | 1.1 | 1.7 | .6 | 1.5 | 2.0 | 0.1 | .6 | .7 | ([4]) |
| 6-8..... | 469 | 100 | 40.2 | 15.9 | 3.0 | 1.0 | 31.3 | 1.0 | 1.4 | .8 | 1.7 | 2.3 | .1 | .6 | .4 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 36.8 | 17.0 | 3.9 | 1.1 | 33.3 | .8 | 1.3 | .5 | 1.7 | 1.8 | .1 | 1.0 | .4 | 0 |
| 12-14..... | 313 | 100 | 35.5 | 18.2 | 3.8 | 1.0 | 32.6 | .7 | .8 | 1.2 | 1.9 | 2.4 | .1 | .8 | .7 | 0 |
| 15-18..... | 400 | 100 | 33.7 | 22.5 | 4.0 | 1.0 | 29.1 | .9 | .8 | 1.1 | 2.2 | 2.7 | .2 | .5 | .9 | .2 |
| 19-22..... | 287 | 100 | 29.3 | 27.4 | 4.1 | 1.0 | 24.5 | .9 | 1.4 | 1.0 | 2.6 | 3.3 | .2 | .4 | .9 | 2.8 |
| 23-34..... | 770 | 100 | 22.7 | 28.5 | 5.2 | 1.2 | 26.2 | 1.6 | 1.2 | .7 | 3.0 | 4.2 | .2 | .4 | 1.3 | 3.1 |
| 35-50..... | 784 | 100 | 20.6 | 30.2 | 6.3 | 1.6 | 25.5 | 1.4 | 1.3 | 1.3 | 2.5 | 4.7 | .3 | .4 | 1.1 | 2.6 |
| 51-64..... | 634 | 100 | 20.2 | 28.8 | 6.1 | 1.2 | 26.8 | 1.6 | 1.9 | 1.6 | 2.9 | 5.4 | .2 | .3 | 1.0 | 1.7 |
| 65-74..... | 295 | 100 | 23.0 | 23.7 | 6.3 | 1.0 | 30.5 | 1.7 | 2.1 | 1.5 | 2.5 | 4.8 | .2 | .3 | 1.0 | 1.1 |
| 75 and over..... | 127 | 100 | 24.2 | 22.6 | 7.2 | .9 | 28.2 | 1.6 | 2.8 | 2.5 | 2.8 | 5.4 | .2 | .3 | .7 | .3 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 36.5 | 17.1 | 2.6 | 1.4 | 33.0 | 1.1 | 1.4 | .7 | 1.8 | 2.5 | .1 | .9 | .6 | 0 |
| 12-14..... | 309 | 100 | 36.9 | 18.8 | 3.5 | 1.0 | 30.0 | 1.3 | 1.3 | 1.1 | 2.1 | 2.5 | .1 | .7 | .5 | ([4]) |
| 15-18..... | 402 | 100 | 33.1 | 22.4 | 3.7 | .9 | 27.5 | 1.4 | 1.8 | 1.2 | 2.7 | 2.9 | .1 | .7 | 1.0 | .3 |
| 19-22..... | 337 | 100 | 28.9 | 26.5 | 5.3 | .9 | 24.4 | 1.6 | 1.4 | .8 | 3.0 | 4.0 | .3 | .3 | 1.6 | .6 |
| 23-34..... | 949 | 100 | 24.2 | 26.9 | 5.3 | 1.0 | 25.3 | 1.8 | 1.7 | 1.5 | 2.4 | 5.3 | .3 | .6 | 1.8 | 1.4 |
| 35-50..... | 942 | 100 | 20.3 | 28.6 | 5.3 | 1.4 | 26.6 | 2.2 | 2.0 | 1.4 | 2.5 | 5.5 | .3 | .4 | 2.0 | .8 |
| 51-64..... | 792 | 100 | 21.2 | 27.0 | 5.4 | 1.1 | 26.1 | 2.6 | 2.6 | 2.3 | 2.5 | 6.1 | .3 | .4 | 1.7 | .5 |
| 65-74..... | 377 | 100 | 23.9 | 22.5 | 4.9 | .7 | 30.3 | 2.2 | 2.7 | 2.3 | 2.1 | 5.9 | .3 | .2 | 1.4 | .3 |
| 75 and over..... | 197 | 100 | 29.4 | 19.3 | 4.5 | .5 | 30.0 | 2.0 | 3.4 | 2.0 | 1.9 | 4.5 | .2 | .4 | 1.4 | .2 |
| All individuals... | [6]9,620 | 100 | 27.7 | 24.1 | 4.9 | 1.1 | 27.7 | 1.6 | 1.7 | 1.3 | 2.4 | 4.2 | .2 | .5 | 1.2 | 1.0 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Less than 0.05% but more than 0.
[5]Excludes 4 breast-fed infants.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.12.--PREFORMED NIACIN
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 25.2 | 13.4 | 0.1 | 5.1 | 44.1 | 1.6 | 4.9 | 0.8 | 1.4 | 2.5 | 0 | 0.1 | 0.5 | 0 |
| 1-2..... | [4]264 | 100 | 5.2 | 32.1 | .4 | 3.7 | 42.1 | 3.1 | 3.1 | .5 | 5.7 | 3.2 | ([5]) | .5 | .1 | .1 |
| 3-5..... | 437 | 100 | 3.5 | 34.7 | .3 | 5.8 | 41.9 | 2.5 | 2.0 | .4 | 5.5 | 2.9 | ([5]) | .2 | .1 | ([5]) |
| 6-8..... | 469 | 100 | 3.3 | 36.4 | .2 | 5.0 | 41.3 | 2.0 | 1.8 | .6 | 5.6 | 3.0 | ([5]) | .5 | .2 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 2.9 | 37.7 | .2 | 5.5 | 41.0 | 1.7 | 1.6 | .2 | 5.8 | 2.3 | ([5]) | .5 | .2 | 0 |
| 12-14..... | 313 | 100 | 2.9 | 39.3 | .1 | 4.3 | 40.3 | 1.6 | 1.0 | .7 | 6.1 | 2.7 | ([5]) | .3 | .3 | 0 |
| 15-18..... | 400 | 100 | 2.8 | 44.2 | .1 | 3.3 | 35.2 | 1.8 | 1.0 | .6 | 6.8 | 2.6 | ([5]) | .2 | .9 | .3 |
| 19-22..... | 287 | 100 | 2.5 | 47.5 | .2 | 2.9 | 28.2 | 1.5 | 1.4 | .4 | 6.3 | 3.2 | .1 | .1 | 1.7 | 3.9 |
| 23-34..... | 770 | 100 | 1.8 | 45.0 | .3 | 2.4 | 27.9 | 2.3 | 1.0 | .4 | 6.7 | 3.6 | ([5]) | .2 | 4.0 | 3.8 |
| 35-50..... | 784 | 100 | 1.3 | 47.4 | .3 | 3.2 | 24.7 | 2.0 | 1.0 | .6 | 5.4 | 3.7 | ([5]) | .3 | 6.8 | 2.9 |
| 51-64..... | 634 | 100 | 1.2 | 44.8 | .2 | 2.8 | 26.3 | 2.2 | 1.8 | .7 | 5.6 | 4.2 | ([5]) | .1 | 7.7 | 2.0 |
| 65-74..... | 295 | 100 | 1.6 | 39.6 | .2 | 2.2 | 31.6 | 2.7 | 2.2 | .8 | 5.4 | 4.2 | ([5]) | .2 | 7.5 | 1.4 |
| 75 and over..... | 127 | 100 | 1.5 | 40.7 | .2 | 2.7 | 30.1 | 2.4 | 2.4 | 1.2 | 6.2 | 4.2 | ([5]) | .1 | 7.4 | .6 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 2.6 | 38.2 | .2 | 5.5 | 40.0 | 2.1 | 1.4 | .4 | 5.9 | 2.9 | ([5]) | .4 | .1 | 0 |
| 12-14..... | 309 | 100 | 3.2 | 40.2 | .2 | 3.8 | 37.8 | 2.6 | 1.3 | .4 | 6.5 | 2.7 | ([5]) | .7 | .4 | ([5]) |
| 15-18..... | 402 | 100 | 2.8 | 43.9 | .3 | 2.9 | 33.2 | 2.4 | 1.8 | .5 | 6.8 | 2.9 | ([5]) | .6 | 1.2 | .3 |
| 19-22..... | 337 | 100 | 2.7 | 47.2 | .4 | 1.7 | 27.7 | 3.1 | 2.0 | .4 | 6.4 | 3.7 | ([5]) | .4 | 3.2 | .7 |
| 23-34..... | 949 | 100 | 2.2 | 45.2 | .3 | 2.3 | 27.1 | 2.8 | 1.7 | .7 | 5.4 | 4.2 | ([5]) | .3 | 6.0 | 1.5 |
| 35-50..... | 942 | 100 | 1.5 | 46.0 | .3 | 2.6 | 24.9 | 3.0 | 1.7 | .6 | 4.8 | 4.2 | ([5]) | .2 | 9.1 | .8 |
| 51-64..... | 792 | 100 | 1.5 | 44.3 | .3 | 2.6 | 25.3 | 3.2 | 2.2 | 1.0 | 4.8 | 4.5 | ([5]) | .2 | 9.5 | .4 |
| 65-74..... | 377 | 100 | 1.6 | 39.3 | .2 | 1.7 | 31.7 | 3.3 | 2.9 | 1.3 | 4.1 | 4.6 | ([5]) | ([5]) | 8.6 | .3 |
| 75 and over..... | 197 | 100 | 2.2 | 35.8 | .2 | 1.5 | 34.7 | 3.5 | 3.4 | 1.0 | 5.1 | 4.2 | .1 | .1 | 7.8 | .2 |
| All individuals... | [6]9,620 | 100 | 2.4 | 42.5 | .3 | 3.1 | 31.0 | 2.5 | 1.8 | .6 | 5.6 | 3.6 | ([5]) | .3 | 4.8 | 1.2 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Less than 0.05% but more than 0.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.13.--VITAMIN $B_6$
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 48.0 | 10.4 | 0.9 | 5.4 | 12.9 | 1.4 | 12.2 | 1.7 | 1.9 | 3.3 | 0 | 0.3 | 1.3 | 0 |
| 1-2..... | [4]264 | 100 | 22.0 | 24.3 | 3.3 | 3.2 | 23.6 | 3.6 | 8.5 | 1.0 | 5.4 | 3.6 | ([5]) | .6 | .6 | .1 |
| 3-5..... | 437 | 100 | 16.5 | 29.0 | 3.0 | 3.9 | 27.0 | 3.7 | 5.7 | .8 | 5.6 | 3.6 | ([5]) | .6 | .4 | ([5]) |
| 6-8..... | 469 | 100 | 16.4 | 30.6 | 1.7 | 3.5 | 27.8 | 3.0 | 4.7 | 1.3 | 5.6 | 4.2 | ([5]) | .5 | .4 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 14.6 | 33.0 | 2.3 | 4.0 | 28.5 | 2.4 | 3.6 | .7 | 5.9 | 3.7 | .1 | .8 | .3 | ([5]) |
| 12-14..... | 313 | 100 | 13.9 | 34.5 | 2.2 | 3.4 | 27.4 | 2.3 | 2.8 | 1.5 | 6.1 | 4.6 | ([5]) | .7 | .3 | 0 |
| 15-18..... | 400 | 100 | 13.4 | 40.3 | 2.0 | 3.3 | 22.0 | 2.6 | 2.4 | 1.2 | 7.0 | 4.3 | .1 | .4 | .3 | .4 |
| 19-22..... | 287 | 100 | 10.9 | 44.3 | 2.4 | 2.8 | 15.6 | 2.4 | 2.7 | .9 | 7.0 | 5.2 | .1 | .3 | .4 | 4.7 |
| 23-34..... | 770 | 100 | 8.2 | 43.5 | 2.7 | 2.8 | 15.8 | 3.5 | 3.1 | .8 | 7.9 | 5.7 | .1 | .3 | .1 | 4.9 |
| 35-50..... | 784 | 100 | 7.3 | 46.9 | 3.1 | 3.9 | 13.3 | 3.3 | 2.8 | 1.3 | 6.8 | 6.4 | .1 | .4 | .2 | 4.0 |
| 51-64..... | 634 | 100 | 6.8 | 42.9 | 2.9 | 3.2 | 14.8 | 3.8 | 5.5 | 1.7 | 7.3 | 7.5 | .1 | .2 | .1 | 2.7 |
| 65-74..... | 295 | 100 | 8.6 | 37.6 | 3.3 | 2.8 | 20.0 | 4.2 | 5.2 | 1.8 | 6.5 | 7.3 | .1 | .2 | ([5]) | 2.1 |
| 75 and over..... | 127 | 100 | 7.8 | 36.9 | 3.3 | 3.0 | 18.5 | 3.5 | 8.0 | 2.4 | 8.6 | 6.7 | ([5]) | .2 | .1 | .8 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 13.8 | 32.6 | 1.5 | 4.4 | 28.6 | 3.5 | 3.4 | .9 | 6.0 | 3.9 | ([5]) | .5 | .4 | 0 |
| 12-14..... | 309 | 100 | 14.9 | 35.4 | 2.1 | 3.3 | 23.2 | 3.6 | 3.5 | 1.2 | 6.7 | 4.4 | .1 | .6 | .7 | ([5]) |
| 15-18..... | 402 | 100 | 13.7 | 39.2 | 2.1 | 2.7 | 19.1 | 3.7 | 4.5 | 1.3 | 7.4 | 4.5 | .1 | .6 | .4 | .5 |
| 19-22..... | 337 | 100 | 11.6 | 41.6 | 2.6 | 2.3 | 17.3 | 4.1 | 3.7 | .9 | 7.5 | 6.1 | .2 | .4 | .3 | 1.0 |
| 23-34..... | 949 | 100 | 9.2 | 42.9 | 2.8 | 2.8 | 15.5 | 4.2 | 4.0 | 1.6 | 6.5 | 7.1 | .1 | .5 | .2 | 2.2 |
| 35-50..... | 942 | 100 | 7.2 | 44.9 | 2.7 | 3.2 | 15.0 | 4.9 | 4.6 | 1.5 | 6.4 | 7.0 | .1 | .4 | .2 | 1.4 |
| 51-64..... | 792 | 100 | 7.4 | 41.6 | 2.6 | 3.0 | 14.6 | 5.4 | 6.6 | 2.4 | 6.7 | 8.2 | .1 | .3 | .1 | .7 |
| 65-74..... | 377 | 100 | 8.3 | 35.4 | 2.4 | 2.1 | 20.6 | 5.1 | 7.4 | 2.7 | 5.8 | 9.0 | .1 | .1 | .1 | .5 |
| 75 and over..... | 197 | 100 | 11.5 | 31.6 | 2.4 | 1.5 | 20.7 | 5.4 | 8.6 | 2.3 | 7.7 | 7.0 | ([5]) | .5 | ([5]) | .4 |
| All individuals... | [6]9,620 | 100 | 10.9 | 39.3 | 2.6 | 3.1 | 18.7 | 3.9 | 4.6 | 1.4 | 6.7 | 6.0 | .1 | .4 | .2 | 1.6 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Less than 0.05% but more than 0.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.14.--VITAMIN $B_{12}$
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 77.6 | 12.4 | 2.1 | 5.7 | 0.6 | 0.3 | (4) | (4) | 0.2 | 1.0 | (4) | (4) | 0 | 0 |
| 1-2..... | [5]264 | 100 | 51.8 | 26.2 | 8.1 | 1.3 | 10.0 | 0 | (4) | 0 | .4 | .4 | 0.2 | 0.6 | 0 | 0 |
| 3-5..... | 437 | 100 | 44.8 | 32.9 | 9.7 | .3 | 10.7 | 0 | 0 | (4) | .5 | .2 | .3 | .2 | 0 | 0 |
| 6-8..... | 469 | 100 | 45.6 | 34.8 | 5.9 | .5 | 11.5 | .1 | (4) | (4) | .5 | .4 | .2 | .2 | 0 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 39.4 | 38.0 | 6.4 | .4 | 14.3 | 0 | 0 | 0 | .3 | .4 | .3 | .4 | 0 | 0 |
| 12-14..... | 313 | 100 | 39.4 | 36.4 | 7.8 | 1.1 | 13.5 | 0 | (4) | (4) | .6 | .3 | .3 | .4 | 0 | 0 |
| 15-18..... | 400 | 100 | 36.0 | 45.2 | 7.7 | .4 | 8.9 | 0 | 0 | (4) | .7 | .3 | .4 | .4 | 0 | 0 |
| 19-22..... | 287 | 100 | 30.5 | 51.4 | 7.3 | .7 | 7.8 | 0 | (4) | (4) | .9 | .3 | .5 | .1 | 0 | 0 |
| 23-34..... | 770 | 100 | 24.5 | 55.1 | 9.1 | 1.0 | 7.1 | 0 | (4) | (4) | 1.1 | .6 | .6 | .1 | .1 | 0 |
| 35-50..... | 784 | 100 | 21.1 | 58.4 | 10.9 | .7 | 6.2 | 0 | (4) | (4) | .7 | .7 | .5 | .2 | .1 | 0 |
| 51-64..... | 634 | 100 | 22.7 | 56.0 | 10.6 | 1.0 | 6.5 | 0 | (4) | (4) | 1.0 | 1.0 | .5 | .2 | .1 | 0 |
| 65-74..... | 295 | 100 | 25.2 | 49.8 | 12.4 | 1.2 | 8.0 | (4) | 0 | (4) | .9 | 1.3 | .5 | .1 | .1 | 0 |
| 75 and over..... | 127 | 100 | 26.3 | 46.6 | 15.1 | .8 | 8.0 | 0 | (4) | 0 | 1.0 | 1.3 | .5 | .1 | (4) | 0 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 43.2 | 36.1 | 4.7 | 1.4 | 12.9 | 0 | (4) | .1 | .4 | .3 | .3 | .5 | 0 | 0 |
| 12-14..... | 309 | 100 | 41.4 | 39.2 | 6.4 | .4 | 10.4 | 0 | 0 | 0 | .7 | .1 | .5 | .4 | 0 | 0 |
| 15-18..... | 402 | 100 | 37.4 | 44.2 | 6.9 | .6 | 8.2 | 0 | .1 | (4) | .9 | .2 | .4 | .3 | 0 | 0 |
| 19-22..... | 337 | 100 | 31.5 | 47.6 | 8.9 | .5 | 7.3 | (4) | 0 | .1 | 1.4 | .4 | .7 | .2 | (4) | 0 |
| 23-34..... | 949 | 100 | 27.0 | 51.7 | 9.5 | .4 | 8.0 | .1 | (4) | .1 | 1.1 | .5 | 1.0 | .3 | (4) | 0 |
| 35-50..... | 942 | 100 | 22.8 | 56.8 | 9.3 | .7 | 6.9 | .1 | .1 | (4) | 1.0 | .3 | .8 | .2 | (4) | 0 |
| 51-64..... | 792 | 100 | 24.6 | 54.5 | 9.9 | .6 | 7.4 | 0 | .1 | (4) | .9 | .8 | .6 | .3 | (4) | 0 |
| 65-74..... | 377 | 100 | 28.6 | 48.0 | 9.7 | .5 | 9.1 | 0 | (4) | 0 | 1.2 | .9 | .4 | .1 | .1 | 0 |
| 75 and over..... | 197 | 100 | 35.4 | 43.5 | 9.6 | .4 | 8.6 | .2 | (4) | 0 | .6 | .5 | .7 | .3 | .1 | 0 |
| All individuals... | [6]9,620 | 100 | 31.0 | 48.1 | 9.0 | .7 | 8.4 | (4) | (4) | (4) | .8 | .5 | .5 | .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 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.15.--VITAMIN C
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | All food[2] | Milk, milk products | Meat, poultry, fish | Eggs | Legumes, nuts, seeds | Grain products | Citrus fruits, tomatoes | Non-citrus fruits | Vegetables: Dark green, deep yellow | Vegetables: White potatoes, viandas | Vegetables: Other vegetables | Fats, oils | Sugar, sweets | Beverages: Non-alcoholic | Beverages: Alcoholic |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 29.9 | 2.6 | 0 | 3.3 | 5.7 | 8.0 | 38.9 | 2.0 | 3.1 | 2.5 | 0 | 0.4 | 3.5 | 0 |
| 1-2..... | [4]264 | 100 | 13.5 | 4.3 | ([5]) | .8 | 12.2 | 23.1 | 14.0 | 2.4 | 10.0 | 7.0 | ([5]) | .7 | 11.4 | 0 |
| 3-5..... | 437 | 100 | 11.2 | 5.3 | 0 | .2 | 14.3 | 25.0 | 9.4 | 2.1 | 11.7 | 7.7 | ([5]) | .7 | 11.7 | 0 |
| 6-8..... | 469 | 100 | 10.6 | 4.4 | 0 | .3 | 15.9 | 24.4 | 8.3 | 2.8 | 11.9 | 8.4 | ([5]) | .4 | 11.9 | 0 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 100 | 10.4 | 7.3 | 0 | .4 | 17.0 | 21.6 | 6.4 | 2.9 | 12.8 | 7.3 | .1 | .5 | 12.7 | 0 |
| 12-14..... | 313 | 100 | 9.2 | 4.8 | 0 | .5 | 15.1 | 22.5 | 5.7 | 4.6 | 15.3 | 9.2 | ([5]) | .5 | 12.5 | 0 |
| 15-18..... | 400 | 100 | 8.9 | 5.3 | 0 | .6 | 11.7 | 24.0 | 5.1 | 4.6 | 16.1 | 10.6 | .1 | .3 | 11.7 | 0 |
| 19-22..... | 287 | 100 | 10.8 | 7.1 | 0 | 1.2 | 8.1 | 19.3 | 5.8 | 3.9 | 19.9 | 14.5 | .3 | 1.1 | 6.0 | .5 |
| 23-34..... | 770 | 100 | 6.1 | 7.0 | ([5]) | .6 | 8.2 | 24.8 | 6.4 | 2.6 | 19.8 | 16.5 | .2 | .3 | 5.5 | .2 |
| 35-50..... | 784 | 100 | 6.0 | 9.3 | ([5]) | 1.0 | 5.8 | 25.1 | 6.3 | 3.9 | 17.8 | 18.0 | .1 | .3 | 4.3 | .2 |
| 51-64..... | 634 | 100 | 4.7 | 5.8 | ([5]) | 1.0 | 6.5 | 29.7 | 9.2 | 5.0 | 16.3 | 17.8 | .1 | .5 | 2.2 | ([5]) |
| 65-74..... | 295 | 100 | 4.9 | 4.9 | 0 | .6 | 8.3 | 30.6 | 9.0 | 5.8 | 15.5 | 15.0 | .1 | .7 | 2.9 | 0 |
| 75 and over..... | 127 | 100 | 6.1 | 4.2 | 0 | .3 | 7.9 | 28.4 | 9.5 | 7.0 | 14.5 | 15.5 | ([5]) | 1.8 | 3.9 | .2 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 100 | 8.8 | 3.7 | 0 | .6 | 16.1 | 27.4 | 7.4 | 3.0 | 11.9 | 9.4 | .1 | .4 | 11.0 | 0 |
| 12-14..... | 309 | 100 | 10.9 | 4.2 | 0 | .4 | 12.8 | 22.4 | 6.9 | 4.0 | 15.0 | 9.2 | ([5]) | .3 | 12.8 | 0 |
| 15-18..... | 402 | 100 | 9.6 | 5.9 | 0 | .6 | 10.1 | 24.6 | 8.3 | 4.4 | 16.0 | 10.2 | .1 | .2 | 8.7 | ([5]) |
| 19-22..... | 337 | 100 | 9.2 | 6.7 | ([5]) | .6 | 9.1 | 26.2 | 6.9 | 2.6 | 14.7 | 14.0 | .3 | .2 | 6.3 | 0 |
| 23-34..... | 949 | 100 | 6.0 | 6.0 | ([5]) | .6 | 7.9 | 25.3 | 8.2 | 4.1 | 13.7 | 17.7 | .2 | .3 | 6.7 | .6 |
| 35-50..... | 942 | 100 | 4.5 | 7.1 | .1 | .6 | 7.0 | 30.1 | 8.0 | 4.2 | 13.6 | 17.0 | .1 | .3 | 4.8 | .2 |
| 51-64..... | 792 | 100 | 3.9 | 4.1 | ([5]) | .4 | 4.7 | 34.9 | 9.9 | 6.1 | 12.7 | 17.7 | .1 | .4 | 3.1 | .1 |
| 65-74..... | 377 | 100 | 4.7 | 3.2 | 0 | .3 | 6.9 | 33.8 | 11.1 | 6.5 | 11.1 | 17.5 | .1 | .3 | 2.9 | .0 |
| 75 and over..... | 197 | 100 | 6.4 | 2.6 | 0 | .3 | 6.4 | 32.6 | 11.4 | 5.3 | 11.9 | 15.2 | ([5]) | .8 | 3.8 | .2 |
| All individuals... | [6]9,620 | 100 | 7.4 | 5.8 | ([5]) | .6 | 9.1 | 26.8 | 8.3 | 4.1 | 14.6 | 14.2 | .1 | .4 | 6.7 | .1 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Less than 0.05% but more than 0.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.1.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]278 | 794 | 29.2 | 30.4 | 97.0 | 791 | 17.4 | 128 | 654 | 3,511 | 0.89 | 1.53 | 9.3 | 0.65 | 2.32 | 77 |
| 1-2..... | [3]264 | 1,164 | 46.1 | 48.9 | 137.8 | 729 | 7.9 | 158 | 840 | 3,281 | .87 | 1.43 | 10.1 | .91 | 3.04 | 68 |
| 3-5..... | 437 | 1,435 | 55.1 | 61.0 | 170.5 | 713 | 9.5 | 178 | 930 | 3,694 | 1.06 | 1.57 | 13.6 | 1.12 | 3.68 | 70 |
| 6-8..... | 469 | 1,711 | 65.9 | 72.4 | 203.3 | 867 | 11.1 | 215 | 1,134 | 4,533 | 1.30 | 1.86 | 16.2 | 1.35 | 4.24 | 85 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 2,000 | 78.0 | 87.6 | 228.8 | 920 | 13.3 | 245 | 1,267 | 4,500 | 1.52 | 2.10 | 19.8 | 1.56 | 4.86 | 85 |
| 12-14..... | 313 | 2,366 | 89.7 | 105.5 | 270.0 | 1,077 | 15.3 | 284 | 1,467 | 5,429 | 1.71 | 2.39 | 22.0 | 1.78 | 5.24 | 92 |
| 15-18..... | 400 | 2,698 | 106.6 | 123.3 | 294.8 | 1,194 | 17.1 | 317 | 1,691 | 5,764 | 1.82 | 2.57 | 24.6 | 1.96 | 5.77 | 112 |
| 19-22..... | 287 | 2,569 | 105.3 | 118.4 | 256.8 | 983 | 16.0 | 308 | 1,601 | 5,015 | 1.56 | 2.20 | 25.5 | 1.94 | 5.39 | 88 |
| 23-34..... | 770 | 2,449 | 98.1 | 114.8 | 241.6 | 830 | 15.9 | 303 | 1,461 | 5,278 | 1.55 | 1.98 | 24.1 | 1.81 | 5.47 | 95 |
| 35-50..... | 784 | 2,314 | 95.6 | 109.3 | 220.8 | 764 | 15.8 | 310 | 1,397 | 5,690 | 1.45 | 1.88 | 23.8 | 1.73 | 5.55 | 86 |
| 51-64..... | 634 | 2,148 | 90.1 | 101.6 | 208.8 | 702 | 15.5 | 304 | 1,289 | 6,945 | 1.47 | 1.88 | 23.1 | 1.75 | 7.18 | 98 |
| 65-74..... | 295 | 1,970 | 81.0 | 92.8 | 205.3 | 729 | 14.5 | 287 | 1,246 | 6,834 | 1.40 | 1.85 | 20.9 | 1.58 | 5.82 | 100 |
| 75 and over..... | 127 | 1,808 | 74.6 | 86.2 | 184.8 | 679 | 13.4 | 267 | 1,137 | 6,693 | 1.41 | 1.73 | 18.7 | 1.51 | 4.95 | 96 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 1,865 | 70.4 | 79.1 | 222.6 | 845 | 11.9 | 237 | 1,161 | 4,225 | 1.37 | 1.87 | 17.6 | 1.43 | 3.86 | 87 |
| 12-14..... | 309 | 1,903 | 73.2 | 85.3 | 214.3 | 864 | 11.6 | 220 | 1,193 | 4,066 | 1.29 | 1.81 | 17.1 | 1.35 | 4.02 | 81 |
| 15-18..... | 402 | 1,791 | 70.7 | 80.5 | 198.5 | 774 | 11.1 | 215 | 1,112 | 4,195 | 1.19 | 1.65 | 16.9 | 1.30 | 3.66 | 80 |
| 19-22..... | 337 | 1,621 | 66.7 | 75.9 | 168.8 | 630 | 10.5 | 200 | 1,008 | 3,796 | 1.04 | 1.37 | 15.0 | 1.22 | 3.65 | 79 |
| 23-34..... | 949 | 1,616 | 65.9 | 73.7 | 165.2 | 604 | 10.7 | 217 | 993 | 4,335 | 1.02 | 1.35 | 15.8 | 1.22 | 3.60 | 76 |
| 35-50..... | 942 | 1,514 | 63.9 | 70.8 | 151.2 | 515 | 10.7 | 222 | 922 | 4,264 | 1.01 | 1.27 | 16.2 | 1.19 | 3.78 | 79 |
| 51-64..... | 792 | 1,522 | 65.2 | 71.2 | 153.8 | 532 | 11.4 | 235 | 948 | 6,044 | 1.05 | 1.40 | 17.2 | 1.29 | 5.27 | 93 |
| 65-74..... | 377 | 1,444 | 60.4 | 65.8 | 155.4 | 566 | 10.6 | 227 | 930 | 6,218 | 1.07 | 1.41 | 15.6 | 1.24 | 4.21 | 92 |
| 75 and over..... | 197 | 1,367 | 54.1 | 59.0 | 157.4 | 591 | 10.1 | 214 | 880 | 5,931 | 1.01 | 1.40 | 13.8 | 1.15 | 4.07 | 90 |
| All individuals... | [4]9,620 | 1,865 | 75.5 | 85.3 | 195.7 | 734 | 12.7 | 248 | 1,159 | 5,069 | 1.26 | 1.71 | 18.7 | 1.44 | 4.68 | 87 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 36 breast-fed infants.
[3] Excludes 4 breast-fed infants.
[4] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.2a.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, central cities, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]21 | 834 | 33.8 | 30.6 | 105.4 | 852 | 15.3 | 131 | 681 | 3,898 | 0.87 | 1.59 | 9.8 | 0.84 | 2.70 | 77 |
| 1-2..... | [3]64 | 1,215 | 50.4 | 52.9 | 137.6 | 825 | 8.4 | 174 | 927 | 3,814 | .96 | 1.59 | 10.9 | 1.05 | 3.41 | 69 |
| 3-5..... | 119 | 1,377 | 54.0 | 58.1 | 162.8 | 707 | 9.5 | 171 | 910 | 4,323 | 1.07 | 1.60 | 13.6 | 1.08 | 4.54 | 64 |
| 6-8..... | 105 | 1,650 | 67.5 | 66.9 | 197.6 | 787 | 11.7 | 212 | 1,078 | 6,162 | 1.40 | 1.91 | 18.2 | 1.49 | 5.07 | 106 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 60 | 1,929 | 80.2 | 86.6 | 209.6 | 901 | 13.0 | 230 | 1,247 | 5,309 | 1.61 | 2.10 | 20.6 | 1.72 | 4.66 | 90 |
| 12-14..... | 71 | 2,412 | 94.7 | 111.5 | 260.0 | 956 | 15.2 | 259 | 1,406 | 6,170 | 1.63 | 2.29 | 24.2 | 1.92 | 4.83 | 88 |
| 15-18..... | 114 | 2,686 | 106.4 | 123.2 | 290.0 | 1,077 | 17.5 | 296 | 1,595 | 6,492 | 1.70 | 2.49 | 24.9 | 2.03 | 5.89 | 117 |
| 19-22..... | 77 | 2,803 | 115.3 | 129.3 | 265.5 | 962 | 17.7 | 343 | 1,743 | 5,783 | 1.69 | 2.37 | 29.9 | 2.27 | 5.64 | 98 |
| 23-34..... | 226 | 2,278 | 91.9 | 102.3 | 232.9 | 795 | 15.1 | 286 | 1,383 | 5,733 | 1.51 | 1.92 | 22.7 | 1.68 | 5.35 | 112 |
| 35-50..... | 203 | 2,303 | 96.8 | 106.1 | 217.1 | 780 | 15.5 | 296 | 1,416 | 6,343 | 1.43 | 1.86 | 23.4 | 1.75 | 5.67 | 91 |
| 51-64..... | 176 | 2,090 | 92.5 | 99.7 | 194.1 | 650 | 14.7 | 287 | 1,231 | 5,822 | 1.38 | 1.67 | 23.1 | 1.65 | 6.23 | 99 |
| 65-74..... | 80 | 1,976 | 84.2 | 90.8 | 205.1 | 736 | 15.6 | 289 | 1,284 | 6,230 | 1.56 | 1.89 | 22.9 | 1.72 | 5.06 | 115 |
| 75 and over..... | 38 | 1,717 | 73.5 | 74.4 | 190.7 | 703 | 13.0 | 268 | 1,116 | 7,098 | 1.19 | 1.59 | 17.3 | 1.49 | 3.08 | 101 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 63 | 1,858 | 71.6 | 76.9 | 223.7 | 820 | 12.1 | 259 | 1,186 | 4,738 | 1.33 | 1.82 | 18.0 | 1.48 | 4.04 | 87 |
| 12-14..... | 82 | 2,010 | 79.2 | 88.6 | 228.2 | 859 | 12.7 | 233 | 1,263 | 4,957 | 1.48 | 1.89 | 19.3 | 1.55 | 4.09 | 96 |
| 15-18..... | 121 | 1,860 | 76.8 | 81.4 | 206.9 | 763 | 11.4 | 214 | 1,145 | 4,933 | 1.31 | 1.73 | 18.7 | 1.41 | 3.53 | 90 |
| 19-22..... | 121 | 1,623 | 67.7 | 76.4 | 166.7 | 648 | 10.7 | 194 | 1,017 | 4,320 | 1.05 | 1.40 | 15.5 | 1.29 | 3.46 | 86 |
| 23-34..... | 287 | 1,668 | 68.6 | 74.1 | 170.2 | 632 | 11.0 | 221 | 1,036 | 5,082 | 1.07 | 1.42 | 16.6 | 1.30 | 3.87 | 89 |
| 35-50..... | 271 | 1,494 | 64.1 | 67.8 | 152.7 | 522 | 10.6 | 213 | 917 | 4,365 | 1.06 | 1.28 | 16.3 | 1.21 | 3.41 | 96 |
| 51-64..... | 237 | 1,471 | 66.4 | 69.2 | 143.1 | 520 | 10.8 | 226 | 927 | 5,895 | .99 | 1.32 | 17.3 | 1.26 | 4.24 | 96 |
| 65-74..... | 117 | 1,405 | 58.7 | 64.6 | 148.7 | 552 | 10.3 | 220 | 896 | 7,512 | 1.00 | 1.42 | 15.5 | 1.17 | 5.70 | 83 |
| 75 and over..... | 62 | 1,302 | 54.7 | 54.2 | 155.3 | 600 | 10.4 | 208 | 884 | 7,489 | 1.00 | 1.56 | 14.3 | 1.24 | 6.16 | 95 |
| All individuals... | [4]2,715 | 1,841 | 76.6 | 83.1 | 191.4 | 713 | 12.6 | 242 | 1,147 | 5,530 | 1.27 | 1.68 | 19.0 | 1.47 | 4.64 | 94 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 10 breast-fed infants.
[3] Excludes 1 breast-fed infant.
[4] Excludes 11 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.2b.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, suburban areas, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2] 27 | 827 | 31.8 | 31.0 | 102.0 | 907 | 18.7 | 151 | 767 | 3,544 | 0.99 | 1.71 | 9.8 | 0.64 | 2.52 | 84 |
| 1-2..... | 117 | 1,163 | 44.8 | 47.4 | 143.2 | 731 | 8.0 | 159 | 831 | 3,528 | .85 | 1.41 | 19.7 | .90 | 2.86 | 74 |
| 3-5..... | 161 | 1,505 | 56.1 | 66.3 | 175.9 | 723 | 9.8 | 186 | 954 | 3,536 | 1.05 | 1.58 | 13.5 | 1.14 | 3.55 | 77 |
| 6-8..... | 197 | 1,773 | 66.5 | 75.9 | 211.0 | 918 | 11.2 | 222 | 1,183 | 4,261 | 1.29 | 1.88 | 16.1 | 1.37 | 4.08 | 83 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 77 | 2,076 | 78.9 | 91.5 | 238.7 | 918 | 14.1 | 264 | 1,313 | 4,141 | 1.59 | 2.16 | 20.8 | 1.56 | 5.48 | 81 |
| 12-14..... | 140 | 2,389 | 89.8 | 108.5 | 269.7 | 1,158 | 15.2 | 294 | 1,521 | 5,522 | 1.74 | 2.47 | 21.2 | 1.74 | 5.63 | 93 |
| 15-18..... | 149 | 2,832 | 109.1 | 131.1 | 310.8 | 1,364 | 17.6 | 347 | 1,823 | 5,895 | 1.98 | 2.82 | 24.7 | 2.05 | 6.43 | 126 |
| 19-22..... | 108 | 2,630 | 108.4 | 123.4 | 259.9 | 1,055 | 16.1 | 301 | 1,644 | 4,654 | 1.62 | 2.24 | 24.5 | 1.86 | 5.43 | 87 |
| 23-34..... | 293 | 2,417 | 97.9 | 116.1 | 229.4 | 816 | 15.7 | 302 | 1,462 | 5,215 | 1.53 | 1.93 | 24.1 | 1.83 | 5.73 | 86 |
| 35-50..... | 335 | 2,258 | 93.9 | 106.9 | 812.0 | 738 | 15.4 | 315 | 1,363 | 5,566 | 1.40 | 1.83 | 24.5 | 1.73 | 5.25 | 90 |
| 51-64..... | 242 | 2,150 | 88.3 | 101.7 | 211.0 | 722 | 15.8 | 310 | 1,295 | 7,536 | 1.45 | 1.98 | 22.6 | 1.76 | 8.88 | 101 |
| 65-74..... | 93 | 2,003 | 81.1 | 96.8 | 207.2 | 800 | 14.1 | 304 | 1,287 | 7,107 | 1.37 | 1.90 | 20.9 | 1.60 | 5.77 | 99 |
| 75 and over..... | 36 | 1,893 | 72.9 | 92.7 | 194.5 | 815 | 13.7 | 269 | 1,168 | 6,199 | 1.45 | 1.81 | 18.5 | 1.55 | 4.70 | 120 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 99 | 1,994 | 72.2 | 85.4 | 238.6 | 896 | 12.3 | 236 | 1,206 | 4,080 | 1.46 | 1.97 | 18.1 | 1.43 | 3.92 | 99 |
| 12-14..... | 131 | 1,923 | 72.2 | 87.5 | 215.8 | 902 | 11.4 | 221 | 1,204 | 3,754 | 1.23 | 1.83 | 16.6 | 1.29 | 4.24 | 85 |
| 15-18..... | 160 | 1,836 | 69.5 | 85.4 | 199.8 | 786 | 11.2 | 218 | 1,126 | 3,728 | 1.15 | 1.61 | 16.5 | 1.28 | 3.80 | 82 |
| 19-22..... | 116 | 1,607 | 64.1 | 73.6 | 173.7 | 649 | 10.6 | 198 | 1,009 | 3,044 | 1.06 | 1.42 | 14.1 | 1.20 | 3.37 | 74 |
| 23-34..... | 365 | 1,593 | 66.2 | 74.8 | 158.5 | 590 | 10.9 | 218 | 980 | 4,340 | 1.00 | 1.33 | 16.1 | 1.23 | 3.90 | 77 |
| 35-50..... | 382 | 1,537 | 65.0 | 74.4 | 147.3 | 532 | 10.8 | 226 | 929 | 4,106 | .99 | 1.24 | 16.1 | 1.16 | 3.68 | 75 |
| 51-64..... | 281 | 1,566 | 67.2 | 73.5 | 158.1 | 558 | 12.1 | 248 | 986 | 6,299 | 1.09 | 1.48 | 17.8 | 1.36 | 6.19 | 100 |
| 65-74..... | 111 | 1,470 | 61.3 | 66.5 | 160.0 | 580 | 11.0 | 230 | 944 | 6,419 | 1.11 | 1.47 | 16.4 | 1.33 | 4.69 | 101 |
| 75 and over..... | 53 | 1,419 | 53.4 | 61.3 | 165.6 | 578 | 10.3 | 221 | 858 | 5,110 | .96 | 1.26 | 13.3 | 1.14 | 2.64 | 94 |
| All individuals... | [2] 3,673 | 1,897 | 76.1 | 88.0 | 197.3 | 763 | 12.8 | 254 | 1,183 | 4,968 | 1.27 | 1.73* | 18.7 | 1.45 | 4.90 | 88 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 14 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.2c.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, nonmetropolitan areas, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]30 | 737 | 23.8 | 29.7 | 86.8 | 645 | 17.6 | 105 | 535 | 3,212 | 0.82 | 1.33 | 8.5 | 0.52 | 1.88 | 70 |
| 1-2..... | [3]83 | 1,124 | 44.7 | 47.9 | 130.5 | 653 | 7.6 | 146 | 787 | 2,531 | .83 | 1.34 | 10.0 | .80 | 3.01 | 58 |
| 3-5..... | 157 | 1,407 | 54.7 | 57.6 | 170.7 | 707 | 9.2 | 176 | 920 | 3,376 | 1.07 | 1.55 | 13.7 | 1.12 | 3.17 | 67 |
| 6-8..... | 167 | 1,676 | 64.0 | 71.6 | 197.6 | 856 | 10.6 | 206 | 1,110 | 3,828 | 1.22 | 1.79 | 15.2 | 1.23 | 3.89 | 74 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 79 | 1,979 | 75.2 | 84.5 | 233.6 | 937 | 12.7 | 238 | 1,237 | 4,239 | 1.38 | 2.04 | 18.4 | 1.42 | 4.40 | 86 |
| 12-14..... | 102 | 2,301 | 85.9 | 97.0 | 277.1 | 1,051 | 15.5 | 288 | 1,433 | 4,788 | 1.71 | 2.35 | 21.7 | 1.74 | 4.99 | 93 |
| 15-18..... | 137 | 2,560 | 103.9 | 114.8 | 281.2 | 1,105 | 16.3 | 300 | 1,626 | 5,015 | 1.74 | 2.37 | 24.3 | 1.81 | 4.94 | 93 |
| 19-22..... | 102 | 2,327 | 94.3 | 104.6 | 246.8 | 923 | 14.6 | 287 | 1,447 | 4,813 | 1.40 | 2.02 | 23.4 | 1.76 | 5.16 | 80 |
| 23-34..... | 251 | 2,640 | 103.7 | 124.4 | 263.4 | 877 | 16.8 | 318 | 1,528 | 4,940 | 1.61 | 2.10 | 25.4 | 1.92 | 5.28 | 90 |
| 35-50..... | 246 | 2,399 | 96.6 | 115.1 | 235.5 | 786 | 16.6 | 315 | 1,425 | 5,319 | 1.53 | 1.96 | 23.3 | 1.73 | 5.86 | 77 |
| 51-64..... | 216 | 2,191 | 90.0 | 103.1 | 218.4 | 723 | 15.8 | 312 | 1,329 | 7,192 | 1.54 | 1.94 | 23.7 | 1.81 | 6.02 | 95 |
| 65-74..... | 122 | 1,940 | 78.8 | 91.0 | 204.0 | 670 | 14.1 | 273 | 1,189 | 7,020 | 1.33 | 1.80 | 19.6 | 1.46 | 6.36 | 92 |
| 75 and over..... | 53 | 1,818 | 77.1 | 90.7 | 182.1 | 572 | 13.6 | 264 | 1,129 | 6,739 | 1.53 | 1.79 | 19.9 | 1.49 | 6.41 | 78 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 79 | 1,707 | 67.0 | 72.9 | 201.4 | 801 | 11.4 | 222 | 1,084 | 3,997 | 1.28 | 1.79 | 16.6 | 1.39 | 3.64 | 74 |
| 12-14..... | 96 | 1,783 | 69.4 | 79.5 | 200.4 | 818 | 10.8 | 208 | 1,117 | 3,731 | 1.19 | 1.70 | 16.0 | 1.25 | 3.65 | 65 |
| 15-18..... | 121 | 1,660 | 66.0 | 72.9 | 188.1 | 769 | 10.7 | 210 | 1,059 | 4,074 | 1.11 | 1.60 | 15.7 | 1.22 | 3.60 | 68 |
| 19-22..... | 100 | 1,635 | 68.4 | 77.8 | 165.5 | 588 | 10.3 | 207 | 995 | 4,034 | 1.01 | 1.30 | 15.4 | 1.18 | 4.21 | 77 |
| 23-34..... | 297 | 1,593 | 62.7 | 72.0 | 168.4 | 594 | 10.2 | 212 | 967 | 3,605 | .99 | 1.31 | 14.9 | 1.13 | 2.97 | 62 |
| 35-50..... | 289 | 1,502 | 62.2 | 69.1 | 154.6 | 485 | 10.9 | 225 | 918 | 4,377 | 1.00 | 1.31 | 16.3 | 1.22 | 4.25 | 68 |
| 51-64..... | 274 | 1,520 | 62.1 | 70.7 | 158.7 | 516 | 11.1 | 230 | 926 | 5,909 | 1.05 | 1.40 | 16.7 | 1.24 | 5.22 | 83 |
| 65-74..... | 149 | 1,454 | 61.2 | 66.2 | 157.2 | 566 | 10.5 | 230 | 946 | 5,042 | 1.10 | 1.35 | 15.3 | 1.23 | 2.68 | 93 |
| 75 and over..... | 82 | 1,370 | 54.1 | 61.1 | 153.6 | 593 | 10.0 | 213 | 892 | 5,288 | 1.05 | 1.37 | 13.8 | 1.09 | 3.43 | 84 |
| All individuals... | [4]3,232 | 1,850 | 74.0 | 84.2 | 197.3 | 718 | 12.6 | 246 | 1,143 | 4,798 | 1.26 | 1.69 | 18.3 | 1.40 | 4.46 | 79 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 12 breast-fed infants.
[3]Excludes 3 breast-fed infants.
[4]Excludes 15 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.3a.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
Northeast, all urbanizations, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]14 | 831 | 31.2 | 31.9 | 98.2 | 816 | 21.6 | 139 | 694 | 2,829 | 1.03 | 1.70 | 11.2 | 0.65 | 2.59 | 104 |
| 1-2..... | [3]45 | 1,265 | 49.8 | 51.3 | 154.2 | 821 | 9.3 | 171 | 907 | 3,091 | .94 | 1.61 | 11.0 | 1.00 | 3.57 | 100 |
| 3-5..... | 107 | 1,541 | 62.5 | 67.5 | 175.8 | 824 | 10.2 | 195 | 1,016 | 3,994 | 1.08 | 1.72 | 14.9 | 1.21 | 4.01 | 80 |
| 6-8..... | 108 | 1,887 | 71.6 | 79.0 | 227.3 | 1,011 | 11.7 | 237 | 1,261 | 4,949 | 1.41 | 2.06 | 17.5 | 1.50 | 4.58 | 113 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 57 | 1,990 | 80.2 | 85.0 | 228.0 | 934 | 12.5 | 243 | 1,277 | 4,457 | 1.45 | 2.07 | 19.4 | 1.46 | 5.31 | 85 |
| 12-14..... | 76 | 2,434 | 92.8 | 111.3 | 272.5 | 1,083 | 15.0 | 293 | 1,496 | 5,140 | 1.62 | 2.42 | 23.0 | 1.76 | 5.58 | 101 |
| 15-18..... | 97 | 2,659 | 101.5 | 123.1 | 289.8 | 1,206 | 15.9 | 302 | 1,627 | 5,748 | 1.75 | 2.54 | 23.1 | 1.82 | 5.81 | 115 |
| 19-22..... | 53 | 2,782 | 113.7 | 125.6 | 267.2 | 1,078 | 16.1 | 356 | 1,744 | 4,327 | 1.58 | 2.34 | 29.0 | 2.06 | 5.49 | 106 |
| 23-34..... | 186 | 2,437 | 95.1 | 109.4 | 246.7 | 867 | 14.9 | 306 | 1,446 | 5,996 | 1.46 | 2.02 | 23.3 | 1.78 | 6.57 | 125 |
| 35-50..... | 178 | 2,331 | 98.2 | 110.1 | 213.5 | 735 | 15.1 | 306 | 1,369 | 5,514 | 1.36 | 1.81 | 24.1 | 1.71 | 5.80 | 89 |
| 51-64..... | 158 | 2,073 | 89.4 | 95.3 | 198.6 | 672 | 14.9 | 297 | 1,270 | 7,608 | 1.38 | 1.87 | 22.6 | 1.66 | 10.64 | 107 |
| 65-74..... | 67 | 1.953 | 80.8 | 90.1 | 199.9 | 756 | 14.7 | 286 | 1,217 | 6,823 | 1.43 | 1.96 | 20.6 | 1.60 | 6.55 | 114 |
| 75 and over..... | 27 | 1,590 | 71.5 | 70.2 | 170.0 | 634 | 13.0 | 250 | 1,076 | 5,882 | 1.36 | 1.62 | 19.1 | 1.63 | 3.57 | 107 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 60 | 2,027 | 76.4 | 85.2 | 242.7 | 892 | 12.2 | 245 | 1,219 | 3,754 | 1.50 | 2.04 | 19.7 | 1.45 | 4.19 | 93 |
| 12-14..... | 76 | 1,868 | 73.8 | 80.5 | 214.2 | 830 | 11.0 | 210 | 1,150 | 3,354 | 1.26 | 1.78 | 17.6 | 1.38 | 4.25 | 85 |
| 15-18..... | 84 | 1,658 | 68.1 | 75.8 | 175.7 | 679 | 10.1 | 195 | 1,016 | 3,471 | 1.03 | 1.44 | 16.0 | 1.16 | 3.79 | 71 |
| 19-22..... | 78 | 1,779 | 73.8 | 83.4 | 184.3 | 678 | 11.4 | 230 | 1,113 | 4,269 | 1.17 | 1.50 | 16.0 | 1.31 | 4.23 | 91 |
| 23-34..... | 252 | 1,748 | 71.2 | 77.5 | 175.4 | 664 | 11.5 | 233 | 1,065 | 4,719 | 1.03 | 1.46 | 17.3 | 1.34 | 4.29 | 91 |
| 35-50..... | 242 | 1,505 | 64.6 | 69.5 | 151.9 | 516 | 10.7 | 228 | 923 | 4,118 | 1.00 | 1.28 | 15.8 | 1.15 | 4.80 | 89 |
| 51-64..... | 195 | 1,556 | 68.4 | 73.8 | 150.0 | 555 | 11.5 | 237 | 975 | 7,001 | 1.03 | 1.46 | 17.5 | 1.33 | 7.26 | 111 |
| 65-74..... | 90 | 1,469 | 61.9 | 68.3 | 156.3 | 541 | 10.3 | 223 | 900 | 7,398 | 1.04 | 1.44 | 16.0 | 1.24 | 5.29 | 100 |
| 75 and over..... | 42 | 1,315 | 49.5 | 58.7 | 149.7 | 511 | 9.2 | 214 | 798 | 5,598 | .98 | 1.15 | 13.0 | 1.03 | 2.13 | 91 |
| All individuals... | [4]2,292 | 1,897 | 77.5 | 85.9 | 197.0 | 750 | 12.5 | 253 | 1,172 | 5,256 | 1.24 | 1.74 | 19.0 | 1.45 | 5.51 | 99 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 5 breast-fed infants.
[3] Excludes 1 breast-fed infant.
[4] Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.3b.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
North Central, all urbanizations, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]19 | 794 | 27.7 | 26.1 | 111.9 | 754 | 18.6 | 123 | 591 | 3,453 | 0.96 | 1.50 | 11.0 | 0.81 | 2.00 | 65 |
| 1-2..... | [3]62 | 1,147 | 51.9 | 49.6 | 125.2 | 799 | 7.4 | 169 | 915 | 2,949 | .93 | 1.57 | 11.1 | .94 | 3.40 | 67 |
| 3-5..... | 105 | 1,449 | 56.0 | 62.0 | 171.5 | 721 | 9.2 | 186 | 956 | 4,086 | 1.06 | 1.64 | 13.7 | 1.12 | 4.65 | 71 |
| 6-8..... | 111 | 1,707 | 64.4 | 72.5 | 204.3 | 864 | 11.2 | 223 | 1,127 | 4,976 | 1.33 | 1.90 | 16.5 | 1.33 | 4.93 | 85 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 70 | 2,040 | 77.1 | 91.0 | 233.0 | 896 | 12.9 | 248 | 1,248 | 4,019 | 1.51 | 2.06 | 19.5 | 1.51 | 4.40 | 85 |
| 12-14..... | 79 | 2,211 | 84.3 | 96.9 | 256.4 | 1,080 | 14.3 | 274 | 1,420 | 4,710 | 1.63 | 2.36 | 20.5 | 1.78 | 4.93 | 86 |
| 15-18..... | 104 | 2,710 | 105.3 | 123.4 | 300.8 | 1,342 | 18.0 | 326 | 1,741 | 7,203 | 1.91 | 2.84 | 24.4 | 2.08 | 6.14 | 131 |
| 19-22..... | 67 | 2,626 | 107.5 | 117.9 | 263.1 | 1,041 | 15.7 | 323 | 1,664 | 5,156 | 1.57 | 2.32 | 26.9 | 2.09 | 5.49 | 104 |
| 23-34..... | 214 | 2,501 | 101.1 | 122.2 | 237.4 | 852 | 16.4 | 305 | 1,499 | 4,969 | 1.64 | 2.07 | 25.0 | 1.87 | 5.64 | 88 |
| 35-50..... | 202 | 2,357 | 96.5 | 111.8 | 226.0 | 766 | 16.3 | 314 | 1,406 | 5,183 | 1.46 | 1.89 | 24.3 | 1.79 | 5.38 | 90 |
| 51-64..... | 175 | 2,192 | 89.0 | 105.8 | 212.3 | 680 | 15.1 | 300 | 1,255 | 6,002 | 1.49 | 1.83 | 24.0 | 1.75 | 5.72 | 94 |
| 65-74..... | 75 | 2,049 | 82.2 | 98.6 | 214.4 | 719 | 15.2 | 291 | 1,258 | 6,156 | 1.44 | 1.79 | 22.5 | 1.64 | 4.58 | 98 |
| 75 and over..... | 36 | 1,988 | 78.2 | 93.9 | 209.7 | 684 | 14.2 | 273 | 1,171 | 7,140 | 1.53 | 1.85 | 18.8 | 1.50 | 6.34 | 100 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 70 | 1,844 | 67.2 | 82.5 | 213.4 | 777 | 11.2 | 236 | 1,093 | 3,574 | 1.23 | 1.68 | 16.1 | 1.26 | 3.73 | 86 |
| 12-14..... | 79 | 1,808 | 66.7 | 80.3 | 209.7 | 866 | 10.8 | 212 | 1,137 | 4,195 | 1.23 | 1.76 | 15.4 | 1.18 | 3.81 | 71 |
| 15-18..... | 113 | 1,818 | 69.5 | 81.1 | 206.0 | 772 | 11.0 | 219 | 1,122 | 3,947 | 1.17 | 1.65 | 16.7 | 1.32 | 3.56 | 76 |
| 19-22..... | 78 | 1,546 | 65.3 | 72.5 | 156.5 | 614 | 10.0 | 195 | 998 | 3,374 | .96 | 1.31 | 15.0 | 1.23 | 4.30 | 75 |
| 23-34..... | 234 | 1,685 | 66.3 | 78.6 | 173.3 | 657 | 10.7 | 223 | 1,041 | 4,618 | 1.10 | 1.44 | 15.7 | 1.23 | 3.96 | 81 |
| 35-50..... | 231 | 1,534 | 62.2 | 72.3 | 152.6 | 491 | 10.9 | 222 | 897 | 3,871 | 1.01 | 1.24 | 16.4 | 1.19 | 3.30 | 72 |
| 51-64..... | 204 | 1,566 | 67.7 | 76.4 | 151.8 | 498 | 11.5 | 236 | 941 | 4,832 | 1.04 | 1.32 | 18.2 | 1.30 | 4.21 | 87 |
| 65-74..... | 96 | 1,502 | 61.0 | 68.5 | 163.5 | 579 | 11.2 | 233 | 977 | 6,674 | 1.14 | 1.49 | 16.4 | 1.27 | 4.81 | 94 |
| 75 and over..... | 64 | 1,522 | 62.7 | 64.1 | 176.0 | 645 | 11.3 | 231 | 979 | 6,681 | 1.13 | 1.62 | 16.5 | 1.35 | 5.69 | 91 |
| All individuals... | [4]2,488 | 1,902 | 76.1 | 88.1 | 198.6 | 744 | 12.8 | 252 | 1,173 | 4,896 | 1.29 | 1.74 | 19.1 | 1.47 | 4.63 | 86 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 12 breast-fed infants.
[3]Excludes 1 breast-fed infant.
[4]Excludes 13 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.3c.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
South, all urbanizations, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]28 | 791 | 29.6 | 33.9 | 85.5 | 763 | 16.9 | 121 | 650 | 3,913 | 0.84 | 1.50 | 8.5 | 0.60 | 2.41 | 78 |
| 1-2..... | [3]91 | 1,118 | 40.9 | 45.8 | 138.6 | 598 | 7.5 | 143 | 736 | 3,151 | .81 | 1.24 | 9.4 | .84 | 2.72 | 52 |
| 3-5..... | 142 | 1,382 | 50.0 | 56.3 | 171.6 | 587 | 8.9 | 161 | 829 | 3,273 | 1.02 | 1.35 | 16.6 | 1.06 | 2.67 | 70 |
| 6-8..... | 161 | 1,589 | 61.0 | 66.4 | 189.9 | 717 | 10.2 | 188 | 999 | 4,151 | 1.19 | 1.63 | 15.4 | 1.28 | 3.38 | 75 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 56 | 1,832 | 73.0 | 79.2 | 209.4 | 830 | 12.8 | 215 | 1,164 | 4,330 | 1.41 | 1.95 | 19.0 | 1.50 | 4.32 | 78 |
| 12-14..... | 98 | 2,243 | 85.2 | 100.6 | 252.1 | 936 | 15.3 | 257 | 1,338 | 6,038 | 1.69 | 2.20 | 21.3 | 1.75 | 4.85 | 85 |
| 15-18..... | 129 | 2,586 | 103.9 | 116.1 | 284.1 | 959 | 16.7 | 289 | 1,567 | 4,834 | 1.72 | 2.21 | 24.3 | 1.83 | 4.79 | 95 |
| 19-22..... | 98 | 2,313 | 95.8 | 105.5 | 240.0 | 772 | 16.1 | 269 | 1,380 | 4,510 | 1.55 | 1.94 | 24.0 | 1.83 | 4.47 | 73 |
| 23-34..... | 236 | 2,345 | 93.9 | 106.2 | 242.9 | 703 | 15.5 | 282 | 1,351 | 4,822 | 1.52 | 1.79 | 23.6 | 1.70 | 4.24 | 81 |
| 35-50..... | 238 | 2,277 | 94.4 | 106.7 | 225.9 | 739 | 16.0 | 292 | 1,371 | 6,109 | 1.54 | 1.89 | 23.4 | 1.69 | 5.97 | 84 |
| 51-64..... | 212 | 2,075 | 86.5 | 97.1 | 213.1 | 724 | 15.5 | 293 | 1,277 | 7,332 | 1.50 | 1.91 | 21.8 | 1.69 | 6.03 | 92 |
| 65-74..... | 104 | 1,923 | 82.8 | 91.3 | 197.0 | 664 | 14.5 | 280 | 1,256 | 7,455 | 1.42 | 1.90 | 21.1 | 1.59 | 6.83 | 98 |
| 75 and over..... | 41 | 1,820 | 76.0 | 88.8 | 191.4 | 635 | 13.3 | 259 | 1,122 | 6,454 | 1.44 | 1.77 | 20.1 | 1.55 | 5.15 | 80 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 67 | 1,735 | 68.2 | 72.3 | 207.0 | 761 | 12.6 | 223 | 1,097 | 4,737 | 1.32 | 1.75 | 17.0 | 1.47 | 3.55 | 85 |
| 12-14..... | 99 | 1,930 | 74.0 | 89.5 | 209.4 | 750 | 11.9 | 212 | 1,148 | 4,033 | 1.27 | 1.69 | 17.6 | 1.35 | 3.76 | 75 |
| 15-18..... | 135 | 1,796 | 71.3 | 79.3 | 202.5 | 708 | 11.6 | 213 | 1,082 | 4,337 | 1.22 | 1.57 | 17.5 | 1.31 | 3.33 | 87 |
| 19-22..... | 94 | 1,522 | 60.4 | 68.9 | 167.1 | 536 | 10.1 | 173 | 887 | 3,838 | .97 | 1.28 | 14.7 | 1.16 | 2.92 | 76 |
| 23-34..... | 289 | 1,500 | 61.3 | 67.9 | 157.6 | 476 | 10.2 | 196 | 877 | 3,699 | .96 | 1.18 | 15.2 | 1.14 | 2.74 | 62 |
| 35-50..... | 290 | 1,492 | 63.7 | 69.2 | 153.4 | 492 | 10.6 | 209 | 909 | 4,337 | 1.02 | 1.25 | 16.4 | 1.19 | 3.40 | 72 |
| 51-64..... | 276 | 1,436 | 60.4 | 64.2 | 154.8 | 522 | 11.1 | 220 | 917 | 6,117 | 1.05 | 1.43 | 16.0 | 1.22 | 4.81 | 82 |
| 65-74..... | 125 | 1,359 | 58.0 | 60.9 | 146.7 | 540 | 10.0 | 212 | 892 | 5,220 | 1.07 | 1.31 | 14.9 | 1.17 | 2.89 | 83 |
| 75 and over..... | 62 | 1,284 | 50.5 | 56.8 | 144.3 | 610 | 9.6 | 193 | 863 | 5,523 | .96 | 1.40 | 12.5 | 1.07 | 3.69 | 70 |
| All individuals... | [4]3,071 | 1,782 | 72.3 | 80.4 | 191.7 | 652 | 12.5 | 230 | 1,088 | 4,979 | 1.25 | 1.60 | 18.1 | 1.38 | 4.12 | 79 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 12 breast-fed infants.
[3] Excludes 2 breast-fed infants.
[4] Excludes 14 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.3d.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
West, all urbanizations, all incomes

| Sex and age (years) | Individuals | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2] 17 | 770 | 28.6 | 28.1 | 98.7 | 860 | 13.3 | 136 | 701 | 3,455 | 0.80 | 1.49 | 7.0 | 0.54 | 2.32 | 66 |
| 1-2..... | 66 | 1,173 | 45.3 | 50.9 | 137.4 | 782 | 8.1 | 161 | 869 | 3,902 | .85 | 1.43 | 9.3 | .91 | 2.78 | 69 |
| 3-5..... | 83 | 1,371 | 53.0 | 59.1 | 160.3 | 774 | 10.2 | 176 | 956 | 3,530 | 1.13 | 1.69 | 13.5 | 1.09 | 3.77 | 53 |
| 6-8..... | 89 | 1,722 | 69.3 | 74.9 | 196.9 | 964 | 11.9 | 222 | 1,230 | 4,158 | 1.28 | 1.95 | 16.0 | 1.33 | 4.49 | 70 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 33 | 2,220 | 83.9 | 99.1 | 254.3 | 1,101 | 16.5 | 296 | 1,466 | 5,904 | 1.85 | 2.51 | 23.0 | 1.90 | 5.97 | 97 |
| 12-14..... | 60 | 2,680 | 99.8 | 117.1 | 313.3 | 1,296 | 17.1 | 332 | 1,697 | 5,743 | 1.93 | 2.71 | 24.1 | 1.85 | 5.84 | 98 |
| 15-18..... | 70 | 2,935 | 120.3 | 136.6 | 312.2 | 1,386 | 18.4 | 373 | 1,931 | 5,345 | 1.96 | 2.88 | 27.6 | 2.22 | 6.93 | 112 |
| 19-22..... | 69 | 2,713 | 110.0 | 131.3 | 266.4 | 1,152 | 16.1 | 309 | 1,741 | 6,110 | 1.55 | 2.33 | 23.8 | 1.83 | 6.52 | 78 |
| 23-34..... | 134 | 2,563 | 104.4 | 125.3 | 238.5 | 966 | 17.1 | 330 | 1,611 | 5,569 | 1.58 | 2.13 | 24.7 | 1.97 | 5.84 | 88 |
| 35-50..... | 166 | 2,297 | 92.9 | 108.9 | 214.7 | 827 | 15.7 | 336 | 1,450 | 5,895 | 1.39 | 1.92 | 23.7 | 1.75 | 4.89 | 81 |
| 51-64..... | 89 | 2,362 | 101.7 | 115.6 | 209.9 | 746 | 17.4 | 352 | 1,417 | 6,694 | 1.49 | 1.90 | 25.4 | 2.00 | 6.61 | 109 |
| 65-74..... | 49 | 1,970 | 75.4 | 90.5 | 216.1 | 843 | 13.4 | 298 | 1,246 | 6,577 | 1.27 | 1.72 | 18.4 | 1.41 | 4.61 | 89 |
| 75 and over..... | 23 | 1,753 | 71.4 | 89.2 | 169.5 | 798 | 13.0 | 288 | 1,174 | 7,338 | 1.23 | 1.62 | 15.8 | 1.30 | 4.01 | 109 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 44 | 1,874 | 70.4 | 75.6 | 233.1 | 1,020 | 12.0 | 250 | 1,287 | 5,126 | 1.49 | 2.13 | 18.0 | 1.62 | 4.09 | 87 |
| 12-14..... | 55 | 2,039 | 80.2 | 91.5 | 229.4 | 1,115 | 12.8 | 259 | 1,412 | 4,924 | 1.41 | 2.11 | 18.2 | 1.54 | 4.45 | 101 |
| 15-18..... | 70 | 1,895 | 74.4 | 87.2 | 205.5 | 1,020 | 11.6 | 235 | 1,267 | 5,190 | 1.33 | 2.02 | 17.2 | 1.43 | 4.30 | 83 |
| 19-22..... | 87 | 1,653 | 68.4 | 79.6 | 167.6 | 705 | 10.7 | 204 | 1,054 | 3,707 | 1.08 | 1.42 | 14.5 | 1.21 | 3.34 | 76 |
| 23-34..... | 174 | 1,523 | 65.0 | 71.5 | 151.7 | 658 | 10.3 | 221 | 1,018 | 4,452 | .97 | 1.35 | 15.0 | 1.18 | 3.55 | 72 |
| 35-50..... | 179 | 1,536 | 65.3 | 73.7 | 144.3 | 580 | 11.1 | 235 | 974 | 4,848 | 1.01 | 1.33 | 16.4 | 1.26 | 3.64 | 87 |
| 51-64..... | 117 | 1,587 | 66.8 | 74.5 | 161.3 | 577 | 11.7 | 264 | 987 | 6,386 | 1.07 | 1.42 | 17.9 | 1.36 | 4.90 | 100 |
| 65-74..... | 66 | 1,483 | 62.2 | 67.6 | 158.8 | 630 | 11.5 | 254 | 973 | 5,817 | 1.01 | 1.43 | 15.5 | 1.34 | 4.36 | 97 |
| 75 and over..... | 29 | 1,278 | 49.5 | 52.7 | 155.4 | 551 | 10.5 | 218 | 818 | 5,624 | .90 | 1.29 | 11.8 | 1.09 | 4.17 | 129 |
| All individuals... | [2] 1,769 | 1,916 | 77.9 | 89.2 | 196.6 | 838 | 13.1 | 266 | 1,247 | 5,227 | 1.28 | 1.80 | 18.7 | 1.49 | 4.63 | 86 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 7 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.4.--NUTRIENT SOURCES OF FOOD ENERGY[1]
Percentage[2] of individuals' intake in a day,[3] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Protein | Fat | Carbohydrate | Other |
|---|---|---|---|---|---|
| Males and females: | | | | | |
| Under 1 | [4]78 | 14.8 | 35.1 | 47.4 | 4.1 |
| 1-2 | [5]264 | 16.1 | 37.3 | 47.6 | .2 |
| 3-5 | 437 | 15.6 | 37.7 | 47.8 | .2 |
| 6-8 | 469 | 15.6 | 37.6 | 47.8 | .2 |
| Males: | | | | | |
| 9-11 | 216 | 15.8 | 38.8 | 46.1 | .3 |
| 12-14 | 313 | 15.5 | 39.9 | 45.5 | .1 |
| 15-18 | 400 | 16.0 | 40.6 | 44.0 | .3 |
| 19-22 | 287 | 16.5 | 40.8 | 41.0 | 2.3 |
| 23-34 | 770 | 16.2 | 41.2 | 40.5 | 2.7 |
| 35-50 | 784 | 17.0 | 41.7 | 38.9 | 2.9 |
| 51-64 | 634 | 17.2 | 41.9 | 39.4 | 2.2 |
| 65-74 | 295 | 16.7 | 42.0 | 42.2 | 1.1 |
| 75 and over | 127 | 16.9 | 41.8 | 41.7 | .7 |
| Females: | | | | | |
| 9-11 | 241 | 15.4 | 37.4 | 48.3 | .2 |
| 12-14 | 309 | 15.5 | 39.3 | 46.0 | .2 |
| 15-18 | 402 | 16.1 | 39.6 | 44.8 | .4 |
| 19-22 | 337 | 16.8 | 41.2 | 42.2 | .7 |
| 23-34 | 949 | 17.0 | 40.2 | 41.6 | 2.1 |
| 35-50 | 942 | 17.4 | 41.3 | 40.2 | 2.0 |
| 51-64 | 792 | 17.5 | 41.3 | 41.1 | 1.4 |
| 65-74 | 377 | 16.8 | 39.7 | 44.2 | .6 |
| 75 and over | 197 | 16.1 | 38.4 | 46.2 | .6 |
| All individuals | [6]9,620 | 16.6 | 40.3 | 42.8 | 1.4 |

[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. Agr. Handb. 74, 1955. (Sl. rev. 1973.)
[2]Percentages may not add to 100 because of rounding.
[3]Based on 24-hour dietary recall of day preceding interview.
[4]Excludes 36 breast-fed infants.
[5]Excludes 4 breast-fed infants.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5a.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Food energy | Protein | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin[2] | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | |
| Under 1..... | [3]78 | 100 | 189 | 171 | 147 | 208 | 209 | 188 | 218 | 302 | 133 | 129 | 251 | 219 |
| 1-2..... | [4]264 | 97 | 210 | 100 | 53 | 125 | 125 | 159 | 145 | 204 | 112 | 113 | 160 | 162 |
| 3-5..... | 437 | 92 | 197 | 89 | 79 | 97 | 116 | 152 | 133 | 175 | 136 | 93 | 148 | 155 |
| 6-8..... | 469 | 81 | 206 | 108 | 111 | 94 | 142 | 140 | 118 | 155 | 116 | 90 | 143 | 184 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 216 | 80 | 205 | 97 | 102 | 85 | 133 | 111 | 117 | 140 | 117 | 92 | 162 | 176 |
| 12-14..... | 313 | 87 | 195 | 90 | 85 | 80 | 122 | 109 | 122 | 149 | 122 | 99 | 175 | 176 |
| 15-18..... | 400 | 96 | 190 | 99 | 95 | 79 | 141 | 115 | 130 | 151 | 137 | 98 | 192 | 183 |
| 19-22..... | 287 | 89 | 188 | 123 | 160 | 88 | 200 | 100 | 104 | 129 | 134 | 88 | 176 | 140 |
| 23-34..... | 770 | 91 | 175 | 104 | 159 | 86 | 183 | 100 | 111 | 124 | 134 | 82 | 165 | 149 |
| 35-50..... | 784 | 86 | 171 | 96 | 158 | 89 | 175 | 109 | 103 | 117 | 132 | 79 | 165 | 143 |
| 51-64..... | 634 | 87 | 161 | 88 | 155 | 87 | 161 | 118 | 122 | 134 | 144 | 79 | 156 | 164 |
| 65-74..... | 295 | 82 | 145 | 91 | 145 | 82 | 156 | 124 | 117 | 132 | 130 | 72 | 155 | 167 |
| 75 and over..... | 127 | 88 | 133 | 85 | 134 | 76 | 142 | 128 | 117 | 124 | 117 | 68 | 128 | 161 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 241 | 80 | 181 | 89 | 92 | 88 | 122 | 115 | 114 | 134 | 110 | 84 | 129 | 186 |
| 12-14..... | 309 | 87 | 159 | 72 | 64 | 73 | 99 | 102 | 117 | 139 | 114 | 75 | 134 | 159 |
| 15-18..... | 402 | 85 | 152 | 64 | 62 | 71 | 92 | 105 | 107 | 126 | 120 | 65 | 121 | 132 |
| 19-22..... | 337 | 76 | 148 | 77 | 58 | 65 | 123 | 95 | 93 | 104 | 106 | 60 | 112 | 129 |
| 23-34..... | 949 | 80 | 145 | 72 | 59 | 70 | 120 | 103 | 98 | 109 | 120 | 60 | 107 | 123 |
| 35-50..... | 942 | 76 | 144 | 64 | 60 | 74 | 115 | 104 | 101 | 105 | 124 | 59 | 110 | 131 |
| 51-64..... | 792 | 83 | 148 | 67 | 114 | 78 | 119 | 121 | 105 | 113 | 132 | 65 | 111 | 155 |
| 65-74..... | 377 | 80 | 137 | 71 | 106 | 76 | 116 | 137 | 107 | 117 | 120 | 62 | 108 | 154 |
| 75 and over..... | 197 | 85 | 123 | 74 | 101 | 71 | 110 | 136 | 101 | 117 | 106 | 58 | 97 | 150 |
| All individuals... | [5]9,620 | 85 | 165 | 85 | 104 | 83 | 136 | 116 | 112 | 130 | 126 | 76 | 139 | 152 |

[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 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5b.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income under $6,000[2]

| Sex and age (years) | Individuals (number) | Food energy | Protein | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin[3] | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | |
| Under 1..... | [4]11 | 101 | 186 | 187 | 97 | 213 | 224 | 137 | 180 | 279 | 85 | 119 | 252 | 191 |
| 1-2..... | 50 | 93 | 197 | 90 | 49 | 119 | 116 | 164 | 157 | 203 | 119 | 122 | 145 | 170 |
| 3-5..... | 51 | 92 | 207 | 94 | 86 | 93 | 119 | 154 | 161 | 196 | 148 | 96 | 149 | 151 |
| 6-8..... | 45 | 74 | 205 | 98 | 107 | 84 | 129 | 109 | 124 | 152 | 118 | 91 | 129 | 193 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 23 | 72 | 207 | 92 | 102 | 79 | 130 | 127 | 118 | 134 | 109 | 95 | 142 | 203 |
| 12-14..... | 26 | 82 | 169 | 78 | 73 | 70 | 106 | 145 | 129 | 135 | 110 | 82 | 119 | 163 |
| 15-18..... | 40 | 85 | 179 | 82 | 88 | 65 | 124 | 125 | 123 | 125 | 126 | 83 | 168 | 171 |
| 19-22..... | 40 | 82 | 173 | 109 | 152 | 84 | 191 | 94 | 99 | 110 | 118 | 79 | 161 | 118 |
| 23-34..... | 58 | 85 | 156 | 106 | 146 | 83 | 174 | 93 | 106 | 119 | 111 | 74 | 139 | 212 |
| 35-50..... | 41 | 86 | 175 | 98 | 164 | 97 | 181 | 99 | 121 | 107 | 130 | 78 | 146 | 154 |
| 51-64..... | 57 | 82 | 147 | 79 | 135 | 74 | 146 | 110 | 116 | 117 | 128 | 68 | 127 | 134 |
| 65-74..... | 81 | 80 | 140 | 83 | 138 | 77 | 147 | 122 | 120 | 121 | 118 | 64 | 137 | 139 |
| 75 and over..... | 44 | 85 | 131 | 82 | 133 | 71 | 136 | 157 | 110 | 126 | 108 | 65 | 134 | 139 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 27 | 76 | 198 | 81 | 95 | 83 | 120 | 142 | 108 | 127 | 111 | 93 | 137 | 158 |
| 12-14..... | 25 | 72 | 122 | 49 | 55 | 58 | 75 | 99 | 109 | 105 | 97 | 62 | 92 | 138 |
| 15-18..... | 39 | 81 | 156 | 62 | 59 | 72 | 92 | 98 | 108 | 124 | 129 | 56 | 95 | 108 |
| 19-22..... | 56 | 69 | 138 | 73 | 56 | 64 | 119 | 86 | 96 | 95 | 95 | 58 | 106 | 111 |
| 23-34..... | 104 | 74 | 138 | 65 | 55 | 61 | 113 | 97 | 101 | 103 | 115 | 57 | 98 | 115 |
| 35-50..... | 77 | 72 | 144 | 64 | 58 | 68 | 113 | 91 | 111 | 103 | 118 | 54 | 100 | 130 |
| 51-64..... | 118 | 80 | 144 | 65 | 107 | 72 | 115 | 126 | 109 | 113 | 123 | 62 | 102 | 136 |
| 65-74..... | 117 | 80 | 136 | 73 | 107 | 75 | 118 | 130 | 115 | 119 | 121 | 61 | 92 | 142 |
| 75 and over..... | 92 | 83 | 124 | 81 | 104 | 72 | 115 | 138 | 102 | 120 | 106 | 59 | 99 | 132 |
| All individuals... | [4]1,222 | 80 | 154 | 80 | 99 | 77 | 128 | 119 | 115 | 125 | 117 | 70 | 120 | 144 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4]Excludes 1 breast-fed infant.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5c.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income $6,000-$9,999[2]

| Sex and age (years) | Individuals (number) | Food energy | Protein | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin[3] | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | |
| Under 1..... | [4]10 | 99 | 211 | 142 | 104 | 179 | 193 | 159 | 187 | 266 | 121 | 125 | 305 | 150 |
| 1-2..... | 26 | 99 | 209 | 106 | 62 | 130 | 124 | 162 | 149 | 212 | 115 | 113 | 166 | 146 |
| 3-5..... | 73 | 86 | 190 | 79 | 74 | 87 | 106 | 140 | 116 | 149 | 118 | 84 | 125 | 127 |
| 6-8..... | 57 | 79 | 199 | 95 | 100 | 84 | 129 | 107 | 99 | 131 | 103 | 76 | 118 | 146 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 22 | 78 | 213 | 98 | 93 | 83 | 134 | 136 | 99 | 127 | 111 | 86 | 136 | 182 |
| 12-14..... | 46 | 83 | 175 | 74 | 81 | 71 | 107 | 100 | 96 | 117 | 102 | 78 | 139 | 138 |
| 15-18..... | 39 | 93 | 194 | 83 | 100 | 78 | 135 | 109 | 119 | 132 | 138 | 102 | 186 | 158 |
| 19-22..... | 36 | 95 | 196 | 124 | 170 | 91 | 209 | 121 | 114 | 140 | 148 | 103 | 201 | 158 |
| 23-34..... | 100 | 97 | 185 | 107 | 169 | 83 | 192 | 95 | 117 | 125 | 136 | 82 | 173 | 116 |
| 35-50..... | 59 | 77 | 157 | 85 | 150 | 71 | 157 | 116 | 99 | 119 | 115 | 67 | 187 | 119 |
| 51-64..... | 80 | 88 | 167 | 94 | 158 | 87 | 165 | 104 | 123 | 135 | 142 | 82 | 150 | 134 |
| 65-74..... | 65 | 77 | 137 | 97 | 142 | 83 | 153 | 130 | 112 | 131 | 126 | 71 | 133 | 193 |
| 75 and over..... | 25 | 94 | 133 | 91 | 136 | 81 | 140 | 120 | 128 | 122 | 117 | 72 | 115 | 175 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 37 | 82 | 192 | 98 | 101 | 92 | 131 | 128 | 117 | 140 | 113 | 89 | 139 | 178 |
| 12-14..... | 42 | 84 | 156 | 67 | 65 | 73 | 95 | 84 | 116 | 125 | 107 | 69 | 109 | 128 |
| 15-18..... | 66 | 87 | 157 | 66 | 65 | 72 | 91 | 125 | 112 | 128 | 123 | 71 | 116 | 144 |
| 19-22..... | 55 | 81 | 149 | 89 | 61 | 67 | 133 | 113 | 103 | 114 | 110 | 64 | 110 | 136 |
| 23-34..... | 136 | 76 | 149 | 73 | 57 | 70 | 120 | 100 | 93 | 108 | 122 | 59 | 107 | 114 |
| 35-50..... | 100 | 75 | 139 | 58 | 53 | 66 | 107 | 103 | 93 | 93 | 119 | 56 | 93 | 131 |
| 51-64..... | 120 | 84 | 151 | 69 | 120 | 78 | 120 | 112 | 106 | 119 | 139 | 69 | 115 | 138 |
| 65-74..... | 72 | 79 | 136 | 72 | 106 | 78 | 117 | 153 | 100 | 120 | 114 | 62 | 116 | 151 |
| 75 and over..... | 27 | 85 | 117 | 65 | 95 | 68 | 106 | 129 | 101 | 120 | 97 | 53 | 83 | 181 |
| All individuals... | [4]1,293 | 84 | 163 | 83 | 102 | 79 | 132 | 115 | 108 | 125 | 122 | 74 | 132 | 140 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5d.--NUTRITIVE VALUE OF FOOD

Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income $10,000-$15,999[2]

| Sex and age (years) | Individuals (number) | Food energy | Protein | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin[3] | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | |
| Under 1..... | [4]31 | 98 | 174 | 182 | 178 | 211 | 210 | 207 | 263 | 324 | 149 | 123 | 244 | 231 |
| 1-2..... | [5]82 | 97 | 205 | 108 | 52 | 124 | 131 | 150 | 138 | 209 | 99 | 116 | 164 | 161 |
| 3-5..... | 98 | 96 | 196 | 96 | 88 | 104 | 122 | 172 | 138 | 189 | 140 | 101 | 169 | 147 |
| 6-8..... | 122 | 82 | 200 | 108 | 114 | 91 | 141 | 132 | 120 | 158 | 118 | 89 | 144 | 170 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 43 | 80 | 188 | 96 | 103 | 83 | 129 | 101 | 116 | 141 | 112 | 86 | 163 | 140 |
| 12-14..... | 59 | 93 | 202 | 89 | 93 | 83 | 126 | 110 | 132 | 159 | 128 | 104 | 200 | 177 |
| 15-18..... | 74 | 99 | 186 | 104 | 94 | 78 | 142 | 113 | 127 | 159 | 136 | 95 | 192 | 166 |
| 19-22..... | 49 | 81 | 169 | 108 | 146 | 81 | 178 | 100 | 195 | 124 | 129 | 84 | 150 | 137 |
| 23-34..... | 192 | 90 | 171 | 107 | 155 | 87 | 183 | 97 | 111 | 127 | 130 | 81 | 163 | 131 |
| 35-50..... | 180 | 89 | 172 | 102 | 162 | 89 | 180 | 111 | 108 | 124 | 135 | 80 | 163 | 130 |
| 51-64..... | 127 | 88 | 162 | 85 | 160 | 90 | 160 | 104 | 127 | 133 | 149 | 77 | 159 | 151 |
| 65-74..... | 42 | 82 | 136 | 90 | 140 | 85 | 153 | 103 | 118 | 129 | 134 | 74 | 151 | 206 |
| 75 and over..... | 14 | 104 | 151 | 121 | 154 | 92 | 175 | 115 | 143 | 161 | 144 | 82 | 177 | 225 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 49 | 77 | 168 | 85 | 89 | 83 | 116 | 104 | 113 | 131 | 110 | 84 | 128 | 185 |
| 12-14..... | 70 | 90 | 168 | 75 | 67 | 75 | 105 | 115 | 126 | 151 | 124 | 83 | 135 | 164 |
| 15-18..... | 57 | 90 | 156 | 69 | 65 | 72 | 97 | 115 | 116 | 137 | 123 | 69 | 134 | 140 |
| 19-22..... | 68 | 76 | 160 | 76 | 59 | 65 | 126 | 86 | 90 | 106 | 109 | 63 | 118 | 128 |
| 23-34..... | 234 | 78 | 143 | 73 | 58 | 69 | 119 | 111 | 95 | 106 | 117 | 58 | 106 | 129 |
| 35-50..... | 182 | 76 | 141 | 69 | 61 | 72 | 116 | 101 | 107 | 113 | 127 | 60 | 114 | 126 |
| 51-64..... | 151 | 86 | 155 | 66 | 117 | 83 | 123 | 112 | 104 | 120 | 144 | 65 | 119 | 151 |
| 65-74..... | 55 | 82 | 140 | 76 | 105 | 73 | 119 | 111 | 106 | 118 | 118 | 61 | 105 | 147 |
| 75 and over..... | 16 | 97 | 138 | 77 | 105 | 77 | 118 | 92 | 107 | 122 | 116 | 62 | 103 | 155 |
| All individuals... | [6]1,995 | 86 | 167 | 89 | 105 | 85 | 139 | 114 | 116 | 137 | 128 | 78 | 144 | 147 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4] Excludes 10 breast-fed infants.
[5] Excludes 1 breast-fed infant.
[6] Excludes 11 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5e.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income $16,000 or more[2]

| Sex and age (years) | Individuals (number) | Food energy | Protein | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin[3] | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | |
| Under 1..... | [4]22 | 91 | 178 | 138 | 120 | 184 | 184 | 174 | 189 | 252 | 119 | 125 | 200 | 228 |
| 1-2..... | [5]70 | 103 | 233 | 107 | 55 | 136 | 133 | 169 | 147 | 211 | 123 | 116 | 169 | 190 |
| 3-5..... | 158 | 93 | 202 | 87 | 77 | 101 | 117 | 153 | 131 | 173 | 143 | 94 | 150 | 178 |
| 6-8..... | 181 | 83 | 208 | 114 | 111 | 98 | 146 | 160 | 123 | 160 | 117 | 95 | 151 | 211 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 76 | 82 | 207 | 96 | 102 | 87 | 133 | 101 | 117 | 137 | 115 | 96 | 157 | 205 |
| 12-14..... | 128 | 85 | 195 | 92 | 83 | 80 | 122 | 109 | 122 | 153 | 125 | 103 | 179 | 195 |
| 15-18..... | 156 | 98 | 192 | 104 | 96 | 82 | 142 | 113 | 131 | 159 | 142 | 103 | 204 | 198 |
| 19-22..... | 93 | 92 | 204 | 141 | 167 | 90 | 211 | 110 | 107 | 138 | 141 | 89 | 193 | 159 |
| 23-34..... | 297 | 91 | 179 | 100 | 161 | 87 | 182 | 107 | 112 | 122 | 140 | 86 | 167 | 165 |
| 35-50..... | 363 | 85 | 169 | 93 | 157 | 90 | 171 | 107 | 100 | 112 | 134 | 80 | 162 | 142 |
| 51-64..... | 243 | 91 | 166 | 90 | 157 | 90 | 165 | 126 | 123 | 136 | 148 | 83 | 161 | 186 |
| 65-74..... | 33 | 90 | 160 | 106 | 169 | 89 | 170 | 130 | 133 | 154 | 151 | 85 | 195 | 176 |
| 75 and over..... | 8 | 79 | 130 | 68 | 114 | 72 | 125 | 104 | 88 | 98 | 107 | 60 | 125 | 163 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 92 | 79 | 171 | 87 | 88 | 84 | 117 | 105 | 111 | 132 | 107 | 80 | 123 | 201 |
| 12-14..... | 110 | 92 | 173 | 78 | 68 | 79 | 105 | 103 | 117 | 149 | 122 | 79 | 154 | 174 |
| 15-18..... | 167 | 84 | 150 | 62 | 61 | 69 | 90 | 100 | 103 | 121 | 118 | 61 | 128 | 132 |
| 19-22..... | 96 | 79 | 146 | 75 | 58 | 66 | 120 | 98 | 87 | 105 | 109 | 62 | 115 | 136 |
| 23-34..... | 345 | 84 | 149 | 74 | 62 | 74 | 123 | 107 | 104 | 113 | 124 | 63 | 107 | 135 |
| 35-50..... | 402 | 76 | 147 | 65 | 62 | 77 | 116 | 110 | 98 | 108 | 125 | 60 | 118 | 128 |
| 51-64..... | 222 | 86 | 151 | 70 | 115 | 84 | 122 | 128 | 107 | 113 | 135 | 67 | 109 | 176 |
| 65-74..... | 29 | 81 | 132 | 64 | 102 | 70 | 110 | 103 | 105 | 104 | 115 | 58 | 107 | 173 |
| 75 and over..... | 14 | 83 | 121 | 60 | 92 | 61 | 97 | 90 | 86 | 91 | 111 | 52 | 86 | 120 |
| All individuals... | [6]3,305 | 86 | 171 | 87 | 104 | 85 | 139 | 117 | 111 | 130 | 129 | 79 | 145 | 164 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4]Excludes 13 breast-fed infants.
[5]Excludes 3 breast-fed infants.
[6]Excludes 16 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5f.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income not reported

| Sex and age (years) | Individuals (number) | Food energy | Protein | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin[2] | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | |
| Under 1..... | [3]4 | 151 | 304 | 285 | 302 | 356 | 342 | 327 | 219 | 547 | 227 | 228 | 439 | 321 |
| 1-2..... | 36 | 89 | 190 | 80 | 50 | 107 | 108 | 152 | 138 | 178 | 105 | 91 | 150 | 109 |
| 3-5..... | 57 | 87 | 181 | 92 | 72 | 95 | 115 | 127 | 126 | 170 | 122 | 86 | 135 | 141 |
| 6-8..... | 64 | 85 | 218 | 111 | 118 | 100 | 151 | 151 | 112 | 155 | 119 | 92 | 151 | 165 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 52 | 80 | 213 | 100 | 106 | 88 | 139 | 116 | 127 | 153 | 129 | 91 | 190 | 148 |
| 12-14..... | 54 | 92 | 219 | 104 | 89 | 88 | 141 | 96 | 129 | 165 | 132 | 110 | 194 | 171 |
| 15-18..... | 91 | 98 | 194 | 104 | 96 | 82 | 147 | 120 | 138 | 152 | 133 | 98 | 185 | 188 |
| 19-22..... | 69 | 89 | 184 | 117 | 160 | 90 | 202 | 80 | 96 | 126 | 133 | 86 | 168 | 118 |
| 23-34..... | 123 | 90 | 174 | 104 | 157 | 88 | 180 | 95 | 105 | 125 | 134 | 81 | 167 | 136 |
| 35-50..... | 141 | 87 | 177 | 99 | 157 | 89 | 182 | 112 | 104 | 124 | 133 | 79 | 175 | 166 |
| 51-64..... | 127 | 81 | 153 | 87 | 154 | 84 | 159 | 131 | 117 | 139 | 141 | 78 | 161 | 167 |
| 65-74..... | 74 | 85 | 155 | 89 | 148 | 83 | 163 | 131 | 111 | 138 | 137 | 73 | 178 | 149 |
| 75 and over..... | 36 | 84 | 129 | 75 | 130 | 74 | 142 | 109 | 116 | 114 | 119 | 67 | 111 | 152 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 36 | 89 | 197 | 96 | 95 | 107 | 137 | 120 | 128 | 142 | 113 | 83 | 128 | 176 |
| 12-14..... | 62 | 82 | 143 | 71 | 58 | 68 | 96 | 97 | 111 | 130 | 100 | 68 | 132 | 158 |
| 15-18..... | 73 | 83 | 149 | 64 | 60 | 73 | 93 | 93 | 106 | 128 | 115 | 69 | 114 | 130 |
| 19-22..... | 62 | 75 | 145 | 73 | 58 | 61 | 119 | 91 | 93 | 101 | 104 | 53 | 105 | 130 |
| 23-34..... | 130 | 78 | 134 | 72 | 59 | 70 | 117 | 84 | 94 | 110 | 117 | 57 | 119 | 99 |
| 35-50..... | 181 | 74 | 147 | 59 | 58 | 74 | 115 | 99 | 100 | 99 | 125 | 60 | 101 | 144 |
| 51-64..... | 181 | 76 | 141 | 62 | 109 | 71 | 111 | 121 | 98 | 106 | 122 | 60 | 109 | 155 |
| 65-74..... | 104 | 80 | 139 | 67 | 106 | 79 | 114 | 156 | 103 | 117 | 125 | 65 | 121 | 167 |
| 75 and over..... | 48 | 87 | 120 | 68 | 102 | 73 | 105 | 165 | 101 | 114 | 107 | 59 | 103 | 172 |
| All individuals... | [3]1,805 | 83 | 162 | 83 | 105 | 82 | 137 | 115 | 109 | 127 | 125 | 74 | 141 | 150 |

[1] Based on 24-hour dietary recall day preceding interview.
[2] Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[3] Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6a.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals | Food energy in total diet | Nutrient per 1,000 kcal: Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]278 | 794 | 37.0 | 39.0 | 118.5 | 1,008 | 22.1 | 161 | 838 | 4,601 | 1.13 | 1.96 | 11.4 | 0.80 | 2.96 | 101 |
| 1-2..... | [3]264 | 1,164 | 40.3 | 41.4 | 118.9 | 633 | 7.0 | 137 | 732 | 2,895 | .77 | 1.25 | 8.7 | .79 | 2.66 | 65 |
| 3-5..... | 437 | 1,435 | 38.9 | 41.8 | 119.6 | 503 | 6.8 | 125 | 657 | 2,638 | .75 | 1.11 | 9.5 | .79 | 2.64 | 50 |
| 6-8..... | 469 | 1,711 | 39.0 | 41.8 | 119.4 | 511 | 6.6 | 126 | 669 | 2,790 | .77 | 1.10 | 9.6 | .80 | 2.57 | 50 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 2,000 | 39.4 | 43.1 | 115.3 | 458 | 6.8 | 122 | 631 | 2,299 | .77 | 1.06 | 10.1 | .80 | 2.48 | 43 |
| 12-14..... | 313 | 2,366 | 38.7 | 44.3 | 113.7 | 458 | 6.5 | 121 | 624 | 2,395 | .74 | 1.03 | 9.6 | .77 | 2.22 | 40 |
| 15-18..... | 400 | 2,698 | 40.0 | 45.1 | 110.0 | 440 | 6.5 | 118 | 629 | 2,274 | .69 | .96 | 9.4 | .74 | 2.19 | 42 |
| 19-22..... | 287 | 2,569 | 41.2 | 45.3 | 102.6 | 390 | 6.3 | 121 | 623 | 1,934 | .62 | .86 | 9.9 | .75 | 2.10 | 35 |
| 23-34..... | 770 | 2,449 | 40.5 | 45.7 | 101.2 | 347 | 6.6 | 129 | 604 | 2,258 | .64 | .82 | 10.0 | .74 | 2.25 | 41 |
| 35-50..... | 784 | 2,314 | 42.5 | 46.4 | 97.3 | 341 | 7.0 | 140 | 617 | 2,701 | .64 | .84 | 10.7 | .76 | 2.51 | 41 |
| 51-64..... | 634 | 2,148 | 43.1 | 46.5 | 98.5 | 342 | 7.4 | 148 | 617 | 3,438 | .69 | .91 | 11.0 | .83 | 3.73 | 49 |
| 65-74..... | 295 | 1,970 | 41.6 | 46.7 | 105.5 | 376 | 7.6 | 152 | 644 | 3,625 | .74 | .98 | 10.9 | .83 | 3.10 | 54 |
| 75 and over..... | 127 | 1,808 | 42.2 | 46.5 | 104.3 | 387 | 7.6 | 154 | 646 | 3,833 | .81 | .98 | 10.9 | .86 | 2.52 | 54 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 1,865 | 38.4 | 41.6 | 120.7 | 462 | 6.6 | 129 | 630 | 2,451 | .76 | 1.04 | 9.7 | .80 | 2.15 | 49 |
| 12-14..... | 309 | 1,903 | 38.8 | 43.7 | 114.9 | 459 | 6.2 | 118 | 637 | 2,189 | .69 | .97 | 9.1 | .72 | 2.17 | 45 |
| 15-18..... | 402 | 1,791 | 40.2 | 44.0 | 111.9 | 436 | 6.3 | 122 | 626 | 2,361 | .67 | .93 | 9.7 | .73 | 2.11 | 47 |
| 19-22..... | 337 | 1,621 | 41.9 | 45.7 | 105.6 | 403 | 6.7 | 134 | 653 | 2,426 | .65 | .88 | 9.5 | .76 | 2.42 | 52 |
| 23-34..... | 949 | 1,616 | 42.6 | 44.6 | 104.0 | 384 | 6.9 | 143 | 634 | 2,920 | .65 | .86 | 10.3 | .79 | 2.37 | 52 |
| 35-50..... | 942 | 1,514 | 43.4 | 45.9 | 100.4 | 353 | 7.6 | 183 | 638 | 3,080 | .69 | .87 | 12.2 | .81 | 2.67 | 57 |
| 51-64..... | 792 | 1,522 | 43.9 | 45.9 | 102.7 | 360 | 7.7 | 163 | 638 | 4,120 | .71 | .94 | 11.7 | .87 | 3.29 | 67 |
| 65-74..... | 377 | 1,444 | 41.9 | 44.2 | 110.6 | 406 | 7.5 | 164 | 652 | 4,659 | .76 | 1.01 | 11.1 | .87 | 3.11 | 70 |
| 75 and over..... | 197 | 1,367 | 40.3 | 42.6 | 115.6 | 443 | 7.6 | 160 | 658 | 4,683 | .77 | 1.07 | 10.4 | .86 | 3.45 | 68 |
| All individuals... | [4]9,620 | 1,865 | 41.4 | 44.7 | 106.9 | 409 | 7.1 | 142 | 638 | 2,966 | .70 | .95 | 10.4 | .79 | 2.64 | 51 |

[1] Based on 24-hour dietary recall of day preceding interview.

[2] Excludes 36 breast-fed infants.
[3] Excludes 4 breast-fed infants.
[4] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6b.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income under $6,000[2]

| Sex and age (years) | Individuals | Food energy in total diet | Nutrient per 1,000 kcal: Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]11 | 778 | 36.4 | 42.4 | 113.1 | 1,124 | 14.8 | 163 | 908 | 4,627 | 0.89 | 1.86 | 7.5 | 0.66 | 2.76 | 84 |
| 1-2..... | 50 | 1,121 | 39.9 | 40.6 | 121.2 | 571 | 6.8 | 136 | 703 | 3,340 | .86 | 1.27 | 9.8 | .90 | 2.49 | 82 |
| 3-5..... | 51 | 1,448 | 40.4 | 41.7 | 117.4 | 523 | 7.1 | 120 | 663 | 2,454 | .90 | 1.24 | 10.2 | .80 | 2.39 | 52 |
| 6-8..... | 45 | 1,558 | 42.6 | 42.6 | 112.3 | 520 | 7.2 | 128 | 673 | 3,484 | .91 | 1.24 | 10.9 | .94 | 2.51 | 59 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 23 | 1,810 | 43.9 | 42.5 | 109.7 | 475 | 7.7 | 125 | 670 | 2,964 | .86 | 1.14 | 10.8 | .95 | 2.39 | 55 |
| 12-14..... | 26 | 2,213 | 37.8 | 45.8 | 111.4 | 441 | 6.3 | 115 | 585 | 4,066 | .88 | 1.02 | 9.7 | .73 | 1.68 | 44 |
| 15-18..... | 40 | 2,378 | 41.8 | 46.8 | 103.6 | 418 | 6.7 | 111 | 620 | 3,098 | .76 | .94 | 9.6 | .72 | 2.26 | 46 |
| 19-22..... | 40 | 2,367 | 38.8 | 43.2 | 110.7 | 381 | 6.3 | 123 | 626 | 1,879 | .62 | .78 | 8.9 | .70 | 1.94 | 34 |
| 23-34..... | 58 | 2,294 | 38.1 | 42.1 | 112.8 | 353 | 6.6 | 129 | 606 | 2,071 | .67 | .81 | 9.0 | .71 | 1.76 | 69 |
| 35-50..... | 41 | 2,333 | 42.7 | 46.0 | 100.1 | 373 | 7.2 | 151 | 628 | 3,622 | .72 | .79 | 10.3 | .76 | 2.00 | 51 |
| 51-64..... | 57 | 2,021 | 42.0 | 46.7 | 98.0 | 322 | 7.0 | 134 | 594 | 4,074 | .73 | .85 | 10.2 | .76 | 2.08 | 45 |
| 65-74..... | 81 | 1,919 | 41.9 | 47.3 | 102.5 | 362 | 7.6 | 150 | 649 | 3,496 | .80 | .98 | 10.5 | .78 | 2.42 | 43 |
| 75 and over..... | 44 | 1,744 | 42.3 | 45.7 | 104.4 | 409 | 7.9 | 153 | 645 | 5,261 | .79 | 1.04 | 10.4 | .84 | 3.51 | 50 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 27 | 1,775 | 43.4 | 42.3 | 111.7 | 455 | 7.6 | 133 | 642 | 3,539 | .81 | 1.11 | 10.2 | 1.00 | 2.59 | 44 |
| 12-14..... | 25 | 1,586 | 36.9 | 44.2 | 115.3 | 405 | 6.9 | 116 | 597 | 3,021 | .82 | .97 | 9.3 | .80 | 2.03 | 47 |
| 15-18..... | 39 | 1,736 | 43.7 | 42.7 | 112.2 | 441 | 6.3 | 128 | 647 | 2,398 | .72 | .97 | 11.1 | .65 | 1.71 | 39 |
| 19-22..... | 56 | 1,456 | 43.9 | 47.3 | 99.6 | 426 | 7.7 | 166 | 780 | 2,400 | .70 | .93 | 9.9 | .81 | 2.28 | 50 |
| 23-34..... | 104 | 1,500 | 42.0 | 44.9 | 104.7 | 344 | 6.8 | 126 | 605 | 3,006 | .68 | .84 | 10.2 | .79 | 2.01 | 49 |
| 35-50..... | 77 | 1,441 | 44.4 | 42.5 | 103.7 | 391 | 8.6 | 307 | 704 | 2,501 | .72 | .85 | 16.7 | .75 | 2.04 | 55 |
| 51-64..... | 118 | 1,476 | 43.8 | 45.2 | 103.6 | 357 | 7.7 | 164 | 642 | 4,536 | .74 | .94 | 11.4 | .86 | 3.43 | 66 |
| 65-74..... | 117 | 1,449 | 41.9 | 44.4 | 109.6 | 429 | 7.6 | 163 | 656 | 4,774 | .82 | 1.06 | 11.4 | .86 | 2.99 | 64 |
| 75 and over..... | 92 | 1,333 | 41.2 | 43.1 | 115.1 | 478 | 8.0 | 165 | 687 | 4,582 | .79 | 1.11 | 10.6 | .89 | 3.27 | 62 |
| All individuals... | [3]1,222 | 1,673 | 41.8 | 44.3 | 107.9 | 419 | 7.4 | 153 | 654 | 3,526 | .77 | .99 | 10.8 | .81 | 2.49 | 55 |

[1] Based on 24-hour dietary recall of day preceding interview.

[2] 1976 household income before taxes.

[3] Excludes 1 breast-fed infant.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6c.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income $6,000-$9,999[2]

| Sex and age (years) | Individuals | Food energy in total diet | Nutrient per 1,000 kcal: Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]10 | 827 | 41.9 | 41.9 | 101.1 | 935 | 15.6 | 147 | 831 | 3,700 | 0.95 | 1.86 | 10.1 | 0.81 | 3.82 | 70 |
| 1-2..... | 26 | 1,190 | 40.5 | 43.3 | 114.5 | 685 | 8.3 | 141 | 744 | 2,842 | .79 | 1.33 | 9.0 | .77 | 2.86 | 54 |
| 3-5..... | 73 | 1,343 | 40.1 | 41.4 | 118.3 | 477 | 6.7 | 120 | 643 | 2,427 | .71 | 1.02 | 8.9 | .75 | 2.16 | 46 |
| 6-8..... | 57 | 1,651 | 38.1 | 42.2 | 118.8 | 447 | 6.1 | 116 | 610 | 2,036 | .67 | .95 | 8.8 | .69 | 2.02 | 41 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 22 | 1,948 | 42.3 | 45.0 | 109.2 | 486 | 6.3 | 124 | 662 | 2.907 | .67 | 1.01 | 10.1 | .78 | 2.22 | 48 |
| 12-14..... | 46 | 2,252 | 36.5 | 42.2 | 120.7 | 393 | 6.6 | 113 | 578 | 2,060 | .62 | .84 | 8.5 | .62 | 1.86 | 30 |
| 15-18..... | 39 | 2,601 | 41.2 | 46.7 | 105.2 | 383 | 6.9 | 124 | 623 | 2,198 | .63 | .85 | 9.3 | .77 | 2.10 | 40 |
| 19-22..... | 36 | 2,757 | 40.1 | 44.4 | 102.1 | 383 | 6.4 | 119 | 611 | 2,273 | .67 | .91 | 10.5 | .83 | 2.27 | 36 |
| 23-34..... | 100 | 2,608 | 40.7 | 48.2 | 96.7 | 334 | 6.6 | 116 | 600 | 1,923 | .64 | .78 | 9.7 | .70 | 1.99 | 27 |
| 35-50..... | 59 | 2,092 | 43.5 | 46.9 | 97.1 | 317 | 7.6 | 124 | 615 | 3,837 | .66 | .95 | 10.4 | .73 | 4.49 | 33 |
| 51-64..... | 80 | 2,161 | 44.1 | 46.4 | 100.5 | 358 | 7.4 | 145 | 625 | 2,558 | .70 | .90 | 11.0 | .85 | 2.35 | 39 |
| 65-74..... | 65 | 1,854 | 41.6 | 47.4 | 106.2 | 404 | 7.9 | 160 | 653 | 3,577 | .74 | .99 | 11.5 | .90 | 2.34 | 68 |
| 75 and over..... | 25 | 1,922 | 40.2 | 50.0 | 98.2 | 369 | 7.4 | 155 | 585 | 3,276 | .85 | .91 | 10.9 | .90 | 1.67 | 55 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 37 | 1,914 | 39.8 | 42.1 | 118.5 | 492 | 7.2 | 136 | 670 | 2,557 | .77 | 1.08 | 9.9 | .84 | 2.31 | 45 |
| 12-14..... | 42 | 1,828 | 40.0 | 44.3 | 111.8 | 435 | 6.4 | 120 | 637 | 1,627 | .66 | .89 | 8.9 | .69 | 1.94 | 34 |
| 15-18..... | 66 | 1,840 | 40.4 | 44.4 | 111.1 | 426 | 6.6 | 119 | 598 | 2,748 | .69 | .92 | 9.9 | .80 | 1.94 | 51 |
| 19-22..... | 55 | 1,740 | 39.2 | 45.3 | 110.7 | 416 | 6.5 | 125 | 632 | 2,841 | .68 | .88 | 9.3 | .76 | 1.93 | 54 |
| 23-34..... | 136 | 1,538 | 45.6 | 43.9 | 104.5 | 400 | 6.9 | 145 | 663 | 2,915 | .64 | .90 | 11.1 | .82 | 2.16 | 50 |
| 35-50..... | 100 | 1,506 | 42.2 | 45.7 | 103.7 | 322 | 6.7 | 141 | 600 | 2,868 | .65 | .78 | 10.9 | .78 | 1.96 | 57 |
| 51-64..... | 120 | 1,543 | 43.0 | 46.4 | 104.0 | 368 | 8.0 | 158 | 630 | 3,422 | .72 | .96 | 12.0 | .92 | 2.91 | 57 |
| 65-74..... | 72 | 1,416 | 42.0 | 42.9 | 114.0 | 414 | 7.6 | 171 | 666 | 5,280 | .74 | 1.03 | 10.7 | .89 | 3.69 | 72 |
| 75 and over..... | 27 | 1,362 | 38.1 | 41.1 | 117.8 | 399 | 7.1 | 152 | 644 | 7,018 | .77 | 1.14 | 9.5 | .79 | 6.79 | 84 |
| All individuals... | [3]1,293 | 1,820 | 41.5 | 44.9 | 107.4 | 402 | 7.1 | 136 | 632 | 2,963 | .69 | .93 | 10.3 | .80 | 2.49 | 49 |

[1]Based on 24-hour dietary recall of day preceding interview.

[2]1976 household income before taxes.

[3]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6d.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income $10,000-$15,999[2]

| Sex and age (years) | Individuals | Food energy in total diet | Nutrient per 1,000 kcal: Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]31 | 744 | 35.0 | 36.5 | 126.7 | 1,088 | 28.8 | 170 | 856 | 5,385 | 1.35 | 2.17 | 13.5 | 0.83 | 2.75 | 116 |
| 1-2..... | [4]82 | 1,161 | 40.0 | 42.3 | 117.5 | 695 | 6.7 | 138 | 776 | 2,827 | .71 | 1.28 | 7.7 | .80 | 2.75 | 59 |
| 3-5..... | 98 | 1,497 | 37.1 | 42.2 | 121.1 | 527 | 7.3 | 129 | 666 | 2,823 | .75 | 1.16 | 9.4 | .84 | 2.90 | 45 |
| 6-8..... | 122 | 1,714 | 38.4 | 41.7 | 120.4 | 512 | 6.8 | 123 | 671 | 2,365 | .77 | 1.12 | 9.7 | .77 | 2.54 | 45 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 43 | 2,002 | 35.5 | 44.4 | 117.0 | 453 | 6.7 | 117 | 605 | 2,071 | .76 | 1.06 | 9.5 | .74 | 2.46 | 37 |
| 12-14..... | 59 | 2,531 | 37.8 | 45.4 | 112.5 | 423 | 6.6 | 116 | 599 | 2,171 | .76 | 1.02 | 9.4 | .75 | 2.32 | 36 |
| 15-18..... | 74 | 2,759 | 38.2 | 44.7 | 113.4 | 438 | 6.3 | 112 | 615 | 2,069 | .65 | .96 | 9.0 | .69 | 2.05 | 35 |
| 19-22..... | 49 | 2,362 | 41.6 | 45.7 | 101.1 | 363 | 6.3 | 119 | 600 | 1,975 | .67 | .88 | 10.4 | .78 | 2.13 | 40 |
| 23-34..... | 192 | 2,435 | 39.5 | 45.9 | 102.4 | 362 | 6.5 | 130 | 613 | 2,187 | .65 | .85 | 9.8 | .74 | 2.19 | 39 |
| 35-50..... | 180 | 2,408 | 41.6 | 46.7 | 97.8 | 347 | 7.0 | 136 | 612 | 2,481 | .65 | .84 | 10.6 | .74 | 2.36 | 35 |
| 51-64..... | 127 | 2,178 | 43.3 | 48.4 | 94.1 | 318 | 7.6 | 149 | 603 | 3,483 | .70 | .91 | 11.6 | .80 | 4.08 | 43 |
| 65-74..... | 42 | 1,958 | 40.2 | 46.1 | 106.8 | 373 | 7.2 | 155 | 634 | 2,647 | .72 | .92 | 11.2 | .84 | 2.41 | 62 |
| 75 and over..... | 14 | 2,136 | 39.2 | 42.8 | 118.7 | 471 | 7.2 | 153 | 663 | 2,748 | .80 | 1.09 | 10.7 | .85 | 2.58 | 64 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 49 | 1,789 | 37.0 | 40.6 | 125.0 | 464 | 6.6 | 128 | 628 | 2,415 | .80 | 1.06 | 10.0 | .82 | 2.14 | 50 |
| 12-14..... | 70 | 1,972 | 38.9 | 44.9 | 111.6 | 470 | 6.1 | 115 | 650 | 2,381 | .73 | 1.02 | 9.5 | .76 | 2.08 | 43 |
| 15-18..... | 57 | 1,897 | 38.6 | 45.4 | 110.3 | 454 | 6.3 | 116 | 625 | 2,569 | .68 | .98 | 9.3 | .72 | 2.40 | 45 |
| 19-22..... | 68 | 1,622 | 45.1 | 45.7 | 101.2 | 397 | 6.6 | 129 | 645 | 2,126 | .64 | .86 | 9.5 | .79 | 2.23 | 52 |
| 23-34..... | 234 | 1,579 | 42.2 | 45.0 | 103.1 | 392 | 7.0 | 147 | 644 | 3,147 | .63 | .84 | 10.3 | .77 | 2.41 | 56 |
| 35-50..... | 182 | 1,537 | 42.5 | 47.2 | 98.9 | 391 | 7.9 | 219 | 662 | 3,218 | .75 | .94 | 13.7 | .82 | 2.74 | 52 |
| 51-64..... | 151 | 1,581 | 44.0 | 47.4 | 97.8 | 348 | 7.6 | 163 | 633 | 3,801 | .68 | .92 | 12.1 | .83 | 3.23 | 62 |
| 65-74..... | 55 | 1,479 | 42.5 | 43.9 | 110.9 | 419 | 7.4 | 156 | 664 | 3,403 | .74 | .99 | 10.7 | .84 | 2.13 | 62 |
| 75 and over..... | 16 | 1,549 | 40.9 | 44.5 | 108.8 | 464 | 7.2 | 163 | 664 | 2,618 | .73 | 1.07 | 10.2 | .86 | 2.27 | 60 |
| All individuals... | [5]1,995 | 1,884 | 40.7 | 45.2 | 106.4 | 425 | 7.3 | 144 | 643 | 2,802 | .71 | .97 | 10.5 | .78 | 2.58 | 49 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Excludes 10 breast-fed infants.
[4]Excludes 1 breast-fed infant.
[5]Excludes 11 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6e.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income $16,000 or more[2]

| Sex and age (years) | Individuals | Food energy in total diet | Nutrient per 1,000 kcal: Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [3]22 | 781 | 37.6 | 38.4 | 121.4 | 858 | 19.0 | 150 | 776 | 3,955 | 1.01 | 1.74 | 11.1 | 0.81 | 2.86 | 105 |
| 1-2..... | [4]70 | 1,236 | 41.3 | 41.4 | 118.3 | 629 | 7.0 | 140 | 722 | 2,709 | .75 | 1.20 | 9.0 | .76 | 2.60 | 74 |
| 3-5..... | 158 | 1,458 | 39.5 | 42.1 | 118.8 | 484 | 6.5 | 127 | 753 | 2,827 | .73 | 1.08 | 9.8 | .78 | 2.89 | 55 |
| 6-8..... | 181 | 1,789 | 38.8 | 41.1 | 121.4 | 531 | 6.5 | 130 | 681 | 3,115 | .79 | 1.12 | 9.5 | .82 | 2.83 | 56 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 76 | 2,058 | 38.6 | 42.4 | 117.6 | 439 | 6.5 | 122 | 612 | 2,020 | .74 | .99 | 9.5 | .79 | 2.30 | 48 |
| 12-14..... | 128 | 2,308 | 39.3 | 44.2 | 113.4 | 488 | 6.5 | 125 | 641 | 2,370 | .74 | 1.08 | 9.8 | .82 | 2.37 | 45 |
| 15-18..... | 156 | 2,746 | 40.0 | 44.5 | 111.2 | 457 | 6.6 | 121 | 631 | 2,173 | .69 | 1.01 | 9.6 | .78 | 2.36 | 44 |
| 19-22..... | 93 | 2,682 | 43.6 | 46.5 | 99.9 | 414 | 6.5 | 121 | 635 | 1,994 | .62 | .89 | 10.2 | .76 | 2.22 | 38 |
| 23-34..... | 297 | 2,446 | 42.0 | 46.3 | 98.5 | 343 | 6.7 | 127 | 606 | 2,431 | .65 | .82 | 10.4 | .76 | 2.35 | 43 |
| 35-50..... | 363 | 2,285 | 42.3 | 46.4 | 96.4 | 337 | 7.0 | 144 | 614 | 2,473 | .63 | .81 | 10.9 | .78 | 2.20 | 42 |
| 51-64..... | 243 | 2,233 | 42.7 | 46.6 | 97.4 | 333 | 7.1 | 145 | 605 | 3,209 | .68 | .87 | 10.8 | .83 | 2.84 | 53 |
| 65-74..... | 33 | 2,166 | 40.2 | 42.0 | 111.6 | 382 | 7.7 | 149 | 623 | 2,773 | .75 | .97 | 10.9 | .86 | 2.74 | 66 |
| 75 and over..... | 8 | 1,629 | 44.8 | 47.7 | 96.5 | 339 | 7.3 | 160 | 623 | 3,204 | .70 | .90 | 11.1 | .84 | 2.21 | 62 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 92 | 1,833 | 37.4 | 40.9 | 123.3 | 455 | 6.4 | 124 | 615 | 2,237 | .74 | 1.03 | 9.6 | .76 | 2.07 | 55 |
| 12-14..... | 110 | 2,019 | 40.0 | 42.8 | 115.7 | 471 | 6.2 | 120 | 633 | 2,138 | .65 | .98 | 9.3 | .71 | 2.30 | 47 |
| 15-18..... | 167 | 1,764 | 40.0 | 44.0 | 111.4 | 434 | 6.2 | 120 | 623 | 2,259 | .65 | .91 | 9.6 | .71 | 2.24 | 48 |
| 19-22..... | 96 | 1,667 | 40.2 | 46.2 | 106.6 | 371 | 6.4 | 127 | 599 | 2,445 | .61 | .85 | 9.6 | .78 | 2.12 | 48 |
| 23-34..... | 345 | 1,719 | 42.4 | 44.9 | 103.5 | 382 | 6.8 | 142 | 623 | 2,766 | .66 | .86 | 10.2 | .78 | 2.23 | 52 |
| 35-50..... | 402 | 1,531 | 43.6 | 46.4 | 98.7 | 348 | 7.6 | 163 | 625 | 3,173 | .66 | .88 | 11.3 | .82 | 3.12 | 54 |
| 51-64..... | 222 | 1,591 | 43.3 | 44.9 | 104.0 | 368 | 7.5 | 169 | 640 | 4,058 | .70 | .89 | 11.6 | .88 | 2.30 | 74 |
| 65-74..... | 29 | 1,457 | 39.5 | 46.6 | 106.0 | 337 | 7.0 | 151 | 592 | 3,004 | .78 | .83 | 10.6 | .80 | 2.01 | 100 |
| 75 and over..... | 14 | 1,332 | 41.1 | 43.2 | 108.8 | 360 | 7.4 | 141 | 592 | 3,015 | .71 | .87 | 11.5 | .80 | 2.03 | 61 |
| All individuals... | [5]3,305 | 1,946 | 41.5 | 44.8 | 105.9 | 403 | 6.9 | 139 | 628 | 2,753 | .68 | .92 | 10.3 | .79 | 2.48 | 52 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.

[3] Excludes 13 breast-fed infants.
[4] Excludes 3 breast-fed infants.
[5] Excludes 16 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6f.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income not reported

| Sex and age (years) | Individuals | Food energy in total diet | Nutrient per 1,000 kcal: Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Kcal | G | G | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]4 | 1,172 | 37.9 | 44.6 | 99.7 | 1,102 | 24.5 | 176 | 880 | 4,439 | 1.18 | 2.18 | 11.2 | 0.77 | 3.33 | 94 |
| 1-2..... | 36 | 1,069 | 39.6 | 39.3 | 123.2 | 550 | 7.3 | 127 | 688 | 2,841 | .79 | 1.20 | 8.9 | .68 | 2.67 | 43 |
| 3-5..... | 57 | 1,371 | 37.6 | 41.1 | 122.7 | 533 | 6.4 | 126 | 666 | 2,228 | .74 | 1.11 | 9.2 | .75 | 2.30 | 49 |
| 6-8..... | 64 | 1,789 | 39.3 | 43.1 | 117.2 | 501 | 6.7 | 130 | 677 | 2,866 | .71 | 1.07 | 9.7 | .80 | 2.40 | 45 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 52 | 2,019 | 40.6 | 42.6 | 115.6 | 473 | 7.0 | 124 | 653 | 2,351 | .82 | 1.17 | 11.1 | .79 | 2.94 | 35 |
| 12-14..... | 54 | 2,495 | 40.7 | 44.5 | 111.1 | 490 | 6.7 | 129 | 672 | 2,170 | .76 | 1.07 | 10.1 | .83 | 2.32 | 39 |
| 15-18..... | 91 | 2,745 | 40.2 | 45.2 | 110.1 | 448 | 6.4 | 120 | 646 | 2,289 | .72 | .95 | 9.1 | .72 | 2.04 | 44 |
| 19-22..... | 69 | 2,581 | 39.8 | 45.2 | 102.8 | 384 | 6.2 | 123 | 630 | 1,680 | .58 | .84 | 9.3 | .71 | 1.93 | 29 |
| 23-34..... | 123 | 2,420 | 39.7 | 43.8 | 104.3 | 339 | 6.4 | 142 | 590 | 2,308 | .61 | .84 | 10.0 | .74 | 2.53 | 36 |
| 35-50..... | 141 | 2,357 | 43.4 | 45.7 | 98.2 | 342 | 6.8 | 137 | 630 | 2,835 | .64 | .86 | 10.5 | .74 | 2.86 | 45 |
| 51-64..... | 127 | 2,002 | 43.6 | 44.4 | 103.8 | 379 | 7.9 | 160 | 661 | 4,099 | .71 | 1.01 | 11.3 | .88 | 6.71 | 54 |
| 65-74..... | 74 | 2,045 | 42.8 | 47.9 | 104.6 | 363 | 7.5 | 147 | 648 | 4,757 | .67 | .99 | 10.9 | .79 | 5.07 | 44 |
| 75 and over..... | 36 | 1,722 | 43.9 | 46.2 | 104.6 | 351 | 7.7 | 154 | 687 | 3,056 | .83 | .93 | 11.5 | .88 | 1.96 | 53 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 36 | 2,063 | 37.7 | 43.8 | 117.0 | 454 | 6.0 | 135 | 626 | 2,135 | .75 | .99 | 9.1 | .71 | 1.90 | 42 |
| 12-14..... | 62 | 1,798 | 36.5 | 43.3 | 119.3 | 461 | 6.0 | 117 | 646 | 2,116 | .68 | .93 | 8.3 | .67 | 2.25 | 49 |
| 15-18..... | 73 | 1,754 | 40.0 | 43.4 | 115.0 | 430 | 6.3 | 128 | 647 | 2,062 | .68 | .93 | 9.3 | .79 | 1.97 | 47 |
| 19-22..... | 62 | 1,593 | 41.7 | 44.1 | 109.9 | 426 | 6.7 | 129 | 650 | 2,377 | .67 | .92 | 9.2 | .68 | 3.66 | 56 |
| 23-34..... | 130 | 1,581 | 41.1 | 43.7 | 105.7 | 395 | 7.2 | 150 | 637 | 2,849 | .64 | .90 | 10.3 | .78 | 3.22 | 48 |
| 35-50..... | 181 | 1,488 | 44.3 | 45.1 | 102.3 | 329 | 7.3 | 160 | 636 | 3,096 | .69 | .82 | 11.4 | .86 | 2.27 | 68 |
| 51-64..... | 181 | 1,403 | 45.1 | 45.9 | 103.8 | 359 | 7.9 | 158 | 642 | 4,654 | .72 | 1.00 | 11.3 | .88 | 4.74 | 71 |
| 65-74..... | 104 | 1,435 | 42.3 | 44.2 | 110.3 | 386 | 7.5 | 170 | 649 | 5,220 | .74 | 1.00 | 11.4 | .91 | 3.65 | 73 |
| 75 and over..... | 48 | 1,385 | 39.3 | 41.9 | 119.5 | 417 | 7.3 | 161 | 629 | 4,725 | .75 | 1.01 | 10.1 | .86 | 2.74 | 76 |
| All individuals... | [2]1,805 | 1,860 | 41.6 | 44.4 | 108.0 | 400 | 7.1 | 143 | 644 | 3,163 | .69 | .95 | 10.3 | .80 | 3.20 | 52 |

[1]Based on 24-hour dietary recall of day preceding interview.

[2] Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 4.1.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals eating away (percent) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 6.4 | 1.9 | 1.7 | 2.1 | 1.8 | 1.4 | 1.5 | 1.5 | 1.5 | 2.0 | 0.8 | 1.1 | 1.1 | 2.0 | 1.7 | 2.1 |
| 1-2..... | [3]264 | 25.0 | 9.6 | 9.0 | 9.7 | 9.7 | 7.4 | 8.7 | 8.3 | 8.4 | 7.3 | 8.1 | 7.8 | 9.4 | 8.4 | 7.9 | 8.1 |
| 3-5..... | 437 | 33.4 | 14.3 | 13.9 | 14.4 | 14.3 | 11.9 | 13.1 | 13.1 | 13.0 | 10.4 | 12.2 | 12.2 | 13.6 | 12.4 | 12.2 | 11.7 |
| 6-8..... | 469 | 49.7 | 19.6 | 19.8 | 20.2 | 19.1 | 20.5 | 17.0 | 18.7 | 19.8 | 17.0 | 16.7 | 18.7 | 17.6 | 17.0 | 19.6 | 17.3 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 51.4 | 20.2 | 19.9 | 20.8 | 20.1 | 20.0 | 18.1 | 18.7 | 19.5 | 18.3 | 16.8 | 18.7 | 18.6 | 18.0 | 19.7 | 18.0 |
| 12-14..... | 313 | 54.0 | 19.7 | 19.8 | 19.6 | 20.1 | 22.0 | 17.7 | 19.6 | 20.6 | 17.3 | 17.8 | 19.6 | 17.3 | 17.3 | 20.3 | 16.8 |
| 15-18..... | 400 | 55.0 | 21.2 | 20.7 | 21.5 | 21.4 | 20.6 | 19.0 | 19.4 | 20.8 | 16.0 | 18.6 | 19.7 | 19.3 | 17.9 | 20.6 | 15.3 |
| 19-22..... | 287 | 52.3 | 24.3 | 23.4 | 23.8 | 24.3 | 20.7 | 22.8 | 22.0 | 22.8 | 20.7 | 20.6 | 21.1 | 22.9 | 22.7 | 21.9 | 21.9 |
| 23-34..... | 770 | 60.4 | 26.6 | 25.7 | 26.5 | 26.7 | 24.3 | 25.8 | 25.0 | 25.6 | 22.0 | 24.5 | 24.7 | 26.3 | 24.7 | 25.4 | 21.1 |
| 35-50..... | 784 | 54.3 | 22.0 | 21.5 | 21.6 | 22.3 | 20.6 | 21.1 | 21.1 | 21.5 | 19.5 | 20.2 | 21.1 | 22.1 | 20.7 | 21.4 | 19.1 |
| 51-64..... | 634 | 39.0 | 15.2 | 15.2 | 15.0 | 15.3 | 14.1 | 14.5 | 14.0 | 14.8 | 13.8 | 13.5 | 14.5 | 15.1 | 14.3 | 14.9 | 11.8 |
| 65-74..... | 295 | 23.1 | 10.5 | 10.7 | 11.0 | 9.8 | 7.7 | 9.7 | 8.8 | 9.4 | 8.7 | 8.1 | 8.2 | 10.5 | 9.4 | 9.4 | 8.4 |
| 75 and over..... | 127 | 16.5 | 7.6 | 8.2 | 8.3 | 6.4 | 5.7 | 7.1 | 6.8 | 7.1 | 6.6 | 5.8 | 5.7 | 8.1 | 7.0 | 7.3 | 6.1 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 49.4 | 20.3 | 21.0 | 21.7 | 19.4 | 20.8 | 18.3 | 18.7 | 20.3 | 16.7 | 17.2 | 19.3 | 18.4 | 17.5 | 20.5 | 15.7 |
| 12-14..... | 309 | 55.3 | 19.9 | 18.7 | 20.0 | 20.7 | 19.6 | 17.6 | 18.9 | 19.5 | 15.6 | 17.5 | 18.2 | 17.9 | 16.7 | 18.7 | 16.0 |
| 15-18..... | 402 | 52.2 | 25.0 | 24.6 | 25.3 | 25.1 | 23.7 | 23.6 | 23.6 | 24.6 | 20.7 | 21.3 | 23.2 | 23.5 | 23.3 | 24.6 | 19.6 |
| 19-22..... | 337 | 50.1 | 25.1 | 24.5 | 24.5 | 25.5 | 22.6 | 24.6 | 24.3 | 24.3 | 22.9 | 23.2 | 23.5 | 24.7 | 24.7 | 24.0 | 21.2 |
| 23-34..... | 949 | 47.5 | 23.6 | 23.0 | 24.1 | 22.9 | 21.5 | 23.0 | 22.2 | 22.6 | 21.4 | 22.3 | 21.8 | 23.1 | 22.4 | 22.0 | 21.0 |
| 35-50..... | 942 | 40.6 | 18.0 | 17.5 | 18.3 | 17.6 | 16.8 | 17.1 | 16.4 | 17.3 | 15.9 | 16.5 | 16.6 | 17.1 | 16.8 | 16.7 | 15.1 |
| 51-64..... | 792 | 32.8 | 13.3 | 12.9 | 13.9 | 12.8 | 11.9 | 12.2 | 11.8 | 12.6 | 11.9 | 11.6 | 12.0 | 12.4 | 11.9 | 12.8 | 9.9 |
| 65-74..... | 377 | 23.1 | 11.6 | 12.1 | 12.4 | 10.4 | 9.9 | 10.7 | 9.7 | 11.0 | 10.7 | 9.5 | 10.4 | 11.2 | 10.6 | 11.4 | 7.1 |
| 75 and over..... | 197 | 15.2 | 7.4 | 8.4 | 8.5 | 5.9 | 6.5 | 6.8 | 6.2 | 7.4 | 6.2 | 5.9 | 6.7 | 7.3 | 7.3 | 7.7 | 5.3 |
| All individuals... | [4]9,620 | 43.7 | 18.8 | 18.5 | 19.0 | 18.6 | 17.5 | 17.6 | 17.5 | 18.2 | 16.2 | 16.7 | 17.3 | 18.0 | 17.2 | 17.9 | 15.4 |

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 36 breast-fed infants.
[3] Excludes 4 breast-fed infants.
[4] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 4.2.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
Percentage of a day's[1] intake per individual eating away, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals eating away: Number | Individuals eating away: Percent | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 5 | 6.4 | 27.7 | 25.0 | 30.8 | 26.4 | 20.2 | 21.4 | 21.4 | 21.6 | 29.6 | 11.6 | 16.4 | 15.9 | 28.3 | 24.8 | 31.0 |
| 1-2..... | [3]264 | 66 | 25.0 | 38.3 | 36.1 | 38.9 | 38.9 | 29.5 | 34.8 | 33.2 | 33.7 | 29.1 | 32.5 | 31.3 | 37.4 | 33.8 | 31.7 | 32.4 |
| 3-5..... | 437 | 146 | 33.4 | 42.8 | 41.7 | 43.1 | 42.8 | 35.6 | 39.2 | 39.2 | 39.0 | 31.3 | 36.7 | 36.5 | 40.9 | 37.3 | 36.4 | 35.2 |
| 6-8..... | 469 | 233 | 49.7 | 39.4 | 39.8 | 40.7 | 38.5 | 41.2 | 34.3 | 37.7 | 39.9 | 34.1 | 33.7 | 37.6 | 35.4 | 34.2 | 39.5 | 34.8 |
| Males: | | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 111 | 51.4 | 39.6 | 38.9 | 40.7 | 39.3 | 39.2 | 35.5 | 36.6 | 38.2 | 35.7 | 32.9 | 36.6 | 36.4 | 35.2 | 38.5 | 35.2 |
| 12-14..... | 313 | 169 | 54.0 | 36.4 | 36.7 | 36.3 | 37.3 | 40.8 | 32.8 | 36.3 | 38.1 | 31.9 | 33.0 | 36.2 | 32.1 | 32.1 | 37.7 | 31.0 |
| 15-18..... | 400 | 220 | 55.0 | 38.6 | 37.7 | 39.2 | 39.0 | 37.5 | 34.7 | 35.3 | 37.8 | 29.2 | 33.8 | 35.9 | 35.2 | 32.6 | 37.5 | 27.8 |
| 19-22..... | 287 | 150 | 52.3 | 46.4 | 44.7 | 45.5 | 46.5 | 39.5 | 43.6 | 42.0 | 43.6 | 39.5 | 39.4 | 40.3 | 43.7 | 43.4 | 41.8 | 41.8 |
| 23-34..... | 770 | 465 | 60.4 | 44.1 | 42.7 | 43.9 | 44.2 | 40.3 | 42.7 | 41.5 | 42.4 | 36.5 | 40.5 | 41.0 | 43.6 | 40.9 | 42.0 | 35.0 |
| 35-50..... | 784 | 426 | 54.3 | 40.4 | 39.6 | 39.7 | 40.9 | 37.9 | 38.8 | 38.8 | 39.6 | 35.9 | 37.2 | 38.8 | 40.7 | 38.1 | 39.3 | 35.2 |
| 51-64..... | 634 | 247 | 39.0 | 38.9 | 38.9 | 38.6 | 39.2 | 36.2 | 37.3 | 35.9 | 37.9 | 35.3 | 34.6 | 37.1 | 38.6 | 36.6 | 38.2 | 30.2 |
| 65-74..... | 295 | 68 | 23.1 | 45.7 | 46.6 | 47.7 | 42.5 | 33.5 | 42.3 | 38.2 | 40.7 | 37.8 | 35.3 | 35.6 | 45.5 | 40.8 | 41.0 | 36.4 |
| 75 and over..... | 127 | 21 | 16.5 | 46.6 | 50.1 | 50.9 | 38.8 | 34.8 | 43.4 | 41.8 | 43.5 | 40.4 | 35.6 | 34.8 | 49.7 | 42.9 | 44.9 | 37.6 |
| Females: | | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 119 | 49.4 | 41.0 | 42.5 | 43.7 | 39.1 | 42.0 | 37.0 | 37.8 | 40.9 | 33.8 | 34.7 | 39.0 | 37.1 | 35.4 | 41.3 | 31.8 |
| 12-14..... | 309 | 171 | 55.3 | 36.0 | 33.8 | 36.1 | 37.4 | 35.4 | 31.8 | 34.2 | 35.2 | 28.2 | 31.6 | 32.8 | 32.2 | 30.2 | 33.7 | 28.9 |
| 15-18..... | 402 | 210 | 52.2 | 47.9 | 47.1 | 48.5 | 48.1 | 45.4 | 45.3 | 45.3 | 47.1 | 39.6 | 40.8 | 44.5 | 45.1 | 44.6 | 47.1 | 37.5 |
| 19-22..... | 337 | 169 | 50.1 | 50.0 | 48.8 | 49.0 | 50.9 | 45.0 | 49.1 | 48.5 | 48.5 | 45.6 | 46.2 | 46.9 | 49.2 | 49.3 | 47.8 | 42.3 |
| 23-34..... | 949 | 451 | 47.5 | 49.7 | 48.5 | 50.7 | 48.2 | 45.2 | 48.3 | 46.8 | 47.4 | 45.0 | 47.0 | 45.9 | 48.7 | 47.1 | 46.2 | 44.3 |
| 35-50..... | 942 | 382 | 40.6 | 44.4 | 43.0 | 45.0 | 43.2 | 41.3 | 42.0 | 40.4 | 42.6 | 39.1 | 40.5 | 40.8 | 42.2 | 41.4 | 41.1 | 37.2 |
| 51-64..... | 792 | 260 | 32.8 | 40.5 | 39.2 | 42.4 | 38.9 | 36.3 | 37.1 | 36.0 | 38.3 | 36.2 | 35.3 | 36.6 | 37.6 | 36.1 | 39.1 | 30.2 |
| 65-74..... | 377 | 87 | 23.1 | 50.5 | 52.5 | 53.9 | 45.4 | 43.1 | 46.7 | 42.0 | 47.6 | 46.3 | 41.3 | 45.4 | 48.8 | 46.1 | 49.7 | 31.0 |
| 75 and over..... | 197 | 30 | 15.2 | 47.8 | 54.2 | 54.7 | 38.1 | 41.7 | 43.6 | 40.3 | 47.7 | 40.2 | 38.2 | 43.4 | 47.5 | 47.0 | 49.5 | 34.2 |
| All individuals... | [4]9,620 | 4,206 | 43.7 | 43.0 | 42.2 | 43.5 | 42.5 | 39.9 | 40.3 | 39.9 | 41.5 | 37.0 | 38.3 | 39.7 | 41.1 | 39.4 | 41.0 | 35.3 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.1a.--FREQUENCY OF EATING
Percentage[1] of individuals reporting specified number of eating occasions in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| 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] 78 | 0 | 0 | 5.9 | 21.7 | 26.5 | 21.1 | 11.5 | 6.1 | 6.1 | 1.0 | 0 | 0 | 0 |
| 1-2..... | [4] 264 | .5 | 2.2 | 26.4 | 25.4 | 22.0 | 12.8 | 7.0 | 2.6 | .5 | .5 | 0 | 0 | 0 |
| 3-5..... | 437 | 0 | 3.1 | 38.8 | 28.3 | 15.0 | 10.5 | 2.1 | .8 | 1.5 | 0 | 0 | 0 | 0 |
| 6-8..... | 469 | .2 | 4.0 | 33.4 | 36.1 | 17.5 | 4.3 | 3.4 | .8 | 0 | 0 | 0 | .2 | 0 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 216 | 0 | 5.4 | 34.3 | 34.1 | 18.6 | 7.1 | .6 | 0 | 0 | 0 | 0 | 0 | 0 |
| 12-14..... | 313 | 0 | 5.0 | 38.0 | 28.7 | 17.2 | 8.4 | 1.6 | .6 | .5 | 0 | 0 | 0 | 0 |
| 15-18..... | 400 | 1.3 | 5.7 | 36.4 | 28.0 | 14.6 | 7.6 | 3.1 | 1.3 | .9 | .2 | 0 | .3 | .6 |
| 19-22..... | 287 | 1.8 | 13.9 | 40.6 | 24.2 | 12.3 | 3.5 | 1.1 | 1.1 | .6 | .5 | 0 | .3 | 0 |
| 23-34..... | 770 | 1.5 | 12.6 | 36.5 | 24.7 | 13.6 | 5.7 | 2.1 | 1.6 | .8 | .2 | .4 | .3 | 0 |
| 35-50..... | 784 | 1.2 | 7.4 | 38.5 | 23.7 | 15.7 | 7.3 | 3.4 | 1.7 | .7 | .3 | .2 | 0 | 0 |
| 51-64..... | 634 | .8 | 5.6 | 41.5 | 28.9 | 12.6 | 5.2 | 3.5 | .6 | .6 | .3 | .2 | .2 | 0 |
| 65-74..... | 295 | 0 | 4.8 | 45.2 | 32.0 | 10.8 | 5.0 | 1.2 | .4 | .7 | 0 | 0 | 0 | 0 |
| 75 and over..... | 127 | .9 | 8.3 | 57.5 | 24.2 | 4.0 | 4.0 | 1.1 | 0 | 0 | 0 | 0 | 0 | 0 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 241 | .5 | 2.5 | 33.9 | 37.7 | 17.2 | 5.9 | 1.0 | 0 | .4 | .4 | 0 | 0 | .6 |
| 12-14..... | 309 | .4 | 6.0 | 34.2 | 36.9 | 13.6 | 5.4 | 2.5 | .4 | .3 | .3 | 0 | 0 | 0 |
| 15-18..... | 402 | 1.3 | 10.2 | 38.0 | 29.7 | 13.8 | 4.2 | 2.5 | 0 | 0 | 0 | 0 | 0 | .2 |
| 19-22..... | 337 | 3.7 | 11.9 | 43.0 | 26.4 | 8.7 | 3.8 | 1.7 | .4 | .4 | 0 | 0 | 0 | 0 |
| 23-34..... | 949 | 1.9 | 9.6 | 38.6 | 25.1 | 13.5 | 5.9 | 2.1 | 1.6 | .5 | .1 | .2 | .1 | .8 |
| 35-50..... | 942 | .6 | 9.2 | 37.7 | 25.1 | 16.3 | 6.4 | 2.9 | 1.0 | .7 | .1 | 0 | 0 | 0 |
| 51-64..... | 792 | .5 | 6.6 | 42.4 | 26.6 | 14.3 | 5.6 | 2.9 | .5 | .2 | .2 | .2 | 0 | 0 |
| 65-74..... | 377 | .6 | 5.6 | 54.2 | 27.6 | 8.6 | 2.6 | .6 | 0 | 0 | .2 | 0 | 0 | 0 |
| 75 and over..... | 197 | 0 | 6.5 | 57.9 | 22.3 | 10.8 | 2.1 | .5 | 0 | 0 | 0 | 0 | 0 | 0 |
| All individuals... | [5] 9,620 | .9 | 7.4 | 39.2 | 27.6 | 14.3 | 6.1 | 2.5 | .9 | .6 | .2 | .1 | .1 | .1 |

[1] Percentages may not add to 100 because of rounding.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.1b.--FREQUENCY OF EACH EATING OCCASION
Percentage[1] of individuals reporting specified number of each eating occasion in a day,[2] spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Frequency | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Breakfast | | | Lunch[3] | | | Dinner | | | Supper | | | Snacks[4] | | | | | Other[5] | |
| | | 0 | 1 | 2 or more | 0 | 1 | 2 or more | 0 | 1 | 2 or more | 0 | 1 | 2 or more | 0 | 1 | 2 | 3 | 4 or more | 0 | 1 or more |
| Males and females: | | | | | | | | | | | | | | | | | | | | |
| Under 1..... | [6]78 | 10.4 | 87.3 | 2.3 | 21.5 | 71.1 | 7.4 | 65.4 | 33.4 | 1.2 | 34.9 | 64.1 | 1.0 | 34.8 | 27.5 | 12.5 | 15.3 | 9.9 | 54.5 | 45.4 |
| 1-2..... | [7]264 | 1.2 | 92.5 | 6.3 | 18.2 | 80.1 | 1.6 | 57.3 | 42.3 | .4 | 39.5 | 59.7 | .8 | 34.0 | 24.3 | 23.2 | 8.9 | 9.7 | 87.3 | 12.7 |
| 3-5..... | 437 | 4.5 | 92.6 | 2.9 | 14.7 | 83.2 | 2.1 | 58.2 | 41.1 | .7 | 39.4 | 60.1 | .5 | 41.9 | 27.2 | 19.9 | 7.6 | 3.3 | 92.4 | 7.7 |
| 6-8..... | 469 | 3.5 | 95.3 | 1.2 | 12.7 | 84.9 | 2.4 | 55.0 | 45.0 | 0 | 43.9 | 55.7 | .4 | 35.6 | 37.6 | 18.9 | 4.6 | 3.4 | 95.9 | 4.1 |
| Males: | | | | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 7.5 | 91.4 | 1.1 | 15.0 | 82.8 | 2.1 | 52.8 | 47.2 | 0 | 46.3 | 53.7 | 0 | 32.1 | 40.6 | 19.7 | 7.0 | .6 | 96.1 | 3.9 |
| 12-14..... | 313 | 7.8 | 90.9 | 1.3 | 20.5 | 78.1 | 1.4 | 52.6 | 47.1 | .3 | 41.3 | 58.4 | .3 | 37.5 | 33.9 | 18.1 | 7.0 | 3.5 | 95.5 | 4.5 |
| 15-18..... | 400 | 13.9 | 84.7 | 1.4 | 23.2 | 74.7 | 2.1 | 52.6 | 46.7 | .7 | 45.8 | 53.9 | .3 | 35.7 | 33.7 | 16.0 | 8.1 | 6.6 | 94.7 | 5.3 |
| 19-22..... | 287 | 29.4 | 68.7 | 2.0 | 25.4 | 72.7 | 1.9 | 54.0 | 45.7 | .4 | 45.2 | 54.8 | 0 | 44.6 | 28.8 | 17.2 | 6.0 | 3.3 | 91.7 | 8.4 |
| 23-34..... | 770 | 25.4 | 73.2 | 1.4 | 24.3 | 72.6 | 3.1 | 50.7 | 48.7 | .7 | 50.6 | 48.8 | .6 | 39.3 | 32.3 | 17.3 | 5.6 | 5.4 | 91.5 | 8.4 |
| 35-50..... | 784 | 16.0 | 82.1 | 2.0 | 22.6 | 75.9 | 1.5 | 50.1 | 49.3 | .6 | 48.7 | 50.9 | .5 | 41.1 | 29.1 | 15.9 | 7.4 | 6.4 | 90.7 | 9.3 |
| 51-64..... | 634 | 8.6 | 88.6 | 2.8 | 25.7 | 73.1 | 1.2 | 48.1 | 51.6 | .3 | 48.5 | 51.4 | .1 | 43.5 | 30.8 | 15.0 | 6.3 | 4.3 | 93.1 | 6.8 |
| 65-74..... | 295 | 5.1 | 94.1 | .8 | 27.1 | 69.3 | 3.6 | 48.8 | 50.5 | .8 | 44.9 | 55.1 | 0 | 44.8 | 37.4 | 10.7 | 5.4 | 1.7 | 93.3 | 6.7 |
| 75 and over..... | 127 | 1.7 | 97.6 | .7 | 35.9 | 61.1 | 2.9 | 41.2 | 56.7 | 2.0 | 45.8 | 53.5 | .7 | 61.3 | 30.6 | 4.7 | 2.4 | 1.1 | 94.5 | 5.5 |
| Females: | | | | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 4.6 | 93.9 | 1.5 | 17.3 | 81.1 | 1.7 | 51.9 | 46.5 | 1.6 | 45.2 | 54.8 | 0 | 34.2 | 38.5 | 18.6 | 5.8 | 2.9 | 95.2 | 4.8 |
| 12-14..... | 309 | 14.4 | 85.4 | .3 | 18.4 | 78.8 | 2.8 | 59.5 | 40.5 | 0 | 42.8 | 56.8 | .4 | 31.0 | 39.7 | 20.5 | 5.3 | 3.5 | 94.6 | 5.3 |
| 15-18..... | 402 | 23.2 | 75.8 | 1.0 | 24.0 | 73.7 | 2.3 | 50.5 | 47.5 | 1.9 | 49.2 | 50.3 | .4 | 39.8 | 33.2 | 18.0 | 3.9 | 5.1 | 94.5 | 5.5 |
| 19-22..... | 337 | 28.9 | 69.6 | 1.6 | 25.2 | 72.5 | 2.3 | 52.1 | 47.7 | .2 | 54.3 | 45.7 | 0 | 40.6 | 36.0 | 15.6 | 4.9 | 2.8 | 94.1 | 5.9 |
| 23-34..... | 949 | 24.1 | 74.2 | 1.8 | 23.3 | 74.2 | 2.5 | 50.9 | 48.6 | .5 | 52.4 | 47.4 | .1 | 38.6 | 33.3 | 15.2 | 7.6 | 5.3 | 90.8 | 9.2 |
| 35-50..... | 942 | 14.6 | 82.6 | 2.7 | 23.6 | 74.3 | 2.1 | 48.3 | 51.2 | .4 | 51.5 | 48.4 | .1 | 40.6 | 30.3 | 18.4 | 7.3 | 3.4 | 90.0 | 10.0 |
| 51-64..... | 792 | 9.8 | 86.7 | 3.6 | 25.5 | 72.5 | 2.0 | 49.2 | 50.4 | .4 | 48.2 | 51.7 | .1 | 42.3 | 31.4 | 17.4 | 6.0 | 3.0 | 92.7 | 7.4 |
| 65-74..... | 377 | 3.6 | 93.9 | 2.5 | 29.7 | 69.2 | 1.2 | 45.4 | 54.6 | 0 | 48.3 | 51.2 | .5 | 53.1 | 34.0 | 9.7 | 2.7 | .5 | 93.8 | 6.2 |
| 75 and over..... | 197 | 2.4 | 94.8 | 2.8 | 35.0 | 63.3 | 1.7 | 44.3 | 55.0 | .7 | 45.8 | 53.7 | .5 | 59.8 | 26.6 | 10.7 | 2.4 | .5 | 93.3 | 6.6 |
| All individuals... | [8]9,620 | 13.8 | 84.1 | 2.1 | 23.0 | 74.9 | 2.2 | 51.1 | 48.3 | .5 | 47.6 | 52.1 | .3 | 40.7 | 32.4 | 16.6 | 6.3 | 4.0 | 92.3 | 7.7 |

[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 named by respondent as something other than breakfast, lunch, brunch, dinner, snack, coffee or beverage break, and eating occasions with no name reported.

[6] Excludes 36 breast-fed infants.
[7] Excludes 4 breast-fed infants.
[8] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.2.--TIME OF DAY OF EATING OCCASIONS
Percentage[1] reported at specified times, spring 1977
48 States, all urbanizations, all incomes

| Clock time | Breakfast | Lunch[2] | Dinner | Supper | Snack[3] | Other[4] | All occasions |
|---|---|---|---|---|---|---|---|
| 12 p.m. (midnight). | ([5]) | 1.0 | ([5]) | 0 | 0.6 | 0.6 | 0.4 |
| 1 a.m..... | 0.1 | .1 | 0 | ([5]) | .4 | .7 | .2 |
| 2..... | ([5]) | ([5]) | 0 | 0 | .2 | .5 | .1 |
| 3..... | .1 | .1 | .1 | ([5]) | .2 | .6 | .1 |
| 4..... | .4 | ([5]) | 0 | ([5]) | .1 | .4 | .1 |
| 5..... | 2.5 | ([5]) | 0 | .1 | .5 | .9 | .8 |
| 6..... | 12.6 | ([5]) | .1 | .1 | 1.1 | 2.6 | 3.3 |
| 7..... | 31.2 | .2 | ([5]) | ([5]) | 1.8 | 3.6 | 7.8 |
| 8..... | 24.8 | .2 | ([5]) | 0 | 2.1 | 2.8 | 6.4 |
| 9..... | 16.1 | .4 | 0 | .1 | 3.5 | 3.2 | 4.8 |
| 10..... | 7.5 | 1.8 | .1 | ([5]) | 7.6 | 4.4 | 4.3 |
| 11..... | 2.7 | 15.0 | 2.1 | ([5]) | 2.9 | 3.0 | 4.8 |
| 12 m. (noon)..... | .8 | 52.9 | 10.6 | .2 | 1.8 | 6.9 | 13.1 |
| 1 p.m..... | .3 | 17.5 | 3.7 | ([5]) | 2.6 | 3.7 | 5.0 |
| 2..... | .2 | 6.3 | 2.7 | .2 | 6.3 | 4.2 | 3.5 |
| 3..... | .1 | 1.9 | 2.0 | 1.3 | 11.3 | 6.1 | 4.1 |
| 4..... | ([5]) | .8 | 5.5 | 6.8 | 6.2 | 5.4 | 3.6 |
| 5..... | .1 | .3 | 17.5 | 28.1 | 3.3 | 6.7 | 7.3 |
| 6..... | .1 | .3 | 32.8 | 37.7 | 3.0 | 8.1 | 10.4 |
| 7..... | .2 | .3 | 13.6 | 16.0 | 6.2 | 7.5 | 5.9 |
| 8..... | .1 | .2 | 6.0 | 5.5 | 11.2 | 8.7 | 4.9 |
| 9..... | .1 | .1 | 2.0 | 2.2 | 13.8 | 8.0 | 4.6 |
| 10..... | .1 | .1 | .8 | 1.0 | 9.3 | 6.9 | 3.0 |
| 11..... | .1 | .3 | .3 | .5 | 4.0 | 4.4 | 1.4 |
| Total..... | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 |

[1] Percentages may not add to 100 because of rounding.
[2] Includes brunch.
[3] Includes coffee and beverage breaks.
[4] Includes eating occasions named by respondent as something other than breakfast, lunch, dinner, snack, coffee or beverage break, and eating occasions with no name reported.
[5] Less than 0.05% but more than 0.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.3a.--NUTRITIVE VALUE OF BREAKFAST
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age years) | Individuals (number) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 20.8 | 19.1 | 18.2 | 23.0 | 25.2 | 39.6 | 23.9 | 23.1 | 14.1 | 35.5 | 29.1 | 34.7 | 22.2 | 18.5 | 22.9 |
| 1-2..... | [3]264 | 26.4 | 23.9 | 23.0 | 30.8 | 34.0 | 35.0 | 29.3 | 29.0 | 34.7 | 40.5 | 37.1 | 30.9 | 32.1 | 31.7 | 37.1 |
| 3-5..... | 437 | 23.3 | 21.6 | 20.5 | 26.2 | 33.7 | 29.8 | 26.9 | 27.5 | 36.6 | 35.4 | 36.2 | 25.8 | 31.1 | 33.0 | 34.6 |
| 6-8..... | 469 | 22.4 | 20.3 | 18.9 | 26.4 | 32.4 | 28.2 | 25.9 | 26.3 | 36.5 | 35.4 | 36.1 | 25.9 | 30.8 | 32.2 | 38.2 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 20.2 | 18.1 | 17.3 | 24.1 | 31.3 | 25.5 | 23.1 | 24.3 | 35.7 | 34.3 | 35.0 | 24.9 | 29.2 | 30.4 | 33.7 |
| 12-14..... | 313 | 20.8 | 17.9 | 17.6 | 24.8 | 30.8 | 24.9 | 22.9 | 23.6 | 31.1 | 31.9 | 32.0 | 21.9 | 24.0 | 28.4 | 30.4 |
| 15-18..... | 400 | 17.6 | 15.8 | 15.5 | 20.8 | 25.3 | 21.3 | 20.8 | 20.4 | 27.6 | 27.1 | 27.0 | 18.8 | 21.6 | 24.2 | 28.4 |
| 19-22..... | 287 | 15.8 | 14.7 | 15.4 | 18.2 | 25.0 | 17.0 | 18.8 | 18.5 | 21.9 | 22.3 | 23.4 | 14.2 | 15.2 | 21.7 | 20.4 |
| 23-34..... | 770 | 14.9 | 13.7 | 14.1 | 17.3 | 21.5 | 16.8 | 18.1 | 16.8 | 19.4 | 21.0 | 20.8 | 14.4 | 13.8 | 18.9 | 21.3 |
| 35-50..... | 784 | 15.1 | 12.9 | 13.7 | 18.5 | 21.5 | 17.6 | 19.6 | 16.0 | 18.6 | 21.2 | 20.2 | 14.7 | 12.9 | 17.8 | 19.3 |
| 51-64..... | 634 | 18.0 | 15.1 | 16.3 | 21.8 | 23.7 | 21.2 | 23.7 | 18.8 | 21.6 | 24.7 | 23.3 | 18.9 | 16.7 | 20.6 | 24.0 |
| 65-74..... | 295 | 22.9 | 19.3 | 19.5 | 28.9 | 28.8 | 28.2 | 30.0 | 24.4 | 26.3 | 33.5 | 29.7 | 25.6 | 23.7 | 24.0 | 30.0 |
| 75 and over..... | 127 | 26.5 | 22.2 | 23.3 | 31.7 | 30.7 | 30.0 | 32.6 | 27.5 | 26.8 | 34.5 | 32.2 | 25.8 | 25.1 | 28.8 | 27.4 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 20.7 | 18.0 | 17.0 | 25.0 | 31.6 | 25.2 | 24.2 | 24.0 | 34.3 | 34.5 | 34.0 | 23.6 | 28.1 | 30.4 | 36.2 |
| 12-14..... | 309 | 18.3 | 17.1 | 16.3 | 21.3 | 28.3 | 20.4 | 20.6 | 21.2 | 28.8 | 27.0 | 28.7 | 18.6 | 21.6 | 26.1 | 28.7 |
| 15-18..... | 402 | 16.5 | 14.4 | 14.2 | 19.5 | 24.5 | 18.3 | 19.3 | 18.7 | 22.8 | 24.9 | 24.5 | 17.0 | 18.2 | 21.5 | 23.9 |
| 19-22..... | 337 | 16.2 | 14.4 | 14.2 | 20.1 | 23.3 | 17.4 | 20.7 | 17.6 | 18.8 | 22.6 | 22.1 | 16.2 | 15.7 | 19.3 | 24.3 |
| 23-34..... | 949 | 14.4 | 12.4 | 12.3 | 17.9 | 19.7 | 16.5 | 19.1 | 15.5 | 19.0 | 20.1 | 19.8 | 15.2 | 14.0 | 17.6 | 21.0 |
| 35-50..... | 942 | 15.8 | 12.7 | 13.0 | 20.8 | 22.6 | 18.2 | 23.1 | 16.8 | 18.7 | 22.6 | 21.0 | 17.0 | 14.3 | 17.0 | 22.9 |
| 51-64..... | 792 | 17.7 | 14.1 | 14.2 | 23.8 | 24.2 | 20.8 | 25.7 | 18.9 | 20.0 | 25.5 | 22.8 | 19.4 | 16.1 | 19.1 | 27.1 |
| 65-74..... | 377 | 21.9 | 18.3 | 17.6 | 28.0 | 28.2 | 26.4 | 30.5 | 23.6 | 24.3 | 31.6 | 27.3 | 24.3 | 22.5 | 22.8 | 31.3 |
| 75 and over..... | 197 | 24.6 | 20.0 | 20.0 | 30.9 | 30.1 | 29.1 | 32.2 | 25.3 | 25.5 | 34.6 | 29.3 | 26.5 | 24.0 | 24.3 | 33.2 |
| All individuals... | [4]9,620 | 18.2 | 15.8 | 15.7 | 22.2 | 25.5 | 21.6 | 23.0 | 20.1 | 24.0 | 26.7 | 25.6 | 19.5 | 19.3 | 22.3 | 26.5 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.3b.--NUTRITIVE VALUE OF BREAKFAST
Percentage of a day's[1] intake per individual reporting breakfast, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals reporting breakfast | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 89.6 | 23.2 | 21.3 | 20.3 | 25.7 | 28.1 | 44.2 | 26.7 | 25.8 | 15.8 | 39.7 | 32.5 | 38.7 | 24.8 | 20.6 | 25.6 |
| 1-2..... | [3]264 | 98.8 | 26.7 | 24.2 | 23.3 | 31.2 | 34.4 | 35.4 | 29.7 | 29.3 | 35.1 | 41.0 | 37.6 | 31.2 | 32.5 | 32.1 | 37.5 |
| 3-5..... | 437 | 95.5 | 24.4 | 22.6 | 21.5 | 27.4 | 35.3 | 31.2 | 28.2 | 28.8 | 38.4 | 37.1 | 37.9 | 27.0 | 32.6 | 34.6 | 36.3 |
| 6-8..... | 469 | 96.5 | 23.2 | 21.0 | 19.6 | 27.4 | 33.6 | 29.2 | 26.8 | 27.2 | 37.8 | 36.7 | 37.5 | 26.9 | 31.9 | 33.3 | 39.6 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 92.5 | 21.9 | 19.6 | 18.7 | 26.0 | 33.8 | 27.6 | 25.0 | 26.3 | 38.6 | 37.0 | 37.9 | 26.9 | 31.6 | 32.8 | 36.4 |
| 12-14..... | 313 | 92.2 | 22.5 | 19.4 | 19.1 | 26.9 | 33.4 | 27.0 | 24.9 | 25.6 | 33.7 | 34.6 | 34.7 | 23.7 | 26.0 | 30.8 | 32.9 |
| 15-18..... | 400 | 86.1 | 20.4 | 18.4 | 18.0 | 24.1 | 29.4 | 24.8 | 24.2 | 23.8 | 32.1 | 31.5 | 31.4 | 21.9 | 25.1 | 28.1 | 32.9 |
| 19-22..... | 287 | 70.6 | 22.4 | 20.9 | 21.8 | 25.8 | 35.4 | 24.1 | 26.5 | 26.2 | 31.0 | 31.6 | 33.1 | 20.1 | 21.5 | 30.8 | 28.8 |
| 23-34..... | 770 | 74.6 | 19.9 | 18.3 | 18.9 | 23.2 | 28.8 | 22.5 | 24.2 | 22.5 | 26.0 | 28.2 | 27.8 | 19.4 | 18.4 | 25.3 | 28.6 |
| 35-50..... | 784 | 84.0 | 17.9 | 15.4 | 16.3 | 22.0 | 25.6 | 21.0 | 23.3 | 19.0 | 22.2 | 25.2 | 24.0 | 17.5 | 15.4 | 21.2 | 22.9 |
| 51-64..... | 634 | 91.4 | 19.7 | 16.5 | 17.8 | 23.9 | 26.0 | 23.2 | 25.9 | 20.6 | 23.6 | 27.0 | 25.5 | 20.7 | 18.3 | 22.5 | 26.3 |
| 65-74..... | 295 | 94.9 | 24.1 | 20.3 | 20.5 | 30.5 | 30.3 | 29.7 | 31.6 | 25.7 | 27.7 | 35.3 | 31.3 | 27.0 | 25.0 | 25.3 | 31.6 |
| 75 and over..... | 127 | 98.3 | 26.9 | 22.5 | 23.7 | 32.2 | 31.3 | 30.6 | 33.2 | 27.9 | 27.2 | 35.1 | 32.8 | 26.2 | 25.5 | 29.3 | 27.9 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 95.4 | 21.7 | 18.9 | 17.8 | 26.2 | 33.1 | 26.4 | 25.4 | 25.2 | 36.0 | 36.1 | 35.6 | 24.7 | 29.5 | 31.9 | 37.9 |
| 12-14..... | 309 | 85.6 | 21.3 | 20.0 | 19.0 | 24.9 | 33.0 | 23.8 | 24.1 | 24.8 | 33.7 | 31.6 | 33.5 | 21.8 | 25.3 | 30.5 | 33.5 |
| 15-18..... | 402 | 76.8 | 21.4 | 18.8 | 18.5 | 25.3 | 31.9 | 23.8 | 25.1 | 24.3 | 29.7 | 32.4 | 31.9 | 22.1 | 23.7 | 28.0 | 31.2 |
| 19-22..... | 337 | 71.1 | 22.8 | 20.3 | 19.9 | 28.2 | 32.8 | 24.4 | 29.1 | 24.7 | 26.4 | 31.8 | 31.1 | 22.8 | 22.1 | 27.1 | 34.2 |
| 23-34..... | 949 | 75.9 | 18.9 | 16.3 | 16.2 | 23.5 | 25.9 | 21.8 | 25.1 | 20.4 | 25.0 | 26.4 | 26.0 | 20.1 | 18.4 | 23.2 | 27.7 |
| 35-50..... | 942 | 85.4 | 18.5 | 14.9 | 15.2 | 24.3 | 26.5 | 21.3 | 27.1 | 19.7 | 21.9 | 26.5 | 24.6 | 19.9 | 16.7 | 19.9 | 26.8 |
| 51-64..... | 792 | 90.2 | 19.6 | 15.7 | 15.8 | 26.4 | 26.9 | 23.0 | 28.5 | 21.0 | 22.1 | 28.3 | 25.2 | 21.5 | 17.9 | 21.1 | 30.1 |
| 65-74..... | 377 | 96.4 | 22.8 | 19.0 | 18.3 | 29.0 | 29.2 | 27.4 | 31.7 | 24.5 | 25.3 | 32.8 | 28.4 | 25.2 | 23.4 | 23.7 | 32.5 |
| 75 and over..... | 197 | 97.6 | 25.2 | 20.5 | 20.5 | 31.6 | 30.8 | 29.9 | 33.0 | 25.9 | 26.1 | 35.4 | 30.0 | 27.1 | 24.6 | 24.9 | 34.0 |
| All individuals... | [4]9,620 | 86.2 | 21.1 | 18.3 | 18.2 | 25.8 | 29.6 | 25.1 | 26.7 | 23.3 | 27.8 | 30.9 | 29.7 | 22.6 | 22.3 | 25.9 | 30.7 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.4a.--NUTRITIVE VALUE OF LUNCH
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 18.9 | 19.9 | 19.6 | 18.2 | 16.0 | 12.9 | 16.7 | 17.2 | 25.4 | 12.6 | 15.0 | 15.9 | 19.7 | 19.7 | 17.2 |
| 1-2..... | [3]264 | 22.6 | 22.9 | 23.9 | 21.2 | 19.6 | 20.4 | 19.6 | 20.6 | 20.1 | 17.8 | 17.4 | 20.8 | 17.7 | 19.9 | 14.2 |
| 3-5..... | 437 | 26.4 | 26.6 | 27.3 | 25.7 | 24.8 | 24.2 | 24.6 | 24.8 | 19.3 | 23.0 | 22.1 | 26.1 | 20.1 | 23.3 | 17.5 |
| 6-8..... | 469 | 28.6 | 29.4 | 30.0 | 27.5 | 28.9 | 26.3 | 27.8 | 28.2 | 22.2 | 25.0 | 25.0 | 27.8 | 23.2 | 26.1 | 19.6 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 28.3 | 29.1 | 29.7 | 27.1 | 28.3 | 26.1 | 27.4 | 27.4 | 23.3 | 24.3 | 24.4 | 26.6 | 23.4 | 25.5 | 25.3 |
| 12-14..... | 313 | 24.3 | 25.0 | 25.1 | 23.9 | 25.3 | 22.0 | 23.6 | 24.1 | 20.0 | 22.4 | 22.8 | 22.8 | 20.5 | 23.9 | 21.3 |
| 15-18..... | 400 | 24.6 | 25.5 | 26.1 | 23.5 | 25.0 | 23.5 | 22.9 | 24.4 | 19.4 | 22.9 | 23.2 | 24.0 | 21.7 | 26.4 | 17.4 |
| 19-22..... | 287 | 26.7 | 27.2 | 27.8 | 26.2 | 27.2 | 26.4 | 23.9 | 26.1 | 21.3 | 27.0 | 25.7 | 26.3 | 24.0 | 26.7 | 19.3 |
| 23-34..... | 770 | 25.6 | 26.0 | 26.3 | 26.0 | 24.5 | 26.0 | 22.1 | 24.3 | 20.8 | 25.2 | 23.4 | 25.7 | 23.2 | 25.3 | 18.5 |
| 35-50..... | 784 | 25.3 | 26.1 | 26.6 | 25.4 | 25.9 | 24.9 | 22.2 | 25.0 | 21.6 | 26.0 | 25.0 | 24.9 | 23.6 | 26.8 | 21.2 |
| 51-64..... | 634 | 23.1 | 23.6 | 23.4 | 24.0 | 24.0 | 22.1 | 20.1 | 22.6 | 19.4 | 23.4 | 22.5 | 22.2 | 21.2 | 23.9 | 19.0 |
| 65-74..... | 295 | 23.4 | 24.0 | 25.1 | 21.8 | 23.7 | 21.8 | 20.4 | 23.0 | 21.8 | 21.8 | 21.7 | 22.4 | 21.1 | 22.8 | 17.4 |
| 75 and over..... | 127 | 20.4 | 21.4 | 22.2 | 18.5 | 21.4 | 18.8 | 17.1 | 20.7 | 20.1 | 17.9 | 18.9 | 19.4 | 18.2 | 21.8 | 16.5 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 26.6 | 27.9 | 28.4 | 25.0 | 27.9 | 24.3 | 25.8 | 26.5 | 19.8 | 23.0 | 23.9 | 26.2 | 21.5 | 26.3 | 17.3 |
| 12-14..... | 309 | 26.9 | 26.8 | 27.7 | 26.9 | 27.5 | 26.3 | 26.0 | 26.9 | 21.7 | 26.0 | 25.6 | 26.4 | 23.6 | 27.3 | 21.9 |
| 15-18..... | 402 | 23.8 | 24.1 | 24.9 | 23.1 | 23.7 | 23.6 | 22.4 | 23.6 | 20.3 | 23.1 | 22.9 | 23.0 | 21.6 | 25.3 | 20.6 |
| 19-22..... | 337 | 26.3 | 27.0 | 28.1 | 25.0 | 26.3 | 25.6 | 22.9 | 25.8 | 22.3 | 25.2 | 25.2 | 25.0 | 23.8 | 27.8 | 21.5 |
| 23-34..... | 949 | 25.4 | 26.9 | 27.2 | 24.2 | 27.4 | 24.9 | 22.2 | 25.9 | 23.4 | 25.3 | 24.9 | 24.3 | 23.4 | 27.7 | 20.1 |
| 35-50..... | 942 | 24.9 | 26.0 | 26.3 | 24.0 | 25.8 | 24.2 | 21.5 | 25.0 | 22.5 | 24.7 | 24.9 | 24.1 | 23.5 | 27.3 | 18.6 |
| 51-64..... | 792 | 23.1 | 24.8 | 24.0 | 22.5 | 23.9 | 22.2 | 19.9 | 23.4 | 21.0 | 22.5 | 22.8 | 22.5 | 22.2 | 24.8 | 18.6 |
| 65-74..... | 377 | 23.6 | 24.7 | 25.5 | 21.5 | 22.9 | 22.1 | 20.3 | 22.9 | 21.6 | 21.3 | 21.9 | 22.7 | 21.8 | 22.2 | 18.1 |
| 75 and over..... | 197 | 22.1 | 24.3 | 24.1 | 19.6 | 21.6 | 20.0 | 19.1 | 22.6 | 20.3 | 19.3 | 20.1 | 20.8 | 22.3 | 22.3 | 18.7 |
| All individuals... | [4]9,620 | 24.9 | 25.8 | 26.1 | 24.2 | 25.2 | 23.9 | 22.3 | 24.6 | 21.3 | 23.7 | 23.5 | 24.1 | 22.3 | 25.4 | 19.2 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.4b.--NUTRITIVE VALUE OF LUNCH
Percentage of a day's[1] intake per individual reporting lunch, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals reporting lunch | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 78.5 | 24.1 | 25.3 | 25.0 | 23.3 | 20.4 | 16.4 | 21.3 | 21.9 | 32.4 | 16.1 | 19.1 | 20.3 | 25.1 | 25.1 | 21.9 |
| 1-2..... | [3]264 | 81.8 | 27.7 | 28.0 | 29.3 | 25.9 | 24.0 | 24.9 | 23.9 | 25.3 | 24.6 | 21.8 | 21.3 | 25.5 | 21.7 | 24.4 | 17.4 |
| 3-5..... | 437 | 85.3 | 30.9 | 31.2 | 31.9 | 30.1 | 29.1 | 28.4 | 28.8 | 29.0 | 22.6 | 27.0 | 25.9 | 30.6 | 23.5 | 27.3 | 20.5 |
| 6-8..... | 469 | 87.3 | 32.8 | 33.7 | 34.3 | 31.5 | 33.1 | 30.1 | 31.8 | 32.4 | 25.4 | 28.6 | 28.6 | 31.9 | 26.6 | 29.9 | 22.4 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 85.0 | 33.3 | 34.3 | 34.9 | 31.9 | 33.3 | 30.7 | 32.3 | 32.2 | 27.4 | 28.6 | 28.7 | 31.4 | 27.5 | 30.1 | 29.8 |
| 12-14..... | 313 | 79.5 | 30.6 | 31.4 | 31.6 | 30.0 | 31.8 | 27.7 | 29.7 | 30.3 | 25.1 | 28.2 | 28.7 | 28.7 | 25.8 | 30.1 | 26.8 |
| 15-18..... | 400 | 76.8 | 32.1 | 33.3 | 34.0 | 30.6 | 32.6 | 30.6 | 29.8 | 31.7 | 25.2 | 29.8 | 30.3 | 31.3 | 28.3 | 34.4 | 22.6 |
| 19-22..... | 287 | 74.6 | 35.8 | 36.5 | 37.2 | 35.1 | 36.4 | 35.4 | 32.0 | 34.9 | 28.6 | 36.1 | 34.4 | 35.2 | 32.1 | 35.8 | 25.9 |
| 23-34..... | 770 | 75.7 | 33.7 | 34.3 | 34.7 | 34.4 | 32.3 | 34.3 | 29.2 | 32.1 | 27.5 | 33.3 | 30.9 | 34.0 | 30.7 | 33.3 | 24.5 |
| 35-50..... | 784 | 77.4 | 32.7 | 33.7 | 34.3 | 32.8 | 33.4 | 32.2 | 28.7 | 32.3 | 27.9 | 33.7 | 32.3 | 32.2 | 30.5 | 34.6 | 27.3 |
| 51-64..... | 634 | 74.3 | 31.1 | 31.7 | 31.6 | 32.3 | 32.2 | 29.8 | 27.0 | 30.4 | 26.1 | 31.5 | 30.3 | 29.9 | 28.5 | 32.2 | 25.6 |
| 65-74..... | 295 | 72.9 | 32.2 | 33.0 | 34.4 | 29.9 | 32.6 | 29.9 | 27.9 | 31.5 | 29.9 | 29.9 | 29.8 | 30.8 | 29.0 | 31.2 | 23.8 |
| 75 and over..... | 127 | 64.1 | 31.9 | 33.4 | 34.6 | 28.9 | 33.4 | 29.3 | 26.7 | 32.3 | 31.4 | 27.9 | 29.6 | 30.3 | 28.3 | 34.0 | 25.7 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 82.7 | 32.2 | 33.7 | 34.3 | 30.3 | 33.7 | 29.4 | 31.2 | 32.1 | 24.0 | 27.8 | 28.9 | 31.7 | 26.0 | 31.8 | 20.9 |
| 12-14..... | 309 | 81.6 | 32.9 | 32.9 | 34.0 | 33.0 | 33.7 | 32.3 | 31.9 | 33.0 | 26.6 | 31.9 | 31.4 | 32.4 | 28.9 | 33.4 | 26.9 |
| 15-18..... | 402 | 76.0 | 31.3 | 31.8 | 32.7 | 30.4 | 31.2 | 31.1 | 29.5 | 31.1 | 26.7 | 30.4 | 30.1 | 30.3 | 28.4 | 33.3 | 27.1 |
| 19-22..... | 337 | 74.8 | 35.2 | 36.2 | 37.6 | 33.5 | 35.2 | 34.3 | 30.7 | 34.5 | 29.9 | 33.8 | 33.7 | 33.5 | 31.9 | 37.2 | 28.7 |
| 23-34..... | 949 | 76.7 | 33.1 | 35.1 | 35.5 | 31.5 | 35.7 | 32.5 | 29.0 | 33.8 | 30.6 | 33.0 | 32.5 | 31.7 | 30.5 | 36.1 | 26.3 |
| 35-50..... | 942 | 76.4 | 32.6 | 34.0 | 34.4 | 31.4 | 33.8 | 31.7 | 28.1 | 32.7 | 29.4 | 32.3 | 32.6 | 31.5 | 30.8 | 35.7 | 24.4 |
| 51-64..... | 792 | 74.5 | 31.0 | 33.3 | 32.3 | 30.2 | 32.1 | 29.8 | 26.7 | 31.4 | 28.2 | 30.2 | 30.6 | 30.3 | 29.8 | 33.4 | 25.0 |
| 65-74..... | 377 | 70.3 | 33.5 | 35.1 | 36.3 | 30.6 | 32.5 | 31.5 | 28.9 | 32.6 | 30.7 | 30.3 | 31.1 | 32.3 | 30.9 | 31.6 | 25.7 |
| 75 and over..... | 197 | 65.0 | 34.0 | 37.5 | 37.1 | 30.2 | 33.2 | 30.7 | 29.4 | 34.7 | 31.2 | 29.8 | 31.0 | 32.0 | 34.3 | 34.4 | 28.8 |
| All individuals... | [4]9,620 | 77.0 | 32.3 | 33.5 | 33.9 | 31.4 | 32.7 | 31.0 | 28.9 | 31.9 | 27.6 | 30.8 | 30.5 | 31.3 | 29.0 | 33.0 | 25.0 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.5a.--NUTRITIVE VALUE OF DINNER
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]278 | 8.3 | 9.4 | 8.8 | 7.7 | 8.1 | 6.5 | 8.1 | 8.3 | 11.4 | 6.4 | 7.7 | 7.6 | 8.8 | 8.8 | 7.5 |
| 1-2..... | [3]264 | 13.3 | 16.0 | 15.2 | 10.7 | 10.5 | 12.7 | 12.7 | 13.0 | 14.1 | 10.5 | 11.0 | 14.6 | 14.4 | 13.2 | 11.4 |
| 3-5..... | 437 | 15.4 | 18.3 | 17.2 | 12.8 | 12.0 | 15.4 | 14.6 | 15.2 | 15.1 | 13.1 | 12.9 | 17.4 | 17.0 | 14.5 | 14.0 |
| 6-8..... | 469 | 16.6 | 19.1 | 18.4 | 13.7 | 11.7 | 16.5 | 15.5 | 15.6 | 15.0 | 13.5 | 12.7 | 17.9 | 17.1 | 15.1 | 13.5 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 18.2 | 20.8 | 19.6 | 15.3 | 12.3 | 19.2 | 16.7 | 16.9 | 15.0 | 15.1 | 14.0 | 19.0 | 18.8 | 18.1 | 13.3 |
| 12-14..... | 313 | 18.6 | 21.4 | 20.7 | 15.5 | 13.7 | 18.7 | 17.9 | 18.2 | 18.0 | 14.6 | 14.3 | 19.1 | 20.0 | 16.4 | 16.7 |
| 15-18..... | 400 | 20.0 | 23.4 | 22.0 | 16.3 | 16.7 | 20.1 | 19.4 | 20.1 | 20.8 | 17.7 | 17.5 | 21.9 | 22.5 | 19.0 | 19.2 |
| 19-22..... | 287 | 19.6 | 21.8 | 21.2 | 17.6 | 16.2 | 20.9 | 19.4 | 19.1 | 22.7 | 18.7 | 17.5 | 21.6 | 22.2 | 18.9 | 21.1 |
| 23-34..... | 770 | 22.8 | 25.6 | 24.3 | 19.8 | 20.3 | 23.6 | 21.9 | 22.6 | 25.8 | 21.8 | 21.6 | 24.2 | 25.9 | 22.9 | 23.8 |
| 35-50..... | 784 | 23.8 | 27.0 | 25.6 | 20.6 | 19.5 | 25.0 | 21.5 | 23.6 | 27.0 | 22.7 | 22.1 | 25.1 | 27.6 | 24.0 | 26.1 |
| 51-64..... | 634 | 24.9 | 28.3 | 27.0 | 20.6 | 19.6 | 25.6 | 22.6 | 24.8 | 26.8 | 22.3 | 22.5 | 26.3 | 28.4 | 25.4 | 25.1 |
| 65-74..... | 295 | 23.1 | 26.1 | 25.1 | 19.6 | 17.7 | 22.5 | 20.6 | 22.2 | 23.9 | 19.3 | 19.7 | 23.9 | 24.8 | 22.0 | 21.8 |
| 75 and over..... | 127 | 26.2 | 30.2 | 27.6 | 22.6 | 20.7 | 27.1 | 24.4 | 25.7 | 26.1 | 23.7 | 23.0 | 29.1 | 30.7 | 24.6 | 29.0 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 19.4 | 22.0 | 21.3 | 16.4 | 14.7 | 19.8 | 18.5 | 18.9 | 18.7 | 16.8 | 15.7 | 20.0 | 20.8 | 17.2 | 18.1 |
| 12-14..... | 309 | 16.5 | 19.1 | 17.9 | 13.1 | 12.3 | 17.5 | 15.8 | 16.0 | 17.0 | 14.4 | 13.3 | 18.9 | 18.5 | 15.0 | 14.5 |
| 15-18..... | 402 | 22.9 | 26.5 | 24.9 | 19.2 | 18.4 | 24.1 | 22.2 | 22.9 | 24.0 | 20.6 | 20.2 | 26.0 | 25.3 | 21.6 | 20.5 |
| 19-22..... | 337 | 23.4 | 26.3 | 25.9 | 19.4 | 19.0 | 24.5 | 22.5 | 23.3 | 24.7 | 21.8 | 21.5 | 26.4 | 26.7 | 22.6 | 20.9 |
| 23-34..... | 949 | 23.5 | 26.6 | 25.7 | 19.7 | 19.3 | 24.6 | 21.6 | 23.2 | 25.1 | 22.6 | 21.9 | 25.8 | 26.9 | 23.4 | 22.8 |
| 35-50..... | 942 | 25.9 | 29.3 | 28.2 | 20.8 | 20.4 | 26.6 | 22.1 | 25.6 | 26.9 | 23.5 | 23.3 | 27.4 | 29.9 | 26.1 | 24.4 |
| 51-64..... | 792 | 24.5 | 27.4 | 27.1 | 20.0 | 18.7 | 25.0 | 21.0 | 23.7 | 26.3 | 22.0 | 21.8 | 25.6 | 27.6 | 24.1 | 22.3 |
| 65-74..... | 377 | 25.4 | 28.8 | 27.8 | 21.3 | 19.8 | 25.6 | 22.7 | 25.1 | 27.2 | 22.6 | 22.7 | 27.3 | 27.9 | 25.6 | 22.7 |
| 75 and over..... | 197 | 24.3 | 27.7 | 27.3 | 20.2 | 18.6 | 24.7 | 21.6 | 23.7 | 28.2 | 20.1 | 21.9 | 26.2 | 27.6 | 26.1 | 23.8 |
| All individuals... | [4]9,620 | 22.0 | 25.0 | 24.0 | 18.4 | 17.5 | 22.6 | 20.2 | 21.6 | 23.3 | 19.8 | 19.5 | 23.6 | 24.7 | 21.6 | 21.1 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.5b.--NUTRITIVE VALUE OF DINNER
Percentage of a day's[1] intake per individual reporting dinner, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals reporting dinner | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 34.6 | 24.1 | 27.2 | 25.4 | 22.3 | 23.4 | 18.8 | 23.5 | 24.1 | 33.1 | 18.5 | 22.3 | 21.9 | 25.4 | 25.3 | 21.7 |
| 1-2..... | [3]264 | 42.7 | 31.1 | 37.4 | 35.5 | 25.0 | 24.6 | 29.6 | 29.7 | 30.5 | 33.1 | 24.6 | 25.7 | 34.3 | 33.7 | 30.9 | 26.7 |
| 3-5..... | 437 | 41.8 | 36.9 | 43.7 | 41.1 | 30.7 | 28.6 | 36.9 | 34.8 | 36.3 | 36.1 | 31.3 | 30.8 | 41.6 | 40.7 | 34.7 | 33.5 |
| 6-8..... | 469 | 45.0 | 36.8 | 42.5 | 41.0 | 30.5 | 26.0 | 36.7 | 34.4 | 34.8 | 33.3 | 29.9 | 28.2 | 39.8 | 38.0 | 33.7 | 30.1 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 47.2 | 38.6 | 44.0 | 41.6 | 32.4 | 26.0 | 40.8 | 35.4 | 35.7 | 31.9 | 32.1 | 29.6 | 40.2 | 39.9 | 38.4 | 28.2 |
| 12-14..... | 313 | 47.4 | 39.3 | 45.0 | 43.6 | 32.6 | 28.8 | 39.4 | 37.7 | 38.4 | 38.0 | 30.8 | 30.2 | 40.3 | 42.1 | 34.6 | 35.2 |
| 15-18..... | 400 | 47.4 | 42.3 | 49.5 | 46.4 | 34.5 | 35.3 | 42.4 | 41.0 | 42.3 | 43.9 | 37.4 | 36.9 | 46.3 | 47.4 | 40.0 | 40.5 |
| 19-22..... | 287 | 46.0 | 42.5 | 47.4 | 46.0 | 38.3 | 35.2 | 45.3 | 42.2 | 41.5 | 49.2 | 40.6 | 38.1 | 47.0 | 48.2 | 41.0 | 45.9 |
| 23-34..... | 770 | 49.3 | 46.2 | 51.9 | 49.3 | 40.2 | 41.2 | 47.8 | 44.3 | 45.7 | 52.2 | 44.1 | 43.7 | 49.0 | 52.5 | 46.5 | 48.2 |
| 35-50..... | 784 | 49.9 | 47.6 | 54.2 | 51.3 | 41.3 | 39.0 | 50.2 | 43.1 | 47.3 | 54.1 | 45.6 | 44.3 | 50.3 | 55.2 | 48.1 | 52.3 |
| 51-64..... | 634 | 51.9 | 48.0 | 54.5 | 52.0 | 39.7 | 37.8 | 49.2 | 43.5 | 47.8 | 51.6 | 43.0 | 43.2 | 50.6 | 54.7 | 48.9 | 48.4 |
| 65-74..... | 295 | 51.2 | 45.1 | 50.9 | 48.9 | 38.3 | 34.6 | 43.9 | 40.1 | 43.3 | 46.7 | 37.8 | 38.4 | 46.7 | 48.4 | 43.0 | 42.6 |
| 75 and over..... | 127 | 58.8 | 44.6 | 51.5 | 46.9 | 38.5 | 35.2 | 46.2 | 41.5 | 43.7 | 44.4 | 40.3 | 39.2 | 49.5 | 52.2 | 41.9 | 49.3 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 48.1 | 40.3 | 45.8 | 44.3 | 34.1 | 30.5 | 41.3 | 38.6 | 39.3 | 38.9 | 34.9 | 32.6 | 41.6 | 43.3 | 35.7 | 37.7 |
| 12-14..... | 309 | 40.5 | 40.6 | 47.0 | 44.0 | 32.4 | 30.2 | 43.2 | 38.9 | 39.4 | 41.9 | 35.5 | 32.9 | 46.6 | 45.5 | 36.9 | 35.8 |
| 15-18..... | 402 | 49.5 | 46.2 | 53.5 | 50.3 | 38.9 | 37.1 | 48.8 | 44.9 | 46.2 | 48.6 | 41.6 | 40.8 | 52.6 | 51.2 | 43.7 | 41.5 |
| 19-22..... | 337 | 47.9 | 49.0 | 54.9 | 54.0 | 40.5 | 39.6 | 51.1 | 47.0 | 48.7 | 51.6 | 45.6 | 44.8 | 55.2 | 55.8 | 47.2 | 43.7 |
| 23-34..... | 949 | 49.1 | 47.8 | 54.3 | 52.3 | 40.2 | 39.2 | 50.0 | 44.0 | 47.3 | 51.0 | 46.0 | 44.6 | 52.6 | 54.7 | 47.6 | 46.5 |
| 35-50..... | 942 | 51.7 | 50.1 | 56.7 | 54.6 | 40.2 | 39.5 | 51.5 | 42.8 | 49.6 | 52.1 | 45.4 | 45.2 | 53.0 | 57.9 | 50.5 | 47.3 |
| 51-64..... | 792 | 50.8 | 48.2 | 54.0 | 53.3 | 39.3 | 36.8 | 49.2 | 41.4 | 46.7 | 51.8 | 43.4 | 42.9 | 50.5 | 54.4 | 47.4 | 44.0 |
| 65-74..... | 377 | 54.6 | 46.5 | 52.8 | 50.9 | 39.1 | 36.2 | 46.8 | 41.6 | 46.0 | 49.8 | 41.4 | 41.6 | 49.9 | 51.1 | 46.8 | 41.6 |
| 75 and over..... | 197 | 55.7 | 43.7 | 49.7 | 49.1 | 36.2 | 33.4 | 44.4 | 38.8 | 42.5 | 50.7 | 36.1 | 39.4 | 47.0 | 49.5 | 47.0 | 42.8 |
| All individuals... | [4]9,620 | 48.9 | 45.0 | 51.2 | 49.1 | 37.6 | 35.7 | 46.2 | 41.3 | 44.2 | 47.6 | 40.5 | 39.9 | 48.3 | 50.6 | 44.1 | 43.1 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.6a.--NUTRITIVE VALUE OF SUPPER
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 14.1 | 14.7 | 13.4 | 15.5 | 11.0 | 12.5 | 15.0 | 12.8 | 15.8 | 11.9 | 11.4 | 15.3 | 14.6 | 11.4 | 16.6 |
| 1-2..... | [3]264 | 19.9 | 23.1 | 21.5 | 17.0 | 14.2 | 20.2 | 19.5 | 18.8 | 17.2 | 16.7 | 15.4 | 24.3 | 22.0 | 17.0 | 19.1 |
| 3-5..... | 437 | 21.5 | 25.5 | 23.7 | 18.3 | 17.1 | 21.5 | 21.7 | 21.8 | 19.2 | 18.6 | 17.7 | 23.2 | 23.0 | 19.9 | 19.8 |
| 6-8..... | 469 | 20.4 | 23.8 | 22.4 | 17.2 | 15.0 | 21.2 | 19.7 | 19.7 | 18.0 | 18.0 | 16.3 | 22.1 | 21.9 | 18.8 | 18.1 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 19.5 | 22.8 | 21.1 | 16.7 | 15.2 | 19.6 | 18.2 | 19.4 | 15.8 | 16.6 | 15.8 | 20.6 | 19.5 | 17.8 | 16.5 |
| 12-14..... | 313 | 22.3 | 26.0 | 24.0 | 18.9 | 16.6 | 23.6 | 21.4 | 21.7 | 21.0 | 19.2 | 17.9 | 25.6 | 25.4 | 19.8 | 21.4 |
| 15-18..... | 400 | 21.4 | 24.1 | 22.6 | 18.8 | 17.4 | 22.8 | 21.6 | 21.1 | 21.1 | 19.2 | 18.3 | 23.6 | 23.4 | 19.0 | 20.6 |
| 19-22..... | 287 | 23.7 | 26.8 | 24.9 | 20.6 | 18.5 | 25.5 | 23.1 | 23.1 | 23.7 | 22.2 | 20.6 | 26.3 | 26.6 | 22.8 | 25.9 |
| 23-34..... | 770 | 23.1 | 25.9 | 24.6 | 19.8 | 20.0 | 24.2 | 22.5 | 23.6 | 24.5 | 22.1 | 21.9 | 24.7 | 26.8 | 23.6 | 24.7 |
| 35-50..... | 784 | 23.1 | 26.0 | 24.4 | 20.3 | 19.5 | 23.7 | 21.3 | 23.4 | 24.6 | 21.0 | 20.9 | 24.5 | 26.6 | 23.2 | 24.1 |
| 51-64..... | 634 | 22.7 | 25.1 | 24.2 | 20.1 | 19.4 | 22.8 | 20.6 | 22.9 | 23.3 | 20.9 | 20.7 | 23.1 | 24.8 | 22.0 | 22.2 |
| 65-74..... | 295 | 20.7 | 23.4 | 21.7 | 17.9 | 17.9 | 21.0 | 19.6 | 20.8 | 20.2 | 18.1 | 19.2 | 21.4 | 23.0 | 23.0 | 22.6 |
| 75 and over..... | 127 | 20.4 | 20.8 | 21.3 | 19.0 | 19.0 | 19.1 | 18.5 | 19.3 | 22.4 | 18.3 | 18.7 | 20.4 | 20.2 | 18.8 | 21.4 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 19.6 | 23.5 | 20.9 | 16.7 | 14.4 | 20.7 | 18.4 | 19.6 | 18.0 | 16.8 | 16.1 | 21.6 | 21.1 | 18.2 | 16.7 |
| 12-14..... | 309 | 22.2 | 26.4 | 23.4 | 19.0 | 17.6 | 24.0 | 22.4 | 22.6 | 20.6 | 20.5 | 19.5 | 25.2 | 26.1 | 20.9 | 21.2 |
| 15-18..... | 402 | 22.4 | 25.7 | 23.9 | 19.5 | 19.0 | 23.4 | 21.8 | 22.5 | 21.1 | 20.6 | 20.2 | 24.9 | 24.7 | 21.7 | 19.9 |
| 19-22..... | 337 | 20.7 | 23.9 | 21.5 | 18.0 | 17.8 | 22.7 | 20.7 | 21.5 | 21.7 | 20.1 | 20.2 | 23.4 | 24.6 | 21.8 | 19.4 |
| 23-34..... | 949 | 22.2 | 25.1 | 23.9 | 19.3 | 19.1 | 23.0 | 21.0 | 22.4 | 23.2 | 21.6 | 20.7 | 23.6 | 26.0 | 22.1 | 22.3 |
| 35-50..... | 942 | 21.4 | 23.9 | 22.6 | 19.0 | 17.6 | 21.6 | 18.8 | 21.5 | 21.7 | 19.7 | 19.4 | 22.2 | 24.0 | 21.4 | 21.3 |
| 51-64..... | 792 | 23.0 | 25.5 | 25.0 | 19.4 | 19.5 | 23.2 | 20.6 | 22.9 | 24.0 | 20.4 | 21.4 | 23.4 | 25.8 | 23.6 | 20.8 |
| 65-74..... | 377 | 19.6 | 21.5 | 20.9 | 17.4 | 17.3 | 19.4 | 17.1 | 19.5 | 20.0 | 16.7 | 18.2 | 20.1 | 21.0 | 20.7 | 19.0 |
| 75 and over..... | 197 | 19.7 | 20.5 | 20.2 | 18.8 | 19.3 | 18.9 | 17.4 | 19.9 | 18.8 | 18.2 | 19.5 | 18.9 | 18.5 | 19.8 | 15.6 |
| All individuals... | [4]9,620 | 21.7 | 24.6 | 23.2 | 18.9 | 18.0 | 22.4 | 20.5 | 21.8 | 21.7 | 19.8 | 19.5 | 23.2 | 24.3 | 21.3 | 21.2 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.6b.--NUTRITIVE VALUE OF SUPPER
Percentage of a day's[1] intake per individual reporting supper, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals reporting supper | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 65.1 | 21.7 | 22.5 | 20.6 | 23.7 | 16.8 | 19.1 | 23.1 | 19.6 | 24.3 | 18.3 | 17.6 | 23.5 | 22.4 | 17.6 | 25.4 |
| 1-2..... | [3]264 | 60.5 | 32.9 | 38.1 | 35.5 | 28.0 | 23.4 | 33.4 | 32.2 | 31.1 | 28.4 | 27.6 | 25.5 | 40.2 | 36.4 | 28.0 | 31.5 |
| 3-5..... | 437 | 60.6 | 35.5 | 42.0 | 39.2 | 30.1 | 28.1 | 35.5 | 35.8 | 36.0 | 31.7 | 30.7 | 29.2 | 38.2 | 37.9 | 32.9 | 32.7 |
| 6-8..... | 469 | 56.1 | 36.3 | 42.4 | 40.0 | 30.7 | 26.8 | 37.9 | 35.1 | 35.1 | 32.2 | 32.2 | 29.1 | 39.4 | 39.1 | 33.5 | 32.2 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 53.7 | 36.3 | 42.5 | 39.3 | 31.0 | 28.3 | 36.5 | 33.8 | 36.1 | 29.4 | 31.0 | 29.4 | 38.3 | 36.3 | 33.0 | 30.7 |
| 12-14..... | 313 | 58.7 | 38.1 | 44.4 | 40.9 | 32.2 | 28.3 | 40.3 | 36.4 | 37.0 | 35.9 | 32.8 | 30.6 | 43.6 | 43.3 | 33.8 | 36.5 |
| 15-18..... | 400 | 54.2 | 39.5 | 44.5 | 41.7 | 34.7 | 32.2 | 42.2 | 39.8 | 38.9 | 38.9 | 35.4 | 33.8 | 43.5 | 43.3 | 35.0 | 38.0 |
| 19-22..... | 287 | 54.8 | 43.2 | 48.9 | 45.4 | 37.6 | 33.7 | 46.6 | 42.1 | 42.2 | 43.2 | 40.5 | 37.7 | 48.0 | 48.6 | 41.6 | 47.3 |
| 23-34..... | 770 | 49.4 | 46.7 | 52.5 | 49.9 | 40.1 | 40.6 | 49.0 | 45.6 | 47.8 | 49.6 | 44.6 | 44.3 | 49.9 | 54.2 | 47.9 | 50.0 |
| 35-50..... | 784 | 51.3 | 45.0 | 50.6 | 47.5 | 39.5 | 38.0 | 46.1 | 41.6 | 45.5 | 47.9 | 41.0 | 40.7 | 47.7 | 51.9 | 45.2 | 46.9 |
| 51-64..... | 634 | 51.5 | 44.0 | 48.7 | 46.9 | 39.0 | 37.7 | 44.3 | 40.0 | 44.5 | 45.1 | 40.5 | 40.2 | 44.8 | 48.1 | 42.7 | 43.1 |
| 65-74..... | 295 | 55.1 | 37.5 | 42.5 | 39.4 | 32.6 | 32.5 | 38.2 | 35.5 | 37.8 | 36.6 | 32.8 | 34.9 | 38.8 | 41.7 | 41.8 | 40.9 |
| 75 and over..... | 127 | 54.2 | 37.5 | 38.4 | 39.2 | 35.1 | 35.1 | 35.2 | 34.0 | 35.6 | 41.3 | 33.7 | 34.4 | 37.6 | 37.3 | 34.6 | 39.6 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 54.8 | 35.9 | 42.9 | 38.1 | 30.4 | 26.3 | 37.8 | 33.6 | 35.7 | 32.8 | 30.6 | 29.3 | 39.4 | 38.6 | 33.3 | 30.5 |
| 12-14..... | 309 | 57.2 | 38.9 | 46.1 | 40.9 | 33.2 | 30.8 | 41.9 | 39.2 | 39.6 | 36.0 | 35.8 | 34.1 | 44.1 | 45.6 | 36.6 | 37.1 |
| 15-18..... | 402 | 50.8 | 44.1 | 50.7 | 47.1 | 38.5 | 37.4 | 46.1 | 42.9 | 44.2 | 41.5 | 40.5 | 39.8 | 49.1 | 48.7 | 42.7 | 39.3 |
| 19-22..... | 337 | 45.7 | 45.3 | 52.4 | 47.1 | 39.3 | 38.9 | 49.6 | 45.2 | 47.0 | 47.5 | 44.0 | 44.1 | 51.1 | 53.8 | 47.7 | 42.4 |
| 23-34..... | 949 | 47.6 | 46.6 | 52.5 | 50.3 | 40.5 | 40.1 | 48.3 | 44.1 | 47.2 | 48.8 | 45.4 | 43.6 | 49.6 | 54.6 | 46.6 | 46.9 |
| 35-50..... | 942 | 48.5 | 44.1 | 49.4 | 46.6 | 39.2 | 36.4 | 44.5 | 38.8 | 44.3 | 44.8 | 40.7 | 40.1 | 45.8 | 49.5 | 44.1 | 43.9 |
| 51-64..... | 792 | 51.8 | 44.4 | 49.3 | 48.2 | 37.5 | 37.6 | 44.7 | 39.8 | 44.3 | 46.4 | 39.4 | 41.3 | 45.1 | 49.7 | 45.5 | 40.2 |
| 65-74..... | 377 | 51.7 | 38.0 | 41.7 | 40.4 | 33.7 | 33.5 | 37.6 | 33.1 | 37.7 | 38.8 | 32.3 | 35.2 | 38.9 | 40.6 | 40.0 | 36.7 |
| 75 and over..... | 197 | 54.2 | 36.4 | 37.9 | 37.4 | 34.8 | 35.6 | 34.9 | 32.2 | 36.7 | 34.6 | 33.5 | 36.0 | 34.9 | 34.2 | 36.6 | 28.9 |
| All individuals... | [4]9,620 | 52.4 | 41.5 | 47.0 | 44.3 | 36.1 | 34.4 | 42.7 | 39.1 | 41.5 | 41.4 | 37.8 | 37.2 | 44.3 | 46.3 | 40.7 | 40.4 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.7a.--NUTRITIVE VALUE OF SNACKS
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 17.5 | 15.9 | 17.4 | 17.5 | 17.5 | 12.3 | 16.3 | 17.0 | 14.4 | 15.1 | 16.3 | 11.4 | 15.5 | 18.3 | 17.9 |
| 1-2..... | [3]264 | 14.6 | 11.0 | 13.3 | 17.2 | 17.4 | 9.3 | 15.3 | 14.6 | 10.5 | 11.6 | 15.3 | 7.0 | 10.8 | 14.2 | 14.8 |
| 3-5..... | 437 | 11.4 | 6.2 | 9.4 | 15.0 | 10.6 | 7.2 | 10.4 | 9.0 | 7.9 | 8.0 | 9.3 | 5.8 | 7.2 | 7.3 | 11.0 |
| 6-8..... | 469 | 10.9 | 6.5 | 9.1 | 13.9 | 10.9 | 6.8 | 10.1 | 9.1 | 7.4 | 7.2 | 9.0 | 5.4 | 6.1 | 7.0 | 9.3 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 12.7 | 8.3 | 11.4 | 15.7 | 12.2 | 8.7 | 13.6 | 11.0 | 9.4 | 9.0 | 10.1 | 7.9 | 8.3 | 7.6 | 9.5 |
| 12-14..... | 313 | 12.7 | 8.7 | 11.5 | 15.5 | 12.2 | 9.7 | 12.8 | 11.1 | 9.0 | 10.5 | 11.6 | 9.4 | 9.2 | 10.5 | 9.2 |
| 15-18..... | 400 | 14.4 | 9.3 | 12.1 | 18.5 | 13.7 | 10.6 | 13.5 | 12.4 | 10.0 | 11.5 | 12.3 | 9.8 | 9.1 | 9.8 | 11.7 |
| 19-22..... | 287 | 12.2 | 8.0 | 9.0 | 15.1 | 11.4 | 8.6 | 12.9 | 11.4 | 8.6 | 8.2 | 10.9 | 9.9 | 10.3 | 8.2 | 10.4 |
| 23-34..... | 770 | 11.3 | 6.9 | 8.4 | 14.5 | 11.5 | 7.5 | 12.8 | 10.3 | 7.4 | 7.7 | 10.1 | 8.5 | 7.7 | 7.0 | 8.6 |
| 35-50..... | 784 | 10.5 | 6.2 | 8.0 | 12.9 | 11.5 | 7.0 | 12.9 | 9.8 | 6.0 | 7.3 | 9.7 | 8.7 | 7.3 | 6.3 | 6.0 |
| 51-64..... | 634 | 9.0 | 5.9 | 7.1 | 11.2 | 10.9 | 6.4 | 10.7 | 8.7 | 6.7 | 6.7 | 8.8 | 7.4 | 6.6 | 6.0 | 6.8 |
| 65-74..... | 295 | 8.2 | 5.7 | 7.1 | 10.1 | 10.4 | 5.1 | 8.2 | 8.1 | 6.4 | 6.0 | 8.3 | 5.2 | 5.8 | 6.4 | 6.0 |
| 75 and over..... | 127 | 5.0 | 3.4 | 4.1 | 6.9 | 6.5 | 3.5 | 5.9 | 5.0 | 3.2 | 4.2 | 5.5 | 3.5 | 4.0 | 3.9 | 4.0 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 12.0 | 6.9 | 10.7 | 15.0 | 9.9 | 8.4 | 11.4 | 9.3 | 7.9 | 7.6 | 8.9 | 7.0 | 6.7 | 6.2 | 10.6 |
| 12-14..... | 309 | 14.2 | 8.8 | 12.9 | 17.6 | 12.7 | 10.0 | 13.4 | 11.4 | 10.2 | 10.6 | 11.3 | 9.1 | 8.7 | 8.8 | 11.1 |
| 15-18..... | 402 | 12.6 | 7.7 | 10.3 | 16.5 | 12.7 | 9.0 | 12.4 | 10.7 | 10.2 | 9.2 | 10.6 | 7.5 | 8.5 | 8.1 | 11.7 |
| 19-22..... | 337 | 12.1 | 7.4 | 8.9 | 16.2 | 12.4 | 8.8 | 12.1 | 10.7 | 9.3 | 8.9 | 10.1 | 7.7 | 7.9 | 6.3 | 9.4 |
| 23-34..... | 949 | 12.1 | 7.1 | 8.9 | 16.5 | 12.5 | 9.1 | 13.6 | 10.9 | 7.6 | 8.7 | 10.6 | 8.7 | 7.7 | 7.3 | 9.7 |
| 35-50..... | 942 | 9.6 | 5.6 | 7.4 | 12.9 | 11.3 | 7.3 | 11.9 | 8.9 | 7.8 | 7.3 | 8.9 | 7.2 | 6.0 | 5.7 | 8.2 |
| 51-64..... | 792 | 10.1 | 6.7 | 8.4 | 12.6 | 11.8 | 7.5 | 11.3 | 9.3 | 7.0 | 8.2 | 9.6 | 7.7 | 6.9 | 6.7 | 8.3 |
| 65-74..... | 377 | 7.4 | 4.8 | 6.3 | 9.9 | 9.8 | 5.0 | 7.7 | 6.9 | 5.5 | 6.3 | 7.8 | 4.2 | 5.1 | 5.7 | 6.2 |
| 75 and over..... | 197 | 7.1 | 5.1 | 6.1 | 8.5 | 8.6 | 5.5 | 7.7 | 6.6 | 5.3 | 6.1 | 7.3 | 5.7 | 5.4 | 5.2 | 5.9 |
| All individuals... | [4]9,620 | 11.0 | 6.9 | 8.9 | 14.1 | 11.7 | 7.8 | 11.9 | 9.9 | 7.8 | 8.2 | 9.9 | 7.6 | 7.4 | 7.2 | 8.9 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.7b.--NUTRITIVE VALUE OF SNACKS
Percentage of a day's[1] intake per individual reporting snacks, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals reporting snacks | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 52.9 | 26.8 | 24.4 | 26.6 | 26.8 | 26.9 | 18.8 | 24.9 | 26.1 | 22.0 | 23.2 | 25.0 | 17.5 | 23.8 | 28.1 | 27.5 |
| 1-2..... | [3]264 | 66.1 | 22.1 | 16.7 | 20.1 | 26.1 | 26.3 | 14.0 | 23.2 | 22.1 | 15.9 | 17.6 | 23.2 | 10.6 | 16.3 | 21.5 | 22.4 |
| 3-5..... | 437 | 58.1 | 19.6 | 10.7 | 16.1 | 25.8 | 18.2 | 12.5 | 17.9 | 15.4 | 13.6 | 13.8 | 16.0 | 10.0 | 12.3 | 12.5 | 18.9 |
| 6-8..... | 469 | 64.4 | 17.0 | 10.1 | 14.2 | 21.6 | 17.0 | 10.5 | 15.6 | 14.2 | 11.5 | 11.2 | 13.9 | 8.4 | 9.5 | 10.8 | 14.4 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 67.9 | 18.7 | 12.2 | 16.7 | 23.0 | 18.0 | 12.8 | 20.0 | 16.3 | 13.8 | 13.2 | 14.9 | 11.7 | 12.2 | 11.1 | 14.0 |
| 12-14..... | 313 | 62.5 | 20.3 | 13.9 | 18.5 | 24.8 | 19.5 | 15.5 | 20.5 | 17.8 | 14.4 | 16.9 | 18.6 | 15.0 | 14.6 | 16.8 | 14.7 |
| 15-18..... | 400 | 64.3 | 22.4 | 14.5 | 18.8 | 28.7 | 21.4 | 16.5 | 21.0 | 19.3 | 15.5 | 17.9 | 19.1 | 15.2 | 14.2 | 15.2 | 18.1 |
| 19-22..... | 287 | 55.4 | 22.0 | 14.4 | 16.4 | 27.3 | 20.6 | 15.5 | 23.3 | 20.6 | 15.6 | 14.8 | 19.7 | 17.8 | 18.6 | 14.8 | 18.7 |
| 23-34..... | 770 | 60.7 | 18.6 | 11.3 | 13.9 | 24.0 | 19.0 | 12.3 | 21.2 | 17.0 | 12.2 | 12.8 | 16.6 | 14.0 | 12.8 | 11.5 | 14.1 |
| 35-50..... | 784 | 58.9 | 17.8 | 10.5 | 13.7 | 21.9 | 19.5 | 11.9 | 21.9 | 16.7 | 10.1 | 12.3 | 16.5 | 14.7 | 12.3 | 10.7 | 10.2 |
| 51-64..... | 634 | 56.5 | 15.9 | 10.5 | 12.5 | 19.9 | 19.3 | 11.4 | 19.0 | 15.4 | 11.9 | 11.8 | 15.6 | 13.2 | 11.8 | 10.6 | 12.0 |
| 65-74..... | 295 | 55.2 | 14.9 | 10.3 | 12.9 | 18.4 | 18.9 | 9.2 | 14.8 | 14.7 | 11.6 | 10.8 | 15.0 | 9.5 | 10.5 | 11.7 | 11.0 |
| 75 and over..... | 127 | 38.7 | 12.9 | 8.8 | 10.5 | 17.7 | 16.7 | 9.0 | 15.2 | 13.1 | 8.2 | 10.8 | 14.1 | 9.1 | 10.3 | 10.1 | 10.4 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 65.8 | 18.2 | 10.4 | 16.3 | 22.9 | 15.0 | 12.7 | 17.3 | 14.2 | 12.0 | 11.6 | 13.5 | 10.7 | 10.2 | 9.4 | 16.2 |
| 12-14..... | 309 | 69.0 | 20.6 | 12.7 | 18.7 | 25.6 | 18.5 | 14.6 | 19.4 | 16.5 | 14.7 | 15.3 | 16.4 | 13.2 | 12.6 | 12.8 | 16.0 |
| 15-18..... | 402 | 60.2 | 20.9 | 12.8 | 17.1 | 27.4 | 21.2 | 14.9 | 20.5 | 17.8 | 16.9 | 15.2 | 17.5 | 12.4 | 14.0 | 13.5 | 19.3 |
| 19-22..... | 337 | 59.4 | 20.4 | 12.4 | 15.0 | 27.3 | 20.9 | 14.8 | 20.3 | 18.1 | 15.7 | 15.0 | 17.0 | 13.0 | 13.4 | 10.6 | 15.9 |
| 23-34..... | 949 | 61.4 | 19.7 | 11.6 | 14.4 | 26.8 | 20.4 | 14.8 | 22.1 | 17.7 | 12.4 | 14.2 | 17.2 | 14.1 | 12.5 | 11.9 | 15.7 |
| 35-50..... | 942 | 59.4 | 16.2 | 9.5 | 12.5 | 21.7 | 19.1 | 12.3 | 20.1 | 14.9 | 13.2 | 12.2 | 15.0 | 12.2 | 10.0 | 9.6 | 13.8 |
| 51-64..... | 792 | 57.7 | 17.5 | 11.6 | 14.5 | 21.8 | 20.4 | 13.0 | 19.6 | 16.2 | 12.1 | 14.3 | 16.6 | 13.3 | 12.0 | 11.6 | 14.4 |
| 65-74..... | 377 | 46.9 | 15.9 | 10.2 | 13.4 | 21.0 | 21.0 | 10.6 | 16.4 | 14.6 | 11.6 | 13.5 | 16.7 | 8.8 | 10.9 | 12.2 | 13.2 |
| 75 and over..... | 197 | 40.2 | 17.5 | 12.8 | 15.2 | 21.1 | 21.3 | 13.6 | 19.2 | 16.5 | 13.1 | 15.2 | 18.1 | 14.1 | 13.3 | 12.9 | 14.6 |
| All individuals... | [4]9,620 | 59.3 | 18.6 | 11.7 | 15.0 | 23.7 | 19.7 | 13.1 | 20.0 | 16.7 | 13.1 | 13.7 | 16.7 | 12.8 | 12.5 | 12.2 | 15.0 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.8a.--NUTRITIVE VALUE OF OTHER EATING OCCASIONS
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 13.1 | 13.5 | 14.6 | 11.2 | 14.8 | 9.7 | 12.6 | 14.1 | 11.9 | 11.5 | 13.2 | 8.5 | 12.1 | 15.4 | 10.5 |
| 1-2..... | [3]264 | 1.4 | 1.4 | .9 | 1.4 | 2.4 | 1.0 | 1.8 | 2.0 | 1.3 | 1.4 | 2.0 | .8 | 1.2 | 1.3 | 1.4 |
| 3-5..... | 437 | .3 | .2 | .2 | .3 | .2 | .1 | .1 | .1 | ([4]) | .2 | .2 | .1 | .1 | .1 | .2 |
| 6-8..... | 469 | .3 | .2 | .3 | .4 | .3 | .3 | .3 | .3 | .3 | .2 | .3 | .2 | .2 | .2 | .3 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | .3 | .2 | .2 | .3 | .2 | .2 | .3 | .3 | .2 | .2 | .2 | .2 | .1 | .2 | .3 |
| 12-14..... | 313 | .3 | .2 | .2 | .5 | .5 | .2 | .3 | .3 | .3 | .3 | .4 | .2 | .2 | .2 | .5 |
| 15-18..... | 400 | .2 | .2 | .2 | .3 | .2 | .2 | .2 | .2 | ([4]) | .1 | .2 | .2 | .2 | .2 | .1 |
| 19-22..... | 287 | .5 | .2 | .3 | .6 | .2 | .2 | .3 | .3 | .2 | .2 | .3 | .2 | .2 | .2 | .5 |
| 23-34..... | 770 | 1.0 | .5 | .6 | 1.0 | .8 | .6 | 1.3 | .9 | .6 | .5 | .8 | .9 | 1.0 | .5 | .6 |
| 35-50..... | 784 | .6 | .2 | .2 | .7 | .5 | .2 | .7 | .5 | .3 | .3 | .6 | .5 | .5 | .1 | .4 |
| 51-64..... | 634 | .7 | .3 | .3 | .6 | .6 | .3 | .6 | .5 | .3 | .3 | .5 | .5 | .5 | .2 | .3 |
| 65-74..... | 295 | .5 | .2 | .4 | .5 | .3 | .3 | .3 | .3 | .3 | .2 | .4 | .3 | .4 | .3 | ([4]) |
| 75 and over..... | 127 | .6 | .6 | .6 | .5 | .6 | .5 | .5 | .7 | .6 | .6 | .7 | .5 | .6 | .8 | .6 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | .3 | .2 | .3 | .4 | .2 | .2 | .3 | .2 | .2 | .2 | .2 | .2 | .2 | .2 | .2 |
| 12-14..... | 309 | .3 | .2 | .2 | .4 | .1 | .2 | .2 | .2 | .1 | .2 | .2 | .2 | .1 | .1 | .4 |
| 15-18..... | 402 | .8 | .6 | .6 | 1.0 | .9 | .6 | .9 | .8 | .6 | .8 | .8 | .7 | .8 | .3 | .9 |
| 19-22..... | 337 | .5 | .3 | .4 | .5 | .5 | .3 | .5 | .5 | .6 | .3 | .4 | .2 | .3 | .3 | .6 |
| 23-34..... | 949 | 1.2 | .6 | .6 | 1.2 | .9 | .7 | 1.4 | .9 | .4 | .5 | .8 | .9 | .7 | .4 | .6 |
| 35-50..... | 942 | 1.2 | .8 | 1.0 | 1.2 | 1.1 | 1.0 | 1.2 | 1.0 | .8 | .9 | 1.0 | .9 | .8 | .6 | 1.1 |
| 51-64..... | 792 | .5 | .2 | .2 | .5 | .6 | .3 | .5 | .4 | .3 | .3 | .4 | .3 | .2 | .3 | .2 |
| 65-74..... | 377 | .9 | .8 | .8 | .8 | .9 | .6 | .6 | .9 | .6 | .7 | .9 | .6 | .7 | .8 | .4 |
| 75 and over..... | 197 | .4 | .4 | .3 | .3 | .3 | .3 | .3 | .3 | .3 | .2 | .3 | .4 | .5 | .5 | .1 |
| All individuals... | [5]9,620 | .8 | .5 | .5 | .8 | .7 | .5 | .8 | .7 | .5 | .5 | .7 | .6 | .6 | .5 | .6 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Less than 0.05% but more than 0.
[5]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.8b.--NUTRITIVE VALUE OF OTHER EATING OCCASIONS
Percentage of a day's[1] intake per individual reporting other eating occasions, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals reporting other eating occasions | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 30.2 | 43.2 | 44.7 | 48.3 | 36.9 | 48.8 | 32.0 | 41.8 | 46.7 | 39.3 | 38.0 | 43.7 | 28.0 | 40.0 | 51.0 | 34.9 |
| 1-2..... | [3]264 | 6.5 | 20.9 | 20.9 | 13.2 | 21.9 | 37.1 | 15.1 | 27.8 | 30.9 | 19.4 | 21.6 | 31.6 | 11.6 | 18.5 | 19.7 | 22.2 |
| 3-5..... | 437 | 2.0 | 12.7 | 7.6 | 9.9 | 15.6 | 7.9 | 5.8 | 6.3 | 7.2 | 1.6 | 10.9 | 11.3 | 5.0 | 3.6 | 6.5 | 11.6 |
| 6-8..... | 469 | 1.7 | 19.0 | 14.0 | 16.0 | 25.5 | 16.6 | 15.5 | 20.2 | 16.6 | 15.4 | 12.9 | 17.0 | 13.4 | 10.4 | 11.6 | 17.7 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 1.2 | 21.9 | 20.1 | 20.2 | 25.4 | 21.1 | 15.2 | 23.4 | 22.2 | 15.8 | 15.0 | 13.6 | 14.6 | 7.9 | 18.6 | 22.7 |
| 12-14..... | 313 | 1.9 | 15.9 | 10.8 | 10.5 | 24.3 | 27.8 | 11.2 | 15.1 | 15.5 | 14.4 | 16.9 | 18.8 | 9.0 | 8.6 | 11.4 | 24.7 |
| 15-18..... | 400 | .7 | 35.1 | 27.8 | 31.4 | 41.9 | 21.7 | 26.7 | 21.3 | 30.2 | 6.8 | 20.9 | 23.0 | 24.0 | 24.0 | 30.2 | 18.5 |
| 19-22..... | 287 | 3.3 | 14.9 | 5.5 | 8.3 | 19.4 | 7.2 | 7.0 | 9.1 | 8.0 | 7.5 | 7.0 | 8.0 | 7.4 | 6.1 | 5.9 | 13.8 |
| 23-34..... | 770 | 4.8 | 20.5 | 11.1 | 11.8 | 21.2 | 16.6 | 12.2 | 26.4 | 18.8 | 11.9 | 10.6 | 16.8 | 19.5 | 20.2 | 9.7 | 11.8 |
| 35-50..... | 784 | 4.7 | 12.9 | 4.8 | 3.5 | 15.3 | 9.5 | 5.0 | 14.7 | 10.8 | 7.0 | 6.1 | 12.2 | 11.1 | 10.1 | 2.0 | 7.5 |
| 51-64..... | 634 | 3.3 | 22.7 | 8.4 | 8.1 | 19.6 | 16.9 | 7.8 | 19.0 | 15.7 | 10.3 | 8.4 | 14.3 | 14.4 | 15.7 | 6.1 | 9.7 |
| 65-74..... | 295 | 3.2 | 15.1 | 7.6 | 12.2 | 14.6 | 9.4 | 7.8 | 10.6 | 10.5 | 10.7 | 7.4 | 10.8 | 8.8 | 10.8 | 8.4 | .4 |
| 75 and over..... | 127 | 2.3 | 26.6 | 27.6 | 28.3 | 22.6 | 27.6 | 23.1 | 22.0 | 28.5 | 27.8 | 28.1 | 32.2 | 23.3 | 26.7 | 33.1 | 27.0 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | .8 | 37.6 | 22.7 | 35.0 | 53.2 | 24.0 | 28.4 | 33.1 | 22.5 | 29.6 | 18.5 | 22.9 | 23.3 | 22.3 | 23.0 | 27.0 |
| 12-14..... | 309 | 1.6 | 18.5 | 11.3 | 11.2 | 24.8 | 6.5 | 13.4 | 15.5 | 14.0 | 9.0 | 10.7 | 9.7 | 15.7 | 9.4 | 8.1 | 25.2 |
| 15-18..... | 402 | 1.7 | 46.3 | 33.3 | 37.6 | 57.3 | 52.1 | 32.7 | 51.8 | 44.9 | 34.0 | 49.5 | 47.2 | 39.1 | 45.7 | 18.4 | 53.3 |
| 19-22..... | 337 | 3.0 | 15.1 | 8.9 | 11.7 | 17.3 | 17.1 | 11.4 | 15.9 | 16.5 | 18.9 | 10.4 | 12.8 | 5.9 | 10.4 | 8.9 | 18.9 |
| 23-34..... | 949 | 5.9 | 19.8 | 9.5 | 9.4 | 20.4 | 15.7 | 12.1 | 23.7 | 14.4 | 7.1 | 8.8 | 14.3 | 15.4 | 11.0 | 7.2 | 9.4 |
| 35-50..... | 942 | 5.7 | 21.0 | 14.9 | 17.2 | 21.7 | 18.7 | 17.0 | 21.5 | 17.0 | 14.6 | 16.6 | 18.0 | 16.1 | 14.9 | 10.6 | 19.1 |
| 51-64..... | 792 | 4.1 | 12.0 | 5.7 | 5.4 | 11.2 | 13.7 | 6.9 | 11.9 | 10.2 | 6.1 | 6.7 | 9.6 | 8.4 | 4.9 | 7.1 | 4.6 |
| 65-74..... | 377 | 2.8 | 30.6 | 29.0 | 29.2 | 29.4 | 32.0 | 23.1 | 21.8 | 32.9 | 21.5 | 25.3 | 30.4 | 20.2 | 26.7 | 29.9 | 14.3 |
| 75 and over..... | 197 | 2.3 | 17.5 | 18.8 | 14.5 | 14.8 | 11.9 | 12.3 | 12.9 | 13.7 | 14.5 | 9.7 | 12.5 | 18.5 | 20.4 | 20.0 | 4.8 |
| All individuals... | [4]9,620 | 3.8 | 20.8 | 13.8 | 14.4 | 21.5 | 19.5 | 13.5 | 21.5 | 18.5 | 13.4 | 13.9 | 18.2 | 15.2 | 15.4 | 12.5 | 14.8 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.9a.--NUTRITIVE VALUE OF EATING OCCASIONS WITH NAME NOT REPORTED
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 7.1 | 7.4 | 7.8 | 6.7 | 7.3 | 6.5 | 7.1 | 7.3 | 6.7 | 6.8 | 7.1 | 6.5 | 7.0 | 7.7 | 7.2 |
| 1-2..... | [3]264 | 1.6 | 1.6 | 1.8 | 1.5 | 1.8 | 1.4 | 1.7 | 1.8 | 1.6 | 1.3 | 1.6 | 1.5 | 1.6 | 1.7 | 1.5 |
| 3-5..... | 437 | 1.5 | 1.5 | 1.6 | 1.5 | 1.5 | 1.5 | 1.6 | 1.5 | 1.6 | 1.5 | 1.5 | 1.5 | 1.4 | 1.4 | 2.2 |
| 6-8..... | 469 | .7 | .6 | .7 | .6 | .6 | .6 | .6 | .6 | .5 | .5 | .5 | .5 | .5 | .6 | .2 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | .6 | .5 | .5 | .7 | .4 | .5 | .5 | .6 | .4 | .4 | .3 | .6 | .5 | .3 | 1.0 |
| 12-14..... | 313 | .8 | .7 | .8 | .9 | .8 | .8 | .9 | .8 | .5 | .8 | .8 | .9 | .7 | .6 | .4 |
| 15-18..... | 400 | 1.6 | 1.4 | 1.4 | 1.7 | 1.4 | 1.3 | 1.4 | 1.3 | 1.0 | 1.3 | 1.4 | 1.5 | 1.4 | 1.3 | 1.5 |
| 19-22..... | 287 | 1.4 | 1.1 | 1.3 | 1.4 | 1.4 | 1.2 | 1.5 | 1.4 | 1.4 | 1.3 | 1.5 | 1.3 | 1.4 | 1.1 | 1.0 |
| 23-34..... | 770 | 1.3 | 1.2 | 1.2 | 1.3 | 1.2 | 1.1 | 1.2 | 1.2 | 1.1 | 1.2 | 1.2 | 1.1 | 1.2 | 1.3 | 1.0 |
| 35-50..... | 784 | 1.5 | 1.4 | 1.4 | 1.6 | 1.6 | 1.4 | 1.6 | 1.5 | 1.6 | 1.3 | 1.4 | 1.4 | 1.4 | 1.3 | 1.4 |
| 51-64..... | 634 | 1.5 | 1.4 | 1.5 | 1.4 | 1.6 | 1.4 | 1.5 | 1.4 | 1.5 | 1.4 | 1.5 | 1.4 | 1.5 | 1.5 | 1.4 |
| 65-74..... | 295 | 1.0 | 1.1 | .9 | 1.0 | .9 | .9 | .8 | 1.0 | .9 | .9 | .9 | 1.0 | 1.1 | 1.0 | .5 |
| 75 and over..... | 127 | .8 | 1.2 | .8 | .6 | .9 | .8 | .9 | 1.0 | .7 | .7 | .8 | 1.1 | 1.1 | 1.2 | .4 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 1.2 | 1.3 | 1.3 | 1.2 | 1.2 | 1.3 | 1.2 | 1.3 | .8 | 1.1 | 1.1 | 1.2 | 1.3 | 1.3 | .6 |
| 12-14..... | 309 | 1.5 | 1.5 | 1.6 | 1.5 | 1.4 | 1.4 | 1.4 | 1.5 | 1.4 | 1.2 | 1.3 | 1.3 | 1.3 | 1.4 | 1.2 |
| 15-18..... | 402 | 1.0 | .8 | 1.0 | 1.1 | .7 | .9 | .9 | .8 | .9 | .7 | .7 | .8 | .9 | .8 | 1.2 |
| 19-22..... | 337 | .7 | .5 | .7 | .7 | .5 | .6 | .5 | .4 | .8 | .6 | .5 | .6 | .6 | .5 | .6 |
| 23-34..... | 949 | 1.2 | 1.1 | 1.2 | 1.0 | 1.0 | 1.1 | 1.0 | 1.1 | 1.0 | 1.0 | 1.0 | 1.2 | 1.1 | .9 | .9 |
| 35-50..... | 942 | 1.1 | 1.2 | 1.2 | .9 | 1.0 | 1.1 | 1.2 | 1.1 | 1.1 | .9 | 1.1 | 1.1 | 1.1 | 1.0 | 1.1 |
| 51-64..... | 792 | 1.0 | 1.1 | 1.0 | 1.0 | 1.2 | 1.0 | .9 | 1.1 | 1.0 | 1.0 | 1.1 | .9 | 1.0 | 1.2 | .6 |
| 65-74..... | 377 | 1.0 | .9 | .9 | .9 | 1.0 | .6 | .9 | .9 | .6 | .7 | 1.0 | .8 | .8 | .8 | .6 |
| 75 and over..... | 197 | 1.7 | 1.7 | 1.7 | 1.6 | 1.5 | 1.3 | 1.5 | 1.5 | 1.5 | 1.3 | 1.4 | 1.4 | 1.7 | 1.6 | 1.4 |
| All individuals... | [4]9,620 | 1.2 | 1.2 | 1.2 | 1.2 | 1.2 | 1.1 | 1.2 | 1.2 | 1.1 | 1.1 | 1.2 | 1.2 | 1.2 | 1.2 | 1.1 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.9b.--NUTRITIVE VALUE OF EATING OCCASIONS WITH NAME NOT REPORTED
Percentage of a day's[1] intake per individual reporting unnamed eating occasions, spring 1977
48 States, all urbanizations, all incomes

| Sex and age (years) | Individuals (number) | Individuals reporting unnamed eating occasions | Food energy | Protein | Fat | Carbohydrate | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Preformed niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | [2]78 | 15.3 | 46.5 | 48.2 | 51.1 | 43.9 | 47.6 | 42.5 | 46.7 | 48.0 | 44.1 | 44.7 | 46.6 | 42.4 | 45.7 | 50.8 | 47.3 |
| 1-2..... | [3]264 | 7.0 | 23.6 | 23.6 | 25.7 | 21.7 | 26.0 | 20.0 | 23.9 | 25.4 | 23.0 | 19.0 | 22.9 | 21.4 | 23.6 | 25.1 | 21.0 |
| 3-5..... | 437 | 5.7 | 27.2 | 27.3 | 28.0 | 27.3 | 26.9 | 26.1 | 27.6 | 26.4 | 28.3 | 25.8 | 25.7 | 26.7 | 25.2 | 25.3 | 38.1 |
| 6-8..... | 469 | 2.4 | 26.9 | 22.8 | 26.9 | 26.7 | 24.1 | 25.1 | 26.9 | 24.7 | 18.9 | 21.0 | 20.9 | 19.4 | 21.7 | 22.8 | 9.7 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 2.8 | 22.7 | 17.7 | 19.1 | 24.9 | 13.3 | 19.5 | 19.7 | 19.8 | 16.2 | 13.0 | 10.9 | 22.3 | 19.3 | 10.8 | 34.5 |
| 12-14..... | 313 | 2.6 | 31.2 | 26.9 | 29.3 | 35.4 | 32.0 | 30.6 | 35.6 | 32.1 | 17.5 | 32.3 | 31.3 | 34.4 | 28.3 | 21.6 | 17.1 |
| 15-18..... | 400 | 4.6 | 34.1 | 31.2 | 29.6 | 37.4 | 31.5 | 29.1 | 30.8 | 29.0 | 21.1 | 29.3 | 30.2 | 32.0 | 30.5 | 29.6 | 33.3 |
| 19-22..... | 287 | 5.0 | 27.3 | 22.3 | 26.9 | 28.2 | 27.1 | 25.0 | 29.5 | 28.1 | 28.9 | 26.4 | 29.3 | 26.3 | 27.1 | 21.2 | 19.4 |
| 23-34..... | 770 | 4.0 | 32.0 | 29.3 | 31.2 | 33.1 | 30.8 | 28.3 | 30.6 | 29.7 | 26.8 | 29.9 | 30.9 | 28.2 | 30.0 | 31.3 | 24.2 |
| 35-50..... | 784 | 4.6 | 33.0 | 31.1 | 30.8 | 34.3 | 35.0 | 31.0 | 36.1 | 33.4 | 34.0 | 28.7 | 30.9 | 30.9 | 31.7 | 29.3 | 30.0 |
| 51-64..... | 634 | 3.8 | 38.1 | 37.2 | 38.9 | 37.3 | 42.1 | 36.5 | 39.3 | 37.2 | 38.4 | 37.0 | 38.3 | 36.9 | 38.5 | 39.2 | 37.3 |
| 65-74..... | 295 | 3.4 | 29.8 | 30.9 | 27.2 | 27.6 | 27.2 | 27.1 | 24.5 | 27.6 | 26.8 | 27.2 | 26.8 | 27.9 | 31.1 | 29.0 | 15.9 |
| 75 and over..... | 127 | 3.2 | 26.0 | 37.7 | 26.3 | 18.9 | 27.1 | 25.7 | 27.4 | 31.9 | 21.3 | 22.2 | 24.5 | 34.4 | 33.9 | 38.1 | 12.2 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 3.9 | 31.1 | 33.3 | 32.1 | 29.7 | 29.3 | 31.7 | 31.2 | 32.6 | 21.1 | 28.3 | 28.3 | 31.6 | 33.4 | 32.7 | 15.8 |
| 12-14..... | 309 | 4.5 | 33.6 | 32.9 | 35.0 | 33.5 | 31.1 | 31.2 | 30.6 | 34.0 | 31.6 | 26.6 | 28.7 | 29.4 | 28.0 | 30.7 | 26.9 |
| 15-18..... | 402 | 3.8 | 26.0 | 20.6 | 26.6 | 27.7 | 17.8 | 23.7 | 23.0 | 20.6 | 23.6 | 17.9 | 19.2 | 21.6 | 22.9 | 22.1 | 30.3 |
| 19-22..... | 337 | 2.9 | 22.4 | 17.3 | 23.1 | 23.4 | 15.8 | 20.5 | 16.1 | 14.8 | 27.3 | 20.7 | 17.5 | 21.3 | 18.9 | 15.9 | 20.8 |
| 23-34..... | 949 | 3.6 | 32.1 | 29.9 | 31.9 | 28.8 | 27.0 | 28.9 | 28.3 | 29.3 | 27.0 | 26.5 | 27.8 | 32.3 | 31.4 | 24.9 | 25.0 |
| 35-50..... | 942 | 4.9 | 22.3 | 24.5 | 24.1 | 19.4 | 21.2 | 22.4 | 23.7 | 22.5 | 23.5 | 19.1 | 22.3 | 22.3 | 22.7 | 21.5 | 22.6 |
| 51-64..... | 792 | 3.2 | 31.6 | 34.0 | 31.2 | 30.1 | 37.0 | 30.4 | 26.6 | 34.8 | 30.7 | 30.1 | 34.4 | 26.9 | 32.3 | 37.0 | 20.0 |
| 65-74..... | 377 | 3.4 | 28.9 | 26.8 | 27.2 | 25.7 | 29.3 | 18.6 | 25.2 | 26.8 | 18.5 | 19.6 | 28.2 | 23.5 | 23.1 | 22.0 | 17.6 |
| 75 and over..... | 197 | 4.3 | 38.4 | 39.4 | 38.7 | 35.9 | 34.2 | 31.0 | 34.0 | 34.0 | 35.2 | 30.5 | 31.2 | 31.8 | 38.5 | 37.7 | 31.2 |
| All individuals... | [4]9,620 | 4.1 | 30.2 | 29.2 | 30.1 | 29.5 | 29.3 | 27.7 | 29.2 | 29.3 | 27.5 | 26.4 | 28.2 | 28.2 | 28.9 | 28.1 | 26.0 |

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.1.--Distribution of individuals by household income[1] and race

| Sex and age (years) | Under $6,000 | | | | $6,000-$9,999 | | | | $10,000-$15,999 | | | | $16,000 or more | | | | Not reported | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individuals[2] | White | Black | Other races[3] | Individuals[2] | White | Black | Other races[3] | Individuals[2] | White | Black | Other races[3] | Individuals[2] | White | Black | Other races[3] | Individuals[2] | White | Black | Other races[3] |
| | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct |
| Males and females: | | | | | | | | | | | | | | | | | | | | |
| Under 1..... | 12 | 71.6 | 20.2 | 8.2 | 16 | 74.4 | 25.6 | 0 | 41 | 93.0 | 3.9 | 3.1 | 35 | 92.4 | 0 | 7.6 | 10 | 100.0 | 0 | 0 |
| 1-2..... | 50 | 64.3 | 30.8 | 4.9 | 26 | 67.1 | 0 | 27.3 | 83 | 88.9 | 6.6 | 4.5 | 73 | 86.5 | 10.3 | 3.2 | 36 | 79.6 | 11.5 | 8.9 |
| 3-5..... | 51 | 54.9 | 32.2 | 12.9 | 73 | 70.6 | 13.7 | 15.8 | 98 | 88.1 | 8.8 | 3.1 | 158 | 88.0 | 8.0 | 4.0 | 57 | 73.0 | 16.2 | 10.8 |
| 6-8..... | 45 | 55.1 | 38.3 | 6.6 | 57 | 63.5 | 18.0 | 16.0 | 122 | 87.1 | 10.3 | 2.6 | 181 | 88.0 | 7.9 | 2.5 | 64 | 86.8 | 8.6 | 4.6 |
| Males: | | | | | | | | | | | | | | | | | | | | |
| 9-11..... | 23 | 44.7 | 35.6 | 19.7 | 22 | 69.3 | 30.7 | 0 | 43 | 86.5 | 10.8 | 2.7 | 76 | 87.6 | 4.5 | 7.8 | 52 | 81.1 | 17.3 | 1.5 |
| 12-14..... | 26 | 55.9 | 44.1 | 0 | 46 | 40.8 | 44.6 | 14.6 | 59 | 95.9 | 4.1 | 0 | 128 | 83.1 | 10.3 | 6.6 | 54 | 87.2 | 12.8 | 0 |
| 15-18..... | 40 | 56.1 | 31.8 | 12.1 | 39 | 49.4 | 32.3 | 18.3 | 74 | 82.0 | 15.4 | 2.6 | 156 | 93.7 | 4.7 | 1.7 | 91 | 76.0 | 22.2 | 1.8 |
| 19-22..... | 40 | 80.1 | 10.8 | 6.8 | 36 | 77.9 | 13.9 | 0 | 49 | 75.8 | 18.1 | 6.1 | 93 | 93.4 | 4.2 | 2.3 | 69 | 85.9 | 9.5 | 4.7 |
| 23-34..... | 58 | 68.1 | 14.8 | 17.0 | 100 | 84.8 | 9.5 | 5.7 | 192 | 89.0 | 6.2 | 4.8 | 297 | 93.4 | 5.2 | 1.4 | 123 | 90.7 | 6.3 | 3.0 |
| 35-50..... | 41 | 75.1 | 14.8 | 10.1 | 59 | 71.4 | 20.1 | 8.5 | 180 | 82.2 | 14.2 | 3.6 | 363 | 88.7 | 7.5 | 3.1 | 141 | 89.1 | 10.4 | .6 |
| 51-64..... | 57 | 72.6 | 25.3 | 0 | 80 | 85.1 | 8.7 | 6.2 | 127 | 91.3 | 7.2 | 1.5 | 243 | 94.6 | 2.6 | 2.4 | 127 | 89.2 | 10.8 | 0 |
| 65-74..... | 81 | 82.4 | 17.6 | 0 | 65 | 90.8 | 7.5 | 1.7 | 42 | 94.5 | 3.1 | 0 | 33 | 100.0 | 0 | 0 | 74 | 79.0 | 16.3 | 2.9 |
| 75 and over..... | 44 | 81.7 | 18.3 | 0 | 25 | 95.9 | 4.1 | 0 | 14 | 91.8 | 0 | 8.2 | 8 | 100.0 | 0 | 0 | 36 | 95.5 | 2.2 | 0 |
| Females: | | | | | | | | | | | | | | | | | | | | |
| 9-11..... | 27 | 39.2 | 44.1 | 16.6 | 37 | 68.1 | 15.2 | 16.8 | 49 | 91.7 | 8.3 | 0 | 92 | 84.5 | 12.6 | 2.8 | 36 | 92.9 | 7.1 | 0 |
| 12-14..... | 25 | 42.2 | 41.9 | 16.0 | 42 | 68.6 | 14.1 | 17.3 | 70 | 82.6 | 13.6 | 3.8 | 110 | 89.2 | 7.7 | 3.1 | 62 | 85.9 | 10.6 | 3.5 |
| 15-18..... | 39 | 55.1 | 37.0 | 7.9 | 66 | 51.8 | 34.2 | 8.2 | 57 | 82.3 | 17.7 | 0 | 167 | 89.5 | 8.3 | 1.3 | 73 | 87.2 | 9.9 | 2.8 |
| 19-22..... | 56 | 76.4 | 19.9 | 2.0 | 55 | 75.8 | 12.1 | 9.4 | 68 | 85.2 | 13.4 | 1.4 | 96 | 88.4 | 8.6 | 3.0 | 62 | 87.1 | 12.9 | 0 |
| 23-34..... | 104 | 60.2 | 32.6 | 7.2 | 136 | 76.0 | 15.7 | 7.2 | 234 | 87.4 | 7.8 | 4.8 | 345 | 89.5 | 8.9 | 1.5 | 130 | 91.8 | 6.3 | 1.9 |
| 35-50..... | 77 | 49.1 | 38.1 | 12.9 | 100 | 69.5 | 22.6 | 6.4 | 182 | 85.0 | 11.4 | 3.6 | 402 | 88.9 | 6.8 | 3.7 | 181 | 83.2 | 13.9 | 2.8 |
| 51-64..... | 118 | 72.2 | 26.2 | 0 | 120 | 89.5 | 7.6 | 2.8 | 151 | 93.2 | 5.1 | 1.7 | 222 | 93.8 | 3.0 | 3.1 | 181 | 82.4 | 15.6 | 1.2 |
| 65-74..... | 117 | 81.1 | 18.9 | 0 | 72 | 88.8 | 9.2 | 2.0 | 55 | 89.6 | 5.8 | 2.7 | 29 | 92.4 | 2.5 | 0 | 104 | 91.3 | 8.7 | 0 |
| 75 and over..... | 92 | 86.7 | 12.5 | 0 | 27 | 97.1 | 0 | 2.9 | 16 | 100.0 | 0 | 0 | 14 | 100.0 | 0 | 0 | 48 | 90.1 | 8.2 | 0 |
| All individuals... | 1,223 | 68.1 | 25.8 | 5.6 | 1,299 | 75.2 | 15.7 | 8.0 | 2,006 | 87.6 | 9.3 | 3.1 | 3,321 | 90.2 | 6.6 | 2.9 | 1,811 | 86.1 | 11.6 | 2.1 |

[1]1976 household income before taxes.
[2]Includes breast-fed infants.
[3]Does not include individuals for whom race was not reported.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.2.--Distribution of individuals by urbanization and race

| Sex and age (years) | All urbanizations | | | | Central cities | | | | Suburban areas | | | | Nonmetropolitan areas | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individuals[1] | White | Black | Other races[2] | Individuals[1] | White | Black | Other races[2] | Individuals[1] | White | Black | Other races[2] | Individuals[1] | White | Black | Other races[2] |
| | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1..... | 114 | 88.6 | 7.1 | 4.3 | 31 | 81.3 | 15.8 | 2.9 | 41 | 92.3 | 0 | 7.7 | 42 | 90.6 | 7.4 | 2.0 |
| 1-2..... | 268 | 80.3 | 12.1 | 7.0 | 65 | 58.1 | 30.6 | 9.0 | 117 | 87.1 | 3.9 | 9.0 | 86 | 87.7 | 9.3 | 2.9 |
| 3-5..... | 437 | 79.3 | 13.0 | 7.7 | 119 | 54.9 | 32.9 | 12.2 | 161 | 89.0 | 4.7 | 6.3 | 157 | 88.1 | 6.3 | 5.7 |
| 6-8..... | 469 | 81.5 | 12.7 | 4.9 | 105 | 53.6 | 35.0 | 7.2 | 197 | 91.1 | 5.6 | 3.3 | 167 | 87.6 | 7.2 | 5.2 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 79.4 | 14.8 | 5.8 | 60 | 52.6 | 37.9 | 9.6 | 77 | 88.1 | 6.8 | 5.0 | 79 | 91.2 | 5.1 | 3.7 |
| 12-14..... | 313 | 77.7 | 17.4 | 4.8 | 71 | 48.9 | 43.9 | 7.2 | 140 | 88.1 | 7.1 | 4.7 | 102 | 83.4 | 13.2 | 3.4 |
| 15-18..... | 400 | 79.5 | 16.0 | 4.5 | 114 | 56.5 | 36.8 | 6.7 | 149 | 90.9 | 4.4 | 4.7 | 137 | 86.2 | 11.4 | 2.4 |
| 19-22..... | 287 | 84.8 | 10.0 | 3.8 | 77 | 75.1 | 19.2 | 1.9 | 108 | 93.3 | 3.9 | 2.7 | 102 | 83.2 | 9.3 | 6.5 |
| 23-34..... | 770 | 88.9 | 6.9 | 4.3 | 226 | 73.7 | 17.3 | 9.0 | 293 | 92.8 | 3.7 | 3.5 | 251 | 97.8 | 1.3 | .9 |
| 35-50..... | 784 | 85.3 | 10.9 | 3.5 | 203 | 68.4 | 25.7 | 5.1 | 335 | 92.0 | 4.6 | 3.1 | 246 | 90.1 | 7.1 | 2.8 |
| 51-64..... | 634 | 89.7 | 8.0 | 2.0 | 176 | 74.8 | 20.0 | 4.5 | 242 | 95.2 | 2.8 | 1.6 | 216 | 95.6 | 4.0 | .4 |
| 65-74..... | 295 | 87.1 | 11.0 | 1.1 | 80 | 70.4 | 28.3 | 0 | 93 | 91.8 | 3.2 | 3.5 | 122 | 94.4 | 5.6 | 0 |
| 75 and over..... | 127 | 90.7 | 7.7 | .9 | 38 | 81.6 | 15.4 | 3.1 | 36 | 95.9 | 4.1 | 0 | 53 | 93.7 | 4.8 | 0 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 79.7 | 14.8 | 5.5 | 63 | 57.0 | 30.8 | 12.2 | 99 | 92.1 | 5.7 | 2.2 | 79 | 82.3 | 13.4 | 4.3 |
| 12-14..... | 309 | 80.5 | 13.2 | 6.3 | 82 | 56.5 | 34.9 | 8.6 | 131 | 89.4 | 4.5 | 6.1 | 96 | 88.8 | 6.7 | 4.6 |
| 15-18..... | 402 | 78.5 | 17.0 | 3.2 | 121 | 59.9 | 32.2 | 3.5 | 160 | 86.2 | 9.9 | 4.0 | 121 | 87.0 | 11.2 | 1.8 |
| 19-22..... | 337 | 83.5 | 12.8 | 3.0 | 121 | 68.2 | 25.3 | 5.3 | 116 | 92.4 | 6.7 | 1.0 | 100 | 91.7 | 4.8 | 2.6 |
| 23-34..... | 949 | 84.2 | 11.9 | 3.8 | 287 | 66.7 | 26.2 | 6.5 | 365 | 90.5 | 6.1 | 3.4 | 297 | 93.1 | 5.1 | 1.8 |
| 35-50..... | 942 | 81.7 | 13.3 | 4.6 | 271 | 63.3 | 28.0 | 7.6 | 382 | 90.1 | 6.2 | 3.5 | 289 | 88.0 | 8.9 | 3.1 |
| 51-64..... | 792 | 87.2 | 10.4 | 1.9 | 237 | 72.7 | 23.4 | 3.1 | 281 | 95.1 | 1.7 | 2.8 | 274 | 91.8 | 8.2 | 0 |
| 65-74..... | 377 | 97.5 | 11.1 | .8 | 117 | 72.6 | 24.1 | 1.2 | 111 | 94.0 | 4.7 | 1.3 | 149 | 94.4 | 5.6 | 0 |
| 75 and over..... | 197 | 91.0 | 7.8 | .4 | 62 | 77.9 | 19.6 | 1.3 | 53 | 100.0 | 0 | 0 | 82 | 95.1 | 3.9 | 0 |
| All individuals... | 9,660 | 84.1 | 11.7 | 3.8 | 2,726 | 66.2 | 26.8 | 6.0 | 3,687 | 91.5 | 4.8 | 3.6 | 3,247 | 90.7 | 6.9 | 2.3 |

[1]Includes breast-fed infants.
[2]Does not include individuals for whom race was not reported.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.3.--Distribution of individuals by region and race

| Sex and age (years) | 48 States | | | | Northeast | | | | North Central | | | | South | | | | West | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individuals[1] | White | Black | Other races[2] | Individuals[1] | White | Black | Other races[2] | Individuals[1] | White | Black | Other races[2] | Individuals[1] | White | Black | Other races[2] | Individuals[1] | White | Black | Other races[2] |
| | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct | Number | Pct | Pct | Pct |
| Males and females: | | | | | | | | | | | | | | | | | | | | |
| Under 1..... | 114 | 88.6 | 7.1 | 4.3 | 19 | 75.5 | 7.9 | 16.6 | 31 | 93.4 | 6.6 | 0 | 40 | 84.1 | 11.3 | 4.5 | 24 | 100.0 | 0 | 0 |
| 1-2..... | 268 | 80.3 | 12.1 | 7.0 | 46 | 70.5 | 15.6 | 13.9 | 63 | 95.6 | 2.1 | 0 | 93 | 71.5 | 25.7 | 2.7 | 66 | 85.0 | 0 | 15.0 |
| 3-5..... | 437 | 79.3 | 13.0 | 7.7 | 107 | 81.6 | 11.6 | 6.8 | 105 | 86.3 | 11.0 | 2.7 | 141 | 73.0 | 20.8 | 6.2 | 83 | 78.3 | 4.1 | 17.6 |
| 6-8..... | 469 | 81.5 | 12.7 | 4.9 | 108 | 89.2 | 6.7 | 4.1 | 111 | 86.5 | 9.6 | 0 | 161 | 69.8 | 23.6 | 6.6 | 89 | 86.8 | 4.6 | 8.6 |
| Males: | | | | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 79.4 | 14.8 | 5.8 | 57 | 72.7 | 15.1 | 12.2 | 70 | 82.7 | 16.0 | 1.3 | 56 | 75.1 | 21.5 | 3.5 | 33 | 91.7 | 0 | 8.3 |
| 12-14..... | 313 | 77.7 | 17.4 | 4.8 | 76 | 84.3 | 12.1 | 3.5 | 79 | 91.1 | 4.3 | 4.6 | 98 | 65.9 | 30.6 | 3.5 | 60 | 71.1 | 20.0 | 8.9 |
| 15-18..... | 400 | 79.5 | 16.0 | 4.5 | 97 | 83.0 | 10.9 | 6.1 | 104 | 86.9 | 13.1 | 0 | 129 | 69.6 | 23.5 | 6.9 | 70 | 81.5 | 13.8 | 4.7 |
| 19-22..... | 287 | 84.8 | 10.0 | 3.8 | 53 | 87.3 | 8.5 | 2.4 | 67 | 88.5 | 3.6 | 3.5 | 98 | 82.8 | 17.0 | .8 | 69 | 83.0 | 7.4 | 9.6 |
| 23-34..... | 770 | 88.9 | 6.9 | 4.3 | 186 | 86.9 | 6.1 | 7.0 | 214 | 95.4 | 3.0 | 1.6 | 236 | 84.9 | 12.7 | 2.4 | 134 | 88.2 | 3.8 | 8.0 |
| 35-50..... | 784 | 85.3 | 10.9 | 3.5 | 178 | 90.7 | 6.4 | 2.4 | 202 | 89.7 | 8.0 | 1.5 | 238 | 74.7 | 21.0 | 4.3 | 166 | 89.2 | 4.7 | 6.2 |
| 51-64..... | 634 | 89.7 | 8.0 | 2.0 | 158 | 92.8 | 3.9 | 3.2 | 175 | 94.0 | 4.8 | .5 | 212 | 82.3 | 16.0 | 1.3 | 89 | 93.0 | 2.4 | 4.6 |
| 65-74..... | 295 | 87.1 | 11.0 | 1.1 | 67 | 96.8 | 3.2 | 0 | 75 | 86.7 | 13.3 | 0 | 104 | 80.4 | 19.6 | 0 | 49 | 88.5 | 0 | 6.6 |
| 75 and over..... | 127 | 90.7 | 7.7 | .9 | 27 | 100.0 | 0 | 0 | 36 | 96.7 | 3.3 | 0 | 41 | 84.2 | 10.9 | 2.8 | 23 | 82.4 | 17.6 | 0 |
| Females: | | | | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 79.7 | 14.8 | 5.5 | 60 | 81.9 | 8.3 | 9.8 | 70 | 89.2 | 9.5 | 1.3 | 67 | 62.5 | 31.1 | 6.4 | 44 | 87.8 | 7.3 | 4.9 |
| 12-14..... | 309 | 80.5 | 13.2 | 6.3 | 76 | 77.8 | 14.4 | 7.8 | 79 | 89.2 | 9.7 | 1.1 | 99 | 78.5 | 17.8 | 3.7 | 55 | 75.2 | 8.6 | 16.2 |
| 15-18..... | 402 | 78.5 | 17.0 | 3.2 | 84 | 86.7 | 10.0 | 3.3 | 113 | 89.4 | 5.1 | .8 | 135 | 66.4 | 32.1 | 1.5 | 70 | 74.3 | 15.6 | 10.1 |
| 19-22..... | 337 | 83.5 | 12.8 | 3.0 | 78 | 89.3 | 6.0 | 3.5 | 78 | 93.5 | 3.1 | 1.5 | 94 | 67.5 | 30.7 | 1.8 | 87 | 86.4 | 8.3 | 5.3 |
| 23-34..... | 949 | 84.2 | 11.9 | 3.8 | 252 | 82.6 | 12.4 | 5.0 | 234 | 90.2 | 8.2 | .9 | 289 | 80.1 | 17.7 | 2.3 | 174 | 85.1 | 6.2 | 8.7 |
| 35-50..... | 942 | 81.7 | 13.3 | 4.6 | 242 | 83.6 | 9.2 | 7.3 | 231 | 89.1 | 7.5 | 2.2 | 290 | 70.4 | 25.5 | 3.8 | 179 | 88.2 | 6.5 | 5.3 |
| 51-64..... | 792 | 87.2 | 10.4 | 1.9 | 195 | 93.0 | 5.7 | 1.2 | 204 | 90.6 | 8.4 | .4 | 276 | 80.7 | 18.4 | .7 | 117 | 87.3 | 3.1 | 8.5 |
| 65-74..... | 377 | 87.5 | 11.1 | .8 | 90 | 96.3 | 3.7 | 0 | 96 | 92.6 | 5.8 | 0 | 125 | 73.6 | 26.4 | 0 | 66 | 94.1 | 0 | 4.4 |
| 75 and over..... | 197 | 91.0 | 7.8 | .4 | 42 | 97.2 | 2.8 | 0 | 64 | 90.6 | 9.4 | 0 | 62 | 83.0 | 13.2 | 1.3 | 29 | 100.0 | 0 | 0 |
| All individuals... | 9,660 | 84.1 | 11.7 | 3.8 | 2,298 | 86.8 | 8.3 | 4.8 | 2,501 | 90.4 | 7.4 | 1.2 | 3,085 | 75.8 | 21.1 | 2.9 | 1,776 | 86.0 | 5.9 | 7.8 |

[1] Includes breast-fed infants.
[2] Does not include individuals for whom race was not reported.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.4.--Distribution[1] of individuals by household size

| Sex and age (years) | Individuals[2] | Number of household members | | | | |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 or 5 | More than 5 |
| | Number | Percent | | | | |
| Males and females: | | | | | | |
| Under 1..... | 114 | 0 | 0.7 | 31.3 | 49.3 | 18.7 |
| 1-2..... | 268 | 0 | 2.8 | 26.3 | 54.2 | 16.7 |
| 3-5..... | 437 | 0 | 2.5 | 14.9 | 61.0 | 21.5 |
| 6-8..... | 469 | 0 | .5 | 10.0 | 61.0 | 28.6 |
| Males: | | | | | | |
| 9-11..... | 216 | 0 | 1.4 | 6.3 | 55.4 | 36.9 |
| 12-14..... | 313 | 0 | .7 | 6.7 | 52.9 | 39.7 |
| 15-18..... | 400 | .2 | 2.3 | 18.6 | 40.8 | 38.0 |
| 19-22..... | 287 | 2.7 | 22.2 | 20.6 | 33.9 | 20.6 |
| 23-34..... | 770 | 7.7 | 24.1 | 23.9 | 37.4 | 6.9 |
| 35-50..... | 784 | 5.0 | 12.8 | 14.8 | 46.0 | 21.5 |
| 51-64..... | 634 | 6.7 | 48.5 | 19.8 | 20.0 | 5.0 |
| 65-74..... | 295 | 11.9 | 71.3 | 11.8 | 3.9 | 1.1 |
| 75 and over..... | 127 | 19.1 | 69.6 | 5.6 | 3.6 | 2.1 |
| Females: | | | | | | |
| 9-11..... | 241 | 0 | 1.5 | 11.3 | 53.1 | 34.0 |
| 12-14..... | 309 | 0 | 2.0 | 7.5 | 45.6 | 45.0 |
| 15-18..... | 402 | .2 | 5.6 | 12.2 | 42.3 | 39.7 |
| 19-22..... | 337 | 5.5 | 27.0 | 22.8 | 30.3 | 14.4 |
| 23-34..... | 949 | 8.7 | 19.6 | 20.7 | 41.2 | 9.8 |
| 35-50..... | 942 | 4.4 | 14.8 | 19.7 | 40.7 | 20.3 |
| 51-64..... | 792 | 11.5 | 51.6 | 17.6 | 15.4 | 3.9 |
| 65-74..... | 377 | 31.7 | 53.5 | 9.2 | 3.1 | 2.5 |
| 75 and over..... | 197 | 48.6 | 36.3 | 5.6 | 6.8 | 2.8 |
| All individuals... | 9,660 | 6.8 | 22.0 | 16.5 | 36.8 | 17.9 |

[1]Percentages may not add to 100 because of rounding.
[2]Includes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-1978, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.5.--Distribution[1] of individuals by characteristics of the female head of household--age, education, and employment status

| Sex and age (years) | Individuals[2] | Age (years): Under 20 | 20-34 | 35-64 | 65 and over | No female head | Highest education level: Elementary school or less | Some high school | High school completed | College | Not reported | No female head | Employment status: Full time | Part time | Not employed | Not reported | No female head |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Number | Percent | | | | | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | | | | | |
| Under 1..... | 114 | 4.4 | 83.9 | 11.6 | 0 | 0 | 6.7 | 10.7 | 48.0 | 34.6 | 0 | 0 | 8.2 | 10.0 | 81.1 | 0.7 | 0 |
| 1-2..... | 268 | 3.8 | 79.0 | 16.2 | 0 | 1.0 | 8.0 | 18.3 | 38.0 | 33.8 | .8 | 1.0 | 16.8 | 15.9 | 66.2 | 0 | 1.0 |
| 3-5..... | 437 | .4 | 75.2 | 23.3 | .2 | .6 | 10.5 | 14.0 | 37.3 | 37.1 | .5 | .6 | 17.9 | 14.7 | 66.6 | .2 | .6 |
| 6-8..... | 469 | 0 | 61.7 | 37.3 | .3 | .4 | 6.3 | 19.0 | 43.2 | 30.2 | .9 | .4 | 20.6 | 17.1 | 61.8 | .2 | .4 |
| Males: | | | | | | | | | | | | | | | | | |
| 9-11..... | 216 | 0 | 43.6 | 56.4 | 0 | 0 | 5.8 | 19.3 | 48.8 | 25.6 | .5 | 0 | 19.2 | 23.9 | 56.5 | .4 | 0 |
| 12-14..... | 313 | 0 | 24.7 | 73.2 | .9 | 1.2 | 12.0 | 18.0 | 40.3 | 28.5 | 0 | 1.2 | 26.4 | 22.3 | 49.5 | .6 | 1.2 |
| 15-18..... | 400 | .7 | 8.2 | 85.7 | 1.7 | 3.7 | 11.6 | 15.2 | 45.0 | 24.5 | 0 | 3.7 | 22.6 | 20.0 | 53.4 | .2 | 3.7 |
| 19-22..... | 287 | 9.4 | 14.3 | 61.4 | 1.7 | 12.7 | 9.7 | 12.9 | 44.6 | 20.1 | 0 | 12.7 | 22.7 | 17.8 | 46.8 | 0 | 12.7 |
| 23-34..... | 770 | 1.0 | 69.4 | 14.9 | .9 | 12.8 | 4.7 | 11.2 | 33.5 | 37.4 | .4 | 12.8 | 26.2 | 13.4 | 47.4 | .1 | 12.8 |
| 35-50..... | 784 | .2 | 19.3 | 70.6 | 2.3 | 6.7 | 9.1 | 13.2 | 40.2 | 30.6 | .1 | 6.7 | 25.2 | 17.8 | 50.2 | .1 | 6.7 |
| 51-64..... | 634 | 0 | 1.0 | 85.1 | 4.1 | 9.0 | 13.6 | 14.2 | 41.1 | 21.1 | 1.0 | 9.0 | 23.0 | 14.4 | 53.2 | .4 | 9.0 |
| 65-74..... | 295 | 0 | 1.0 | 44.6 | 41.4 | 12.4 | 24.2 | 16.8 | 25.8 | 20.1 | .8 | 12.4 | 12.6 | 3.8 | 70.4 | .8 | 12.4 |
| 75 and over..... | 127 | 0 | 0 | 14.3 | 62.9 | 22.1 | 33.1 | 6.1 | 23.4 | 14.6 | .7 | 22.1 | 4.9 | 1.6 | 71.5 | 0 | 22.1 |
| Females: | | | | | | | | | | | | | | | | | |
| 9-11..... | 241 | 0 | 39.0 | 58.5 | 1.4 | 1.0 | 12.8 | 19.5 | 40.3 | 25.9 | .4 | 1.0 | 21.7 | 22.0 | 55.2 | 0 | 1.0 |
| 12-14..... | 309 | 0 | 20.6 | 78.2 | 0 | .3 | 14.1 | 14.9 | 48.3 | 21.7 | .6 | .3 | 22.7 | 19.3 | 57.5 | .3 | .3 |
| 15-18..... | 402 | 5.6 | 5.9 | 86.4 | .5 | 1.1 | 13.2 | 13.2 | 41.5 | 30.8 | .2 | 1.1 | 27.8 | 20.1 | 50.8 | .2 | 1.1 |
| 19-22..... | 337 | 6.4 | 46.7 | 43.9 | .4 | 1.8 | 8.8 | 11.9 | 43.7 | 33.9 | 0 | 1.8 | 32.6 | 18.5 | 47.2 | 0 | 1.8 |
| 23-34..... | 949 | .1 | 91.5 | 7.8 | .2 | .5 | 4.7 | 13.0 | 36.7 | 44.8 | .4 | .5 | 35.5 | 16.0 | 47.7 | .3 | .5 |
| 35-50..... | 942 | 0 | 0 | 98.4 | 1.6 | 0 | 10.3 | 14.1 | 44.1 | 31.0 | .5 | 0 | 33.3 | 18.6 | 48.0 | .1 | 0 |
| 51-64..... | 792 | 0 | 1.0 | 98.1 | .9 | 0 | 21.0 | 17.5 | 38.9 | 22.1 | .5 | 0 | 26.4 | 13.6 | 59.4 | .6 | 0 |
| 65-74..... | 377 | 0 | 1.1 | 6.3 | 91.6 | 0 | 31.4 | 21.2 | 26.0 | 20.7 | .7 | 0 | 5.9 | 7.0 | 87.1 | 0 | 0 |
| 75 and over..... | 197 | 0 | 2.4 | 12.3 | 84.9 | .5 | 44.4 | 10.5 | 26.7 | 17.1 | .9 | .5 | 3.6 | 3.8 | 90.9 | 1.2 | .5 |
| All individuals... | 9,660 | 1.1 | 32.0 | 54.5 | 8.4 | 3.7 | 12.5 | 14.8 | 39.2 | 29.4 | .5 | 3.7 | 24.1 | 15.8 | 56.2 | .3 | 3.7 |

[1]Percentages may not add to 100 because of rounding.
[2]Includes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 7.1.--RECOMMENDED DIETARY ALLOWANCES, 1980, EXPRESSED AS LEVELS OF INTAKE
Adapted for use with the USDA Nationwide Food Consumption Survey 1977-78

| Sex and age (years) | Food energy | Protein | Calcium | Iron | Magnesium | Phosphorus | Vitamin A value | Thiamin | Riboflavin | Niacin | Vitamin $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Kcal | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg(NE[1]) | 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 $B_6$ | Vitamin $B_{12}$ | Vitamin C |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | G | Mg | Mg | Mg | Mg | IU | Mg | Mg | Mg(NE[1]) | Mg | Mcg | Mg |
| Males and females: | | | | | | | | | | | | |
| 0.0-0.5..... | 18.8 | 522 | 14.5 | 72 | 348 | 2,029 | 0.43 | 0.58 | 8.7 | 0.43 | 0.72 | 51 |
| 0.6-0.9..... | 19.0 | 571 | 15.9 | 74 | 381 | 2,116 | .53 | .63 | 8.5 | .63 | 1.59 | 37 |
| 1-2..... | 18.3 | 606 | 12.5 | 106 | 562 | 1,668 | .50 | .58 | 7.5 | .67 | 1.58 | 35 |
| 3-5..... | 17.9 | 511 | 7.7 | 117 | 511 | 1,489 | .51 | .57 | 6.4 | .77 | 1.47 | 29 |
| 6-8..... | 15.2 | 381 | 4.8 | 109 | 381 | 1,462 | .52 | .57 | 6.7 | .71 | 1.33 | 21 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 15.1 | 378 | 5.2 | 115 | 378 | 1,617 | .52 | .60 | 6.8 | .68 | 1.19 | 19 |
| 12-14..... | 17.0 | 442 | 6.6 | 131 | 442 | 1,843 | .52 | .59 | 6.6 | .66 | 1.11 | 19 |
| 15-18..... | 20.0 | 429 | 6.4 | 143 | 429 | 1,786 | .50 | .61 | 6.4 | .71 | 1.07 | 21 |
| 19-22..... | 19.3 | 276 | 3.4 | 121 | 276 | 1,724 | .52 | .59 | 6.6 | .76 | 1.03 | 21 |
| 23-34..... | 20.7 | 296 | 3.7 | 130 | 296 | 1,852 | .52 | .59 | 6.7 | .81 | 1.11 | 22 |
| 35-50..... | 20.7 | 296 | 3.7 | 130 | 296 | 1,852 | .52 | .59 | 6.7 | .81 | 1.11 | 22 |
| 51-64..... | 22.7 | 325 | 4.1 | 142 | 325 | 2,031 | .49 | .57 | 6.5 | .89 | 1.22 | 24 |
| 65-74..... | 23.3 | 333 | 4.2 | 146 | 333 | 2,083 | .50 | .58 | 6.7 | .92 | 1.25 | 25 |
| 75 and over..... | 27.3 | 390 | 4.9 | 171 | 390 | 2,439 | .59 | .68 | 7.8 | 1.07 | 1.46 | 29 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 16.8 | 409 | 5.6 | 116 | 409 | 1,586 | .52 | .60 | 6.9 | .73 | 1.29 | 20 |
| 12-14..... | 21.0 | 548 | 8.2 | 137 | 548 | 1,828 | .50 | .59 | 6.9 | .82 | 1.37 | 23 |
| 15-18..... | 21.9 | 571 | 8.6 | 143 | 571 | 1,905 | .52 | .62 | 6.7 | .95 | 1.43 | 29 |
| 19-22..... | 21.0 | 381 | 8.6 | 143 | 381 | 1,905 | .52 | .62 | 6.7 | .95 | 1.43 | 29 |
| 23-34..... | 22.0 | 400 | 9.0 | 150 | 400 | 2,000 | .50 | .60 | 6.5 | 1.00 | 1.50 | 30 |
| 35-50..... | 22.0 | 400 | 9.0 | 150 | 400 | 2,000 | .50 | .60 | 6.5 | 1.00 | 1.50 | 30 |
| 51-64..... | 23.9 | 434 | 5.4 | 163 | 434 | 2,172 | .54 | .65 | 7.1 | 1.09 | 1.63 | 33 |
| 65-74..... | 24.4 | 444 | 5.6 | 167 | 444 | 2,222 | .56 | .67 | 7.2 | 1.11 | 1.67 | 33 |
| 75 and over..... | 27.5 | 500 | 6.3 | 188 | 500 | 2,500 | .63 | .75 | 8.1 | 1.25 | 1.88 | 38 |
| Pregnant: | | | | | | | | | | | | |
| 15-18..... | 31.7 | 667 | 7.5 | 188 | 667 | 1,750 | .63 | .67 | 6.7 | 1.08 | 1.67 | 33 |
| 19-22..... | 30.8 | 500 | 7.5 | 188 | 500 | 1,750 | .63 | .67 | 6.7 | 1.08 | 1.67 | 33 |
| 23-50..... | 32.2 | 522 | 7.8 | 196 | 522 | 1,826 | .61 | .65 | 6.5 | 1.13 | 1.74 | 35 |
| Lactating: | | | | | | | | | | | | |
| 15-18..... | 25.4 | 615 | 6.9 | 173 | 615 | 1,692 | .62 | .70 | 7.3 | .96 | 1.54 | 38 |
| 19-22..... | 24.6 | 462 | 6.9 | 173 | 462 | 1,692 | .62 | .70 | 7.3 | .96 | 1.54 | 38 |
| 23-50..... | 25.6 | 480 | 7.2 | 180 | 480 | 1,760 | .64 | .70 | 7.3 | 1.00 | 1.60 | 40 |

[1] 1 NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

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