Nationwide Food Consumption Survey 1977-78
Preliminary Report No. 6

FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY IN ALASKA, WINTER 1978

U.S. Department of Agriculture
Science and Education Administration

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ABSTRACT

Food intakes of 2,305 individuals in Alaska were reported in the winter of 1978 as part of the USDA Nationwide Food Consumption Survey 1977-78. Average 1-day intakes of foods from 10 major food groups and 43 subgroups and the percentage of individuals eating foods from each group are included. The nutrient contributions by 14 major food groups are shown. Average intakes of food energy and 14 nutrients and nutrient densities are given, and intakes of energy and 12 nutrients are compared with the 1980 Recommended Dietary Allowances. Some demographic characteristics of the sample are described. Data are presented in 32 tables, and results are summarized.

KEYWORDS: Alaska, dietary survey, food intakes, nutrient density, nutrient intakes.

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FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY IN ALASKA, WINTER 1978[1]

I. SUMMARY

A survey of food intakes of 2,305 individuals in urban areas of Alaska in January through March 1978 was made as part of the USDA Nationwide Food Consumption Survey 1977-78. Results of the 24-hour recalls were grouped into 16 sex-age categories. A summary of the findings follows.

- Over one-half of food energy was provided by the meat, poultry, fish, and mixtures group and the grain products group (27 and 25 percent, respectively). The milk and milk products group was the next largest source (15 percent). However, the contribution of food energy from the food groups varied among the sex-age categories. The milk group contributed about one-half of the food energy of infants. Children under 14 years and boys 15 to 18 years obtained the highest proportion of their energy intake from grain products, but for older individuals, the meat group was the most important source.

- Fat was contributed mainly by the meat, poultry, and fish group (38 percent), followed by milk and milk products (18 percent) and grain products (17 percent).

- Food energy intakes of men 23 to 34 years of age averaged 2,294 kcal. Of all the sex-age categories, boys 15 to 18 years had the highest average intake of food energy, 2,880 kcal. Women 23 to 34 years had an average energy intake of 1,570 kcal. The peak intake of food energy among females averaged 1,825 kcal for 9- to 14-year-olds.

- Protein provided 16.5 percent of food energy, fat 39.4 percent, and carbohydrate 42.8 percent when all individuals were considered.

- Average nutrient intakes were compared with the 1980 Recommended Dietary Allowances (RDA).

  --Protein, vitamin B_{12}, and vitamin C intakes of all the sex-age groups exceeded the RDA.

  --Phosphorus, vitamin A value, thiamin, riboflavin, and preformed niacin intakes of most of the sex-age groups exceeded 90 percent of RDA.

  --Calcium intakes of infants met the RDA, as did those of 6- to 8-year-olds and males aged 9 to 50 years. Intakes of other children averaged

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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.

over 95 percent of RDA. Females over age 14 had the lowest calcium intakes when compared with RDA (58 to 74 percent).

--Iron intakes of infants, children aged 6 to 8, women over 50, and males over 14 exceeded the RDA. Intakes were below RDA for 1- to 5-year-olds (57 to 74 percent) and females aged 9 to 50 years (55 to 75 percent).

--Magnesium and vitamin B_6 intakes of most sex-age categories did not meet the RDA. Women had lower intakes when compared with RDA than men did.

II. INTRODUCTION

As part of the food consumption survey of 1,131 households in urban areas of Alaska conducted by the U.S. Department of Agriculture in January, February, and March of 1978, information was obtained about the food and beverage intake of 2,305 individual members of the households. The survey was planned and carried out using the same protocol utilized in the basic Nationwide Food Consumption Survey administered in the 48 conterminous States from April 1977 through March 1978.[2]

Dietary information acquired from individuals included the kind and quantity of each food eaten at home and away from home, the time the food was eaten, the name of each eating occasion, and with whom the meal or snack was eaten. If the food was eaten away from home, individuals were asked where the food was eaten, the type of service provided, and how much the food cost. Also individuals were asked if they used vitamins, minerals, or other supplements; if the day's intake was typical; and if they were on a special diet. Characteristics of individuals recorded included sex, age, estimated height and weight, and a self-appraisal of health status and physical handicaps.

After completing the sections of the schedule that provided information about household characteristics and food used in the household, the trained interviewer, who was a resident of Alaska, asked individual members present to recall their food and beverage intakes for the previous day. Household members then recorded their own intakes for the day of and the day following the interview and thus provided data for 3 consecutive days. If a household member was absent during the interview but was expected to return within the next 2 days, a form was left to be completed. The interviewer returned to the home to pick up and review the records. The household respondent usually answered for children under 12 years old and for others unable to answer for themselves.

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[2]Comparable information for the 48 conterminous States collected in April-June 1977 was reported by the Science and Education Administration in "Food and Nutrient Intakes of Individuals in 1 Day in the United States, Spring 1977," Nationwide Food Consumption Survey 1977-78, Preliminary Report No. 2, U.S. Department of Agriculture, Washington, D.C., 121 pp. 1980.

III. DISCUSSION OF PRELIMINARY RESULTS

This preliminary report of food and nutrient intakes of individuals is based on information from 24-hour dietary recalls during January through March of 1978. Data presented have been weighted from 2,335 to 2,305 total individuals to correct for irregular response rates of households in the survey sample. Breast-fed infants were included only in tables 4.1-4.3, which show the distribution of characteristics of the 2,311 (weighted count) participants. Intakes of infants are discussed in a separate section since their diets differ considerably from those of older groups. Individuals over 50 years were combined into one group for men and one group for women for reporting because so few elderly adults were in the survey. Males and females 15 to 18 years and 19 to 22 years were grouped separately, although numbers were somewhat small because changes in food intakes and living arrangements may occur during these years.

A. FOOD INTAKE

Food and beverage reported as eaten by individuals in 16 sex-age categories are summarized in 10 major food groups and 43 subgroups (tables 1.1a-1.5b). The average quantity in grams of food or beverage ingested per individual is shown. The percentage of individuals using foods from each of the food groups on the 1 day reported is also given. Mixtures comprised of ingredients belonging in several food groups were placed in the group of the major ingredient.

1. Meat, Poultry, and Fish

For simplicity, this group is referred to as the meat group. It is comprised of meat (beef, pork, lamb, veal, and game); poultry; organ meats; frankfurters, sausages, luncheon meats, and spreads; fish and shellfish; as well as mixtures having meat, poultry, and/or fish as a major ingredient. Mixtures having a grain product as a major ingredient are included in the grain products group and may also contain small pieces of meat, poultry, or fish, such as pizzas and tacos.

The average intake per individual of the meat group was 206 g, but mixtures accounted for 46 percent (95 g) of the amount (table 1.1a and fig. 1).[3] Nearly 90 percent of the individuals reported one or more items from the meat group, with a smaller proportion reported among children under 9 years (table 1.1b). Boys 15 to 18 years had the largest average intake, 323 g, and one-half was mixtures. Among teenagers and adults, males had larger intakes of mixtures than females did. Excluding mixtures, eaten by slightly over 40 percent of the respondents, beef was eaten by the largest proportion of individuals (31 percent), and intakes of all individuals averaged 48 g. The average intake of men 35 to 50 years (81 g) considerably exceeded the overall average.

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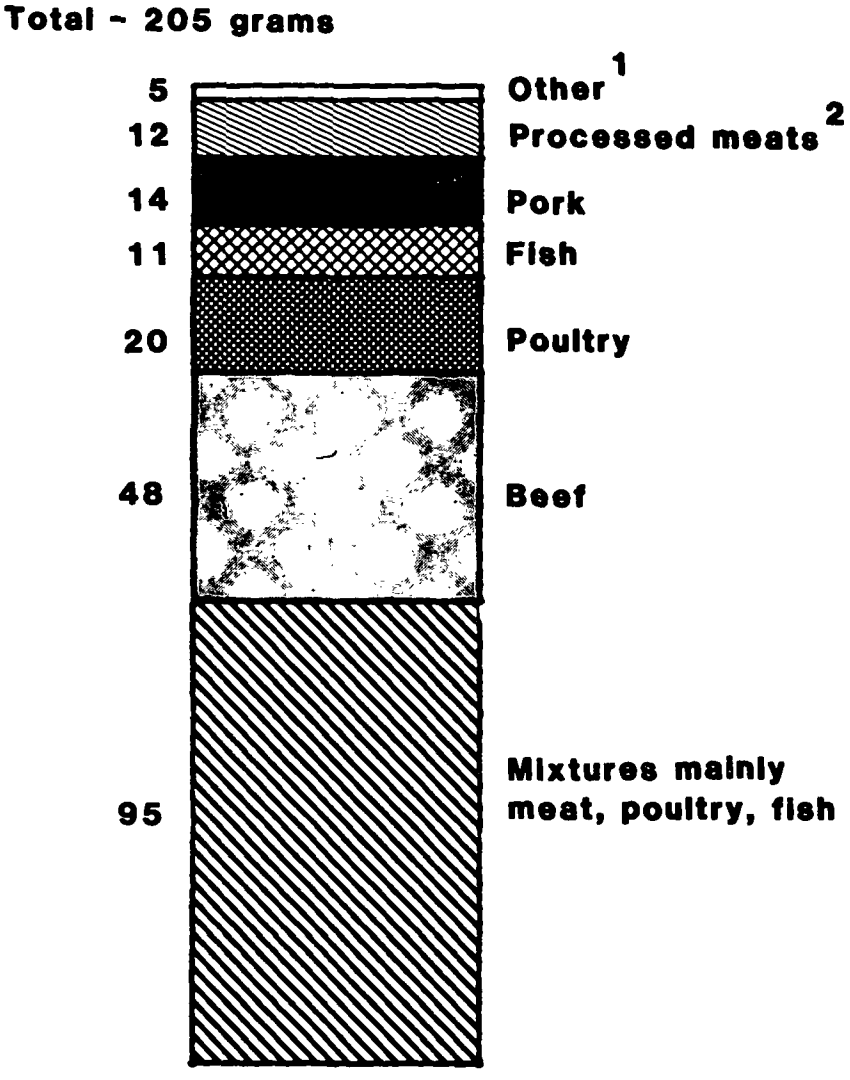
[3] Average intakes are reported by weight in grams. To convert intake in grams to ounces, divide by 28.35.

Meat, Poultry, and Fish

Quantity per individual in a day in Alaska



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

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 1

The pork subgroup and the frankfurters, sausages, luncheon meats, and spreads subgroup were each reported by 21 percent of all individuals, and intakes averaged 14 and 12 g per individual, respectively. A higher proportion of men over 50 years than of younger males mentioned pork. The frankfurters, sausages, luncheon meats, and spreads subgroup was less popular among females over 14 years than among younger individuals.

About 12 percent of the participants reported eating poultry, and 10 percent listed fish and shellfish. Less than 3 percent reported eating an item from the lamb, veal, and game subgroup or from the organ meats subgroup.

2. Milk and Milk Products

This group includes all milk and milk products except butter (tables 1.2a and 1.2b). It includes mixtures, such as ice cream, cheesecake, and puddings made with milk, but cream soups are grouped according to kind--cream of chicken in the meat group, for example. The total amount of milk and milk products is in terms of calcium equivalent. Each milk product was converted to its equivalent weight of whole milk based on its calcium content. For example, 28.35 g (1 ounce) of cheese is equivalent to 183 g (about 0.75 cup) of milk, based on its calcium content.

Milk and milk products were reported by almost 80 percent of the participants on the 1 day surveyed. About 95 percent of the 1- to 14-year-old children had one item or more from this group. Average intake per individual was equivalent to 355 g of whole milk (about 1.5 cups). Young children (1 to 8 years) averaged the equivalent of 435 to 472 g of whole milk (1.8 to 1.9 cups) per child, and boys 15 to 18 years averaged the largest intake of milk and milk products, the equivalent of 700 g of whole milk (2.9 cups) (fig. 2).

Milk and milk drinks (including milk drinks mostly milk, milk shakes, instant breakfasts, and yogurt) were reported by 65 percent of the individuals, and the average intake was over 1 cup. Yogurt was reported by a higher proportion of 1- to 5-year-old children (5 to 8 percent) than by any other sex-age group (0 to 4 percent).

Over one-fourth of the individuals ate cheese. The intake per individual was 18 g, and generally the average intakes were higher among teenagers and adults than among children. Cream and milk desserts were eaten by one-fifth of the individuals.

3. Eggs

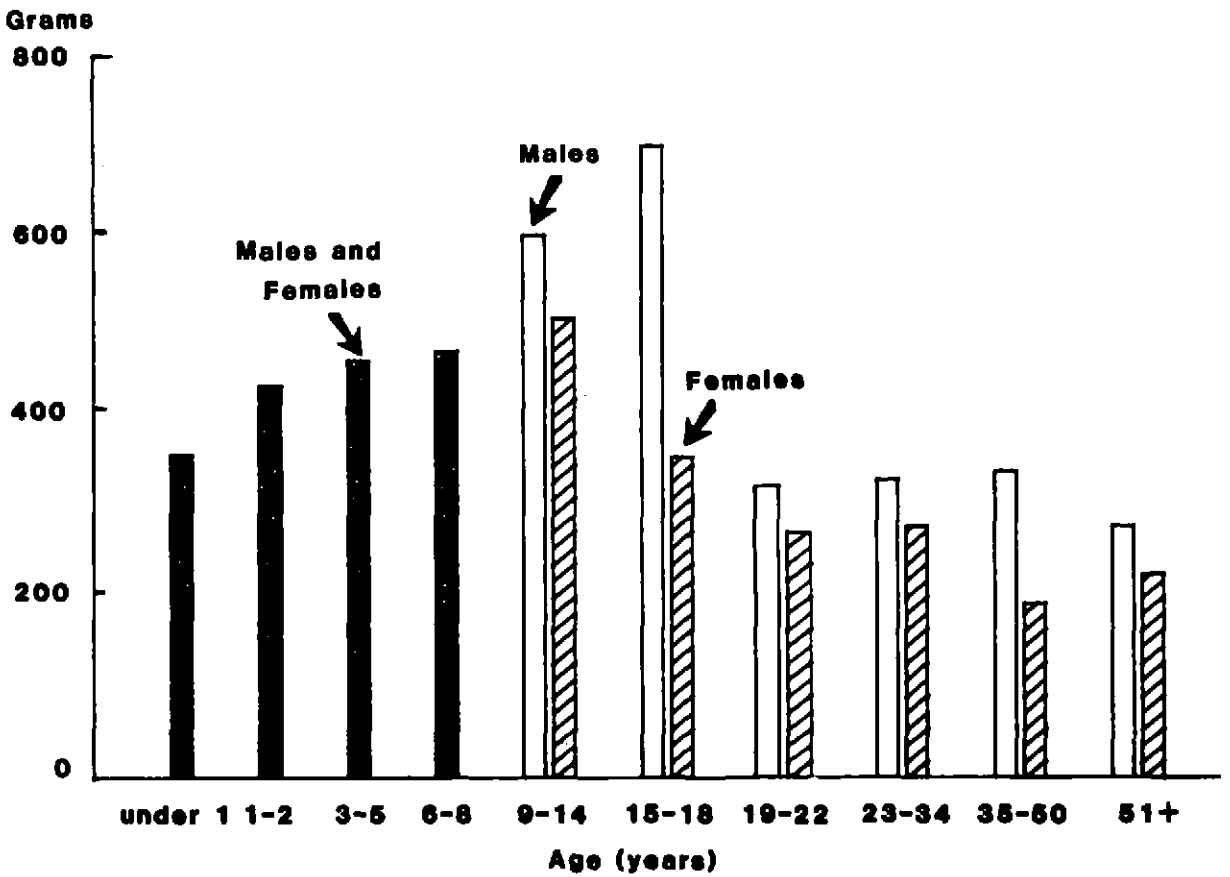
The egg group includes mixtures, such as omelets and egg salad, as well as egg substitutes (tables 1.2a and 1.2b). Slightly over one-fourth of the individuals mentioned eating eggs. A higher proportion of adults over 50 years reported eggs than did younger individuals except the 15- to 18-year-old boys. Average intakes per individual varied from 16 to 64 g of egg and egg mixtures.

4. Legumes, Nuts, and Seeds

This group includes peanut butter and soy-based formulas as well as cooked dry peas, beans, and lentils; nuts; and seeds (tables 1.2a and 1.2b). Almost

Milk and Milk Products

Quantity[1] per individual in a day in Alaska



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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 2

one-fifth of all individuals reported an item from this group. Generally a higher proportion of children 1 to 14 years of age ate these items than older individuals. Intakes per individual averaged 20 g, and the range was 13 to 50 g.

5. Grain Products

Grain products were consumed by 93 percent of all the survey participants (table 1.3b). The average intake per individual in a day was 198 g, and about one-third of this amount was from mixtures in which grain products were the major ingredient (table 1.3a). Examples of grain mixtures are pizzas, spaghetti and sauce, macaroni and cheese, egg rolls, and tacos.

Breads, rolls, and biscuits were reported by about two-thirds of the participants, with the highest proportion of users (80 percent or more) among the children 6 to 14 years and boys 15 to 18 years. The boys 15 to 18 years averaged 82 g each, the largest amount for any sex-age group.

Baked goods other than breads, rolls, and biscuits (such as cakes, cookies, pies, doughnuts, and crackers) were eaten by just over one-half of the participants, and the largest proportion of users was among the 1- to 14-year-old children and 15- to 18-year-old boys (62 to 71 percent). Average intake for all individuals was 45 g, but boys 15 to 18 years averaged more than double that amount (105 g). Boys 9 to 18 years averaged considerably higher intakes of foods in this subgroup than of the breads, rolls, and biscuits subgroup.

Two-fifths of the survey participants mentioned eating items from the cereals and pastas subgroup, and slightly over one-fourth reported ready-to-eat cereals. However, of the children under 15 years of age, about one-half (45 to 57 percent) had ready-to-eat cereals (fig. 3).

6. Fats and Oils

The fats and oils group includes butter, margarine, salad dressings, sauces such as tartar and hollandaise, oils, and cream substitutes when reported separately by respondents. Fats used in frying are usually not reported separately and consequently are included in the group of the food being fried. Similarly, salad oils may not be reported separately and are coded with the salads instead of in the fats and oils group.

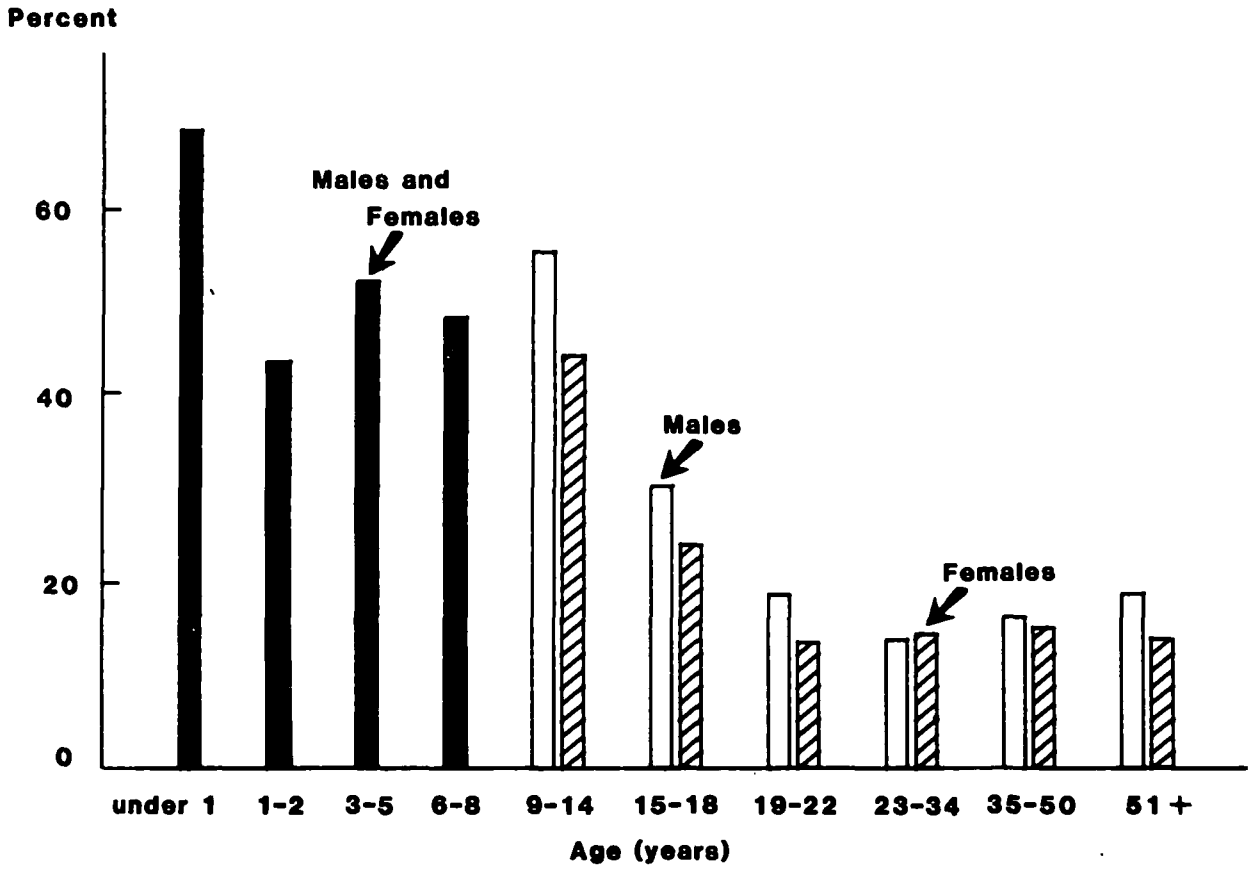
Almost 60 percent of the individuals used items from the fats and oils group, and the average intake was 14 g (tables 1.3a and 1.3b). About 40 percent of the individuals used table fats--a higher percentage of males than of females. Salad dressings were used by about one-fifth to one-third of the groups of individuals over 2 years of age.

7. Vegetables

Vegetables include white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables and mixtures containing mostly vegetables, such as vegetable soups and vegetable casseroles. This group does not include the vegetables in meat mixtures, such as stews, unless ingredients were reported separately.

Ready-to-Eat Cereals

Percentage of individuals using in a day in Alaska



Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 3

Over 80 percent of the respondents reported at least one item from the vegetable group on the day surveyed, and the average intake per individual was 169 g (tables 1.4a and 1.4b). Adults over 50 years of age had larger average intakes per individual than did younger adults. Nearly one-third of the average vegetable intake per individual was white potatoes and about one-half was from vegetables and mixtures other than potatoes, tomatoes, and dark-green and deep-yellow vegetables.

Tomatoes and tomato mixtures were eaten by almost 20 percent of the individuals, deep-yellow vegetables by 10 percent, and dark-green vegetables by less than 5 percent of the participants. Generally the largest percentage of individuals reporting tomatoes and dark-green and deep-yellow vegetables was among adults over 50 years of age.

8. Beverages

Nonalcoholic beverages include coffee, tea, soft drinks, and fruit and fruit-flavored drinks and ades. Three-fourths of the individuals reported one or more of these beverages (table 1.4b). The average intake per individual was 632 g (about 2.5 cups of beverage), and over one-half of this was coffee (table 1.4a). Coffee was mentioned by few children under 15 years of age. Just over 25 percent of the 19- to 22-year-olds had coffee, with the proportion increasing to about 80 percent of those over 50 years of age. The proportion of men reporting coffee was greater than of women.

Tea was used by 16 percent of the individuals surveyed, in contrast to the 40 percent drinking coffee. Among children under 15 years of age, 3 to 7 percent drank tea. A larger proportion of women (22 to 26 percent) than men (12 to 20 percent) drank tea.

The proportion of individuals reporting soft drinks was 39 percent, and the average intake per individual was 190 g. The largest proportion of individuals using soft drinks was among boys 15 to 18 years (67 percent). The proportion of adults over 34 years using soft drinks was considerably less than for younger adults. Fruit drinks were reported by nearly 10 percent of the individuals, and the largest proportion of users was among children and teenagers.

Alcoholic beverages were reported by almost one-third of the 19- to 22-year-old males, more than double the fraction of users among women of that age. The percentage using any alcoholic beverage did not decrease with age, although the percentage drinking beer did decrease with age. Average intake per individual of total alcoholic beverages was greatest for the 19- to 22-year-old men (375 g, equivalent to about 12.5 fluid ounces).

9. Fruits

Fruits, including fruit juices and nectars, were consumed by 55 percent of the individuals, and the average intake per individual was 157 g (tables 1.5a and 1.5b). A higher percentage of children, teenagers, and elderly women reported fruits than did other individuals. About 31 percent of the individuals used citrus fruit and juices, and 36 percent reported other fruits and juices (excluding dried fruit). Average intake per individual of citrus fruits and juices (75 g) was similar to the intake of other fruits (81 g).

Apples, including such items as applesauce and baked apples as well as raw apples, were eaten by almost 15 percent of the participants, especially children of all ages and girls 15 to 18 years. Bananas were most popular among children under 9 years and girls 9 to 14 years. Other fruits, such as peaches, pineapple, and pears, and fruit mixtures were reported by almost one-fourth of the adults over 50 years of age but by fewer of the younger adults.

Use of noncitrus juices and nectars was mentioned by over 10 percent of all individuals--about one-half as many as reported citrus juices. A higher percentage of children and teenagers than adults drank noncitrus juices and nectars.

10. Sugar and Sweets

This group contains such items as white and brown sugars, jams, jellies, sirups, and candy (tables 1.5a and 1.5b). Sugar and sweeteners that are ingredients in other foods are reported with those foods, for example sweeteners in soft drinks in the beverage group. About one-half of the individuals reported using sugar and sweets and one-fourth reported sugar. About 10 percent of all individuals used candy, but the largest percentage of users was among the children and teenagers. The 9- to 14-year-olds had the largest proportion of users, 24 percent of the boys and 18 percent of the girls.

B. NUTRIENT CONTRIBUTIONS BY MAJOR FOOD GROUPS

Foods as eaten were classified into 14 groups for the purpose of reporting the percentage contribution of each group to nutrient intakes as shown in tables 2.1-2.15. Mixtures were classified according to their main ingredient as they were in the previous section.

The amount of energy and 14 nutrients provided by each individual's diet was calculated, and the percentage of the energy and each nutrient provided by each of the food groups (i.e., their contribution) was computed. The average percentage was calculated for the 16 sex-age categories and for all individuals. Vitamin and mineral supplements were not included in calculations of nutrient intakes. Infants' diets are discussed in section D.

Nutritive values of food intakes of individuals were calculated using a special nutrient data base constructed from updated composition values of foods from Agriculture Handbook No. 8.[4] For new or unusual foods, values were obtained from manufacturers' data, were based on similar foods, or were calculated from the ingredients. 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. Because nutritive values for magnesium, vitamin B_6,

[4]U.S. Department of Agriculture, Science and Education Administration. 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.

and vitamin B_{12} were not available for many foods, values had to be imputed from similar foods. Consequently, values for these three nutrients are less reliable than for other nutrients evaluated. These limitations should be considered when interpreting results.

1. Food Energy

Food energy was contributed largely by the meat group (27 percent), grain products (25 percent), and milk and milk products (15 percent) (table 2.1 and fig. 4). Children under 14 years and boys 15 to 18 years obtained the highest proportion of their caloric intake from grain products, but for older groups, the meat group was the most important source. Milk and milk products and grain products provided about the same amount of food energy in diets of the 1- to 2-year-olds, 24 and 25 percent, respectively. Overall, each of the other food groups supplied less than 5 percent of the caloric intake of individuals.

2. Protein

Protein in diets was furnished mainly by the food groups that were the largest contributors of food energy, namely the meat group (45 percent), grain products (20 percent), and milk and milk products (19 percent) (table 2.2 and fig. 4). The meat group was the major source of protein for all sex-age groups over 2 years (32 to 55 percent), but the milk group was about equally important for the 3- to 5-year-olds and most important for the 1- to 2-year-olds. Eggs contributed 5 percent or less protein except in diets of males 15 to 18 and over 34 years and females over 50 years. Other food groups provided less protein.

3. Fat

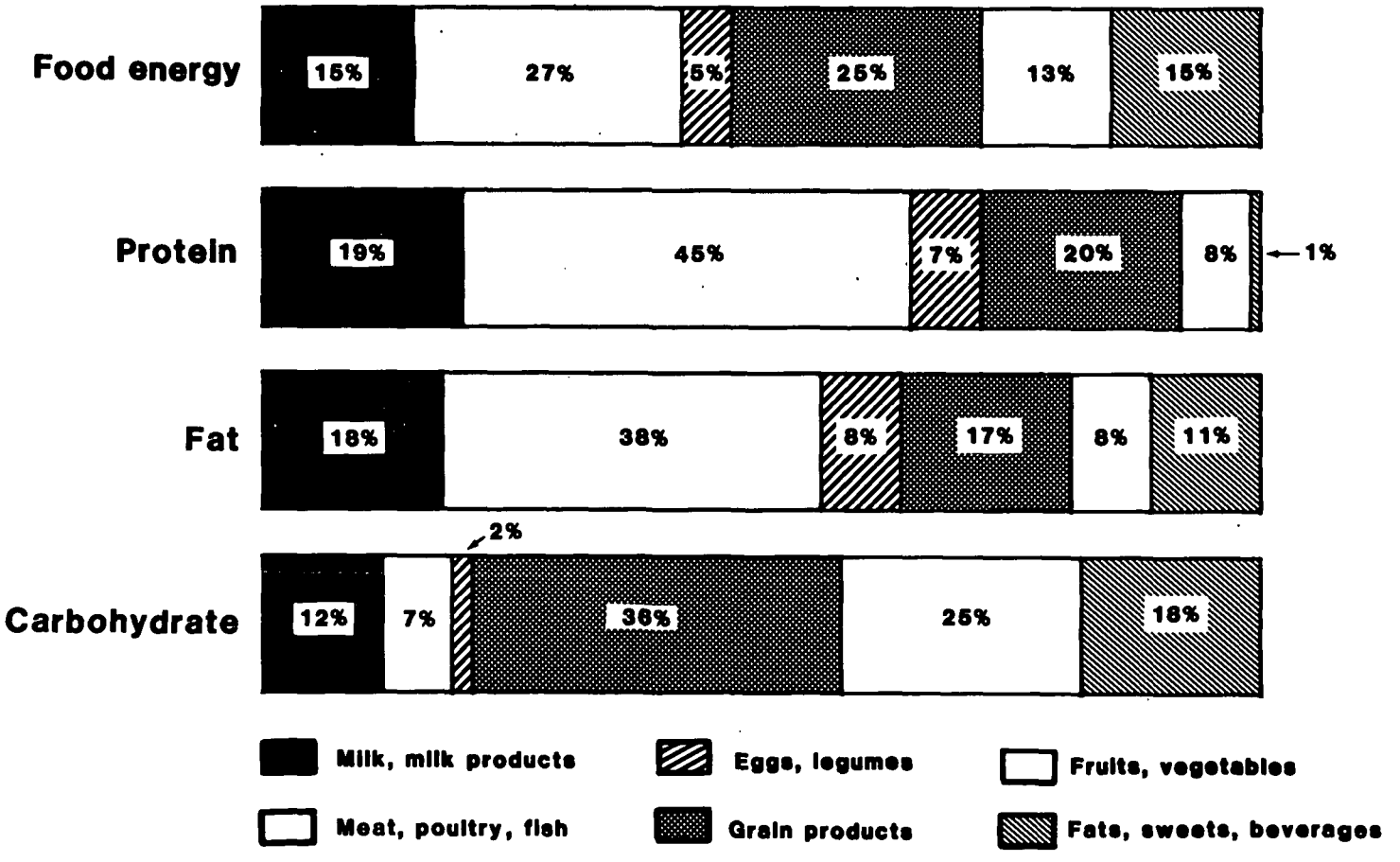
The main sources of dietary fat were the meat group (38 percent), milk and milk products (18 percent), grain products (17 percent), and the fats and oils (10 percent) (table 2.3 and fig. 4). The meat group was the largest source of fat in diets of groups over 2 years of age (29 to 47 percent), whereas the milk and milk products group (30 percent) was a slightly more important contributor in diets of 1- to 2-year-olds than was the meat group (28 percent). Milk and milk products were the second largest source of fat in diets of children 3 to 14 years (22 to 27 percent). The grain products group was equal to milk and milk products or second in importance as a source of fat in diets of older groups (13 to 20 percent). Fats and oils contributed more heavily to diets of males over 14 years and females over 18 years than to diets of younger individuals. Each of the other food groups contributed 8 percent or less of the dietary fat for all sex-age groups.

4. Carbohydrate

Grain products were by far the chief source of carbohydrate (36 percent) (table 2.4 and fig. 4). They were the greatest source in diets of all sex-age groups 1 year and over. Next in order of general importance as sources of carbohydrate were milk and milk products (12 percent), nonalcoholic beverages (10 percent), noncitrus fruits (7 percent), the meat group (7 percent), sugar and sweets (6 percent), and potatoes (6 percent). Other food groups contributed 5 percent or less of the carbohydrate intake.

Sources of Energy and Energy Nutrients

Percentage of day's intake per individual in Alaska



Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 4

5. Calcium

Milk and milk products supplied more than twice as much calcium in diets of individuals as the next most plentiful source, grain products (46 and 22 percent, respectively) (table 2.5 and fig. 5). The meat group was third most important and contributed 10 percent. In diets of children under 15 years and boys 15 to 18 years, 60 percent or more of the calcium came from the milk group, but substantially less calcium in diets of other groups came from the milk group (33 to 48 percent). The meat group contributed a greater percentage of calcium in diets of adults than in diets of children and teenagers. Vegetables other than potatoes and the dark-green and deep-yellow vegetables contributed a higher proportion of calcium in diets of older adults than in those of younger individuals.

6. Iron

The meat and grain products groups together supplied 66 percent of the dietary iron in diets of individuals, each group contributing about equally (table 2.6 and fig. 5). However, the grain products were the major source of iron in diets of children under 15 years and boys 15 to 18 years of age (38 to 45 percent), and the meat group was second most important (22 to 34 percent). For older individuals, the meat group was the primary source (35 to 40 percent) and the grain products were second (22 to 34 percent). Several other food groups provided small but significant amounts of iron in diets of some of the sex-age categories.

7. Magnesium

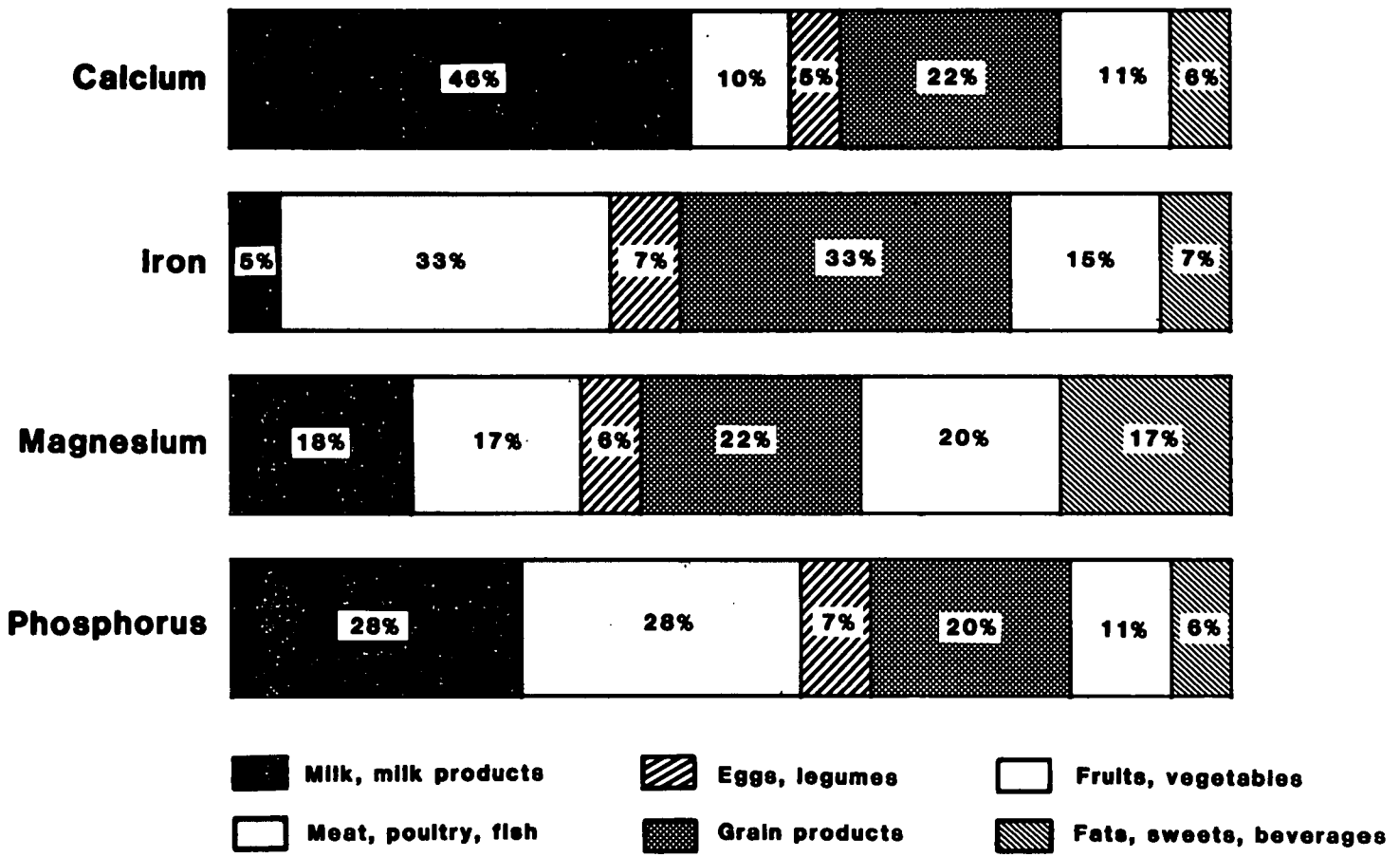
Although the grain products were the dominant source of magnesium in the diets of all individuals (22 percent), several other food groups supplied substantial quantities also (table 2.7 and fig. 5). Each of the following food groups supplied between 5 and 18 percent of the dietary magnesium for individuals: Milk and milk products, the meat group, nonalcoholic beverages, potatoes, vegetables other than potatoes and dark-green and deep-yellow vegetables, and the legume group. In diets of children under 6 years of age, the milk group (about 30 percent) furnished slightly more magnesium than grain products did (25 to 28 percent), but for children 6 years and over, grain products tended to be of the same or greater importance. Adults over 34 years obtained the largest amount of their dietary magnesium from the nonalcoholic beverage group, and the item contributing much of the magnesium was coffee. In the diets of adults over 22 years, the meat group (16 to 20 percent) was as important a source of magnesium as the grain products (16 to 21 percent).

8. Phosphorus

Three food groups supplied three-fourths of the phosphorus in the diets of individuals--milk and milk products (28 percent), the meat group (28 percent), and grain products (20 percent) (table 2.8 and fig. 5). The milk and milk products group was the predominant source of dietary phosphorus for children and teenagers (31 to 46 percent), but the meat group was the major source in diets of older groups.

Sources of Minerals

Percentage of day's intake per individual in Alaska



Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 5

9. Vitamin A Value

Several food groups contributed important amounts of vitamin A value to diets of individuals (table 2.9 and fig. 6). These food groups were the vegetable and fruit groups (38 percent), milk and milk products (20 percent), grain products (17 percent), and the meat group (13 percent). Fats and oils, mostly the fortified margarine and butter, and eggs provided smaller amounts of vitamin A value. Milk and milk products and grain products (especially fortified cereals) supplied relatively more to the dietary vitamin A value of individuals under 19 years of age than of those 19 years and over. Vegetables supplied one-third of the vitamin A value in diets of adults over 50 years but relatively less in diets of younger individuals.

10. Thiamin

Almost all the thiamin (95 percent) in diets of individuals came from four food groups: Grain products (40 percent), meat (22 percent), milk and milk products (13 percent), and fruits and vegetables (20 percent) (table 2.10 and fig. 6). The grain products were most important for all sex-age categories 1 year and over (33 to 50 percent). The second most plentiful sources were the milk group (16 to 22 percent) for children 1 to 8 and boys 9 to 18 years and the meat group for adults. In diets of older sex-age categories, vegetables contributed more thiamin than the milk group did.

11. Riboflavin

The major sources of riboflavin in diets of individuals were milk and milk products (30 percent), grain products (26 percent), and the meat group (24 percent) (table 2.11 and fig. 6). The milk group contributed the most riboflavin to diets of children and teenagers (33 to 46 percent), grain products were second (27 to 33 percent), and the meat group was third (12 to 25 percent). In diets of adults over 22 years, the meat group contributed more riboflavin (27 to 33 percent) than other food groups. Eggs and vegetables contributed additional small amounts.

12. Preformed Niacin

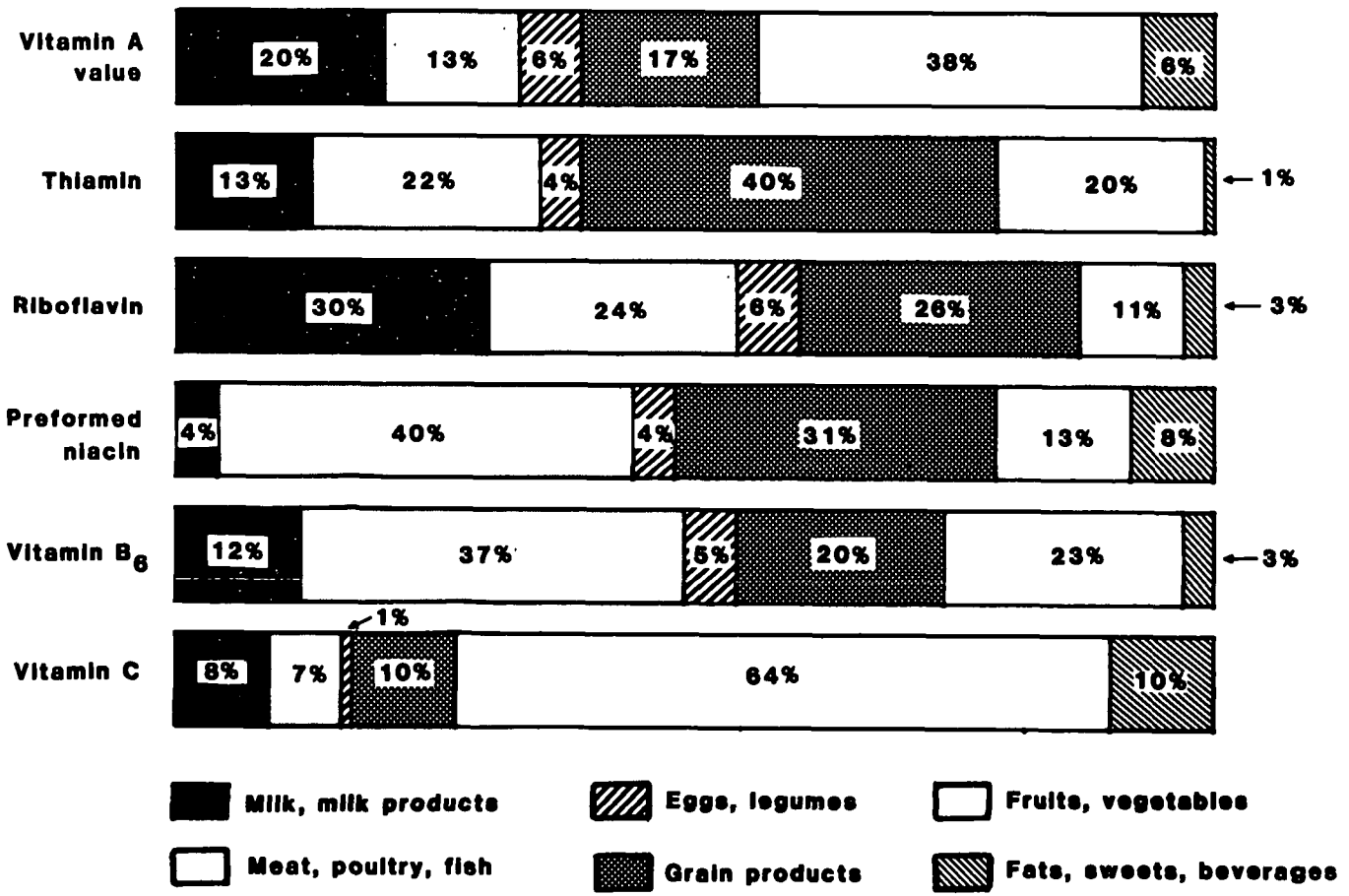
The main sources of preformed niacin in the diets of individuals were the meat group (40 percent) and grain products (31 percent) (table 2.12 and fig. 6). The grain products (39 to 45 percent) were the largest source of preformed niacin in diets of children under 15 years, and the meat group (40 to 45 percent) was the largest contributor in diets of individuals 15 years and over. Nonalcoholic beverages contributed up to 16 percent of preformed niacin in diets of adults, mostly from coffee.

13. Vitamin B_6

The principal source of vitamin B_6 in diets of individuals was the meat group (37 percent), and grain products (20 percent) were next in importance (table 2.13 and fig. 6). However, in diets of children under 9 years and boys 9 to 14 years, grain products contributed as much or more dietary vitamin B_6 as the meat group did. Milk and milk products (12 percent) also contributed significant amounts of this vitamin, especially in diets of children and

Sources of Vitamins

Percentage of day's intake per individual in Alaska



Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 6

teenagers (13 to 21 percent). Vegetables (13 percent) and fruits and tomatoes (9 percent) were noteworthy contributors of vitamin B_6 as well.

14. Vitamin B_{12}

Vitamin B_{12} is generally contributed by animal products, although foods fortified with the vitamin may be important sources also (table 2.14). The meat group (47 percent) supplied the largest amount of vitamin B_{12} in diets of individuals, followed by milk and milk products (32 percent), grain products (10 percent), and eggs (8 percent). Grain products were especially significant sources in diets of groups under 23 years of age, contributing 9 to 17 percent of their vitamin B_{12}.

15. Vitamin C

Fruits and vegetables supplied 63 percent of the vitamin C in the diets of individuals (table 2.15 and fig. 6). (This value in figure 6 adjusted to add to 100 percent.) Fruits contributed over one-third, with citrus fruits and tomatoes (including juices) supplying 25 percent of the dietary vitamin C. Vegetables contributed 29 percent--about two-fifths of it from potatoes. Other contributors of vitamin C were grain products (10 percent) and nonalcoholic beverages (9 percent). Nonalcoholic beverages, mostly fruit and fruit-flavored drinks, some of which were fortified with vitamin C, were more important in diets of individuals under 23 years (10 to 18 percent) than in diets of older individuals (3 to 6 percent). Grain products, which include some cereals fortified with vitamin C, tended to be a more predominant source in the diets of children than of adults.

C. NUTRITIVE VALUE OF FOOD INTAKE

The average nutritive value of diets of individuals in 16 sex-age categories is reported in table 3.1. The percentage of food energy from energy-providing nutrients is presented in table 3.2. Energy and nutrient intakes of individuals in the sex-age categories are compared with the 1980 RDA in table 3.3 and are expressed as nutrient densities (nutrient per 1,000 kcal) in table 3.4.

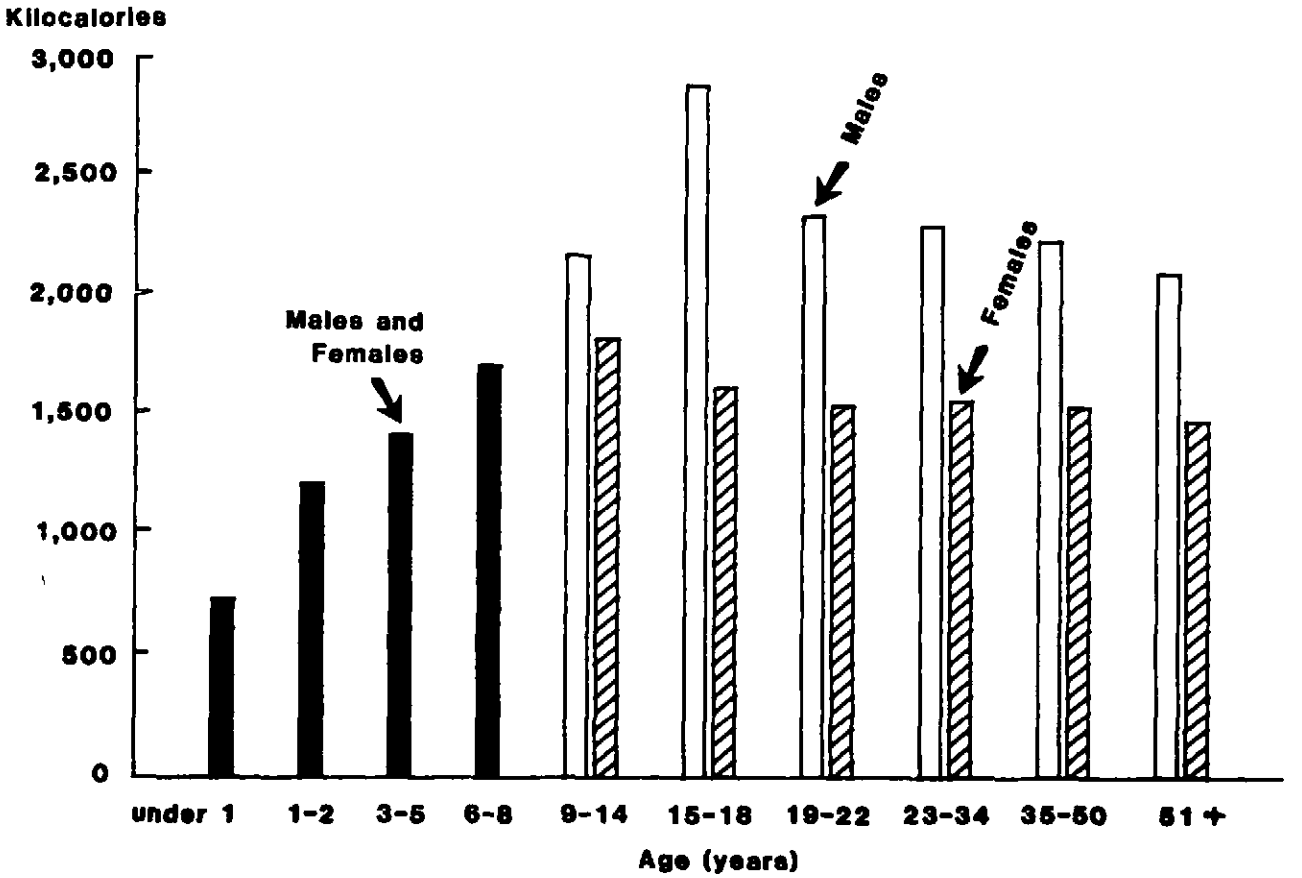
1. Energy and Nutrient Intakes

Energy.--Energy intakes increased with advancing age until reaching a peak of 2,880 kcal for males 15 to 18 years and a peak of 1,825 kcal for females 9 to 14 years (table 3.1 and fig. 7). Men 23 to 34 years had an average intake of 2,294 kcal, and intakes declined slightly for older men. Women 23 to 34 years had an average intake of 1,570 kcal, only slightly higher than intakes of women over 50 years of age (1,482 kcal).

Energy-providing nutrients.--Average intakes of protein, fat, and carbohydrate were considerably higher for boys 15 to 18 years than for other groups--116, 127, and 326 g, respectively (table 3.1). Average intakes of these three nutrients for men 23 to 34 years were 92, 105, and 228 g, respectively. The average intakes of these nutrients showed a decrease with advancing age for men over 50 years of age from intakes of the 35- to 50-year-old group. Average

Food Energy

Average intake per individual in a day in Alaska



Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 7

protein and fat intakes (85 and 98 g, respectively) of the 19- to 22-year-olds were the lowest among adult males, but their carbohydrate intake (251 g) was the highest. Girls 9 to 14, with the highest food energy intake among females, also had the highest average intakes of protein, fat, and carbohydrate--70, 77, and 218 g, respectively. Average intakes of these nutrients for women 23 to 34 years of age were 66, 73, and 158 g, respectively. The relative decline in intakes for women over 50 years was very small for protein and fat but more for carbohydrate (65, 71, and 138 g, respectively).

Minerals.--Dietary intakes of boys 15 to 18 years averaged the highest of all sex-age categories for calcium, iron, magnesium, and phosphorus (table 3.1). The average intakes for the 23- to 34-year-old men were about 800 mg of calcium, 15 mg of iron, 320 mg of magnesium, and 1,435 mg of phosphorus. Values were lower for men over 50 years but were about the same for the 35- to 50-year-old group. Among females, the 9- to 14-year-olds had the highest intakes for calcium and phosphorus, and the two oldest groups averaged the lowest. For iron and magnesium, females 35 to 50 years had the highest intakes and 15- to 22-year-olds had the lowest.

Vitamins.--Of all the vitamins studied, average intakes were highest in diets of boys 15 to 18 years except for vitamins A and B_{12}, which were highest in diets of boys 9 to 14 years (table 3.1). Among females, women over 50 years of age had the highest dietary intakes of vitamin A value and vitamin B_{12}, women 35 to 50 years had the highest intakes of preformed niacin, and girls 9 to 14 years had the highest intakes of thiamin, riboflavin, and vitamin B_6. Vitamin C intakes of girls 9 to 14 and 15 to 18 were nearly the same, just over 100 mg, and exceeded intakes of older groups of females. The average vitamin intakes of men were higher than those for women of the same age, except for vitamin C intake for the oldest category.

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

Protein, fat, and carbohydrate were considered to provide 4, 9, and 4[5] kilocalories per gram, respectively, for the purpose of calculating their energy value. These factors have been assumed to give suitable estimates for a typical mixed diet. The percentage of kilocalories from each source was computed for each individual, after which an average was obtained for each sex-age group (table 3.2). 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."

Energy from protein, fat, and carbohydrate for individuals averaged 16.5, 39.4, and 42.8 percent, respectively. On the average, protein contributed relatively more energy in diets of adults over 22 years (16.6 to 17.8 percent) than in diets of 9- to 18-year-olds (15.5 to 16.5 percent) and more in diets of 9- to 18-year-olds than in diets of younger children (14.7 to 15.4 percent). Fat likewise contributed a greater proportion of the energy in diets of adults over 22 years (40.3 to 42.9 percent), a smaller amount in diets of 9- to 18-

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[5]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).

year-olds (37.6 to 40.1 percent), and the lowest proportion in diets of younger children (34.7 to 37.1 percent). Carbohydrate supplied the largest relative amount of energy for children under age 9 (49.0 to 51.6 percent), and it generally became progressively smaller as age of the category increased (48.2 to 36.7 percent for males and 47.4 to 38.0 percent for females). In diets of adults over 18 years of age, the energy listed as coming from "other" sources in table 3.2 probably came mostly from alcohol.

3. Nutrient Intakes Compared With 1980 RDA

Energy and nutrient intakes of each individual were divided by the appropriate RDA[6] (see table 5.1 for RDA used) and expressed as percentages. The percentages for energy and each nutrient for all individuals within each sex-age category were then averaged (table 3.3 and fig. 8).

Energy and protein.--Energy and protein intakes of individuals averaged 83 and 165 percent, respectively, of their RDA. Average energy intakes of 1- to 2-year-old children and 15- to 18-year-old boys exceeded their RDA. Other groups of males had energy intakes that averaged between 81 and 86 percent of their RDA and females' intakes were between 72 and 81 percent of their RDA. When protein intakes were expressed as a percentage of RDA, the percentages were higher for children 1 to 14 years (166 to 219 percent) and boys 15 to 18 years (208 percent) than for men (151 to 172 percent) or older girls and women (130 to 149 percent).

Minerals.--Calcium intakes of children 1 to 8 years and of males (except those over 50 years) averaged near or above their RDA. Females over 8 years had intakes that averaged between 58 and 87 percent. Iron intakes of 1- to 5-year-old children and females 9 to 50 years averaged between 55 and 75 percent of RDA. Average iron intakes of children 6 to 8 years, males over 14 years, and women over 50 years exceeded their RDA. Magnesium intakes of only two age categories--the youngest groups of children--met or exceeded RDA. Females 15 to 34 years had magnesium intakes that were between 61 and 72 percent of RDA, and intakes of the other sex-age groups averaged between 80 and 96 percent of RDA. Average intakes of phosphorus exceeded RDA except for 15- to 18-year-old girls (86 percent).

Vitamins.--Generally children 1 to 8 years old had intakes that provided their RDA for the seven vitamins studied. Vitamin B_6 intakes of 3- to 8-year-olds were exceptions. Intakes of males 9 years and over also were near or above RDA for most vitamins. Again the main exception was vitamin B_6. Intakes of females 9 years and over generally averaged near or above RDA for all vitamins except vitamin B_6, which ranged from 56 to 74 percent of RDA. Intakes of women 19 to 22 years compared least well with vitamin RDA of all female age groups.

4. Nutrient Densities

Computation of nutrient densities (nutrient intake per 1,000 kcal) offers a method for evaluating the quality of diets relative to energy intake. However,

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

Nutrient Intakes Below 1980 Recommended Dietary Allowances

Average Intake as percentage of 1980 RDA in Alaska

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

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

Figure 8

nutrient densities do not furnish information concerning the adequacy of energy intakes. Nutrient densities of the RDA have been calculated (table 5.2) for comparison with average nutrient densities of participants in this survey (table 3.4).

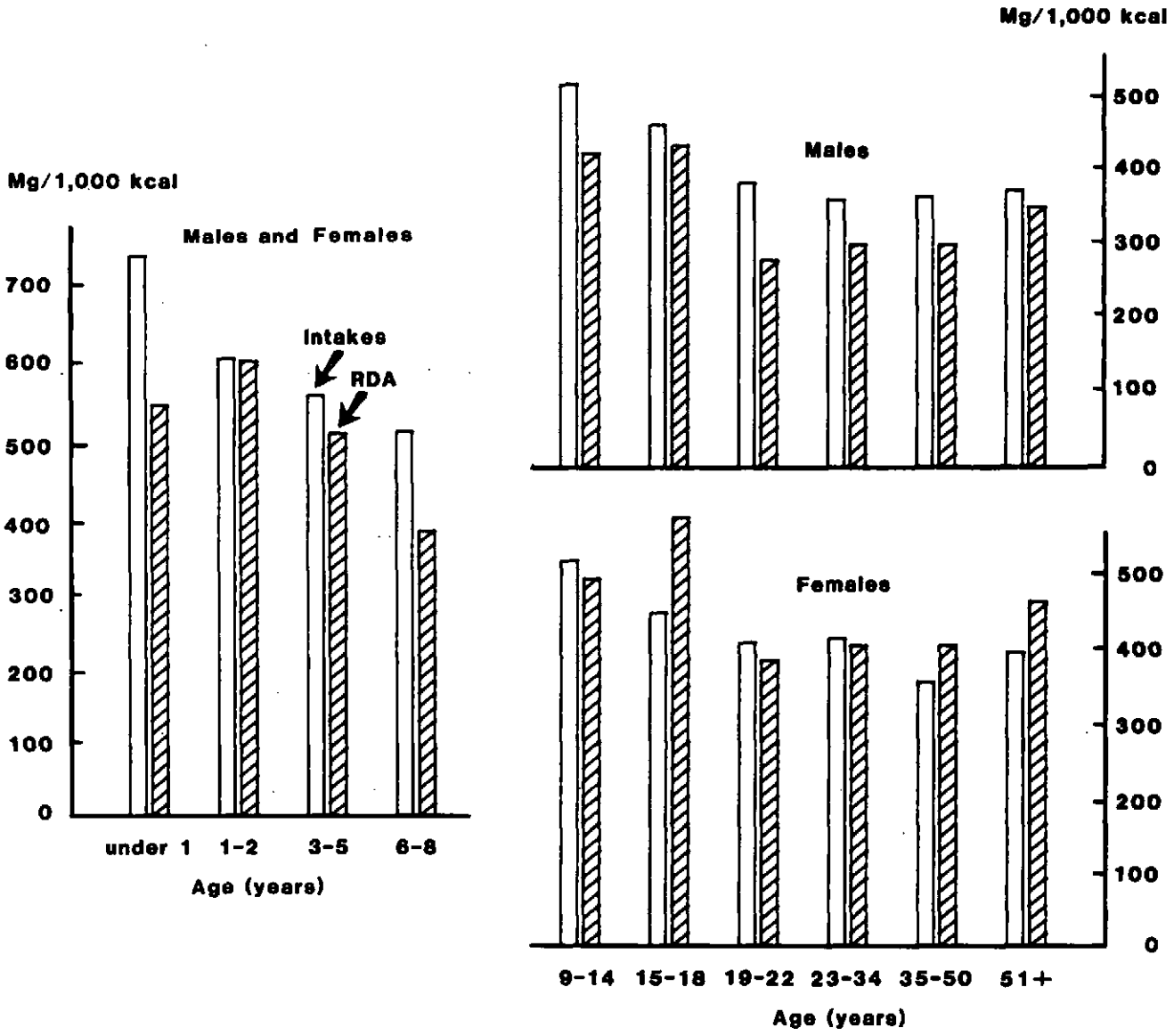
Energy-providing nutrients.--Protein densities of intakes of children were less than those of adults. Densities for all sex-age categories were about twice the densities of the RDA. Like the protein densities, average fat densities of intakes generally increased with the advancing age of respondents. Carbohydrate densities showed the opposite tendency, decreasing with advancing age. The average density of carbohydrate intakes decreased from 123 to 129 g per 1,000 kcal for children under 9 years to 106 to 120 g per 1,000 kcal for youth 9 to 22 years and 92 to 102 g per 1,000 kcal for adults over age 22.

Minerals.--Calcium densities of the intakes were highest for children 1 to 14 years of age, lower for youths 15 to 22 years, and lowest for adults. Calcium densities of intakes exceeded densities of the RDA for children, males, and females 19 to 34 years of age, but they were less than the RDA for teenage girls 15 to 18 years and women over 34 years (fig. 9). Iron density of intakes of 1- to 2-year-old children averaged 7.2 mg per 1,000 kcal and were higher than those of intakes of older children and youths under 23 years (6.2 to 6.9 mg per 1,000 kcal). Iron densities of intakes of women 23 years and over (7.3 to 7.9 mg per 1,000 kcal) were higher than intakes of men the same age (6.9 to 7.3 mg per 1,000 kcal). Compared with densities of RDA, all intake densities were higher except those of 1- to 5-year-old children and those of females between 9 and 50 years (fig. 10). Magnesium densities of intakes of children and adults were greater than RDA densities but not for teenagers. Phosphorus densities of intakes of all sex-age groups averaged much higher than densities of their RDA.

Vitamins.--Average vitamin densities of intakes of all sex-age groups exceeded RDA densities for all vitamins studied except vitamin B_6. Only for children 1 to 8 years, boys 9 to 18 years, and men 35 to 50 years did the vitamin B_6 density of their intakes equal or exceed the RDA densities. Vitamin A value per 1,000 kcal averaged higher in intakes of women than of men, with the oldest women having the highest density and 19- to 22-year-old males having the lowest. Average thiamin density was highest for intakes of children 1 to 5 years and lowest for 35- to 50-year-old adults. The 1- to 2-year-olds and 9- to 14-year-old boys had intakes with the highest density of riboflavin, and the 19- to 34-year-old men and 35- to 50-year-old women had intakes with the lowest average density. Density of preformed niacin was lowest in diets of 1- to 2-year-olds (8.4 mg per 1,000 kcal) and highest for 23- to 34-year-old women (11.5 mg per 1,000 kcal). The average vitamin B_6 density of sex-age groups was within the narrow range of 0.71 to 0.81 mg per 1,000 kcal. Vitamin B_{12} densities were highest for intakes of boys 9 to 14 years and adults over 34 years of age. Women's intakes generally had higher average vitamin C densities than men's intakes, and among adults, women over 50 years had intakes with the highest density.

Calcium Density of Intakes and Recommended Dietary Allowances

Average intake per individual in a day in Alaska

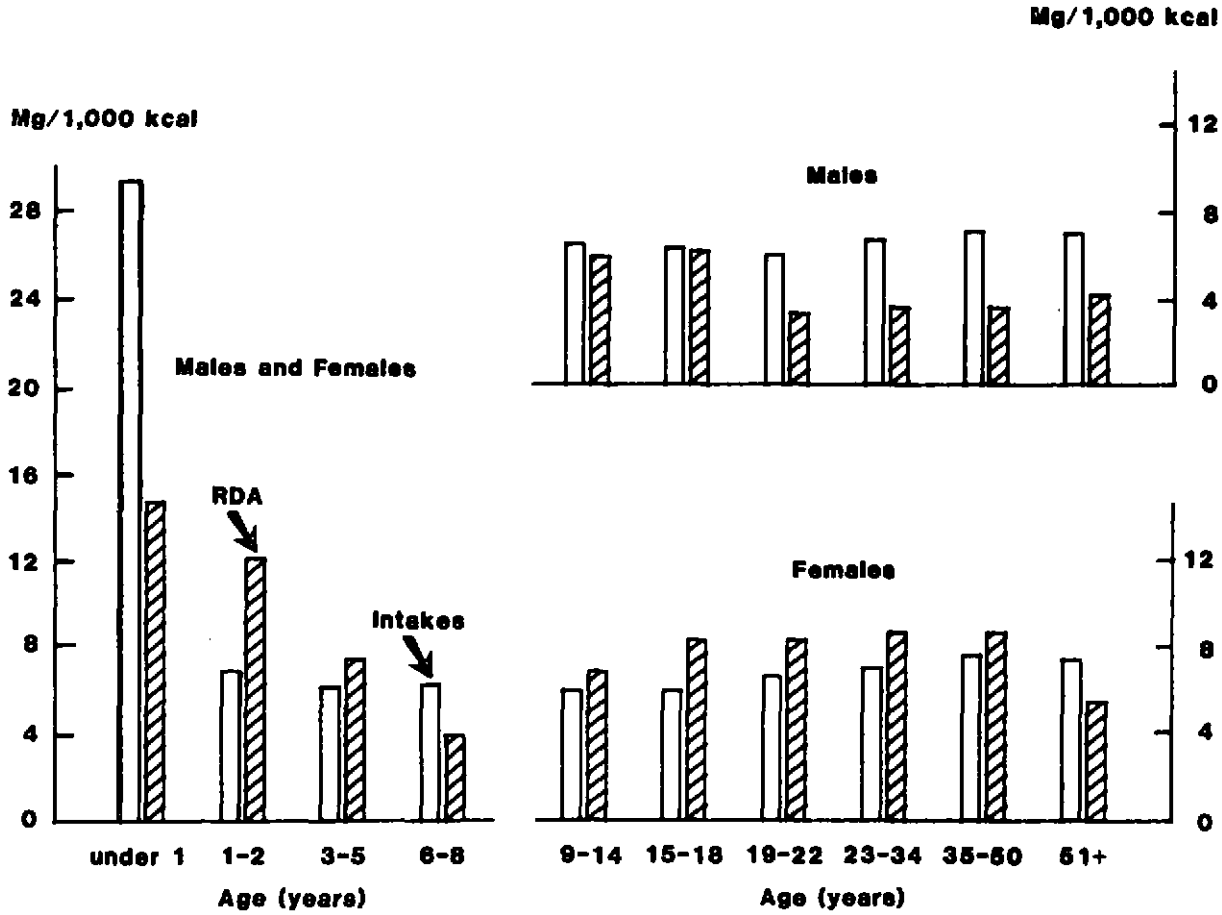


Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 9

Iron Density of Intakes and Recommended Dietary Allowances

Average Intake per Individual in a day in Alaska



Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

Figure 10

D. INFANTS

1. Food Intake

Food intakes of infants (birth to 1 year of age) consisted of fewer different foods than did intakes of older children and adults (tables 1.1a-1.5b). Average intake of the meat group was 34 g. Foods in this group were consumed by 30 percent of the infants. Meat mixtures, such as baby meat dinners, were the most frequently reported meat items. Milk and milk products were reported for 85 percent of the infants. Most of this was baby formula. The total intake in calcium equivalents was 358 g. This amount of calcium is less than might be expected from a similar volume of cow's milk. Commercial milk-based infant formulas often have a calcium content similar to human milk. (Commercial formulas have approximately 40 percent of the calcium of an equivalent amount of whole cow's milk.) Eggs were eaten by 10 percent of the infants, with an average intake of 7 g. Nine percent of the infants consumed at least one food from the legumes, nuts, and seeds group, mostly soy-based formula, and the average intake was 41 g.

The average intake of grain products was 62 g. The most popular grain product was cereal, with 71 percent eating it at least once in a day. Vegetables were consumed by 63 percent of the infants. Deep-yellow vegetables and vegetables other than potatoes, tomatoes, and dark green were most popular. An average intake of 127 g was reported for fruits and fruit juices. Noncitrus fruits and juices were much more popular than citrus (60 and 7 percent reporting, respectively). Sugar and sweets were consumed by 9 percent, and most of the intake (8 g average) was corn sirup, probably used in formulas.

2. Nutrient Contributions by Major Food Groups

Milk and milk products, not surprisingly, contributed the greatest proportion of infants' intakes of food energy and most nutrients (tables 2.1-2.15). Exceptions were iron and preformed niacin. Almost 75 percent of infants' food energy was supplied by the milk group (50 percent), grain products (15 percent), and noncitrus fruits (8 percent). The energy-providing nutrients--protein, fat, and carbohydrate--were contributed mainly by the milk and grain groups. The third major contributor of protein and fat was the meat group. For carbohydrate, the third largest contributor was the noncitrus fruit group.

Minerals were generally contributed by two major groups--milk and milk products and grain products. The milk group contributed over 50 percent of the infants' calcium and phosphorus, whereas grain products contributed about 20 percent of each. Grain products accounted for 42 percent of the iron, and the milk group supplied 36 percent. Most infant cereals and some formulas are fortified with iron.

Vitamins were provided in significant quantities by noncitrus fruits, vegetables, and the meat group, as well as by the milk group and grain products. Vitamin A value was supplied by the milk group (41 percent) and the vegetable groups (27 percent). The milk and grain products groups provided about 73 to 81 percent of the thiamin, riboflavin, and preformed niacin in infants' diets.

The milk group was the major contributor of thiamin and riboflavin, whereas grain products contributed more preformed niacin. For vitamin B_6, infants' intakes came from the milk group (44 percent), the grain products (16 percent), the three vegetable groups (14 percent), and the noncitrus fruit group (10 percent). The milk group provided 70 percent of the infants' vitamin B_{12} and the meat group 8 percent. Vitamin C was provided by the milk group (40 percent), the noncitrus fruit group (24 percent), and the three vegetable groups (11 percent).

3. Nutritive Value of Food Intake

Infants' intakes averaged lower than older children's for all nutrients except iron and vitamin A value (table 3.1). Infants' higher iron intake was a result of consuming iron-fortified cereals and formulas. Average protein and carbohydrate intakes were about half those of 1- to 2-year-olds. Carbohydrate appeared to supply the largest proportion of food energy in diets of infants (table 3.2). However, since infants' diets, largely milk, are not typical of the usual mixed diet, the values in table 3.2 for the percentage of energy provided by the energy nutrients are not considered reliable for infants. (The general factors 4, 9, 4 used to calculate energy yield of protein, fat, and carbohydrate in the diet are based on an assumed mixture of foods unlike the mixture in diets of infants.)

When infants' intakes are compared with Recommended Dietary Allowances (RDA), intakes exceeded the RDA for all categories except food energy (table 3.3). Diets supplied more than twice the RDA for vitamin A value, thiamin, and riboflavin. Intakes of protein, iron, magnesium, phosphorus, vitamin B_{12}, and vitamin C were more than 1-1/2 times the RDA.

The nutrient densities of infants' diets were generally equal to or greater than those of the older groups (table 3.4). Infants' nutrient densities for calcium, iron, vitamin A value, thiamin, riboflavin, and vitamin C were especially high, whereas protein, fat, and vitamin B_{12} densities were lower than for any other sex-age category.

E. CHARACTERISTICS OF HOUSEHOLDS AND INDIVIDUALS

Information was furnished by the household respondent on household income (table 4.1); household size (table 4.2); and age, education, and employment status of the female head of the household (table 4.3). Race of the respondent was recorded as observed by the interviewer. Unlike other tables in this report, breast-fed infants and children were included.

1. Income and Race

Household income before taxes for 1977 was below $15,000 for 24.5 percent of the individuals surveyed. For the remaining individuals, 28.8 percent had incomes between $15,000 and $29,999, 25.7 percent had incomes of $30,000 or more, and for 20.9 percent the income was not reported. The racial distribution of the survey participants was 90.8 percent white, 4.3 percent black, and 4.6 percent other races. Of the individuals surveyed, larger proportions of blacks and individuals of races other than white or black were more often in the lowest income group.

2. Household Size

Household size refers to the number of individuals regularly living in a household. Thirty-nine percent of the individuals surveyed lived in households with four or five members, and 6 percent lived alone. The proportion of women 19 to 22 and over 50 years living alone was greater than for men of the same ages. A higher proportion of men 23 to 50 years old lived alone than women of that age. More individuals under 19 years of age lived in four- or five-person households than in smaller or larger households.

3. Characteristics of the Female Head of Household

Of the individuals surveyed, most lived in households with a female head who was 20 to 34 years of age. Only 4.4 percent lived in households without a female head. Few individuals, mostly the oldest men and women, lived in households with a female head having an elementary school education or less. At least half of the women 23 to 50 years and children 3 to 5 years lived in households with a female head having at least some college education. Almost half of the individuals (46.7 percent) had an employed female head of household.

TABLE 1.1a.--MEAT, POULTRY, FISH
Average intake[1] per individual in a day[2] in Alaska

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]62	34	2	1	2	6	4	0	2	(4)	20
1-2.....	[3]118	96	21	8	(4)	4	3	0	10	4	50
3-5.....	158	109	16	9	1	10	7	(4)	10	1	62
6-8.....	121	144	26	7	1	13	11	2	13	2	80
Males:											
9-14.....	115	198	40	8	1	22	15	5	13	14	95
15-18.....	67	323	55	6	13	48	45	1	31	8	162
19-22.....	67	260	48	19	0	17	13	(4)	22	12	142
23-34.....	328	284	71	25	4	25	20	2	15	18	123
35-50.....	161	300	81	15	7	27	24	5	15	15	134
51 and over.....	114	275	60	35	3	28	23	7	13	21	109
Females:											
9-14.....	111	183	30	12	4	15	13	1	15	7	98
15-18.....	74	168	50	10	(4)	17	13	(4)	8	8	75
19-22.....	104	189	46	8	2	23	20	(4)	12	13	85
23-34.....	365	191	50	11	3	21	17	1	9	12	84
35-50.....	196	211	58	16	4	16	13	3	9	16	91
51 and over.....	144	200	47	16	4	17	13	6	7	14	89
All individuals...	[5]2,305	206	48	14	3	20	16	2	12	11	95

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.1b.--MEAT, POULTRY, FISH
Individuals using[1] in a day[2] in Alaska

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	Mixture mainly meat, poultry, fish
						Total	Chicken				
	Number	Percent									
Males and females:											
Under 1.....	[3]62	29.8	5.5	3.7	3.7	9.1	9.1	0	5.5	1.3	14.4
1-2.....	[3]118	84.7	26.2	14.8	1.0	5.9	3.0	0	24.3	8.6	41.7
3-5.....	158	84.4	20.8	22.9	2.2	8.6	6.6	.5	22.0	4.3	38.3
6-8.....	121	83.1	22.5	19.9	2.4	10.4	9.1	1.6	31.8	3.2	45.2
Males:											
9-14.....	115	94.4	33.9	16.8	1.0	16.9	11.3	3.9	28.0	9.0	47.0
15-18.....	67	96.9	33.7	14.6	5.1	23.5	18.5	1.7	42.8	7.1	37.0
19-22.....	67	89.8	25.9	18.3	0	12.8	9.3	1.7	27.3	11.4	46.1
23-34.....	328	92.8	35.6	24.0	2.8	12.5	9.0	1.9	20.4	11.0	44.8
35-50.....	161	89.0	37.3	22.5	3.8	10.4	9.1	3.2	21.5	14.5	41.8
51 and over.....	114	94.1	29.3	35.9	2.6	17.6	13.6	6.3	26.2	12.6	37.8
Females:											
9-14.....	111	90.1	28.4	18.2	3.6	8.9	7.3	1.0	26.4	6.2	45.8
15-18.....	74	90.7	37.3	19.5	.9	8.8	7.4	1.3	17.6	12.3	39.3
19-22.....	104	86.1	32.1	17.8	2.2	13.7	10.9	.7	18.5	10.5	47.5
23-34.....	365	88.3	28.9	19.3	2.5	13.5	10.2	.7	17.4	13.1	40.7
35-50.....	196	91.7	38.4	22.7	2.3	13.8	11.6	3.6	16.1	14.2	37.7
51 and over.....	144	91.5	31.5	25.7	3.1	10.9	6.5	3.0	12.6	12.5	39.6
All individuals...	[4]2,305	88.1	30.5	20.9	2.5	12.3	9.4	1.9	21.3	10.4	41.2

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.2a.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Average intake[1] per individual in a day[2] in Alaska

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]62	358	581	155	2	2	6	7	41
1-2.....	[4]118	435	394	347	11	10	10	25	22
3-5.....	158	462	372	325	7	20	14	16	13
6-8.....	121	472	377	338	7	26	13	27	14
Males:									
9-14.....	115	601	508	466	2	34	9	27	16
15-18.....	67	700	572	453	4	48	19	64	24
19-22.....	67	323	251	219	5	28	10	26	50
23-34.....	328	330	207	182	7	26	24	32	24
35-50.....	161	339	208	184	3	34	22	49	20
51 and over.....	114	279	164	157	0	41	22	42	22
Females:									
9-14.....	111	508	414	370	4	38	12	23	13
15-18.....	74	355	263	221	0	26	19	22	18
19-22.....	104	271	226	186	0	10	8	29	23
23-34.....	365	279	194	160	7	16	21	27	15
35-50.....	196	193	105	85	5	18	19	19	14
51 and over.....	144	226	144	136	2	21	24	35	19
All individuals...	[5]2,305	355	270	226	5	24	18	29	20

[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 3 breast-fed infants.
[5]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.2b.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Individuals using[1] in a day[2] in Alaska

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]62	85.0	85.0	32.6	1.8	2.4	8.9	10.2	9.0
1-2.....	[3]118	93.7	89.0	85.6	7.9	12.4	19.2	29.8	27.3
3-5.....	158	94.1	89.8	83.8	4.6	20.6	29.0	22.3	24.2
6-8.....	121	96.4	92.5	85.2	3.6	23.6	28.6	27.7	28.4
Males:									
9-14.....	115	93.7	92.0	89.7	1.0	23.4	19.1	22.4	22.1
15-18.....	67	96.1	91.0	81.6	1.7	27.0	30.1	41.6	19.6
19-22.....	67	71.8	56.9	52.9	2.9	18.4	19.0	19.5	18.7
23-34.....	328	70.4	53.9	50.0	2.5	18.2	27.5	27.8	19.3
35-50.....	161	76.7	51.4	48.3	1.1	26.8	30.2	35.8	18.4
51 and over.....	114	76.0	55.0	54.0	0	28.0	28.0	42.3	23.2
Females:									
9-14.....	111	94.4	87.8	85.2	1.7	30.7	27.6	24.9	25.6
15-18.....	74	77.0	63.9	52.1	0	19.6	28.1	22.0	11.7
19-22.....	104	62.9	52.1	46.9	0	14.3	16.0	24.3	20.4
23-34.....	365	72.6	54.4	49.6	3.8	16.7	28.8	26.7	13.3
35-50.....	196	68.2	41.0	35.0	3.0	19.5	29.9	22.5	14.4
51 and over.....	144	72.0	49.8	46.7	1.6	21.0	33.3	36.7	19.7
All individuals...	[4]2,305	78.9	64.6	58.6	2.6	20.0	26.6	27.7	19.3

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.3a.--GRAIN PRODUCTS; FATS, OILS
Average intake[1] per individual in a day[2] in Alaska

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]62	62	4	5	39	27	15	1	1	([4])
1-2.....	[3]118	157	28	28	42	12	60	5	3	2
3-5.....	158	194	37	41	57	16	58	7	3	3
6-8.....	121	233	53	55	53	15	73	10	7	3
Males:										
9-14.....	115	268	58	71	62	25	76	11	6	4
15-18.....	67	325	82	105	48	17	89	21	9	11
19-22.....	67	271	72	51	50	14	98	18	6	11
23-34.....	328	249	61	61	44	8	82	17	8	8
35-50.....	161	223	62	46	41	8	74	20	8	10
51 and over.....	114	229	64	44	53	9	67	19	8	9
Females:										
9-14.....	111	207	53	55	44	11	54	9	4	4
15-18.....	74	181	41	33	30	12	76	11	4	7
19-22.....	104	137	37	33	21	5	46	13	5	8
23-34.....	365	166	38	35	25	6	67	14	5	7
35-50.....	196	154	39	34	29	6	52	16	5	10
51 and over.....	144	137	39	36	25	4	38	15	5	8
All individuals...	[5]2,305	198	48	45	40	10	65	14	6	7

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.3b.--GRAIN PRODUCTS; FATS, OILS
Individuals using[1] in a day[2] in Alaska

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]62	86.4	15.3	20.5	81.0	70.8	9.2	9.0	7.7	1.3
1-2.....	[3]118	100.0	66.0	65.9	62.6	45.2	27.5	48.8	40.1	16.6
3-5.....	158	99.3	71.3	61.8	73.6	54.1	27.5	56.8	42.8	21.3
6-8.....	121	100.0	80.3	71.1	66.0	50.1	34.1	64.4	48.7	22.7
Males:										
9-14.....	115	100.0	83.4	64.4	67.5	57.4	28.1	59.9	47.1	25.1
15-18.....	67	98.4	83.1	70.2	38.1	31.4	24.6	71.8	53.9	32.8
19-22.....	67	91.9	69.1	42.3	27.7	19.3	27.6	54.9	40.9	25.0
23-34.....	328	91.1	68.1	50.5	27.4	14.3	23.8	58.9	39.0	31.9
35-50.....	161	92.6	73.5	43.6	28.9	16.9	21.2	71.1	49.3	35.1
51 and over.....	114	95.3	75.4	48.0	32.1	19.4	19.7	61.3	46.3	33.0
Females:										
9-14.....	111	98.4	81.5	65.6	60.9	45.9	27.3	56.3	38.1	30.7
15-18.....	74	91.5	58.8	46.1	37.3	24.9	29.5	42.8	27.9	30.6
19-22.....	104	81.9	54.3	43.2	23.0	14.0	19.5	45.4	30.5	21.2
23-34.....	365	90.7	61.6	45.4	26.9	14.9	25.6	60.2	39.7	30.0
35-50.....	196	89.5	63.9	46.9	22.9	15.7	21.0	61.4	42.3	33.4
51 and over.....	144	91.2	69.6	43.4	25.2	14.4	16.0	59.3	43.4	29.3
All individuals...	[4]2,035	93.2	67.8	51.5	39.6	27.3	24.1	57.6	40.8	27.9

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.4a.--VEGETABLES; BEVERAGES
Average intake[1] per individual in a day[2] in Alaska

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]62	91	5	3	1	25	57	25	25	0	2	16	7	0	0
1-2.....	[4]118	116	32	4	1	10	70	160	160	0	13	124	23	0	0
3-5.....	158	120	35	7	3	4	70	205	205	2	13	155	34	0	0
6-8.....	121	140	38	9	3	10	80	224	224	0	12	167	45	0	0
Males:															
9-14.....	115	129	44	15	2	11	57	297	296	2	25	199	69	1	0
15-18.....	67	119	50	5	1	10	53	450	450	8	37	351	54	0	0
19-22.....	67	195	76	26	4	4	85	894	519	144	66	268	40	375	315
23-34.....	328	221	81	17	6	10	107	1,138	917	523	93	278	23	221	183
35-50.....	161	219	68	29	7	9	106	1,132	945	715	63	152	16	187	137
51 and over.....	141	230	55	35	9	15	117	996	791	643	106	26	16	205	159
Females:															
9-14.....	111	131	43	13	4	8	62	228	228	0	12	167	49	0	0
15-18.....	74	136	47	11	4	7	67	438	429	15	84	285	45	9	3
19-22.....	104	150	59	7	8	3	73	620	509	125	97	246	42	111	76
23-34.....	365	172	49	21	5	8	89	805	755	372	133	241	9	50	23
35-50.....	196	172	35	19	6	7	104	1,121	1,070	751	148	158	13	51	17
51 and over.....	144	189	30	33	7	15	104	1,016	967	736	137	75	19	49	8
All individuals...	[5]2,305	169	50	17	5	9	87	718	632	335	79	190	27	86	62

[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 3 breast-fed infants.
[5]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.4b.--VEGETABLES; BEVERAGES
Individuals using[1] in a day[2] in Alaska

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]62	63.3	7.9	1.2	1.8	26.3	44.7	8.2	8.2	0	1.2	5.4	2.8	0	0
1-2.....	[4]118	78.8	43.9	9.7	1.9	14.5	60.5	46.1	48.1	0	7.3	37.6	14.7	0	0
3-5.....	158	77.8	41.8	9.2	4.8	9.9	62.5	56.6	56.6	1.2	5.2	45.0	16.7	0	0
6-8.....	121	85.3	47.7	13.8	4.5	12.3	70.9	56.6	56.6	0	3.0	46.6	17.0	0	0
Males:															
9-14.....	115	84.6	49.5	23.9	1.9	10.9	59.8	55.0	55.0	.9	5.0	40.0	19.1	.8	0
15-18.....	67	78.6	55.8	13.5	2.4	7.5	55.0	69.1	69.1	1.7	7.6	67.4	16.1	0	0
19-22.....	67	77.3	43.8	19.0	5.3	2.8	61.4	79.9	67.9	31.9	12.3	32.8	7.2	31.3	21.5
23-34.....	328	83.9	51.9	19.9	4.5	9.2	67.5	90.4	88.2	62.3	17.6	47.2	5.3	27.3	17.1
35-50.....	161	85.0	42.6	23.2	5.3	5.9	73.0	93.1	90.0	77.1	13.7	28.9	5.5	30.7	14.6
51 and over.....	141	87.5	33.7	24.0	7.8	14.1	75.8	89.3	88.6	82.1	19.8	7.0	4.5	35.7	12.9
Females:															
9-14.....	111	87.5	52.1	22.9	6.2	9.7	63.4	48.9	48.9	0	3.0	39.1	17.5	0	0
15-18.....	74	84.2	48.4	16.3	4.1	9.3	61.0	67.1	67.1	5.4	19.3	45.5	13.2	2.2	.9
19-22.....	104	74.0	43.5	13.4	5.8	4.6	58.9	80.8	73.6	25.7	21.9	48.6	9.9	13.7	5.3
23-34.....	365	82.5	42.9	19.5	3.2	8.7	68.5	89.4	86.7	49.2	25.0	47.3	3.9	16.9	5.2
35-50.....	196	80.1	37.0	18.5	5.0	10.5	72.2	94.4	92.8	75.6	26.1	37.7	5.1	19.1	4.1
51 and over.....	144	89.5	29.2	24.2	5.9	16.5	74.3	93.4	92.0	79.6	24.6	22.5	6.2	22.6	2.8
All individuals...	[5]2,305	82.2	43.0	18.1	4.4	10.3	66.4	76.4	74.6	39.9	15.7	39.2	9.0	15.1	6.3

[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 3 breast-fed infants.
[5]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.5a.--FRUITS; SUGAR, SWEETS
Average intake[1] per individual in a day[2] in Alaska

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]62	127	9	7	0	119	27	18	52	22	8	([4])	0
1-2.....	[3]118	187	75	67	2	110	18	10	32	50	22	3	5
3-5.....	158	181	86	68	3	92	22	9	16	44	29	3	6
6-8.....	121	176	59	48	1	116	43	18	24	32	29	2	5
Males:													
9-14.....	115	210	94	53	2	114	38	5	15	56	38	3	15
15-18.....	67	203	114	73	1	88	20	5	27	36	35	3	13
19-22.....	67	138	96	75	([4])	41	8	5	12	16	31	5	11
23-34.....	328	119	61	44	1	57	14	4	17	12	24	5	5
35-50.....	161	144	61	39	1	81	19	7	16	39	24	5	5
51 and over.....	114	154	77	54	0	77	17	4	39	17	28	7	3
Females:													
9-14.....	111	200	82	58	1	117	28	12	28	50	38	2	8
15-18.....	74	192	98	69	2	92	29	6	18	40	21	2	4
19-22.....	104	141	51	38	0	90	6	1	11	72	17	3	3
23-34.....	365	135	78	53	([4])	57	15	5	17	20	19	3	4
35-50.....	196	146	73	49	1	72	20	5	14	34	19	4	5
51 and over.....	144	176	97	52	1	78	24	8	37	9	21	2	2
All individuals...	[5]2,305	157	75	52	1	81	20	7	21	32	24	4	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 3 breast-fed infants.
[4]Less than 0.5 g but more than 0.
[5]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 1.5b.--FRUITS; SUGAR, SWEETS
Individuals using[1] in a day[2] in Alaska

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]62	65.0	6.6	4.8	0	60.2	25.9	15.9	32.2	20.6	9.0	3.2	0
1-2.....	[3]118	68.7	33.6	31.6	5.2	50.5	16.0	11.9	19.0	20.6	49.0	22.3	13.8
3-5.....	158	63.0	37.4	29.3	7.1	41.5	17.9	8.7	13.5	16.4	63.4	31.1	15.5
6-8.....	121	71.3	25.9	22.1	1.6	56.0	28.4	13.6	18.9	13.4	56.2	25.9	13.0
Males:													
9-14.....	115	67.6	43.8	23.9	2.8	46.8	25.8	4.0	11.9	17.2	64.6	29.2	24.2
15-18.....	67	64.1	41.3	21.6	1.4	36.0	11.4	4.9	12.0	12.6	53.5	22.8	17.7
19-22.....	67	40.7	31.1	21.6	1.3	19.4	6.6	3.7	6.7	7.2	48.0	28.0	5.9
23-34.....	328	37.7	23.7	16.7	2.6	22.5	9.4	3.4	9.6	5.2	50.8	30.1	8.2
35-50.....	161	48.7	27.1	16.1	3.0	30.0	12.1	4.9	10.9	10.7	54.2	35.7	8.8
51 and over.....	114	53.4	33.9	24.0	0	37.8	12.7	4.8	22.0	6.5	49.8	29.6	5.2
Females:													
9-14.....	111	69.0	34.5	24.7	1.6	50.6	22.6	9.0	20.1	18.1	54.6	24.0	18.4
15-18.....	74	58.8	30.4	25.3	1.5	40.5	20.3	2.8	11.7	11.3	39.1	16.6	11.7
19-22.....	104	37.8	21.0	15.3	0	21.8	4.2	.7	8.1	10.9	40.7	23.1	7.8
23-34.....	365	52.5	33.3	21.9	1.1	29.4	10.3	5.1	11.7	8.4	45.7	27.1	8.7
35-50.....	196	51.9	31.7	21.9	1.9	30.2	12.2	3.8	11.3	8.6	49.5	26.0	8.6
51 and over.....	144	70.0	45.6	25.7	5.3	43.6	16.1	7.7	25.0	4.4	38.4	16.1	6.8
All individuals...	[4]2,305	55.2	31.4	21.7	2.4	35.8	14.4	6.0	14.2	10.7	49.3	26.1	10.5

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.1.--FOOD ENERGY
Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	49.6	4.3	1.0	3.6	15.1	0.6	8.3	2.3	0.4	5.2	0.4	2.0	1.2	0
1-2.....	[3]118	100	23.5	17.3	3.0	3.8	24.5	2.6	6.4	.5	3.2	3.3	2.3	3.9	5.7	0
3-5.....	158	100	21.5	18.2	2.0	2.8	28.6	2.9	4.8	.3	3.1	2.8	2.7	4.7	5.5	0
6-8.....	121	100	19.1	19.6	2.4	2.7	31.2	1.8	4.8	.4	3.7	2.8	3.2	3.4	4.8	0
Males:																
9-14.....	115	100	18.7	22.3	1.8	2.1	29.8	2.3	3.3	.5	4.2	1.6	3.1	5.0	5.0	.1
15-18.....	67	100	17.7	24.5	3.5	1.8	28.8	2.2	2.1	.5	4.1	1.2	4.4	3.8	5.6	0
19-22.....	67	100	10.7	27.7	1.9	3.4	27.0	2.9	1.5	.5	4.8	1.7	4.8	3.1	4.0	6.0
23-34.....	328	100	10.4	30.5	2.4	2.3	24.6	1.6	1.9	.6	5.7	2.8	4.4	2.8	5.6	4.4
35-50.....	161	100	10.9	32.2	3.9	2.0	23.5	1.9	2.3	.3	4.4	2.7	5.1	2.8	2.9	5.1
51 and over.....	114	100	11.8	32.6	3.9	2.4	22.2	2.3	3.0	.9	2.9	3.4	5.0	3.2	1.3	5.2
Females:																
9-14.....	111	100	19.4	23.7	1.8	2.1	28.4	2.6	4.3	.3	3.8	1.8	3.1	4.0	4.6	0
15-18.....	74	100	16.3	27.0	2.1	1.3	25.2	2.8	3.9	.3	5.4	2.5	3.4	2.7	6.8	.5
19-22.....	104	100	12.1	29.2	3.6	2.9	21.9	2.2	3.0	.3	4.4	3.5	4.3	2.5	6.8	3.3
23-34.....	365	100	12.6	29.4	2.8	1.8	23.1	3.2	2.7	.5	4.3	3.5	4.9	2.9	5.8	2.5
35-50.....	196	100	9.6	34.0	2.3	2.1	21.7	2.8	3.6	.5	3.6	4.0	5.8	3.4	3.9	2.6
51 and over.....	144	100	11.4	30.1	4.5	2.6	21.0	3.4	5.1	1.2	2.6	3.8	5.6	2.9	2.7	3.0
All individuals...	[4]2,305	100	15.1	26.9	2.7	2.4	24.6	2.4	3.5	.6	4.0	3.0	4.2	3.3	4.7	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 3 breast-fed infants.
[4]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.2.--PROTEIN

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	54.5	8.9	1.5	4.5	14.8	0.4	1.6	1.7	0.2	5.7	([4])	0.2	([4])	0
1-2.....	[3]118	100	33.8	29.1	4.9	4.3	19.9	1.2	1.0	.3	1.7	3.1	0.1	.6	([4])	0
3-5.....	158	100	30.8	31.7	3.3	3.1	22.9	1.4	.8	.4	1.8	2.8	.1	.8	([4])	0
6-8.....	121	100	26.4	33.5	4.1	3.5	25.2	.8	.8	.3	1.8	2.7	.1	.6	([4])	0
Males:																
9-14.....	115	100	24.8	39.4	3.2	2.5	23.6	1.3	.4	.3	1.7	1.6	.1	1.0	([4])	([4])
15-18.....	67	100	21.8	45.0	5.7	2.3	19.8	1.0	.3	.2	1.7	1.2	.2	.7	([4])	([4])
19-22.....	67	100	13.0	47.8	3.2	3.9	23.1	1.5	.2	.5	2.6	1.6	.4	1.0	0.1	1.3
23-34.....	328	100	13.0	51.3	3.7	3.1	19.6	.8	.3	.5	2.9	2.9	.2	.5	.2	.7
35-50.....	161	100	13.2	51.0	6.0	2.3	19.3	1.1	.3	.3	2.1	2.5	.3	.4	.3	.9
51 and over.....	114	100	13.2	51.2	6.2	3.2	17.7	1.1	.4	.7	1.6	3.2	.3	.2	.3	.6
Females:																
9-14.....	111	100	25.7	39.4	3.1	2.7	22.1	1.8	.7	.3	1.9	1.7	.2	.6	([4])	0
15-18.....	74	100	20.4	45.4	3.2	1.5	20.8	1.3	.7	.3	2.8	2.4	.2	.9	.1	.1
19-22.....	104	100	14.9	48.0	5.3	3.7	18.5	1.2	.4	.5	2.5	3.3	.3	.2	.6	.7
23-34.....	365	100	16.1	47.8	4.3	2.3	19.2	1.8	.6	.4	2.2	3.5	.4	.6	.4	.2
35-50.....	196	100	12.4	54.6	3.6	2.7	17.5	1.4	.6	.5	1.7	3.4	.4	.6	.4	.2
51 and over.....	144	100	14.5	49.2	6.8	3.6	16.4	1.6	1.0	.9	1.4	3.4	.3	.7	.3	.1
All individuals...	[5]2,305	100	19.4	44.5	4.3	3.0	19.9	1.3	.6	.5	2.0	2.9	.2	.6	.2	.3

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.3.--FAT

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	62.4	7.0	1.5	5.2	10.2	0.1	0.5	0.4	0.4	5.4	0.9	0	0	0
1-2.....	[3]118	100	29.9	27.6	5.3	6.4	16.5	.3	.4	.2	3.0	3.2	6.2	.9	0	0
3-5.....	158	100	27.1	29.9	3.2	4.9	20.0	.3	.4	.3	3.3	2.4	7.0	1.2	0	0
6-8.....	121	100	23.1	29.0	4.0	5.5	22.3	.1	.6	.2	4.3	2.2	7.7	.9	0	0
Males:																
9-14.....	115	100	22.4	32.9	3.0	3.4	20.4	.4	.3	.2	5.0	1.5	8.2	2.2	0	0
15-18.....	67	100	19.3	32.6	6.0	3.7	19.6	.2	.3	.2	4.3	1.2	10.6	1.9	0	0
19-22.....	67	100	13.6	41.5	3.0	3.5	19.3	.3	.2	.2	4.6	1.2	11.2	1.2	0	0
23-34.....	328	100	12.6	42.6	3.7	3.1	17.2	.3	.3	.5	5.7	2.6	10.1	.8	.2	([4])
35-50.....	161	100	12.2	43.0	5.7	2.5	16.4	.5	.3	.3	4.3	2.5	11.5	.7	.1	0
51 and over.....	114	100	13.3	46.6	6.1	2.8	13.0	.2	.7	.4	2.3	3.3	10.9	.3	([4])	0
Females:																
9-14.....	111	100	23.5	33.7	3.3	3.5	20.6	.8	.4	.2	4.0	1.7	7.3	.9	0	0
15-18.....	74	100	18.9	37.0	3.1	1.4	18.8	.2	.7	.1	6.7	3.5	7.6	1.6	0	.4
19-22.....	104	100	14.7	41.8	5.7	3.1	16.5	.3	.1	.1	3.6	3.0	10.1	.5	.5	.1
23-34.....	365	100	15.2	40.1	4.3	2.0	16.4	.7	.8	.4	4.1	3.1	11.2	.9	.1	([4])
35-50.....	196	100	11.5	46.0	3.2	2.0	14.2	.4	1.12	.2	3.3	4.1	12.8	1.2	.2	0
51 and over.....	144	100	12.7	42.0	7.6	3.1	13.7	.3	1.5	.7	2.0	4.1	11.7	.5	([4])	0
All individuals...	[5]2,305	100	18.2	37.9	4.3	3.3	17.0	.4	.6	.3	4.0	2.9	9.7	.9	.1	([4])

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 3 breast-fed infants.
[4]Less than 0.5% but more than 0.
[5]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.4.--CARBOHYDRATE

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	35.1	1.0	0.2	2.7	21.2	1.1	17.4	3.2	0.7	6.2	([4])	3.2	2.1	0
1-2.....	[3]118	100	16.8	4.1	.3	2.7	32.9	5.2	12.1	.7	4.1	4.1	0.1	6.3	10.4	0
3-5.....	158	100	15.4	4.6	.4	1.7	37.6	5.3	8.8	.4	3.6	3.6	.2	8.0	10.5	0
6-8.....	121	100	14.6	5.4	.2	1.2	40.7	3.6	9.6	.7	4.2	3.9	.2	6.3	9.4	0
Males:																
9-14.....	115	100	14.9	5.6	.2	1.3	40.4	4.5	6.6	.9	4.8	1.9	.2	8.4	10.1	([4])
15-18.....	67	100	15.8	6.6	.4	.7	41.1	4.5	4.5	.8	4.9	1.4	.4	6.3	12.3	0
19-22.....	67	100	9.0	8.2	.6	4.0	38.4	6.1	3.1	.7	6.5	2.6	.8	5.7	9.0	5.3
23-34.....	328	100	8.7	8.1	.5	1.7	37.9	3.6	4.2	.9	8.0	4.4	.5	5.8	12.0	3.8
35-50.....	161	100	10.2	8.4	.7	1.7	38.0	5.1	5.7	.7	7.1	4.9	.8	6.4	6.7	3.6
51 and over.....	114	100	11.5	6.7	.4	2.4	39.4	5.5	6.7	1.6	5.4	5.8	.6	7.7	2.6	3.6
Females:																
9-14.....	111	100	16.0	6.8	.2	1.2	38.7	4.8	8.6	.6	4.7	2.3	.3	7.3	8.6	0
15-18.....	74	100	13.4	6.7	.3	1.1	35.4	6.9	8.3	.6	6.1	3.3	.5	4.2	13.1	.3
19-22.....	104	100	10.5	8.1	.4	2.8	31.4	4.7	5.6	.6	7.5	5.7	.9	5.4	13.8	2.4
23-34.....	365	100	10.5	7.4	.5	1.1	34.4	6.8	5.9	.9	6.3	5.1	.9	6.3	11.3	1.7
35-50.....	196	100	7.6	8.9	.4	1.4	35.7	7.3	7.2	1.0	5.9	6.2	1.1	6.8	8.9	1.5
51 and over.....	144	100	9.8	6.2	.8	1.8	35.0	9.0	10.9	2.4	4.2	5.9	.9	6.1	5.0	2.2
All individuals...	[5]2,305	100	12.2	6.8	.4	1.7	36.4	5.4	7.2	1.0	5.7	4.5	.6	6.4	9.5	1.8

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.5.--CALCIUM

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	62.6	1.4	0.6	3.7	18.5	0.5	1.3	1.4	0.2	3.4	([4])	0.1	0.1	0
1-2.....	[3]118	100	65.5	4.1	2.8	2.3	15.5	1.5	1.4	.6	1.3	2.3	0.2	1.7	.9	0
3-5.....	158	100	63.2	4.7	2.1	1.4	17.0	1.8	1.5	1.1	1.6	2.1	.2	2.0	1.2	0
6-8.....	121	100	61.7	5.4	2.5	1.0	21.3	1.4	1.4	.6	1.0	1.7	.3	.9	.8	0
Males:																
9-14.....	115	100	60.3	5.9	1.8	.9	21.9	2.5	.9	.5	.9	1.5	.2	1.7	.9	([4])
15-18.....	67	100	60.5	6.6	3.8	.9	19.1	2.4	.6	.5	.7	1.5	.4	1.8	1.2	0
19-22.....	67	100	36.2	13.7	2.4	3.1	27.6	3.4	.6	1.0	2.4	2.7	.8	1.6	1.9	2.6
23-34.....	328	100	36.9	13.4	3.0	2.3	24.1	1.8	.9	1.7	2.7	4.9	.6	1.0	4.7	1.9
35-50.....	161	100	38.2	12.1	6.1	1.9	22.8	2.5	.9	.9	2.0	4.8	.7	1.1	4.4	1.8
51 and over.....	114	100	38.2	11.0	4.4	1.8	23.6	2.4	1.1	2.3	2.4	6.0	.7	.7	3.5	1.8
Females:																
9-14.....	111	100	59.5	6.6	1.8	1.1	20.9	2.1	1.4	.7	1.1	1.9	.3	1.6	1.0	0
15-18.....	74	100	47.8	10.1	1.9	.6	22.4	2.8	1.8	.8	2.0	4.6	.4	1.1	3.6	.1
19-22.....	104	100	36.7	12.5	4.0	2.6	22.7	2.2	1.8	1.9	3.4	4.6	.8	.8	4.7	1.3
23-34.....	365	100	40.3	11.6	3.6	1.1	22.1	3.5	1.3	1.2	2.3	5.3	.8	1.1	5.3	.7
35-50.....	196	100	32.8	13.9	3.4	1.3	21.4	3.6	1.7	1.6	2.0	7.5	1.1	1.8	7.2	.8
51 and over.....	144	100	35.2	11.6	5.4	1.9	19.7	4.3	2.2	2.1	1.5	7.6	.9	.8	6.2	.8
All individuals...	[5]2,305	100	45.7	10.0	3.3	1.6	21.5	2.5	1.3	1.3	1.9	4.4	.6	1.2	3.7	.9

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.6.--IRON

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	36.3	3.6	1.3	2.2	42.1	0.3	3.1	0.5	0.2	3.9	0	0.3	0	0
1-2.....	[3]118	100	6.7	21.8	5.5	4.0	40.5	1.8	7.3	.7	2.7	5.5	.1	2.6	.8	0
3-5.....	158	100	6.0	23.0	3.2	2.4	44.8	2.1	5.5	1.0	2.5	4.7	.1	3.4	1.1	0
6-8.....	121	100	4.8	25.7	4.0	2.5	45.4	1.3	4.9	.9	2.7	5.1	.1	1.7	.9	0
Males:																
9-14.....	115	100	4.3	29.4	3.5	1.7	44.1	2.0	3.8	.9	3.0	3.0	.1	2.9	1.2	([4])
15-18.....	67	100	5.3	34.2	5.8	1.8	38.1	1.7	2.5	.6	3.2	2.5	.2	2.0	2.0	0
19-22.....	67	100	3.4	36.9	3.3	4.7	33.4	2.9	1.4	.7	4.0	3.9	.5	1.5	2.6	.6
23-34.....	328	100	2.6	38.9	3.9	3.1	29.4	1.5	2.0	1.1	4.4	5.0	.3	1.2	5.9	.6
35-50.....	161	100	2.6	39.2	6.0	2.6	28.1	2.0	2.2	.7	3.2	4.9	.3	1.3	6.4	.6
51 and over.....	114	100	2.8	37.4	6.2	3.4	27.6	2.5	2.5	1.7	2.3	5.8	.5	1.4	5.1	.7
Females:																
9-14.....	111	100	5.1	32.2	3.3	2.1	38.3	2.4	4.7	1.0	2.9	3.7	.2	2.6	1.6	0
15-18.....	74	100	4.4	35.3	3.1	2.1	33.8	2.2	3.9	1.0	4.5	4.0	.2	1.3	3.9	.2
19-22.....	104	100	3.8	36.1	5.5	4.3	26.6	1.8	3.8	1.4	3.6	6.2	.3	1.2	5.2	.3
23-34.....	365	100	3.6	35.4	4.5	1.8	28.2	3.3	2.8	1.1	3.3	6.2	.4	1.3	7.2	.9
35-50.....	196	100	2.7	40.0	3.2	1.8	24.7	2.6	3.7	1.0	2.5	6.4	.4	1.2	9.0	.7
51 and over.....	144	100	2.9	35.2	7.0	2.5	22.1	3.9	3.9	2.2	1.9	7.0	.3	1.3	8.7	1.0
All individuals...	[5]2,305	100	4.7	33.3	4.4	2.6	32.5	2.3	3.5	1.1	3.1	5.2	.3	1.7	4.8	.5

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.7.--MAGNESIUM

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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] 62	100	42.2	2.7	0.7	3.7	25.5	0.9	6.9	3.7	0.7	6.7	([4])	0.1	0.1	0
1-2.....	[3] 118	100	31.4	10.7	2.1	7.0	25.0	4.1	5.9	1.0	4.5	5.3	0.1	1.9	1.0	0
3-5.....	158	100	30.0	11.8	1.5	5.2	27.8	4.9	5.3	1.4	4.1	4.5	.1	2.2	1.2	0
6-8.....	121	100	27.0	12.4	1.5	6.3	29.5	3.2	5.9	1.3	5.2	5.1	.1	1.6	.9	0
Males:																
9-14.....	115	100	28.4	14.8	1.4	4.3	29.9	4.3	3.4	1.1	5.0	3.2	.1	2.4	1.6	.1
15-18.....	67	100	25.9	19.7	2.5	4.5	27.8	4.2	2.5	.9	5.0	2.5	.2	2.3	2.1	0
19-22.....	67	100	13.6	20.4	1.4	6.2	23.3	5.3	1.7	.7	6.4	4.3	.3	2.0	7.0	7.3
23-34.....	328	100	12.0	20.3	1.4	4.8	21.2	2.9	1.7	1.4	6.6	5.3	.2	1.0	16.4	4.7
35-50.....	161	100	10.8	20.3	2.2	3.9	20.1	3.3	2.2	.7	5.0	4.9	.2	1.1	21.2	4.2
51 and over.....	114	100	11.2	18.5	1.9	4.4	19.6	4.3	2.8	2.0	3.5	5.4	.2	.6	21.0	4.4
Females:																
9-14.....	111	100	27.4	16.0	1.3	4.8	27.1	4.7	5.6	1.2	4.8	3.8	.1	1.3	1.9	0
15-18.....	74	100	21.4	21.4	1.2	2.4	24.3	5.3	4.8	1.2	6.1	4.7	.2	1.6	5.0	.4
19-22.....	104	100	15.6	20.8	2.1	6.0	20.0	3.8	2.9	1.5	7.3	5.7	.3	1.2	10.3	2.5
23-34.....	365	100	13.8	18.9	1.7	3.2	19.9	5.0	3.2	1.3	5.0	6.2	.3	1.3	18.5	1.7
35-50.....	196	100	8.2	19.3	1.1	3.1	18.0	4.3	3.8	.9	3.5	6.3	.3	1.3	28.5	1.5
51 and over.....	144	100	10.3	16.4	2.0	4.3	15.8	5.6	4.6	2.2	2.7	6.4	.3	.8	27.5	1.2
All individuals...	[5] 2,305	100	18.0	17.3	1.6	4.5	22.4	4.2	3.7	1.4	4.9	5.3	.2	1.3	13.2	2.0

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter, I978 (preliminary).

TABLE 2.8.--PHOSPHORUS

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	55.4	3.8	1.1	3.3	20.0	0.3	2.1	2.0	0.3	5.1	([4])	0.2	([4])	0
1-2.....	[3]118	100	46.1	15.5	4.4	3.7	19.3	1.4	1.8	.4	2.5	3.3	0.1	.8	0.7	0
3-5.....	158	100	44.1	16.9	3.0	2.7	21.6	1.7	1.6	.5	2.6	3.1	.2	1.0	1.2	0
6-8.....	121	100	40.4	18.5	3.8	3.1	23.6	1.1	1.5	.5	2.7	3.1	.2	.8	.8	0
Males:																
9-14.....	115	100	38.4	21.8	3.0	2.4	24.0	1.6	1.0	.4	2.6	1.8	.2	1.4	1.2	([4])
15-18.....	67	100	36.0	25.5	5.5	2.3	20.7	1.4	.6	.4	2.7	1.5	.3	1.1	2.1	0
19-22.....	67	100	20.8	29.9	3.1	4.3	23.6	2.1	.4	.6	4.0	2.4	.4	1.1	2.4	5.0
23-34.....	328	100	20.5	32.7	3.7	3.2	19.9	1.2	.6	.7	4.4	3.6	.5	.7	4.5	3.5
35-50.....	161	100	20.6	33.2	6.3	2.6	19.9	1.4	.7	.4	3.4	3.2	.7	.6	4.0	2.9
51 and over.....	114	100	20.2	33.5	6.1	3.3	19.9	1.8	.9	1.0	2.7	3.9	.7	.4	2.8	3.0
Females:																
9-14.....	111	100	38.8	22.6	2.8	2.6	22.3	2.1	1.4	.4	2.7	1.9	.2	.8	1.3	0
15-18.....	74	100	30.7	28.0	3.0	1.4	20.2	2.0	1.4	.4	4.0	2.6	.3	.9	4.8	.3
19-22.....	104	100	22.7	31.0	5.2	3.6	18.5	1.6	1.0	.6	4.2	4.1	.4	.3	4.7	1.9
23-34.....	365	100	23.9	30.4	4.5	2.1	18.9	2.4	1.0	.6	3.5	4.4	.8	.8	5.8	1.0
35-50.....	196	100	18.4	36.3	3.6	2.1	18.9	2.1	1.5	.7	2.9	4.3	.8	1.0	6.6	.9
51 and over.....	144	100	20.8	32.3	6.4	3.2	16.9	2.5	1.8	1.2	2.2	5.0	.6	.7	5.6	.8
All individuals...	[5]2,305	100	28.4	27.6	4.2	2.8	20.2	1.7	1.2	.7	3.2	3.5	.5	.8	3.7	1.4

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.9.--VITAMIN A VALUE
Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	41.1	2.5	0.7	2.6	4.3	1.0	3.7	19.6	0.2	7.5	0.7	([4])	([4])	0
1-2.....	[3]118	100	28.0	6.1	5.5	1.3	19.8	6.0	3.7	9.2	1.3	14.2	4.3	0.2	0.4	0
3-5.....	158	100	27.2	7.2	3.7	.6	23.6	6.3	2.3	7.9	1.3	14.2	4.0	.4	1.5	0
6-8.....	121	100	19.9	9.7	3.5	.4	27.1	4.5	2.8	9.0	.8	17.0	4.1	.2	1.2	0
Males:																
9-14.....	115	100	24.3	12.8	3.7	.1	26.2	7.2	1.8	8.7	.7	8.8	4.5	.4	.8	([4])
15-18.....	67	100	29.0	12.0	7.2	([4])	21.4	7.6	.7	5.8	.3	8.4	6.6	.2	.8	0
19-22.....	67	100	17.8	15.4	4.5	2.3	18.2	10.2	1.3	4.1	2.3	14.6	7.9	.5	1.0	0
23-34.....	328	100	17.0	15.6	5.2	.9	16.4	7.1	1.5	8.9	2.1	17.6	6.8	.1	.5	.1
35-50.....	161	100	16.6	16.0	7.8	.4	15.5	8.2	2.2	6.1	2.0	17.1	7.2	.3	.3	.2
51 and over.....	114	100	14.2	13.7	5.6	.5	12.0	8.9	3.0	12.8	2.3	19.1	5.9	.5	.2	.4
Females:																
9-14.....	111	100	25.6	11.4	3.0	.1	20.8	7.5	3.0	8.9	.9	13.3	3.9	.7	.9	0
15-18.....	74	100	22.1	14.9	3.4	.6	20.1	8.3	3.1	8.3	1.1	12.5	3.4	.1	1.9	.1
19-22.....	104	100	17.2	16.5	4.3	1.1	17.9	7.7	2.6	6.9	2.3	16.2	5.4	([4])	.7	.1
23-34.....	365	100	17.8	12.6	5.3	.3	16.0	9.5	2.1	7.3	2.1	18.8	6.5	.1	.4	.2
35-50.....	196	100	13.3	16.0	4.8	.8	11.9	10.3	3.2	8.4	1.1	20.8	7.5	.9	.3	.2
51 and over.....	144	100	13.1	11.6	6.7	.7	8.8	11.2	6.5	13.2	1.0	21.1	5.4	.4	.2	.1
All individuals...	[5]2,305	100	19.8	12.7	4.9	.7	17.2	8.0	2.6	8.8	1.5	16.7	5.7	.3	.6	.1

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.10.--THIAMIN

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	41.6	1.7	0.8	2.2	39.3	0.7	2.2	0.8	0.4	4.1	0	([4])	0.1	0
1-2.....	[3]118	100	21.9	12.4	2.1	2.2	42.7	6.3	3.2	.6	3.5	4.0	([4])	0.8	.3	0
3-5.....	158	100	17.2	14.2	1.4	1.4	47.2	6.7	3.1	.6	3.2	3.4	([4])	1.1	.5	0
6-8.....	121	100	15.5	15.1	1.7	1.7	48.6	4.8	3.0	.6	3.3	4.7	([4])	.4	.6	0
Males:																
9-14.....	115	100	17.5	14.9	1.3	1.0	49.7	5.5	1.8	.7	3.3	2.4	([4])	1.2	.6	([4])
15-18.....	67	100	19.5	17.9	2.3	1.1	43.8	6.1	1.4	.5	3.6	2.2	.1	1.0	.5	0
19-22.....	67	100	9.5	25.9	1.4	2.9	41.1	7.2	1.3	.6	5.3	3.8	.2	.6	.3	0
23-34.....	328	100	8.3	27.3	1.7	3.1	38.7	4.6	1.4	1.0	6.8	5.9	.1	.5	.3	.1
35-50.....	161	100	8.5	25.3	3.4	2.5	40.3	4.7	1.7	.7	5.9	5.8	.1	.7	.3	.1
51 and over.....	114	100	8.6	30.0	3.1	2.1	35.9	6.7	2.0	1.5	3.6	5.8	.1	.2	.1	.1
Females:																
9-14.....	111	100	17.6	18.2	1.2	1.6	43.3	6.0	3.4	.7	3.5	2.8	([4])	.8	1.0	0
15-18.....	74	100	16.3	21.2	1.6	1.1	38.5	7.9	3.0	.8	5.1	3.6	.1	.5	.2	.1
19-22.....	104	100	12.7	24.9	2.4	2.1	34.1	5.5	2.4	1.5	6.6	6.7	.1	.2	.6	([4])
23-34.....	365	100	10.1	23.7	2.3	2.0	36.5	7.7	2.4	1.0	5.2	6.9	.1	.9	.5	.3
35-50.....	196	100	7.0	28.0	1.9	1.4	35.4	8.2	2.9	1.2	4.7	7.5	.1	.8	.2	.2
51 and over.....	144	100	8.7	24.4	3.8	2.2	32.6	9.6	3.4	1.8	3.6	8.8	.2	.4	.5	.3
All individuals...	[5]2,305	100	12.8	21.9	2.1	2.0	39.7	6.3	2.4	.9	4.6	5.5	.1	.7	.4	.1

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.11.--RIBOFLAVIN

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	52.4	2.5	1.3	2.5	27.7	0.3	2.4	1.1	0.1	3.4	([4])	([4])	([4])	0
1-2.....	[3]118	100	46.4	12.2	4.8	1.4	26.9	1.0	2.2	.4	1.3	2.6	([4])	0.7	0.1	0
3-5.....	158	100	42.6	13.4	3.3	1.1	30.9	1.1	2.0	.6	1.5	2.4	0.1	.9	.2	0
6-8.....	121	100	39.9	15.2	3.8	1.0	32.3	.7	2.0	.5	1.2	2.6	.1	.6	.1	0
Males:																
9-14.....	115	100	38.6	17.8	3.1	.7	32.7	1.3	1.2	.6	1.1	1.4	.1	1.1	.3	([4])
15-18.....	67	100	39.4	19.8	6.1	.8	27.5	1.2	.8	.3	1.2	1.3	.3	1.0	.2	0
19-22.....	67	100	22.5	27.4	4.0	2.1	28.0	2.3	.8	.8	2.6	3.0	.4	1.0	.5	4.7
23-34.....	328	100	22.5	29.9	4.5	2.0	25.4	1.1	1.1	1.1	2.9	4.2	.3	.5	1.1	3.1
35-50.....	161	100	22.2	29.5	8.0	1.2	24.8	1.5	1.1	.6	2.2	3.9	.5	.6	1.1	2.7
51 and over.....	114	100	22.9	28.8	7.3	1.3	23.1	1.6	1.6	1.8	2.0	4.4	.4	.5	1.2	2.8
Females:																
9-14.....	111	100	41.5	17.2	2.9	1.0	28.7	1.6	2.0	.5	1.3	1.9	.1	.9	.3	0
15-18.....	74	100	32.6	24.8	3.7	.5	26.6	1.6	2.1	.6	2.5	3.2	.2	.7	.9	.2
19-22.....	104	100	24.8	26.5	5.8	1.2	24.9	1.3	1.7	1.3	2.8	4.8	.4	.3	2.3	1.9
23-34.....	365	100	25.2	26.9	5.3	1.0	24.9	2.3	1.9	.9	2.4	5.2	.4	.6	1.5	.7
35-50.....	196	100	19.3	33.2	4.8	.8	23.2	2.1	2.3	1.1	2.0	6.0	.6	1.1	2.7	.9
51 and over.....	144	100	22.2	28.5	8.0	1.3	21.6	2.4	2.8	1.9	1.5	7.0	.5	.6	1.3	.5
All individual...	[5]2,305	100	29.6	24.1	5.0	1.2	26.3	1.6	1.7	.9	2.0	4.0	.3	.7	1.1	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 3 breast-fed infants.
[4]Less than 0.05% but more than 0.
[5]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.12.--PREFORMED NIACIN

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	28.8	7.7	0.1	2.6	43.7	0.4	3.0	1.3	0.7	5.5	([4])	0	0	0
1-2.....	[3]118	100	6.1	27.5	.7	6.8	42.3	2.7	3.3	.6	4.9	4.5	([4])	.5	0	0
3-5.....	158	100	4.7	30.0	.4	5.0	45.1	2.9	2.4	.4	4.6	3.7	0	.6	.2	0
6-8.....	121	100	3.7	31.3	.3	6.3	43.8	1.8	2.1	.6	5.1	4.5	([4])	.4	([4])	0
Males:																
9-14.....	115	100	3.0	36.7	.2	4.1	44.3	2.2	1.1	.5	5.1	1.9	([4])	.9	.1	([4])
15-18.....	67	100	3.6	44.7	.4	4.7	35.6	1.9	.9	.3	5.6	1.1	([4])	.9	.2	0
19-22.....	67	100	2.2	40.4	.3	3.9	31.7	2.9	.6	.3	5.8	2.3	.2	1.1	2.5	5.8
23-34.....	328	100	1.5	43.9	.4	3.6	25.6	1.7	.8	.5	7.1	3.4	.1	.3	7.1	3.7
35-50.....	161	100	1.7	43.9	.4	2.2	26.3	1.9	.8	.4	5.5	2.8	([4])	.2	10.7	3.2
51 and over.....	114	100	1.8	44.1	.3	4.1	23.7	3.0	1.4	.9	3.1	3.3	([4])	.2	10.5	3.6
Females:																
9-14.....	111	100	4.1	37.8	.2	4.7	39.0	3.0	2.5	.5	5.2	2.4	([4])	.2	.3	.0
15-18.....	74	100	3.2	44.3	.3	2.5	32.4	3.0	1.6	.4	7.8	2.5	([4])	.8	.7	.3
19-22.....	104	100	3.3	45.3	.4	3.2	26.2	2.4	1.5	.8	6.3	4.5	.1	.2	3.8	1.9
23-34.....	365	100	2.5	42.9	.5	2.1	26.2	3.6	1.4	.7	5.2	4.5	.1	.6	8.6	.9
35-50.....	196	100	1.4	44.8	.2	2.1	23.0	2.6	1.4	.6	4.0	3.9	.1	.4	14.7	.7
51 and over.....	144	100	2.9	40.9	.6	3.0	21.5	3.6	2.4	1.0	3.1	4.4	([4])	.3	15.7	.5
All individuals...	[5]2,305	100	3.5	39.6	.4	3.6	31.1	2.6	1.6	.6	5.1	3.6	([4])	.4	6.2	1.4

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.13.--VITAMIN B_6
Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	43.5	5.4	1.0	2.9	16.2	0.7	10.3	5.7	0.6	7.6	0	0	0	0
1-2.....	[3]118	100	20.9	23.5	3.3	3.6	23.5	3.5	8.4	1.2	5.2	5.5	([4])	.9	.5	0
3-5.....	158	100	18.6	24.3	2.2	1.7	29.2	4.3	6.8	1.1	5.1	5.1	([4])	1.1	.3	0
6-8.....	121	100	16.0	26.0	2.4	2.9	28.9	2.8	7.8	1.6	4.9	5.8	([4])	.6	.3	0
Males:																
9-14.....	115	100	15.7	30.9	2.4	1.7	31.0	3.9	4.2	1.2	4.3	3.0	([4])	1.1	.5	([4])
15-18.....	67	100	15.4	38.7	4.3	2.1	22.9	3.6	3.9	.7	5.1	1.7	.1	1.3	.4	0
19-22.....	67	100	8.3	38.8	1.8	3.1	19.9	4.0	2.6	1.3	7.8	3.7	.2	.7	.3	7.5
23-34.....	328	100	7.6	43.2	2.4	3.2	17.0	2.8	2.6	1.3	7.9	5.5	.1	.4	.1	5.6
35-50.....	161	100	7.6	43.0	3.7	2.6	17.9	3.9	3.1	1.0	6.0	5.5	.1	.7	.1	4.7
51 and over.....	114	100	7.8	43.1	4.0	3.3	15.5	4.1	3.7	2.3	4.8	5.8	.1	.3	([4])	5.0
Females:																
9-14.....	111	100	16.9	33.0	2.0	2.0	22.0	4.4	7.1	1.0	5.6	4.0	([4])	1.1	.9	0
15-18.....	74	100	12.6	41.0	2.0	1.7	19.7	4.2	4.9	.9	7.5	4.4	.1	.4	.1	.5
19-22.....	104	100	11.0	40.4	3.0	4.1	16.2	3.7	3.5	1.5	7.7	5.9	.2	.3	.2	2.1
23-34.....	365	100	9.5	41.1	2.9	1.7	16.9	5.5	4.5	1.3	6.2	7.1	.1	.5	.2	1.9
35-50.....	196	100	6.5	46.9	2.4	1.9	15.7	4.8	5.0	2.0	4.9	6.9	.1	.7	.1	1.6
51 and over.....	144	100	8.7	40.8	4.4	2.3	12.8	6.1	7.0	2.7	4.3	8.6	.1	.6	.1	1.5
All individuals...	[5]2,305	100	12.1	37.2	2.8	2.5	19.6	4.1	5.0	1.6	5.8	5.8	.1	.6	.2	2.2

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.14.--VITAMIN B_{12}
Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	70.4	7.8	2.6	4.3	1.6	0	0	([4])	0.1	3.4	([4])	0	0	0
1-2.....	[3]118	100	50.3	27.0	8.4	1.6	10.5	([4])	0	0	.4	1.4	0.2	.2	0	0
3-5.....	158	100	49.1	29.9	5.9	.6	12.4	0	([4])	0	.8	.7	.2	.3	0	0
6-8.....	121	100	46.5	32.3	7.0	.6	12.4	0	0	([4])	.2	.5	.2	.4	0	0
Males:																
9-14.....	115	100	40.3	35.3	6.0	.1	16.9	0	0	0	.1	.3	.2	.7	0	0
15-18.....	67	100	38.0	39.4	10.7	([4])	10.8	0	0	([4])	([4])	.3	.3	.4	0	0
19-22.....	67	100	24.9	53.4	6.1	1.0	11.7	0	0	.2	1.0	0	.9	.8	0	0
23-34.....	328	100	22.8	55.3	8.2	.7	8.8	0	([4])	.3	.8	1.3	.6	.2	.1	0
35-50.....	161	100	20.8	54.4	12.2	.3	9.6	0	0	([4])	.3	.6	.5	.2	.3	0
51 and over.....	114	100	22.3	53.9	12.6	.1	8.5	([4])	([4])	0	1.1	.8	.5	.1	([4])	0
Females:																
9-14.....	111	100	45.5	36.1	5.3	.1	10.6	0	0	0	.6	.5	.4	.3	0	0
15-18.....	74	100	30.9	51.0	6.0	.3	8.7	0	0	0	.5	.3	.5	.4	0	0
19-22.....	104	100	23.6	50.6	9.3	.8	11.7	0	0	0	.8	1.0	.7	.1	.3	([4])
23-34.....	365	100	26.8	49.8	8.3	.2	9.7	([4])	([4])	.2	1.0	1.1	1.0	.3	.1	0
35-50.....	196	100	20.7	62.5	7.2	.3	6.7	0	([4])	.1	.5	.6	.7	.4	.3	0
51 and over.....	144	100	22.0	55.6	11.8	.5	6.0	0	([4])	.1	.4	1.1	.7	.2	([4])	0
All individuals...	[5]2,305	100	31.5	46.5	8.2	.6	9.7	([4])	([4])	.1	.6	.9	.6	.3	.1	([4])

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 2.15.--VITAMIN C

Percentage contribution of 14 food groups per individual in a day[1] in Alaska

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]62	100	40.0	1.3	0	2.9	5.7	4.1	24.0	4.3	1.0	5.8	0	([4])	3.1	0
1-2.....	[3]118	100	11.0	3.6	.1	1.5	10.9	24.9	13.0	1.8	9.0	7.0	0	0.3	16.9	0
3-5.....	158	100	9.8	3.6	0	.3	15.7	26.0	10.1	2.1	7.4	6.7	0	.5	17.9	0
6-8.....	121	100	8.4	4.8	0	.3	16.6	19.1	11.3	3.7	8.4	8.7	([4])	.4	18.3	0
Males:																
9-14.....	115	100	9.8	5.4	.2	.2	13.7	29.7	7.2	2.6	8.8	5.9	.1	.7	15.6	.1
15-18.....	67	100	8.4	8.6	.4	([4])	11.0	29.4	7.2	1.1	12.2	6.0	.3	.2	13.7	0
19-22.....	67	100	7.5	7.7	([4])	2.4	7.6	27.1	6.2	4.1	14.5	8.8	.4	.9	10.3	0
23-34.....	328	100	6.0	9.7	.1	.5	9.6	20.4	5.0	3.4	19.5	17.1	.2	.3	5.8	.6
35-50.....	161	100	5.5	8.2	.3	.7	10.3	22.5	8.1	3.5	15.3	17.3	.4	.2	4.2	.3
51 and over.....	114	100	7.1	5.8	.1	.2	4.9	29.7	9.7	6.5	11.1	17.4	.3	.5	2.5	.8
Females:																
9-14.....	111	100	10.0	5.8	.1	.1	10.3	23.6	12.4	2.1	10.2	9.4	([4])	.9	15.0	0
15-18.....	74	100	8.1	9.0	0	.1	8.7	26.2	10.2	1.8	12.9	10.6	.1	.1	9.7	.4
19-22.....	104	100	8.3	6.3	0	1.8	9.6	18.5	7.7	4.1	14.9	10.5	.3	.2	11.6	.2
23-34.....	365	100	7.2	5.9	.1	.3	8.8	28.7	7.5	2.2	13.9	16.0	.1	.1	5.2	.9
35-50.....	196	100	4.2	8.1	0	.7	7.1	28.2	7.7	4.9	10.4	19.7	.4	.6	3.8	1.2
51 and over.....	144	100	5.1	5.0	1.4	.4	3.2	36.0	12.1	6.0	6.9	17.0	.2	.3	4.2	.7
All individuals...	[5]2,305	100	8.2	6.5	.2	.6	9.6	25.2	9.0	3.4	12.1	13.2	.2	.4	8.8	.5

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 3.1.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day[1] in Alaska

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]62	741	24.1	29.3	84.9	564	19.9	102	522	4,886	0.87	1.27	8.5	0.55	1.69	67
1-2.....	[2]118	1,224	48.2	49.2	150.5	717	8.5	170	870	3,650	.90	1.41	10.3	.96	3.13	74
3-5.....	158	1,428	51.8	57.0	181.4	781	8.9	184	960	3,875	1.03	1.54	12.0	1.06	3.41	92
6-8.....	121	1,717	64.2	72.1	207.8	855	11.0	220	1,112	5,744	1.19	1.80	14.8	1.30	4.79	87
Males:																
9-14.....	115	2,171	82.0	91.1	262.6	1,090	14.2	267	1,425	8,026	1.51	2.50	19.8	1.61	9.50	111
15-18.....	67	2,880	116.3	126.5	325.9	1,302	18.5	338	1,856	6,246	1.93	2.85	26.9	2.01	6.89	130
19-22.....	67	2,336	84.7	98.2	251.3	828	14.2	296	1,424	4,018	1.44	1.93	22.4	1.73	4.80	112
23-34.....	328	2,294	92.3	105.3	228.0	808	15.2	323	1,435	6,020	1.42	1.91	23.1	1.70	6.13	85
35-50.....	161	2,234	96.2	106.3	203.3	819	15.8	329	1,438	7,189	1.28	1.98	23.0	1.76	8.94	90
51 and over.....	114	2,098	86.3	100.3	192.3	709	14.5	302	1,264	7,388	1.27	1.77	21.2	1.57	8.18	83
Females:																
9-14.....	111	1,825	69.7	77.3	217.8	917	11.1	226	1,193	5,235	1.24	1.86	15.4	1.28	5.08	103
15-18.....	74	1,620	64.3	72.6	180.9	704	10.0	192	1,038	3,876	.99	1.45	13.4	1.18	4.62	106
19-22.....	104	1,549	62.4	68.3	162.1	598	10.1	197	963	3,546	.91	1.33	14.0	1.17	4.54	89
23-34.....	365	1,570	66.2	72.8	157.6	627	10.7	225	1,020	4,571	.95	1.35	15.4	1.19	4.19	77
35-50.....	196	1,543	65.4	74.6	144.9	518	11.5	253	954	4,900	.92	1.24	16.5	1.18	5.00	76
51 and over.....	144	1,482	65.4	70.6	137.8	562	11.0	251	953	6,369	.90	1.32	15.8	1.13	6.62	95
All individuals...	[3]2,305	1,799	72.5	80.9	188.9	746	12.5	250	1,153	5,381	1.15	1.67	17.4	1.35	5.50	88

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 3.2.--NUTRIENT SOURCES OF FOOD ENERGY[1]
Percentage[2] of individuals' intake in a day[3] in Alaska

Sex and age (years)	Individuals (number)	Protein	Fat	Carbohydrate	Other
Males and females:					
Under 1	[4]62	11.9	31.8	45.0	6.2
1-2	[4]118	15.4	34.7	51.0	.3
3-5	158	14.7	34.9	51.6	.1
6-8	121	15.2	37.1	49.0	.3
Males:					
9-14	115	15.5	37.6	48.2	.1
15-18	67	16.5	39.4	45.1	.1
19-22	67	15.5	38.3	42.7	4.2
23-34	328	16.6	40.6	40.5	3.2
35-50	161	17.6	41.9	36.7	4.3
51 and over	114	17.2	42.9	36.7	4.0
Females:					
9-14	111	15.5	38.2	47.4	.1
15-18	74	16.1	40.1	44.8	.4
19-22	104	17.0	39.0	42.5	2.4
23-34	365	17.4	40.3	40.7	2.5
35-50	196	17.8	42.5	38.0	2.5
51 and over	144	17.7	41.4	39.3	2.5
All individuals	[5]2,305	16.5	39.4	42.8	2.2

[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 add to slightly greater than 100 because of the algorithm used in calculations.

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

[4]Excludes 3 breast-fed infants.

[5]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 3.3.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day[1] in Alaska

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]62	91.4	151.8	124.2	166.3	165.6	168.0	268.5	224.5	256.5	122.0	124.2	187.9	192.0
1-2.....	[3]118	102.1	219.3	98.8	56.7	133.7	129.1	174.1	150.3	201.8	114.5	119.8	164.7	176.5
3-5.....	158	91.1	184.9	97.6	74.0	100.5	120.0	161.4	129.0	170.7	120.2	88.1	143.6	192.7
6-8.....	121	81.7	200.6	106.8	109.5	96.1	139.0	153.8	108.0	149.8	105.7	86.4	136.7	193.4
Males:														
9-14.....	115	83.0	194.8	101.3	92.4	82.7	132.1	135.9	111.3	160.7	112.8	92.0	191.4	214.8
15-18.....	67	102.8	207.6	108.5	102.9	84.5	154.7	124.9	138.1	167.8	149.3	100.5	229.7	216.7
19-22.....	67	80.6	151.2	103.5	141.8	84.6	178.0	80.4	96.0	113.5	117.9	78.8	160.1	186.0
23-34.....	328	85.0	164.9	101.1	152.1	92.2	179.4	103.6	101.7	119.2	128.3	77.4	158.2	138.6
35-50.....	161	82.7	171.8	102.4	158.1	94.0	179.8	104.1	91.8	123.9	127.8	80.0	174.4	149.4
51 and over.....	114	85.9	154.2	88.7	145.0	86.3	158.0	117.6	106.1	126.5	132.7	71.2	172.1	138.0
Females:														
9-14.....	111	80.8	166.2	87.0	74.7	80.1	113.3	117.6	108.1	137.9	98.9	73.6	138.1	203.0
15-18.....	74	76.9	138.7	58.4	55.3	63.4	86.0	96.8	89.5	110.8	95.6	58.1	153.3	145.2
19-22.....	104	71.7	130.1	69.3	56.2	61.2	112.0	87.8	77.6	98.1	96.6	55.5	115.6	131.9
23-34.....	365	76.7	143.3	74.0	59.3	71.8	121.2	99.8	90.4	108.4	115.7	57.6	113.2	120.6
35-50.....	196	76.9	148.0	64.2	63.7	83.9	118.6	111.1	91.0	102.9	126.1	58.7	115.8	124.3
51 and over.....	144	81.3	148.7	70.2	110.0	83.6	119.1	114.2	89.6	110.3	121.8	56.7	140.6	158.7
All individuals...	[4]2,305	83.2	164.6	88.6	99.3	88.6	138.8	121.0	106.0	132.3	118.9	75.5	147.9	156.9

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 3.4.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day[1] in Alaska

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]62	741	29.7	35.3	112.5	747	30.5	141.2	666	7,828	1.29	1.77	13.4	0.73	2.02	96
1-2.....	[2]118	1,224	38.5	38.6	127.6	610	7.2	141.0	718	3,200	.75	1.19	8.4	.79	2.53	62
3-5.....	158	1,428	36.9	38.8	129.1	560	6.4	132.2	684	2,873	.75	1.11	8.6	.77	2.53	67
6-8.....	121	1,717	37.9	41.2	122.5	513	6.5	131.6	658	3,306	.72	1.08	8.8	.78	2.87	52
Males:																
9-14.....	115	2,171	38.6	41.8	120.4	512	6.7	124.5	667	4,099	.71	1.19	9.4	.76	4.78	50
15-18.....	67	2,880	41.2	43.7	112.8	457	6.5	118.0	655	2,185	.68	1.00	9.4	.71	2.42	48
19-22.....	67	2,336	38.6	42.5	106.8	379	6.2	131.5	635	1,819	.62	.83	9.8	.75	2.29	57
23-34.....	328	2,294	41.5	45.1	101.2	357	6.9	143.5	635	2,874	.62	.85	10.4	.76	2.82	39
35-50.....	161	2,234	44.0	46.6	91.7	361	7.3	154.0	649	3,405	.57	.89	10.8	.81	4.27	40
52 and over.....	114	2,098	43.0	47.6	91.9	369	7.2	155.0	640	3,701	.63	.88	10.5	.77	3.66	42
Females:																
9-14.....	111	1,825	38.8	42.5	118.6	514	6.2	125.2	663	2,942	.68	1.03	8.6	.73	2.84	58
15-18.....	74	1,620	40.2	44.5	112.0	444	6.2	119.4	650	2,564	.61	.92	8.5	.73	3.26	59
19-22.....	104	1,549	42.5	43.4	106.3	404	6.9	136.9	650	2,648	.60	.88	9.7	.80	2.87	60
23-34.....	365	1,570	43.4	44.8	101.6	410	7.3	186.4	671	3,183	.61	.87	11.5	.79	2.87	52
35-50.....	196	1,543	44.5	47.3	94.9	352	7.9	180.5	639	3,636	.59	.84	11.3	.79	3.65	54
51 and over.....	144	1,482	44.2	46.0	98.3	391	7.7	183.7	659	4,444	.62	.90	11.0	.79	4.10	65
All individuals...	[3]2,305	1,799	41.1	43.8	107.0	437	7.6	151.7	658	3,329	.66	.97	10.2	.77	3.15	53

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 4.1.--Distribution of individuals by household income[1] and race in Alaska

Sex and age (years)	Total sample				Under $15,000				$15,000-$29,999				$30,000 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.....	65	93.7	4.6	1.8	24	83.0	12.3	4.7	18	100.0	0	0	14	100.0	0	0	9	100.0	0	0
1-2.....	121	96.0	2.2	1.9	54	96.7	1.2	2.1	38	97.0	0	3.0	20	100.0	0	0	9	79.0	21.0	0
3-5.....	158	92.0	3.5	4.5	58.	87.7	5.1	7.3	50	97.7	2.3	0	32	94.4	2.2	3.4	18	85.2	4.2	10.6
6-8.....	121	89.5	6.3	4.2	38	89.5	5.5	5.0	40	89.0	5.7	5.3	28	91.2	4.8	3.9	15	87.5	12.5	0
Males:																				
9-14.....	115	92.5	3.0	4.5	21	80.6	5.4	14.1	36	94.0	3.2	2.8	37	93.7	3.1	3.1	21	100.0	0	0
15-18.....	67	89.9	2.9	7.2	6	88.3	0	11.7	24	87.8	0	12.2	23	95.1	0	4.9	14	85.5	14.5	0
19-22.....	67	87.3	6.1	6.6	16	81.6	11.3	7.1	7	86.5	0	13.5	7	100.0	0	0	37	87.6	6.2	6.2
23-34.....	328	91.5	3.5	4.6	98	87.9	5.2	6.8	102	94.8	1.1	4.1	52	94.5	1.3	2.1	76	89.5	6.5	4.4
35-50.....	161	91.5	4.0	3.8	12	65.0	25.4	9.6	52	92.1	4.4	3.5	70	95.1	1.6	3.2	27	92.5	0	3.2
51 and over.....	114	88.6	4.0	6.5	17	75.7	13.5	10.8	27	83.9	8.3	4.1	46	97.5	0	2.5	24	86.1	0	13.9
Females:																				
9-14.....	111	83.6	8.7	7.7	20	79.8	9.3	10.9	35	85.1	8.7	6.2	40	79.7	12.0	8.3	16	94.7	0	5.3
15-18.....	74	91.6	3.1	5.3	12	91.7	0	8.3	12	100.0	0	0	23	90.8	4.9	4.3	27	88.5	4.2	7.3
19-22.....	104	91.0	5.8	3.1	32	87.3	5.7	7.1	15	100.0	0	0	11	100.0	0	0	46	88.5	9.3	2.2
23-34.....	365	91.7	4.3	3.4	108	87.7	6.1	6.2	119	95.9	3.2	1.0	73	95.4	0	3.1	65	86.8	8.1	3.3
35-50.....	196	87.9	4.5	7.6	23	81.0	4.9	14.1	56	81.4	7.2	11.4	75	93.3	2.4	4.3	42	90.7	4.5	4.8
51 and over.....	144	91.4	3.9	3.9	28	80.1	8.1	11.8	35	87.1	9.7	0	43	100.0	0	0	38	94.1	0	5.9
All individuals...	2,311	90.8	4.3	4.6	567	86.4	6.3	7.3	666	92.3	3.7	3.7	594	94.3	2.1	3.2	484	89.6	5.4	4.5

[1]1977 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, Alaska, winter 1978 (preliminary).

TABLE 4.2.--Distribution[1] of individuals by household size in Alaska

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.....	65	0	2.8	37.9	53.4	5.9
1-2.....	121	0	1.8	27.0	63.2	7.9
3-5.....	158	0	1.9	18.9	67.0	12.2
6-8.....	121	0	0	11.4	62.0	26.6
Males:						
9-14.....	115	0	2.8	14.9	48.8	33.5
15-18.....	67	0	1.7	18.7	49.3	30.3
19-22.....	67	1.6	42.5	24.4	22.1	9.4
23-34.....	328	10.1	26.9	28.5	32.4	2.1
35-50.....	161	6.7	21.2	18.5	37.7	15.9
51 and over.....	114	13.2	51.6	19.4	12.3	3.5
Females:						
9-14.....	111	0	2.0	10.9	45.8	41.3
15-18.....	74	0	16.2	18.9	37.6	27.2
19-22.....	104	7.3	39.6	26.4	23.9	2.8
23-34.....	365	5.8	23.7	27.7	38.4	4.5
35-50.....	196	5.9	28.8	14.8	35.9	14.5
51 and over.....	144	26.6	42.7	19.7	7.9	3.1
All individuals...	2,311	6.0	20.8	21.8	39.1	12.3

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

Source: USDA Nationwide Food Consumption Survey 1977-1978, Alaska, winter 1978 (preliminary).

TABLE 4.3.--Distribution[1] of individuals by characteristics of the female head of household--age, education, and employment status in Alaska

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.....	65	8.4	84.7	6.9	0	0	0	10.0	48.3	41.0	0	0	14.7	8.1	77.2	0	0
1-2.....	121	2.7	90.3	7.0	0	0	1.3	13.6	42.1	42.9	1	0	19.6	11.8	67.8	.8	0
3-5.....	158	1.5	83.6	14.3	0	.6	.5	11.8	37.5	49.6	1	.6	23.3	14.9	60.5	.6	.6
6-8.....	121	0	73.5	26.5	0	0	2.9	6.8	42.1	48.2	1	0	27.0	18.4	54.6	0	0
Males:																	
9-14.....	115	0	35.1	64.9	0	0	4.8	8.3	38.0	48.8	0	0	34.7	15.5	49.7	0	0
15-18.....	67	0	8.6	89.7	1.7	0	0	3.8	47.6	48.6	0	0	41.5	18.0	40.5	0	0
19-22.....	67	18.2	40.5	24.0	0	17.3	0	15.6	34.9	32.3	0	17.3	25.2	11.8	45.7	0	17.3
23-34.....	328	2.3	77.1	5.1	.3	15.2	.3	6.2	37.6	40.9	0	15.2	32.5	12.4	39.7	.3	15.2
35-50.....	161	0	28.1	61.5	.7	9.6	2.1	7.4	35.1	45.9	0	9.6	31.1	16.1	43.2	0	9.6
51 and over.....	114	0	1.7	73.0	9.5	15.9	5.9	11.1	26.7	40.5	0	15.9	27.8	3.6	52.8	0	15.9
Females:																	
9-14.....	111	0	46.1	51.1	1.0	1.8	3.8	4.9	42.8	46.7	0	1.8	31.8	15.8	50.6	0	1.8
15-18.....	74	16.6	10.0	73.4	0	0	9.1	9.6	34.0	47.3	0	0	40.1	19.0	40.9	0	0
19-22.....	104	16.9	70.9	10.5	0	1.7	0	15.7	47.9	34.8	0	1.7	35.1	15.5	47.7	0	1.7
23-34.....	365	0	98.0	1.7	0	.3	1.1	5.3	40.9	52.4	0	.3	42.8	14.4	42.3	.3	.3
35-50.....	196	0	1.1	98.9	0	0	3.9	7.9	34.4	53.7	0	0	42.4	14.1	43.5	0	0
51 and over.....	144	0	1.5	83.6	14.9	0	9.3	11.8	38.5	40.4	0	0	32.4	9.3	58.2	0	0
All individuals...	2,311	2.6	54.2	37.2	1.6	4.4	2.5	8.6	38.8	45.8	0	4.4	33.0	13.7	48.8	.2	4.4

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

Source: USDA Nationwide Food Consumption Survey 1977-78, Alaska, winter 1978 (preliminary).

TABLE 5.1.--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 5.2.--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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