United States
Department of
Agriculture

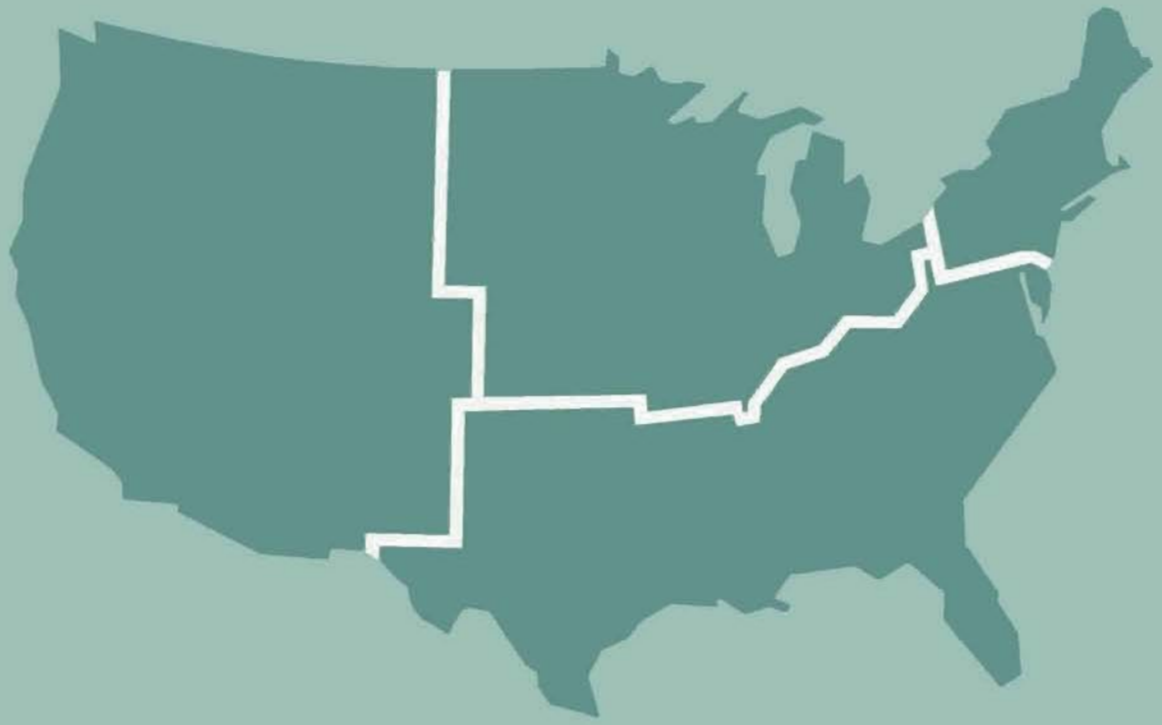
Human Nutrition
Information
Service

Consumer
Nutrition
Division

NFCS 1977-78
Report No. I-1

# Food Intakes: Individuals in 48 States, Year 1977-78

Nationwide Food Consumption Survey 1977-78
Report No. I-1



The Nationwide Food Consumption Survey 1977-78 is the latest source of national information on food intakes by individuals in terms of quantities of foods and food groups consumed. Results will be used in coming years to address issues relating to food product development, food safety, consumer demand for food, food patterns and practices, and nutrition education.

Issued August 1983

FOOD INTAKES: INDIVIDUALS IN 48 STATES, YEAR 1977-78

Consumer Nutrition Division, Human Nutrition Information Service
U.S. Department of Agriculture
Hyattsville, Maryland 20782

Nationwide Food Consumption Survey 1977-78
Report No. I-1

## ABSTRACT

This report presents 3-day food intake data for about 36,100 individuals in the 48 conterminous States. The information was collected from April 1977 through March 1978 in the Nationwide Food Consumption Survey conducted by the U.S. Department of Agriculture.

Data on food intakes and characteristics of the sample are presented in 510 tables. Average (mean) quantity of food eaten per individual per day and percentage of individuals reporting the food at least once in 3 days are given for all food, for food at home, and for food obtained and eaten away from home. Food intakes are summarized in 10 food groups and 43 subgroups and are tabulated for all individuals and for each of 22 sex-age categories. Food intake tables are presented for individuals in four income levels, three urbanization categories, two racial groups, and four seasons, and results are summarized in the text.

KEYWORDS: Dietary survey, food intake.

## ACKNOWLEDGMENTS

The Nationwide Food Consumption Survey 1977-78 was conducted by the Consumer Nutrition Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. The sample was designed and the data collected and processed under contract by National Analysts, Inc.; Lucy B. Wilson was the project director. Robert B. Reese, chief of the Division's Food Consumption Research Branch, had overall responsibility for planning and supervising the survey. Eleanor M. Pao supervised a team of nutritionists, Carolyn A. Chandler, Patricia M. Guenther, and Sharon J. Mickle, in developing plans for coding and tabulating the individual food intake data. Kathryn H. Fleming and Cecilia D. Wilkinson joined the group in analyzing results and writing this report. Assistance was also provided by Christine E. Crandell. Brucy C. Gray, Jan L. Janiczek, and Mills B. Weinstein were responsible for the data processing, and technical assistance was provided by Nadine P. Ruyle and Jeffrey H. Straathof. Frank N. Hepburn and the Nutrient Data Research Branch provided food composition values. Johna L. Pierce, Ellen W. Caswell, Mildred T. Pati, and staff assisted with editing and word processing.

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# Food Intakes: Individuals in 48 States, Year 1977-78

*by the Consumer Nutrition Division*
*Human Nutrition Information Service*

## SUMMARY

Three-day food intake information was collected during 1 year--April 1977 through March 1978--for about 36,100 individuals from a sample of households in the 48 conterminous States as part of the Nationwide Food Consumption Survey (NFCS) conducted by the U.S. Department of Agriculture. Individuals were classified in 22 sex-age categories, and their average intakes of all food, food from the home food supply, and food obtained and eaten away from home were tabulated for 10 major food groups and 43 food subgroups. Main findings of the study are summarized as follows:

- Over 90 percent of the individuals studied ate at least one food from each of five major food groups during the 3 days surveyed. These food groups were the meat group (meat, poultry, fish, and mixtures containing meat, poultry, or fish), milk and milk products, grain products, vegetables, and beverages. About 70 to 80 percent had at least one item from each of three other major food groups--fruits, fats and oils, and sugar and sweets. Of the two remaining major food groups, eggs were reported by 55 percent and the legumes group (legumes, nuts, and seeds) by 41 percent.

- Of the subcategories of the meat group, beef (68 percent) and meat mixtures (67 percent) were reported by more individuals than frankfurters, sausages, and luncheon meats (54 percent); pork (50 percent); poultry (43 percent); or fish (25 percent).

- About four-fifths of all individuals had fluid milk at least once in the 3 days reported, almost one-half had cheese, and almost two-fifths had milk desserts or cream.

- Among grain products, bread, rolls, or biscuits were reported by more individuals (95 percent) than other baked goods (79 percent), cereals and pastas (67 percent), or mixtures mainly grain (45 percent).

- Among vegetables, white potatoes were reported by about four-fifths of all individuals, tomatoes by almost one-half, deep-yellow vegetables by about one-fifth, and dark-green vegetables by about one-sixth.

- In the fruit group, noncitrus fruits and juices were reported by more individuals (58 percent) than were citrus fruits and juices (47 percent). Citrus fruit juices were consumed by four times as many people (40 percent) as noncitrus juices (10 percent).

- More survey participants drank soft drinks (57 percent) than drank coffee (51 percent), tea (39 percent), or fruit drinks and ades (14 percent). Fifteen percent of all individuals reported alcoholic beverages.

- Of all individuals, 62 percent obtained and ate some food away from home during the 3-day period. The following percentages had at least one item from the specified food group away from home--grain products (48 percent), meat (47 percent), nonalcoholic beverages (44 percent), vegetables (43 percent), and

milk and milk products (38 percent). Only 6 to 7 percent reported away-from-home consumption of eggs; legumes, nuts, and seeds; and alcoholic beverages.

- Among the major food groups, the percentage of total intake that was obtained and eaten away from home was greatest for the meat group (20 percent), nonalcoholic beverages (20 percent), and alcoholic beverages (32 percent). Somewhat less (15 to 17 percent) of the total intake of milk and milk products, grain products, vegetables, fats and oils, and sugar and sweets was consumed away from home. Only 8 percent of fruits were obtained and eaten away from home.

By income:

- Individuals in households with incomes under $6,000 (lowest incomes) had lower average intakes than those in households with incomes $16,000 and over (highest incomes) for the following food groups and subgroups: Total meat, poultry, and fish group; beef; meat mixtures; total milk and milk products; fluid milk; cream and milk desserts; cheese; baked goods other than bread, rolls, and biscuits; fats and oils; salad dressings; tomatoes; total fruits; citrus fruits and juices; total noncitrus fruits and juices; apples; sugar and sweets; candy; coffee; tea; soft drinks; fruit drinks and ades; alcoholic beverages; and beer. (Such differences in food intakes may also reflect differences in sex, age, race, and other factors related to food patterns. Multivariate regression procedures would be required to indicate the relative importance of such factors.)

- Individuals in households with the lowest incomes had higher average intakes than individuals in the highest income households for these food groups and subgroups: Poultry; eggs; legumes, nuts, and seeds; total grain products; cereals and pastas; white potatoes; dark-green vegetables; and sugar.

- Away-from-home intakes of all food groups and subgroups were as high or higher in the highest income households than intakes by individuals in the lowest income households. Only about one-third (34 percent) of the individuals in the lowest income category, compared with over one-half (55 percent) of those in the highest income category, had at least one meat item away from home during the 3 days surveyed. The same relationship held for grain products (34 and 57 percent, respectively) and vegetables (30 and 51 percent, respectively). Fruits were eaten away from home by 13 and 18 percent, respectively, of those in the lowest and highest income categories.

By urbanization:

- Residents of central cities, compared to those in suburban and nonmetropolitan areas, had the highest average intakes of poultry, eggs, grain products, dark-green vegetables, soft drinks, and fruit drinks and ades; but they had the lowest intakes of milk and milk products, total vegetables, and sugar and sweets. (Characteristics other than location of residence may contribute to the variations just mentioned.)

- Residents of suburban areas reported higher intakes than did residents in the other two urbanizations for milk and milk products, fats and oils, total fruits, coffee, and alcoholic beverages. Intakes of legumes, nuts, and seeds and grain products were lowest in suburban areas.

- For residents of nonmetropolitan areas, intakes were higher than for residents in the other two locations for the legumes group, total vegetables, sugar and sweets, and tea, and they were lower for total fruits and alcoholic beverages.

- Average away-from-home intakes by all individuals of fats and oils, fruits, and sugar and sweets were similar in all three urbanizations. Residents of suburban areas ate more meat, grain products, and nonalcoholic beverages and less of the legumes group away from home than residents of central cities and nonmetropolitan areas. Away-from-home intakes of milk and milk products and vegetables were lowest in central cities; intakes of eggs and alcoholic beverages were lowest in nonmetropolitan areas.

By race:

- Whites and blacks as groups had similar intakes per day of the total meat group. However, blacks had larger intakes than whites of pork; poultry; frankfurters, sausages, and luncheon meats; and fish, while whites ate more beef and mixtures that were mainly meat. Among children under 9 years, boys 12 to 14 years (includes ages 12, 13, and 14), and females 9 years and over, intakes of the total meat group were larger among blacks than among whites. (Variation in the sex and age distribution of the two racial groups may contribute to differences.)

- Average intakes by whites of milk and milk products were larger than by blacks. Although intakes of fluid milk by whites were greater than intakes by blacks for most sex-age categories, away-from-home intakes for children 3 to 14 years, men over 64 years, and women over 74 years were higher among blacks than among whites.

- Average intake by blacks of total grain products was higher than by whites. Intakes of cereals and pastas by blacks were more than twice those by whites. On the other hand, intakes of bread, rolls, and biscuits and grain mixtures by whites were generally higher than by blacks for most sex-age groups. However, intakes of bread, rolls, and biscuits by females 12 to 50 years and of other baked products by females 12 years and over were higher among blacks than among whites.

- Total vegetables were eaten in greater quantities by whites than by blacks overall; however, black children and teenagers generally had higher intakes than their white counterparts. Dark-green vegetables were favored by blacks, who ate three times as much of them as whites. Deep-yellow vegetable intakes were similar for the two racial groups.

- Average intakes of fruit and fruit subgroups (except citrus fruit juices) were higher by whites than by blacks. However, blacks had higher away-from-home intakes of total fruits than whites, especially for several groups of children and teenagers.

- Intakes of eggs and of the legumes group were higher by blacks than by whites overall. The reverse was found for intakes of fats and oils and of sugar and sweets.

- Whites drank much larger average amounts of coffee and tea and much smaller amounts of soft drinks and fruit drinks and ades than blacks. Among males 15 to 22 years, however, blacks had lower intakes of soft drinks than whites. Whites reported a much higher intake of alcoholic drinks than blacks.

By season:

- Seasonal differences in average intakes of the 10 major food groups for all individuals combined were small, 11 percent or less (using the largest seasonal intake as the base for the percentage). Differences were 7 percent or less for more than one-half of the food groups--meat group (202 g to 207 g--smallest and largest intakes--or 2 percent), the legumes group (23 g to 24 g or 4 percent), milk and milk products (354 g to 377 g or 6 percent), vegetables (195 g to 206 g or 5 percent), fruits (140 g to 148 g or 5 percent), eggs (25 g to 27 g or 7 percent), and fats and oils (13 g to 14 g or 7 percent). Grain products (201 g to 226 g or 11 percent), beverages (594 g to 661 g or 10 percent), and sugar and sweets (21 g to 23 g or 9 percent) had the largest percentage differences.

- For most of the 10 major food groups, average intakes in one season were slightly higher than in the others--the meat group, eggs, and fats and oils in spring; vegetables, fruits, and beverages in summer; milk and milk products in fall; and grain products in winter. For the legumes and sugar and sweets groups, intakes were practically the same in three seasons, but lower in summer. Other food groups with lowest intakes in summer were the meat group and eggs. Average intakes of milk and milk products and of grain products were equally low in spring and summer. The lowest consumption rates for the vegetable and fruit groups were in the fall and winter.

- Away-from-home intakes of the 10 major food groups were lowest in summer except for eggs and beverages (lowest in fall and winter) and fats and oils and the legumes group (same for all four seasons). Low away-from-home intakes in summer may reflect fewer children eating away from home during school vacation.

- Considerable seasonal differences were found in average intakes for a number of food subgroups. The biggest differences (difference between largest and smallest intakes as a percentage of largest intake) among seasons were in the vegetable and fruit groups. Intakes of tomatoes, dark-green vegetables, and deep-yellow vegetables were 33 to 38 percent greater in one season than in another, while intakes of potatoes and "other" vegetables were less than 10 percentage points apart. Citrus fruits and noncitrus fruits each had differences of about 25 percentage points across seasons with the former highest in winter and the latter highest in summer. Fall intake of apples was about twice the summer intake. There was no seasonal difference in average intake of bananas. Cereals and pastas, mixtures mainly grain, and baked goods other than bread, rolls, and biscuits showed the greatest seasonal differences among grain products. Among intakes of milk and milk products, intakes of cream and milk desserts evidenced the greatest seasonal difference--highest in summer and lowest in fall--while the average intake of cheese was about the same in all four seasons. Within the meat group, fish; meat mixtures; frankfurters, sausages, and luncheon meats; and beef varied the most among seasons.

Comparison between 1977 and 1965 surveys:

- In the spring quarter of the 1977 survey, average individual intakes computed from 1-day dietary

recalls were lower than those in a spring 1965 survey for milk and milk products, eggs, total grain products, fats and oils, and sugar and sweets. Intakes of cheese, poultry, meat mixtures, grain mixtures, citrus fruit juices, tea, fruit drinks and ades, and soft drinks were higher in 1977 than in 1965. Other food groups showed less change for all individuals combined.

## INTRODUCTION

This report contains data on food intakes by individuals in the 48 conterminous States. The information was collected in the Nationwide Food Consumption Survey conducted by the U.S. Department of Agriculture during 1 year from April 1977 through March 1978. Three-day dietary reports for about 36,100 individuals from a sample of households furnished the data compiled here in 510 tables. Main findings are discussed.

Appendixes provide these types of additional information: A glossary (appendix A), food items included in food groups and subgroups (appendix B), the food group coding system used in the NFCS 1977-78 (appendix C), information on the sample design (appendix D), differences between individual food intake and household food consumption data (appendix E), a comparison of 1- and 3-day food intakes in spring 1977 (appendix F), a comparison of food intakes in spring 1977 using 1965 and 1977 methods (appendix G), a comparison of food intakes in the 1977 and 1965 surveys (appendix H), total intake in grams (appendix I), a list of data tapes with NFCS 1977-78 information available for users desiring access to original data (appendix J), and a reproduction of the dietary intake data collection form (appendix K).

Nutrient intakes by individuals will be the subject of the next report in this series. Regional data on food and nutrient intakes by individuals will be provided in the third report.

The major objective of the survey was to provide basic data on current food consumption patterns and on the nutritional quality of dietary intakes by the U.S. population. Data in this report will be used for many purposes, including administering public programs affecting food supply, safety, distribution, and consumption; planning food assistance and educational programs to improve dietary practices; developing and marketing foods; and providing baseline data for reference in research and other types of projects (1, 35, 36).

In scope, the NFCS 1977-78 was the most comprehensive of the six nationwide surveys of food consumption by households conducted by USDA. The earlier surveys were conducted in 1936-37, 1942, 1948 (urban only), 1955, and 1965-66 (5-7). In the first 5 surveys, information was collected only on food used at home by housekeeping households, i.e., households with at least 1 member having a minimum of 10 meals from home food supplies during the week surveyed. In contrast, the NFCS 1977-78 included households regardless of the number of meals from home supplies. Information on dietary intakes at home and away from home by specified household members was obtained in addition to information on household food use in the last two surveys--in the spring quarter of the 1965-66 survey and in all four quarters of the NFCS 1977-78.

The NFCS 1977-78 was augmented by six supplemental surveys, each including studies of food intakes by individuals and household food consumption. Three of

the supplemental surveys were conducted in the 48 States. These samples were comprised of (1) households with at least one member 65 years or older, (2) households eligible for or participating in the Food Stamp Program, and (3) a followup 2 years later on households eligible for the Food Stamp Program to determine effects of changes in the program on diets of participants and those eligible to participate. The other three surveys were conducted in Puerto Rico, Hawaii, and Alaska. More information on these surveys is given in appendix D. In addition, a bridging survey was carried out using 1965 data collection procedures to determine what were the effects, if any, of changes made in the NFCS 1977-78 data collection procedures. In the bridging survey, information was obtained on about 3,700 individuals and 1,450 households from April to June 1977.

Preliminary reports on 1-day recalls of individual dietary intakes and on household food use in the NFCS 1977-78 and the 1979-80 followup (4, 8-19) and final reports on household food consumption in spring 1977 for the United States and four regions (20-24) have been published. A report with data on foods commonly eaten by individuals in the NFCS 1977-78 has also been published (32), as have several papers on selected topics (25-31, 33, 34, 37).

## METHODOLOGY

For the NFCS 1977-78, a private firm, National Analysts, Inc., of Philadelphia, Pennsylvania (a division of Booz, Allen and Hamilton), designed the sample, collected the information, and processed the data (edited, coded, keyed, and transferred to tape) under contract with USDA. USDA defined the information to be collected; provided technical information such as food codes (3), gram weights of household measures, and the nutrient composition of foods; and monitored all aspects of the contract.

### Sample

A stratified area probability sample of households was drawn in the 48 conterminous States in each of the four quarters from April 1977 through March 1978. The sample was designed to be representative of the 48 conterminous States, 4 regions, and 3 urbanizations. Data collection took place in 114 primary sampling units (PSU's), mostly cities and counties. Four seasonal samples were used, and households were scheduled for interviews in a manner designed to provide representativeness over time by quarter, month, week, and day of the week.

From the households participating in the survey, 40,209 individuals (30,770 unweighted) completed at least 1 day's food intake form and 36,255 (28,030 unweighted) completed forms for 3 days. (See appendix D for explanation of weighting.) In spring 1977, all individuals in all households were asked to give food intake information. In the other three seasons, one-half of those individuals 19 years and older and all those under the age of 19 were asked to participate, except those in one-person households, who were asked to participate regardless of age. In the three seasons other than spring, proportional representation was maintained among sex-age categories by treating each record for an individual 19 years and over as two records, except for persons in one-person households. In addition, a household weighting factor was applied to each individual to adjust for households that were selected into the sample but did not respond. A detailed analysis of the sampling is presented in appendix D.

## Data Collection and Processing

Each household in the sample received a letter explaining the purpose of the survey and the importance of participation. A short time later, a trained interviewer made an appointment at least 1 week in advance with the household member most responsible for food planning and preparation--usually the homemaker. Household food consumption information was obtained by using a food list to aid the household respondent in recalling the kind, form, quantity, and cost, if purchased, of foods used at home during the previous 7 days. The household respondent also supplied information on those characteristics of the household that might be related to food consumption: Home food production; prior year's household income before taxes; participation in food programs; education, occupation, and employment status of the male and female heads of household; household size; and the sex, age, and relationship of household members to the head of household.

After the household respondent finished giving information about the household, the interviewer recorded on separate forms the previous day's food intake as recalled by each eligible household member present. Then the interviewer instructed each individual how to keep a written record of his or her intake for the day of the interview and for the next day, thus providing 3 consecutive days of dietary information.

As a part of the instruction, the interviewer showed participants how to record foods eaten earlier on the day of the interview. The household respondent usually answered for children under 12 years of age and others unable to answer for themselves. If a household member was absent at the time of the interview but was expected to return within the next 2 days, the interviewer left forms for the absent member to complete. The interviewer returned to each home to pick up and review the diet records. The food intake questionnaire used in the survey is reproduced in appendix K.

Interviewing took place on all days of the week. The fewest dietary forms (recalls and records) were collected for Saturdays as shown below.

| Day of the week | Acceptable 1-day dietary forms collected |
|---|---|
| | Percent |
| Sunday | 10.6 |
| Monday | 13.9 |
| Tuesday | 19.0 |
| Wednesday | 18.5 |
| Thursday | 16.1 |
| Friday | 13.2 |
| Saturday | 8.7 |

Data tapes provided by National Analysts were further processed by the Consumer Nutrition Division to generate the tables in this report. These tables were produced using the U.S. Bureau of Labor Statistics' Table Producing Language (40) and Print Control Language (39). The data presented in the tables for quantities of food intake are averages (arithmetic means) for the group of individuals identified in the first column of the table. The quantity of the foods identified in the column head was summed for each individual over 3 days and then divided by three to obtain a "per day" average. Next, a group mean was calculated of all the individual "per day" averages. If an individual did not eat the specified food, his or her "per day"

average intake was zero, and the zero was used in calculating the group's mean intake.

For tables showing the percentage of individuals using items from a particular food group, the percentage was obtained by dividing the number of individuals in the sex-age group who reported the food at least once during the 3 days surveyed by the total number of individuals in that sex-age group.

## RESULTS

Three-day food intakes as reported by respondents are summarized in 10 major food groups and 43 food subgroups. Terms are defined in the glossary (appendix A), and food items included in each food group are described in the table notes (appendix B).

For each food group, the average quantities in grams of food or beverage (other than drinking water) as ingested per individual per day are tabulated (1) for all food, (2) for food obtained and eaten away from home, and (3) for food from the home food supply (tables 1A-1.1 to 6N-3.1). (One ounce is equivalent to 28.35 g.) Also tabulated are the percentages of individuals using the food at least once during the 3 days surveyed (tables 1A-1.2 to 6N-3.2). Data are presented for all individuals combined and for individuals classified into 22 sex-age groups. Food intakes are also shown for individuals grouped by four income levels, three urbanizations, two racial groups, and four seasons. Total intakes in grams are summarized in appendix I.

Food intakes of infants (under 1 year old) are included in the tables along with those of other sex-age groups; however, because their intakes are unique, they are discussed in a separate section. Information for completely and partially breast-fed infants is excluded from all tables except those showing the characteristics of the households (tables 7.1 to 7.6). Data for pregnant and lactating women (N = 288 and 132, respectively) are not shown separately in this report.

Distributions of individuals by household characteristics make up the final set of tables (tables 7.1 to 7.6). These characteristics include region; urbanization; race; household income; size of household; and age, education, and employment status of male and female heads of households.

At first glance, measures of average food intakes for population groups may be deceptive (or difficult to interpret) unless there is recognition that quantities reported are related to the proportion of individuals eating foods from those groups. Nonusers as well as users make up the group of individuals for whom the average intake is computed. The relationship between average intake and percentage of individuals reporting foods is particularly important in understanding intakes of food obtained and eaten away from home. Therefore, the percentage of individuals obtaining and eating food away from home at least once during the 3 days surveyed is presented below for all individuals and for sex-age groups by two income levels and by race. (Relationships between groups may reflect variations in age, sex, and other characteristics as well as income and race.)

Individuals obtaining and eating food away from home at least once during 3 days

| Sex and age (years) | All incomes | Income under $6,000 | Income $16,000 and over | Whites | Blacks |
|---|---|---|---|---|---|
| | Percent | | | | |
| Males and females: | | | | | |
| Under 1 ..... | 7.9 | 2.1 | 8.2 | 8.7 | 5.3 |
| 1-2 ..... | 40.5 | 28.9 | 48.0 | 45.2 | 25.8 |
| 3-5 ..... | 51.6 | 41.1 | 63.7 | 55.3 | 39.8 |
| 6-8 ..... | 73.5 | 70.4 | 74.7 | 74.9 | 69.7 |
| Males: | | | | | |
| 9-11 ..... | 77.1 | 70.7 | 80.5 | 78.2 | 72.9 |
| 12-14 ..... | 78.6 | 68.4 | 81.9 | 79.4 | 74.6 |
| 15-18 ..... | 75.3 | 64.9 | 78.7 | 77.3 | 66.4 |
| 19-22 ..... | 71.8 | 72.4 | 73.3 | 75.1 | 54.8 |
| 23-34 ..... | 78.7 | 61.8 | 84.0 | 81.0 | 63.9 |
| 35-50 ..... | 69.6 | 48.5 | 77.8 | 71.3 | 58.6 |
| 51-64 ..... | 58.2 | 35.1 | 69.9 | 59.9 | 43.8 |
| 65-74 ..... | 35.3 | 28.1 | 54.5 | 37.6 | 17.2 |
| 75 and over ..... | 26.8 | 26.4 | 46.2 | 30.1 | 7.2 |
| Females: | | | | | |
| 9-11 ..... | 75.7 | 73.4 | 74.5 | 77.3 | 71.3 |
| 12-14 ..... | 76.4 | 67.0 | 81.4 | 78.2 | 67.6 |
| 15-18 ..... | 75.2 | 62.1 | 83.4 | 77.0 | 68.9 |
| 19-22 ..... | 71.1 | 62.7 | 80.6 | 75.6 | 50.7 |
| 23-34 ..... | 64.1 | 40.9 | 72.8 | 67.5 | 49.4 |
| 35-50 ..... | 58.6 | 35.2 | 67.8 | 62.4 | 39.3 |
| 51-64 ..... | 47.8 | 32.5 | 60.4 | 51.2 | 27.2 |
| 65-74 ..... | 37.2 | 29.3 | 50.2 | 40.5 | 13.0 |
| 75 and over ..... | 26.5 | 24.7 | 26.0 | 27.9 | 11.8 |
| All individuals ... | 61.6 | 42.8 | 72.3 | 64.1 | 49.0 |

## Food Intakes

An overview of average intakes of the major food groups and of the proportion of all individuals reporting use at least once during 3 days is presented below. (Total intakes in grams are summarized for 11 food groups by sex-age categories in appendix I.) Intakes and percentage of individuals using are given both for all food eaten and for food obtained and eaten away from home. Also, food eaten away from home is presented as a percentage of all food eaten for each of the major food groups.

Average intakes of major food groups

| Major food group | All food | | Food obtained and eaten away[1] | | |
|---|---|---|---|---|---|
| | Average intake per day | Individuals using[2] | Average intake per day | Individuals using | Percentage of all food |
| | Grams | Percent | Grams | Percent | Percent |
| Meat, poultry, fish ..... | 204 | 99 | 41 | 47 | 20 |
| Milk and milk products .. | 365[3] | 94 | 56[3] | 38 | 15 |
| Eggs ..... | 26 | 55 | 2 | 6 | 8 |
| Legumes, nuts, seeds .... | 24 | 41 | 3 | 7 | 13 |
| Grain products ..... | 213 | 99 | 31 | 48 | 15 |
| Fats and oils ..... | 13 | 81 | 2 | 21 | 15 |
| Vegetables ..... | 198 | 98 | 31 | 43 | 16 |
| Fruits ..... | 142 | 73 | 12 | 16 | 8 |
| Sugar and sweets ..... | 23 | 73 | 4 | 19 | 17 |
| Nonalcoholic beverages .. | 578 | 91 | 116 | 44 | 20 |
| Alcoholic beverages ..... | 47 | 15 | 15 | 7 | 32 |

[1]Sixty-two percent of all individuals obtained and ate some food away from home.
[2]At least once during the 3-day period.
[3]In calcium equivalents. (See "Glossary," appendix A.)

## MEAT, POULTRY, AND FISH

The meat, poultry, and fish group (meat group) includes beef; pork; lamb, veal, and game; poultry; organ meats; frankfurters, sausages, and luncheon meats; fish and shellfish; and mixtures with one or more items of meat, poultry, or fish as a major ingredient (meat mixtures). Mixtures with the major ingredient from another food group, such as pizza (in the grain products group), may have small amounts of meat also (see "Table Notes," appendix B). Data for the meat group are found in tables 1A-1.1 to 1N-3.2.

For all individuals combined, the average intake per day of foods in the meat group was 204 g. Intakes of the meat group were greater at older ages, varying from 103 g for 1- to 2-year-old children to 292 g for 23- to 34-year-old men and 191 g for 35- to 50-year-old women; then intakes were lower with advancing age (fig. 1). Of the 204 g intake from the meat group, meat mixtures provided the largest average amount (74 g), followed by beef (51 g); poultry (24 g); pork (20 g); and frankfurters, sausages, and luncheon meats (19 g).

Nearly all individuals (99 percent) ate at least one item from the meat group during the 3 days they reported. Meat subgroups with the highest proportion of users were beef (68 percent); meat mixtures (67 percent); frankfurters, sausages, and luncheon meats (54 percent); and pork (50 percent). Poultry and fish were reported by 43 and 25 percent, respectively. The highest proportion of users of beef was among men 35 to 50 years; of pork, men over 74 years; of frankfurters, sausages, and luncheon meats, children 3 to 5 years; and of meat mixtures (which include sandwiches reported as a single unit), boys 15 to 18 years.

About one-fifth (41 g) of the meat group intake was obtained and eaten away from home. Among the meat subgroups, proportional contributions of away-from-home intakes to total intakes were greatest for meat mixtures, 27 percent (20 g of 74 g); fish, 25 percent (3 g of 12 g); beef, 18 percent (9 g of 51 g); and poultry, 17 percent (4 g of 24 g). Males 19 to 34 years ate the largest average amounts of the meat group away from home, but boys 9 to 18 years had the highest proportion of individuals eating at least one meat item away from home.

### By Income

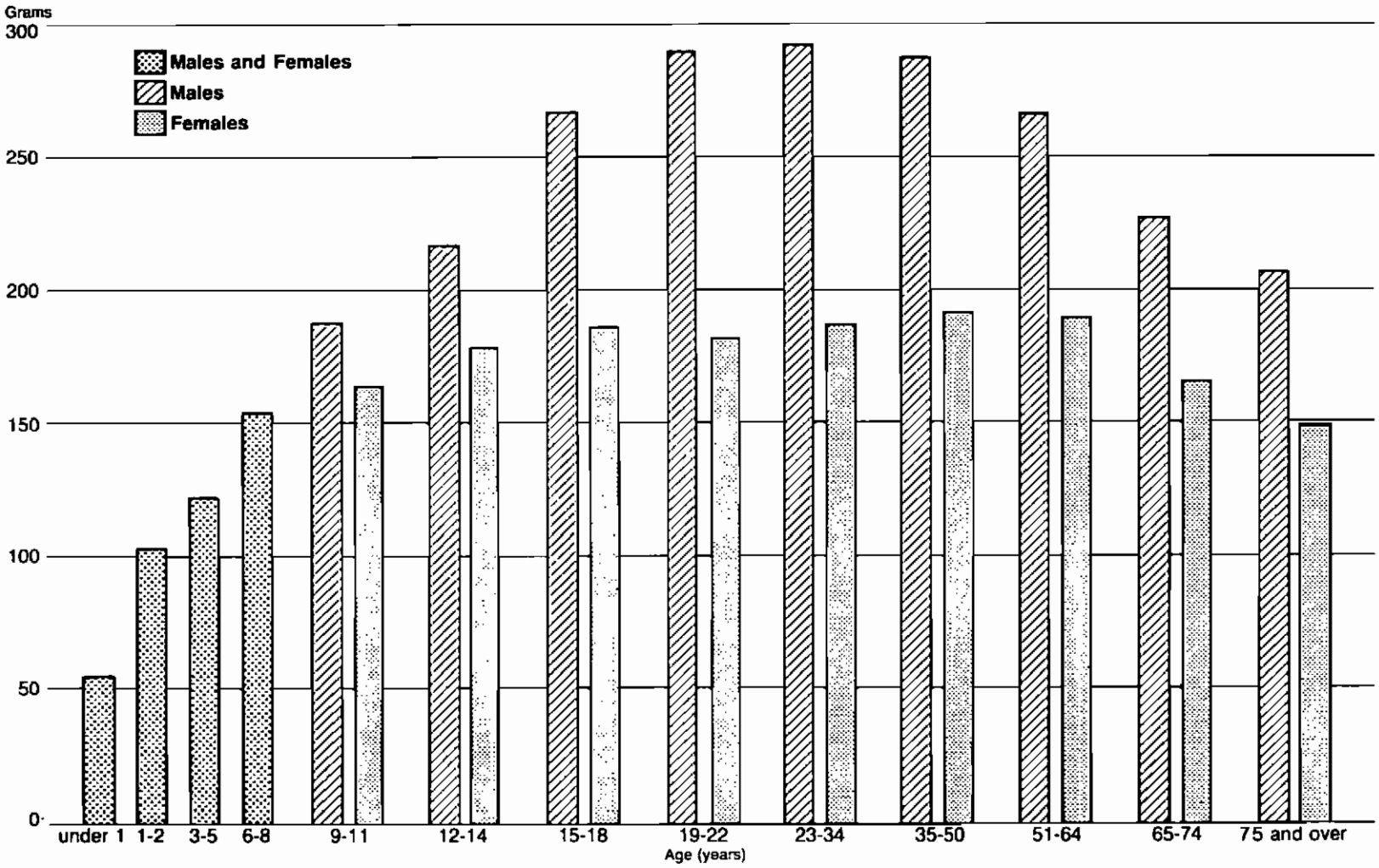
At successively higher income levels, average intakes of the meat group were higher (183 g and 211 g for individuals from households with under $6,000 and $16,000 and over, respectively). Differences were greatest for beef and meat mixtures. Poultry consumption was lower at higher income levels. Intakes and percentages of individuals obtaining and eating meat items away from home were also larger at successively higher income levels. About one-third (34 percent) of the lowest-income individuals (under $6,000) but over one-half (55 percent) of those in households with the highest incomes ($16,000 and over) ate meat items away from home at least once during the 3 days surveyed.

### By Urbanization

Among all individuals, average intakes of total meat items combined were nearly the same for residents of central cities as for those in suburban areas but were slightly less for those in nonmetropolitan areas. Residents of central cities, however, ate more poultry and less meat mixtures than residents of suburban and nonmetropolitan areas, while differences for other meat

Figure 1

**Meat, Poultry, and Fish**
**Average intake per individual per day**




Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

subgroups were less pronounced. Away-from-home intake of the meat group was higher for suburban residents than for those in the other two urbanizations.

### By Race

For individuals of the two racial groups studied--white and black--average intakes of all items in the meat group combined were the same (204 g). However, much more beef and meat mixtures were reported by whites than by blacks, while more pork; poultry (mostly chicken); frankfurters, sausages, luncheon meats; and fish were reported by blacks than by whites. Among sex-age groups, black children under 9 years and all groups of black females had larger total meat intakes than their white counterparts. Among males, intakes of the total meat group were generally smaller among blacks than among whites. Away-from-home intake of the total meat group by all individuals was larger for whites than for blacks (43 g and 31 g, respectively). Among children 3 to 8 years, girls 9 to 11, and boys 12 to 14, blacks had higher away-from-home intakes than corresponding groups of whites, but intakes of white adults exceeded those of blacks by a wide margin.

### By Season

Average intake of foods in the meat group by all individuals showed little difference from season to season (202 g, 204 g, 205 g, and 207 g for summer, fall, winter, and spring, respectively). Little seasonal variation was found in most subgroups (beef from 47 g in winter to 53 g in spring and summer; pork, 19 g in summer and 20 g in the other seasons; poultry, 26 g in the spring and 24 g in the other seasons; frankfurters, sausages, and luncheon meats, 18 g in winter to 21 g in summer; fish, 10 g in fall and 12 g in the other seasons; and meat mixtures, 69 g in summer to 79 g in winter). Away-from-home intakes of the meat group were slightly less in summer (37 g) than in the other three seasons (41 g in winter, 42 g in fall, and 44 g in spring).

## MILK AND MILK PRODUCTS

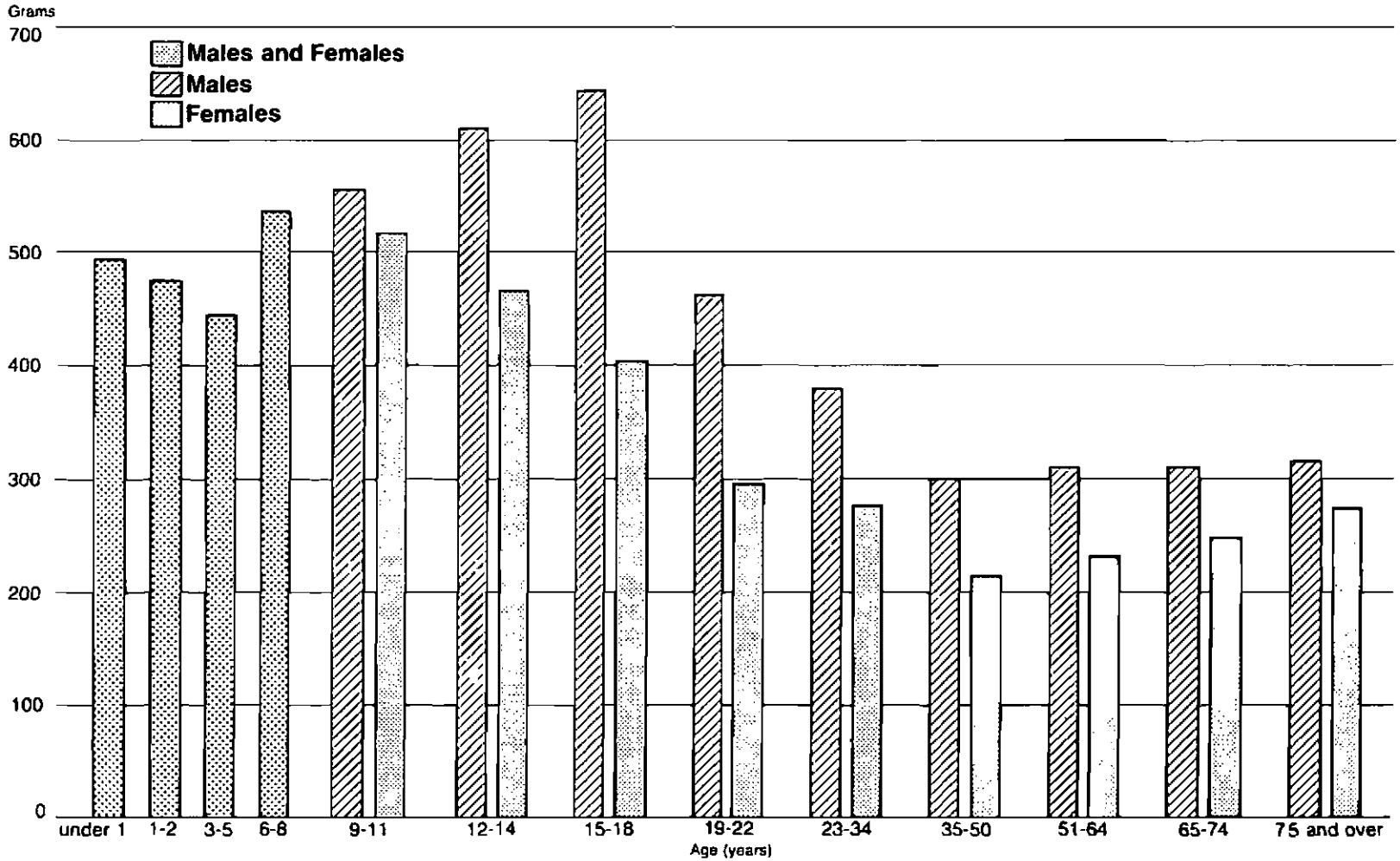
Milk and milk products include all dairy products except butter. Mixtures such as ice cream, cheese souffle, and puddings made from milk are included under milk and milk products, but cream soups are grouped according to kind. For example, cream of tomato soup is grouped with tomatoes (see "Table Notes," appendix B). Total quantities of milk and milk products are expressed in terms of calcium equivalents of fluid whole milk (see "Glossary," appendix A), while quantities of subgroups are expressed in grams of intake. Data for milk and milk products are presented in tables 2A-1.1 to 2N-3.2.

For all individuals combined, average intake per day of total milk and milk products was 365 g. Intakes generally were higher in older age groups up to 19 years, varying from 449 g to 475 g for 1- to 5-year-olds to 642 g for 15- to 18-year-old boys (fig. 2). Intakes were lower for older groups. Consumption of milk and milk drinks by all individuals was 283 g (of which 254 g was fluid milk, 26 g other milk drinks, and 3 g yogurt); of cream and milk desserts, 23 g; and of cheese, 15 g.

Milk and milk products were reported by 94 percent of all individuals. More children and teenagers (95 to over 99 percent) reported foods from this food group than did older individuals (89 to 95 percent). The percentage of all individuals reporting milk and milk

Figure 2

**Milk and Milk Products**
**Average intake[1] per individual per day**




[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, 48 conterminous States.

drinks was 84 percent (fluid milk 81 percent and yogurt 4 percent), cream and milk desserts 39 percent, and cheese 46 percent.

Milk and milk products obtained and eaten away from home accounted for 15 percent (56 g to 365 g) of the per day intake for all individuals. Age groups obtaining and consuming the largest proportion of milk and milk products away from home were school-age children 6 to 18 years old. Intakes of milk and milk products away from home were reported by 38 percent of respondents. More than one-fourth of all individuals (27 percent) reported milk and milk drinks, primarily fluid milk, away from home. Smaller percentages reported away-from-home intakes of cream and milk desserts (13 percent) and of cheese (11 percent).

By Income

As household income varied from under $6,000 to $16,000 and over, average intake of milk and milk products for all individuals was higher, ranging from 310 g to 389 g. The same pattern of differences in intakes between the lowest and highest income groups was evident for the milk and milk products subgroups--milk and milk drinks, 254 g and 291 g; cream and milk desserts, 18 g and 26 g; and cheese, 10 g and 17 g, respectively. The percentage of all individuals reporting milk and milk products also varied with income, from 90 percent for the lowest income group to 95 percent for the highest income group.

By Urbanization

Of individuals living in the three urbanizations, those in suburban areas had the largest average intake of total milk and milk products (384 g), and the highest percentage of suburban individuals reported these foods (95 percent). Those in central cities had the smallest intake (343 g) and the lowest proportion of users (93 percent).

By Race

Average intakes of all categories of milk and milk products were markedly larger for whites than for blacks (fig. 3). This pattern was apparent for all sex-age groups. Total intakes of milk and milk products were 380 g for whites and 254 g for blacks.

By Season

Intakes of total milk and milk products were higher in the fall (377 g) and winter (373 g) than in spring and summer (354 g), largely because of variations in intake of fluid milk. Consumption of cream and milk desserts was higher in spring and summer (25 to 26 g) than in fall and winter (20 to 21 g).

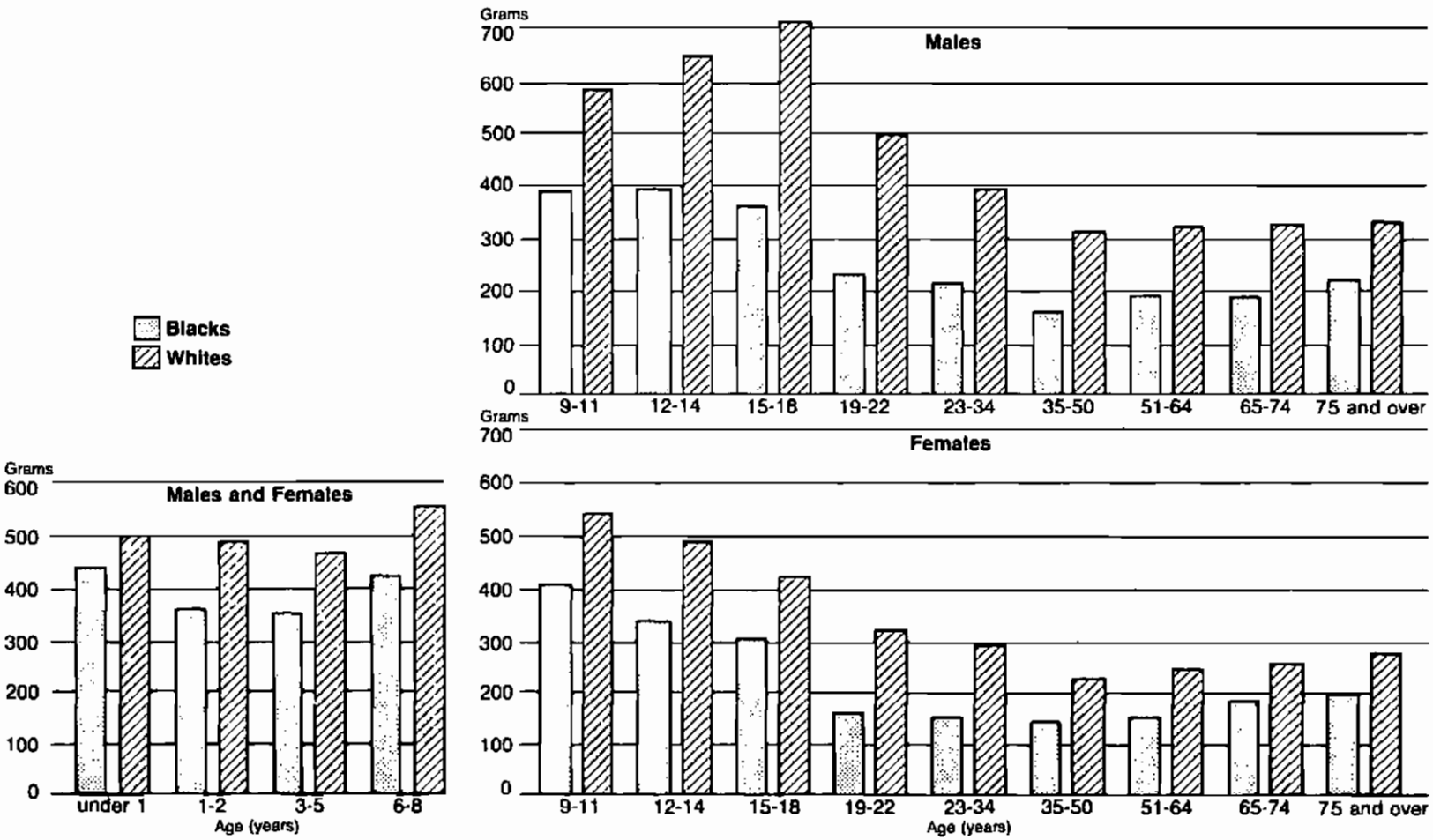
EGGS

The egg group includes prepared forms of eggs as well as egg mixtures (such as omelets and egg salad) and egg substitutes. Data for eggs are in tables 2A-1.1 to 2N-3.2.

The average intake per day of all items in the egg group by all individuals combined was 26 g. (One large cooked egg weighs 50 g.) Fifty-five percent of the individuals reported eggs at least once during the 3 days surveyed. The highest proportion of users was among men over 50 years of age (65 to 72 percent). Almost 8 percent (2 g) of egg intake was obtained and

Figure 3

**Milk and Milk Products by Race**
**Average intake[1] per individual per day**




[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, 48 conterminous States.

eaten away from home, with 6 percent of all individuals reporting use away from home.

### By Income

Individuals in the two lowest income groups (under $10,000) had the highest average intakes of eggs (29 g and 30 g) and the two highest income groups ($10,000 and over) had the lowest intakes (24 g). This pattern was evident among most sex-age groups as well. Sixty percent of the lowest-income individuals reported eggs, and 52 percent of the highest income group ate eggs.

### By Urbanization

Larger average intakes of eggs were reported in central cities (29 g) than in suburban (24 g) or nonmetropolitan areas (25 g). The proportion of central-city residents reporting eggs (59 percent) was also slightly higher than that for residents of suburban and nonmetropolitan areas (53 and 54 percent, respectively).

### By Race

Blacks consumed substantially more eggs (33 g) than whites (24 g). Sixty-four percent of blacks reported eating eggs during the 3 days surveyed, compared with 53 percent of whites.

### By Season

Average intake of eggs by all individuals surveyed showed little difference from season to season (25 to 27 g). About the same percentage of individuals reported eggs in all four seasons (54 to 55 percent).

## LEGUMES, NUTS, AND SEEDS

The legumes, nuts, and seeds group (legumes group) includes dried beans, peas, and lentils; soybean-derived products including soy-based imitation milk and baby formula; meat substitutes composed mainly of vegetable protein; nuts and nut butters; and seeds (see "Table Notes," appendix B). Data for the legumes group are presented in tables 2A-1.1 to 2N-3.2.

For all individuals, average intake per day of the legumes group was 24 g. Among males, consumption was heaviest by 12- to 18-year-olds (32 to 34 g) and among females by 9- to 11-year-olds (28 g). Intakes by females over 64 years (14 g) were lowest.

About two-fifths of the respondents ate items from the legumes group at least once during the 3-day survey period. Sex-age groups with highest percentages reporting the legumes group were children 1 to 8 years old, boys 9 to 14, and girls 9 to 11 (49 to 59 percent). Those with the lowest percentages were men and women over 64 years (34 to 36 and 29 to 30 percent, respectively).

The average amount of the legumes group consumed away from home was 3 g, accounting for about one-eighth (13 percent) of the intake from this food group. Only 7 percent of the respondents reported obtaining and eating legumes, nuts, or seeds away from home.

### By Income

Average intakes of the legumes group tended to be lower at successively higher levels of income. In the two groups with incomes less than $10,000, intake of the legumes group was 30 g, compared with 26 g for those

with incomes $10,000 to $15,999 and 21 g by those with incomes $16,000 and over. Percentages of respondents reporting items from the legumes group varied less with income level than average intakes did, ranging only from 40 to 44 percent. Average away-from-home intakes of the legumes group were small for all four income levels (2 to 3 g); percentages of respondents reporting intakes of the legumes group away from home ranged from 6 to 8 percent.

By Urbanization

Residents of suburban areas had a slightly lower average intake of the legumes group (22 g) than did residents of central cities (25 g) and nonmetropolitan areas (26 g). Forty percent of respondents from suburban areas, 39 percent from central cities, and 44 percent from nonmetropolitan areas reported legumes, nuts, or seeds. Percentages of individuals reporting items from the legumes group away from home ranged from 6 percent in suburban areas to 9 percent in nonmetropolitan areas.

By Race

Blacks consumed substantially larger amounts of the legumes group (29 g) than did whites (22 g). In all sex-age groups over 2 years of age, blacks had higher average intakes from the legumes group than whites. In about one-half of these sex-age groups, differences in average intakes between blacks and whites were over 10 g. However, 41 percent of whites and 38 percent of blacks overall reported legumes. Blacks and whites had much the same average intakes of legumes, nuts, and seeds away from home (3 g). Eight percent of whites and 6 percent of blacks reported away-from-home intake of this food group.

By Season

Average intakes of the legumes group were similar by season--23 g in summer and 24 g in other seasons. Percentages of respondents reporting items from the legumes group in the four seasons were also similar (40 to 42 percent).

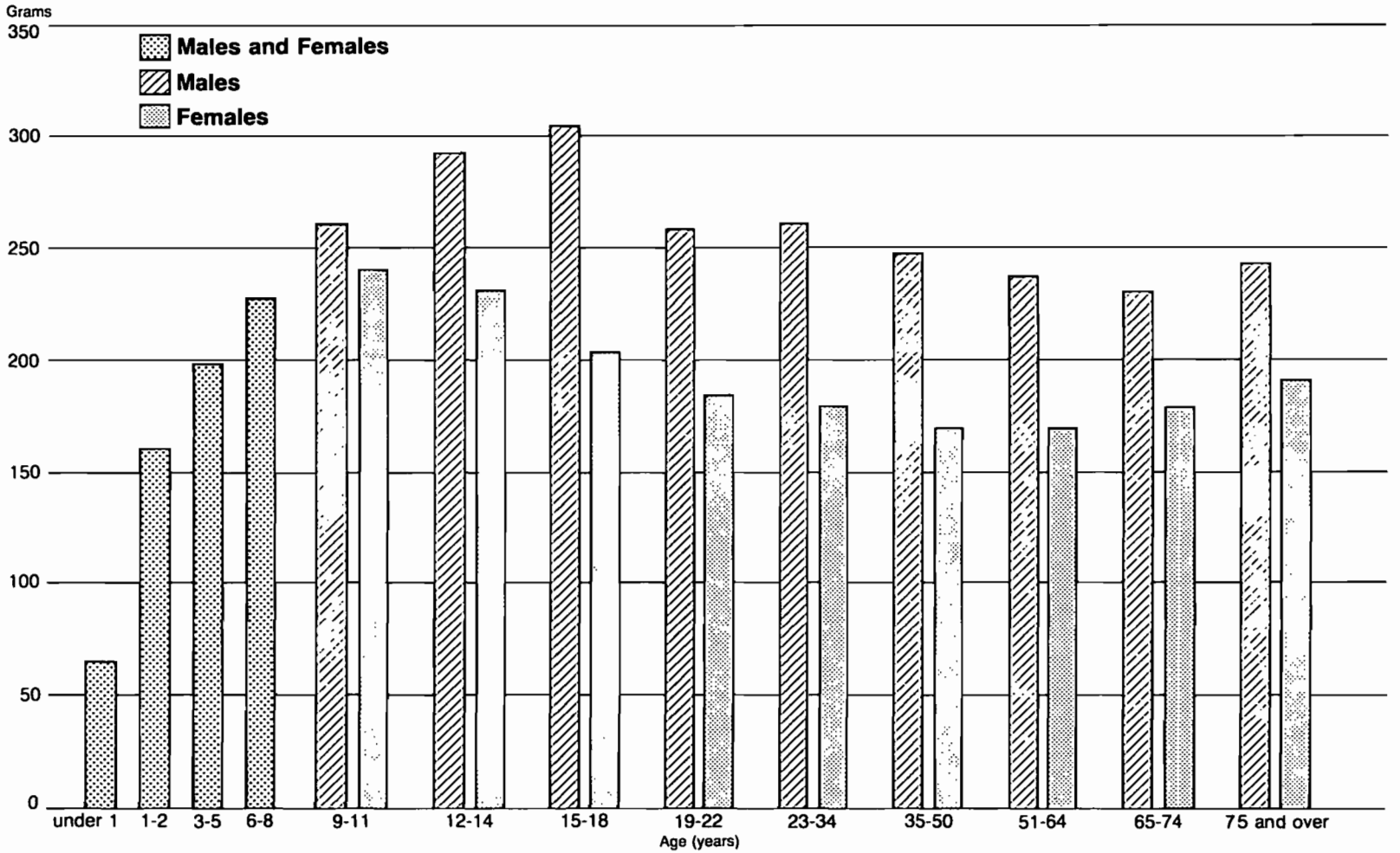
GRAIN PRODUCTS

Grain products include bread, rolls, and biscuits; other baked products such as cakes, cookies, pies, pastries, crackers, and snacks; pastas; cooked and ready-to-eat cereals; and mixtures having a grain product as the main ingredient (grain mixtures). Examples of foods in the grain mixtures subgroup, so classified because they are mainly grain, are pizza, spaghetti with sauce, macaroni and cheese, tacos, and egg rolls. Average intakes and percentages of individuals using grain products are presented in tables 3A-1.1 through 3N-3.2.

The average intake of grain products by all individuals was 213 g per day. For males, consumption of grain products was higher for successively older age groups of children and teenagers, reaching a maximum of 304 g at age 15 to 18 years. For older age groups, intakes were lower, falling to 230 g at age 65 to 74 (fig. 4). In contrast, grain product intakes by females decreased from 241 g for 9- to 11-year-olds to 169 g for 35- to 64-year-olds. Thereafter, the averages were higher, rising to 190 g for women over 74 years. Bread, rolls, and biscuits made up the largest portion of the grain products eaten (62 g per individual per day). Average intakes for the remaining three subgroups--other baked goods, cereals and pastas, and grain mixtures--were approximately equal (49 g, 50 g, and 52 g, respectively).

Figure 4

**Grain Products**
**Average intake per individual per day**




Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Several groups of children and teenagers ate larger amounts of grain mixtures than of other subgroups of grain products. Children, teenagers, and adults over 64 years had larger intakes of ready-to-eat cereals than did young and middle-aged adults (fig. 5).

Less than 1 percent of all individuals ate no grain product during the survey period. Bread, rolls, or biscuits were eaten by the largest proportion of individuals (95 percent), followed by other baked goods (79 percent), cereals and pastas (67 percent), and grain mixtures (45 percent). Bread, rolls, and biscuits were used by similar proportions of males of all ages (96 to 98 percent). Among females, the proportion using bread, rolls, and biscuits varied from 98 percent of girls 9 to 11 years to 93 to 94 percent of females 15 to 50 years, whereas 99 percent of the women over 74 years ate these foods. Ready-to-eat cereals were consumed by more of the children under 12 years of age (69 to 77 percent) than of the teenagers (44 to 67 percent), adults under 65 years (25 to 37 percent), or of elderly adults (47 to 49 percent).

About 15 percent of the intake of grain products (31 g of 213 g) was obtained and eaten away from home. Nearly one-half of all individuals (48 percent) had at least one grain product away from home. Among grain products, bread, rolls, and biscuits were eaten away from home by the largest proportion of individuals (35 percent), followed by other baked goods (27 percent) and grain mixtures (13 percent). Compared with other sex-age groups, proportionately more school-age children (60 to 67 percent) and men 23 to 34 years (61 percent) ate grain products away from home. Proportionately fewer adults over 74 years (20 to 22 percent) ate grain products away from home.

## By Income

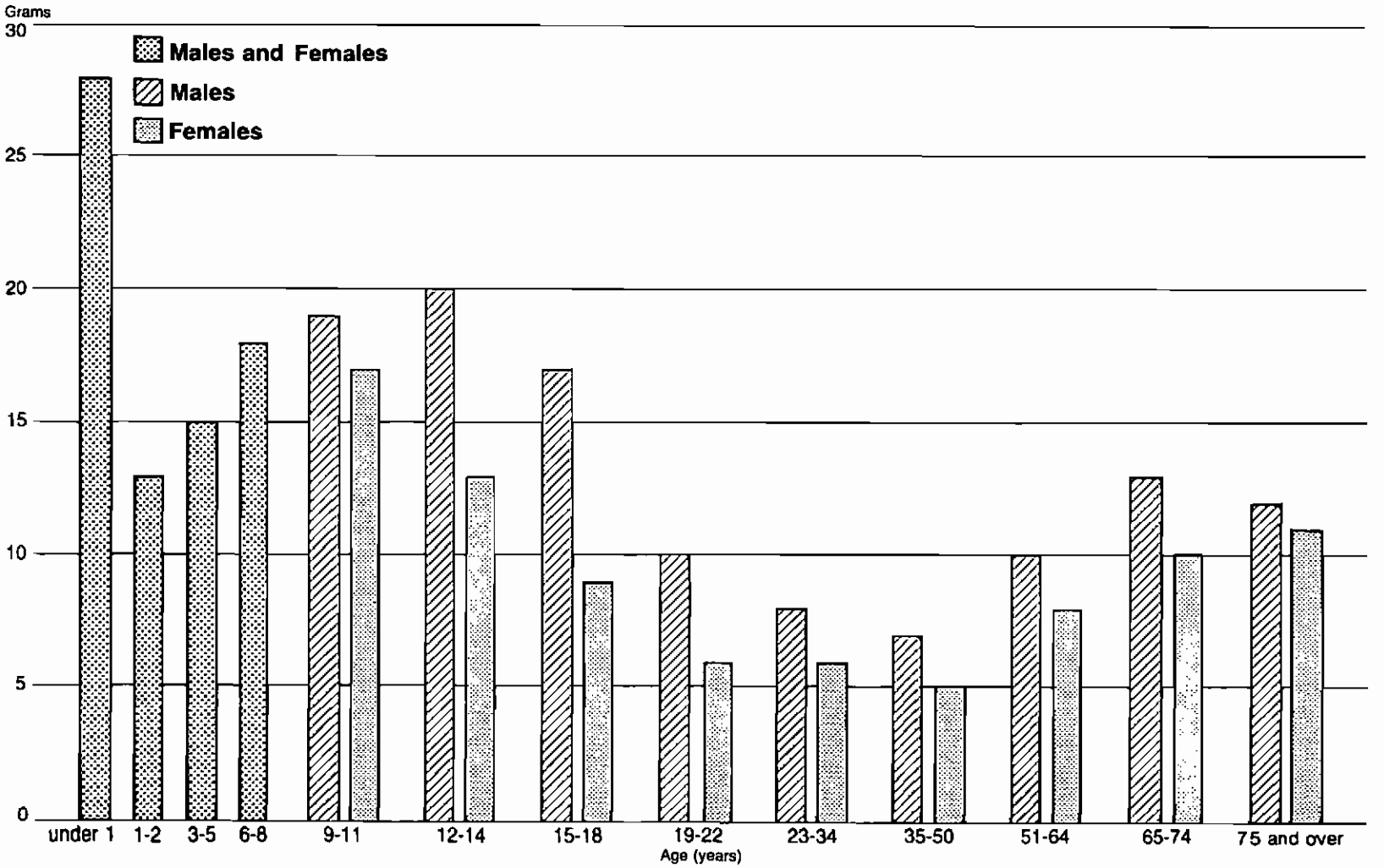
Individuals in households with incomes under $6,000 and $6,000 to $9,999 had slightly larger average intakes of grain products (218 g and 225 g, respectively) than did those with incomes $10,000 to $15,999 and $16,000 and over (212 g and 207 g, respectively). Differences by income were not consistent among the subgroups. Intakes of the cereals and pastas subgroup for all individuals were lower at successively higher levels of income (70 g and 42 g for the lowest and highest income groups, respectively). Differences among intakes of the four income groups for bread, rolls, and biscuits were small. Intakes of grain mixtures were smallest for those with incomes below $6,000. Consumption of other baked products was least in the lowest income group (44 g) and greatest in the highest income group (50 g). The percentage of respondents eating grain products away from home was greater in the higher income groups, varying from 34 percent of the individuals at the lowest income level to 57 percent at the highest income level.

## By Urbanization

Average intakes of grain products were lowest in suburban areas (207 g) and highest in central cities (221 g). The grain products subgroup showing the greatest difference was cereals and pastas, with intakes of 45 g in suburban areas and 61 g in central cities. The average intake of grain products away from home was about the same (31 to 32 g) in all three urbanizations.

Figure 5

**Ready-to-eat Cereals**
**Average intake per individual per day**




Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

## By Race

Blacks generally had a higher average intake of total grain products (235 g) than did whites (206 g). Blacks' average intake of cereals and pastas (86 g) was more than twice that of whites' (41 g), even though blacks' average intake of ready-to-eat cereals was less than whites'. For each subgroup except cereals and pastas, whites had intakes the same as or higher than blacks. Blacks and whites overall ate similar amounts of baked products other than bread, rolls, and biscuits (49 g), but average intakes of males and females differed by race. Among most age groups of males, blacks had lower intakes of other baked products than whites, while among females, blacks had higher intakes than whites. Black females 12 to 50 years also consumed more bread, rolls, and biscuits than white females, while black males 9 to 74 years consumed as much as or less than white males. Grain mixtures were eaten in greater amounts by whites (53 g) than blacks (41 g); this relationship was evident in nearly all sex-age groups.

Forty percent of blacks and 50 percent of whites ate at least one grain product away from home. However, away-from-home intakes of total grain products among most school-age children under 15 years were nearly the same or greater for blacks compared with whites.

## By Season

Total intakes of grain products were larger in the fall (223 g) and winter (226 g) than in spring and summer (201 g). The subgroups contributing to these differences were other baked goods, cereals and pastas, and grain mixtures. Away-from-home intakes of grain products were only slightly larger in fall (34 g) and winter (33 g) than in spring (30 g) and summer (27 g).

## FATS AND OILS

The fats and oils group is comprised of the following items when reported separately by the respondent: table fats such as butter or margarine, salad dressings, sauces such as tartar and hollandaise, oils, and cream substitutes. Fats used in frying are considered part of the fried food and are not included in this group unless reported separately. Salad dressings not reported separately are included with the salad in the food group of the salad's major ingredient. Butter and margarine not reported separately were included with other foods, as in a sandwich or with cooked vegetables. Fats and oils are reported in tables 3A-1.1 to 3N-3.2.

The average intake of fats and oils reported separately was 13 g per day. Intakes were higher for successively older age groups and ranged from 5 g for 1- to 2-year-olds to 19 g for males 51 to 64 years old and to 14 g for most groups of females over age 22 years. About equal amounts of table fats and of salad dressings were reported separately by all individuals combined (6 g). Except for males 23 to 34 years and females 15 to 64 years, intakes of table fats were slightly higher than intakes of salad dressings. Adults over 64 years of age reported less salad dressings but the same or larger amounts of table fats than younger adults.

About four-fifths of all individuals reported use of fats or oils separately during the survey period, with two-thirds reporting table fats and almost one-half reporting salad dressings. About one-fifth of all individuals reported away-from-home use of fats or oils.

### By Income

Average intake of table fats varied little with income (6 g to 7 g), while intakes of salad dressings were higher at successively higher income levels, ranging from 3 g to 7 g. At the lowest and highest income levels, 63 and 70 percent (respectively) of individuals reported table fats, but 34 and 51 percent (respectively) reported salad dressings.

### By Urbanization

In suburban areas, average intake of fats and oils was 15 g. This amount was divided about equally between table fats and salad dressings. In central cities and nonmetropolitan areas, intakes of fats and oils were 12 g, including somewhat more table fats than salad dressings.

### By Race

A larger proportion of whites than of blacks reported fats and oils separately (83 versus 69 percent) and, consequently, their average intakes were larger (14 g versus 8 g). Both whites and blacks had a higher percentage using table fats (70 and 54 percent, respectively) than salad dressings (48 and 35 percent, respectively).

### By Season

Intake of fats and oils per day was about the same in spring (14 g) as in the other seasons (13 g). A little less than one-half of the respondents reported use of salad dressings in spring and summer (48 and 49 percent, respectively), with the proportion somewhat lower in fall and winter (42 and 45 percent, respectively). The percentage of individuals reporting table fats in summer (66 percent) was slightly smaller than in the other seasons (68 to 69 percent).

## VEGETABLES

Vegetable subgroups used in analysis of the survey data were white potatoes, tomatoes, and dark-green, deep-yellow, and "other vegetables." "Mixtures mainly vegetables" are included in the group of the major vegetable. Vegetable soups are included with vegetables even though they may be cream soups. Vegetables in meat mixtures such as stews are not included here unless the vegetables were reported separately by the respondent. Average intakes and percentages of individuals using vegetables are reported in tables 4A-1.1 through 4N-3.2.

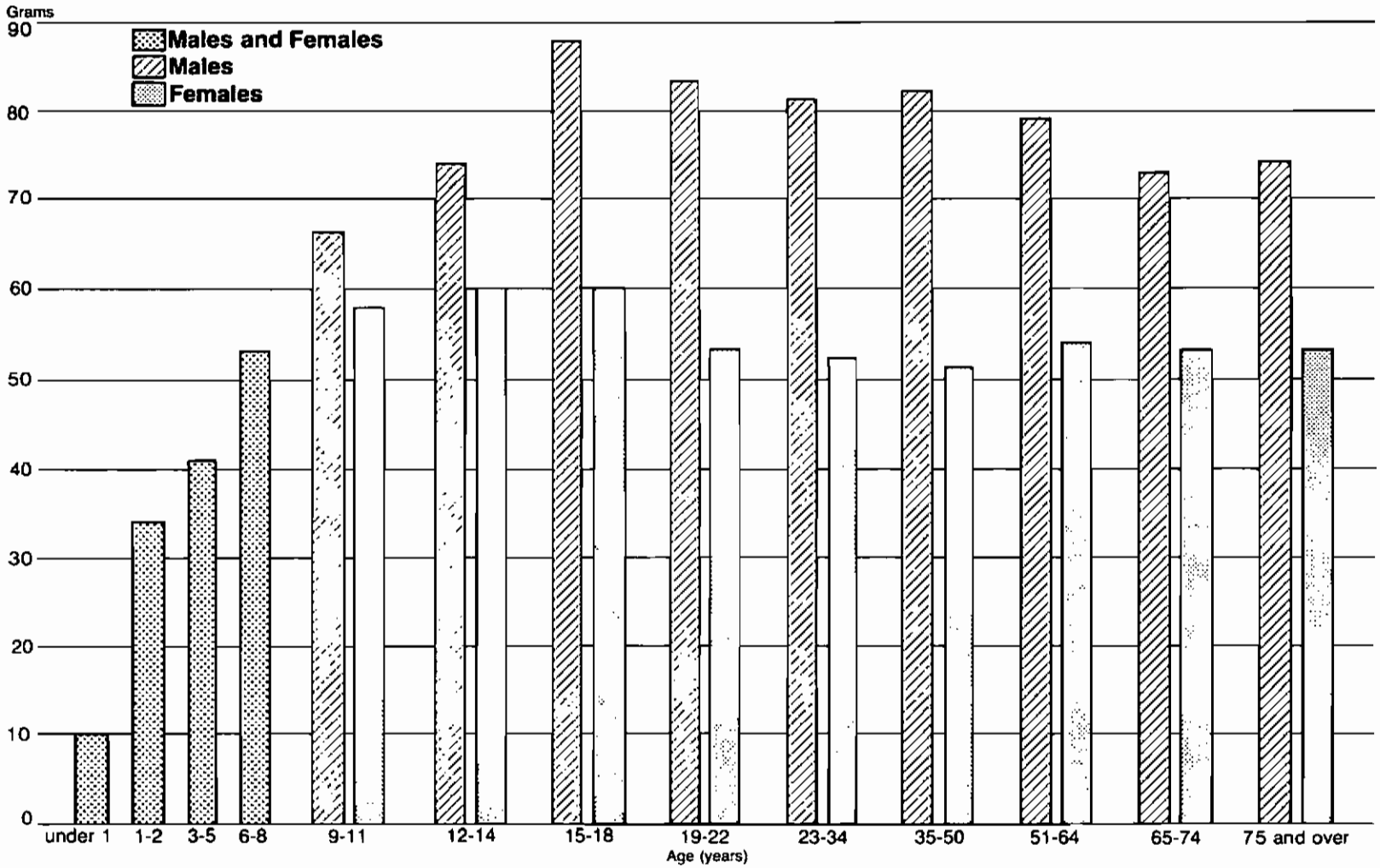
Total vegetable intake was 198 g per day for all respondents. Average vegetable intakes were higher for older age groups and ranged from 98 g for 1- to 2-year-olds to 224 g for 51- to 74-year-old women and 275 g for 51- to 64-year-old men. The "other vegetable" subgroup was the most important in the average intake of all respondents, contributing 95 g out of 198 g. The next largest amount was white potatoes (62 g), followed by tomatoes (25 g) and dark-green and deep-yellow vegetables (8 g and 9 g, respectively). Average intake of white potatoes was highest among 15- to 18-year-old boys (fig. 6).

Almost all respondents reported eating vegetables at least once in the 3-day survey period. Seventy-nine percent reported white potatoes; 48 percent, tomatoes; 17 percent, dark-green vegetables; 22 percent, deep-yellow vegetables; and 92 percent, "other vegetables."

Figure 6

**White Potatoes**

**Average intake per individual per day**




Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Although 43 percent of all individuals reported eating vegetables away from home during the 3 days studied, only 16 percent of total vegetable intake (31 g of 198 g) was obtained and eaten away from home. Nineteen percent (12 g of 62 g) of the white potato intake was reported as eaten away from home.

By Income

There was little variation in average intake of total vegetables among individuals grouped by household income, but consumption of dark-green vegetables varied inversely with income, from 12 g at the low-income level to 7 g among high-income individuals. Children, teenagers, and adults over age 74 in the lowest income groups consumed more total vegetables than those in the highest income groups, but the reverse was generally true for adults 19 to 74 years. Amounts of white potatoes eaten by children, teenagers, and most adult groups in the lowest income category were higher than amounts eaten by those in the highest income category. The proportion of individuals who obtained and ate vegetables away from home at least once in the 3 days surveyed varied with income--from 30 percent for those with incomes under $6,000 to 51 percent for those with incomes $16,000 and over.

By Urbanization

Average total vegetable intake was greatest for residents of nonmetropolitan areas (206 g) and least for those living in central cities (193 g). However, central-city residents had the largest intakes of dark-green vegetables.

By Race

Average intake of total vegetables was somewhat higher for whites than for blacks (201 g and 185 g, respectively), although almost all individuals in both groups reported eating vegetables. However, among children and most groups of teenagers, blacks consumed more total vegetables than whites. For most vegetable subgroups, the average intake and percent using were higher for whites than for blacks, but for dark-green vegetables the opposite was true. The average intake by blacks was three times that of whites (21 g and 7 g, respectively), with the percentage of blacks reporting dark-green vegetables more than twice as high as that of whites (31 percent and 15 percent, respectively). Intakes of deep-yellow vegetables tended to be similar for both racial groups. Among children and teenagers, blacks ate more "other vegetables" than whites.

By Season

Total vegetable intakes by all individuals were slightly higher in summer compared to the other seasons (206 g compared to 195 g in fall and winter and 198 g in spring). However, total vegetable intakes by children 1 to 5 years and by most teenage groups were largest in fall and winter. Those by the youngest and oldest groups of men were largest in spring. Away-from-home consumption of total vegetables by 3- to 18-year-olds was lowest in summer, probably because of the absence of school lunches. Tomato consumption was half again higher in summer than in the other seasons (34 g compared to 21 g to 23 g). The average intake for "other vegetables" was only 5 to 8 percent higher in summer than in the other seasons (100 g versus 92 to 95 g). White potato and dark-green vegetable intakes were lowest in the summer months for most sex-age

groups. The peak season for deep-yellow vegetable intakes in most sex-age groups was fall. In each season, almost all individuals reported eating some vegetables. The percentage of users was greater in summer for tomatoes, in fall for deep-yellow vegetables, and in winter for white potatoes.

## FRUITS

The subgroups of fruits are citrus fruits, citrus juices, dried fruits, apples, bananas, other fruits including mixtures mainly fruit, and noncitrus juices and nectars. Fruit in fruit pies is included in the grain products group. Tables for fruit intakes are 5A-1.1 through 5N-3.2.

Average fruit intake by all individuals surveyed was 142 g per day. Fifteen- to 50-year-olds had intakes somewhat lower (114 g to 138 g) than younger and older groups (135 g to 189 g). The overall intake of citrus fruits and juices was 66 g. Women 51 to 74 years had the highest intakes. Most of the citrus fruit intake was citrus juices (54 g).

Almost three-fourths of respondents reported eating fruit at least once during the 3 days surveyed, with almost one-half reporting citrus fruit or juice and almost three-fifths using other fruits, mixtures, or juices. Only 3 percent reported dried fruit. The 19- to 22-year-olds had the smallest percentage reporting use of fruits (61 percent). Although 16 percent of all individuals obtained and ate fruits away from home, only 8 percent of average intake of total fruits (12 g of 142 g), 6 percent of citrus fruits and juices (4 g of 66 g), and 11 percent of other fruits, mixtures, and juices (8 g of 76 g) were obtained and eaten away from home.

### By Income

Intakes of total fruit and most fruit subgroups generally were larger at successively higher levels of income, as were the percentages of individuals using these foods. Individuals with household incomes of less than $6,000 had intakes of 122 g of fruit per day--about three-fourths of the intakes of those with incomes of $16,000 and over (158 g). However, children 1 to 5 years, boys 15 to 18 years, and men 51 to 74 years in the lowest-income households had average intakes of total fruit that were 44 to 58 percent of intakes for corresponding sex-age groups at the highest income level. In contrast, away-from-home intakes of total fruits were higher among children 6 to 8, boys 9 to 14, girls 9 to 18, men 19 to 34, and women 75 and over in the lowest income group than in the highest income group. For school-age children, school lunch probably contributed to the differences.

### By Urbanization

Fruit intake by residents of suburban areas and central cities was about 150 g per individual per day, whereas for residents of nonmetropolitan areas the average intake was considerably less (124 g). The same pattern generally applied to subgroups of fruits and to the percentage of individuals reporting fruit.

### By Race

Average intake of total fruits by whites was higher than that by blacks (147 g compared to 112 g). Except for citrus juices, intakes of all fruit subgroups were considerably higher among whites than among blacks. Away-from-home intakes of fruits comprised 13 percent

of total intake by blacks (14 g of 112 g) and 8 percent by whites (12 g of 147 g). Among children 3 to 8 years, boys 9 to 14, and girls 9 to 18, blacks ate more fruit away from home than did whites.

By Season

Total fruit intake by all individuals was slightly higher on the average in summer (148 g) than during the other three seasons (140 g to 142 g). Much more noncitrus fruit, excluding dried fruit, was eaten during the summer than in other seasons (90 g compared to 65 g in winter, 74 g in spring, and 75 g in fall). Intake of citrus fruits and juices was highest in winter (74 g compared to 57 g in summer, 64 g in fall, and 67 g in spring). Apple consumption was highest in fall (27 g) and fell progressively from winter (21 g) through spring (16 g) and summer (14 g). Average intake of bananas for individuals overall, however, was the same in all four seasons (9 g).

SUGAR AND SWEETS

The sugar and sweets group includes sugar and sugar substitutes, sirup, honey, icing, toppings, jelly, and jam, reported separately; also included are gelatin desserts, popsicles, and candy (see "Table Notes," appendix B). Data for sugar and sweets are in tables 6A-1.1 to 6N-3.2.

Average intake of sugar and sweets by all respondents was 23 g per day. Intakes varied with age from 17 g for 1- to 2-year-olds to peaks of 36 g for 12- to 14-year-old boys and 29 g for 9- to 11-year-old girls, then declined to 19 g and 15 g for 19- to 22-year-old men and women, respectively. After age 22, successively older age groups consumed more. The average intake of the sugar subgroup was 5 g; men over 34 had the highest intakes (7 g). The overall average intake of candy was 3 g, but boys 9 to 14 years and girls 12 to 14 years ate twice as much as the overall average (6 g).

Nearly three-fourths of respondents used sugar and sweets at least once in the 3-day period reported. Among sex-age groups, percentages reporting sugar or sweets were lowest for 19- to 22-year-old men and women (65 and 67 percent, respectively) and highest for 6- to 8-year-old children and 9- to 11-year-old boys (81 percent). Of all sex-age groups, girls 12 to 14 years had the highest proportion reporting candy (25 percent).

About one-sixth (4 g of 23 g) of total sugar and sweets intake was obtained and eaten away from home. About one-fifth of respondents (19 percent) reported having sugar or sweets away from home, with the largest proportion among men 23 to 50 years (26 percent).

By Income

Among income groups, average intakes of sugar and sweets were lowest in households with incomes under $6,000 (20 g) and highest in households with incomes $16,000 and over (25 g). Intakes of sugar reported separately, however, did not vary with income level. Seventy and 74 percent of all respondents in the lowest and highest income groups, respectively, reported eating at least one item in this food group during the 3 days surveyed. The percentage of respondents at the highest income level reporting candy was nearly double that at the lowest income level (16 percent versus 9 percent).

### By Urbanization

Average intake of sugar and sweets was lower in central cities (19 g) than in suburban areas (23 g) and non-metropolitan areas (24 g). Away-from-home intakes of sugar and sweets were similar (4 g) in all three urbanizations.

### By Race

Average intake of sugar and sweets was half again as much for whites (24 g) as for blacks (16 g). In all sex-age groups, average intakes by whites were above those by blacks.

### By Season

Average intake of total sugar and sweets was slightly lower in summer (21 g) than in the other seasons (23 g).

## NONALCOHOLIC BEVERAGES

Beverages included in this subgroup are coffee, tea, soft drinks, and fruit drinks and ades (see "Table Notes," appendix B). Data on these beverages are presented in tables 6A-1.1 to 6N-3.2. Milk and milk drinks and fruit juices and nectars are not included in the beverage food group. They are considered as parts of the milk and milk products and fruit groups.

For all individuals combined, average intakes per day of these beverages were 265 g of coffee, 123 g of tea, 167 g of soft drinks, and 24 g of fruit drinks and ades. In age groups over 22 years, men drank more coffee than women, but women drank more tea than men. As expected, coffee and tea intakes were highest for adults, with peak coffee drinking reported by 51- to 64-year-olds and tea drinking highest among 23- to 50-year-olds. On the other hand, the largest intakes of soft drinks were those by teenagers and young adults (fig. 7). Intakes of fruit drinks and ades were highest among individuals under 35 years. Fifty-seven percent of total respondents reported soft drinks during the 3 days surveyed, 51 percent reported coffee, 39 percent reported tea, and 14 percent reported fruit drinks and ades.

As a proportion of total intakes, away-from-home intakes accounted for 18 percent of the coffee (48 g of 265 g), 11 percent of tea (13 g of 123 g), 31 percent of soft drinks (51 g of 167 g), and 17 percent of fruit drinks and ades (4 g of 24 g). Twenty-six percent of the respondents had soft drinks away from home, 19 percent had coffee, 9 percent had tea, and 3 percent had fruit drinks and ades. Proportionately more 15- to 34-year-olds reported soft drinks away from home than did other sex-age groups, and 23- to 64-year-olds had the largest proportions reporting coffee away from home.

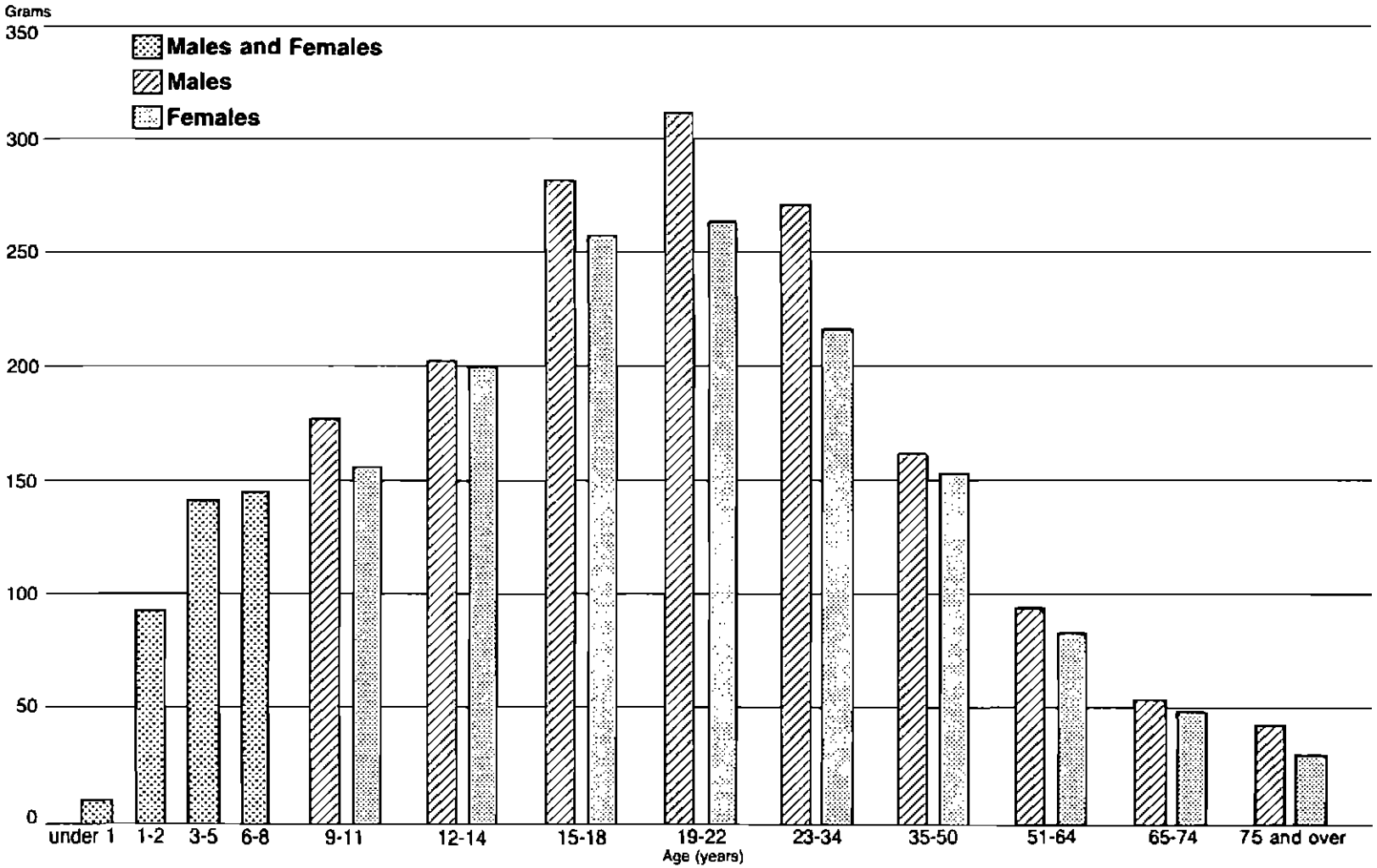
### By Income

Intakes of coffee, tea, soft drinks, and fruit drinks and ades varied directly with income. Differences were most notable for soft drinks; the average intake at the lowest income level was 139 g and at the highest, 174 g. Nevertheless, in a number of the sex-age groups, average intakes of soft drinks were higher among individuals at the lowest income level than at the highest. Except for coffee, the proportions of individuals reporting these beverages were higher at higher income levels. Higher income people also reported higher beverage intakes away from home.

Figure 7

**Soft Drinks**

**Average intake per individual per day**




Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Coffee intake away from home increased from 9 percent of the total (21 g of 238 g) at the lowest income level, to 24 percent (67 g of 280 g) at the highest income level; intake of soft drinks away from home increased from 21 percent (29 g of 139 g) to 36 percent (62 g of 174 g).

By Urbanization

Central-city residents had the lowest average intakes of coffee and tea and the highest intakes of soft drinks and fruit drinks and ades. Residents of suburban areas drank the most coffee, and those in nonmetropolitan areas, the most tea. Among the urbanizations, there was little variation in beverage intake away from home, except for coffee. Suburban residents had more coffee away from home (58 g) than people living in central cities and in nonmetropolitan areas (42 g).

By Race

White respondents reported drinking almost three times as much coffee as blacks (292 g versus 111 g) and almost twice as much tea (132 g versus 74 g). However, intakes of soft drinks (160 g versus 212 g) and fruit drinks and ades (22 g versus 39 g) were substantially lower among whites than among blacks. This pattern generally held for the sex-age groups of whites and blacks also. However, among males 15 to 22 years, intakes of soft drinks were higher for whites than for blacks. Away-from-home consumption of these beverages was higher for whites than for blacks except for fruit drinks and ades.

By Season

Coffee intakes by all individuals combined were higher on the average in fall (274 g) and winter (285 g) than in spring (257 g) and summer (243 g). The reverse was true for soft drinks, with higher intakes in spring (181 g) and summer (189 g) than in fall (151 g) and winter (147 g). Tea, like soft drinks, was drunk in larger quantities in summer (151 g) and spring (131 g) than in fall and winter (104 g). In spring and summer, away-from-home intakes of soft drinks were higher than those of the other three beverages. In fall and winter, away-from-home intakes were highest for coffee (48 g to 50 g).

ALCOHOLIC BEVERAGES

Alcoholic beverages include distilled liquors, liqueurs, beer, ale, wine, and mixed drinks (see "Table Notes," appendix B). Data for these beverages are found in tables 6A-1.1 to 6N-3.2.

Average intakes of alcoholic beverages among males 15 years and over ranged from 18 g for 15- to 18-year-old boys to 173 g for 23- to 34-year-old men. Among females 15 years and over, average intakes ranged from 5 g for 15- to 18-year-old girls to 40 g for 23- to 34-year-old women. Average intakes by both men and women were substantially lower in older age groups.

The age group having the highest proportion of users of alcoholic beverages was the 23- to 34-year-olds (36 percent of the men and 20 percent of the women). Among those 75 years and over, 12 percent of the men and 6 percent of the women reported alcoholic beverages. Men in the three age groups from 19 to 50 years had the highest percentages reporting beer

(20 to 28 percent). According to the data collected, about one-third of total alcoholic beverage intake was obtained and consumed away from home.

### By Income

Average intakes of total alcoholic beverages were directly related to income. The amounts of such beverages, other than beer, reported by women in the highest income group were much larger than the amounts reported by lower income women. Relatively more beer was reported by lower than higher income men. Away-from-home intake of alcoholic beverages at the highest income level was much higher than among lower income individuals, reflecting higher intakes by men 35 to 64 years and by women.

### By Urbanization

Residents of nonmetropolitan areas reported considerably lower intakes of alcoholic beverages than residents of central cities or suburban areas. Away-from-home intakes were much lower in nonmetropolitan areas than in more urbanized areas.

### By Race

Whites reported much higher consumption of alcoholic beverages than blacks. Average intakes of alcoholic beverages away from home reported by whites were far greater than those reported by blacks, especially by women. Other striking differences between intakes of whites and blacks were in average beer intakes by men 19 to 34 years old (124 g to 161 g and 29 g to 92 g, respectively).

### By Season

Average intakes of alcoholic beverages were highest in spring and summer and lowest in fall and winter. This seasonal variation was largely a reflection of differences in intakes away from home.

## INFANTS' FOOD INTAKES

Infants, as defined in this report, are individuals under 1 year of age. Infants' food intakes are discussed separately because they differ markedly from those of older individuals. The younger the infant, the more likely it is that his or her intake consists of one food--milk or formula. Because of the close relationship between age and food intake, the distributions by age and demographic characteristics of the 421 nonbreast-fed infants surveyed are presented below.

Distribution of infants

| Demographic characteristics and seasons | Age (months) 0 to 2 (N=91) | 3 to 5 (N=100) | 6 to 8 (N=124) | 9 to 11 (N=106) |
|---|---|---|---|---|
| | Percent | | | |
| Income: | | | | |
| Under $6,000 ..... | 29.7 | 19.1 | 21.6 | 29.7 |
| $6,000-$9,999 ..... | 21.0 | 22.5 | 34.0 | 22.5 |
| $10,000-$15,999 ... | 20.4 | 36.5 | 22.6 | 20.5 |
| $16,000 and over .. | 18.5 | 19.5 | 32.9 | 29.0 |
| Not reported ..... | 23.4 | 14.9 | 35.8 | 25.8 |
| Urbanization: | | | | |
| Central city ..... | 19.8 | 25.4 | 26.5 | 28.3 |
| Suburban ..... | 16.0 | 24.6 | 34.2 | 25.2 |
| Nonmetropolitan ... | 29.3 | 21.3 | 26.7 | 22.7 |
| Race: | | | | |
| White ..... | 21.1 | 23.8 | 30.4 | 24.6 |
| Black ..... | 24.4 | 28.5 | 19.4 | 27.6 |
| Other ..... | 23.3 | 11.9 | 37.3 | 27.6 |
| Season: | | | | |
| Spring ..... | 18.2 | 22.4 | 33.2 | 26.3 |
| Summer ..... | 22.5 | 27.3 | 24.4 | 26.0 |
| Fall ..... | 30.5 | 21.3 | 25.6 | 22.6 |
| Winter ..... | 15.6 | 23.2 | 35.0 | 26.4 |
| All infants ..... | 21.8 | 23.6 | 29.3 | 25.3 |

Because only 8 percent of infants were fed food obtained away from home, away-from-home food will not be discussed. The intakes of 103 breast-fed infants were excluded from the tables and discussion because it was not possible to estimate the amounts of breast milk consumed. Infants' intakes are presented in tables 1A-1.1 to 6N-3.2.

Infants' average intake of meat, poultry, and fish was 55 g, supplied mostly by meat mixtures (35 g). Fifty-eight percent of infants were fed food from the meat group. At higher levels of household income, the percentages of infants fed foods from the meat group were higher, ranging from 50 to 64 percent. Fifty-two percent of black infants and 59 percent of white infants were fed some meat, poultry, or fish.

Average intake of milk and milk products was equivalent in calcium content to 495 g of fluid whole milk. Actual intakes of milk and milk drinks were substantially higher (669 g) because of large intakes of milk-based formulas, which generally have lower calcium content than milk. Average intake of fluid milk was only 342 g. Ninety-three percent of infants consumed milk and milk products; the other 7 percent were probably drinking soy-based formula as indicated by the 17 percent of infants consuming items from the legumes group. Generally, intakes of milk and milk products varied little among income levels, urbanizations, and races.

Nearly 19 percent of infants were fed eggs, with an average intake of 5 g. Twenty-three percent of infants living in central cities consumed eggs, compared with 16 to 17 percent in suburban and nonmetropolitan areas. A larger percentage of black infants (23 percent) than of white infants (17 percent) consumed eggs.

Average intake of the legumes group, which includes soy-based formulas, was 59 g. While 21 percent of infants in the lowest income households were fed items from the legumes group, only 17 percent of those in the highest income households ate foods from this group. A larger percentage of black infants (22 percent) than white infants (16 percent) had items from the legumes group.

Nearly 90 percent of infants were fed grain products, mostly in the form of ready-to-eat cereals, with an average intake of 65 g. A smaller proportion of infants living in households with incomes less than $6,000 (78 percent) than of infants living in homes with incomes $10,000 and over (93 to 94 percent) were fed grain products. Ninety-four percent of suburban infants ate grain products, compared with 85 percent of those in central cities and 88 percent of those in nonmetropolitan areas.

Average intake of fats and oils was less than 0.5 g, with this food group being reported for 14 percent of all infants. The proportion of infants consuming fats and oils was smaller in higher than in lower income households. A substantially larger percentage of black infants (22 percent) than of white infants (13 percent) consumed fats.

Average vegetable intake was 77 g, with three-fourths of all infants consuming such foods. A little less than two-thirds of the infants living in homes with incomes of less than $10,000 were fed vegetables, compared with three-fourths of those in the $10,000 and over income brackets. Relatively more suburban infants (80 percent) were fed foods from this group than were infants in central cities and nonmetropolitan areas (67 to 68 percent).

Average intake of fruit was 151 g, with 78 percent of all infants consuming food from this group. The proportion of infants fed fruit varied substantially among income levels, urbanizations, and races. At higher income levels, the percentage of infants fed fruit was higher, varying from 64 percent of infants in households earning less than $6,000 to 82 percent of infants in households earning $16,000 and over. Relatively more suburban infants had fruit (85 percent) than those living in central cities and nonmetropolitan areas (73 and 76 percent, respectively). Also, 81 percent of white infants were fed foods from this group, while only 66 percent of black infants were.

About one-fifth of all infants had sugar and sweets, with an average intake of 6 g. The percentages of infants eating sugar and sweets differed sharply with income--12 percent of those living in households earning less than $6,000 versus 22 to 23 percent of infants in households in the three higher income groups. Average intakes were four times as great in households with incomes $10,000 and over as in those below that level. A larger proportion of black infants (28 percent) than of white infants (20 percent) ate foods from this group.

Sixteen percent of infants drank beverages. Average intake was 22 g, with nearly half (10 g) in the form of soft drinks. On the average, infants living in households with incomes of $16,000 and over consumed smaller amounts of beverages (15 g) than did infants in lower income groups (22 g to 24 g). Intakes by infants in central cities were half again as large as those of infants in suburban and nonmetropolitan areas.

In nonmetropolitan areas, tea made up over half of the total intake while in central cities and suburban areas soft drinks were predominant. Average intake of these beverages was only 18 g for white infants but 49 g for black infants. Nearly half of white infants' intake came from soft drinks (8 g), while soft drinks, tea, and fruit drinks and ades each contributed about a third (15 g to 17 g) of total beverage intake for black infants. Seasonal differences in intakes of infants were small for most food groups.

## Characteristics of Households and Individuals

Information on household income and the characteristics --age, employment, and education--of the male and female heads was provided by the household respondent. The interviewer recorded the race of the household respondent based on observation; all members of the household were assigned that race. Region and urbanization were part of the household identification code and were based on Census definitions. All the tables in this section (tables 7.1 to 7.6) included breast-fed infants and children who were excluded in tables 1A-1.1 to 6N-3.2. Counts and percentages in the tables reflect application of weighting factors as described in appendix D. Because rounding occurs at each aggregation, parts may not add to totals.

### MALE AND FEMALE HEADS OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION

For about half of all individuals surveyed, the male head of household was 35 to 64 years of age. One-fourth of the individuals were in households with a male head 20 to 34 years old. Almost a tenth lived in households with a male head 65 or over. Of all individuals, 16 percent reported no male head of household. About three-fifths of the people were in households that had a male head employed full time, compared with 5 percent part time, and 17 percent not employed. For all individuals, the educational level of the male head of household was elementary school or less for 13 percent, some high school for 12 percent, high school completed for 28 percent, and college for 32 percent.

Just over half of all individuals had female heads 35 to 64 years old, and about one-third had female heads 20 to 34 years old. Female heads were 65 and over in the households of 8 percent of the individuals. No female head was reported for 4 percent of all individuals. The female head of household was employed full time for 25 percent of the individuals, part time for 15 percent, and not employed for 57 percent. For all individuals, educational background of the female head was elementary school or less for 12 percent, some high school for 16 percent, high school completed for 40 percent, and college for 28 percent.

### RACE

The distribution by race of the 36,255 individuals surveyed is similar to that estimated by the U.S. Bureau of the Census for July 1977 (38). In the NFCS 1977-78, 83.6 percent of the individuals participating in the individual intake survey had a white household respondent, 12.4 percent had a black respondent, and 3.8 percent had a respondent of another race. The census estimates identify 86.6 percent of the population as white, 11.6 percent as black, and 1.8 percent as of another race.

The distributions by age for blacks and whites differ. These distributions and how they compare to census estimates are shown below.

| Age (years) | Whites NFCS | Whites Census estimates | Blacks NFCS | Blacks Census estimates |
|---|---|---|---|---|
| | Percent | | | |
| Under 19 ..... | 32.0 | 30.4 | 41.5 | 39.7 |
| 19-22 ..... | 6.2 | 7.5 | 7.4 | 8.5 |
| 23-50 ..... | 36.4 | 36.3 | 31.1 | 33.5 |
| 51 and over ..... | 25.4 | 25.8 | 20.0 | 18.3 |

## HOUSEHOLD INCOME AND RACE

Nearly one-third of the individuals were in households with incomes of $16,000 or more; of that group, 92 percent were white and 6 percent were black. At higher levels of income, the proportions of whites were larger and those of blacks were smaller, as shown below. (Income categories were chosen to be comparable to those in the 1965 survey.)

| Household income | Individuals | Whites | Blacks |
|---|---|---|---|
| | Number | Percent | |
| Under $6,000 ..... | 4,030 | 64.5 | 29.4 |
| $6,000-$9,999 ..... | 4,264 | 77.4 | 15.0 |
| $10,000-$15,999 ..... | 7,319 | 85.6 | 10.7 |
| $16,000 and over ..... | 11,667 | 91.7 | 5.7 |
| Not reported ..... | 8,975 | 83.1 | 13.5 |
| All incomes ..... | 36,255 | 83.6 | 12.4 |

Among sex-age groups under 65 years, the largest proportions of individuals (26 to 47 percent) were in households with incomes of $16,000 or more. For the oldest age groups, the largest proportion of individuals (24 to 40 percent) were in households with incomes under $6,000.

## REGION AND RACE

Almost one-third of the individuals surveyed lived in the South, about one-fourth in the Northeast, just over one-fourth in the North Central region, and less than one-fifth in the West, as shown below. The percentage of whites was about the same (85 to 90 percent) in all regions except the South (74 percent). The percentage of blacks was highest in the South (23 percent) and lowest in the West (5 percent). Proportions of respondents whose race was listed as "other" were very low except in the West (10 percent).

| Region | Individuals | | White | Black | Other |
|---|---|---|---|---|---|
| | Number | Percent | Percent | | |
| Northeast ..... | 8,894 | 24.5 | 87.4 | 8.1 | 4.3 |
| North Central . | 9,757 | 26.9 | 90.0 | 8.4 | 1.2 |
| South ..... | 11,226 | 31.0 | 74.2 | 23.4 | 2.4 |
| West ..... | 6,378 | 17.6 | 85.2 | 5.1 | 9.6 |
| All regions ... | 36,255 | 100.0 | 83.6 | 12.4 | 3.8 |

## URBANIZATION AND RACE

Of all individuals surveyed, nearly two-fifths lived in suburban areas, one-third in nonmetropolitan areas, and slightly less than one-third in central cities, as shown below. Whites accounted for about nine-tenths

of suburban and nonmetropolitan residents and for two-thirds of central-city dwellers. Proportions of blacks were highest in central cities.

| Urbanization | Individuals | | White | Black | Other |
|---|---|---|---|---|---|
| | Number | Percent | ------Percent------ | | |
| Central cities .. | 10,487 | 28.9 | 66.4 | 27.7 | 5.6 |
| Suburban areas .. | 13,781 | 38.0 | 91.4 | 4.9 | 3.6 |
| Nonmetropolitan areas ..... | 11,988 | 33.1 | 89.9 | 7.6 | 2.4 |
| All urbanizations | 36,255 | 100.0 | 83.6 | 12.4 | 3.8 |

Among sex-age groups under 65 years of age, the largest proportions of individuals lived in suburban areas. Among the oldest groups, relatively more individuals resided in nonmetropolitan areas.

## HOUSEHOLD SIZE

The largest proportion of individuals (23 percent) lived in households of four members, but nearly as many (21 percent) were in two-member households. For 18 percent of individuals, households had more than five members. Household size was three members for 17 percent, five members for 15 percent, and one member for 6 percent of all individuals. Among sex-age groups, women over 50 and men over 64 years old had the highest percentages in one-member households (10 to 43 percent). Two-member households were most frequent among men and women over 50 years (37 to 69 percent). Boys and girls 9 to 18 years old were identified most often as belonging to households of more than five members (35 to 41 percent).

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## GUIDE TO TABLE NUMBERING SYSTEM

Each food intake table is identified by a series of four alphanumeric characters 1A-1.1 through 6N-3.2.

The first digit refers to a food grouping:

1 Meat, Poultry, Fish
2 Milk, Milk Products; Eggs; Legumes, Nuts, Seeds
3 Grain Products; Fats, Oils
4 Vegetables
5 Fruits
6 Sugar, Sweets; Beverages

The letter refers to a demographic characteristic of the sample or to a season:

A All incomes, all urbanizations, all races, all seasons
B Income under $6,000
C Income $6,000 to $9,999
D Income $10,000 to $15,999
E Income $16,000 and over
F Central cities
G Suburban areas
H Nonmetropolitan areas
I Whites
J Blacks
K Spring
L Summer
M Fall
N Winter

The number following the hyphen refers to the source of food:

-1 All food
-2 Food obtained and eaten away from home
-3 Food from home

The number following the period refers to the statistical measure:

.1 Average intake per individual per day
.2 Percentage of individuals using specified foods

TABLE IA-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 55 | 6 | 3 | 2 | 6 | 5 | 1 | 2 | (5) | 35 |
| 1-2..... | 4/1,035 | 103 | 20 | 8 | 1 | 14 | 12 | 1 | 15 | 4 | 40 |
| 3-5..... | 1,719 | 122 | 27 | 11 | 1 | 16 | 15 | 1 | 17 | 6 | 44 |
| 6-8..... | 1,841 | 154 | 34 | 13 | 1 | 20 | 18 | 1 | 18 | 7 | 60 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 189 | 43 | 16 | 2 | 23 | 20 | 2 | 19 | 8 | 76 |
| 12-14..... | 1,150 | 216 | 52 | 18 | 1 | 26 | 23 | 1 | 22 | 9 | 84 |
| 15-18..... | 1,394 | 267 | 66 | 25 | 2 | 30 | 26 | 2 | 25 | 10 | 107 |
| 19-22..... | 1,030 | 290 | 76 | 25 | 1 | 32 | 28 | 3 | 29 | 14 | 109 |
| 23-34..... | 2,716 | 292 | 75 | 28 | 3 | 30 | 26 | 2 | 30 | 16 | 107 |
| 35-50..... | 2,571 | 288 | 78 | 30 | 3 | 31 | 27 | 3 | 28 | 15 | 101 |
| 51-64..... | 2,161 | 266 | 71 | 29 | 3 | 30 | 27 | 5 | 26 | 18 | 84 |
| 65-74..... | 1,049 | 226 | 51 | 24 | 4 | 28 | 24 | 4 | 18 | 17 | 79 |
| 75 AND OVER..... | 465 | 206 | 54 | 27 | 4 | 21 | 19 | 3 | 16 | 10 | 70 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | 164 | 40 | 14 | 1 | 20 | 18 | 1 | 18 | 6 | 65 |
| 12-14..... | 1,148 | 179 | 42 | 16 | 1 | 21 | 19 | 1 | 18 | 9 | 71 |
| 15-18..... | 1,473 | 186 | 45 | 16 | 2 | 22 | 20 | 1 | 16 | 11 | 73 |
| 19-22..... | 1,317 | 183 | 43 | 19 | 1 | 24 | 22 | 1 | 16 | 11 | 69 |
| 23-34..... | 3,879 | 187 | 46 | 17 | 2 | 23 | 21 | 2 | 16 | 11 | 69 |
| 35-50..... | 3,759 | 191 | 51 | 19 | 2 | 24 | 20 | 3 | 14 | 13 | 65 |
| 51-64..... | 2,936 | 190 | 46 | 19 | 3 | 25 | 22 | 3 | 14 | 14 | 67 |
| 65-74..... | 1,376 | 165 | 38 | 17 | 4 | 24 | 22 | 3 | 11 | 12 | 55 |
| 75 AND OVER..... | 751 | 148 | 34 | 16 | 3 | 22 | 20 | 3 | 12 | 8 | 51 |
| ALL INDIVIDUALS... | 4/36,142 | 204 | 51 | 20 | 2 | 24 | 22 | 2 | 19 | 12 | 74 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1A-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 58.2 | 18.0 | 10.7 | 5.9 | 18.8 | 16.5 | 2.4 | 7.4 | 2.6 | 39.9 |
| 1-2..... | 4/1,035 | 98.6 | 60.5 | 44.2 | 3.3 | 42.6 | 39.2 | 6.2 | 58.4 | 17.1 | 62.6 |
| 3-5..... | 1,719 | 99.4 | 65.6 | 46.0 | 3.2 | 42.6 | 39.3 | 5.2 | 63.0 | 20.4 | 63.6 |
| 6-8..... | 1,841 | 99.6 | 67.3 | 46.7 | 3.7 | 45.1 | 41.4 | 4.6 | 61.9 | 22.5 | 70.6 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 99.8 | 68.6 | 47.4 | 3.6 | 44.0 | 40.0 | 5.4 | 61.7 | 22.0 | 73.2 |
| 12-14..... | 1,150 | 99.8 | 69.5 | 49.9 | 3.0 | 44.6 | 39.7 | 4.1 | 60.2 | 22.0 | 73.8 |
| 15-18..... | 1,394 | 99.9 | 70.4 | 56.1 | 3.1 | 43.8 | 38.9 | 5.5 | 59.7 | 21.1 | 75.6 |
| 19-22..... | 1,030 | 99.5 | 71.5 | 49.8 | 2.4 | 44.6 | 39.6 | 5.8 | 58.6 | 21.8 | 73.4 |
| 23-34..... | 2,716 | 99.3 | 72.7 | 54.1 | 4.9 | 38.3 | 33.2 | 5.2 | 59.3 | 26.5 | 71.9 |
| 35-50..... | 2,571 | 99.6 | 76.4 | 58.0 | 5.2 | 41.4 | 37.5 | 6.4 | 60.5 | 25.8 | 71.8 |
| 51-64..... | 2,161 | 99.5 | 74.7 | 57.2 | 5.4 | 45.3 | 40.4 | 11.1 | 58.6 | 28.6 | 67.9 |
| 65-74..... | 1,049 | 99.1 | 64.6 | 54.4 | 6.4 | 43.0 | 39.3 | 10.1 | 51.1 | 27.5 | 65.0 |
| 75 AND OVER..... | 465 | 99.0 | 67.2 | 59.3 | 8.0 | 36.0 | 33.2 | 9.1 | 46.0 | 20.2 | 58.4 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | 99.5 | 69.9 | 46.8 | 2.5 | 44.1 | 40.0 | 3.6 | 62.1 | 21.7 | 70.2 |
| 12-14..... | 1,148 | 99.6 | 67.2 | 47.2 | 3.1 | 43.8 | 39.2 | 3.8 | 58.2 | 23.9 | 70.7 |
| 15-18..... | 1,473 | 99.5 | 66.2 | 46.2 | 4.0 | 43.7 | 39.5 | 3.8 | 51.6 | 24.2 | 70.8 |
| 19-22..... | 1,317 | 98.4 | 62.3 | 47.3 | 2.1 | 44.7 | 41.4 | 3.0 | 50.3 | 25.2 | 66.2 |
| 23-34..... | 3,879 | 98.6 | 66.6 | 47.4 | 4.7 | 42.9 | 38.7 | 5.7 | 51.8 | 25.6 | 63.9 |
| 35-50..... | 3,759 | 99.5 | 70.5 | 51.3 | 4.5 | 44.5 | 39.9 | 7.5 | 48.9 | 28.0 | 64.1 |
| 51-64..... | 2,936 | 99.4 | 66.1 | 51.8 | 6.0 | 44.1 | 40.2 | 8.6 | 44.8 | 28.3 | 64.7 |
| 65-74..... | 1,376 | 98.6 | 64.0 | 50.2 | 7.8 | 44.9 | 40.9 | 9.0 | 38.9 | 24.9 | 58.0 |
| 75 AND OVER..... | 751 | 98.6 | 58.2 | 46.1 | 7.1 | 40.7 | 37.9 | 7.3 | 41.4 | 19.9 | 53.3 |
| ALL INDIVIDUALS... | 4/36,142 | 98.8 | 67.9 | 50.2 | 4.5 | 42.9 | 38.8 | 6.3 | 53.9 | 24.5 | 66.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1A-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 1 | (5) | (5) | (5) | (5) | (5) | (5) | (5) | 0 | (5) |
| 1-2..... | 4/1,035 | 10 | 2 | 1 | (5) | 1 | 1 | (5) | 1 | (5) | 4 |
| 3-5..... | 1,719 | 16 | 3 | 1 | (5) | 2 | 1 | (5) | 1 | 1 | 8 |
| 6-8..... | 1,841 | 37 | 7 | 1 | (5) | 4 | 3 | (5) | 3 | 2 | 20 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 47 | 8 | 1 | (5) | 5 | 4 | (5) | 4 | 2 | 27 |
| 12-14..... | 1,150 | 51 | 10 | 2 | (5) | 4 | 3 | (5) | 4 | 2 | 28 |
| 15-18..... | 1,394 | 63 | 14 | 3 | (5) | 5 | 4 | (5) | 4 | 2 | 35 |
| 19-22..... | 1,030 | 77 | 19 | 4 | (5) | 7 | 6 | 1 | 4 | 4 | 39 |
| 23-34..... | 2,716 | 74 | 19 | 4 | 1 | 6 | 5 | (5) | 4 | 5 | 34 |
| 35-50..... | 2,571 | 62 | 16 | 4 | 1 | 5 | 4 | 1 | 3 | 5 | 28 |
| 51-64..... | 2,161 | 46 | 14 | 2 | (5) | 4 | 4 | (5) | 3 | 4 | 18 |
| 65-74..... | 1,049 | 27 | 6 | 2 | 1 | 3 | 2 | (5) | 1 | 3 | 12 |
| 75 AND OVER..... | 465 | 18 | 5 | 1 | (5) | 2 | 2 | (5) | (5) | 2 | 8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | 39 | 7 | 1 | (5) | 4 | 3 | (5) | 3 | 2 | 21 |
| 12-14..... | 1,148 | 43 | 8 | 1 | (5) | 3 | 3 | 0 | 3 | 3 | 24 |
| 15-18..... | 1,473 | 45 | 11 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 23 |
| 19-22..... | 1,317 | 46 | 9 | 3 | (5) | 5 | 5 | (5) | 2 | 3 | 23 |
| 23-34..... | 3,879 | 39 | 9 | 2 | (5) | 4 | 4 | (5) | 2 | 3 | 19 |
| 35-50..... | 3,759 | 32 | 7 | 2 | (5) | 3 | 2 | (5) | 1 | 4 | 13 |
| 51-64..... | 2,936 | 27 | 6 | 1 | (5) | 3 | 3 | (5) | 1 | 3 | 11 |
| 65-74..... | 1,376 | 21 | 4 | 2 | (5) | 3 | 3 | (5) | (5) | 2 | 8 |
| 75 AND OVER..... | 751 | 14 | 3 | 1 | (5) | 2 | 1 | (5) | (5) | 1 | 6 |
| ALL INDIVIDUALS... | 4/36,142 | 41 | 9 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 20 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1A-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 3.2 | 0.9 | 0.8 | 0.2 | 0.8 | 0.8 | 0.2 | 0.2 | 0.0 | 1.2 |
| 1-2..... | 4/1,035 | 27.2 | 9.0 | 3.4 | .3 | 5.2 | 4.8 | .1 | 6.6 | 1.2 | 12.0 |
| 3-5..... | 1,719 | 33.9 | 10.9 | 3.4 | .2 | 5.5 | 4.5 | .3 | 8.6 | 3.3 | 17.4 |
| 6-8..... | 1,841 | 58.2 | 19.3 | 5.6 | .5 | 11.4 | 9.1 | .3 | 14.7 | 7.0 | 34.1 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 64.2 | 21.8 | 5.6 | .6 | 12.1 | 9.9 | .2 | 17.5 | 8.1 | 38.8 |
| 12-14..... | 1,150 | 63.0 | 23.1 | 6.5 | .4 | 9.8 | 7.1 | .2 | 14.8 | 7.5 | 39.5 |
| 15-18..... | 1,394 | 62.8 | 24.8 | 8.2 | .4 | 9.1 | 6.3 | .2 | 13.6 | 5.9 | 40.0 |
| 19-22..... | 1,030 | 59.0 | 27.0 | 10.6 | .6 | 12.1 | 9.2 | 1.0 | 11.9 | 7.2 | 37.4 |
| 23-34..... | 2,716 | 60.6 | 29.6 | 12.9 | 1.3 | 9.6 | 7.0 | .8 | 12.9 | 9.3 | 34.7 |
| 35-50..... | 2,571 | 53.6 | 23.6 | 13.4 | 1.1 | 8.0 | 6.4 | 1.5 | 11.1 | 9.1 | 31.7 |
| 51-64..... | 2,161 | 43.4 | 22.0 | 8.0 | .9 | 8.1 | 6.8 | .9 | 8.7 | 8.8 | 21.8 |
| 65-74..... | 1,049 | 30.5 | 11.8 | 6.1 | 1.2 | 5.7 | 4.9 | .4 | 3.4 | 5.7 | 15.1 |
| 75 AND OVER..... | 465 | 22.4 | 9.4 | 3.9 | .9 | 5.7 | 5.2 | 1.0 | 1.4 | 3.4 | 9.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | 59.8 | 20.2 | 5.9 | .3 | 11.0 | 8.4 | .1 | 15.8 | 7.9 | 35.8 |
| 12-14..... | 1,148 | 59.9 | 19.8 | 5.4 | .3 | 8.8 | 6.6 | .0 | 14.7 | 8.1 | 35.6 |
| 15-18..... | 1,473 | 57.7 | 22.2 | 7.9 | .8 | 8.5 | 6.1 | .1 | 11.7 | 7.5 | 33.2 |
| 19-22..... | 1,317 | 53.5 | 19.5 | 9.4 | .4 | 10.4 | 8.9 | .4 | 9.2 | 8.9 | 30.4 |
| 23-34..... | 3,879 | 48.3 | 18.0 | 9.0 | .7 | 9.2 | 7.5 | .6 | 8.0 | 7.2 | 25.2 |
| 35-50..... | 3,759 | 42.6 | 15.5 | 7.8 | .9 | 7.3 | 5.5 | .8 | 5.9 | 8.1 | 20.0 |
| 51-64..... | 2,936 | 36.6 | 14.1 | 5.6 | 1.0 | 7.5 | 5.9 | .7 | 4.7 | 7.9 | 16.8 |
| 65-74..... | 1,376 | 31.3 | 11.0 | 6.6 | 1.0 | 7.6 | 6.1 | .7 | 2.1 | 4.9 | 14.5 |
| 75 AND OVER..... | 751 | 22.0 | 7.0 | 3.2 | .8 | 5.9 | 3.7 | .5 | 2.0 | 3.6 | 10.2 |
| ALL INDIVIDUALS... | 4/36,142 | 47.4 | 18.5 | 7.7 | .8 | 8.4 | 6.6 | .6 | 9.2 | 7.1 | 26.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1A-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 54 | 6 | 3 | 2 | 6 | 5 | 1 | 2 | (5) | 35 |
| 1-2..... | 4/1,035 | 93 | 18 | 8 | 1 | 13 | 11 | 1 | 13 | 4 | 36 |
| 3-5..... | 1,719 | 106 | 23 | 10 | 1 | 14 | 13 | 1 | 15 | 5 | 36 |
| 6-8..... | 1,841 | 118 | 28 | 12 | 1 | 16 | 14 | 1 | 15 | 5 | 40 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 141 | 35 | 15 | 1 | 18 | 16 | 2 | 16 | 6 | 49 |
| 12-14..... | 1,150 | 165 | 42 | 17 | 1 | 22 | 20 | 1 | 19 | 7 | 56 |
| 15-18..... | 1,394 | 204 | 52 | 22 | 2 | 25 | 22 | 2 | 21 | 8 | 72 |
| 19-22..... | 1,030 | 213 | 57 | 21 | 1 | 25 | 22 | 3 | 25 | 10 | 70 |
| 23-34..... | 2,716 | 218 | 56 | 23 | 2 | 24 | 21 | 2 | 25 | 11 | 73 |
| 35-50..... | 2,571 | 226 | 62 | 26 | 3 | 26 | 23 | 2 | 25 | 10 | 72 |
| 51-64..... | 2,161 | 220 | 57 | 27 | 3 | 26 | 23 | 4 | 23 | 14 | 66 |
| 65-74..... | 1,049 | 198 | 44 | 22 | 4 | 25 | 22 | 4 | 18 | 14 | 68 |
| 75 AND OVER..... | 465 | 187 | 49 | 26 | 3 | 19 | 17 | 3 | 16 | 9 | 63 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | 126 | 33 | 12 | 1 | 16 | 15 | 1 | 15 | 4 | 44 |
| 12-14..... | 1,148 | 136 | 34 | 14 | 1 | 18 | 16 | 1 | 15 | 6 | 47 |
| 15-18..... | 1,473 | 141 | 34 | 14 | 2 | 19 | 17 | 1 | 14 | 8 | 50 |
| 19-22..... | 1,317 | 137 | 34 | 16 | 1 | 19 | 17 | 1 | 13 | 8 | 46 |
| 23-34..... | 3,879 | 148 | 38 | 15 | 2 | 19 | 17 | 2 | 15 | 9 | 49 |
| 35-50..... | 3,759 | 159 | 43 | 17 | 2 | 21 | 18 | 3 | 13 | 9 | 51 |
| 51-64..... | 2,936 | 163 | 40 | 17 | 2 | 21 | 19 | 3 | 13 | 11 | 56 |
| 65-74..... | 1,376 | 144 | 34 | 15 | 4 | 21 | 19 | 3 | 10 | 10 | 47 |
| 75 AND OVER..... | 751 | 134 | 31 | 15 | 3 | 19 | 18 | 2 | 11 | 7 | 44 |
| ALL INDIVIDUALS... | 4/36,142 | 164 | 41 | 18 | 2 | 21 | 18 | 2 | 17 | 9 | 55 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1A-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 57.3 | 17.8 | 9.9 | 5.9 | 18.0 | 15.7 | 2.2 | 7.2 | 2.6 | 38.8 |
| 1-2..... | 4/1,035 | 97.5 | 55.7 | 41.8 | 3.0 | 39.1 | 35.8 | 6.1 | 55.8 | 16.2 | 57.0 |
| 3-5..... | 1,719 | 98.6 | 60.0 | 43.9 | 3.0 | 38.7 | 35.8 | 5.0 | 58.6 | 17.4 | 55.8 |
| 6-8..... | 1,841 | 98.5 | 60.2 | 42.9 | 3.2 | 37.3 | 34.8 | 4.2 | 53.2 | 16.4 | 56.2 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 98.4 | 59.5 | 44.1 | 3.0 | 35.7 | 32.7 | 5.2 | 52.0 | 15.0 | 58.3 |
| 12-14..... | 1,150 | 98.7 | 59.9 | 46.3 | 2.6 | 38.0 | 34.8 | 3.9 | 52.6 | 15.8 | 56.7 |
| 15-18..... | 1,394 | 97.9 | 61.0 | 51.6 | 2.8 | 38.4 | 35.0 | 5.3 | 52.0 | 15.7 | 58.5 |
| 19-22..... | 1,030 | 95.6 | 58.7 | 43.0 | 1.8 | 36.4 | 33.4 | 4.8 | 51.9 | 15.9 | 54.2 |
| 23-34..... | 2,716 | 95.8 | 58.5 | 46.7 | 3.7 | 30.8 | 27.2 | 4.4 | 51.2 | 18.7 | 53.2 |
| 35-50..... | 2,571 | 97.8 | 66.5 | 51.0 | 4.1 | 35.4 | 32.2 | 4.9 | 54.2 | 17.5 | 57.1 |
| 51-64..... | 2,161 | 97.2 | 65.2 | 52.9 | 4.5 | 38.6 | 34.4 | 10.3 | 54.3 | 21.5 | 56.0 |
| 65-74..... | 1,049 | 98.1 | 59.9 | 51.1 | 5.4 | 39.2 | 35.6 | 9.8 | 49.1 | 23.5 | 56.1 |
| 75 AND OVER..... | 465 | 98.4 | 62.3 | 57.4 | 7.3 | 31.8 | 29.3 | 8.2 | 44.6 | 17.7 | 52.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | 98.1 | 60.9 | 42.9 | 2.2 | 36.9 | 34.0 | 3.4 | 54.0 | 14.3 | 53.4 |
| 12-14..... | 1,148 | 98.2 | 59.5 | 43.6 | 2.8 | 38.3 | 34.8 | 3.8 | 49.6 | 17.2 | 54.5 |
| 15-18..... | 1,473 | 96.2 | 55.2 | 41.4 | 3.2 | 37.6 | 35.1 | 3.7 | 45.2 | 17.8 | 54.2 |
| 19-22..... | 1,317 | 94.3 | 51.8 | 41.6 | 1.7 | 37.0 | 34.6 | 2.6 | 43.9 | 17.8 | 51.0 |
| 23-34..... | 3,879 | 95.9 | 56.7 | 41.9 | 4.1 | 36.2 | 32.7 | 5.1 | 47.0 | 20.0 | 51.6 |
| 35-50..... | 3,759 | 97.9 | 62.8 | 46.9 | 3.6 | 39.4 | 35.7 | 6.8 | 45.3 | 21.2 | 54.7 |
| 51-64..... | 2,936 | 97.6 | 58.6 | 48.4 | 4.9 | 38.8 | 35.8 | 8.1 | 41.5 | 21.7 | 55.8 |
| 65-74..... | 1,376 | 96.9 | 57.6 | 46.5 | 6.8 | 38.7 | 35.7 | 8.4 | 37.4 | 20.7 | 49.0 |
| 75 AND OVER..... | 751 | 97.0 | 53.2 | 44.1 | 6.3 | 36.5 | 34.7 | 6.9 | 40.4 | 16.4 | 47.8 |
| ALL INDIVIDUALS... | 4/36,142 | 96.8 | 59.2 | 45.7 | 3.8 | 36.9 | 33.7 | 5.8 | 48.6 | 18.5 | 54.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1B-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY. TOTAL | POULTRY. CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 52 | 9 | 4 | 1 | 12 | 12 | 2 | 4 | 0 | 20 |
| 1-2..... | 4/137 | 109 | 17 | 10 | 1 | 18 | 18 | 2 | 16 | 3 | 42 |
| 3-5..... | 202 | 129 | 22 | 13 | (5) | 22 | 21 | 2 | 19 | 4 | 46 |
| 6-8..... | 186 | 164 | 30 | 16 | 1 | 22 | 20 | 3 | 20 | 10 | 63 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 99 | 185 | 33 | 19 | 0 | 31 | 30 | 2 | 20 | 9 | 71 |
| 12-14..... | 93 | 195 | 33 | 27 | 1 | 38 | 34 | 4 | 25 | 3 | 63 |
| 15-18..... | 113 | 258 | 56 | 34 | 3 | 43 | 37 | 2 | 26 | 15 | 79 |
| 19-22..... | 92 | 278 | 79 | 18 | 2 | 25 | 22 | 2 | 29 | 10 | 113 |
| 23-34..... | 166 | 278 | 74 | 21 | 3 | 29 | 27 | 2 | 25 | 25 | 99 |
| 35-50..... | 93 | 264 | 53 | 34 | 1 | 36 | 35 | 0 | 28 | 13 | 100 |
| 51-64..... | 142 | 230 | 48 | 27 | 2 | 32 | 30 | 7 | 25 | 13 | 76 |
| 65-74..... | 254 | 218 | 49 | 21 | 6 | 29 | 27 | 6 | 19 | 15 | 74 |
| 75 AND OVER..... | 162 | 180 | 47 | 23 | 3 | 19 | 15 | 2 | 13 | 13 | 60 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 108 | 165 | 34 | 12 | 1 | 22 | 21 | 2 | 21 | 6 | 67 |
| 12-14..... | 95 | 179 | 35 | 19 | 1 | 33 | 29 | 2 | 24 | 6 | 61 |
| 15-18..... | 117 | 198 | 35 | 21 | 1 | 33 | 32 | 3 | 17 | 23 | 65 |
| 19-22..... | 155 | 175 | 40 | 18 | 1 | 29 | 27 | 1 | 13 | 10 | 63 |
| 23-34..... | 349 | 186 | 46 | 20 | 1 | 25 | 24 | 4 | 21 | 9 | 60 |
| 35-50..... | 273 | 180 | 41 | 19 | 3 | 29 | 26 | 3 | 17 | 13 | 56 |
| 51-64..... | 380 | 184 | 40 | 21 | 2 | 31 | 29 | 4 | 15 | 12 | 59 |
| 65-74..... | 453 | 156 | 34 | 15 | 4 | 25 | 23 | 4 | 12 | 13 | 49 |
| 75 AND OVER..... | 303 | 150 | 31 | 18 | 2 | 24 | 23 | 3 | 13 | 8 | 51 |
| ALL INDIVIDUALS... | 4/4,026 | 183 | 40 | 19 | 2 | 27 | 25 | 3 | 18 | 11 | 62 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1B-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 49.7 | 19.3 | 14.3 | 3.4 | 21.7 | 20.2 | 2.9 | 15.2 | 0.0 | 31.9 |
| 1-2..... | 4/137 | 100.0 | 56.0 | 49.9 | 2.6 | 53.5 | 52.0 | 9.4 | 58.5 | 12.6 | 56.3 |
| 3-5..... | 202 | 99.7 | 61.3 | 49.1 | .8 | 55.1 | 54.3 | 7.5 | 68.2 | 14.5 | 67.8 |
| 6-8..... | 186 | 100.0 | 61.0 | 54.5 | 2.9 | 47.9 | 45.4 | 7.1 | 65.6 | 25.0 | 73.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 99 | 99.2 | 63.4 | 51.3 | .0 | 58.4 | 55.9 | 7.8 | 69.4 | 23.8 | 70.6 |
| 12-14..... | 93 | 100.0 | 50.2 | 61.0 | 3.3 | 56.5 | 54.5 | 10.8 | 72.6 | 12.2 | 63.8 |
| 15-18..... | 113 | 100.0 | 60.8 | 58.9 | 5.3 | 50.8 | 50.0 | 8.5 | 62.9 | 29.3 | 67.2 |
| 19-22..... | 92 | 97.9 | 68.7 | 40.7 | 3.1 | 43.3 | 38.6 | 4.7 | 60.6 | 17.2 | 73.7 |
| 23-34..... | 166 | 96.2 | 74.1 | 53.4 | 6.0 | 34.1 | 31.6 | 4.6 | 51.8 | 26.9 | 69.1 |
| 35-50..... | 93 | 100.0 | 62.5 | 59.9 | .8 | 50.1 | 50.1 | .0 | 62.1 | 23.2 | 67.7 |
| 51-64..... | 142 | 96.6 | 60.8 | 54.7 | 2.8 | 43.4 | 42.4 | 14.1 | 56.8 | 21.8 | 64.6 |
| 65-74..... | 254 | 98.5 | 59.7 | 52.8 | 8.4 | 43.8 | 42.6 | 14.9 | 55.2 | 23.6 | 59.1 |
| 75 AND OVER..... | 162 | 97.8 | 58.0 | 58.2 | 7.3 | 33.2 | 28.0 | 6.2 | 43.0 | 23.6 | 51.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 108 | 100.0 | 64.6 | 45.7 | 3.1 | 54.0 | 51.8 | 6.7 | 71.5 | 20.0 | 64.1 |
| 12-14..... | 95 | 100.0 | 66.1 | 56.0 | 1.4 | 57.5 | 54.9 | 5.3 | 66.0 | 19.1 | 63.2 |
| 15-18..... | 117 | 99.2 | 64.0 | 50.3 | 2.0 | 61.5 | 59.2 | 4.1 | 60.9 | 27.9 | 68.6 |
| 19-22..... | 155 | 97.8 | 58.8 | 41.2 | 2.2 | 49.9 | 46.1 | 3.2 | 52.5 | 20.9 | 59.9 |
| 23-34..... | 349 | 98.8 | 62.8 | 52.6 | 2.5 | 47.6 | 45.7 | 8.7 | 59.7 | 19.0 | 53.3 |
| 35-50..... | 273 | 100.0 | 54.0 | 42.8 | 5.5 | 50.0 | 48.4 | 8.8 | 54.4 | 27.2 | 55.2 |
| 51-64..... | 380 | 99.0 | 58.9 | 53.3 | 2.4 | 51.9 | 49.3 | 9.8 | 51.2 | 22.5 | 59.7 |
| 65-74..... | 453 | 98.3 | 58.9 | 45.2 | 7.2 | 45.0 | 41.3 | 10.1 | 40.8 | 24.0 | 51.4 |
| 75 AND OVER..... | 303 | 97.4 | 52.6 | 46.0 | 4.7 | 41.4 | 39.0 | 6.9 | 42.8 | 17.8 | 46.9 |
| ALL INDIVIDUALS... | 4/4,026 | 98.1 | 59.4 | 49.9 | 4.0 | 47.6 | 45.2 | 8.2 | 54.7 | 21.5 | 59.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1B-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/137 | 6 | 2 | 1 | 0 | 2 | 1 | 0 | (5) | (5) | 2 |
| 3-5..... | 202 | 11 | 2 | 1 | 0 | 2 | 2 | 0 | 2 | (5) | 5 |
| 6-8..... | 186 | 40 | 7 | 2 | (5) | 2 | 2 | (5) | 3 | 2 | 24 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 99 | 45 | 7 | 1 | 0 | 4 | 3 | 0 | 4 | 2 | 27 |
| 12-14..... | 93 | 42 | 9 | 2 | (5) | 3 | 2 | 0 | 4 | 1 | 21 |
| 15-18..... | 113 | 52 | 13 | 2 | 1 | 8 | 7 | 0 | 3 | 2 | 24 |
| 19-22..... | 92 | 65 | 23 | 4 | (5) | 9 | 8 | 0 | 5 | 3 | 30 |
| 23-34..... | 166 | 54 | 15 | 6 | 1 | 8 | 7 | (5) | 2 | 4 | 22 |
| 35-50..... | 93 | 48 | 10 | 4 | 0 | 6 | 5 | 0 | 3 | 3 | 22 |
| 51-64..... | 142 | 27 | 7 | 3 | (5) | 5 | 5 | (5) | 1 | 1 | 9 |
| 65-74..... | 254 | 24 | 5 | 1 | 1 | 2 | 2 | 0 | 1 | 1 | 12 |
| 75 AND OVER..... | 162 | 21 | 3 | 1 | 1 | 2 | 2 | (5) | (5) | 2 | 11 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 108 | 42 | 7 | 2 | 1 | 4 | 3 | (5) | 4 | 2 | 22 |
| 12-14..... | 95 | 34 | 8 | 1 | 0 | 4 | 3 | 0 | 5 | 1 | 15 |
| 15-18..... | 117 | 48 | 9 | 2 | 0 | 6 | 5 | 0 | 2 | 6 | 23 |
| 19-22..... | 155 | 41 | 10 | 2 | (5) | 6 | 6 | 0 | 2 | 2 | 18 |
| 23-34..... | 349 | 27 | 8 | 1 | 0 | 3 | 3 | (5) | 1 | 2 | 13 |
| 35-50..... | 273 | 21 | 5 | 1 | (5) | 3 | 2 | 0 | 2 | 2 | 9 |
| 51-64..... | 380 | 23 | 5 | 1 | (5) | 3 | 3 | (5) | 1 | 2 | 11 |
| 65-74..... | 453 | 18 | 3 | 1 | (5) | 3 | 2 | (5) | (5) | 3 | 7 |
| 75 AND OVER..... | 303 | 12 | 3 | 1 | (5) | 2 | 2 | 0 | (5) | 1 | 5 |
| ALL INDIVIDUALS... | 4/4,026 | 28 | 6 | 2 | (5) | 4 | 3 | (5) | 2 | 2 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1B-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/137 | 19.5 | 6.9 | 3.0 | .0 | 5.2 | 4.8 | .0 | 3.5 | .6 | 7.4 |
| 3-5..... | 202 | 25.4 | 8.4 | 3.7 | .0 | 5.2 | 4.8 | .0 | 13.4 | 2.3 | 12.6 |
| 6-8..... | 186 | 59.1 | 18.9 | 7.5 | .5 | 7.3 | 6.3 | .9 | 17.1 | 6.5 | 35.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 99 | 60.3 | 21.9 | 3.7 | .0 | 12.1 | 9.2 | .0 | 22.8 | 4.9 | 39.3 |
| 12-14..... | 93 | 58.6 | 23.6 | 8.2 | 1.8 | 7.1 | 4.6 | .0 | 17.8 | 3.9 | 30.7 |
| 15-18..... | 113 | 57.0 | 23.7 | 6.9 | .9 | 12.5 | 10.7 | .0 | 10.1 | 7.6 | 30.5 |
| 19-22..... | 92 | 57.1 | 31.6 | 13.8 | 1.3 | 17.5 | 15.4 | .0 | 14.6 | 10.3 | 32.9 |
| 23-34..... | 166 | 41.9 | 24.0 | 14.4 | 1.8 | 6.8 | 6.1 | .6 | 5.7 | 5.8 | 22.7 |
| 35-50..... | 93 | 39.5 | 21.2 | 13.7 | .0 | 9.4 | 9.4 | .0 | 11.8 | 5.2 | 27.1 |
| 51-64..... | 142 | 30.2 | 15.7 | 8.7 | .4 | 6.8 | 6.8 | .5 | 2.2 | 1.8 | 14.8 |
| 65-74..... | 254 | 23.7 | 7.5 | 4.5 | 1.9 | 5.0 | 4.6 | .0 | 3.5 | 2.3 | 14.4 |
| 75 AND OVER..... | 162 | 23.0 | 6.6 | 4.0 | 1.3 | 5.9 | 5.1 | .6 | 1.6 | 3.5 | 12.4 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 108 | 62.3 | 22.6 | 7.6 | 2.5 | 9.0 | 7.0 | .5 | 22.0 | 8.4 | 34.2 |
| 12-14..... | 95 | 56.4 | 25.2 | 6.0 | .0 | 9.9 | 6.1 | .0 | 15.5 | 4.7 | 25.3 |
| 15-18..... | 117 | 52.2 | 23.8 | 11.0 | .0 | 13.4 | 10.2 | .0 | 11.5 | 4.6 | 36.6 |
| 19-22..... | 155 | 45.1 | 18.4 | 6.2 | .4 | 9.9 | 8.5 | .0 | 9.8 | 4.2 | 22.4 |
| 23-34..... | 349 | 30.7 | 12.1 | 4.8 | .0 | 6.4 | 6.1 | .5 | 5.8 | 3.7 | 14.7 |
| 35-50..... | 273 | 24.5 | 9.5 | 4.8 | 1.2 | 5.4 | 4.8 | .0 | 5.4 | 3.5 | 12.6 |
| 51-64..... | 380 | 26.7 | 12.5 | 3.3 | .2 | 5.4 | 5.0 | .4 | 3.3 | 3.6 | 15.1 |
| 65-74..... | 453 | 24.6 | 8.0 | 5.3 | .9 | 6.2 | 4.8 | .5 | 2.6 | 4.9 | 10.9 |
| 75 AND OVER..... | 303 | 19.9 | 6.4 | 3.1 | .6 | 6.1 | 4.8 | .0 | 1.8 | 2.1 | 7.9 |
| ALL INDIVIDUALS... | 4/4,026 | 33.9 | 13.6 | 5.9 | .7 | 7.1 | 6.1 | .3 | 7.3 | 4.0 | 18.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1B-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 52 | 9 | 4 | 1 | 12 | 12 | 2 | 4 | 0 | 20 |
| 1-2..... | 4/137 | 102 | 16 | 10 | 1 | 17 | 16 | 2 | 15 | 3 | 40 |
| 3-5..... | 202 | 118 | 21 | 12 | (5) | 21 | 20 | 2 | 18 | 3 | 41 |
| 6-8..... | 186 | 124 | 23 | 15 | 1 | 19 | 18 | 3 | 17 | 8 | 38 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 99 | 140 | 25 | 18 | 0 | 27 | 26 | 2 | 16 | 7 | 44 |
| 12-14..... | 93 | 153 | 24 | 25 | 1 | 35 | 32 | 4 | 21 | 3 | 41 |
| 15-18..... | 113 | 206 | 43 | 31 | 2 | 35 | 30 | 2 | 23 | 13 | 55 |
| 19-22..... | 92 | 213 | 55 | 15 | 2 | 16 | 13 | 2 | 24 | 7 | 83 |
| 23-34..... | 166 | 224 | 59 | 15 | 2 | 21 | 20 | 2 | 23 | 21 | 77 |
| 35-50..... | 93 | 216 | 43 | 30 | 1 | 30 | 30 | 0 | 25 | 10 | 78 |
| 51-64..... | 142 | 203 | 41 | 24 | 1 | 27 | 26 | 7 | 24 | 12 | 67 |
| 65-74..... | 254 | 194 | 44 | 20 | 5 | 27 | 25 | 6 | 17 | 13 | 62 |
| 75 AND OVER..... | 162 | 159 | 44 | 22 | 3 | 17 | 13 | 1 | 13 | 11 | 49 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 108 | 124 | 27 | 10 | 1 | 18 | 18 | 2 | 17 | 5 | 45 |
| 12-14..... | 95 | 145 | 27 | 17 | 1 | 29 | 26 | 2 | 19 | 5 | 46 |
| 15-18..... | 117 | 150 | 26 | 19 | 1 | 27 | 27 | 3 | 16 | 17 | 42 |
| 19-22..... | 155 | 135 | 30 | 17 | 1 | 22 | 21 | 1 | 12 | 8 | 45 |
| 23-34..... | 349 | 158 | 38 | 19 | 1 | 22 | 21 | 4 | 20 | 7 | 47 |
| 35-50..... | 273 | 159 | 36 | 17 | 2 | 26 | 24 | 3 | 15 | 11 | 47 |
| 51-64..... | 380 | 160 | 35 | 19 | 2 | 28 | 27 | 4 | 14 | 10 | 48 |
| 65-74..... | 453 | 139 | 30 | 14 | 4 | 22 | 21 | 4 | 12 | 10 | 43 |
| 75 AND OVER..... | 303 | 138 | 28 | 17 | 2 | 22 | 21 | 3 | 13 | 7 | 46 |
| ALL INDIVIDUALS... | 4/4,026 | 155 | 34 | 18 | 2 | 24 | 22 | 3 | 16 | 9 | 49 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1B-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 49.7 | 19.3 | 14.3 | 3.4 | 21.7 | 20.2 | 2.9 | 15.2 | 0.0 | 31.9 |
| 1-2..... | 4/137 | 99.2 | 53.4 | 49.3 | 2.6 | 51.6 | 50.6 | 9.4 | 57.4 | 12.0 | 52.2 |
| 3-5..... | 202 | 99.7 | 56.4 | 45.4 | .8 | 53.3 | 52.0 | 7.5 | 62.6 | 12.2 | 61.6 |
| 6-8..... | 186 | 98.7 | 53.8 | 49.8 | 2.3 | 43.8 | 41.6 | 6.1 | 54.9 | 19.4 | 57.1 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 99 | 98.5 | 53.7 | 48.3 | .0 | 53.9 | 53.0 | 7.8 | 55.9 | 19.0 | 54.2 |
| 12-14..... | 93 | 99.2 | 38.7 | 56.4 | 1.4 | 52.7 | 51.7 | 10.8 | 64.6 | 9.3 | 47.1 |
| 15-18..... | 113 | 96.5 | 54.4 | 55.3 | 4.4 | 43.8 | 43.0 | 8.5 | 55.6 | 21.7 | 54.8 |
| 19-22..... | 92 | 87.0 | 47.0 | 32.9 | 1.9 | 30.1 | 27.5 | 4.7 | 52.1 | 11.2 | 56.5 |
| 23-34..... | 166 | 92.8 | 59.5 | 44.6 | 4.3 | 29.5 | 27.0 | 4.0 | 48.0 | 21.1 | 55.8 |
| 35-50..... | 93 | 94.5 | 50.0 | 52.4 | .8 | 41.7 | 41.7 | .0 | 52.2 | 18.0 | 57.9 |
| 51-64..... | 142 | 93.9 | 49.2 | 49.1 | 2.4 | 36.7 | 35.6 | 14.1 | 56.2 | 20.0 | 58.7 |
| 65-74..... | 254 | 97.9 | 57.3 | 51.3 | 6.4 | 39.2 | 38.0 | 14.9 | 53.6 | 22.8 | 52.8 |
| 75 AND OVER..... | 162 | 96.8 | 54.7 | 56.8 | 6.5 | 28.3 | 23.9 | 5.7 | 41.5 | 21.0 | 43.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 108 | 98.6 | 54.1 | 40.7 | .7 | 46.8 | 46.0 | 6.2 | 61.1 | 11.6 | 49.1 |
| 12-14..... | 95 | 99.3 | 52.3 | 53.5 | 1.4 | 51.6 | 50.6 | 5.3 | 55.4 | 15.3 | 51.3 |
| 15-18..... | 117 | 94.4 | 48.8 | 44.5 | 2.0 | 54.7 | 53.8 | 4.1 | 54.4 | 23.2 | 49.6 |
| 19-22..... | 155 | 93.2 | 45.9 | 36.7 | 1.7 | 41.4 | 39.0 | 3.2 | 45.5 | 16.7 | 48.4 |
| 23-34..... | 349 | 96.8 | 55.1 | 49.5 | 2.5 | 42.2 | 40.7 | 8.2 | 57.2 | 16.3 | 45.5 |
| 35-50..... | 273 | 96.6 | 48.6 | 41.0 | 4.3 | 46.0 | 44.9 | 8.8 | 52.0 | 23.8 | 48.6 |
| 51-64..... | 380 | 96.6 | 50.1 | 51.5 | 2.2 | 47.5 | 45.3 | 9.3 | 48.4 | 19.6 | 51.4 |
| 65-74..... | 453 | 95.9 | 54.9 | 43.1 | 6.2 | 40.1 | 36.9 | 9.8 | 38.8 | 19.9 | 43.5 |
| 75 AND OVER..... | 303 | 96.3 | 48.5 | 43.9 | 4.1 | 37.2 | 35.1 | 6.9 | 41.9 | 15.7 | 41.8 |
| ALL INDIVIDUALS... | 4/4,026 | 95.8 | 51.9 | 46.7 | 3.3 | 42.5 | 40.7 | 8.0 | 50.5 | 18.0 | 49.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1C-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 60 | 8 | 2 | (5) | 4 | 3 | 1 | 2 | (5) | 42 |
| 1-2..... | 4/127 | 100 | 24 | 8 | (5) | 14 | 14 | 1 | 11 | 3 | 39 |
| 3-5..... | 243 | 127 | 30 | 9 | 1 | 18 | 16 | 2 | 15 | 4 | 47 |
| 6-8..... | 197 | 166 | 34 | 13 | 2 | 23 | 21 | 1 | 15 | 7 | 71 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 94 | 189 | 40 | 15 | 5 | 28 | 26 | 1 | 17 | 5 | 77 |
| 12-14..... | 140 | 222 | 41 | 14 | 3 | 30 | 27 | 3 | 21 | 12 | 97 |
| 15-18..... | 133 | 272 | 58 | 25 | 5 | 37 | 32 | 3 | 23 | 7 | 115 |
| 19-22..... | 121 | 279 | 70 | 30 | 1 | 30 | 30 | 4 | 44 | 10 | 90 |
| 23-34..... | 309 | 279 | 70 | 26 | 3 | 29 | 24 | 4 | 32 | 10 | 106 |
| 35-50..... | 203 | 283 | 69 | 28 | 6 | 34 | 32 | 2 | 29 | 14 | 102 |
| 51-64..... | 218 | 266 | 65 | 36 | 3 | 27 | 25 | 5 | 29 | 13 | 88 |
| 65-74..... | 242 | 214 | 49 | 19 | 1 | 29 | 24 | 3 | 17 | 14 | 83 |
| 75 AND OVER..... | 84 | 223 | 53 | 32 | 3 | 20 | 19 | 3 | 19 | 9 | 84 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 118 | 182 | 36 | 12 | 1 | 23 | 21 | (5) | 16 | 9 | 84 |
| 12-14..... | 130 | 170 | 36 | 15 | 2 | 29 | 25 | 2 | 19 | 10 | 57 |
| 15-18..... | 140 | 185 | 40 | 17 | 3 | 27 | 26 | 2 | 20 | 7 | 69 |
| 19-22..... | 183 | 200 | 43 | 21 | 2 | 23 | 22 | (5) | 19 | 6 | 86 |
| 23-34..... | 462 | 184 | 43 | 16 | 3 | 23 | 20 | 1 | 16 | 10 | 73 |
| 35-50..... | 340 | 187 | 48 | 18 | 2 | 28 | 23 | 4 | 18 | 10 | 60 |
| 51-64..... | 380 | 186 | 43 | 25 | 4 | 25 | 23 | 2 | 14 | 13 | 59 |
| 65-74..... | 226 | 158 | 39 | 18 | 3 | 21 | 17 | 3 | 11 | 11 | 53 |
| 75 AND OVER..... | 104 | 141 | 21 | 16 | 3 | 18 | 16 | 4 | 12 | 9 | 58 |
| ALL INDIVIDUALS... | 4/4,249 | 199 | 46 | 20 | 2 | 25 | 23 | 2 | 19 | 10 | 74 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1C-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 50.9 | 13.9 | 8.2 | 2.1 | 13.9 | 13.9 | 1.6 | 10.5 | 1.4 | 35.4 |
| 1-2..... | 4/127 | 95.6 | 63.9 | 41.3 | 1.1 | 43.0 | 39.6 | 6.8 | 49.7 | 12.6 | 61.6 |
| 3-5..... | 243 | 98.5 | 64.4 | 43.4 | 2.6 | 44.3 | 37.6 | 5.9 | 58.0 | 17.4 | 61.5 |
| 6-8..... | 197 | 99.3 | 62.3 | 47.9 | 6.0 | 49.4 | 44.5 | 4.2 | 55.6 | 21.3 | 76.0 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 94 | 100.0 | 66.5 | 46.5 | 7.6 | 58.3 | 52.5 | 5.7 | 54.8 | 20.2 | 66.9 |
| 12-14..... | 140 | 100.0 | 68.8 | 43.4 | 5.6 | 50.4 | 43.7 | 5.9 | 59.8 | 25.9 | 73.4 |
| 15-18..... | 133 | 100.0 | 64.5 | 57.2 | 6.3 | 54.8 | 47.9 | 8.5 | 59.8 | 16.0 | 77.9 |
| 19-22..... | 121 | 100.0 | 66.5 | 50.8 | 1.2 | 47.3 | 46.1 | 10.4 | 78.5 | 23.3 | 61.5 |
| 23-34..... | 309 | 98.9 | 66.7 | 48.9 | 3.9 | 34.4 | 29.8 | 8.3 | 62.9 | 18.6 | 69.6 |
| 35-50..... | 203 | 96.7 | 73.8 | 61.0 | 8.9 | 43.7 | 42.9 | 5.3 | 60.3 | 19.2 | 65.9 |
| 51-64..... | 218 | 99.2 | 69.1 | 63.5 | 3.7 | 42.9 | 38.6 | 10.9 | 57.3 | 20.9 | 65.8 |
| 65-74..... | 242 | 98.9 | 66.5 | 47.0 | 1.9 | 45.2 | 40.3 | 10.1 | 48.4 | 23.4 | 70.3 |
| 75 AND OVER..... | 84 | 98.6 | 66.6 | 55.1 | 7.0 | 35.1 | 31.9 | 10.1 | 37.0 | 20.4 | 52.8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 118 | 98.9 | 69.7 | 44.8 | 2.3 | 48.7 | 43.2 | 2.0 | 57.8 | 28.7 | 73.3 |
| 12-14..... | 130 | 100.0 | 64.9 | 46.6 | 4.9 | 54.5 | 50.6 | 5.6 | 56.4 | 27.0 | 55.1 |
| 15-18..... | 140 | 97.4 | 58.6 | 45.1 | 5.0 | 48.5 | 44.8 | 4.2 | 61.2 | 17.0 | 62.2 |
| 19-22..... | 183 | 100.0 | 62.1 | 56.8 | 5.4 | 41.9 | 39.3 | 1.5 | 55.4 | 14.3 | 71.6 |
| 23-34..... | 462 | 98.1 | 61.5 | 42.7 | 4.7 | 43.7 | 38.4 | 4.7 | 50.0 | 23.7 | 63.3 |
| 35-50..... | 340 | 98.6 | 64.1 | 53.9 | 3.2 | 51.3 | 45.9 | 10.1 | 49.6 | 23.5 | 60.1 |
| 51-64..... | 380 | 98.9 | 64.6 | 54.2 | 7.9 | 42.1 | 38.7 | 6.1 | 49.2 | 24.1 | 58.3 |
| 65-74..... | 226 | 98.0 | 65.3 | 47.8 | 5.2 | 37.4 | 31.4 | 8.7 | 37.7 | 21.2 | 61.1 |
| 75 AND OVER..... | 104 | 100.0 | 44.3 | 50.3 | 4.8 | 38.4 | 33.9 | 14.4 | 42.5 | 26.9 | 61.6 |
| ALL INDIVIDUALS... | 4/4,249 | 98.1 | 64.0 | 49.4 | 4.7 | 44.3 | 39.8 | 6.9 | 53.3 | 21.1 | 64.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1C-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/55 | (5) | 0 | 0 | 0 | (5) | (5) | 0 | 0 | 0 | (5) |
| 1-2..... | 4/127 | 9 | 3 | 1 | 0 | 1 | 1 | 0 | 1 | (5) | 4 |
| 3-5..... | 243 | 19 | 5 | 1 | 0 | 1 | 1 | (5) | 1 | 1 | 10 |
| 6-8..... | 197 | 43 | 6 | 1 | 1 | 5 | 4 | (5) | 3 | 2 | 25 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 94 | 60 | 11 | (5) | 3 | 4 | 4 | 1 | 4 | 2 | 36 |
| 12-14..... | 140 | 56 | 11 | (5) | 0 | 4 | 3 | (5) | 5 | 4 | 31 |
| 15-18..... | 133 | 71 | 14 | 1 | 2 | 7 | 6 | (5) | 4 | 1 | 43 |
| 19-22..... | 121 | 55 | 19 | 1 | 0 | 6 | 5 | 0 | 4 | 2 | 22 |
| 23-34..... | 309 | 59 | 17 | 3 | (5) | 3 | 3 | (5) | 4 | 2 | 30 |
| 35-50..... | 203 | 41 | 7 | 4 | 0 | 4 | 3 | 1 | 1 | 4 | 20 |
| 51-64..... | 218 | 24 | 9 | 1 | 0 | 2 | 2 | (5) | 4 | 1 | 7 |
| 65-74..... | 242 | 28 | 5 | 2 | (5) | 4 | 3 | (5) | 1 | 2 | 14 |
| 75 AND OVER..... | 84 | 19 | 6 | 1 | 0 | 2 | 2 | 0 | 0 | 2 | 8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 118 | 46 | 7 | 1 | 0 | 4 | 3 | 0 | 5 | 3 | 27 |
| 12-14..... | 130 | 42 | 7 | 1 | 0 | 3 | 2 | 0 | 4 | 3 | 24 |
| 15-18..... | 140 | 38 | 12 | 2 | 0 | 2 | 1 | 0 | 4 | 2 | 16 |
| 19-22..... | 183 | 44 | 9 | 1 | (5) | 2 | 2 | 0 | 2 | 3 | 26 |
| 23-34..... | 462 | 36 | 7 | 2 | (5) | 3 | 3 | (5) | 2 | 2 | 19 |
| 35-50..... | 340 | 21 | 6 | 1 | (5) | 3 | 2 | (5) | 1 | 1 | 9 |
| 51-64..... | 380 | 22 | 7 | 2 | (5) | 3 | 3 | 0 | 1 | 2 | 7 |
| 65-74..... | 226 | 22 | 4 | 2 | (5) | 4 | 3 | 0 | (5) | 2 | 9 |
| 75 AND OVER..... | 104 | 12 | 2 | 2 | 0 | 2 | 1 | (5) | (5) | (5) | 5 |
| ALL INDIVIDUALS... | 4/4,249 | 35 | 8 | 2 | (5) | 3 | 3 | (5) | 2 | 2 | 17 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1C-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 1.8 | 0.0 | 0.0 | 0.0 | 1.8 | 1.8 | 0.0 | 0.0 | 0.0 | 1.8 |
| 1-2..... | 4/127 | 21.0 | 10.8 | 3.1 | .0 | 5.8 | 5.1 | .0 | 4.3 | 1.3 | 10.4 |
| 3-5..... | 243 | 31.2 | 15.0 | 3.0 | .0 | 4.4 | 3.2 | .7 | 6.8 | 3.1 | 14.9 |
| 6-8..... | 197 | 63.3 | 18.9 | 3.8 | 1.3 | 14.5 | 10.5 | .4 | 15.8 | 7.8 | 41.1 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 94 | 68.2 | 27.6 | 4.3 | 2.9 | 9.2 | 8.4 | .9 | 16.3 | 8.0 | 41.1 |
| 12-14..... | 140 | 71.5 | 23.9 | 3.6 | .0 | 10.7 | 6.2 | .9 | 19.4 | 9.6 | 45.6 |
| 15-18..... | 133 | 70.9 | 25.4 | 2.5 | 1.7 | 13.4 | 10.3 | .8 | 16.5 | 1.8 | 52.3 |
| 19-22..... | 121 | 52.5 | 31.6 | 7.6 | .0 | 10.3 | 9.2 | .0 | 13.1 | 5.2 | 26.7 |
| 23-34..... | 309 | 52.9 | 24.9 | 9.4 | 1.1 | 5.3 | 5.3 | .9 | 11.9 | 4.1 | 28.3 |
| 35-50..... | 203 | 34.6 | 10.5 | 9.6 | .0 | 6.2 | 4.8 | 1.8 | 7.8 | 4.7 | 20.7 |
| 51-64..... | 218 | 22.1 | 11.1 | 1.7 | .0 | 3.9 | 3.0 | .5 | 6.9 | 4.1 | 8.6 |
| 65-74..... | 242 | 31.1 | 10.1 | 4.4 | .7 | 8.0 | 5.5 | .5 | 2.6 | 4.7 | 17.4 |
| 75 AND OVER..... | 84 | 19.9 | 12.4 | 4.0 | .0 | 4.0 | 4.0 | .0 | .0 | 4.5 | 6.8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 118 | 74.1 | 20.2 | 3.8 | .0 | 15.6 | 12.0 | .0 | 19.8 | 12.4 | 45.4 |
| 12-14..... | 130 | 59.3 | 20.8 | 5.8 | .0 | 9.5 | 4.9 | .0 | 15.2 | 9.6 | 31.6 |
| 15-18..... | 140 | 59.4 | 26.6 | 5.8 | .0 | 4.0 | 1.8 | .0 | 18.5 | 6.9 | 25.0 |
| 19-22..... | 183 | 42.9 | 16.3 | 6.7 | .7 | 4.6 | 3.8 | .0 | 9.2 | 3.0 | 29.3 |
| 23-34..... | 462 | 44.1 | 13.8 | 8.2 | .2 | 8.8 | 6.5 | .9 | 9.1 | 6.4 | 24.1 |
| 35-50..... | 340 | 28.9 | 9.8 | 5.2 | .6 | 6.0 | 4.0 | .5 | 2.4 | 5.0 | 14.8 |
| 51-64..... | 380 | 32.4 | 14.6 | 6.7 | .9 | 7.2 | 5.4 | .0 | 6.3 | 4.7 | 11.9 |
| 65-74..... | 226 | 31.5 | 9.0 | 6.5 | .8 | 8.7 | 4.4 | .0 | .7 | 4.7 | 14.4 |
| 75 AND OVER..... | 104 | 21.7 | 4.4 | 5.6 | .0 | 7.9 | 2.0 | 2.0 | 1.9 | 3.0 | 7.6 |
| ALL INDIVIDUALS... | 4/4,249 | 41.6 | 15.8 | 5.7 | .5 | 7.6 | 5.5 | .5 | 8.7 | 5.2 | 22.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1C-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 60 | 8 | 2 | (5) | 4 | 3 | 1 | 2 | (5) | 42 |
| 1-2..... | 4/127 | 91 | 21 | 8 | (5) | 13 | 13 | 1 | 10 | 2 | 35 |
| 3-5..... | 243 | 108 | 25 | 9 | 1 | 17 | 15 | 1 | 14 | 4 | 37 |
| 6-8..... | 197 | 123 | 28 | 12 | 2 | 18 | 17 | 1 | 12 | 5 | 45 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 94 | 129 | 29 | 15 | 2 | 24 | 22 | 1 | 13 | 4 | 41 |
| 12-14..... | 140 | 166 | 30 | 14 | 3 | 26 | 24 | 3 | 15 | 9 | 65 |
| 15-18..... | 133 | 201 | 44 | 24 | 3 | 30 | 26 | 3 | 19 | 6 | 71 |
| 19-22..... | 121 | 225 | 51 | 29 | 1 | 24 | 24 | 4 | 40 | 8 | 67 |
| 23-34..... | 309 | 220 | 53 | 22 | 2 | 26 | 22 | 4 | 28 | 8 | 77 |
| 35-50..... | 203 | 242 | 62 | 24 | 6 | 30 | 29 | 1 | 27 | 10 | 82 |
| 51-64..... | 218 | 242 | 56 | 35 | 3 | 25 | 23 | 5 | 25 | 12 | 81 |
| 65-74..... | 242 | 186 | 44 | 18 | 1 | 25 | 21 | 3 | 16 | 12 | 69 |
| 75 AND OVER..... | 84 | 205 | 47 | 32 | 3 | 18 | 17 | 3 | 19 | 7 | 75 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 118 | 135 | 29 | 11 | 1 | 19 | 17 | (5) | 11 | 6 | 57 |
| 12-14..... | 130 | 129 | 29 | 14 | 2 | 25 | 23 | 2 | 16 | 7 | 33 |
| 15-18..... | 140 | 147 | 28 | 15 | 3 | 25 | 24 | 2 | 16 | 5 | 53 |
| 19-22..... | 183 | 156 | 35 | 19 | 1 | 21 | 20 | (5) | 16 | 3 | 59 |
| 23-34..... | 462 | 148 | 36 | 14 | 2 | 20 | 18 | 1 | 14 | 8 | 54 |
| 35-50..... | 340 | 166 | 42 | 17 | 1 | 25 | 21 | 3 | 17 | 9 | 51 |
| 51-64..... | 380 | 165 | 36 | 24 | 3 | 22 | 20 | 2 | 13 | 12 | 52 |
| 65-74..... | 226 | 136 | 35 | 16 | 2 | 16 | 14 | 3 | 11 | 9 | 44 |
| 75 AND OVER..... | 104 | 129 | 19 | 14 | 3 | 16 | 15 | 4 | 12 | 9 | 53 |
| ALL INDIVIDUALS... | 4/4,249 | 165 | 38 | 18 | 2 | 22 | 20 | 2 | 17 | 8 | 57 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1C-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 49.2 | 13.9 | 8.2 | 2.1 | 12.1 | 12.1 | 1.6 | 10.5 | 1.4 | 33.7 |
| 1-2..... | 4/127 | 95.6 | 58.5 | 38.1 | 1.1 | 38.6 | 34.5 | 6.8 | 49.0 | 11.3 | 60.2 |
| 3-5..... | 243 | 97.9 | 57.7 | 41.0 | 2.6 | 40.5 | 35.1 | 5.2 | 53.8 | 14.3 | 55.8 |
| 6-8..... | 197 | 96.9 | 53.3 | 46.3 | 4.8 | 39.3 | 37.0 | 3.8 | 46.6 | 14.1 | 60.1 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 94 | 95.9 | 50.7 | 43.7 | 4.7 | 52.4 | 45.8 | 4.8 | 43.7 | 12.2 | 49.6 |
| 12-14..... | 140 | 97.9 | 54.7 | 42.2 | 5.6 | 42.0 | 39.0 | 5.0 | 48.5 | 18.3 | 53.3 |
| 15-18..... | 133 | 98.0 | 55.6 | 55.1 | 4.6 | 45.5 | 41.3 | 7.7 | 51.0 | 14.9 | 55.6 |
| 19-22..... | 121 | 100.0 | 56.8 | 45.8 | 1.2 | 37.9 | 37.9 | 10.4 | 71.4 | 18.1 | 46.4 |
| 23-34..... | 309 | 94.8 | 53.5 | 43.7 | 2.8 | 29.6 | 24.9 | 7.4 | 55.6 | 15.2 | 54.6 |
| 35-50..... | 203 | 93.5 | 67.4 | 55.1 | 8.9 | 40.0 | 39.2 | 3.4 | 56.8 | 15.5 | 54.7 |
| 51-64..... | 218 | 98.1 | 66.1 | 63.0 | 3.7 | 40.0 | 36.7 | 10.5 | 53.1 | 16.8 | 61.5 |
| 65-74..... | 242 | 97.5 | 62.0 | 45.9 | 1.2 | 40.2 | 35.5 | 9.5 | 45.8 | 19.4 | 58.2 |
| 75 AND OVER..... | 84 | 98.6 | 57.5 | 51.2 | 7.0 | 32.6 | 29.4 | 10.1 | 37.0 | 19.1 | 47.9 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 118 | 95.9 | 55.8 | 42.2 | 2.3 | 37.5 | 34.2 | 2.0 | 45.1 | 17.6 | 57.2 |
| 12-14..... | 130 | 98.0 | 56.2 | 42.2 | 4.9 | 49.7 | 47.4 | 5.6 | 47.1 | 18.6 | 37.6 |
| 15-18..... | 140 | 95.5 | 47.6 | 41.4 | 5.0 | 45.1 | 43.6 | 4.2 | 50.0 | 10.7 | 51.1 |
| 19-22..... | 183 | 97.5 | 52.8 | 51.3 | 4.7 | 37.3 | 35.5 | 1.5 | 49.6 | 11.8 | 57.9 |
| 23-34..... | 462 | 94.6 | 53.8 | 38.3 | 4.5 | 37.9 | 33.2 | 3.8 | 43.9 | 18.2 | 51.2 |
| 35-50..... | 340 | 96.8 | 57.9 | 49.4 | 2.6 | 46.2 | 42.3 | 9.6 | 48.6 | 19.7 | 50.5 |
| 51-64..... | 380 | 96.8 | 55.8 | 50.3 | 7.0 | 37.7 | 35.1 | 6.1 | 45.2 | 19.9 | 51.8 |
| 65-74..... | 226 | 97.1 | 61.5 | 43.1 | 4.5 | 30.4 | 28.1 | 8.7 | 37.4 | 16.8 | 50.6 |
| 75 AND OVER..... | 104 | 99.1 | 40.5 | 45.5 | 4.8 | 34.1 | 33.1 | 12.5 | 40.6 | 23.9 | 57.8 |
| ALL INDIVIDUALS... | 4/4,249 | 96.0 | 56.0 | 45.8 | 4.2 | 38.8 | 35.6 | 6.4 | 48.0 | 16.6 | 53.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1D-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 49 | 5 | 1 | 4 | 6 | 4 | (5) | 1 | (5) | 32 |
| 1-2..... | 4/283 | 100 | 19 | 7 | 1 | 13 | 11 | (5) | 14 | 4 | 41 |
| 3-5..... | 406 | 120 | 25 | 11 | (5) | 14 | 13 | 1 | 17 | 6 | 45 |
| 6-8..... | 468 | 149 | 34 | 11 | 1 | 20 | 18 | 1 | 18 | 8 | 57 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 200 | 189 | 44 | 13 | 2 | 19 | 17 | 2 | 21 | 12 | 75 |
| 12-14..... | 222 | 226 | 58 | 19 | 1 | 26 | 22 | 2 | 23 | 11 | 87 |
| 15-18..... | 240 | 277 | 67 | 24 | 2 | 29 | 26 | 5 | 28 | 12 | 110 |
| 19-22..... | 166 | 291 | 74 | 25 | 2 | 41 | 35 | 4 | 25 | 13 | 108 |
| 23-34..... | 695 | 299 | 71 | 30 | 3 | 36 | 31 | 2 | 33 | 17 | 107 |
| 35-50..... | 508 | 286 | 78 | 28 | 4 | 32 | 29 | 3 | 30 | 11 | 100 |
| 51-64..... | 412 | 271 | 69 | 31 | 3 | 30 | 27 | 4 | 31 | 20 | 82 |
| 65-74..... | 152 | 212 | 53 | 17 | 3 | 22 | 22 | 3 | 14 | 19 | 80 |
| 75 AND OVER..... | 47 | 230 | 63 | 38 | 1 | 21 | 21 | 5 | 18 | 7 | 77 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 225 | 157 | 38 | 12 | 1 | 21 | 19 | 2 | 19 | 7 | 58 |
| 12-14..... | 244 | 177 | 42 | 17 | 1 | 21 | 18 | 1 | 17 | 9 | 69 |
| 15-18..... | 260 | 189 | 43 | 16 | 2 | 23 | 20 | 1 | 18 | 10 | 77 |
| 19-22..... | 209 | 179 | 52 | 17 | 0 | 27 | 25 | 1 | 12 | 11 | 60 |
| 23-34..... | 1,009 | 187 | 47 | 15 | 2 | 23 | 21 | 2 | 16 | 11 | 71 |
| 35-50..... | 673 | 199 | 52 | 19 | 3 | 24 | 21 | 5 | 16 | 13 | 68 |
| 51-64..... | 521 | 189 | 50 | 16 | 3 | 21 | 19 | 3 | 16 | 13 | 67 |
| 65-74..... | 167 | 167 | 45 | 17 | 5 | 23 | 19 | 4 | 10 | 11 | 52 |
| 75 AND OVER..... | 62 | 161 | 43 | 19 | 4 | 28 | 24 | 1 | 10 | 4 | 53 |
| ALL INDIVIDUALS... | 4/7,286 | 204 | 51 | 19 | 2 | 24 | 22 | 2 | 20 | 11 | 74 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 10-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 57.9 | 16.5 | 8.4 | 8.2 | 20.9 | 17.1 | 1.3 | 3.6 | 1.1 | 41.1 |
| 1-2..... | 4/283 | 99.6 | 60.9 | 39.0 | 2.8 | 40.4 | 37.0 | 4.6 | 58.4 | 19.6 | 62.5 |
| 3-5..... | 406 | 99.6 | 62.9 | 46.5 | 1.9 | 39.4 | 36.5 | 6.7 | 68.0 | 22.1 | 65.8 |
| 6-8..... | 468 | 100.0 | 68.4 | 41.2 | 3.3 | 44.8 | 41.9 | 5.5 | 63.9 | 24.6 | 72.8 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 200 | 100.0 | 71.2 | 43.0 | 4.5 | 42.1 | 39.5 | 4.6 | 66.5 | 24.8 | 72.0 |
| 12-14..... | 222 | 100.0 | 71.5 | 51.9 | .5 | 43.1 | 37.8 | 4.7 | 61.0 | 24.6 | 72.8 |
| 15-18..... | 240 | 100.0 | 72.0 | 57.8 | 2.3 | 44.2 | 40.8 | 9.4 | 64.1 | 24.5 | 73.3 |
| 19-22..... | 166 | 100.0 | 79.1 | 53.0 | 1.7 | 52.7 | 45.6 | 5.4 | 60.2 | 17.3 | 77.4 |
| 23-34..... | 695 | 99.9 | 70.2 | 58.0 | 4.5 | 43.4 | 37.9 | 5.5 | 61.8 | 27.9 | 73.5 |
| 35-50..... | 508 | 99.5 | 77.7 | 59.6 | 6.2 | 43.9 | 40.0 | 5.4 | 63.2 | 22.4 | 72.8 |
| 51-64..... | 412 | 100.0 | 69.7 | 56.4 | 4.5 | 42.9 | 39.0 | 10.8 | 63.9 | 27.3 | 64.3 |
| 65-74..... | 152 | 99.4 | 63.6 | 48.2 | 7.4 | 38.4 | 37.7 | 6.8 | 43.6 | 35.1 | 59.6 |
| 75 AND OVER..... | 47 | 100.0 | 80.6 | 64.3 | 4.8 | 27.4 | 27.4 | 17.0 | 45.8 | 11.4 | 73.3 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 225 | 100.0 | 68.0 | 43.4 | 2.0 | 44.9 | 40.2 | 5.8 | 64.4 | 25.7 | 69.4 |
| 12-14..... | 244 | 100.0 | 69.3 | 49.4 | 3.8 | 42.6 | 37.8 | 6.2 | 58.3 | 23.3 | 66.5 |
| 15-18..... | 260 | 99.7 | 66.1 | 46.1 | 5.3 | 41.3 | 37.3 | 5.1 | 53.1 | 22.7 | 74.8 |
| 19-22..... | 209 | 95.8 | 75.3 | 44.4 | .0 | 45.3 | 43.3 | 2.6 | 47.0 | 27.8 | 63.6 |
| 23-34..... | 1,009 | 99.5 | 67.6 | 44.1 | 3.4 | 42.8 | 38.9 | 6.3 | 54.3 | 24.5 | 67.8 |
| 35-50..... | 673 | 99.7 | 73.2 | 51.0 | 3.9 | 44.2 | 39.7 | 8.5 | 54.5 | 27.1 | 64.9 |
| 51-64..... | 521 | 99.2 | 69.3 | 49.2 | 7.2 | 39.1 | 36.6 | 10.3 | 47.3 | 26.5 | 66.6 |
| 65-74..... | 167 | 99.5 | 74.3 | 46.9 | 10.6 | 47.5 | 42.9 | 10.9 | 42.2 | 27.1 | 63.6 |
| 75 AND OVER..... | 62 | 100.0 | 73.4 | 57.7 | 8.4 | 48.1 | 44.2 | 6.5 | 36.6 | 12.7 | 57.8 |
| ALL INDIVIDUALS... | 4/7,286 | 98.9 | 69.1 | 48.9 | 4.2 | 42.6 | 38.8 | 6.7 | 56.9 | 24.5 | 68.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 10-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 1 | (5) | (5) | (5) | (5) | (5) | (5) | 0 | 0 | (5) |
| 1-2..... | 4/283 | 13 | 3 | 1 | (5) | 2 | 2 | 0 | 1 | (5) | 7 |
| 3-5..... | 406 | 16 | 3 | 1 | (5) | 2 | 2 | (5) | 1 | 1 | 8 |
| 6-8..... | 468 | 32 | 6 | 1 | (5) | 4 | 3 | (5) | 3 | 2 | 17 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 200 | 45 | 6 | 1 | (5) | 5 | 4 | 0 | 3 | 4 | 25 |
| 12-14..... | 222 | 44 | 9 | 3 | 0 | 4 | 3 | 0 | 4 | 3 | 23 |
| 15-18..... | 240 | 55 | 14 | 2 | (5) | 3 | 2 | (5) | 5 | 3 | 28 |
| 19-22..... | 166 | 94 | 19 | 8 | 0 | 10 | 9 | 2 | 5 | 4 | 46 |
| 23-34..... | 695 | 71 | 17 | 4 | 1 | 6 | 5 | (5) | 4 | 5 | 34 |
| 35-50..... | 508 | 49 | 13 | 3 | 1 | 5 | 4 | (5) | 3 | 4 | 21 |
| 51-64..... | 412 | 40 | 10 | 2 | (5) | 2 | 2 | (5) | 2 | 5 | 17 |
| 65-74..... | 152 | 31 | 10 | 2 | (5) | 2 | 2 | 0 | (5) | 4 | 13 |
| 75 AND OVER..... | 47 | 20 | 6 | 2 | 0 | 2 | 2 | 0 | (5) | 0 | 11 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 225 | 38 | 7 | 2 | 0 | 4 | 3 | 0 | 3 | 2 | 19 |
| 12-14..... | 244 | 43 | 9 | 1 | 0 | 4 | 3 | 0 | 3 | 3 | 24 |
| 15-18..... | 260 | 46 | 8 | 2 | (5) | 4 | 3 | 0 | 4 | 2 | 25 |
| 19-22..... | 209 | 47 | 11 | 4 | 0 | 7 | 7 | 0 | 1 | 4 | 21 |
| 23-34..... | 1,009 | 37 | 9 | 2 | (5) | 4 | 4 | (5) | 2 | 2 | 17 |
| 35-50..... | 673 | 33 | 8 | 2 | (5) | 3 | 2 | (5) | 2 | 4 | 13 |
| 51-64..... | 521 | 26 | 6 | 1 | 1 | 2 | 2 | (5) | 2 | 3 | 11 |
| 65-74..... | 167 | 24 | 5 | 1 | (5) | 4 | 4 | 1 | 0 | 1 | 12 |
| 75 AND OVER..... | 62 | 15 | 3 | 1 | 1 | 7 | 4 | 0 | 0 | (5) | 3 |
| ALL INDIVIDUALS... | 4/7,286 | 40 | 9 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 19 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 10-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 4.7 | 2.4 | 1.5 | 0.8 | 0.8 | 0.8 | 0.7 | 0.0 | 0.0 | 0.7 |
| 1-2..... | 4/283 | 31.5 | 11.2 | 3.9 | .4 | 5.7 | 5.7 | .0 | 7.4 | 1.5 | 13.3 |
| 3-5..... | 406 | 31.4 | 10.0 | 3.3 | .2 | 5.3 | 4.7 | .3 | 8.6 | 3.3 | 15.1 |
| 6-8..... | 468 | 53.5 | 17.6 | 4.8 | .4 | 10.4 | 8.2 | .6 | 13.3 | 7.9 | 31.0 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 200 | 62.9 | 21.5 | 5.9 | .8 | 11.7 | 9.3 | .0 | 16.0 | 9.3 | 34.4 |
| 12-14..... | 222 | 60.7 | 20.9 | 5.3 | .0 | 9.5 | 6.2 | .0 | 16.4 | 9.0 | 35.3 |
| 15-18..... | 240 | 59.8 | 23.6 | 8.9 | .5 | 6.1 | 5.3 | .3 | 17.8 | 6.9 | 34.4 |
| 19-22..... | 166 | 57.5 | 27.0 | 12.9 | .0 | 16.3 | 12.5 | 3.1 | 18.7 | 5.8 | 37.9 |
| 23-34..... | 695 | 59.1 | 27.1 | 11.6 | 1.3 | 10.2 | 8.2 | .3 | 12.9 | 8.7 | 33.9 |
| 35-50..... | 508 | 49.7 | 21.8 | 12.0 | 1.5 | 6.2 | 5.6 | .5 | 10.7 | 7.3 | 26.8 |
| 51-64..... | 412 | 38.9 | 18.5 | 7.5 | .3 | 4.4 | 4.4 | .4 | 7.8 | 9.1 | 17.4 |
| 65-74..... | 152 | 40.2 | 21.2 | 7.0 | 1.2 | 3.1 | 3.1 | .0 | 4.2 | 8.2 | 16.8 |
| 75 AND OVER..... | 47 | 22.5 | 7.1 | 6.9 | .0 | 5.5 | 5.5 | .0 | 2.4 | .0 | 12.5 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 225 | 62.3 | 19.3 | 7.5 | .0 | 11.4 | 8.1 | .0 | 17.5 | 8.6 | 37.3 |
| 12-14..... | 244 | 59.0 | 22.1 | 7.3 | .0 | 9.0 | 6.7 | .0 | 15.0 | 9.2 | 33.6 |
| 15-18..... | 260 | 58.2 | 18.4 | 6.0 | 1.4 | 9.6 | 6.1 | .0 | 15.3 | 7.2 | 34.3 |
| 19-22..... | 209 | 57.1 | 24.9 | 9.5 | .0 | 14.4 | 12.0 | .0 | 5.6 | 12.3 | 32.0 |
| 23-34..... | 1,009 | 48.5 | 18.6 | 7.9 | .5 | 9.0 | 8.5 | .6 | 7.7 | 5.9 | 24.4 |
| 35-50..... | 673 | 45.3 | 16.3 | 7.7 | 1.0 | 6.1 | 4.7 | .5 | 7.7 | 8.2 | 22.4 |
| 51-64..... | 521 | 35.8 | 15.4 | 5.5 | 1.8 | 4.9 | 4.5 | .5 | 4.1 | 8.3 | 16.2 |
| 65-74..... | 167 | 36.7 | 14.3 | 3.6 | .7 | 10.7 | 9.1 | 1.7 | .0 | 4.3 | 19.5 |
| 75 AND OVER..... | 62 | 24.8 | 4.4 | 4.1 | 2.4 | 12.7 | 5.6 | .0 | .0 | 2.4 | 12.5 |
| ALL INDIVIDUALS... | 4/7,286 | 47.7 | 18.7 | 7.4 | .8 | 8.1 | 6.7 | .4 | 9.9 | 7.1 | 25.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 10-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 48 | 5 | 1 | 3 | 6 | 4 | (5) | 1 | (5) | 31 |
| 1-2..... | 4/283 | 86 | 17 | 7 | 1 | 11 | 10 | (5) | 13 | 4 | 34 |
| 3-5..... | 406 | 104 | 22 | 10 | (5) | 12 | 11 | 1 | 16 | 5 | 37 |
| 6-8..... | 468 | 117 | 28 | 10 | 1 | 16 | 15 | 1 | 15 | 6 | 40 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 200 | 144 | 38 | 12 | 1 | 14 | 14 | 2 | 18 | 7 | 51 |
| 12-14..... | 222 | 182 | 49 | 16 | 1 | 22 | 19 | 2 | 19 | 9 | 65 |
| 15-18..... | 240 | 222 | 53 | 21 | 2 | 26 | 24 | 5 | 23 | 10 | 82 |
| 19-22..... | 166 | 197 | 55 | 17 | 2 | 31 | 26 | 2 | 20 | 8 | 62 |
| 23-34..... | 695 | 228 | 53 | 26 | 2 | 30 | 26 | 2 | 28 | 11 | 74 |
| 35-50..... | 508 | 237 | 65 | 25 | 3 | 28 | 25 | 3 | 27 | 7 | 79 |
| 51-64..... | 412 | 231 | 59 | 28 | 3 | 28 | 25 | 4 | 29 | 15 | 65 |
| 65-74..... | 152 | 180 | 43 | 15 | 3 | 20 | 20 | 3 | 13 | 16 | 68 |
| 75 AND OVER..... | 47 | 209 | 57 | 36 | 1 | 19 | 19 | 5 | 17 | 7 | 67 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 225 | 120 | 31 | 10 | 1 | 17 | 16 | 2 | 16 | 5 | 39 |
| 12-14..... | 244 | 134 | 34 | 15 | 1 | 17 | 15 | 1 | 15 | 6 | 45 |
| 15-18..... | 260 | 144 | 35 | 14 | 2 | 19 | 17 | 1 | 14 | 7 | 52 |
| 19-22..... | 209 | 132 | 41 | 13 | 0 | 20 | 18 | 1 | 11 | 7 | 39 |
| 23-34..... | 1,009 | 150 | 38 | 13 | 1 | 19 | 17 | 2 | 14 | 9 | 54 |
| 35-50..... | 673 | 166 | 43 | 17 | 2 | 21 | 18 | 5 | 15 | 9 | 55 |
| 51-64..... | 521 | 163 | 44 | 15 | 2 | 18 | 17 | 3 | 14 | 10 | 56 |
| 65-74..... | 167 | 143 | 40 | 16 | 4 | 19 | 16 | 3 | 10 | 10 | 40 |
| 75 AND OVER..... | 62 | 145 | 39 | 19 | 3 | 21 | 21 | 1 | 10 | 3 | 50 |
| ALL INDIVIDUALS... | 4/7,286 | 165 | 42 | 16 | 2 | 21 | 18 | 2 | 18 | 8 | 56 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1D-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 57.1 | 16.5 | 6.9 | 8.2 | 20.2 | 16.3 | 0.6 | 3.6 | 1.1 | 41.1 |
| 1-2..... | 4/283 | 97.9 | 53.4 | 36.2 | 2.4 | 35.5 | 31.8 | 4.6 | 55.4 | 18.7 | 56.5 |
| 3-5..... | 406 | 99.0 | 57.8 | 45.0 | 1.7 | 35.2 | 32.6 | 6.4 | 63.7 | 19.1 | 58.7 |
| 6-8..... | 468 | 99.8 | 61.5 | 38.1 | 2.8 | 37.4 | 35.9 | 4.9 | 56.4 | 17.5 | 58.9 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 200 | 99.0 | 63.7 | 40.3 | 3.7 | 31.8 | 31.3 | 4.6 | 60.0 | 17.1 | 59.0 |
| 12-14..... | 222 | 99.1 | 65.3 | 48.8 | .5 | 38.3 | 35.2 | 4.7 | 54.4 | 15.9 | 60.9 |
| 15-18..... | 240 | 98.6 | 64.9 | 53.0 | 1.7 | 41.1 | 37.7 | 9.2 | 52.9 | 18.1 | 61.6 |
| 19-22..... | 166 | 95.5 | 62.9 | 44.3 | 1.7 | 41.7 | 36.7 | 2.4 | 50.2 | 12.6 | 55.9 |
| 23-34..... | 695 | 96.0 | 55.7 | 51.3 | 3.4 | 35.7 | 31.3 | 5.2 | 55.3 | 20.7 | 53.8 |
| 35-50..... | 508 | 98.0 | 69.4 | 52.1 | 4.7 | 38.8 | 35.2 | 4.9 | 58.7 | 15.0 | 60.8 |
| 51-64..... | 412 | 96.7 | 61.4 | 52.3 | 4.2 | 39.4 | 35.4 | 10.5 | 61.5 | 20.8 | 54.6 |
| 65-74..... | 152 | 99.4 | 56.9 | 42.5 | 6.2 | 37.7 | 37.0 | 6.8 | 41.3 | 30.2 | 51.4 |
| 75 AND OVER..... | 47 | 100.0 | 78.8 | 61.9 | 4.8 | 23.9 | 23.9 | 17.0 | 43.4 | 11.4 | 66.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 225 | 98.7 | 58.7 | 37.0 | 2.0 | 38.5 | 35.5 | 5.8 | 56.2 | 17.4 | 52.7 |
| 12-14..... | 244 | 98.3 | 61.8 | 43.4 | 3.8 | 36.1 | 32.7 | 6.2 | 50.9 | 15.7 | 52.1 |
| 15-18..... | 260 | 97.3 | 57.3 | 41.6 | 3.9 | 35.4 | 33.4 | 5.1 | 45.4 | 17.2 | 58.3 |
| 19-22..... | 209 | 94.9 | 60.8 | 38.6 | .0 | 36.2 | 35.4 | 2.6 | 43.7 | 18.2 | 46.7 |
| 23-34..... | 1,009 | 96.5 | 58.5 | 38.2 | 2.9 | 35.8 | 32.1 | 5.7 | 50.3 | 19.9 | 56.5 |
| 35-50..... | 673 | 98.4 | 63.5 | 46.9 | 3.0 | 39.7 | 36.2 | 7.9 | 49.4 | 19.7 | 58.0 |
| 51-64..... | 521 | 98.0 | 61.0 | 46.5 | 5.4 | 35.5 | 32.9 | 10.1 | 44.9 | 20.0 | 57.9 |
| 65-74..... | 167 | 99.5 | 67.9 | 45.3 | 9.9 | 38.5 | 35.6 | 9.2 | 42.2 | 24.1 | 54.4 |
| 75 AND OVER..... | 62 | 100.0 | 69.0 | 55.9 | 6.0 | 40.3 | 38.7 | 6.5 | 36.6 | 10.3 | 53.9 |
| ALL INDIVIDUALS... | 4/7,286 | 97.1 | 60.3 | 44.3 | 3.4 | 36.8 | 33.7 | 6.3 | 51.9 | 18.5 | 56.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1E-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 61 | 6 | 6 | 2 | 7 | 6 | (5) | 1 | 1 | 38 |
| 1-2..... | 4/271 | 99 | 19 | 8 | 1 | 13 | 12 | 1 | 15 | 4 | 39 |
| 3-5..... | 532 | 117 | 26 | 10 | 1 | 15 | 14 | 1 | 16 | 7 | 41 |
| 6-8..... | 594 | 148 | 36 | 13 | 1 | 18 | 17 | 1 | 17 | 7 | 54 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 328 | 183 | 50 | 15 | 1 | 19 | 17 | 1 | 20 | 7 | 70 |
| 12-14..... | 437 | 207 | 56 | 18 | 1 | 21 | 19 | 1 | 21 | 7 | 83 |
| 15-18..... | 555 | 262 | 70 | 26 | 2 | 25 | 22 | 2 | 24 | 8 | 105 |
| 19-22..... | 313 | 289 | 85 | 30 | 2 | 32 | 27 | 3 | 31 | 14 | 92 |
| 23-34..... | 953 | 296 | 86 | 28 | 3 | 27 | 22 | 2 | 29 | 14 | 108 |
| 35-50..... | 1,219 | 288 | 79 | 29 | 3 | 28 | 24 | 3 | 28 | 16 | 102 |
| 51-64..... | 760 | 273 | 77 | 30 | 4 | 28 | 23 | 4 | 25 | 20 | 86 |
| 65-74..... | 115 | 258 | 61 | 26 | 10 | 37 | 29 | 3 | 19 | 19 | 82 |
| 75 AND OVER..... | 35 | 246 | 83 | 28 | 2 | 9 | 9 | 10 | 13 | 9 | 91 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 339 | 160 | 44 | 14 | 1 | 19 | 16 | (5) | 16 | 5 | 61 |
| 12-14..... | 413 | 180 | 48 | 16 | 1 | 16 | 14 | 1 | 16 | 9 | 73 |
| 15-18..... | 559 | 176 | 50 | 14 | 2 | 18 | 15 | 1 | 14 | 10 | 68 |
| 19-22..... | 367 | 180 | 47 | 16 | 1 | 19 | 16 | 1 | 15 | 13 | 67 |
| 23-34..... | 1,254 | 187 | 48 | 17 | 3 | 22 | 20 | 3 | 14 | 12 | 68 |
| 35-50..... | 1,507 | 189 | 52 | 18 | 3 | 23 | 18 | 3 | 12 | 13 | 66 |
| 51-64..... | 777 | 198 | 51 | 16 | 4 | 24 | 20 | 2 | 13 | 17 | 71 |
| 65-74..... | 117 | 194 | 36 | 22 | 8 | 26 | 25 | 1 | 11 | 12 | 79 |
| 75 AND OVER..... | 63 | 166 | 43 | 16 | 11 | 14 | 14 | (5) | 10 | 13 | 59 |
| ALL INDIVIDUALS... | 4/11,624 | 211 | 57 | 20 | 3 | 23 | 19 | 2 | 19 | 12 | 76 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1E-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 63.9 | 22.9 | 12.4 | 7.7 | 21.6 | 18.7 | 2.0 | 6.7 | 6.1 | 41.0 |
| 1-2..... | 4/271 | 98.4 | 60.9 | 44.4 | 5.3 | 40.1 | 36.6 | 6.7 | 60.6 | 18.3 | 66.9 |
| 3-5..... | 532 | 99.7 | 66.8 | 45.3 | 5.3 | 41.3 | 38.7 | 4.5 | 59.4 | 22.4 | 61.3 |
| 6-8..... | 594 | 99.2 | 71.9 | 48.0 | 3.8 | 45.0 | 41.2 | 4.6 | 61.8 | 21.9 | 65.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 328 | 99.6 | 73.2 | 46.7 | 3.1 | 37.8 | 32.7 | 4.5 | 62.2 | 18.4 | 74.2 |
| 12-14..... | 437 | 99.4 | 73.9 | 47.3 | 2.7 | 38.6 | 33.7 | 3.0 | 56.7 | 19.9 | 74.6 |
| 15-18..... | 555 | 99.9 | 75.3 | 56.1 | 1.9 | 38.7 | 33.5 | 4.0 | 58.0 | 17.8 | 76.8 |
| 19-22..... | 313 | 100.0 | 75.1 | 55.2 | 3.9 | 44.4 | 36.3 | 6.6 | 53.8 | 24.3 | 76.7 |
| 23-34..... | 953 | 99.6 | 78.2 | 54.4 | 5.9 | 37.6 | 31.6 | 4.3 | 59.7 | 26.5 | 72.4 |
| 35-50..... | 1,219 | 100.0 | 77.6 | 56.1 | 4.6 | 40.0 | 35.5 | 8.2 | 58.8 | 28.2 | 72.2 |
| 51-64..... | 760 | 99.5 | 79.6 | 57.7 | 5.7 | 42.4 | 35.6 | 11.0 | 57.6 | 34.4 | 71.3 |
| 65-74..... | 115 | 100.0 | 73.4 | 57.1 | 11.9 | 51.7 | 42.9 | 12.2 | 53.2 | 30.4 | 67.8 |
| 75 AND OVER..... | 35 | 100.0 | 89.5 | 59.7 | 4.6 | 20.0 | 20.0 | 22.1 | 56.8 | 19.3 | 78.4 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 339 | 99.5 | 75.3 | 46.4 | 1.7 | 40.3 | 36.2 | 2.3 | 60.3 | 19.0 | 68.7 |
| 12-14..... | 413 | 99.2 | 69.9 | 46.4 | 2.9 | 37.7 | 31.6 | 3.1 | 57.4 | 24.6 | 76.8 |
| 15-18..... | 559 | 99.7 | 71.0 | 44.0 | 4.1 | 37.8 | 33.2 | 3.0 | 46.8 | 25.6 | 69.6 |
| 19-22..... | 367 | 98.4 | 64.4 | 45.4 | 2.6 | 36.3 | 32.2 | 3.5 | 49.6 | 28.9 | 65.5 |
| 23-34..... | 1,254 | 98.1 | 67.1 | 47.5 | 5.6 | 41.9 | 38.2 | 5.9 | 48.7 | 29.6 | 63.8 |
| 35-50..... | 1,507 | 99.8 | 73.0 | 50.5 | 5.1 | 43.3 | 38.0 | 6.9 | 44.4 | 29.1 | 66.4 |
| 51-64..... | 777 | 99.5 | 71.2 | 48.3 | 6.9 | 42.6 | 35.8 | 6.6 | 40.8 | 36.5 | 67.5 |
| 65-74..... | 117 | 100.0 | 62.4 | 54.6 | 12.5 | 52.3 | 49.5 | 5.2 | 45.7 | 29.6 | 68.1 |
| 75 AND OVER..... | 63 | 100.0 | 74.2 | 37.3 | 18.5 | 36.8 | 36.8 | 1.9 | 38.4 | 31.6 | 54.8 |
| ALL INDIVIDUALS... | 4/11,624 | 99.1 | 72.2 | 50.0 | 4.9 | 40.7 | 35.7 | 5.8 | 53.0 | 26.6 | 69.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1E-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 2 | 0 | 0 | 0 | (5) | (5) | 0 | (5) | 0 | 1 |
| 1-2..... | 4/271 | 10 | 2 | 1 | (5) | 1 | 1 | 0 | 1 | (5) | 5 |
| 3-5..... | 532 | 16 | 3 | 1 | (5) | 2 | 1 | 0 | 1 | 1 | 9 |
| 6-8..... | 594 | 35 | 7 | 2 | (5) | 4 | 3 | (5) | 3 | 2 | 18 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 328 | 44 | 8 | 1 | (5) | 5 | 4 | (5) | 4 | 2 | 24 |
| 12-14..... | 437 | 54 | 12 | 2 | (5) | 5 | 5 | (5) | 3 | 2 | 31 |
| 15-18..... | 555 | 67 | 15 | 3 | (5) | 5 | 3 | (5) | 4 | 2 | 38 |
| 19-22..... | 313 | 83 | 25 | 3 | (5) | 9 | 7 | 1 | 5 | 4 | 36 |
| 23-34..... | 953 | 82 | 23 | 5 | 1 | 6 | 4 | (5) | 5 | 5 | 37 |
| 35-50..... | 1,219 | 74 | 19 | 4 | 1 | 5 | 4 | 1 | 3 | 6 | 35 |
| 51-64..... | 760 | 57 | 17 | 3 | 1 | 6 | 5 | 1 | 3 | 5 | 22 |
| 65-74..... | 115 | 43 | 10 | 4 | 2 | 4 | 3 | (5) | 3 | 8 | 13 |
| 75 AND OVER..... | 35 | 20 | 8 | 0 | 0 | 4 | 4 | 1 | 0 | 2 | 5 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 339 | 38 | 7 | 1 | 0 | 4 | 4 | 0 | 2 | 2 | 22 |
| 12-14..... | 413 | 44 | 8 | 2 | (5) | 3 | 2 | 0 | 4 | 3 | 25 |
| 15-18..... | 559 | 51 | 14 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 25 |
| 19-22..... | 367 | 54 | 10 | 3 | (5) | 5 | 4 | (5) | 2 | 6 | 27 |
| 23-34..... | 1,254 | 45 | 10 | 3 | (5) | 5 | 4 | (5) | 2 | 3 | 23 |
| 35-50..... | 1,507 | 40 | 8 | 2 | (5) | 4 | 3 | (5) | 1 | 5 | 17 |
| 51-64..... | 777 | 34 | 7 | 1 | 1 | 5 | 3 | (5) | 1 | 5 | 15 |
| 65-74..... | 117 | 24 | 4 | 2 | 1 | 5 | 5 | (5) | (5) | 4 | 8 |
| 75 AND OVER..... | 63 | 25 | 2 | 0 | 0 | 2 | 2 | 0 | 1 | 4 | 16 |
| ALL INDIVIDUALS... | 4/11,624 | 50 | 12 | 3 | (5) | 4 | 4 | (5) | 3 | 4 | 24 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1E-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 3.8 | 0.0 | 0.0 | 0.0 | 1.1 | 1.1 | 0.0 | 0.8 | 0.0 | 3.0 |
| 1-2..... | 4/271 | 30.8 | 7.3 | 3.3 | .2 | 4.5 | 3.8 | .0 | 7.8 | .7 | 16.6 |
| 3-5..... | 532 | 39.9 | 10.8 | 3.4 | .3 | 6.3 | 4.8 | .0 | 7.4 | 3.0 | 21.9 |
| 6-8..... | 594 | 60.0 | 19.8 | 6.4 | .2 | 12.1 | 9.5 | .2 | 14.8 | 6.0 | 33.3 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 328 | 64.9 | 22.8 | 5.8 | .2 | 11.5 | 8.7 | .3 | 19.1 | 6.7 | 37.4 |
| 12-14..... | 437 | 60.9 | 23.1 | 7.5 | .4 | 11.2 | 8.9 | .3 | 12.3 | 5.7 | 39.2 |
| 15-18..... | 555 | 63.9 | 26.7 | 10.5 | .1 | 8.9 | 5.2 | .2 | 12.5 | 5.5 | 41.5 |
| 19-22..... | 313 | 64.8 | 32.2 | 9.4 | .9 | 15.1 | 9.5 | .8 | 10.8 | 8.5 | 41.8 |
| 23-34..... | 953 | 67.3 | 34.4 | 14.7 | 1.5 | 10.3 | 6.8 | .9 | 15.4 | 11.2 | 39.0 |
| 35-50..... | 1,219 | 61.7 | 28.1 | 15.8 | 1.0 | 9.5 | 7.2 | 2.0 | 11.9 | 11.5 | 38.3 |
| 51-64..... | 760 | 51.4 | 26.6 | 10.2 | 1.7 | 10.2 | 8.3 | 1.3 | 10.0 | 9.7 | 26.9 |
| 65-74..... | 115 | 40.4 | 17.9 | 9.0 | 2.3 | 6.4 | 5.5 | 1.0 | 7.8 | 13.4 | 16.1 |
| 75 AND OVER..... | 35 | 29.3 | 17.9 | .0 | .0 | 9.3 | 9.3 | 8.1 | .0 | 8.8 | 12.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 339 | 53.6 | 20.4 | 5.9 | .0 | 11.7 | 8.8 | .0 | 10.5 | 7.1 | 33.7 |
| 12-14..... | 413 | 61.5 | 18.3 | 4.6 | .6 | 8.4 | 6.0 | .0 | 16.3 | 9.0 | 39.0 |
| 15-18..... | 559 | 62.9 | 25.0 | 9.6 | .6 | 8.5 | 5.9 | .2 | 10.8 | 9.4 | 34.9 |
| 19-22..... | 367 | 61.1 | 24.5 | 12.5 | .9 | 9.2 | 7.5 | .6 | 9.0 | 12.1 | 36.1 |
| 23-34..... | 1,254 | 54.6 | 19.7 | 9.9 | .6 | 10.0 | 8.2 | .6 | 8.5 | 9.4 | 28.0 |
| 35-50..... | 1,507 | 50.9 | 18.2 | 9.5 | .9 | 9.3 | 7.0 | .6 | 6.4 | 10.8 | 25.1 |
| 51-64..... | 777 | 47.0 | 16.4 | 5.6 | 1.7 | 11.1 | 8.0 | .8 | 5.7 | 12.2 | 21.3 |
| 65-74..... | 117 | 40.0 | 9.4 | 8.1 | 4.1 | 10.5 | 10.5 | 1.0 | 3.6 | 10.8 | 15.8 |
| 75 AND OVER..... | 63 | 26.0 | 9.8 | .0 | .0 | 6.0 | 6.0 | .0 | 7.8 | 9.2 | 17.1 |
| ALL INDIVIDUALS... | 4/11,624 | 55.3 | 22.0 | 9.3 | .9 | 9.7 | 7.3 | .7 | 10.3 | 9.0 | 31.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1E-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 59 | 6 | 6 | 2 | 7 | 6 | (5) | 1 | 1 | 37 |
| 1-2..... | 4/271 | 89 | 17 | 7 | 1 | 12 | 11 | 1 | 13 | 4 | 34 |
| 3-5..... | 532 | 101 | 23 | 9 | 1 | 13 | 13 | 1 | 15 | 6 | 33 |
| 6-8..... | 594 | 113 | 30 | 11 | 1 | 14 | 13 | 1 | 15 | 5 | 36 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 328 | 139 | 41 | 14 | 1 | 14 | 13 | 1 | 16 | 5 | 46 |
| 12-14..... | 437 | 153 | 44 | 16 | 1 | 16 | 14 | 1 | 18 | 6 | 52 |
| 15-18..... | 555 | 194 | 54 | 22 | 2 | 21 | 19 | 2 | 21 | 6 | 67 |
| 19-22..... | 313 | 206 | 60 | 27 | 2 | 23 | 20 | 2 | 27 | 9 | 55 |
| 23-34..... | 953 | 215 | 63 | 23 | 2 | 21 | 17 | 1 | 23 | 9 | 72 |
| 35-50..... | 1,219 | 214 | 60 | 25 | 3 | 23 | 20 | 2 | 24 | 10 | 68 |
| 51-64..... | 760 | 216 | 59 | 27 | 3 | 22 | 18 | 4 | 22 | 15 | 64 |
| 65-74..... | 115 | 215 | 51 | 22 | 8 | 33 | 26 | 2 | 17 | 11 | 69 |
| 75 AND OVER..... | 35 | 226 | 75 | 28 | 2 | 6 | 6 | 9 | 13 | 7 | 86 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 339 | 122 | 37 | 13 | 1 | 15 | 13 | (5) | 14 | 3 | 39 |
| 12-14..... | 413 | 135 | 40 | 14 | 1 | 13 | 12 | 1 | 13 | 6 | 48 |
| 15-18..... | 559 | 126 | 37 | 12 | 2 | 14 | 12 | 1 | 12 | 7 | 42 |
| 19-22..... | 367 | 126 | 37 | 13 | 1 | 14 | 11 | 1 | 13 | 8 | 41 |
| 23-34..... | 1,254 | 142 | 38 | 14 | 3 | 18 | 16 | 3 | 12 | 9 | 45 |
| 35-50..... | 1,507 | 150 | 44 | 15 | 2 | 19 | 15 | 2 | 11 | 8 | 49 |
| 51-64..... | 777 | 164 | 44 | 15 | 3 | 20 | 17 | 2 | 12 | 12 | 56 |
| 65-74..... | 117 | 170 | 32 | 20 | 7 | 21 | 20 | 1 | 10 | 9 | 71 |
| 75 AND OVER..... | 63 | 140 | 41 | 16 | 11 | 12 | 12 | (5) | 9 | 9 | 43 |
| ALL INDIVIDUALS... | 4/11,624 | 161 | 45 | 17 | 2 | 18 | 16 | 2 | 16 | 8 | 53 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1E-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 63.1 | 22.9 | 12.4 | 7.7 | 20.5 | 17.6 | 2.0 | 5.9 | 6.1 | 38.0 |
| 1-2..... | 4/271 | 97.0 | 57.4 | 41.9 | 5.1 | 37.4 | 34.3 | 6.7 | 57.1 | 17.6 | 58.9 |
| 3-5..... | 532 | 98.4 | 61.4 | 44.0 | 5.0 | 36.7 | 34.9 | 4.5 | 56.6 | 19.8 | 50.7 |
| 6-8..... | 594 | 98.3 | 65.7 | 43.6 | 3.8 | 36.4 | 33.8 | 4.5 | 52.5 | 16.4 | 51.2 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 328 | 98.7 | 64.8 | 44.0 | 2.8 | 29.0 | 26.2 | 4.2 | 51.2 | 13.1 | 59.7 |
| 12-14..... | 437 | 98.3 | 63.8 | 43.0 | 2.5 | 29.4 | 26.0 | 2.7 | 50.1 | 15.2 | 55.4 |
| 15-18..... | 555 | 98.6 | 65.1 | 51.0 | 1.8 | 33.7 | 30.3 | 3.9 | 51.2 | 13.1 | 57.0 |
| 19-22..... | 313 | 93.9 | 61.4 | 49.2 | 3.0 | 34.2 | 29.9 | 5.8 | 46.9 | 16.3 | 52.7 |
| 23-34..... | 953 | 96.2 | 64.2 | 45.9 | 4.4 | 28.8 | 25.3 | 3.4 | 49.7 | 16.8 | 54.0 |
| 35-50..... | 1,219 | 98.4 | 67.3 | 47.4 | 3.6 | 33.0 | 29.8 | 6.2 | 51.5 | 17.7 | 54.0 |
| 51-64..... | 760 | 97.9 | 68.2 | 52.5 | 4.3 | 34.3 | 28.6 | 9.7 | 51.6 | 26.2 | 56.9 |
| 65-74..... | 115 | 100.0 | 66.7 | 52.4 | 11.9 | 48.9 | 41.0 | 12.2 | 48.8 | 23.2 | 52.5 |
| 75 AND OVER..... | 35 | 100.0 | 86.2 | 59.7 | 4.6 | 13.9 | 13.9 | 14.1 | 56.8 | 10.5 | 65.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 339 | 98.1 | 66.6 | 43.0 | 1.7 | 33.3 | 30.2 | 2.3 | 54.2 | 12.2 | 49.2 |
| 12-14..... | 413 | 98.4 | 63.8 | 43.4 | 2.3 | 32.3 | 27.7 | 3.1 | 47.6 | 17.2 | 59.9 |
| 15-18..... | 559 | 95.2 | 58.7 | 38.1 | 3.5 | 31.4 | 28.5 | 2.9 | 41.3 | 17.7 | 51.3 |
| 19-22..... | 367 | 91.7 | 53.3 | 39.7 | 1.7 | 28.7 | 25.9 | 2.9 | 43.9 | 18.1 | 47.1 |
| 23-34..... | 1,254 | 95.8 | 55.8 | 41.8 | 5.0 | 34.4 | 31.7 | 5.5 | 43.0 | 22.4 | 49.8 |
| 35-50..... | 1,507 | 97.9 | 65.0 | 45.5 | 4.3 | 37.2 | 32.7 | 6.4 | 40.7 | 20.2 | 53.3 |
| 51-64..... | 777 | 97.8 | 63.5 | 44.1 | 5.2 | 34.8 | 30.2 | 6.1 | 37.1 | 26.5 | 57.0 |
| 65-74..... | 117 | 100.0 | 56.0 | 49.8 | 8.4 | 41.8 | 39.0 | 4.2 | 43.9 | 21.0 | 58.8 |
| 75 AND OVER..... | 63 | 95.0 | 69.2 | 37.3 | 18.5 | 30.8 | 30.8 | 1.9 | 35.6 | 22.3 | 45.1 |
| ALL INDIVIDUALS... | 4/11,624 | 97.0 | 62.8 | 44.8 | 4.1 | 33.6 | 30.1 | 5.2 | 46.9 | 19.0 | 53.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1F-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 70 | 8 | 6 | 4 | 10 | 10 | (5) | 1 | (5) | 39 |
| 1-2..... | 4/306 | 110 | 21 | 10 | 1 | 19 | 16 | 1 | 14 | 4 | 39 |
| 3-5..... | 521 | 126 | 26 | 13 | 1 | 19 | 17 | 2 | 19 | 6 | 40 |
| 6-8..... | 482 | 167 | 39 | 16 | 2 | 21 | 19 | 2 | 20 | 8 | 58 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 264 | 189 | 45 | 17 | 1 | 25 | 24 | 3 | 21 | 8 | 68 |
| 12-14..... | 287 | 225 | 60 | 19 | 2 | 34 | 31 | 2 | 25 | 9 | 74 |
| 15-18..... | 387 | 261 | 63 | 25 | 2 | 34 | 31 | 4 | 30 | 9 | 94 |
| 19-22..... | 318 | 296 | 77 | 27 | 1 | 37 | 33 | 3 | 33 | 11 | 107 |
| 23-34..... | 846 | 291 | 70 | 27 | 3 | 33 | 29 | 3 | 28 | 21 | 106 |
| 35-50..... | 657 | 281 | 67 | 33 | 3 | 37 | 32 | 4 | 30 | 17 | 90 |
| 51-64..... | 565 | 261 | 66 | 30 | 4 | 35 | 33 | 5 | 27 | 21 | 73 |
| 65-74..... | 300 | 226 | 49 | 24 | 6 | 29 | 25 | 3 | 20 | 21 | 73 |
| 75 AND OVER..... | 147 | 199 | 48 | 29 | 4 | 25 | 21 | 5 | 20 | 11 | 58 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 269 | 172 | 41 | 16 | 1 | 26 | 22 | 2 | 21 | 9 | 55 |
| 12-14..... | 305 | 186 | 41 | 21 | 1 | 27 | 24 | 1 | 21 | 9 | 65 |
| 15-18..... | 424 | 194 | 44 | 21 | 2 | 31 | 27 | 1 | 21 | 13 | 61 |
| 19-22..... | 408 | 196 | 44 | 26 | 1 | 28 | 24 | 1 | 18 | 12 | 65 |
| 23-34..... | 1,216 | 191 | 47 | 18 | 3 | 27 | 24 | 3 | 17 | 14 | 62 |
| 35-50..... | 1,097 | 196 | 55 | 21 | 3 | 28 | 24 | 4 | 15 | 16 | 54 |
| 51-64..... | 850 | 194 | 48 | 16 | 4 | 30 | 27 | 4 | 16 | 17 | 60 |
| 65-74..... | 446 | 168 | 36 | 14 | 6 | 24 | 22 | 4 | 11 | 14 | 58 |
| 75 AND OVER..... | 240 | 156 | 36 | 14 | 5 | 24 | 22 | 3 | 12 | 9 | 51 |
| ALL INDIVIDUALS... | 4/10,462 | 207 | 50 | 21 | 3 | 28 | 25 | 3 | 20 | 14 | 68 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE IF-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 58.4 | 16.2 | 14.9 | 8.5 | 24.0 | 23.3 | 1.1 | 6.0 | 1.2 | 41.2 |
| 1-2..... | 4/306 | 99.0 | 61.5 | 51.0 | 4.0 | 54.3 | 50.3 | 9.4 | 58.6 | 18.8 | 57.6 |
| 3-5..... | 521 | 98.9 | 63.5 | 49.5 | 2.6 | 50.0 | 46.3 | 6.9 | 65.2 | 21.8 | 58.6 |
| 6-8..... | 482 | 99.3 | 65.5 | 51.2 | 3.4 | 48.1 | 44.1 | 7.0 | 64.7 | 26.2 | 65.2 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 264 | 99.7 | 71.0 | 46.3 | 2.2 | 50.2 | 49.5 | 7.4 | 64.0 | 24.7 | 68.3 |
| 12-14..... | 287 | 100.0 | 67.8 | 50.9 | 3.3 | 51.6 | 49.3 | 4.3 | 64.9 | 22.0 | 71.5 |
| 15-18..... | 387 | 100.0 | 69.0 | 56.2 | 2.6 | 47.4 | 45.7 | 9.2 | 67.9 | 19.3 | 70.9 |
| 19-22..... | 318 | 100.0 | 66.9 | 53.8 | 1.4 | 50.5 | 46.5 | 5.7 | 59.8 | 18.4 | 72.3 |
| 23-34..... | 846 | 99.3 | 71.5 | 49.9 | 5.1 | 43.0 | 36.7 | 6.2 | 54.9 | 31.0 | 70.6 |
| 35-50..... | 657 | 98.8 | 68.9 | 60.0 | 5.1 | 46.3 | 42.8 | 8.0 | 64.0 | 27.0 | 67.0 |
| 51-64..... | 565 | 99.8 | 72.6 | 58.0 | 6.9 | 50.1 | 46.9 | 10.4 | 63.6 | 31.5 | 63.4 |
| 65-74..... | 300 | 99.4 | 67.9 | 52.6 | 8.2 | 43.3 | 38.7 | 9.2 | 52.9 | 33.3 | 57.4 |
| 75 AND OVER..... | 147 | 98.3 | 68.6 | 61.8 | 9.6 | 36.5 | 32.4 | 12.5 | 46.8 | 19.6 | 52.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 269 | 99.7 | 69.3 | 47.5 | 2.2 | 55.2 | 48.6 | 6.5 | 62.3 | 27.2 | 62.1 |
| 12-14..... | 305 | 99.4 | 68.4 | 55.6 | 2.3 | 53.2 | 50.0 | 5.8 | 61.2 | 26.3 | 64.4 |
| 15-18..... | 424 | 99.8 | 67.4 | 51.9 | 4.6 | 52.9 | 50.2 | 5.1 | 57.3 | 23.8 | 67.2 |
| 19-22..... | 408 | 97.7 | 60.7 | 54.5 | 1.6 | 49.3 | 46.5 | 3.9 | 54.0 | 25.9 | 62.0 |
| 23-34..... | 1,216 | 97.1 | 63.4 | 46.0 | 5.7 | 46.9 | 43.3 | 6.5 | 50.0 | 30.6 | 58.5 |
| 35-50..... | 1,097 | 99.6 | 71.1 | 53.0 | 5.0 | 51.3 | 47.8 | 10.4 | 48.9 | 31.3 | 59.1 |
| 51-64..... | 850 | 99.8 | 66.3 | 46.7 | 8.3 | 50.8 | 47.5 | 11.2 | 48.3 | 32.6 | 60.6 |
| 65-74..... | 446 | 98.1 | 60.1 | 44.7 | 9.9 | 45.9 | 40.9 | 9.7 | 37.6 | 26.0 | 55.9 |
| 75 AND OVER..... | 240 | 99.1 | 53.9 | 42.3 | 8.6 | 45.8 | 41.1 | 8.9 | 40.5 | 20.3 | 49.4 |
| ALL INDIVIDUALS... | 4/10,462 | 98.6 | 66.2 | 50.7 | 5.1 | 48.4 | 44.7 | 7.8 | 55.0 | 27.0 | 62.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1F-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/126 | (5) | 0 | (5) | (5) | (5) | (5) | 0 | 0 | 0 | 0 |
| 1-2..... | 4/306 | 9 | 2 | 1 | (5) | 1 | 1 | 0 | 1 | (5) | 4 |
| 3-5..... | 521 | 14 | 3 | (5) | (5) | 1 | 1 | (5) | 1 | 1 | 7 |
| 6-8..... | 482 | 34 | 8 | 1 | (5) | 3 | 2 | (5) | 3 | 2 | 16 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 264 | 41 | 8 | 1 | (5) | 3 | 3 | (5) | 4 | 3 | 22 |
| 12-14..... | 287 | 51 | 12 | 1 | (5) | 5 | 4 | 0 | 4 | 3 | 26 |
| 15-18..... | 387 | 56 | 12 | 2 | (5) | 5 | 4 | (5) | 5 | 1 | 32 |
| 19-22..... | 318 | 64 | 16 | 2 | 0 | 6 | 5 | 0 | 2 | 2 | 36 |
| 23-34..... | 846 | 81 | 19 | 5 | 1 | 7 | 5 | 1 | 4 | 7 | 39 |
| 35-50..... | 657 | 57 | 11 | 5 | (5) | 6 | 4 | 1 | 4 | 5 | 25 |
| 51-64..... | 565 | 45 | 12 | 3 | (5) | 4 | 4 | (5) | 3 | 5 | 18 |
| 65-74..... | 300 | 32 | 6 | 2 | 1 | 3 | 2 | (5) | 2 | 3 | 16 |
| 75 AND OVER..... | 147 | 14 | 3 | 1 | (5) | 2 | 2 | 1 | (5) | 2 | 6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 269 | 37 | 7 | 1 | (5) | 4 | 2 | (5) | 4 | 3 | 17 |
| 12-14..... | 305 | 39 | 7 | 1 | 0 | 3 | 3 | 0 | 3 | 4 | 20 |
| 15-18..... | 424 | 41 | 10 | 2 | (5) | 4 | 4 | 0 | 2 | 3 | 19 |
| 19-22..... | 408 | 46 | 10 | 2 | (5) | 7 | 5 | (5) | 2 | 3 | 21 |
| 23-34..... | 1,216 | 40 | 8 | 2 | (5) | 4 | 4 | (5) | 1 | 3 | 20 |
| 35-50..... | 1,097 | 28 | 7 | 2 | (5) | 2 | 2 | (5) | 1 | 5 | 10 |
| 51-64..... | 850 | 28 | 7 | 1 | 1 | 3 | 3 | (5) | 1 | 4 | 12 |
| 65-74..... | 446 | 19 | 4 | 2 | (5) | 3 | 2 | (5) | (5) | 2 | 8 |
| 75 AND OVER..... | 240 | 19 | 3 | 1 | 1 | 3 | 1 | 0 | (5) | 2 | 9 |
| ALL INDIVIDUALS... | 4/10,462 | 39 | 9 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 18 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1F-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 1.5 | 0.0 | 0.7 | 0.8 | 0.7 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/306 | 23.1 | 7.0 | 4.2 | .4 | 4.7 | 4.1 | .0 | 5.9 | 1.3 | 9.0 |
| 3-5..... | 521 | 30.2 | 11.1 | 2.9 | .1 | 4.2 | 3.7 | .7 | 7.2 | 3.9 | 14.7 |
| 6-8..... | 482 | 52.8 | 20.3 | 6.4 | .3 | 8.9 | 7.0 | .4 | 14.2 | 7.0 | 28.6 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 264 | 61.4 | 22.2 | 4.4 | .3 | 9.8 | 9.0 | .3 | 16.6 | 11.0 | 34.6 |
| 12-14..... | 287 | 61.8 | 22.9 | 4.9 | .8 | 9.2 | 7.1 | .0 | 16.0 | 8.1 | 38.3 |
| 15-18..... | 387 | 61.2 | 22.5 | 6.9 | .3 | 8.8 | 6.8 | .2 | 15.6 | 4.9 | 36.9 |
| 19-22..... | 318 | 57.0 | 21.8 | 10.8 | .0 | 10.8 | 8.9 | .0 | 9.7 | 5.3 | 37.8 |
| 23-34..... | 846 | 62.1 | 30.2 | 13.6 | 1.2 | 10.6 | 7.4 | 1.5 | 10.9 | 12.1 | 36.8 |
| 35-50..... | 657 | 51.8 | 20.1 | 15.1 | 1.0 | 8.7 | 6.6 | 1.9 | 13.2 | 9.1 | 28.2 |
| 51-64..... | 565 | 40.5 | 21.0 | 9.0 | 1.0 | 8.3 | 7.2 | .3 | 10.5 | 8.6 | 20.5 |
| 65-74..... | 300 | 34.2 | 13.0 | 6.7 | .9 | 5.9 | 5.0 | .4 | 5.9 | 7.5 | 17.8 |
| 75 AND OVER..... | 147 | 18.9 | 7.3 | 3.0 | .6 | 5.2 | 5.2 | 3.0 | .5 | 3.1 | 6.8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 269 | 56.8 | 18.5 | 6.1 | .3 | 9.5 | 6.1 | .3 | 17.3 | 11.2 | 29.8 |
| 12-14..... | 305 | 59.7 | 20.0 | 5.5 | .0 | 6.0 | 5.5 | .0 | 13.8 | 10.7 | 31.7 |
| 15-18..... | 424 | 57.2 | 22.1 | 7.3 | .6 | 7.9 | 5.8 | .0 | 11.5 | 7.1 | 28.8 |
| 19-22..... | 408 | 50.9 | 21.0 | 10.2 | .2 | 12.9 | 12.7 | .2 | 7.9 | 8.2 | 26.7 |
| 23-34..... | 1,216 | 46.0 | 17.3 | 8.6 | .9 | 10.5 | 8.2 | .7 | 6.7 | 8.9 | 22.8 |
| 35-50..... | 1,097 | 39.9 | 14.7 | 8.5 | .6 | 6.4 | 4.4 | .8 | 6.1 | 9.3 | 16.6 |
| 51-64..... | 850 | 36.9 | 15.2 | 4.2 | 1.7 | 7.6 | 6.3 | .4 | 4.5 | 7.2 | 17.6 |
| 65-74..... | 446 | 28.1 | 10.4 | 6.4 | .2 | 6.5 | 4.3 | .5 | .8 | 4.0 | 11.5 |
| 75 AND OVER..... | 240 | 21.4 | 7.4 | 2.9 | 2.1 | 6.9 | 4.2 | .0 | 2.1 | 4.9 | 11.0 |
| ALL INDIVIDUALS... | 4/10,462 | 45.3 | 17.9 | 7.7 | .7 | 8.2 | 6.5 | .6 | 8.8 | 7.8 | 23.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1F-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 70 | 8 | 6 | 4 | 10 | 10 | (5) | 1 | (5) | 39 |
| 1-2..... | 4/306 | 101 | 20 | 9 | 1 | 17 | 15 | 1 | 13 | 4 | 35 |
| 3-5..... | 521 | 112 | 23 | 13 | 1 | 18 | 16 | 2 | 18 | 5 | 32 |
| 6-8..... | 482 | 133 | 30 | 15 | 1 | 18 | 17 | 2 | 17 | 6 | 43 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 264 | 148 | 38 | 16 | 1 | 21 | 21 | 3 | 18 | 5 | 46 |
| 12-14..... | 287 | 174 | 48 | 18 | 2 | 29 | 27 | 2 | 21 | 6 | 48 |
| 15-18..... | 387 | 205 | 51 | 23 | 2 | 29 | 27 | 4 | 26 | 7 | 62 |
| 19-22..... | 318 | 232 | 62 | 25 | 1 | 30 | 28 | 3 | 30 | 9 | 72 |
| 23-34..... | 846 | 210 | 51 | 22 | 3 | 27 | 23 | 2 | 24 | 14 | 68 |
| 35-50..... | 657 | 224 | 56 | 29 | 3 | 31 | 27 | 3 | 26 | 11 | 65 |
| 51-64..... | 565 | 216 | 54 | 28 | 4 | 31 | 29 | 4 | 24 | 16 | 55 |
| 65-74..... | 300 | 194 | 43 | 22 | 5 | 26 | 23 | 3 | 19 | 18 | 57 |
| 75 AND OVER..... | 147 | 185 | 45 | 27 | 4 | 23 | 20 | 4 | 20 | 9 | 52 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 269 | 134 | 34 | 15 | 1 | 22 | 20 | 2 | 17 | 6 | 38 |
| 12-14..... | 305 | 147 | 34 | 19 | 1 | 24 | 21 | 1 | 18 | 5 | 44 |
| 15-18..... | 424 | 153 | 34 | 19 | 2 | 26 | 24 | 1 | 18 | 10 | 42 |
| 19-22..... | 408 | 150 | 33 | 24 | 1 | 21 | 19 | 1 | 16 | 9 | 44 |
| 23-34..... | 1,216 | 151 | 39 | 16 | 3 | 22 | 20 | 2 | 16 | 11 | 42 |
| 35-50..... | 1,097 | 168 | 47 | 19 | 3 | 26 | 22 | 4 | 14 | 11 | 44 |
| 51-64..... | 850 | 166 | 41 | 15 | 4 | 27 | 25 | 4 | 15 | 13 | 48 |
| 65-74..... | 446 | 149 | 32 | 12 | 6 | 21 | 19 | 4 | 11 | 13 | 51 |
| 75 AND OVER..... | 240 | 137 | 33 | 14 | 4 | 22 | 20 | 3 | 12 | 7 | 42 |
| ALL INDIVIDUALS... | 4/10,462 | 167 | 41 | 19 | 3 | 25 | 22 | 3 | 18 | 10 | 49 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1F-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 57.7 | 16.2 | 14.2 | 8.5 | 23.2 | 22.6 | 1.1 | 6.0 | 1.2 | 41.2 |
| 1-2..... | 4/306 | 98.4 | 57.8 | 47.8 | 3.6 | 50.6 | 46.9 | 9.4 | 56.1 | 18.3 | 55.3 |
| 3-5..... | 521 | 98.1 | 57.6 | 47.3 | 2.5 | 46.8 | 43.6 | 6.2 | 62.0 | 17.9 | 51.9 |
| 6-8..... | 482 | 98.3 | 59.3 | 47.0 | 3.3 | 41.9 | 39.2 | 6.6 | 56.3 | 19.5 | 53.5 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 264 | 98.4 | 62.4 | 42.7 | 1.9 | 43.8 | 43.4 | 7.0 | 54.5 | 14.7 | 54.8 |
| 12-14..... | 287 | 98.5 | 58.9 | 47.9 | 2.8 | 46.3 | 44.8 | 4.3 | 57.6 | 14.8 | 52.2 |
| 15-18..... | 387 | 98.0 | 62.8 | 52.6 | 2.3 | 45.0 | 43.5 | 9.0 | 59.5 | 14.4 | 52.0 |
| 19-22..... | 318 | 97.8 | 55.9 | 47.1 | 1.4 | 45.1 | 43.0 | 5.7 | 56.7 | 14.9 | 54.7 |
| 23-34..... | 846 | 93.6 | 54.8 | 41.4 | 4.1 | 34.4 | 30.4 | 4.7 | 47.2 | 21.4 | 46.6 |
| 35-50..... | 657 | 95.2 | 59.0 | 51.9 | 4.0 | 39.5 | 37.3 | 6.0 | 56.6 | 18.3 | 49.8 |
| 51-64..... | 565 | 97.0 | 62.0 | 52.8 | 6.2 | 43.6 | 40.6 | 10.2 | 58.1 | 23.6 | 50.5 |
| 65-74..... | 300 | 98.6 | 62.2 | 49.8 | 7.3 | 39.4 | 35.1 | 9.2 | 50.1 | 26.8 | 45.1 |
| 75 AND OVER..... | 147 | 97.2 | 63.5 | 60.2 | 9.6 | 32.0 | 27.9 | 9.5 | 46.3 | 16.4 | 48.2 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 269 | 98.7 | 62.9 | 43.7 | 1.9 | 48.4 | 44.1 | 6.3 | 54.7 | 16.3 | 45.4 |
| 12-14..... | 305 | 98.1 | 61.0 | 52.1 | 2.3 | 49.2 | 46.0 | 5.8 | 51.8 | 17.3 | 50.1 |
| 15-18..... | 424 | 97.4 | 56.0 | 47.0 | 4.0 | 48.7 | 46.9 | 5.1 | 51.6 | 18.1 | 49.2 |
| 19-22..... | 408 | 95.0 | 48.4 | 48.1 | 1.4 | 38.5 | 35.9 | 3.7 | 48.8 | 19.2 | 47.6 |
| 23-34..... | 1,216 | 94.5 | 52.4 | 40.7 | 4.8 | 40.0 | 36.7 | 5.9 | 45.7 | 23.5 | 47.1 |
| 35-50..... | 1,097 | 97.7 | 63.7 | 47.5 | 4.5 | 46.9 | 44.2 | 9.5 | 45.3 | 23.6 | 50.0 |
| 51-64..... | 850 | 97.6 | 57.4 | 44.1 | 6.6 | 46.0 | 43.6 | 11.1 | 44.9 | 26.4 | 52.1 |
| 65-74..... | 446 | 95.7 | 53.5 | 40.4 | 9.7 | 41.0 | 37.3 | 9.2 | 37.0 | 22.3 | 48.5 |
| 75 AND OVER..... | 240 | 95.4 | 47.3 | 40.3 | 6.5 | 40.5 | 37.6 | 8.9 | 39.7 | 15.3 | 43.4 |
| ALL INDIVIDUALS... | 4/10,462 | 96.2 | 57.2 | 46.0 | 4.5 | 42.8 | 39.9 | 7.3 | 50.0 | 20.3 | 49.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1G-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 44 | 6 | 1 | 2 | 5 | 3 | 1 | 2 | 1 | 28 |
| 1-2..... | 4/389 | 96 | 20 | 8 | 1 | 11 | 11 | 1 | 14 | 3 | 38 |
| 3-5..... | 639 | 120 | 27 | 10 | 1 | 14 | 13 | 1 | 15 | 6 | 46 |
| 6-8..... | 737 | 149 | 32 | 11 | 1 | 18 | 17 | 1 | 18 | 6 | 60 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 346 | 185 | 45 | 15 | 2 | 21 | 18 | 1 | 17 | 8 | 75 |
| 12-14..... | 457 | 206 | 48 | 18 | 1 | 23 | 20 | 1 | 22 | 8 | 84 |
| 15-18..... | 544 | 268 | 70 | 25 | 2 | 25 | 21 | 2 | 23 | 9 | 113 |
| 19-22..... | 406 | 290 | 81 | 23 | 2 | 27 | 24 | 3 | 27 | 12 | 114 |
| 23-34..... | 1,034 | 290 | 76 | 30 | 2 | 27 | 22 | 2 | 29 | 15 | 109 |
| 35-50..... | 1,122 | 289 | 80 | 27 | 4 | 27 | 23 | 2 | 26 | 16 | 106 |
| 51-64..... | 870 | 278 | 74 | 28 | 3 | 28 | 23 | 4 | 26 | 21 | 94 |
| 65-74..... | 361 | 229 | 52 | 22 | 5 | 28 | 24 | 4 | 17 | 17 | 82 |
| 75 AND OVER..... | 134 | 211 | 63 | 28 | 5 | 21 | 20 | 4 | 15 | 11 | 64 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 402 | 160 | 38 | 14 | 1 | 18 | 16 | (5) | 17 | 6 | 66 |
| 12-14..... | 451 | 172 | 43 | 13 | 1 | 18 | 15 | 1 | 16 | 8 | 72 |
| 15-18..... | 546 | 184 | 49 | 16 | 2 | 19 | 17 | 1 | 14 | 9 | 74 |
| 19-22..... | 493 | 182 | 43 | 17 | 1 | 23 | 20 | 1 | 14 | 11 | 73 |
| 23-34..... | 1,488 | 184 | 46 | 16 | 2 | 21 | 19 | 2 | 15 | 10 | 71 |
| 35-50..... | 1,478 | 190 | 50 | 18 | 3 | 22 | 18 | 3 | 14 | 13 | 68 |
| 51-64..... | 1,043 | 191 | 48 | 18 | 3 | 23 | 20 | 3 | 12 | 15 | 70 |
| 65-74..... | 408 | 174 | 40 | 18 | 5 | 22 | 20 | 4 | 12 | 13 | 60 |
| 75 AND OVER..... | 238 | 160 | 35 | 18 | 5 | 21 | 20 | 1 | 12 | 10 | 58 |
| ALL INDIVIDUALS... | 4/13,737 | 206 | 52 | 19 | 2 | 22 | 19 | 2 | 18 | 12 | 78 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 16-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 61.5 | 23.8 | 7.5 | 8.2 | 17.6 | 14.9 | 2.7 | 7.0 | 4.4 | 38.7 |
| 1-2..... | 4/389 | 98.2 | 61.8 | 40.9 | 2.6 | 36.7 | 34.3 | 4.8 | 55.9 | 17.0 | 59.4 |
| 3-5..... | 639 | 99.8 | 66.4 | 44.7 | 3.5 | 36.8 | 34.0 | 4.8 | 60.8 | 22.9 | 62.8 |
| 6-8..... | 737 | 99.5 | 68.4 | 43.9 | 3.2 | 43.7 | 39.8 | 4.7 | 63.1 | 20.5 | 68.1 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 346 | 99.6 | 69.3 | 47.8 | 5.1 | 40.3 | 35.1 | 4.4 | 59.2 | 19.9 | 74.3 |
| 12-14..... | 457 | 99.8 | 69.4 | 48.8 | 2.5 | 39.8 | 33.9 | 4.2 | 59.3 | 18.6 | 73.3 |
| 15-18..... | 544 | 99.8 | 73.0 | 54.7 | 2.8 | 39.5 | 32.8 | 4.5 | 56.5 | 21.4 | 78.4 |
| 19-22..... | 406 | 99.5 | 75.3 | 47.3 | 3.6 | 37.5 | 32.7 | 5.8 | 56.2 | 20.8 | 74.4 |
| 23-34..... | 1,034 | 99.4 | 73.5 | 56.8 | 4.5 | 36.4 | 31.3 | 4.0 | 60.5 | 26.1 | 70.9 |
| 35-50..... | 1,122 | 99.9 | 79.8 | 53.8 | 5.7 | 38.6 | 34.6 | 6.1 | 58.3 | 26.8 | 73.0 |
| 51-64..... | 870 | 99.5 | 76.3 | 53.9 | 5.4 | 42.2 | 36.2 | 10.9 | 55.5 | 31.0 | 70.5 |
| 65-74..... | 361 | 100.0 | 63.0 | 53.9 | 8.1 | 42.1 | 38.9 | 10.8 | 49.9 | 27.6 | 69.0 |
| 75 AND OVER..... | 134 | 100.0 | 65.7 | 54.0 | 11.7 | 34.9 | 32.9 | 13.5 | 49.3 | 20.3 | 60.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 402 | 99.0 | 71.2 | 48.2 | 3.3 | 38.7 | 35.2 | 1.6 | 62.2 | 20.6 | 69.9 |
| 12-14..... | 451 | 99.4 | 68.9 | 43.0 | 3.6 | 38.7 | 32.5 | 3.4 | 53.4 | 24.2 | 72.0 |
| 15-18..... | 546 | 99.2 | 69.0 | 43.5 | 3.7 | 38.0 | 33.7 | 3.0 | 47.6 | 24.0 | 72.2 |
| 19-22..... | 493 | 98.8 | 65.1 | 45.3 | 1.9 | 41.1 | 37.4 | 2.6 | 45.8 | 26.9 | 67.3 |
| 23-34..... | 1,488 | 99.1 | 68.1 | 47.3 | 4.9 | 40.5 | 35.7 | 5.1 | 51.3 | 24.7 | 64.3 |
| 35-50..... | 1,478 | 99.6 | 72.2 | 49.7 | 5.2 | 41.8 | 35.9 | 6.4 | 47.0 | 28.9 | 64.4 |
| 51-64..... | 1,043 | 99.5 | 67.2 | 50.8 | 5.7 | 40.2 | 35.7 | 6.6 | 40.0 | 27.6 | 65.2 |
| 65-74..... | 408 | 99.8 | 66.9 | 53.3 | 9.9 | 45.1 | 42.1 | 10.6 | 43.3 | 27.2 | 59.8 |
| 75 AND OVER..... | 238 | 100.0 | 57.1 | 52.5 | 10.4 | 37.5 | 36.4 | 5.2 | 43.6 | 25.0 | 59.8 |
| ALL INDIVIDUALS... | 4/13,737 | 99.1 | 69.8 | 49.1 | 4.8 | 39.6 | 35.1 | 5.7 | 52.7 | 24.8 | 67.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 16-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 2 | (5) | (5) | 0 | (5) | (5) | 0 | (5) | 0 | 1 |
| 1-2..... | 4/389 | 10 | 3 | 1 | (5) | 1 | 1 | 0 | 1 | (5) | 4 |
| 3-5..... | 639 | 15 | 3 | 1 | (5) | 1 | 1 | 0 | 1 | 1 | 8 |
| 6-8..... | 737 | 35 | 6 | 1 | (5) | 4 | 3 | 0 | 2 | 2 | 20 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 346 | 48 | 8 | 1 | 1 | 5 | 4 | 0 | 3 | 2 | 28 |
| 12-14..... | 457 | 46 | 10 | 2 | (5) | 3 | 2 | (5) | 2 | 2 | 27 |
| 15-18..... | 544 | 64 | 15 | 2 | (5) | 4 | 3 | (5) | 3 | 3 | 36 |
| 19-22..... | 406 | 90 | 23 | 4 | (5) | 6 | 6 | 1 | 5 | 5 | 48 |
| 23-34..... | 1,034 | 72 | 19 | 4 | (5) | 6 | 4 | (5) | 4 | 5 | 34 |
| 35-50..... | 1,122 | 66 | 18 | 3 | 1 | 4 | 4 | 1 | 3 | 6 | 30 |
| 51-64..... | 870 | 51 | 16 | 2 | 1 | 5 | 4 | (5) | 2 | 5 | 20 |
| 65-74..... | 361 | 26 | 8 | 2 | 1 | 1 | 1 | 0 | (5) | 4 | 9 |
| 75 AND OVER..... | 134 | 20 | 4 | 1 | 0 | 3 | 3 | 0 | (5) | 2 | 10 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 402 | 34 | 6 | 1 | (5) | 4 | 3 | 0 | 3 | 1 | 20 |
| 12-14..... | 451 | 40 | 8 | 1 | (5) | 3 | 2 | 0 | 3 | 2 | 23 |
| 15-18..... | 546 | 48 | 13 | 3 | (5) | 3 | 3 | 0 | 2 | 3 | 24 |
| 19-22..... | 493 | 48 | 9 | 3 | (5) | 3 | 3 | (5) | 3 | 4 | 26 |
| 23-34..... | 1,488 | 41 | 9 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 20 |
| 35-50..... | 1,478 | 37 | 8 | 3 | 1 | 3 | 3 | (5) | 1 | 3 | 17 |
| 51-64..... | 1,043 | 27 | 6 | 1 | (5) | 3 | 2 | (5) | 1 | 4 | 11 |
| 65-74..... | 408 | 22 | 5 | 2 | 1 | 3 | 2 | (5) | 1 | 3 | 8 |
| 75 AND OVER..... | 238 | 13 | 4 | 1 | (5) | 2 | 1 | (5) | (5) | 1 | 5 |
| ALL INDIVIDUALS... | 4/13,737 | 43 | 10 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 16-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 5.2 | 1.2 | 1.1 | 0.0 | 0.9 | 0.9 | 0.0 | 0.6 | 0.0 | 2.3 |
| 1-2..... | 4/389 | 29.3 | 11.4 | 3.0 | .3 | 4.0 | 3.7 | .0 | 6.2 | 1.9 | 12.1 |
| 3-5..... | 639 | 33.6 | 10.4 | 2.7 | .3 | 3.6 | 3.0 | .0 | 7.4 | 3.4 | 16.5 |
| 6-8..... | 737 | 54.1 | 16.5 | 5.2 | .3 | 10.9 | 8.7 | .0 | 12.6 | 5.6 | 31.5 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 346 | 64.3 | 22.0 | 5.6 | 1.3 | 10.8 | 8.0 | .0 | 14.3 | 5.3 | 40.4 |
| 12-14..... | 457 | 59.1 | 24.4 | 6.6 | .2 | 6.8 | 4.4 | .5 | 10.1 | 6.1 | 38.6 |
| 15-18..... | 544 | 62.5 | 25.2 | 7.7 | .6 | 7.6 | 4.5 | .2 | 10.4 | 6.8 | 41.7 |
| 19-22..... | 406 | 63.2 | 33.3 | 10.3 | 1.2 | 10.9 | 7.5 | 1.1 | 13.3 | 8.5 | 41.1 |
| 23-34..... | 1,034 | 61.3 | 29.6 | 12.3 | 1.3 | 8.4 | 6.0 | .8 | 12.5 | 9.8 | 34.7 |
| 35-50..... | 1,122 | 55.8 | 26.1 | 12.6 | 1.2 | 7.4 | 6.0 | 1.4 | 10.2 | 11.2 | 33.9 |
| 51-64..... | 870 | 48.7 | 24.5 | 8.0 | 1.2 | 8.7 | 6.9 | .8 | 9.1 | 10.8 | 23.1 |
| 65-74..... | 361 | 28.1 | 13.2 | 6.5 | 1.9 | 3.6 | 3.2 | .0 | 1.6 | 5.6 | 13.3 |
| 75 AND OVER..... | 134 | 20.9 | 7.5 | 2.2 | .0 | 6.7 | 6.7 | .0 | 1.3 | 3.3 | 12.1 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 402 | 52.7 | 18.4 | 4.2 | .2 | 9.7 | 7.8 | .0 | 13.3 | 6.2 | 32.0 |
| 12-14..... | 451 | 58.7 | 21.0 | 5.5 | .6 | 8.3 | 5.3 | .0 | 12.8 | 7.6 | 34.1 |
| 15-18..... | 546 | 55.8 | 24.1 | 8.6 | .6 | 6.8 | 4.6 | .0 | 10.7 | 8.1 | 32.3 |
| 19-22..... | 493 | 56.9 | 17.9 | 9.3 | .7 | 6.8 | 4.6 | .5 | 11.0 | 10.0 | 35.4 |
| 23-34..... | 1,488 | 51.4 | 19.2 | 9.5 | .7 | 8.5 | 7.1 | .5 | 8.4 | 7.1 | 26.9 |
| 35-50..... | 1,478 | 46.7 | 18.1 | 9.0 | 1.4 | 7.5 | 5.7 | .9 | 6.7 | 8.4 | 22.6 |
| 51-64..... | 1,043 | 38.8 | 13.9 | 5.8 | 1.2 | 6.9 | 5.3 | .9 | 6.0 | 8.3 | 15.5 |
| 65-74..... | 408 | 33.1 | 11.7 | 8.8 | 2.1 | 7.2 | 6.4 | .7 | 3.4 | 6.8 | 15.9 |
| 75 AND OVER..... | 238 | 23.7 | 6.5 | 3.4 | .4 | 5.2 | 2.9 | .5 | 1.8 | 3.3 | 11.4 |
| ALL INDIVIDUALS... | 4/13,737 | 49.2 | 19.8 | 7.9 | .9 | 7.6 | 5.8 | .5 | 9.0 | 7.6 | 27.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 16-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 43 | 6 | 1 | 2 | 4 | 3 | 1 | 2 | 1 | 27 |
| 1-2..... | 4/389 | 87 | 17 | 7 | 1 | 10 | 10 | 1 | 13 | 3 | 34 |
| 3-5..... | 639 | 105 | 24 | 9 | 1 | 13 | 12 | 1 | 14 | 5 | 39 |
| 6-8..... | 737 | 114 | 26 | 10 | 1 | 14 | 13 | 1 | 16 | 5 | 40 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 346 | 137 | 37 | 13 | 1 | 16 | 14 | 1 | 15 | 7 | 47 |
| 12-14..... | 457 | 160 | 38 | 16 | 1 | 20 | 17 | 1 | 19 | 7 | 58 |
| 15-18..... | 544 | 204 | 54 | 23 | 1 | 21 | 18 | 2 | 20 | 6 | 76 |
| 19-22..... | 406 | 199 | 58 | 20 | 2 | 21 | 19 | 2 | 22 | 7 | 66 |
| 23-34..... | 1,034 | 218 | 58 | 26 | 2 | 21 | 18 | 1 | 25 | 10 | 75 |
| 35-50..... | 1,122 | 223 | 63 | 24 | 3 | 23 | 20 | 2 | 23 | 9 | 76 |
| 51-64..... | 870 | 227 | 58 | 26 | 3 | 23 | 19 | 4 | 24 | 16 | 74 |
| 65-74..... | 361 | 203 | 44 | 20 | 4 | 27 | 23 | 4 | 17 | 14 | 73 |
| 75 AND OVER..... | 134 | 190 | 58 | 27 | 5 | 18 | 17 | 4 | 15 | 9 | 54 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 402 | 125 | 33 | 13 | 1 | 14 | 12 | (5) | 14 | 4 | 46 |
| 12-14..... | 451 | 132 | 35 | 11 | 1 | 15 | 13 | 1 | 13 | 6 | 49 |
| 15-18..... | 546 | 137 | 36 | 14 | 2 | 16 | 14 | 1 | 12 | 6 | 51 |
| 19-22..... | 493 | 134 | 35 | 14 | (5) | 20 | 17 | 1 | 11 | 6 | 47 |
| 23-34..... | 1,488 | 143 | 36 | 14 | 2 | 17 | 15 | 2 | 13 | 8 | 50 |
| 35-50..... | 1,478 | 154 | 42 | 16 | 2 | 19 | 16 | 3 | 12 | 9 | 51 |
| 51-64..... | 1,043 | 163 | 42 | 17 | 2 | 20 | 17 | 2 | 11 | 11 | 58 |
| 65-74..... | 408 | 152 | 36 | 16 | 5 | 20 | 18 | 4 | 11 | 10 | 51 |
| 75 AND OVER..... | 238 | 147 | 31 | 18 | 5 | 19 | 19 | 1 | 11 | 9 | 53 |
| ALL INDIVIDUALS... | 4/13,737 | 163 | 42 | 17 | 2 | 19 | 16 | 2 | 16 | 8 | 57 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1G-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 60.9 | 23.8 | 6.4 | 8.2 | 16.8 | 14.0 | 2.7 | 6.4 | 4.4 | 36.5 |
| 1-2..... | 4/389 | 97.4 | 56.1 | 38.5 | 2.4 | 34.4 | 31.8 | 4.8 | 53.6 | 15.4 | 53.2 |
| 3-5..... | 639 | 99.5 | 62.4 | 43.3 | 3.2 | 34.6 | 31.6 | 4.8 | 56.5 | 20.2 | 55.0 |
| 6-8..... | 737 | 99.0 | 62.1 | 40.7 | 3.0 | 36.1 | 33.2 | 4.7 | 55.5 | 16.6 | 54.5 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 346 | 98.8 | 61.5 | 44.7 | 3.8 | 32.2 | 28.9 | 4.4 | 52.0 | 15.7 | 58.0 |
| 12-14..... | 457 | 99.3 | 58.6 | 46.0 | 2.4 | 35.3 | 31.1 | 3.7 | 53.7 | 14.0 | 56.6 |
| 15-18..... | 544 | 98.6 | 63.4 | 50.2 | 2.2 | 34.3 | 29.4 | 4.3 | 50.1 | 15.4 | 61.5 |
| 19-22..... | 406 | 93.4 | 59.9 | 39.9 | 2.4 | 30.0 | 26.8 | 4.7 | 48.4 | 12.6 | 53.3 |
| 23-34..... | 1,034 | 96.8 | 59.9 | 50.1 | 3.2 | 29.7 | 26.1 | 3.2 | 53.4 | 17.2 | 53.7 |
| 35-50..... | 1,122 | 98.4 | 68.8 | 47.7 | 4.5 | 33.0 | 29.4 | 4.7 | 53.3 | 16.9 | 58.5 |
| 51-64..... | 870 | 97.5 | 64.9 | 49.8 | 4.2 | 34.8 | 30.0 | 10.1 | 51.4 | 22.7 | 58.5 |
| 65-74..... | 361 | 98.1 | 57.6 | 49.1 | 6.2 | 39.9 | 36.4 | 10.8 | 48.5 | 24.3 | 62.0 |
| 75 AND OVER..... | 134 | 100.0 | 61.2 | 53.2 | 11.7 | 30.2 | 28.2 | 13.5 | 48.0 | 18.0 | 53.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 402 | 98.7 | 61.9 | 45.8 | 3.1 | 31.5 | 29.0 | 1.6 | 56.4 | 14.9 | 57.3 |
| 12-14..... | 451 | 97.9 | 60.8 | 39.1 | 3.1 | 32.8 | 28.6 | 3.4 | 45.3 | 18.1 | 55.6 |
| 15-18..... | 546 | 95.3 | 57.5 | 38.3 | 3.1 | 32.6 | 29.9 | 3.0 | 42.2 | 16.5 | 55.9 |
| 19-22..... | 493 | 93.4 | 56.4 | 40.1 | 1.1 | 37.1 | 34.6 | 2.2 | 39.0 | 18.0 | 49.9 |
| 23-34..... | 1,488 | 96.4 | 58.3 | 41.4 | 4.5 | 34.4 | 30.2 | 4.6 | 46.1 | 19.0 | 50.5 |
| 35-50..... | 1,478 | 98.1 | 62.9 | 44.1 | 3.7 | 36.3 | 31.4 | 5.5 | 43.6 | 22.1 | 54.6 |
| 51-64..... | 1,043 | 98.0 | 59.8 | 46.9 | 4.5 | 35.4 | 32.0 | 6.0 | 36.0 | 21.5 | 56.3 |
| 65-74..... | 408 | 98.5 | 59.6 | 47.1 | 7.8 | 39.4 | 36.6 | 9.9 | 41.1 | 21.1 | 50.5 |
| 75 AND OVER..... | 238 | 98.9 | 53.2 | 49.4 | 10.0 | 34.7 | 34.0 | 4.6 | 42.4 | 21.7 | 55.2 |
| ALL INDIVIDUALS... | 4/13,737 | 97.2 | 60.6 | 44.4 | 3.9 | 34.1 | 30.5 | 5.1 | 47.7 | 18.5 | 55.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1H-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 53 | 4 | 2 | (5) | 5 | 3 | 1 | 1 | (5) | 39 |
| 1-2..... | 4/339 | 104 | 19 | 7 | 1 | 13 | 11 | 1 | 16 | 4 | 44 |
| 3-5..... | 558 | 120 | 26 | 10 | 1 | 16 | 15 | 1 | 16 | 4 | 46 |
| 6-8..... | 622 | 152 | 34 | 13 | 1 | 20 | 18 | 1 | 16 | 7 | 61 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 329 | 193 | 39 | 16 | 2 | 23 | 20 | 1 | 20 | 8 | 85 |
| 12-14..... | 406 | 220 | 51 | 18 | 1 | 25 | 22 | 2 | 20 | 10 | 91 |
| 15-18..... | 462 | 272 | 64 | 25 | 3 | 32 | 27 | 2 | 23 | 11 | 112 |
| 19-22..... | 306 | 284 | 69 | 25 | 1 | 34 | 30 | 4 | 27 | 19 | 105 |
| 23-34..... | 837 | 294 | 79 | 26 | 4 | 30 | 27 | 3 | 33 | 13 | 106 |
| 35-50..... | 791 | 293 | 83 | 30 | 2 | 31 | 28 | 2 | 28 | 14 | 101 |
| 51-64..... | 726 | 257 | 70 | 29 | 2 | 30 | 27 | 5 | 25 | 13 | 81 |
| 65-74..... | 388 | 222 | 50 | 26 | 2 | 27 | 24 | 4 | 18 | 13 | 81 |
| 75 AND OVER..... | 184 | 207 | 52 | 25 | 2 | 19 | 17 | 1 | 13 | 10 | 85 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 340 | 164 | 41 | 12 | 1 | 19 | 17 | 1 | 16 | 5 | 71 |
| 12-14..... | 392 | 181 | 42 | 15 | 1 | 21 | 19 | 1 | 17 | 9 | 75 |
| 15-18..... | 503 | 182 | 41 | 13 | 1 | 20 | 17 | 1 | 14 | 11 | 81 |
| 19-22..... | 416 | 171 | 41 | 14 | 1 | 23 | 21 | 1 | 15 | 10 | 67 |
| 23-34..... | 1,175 | 187 | 46 | 17 | 2 | 22 | 20 | 2 | 17 | 9 | 73 |
| 35-50..... | 1,184 | 188 | 48 | 17 | 2 | 21 | 18 | 3 | 15 | 12 | 70 |
| 51-64..... | 1,044 | 185 | 43 | 21 | 2 | 23 | 20 | 3 | 13 | 11 | 69 |
| 65-74..... | 522 | 155 | 38 | 19 | 2 | 26 | 23 | 2 | 9 | 10 | 49 |
| 75 AND OVER..... | 273 | 131 | 32 | 14 | 1 | 20 | 18 | 3 | 11 | 6 | 44 |
| ALL INDIVIDUALS... | 4/11,943 | 201 | 50 | 19 | 2 | 24 | 21 | 2 | 18 | 10 | 76 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1H-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 54.6 | 13.4 | 10.4 | 1.4 | 15.4 | 12.2 | 3.2 | 9.0 | 1.8 | 39.8 |
| 1-2..... | 4/339 | 98.7 | 57.9 | 41.9 | 3.5 | 38.8 | 34.9 | 4.9 | 60.9 | 15.8 | 70.8 |
| 3-5..... | 558 | 99.4 | 66.6 | 44.2 | 3.4 | 42.4 | 38.7 | 4.1 | 63.3 | 16.2 | 69.1 |
| 6-8..... | 622 | 99.8 | 67.4 | 46.4 | 4.3 | 44.4 | 41.2 | 2.4 | 58.3 | 21.9 | 77.8 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 329 | 100.0 | 65.8 | 47.7 | 3.1 | 42.9 | 37.5 | 4.8 | 62.4 | 21.9 | 76.1 |
| 12-14..... | 406 | 99.6 | 70.9 | 50.4 | 3.2 | 45.1 | 39.5 | 3.8 | 58.0 | 25.8 | 76.0 |
| 15-18..... | 462 | 99.7 | 68.5 | 57.8 | 4.0 | 45.8 | 40.4 | 3.5 | 56.5 | 22.3 | 76.2 |
| 19-22..... | 306 | 99.1 | 71.1 | 48.8 | 1.9 | 47.9 | 41.7 | 5.7 | 60.4 | 26.6 | 73.0 |
| 23-34..... | 837 | 99.1 | 73.0 | 55.2 | 5.4 | 36.0 | 31.9 | 5.7 | 62.1 | 22.5 | 74.3 |
| 35-50..... | 791 | 100.0 | 77.9 | 62.2 | 4.5 | 41.4 | 37.3 | 5.5 | 60.5 | 23.2 | 74.0 |
| 51-64..... | 726 | 99.3 | 74.4 | 60.7 | 4.2 | 45.3 | 40.3 | 11.9 | 58.5 | 23.4 | 68.2 |
| 65-74..... | 388 | 97.9 | 63.7 | 56.2 | 3.4 | 43.6 | 40.0 | 10.0 | 50.8 | 23.1 | 67.2 |
| 75 AND OVER..... | 184 | 98.7 | 67.2 | 61.2 | 4.0 | 36.3 | 34.2 | 3.2 | 43.0 | 20.5 | 61.4 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 340 | 100.0 | 68.9 | 44.4 | 1.8 | 41.7 | 38.8 | 3.6 | 61.7 | 18.6 | 77.0 |
| 12-14..... | 392 | 100.0 | 64.4 | 45.6 | 3.1 | 42.5 | 38.5 | 2.8 | 61.6 | 21.8 | 74.0 |
| 15-18..... | 503 | 99.4 | 62.2 | 44.4 | 3.7 | 42.0 | 36.7 | 3.5 | 51.1 | 24.9 | 72.3 |
| 19-22..... | 416 | 98.6 | 60.5 | 42.7 | 2.8 | 44.5 | 41.1 | 2.5 | 52.0 | 22.5 | 69.0 |
| 23-34..... | 1,175 | 99.5 | 68.1 | 49.0 | 3.3 | 41.7 | 37.8 | 5.7 | 54.3 | 21.5 | 68.9 |
| 35-50..... | 1,184 | 99.5 | 68.0 | 51.7 | 3.3 | 41.6 | 37.6 | 6.2 | 51.1 | 23.8 | 68.4 |
| 51-64..... | 1,044 | 99.0 | 64.8 | 57.0 | 4.3 | 42.6 | 38.7 | 8.5 | 46.8 | 25.4 | 67.5 |
| 65-74..... | 522 | 98.2 | 65.0 | 52.5 | 4.3 | 43.7 | 39.9 | 7.3 | 36.6 | 22.2 | 58.2 |
| 75 AND OVER..... | 273 | 97.1 | 62.8 | 44.0 | 3.0 | 39.1 | 36.4 | 7.8 | 40.2 | 15.2 | 51.1 |
| ALL INDIVIDUALS... | 4/11,943 | 98.7 | 67.2 | 51.1 | 3.7 | 42.0 | 37.8 | 5.7 | 54.2 | 22.1 | 69.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1H-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/145 | (5) | (5) | (5) | 0 | (5) | (5) | (5) | 0 | 0 | (5) |
| 1-2..... | 4/339 | 11 | 2 | 1 | (5) | 2 | 2 | (5) | 1 | (5) | 5 |
| 3-5..... | 558 | 19 | 3 | 1 | (5) | 3 | 2 | (5) | 2 | 1 | 9 |
| 6-8..... | 622 | 41 | 7 | 2 | (5) | 5 | 4 | (5) | 3 | 2 | 22 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 329 | 52 | 7 | 1 | (5) | 6 | 5 | (5) | 5 | 3 | 30 |
| 12-14..... | 406 | 56 | 10 | 2 | (5) | 6 | 5 | 0 | 4 | 2 | 31 |
| 15-18..... | 462 | 68 | 15 | 4 | (5) | 6 | 5 | (5) | 4 | 2 | 37 |
| 19-22..... | 306 | 74 | 18 | 6 | (5) | 10 | 8 | 1 | 4 | 4 | 32 |
| 23-34..... | 837 | 69 | 20 | 4 | 1 | 6 | 5 | (5) | 5 | 3 | 30 |
| 35-50..... | 791 | 62 | 16 | 4 | (5) | 5 | 5 | 1 | 3 | 5 | 28 |
| 51-64..... | 726 | 40 | 12 | 2 | (5) | 4 | 4 | 1 | 3 | 3 | 15 |
| 65-74..... | 388 | 25 | 5 | 2 | 1 | 4 | 4 | (5) | 1 | 2 | 10 |
| 75 AND OVER..... | 184 | 20 | 6 | 1 | 1 | 3 | 2 | 0 | (5) | 1 | 8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 340 | 45 | 8 | 2 | (5) | 4 | 4 | (5) | 3 | 2 | 26 |
| 12-14..... | 392 | 49 | 9 | 2 | (5) | 4 | 3 | 0 | 3 | 2 | 29 |
| 15-18..... | 503 | 46 | 9 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 26 |
| 19-22..... | 416 | 42 | 9 | 3 | (5) | 6 | 6 | (5) | 1 | 3 | 20 |
| 23-34..... | 1,175 | 36 | 8 | 2 | (5) | 4 | 4 | (5) | 2 | 2 | 18 |
| 35-50..... | 1,184 | 29 | 7 | 1 | (5) | 3 | 3 | (5) | 1 | 4 | 12 |
| 51-64..... | 1,044 | 25 | 5 | 2 | (5) | 4 | 3 | (5) | 1 | 3 | 10 |
| 65-74..... | 522 | 21 | 4 | 1 | (5) | 4 | 3 | (5) | (5) | 2 | 9 |
| 75 AND OVER..... | 273 | 12 | 2 | 1 | 0 | 2 | 2 | (5) | (5) | 1 | 5 |
| ALL INDIVIDUALS... | 4/11,943 | 40 | 9 | 2 | (5) | 4 | 4 | (5) | 2 | 3 | 19 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1H-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 2.5 | 1.3 | 0.6 | 0.0 | 0.7 | 0.7 | 0.6 | 0.0 | 0.0 | 1.2 |
| 1-2..... | 4/339 | 28.6 | 8.2 | 3.2 | .2 | 7.1 | 6.7 | .2 | 7.7 | .5 | 14.6 |
| 3-5..... | 558 | 37.6 | 11.4 | 4.8 | .1 | 9.0 | 7.1 | .1 | 11.4 | 2.7 | 20.8 |
| 6-8..... | 622 | 67.1 | 21.8 | 5.3 | .8 | 13.9 | 11.3 | .7 | 17.4 | 8.6 | 41.6 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 329 | 66.2 | 21.4 | 6.5 | .2 | 15.1 | 12.5 | .3 | 21.6 | 8.6 | 40.3 |
| 12-14..... | 406 | 68.3 | 21.9 | 7.5 | .4 | 13.5 | 10.2 | .0 | 19.3 | 8.6 | 41.4 |
| 15-18..... | 462 | 64.4 | 26.3 | 9.9 | .2 | 11.0 | 8.0 | .1 | 15.7 | 5.8 | 40.7 |
| 19-22..... | 306 | 55.6 | 24.1 | 10.8 | .4 | 15.2 | 11.9 | 1.9 | 12.3 | 7.3 | 32.3 |
| 23-34..... | 837 | 58.2 | 29.1 | 13.1 | 1.5 | 9.9 | 8.0 | .2 | 15.3 | 5.9 | 32.7 |
| 35-50..... | 791 | 52.1 | 22.9 | 13.1 | .9 | 8.3 | 6.9 | 1.4 | 10.6 | 6.2 | 31.6 |
| 51-64..... | 726 | 39.2 | 19.9 | 7.2 | .6 | 7.2 | 6.5 | 1.5 | 6.7 | 6.5 | 21.2 |
| 65-74..... | 388 | 29.9 | 9.6 | 5.3 | .9 | 7.5 | 6.3 | .7 | 3.1 | 4.4 | 14.8 |
| 75 AND OVER..... | 184 | 26.3 | 12.4 | 5.9 | 1.8 | 5.5 | 4.1 | .0 | 2.1 | 3.7 | 10.3 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 340 | 70.5 | 23.7 | 7.7 | .3 | 13.7 | 11.0 | .2 | 17.6 | 7.3 | 45.0 |
| 12-14..... | 392 | 61.5 | 18.1 | 5.1 | .2 | 11.4 | 8.9 | .0 | 17.6 | 6.8 | 40.3 |
| 15-18..... | 503 | 60.2 | 20.2 | 7.5 | 1.3 | 10.8 | 7.8 | .2 | 12.9 | 7.2 | 37.7 |
| 19-22..... | 416 | 51.8 | 19.9 | 8.7 | .2 | 12.3 | 10.5 | .4 | 8.4 | 8.4 | 28.2 |
| 23-34..... | 1,175 | 46.8 | 17.0 | 8.6 | .4 | 8.8 | 7.4 | .8 | 8.7 | 5.6 | 25.5 |
| 35-50..... | 1,184 | 39.8 | 13.0 | 5.5 | .6 | 7.9 | 6.2 | .7 | 4.8 | 6.7 | 20.0 |
| 51-64..... | 1,044 | 34.2 | 13.3 | 6.4 | .3 | 7.9 | 6.1 | .8 | 3.5 | 8.0 | 17.5 |
| 65-74..... | 522 | 32.7 | 10.8 | 5.2 | .8 | 8.8 | 7.3 | .9 | 2.3 | 4.3 | 15.8 |
| 75 AND OVER..... | 273 | 20.9 | 7.1 | 3.2 | .0 | 5.6 | 4.0 | .8 | 2.0 | 2.6 | 8.3 |
| ALL INDIVIDUALS... | 4/11,943 | 47.3 | 17.7 | 7.4 | .6 | 9.6 | 7.7 | .6 | 9.9 | 6.1 | 26.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1H-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 53 | 4 | 2 | (5) | 5 | 3 | 1 | 1 | (5) | 39 |
| 1-2..... | 4/339 | 93 | 17 | 7 | 1 | 11 | 10 | 1 | 14 | 4 | 38 |
| 3-5..... | 558 | 101 | 23 | 9 | 1 | 13 | 12 | 1 | 15 | 4 | 37 |
| 6-8..... | 622 | 110 | 27 | 11 | 1 | 15 | 14 | (5) | 13 | 5 | 39 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 329 | 141 | 31 | 15 | 2 | 17 | 15 | 1 | 15 | 5 | 55 |
| 12-14..... | 406 | 164 | 41 | 16 | 1 | 19 | 17 | 2 | 16 | 8 | 60 |
| 15-18..... | 462 | 204 | 49 | 21 | 3 | 26 | 22 | 2 | 19 | 9 | 75 |
| 19-22..... | 306 | 210 | 51 | 19 | 1 | 24 | 22 | 3 | 23 | 15 | 73 |
| 23-34..... | 837 | 225 | 59 | 22 | 3 | 24 | 22 | 3 | 27 | 10 | 77 |
| 35-50..... | 791 | 231 | 67 | 26 | 2 | 26 | 23 | 2 | 26 | 9 | 74 |
| 51-64..... | 726 | 216 | 58 | 27 | 2 | 26 | 23 | 4 | 23 | 10 | 66 |
| 65-74..... | 388 | 197 | 45 | 24 | 2 | 23 | 21 | 3 | 18 | 11 | 70 |
| 75 AND OVER..... | 184 | 187 | 46 | 24 | 1 | 16 | 16 | 1 | 13 | 8 | 78 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 340 | 119 | 32 | 10 | (5) | 15 | 14 | 1 | 13 | 3 | 45 |
| 12-14..... | 392 | 132 | 33 | 14 | 1 | 17 | 16 | 1 | 14 | 7 | 46 |
| 15-18..... | 503 | 136 | 32 | 11 | 1 | 15 | 14 | 1 | 12 | 8 | 55 |
| 19-22..... | 416 | 129 | 32 | 11 | 1 | 17 | 15 | 1 | 14 | 7 | 47 |
| 23-34..... | 1,175 | 151 | 39 | 15 | 2 | 18 | 16 | 1 | 15 | 7 | 55 |
| 35-50..... | 1,184 | 159 | 42 | 16 | 1 | 18 | 16 | 2 | 14 | 8 | 58 |
| 51-64..... | 1,044 | 161 | 37 | 19 | 2 | 19 | 17 | 3 | 12 | 8 | 60 |
| 65-74..... | 522 | 134 | 33 | 18 | 1 | 22 | 20 | 2 | 9 | 8 | 41 |
| 75 AND OVER..... | 273 | 119 | 30 | 13 | 1 | 17 | 17 | 3 | 11 | 5 | 39 |
| ALL INDIVIDUALS... | 4/11,943 | 161 | 41 | 17 | 2 | 19 | 17 | 2 | 16 | 8 | 57 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1H-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 53.3 | 12.8 | 9.8 | 1.4 | 14.7 | 11.5 | 2.7 | 9.0 | 1.8 | 39.2 |
| 1-2..... | 4/339 | 96.8 | 53.1 | 40.2 | 3.3 | 34.0 | 30.3 | 4.6 | 58.1 | 15.3 | 63.0 |
| 3-5..... | 558 | 98.1 | 59.6 | 41.5 | 3.2 | 35.7 | 33.4 | 4.0 | 57.9 | 13.7 | 60.3 |
| 6-8..... | 622 | 98.2 | 58.6 | 42.4 | 3.5 | 35.3 | 33.2 | 1.7 | 48.2 | 14.0 | 60.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 329 | 97.9 | 55.1 | 44.7 | 2.9 | 32.8 | 28.2 | 4.5 | 49.9 | 14.6 | 61.5 |
| 12-14..... | 406 | 98.1 | 62.1 | 45.6 | 2.8 | 35.3 | 31.9 | 3.8 | 47.8 | 18.5 | 59.9 |
| 15-18..... | 462 | 97.1 | 56.8 | 52.3 | 3.8 | 37.8 | 34.5 | 3.3 | 48.1 | 17.1 | 60.5 |
| 19-22..... | 306 | 96.0 | 60.1 | 42.7 | 1.4 | 35.9 | 32.0 | 3.9 | 51.7 | 21.2 | 54.8 |
| 23-34..... | 837 | 96.7 | 60.4 | 48.0 | 3.9 | 28.6 | 25.5 | 5.6 | 52.6 | 18.0 | 59.4 |
| 35-50..... | 791 | 99.1 | 69.6 | 54.8 | 3.6 | 35.4 | 32.0 | 4.1 | 53.6 | 17.5 | 61.2 |
| 51-64..... | 726 | 97.1 | 68.2 | 56.8 | 3.6 | 39.4 | 34.8 | 10.5 | 54.9 | 18.3 | 57.3 |
| 65-74..... | 388 | 97.7 | 60.2 | 54.0 | 3.2 | 38.4 | 35.4 | 9.4 | 49.0 | 20.3 | 59.0 |
| 75 AND OVER..... | 184 | 98.1 | 62.1 | 58.2 | 2.2 | 32.7 | 31.2 | 3.2 | 40.8 | 18.4 | 55.3 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 340 | 97.0 | 58.1 | 38.8 | 1.5 | 34.3 | 32.0 | 3.4 | 50.7 | 11.9 | 55.0 |
| 12-14..... | 392 | 98.7 | 56.8 | 42.1 | 2.9 | 36.3 | 33.3 | 2.8 | 53.0 | 16.2 | 56.6 |
| 15-18..... | 503 | 96.3 | 51.9 | 40.1 | 2.7 | 33.8 | 30.8 | 3.3 | 43.0 | 18.9 | 56.4 |
| 19-22..... | 416 | 94.6 | 49.6 | 36.9 | 2.6 | 35.3 | 33.2 | 2.1 | 45.1 | 16.2 | 55.5 |
| 23-34..... | 1,175 | 96.7 | 59.0 | 43.8 | 3.0 | 34.7 | 31.8 | 5.0 | 49.6 | 17.6 | 57.7 |
| 35-50..... | 1,184 | 97.8 | 61.9 | 49.7 | 2.6 | 36.5 | 33.2 | 5.7 | 47.4 | 17.7 | 59.2 |
| 51-64..... | 1,044 | 97.2 | 58.4 | 53.3 | 4.0 | 36.2 | 33.2 | 7.7 | 44.3 | 18.2 | 58.4 |
| 65-74..... | 522 | 96.6 | 59.5 | 51.1 | 3.5 | 36.3 | 33.7 | 6.6 | 34.9 | 19.0 | 48.2 |
| 75 AND OVER..... | 273 | 96.8 | 58.3 | 42.7 | 3.0 | 34.5 | 32.8 | 7.0 | 39.2 | 12.8 | 45.1 |
| ALL INDIVIDUALS... | 4/11,943 | 96.8 | 59.2 | 47.0 | 3.1 | 35.0 | 32.0 | 5.1 | 48.4 | 17.0 | 57.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE II-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 52 | 4 | 2 | 2 | 5 | 4 | (5) | 2 | (5) | 37 |
| 1-2..... | 4/814 | 101 | 21 | 8 | 1 | 12 | 10 | 1 | 15 | 4 | 41 |
| 3-5..... | 1,327 | 118 | 27 | 9 | 1 | 13 | 12 | 1 | 16 | 5 | 45 |
| 6-8..... | 1,482 | 151 | 34 | 12 | 2 | 17 | 16 | 1 | 17 | 6 | 62 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 750 | 189 | 44 | 15 | 2 | 19 | 17 | 1 | 19 | 8 | 81 |
| 12-14..... | 923 | 215 | 53 | 18 | 2 | 22 | 19 | 1 | 21 | 8 | 89 |
| 15-18..... | 1,115 | 270 | 70 | 24 | 2 | 24 | 21 | 2 | 25 | 9 | 114 |
| 19-22..... | 850 | 296 | 82 | 25 | 1 | 29 | 25 | 2 | 29 | 14 | 114 |
| 23-34..... | 2,393 | 290 | 77 | 27 | 3 | 28 | 23 | 2 | 29 | 15 | 109 |
| 35-50..... | 2,228 | 289 | 81 | 28 | 4 | 27 | 24 | 3 | 27 | 15 | 103 |
| 51-64..... | 1,923 | 267 | 71 | 28 | 3 | 29 | 25 | 4 | 26 | 18 | 87 |
| 65-74..... | 932 | 224 | 51 | 24 | 4 | 27 | 23 | 4 | 18 | 15 | 81 |
| 75 AND OVER..... | 399 | 211 | 57 | 25 | 3 | 19 | 17 | 3 | 16 | 9 | 79 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 795 | 163 | 41 | 13 | 1 | 17 | 15 | 1 | 17 | 5 | 68 |
| 12-14..... | 905 | 175 | 43 | 14 | 1 | 18 | 15 | 1 | 17 | 8 | 73 |
| 15-18..... | 1,164 | 183 | 45 | 15 | 2 | 18 | 16 | 1 | 15 | 10 | 77 |
| 19-22..... | 1,045 | 180 | 43 | 17 | 1 | 22 | 19 | 1 | 14 | 11 | 70 |
| 23-34..... | 3,298 | 185 | 47 | 16 | 3 | 21 | 19 | 2 | 15 | 11 | 71 |
| 35-50..... | 3,114 | 188 | 51 | 17 | 2 | 21 | 18 | 3 | 13 | 13 | 68 |
| 51-64..... | 2,542 | 188 | 46 | 18 | 3 | 23 | 20 | 3 | 14 | 13 | 70 |
| 65-74..... | 1,207 | 161 | 39 | 17 | 4 | 23 | 21 | 3 | 10 | 10 | 56 |
| 75 AND OVER..... | 688 | 148 | 35 | 15 | 3 | 20 | 19 | 3 | 12 | 8 | 52 |
| ALL INDIVIDUALS... | 4/30,215 | 204 | 52 | 19 | 2 | 22 | 19 | 2 | 18 | 11 | 77 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1I-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 58.8 | 18.1 | 10.4 | 6.4 | 17.7 | 15.3 | 1.8 | 7.6 | 2.9 | 41.1 |
| 1-2..... | 4/814 | 98.6 | 62.6 | 41.5 | 3.6 | 37.3 | 33.4 | 6.0 | 58.5 | 17.4 | 64.2 |
| 3-5..... | 1,327 | 99.4 | 66.8 | 42.2 | 3.8 | 36.9 | 33.5 | 4.7 | 61.8 | 20.3 | 64.7 |
| 6-8..... | 1,482 | 99.5 | 68.2 | 44.0 | 3.8 | 41.8 | 38.2 | 3.9 | 60.9 | 21.5 | 71.5 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 750 | 99.8 | 68.6 | 45.4 | 4.0 | 38.3 | 33.4 | 5.0 | 59.7 | 20.6 | 75.4 |
| 12-14..... | 923 | 99.7 | 70.5 | 48.3 | 3.4 | 39.4 | 34.0 | 3.6 | 57.8 | 20.2 | 75.7 |
| 15-18..... | 1,115 | 99.9 | 72.2 | 53.5 | 3.3 | 37.7 | 32.2 | 4.4 | 58.2 | 20.0 | 77.8 |
| 19-22..... | 850 | 99.4 | 74.1 | 46.6 | 2.4 | 40.1 | 34.3 | 4.2 | 58.2 | 21.4 | 73.8 |
| 23-34..... | 2,393 | 99.3 | 73.9 | 52.4 | 4.9 | 35.6 | 30.0 | 5.1 | 58.8 | 25.7 | 72.4 |
| 35-50..... | 2,228 | 99.6 | 78.3 | 56.5 | 5.5 | 37.6 | 33.6 | 6.2 | 60.0 | 26.0 | 72.9 |
| 51-64..... | 1,923 | 99.5 | 75.2 | 56.2 | 5.1 | 43.3 | 38.1 | 10.9 | 58.4 | 28.4 | 68.8 |
| 65-74..... | 932 | 98.9 | 65.3 | 53.4 | 6.1 | 40.9 | 37.0 | 9.8 | 51.7 | 25.7 | 66.3 |
| 75 AND OVER..... | 399 | 98.8 | 70.4 | 55.9 | 8.2 | 33.4 | 31.1 | 10.2 | 45.8 | 18.9 | 61.8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 795 | 99.4 | 70.8 | 45.2 | 2.2 | 39.2 | 34.5 | 2.4 | 60.0 | 20.2 | 72.0 |
| 12-14..... | 905 | 99.6 | 67.7 | 44.3 | 3.3 | 38.5 | 33.4 | 3.5 | 57.1 | 21.6 | 72.9 |
| 15-18..... | 1,164 | 99.4 | 66.8 | 42.7 | 4.3 | 37.3 | 32.6 | 3.6 | 49.0 | 23.7 | 72.1 |
| 19-22..... | 1,045 | 98.2 | 63.3 | 42.9 | 2.1 | 39.5 | 35.9 | 3.2 | 49.1 | 25.2 | 66.6 |
| 23-34..... | 3,298 | 98.6 | 67.6 | 45.2 | 5.1 | 40.0 | 35.7 | 5.2 | 49.9 | 25.1 | 64.9 |
| 35-50..... | 3,114 | 99.6 | 71.5 | 50.0 | 4.5 | 40.9 | 36.1 | 7.4 | 47.6 | 27.0 | 65.8 |
| 51-64..... | 2,542 | 99.4 | 66.8 | 50.0 | 6.1 | 41.2 | 36.9 | 8.4 | 44.6 | 27.7 | 67.0 |
| 65-74..... | 1,207 | 98.7 | 65.3 | 49.0 | 7.4 | 43.5 | 39.4 | 7.8 | 37.7 | 23.4 | 59.8 |
| 75 AND OVER..... | 688 | 98.5 | 60.2 | 45.4 | 6.8 | 38.6 | 36.3 | 7.4 | 41.3 | 19.8 | 54.2 |
| ALL INDIVIDUALS... | 4/30,215 | 98.8 | 69.1 | 48.3 | 4.7 | 39.2 | 34.8 | 6.0 | 52.8 | 23.9 | 68.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1I-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 1 | (5) | (5) | 0 | (5) | (5) | (5) | (5) | 0 | 1 |
| 1-2..... | 4/814 | 11 | 3 | 1 | (5) | 1 | 1 | (5) | 1 | (5) | 5 |
| 3-5..... | 1,327 | 16 | 3 | 1 | (5) | 2 | 1 | (5) | 1 | 1 | 8 |
| 6-8..... | 1,482 | 36 | 6 | 1 | (5) | 4 | 3 | (5) | 3 | 2 | 20 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 750 | 49 | 7 | 1 | (5) | 5 | 4 | (5) | 4 | 2 | 29 |
| 12-14..... | 923 | 50 | 10 | 2 | (5) | 4 | 3 | (5) | 3 | 2 | 29 |
| 15-18..... | 1,115 | 66 | 15 | 3 | (5) | 4 | 3 | (5) | 4 | 2 | 38 |
| 19-22..... | 850 | 84 | 21 | 4 | (5) | 7 | 6 | 1 | 4 | 4 | 43 |
| 23-34..... | 2,393 | 76 | 20 | 5 | 1 | 6 | 5 | (5) | 5 | 5 | 35 |
| 35-50..... | 2,228 | 65 | 17 | 4 | 1 | 5 | 4 | 1 | 3 | 6 | 29 |
| 51-64..... | 1,923 | 47 | 14 | 2 | 1 | 4 | 4 | (5) | 3 | 5 | 19 |
| 65-74..... | 932 | 29 | 6 | 2 | 1 | 3 | 3 | (5) | 1 | 3 | 13 |
| 75 AND OVER..... | 399 | 20 | 5 | 1 | (5) | 3 | 2 | (5) | (5) | 2 | 9 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 795 | 39 | 7 | 1 | (5) | 4 | 3 | 0 | 3 | 2 | 22 |
| 12-14..... | 905 | 44 | 8 | 1 | (5) | 3 | 3 | 0 | 3 | 2 | 26 |
| 15-18..... | 1,164 | 46 | 11 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 24 |
| 19-22..... | 1,045 | 46 | 10 | 3 | (5) | 5 | 4 | (5) | 2 | 4 | 22 |
| 23-34..... | 3,298 | 41 | 9 | 2 | (5) | 4 | 4 | (5) | 2 | 3 | 21 |
| 35-50..... | 3,114 | 34 | 8 | 2 | (5) | 3 | 3 | (5) | 1 | 4 | 15 |
| 51-64..... | 2,542 | 29 | 6 | 1 | (5) | 4 | 3 | (5) | 1 | 4 | 12 |
| 65-74..... | 1,207 | 23 | 5 | 2 | (5) | 3 | 3 | (5) | (5) | 2 | 9 |
| 75 AND OVER..... | 688 | 15 | 3 | 1 | (5) | 2 | 2 | (5) | (5) | 2 | 7 |
| ALL INDIVIDUALS... | 4/30,215 | 43 | 10 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE II-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 3.6 | 1.1 | 0.8 | 0.0 | 0.7 | 0.7 | 0.3 | 0.3 | 0.0 | 1.6 |
| 1-2..... | 4/814 | 30.6 | 10.7 | 3.7 | .3 | 5.6 | 5.1 | .1 | 7.1 | 1.3 | 13.9 |
| 3-5..... | 1,327 | 34.9 | 11.2 | 3.5 | .2 | 5.2 | 4.2 | .1 | 8.6 | 3.3 | 17.6 |
| 6-8..... | 1,482 | 57.8 | 18.7 | 5.2 | .4 | 10.9 | 8.9 | .2 | 14.3 | 6.3 | 34.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 750 | 64.1 | 20.3 | 5.6 | .8 | 11.9 | 9.4 | .2 | 16.9 | 7.6 | 40.6 |
| 12-14..... | 923 | 61.6 | 22.0 | 6.6 | .4 | 9.5 | 6.6 | .3 | 13.6 | 6.9 | 40.1 |
| 15-18..... | 1,115 | 63.5 | 25.6 | 8.5 | .5 | 8.6 | 5.6 | .1 | 13.1 | 6.0 | 41.1 |
| 19-22..... | 850 | 61.4 | 28.6 | 11.4 | .7 | 11.9 | 8.4 | 1.2 | 12.8 | 6.9 | 39.2 |
| 23-34..... | 2,393 | 62.5 | 31.0 | 13.4 | 1.3 | 9.5 | 6.9 | .7 | 13.3 | 9.7 | 35.8 |
| 35-50..... | 2,228 | 56.0 | 25.0 | 13.6 | 1.2 | 8.2 | 6.5 | 1.7 | 10.9 | 9.9 | 33.3 |
| 51-64..... | 1,923 | 44.5 | 22.4 | 8.1 | 1.0 | 8.0 | 6.7 | 1.0 | 8.5 | 9.2 | 22.8 |
| 65-74..... | 932 | 32.5 | 12.4 | 6.5 | 1.2 | 6.1 | 5.3 | .4 | 3.7 | 6.2 | 16.2 |
| 75 AND OVER..... | 399 | 25.0 | 10.6 | 3.7 | .8 | 6.5 | 5.8 | 1.1 | 1.6 | 4.0 | 10.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 795 | 59.3 | 19.6 | 5.5 | .2 | 11.2 | 8.3 | .0 | 14.7 | 6.6 | 36.6 |
| 12-14..... | 905 | 59.5 | 19.4 | 5.6 | .4 | 8.8 | 6.5 | .0 | 15.3 | 6.8 | 36.8 |
| 15-18..... | 1,164 | 57.6 | 22.8 | 7.8 | 1.0 | 8.4 | 5.9 | .1 | 10.6 | 7.4 | 33.3 |
| 19-22..... | 1,045 | 55.8 | 21.4 | 9.6 | .5 | 9.2 | 7.7 | .5 | 9.2 | 9.2 | 31.0 |
| 23-34..... | 3,298 | 50.6 | 19.0 | 9.5 | .8 | 9.2 | 7.4 | .6 | 8.5 | 7.3 | 26.6 |
| 35-50..... | 3,114 | 45.3 | 16.6 | 8.0 | 1.0 | 7.5 | 5.6 | .9 | 5.9 | 9.2 | 21.2 |
| 51-64..... | 2,542 | 39.1 | 15.0 | 5.8 | 1.0 | 7.9 | 6.1 | .8 | 5.0 | 8.7 | 18.1 |
| 65-74..... | 1,207 | 34.2 | 11.9 | 7.1 | 1.1 | 8.3 | 6.5 | .6 | 2.4 | 5.5 | 16.2 |
| 75 AND OVER..... | 688 | 23.1 | 7.5 | 3.4 | .9 | 6.0 | 3.9 | .5 | 2.1 | 3.9 | 10.9 |
| ALL INDIVIDUALS... | 4/30,215 | 48.9 | 19.3 | 8.0 | .8 | 8.4 | 6.5 | .6 | 9.2 | 7.4 | 27.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1I-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 52 | 4 | 2 | 2 | 5 | 4 | (5) | 2 | (5) | 36 |
| 1-2..... | 4/814 | 90 | 18 | 7 | 1 | 10 | 9 | 1 | 14 | 4 | 35 |
| 3-5..... | 1,327 | 102 | 23 | 8 | 1 | 11 | 11 | 1 | 15 | 4 | 37 |
| 6-8..... | 1,482 | 115 | 28 | 10 | 1 | 13 | 12 | 1 | 15 | 5 | 42 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 750 | 140 | 36 | 14 | 1 | 14 | 13 | 1 | 15 | 5 | 52 |
| 12-14..... | 923 | 164 | 43 | 16 | 2 | 18 | 16 | 1 | 18 | 6 | 60 |
| 15-18..... | 1,115 | 204 | 55 | 21 | 2 | 20 | 17 | 2 | 21 | 7 | 76 |
| 19-22..... | 850 | 211 | 61 | 20 | 1 | 22 | 19 | 1 | 25 | 10 | 71 |
| 23-34..... | 2,393 | 214 | 57 | 22 | 2 | 22 | 18 | 2 | 25 | 10 | 74 |
| 35-50..... | 2,228 | 223 | 64 | 25 | 3 | 22 | 20 | 2 | 24 | 9 | 74 |
| 51-64..... | 1,923 | 220 | 57 | 26 | 3 | 25 | 22 | 4 | 23 | 13 | 68 |
| 65-74..... | 932 | 194 | 45 | 22 | 4 | 24 | 21 | 3 | 17 | 11 | 69 |
| 75 AND OVER..... | 399 | 191 | 52 | 24 | 3 | 16 | 15 | 3 | 16 | 7 | 70 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 795 | 124 | 33 | 12 | 1 | 13 | 12 | 1 | 14 | 4 | 46 |
| 12-14..... | 905 | 131 | 35 | 13 | 1 | 14 | 13 | 1 | 14 | 5 | 48 |
| 15-18..... | 1,164 | 137 | 34 | 13 | 2 | 14 | 13 | 1 | 13 | 8 | 52 |
| 19-22..... | 1,045 | 133 | 33 | 14 | 1 | 17 | 15 | 1 | 12 | 8 | 48 |
| 23-34..... | 3,298 | 143 | 38 | 13 | 2 | 17 | 15 | 2 | 13 | 8 | 50 |
| 35-50..... | 3,114 | 154 | 43 | 15 | 2 | 18 | 15 | 2 | 12 | 9 | 53 |
| 51-64..... | 2,542 | 160 | 40 | 16 | 2 | 19 | 17 | 3 | 12 | 9 | 58 |
| 65-74..... | 1,207 | 138 | 34 | 15 | 4 | 20 | 18 | 2 | 10 | 8 | 46 |
| 75 AND OVER..... | 688 | 132 | 32 | 14 | 3 | 18 | 17 | 2 | 11 | 7 | 45 |
| ALL INDIVIDUALS... | 4/30,215 | 162 | 42 | 16 | 2 | 18 | 16 | 2 | 16 | 8 | 57 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 11-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 58.0 | 17.9 | 9.6 | 6.4 | 17.0 | 14.6 | 1.6 | 7.3 | 2.9 | 39.7 |
| 1-2..... | 4/814 | 97.3 | 56.5 | 38.6 | 3.3 | 33.2 | 29.4 | 5.9 | 56.0 | 16.4 | 57.8 |
| 3-5..... | 1,327 | 98.5 | 61.0 | 40.2 | 3.5 | 32.8 | 29.9 | 4.6 | 57.3 | 17.4 | 56.5 |
| 6-8..... | 1,482 | 98.7 | 61.4 | 40.4 | 3.5 | 33.9 | 31.3 | 3.7 | 52.7 | 16.0 | 57.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 750 | 98.6 | 60.7 | 42.0 | 3.2 | 29.3 | 25.8 | 4.7 | 50.9 | 14.0 | 59.9 |
| 12-14..... | 923 | 98.7 | 62.1 | 44.4 | 3.1 | 32.3 | 28.8 | 3.3 | 50.6 | 14.4 | 58.8 |
| 15-18..... | 1,115 | 97.8 | 62.9 | 48.5 | 2.8 | 31.9 | 28.1 | 4.2 | 51.2 | 14.5 | 60.6 |
| 19-22..... | 850 | 95.2 | 60.7 | 39.5 | 1.7 | 31.1 | 27.7 | 3.0 | 50.8 | 15.3 | 53.8 |
| 23-34..... | 2,393 | 95.4 | 59.1 | 44.6 | 3.7 | 28.0 | 24.2 | 4.4 | 50.3 | 17.6 | 53.8 |
| 35-50..... | 2,228 | 97.9 | 68.1 | 49.5 | 4.4 | 31.4 | 28.2 | 4.5 | 53.4 | 17.0 | 57.7 |
| 51-64..... | 1,923 | 97.3 | 65.7 | 51.8 | 4.2 | 36.7 | 32.3 | 9.9 | 54.1 | 21.1 | 56.7 |
| 65-74..... | 932 | 97.8 | 60.1 | 50.0 | 5.2 | 36.8 | 33.1 | 9.5 | 49.6 | 21.3 | 56.5 |
| 75 AND OVER..... | 399 | 98.1 | 64.9 | 54.0 | 7.4 | 28.8 | 26.7 | 9.0 | 44.2 | 16.0 | 55.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 795 | 98.0 | 61.9 | 41.5 | 1.9 | 31.5 | 28.1 | 2.4 | 53.0 | 13.9 | 55.5 |
| 12-14..... | 905 | 98.0 | 60.1 | 40.3 | 3.0 | 32.6 | 28.8 | 3.5 | 48.5 | 15.8 | 56.4 |
| 15-18..... | 1,164 | 95.4 | 55.1 | 37.7 | 3.5 | 30.8 | 27.9 | 3.5 | 43.2 | 17.5 | 55.6 |
| 19-22..... | 1,045 | 93.2 | 52.0 | 36.6 | 1.6 | 32.5 | 29.8 | 2.7 | 42.6 | 17.4 | 51.5 |
| 23-34..... | 3,298 | 95.5 | 57.3 | 39.4 | 4.4 | 33.1 | 29.4 | 4.7 | 44.8 | 19.6 | 51.9 |
| 35-50..... | 3,114 | 97.7 | 63.3 | 45.4 | 3.6 | 35.6 | 31.7 | 6.6 | 43.9 | 19.3 | 55.9 |
| 51-64..... | 2,542 | 97.5 | 58.8 | 46.5 | 5.1 | 35.4 | 32.2 | 7.8 | 41.2 | 20.5 | 57.5 |
| 65-74..... | 1,207 | 96.8 | 58.3 | 45.3 | 6.3 | 36.6 | 33.6 | 7.2 | 36.1 | 18.6 | 49.8 |
| 75 AND OVER..... | 688 | 96.9 | 54.9 | 43.2 | 6.0 | 34.3 | 33.0 | 6.9 | 40.4 | 16.0 | 48.4 |
| ALL INDIVIDUALS... | 4/30,215 | 96.6 | 60.1 | 43.6 | 3.9 | 32.9 | 29.5 | 5.4 | 47.5 | 17.7 | 55.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1J-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 51 | 8 | 1 | 4 | 8 | 8 | 1 | 1 | (5) | 28 |
| 1-2..... | 4/158 | 110 | 14 | 12 | 1 | 24 | 21 | 1 | 15 | 3 | 40 |
| 3-5..... | 276 | 140 | 23 | 18 | 1 | 28 | 24 | 2 | 20 | 7 | 41 |
| 6-8..... | 255 | 169 | 33 | 18 | 1 | 28 | 25 | 3 | 25 | 10 | 51 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 137 | 188 | 34 | 22 | 1 | 41 | 39 | 4 | 22 | 8 | 56 |
| 12-14..... | 173 | 221 | 44 | 23 | 1 | 45 | 41 | 3 | 26 | 14 | 65 |
| 15-18..... | 226 | 252 | 45 | 28 | 2 | 54 | 49 | 4 | 26 | 14 | 79 |
| 19-22..... | 136 | 250 | 46 | 25 | 2 | 54 | 47 | 7 | 28 | 11 | 77 |
| 23-34..... | 229 | 303 | 59 | 37 | 4 | 49 | 46 | 4 | 40 | 25 | 86 |
| 35-50..... | 254 | 279 | 47 | 40 | 2 | 57 | 48 | 3 | 35 | 18 | 78 |
| 51-64..... | 195 | 260 | 61 | 36 | 5 | 42 | 38 | 6 | 25 | 25 | 62 |
| 65-74..... | 99 | 246 | 44 | 30 | 4 | 42 | 41 | 7 | 22 | 34 | 62 |
| 75 AND OVER..... | 62 | 168 | 28 | 39 | 5 | 38 | 32 | 1 | 17 | 19 | 21 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 154 | 170 | 33 | 18 | 2 | 32 | 31 | 3 | 20 | 9 | 52 |
| 12-14..... | 172 | 200 | 37 | 23 | 1 | 37 | 32 | 1 | 24 | 14 | 63 |
| 15-18..... | 243 | 200 | 40 | 24 | 1 | 42 | 38 | 2 | 21 | 14 | 56 |
| 19-22..... | 192 | 197 | 33 | 26 | 1 | 39 | 34 | 1 | 25 | 11 | 62 |
| 23-34..... | 421 | 196 | 37 | 27 | 1 | 36 | 33 | 4 | 26 | 14 | 50 |
| 35-50..... | 493 | 203 | 48 | 23 | 3 | 39 | 33 | 3 | 20 | 16 | 51 |
| 51-64..... | 331 | 192 | 42 | 24 | 3 | 40 | 37 | 4 | 15 | 23 | 41 |
| 65-74..... | 151 | 189 | 31 | 18 | 6 | 30 | 29 | 10 | 15 | 27 | 52 |
| 75 AND OVER..... | 59 | 153 | 25 | 24 | 4 | 38 | 35 | 3 | 13 | 9 | 37 |
| ALL INDIVIDUALS... | 4/4,485 | 204 | 39 | 25 | 2 | 39 | 35 | 4 | 23 | 15 | 56 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1J-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 51.9 | 15.7 | 11.9 | 3.8 | 19.0 | 17.8 | 2.4 | 7.6 | 2.2 | 36.1 |
| 1-2..... | 4/158 | 98.7 | 47.1 | 58.5 | 2.4 | 64.1 | 62.2 | 6.7 | 64.6 | 18.8 | 58.3 |
| 3-5..... | 276 | 99.0 | 57.0 | 60.9 | 1.4 | 63.4 | 60.0 | 8.2 | 71.7 | 24.1 | 62.7 |
| 6-8..... | 255 | 100.0 | 62.4 | 59.8 | 2.9 | 56.4 | 52.7 | 10.0 | 70.7 | 24.9 | 66.7 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 137 | 100.0 | 65.7 | 62.9 | 1.4 | 70.5 | 70.0 | 8.6 | 74.8 | 23.7 | 66.0 |
| 12-14..... | 173 | 100.0 | 63.6 | 60.4 | 1.5 | 68.4 | 65.8 | 7.3 | 70.9 | 28.8 | 67.1 |
| 15-18..... | 226 | 99.5 | 61.1 | 67.1 | 2.9 | 71.3 | 69.8 | 9.0 | 67.7 | 26.9 | 67.6 |
| 19-22..... | 136 | 100.0 | 54.7 | 67.4 | 3.2 | 73.5 | 72.5 | 10.6 | 64.9 | 22.8 | 71.2 |
| 23-34..... | 229 | 100.0 | 62.5 | 70.2 | 6.2 | 61.4 | 57.9 | 7.0 | 69.1 | 32.1 | 68.3 |
| 35-50..... | 254 | 100.0 | 55.8 | 69.2 | 2.5 | 67.2 | 63.5 | 7.0 | 69.6 | 26.7 | 64.0 |
| 51-64..... | 195 | 100.0 | 69.6 | 66.9 | 9.1 | 62.5 | 59.3 | 12.7 | 60.9 | 31.9 | 60.4 |
| 65-74..... | 99 | 100.0 | 57.4 | 65.2 | 7.2 | 66.3 | 64.1 | 14.4 | 50.2 | 40.0 | 53.0 |
| 75 AND OVER..... | 62 | 100.0 | 44.8 | 81.9 | 6.8 | 50.9 | 45.6 | 3.2 | 50.3 | 29.5 | 40.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 154 | 100.0 | 60.6 | 55.6 | 3.8 | 66.8 | 64.5 | 8.9 | 71.7 | 27.0 | 64.5 |
| 12-14..... | 172 | 100.0 | 62.2 | 63.1 | 2.2 | 63.1 | 60.7 | 6.4 | 67.0 | 33.5 | 59.5 |
| 15-18..... | 243 | 100.0 | 61.5 | 62.5 | 2.8 | 71.7 | 69.5 | 5.4 | 65.4 | 25.4 | 66.3 |
| 19-22..... | 192 | 100.0 | 53.9 | 65.4 | 2.0 | 69.9 | 68.3 | 3.1 | 60.9 | 25.5 | 65.7 |
| 23-34..... | 421 | 99.3 | 57.8 | 61.5 | 2.0 | 60.2 | 56.4 | 10.7 | 68.4 | 30.6 | 57.6 |
| 35-50..... | 493 | 100.0 | 63.1 | 57.6 | 5.5 | 64.8 | 60.8 | 8.0 | 58.5 | 32.5 | 58.2 |
| 51-64..... | 331 | 99.1 | 58.9 | 65.0 | 5.5 | 64.9 | 63.0 | 9.7 | 46.4 | 30.8 | 46.7 |
| 65-74..... | 151 | 97.5 | 52.5 | 59.9 | 11.0 | 53.1 | 50.2 | 20.1 | 49.6 | 37.7 | 45.4 |
| 75 AND OVER..... | 59 | 100.0 | 36.9 | 56.3 | 9.4 | 61.5 | 52.5 | 6.8 | 40.7 | 22.6 | 39.7 |
| ALL INDIVIDUALS... | 4/4,485 | 98.9 | 58.5 | 62.2 | 4.0 | 63.9 | 61.0 | 8.7 | 62.8 | 28.3 | 60.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1J-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 1 | 0 | (5) | 1 | (5) | (5) | 0 | 0 | 0 | 0 |
| 1-2..... ..... | 4/158 | 6 | 1 | 1 | 0 | 2 | 2 | 0 | 1 | (5) | 2 |
| 3-5..... ..... | 276 | 17 | 3 | (5) | 0 | 2 | 2 | (5) | 2 | 1 | 9 |
| 6-8..... | 255 | 40 | 9 | 2 | (5) | 5 | 5 | (5) | 3 | 3 | 18 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 137 | 41 | 8 | 1 | 0 | 5 | 5 | 0 | 4 | 3 | 20 |
| 12-14..... | 173 | 54 | 13 | 2 | (5) | 4 | 4 | 0 | 4 | 3 | 27 |
| 15-18..... | 226 | 49 | 11 | 1 | 0 | 7 | 7 | 0 | 5 | 2 | 23 |
| 19-22..... | 136 | 45 | 8 | 1 | 0 | 9 | 9 | 0 | 2 | 3 | 22 |
| 23-34..... | 229 | 62 | 13 | 4 | 1 | 7 | 6 | 1 | 4 | 3 | 32 |
| 35-50..... | 254 | 44 | 7 | 4 | 0 | 6 | 6 | (5) | 3 | 2 | 22 |
| 51-64..... | 195 | 36 | 11 | 2 | (5) | 5 | 5 | (5) | 3 | 2 | 13 |
| 65-74..... | 99 | 12 | 5 | 1 | 0 | 1 | 1 | 0 | (5) | (5) | 4 |
| 75 AND OVER..... | 62 | 5 | 1 | 1 | (5) | 1 | 1 | 0 | 0 | 0 | 2 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 154 | 40 | 7 | 3 | (5) | 4 | 4 | 1 | 4 | 3 | 19 |
| 12-14..... | 172 | 40 | 8 | 1 | 0 | 4 | 4 | 0 | 4 | 4 | 19 |
| 15-18..... | 243 | 43 | 10 | 2 | 0 | 4 | 4 | 0 | 4 | 4 | 19 |
| 19-22..... | 192 | 45 | 7 | 2 | 0 | 7 | 6 | 0 | 3 | 3 | 23 |
| 23-34..... | 421 | 29 | 6 | 2 | (5) | 5 | 4 | (5) | 1 | 3 | 12 |
| 35-50..... | 493 | 18 | 4 | 2 | (5) | 3 | 2 | (5) | 1 | 1 | 7 |
| 51-64..... | 331 | 13 | 3 | 1 | (5) | 2 | 2 | (5) | 1 | 1 | 5 |
| 65-74..... | 151 | 6 | 1 | 1 | 0 | 2 | 2 | (5) | 0 | (5) | 1 |
| 75 AND OVER..... | 59 | 4 | (5) | 0 | 0 | 2 | 1 | 0 | (5) | 0 | 2 |
| ALL INDIVIDUALS... | 4/4,485 | 31 | 7 | 2 | (5) | 4 | 4 | (5) | 2 | 2 | 14 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1J-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 2.8 | 0.0 | 1.3 | 1.4 | 1.3 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/158 | 17.5 | 4.1 | 3.2 | .0 | 4.7 | 4.7 | .0 | 5.6 | 1.5 | 5.3 |
| 3-5..... | 276 | 31.2 | 11.4 | 2.9 | .0 | 6.7 | 6.2 | 1.4 | 10.3 | 3.3 | 17.7 |
| 6-8..... | 255 | 61.4 | 26.4 | 8.7 | .4 | 13.3 | 11.4 | 1.1 | 17.6 | 8.2 | 32.5 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 137 | 64.9 | 28.9 | 6.2 | .0 | 14.6 | 13.2 | .0 | 22.6 | 10.6 | 32.2 |
| 12-14..... | 173 | 69.2 | 30.7 | 7.7 | .6 | 10.0 | 8.8 | .0 | 20.6 | 9.0 | 39.2 |
| 15-18..... | 226 | 59.0 | 21.2 | 7.2 | .0 | 10.6 | 10.2 | .0 | 17.6 | 5.9 | 34.0 |
| 19-22..... | 136 | 49.3 | 20.6 | 7.8 | .0 | 15.8 | 15.8 | .0 | 9.8 | 9.1 | 28.6 |
| 23-34..... | 229 | 50.2 | 20.6 | 10.0 | 1.5 | 10.7 | 9.5 | 1.7 | 9.2 | 7.1 | 28.9 |
| 35-50..... | 254 | 40.2 | 13.4 | 13.5 | .0 | 8.0 | 7.6 | .6 | 14.0 | 3.5 | 20.9 |
| 51-64..... | 195 | 35.5 | 17.1 | 8.1 | .7 | 9.6 | 9.1 | .3 | 11.6 | 4.8 | 15.2 |
| 65-74..... | 99 | 13.8 | 7.1 | 3.3 | .0 | 2.8 | 1.8 | .0 | 1.1 | 1.9 | 7.8 |
| 75 AND OVER..... | 62 | 7.2 | 1.9 | 5.3 | 1.4 | 1.4 | 1.4 | .0 | .0 | .0 | 3.9 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 154 | 61.7 | 24.4 | 8.8 | .6 | 12.3 | 10.5 | .9 | 20.7 | 12.6 | 32.9 |
| 12-14..... | 172 | 61.5 | 22.4 | 5.5 | .0 | 8.9 | 7.3 | .0 | 13.9 | 12.4 | 30.5 |
| 15-18..... | 243 | 58.2 | 20.6 | 9.4 | .0 | 8.7 | 8.1 | .0 | 17.2 | 7.8 | 32.0 |
| 19-22..... | 192 | 43.0 | 13.3 | 9.3 | .0 | 15.4 | 14.7 | .0 | 11.8 | 6.7 | 27.2 |
| 23-34..... | 421 | 39.5 | 13.8 | 7.1 | .2 | 11.3 | 9.8 | 1.2 | 5.6 | 7.8 | 17.9 |
| 35-50..... | 493 | 27.9 | 9.6 | 6.6 | .8 | 5.8 | 4.6 | .6 | 5.9 | 2.1 | 14.3 |
| 51-64..... | 331 | 22.1 | 8.4 | 3.7 | 1.3 | 5.0 | 5.0 | .3 | 2.7 | 2.2 | 9.2 |
| 65-74..... | 151 | 10.2 | 2.3 | 3.8 | .0 | 3.0 | 3.0 | 1.1 | .0 | 1.4 | 2.2 |
| 75 AND OVER..... | 59 | 9.9 | 1.5 | .0 | .0 | 5.5 | 2.2 | .0 | 1.4 | .0 | 2.9 |
| ALL INDIVIDUALS... | 4/4,485 | 40.3 | 15.3 | 6.9 | .4 | 8.8 | 8.0 | .6 | 10.4 | 5.6 | 21.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1J-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 50 | 8 | 1 | 3 | 7 | 7 | 1 | 1 | (5) | 28 |
| 1-2..... | 4/158 | 104 | 13 | 11 | 1 | 22 | 19 | 1 | 14 | 3 | 38 |
| 3-5..... | 276 | 123 | 20 | 18 | 1 | 26 | 23 | 2 | 19 | 6 | 33 |
| 6-8..... | 255 | 129 | 24 | 16 | 1 | 22 | 20 | 3 | 22 | 8 | 34 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 137 | 147 | 26 | 21 | 1 | 35 | 34 | 4 | 18 | 5 | 37 |
| 12-14..... | 173 | 167 | 31 | 22 | (5) | 41 | 37 | 3 | 22 | 11 | 38 |
| 15-18..... | 226 | 203 | 35 | 26 | 2 | 47 | 42 | 4 | 21 | 12 | 55 |
| 19-22..... | 136 | 205 | 38 | 24 | 2 | 44 | 38 | 7 | 25 | 9 | 55 |
| 23-34..... | 229 | 241 | 46 | 32 | 3 | 42 | 40 | 3 | 35 | 21 | 55 |
| 35-50..... | 254 | 235 | 40 | 36 | 2 | 51 | 42 | 3 | 32 | 15 | 56 |
| 51-64..... | 195 | 224 | 49 | 34 | 5 | 37 | 33 | 5 | 22 | 23 | 49 |
| 65-74..... | 99 | 234 | 39 | 29 | 4 | 41 | 40 | 7 | 22 | 34 | 59 |
| 75 AND OVER..... | 62 | 163 | 27 | 38 | 5 | 37 | 31 | 1 | 17 | 19 | 20 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 154 | 129 | 26 | 15 | 2 | 28 | 27 | 2 | 16 | 6 | 33 |
| 12-14..... | 172 | 160 | 29 | 22 | 1 | 33 | 28 | 1 | 20 | 10 | 44 |
| 15-18..... | 243 | 157 | 30 | 22 | 1 | 37 | 34 | 2 | 18 | 10 | 36 |
| 19-22..... | 192 | 152 | 26 | 23 | 1 | 33 | 28 | 1 | 21 | 8 | 38 |
| 23-34..... | 421 | 167 | 32 | 25 | 1 | 31 | 28 | 4 | 25 | 11 | 38 |
| 35-50..... | 493 | 186 | 44 | 22 | 3 | 37 | 31 | 3 | 19 | 15 | 44 |
| 51-64..... | 331 | 178 | 39 | 23 | 3 | 38 | 35 | 4 | 14 | 22 | 36 |
| 65-74..... | 151 | 183 | 30 | 18 | 6 | 28 | 27 | 10 | 15 | 27 | 51 |
| 75 AND OVER..... | 59 | 149 | 25 | 24 | 4 | 36 | 34 | 3 | 12 | 9 | 35 |
| ALL INDIVIDUALS... | 4/4,485 | 173 | 33 | 23 | 2 | 35 | 31 | 3 | 21 | 13 | 42 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1J-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 50.5 | 15.7 | 10.6 | 3.8 | 17.7 | 16.5 | 2.4 | 7.6 | 2.2 | 36.1 |
| 1-2..... | 4/158 | 98.0 | 46.6 | 57.5 | 2.4 | 63.0 | 60.5 | 6.7 | 61.6 | 18.3 | 54.8 |
| 3-5..... | 276 | 99.0 | 51.1 | 59.2 | 1.4 | 60.8 | 56.9 | 6.9 | 66.6 | 20.8 | 55.2 |
| 6-8..... | 255 | 98.4 | 51.3 | 54.8 | 2.5 | 49.8 | 46.5 | 8.9 | 59.7 | 18.2 | 53.7 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 137 | 98.9 | 50.4 | 59.7 | 1.4 | 64.1 | 63.1 | 8.6 | 60.5 | 14.4 | 51.0 |
| 12-14..... | 173 | 99.1 | 45.5 | 57.0 | .9 | 66.5 | 63.6 | 7.3 | 60.5 | 22.3 | 49.1 |
| 15-18..... | 226 | 98.6 | 50.4 | 64.5 | 2.9 | 68.1 | 66.3 | 9.0 | 56.4 | 21.4 | 51.5 |
| 19-22..... | 136 | 97.1 | 45.4 | 60.4 | 3.2 | 69.0 | 67.9 | 10.6 | 60.6 | 18.0 | 56.6 |
| 23-34..... | 229 | 99.7 | 52.2 | 66.6 | 4.7 | 52.9 | 50.6 | 5.3 | 64.7 | 25.4 | 47.3 |
| 35-50..... | 254 | 96.9 | 50.2 | 62.5 | 2.5 | 61.3 | 57.6 | 6.4 | 65.8 | 23.2 | 52.8 |
| 51-64..... | 195 | 96.0 | 59.2 | 62.7 | 8.4 | 55.0 | 51.8 | 12.7 | 56.0 | 27.5 | 49.8 |
| 65-74..... | 99 | 100.0 | 55.6 | 62.8 | 7.2 | 64.5 | 62.3 | 14.4 | 49.1 | 38.9 | 50.4 |
| 75 AND OVER..... | 62 | 100.0 | 42.9 | 80.4 | 6.8 | 49.5 | 44.2 | 3.2 | 50.3 | 29.5 | 36.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 154 | 98.1 | 50.0 | 49.8 | 3.2 | 60.0 | 58.4 | 8.0 | 59.6 | 15.4 | 46.6 |
| 12-14..... | 172 | 99.1 | 52.0 | 60.3 | 2.2 | 60.4 | 58.0 | 6.4 | 59.1 | 24.3 | 43.7 |
| 15-18..... | 243 | 99.5 | 51.3 | 57.5 | 2.8 | 67.2 | 65.6 | 5.4 | 55.2 | 18.9 | 46.4 |
| 19-22..... | 192 | 99.6 | 45.2 | 62.8 | 2.0 | 59.6 | 58.0 | 3.1 | 54.1 | 19.9 | 49.7 |
| 23-34..... | 421 | 98.4 | 48.5 | 56.8 | 2.0 | 55.2 | 51.6 | 9.5 | 65.8 | 23.5 | 48.5 |
| 35-50..... | 493 | 99.0 | 56.5 | 54.4 | 4.7 | 61.1 | 57.9 | 7.5 | 55.6 | 30.5 | 51.4 |
| 51-64..... | 331 | 98.7 | 54.7 | 62.5 | 4.2 | 62.5 | 60.6 | 9.4 | 43.9 | 29.0 | 42.0 |
| 65-74..... | 151 | 97.5 | 51.0 | 56.1 | 11.0 | 52.0 | 49.1 | 19.6 | 49.6 | 37.2 | 43.8 |
| 75 AND OVER..... | 59 | 97.8 | 35.4 | 56.3 | 9.4 | 57.8 | 50.3 | 6.8 | 39.3 | 22.6 | 36.9 |
| ALL INDIVIDUALS... | 4/4,485 | 97.8 | 50.5 | 58.6 | 3.6 | 59.4 | 56.7 | 8.2 | 57.2 | 23.6 | 49.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 1K-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 69 | 9 | 2 | 3 | 5 | 4 | (5) | 1 | (5) | 48 |
| 1-2..... | 4/246 | 99 | 21 | 8 | 1 | 15 | 14 | 1 | 14 | 4 | 36 |
| 3-5..... | 404 | 122 | 25 | 10 | 1 | 17 | 15 | 1 | 16 | 6 | 46 |
| 6-8..... | 428 | 149 | 33 | 13 | 1 | 19 | 17 | 1 | 16 | 8 | 57 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 196 | 183 | 43 | 18 | 3 | 20 | 19 | 2 | 20 | 11 | 69 |
| 12-14..... | 295 | 215 | 53 | 18 | 1 | 26 | 24 | 1 | 22 | 10 | 84 |
| 15-18..... | 365 | 267 | 75 | 25 | 1 | 33 | 28 | 3 | 24 | 10 | 95 |
| 19-22..... | 256 | 306 | 90 | 27 | 1 | 38 | 36 | 2 | 31 | 13 | 104 |
| 23-34..... | 708 | 287 | 81 | 28 | 2 | 30 | 27 | 2 | 30 | 16 | 98 |
| 35-50..... | 714 | 291 | 75 | 28 | 2 | 34 | 29 | 4 | 24 | 17 | 107 |
| 51-64..... | 579 | 275 | 76 | 29 | 3 | 31 | 28 | 5 | 24 | 21 | 86 |
| 65-74..... | 270 | 228 | 52 | 27 | 2 | 25 | 22 | 3 | 18 | 20 | 81 |
| 75 AND OVER..... | 114 | 198 | 51 | 31 | 3 | 24 | 21 | 3 | 19 | 9 | 59 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 222 | 160 | 37 | 14 | 1 | 24 | 22 | 1 | 17 | 7 | 60 |
| 12-14..... | 295 | 178 | 43 | 16 | 1 | 23 | 20 | 1 | 17 | 9 | 67 |
| 15-18..... | 374 | 180 | 45 | 18 | 1 | 25 | 24 | 1 | 16 | 10 | 62 |
| 19-22..... | 300 | 185 | 49 | 20 | 1 | 27 | 25 | 1 | 16 | 9 | 61 |
| 23-34..... | 865 | 184 | 45 | 17 | 2 | 23 | 21 | 2 | 15 | 12 | 67 |
| 35-50..... | 838 | 191 | 51 | 19 | 2 | 28 | 23 | 3 | 14 | 13 | 63 |
| 51-64..... | 715 | 187 | 49 | 19 | 3 | 26 | 23 | 3 | 12 | 16 | 60 |
| 65-74..... | 346 | 163 | 34 | 20 | 3 | 28 | 24 | 3 | 13 | 12 | 51 |
| 75 AND OVER..... | 173 | 144 | 32 | 16 | 4 | 20 | 18 | 4 | 10 | 7 | 52 |
| ALL INDIVIDUALS... | 4/8,780 | 207 | 53 | 20 | 2 | 26 | 23 | 2 | 19 | 12 | 72 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 1K-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 62.2 | 20.0 | 11.0 | 6.6 | 17.5 | 14.2 | 2.1 | 10.3 | 2.7 | 49.2 |
| 1-2..... | 4/246 | 99.2 | 60.1 | 45.3 | 3.2 | 37.8 | 35.2 | 4.3 | 54.8 | 16.4 | 61.1 |
| 3-5..... | 404 | 99.1 | 64.5 | 47.6 | 2.6 | 37.7 | 36.2 | 4.2 | 59.8 | 24.0 | 62.1 |
| 6-8..... | 428 | 99.5 | 66.4 | 50.1 | 2.6 | 43.1 | 39.4 | 4.8 | 57.9 | 25.4 | 70.5 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 196 | 100.0 | 67.2 | 49.3 | 4.2 | 37.1 | 33.8 | 3.4 | 65.1 | 28.1 | 75.3 |
| 12-14..... | 296 | 100.0 | 71.0 | 44.7 | 1.9 | 42.5 | 39.1 | 2.1 | 54.0 | 24.5 | 70.7 |
| 15-18..... | 365 | 100.0 | 72.3 | 56.7 | 1.8 | 42.4 | 37.3 | 5.5 | 60.0 | 20.1 | 73.8 |
| 19-22..... | 256 | 99.2 | 73.0 | 52.7 | .9 | 44.5 | 41.9 | 3.4 | 62.7 | 20.3 | 74.6 |
| 23-34..... | 708 | 98.7 | 73.7 | 51.2 | 3.9 | 36.1 | 31.8 | 5.4 | 59.7 | 27.6 | 71.9 |
| 35-50..... | 714 | 100.0 | 75.9 | 55.1 | 4.4 | 43.3 | 40.3 | 7.6 | 54.2 | 29.4 | 72.9 |
| 51-64..... | 579 | 100.0 | 75.0 | 55.1 | 4.8 | 41.8 | 39.3 | 10.9 | 54.6 | 30.2 | 65.4 |
| 65-74..... | 270 | 99.7 | 67.7 | 58.7 | 4.0 | 41.0 | 37.2 | 9.8 | 53.0 | 28.5 | 66.3 |
| 75 AND OVER..... | 114 | 98.3 | 65.9 | 52.3 | 7.3 | 36.8 | 32.5 | 9.5 | 48.3 | 21.6 | 55.0 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 222 | 99.0 | 68.8 | 46.5 | 1.6 | 46.2 | 42.2 | 3.1 | 61.0 | 22.0 | 68.8 |
| 12-14..... | 295 | 100.0 | 66.5 | 52.1 | 3.2 | 42.4 | 38.8 | 4.2 | 55.7 | 26.5 | 69.9 |
| 15-18..... | 374 | 99.3 | 66.7 | 46.7 | 3.4 | 47.5 | 44.6 | 3.5 | 52.2 | 19.4 | 65.6 |
| 19-22..... | 300 | 98.2 | 68.5 | 47.3 | 3.0 | 42.2 | 39.9 | 3.1 | 50.4 | 22.1 | 63.2 |
| 23-34..... | 863 | 97.3 | 65.3 | 46.8 | 3.5 | 40.0 | 35.6 | 4.7 | 47.9 | 27.8 | 61.2 |
| 35-50..... | 838 | 99.6 | 70.3 | 49.4 | 4.3 | 45.1 | 41.0 | 7.0 | 49.8 | 28.7 | 65.1 |
| 51-64..... | 715 | 99.5 | 68.6 | 49.4 | 5.0 | 43.4 | 38.8 | 9.2 | 41.2 | 30.8 | 62.7 |
| 65-74..... | 345 | 98.0 | 62.6 | 51.1 | 6.9 | 47.5 | 41.9 | 7.4 | 44.2 | 24.4 | 58.2 |
| 75 AND OVER..... | 173 | 98.3 | 59.1 | 48.3 | 9.1 | 39.5 | 35.1 | 10.0 | 34.1 | 20.5 | 53.6 |
| ALL INDIVIDUALS... | 4/8,780 | 98.9 | 68.6 | 50.2 | 3.9 | 41.8 | 38.1 | 6.1 | 52.5 | 25.9 | 66.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 1K-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 3 | (5) | (5) | 0 | (5) | (5) | (5) | 0 | 0 | 2 |
| 1-2..... | 4/246 | 11 | 2 | 1 | (5) | 2 | 2 | 0 | 1 | (5) | 5 |
| 3-5..... | 404 | 19 | 3 | 1 | (5) | 2 | 2 | (5) | 2 | 1 | 9 |
| 6-8..... | 428 | 39 | 7 | 1 | (5) | 4 | 3 | (5) | 2 | 3 | 21 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 196 | 47 | 8 | 1 | 0 | 4 | 4 | (5) | 3 | 4 | 27 |
| 12-14..... | 296 | 48 | 11 | 1 | (5) | 5 | 4 | 0 | 3 | 2 | 27 |
| 15-18..... | 365 | 61 | 15 | 1 | (5) | 5 | 4 | 0 | 4 | 2 | 33 |
| 19-22..... | 256 | 82 | 26 | 4 | (5) | 11 | 10 | 1 | 4 | 5 | 34 |
| 23-34..... | 708 | 78 | 22 | 5 | (5) | 7 | 6 | (5) | 5 | 5 | 33 |
| 35-50..... | 714 | 66 | 16 | 4 | 1 | 6 | 5 | 1 | 3 | 6 | 30 |
| 51-64..... | 579 | 49 | 12 | 3 | (5) | 6 | 5 | (5) | 2 | 5 | 19 |
| 65-74..... | 270 | 29 | 5 | 3 | (5) | 3 | 2 | (5) | 1 | 3 | 13 |
| 75 AND OVER..... | 114 | 23 | 6 | 2 | 0 | 4 | 3 | 0 | (5) | 1 | 9 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 222 | 35 | 6 | 1 | (5) | 4 | 3 | 0 | 3 | 2 | 19 |
| 12-14..... | 295 | 44 | 8 | 1 | (5) | 4 | 3 | 0 | 3 | 4 | 24 |
| 15-18..... | 374 | 45 | 12 | 2 | 1 | 5 | 4 | (5) | 2 | 2 | 22 |
| 19-22..... | 300 | 48 | 12 | 3 | (5) | 7 | 6 | (5) | 1 | 2 | 23 |
| 23-34..... | 865 | 45 | 10 | 3 | 1 | 4 | 4 | (5) | 2 | 3 | 21 |
| 35-50..... | 838 | 34 | 8 | 2 | 1 | 5 | 4 | (5) | 1 | 3 | 14 |
| 51-64..... | 715 | 26 | 7 | 1 | (5) | 3 | 3 | (5) | 1 | 3 | 10 |
| 65-74..... | 346 | 20 | 3 | 2 | 1 | 2 | 2 | (5) | (5) | 2 | 9 |
| 75 AND OVER..... | 173 | 14 | 3 | 2 | 1 | 3 | 2 | (5) | 0 | 1 | 5 |
| ALL INDIVIDUALS... | 4/8,780 | 44 | 10 | 2 | (5) | 5 | 4 | (5) | 2 | 3 | 20 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 1K-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 7.1 | 2.5 | 1.1 | 0.0 | 1.7 | 1.7 | 1.1 | 0.0 | 0.0 | 4.5 |
| 1-2..... | 4/246 | 34.5 | 10.6 | 3.8 | .5 | 6.3 | 5.9 | .0 | 5.4 | .4 | 15.6 |
| 3-5..... | 404 | 40.2 | 11.5 | 4.2 | .4 | 7.0 | 6.1 | .3 | 9.6 | 3.3 | 20.2 |
| 6-8..... | 428 | 60.5 | 18.2 | 7.1 | .2 | 11.4 | 9.4 | .7 | 12.6 | 9.1 | 36.0 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 196 | 66.1 | 22.1 | 7.7 | .0 | 8.3 | 6.9 | .5 | 15.3 | 9.7 | 41.7 |
| 12-14..... | 296 | 58.1 | 21.9 | 4.0 | .3 | 8.8 | 6.3 | .0 | 9.2 | 8.0 | 35.8 |
| 15-18..... | 365 | 60.6 | 25.4 | 6.3 | .3 | 9.4 | 4.9 | .0 | 13.5 | 5.3 | 38.7 |
| 19-22..... | 256 | 60.3 | 28.7 | 10.4 | .5 | 14.6 | 13.0 | .8 | 11.4 | 7.9 | 36.2 |
| 23-34..... | 708 | 63.0 | 29.3 | 16.1 | .9 | 11.1 | 8.7 | .9 | 14.3 | 9.4 | 36.7 |
| 35-50..... | 714 | 58.1 | 25.1 | 12.3 | 1.5 | 8.9 | 7.2 | 1.9 | 11.8 | 11.0 | 35.5 |
| 51-64..... | 579 | 42.8 | 18.7 | 8.6 | .6 | 9.7 | 8.1 | .6 | 7.0 | 9.4 | 22.5 |
| 65-74..... | 270 | 33.2 | 11.2 | 6.7 | .3 | 6.6 | 4.5 | .4 | 4.8 | 5.9 | 17.9 |
| 75 AND OVER..... | 114 | 23.7 | 12.6 | 6.2 | .0 | 8.1 | 8.1 | .0 | 1.8 | 3.8 | 10.8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 222 | 55.3 | 16.4 | 6.2 | .9 | 11.3 | 8.4 | .0 | 14.2 | 7.0 | 32.8 |
| 12-14..... | 295 | 61.1 | 16.4 | 6.3 | .9 | 9.8 | 7.4 | .0 | 13.4 | 10.9 | 34.1 |
| 15-18..... | 374 | 54.0 | 20.2 | 7.6 | 1.6 | 9.4 | 7.4 | .2 | 10.9 | 5.4 | 32.5 |
| 19-22..... | 300 | 55.8 | 24.3 | 10.1 | .8 | 11.1 | 9.5 | .3 | 5.8 | 7.1 | 33.1 |
| 23-34..... | 865 | 52.7 | 19.2 | 11.3 | 1.3 | 10.7 | 8.8 | .6 | 9.8 | 9.1 | 26.8 |
| 35-50..... | 838 | 43.8 | 14.9 | 8.9 | 1.4 | 9.2 | 6.5 | .6 | 5.9 | 7.0 | 22.9 |
| 51-64..... | 715 | 37.7 | 14.4 | 5.0 | .8 | 7.8 | 5.8 | .8 | 4.6 | 7.9 | 17.3 |
| 65-74..... | 346 | 29.4 | 8.5 | 6.5 | 1.9 | 6.1 | 4.3 | .6 | 2.4 | 4.0 | 16.6 |
| 75 AND OVER..... | 173 | 21.7 | 6.5 | 5.5 | 1.4 | 7.4 | 5.5 | .7 | .0 | 3.9 | 7.1 |
| ALL INDIVIDUALS... | 4/8,780 | 49.2 | 18.5 | 9.5 | .9 | 9.3 | 7.3 | .6 | 9.0 | 7.5 | 27.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 1K-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 67 | 9 | 2 | 3 | 5 | 4 | (5) | 1 | (5) | 45 |
| 1-2..... | 4/246 | 88 | 19 | 7 | 1 | 13 | 13 | 1 | 13 | 4 | 31 |
| 3-5..... | 404 | 103 | 22 | 9 | 1 | 14 | 14 | 1 | 14 | 6 | 37 |
| 6-8..... | 428 | 110 | 27 | 11 | 1 | 15 | 14 | 1 | 14 | 5 | 36 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 196 | 136 | 33 | 17 | 3 | 16 | 15 | 2 | 17 | 7 | 42 |
| 12-14..... | 295 | 166 | 42 | 17 | 1 | 22 | 20 | 1 | 19 | 8 | 56 |
| 15-19..... | 365 | 206 | 60 | 23 | 1 | 28 | 24 | 3 | 21 | 8 | 61 |
| 19-22..... | 256 | 224 | 54 | 23 | (5) | 27 | 25 | 1 | 28 | 9 | 70 |
| 23-34..... | 708 | 209 | 50 | 22 | 2 | 23 | 21 | 1 | 25 | 11 | 65 |
| 35-50..... | 714 | 226 | 59 | 24 | 2 | 28 | 24 | 3 | 21 | 12 | 76 |
| 51-64..... | 579 | 226 | 64 | 26 | 3 | 25 | 23 | 5 | 22 | 15 | 67 |
| 65-74..... | 270 | 200 | 45 | 25 | 2 | 22 | 20 | 3 | 17 | 17 | 68 |
| 75 AND OVER..... | 114 | 175 | 44 | 29 | 3 | 20 | 19 | 3 | 18 | 8 | 50 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 222 | 125 | 31 | 13 | 1 | 20 | 19 | 1 | 14 | 5 | 41 |
| 12-14..... | 295 | 134 | 35 | 15 | 1 | 20 | 17 | 1 | 14 | 5 | 43 |
| 15-19..... | 374 | 135 | 34 | 17 | 1 | 20 | 19 | 1 | 14 | 8 | 40 |
| 19-22..... | 300 | 137 | 35 | 17 | 1 | 21 | 19 | 1 | 15 | 7 | 38 |
| 23-34..... | 865 | 138 | 35 | 14 | 1 | 18 | 17 | 2 | 13 | 8 | 45 |
| 35-50..... | 838 | 157 | 43 | 17 | 1 | 23 | 19 | 3 | 13 | 9 | 48 |
| 51-64..... | 715 | 161 | 42 | 17 | 2 | 22 | 20 | 3 | 11 | 13 | 51 |
| 65-74..... | 345 | 143 | 31 | 19 | 2 | 25 | 23 | 3 | 13 | 10 | 42 |
| 75 AND OVER..... | 173 | 130 | 29 | 14 | 3 | 17 | 15 | 4 | 10 | 5 | 47 |
| ALL INDIVIDUALS... | 4/8,780 | 163 | 43 | 18 | 2 | 21 | 19 | 2 | 16 | 9 | 52 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 1K-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 62.2 | 20.0 | 9.9 | 6.6 | 15.8 | 12.5 | 1.0 | 10.3 | 2.7 | 45.8 |
| 1-2..... | 4/245 | 96.4 | 53.7 | 43.2 | 2.7 | 34.4 | 32.2 | 4.3 | 53.4 | 16.0 | 54.2 |
| 3-5..... | 404 | 96.8 | 58.1 | 44.5 | 2.2 | 33.2 | 31.7 | 3.9 | 54.9 | 20.9 | 54.5 |
| 6-8..... | 428 | 98.4 | 59.6 | 45.8 | 2.4 | 34.0 | 32.2 | 4.1 | 48.8 | 18.5 | 53.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 196 | 98.8 | 56.9 | 44.7 | 4.2 | 29.7 | 27.8 | 2.9 | 57.7 | 19.1 | 57.6 |
| 12-14..... | 296 | 98.7 | 60.5 | 42.0 | 1.5 | 36.2 | 34.5 | 2.1 | 50.0 | 17.5 | 56.3 |
| 15-18..... | 365 | 99.0 | 64.1 | 53.4 | 1.5 | 36.0 | 33.9 | 5.5 | 52.2 | 15.2 | 55.9 |
| 19-22..... | 256 | 96.2 | 59.6 | 45.6 | .4 | 34.3 | 33.0 | 2.6 | 57.2 | 13.0 | 59.6 |
| 23-34..... | 708 | 93.8 | 59.8 | 42.2 | 2.9 | 27.3 | 24.9 | 4.5 | 50.5 | 19.4 | 51.9 |
| 35-50..... | 714 | 98.1 | 64.2 | 48.7 | 2.8 | 36.7 | 34.2 | 5.7 | 45.8 | 20.0 | 57.7 |
| 51-64..... | 579 | 97.5 | 66.9 | 50.0 | 4.5 | 34.4 | 32.3 | 10.3 | 50.0 | 22.3 | 55.1 |
| 65-74..... | 270 | 99.4 | 62.3 | 54.8 | 3.7 | 35.8 | 32.9 | 9.8 | 51.6 | 23.9 | 55.8 |
| 75 AND OVER..... | 114 | 98.3 | 60.2 | 59.9 | 7.3 | 32.3 | 28.0 | 9.5 | 45.5 | 17.8 | 48.1 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 222 | 97.4 | 59.6 | 42.8 | .8 | 41.6 | 38.6 | 3.1 | 54.7 | 15.8 | 50.5 |
| 12-14..... | 295 | 98.4 | 59.2 | 47.0 | 2.4 | 37.4 | 34.9 | 4.2 | 49.4 | 17.6 | 53.7 |
| 15-18..... | 374 | 94.4 | 54.9 | 40.7 | 2.2 | 41.2 | 39.3 | 3.3 | 45.3 | 14.7 | 45.7 |
| 19-22..... | 300 | 93.5 | 54.7 | 40.1 | 2.2 | 35.4 | 33.7 | 2.8 | 47.0 | 16.3 | 44.8 |
| 23-34..... | 865 | 93.9 | 54.7 | 39.3 | 2.4 | 32.1 | 29.0 | 4.0 | 42.0 | 20.5 | 48.1 |
| 35-50..... | 838 | 97.1 | 62.4 | 44.7 | 3.1 | 39.0 | 35.9 | 6.5 | 45.0 | 22.0 | 53.6 |
| 51-64..... | 715 | 97.8 | 63.0 | 47.0 | 4.2 | 37.8 | 34.5 | 8.7 | 38.3 | 24.4 | 53.4 |
| 65-74..... | 346 | 96.4 | 56.9 | 47.7 | 4.9 | 42.6 | 38.7 | 6.8 | 42.2 | 21.4 | 46.9 |
| 75 AND OVER..... | 173 | 95.2 | 53.8 | 43.6 | 7.7 | 33.4 | 30.4 | 9.2 | 34.1 | 16.8 | 49.6 |
| ALL INDIVIDUALS... | 4/8,780 | 96.4 | 59.5 | 45.1 | 3.0 | 35.2 | 32.7 | 5.5 | 47.3 | 19.4 | 52.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 49 CONTERMINOUS STATES, SPRING 1977.

TABLE 1L-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 55 | 5 | 6 | 1 | 6 | 4 | 1 | 3 | 0 | 33 |
| 1-2..... | 4/249 | 100 | 23 | 7 | (5) | 13 | 11 | 1 | 15 | 4 | 37 |
| 3-5..... | 425 | 125 | 32 | 9 | 1 | 18 | 16 | 2 | 19 | 5 | 40 |
| 6-8..... | 454 | 154 | 36 | 14 | 2 | 19 | 18 | 1 | 21 | 7 | 54 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 233 | 194 | 48 | 15 | 1 | 23 | 21 | 2 | 22 | 8 | 74 |
| 12-14..... | 274 | 207 | 54 | 18 | 2 | 25 | 23 | 2 | 24 | 8 | 74 |
| 15-18..... | 320 | 276 | 63 | 28 | 2 | 30 | 27 | 3 | 30 | 10 | 111 |
| 19-22..... | 261 | 269 | 75 | 23 | 1 | 28 | 23 | 4 | 30 | 12 | 98 |
| 23-34..... | 655 | 285 | 74 | 23 | 3 | 31 | 24 | 2 | 28 | 19 | 105 |
| 35-50..... | 664 | 294 | 85 | 34 | 3 | 32 | 29 | 2 | 31 | 15 | 92 |
| 51-64..... | 520 | 255 | 70 | 27 | 2 | 31 | 28 | 3 | 29 | 18 | 75 |
| 65-74..... | 239 | 224 | 55 | 19 | 4 | 31 | 27 | 4 | 18 | 16 | 77 |
| 75 AND OVER..... | 118 | 210 | 76 | 24 | 3 | 15 | 14 | 2 | 19 | 12 | 60 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 265 | 155 | 42 | 12 | 1 | 18 | 17 | 1 | 21 | 5 | 55 |
| 12-14..... | 288 | 170 | 43 | 14 | 1 | 23 | 21 | 1 | 21 | 8 | 59 |
| 15-18..... | 382 | 188 | 44 | 15 | 2 | 22 | 19 | 1 | 19 | 14 | 72 |
| 19-22..... | 372 | 180 | 44 | 16 | (5) | 21 | 19 | (5) | 14 | 12 | 73 |
| 23-34..... | 975 | 188 | 51 | 16 | 3 | 24 | 22 | 3 | 18 | 12 | 61 |
| 35-50..... | 936 | 189 | 52 | 17 | 2 | 22 | 20 | 2 | 18 | 14 | 62 |
| 51-64..... | 751 | 191 | 49 | 19 | 3 | 25 | 23 | 2 | 15 | 15 | 63 |
| 65-74..... | 342 | 156 | 37 | 15 | 5 | 23 | 22 | 3 | 11 | 12 | 50 |
| 75 AND OVER..... | 194 | 156 | 39 | 20 | 3 | 26 | 25 | 2 | 12 | 6 | 47 |
| ALL INDIVIDUALS... | 4/9,037 | 202 | 53 | 19 | 2 | 24 | 22 | 2 | 21 | 12 | 69 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 1L-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 52.2 | 13.3 | 11.0 | 5.0 | 17.8 | 14.6 | 2.2 | 8.2 | 0.0 | 36.5 |
| 1-2..... | 4/249 | 97.0 | 68.4 | 40.3 | 1.3 | 37.6 | 36.5 | 8.2 | 60.9 | 15.9 | 59.9 |
| 3-5..... | 425 | 99.1 | 70.3 | 39.1 | 2.5 | 43.1 | 39.8 | 6.7 | 65.2 | 18.5 | 63.9 |
| 6-8..... | 454 | 100.0 | 66.7 | 48.3 | 3.2 | 40.9 | 38.3 | 3.9 | 66.9 | 21.4 | 63.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 233 | 100.0 | 69.5 | 43.7 | 2.9 | 41.2 | 38.2 | 7.1 | 64.5 | 18.0 | 69.9 |
| 12-14..... | 274 | 99.7 | 69.4 | 52.7 | 4.1 | 41.1 | 38.0 | 5.4 | 63.6 | 18.2 | 69.4 |
| 15-18..... | 320 | 99.7 | 68.1 | 60.5 | 1.9 | 42.1 | 39.5 | 7.0 | 65.2 | 21.4 | 72.2 |
| 19-22..... | 261 | 100.0 | 80.4 | 47.2 | 1.1 | 44.1 | 38.4 | 8.0 | 59.8 | 17.9 | 76.1 |
| 23-34..... | 655 | 99.8 | 74.2 | 50.7 | 4.0 | 35.8 | 30.3 | 4.2 | 57.7 | 27.0 | 71.4 |
| 35-50..... | 664 | 99.4 | 78.1 | 61.0 | 4.4 | 41.1 | 38.1 | 4.7 | 64.0 | 23.2 | 69.6 |
| 51-64..... | 520 | 99.2 | 76.1 | 57.0 | 4.2 | 47.5 | 43.7 | 7.6 | 60.8 | 29.9 | 65.0 |
| 65-74..... | 239 | 100.0 | 68.6 | 46.5 | 4.4 | 44.8 | 42.8 | 9.9 | 52.1 | 28.2 | 64.4 |
| 75 AND OVER..... | 118 | 100.0 | 74.6 | 56.9 | 4.8 | 23.7 | 21.9 | 6.8 | 47.5 | 19.2 | 49.5 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 265 | 100.0 | 71.1 | 42.6 | 2.3 | 37.3 | 33.8 | 4.3 | 66.2 | 20.1 | 64.1 |
| 12-14..... | 288 | 99.7 | 68.5 | 42.9 | 2.5 | 45.3 | 41.9 | 4.9 | 61.5 | 20.5 | 60.9 |
| 15-18..... | 382 | 99.6 | 65.8 | 42.2 | 2.8 | 38.1 | 34.8 | 2.9 | 54.6 | 29.2 | 67.7 |
| 19-22..... | 372 | 98.6 | 67.6 | 45.3 | .6 | 39.6 | 38.3 | .6 | 49.9 | 24.9 | 66.8 |
| 23-34..... | 975 | 98.3 | 69.6 | 49.1 | 4.8 | 44.4 | 40.2 | 6.5 | 56.0 | 24.7 | 60.9 |
| 35-50..... | 936 | 99.4 | 72.6 | 50.1 | 3.1 | 39.8 | 36.3 | 7.5 | 53.0 | 26.4 | 64.0 |
| 51-64..... | 751 | 99.2 | 69.5 | 53.8 | 5.2 | 41.6 | 38.4 | 8.0 | 46.6 | 27.2 | 61.2 |
| 65-74..... | 342 | 99.1 | 65.3 | 50.3 | 10.0 | 43.7 | 42.0 | 8.8 | 39.4 | 30.1 | 58.6 |
| 75 AND OVER..... | 194 | 98.4 | 60.3 | 51.7 | 7.7 | 42.0 | 40.2 | 7.1 | 46.2 | 16.9 | 45.0 |
| ALL INDIVIDUALS... | 4/9,037 | 98.6 | 70.0 | 49.4 | 3.8 | 41.0 | 37.7 | 6.1 | 56.4 | 23.7 | 64.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 1L-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/120 | (5) | 0 | (5) | 0 | (5) | (5) | 0 | 0 | 0 | (5) |
| 1-2..... | 4/249 | 9 | 3 | (5) | 0 | 1 | 1 | (5) | 1 | 1 | 3 |
| 3-5..... | 425 | 14 | 3 | 1 | 0 | 1 | 1 | (5) | 1 | 1 | 7 |
| 6-8..... | 454 | 26 | 5 | 1 | (5) | 3 | 3 | 0 | 2 | 1 | 13 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 233 | 32 | 5 | 1 | (5) | 3 | 3 | 0 | 3 | 1 | 18 |
| 12-14..... | 274 | 36 | 9 | 2 | (5) | 2 | 2 | (5) | 3 | 1 | 19 |
| 15-18..... | 320 | 56 | 13 | 3 | 0 | 3 | 3 | 0 | 5 | 2 | 30 |
| 19-22..... | 261 | 71 | 16 | 5 | 0 | 4 | 3 | 2 | 4 | 3 | 36 |
| 23-34..... | 655 | 77 | 21 | 4 | (5) | 4 | 3 | 1 | 4 | 6 | 38 |
| 35-50..... | 664 | 60 | 17 | 4 | 1 | 4 | 3 | 1 | 4 | 6 | 24 |
| 51-64..... | 520 | 44 | 17 | 2 | (5) | 4 | 3 | (5) | 3 | 3 | 15 |
| 65-74..... | 239 | 30 | 6 | 2 | (5) | 3 | 3 | 0 | 1 | 1 | 17 |
| 75 AND OVER..... | 118 | 12 | 3 | (5) | (5) | 1 | 1 | (5) | (5) | 2 | 6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 265 | 29 | 8 | 1 | 0 | 2 | 2 | (5) | 3 | 1 | 14 |
| 12-14..... | 288 | 27 | 5 | 1 | 0 | 2 | 2 | 0 | 3 | 1 | 15 |
| 15-18..... | 382 | 42 | 9 | 2 | (5) | 3 | 3 | 0 | 3 | 5 | 21 |
| 19-22..... | 372 | 48 | 9 | 4 | (5) | 4 | 3 | (5) | 2 | 5 | 25 |
| 23-34..... | 975 | 39 | 10 | 2 | (5) | 4 | 4 | (5) | 2 | 2 | 19 |
| 35-50..... | 936 | 30 | 7 | 3 | (5) | 2 | 2 | (5) | 2 | 4 | 12 |
| 51-64..... | 751 | 24 | 6 | 1 | (5) | 4 | 3 | (5) | 2 | 4 | 7 |
| 65-74..... | 342 | 18 | 4 | 2 | (5) | 4 | 3 | 1 | (5) | 2 | 4 |
| 75 AND OVER..... | 194 | 12 | 3 | (5) | 1 | 1 | 1 | 0 | (5) | 2 | 5 |
| ALL INDIVIDUALS... | 4/9,037 | 37 | 9 | 2 | (5) | 3 | 3 | (5) | 2 | 3 | 17 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 1L-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 2.2 | 0.0 | 1.3 | 0.0 | 0.8 | 0.8 | 0.0 | 0.0 | 0.0 | 0.8 |
| 1-2..... | 4/249 | 27.6 | 10.7 | 3.3 | .0 | 3.3 | 3.0 | .3 | 8.8 | 2.8 | 10.8 |
| 3-5..... | 425 | 30.9 | 10.1 | 3.4 | .0 | 3.5 | 3.1 | .2 | 7.1 | 4.1 | 15.1 |
| 6-8..... | 454 | 41.6 | 12.9 | 5.2 | .4 | 6.4 | 5.3 | .0 | 13.0 | 3.7 | 22.9 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 233 | 44.5 | 13.6 | 3.6 | .4 | 8.4 | 7.5 | .0 | 14.8 | 4.6 | 22.3 |
| 12-14..... | 274 | 51.1 | 20.3 | 6.0 | .6 | 4.1 | 3.5 | .5 | 13.3 | 3.8 | 28.2 |
| 15-18..... | 320 | 56.6 | 21.5 | 7.9 | .0 | 6.0 | 5.0 | .0 | 14.3 | 4.2 | 32.6 |
| 19-22..... | 261 | 60.2 | 28.5 | 10.4 | .0 | 10.2 | 6.2 | 2.3 | 14.2 | 5.2 | 38.5 |
| 23-34..... | 655 | 59.3 | 31.8 | 11.4 | .6 | 7.5 | 5.7 | 1.1 | 12.2 | 10.3 | 35.9 |
| 35-50..... | 664 | 50.3 | 22.2 | 14.2 | .6 | 7.1 | 5.3 | 1.0 | 12.3 | 7.9 | 28.7 |
| 51-64..... | 520 | 47.2 | 25.7 | 9.2 | .5 | 7.0 | 6.0 | .4 | 12.2 | 7.6 | 22.1 |
| 65-74..... | 239 | 30.8 | 13.4 | 6.7 | .7 | 6.5 | 6.1 | .0 | 3.0 | 3.2 | 18.2 |
| 75 AND OVER..... | 118 | 15.3 | 5.7 | 1.7 | .7 | 3.0 | 3.0 | .8 | 1.6 | 2.5 | 4.8 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 265 | 49.1 | 20.6 | 4.7 | .0 | 4.7 | 3.9 | .3 | 14.6 | 4.3 | 25.9 |
| 12-14..... | 288 | 42.1 | 14.5 | 2.8 | .0 | 4.8 | 3.7 | .0 | 12.1 | 2.4 | 24.4 |
| 15-18..... | 382 | 51.8 | 18.3 | 7.2 | .3 | 5.1 | 4.4 | .0 | 11.5 | 9.4 | 27.6 |
| 19-22..... | 372 | 54.9 | 19.5 | 7.4 | .6 | 5.5 | 5.5 | .6 | 9.9 | 10.5 | 31.4 |
| 23-34..... | 975 | 48.5 | 19.1 | 8.8 | .6 | 8.6 | 7.2 | .4 | 8.2 | 6.0 | 23.6 |
| 35-50..... | 936 | 41.6 | 16.2 | 7.9 | .8 | 5.9 | 4.1 | .6 | 6.6 | 6.9 | 18.1 |
| 51-64..... | 751 | 33.6 | 15.1 | 3.4 | .9 | 7.2 | 5.8 | .3 | 6.2 | 7.3 | 14.7 |
| 65-74..... | 342 | 29.9 | 10.0 | 6.4 | .5 | 8.1 | 6.9 | 1.3 | 1.4 | 6.6 | 9.4 |
| 75 AND OVER..... | 194 | 20.9 | 6.0 | 1.5 | 1.8 | 3.3 | 1.6 | .0 | 2.9 | 3.7 | 9.7 |
| ALL INDIVIDUALS... | 4/9,037 | 43.6 | 17.9 | 7.1 | .5 | 6.4 | 5.1 | .5 | 9.4 | 6.2 | 22.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 1L-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 55 | 5 | 6 | 1 | 6 | 4 | 1 | 3 | 0 | 33 |
| 1-2..... | 4/249 | 91 | 20 | 6 | (5) | 12 | 11 | 1 | 14 | 3 | 34 |
| 3-5..... | 425 | 110 | 28 | 8 | 1 | 17 | 15 | 2 | 18 | 4 | 32 |
| 6-8..... | 454 | 129 | 31 | 13 | 2 | 16 | 15 | 1 | 19 | 6 | 41 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 233 | 162 | 43 | 14 | 1 | 20 | 18 | 2 | 19 | 7 | 56 |
| 12-14..... | 274 | 171 | 45 | 16 | 2 | 23 | 21 | 2 | 21 | 7 | 55 |
| 15-18..... | 320 | 220 | 50 | 24 | 2 | 26 | 24 | 3 | 25 | 9 | 81 |
| 19-22..... | 261 | 198 | 58 | 18 | 1 | 23 | 20 | 2 | 26 | 9 | 61 |
| 23-34..... | 655 | 208 | 54 | 19 | 2 | 26 | 21 | 2 | 24 | 14 | 67 |
| 35-50..... | 664 | 234 | 68 | 30 | 2 | 28 | 26 | 2 | 27 | 9 | 68 |
| 51-64..... | 520 | 210 | 53 | 26 | 2 | 27 | 25 | 3 | 25 | 14 | 60 |
| 65-74..... | 239 | 194 | 48 | 16 | 4 | 28 | 25 | 4 | 17 | 14 | 60 |
| 75 AND OVER..... | 118 | 198 | 74 | 24 | 3 | 13 | 12 | 1 | 19 | 11 | 54 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 265 | 126 | 34 | 11 | 1 | 16 | 15 | 1 | 18 | 4 | 41 |
| 12-14..... | 288 | 143 | 38 | 13 | 1 | 20 | 19 | 1 | 18 | 7 | 45 |
| 15-18..... | 382 | 146 | 35 | 13 | 2 | 19 | 17 | 1 | 16 | 9 | 50 |
| 19-22..... | 372 | 132 | 35 | 12 | 0 | 17 | 16 | 0 | 12 | 7 | 49 |
| 23-34..... | 975 | 149 | 42 | 14 | 2 | 20 | 18 | 3 | 16 | 10 | 43 |
| 35-50..... | 936 | 159 | 45 | 15 | 1 | 20 | 18 | 2 | 16 | 10 | 50 |
| 51-64..... | 751 | 167 | 43 | 19 | 2 | 21 | 19 | 2 | 13 | 11 | 56 |
| 65-74..... | 342 | 139 | 33 | 14 | 5 | 19 | 18 | 2 | 11 | 10 | 45 |
| 75 AND OVER..... | 194 | 144 | 36 | 20 | 3 | 25 | 24 | 2 | 12 | 4 | 42 |
| ALL INDIVIDUALS... | 4/9,037 | 165 | 44 | 17 | 2 | 21 | 19 | 2 | 18 | 9 | 52 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 1L-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 51.3 | 13.3 | 9.6 | 5.0 | 17.0 | 13.8 | 2.2 | 8.2 | 0.0 | 35.7 |
| 1-2..... | 4/249 | 96.3 | 62.5 | 37.8 | 1.3 | 35.3 | 34.0 | 7.9 | 56.4 | 14.1 | 54.2 |
| 3-5..... | 425 | 98.9 | 65.9 | 37.2 | 2.5 | 41.3 | 38.2 | 6.5 | 61.5 | 15.1 | 55.8 |
| 6-8..... | 454 | 99.2 | 61.7 | 44.5 | 3.0 | 36.2 | 34.2 | 3.9 | 60.7 | 18.3 | 53.8 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 233 | 98.5 | 64.3 | 42.0 | 2.6 | 35.3 | 32.8 | 7.1 | 58.4 | 14.5 | 60.8 |
| 12-14..... | 274 | 98.4 | 59.8 | 49.4 | 3.8 | 37.9 | 35.1 | 4.9 | 56.5 | 15.4 | 56.8 |
| 15-18..... | 320 | 96.6 | 58.3 | 54.0 | 1.9 | 39.2 | 37.0 | 7.0 | 55.5 | 18.1 | 56.4 |
| 19-22..... | 261 | 95.1 | 67.3 | 39.3 | 1.1 | 38.4 | 33.8 | 5.7 | 52.5 | 14.2 | 56.0 |
| 23-34..... | 655 | 95.2 | 58.4 | 43.5 | 3.4 | 30.1 | 25.7 | 3.1 | 50.5 | 18.8 | 49.5 |
| 35-50..... | 664 | 97.3 | 69.0 | 52.9 | 3.7 | 35.6 | 33.9 | 3.7 | 58.2 | 16.2 | 54.7 |
| 51-64..... | 520 | 96.3 | 63.9 | 52.7 | 3.8 | 41.2 | 38.4 | 7.2 | 56.9 | 23.4 | 52.2 |
| 65-74..... | 239 | 98.6 | 62.8 | 41.2 | 3.6 | 40.9 | 38.4 | 9.9 | 50.0 | 27.5 | 52.3 |
| 75 AND OVER..... | 118 | 100.0 | 71.3 | 55.2 | 4.8 | 20.7 | 18.9 | 6.0 | 45.9 | 16.7 | 44.7 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 265 | 98.7 | 62.6 | 39.3 | 2.3 | 34.1 | 30.9 | 4.0 | 60.5 | 15.7 | 51.2 |
| 12-14..... | 288 | 98.1 | 62.6 | 41.0 | 2.5 | 41.9 | 38.9 | 4.9 | 55.4 | 19.2 | 48.5 |
| 15-18..... | 382 | 97.4 | 56.4 | 38.4 | 2.5 | 34.5 | 31.4 | 2.9 | 48.8 | 20.7 | 52.9 |
| 19-22..... | 372 | 95.1 | 58.4 | 40.5 | .0 | 34.5 | 33.2 | .0 | 42.5 | 16.0 | 51.9 |
| 23-34..... | 975 | 96.3 | 60.8 | 43.1 | 4.1 | 37.9 | 34.7 | 6.1 | 51.1 | 20.2 | 48.0 |
| 35-50..... | 936 | 97.9 | 64.0 | 44.7 | 2.3 | 35.8 | 33.2 | 7.0 | 49.6 | 20.6 | 54.7 |
| 51-64..... | 751 | 97.7 | 60.8 | 51.5 | 4.3 | 36.1 | 34.3 | 7.7 | 42.6 | 20.8 | 54.3 |
| 65-74..... | 342 | 97.7 | 59.7 | 46.8 | 9.5 | 35.9 | 35.4 | 7.8 | 38.9 | 24.8 | 52.8 |
| 75 AND OVER..... | 194 | 96.9 | 55.3 | 51.2 | 5.9 | 40.4 | 38.6 | 7.1 | 44.3 | 13.2 | 40.7 |
| ALL INDIVIDUALS... | 4/9,037 | 96.7 | 61.4 | 44.9 | 3.3 | 36.3 | 33.7 | 5.6 | 51.4 | 18.6 | 52.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 1M-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 43 | 4 | 1 | 2 | 6 | 6 | 0 | 1 | (5) | 29 |
| 1-2..... | 4/256 | 107 | 20 | 10 | 1 | 13 | 11 | 1 | 14 | 3 | 44 |
| 3-5..... | 482 | 125 | 26 | 12 | 1 | 16 | 14 | 1 | 16 | 4 | 49 |
| 6-8..... | 487 | 159 | 35 | 12 | 2 | 20 | 17 | 2 | 18 | 7 | 66 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 278 | 202 | 47 | 15 | 1 | 27 | 23 | 2 | 19 | 6 | 86 |
| 12-14..... | 307 | 226 | 50 | 21 | 2 | 26 | 22 | 2 | 22 | 8 | 95 |
| 15-18..... | 329 | 270 | 61 | 25 | 3 | 29 | 25 | 2 | 24 | 8 | 117 |
| 19-22..... | 245 | 279 | 78 | 25 | 3 | 28 | 22 | 4 | 29 | 12 | 101 |
| 23-34..... | 626 | 302 | 74 | 29 | 4 | 30 | 23 | 3 | 33 | 16 | 112 |
| 35-50..... | 558 | 284 | 77 | 29 | 5 | 30 | 24 | 2 | 30 | 14 | 96 |
| 51-64..... | 503 | 270 | 70 | 29 | 4 | 28 | 24 | 7 | 25 | 16 | 90 |
| 65-74..... | 267 | 223 | 47 | 26 | 8 | 29 | 23 | 4 | 17 | 15 | 77 |
| 75 AND OVER..... | 110 | 204 | 46 | 26 | 3 | 32 | 30 | 2 | 14 | 9 | 73 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 245 | 180 | 42 | 14 | 1 | 19 | 16 | 1 | 18 | 7 | 79 |
| 12-14..... | 297 | 193 | 46 | 18 | 1 | 18 | 16 | 1 | 18 | 8 | 82 |
| 15-18..... | 363 | 190 | 47 | 17 | 2 | 20 | 16 | 2 | 14 | 7 | 81 |
| 19-22..... | 308 | 187 | 44 | 24 | 1 | 24 | 20 | 1 | 16 | 12 | 64 |
| 23-34..... | 1,066 | 184 | 46 | 18 | 3 | 21 | 18 | 2 | 16 | 9 | 69 |
| 35-50..... | 1,037 | 193 | 53 | 20 | 2 | 24 | 20 | 5 | 14 | 11 | 64 |
| 51-64..... | 774 | 186 | 44 | 16 | 3 | 26 | 23 | 3 | 13 | 12 | 70 |
| 65-74..... | 354 | 165 | 43 | 15 | 5 | 23 | 18 | 3 | 10 | 11 | 55 |
| 75 AND OVER..... | 198 | 154 | 34 | 11 | 4 | 20 | 18 | 2 | 13 | 9 | 60 |
| ALL INDIVIDUALS... | 4/9,196 | 204 | 50 | 20 | 3 | 24 | 20 | 3 | 19 | 10 | 76 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 1M-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 51.6 | 20.5 | 9.0 | 6.6 | 15.3 | 15.3 | 0.0 | 6.2 | 4.0 | 29.8 |
| 1-2..... | 4/256 | 99.7 | 59.3 | 49.1 | 5.6 | 43.3 | 37.9 | 6.9 | 58.4 | 16.9 | 63.8 |
| 3-5..... | 482 | 99.5 | 65.4 | 50.0 | 3.9 | 47.3 | 41.2 | 5.6 | 64.1 | 17.2 | 66.0 |
| 6-8..... | 487 | 99.8 | 66.8 | 43.0 | 4.9 | 49.2 | 44.0 | 6.8 | 64.6 | 21.8 | 73.9 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 278 | 99.7 | 72.1 | 45.4 | 2.4 | 54.8 | 48.5 | 7.5 | 61.0 | 18.3 | 75.2 |
| 12-14..... | 307 | 100.0 | 68.8 | 52.9 | 3.5 | 47.8 | 41.1 | 5.2 | 64.9 | 20.9 | 77.6 |
| 15-18..... | 329 | 100.0 | 69.0 | 54.7 | 5.0 | 48.3 | 43.0 | 5.8 | 56.5 | 20.9 | 76.9 |
| 19-22..... | 245 | 98.9 | 69.4 | 48.4 | 4.2 | 45.8 | 36.9 | 6.6 | 58.9 | 20.4 | 65.8 |
| 23-34..... | 626 | 99.4 | 72.9 | 57.0 | 5.2 | 41.0 | 33.3 | 5.9 | 60.3 | 25.5 | 69.0 |
| 35-50..... | 558 | 99.8 | 74.7 | 57.1 | 8.0 | 40.6 | 35.5 | 6.4 | 63.5 | 22.9 | 69.7 |
| 51-64..... | 503 | 99.7 | 73.2 | 60.5 | 6.4 | 45.6 | 38.4 | 16.0 | 57.3 | 28.0 | 72.3 |
| 65-74..... | 267 | 97.8 | 60.3 | 54.5 | 9.7 | 46.6 | 40.5 | 10.2 | 45.9 | 26.0 | 60.0 |
| 75 AND OVER..... | 110 | 98.8 | 66.1 | 59.2 | 9.2 | 49.8 | 47.1 | 6.6 | 49.9 | 16.7 | 63.5 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 245 | 100.0 | 72.2 | 50.9 | 2.3 | 48.3 | 43.1 | 3.8 | 65.3 | 21.5 | 77.4 |
| 12-14..... | 297 | 99.1 | 71.2 | 50.8 | 3.2 | 41.9 | 36.8 | 2.6 | 59.9 | 21.0 | 76.8 |
| 15-18..... | 363 | 99.8 | 65.6 | 47.7 | 4.9 | 40.7 | 34.6 | 5.3 | 52.5 | 20.3 | 72.7 |
| 19-22..... | 308 | 99.1 | 61.2 | 51.4 | 3.1 | 47.7 | 41.7 | 4.2 | 53.9 | 27.6 | 66.7 |
| 23-34..... | 1,066 | 99.5 | 64.7 | 49.3 | 5.4 | 41.8 | 36.9 | 5.6 | 52.3 | 21.7 | 65.0 |
| 35-50..... | 1,037 | 99.7 | 71.8 | 53.4 | 3.6 | 49.0 | 43.4 | 8.3 | 47.4 | 26.7 | 62.0 |
| 51-64..... | 774 | 99.5 | 62.6 | 50.4 | 6.5 | 47.2 | 43.2 | 7.1 | 45.2 | 25.4 | 65.7 |
| 65-74..... | 354 | 99.5 | 66.7 | 46.3 | 7.8 | 42.9 | 36.6 | 8.1 | 35.9 | 23.2 | 56.6 |
| 75 AND OVER..... | 198 | 97.9 | 52.8 | 42.3 | 7.8 | 40.5 | 36.1 | 4.1 | 43.4 | 19.4 | 62.1 |
| ALL INDIVIDUALS... | 4/9,196 | 98.9 | 67.1 | 51.0 | 5.3 | 45.1 | 39.4 | 6.8 | 54.2 | 22.7 | 67.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 1M-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 1 | (5) | (5) | 0 | (5) | (5) | 0 | (5) | 0 | (5) |
| 1-2..... | 4/256 | 9 | 2 | (5) | (5) | 1 | 1 | 0 | 1 | (5) | 5 |
| 3-5..... | 482 | 16 | 3 | 1 | (5) | 2 | 2 | (5) | 2 | 1 | 8 |
| 6-8..... | 487 | 43 | 9 | 1 | (5) | 5 | 4 | (5) | 3 | 2 | 22 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 278 | 59 | 11 | 1 | (5) | 7 | 6 | (5) | 5 | 3 | 32 |
| 12-14..... | 307 | 62 | 11 | 3 | (5) | 5 | 4 | (5) | 5 | 4 | 35 |
| 15-18..... | 329 | 74 | 14 | 3 | (5) | 5 | 4 | (5) | 3 | 2 | 45 |
| 19-22..... | 245 | 64 | 17 | 3 | 1 | 6 | 3 | 0 | 3 | 2 | 32 |
| 23-34..... | 626 | 63 | 17 | 3 | 1 | 6 | 3 | (5) | 4 | 5 | 27 |
| 35-50..... | 558 | 63 | 18 | 4 | (5) | 6 | 4 | (5) | 3 | 5 | 28 |
| 51-64..... | 503 | 48 | 12 | 2 | 1 | 4 | 4 | 1 | 3 | 4 | 20 |
| 65-74..... | 267 | 27 | 8 | 2 | 2 | 2 | 2 | (5) | 1 | 4 | 7 |
| 75 AND OVER..... | 110 | 24 | 7 | 2 | (5) | 3 | 2 | (5) | (5) | 1 | 11 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 245 | 46 | 8 | 1 | 0 | 5 | 4 | (5) | 4 | 3 | 24 |
| 12-14..... | 297 | 53 | 10 | 2 | (5) | 2 | 2 | 0 | 4 | 3 | 31 |
| 15-18..... | 363 | 50 | 13 | 2 | (5) | 3 | 2 | 0 | 3 | 2 | 28 |
| 19-22..... | 308 | 44 | 7 | 3 | 0 | 6 | 5 | 0 | 4 | 2 | 21 |
| 23-34..... | 1,066 | 37 | 9 | 2 | (5) | 4 | 3 | (5) | 1 | 2 | 18 |
| 35-50..... | 1,037 | 31 | 7 | 2 | (5) | 4 | 3 | 1 | 1 | 3 | 14 |
| 51-64..... | 774 | 31 | 7 | 1 | (5) | 4 | 3 | (5) | 1 | 4 | 15 |
| 65-74..... | 354 | 24 | 5 | 2 | (5) | 3 | 2 | (5) | (5) | 2 | 10 |
| 75 AND OVER..... | 198 | 22 | 4 | 1 | 0 | 4 | 2 | 0 | 1 | 2 | 11 |
| ALL INDIVIDUALS... | 4/9,196 | 42 | 10 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 20 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 1M-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 4.2 | 1.6 | 0.9 | 0.0 | 0.9 | 0.9 | 0.0 | 0.9 | 0.0 | 0.8 |
| 1-2..... | 4/256 | 21.5 | 6.6 | 1.5 | .2 | 5.0 | 4.2 | .0 | 5.7 | .6 | 10.8 |
| 3-5..... | 482 | 34.1 | 11.3 | 3.5 | .3 | 6.7 | 5.0 | .5 | 10.0 | 2.9 | 17.9 |
| 6-8..... | 487 | 65.9 | 26.1 | 4.8 | .9 | 12.6 | 9.7 | .7 | 15.6 | 8.7 | 38.9 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 278 | 71.7 | 28.6 | 5.8 | .9 | 16.5 | 13.0 | .3 | 21.2 | 9.0 | 43.8 |
| 12-14..... | 307 | 71.2 | 26.6 | 9.2 | .3 | 9.9 | 7.6 | .4 | 19.0 | 10.6 | 47.9 |
| 15-18..... | 329 | 66.7 | 26.8 | 10.2 | .2 | 10.6 | 8.0 | .5 | 12.6 | 8.4 | 44.4 |
| 19-22..... | 245 | 55.7 | 28.4 | 11.1 | 1.1 | 12.7 | 7.4 | .0 | 11.5 | 5.4 | 29.4 |
| 23-34..... | 626 | 59.5 | 29.2 | 11.8 | 1.6 | 8.4 | 4.7 | .2 | 12.3 | 9.3 | 29.9 |
| 35-50..... | 558 | 54.7 | 27.2 | 13.8 | 1.1 | 8.4 | 6.3 | 1.6 | 12.8 | 9.1 | 31.5 |
| 51-64..... | 503 | 39.8 | 21.0 | 8.3 | 2.0 | 7.8 | 6.3 | 1.6 | 7.0 | 8.4 | 21.3 |
| 65-74..... | 267 | 30.4 | 13.7 | 6.4 | 1.8 | 4.7 | 4.2 | 1.0 | 4.4 | 6.7 | 12.0 |
| 75 AND OVER..... | 110 | 27.3 | 12.3 | 6.4 | 1.8 | 8.1 | 5.7 | .6 | .6 | 3.2 | 15.2 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 245 | 69.1 | 24.4 | 6.4 | .0 | 15.1 | 9.5 | .2 | 18.3 | 10.8 | 42.5 |
| 12-14..... | 297 | 68.4 | 26.5 | 6.7 | .2 | 8.4 | 5.6 | .0 | 18.6 | 9.5 | 42.4 |
| 15-18..... | 363 | 64.4 | 28.2 | 8.1 | 1.1 | 9.0 | 5.5 | .0 | 12.6 | 7.3 | 39.0 |
| 19-22..... | 308 | 53.7 | 16.5 | 10.0 | .0 | 13.7 | 10.6 | .0 | 13.2 | 7.0 | 28.1 |
| 23-34..... | 1,066 | 46.8 | 18.4 | 10.3 | .6 | 10.0 | 7.4 | 1.0 | 6.4 | 7.1 | 23.9 |
| 35-50..... | 1,037 | 42.3 | 15.6 | 8.4 | .9 | 8.3 | 6.4 | 1.0 | 5.9 | 8.2 | 20.3 |
| 51-64..... | 774 | 41.3 | 16.0 | 5.7 | .5 | 9.4 | 7.0 | 1.1 | 3.9 | 8.6 | 19.4 |
| 65-74..... | 354 | 35.9 | 14.9 | 8.2 | .9 | 8.0 | 5.5 | .5 | 3.4 | 4.3 | 16.2 |
| 75 AND OVER..... | 198 | 31.3 | 10.5 | 3.5 | .0 | 9.9 | 5.0 | .0 | 3.3 | 5.9 | 15.2 |
| ALL INDIVIDUALS... | 4/9,196 | 49.2 | 20.2 | 8.0 | .8 | 9.4 | 6.8 | .7 | 9.7 | 7.5 | 26.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 1M-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 43 | 4 | 1 | 2 | 6 | 6 | 0 | 1 | (5) | 28 |
| 1-2..... | 4/256 | 97 | 18 | 10 | 1 | 12 | 10 | 1 | 13 | 3 | 39 |
| 3-5..... | 482 | 109 | 22 | 12 | 1 | 14 | 12 | 1 | 15 | 4 | 41 |
| 6-8..... | 487 | 117 | 26 | 11 | 1 | 15 | 13 | 1 | 15 | 4 | 44 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 278 | 143 | 36 | 13 | 1 | 20 | 18 | 2 | 14 | 3 | 54 |
| 12-14..... | 307 | 164 | 39 | 18 | 1 | 21 | 18 | 2 | 18 | 5 | 59 |
| 15-18..... | 329 | 196 | 47 | 22 | 3 | 24 | 20 | 1 | 21 | 6 | 72 |
| 19-22..... | 245 | 215 | 61 | 22 | 2 | 21 | 19 | 4 | 26 | 10 | 69 |
| 23-34..... | 626 | 238 | 57 | 26 | 3 | 24 | 20 | 3 | 29 | 11 | 85 |
| 35-50..... | 558 | 220 | 59 | 25 | 5 | 24 | 20 | 2 | 27 | 9 | 68 |
| 51-64..... | 503 | 223 | 58 | 27 | 3 | 24 | 21 | 6 | 22 | 12 | 70 |
| 65-74..... | 267 | 197 | 39 | 24 | 6 | 26 | 22 | 4 | 16 | 11 | 70 |
| 75 AND OVER..... | 110 | 180 | 39 | 24 | 3 | 29 | 28 | 2 | 14 | 8 | 62 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 245 | 134 | 34 | 13 | 1 | 13 | 12 | 1 | 14 | 3 | 54 |
| 12-14..... | 297 | 140 | 36 | 16 | 1 | 16 | 15 | 1 | 15 | 5 | 51 |
| 15-18..... | 363 | 140 | 34 | 15 | 2 | 16 | 14 | 2 | 12 | 5 | 54 |
| 19-22..... | 308 | 144 | 37 | 21 | 1 | 18 | 15 | 1 | 12 | 10 | 43 |
| 23-34..... | 1,066 | 147 | 37 | 16 | 3 | 16 | 14 | 1 | 15 | 7 | 51 |
| 35-50..... | 1,037 | 161 | 46 | 19 | 1 | 21 | 17 | 4 | 12 | 8 | 51 |
| 51-64..... | 774 | 155 | 37 | 15 | 3 | 22 | 20 | 2 | 13 | 8 | 55 |
| 65-74..... | 354 | 141 | 38 | 13 | 4 | 19 | 16 | 3 | 10 | 9 | 45 |
| 75 AND OVER..... | 198 | 132 | 30 | 11 | 4 | 17 | 15 | 2 | 13 | 6 | 49 |
| ALL INDIVIDUALS... | 4/9,196 | 162 | 40 | 18 | 2 | 19 | 17 | 2 | 16 | 7 | 56 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-79, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 1M-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 49.1 | 19.7 | 8.2 | 6.6 | 14.4 | 14.4 | 0.0 | 5.3 | 4.0 | 28.9 |
| 1-2..... | 4/256 | 99.2 | 56.8 | 47.6 | 5.4 | 39.4 | 34.2 | 6.9 | 55.8 | 16.6 | 59.7 |
| 3-5..... | 482 | 99.0 | 59.4 | 48.1 | 3.6 | 42.0 | 37.1 | 5.1 | 59.9 | 14.6 | 57.9 |
| 6-8..... | 487 | 98.7 | 57.4 | 39.5 | 4.0 | 41.0 | 36.7 | 6.1 | 53.5 | 13.9 | 57.9 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 278 | 97.4 | 60.3 | 41.6 | 1.5 | 44.3 | 39.3 | 7.2 | 45.5 | 10.1 | 59.2 |
| 12-14..... | 307 | 98.8 | 57.8 | 48.1 | 3.2 | 40.7 | 35.2 | 4.9 | 53.9 | 11.9 | 57.9 |
| 15-18..... | 329 | 97.2 | 59.0 | 49.1 | 4.8 | 42.0 | 37.9 | 5.3 | 50.3 | 13.2 | 59.0 |
| 19-22..... | 245 | 96.8 | 57.2 | 44.1 | 3.1 | 35.3 | 31.0 | 6.6 | 50.2 | 15.0 | 46.0 |
| 23-34..... | 626 | 97.3 | 59.1 | 49.2 | 3.9 | 34.4 | 29.1 | 5.7 | 52.8 | 17.8 | 54.6 |
| 35-50..... | 558 | 98.9 | 63.9 | 50.6 | 6.9 | 33.8 | 29.9 | 4.8 | 57.2 | 14.1 | 53.4 |
| 51-64..... | 503 | 98.6 | 64.5 | 57.0 | 4.4 | 39.2 | 32.6 | 14.4 | 53.5 | 21.5 | 60.3 |
| 65-74..... | 267 | 96.9 | 55.4 | 51.1 | 8.9 | 44.1 | 38.1 | 9.2 | 42.1 | 22.0 | 51.4 |
| 75 AND OVER..... | 110 | 96.8 | 58.9 | 56.7 | 7.4 | 44.4 | 43.0 | 6.0 | 49.3 | 15.9 | 56.0 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 245 | 98.6 | 62.0 | 46.1 | 2.3 | 37.1 | 34.5 | 3.6 | 54.5 | 11.4 | 60.3 |
| 12-14..... | 297 | 98.3 | 62.9 | 46.7 | 3.0 | 36.7 | 33.2 | 2.6 | 47.7 | 12.7 | 57.2 |
| 15-18..... | 363 | 97.4 | 52.3 | 42.7 | 3.8 | 34.5 | 31.4 | 5.3 | 44.8 | 14.0 | 55.8 |
| 19-22..... | 308 | 94.3 | 52.9 | 45.5 | 3.1 | 37.3 | 33.3 | 4.2 | 43.8 | 22.0 | 53.7 |
| 23-34..... | 1,066 | 97.1 | 54.8 | 44.1 | 5.2 | 35.1 | 30.5 | 4.8 | 48.6 | 16.0 | 55.3 |
| 35-50..... | 1,037 | 98.5 | 64.0 | 48.5 | 2.7 | 43.2 | 38.6 | 7.4 | 43.6 | 19.1 | 52.2 |
| 51-64..... | 774 | 97.5 | 53.5 | 47.0 | 5.9 | 41.6 | 38.5 | 6.4 | 42.3 | 18.7 | 53.9 |
| 65-74..... | 354 | 97.3 | 57.7 | 41.6 | 6.9 | 37.7 | 32.6 | 7.7 | 33.8 | 19.2 | 46.4 |
| 75 AND OVER..... | 198 | 95.3 | 47.2 | 40.0 | 7.8 | 33.3 | 31.7 | 4.1 | 42.9 | 13.8 | 53.1 |
| ALL INDIVIDUALS... | 4/9,196 | 97.2 | 57.9 | 46.5 | 4.6 | 38.5 | 34.2 | 6.2 | 48.2 | 16.3 | 54.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 1N-1.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 56 | 7 | 2 | 2 | 8 | 7 | 1 | 1 | 1 | 34 |
| 1-2..... | 4/282 | 105 | 16 | 9 | 1 | 15 | 13 | 1 | 15 | 4 | 44 |
| 3-5..... | 408 | 116 | 23 | 13 | 1 | 14 | 13 | 1 | 16 | 6 | 41 |
| 6-8..... | 471 | 154 | 34 | 13 | 1 | 21 | 19 | (5) | 17 | 7 | 62 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 232 | 172 | 35 | 16 | 3 | 20 | 18 | 1 | 16 | 9 | 73 |
| 12-14..... | 273 | 213 | 51 | 16 | 1 | 28 | 24 | 2 | 20 | 11 | 85 |
| 15-18..... | 380 | 258 | 63 | 23 | 3 | 26 | 23 | 2 | 23 | 11 | 108 |
| 19-22..... | 267 | 305 | 64 | 25 | 2 | 36 | 33 | 4 | 25 | 17 | 133 |
| 23-34..... | 727 | 293 | 71 | 31 | 3 | 30 | 27 | 2 | 28 | 14 | 115 |
| 35-50..... | 635 | 282 | 75 | 28 | 3 | 27 | 24 | 3 | 26 | 14 | 106 |
| 51-64..... | 559 | 265 | 66 | 30 | 4 | 32 | 27 | 3 | 26 | 18 | 85 |
| 65-74..... | 274 | 227 | 49 | 25 | 4 | 28 | 25 | 4 | 21 | 16 | 81 |
| 75 AND OVER..... | 123 | 209 | 42 | 27 | 5 | 16 | 14 | 6 | 12 | 11 | 89 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 278 | 163 | 38 | 14 | 2 | 20 | 18 | 1 | 15 | 7 | 66 |
| 12-14..... | 268 | 172 | 35 | 15 | 1 | 21 | 18 | 1 | 15 | 10 | 74 |
| 15-18..... | 354 | 187 | 42 | 15 | 2 | 23 | 20 | 1 | 15 | 12 | 76 |
| 19-22..... | 337 | 181 | 35 | 16 | 1 | 26 | 22 | 1 | 17 | 11 | 75 |
| 23-34..... | 974 | 192 | 42 | 17 | 2 | 25 | 22 | 2 | 15 | 12 | 77 |
| 35-50..... | 948 | 191 | 47 | 18 | 4 | 22 | 18 | 3 | 12 | 16 | 70 |
| 51-64..... | 696 | 194 | 42 | 20 | 3 | 23 | 20 | 4 | 14 | 15 | 74 |
| 65-74..... | 334 | 174 | 38 | 18 | 3 | 24 | 22 | 5 | 8 | 13 | 66 |
| 75 AND OVER..... | 187 | 137 | 32 | 15 | 3 | 19 | 19 | 3 | 10 | 12 | 43 |
| ALL INDIVIDUALS... | 4/9,129 | 205 | 47 | 20 | 3 | 24 | 21 | 2 | 18 | 12 | 79 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 1N-1.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 67.3 | 19.1 | 11.8 | 5.9 | 23.5 | 20.6 | 4.8 | 5.9 | 3.8 | 46.0 |
| 1-2..... | 4/282 | 98.6 | 54.8 | 42.4 | 3.2 | 50.6 | 46.4 | 5.4 | 59.1 | 19.1 | 65.2 |
| 3-5..... | 408 | 99.8 | 62.0 | 47.0 | 3.6 | 41.4 | 39.5 | 4.2 | 62.4 | 22.7 | 61.9 |
| 6-8..... | 471 | 98.9 | 69.4 | 45.7 | 3.8 | 46.8 | 43.7 | 2.6 | 57.9 | 21.5 | 74.3 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 232 | 99.4 | 64.6 | 51.7 | 5.3 | 39.7 | 36.9 | 2.7 | 56.7 | 25.0 | 72.4 |
| 12-14..... | 273 | 99.4 | 68.9 | 49.4 | 2.4 | 46.7 | 40.6 | 3.5 | 58.5 | 24.3 | 77.3 |
| 15-18..... | 380 | 99.7 | 71.6 | 53.2 | 3.8 | 42.7 | 36.6 | 3.9 | 57.5 | 22.0 | 79.0 |
| 19-22..... | 267 | 100.0 | 63.1 | 50.6 | 3.4 | 44.1 | 41.3 | 5.1 | 53.2 | 28.1 | 76.5 |
| 23-34..... | 727 | 99.3 | 70.2 | 57.7 | 6.6 | 40.5 | 37.0 | 5.3 | 59.5 | 25.9 | 74.7 |
| 35-50..... | 635 | 99.4 | 76.7 | 58.7 | 4.5 | 40.5 | 35.6 | 6.8 | 61.1 | 26.8 | 74.6 |
| 51-64..... | 559 | 99.2 | 74.5 | 56.6 | 6.2 | 46.7 | 40.1 | 10.1 | 61.9 | 26.1 | 69.1 |
| 65-74..... | 274 | 98.8 | 62.4 | 56.7 | 7.4 | 39.8 | 37.0 | 10.5 | 53.4 | 27.5 | 69.2 |
| 75 AND OVER..... | 123 | 98.7 | 62.3 | 59.0 | 10.6 | 34.6 | 32.4 | 13.3 | 38.8 | 22.9 | 65.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 278 | 99.0 | 67.7 | 47.3 | 3.6 | 45.2 | 41.4 | 3.1 | 56.1 | 23.1 | 70.8 |
| 12-14..... | 268 | 99.6 | 62.2 | 42.8 | 3.3 | 46.0 | 39.5 | 3.7 | 54.7 | 28.1 | 75.2 |
| 15-18..... | 354 | 99.2 | 66.7 | 48.6 | 4.8 | 48.7 | 44.1 | 3.4 | 46.8 | 28.0 | 77.8 |
| 19-22..... | 337 | 97.8 | 51.9 | 46.0 | 1.9 | 49.9 | 45.9 | 4.4 | 47.3 | 26.3 | 67.7 |
| 23-34..... | 974 | 99.0 | 67.0 | 44.1 | 4.8 | 45.2 | 41.9 | 6.1 | 50.3 | 28.8 | 68.0 |
| 35-50..... | 948 | 99.5 | 67.4 | 51.8 | 7.0 | 43.6 | 38.7 | 7.1 | 45.6 | 30.4 | 65.6 |
| 51-64..... | 696 | 99.4 | 63.6 | 53.8 | 7.2 | 44.2 | 40.1 | 10.3 | 46.2 | 29.8 | 69.3 |
| 65-74..... | 334 | 97.9 | 61.2 | 53.4 | 6.3 | 45.4 | 43.1 | 12.0 | 36.1 | 21.9 | 58.4 |
| 75 AND OVER..... | 187 | 100.0 | 60.9 | 42.5 | 4.0 | 40.8 | 40.0 | 8.5 | 41.0 | 23.0 | 52.3 |
| ALL INDIVIDUALS... | 4/9,129 | 98.8 | 65.9 | 50.3 | 5.1 | 43.9 | 39.8 | 6.3 | 52.4 | 25.9 | 69.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 1N-2.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/122 | (5) | 0 | 0 | (5) | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/282 | 11 | 2 | 1 | (5) | 2 | 2 | 0 | 1 | (5) | 5 |
| 3-5..... | 408 | 14 | 3 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 7 |
| 6-8..... | 471 | 40 | 6 | 2 | (5) | 5 | 4 | 0 | 3 | 2 | 22 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 232 | 49 | 7 | 1 | 1 | 5 | 4 | 0 | 4 | 2 | 29 |
| 12-14..... | 273 | 55 | 11 | 1 | (5) | 6 | 4 | 0 | 4 | 2 | 31 |
| 15-18..... | 380 | 62 | 14 | 2 | 1 | 4 | 3 | (5) | 3 | 3 | 34 |
| 19-22..... | 267 | 91 | 17 | 3 | (5) | 8 | 8 | (5) | 5 | 5 | 54 |
| 23-34..... | 727 | 77 | 18 | 4 | 1 | 7 | 6 | (5) | 4 | 4 | 38 |
| 35-50..... | 635 | 59 | 13 | 4 | 1 | 4 | 4 | 1 | 2 | 5 | 30 |
| 51-64..... | 559 | 43 | 14 | 2 | 1 | 4 | 3 | (5) | 2 | 5 | 16 |
| 65-74..... | 274 | 24 | 5 | 2 | 1 | 2 | 2 | 0 | (5) | 3 | 9 |
| 75 AND OVER..... | 123 | 14 | 3 | (5) | 1 | 1 | 1 | (5) | (5) | 2 | 6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 278 | 44 | 6 | 1 | (5) | 4 | 4 | 0 | 3 | 3 | 26 |
| 12-14..... | 268 | 47 | 9 | 2 | 0 | 5 | 4 | 0 | 3 | 3 | 26 |
| 15-18..... | 354 | 42 | 10 | 2 | (5) | 4 | 3 | 0 | 2 | 3 | 22 |
| 19-22..... | 337 | 43 | 9 | 2 | (5) | 5 | 4 | (5) | 2 | 4 | 22 |
| 23-34..... | 974 | 37 | 7 | 1 | (5) | 4 | 3 | (5) | 1 | 3 | 21 |
| 35-50..... | 948 | 31 | 7 | 1 | (5) | 2 | 2 | (5) | 1 | 5 | 14 |
| 51-64..... | 696 | 24 | 4 | 2 | 1 | 2 | 2 | (5) | 1 | 3 | 12 |
| 65-74..... | 334 | 21 | 5 | 1 | (5) | 4 | 4 | (5) | (5) | 2 | 9 |
| 75 AND OVER..... | 187 | 9 | 2 | 1 | 0 | (5) | (5) | (5) | (5) | (5) | 5 |
| ALL INDIVIDUALS... | 4/9,129 | 41 | 9 | 2 | (5) | 4 | 3 | (5) | 2 | 3 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 1N-2.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY | | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | TOTAL | CHICKEN | | | | |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 0.8 | 0.0 | 0.0 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/282 | 25.7 | 8.3 | 4.9 | .4 | 6.1 | 6.1 | .0 | 5.6 | 1.2 | 10.1 |
| 3-5..... | 408 | 30.5 | 10.7 | 2.5 | .0 | 4.8 | 4.0 | .0 | 7.8 | 2.9 | 16.3 |
| 6-8..... | 471 | 64.1 | 19.5 | 5.3 | .3 | 14.9 | 12.1 | .0 | 16.1 | 6.5 | 38.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 232 | 73.3 | 21.8 | 5.5 | 1.2 | 13.6 | 11.1 | .0 | 17.8 | 9.1 | 46.8 |
| 12-14..... | 273 | 71.1 | 23.5 | 6.7 | .5 | 16.3 | 11.1 | .0 | 17.7 | 7.1 | 44.3 |
| 15-18..... | 380 | 66.7 | 25.2 | 8.7 | .9 | 10.0 | 7.2 | .3 | 13.9 | 5.9 | 43.8 |
| 19-22..... | 267 | 59.1 | 22.7 | 10.6 | .8 | 11.2 | 10.2 | .8 | 10.4 | 9.9 | 44.8 |
| 23-34..... | 727 | 60.7 | 28.4 | 12.3 | 2.1 | 10.9 | 8.6 | 1.0 | 12.5 | 8.3 | 35.9 |
| 35-50..... | 635 | 50.9 | 20.0 | 13.5 | 1.0 | 7.6 | 6.9 | 1.6 | 7.6 | 8.4 | 30.9 |
| 51-64..... | 559 | 43.5 | 22.9 | 5.9 | .9 | 7.8 | 6.7 | 1.0 | 8.5 | 9.6 | 21.2 |
| 65-74..... | 274 | 27.0 | 9.2 | 4.7 | 2.1 | 4.8 | 4.8 | .0 | 1.4 | 6.9 | 12.7 |
| 75 AND OVER..... | 123 | 23.5 | 7.2 | 1.7 | 1.1 | 4.1 | 4.1 | 2.3 | 1.4 | 4.0 | 8.4 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 278 | 65.2 | 19.1 | 6.3 | .3 | 13.2 | 11.8 | .0 | 16.1 | 9.5 | 41.6 |
| 12-14..... | 268 | 68.5 | 21.7 | 5.6 | .0 | 12.3 | 9.9 | .0 | 14.7 | 9.8 | 41.6 |
| 15-18..... | 354 | 60.3 | 22.4 | 8.5 | .4 | 10.7 | 7.1 | .0 | 11.8 | 7.9 | 33.8 |
| 19-22..... | 337 | 48.7 | 18.1 | 10.4 | .2 | 12.4 | 10.7 | .5 | 7.0 | 10.5 | 29.0 |
| 23-34..... | 974 | 46.0 | 15.3 | 5.6 | .4 | 7.6 | 6.9 | .6 | 7.7 | 7.0 | 26.8 |
| 35-50..... | 948 | 42.4 | 15.4 | 6.0 | .7 | 5.8 | 4.8 | .9 | 5.2 | 10.2 | 19.2 |
| 51-64..... | 696 | 33.5 | 10.4 | 8.3 | 2.0 | 5.1 | 4.8 | .6 | 4.1 | 7.8 | 15.8 |
| 65-74..... | 334 | 30.0 | 10.3 | 5.2 | .6 | 8.1 | 7.7 | .4 | 1.2 | 4.9 | 15.6 |
| 75 AND OVER..... | 187 | 13.4 | 4.9 | 2.2 | .0 | 2.9 | 2.9 | 1.2 | 1.5 | .7 | 8.2 |
| ALL INDIVIDUALS... | 4/9,129 | 47.5 | 17.4 | 7.2 | .8 | 8.6 | 7.2 | .6 | 8.7 | 7.4 | 27.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.05 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 1N-3.1.--MEAT, POULTRY, FISH1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY TOTAL | POULTRY CHICKEN | ORGAN MEATS, MIXTURES | FRANKFURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELLFISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 56 | 7 | 2 | 2 | 8 | 7 | 1 | 1 | 1 | 34 |
| 1-2..... | 4/282 | 94 | 14 | 8 | 1 | 13 | 11 | 1 | 14 | 4 | 39 |
| 3-5..... | 408 | 102 | 20 | 12 | 1 | 13 | 12 | 1 | 15 | 6 | 34 |
| 6-8..... | 471 | 115 | 28 | 11 | 1 | 16 | 15 | (5) | 14 | 5 | 40 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 232 | 123 | 28 | 15 | 2 | 15 | 14 | 1 | 12 | 7 | 43 |
| 12-14..... | 273 | 158 | 40 | 15 | 1 | 23 | 20 | 2 | 16 | 8 | 54 |
| 15-18..... | 380 | 196 | 49 | 21 | 2 | 22 | 20 | 1 | 19 | 8 | 74 |
| 19-22..... | 267 | 214 | 47 | 22 | 2 | 27 | 24 | 3 | 20 | 12 | 79 |
| 23-34..... | 727 | 217 | 53 | 27 | 3 | 22 | 21 | 2 | 24 | 9 | 77 |
| 35-50..... | 635 | 223 | 62 | 25 | 2 | 23 | 20 | 2 | 24 | 10 | 76 |
| 51-64..... | 559 | 222 | 52 | 29 | 3 | 28 | 24 | 3 | 24 | 14 | 69 |
| 65-74..... | 274 | 203 | 44 | 23 | 3 | 25 | 23 | 4 | 20 | 13 | 71 |
| 75 AND OVER..... | 123 | 195 | 39 | 27 | 5 | 14 | 12 | 5 | 12 | 9 | 84 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 278 | 119 | 32 | 13 | 1 | 16 | 14 | 1 | 12 | 4 | 40 |
| 12-14..... | 268 | 125 | 27 | 13 | 1 | 16 | 14 | 1 | 12 | 7 | 48 |
| 15-18..... | 354 | 145 | 33 | 13 | 2 | 19 | 17 | 1 | 13 | 9 | 54 |
| 19-22..... | 337 | 139 | 26 | 14 | 1 | 21 | 18 | 1 | 15 | 7 | 53 |
| 23-34..... | 974 | 156 | 36 | 15 | 2 | 21 | 19 | 2 | 14 | 10 | 56 |
| 35-50..... | 948 | 160 | 39 | 16 | 4 | 19 | 16 | 2 | 11 | 11 | 56 |
| 51-64..... | 696 | 169 | 38 | 18 | 2 | 21 | 18 | 4 | 14 | 11 | 62 |
| 65-74..... | 334 | 153 | 33 | 17 | 3 | 20 | 19 | 4 | 8 | 11 | 57 |
| 75 AND OVER..... | 187 | 128 | 30 | 14 | 3 | 19 | 18 | 2 | 10 | 12 | 38 |
| ALL INDIVIDUALS... | 4/9,129 | 164 | 38 | 18 | 2 | 20 | 18 | 2 | 16 | 9 | 58 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 1N-3.2.--MEAT, POULTRY, FISH1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | BEEF | PORK | LAMB, VEAL, GAME | POULTRY: TOTAL | POULTRY: CHICKEN | ORGAN MEATS, MIXTURES | FRANK-FURTERS, SAUSAGES, LUNCHEON MEATS | FISH, SHELL-FISH | MIXTURES MAINLY MEAT, POULTRY, FISH |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 67.3 | 19.1 | 11.8 | 5.9 | 23.5 | 20.6 | 4.8 | 5.9 | 3.8 | 46.0 |
| 1-2..... | 4/282 | 98.0 | 50.2 | 38.7 | 2.8 | 46.1 | 41.9 | 5.4 | 57.5 | 17.8 | 59.5 |
| 3-5..... | 408 | 99.6 | 56.6 | 45.4 | 3.6 | 37.4 | 35.9 | 4.2 | 58.9 | 19.8 | 54.6 |
| 6-8..... | 471 | 97.9 | 62.1 | 42.4 | 3.5 | 37.7 | 35.8 | 2.6 | 49.8 | 15.4 | 59.4 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 232 | 99.0 | 56.1 | 48.8 | 4.1 | 30.8 | 29.1 | 2.7 | 47.2 | 18.0 | 55.4 |
| 12-14..... | 273 | 98.9 | 61.8 | 45.9 | 1.8 | 37.1 | 34.5 | 3.5 | 50.1 | 18.7 | 55.6 |
| 15-18..... | 380 | 98.6 | 62.3 | 50.0 | 2.9 | 37.0 | 31.8 | 3.6 | 50.4 | 16.3 | 62.3 |
| 19-22..... | 267 | 94.9 | 50.7 | 42.9 | 2.7 | 37.4 | 35.6 | 4.3 | 48.0 | 21.0 | 54.8 |
| 23-34..... | 727 | 96.5 | 56.7 | 51.9 | 4.5 | 31.9 | 29.5 | 4.4 | 51.2 | 18.9 | 56.8 |
| 35-50..... | 635 | 97.3 | 69.0 | 51.7 | 3.4 | 35.1 | 30.3 | 5.2 | 56.0 | 18.9 | 62.3 |
| 51-64..... | 559 | 96.8 | 65.4 | 52.5 | 5.3 | 40.0 | 34.5 | 9.3 | 57.1 | 18.8 | 56.6 |
| 65-74..... | 274 | 98.2 | 59.2 | 56.1 | 5.3 | 36.3 | 33.5 | 10.5 | 52.9 | 21.2 | 63.2 |
| 75 AND OVER..... | 123 | 98.2 | 58.6 | 57.9 | 9.6 | 30.5 | 28.3 | 11.0 | 37.4 | 20.1 | 61.1 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 278 | 97.8 | 59.3 | 43.5 | 3.3 | 35.8 | 32.9 | 3.1 | 46.9 | 14.1 | 51.6 |
| 12-14..... | 268 | 97.9 | 52.5 | 39.1 | 3.3 | 37.3 | 32.3 | 3.7 | 45.9 | 19.8 | 58.8 |
| 15-18..... | 354 | 96.7 | 57.2 | 44.1 | 4.4 | 40.4 | 38.3 | 3.4 | 40.5 | 21.9 | 61.6 |
| 19-22..... | 337 | 94.0 | 40.8 | 40.5 | 1.7 | 40.9 | 38.0 | 3.9 | 42.9 | 17.3 | 53.1 |
| 23-34..... | 974 | 95.8 | 56.4 | 40.6 | 4.4 | 39.5 | 36.6 | 5.4 | 45.7 | 23.7 | 54.4 |
| 35-50..... | 948 | 98.0 | 60.6 | 49.1 | 6.3 | 39.3 | 34.8 | 6.1 | 42.2 | 23.2 | 58.5 |
| 51-64..... | 696 | 97.5 | 57.3 | 47.9 | 5.2 | 39.4 | 35.6 | 9.7 | 42.8 | 23.3 | 62.3 |
| 65-74..... | 334 | 96.2 | 56.2 | 50.0 | 5.7 | 38.5 | 36.3 | 11.5 | 34.9 | 17.4 | 49.9 |
| 75 AND OVER..... | 187 | 99.6 | 56.8 | 41.5 | 4.0 | 38.7 | 37.9 | 7.3 | 39.6 | 22.3 | 47.6 |
| ALL INDIVIDUALS... | 4/9,129 | 96.9 | 57.7 | 46.4 | 4.3 | 37.6 | 34.3 | 5.8 | 47.4 | 19.8 | 57.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2A-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/421 | 495 | 669 | 342 | 2 | 8 | 2 | 5 | 59 |
| 1-2..... | 5/1,035 | 475 | 418 | 401 | 2 | 14 | 8 | 21 | 21 |
| 3-5..... | 1,719 | 449 | 385 | 361 | 2 | 20 | 9 | 20 | 22 |
| 6-8..... | 1,841 | 537 | 466 | 426 | 2 | 26 | 9 | 17 | 25 |
| MALES: | | | | | | | | | |
| 9-11..... | 939 | 559 | 487 | 440 | 1 | 34 | 7 | 20 | 28 |
| 12-14..... | 1,150 | 612 | 533 | 473 | 1 | 34 | 9 | 22 | 34 |
| 15-18..... | 1,394 | 642 | 538 | 482 | 2 | 34 | 13 | 31 | 32 |
| 19-22..... | 1,030 | 463 | 368 | 334 | 2 | 19 | 15 | 33 | 27 |
| 23-34..... | 2,716 | 381 | 265 | 240 | 4 | 23 | 20 | 35 | 29 |
| 35-50..... | 2,571 | 301 | 201 | 182 | 3 | 26 | 18 | 37 | 31 |
| 51-64..... | 2,161 | 312 | 203 | 190 | 2 | 32 | 19 | 38 | 27 |
| 65-74..... | 1,049 | 312 | 220 | 208 | 2 | 30 | 17 | 37 | 23 |
| 75 AND OVER..... | 465 | 317 | 226 | 221 | 0 | 31 | 15 | 39 | 24 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 1,011 | 519 | 449 | 405 | 1 | 29 | 9 | 17 | 28 |
| 12-14..... | 1,148 | 468 | 394 | 343 | 2 | 30 | 10 | 17 | 24 |
| 15-18..... | 1,473 | 403 | 329 | 288 | 3 | 22 | 11 | 18 | 21 |
| 19-22..... | 1,317 | 297 | 221 | 194 | 5 | 16 | 14 | 23 | 23 |
| 23-34..... | 3,879 | 278 | 191 | 169 | 5 | 15 | 18 | 23 | 20 |
| 35-50..... | 3,759 | 215 | 142 | 127 | 4 | 16 | 17 | 25 | 19 |
| 51-64..... | 2,936 | 232 | 154 | 143 | 4 | 21 | 18 | 25 | 18 |
| 65-74..... | 1,376 | 248 | 171 | 161 | 5 | 23 | 17 | 23 | 14 |
| 75 AND OVER..... | 751 | 274 | 198 | 184 | 2 | 27 | 17 | 21 | 14 |
| ALL INDIVIDUALS... | 5/36,142 | 365 | 283 | 254 | 3 | 23 | 15 | 26 | 24 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2A-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/421 | 92.9 | 92.5 | 55.3 | 2.2 | 17.1 | 8.1 | 18.6 | 16.9 |
| 1-2..... | 4/1,035 | 98.5 | 97.6 | 96.5 | 4.3 | 35.3 | 39.5 | 61.5 | 48.9 |
| 3-5..... | 1,719 | 98.7 | 97.4 | 96.3 | 3.5 | 40.8 | 40.9 | 55.5 | 57.7 |
| 6-8..... | 1,841 | 99.2 | 98.6 | 97.9 | 2.8 | 45.8 | 39.5 | 48.8 | 59.3 |
| MALES: | | | | | | | | | |
| 9-11..... | 939 | 99.6 | 98.8 | 97.9 | 1.4 | 46.2 | 32.6 | 50.5 | 55.0 |
| 12-14..... | 1,150 | 98.2 | 96.8 | 94.9 | 1.8 | 46.2 | 36.7 | 48.3 | 51.5 |
| 15-18..... | 1,394 | 97.1 | 93.6 | 91.4 | 2.0 | 41.5 | 43.4 | 52.8 | 46.4 |
| 19-22..... | 1,030 | 92.7 | 85.1 | 82.8 | 2.2 | 29.3 | 44.4 | 52.2 | 38.7 |
| 23-34..... | 2,716 | 91.7 | 78.0 | 75.6 | 4.0 | 38.4 | 53.3 | 56.5 | 40.4 |
| 35-50..... | 2,571 | 88.9 | 74.3 | 72.0 | 2.6 | 40.1 | 48.0 | 60.3 | 39.7 |
| 51-64..... | 2,161 | 92.2 | 78.6 | 77.4 | 1.7 | 47.7 | 52.0 | 65.3 | 38.1 |
| 65-74..... | 1,049 | 92.7 | 82.0 | 81.4 | 1.6 | 43.9 | 43.2 | 68.2 | 36.2 |
| 75 AND OVER..... | 465 | 92.7 | 84.8 | 83.7 | .0 | 41.2 | 40.5 | 72.0 | 33.8 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 1,011 | 99.4 | 98.4 | 96.8 | 1.9 | 47.9 | 39.2 | 46.7 | 55.8 |
| 12-14..... | 1,148 | 97.3 | 93.2 | 90.5 | 1.8 | 44.0 | 40.8 | 42.7 | 46.3 |
| 15-18..... | 1,473 | 94.8 | 88.9 | 85.7 | 3.5 | 37.2 | 44.5 | 44.7 | 37.8 |
| 19-22..... | 1,317 | 92.1 | 81.8 | 77.4 | 5.0 | 31.0 | 46.5 | 50.3 | 38.5 |
| 23-34..... | 3,879 | 91.5 | 78.8 | 74.6 | 5.5 | 33.9 | 53.4 | 52.0 | 37.8 |
| 35-50..... | 3,759 | 90.3 | 71.7 | 68.1 | 4.9 | 35.1 | 51.8 | 56.1 | 35.5 |
| 51-64..... | 2,936 | 92.1 | 77.1 | 75.3 | 4.7 | 40.0 | 52.1 | 58.6 | 33.9 |
| 65-74..... | 1,376 | 91.7 | 80.4 | 78.8 | 4.6 | 40.4 | 47.8 | 59.1 | 28.6 |
| 75 AND OVER..... | 751 | 95.3 | 84.0 | 82.0 | 2.6 | 44.8 | 44.6 | 57.5 | 29.7 |
| ALL INDIVIDUALS... | 4/36,142 | 93.6 | 83.8 | 81.1 | 3.5 | 39.4 | 46.4 | 54.8 | 41.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2A-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/421 | 6 | 6 | 5 | (6) | (6) | 0 | (6) | (6) |
| 1-2..... | 5/1,035 | 28 | 23 | 21 | (6) | 2 | 1 | 1 | 1 |
| 3-5..... | 1,719 | 47 | 40 | 34 | (6) | 3 | 1 | 1 | 2 |
| 6-8..... | 1,841 | 125 | 114 | 95 | (6) | 6 | 1 | 1 | 4 |
| MALES: | | | | | | | | | |
| 9-11..... | 939 | 139 | 127 | 104 | 0 | 8 | 1 | 2 | 6 |
| 12-14..... | 1,150 | 143 | 130 | 101 | (6) | 8 | 2 | 1 | 5 |
| 15-18..... | 1,394 | 134 | 118 | 88 | (6) | 7 | 3 | 2 | 4 |
| 19-22..... | 1,030 | 80 | 66 | 48 | 1 | 4 | 3 | 4 | 4 |
| 23-34..... | 2,716 | 68 | 48 | 36 | 1 | 5 | 4 | 6 | 3 |
| 35-50..... | 2,571 | 40 | 27 | 20 | 1 | 4 | 3 | 6 | 3 |
| 51-64..... | 2,161 | 32 | 19 | 15 | (6) | 5 | 3 | 4 | 4 |
| 65-74..... | 1,049 | 15 | 7 | 5 | (6) | 3 | 1 | 1 | 1 |
| 75 AND OVER..... | 465 | 11 | 6 | 6 | 0 | 3 | 1 | 1 | 2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 1,011 | 135 | 120 | 95 | (6) | 9 | 2 | 1 | 5 |
| 12-14..... | 1,148 | 113 | 100 | 74 | (6) | 8 | 2 | 1 | 3 |
| 15-18..... | 1,473 | 87 | 73 | 54 | (6) | 6 | 3 | 2 | 3 |
| 19-22..... | 1,317 | 45 | 28 | 19 | 1 | 5 | 3 | 2 | 3 |
| 23-34..... | 3,879 | 32 | 19 | 14 | 1 | 4 | 3 | 3 | 2 |
| 35-50..... | 3,759 | 23 | 12 | 8 | (6) | 4 | 2 | 3 | 2 |
| 51-64..... | 2,936 | 17 | 9 | 7 | (6) | 3 | 2 | 2 | 1 |
| 65-74..... | 1,376 | 11 | 5 | 4 | (6) | 2 | 1 | 1 | 1 |
| 75 AND OVER..... | 751 | 11 | 6 | 6 | (6) | 2 | 1 | (6) | 1 |
| ALL INDIVIDUALS... | 5/36,142 | 56 | 44 | 34 | (6) | 5 | 2 | 2 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2A-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/421 | 5.1 | 4.6 | 3.7 | 0.2 | 0.9 | 0.0 | 0.3 | 1.2 |
| 1-2..... | 4/1,035 | 25.4 | 19.2 | 18.0 | .3 | 7.6 | 4.5 | 4.1 | 5.9 |
| 3-5..... | 1,719 | 34.3 | 28.2 | 24.2 | .5 | 9.6 | 6.3 | 4.0 | 9.2 |
| 6-8..... | 1,841 | 61.8 | 57.8 | 50.5 | .3 | 16.1 | 10.1 | 4.1 | 14.4 |
| MALES: | | | | | | | | | |
| 9-11..... | 939 | 64.3 | 61.0 | 54.1 | .0 | 17.8 | 9.3 | 5.0 | 15.8 |
| 12-14..... | 1,150 | 64.1 | 60.0 | 51.7 | .1 | 17.0 | 10.6 | 3.5 | 12.8 |
| 15-18..... | 1,394 | 54.8 | 48.4 | 39.6 | .5 | 14.6 | 13.0 | 4.3 | 8.0 |
| 19-22..... | 1,030 | 38.6 | 30.4 | 23.7 | .8 | 11.8 | 14.0 | 8.5 | 7.8 |
| 23-34..... | 2,716 | 43.8 | 29.6 | 24.1 | .8 | 15.8 | 17.2 | 13.2 | 7.8 |
| 35-50..... | 2,571 | 36.7 | 23.1 | 20.2 | .7 | 13.2 | 12.7 | 11.9 | 7.0 |
| 51-64..... | 2,161 | 31.8 | 17.7 | 15.1 | .2 | 14.5 | 10.3 | 8.3 | 5.2 |
| 65-74..... | 1,049 | 19.3 | 8.3 | 7.5 | .2 | 10.6 | 5.5 | 3.8 | 3.3 |
| 75 AND OVER..... | 465 | 15.9 | 7.9 | 7.4 | .0 | 7.1 | 3.4 | 2.9 | 2.3 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 1,011 | 65.7 | 60.7 | 53.1 | .4 | 20.2 | 12.4 | 3.6 | 14.4 |
| 12-14..... | 1,148 | 59.7 | 52.4 | 42.9 | .3 | 18.1 | 11.6 | 3.0 | 9.8 |
| 15-18..... | 1,473 | 49.5 | 41.0 | 32.5 | .7 | 14.7 | 13.4 | 4.6 | 8.6 |
| 19-22..... | 1,317 | 35.6 | 22.1 | 16.8 | .8 | 13.8 | 15.3 | 5.0 | 6.9 |
| 23-34..... | 3,879 | 33.0 | 19.3 | 16.2 | .8 | 13.8 | 12.5 | 6.8 | 6.4 |
| 35-50..... | 3,759 | 29.4 | 13.9 | 11.3 | .6 | 13.0 | 11.0 | 6.4 | 5.0 |
| 51-64..... | 2,936 | 24.1 | 11.2 | 9.9 | .3 | 11.4 | 8.8 | 4.8 | 4.2 |
| 65-74..... | 1,376 | 18.5 | 8.2 | 7.6 | .1 | 9.3 | 5.9 | 3.4 | 3.2 |
| 75 AND OVER..... | 751 | 14.2 | 6.1 | 5.8 | .1 | 8.0 | 4.1 | 1.6 | 1.8 |
| ALL INDIVIDUALS... | 4/36,142 | 37.7 | 27.1 | 22.9 | .5 | 13.3 | 10.8 | 6.2 | 7.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2A-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/421 | 489 | 663 | 337 | 2 | 8 | 2 | 5 | 59 |
| 1-2..... | 5/1,035 | 446 | 395 | 380 | 2 | 12 | 8 | 20 | 20 |
| 3-5..... | 1,719 | 401 | 345 | 327 | 2 | 16 | 8 | 18 | 20 |
| 6-8..... | 1,841 | 412 | 352 | 331 | 2 | 20 | 8 | 15 | 20 |
| MALES: | | | | | | | | | |
| 9-11..... | 939 | 421 | 360 | 336 | 1 | 26 | 6 | 18 | 22 |
| 12-14..... | 1,150 | 469 | 403 | 372 | 1 | 26 | 7 | 21 | 29 |
| 15-18..... | 1,394 | 508 | 420 | 395 | 2 | 27 | 10 | 29 | 29 |
| 19-22..... | 1,030 | 383 | 303 | 286 | 2 | 15 | 12 | 29 | 23 |
| 23-34..... | 2,716 | 313 | 217 | 204 | 4 | 18 | 16 | 29 | 26 |
| 35-50..... | 2,571 | 261 | 174 | 162 | 2 | 22 | 15 | 31 | 28 |
| 51-64..... | 2,161 | 279 | 184 | 176 | 2 | 27 | 16 | 34 | 23 |
| 65-74..... | 1,049 | 297 | 213 | 203 | 2 | 27 | 16 | 35 | 22 |
| 75 AND OVER..... | 465 | 306 | 220 | 215 | 0 | 28 | 14 | 38 | 22 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 1,011 | 384 | 330 | 310 | 1 | 20 | 7 | 16 | 23 |
| 12-14..... | 1,148 | 354 | 294 | 269 | 2 | 21 | 8 | 16 | 21 |
| 15-18..... | 1,473 | 316 | 256 | 234 | 2 | 16 | 9 | 16 | 18 |
| 19-22..... | 1,317 | 252 | 193 | 175 | 5 | 11 | 11 | 21 | 20 |
| 23-34..... | 3,879 | 246 | 172 | 155 | 5 | 11 | 15 | 21 | 18 |
| 35-50..... | 3,759 | 192 | 130 | 119 | 4 | 12 | 14 | 22 | 17 |
| 51-64..... | 2,936 | 215 | 145 | 135 | 4 | 18 | 17 | 23 | 17 |
| 65-74..... | 1,376 | 238 | 166 | 156 | 5 | 20 | 16 | 22 | 13 |
| 75 AND OVER..... | 751 | 264 | 191 | 178 | 2 | 25 | 16 | 21 | 13 |
| ALL INDIVIDUALS... | 5/36,142 | 309 | 239 | 220 | 3 | 18 | 13 | 23 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2A-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/421 | 92.9 | 92.5 | 55.3 | 2.2 | 16.7 | 8.1 | 18.6 | 16.4 |
| 1-2..... | 4/1,035 | 97.9 | 96.9 | 95.8 | 4.1 | 30.2 | 36.7 | 59.2 | 45.3 |
| 3-5..... | 1,719 | 97.8 | 96.0 | 94.8 | 3.0 | 34.6 | 36.9 | 53.3 | 52.9 |
| 6-8..... | 1,841 | 97.6 | 96.1 | 95.1 | 2.7 | 35.8 | 32.1 | 45.7 | 51.9 |
| MALES: | | | | | | | | | |
| 9-11..... | 939 | 98.1 | 95.3 | 94.3 | 1.4 | 36.8 | 26.1 | 46.9 | 46.2 |
| 12-14..... | 1,150 | 96.6 | 93.6 | 92.1 | 1.7 | 34.7 | 29.2 | 46.2 | 43.8 |
| 15-18..... | 1,394 | 95.2 | 89.8 | 88.0 | 1.6 | 32.4 | 34.5 | 50.5 | 41.1 |
| 19-22..... | 1,030 | 88.8 | 80.2 | 78.9 | 1.3 | 20.6 | 35.4 | 46.5 | 32.6 |
| 23-34..... | 2,716 | 87.7 | 73.3 | 71.4 | 3.6 | 28.2 | 44.3 | 48.1 | 35.1 |
| 35-50..... | 2,571 | 85.3 | 70.2 | 68.4 | 2.0 | 32.5 | 41.2 | 52.8 | 35.3 |
| 51-64..... | 2,161 | 89.8 | 76.1 | 75.4 | 1.5 | 40.1 | 46.1 | 60.4 | 34.1 |
| 65-74..... | 1,049 | 91.9 | 81.1 | 80.5 | 1.4 | 38.5 | 40.4 | 66.1 | 33.3 |
| 75 AND OVER..... | 465 | 92.7 | 84.8 | 83.7 | .0 | 36.9 | 39.3 | 71.2 | 32.7 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 1,011 | 97.3 | 94.8 | 93.5 | 1.5 | 35.9 | 30.0 | 44.5 | 48.1 |
| 12-14..... | 1,148 | 94.7 | 89.4 | 86.7 | 1.6 | 32.1 | 32.8 | 40.7 | 40.5 |
| 15-18..... | 1,473 | 90.2 | 84.1 | 81.9 | 3.0 | 26.7 | 34.8 | 41.6 | 31.9 |
| 19-22..... | 1,317 | 88.8 | 76.6 | 73.1 | 4.4 | 21.4 | 37.3 | 46.7 | 33.6 |
| 23-34..... | 3,879 | 88.0 | 75.3 | 71.9 | 4.9 | 25.0 | 46.8 | 48.0 | 33.1 |
| 35-50..... | 3,759 | 87.5 | 69.4 | 66.5 | 4.3 | 27.0 | 46.5 | 52.5 | 32.0 |
| 51-64..... | 2,936 | 90.2 | 75.6 | 74.2 | 4.3 | 33.8 | 47.1 | 55.8 | 31.4 |
| 65-74..... | 1,376 | 91.0 | 80.0 | 78.4 | 4.5 | 35.7 | 44.5 | 57.3 | 26.5 |
| 75 AND OVER..... | 751 | 94.8 | 83.5 | 81.6 | 2.5 | 40.7 | 42.4 | 56.2 | 28.2 |
| ALL INDIVIDUALS... | 4/36,142 | 91.2 | 81.0 | 78.6 | 3.1 | 31.2 | 40.1 | 51.0 | 36.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/54 | 479 | 665 | 315 | 0 | 11 | 1 | 6 | 63 |
| 1-2..... | 5/137 | 422 | 390 | 381 | 0 | 10 | 4 | 24 | 19 |
| 3-5..... | 202 | 404 | 367 | 349 | (6) | 14 | 4 | 23 | 34 |
| 6-8..... | 186 | 462 | 413 | 387 | 1 | 18 | 7 | 19 | 34 |
| MALES: | | | | | | | | | |
| 9-11..... | 99 | 486 | 431 | 407 | 0 | 30 | 7 | 23 | 35 |
| 12-14..... | 93 | 455 | 404 | 360 | 0 | 21 | 5 | 33 | 49 |
| 15-18..... | 113 | 431 | 355 | 326 | 2 | 24 | 10 | 29 | 45 |
| 19-22..... | 92 | 384 | 269 | 211 | 3 | 24 | 17 | 29 | 36 |
| 23-34..... | 166 | 343 | 244 | 214 | 5 | 14 | 19 | 45 | 43 |
| 35-50..... | 93 | 290 | 208 | 184 | 4 | 54 | 12 | 45 | 48 |
| 51-64..... | 142 | 260 | 205 | 203 | 1 | 13 | 9 | 46 | 39 |
| 65-74..... | 254 | 309 | 239 | 231 | (6) | 25 | 9 | 41 | 24 |
| 75 AND OVER..... | 162 | 301 | 232 | 228 | 0 | 23 | 11 | 42 | 23 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 108 | 413 | 372 | 338 | 0 | 19 | 4 | 19 | 53 |
| 12-14..... | 95 | 354 | 314 | 283 | 1 | 20 | 4 | 20 | 38 |
| 15-18..... | 117 | 367 | 310 | 274 | 3 | 15 | 9 | 23 | 31 |
| 19-22..... | 155 | 280 | 208 | 190 | 4 | 18 | 11 | 23 | 32 |
| 23-34..... | 349 | 225 | 164 | 143 | 5 | 13 | 13 | 33 | 32 |
| 35-50..... | 273 | 192 | 146 | 137 | 2 | 11 | 8 | 31 | 36 |
| 51-64..... | 380 | 211 | 160 | 154 | 1 | 15 | 9 | 28 | 23 |
| 65-74..... | 453 | 259 | 193 | 183 | 5 | 18 | 14 | 24 | 16 |
| 75 AND OVER..... | 303 | 273 | 216 | 205 | 2 | 23 | 11 | 25 | 17 |
| ALL INDIVIDUALS... | 5/4,026 | 310 | 254 | 232 | 2 | 18 | 10 | 29 | 30 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/54 | 91.4 | 91.4 | 46.6 | 0.0 | 5.5 | 6.6 | 19.8 | 21.4 |
| 1-2..... | 4/137 | 98.7 | 98.1 | 96.8 | .0 | 27.4 | 24.7 | 70.0 | 47.4 |
| 3-5..... | 202 | 97.8 | 96.4 | 94.8 | .4 | 25.6 | 21.8 | 63.2 | 61.8 |
| 6-8..... | 186 | 99.4 | 98.3 | 97.5 | .9 | 32.7 | 29.6 | 51.5 | 55.1 |
| MALES: | | | | | | | | | |
| 9-11..... | 99 | 98.4 | 98.4 | 98.4 | .0 | 40.1 | 24.8 | 54.1 | 54.6 |
| 12-14..... | 93 | 95.4 | 92.9 | 89.6 | .0 | 32.4 | 26.1 | 60.9 | 53.7 |
| 15-18..... | 113 | 93.2 | 86.6 | 86.6 | 1.7 | 30.5 | 36.9 | 52.1 | 52.4 |
| 19-22..... | 92 | 83.7 | 74.9 | 71.2 | 1.2 | 31.9 | 40.7 | 47.4 | 44.1 |
| 23-34..... | 166 | 87.6 | 72.7 | 70.3 | 4.5 | 31.3 | 42.5 | 64.1 | 52.4 |
| 35-50..... | 93 | 82.5 | 74.1 | 72.2 | 2.4 | 22.0 | 35.6 | 65.7 | 40.6 |
| 51-64..... | 142 | 78.1 | 68.6 | 68.6 | 1.0 | 25.7 | 30.0 | 72.7 | 42.6 |
| 65-74..... | 254 | 91.3 | 83.1 | 82.5 | .5 | 32.4 | 30.1 | 68.3 | 32.0 |
| 75 AND OVER..... | 162 | 89.2 | 79.2 | 78.6 | .0 | 31.6 | 29.0 | 71.8 | 31.8 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 108 | 97.5 | 96.8 | 94.0 | .0 | 33.2 | 26.5 | 49.6 | 62.0 |
| 12-14..... | 95 | 93.0 | 86.6 | 84.5 | 1.0 | 28.3 | 24.3 | 46.6 | 45.8 |
| 15-18..... | 117 | 92.2 | 85.6 | 81.5 | 1.3 | 29.4 | 38.4 | 49.9 | 47.7 |
| 19-22..... | 155 | 91.7 | 86.3 | 79.0 | 5.7 | 30.9 | 40.9 | 56.4 | 43.2 |
| 23-34..... | 349 | 88.0 | 78.5 | 74.9 | 3.8 | 28.5 | 38.2 | 63.2 | 45.2 |
| 35-50..... | 273 | 82.2 | 72.5 | 70.6 | 2.5 | 20.1 | 32.3 | 61.1 | 46.1 |
| 51-64..... | 380 | 82.6 | 73.8 | 72.8 | 2.2 | 29.3 | 36.5 | 63.3 | 36.9 |
| 65-74..... | 453 | 92.4 | 81.4 | 80.6 | 3.2 | 33.9 | 39.3 | 56.6 | 27.7 |
| 75 AND OVER..... | 303 | 93.0 | 82.2 | 80.0 | 1.9 | 38.5 | 31.3 | 63.7 | 29.8 |
| ALL INDIVIDUALS... | 4/4,026 | 90.3 | 82.7 | 80.2 | 1.9 | 30.1 | 33.0 | 60.2 | 42.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/54 | 1 | 3 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 5/137 | 15 | 14 | 14 | 0 | (6) | (6) | 1 | (6) |
| 3-5..... | 202 | 45 | 41 | 34 | (6) | 3 | (6) | 1 | 3 |
| 6-8..... | 186 | 136 | 129 | 116 | (6) | 4 | 1 | 1 | 8 |
| MALES: | | | | | | | | | |
| 9-11..... | 99 | 139 | 130 | 119 | 0 | 8 | 1 | 1 | 11 |
| 12-14..... | 93 | 113 | 109 | 91 | 0 | 6 | 2 | (6) | 8 |
| 15-18..... | 113 | 88 | 71 | 58 | 0 | 3 | 3 | 1 | 5 |
| 19-22..... | 92 | 74 | 87 | 45 | 0 | 6 | 4 | 4 | 7 |
| 23-34..... | 166 | 48 | 37 | 23 | 1 | 3 | 2 | 8 | 7 |
| 35-50..... | 93 | 30 | 15 | 13 | 2 | 3 | 2 | 5 | 2 |
| 51-64..... | 142 | 12 | 9 | 8 | 0 | (6) | (6) | 2 | 4 |
| 65-74..... | 254 | 14 | 8 | 5 | 0 | 2 | 1 | (6) | 1 |
| 75 AND OVER..... | 162 | 8 | 6 | 6 | 0 | 2 | (6) | 1 | 2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 108 | 146 | 131 | 111 | 0 | 7 | 2 | 2 | 8 |
| 12-14..... | 95 | 105 | 91 | 69 | 0 | 8 | 2 | (6) | 4 |
| 15-18..... | 117 | 77 | 72 | 48 | 2 | 5 | 3 | 2 | 3 |
| 19-22..... | 155 | 45 | 30 | 23 | (6) | 5 | 2 | 1 | 1 |
| 23-34..... | 349 | 21 | 13 | 7 | (6) | 2 | 2 | 2 | 3 |
| 35-50..... | 273 | 17 | 11 | 8 | 0 | 3 | 1 | 2 | 2 |
| 51-64..... | 380 | 6 | 5 | 3 | 0 | 1 | 1 | 1 | 1 |
| 65-74..... | 453 | 13 | 7 | 5 | (6) | 2 | 1 | (6) | 1 |
| 75 AND OVER..... | 303 | 11 | 6 | 5 | 0 | 2 | 1 | (6) | 2 |
| ALL INDIVIDUALS... | 5/4,026 | 40 | 34 | 27 | (6) | 3 | 1 | 2 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/54 | 2.1 | 2.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/137 | 16.5 | 14.8 | 14.8 | .0 | 3.4 | .7 | 4.3 | 2.3 |
| 3-5..... | 202 | 32.3 | 27.5 | 24.3 | .4 | 7.1 | 3.6 | 2.4 | 9.2 |
| 6-8..... | 186 | 61.5 | 60.6 | 58.7 | .4 | 9.3 | 9.7 | 4.1 | 16.0 |
| MALES: | | | | | | | | | |
| 9-11..... | 99 | 63.2 | 58.5 | 56.1 | .0 | 15.3 | 8.2 | 3.4 | 18.2 |
| 12-14..... | 93 | 55.0 | 54.7 | 49.3 | .0 | 10.8 | 11.9 | 1.8 | 12.9 |
| 15-18..... | 113 | 45.3 | 36.7 | 30.9 | .0 | 9.6 | 16.4 | 3.1 | 8.6 |
| 19-22..... | 92 | 34.6 | 29.9 | 22.0 | .0 | 15.6 | 20.1 | 8.1 | 9.3 |
| 23-34..... | 166 | 25.3 | 17.4 | 14.7 | 1.4 | 13.2 | 9.2 | 18.0 | 10.0 |
| 35-50..... | 93 | 26.2 | 19.2 | 19.2 | 1.2 | 7.1 | 9.4 | 11.9 | 3.9 |
| 51-64..... | 142 | 7.7 | 5.4 | 5.4 | .0 | 2.0 | 2.3 | 3.4 | 4.5 |
| 65-74..... | 254 | 14.0 | 7.7 | 6.7 | .0 | 6.1 | 3.7 | .8 | 1.7 |
| 75 AND OVER..... | 162 | 13.4 | 9.0 | 9.0 | .0 | 4.0 | 1.8 | 2.1 | 2.6 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 108 | 67.0 | 64.2 | 56.6 | .0 | 19.8 | 13.6 | 6.0 | 16.2 |
| 12-14..... | 95 | 58.0 | 49.6 | 42.4 | .0 | 17.0 | 13.5 | 1.6 | 8.4 |
| 15-18..... | 117 | 40.2 | 34.3 | 26.8 | 1.3 | 10.6 | 12.0 | 5.5 | 8.1 |
| 19-22..... | 155 | 31.7 | 23.1 | 17.4 | .7 | 16.3 | 10.9 | 3.6 | 4.8 |
| 23-34..... | 349 | 19.7 | 13.1 | 9.9 | .3 | 8.6 | 6.7 | 5.5 | 6.1 |
| 35-50..... | 273 | 13.4 | 9.7 | 7.3 | .0 | 5.1 | 4.2 | 5.1 | 3.7 |
| 51-64..... | 380 | 13.6 | 8.6 | 7.4 | .0 | 2.8 | 4.8 | 2.3 | 3.9 |
| 65-74..... | 453 | 15.7 | 7.9 | 6.7 | .2 | 6.3 | 6.4 | 2.4 | 3.0 |
| 75 AND OVER..... | 303 | 15.5 | 6.9 | 6.4 | .0 | 8.4 | 3.9 | .9 | 3.2 |
| ALL INDIVIDUALS... | 4/4,026 | 25.7 | 20.1 | 17.6 | .2 | 8.0 | 6.8 | 4.0 | 6.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/54 | 477 | 661 | 315 | 0 | 11 | 1 | 6 | 63 |
| 1-2..... | 5/137 | 407 | 376 | 367 | 0 | 9 | 4 | 23 | 19 |
| 3-5..... | 202 | 358 | 326 | 315 | 0 | 12 | 4 | 22 | 31 |
| 6-8..... | 186 | 325 | 284 | 271 | (6) | 14 | 6 | 17 | 27 |
| MALES: | | | | | | | | | |
| 9-11..... | 99 | 347 | 301 | 288 | 0 | 23 | 6 | 22 | 24 |
| 12-14..... | 93 | 342 | 296 | 269 | 0 | 15 | 3 | 32 | 41 |
| 15-18..... | 113 | 343 | 284 | 269 | 2 | 21 | 6 | 28 | 40 |
| 19-22..... | 92 | 310 | 182 | 166 | 3 | 18 | 13 | 24 | 30 |
| 23-34..... | 166 | 296 | 206 | 192 | 4 | 12 | 16 | 37 | 36 |
| 35-50..... | 93 | 261 | 193 | 171 | 2 | 52 | 10 | 40 | 46 |
| 51-64..... | 142 | 248 | 196 | 195 | 1 | 12 | 9 | 44 | 35 |
| 65-74..... | 254 | 295 | 231 | 226 | (6) | 22 | 8 | 41 | 22 |
| 75 AND OVER..... | 162 | 292 | 226 | 221 | 0 | 21 | 10 | 41 | 21 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 108 | 266 | 241 | 228 | 0 | 12 | 2 | 17 | 45 |
| 12-14..... | 95 | 249 | 223 | 213 | 1 | 11 | 2 | 20 | 34 |
| 15-18..... | 117 | 289 | 238 | 226 | 2 | 10 | 6 | 21 | 28 |
| 19-22..... | 155 | 236 | 177 | 167 | 4 | 13 | 9 | 22 | 31 |
| 23-34..... | 349 | 204 | 152 | 136 | 5 | 11 | 11 | 31 | 29 |
| 35-50..... | 273 | 175 | 135 | 129 | 2 | 8 | 7 | 29 | 34 |
| 51-64..... | 380 | 204 | 155 | 150 | 1 | 14 | 8 | 27 | 22 |
| 65-74..... | 453 | 246 | 186 | 178 | 5 | 16 | 13 | 23 | 14 |
| 75 AND OVER..... | 303 | 262 | 210 | 199 | 2 | 21 | 10 | 25 | 15 |
| ALL INDIVIDUALS... | 5/4,026 | 270 | 220 | 205 | 2 | 16 | 9 | 28 | 27 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2B-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/54 | 91.4 | 91.4 | 46.6 | 0.0 | 5.5 | 6.6 | 19.8 | 21.4 |
| 1-2..... | 4/137 | 98.7 | 97.0 | 95.7 | .0 | 24.6 | 24.7 | 68.0 | 45.8 |
| 3-5..... | 202 | 96.8 | 94.5 | 92.9 | .0 | 21.0 | 19.3 | 61.5 | 58.2 |
| 6-8..... | 186 | 97.4 | 94.8 | 93.4 | .9 | 24.0 | 20.9 | 49.6 | 47.2 |
| MALES: | | | | | | | | | |
| 9-11..... | 99 | 97.6 | 96.5 | 96.5 | .0 | 30.6 | 17.4 | 53.5 | 45.4 |
| 12-14..... | 93 | 93.0 | 85.3 | 85.3 | .0 | 23.4 | 16.2 | 59.1 | 48.5 |
| 15-18..... | 113 | 89.5 | 78.8 | 78.0 | 1.7 | 22.3 | 22.8 | 49.7 | 46.8 |
| 19-22..... | 92 | 80.0 | 62.2 | 58.4 | 1.2 | 17.2 | 32.1 | 39.3 | 34.8 |
| 23-34..... | 166 | 85.8 | 69.9 | 68.0 | 3.1 | 19.3 | 41.2 | 52.9 | 48.0 |
| 35-50..... | 93 | 80.6 | 68.6 | 66.7 | 1.2 | 16.6 | 31.9 | 60.7 | 36.7 |
| 51-64..... | 142 | 78.1 | 68.6 | 68.6 | 1.0 | 23.7 | 29.4 | 70.5 | 39.1 |
| 65-74..... | 254 | 91.3 | 83.1 | 82.5 | .5 | 28.4 | 28.9 | 67.8 | 31.3 |
| 75 AND OVER..... | 162 | 89.2 | 79.2 | 78.6 | .0 | 29.0 | 29.0 | 70.9 | 29.2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 108 | 93.3 | 89.8 | 88.3 | .0 | 18.2 | 14.0 | 46.5 | 53.9 |
| 12-14..... | 95 | 89.6 | 85.8 | 82.7 | 1.0 | 15.4 | 12.5 | 45.9 | 41.8 |
| 15-18..... | 117 | 90.2 | 81.5 | 79.5 | 1.3 | 20.7 | 28.8 | 46.8 | 43.7 |
| 19-22..... | 155 | 87.9 | 78.9 | 76.0 | 4.9 | 21.7 | 32.3 | 54.6 | 39.1 |
| 23-34..... | 349 | 85.9 | 75.4 | 72.2 | 3.8 | 22.8 | 34.5 | 60.7 | 41.3 |
| 35-50..... | 273 | 80.9 | 68.9 | 67.7 | 2.5 | 16.5 | 31.0 | 58.2 | 43.4 |
| 51-64..... | 380 | 82.1 | 72.7 | 72.2 | 2.2 | 27.1 | 31.9 | 61.7 | 34.6 |
| 65-74..... | 453 | 91.0 | 80.4 | 79.9 | 3.0 | 30.5 | 35.8 | 55.6 | 25.9 |
| 75 AND OVER..... | 303 | 92.5 | 81.6 | 79.4 | 1.9 | 33.8 | 28.3 | 62.8 | 27.0 |
| ALL INDIVIDUALS... | 4/4,026 | 88.8 | 80.0 | 78.0 | 1.8 | 24.3 | 28.5 | 57.9 | 38.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/55 | 504 | 704 | 346 | 0 | 5 | 4 | 7 | 38 |
| 1-2..... | 5/127 | 499 | 466 | 445 | (6) | 6 | 5 | 21 | 25 |
| 3-5..... | 243 | 420 | 375 | 360 | (6) | 13 | 6 | 25 | 28 |
| 6-8..... | 197 | 486 | 447 | 406 | 1 | 18 | 4 | 21 | 38 |
| MALES: | | | | | | | | | |
| 9-11..... | 94 | 571 | 521 | 482 | 0 | 22 | 7 | 19 | 26 |
| 12-14..... | 140 | 521 | 474 | 420 | 1 | 20 | 6 | 27 | 41 |
| 15-18..... | 133 | 566 | 498 | 448 | 0 | 21 | 11 | 39 | 45 |
| 19-22..... | 121 | 391 | 317 | 295 | 2 | 10 | 12 | 41 | 24 |
| 23-34..... | 309 | 359 | 266 | 240 | 3 | 19 | 14 | 40 | 39 |
| 35-50..... | 203 | 237 | 172 | 152 | 3 | 14 | 14 | 46 | 37 |
| 51-64..... | 218 | 338 | 238 | 234 | 2 | 27 | 19 | 45 | 45 |
| 65-74..... | 242 | 332 | 227 | 216 | 3 | 37 | 20 | 33 | 24 |
| 75 AND OVER..... | 84 | 302 | 199 | 195 | 0 | 39 | 11 | 39 | 15 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 118 | 515 | 446 | 402 | 1 | 25 | 9 | 25 | 35 |
| 12-14..... | 130 | 415 | 363 | 331 | 0 | 20 | 6 | 25 | 42 |
| 15-18..... | 140 | 359 | 311 | 286 | 2 | 13 | 7 | 22 | 32 |
| 19-22..... | 183 | 339 | 267 | 238 | 3 | 11 | 11 | 28 | 24 |
| 23-34..... | 462 | 285 | 209 | 181 | 4 | 12 | 16 | 22 | 24 |
| 35-50..... | 340 | 211 | 143 | 130 | 4 | 18 | 12 | 33 | 29 |
| 51-64..... | 380 | 224 | 152 | 144 | 2 | 20 | 16 | 27 | 24 |
| 65-74..... | 226 | 239 | 149 | 135 | 7 | 26 | 18 | 24 | 18 |
| 75 AND OVER..... | 104 | 254 | 177 | 167 | 7 | 29 | 18 | 20 | 9 |
| ALL INDIVIDUALS... | 5/4,249 | 347 | 279 | 252 | 3 | 19 | 13 | 30 | 30 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/55 | 94.9 | 94.9 | 51.2 | 0.0 | 13.2 | 6.7 | 17.4 | 17.8 |
| 1-2..... | 4/127 | 97.2 | 97.2 | 96.5 | 1.5 | 22.1 | 27.4 | 61.8 | 55.9 |
| 3-5..... | 243 | 97.9 | 96.9 | 95.7 | .8 | 30.5 | 34.6 | 63.8 | 59.3 |
| 6-8..... | 197 | 96.4 | 96.0 | 95.5 | 1.1 | 34.9 | 23.1 | 59.9 | 66.0 |
| MALES: | | | | | | | | | |
| 9-11..... | 94 | 100.0 | 100.0 | 98.1 | .0 | 40.0 | 31.7 | 50.4 | 49.1 |
| 12-14..... | 140 | 93.3 | 93.3 | 92.8 | 1.1 | 33.2 | 27.4 | 59.3 | 52.6 |
| 15-18..... | 133 | 98.6 | 94.2 | 91.7 | .0 | 32.8 | 38.0 | 71.6 | 57.4 |
| 19-22..... | 121 | 91.0 | 81.8 | 80.1 | 1.1 | 21.1 | 42.1 | 59.5 | 34.0 |
| 23-34..... | 309 | 87.3 | 72.6 | 70.6 | 1.2 | 35.9 | 45.1 | 58.1 | 40.1 |
| 35-50..... | 203 | 76.6 | 67.3 | 63.9 | 3.8 | 18.6 | 37.1 | 67.5 | 40.2 |
| 51-64..... | 218 | 96.3 | 84.3 | 84.3 | 1.6 | 41.3 | 53.4 | 69.1 | 46.0 |
| 65-74..... | 242 | 95.5 | 83.3 | 82.1 | 1.1 | 48.6 | 47.5 | 64.4 | 39.4 |
| 75 AND OVER..... | 84 | 91.9 | 84.9 | 83.7 | .0 | 42.2 | 37.4 | 62.6 | 26.6 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 118 | 97.8 | 97.1 | 94.6 | 1.5 | 42.3 | 37.3 | 56.0 | 54.7 |
| 12-14..... | 130 | 97.4 | 91.9 | 89.1 | .0 | 31.2 | 32.7 | 50.6 | 50.2 |
| 15-18..... | 140 | 91.9 | 88.7 | 86.6 | 2.1 | 29.3 | 32.9 | 55.1 | 46.2 |
| 19-22..... | 183 | 90.1 | 83.2 | 83.2 | 3.0 | 20.4 | 45.0 | 49.5 | 34.3 |
| 23-34..... | 462 | 91.5 | 78.4 | 72.1 | 5.2 | 27.3 | 49.0 | 50.6 | 43.2 |
| 35-50..... | 340 | 89.2 | 72.9 | 68.9 | 5.2 | 32.6 | 45.2 | 68.0 | 44.7 |
| 51-64..... | 380 | 91.6 | 79.1 | 78.3 | 1.1 | 38.1 | 49.4 | 64.8 | 35.5 |
| 65-74..... | 226 | 92.4 | 76.9 | 76.6 | 3.7 | 40.7 | 53.6 | 64.5 | 35.9 |
| 75 AND OVER..... | 104 | 93.3 | 87.6 | 84.9 | 8.1 | 40.0 | 47.5 | 56.9 | 26.3 |
| ALL INDIVIDUALS... | 4/4,249 | 92.4 | 83.6 | 81.0 | 2.3 | 33.1 | 41.6 | 60.0 | 44.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/55 | 8 | 9 | 8 | 0 | (6) | 0 | 0 | 1 |
| 1-2..... | 5/127 | 31 | 28 | 26 | 0 | 1 | (6) | 1 | 4 |
| 3-5..... | 243 | 45 | 40 | 37 | 0 | 2 | 1 | 1 | 2 |
| 6-8..... | 197 | 149 | 140 | 116 | 1 | 8 | 1 | 2 | 7 |
| MALES: | | | | | | | | | |
| 9-11..... | 94 | 156 | 143 | 127 | 0 | 10 | 2 | 2 | 7 |
| 12-14..... | 140 | 139 | 134 | 98 | 0 | 5 | 1 | 1 | 6 |
| 15-18..... | 133 | 140 | 138 | 119 | 0 | 6 | 3 | 3 | 3 |
| 19-22..... | 121 | 59 | 46 | 38 | 0 | 3 | 2 | 5 | 2 |
| 23-34..... | 309 | 49 | 38 | 22 | 1 | 3 | 2 | 5 | 2 |
| 35-50..... | 203 | 28 | 25 | 17 | (6) | 1 | 1 | 5 | 2 |
| 51-64..... | 218 | 7 | 4 | 4 | 0 | 1 | (6) | 3 | 2 |
| 65-74..... | 242 | 9 | 5 | 5 | 0 | 2 | 1 | (6) | (6) |
| 75 AND OVER..... | 84 | 4 | 1 | 1 | 0 | 3 | 0 | 1 | (6) |
| FEMALES: | | | | | | | | | |
| 9-11..... | 118 | 157 | 141 | 110 | 0 | 12 | 2 | 2 | 5 |
| 12-14..... | 130 | 107 | 103 | 88 | 0 | 6 | 1 | 1 | 3 |
| 15-18..... | 140 | 78 | 73 | 62 | 0 | 4 | 1 | (6) | 7 |
| 19-22..... | 183 | 45 | 34 | 25 | 0 | 2 | 2 | 1 | 2 |
| 23-34..... | 462 | 35 | 23 | 17 | 1 | 3 | 3 | 2 | 1 |
| 35-50..... | 340 | 16 | 8 | 4 | (6) | 5 | 2 | 2 | 1 |
| 51-64..... | 380 | 14 | 7 | 7 | 0 | 2 | 1 | 1 | 3 |
| 65-74..... | 226 | 10 | 5 | 3 | 0 | 2 | 1 | 1 | 1 |
| 75 AND OVER..... | 104 | 4 | 3 | 2 | (6) | (6) | 1 | (6) | 1 |
| ALL INDIVIDUALS... | 5/4,249 | 50 | 43 | 34 | (6) | 3 | 1 | 2 | 2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/55 | 7.6 | 6.1 | 4.7 | 0.0 | 1.5 | 0.0 | 0.0 | 3.3 |
| 1-2..... | 4/127 | 19.3 | 16.1 | 14.4 | .0 | 3.9 | 3.1 | 4.1 | 6.3 |
| 3-5..... | 243 | 27.9 | 25.1 | 24.1 | .0 | 5.6 | 4.5 | 5.2 | 6.7 |
| 6-8..... | 197 | 65.7 | 63.9 | 55.1 | .7 | 19.3 | 7.2 | 5.3 | 23.5 |
| MALES: | | | | | | | | | |
| 9-11..... | 94 | 62.0 | 62.1 | 59.1 | .0 | 21.1 | 11.9 | 6.3 | 15.3 |
| 12-14..... | 140 | 60.5 | 60.8 | 51.4 | .0 | 13.7 | 5.9 | 3.7 | 14.5 |
| 15-18..... | 133 | 62.1 | 56.7 | 49.4 | .0 | 15.2 | 12.4 | 8.4 | 12.0 |
| 19-22..... | 121 | 32.8 | 20.2 | 15.9 | .0 | 7.4 | 12.4 | 8.0 | 5.4 |
| 23-34..... | 309 | 34.9 | 22.6 | 17.1 | .8 | 13.5 | 8.6 | 10.9 | 5.1 |
| 35-50..... | 203 | 18.2 | 16.2 | 13.6 | 1.3 | 3.1 | 6.1 | 10.7 | 3.6 |
| 51-64..... | 218 | 12.1 | 5.2 | 5.2 | .0 | 5.8 | 2.7 | 4.9 | 3.0 |
| 65-74..... | 242 | 18.7 | 9.5 | 9.2 | .0 | 8.4 | 3.8 | 1.4 | .8 |
| 75 AND OVER..... | 84 | 10.2 | 4.8 | 4.8 | .0 | 6.8 | .0 | 3.0 | 1.0 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 118 | 76.2 | 69.8 | 62.4 | .0 | 22.6 | 9.7 | 4.2 | 19.2 |
| 12-14..... | 130 | 52.6 | 52.8 | 45.6 | .0 | 10.6 | 8.2 | 3.5 | 9.4 |
| 15-18..... | 140 | 46.6 | 45.0 | 38.3 | .0 | 10.5 | 8.4 | 2.3 | 11.9 |
| 19-22..... | 183 | 26.8 | 19.3 | 16.4 | .0 | 5.7 | 9.7 | 3.5 | 3.5 |
| 23-34..... | 462 | 31.2 | 19.2 | 14.4 | 1.3 | 10.8 | 10.7 | 5.5 | 4.6 |
| 35-50..... | 340 | 23.4 | 9.1 | 6.4 | .3 | 12.4 | 8.8 | 5.0 | 4.0 |
| 51-64..... | 380 | 21.1 | 11.4 | 10.4 | .0 | 9.2 | 7.8 | 3.3 | 6.2 |
| 65-74..... | 226 | 19.1 | 10.4 | 9.4 | .0 | 10.4 | 6.9 | 2.4 | 3.7 |
| 75 AND OVER..... | 104 | 10.1 | 3.8 | 3.1 | .7 | 3.4 | 3.7 | 2.9 | 2.1 |
| ALL INDIVIDUALS... | 4/4,249 | 31.7 | 24.4 | 20.9 | .3 | 10.2 | 7.4 | 5.1 | 6.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/55 | 496 | 695 | 338 | 0 | 5 | 4 | 7 | 37 |
| 1-2..... | 5/127 | 468 | 438 | 419 | (6) | 5 | 5 | 20 | 22 |
| 3-5..... | 243 | 374 | 335 | 323 | (6) | 11 | 5 | 23 | 26 |
| 6-8..... | 197 | 337 | 307 | 291 | (6) | 9 | 4 | 20 | 31 |
| MALES: | | | | | | | | | |
| 9-11..... | 94 | 415 | 378 | 355 | 0 | 12 | 6 | 17 | 19 |
| 12-14..... | 140 | 382 | 339 | 322 | 1 | 14 | 5 | 25 | 35 |
| 15-18..... | 133 | 426 | 360 | 330 | 0 | 14 | 8 | 36 | 43 |
| 19-22..... | 121 | 332 | 271 | 257 | 2 | 7 | 10 | 37 | 22 |
| 23-34..... | 309 | 310 | 229 | 217 | 2 | 16 | 12 | 35 | 37 |
| 35-50..... | 203 | 209 | 147 | 136 | 3 | 14 | 12 | 41 | 35 |
| 51-64..... | 218 | 332 | 234 | 230 | 2 | 26 | 19 | 42 | 42 |
| 65-74..... | 242 | 323 | 222 | 211 | 3 | 35 | 19 | 32 | 23 |
| 75 AND OVER..... | 84 | 298 | 198 | 194 | 0 | 36 | 11 | 37 | 15 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 118 | 358 | 306 | 292 | 1 | 13 | 7 | 23 | 30 |
| 12-14..... | 130 | 308 | 260 | 242 | 0 | 15 | 5 | 24 | 40 |
| 15-18..... | 140 | 281 | 239 | 224 | 2 | 9 | 6 | 22 | 26 |
| 19-22..... | 183 | 294 | 232 | 213 | 3 | 9 | 9 | 27 | 23 |
| 23-34..... | 462 | 250 | 186 | 164 | 3 | 9 | 13 | 20 | 23 |
| 35-50..... | 340 | 195 | 136 | 126 | 4 | 13 | 11 | 31 | 28 |
| 51-64..... | 380 | 210 | 145 | 137 | 2 | 18 | 15 | 26 | 21 |
| 65-74..... | 226 | 230 | 144 | 132 | 7 | 24 | 17 | 23 | 17 |
| 75 AND OVER..... | 104 | 250 | 174 | 164 | 7 | 29 | 18 | 19 | 8 |
| ALL INDIVIDUALS... | 5/4,249 | 297 | 236 | 218 | 2 | 16 | 11 | 28 | 27 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2C-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/55 | 94.9 | 94.9 | 51.2 | 0.0 | 11.7 | 6.7 | 17.4 | 16.4 |
| 1-2..... | 4/127 | 97.2 | 97.2 | 96.5 | 1.5 | 19.8 | 25.8 | 60.4 | 52.4 |
| 3-5..... | 243 | 97.7 | 96.4 | 94.8 | .8 | 26.3 | 31.4 | 60.6 | 57.1 |
| 6-8..... | 197 | 93.8 | 93.4 | 92.9 | .4 | 19.9 | 17.1 | 56.1 | 53.5 |
| MALES: | | | | | | | | | |
| 9-11..... | 94 | 97.6 | 92.9 | 92.0 | .0 | 25.1 | 22.7 | 45.0 | 41.3 |
| 12-14..... | 140 | 89.6 | 88.0 | 87.5 | 1.1 | 20.6 | 22.0 | 56.2 | 43.8 |
| 15-18..... | 133 | 94.7 | 87.3 | 83.7 | .0 | 20.0 | 28.8 | 65.7 | 47.1 |
| 19-22..... | 121 | 88.3 | 81.0 | 79.3 | 1.1 | 16.0 | 33.1 | 57.9 | 30.0 |
| 23-34..... | 309 | 83.3 | 69.5 | 66.8 | 1.2 | 26.7 | 40.4 | 53.9 | 36.2 |
| 35-50..... | 203 | 72.2 | 60.7 | 59.0 | 2.5 | 17.5 | 32.5 | 61.8 | 38.9 |
| 51-64..... | 218 | 95.9 | 84.3 | 84.3 | 1.6 | 38.0 | 52.0 | 65.5 | 43.5 |
| 65-74..... | 242 | 94.0 | 82.4 | 81.2 | 1.1 | 44.4 | 44.8 | 62.9 | 38.6 |
| 75 AND OVER..... | 84 | 91.9 | 84.9 | 83.7 | .0 | 37.8 | 37.4 | 61.3 | 26.6 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 118 | 91.6 | 90.0 | 90.0 | 1.5 | 23.7 | 28.9 | 52.7 | 46.0 |
| 12-14..... | 130 | 93.6 | 84.3 | 80.8 | .0 | 23.0 | 25.0 | 47.7 | 44.8 |
| 15-18..... | 140 | 86.3 | 80.4 | 79.0 | 2.1 | 21.5 | 27.1 | 53.3 | 36.9 |
| 19-22..... | 183 | 87.6 | 78.6 | 78.6 | 3.0 | 15.9 | 38.6 | 47.9 | 33.3 |
| 23-34..... | 462 | 88.2 | 74.2 | 70.5 | 4.1 | 19.5 | 42.1 | 47.4 | 40.0 |
| 35-50..... | 340 | 87.9 | 71.2 | 67.8 | 4.9 | 24.0 | 41.3 | 65.4 | 43.2 |
| 51-64..... | 380 | 88.5 | 76.7 | 76.0 | 1.1 | 32.9 | 45.2 | 63.5 | 32.4 |
| 65-74..... | 226 | 92.4 | 76.9 | 76.6 | 3.7 | 34.8 | 49.9 | 62.0 | 34.2 |
| 75 AND OVER..... | 104 | 92.7 | 87.6 | 84.9 | 7.5 | 39.4 | 45.7 | 56.0 | 25.5 |
| ALL INDIVIDUALS... | 4/4,249 | 90.0 | 80.6 | 78.4 | 2.1 | 26.0 | 36.8 | 57.2 | 40.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL ( CALCIUM EQUIVALENT4/ ) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/117 | 476 | 649 | 327 | (6) | 9 | 1 | 5 | 61 |
| 1-2..... | 5/283 | 500 | 426 | 414 | 2 | 16 | 10 | 19 | 23 |
| 3-5..... | 406 | 456 | 388 | 363 | 3 | 21 | 11 | 17 | 21 |
| 6-8..... | 468 | 545 | 481 | 445 | 2 | 22 | 9 | 15 | 21 |
| MALES: | | | | | | | | | |
| 9-11..... | 200 | 520 | 458 | 415 | (6) | 27 | 7 | 19 | 31 |
| 12-14..... | 222 | 615 | 541 | 487 | 1 | 32 | 8 | 18 | 40 |
| 15-18..... | 240 | 677 | 572 | 506 | 0 | 35 | 14 | 32 | 30 |
| 19-22..... | 166 | 379 | 299 | 263 | 1 | 19 | 14 | 35 | 39 |
| 23-34..... | 695 | 391 | 268 | 243 | 4 | 23 | 20 | 35 | 30 |
| 35-50..... | 508 | 312 | 216 | 194 | 6 | 25 | 16 | 37 | 38 |
| 51-64..... | 412 | 307 | 212 | 205 | 2 | 34 | 15 | 39 | 30 |
| 65-74..... | 152 | 302 | 212 | 201 | 1 | 29 | 17 | 33 | 26 |
| 75 AND OVER..... | 47 | 428 | 319 | 306 | 0 | 43 | 20 | 28 | 38 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 225 | 514 | 440 | 402 | 3 | 27 | 10 | 14 | 22 |
| 12-14..... | 244 | 474 | 404 | 346 | 2 | 27 | 9 | 14 | 23 |
| 15-18..... | 260 | 401 | 338 | 295 | 2 | 21 | 9 | 16 | 18 |
| 19-22..... | 209 | 279 | 214 | 193 | 3 | 21 | 11 | 22 | 31 |
| 23-34..... | 1,009 | 271 | 185 | 167 | 3 | 18 | 16 | 22 | 22 |
| 35-50..... | 673 | 221 | 145 | 131 | 3 | 18 | 16 | 25 | 16 |
| 51-64..... | 521 | 241 | 159 | 146 | 6 | 20 | 20 | 25 | 21 |
| 65-74..... | 167 | 278 | 180 | 170 | 4 | 29 | 22 | 19 | 15 |
| 75 AND OVER..... | 62 | 294 | 172 | 159 | 4 | 34 | 23 | 17 | 12 |
| ALL INDIVIDUALS... | 5/7,286 | 375 | 295 | 264 | 3 | 23 | 14 | 24 | 26 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/117 | 91.9 | 91.9 | 56.6 | 1.1 | 19.7 | 5.6 | 18.0 | 19.1 |
| 1-2..... | 4/283 | 98.3 | 97.4 | 96.7 | 4.1 | 39.7 | 48.2 | 57.7 | 48.8 |
| 3-5..... | 406 | 98.4 | 97.6 | 96.0 | 3.5 | 45.3 | 46.8 | 52.8 | 60.3 |
| 6-8..... | 468 | 100.0 | 99.6 | 99.1 | 2.4 | 43.6 | 39.5 | 45.9 | 60.4 |
| MALES: | | | | | | | | | |
| 9-11..... | 200 | 99.6 | 99.6 | 98.5 | .4 | 39.3 | 31.6 | 51.6 | 58.9 |
| 12-14..... | 222 | 100.0 | 98.7 | 96.5 | 1.0 | 45.9 | 31.5 | 42.8 | 57.1 |
| 15-18..... | 240 | 96.9 | 92.4 | 90.1 | .0 | 39.9 | 40.3 | 54.4 | 42.6 |
| 19-22..... | 166 | 90.4 | 79.9 | 77.0 | 1.6 | 27.7 | 44.0 | 55.4 | 43.2 |
| 23-34..... | 695 | 92.1 | 79.4 | 76.3 | 4.3 | 36.9 | 54.3 | 53.1 | 40.9 |
| 35-50..... | 508 | 90.3 | 75.5 | 73.8 | 4.4 | 37.8 | 46.6 | 62.6 | 45.5 |
| 51-64..... | 412 | 93.5 | 79.5 | 78.6 | 1.3 | 43.3 | 42.1 | 64.1 | 42.5 |
| 65-74..... | 152 | 91.7 | 82.7 | 82.1 | 1.4 | 48.9 | 50.9 | 67.7 | 41.7 |
| 75 AND OVER..... | 47 | 98.0 | 90.3 | 84.7 | .0 | 57.6 | 54.8 | 68.1 | 53.7 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 225 | 99.7 | 99.3 | 98.2 | 2.5 | 44.1 | 39.5 | 44.9 | 55.4 |
| 12-14..... | 244 | 98.2 | 94.9 | 92.2 | 1.7 | 43.3 | 41.5 | 39.1 | 48.3 |
| 15-18..... | 260 | 94.2 | 88.5 | 86.7 | 2.1 | 32.4 | 44.0 | 44.5 | 35.2 |
| 19-22..... | 209 | 91.1 | 82.1 | 79.8 | 3.2 | 35.3 | 44.7 | 49.4 | 42.2 |
| 23-34..... | 1,009 | 90.5 | 78.8 | 76.0 | 3.9 | 35.3 | 52.1 | 51.3 | 38.1 |
| 35-50..... | 673 | 89.6 | 72.3 | 68.9 | 3.8 | 33.4 | 48.8 | 54.5 | 31.7 |
| 51-64..... | 521 | 92.9 | 77.0 | 75.8 | 5.4 | 37.6 | 51.9 | 58.8 | 35.5 |
| 65-74..... | 167 | 96.7 | 86.2 | 85.5 | 5.3 | 48.7 | 58.6 | 61.9 | 31.6 |
| 75 AND OVER..... | 62 | 96.6 | 85.6 | 80.8 | 3.7 | 58.3 | 72.4 | 58.9 | 20.6 |
| ALL INDIVIDUALS... | 4/7,286 | 94.0 | 84.9 | 82.3 | 3.1 | 38.8 | 46.4 | 53.1 | 43.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/117 | 4 | 4 | 3 | 0 | (6) | 0 | (6) | (6) |
| 1-2..... | 5/283 | 38 | 29 | 27 | (6) | 3 | 1 | 1 | 1 |
| 3-5..... | 406 | 47 | 39 | 33 | (6) | 4 | 1 | 1 | 2 |
| 6-8..... | 468 | 117 | 109 | 93 | 0 | 5 | 1 | 1 | 3 |
| MALES: | | | | | | | | | |
| 9-11..... | 200 | 124 | 119 | 96 | 0 | 4 | 1 | 1 | 4 |
| 12-14..... | 222 | 136 | 125 | 98 | 0 | 5 | 1 | 1 | 6 |
| 15-18..... | 240 | 134 | 116 | 76 | 0 | 7 | 3 | 2 | 3 |
| 19-22..... | 166 | 82 | 67 | 50 | 1 | 5 | 3 | 5 | 6 |
| 23-34..... | 695 | 60 | 39 | 31 | (6) | 5 | 3 | 5 | 3 |
| 35-50..... | 508 | 41 | 27 | 18 | 1 | 4 | 3 | 4 | 2 |
| 51-64..... | 412 | 28 | 16 | 13 | (6) | 4 | 2 | 3 | 3 |
| 65-74..... | 152 | 18 | 8 | 8 | 0 | 5 | 1 | 2 | 5 |
| 75 AND OVER..... | 47 | 9 | 5 | 3 | 0 | 3 | (6) | 3 | 2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 225 | 131 | 116 | 93 | (6) | 8 | 2 | 1 | 5 |
| 12-14..... | 244 | 118 | 104 | 75 | 0 | 8 | 2 | 1 | 3 |
| 15-18..... | 260 | 90 | 80 | 60 | (6) | 5 | 2 | 1 | 4 |
| 19-22..... | 209 | 35 | 21 | 15 | (6) | 7 | 3 | 2 | 5 |
| 23-34..... | 1,009 | 27 | 14 | 11 | (6) | 5 | 2 | 2 | 3 |
| 35-50..... | 673 | 23 | 12 | 9 | 1 | 4 | 2 | 2 | 2 |
| 51-64..... | 521 | 16 | 8 | 7 | (6) | 2 | 2 | 2 | 1 |
| 65-74..... | 167 | 15 | 6 | 6 | 0 | 4 | 3 | 1 | 1 |
| 75 AND OVER..... | 62 | 9 | 3 | 3 | 0 | 5 | 2 | 1 | 0 |
| ALL INDIVIDUALS... | 5/7,286 | 56 | 44 | 34 | (6) | 5 | 2 | 2 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/117 | 6.1 | 4.8 | 4.0 | 0.0 | 1.2 | 0.0 | 0.9 | 2.0 |
| 1-2..... | 4/283 | 32.8 | 26.2 | 25.3 | .3 | 10.1 | 6.7 | 4.2 | 6.8 |
| 3-5..... | 406 | 31.1 | 24.7 | 21.4 | .2 | 10.9 | 7.8 | 3.3 | 8.1 |
| 6-8..... | 468 | 60.4 | 55.3 | 48.6 | .0 | 14.8 | 8.8 | 3.0 | 10.9 |
| MALES: | | | | | | | | | |
| 9-11..... | 200 | 59.7 | 59.0 | 51.2 | .0 | 12.1 | 5.7 | 4.2 | 13.3 |
| 12-14..... | 222 | 60.9 | 57.1 | 49.1 | .0 | 13.3 | 9.5 | 4.0 | 13.3 |
| 15-18..... | 240 | 51.2 | 46.7 | 36.4 | .0 | 12.1 | 12.3 | 4.1 | 6.4 |
| 19-22..... | 166 | 39.0 | 33.2 | 24.1 | 1.6 | 11.6 | 14.0 | 9.8 | 8.5 |
| 23-34..... | 695 | 42.2 | 26.7 | 20.9 | .5 | 13.6 | 16.1 | 8.8 | 8.1 |
| 35-50..... | 508 | 35.8 | 24.1 | 21.8 | .6 | 11.7 | 12.2 | 8.5 | 5.6 |
| 51-64..... | 412 | 30.2 | 18.1 | 15.8 | .4 | 11.7 | 7.8 | 7.2 | 4.4 |
| 65-74..... | 152 | 19.9 | 8.8 | 8.8 | .0 | 14.2 | 5.9 | 6.8 | 8.0 |
| 75 AND OVER..... | 47 | 27.8 | 9.9 | 7.9 | .0 | 15.5 | 2.4 | 7.0 | 2.0 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 225 | 63.8 | 59.5 | 53.6 | 1.1 | 19.6 | 10.5 | 3.4 | 13.8 |
| 12-14..... | 244 | 57.1 | 52.0 | 43.4 | .0 | 18.2 | 11.7 | 2.9 | 9.2 |
| 15-18..... | 260 | 47.3 | 41.5 | 33.3 | .5 | 11.4 | 14.1 | 3.5 | 9.3 |
| 19-22..... | 209 | 33.7 | 20.3 | 16.3 | .7 | 16.3 | 16.1 | 5.2 | 8.8 |
| 23-34..... | 1,009 | 31.6 | 17.1 | 15.4 | .4 | 14.1 | 11.2 | 6.9 | 7.4 |
| 35-50..... | 673 | 28.3 | 14.8 | 12.4 | .9 | 12.6 | 10.4 | 5.0 | 4.6 |
| 51-64..... | 521 | 22.7 | 10.7 | 9.8 | .2 | 8.8 | 10.1 | 5.3 | 4.8 |
| 65-74..... | 167 | 21.1 | 8.4 | 8.4 | .0 | 11.2 | 10.7 | 3.8 | 4.7 |
| 75 AND OVER..... | 62 | 22.1 | 7.7 | 7.7 | .0 | 17.9 | 9.0 | 4.2 | .0 |
| ALL INDIVIDUALS... | 4/7,286 | 37.7 | 27.6 | 23.7 | .4 | 12.8 | 10.6 | 5.6 | 7.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL ( CALCIUM EQUIVALENT4/ ) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/117 | 472 | 645 | 324 | (6) | 8 | 1 | 5 | 61 |
| 1-2..... | 5/283 | 463 | 397 | 386 | 1 | 14 | 9 | 19 | 22 |
| 3-5..... | 406 | 409 | 349 | 330 | 3 | 17 | 10 | 16 | 19 |
| 6-8..... | 468 | 428 | 372 | 352 | 2 | 17 | 8 | 14 | 18 |
| MALES: | | | | | | | | | |
| 9-11..... | 200 | 396 | 339 | 318 | (6) | 23 | 6 | 18 | 26 |
| 12-14..... | 222 | 479 | 417 | 389 | 1 | 26 | 7 | 17 | 34 |
| 15-18..... | 240 | 543 | 456 | 430 | 0 | 28 | 11 | 30 | 27 |
| 19-22..... | 166 | 297 | 232 | 212 | 0 | 14 | 10 | 29 | 33 |
| 23-34..... | 695 | 331 | 228 | 212 | 4 | 17 | 17 | 30 | 27 |
| 35-50..... | 508 | 271 | 190 | 176 | 5 | 21 | 13 | 33 | 36 |
| 51-64..... | 412 | 279 | 196 | 192 | 2 | 30 | 12 | 36 | 27 |
| 65-74..... | 152 | 284 | 204 | 193 | 1 | 25 | 16 | 31 | 21 |
| 75 AND OVER..... | 47 | 419 | 314 | 303 | 0 | 40 | 20 | 26 | 36 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 225 | 383 | 324 | 309 | 2 | 18 | 8 | 13 | 17 |
| 12-14..... | 244 | 355 | 300 | 271 | 2 | 19 | 7 | 14 | 20 |
| 15-18..... | 260 | 311 | 257 | 234 | 2 | 16 | 6 | 15 | 14 |
| 19-22..... | 209 | 244 | 193 | 178 | 3 | 14 | 8 | 19 | 26 |
| 23-34..... | 1,009 | 244 | 171 | 156 | 3 | 13 | 14 | 19 | 19 |
| 35-50..... | 673 | 198 | 133 | 122 | 2 | 14 | 14 | 23 | 14 |
| 51-64..... | 521 | 225 | 151 | 139 | 6 | 18 | 18 | 23 | 19 |
| 65-74..... | 167 | 262 | 174 | 164 | 4 | 25 | 19 | 19 | 13 |
| 75 AND OVER..... | 62 | 285 | 168 | 156 | 4 | 30 | 21 | 17 | 12 |
| ALL INDIVIDUALS... | 5/7,286 | 319 | 251 | 230 | 3 | 18 | 12 | 22 | 23 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2D-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/117 | 91.9 | 91.9 | 56.6 | 1.1 | 19.7 | 5.6 | 18.0 | 17.9 |
| 1-2..... | 4/283 | 96.7 | 95.8 | 95.2 | 3.7 | 31.7 | 43.5 | 55.7 | 45.1 |
| 3-5..... | 406 | 97.7 | 96.8 | 95.1 | 3.3 | 37.4 | 41.1 | 50.8 | 55.4 |
| 6-8..... | 468 | 98.2 | 97.2 | 96.0 | 2.4 | 32.7 | 32.9 | 43.5 | 55.0 |
| MALES: | | | | | | | | | |
| 9-11..... | 200 | 98.1 | 95.2 | 93.2 | .4 | 32.1 | 28.3 | 48.8 | 50.2 |
| 12-14..... | 222 | 99.2 | 96.2 | 94.3 | 1.0 | 35.7 | 25.4 | 40.7 | 47.1 |
| 15-18..... | 240 | 95.6 | 90.9 | 88.7 | .0 | 34.1 | 32.0 | 51.8 | 39.0 |
| 19-22..... | 166 | 85.1 | 72.3 | 70.3 | .0 | 18.0 | 33.0 | 46.8 | 37.0 |
| 23-34..... | 695 | 88.5 | 75.3 | 73.7 | 4.1 | 26.3 | 45.9 | 46.3 | 35.9 |
| 35-50..... | 508 | 87.2 | 72.7 | 71.1 | 4.0 | 31.7 | 39.6 | 57.1 | 42.8 |
| 51-64..... | 412 | 91.6 | 77.2 | 77.2 | 1.3 | 37.5 | 36.1 | 59.3 | 39.7 |
| 65-74..... | 152 | 91.7 | 82.7 | 82.1 | 1.4 | 40.9 | 47.9 | 64.2 | 33.6 |
| 75 AND OVER..... | 47 | 98.0 | 90.3 | 84.7 | .0 | 46.2 | 54.8 | 68.1 | 53.7 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 225 | 97.2 | 95.5 | 94.3 | 1.5 | 33.4 | 33.8 | 42.8 | 47.3 |
| 12-14..... | 244 | 95.5 | 89.8 | 87.4 | 1.7 | 30.3 | 35.3 | 37.8 | 42.1 |
| 15-18..... | 260 | 90.6 | 83.7 | 81.8 | 1.6 | 24.3 | 32.5 | 42.2 | 27.4 |
| 19-22..... | 209 | 88.6 | 75.4 | 73.7 | 2.6 | 22.5 | 33.3 | 44.5 | 35.2 |
| 23-34..... | 1,009 | 87.8 | 76.0 | 73.3 | 3.6 | 26.2 | 46.4 | 46.6 | 32.6 |
| 35-50..... | 673 | 87.3 | 70.6 | 68.0 | 2.9 | 26.0 | 43.1 | 51.7 | 28.1 |
| 51-64..... | 521 | 90.8 | 75.3 | 74.6 | 5.2 | 32.1 | 45.4 | 55.4 | 32.7 |
| 65-74..... | 167 | 95.8 | 86.2 | 85.5 | 5.3 | 42.3 | 54.2 | 61.2 | 28.1 |
| 75 AND OVER..... | 62 | 96.6 | 85.6 | 80.8 | 3.7 | 55.2 | 69.0 | 54.7 | 20.6 |
| ALL INDIVIDUALS... | 4/7,286 | 91.7 | 82.2 | 79.9 | 2.8 | 30.5 | 39.9 | 49.4 | 38.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL ( CALCIUM EQUIVALENT4/ ) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/115 | 487 | 641 | 336 | 5 | 7 | 3 | 4 | 82 |
| 1-2..... | 5/271 | 485 | 411 | 390 | 6 | 17 | 10 | 20 | 18 |
| 3-5..... | 532 | 467 | 388 | 359 | 4 | 23 | 9 | 17 | 16 |
| 6-8..... | 594 | 565 | 478 | 428 | 4 | 33 | 11 | 16 | 19 |
| MALES: | | | | | | | | | |
| 9-11..... | 328 | 594 | 503 | 443 | 3 | 42 | 9 | 19 | 24 |
| 12-14..... | 437 | 666 | 565 | 492 | 3 | 43 | 12 | 20 | 25 |
| 15-18..... | 555 | 696 | 571 | 509 | 5 | 38 | 15 | 27 | 29 |
| 19-22..... | 313 | 539 | 438 | 401 | 1 | 20 | 15 | 29 | 20 |
| 23-34..... | 953 | 378 | 254 | 231 | 4 | 25 | 22 | 33 | 22 |
| 35-50..... | 1,219 | 310 | 199 | 180 | 2 | 26 | 20 | 33 | 27 |
| 51-64..... | 760 | 338 | 200 | 181 | 2 | 38 | 24 | 35 | 21 |
| 65-74..... | 115 | 350 | 223 | 200 | 6 | 44 | 29 | 31 | 22 |
| 75 AND OVER..... | 35 | 341 | 197 | 187 | 0 | 45 | 33 | 42 | 23 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 339 | 543 | 459 | 407 | 1 | 36 | 11 | 17 | 24 |
| 12-14..... | 413 | 493 | 409 | 352 | 3 | 33 | 11 | 14 | 20 |
| 15-18..... | 559 | 408 | 316 | 272 | 4 | 25 | 15 | 17 | 18 |
| 19-22..... | 367 | 274 | 195 | 156 | 9 | 18 | 18 | 22 | 19 |
| 23-34..... | 1,254 | 294 | 192 | 170 | 8 | 17 | 19 | 20 | 15 |
| 35-50..... | 1,507 | 224 | 142 | 123 | 6 | 18 | 19 | 23 | 18 |
| 51-64..... | 777 | 249 | 157 | 144 | 5 | 23 | 24 | 24 | 13 |
| 65-74..... | 117 | 262 | 162 | 148 | 6 | 24 | 17 | 24 | 8 |
| 75 AND OVER..... | 63 | 268 | 116 | 112 | 0 | 36 | 33 | 20 | 12 |
| ALL INDIVIDUALS... | 5/11,624 | 389 | 291 | 257 | 4 | 26 | 17 | 24 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/115 | 90.7 | 90.1 | 58.3 | 5.5 | 19.2 | 11.9 | 19.5 | 17.1 |
| 1-2..... | 4/271 | 99.1 | 97.6 | 96.1 | 8.9 | 43.0 | 44.6 | 58.6 | 48.0 |
| 3-5..... | 532 | 99.5 | 97.8 | 96.9 | 6.1 | 49.8 | 46.3 | 51.4 | 53.8 |
| 6-8..... | 594 | 99.3 | 98.4 | 97.5 | 5.1 | 56.0 | 48.2 | 48.2 | 57.1 |
| MALES: | | | | | | | | | |
| 9-11..... | 328 | 99.8 | 98.4 | 97.3 | 3.6 | 54.5 | 37.1 | 50.3 | 56.1 |
| 12-14..... | 437 | 98.8 | 97.6 | 95.1 | 3.6 | 54.0 | 43.0 | 43.4 | 50.3 |
| 15-18..... | 555 | 98.4 | 95.5 | 92.4 | 4.1 | 45.7 | 50.3 | 47.9 | 45.6 |
| 19-22..... | 313 | 92.8 | 87.7 | 85.6 | 1.3 | 35.2 | 47.6 | 49.8 | 35.9 |
| 23-34..... | 953 | 93.6 | 79.7 | 77.4 | 3.5 | 40.2 | 56.3 | 57.1 | 36.4 |
| 35-50..... | 1,219 | 91.1 | 75.2 | 72.6 | 1.9 | 46.7 | 52.5 | 56.8 | 39.8 |
| 51-64..... | 760 | 95.6 | 81.5 | 79.2 | 2.3 | 57.6 | 61.3 | 64.6 | 33.0 |
| 65-74..... | 115 | 98.1 | 82.4 | 82.4 | 3.9 | 60.1 | 63.0 | 65.0 | 44.8 |
| 75 AND OVER..... | 35 | 100.0 | 92.0 | 92.0 | .0 | 58.0 | 78.1 | 82.0 | 38.1 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 339 | 100.0 | 98.7 | 97.9 | 1.3 | 59.1 | 46.6 | 45.2 | 56.1 |
| 12-14..... | 413 | 98.0 | 94.8 | 91.6 | 2.9 | 49.1 | 44.4 | 39.1 | 46.7 |
| 15-18..... | 559 | 95.2 | 88.2 | 84.2 | 5.5 | 44.8 | 52.4 | 44.0 | 35.4 |
| 19-22..... | 367 | 93.3 | 77.1 | 67.5 | 6.9 | 35.9 | 50.4 | 47.1 | 38.0 |
| 23-34..... | 1,254 | 93.8 | 80.1 | 75.6 | 7.4 | 38.1 | 58.9 | 47.2 | 34.1 |
| 35-50..... | 1,507 | 92.1 | 71.3 | 66.2 | 6.1 | 40.8 | 57.7 | 53.6 | 34.3 |
| 51-64..... | 777 | 96.1 | 74.9 | 72.6 | 5.7 | 45.7 | 63.4 | 56.8 | 32.4 |
| 65-74..... | 117 | 96.6 | 86.4 | 81.5 | 9.2 | 47.6 | 57.7 | 57.8 | 29.3 |
| 75 AND OVER..... | 63 | 98.1 | 76.3 | 76.3 | .0 | 55.1 | 72.6 | 50.5 | 35.0 |
| ALL INDIVIDUALS... | 4/11,624 | 95.2 | 84.0 | 80.6 | 4.6 | 45.7 | 53.2 | 51.8 | 40.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/115 | 9 | 8 | 8 | 0 | (6) | 0 | 0 | (6) |
| 1-2..... | 5/271 | 30 | 23 | 20 | (6) | 3 | 1 | 1 | 1 |
| 3-5..... | 532 | 49 | 41 | 33 | 1 | 3 | 1 | 1 | 2 |
| 6-8..... | 594 | 115 | 102 | 77 | (6) | 7 | 2 | 1 | 3 |
| MALES: | | | | | | | | | |
| 9-11..... | 328 | 141 | 125 | 97 | 0 | 9 | 2 | 2 | 5 |
| 12-14..... | 437 | 144 | 127 | 93 | 0 | 10 | 2 | 1 | 4 |
| 15-18..... | 555 | 141 | 117 | 86 | 1 | 8 | 3 | 2 | 3 |
| 19-22..... | 313 | 102 | 84 | 65 | 0 | 4 | 3 | 2 | 3 |
| 23-34..... | 953 | 79 | 54 | 42 | (6) | 6 | 5 | 7 | 3 |
| 35-50..... | 1,219 | 48 | 30 | 24 | (6) | 5 | 4 | 8 | 4 |
| 51-64..... | 760 | 48 | 27 | 19 | (6) | 7 | 4 | 5 | 4 |
| 65-74..... | 115 | 24 | 5 | 2 | 4 | 4 | 5 | 3 | 2 |
| 75 AND OVER..... | 35 | 30 | 7 | 3 | 0 | 5 | 8 | 2 | 2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 339 | 124 | 105 | 77 | 0 | 10 | 3 | 1 | 5 |
| 12-14..... | 413 | 111 | 95 | 66 | (6) | 9 | 2 | 1 | 3 |
| 15-18..... | 559 | 90 | 69 | 48 | 1 | 8 | 3 | 2 | 2 |
| 19-22..... | 367 | 55 | 33 | 19 | 2 | 6 | 4 | 2 | 3 |
| 23-34..... | 1,254 | 39 | 22 | 16 | 1 | 5 | 3 | 3 | 2 |
| 35-50..... | 1,507 | 27 | 12 | 8 | 1 | 5 | 3 | 3 | 2 |
| 51-64..... | 777 | 24 | 13 | 10 | 1 | 5 | 2 | 2 | 1 |
| 65-74..... | 117 | 5 | 4 | 4 | 0 | 2 | (6) | 2 | 0 |
| 75 AND OVER..... | 63 | 8 | 2 | 2 | 0 | 3 | 1 | 0 | (6) |
| ALL INDIVIDUALS... | 5/11,624 | 66 | 49 | 36 | 1 | 6 | 3 | 3 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/115 | 5.6 | 5.6 | 4.8 | 0.0 | 0.6 | 0.0 | 0.0 | 0.8 |
| 1-2..... | 4/271 | 28.7 | 18.0 | 16.2 | .6 | 10.5 | 4.1 | 3.7 | 8.6 |
| 3-5..... | 532 | 41.2 | 33.2 | 26.9 | 1.0 | 11.4 | 7.4 | 3.7 | 10.5 |
| 6-8..... | 594 | 61.7 | 55.2 | 46.1 | .5 | 19.1 | 10.8 | 4.2 | 13.7 |
| MALES: | | | | | | | | | |
| 9-11..... | 328 | 67.4 | 61.5 | 54.1 | .0 | 21.2 | 11.3 | 5.3 | 16.2 |
| 12-14..... | 437 | 66.2 | 60.2 | 49.6 | .0 | 19.8 | 12.4 | 3.2 | 11.6 |
| 15-18..... | 555 | 58.0 | 48.8 | 40.3 | 1.1 | 18.1 | 14.0 | 4.2 | 6.7 |
| 19-22..... | 313 | 46.7 | 36.3 | 31.1 | .0 | 13.2 | 14.4 | 4.1 | 8.4 |
| 23-34..... | 953 | 49.8 | 35.7 | 30.2 | .9 | 18.4 | 20.9 | 16.6 | 7.9 |
| 35-50..... | 1,219 | 43.2 | 25.9 | 22.6 | .7 | 16.6 | 15.4 | 15.5 | 8.1 |
| 51-64..... | 760 | 45.1 | 24.1 | 19.7 | .3 | 21.4 | 15.3 | 11.1 | 5.1 |
| 65-74..... | 115 | 35.6 | 9.9 | 7.7 | 2.2 | 20.3 | 15.8 | 9.0 | 9.7 |
| 75 AND OVER..... | 35 | 30.2 | 7.4 | 3.1 | .0 | 12.1 | 16.7 | 7.3 | 2.8 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 339 | 64.5 | 57.4 | 48.5 | .0 | 21.7 | 16.0 | 2.7 | 14.8 |
| 12-14..... | 413 | 63.2 | 51.8 | 40.4 | .2 | 20.6 | 11.9 | 3.5 | 9.6 |
| 15-18..... | 559 | 53.9 | 41.7 | 31.4 | 1.1 | 18.7 | 16.3 | 6.5 | 7.4 |
| 19-22..... | 367 | 42.8 | 24.7 | 16.5 | 1.7 | 17.9 | 17.7 | 4.5 | 8.2 |
| 23-34..... | 1,254 | 38.8 | 23.3 | 19.3 | 1.5 | 16.2 | 15.0 | 6.6 | 5.8 |
| 35-50..... | 1,507 | 36.0 | 16.9 | 14.0 | .8 | 16.0 | 14.0 | 7.9 | 5.6 |
| 51-64..... | 777 | 34.2 | 15.4 | 12.9 | .9 | 17.9 | 12.4 | 6.0 | 4.5 |
| 65-74..... | 117 | 27.3 | 14.4 | 14.4 | .0 | 12.2 | 1.1 | 2.9 | .0 |
| 75 AND OVER..... | 63 | 14.4 | 7.4 | 7.4 | .0 | 5.1 | 4.7 | .0 | 2.8 |
| ALL INDIVIDUALS... | 4/11,624 | 45.7 | 31.7 | 26.2 | .8 | 17.2 | 13.9 | 7.7 | 7.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/115 | 478 | 632 | 328 | 5 | 7 | 3 | 4 | 82 |
| 1-2..... | 5/271 | 455 | 388 | 370 | 5 | 15 | 10 | 19 | 17 |
| 3-5..... | 532 | 418 | 348 | 326 | 4 | 19 | 9 | 16 | 14 |
| 6-8..... | 594 | 451 | 376 | 351 | 4 | 26 | 9 | 15 | 16 |
| MALES: | | | | | | | | | |
| 9-11..... | 328 | 453 | 377 | 346 | 3 | 32 | 7 | 17 | 19 |
| 12-14..... | 437 | 522 | 439 | 399 | 3 | 34 | 9 | 18 | 21 |
| 15-18..... | 555 | 554 | 454 | 423 | 4 | 30 | 12 | 25 | 27 |
| 19-22..... | 313 | 436 | 353 | 335 | 1 | 16 | 12 | 27 | 17 |
| 23-34..... | 953 | 299 | 200 | 189 | 3 | 19 | 17 | 26 | 19 |
| 35-50..... | 1,219 | 262 | 169 | 156 | 1 | 21 | 17 | 26 | 23 |
| 51-64..... | 760 | 291 | 174 | 161 | 2 | 31 | 20 | 30 | 17 |
| 65-74..... | 115 | 326 | 218 | 198 | 2 | 39 | 25 | 28 | 20 |
| 75 AND OVER..... | 35 | 312 | 190 | 184 | 0 | 40 | 25 | 40 | 21 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 339 | 419 | 355 | 331 | 1 | 26 | 7 | 16 | 19 |
| 12-14..... | 413 | 383 | 314 | 287 | 3 | 24 | 9 | 13 | 17 |
| 15-18..... | 559 | 318 | 247 | 224 | 3 | 16 | 12 | 15 | 16 |
| 19-22..... | 367 | 220 | 162 | 137 | 7 | 12 | 14 | 20 | 15 |
| 23-34..... | 1,254 | 255 | 170 | 154 | 7 | 12 | 16 | 17 | 14 |
| 35-50..... | 1,507 | 197 | 129 | 115 | 5 | 13 | 16 | 20 | 16 |
| 51-64..... | 777 | 224 | 145 | 134 | 4 | 18 | 21 | 22 | 12 |
| 65-74..... | 117 | 256 | 158 | 144 | 6 | 23 | 17 | 22 | 8 |
| 75 AND OVER..... | 63 | 259 | 113 | 110 | 0 | 33 | 32 | 20 | 12 |
| ALL INDIVIDUALS... | 5/11,624 | 323 | 242 | 221 | 4 | 20 | 14 | 21 | 18 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2E-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/115 | 90.7 | 90.1 | 58.3 | 5.5 | 19.2 | 11.9 | 19.5 | 17.1 |
| 1-2..... | 4/271 | 98.8 | 97.6 | 96.1 | 8.3 | 37.4 | 42.2 | 57.0 | 41.2 |
| 3-5..... | 532 | 98.2 | 96.5 | 95.1 | 5.3 | 42.8 | 42.6 | 49.4 | 47.7 |
| 6-8..... | 594 | 98.1 | 97.3 | 96.3 | 4.9 | 45.8 | 41.1 | 44.7 | 49.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 328 | 98.4 | 95.9 | 94.5 | 3.6 | 44.1 | 29.8 | 45.8 | 48.2 |
| 12-14..... | 437 | 97.5 | 95.4 | 93.3 | 3.6 | 41.9 | 35.0 | 41.4 | 44.3 |
| 15-18..... | 555 | 96.8 | 92.3 | 90.5 | 3.3 | 34.8 | 42.4 | 46.0 | 41.6 |
| 19-22..... | 313 | 89.2 | 84.0 | 83.7 | 1.3 | 27.2 | 38.2 | 46.2 | 29.8 |
| 23-34..... | 953 | 89.4 | 73.4 | 71.8 | 3.0 | 30.4 | 44.8 | 46.8 | 30.8 |
| 35-50..... | 1,219 | 86.8 | 71.0 | 68.7 | 1.2 | 36.4 | 44.6 | 47.0 | 34.3 |
| 51-64..... | 760 | 92.0 | 77.3 | 76.0 | 2.0 | 47.0 | 54.3 | 58.3 | 29.1 |
| 65-74..... | 115 | 98.1 | 81.4 | 81.4 | 1.7 | 50.5 | 53.2 | 60.1 | 36.5 |
| 75 AND OVER..... | 35 | 100.0 | 92.0 | 92.0 | .0 | 55.2 | 64.8 | 82.0 | 38.1 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 339 | 99.8 | 97.3 | 96.1 | 1.3 | 47.3 | 34.8 | 44.0 | 48.6 |
| 12-14..... | 413 | 96.9 | 92.8 | 89.7 | 2.7 | 36.9 | 37.1 | 36.8 | 41.0 |
| 15-18..... | 559 | 89.6 | 83.3 | 80.9 | 4.4 | 30.5 | 41.0 | 39.7 | 30.3 |
| 19-22..... | 367 | 89.0 | 71.3 | 63.0 | 5.8 | 24.9 | 39.3 | 44.3 | 32.2 |
| 23-34..... | 1,254 | 89.4 | 76.1 | 72.4 | 6.3 | 28.5 | 52.0 | 43.4 | 29.9 |
| 35-50..... | 1,507 | 89.0 | 69.0 | 64.6 | 5.5 | 30.7 | 52.0 | 49.3 | 30.0 |
| 51-64..... | 777 | 93.7 | 74.1 | 72.5 | 4.8 | 35.9 | 56.5 | 54.1 | 29.5 |
| 65-74..... | 117 | 96.6 | 86.4 | 81.5 | 9.2 | 44.2 | 56.6 | 57.8 | 29.3 |
| 75 AND OVER..... | 63 | 98.1 | 73.9 | 73.9 | .0 | 50.0 | 72.6 | 50.5 | 32.2 |
| ALL INDIVIDUALS... | 4/11,624 | 92.3 | 80.9 | 78.1 | 4.0 | 35.7 | 45.6 | 47.2 | 35.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2F-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/126 | 446 | 656 | 275 | 1 | 8 | 1 | 7 | 62 |
| 1-2..... | 5/306 | 482 | 437 | 419 | 2 | 13 | 6 | 24 | 13 |
| 3-5..... | 521 | 448 | 394 | 376 | 2 | 17 | 6 | 22 | 24 |
| 6-8..... | 482 | 504 | 443 | 411 | 3 | 20 | 8 | 19 | 24 |
| MALES: | | | | | | | | | |
| 9-11..... | 264 | 505 | 449 | 407 | 1 | 26 | 6 | 21 | 27 |
| 12-14..... | 287 | 536 | 472 | 421 | 1 | 30 | 7 | 22 | 38 |
| 15-18..... | 387 | 596 | 503 | 455 | 3 | 24 | 13 | 36 | 33 |
| 19-22..... | 318 | 457 | 367 | 332 | 4 | 16 | 13 | 41 | 30 |
| 23-34..... | 846 | 353 | 242 | 219 | 7 | 18 | 18 | 38 | 29 |
| 35-50..... | 657 | 277 | 190 | 176 | 4 | 20 | 14 | 42 | 32 |
| 51-64..... | 565 | 284 | 180 | 165 | 2 | 28 | 18 | 42 | 31 |
| 65-74..... | 300 | 288 | 187 | 182 | 2 | 29 | 18 | 42 | 25 |
| 75 AND OVER..... | 147 | 312 | 214 | 209 | 0 | 22 | 22 | 41 | 24 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 269 | 512 | 451 | 417 | 2 | 27 | 7 | 18 | 28 |
| 12-14..... | 305 | 421 | 354 | 315 | 1 | 26 | 8 | 18 | 26 |
| 15-18..... | 424 | 370 | 306 | 273 | 2 | 19 | 9 | 20 | 23 |
| 19-22..... | 408 | 281 | 192 | 170 | 6 | 18 | 16 | 26 | 28 |
| 23-34..... | 1,216 | 269 | 185 | 161 | 8 | 14 | 17 | 26 | 21 |
| 35-50..... | 1,097 | 211 | 141 | 125 | 5 | 14 | 15 | 27 | 21 |
| 51-64..... | 850 | 225 | 150 | 140 | 5 | 18 | 16 | 29 | 17 |
| 65-74..... | 446 | 250 | 174 | 164 | 6 | 18 | 20 | 24 | 15 |
| 75 AND OVER..... | 240 | 286 | 211 | 199 | 3 | 26 | 19 | 23 | 12 |
| ALL INDIVIDUALS... | 5/10,462 | 343 | 267 | 240 | 4 | 19 | 14 | 29 | 25 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2F-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/126 | 91.0 | 91.0 | 50.2 | 0.9 | 11.7 | 6.1 | 23.4 | 15.5 |
| 1-2..... | 4/306 | 99.5 | 98.2 | 96.9 | 4.5 | 34.4 | 29.7 | 65.2 | 45.8 |
| 3-5..... | 521 | 98.9 | 98.4 | 97.6 | 4.1 | 35.1 | 35.5 | 59.4 | 55.5 |
| 6-8..... | 482 | 99.5 | 99.1 | 98.5 | 2.9 | 40.3 | 35.3 | 52.5 | 55.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 264 | 99.4 | 98.9 | 98.9 | 1.0 | 36.2 | 25.4 | 54.8 | 45.9 |
| 12-14..... | 287 | 98.2 | 97.6 | 94.7 | 1.6 | 40.4 | 32.3 | 47.7 | 48.6 |
| 15-18..... | 387 | 96.9 | 93.4 | 90.1 | 3.3 | 35.1 | 42.9 | 59.6 | 44.7 |
| 19-22..... | 318 | 93.8 | 86.2 | 83.2 | 4.0 | 24.8 | 44.8 | 57.5 | 40.3 |
| 23-34..... | 846 | 89.4 | 77.1 | 74.5 | 6.4 | 35.0 | 52.1 | 58.1 | 39.9 |
| 35-50..... | 657 | 84.8 | 73.0 | 71.1 | 4.0 | 35.7 | 40.9 | 65.8 | 39.9 |
| 51-64..... | 565 | 89.5 | 75.6 | 73.5 | 2.1 | 41.2 | 51.4 | 69.9 | 36.3 |
| 65-74..... | 300 | 93.5 | 83.2 | 82.9 | 1.2 | 44.9 | 44.7 | 71.8 | 35.7 |
| 75 AND OVER..... | 147 | 94.2 | 88.9 | 86.3 | .0 | 38.0 | 47.3 | 77.3 | 37.6 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 269 | 99.3 | 98.4 | 96.5 | 3.0 | 45.2 | 36.0 | 53.0 | 50.9 |
| 12-14..... | 305 | 96.4 | 92.2 | 89.6 | 1.7 | 40.2 | 36.5 | 46.8 | 40.3 |
| 15-18..... | 424 | 94.5 | 90.2 | 87.5 | 2.4 | 28.2 | 41.4 | 50.3 | 37.0 |
| 19-22..... | 408 | 90.7 | 81.5 | 76.8 | 5.4 | 32.3 | 48.1 | 59.7 | 39.4 |
| 23-34..... | 1,216 | 91.1 | 80.2 | 76.0 | 7.4 | 32.0 | 49.7 | 56.1 | 37.7 |
| 35-50..... | 1,097 | 88.6 | 71.2 | 67.0 | 5.7 | 27.8 | 47.9 | 57.8 | 35.8 |
| 51-64..... | 850 | 90.3 | 75.0 | 72.9 | 5.4 | 35.5 | 48.4 | 62.4 | 29.3 |
| 65-74..... | 446 | 90.1 | 80.0 | 79.5 | 5.3 | 35.0 | 49.0 | 60.7 | 30.6 |
| 75 AND OVER..... | 240 | 95.8 | 87.3 | 84.2 | 3.2 | 43.3 | 46.5 | 60.4 | 26.5 |
| ALL INDIVIDUALS... | 4/10,462 | 92.5 | 83.6 | 80.6 | 4.3 | 34.7 | 43.7 | 58.7 | 39.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2F-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/126 | 4 | 4 | 3 | 0 | (6) | 0 | 0 | (6) |
| 1-2..... | 5/306 | 26 | 21 | 21 | 0 | 3 | (6) | 1 | 1 |
| 3-5..... | 521 | 40 | 35 | 30 | (6) | 3 | 1 | 2 | 2 |
| 6-8..... | 482 | 111 | 104 | 87 | (6) | 4 | 2 | 1 | 3 |
| MALES: | | | | | | | | | |
| 9-11..... | 264 | 127 | 121 | 100 | 0 | 4 | 2 | 2 | 6 |
| 12-14..... | 287 | 128 | 120 | 89 | 0 | 7 | 2 | 1 | 5 |
| 15-18..... | 387 | 112 | 97 | 68 | 1 | 5 | 3 | 2 | 4 |
| 19-22..... | 318 | 56 | 44 | 33 | 1 | 2 | 2 | 6 | 4 |
| 23-34..... | 846 | 66 | 47 | 38 | 1 | 5 | 4 | 7 | 4 |
| 35-50..... | 657 | 37 | 25 | 20 | (6) | 4 | 3 | 8 | 3 |
| 51-64..... | 565 | 29 | 18 | 14 | (6) | 4 | 2 | 4 | 5 |
| 65-74..... | 300 | 18 | 7 | 4 | 1 | 2 | 2 | 1 | (6) |
| 75 AND OVER..... | 147 | 11 | 4 | 4 | 0 | 2 | 3 | 1 | (6) |
| FEMALES: | | | | | | | | | |
| 9-11..... | 269 | 119 | 106 | 83 | (6) | 8 | 2 | 1 | 5 |
| 12-14..... | 305 | 90 | 81 | 63 | (6) | 6 | 2 | 1 | 2 |
| 15-18..... | 424 | 60 | 51 | 38 | 0 | 4 | 2 | 1 | 4 |
| 19-22..... | 408 | 43 | 20 | 13 | 1 | 6 | 3 | 2 | 3 |
| 23-34..... | 1,216 | 33 | 20 | 14 | 1 | 4 | 3 | 3 | 2 |
| 35-50..... | 1,097 | 23 | 12 | 8 | 1 | 3 | 2 | 3 | 3 |
| 51-64..... | 850 | 19 | 11 | 9 | (6) | 3 | 2 | 2 | 2 |
| 65-74..... | 446 | 9 | 4 | 3 | 0 | 2 | 1 | 1 | 1 |
| 75 AND OVER..... | 240 | 13 | 7 | 7 | (6) | 3 | 2 | 0 | 1 |
| ALL INDIVIDUALS... | 5/10,462 | 49 | 38 | 29 | (6) | 4 | 2 | 3 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2F-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/126 | 3.6 | 3.6 | 2.7 | 0.0 | 0.6 | 0.0 | 0.0 | 1.7 |
| 1-2..... | 4/306 | 24.5 | 17.8 | 17.8 | .0 | 8.9 | 3.2 | 4.5 | 6.2 |
| 3-5..... | 521 | 31.0 | 24.3 | 21.9 | .2 | 9.4 | 5.1 | 3.9 | 9.4 |
| 6-8..... | 482 | 57.7 | 54.8 | 47.3 | .6 | 10.4 | 9.4 | 4.6 | 11.0 |
| MALES: | | | | | | | | | |
| 9-11..... | 264 | 59.8 | 58.3 | 54.0 | .0 | 9.5 | 8.7 | 4.8 | 10.5 |
| 12-14..... | 287 | 60.6 | 56.5 | 48.0 | .0 | 13.7 | 9.0 | 3.4 | 10.3 |
| 15-18..... | 387 | 48.1 | 40.5 | 31.1 | 1.6 | 11.4 | 14.3 | 4.4 | 7.8 |
| 19-22..... | 318 | 35.0 | 26.9 | 20.6 | 1.5 | 8.0 | 12.3 | 10.5 | 6.6 |
| 23-34..... | 846 | 40.5 | 27.3 | 22.5 | 1.4 | 16.4 | 17.8 | 14.6 | 9.7 |
| 35-50..... | 657 | 31.8 | 21.8 | 19.7 | .7 | 10.9 | 11.7 | 14.8 | 7.4 |
| 51-64..... | 565 | 31.1 | 18.2 | 15.8 | .5 | 15.1 | 9.6 | 10.0 | 5.0 |
| 65-74..... | 300 | 22.4 | 8.4 | 6.7 | .8 | 12.0 | 6.8 | 3.8 | 1.4 |
| 75 AND OVER..... | 147 | 13.6 | 6.1 | 6.1 | .0 | 6.2 | 6.9 | 2.2 | .5 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 269 | 58.6 | 56.1 | 48.4 | .5 | 15.9 | 12.6 | 3.6 | 12.9 |
| 12-14..... | 305 | 49.2 | 44.5 | 37.2 | .3 | 13.3 | 10.2 | 2.2 | 6.4 |
| 15-18..... | 424 | 39.3 | 33.7 | 26.3 | .0 | 10.4 | 8.4 | 3.1 | 6.9 |
| 19-22..... | 408 | 33.6 | 18.9 | 14.0 | 1.0 | 14.9 | 17.6 | 4.3 | 6.6 |
| 23-34..... | 1,216 | 31.5 | 19.9 | 16.4 | 1.1 | 13.7 | 11.2 | 7.2 | 7.0 |
| 35-50..... | 1,097 | 26.8 | 13.7 | 10.4 | .9 | 9.5 | 9.8 | 6.1 | 5.6 |
| 51-64..... | 850 | 24.4 | 11.6 | 10.1 | .5 | 10.5 | 9.8 | 5.6 | 4.3 |
| 65-74..... | 446 | 17.4 | 6.4 | 6.4 | .0 | 10.0 | 5.5 | 4.5 | 3.0 |
| 75 AND OVER..... | 240 | 15.8 | 6.9 | 6.6 | .3 | 8.2 | 5.5 | .0 | 2.2 |
| ALL INDIVIDUALS... | 4/10,462 | 34.2 | 24.5 | 20.6 | .7 | 11.6 | 10.3 | 6.6 | 6.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2F-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/126 | 442 | 652 | 273 | 1 | 8 | 1 | 7 | 62 |
| 1-2..... | 5/306 | 456 | 416 | 398 | 2 | 10 | 6 | 23 | 12 |
| 3-5..... | 521 | 407 | 359 | 346 | 2 | 14 | 6 | 21 | 22 |
| 6-8..... | 482 | 393 | 339 | 324 | 2 | 16 | 7 | 17 | 21 |
| MALES: | | | | | | | | | |
| 9-11..... | 264 | 378 | 328 | 307 | 1 | 22 | 4 | 19 | 21 |
| 12-14..... | 287 | 408 | 352 | 332 | 1 | 23 | 6 | 21 | 33 |
| 15-18..... | 387 | 484 | 405 | 387 | 2 | 19 | 10 | 34 | 29 |
| 19-22..... | 318 | 402 | 323 | 299 | 3 | 14 | 11 | 35 | 26 |
| 23-34..... | 846 | 287 | 195 | 181 | 6 | 13 | 14 | 32 | 25 |
| 35-50..... | 657 | 240 | 164 | 155 | 3 | 16 | 12 | 35 | 29 |
| 51-64..... | 565 | 254 | 162 | 152 | 2 | 24 | 15 | 37 | 26 |
| 65-74..... | 300 | 270 | 180 | 178 | (6) | 26 | 17 | 40 | 25 |
| 75 AND OVER..... | 147 | 301 | 210 | 205 | 0 | 20 | 19 | 40 | 24 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 269 | 393 | 344 | 334 | 2 | 19 | 5 | 17 | 23 |
| 12-14..... | 305 | 331 | 273 | 253 | 1 | 20 | 7 | 17 | 24 |
| 15-18..... | 424 | 310 | 254 | 236 | 2 | 15 | 7 | 20 | 20 |
| 19-22..... | 408 | 238 | 172 | 158 | 5 | 12 | 13 | 25 | 26 |
| 23-34..... | 1,216 | 236 | 165 | 147 | 8 | 10 | 15 | 24 | 19 |
| 35-50..... | 1,097 | 188 | 128 | 118 | 4 | 11 | 13 | 24 | 19 |
| 51-64..... | 850 | 206 | 139 | 130 | 5 | 15 | 14 | 26 | 15 |
| 65-74..... | 446 | 241 | 170 | 161 | 6 | 16 | 19 | 23 | 14 |
| 75 AND OVER..... | 240 | 274 | 204 | 192 | 2 | 23 | 17 | 23 | 11 |
| ALL INDIVIDUALS... | 5/10,462 | 294 | 229 | 211 | 4 | 15 | 12 | 26 | 22 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2F-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING.2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/126 | 91.0 | 91.0 | 50.2 | 0.9 | 11.7 | 6.1 | 23.4 | 13.8 |
| 1-2..... | 4/306 | 98.6 | 97.9 | 96.4 | 4.5 | 27.0 | 27.7 | 62.4 | 41.6 |
| 3-5..... | 521 | 98.3 | 97.7 | 96.9 | 4.1 | 29.5 | 32.2 | 56.9 | 49.9 |
| 6-8..... | 482 | 97.4 | 96.3 | 95.6 | 2.6 | 32.8 | 27.5 | 49.3 | 49.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 264 | 98.0 | 95.2 | 95.2 | 1.0 | 30.4 | 18.6 | 50.6 | 41.4 |
| 12-14..... | 287 | 96.0 | 92.7 | 90.9 | 1.6 | 30.6 | 26.2 | 45.1 | 42.9 |
| 15-18..... | 387 | 95.0 | 89.8 | 87.7 | 2.3 | 28.2 | 32.5 | 56.8 | 39.3 |
| 19-22..... | 318 | 90.9 | 83.6 | 80.6 | 2.5 | 20.0 | 36.1 | 51.5 | 35.0 |
| 23-34..... | 846 | 86.1 | 73.0 | 71.0 | 5.5 | 23.6 | 43.6 | 49.3 | 33.4 |
| 35-50..... | 657 | 81.2 | 67.9 | 66.4 | 3.3 | 29.9 | 33.8 | 56.8 | 34.8 |
| 51-64..... | 565 | 88.0 | 72.1 | 71.1 | 1.6 | 31.9 | 44.6 | 62.8 | 32.4 |
| 65-74..... | 300 | 93.2 | 82.8 | 82.5 | .4 | 38.5 | 41.8 | 71.1 | 34.3 |
| 75 AND OVER..... | 147 | 94.2 | 88.9 | 86.3 | .0 | 34.0 | 43.7 | 76.8 | 37.1 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 269 | 98.4 | 95.6 | 94.6 | 2.5 | 34.3 | 26.5 | 50.8 | 43.9 |
| 12-14..... | 305 | 93.6 | 87.9 | 86.2 | 1.4 | 31.6 | 29.3 | 45.1 | 37.7 |
| 15-18..... | 424 | 91.9 | 86.4 | 84.4 | 2.4 | 21.7 | 35.4 | 47.9 | 31.9 |
| 19-22..... | 408 | 87.4 | 75.2 | 72.6 | 4.4 | 20.7 | 38.6 | 56.6 | 34.8 |
| 23-34..... | 1,216 | 87.6 | 76.1 | 72.5 | 6.7 | 22.3 | 44.5 | 52.1 | 32.5 |
| 35-50..... | 1,097 | 85.4 | 68.7 | 65.4 | 4.9 | 21.1 | 42.7 | 54.3 | 31.7 |
| 51-64..... | 850 | 86.7 | 72.8 | 70.8 | 4.9 | 28.7 | 42.4 | 59.3 | 26.0 |
| 65-74..... | 446 | 89.5 | 79.8 | 79.1 | 5.3 | 30.0 | 47.2 | 57.5 | 28.7 |
| 75 AND OVER..... | 240 | 95.1 | 87.0 | 83.9 | 3.0 | 39.1 | 44.3 | 60.4 | 25.3 |
| ALL INDIVIDUALS... | 4/10,462 | 90.1 | 80.6 | 78.1 | 3.8 | 27.1 | 37.7 | 54.6 | 34.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2G-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/150 | 551 | 697 | 409 | 3 | 8 | 2 | 4 | 54 |
| 1-2..... | 5/389 | 499 | 431 | 415 | 3 | 14 | 10 | 20 | 26 |
| 3-5..... | 639 | 463 | 392 | 367 | 3 | 22 | 10 | 19 | 19 |
| 6-8..... | 737 | 554 | 475 | 438 | 1 | 31 | 9 | 16 | 21 |
| MALES: | | | | | | | | | |
| 9-11..... | 346 | 586 | 500 | 450 | 2 | 42 | 8 | 19 | 24 |
| 12-14..... | 457 | 658 | 567 | 507 | 1 | 36 | 11 | 22 | 27 |
| 15-18..... | 544 | 696 | 584 | 520 | 2 | 37 | 14 | 26 | 29 |
| 19-22..... | 406 | 487 | 385 | 345 | 1 | 19 | 19 | 30 | 25 |
| 23-34..... | 1,034 | 393 | 268 | 242 | 5 | 27 | 21 | 34 | 28 |
| 35-50..... | 1,122 | 306 | 195 | 174 | 4 | 28 | 21 | 32 | 27 |
| 51-64..... | 870 | 326 | 198 | 184 | 1 | 39 | 22 | 34 | 22 |
| 65-74..... | 361 | 289 | 203 | 189 | 4 | 26 | 16 | 36 | 23 |
| 75 AND OVER..... | 134 | 353 | 238 | 229 | 0 | 42 | 16 | 38 | 25 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 402 | 532 | 456 | 408 | 2 | 30 | 11 | 17 | 24 |
| 12-14..... | 451 | 513 | 427 | 374 | 3 | 32 | 11 | 17 | 20 |
| 15-18..... | 546 | 421 | 330 | 285 | 5 | 24 | 15 | 18 | 15 |
| 19-22..... | 493 | 306 | 236 | 207 | 6 | 17 | 12 | 21 | 19 |
| 23-34..... | 1,488 | 298 | 201 | 178 | 5 | 17 | 19 | 22 | 17 |
| 35-50..... | 1,478 | 229 | 143 | 128 | 6 | 18 | 21 | 26 | 16 |
| 51-64..... | 1,043 | 242 | 154 | 141 | 6 | 24 | 20 | 23 | 18 |
| 65-74..... | 408 | 256 | 171 | 157 | 7 | 26 | 19 | 21 | 10 |
| 75 AND OVER..... | 238 | 246 | 162 | 151 | 3 | 31 | 20 | 18 | 16 |
| ALL INDIVIDUALS... | 5/13,737 | 384 | 292 | 261 | 4 | 26 | 17 | 24 | 22 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2G-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/150 | 93.4 | 93.4 | 63.0 | 3.7 | 19.5 | 10.3 | 16.4 | 16.4 |
| 1-2..... | 4/389 | 99.0 | 97.7 | 96.9 | 5.0 | 38.7 | 44.9 | 61.2 | 48.4 |
| 3-5..... | 639 | 99.1 | 97.7 | 96.9 | 3.9 | 47.3 | 46.6 | 56.1 | 57.0 |
| 6-8..... | 737 | 99.2 | 98.4 | 97.5 | 2.4 | 51.4 | 42.6 | 48.5 | 58.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 346 | 99.6 | 99.1 | 98.4 | 2.1 | 54.5 | 35.7 | 47.0 | 56.5 |
| 12-14..... | 457 | 98.4 | 96.9 | 95.3 | 2.1 | 49.8 | 39.2 | 47.2 | 50.1 |
| 15-18..... | 544 | 98.0 | 94.4 | 92.1 | 1.7 | 45.3 | 45.4 | 46.3 | 47.4 |
| 19-22..... | 406 | 92.7 | 86.3 | 83.1 | .9 | 33.6 | 48.2 | 48.5 | 39.0 |
| 23-34..... | 1,034 | 92.9 | 80.0 | 77.3 | 3.8 | 40.3 | 55.8 | 55.3 | 38.7 |
| 35-50..... | 1,122 | 90.7 | 73.7 | 71.5 | 2.4 | 42.4 | 52.7 | 56.2 | 37.0 |
| 51-64..... | 870 | 94.4 | 81.6 | 80.6 | 1.5 | 55.3 | 56.3 | 62.5 | 35.8 |
| 65-74..... | 361 | 91.3 | 79.2 | 79.0 | 2.4 | 42.7 | 44.6 | 66.3 | 32.3 |
| 75 AND OVER..... | 134 | 94.8 | 85.2 | 85.2 | .0 | 46.2 | 49.6 | 71.1 | 36.4 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 402 | 99.8 | 99.2 | 97.5 | 2.2 | 51.4 | 44.9 | 44.1 | 57.7 |
| 12-14..... | 451 | 98.1 | 95.1 | 92.8 | 2.7 | 48.3 | 45.5 | 42.5 | 46.6 |
| 15-18..... | 546 | 95.1 | 88.0 | 84.2 | 6.1 | 43.8 | 51.2 | 42.8 | 35.6 |
| 19-22..... | 493 | 93.6 | 82.8 | 78.5 | 5.7 | 33.2 | 45.9 | 44.0 | 35.7 |
| 23-34..... | 1,488 | 93.1 | 80.4 | 76.6 | 5.6 | 35.7 | 57.7 | 49.1 | 36.6 |
| 35-50..... | 1,478 | 92.2 | 73.6 | 70.7 | 6.4 | 39.5 | 57.7 | 54.9 | 33.8 |
| 51-64..... | 1,043 | 93.4 | 78.4 | 76.8 | 5.9 | 43.8 | 56.1 | 58.6 | 34.4 |
| 65-74..... | 408 | 92.8 | 81.9 | 79.3 | 6.7 | 44.7 | 52.7 | 57.2 | 23.3 |
| 75 AND OVER..... | 238 | 95.0 | 80.8 | 79.0 | 2.3 | 49.4 | 50.7 | 49.1 | 32.2 |
| ALL INDIVIDUALS... | 4/13,737 | 94.7 | 84.7 | 82.1 | 3.9 | 43.3 | 50.6 | 52.5 | 40.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 26-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/150 | 10 | 10 | 9 | 0 | (6) | 0 | (6) | (6) |
| 1-2..... | 5/389 | 29 | 23 | 20 | (6) | 1 | 1 | 1 | 1 |
| 3-5..... | 639 | 42 | 35 | 29 | (6) | 3 | 1 | 1 | 2 |
| 6-8..... | 737 | 111 | 100 | 85 | (6) | 7 | 1 | 1 | 3 |
| MALES: | | | | | | | | | |
| 9-11..... | 346 | 134 | 118 | 93 | 0 | 11 | 1 | 1 | 4 |
| 12-14..... | 457 | 143 | 128 | 98 | 0 | 9 | 2 | 1 | 3 |
| 15-18..... | 544 | 140 | 121 | 91 | 0 | 8 | 3 | 2 | 3 |
| 19-22..... | 406 | 108 | 90 | 64 | (6) | 6 | 4 | 4 | 4 |
| 23-34..... | 1,034 | 71 | 49 | 36 | (6) | 6 | 4 | 6 | 3 |
| 35-50..... | 1,122 | 43 | 27 | 19 | 1 | 5 | 4 | 5 | 3 |
| 51-64..... | 870 | 36 | 19 | 15 | (6) | 6 | 4 | 4 | 4 |
| 65-74..... | 361 | 8 | 4 | 3 | 0 | 3 | 1 | 2 | 1 |
| 75 AND OVER..... | 134 | 7 | 3 | 2 | 0 | 2 | 1 | 1 | 1 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 402 | 136 | 117 | 94 | (6) | 10 | 3 | 1 | 4 |
| 12-14..... | 451 | 118 | 103 | 76 | (6) | 10 | 2 | 1 | 3 |
| 15-18..... | 546 | 93 | 73 | 52 | 1 | 7 | 3 | 2 | 3 |
| 19-22..... | 493 | 48 | 34 | 25 | 1 | 5 | 4 | 2 | 3 |
| 23-34..... | 1,488 | 36 | 21 | 16 | 1 | 4 | 3 | 3 | 2 |
| 35-50..... | 1,478 | 26 | 12 | 9 | 1 | 5 | 3 | 3 | 2 |
| 51-64..... | 1,043 | 17 | 8 | 6 | (6) | 4 | 2 | 2 | 1 |
| 65-74..... | 408 | 10 | 4 | 4 | (6) | 3 | 2 | 1 | 1 |
| 75 AND OVER..... | 238 | 9 | 5 | 5 | 0 | 1 | 1 | 1 | 1 |
| ALL INDIVIDUALS... | 5/13,737 | 59 | 45 | 34 | (6) | 5 | 3 | 3 | 2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2G-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING.2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/150 | 7.4 | 6.9 | 6.2 | 0.0 | 0.6 | 0.0 | 0.7 | 1.2 |
| 1-2..... | 4/389 | 25.5 | 19.6 | 17.4 | .4 | 7.3 | 4.6 | 2.8 | 4.5 |
| 3-5..... | 639 | 33.1 | 27.4 | 23.2 | .7 | 9.4 | 6.4 | 3.5 | 9.3 |
| 6-8..... | 737 | 59.0 | 54.5 | 48.8 | .2 | 19.0 | 9.8 | 4.2 | 11.1 |
| MALES: | | | | | | | | | |
| 9-11..... | 346 | 65.0 | 59.4 | 50.2 | .0 | 24.3 | 9.1 | 3.8 | 12.4 |
| 12-14..... | 457 | 64.0 | 58.9 | 49.7 | .0 | 18.8 | 11.1 | 2.6 | 8.6 |
| 15-18..... | 544 | 58.9 | 52.0 | 42.8 | .0 | 16.8 | 12.6 | 3.9 | 6.3 |
| 19-22..... | 406 | 46.5 | 35.5 | 27.4 | .4 | 17.4 | 17.7 | 8.3 | 9.4 |
| 23-34..... | 1,034 | 46.0 | 31.9 | 25.6 | .7 | 16.6 | 17.4 | 12.2 | 6.3 |
| 35-50..... | 1,122 | 41.7 | 23.3 | 19.6 | 1.0 | 16.0 | 15.1 | 10.8 | 7.1 |
| 51-64..... | 870 | 39.2 | 22.3 | 19.1 | .2 | 18.3 | 11.9 | 9.0 | 5.1 |
| 65-74..... | 361 | 17.0 | 7.9 | 7.3 | .0 | 11.3 | 2.8 | 5.1 | 2.1 |
| 75 AND OVER..... | 134 | 14.9 | 7.1 | 6.4 | .0 | 5.6 | 4.3 | 2.4 | 1.4 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 402 | 66.1 | 59.1 | 51.8 | .6 | 22.4 | 13.3 | 3.4 | 11.1 |
| 12-14..... | 451 | 64.9 | 54.8 | 45.5 | .2 | 22.8 | 11.0 | 2.9 | 8.2 |
| 15-18..... | 546 | 54.2 | 42.2 | 32.1 | 1.3 | 17.5 | 16.0 | 5.7 | 8.2 |
| 19-22..... | 493 | 38.9 | 26.1 | 21.7 | .7 | 15.2 | 15.8 | 4.9 | 5.1 |
| 23-34..... | 1,488 | 35.8 | 20.3 | 17.3 | 1.1 | 14.5 | 14.7 | 7.6 | 6.1 |
| 35-50..... | 1,478 | 34.0 | 16.1 | 14.0 | .9 | 17.1 | 13.0 | 7.6 | 4.8 |
| 51-64..... | 1,043 | 27.7 | 12.6 | 11.1 | .3 | 13.8 | 9.1 | 5.3 | 3.3 |
| 65-74..... | 408 | 20.2 | 9.8 | 9.6 | .2 | 10.7 | 6.5 | 3.0 | 2.4 |
| 75 AND OVER..... | 238 | 13.9 | 6.2 | 6.2 | .0 | 7.2 | 4.2 | 2.9 | 1.9 |
| ALL INDIVIDUALS... | 4/13,737 | 41.0 | 28.8 | 24.3 | .5 | 15.7 | 11.9 | 6.4 | 6.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2G-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL ( CALCIUM EQUIVALENT4/ ) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/150 | 541 | 687 | 400 | 3 | 8 | 2 | 4 | 54 |
| 1-2..... | 5/389 | 470 | 407 | 395 | 3 | 13 | 9 | 19 | 26 |
| 3-5..... | 639 | 421 | 358 | 338 | 3 | 19 | 9 | 18 | 17 |
| 6-8..... | 737 | 443 | 375 | 354 | 1 | 24 | 8 | 15 | 18 |
| MALES: | | | | | | | | | |
| 9-11..... | 346 | 452 | 382 | 357 | 2 | 31 | 7 | 18 | 20 |
| 12-14..... | 457 | 515 | 439 | 409 | 1 | 27 | 9 | 21 | 25 |
| 15-18..... | 544 | 556 | 463 | 429 | 2 | 29 | 12 | 24 | 26 |
| 19-22..... | 406 | 379 | 295 | 281 | 1 | 13 | 15 | 26 | 21 |
| 23-34..... | 1,034 | 322 | 220 | 206 | 4 | 21 | 17 | 28 | 26 |
| 35-50..... | 1,122 | 264 | 169 | 156 | 3 | 23 | 17 | 27 | 23 |
| 51-64..... | 870 | 290 | 179 | 170 | 1 | 33 | 18 | 31 | 19 |
| 65-74..... | 361 | 280 | 199 | 186 | 4 | 23 | 16 | 34 | 22 |
| 75 AND OVER..... | 134 | 346 | 235 | 227 | 0 | 40 | 15 | 37 | 24 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 402 | 396 | 338 | 314 | 2 | 20 | 8 | 16 | 20 |
| 12-14..... | 451 | 394 | 325 | 298 | 3 | 21 | 9 | 16 | 17 |
| 15-18..... | 546 | 327 | 256 | 234 | 4 | 16 | 12 | 16 | 12 |
| 19-22..... | 493 | 258 | 202 | 182 | 6 | 12 | 8 | 20 | 16 |
| 23-34..... | 1,488 | 263 | 180 | 163 | 4 | 12 | 16 | 19 | 15 |
| 35-50..... | 1,478 | 203 | 131 | 119 | 5 | 13 | 18 | 22 | 14 |
| 51-64..... | 1,043 | 224 | 146 | 134 | 5 | 20 | 19 | 21 | 17 |
| 65-74..... | 408 | 247 | 167 | 153 | 7 | 23 | 18 | 20 | 9 |
| 75 AND OVER..... | 238 | 237 | 156 | 146 | 3 | 30 | 19 | 17 | 15 |
| ALL INDIVIDUALS... | 5/13,737 | 325 | 247 | 227 | 3 | 20 | 14 | 22 | 19 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2G-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/150 | 93.4 | 93.4 | 63.0 | 3.7 | 19.0 | 10.3 | 16.4 | 16.4 |
| 1-2..... | 4/389 | 98.8 | 97.7 | 96.9 | 4.6 | 34.9 | 42.2 | 59.8 | 46.2 |
| 3-5..... | 639 | 97.9 | 95.9 | 95.0 | 3.2 | 41.4 | 42.8 | 54.2 | 52.0 |
| 6-8..... | 737 | 98.3 | 96.6 | 95.0 | 2.3 | 41.1 | 35.7 | 45.3 | 53.9 |
| MALES: | | | | | | | | | |
| 9-11..... | 346 | 99.1 | 96.8 | 95.8 | 2.1 | 42.7 | 29.7 | 43.7 | 48.8 |
| 12-14..... | 457 | 97.7 | 95.1 | 93.3 | 2.1 | 36.8 | 32.5 | 45.9 | 45.1 |
| 15-18..... | 544 | 96.4 | 90.7 | 88.6 | 1.7 | 34.6 | 37.5 | 44.6 | 43.7 |
| 19-22..... | 406 | 85.7 | 78.6 | 77.9 | .6 | 19.8 | 36.0 | 42.5 | 32.3 |
| 23-34..... | 1,034 | 88.6 | 74.8 | 73.4 | 3.5 | 29.8 | 46.3 | 46.8 | 34.5 |
| 35-50..... | 1,122 | 86.7 | 69.6 | 68.5 | 1.5 | 33.0 | 45.2 | 48.7 | 32.2 |
| 51-64..... | 870 | 91.5 | 78.4 | 77.7 | 1.5 | 46.0 | 50.2 | 57.7 | 32.0 |
| 65-74..... | 361 | 90.1 | 77.5 | 77.3 | 2.4 | 37.4 | 42.5 | 62.7 | 30.2 |
| 75 AND OVER..... | 134 | 94.8 | 85.2 | 85.2 | .0 | 42.9 | 49.6 | 71.1 | 35.6 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 402 | 97.9 | 96.1 | 94.4 | 1.6 | 38.3 | 34.6 | 41.8 | 51.6 |
| 12-14..... | 451 | 96.2 | 92.9 | 89.7 | 2.7 | 32.6 | 38.0 | 40.5 | 41.3 |
| 15-18..... | 546 | 90.0 | 84.0 | 81.3 | 4.8 | 30.5 | 40.2 | 38.8 | 29.5 |
| 19-22..... | 493 | 90.1 | 76.9 | 73.1 | 5.0 | 23.1 | 35.2 | 40.0 | 32.3 |
| 23-34..... | 1,488 | 88.8 | 76.9 | 73.9 | 4.7 | 27.1 | 49.7 | 44.9 | 32.1 |
| 35-50..... | 1,478 | 89.2 | 71.1 | 68.7 | 5.7 | 28.7 | 52.6 | 50.7 | 30.5 |
| 51-64..... | 1,043 | 92.1 | 77.3 | 76.1 | 5.6 | 37.0 | 50.7 | 55.1 | 32.6 |
| 65-74..... | 408 | 92.1 | 81.5 | 79.0 | 6.5 | 39.3 | 48.7 | 56.0 | 21.2 |
| 75 AND OVER..... | 238 | 94.1 | 79.7 | 77.9 | 2.3 | 44.6 | 48.6 | 46.2 | 30.4 |
| ALL INDIVIDUALS... | 4/13,737 | 92.0 | 81.7 | 79.6 | 3.5 | 33.8 | 43.9 | 48.5 | 36.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2H-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL ( CALCIUM EQUIVALENT4/ ) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/145 | 479 | 650 | 331 | 1 | 7 | 3 | 5 | 62 |
| 1-2..... | 5/339 | 440 | 386 | 367 | 2 | 14 | 8 | 19 | 23 |
| 3-5..... | 558 | 433 | 369 | 340 | 2 | 19 | 10 | 18 | 23 |
| 6-8..... | 622 | 542 | 474 | 422 | 3 | 25 | 9 | 15 | 30 |
| MALES: | | | | | | | | | |
| 9-11..... | 329 | 575 | 505 | 454 | 1 | 33 | 8 | 21 | 33 |
| 12-14..... | 406 | 614 | 537 | 470 | 1 | 35 | 8 | 22 | 39 |
| 15-18..... | 462 | 617 | 513 | 461 | 1 | 38 | 13 | 32 | 35 |
| 19-22..... | 306 | 436 | 348 | 321 | 1 | 22 | 13 | 27 | 27 |
| 23-34..... | 837 | 395 | 284 | 259 | 2 | 23 | 20 | 34 | 31 |
| 35-50..... | 791 | 313 | 217 | 198 | 2 | 27 | 18 | 39 | 36 |
| 51-64..... | 726 | 316 | 227 | 217 | 1 | 27 | 17 | 38 | 31 |
| 65-74..... | 388 | 352 | 261 | 246 | 2 | 33 | 17 | 33 | 22 |
| 75 AND OVER..... | 184 | 296 | 227 | 224 | 0 | 30 | 8 | 38 | 23 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 340 | 509 | 441 | 393 | (6) | 29 | 8 | 17 | 32 |
| 12-14..... | 392 | 452 | 386 | 328 | 1 | 30 | 9 | 16 | 27 |
| 15-18..... | 503 | 411 | 347 | 303 | 2 | 22 | 9 | 16 | 26 |
| 19-22..... | 416 | 302 | 233 | 201 | 4 | 13 | 15 | 23 | 23 |
| 23-34..... | 1,175 | 263 | 184 | 165 | 2 | 16 | 16 | 22 | 22 |
| 35-50..... | 1,184 | 203 | 141 | 127 | 2 | 17 | 14 | 22 | 22 |
| 51-64..... | 1,044 | 228 | 158 | 147 | 3 | 20 | 17 | 23 | 19 |
| 65-74..... | 522 | 241 | 170 | 160 | 2 | 24 | 13 | 22 | 15 |
| 75 AND OVER..... | 273 | 288 | 217 | 200 | 2 | 25 | 14 | 23 | 14 |
| ALL INDIVIDUALS... | 5/11,943 | 362 | 288 | 258 | 2 | 23 | 14 | 25 | 26 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2H-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/145 | 93.9 | 92.9 | 51.9 | 1.8 | 19.3 | 7.5 | 16.8 | 18.6 |
| 1-2..... | 4/339 | 97.2 | 97.0 | 95.8 | 3.3 | 32.1 | 42.3 | 58.5 | 52.4 |
| 3-5..... | 558 | 98.1 | 96.1 | 94.3 | 2.4 | 38.8 | 39.3 | 51.3 | 60.6 |
| 6-8..... | 622 | 99.0 | 98.4 | 97.9 | 3.2 | 43.4 | 39.2 | 46.4 | 63.0 |
| MALES: | | | | | | | | | |
| 9-11..... | 329 | 99.8 | 98.5 | 96.7 | .8 | 45.5 | 35.2 | 50.9 | 60.7 |
| 12-14..... | 406 | 98.0 | 96.1 | 94.7 | 1.6 | 46.2 | 37.1 | 49.9 | 55.0 |
| 15-18..... | 462 | 96.2 | 92.8 | 91.7 | 1.2 | 42.4 | 41.4 | 54.9 | 46.6 |
| 19-22..... | 306 | 91.6 | 82.3 | 82.0 | 1.9 | 28.4 | 38.9 | 51.7 | 36.6 |
| 23-34..... | 837 | 92.5 | 76.6 | 74.6 | 1.8 | 39.6 | 51.5 | 56.2 | 42.8 |
| 35-50..... | 791 | 89.7 | 76.4 | 73.3 | 1.8 | 40.6 | 47.3 | 61.6 | 43.4 |
| 51-64..... | 726 | 91.5 | 77.5 | 76.5 | 1.5 | 43.5 | 47.3 | 65.2 | 42.2 |
| 65-74..... | 388 | 93.4 | 83.6 | 82.5 | 1.2 | 44.1 | 40.8 | 67.1 | 40.3 |
| 75 AND OVER..... | 184 | 90.0 | 81.3 | 80.4 | .0 | 40.2 | 28.3 | 68.3 | 28.8 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 340 | 99.0 | 97.5 | 96.1 | .6 | 45.9 | 35.1 | 44.7 | 57.4 |
| 12-14..... | 392 | 97.2 | 91.8 | 88.4 | .8 | 42.1 | 38.9 | 39.8 | 50.4 |
| 15-18..... | 503 | 94.6 | 88.8 | 85.7 | 1.7 | 37.5 | 39.9 | 42.1 | 40.7 |
| 19-22..... | 416 | 91.7 | 80.8 | 76.6 | 3.6 | 27.2 | 45.8 | 48.6 | 41.0 |
| 23-34..... | 1,175 | 90.0 | 75.4 | 70.7 | 3.4 | 33.7 | 51.6 | 51.4 | 39.2 |
| 35-50..... | 1,184 | 89.3 | 69.7 | 65.7 | 2.2 | 36.3 | 48.0 | 56.0 | 37.4 |
| 51-64..... | 1,044 | 92.2 | 77.4 | 75.8 | 2.8 | 39.8 | 51.2 | 55.6 | 37.3 |
| 65-74..... | 522 | 92.3 | 79.7 | 77.8 | 2.3 | 41.6 | 42.8 | 59.2 | 30.9 |
| 75 AND OVER..... | 273 | 95.2 | 83.8 | 82.7 | 2.3 | 42.1 | 37.6 | 62.3 | 30.3 |
| ALL INDIVIDUALS... | 4/11,943 | 93.4 | 83.1 | 80.3 | 2.1 | 39.0 | 44.0 | 54.0 | 43.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2H-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/145 | 4 | 4 | 3 | (6) | (6) | 0 | 0 | (6) |
| 1-2..... | 5/339 | 29 | 23 | 21 | (6) | 2 | 1 | 1 | 2 |
| 3-5..... | 558 | 59 | 51 | 43 | (6) | 3 | 1 | 1 | 2 |
| 6-8..... | 622 | 151 | 140 | 112 | (6) | 7 | 2 | 1 | 7 |
| MALES: | | | | | | | | | |
| 9-11..... | 329 | 153 | 141 | 119 | 0 | 9 | 1 | 2 | 9 |
| 12-14..... | 406 | 154 | 140 | 111 | (6) | 9 | 2 | 2 | 9 |
| 15-18..... | 462 | 146 | 130 | 99 | (6) | 7 | 3 | 2 | 4 |
| 19-22..... | 306 | 66 | 56 | 41 | (6) | 3 | 3 | 2 | 5 |
| 23-34..... | 837 | 68 | 47 | 35 | (6) | 5 | 3 | 5 | 3 |
| 35-50..... | 791 | 40 | 27 | 21 | (6) | 3 | 3 | 6 | 4 |
| 51-64..... | 726 | 30 | 20 | 16 | 0 | 3 | 2 | 3 | 4 |
| 65-74..... | 388 | 18 | 9 | 8 | 0 | 4 | 2 | 1 | 3 |
| 75 AND OVER..... | 184 | 14 | 10 | 9 | 0 | 4 | 0 | 2 | 4 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 340 | 147 | 133 | 106 | 0 | 8 | 2 | 1 | 7 |
| 12-14..... | 392 | 126 | 112 | 81 | (6) | 7 | 2 | 1 | 5 |
| 15-18..... | 503 | 102 | 90 | 69 | (6) | 6 | 3 | 1 | 4 |
| 19-22..... | 416 | 43 | 30 | 18 | 1 | 3 | 3 | 2 | 3 |
| 23-34..... | 1,175 | 28 | 16 | 11 | (6) | 3 | 2 | 2 | 2 |
| 35-50..... | 1,184 | 21 | 11 | 7 | (6) | 4 | 2 | 1 | 1 |
| 51-64..... | 1,044 | 15 | 8 | 7 | (6) | 2 | 1 | 1 | 1 |
| 65-74..... | 522 | 13 | 8 | 6 | 0 | 2 | 1 | (6) | 1 |
| 75 AND OVER..... | 273 | 10 | 7 | 6 | 0 | 3 | (6) | (6) | 1 |
| ALL INDIVIDUALS... | 5/11,943 | 59 | 48 | 38 | (6) | 4 | 2 | 2 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2H-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING.2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/145 | 4.1 | 3.1 | 1.9 | 0.6 | 1.6 | 0.0 | 0.0 | 0.7 |
| 1-2..... | 4/339 | 26.2 | 19.9 | 19.1 | .3 | 6.8 | 5.7 | 5.2 | 7.4 |
| 3-5..... | 558 | 38.6 | 32.7 | 27.5 | .6 | 10.2 | 7.3 | 4.6 | 8.8 |
| 6-8..... | 622 | 68.3 | 63.9 | 54.9 | .1 | 17.1 | 11.0 | 3.6 | 20.8 |
| MALES: | | | | | | | | | |
| 9-11..... | 329 | 67.1 | 64.9 | 58.5 | .0 | 17.7 | 10.0 | 6.5 | 23.7 |
| 12-14..... | 406 | 66.5 | 63.7 | 56.5 | .2 | 17.5 | 11.2 | 4.5 | 19.3 |
| 15-18..... | 462 | 55.5 | 50.8 | 43.1 | .3 | 14.6 | 12.4 | 4.7 | 10.2 |
| 19-22..... | 306 | 32.0 | 27.3 | 22.2 | .7 | 8.1 | 10.7 | 6.7 | 7.1 |
| 23-34..... | 837 | 44.5 | 29.3 | 23.8 | .2 | 14.3 | 16.2 | 13.0 | 7.8 |
| 35-50..... | 791 | 33.8 | 23.8 | 21.4 | .1 | 11.1 | 10.0 | 11.1 | 6.3 |
| 51-64..... | 726 | 23.5 | 11.7 | 9.7 | .0 | 9.6 | 8.9 | 6.3 | 5.4 |
| 65-74..... | 388 | 19.0 | 8.6 | 8.3 | .0 | 8.8 | 6.9 | 2.5 | 6.0 |
| 75 AND OVER..... | 184 | 18.5 | 10.1 | 9.2 | .0 | 9.0 | .0 | 3.7 | 4.4 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 340 | 70.8 | 66.3 | 58.3 | .0 | 21.0 | 11.1 | 4.0 | 19.6 |
| 12-14..... | 392 | 61.7 | 55.7 | 44.3 | .3 | 16.3 | 13.4 | 3.8 | 14.2 |
| 15-18..... | 503 | 53.0 | 45.8 | 38.0 | .6 | 15.2 | 14.7 | 4.8 | 10.6 |
| 19-22..... | 416 | 33.8 | 20.4 | 13.6 | .7 | 11.0 | 12.4 | 5.6 | 9.3 |
| 23-34..... | 1,175 | 30.9 | 17.4 | 14.5 | .2 | 13.1 | 11.2 | 5.4 | 6.0 |
| 35-50..... | 1,184 | 26.0 | 11.5 | 8.9 | .1 | 11.0 | 9.5 | 5.2 | 4.7 |
| 51-64..... | 1,044 | 20.4 | 9.5 | 8.5 | .3 | 9.7 | 7.7 | 3.5 | 4.9 |
| 65-74..... | 522 | 18.1 | 8.4 | 7.1 | .0 | 7.5 | 5.7 | 2.7 | 4.1 |
| 75 AND OVER..... | 273 | 13.1 | 5.4 | 4.8 | .0 | 8.4 | 2.8 | 1.8 | 1.5 |
| ALL INDIVIDUALS... | 4/11,943 | 36.9 | 27.4 | 23.2 | .2 | 12.1 | 9.9 | 5.5 | 8.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2H-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/145 | 475 | 647 | 329 | 1 | 7 | 3 | 5 | 61 |
| 1-2..... | 5/339 | 411 | 363 | 346 | 2 | 11 | 7 | 18 | 21 |
| 3-5..... | 558 | 374 | 318 | 297 | 2 | 16 | 8 | 16 | 22 |
| 6-8..... | 622 | 391 | 334 | 310 | 3 | 18 | 8 | 14 | 23 |
| MALES: | | | | | | | | | |
| 9-11..... | 329 | 422 | 364 | 336 | 1 | 24 | 7 | 19 | 24 |
| 12-14..... | 406 | 460 | 398 | 359 | 1 | 27 | 6 | 21 | 30 |
| 15-18..... | 462 | 471 | 383 | 362 | 1 | 31 | 9 | 30 | 31 |
| 19-22..... | 306 | 370 | 292 | 280 | 1 | 19 | 10 | 26 | 22 |
| 23-34..... | 837 | 328 | 237 | 224 | 2 | 19 | 16 | 29 | 27 |
| 35-50..... | 791 | 274 | 190 | 177 | 1 | 23 | 15 | 34 | 32 |
| 51-64..... | 726 | 286 | 207 | 201 | 1 | 24 | 15 | 35 | 27 |
| 65-74..... | 388 | 334 | 252 | 238 | 2 | 30 | 15 | 33 | 19 |
| 75 AND OVER..... | 184 | 281 | 217 | 214 | 0 | 26 | 8 | 36 | 18 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 340 | 361 | 308 | 287 | (6) | 21 | 6 | 15 | 25 |
| 12-14..... | 392 | 326 | 274 | 247 | 1 | 23 | 7 | 15 | 22 |
| 15-18..... | 503 | 308 | 258 | 234 | 1 | 16 | 7 | 14 | 22 |
| 19-22..... | 416 | 259 | 203 | 183 | 3 | 9 | 12 | 20 | 20 |
| 23-34..... | 1,175 | 235 | 169 | 154 | 2 | 12 | 14 | 20 | 20 |
| 35-50..... | 1,184 | 183 | 130 | 120 | 1 | 13 | 12 | 20 | 20 |
| 51-64..... | 1,044 | 213 | 150 | 141 | 2 | 18 | 16 | 22 | 18 |
| 65-74..... | 522 | 228 | 162 | 154 | 2 | 21 | 12 | 22 | 14 |
| 75 AND OVER..... | 273 | 278 | 210 | 195 | 2 | 22 | 13 | 23 | 13 |
| ALL INDIVIDUALS... | 5/11,943 | 303 | 240 | 220 | 2 | 19 | 12 | 23 | 23 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2H-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/145 | 93.9 | 92.9 | 51.9 | 1.8 | 18.7 | 7.5 | 16.8 | 18.6 |
| 1-2..... | 4/339 | 96.4 | 95.0 | 94.1 | 3.0 | 27.7 | 38.5 | 55.7 | 47.4 |
| 3-5..... | 558 | 97.2 | 94.7 | 92.6 | 1.8 | 31.6 | 34.7 | 48.8 | 56.6 |
| 6-8..... | 622 | 96.8 | 95.3 | 94.7 | 3.2 | 31.8 | 31.5 | 43.4 | 51.4 |
| MALES: | | | | | | | | | |
| 9-11..... | 329 | 97.1 | 93.9 | 92.2 | .8 | 35.7 | 28.3 | 47.5 | 47.3 |
| 12-14..... | 406 | 95.7 | 92.6 | 91.6 | 1.4 | 35.3 | 27.7 | 47.4 | 43.0 |
| 15-18..... | 462 | 93.9 | 88.7 | 87.6 | .9 | 33.4 | 32.6 | 52.0 | 39.7 |
| 19-22..... | 306 | 90.9 | 78.7 | 78.4 | 1.2 | 22.3 | 33.7 | 46.6 | 30.6 |
| 23-34..... | 837 | 88.2 | 71.8 | 69.3 | 1.7 | 30.7 | 42.3 | 48.5 | 37.4 |
| 35-50..... | 791 | 86.5 | 73.0 | 70.0 | 1.6 | 34.0 | 41.5 | 55.2 | 40.0 |
| 51-64..... | 726 | 89.2 | 76.6 | 76.0 | 1.5 | 39.5 | 42.4 | 61.7 | 38.0 |
| 65-74..... | 388 | 92.4 | 83.1 | 82.0 | 1.2 | 39.5 | 37.5 | 65.4 | 35.3 |
| 75 AND OVER..... | 184 | 90.0 | 81.3 | 80.4 | .0 | 34.8 | 28.3 | 66.9 | 27.1 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 340 | 95.8 | 92.6 | 91.5 | .6 | 34.4 | 27.4 | 42.7 | 47.3 |
| 12-14..... | 392 | 93.9 | 86.6 | 83.7 | .5 | 31.8 | 29.4 | 37.4 | 41.9 |
| 15-18..... | 503 | 89.1 | 82.2 | 80.5 | 1.4 | 26.8 | 28.3 | 39.2 | 34.5 |
| 19-22..... | 416 | 88.7 | 77.7 | 73.5 | 3.6 | 20.1 | 38.5 | 44.8 | 34.0 |
| 23-34..... | 1,175 | 87.3 | 72.5 | 68.6 | 3.2 | 25.1 | 45.7 | 47.6 | 35.0 |
| 35-50..... | 1,184 | 87.3 | 68.0 | 64.8 | 2.1 | 30.4 | 42.5 | 53.1 | 34.3 |
| 51-64..... | 1,044 | 91.1 | 76.2 | 75.2 | 2.5 | 34.7 | 47.2 | 53.8 | 34.4 |
| 65-74..... | 522 | 91.4 | 79.0 | 77.4 | 2.3 | 37.8 | 38.8 | 58.1 | 28.6 |
| 75 AND OVER..... | 273 | 95.2 | 83.8 | 82.7 | 2.3 | 38.7 | 35.4 | 61.2 | 28.8 |
| ALL INDIVIDUALS... | 4/11,943 | 91.1 | 80.4 | 78.0 | 2.0 | 31.7 | 37.9 | 50.7 | 38.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 21-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/322 | 498 | 651 | 353 | 2 | 8 | 3 | 5 | 61 |
| 1-2..... | 5/814 | 488 | 419 | 402 | 3 | 15 | 10 | 19 | 22 |
| 3-5..... | 1,327 | 469 | 396 | 370 | 3 | 22 | 10 | 18 | 19 |
| 6-8..... | 1,482 | 558 | 481 | 435 | 3 | 29 | 10 | 15 | 22 |
| MALES: | | | | | | | | | |
| 9-11..... | 750 | 592 | 510 | 455 | 1 | 39 | 8 | 18 | 25 |
| 12-14..... | 923 | 650 | 560 | 494 | 2 | 38 | 10 | 21 | 29 |
| 15-18..... | 1,115 | 703 | 586 | 523 | 3 | 39 | 15 | 27 | 28 |
| 19-22..... | 850 | 499 | 394 | 358 | 3 | 21 | 17 | 28 | 23 |
| 23-34..... | 2,393 | 398 | 272 | 247 | 4 | 25 | 21 | 33 | 27 |
| 35-50..... | 2,228 | 317 | 211 | 191 | 3 | 28 | 20 | 35 | 29 |
| 51-64..... | 1,923 | 323 | 209 | 196 | 2 | 34 | 20 | 36 | 26 |
| 65-74..... | 932 | 325 | 226 | 215 | 3 | 32 | 19 | 35 | 22 |
| 75 AND OVER..... | 399 | 328 | 229 | 224 | 0 | 33 | 16 | 36 | 21 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 795 | 543 | 464 | 415 | 2 | 32 | 10 | 15 | 22 |
| 12-14..... | 905 | 493 | 411 | 353 | 2 | 33 | 11 | 15 | 21 |
| 15-18..... | 1,164 | 423 | 341 | 295 | 3 | 24 | 13 | 15 | 17 |
| 19-22..... | 1,045 | 321 | 237 | 206 | 6 | 16 | 17 | 21 | 17 |
| 23-34..... | 3,298 | 296 | 201 | 178 | 6 | 16 | 19 | 21 | 18 |
| 35-50..... | 3,114 | 226 | 146 | 130 | 5 | 17 | 19 | 23 | 17 |
| 51-64..... | 2,542 | 243 | 160 | 147 | 5 | 22 | 20 | 23 | 17 |
| 65-74..... | 1,207 | 257 | 176 | 165 | 5 | 23 | 18 | 21 | 13 |
| 75 AND OVER..... | 688 | 278 | 199 | 185 | 3 | 29 | 19 | 20 | 13 |
| ALL INDIVIDUALS... | 5/30,215 | 380 | 290 | 260 | 4 | 25 | 17 | 24 | 22 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2I-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/322 | 92.7 | 92.3 | 57.1 | 2.9 | 20.3 | 10.3 | 17.1 | 15.9 |
| 1-2..... | 4/814 | 98.6 | 97.6 | 96.7 | 5.2 | 39.4 | 45.9 | 59.6 | 50.3 |
| 3-5..... | 1,327 | 99.3 | 97.9 | 96.7 | 4.1 | 45.3 | 46.9 | 51.3 | 58.4 |
| 6-8..... | 1,482 | 99.5 | 98.7 | 97.9 | 3.5 | 49.1 | 43.7 | 45.6 | 60.5 |
| MALES: | | | | | | | | | |
| 9-11..... | 750 | 99.7 | 98.8 | 97.9 | 1.7 | 50.5 | 35.3 | 46.9 | 55.6 |
| 12-14..... | 923 | 98.8 | 97.2 | 95.3 | 2.2 | 50.3 | 40.2 | 45.7 | 50.7 |
| 15-18..... | 1,115 | 98.3 | 95.1 | 92.6 | 2.5 | 46.5 | 45.8 | 48.3 | 45.8 |
| 19-22..... | 850 | 93.0 | 85.1 | 83.1 | 2.6 | 32.4 | 45.9 | 47.8 | 37.5 |
| 23-34..... | 2,393 | 93.0 | 78.8 | 76.5 | 4.1 | 40.6 | 56.5 | 54.4 | 40.3 |
| 35-50..... | 2,228 | 90.8 | 75.8 | 73.2 | 2.7 | 42.5 | 51.0 | 58.7 | 38.9 |
| 51-64..... | 1,923 | 93.6 | 79.6 | 78.4 | 1.8 | 50.0 | 54.8 | 64.3 | 38.2 |
| 65-74..... | 932 | 94.7 | 84.2 | 83.6 | 1.9 | 46.7 | 45.4 | 67.4 | 35.8 |
| 75 AND OVER..... | 399 | 95.5 | 87.7 | 86.4 | .0 | 43.9 | 43.5 | 70.4 | 33.3 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 795 | 99.9 | 98.8 | 96.8 | 2.0 | 51.9 | 43.0 | 43.8 | 55.6 |
| 12-14..... | 905 | 98.0 | 93.7 | 90.7 | 2.2 | 47.6 | 44.1 | 38.5 | 46.8 |
| 15-18..... | 1,164 | 95.3 | 89.2 | 86.1 | 4.0 | 40.6 | 48.1 | 41.3 | 35.8 |
| 19-22..... | 1,045 | 94.6 | 84.3 | 79.4 | 5.8 | 32.6 | 50.5 | 45.8 | 36.0 |
| 23-34..... | 3,298 | 93.2 | 80.5 | 76.3 | 6.3 | 35.8 | 57.4 | 49.5 | 37.8 |
| 35-50..... | 3,114 | 92.2 | 73.0 | 69.0 | 5.7 | 37.4 | 55.8 | 55.0 | 34.9 |
| 51-64..... | 2,542 | 93.7 | 78.3 | 76.3 | 5.3 | 42.2 | 55.0 | 56.8 | 34.0 |
| 65-74..... | 1,207 | 92.8 | 81.7 | 79.9 | 4.7 | 41.6 | 51.1 | 58.0 | 28.7 |
| 75 AND OVER..... | 688 | 96.2 | 84.1 | 82.1 | 2.8 | 47.6 | 47.5 | 56.3 | 29.7 |
| ALL INDIVIDUALS... | 4/30,215 | 94.8 | 84.6 | 81.8 | 3.9 | 42.2 | 50.2 | 52.6 | 40.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 21-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/322 | 6 | 6 | 4 | (6) | (6) | 0 | (6) | (6) |
| 1-2..... | 5/814 | 32 | 25 | 23 | (6) | 2 | 1 | 1 | 2 |
| 3-5..... | 1,327 | 47 | 39 | 33 | (6) | 3 | 1 | 1 | 2 |
| 6-8..... | 1,482 | 124 | 112 | 89 | (6) | 7 | 1 | 1 | 4 |
| MALES: | | | | | | | | | |
| 9-11..... | 750 | 142 | 128 | 102 | 0 | 10 | 1 | 2 | 6 |
| 12-14..... | 923 | 145 | 130 | 98 | (6) | 9 | 2 | 1 | 5 |
| 15-18..... | 1,115 | 143 | 124 | 90 | 1 | 8 | 3 | 2 | 3 |
| 19-22..... | 850 | 88 | 71 | 52 | 1 | 5 | 3 | 4 | 5 |
| 23-34..... | 2,393 | 72 | 49 | 38 | 1 | 6 | 4 | 6 | 3 |
| 35-50..... | 2,228 | 44 | 28 | 21 | 1 | 4 | 3 | 6 | 3 |
| 51-64..... | 1,923 | 35 | 20 | 15 | (6) | 5 | 3 | 4 | 4 |
| 65-74..... | 932 | 16 | 7 | 5 | (6) | 3 | 2 | 1 | 2 |
| 75 AND OVER..... | 399 | 12 | 6 | 5 | 0 | 3 | 1 | 1 | 2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 795 | 136 | 120 | 93 | (6) | 9 | 2 | 1 | 4 |
| 12-14..... | 905 | 115 | 99 | 70 | (6) | 9 | 2 | 1 | 3 |
| 15-18..... | 1,164 | 90 | 74 | 53 | (6) | 6 | 3 | 2 | 3 |
| 19-22..... | 1,045 | 49 | 31 | 20 | 1 | 5 | 4 | 2 | 3 |
| 23-34..... | 3,298 | 36 | 20 | 15 | 1 | 4 | 3 | 3 | 2 |
| 35-50..... | 3,114 | 25 | 12 | 8 | 1 | 4 | 3 | 3 | 2 |
| 51-64..... | 2,542 | 18 | 9 | 8 | (6) | 3 | 2 | 2 | 1 |
| 65-74..... | 1,207 | 11 | 5 | 5 | (6) | 3 | 2 | 1 | 1 |
| 75 AND OVER..... | 688 | 11 | 6 | 6 | (6) | 2 | 1 | (6) | 1 |
| ALL INDIVIDUALS... | 5/30,215 | 57 | 44 | 33 | (6) | 5 | 2 | 3 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2I-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/322 | 5.0 | 4.3 | 3.1 | 0.3 | 1.2 | 0.0 | 0.3 | 1.0 |
| 1-2..... | 4/814 | 28.6 | 21.5 | 20.1 | .3 | 8.6 | 5.7 | 4.0 | 7.0 |
| 3-5..... | 1,327 | 35.6 | 28.9 | 24.5 | .6 | 10.1 | 7.0 | 4.0 | 9.3 |
| 6-8..... | 1,482 | 62.2 | 57.1 | 48.7 | .3 | 17.4 | 10.5 | 3.6 | 14.3 |
| MALES: | | | | | | | | | |
| 9-11..... | 750 | 65.3 | 61.2 | 53.0 | .0 | 20.0 | 9.5 | 4.3 | 17.0 |
| 12-14..... | 923 | 64.5 | 59.3 | 50.4 | .1 | 19.2 | 11.9 | 3.5 | 12.2 |
| 15-18..... | 1,115 | 57.1 | 49.8 | 40.2 | .7 | 16.5 | 13.4 | 4.1 | 7.1 |
| 19-22..... | 850 | 42.1 | 32.6 | 25.9 | 1.0 | 13.4 | 14.5 | 8.0 | 8.8 |
| 23-34..... | 2,393 | 46.7 | 31.3 | 25.2 | .8 | 17.0 | 18.3 | 13.7 | 8.3 |
| 35-50..... | 2,228 | 39.3 | 24.4 | 21.3 | .8 | 14.4 | 13.4 | 12.2 | 7.4 |
| 51-64..... | 1,923 | 33.7 | 18.4 | 15.6 | .2 | 15.6 | 10.5 | 8.4 | 5.4 |
| 65-74..... | 932 | 20.5 | 8.6 | 7.7 | .3 | 11.7 | 5.9 | 4.0 | 3.8 |
| 75 AND OVER..... | 399 | 18.0 | 8.6 | 8.0 | .0 | 8.3 | 4.0 | 3.4 | 2.1 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 795 | 66.1 | 60.7 | 51.9 | .5 | 21.7 | 13.0 | 3.1 | 14.5 |
| 12-14..... | 905 | 60.8 | 52.1 | 41.4 | .4 | 19.3 | 12.4 | 2.7 | 10.2 |
| 15-18..... | 1,164 | 50.9 | 41.7 | 32.2 | .7 | 16.1 | 14.7 | 5.3 | 8.3 |
| 19-22..... | 1,045 | 40.0 | 24.1 | 18.2 | .9 | 15.4 | 16.8 | 5.0 | 8.1 |
| 23-34..... | 3,298 | 35.7 | 20.8 | 17.5 | 1.0 | 14.9 | 13.9 | 6.9 | 6.7 |
| 35-50..... | 3,114 | 31.6 | 14.4 | 11.5 | .7 | 14.5 | 12.0 | 6.5 | 5.6 |
| 51-64..... | 2,542 | 26.3 | 12.0 | 10.5 | .4 | 12.5 | 9.4 | 4.9 | 4.5 |
| 65-74..... | 1,207 | 20.2 | 8.6 | 8.1 | .1 | 10.3 | 6.6 | 3.5 | 3.5 |
| 75 AND OVER..... | 688 | 14.8 | 6.1 | 5.8 | .1 | 8.4 | 4.5 | 1.7 | 1.8 |
| ALL INDIVIDUALS... | 4/30,215 | 39.3 | 27.5 | 22.9 | .6 | 14.6 | 11.6 | 6.3 | 7.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 21-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/322 | 492 | 645 | 349 | 2 | 8 | 3 | 5 | 60 |
| 1-2..... | 5/814 | 456 | 394 | 379 | 3 | 13 | 9 | 18 | 21 |
| 3-5..... | 1,327 | 422 | 357 | 338 | 3 | 18 | 9 | 16 | 18 |
| 6-8..... | 1,482 | 435 | 369 | 346 | 2 | 22 | 9 | 14 | 18 |
| MALES: | | | | | | | | | |
| 9-11..... | 750 | 449 | 382 | 353 | 1 | 29 | 7 | 17 | 19 |
| 12-14..... | 923 | 505 | 431 | 395 | 2 | 29 | 8 | 19 | 24 |
| 15-18..... | 1,115 | 561 | 462 | 433 | 2 | 31 | 12 | 26 | 25 |
| 19-22..... | 850 | 411 | 323 | 306 | 2 | 16 | 13 | 24 | 18 |
| 23-34..... | 2,393 | 326 | 223 | 210 | 4 | 19 | 17 | 27 | 24 |
| 35-50..... | 2,228 | 273 | 183 | 170 | 3 | 23 | 17 | 29 | 26 |
| 51-64..... | 1,923 | 289 | 189 | 181 | 2 | 29 | 17 | 32 | 22 |
| 65-74..... | 932 | 309 | 220 | 210 | 2 | 28 | 17 | 34 | 20 |
| 75 AND OVER..... | 399 | 316 | 223 | 218 | 0 | 30 | 15 | 34 | 19 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 795 | 407 | 344 | 322 | 1 | 23 | 8 | 15 | 18 |
| 12-14..... | 905 | 378 | 311 | 282 | 2 | 24 | 9 | 14 | 18 |
| 15-18..... | 1,164 | 333 | 266 | 242 | 3 | 17 | 10 | 14 | 14 |
| 19-22..... | 1,045 | 272 | 206 | 186 | 6 | 11 | 13 | 19 | 14 |
| 23-34..... | 3,298 | 261 | 181 | 163 | 5 | 12 | 16 | 19 | 15 |
| 35-50..... | 3,114 | 202 | 134 | 122 | 4 | 13 | 16 | 21 | 15 |
| 51-64..... | 2,542 | 224 | 150 | 139 | 5 | 19 | 18 | 21 | 15 |
| 65-74..... | 1,207 | 246 | 171 | 161 | 4 | 20 | 17 | 20 | 12 |
| 75 AND OVER..... | 688 | 268 | 193 | 179 | 3 | 27 | 17 | 20 | 12 |
| ALL INDIVIDUALS... | 5/30,215 | 322 | 246 | 226 | 3 | 20 | 14 | 22 | 19 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA *NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78*, 48 CONTERMINOUS STATES.

TABLE 2I-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/322 | 92.7 | 92.3 | 57.1 | 2.9 | 19.8 | 10.3 | 17.1 | 15.5 |
| 1-2..... | 4/814 | 97.8 | 96.9 | 96.0 | 4.9 | 33.9 | 42.4 | 57.3 | 46.1 |
| 3-5..... | 1,327 | 98.6 | 96.8 | 95.5 | 3.7 | 39.0 | 42.7 | 49.2 | 53.1 |
| 6-8..... | 1,482 | 98.2 | 97.1 | 96.0 | 3.3 | 38.8 | 36.3 | 42.8 | 52.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 750 | 98.3 | 95.9 | 94.8 | 1.7 | 40.5 | 29.3 | 43.4 | 45.5 |
| 12-14..... | 923 | 97.5 | 94.6 | 93.1 | 2.1 | 37.7 | 32.2 | 43.6 | 43.2 |
| 15-18..... | 1,115 | 96.7 | 91.6 | 89.7 | 2.0 | 36.8 | 37.2 | 46.4 | 41.4 |
| 19-22..... | 850 | 88.3 | 80.1 | 79.1 | 1.6 | 22.5 | 36.6 | 41.9 | 30.8 |
| 23-34..... | 2,393 | 88.8 | 74.1 | 72.4 | 3.7 | 29.7 | 47.2 | 45.7 | 34.6 |
| 35-50..... | 2,228 | 86.8 | 71.6 | 69.5 | 2.0 | 34.1 | 43.9 | 50.9 | 34.2 |
| 51-64..... | 1,923 | 91.0 | 77.0 | 76.3 | 1.6 | 42.1 | 49.0 | 59.2 | 34.1 |
| 65-74..... | 932 | 93.9 | 83.4 | 82.8 | 1.6 | 40.7 | 42.3 | 65.1 | 32.5 |
| 75 AND OVER..... | 399 | 95.5 | 87.7 | 86.4 | .0 | 38.9 | 42.1 | 69.5 | 32.7 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 795 | 98.1 | 95.4 | 94.1 | 1.5 | 39.8 | 33.7 | 41.9 | 47.4 |
| 12-14..... | 905 | 95.6 | 90.7 | 87.5 | 1.9 | 35.0 | 35.9 | 36.8 | 40.2 |
| 15-18..... | 1,164 | 90.7 | 84.4 | 82.3 | 3.3 | 28.9 | 37.8 | 37.5 | 29.9 |
| 19-22..... | 1,045 | 90.6 | 79.0 | 75.0 | 5.1 | 22.1 | 40.9 | 42.2 | 30.1 |
| 23-34..... | 3,298 | 89.8 | 77.1 | 73.6 | 5.6 | 26.3 | 50.3 | 45.5 | 32.8 |
| 35-50..... | 3,114 | 89.4 | 70.8 | 67.6 | 5.1 | 28.4 | 50.4 | 51.5 | 31.0 |
| 51-64..... | 2,542 | 91.8 | 76.9 | 75.3 | 4.9 | 35.3 | 49.9 | 53.7 | 31.2 |
| 65-74..... | 1,207 | 92.1 | 81.4 | 79.7 | 4.7 | 36.3 | 47.5 | 56.2 | 26.4 |
| 75 AND OVER..... | 688 | 95.7 | 83.6 | 81.7 | 2.7 | 43.4 | 45.1 | 54.9 | 28.3 |
| ALL INDIVIDUALS... | 4/30,215 | 92.3 | 81.8 | 79.5 | 3.5 | 33.4 | 43.6 | 48.8 | 35.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2J-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/68 | 439 | 676 | 265 | 0 | 9 | (6) | 6 | 51 |
| 1-2..... | 5/158 | 359 | 345 | 328 | (6) | 7 | 2 | 26 | 16 |
| 3-5..... | 276 | 352 | 326 | 310 | (6) | 12 | 3 | 24 | 25 |
| 6-8..... | 255 | 421 | 377 | 357 | 0 | 17 | 5 | 23 | 24 |
| MALES: | | | | | | | | | |
| 9-11..... | 137 | 391 | 364 | 348 | 0 | 15 | 2 | 27 | 28 |
| 12-14..... | 173 | 395 | 367 | 334 | 0 | 17 | 2 | 24 | 40 |
| 15-18..... | 226 | 363 | 319 | 291 | 0 | 12 | 6 | 42 | 40 |
| 19-22..... | 136 | 228 | 193 | 179 | 0 | 7 | 5 | 53 | 37 |
| 23-34..... | 229 | 212 | 175 | 159 | 1 | 8 | 6 | 48 | 32 |
| 35-50..... | 254 | 161 | 109 | 102 | 2 | 12 | 7 | 47 | 37 |
| 51-64..... | 195 | 196 | 148 | 144 | 0 | 17 | 7 | 52 | 40 |
| 65-74..... | 99 | 193 | 153 | 150 | 0 | 12 | 5 | 49 | 30 |
| 75 AND OVER..... | 62 | 216 | 166 | 166 | 0 | 18 | 5 | 57 | 35 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 154 | 404 | 369 | 339 | 0 | 19 | 4 | 20 | 39 |
| 12-14..... | 172 | 340 | 299 | 274 | (6) | 17 | 5 | 21 | 30 |
| 15-18..... | 243 | 304 | 267 | 247 | 2 | 13 | 5 | 25 | 29 |
| 19-22..... | 192 | 160 | 117 | 107 | 0 | 17 | 6 | 29 | 39 |
| 23-34..... | 421 | 155 | 115 | 107 | 0 | 12 | 7 | 33 | 24 |
| 35-50..... | 493 | 146 | 106 | 100 | 0 | 12 | 6 | 31 | 23 |
| 51-64..... | 331 | 154 | 115 | 114 | (6) | 13 | 7 | 34 | 21 |
| 65-74..... | 151 | 183 | 137 | 133 | 1 | 20 | 8 | 32 | 17 |
| 75 AND OVER..... | 59 | 199 | 179 | 179 | 0 | 8 | 3 | 35 | 27 |
| ALL INDIVIDUALS... | 5/4,485 | 254 | 220 | 201 | (6) | 13 | 5 | 33 | 29 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2J-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/68 | 93.1 | 93.1 | 49.0 | 0.0 | 7.2 | 1.3 | 22.9 | 22.2 |
| 1-2..... | 4/158 | 97.8 | 96.6 | 95.0 | .6 | 19.8 | 16.6 | 67.7 | 41.6 |
| 3-5..... | 276 | 96.6 | 96.0 | 95.2 | 1.3 | 23.5 | 17.1 | 68.5 | 47.4 |
| 6-8..... | 255 | 98.9 | 98.9 | 98.6 | .0 | 32.6 | 22.0 | 57.6 | 46.2 |
| MALES: | | | | | | | | | |
| 9-11..... | 137 | 98.8 | 98.8 | 98.2 | .0 | 24.2 | 19.9 | 66.6 | 45.1 |
| 12-14..... | 173 | 95.8 | 95.0 | 93.0 | .0 | 27.6 | 17.9 | 57.4 | 49.4 |
| 15-18..... | 226 | 91.5 | 87.0 | 85.9 | .0 | 20.2 | 29.8 | 70.2 | 42.8 |
| 19-22..... | 136 | 89.7 | 81.9 | 79.3 | .0 | 13.2 | 34.1 | 76.1 | 42.0 |
| 23-34..... | 229 | 80.1 | 68.6 | 65.0 | 1.2 | 21.4 | 25.8 | 69.8 | 34.0 |
| 35-50..... | 254 | 75.1 | 62.2 | 61.3 | 1.4 | 23.6 | 23.8 | 71.0 | 40.6 |
| 51-64..... | 195 | 77.1 | 68.7 | 67.0 | .0 | 28.7 | 25.0 | 73.2 | 35.2 |
| 65-74..... | 99 | 74.4 | 61.6 | 61.6 | .0 | 20.5 | 24.6 | 69.5 | 35.7 |
| 75 AND OVER..... | 62 | 74.2 | 65.3 | 65.3 | .0 | 26.7 | 20.2 | 80.3 | 35.4 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 154 | 98.3 | 97.7 | 97.1 | .0 | 32.9 | 25.9 | 52.1 | 50.2 |
| 12-14..... | 172 | 93.1 | 89.2 | 86.5 | .8 | 27.7 | 28.1 | 53.4 | 34.1 |
| 15-18..... | 243 | 92.6 | 86.8 | 83.0 | .9 | 23.2 | 28.5 | 56.5 | 39.7 |
| 19-22..... | 192 | 79.2 | 65.6 | 63.2 | .0 | 27.7 | 28.9 | 67.0 | 39.9 |
| 23-34..... | 421 | 78.7 | 64.7 | 61.0 | .0 | 24.2 | 28.6 | 66.2 | 33.2 |
| 35-50..... | 493 | 77.8 | 61.0 | 59.1 | .0 | 23.4 | 30.9 | 57.6 | 30.8 |
| 51-64..... | 331 | 80.0 | 67.9 | 67.9 | .5 | 26.0 | 28.7 | 69.1 | 28.9 |
| 65-74..... | 151 | 86.8 | 72.3 | 71.7 | 1.1 | 34.6 | 21.7 | 67.0 | 26.4 |
| 75 AND OVER..... | 59 | 84.5 | 81.4 | 79.0 | .0 | 14.0 | 10.4 | 69.1 | 28.9 |
| ALL INDIVIDUALS... | 4/4,485 | 86.1 | 77.8 | 75.4 | .4 | 24.6 | 25.1 | 64.3 | 37.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2J-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/68 | 8 | 8 | 8 | 0 | 0 | 0 | 0 | (6) |
| 1-2..... | 5/158 | 16 | 14 | 14 | 0 | 1 | (6) | 1 | 1 |
| 3-5..... | 276 | 51 | 48 | 42 | (6) | 2 | (6) | 2 | 3 |
| 6-8..... | 255 | 126 | 126 | 115 | 0 | 5 | 1 | 2 | 5 |
| MALES: | | | | | | | | | |
| 9-11..... | 137 | 122 | 124 | 115 | 0 | 2 | 1 | 2 | 5 |
| 12-14..... | 173 | 134 | 130 | 106 | 0 | 3 | 1 | 1 | 9 |
| 15-18..... | 226 | 97 | 89 | 73 | 0 | 3 | 2 | 2 | 6 |
| 19-22..... | 136 | 31 | 29 | 23 | 0 | 2 | 1 | 4 | 2 |
| 23-34..... | 229 | 36 | 31 | 28 | 0 | 1 | 2 | 4 | 3 |
| 35-50..... | 254 | 15 | 13 | 10 | 0 | (6) | 2 | 4 | 3 |
| 51-64..... | 195 | 16 | 9 | 8 | 0 | 2 | 1 | 2 | 5 |
| 65-74..... | 99 | 8 | 7 | 7 | 0 | 0 | (6) | 1 | 0 |
| 75 AND OVER..... | 62 | 6 | 6 | 6 | 0 | 0 | 0 | 0 | 2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 154 | 132 | 120 | 97 | 0 | 7 | 1 | 2 | 8 |
| 12-14..... | 172 | 101 | 98 | 76 | 0 | 6 | 1 | 1 | 3 |
| 15-18..... | 243 | 75 | 68 | 57 | 1 | 3 | 1 | (6) | 6 |
| 19-22..... | 192 | 24 | 12 | 10 | 0 | 3 | 2 | 1 | 1 |
| 23-34..... | 421 | 14 | 9 | 6 | 0 | 3 | 1 | 2 | 2 |
| 35-50..... | 493 | 13 | 9 | 8 | 0 | 1 | 1 | 3 | (6) |
| 51-64..... | 331 | 8 | 5 | 5 | 0 | 1 | 1 | 2 | 1 |
| 65-74..... | 151 | 7 | 6 | 4 | 0 | (6) | (6) | 1 | (6) |
| 75 AND OVER..... | 59 | 12 | 11 | 11 | 0 | 1 | 0 | 0 | 3 |
| ALL INDIVIDUALS... | 5/4,485 | 47 | 42 | 36 | (6) | 2 | 1 | 2 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2J-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/68 | 5.3 | 5.3 | 5.3 | 0.0 | 0.0 | 0.0 | 0.0 | 1.1 |
| 1-2..... | 4/158 | 14.7 | 11.2 | 11.2 | .0 | 4.5 | .5 | 5.8 | 2.4 |
| 3-5..... | 276 | 30.2 | 26.9 | 24.4 | .5 | 6.4 | 3.2 | 5.0 | 9.8 |
| 6-8..... | 255 | 60.4 | 61.6 | 58.2 | .0 | 10.5 | 9.4 | 7.7 | 12.5 |
| MALES: | | | | | | | | | |
| 9-11..... | 137 | 58.1 | 59.0 | 58.3 | .0 | 6.0 | 8.0 | 8.3 | 9.9 |
| 12-14..... | 173 | 61.6 | 61.0 | 55.1 | .0 | 7.3 | 5.2 | 4.0 | 16.9 |
| 15-18..... | 226 | 43.7 | 41.6 | 36.1 | .0 | 6.6 | 10.9 | 5.9 | 12.0 |
| 19-22..... | 136 | 20.4 | 17.8 | 13.5 | .0 | 5.2 | 8.7 | 11.4 | 4.3 |
| 23-34..... | 229 | 21.2 | 15.4 | 13.9 | .0 | 7.0 | 9.2 | 8.2 | 3.6 |
| 35-50..... | 254 | 16.5 | 12.3 | 10.8 | .0 | 4.0 | 8.3 | 11.1 | 2.9 |
| 51-64..... | 195 | 15.0 | 8.9 | 8.1 | .0 | 7.4 | 9.7 | 6.7 | 4.0 |
| 65-74..... | 99 | 9.2 | 6.9 | 6.9 | .0 | .0 | 2.3 | 1.9 | .0 |
| 75 AND OVER..... | 62 | 3.9 | 3.9 | 3.9 | .0 | .0 | .0 | .0 | 3.9 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 154 | 65.2 | 61.0 | 56.0 | .0 | 15.2 | 10.9 | 5.5 | 13.2 |
| 12-14..... | 172 | 52.8 | 49.4 | 44.6 | .0 | 10.9 | 8.1 | 3.6 | 5.9 |
| 15-18..... | 243 | 44.5 | 38.1 | 33.0 | .6 | 8.3 | 7.8 | 1.1 | 10.1 |
| 19-22..... | 192 | 15.6 | 12.9 | 10.7 | .0 | 6.6 | 9.2 | 4.6 | .8 |
| 23-34..... | 421 | 18.5 | 10.1 | 7.0 | .0 | 8.9 | 5.0 | 7.1 | 5.2 |
| 35-50..... | 493 | 16.1 | 9.6 | 8.3 | .0 | 3.8 | 4.9 | 6.2 | .7 |
| 51-64..... | 331 | 10.5 | 5.8 | 5.8 | .0 | 4.6 | 4.8 | 4.0 | 1.3 |
| 65-74..... | 151 | 7.3 | 5.4 | 4.5 | .0 | 1.9 | 1.2 | 2.8 | 1.2 |
| 75 AND OVER..... | 59 | 8.5 | 6.5 | 6.5 | .0 | 3.8 | .0 | .0 | 2.2 |
| ALL INDIVIDUALS... | 4/4,485 | 27.8 | 23.8 | 21.4 | .1 | 6.4 | 6.3 | 5.7 | 5.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2J-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/68 | 431 | 668 | 257 | 0 | 9 | (6) | 6 | 51 |
| 1-2..... | 5/158 | 343 | 330 | 313 | (6) | 6 | 2 | 24 | 16 |
| 3-5..... | 276 | 301 | 277 | 268 | (6) | 9 | 2 | 22 | 22 |
| 6-8..... | 255 | 294 | 251 | 242 | 0 | 12 | 3 | 21 | 20 |
| MALES: | | | | | | | | | |
| 9-11..... | 137 | 269 | 239 | 234 | 0 | 13 | 2 | 25 | 22 |
| 12-14..... | 173 | 261 | 237 | 228 | 0 | 14 | 2 | 23 | 31 |
| 15-18..... | 226 | 266 | 231 | 219 | 0 | 9 | 4 | 40 | 34 |
| 19-22..... | 136 | 198 | 164 | 156 | 0 | 4 | 4 | 49 | 35 |
| 23-34..... | 229 | 176 | 144 | 131 | 1 | 7 | 4 | 44 | 29 |
| 35-50..... | 254 | 147 | 96 | 93 | 2 | 11 | 4 | 43 | 34 |
| 51-64..... | 195 | 180 | 138 | 135 | 0 | 14 | 5 | 50 | 35 |
| 65-74..... | 99 | 185 | 146 | 144 | 0 | 12 | 5 | 48 | 30 |
| 75 AND OVER..... | 62 | 209 | 160 | 159 | 0 | 18 | 5 | 57 | 33 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 154 | 273 | 249 | 242 | 0 | 12 | 3 | 18 | 31 |
| 12-14..... | 172 | 239 | 201 | 197 | (6) | 11 | 4 | 20 | 27 |
| 15-18..... | 243 | 229 | 200 | 190 | 1 | 9 | 3 | 25 | 23 |
| 19-22..... | 192 | 137 | 105 | 97 | 0 | 13 | 3 | 28 | 39 |
| 23-34..... | 421 | 141 | 107 | 101 | 0 | 9 | 6 | 30 | 22 |
| 35-50..... | 493 | 133 | 97 | 92 | 0 | 12 | 5 | 28 | 23 |
| 51-64..... | 331 | 146 | 110 | 108 | (6) | 12 | 6 | 32 | 20 |
| 65-74..... | 151 | 176 | 131 | 129 | 1 | 19 | 8 | 31 | 17 |
| 75 AND OVER..... | 59 | 187 | 167 | 167 | 0 | 7 | 3 | 35 | 24 |
| ALL INDIVIDUALS... | 5/4,485 | 207 | 177 | 165 | (6) | 11 | 4 | 31 | 26 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2J-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/68 | 93.1 | 93.1 | 49.0 | 0.0 | 7.2 | 1.3 | 22.9 | 21.0 |
| 1-2..... | 4/158 | 97.8 | 95.7 | 94.0 | .6 | 15.9 | 16.1 | 65.8 | 40.0 |
| 3-5..... | 276 | 94.1 | 92.8 | 92.1 | .8 | 18.7 | 14.2 | 64.7 | 42.7 |
| 6-8..... | 255 | 94.2 | 90.1 | 88.8 | .0 | 23.6 | 14.1 | 52.5 | 38.8 |
| MALES: | | | | | | | | | |
| 9-11..... | 137 | 96.5 | 91.1 | 90.5 | .0 | 19.1 | 11.9 | 61.5 | 41.6 |
| 12-14..... | 173 | 91.6 | 89.1 | 87.7 | .0 | 21.8 | 12.7 | 54.6 | 38.5 |
| 15-18..... | 226 | 87.4 | 81.2 | 79.6 | .0 | 13.7 | 20.1 | 65.1 | 33.5 |
| 19-22..... | 136 | 89.7 | 78.7 | 76.1 | .0 | 8.9 | 28.5 | 70.6 | 37.7 |
| 23-34..... | 229 | 76.1 | 61.9 | 58.5 | 1.2 | 17.3 | 18.5 | 65.4 | 30.9 |
| 35-50..... | 254 | 73.4 | 57.1 | 57.1 | 1.4 | 20.0 | 16.8 | 64.0 | 38.0 |
| 51-64..... | 195 | 77.1 | 66.7 | 65.8 | .0 | 22.7 | 17.9 | 70.1 | 31.2 |
| 65-74..... | 99 | 72.8 | 60.0 | 60.0 | .0 | 20.5 | 23.8 | 69.5 | 35.7 |
| 75 AND OVER..... | 62 | 74.2 | 65.3 | 65.3 | .0 | 26.7 | 20.2 | 80.3 | 31.5 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 154 | 93.7 | 92.1 | 90.4 | .0 | 21.9 | 16.9 | 49.0 | 42.8 |
| 12-14..... | 172 | 88.4 | 81.0 | 79.8 | .8 | 20.6 | 21.4 | 50.2 | 32.3 |
| 15-18..... | 243 | 87.3 | 81.3 | 78.6 | .9 | 17.9 | 20.9 | 56.0 | 33.1 |
| 19-22..... | 192 | 78.4 | 58.9 | 57.5 | .0 | 22.9 | 21.2 | 63.1 | 39.9 |
| 23-34..... | 421 | 74.2 | 60.4 | 58.4 | .0 | 17.9 | 24.7 | 61.7 | 29.5 |
| 35-50..... | 493 | 74.5 | 58.4 | 56.9 | .0 | 20.6 | 26.6 | 53.7 | 30.1 |
| 51-64..... | 331 | 78.1 | 66.0 | 66.0 | .5 | 24.1 | 23.9 | 67.7 | 28.4 |
| 65-74..... | 151 | 85.7 | 71.2 | 70.5 | 1.1 | 34.1 | 20.6 | 64.7 | 25.2 |
| 75 AND OVER..... | 59 | 84.5 | 81.4 | 79.0 | .0 | 10.3 | 10.4 | 69.1 | 26.7 |
| ALL INDIVIDUALS... | 4/4,485 | 83.3 | 73.5 | 71.5 | .4 | 19.9 | 19.8 | 60.8 | 34.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 2K-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/75 | 478 | 590 | 354 | 0 | 7 | 1 | 5 | 63 |
| 1-2..... | 5/246 | 479 | 403 | 395 | 2 | 14 | 10 | 22 | 22 |
| 3-5..... | 404 | 425 | 355 | 336 | 2 | 21 | 10 | 20 | 21 |
| 6-8..... | 428 | 504 | 431 | 396 | 1 | 26 | 10 | 19 | 25 |
| MALES: | | | | | | | | | |
| 9-11..... | 196 | 492 | 422 | 389 | 1 | 35 | 6 | 23 | 24 |
| 12-14..... | 296 | 590 | 506 | 460 | 1 | 36 | 11 | 23 | 32 |
| 15-18..... | 365 | 641 | 533 | 481 | 4 | 37 | 14 | 31 | 32 |
| 19-22..... | 256 | 469 | 372 | 328 | 2 | 20 | 16 | 34 | 28 |
| 23-34..... | 708 | 354 | 241 | 214 | 6 | 24 | 20 | 33 | 30 |
| 35-50..... | 714 | 304 | 204 | 187 | 2 | 28 | 18 | 39 | 33 |
| 51-64..... | 579 | 279 | 181 | 170 | 1 | 31 | 18 | 38 | 31 |
| 65-74..... | 270 | 319 | 220 | 206 | (6) | 34 | 15 | 39 | 24 |
| 75 AND OVER..... | 114 | 305 | 198 | 189 | 0 | 30 | 20 | 40 | 23 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 222 | 480 | 403 | 366 | 1 | 35 | 9 | 17 | 33 |
| 12-14..... | 295 | 455 | 330 | 335 | 2 | 30 | 10 | 17 | 24 |
| 15-18..... | 374 | 404 | 321 | 281 | 4 | 27 | 11 | 19 | 22 |
| 19-22..... | 300 | 318 | 227 | 206 | 6 | 19 | 19 | 25 | 16 |
| 23-34..... | 865 | 280 | 192 | 169 | 9 | 17 | 18 | 22 | 19 |
| 35-50..... | 838 | 205 | 131 | 117 | 5 | 19 | 16 | 23 | 19 |
| 51-64..... | 715 | 220 | 144 | 134 | 4 | 21 | 20 | 26 | 19 |
| 65-74..... | 346 | 258 | 176 | 166 | 5 | 24 | 15 | 23 | 15 |
| 75 AND OVER..... | 173 | 269 | 197 | 188 | 4 | 27 | 18 | 20 | 8 |
| ALL INDIVIDUALS... | 5/8,780 | 354 | 269 | 244 | 4 | 25 | 15 | 27 | 24 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2K-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/75 | 91.9 | 91.9 | 61.0 | 0.0 | 16.9 | 6.1 | 20.7 | 15.9 |
| 1-2..... | 4/246 | 99.3 | 99.3 | 98.9 | 3.8 | 40.3 | 46.2 | 59.9 | 46.5 |
| 3-5..... | 404 | 98.2 | 96.5 | 95.2 | 2.3 | 44.9 | 45.0 | 56.6 | 56.8 |
| 6-8..... | 428 | 97.8 | 97.4 | 95.9 | 1.6 | 49.1 | 38.4 | 53.9 | 61.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 196 | 98.4 | 97.7 | 95.8 | 1.5 | 39.1 | 30.7 | 55.1 | 50.9 |
| 12-14..... | 296 | 96.4 | 94.7 | 92.7 | 1.8 | 45.9 | 33.7 | 50.6 | 52.9 |
| 15-19..... | 365 | 95.5 | 90.5 | 88.7 | 3.1 | 44.6 | 44.2 | 52.1 | 47.3 |
| 19-22..... | 256 | 92.8 | 85.8 | 82.1 | 1.4 | 29.0 | 45.0 | 53.6 | 39.2 |
| 23-34..... | 708 | 92.3 | 76.7 | 73.0 | 4.8 | 42.9 | 52.1 | 53.2 | 41.4 |
| 35-50..... | 714 | 90.7 | 73.6 | 71.9 | 2.3 | 41.1 | 46.4 | 62.0 | 40.4 |
| 51-64..... | 579 | 90.5 | 75.5 | 74.5 | 1.6 | 46.3 | 47.7 | 65.3 | 39.6 |
| 65-74..... | 270 | 92.8 | 83.6 | 82.4 | 1.1 | 43.9 | 45.5 | 70.5 | 33.4 |
| 75 AND OVER..... | 114 | 88.9 | 80.4 | 78.6 | .0 | 42.1 | 44.9 | 69.1 | 34.5 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 222 | 98.0 | 96.6 | 96.1 | 1.1 | 53.9 | 40.0 | 45.5 | 62.0 |
| 12-14..... | 295 | 96.4 | 90.5 | 87.0 | 2.2 | 45.7 | 41.3 | 42.3 | 43.8 |
| 15-19..... | 374 | 94.2 | 87.3 | 83.5 | 5.6 | 46.3 | 47.3 | 46.7 | 39.4 |
| 19-22..... | 300 | 93.0 | 83.2 | 79.6 | 6.3 | 40.9 | 51.2 | 52.9 | 30.5 |
| 23-34..... | 865 | 90.3 | 76.8 | 71.2 | 7.5 | 37.4 | 52.8 | 50.6 | 37.7 |
| 35-50..... | 838 | 89.9 | 71.2 | 67.6 | 5.0 | 38.8 | 50.1 | 52.9 | 35.2 |
| 51-64..... | 715 | 90.4 | 73.8 | 72.2 | 4.3 | 39.7 | 52.4 | 58.3 | 33.7 |
| 65-74..... | 346 | 92.8 | 82.8 | 81.6 | 4.8 | 44.6 | 50.5 | 61.3 | 28.5 |
| 75 AND OVER..... | 173 | 93.3 | 81.9 | 79.3 | 4.0 | 43.4 | 41.2 | 57.0 | 23.9 |
| ALL INDIVIDUALS... | 4/8,780 | 93.0 | 82.5 | 79.7 | 3.7 | 42.1 | 46.5 | 55.1 | 41.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2K-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/75 | 10 | 9 | 8 | 0 | (6) | 0 | 0 | (6) |
| 1-2..... | 5/246 | 27 | 22 | 19 | 1 | 2 | (6) | 1 | 3 |
| 3-5..... | 404 | 41 | 35 | 29 | 1 | 4 | 1 | 1 | 2 |
| 6-8..... | 428 | 110 | 100 | 78 | (6) | 7 | 1 | 2 | 5 |
| MALES: | | | | | | | | | |
| 9-11..... | 196 | 104 | 97 | 80 | 0 | 9 | 1 | 2 | 5 |
| 12-14..... | 296 | 131 | 118 | 94 | 0 | 8 | 2 | 1 | 5 |
| 15-18..... | 365 | 125 | 111 | 79 | 1 | 7 | 3 | 2 | 3 |
| 19-22..... | 256 | 69 | 59 | 34 | 0 | 6 | 3 | 4 | 7 |
| 23-34..... | 708 | 63 | 42 | 29 | 1 | 5 | 4 | 6 | 4 |
| 35-50..... | 714 | 44 | 28 | 21 | 1 | 5 | 3 | 6 | 4 |
| 51-64..... | 579 | 27 | 16 | 12 | 0 | 4 | 3 | 4 | 5 |
| 65-74..... | 270 | 11 | 5 | 4 | 0 | 3 | 1 | 2 | 2 |
| 75 AND OVER..... | 114 | 9 | 4 | 3 | 0 | 1 | 2 | 1 | 3 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 222 | 107 | 90 | 66 | 0 | 13 | 2 | 1 | 4 |
| 12-14..... | 295 | 99 | 79 | 60 | (6) | 7 | 2 | (6) | 3 |
| 15-18..... | 374 | 73 | 62 | 44 | 1 | 8 | 2 | 2 | 4 |
| 19-22..... | 300 | 47 | 32 | 26 | 2 | 6 | 4 | 3 | 3 |
| 23-34..... | 865 | 37 | 21 | 14 | 1 | 5 | 3 | 3 | 2 |
| 35-50..... | 838 | 21 | 10 | 8 | (6) | 5 | 2 | 3 | 2 |
| 51-64..... | 715 | 17 | 8 | 6 | 1 | 3 | 2 | 2 | 2 |
| 65-74..... | 346 | 12 | 5 | 4 | 0 | 3 | 2 | 1 | 1 |
| 75 AND OVER..... | 173 | 9 | 4 | 4 | 0 | 1 | 3 | (6) | 1 |
| ALL INDIVIDUALS... | 5/8,780 | 51 | 39 | 29 | 1 | 5 | 2 | 3 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2K-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/75 | 6.9 | 4.7 | 3.4 | 0.0 | 2.2 | 0.0 | 0.0 | 1.3 |
| 1-2..... | 4/246 | 29.7 | 21.9 | 20.0 | 1.1 | 9.4 | 4.6 | 5.6 | 6.2 |
| 3-5..... | 404 | 36.0 | 27.4 | 22.6 | .6 | 13.3 | 5.0 | 4.5 | 9.4 |
| 6-8..... | 428 | 58.0 | 52.1 | 43.1 | .3 | 19.0 | 8.7 | 4.4 | 14.0 |
| MALES: | | | | | | | | | |
| 9-11..... | 195 | 56.3 | 52.8 | 48.4 | .0 | 15.2 | 7.8 | 6.0 | 9.5 |
| 12-14..... | 296 | 58.4 | 54.8 | 48.9 | .0 | 17.0 | 7.4 | 4.4 | 11.1 |
| 15-18..... | 365 | 49.4 | 43.4 | 34.5 | .8 | 15.1 | 14.5 | 4.0 | 7.3 |
| 19-22..... | 256 | 35.2 | 28.7 | 22.9 | .0 | 13.0 | 13.5 | 8.0 | 9.6 |
| 23-34..... | 708 | 45.3 | 26.5 | 19.4 | 1.2 | 18.4 | 17.5 | 12.7 | 9.5 |
| 35-50..... | 714 | 37.2 | 23.1 | 20.2 | .9 | 14.3 | 13.5 | 13.9 | 8.6 |
| 51-64..... | 579 | 29.8 | 15.9 | 14.2 | .0 | 14.1 | 8.7 | 7.4 | 4.7 |
| 65-74..... | 270 | 17.8 | 9.0 | 8.3 | .0 | 10.2 | 5.4 | 5.7 | 3.8 |
| 75 AND OVER..... | 114 | 15.1 | 5.8 | 5.0 | .0 | 6.1 | 5.2 | 1.8 | 4.0 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 222 | 56.5 | 47.5 | 40.6 | .0 | 24.0 | 9.8 | 3.1 | 12.6 |
| 12-14..... | 295 | 54.0 | 44.6 | 36.9 | .3 | 16.7 | 12.1 | 1.5 | 8.7 |
| 15-18..... | 374 | 46.9 | 38.6 | 29.8 | 1.1 | 18.4 | 11.4 | 6.4 | 10.5 |
| 19-22..... | 300 | 39.6 | 21.7 | 16.7 | 2.9 | 17.0 | 16.9 | 6.2 | 6.4 |
| 23-34..... | 865 | 35.1 | 20.8 | 16.0 | 1.7 | 15.7 | 13.6 | 8.6 | 7.1 |
| 35-50..... | 838 | 29.4 | 13.3 | 11.4 | .3 | 14.0 | 10.8 | 7.8 | 5.4 |
| 51-64..... | 715 | 24.5 | 10.7 | 9.2 | .4 | 10.4 | 10.8 | 4.3 | 4.8 |
| 65-74..... | 346 | 19.8 | 7.4 | 6.5 | .0 | 9.9 | 7.3 | 3.2 | 3.0 |
| 75 AND OVER..... | 173 | 14.2 | 4.2 | 3.7 | .0 | 6.5 | 6.1 | .5 | 1.1 |
| ALL INDIVIDUALS... | 4/8,780 | 37.0 | 25.2 | 20.9 | .7 | 14.5 | 10.9 | 6.8 | 7.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2K-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/75 | 469 | 581 | 346 | 0 | 7 | 1 | 5 | 63 |
| 1-2..... | 5/246 | 443 | 381 | 376 | 1 | 12 | 9 | 20 | 19 |
| 3-5..... | 404 | 383 | 320 | 306 | 2 | 17 | 10 | 18 | 19 |
| 6-8..... | 428 | 394 | 332 | 319 | 1 | 19 | 8 | 16 | 21 |
| MALES: | | | | | | | | | |
| 9-11..... | 196 | 388 | 326 | 310 | 1 | 26 | 5 | 22 | 19 |
| 12-14..... | 296 | 459 | 387 | 366 | 1 | 28 | 9 | 21 | 28 |
| 15-18..... | 365 | 516 | 422 | 402 | 3 | 30 | 11 | 29 | 29 |
| 19-22..... | 256 | 401 | 312 | 294 | 2 | 15 | 13 | 31 | 22 |
| 23-34..... | 708 | 290 | 198 | 185 | 4 | 19 | 17 | 27 | 27 |
| 35-50..... | 714 | 260 | 175 | 166 | 2 | 23 | 14 | 32 | 29 |
| 51-64..... | 579 | 251 | 165 | 158 | 1 | 27 | 15 | 35 | 26 |
| 65-74..... | 270 | 308 | 216 | 202 | (6) | 31 | 14 | 36 | 23 |
| 75 AND OVER..... | 114 | 297 | 194 | 186 | 0 | 2 | 18 | 39 | 20 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 222 | 373 | 313 | 299 | 1 | 22 | 7 | 16 | 29 |
| 12-14..... | 295 | 366 | 301 | 275 | 2 | 23 | 8 | 17 | 21 |
| 15-18..... | 374 | 330 | 259 | 237 | 4 | 19 | 9 | 17 | 18 |
| 19-22..... | 300 | 271 | 195 | 180 | 4 | 13 | 15 | 22 | 12 |
| 23-34..... | 865 | 243 | 170 | 155 | 7 | 13 | 15 | 19 | 17 |
| 35-50..... | 838 | 184 | 121 | 109 | 4 | 15 | 14 | 20 | 17 |
| 51-64..... | 715 | 204 | 135 | 128 | 3 | 18 | 18 | 24 | 17 |
| 65-74..... | 346 | 246 | 171 | 162 | 5 | 21 | 13 | 22 | 14 |
| 75 AND OVER..... | 173 | 260 | 193 | 184 | 4 | 25 | 15 | 20 | 7 |
| ALL INDIVIDUALS... | 5/8,780 | 303 | 229 | 214 | 3 | 20 | 13 | 24 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2K-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/75 | 91.9 | 91.9 | 61.0 | 0.0 | 15.8 | 6.1 | 20.7 | 15.9 |
| 1-2..... | 4/246 | 99.3 | 97.6 | 97.6 | 2.8 | 33.5 | 43.1 | 57.8 | 42.1 |
| 3-5..... | 404 | 97.2 | 95.6 | 94.3 | 1.7 | 37.8 | 42.4 | 54.4 | 52.6 |
| 6-8..... | 428 | 97.4 | 96.4 | 95.1 | 1.6 | 36.8 | 32.8 | 50.6 | 54.3 |
| MALES: | | | | | | | | | |
| 9-11..... | 196 | 97.8 | 93.4 | 93.0 | 1.5 | 34.9 | 26.0 | 50.3 | 46.3 |
| 12-14..... | 296 | 94.3 | 90.1 | 83.1 | 1.8 | 36.7 | 29.7 | 47.5 | 47.1 |
| 15-18..... | 365 | 94.3 | 86.5 | 85.9 | 2.3 | 35.4 | 34.7 | 50.1 | 41.2 |
| 19-22..... | 256 | 90.4 | 78.2 | 75.9 | 1.4 | 19.9 | 35.5 | 48.3 | 31.3 |
| 23-34..... | 708 | 87.9 | 71.6 | 69.0 | 4.2 | 30.2 | 43.9 | 46.6 | 34.1 |
| 35-50..... | 714 | 87.6 | 69.4 | 68.0 | 1.4 | 33.4 | 38.5 | 53.5 | 34.9 |
| 51-64..... | 579 | 87.0 | 73.1 | 72.3 | 1.6 | 39.1 | 42.7 | 61.1 | 36.1 |
| 65-74..... | 270 | 92.8 | 83.1 | 82.0 | 1.1 | 37.8 | 41.8 | 68.4 | 29.8 |
| 75 AND OVER..... | 114 | 88.9 | 80.4 | 78.6 | .0 | 39.1 | 44.9 | 69.1 | 32.9 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 222 | 97.4 | 95.0 | 94.5 | 1.1 | 40.4 | 32.2 | 42.9 | 57.1 |
| 12-14..... | 295 | 93.8 | 86.5 | 83.7 | 1.9 | 36.4 | 31.6 | 41.5 | 40.2 |
| 15-18..... | 374 | 90.0 | 82.0 | 80.1 | 4.5 | 34.4 | 39.1 | 42.3 | 31.4 |
| 19-22..... | 309 | 89.6 | 78.1 | 75.3 | 3.7 | 30.4 | 42.9 | 48.7 | 26.1 |
| 23-34..... | 865 | 86.6 | 72.1 | 67.9 | 5.5 | 26.9 | 45.8 | 45.5 | 32.6 |
| 35-50..... | 838 | 87.7 | 68.6 | 65.6 | 4.8 | 31.0 | 45.4 | 47.6 | 31.0 |
| 51-64..... | 715 | 87.7 | 72.0 | 71.2 | 3.9 | 34.9 | 45.9 | 55.9 | 30.5 |
| 65-74..... | 346 | 92.0 | 82.0 | 81.4 | 4.8 | 40.6 | 46.7 | 59.3 | 26.5 |
| 75 AND OVER..... | 173 | 92.2 | 81.9 | 79.3 | 4.0 | 39.5 | 38.0 | 56.4 | 22.8 |
| ALL INDIVIDUALS... | 4/8,780 | 90.7 | 79.3 | 77.2 | 3.2 | 33.7 | 40.4 | 51.1 | 36.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 2L-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/120 | 498 | 696 | 341 | 1 | 5 | 3 | 6 | 72 |
| 1-2..... | 5/249 | 472 | 415 | 393 | 4 | 15 | 8 | 21 | 17 |
| 3-5..... | 425 | 429 | 365 | 346 | 3 | 21 | 9 | 20 | 22 |
| 6-8..... | 454 | 499 | 423 | 395 | 3 | 29 | 9 | 18 | 28 |
| MALES: | | | | | | | | | |
| 9-11..... | 233 | 549 | 463 | 424 | 2 | 44 | 8 | 21 | 29 |
| 12-14..... | 274 | 548 | 471 | 426 | 2 | 34 | 7 | 23 | 39 |
| 15-18..... | 320 | 654 | 529 | 484 | 2 | 36 | 16 | 29 | 31 |
| 19-22..... | 261 | 433 | 337 | 309 | 3 | 24 | 15 | 34 | 19 |
| 23-34..... | 655 | 360 | 243 | 223 | 5 | 22 | 18 | 34 | 24 |
| 35-50..... | 664 | 284 | 186 | 172 | 1 | 29 | 16 | 34 | 28 |
| 51-64..... | 520 | 349 | 212 | 198 | 1 | 47 | 20 | 38 | 25 |
| 65-74..... | 239 | 303 | 211 | 204 | 3 | 25 | 26 | 35 | 21 |
| 75 AND OVER..... | 118 | 288 | 192 | 189 | 0 | 27 | 20 | 40 | 23 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 265 | 494 | 426 | 395 | 2 | 28 | 9 | 17 | 24 |
| 12-14..... | 288 | 440 | 360 | 325 | 2 | 36 | 10 | 18 | 27 |
| 15-18..... | 382 | 383 | 301 | 270 | 2 | 25 | 13 | 16 | 18 |
| 19-22..... | 372 | 271 | 196 | 175 | 6 | 19 | 12 | 22 | 27 |
| 23-34..... | 975 | 276 | 183 | 164 | 6 | 19 | 18 | 24 | 21 |
| 35-50..... | 936 | 210 | 142 | 130 | 4 | 19 | 14 | 25 | 21 |
| 51-64..... | 751 | 246 | 159 | 151 | 3 | 27 | 19 | 25 | 16 |
| 65-74..... | 342 | 258 | 168 | 155 | 6 | 27 | 19 | 19 | 12 |
| 75 AND OVER..... | 194 | 294 | 217 | 202 | 4 | 34 | 19 | 23 | 18 |
| ALL INDIVIDUALS... | 5/9,037 | 354 | 269 | 244 | 3 | 26 | 15 | 25 | 23 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 2L-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/120 | 91.6 | 91.6 | 49.1 | 3.0 | 10.0 | 8.4 | 17.9 | 20.4 |
| 1-2..... | 4/249 | 98.9 | 97.9 | 95.7 | 5.6 | 39.2 | 39.0 | 60.1 | 42.2 |
| 3-5..... | 425 | 98.9 | 97.0 | 95.4 | 6.2 | 43.8 | 37.0 | 57.6 | 55.1 |
| 6-8..... | 454 | 99.0 | 98.1 | 97.2 | 3.6 | 47.3 | 38.3 | 48.7 | 60.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 233 | 100.0 | 98.3 | 96.1 | 1.9 | 54.3 | 35.5 | 52.8 | 57.3 |
| 12-14..... | 274 | 98.5 | 97.1 | 95.6 | 2.0 | 46.6 | 35.6 | 49.0 | 57.0 |
| 15-18..... | 320 | 98.0 | 95.6 | 93.6 | 1.6 | 43.8 | 46.0 | 49.5 | 45.9 |
| 19-22..... | 261 | 93.9 | 82.9 | 81.2 | 4.4 | 36.0 | 48.7 | 51.9 | 37.7 |
| 23-34..... | 655 | 87.9 | 73.9 | 72.3 | 4.9 | 36.5 | 50.1 | 54.4 | 36.2 |
| 35-50..... | 664 | 85.1 | 71.3 | 68.6 | 1.3 | 46.4 | 45.3 | 57.6 | 34.6 |
| 51-64..... | 520 | 90.7 | 76.6 | 76.1 | 1.4 | 56.7 | 54.1 | 66.7 | 36.5 |
| 65-74..... | 239 | 92.0 | 78.7 | 78.7 | 2.4 | 39.0 | 48.8 | 62.3 | 34.1 |
| 75 AND OVER..... | 118 | 93.3 | 86.7 | 85.9 | .0 | 36.1 | 41.2 | 79.3 | 33.6 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 265 | 100.0 | 98.4 | 98.1 | 1.8 | 48.3 | 37.0 | 48.7 | 50.1 |
| 12-14..... | 288 | 95.4 | 90.6 | 89.0 | 1.3 | 47.5 | 37.5 | 42.7 | 52.7 |
| 15-18..... | 382 | 94.7 | 87.0 | 85.0 | 3.0 | 38.2 | 41.8 | 42.3 | 34.2 |
| 19-22..... | 372 | 89.4 | 77.1 | 72.5 | 5.2 | 31.3 | 43.8 | 47.0 | 43.5 |
| 23-34..... | 975 | 89.3 | 75.5 | 72.5 | 6.6 | 37.6 | 52.3 | 51.5 | 39.5 |
| 35-50..... | 936 | 90.8 | 72.2 | 69.4 | 3.9 | 38.3 | 47.3 | 54.5 | 33.4 |
| 51-64..... | 751 | 94.4 | 78.9 | 78.1 | 4.0 | 45.9 | 53.5 | 60.4 | 32.9 |
| 65-74..... | 342 | 94.1 | 80.4 | 77.8 | 5.2 | 43.1 | 49.9 | 57.5 | 25.7 |
| 75 AND OVER..... | 194 | 96.9 | 85.6 | 84.4 | 2.5 | 54.3 | 45.1 | 62.2 | 30.6 |
| ALL INDIVIDUALS... | 4/9,037 | 93.0 | 82.6 | 80.1 | 3.7 | 42.3 | 45.5 | 54.1 | 40.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 2L-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/120 | 1 | 2 | 1 | 0 | 0 | 0 | 0 | 1 |
| 1-2..... | 5/249 | 29 | 21 | 19 | 0 | 3 | 1 | 1 | 1 |
| 3-5..... | 425 | 38 | 29 | 24 | 1 | 4 | 1 | 1 | 2 |
| 6-8..... | 454 | 69 | 61 | 52 | (6) | 5 | 1 | 1 | 3 |
| MALES: | | | | | | | | | |
| 9-11..... | 233 | 79 | 71 | 60 | 0 | 8 | 1 | 1 | 4 |
| 12-14..... | 274 | 88 | 75 | 59 | 0 | 8 | 2 | 1 | 5 |
| 15-18..... | 320 | 96 | 76 | 54 | 1 | 6 | 3 | 2 | 3 |
| 19-22..... | 261 | 73 | 67 | 45 | 2 | 3 | 3 | 5 | 3 |
| 23-34..... | 655 | 67 | 47 | 36 | (6) | 5 | 4 | 6 | 2 |
| 35-50..... | 664 | 39 | 25 | 18 | 1 | 4 | 4 | 5 | 3 |
| 51-64..... | 520 | 38 | 19 | 15 | (6) | 7 | 4 | 5 | 4 |
| 65-74..... | 239 | 19 | 7 | 5 | 2 | 2 | 3 | 1 | 2 |
| 75 AND OVER..... | 118 | 11 | 3 | 3 | 0 | 4 | 3 | 2 | 0 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 265 | 85 | 75 | 62 | 0 | 6 | 2 | 1 | 4 |
| 12-14..... | 288 | 65 | 55 | 35 | (6) | 8 | 1 | 1 | 2 |
| 15-18..... | 382 | 59 | 47 | 32 | 1 | 7 | 2 | 2 | 2 |
| 19-22..... | 372 | 44 | 25 | 16 | 0 | 6 | 3 | 2 | 3 |
| 23-34..... | 975 | 30 | 16 | 13 | (6) | 5 | 3 | 3 | 2 |
| 35-50..... | 936 | 22 | 13 | 8 | (6) | 5 | 3 | 3 | 3 |
| 51-64..... | 751 | 16 | 8 | 7 | (6) | 3 | 2 | 2 | 1 |
| 65-74..... | 342 | 7 | 3 | 3 | 0 | 2 | 1 | 1 | 1 |
| 75 AND OVER..... | 194 | 13 | 9 | 9 | 0 | 2 | 1 | 1 | 2 |
| ALL INDIVIDUALS... | 5/9,037 | 43 | 31 | 24 | (6) | 5 | 2 | 3 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 2L-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING2/3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/120 | 2.6 | 2.6 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 | 1.6 |
| 1-2..... | 4/249 | 25.7 | 16.8 | 15.4 | .0 | 10.6 | 5.9 | 4.3 | 5.3 |
| 3-5..... | 425 | 32.1 | 22.8 | 18.8 | 1.4 | 11.2 | 6.9 | 2.9 | 7.5 |
| 6-8..... | 454 | 39.8 | 32.6 | 27.7 | .3 | 14.0 | 7.3 | 2.8 | 9.2 |
| MALES: | | | | | | | | | |
| 9-11..... | 233 | 39.9 | 31.7 | 27.0 | .0 | 17.0 | 6.1 | 3.6 | 8.4 |
| 12-14..... | 274 | 43.6 | 34.9 | 29.4 | .0 | 15.7 | 8.3 | 3.1 | 9.9 |
| 15-18..... | 320 | 40.6 | 33.5 | 26.4 | 1.1 | 13.0 | 10.3 | 3.8 | 5.4 |
| 19-22..... | 261 | 40.8 | 35.3 | 22.9 | 2.8 | 12.5 | 14.9 | 10.8 | 7.7 |
| 23-34..... | 655 | 37.8 | 27.2 | 22.9 | .6 | 13.8 | 17.8 | 13.6 | 5.9 |
| 35-50..... | 664 | 38.1 | 20.9 | 17.5 | .7 | 16.1 | 14.8 | 11.5 | 5.9 |
| 51-64..... | 520 | 33.6 | 16.0 | 14.0 | .5 | 19.3 | 13.3 | 10.8 | 5.4 |
| 65-74..... | 239 | 20.9 | 8.9 | 7.8 | 1.1 | 8.4 | 8.6 | 4.7 | 3.7 |
| 75 AND OVER..... | 118 | 14.5 | 7.0 | 7.0 | .0 | 5.5 | 5.6 | 6.5 | .0 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 265 | 49.6 | 41.9 | 35.5 | .0 | 16.7 | 12.0 | 3.6 | 11.4 |
| 12-14..... | 288 | 39.6 | 29.7 | 21.4 | .4 | 17.6 | 7.2 | 3.7 | 6.4 |
| 15-18..... | 382 | 39.2 | 28.1 | 20.5 | .8 | 15.8 | 12.4 | 4.7 | 6.5 |
| 19-22..... | 372 | 32.5 | 19.9 | 15.5 | .0 | 15.8 | 14.3 | 4.2 | 8.4 |
| 23-34..... | 975 | 29.6 | 15.9 | 12.8 | .8 | 16.0 | 10.7 | 6.5 | 6.2 |
| 35-50..... | 936 | 29.3 | 13.8 | 10.3 | .5 | 16.5 | 9.0 | 5.5 | 6.2 |
| 51-64..... | 751 | 22.5 | 10.4 | 9.5 | .5 | 10.8 | 8.4 | 5.3 | 4.3 |
| 65-74..... | 342 | 14.1 | 5.0 | 4.8 | .0 | 8.3 | 5.7 | 3.3 | 4.3 |
| 75 AND OVER..... | 194 | 14.6 | 7.0 | 7.0 | .0 | 8.5 | 2.8 | 5.6 | 2.1 |
| ALL INDIVIDUALS... | 4/9,037 | 32.1 | 20.6 | 16.7 | .6 | 14.1 | 10.3 | 6.2 | 6.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 2L-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS: TOTAL (CALCIUM EQUIVALENT4/) | 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..... | 5/120 | 496 | 693 | 340 | 1 | 5 | 3 | 6 | 71 |
| 1-2..... | 5/249 | 443 | 394 | 374 | 4 | 12 | 7 | 19 | 16 |
| 3-5..... | 425 | 391 | 336 | 321 | 2 | 17 | 8 | 19 | 20 |
| 6-8..... | 454 | 429 | 362 | 343 | 2 | 24 | 8 | 17 | 25 |
| MALES: | | | | | | | | | |
| 9-11..... | 233 | 470 | 391 | 364 | 2 | 37 | 7 | 20 | 25 |
| 12-14..... | 274 | 459 | 396 | 368 | 2 | 25 | 6 | 22 | 34 |
| 15-18..... | 320 | 557 | 453 | 430 | 2 | 30 | 12 | 27 | 28 |
| 19-22..... | 261 | 359 | 270 | 264 | 1 | 21 | 12 | 29 | 15 |
| 23-34..... | 655 | 293 | 196 | 186 | 5 | 17 | 14 | 28 | 21 |
| 35-50..... | 664 | 245 | 162 | 155 | (6) | 25 | 12 | 29 | 25 |
| 51-64..... | 520 | 311 | 193 | 183 | 1 | 40 | 16 | 34 | 20 |
| 65-74..... | 239 | 284 | 205 | 199 | 1 | 23 | 23 | 34 | 19 |
| 75 AND OVER..... | 118 | 277 | 190 | 186 | 0 | 23 | 17 | 38 | 23 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 265 | 409 | 351 | 334 | 2 | 22 | 7 | 16 | 20 |
| 12-14..... | 288 | 375 | 306 | 290 | 2 | 28 | 9 | 17 | 25 |
| 15-18..... | 382 | 323 | 254 | 238 | 2 | 18 | 11 | 14 | 16 |
| 19-22..... | 372 | 227 | 171 | 159 | 6 | 13 | 8 | 20 | 24 |
| 23-34..... | 975 | 246 | 167 | 151 | 6 | 14 | 15 | 21 | 19 |
| 35-50..... | 936 | 188 | 130 | 122 | 3 | 13 | 11 | 22 | 18 |
| 51-64..... | 751 | 230 | 151 | 145 | 3 | 24 | 18 | 23 | 14 |
| 65-74..... | 342 | 251 | 165 | 152 | 6 | 25 | 18 | 19 | 10 |
| 75 AND OVER..... | 194 | 281 | 207 | 192 | 4 | 33 | 18 | 22 | 16 |
| ALL INDIVIDUALS... | 5/9,037 | 311 | 238 | 220 | 3 | 21 | 12 | 23 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 2L-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/120 | 91.6 | 91.6 | 49.1 | 3.0 | 10.0 | 8.4 | 17.9 | 20.4 |
| 1-2..... | 4/249 | 98.9 | 97.9 | 95.7 | 5.6 | 33.4 | 34.8 | 56.9 | 39.0 |
| 3-5..... | 425 | 97.9 | 95.8 | 94.4 | 5.0 | 36.0 | 32.4 | 55.8 | 51.2 |
| 6-8..... | 454 | 97.1 | 96.4 | 95.3 | 3.3 | 40.2 | 33.1 | 46.8 | 55.4 |
| MALES: | | | | | | | | | |
| 9-11..... | 233 | 100.0 | 96.4 | 94.6 | 1.9 | 46.4 | 30.2 | 49.2 | 51.7 |
| 12-14..... | 274 | 96.7 | 94.6 | 93.4 | 2.0 | 34.4 | 30.3 | 46.9 | 50.1 |
| 15-18..... | 320 | 95.6 | 92.6 | 90.5 | 1.2 | 36.6 | 38.4 | 47.2 | 42.5 |
| 19-22..... | 261 | 90.9 | 79.1 | 79.1 | 1.6 | 27.2 | 40.9 | 44.3 | 30.9 |
| 23-34..... | 655 | 86.1 | 69.3 | 68.1 | 4.7 | 28.5 | 40.8 | 46.1 | 32.6 |
| 35-50..... | 664 | 82.9 | 66.8 | 65.8 | .6 | 37.8 | 38.6 | 51.3 | 31.0 |
| 51-64..... | 520 | 88.7 | 73.5 | 73.5 | .9 | 48.4 | 46.6 | 61.4 | 32.5 |
| 65-74..... | 239 | 89.7 | 76.8 | 76.8 | 1.4 | 35.7 | 46.0 | 59.2 | 31.1 |
| 75 AND OVER..... | 118 | 93.3 | 86.7 | 85.9 | .0 | 33.0 | 39.0 | 78.4 | 33.6 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 265 | 98.8 | 96.5 | 95.7 | 1.8 | 39.0 | 27.8 | 47.1 | 44.6 |
| 12-14..... | 288 | 94.2 | 88.1 | 87.0 | 1.3 | 36.5 | 33.4 | 40.0 | 48.3 |
| 15-18..... | 382 | 90.7 | 82.0 | 80.7 | 2.1 | 26.0 | 33.4 | 39.4 | 29.5 |
| 19-22..... | 372 | 84.9 | 70.3 | 66.1 | 5.2 | 20.7 | 34.9 | 42.8 | 37.7 |
| 23-34..... | 975 | 86.6 | 73.8 | 70.9 | 5.7 | 28.2 | 46.5 | 46.7 | 35.0 |
| 35-50..... | 936 | 88.6 | 69.7 | 68.0 | 3.4 | 28.5 | 43.2 | 52.2 | 29.4 |
| 51-64..... | 751 | 93.2 | 77.6 | 76.8 | 3.4 | 40.3 | 48.6 | 57.5 | 30.1 |
| 65-74..... | 342 | 93.5 | 80.1 | 77.6 | 5.2 | 40.0 | 46.3 | 55.0 | 23.4 |
| 75 AND OVER..... | 194 | 96.9 | 85.6 | 84.4 | 2.5 | 48.9 | 43.7 | 57.6 | 29.0 |
| ALL INDIVIDUALS... | 4/9,037 | 91.1 | 80.0 | 78.0 | 3.2 | 34.3 | 39.6 | 50.3 | 36.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 2M-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL ( CALCIUM EQUIVALENT4/ ) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/105 | 492 | 700 | 320 | 5 | 6 | 2 | 5 | 40 |
| 1-2..... | 5/256 | 464 | 419 | 400 | 2 | 10 | 7 | 21 | 25 |
| 3-5..... | 482 | 474 | 414 | 384 | 2 | 17 | 8 | 21 | 23 |
| 6-8..... | 487 | 567 | 500 | 451 | 3 | 24 | 9 | 15 | 25 |
| MALES: | | | | | | | | | |
| 9-11..... | 278 | 585 | 519 | 464 | 2 | 27 | 8 | 19 | 31 |
| 12-14..... | 307 | 635 | 557 | 492 | 1 | 30 | 9 | 23 | 35 |
| 15-18..... | 329 | 636 | 543 | 484 | 2 | 31 | 12 | 34 | 33 |
| 19-22..... | 245 | 532 | 417 | 385 | 4 | 17 | 18 | 37 | 26 |
| 23-34..... | 626 | 413 | 297 | 269 | 4 | 21 | 21 | 36 | 35 |
| 35-50..... | 558 | 308 | 201 | 181 | 4 | 20 | 21 | 36 | 31 |
| 51-64..... | 503 | 321 | 218 | 205 | 4 | 27 | 20 | 36 | 31 |
| 65-74..... | 267 | 325 | 235 | 217 | 6 | 32 | 14 | 36 | 20 |
| 75 AND OVER..... | 110 | 344 | 283 | 278 | 0 | 30 | 7 | 39 | 18 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 245 | 545 | 473 | 426 | 2 | 27 | 10 | 19 | 26 |
| 12-14..... | 297 | 500 | 436 | 379 | 2 | 26 | 7 | 17 | 23 |
| 15-18..... | 363 | 406 | 343 | 300 | 3 | 16 | 10 | 18 | 20 |
| 19-22..... | 308 | 317 | 253 | 216 | 3 | 8 | 14 | 22 | 22 |
| 23-34..... | 1,066 | 283 | 194 | 170 | 3 | 12 | 19 | 23 | 19 |
| 35-50..... | 1,037 | 219 | 144 | 130 | 5 | 14 | 16 | 26 | 19 |
| 51-64..... | 774 | 235 | 157 | 146 | 6 | 21 | 17 | 25 | 20 |
| 65-74..... | 354 | 249 | 176 | 165 | 4 | 26 | 18 | 22 | 14 |
| 75 AND OVER..... | 198 | 260 | 180 | 163 | 1 | 30 | 16 | 22 | 18 |
| ALL INDIVIDUALS... | 5/9,196 | 377 | 299 | 266 | 3 | 20 | 15 | 26 | 24 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2M-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/105 | 94.3 | 94.3 | 53.7 | 4.4 | 18.1 | 8.1 | 16.8 | 13.1 |
| 1-2..... | 4/256 | 97.6 | 96.8 | 95.9 | 2.7 | 26.3 | 34.1 | 62.9 | 54.0 |
| 3-5..... | 482 | 98.5 | 97.4 | 96.3 | 2.7 | 36.3 | 42.4 | 58.1 | 60.1 |
| 6-8..... | 487 | 99.9 | 99.5 | 98.7 | 3.3 | 41.9 | 40.0 | 47.4 | 60.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 278 | 100.0 | 99.6 | 99.3 | 1.4 | 44.6 | 32.1 | 48.6 | 58.2 |
| 12-14..... | 307 | 99.0 | 97.7 | 95.6 | 1.5 | 43.8 | 40.0 | 48.0 | 49.7 |
| 15-18..... | 329 | 97.5 | 94.8 | 92.1 | 2.2 | 39.3 | 39.0 | 58.4 | 42.7 |
| 19-22..... | 245 | 92.0 | 86.3 | 84.4 | 3.0 | 27.8 | 44.6 | 53.9 | 39.4 |
| 23-34..... | 626 | 93.1 | 83.2 | 81.1 | 3.0 | 34.9 | 53.6 | 56.8 | 40.8 |
| 35-50..... | 558 | 91.3 | 76.2 | 73.3 | 2.2 | 37.2 | 52.5 | 61.0 | 43.4 |
| 51-64..... | 503 | 93.3 | 84.2 | 82.5 | 2.7 | 45.2 | 53.7 | 64.5 | 41.5 |
| 65-74..... | 267 | 95.4 | 86.5 | 86.5 | 2.4 | 47.8 | 34.2 | 68.4 | 35.4 |
| 75 AND OVER..... | 110 | 94.0 | 87.2 | 87.2 | .0 | 44.1 | 27.4 | 75.3 | 25.2 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 245 | 99.7 | 98.9 | 96.4 | 2.5 | 44.6 | 43.1 | 49.7 | 55.6 |
| 12-14..... | 297 | 99.5 | 95.1 | 93.1 | 1.9 | 39.1 | 37.3 | 45.2 | 43.3 |
| 15-18..... | 363 | 95.0 | 91.3 | 87.3 | 2.0 | 32.3 | 45.5 | 47.0 | 37.1 |
| 19-22..... | 308 | 91.9 | 82.4 | 78.8 | 2.6 | 19.8 | 41.5 | 48.3 | 36.7 |
| 23-34..... | 1,066 | 93.1 | 82.0 | 77.6 | 4.5 | 29.2 | 54.5 | 51.9 | 38.3 |
| 35-50..... | 1,037 | 90.7 | 73.2 | 68.8 | 5.5 | 32.6 | 52.5 | 60.0 | 37.4 |
| 51-64..... | 774 | 90.6 | 77.9 | 76.4 | 5.9 | 40.6 | 49.4 | 57.5 | 37.0 |
| 65-74..... | 354 | 91.4 | 79.8 | 78.3 | 3.7 | 41.7 | 47.9 | 55.2 | 31.3 |
| 75 AND OVER..... | 198 | 95.7 | 84.0 | 81.5 | 1.6 | 48.1 | 44.3 | 51.4 | 31.8 |
| ALL INDIVIDUALS... | 4/9,196 | 94.3 | 85.8 | 82.9 | 3.4 | 36.6 | 46.1 | 55.2 | 42.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2M-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/105 | 8 | 9 | 7 | (6) | (6) | 0 | 0 | (6) |
| 1-2..... | 5/256 | 29 | 25 | 24 | 0 | 1 | (6) | (6) | 1 |
| 3-5..... | 482 | 60 | 53 | 45 | 0 | 2 | 1 | 2 | 1 |
| 6-8..... | 487 | 155 | 147 | 122 | (6) | 7 | 2 | 1 | 5 |
| MALES: | | | | | | | | | |
| 9-11..... | 278 | 183 | 168 | 137 | 0 | 8 | 2 | 2 | 8 |
| 12-14..... | 307 | 167 | 154 | 118 | 0 | 9 | 2 | 1 | 5 |
| 15-18..... | 329 | 160 | 147 | 113 | 0 | 7 | 3 | 2 | 4 |
| 19-22..... | 245 | 92 | 70 | 58 | (6) | 3 | 4 | 3 | 3 |
| 23-34..... | 626 | 67 | 48 | 37 | (6) | 5 | 4 | 5 | 4 |
| 35-50..... | 558 | 37 | 24 | 20 | 0 | 4 | 4 | 6 | 3 |
| 51-64..... | 503 | 32 | 22 | 18 | (6) | 5 | 2 | 3 | 4 |
| 65-74..... | 267 | 18 | 9 | 7 | 0 | 5 | 1 | 1 | 2 |
| 75 AND OVER..... | 110 | 18 | 15 | 14 | 0 | 2 | (6) | 1 | 1 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 245 | 161 | 151 | 125 | (6) | 11 | 2 | 1 | 6 |
| 12-14..... | 297 | 151 | 141 | 109 | (6) | 8 | 2 | 2 | 5 |
| 15-18..... | 363 | 106 | 95 | 74 | 1 | 4 | 3 | 1 | 2 |
| 19-22..... | 308 | 46 | 33 | 22 | 1 | 3 | 3 | 1 | 1 |
| 23-34..... | 1,066 | 29 | 20 | 16 | (6) | 3 | 2 | 3 | 3 |
| 35-50..... | 1,037 | 24 | 11 | 8 | 1 | 3 | 2 | 2 | 1 |
| 51-64..... | 774 | 17 | 9 | 8 | (6) | 4 | 1 | 2 | 2 |
| 65-74..... | 354 | 13 | 7 | 5 | 0 | 3 | 2 | 1 | 1 |
| 75 AND OVER..... | 198 | 11 | 5 | 4 | 0 | 4 | 1 | 0 | (6) |
| ALL INDIVIDUALS... | 5/9,196 | 64 | 53 | 43 | (6) | 4 | 2 | 2 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2M-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/105 | 5.5 | 5.0 | 4.2 | 0.8 | 1.4 | 0.0 | 0.0 | 1.3 |
| 1-2..... | 4/256 | 21.5 | 18.9 | 18.3 | .0 | 3.8 | 3.7 | 2.1 | 7.2 |
| 3-5..... | 482 | 38.5 | 35.2 | 31.4 | .0 | 7.0 | 8.1 | 5.5 | 11.2 |
| 6-8..... | 487 | 72.7 | 72.4 | 64.4 | .1 | 16.2 | 12.8 | 3.9 | 18.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 278 | 78.5 | 78.5 | 70.2 | .0 | 18.6 | 11.7 | 4.8 | 22.8 |
| 12-14..... | 307 | 76.1 | 73.4 | 63.1 | .0 | 18.3 | 12.3 | 2.9 | 13.1 |
| 15-18..... | 329 | 61.5 | 56.1 | 46.6 | .0 | 13.6 | 12.9 | 4.5 | 6.9 |
| 19-22..... | 245 | 38.4 | 27.6 | 24.4 | .6 | 9.9 | 17.5 | 8.8 | 6.5 |
| 23-34..... | 626 | 46.2 | 36.2 | 30.7 | .2 | 14.7 | 15.7 | 13.0 | 7.3 |
| 35-50..... | 558 | 35.5 | 25.0 | 22.5 | .0 | 11.8 | 12.9 | 11.3 | 6.9 |
| 51-64..... | 503 | 31.4 | 18.7 | 15.0 | .3 | 13.2 | 9.5 | 8.1 | 5.9 |
| 65-74..... | 267 | 21.1 | 8.3 | 7.8 | .0 | 12.9 | 4.6 | 3.8 | 4.3 |
| 75 AND OVER..... | 110 | 19.9 | 16.1 | 14.7 | .0 | 7.0 | .6 | 1.9 | 2.8 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 245 | 73.1 | 72.8 | 65.9 | .6 | 19.9 | 14.1 | 2.8 | 15.2 |
| 12-14..... | 297 | 69.7 | 67.3 | 57.5 | .5 | 17.4 | 11.9 | 3.5 | 12.8 |
| 15-18..... | 363 | 53.9 | 50.5 | 41.7 | .4 | 10.9 | 17.0 | 4.3 | 8.1 |
| 19-22..... | 308 | 35.0 | 25.0 | 18.8 | .6 | 9.8 | 14.5 | 3.9 | 4.4 |
| 23-34..... | 1,066 | 32.0 | 21.6 | 19.8 | .2 | 10.7 | 12.1 | 6.3 | 6.9 |
| 35-50..... | 1,037 | 28.7 | 14.4 | 12.1 | 1.0 | 10.5 | 11.7 | 6.8 | 3.7 |
| 51-64..... | 774 | 26.9 | 12.2 | 11.2 | .4 | 15.7 | 8.5 | 4.9 | 4.0 |
| 65-74..... | 354 | 21.9 | 11.4 | 10.6 | .0 | 10.7 | 6.3 | 4.3 | 3.7 |
| 75 AND OVER..... | 198 | 16.2 | 6.7 | 6.3 | .0 | 10.8 | 5.5 | .0 | .7 |
| ALL INDIVIDUALS... | 4/9,196 | 40.4 | 32.0 | 27.9 | .3 | 12.4 | 11.1 | 5.9 | 7.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2M-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/105 | 484 | 691 | 313 | 5 | 6 | 2 | 5 | 40 |
| 1-2..... | 5/256 | 435 | 394 | 376 | 2 | 9 | 7 | 20 | 24 |
| 3-5..... | 482 | 414 | 361 | 339 | 2 | 15 | 7 | 18 | 21 |
| 6-8..... | 487 | 412 | 353 | 328 | 3 | 17 | 7 | 14 | 19 |
| MALES: | | | | | | | | | |
| 9-11..... | 278 | 402 | 350 | 327 | 2 | 18 | 6 | 17 | 23 |
| 12-14..... | 307 | 468 | 402 | 374 | 1 | 21 | 8 | 22 | 30 |
| 15-18..... | 329 | 476 | 397 | 371 | 2 | 24 | 9 | 32 | 29 |
| 19-22..... | 245 | 440 | 347 | 327 | 3 | 13 | 15 | 33 | 23 |
| 23-34..... | 626 | 346 | 248 | 232 | 4 | 16 | 18 | 31 | 32 |
| 35-50..... | 558 | 271 | 177 | 161 | 4 | 16 | 17 | 30 | 28 |
| 51-64..... | 503 | 289 | 196 | 187 | 3 | 23 | 17 | 33 | 27 |
| 65-74..... | 267 | 306 | 226 | 210 | 6 | 27 | 13 | 34 | 19 |
| 75 AND OVER..... | 110 | 326 | 267 | 264 | 0 | 28 | 7 | 38 | 16 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 245 | 383 | 322 | 302 | 2 | 16 | 8 | 18 | 20 |
| 12-14..... | 297 | 349 | 295 | 271 | 2 | 17 | 5 | 15 | 18 |
| 15-18..... | 363 | 301 | 248 | 226 | 2 | 12 | 6 | 17 | 18 |
| 19-22..... | 308 | 271 | 221 | 194 | 2 | 5 | 11 | 21 | 21 |
| 23-34..... | 1,066 | 254 | 174 | 154 | 3 | 9 | 17 | 20 | 16 |
| 35-50..... | 1,037 | 195 | 133 | 121 | 4 | 11 | 14 | 24 | 18 |
| 51-64..... | 774 | 217 | 148 | 137 | 6 | 17 | 15 | 23 | 19 |
| 65-74..... | 354 | 235 | 169 | 160 | 4 | 23 | 16 | 21 | 13 |
| 75 AND OVER..... | 198 | 249 | 175 | 159 | 1 | 26 | 15 | 22 | 18 |
| ALL INDIVIDUALS... | 5/9,196 | 313 | 245 | 224 | 3 | 16 | 12 | 23 | 22 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2M-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/105 | 94.3 | 94.3 | 53.7 | 4.4 | 17.3 | 8.1 | 16.8 | 11.8 |
| 1-2..... | 4/256 | 97.6 | 96.8 | 95.6 | 2.7 | 23.6 | 32.4 | 60.8 | 50.9 |
| 3-5..... | 482 | 98.0 | 96.2 | 95.0 | 2.7 | 31.5 | 36.8 | 54.8 | 53.2 |
| 6-8..... | 487 | 98.8 | 95.8 | 94.4 | 3.3 | 31.4 | 29.9 | 44.4 | 51.6 |
| MALES: | | | | | | | | | |
| 9-11..... | 278 | 98.5 | 96.1 | 94.8 | 1.4 | 31.6 | 22.9 | 46.3 | 43.8 |
| 12-14..... | 307 | 97.5 | 94.8 | 93.0 | 1.5 | 29.4 | 30.5 | 46.9 | 41.6 |
| 15-18..... | 329 | 95.5 | 88.9 | 87.9 | 2.2 | 30.7 | 29.5 | 56.0 | 38.3 |
| 19-22..... | 245 | 89.8 | 84.5 | 82.7 | 2.5 | 20.2 | 33.2 | 48.0 | 34.9 |
| 23-34..... | 626 | 91.3 | 79.7 | 77.7 | 3.0 | 25.1 | 45.7 | 46.6 | 35.7 |
| 35-50..... | 558 | 87.9 | 71.7 | 69.6 | 2.2 | 28.4 | 44.5 | 52.7 | 38.4 |
| 51-64..... | 503 | 92.3 | 82.4 | 81.0 | 2.7 | 37.8 | 48.3 | 59.1 | 36.5 |
| 65-74..... | 267 | 95.4 | 85.7 | 85.7 | 2.4 | 41.3 | 31.9 | 65.5 | 31.1 |
| 75 AND OVER..... | 110 | 94.0 | 87.2 | 87.2 | .0 | 40.3 | 26.8 | 74.7 | 22.3 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 245 | 98.8 | 93.9 | 92.2 | 1.9 | 31.6 | 32.4 | 48.7 | 46.2 |
| 12-14..... | 297 | 97.6 | 90.8 | 88.8 | 1.5 | 27.2 | 27.6 | 42.4 | 34.0 |
| 15-18..... | 363 | 92.9 | 85.7 | 82.9 | 2.0 | 24.2 | 31.8 | 44.0 | 31.4 |
| 19-22..... | 308 | 89.4 | 79.1 | 75.2 | 2.6 | 12.8 | 31.3 | 45.4 | 34.0 |
| 23-34..... | 1,066 | 90.9 | 77.8 | 74.2 | 4.4 | 21.6 | 48.4 | 48.2 | 33.3 |
| 35-50..... | 1,037 | 89.0 | 70.5 | 67.3 | 4.5 | 24.8 | 46.4 | 56.6 | 34.5 |
| 51-64..... | 774 | 89.7 | 76.6 | 75.2 | 5.5 | 31.8 | 44.2 | 54.5 | 34.7 |
| 65-74..... | 354 | 90.8 | 79.2 | 77.7 | 3.7 | 35.5 | 44.4 | 53.3 | 28.9 |
| 75 AND OVER..... | 198 | 95.7 | 84.0 | 81.5 | 1.6 | 44.3 | 41.1 | 51.4 | 31.8 |
| ALL INDIVIDUALS... | 4/9,196 | 92.8 | 82.9 | 80.4 | 3.2 | 28.3 | 39.1 | 51.4 | 37.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 2N-1.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/122 | 504 | 665 | 355 | (6) | 13 | 2 | 5 | 61 |
| 1-2..... | 5/282 | 491 | 432 | 413 | 2 | 15 | 8 | 20 | 22 |
| 3-5..... | 408 | 462 | 403 | 373 | 2 | 20 | 8 | 18 | 23 |
| 6-8..... | 471 | 573 | 506 | 457 | 2 | 26 | 9 | 16 | 22 |
| MALES: | | | | | | | | | |
| 9-11..... | 232 | 596 | 529 | 469 | (6) | 33 | 7 | 18 | 27 |
| 12-14..... | 273 | 676 | 598 | 511 | 1 | 38 | 8 | 20 | 30 |
| 15-18..... | 380 | 639 | 546 | 480 | 1 | 31 | 12 | 29 | 33 |
| 19-22..... | 267 | 421 | 351 | 316 | 0 | 15 | 11 | 26 | 36 |
| 23-34..... | 727 | 400 | 281 | 257 | 3 | 25 | 19 | 38 | 28 |
| 35-50..... | 635 | 309 | 212 | 187 | 6 | 24 | 19 | 38 | 32 |
| 51-64..... | 559 | 303 | 204 | 191 | 1 | 23 | 19 | 37 | 23 |
| 65-74..... | 274 | 300 | 212 | 206 | 1 | 27 | 15 | 37 | 27 |
| 75 AND OVER..... | 123 | 332 | 233 | 230 | 0 | 36 | 13 | 37 | 31 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 278 | 551 | 488 | 427 | 1 | 27 | 9 | 16 | 29 |
| 12-14..... | 268 | 473 | 398 | 329 | 1 | 27 | 12 | 16 | 22 |
| 15-18..... | 354 | 420 | 353 | 302 | 2 | 17 | 11 | 18 | 24 |
| 19-22..... | 337 | 290 | 216 | 184 | 6 | 16 | 13 | 25 | 26 |
| 23-34..... | 974 | 275 | 194 | 173 | 4 | 15 | 15 | 23 | 21 |
| 35-50..... | 948 | 226 | 148 | 129 | 4 | 14 | 21 | 25 | 19 |
| 51-64..... | 696 | 225 | 156 | 139 | 4 | 16 | 17 | 23 | 18 |
| 65-74..... | 334 | 228 | 166 | 156 | 4 | 12 | 17 | 26 | 15 |
| 75 AND OVER..... | 187 | 273 | 196 | 186 | 1 | 17 | 16 | 20 | 12 |
| ALL INDIVIDUALS... | 5/9,129 | 373 | 296 | 262 | 3 | 21 | 15 | 26 | 24 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2N-1.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/122 | 93.4 | 92.2 | 59.3 | 0.8 | 23.4 | 9.1 | 19.7 | 17.2 |
| 1-2..... | 4/282 | 98.4 | 96.6 | 95.9 | 5.0 | 35.7 | 39.2 | 62.7 | 52.4 |
| 3-5..... | 408 | 99.4 | 98.6 | 98.1 | 2.6 | 39.0 | 39.0 | 49.3 | 58.7 |
| 6-8..... | 471 | 100.0 | 99.0 | 98.6 | 2.7 | 45.3 | 41.4 | 45.9 | 54.7 |
| MALES: | | | | | | | | | |
| 9-11..... | 232 | 99.7 | 99.4 | 99.1 | .6 | 46.0 | 32.1 | 46.7 | 52.4 |
| 12-14..... | 273 | 99.0 | 97.8 | 95.8 | 1.9 | 47.6 | 37.4 | 45.4 | 46.4 |
| 15-18..... | 380 | 97.6 | 93.9 | 91.6 | 1.1 | 38.5 | 44.1 | 51.7 | 49.1 |
| 19-22..... | 267 | 92.1 | 85.5 | 83.6 | .0 | 24.4 | 39.4 | 49.7 | 38.6 |
| 23-34..... | 727 | 93.2 | 78.7 | 76.4 | 3.3 | 38.9 | 57.0 | 61.2 | 42.7 |
| 35-50..... | 635 | 88.6 | 76.8 | 74.4 | 4.6 | 35.1 | 48.7 | 60.7 | 41.0 |
| 51-64..... | 559 | 94.3 | 78.8 | 77.0 | 1.0 | 43.0 | 52.8 | 64.7 | 34.9 |
| 65-74..... | 274 | 90.6 | 78.9 | 77.9 | .7 | 44.3 | 45.0 | 70.8 | 41.7 |
| 75 AND OVER..... | 123 | 94.6 | 85.0 | 83.1 | .0 | 42.7 | 47.4 | 64.5 | 41.0 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 278 | 99.8 | 99.5 | 96.3 | 2.0 | 45.5 | 37.4 | 43.1 | 56.4 |
| 12-14..... | 268 | 98.1 | 96.8 | 92.9 | 1.8 | 43.9 | 47.9 | 40.5 | 45.4 |
| 15-18..... | 354 | 95.1 | 90.0 | 87.0 | 3.6 | 31.5 | 43.5 | 42.9 | 40.4 |
| 19-22..... | 337 | 94.4 | 85.1 | 79.7 | 5.7 | 32.1 | 50.1 | 53.7 | 41.7 |
| 23-34..... | 974 | 92.9 | 80.5 | 76.5 | 3.7 | 32.3 | 53.7 | 53.7 | 35.5 |
| 35-50..... | 948 | 89.5 | 70.0 | 66.3 | 5.0 | 31.2 | 56.8 | 56.1 | 35.8 |
| 51-64..... | 696 | 92.9 | 77.6 | 74.4 | 4.4 | 33.4 | 53.4 | 58.4 | 31.9 |
| 65-74..... | 334 | 88.6 | 78.7 | 77.4 | 4.7 | 31.8 | 42.5 | 62.6 | 28.8 |
| 75 AND OVER..... | 187 | 95.2 | 84.2 | 82.5 | 2.4 | 32.8 | 47.5 | 59.5 | 31.9 |
| ALL INDIVIDUALS... | 4/9,129 | 94.1 | 84.4 | 81.5 | 3.1 | 36.6 | 47.6 | 54.6 | 41.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2N-2.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL (CALCIUM EQUIVALENT4/) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/122 | 6 | 6 | 5 | 0 | (6) | 0 | (6) | (6) |
| 1-2..... | 5/282 | 26 | 22 | 21 | 0 | 2 | 1 | 1 | 1 |
| 3-5..... | 408 | 44 | 41 | 34 | 0 | 2 | 1 | 1 | 2 |
| 6-8..... | 471 | 155 | 145 | 122 | (6) | 6 | 1 | 2 | 4 |
| MALES: | | | | | | | | | |
| 9-11..... | 232 | 173 | 159 | 130 | 0 | 9 | 1 | 2 | 7 |
| 12-14..... | 273 | 183 | 171 | 130 | (6) | 8 | 2 | 1 | 7 |
| 15-18..... | 380 | 152 | 133 | 102 | (6) | 7 | 3 | 2 | 5 |
| 19-22..... | 267 | 61 | 67 | 53 | 0 | 5 | 3 | 2 | 4 |
| 23-34..... | 727 | 70 | 53 | 43 | (6) | 5 | 4 | 7 | 4 |
| 35-50..... | 635 | 35 | 28 | 21 | 1 | 2 | 1 | 5 | 3 |
| 51-64..... | 559 | 31 | 19 | 14 | 0 | 3 | 2 | 3 | 3 |
| 65-74..... | 274 | 10 | 6 | 4 | 0 | 2 | 1 | (6) | (6) |
| 75 AND OVER..... | 123 | 8 | 3 | 3 | 0 | 4 | (6) | 1 | 4 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 278 | 172 | 159 | 123 | (6) | 7 | 2 | 1 | 6 |
| 12-14..... | 268 | 141 | 127 | 93 | 0 | 9 | 2 | 1 | 3 |
| 15-18..... | 354 | 101 | 88 | 66 | (6) | 5 | 3 | 1 | 4 |
| 19-22..... | 337 | 40 | 25 | 14 | 0 | 4 | 3 | 2 | 3 |
| 23-34..... | 974 | 33 | 19 | 13 | 1 | 4 | 3 | 2 | 1 |
| 35-50..... | 948 | 23 | 13 | 8 | (6) | 3 | 3 | 2 | 2 |
| 51-64..... | 696 | 16 | 10 | 8 | 0 | 3 | 1 | 1 | 1 |
| 65-74..... | 334 | 9 | 6 | 6 | (6) | 2 | 1 | 1 | 1 |
| 75 AND OVER..... | 187 | 9 | 7 | 7 | (6) | 1 | (6) | 0 | 2 |
| ALL INDIVIDUALS... | 5/9,129 | 62 | 52 | 40 | (6) | 4 | 2 | 2 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2N-2.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/122 | 6.2 | 6.2 | 5.4 | 0.0 | 0.6 | 0.0 | 0.9 | 0.6 |
| 1-2..... | 4/282 | 24.1 | 19.0 | 18.4 | .0 | 7.0 | 4.0 | 4.5 | 5.2 |
| 3-5..... | 408 | 28.8 | 26.2 | 22.9 | .0 | 7.6 | 4.7 | 2.8 | 8.3 |
| 6-8..... | 471 | 73.8 | 72.0 | 64.8 | .3 | 15.4 | 11.4 | 5.4 | 15.2 |
| MALES: | | | | | | | | | |
| 9-11..... | 232 | 77.9 | 76.5 | 67.0 | .0 | 20.1 | 10.9 | 5.9 | 20.4 |
| 12-14..... | 273 | 76.5 | 75.9 | 64.2 | .3 | 16.9 | 14.4 | 3.5 | 17.3 |
| 15-18..... | 380 | 65.1 | 59.2 | 49.7 | .3 | 16.2 | 14.0 | 4.9 | 11.8 |
| 19-22..... | 267 | 35.4 | 30.0 | 24.8 | .0 | 11.5 | 10.2 | 6.5 | 7.5 |
| 23-34..... | 727 | 41.8 | 29.3 | 24.0 | 1.0 | 16.0 | 17.5 | 13.6 | 8.4 |
| 35-50..... | 635 | 32.0 | 23.7 | 21.0 | .9 | 10.1 | 9.1 | 10.7 | 6.3 |
| 51-64..... | 559 | 30.4 | 20.1 | 17.0 | .0 | 11.7 | 9.9 | 7.3 | 4.9 |
| 65-74..... | 274 | 16.3 | 7.1 | 6.2 | .0 | 10.6 | 3.6 | 1.1 | 1.6 |
| 75 AND OVER..... | 123 | 14.5 | 3.5 | 3.5 | .0 | 9.8 | 2.3 | 1.3 | 2.5 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 278 | 79.8 | 78.6 | 68.6 | .9 | 20.8 | 13.2 | 4.9 | 18.1 |
| 12-14..... | 268 | 72.3 | 68.7 | 56.4 | .0 | 20.7 | 15.4 | 3.4 | 11.4 |
| 15-18..... | 354 | 54.0 | 47.6 | 38.7 | .2 | 13.5 | 12.7 | 3.1 | 9.5 |
| 19-22..... | 337 | 34.8 | 22.1 | 16.3 | .0 | 12.3 | 15.6 | 5.7 | 8.1 |
| 23-34..... | 974 | 33.1 | 18.8 | 15.6 | .8 | 13.4 | 13.9 | 6.1 | 5.3 |
| 35-50..... | 948 | 27.7 | 14.1 | 11.5 | .6 | 11.2 | 12.2 | 5.6 | 4.8 |
| 51-64..... | 696 | 21.4 | 11.4 | 9.5 | .0 | 8.3 | 7.4 | 4.5 | 3.5 |
| 65-74..... | 334 | 17.4 | 8.8 | 8.5 | .3 | 8.0 | 4.3 | 2.5 | 2.0 |
| 75 AND OVER..... | 187 | 11.1 | 6.4 | 6.1 | .4 | 5.8 | 2.2 | .0 | 3.4 |
| ALL INDIVIDUALS... | 4/9,129 | 38.9 | 30.5 | 25.9 | .4 | 12.4 | 10.7 | 5.8 | 7.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2N-3.1.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL ( CALCIUM EQUIVALENT4/ ) | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | GRAMS | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 5/122 | 498 | 659 | 350 | (6) | 13 | 2 | 5 | 61 |
| 1-2..... | 5/282 | 465 | 410 | 392 | 2 | 13 | 8 | 19 | 21 |
| 3-5..... | 408 | 419 | 361 | 339 | 2 | 17 | 7 | 18 | 20 |
| 6-8..... | 471 | 418 | 361 | 335 | 1 | 21 | 7 | 14 | 17 |
| MALES: | | | | | | | | | |
| 9-11..... | 232 | 423 | 370 | 339 | (6) | 24 | 6 | 16 | 20 |
| 12-14..... | 273 | 493 | 427 | 382 | 1 | 30 | 6 | 19 | 23 |
| 15-18..... | 380 | 487 | 412 | 379 | 1 | 24 | 9 | 27 | 28 |
| 19-22..... | 267 | 360 | 285 | 263 | 0 | 10 | 8 | 24 | 32 |
| 23-34..... | 727 | 331 | 228 | 214 | 3 | 20 | 16 | 31 | 24 |
| 35-50..... | 635 | 274 | 183 | 166 | 5 | 22 | 18 | 33 | 28 |
| 51-64..... | 559 | 272 | 185 | 177 | 1 | 20 | 17 | 34 | 20 |
| 65-74..... | 274 | 291 | 205 | 202 | 1 | 24 | 14 | 36 | 26 |
| 75 AND OVER..... | 123 | 324 | 230 | 227 | 0 | 32 | 12 | 36 | 27 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 278 | 380 | 329 | 304 | (6) | 19 | 6 | 14 | 23 |
| 12-14..... | 268 | 332 | 271 | 236 | 1 | 18 | 9 | 15 | 19 |
| 15-18..... | 354 | 318 | 265 | 236 | 2 | 13 | 9 | 17 | 20 |
| 19-22..... | 337 | 250 | 191 | 170 | 6 | 13 | 10 | 23 | 22 |
| 23-34..... | 974 | 243 | 175 | 159 | 3 | 11 | 13 | 21 | 19 |
| 35-50..... | 948 | 203 | 135 | 121 | 4 | 11 | 19 | 23 | 17 |
| 51-64..... | 696 | 209 | 146 | 131 | 4 | 13 | 15 | 22 | 17 |
| 65-74..... | 334 | 218 | 160 | 150 | 4 | 11 | 16 | 25 | 14 |
| 75 AND OVER..... | 187 | 264 | 189 | 179 | 1 | 16 | 16 | 20 | 10 |
| ALL INDIVIDUALS... | 5/9,129 | 312 | 244 | 222 | 3 | 17 | 13 | 23 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ CALCIUM EQUIVALENT IS QUANTITY OF WHOLE FLUID MILK TO WHICH DAIRY PRODUCTS (EXCEPT BUTTER) ARE EQUIVALENT IN CALCIUM CONTENT.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 2N-3.2.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | MILK, MILK PRODUCTS | | | | | | EGGS | LEGUMES, NUTS, SEEDS |
|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | MILK, MILK DRINKS | | | CREAM, MILK DESSERTS | CHEESE | | |
| | | | TOTAL | FLUID MILK | YOGURT | | | | |
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/122 | 93.4 | 92.2 | 59.3 | 0.8 | 23.4 | 9.1 | 19.7 | 16.6 |
| 1-2..... | 4/282 | 97.2 | 95.4 | 94.6 | 5.0 | 30.4 | 36.8 | 61.1 | 48.5 |
| 3-5..... | 408 | 99.1 | 96.6 | 95.5 | 2.6 | 33.8 | 36.5 | 47.8 | 54.5 |
| 6-8..... | 471 | 98.5 | 95.9 | 95.5 | 2.4 | 35.0 | 32.9 | 41.5 | 46.7 |
| MALES: | | | | | | | | | |
| 9-11..... | 232 | 96.6 | 95.0 | 94.6 | .6 | 35.0 | 25.8 | 42.7 | 43.5 |
| 12-14..... | 273 | 98.3 | 95.2 | 93.1 | 1.6 | 38.7 | 26.3 | 43.3 | 36.4 |
| 15-18..... | 380 | 96.4 | 91.4 | 88.0 | .7 | 27.6 | 35.3 | 48.7 | 42.4 |
| 19-22..... | 267 | 88.9 | 79.2 | 77.9 | .0 | 15.2 | 31.8 | 45.6 | 33.5 |
| 23-34..... | 727 | 89.6 | 73.1 | 71.3 | 2.4 | 28.4 | 46.6 | 52.7 | 37.7 |
| 35-50..... | 635 | 86.6 | 73.4 | 70.7 | 3.9 | 29.5 | 43.9 | 53.6 | 37.3 |
| 51-64..... | 559 | 93.6 | 76.1 | 75.3 | 1.0 | 35.5 | 47.2 | 59.8 | 31.4 |
| 65-74..... | 274 | 90.6 | 78.3 | 77.3 | .7 | 39.1 | 42.6 | 70.5 | 40.7 |
| 75 AND OVER..... | 123 | 94.6 | 85.0 | 83.1 | .0 | 35.6 | 45.6 | 63.3 | 41.0 |
| FEMALES: | | | | | | | | | |
| 9-11..... | 278 | 96.8 | 93.9 | 91.8 | 1.2 | 33.2 | 28.3 | 39.6 | 46.0 |
| 12-14..... | 268 | 97.2 | 92.6 | 87.5 | 1.8 | 27.9 | 39.0 | 38.6 | 39.8 |
| 15-18..... | 354 | 91.9 | 86.9 | 84.1 | 3.3 | 21.9 | 34.7 | 40.7 | 35.4 |
| 19-22..... | 337 | 93.3 | 80.0 | 76.9 | 5.7 | 22.0 | 40.4 | 50.3 | 35.4 |
| 23-34..... | 974 | 90.0 | 77.0 | 73.8 | 3.0 | 23.8 | 46.4 | 51.2 | 31.4 |
| 35-50..... | 948 | 87.4 | 68.6 | 65.0 | 4.6 | 24.4 | 50.8 | 52.7 | 32.9 |
| 51-64..... | 696 | 91.2 | 76.0 | 73.5 | 4.4 | 27.6 | 49.9 | 55.5 | 29.9 |
| 65-74..... | 334 | 88.1 | 78.7 | 77.1 | 4.4 | 26.5 | 40.4 | 61.7 | 27.0 |
| 75 AND OVER..... | 187 | 94.8 | 82.4 | 80.7 | 2.0 | 29.5 | 46.7 | 59.5 | 28.5 |
| ALL INDIVIDUALS... | 4/9,129 | 92.3 | 81.5 | 78.9 | 2.8 | 28.6 | 41.3 | 51.1 | 36.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 3A-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 65 | 3 | 5 | 45 | 28 | 12 | (5) | (5) | (5) |
| 1-2..... | 4/1,035 | 161 | 31 | 27 | 55 | 13 | 48 | 5 | 3 | 1 |
| 3-5..... | 1,719 | 198 | 47 | 41 | 56 | 15 | 55 | 7 | 5 | 3 |
| 6-8..... | 1,841 | 227 | 56 | 51 | 59 | 18 | 60 | 9 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 261 | 64 | 63 | 63 | 19 | 71 | 10 | 6 | 4 |
| 12-14..... | 1,150 | 292 | 76 | 66 | 63 | 20 | 87 | 12 | 7 | 4 |
| 15-18..... | 1,394 | 304 | 89 | 73 | 64 | 17 | 78 | 14 | 8 | 5 |
| 19-22..... | 1,030 | 258 | 84 | 59 | 51 | 10 | 64 | 13 | 7 | 6 |
| 23-34..... | 2,716 | 261 | 86 | 61 | 47 | 8 | 69 | 17 | 8 | 8 |
| 35-50..... | 2,571 | 247 | 82 | 58 | 50 | 7 | 57 | 18 | 9 | 8 |
| 51-64..... | 2,161 | 237 | 81 | 61 | 54 | 10 | 41 | 19 | 9 | 8 |
| 65-74..... | 1,049 | 230 | 74 | 56 | 68 | 13 | 31 | 16 | 9 | 5 |
| 75 AND OVER..... | 465 | 242 | 72 | 63 | 77 | 12 | 30 | 15 | 10 | 3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 241 | 57 | 56 | 58 | 17 | 71 | 10 | 5 | 4 |
| 12-14..... | 1,148 | 231 | 58 | 57 | 53 | 13 | 64 | 10 | 5 | 4 |
| 15-18..... | 1,473 | 202 | 55 | 47 | 43 | 9 | 57 | 12 | 5 | 6 |
| 19-22..... | 1,317 | 184 | 51 | 36 | 41 | 6 | 56 | 12 | 5 | 6 |
| 23-34..... | 3,879 | 179 | 51 | 39 | 38 | 6 | 50 | 14 | 6 | 7 |
| 35-50..... | 3,759 | 169 | 52 | 38 | 37 | 5 | 41 | 14 | 5 | 7 |
| 51-64..... | 2,936 | 169 | 55 | 40 | 41 | 8 | 33 | 14 | 6 | 6 |
| 65-74..... | 1,376 | 178 | 55 | 40 | 49 | 10 | 34 | 12 | 6 | 4 |
| 75 AND OVER..... | 751 | 190 | 55 | 44 | 63 | 11 | 28 | 14 | 8 | 4 |
| ALL INDIVIDUALS... | 4/36,142 | 213 | 62 | 49 | 50 | 10 | 52 | 13 | 6 | 6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3A-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| 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..... | 4/421 | 89.4 | 20.1 | 26.0 | 86.9 | 77.1 | 19.4 | 14.3 | 14.0 | 1.3 |
| 1-2..... | 4/1,035 | 99.7 | 89.5 | 83.3 | 90.9 | 69.4 | 58.9 | 71.4 | 65.7 | 22.7 |
| 3-5..... | 1,719 | 100.0 | 95.6 | 87.6 | 90.2 | 75.8 | 59.7 | 77.8 | 69.5 | 34.5 |
| 6-8..... | 1,841 | 100.0 | 97.6 | 89.8 | 89.9 | 76.8 | 60.4 | 78.1 | 67.5 | 39.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 100.0 | 97.1 | 90.3 | 88.8 | 73.2 | 59.5 | 79.3 | 69.7 | 36.7 |
| 12-14..... | 1,150 | 99.9 | 97.9 | 88.1 | 81.7 | 67.1 | 62.0 | 78.1 | 68.0 | 39.0 |
| 15-18..... | 1,394 | 99.8 | 96.8 | 82.6 | 70.2 | 50.4 | 51.5 | 77.8 | 66.9 | 40.6 |
| 19-22..... | 1,030 | 99.8 | 95.9 | 74.6 | 58.2 | 35.6 | 44.6 | 75.0 | 61.1 | 41.4 |
| 23-34..... | 2,716 | 99.6 | 96.8 | 76.5 | 53.0 | 26.2 | 45.7 | 84.5 | 70.3 | 52.8 |
| 35-50..... | 2,571 | 99.8 | 96.0 | 78.5 | 54.0 | 25.3 | 41.3 | 84.7 | 71.4 | 53.0 |
| 51-64..... | 2,161 | 99.6 | 96.6 | 77.8 | 62.5 | 36.7 | 32.4 | 85.4 | 72.4 | 53.1 |
| 65-74..... | 1,049 | 99.9 | 98.3 | 84.1 | 73.7 | 48.1 | 27.5 | 85.7 | 76.5 | 43.9 |
| 75 AND OVER..... | 465 | 99.7 | 97.8 | 78.0 | 78.0 | 49.0 | 20.8 | 82.7 | 73.4 | 28.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 100.0 | 97.9 | 89.4 | 85.3 | 72.3 | 63.2 | 78.4 | 67.0 | 41.4 |
| 12-14..... | 1,148 | 99.9 | 95.3 | 86.1 | 75.4 | 56.7 | 55.0 | 74.9 | 61.7 | 43.3 |
| 15-18..... | 1,473 | 99.9 | 94.4 | 80.4 | 62.9 | 43.7 | 49.9 | 78.7 | 64.8 | 44.4 |
| 19-22..... | 1,317 | 98.6 | 93.4 | 71.9 | 56.9 | 31.6 | 47.5 | 78.5 | 61.4 | 48.2 |
| 23-34..... | 3,879 | 98.7 | 93.6 | 75.0 | 56.7 | 30.0 | 47.3 | 83.7 | 66.6 | 54.3 |
| 35-50..... | 3,759 | 99.0 | 92.9 | 75.2 | 54.4 | 26.0 | 40.6 | 84.3 | 66.8 | 55.1 |
| 51-64..... | 2,936 | 99.0 | 94.9 | 75.7 | 60.0 | 35.5 | 33.6 | 85.2 | 71.3 | 49.1 |
| 65-74..... | 1,376 | 99.2 | 96.3 | 77.7 | 70.2 | 47.3 | 28.6 | 86.0 | 74.3 | 43.4 |
| 75 AND OVER..... | 751 | 100.0 | 99.0 | 78.6 | 74.0 | 46.8 | 26.6 | 85.4 | 75.2 | 37.4 |
| ALL INDIVIDUALS... | 4/36,142 | 99.4 | 94.6 | 79.1 | 66.7 | 43.7 | 44.9 | 81.0 | 67.9 | 45.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3A-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 2 | (5) | (5) | (5) | (5) | 1 | (5) | (5) | 0 |
| 1-2..... | 4/1,035 | 11 | 3 | 3 | 2 | (5) | 4 | (5) | (5) | (5) |
| 3-5..... | 1,719 | 18 | 5 | 5 | 2 | 1 | 6 | 1 | (5) | (5) |
| 6-8..... | 1,841 | 40 | 10 | 10 | 4 | 1 | 16 | 1 | (5) | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 48 | 12 | 13 | 4 | 1 | 19 | 1 | 1 | 1 |
| 12-14..... | 1,150 | 54 | 14 | 13 | 3 | (5) | 24 | 1 | 1 | 1 |
| 15-18..... | 1,394 | 52 | 14 | 15 | 3 | (5) | 20 | 2 | 1 | 1 |
| 19-22..... | 1,030 | 48 | 16 | 13 | 4 | (5) | 16 | 3 | 1 | 2 |
| 23-34..... | 2,716 | 53 | 17 | 14 | 4 | (5) | 18 | 4 | 1 | 2 |
| 35-50..... | 2,571 | 38 | 14 | 12 | 3 | (5) | 9 | 3 | 1 | 2 |
| 51-64..... | 2,161 | 30 | 10 | 10 | 3 | (5) | 7 | 3 | 1 | 1 |
| 65-74..... | 1,049 | 19 | 5 | 7 | 1 | (5) | 5 | 2 | (5) | 1 |
| 75 AND OVER..... | 465 | 11 | 3 | 6 | 1 | 0 | 2 | 1 | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 45 | 11 | 11 | 4 | 1 | 18 | 1 | 1 | (5) |
| 12-14..... | 1,148 | 41 | 11 | 12 | 3 | (5) | 15 | 1 | (5) | 1 |
| 15-18..... | 1,473 | 41 | 11 | 11 | 2 | (5) | 17 | 2 | 1 | 1 |
| 19-22..... | 1,317 | 32 | 9 | 7 | 3 | (5) | 13 | 2 | 1 | 2 |
| 23-34..... | 3,879 | 27 | 8 | 9 | 2 | (5) | 8 | 3 | 1 | 2 |
| 35-50..... | 3,759 | 20 | 6 | 7 | 1 | (5) | 6 | 2 | 1 | 2 |
| 51-64..... | 2,936 | 19 | 6 | 7 | 2 | (5) | 5 | 2 | (5) | 1 |
| 65-74..... | 1,376 | 14 | 4 | 5 | 1 | (5) | 4 | 1 | (5) | 1 |
| 75 AND OVER..... | 751 | 10 | 2 | 4 | 1 | (5) | 3 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/36,142 | 31 | 9 | 9 | 2 | (5) | 10 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3A-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/421 | 4.8 | 1.9 | 1.7 | 1.1 | 0.2 | 1.3 | 0.4 | 0.4 | 0.0 |
| 1-2..... | 4/1,035 | 29.8 | 17.3 | 19.2 | 5.0 | 2.8 | 8.4 | 8.4 | 6.8 | 2.3 |
| 3-5..... | 1,719 | 39.5 | 24.1 | 25.2 | 7.1 | 4.2 | 10.1 | 11.3 | 8.2 | 3.5 |
| 6-8..... | 1,841 | 61.7 | 46.6 | 37.4 | 10.3 | 3.9 | 24.7 | 19.7 | 15.2 | 6.6 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 66.7 | 51.8 | 42.5 | 10.0 | 4.6 | 26.4 | 22.9 | 17.4 | 8.1 |
| 12-14..... | 1,150 | 65.7 | 51.1 | 40.5 | 8.1 | 3.0 | 29.1 | 19.8 | 14.1 | 7.5 |
| 15-18..... | 1,394 | 59.9 | 44.6 | 35.2 | 6.3 | 1.6 | 20.3 | 19.6 | 11.4 | 9.7 |
| 19-22..... | 1,030 | 55.4 | 43.5 | 26.5 | 5.5 | .4 | 15.1 | 20.3 | 9.7 | 13.5 |
| 23-34..... | 2,716 | 61.4 | 47.2 | 31.9 | 6.4 | .6 | 15.5 | 30.2 | 18.5 | 16.3 |
| 35-50..... | 2,571 | 53.6 | 41.2 | 28.6 | 5.0 | .6 | 9.5 | 26.9 | 17.2 | 14.1 |
| 51-64..... | 2,161 | 43.9 | 33.8 | 23.2 | 4.7 | .3 | 7.0 | 23.6 | 15.3 | 11.3 |
| 65-74..... | 1,049 | 28.9 | 21.6 | 15.9 | 3.0 | .2 | 6.5 | 15.6 | 10.3 | 8.5 |
| 75 AND OVER..... | 465 | 19.9 | 13.6 | 10.5 | 2.2 | .0 | 2.1 | 10.3 | 4.6 | 4.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 63.8 | 47.6 | 40.4 | 12.2 | 4.8 | 27.2 | 22.8 | 16.7 | 7.4 |
| 12-14..... | 1,148 | 62.6 | 43.0 | 39.4 | 7.8 | 2.5 | 23.0 | 18.0 | 11.8 | 8.3 |
| 15-18..... | 1,473 | 60.9 | 43.6 | 35.5 | 6.0 | 1.6 | 22.3 | 22.5 | 13.1 | 12.5 |
| 19-22..... | 1,317 | 52.1 | 35.1 | 26.6 | 5.7 | 1.3 | 14.6 | 22.6 | 11.2 | 14.7 |
| 23-34..... | 3,879 | 47.8 | 32.3 | 26.8 | 5.0 | .6 | 11.7 | 23.7 | 12.1 | 14.3 |
| 35-50..... | 3,759 | 42.4 | 28.2 | 22.8 | 3.5 | .3 | 9.0 | 22.4 | 10.5 | 13.9 |
| 51-64..... | 2,936 | 37.7 | 26.7 | 21.0 | 3.9 | .3 | 7.1 | 19.3 | 10.9 | 10.4 |
| 65-74..... | 1,376 | 30.2 | 21.4 | 17.2 | 2.3 | .2 | 5.2 | 15.0 | 9.8 | 6.9 |
| 75 AND OVER..... | 751 | 22.2 | 14.0 | 12.9 | 2.3 | .2 | 3.7 | 10.4 | 6.9 | 3.3 |
| ALL INDIVIDUALS... | 4/36,142 | 48.2 | 34.7 | 27.3 | 5.6 | 1.4 | 13.3 | 20.7 | 12.4 | 10.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3A-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 63 | 3 | 4 | 44 | 28 | 12 | (5) | (5) | (5) |
| 1-2..... | 4/1,035 | 150 | 29 | 24 | 53 | 12 | 44 | 4 | 3 | 1 |
| 3-5..... | 1,719 | 180 | 42 | 35 | 54 | 15 | 49 | 7 | 4 | 2 |
| 6-8..... | 1,841 | 187 | 46 | 42 | 55 | 17 | 44 | 8 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 213 | 52 | 51 | 59 | 18 | 52 | 9 | 5 | 3 |
| 12-14..... | 1,150 | 238 | 62 | 53 | 60 | 20 | 63 | 11 | 7 | 4 |
| 15-18..... | 1,394 | 252 | 75 | 58 | 61 | 16 | 58 | 12 | 7 | 5 |
| 19-22..... | 1,030 | 209 | 68 | 46 | 47 | 10 | 48 | 11 | 6 | 4 |
| 23-34..... | 2,716 | 209 | 68 | 46 | 43 | 8 | 51 | 13 | 7 | 6 |
| 35-50..... | 2,571 | 209 | 68 | 46 | 47 | 7 | 48 | 15 | 8 | 7 |
| 51-64..... | 2,161 | 207 | 71 | 51 | 52 | 10 | 34 | 16 | 8 | 6 |
| 65-74..... | 1,049 | 211 | 69 | 50 | 67 | 13 | 25 | 14 | 9 | 4 |
| 75 AND OVER..... | 465 | 231 | 69 | 57 | 76 | 12 | 28 | 14 | 9 | 3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 196 | 46 | 45 | 53 | 16 | 53 | 9 | 5 | 4 |
| 12-14..... | 1,148 | 190 | 47 | 45 | 50 | 12 | 49 | 8 | 4 | 4 |
| 15-18..... | 1,473 | 161 | 44 | 36 | 41 | 9 | 41 | 10 | 5 | 4 |
| 19-22..... | 1,317 | 152 | 42 | 28 | 39 | 6 | 43 | 9 | 5 | 4 |
| 23-34..... | 3,879 | 152 | 43 | 30 | 36 | 6 | 42 | 11 | 5 | 5 |
| 35-50..... | 3,759 | 149 | 46 | 32 | 36 | 5 | 35 | 12 | 5 | 6 |
| 51-64..... | 2,936 | 150 | 49 | 33 | 40 | 7 | 28 | 12 | 6 | 5 |
| 65-74..... | 1,376 | 164 | 51 | 35 | 48 | 10 | 30 | 11 | 6 | 4 |
| 75 AND OVER..... | 751 | 180 | 53 | 40 | 62 | 11 | 25 | 13 | 7 | 3 |
| ALL INDIVIDUALS... | 4/36,142 | 181 | 53 | 40 | 47 | 10 | 42 | 11 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3A-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| 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..... | 4/421 | 89.2 | 19.4 | 26.0 | 86.9 | 77.1 | 18.3 | 14.3 | 14.0 | 1.3 |
| 1-2..... | 4/1,035 | 99.5 | 87.5 | 79.9 | 89.5 | 68.1 | 54.7 | 69.8 | 64.0 | 21.6 |
| 3-5..... | 1,719 | 99.9 | 92.9 | 82.9 | 88.9 | 73.9 | 54.3 | 75.1 | 66.8 | 32.6 |
| 6-8..... | 1,841 | 99.6 | 93.6 | 82.6 | 87.6 | 74.6 | 46.4 | 73.4 | 62.4 | 35.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 99.9 | 92.7 | 83.6 | 86.2 | 70.4 | 43.8 | 74.3 | 64.9 | 30.6 |
| 12-14..... | 1,150 | 99.5 | 93.0 | 79.2 | 79.6 | 65.4 | 45.4 | 74.3 | 63.6 | 34.3 |
| 15-18..... | 1,394 | 99.1 | 93.1 | 73.9 | 68.4 | 49.5 | 39.5 | 73.3 | 63.5 | 34.7 |
| 19-22..... | 1,030 | 96.8 | 90.4 | 63.4 | 55.9 | 35.2 | 32.5 | 69.4 | 56.7 | 34.0 |
| 23-34..... | 2,716 | 97.1 | 89.3 | 66.3 | 49.8 | 25.7 | 34.6 | 76.9 | 63.0 | 43.3 |
| 35-50..... | 2,571 | 98.2 | 90.5 | 70.5 | 51.2 | 24.9 | 34.1 | 79.8 | 65.1 | 46.1 |
| 51-64..... | 2,161 | 98.0 | 92.5 | 71.4 | 60.1 | 36.5 | 26.7 | 81.4 | 68.4 | 47.4 |
| 65-74..... | 1,049 | 99.6 | 97.4 | 80.0 | 72.6 | 48.1 | 21.9 | 84.6 | 74.5 | 39.0 |
| 75 AND OVER..... | 465 | 99.7 | 97.6 | 76.1 | 77.4 | 49.0 | 18.7 | 81.6 | 73.1 | 26.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 99.7 | 93.1 | 81.4 | 83.2 | 70.1 | 46.9 | 73.8 | 62.1 | 37.5 |
| 12-14..... | 1,148 | 99.1 | 90.6 | 77.3 | 73.0 | 55.2 | 42.2 | 70.2 | 57.6 | 38.1 |
| 15-18..... | 1,473 | 98.2 | 89.0 | 70.3 | 60.2 | 42.3 | 35.1 | 73.4 | 60.0 | 37.1 |
| 19-22..... | 1,317 | 96.4 | 86.7 | 63.2 | 54.1 | 30.6 | 37.1 | 72.7 | 57.0 | 41.3 |
| 23-34..... | 3,879 | 97.0 | 88.6 | 66.3 | 54.5 | 29.6 | 38.9 | 78.7 | 62.4 | 46.8 |
| 35-50..... | 3,759 | 97.7 | 89.3 | 68.6 | 52.3 | 25.8 | 34.3 | 80.0 | 63.2 | 48.9 |
| 51-64..... | 2,936 | 98.1 | 93.1 | 69.6 | 58.3 | 35.3 | 27.6 | 82.4 | 68.7 | 43.5 |
| 65-74..... | 1,376 | 99.0 | 94.9 | 73.1 | 69.1 | 47.1 | 24.2 | 84.3 | 72.4 | 39.5 |
| 75 AND OVER..... | 751 | 99.7 | 97.4 | 75.9 | 73.5 | 46.7 | 23.6 | 84.3 | 74.0 | 35.7 |
| ALL INDIVIDUALS... | 4/36,142 | 98.2 | 90.5 | 71.8 | 64.6 | 42.9 | 36.1 | 76.8 | 63.9 | 40.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3B-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 59 | 4 | 6 | 40 | 25 | 9 | 1 | 1 | 0 |
| 1-2..... | 4/137 | 178 | 27 | 25 | 66 | 14 | 60 | 4 | 3 | 1 |
| 3-5..... | 202 | 218 | 47 | 34 | 82 | 17 | 55 | 8 | 4 | 3 |
| 6-8..... | 186 | 246 | 54 | 50 | 81 | 18 | 61 | 7 | 4 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 278 | 61 | 56 | 94 | 19 | 67 | 7 | 5 | 2 |
| 12-14..... | 93 | 288 | 72 | 61 | 82 | 20 | 73 | 9 | 5 | 5 |
| 15-18..... | 113 | 311 | 86 | 64 | 87 | 15 | 73 | 10 | 5 | 5 |
| 19-22..... | 92 | 271 | 83 | 59 | 60 | 5 | 68 | 14 | 6 | 7 |
| 23-34..... | 166 | 276 | 82 | 54 | 72 | 8 | 68 | 14 | 9 | 4 |
| 35-50..... | 93 | 241 | 81 | 45 | 65 | 7 | 50 | 12 | 6 | 4 |
| 51-64..... | 142 | 227 | 75 | 48 | 69 | 7 | 35 | 11 | 7 | 4 |
| 65-74..... | 254 | 232 | 72 | 57 | 74 | 10 | 28 | 12 | 8 | 3 |
| 75 AND OVER..... | 162 | 247 | 76 | 55 | 83 | 11 | 33 | 11 | 8 | 2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 285 | 60 | 46 | 102 | 18 | 77 | 7 | 5 | 3 |
| 12-14..... | 95 | 255 | 57 | 51 | 83 | 12 | 64 | 7 | 4 | 3 |
| 15-18..... | 117 | 227 | 58 | 44 | 78 | 10 | 46 | 9 | 5 | 3 |
| 19-22..... | 155 | 208 | 45 | 37 | 71 | 7 | 55 | 9 | 4 | 4 |
| 23-34..... | 349 | 204 | 54 | 39 | 66 | 6 | 45 | 11 | 6 | 5 |
| 35-50..... | 273 | 201 | 53 | 39 | 66 | 4 | 43 | 10 | 4 | 4 |
| 51-64..... | 380 | 169 | 54 | 34 | 56 | 6 | 24 | 10 | 6 | 3 |
| 65-74..... | 453 | 188 | 57 | 40 | 56 | 9 | 35 | 11 | 6 | 3 |
| 75 AND OVER..... | 303 | 193 | 54 | 48 | 70 | 11 | 22 | 12 | 7 | 3 |
| ALL INDIVIDUALS... | 4/4,026 | 218 | 59 | 44 | 70 | 10 | 45 | 10 | 6 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3B-1.2.--GRAIN PRODUCTS: FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| 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..... | 4/54 | 77.8 | 23.4 | 31.0 | 73.6 | 55.6 | 20.7 | 21.9 | 21.9 | 0.0 |
| 1-2..... | 4/137 | 99.2 | 84.8 | 75.2 | 89.1 | 65.3 | 61.0 | 67.8 | 60.5 | 23.5 |
| 3-5..... | 202 | 100.0 | 93.5 | 78.4 | 93.9 | 73.3 | 61.4 | 71.3 | 62.0 | 28.9 |
| 6-8..... | 186 | 100.0 | 92.3 | 78.8 | 90.1 | 74.3 | 61.5 | 72.3 | 62.4 | 32.9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 100.0 | 94.4 | 81.4 | 92.7 | 74.0 | 57.6 | 67.5 | 61.8 | 23.2 |
| 12-14..... | 93 | 100.0 | 94.9 | 80.0 | 84.9 | 60.7 | 55.4 | 67.9 | 52.9 | 35.6 |
| 15-18..... | 113 | 100.0 | 97.0 | 80.9 | 81.4 | 46.6 | 42.4 | 71.9 | 58.3 | 38.3 |
| 19-22..... | 92 | 99.1 | 94.9 | 76.0 | 52.8 | 21.6 | 47.0 | 78.0 | 53.6 | 49.0 |
| 23-34..... | 166 | 100.0 | 95.0 | 68.8 | 64.0 | 31.4 | 47.4 | 74.9 | 64.4 | 34.2 |
| 35-50..... | 93 | 98.4 | 97.3 | 65.1 | 51.1 | 18.3 | 32.9 | 72.6 | 57.2 | 33.9 |
| 51-64..... | 142 | 99.1 | 95.3 | 65.9 | 60.0 | 25.6 | 33.2 | 70.9 | 58.7 | 36.6 |
| 65-74..... | 254 | 99.6 | 98.1 | 78.7 | 73.0 | 41.0 | 27.5 | 81.1 | 71.2 | 35.2 |
| 75 AND OVER..... | 162 | 99.2 | 97.3 | 73.7 | 76.4 | 42.6 | 18.3 | 77.4 | 68.2 | 17.6 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 100.0 | 95.5 | 76.8 | 91.5 | 72.0 | 57.8 | 67.6 | 53.2 | 29.8 |
| 12-14..... | 95 | 100.0 | 94.3 | 78.9 | 82.8 | 51.2 | 53.2 | 67.5 | 51.2 | 26.7 |
| 15-18..... | 117 | 100.0 | 96.1 | 73.1 | 73.1 | 45.7 | 39.4 | 71.3 | 63.7 | 28.9 |
| 19-22..... | 155 | 98.1 | 89.5 | 68.3 | 66.0 | 41.3 | 56.0 | 73.8 | 57.2 | 41.1 |
| 23-34..... | 349 | 99.7 | 94.8 | 70.6 | 66.1 | 30.3 | 41.7 | 81.8 | 66.8 | 46.5 |
| 35-50..... | 273 | 100.0 | 93.4 | 65.9 | 65.4 | 25.1 | 37.2 | 71.7 | 59.0 | 34.5 |
| 51-64..... | 380 | 99.4 | 93.7 | 68.5 | 63.8 | 32.5 | 29.4 | 79.7 | 65.5 | 32.0 |
| 65-74..... | 453 | 100.0 | 97.1 | 75.9 | 69.3 | 44.2 | 26.3 | 83.8 | 72.6 | 36.8 |
| 75 AND OVER..... | 303 | 100.0 | 98.7 | 72.7 | 75.1 | 45.3 | 20.9 | 82.7 | 70.8 | 35.1 |
| ALL INDIVIDUALS... | 4/4,026 | 99.4 | 94.0 | 72.7 | 73.0 | 43.9 | 39.1 | 75.5 | 63.4 | 33.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3B-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/137 | 6 | 1 | 1 | 1 | (5) | 2 | (5) | (5) | (5) |
| 3-5..... | 202 | 16 | 5 | 4 | 3 | 1 | 4 | 1 | (5) | 1 |
| 6-8..... | 186 | 44 | 12 | 9 | 7 | 1 | 16 | 1 | (5) | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 50 | 12 | 13 | 9 | 1 | 16 | 1 | (5) | (5) |
| 12-14..... | 93 | 51 | 13 | 10 | 7 | 1 | 20 | 1 | (5) | 1 |
| 15-18..... | 113 | 42 | 11 | 13 | 4 | (5) | 14 | 1 | (5) | (5) |
| 19-22..... | 92 | 37 | 15 | 11 | 2 | (5) | 9 | 5 | 1 | 3 |
| 23-34..... | 166 | 47 | 13 | 10 | 7 | (5) | 17 | 2 | 1 | (5) |
| 35-50..... | 93 | 30 | 10 | 11 | 8 | 0 | 1 | 2 | (5) | 1 |
| 51-64..... | 142 | 15 | 5 | 7 | 2 | (5) | 1 | (5) | (5) | (5) |
| 65-74..... | 254 | 16 | 4 | 4 | 1 | 0 | 7 | 2 | (5) | 1 |
| 75 AND OVER..... | 162 | 13 | 3 | 8 | 2 | 0 | 1 | 1 | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 46 | 14 | 9 | 7 | 1 | 16 | 1 | (5) | 1 |
| 12-14..... | 95 | 40 | 11 | 10 | 4 | (5) | 16 | (5) | (5) | (5) |
| 15-18..... | 117 | 35 | 9 | 10 | 4 | 1 | 12 | 1 | (5) | 1 |
| 19-22..... | 155 | 33 | 7 | 11 | 4 | (5) | 10 | 1 | (5) | 1 |
| 23-34..... | 349 | 15 | 5 | 4 | 2 | (5) | 4 | 2 | (5) | 1 |
| 35-50..... | 273 | 16 | 4 | 3 | 3 | (5) | 6 | 1 | (5) | 1 |
| 51-64..... | 380 | 12 | 5 | 4 | 1 | 0 | 3 | 1 | (5) | (5) |
| 65-74..... | 453 | 11 | 3 | 3 | 1 | 0 | 4 | 1 | (5) | (5) |
| 75 AND OVER..... | 303 | 10 | 2 | 5 | 1 | (5) | 1 | (5) | (5) | (5) |
| ALL INDIVIDUALS... | 4/4,026 | 22 | 6 | 6 | 3 | (5) | 7 | 1 | (5) | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3B-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/137 | 21.3 | 11.2 | 10.8 | 4.6 | 3.0 | 5.7 | 5.4 | 4.2 | 1.2 |
| 3-5..... | 202 | 32.3 | 21.6 | 20.6 | 8.8 | 3.9 | 8.1 | 8.3 | 4.1 | 4.9 |
| 6-8..... | 186 | 61.8 | 45.0 | 34.1 | 13.1 | 6.7 | 24.5 | 15.8 | 10.9 | 5.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 59.8 | 47.3 | 30.9 | 16.2 | 7.2 | 27.9 | 18.4 | 14.2 | 5.0 |
| 12-14..... | 93 | 60.4 | 47.2 | 35.0 | 18.8 | 8.1 | 28.6 | 10.4 | 8.1 | 7.5 |
| 15-18..... | 113 | 56.2 | 39.5 | 32.9 | 7.4 | 1.7 | 16.2 | 12.6 | 8.5 | 5.6 |
| 19-22..... | 92 | 52.9 | 46.8 | 25.1 | 7.3 | 2.1 | 8.9 | 26.5 | 9.2 | 24.6 |
| 23-34..... | 166 | 44.5 | 34.9 | 23.3 | 8.2 | 1.2 | 11.7 | 19.9 | 15.3 | 6.8 |
| 35-50..... | 93 | 44.1 | 31.7 | 25.6 | 5.6 | .0 | 3.7 | 23.0 | 8.3 | 14.6 |
| 51-64..... | 142 | 22.5 | 16.2 | 11.5 | 4.9 | .6 | 2.7 | 6.8 | 2.4 | 4.3 |
| 65-74..... | 254 | 23.3 | 18.4 | 11.1 | 2.4 | .0 | 6.7 | 11.4 | 8.4 | 5.6 |
| 75 AND OVER..... | 162 | 19.6 | 13.1 | 13.0 | 2.3 | .0 | .5 | 10.1 | 3.5 | 2.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 68.4 | 56.5 | 34.5 | 12.9 | 6.8 | 31.0 | 16.0 | 10.6 | 9.7 |
| 12-14..... | 95 | 55.5 | 40.8 | 30.6 | 9.4 | 4.3 | 23.3 | 11.0 | 7.0 | 4.7 |
| 15-18..... | 117 | 53.5 | 36.3 | 30.9 | 9.4 | 2.6 | 15.9 | 11.2 | 8.5 | 5.7 |
| 19-22..... | 155 | 52.4 | 33.3 | 30.9 | 2.9 | 1.2 | 15.5 | 16.9 | 12.5 | 10.3 |
| 23-34..... | 349 | 29.0 | 21.8 | 13.1 | 4.5 | .6 | 6.0 | 15.2 | 7.5 | 9.9 |
| 35-50..... | 273 | 25.4 | 16.1 | 11.4 | 3.6 | .8 | 7.6 | 10.9 | 4.8 | 5.3 |
| 51-64..... | 380 | 25.7 | 19.3 | 13.0 | 2.7 | .0 | 4.5 | 9.3 | 5.8 | 5.4 |
| 65-74..... | 453 | 23.3 | 17.1 | 11.2 | 2.1 | .0 | 4.7 | 12.7 | 7.6 | 5.2 |
| 75 AND OVER..... | 303 | 21.2 | 13.0 | 12.8 | 3.4 | .3 | 2.0 | 7.6 | 6.1 | 1.9 |
| ALL INDIVIDUALS... | 4/4,026 | 34.3 | 24.9 | 18.3 | 5.6 | 1.7 | 9.4 | 12.3 | 7.4 | 6.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3B-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 59 | 4 | 6 | 40 | 25 | 9 | 1 | 1 | 0 |
| 1-2..... | 4/137 | 173 | 26 | 24 | 65 | 14 | 58 | 4 | 2 | 1 |
| 3-5..... | 202 | 203 | 43 | 30 | 79 | 17 | 51 | 7 | 4 | 2 |
| 6-8..... | 186 | 202 | 42 | 41 | 74 | 17 | 45 | 6 | 4 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 228 | 49 | 42 | 85 | 18 | 52 | 6 | 5 | 1 |
| 12-14..... | 93 | 237 | 59 | 51 | 75 | 19 | 52 | 8 | 4 | 4 |
| 15-18..... | 113 | 269 | 75 | 52 | 83 | 14 | 59 | 9 | 5 | 4 |
| 19-22..... | 92 | 234 | 68 | 48 | 58 | 5 | 59 | 9 | 5 | 4 |
| 23-34..... | 166 | 229 | 69 | 44 | 65 | 8 | 51 | 13 | 8 | 4 |
| 35-50..... | 93 | 211 | 70 | 34 | 57 | 7 | 49 | 10 | 6 | 3 |
| 51-64..... | 142 | 212 | 70 | 40 | 68 | 7 | 34 | 11 | 7 | 4 |
| 65-74..... | 254 | 216 | 68 | 53 | 73 | 10 | 21 | 11 | 8 | 3 |
| 75 AND OVER..... | 162 | 234 | 73 | 47 | 81 | 11 | 33 | 10 | 8 | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 238 | 45 | 36 | 95 | 17 | 61 | 6 | 4 | 2 |
| 12-14..... | 95 | 214 | 46 | 41 | 79 | 11 | 48 | 7 | 4 | 2 |
| 15-18..... | 117 | 192 | 50 | 34 | 74 | 10 | 34 | 8 | 4 | 3 |
| 19-22..... | 155 | 176 | 38 | 26 | 67 | 7 | 45 | 7 | 4 | 3 |
| 23-34..... | 349 | 189 | 48 | 35 | 64 | 6 | 42 | 10 | 5 | 4 |
| 35-50..... | 273 | 185 | 49 | 36 | 64 | 4 | 37 | 9 | 4 | 4 |
| 51-64..... | 380 | 157 | 49 | 31 | 55 | 6 | 22 | 9 | 6 | 2 |
| 65-74..... | 453 | 177 | 53 | 37 | 55 | 9 | 31 | 10 | 6 | 3 |
| 75 AND OVER..... | 303 | 184 | 52 | 43 | 68 | 11 | 21 | 12 | 7 | 3 |
| ALL INDIVIDUALS... | 4/4,026 | 196 | 53 | 38 | 67 | 10 | 38 | 9 | 5 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 38-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| 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..... | 4/54 | 77.8 | 23.4 | 31.0 | 73.6 | 55.6 | 20.7 | 21.9 | 21.9 | 0.0 |
| 1-2..... | 4/137 | 99.2 | 83.7 | 72.1 | 88.0 | 65.3 | 59.2 | 66.0 | 58.1 | 23.5 |
| 3-5..... | 202 | 100.0 | 90.0 | 72.4 | 93.1 | 71.1 | 56.3 | 70.3 | 60.8 | 26.5 |
| 6-8..... | 186 | 100.0 | 88.4 | 71.9 | 85.4 | 69.3 | 47.3 | 68.1 | 59.9 | 28.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 100.0 | 89.4 | 75.7 | 89.5 | 69.9 | 39.5 | 62.7 | 58.5 | 18.3 |
| 12-14..... | 93 | 100.0 | 89.5 | 71.3 | 80.7 | 57.4 | 36.4 | 65.0 | 50.0 | 30.2 |
| 15-18..... | 113 | 97.0 | 93.8 | 70.8 | 79.2 | 46.0 | 35.4 | 69.8 | 58.3 | 34.3 |
| 19-22..... | 92 | 92.2 | 85.7 | 59.4 | 46.5 | 19.5 | 38.1 | 66.0 | 46.0 | 30.6 |
| 23-34..... | 166 | 97.1 | 87.3 | 55.8 | 60.5 | 30.1 | 38.1 | 67.0 | 57.8 | 29.6 |
| 35-50..... | 93 | 96.9 | 93.0 | 52.9 | 46.7 | 18.3 | 30.3 | 61.2 | 50.3 | 25.6 |
| 51-64..... | 142 | 98.5 | 94.1 | 60.3 | 58.8 | 25.6 | 31.1 | 69.1 | 58.2 | 32.3 |
| 65-74..... | 254 | 99.6 | 96.4 | 75.9 | 72.7 | 41.0 | 21.5 | 79.8 | 68.5 | 32.4 |
| 75 AND OVER..... | 162 | 99.2 | 97.3 | 69.8 | 75.4 | 42.6 | 17.7 | 75.9 | 68.2 | 15.2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 100.0 | 91.4 | 66.0 | 88.4 | 69.2 | 45.2 | 62.7 | 51.7 | 21.3 |
| 12-14..... | 95 | 98.7 | 91.1 | 64.7 | 81.2 | 50.5 | 39.3 | 60.4 | 46.7 | 22.7 |
| 15-18..... | 117 | 99.3 | 89.9 | 62.2 | 68.9 | 43.6 | 27.1 | 66.8 | 58.2 | 25.3 |
| 19-22..... | 155 | 96.6 | 78.8 | 57.8 | 66.0 | 41.3 | 43.5 | 70.5 | 51.6 | 38.3 |
| 23-34..... | 349 | 98.6 | 90.5 | 67.8 | 64.5 | 29.9 | 36.3 | 77.7 | 63.9 | 40.8 |
| 35-50..... | 273 | 98.8 | 91.3 | 61.3 | 63.1 | 24.2 | 32.2 | 68.7 | 56.8 | 31.8 |
| 51-64..... | 380 | 97.8 | 91.9 | 62.2 | 62.5 | 32.5 | 25.8 | 77.8 | 63.9 | 28.5 |
| 65-74..... | 453 | 99.8 | 95.8 | 71.4 | 68.5 | 44.2 | 22.4 | 82.0 | 71.2 | 34.1 |
| 75 AND OVER..... | 303 | 100.0 | 98.2 | 68.9 | 74.0 | 45.3 | 19.3 | 81.9 | 69.9 | 34.0 |
| ALL INDIVIDUALS... | 4/4,026 | 98.5 | 90.8 | 66.4 | 71.1 | 43.0 | 32.8 | 72.3 | 60.9 | 29.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3C-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1 | 4/55 | 72 | 4 | 7 | 47 | 24 | 14 | (5) | (5) | (5) |
| 1-2 | 4/127 | 175 | 32 | 25 | 63 | 14 | 55 | 5 | 4 | 1 |
| 3-5 | 243 | 194 | 44 | 38 | 57 | 13 | 55 | 7 | 4 | 2 |
| 6-8 | 197 | 233 | 53 | 46 | 63 | 14 | 71 | 6 | 4 | 2 |
| MALES: | | | | | | | | | | |
| 9-11 | 94 | 265 | 62 | 52 | 73 | 19 | 79 | 10 | 6 | 4 |
| 12-14 | 140 | 310 | 77 | 65 | 65 | 14 | 104 | 11 | 8 | 3 |
| 15-18 | 133 | 335 | 90 | 69 | 103 | 9 | 73 | 13 | 9 | 4 |
| 19-22 | 121 | 309 | 96 | 60 | 70 | 8 | 84 | 11 | 6 | 5 |
| 23-34 | 309 | 282 | 86 | 71 | 48 | 6 | 78 | 14 | 7 | 6 |
| 35-50 | 203 | 294 | 87 | 63 | 75 | 3 | 70 | 13 | 7 | 5 |
| 51-64 | 218 | 242 | 83 | 66 | 64 | 12 | 29 | 17 | 10 | 5 |
| 65-74 | 242 | 244 | 79 | 62 | 69 | 15 | 33 | 19 | 11 | 5 |
| 75 AND OVER | 84 | 245 | 79 | 47 | 78 | 13 | 40 | 24 | 15 | 3 |
| FEMALES: | | | | | | | | | | |
| 9-11 | 118 | 259 | 61 | 54 | 57 | 13 | 87 | 8 | 5 | 3 |
| 12-14 | 130 | 241 | 59 | 54 | 63 | 10 | 64 | 7 | 5 | 3 |
| 15-18 | 140 | 225 | 56 | 39 | 52 | 10 | 78 | 13 | 8 | 4 |
| 19-22 | 183 | 186 | 60 | 30 | 41 | 8 | 56 | 16 | 9 | 6 |
| 23-34 | 462 | 173 | 51 | 35 | 37 | 6 | 50 | 12 | 5 | 6 |
| 35-50 | 340 | 198 | 58 | 40 | 55 | 3 | 45 | 11 | 6 | 4 |
| 51-64 | 380 | 184 | 62 | 43 | 46 | 8 | 34 | 14 | 7 | 5 |
| 65-74 | 226 | 193 | 55 | 39 | 52 | 9 | 47 | 14 | 8 | 5 |
| 75 AND OVER | 104 | 195 | 60 | 44 | 75 | 9 | 16 | 15 | 6 | 4 |
| ALL INDIVIDUALS | 4/4,249 | 225 | 64 | 48 | 58 | 9 | 56 | 12 | 7 | 4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3C-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| 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..... | 4/55 | 86.2 | 20.3 | 20.5 | 79.8 | 69.8 | 18.4 | 14.7 | 12.1 | 2.6 |
| 1-2..... | 4/127 | 98.2 | 84.0 | 77.8 | 91.5 | 66.1 | 58.5 | 64.2 | 61.7 | 19.2 |
| 3-5..... | 243 | 100.0 | 92.4 | 81.7 | 85.2 | 70.1 | 57.0 | 70.7 | 61.0 | 27.8 |
| 6-8..... | 197 | 100.0 | 95.8 | 91.3 | 85.2 | 66.1 | 63.5 | 75.9 | 66.2 | 33.2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 100.0 | 99.2 | 88.1 | 85.2 | 60.4 | 63.0 | 72.1 | 62.5 | 33.7 |
| 12-14..... | 140 | 99.4 | 97.3 | 86.1 | 76.6 | 50.6 | 60.1 | 72.3 | 63.0 | 29.7 |
| 15-18..... | 133 | 100.0 | 96.5 | 81.6 | 73.3 | 46.5 | 42.7 | 78.1 | 70.0 | 37.3 |
| 19-22..... | 121 | 99.2 | 97.6 | 72.3 | 60.1 | 40.4 | 51.9 | 70.7 | 57.5 | 37.9 |
| 23-34..... | 309 | 99.7 | 96.3 | 75.2 | 49.0 | 21.8 | 44.5 | 77.0 | 63.2 | 45.2 |
| 35-50..... | 203 | 100.0 | 98.8 | 76.6 | 46.5 | 12.5 | 38.5 | 82.1 | 67.6 | 41.7 |
| 51-64..... | 218 | 99.5 | 97.7 | 74.9 | 59.2 | 40.4 | 24.7 | 81.5 | 71.9 | 47.3 |
| 65-74..... | 242 | 100.0 | 96.8 | 86.1 | 74.9 | 52.6 | 26.9 | 88.3 | 83.7 | 43.2 |
| 75 AND OVER..... | 84 | 100.0 | 100.0 | 79.5 | 76.8 | 52.2 | 23.7 | 94.1 | 84.5 | 31.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 100.0 | 98.6 | 88.2 | 82.1 | 66.6 | 71.0 | 80.4 | 68.6 | 34.3 |
| 12-14..... | 130 | 100.0 | 95.8 | 81.4 | 71.2 | 56.6 | 50.7 | 70.4 | 58.0 | 36.6 |
| 15-18..... | 140 | 100.0 | 95.1 | 81.4 | 67.2 | 53.0 | 62.2 | 80.2 | 70.1 | 39.7 |
| 19-22..... | 183 | 99.0 | 95.0 | 70.7 | 60.3 | 37.8 | 47.6 | 79.8 | 64.4 | 43.9 |
| 23-34..... | 462 | 98.8 | 91.7 | 71.2 | 51.3 | 23.9 | 45.6 | 80.3 | 58.7 | 49.4 |
| 35-50..... | 340 | 100.0 | 93.0 | 71.8 | 53.2 | 22.0 | 39.1 | 79.1 | 65.3 | 47.5 |
| 51-64..... | 380 | 99.0 | 96.4 | 74.7 | 64.7 | 38.9 | 28.6 | 85.4 | 73.5 | 50.8 |
| 65-74..... | 226 | 99.6 | 96.7 | 81.1 | 66.2 | 42.8 | 34.7 | 88.3 | 77.9 | 49.9 |
| 75 AND OVER..... | 104 | 100.0 | 100.0 | 81.9 | 76.3 | 45.3 | 20.4 | 87.6 | 75.6 | 45.5 |
| ALL INDIVIDUALS... | 4/4,249 | 99.4 | 94.4 | 77.5 | 65.9 | 42.0 | 43.3 | 78.7 | 66.7 | 41.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3C-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 2 | (5) | (5) | (5) | 0 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/127 | 15 | 3 | 2 | 3 | (5) | 7 | (5) | (5) | (5) |
| 3-5..... | 243 | 19 | 5 | 5 | 3 | 1 | 6 | 1 | (5) | (5) |
| 6-8..... | 197 | 45 | 12 | 9 | 7 | 1 | 17 | 1 | 1 | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 42 | 14 | 7 | 6 | 1 | 16 | 2 | 1 | 1 |
| 12-14..... | 140 | 66 | 16 | 16 | 3 | (5) | 31 | 1 | (5) | (5) |
| 15-18..... | 133 | 56 | 18 | 15 | 4 | 1 | 18 | 1 | 1 | 1 |
| 19-22..... | 121 | 53 | 18 | 11 | 11 | (5) | 14 | 1 | 1 | 1 |
| 23-34..... | 309 | 48 | 14 | 13 | 4 | (5) | 17 | 2 | 1 | 1 |
| 35-50..... | 203 | 28 | 8 | 9 | 8 | 0 | 3 | 1 | 1 | (5) |
| 51-64..... | 218 | 18 | 7 | 4 | 3 | 0 | 4 | 1 | (5) | (5) |
| 65-74..... | 242 | 21 | 5 | 7 | 1 | 0 | 8 | 2 | (5) | 1 |
| 75 AND OVER..... | 84 | 7 | 3 | 1 | 0 | 0 | 3 | 1 | 1 | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 57 | 14 | 14 | 5 | 1 | 24 | 1 | 1 | 1 |
| 12-14..... | 130 | 41 | 10 | 11 | 3 | 1 | 18 | 1 | (5) | (5) |
| 15-18..... | 140 | 41 | 11 | 7 | 2 | (5) | 21 | 2 | (5) | 1 |
| 19-22..... | 183 | 27 | 9 | 6 | 2 | (5) | 10 | 2 | 1 | 1 |
| 23-34..... | 462 | 23 | 8 | 7 | 2 | 0 | 7 | 3 | 1 | 1 |
| 35-50..... | 340 | 16 | 5 | 5 | 2 | 0 | 4 | 1 | (5) | 1 |
| 51-64..... | 380 | 17 | 7 | 5 | 1 | (5) | 4 | 1 | (5) | 1 |
| 65-74..... | 226 | 17 | 4 | 6 | 1 | 0 | 7 | 1 | (5) | 1 |
| 75 AND OVER..... | 104 | 7 | 2 | 3 | (5) | 0 | 2 | (5) | (5) | (5) |
| ALL INDIVIDUALS... | 4/4,249 | 29 | 9 | 8 | 3 | (5) | 10 | 1 | (5) | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3C-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/55 | 9.6 | 1.6 | 3.4 | 3.2 | 0.0 | 1.4 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/127 | 21.9 | 13.0 | 14.5 | 5.9 | 2.8 | 7.1 | 5.7 | 5.7 | 1.0 |
| 3-5..... | 243 | 34.7 | 23.2 | 18.8 | 7.5 | 5.1 | 9.5 | 10.7 | 8.5 | 3.2 |
| 6-8..... | 197 | 62.5 | 50.2 | 33.1 | 15.4 | 4.2 | 29.2 | 20.9 | 16.1 | 7.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 67.8 | 58.1 | 29.7 | 8.9 | 3.9 | 22.6 | 23.4 | 14.7 | 14.6 |
| 12-14..... | 140 | 73.5 | 63.1 | 39.8 | 7.4 | .7 | 28.6 | 18.4 | 14.0 | 4.7 |
| 15-18..... | 133 | 66.0 | 52.9 | 35.3 | 10.8 | 3.4 | 20.8 | 18.9 | 13.2 | 8.2 |
| 19-22..... | 121 | 50.3 | 41.4 | 23.7 | 8.4 | 1.6 | 12.1 | 12.7 | 9.8 | 6.3 |
| 23-34..... | 309 | 51.8 | 38.4 | 26.7 | 6.8 | .3 | 13.0 | 22.8 | 12.1 | 11.9 |
| 35-50..... | 203 | 35.3 | 26.0 | 21.5 | 4.5 | .0 | 3.7 | 15.7 | 13.0 | 5.4 |
| 51-64..... | 218 | 22.6 | 16.8 | 11.5 | 2.1 | .0 | 1.3 | 10.4 | 7.0 | 2.6 |
| 65-74..... | 242 | 29.4 | 18.7 | 18.2 | 2.3 | .0 | 8.6 | 13.5 | 7.9 | 6.3 |
| 75 AND OVER..... | 84 | 17.9 | 15.4 | 3.9 | .0 | .0 | 3.6 | 11.7 | 4.6 | 7.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 74.4 | 55.4 | 45.7 | 17.9 | 8.2 | 31.4 | 27.6 | 18.4 | 7.0 |
| 12-14..... | 130 | 58.2 | 43.5 | 26.7 | 7.5 | 3.6 | 20.9 | 10.8 | 3.0 | 7.1 |
| 15-18..... | 140 | 62.3 | 47.1 | 28.9 | 4.2 | 3.0 | 26.0 | 16.2 | 10.2 | 9.7 |
| 19-22..... | 183 | 42.3 | 29.6 | 20.8 | 4.4 | 1.6 | 12.6 | 18.1 | 8.4 | 11.7 |
| 23-34..... | 462 | 41.3 | 28.8 | 22.4 | 2.9 | .0 | 8.6 | 21.4 | 12.3 | 11.3 |
| 35-50..... | 340 | 28.7 | 20.8 | 13.2 | 2.4 | .0 | 6.4 | 13.5 | 6.0 | 9.3 |
| 51-64..... | 380 | 34.7 | 26.9 | 17.5 | 3.6 | 1.0 | 5.0 | 16.1 | 8.4 | 9.3 |
| 65-74..... | 226 | 33.4 | 21.8 | 19.8 | 2.0 | .0 | 8.9 | 18.6 | 12.4 | 9.3 |
| 75 AND OVER..... | 104 | 25.2 | 13.7 | 12.0 | 1.0 | .0 | 5.0 | 9.4 | 2.5 | 6.0 |
| ALL INDIVIDUALS... | 4/4,249 | 41.7 | 30.9 | 21.9 | 5.3 | 1.5 | 11.7 | 16.3 | 9.9 | 7.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3C-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 70 | 4 | 6 | 47 | 24 | 13 | (5) | (5) | (5) |
| 1-2..... | 4/127 | 160 | 28 | 24 | 59 | 14 | 48 | 5 | 4 | 1 |
| 3-5..... | 243 | 175 | 39 | 33 | 55 | 13 | 48 | 6 | 4 | 2 |
| 6-8..... | 197 | 188 | 41 | 38 | 55 | 14 | 54 | 6 | 3 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 223 | 48 | 44 | 68 | 17 | 63 | 8 | 5 | 3 |
| 12-14..... | 140 | 244 | 61 | 48 | 62 | 14 | 73 | 10 | 7 | 2 |
| 15-18..... | 133 | 280 | 72 | 54 | 98 | 9 | 55 | 12 | 8 | 3 |
| 19-22..... | 121 | 256 | 78 | 50 | 59 | 8 | 70 | 10 | 5 | 5 |
| 23-34..... | 309 | 234 | 71 | 58 | 44 | 6 | 61 | 12 | 6 | 5 |
| 35-50..... | 203 | 265 | 79 | 53 | 67 | 3 | 66 | 12 | 6 | 4 |
| 51-64..... | 218 | 224 | 76 | 61 | 62 | 12 | 25 | 16 | 10 | 5 |
| 65-74..... | 242 | 222 | 74 | 55 | 69 | 15 | 25 | 17 | 11 | 4 |
| 75 AND OVER..... | 84 | 237 | 75 | 47 | 78 | 13 | 37 | 23 | 15 | 2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 202 | 48 | 40 | 52 | 12 | 63 | 7 | 4 | 2 |
| 12-14..... | 130 | 199 | 49 | 43 | 61 | 9 | 46 | 7 | 4 | 2 |
| 15-18..... | 140 | 184 | 45 | 32 | 51 | 10 | 57 | 11 | 8 | 3 |
| 19-22..... | 183 | 160 | 51 | 23 | 39 | 7 | 46 | 14 | 8 | 5 |
| 23-34..... | 462 | 149 | 43 | 27 | 36 | 6 | 44 | 10 | 4 | 4 |
| 35-50..... | 340 | 182 | 53 | 35 | 53 | 3 | 41 | 9 | 5 | 4 |
| 51-64..... | 380 | 167 | 55 | 38 | 44 | 8 | 30 | 12 | 7 | 4 |
| 65-74..... | 226 | 175 | 51 | 34 | 51 | 9 | 40 | 13 | 7 | 4 |
| 75 AND OVER..... | 104 | 188 | 58 | 41 | 75 | 9 | 14 | 14 | 6 | 4 |
| ALL INDIVIDUALS... | 4/4,249 | 196 | 56 | 41 | 55 | 9 | 46 | 11 | 6 | 4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3C-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| 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..... | 4/55 | 84.8 | 18.7 | 20.5 | 79.8 | 69.8 | 17.1 | 14.7 | 12.1 | 2.6 |
| 1-2..... | 4/127 | 98.2 | 82.2 | 73.4 | 88.8 | 64.1 | 54.3 | 62.6 | 60.0 | 18.2 |
| 3-5..... | 243 | 99.7 | 89.8 | 75.6 | 82.8 | 67.7 | 51.3 | 66.0 | 56.8 | 25.8 |
| 6-8..... | 197 | 99.3 | 91.7 | 78.8 | 81.3 | 63.4 | 51.8 | 68.4 | 59.4 | 27.3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 100.0 | 97.7 | 84.4 | 84.5 | 59.7 | 53.7 | 65.7 | 56.5 | 22.6 |
| 12-14..... | 140 | 98.7 | 92.4 | 78.2 | 73.6 | 49.9 | 48.7 | 69.6 | 59.7 | 26.8 |
| 15-18..... | 133 | 98.6 | 90.4 | 68.9 | 70.5 | 44.1 | 31.3 | 72.0 | 64.0 | 29.9 |
| 19-22..... | 121 | 99.2 | 95.2 | 64.6 | 55.0 | 38.9 | 42.6 | 67.5 | 53.7 | 35.0 |
| 23-34..... | 309 | 96.7 | 91.0 | 68.3 | 45.2 | 21.8 | 36.4 | 69.9 | 58.4 | 37.5 |
| 35-50..... | 203 | 98.6 | 95.3 | 68.3 | 43.4 | 12.5 | 34.8 | 79.0 | 61.4 | 38.7 |
| 51-64..... | 218 | 98.6 | 94.3 | 71.3 | 59.2 | 40.4 | 23.4 | 79.0 | 67.7 | 46.0 |
| 65-74..... | 242 | 99.7 | 96.8 | 81.6 | 74.3 | 52.6 | 18.8 | 88.0 | 83.4 | 39.9 |
| 75 AND OVER..... | 84 | 100.0 | 100.0 | 78.4 | 76.8 | 52.2 | 20.1 | 92.8 | 84.5 | 28.2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 99.2 | 91.8 | 75.2 | 79.6 | 62.9 | 51.7 | 72.7 | 59.9 | 29.5 |
| 12-14..... | 130 | 97.1 | 86.2 | 69.5 | 66.1 | 53.0 | 36.5 | 67.2 | 55.7 | 30.7 |
| 15-18..... | 140 | 98.6 | 90.8 | 74.3 | 65.2 | 50.0 | 46.0 | 77.7 | 67.5 | 35.4 |
| 19-22..... | 183 | 96.7 | 90.7 | 62.7 | 57.0 | 36.1 | 39.2 | 73.3 | 62.0 | 39.1 |
| 23-34..... | 462 | 97.2 | 89.0 | 61.2 | 49.6 | 23.9 | 39.3 | 74.2 | 53.8 | 44.2 |
| 35-50..... | 340 | 98.9 | 90.3 | 67.3 | 52.1 | 22.0 | 34.5 | 76.2 | 62.9 | 41.7 |
| 51-64..... | 380 | 98.4 | 94.9 | 69.4 | 63.8 | 38.2 | 24.9 | 81.8 | 70.2 | 45.3 |
| 65-74..... | 226 | 99.6 | 93.8 | 77.8 | 64.5 | 42.8 | 28.9 | 87.2 | 77.9 | 42.0 |
| 75 AND OVER..... | 104 | 100.0 | 97.1 | 81.1 | 76.3 | 45.3 | 16.5 | 86.6 | 75.6 | 41.0 |
| ALL INDIVIDUALS... | 4/4,249 | 98.3 | 91.2 | 70.7 | 63.8 | 41.1 | 36.1 | 74.7 | 63.2 | 36.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3D-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 65 | 4 | 3 | 46 | 33 | 12 | (5) | (5) | (5) |
| 1-2..... | 4/283 | 160 | 31 | 30 | 51 | 13 | 47 | 5 | 3 | 1 |
| 3-5..... | 406 | 201 | 48 | 44 | 51 | 16 | 58 | 8 | 5 | 3 |
| 6-8..... | 468 | 216 | 56 | 48 | 58 | 20 | 56 | 9 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 247 | 68 | 59 | 56 | 17 | 65 | 12 | 8 | 4 |
| 12-14..... | 222 | 284 | 78 | 68 | 64 | 21 | 74 | 14 | 10 | 4 |
| 15-18..... | 240 | 313 | 94 | 74 | 61 | 18 | 84 | 15 | 9 | 6 |
| 19-22..... | 166 | 233 | 77 | 55 | 57 | 10 | 45 | 19 | 8 | 10 |
| 23-34..... | 695 | 269 | 89 | 62 | 43 | 7 | 74 | 18 | 9 | 8 |
| 35-50..... | 508 | 256 | 87 | 62 | 54 | 7 | 53 | 20 | 10 | 9 |
| 51-64..... | 412 | 247 | 89 | 57 | 53 | 8 | 49 | 19 | 10 | 7 |
| 65-74..... | 152 | 209 | 76 | 54 | 52 | 17 | 26 | 17 | 8 | 6 |
| 75 AND OVER..... | 47 | 237 | 69 | 81 | 63 | 18 | 24 | 21 | 12 | 9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 239 | 56 | 51 | 56 | 18 | 75 | 11 | 6 | 5 |
| 12-14..... | 244 | 235 | 59 | 55 | 54 | 14 | 66 | 12 | 5 | 6 |
| 15-18..... | 260 | 199 | 54 | 41 | 42 | 10 | 61 | 11 | 6 | 5 |
| 19-22..... | 209 | 167 | 52 | 40 | 28 | 7 | 47 | 12 | 5 | 7 |
| 23-34..... | 1,009 | 180 | 51 | 41 | 37 | 6 | 50 | 14 | 7 | 7 |
| 35-50..... | 673 | 172 | 57 | 37 | 36 | 5 | 43 | 13 | 6 | 6 |
| 51-64..... | 521 | 158 | 55 | 37 | 36 | 8 | 30 | 15 | 7 | 7 |
| 65-74..... | 167 | 171 | 59 | 41 | 39 | 13 | 31 | 13 | 5 | 6 |
| 75 AND OVER..... | 62 | 197 | 54 | 41 | 63 | 13 | 38 | 10 | 6 | 4 |
| ALL INDIVIDUALS... | 4/7,286 | 212 | 64 | 48 | 47 | 11 | 53 | 14 | 7 | 6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 30-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| 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..... | 4/117 | 93.8 | 16.3 | 21.5 | 92.4 | 87.1 | 20.6 | 10.4 | 10.4 | 2.0 |
| 1-2..... | 4/283 | 100.0 | 95.0 | 86.6 | 92.3 | 73.2 | 61.5 | 76.7 | 71.5 | 26.2 |
| 3-5..... | 406 | 100.0 | 97.6 | 89.7 | 90.6 | 80.7 | 61.5 | 82.4 | 73.5 | 41.1 |
| 6-8..... | 468 | 100.0 | 98.8 | 89.9 | 93.5 | 81.4 | 58.4 | 78.3 | 66.9 | 43.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 100.0 | 99.2 | 88.7 | 88.9 | 73.9 | 56.2 | 87.2 | 78.4 | 44.5 |
| 12-14..... | 222 | 100.0 | 97.4 | 86.4 | 85.4 | 72.0 | 56.0 | 80.6 | 70.4 | 42.8 |
| 15-18..... | 240 | 100.0 | 96.5 | 80.6 | 72.1 | 52.4 | 52.1 | 80.7 | 69.8 | 44.0 |
| 19-22..... | 166 | 100.0 | 94.1 | 74.6 | 55.1 | 32.2 | 44.1 | 76.4 | 56.9 | 49.5 |
| 23-34..... | 695 | 100.0 | 96.5 | 76.1 | 53.2 | 24.9 | 49.8 | 85.0 | 71.5 | 54.8 |
| 35-50..... | 508 | 99.8 | 94.7 | 76.3 | 54.6 | 23.2 | 38.1 | 87.5 | 74.3 | 54.2 |
| 51-64..... | 412 | 99.1 | 96.2 | 77.5 | 60.2 | 33.1 | 33.2 | 84.5 | 71.1 | 47.8 |
| 65-74..... | 152 | 100.0 | 100.0 | 85.9 | 73.6 | 52.5 | 20.4 | 95.8 | 85.5 | 55.1 |
| 75 AND OVER..... | 47 | 100.0 | 93.6 | 88.2 | 90.8 | 71.0 | 28.5 | 91.3 | 77.1 | 42.9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 100.0 | 98.1 | 88.4 | 90.2 | 80.9 | 65.9 | 79.2 | 66.6 | 47.0 |
| 12-14..... | 244 | 99.6 | 95.3 | 85.2 | 78.4 | 62.3 | 56.2 | 76.5 | 63.1 | 52.5 |
| 15-18..... | 260 | 100.0 | 94.8 | 79.1 | 63.4 | 47.3 | 48.2 | 79.1 | 64.4 | 42.2 |
| 19-22..... | 209 | 99.1 | 97.3 | 74.2 | 52.0 | 30.7 | 49.2 | 76.2 | 55.6 | 55.4 |
| 23-34..... | 1,009 | 98.7 | 94.5 | 76.4 | 57.1 | 33.5 | 49.2 | 84.8 | 69.4 | 53.9 |
| 35-50..... | 673 | 99.1 | 94.6 | 75.8 | 55.1 | 26.1 | 39.5 | 87.0 | 66.2 | 57.0 |
| 51-64..... | 521 | 98.2 | 94.9 | 73.2 | 58.0 | 36.6 | 29.1 | 87.6 | 72.4 | 50.3 |
| 65-74..... | 167 | 97.1 | 96.2 | 72.2 | 75.4 | 56.4 | 35.3 | 88.6 | 75.4 | 51.8 |
| 75 AND OVER..... | 62 | 100.0 | 100.0 | 86.5 | 72.9 | 47.5 | 38.8 | 85.0 | 79.6 | 42.3 |
| ALL INDIVIDUALS... | 4/7,286 | 99.3 | 94.7 | 79.0 | 67.9 | 46.6 | 46.5 | 82.4 | 68.9 | 48.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3D-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 2 | (5) | (5) | 1 | (5) | 1 | (5) | (5) | 0 |
| 1-2..... | 4/283 | 13 | 3 | 4 | 1 | 1 | 5 | (5) | (5) | (5) |
| 3-5..... | 406 | 16 | 4 | 5 | 2 | 1 | 5 | 1 | (5) | (5) |
| 6-8..... | 468 | 37 | 10 | 9 | 3 | 1 | 15 | 1 | (5) | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 208 | 45 | 12 | 13 | 3 | 1 | 16 | 2 | 1 | (5) |
| 12-14..... | 222 | 49 | 14 | 11 | 3 | (5) | 20 | 1 | 1 | 1 |
| 15-18..... | 240 | 51 | 15 | 17 | 3 | (5) | 17 | 1 | (5) | (5) |
| 19-22..... | 166 | 47 | 16 | 16 | 5 | 0 | 10 | 3 | 1 | 2 |
| 23-34..... | 695 | 55 | 16 | 15 | 4 | (5) | 20 | 3 | 1 | 1 |
| 35-50..... | 508 | 35 | 14 | 13 | 2 | (5) | 6 | 2 | 1 | 1 |
| 51-64..... | 412 | 23 | 10 | 8 | 1 | (5) | 4 | 3 | 1 | 1 |
| 65-74..... | 152 | 16 | 5 | 6 | 1 | (5) | 3 | 2 | 1 | 1 |
| 75 AND OVER..... | 47 | 14 | 3 | 8 | 1 | 0 | 3 | 1 | (5) | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 48 | 12 | 12 | 4 | 1 | 20 | 1 | 1 | 1 |
| 12-14..... | 244 | 42 | 11 | 12 | 4 | (5) | 15 | 1 | (5) | 1 |
| 15-18..... | 260 | 39 | 11 | 10 | 2 | (5) | 17 | 1 | 1 | 1 |
| 19-22..... | 209 | 28 | 8 | 8 | 1 | (5) | 11 | 3 | 1 | 2 |
| 23-34..... | 1,009 | 27 | 8 | 9 | 2 | (5) | 9 | 2 | 1 | 1 |
| 35-50..... | 673 | 20 | 7 | 7 | 1 | (5) | 5 | 2 | (5) | 1 |
| 51-64..... | 521 | 17 | 5 | 7 | 1 | (5) | 3 | 1 | (5) | 1 |
| 65-74..... | 167 | 18 | 5 | 8 | 2 | 0 | 3 | 1 | (5) | 1 |
| 75 AND OVER..... | 62 | 13 | 4 | 4 | 1 | 0 | 4 | (5) | (5) | 0 |
| ALL INDIVIDUALS... | 4/7,286 | 31 | 9 | 10 | 2 | (5) | 10 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 30-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/117 | 5.2 | 2.7 | 2.5 | 1.5 | 0.7 | 1.6 | 0.8 | 0.8 | 0.0 |
| 1-2..... | 4/283 | 38.2 | 21.9 | 25.0 | 6.1 | 4.8 | 11.3 | 10.0 | 8.0 | 3.0 |
| 3-5..... | 406 | 36.9 | 22.2 | 23.7 | 7.7 | 5.8 | 8.1 | 12.1 | 7.8 | 4.1 |
| 6-8..... | 468 | 59.6 | 42.7 | 36.8 | 10.4 | 3.2 | 23.4 | 15.9 | 12.5 | 6.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 65.5 | 50.4 | 43.5 | 9.0 | 6.0 | 23.8 | 25.2 | 20.1 | 10.4 |
| 12-14..... | 222 | 62.4 | 50.1 | 37.3 | 6.5 | 2.8 | 26.2 | 18.4 | 11.8 | 7.8 |
| 15-18..... | 240 | 57.3 | 42.1 | 35.5 | 3.2 | .5 | 17.2 | 17.5 | 9.8 | 7.8 |
| 19-22..... | 166 | 58.9 | 43.9 | 29.4 | 6.6 | .0 | 11.4 | 20.4 | 12.1 | 12.3 |
| 23-34..... | 695 | 61.8 | 45.3 | 32.6 | 5.5 | .1 | 17.7 | 25.1 | 16.0 | 11.6 |
| 35-50..... | 508 | 50.0 | 35.5 | 25.6 | 3.2 | .6 | 5.6 | 22.7 | 14.1 | 11.7 |
| 51-64..... | 412 | 39.8 | 31.1 | 19.0 | 2.3 | .6 | 3.6 | 23.0 | 14.0 | 9.1 |
| 65-74..... | 152 | 35.3 | 27.5 | 17.9 | 5.2 | .6 | 4.8 | 18.1 | 10.3 | 9.8 |
| 75 AND OVER..... | 47 | 20.3 | 12.7 | 10.9 | 2.4 | .0 | 5.1 | 10.5 | 2.0 | 6.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 62.9 | 45.5 | 45.2 | 12.3 | 6.5 | 28.5 | 22.9 | 17.2 | 6.5 |
| 12-14..... | 244 | 62.2 | 44.7 | 42.3 | 9.1 | 1.7 | 21.6 | 19.4 | 10.1 | 10.6 |
| 15-18..... | 260 | 57.4 | 43.2 | 34.9 | 5.3 | 2.8 | 20.5 | 22.2 | 14.6 | 8.8 |
| 19-22..... | 209 | 54.2 | 37.8 | 28.4 | 3.7 | 1.9 | 16.5 | 20.2 | 8.8 | 15.3 |
| 23-34..... | 1,009 | 46.1 | 32.3 | 26.1 | 4.8 | .8 | 12.7 | 23.3 | 11.4 | 13.9 |
| 35-50..... | 673 | 44.5 | 29.9 | 25.1 | 2.6 | .1 | 7.4 | 22.7 | 8.8 | 12.2 |
| 51-64..... | 521 | 36.4 | 25.4 | 19.6 | 3.3 | .2 | 5.6 | 15.7 | 10.1 | 7.6 |
| 65-74..... | 167 | 35.3 | 23.7 | 19.2 | 5.1 | .0 | 8.0 | 15.2 | 7.9 | 8.0 |
| 75 AND OVER..... | 62 | 30.9 | 22.2 | 16.7 | 1.4 | .0 | 4.1 | 14.4 | 13.0 | .0 |
| ALL INDIVIDUALS... | 4/7,286 | 48.7 | 34.7 | 28.1 | 5.3 | 1.6 | 13.0 | 19.8 | 11.7 | 9.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 30-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 63 | 4 | 3 | 45 | 33 | 11 | (5) | (5) | (5) |
| 1-2..... | 4/283 | 147 | 28 | 26 | 50 | 13 | 42 | 4 | 3 | 1 |
| 3-5..... | 406 | 185 | 44 | 38 | 49 | 16 | 54 | 8 | 5 | 3 |
| 6-8..... | 468 | 180 | 46 | 38 | 54 | 19 | 41 | 8 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 203 | 56 | 46 | 53 | 16 | 48 | 11 | 7 | 4 |
| 12-14..... | 222 | 236 | 64 | 57 | 61 | 21 | 54 | 12 | 9 | 3 |
| 15-18..... | 240 | 262 | 80 | 57 | 58 | 18 | 67 | 14 | 9 | 5 |
| 19-22..... | 166 | 186 | 61 | 38 | 52 | 10 | 35 | 15 | 7 | 7 |
| 23-34..... | 695 | 214 | 73 | 47 | 39 | 7 | 55 | 15 | 8 | 7 |
| 35-50..... | 508 | 221 | 73 | 49 | 52 | 7 | 47 | 18 | 9 | 8 |
| 51-64..... | 412 | 224 | 79 | 48 | 52 | 8 | 45 | 16 | 9 | 6 |
| 65-74..... | 152 | 193 | 71 | 49 | 51 | 17 | 23 | 16 | 8 | 5 |
| 75 AND OVER..... | 47 | 223 | 66 | 73 | 62 | 18 | 22 | 19 | 12 | 7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 191 | 45 | 39 | 52 | 17 | 55 | 10 | 5 | 5 |
| 12-14..... | 244 | 193 | 48 | 43 | 51 | 14 | 51 | 10 | 5 | 5 |
| 15-18..... | 260 | 160 | 43 | 31 | 40 | 9 | 44 | 9 | 5 | 4 |
| 19-22..... | 209 | 139 | 44 | 32 | 27 | 7 | 36 | 10 | 4 | 5 |
| 23-34..... | 1,009 | 153 | 44 | 32 | 35 | 6 | 42 | 12 | 6 | 5 |
| 35-50..... | 673 | 153 | 50 | 29 | 35 | 5 | 38 | 11 | 5 | 5 |
| 51-64..... | 521 | 141 | 50 | 29 | 35 | 8 | 27 | 13 | 6 | 6 |
| 65-74..... | 167 | 153 | 54 | 33 | 37 | 13 | 28 | 12 | 5 | 5 |
| 75 AND OVER..... | 62 | 184 | 51 | 37 | 63 | 13 | 34 | 10 | 6 | 4 |
| ALL INDIVIDUALS... | 4/7,286 | 181 | 54 | 39 | 45 | 11 | 43 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3D-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| 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..... | 4/117 | 93.8 | 15.2 | 21.5 | 92.4 | 87.1 | 19.8 | 10.4 | 10.4 | 2.0 |
| 1-2..... | 4/283 | 99.7 | 92.9 | 81.5 | 90.7 | 71.0 | 54.8 | 74.2 | 69.1 | 24.7 |
| 3-5..... | 406 | 99.8 | 94.5 | 86.5 | 89.5 | 78.1 | 56.8 | 79.5 | 70.8 | 38.4 |
| 6-8..... | 468 | 99.8 | 94.6 | 82.1 | 91.0 | 79.0 | 44.9 | 75.4 | 62.4 | 38.8 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 100.0 | 94.3 | 78.4 | 85.9 | 69.3 | 42.3 | 81.3 | 72.7 | 35.3 |
| 12-14..... | 222 | 100.0 | 92.6 | 77.7 | 83.7 | 70.6 | 39.4 | 79.1 | 67.8 | 35.9 |
| 15-18..... | 240 | 99.4 | 92.9 | 69.9 | 70.6 | 51.8 | 39.7 | 77.2 | 67.2 | 39.0 |
| 19-22..... | 166 | 96.7 | 87.6 | 65.2 | 53.3 | 32.2 | 34.7 | 70.2 | 53.0 | 40.2 |
| 23-34..... | 695 | 98.0 | 89.3 | 65.6 | 50.3 | 24.8 | 37.2 | 78.3 | 64.9 | 47.5 |
| 35-50..... | 508 | 98.7 | 90.9 | 68.9 | 52.3 | 22.6 | 33.6 | 84.6 | 70.5 | 48.0 |
| 51-64..... | 412 | 97.9 | 93.0 | 73.2 | 58.3 | 32.5 | 30.3 | 81.3 | 66.8 | 44.7 |
| 65-74..... | 152 | 100.0 | 98.6 | 80.7 | 71.9 | 52.5 | 15.5 | 95.8 | 83.2 | 49.3 |
| 75 AND OVER..... | 47 | 100.0 | 93.6 | 88.2 | 90.8 | 71.0 | 23.4 | 91.3 | 77.1 | 39.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 99.3 | 93.8 | 78.1 | 87.5 | 77.4 | 47.3 | 74.5 | 62.9 | 42.4 |
| 12-14..... | 244 | 98.8 | 90.6 | 73.7 | 76.3 | 61.3 | 44.4 | 72.6 | 58.9 | 46.3 |
| 15-18..... | 260 | 98.6 | 89.8 | 67.1 | 61.3 | 44.7 | 34.7 | 73.9 | 58.5 | 36.7 |
| 19-22..... | 209 | 97.0 | 86.9 | 64.8 | 49.4 | 28.9 | 37.3 | 73.3 | 51.4 | 48.6 |
| 23-34..... | 1,009 | 96.9 | 89.8 | 67.4 | 55.2 | 33.1 | 41.5 | 80.3 | 66.1 | 46.8 |
| 35-50..... | 673 | 98.1 | 91.6 | 68.4 | 53.4 | 25.9 | 34.3 | 82.2 | 64.0 | 50.2 |
| 51-64..... | 521 | 97.6 | 93.3 | 68.1 | 56.7 | 36.4 | 24.1 | 86.0 | 69.7 | 45.8 |
| 65-74..... | 167 | 97.1 | 96.2 | 67.4 | 74.1 | 56.4 | 27.3 | 86.3 | 71.5 | 48.7 |
| 75 AND OVER..... | 62 | 96.6 | 92.4 | 84.8 | 72.9 | 47.5 | 36.4 | 81.7 | 73.9 | 42.3 |
| ALL INDIVIDUALS... | 4/7,286 | 98.3 | 90.6 | 71.3 | 65.9 | 45.6 | 37.9 | 78.7 | 65.2 | 43.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3E-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 67 | 3 | 4 | 47 | 29 | 13 | (5) | (5) | (5) |
| 1-2..... | 4/271 | 156 | 32 | 28 | 52 | 12 | 43 | 5 | 4 | 1 |
| 3-5..... | 532 | 193 | 47 | 42 | 49 | 15 | 56 | 8 | 5 | 3 |
| 6-8..... | 594 | 225 | 58 | 55 | 52 | 16 | 60 | 10 | 5 | 4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 261 | 66 | 67 | 56 | 19 | 71 | 11 | 6 | 4 |
| 12-14..... | 437 | 295 | 73 | 68 | 59 | 22 | 95 | 12 | 7 | 5 |
| 15-18..... | 555 | 294 | 88 | 75 | 53 | 18 | 78 | 14 | 8 | 6 |
| 19-22..... | 313 | 237 | 89 | 53 | 41 | 10 | 54 | 14 | 8 | 5 |
| 23-34..... | 953 | 239 | 81 | 57 | 42 | 8 | 58 | 18 | 7 | 9 |
| 35-50..... | 1,219 | 233 | 78 | 56 | 43 | 8 | 56 | 20 | 9 | 9 |
| 51-64..... | 760 | 231 | 79 | 60 | 52 | 10 | 40 | 21 | 9 | 9 |
| 65-74..... | 115 | 239 | 66 | 66 | 74 | 16 | 33 | 20 | 10 | 9 |
| 75 AND OVER..... | 35 | 210 | 60 | 50 | 79 | 13 | 21 | 20 | 9 | 10 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 227 | 56 | 61 | 47 | 17 | 63 | 11 | 6 | 5 |
| 12-14..... | 413 | 221 | 57 | 60 | 42 | 13 | 61 | 10 | 5 | 4 |
| 15-18..... | 559 | 196 | 54 | 51 | 34 | 8 | 57 | 14 | 6 | 8 |
| 19-22..... | 367 | 164 | 48 | 38 | 34 | 6 | 45 | 12 | 5 | 6 |
| 23-34..... | 1,254 | 170 | 50 | 39 | 30 | 6 | 51 | 15 | 6 | 8 |
| 35-50..... | 1,507 | 160 | 50 | 38 | 31 | 6 | 42 | 16 | 6 | 9 |
| 51-64..... | 777 | 159 | 51 | 40 | 33 | 7 | 35 | 17 | 7 | 8 |
| 65-74..... | 117 | 148 | 58 | 37 | 33 | 10 | 21 | 13 | 6 | 5 |
| 75 AND OVER..... | 63 | 234 | 63 | 45 | 60 | 6 | 67 | 14 | 8 | 6 |
| ALL INDIVIDUALS... | 4/11,624 | 207 | 62 | 50 | 42 | 10 | 53 | 15 | 7 | 7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3E-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| 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..... | 4/115 | 93.0 | 22.5 | 27.4 | 90.5 | 80.5 | 19.4 | 17.1 | 17.1 | 0.7 |
| 1-2..... | 4/271 | 100.0 | 89.8 | 86.0 | 90.1 | 68.5 | 62.5 | 74.5 | 67.5 | 22.9 |
| 3-5..... | 532 | 100.0 | 96.6 | 92.6 | 90.3 | 76.0 | 61.2 | 82.8 | 76.2 | 37.3 |
| 6-8..... | 594 | 100.0 | 98.8 | 91.9 | 89.4 | 78.3 | 61.7 | 80.0 | 69.4 | 42.5 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 100.0 | 96.8 | 92.9 | 85.6 | 71.0 | 60.6 | 82.2 | 71.4 | 42.3 |
| 12-14..... | 437 | 100.0 | 98.1 | 92.0 | 81.6 | 69.7 | 65.0 | 80.2 | 70.5 | 42.3 |
| 15-18..... | 555 | 99.4 | 97.6 | 84.9 | 69.1 | 52.9 | 54.9 | 78.6 | 66.7 | 41.5 |
| 19-22..... | 313 | 100.0 | 99.1 | 74.7 | 60.2 | 37.7 | 42.0 | 74.7 | 64.1 | 41.0 |
| 23-34..... | 953 | 99.3 | 97.1 | 78.2 | 50.2 | 27.5 | 43.8 | 88.1 | 73.5 | 60.1 |
| 35-50..... | 1,219 | 99.8 | 95.5 | 81.3 | 55.8 | 28.1 | 44.9 | 85.1 | 72.7 | 56.7 |
| 51-64..... | 760 | 99.8 | 96.9 | 80.7 | 63.8 | 39.2 | 33.5 | 89.4 | 77.0 | 57.1 |
| 65-74..... | 115 | 100.0 | 98.7 | 94.3 | 84.6 | 66.7 | 31.2 | 81.1 | 70.9 | 58.4 |
| 75 AND OVER..... | 35 | 100.0 | 97.2 | 77.8 | 71.0 | 41.1 | 23.6 | 82.3 | 79.0 | 51.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 100.0 | 98.5 | 94.9 | 85.2 | 72.6 | 61.2 | 79.0 | 70.0 | 46.2 |
| 12-14..... | 413 | 100.0 | 95.6 | 89.9 | 71.7 | 55.5 | 55.8 | 76.0 | 63.9 | 43.4 |
| 15-18..... | 559 | 99.8 | 94.0 | 83.7 | 56.9 | 37.8 | 50.1 | 80.8 | 67.9 | 52.1 |
| 19-22..... | 367 | 97.9 | 92.3 | 71.4 | 55.4 | 28.3 | 38.8 | 79.8 | 64.1 | 49.6 |
| 23-34..... | 1,254 | 98.6 | 93.6 | 75.6 | 55.8 | 30.5 | 48.1 | 86.0 | 68.7 | 59.6 |
| 35-50..... | 1,507 | 99.2 | 92.8 | 75.9 | 52.8 | 27.0 | 42.9 | 87.0 | 69.2 | 60.6 |
| 51-64..... | 777 | 98.7 | 94.2 | 79.5 | 57.2 | 34.3 | 39.4 | 88.0 | 75.3 | 55.0 |
| 65-74..... | 117 | 100.0 | 97.6 | 83.5 | 60.0 | 46.9 | 26.7 | 84.8 | 71.7 | 51.4 |
| 75 AND OVER..... | 63 | 100.0 | 96.5 | 77.3 | 72.5 | 25.5 | 56.8 | 92.1 | 79.6 | 43.5 |
| ALL INDIVIDUALS... | 4/11,624 | 99.4 | 94.8 | 81.6 | 64.5 | 43.1 | 47.7 | 83.1 | 70.2 | 51.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3E-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | (5) | (5) | (5) | 0 | 0 | (5) | 0 | 0 | 0 |
| 1-2..... | 4/271 | 14 | 3 | 4 | 2 | (5) | 6 | (5) | (5) | (5) |
| 3-5..... | 532 | 21 | 5 | 7 | 2 | (5) | 7 | (5) | (5) | (5) |
| 6-8..... | 594 | 39 | 10 | 10 | 3 | (5) | 16 | 1 | 1 | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 48 | 13 | 12 | 4 | (5) | 20 | 1 | 1 | 1 |
| 12-14..... | 437 | 51 | 13 | 12 | 2 | (5) | 23 | 2 | 1 | 1 |
| 15-18..... | 555 | 52 | 14 | 14 | 3 | (5) | 21 | 2 | 1 | 1 |
| 19-22..... | 313 | 48 | 18 | 11 | 2 | 0 | 17 | 2 | 1 | 1 |
| 23-34..... | 953 | 51 | 19 | 13 | 3 | (5) | 16 | 4 | 1 | 3 |
| 35-50..... | 1,219 | 43 | 16 | 12 | 3 | (5) | 12 | 4 | 2 | 2 |
| 51-64..... | 760 | 38 | 12 | 13 | 3 | (5) | 11 | 4 | 2 | 2 |
| 65-74..... | 115 | 33 | 8 | 17 | 1 | 0 | 7 | 4 | 1 | 2 |
| 75 AND OVER..... | 35 | 19 | 2 | 8 | 3 | 0 | 6 | 1 | (5) | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 42 | 10 | 11 | 4 | (5) | 17 | 1 | 1 | (5) |
| 12-14..... | 413 | 43 | 11 | 13 | 3 | 1 | 16 | 2 | 1 | 1 |
| 15-18..... | 559 | 45 | 12 | 12 | 3 | (5) | 18 | 3 | 1 | 2 |
| 19-22..... | 367 | 41 | 9 | 7 | 3 | (5) | 21 | 3 | 1 | 2 |
| 23-34..... | 1,254 | 32 | 9 | 10 | 2 | (5) | 11 | 3 | 1 | 2 |
| 35-50..... | 1,507 | 24 | 8 | 8 | 1 | (5) | 7 | 3 | 1 | 2 |
| 51-64..... | 777 | 28 | 8 | 10 | 2 | 0 | 8 | 3 | 1 | 2 |
| 65-74..... | 117 | 15 | 6 | 7 | 1 | 0 | 2 | 2 | 1 | 1 |
| 75 AND OVER..... | 63 | 23 | 1 | 6 | (5) | 0 | 15 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/11,624 | 37 | 11 | 11 | 2 | (5) | 13 | 3 | 1 | 2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3E-2.2.--GRAIN PRODUCTS: FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/115 | 4.1 | 1.9 | 2.2 | 0.0 | 0.0 | 1.1 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/271 | 32.2 | 17.9 | 23.3 | 4.4 | 2.1 | 10.2 | 10.4 | 8.7 | 2.8 |
| 3-5..... | 532 | 48.2 | 27.7 | 33.6 | 6.2 | 3.1 | 12.9 | 12.4 | 9.9 | 3.5 |
| 6-8..... | 594 | 63.7 | 49.1 | 40.0 | 8.1 | 3.8 | 24.9 | 22.8 | 17.8 | 7.2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 69.1 | 52.9 | 45.8 | 8.4 | 2.9 | 27.8 | 23.1 | 16.6 | 8.0 |
| 12-14..... | 437 | 64.6 | 48.5 | 38.9 | 6.9 | 2.5 | 28.5 | 20.4 | 13.9 | 8.5 |
| 15-18..... | 555 | 61.4 | 45.4 | 35.6 | 5.0 | 1.6 | 22.7 | 21.3 | 11.6 | 12.6 |
| 19-22..... | 313 | 59.5 | 50.6 | 27.3 | 3.6 | .0 | 18.9 | 21.4 | 8.8 | 14.2 |
| 23-34..... | 953 | 67.9 | 52.3 | 33.8 | 6.6 | 1.0 | 16.6 | 38.0 | 22.2 | 22.4 |
| 35-50..... | 1,219 | 60.5 | 48.3 | 32.2 | 7.1 | .8 | 13.1 | 32.5 | 22.1 | 16.6 |
| 51-64..... | 760 | 52.8 | 41.8 | 29.1 | 5.5 | .4 | 10.5 | 31.2 | 22.4 | 14.5 |
| 65-74..... | 115 | 42.5 | 31.3 | 29.2 | 1.1 | .0 | 10.2 | 30.8 | 20.7 | 21.1 |
| 75 AND OVER..... | 35 | 32.0 | 14.6 | 22.6 | 9.2 | .0 | 8.6 | 20.4 | 11.1 | 9.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 61.4 | 44.1 | 40.2 | 10.7 | 2.4 | 25.4 | 23.8 | 18.2 | 7.9 |
| 12-14..... | 413 | 66.1 | 43.5 | 44.3 | 8.1 | 3.1 | 24.2 | 20.6 | 14.3 | 9.2 |
| 15-18..... | 559 | 67.1 | 48.3 | 39.5 | 6.1 | .5 | 24.2 | 28.1 | 14.6 | 19.0 |
| 19-22..... | 367 | 54.3 | 35.3 | 25.5 | 7.4 | 1.4 | 20.1 | 27.2 | 12.9 | 17.2 |
| 23-34..... | 1,254 | 56.6 | 36.6 | 31.7 | 5.5 | .5 | 13.6 | 27.4 | 13.4 | 17.6 |
| 35-50..... | 1,507 | 49.9 | 33.0 | 26.9 | 4.4 | .6 | 11.7 | 27.8 | 14.3 | 18.3 |
| 51-64..... | 777 | 47.8 | 33.3 | 28.1 | 4.7 | .0 | 12.6 | 30.2 | 15.4 | 17.4 |
| 65-74..... | 117 | 42.6 | 30.6 | 23.5 | 1.9 | .0 | 3.5 | 19.2 | 19.2 | 9.6 |
| 75 AND OVER..... | 63 | 26.0 | 10.8 | 16.1 | 5.0 | .0 | 15.3 | 12.4 | 5.0 | 5.0 |
| ALL INDIVIDUALS... | 4/11,624 | 56.5 | 40.6 | 32.3 | 6.0 | 1.2 | 16.5 | 26.4 | 15.9 | 14.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3E-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 67 | 3 | 4 | 47 | 29 | 13 | (5) | (5) | (5) |
| 1-2..... | 4/271 | 142 | 30 | 25 | 50 | 12 | 38 | 5 | 3 | 1 |
| 3-5..... | 532 | 173 | 41 | 36 | 47 | 15 | 48 | 8 | 5 | 3 |
| 6-8..... | 594 | 185 | 47 | 45 | 49 | 16 | 45 | 9 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 213 | 54 | 56 | 52 | 19 | 51 | 9 | 6 | 3 |
| 12-14..... | 437 | 245 | 60 | 56 | 57 | 21 | 72 | 10 | 6 | 4 |
| 15-18..... | 555 | 242 | 74 | 61 | 50 | 18 | 57 | 12 | 7 | 5 |
| 19-22..... | 313 | 189 | 71 | 42 | 39 | 10 | 37 | 11 | 7 | 3 |
| 23-34..... | 953 | 187 | 63 | 44 | 38 | 8 | 42 | 14 | 6 | 7 |
| 35-50..... | 1,219 | 190 | 63 | 44 | 40 | 7 | 44 | 15 | 8 | 7 |
| 51-64..... | 760 | 193 | 68 | 48 | 49 | 10 | 29 | 17 | 8 | 7 |
| 65-74..... | 115 | 206 | 57 | 50 | 74 | 16 | 26 | 17 | 8 | 7 |
| 75 AND OVER..... | 35 | 191 | 58 | 42 | 76 | 13 | 15 | 19 | 9 | 9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 185 | 46 | 50 | 43 | 17 | 45 | 10 | 5 | 4 |
| 12-14..... | 413 | 178 | 46 | 47 | 40 | 13 | 45 | 8 | 5 | 3 |
| 15-18..... | 559 | 151 | 41 | 39 | 31 | 8 | 39 | 11 | 5 | 6 |
| 19-22..... | 367 | 123 | 38 | 30 | 31 | 6 | 23 | 9 | 4 | 5 |
| 23-34..... | 1,254 | 138 | 40 | 29 | 28 | 6 | 40 | 12 | 5 | 6 |
| 35-50..... | 1,507 | 136 | 42 | 30 | 30 | 6 | 35 | 12 | 5 | 6 |
| 51-64..... | 777 | 131 | 43 | 31 | 31 | 7 | 27 | 14 | 6 | 6 |
| 65-74..... | 117 | 133 | 52 | 29 | 32 | 10 | 19 | 11 | 5 | 5 |
| 75 AND OVER..... | 63 | 211 | 61 | 39 | 60 | 6 | 51 | 14 | 8 | 5 |
| ALL INDIVIDUALS... | 4/11,624 | 170 | 51 | 40 | 40 | 10 | 40 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3E-3.2.--GRAIN PRODUCTS: FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| 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 | 4/115 | 93.0 | 22.5 | 27.4 | 90.5 | 80.5 | 18.3 | 17.1 | 17.1 | 0.7 |
| 1-2 | 4/271 | 100.0 | 87.5 | 84.6 | 88.5 | 67.3 | 57.9 | 73.4 | 66.5 | 21.1 |
| 3-5 | 532 | 99.9 | 94.5 | 87.5 | 89.2 | 74.8 | 54.9 | 80.6 | 73.4 | 35.4 |
| 6-8 | 594 | 99.7 | 95.3 | 88.3 | 88.1 | 77.3 | 46.1 | 75.0 | 64.0 | 38.4 |
| MALES: | | | | | | | | | | |
| 9-11 | 328 | 99.7 | 95.0 | 87.6 | 82.9 | 69.2 | 44.2 | 79.0 | 68.4 | 36.5 |
| 12-14 | 437 | 99.6 | 93.5 | 85.8 | 80.0 | 68.4 | 49.7 | 75.5 | 65.9 | 37.3 |
| 15-18 | 555 | 98.9 | 93.9 | 76.8 | 67.8 | 52.3 | 41.2 | 73.8 | 63.6 | 34.6 |
| 19-22 | 313 | 97.0 | 93.2 | 62.8 | 58.9 | 37.7 | 25.4 | 71.0 | 61.6 | 33.0 |
| 23-34 | 953 | 95.8 | 87.4 | 68.0 | 47.0 | 26.6 | 31.4 | 79.4 | 64.9 | 48.2 |
| 35-50 | 1,219 | 98.0 | 89.2 | 72.2 | 52.1 | 27.7 | 35.0 | 78.9 | 64.5 | 48.5 |
| 51-64 | 760 | 98.4 | 92.7 | 72.3 | 61.0 | 39.0 | 25.2 | 84.7 | 72.0 | 49.9 |
| 65-74 | 115 | 100.0 | 98.7 | 83.3 | 84.6 | 66.7 | 23.7 | 79.0 | 66.4 | 44.6 |
| 75 AND OVER | 35 | 100.0 | 97.2 | 75.0 | 71.0 | 41.1 | 15.1 | 82.3 | 79.0 | 45.1 |
| FEMALES: | | | | | | | | | | |
| 9-11 | 339 | 100.0 | 93.6 | 89.9 | 84.3 | 72.1 | 45.1 | 75.6 | 65.0 | 43.3 |
| 12-14 | 413 | 99.5 | 91.7 | 83.0 | 69.0 | 53.6 | 43.0 | 70.9 | 59.5 | 37.9 |
| 15-18 | 559 | 97.6 | 87.1 | 73.8 | 54.2 | 37.5 | 34.0 | 75.5 | 62.7 | 41.0 |
| 19-22 | 367 | 95.5 | 86.4 | 62.9 | 50.5 | 27.2 | 22.9 | 73.6 | 59.0 | 42.3 |
| 23-34 | 1,254 | 97.0 | 87.0 | 65.8 | 53.6 | 30.1 | 38.1 | 80.2 | 63.9 | 49.7 |
| 35-50 | 1,507 | 97.3 | 88.6 | 68.4 | 50.1 | 26.6 | 34.6 | 81.6 | 64.6 | 53.5 |
| 51-64 | 777 | 97.8 | 91.6 | 70.9 | 55.1 | 34.3 | 28.1 | 84.4 | 72.7 | 46.3 |
| 65-74 | 117 | 100.0 | 97.6 | 78.9 | 58.1 | 46.9 | 23.2 | 83.0 | 65.9 | 48.0 |
| 75 AND OVER | 63 | 100.0 | 96.5 | 75.0 | 72.5 | 25.5 | 44.4 | 92.1 | 79.6 | 43.5 |
| ALL INDIVIDUALS | 4/11,624 | 98.1 | 89.9 | 73.8 | 62.1 | 42.5 | 36.5 | 78.1 | 65.3 | 44.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3F-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 56 | 2 | 4 | 36 | 23 | 14 | (5) | (5) | (5) |
| 1-2..... | 4/306 | 178 | 29 | 28 | 68 | 12 | 53 | 4 | 3 | 1 |
| 3-5..... | 521 | 216 | 48 | 40 | 69 | 15 | 58 | 6 | 4 | 2 |
| 6-8..... | 482 | 236 | 56 | 51 | 74 | 17 | 55 | 7 | 4 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 266 | 62 | 55 | 75 | 18 | 74 | 10 | 6 | 4 |
| 12-14..... | 287 | 292 | 73 | 64 | 71 | 21 | 83 | 11 | 6 | 4 |
| 15-18..... | 387 | 304 | 79 | 67 | 77 | 17 | 81 | 13 | 6 | 5 |
| 19-22..... | 318 | 271 | 86 | 50 | 67 | 12 | 68 | 11 | 6 | 4 |
| 23-34..... | 846 | 265 | 83 | 57 | 62 | 8 | 63 | 16 | 7 | 8 |
| 35-50..... | 657 | 255 | 81 | 53 | 58 | 5 | 62 | 17 | 8 | 7 |
| 51-64..... | 565 | 244 | 81 | 53 | 63 | 7 | 47 | 19 | 9 | 7 |
| 65-74..... | 300 | 250 | 74 | 55 | 80 | 12 | 40 | 16 | 8 | 5 |
| 75 AND OVER..... | 147 | 244 | 69 | 62 | 76 | 13 | 36 | 13 | 8 | 4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 262 | 56 | 55 | 75 | 18 | 75 | 9 | 5 | 4 |
| 12-14..... | 305 | 242 | 59 | 57 | 69 | 15 | 57 | 9 | 4 | 5 |
| 15-18..... | 424 | 220 | 57 | 45 | 59 | 10 | 58 | 10 | 5 | 5 |
| 19-22..... | 408 | 203 | 55 | 39 | 54 | 6 | 55 | 9 | 4 | 4 |
| 23-34..... | 1,216 | 189 | 50 | 40 | 49 | 6 | 50 | 14 | 6 | 7 |
| 35-50..... | 1,097 | 180 | 53 | 36 | 50 | 4 | 41 | 13 | 5 | 6 |
| 51-64..... | 850 | 175 | 56 | 37 | 48 | 7 | 34 | 13 | 5 | 6 |
| 65-74..... | 446 | 188 | 56 | 37 | 53 | 9 | 41 | 13 | 7 | 4 |
| 75 AND OVER..... | 240 | 188 | 54 | 39 | 70 | 11 | 24 | 15 | 6 | 4 |
| ALL INDIVIDUALS... | 4/10,462 | 221 | 62 | 46 | 61 | 10 | 53 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3F-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| 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..... | 4/126 | 85.0 | 19.5 | 22.0 | 82.6 | 72.3 | 21.1 | 15.2 | 15.2 | 1.4 |
| 1-2..... | 4/306 | 99.6 | 85.0 | 80.3 | 93.8 | 64.1 | 61.4 | 65.4 | 58.8 | 20.7 |
| 3-5..... | 521 | 100.0 | 96.3 | 86.4 | 94.1 | 74.3 | 58.4 | 75.2 | 67.4 | 31.6 |
| 6-8..... | 482 | 100.0 | 98.0 | 85.4 | 94.2 | 80.3 | 58.2 | 76.8 | 64.6 | 37.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 100.0 | 97.4 | 84.4 | 93.3 | 76.5 | 60.0 | 75.6 | 64.4 | 36.3 |
| 12-14..... | 287 | 99.7 | 95.5 | 80.9 | 82.2 | 67.4 | 60.9 | 72.4 | 58.9 | 37.6 |
| 15-18..... | 387 | 99.7 | 97.0 | 78.1 | 78.5 | 55.0 | 51.8 | 75.1 | 61.9 | 43.9 |
| 19-22..... | 318 | 99.7 | 97.4 | 69.3 | 68.3 | 40.0 | 41.5 | 74.4 | 61.3 | 36.6 |
| 23-34..... | 846 | 99.9 | 96.7 | 74.6 | 58.3 | 26.4 | 39.9 | 82.9 | 65.9 | 51.7 |
| 35-50..... | 657 | 99.8 | 94.9 | 75.8 | 52.9 | 21.6 | 43.2 | 83.8 | 68.6 | 49.8 |
| 51-64..... | 565 | 99.2 | 96.2 | 72.7 | 66.4 | 33.3 | 34.1 | 83.0 | 69.1 | 52.8 |
| 65-74..... | 300 | 99.7 | 99.0 | 80.7 | 76.7 | 43.9 | 33.3 | 85.2 | 72.6 | 46.7 |
| 75 AND OVER..... | 147 | 99.1 | 95.8 | 72.3 | 84.7 | 53.1 | 20.5 | 81.0 | 69.7 | 32.2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 100.0 | 98.3 | 84.3 | 91.2 | 76.2 | 64.5 | 75.9 | 64.2 | 38.9 |
| 12-14..... | 305 | 100.0 | 96.7 | 83.8 | 81.6 | 62.7 | 49.4 | 74.5 | 57.5 | 44.7 |
| 15-18..... | 424 | 100.0 | 94.2 | 76.4 | 70.9 | 49.5 | 49.1 | 74.5 | 59.6 | 37.8 |
| 19-22..... | 408 | 98.3 | 95.0 | 68.1 | 59.6 | 33.8 | 43.9 | 70.6 | 57.8 | 41.2 |
| 23-34..... | 1,216 | 98.3 | 92.7 | 72.3 | 61.1 | 30.2 | 45.3 | 81.0 | 65.0 | 52.5 |
| 35-50..... | 1,097 | 98.7 | 92.6 | 69.9 | 58.6 | 23.9 | 40.3 | 82.5 | 60.2 | 52.0 |
| 51-64..... | 850 | 98.5 | 94.1 | 69.7 | 61.1 | 33.0 | 35.5 | 80.5 | 63.8 | 46.5 |
| 65-74..... | 446 | 99.0 | 96.6 | 71.3 | 67.9 | 42.3 | 29.3 | 84.2 | 72.7 | 44.6 |
| 75 AND OVER..... | 240 | 100.0 | 99.6 | 75.0 | 78.7 | 48.1 | 23.6 | 85.7 | 70.5 | 40.3 |
| ALL INDIVIDUALS... | 4/10,462 | 99.1 | 94.2 | 74.8 | 70.2 | 43.2 | 44.0 | 78.4 | 63.8 | 44.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3F-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 2 | (5) | (5) | 1 | 0 | 2 | (5) | (5) | 0 |
| 1-2..... | 4/306 | 11 | 2 | 3 | 2 | (5) | 4 | (5) | (5) | (5) |
| 3-5..... | 521 | 17 | 4 | 5 | 2 | (5) | 6 | (5) | (5) | (5) |
| 6-8..... | 482 | 38 | 10 | 9 | 5 | 1 | 14 | 1 | (5) | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 41 | 11 | 9 | 5 | 1 | 16 | 1 | 1 | 1 |
| 12-14..... | 287 | 51 | 14 | 12 | 3 | (5) | 22 | 1 | 1 | 1 |
| 15-18..... | 387 | 44 | 12 | 12 | 3 | (5) | 17 | 2 | (5) | 1 |
| 19-22..... | 318 | 36 | 13 | 8 | 3 | 0 | 12 | 1 | (5) | 1 |
| 23-34..... | 846 | 58 | 19 | 16 | 5 | (5) | 18 | 4 | 1 | 2 |
| 35-50..... | 657 | 41 | 14 | 13 | 6 | (5) | 8 | 3 | 1 | 1 |
| 51-64..... | 565 | 33 | 11 | 9 | 4 | (5) | 8 | 4 | 1 | 2 |
| 65-74..... | 300 | 28 | 7 | 8 | 2 | 0 | 12 | 2 | (5) | 1 |
| 75 AND OVER..... | 147 | 9 | 2 | 5 | 1 | 0 | 1 | (5) | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 45 | 11 | 11 | 5 | 1 | 18 | 1 | (5) | (5) |
| 12-14..... | 305 | 33 | 10 | 9 | 1 | (5) | 14 | 1 | (5) | (5) |
| 15-18..... | 424 | 36 | 10 | 8 | 2 | (5) | 16 | 1 | (5) | 1 |
| 19-22..... | 408 | 30 | 8 | 7 | 3 | (5) | 11 | 2 | (5) | 1 |
| 23-34..... | 1,216 | 30 | 8 | 10 | 3 | (5) | 9 | 3 | 1 | 2 |
| 35-50..... | 1,097 | 20 | 7 | 7 | 1 | (5) | 5 | 2 | 1 | 1 |
| 51-64..... | 850 | 20 | 6 | 7 | 1 | (5) | 6 | 2 | (5) | 1 |
| 65-74..... | 446 | 14 | 4 | 5 | 1 | (5) | 5 | 1 | (5) | 1 |
| 75 AND OVER..... | 240 | 12 | 3 | 4 | 1 | (5) | 5 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/10,462 | 31 | 9 | 9 | 3 | (5) | 10 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3F-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/126 | 3.5 | 1.8 | 1.8 | 0.7 | 0.0 | 1.3 | 0.7 | 0.7 | 0.0 |
| 1-2..... | 4/306 | 26.6 | 13.5 | 16.1 | 6.6 | 3.5 | 8.8 | 8.5 | 5.9 | 3.8 |
| 3-5..... | 521 | 34.0 | 20.4 | 19.6 | 7.9 | 4.4 | 10.5 | 11.2 | 8.2 | 3.3 |
| 6-8..... | 482 | 57.5 | 43.2 | 32.6 | 11.0 | 5.9 | 22.6 | 17.2 | 13.2 | 5.2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 59.5 | 47.1 | 31.0 | 13.0 | 7.1 | 23.1 | 19.8 | 13.7 | 7.0 |
| 12-14..... | 287 | 63.1 | 48.5 | 33.7 | 8.7 | 4.0 | 31.7 | 15.7 | 10.4 | 7.4 |
| 15-18..... | 387 | 54.0 | 40.8 | 23.8 | 5.6 | 1.6 | 18.3 | 15.9 | 7.5 | 10.1 |
| 19-22..... | 318 | 51.0 | 40.4 | 20.2 | 5.2 | .0 | 10.9 | 17.5 | 9.1 | 11.4 |
| 23-34..... | 846 | 62.0 | 47.8 | 30.7 | 7.8 | .7 | 14.2 | 31.4 | 18.8 | 18.7 |
| 35-50..... | 657 | 52.2 | 40.2 | 27.6 | 5.8 | .4 | 9.7 | 27.6 | 19.1 | 13.3 |
| 51-64..... | 565 | 43.1 | 32.1 | 23.5 | 7.3 | .2 | 7.6 | 22.1 | 14.1 | 12.4 |
| 65-74..... | 300 | 35.0 | 27.8 | 17.2 | 2.8 | .0 | 12.4 | 17.7 | 12.5 | 11.6 |
| 75 AND OVER..... | 147 | 15.2 | 7.6 | 8.6 | 3.6 | .0 | 1.4 | 7.5 | 3.6 | 4.5 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 57.9 | 42.4 | 33.5 | 11.4 | 5.3 | 28.9 | 19.6 | 13.3 | 6.7 |
| 12-14..... | 305 | 57.0 | 38.2 | 32.0 | 4.6 | 2.2 | 19.6 | 13.1 | 6.7 | 8.3 |
| 15-18..... | 424 | 56.9 | 42.2 | 28.8 | 6.5 | 2.5 | 19.7 | 18.2 | 10.2 | 9.2 |
| 19-22..... | 408 | 49.5 | 34.8 | 21.2 | 4.7 | 1.0 | 14.3 | 19.2 | 9.4 | 12.8 |
| 23-34..... | 1,216 | 47.5 | 30.3 | 26.7 | 5.8 | .4 | 13.8 | 24.2 | 11.9 | 15.6 |
| 35-50..... | 1,097 | 40.0 | 26.9 | 21.7 | 2.7 | .4 | 8.6 | 20.7 | 9.5 | 12.3 |
| 51-64..... | 850 | 37.3 | 24.6 | 20.0 | 3.3 | .3 | 8.8 | 16.5 | 7.9 | 10.2 |
| 65-74..... | 446 | 27.7 | 19.9 | 16.8 | 2.6 | .2 | 6.1 | 17.1 | 10.6 | 8.1 |
| 75 AND OVER..... | 240 | 20.9 | 14.0 | 11.9 | 2.8 | .3 | 4.7 | 13.5 | 8.0 | 4.5 |
| ALL INDIVIDUALS... | 4/10,462 | 45.6 | 32.5 | 24.1 | 5.8 | 1.5 | 13.1 | 19.5 | 11.2 | 10.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3F-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 54 | 2 | 3 | 35 | 23 | 12 | (5) | (5) | (5) |
| 1-2..... | 4/306 | 167 | 27 | 26 | 66 | 12 | 49 | 4 | 3 | 1 |
| 3-5..... | 521 | 199 | 44 | 36 | 67 | 14 | 52 | 6 | 4 | 2 |
| 6-8..... | 482 | 198 | 46 | 42 | 69 | 17 | 40 | 7 | 4 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 226 | 51 | 46 | 71 | 17 | 58 | 9 | 5 | 4 |
| 12-14..... | 287 | 240 | 60 | 52 | 68 | 20 | 61 | 10 | 6 | 4 |
| 15-18..... | 387 | 261 | 68 | 55 | 74 | 17 | 64 | 11 | 6 | 5 |
| 19-22..... | 318 | 236 | 73 | 41 | 65 | 12 | 57 | 9 | 6 | 3 |
| 23-34..... | 846 | 207 | 64 | 41 | 57 | 7 | 45 | 12 | 6 | 5 |
| 35-50..... | 657 | 214 | 67 | 41 | 53 | 5 | 54 | 14 | 7 | 6 |
| 51-64..... | 565 | 211 | 70 | 44 | 59 | 7 | 38 | 15 | 8 | 6 |
| 65-74..... | 300 | 221 | 67 | 47 | 78 | 12 | 29 | 14 | 8 | 4 |
| 75 AND OVER..... | 147 | 235 | 68 | 57 | 75 | 13 | 35 | 13 | 8 | 4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 216 | 45 | 44 | 70 | 17 | 57 | 8 | 4 | 3 |
| 12-14..... | 305 | 209 | 49 | 48 | 68 | 15 | 44 | 8 | 4 | 4 |
| 15-18..... | 424 | 184 | 48 | 37 | 57 | 10 | 43 | 8 | 4 | 4 |
| 19-22..... | 408 | 173 | 47 | 32 | 50 | 6 | 44 | 7 | 4 | 3 |
| 23-34..... | 1,216 | 159 | 42 | 29 | 46 | 6 | 41 | 11 | 5 | 5 |
| 35-50..... | 1,097 | 160 | 46 | 29 | 49 | 4 | 36 | 11 | 4 | 5 |
| 51-64..... | 850 | 155 | 50 | 30 | 47 | 7 | 28 | 11 | 5 | 5 |
| 65-74..... | 446 | 174 | 53 | 32 | 52 | 9 | 37 | 12 | 7 | 3 |
| 75 AND OVER..... | 240 | 176 | 52 | 35 | 69 | 11 | 20 | 14 | 6 | 4 |
| ALL INDIVIDUALS... | 4/10,462 | 190 | 52 | 37 | 58 | 10 | 43 | 10 | 5 | 4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3F-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| 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..... | 4/126 | 84.4 | 18.5 | 22.0 | 82.6 | 72.3 | 20.5 | 15.2 | 15.2 | 1.4 |
| 1-2..... | 4/306 | 99.4 | 82.9 | 78.0 | 92.9 | 63.6 | 56.9 | 63.9 | 57.6 | 18.7 |
| 3-5..... | 521 | 100.0 | 93.2 | 83.1 | 93.2 | 72.5 | 53.2 | 72.7 | 64.7 | 29.5 |
| 6-8..... | 482 | 99.5 | 93.5 | 79.9 | 91.0 | 76.3 | 46.5 | 72.1 | 59.5 | 33.6 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 99.6 | 89.2 | 77.5 | 89.6 | 72.1 | 49.8 | 71.5 | 60.2 | 30.6 |
| 12-14..... | 287 | 99.4 | 89.1 | 75.3 | 80.2 | 65.0 | 42.9 | 66.9 | 54.5 | 32.6 |
| 15-18..... | 387 | 98.8 | 92.7 | 69.9 | 76.7 | 54.0 | 40.4 | 72.1 | 60.0 | 36.0 |
| 19-22..... | 318 | 97.6 | 94.3 | 60.7 | 65.3 | 40.0 | 32.7 | 68.7 | 57.1 | 30.2 |
| 23-34..... | 846 | 96.3 | 87.9 | 61.3 | 53.3 | 25.7 | 29.5 | 73.5 | 59.2 | 38.7 |
| 35-50..... | 657 | 97.7 | 89.3 | 65.3 | 48.9 | 21.3 | 35.2 | 76.6 | 59.1 | 42.0 |
| 51-64..... | 565 | 96.8 | 91.9 | 65.3 | 61.7 | 33.1 | 28.6 | 77.2 | 64.5 | 46.1 |
| 65-74..... | 300 | 99.5 | 98.3 | 77.7 | 76.7 | 43.9 | 23.5 | 84.0 | 70.8 | 40.8 |
| 75 AND OVER..... | 147 | 99.1 | 95.3 | 71.1 | 83.8 | 53.1 | 19.2 | 80.6 | 69.2 | 29.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 100.0 | 92.3 | 76.7 | 89.4 | 74.2 | 47.7 | 70.7 | 59.5 | 35.2 |
| 12-14..... | 305 | 100.0 | 93.2 | 74.0 | 81.4 | 61.8 | 38.7 | 70.0 | 54.6 | 39.0 |
| 15-18..... | 424 | 98.9 | 90.6 | 67.8 | 67.7 | 47.4 | 35.9 | 69.3 | 55.6 | 32.2 |
| 19-22..... | 408 | 97.0 | 88.1 | 62.3 | 57.4 | 33.3 | 33.0 | 67.2 | 53.7 | 34.7 |
| 23-34..... | 1,216 | 95.4 | 86.4 | 63.1 | 58.5 | 30.0 | 34.5 | 75.7 | 60.9 | 44.0 |
| 35-50..... | 1,097 | 96.5 | 88.2 | 61.6 | 57.2 | 23.7 | 33.9 | 77.6 | 56.8 | 45.7 |
| 51-64..... | 850 | 97.1 | 92.0 | 61.6 | 60.1 | 32.8 | 28.1 | 77.2 | 60.8 | 41.8 |
| 65-74..... | 446 | 99.0 | 95.2 | 67.4 | 66.5 | 42.3 | 25.0 | 83.4 | 71.2 | 39.4 |
| 75 AND OVER..... | 240 | 100.0 | 98.7 | 73.9 | 77.6 | 47.9 | 19.3 | 84.2 | 68.3 | 37.9 |
| ALL INDIVIDUALS... | 4/10,462 | 97.6 | 89.7 | 67.3 | 67.9 | 42.3 | 35.2 | 73.8 | 59.8 | 37.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3G-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 73 | 5 | 5 | 49 | 29 | 14 | (5) | (5) | (5) |
| 1-2..... | 4/389 | 155 | 33 | 27 | 49 | 13 | 46 | 5 | 4 | 1 |
| 3-5..... | 639 | 193 | 47 | 41 | 51 | 16 | 55 | 8 | 5 | 3 |
| 6-8..... | 737 | 220 | 57 | 47 | 56 | 18 | 60 | 10 | 6 | 4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 266 | 64 | 68 | 57 | 21 | 77 | 10 | 6 | 4 |
| 12-14..... | 457 | 291 | 74 | 69 | 60 | 21 | 88 | 12 | 8 | 4 |
| 15-18..... | 544 | 298 | 90 | 77 | 53 | 17 | 78 | 15 | 8 | 6 |
| 19-22..... | 406 | 252 | 80 | 64 | 42 | 9 | 66 | 16 | 8 | 8 |
| 23-34..... | 1,034 | 256 | 82 | 58 | 42 | 9 | 73 | 18 | 8 | 9 |
| 35-50..... | 1,122 | 234 | 78 | 54 | 46 | 8 | 55 | 20 | 9 | 10 |
| 51-64..... | 870 | 230 | 79 | 60 | 51 | 10 | 41 | 21 | 10 | 9 |
| 65-74..... | 361 | 210 | 72 | 51 | 60 | 15 | 27 | 18 | 10 | 6 |
| 75 AND OVER..... | 134 | 249 | 77 | 64 | 80 | 13 | 27 | 21 | 14 | 5 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 233 | 56 | 55 | 49 | 18 | 74 | 11 | 6 | 5 |
| 12-14..... | 451 | 229 | 55 | 57 | 47 | 13 | 70 | 11 | 5 | 5 |
| 15-18..... | 546 | 190 | 50 | 46 | 35 | 9 | 58 | 14 | 6 | 7 |
| 19-22..... | 493 | 171 | 48 | 33 | 33 | 6 | 56 | 13 | 7 | 6 |
| 23-34..... | 1,488 | 176 | 50 | 39 | 36 | 6 | 52 | 15 | 6 | 8 |
| 35-50..... | 1,478 | 157 | 50 | 35 | 32 | 5 | 41 | 16 | 6 | 8 |
| 51-64..... | 1,043 | 163 | 54 | 36 | 39 | 8 | 34 | 16 | 8 | 7 |
| 65-74..... | 408 | 166 | 56 | 35 | 45 | 13 | 31 | 13 | 6 | 5 |
| 75 AND OVER..... | 238 | 196 | 53 | 50 | 61 | 11 | 32 | 15 | 9 | 5 |
| ALL INDIVIDUALS... | 4/13,737 | 207 | 61 | 48 | 45 | 11 | 54 | 15 | 7 | 7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 36-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| 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..... | 4/150 | 94.2 | 21.4 | 31.5 | 91.9 | 83.0 | 19.4 | 14.4 | 14.4 | 0.9 |
| 1-2..... | 4/389 | 99.4 | 89.9 | 83.4 | 89.6 | 73.6 | 58.3 | 76.0 | 72.0 | 25.9 |
| 3-5..... | 63 | 100.0 | 96.9 | 90.4 | 90.6 | 79.4 | 62.6 | 80.1 | 73.0 | 37.1 |
| 6-8..... | 737 | 100.0 | 98.7 | 91.7 | 90.1 | 76.5 | 61.6 | 82.7 | 72.3 | 44.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 100.0 | 95.9 | 93.5 | 86.6 | 72.1 | 59.4 | 78.7 | 70.0 | 39.8 |
| 12-14..... | 457 | 100.0 | 98.5 | 91.8 | 81.2 | 68.9 | 61.7 | 81.4 | 71.4 | 43.8 |
| 15-18..... | 544 | 99.6 | 96.5 | 85.6 | 65.3 | 49.3 | 52.0 | 80.1 | 69.3 | 41.9 |
| 19-22..... | 406 | 99.8 | 94.5 | 79.2 | 55.7 | 34.1 | 49.2 | 75.0 | 61.5 | 44.8 |
| 23-34..... | 1,034 | 99.3 | 96.2 | 78.0 | 51.0 | 26.4 | 50.7 | 85.8 | 72.2 | 53.0 |
| 35-50..... | 1,122 | 99.7 | 95.1 | 78.6 | 53.9 | 26.5 | 41.0 | 85.4 | 72.3 | 57.0 |
| 51-64..... | 870 | 99.6 | 97.3 | 78.4 | 62.7 | 38.3 | 33.3 | 88.3 | 75.2 | 58.7 |
| 65-74..... | 361 | 100.0 | 97.3 | 85.2 | 73.0 | 50.1 | 24.9 | 86.6 | 76.5 | 43.8 |
| 75 AND OVER..... | 134 | 100.0 | 99.4 | 83.0 | 83.4 | 53.6 | 18.5 | 89.6 | 80.8 | 30.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 100.0 | 97.7 | 89.9 | 84.2 | 73.2 | 64.3 | 80.3 | 69.4 | 46.7 |
| 12-14..... | 451 | 99.8 | 93.3 | 87.2 | 73.5 | 56.7 | 58.3 | 76.4 | 62.5 | 49.6 |
| 15-18..... | 546 | 99.8 | 93.5 | 83.4 | 59.2 | 38.9 | 49.4 | 81.9 | 67.7 | 52.6 |
| 19-22..... | 493 | 98.3 | 93.0 | 73.7 | 55.5 | 30.8 | 48.6 | 80.8 | 64.5 | 49.6 |
| 23-34..... | 1,488 | 98.9 | 94.3 | 75.7 | 56.2 | 31.0 | 47.7 | 87.6 | 69.2 | 60.0 |
| 35-50..... | 1,478 | 99.1 | 92.3 | 76.1 | 51.7 | 25.2 | 41.8 | 86.9 | 70.6 | 59.3 |
| 51-64..... | 1,043 | 98.8 | 94.5 | 74.1 | 59.9 | 35.1 | 33.0 | 89.0 | 75.7 | 52.7 |
| 65-74..... | 408 | 99.2 | 96.1 | 82.1 | 76.0 | 54.9 | 29.1 | 86.6 | 74.8 | 48.2 |
| 75 AND OVER..... | 238 | 100.0 | 99.1 | 85.1 | 70.5 | 46.3 | 28.2 | 89.8 | 82.8 | 39.9 |
| ALL INDIVIDUALS... | 4/13,737 | 99.4 | 94.5 | 80.7 | 65.6 | 44.1 | 46.3 | 83.5 | 70.7 | 49.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3G-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 2 | (5) | (5) | 1 | (5) | 1 | (5) | (5) | 0 |
| 1-2..... | 4/389 | 11 | 3 | 3 | 1 | (5) | 4 | (5) | (5) | (5) |
| 3-5..... | 639 | 18 | 5 | 5 | 1 | (5) | 6 | (5) | (5) | (5) |
| 6-8..... | 737 | 34 | 8 | 8 | 3 | (5) | 15 | 1 | 1 | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 45 | 11 | 11 | 1 | (5) | 22 | 1 | 1 | 1 |
| 12-14..... | 457 | 49 | 11 | 11 | 3 | (5) | 24 | 1 | 1 | 1 |
| 15-18..... | 544 | 53 | 13 | 16 | 2 | (5) | 22 | 2 | 1 | 1 |
| 19-22..... | 406 | 60 | 17 | 16 | 5 | (5) | 21 | 4 | 1 | 2 |
| 23-34..... | 1,034 | 47 | 15 | 13 | 3 | (5) | 17 | 3 | 1 | 2 |
| 35-50..... | 1,122 | 37 | 15 | 11 | 3 | (5) | 9 | 4 | 1 | 2 |
| 51-64..... | 870 | 33 | 12 | 11 | 2 | (5) | 9 | 3 | 1 | 2 |
| 65-74..... | 361 | 14 | 4 | 6 | 2 | (5) | 3 | 2 | 1 | 1 |
| 75 AND OVER..... | 134 | 10 | 3 | 6 | 1 | 0 | (5) | 1 | (5) | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 42 | 9 | 10 | 3 | (5) | 20 | 1 | 1 | (5) |
| 12-14..... | 451 | 44 | 10 | 13 | 4 | (5) | 17 | 2 | (5) | 1 |
| 15-18..... | 546 | 39 | 11 | 11 | 2 | (5) | 15 | 2 | 1 | 2 |
| 19-22..... | 493 | 32 | 9 | 8 | 2 | (5) | 14 | 3 | 1 | 2 |
| 23-34..... | 1,488 | 27 | 8 | 8 | 2 | (5) | 9 | 3 | 1 | 2 |
| 35-50..... | 1,478 | 21 | 7 | 6 | 1 | (5) | 7 | 3 | 1 | 2 |
| 51-64..... | 1,043 | 20 | 7 | 6 | 2 | (5) | 5 | 2 | 1 | 1 |
| 65-74..... | 408 | 15 | 5 | 6 | 1 | 0 | 4 | 1 | (5) | 1 |
| 75 AND OVER..... | 238 | 11 | 3 | 6 | 1 | 0 | 2 | 1 | 1 | (5) |
| ALL INDIVIDUALS... | 4/13,737 | 32 | 9 | 9 | 2 | (5) | 11 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3G-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/150 | 7.2 | 2.1 | 2.2 | 1.7 | 0.6 | 2.6 | 0.6 | 0.6 | 0.0 |
| 1-2..... | 4/389 | 31.3 | 18.5 | 19.5 | 3.8 | 2.5 | 8.5 | 8.0 | 6.9 | 2.0 |
| 3-5..... | 639 | 40.6 | 25.1 | 26.9 | 4.9 | 3.6 | 10.8 | 9.8 | 7.8 | 2.6 |
| 6-8..... | 737 | 57.9 | 41.9 | 34.3 | 8.2 | 2.5 | 25.1 | 18.0 | 14.1 | 6.5 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 68.9 | 49.1 | 42.9 | 4.0 | 2.1 | 28.3 | 23.9 | 18.2 | 9.8 |
| 12-14..... | 457 | 63.5 | 45.7 | 39.7 | 6.9 | 2.4 | 29.6 | 18.9 | 12.8 | 7.6 |
| 15-18..... | 544 | 61.8 | 43.4 | 40.0 | 4.9 | 1.2 | 22.1 | 20.9 | 12.6 | 10.2 |
| 19-22..... | 406 | 59.4 | 47.4 | 30.4 | 5.2 | .5 | 20.4 | 24.2 | 10.4 | 15.8 |
| 23-34..... | 1,034 | 61.1 | 46.4 | 30.9 | 5.4 | .1 | 17.6 | 31.7 | 18.7 | 16.0 |
| 35-50..... | 1,122 | 55.9 | 42.5 | 28.6 | 4.8 | .6 | 10.2 | 28.2 | 17.4 | 16.0 |
| 51-64..... | 870 | 48.9 | 38.4 | 24.9 | 4.7 | .6 | 7.4 | 27.8 | 17.1 | 12.6 |
| 65-74..... | 361 | 25.6 | 16.9 | 14.3 | 3.4 | .4 | 4.0 | 15.9 | 8.6 | 9.2 |
| 75 AND OVER..... | 134 | 16.5 | 14.5 | 7.8 | 2.4 | .0 | .6 | 11.2 | 4.5 | 7.6 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 61.8 | 43.3 | 38.1 | 11.0 | 3.9 | 26.4 | 21.7 | 16.2 | 6.6 |
| 12-14..... | 451 | 65.9 | 42.5 | 42.2 | 9.0 | 2.8 | 25.2 | 21.8 | 13.8 | 9.7 |
| 15-18..... | 546 | 63.0 | 40.6 | 40.5 | 5.2 | .6 | [illegible].8 | 23.8 | 11.8 | 16.4 |
| 19-22..... | 493 | 53.3 | 32.8 | 29.5 | 5.7 | .8 | 15.1 | 22.4 | 12.0 | 13.9 |
| 23-34..... | 1,488 | 49.4 | 34.4 | 27.2 | 4.9 | .8 | 11.6 | 25.8 | 13.4 | 15.5 |
| 35-50..... | 1,478 | 45.7 | 31.4 | 22.5 | 4.8 | .2 | 10.4 | 26.8 | 13.1 | 17.7 |
| 51-64..... | 1,043 | 39.8 | 29.0 | 20.9 | 4.8 | .4 | 6.8 | 22.9 | 13.3 | 11.7 |
| 65-74..... | 408 | 33.8 | 23.6 | 19.0 | 1.7 | .0 | 5.3 | 15.8 | 11.7 | 7.3 |
| 75 AND OVER..... | 238 | 24.2 | 16.9 | 14.1 | 1.6 | .0 | 3.0 | 12.9 | 10.4 | 3.0 |
| ALL INDIVIDUALS... | 4/13,737 | 50.2 | 35.6 | 28.2 | 5.2 | 1.1 | 14.1 | 22.6 | 13.4 | 11.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3G-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 71 | 5 | 5 | 48 | 29 | 13 | (5) | (5) | (5) |
| 1-2..... | 4/389 | 144 | 30 | 24 | 47 | 13 | 42 | 5 | 4 | 1 |
| 3-5..... | 639 | 176 | 42 | 36 | 50 | 15 | 48 | 8 | 5 | 3 |
| 6-8..... | 737 | 186 | 48 | 40 | 53 | 18 | 45 | 9 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 220 | 53 | 57 | 55 | 21 | 55 | 9 | 6 | 3 |
| 12-14..... | 457 | 242 | 63 | 58 | 57 | 21 | 64 | 11 | 7 | 4 |
| 15-18..... | 544 | 245 | 77 | 61 | 51 | 17 | 56 | 13 | 8 | 5 |
| 19-22..... | 406 | 192 | 63 | 48 | 37 | 9 | 45 | 13 | 7 | 5 |
| 23-34..... | 1,034 | 208 | 68 | 46 | 39 | 9 | 56 | 14 | 7 | 7 |
| 35-50..... | 1,122 | 197 | 64 | 43 | 44 | 8 | 46 | 16 | 8 | 8 |
| 51-64..... | 870 | 197 | 67 | 49 | 49 | 10 | 33 | 18 | 9 | 8 |
| 65-74..... | 361 | 196 | 68 | 46 | 57 | 15 | 25 | 16 | 9 | 5 |
| 75 AND OVER..... | 134 | 239 | 74 | 58 | 80 | 13 | 27 | 20 | 13 | 4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 191 | 47 | 45 | 46 | 17 | 54 | 10 | 5 | 4 |
| 12-14..... | 451 | 185 | 44 | 44 | 44 | 12 | 53 | 9 | 5 | 4 |
| 15-18..... | 546 | 151 | 40 | 35 | 33 | 8 | 43 | 11 | 6 | 5 |
| 19-22..... | 493 | 138 | 39 | 26 | 31 | 6 | 43 | 11 | 6 | 4 |
| 23-34..... | 1,488 | 149 | 42 | 31 | 34 | 6 | 43 | 12 | 5 | 6 |
| 35-50..... | 1,478 | 136 | 43 | 29 | 30 | 5 | 34 | 12 | 5 | 6 |
| 51-64..... | 1,043 | 144 | 48 | 30 | 36 | 8 | 30 | 15 | 7 | 6 |
| 65-74..... | 408 | 151 | 51 | 29 | 44 | 13 | 27 | 12 | 6 | 5 |
| 75 AND OVER..... | 238 | 185 | 51 | 43 | 61 | 11 | 30 | 15 | 9 | 5 |
| ALL INDIVIDUALS... | 4/13,737 | 176 | 52 | 39 | 43 | 11 | 42 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3G-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| 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..... | 4/150 | 94.2 | 21.4 | 31.5 | 91.9 | 83.0 | 16.9 | 14.4 | 14.4 | 0.9 |
| 1-2..... | 4/389 | 99.4 | 88.6 | 79.4 | 88.5 | 72.5 | 54.0 | 74.8 | 70.6 | 24.8 |
| 3-5..... | 639 | 100.0 | 95.2 | 85.3 | 89.9 | 77.7 | 56.9 | 78.1 | 70.9 | 36.0 |
| 6-8..... | 737 | 99.7 | 95.9 | 85.2 | 88.7 | 75.3 | 47.4 | 79.7 | 68.8 | 40.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 100.0 | 93.5 | 88.3 | 85.7 | 71.1 | 43.5 | 74.4 | 66.5 | 32.3 |
| 12-14..... | 457 | 100.0 | 94.1 | 85.0 | 79.5 | 67.5 | 46.0 | 78.6 | 68.0 | 38.7 |
| 15-18..... | 544 | 99.2 | 93.2 | 78.4 | 63.6 | 48.7 | 41.3 | 75.2 | 65.6 | 37.2 |
| 19-22..... | 406 | 95.5 | 86.2 | 66.4 | 53.7 | 33.6 | 32.6 | 67.3 | 56.0 | 35.4 |
| 23-34..... | 1,034 | 97.2 | 88.6 | 69.2 | 49.3 | 26.4 | 37.4 | 79.2 | 64.3 | 45.5 |
| 35-50..... | 1,122 | 98.1 | 89.5 | 70.5 | 51.4 | 26.2 | 33.3 | 81.4 | 67.1 | 50.1 |
| 51-64..... | 870 | 98.0 | 91.4 | 71.7 | 60.8 | 37.9 | 26.4 | 84.2 | 71.2 | 52.5 |
| 65-74..... | 361 | 99.3 | 96.0 | 80.5 | 71.2 | 50.1 | 20.9 | 85.5 | 74.9 | 38.9 |
| 75 AND OVER..... | 134 | 100.0 | 99.4 | 81.1 | 83.4 | 53.6 | 17.8 | 89.6 | 80.8 | 26.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 99.8 | 93.7 | 83.8 | 82.2 | 71.3 | 49.8 | 77.4 | 65.4 | 44.2 |
| 12-14..... | 451 | 98.2 | 86.8 | 80.6 | 70.3 | 54.8 | 45.2 | 71.0 | 57.6 | 43.9 |
| 15-18..... | 546 | 97.5 | 86.4 | 72.7 | 56.4 | 38.3 | 37.0 | 75.7 | 62.3 | 43.8 |
| 19-22..... | 493 | 94.3 | 85.3 | 64.8 | 52.5 | 30.4 | 38.6 | 74.3 | 59.3 | 43.1 |
| 23-34..... | 1,488 | 97.5 | 89.2 | 67.3 | 54.5 | 30.4 | 40.7 | 82.7 | 64.5 | 51.5 |
| 35-50..... | 1,478 | 97.6 | 88.4 | 69.2 | 48.6 | 25.0 | 34.5 | 82.1 | 66.1 | 51.6 |
| 51-64..... | 1,043 | 98.1 | 92.8 | 68.9 | 57.2 | 34.8 | 27.3 | 86.6 | 73.4 | 46.3 |
| 65-74..... | 408 | 99.2 | 94.6 | 75.3 | 75.3 | 54.9 | 24.3 | 84.3 | 72.0 | 45.5 |
| 75 AND OVER..... | 238 | 99.1 | 95.9 | 80.5 | 70.1 | 46.3 | 25.9 | 88.5 | 81.9 | 38.4 |
| ALL INDIVIDUALS... | 4/13,737 | 98.1 | 90.1 | 73.6 | 63.6 | 43.5 | 37.2 | 79.4 | 66.6 | 44.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3H-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 65 | 3 | 5 | 47 | 31 | 9 | 1 | (5) | (5) |
| 1-2..... | 4/339 | 154 | 31 | 27 | 50 | 13 | 47 | 5 | 3 | 1 |
| 3-5..... | 558 | 188 | 45 | 40 | 50 | 15 | 52 | 8 | 4 | 3 |
| 6-8..... | 622 | 227 | 56 | 55 | 51 | 17 | 65 | 8 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 252 | 66 | 64 | 59 | 18 | 62 | 10 | 6 | 3 |
| 12-14..... | 406 | 294 | 80 | 65 | 62 | 20 | 88 | 12 | 8 | 4 |
| 15-18..... | 462 | 310 | 94 | 74 | 65 | 16 | 76 | 14 | 9 | 5 |
| 19-22..... | 306 | 250 | 88 | 61 | 46 | 9 | 56 | 12 | 7 | 5 |
| 23-34..... | 837 | 265 | 92 | 67 | 38 | 7 | 69 | 17 | 8 | 8 |
| 35-50..... | 791 | 258 | 87 | 68 | 48 | 7 | 56 | 17 | 9 | 7 |
| 51-64..... | 726 | 240 | 85 | 67 | 51 | 11 | 36 | 17 | 9 | 6 |
| 65-74..... | 388 | 232 | 76 | 62 | 67 | 12 | 27 | 15 | 9 | 4 |
| 75 AND OVER..... | 184 | 236 | 70 | 63 | 76 | 10 | 27 | 13 | 8 | 2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 235 | 59 | 59 | 54 | 14 | 64 | 9 | 5 | 4 |
| 12-14..... | 392 | 226 | 60 | 56 | 45 | 11 | 63 | 8 | 5 | 3 |
| 15-18..... | 503 | 199 | 57 | 48 | 38 | 9 | 56 | 10 | 5 | 5 |
| 19-22..... | 416 | 180 | 51 | 36 | 39 | 6 | 55 | 13 | 5 | 7 |
| 23-34..... | 1,175 | 172 | 54 | 39 | 30 | 6 | 49 | 13 | 6 | 6 |
| 35-50..... | 1,184 | 172 | 55 | 43 | 32 | 6 | 41 | 13 | 5 | 6 |
| 51-64..... | 1,044 | 169 | 54 | 46 | 38 | 8 | 31 | 13 | 6 | 5 |
| 65-74..... | 522 | 179 | 53 | 47 | 49 | 9 | 29 | 11 | 6 | 4 |
| 75 AND OVER..... | 273 | 185 | 58 | 43 | 57 | 11 | 28 | 11 | 7 | 2 |
| ALL INDIVIDUALS... | 4/11,943 | 212 | 64 | 52 | 46 | 10 | 50 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3H-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| 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..... | 4/145 | 88.1 | 19.2 | 23.9 | 85.6 | 75.1 | 18.0 | 13.5 | 12.5 | 1.6 |
| 1-2..... | 4/339 | 100.0 | 93.2 | 85.9 | 89.7 | 69.2 | 57.4 | 71.6 | 64.6 | 20.8 |
| 3-5..... | 558 | 100.0 | 93.6 | 85.4 | 86.0 | 73.3 | 57.6 | 77.5 | 67.5 | 34.3 |
| 6-8..... | 622 | 100.0 | 96.0 | 90.9 | 86.3 | 74.5 | 60.8 | 73.6 | 64.0 | 35.5 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 100.0 | 98.1 | 91.6 | 87.4 | 71.6 | 59.1 | 82.9 | 73.8 | 33.8 |
| 12-14..... | 406 | 100.0 | 98.9 | 89.0 | 81.8 | 65.0 | 63.2 | 78.4 | 70.6 | 34.6 |
| 15-18..... | 462 | 100.0 | 96.8 | 82.9 | 68.9 | 48.0 | 50.5 | 77.2 | 68.2 | 36.3 |
| 19-22..... | 306 | 100.0 | 96.1 | 74.1 | 50.8 | 33.0 | 41.5 | 75.6 | 60.3 | 42.1 |
| 23-34..... | 837 | 99.8 | 97.6 | 76.7 | 50.1 | 25.6 | 45.6 | 84.3 | 72.3 | 53.5 |
| 35-50..... | 791 | 99.9 | 98.1 | 80.7 | 55.2 | 26.7 | 40.0 | 84.4 | 72.4 | 50.1 |
| 51-64..... | 726 | 99.8 | 96.0 | 81.2 | 59.1 | 37.4 | 29.9 | 83.7 | 71.7 | 46.7 |
| 65-74..... | 388 | 100.0 | 98.7 | 85.7 | 72.1 | 49.4 | 25.6 | 85.2 | 79.6 | 41.8 |
| 75 AND OVER..... | 184 | 100.0 | 98.2 | 79.0 | 68.8 | 42.4 | 22.8 | 79.0 | 71.0 | 24.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 100.0 | 97.8 | 92.9 | 82.0 | 68.3 | 60.9 | 78.1 | 66.3 | 37.0 |
| 12-14..... | 392 | 100.0 | 96.6 | 86.7 | 72.6 | 52.1 | 55.5 | 73.5 | 64.0 | 34.9 |
| 15-18..... | 503 | 100.0 | 95.7 | 80.5 | 60.0 | 43.9 | 51.1 | 78.8 | 66.1 | 41.0 |
| 19-22..... | 416 | 99.4 | 92.2 | 73.6 | 55.8 | 30.2 | 49.7 | 83.6 | 61.4 | 53.5 |
| 23-34..... | 1,175 | 98.8 | 93.6 | 77.0 | 53.0 | 28.5 | 48.8 | 81.7 | 64.9 | 49.1 |
| 35-50..... | 1,184 | 99.2 | 93.8 | 79.1 | 53.8 | 29.1 | 39.4 | 82.7 | 68.0 | 52.8 |
| 51-64..... | 1,044 | 99.5 | 95.9 | 82.1 | 59.1 | 38.0 | 32.7 | 85.1 | 72.9 | 47.7 |
| 65-74..... | 522 | 99.4 | 96.1 | 79.8 | 67.7 | 45.5 | 27.6 | 86.9 | 75.2 | 38.6 |
| 75 AND OVER..... | 273 | 100.0 | 98.4 | 76.1 | 73.0 | 46.0 | 27.8 | 81.2 | 72.6 | 32.7 |
| ALL INDIVIDUALS... | 4/11,943 | 99.5 | 95.0 | 81.0 | 64.9 | 43.8 | 44.2 | 80.3 | 68.3 | 42.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3H-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | (5) | (5) | (5) | (5) | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/339 | 13 | 3 | 3 | 1 | (5) | 5 | (5) | (5) | (5) |
| 3-5..... | 558 | 20 | 5 | 6 | 3 | 1 | 5 | 1 | (5) | (5) |
| 6-8..... | 622 | 49 | 13 | 13 | 5 | 1 | 18 | 1 | 1 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 56 | 15 | 17 | 7 | 1 | 17 | 2 | 1 | 1 |
| 12-14..... | 406 | 61 | 17 | 16 | 3 | (5) | 25 | 2 | 1 | 1 |
| 15-18..... | 462 | 57 | 17 | 17 | 4 | (5) | 19 | 2 | 1 | 1 |
| 19-22..... | 306 | 45 | 16 | 14 | 3 | (5) | 12 | 2 | 1 | 1 |
| 23-34..... | 837 | 54 | 18 | 15 | 3 | (5) | 18 | 3 | 1 | 2 |
| 35-50..... | 791 | 35 | 13 | 12 | 2 | (5) | 9 | 3 | 1 | 1 |
| 51-64..... | 726 | 23 | 8 | 9 | 2 | (5) | 5 | 2 | 1 | 1 |
| 65-74..... | 388 | 16 | 5 | 7 | 1 | (5) | 3 | 1 | (5) | 1 |
| 75 AND OVER..... | 184 | 14 | 4 | 6 | 1 | 0 | 3 | 1 | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 48 | 14 | 13 | 5 | 1 | 16 | 1 | 1 | 1 |
| 12-14..... | 392 | 43 | 12 | 13 | 4 | (5) | 15 | 1 | (5) | 1 |
| 15-18..... | 503 | 46 | 12 | 12 | 3 | (5) | 19 | 2 | 1 | 1 |
| 19-22..... | 416 | 32 | 9 | 7 | 3 | (5) | 13 | 3 | 1 | 2 |
| 23-34..... | 1,175 | 24 | 8 | 8 | 2 | (5) | 7 | 2 | 1 | 1 |
| 35-50..... | 1,184 | 18 | 5 | 7 | 1 | (5) | 4 | 2 | (5) | 1 |
| 51-64..... | 1,044 | 18 | 5 | 8 | 1 | (5) | 4 | 2 | (5) | 1 |
| 65-74..... | 522 | 13 | 4 | 6 | 1 | (5) | 2 | 1 | (5) | (5) |
| 75 AND OVER..... | 273 | 7 | 2 | 3 | 1 | (5) | 2 | (5) | (5) | (5) |
| ALL INDIVIDUALS... | 4/11,943 | 31 | 9 | 10 | 2 | (5) | 10 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3H-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/145 | 3.5 | 1.7 | 1.2 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/339 | 30.9 | 19.5 | 21.6 | 4.9 | 2.8 | 7.8 | 8.7 | 7.4 | 1.3 |
| 3-5..... | 558 | 43.5 | 26.3 | 28.6 | 8.7 | 4.8 | 9.1 | 12.9 | 8.7 | 4.8 |
| 6-8..... | 622 | 69.6 | 54.9 | 44.8 | 12.2 | 4.1 | 25.8 | 23.8 | 18.1 | 7.8 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 70.2 | 58.3 | 51.2 | 13.9 | 5.2 | 27.2 | 24.4 | 19.5 | 7.1 |
| 12-14..... | 406 | 69.9 | 59.0 | 46.1 | 9.0 | 3.1 | 26.8 | 23.7 | 18.1 | 7.5 |
| 15-18..... | 462 | 62.7 | 49.3 | 39.0 | 8.5 | 2.2 | 19.9 | 21.1 | 13.3 | 8.8 |
| 19-22..... | 306 | 54.6 | 41.7 | 28.0 | 6.2 | .6 | 12.3 | 18.1 | 9.5 | 12.6 |
| 23-34..... | 837 | 61.2 | 47.4 | 34.5 | 6.2 | 1.1 | 14.0 | 27.2 | 17.9 | 14.4 |
| 35-50..... | 791 | 51.4 | 40.2 | 29.6 | 4.7 | .9 | 8.4 | 24.7 | 15.4 | 12.2 |
| 51-64..... | 726 | 38.5 | 29.5 | 21.0 | 2.6 | .1 | 6.1 | 19.9 | 14.2 | 8.9 |
| 65-74..... | 388 | 27.2 | 21.2 | 16.3 | 2.8 | .3 | 4.3 | 13.7 | 10.2 | 5.6 |
| 75 AND OVER..... | 184 | 26.2 | 17.7 | 13.9 | .8 | .0 | 3.9 | 12.0 | 5.4 | 1.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 70.7 | 57.0 | 48.6 | 14.2 | 5.5 | 26.7 | 26.8 | 19.9 | 9.0 |
| 12-14..... | 392 | 63.2 | 47.3 | 42.1 | 9.0 | 2.5 | 23.1 | 17.6 | 13.4 | 6.6 |
| 15-18..... | 503 | 62.0 | 48.0 | 35.9 | 6.4 | 2.0 | 26.2 | 24.6 | 16.9 | 11.0 |
| 19-22..... | 416 | 53.3 | 38.3 | 28.4 | 6.8 | 2.3 | 14.4 | 26.1 | 12.0 | 17.6 |
| 23-34..... | 1,175 | 46.2 | 31.9 | 26.5 | 4.3 | .6 | 9.6 | 20.7 | 10.8 | 11.3 |
| 35-50..... | 1,184 | 40.5 | 25.5 | 24.2 | 2.6 | .4 | 7.7 | 18.4 | 8.2 | 10.7 |
| 51-64..... | 1,044 | 35.9 | 26.0 | 21.8 | 3.7 | .4 | 5.9 | 18.0 | 11.0 | 9.2 |
| 65-74..... | 522 | 29.5 | 21.1 | 16.1 | 2.6 | .3 | 4.2 | 12.6 | 7.7 | 5.6 |
| 75 AND OVER..... | 273 | 21.6 | 11.5 | 12.9 | 2.5 | .3 | 3.4 | 5.4 | 2.9 | 2.3 |
| ALL INDIVIDUALS... | 4/11,943 | 48.1 | 35.6 | 29.1 | 5.8 | 1.6 | 12.5 | 19.6 | 12.4 | 9.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3H-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 65 | 3 | 5 | 47 | 31 | 9 | 1 | (5) | (5) |
| 1-2..... | 4/339 | 141 | 28 | 24 | 48 | 13 | 41 | 4 | 3 | 1 |
| 3-5..... | 558 | 168 | 40 | 34 | 47 | 15 | 47 | 7 | 4 | 2 |
| 6-8..... | 622 | 178 | 43 | 43 | 46 | 16 | 47 | 6 | 4 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 196 | 51 | 47 | 53 | 18 | 45 | 8 | 5 | 2 |
| 12-14..... | 406 | 233 | 63 | 48 | 59 | 19 | 63 | 10 | 7 | 3 |
| 15-18..... | 462 | 252 | 77 | 57 | 61 | 16 | 57 | 12 | 8 | 4 |
| 19-22..... | 306 | 205 | 71 | 47 | 43 | 9 | 44 | 10 | 6 | 4 |
| 23-34..... | 837 | 211 | 73 | 52 | 34 | 7 | 51 | 14 | 7 | 6 |
| 35-50..... | 791 | 223 | 74 | 56 | 46 | 7 | 47 | 15 | 9 | 5 |
| 51-64..... | 726 | 217 | 77 | 59 | 50 | 11 | 32 | 14 | 8 | 5 |
| 65-74..... | 388 | 216 | 71 | 55 | 67 | 12 | 23 | 13 | 9 | 4 |
| 75 AND OVER..... | 184 | 222 | 66 | 57 | 75 | 10 | 24 | 11 | 8 | 2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 187 | 45 | 46 | 48 | 13 | 48 | 8 | 5 | 3 |
| 12-14..... | 392 | 182 | 49 | 43 | 42 | 11 | 48 | 7 | 4 | 3 |
| 15-18..... | 503 | 153 | 45 | 36 | 35 | 9 | 36 | 9 | 4 | 4 |
| 19-22..... | 416 | 147 | 42 | 28 | 36 | 6 | 41 | 10 | 5 | 5 |
| 23-34..... | 1,175 | 148 | 47 | 31 | 28 | 6 | 42 | 11 | 5 | 5 |
| 35-50..... | 1,184 | 154 | 50 | 36 | 31 | 6 | 37 | 11 | 5 | 5 |
| 51-64..... | 1,044 | 151 | 48 | 38 | 37 | 8 | 27 | 11 | 5 | 4 |
| 65-74..... | 522 | 166 | 50 | 42 | 48 | 9 | 27 | 10 | 6 | 3 |
| 75 AND OVER..... | 273 | 178 | 56 | 40 | 56 | 11 | 26 | 11 | 7 | 2 |
| ALL INDIVIDUALS... | 4/11,943 | 181 | 55 | 42 | 43 | 10 | 40 | 11 | 6 | 4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3H-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| 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..... | 4/145 | 88.1 | 18.0 | 23.9 | 85.6 | 75.1 | 18.0 | 13.5 | 12.5 | 1.6 |
| 1-2..... | 4/339 | 99.8 | 90.5 | 82.1 | 87.5 | 67.2 | 53.4 | 69.3 | 62.4 | 20.6 |
| 3-5..... | 558 | 99.6 | 90.1 | 80.0 | 83.9 | 70.9 | 52.3 | 74.0 | 63.9 | 31.5 |
| 6-8..... | 622 | 99.6 | 91.0 | 81.7 | 83.6 | 72.6 | 45.1 | 67.1 | 57.1 | 29.8 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 100.0 | 94.8 | 83.4 | 83.9 | 68.2 | 39.4 | 76.4 | 67.0 | 28.6 |
| 12-14..... | 406 | 99.1 | 94.5 | 75.6 | 79.3 | 63.2 | 46.5 | 74.6 | 65.0 | 30.5 |
| 15-18..... | 462 | 99.2 | 93.1 | 71.9 | 67.2 | 46.7 | 36.8 | 72.2 | 63.8 | 30.6 |
| 19-22..... | 306 | 97.7 | 92.0 | 62.0 | 49.3 | 32.4 | 32.0 | 72.9 | 57.2 | 36.2 |
| 23-34..... | 837 | 97.9 | 91.5 | 67.7 | 46.9 | 24.8 | 36.1 | 77.4 | 65.1 | 45.1 |
| 35-50..... | 791 | 98.8 | 92.8 | 74.7 | 52.8 | 26.0 | 34.3 | 80.1 | 67.1 | 43.7 |
| 51-64..... | 726 | 98.9 | 94.5 | 75.8 | 58.0 | 37.4 | 25.7 | 81.3 | 68.1 | 42.2 |
| 65-74..... | 388 | 100.0 | 97.9 | 81.3 | 70.9 | 49.4 | 21.5 | 84.1 | 77.1 | 37.6 |
| 75 AND OVER..... | 184 | 100.0 | 98.2 | 76.5 | 68.0 | 42.4 | 18.9 | 76.5 | 70.5 | 24.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 99.3 | 92.9 | 82.4 | 79.5 | 65.5 | 43.1 | 72.1 | 60.2 | 31.4 |
| 12-14..... | 392 | 99.4 | 92.9 | 76.1 | 69.5 | 50.5 | 41.5 | 69.5 | 59.8 | 30.6 |
| 15-18..... | 503 | 98.4 | 90.6 | 69.8 | 57.9 | 42.4 | 32.5 | 74.4 | 61.3 | 33.9 |
| 19-22..... | 416 | 98.2 | 87.0 | 62.4 | 53.0 | 28.1 | 39.5 | 76.2 | 57.6 | 45.6 |
| 23-34..... | 1,175 | 98.1 | 90.2 | 68.3 | 50.5 | 28.2 | 41.3 | 76.8 | 61.4 | 43.6 |
| 35-50..... | 1,184 | 99.0 | 91.4 | 74.4 | 52.3 | 28.7 | 34.4 | 79.6 | 65.6 | 48.5 |
| 51-64..... | 1,044 | 99.0 | 94.2 | 76.6 | 57.9 | 37.9 | 27.7 | 82.3 | 70.5 | 42.1 |
| 65-74..... | 522 | 98.9 | 95.1 | 76.4 | 66.5 | 45.1 | 23.5 | 85.0 | 73.6 | 34.9 |
| 75 AND OVER..... | 273 | 100.0 | 97.5 | 73.8 | 73.0 | 46.0 | 25.3 | 80.6 | 72.0 | 31.4 |
| ALL INDIVIDUALS... | 4/11,943 | 98.8 | 91.6 | 73.8 | 63.0 | 42.8 | 35.6 | 76.3 | 64.4 | 37.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3I-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 63 | 4 | 4 | 44 | 28 | 11 | (5) | (5) | (5) |
| 1-2..... | 4/814 | 155 | 32 | 28 | 46 | 13 | 49 | 5 | 4 | 1 |
| 3-5..... | 1,327 | 191 | 47 | 40 | 47 | 16 | 56 | 8 | 5 | 3 |
| 6-8..... | 1,482 | 219 | 57 | 52 | 49 | 18 | 61 | 9 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 256 | 65 | 65 | 55 | 20 | 71 | 10 | 6 | 4 |
| 12-14..... | 923 | 287 | 76 | 67 | 56 | 21 | 89 | 12 | 8 | 4 |
| 15-18..... | 1,115 | 302 | 91 | 75 | 52 | 18 | 85 | 15 | 9 | 6 |
| 19-22..... | 850 | 253 | 85 | 61 | 37 | 10 | 70 | 14 | 7 | 6 |
| 23-34..... | 2,393 | 253 | 86 | 60 | 38 | 8 | 69 | 18 | 8 | 9 |
| 35-50..... | 2,228 | 242 | 82 | 57 | 43 | 8 | 58 | 19 | 9 | 9 |
| 51-64..... | 1,923 | 233 | 82 | 62 | 48 | 10 | 41 | 20 | 10 | 8 |
| 65-74..... | 932 | 227 | 75 | 58 | 62 | 14 | 32 | 17 | 10 | 6 |
| 75 AND OVER..... | 399 | 238 | 71 | 62 | 71 | 13 | 33 | 16 | 10 | 4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 234 | 58 | 57 | 46 | 16 | 73 | 10 | 6 | 4 |
| 12-14..... | 905 | 224 | 57 | 57 | 42 | 13 | 68 | 10 | 5 | 5 |
| 15-18..... | 1,164 | 191 | 55 | 45 | 33 | 9 | 59 | 12 | 6 | 6 |
| 19-22..... | 1,045 | 170 | 48 | 32 | 32 | 6 | 57 | 13 | 6 | 7 |
| 23-34..... | 3,298 | 171 | 51 | 38 | 31 | 6 | 50 | 15 | 6 | 8 |
| 35-50..... | 3,114 | 160 | 52 | 38 | 29 | 5 | 42 | 15 | 6 | 8 |
| 51-64..... | 2,542 | 162 | 55 | 39 | 35 | 8 | 34 | 15 | 7 | 6 |
| 65-74..... | 1,207 | 173 | 56 | 40 | 43 | 11 | 35 | 13 | 6 | 5 |
| 75 AND OVER..... | 688 | 184 | 56 | 42 | 57 | 11 | 29 | 14 | 8 | 4 |
| ALL INDIVIDUALS... | 4/30,215 | 206 | 63 | 49 | 41 | 11 | 53 | 14 | 7 | 6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3I-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| 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..... | 4/322 | 90.4 | 20.6 | 27.4 | 88.0 | 79.5 | 17.9 | 13.0 | 13.0 | 1.0 |
| 1-2..... | 4/814 | 99.7 | 92.0 | 86.8 | 89.6 | 71.9 | 60.8 | 75.0 | 69.7 | 24.7 |
| 3-5..... | 1,327 | 100.0 | 95.9 | 89.2 | 89.6 | 77.9 | 61.2 | 80.5 | 73.0 | 36.7 |
| 6-8..... | 1,482 | 100.0 | 97.8 | 91.5 | 89.0 | 77.8 | 61.5 | 80.3 | 69.6 | 41.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 100.0 | 97.3 | 92.0 | 87.3 | 74.1 | 60.7 | 81.9 | 72.7 | 39.1 |
| 12-14..... | 923 | 100.0 | 97.9 | 89.5 | 81.3 | 69.5 | 63.1 | 80.2 | 69.8 | 41.6 |
| 15-18..... | 1,115 | 99.7 | 97.0 | 83.9 | 66.8 | 51.2 | 54.3 | 79.7 | 69.0 | 42.0 |
| 19-22..... | 850 | 99.8 | 95.9 | 75.5 | 54.4 | 36.3 | 48.1 | 75.0 | 61.3 | 41.7 |
| 23-34..... | 2,393 | 99.6 | 97.1 | 77.1 | 50.6 | 26.3 | 46.2 | 85.7 | 71.8 | 54.7 |
| 35-50..... | 2,228 | 99.8 | 96.4 | 79.3 | 52.5 | 26.8 | 42.6 | 86.3 | 73.5 | 54.0 |
| 51-64..... | 1,923 | 99.6 | 97.0 | 78.9 | 61.4 | 38.1 | 32.4 | 87.3 | 75.0 | 54.7 |
| 65-74..... | 932 | 100.0 | 98.5 | 84.8 | 73.7 | 52.2 | 27.8 | 87.6 | 79.7 | 45.1 |
| 75 AND OVER..... | 399 | 99.7 | 97.4 | 80.3 | 76.9 | 51.5 | 22.8 | 85.7 | 77.0 | 32.2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 100.0 | 98.3 | 91.1 | 83.6 | 72.6 | 64.8 | 81.9 | 70.8 | 44.0 |
| 12-14..... | 905 | 99.9 | 94.9 | 87.1 | 72.8 | 56.2 | 57.0 | 76.7 | 63.9 | 45.5 |
| 15-18..... | 1,164 | 99.9 | 94.7 | 81.7 | 58.4 | 42.3 | 50.8 | 80.7 | 67.0 | 47.3 |
| 19-22..... | 1,045 | 98.3 | 92.8 | 73.1 | 53.0 | 31.2 | 49.1 | 82.3 | 63.8 | 52.5 |
| 23-34..... | 3,298 | 98.8 | 93.9 | 75.6 | 54.6 | 30.5 | 47.9 | 86.0 | 68.7 | 57.1 |
| 35-50..... | 3,114 | 98.9 | 93.1 | 77.4 | 51.1 | 27.1 | 41.4 | 86.6 | 69.4 | 57.8 |
| 51-64..... | 2,542 | 98.9 | 95.2 | 76.7 | 58.0 | 37.1 | 34.0 | 86.7 | 72.8 | 51.6 |
| 65-74..... | 1,207 | 99.4 | 96.3 | 78.8 | 69.7 | 50.0 | 29.8 | 87.1 | 75.2 | 44.2 |
| 75 AND OVER..... | 688 | 100.0 | 99.1 | 79.3 | 72.9 | 48.6 | 27.2 | 85.6 | 75.6 | 38.3 |
| ALL INDIVIDUALS... | 4/30,215 | 99.4 | 94.9 | 80.3 | 64.4 | 44.3 | 45.6 | 83.1 | 70.3 | 48.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3I-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 1 | (5) | (5) | (5) | (5) | (5) | 0 | 0 | 0 |
| 1-2..... | 4/814 | 13 | 3 | 3 | 2 | (5) | 5 | (5) | (5) | (5) |
| 3-5..... | 1,327 | 19 | 5 | 6 | 2 | 1 | 7 | 1 | (5) | (5) |
| 6-8..... | 1,482 | 38 | 10 | 10 | 4 | (5) | 15 | 1 | 1 | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 49 | 12 | 14 | 4 | 1 | 19 | 1 | 1 | 1 |
| 12-14..... | 923 | 53 | 13 | 13 | 3 | (5) | 24 | 1 | 1 | 1 |
| 15-18..... | 1,115 | 54 | 15 | 16 | 3 | (5) | 21 | 2 | 1 | 1 |
| 19-22..... | 850 | 52 | 17 | 15 | 3 | (5) | 18 | 3 | 1 | 2 |
| 23-34..... | 2,393 | 54 | 18 | 14 | 3 | (5) | 19 | 4 | 1 | 2 |
| 35-50..... | 2,228 | 39 | 14 | 12 | 3 | (5) | 10 | 3 | 1 | 2 |
| 51-64..... | 1,923 | 31 | 10 | 10 | 2 | (5) | 8 | 3 | 1 | 2 |
| 65-74..... | 932 | 20 | 5 | 7 | 2 | (5) | 6 | 2 | 1 | 1 |
| 75 AND OVER..... | 399 | 13 | 3 | 7 | 1 | 0 | 2 | 1 | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 44 | 11 | 11 | 4 | 1 | 18 | 1 | 1 | (5) |
| 12-14..... | 905 | 40 | 10 | 12 | 3 | (5) | 15 | 1 | (5) | 1 |
| 15-18..... | 1,164 | 42 | 11 | 11 | 2 | (5) | 17 | 2 | 1 | 1 |
| 19-22..... | 1,045 | 33 | 9 | 8 | 2 | (5) | 15 | 3 | 1 | 2 |
| 23-34..... | 3,298 | 29 | 8 | 9 | 2 | (5) | 9 | 3 | 1 | 2 |
| 35-50..... | 3,114 | 21 | 7 | 7 | 1 | (5) | 6 | 3 | 1 | 2 |
| 51-64..... | 2,542 | 20 | 6 | 8 | 2 | (5) | 5 | 2 | 1 | 1 |
| 65-74..... | 1,207 | 15 | 4 | 6 | 1 | (5) | 4 | 1 | (5) | 1 |
| 75 AND OVER..... | 688 | 10 | 2 | 5 | 1 | (5) | 3 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/30,215 | 32 | 10 | 10 | 2 | (5) | 11 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 31-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/322 | 5.1 | 2.2 | 1.7 | 0.8 | 0.3 | 1.2 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/814 | 32.9 | 19.4 | 21.6 | 5.3 | 3.2 | 9.6 | 9.7 | 8.0 | 2.4 |
| 3-5..... | 1,327 | 41.5 | 24.8 | 27.0 | 6.1 | 4.1 | 10.9 | 11.6 | 8.9 | 3.3 |
| 6-8..... | 1,482 | 61.5 | 45.4 | 38.4 | 9.2 | 3.2 | 23.9 | 19.9 | 15.5 | 6.5 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 68.0 | 51.3 | 46.4 | 8.8 | 3.9 | 26.6 | 23.8 | 17.9 | 8.4 |
| 12-14..... | 923 | 65.2 | 49.5 | 40.9 | 7.5 | 2.8 | 28.4 | 20.1 | 14.4 | 7.3 |
| 15-18..... | 1,115 | 61.1 | 45.8 | 37.4 | 5.7 | 1.7 | 21.0 | 20.7 | 12.0 | 10.1 |
| 19-22..... | 850 | 58.1 | 45.0 | 29.0 | 4.6 | .2 | 17.2 | 22.0 | 10.9 | 14.3 |
| 23-34..... | 2,393 | 63.7 | 48.8 | 33.7 | 6.2 | .5 | 16.3 | 31.7 | 19.3 | 17.3 |
| 35-50..... | 2,228 | 55.2 | 42.5 | 29.6 | 4.8 | .7 | 10.5 | 28.0 | 18.3 | 14.4 |
| 51-64..... | 1,923 | 45.2 | 34.6 | 24.3 | 4.3 | .3 | 7.7 | 24.9 | 16.4 | 12.0 |
| 65-74..... | 932 | 30.9 | 23.0 | 17.1 | 3.3 | .3 | 6.7 | 17.1 | 11.4 | 9.2 |
| 75 AND OVER..... | 399 | 22.1 | 14.7 | 11.6 | 2.5 | .0 | 2.5 | 11.5 | 5.4 | 5.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 63.7 | 46.3 | 41.6 | 11.3 | 4.9 | 26.5 | 23.3 | 17.5 | 7.2 |
| 12-14..... | 905 | 63.3 | 42.3 | 40.4 | 7.7 | 2.5 | 23.2 | 19.3 | 12.6 | 9.0 |
| 15-18..... | 1,164 | 61.6 | 43.6 | 37.4 | 5.1 | 1.2 | 22.6 | 25.5 | 14.7 | 14.4 |
| 19-22..... | 1,045 | 54.3 | 36.1 | 28.9 | 5.7 | 1.3 | 16.4 | 24.5 | 12.3 | 16.3 |
| 23-34..... | 3,298 | 50.0 | 34.0 | 28.7 | 5.1 | .7 | 12.2 | 26.1 | 13.3 | 15.7 |
| 35-50..... | 3,114 | 44.9 | 30.0 | 24.4 | 3.4 | .3 | 9.1 | 24.4 | 11.6 | 15.3 |
| 51-64..... | 2,542 | 40.2 | 28.4 | 22.5 | 4.0 | .4 | 7.4 | 21.0 | 12.0 | 11.4 |
| 65-74..... | 1,207 | 32.7 | 23.3 | 19.0 | 2.2 | .1 | 5.7 | 16.8 | 11.0 | 7.7 |
| 75 AND OVER..... | 688 | 23.4 | 14.6 | 13.8 | 2.2 | .2 | 3.9 | 11.3 | 7.6 | 3.5 |
| ALL INDIVIDUALS... | 4/30,215 | 49.7 | 35.6 | 28.7 | 5.2 | 1.2 | 13.6 | 22.3 | 13.4 | 11.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 31-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 62 | 3 | 4 | 44 | 28 | 11 | (5) | (5) | (5) |
| 1-2..... | 4/814 | 143 | 29 | 25 | 44 | 12 | 44 | 5 | 3 | 1 |
| 3-5..... | 1,327 | 172 | 42 | 35 | 45 | 15 | 50 | 7 | 4 | 2 |
| 6-8..... | 1,482 | 181 | 47 | 42 | 46 | 18 | 46 | 8 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 208 | 53 | 51 | 51 | 20 | 53 | 9 | 6 | 3 |
| 12-14..... | 923 | 235 | 63 | 54 | 53 | 21 | 65 | 11 | 7 | 4 |
| 15-18..... | 1,115 | 249 | 76 | 59 | 49 | 17 | 65 | 13 | 8 | 5 |
| 19-22..... | 850 | 201 | 68 | 46 | 34 | 10 | 52 | 11 | 6 | 4 |
| 23-34..... | 2,393 | 200 | 69 | 45 | 35 | 8 | 51 | 14 | 7 | 6 |
| 35-50..... | 2,228 | 203 | 68 | 46 | 41 | 8 | 49 | 16 | 8 | 7 |
| 51-64..... | 1,923 | 202 | 72 | 51 | 45 | 10 | 33 | 17 | 9 | 7 |
| 65-74..... | 932 | 207 | 70 | 51 | 61 | 14 | 26 | 15 | 9 | 5 |
| 75 AND OVER..... | 399 | 225 | 68 | 55 | 70 | 13 | 31 | 15 | 10 | 3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 190 | 47 | 46 | 42 | 16 | 55 | 9 | 5 | 4 |
| 12-14..... | 905 | 183 | 47 | 45 | 39 | 13 | 52 | 9 | 5 | 4 |
| 15-18..... | 1,164 | 150 | 43 | 34 | 30 | 9 | 42 | 10 | 5 | 5 |
| 19-22..... | 1,045 | 136 | 40 | 25 | 30 | 6 | 42 | 10 | 5 | 5 |
| 23-34..... | 3,298 | 142 | 43 | 29 | 29 | 6 | 41 | 12 | 6 | 6 |
| 35-50..... | 3,114 | 140 | 45 | 31 | 28 | 5 | 36 | 12 | 5 | 6 |
| 51-64..... | 2,542 | 142 | 48 | 31 | 33 | 8 | 29 | 13 | 6 | 5 |
| 65-74..... | 1,207 | 158 | 51 | 34 | 42 | 11 | 31 | 11 | 6 | 4 |
| 75 AND OVER..... | 688 | 173 | 54 | 37 | 56 | 11 | 26 | 14 | 7 | 4 |
| ALL INDIVIDUALS... | 4/30,215 | 174 | 53 | 39 | 39 | 11 | 42 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 31-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| 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..... | 4/322 | 90.4 | 19.7 | 27.4 | 88.0 | 79.5 | 16.7 | 13.0 | 13.0 | 1.0 |
| 1-2..... | 4/814 | 99.5 | 89.6 | 82.9 | 88.2 | 70.5 | 55.8 | 73.4 | 67.9 | 23.7 |
| 3-5..... | 1,327 | 99.9 | 93.4 | 84.3 | 88.5 | 76.5 | 55.6 | 77.8 | 69.9 | 34.9 |
| 6-8..... | 1,482 | 99.7 | 94.3 | 84.7 | 87.1 | 76.6 | 48.0 | 76.2 | 65.0 | 37.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 99.9 | 94.0 | 84.8 | 84.9 | 72.0 | 45.1 | 77.0 | 67.7 | 33.0 |
| 12-14..... | 923 | 99.5 | 93.2 | 80.4 | 78.9 | 67.9 | 46.9 | 76.6 | 65.5 | 37.5 |
| 15-18..... | 1,115 | 99.1 | 93.6 | 75.6 | 64.9 | 50.2 | 42.2 | 75.2 | 65.4 | 36.4 |
| 19-22..... | 850 | 96.8 | 90.3 | 63.6 | 52.7 | 36.1 | 34.4 | 69.5 | 56.7 | 34.5 |
| 23-34..... | 2,393 | 97.0 | 89.9 | 66.6 | 47.6 | 25.9 | 34.4 | 78.1 | 64.3 | 44.6 |
| 35-50..... | 2,228 | 98.2 | 90.6 | 71.6 | 49.8 | 26.3 | 34.6 | 81.4 | 66.9 | 47.3 |
| 51-64..... | 1,923 | 98.2 | 93.2 | 72.4 | 59.2 | 37.9 | 26.1 | 83.4 | 70.7 | 48.6 |
| 65-74..... | 932 | 99.6 | 97.5 | 80.3 | 72.5 | 52.2 | 21.7 | 86.4 | 77.4 | 39.9 |
| 75 AND OVER..... | 399 | 99.7 | 97.2 | 78.1 | 76.2 | 51.5 | 20.3 | 85.0 | 76.6 | 29.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 99.8 | 94.2 | 84.0 | 81.4 | 70.6 | 49.1 | 77.6 | 65.7 | 40.4 |
| 12-14..... | 905 | 99.0 | 90.4 | 79.5 | 70.1 | 54.8 | 44.5 | 72.1 | 59.7 | 40.1 |
| 15-18..... | 1,164 | 97.9 | 88.9 | 71.5 | 55.8 | 41.3 | 36.2 | 74.7 | 61.6 | 39.0 |
| 19-22..... | 1,045 | 96.1 | 86.1 | 63.2 | 50.4 | 30.3 | 37.8 | 76.5 | 59.2 | 45.2 |
| 23-34..... | 3,298 | 97.2 | 88.6 | 66.5 | 52.2 | 30.1 | 39.2 | 80.8 | 64.3 | 49.1 |
| 35-50..... | 3,114 | 97.6 | 89.1 | 70.5 | 49.0 | 26.9 | 35.0 | 82.2 | 65.6 | 51.2 |
| 51-64..... | 2,542 | 98.0 | 93.2 | 70.4 | 56.2 | 36.9 | 27.9 | 83.8 | 70.0 | 45.5 |
| 65-74..... | 1,207 | 99.3 | 95.1 | 73.8 | 68.8 | 49.9 | 25.0 | 85.3 | 73.1 | 39.9 |
| 75 AND OVER..... | 688 | 99.7 | 97.3 | 76.3 | 72.5 | 48.5 | 24.0 | 84.4 | 74.3 | 36.5 |
| ALL INDIVIDUALS... | 4/30,215 | 98.2 | 90.8 | 72.9 | 62.3 | 43.7 | 36.5 | 78.9 | 66.0 | 42.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3J-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 79 | 3 | 6 | 48 | 25 | 21 | 1 | 1 | (5) |
| 1-2..... | 4/158 | 189 | 30 | 27 | 89 | 12 | 42 | 3 | 3 | 1 |
| 3-5..... | 276 | 230 | 49 | 43 | 95 | 13 | 43 | 5 | 3 | 2 |
| 6-8..... | 255 | 252 | 57 | 48 | 98 | 15 | 48 | 7 | 4 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 278 | 61 | 57 | 93 | 15 | 68 | 8 | 5 | 3 |
| 12-14..... | 173 | 301 | 75 | 60 | 92 | 15 | 73 | 9 | 6 | 3 |
| 15-18..... | 226 | 292 | 81 | 65 | 103 | 14 | 43 | 9 | 5 | 3 |
| 19-22..... | 136 | 274 | 81 | 42 | 123 | 8 | 28 | 11 | 5 | 5 |
| 23-34..... | 229 | 290 | 83 | 63 | 98 | 6 | 45 | 11 | 5 | 5 |
| 35-50..... | 254 | 249 | 82 | 53 | 78 | 3 | 37 | 12 | 6 | 6 |
| 51-64..... | 195 | 274 | 73 | 55 | 104 | 4 | 42 | 11 | 5 | 5 |
| 65-74..... | 99 | 237 | 67 | 47 | 103 | 3 | 20 | 9 | 5 | 3 |
| 75 AND OVER..... | 62 | 273 | 76 | 68 | 115 | 5 | 14 | 7 | 6 | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 266 | 57 | 48 | 100 | 17 | 62 | 7 | 4 | 3 |
| 12-14..... | 172 | 246 | 63 | 58 | 83 | 13 | 42 | 7 | 4 | 3 |
| 15-18..... | 243 | 222 | 56 | 51 | 72 | 10 | 43 | 9 | 5 | 4 |
| 19-22..... | 192 | 214 | 59 | 48 | 65 | 5 | 41 | 5 | 3 | 2 |
| 23-34..... | 421 | 211 | 53 | 44 | 68 | 5 | 46 | 9 | 4 | 4 |
| 35-50..... | 493 | 194 | 54 | 41 | 66 | 2 | 31 | 10 | 4 | 5 |
| 51-64..... | 331 | 201 | 52 | 45 | 77 | 4 | 27 | 9 | 4 | 4 |
| 65-74..... | 151 | 207 | 52 | 44 | 88 | 4 | 23 | 10 | 6 | 3 |
| 75 AND OVER..... | 59 | 247 | 50 | 59 | 120 | 5 | 18 | 7 | 5 | 1 |
| ALL INDIVIDUALS... | 4/4,485 | 235 | 61 | 49 | 86 | 8 | 41 | 8 | 4 | 4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3J-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| 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..... | 4/68 | 90.5 | 20.0 | 20.7 | 89.4 | 69.5 | 29.8 | 21.7 | 19.6 | 3.2 |
| 1-2..... | 4/158 | 99.3 | 86.6 | 72.8 | 96.1 | 55.6 | 49.9 | 61.9 | 54.4 | 16.6 |
| 3-5..... | 276 | 100.0 | 96.8 | 81.0 | 95.2 | 68.7 | 49.8 | 68.1 | 58.9 | 27.3 |
| 6-8..... | 255 | 100.0 | 97.1 | 83.2 | 94.1 | 72.9 | 54.6 | 69.1 | 57.6 | 33.3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 100.0 | 96.6 | 84.4 | 94.3 | 71.9 | 53.2 | 66.4 | 54.9 | 26.7 |
| 12-14..... | 173 | 99.5 | 96.9 | 80.3 | 84.7 | 57.3 | 53.1 | 67.6 | 58.2 | 27.8 |
| 15-18..... | 226 | 100.0 | 96.5 | 76.3 | 85.7 | 49.7 | 33.5 | 66.9 | 56.3 | 33.3 |
| 19-22..... | 136 | 100.0 | 98.2 | 65.6 | 79.6 | 34.6 | 25.7 | 75.5 | 58.8 | 43.0 |
| 23-34..... | 229 | 100.0 | 97.1 | 74.0 | 69.6 | 26.4 | 33.4 | 75.6 | 57.5 | 40.9 |
| 35-50..... | 254 | 100.0 | 95.3 | 71.1 | 62.4 | 14.4 | 26.8 | 73.3 | 55.0 | 49.0 |
| 51-64..... | 195 | 99.5 | 94.4 | 70.4 | 70.9 | 22.2 | 30.7 | 68.1 | 50.5 | 40.8 |
| 65-74..... | 99 | 99.1 | 97.6 | 83.2 | 74.3 | 14.3 | 24.2 | 70.4 | 51.7 | 37.0 |
| 75 AND OVER..... | 62 | 100.0 | 100.0 | 61.9 | 83.9 | 29.6 | 9.3 | 62.2 | 48.9 | 8.6 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 100.0 | 96.3 | 84.3 | 92.7 | 71.0 | 56.5 | 66.0 | 51.7 | 32.6 |
| 12-14..... | 172 | 100.0 | 96.8 | 81.6 | 83.5 | 54.9 | 41.7 | 62.6 | 48.3 | 32.3 |
| 15-18..... | 243 | 100.0 | 94.4 | 73.6 | 80.8 | 49.9 | 41.0 | 68.9 | 52.3 | 32.1 |
| 19-22..... | 192 | 100.0 | 96.6 | 66.9 | 69.8 | 29.1 | 34.9 | 58.4 | 50.0 | 31.2 |
| 23-34..... | 421 | 97.9 | 93.2 | 75.0 | 67.9 | 27.7 | 44.1 | 70.1 | 54.5 | 41.9 |
| 35-50..... | 493 | 99.2 | 91.2 | 63.6 | 66.8 | 17.7 | 33.6 | 71.0 | 48.4 | 42.8 |
| 51-64..... | 331 | 99.7 | 94.1 | 68.2 | 74.1 | 26.3 | 27.7 | 73.1 | 58.4 | 32.2 |
| 65-74..... | 151 | 97.5 | 95.4 | 69.6 | 73.6 | 25.6 | 19.6 | 77.9 | 68.8 | 37.2 |
| 75 AND OVER..... | 59 | 100.0 | 98.2 | 69.4 | 87.3 | 28.4 | 18.9 | 82.0 | 68.7 | 25.5 |
| ALL INDIVIDUALS... | 4/4,485 | 99.4 | 93.9 | 72.9 | 78.4 | 39.4 | 37.8 | 68.7 | 54.3 | 34.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3J-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 6 | (5) | (5) | 3 | 0 | 3 | (5) | (5) | 0 |
| 1-2..... | 4/158 | 7 | 1 | 3 | 1 | (5) | 2 | (5) | (5) | (5) |
| 3-5..... | 276 | 18 | 6 | 5 | 4 | 1 | 3 | (5) | (5) | (5) |
| 6-8..... | 255 | 49 | 13 | 10 | 8 | 1 | 18 | 1 | (5) | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 46 | 13 | 10 | 7 | 1 | 16 | 1 | 1 | (5) |
| 12-14..... | 173 | 59 | 16 | 15 | 4 | (5) | 24 | 1 | (5) | 1 |
| 15-18..... | 226 | 40 | 13 | 12 | 4 | (5) | 11 | 2 | (5) | (5) |
| 19-22..... | 136 | 30 | 12 | 7 | 7 | (5) | 5 | 2 | (5) | 1 |
| 23-34..... | 229 | 54 | 16 | 17 | 8 | 1 | 13 | 2 | 1 | 1 |
| 35-50..... | 254 | 27 | 11 | 11 | 4 | 0 | 2 | 2 | 1 | 1 |
| 51-64..... | 195 | 20 | 9 | 6 | 4 | 0 | 1 | 1 | (5) | 1 |
| 65-74..... | 99 | 7 | 2 | 2 | (5) | 0 | 2 | (5) | 0 | (5) |
| 75 AND OVER..... | 62 | 3 | 2 | 1 | 0 | 0 | 0 | (5) | 0 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 49 | 14 | 10 | 8 | 1 | 16 | 1 | 1 | 1 |
| 12-14..... | 172 | 40 | 13 | 12 | 3 | (5) | 13 | 1 | (5) | (5) |
| 15-18..... | 243 | 36 | 10 | 10 | 3 | (5) | 13 | 1 | (5) | 1 |
| 19-22..... | 192 | 22 | 8 | 8 | 2 | (5) | 5 | 1 | (5) | (5) |
| 23-34..... | 421 | 20 | 6 | 7 | 2 | (5) | 5 | 1 | (5) | 1 |
| 35-50..... | 493 | 16 | 5 | 5 | 2 | (5) | 3 | 1 | (5) | 1 |
| 51-64..... | 331 | 13 | 4 | 3 | 1 | 0 | 5 | 1 | (5) | (5) |
| 65-74..... | 151 | 6 | 2 | 2 | 1 | (5) | 1 | (5) | (5) | (5) |
| 75 AND OVER..... | 59 | 5 | 2 | (5) | 2 | 0 | (5) | 0 | 0 | 0 |
| ALL INDIVIDUALS... | 4/4,485 | 27 | 8 | 8 | 4 | (5) | 7 | 1 | (5) | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3J-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/68 | 3.8 | 1.3 | 1.3 | 2.7 | 0.0 | 2.4 | 2.7 | 2.7 | 0.0 |
| 1-2..... | 4/158 | 21.2 | 11.5 | 10.9 | 4.0 | 2.0 | 4.5 | 4.2 | 2.4 | 1.9 |
| 3-5..... | 276 | 33.7 | 24.0 | 19.2 | 12.1 | 5.5 | 6.2 | 8.7 | 6.1 | 3.6 |
| 6-8..... | 255 | 65.7 | 54.2 | 37.6 | 17.1 | 9.6 | 26.0 | 20.5 | 15.0 | 7.3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 63.1 | 55.3 | 29.0 | 18.9 | 10.1 | 25.1 | 18.3 | 14.7 | 5.0 |
| 12-14..... | 173 | 67.4 | 58.8 | 41.0 | 11.0 | 4.7 | 29.6 | 16.8 | 11.4 | 7.9 |
| 15-18..... | 226 | 54.4 | 42.7 | 26.5 | 9.3 | 1.5 | 13.0 | 15.6 | 9.0 | 9.0 |
| 19-22..... | 136 | 45.9 | 39.4 | 17.0 | 11.7 | 1.4 | 5.7 | 13.5 | 3.9 | 11.0 |
| 23-34..... | 229 | 48.1 | 37.2 | 21.5 | 9.2 | 1.8 | 9.5 | 17.2 | 11.9 | 9.7 |
| 35-50..... | 254 | 44.2 | 33.7 | 22.3 | 5.3 | .0 | 2.0 | 22.7 | 10.2 | 14.5 |
| 51-64..... | 195 | 32.5 | 27.6 | 13.7 | 6.7 | .0 | .9 | 13.1 | 5.9 | 6.6 |
| 65-74..... | 99 | 13.9 | 10.1 | 4.9 | .8 | .0 | 6.1 | 2.3 | .0 | 2.3 |
| 75 AND OVER..... | 62 | 7.2 | 7.2 | 3.9 | .0 | .0 | .0 | 3.9 | .0 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 64.5 | 52.5 | 38.2 | 16.1 | 6.3 | 27.6 | 22.6 | 14.5 | 9.9 |
| 12-14..... | 172 | 59.8 | 45.9 | 38.5 | 7.7 | 3.3 | 19.1 | 11.5 | 7.6 | 4.7 |
| 15-18..... | 243 | 58.0 | 45.6 | 29.7 | 9.5 | 3.4 | 19.4 | 8.9 | 4.5 | 5.2 |
| 19-22..... | 192 | 41.6 | 31.5 | 19.4 | 6.1 | 1.8 | 7.4 | 11.0 | 6.0 | 5.3 |
| 23-34..... | 421 | 39.1 | 25.3 | 19.7 | 3.1 | .3 | 10.2 | 12.2 | 6.3 | 7.0 |
| 35-50..... | 493 | 29.2 | 18.9 | 15.0 | 3.8 | .4 | 7.8 | 11.4 | 4.0 | 6.5 |
| 51-64..... | 331 | 21.8 | 16.6 | 10.5 | 2.5 | .0 | 5.8 | 9.2 | 4.1 | 4.2 |
| 65-74..... | 151 | 12.3 | 7.7 | 4.5 | 3.4 | .6 | 1.6 | 2.2 | 1.6 | 1.2 |
| 75 AND OVER..... | 59 | 9.9 | 8.1 | 3.3 | 3.6 | .0 | 1.8 | .0 | .0 | .0 |
| ALL INDIVIDUALS... | 4/4,485 | 40.5 | 31.1 | 20.9 | 7.5 | 2.4 | 10.9 | 12.5 | 6.9 | 6.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3J-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 73 | 3 | 6 | 46 | 25 | 18 | (5) | (5) | (5) |
| 1-2..... | 4/158 | 182 | 29 | 25 | 88 | 12 | 40 | 3 | 2 | 1 |
| 3-5..... | 276 | 212 | 43 | 37 | 91 | 12 | 41 | 5 | 3 | 1 |
| 6-8..... | 255 | 203 | 44 | 39 | 90 | 14 | 31 | 6 | 3 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 232 | 47 | 46 | 86 | 14 | 52 | 6 | 4 | 3 |
| 12-14..... | 173 | 242 | 59 | 45 | 88 | 15 | 49 | 8 | 5 | 2 |
| 15-18..... | 226 | 252 | 68 | 53 | 98 | 13 | 32 | 8 | 5 | 3 |
| 19-22..... | 136 | 244 | 69 | 35 | 116 | 8 | 24 | 9 | 4 | 4 |
| 23-34..... | 229 | 236 | 67 | 46 | 90 | 5 | 33 | 9 | 4 | 4 |
| 35-50..... | 254 | 221 | 71 | 42 | 74 | 3 | 35 | 11 | 5 | 5 |
| 51-64..... | 195 | 254 | 64 | 49 | 100 | 4 | 41 | 10 | 5 | 5 |
| 65-74..... | 99 | 230 | 65 | 45 | 102 | 3 | 18 | 9 | 5 | 3 |
| 75 AND OVER..... | 62 | 270 | 74 | 67 | 115 | 5 | 14 | 7 | 6 | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 217 | 43 | 37 | 92 | 17 | 45 | 6 | 3 | 2 |
| 12-14..... | 172 | 206 | 50 | 46 | 81 | 12 | 29 | 6 | 4 | 3 |
| 15-18..... | 243 | 186 | 47 | 41 | 69 | 10 | 30 | 8 | 5 | 3 |
| 19-22..... | 192 | 192 | 51 | 40 | 64 | 5 | 36 | 5 | 3 | 2 |
| 23-34..... | 421 | 191 | 48 | 37 | 66 | 5 | 41 | 8 | 4 | 4 |
| 35-50..... | 493 | 178 | 50 | 36 | 64 | 2 | 28 | 9 | 3 | 5 |
| 51-64..... | 331 | 187 | 48 | 41 | 76 | 4 | 22 | 8 | 4 | 3 |
| 65-74..... | 151 | 202 | 50 | 42 | 87 | 4 | 22 | 10 | 6 | 3 |
| 75 AND OVER..... | 59 | 242 | 47 | 58 | 118 | 5 | 18 | 7 | 5 | 1 |
| ALL INDIVIDUALS... | 4/4,485 | 208 | 52 | 41 | 82 | 8 | 33 | 7 | 4 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3J-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| 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..... | 4/68 | 89.4 | 20.0 | 20.7 | 89.4 | 69.5 | 28.7 | 21.7 | 19.6 | 3.2 |
| 1-2..... | 4/158 | 99.3 | 86.1 | 70.7 | 94.6 | 55.1 | 48.1 | 59.7 | 52.9 | 15.3 |
| 3-5..... | 276 | 99.6 | 92.2 | 75.8 | 93.1 | 64.1 | 46.3 | 66.1 | 57.6 | 24.6 |
| 6-8..... | 255 | 99.2 | 90.7 | 72.7 | 88.0 | 64.3 | 37.0 | 61.9 | 50.0 | 27.3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 100.0 | 87.4 | 78.3 | 90.3 | 64.2 | 40.4 | 60.8 | 50.1 | 22.2 |
| 12-14..... | 173 | 99.5 | 92.4 | 70.5 | 83.8 | 54.3 | 35.1 | 62.9 | 54.3 | 20.6 |
| 15-18..... | 226 | 98.9 | 92.6 | 67.1 | 83.8 | 48.8 | 24.5 | 62.2 | 53.8 | 25.4 |
| 19-22..... | 136 | 98.6 | 95.4 | 57.4 | 73.4 | 33.2 | 20.8 | 69.3 | 54.9 | 33.4 |
| 23-34..... | 229 | 97.5 | 86.4 | 64.4 | 64.6 | 24.5 | 24.6 | 67.6 | 51.2 | 35.2 |
| 35-50..... | 254 | 98.3 | 91.3 | 60.8 | 58.6 | 14.4 | 25.6 | 67.9 | 50.4 | 39.2 |
| 51-64..... | 195 | 95.8 | 89.0 | 63.2 | 67.4 | 22.2 | 30.7 | 63.6 | 49.1 | 37.4 |
| 65-74..... | 99 | 99.1 | 97.6 | 82.5 | 74.3 | 14.3 | 21.5 | 69.5 | 51.7 | 36.2 |
| 75 AND OVER..... | 62 | 100.0 | 100.0 | 61.9 | 83.9 | 29.6 | 9.3 | 58.3 | 48.9 | 8.6 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 99.0 | 89.6 | 71.1 | 90.1 | 66.6 | 38.4 | 59.5 | 46.5 | 26.1 |
| 12-14..... | 172 | 99.3 | 92.0 | 67.7 | 83.1 | 52.2 | 28.7 | 58.0 | 44.7 | 28.5 |
| 15-18..... | 243 | 99.2 | 89.5 | 62.8 | 77.7 | 46.8 | 27.2 | 66.5 | 51.3 | 28.4 |
| 19-22..... | 192 | 96.5 | 90.3 | 63.1 | 65.7 | 27.3 | 28.2 | 55.6 | 47.0 | 28.0 |
| 23-34..... | 421 | 95.7 | 90.1 | 67.6 | 66.2 | 27.4 | 36.7 | 64.9 | 51.4 | 36.7 |
| 35-50..... | 493 | 97.3 | 89.5 | 58.2 | 64.8 | 17.2 | 27.0 | 67.1 | 45.9 | 38.9 |
| 51-64..... | 331 | 98.5 | 93.2 | 62.6 | 73.1 | 26.3 | 22.2 | 70.6 | 57.2 | 30.1 |
| 65-74..... | 151 | 96.9 | 93.2 | 68.6 | 70.8 | 24.9 | 18.0 | 77.3 | 67.7 | 36.5 |
| 75 AND OVER..... | 59 | 100.0 | 98.2 | 69.4 | 85.1 | 28.4 | 17.2 | 82.0 | 68.7 | 25.5 |
| ALL INDIVIDUALS... | 4/4,485 | 98.0 | 89.9 | 65.7 | 75.8 | 37.5 | 30.2 | 64.6 | 51.4 | 30.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 3K-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 50 | 5 | 6 | 33 | 25 | 7 | (5) | (5) | (5) |
| 1-2..... | 4/246 | 143 | 28 | 23 | 42 | 14 | 51 | 5 | 3 | 1 |
| 3-5..... | 404 | 185 | 45 | 37 | 54 | 15 | 50 | 8 | 4 | 3 |
| 6-8..... | 428 | 209 | 52 | 54 | 53 | 17 | 50 | 8 | 4 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 195 | 253 | 61 | 63 | 53 | 20 | 76 | 9 | 5 | 4 |
| 12-14..... | 295 | 284 | 74 | 70 | 60 | 22 | 80 | 13 | 8 | 4 |
| 15-18..... | 365 | 293 | 87 | 75 | 56 | 18 | 74 | 15 | 8 | 7 |
| 19-22..... | 256 | 259 | 87 | 56 | 63 | 10 | 53 | 15 | 7 | 7 |
| 23-34..... | 708 | 241 | 81 | 57 | 43 | 7 | 60 | 18 | 8 | 9 |
| 35-50..... | 714 | 234 | 78 | 53 | 50 | 7 | 52 | 18 | 8 | 8 |
| 51-64..... | 579 | 213 | 77 | 53 | 46 | 9 | 37 | 18 | 8 | 9 |
| 65-74..... | 270 | 232 | 72 | 59 | 70 | 14 | 32 | 16 | 8 | 5 |
| 75 AND OVER..... | 114 | 221 | 70 | 51 | 62 | 12 | 38 | 18 | 11 | 5 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 221 | 56 | 58 | 50 | 19 | 57 | 10 | 5 | 4 |
| 12-14..... | 295 | 226 | 56 | 58 | 49 | 12 | 63 | 10 | 5 | 5 |
| 15-18..... | 374 | 195 | 53 | 45 | 41 | 10 | 56 | 13 | 6 | 7 |
| 19-22..... | 300 | 158 | 46 | 33 | 35 | 7 | 44 | 12 | 4 | 7 |
| 23-34..... | 865 | 164 | 48 | 35 | 34 | 7 | 47 | 14 | 5 | 7 |
| 35-50..... | 838 | 157 | 48 | 36 | 34 | 7 | 39 | 15 | 5 | 8 |
| 51-64..... | 715 | 149 | 52 | 38 | 34 | 8 | 26 | 15 | 6 | 7 |
| 65-74..... | 346 | 177 | 55 | 40 | 49 | 12 | 33 | 14 | 7 | 5 |
| 75 AND OVER..... | 173 | 168 | 53 | 40 | 51 | 11 | 23 | 14 | 8 | 5 |
| ALL INDIVIDUALS... | 4/8,780 | 201 | 60 | 47 | 45 | 11 | 48 | 14 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 3K-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

ALL FOOD

| 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..... | 4/75 | 88.8 | 23.1 | 31.5 | 86.4 | 81.1 | 17.9 | 15.3 | 14.5 | 1.9 |
| 1-2..... | 4/245 | 99.5 | 86.4 | 78.2 | 92.1 | 72.7 | 56.5 | 68.4 | 60.8 | 25.8 |
| 3-5..... | 404 | 100.0 | 95.0 | 84.5 | 89.5 | 77.1 | 57.2 | 78.6 | 70.6 | 36.1 |
| 6-8..... | 428 | 100.0 | 96.7 | 91.0 | 87.9 | 77.6 | 55.2 | 75.5 | 67.1 | 37.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 100.0 | 95.2 | 89.5 | 89.4 | 76.8 | 56.5 | 80.5 | 64.5 | 40.6 |
| 12-14..... | 296 | 100.0 | 97.4 | 85.8 | 81.0 | 67.0 | 57.4 | 81.6 | 71.1 | 38.7 |
| 15-18..... | 365 | 99.7 | 95.8 | 79.0 | 68.9 | 53.9 | 46.8 | 77.5 | 65.2 | 46.3 |
| 19-22..... | 256 | 99.3 | 95.9 | 73.0 | 56.5 | 32.2 | 37.7 | 78.3 | 64.9 | 47.1 |
| 23-34..... | 708 | 98.7 | 94.9 | 75.0 | 52.8 | 28.4 | 42.8 | 84.6 | 69.7 | 54.7 |
| 35-50..... | 714 | 99.7 | 96.4 | 73.8 | 55.8 | 27.9 | 38.7 | 84.5 | 68.9 | 54.7 |
| 51-64..... | 579 | 99.1 | 95.4 | 72.4 | 57.0 | 34.7 | 29.3 | 87.1 | 72.5 | 53.2 |
| 65-74..... | 270 | 99.7 | 98.2 | 81.2 | 74.3 | 49.7 | 27.7 | 85.4 | 75.6 | 43.6 |
| 75 AND OVER..... | 114 | 100.0 | 97.0 | 72.0 | 73.7 | 47.6 | 25.3 | 87.9 | 81.6 | 33.7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 100.0 | 96.5 | 89.0 | 89.7 | 81.4 | 54.4 | 75.3 | 64.3 | 40.6 |
| 12-14..... | 295 | 100.0 | 93.1 | 87.3 | 74.7 | 52.1 | 48.8 | 75.6 | 61.9 | 46.8 |
| 15-18..... | 374 | 100.0 | 94.1 | 81.1 | 61.6 | 44.6 | 43.5 | 79.8 | 65.5 | 45.7 |
| 19-22..... | 300 | 98.1 | 93.1 | 71.9 | 53.3 | 33.9 | 44.2 | 79.0 | 60.4 | 51.1 |
| 23-34..... | 865 | 98.0 | 91.4 | 72.3 | 56.4 | 35.2 | 44.9 | 82.8 | 64.8 | 56.4 |
| 35-50..... | 838 | 98.9 | 92.4 | 70.6 | 57.3 | 33.1 | 38.4 | 84.7 | 65.6 | 58.5 |
| 51-64..... | 715 | 98.5 | 94.2 | 73.2 | 54.7 | 36.2 | 28.8 | 85.9 | 71.2 | 54.4 |
| 65-74..... | 345 | 99.4 | 95.2 | 76.4 | 72.8 | 50.2 | 33.3 | 86.6 | 74.0 | 46.2 |
| 75 AND OVER..... | 173 | 100.0 | 98.9 | 74.5 | 67.9 | 49.4 | 25.4 | 85.4 | 75.4 | 39.0 |
| ALL INDIVIDUALS... | 4/8,780 | 99.2 | 94.0 | 76.7 | 65.7 | 45.6 | 41.5 | 81.7 | 67.6 | 48.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 3K-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 1 | (5) | (5) | 0 | 0 | (5) | 0 | 0 | 0 |
| 1-2..... | 4/245 | 10 | 2 | 3 | 2 | (5) | 3 | (5) | (5) | (5) |
| 3-5..... | 404 | 19 | 5 | 5 | 3 | (5) | 6 | 1 | (5) | (5) |
| 6-8..... | 428 | 35 | 9 | 11 | 4 | (5) | 11 | 1 | (5) | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 35 | 11 | 10 | 3 | (5) | 13 | 2 | 1 | 1 |
| 12-14..... | 296 | 45 | 11 | 13 | 3 | (5) | 18 | 1 | 1 | 1 |
| 15-18..... | 365 | 45 | 14 | 15 | 2 | (5) | 16 | 2 | 1 | 1 |
| 19-22..... | 256 | 43 | 16 | 13 | 5 | 0 | 11 | 3 | 1 | 2 |
| 23-34..... | 708 | 53 | 18 | 14 | 3 | (5) | 18 | 4 | 1 | 2 |
| 35-50..... | 714 | 39 | 15 | 11 | 4 | (5) | 10 | 4 | 1 | 2 |
| 51-64..... | 579 | 26 | 9 | 10 | 2 | 0 | 5 | 2 | (5) | 1 |
| 65-74..... | 270 | 21 | 5 | 7 | (5) | 0 | 8 | 2 | (5) | 1 |
| 75 AND OVER..... | 114 | 13 | 3 | 7 | 1 | 0 | 2 | 1 | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 35 | 9 | 12 | 3 | 1 | 12 | 1 | (5) | (5) |
| 12-14..... | 295 | 33 | 9 | 12 | 3 | (5) | 9 | 2 | (5) | 1 |
| 15-18..... | 374 | 38 | 10 | 11 | 2 | (5) | 14 | 2 | 1 | 1 |
| 19-22..... | 300 | 33 | 8 | 8 | 2 | (5) | 16 | 3 | 1 | 2 |
| 23-34..... | 865 | 31 | 9 | 10 | 3 | (5) | 10 | 3 | 1 | 2 |
| 35-50..... | 838 | 21 | 6 | 7 | 2 | (5) | 7 | 2 | 1 | 2 |
| 51-64..... | 715 | 18 | 5 | 7 | 1 | (5) | 5 | 2 | (5) | 1 |
| 65-74..... | 346 | 14 | 4 | 7 | (5) | 0 | 3 | 1 | (5) | 1 |
| 75 AND OVER..... | 173 | 5 | 2 | 3 | (5) | (5) | 2 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/8,780 | 30 | 9 | 9 | 2 | (5) | 10 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 3K-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/75 | 7.6 | 4.7 | 2.8 | 0.0 | 0.0 | 3.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/246 | 32.3 | 16.2 | 20.7 | 4.9 | 2.2 | 7.8 | 9.3 | 5.3 | 2.0 |
| 3-5..... | 404 | 43.8 | 26.2 | 25.6 | 9.0 | 4.6 | 11.3 | 12.8 | 10.1 | 3.2 |
| 6-8..... | 428 | 63.4 | 44.3 | 35.6 | 11.0 | 3.7 | 20.3 | 17.9 | 14.1 | 5.9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 62.5 | 49.5 | 38.0 | 6.4 | 3.1 | 20.0 | 23.9 | 17.4 | 8.6 |
| 12-14..... | 296 | 59.5 | 43.5 | 37.5 | 7.7 | 3.5 | 25.9 | 17.4 | 11.8 | 7.5 |
| 15-18..... | 365 | 55.9 | 43.0 | 30.7 | 3.3 | 1.8 | 15.9 | 23.5 | 12.0 | 13.0 |
| 19-22..... | 256 | 54.2 | 42.7 | 28.1 | 5.7 | .0 | 12.0 | 22.3 | 11.3 | 15.3 |
| 23-34..... | 708 | 62.0 | 48.0 | 32.2 | 5.4 | .4 | 15.4 | 32.0 | 19.2 | 17.8 |
| 35-50..... | 714 | 53.2 | 41.4 | 25.8 | 6.0 | 1.0 | 10.1 | 27.3 | 16.1 | 17.5 |
| 51-64..... | 579 | 40.4 | 30.3 | 21.4 | 2.9 | .0 | 5.0 | 20.0 | 11.3 | 9.5 |
| 65-74..... | 270 | 31.5 | 24.2 | 18.6 | 1.7 | .0 | 9.0 | 15.9 | 11.3 | 9.2 |
| 75 AND OVER..... | 114 | 17.9 | 10.4 | 11.7 | 3.1 | .0 | 2.6 | 10.4 | 5.0 | 5.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 56.4 | 38.4 | 35.9 | 11.9 | 5.6 | 21.1 | 15.9 | 11.5 | 5.9 |
| 12-14..... | 295 | 60.0 | 39.3 | 36.7 | 8.6 | 3.2 | 15.7 | 18.8 | 11.0 | 9.5 |
| 15-18..... | 374 | 58.4 | 38.7 | 37.6 | 5.5 | 1.4 | 18.2 | 22.9 | 13.9 | 13.6 |
| 19-22..... | 300 | 54.0 | 37.1 | 27.4 | 4.6 | 1.4 | 16.6 | 24.1 | 13.5 | 15.0 |
| 23-34..... | 865 | 48.8 | 35.2 | 27.7 | 5.3 | .7 | 13.5 | 24.3 | 13.0 | 14.9 |
| 35-50..... | 838 | 42.9 | 28.1 | 22.5 | 3.6 | .7 | 11.8 | 22.9 | 12.5 | 13.7 |
| 51-64..... | 715 | 33.3 | 24.2 | 18.5 | 2.5 | .2 | 6.4 | 18.0 | 10.2 | 9.8 |
| 65-74..... | 346 | 28.5 | 20.3 | 17.1 | .8 | .0 | 5.5 | 15.9 | 9.1 | 9.2 |
| 75 AND OVER..... | 173 | 17.5 | 10.1 | 10.3 | 1.2 | .5 | 4.0 | 9.8 | 6.6 | 2.8 |
| ALL INDIVIDUALS... | 4/8,780 | 47.4 | 33.9 | 26.5 | 5.1 | 1.3 | 12.5 | 20.9 | 12.5 | 11.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 3K-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 50 | 4 | 5 | 33 | 25 | 7 | (5) | (5) | (5) |
| 1-2..... | 4/246 | 133 | 25 | 20 | 41 | 13 | 47 | 4 | 3 | 1 |
| 3-5..... | 404 | 167 | 39 | 33 | 51 | 14 | 43 | 7 | 4 | 3 |
| 6-8..... | 428 | 174 | 43 | 43 | 49 | 17 | 39 | 7 | 4 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 217 | 50 | 53 | 50 | 19 | 54 | 8 | 4 | 3 |
| 12-14..... | 296 | 238 | 62 | 57 | 57 | 22 | 62 | 12 | 8 | 4 |
| 15-19..... | 365 | 246 | 74 | 60 | 54 | 17 | 58 | 13 | 7 | 5 |
| 19-22..... | 256 | 215 | 71 | 43 | 59 | 10 | 43 | 12 | 6 | 5 |
| 23-34..... | 708 | 188 | 64 | 43 | 40 | 7 | 42 | 14 | 7 | 6 |
| 35-50..... | 714 | 195 | 64 | 42 | 47 | 7 | 43 | 14 | 7 | 5 |
| 51-64..... | 579 | 187 | 67 | 44 | 44 | 9 | 32 | 16 | 8 | 7 |
| 65-74..... | 270 | 211 | 66 | 52 | 70 | 14 | 23 | 14 | 8 | 4 |
| 75 AND OVER..... | 114 | 209 | 67 | 44 | 61 | 12 | 36 | 17 | 11 | 4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 186 | 47 | 46 | 47 | 18 | 45 | 9 | 4 | 4 |
| 12-14..... | 295 | 193 | 47 | 47 | 46 | 11 | 53 | 9 | 4 | 4 |
| 15-19..... | 374 | 158 | 43 | 35 | 38 | 9 | 42 | 11 | 5 | 5 |
| 19-22..... | 300 | 125 | 37 | 25 | 34 | 6 | 28 | 9 | 3 | 5 |
| 23-34..... | 865 | 132 | 40 | 25 | 31 | 7 | 37 | 11 | 5 | 5 |
| 35-50..... | 838 | 136 | 42 | 29 | 32 | 7 | 32 | 12 | 5 | 5 |
| 51-64..... | 715 | 131 | 47 | 31 | 33 | 8 | 21 | 14 | 6 | 5 |
| 65-74..... | 346 | 163 | 52 | 33 | 48 | 12 | 30 | 13 | 6 | 5 |
| 75 AND OVER..... | 173 | 162 | 52 | 39 | 51 | 11 | 21 | 14 | 8 | 4 |
| ALL INDIVIDUALS... | 4/8,780 | 171 | 51 | 38 | 43 | 11 | 38 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 3K-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD FROM HOME

| 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..... | 4/75 | 88.8 | 21.4 | 31.5 | 86.4 | 81.1 | 14.9 | 15.3 | 14.5 | 1.9 |
| 1-2..... | 4/246 | 99.5 | 83.5 | 74.1 | 90.8 | 72.3 | 52.4 | 67.0 | 59.7 | 25.5 |
| 3-5..... | 404 | 100.0 | 92.3 | 79.0 | 88.5 | 75.7 | 51.2 | 75.9 | 65.5 | 34.3 |
| 6-8..... | 428 | 99.8 | 93.7 | 84.0 | 85.9 | 76.1 | 44.4 | 72.6 | 62.2 | 34.6 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 100.0 | 92.1 | 84.0 | 87.9 | 74.8 | 47.1 | 75.6 | 60.9 | 32.5 |
| 12-14..... | 296 | 99.7 | 94.4 | 79.0 | 79.6 | 66.3 | 44.5 | 78.9 | 59.1 | 32.7 |
| 15-18..... | 365 | 99.2 | 93.7 | 70.2 | 67.9 | 52.6 | 39.0 | 74.3 | 53.5 | 38.8 |
| 19-22..... | 256 | 96.0 | 90.7 | 60.7 | 55.1 | 32.2 | 28.2 | 72.1 | 58.5 | 38.7 |
| 23-34..... | 708 | 96.6 | 87.3 | 65.2 | 49.3 | 28.0 | 31.6 | 76.9 | 61.7 | 45.4 |
| 35-50..... | 714 | 97.8 | 91.1 | 66.9 | 52.9 | 27.1 | 31.3 | 79.5 | 63.0 | 46.2 |
| 51-64..... | 579 | 97.1 | 92.3 | 66.4 | 56.2 | 34.7 | 25.4 | 83.5 | 68.5 | 47.4 |
| 65-74..... | 270 | 99.7 | 97.1 | 77.3 | 73.6 | 49.7 | 20.0 | 84.0 | 72.2 | 40.1 |
| 75 AND OVER..... | 114 | 100.0 | 97.0 | 69.6 | 72.5 | 47.6 | 22.5 | 87.1 | 80.8 | 30.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 100.0 | 92.9 | 83.2 | 88.5 | 79.5 | 42.2 | 72.9 | 60.2 | 37.7 |
| 12-14..... | 295 | 98.8 | 97.8 | 77.5 | 72.9 | 51.1 | 41.4 | 69.9 | 57.2 | 40.7 |
| 15-18..... | 374 | 97.8 | 88.3 | 69.8 | 59.0 | 43.2 | 32.5 | 73.3 | 59.0 | 39.7 |
| 19-22..... | 300 | 94.0 | 83.2 | 59.8 | 50.7 | 32.8 | 32.7 | 73.1 | 55.0 | 44.1 |
| 23-34..... | 865 | 95.4 | 84.9 | 62.5 | 54.0 | 34.6 | 35.9 | 75.6 | 59.5 | 47.0 |
| 35-50..... | 838 | 97.2 | 88.2 | 63.3 | 55.4 | 32.7 | 31.7 | 79.4 | 60.9 | 52.3 |
| 51-64..... | 715 | 97.8 | 92.5 | 66.8 | 53.9 | 36.2 | 23.3 | 84.4 | 68.8 | 49.0 |
| 65-74..... | 346 | 99.4 | 95.9 | 72.3 | 72.5 | 50.2 | 28.5 | 85.1 | 73.0 | 41.8 |
| 75 AND OVER..... | 173 | 100.0 | 98.9 | 72.3 | 67.3 | 49.4 | 21.4 | 85.9 | 74.6 | 36.8 |
| ALL INDIVIDUALS... | 4/8,780 | 97.8 | 89.9 | 59.3 | 53.9 | 45.0 | 33.8 | 77.3 | 63.1 | 42.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 3L-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 65 | 3 | 4 | 46 | 30 | 12 | (5) | (5) | 0 |
| 1-2..... | 4/249 | 154 | 31 | 27 | 51 | 14 | 44 | 4 | 3 | 1 |
| 3-5..... | 425 | 191 | 47 | 38 | 51 | 17 | 55 | 8 | 4 | 3 |
| 6-8..... | 454 | 210 | 57 | 45 | 54 | 19 | 55 | 9 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 251 | 66 | 62 | 59 | 20 | 64 | 9 | 6 | 3 |
| 12-14..... | 274 | 269 | 78 | 59 | 59 | 21 | 74 | 11 | 7 | 4 |
| 15-18..... | 320 | 293 | 94 | 68 | 62 | 19 | 69 | 14 | 8 | 6 |
| 19-22..... | 261 | 249 | 78 | 58 | 39 | 7 | 74 | 12 | 5 | 6 |
| 23-34..... | 655 | 251 | 85 | 47 | 47 | 9 | 72 | 16 | 8 | 7 |
| 35-50..... | 664 | 243 | 83 | 59 | 46 | 8 | 55 | 20 | 9 | 9 |
| 51-64..... | 520 | 221 | 84 | 55 | 45 | 9 | 37 | 21 | 10 | 9 |
| 65-74..... | 239 | 194 | 73 | 47 | 55 | 14 | 19 | 16 | 8 | 6 |
| 75 AND OVER..... | 118 | 246 | 78 | 59 | 90 | 10 | 19 | 16 | 10 | 4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 233 | 55 | 52 | 60 | 18 | 66 | 10 | 5 | 5 |
| 12-14..... | 288 | 221 | 58 | 52 | 52 | 15 | 60 | 10 | 5 | 4 |
| 15-18..... | 382 | 185 | 54 | 41 | 36 | 11 | 54 | 11 | 5 | 6 |
| 19-22..... | 372 | 172 | 47 | 34 | 34 | 7 | 57 | 13 | 6 | 7 |
| 23-34..... | 975 | 172 | 50 | 39 | 36 | 7 | 47 | 15 | 6 | 8 |
| 35-50..... | 936 | 158 | 52 | 33 | 36 | 5 | 36 | 14 | 5 | 8 |
| 51-64..... | 751 | 161 | 53 | 39 | 41 | 8 | 28 | 14 | 6 | 7 |
| 65-74..... | 342 | 173 | 53 | 40 | 46 | 12 | 34 | 11 | 5 | 4 |
| 75 AND OVER..... | 194 | 179 | 56 | 46 | 59 | 11 | 18 | 17 | 8 | 4 |
| ALL INDIVIDUALS... | 4/9,037 | 201 | 62 | 45 | 46 | 11 | 49 | 13 | 6 | 6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 3L-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

ALL FOOD

| 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..... | 4/120 | 92.0 | 16.2 | 22.2 | 89.2 | 82.5 | 21.0 | 10.8 | 10.8 | 0.0 |
| 1-2..... | 4/249 | 99.5 | 88.1 | 79.8 | 89.3 | 72.7 | 56.1 | 72.2 | 67.0 | 24.7 |
| 3-5..... | 425 | 100.0 | 96.3 | 85.6 | 91.1 | 80.3 | 55.0 | 78.5 | 67.7 | 40.0 |
| 6-8..... | 454 | 100.0 | 97.3 | 85.6 | 90.9 | 80.5 | 52.9 | 77.9 | 65.0 | 44.6 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 100.0 | 97.2 | 90.3 | 83.7 | 71.0 | 48.3 | 75.7 | 67.0 | 38.9 |
| 12-14..... | 274 | 99.7 | 98.2 | 85.3 | 84.4 | 72.9 | 54.2 | 75.6 | 64.7 | 41.3 |
| 15-18..... | 320 | 99.3 | 96.4 | 79.4 | 68.8 | 54.1 | 47.8 | 79.1 | 65.8 | 44.4 |
| 19-22..... | 261 | 100.0 | 96.6 | 80.2 | 55.1 | 34.5 | 51.4 | 71.5 | 56.2 | 43.5 |
| 23-34..... | 655 | 100.0 | 97.2 | 69.8 | 49.1 | 25.3 | 45.8 | 84.2 | 73.1 | 50.3 |
| 35-50..... | 664 | 99.7 | 94.9 | 78.2 | 52.2 | 26.3 | 39.2 | 85.1 | 70.7 | 52.2 |
| 51-64..... | 520 | 99.6 | 97.6 | 76.3 | 60.9 | 36.8 | 31.6 | 84.9 | 70.0 | 60.2 |
| 65-74..... | 239 | 100.0 | 98.6 | 81.6 | 69.2 | 52.4 | 19.5 | 89.0 | 76.9 | 49.3 |
| 75 AND OVER..... | 118 | 100.0 | 100.0 | 77.2 | 81.9 | 49.4 | 10.9 | 87.1 | 78.5 | 29.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 100.0 | 98.3 | 86.2 | 85.6 | 74.4 | 58.0 | 78.1 | 64.7 | 47.0 |
| 12-14..... | 288 | 99.7 | 95.4 | 82.6 | 74.4 | 61.4 | 47.2 | 75.2 | 60.2 | 46.2 |
| 15-18..... | 382 | 99.7 | 94.1 | 75.7 | 63.4 | 48.8 | 47.6 | 77.6 | 62.4 | 49.1 |
| 19-22..... | 372 | 98.4 | 93.5 | 68.1 | 53.2 | 33.7 | 45.9 | 81.1 | 61.1 | 50.3 |
| 23-34..... | 975 | 98.5 | 92.7 | 74.1 | 55.2 | 31.7 | 45.9 | 83.4 | 64.1 | 57.6 |
| 35-50..... | 936 | 99.1 | 91.2 | 74.8 | 53.4 | 27.9 | 36.2 | 82.2 | 63.5 | 56.9 |
| 51-64..... | 751 | 98.7 | 93.9 | 71.3 | 62.5 | 38.4 | 31.2 | 85.7 | 71.9 | 53.1 |
| 65-74..... | 342 | 99.4 | 97.8 | 72.8 | 76.6 | 54.8 | 26.0 | 87.5 | 71.6 | 50.6 |
| 75 AND OVER..... | 194 | 100.0 | 100.0 | 82.2 | 75.1 | 50.8 | 18.4 | 87.0 | 74.6 | 39.4 |
| ALL INDIVIDUALS... | 4/9,037 | 99.3 | 94.1 | 76.6 | 66.0 | 46.0 | 41.6 | 80.7 | 66.4 | 48.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 3L-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 1 | 0 | (5) | (5) | 0 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/249 | 11 | 2 | 3 | 2 | (5) | 4 | (5) | (5) | (5) |
| 3-5..... | 425 | 15 | 5 | 5 | 2 | 1 | 3 | 1 | (5) | (5) |
| 6-8..... | 454 | 24 | 7 | 6 | 3 | (5) | 9 | 1 | (5) | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 32 | 8 | 9 | 4 | 1 | 11 | 1 | 1 | (5) |
| 12-14..... | 274 | 39 | 10 | 12 | 1 | (5) | 16 | 1 | 1 | (5) |
| 15-18..... | 320 | 41 | 13 | 13 | 4 | (5) | 12 | 1 | 1 | 1 |
| 19-22..... | 261 | 49 | 14 | 13 | 4 | (5) | 18 | 2 | (5) | 2 |
| 23-34..... | 655 | 53 | 18 | 11 | 4 | (5) | 20 | 3 | 1 | 2 |
| 35-50..... | 664 | 36 | 13 | 12 | 3 | (5) | 8 | 2 | 1 | 1 |
| 51-64..... | 520 | 31 | 13 | 8 | 3 | (5) | 6 | 4 | 2 | 2 |
| 65-74..... | 239 | 19 | 7 | 3 | 3 | 0 | 6 | 1 | 1 | 1 |
| 75 AND OVER..... | 118 | 9 | 3 | 5 | 0 | 0 | 1 | (5) | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 35 | 9 | 8 | 4 | (5) | 14 | 1 | 1 | (5) |
| 12-14..... | 288 | 28 | 6 | 10 | 2 | 1 | 9 | 1 | (5) | 1 |
| 15-18..... | 382 | 34 | 9 | 9 | 2 | (5) | 13 | 2 | (5) | 1 |
| 19-22..... | 372 | 32 | 8 | 8 | 4 | (5) | 12 | 2 | (5) | 1 |
| 23-34..... | 975 | 26 | 7 | 9 | 2 | (5) | 8 | 3 | 1 | 2 |
| 35-50..... | 936 | 17 | 6 | 5 | 2 | (5) | 4 | 2 | (5) | 2 |
| 51-64..... | 751 | 18 | 6 | 6 | 2 | (5) | 4 | 1 | (5) | 1 |
| 65-74..... | 342 | 12 | 4 | 4 | 1 | (5) | 3 | 1 | (5) | (5) |
| 75 AND OVER..... | 194 | 10 | 3 | 3 | 2 | 0 | 1 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/9,037 | 27 | 9 | 8 | 3 | (5) | 9 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 3L-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/120 | 4.0 | 0.0 | 1.9 | 0.8 | 0.0 | 1.3 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/249 | 29.1 | 16.1 | 18.8 | 4.4 | 2.3 | 10.2 | 9.3 | 7.4 | 3.2 |
| 3-5..... | 425 | 34.7 | 21.2 | 22.0 | 6.7 | 4.0 | 6.5 | 10.0 | 6.5 | 3.9 |
| 6-8..... | 454 | 42.4 | 29.6 | 26.3 | 7.9 | 3.7 | 12.2 | 12.1 | 8.0 | 5.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 50.0 | 31.1 | 32.6 | 10.8 | 5.4 | 13.3 | 11.8 | 8.6 | 5.4 |
| 12-14..... | 274 | 49.5 | 35.9 | 30.8 | 3.5 | 2.3 | 19.5 | 13.1 | 9.1 | 6.3 |
| 15-18..... | 320 | 50.2 | 35.7 | 32.7 | 6.4 | 2.2 | 12.4 | 15.4 | 10.2 | 7.7 |
| 19-22..... | 261 | 57.6 | 42.3 | 29.7 | 5.1 | 1.5 | 19.0 | 19.1 | 7.0 | 14.2 |
| 23-34..... | 655 | 61.3 | 47.6 | 28.0 | 7.2 | 1.2 | 17.6 | 30.7 | 18.6 | 17.4 |
| 35-50..... | 664 | 51.3 | 37.1 | 30.5 | 4.9 | .6 | 8.6 | 25.1 | 16.3 | 12.5 |
| 51-64..... | 520 | 49.1 | 41.0 | 21.5 | 5.6 | .4 | 6.4 | 27.3 | 17.9 | 12.2 |
| 65-74..... | 239 | 31.1 | 22.9 | 11.9 | 4.9 | .0 | 6.8 | 15.4 | 7.9 | 7.7 |
| 75 AND OVER..... | 118 | 13.5 | 12.2 | 6.4 | .0 | .0 | 1.6 | 6.0 | 4.3 | .8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 54.3 | 38.0 | 30.5 | 10.6 | 3.8 | 18.0 | 21.2 | 15.1 | 7.3 |
| 12-14..... | 288 | 44.1 | 27.8 | 28.8 | 6.9 | 3.1 | 13.8 | 11.9 | 7.1 | 5.5 |
| 15-18..... | 382 | 53.1 | 35.6 | 30.5 | 5.1 | 1.4 | 18.3 | 18.6 | 8.3 | 11.9 |
| 19-22..... | 372 | 53.7 | 35.5 | 27.8 | 4.8 | .5 | 17.3 | 21.0 | 10.3 | 13.5 |
| 23-34..... | 975 | 48.7 | 32.3 | 26.1 | 4.8 | .6 | 11.4 | 23.3 | 11.3 | 15.5 |
| 35-50..... | 936 | 39.0 | 26.4 | 20.1 | 3.8 | .4 | 7.0 | 21.2 | 8.1 | 13.9 |
| 51-64..... | 751 | 37.9 | 26.7 | 18.8 | 4.4 | .5 | 7.6 | 20.4 | 11.4 | 10.8 |
| 65-74..... | 342 | 29.8 | 19.8 | 15.4 | 3.9 | .6 | 3.8 | 15.6 | 10.2 | 5.6 |
| 75 AND OVER..... | 194 | 26.4 | 19.1 | 13.5 | 3.4 | .0 | 1.1 | 12.0 | 8.9 | 3.9 |
| ALL INDIVIDUALS... | 4/9,037 | 44.5 | 31.2 | 24.2 | 5.4 | 1.4 | 10.8 | 19.2 | 10.8 | 10.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 3L-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 64 | 3 | 4 | 46 | 30 | 11 | (5) | (5) | 0 |
| 1-2..... | 4/249 | 142 | 28 | 24 | 50 | 14 | 40 | 4 | 3 | 1 |
| 3-5..... | 425 | 176 | 43 | 33 | 48 | 16 | 52 | 7 | 4 | 2 |
| 6-8..... | 454 | 186 | 50 | 39 | 51 | 18 | 46 | 8 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 219 | 58 | 53 | 54 | 19 | 54 | 8 | 6 | 3 |
| 12-14..... | 274 | 230 | 68 | 47 | 58 | 21 | 58 | 10 | 6 | 4 |
| 15-18..... | 320 | 252 | 81 | 54 | 59 | 18 | 58 | 13 | 7 | 5 |
| 19-22..... | 261 | 200 | 64 | 45 | 35 | 7 | 56 | 10 | 5 | 4 |
| 23-34..... | 655 | 198 | 67 | 37 | 43 | 9 | 51 | 13 | 7 | 5 |
| 35-50..... | 664 | 207 | 70 | 47 | 43 | 8 | 47 | 17 | 8 | 8 |
| 51-64..... | 520 | 190 | 70 | 47 | 42 | 9 | 30 | 17 | 9 | 7 |
| 65-74..... | 239 | 176 | 67 | 43 | 52 | 14 | 13 | 14 | 8 | 6 |
| 75 AND OVER..... | 118 | 237 | 75 | 54 | 90 | 10 | 18 | 16 | 10 | 4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 198 | 46 | 44 | 56 | 17 | 52 | 9 | 5 | 4 |
| 12-14..... | 288 | 194 | 52 | 42 | 50 | 15 | 51 | 9 | 5 | 4 |
| 15-18..... | 382 | 152 | 45 | 32 | 33 | 11 | 41 | 10 | 5 | 5 |
| 19-22..... | 372 | 140 | 39 | 26 | 30 | 7 | 45 | 11 | 5 | 5 |
| 23-34..... | 975 | 146 | 43 | 30 | 34 | 7 | 39 | 12 | 6 | 6 |
| 35-50..... | 936 | 141 | 46 | 28 | 34 | 5 | 32 | 11 | 4 | 6 |
| 51-64..... | 751 | 143 | 47 | 33 | 39 | 8 | 24 | 13 | 6 | 6 |
| 65-74..... | 342 | 160 | 50 | 35 | 44 | 12 | 31 | 10 | 5 | 4 |
| 75 AND OVER..... | 194 | 170 | 53 | 42 | 57 | 11 | 17 | 16 | 8 | 3 |
| ALL INDIVIDUALS... | 4/9,037 | 174 | 53 | 37 | 44 | 11 | 40 | 12 | 6 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 3L-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD FROM HOME

| 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..... | 4/120 | 92.0 | 16.2 | 22.2 | 89.2 | 82.5 | 19.7 | 10.8 | 10.8 | 0.0 |
| 1-2..... | 4/249 | 99.5 | 86.7 | 79.4 | 87.7 | 71.7 | 51.4 | 69.0 | 64.3 | 22.5 |
| 3-5..... | 425 | 99.8 | 93.7 | 81.3 | 89.1 | 78.2 | 52.6 | 75.7 | 65.4 | 37.6 |
| 6-8..... | 454 | 99.4 | 94.6 | 79.6 | 88.3 | 78.7 | 44.8 | 74.7 | 61.9 | 41.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 99.6 | 93.2 | 85.4 | 81.7 | 68.8 | 39.6 | 72.0 | 63.0 | 35.3 |
| 12-14..... | 274 | 99.0 | 92.2 | 75.1 | 82.4 | 70.6 | 40.9 | 72.3 | 60.6 | 37.5 |
| 15-18..... | 320 | 99.1 | 91.6 | 72.6 | 66.5 | 53.4 | 38.9 | 73.9 | 61.4 | 38.9 |
| 19-22..... | 261 | 96.9 | 93.3 | 65.8 | 52.4 | 33.1 | 36.6 | 66.2 | 52.5 | 35.9 |
| 23-34..... | 655 | 97.5 | 88.6 | 60.1 | 46.8 | 24.0 | 32.5 | 76.2 | 64.5 | 39.4 |
| 35-50..... | 664 | 98.0 | 90.5 | 66.9 | 49.2 | 26.3 | 32.6 | 81.3 | 66.4 | 45.9 |
| 51-64..... | 520 | 97.7 | 91.6 | 71.6 | 57.1 | 36.6 | 26.4 | 79.5 | 67.3 | 51.9 |
| 65-74..... | 239 | 98.9 | 97.5 | 77.5 | 67.4 | 52.4 | 13.7 | 87.1 | 75.3 | 43.4 |
| 75 AND OVER..... | 118 | 100.0 | 100.0 | 76.5 | 81.9 | 49.4 | 9.3 | 86.1 | 78.5 | 28.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 99.3 | 92.2 | 77.8 | 84.2 | 72.9 | 46.3 | 73.3 | 59.0 | 44.3 |
| 12-14..... | 288 | 99.2 | 93.9 | 74.9 | 72.2 | 59.8 | 39.7 | 71.5 | 57.1 | 42.8 |
| 15-18..... | 382 | 98.3 | 88.1 | 66.9 | 60.6 | 47.4 | 35.0 | 72.6 | 59.1 | 41.6 |
| 19-22..... | 372 | 95.6 | 85.9 | 58.3 | 51.6 | 33.2 | 33.4 | 76.3 | 55.4 | 45.2 |
| 23-34..... | 975 | 97.3 | 88.2 | 66.0 | 53.3 | 31.3 | 37.2 | 79.2 | 61.3 | 49.4 |
| 35-50..... | 936 | 97.9 | 88.3 | 67.1 | 50.9 | 27.5 | 30.8 | 78.5 | 60.9 | 51.0 |
| 51-64..... | 751 | 97.8 | 92.6 | 66.9 | 60.6 | 38.1 | 24.7 | 82.7 | 68.6 | 47.8 |
| 65-74..... | 342 | 99.1 | 97.1 | 69.0 | 75.3 | 54.5 | 22.4 | 85.8 | 69.3 | 46.2 |
| 75 AND OVER..... | 194 | 98.9 | 95.6 | 78.6 | 74.0 | 50.8 | 17.9 | 84.5 | 72.6 | 37.7 |
| ALL INDIVIDUALS... | 4/9,037 | 98.1 | 90.2 | 69.5 | 63.8 | 45.2 | 33.8 | 76.7 | 62.8 | 43.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 3M-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 76 | 3 | 4 | 51 | 26 | 18 | 1 | 1 | (5) |
| 1-2..... | 4/256 | 176 | 35 | 29 | 61 | 12 | 51 | 5 | 4 | 1 |
| 3-5..... | 482 | 200 | 48 | 45 | 54 | 15 | 52 | 7 | 5 | 2 |
| 6-8..... | 487 | 240 | 58 | 56 | 62 | 17 | 63 | 9 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 272 | 65 | 68 | 71 | 19 | 68 | 11 | 7 | 4 |
| 12-14..... | 307 | 294 | 73 | 70 | 64 | 21 | 87 | 12 | 7 | 4 |
| 15-18..... | 329 | 314 | 86 | 76 | 71 | 15 | 81 | 14 | 8 | 5 |
| 19-22..... | 245 | 273 | 95 | 65 | 53 | 11 | 61 | 17 | 11 | 5 |
| 23-34..... | 626 | 289 | 91 | 70 | 53 | 8 | 75 | 17 | 8 | 8 |
| 35-50..... | 558 | 250 | 82 | 61 | 47 | 6 | 60 | 18 | 9 | 8 |
| 51-64..... | 503 | 254 | 84 | 65 | 61 | 11 | 43 | 18 | 10 | 6 |
| 65-74..... | 267 | 242 | 78 | 67 | 67 | 13 | 31 | 17 | 10 | 5 |
| 75 AND OVER..... | 110 | 250 | 65 | 73 | 77 | 14 | 35 | 14 | 8 | 3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 243 | 59 | 54 | 61 | 14 | 69 | 9 | 5 | 4 |
| 12-14..... | 297 | 241 | 59 | 58 | 58 | 13 | 65 | 9 | 5 | 4 |
| 15-18..... | 363 | 208 | 56 | 49 | 47 | 8 | 56 | 10 | 5 | 5 |
| 19-22..... | 308 | 201 | 60 | 39 | 43 | 5 | 60 | 13 | 7 | 6 |
| 23-34..... | 1,066 | 186 | 53 | 40 | 38 | 5 | 55 | 13 | 7 | 6 |
| 35-50..... | 1,037 | 182 | 55 | 43 | 42 | 4 | 42 | 13 | 6 | 6 |
| 51-64..... | 774 | 183 | 57 | 44 | 43 | 8 | 39 | 13 | 7 | 5 |
| 65-74..... | 354 | 182 | 55 | 40 | 52 | 9 | 34 | 11 | 7 | 4 |
| 75 AND OVER..... | 198 | 214 | 58 | 49 | 70 | 11 | 38 | 14 | 7 | 4 |
| ALL INDIVIDUALS... | 4/9,196 | 223 | 64 | 52 | 52 | 10 | 54 | 13 | 7 | 5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 3M-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

ALL FOOD

| 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..... | 4/105 | 88.0 | 23.9 | 26.6 | 85.8 | 71.5 | 21.4 | 17.3 | 17.3 | 0.9 |
| 1-2..... | 4/256 | 99.6 | 92.9 | 87.0 | 90.7 | 65.2 | 61.0 | 73.4 | 69.4 | 19.9 |
| 3-5..... | 482 | 100.0 | 95.7 | 90.4 | 89.6 | 74.3 | 59.7 | 77.4 | 72.0 | 27.3 |
| 6-8..... | 487 | 100.0 | 98.6 | 92.4 | 89.9 | 74.6 | 64.6 | 78.6 | 69.7 | 38.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 100.0 | 98.4 | 90.7 | 92.2 | 73.0 | 67.2 | 80.0 | 74.4 | 33.9 |
| 12-14..... | 307 | 100.0 | 98.0 | 90.6 | 82.5 | 65.3 | 65.1 | 77.6 | 69.2 | 37.3 |
| 15-18..... | 329 | 100.0 | 97.3 | 86.4 | 70.9 | 44.2 | 54.0 | 77.0 | 66.1 | 37.8 |
| 19-22..... | 245 | 100.0 | 96.5 | 70.2 | 57.7 | 36.3 | 45.9 | 74.9 | 64.1 | 37.9 |
| 23-34..... | 626 | 99.8 | 98.0 | 81.6 | 57.6 | 27.1 | 49.8 | 85.8 | 70.5 | 51.3 |
| 35-50..... | 558 | 100.0 | 96.6 | 80.0 | 50.1 | 20.7 | 46.8 | 84.2 | 73.1 | 50.9 |
| 51-64..... | 503 | 99.8 | 96.6 | 82.1 | 69.6 | 41.3 | 37.0 | 84.8 | 75.2 | 47.9 |
| 65-74..... | 267 | 100.0 | 98.5 | 85.9 | 74.7 | 47.7 | 27.0 | 81.6 | 73.5 | 36.9 |
| 75 AND OVER..... | 110 | 98.8 | 97.6 | 78.1 | 83.6 | 57.0 | 22.8 | 75.2 | 65.9 | 26.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 100.0 | 98.8 | 88.7 | 83.9 | 66.9 | 65.2 | 81.9 | 71.7 | 39.8 |
| 12-14..... | 297 | 100.0 | 98.2 | 85.2 | 78.5 | 58.1 | 57.1 | 75.3 | 61.9 | 36.1 |
| 15-18..... | 363 | 100.0 | 95.0 | 79.8 | 63.6 | 41.4 | 53.7 | 77.4 | 65.8 | 39.6 |
| 19-22..... | 308 | 98.4 | 93.0 | 75.6 | 56.0 | 24.7 | 47.0 | 75.9 | 61.9 | 46.5 |
| 23-34..... | 1,066 | 99.5 | 94.8 | 76.4 | 57.2 | 26.2 | 48.7 | 83.1 | 68.1 | 48.1 |
| 35-50..... | 1,037 | 99.6 | 94.5 | 77.7 | 56.3 | 23.2 | 44.0 | 84.3 | 68.9 | 53.3 |
| 51-64..... | 774 | 99.2 | 94.6 | 80.3 | 60.2 | 34.1 | 37.1 | 84.1 | 70.2 | 42.3 |
| 65-74..... | 354 | 99.6 | 96.3 | 83.0 | 66.9 | 44.5 | 26.9 | 85.1 | 75.2 | 38.4 |
| 75 AND OVER..... | 198 | 100.0 | 98.2 | 79.3 | 77.3 | 42.9 | 33.0 | 83.3 | 74.3 | 37.2 |
| ALL INDIVIDUALS... | 4/9,196 | 99.6 | 95.3 | 81.5 | 68.0 | 42.1 | 47.9 | 80.6 | 69.1 | 42.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 3M-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 3 | (5) | (5) | 2 | (5) | 1 | (5) | (5) | 0 |
| 1-2..... | 4/256 | 13 | 3 | 3 | 2 | (5) | 5 | (5) | (5) | (5) |
| 3-5..... | 482 | 23 | 6 | 7 | 2 | 1 | 8 | 1 | (5) | (5) |
| 6-8..... | 487 | 51 | 13 | 11 | 4 | 1 | 22 | 1 | 1 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 64 | 16 | 18 | 4 | 1 | 27 | 2 | 1 | 1 |
| 12-14..... | 307 | 59 | 15 | 13 | 4 | (5) | 27 | 2 | 1 | 1 |
| 15-18..... | 329 | 60 | 13 | 16 | 4 | (5) | 27 | 2 | (5) | 1 |
| 19-22..... | 245 | 53 | 20 | 13 | 4 | 0 | 16 | 3 | 1 | 1 |
| 23-34..... | 626 | 53 | 16 | 18 | 2 | (5) | 17 | 3 | 1 | 2 |
| 35-50..... | 558 | 36 | 15 | 13 | 1 | 0 | 7 | 4 | 1 | 2 |
| 51-64..... | 503 | 31 | 9 | 11 | 2 | (5) | 9 | 3 | 1 | 1 |
| 65-74..... | 267 | 19 | 5 | 11 | 1 | (5) | 1 | 2 | 1 | 1 |
| 75 AND OVER..... | 110 | 14 | 5 | 7 | (5) | 0 | 2 | 2 | 1 | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 54 | 15 | 11 | 5 | (5) | 23 | 1 | 1 | (5) |
| 12-14..... | 297 | 52 | 15 | 13 | 3 | (5) | 21 | 1 | 1 | (5) |
| 15-18..... | 363 | 45 | 12 | 13 | 2 | (5) | 18 | 2 | 1 | 2 |
| 19-22..... | 308 | 30 | 10 | 8 | 2 | (5) | 9 | 3 | 1 | 2 |
| 23-34..... | 1,066 | 25 | 8 | 8 | 1 | (5) | 7 | 2 | 1 | 1 |
| 35-50..... | 1,037 | 21 | 7 | 7 | 1 | (5) | 6 | 2 | 1 | 2 |
| 51-64..... | 774 | 22 | 7 | 7 | 2 | (5) | 6 | 2 | 1 | 1 |
| 65-74..... | 354 | 17 | 5 | 6 | 1 | (5) | 5 | 1 | (5) | 1 |
| 75 AND OVER..... | 198 | 19 | 3 | 8 | 1 | (5) | 7 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/9,196 | 34 | 10 | 10 | 2 | (5) | 12 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 3M-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/105 | 7.1 | 3.4 | 2.8 | 2.6 | 0.8 | 0.9 | 1.8 | 1.8 | 0.0 |
| 1-2..... | 4/256 | 30.8 | 18.7 | 19.2 | 4.1 | 2.8 | 7.4 | 7.7 | 7.1 | .9 |
| 3-5..... | 482 | 45.8 | 28.1 | 30.4 | 6.9 | 5.1 | 13.1 | 13.0 | 10.0 | 3.6 |
| 6-8..... | 487 | 70.9 | 56.8 | 45.1 | 10.9 | 5.1 | 33.5 | 26.3 | 22.0 | 8.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 79.1 | 64.4 | 50.7 | 11.3 | 4.8 | 38.0 | 30.0 | 23.7 | 9.8 |
| 12-14..... | 307 | 76.0 | 59.9 | 43.6 | 10.4 | 3.5 | 35.0 | 24.5 | 16.8 | 8.8 |
| 15-18..... | 329 | 63.6 | 46.3 | 38.9 | 7.6 | 1.6 | 27.1 | 17.6 | 9.5 | 10.3 |
| 19-22..... | 245 | 55.9 | 45.6 | 22.5 | 6.9 | .0 | 17.4 | 16.2 | 8.7 | 10.7 |
| 23-34..... | 626 | 62.1 | 47.7 | 35.1 | 5.2 | .5 | 14.4 | 31.0 | 19.9 | 15.8 |
| 35-50..... | 558 | 58.1 | 46.7 | 31.7 | 3.1 | .0 | 8.6 | 27.7 | 19.4 | 13.4 |
| 51-64..... | 503 | 41.0 | 29.5 | 25.5 | 4.3 | .1 | 10.3 | 22.0 | 16.5 | 9.5 |
| 65-74..... | 267 | 28.6 | 21.8 | 18.7 | 3.5 | .5 | 3.1 | 15.7 | 11.8 | 8.9 |
| 75 AND OVER..... | 110 | 24.5 | 17.7 | 14.6 | 1.3 | .0 | 1.5 | 12.9 | 5.3 | 4.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 74.4 | 59.5 | 46.0 | 12.4 | 4.1 | 35.6 | 28.4 | 22.5 | 7.2 |
| 12-14..... | 297 | 72.9 | 54.1 | 45.6 | 6.9 | 2.2 | 30.6 | 22.4 | 16.4 | 8.1 |
| 15-18..... | 363 | 67.8 | 51.8 | 39.6 | 6.7 | 2.4 | 25.9 | 25.1 | 16.0 | 12.2 |
| 19-22..... | 308 | 54.5 | 37.9 | 28.2 | 6.8 | .8 | 9.5 | 27.1 | 12.7 | 17.7 |
| 23-34..... | 1,066 | 48.4 | 33.6 | 27.1 | 3.7 | .3 | 11.4 | 24.5 | 12.9 | 13.5 |
| 35-50..... | 1,037 | 45.6 | 29.5 | 25.7 | 4.0 | .1 | 10.0 | 23.1 | 10.7 | 14.0 |
| 51-64..... | 774 | 44.9 | 31.8 | 26.0 | 4.2 | .5 | 7.4 | 19.9 | 11.4 | 10.1 |
| 65-74..... | 354 | 36.0 | 25.6 | 21.1 | 2.0 | .2 | 6.6 | 16.3 | 10.4 | 8.3 |
| 75 AND OVER..... | 198 | 31.0 | 19.3 | 17.8 | 3.8 | .3 | 7.5 | 15.7 | 10.0 | 4.9 |
| ALL INDIVIDUALS... | 4/9,196 | 52.3 | 38.3 | 30.6 | 5.6 | 1.4 | 15.4 | 22.2 | 14.1 | 10.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 3H-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 72 | 3 | 4 | 49 | 26 | 17 | 1 | 1 | (5) |
| 1-2..... | 4/256 | 163 | 32 | 27 | 59 | 12 | 45 | 5 | 4 | 1 |
| 3-5..... | 482 | 177 | 42 | 38 | 52 | 14 | 44 | 7 | 5 | 2 |
| 6-8..... | 487 | 189 | 45 | 45 | 58 | 16 | 41 | 8 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 208 | 49 | 50 | 67 | 18 | 42 | 9 | 6 | 3 |
| 12-14..... | 307 | 235 | 58 | 57 | 60 | 21 | 60 | 10 | 6 | 3 |
| 15-18..... | 329 | 254 | 73 | 59 | 67 | 15 | 54 | 12 | 8 | 4 |
| 19-22..... | 245 | 220 | 75 | 52 | 48 | 11 | 44 | 14 | 10 | 4 |
| 23-34..... | 626 | 237 | 75 | 52 | 51 | 8 | 59 | 13 | 7 | 6 |
| 35-50..... | 558 | 213 | 67 | 48 | 45 | 6 | 53 | 15 | 8 | 6 |
| 51-64..... | 503 | 223 | 75 | 55 | 59 | 10 | 34 | 15 | 9 | 5 |
| 65-74..... | 267 | 223 | 73 | 55 | 65 | 13 | 29 | 15 | 10 | 4 |
| 75 AND OVER..... | 110 | 236 | 60 | 66 | 77 | 14 | 33 | 11 | 7 | 2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 189 | 45 | 43 | 56 | 14 | 47 | 8 | 5 | 3 |
| 12-14..... | 297 | 189 | 44 | 45 | 55 | 13 | 45 | 7 | 4 | 3 |
| 15-18..... | 363 | 163 | 44 | 36 | 45 | 8 | 38 | 8 | 5 | 3 |
| 19-22..... | 308 | 172 | 50 | 31 | 41 | 5 | 50 | 10 | 6 | 4 |
| 23-34..... | 1,066 | 161 | 45 | 32 | 37 | 5 | 47 | 11 | 6 | 5 |
| 35-50..... | 1,037 | 161 | 48 | 36 | 41 | 4 | 37 | 10 | 5 | 5 |
| 51-64..... | 774 | 161 | 50 | 37 | 41 | 8 | 33 | 11 | 6 | 4 |
| 65-74..... | 354 | 165 | 51 | 34 | 51 | 9 | 29 | 10 | 6 | 3 |
| 75 AND OVER..... | 198 | 195 | 54 | 41 | 69 | 11 | 31 | 14 | 7 | 4 |
| ALL INDIVIDUALS... | 4/9,196 | 188 | 54 | 42 | 50 | 10 | 43 | 11 | 6 | 4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 3M-3.2.--GRAIN PRODUCTS: FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD FROM HOME

| 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..... | 4/105 | 88.0 | 22.2 | 26.6 | 85.8 | 71.5 | 21.4 | 17.3 | 17.3 | 0.9 |
| 1-2..... | 4/256 | 99.6 | 91.7 | 82.7 | 89.4 | 63.9 | 57.7 | 72.3 | 67.9 | 19.4 |
| 3-5..... | 482 | 99.7 | 91.7 | 85.0 | 88.2 | 71.9 | 51.6 | 74.1 | 69.3 | 25.3 |
| 6-8..... | 487 | 99.9 | 93.9 | 85.3 | 87.0 | 71.7 | 45.3 | 73.5 | 63.3 | 32.5 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 100.0 | 91.8 | 82.5 | 88.0 | 69.1 | 42.9 | 74.1 | 67.7 | 26.8 |
| 12-14..... | 307 | 99.4 | 91.5 | 84.1 | 79.8 | 62.9 | 45.2 | 71.9 | 62.1 | 32.1 |
| 15-18..... | 329 | 98.5 | 93.4 | 76.2 | 68.1 | 43.2 | 37.8 | 73.1 | 64.4 | 31.4 |
| 19-22..... | 245 | 97.4 | 90.8 | 61.1 | 54.8 | 36.3 | 30.7 | 73.1 | 63.3 | 32.7 |
| 23-34..... | 626 | 98.3 | 92.8 | 70.9 | 55.1 | 27.1 | 39.8 | 77.8 | 63.0 | 41.8 |
| 35-50..... | 558 | 99.3 | 91.1 | 71.4 | 49.0 | 20.7 | 39.7 | 79.4 | 64.1 | 44.7 |
| 51-64..... | 503 | 99.8 | 93.1 | 75.0 | 67.7 | 41.1 | 28.0 | 80.9 | 70.2 | 43.5 |
| 65-74..... | 267 | 100.0 | 97.3 | 80.2 | 72.7 | 47.7 | 23.9 | 81.6 | 72.7 | 31.5 |
| 75 AND OVER..... | 110 | 98.8 | 96.9 | 75.0 | 83.6 | 57.0 | 21.2 | 72.4 | 65.2 | 25.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 100.0 | 95.5 | 82.6 | 80.3 | 65.0 | 43.4 | 76.7 | 66.7 | 34.8 |
| 12-14..... | 297 | 99.4 | 92.4 | 78.0 | 75.0 | 55.8 | 40.2 | 68.6 | 55.1 | 31.0 |
| 15-18..... | 363 | 98.4 | 89.6 | 68.8 | 60.8 | 39.8 | 36.1 | 71.6 | 59.5 | 32.0 |
| 19-22..... | 308 | 97.6 | 86.2 | 69.1 | 52.8 | 24.0 | 41.7 | 70.3 | 56.8 | 40.1 |
| 23-34..... | 1,066 | 98.6 | 89.4 | 68.3 | 55.4 | 26.0 | 39.8 | 78.9 | 64.3 | 41.5 |
| 35-50..... | 1,037 | 98.6 | 90.5 | 71.2 | 54.4 | 23.0 | 36.5 | 79.5 | 64.8 | 46.8 |
| 51-64..... | 774 | 98.4 | 92.7 | 72.6 | 58.4 | 33.6 | 31.8 | 81.6 | 67.5 | 36.6 |
| 65-74..... | 354 | 99.4 | 93.5 | 76.3 | 65.8 | 44.2 | 21.9 | 83.0 | 72.7 | 34.0 |
| 75 AND OVER..... | 198 | 100.0 | 96.7 | 75.6 | 77.0 | 42.6 | 26.8 | 81.9 | 73.3 | 35.3 |
| ALL INDIVIDUALS... | 4/9,196 | 98.8 | 91.1 | 74.1 | 65.9 | 41.3 | 37.6 | 76.3 | 64.7 | 36.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 3N-1.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 64 | 3 | 5 | 45 | 29 | 11 | (5) | (5) | (5) |
| 1-2..... | 4/282 | 170 | 30 | 29 | 64 | 12 | 47 | 4 | 3 | 1 |
| 3-5..... | 408 | 217 | 47 | 41 | 66 | 15 | 63 | 7 | 4 | 2 |
| 6-8..... | 471 | 244 | 57 | 49 | 66 | 17 | 72 | 8 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 265 | 64 | 59 | 65 | 18 | 76 | 10 | 6 | 3 |
| 12-14..... | 273 | 322 | 79 | 66 | 71 | 17 | 106 | 12 | 8 | 4 |
| 15-18..... | 380 | 314 | 88 | 74 | 66 | 15 | 87 | 13 | 8 | 4 |
| 19-22..... | 267 | 250 | 77 | 56 | 49 | 11 | 67 | 11 | 5 | 6 |
| 23-34..... | 727 | 267 | 86 | 68 | 44 | 7 | 69 | 17 | 7 | 9 |
| 35-50..... | 635 | 262 | 84 | 61 | 57 | 7 | 61 | 18 | 9 | 7 |
| 51-64..... | 559 | 262 | 81 | 68 | 65 | 10 | 48 | 19 | 9 | 8 |
| 65-74..... | 274 | 246 | 74 | 53 | 79 | 11 | 40 | 15 | 9 | 5 |
| 75 AND OVER..... | 123 | 252 | 75 | 69 | 79 | 12 | 28 | 14 | 9 | 2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 264 | 57 | 60 | 59 | 16 | 88 | 10 | 6 | 4 |
| 12-14..... | 268 | 236 | 58 | 58 | 51 | 11 | 70 | 9 | 5 | 4 |
| 15-18..... | 354 | 219 | 56 | 51 | 49 | 8 | 64 | 11 | 5 | 6 |
| 19-22..... | 337 | 203 | 51 | 38 | 53 | 7 | 61 | 11 | 5 | 5 |
| 23-34..... | 974 | 193 | 53 | 43 | 45 | 6 | 52 | 14 | 6 | 8 |
| 35-50..... | 948 | 174 | 54 | 39 | 36 | 4 | 45 | 15 | 6 | 7 |
| 51-64..... | 696 | 182 | 57 | 38 | 48 | 6 | 38 | 14 | 6 | 6 |
| 65-74..... | 334 | 180 | 55 | 41 | 50 | 7 | 34 | 12 | 7 | 4 |
| 75 AND OVER..... | 187 | 194 | 54 | 39 | 69 | 10 | 32 | 9 | 6 | 2 |
| ALL INDIVIDUALS... | 4/9,129 | 226 | 63 | 51 | 54 | 10 | 57 | 13 | 6 | 6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 3N-1.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

ALL FOOD

| 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..... | 4/122 | 88.3 | 18.7 | 25.9 | 86.0 | 74.0 | 17.1 | 14.0 | 14.0 | 2.5 |
| 1-2..... | 4/282 | 100.0 | 90.4 | 87.5 | 91.4 | 67.3 | 61.6 | 71.5 | 65.3 | 20.7 |
| 3-5..... | 408 | 100.0 | 95.6 | 89.3 | 90.3 | 71.9 | 67.1 | 76.7 | 67.4 | 35.9 |
| 6-8..... | 471 | 100.0 | 97.7 | 90.2 | 90.8 | 74.9 | 68.1 | 79.2 | 68.0 | 37.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 100.0 | 97.1 | 90.5 | 89.0 | 72.4 | 63.9 | 81.1 | 71.5 | 34.4 |
| 12-14..... | 273 | 100.0 | 98.0 | 90.4 | 78.6 | 63.5 | 71.5 | 77.3 | 66.6 | 39.0 |
| 15-18..... | 380 | 100.0 | 96.5 | 85.5 | 72.0 | 49.4 | 56.8 | 77.5 | 69.1 | 34.4 |
| 19-22..... | 267 | 100.0 | 94.6 | 74.8 | 63.2 | 39.2 | 43.2 | 75.3 | 59.3 | 37.3 |
| 23-34..... | 727 | 100.0 | 97.1 | 79.7 | 52.7 | 23.9 | 45.0 | 83.3 | 68.1 | 54.4 |
| 35-50..... | 635 | 99.8 | 96.1 | 82.9 | 57.5 | 25.4 | 41.5 | 84.9 | 73.4 | 53.9 |
| 51-64..... | 559 | 99.8 | 96.9 | 81.1 | 63.2 | 34.4 | 32.1 | 84.6 | 72.2 | 51.2 |
| 65-74..... | 274 | 100.0 | 98.0 | 87.3 | 76.2 | 43.1 | 34.9 | 87.0 | 80.1 | 46.2 |
| 75 AND OVER..... | 123 | 100.0 | 96.6 | 84.4 | 73.4 | 42.6 | 24.4 | 80.3 | 67.7 | 25.7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 100.0 | 97.9 | 93.4 | 82.8 | 68.0 | 73.4 | 77.2 | 67.2 | 38.0 |
| 12-14..... | 268 | 100.0 | 94.5 | 89.8 | 73.7 | 55.4 | 67.7 | 73.3 | 62.9 | 44.0 |
| 15-18..... | 354 | 100.0 | 94.5 | 85.2 | 62.7 | 39.5 | 55.1 | 80.0 | 65.7 | 42.7 |
| 19-22..... | 337 | 99.5 | 93.9 | 72.8 | 64.9 | 33.4 | 52.5 | 77.6 | 62.3 | 45.0 |
| 23-34..... | 974 | 98.5 | 95.1 | 76.9 | 58.0 | 27.8 | 49.1 | 85.7 | 69.0 | 56.0 |
| 35-50..... | 948 | 98.5 | 93.1 | 77.1 | 50.6 | 21.1 | 43.2 | 86.0 | 68.7 | 52.4 |
| 51-64..... | 696 | 99.4 | 96.8 | 77.8 | 62.4 | 33.3 | 37.2 | 83.9 | 71.8 | 47.0 |
| 65-74..... | 334 | 98.4 | 94.8 | 78.6 | 64.4 | 39.5 | 28.1 | 84.8 | 76.3 | 38.3 |
| 75 AND OVER..... | 187 | 100.0 | 98.9 | 77.9 | 75.2 | 44.2 | 29.5 | 85.0 | 76.6 | 34.0 |
| ALL INDIVIDUALS... | 4/9,129 | 99.4 | 94.7 | 81.4 | 67.1 | 41.2 | 48.3 | 80.9 | 68.5 | 44.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 3N-2.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 1 | (5) | 0 | (5) | 0 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/282 | 12 | 3 | 3 | 2 | (5) | 4 | (5) | (5) | (5) |
| 3-5..... | 408 | 15 | 4 | 4 | 2 | (5) | 5 | (5) | (5) | (5) |
| 6-8..... | 471 | 49 | 12 | 11 | 5 | 1 | 21 | 1 | (5) | (5) |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 54 | 14 | 13 | 5 | 1 | 21 | 1 | 1 | 1 |
| 12-14..... | 273 | 72 | 19 | 16 | 4 | (5) | 34 | 1 | 1 | (5) |
| 15-18..... | 380 | 59 | 16 | 15 | 4 | (5) | 24 | 2 | 1 | 1 |
| 19-22..... | 267 | 46 | 13 | 13 | 2 | 0 | 17 | 3 | (5) | 2 |
| 23-34..... | 727 | 53 | 17 | 15 | 5 | (5) | 16 | 4 | 1 | 2 |
| 35-50..... | 635 | 39 | 13 | 10 | 5 | (5) | 10 | 3 | 1 | 1 |
| 51-64..... | 559 | 31 | 10 | 10 | 2 | (5) | 9 | 3 | 1 | 2 |
| 65-74..... | 274 | 16 | 3 | 5 | 1 | (5) | 6 | 1 | (5) | 1 |
| 75 AND OVER..... | 123 | 11 | 2 | 5 | 3 | 0 | 2 | 1 | (5) | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 55 | 13 | 13 | 5 | 1 | 24 | 1 | 1 | 1 |
| 12-14..... | 268 | 51 | 12 | 12 | 4 | (5) | 23 | 1 | (5) | 1 |
| 15-18..... | 354 | 47 | 13 | 10 | 2 | (5) | 22 | 2 | 1 | 1 |
| 19-22..... | 337 | 32 | 8 | 6 | 4 | (5) | 15 | 2 | (5) | 2 |
| 23-34..... | 974 | 27 | 7 | 8 | 3 | (5) | 8 | 2 | 1 | 2 |
| 35-50..... | 948 | 20 | 6 | 7 | 1 | 0 | 6 | 3 | 1 | 2 |
| 51-64..... | 696 | 19 | 6 | 7 | 3 | (5) | 3 | 2 | 1 | 2 |
| 65-74..... | 334 | 11 | 4 | 4 | 1 | 0 | 3 | 1 | (5) | (5) |
| 75 AND OVER..... | 187 | 4 | 1 | 2 | (5) | 0 | 1 | (5) | (5) | (5) |
| ALL INDIVIDUALS... | 4/9,129 | 33 | 9 | 9 | 3 | (5) | 12 | 2 | 1 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 3N-2.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| 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..... | 4/122 | 1.8 | 0.6 | 0.0 | 0.6 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/282 | 27.2 | 18.2 | 18.1 | 6.5 | 3.9 | 8.2 | 8.2 | 6.3 | 3.0 |
| 3-5..... | 408 | 33.0 | 20.1 | 22.2 | 5.7 | 3.1 | 9.3 | 8.9 | 6.0 | 3.4 |
| 6-8..... | 471 | 69.4 | 54.5 | 41.8 | 11.2 | 3.2 | 31.4 | 21.9 | 16.0 | 7.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 72.2 | 59.3 | 46.4 | 10.8 | 4.9 | 31.2 | 24.9 | 18.7 | 8.2 |
| 12-14..... | 273 | 76.8 | 64.7 | 49.7 | 10.6 | 2.7 | 35.6 | 23.8 | 18.4 | 7.4 |
| 15-18..... | 380 | 68.9 | 52.4 | 38.3 | 7.9 | 1.0 | 25.4 | 21.0 | 13.5 | 7.7 |
| 19-22..... | 267 | 53.9 | 43.8 | 25.6 | 4.3 | .0 | 12.0 | 23.5 | 11.9 | 13.7 |
| 23-34..... | 727 | 60.2 | 45.5 | 32.6 | 7.7 | .4 | 14.5 | 27.4 | 16.6 | 14.3 |
| 35-50..... | 635 | 52.5 | 40.4 | 27.3 | 5.8 | .9 | 10.6 | 27.8 | 17.5 | 12.7 |
| 51-64..... | 559 | 45.2 | 34.5 | 24.7 | 5.9 | .8 | 6.7 | 25.5 | 16.2 | 13.9 |
| 65-74..... | 274 | 24.7 | 17.7 | 13.9 | 2.1 | .4 | 7.2 | 15.3 | 10.0 | 8.4 |
| 75 AND OVER..... | 123 | 23.8 | 14.2 | 9.5 | 4.1 | .0 | 2.7 | 12.1 | 3.9 | 7.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 69.3 | 53.8 | 48.5 | 13.6 | 5.8 | 33.2 | 24.2 | 17.2 | 9.1 |
| 12-14..... | 268 | 74.0 | 51.2 | 47.1 | 9.1 | 1.7 | 32.5 | 18.9 | 12.5 | 10.1 |
| 15-18..... | 354 | 65.0 | 49.1 | 34.7 | 6.6 | 1.2 | 27.4 | 23.6 | 14.3 | 12.3 |
| 19-22..... | 337 | 46.6 | 30.5 | 23.1 | 6.8 | 2.6 | 14.7 | 18.8 | 8.7 | 13.2 |
| 23-34..... | 974 | 45.5 | 28.5 | 26.6 | 6.3 | .9 | 10.7 | 22.8 | 11.4 | 13.3 |
| 35-50..... | 948 | 41.9 | 28.9 | 22.6 | 2.5 | .0 | 7.5 | 22.2 | 10.9 | 14.0 |
| 51-64..... | 696 | 34.0 | 23.5 | 20.2 | 4.7 | .1 | 6.8 | 18.8 | 10.5 | 10.8 |
| 65-74..... | 334 | 26.2 | 20.0 | 15.0 | 2.5 | .0 | 4.7 | 12.1 | 9.7 | 4.5 |
| 75 AND OVER..... | 187 | 12.9 | 6.7 | 9.6 | .8 | .0 | 2.1 | 4.5 | 1.9 | 1.3 |
| ALL INDIVIDUALS... | 4/9,129 | 48.3 | 35.3 | 27.8 | 6.2 | 1.3 | 14.4 | 20.6 | 12.4 | 10.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 3N-3.1.--GRAIN PRODUCTS; FATS, OILS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | GRAIN PRODUCTS | | | | | | FATS, OILS | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | TOTAL | BREAD, ROLLS, BISCUITS | OTHER BAKED GOODS | CEREALS, PASTAS | | MIXTURES MAINLY GRAIN | TOTAL | TABLE FATS | SALAD DRESSING |
| | | | | | TOTAL | READY-TO-EAT CEREALS | | | | |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 63 | 3 | 5 | 45 | 29 | 10 | (5) | (5) | (5) |
| 1-2..... | 4/282 | 159 | 28 | 26 | 62 | 11 | 43 | 4 | 3 | 1 |
| 3-5..... | 408 | 202 | 43 | 36 | 65 | 15 | 57 | 7 | 4 | 2 |
| 6-8..... | 471 | 196 | 45 | 39 | 60 | 17 | 51 | 7 | 5 | 3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 212 | 50 | 47 | 60 | 17 | 55 | 9 | 6 | 3 |
| 12-14..... | 273 | 251 | 60 | 51 | 68 | 16 | 72 | 10 | 7 | 3 |
| 15-18..... | 380 | 256 | 72 | 59 | 62 | 15 | 63 | 11 | 8 | 3 |
| 19-22..... | 267 | 204 | 64 | 43 | 47 | 11 | 50 | 9 | 5 | 4 |
| 23-34..... | 727 | 214 | 69 | 53 | 40 | 7 | 53 | 14 | 6 | 7 |
| 35-50..... | 635 | 224 | 71 | 51 | 52 | 7 | 51 | 15 | 8 | 6 |
| 51-64..... | 559 | 231 | 72 | 58 | 63 | 10 | 39 | 16 | 8 | 6 |
| 65-74..... | 274 | 229 | 70 | 48 | 77 | 11 | 34 | 14 | 9 | 4 |
| 75 AND OVER..... | 123 | 241 | 73 | 65 | 77 | 12 | 27 | 13 | 9 | 2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 209 | 45 | 47 | 54 | 15 | 64 | 9 | 5 | 3 |
| 12-14..... | 268 | 185 | 46 | 45 | 46 | 11 | 47 | 8 | 4 | 3 |
| 15-18..... | 354 | 172 | 43 | 41 | 47 | 8 | 42 | 10 | 5 | 5 |
| 19-22..... | 337 | 171 | 44 | 32 | 49 | 6 | 46 | 8 | 5 | 3 |
| 23-34..... | 974 | 166 | 45 | 35 | 42 | 6 | 43 | 12 | 5 | 6 |
| 35-50..... | 948 | 154 | 47 | 32 | 35 | 4 | 40 | 12 | 5 | 5 |
| 51-64..... | 696 | 163 | 51 | 31 | 45 | 6 | 35 | 12 | 6 | 5 |
| 65-74..... | 334 | 169 | 52 | 37 | 49 | 7 | 31 | 11 | 7 | 3 |
| 75 AND OVER..... | 187 | 190 | 53 | 37 | 69 | 10 | 31 | 9 | 6 | 2 |
| ALL INDIVIDUALS... | 4/9,129 | 192 | 54 | 41 | 51 | 10 | 46 | 11 | 6 | 4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 3N-3.2.--GRAIN PRODUCTS; FATS, OILS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD FROM HOME

| 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..... | 4/122 | 87.7 | 18.7 | 25.9 | 86.0 | 74.0 | 16.5 | 14.0 | 14.0 | 2.5 |
| 1-2..... | 4/282 | 99.4 | 88.0 | 82.9 | 90.0 | 65.2 | 56.8 | 70.7 | 64.9 | 19.5 |
| 3-5..... | 408 | 100.0 | 94.2 | 85.8 | 90.1 | 70.0 | 62.4 | 75.0 | 65.5 | 34.3 |
| 6-8..... | 471 | 99.5 | 92.3 | 81.5 | 88.9 | 72.5 | 50.8 | 72.9 | 62.2 | 32.3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 100.0 | 94.0 | 82.6 | 87.1 | 69.9 | 46.5 | 75.8 | 66.8 | 28.6 |
| 12-14..... | 273 | 100.0 | 93.9 | 78.2 | 76.6 | 61.9 | 51.0 | 73.8 | 62.1 | 35.1 |
| 15-18..... | 380 | 99.5 | 93.3 | 76.4 | 70.8 | 48.6 | 42.0 | 72.1 | 64.4 | 29.9 |
| 19-22..... | 267 | 96.9 | 86.9 | 65.6 | 61.2 | 39.2 | 34.2 | 66.5 | 53.1 | 28.9 |
| 23-34..... | 727 | 96.3 | 88.6 | 69.0 | 48.4 | 23.7 | 34.8 | 76.6 | 62.8 | 46.1 |
| 35-50..... | 635 | 98.0 | 89.2 | 77.4 | 53.1 | 24.5 | 33.9 | 78.8 | 66.8 | 47.3 |
| 51-64..... | 559 | 98.3 | 93.2 | 73.1 | 60.2 | 33.9 | 27.3 | 81.4 | 67.7 | 46.5 |
| 65-74..... | 274 | 99.7 | 97.7 | 84.8 | 76.2 | 43.1 | 28.9 | 85.8 | 77.8 | 41.3 |
| 75 AND OVER..... | 123 | 100.0 | 96.6 | 82.8 | 72.1 | 42.6 | 21.6 | 80.3 | 67.7 | 21.2 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 99.4 | 91.9 | 82.4 | 80.6 | 64.5 | 54.4 | 72.7 | 62.4 | 33.2 |
| 12-14..... | 268 | 98.8 | 88.0 | 79.0 | 71.7 | 54.0 | 48.1 | 71.0 | 61.2 | 37.8 |
| 15-18..... | 354 | 98.4 | 90.2 | 76.0 | 60.2 | 38.6 | 37.1 | 76.2 | 62.7 | 34.5 |
| 19-22..... | 337 | 98.2 | 91.1 | 66.4 | 61.2 | 31.8 | 41.1 | 70.6 | 60.8 | 35.6 |
| 23-34..... | 974 | 96.5 | 91.4 | 67.9 | 55.4 | 27.3 | 42.4 | 80.7 | 65.1 | 49.6 |
| 35-50..... | 948 | 97.0 | 89.8 | 72.0 | 48.6 | 21.1 | 37.6 | 82.5 | 65.7 | 46.2 |
| 51-64..... | 696 | 98.6 | 94.6 | 71.9 | 60.2 | 33.3 | 30.7 | 80.8 | 70.1 | 40.9 |
| 65-74..... | 334 | 98.2 | 93.3 | 74.9 | 62.9 | 39.5 | 24.1 | 83.1 | 74.4 | 36.0 |
| 75 AND OVER..... | 187 | 100.0 | 98.6 | 76.8 | 75.2 | 44.2 | 28.0 | 85.0 | 75.6 | 33.2 |
| ALL INDIVIDUALS... | 4/9,129 | 98.1 | 90.7 | 74.2 | 64.8 | 40.4 | 39.1 | 76.8 | 64.9 | 39.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 4A-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/421 | 77 | 10 | 1 | 2 | 18 | 46 |
| 1-2..... | 5/1,035 | 98 | 34 | 10 | 3 | 5 | 45 |
| 3-5..... | 1,719 | 110 | 41 | 13 | 3 | 5 | 49 |
| 6-8..... | 1,841 | 145 | 53 | 13 | 5 | 6 | 67 |
| MALES: | | | | | | | |
| 9-11..... | 939 | 167 | 66 | 16 | 6 | 7 | 73 |
| 12-14..... | 1,150 | 187 | 74 | 18 | 7 | 8 | 80 |
| 15-18..... | 1,394 | 216 | 88 | 22 | 8 | 7 | 91 |
| 19-22..... | 1,030 | 217 | 83 | 25 | 7 | 6 | 95 |
| 23-34..... | 2,716 | 233 | 81 | 29 | 9 | 8 | 106 |
| 35-50..... | 2,571 | 256 | 82 | 32 | 10 | 10 | 122 |
| 51-64..... | 2,161 | 275 | 79 | 38 | 11 | 11 | 136 |
| 65-74..... | 1,049 | 256 | 73 | 33 | 12 | 15 | 124 |
| 75 AND OVER..... | 465 | 250 | 74 | 33 | 15 | 13 | 115 |
| FEMALES: | | | | | | | |
| 9-11..... | 1,011 | 162 | 58 | 16 | 6 | 6 | 76 |
| 12-14..... | 1,148 | 160 | 60 | 18 | 5 | 5 | 71 |
| 15-18..... | 1,473 | 163 | 60 | 18 | 6 | 6 | 72 |
| 19-22..... | 1,317 | 170 | 53 | 24 | 5 | 5 | 82 |
| 23-34..... | 3,879 | 187 | 52 | 26 | 8 | 8 | 93 |
| 35-50..... | 3,759 | 201 | 51 | 29 | 10 | 8 | 102 |
| 51-64..... | 2,936 | 224 | 54 | 33 | 11 | 11 | 114 |
| 65-74..... | 1,376 | 224 | 53 | 32 | 12 | 14 | 113 |
| 75 AND OVER..... | 751 | 211 | 53 | 29 | 12 | 14 | 102 |
| ALL INDIVIDUALS..... | 5/36,142 | 198 | 62 | 25 | 8 | 9 | 95 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4A-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/421 | 72.1 | 20.3 | 2.5 | 6.4 | 34.8 | 60.3 |
| 1-2 | 5/1,035 | 96.5 | 78.3 | 33.0 | 12.3 | 21.2 | 81.6 |
| 3-5 | 1,719 | 97.9 | 80.8 | 44.2 | 11.5 | 18.7 | 86.0 |
| 6-8 | 1,841 | 99.3 | 85.9 | 44.2 | 14.9 | 23.4 | 91.4 |
| MALES: | | | | | | | |
| 9-11 | 939 | 98.6 | 88.4 | 43.1 | 14.4 | 24.0 | 89.7 |
| 12-14 | 1,150 | 99.2 | 86.3 | 47.0 | 14.8 | 22.5 | 91.6 |
| 15-18 | 1,394 | 98.6 | 86.7 | 47.6 | 14.2 | 17.9 | 88.4 |
| 19-22 | 1,030 | 98.7 | 84.1 | 47.0 | 12.5 | 14.1 | 88.8 |
| 23-34 | 2,716 | 99.3 | 84.6 | 52.7 | 15.6 | 17.3 | 93.1 |
| 35-50 | 2,571 | 99.2 | 81.8 | 50.8 | 16.8 | 21.7 | 94.3 |
| 51-64 | 2,161 | 99.2 | 79.7 | 51.4 | 20.2 | 22.5 | 96.1 |
| 65-74 | 1,049 | 98.6 | 78.2 | 46.7 | 21.3 | 29.0 | 92.8 |
| 75 AND OVER | 465 | 96.7 | 71.7 | 44.4 | 19.7 | 26.1 | 88.6 |
| FEMALES: | | | | | | | |
| 9-11 | 1,011 | 98.8 | 83.5 | 44.5 | 15.2 | 20.9 | 93.5 |
| 12-14 | 1,148 | 97.9 | 82.5 | 47.0 | 13.5 | 17.5 | 89.0 |
| 15-18 | 1,473 | 97.5 | 82.4 | 45.7 | 13.3 | 18.4 | 87.8 |
| 19-22 | 1,317 | 96.6 | 73.9 | 47.7 | 11.7 | 17.3 | 88.9 |
| 23-34 | 3,879 | 98.3 | 75.7 | 50.1 | 17.1 | 19.5 | 93.6 |
| 35-50 | 3,759 | 98.7 | 74.2 | 51.4 | 19.6 | 22.1 | 93.7 |
| 51-64 | 2,936 | 99.3 | 75.2 | 51.0 | 22.1 | 26.8 | 96.3 |
| 65-74 | 1,376 | 98.3 | 72.1 | 49.6 | 22.6 | 28.8 | 93.2 |
| 75 AND OVER | 751 | 97.8 | 68.1 | 41.7 | 21.7 | 28.9 | 91.8 |
| ALL INDIVIDUALS | 5/36,142 | 98.2 | 78.7 | 47.7 | 16.7 | 21.7 | 91.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4A-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/421 | 2 | 1 | (6) | 0 | (6) | 1 |
| 1-2 | 5/1,035 | 10 | 4 | 1 | (6) | (6) | 4 |
| 3-5 | 1,719 | 13 | 6 | 1 | (6) | (6) | 6 |
| 6-8 | 1,841 | 33 | 12 | 2 | 1 | 1 | 17 |
| MALES: | | | | | | | |
| 9-11 | 939 | 41 | 16 | 3 | 1 | 2 | 19 |
| 12-14 | 1,150 | 39 | 16 | 3 | 1 | 1 | 18 |
| 15-18 | 1,394 | 39 | 18 | 3 | 1 | 1 | 16 |
| 19-22 | 1,030 | 48 | 23 | 5 | 1 | 1 | 17 |
| 23-34 | 2,716 | 48 | 19 | 5 | 1 | 1 | 22 |
| 35-50 | 2,571 | 44 | 17 | 4 | 1 | 1 | 21 |
| 51-64 | 2,161 | 37 | 12 | 3 | 1 | 1 | 19 |
| 65-74 | 1,049 | 24 | 8 | 1 | 1 | 1 | 12 |
| 75 AND OVER | 465 | 21 | 8 | 1 | (6) | 1 | 11 |
| FEMALES: | | | | | | | |
| 9-11 | 1,011 | 36 | 12 | 3 | 1 | 1 | 18 |
| 12-14 | 1,148 | 31 | 13 | 3 | (6) | 1 | 14 |
| 15-18 | 1,473 | 34 | 14 | 3 | (6) | 1 | 15 |
| 19-22 | 1,317 | 32 | 12 | 4 | 1 | 1 | 14 |
| 23-34 | 3,879 | 30 | 10 | 4 | 1 | 1 | 15 |
| 35-50 | 3,759 | 27 | 8 | 3 | 1 | 1 | 14 |
| 51-64 | 2,936 | 25 | 7 | 3 | 1 | 1 | 13 |
| 65-74 | 1,376 | 22 | 7 | 2 | 1 | 1 | 11 |
| 75 AND OVER | 751 | 14 | 5 | 2 | 1 | 1 | 6 |
| ALL INDIVIDUALS | 5/36,142 | 31 | 12 | 3 | 1 | 1 | 15 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4A-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/421 | 4.0 | 1.8 | 0.4 | 0.0 | 0.2 | 2.7 |
| 1-2..... | 5/1,035 | 25.1 | 18.9 | 4.7 | .9 | 1.6 | 12.9 |
| 3-5..... | 1,719 | 31.4 | 21.8 | 7.8 | 1.4 | 2.7 | 17.5 |
| 6-8..... | 1,841 | 55.1 | 39.8 | 12.3 | 3.3 | 8.0 | 39.5 |
| MALES: | | | | | | | |
| 9-11..... | 939 | 60.5 | 43.9 | 15.3 | 3.7 | 8.2 | 44.3 |
| 12-14..... | 1,150 | 59.4 | 42.6 | 16.1 | 2.7 | 7.0 | 41.3 |
| 15-18..... | 1,394 | 56.3 | 42.6 | 15.4 | 1.9 | 3.9 | 38.1 |
| 19-22..... | 1,030 | 52.3 | 41.7 | 15.1 | 1.7 | 2.8 | 34.5 |
| 23-34..... | 2,716 | 55.3 | 40.7 | 18.0 | 2.3 | 3.3 | 40.3 |
| 35-50..... | 2,571 | 46.0 | 33.1 | 13.0 | 2.4 | 3.0 | 35.0 |
| 51-64..... | 2,161 | 37.2 | 26.0 | 11.9 | 1.9 | 3.2 | 31.4 |
| 65-74..... | 1,049 | 27.7 | 18.9 | 5.8 | 2.6 | 3.5 | 22.9 |
| 75 AND OVER..... | 465 | 20.4 | 14.3 | 3.6 | 1.5 | 2.6 | 16.8 |
| FEMALES: | | | | | | | |
| 9-11..... | 1,011 | 58.5 | 39.4 | 14.1 | 2.5 | 6.4 | 42.9 |
| 12-14..... | 1,148 | 55.5 | 41.7 | 15.5 | 1.6 | 4.3 | 36.2 |
| 15-18..... | 1,473 | 55.1 | 40.5 | 15.9 | 1.0 | 4.3 | 37.2 |
| 19-22..... | 1,317 | 48.8 | 33.9 | 16.1 | 1.6 | 3.7 | 33.7 |
| 23-34..... | 3,879 | 43.9 | 26.9 | 13.1 | 2.6 | 3.1 | 34.0 |
| 35-50..... | 3,759 | 37.8 | 22.3 | 11.2 | 3.1 | 2.9 | 29.3 |
| 51-64..... | 2,936 | 33.2 | 19.4 | 8.9 | 3.3 | 3.7 | 28.2 |
| 65-74..... | 1,376 | 27.9 | 16.2 | 5.7 | 2.7 | 3.8 | 24.2 |
| 75 AND OVER..... | 751 | 20.2 | 12.7 | 5.3 | 2.1 | 2.3 | 15.6 |
| ALL INDIVIDUALS..... | 5/36,142 | 43.1 | 29.6 | 12.0 | 2.4 | 3.8 | 31.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4A-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/421 | 76 | 10 | 1 | 2 | 18 | 46 |
| 1-2 | 5/1,035 | 88 | 30 | 9 | 3 | 5 | 41 |
| 3-5 | 1,719 | 97 | 35 | 11 | 3 | 4 | 43 |
| 6-8 | 1,841 | 112 | 41 | 11 | 4 | 5 | 50 |
| MALES: | | | | | | | |
| 9-11 | 939 | 127 | 50 | 13 | 5 | 5 | 54 |
| 12-14 | 1,150 | 148 | 58 | 15 | 6 | 7 | 63 |
| 15-18 | 1,394 | 177 | 69 | 19 | 7 | 6 | 76 |
| 19-22 | 1,030 | 169 | 60 | 20 | 6 | 5 | 78 |
| 23-34 | 2,716 | 185 | 62 | 24 | 8 | 7 | 84 |
| 35-50 | 2,571 | 212 | 66 | 28 | 9 | 9 | 101 |
| 51-64 | 2,161 | 238 | 67 | 35 | 11 | 10 | 116 |
| 65-74 | 1,049 | 232 | 64 | 31 | 11 | 14 | 112 |
| 75 AND OVER | 465 | 229 | 66 | 32 | 14 | 12 | 104 |
| FEMALES: | | | | | | | |
| 9-11 | 1,011 | 126 | 46 | 13 | 5 | 5 | 57 |
| 12-14 | 1,148 | 129 | 46 | 16 | 5 | 5 | 57 |
| 15-18 | 1,473 | 129 | 46 | 15 | 6 | 5 | 57 |
| 19-22 | 1,317 | 138 | 40 | 20 | 5 | 5 | 69 |
| 23-34 | 3,879 | 156 | 42 | 22 | 7 | 7 | 78 |
| 35-50 | 3,759 | 174 | 43 | 26 | 9 | 7 | 88 |
| 51-64 | 2,936 | 199 | 47 | 31 | 10 | 10 | 101 |
| 65-74 | 1,376 | 202 | 46 | 30 | 11 | 12 | 102 |
| 75 AND OVER | 751 | 197 | 49 | 27 | 12 | 14 | 96 |
| ALL INDIVIDUALS | 5/36,142 | 167 | 50 | 22 | 7 | 8 | 80 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4A-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING.3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/421 | 71.4 | 18.9 | 2.3 | 6.4 | 34.8 | 59.6 |
| 1-2..... | 5/1,035 | 93.7 | 70.9 | 30.3 | 11.6 | 19.9 | 79.9 |
| 3-5..... | 1,719 | 96.3 | 73.0 | 39.9 | 10.4 | 16.7 | 83.7 |
| 6-8..... | 1,841 | 96.3 | 73.3 | 36.7 | 12.2 | 16.8 | 84.6 |
| MALES: | | | | | | | |
| 9-11..... | 939 | 94.3 | 74.1 | 33.2 | 11.6 | 17.2 | 82.5 |
| 12-14..... | 1,150 | 95.2 | 74.4 | 36.6 | 12.6 | 17.2 | 83.0 |
| 15-18..... | 1,394 | 93.6 | 73.9 | 38.5 | 12.7 | 15.1 | 81.4 |
| 19-22..... | 1,030 | 89.6 | 67.1 | 37.2 | 11.2 | 11.6 | 78.5 |
| 23-34..... | 2,716 | 93.5 | 69.5 | 42.3 | 13.4 | 14.4 | 85.3 |
| 35-50..... | 2,571 | 95.5 | 69.0 | 44.2 | 14.8 | 19.2 | 89.8 |
| 51-64..... | 2,161 | 95.9 | 68.5 | 44.7 | 18.6 | 19.9 | 91.1 |
| 65-74..... | 1,049 | 96.3 | 69.2 | 43.9 | 19.3 | 26.6 | 89.5 |
| 75 AND OVER..... | 465 | 94.8 | 65.6 | 42.5 | 18.3 | 24.0 | 84.2 |
| FEMALES: | | | | | | | |
| 9-11..... | 1,011 | 95.5 | 71.3 | 35.7 | 13.3 | 15.5 | 84.9 |
| 12-14..... | 1,148 | 95.7 | 70.4 | 38.0 | 12.3 | 14.1 | 82.2 |
| 15-18..... | 1,473 | 91.6 | 66.7 | 36.4 | 12.5 | 14.9 | 78.6 |
| 19-22..... | 1,317 | 91.3 | 60.5 | 38.8 | 10.2 | 14.1 | 81.5 |
| 23-34..... | 3,879 | 94.4 | 63.8 | 42.5 | 15.0 | 17.0 | 88.0 |
| 35-50..... | 3,759 | 95.9 | 64.5 | 45.2 | 17.0 | 19.7 | 89.2 |
| 51-64..... | 2,936 | 97.0 | 66.9 | 46.4 | 19.4 | 24.0 | 92.1 |
| 65-74..... | 1,376 | 96.5 | 63.7 | 46.2 | 20.4 | 26.0 | 90.5 |
| 75 AND OVER..... | 751 | 95.1 | 63.6 | 39.4 | 19.8 | 27.4 | 87.9 |
| ALL INDIVIDUALS..... | 5/36,142 | 94.6 | 67.5 | 40.8 | 14.8 | 18.6 | 86.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 48-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/54 | 67 | 8 | (6) | 2 | 13 | 45 |
| 1-2..... | 5/137 | 101 | 34 | 8 | 6 | 6 | 46 |
| 3-5..... | 202 | 126 | 50 | 11 | 4 | 4 | 57 |
| 6-8..... | 186 | 150 | 57 | 11 | 9 | 6 | 68 |
| MALES: | | | | | | | |
| 9-11..... | 99 | 171 | 69 | 12 | 11 | 4 | 75 |
| 12-14..... | 93 | 180 | 72 | 11 | 11 | 6 | 80 |
| 15-18..... | 113 | 207 | 80 | 22 | 13 | 5 | 87 |
| 19-22..... | 92 | 212 | 92 | 27 | 8 | 2 | 82 |
| 23-34..... | 166 | 242 | 79 | 38 | 13 | 6 | 105 |
| 35-50..... | 93 | 263 | 91 | 23 | 9 | 5 | 135 |
| 51-64..... | 142 | 233 | 70 | 28 | 17 | 14 | 104 |
| 65-74..... | 254 | 227 | 74 | 22 | 12 | 13 | 106 |
| 75 AND OVER..... | 162 | 228 | 74 | 34 | 15 | 10 | 96 |
| FEMALES: | | | | | | | |
| 9-11..... | 108 | 171 | 67 | 16 | 7 | 6 | 75 |
| 12-14..... | 95 | 182 | 73 | 15 | 10 | 4 | 80 |
| 15-18..... | 117 | 169 | 69 | 15 | 7 | 2 | 76 |
| 19-22..... | 155 | 163 | 50 | 24 | 7 | 6 | 76 |
| 23-34..... | 349 | 176 | 56 | 25 | 10 | 5 | 80 |
| 35-50..... | 273 | 188 | 51 | 30 | 13 | 6 | 88 |
| 51-64..... | 380 | 209 | 56 | 22 | 16 | 9 | 105 |
| 65-74..... | 453 | 212 | 53 | 34 | 16 | 13 | 96 |
| 75 AND OVER..... | 303 | 207 | 56 | 28 | 17 | 13 | 93 |
| ALL INDIVIDUALS..... | 5/4,026 | 192 | 61 | 23 | 12 | 8 | 88 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4B-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/54 | 66.4 | 21.1 | 1.2 | 9.4 | 26.1 | 59.5 |
| 1-2..... | 5/137 | 94.2 | 75.6 | 27.4 | 16.3 | 16.4 | 72.4 |
| 3-5..... | 202 | 95.2 | 75.2 | 35.5 | 12.1 | 14.9 | 79.1 |
| 6-8..... | 186 | 99.5 | 84.8 | 39.9 | 17.7 | 19.2 | 90.5 |
| MALES: | | | | | | | |
| 9-11..... | 99 | 98.1 | 89.6 | 36.2 | 25.5 | 17.4 | 86.8 |
| 12-14..... | 93 | 99.2 | 86.8 | 43.3 | 19.1 | 19.0 | 89.0 |
| 15-18..... | 113 | 97.3 | 83.2 | 46.1 | 22.7 | 9.0 | 83.1 |
| 19-22..... | 92 | 98.0 | 86.4 | 42.7 | 14.2 | 8.3 | 89.3 |
| 23-34..... | 166 | 97.7 | 77.1 | 52.8 | 19.3 | 13.2 | 91.6 |
| 35-50..... | 93 | 94.8 | 73.6 | 50.1 | 14.5 | 13.0 | 91.6 |
| 51-64..... | 142 | 98.5 | 66.7 | 41.3 | 22.1 | 21.6 | 82.8 |
| 65-74..... | 254 | 97.1 | 72.3 | 33.2 | 16.9 | 25.3 | 86.5 |
| 75 AND OVER..... | 162 | 94.3 | 66.2 | 42.8 | 19.0 | 19.9 | 84.9 |
| FEMALES: | | | | | | | |
| 9-11..... | 108 | 100.0 | 76.6 | 45.1 | 16.0 | 17.0 | 88.8 |
| 12-14..... | 95 | 100.0 | 82.4 | 42.2 | 15.8 | 11.6 | 86.7 |
| 15-18..... | 117 | 98.5 | 85.1 | 43.3 | 12.8 | 7.0 | 79.3 |
| 19-22..... | 155 | 90.5 | 66.8 | 41.3 | 12.1 | 16.0 | 77.5 |
| 23-34..... | 349 | 95.9 | 68.5 | 48.3 | 18.7 | 11.2 | 89.3 |
| 35-50..... | 273 | 97.5 | 69.3 | 53.3 | 19.6 | 15.5 | 86.1 |
| 51-64..... | 380 | 97.9 | 66.6 | 40.9 | 23.4 | 19.1 | 90.2 |
| 65-74..... | 453 | 97.2 | 68.4 | 47.5 | 24.9 | 25.1 | 88.7 |
| 75 AND OVER..... | 303 | 97.4 | 65.8 | 38.8 | 20.9 | 24.0 | 89.6 |
| ALL INDIVIDUALS..... | 5/4,026 | 96.6 | 72.1 | 42.3 | 19.1 | 17.9 | 86.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 48-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/54 | (6) | 0 | 0 | 0 | 0 | (6) |
| 1-2..... | 5/137 | 6 | 2 | (6) | (6) | (6) | 3 |
| 3-5..... | 202 | 14 | 4 | 1 | (6) | 1 | 8 |
| 6-8..... | 186 | 35 | 12 | 2 | 2 | 2 | 17 |
| MALES: | | | | | | | |
| 9-11..... | 99 | 34 | 11 | 3 | 2 | 1 | 16 |
| 12-14..... | 93 | 34 | 13 | 1 | 2 | (6) | 17 |
| 15-18..... | 113 | 35 | 17 | 3 | 1 | (6) | 14 |
| 19-22..... | 92 | 47 | 21 | 7 | 0 | 1 | 17 |
| 23-34..... | 166 | 26 | 9 | 4 | 1 | (6) | 11 |
| 35-50..... | 93 | 38 | 15 | 3 | 2 | (6) | 18 |
| 51-64..... | 142 | 18 | 8 | 1 | 2 | 1 | 6 |
| 65-74..... | 254 | 18 | 6 | 2 | (6) | 1 | 9 |
| 75 AND OVER..... | 162 | 25 | 10 | 1 | 1 | 1 | 12 |
| FEMALES: | | | | | | | |
| 9-11..... | 108 | 39 | 13 | 3 | (6) | 1 | 21 |
| 12-14..... | 95 | 33 | 13 | 2 | (6) | 1 | 17 |
| 15-18..... | 117 | 33 | 17 | 3 | 1 | 1 | 12 |
| 19-22..... | 155 | 25 | 12 | 1 | 1 | 1 | 11 |
| 23-34..... | 349 | 18 | 6 | 2 | (6) | (6) | 9 |
| 35-50..... | 273 | 18 | 5 | 4 | 1 | (6) | 8 |
| 51-64..... | 380 | 16 | 6 | 2 | (6) | 1 | 8 |
| 65-74..... | 453 | 17 | 5 | 1 | 1 | 1 | 8 |
| 75 AND OVER..... | 303 | 13 | 5 | 2 | 1 | 1 | 5 |
| ALL INDIVIDUALS..... | 5/4,026 | 22 | 8 | 2 | 1 | 1 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 48-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/54 | 2.1 | 0.0 | 0.0 | 0.0 | 0.0 | 2.1 |
| 1-2 | 5/137 | 16.6 | 11.5 | 3.1 | .6 | 1.3 | 8.7 |
| 3-5 | 202 | 26.1 | 13.8 | 5.5 | 1.9 | 3.9 | 18.9 |
| 6-8 | 186 | 56.4 | 36.5 | 11.7 | 4.4 | 9.5 | 45.3 |
| MALES: | | | | | | | |
| 9-11 | 99 | 57.3 | 36.7 | 16.1 | 5.7 | 7.3 | 41.4 |
| 12-14 | 93 | 56.6 | 35.5 | 13.9 | 5.8 | 2.6 | 41.0 |
| 15-18 | 113 | 51.1 | 40.7 | 17.5 | 3.5 | 1.1 | 37.5 |
| 19-22 | 92 | 51.3 | 41.4 | 14.3 | .0 | 4.0 | 38.4 |
| 23-34 | 166 | 38.4 | 25.5 | 13.1 | 1.6 | .6 | 27.8 |
| 35-50 | 93 | 32.2 | 21.2 | 14.6 | 3.9 | .9 | 29.8 |
| 51-64 | 142 | 21.6 | 15.2 | 9.6 | 4.5 | 1.6 | 17.7 |
| 65-74 | 254 | 22.6 | 13.3 | 5.7 | 1.0 | 3.5 | 17.3 |
| 75 AND OVER | 162 | 19.2 | 15.8 | 4.2 | 1.9 | 2.6 | 18.0 |
| FEMALES: | | | | | | | |
| 9-11 | 108 | 61.1 | 38.3 | 12.1 | 1.6 | 4.8 | 46.5 |
| 12-14 | 95 | 49.7 | 37.6 | 16.8 | 2.6 | 3.2 | 34.5 |
| 15-18 | 117 | 50.6 | 44.4 | 13.1 | 1.8 | 1.7 | 26.4 |
| 19-22 | 155 | 38.1 | 27.6 | 8.7 | 1.9 | 3.5 | 27.4 |
| 23-34 | 349 | 26.0 | 14.7 | 7.9 | .9 | 1.5 | 17.1 |
| 35-50 | 273 | 20.7 | 12.5 | 11.0 | 2.6 | 2.4 | 15.0 |
| 51-64 | 380 | 22.8 | 13.0 | 8.5 | .9 | 2.2 | 18.8 |
| 65-74 | 453 | 20.3 | 11.0 | 4.4 | 2.6 | 3.3 | 16.8 |
| 75 AND OVER | 303 | 17.3 | 12.5 | 5.3 | .9 | 1.6 | 13.4 |
| ALL INDIVIDUALS | 5/4,026 | 30.2 | 19.9 | 8.8 | 2.1 | 2.8 | 22.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 48-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/54 | 67 | 8 | (6) | 2 | 13 | 44 |
| 1-2..... | 5/137 | 95 | 32 | 7 | 6 | 6 | 44 |
| 3-5..... | 202 | 112 | 45 | 11 | 4 | 3 | 49 |
| 6-8..... | 186 | 115 | 45 | 9 | 7 | 4 | 50 |
| MALES: | | | | | | | |
| 9-11..... | 99 | 138 | 59 | 9 | 9 | 3 | 58 |
| 12-14..... | 93 | 146 | 59 | 10 | 9 | 6 | 63 |
| 15-18..... | 113 | 172 | 63 | 19 | 12 | 4 | 73 |
| 19-22..... | 92 | 165 | 70 | 20 | 8 | 2 | 65 |
| 23-34..... | 166 | 216 | 70 | 35 | 12 | 6 | 94 |
| 35-50..... | 93 | 224 | 76 | 20 | 7 | 5 | 117 |
| 51-64..... | 142 | 215 | 62 | 26 | 15 | 14 | 98 |
| 65-74..... | 254 | 209 | 68 | 20 | 11 | 12 | 98 |
| 75 AND OVER..... | 162 | 204 | 64 | 32 | 14 | 9 | 84 |
| FEMALES: | | | | | | | |
| 9-11..... | 108 | 132 | 54 | 13 | 6 | 5 | 54 |
| 12-14..... | 95 | 149 | 60 | 14 | 9 | 3 | 63 |
| 15-18..... | 117 | 135 | 52 | 12 | 6 | 2 | 63 |
| 19-22..... | 155 | 138 | 39 | 23 | 6 | 5 | 65 |
| 23-34..... | 349 | 158 | 50 | 23 | 10 | 4 | 71 |
| 35-50..... | 273 | 170 | 46 | 27 | 12 | 5 | 80 |
| 51-64..... | 380 | 193 | 51 | 21 | 16 | 8 | 97 |
| 65-74..... | 453 | 195 | 48 | 33 | 15 | 12 | 88 |
| 75 AND OVER..... | 303 | 193 | 51 | 26 | 16 | 12 | 88 |
| ALL INDIVIDUALS..... | 5/4,026 | 170 | 53 | 21 | 11 | 7 | 77 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4B-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/54 | 66.4 | 21.1 | 1.2 | 9.4 | 26.1 | 59.5 |
| 1-2 | 5/137 | 92.7 | 71.5 | 26.4 | 16.3 | 15.2 | 68.9 |
| 3-5 | 202 | 95.2 | 69.3 | 32.3 | 11.4 | 11.8 | 77.7 |
| 6-8 | 186 | 97.9 | 75.5 | 32.3 | 13.9 | 11.2 | 80.1 |
| MALES: | | | | | | | |
| 9-11 | 99 | 93.5 | 76.2 | 22.7 | 19.8 | 11.3 | 79.2 |
| 12-14 | 93 | 96.6 | 72.4 | 33.6 | 15.3 | 16.3 | 80.0 |
| 15-18 | 113 | 91.1 | 69.9 | 33.7 | 19.9 | 7.9 | 76.5 |
| 19-22 | 92 | 85.1 | 65.1 | 33.2 | 14.2 | 4.3 | 76.1 |
| 23-34 | 166 | 91.6 | 61.9 | 44.7 | 17.7 | 12.7 | 85.4 |
| 35-50 | 93 | 89.4 | 60.0 | 42.3 | 11.4 | 12.1 | 86.1 |
| 51-64 | 142 | 94.2 | 58.3 | 32.5 | 18.1 | 20.9 | 76.6 |
| 65-74 | 254 | 95.2 | 65.2 | 31.0 | 16.2 | 23.1 | 80.6 |
| 75 AND OVER | 162 | 91.9 | 59.3 | 40.5 | 17.1 | 19.0 | 79.9 |
| FEMALES: | | | | | | | |
| 9-11 | 108 | 95.0 | 64.3 | 36.0 | 14.5 | 12.2 | 76.8 |
| 12-14 | 95 | 99.3 | 74.8 | 34.0 | 13.3 | 8.3 | 81.4 |
| 15-18 | 117 | 83.9 | 62.9 | 31.9 | 11.0 | 5.4 | 67.3 |
| 19-22 | 155 | 84.0 | 54.7 | 35.6 | 10.2 | 13.1 | 71.0 |
| 23-34 | 349 | 92.7 | 62.2 | 42.6 | 18.0 | 10.5 | 85.4 |
| 35-50 | 273 | 93.5 | 62.6 | 47.7 | 17.7 | 13.2 | 82.1 |
| 51-64 | 380 | 96.3 | 60.6 | 36.6 | 22.5 | 17.2 | 86.6 |
| 65-74 | 453 | 95.4 | 62.0 | 45.0 | 23.0 | 22.6 | 86.3 |
| 75 AND OVER | 303 | 93.7 | 60.4 | 35.8 | 20.3 | 23.1 | 85.4 |
| ALL INDIVIDUALS | 5/4,026 | 93.1 | 63.5 | 36.8 | 17.4 | 15.6 | 80.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4C-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/55 | 72 | 9 | 1 | (6) | 17 | 45 |
| 1-2..... | 5/127 | 112 | 39 | 17 | 4 | 6 | 45 |
| 3-5..... | 243 | 114 | 43 | 10 | 5 | 4 | 52 |
| 6-8..... | 197 | 145 | 57 | 9 | 6 | 5 | 67 |
| MALES: | | | | | | | |
| 9-11..... | 94 | 157 | 59 | 14 | 3 | 10 | 70 |
| 12-14..... | 140 | 193 | 84 | 16 | 8 | 6 | 80 |
| 15-18..... | 133 | 241 | 107 | 18 | 9 | 7 | 100 |
| 19-22..... | 121 | 237 | 86 | 25 | 14 | 5 | 107 |
| 23-34..... | 309 | 221 | 85 | 24 | 9 | 4 | 99 |
| 35-50..... | 203 | 237 | 79 | 24 | 10 | 11 | 114 |
| 51-64..... | 218 | 282 | 87 | 43 | 12 | 9 | 131 |
| 65-74..... | 242 | 270 | 71 | 35 | 11 | 17 | 136 |
| 75 AND OVER..... | 84 | 273 | 59 | 42 | 12 | 12 | 148 |
| FEMALES: | | | | | | | |
| 9-11..... | 118 | 154 | 54 | 15 | 6 | 6 | 73 |
| 12-14..... | 130 | 163 | 64 | 18 | 4 | 5 | 71 |
| 15-18..... | 140 | 162 | 64 | 16 | 11 | 6 | 65 |
| 19-22..... | 183 | 164 | 57 | 25 | 3 | 4 | 74 |
| 23-34..... | 462 | 171 | 49 | 26 | 8 | 7 | 81 |
| 35-50..... | 340 | 199 | 53 | 23 | 13 | 7 | 104 |
| 51-64..... | 380 | 230 | 61 | 35 | 12 | 9 | 114 |
| 65-74..... | 226 | 227 | 54 | 24 | 12 | 14 | 123 |
| 75 AND OVER..... | 104 | 204 | 48 | 28 | 12 | 17 | 98 |
| ALL INDIVIDUALS..... | 5/4,249 | 198 | 63 | 24 | 9 | 8 | 94 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4C-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/55 | 61.7 | 17.8 | 1.9 | 3.0 | 37.1 | 52.2 |
| 1-2 | 5/127 | 95.9 | 73.8 | 34.4 | 10.6 | 19.1 | 77.4 |
| 3-5 | 243 | 98.5 | 78.5 | 38.0 | 15.3 | 15.9 | 89.4 |
| 6-8 | 197 | 98.8 | 84.6 | 39.6 | 16.6 | 17.7 | 90.6 |
| MALES: | | | | | | | |
| 9-11 | 94 | 97.9 | 93.1 | 43.0 | 10.0 | 30.5 | 86.6 |
| 12-14 | 140 | 98.9 | 88.1 | 43.1 | 15.2 | 17.4 | 86.3 |
| 15-18 | 133 | 99.3 | 88.9 | 36.5 | 11.4 | 17.8 | 90.8 |
| 19-22 | 121 | 99.4 | 82.6 | 46.5 | 15.6 | 12.3 | 88.5 |
| 23-34 | 309 | 99.7 | 82.4 | 51.5 | 12.2 | 10.4 | 89.7 |
| 35-50 | 203 | 96.6 | 75.6 | 39.7 | 14.0 | 18.7 | 88.7 |
| 51-64 | 218 | 97.9 | 80.7 | 49.2 | 23.9 | 14.4 | 95.5 |
| 65-74 | 242 | 97.9 | 79.0 | 52.3 | 19.7 | 31.0 | 92.3 |
| 75 AND OVER | 84 | 96.7 | 67.0 | 45.9 | 20.0 | 24.1 | 87.7 |
| FEMALES: | | | | | | | |
| 9-11 | 118 | 98.8 | 83.7 | 43.5 | 13.4 | 16.5 | 91.6 |
| 12-14 | 130 | 94.9 | 81.3 | 42.4 | 10.0 | 13.4 | 85.5 |
| 15-18 | 140 | 98.8 | 81.4 | 39.7 | 22.4 | 18.5 | 91.4 |
| 19-22 | 183 | 97.6 | 80.8 | 47.3 | 7.6 | 13.8 | 91.5 |
| 23-34 | 462 | 98.5 | 73.5 | 51.9 | 15.9 | 16.0 | 91.6 |
| 35-50 | 340 | 98.7 | 71.2 | 43.4 | 19.7 | 19.9 | 92.8 |
| 51-64 | 380 | 98.1 | 76.2 | 48.8 | 22.3 | 20.8 | 96.0 |
| 65-74 | 226 | 97.7 | 76.3 | 47.3 | 21.1 | 31.9 | 91.6 |
| 75 AND OVER | 104 | 97.9 | 69.9 | 50.0 | 22.2 | 37.9 | 94.6 |
| ALL INDIVIDUALS | 5/4,249 | 97.7 | 77.8 | 45.0 | 16.5 | 19.5 | 90.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4C-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/55 | (6) | (6) | 0 | 0 | 0 | (6) |
| 1-2 | 5/127 | 10 | 4 | 1 | 2 | (6) | 3 |
| 3-5 | 243 | 15 | 6 | 2 | (6) | 1 | 5 |
| 6-8 | 197 | 39 | 14 | 2 | 1 | 1 | 20 |
| MALES: | | | | | | | |
| 9-11 | 94 | 39 | 16 | 3 | (6) | 3 | 17 |
| 12-14 | 140 | 42 | 18 | 2 | 1 | 1 | 19 |
| 15-18 | 133 | 45 | 20 | 4 | (6) | 2 | 20 |
| 19-22 | 121 | 43 | 16 | 7 | 3 | 0 | 17 |
| 23-34 | 309 | 40 | 17 | 4 | 2 | 1 | 16 |
| 35-50 | 203 | 26 | 10 | 3 | 1 | (6) | 12 |
| 51-64 | 218 | 16 | 9 | 1 | (6) | (6) | 6 |
| 65-74 | 242 | 21 | 7 | 1 | 1 | 1 | 10 |
| 75 AND OVER | 84 | 10 | 4 | (6) | 0 | (6) | 5 |
| FEMALES: | | | | | | | |
| 9-11 | 118 | 48 | 14 | 4 | 1 | 1 | 27 |
| 12-14 | 130 | 32 | 16 | 2 | 1 | 1 | 13 |
| 15-18 | 140 | 27 | 10 | 2 | 1 | 1 | 14 |
| 19-22 | 183 | 27 | 11 | 2 | (6) | (6) | 14 |
| 23-34 | 462 | 32 | 9 | 4 | 1 | 1 | 16 |
| 35-50 | 340 | 22 | 6 | 2 | 1 | 1 | 12 |
| 51-64 | 380 | 24 | 8 | 2 | 2 | 1 | 12 |
| 65-74 | 226 | 23 | 8 | 1 | 1 | 2 | 12 |
| 75 AND OVER | 104 | 11 | 1 | 2 | 0 | 1 | 6 |
| ALL INDIVIDUALS | 5/4,249 | 27 | 10 | 2 | 1 | 1 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4C-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/55 | 3.3 | 1.5 | 0.0 | 0.0 | 0.0 | 1.8 |
| 1-2..... | 5/127 | 18.8 | 14.2 | 5.6 | 2.1 | .7 | 7.8 |
| 3-5..... | 243 | 27.4 | 18.6 | 6.4 | 2.5 | 3.4 | 15.0 |
| 6-8..... | 197 | 57.9 | 40.8 | 11.9 | 4.8 | 9.1 | 46.6 |
| MALES: | | | | | | | |
| 9-11..... | 94 | 66.8 | 48.9 | 13.5 | 3.7 | 17.2 | 47.4 |
| 12-14..... | 140 | 69.4 | 48.8 | 14.9 | 2.6 | 7.0 | 44.6 |
| 15-18..... | 133 | 59.5 | 37.8 | 11.6 | .6 | 6.6 | 47.9 |
| 19-22..... | 121 | 44.7 | 31.3 | 18.8 | 1.2 | .0 | 31.0 |
| 23-34..... | 309 | 51.0 | 37.2 | 17.4 | 2.6 | 2.2 | 33.9 |
| 35-50..... | 203 | 28.1 | 21.4 | 7.5 | 2.0 | .9 | 22.9 |
| 51-64..... | 218 | 19.5 | 14.9 | 3.7 | .5 | 1.4 | 14.0 |
| 65-74..... | 242 | 25.7 | 16.5 | 5.5 | 3.1 | 1.9 | 20.0 |
| 75 AND OVER..... | 84 | 16.2 | 6.9 | 3.0 | .0 | 1.5 | 14.9 |
| FEMALES: | | | | | | | |
| 9-11..... | 118 | 71.0 | 48.1 | 17.9 | 4.2 | 6.7 | 49.5 |
| 12-14..... | 130 | 49.8 | 39.4 | 12.8 | 2.0 | 3.6 | 35.0 |
| 15-18..... | 140 | 55.1 | 34.3 | 12.1 | 2.0 | 5.3 | 38.7 |
| 19-22..... | 183 | 43.2 | 30.6 | 10.6 | 1.1 | 1.8 | 25.8 |
| 23-34..... | 462 | 39.4 | 24.9 | 13.1 | 3.2 | 3.0 | 30.2 |
| 35-50..... | 340 | 28.6 | 17.0 | 7.3 | 2.6 | 2.1 | 21.9 |
| 51-64..... | 380 | 29.8 | 16.8 | 6.9 | 4.0 | 2.2 | 25.1 |
| 65-74..... | 226 | 28.4 | 19.1 | 4.6 | 2.9 | 5.4 | 25.6 |
| 75 AND OVER..... | 104 | 21.5 | 4.4 | 6.1 | .0 | 2.0 | 20.7 |
| ALL INDIVIDUALS..... | 5/4,249 | 38.0 | 25.4 | 9.7 | 2.5 | 3.4 | 27.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4C-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/55 | 72 | 9 | 1 | (6) | 17 | 45 |
| 1-2..... | 5/127 | 102 | 35 | 16 | 2 | 6 | 43 |
| 3-5..... | 243 | 99 | 37 | 8 | 4 | 4 | 47 |
| 6-8..... | 197 | 106 | 44 | 7 | 5 | 4 | 47 |
| MALES: | | | | | | | |
| 9-11..... | 94 | 117 | 44 | 12 | 2 | 7 | 53 |
| 12-14..... | 140 | 151 | 65 | 13 | 7 | 5 | 60 |
| 15-18..... | 133 | 196 | 87 | 15 | 9 | 5 | 80 |
| 19-22..... | 121 | 195 | 70 | 19 | 11 | 5 | 90 |
| 23-34..... | 309 | 180 | 67 | 20 | 7 | 3 | 82 |
| 35-50..... | 203 | 211 | 69 | 21 | 9 | 10 | 102 |
| 51-64..... | 218 | 266 | 78 | 42 | 11 | 8 | 125 |
| 65-74..... | 242 | 249 | 64 | 33 | 9 | 16 | 126 |
| 75 AND OVER..... | 84 | 264 | 55 | 42 | 12 | 12 | 143 |
| FEMALES: | | | | | | | |
| 9-11..... | 118 | 106 | 40 | 11 | 4 | 5 | 46 |
| 12-14..... | 130 | 130 | 48 | 16 | 4 | 4 | 58 |
| 15-18..... | 140 | 135 | 54 | 15 | 10 | 5 | 51 |
| 19-22..... | 183 | 137 | 47 | 23 | 3 | 3 | 61 |
| 23-34..... | 462 | 140 | 40 | 22 | 7 | 6 | 65 |
| 35-50..... | 340 | 177 | 47 | 21 | 12 | 6 | 92 |
| 51-64..... | 380 | 206 | 53 | 34 | 10 | 8 | 102 |
| 65-74..... | 226 | 204 | 46 | 23 | 11 | 12 | 112 |
| 75 AND OVER..... | 104 | 194 | 47 | 26 | 12 | 17 | 91 |
| ALL INDIVIDUALS..... | 5/4,249 | 171 | 53 | 21 | 8 | 7 | 81 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4C-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/55 | 61.7 | 17.8 | 1.9 | 3.0 | 37.1 | 52.2 |
| 1-2 | 5/127 | 92.1 | 63.0 | 31.5 | 8.5 | 18.4 | 76.4 |
| 3-5 | 243 | 97.0 | 71.9 | 34.2 | 12.9 | 12.8 | 87.0 |
| 6-8 | 197 | 96.1 | 69.5 | 31.8 | 13.2 | 9.3 | 80.4 |
| MALES: | | | | | | | |
| 9-11 | 94 | 95.5 | 74.3 | 32.8 | 8.6 | 14.8 | 79.6 |
| 12-14 | 140 | 89.8 | 69.9 | 33.0 | 13.2 | 11.1 | 73.3 |
| 15-18 | 133 | 92.3 | 76.9 | 32.3 | 10.7 | 12.8 | 81.3 |
| 19-22 | 121 | 94.7 | 73.1 | 36.1 | 14.4 | 12.3 | 80.2 |
| 23-34 | 309 | 93.7 | 68.0 | 41.2 | 10.0 | 8.2 | 83.0 |
| 35-50 | 203 | 93.7 | 67.0 | 33.7 | 12.0 | 17.8 | 85.8 |
| 51-64 | 218 | 97.4 | 77.4 | 46.7 | 23.4 | 14.0 | 94.6 |
| 65-74 | 242 | 96.6 | 70.2 | 49.3 | 16.6 | 29.7 | 91.4 |
| 75 AND OVER | 84 | 94.6 | 64.7 | 44.9 | 20.0 | 22.6 | 84.6 |
| FEMALES: | | | | | | | |
| 9-11 | 118 | 92.7 | 63.9 | 30.5 | 10.6 | 10.7 | 81.1 |
| 12-14 | 130 | 89.6 | 66.9 | 35.1 | 8.5 | 10.7 | 78.8 |
| 15-18 | 140 | 95.6 | 71.3 | 31.8 | 20.4 | 13.2 | 83.3 |
| 19-22 | 183 | 94.3 | 68.1 | 39.9 | 6.6 | 12.0 | 86.6 |
| 23-34 | 462 | 93.0 | 60.2 | 43.4 | 13.6 | 13.5 | 84.4 |
| 35-50 | 340 | 95.4 | 61.9 | 39.1 | 17.7 | 17.8 | 88.9 |
| 51-64 | 380 | 94.8 | 67.8 | 44.5 | 19.1 | 19.1 | 91.0 |
| 65-74 | 226 | 95.5 | 65.3 | 44.3 | 18.3 | 27.1 | 89.6 |
| 75 AND OVER | 104 | 96.9 | 69.0 | 46.4 | 22.2 | 36.7 | 92.8 |
| ALL INDIVIDUALS | 5/4,249 | 94.1 | 67.1 | 38.9 | 14.5 | 16.4 | 85.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4D-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/117 | 75 | 10 | 3 | 2 | 18 | 42 |
| 1-2..... | 5/283 | 94 | 35 | 7 | 2 | 4 | 45 |
| 3-5..... | 406 | 110 | 41 | 14 | 3 | 4 | 48 |
| 6-8..... | 468 | 143 | 53 | 14 | 4 | 5 | 67 |
| MALES: | | | | | | | |
| 9-11..... | 200 | 168 | 71 | 20 | 4 | 5 | 68 |
| 12-14..... | 222 | 198 | 83 | 21 | 6 | 8 | 81 |
| 15-18..... | 240 | 234 | 98 | 23 | 9 | 7 | 98 |
| 19-22..... | 166 | 224 | 93 | 26 | 7 | 6 | 93 |
| 23-34..... | 695 | 234 | 84 | 30 | 8 | 7 | 105 |
| 35-50..... | 508 | 266 | 92 | 38 | 10 | 9 | 117 |
| 51-64..... | 412 | 261 | 83 | 31 | 10 | 10 | 127 |
| 65-74..... | 152 | 252 | 69 | 36 | 10 | 9 | 127 |
| 75 AND OVER..... | 47 | 229 | 65 | 16 | 12 | 30 | 106 |
| FEMALES: | | | | | | | |
| 9-11..... | 225 | 164 | 61 | 18 | 5 | 4 | 76 |
| 12-14..... | 244 | 171 | 61 | 23 | 7 | 5 | 74 |
| 15-18..... | 260 | 167 | 62 | 17 | 5 | 8 | 76 |
| 19-22..... | 209 | 183 | 61 | 22 | 4 | 6 | 89 |
| 23-34..... | 1,009 | 194 | 57 | 26 | 8 | 8 | 97 |
| 35-50..... | 673 | 201 | 58 | 28 | 9 | 8 | 98 |
| 51-64..... | 521 | 221 | 55 | 34 | 9 | 11 | 112 |
| 65-74..... | 167 | 220 | 49 | 33 | 10 | 9 | 120 |
| 75 AND OVER..... | 62 | 211 | 62 | 22 | 8 | 15 | 104 |
| ALL INDIVIDUALS..... | 5/7,286 | 196 | 65 | 25 | 7 | 8 | 92 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4D-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/117 | 75.0 | 19.2 | 4.3 | 5.5 | 37.3 | 58.4 |
| 1-2..... | 5/283 | 96.7 | 81.7 | 29.6 | 12.6 | 20.6 | 80.9 |
| 3-5..... | 406 | 98.1 | 84.7 | 45.6 | 13.1 | 19.8 | 86.1 |
| 6-8..... | 468 | 99.2 | 85.8 | 43.3 | 13.5 | 24.4 | 92.4 |
| MALES: | | | | | | | |
| 9-11..... | 200 | 100.0 | 88.2 | 51.9 | 9.8 | 22.7 | 93.4 |
| 12-14..... | 222 | 100.0 | 89.0 | 55.0 | 13.0 | 21.2 | 96.5 |
| 15-18..... | 240 | 98.7 | 87.3 | 52.3 | 17.1 | 18.8 | 91.1 |
| 19-22..... | 166 | 96.0 | 82.5 | 48.2 | 11.0 | 10.2 | 80.5 |
| 23-34..... | 695 | 99.1 | 86.5 | 52.0 | 14.8 | 16.2 | 92.6 |
| 35-50..... | 508 | 100.0 | 83.1 | 53.2 | 18.0 | 19.5 | 95.1 |
| 51-64..... | 412 | 99.0 | 79.7 | 44.9 | 17.5 | 19.1 | 97.0 |
| 65-74..... | 152 | 100.0 | 83.2 | 50.5 | 21.9 | 28.9 | 96.0 |
| 75 AND OVER..... | 47 | 97.1 | 76.4 | 33.8 | 21.4 | 46.4 | 86.8 |
| FEMALES: | | | | | | | |
| 9-11..... | 225 | 99.2 | 86.2 | 41.8 | 14.3 | 19.4 | 95.7 |
| 12-14..... | 244 | 100.0 | 85.6 | 54.7 | 15.7 | 15.7 | 89.8 |
| 15-18..... | 260 | 97.2 | 80.2 | 49.8 | 11.7 | 20.2 | 89.6 |
| 19-22..... | 209 | 100.0 | 78.7 | 47.6 | 7.4 | 16.4 | 93.4 |
| 23-34..... | 1,009 | 98.8 | 76.7 | 50.0 | 16.0 | 21.8 | 94.4 |
| 35-50..... | 673 | 98.9 | 76.3 | 51.6 | 18.2 | 21.4 | 95.2 |
| 51-64..... | 521 | 99.7 | 79.2 | 50.8 | 20.1 | 26.7 | 97.7 |
| 65-74..... | 167 | 100.0 | 73.5 | 54.9 | 22.3 | 27.1 | 99.0 |
| 75 AND OVER..... | 62 | 97.3 | 73.9 | 26.4 | 19.8 | 32.8 | 95.3 |
| ALL INDIVIDUALS..... | 5/7,286 | 98.6 | 80.7 | 48.0 | 15.5 | 21.2 | 92.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4D-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/117 | 2 | 1 | 1 | 0 | (6) | (6) |
| 1-2 | 5/283 | 11 | 6 | (6) | (6) | (6) | 4 |
| 3-5 | 406 | 12 | 5 | 1 | (6) | (6) | 5 |
| 6-8 | 468 | 27 | 9 | 2 | 1 | 1 | 14 |
| MALES: | | | | | | | |
| 9-11 | 200 | 38 | 16 | 3 | 1 | 1 | 18 |
| 12-14 | 222 | 36 | 15 | 3 | 1 | 1 | 16 |
| 15-18 | 240 | 36 | 17 | 3 | (6) | 1 | 14 |
| 19-22 | 166 | 62 | 32 | 4 | (6) | 2 | 24 |
| 23-34 | 695 | 43 | 17 | 5 | 1 | 1 | 19 |
| 35-50 | 508 | 39 | 16 | 4 | 1 | 1 | 17 |
| 51-64 | 412 | 28 | 9 | 2 | (6) | 2 | 16 |
| 65-74 | 152 | 32 | 13 | 1 | 1 | (6) | 16 |
| 75 AND OVER | 47 | 15 | 6 | (6) | (6) | (6) | 9 |
| FEMALES: | | | | | | | |
| 9-11 | 225 | 37 | 14 | 2 | 1 | 2 | 19 |
| 12-14 | 244 | 29 | 12 | 2 | (6) | 1 | 14 |
| 15-18 | 260 | 33 | 13 | 3 | 1 | 1 | 15 |
| 19-22 | 209 | 33 | 16 | 4 | (6) | 1 | 12 |
| 23-34 | 1,009 | 29 | 10 | 4 | 1 | 2 | 13 |
| 35-50 | 673 | 24 | 8 | 3 | 1 | 1 | 12 |
| 51-64 | 521 | 22 | 7 | 3 | 1 | 1 | 11 |
| 65-74 | 167 | 23 | 6 | 1 | 1 | (6) | 14 |
| 75 AND OVER | 62 | 16 | 6 | (6) | (6) | 2 | 8 |
| ALL INDIVIDUALS | 5/7,286 | 30 | 11 | 3 | 1 | 1 | 14 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4D-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/117 | 4.6 | 2.3 | 1.6 | 0.0 | 0.7 | 2.3 |
| 1-2..... | 5/283 | 28.6 | 23.0 | 4.5 | .7 | 1.9 | 14.9 |
| 3-5..... | 406 | 29.8 | 21.7 | 6.9 | .6 | 2.0 | 16.7 |
| 6-8..... | 468 | 49.7 | 32.5 | 10.1 | 2.9 | 8.6 | 32.5 |
| MALES: | | | | | | | |
| 9-11..... | 200 | 59.9 | 41.3 | 14.9 | 2.2 | 6.4 | 45.4 |
| 12-14..... | 222 | 55.7 | 38.1 | 18.4 | 1.7 | 5.9 | 39.1 |
| 15-18..... | 240 | 55.3 | 41.1 | 15.6 | 1.9 | 3.8 | 34.4 |
| 19-22..... | 166 | 50.4 | 38.9 | 14.0 | .7 | 3.4 | 31.5 |
| 23-34..... | 695 | 50.5 | 36.3 | 15.6 | 2.7 | 2.8 | 34.3 |
| 35-50..... | 508 | 40.3 | 27.4 | 14.0 | 1.3 | 2.4 | 29.8 |
| 51-64..... | 412 | 33.1 | 21.8 | 7.1 | .8 | 3.8 | 27.6 |
| 65-74..... | 152 | 37.6 | 30.6 | 9.3 | 3.7 | 3.8 | 29.1 |
| 75 AND OVER..... | 47 | 20.2 | 11.6 | 2.4 | 3.5 | 3.5 | 15.7 |
| FEMALES: | | | | | | | |
| 9-11..... | 225 | 60.2 | 39.9 | 11.3 | 3.6 | 11.4 | 43.9 |
| 12-14..... | 244 | 57.3 | 42.4 | 17.1 | 1.3 | 4.6 | 34.4 |
| 15-18..... | 260 | 53.6 | 36.8 | 16.0 | 1.1 | 3.9 | 36.7 |
| 19-22..... | 209 | 50.1 | 42.1 | 13.8 | 1.1 | 2.7 | 31.1 |
| 23-34..... | 1,009 | 42.3 | 25.6 | 11.9 | 2.2 | 4.3 | 33.0 |
| 35-50..... | 673 | 41.0 | 25.5 | 11.0 | 2.9 | 3.1 | 28.9 |
| 51-64..... | 521 | 31.4 | 19.5 | 8.6 | 2.3 | 3.1 | 24.6 |
| 65-74..... | 167 | 35.7 | 17.3 | 7.8 | 2.5 | 1.5 | 33.1 |
| 75 AND OVER..... | 62 | 24.8 | 16.7 | 2.3 | 3.2 | 5.2 | 22.7 |
| ALL INDIVIDUALS..... | 5/7,286 | 42.8 | 29.1 | 11.5 | 2.0 | 4.0 | 30.2 |

1/ SEE "TABLE NOTES," APPENDIX 8.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 40-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/117 | 73 | 10 | 2 | 2 | 18 | 42 |
| 1-2..... | 5/283 | 83 | 29 | 7 | 2 | 4 | 41 |
| 3-5..... | 406 | 98 | 35 | 13 | 3 | 4 | 42 |
| 6-8..... | 468 | 116 | 43 | 12 | 3 | 4 | 53 |
| MALES: | | | | | | | |
| 9-11..... | 200 | 130 | 55 | 17 | 4 | 4 | 50 |
| 12-14..... | 222 | 162 | 68 | 18 | 5 | 7 | 64 |
| 15-18..... | 240 | 199 | 81 | 20 | 9 | 6 | 84 |
| 19-22..... | 166 | 162 | 60 | 22 | 7 | 4 | 69 |
| 23-34..... | 695 | 191 | 67 | 25 | 7 | 6 | 86 |
| 35-50..... | 508 | 227 | 76 | 34 | 9 | 8 | 100 |
| 51-64..... | 412 | 233 | 75 | 30 | 10 | 8 | 111 |
| 65-74..... | 152 | 219 | 56 | 35 | 10 | 9 | 110 |
| 75 AND OVER..... | 47 | 214 | 60 | 15 | 12 | 30 | 97 |
| FEMALES: | | | | | | | |
| 9-11..... | 225 | 127 | 47 | 16 | 5 | 2 | 57 |
| 12-14..... | 244 | 142 | 50 | 21 | 7 | 4 | 60 |
| 15-18..... | 260 | 134 | 48 | 14 | 4 | 7 | 60 |
| 19-22..... | 209 | 150 | 45 | 18 | 4 | 5 | 77 |
| 23-34..... | 1,009 | 165 | 47 | 22 | 7 | 6 | 83 |
| 35-50..... | 673 | 177 | 50 | 26 | 8 | 7 | 86 |
| 51-64..... | 521 | 200 | 48 | 31 | 9 | 10 | 101 |
| 65-74..... | 167 | 198 | 43 | 32 | 9 | 8 | 106 |
| 75 AND OVER..... | 62 | 195 | 56 | 22 | 8 | 13 | 96 |
| ALL INDIVIDUALS..... | 5/7,286 | 167 | 53 | 22 | 7 | 7 | 78 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4D-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/117 | 74.3 | 16.8 | 3.5 | 5.5 | 37.3 | 56.9 |
| 1-2..... | 5/283 | 92.6 | 72.4 | 26.9 | 11.9 | 18.7 | 79.0 |
| 3-5..... | 406 | 95.7 | 78.6 | 41.4 | 12.7 | 18.1 | 83.4 |
| 6-8..... | 468 | 95.9 | 76.3 | 37.3 | 10.8 | 17.6 | 86.4 |
| MALES: | | | | | | | |
| 9-11..... | 200 | 96.0 | 75.4 | 43.2 | 7.5 | 16.8 | 84.8 |
| 12-14..... | 222 | 96.5 | 79.1 | 44.0 | 11.3 | 16.8 | 88.3 |
| 15-18..... | 240 | 95.8 | 75.3 | 42.6 | 15.7 | 16.4 | 86.7 |
| 19-22..... | 166 | 83.5 | 62.9 | 37.0 | 10.3 | 7.6 | 67.6 |
| 23-34..... | 695 | 93.0 | 73.8 | 42.3 | 12.1 | 13.8 | 84.7 |
| 35-50..... | 508 | 95.7 | 72.0 | 46.2 | 16.6 | 17.8 | 89.9 |
| 51-64..... | 412 | 95.2 | 70.3 | 40.2 | 16.7 | 16.0 | 91.3 |
| 65-74..... | 152 | 99.5 | 70.9 | 45.5 | 19.6 | 25.9 | 94.6 |
| 75 AND OVER..... | 47 | 95.3 | 70.1 | 33.8 | 17.9 | 42.9 | 85.0 |
| FEMALES: | | | | | | | |
| 9-11..... | 225 | 97.0 | 73.0 | 36.1 | 11.7 | 10.7 | 85.7 |
| 12-14..... | 244 | 99.0 | 74.0 | 45.1 | 14.8 | 12.0 | 84.8 |
| 15-18..... | 260 | 93.1 | 65.2 | 38.8 | 10.6 | 17.1 | 85.3 |
| 19-22..... | 209 | 93.4 | 58.1 | 40.5 | 6.3 | 14.1 | 87.6 |
| 23-34..... | 1,009 | 95.6 | 66.4 | 43.7 | 13.8 | 18.0 | 89.7 |
| 35-50..... | 673 | 96.5 | 66.1 | 45.9 | 15.3 | 19.3 | 89.8 |
| 51-64..... | 521 | 98.0 | 70.6 | 46.5 | 18.3 | 24.5 | 94.3 |
| 65-74..... | 167 | 99.2 | 65.6 | 49.6 | 20.4 | 26.5 | 96.0 |
| 75 AND OVER..... | 62 | 97.3 | 72.1 | 24.1 | 16.6 | 27.7 | 88.7 |
| ALL INDIVIDUALS..... | 5/7,286 | 95.1 | 69.9 | 41.4 | 13.7 | 18.1 | 87.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4E-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/115 | 86 | 12 | 1 | 2 | 21 | 50 |
| 1-2..... | 5/271 | 93 | 30 | 11 | 2 | 6 | 44 |
| 3-5..... | 532 | 99 | 35 | 12 | 2 | 5 | 45 |
| 6-8..... | 594 | 139 | 48 | 13 | 4 | 8 | 66 |
| MALES: | | | | | | | |
| 9-11..... | 328 | 160 | 59 | 14 | 5 | 9 | 73 |
| 12-14..... | 437 | 174 | 64 | 17 | 5 | 9 | 78 |
| 15-18..... | 555 | 199 | 79 | 23 | 5 | 7 | 85 |
| 19-22..... | 313 | 224 | 84 | 26 | 8 | 9 | 97 |
| 23-34..... | 953 | 241 | 80 | 30 | 9 | 10 | 113 |
| 35-50..... | 1,219 | 250 | 75 | 32 | 9 | 10 | 122 |
| 51-64..... | 760 | 278 | 79 | 38 | 11 | 10 | 139 |
| 65-74..... | 115 | 270 | 75 | 42 | 15 | 13 | 126 |
| 75 AND OVER..... | 35 | 219 | 63 | 24 | 7 | 15 | 110 |
| FEMALES: | | | | | | | |
| 9-11..... | 339 | 153 | 55 | 15 | 5 | 8 | 70 |
| 12-14..... | 413 | 144 | 53 | 14 | 4 | 6 | 68 |
| 15-18..... | 559 | 158 | 56 | 19 | 5 | 6 | 71 |
| 19-22..... | 367 | 173 | 49 | 26 | 8 | 5 | 85 |
| 23-34..... | 1,254 | 184 | 48 | 26 | 8 | 8 | 94 |
| 35-50..... | 1,507 | 206 | 48 | 32 | 8 | 9 | 108 |
| 51-64..... | 777 | 235 | 52 | 40 | 10 | 12 | 120 |
| 65-74..... | 117 | 214 | 47 | 32 | 12 | 8 | 115 |
| 75 AND OVER..... | 63 | 185 | 40 | 27 | 15 | 18 | 86 |
| ALL INDIVIDUALS..... | 5/11,624 | 197 | 59 | 26 | 7 | 9 | 96 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4E-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/115 | 77.0 | 21.0 | 0.8 | 9.5 | 40.0 | 65.0 |
| 1-2 | 5/271 | 98.8 | 78.9 | 39.8 | 12.3 | 26.1 | 87.5 |
| 3-5 | 532 | 99.3 | 80.8 | 50.9 | 9.2 | 21.8 | 87.3 |
| 6-8 | 594 | 99.1 | 86.3 | 46.7 | 14.1 | 25.7 | 91.6 |
| MALES: | | | | | | | |
| 9-11 | 328 | 99.1 | 86.5 | 42.7 | 15.4 | 26.8 | 91.3 |
| 12-14 | 437 | 98.9 | 83.7 | 46.6 | 14.0 | 26.2 | 90.1 |
| 15-18 | 555 | 98.9 | 87.1 | 49.2 | 10.8 | 20.0 | 89.1 |
| 19-22 | 313 | 99.8 | 88.3 | 53.3 | 14.3 | 20.7 | 94.6 |
| 23-34 | 953 | 99.8 | 85.3 | 56.7 | 16.7 | 18.9 | 94.9 |
| 35-50 | 1,219 | 99.7 | 82.6 | 52.6 | 16.7 | 22.6 | 95.4 |
| 51-64 | 760 | 99.5 | 83.4 | 56.4 | 20.0 | 24.4 | 96.6 |
| 65-74 | 115 | 100.0 | 84.8 | 55.3 | 30.2 | 22.0 | 95.7 |
| 75 AND OVER | 35 | 100.0 | 79.8 | 57.6 | 14.3 | 49.7 | 100.0 |
| FEMALES: | | | | | | | |
| 9-11 | 339 | 98.1 | 81.6 | 47.8 | 15.0 | 23.7 | 93.2 |
| 12-14 | 413 | 98.0 | 81.7 | 47.8 | 11.4 | 21.4 | 90.5 |
| 15-18 | 559 | 97.6 | 84.3 | 48.8 | 12.7 | 19.0 | 88.5 |
| 19-22 | 367 | 97.5 | 75.6 | 54.5 | 16.4 | 17.0 | 88.1 |
| 23-34 | 1,254 | 98.2 | 76.8 | 51.4 | 17.6 | 19.8 | 94.5 |
| 35-50 | 1,507 | 99.1 | 74.6 | 53.6 | 17.6 | 25.5 | 95.7 |
| 51-64 | 777 | 99.8 | 77.8 | 57.5 | 23.4 | 31.1 | 99.0 |
| 65-74 | 117 | 98.8 | 72.6 | 53.3 | 23.0 | 29.1 | 98.8 |
| 75 AND OVER | 63 | 97.4 | 55.3 | 48.5 | 36.2 | 33.8 | 87.3 |
| ALL INDIVIDUALS | 5/11,624 | 98.8 | 80.4 | 51.3 | 16.3 | 23.3 | 93.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4E-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/115 | 2 | (6) | 0 | 0 | 0 | 2 |
| 1-2..... | 5/271 | 11 | 4 | 1 | (6) | (6) | 5 |
| 3-5..... | 532 | 14 | 6 | 1 | (6) | 1 | 6 |
| 6-8..... | 594 | 33 | 12 | 2 | 1 | 1 | 17 |
| MALES: | | | | | | | |
| 9-11..... | 328 | 41 | 15 | 3 | 1 | 1 | 20 |
| 12-14..... | 437 | 39 | 16 | 3 | (6) | 2 | 19 |
| 15-18..... | 555 | 39 | 20 | 3 | 1 | 1 | 15 |
| 19-22..... | 313 | 52 | 25 | 7 | 2 | 2 | 16 |
| 23-34..... | 953 | 57 | 22 | 6 | (6) | 2 | 27 |
| 35-50..... | 1,219 | 50 | 18 | 5 | 1 | 2 | 24 |
| 51-64..... | 760 | 50 | 16 | 5 | 1 | 1 | 28 |
| 65-74..... | 115 | 36 | 10 | 3 | 2 | 1 | 20 |
| 75 AND OVER..... | 35 | 29 | 8 | 2 | 3 | 1 | 16 |
| FEMALES: | | | | | | | |
| 9-11..... | 339 | 32 | 12 | 4 | 1 | 1 | 15 |
| 12-14..... | 413 | 30 | 12 | 3 | (6) | 1 | 14 |
| 15-18..... | 559 | 37 | 16 | 4 | (6) | 1 | 16 |
| 19-22..... | 367 | 41 | 15 | 8 | 1 | 1 | 16 |
| 23-34..... | 1,254 | 33 | 10 | 4 | 1 | 1 | 16 |
| 35-50..... | 1,507 | 32 | 9 | 4 | 1 | 1 | 17 |
| 51-64..... | 777 | 36 | 9 | 6 | 2 | 1 | 19 |
| 65-74..... | 117 | 30 | 9 | 5 | 2 | 1 | 14 |
| 75 AND OVER..... | 63 | 13 | 6 | 1 | 3 | 0 | 3 |
| ALL INDIVIDUALS..... | 5/11,624 | 38 | 14 | 4 | 1 | 1 | 18 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4E-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/115 | 2.3 | 1.1 | 0.0 | 0.0 | 0.0 | 2.3 |
| 1-2 | 5/271 | 30.8 | 22.7 | 6.1 | .7 | 1.8 | 14.3 |
| 3-5 | 532 | 37.0 | 25.6 | 10.6 | 1.1 | 3.1 | 18.7 |
| 6-8 | 594 | 56.6 | 43.6 | 14.2 | 2.7 | 6.8 | 38.5 |
| MALES: | | | | | | | |
| 9-11 | 328 | 59.0 | 44.5 | 16.4 | 3.9 | 7.6 | 42.3 |
| 12-14 | 437 | 58.8 | 42.9 | 16.9 | .9 | 8.8 | 41.0 |
| 15-18 | 555 | 58.2 | 45.2 | 16.6 | 1.5 | 4.1 | 37.3 |
| 19-22 | 313 | 57.5 | 48.4 | 17.2 | 3.6 | 4.2 | 39.9 |
| 23-34 | 953 | 62.7 | 46.2 | 20.8 | 1.8 | 4.2 | 48.4 |
| 35-50 | 1,219 | 53.5 | 38.6 | 14.4 | 3.0 | 3.9 | 40.1 |
| 51-64 | 760 | 45.7 | 32.7 | 16.0 | 3.2 | 4.0 | 39.7 |
| 65-74 | 115 | 39.5 | 26.0 | 8.3 | 3.9 | 4.2 | 36.8 |
| 75 AND OVER | 35 | 31.5 | 20.0 | 9.4 | 6.0 | 2.6 | 20.0 |
| FEMALES: | | | | | | | |
| 9-11 | 339 | 52.8 | 37.7 | 15.3 | 1.8 | 3.9 | 39.4 |
| 12-14 | 413 | 57.5 | 44.0 | 17.5 | 1.5 | 4.5 | 37.5 |
| 15-18 | 559 | 59.1 | 44.4 | 19.4 | .9 | 4.5 | 41.8 |
| 19-22 | 367 | 59.1 | 39.8 | 26.0 | 2.0 | 4.3 | 41.5 |
| 23-34 | 1,254 | 49.9 | 30.8 | 15.6 | 3.4 | 3.2 | 38.7 |
| 35-50 | 1,507 | 44.2 | 25.8 | 12.5 | 2.9 | 3.9 | 35.8 |
| 51-64 | 777 | 45.0 | 26.5 | 13.7 | 5.4 | 5.4 | 40.4 |
| 65-74 | 117 | 37.1 | 24.4 | 7.1 | 3.5 | 5.4 | 29.0 |
| 75 AND OVER | 63 | 21.3 | 11.9 | 6.9 | 5.0 | .0 | 11.6 |
| ALL INDIVIDUALS | 5/11,624 | 50.7 | 35.4 | 15.2 | 2.6 | 4.3 | 37.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4E-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/115 | 84 | 12 | 1 | 2 | 21 | 49 |
| 1-2..... | 5/271 | 83 | 26 | 10 | 2 | 6 | 39 |
| 3-5..... | 532 | 85 | 29 | 11 | 2 | 4 | 39 |
| 6-8..... | 594 | 106 | 36 | 11 | 4 | 6 | 49 |
| MALES: | | | | | | | |
| 9-11..... | 328 | 120 | 44 | 12 | 4 | 7 | 52 |
| 12-14..... | 437 | 135 | 49 | 14 | 5 | 7 | 60 |
| 15-18..... | 555 | 161 | 60 | 20 | 4 | 7 | 70 |
| 19-22..... | 313 | 171 | 59 | 19 | 6 | 7 | 81 |
| 23-34..... | 953 | 184 | 58 | 24 | 8 | 8 | 86 |
| 35-50..... | 1,219 | 199 | 57 | 28 | 8 | 9 | 98 |
| 51-64..... | 760 | 228 | 63 | 34 | 10 | 9 | 112 |
| 65-74..... | 115 | 234 | 64 | 40 | 13 | 12 | 106 |
| 75 AND OVER..... | 35 | 190 | 55 | 22 | 5 | 15 | 94 |
| FEMALES: | | | | | | | |
| 9-11..... | 339 | 121 | 43 | 12 | 5 | 7 | 55 |
| 12-14..... | 413 | 115 | 40 | 11 | 4 | 6 | 54 |
| 15-18..... | 559 | 121 | 40 | 15 | 5 | 5 | 56 |
| 19-22..... | 367 | 131 | 33 | 18 | 7 | 4 | 69 |
| 23-34..... | 1,254 | 151 | 37 | 22 | 7 | 7 | 78 |
| 35-50..... | 1,507 | 173 | 39 | 28 | 7 | 9 | 91 |
| 51-64..... | 777 | 198 | 43 | 35 | 9 | 10 | 102 |
| 65-74..... | 117 | 184 | 39 | 27 | 11 | 7 | 101 |
| 75 AND OVER..... | 63 | 172 | 34 | 27 | 11 | 18 | 83 |
| ALL INDIVIDUALS..... | 5/11,624 | 159 | 45 | 22 | 6 | 8 | 78 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4E-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/115 | 77.0 | 19.9 | 0.8 | 9.5 | 40.0 | 65.0 |
| 1-2..... | 5/271 | 96.6 | 72.5 | 36.2 | 11.9 | 25.1 | 86.3 |
| 3-5..... | 532 | 97.6 | 71.2 | 45.6 | 8.3 | 19.9 | 85.5 |
| 6-8..... | 594 | 97.3 | 72.2 | 39.1 | 11.7 | 20.4 | 87.8 |
| MALES: | | | | | | | |
| 9-11..... | 328 | 96.1 | 73.4 | 33.4 | 12.9 | 21.4 | 85.4 |
| 12-14..... | 437 | 94.9 | 72.9 | 34.9 | 13.3 | 20.1 | 82.7 |
| 15-18..... | 555 | 94.4 | 74.1 | 40.1 | 9.9 | 16.9 | 82.6 |
| 19-22..... | 313 | 90.9 | 71.8 | 42.6 | 12.4 | 16.6 | 81.7 |
| 23-34..... | 953 | 93.6 | 67.8 | 45.5 | 15.0 | 15.7 | 86.2 |
| 35-50..... | 1,219 | 96.3 | 67.5 | 46.0 | 14.2 | 19.4 | 90.9 |
| 51-64..... | 760 | 96.2 | 68.9 | 49.5 | 17.2 | 21.0 | 90.4 |
| 65-74..... | 115 | 96.8 | 76.0 | 52.5 | 27.9 | 17.8 | 90.9 |
| 75 AND OVER..... | 35 | 100.0 | 67.7 | 51.6 | 8.3 | 47.1 | 100.0 |
| FEMALES: | | | | | | | |
| 9-11..... | 339 | 95.3 | 71.4 | 38.1 | 13.9 | 20.1 | 86.5 |
| 12-14..... | 413 | 95.9 | 68.9 | 36.3 | 10.9 | 17.8 | 83.3 |
| 15-18..... | 559 | 91.6 | 67.0 | 38.6 | 12.2 | 15.6 | 78.2 |
| 19-22..... | 367 | 91.3 | 59.9 | 42.0 | 14.4 | 13.1 | 77.1 |
| 23-34..... | 1,254 | 94.9 | 62.6 | 42.4 | 15.2 | 17.5 | 89.4 |
| 35-50..... | 1,507 | 96.3 | 64.3 | 46.2 | 15.7 | 22.5 | 90.9 |
| 51-64..... | 777 | 96.4 | 67.6 | 50.9 | 19.0 | 27.2 | 92.8 |
| 65-74..... | 117 | 98.1 | 61.3 | 50.4 | 21.3 | 23.7 | 98.1 |
| 75 AND OVER..... | 63 | 92.3 | 48.9 | 48.5 | 31.1 | 33.8 | 83.6 |
| ALL INDIVIDUALS..... | 5/11,624 | 95.2 | 67.4 | 43.0 | 14.3 | 20.0 | 87.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4F-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/126 | 90 | 9 | 1 | 3 | 21 | 56 |
| 1-2..... | 5/306 | 92 | 30 | 6 | 4 | 7 | 45 |
| 3-5..... | 521 | 111 | 39 | 11 | 5 | 5 | 50 |
| 6-8..... | 482 | 152 | 55 | 12 | 9 | 8 | 68 |
| MALES: | | | | | | | |
| 9-11..... | 264 | 155 | 61 | 13 | 8 | 5 | 68 |
| 12-14..... | 287 | 187 | 72 | 15 | 11 | 8 | 80 |
| 15-18..... | 387 | 196 | 73 | 17 | 12 | 8 | 86 |
| 19-22..... | 318 | 205 | 75 | 20 | 9 | 8 | 92 |
| 23-34..... | 846 | 221 | 69 | 29 | 13 | 9 | 101 |
| 35-50..... | 657 | 252 | 73 | 29 | 15 | 10 | 126 |
| 51-64..... | 565 | 255 | 68 | 36 | 13 | 10 | 128 |
| 65-74..... | 300 | 249 | 63 | 35 | 13 | 17 | 121 |
| 75 AND OVER..... | 147 | 230 | 55 | 27 | 15 | 18 | 115 |
| FEMALES: | | | | | | | |
| 9-11..... | 269 | 169 | 58 | 14 | 9 | 8 | 81 |
| 12-14..... | 305 | 154 | 55 | 14 | 9 | 5 | 70 |
| 15-18..... | 424 | 164 | 58 | 15 | 9 | 7 | 76 |
| 19-22..... | 408 | 150 | 48 | 19 | 7 | 6 | 72 |
| 23-34..... | 1,216 | 187 | 50 | 23 | 11 | 7 | 96 |
| 35-50..... | 1,097 | 201 | 51 | 28 | 13 | 8 | 102 |
| 51-64..... | 850 | 222 | 52 | 30 | 15 | 11 | 113 |
| 65-74..... | 446 | 219 | 50 | 33 | 15 | 13 | 108 |
| 75 AND OVER..... | 240 | 206 | 47 | 29 | 18 | 13 | 99 |
| ALL INDIVIDUALS..... | 5/10,462 | 193 | 56 | 23 | 11 | 9 | 93 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4F-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/126 | 68.3 | 19.8 | 3.6 | 9.6 | 35.8 | 62.3 |
| 1-2 | 5/306 | 95.8 | 74.0 | 29.7 | 15.0 | 23.5 | 81.5 |
| 3-5 | 521 | 98.0 | 78.9 | 40.9 | 16.3 | 17.5 | 83.4 |
| 6-8 | 482 | 99.0 | 82.4 | 42.9 | 21.1 | 23.1 | 89.5 |
| MALES: | | | | | | | |
| 9-11 | 264 | 98.4 | 89.6 | 41.0 | 17.6 | 18.2 | 85.8 |
| 12-14 | 287 | 98.3 | 85.5 | 46.7 | 19.1 | 20.8 | 92.5 |
| 15-18 | 387 | 98.6 | 82.4 | 46.9 | 17.4 | 18.1 | 86.1 |
| 19-22 | 318 | 98.3 | 78.9 | 35.7 | 15.9 | 15.3 | 89.8 |
| 23-34 | 846 | 99.4 | 80.8 | 50.9 | 18.8 | 17.6 | 91.8 |
| 35-50 | 657 | 99.8 | 76.8 | 50.2 | 21.3 | 21.4 | 91.8 |
| 51-64 | 565 | 99.6 | 74.2 | 47.4 | 21.8 | 21.7 | 94.9 |
| 65-74 | 300 | 98.0 | 69.0 | 48.1 | 23.3 | 31.5 | 92.0 |
| 75 AND OVER | 147 | 93.2 | 62.3 | 45.4 | 23.4 | 32.5 | 86.9 |
| FEMALES: | | | | | | | |
| 9-11 | 269 | 99.5 | 83.0 | 45.0 | 22.7 | 21.4 | 93.8 |
| 12-14 | 305 | 97.4 | 82.5 | 42.2 | 18.5 | 12.5 | 86.7 |
| 15-18 | 424 | 98.6 | 82.5 | 41.1 | 18.2 | 16.5 | 87.8 |
| 19-22 | 408 | 94.9 | 68.7 | 40.7 | 15.7 | 15.4 | 86.5 |
| 23-34 | 1,216 | 98.0 | 71.7 | 48.1 | 20.2 | 16.5 | 92.8 |
| 35-50 | 1,097 | 99.2 | 71.7 | 51.1 | 22.7 | 21.0 | 92.6 |
| 51-64 | 850 | 99.6 | 73.2 | 51.2 | 26.2 | 24.3 | 96.2 |
| 65-74 | 446 | 97.9 | 66.6 | 50.0 | 25.6 | 25.5 | 90.7 |
| 75 AND OVER | 240 | 96.9 | 65.1 | 37.5 | 27.4 | 27.2 | 92.1 |
| ALL INDIVIDUALS | 5/10,462 | 98.1 | 75.1 | 45.7 | 20.5 | 20.5 | 90.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4F-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/126 | 1 | 1 | 1 | 0 | 0 | (6) |
| 1-2 | 5/306 | 8 | 3 | 1 | (6) | (6) | 4 |
| 3-5 | 521 | 13 | 5 | 1 | (6) | 1 | 6 |
| 6-8 | 482 | 33 | 12 | 3 | 2 | 1 | 16 |
| MALES: | | | | | | | |
| 9-11 | 264 | 34 | 14 | 3 | 1 | 1 | 16 |
| 12-14 | 287 | 35 | 15 | 2 | 1 | 1 | 14 |
| 15-18 | 387 | 31 | 15 | 2 | 1 | 1 | 12 |
| 19-22 | 318 | 35 | 19 | 3 | 1 | 1 | 10 |
| 23-34 | 846 | 50 | 19 | 6 | 1 | 1 | 23 |
| 35-50 | 657 | 42 | 15 | 3 | 2 | 1 | 21 |
| 51-64 | 565 | 37 | 11 | 5 | 1 | 2 | 18 |
| 65-74 | 300 | 24 | 7 | 1 | 1 | 1 | 15 |
| 75 AND OVER | 147 | 17 | 4 | 1 | 1 | 1 | 10 |
| FEMALES: | | | | | | | |
| 9-11 | 269 | 34 | 12 | 3 | 1 | 1 | 16 |
| 12-14 | 305 | 28 | 12 | 2 | (6) | 1 | 13 |
| 15-18 | 424 | 28 | 13 | 2 | (6) | (6) | 12 |
| 19-22 | 408 | 31 | 13 | 4 | (6) | 1 | 13 |
| 23-34 | 1,216 | 32 | 9 | 3 | 1 | 1 | 17 |
| 35-50 | 1,097 | 23 | 7 | 3 | 1 | (6) | 12 |
| 51-64 | 850 | 26 | 6 | 3 | 1 | 1 | 14 |
| 65-74 | 446 | 19 | 6 | 1 | 1 | 1 | 10 |
| 75 AND OVER | 240 | 15 | 5 | 2 | 2 | (6) | 5 |
| ALL INDIVIDUALS | 5/10,462 | 29 | 11 | 3 | 1 | 1 | 14 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4F-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/126 | 1.6 | 0.7 | 0.7 | 0.0 | 0.0 | 0.9 |
| 1-2 | 5/306 | 19.9 | 13.6 | 4.8 | 1.3 | 2.1 | 12.1 |
| 3-5 | 521 | 26.1 | 17.9 | 6.4 | 1.4 | 3.1 | 16.3 |
| 6-8 | 482 | 49.7 | 36.1 | 12.0 | 4.1 | 6.0 | 33.4 |
| MALES: | | | | | | | |
| 9-11 | 264 | 55.7 | 41.6 | 13.0 | 2.6 | 5.2 | 35.6 |
| 12-14 | 287 | 55.7 | 39.0 | 14.7 | 3.3 | 6.9 | 36.3 |
| 15-18 | 387 | 52.9 | 39.6 | 11.9 | 2.1 | 3.6 | 31.9 |
| 19-22 | 318 | 46.9 | 34.4 | 10.5 | 2.9 | 2.3 | 30.1 |
| 23-34 | 846 | 56.8 | 40.2 | 19.5 | 3.0 | 3.2 | 41.8 |
| 35-50 | 657 | 42.7 | 28.3 | 12.1 | 4.0 | 3.3 | 33.9 |
| 51-64 | 565 | 35.4 | 24.1 | 13.7 | 2.8 | 4.3 | 29.2 |
| 65-74 | 300 | 30.2 | 15.7 | 6.3 | 2.8 | 4.0 | 25.5 |
| 75 AND OVER | 147 | 15.1 | 10.4 | 2.6 | 2.6 | 3.1 | 13.0 |
| FEMALES: | | | | | | | |
| 9-11 | 269 | 50.3 | 36.4 | 14.2 | 3.3 | 4.7 | 36.3 |
| 12-14 | 305 | 50.6 | 40.5 | 11.4 | 1.5 | 2.4 | 31.8 |
| 15-18 | 424 | 55.1 | 41.3 | 12.7 | .6 | 2.5 | 34.1 |
| 19-22 | 408 | 44.6 | 36.4 | 14.3 | 1.7 | 3.5 | 29.2 |
| 23-34 | 1,216 | 43.7 | 25.4 | 12.3 | 3.4 | 2.6 | 35.0 |
| 35-50 | 1,097 | 34.6 | 21.3 | 10.3 | 3.0 | 1.9 | 25.9 |
| 51-64 | 850 | 34.8 | 17.5 | 9.1 | 3.3 | 3.6 | 29.1 |
| 65-74 | 446 | 26.0 | 14.1 | 3.8 | 2.0 | 4.8 | 22.6 |
| 75 AND OVER | 240 | 21.5 | 13.6 | 6.1 | 4.4 | 1.9 | 17.6 |
| ALL INDIVIDUALS | 5/10,462 | 40.6 | 27.2 | 11.1 | 2.8 | 3.4 | 29.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4F-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/126 | 89 | 9 | 1 | 3 | 21 | 56 |
| 1-2..... | 5/306 | 84 | 27 | 5 | 4 | 7 | 41 |
| 3-5..... | 521 | 99 | 34 | 10 | 5 | 5 | 45 |
| 6-8..... | 482 | 119 | 43 | 10 | 8 | 7 | 52 |
| MALES: | | | | | | | |
| 9-11..... | 264 | 121 | 46 | 11 | 7 | 4 | 53 |
| 12-14..... | 287 | 152 | 57 | 13 | 10 | 7 | 66 |
| 15-18..... | 387 | 166 | 59 | 15 | 11 | 7 | 74 |
| 19-22..... | 318 | 170 | 56 | 17 | 7 | 7 | 82 |
| 23-34..... | 846 | 171 | 50 | 24 | 11 | 8 | 79 |
| 35-50..... | 657 | 210 | 58 | 26 | 13 | 9 | 104 |
| 51-64..... | 565 | 218 | 57 | 31 | 11 | 8 | 110 |
| 65-74..... | 300 | 225 | 56 | 34 | 12 | 16 | 107 |
| 75 AND OVER..... | 147 | 213 | 51 | 26 | 14 | 17 | 105 |
| FEMALES: | | | | | | | |
| 9-11..... | 269 | 136 | 45 | 11 | 8 | 7 | 65 |
| 12-14..... | 305 | 126 | 44 | 12 | 9 | 5 | 57 |
| 15-18..... | 424 | 137 | 45 | 13 | 9 | 6 | 64 |
| 19-22..... | 408 | 119 | 35 | 15 | 6 | 5 | 59 |
| 23-34..... | 1,216 | 155 | 40 | 20 | 9 | 6 | 79 |
| 35-50..... | 1,097 | 178 | 43 | 25 | 12 | 8 | 90 |
| 51-64..... | 850 | 196 | 46 | 26 | 14 | 10 | 100 |
| 65-74..... | 446 | 200 | 44 | 32 | 14 | 12 | 98 |
| 75 AND OVER..... | 240 | 191 | 43 | 27 | 15 | 13 | 94 |
| ALL INDIVIDUALS..... | 5/10,462 | 164 | 46 | 20 | 10 | 8 | 79 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4F-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/126 | 68.3 | 19.1 | 2.9 | 9.6 | 35.8 | 62.3 |
| 1-2..... | 5/306 | 94.2 | 68.1 | 27.3 | 14.2 | 21.4 | 80.2 |
| 3-5..... | 521 | 96.3 | 71.7 | 36.3 | 15.4 | 15.1 | 80.3 |
| 6-8..... | 482 | 95.7 | 69.4 | 34.6 | 17.5 | 18.5 | 82.5 |
| MALES: | | | | | | | |
| 9-11..... | 264 | 92.7 | 70.9 | 31.3 | 15.0 | 14.5 | 79.2 |
| 12-14..... | 287 | 93.9 | 72.1 | 36.9 | 16.5 | 16.4 | 85.7 |
| 15-18..... | 387 | 93.1 | 67.4 | 39.3 | 15.3 | 16.2 | 80.3 |
| 19-22..... | 318 | 93.4 | 63.5 | 29.3 | 14.0 | 13.3 | 83.8 |
| 23-34..... | 846 | 91.3 | 62.5 | 39.0 | 15.9 | 14.5 | 80.9 |
| 35-50..... | 657 | 94.2 | 62.7 | 44.2 | 17.7 | 18.5 | 86.4 |
| 51-64..... | 565 | 94.0 | 61.9 | 39.2 | 19.1 | 18.2 | 88.2 |
| 65-74..... | 300 | 96.2 | 61.0 | 46.9 | 21.4 | 28.4 | 89.1 |
| 75 AND OVER..... | 147 | 92.1 | 57.0 | 43.5 | 20.8 | 30.1 | 82.8 |
| FEMALES: | | | | | | | |
| 9-11..... | 269 | 96.7 | 69.1 | 35.8 | 19.5 | 17.1 | 82.7 |
| 12-14..... | 305 | 95.4 | 69.1 | 35.8 | 17.5 | 11.0 | 80.4 |
| 15-18..... | 424 | 93.0 | 65.8 | 32.9 | 17.8 | 14.5 | 81.0 |
| 19-22..... | 408 | 90.0 | 53.5 | 32.5 | 14.0 | 12.1 | 80.6 |
| 23-34..... | 1,216 | 93.9 | 59.0 | 40.4 | 17.1 | 14.7 | 87.4 |
| 35-50..... | 1,097 | 96.3 | 62.4 | 45.3 | 20.1 | 19.6 | 88.0 |
| 51-64..... | 850 | 96.8 | 64.6 | 46.5 | 23.2 | 21.2 | 92.2 |
| 65-74..... | 446 | 95.9 | 58.2 | 47.8 | 23.7 | 21.9 | 87.7 |
| 75 AND OVER..... | 240 | 92.1 | 57.8 | 35.3 | 23.4 | 25.7 | 86.6 |
| ALL INDIVIDUALS..... | 5/10,462 | 94.1 | 63.1 | 39.0 | 18.1 | 17.9 | 84.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 46-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/150 | 81 | 11 | 1 | 2 | 18 | 49 |
| 1-2..... | 5/389 | 96 | 31 | 9 | 2 | 5 | 48 |
| 3-5..... | 639 | 104 | 39 | 12 | 3 | 5 | 45 |
| 6-8..... | 737 | 137 | 48 | 13 | 5 | 6 | 64 |
| MALES: | | | | | | | |
| 9-11..... | 346 | 162 | 62 | 16 | 5 | 9 | 71 |
| 12-14..... | 457 | 179 | 69 | 16 | 7 | 8 | 79 |
| 15-18..... | 544 | 211 | 86 | 22 | 5 | 6 | 93 |
| 19-22..... | 406 | 209 | 83 | 25 | 6 | 5 | 90 |
| 23-34..... | 1,034 | 231 | 79 | 27 | 8 | 8 | 109 |
| 35-50..... | 1,122 | 252 | 81 | 31 | 9 | 10 | 121 |
| 51-64..... | 870 | 266 | 73 | 36 | 11 | 11 | 135 |
| 65-74..... | 361 | 247 | 70 | 31 | 10 | 14 | 121 |
| 75 AND OVER..... | 134 | 278 | 80 | 33 | 18 | 15 | 133 |
| FEMALES: | | | | | | | |
| 9-11..... | 402 | 147 | 51 | 16 | 5 | 5 | 70 |
| 12-14..... | 451 | 150 | 56 | 18 | 4 | 5 | 68 |
| 15-18..... | 546 | 157 | 56 | 21 | 6 | 5 | 69 |
| 19-22..... | 493 | 184 | 57 | 30 | 6 | 5 | 86 |
| 23-34..... | 1,488 | 187 | 50 | 27 | 9 | 8 | 94 |
| 35-50..... | 1,478 | 200 | 46 | 30 | 10 | 9 | 106 |
| 51-64..... | 1,043 | 223 | 48 | 37 | 10 | 11 | 117 |
| 65-74..... | 408 | 221 | 48 | 31 | 11 | 13 | 118 |
| 75 AND OVER..... | 238 | 222 | 57 | 32 | 8 | 17 | 108 |
| ALL INDIVIDUALS..... | 5/13,737 | 196 | 59 | 26 | 8 | 8 | 95 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4G-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/150 | 80.3 | 20.1 | 1.5 | 7.1 | 40.1 | 66.8 |
| 1-2..... | 5/389 | 96.5 | 80.2 | 35.3 | 13.6 | 23.2 | 83.0 |
| 3-5..... | 639 | 98.3 | 83.2 | 46.0 | 11.5 | 21.8 | 86.2 |
| 6-8..... | 737 | 99.5 | 86.8 | 46.4 | 15.6 | 23.9 | 92.5 |
| MALES: | | | | | | | |
| 9-11..... | 346 | 98.6 | 87.4 | 45.4 | 14.8 | 27.9 | 89.3 |
| 12-14..... | 457 | 100.0 | 87.1 | 46.5 | 16.5 | 24.0 | 91.4 |
| 15-18..... | 544 | 98.3 | 88.6 | 48.0 | 11.9 | 16.2 | 89.5 |
| 19-22..... | 406 | 99.3 | 89.1 | 50.2 | 10.1 | 14.8 | 87.5 |
| 23-34..... | 1,034 | 99.5 | 84.9 | 53.0 | 14.9 | 17.4 | 93.7 |
| 35-50..... | 1,122 | 99.0 | 82.9 | 52.1 | 17.3 | 21.2 | 95.9 |
| 51-64..... | 870 | 98.8 | 79.5 | 54.8 | 21.1 | 25.5 | 97.2 |
| 65-74..... | 361 | 98.8 | 78.9 | 47.3 | 20.2 | 25.4 | 93.9 |
| 75 AND OVER..... | 134 | 100.0 | 78.0 | 45.1 | 23.5 | 27.5 | 92.9 |
| FEMALES: | | | | | | | |
| 9-11..... | 402 | 98.6 | 81.3 | 43.4 | 14.3 | 18.7 | 93.3 |
| 12-14..... | 451 | 97.7 | 81.0 | 50.0 | 10.8 | 17.4 | 90.8 |
| 15-18..... | 546 | 96.7 | 81.6 | 50.9 | 14.1 | 18.6 | 88.5 |
| 19-22..... | 493 | 97.6 | 78.4 | 54.2 | 11.7 | 16.9 | 90.8 |
| 23-34..... | 1,488 | 98.2 | 77.0 | 53.4 | 17.7 | 21.9 | 93.7 |
| 35-50..... | 1,478 | 98.6 | 73.4 | 52.0 | 21.6 | 24.5 | 94.5 |
| 51-64..... | 1,043 | 98.8 | 73.7 | 52.3 | 21.4 | 28.8 | 96.8 |
| 65-74..... | 408 | 97.9 | 71.5 | 52.5 | 21.3 | 31.4 | 94.7 |
| 75 AND OVER..... | 238 | 97.7 | 72.2 | 49.5 | 19.5 | 32.8 | 91.6 |
| ALL INDIVIDUALS..... | 5/13,737 | 98.4 | 79.6 | 49.8 | 16.8 | 22.7 | 92.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4G-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/150 | 3 | 1 | (6) | 0 | (6) | 1 |
| 1-2..... | 5/389 | 9 | 4 | (6) | (6) | (6) | 4 |
| 3-5..... | 639 | 10 | 5 | 1 | (6) | (6) | 4 |
| 6-8..... | 737 | 28 | 10 | 2 | 1 | 1 | 14 |
| MALES: | | | | | | | |
| 9-11..... | 346 | 37 | 15 | 2 | 1 | 1 | 17 |
| 12-14..... | 457 | 37 | 15 | 2 | 1 | 1 | 18 |
| 15-18..... | 544 | 38 | 19 | 3 | (6) | 1 | 15 |
| 19-22..... | 406 | 53 | 25 | 6 | 1 | 2 | 19 |
| 23-34..... | 1,034 | 44 | 18 | 4 | 1 | 1 | 21 |
| 35-50..... | 1,122 | 46 | 17 | 5 | 1 | 1 | 22 |
| 51-64..... | 870 | 38 | 13 | 3 | 1 | 1 | 21 |
| 65-74..... | 361 | 25 | 9 | 2 | 1 | 1 | 13 |
| 75 AND OVER..... | 134 | 25 | 7 | 1 | (6) | 1 | 16 |
| FEMALES: | | | | | | | |
| 9-11..... | 402 | 30 | 10 | 3 | (6) | 1 | 16 |
| 12-14..... | 451 | 30 | 13 | 2 | (6) | (6) | 13 |
| 15-18..... | 546 | 36 | 16 | 5 | (6) | 1 | 15 |
| 19-22..... | 493 | 31 | 12 | 4 | 1 | 1 | 13 |
| 23-34..... | 1,488 | 31 | 9 | 4 | 1 | 1 | 15 |
| 35-50..... | 1,478 | 31 | 8 | 4 | 1 | 1 | 16 |
| 51-64..... | 1,043 | 26 | 7 | 3 | 1 | 1 | 14 |
| 65-74..... | 408 | 27 | 8 | 3 | 2 | 1 | 12 |
| 75 AND OVER..... | 238 | 17 | 5 | 2 | (6) | 1 | 8 |
| ALL INDIVIDUALS..... | 5/13,737 | 32 | 12 | 3 | 1 | 1 | 15 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4G-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/150 | 6.5 | 2.7 | 0.7 | 0.0 | 0.6 | 4.0 |
| 1-2..... | 5/389 | 26.9 | 20.3 | 3.7 | .9 | 1.7 | 12.6 |
| 3-5..... | 639 | 30.3 | 21.4 | 7.7 | 1.5 | 2.2 | 13.9 |
| 6-8..... | 737 | 51.1 | 37.1 | 11.6 | 2.9 | 6.5 | 36.0 |
| MALES: | | | | | | | |
| 9-11..... | 346 | 59.5 | 43.9 | 15.4 | 3.7 | 7.8 | 43.1 |
| 12-14..... | 457 | 58.8 | 42.6 | 15.7 | 2.5 | 4.3 | 40.4 |
| 15-18..... | 544 | 56.0 | 43.1 | 15.9 | .7 | 2.0 | 38.2 |
| 19-22..... | 406 | 57.9 | 47.2 | 17.6 | 1.1 | 4.0 | 37.4 |
| 23-34..... | 1,034 | 53.7 | 39.8 | 16.3 | 1.5 | 3.5 | 40.0 |
| 35-50..... | 1,122 | 49.0 | 34.5 | 15.3 | 2.4 | 2.9 | 36.7 |
| 51-64..... | 870 | 41.0 | 27.5 | 13.7 | 2.1 | 2.8 | 35.0 |
| 65-74..... | 361 | 25.7 | 19.2 | 5.9 | 2.8 | 2.1 | 19.9 |
| 75 AND OVER..... | 134 | 20.9 | 12.9 | 3.8 | 1.6 | 2.4 | 18.4 |
| FEMALES: | | | | | | | |
| 9-11..... | 402 | 54.4 | 32.2 | 11.8 | 1.7 | 4.1 | 40.7 |
| 12-14..... | 451 | 55.2 | 39.8 | 16.9 | 1.2 | 4.1 | 38.0 |
| 15-18..... | 546 | 52.8 | 40.7 | 18.5 | 1.2 | 3.8 | 36.8 |
| 19-22..... | 493 | 48.8 | 32.0 | 16.2 | 1.7 | 3.4 | 34.4 |
| 23-34..... | 1,488 | 46.6 | 28.0 | 14.6 | 2.2 | 2.9 | 35.4 |
| 35-50..... | 1,478 | 41.9 | 22.2 | 13.5 | 3.7 | 3.1 | 33.6 |
| 51-64..... | 1,043 | 33.9 | 19.8 | 9.6 | 3.8 | 3.7 | 29.1 |
| 65-74..... | 408 | 29.5 | 18.2 | 9.1 | 3.7 | 3.5 | 25.8 |
| 75 AND OVER..... | 238 | 22.4 | 14.2 | 5.8 | 1.3 | 2.7 | 15.5 |
| ALL INDIVIDUALS..... | 5/13,737 | 44.5 | 30.1 | 13.0 | 2.3 | 3.4 | 32.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4G-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/150 | 78 | 10 | 1 | 2 | 18 | 47 |
| 1-2..... | 5/389 | 87 | 27 | 9 | 2 | 5 | 44 |
| 3-5..... | 639 | 94 | 34 | 11 | 3 | 5 | 41 |
| 6-8..... | 737 | 109 | 38 | 12 | 4 | 5 | 50 |
| MALES: | | | | | | | |
| 9-11..... | 346 | 125 | 46 | 14 | 4 | 7 | 53 |
| 12-14..... | 457 | 142 | 54 | 13 | 6 | 7 | 61 |
| 15-18..... | 544 | 174 | 67 | 19 | 5 | 5 | 78 |
| 19-22..... | 406 | 157 | 58 | 18 | 5 | 4 | 72 |
| 23-34..... | 1,034 | 186 | 61 | 24 | 7 | 7 | 88 |
| 35-50..... | 1,122 | 206 | 64 | 26 | 8 | 9 | 99 |
| 51-64..... | 870 | 228 | 60 | 33 | 10 | 10 | 114 |
| 65-74..... | 361 | 222 | 60 | 30 | 9 | 14 | 109 |
| 75 AND OVER..... | 134 | 253 | 73 | 32 | 17 | 14 | 117 |
| FEMALES: | | | | | | | |
| 9-11..... | 402 | 118 | 41 | 14 | 4 | 5 | 54 |
| 12-14..... | 451 | 120 | 42 | 16 | 3 | 4 | 55 |
| 15-18..... | 546 | 121 | 41 | 16 | 5 | 5 | 54 |
| 19-22..... | 493 | 154 | 45 | 26 | 5 | 4 | 73 |
| 23-34..... | 1,488 | 157 | 40 | 23 | 8 | 7 | 79 |
| 35-50..... | 1,478 | 169 | 38 | 26 | 9 | 8 | 89 |
| 51-64..... | 1,043 | 197 | 41 | 34 | 9 | 11 | 103 |
| 65-74..... | 408 | 194 | 40 | 27 | 9 | 12 | 106 |
| 75 AND OVER..... | 238 | 206 | 52 | 30 | 8 | 16 | 100 |
| ALL INDIVIDUALS..... | 5/13,737 | 164 | 47 | 22 | 7 | 8 | 80 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 46-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/150 | 79.6 | 18.6 | 1.5 | 7.1 | 40.1 | 66.1 |
| 1-2 | 5/389 | 94.1 | 73.4 | 33.7 | 12.7 | 22.4 | 81.5 |
| 3-5 | 639 | 97.2 | 75.9 | 42.9 | 10.1 | 20.2 | 85.2 |
| 6-8 | 737 | 97.6 | 76.1 | 39.9 | 13.6 | 18.5 | 87.1 |
| MALES: | | | | | | | |
| 9-11 | 346 | 94.0 | 73.8 | 35.4 | 12.4 | 22.3 | 83.3 |
| 12-14 | 457 | 96.4 | 78.2 | 36.2 | 14.6 | 21.1 | 82.4 |
| 15-18 | 544 | 94.3 | 78.6 | 38.3 | 11.4 | 14.8 | 83.4 |
| 19-22 | 406 | 87.2 | 72.1 | 39.0 | 9.7 | 11.2 | 74.6 |
| 23-34 | 1,034 | 94.9 | 70.1 | 44.2 | 13.7 | 14.7 | 87.2 |
| 35-50 | 1,122 | 95.3 | 69.3 | 44.5 | 15.4 | 19.0 | 91.2 |
| 51-64 | 870 | 96.4 | 67.8 | 47.3 | 19.4 | 23.5 | 92.6 |
| 65-74 | 361 | 95.4 | 69.1 | 42.8 | 18.1 | 24.7 | 90.3 |
| 75 AND OVER | 134 | 98.3 | 72.0 | 44.1 | 21.9 | 26.4 | 89.0 |
| FEMALES: | | | | | | | |
| 9-11 | 402 | 96.4 | 72.0 | 36.0 | 12.9 | 16.0 | 87.3 |
| 12-14 | 451 | 94.6 | 70.0 | 38.3 | 9.9 | 14.3 | 83.9 |
| 15-18 | 546 | 91.6 | 66.5 | 40.5 | 13.1 | 15.5 | 79.2 |
| 19-22 | 493 | 92.3 | 67.3 | 45.7 | 10.3 | 13.8 | 83.5 |
| 23-34 | 1,488 | 94.4 | 64.2 | 44.1 | 15.9 | 19.7 | 87.6 |
| 35-50 | 1,478 | 95.5 | 64.5 | 44.6 | 18.8 | 21.8 | 89.2 |
| 51-64 | 1,043 | 96.7 | 65.5 | 46.9 | 18.2 | 26.0 | 92.9 |
| 65-74 | 408 | 96.1 | 60.8 | 47.6 | 19.0 | 28.4 | 92.8 |
| 75 AND OVER | 238 | 95.9 | 69.3 | 47.7 | 18.1 | 31.4 | 88.6 |
| ALL INDIVIDUALS | 5/13,737 | 94.9 | 68.7 | 42.3 | 15.0 | 20.1 | 87.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4H-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/145 | 63 | 11 | 1 | 1 | 15 | 35 |
| 1-2..... | 5/339 | 104 | 42 | 14 | 2 | 5 | 42 |
| 3-5..... | 558 | 116 | 44 | 14 | 2 | 3 | 52 |
| 6-8..... | 622 | 149 | 58 | 13 | 3 | 5 | 69 |
| MALES: | | | | | | | |
| 9-11..... | 329 | 183 | 74 | 18 | 5 | 7 | 79 |
| 12-14..... | 406 | 196 | 81 | 21 | 4 | 7 | 82 |
| 15-18..... | 462 | 238 | 102 | 26 | 7 | 7 | 95 |
| 19-22..... | 306 | 241 | 91 | 31 | 8 | 5 | 106 |
| 23-34..... | 837 | 249 | 97 | 30 | 7 | 8 | 107 |
| 35-50..... | 791 | 264 | 93 | 33 | 7 | 11 | 119 |
| 51-64..... | 726 | 301 | 95 | 42 | 11 | 11 | 142 |
| 65-74..... | 388 | 270 | 83 | 32 | 13 | 14 | 129 |
| 75 AND OVER..... | 184 | 245 | 84 | 38 | 12 | 9 | 102 |
| FEMALES: | | | | | | | |
| 9-11..... | 340 | 173 | 68 | 17 | 4 | 6 | 78 |
| 12-14..... | 392 | 175 | 67 | 21 | 5 | 6 | 76 |
| 15-18..... | 503 | 169 | 67 | 18 | 4 | 7 | 73 |
| 19-22..... | 416 | 173 | 52 | 23 | 3 | 6 | 89 |
| 23-34..... | 1,175 | 185 | 57 | 26 | 6 | 8 | 89 |
| 35-50..... | 1,184 | 200 | 58 | 30 | 7 | 8 | 98 |
| 51-64..... | 1,044 | 226 | 61 | 33 | 9 | 11 | 111 |
| 65-74..... | 522 | 230 | 59 | 32 | 11 | 14 | 114 |
| 75 AND OVER..... | 273 | 206 | 55 | 26 | 12 | 13 | 100 |
| ALL INDIVIDUALS..... | 5/11,943 | 206 | 70 | 26 | 7 | 8 | 95 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4H-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/145 | 66.9 | 21.1 | 2.6 | 3.1 | 28.3 | 51.9 |
| 1-2..... | 5/339 | 97.0 | 80.1 | 33.2 | 8.5 | 16.8 | 80.2 |
| 3-5..... | 558 | 97.4 | 79.7 | 45.1 | 7.2 | 16.2 | 88.2 |
| 6-8..... | 622 | 99.2 | 87.5 | 42.6 | 9.4 | 22.9 | 91.5 |
| MALES: | | | | | | | |
| 9-11..... | 329 | 98.8 | 88.6 | 42.3 | 11.3 | 24.5 | 93.2 |
| 12-14..... | 406 | 98.8 | 86.0 | 47.8 | 9.8 | 22.1 | 91.1 |
| 15-18..... | 462 | 98.9 | 88.1 | 47.6 | 14.2 | 19.7 | 88.9 |
| 19-22..... | 306 | 98.4 | 82.8 | 54.4 | 11.9 | 12.1 | 89.3 |
| 23-34..... | 837 | 99.0 | 88.2 | 54.2 | 13.1 | 16.7 | 93.5 |
| 35-50..... | 791 | 98.9 | 84.3 | 49.4 | 12.5 | 22.6 | 94.2 |
| 51-64..... | 726 | 99.5 | 84.2 | 50.6 | 18.0 | 19.6 | 95.8 |
| 65-74..... | 388 | 98.9 | 84.7 | 45.0 | 20.8 | 30.3 | 92.4 |
| 75 AND OVER..... | 184 | 97.0 | 74.6 | 43.2 | 14.1 | 20.0 | 86.9 |
| FEMALES: | | | | | | | |
| 9-11..... | 340 | 98.7 | 86.4 | 45.4 | 10.4 | 22.9 | 93.6 |
| 12-14..... | 392 | 98.6 | 84.1 | 47.4 | 12.7 | 21.7 | 88.6 |
| 15-18..... | 503 | 97.4 | 83.1 | 44.1 | 8.5 | 19.6 | 87.0 |
| 19-22..... | 416 | 97.2 | 73.7 | 46.7 | 7.6 | 19.7 | 89.1 |
| 23-34..... | 1,175 | 98.6 | 78.3 | 47.8 | 13.0 | 19.5 | 94.4 |
| 35-50..... | 1,184 | 98.5 | 77.4 | 50.9 | 14.2 | 19.9 | 93.8 |
| 51-64..... | 1,044 | 99.5 | 78.4 | 49.7 | 19.5 | 26.7 | 96.0 |
| 65-74..... | 522 | 99.0 | 77.4 | 47.1 | 20.9 | 29.7 | 94.2 |
| 75 AND OVER..... | 273 | 98.6 | 67.2 | 38.6 | 18.7 | 27.0 | 91.9 |
| ALL INDIVIDUALS..... | 5/11,943 | 98.2 | 80.9 | 47.0 | 13.4 | 21.4 | 91.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4H-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/145 | 1 | (6) | 0 | 0 | 0 | 1 |
| 1-2..... | 5/339 | 12 | 5 | 1 | 1 | (6) | 5 |
| 3-5..... | 558 | 17 | 7 | 2 | (6) | (6) | 8 |
| 6-8..... | 622 | 40 | 14 | 2 | 1 | 2 | 20 |
| MALES: | | | | | | | |
| 9-11..... | 329 | 50 | 18 | 4 | 2 | 2 | 24 |
| 12-14..... | 406 | 45 | 18 | 4 | 1 | 2 | 21 |
| 15-18..... | 462 | 47 | 21 | 3 | 1 | 1 | 20 |
| 19-22..... | 306 | 56 | 25 | 5 | 2 | 1 | 23 |
| 23-34..... | 837 | 51 | 21 | 6 | 1 | 2 | 21 |
| 35-50..... | 791 | 42 | 17 | 3 | 1 | 1 | 19 |
| 51-64..... | 726 | 35 | 13 | 2 | (6) | 1 | 18 |
| 65-74..... | 388 | 22 | 9 | 1 | 1 | 1 | 10 |
| 75 AND OVER..... | 184 | 20 | 11 | 1 | (6) | 1 | 7 |
| FEMALES: | | | | | | | |
| 9-11..... | 340 | 44 | 15 | 3 | 1 | 2 | 23 |
| 12-14..... | 392 | 35 | 14 | 3 | 1 | 1 | 16 |
| 15-18..... | 503 | 39 | 15 | 3 | 1 | 1 | 19 |
| 19-22..... | 416 | 35 | 13 | 5 | (6) | 1 | 16 |
| 23-34..... | 1,175 | 29 | 10 | 4 | 1 | 2 | 13 |
| 35-50..... | 1,184 | 25 | 8 | 3 | 1 | 1 | 13 |
| 51-64..... | 1,044 | 23 | 8 | 2 | 1 | 1 | 11 |
| 65-74..... | 522 | 20 | 7 | 1 | 1 | 1 | 10 |
| 75 AND OVER..... | 273 | 12 | 4 | 2 | (6) | 1 | 5 |
| ALL INDIVIDUALS..... | 5/11,943 | 33 | 12 | 3 | 1 | 1 | 15 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4H-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/145 | 3.6 | 1.8 | 0.0 | 0.0 | 0.0 | 2.9 |
| 1-2 | 5/339 | 27.6 | 21.9 | 5.7 | .4 | 1.1 | 13.9 |
| 3-5 | 558 | 37.5 | 26.0 | 9.3 | 1.4 | 2.9 | 22.7 |
| 6-8 | 622 | 64.0 | 45.7 | 13.3 | 3.2 | 11.1 | 48.4 |
| MALES: | | | | | | | |
| 9-11 | 329 | 65.6 | 45.7 | 17.1 | 4.6 | 11.1 | 52.4 |
| 12-14 | 406 | 62.8 | 45.1 | 17.5 | 2.5 | 10.1 | 45.8 |
| 15-18 | 462 | 59.4 | 44.7 | 17.8 | 3.1 | 6.4 | 43.1 |
| 19-22 | 306 | 50.4 | 42.0 | 16.7 | 1.5 | 1.9 | 35.3 |
| 23-34 | 837 | 55.8 | 42.3 | 18.6 | 2.7 | 3.2 | 39.2 |
| 35-50 | 791 | 44.7 | 35.0 | 10.6 | 1.0 | 2.9 | 33.3 |
| 51-64 | 726 | 33.9 | 25.8 | 8.2 | 1.0 | 2.8 | 28.8 |
| 65-74 | 388 | 27.6 | 21.2 | 5.3 | 2.2 | 4.5 | 23.7 |
| 75 AND OVER | 184 | 24.2 | 18.6 | 4.1 | .5 | 2.5 | 18.7 |
| FEMALES: | | | | | | | |
| 9-11 | 340 | 69.8 | 50.2 | 16.8 | 2.9 | 10.5 | 50.7 |
| 12-14 | 392 | 59.7 | 44.9 | 17.1 | 2.2 | 6.2 | 37.7 |
| 15-18 | 503 | 57.6 | 39.5 | 15.9 | 1.1 | 6.2 | 40.2 |
| 19-22 | 416 | 52.8 | 33.6 | 17.9 | 1.3 | 4.3 | 37.2 |
| 23-34 | 1,175 | 40.5 | 26.9 | 12.2 | 2.2 | 4.0 | 31.3 |
| 35-50 | 1,184 | 35.7 | 23.4 | 9.3 | 2.7 | 3.7 | 27.1 |
| 51-64 | 1,044 | 31.2 | 20.5 | 7.9 | 2.8 | 3.9 | 26.7 |
| 65-74 | 522 | 28.4 | 16.4 | 4.5 | 2.5 | 3.1 | 24.4 |
| 75 AND OVER | 273 | 17.1 | 10.5 | 4.1 | .7 | 2.3 | 14.1 |
| ALL INDIVIDUALS | 5/11,943 | 43.7 | 31.1 | 11.6 | 2.1 | 4.7 | 32.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4H-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/145 | 62 | 11 | 1 | 1 | 15 | 34 |
| 1-2..... | 5/339 | 93 | 37 | 13 | 2 | 4 | 37 |
| 3-5..... | 558 | 98 | 37 | 12 | 2 | 3 | 44 |
| 6-8..... | 622 | 109 | 44 | 11 | 2 | 4 | 49 |
| MALES: | | | | | | | |
| 9-11..... | 329 | 133 | 57 | 14 | 3 | 4 | 55 |
| 12-14..... | 406 | 151 | 63 | 17 | 3 | 6 | 62 |
| 15-18..... | 462 | 191 | 81 | 22 | 6 | 6 | 75 |
| 19-22..... | 306 | 185 | 65 | 26 | 6 | 4 | 83 |
| 23-34..... | 837 | 198 | 77 | 24 | 6 | 6 | 86 |
| 35-50..... | 791 | 223 | 76 | 30 | 6 | 10 | 101 |
| 51-64..... | 726 | 266 | 82 | 40 | 11 | 9 | 124 |
| 65-74..... | 388 | 247 | 74 | 31 | 12 | 13 | 119 |
| 75 AND OVER..... | 184 | 225 | 73 | 38 | 12 | 8 | 94 |
| FEMALES: | | | | | | | |
| 9-11..... | 340 | 129 | 53 | 14 | 3 | 4 | 55 |
| 12-14..... | 392 | 140 | 53 | 18 | 4 | 5 | 60 |
| 15-18..... | 503 | 130 | 53 | 15 | 3 | 5 | 54 |
| 19-22..... | 416 | 138 | 40 | 17 | 3 | 5 | 73 |
| 23-34..... | 1,175 | 157 | 47 | 22 | 5 | 6 | 77 |
| 35-50..... | 1,184 | 175 | 50 | 28 | 6 | 7 | 85 |
| 51-64..... | 1,044 | 202 | 53 | 30 | 8 | 11 | 100 |
| 65-74..... | 522 | 210 | 52 | 31 | 10 | 13 | 104 |
| 75 AND OVER..... | 273 | 194 | 52 | 24 | 12 | 12 | 94 |
| ALL INDIVIDUALS..... | 5/11,943 | 174 | 57 | 23 | 6 | 7 | 80 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4H-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/145 | 65.7 | 19.2 | 2.6 | 3.1 | 28.3 | 50.7 |
| 1-2 | 5/339 | 92.9 | 70.7 | 29.1 | 8.0 | 15.7 | 77.8 |
| 3-5 | 558 | 95.1 | 71.0 | 39.8 | 6.1 | 14.2 | 85.0 |
| 6-8 | 622 | 95.3 | 73.1 | 34.5 | 6.3 | 13.6 | 83.4 |
| MALES: | | | | | | | |
| 9-11 | 329 | 95.9 | 77.0 | 32.3 | 8.0 | 14.1 | 84.4 |
| 12-14 | 406 | 94.7 | 71.8 | 36.7 | 7.6 | 13.2 | 81.6 |
| 15-18 | 462 | 93.1 | 73.9 | 38.0 | 12.0 | 14.6 | 79.9 |
| 19-22 | 306 | 88.8 | 64.4 | 43.2 | 10.4 | 10.2 | 78.0 |
| 23-34 | 837 | 94.0 | 75.9 | 43.3 | 10.4 | 13.9 | 87.4 |
| 35-50 | 791 | 96.9 | 73.7 | 43.7 | 11.5 | 20.2 | 90.6 |
| 51-64 | 726 | 96.9 | 74.4 | 46.0 | 17.3 | 17.0 | 91.6 |
| 65-74 | 388 | 97.2 | 75.7 | 42.7 | 18.8 | 27.0 | 88.9 |
| 75 AND OVER | 184 | 94.4 | 67.9 | 40.6 | 13.6 | 17.5 | 81.9 |
| FEMALES: | | | | | | | |
| 9-11 | 340 | 93.7 | 72.2 | 35.3 | 8.9 | 13.7 | 83.8 |
| 12-14 | 392 | 97.1 | 71.9 | 39.3 | 10.9 | 16.2 | 81.5 |
| 15-18 | 503 | 90.5 | 67.7 | 34.8 | 7.4 | 14.6 | 76.1 |
| 19-22 | 416 | 91.3 | 59.2 | 36.7 | 6.3 | 16.4 | 80.0 |
| 23-34 | 1,175 | 95.0 | 68.2 | 42.6 | 11.5 | 16.1 | 89.1 |
| 35-50 | 1,184 | 96.0 | 66.5 | 45.7 | 11.8 | 17.1 | 90.1 |
| 51-64 | 1,044 | 97.4 | 70.3 | 45.9 | 17.4 | 24.2 | 91.3 |
| 65-74 | 522 | 97.3 | 70.6 | 43.8 | 18.8 | 27.7 | 91.1 |
| 75 AND OVER | 273 | 97.0 | 63.6 | 35.8 | 18.0 | 25.6 | 88.6 |
| ALL INDIVIDUALS | 5/11,943 | 94.8 | 70.0 | 40.5 | 11.7 | 17.6 | 85.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4I-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/322 | 76 | 11 | 1 | 2 | 18 | 45 |
| 1-2 | 5/814 | 98 | 35 | 11 | 2 | 6 | 44 |
| 3-5 | 1,327 | 109 | 41 | 14 | 2 | 5 | 47 |
| 6-8 | 1,482 | 140 | 53 | 13 | 4 | 6 | 64 |
| MALES: | | | | | | | |
| 9-11 | 750 | 168 | 68 | 16 | 4 | 7 | 72 |
| 12-14 | 923 | 187 | 76 | 19 | 5 | 8 | 79 |
| 15-18 | 1,115 | 220 | 92 | 24 | 5 | 7 | 92 |
| 19-22 | 850 | 220 | 87 | 26 | 4 | 6 | 97 |
| 23-34 | 2,393 | 235 | 84 | 30 | 8 | 8 | 106 |
| 35-50 | 2,228 | 258 | 86 | 33 | 8 | 10 | 121 |
| 51-64 | 1,923 | 281 | 82 | 39 | 9 | 11 | 139 |
| 65-74 | 932 | 262 | 75 | 34 | 10 | 15 | 127 |
| 75 AND OVER | 399 | 253 | 77 | 33 | 10 | 14 | 119 |
| FEMALES: | | | | | | | |
| 9-11 | 795 | 158 | 59 | 16 | 4 | 7 | 72 |
| 12-14 | 905 | 158 | 61 | 19 | 3 | 5 | 69 |
| 15-18 | 1,164 | 163 | 62 | 20 | 4 | 6 | 72 |
| 19-22 | 1,045 | 177 | 55 | 27 | 5 | 6 | 86 |
| 23-34 | 3,298 | 186 | 51 | 28 | 7 | 8 | 93 |
| 35-50 | 3,114 | 202 | 52 | 31 | 8 | 8 | 103 |
| 51-64 | 2,542 | 225 | 55 | 35 | 9 | 12 | 115 |
| 65-74 | 1,207 | 225 | 54 | 33 | 10 | 14 | 114 |
| 75 AND OVER | 688 | 213 | 56 | 30 | 10 | 14 | 103 |
| ALL INDIVIDUALS | 5/30,215 | 201 | 64 | 27 | 7 | 9 | 96 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4I-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/322 | 73.4 | 21.3 | 2.7 | 6.1 | 36.2 | 62.2 |
| 1-2..... | 5/814 | 97.3 | 81.2 | 36.4 | 10.9 | 22.3 | 82.7 |
| 3-5..... | 1,327 | 98.6 | 83.1 | 47.1 | 8.3 | 19.8 | 86.6 |
| 6-8..... | 1,482 | 99.3 | 87.5 | 45.6 | 12.3 | 24.4 | 91.3 |
| MALES: | | | | | | | |
| 9-11..... | 750 | 98.8 | 88.8 | 45.1 | 11.6 | 25.2 | 90.5 |
| 12-14..... | 923 | 99.5 | 86.8 | 48.1 | 12.4 | 22.6 | 91.9 |
| 15-18..... | 1,115 | 98.6 | 89.1 | 49.8 | 10.6 | 18.7 | 88.5 |
| 19-22..... | 850 | 98.9 | 86.2 | 49.1 | 8.5 | 14.0 | 89.0 |
| 23-34..... | 2,393 | 99.5 | 86.0 | 53.9 | 14.4 | 17.1 | 93.3 |
| 35-50..... | 2,228 | 99.3 | 84.2 | 51.5 | 14.8 | 22.1 | 94.4 |
| 51-64..... | 1,923 | 99.2 | 82.6 | 53.0 | 18.5 | 22.9 | 96.7 |
| 65-74..... | 932 | 98.4 | 80.3 | 48.0 | 20.2 | 29.9 | 92.7 |
| 75 AND OVER..... | 399 | 97.4 | 75.0 | 45.9 | 17.4 | 27.2 | 90.7 |
| FEMALES: | | | | | | | |
| 9-11..... | 795 | 98.7 | 85.6 | 44.9 | 12.6 | 22.9 | 93.8 |
| 12-14..... | 905 | 97.8 | 83.6 | 48.2 | 9.9 | 18.7 | 89.2 |
| 15-18..... | 1,164 | 97.4 | 83.3 | 48.5 | 9.8 | 18.4 | 88.3 |
| 19-22..... | 1,045 | 96.7 | 75.0 | 50.8 | 10.0 | 18.1 | 89.0 |
| 23-34..... | 3,298 | 98.6 | 76.7 | 52.1 | 15.5 | 20.0 | 94.3 |
| 35-50..... | 3,114 | 98.7 | 75.5 | 53.4 | 17.9 | 23.0 | 94.4 |
| 51-64..... | 2,542 | 99.3 | 76.9 | 52.8 | 20.1 | 28.2 | 96.9 |
| 65-74..... | 1,207 | 98.6 | 73.7 | 51.4 | 21.1 | 30.1 | 94.0 |
| 75 AND OVER..... | 688 | 98.0 | 70.9 | 43.1 | 20.6 | 29.7 | 92.6 |
| ALL INDIVIDUALS..... | 5/30,215 | 98.4 | 80.4 | 49.6 | 14.8 | 22.5 | 92.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 41-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/322 | 1 | (6) | (6) | 0 | (6) | 1 |
| 1-2..... | 5/814 | 11 | 5 | 1 | (6) | (6) | 5 |
| 3-5..... | 1,327 | 13 | 5 | 1 | (6) | (6) | 5 |
| 6-8..... | 1,482 | 31 | 12 | 2 | 1 | 1 | 15 |
| MALES: | | | | | | | |
| 9-11..... | 750 | 42 | 16 | 3 | 1 | 1 | 20 |
| 12-14..... | 923 | 39 | 16 | 3 | 1 | 1 | 18 |
| 15-18..... | 1,115 | 41 | 20 | 3 | 1 | 1 | 16 |
| 19-22..... | 850 | 53 | 26 | 5 | 1 | 1 | 20 |
| 23-34..... | 2,393 | 50 | 20 | 5 | 1 | 1 | 23 |
| 35-50..... | 2,228 | 46 | 17 | 4 | 1 | 1 | 22 |
| 51-64..... | 1,923 | 39 | 13 | 4 | 1 | 1 | 21 |
| 65-74..... | 932 | 26 | 9 | 2 | 1 | 1 | 13 |
| 75 AND OVER..... | 399 | 23 | 8 | 1 | 1 | 1 | 13 |
| FEMALES: | | | | | | | |
| 9-11..... | 795 | 33 | 12 | 3 | (6) | 1 | 16 |
| 12-14..... | 905 | 30 | 13 | 3 | (6) | 1 | 13 |
| 15-18..... | 1,164 | 35 | 14 | 4 | (6) | 1 | 15 |
| 19-22..... | 1,045 | 35 | 13 | 5 | 1 | 1 | 15 |
| 23-34..... | 3,298 | 32 | 10 | 4 | 1 | 1 | 16 |
| 35-50..... | 3,114 | 29 | 9 | 4 | 1 | 1 | 15 |
| 51-64..... | 2,542 | 27 | 8 | 3 | 1 | 1 | 14 |
| 65-74..... | 1,207 | 24 | 8 | 2 | 1 | 1 | 12 |
| 75 AND OVER..... | 688 | 15 | 5 | 2 | 1 | 1 | 7 |
| ALL INDIVIDUALS..... | 5/30,215 | 33 | 12 | 3 | 1 | 1 | 16 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4I-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/322 | 4.4 | 1.8 | 0.3 | 0.0 | 0.3 | 3.3 |
| 1-2 | 5/814 | 28.2 | 21.6 | 5.2 | .9 | 1.8 | 14.4 |
| 3-5 | 1,327 | 32.8 | 23.0 | 8.2 | .9 | 2.5 | 17.2 |
| 6-8 | 1,482 | 54.9 | 40.3 | 12.7 | 2.6 | 8.5 | 39.2 |
| MALES: | | | | | | | |
| 9-11 | 750 | 60.8 | 44.5 | 15.8 | 3.6 | 8.1 | 45.3 |
| 12-14 | 923 | 58.5 | 42.5 | 15.8 | 2.4 | 6.7 | 40.3 |
| 15-18 | 1,115 | 57.0 | 43.9 | 16.2 | 1.6 | 4.3 | 38.4 |
| 19-22 | 850 | 54.7 | 44.0 | 14.7 | 1.5 | 2.9 | 36.5 |
| 23-34 | 2,393 | 57.7 | 42.5 | 18.8 | 2.3 | 3.4 | 42.2 |
| 35-50 | 2,228 | 48.4 | 34.9 | 13.5 | 2.0 | 3.1 | 36.5 |
| 51-64 | 1,923 | 38.7 | 27.6 | 12.2 | 2.0 | 3.3 | 33.1 |
| 65-74 | 932 | 29.3 | 19.9 | 6.1 | 2.5 | 4.0 | 24.4 |
| 75 AND OVER | 399 | 22.8 | 15.8 | 3.5 | 1.7 | 3.1 | 19.0 |
| FEMALES: | | | | | | | |
| 9-11 | 795 | 58.4 | 40.2 | 13.5 | 1.7 | 7.1 | 42.0 |
| 12-14 | 905 | 55.9 | 42.7 | 16.8 | 1.4 | 4.6 | 36.6 |
| 15-18 | 1,164 | 54.9 | 40.2 | 17.1 | .8 | 4.6 | 37.9 |
| 19-22 | 1,045 | 52.9 | 35.6 | 18.5 | 1.7 | 4.0 | 37.2 |
| 23-34 | 3,298 | 46.0 | 28.1 | 14.3 | 2.6 | 3.4 | 36.2 |
| 35-50 | 3,114 | 40.9 | 24.4 | 12.0 | 3.3 | 3.4 | 31.7 |
| 51-64 | 2,542 | 35.4 | 21.1 | 9.3 | 3.3 | 4.0 | 30.3 |
| 65-74 | 1,207 | 30.9 | 18.0 | 6.1 | 3.0 | 4.2 | 26.9 |
| 75 AND OVER | 688 | 21.2 | 13.3 | 5.8 | 2.1 | 2.5 | 16.2 |
| ALL INDIVIDUALS | 5/30,215 | 44.8 | 30.9 | 12.6 | 2.3 | 4.0 | 33.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 41-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/322 | 75 | 10 | 1 | 2 | 18 | 44 |
| 1-2 | 5/814 | 87 | 30 | 11 | 2 | 5 | 39 |
| 3-5 | 1,327 | 96 | 36 | 12 | 2 | 4 | 42 |
| 6-8 | 1,482 | 109 | 41 | 11 | 3 | 5 | 49 |
| MALES: | | | | | | | |
| 9-11 | 750 | 126 | 52 | 14 | 3 | 6 | 52 |
| 12-14 | 923 | 148 | 60 | 16 | 4 | 6 | 61 |
| 15-18 | 1,115 | 179 | 72 | 21 | 4 | 6 | 76 |
| 19-22 | 850 | 167 | 61 | 21 | 3 | 4 | 77 |
| 23-34 | 2,393 | 185 | 64 | 24 | 7 | 7 | 83 |
| 35-50 | 2,228 | 213 | 69 | 29 | 7 | 9 | 99 |
| 51-64 | 1,923 | 242 | 69 | 36 | 9 | 10 | 118 |
| 65-74 | 932 | 236 | 66 | 32 | 9 | 14 | 114 |
| 75 AND OVER | 399 | 230 | 69 | 32 | 10 | 13 | 106 |
| FEMALES: | | | | | | | |
| 9-11 | 795 | 125 | 47 | 13 | 4 | 5 | 56 |
| 12-14 | 905 | 127 | 47 | 17 | 3 | 5 | 56 |
| 15-18 | 1,164 | 128 | 47 | 16 | 3 | 5 | 57 |
| 19-22 | 1,045 | 142 | 42 | 22 | 4 | 5 | 70 |
| 23-34 | 3,298 | 154 | 41 | 23 | 6 | 6 | 77 |
| 35-50 | 3,114 | 173 | 43 | 27 | 7 | 8 | 88 |
| 51-64 | 2,542 | 198 | 47 | 32 | 8 | 11 | 101 |
| 65-74 | 1,207 | 202 | 46 | 32 | 9 | 12 | 102 |
| 75 AND OVER | 688 | 198 | 51 | 28 | 9 | 13 | 96 |
| ALL INDIVIDUALS | 5/30,215 | 169 | 51 | 24 | 6 | 8 | 80 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 41-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/322 | 72.8 | 19.8 | 2.7 | 6.1 | 36.2 | 61.7 |
| 1-2..... | 5/814 | 94.0 | 72.8 | 33.6 | 10.0 | 20.8 | 80.5 |
| 3-5..... | 1,327 | 96.7 | 75.4 | 42.7 | 7.5 | 18.1 | 84.4 |
| 6-8..... | 1,482 | 96.6 | 75.3 | 38.1 | 10.2 | 17.3 | 85.3 |
| MALES: | | | | | | | |
| 9-11..... | 750 | 94.7 | 75.4 | 35.0 | 8.7 | 18.5 | 83.5 |
| 12-14..... | 923 | 96.1 | 76.2 | 38.3 | 10.4 | 17.7 | 84.0 |
| 15-18..... | 1,115 | 93.6 | 76.7 | 41.0 | 9.4 | 15.6 | 81.8 |
| 19-22..... | 850 | 89.1 | 68.7 | 39.7 | 7.4 | 11.2 | 78.1 |
| 23-34..... | 2,393 | 93.5 | 70.4 | 43.1 | 12.3 | 14.1 | 85.6 |
| 35-50..... | 2,228 | 95.7 | 71.1 | 44.9 | 13.1 | 19.6 | 89.8 |
| 51-64..... | 1,923 | 96.1 | 70.6 | 46.2 | 16.8 | 20.3 | 91.8 |
| 65-74..... | 932 | 95.9 | 70.6 | 45.1 | 18.1 | 27.3 | 89.1 |
| 75 AND OVER..... | 399 | 95.2 | 68.3 | 44.3 | 15.7 | 24.7 | 85.5 |
| FEMALES: | | | | | | | |
| 9-11..... | 795 | 95.9 | 74.1 | 36.6 | 11.6 | 17.0 | 85.8 |
| 12-14..... | 905 | 95.6 | 72.2 | 38.4 | 8.8 | 15.2 | 82.6 |
| 15-18..... | 1,164 | 91.6 | 68.2 | 39.0 | 9.1 | 14.8 | 78.7 |
| 19-22..... | 1,045 | 91.4 | 60.9 | 41.1 | 8.5 | 14.8 | 81.5 |
| 23-34..... | 3,298 | 94.6 | 64.5 | 43.8 | 13.4 | 17.4 | 88.2 |
| 35-50..... | 3,114 | 95.9 | 65.1 | 46.7 | 15.2 | 20.3 | 89.7 |
| 51-64..... | 2,542 | 96.8 | 68.0 | 48.0 | 17.4 | 25.3 | 92.3 |
| 65-74..... | 1,207 | 96.6 | 64.3 | 47.6 | 18.7 | 27.0 | 91.1 |
| 75 AND OVER..... | 688 | 95.4 | 66.3 | 40.6 | 18.6 | 28.1 | 88.7 |
| ALL INDIVIDUALS..... | 5/30,215 | 94.8 | 68.9 | 42.5 | 12.9 | 19.3 | 86.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4J-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/68 | 95 | 13 | 1 | 3 | 20 | 58 |
| 1-2..... | 5/158 | 100 | 35 | 3 | 8 | 5 | 48 |
| 3-5..... | 276 | 120 | 41 | 7 | 11 | 6 | 55 |
| 6-8..... | 255 | 173 | 57 | 11 | 16 | 8 | 81 |
| MALES: | | | | | | | |
| 9-11..... | 137 | 169 | 59 | 13 | 15 | 7 | 75 |
| 12-14..... | 173 | 188 | 64 | 10 | 19 | 10 | 85 |
| 15-18..... | 226 | 206 | 70 | 9 | 26 | 8 | 93 |
| 19-22..... | 136 | 198 | 60 | 19 | 21 | 12 | 85 |
| 23-34..... | 229 | 219 | 67 | 17 | 20 | 12 | 103 |
| 35-50..... | 254 | 237 | 58 | 20 | 28 | 12 | 119 |
| 51-64..... | 195 | 230 | 53 | 23 | 29 | 12 | 112 |
| 65-74..... | 99 | 213 | 52 | 23 | 29 | 17 | 92 |
| 75 AND OVER..... | 62 | 217 | 50 | 28 | 42 | 10 | 87 |
| FEMALES: | | | | | | | |
| 9-11..... | 154 | 185 | 58 | 15 | 16 | 6 | 89 |
| 12-14..... | 172 | 176 | 54 | 14 | 19 | 6 | 83 |
| 15-18..... | 243 | 165 | 58 | 9 | 17 | 9 | 72 |
| 19-22..... | 192 | 139 | 44 | 10 | 12 | 6 | 67 |
| 23-34..... | 421 | 189 | 57 | 13 | 22 | 8 | 89 |
| 35-50..... | 493 | 192 | 48 | 23 | 23 | 8 | 90 |
| 51-64..... | 331 | 206 | 49 | 22 | 27 | 10 | 98 |
| 65-74..... | 151 | 202 | 48 | 18 | 26 | 12 | 100 |
| 75 AND OVER..... | 59 | 200 | 26 | 22 | 37 | 16 | 100 |
| ALL INDIVIDUALS..... | 5/4,485 | 185 | 53 | 15 | 21 | 9 | 87 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4J-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/68 | 71.4 | 22.2 | 1.3 | 9.8 | 29.0 | 61.2 |
| 1-2 | 5/158 | 95.7 | 71.3 | 19.5 | 21.8 | 16.4 | 80.0 |
| 3-5 | 276 | 98.0 | 75.3 | 30.7 | 30.0 | 17.0 | 84.9 |
| 6-8 | 255 | 100.0 | 82.4 | 38.7 | 32.5 | 18.7 | 93.4 |
| MALES: | | | | | | | |
| 9-11 | 137 | 98.3 | 86.3 | 34.3 | 29.5 | 16.3 | 88.6 |
| 12-14 | 173 | 99.0 | 84.9 | 43.4 | 28.5 | 20.5 | 91.4 |
| 15-18 | 226 | 99.1 | 75.4 | 35.9 | 33.0 | 14.4 | 86.6 |
| 19-22 | 136 | 98.5 | 72.9 | 39.5 | 34.4 | 16.7 | 89.7 |
| 23-34 | 229 | 98.1 | 75.2 | 32.1 | 29.1 | 18.8 | 89.9 |
| 35-50 | 254 | 98.1 | 65.5 | 45.0 | 32.2 | 20.0 | 92.9 |
| 51-64 | 195 | 99.0 | 54.5 | 36.6 | 36.3 | 18.2 | 90.6 |
| 65-74 | 99 | 100.0 | 62.6 | 36.1 | 33.4 | 25.3 | 93.8 |
| 75 AND OVER | 62 | 91.5 | 48.5 | 31.3 | 35.7 | 17.5 | 75.0 |
| FEMALES: | | | | | | | |
| 9-11 | 154 | 100.0 | 75.9 | 45.1 | 31.1 | 12.1 | 93.4 |
| 12-14 | 172 | 99.3 | 75.9 | 41.4 | 34.2 | 15.6 | 90.8 |
| 15-18 | 243 | 98.9 | 78.5 | 34.6 | 30.9 | 17.9 | 87.6 |
| 19-22 | 192 | 96.5 | 67.1 | 29.9 | 24.0 | 15.3 | 88.1 |
| 23-34 | 421 | 97.9 | 72.1 | 37.2 | 31.4 | 15.9 | 90.7 |
| 35-50 | 493 | 98.7 | 66.7 | 42.0 | 34.1 | 18.5 | 88.7 |
| 51-64 | 331 | 98.8 | 64.1 | 39.3 | 36.7 | 16.1 | 91.8 |
| 65-74 | 151 | 96.2 | 60.3 | 32.5 | 30.3 | 18.0 | 87.3 |
| 75 AND OVER | 59 | 97.7 | 38.3 | 28.7 | 35.0 | 21.5 | 85.1 |
| ALL INDIVIDUALS | 5/4,485 | 97.9 | 70.1 | 36.3 | 31.4 | 17.6 | 88.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 9J-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/68 | 4 | 3 | 1 | 0 | 0 | 0 |
| 1-2..... | 5/158 | 6 | 2 | (6) | (6) | (6) | 3 |
| 3-5..... | 276 | 17 | 7 | (6) | 1 | 1 | 7 |
| 6-8..... | 255 | 46 | 14 | 3 | 3 | 1 | 25 |
| MALES: | | | | | | | |
| 9-11..... | 137 | 38 | 14 | 4 | 2 | 2 | 16 |
| 12-14..... | 173 | 41 | 17 | 2 | 2 | 1 | 19 |
| 15-18..... | 226 | 33 | 14 | 2 | 2 | 1 | 14 |
| 19-22..... | 136 | 29 | 12 | 5 | 2 | 1 | 8 |
| 23-34..... | 229 | 35 | 12 | 4 | 2 | 2 | 16 |
| 35-50..... | 254 | 32 | 11 | 1 | 4 | 2 | 14 |
| 51-64..... | 195 | 19 | 6 | 2 | 1 | 3 | 7 |
| 65-74..... | 99 | 7 | 2 | 1 | 1 | 0 | 4 |
| 75 AND OVER..... | 62 | 6 | 4 | 2 | 0 | 0 | (6) |
| FEMALES: | | | | | | | |
| 9-11..... | 154 | 52 | 15 | 4 | 3 | 1 | 31 |
| 12-14..... | 172 | 34 | 12 | 1 | 1 | 1 | 19 |
| 15-18..... | 243 | 33 | 15 | 1 | (6) | 1 | 16 |
| 19-22..... | 192 | 21 | 10 | 2 | 1 | 1 | 8 |
| 23-34..... | 421 | 25 | 10 | 2 | 2 | (6) | 11 |
| 35-50..... | 493 | 15 | 3 | 2 | 1 | (6) | 8 |
| 51-64..... | 331 | 13 | 4 | 2 | 2 | 1 | 4 |
| 65-74..... | 151 | 4 | 2 | (6) | (6) | (6) | 2 |
| 75 AND OVER..... | 59 | 5 | 2 | 0 | (6) | 0 | 3 |
| ALL INDIVIDUALS..... | 5/4,485 | 25 | 9 | 2 | 2 | 1 | 11 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4J-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/68 | 2.7 | 2.7 | 1.3 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 5/158 | 14.0 | 9.7 | 2.7 | 1.0 | 1.3 | 8.1 |
| 3-5..... | 276 | 28.0 | 19.9 | 5.7 | 3.5 | 4.3 | 18.2 |
| 6-8..... | 255 | 59.8 | 39.8 | 12.4 | 7.3 | 5.5 | 44.2 |
| MALES: | | | | | | | |
| 9-11..... | 137 | 61.9 | 41.4 | 13.6 | 5.5 | 5.0 | 42.6 |
| 12-14..... | 173 | 63.5 | 41.8 | 18.5 | 3.2 | 5.3 | 45.9 |
| 15-18..... | 226 | 54.5 | 36.8 | 11.8 | 3.2 | 1.8 | 37.5 |
| 19-22..... | 136 | 43.4 | 34.5 | 19.2 | 4.0 | 3.2 | 28.3 |
| 23-34..... | 229 | 41.6 | 27.9 | 12.5 | 3.7 | 3.1 | 28.7 |
| 35-50..... | 254 | 31.6 | 22.9 | 9.6 | 5.3 | 2.7 | 24.6 |
| 51-64..... | 195 | 23.9 | 13.3 | 9.1 | 1.8 | 2.8 | 17.6 |
| 65-74..... | 99 | 13.8 | 9.7 | 4.3 | 3.3 | .0 | 9.4 |
| 75 AND OVER..... | 62 | 5.8 | 5.8 | 3.9 | .0 | .0 | 3.9 |
| FEMALES: | | | | | | | |
| 9-11..... | 154 | 61.5 | 38.1 | 18.8 | 6.4 | 2.4 | 50.6 |
| 12-14..... | 172 | 53.3 | 35.6 | 9.2 | 2.8 | 2.6 | 35.7 |
| 15-18..... | 243 | 56.0 | 42.0 | 11.2 | .7 | 3.0 | 35.1 |
| 19-22..... | 192 | 29.4 | 25.7 | 6.8 | 1.7 | 2.9 | 19.8 |
| 23-34..... | 421 | 37.1 | 22.2 | 8.0 | 3.5 | .8 | 24.9 |
| 35-50..... | 493 | 21.3 | 11.4 | 6.4 | 2.9 | .4 | 15.8 |
| 51-64..... | 331 | 19.4 | 8.8 | 5.6 | 3.7 | 1.9 | 14.4 |
| 65-74..... | 151 | 5.1 | 2.9 | 1.2 | .5 | .9 | 3.7 |
| 75 AND OVER..... | 59 | 9.9 | 6.6 | .0 | 1.4 | .0 | 9.9 |
| ALL INDIVIDUALS..... | 5/4,485 | 35.4 | 23.5 | 9.0 | 3.3 | 2.4 | 24.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4J-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/68 | 90 | 9 | 0 | 3 | 20 | 58 |
| 1-2..... | 5/158 | 93 | 33 | 3 | 7 | 5 | 45 |
| 3-5..... | 276 | 104 | 34 | 7 | 10 | 5 | 48 |
| 6-8..... | 255 | 127 | 43 | 8 | 13 | 6 | 56 |
| MALES: | | | | | | | |
| 9-11..... | 137 | 130 | 45 | 9 | 13 | 5 | 59 |
| 12-14..... | 173 | 147 | 48 | 7 | 18 | 9 | 66 |
| 15-18..... | 226 | 173 | 56 | 7 | 24 | 7 | 78 |
| 19-22..... | 136 | 169 | 48 | 14 | 20 | 11 | 77 |
| 23-34..... | 229 | 184 | 55 | 13 | 18 | 11 | 88 |
| 35-50..... | 254 | 206 | 47 | 19 | 24 | 11 | 105 |
| 51-64..... | 195 | 211 | 47 | 22 | 28 | 9 | 105 |
| 65-74..... | 99 | 205 | 50 | 23 | 28 | 17 | 88 |
| 75 AND OVER..... | 62 | 211 | 46 | 27 | 42 | 10 | 87 |
| FEMALES: | | | | | | | |
| 9-11..... | 154 | 132 | 43 | 11 | 14 | 5 | 58 |
| 12-14..... | 172 | 142 | 42 | 13 | 18 | 6 | 63 |
| 15-18..... | 243 | 133 | 43 | 8 | 17 | 8 | 56 |
| 19-22..... | 192 | 118 | 34 | 8 | 11 | 6 | 59 |
| 23-34..... | 421 | 164 | 47 | 11 | 20 | 8 | 78 |
| 35-50..... | 493 | 177 | 45 | 21 | 22 | 8 | 82 |
| 51-64..... | 331 | 193 | 45 | 20 | 26 | 9 | 93 |
| 65-74..... | 151 | 198 | 46 | 17 | 25 | 11 | 98 |
| 75 AND OVER..... | 59 | 195 | 24 | 22 | 36 | 16 | 97 |
| ALL INDIVIDUALS..... | 5/4,485 | 160 | 44 | 13 | 19 | 8 | 75 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4J-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/68 | 71.4 | 20.9 | 0.0 | 9.8 | 29.0 | 61.2 |
| 1-2..... | 5/158 | 94.8 | 67.0 | 17.8 | 21.8 | 15.1 | 80.0 |
| 3-5..... | 276 | 97.4 | 65.9 | 26.7 | 27.7 | 13.0 | 82.9 |
| 6-8..... | 255 | 97.0 | 65.9 | 29.6 | 26.3 | 14.8 | 83.6 |
| MALES: | | | | | | | |
| 9-11..... | 137 | 94.0 | 65.3 | 24.2 | 26.3 | 11.9 | 82.6 |
| 12-14..... | 173 | 92.7 | 66.3 | 28.4 | 26.4 | 15.1 | 81.2 |
| 15-18..... | 226 | 93.5 | 60.8 | 26.3 | 29.8 | 12.9 | 77.5 |
| 19-22..... | 136 | 93.5 | 56.3 | 26.6 | 32.6 | 14.7 | 81.5 |
| 23-34..... | 229 | 93.7 | 63.4 | 24.2 | 25.4 | 15.7 | 79.9 |
| 35-50..... | 254 | 94.6 | 52.7 | 39.1 | 26.9 | 17.3 | 88.1 |
| 51-64..... | 195 | 93.0 | 49.0 | 30.2 | 34.9 | 15.8 | 83.2 |
| 65-74..... | 99 | 100.0 | 58.0 | 34.2 | 32.5 | 25.3 | 93.0 |
| 75 AND OVER..... | 62 | 91.5 | 46.6 | 27.4 | 35.7 | 17.5 | 75.0 |
| FEMALES: | | | | | | | |
| 9-11..... | 154 | 95.2 | 59.6 | 33.1 | 24.6 | 10.1 | 79.0 |
| 12-14..... | 172 | 98.4 | 61.3 | 36.8 | 32.8 | 13.0 | 81.1 |
| 15-18..... | 243 | 92.0 | 60.8 | 25.0 | 30.6 | 14.9 | 78.1 |
| 19-22..... | 192 | 89.9 | 55.1 | 24.4 | 22.3 | 12.4 | 79.8 |
| 23-34..... | 421 | 95.2 | 62.3 | 32.5 | 28.1 | 15.2 | 87.0 |
| 35-50..... | 493 | 95.9 | 61.1 | 38.3 | 31.5 | 18.1 | 84.2 |
| 51-64..... | 331 | 98.6 | 58.8 | 37.1 | 33.4 | 14.2 | 90.9 |
| 65-74..... | 151 | 94.9 | 57.8 | 31.9 | 29.8 | 17.6 | 86.1 |
| 75 AND OVER..... | 59 | 94.0 | 33.1 | 28.7 | 33.6 | 21.5 | 81.5 |
| ALL INDIVIDUALS..... | 5/4,485 | 94.7 | 59.4 | 30.2 | 28.7 | 15.4 | 83.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 4K-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/75 | 81 | 13 | 2 | 1 | 17 | 48 |
| 1-2 | 5/246 | 96 | 31 | 8 | 3 | 6 | 48 |
| 3-5 | 404 | 107 | 39 | 12 | 3 | 3 | 49 |
| 6-8 | 428 | 137 | 48 | 13 | 5 | 5 | 65 |
| MALES: | | | | | | | |
| 9-11 | 196 | 156 | 60 | 14 | 3 | 4 | 75 |
| 12-14 | 296 | 172 | 69 | 16 | 9 | 6 | 71 |
| 15-18 | 365 | 218 | 92 | 19 | 11 | 5 | 91 |
| 19-22 | 256 | 234 | 98 | 22 | 10 | 4 | 100 |
| 23-34 | 708 | 242 | 90 | 30 | 7 | 6 | 109 |
| 35-50 | 714 | 249 | 84 | 29 | 10 | 7 | 119 |
| 51-64 | 579 | 274 | 83 | 33 | 12 | 10 | 137 |
| 65-74 | 270 | 259 | 72 | 29 | 13 | 13 | 131 |
| 75 AND OVER | 114 | 271 | 85 | 31 | 22 | 10 | 122 |
| FEMALES: | | | | | | | |
| 9-11 | 222 | 138 | 50 | 15 | 5 | 3 | 65 |
| 12-14 | 295 | 158 | 58 | 20 | 7 | 4 | 70 |
| 15-18 | 374 | 164 | 61 | 21 | 8 | 5 | 70 |
| 19-22 | 300 | 174 | 57 | 21 | 7 | 4 | 85 |
| 23-34 | 865 | 179 | 50 | 24 | 8 | 6 | 91 |
| 35-50 | 838 | 187 | 49 | 26 | 10 | 6 | 96 |
| 51-64 | 715 | 222 | 57 | 29 | 12 | 9 | 116 |
| 65-74 | 346 | 231 | 53 | 27 | 14 | 14 | 122 |
| 75 AND OVER | 173 | 214 | 54 | 25 | 16 | 12 | 106 |
| ALL INDIVIDUALS | 5/8,780 | 198 | 64 | 23 | 9 | 7 | 95 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 4K-1.2.--VEGETABLES1/2/

PERCENTAGE OF INDIVIDUALS USING,3/4/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/75 | 75.7 | 21.5 | 5.0 | 4.2 | 40.1 | 63.1 |
| 1-2..... | 5/245 | 97.3 | 76.9 | 30.1 | 12.0 | 19.1 | 83.0 |
| 3-5..... | 404 | 99.1 | 82.2 | 47.7 | 11.5 | 15.6 | 86.1 |
| 6-8..... | 428 | 98.5 | 86.4 | 42.8 | 12.1 | 19.5 | 90.5 |
| MALES: | | | | | | | |
| 9-11..... | 196 | 99.2 | 90.3 | 38.8 | 10.1 | 17.6 | 88.0 |
| 12-14..... | 296 | 98.5 | 84.2 | 46.5 | 16.1 | 19.1 | 89.2 |
| 15-18..... | 365 | 98.7 | 84.8 | 44.4 | 15.8 | 15.6 | 88.1 |
| 19-22..... | 256 | 97.7 | 83.6 | 46.6 | 13.6 | 11.1 | 87.9 |
| 23-34..... | 708 | 99.7 | 84.9 | 52.8 | 13.2 | 15.1 | 94.2 |
| 35-50..... | 714 | 99.4 | 79.7 | 51.9 | 15.2 | 18.5 | 94.8 |
| 51-64..... | 579 | 98.9 | 81.5 | 48.2 | 20.8 | 21.3 | 96.4 |
| 65-74..... | 270 | 98.2 | 72.8 | 46.5 | 21.6 | 24.0 | 94.7 |
| 75 AND OVER..... | 114 | 97.9 | 78.0 | 42.1 | 32.0 | 19.4 | 96.4 |
| FEMALES: | | | | | | | |
| 9-11..... | 222 | 98.5 | 79.6 | 47.5 | 13.4 | 14.9 | 94.3 |
| 12-14..... | 295 | 97.4 | 82.5 | 51.0 | 16.3 | 14.4 | 89.7 |
| 15-18..... | 374 | 97.7 | 81.0 | 51.0 | 16.7 | 17.4 | 90.2 |
| 19-22..... | 300 | 98.1 | 79.4 | 46.5 | 15.2 | 15.7 | 90.3 |
| 23-34..... | 865 | 98.1 | 76.2 | 50.0 | 16.5 | 16.7 | 92.3 |
| 35-50..... | 838 | 99.3 | 72.2 | 52.0 | 20.8 | 17.6 | 95.0 |
| 51-64..... | 715 | 99.2 | 73.8 | 48.5 | 23.5 | 23.4 | 97.7 |
| 65-74..... | 346 | 98.3 | 71.0 | 46.3 | 25.0 | 25.0 | 95.9 |
| 75 AND OVER..... | 173 | 99.2 | 68.6 | 40.6 | 26.2 | 25.8 | 93.5 |
| ALL INDIVIDUALS..... | 5/8,780 | 98.5 | 79.6 | 47.6 | 17.3 | 19.6 | 92.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 4K-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/75 | 2 | 1 | (6) | 0 | 0 | 2 |
| 1-2..... | 5/246 | 10 | 5 | 1 | 1 | (6) | 3 |
| 3-5..... | 404 | 15 | 7 | 2 | (6) | 1 | 6 |
| 6-8..... | 428 | 32 | 13 | 2 | 1 | 1 | 15 |
| MALES: | | | | | | | |
| 9-11..... | 196 | 35 | 18 | 2 | 0 | 1 | 15 |
| 12-14..... | 296 | 32 | 15 | 3 | 1 | 1 | 12 |
| 15-18..... | 365 | 35 | 18 | 3 | 1 | 1 | 12 |
| 19-22..... | 256 | 55 | 28 | 5 | 2 | 1 | 18 |
| 23-34..... | 708 | 50 | 23 | 5 | 1 | 1 | 20 |
| 35-50..... | 714 | 43 | 18 | 5 | 1 | 2 | 22 |
| 51-64..... | 579 | 41 | 14 | 3 | 1 | 1 | 22 |
| 65-74..... | 270 | 25 | 9 | 1 | 1 | 1 | 13 |
| 75 AND OVER..... | 114 | 21 | 8 | 1 | (6) | 2 | 10 |
| FEMALES: | | | | | | | |
| 9-11..... | 222 | 23 | 10 | 2 | 1 | 1 | 14 |
| 12-14..... | 295 | 30 | 15 | 3 | (6) | (6) | 12 |
| 15-18..... | 374 | 33 | 15 | 4 | (6) | 1 | 13 |
| 19-22..... | 300 | 37 | 15 | 4 | 1 | 1 | 17 |
| 23-34..... | 865 | 37 | 12 | 5 | 1 | 2 | 17 |
| 35-50..... | 838 | 25 | 9 | 3 | 1 | 1 | 14 |
| 51-64..... | 715 | 25 | 7 | 3 | 1 | 1 | 13 |
| 65-74..... | 346 | 23 | 7 | 2 | 1 | 2 | 12 |
| 75 AND OVER..... | 173 | 13 | 5 | 2 | 1 | 1 | 4 |
| ALL INDIVIDUALS..... | 5/8,780 | 33 | 13 | 3 | 1 | 1 | 15 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 4K-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/75 | 6.5 | 5.2 | 1.3 | 0.0 | 0.0 | 4.1 |
| 1-2..... | 5/246 | 31.1 | 25.2 | 6.1 | 1.0 | 1.9 | 11.0 |
| 3-5..... | 404 | 37.3 | 24.9 | 10.9 | 1.3 | 3.5 | 18.6 |
| 6-8..... | 428 | 55.5 | 41.7 | 12.0 | 2.3 | 5.2 | 36.5 |
| MALES: | | | | | | | |
| 9-11..... | 196 | 59.2 | 47.8 | 14.8 | .0 | 7.0 | 40.0 |
| 12-14..... | 296 | 53.5 | 36.2 | 17.8 | 1.3 | 6.4 | 37.5 |
| 15-18..... | 365 | 53.4 | 40.4 | 16.7 | 2.0 | 3.0 | 37.5 |
| 19-22..... | 256 | 53.4 | 41.0 | 16.2 | 1.0 | 3.0 | 38.3 |
| 23-34..... | 708 | 56.4 | 43.6 | 18.5 | 3.2 | 2.3 | 38.0 |
| 35-50..... | 714 | 48.4 | 33.4 | 16.2 | 2.1 | 3.9 | 38.1 |
| 51-64..... | 579 | 36.5 | 25.8 | 10.1 | 1.9 | 2.9 | 31.9 |
| 65-74..... | 270 | 31.4 | 20.7 | 6.2 | 2.6 | 4.3 | 25.7 |
| 75 AND OVER..... | 114 | 21.3 | 14.6 | 4.7 | .9 | 5.1 | 17.3 |
| FEMALES: | | | | | | | |
| 9-11..... | 222 | 51.7 | 34.4 | 13.7 | 2.2 | 5.3 | 34.4 |
| 12-14..... | 295 | 57.3 | 43.9 | 17.6 | 1.4 | 2.3 | 35.5 |
| 15-18..... | 374 | 52.4 | 37.9 | 16.9 | .6 | 4.6 | 35.1 |
| 19-22..... | 300 | 51.7 | 38.9 | 14.0 | 2.2 | 2.9 | 36.0 |
| 23-34..... | 865 | 49.3 | 31.6 | 15.4 | 3.5 | 3.7 | 37.9 |
| 35-50..... | 838 | 39.6 | 22.9 | 12.2 | 2.9 | 2.8 | 31.9 |
| 51-64..... | 715 | 31.1 | 17.6 | 7.4 | 3.6 | 3.4 | 28.2 |
| 65-74..... | 346 | 28.3 | 14.6 | 5.8 | 2.6 | 4.9 | 25.5 |
| 75 AND OVER..... | 173 | 20.1 | 11.5 | 5.9 | 2.2 | 2.4 | 15.7 |
| ALL INDIVIDUALS..... | 5/8,780 | 44.3 | 30.7 | 12.8 | 2.3 | 3.7 | 32.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 4K-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/75 | 79 | 12 | 2 | 1 | 17 | 46 |
| 1-2..... | 5/246 | 85 | 26 | 7 | 2 | 5 | 45 |
| 3-5..... | 404 | 91 | 32 | 10 | 3 | 3 | 44 |
| 6-8..... | 428 | 105 | 36 | 11 | 4 | 4 | 50 |
| MALES: | | | | | | | |
| 9-11..... | 196 | 120 | 42 | 12 | 3 | 3 | 60 |
| 12-14..... | 296 | 141 | 54 | 14 | 9 | 5 | 59 |
| 15-18..... | 365 | 182 | 74 | 15 | 10 | 5 | 78 |
| 19-22..... | 256 | 179 | 70 | 16 | 8 | 3 | 82 |
| 23-34..... | 708 | 192 | 57 | 25 | 6 | 5 | 89 |
| 35-50..... | 714 | 200 | 56 | 24 | 9 | 6 | 97 |
| 51-64..... | 579 | 233 | 69 | 29 | 11 | 8 | 115 |
| 65-74..... | 270 | 233 | 63 | 28 | 12 | 12 | 118 |
| 75 AND OVER..... | 114 | 250 | 77 | 30 | 22 | 9 | 112 |
| FEMALES: | | | | | | | |
| 9-11..... | 222 | 110 | 40 | 12 | 4 | 2 | 51 |
| 12-14..... | 295 | 123 | 43 | 17 | 6 | 3 | 58 |
| 15-18..... | 374 | 131 | 46 | 17 | 8 | 4 | 56 |
| 19-22..... | 300 | 137 | 42 | 17 | 6 | 3 | 68 |
| 23-34..... | 865 | 142 | 38 | 20 | 6 | 5 | 73 |
| 35-50..... | 838 | 160 | 41 | 23 | 9 | 5 | 82 |
| 51-64..... | 715 | 197 | 50 | 26 | 11 | 8 | 102 |
| 65-74..... | 346 | 203 | 46 | 26 | 13 | 12 | 110 |
| 75 AND OVER..... | 173 | 200 | 50 | 23 | 15 | 11 | 102 |
| ALL INDIVIDUALS..... | 5/8,780 | 155 | 51 | 20 | 8 | 6 | 81 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 4K-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/75 | 75.5 | 17.3 | 5.0 | 4.2 | 40.1 | 60.7 |
| 1-2..... | 5/245 | 92.3 | 66.2 | 27.1 | 10.9 | 17.2 | 80.5 |
| 3-5..... | 404 | 95.5 | 71.2 | 42.2 | 10.5 | 13.3 | 82.9 |
| 6-8..... | 428 | 94.3 | 74.1 | 35.8 | 10.4 | 13.3 | 83.2 |
| MALES: | | | | | | | |
| 9-11..... | 196 | 91.9 | 70.4 | 28.5 | 10.1 | 12.9 | 82.2 |
| 12-14..... | 296 | 91.1 | 71.8 | 35.2 | 15.5 | 14.3 | 78.2 |
| 15-18..... | 365 | 95.2 | 73.2 | 35.2 | 14.8 | 14.4 | 82.0 |
| 19-22..... | 255 | 89.1 | 68.0 | 34.5 | 12.6 | 8.2 | 77.7 |
| 23-34..... | 708 | 94.4 | 67.0 | 42.0 | 10.2 | 13.2 | 86.6 |
| 35-50..... | 714 | 94.3 | 65.6 | 44.2 | 14.8 | 15.2 | 89.1 |
| 51-64..... | 579 | 95.4 | 70.9 | 42.9 | 19.1 | 18.6 | 90.7 |
| 65-74..... | 270 | 95.3 | 64.5 | 42.8 | 19.6 | 22.3 | 90.5 |
| 75 AND OVER..... | 114 | 96.4 | 70.7 | 40.9 | 31.1 | 14.3 | 91.3 |
| FEMALES: | | | | | | | |
| 9-11..... | 222 | 94.7 | 67.8 | 36.1 | 11.2 | 10.0 | 86.7 |
| 12-14..... | 295 | 93.7 | 68.1 | 39.0 | 15.2 | 12.5 | 83.9 |
| 15-18..... | 374 | 91.1 | 65.0 | 39.1 | 16.4 | 12.7 | 80.2 |
| 19-22..... | 300 | 92.5 | 62.5 | 39.0 | 12.9 | 13.5 | 82.2 |
| 23-34..... | 865 | 92.5 | 61.0 | 40.7 | 13.5 | 13.6 | 84.8 |
| 35-50..... | 838 | 95.5 | 63.2 | 44.6 | 18.0 | 15.6 | 90.7 |
| 51-64..... | 715 | 96.3 | 66.2 | 44.0 | 20.6 | 20.6 | 93.9 |
| 65-74..... | 346 | 97.9 | 62.7 | 41.6 | 22.4 | 22.0 | 95.3 |
| 75 AND OVER..... | 173 | 96.3 | 62.3 | 36.6 | 24.7 | 23.9 | 89.6 |
| ALL INDIVIDUALS..... | 5/8,780 | 94.1 | 66.3 | 39.9 | 15.4 | 15.6 | 86.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 4L-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/120 | 69 | 6 | 2 | 1 | 15 | 45 |
| 1-2..... | 5/249 | 92 | 32 | 10 | 2 | 6 | 42 |
| 3-5..... | 425 | 107 | 37 | 15 | 2 | 4 | 49 |
| 6-8..... | 454 | 141 | 51 | 15 | 5 | 5 | 66 |
| MALES: | | | | | | | |
| 9-11..... | 233 | 175 | 70 | 20 | 5 | 7 | 73 |
| 12-14..... | 274 | 190 | 70 | 25 | 5 | 7 | 83 |
| 15-18..... | 320 | 209 | 83 | 28 | 5 | 5 | 88 |
| 19-22..... | 261 | 202 | 66 | 35 | 4 | 5 | 92 |
| 23-34..... | 655 | 225 | 72 | 32 | 7 | 9 | 105 |
| 35-50..... | 664 | 285 | 83 | 46 | 7 | 10 | 138 |
| 51-64..... | 520 | 292 | 69 | 62 | 9 | 9 | 144 |
| 65-74..... | 239 | 261 | 69 | 44 | 7 | 12 | 128 |
| 75 AND OVER..... | 118 | 259 | 75 | 51 | 2 | 7 | 125 |
| FEMALES: | | | | | | | |
| 9-11..... | 265 | 164 | 58 | 19 | 5 | 6 | 75 |
| 12-14..... | 288 | 162 | 58 | 23 | 5 | 6 | 70 |
| 15-18..... | 382 | 159 | 57 | 23 | 5 | 4 | 70 |
| 19-22..... | 372 | 156 | 48 | 23 | 4 | 3 | 77 |
| 23-34..... | 975 | 205 | 53 | 32 | 6 | 6 | 107 |
| 35-50..... | 936 | 230 | 52 | 42 | 9 | 8 | 119 |
| 51-64..... | 751 | 238 | 51 | 51 | 7 | 10 | 118 |
| 65-74..... | 342 | 236 | 46 | 48 | 8 | 12 | 123 |
| 75 AND OVER..... | 194 | 225 | 56 | 42 | 9 | 14 | 103 |
| ALL INDIVIDUALS..... | 5/9.037 | 206 | 58 | 34 | 6 | 8 | 100 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 4L-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/120 | 68.2 | 15.8 | 1.9 | 6.2 | 32.8 | 57.7 |
| 1-2..... | 5/249 | 94.9 | 80.7 | 38.3 | 10.9 | 21.2 | 80.0 |
| 3-5..... | 425 | 96.7 | 77.5 | 49.5 | 6.8 | 17.9 | 84.9 |
| 6-8..... | 454 | 99.4 | 84.6 | 48.9 | 11.5 | 19.5 | 89.8 |
| MALES: | | | | | | | |
| 9-11..... | 233 | 98.7 | 83.0 | 53.0 | 12.0 | 22.4 | 88.8 |
| 12-14..... | 274 | 99.7 | 85.6 | 57.5 | 12.3 | 18.9 | 91.6 |
| 15-18..... | 320 | 98.2 | 87.9 | 58.2 | 12.1 | 13.7 | 88.1 |
| 19-22..... | 261 | 98.3 | 84.5 | 56.0 | 9.6 | 13.2 | 89.7 |
| 23-34..... | 655 | 98.4 | 81.3 | 59.9 | 12.3 | 14.0 | 92.5 |
| 35-50..... | 664 | 98.7 | 80.7 | 62.6 | 13.5 | 21.3 | 93.4 |
| 51-64..... | 520 | 100.0 | 74.2 | 70.5 | 17.9 | 20.5 | 97.9 |
| 65-74..... | 239 | 99.7 | 74.5 | 57.5 | 17.1 | 26.2 | 96.6 |
| 75 AND OVER..... | 118 | 94.8 | 70.1 | 55.9 | 4.4 | 17.2 | 86.5 |
| FEMALES: | | | | | | | |
| 9-11..... | 265 | 99.1 | 82.6 | 47.5 | 13.5 | 16.8 | 92.5 |
| 12-14..... | 288 | 98.1 | 80.2 | 50.0 | 11.7 | 15.7 | 86.2 |
| 15-18..... | 382 | 97.2 | 80.8 | 48.5 | 11.8 | 14.4 | 85.2 |
| 19-22..... | 372 | 94.8 | 69.3 | 47.7 | 7.8 | 13.3 | 85.4 |
| 23-34..... | 975 | 98.7 | 74.7 | 60.9 | 12.1 | 15.6 | 95.2 |
| 35-50..... | 936 | 99.1 | 73.9 | 61.2 | 16.8 | 21.6 | 93.9 |
| 51-64..... | 751 | 99.6 | 72.7 | 69.8 | 17.3 | 22.4 | 97.2 |
| 65-74..... | 342 | 97.8 | 67.9 | 66.4 | 15.7 | 25.8 | 95.1 |
| 75 AND OVER..... | 194 | 97.7 | 74.4 | 54.0 | 15.7 | 29.0 | 93.0 |
| ALL INDIVIDUALS..... | 5/9,037 | 98.0 | 76.8 | 57.3 | 13.1 | 19.1 | 91.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 4L-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/120 | (6) | (6) | 0 | 0 | 0 | (6) |
| 1-2 | 5/249 | 10 | 5 | (6) | (6) | (6) | 5 |
| 3-5 | 425 | 10 | 5 | 1 | (6) | (6) | 4 |
| 6-8 | 454 | 19 | 7 | 2 | 1 | 1 | 9 |
| MALES: | | | | | | | |
| 9-11 | 233 | 23 | 10 | 1 | 1 | 1 | 11 |
| 12-14 | 274 | 28 | 11 | 2 | 1 | 1 | 13 |
| 15-18 | 320 | 31 | 15 | 3 | 1 | (6) | 12 |
| 19-22 | 261 | 35 | 15 | 4 | 1 | 1 | 15 |
| 23-34 | 655 | 46 | 18 | 6 | (6) | (6) | 21 |
| 35-50 | 664 | 43 | 15 | 5 | 1 | 1 | 22 |
| 51-64 | 520 | 40 | 13 | 6 | 1 | 1 | 18 |
| 65-74 | 239 | 22 | 8 | 2 | (6) | 0 | 11 |
| 75 AND OVER | 118 | 10 | 5 | (6) | 0 | (6) | 5 |
| FEMALES: | | | | | | | |
| 9-11 | 265 | 24 | 9 | 2 | 1 | (6) | 12 |
| 12-14 | 288 | 16 | 7 | 1 | (6) | (6) | 8 |
| 15-18 | 382 | 31 | 13 | 4 | (6) | 1 | 13 |
| 19-22 | 372 | 28 | 11 | 4 | 0 | 1 | 13 |
| 23-34 | 975 | 29 | 9 | 4 | 1 | 1 | 16 |
| 35-50 | 936 | 30 | 8 | 4 | 1 | 1 | 16 |
| 51-64 | 751 | 21 | 6 | 3 | 1 | 1 | 11 |
| 65-74 | 342 | 17 | 6 | 1 | 1 | (6) | 8 |
| 75 AND OVER | 194 | 17 | 5 | 2 | 1 | (6) | 9 |
| ALL INDIVIDUALS | 5/9,037 | 27 | 10 | 3 | 1 | 1 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 4L-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/120 | 4.6 | 0.8 | 0.0 | 0.0 | 0.0 | 3.8 |
| 1-2 | 5/249 | 22.6 | 19.1 | 4.3 | .9 | 1.7 | 15.3 |
| 3-5 | 425 | 27.0 | 17.7 | 5.8 | .9 | 2.1 | 15.3 |
| 6-8 | 454 | 38.7 | 29.2 | 9.2 | 1.4 | 4.8 | 23.4 |
| MALES: | | | | | | | |
| 9-11 | 233 | 37.3 | 29.8 | 8.8 | 1.5 | 2.9 | 21.6 |
| 12-14 | 274 | 47.0 | 36.0 | 11.6 | 2.2 | 4.0 | 26.9 |
| 15-18 | 320 | 47.6 | 37.0 | 13.5 | 2.0 | 1.6 | 29.0 |
| 19-22 | 261 | 51.6 | 36.8 | 10.5 | 1.6 | 1.7 | 32.5 |
| 23-34 | 655 | 53.6 | 38.2 | 20.9 | .9 | 1.7 | 42.9 |
| 35-50 | 664 | 44.9 | 30.7 | 13.2 | 2.2 | 2.4 | 34.4 |
| 51-64 | 520 | 39.6 | 26.8 | 18.4 | 2.2 | 3.0 | 33.4 |
| 65-74 | 239 | 28.3 | 19.7 | 7.8 | .8 | .0 | 21.3 |
| 75 AND OVER | 118 | 13.7 | 11.1 | 1.5 | .0 | .8 | 11.3 |
| FEMALES: | | | | | | | |
| 9-11 | 265 | 46.3 | 31.4 | 10.4 | 2.5 | 1.9 | 32.4 |
| 12-14 | 288 | 36.3 | 25.6 | 8.9 | 1.2 | 1.5 | 22.1 |
| 15-18 | 382 | 48.8 | 36.2 | 15.0 | .8 | 3.0 | 32.0 |
| 19-22 | 372 | 49.1 | 31.9 | 15.1 | .0 | 2.8 | 32.8 |
| 23-34 | 975 | 44.0 | 27.1 | 14.2 | 1.9 | 1.7 | 33.8 |
| 35-50 | 936 | 38.5 | 23.2 | 10.9 | 3.6 | 2.8 | 29.7 |
| 51-64 | 751 | 30.5 | 17.0 | 10.6 | 2.3 | 2.5 | 26.4 |
| 65-74 | 342 | 26.0 | 16.3 | 5.6 | 1.7 | 2.4 | 22.0 |
| 75 AND OVER | 194 | 20.2 | 15.9 | 5.1 | 2.1 | .6 | 14.7 |
| ALL INDIVIDUALS | 5/9,037 | 39.1 | 26.6 | 11.7 | 1.8 | 2.3 | 28.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 4L-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/120 | 69 | 6 | 2 | 1 | 15 | 44 |
| 1-2 | 5/249 | 82 | 27 | 10 | 2 | 6 | 38 |
| 3-5 | 425 | 97 | 32 | 15 | 2 | 4 | 45 |
| 6-8 | 454 | 123 | 44 | 13 | 4 | 4 | 57 |
| MALES: | | | | | | | |
| 9-11 | 233 | 152 | 60 | 19 | 4 | 7 | 63 |
| 12-14 | 274 | 161 | 58 | 22 | 4 | 6 | 70 |
| 15-18 | 320 | 177 | 67 | 25 | 5 | 5 | 76 |
| 19-22 | 261 | 167 | 51 | 31 | 4 | 5 | 77 |
| 23-34 | 655 | 179 | 53 | 26 | 7 | 8 | 84 |
| 35-50 | 664 | 242 | 68 | 42 | 6 | 9 | 116 |
| 51-64 | 520 | 252 | 55 | 56 | 8 | 8 | 125 |
| 65-74 | 239 | 239 | 61 | 42 | 7 | 12 | 117 |
| 75 AND OVER | 118 | 249 | 70 | 51 | 2 | 7 | 119 |
| FEMALES: | | | | | | | |
| 9-11 | 265 | 139 | 49 | 17 | 4 | 6 | 63 |
| 12-14 | 288 | 146 | 51 | 23 | 5 | 5 | 62 |
| 15-18 | 382 | 128 | 43 | 20 | 4 | 4 | 57 |
| 19-22 | 372 | 127 | 36 | 20 | 4 | 3 | 64 |
| 23-34 | 975 | 175 | 44 | 28 | 6 | 6 | 91 |
| 35-50 | 936 | 200 | 44 | 38 | 8 | 7 | 103 |
| 51-64 | 751 | 217 | 45 | 48 | 7 | 9 | 108 |
| 65-74 | 342 | 219 | 39 | 47 | 8 | 11 | 114 |
| 75 AND OVER | 194 | 208 | 51 | 41 | 8 | 13 | 94 |
| ALL INDIVIDUALS | 5/9,037 | 178 | 48 | 31 | 6 | 7 | 86 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 4L-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/120 | 67.4 | 15.0 | 1.9 | 6.2 | 32.8 | 57.7 |
| 1-2..... | 5/249 | 92.0 | 71.6 | 35.6 | 10.0 | 20.9 | 78.1 |
| 3-5..... | 425 | 96.2 | 71.1 | 45.3 | 5.9 | 16.4 | 84.3 |
| 6-8..... | 454 | 97.2 | 72.2 | 44.4 | 10.0 | 15.8 | 86.6 |
| MALES: | | | | | | | |
| 9-11..... | 233 | 96.4 | 71.4 | 48.0 | 10.6 | 19.4 | 85.7 |
| 12-14..... | 274 | 97.0 | 73.0 | 50.1 | 10.1 | 16.4 | 85.1 |
| 15-18..... | 320 | 93.4 | 77.7 | 51.4 | 10.1 | 12.4 | 80.7 |
| 19-22..... | 261 | 91.3 | 70.3 | 50.5 | 8.0 | 11.4 | 82.8 |
| 23-34..... | 655 | 90.5 | 65.6 | 47.3 | 11.4 | 12.2 | 82.4 |
| 35-50..... | 664 | 95.8 | 68.5 | 58.1 | 11.2 | 18.9 | 90.0 |
| 51-64..... | 520 | 95.6 | 60.7 | 60.6 | 16.1 | 17.4 | 91.5 |
| 65-74..... | 239 | 95.9 | 63.6 | 55.2 | 16.2 | 26.2 | 93.5 |
| 75 AND OVER..... | 118 | 93.3 | 67.9 | 55.1 | 4.4 | 17.2 | 81.8 |
| FEMALES: | | | | | | | |
| 9-11..... | 265 | 96.2 | 73.2 | 43.3 | 11.4 | 15.4 | 87.1 |
| 12-14..... | 288 | 96.9 | 71.9 | 45.7 | 10.8 | 15.0 | 82.8 |
| 15-18..... | 382 | 91.4 | 66.8 | 40.7 | 11.0 | 11.8 | 77.9 |
| 19-22..... | 372 | 88.5 | 56.4 | 41.2 | 7.8 | 10.4 | 78.5 |
| 23-34..... | 975 | 96.4 | 62.6 | 53.9 | 10.8 | 14.1 | 91.2 |
| 35-50..... | 936 | 96.1 | 60.5 | 56.6 | 13.4 | 19.3 | 87.9 |
| 51-64..... | 751 | 98.5 | 66.5 | 65.6 | 15.1 | 20.6 | 94.3 |
| 65-74..... | 342 | 97.3 | 60.1 | 63.9 | 14.0 | 24.3 | 94.0 |
| 75 AND OVER..... | 194 | 96.6 | 70.0 | 53.5 | 13.6 | 28.4 | 90.9 |
| ALL INDIVIDUALS..... | 5/9,037 | 94.8 | 65.7 | 51.6 | 11.5 | 17.1 | 86.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 4M-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/105 | 75 | 15 | 1 | 1 | 16 | 42 |
| 1-2..... | 5/256 | 102 | 40 | 13 | 4 | 6 | 40 |
| 3-5..... | 482 | 112 | 44 | 11 | 4 | 5 | 49 |
| 6-8..... | 487 | 153 | 55 | 12 | 7 | 8 | 71 |
| MALES: | | | | | | | |
| 9-11..... | 278 | 169 | 66 | 16 | 6 | 10 | 71 |
| 12-14..... | 307 | 190 | 77 | 13 | 6 | 10 | 83 |
| 15-18..... | 329 | 219 | 87 | 21 | 6 | 11 | 94 |
| 19-22..... | 245 | 206 | 80 | 23 | 8 | 9 | 86 |
| 23-34..... | 626 | 232 | 74 | 26 | 11 | 11 | 109 |
| 35-50..... | 558 | 245 | 81 | 23 | 12 | 13 | 117 |
| 51-64..... | 503 | 263 | 84 | 29 | 14 | 15 | 122 |
| 65-74..... | 267 | 269 | 75 | 34 | 15 | 20 | 125 |
| 75 AND OVER..... | 110 | 255 | 71 | 29 | 26 | 19 | 110 |
| FEMALES: | | | | | | | |
| 9-11..... | 245 | 173 | 61 | 13 | 7 | 9 | 83 |
| 12-14..... | 297 | 165 | 63 | 15 | 5 | 7 | 75 |
| 15-18..... | 363 | 162 | 64 | 12 | 5 | 9 | 72 |
| 19-22..... | 308 | 183 | 55 | 32 | 5 | 7 | 83 |
| 23-34..... | 1,066 | 179 | 50 | 22 | 9 | 9 | 88 |
| 35-50..... | 1,037 | 192 | 52 | 23 | 9 | 10 | 97 |
| 51-64..... | 774 | 220 | 52 | 29 | 11 | 14 | 114 |
| 65-74..... | 354 | 216 | 56 | 26 | 14 | 17 | 104 |
| 75 AND OVER..... | 198 | 205 | 52 | 24 | 17 | 18 | 94 |
| ALL INDIVIDUALS..... | 5/9,196 | 195 | 61 | 21 | 9 | 11 | 92 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 4M-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/105 | 67.2 | 23.7 | 2.8 | 2.6 | 29.6 | 53.6 |
| 1-2..... | 5/256 | 96.8 | 77.8 | 36.2 | 13.4 | 25.0 | 80.3 |
| 3-5..... | 482 | 98.0 | 81.9 | 38.8 | 15.4 | 18.9 | 85.7 |
| 6-8..... | 487 | 99.7 | 86.2 | 41.8 | 20.6 | 27.0 | 92.5 |
| MALES: | | | | | | | |
| 9-11..... | 278 | 99.2 | 88.2 | 39.9 | 18.6 | 30.0 | 90.7 |
| 12-14..... | 307 | 99.6 | 87.4 | 40.8 | 15.2 | 26.0 | 93.0 |
| 15-18..... | 329 | 99.0 | 88.6 | 41.5 | 12.2 | 20.2 | 86.1 |
| 19-22..... | 245 | 99.6 | 86.9 | 45.8 | 14.2 | 17.9 | 87.6 |
| 23-34..... | 626 | 99.1 | 83.0 | 51.0 | 19.5 | 23.0 | 93.5 |
| 35-50..... | 558 | 99.1 | 82.4 | 41.0 | 18.7 | 23.6 | 95.7 |
| 51-64..... | 503 | 99.1 | 80.9 | 44.7 | 22.3 | 26.2 | 93.8 |
| 65-74..... | 267 | 98.2 | 77.9 | 45.5 | 24.6 | 35.2 | 91.6 |
| 75 AND OVER..... | 110 | 97.0 | 71.4 | 43.5 | 24.6 | 33.5 | 83.6 |
| FEMALES: | | | | | | | |
| 9-11..... | 245 | 98.3 | 86.0 | 37.5 | 18.6 | 27.1 | 93.8 |
| 12-14..... | 297 | 97.7 | 81.7 | 46.5 | 12.8 | 20.5 | 89.6 |
| 15-18..... | 363 | 96.6 | 81.3 | 38.7 | 11.2 | 21.7 | 85.9 |
| 19-22..... | 308 | 97.7 | 70.7 | 51.8 | 10.5 | 18.4 | 91.5 |
| 23-34..... | 1,066 | 98.0 | 73.9 | 42.8 | 19.1 | 21.8 | 93.2 |
| 35-50..... | 1,037 | 98.2 | 76.0 | 45.6 | 19.3 | 25.0 | 92.8 |
| 51-64..... | 774 | 99.5 | 75.9 | 46.2 | 21.6 | 31.6 | 96.0 |
| 65-74..... | 354 | 98.1 | 73.0 | 45.9 | 26.2 | 36.1 | 89.2 |
| 75 AND OVER..... | 198 | 96.9 | 64.6 | 35.1 | 27.7 | 29.2 | 89.1 |
| ALL INDIVIDUALS..... | 5/9,196 | 98.1 | 78.8 | 43.1 | 18.4 | 25.2 | 91.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 4M-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/105 | 4 | 2 | 1 | 0 | (6) | (6) |
| 1-2..... | 5/256 | 7 | 3 | (6) | (6) | (6) | 3 |
| 3-5..... | 482 | 15 | 6 | 1 | 1 | 1 | 7 |
| 6-8..... | 487 | 43 | 15 | 2 | 2 | 2 | 22 |
| MALES: | | | | | | | |
| 9-11..... | 278 | 52 | 19 | 5 | 2 | 2 | 24 |
| 12-14..... | 307 | 44 | 19 | 3 | 1 | 2 | 19 |
| 15-18..... | 329 | 45 | 20 | 2 | (6) | 2 | 20 |
| 19-22..... | 245 | 46 | 20 | 6 | 1 | 3 | 17 |
| 23-34..... | 626 | 51 | 16 | 5 | 1 | 3 | 26 |
| 35-50..... | 558 | 46 | 19 | 2 | 2 | 1 | 21 |
| 51-64..... | 503 | 34 | 11 | 2 | 1 | 1 | 19 |
| 65-74..... | 267 | 27 | 10 | 1 | 2 | 1 | 14 |
| 75 AND OVER..... | 110 | 34 | 13 | 2 | 1 | 1 | 18 |
| FEMALES: | | | | | | | |
| 9-11..... | 245 | 45 | 15 | 4 | 1 | 2 | 24 |
| 12-14..... | 297 | 40 | 16 | 3 | 1 | 1 | 19 |
| 15-18..... | 363 | 36 | 15 | 2 | 1 | 1 | 17 |
| 19-22..... | 308 | 32 | 11 | 6 | 1 | 1 | 13 |
| 23-34..... | 1,066 | 29 | 9 | 4 | 1 | 2 | 13 |
| 35-50..... | 1,037 | 25 | 7 | 3 | 1 | 1 | 13 |
| 51-64..... | 774 | 29 | 8 | 3 | 1 | 1 | 16 |
| 65-74..... | 354 | 23 | 7 | 1 | 1 | 2 | 11 |
| 75 AND OVER..... | 198 | 18 | 7 | 2 | 1 | 1 | 7 |
| ALL INDIVIDUALS..... | 5/9,196 | 33 | 12 | 3 | 1 | 1 | 16 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 4M-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/105 | 3.4 | 2.6 | 0.9 | 0.0 | 0.8 | 0.8 |
| 1-2..... | 5/256 | 21.2 | 15.3 | 5.0 | .5 | 2.1 | 10.4 |
| 3-5..... | 482 | 33.0 | 23.9 | 5.9 | 2.9 | 2.5 | 19.1 |
| 6-8..... | 487 | 63.3 | 46.7 | 13.0 | 6.1 | 9.9 | 50.0 |
| MALES: | | | | | | | |
| 9-11..... | 278 | 71.8 | 49.7 | 19.7 | 7.0 | 10.9 | 57.6 |
| 12-14..... | 307 | 67.2 | 49.0 | 16.5 | 3.9 | 9.2 | 49.6 |
| 15-18..... | 329 | 63.0 | 48.4 | 13.7 | 1.0 | 5.9 | 42.4 |
| 19-22..... | 245 | 51.3 | 44.9 | 16.6 | 1.6 | 4.1 | 31.3 |
| 23-34..... | 626 | 54.3 | 38.9 | 16.8 | 2.9 | 5.4 | 39.3 |
| 35-50..... | 558 | 48.9 | 36.4 | 10.7 | 3.6 | 2.9 | 36.8 |
| 51-64..... | 503 | 33.7 | 24.1 | 8.9 | 2.4 | 3.7 | 27.9 |
| 65-74..... | 267 | 26.2 | 19.6 | 5.5 | 4.3 | 5.1 | 21.7 |
| 75 AND OVER..... | 110 | 24.8 | 22.1 | 5.4 | 2.2 | 3.5 | 18.9 |
| FEMALES: | | | | | | | |
| 9-11..... | 245 | 67.7 | 45.6 | 13.3 | 2.9 | 10.9 | 51.1 |
| 12-14..... | 297 | 63.5 | 48.4 | 18.2 | 2.6 | 6.6 | 41.2 |
| 15-18..... | 363 | 60.6 | 43.3 | 15.3 | 1.3 | 4.7 | 40.5 |
| 19-22..... | 308 | 50.3 | 33.0 | 20.7 | 1.5 | 3.4 | 32.9 |
| 23-34..... | 1,066 | 41.6 | 24.2 | 13.0 | 3.1 | 4.8 | 32.1 |
| 35-50..... | 1,037 | 37.5 | 20.4 | 10.5 | 3.3 | 2.3 | 29.2 |
| 51-64..... | 774 | 38.1 | 23.6 | 10.0 | 2.7 | 4.7 | 30.1 |
| 65-74..... | 354 | 30.3 | 17.4 | 4.6 | 3.5 | 5.9 | 26.4 |
| 75 AND OVER..... | 198 | 27.0 | 15.7 | 5.6 | 3.5 | 4.7 | 21.6 |
| ALL INDIVIDUALS..... | 5/9,196 | 45.2 | 31.0 | 11.8 | 3.0 | 5.0 | 33.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 4M-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/105 | 72 | 12 | 1 | 1 | 16 | 41 |
| 1-2..... | 5/256 | 94 | 36 | 13 | 4 | 6 | 36 |
| 3-5..... | 482 | 98 | 38 | 10 | 4 | 4 | 42 |
| 6-8..... | 487 | 110 | 41 | 10 | 5 | 7 | 48 |
| MALES: | | | | | | | |
| 9-11..... | 278 | 117 | 47 | 11 | 4 | 8 | 47 |
| 12-14..... | 307 | 145 | 58 | 10 | 5 | 8 | 63 |
| 15-18..... | 329 | 175 | 67 | 18 | 6 | 9 | 74 |
| 19-22..... | 245 | 159 | 60 | 17 | 8 | 6 | 69 |
| 23-34..... | 626 | 181 | 58 | 22 | 10 | 8 | 83 |
| 35-50..... | 558 | 198 | 61 | 21 | 10 | 11 | 95 |
| 51-64..... | 503 | 229 | 73 | 27 | 13 | 13 | 103 |
| 65-74..... | 267 | 242 | 65 | 33 | 13 | 19 | 111 |
| 75 AND OVER..... | 110 | 221 | 58 | 28 | 25 | 18 | 92 |
| FEMALES: | | | | | | | |
| 9-11..... | 245 | 128 | 46 | 9 | 6 | 8 | 58 |
| 12-14..... | 297 | 125 | 48 | 11 | 4 | 5 | 56 |
| 15-18..... | 363 | 125 | 48 | 10 | 5 | 8 | 55 |
| 19-22..... | 308 | 150 | 44 | 26 | 4 | 6 | 70 |
| 23-34..... | 1,066 | 150 | 41 | 18 | 8 | 7 | 75 |
| 35-50..... | 1,037 | 167 | 45 | 20 | 8 | 10 | 85 |
| 51-64..... | 774 | 191 | 43 | 26 | 11 | 12 | 98 |
| 65-74..... | 354 | 194 | 48 | 25 | 12 | 15 | 93 |
| 75 AND OVER..... | 198 | 186 | 45 | 22 | 16 | 16 | 88 |
| ALL INDIVIDUALS..... | 5/9,196 | 161 | 49 | 18 | 8 | 9 | 76 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 4M-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/105 | 67.2 | 22.1 | 2.0 | 2.6 | 29.6 | 53.6 |
| 1-2 | 5/256 | 95.0 | 73.3 | 33.2 | 12.9 | 22.9 | 79.3 |
| 3-5 | 482 | 96.3 | 74.6 | 34.6 | 13.3 | 17.1 | 83.6 |
| 6-8 | 487 | 97.1 | 71.9 | 32.6 | 15.3 | 18.4 | 83.8 |
| MALES: | | | | | | | |
| 9-11 | 278 | 92.5 | 72.0 | 26.7 | 12.6 | 20.9 | 79.5 |
| 12-14 | 307 | 95.5 | 72.8 | 28.9 | 11.8 | 19.2 | 82.7 |
| 15-18 | 329 | 91.4 | 71.2 | 33.5 | 11.2 | 16.7 | 80.1 |
| 19-22 | 245 | 89.2 | 68.9 | 34.4 | 12.6 | 14.3 | 75.4 |
| 23-34 | 626 | 93.7 | 68.2 | 40.2 | 16.9 | 18.0 | 87.6 |
| 35-50 | 558 | 96.3 | 68.7 | 33.9 | 15.6 | 21.3 | 90.3 |
| 51-64 | 503 | 96.4 | 71.1 | 39.9 | 20.4 | 23.5 | 89.5 |
| 65-74 | 267 | 96.6 | 67.8 | 42.3 | 20.8 | 32.1 | 90.0 |
| 75 AND OVER | 110 | 93.6 | 65.0 | 39.4 | 22.4 | 31.5 | 77.6 |
| FEMALES: | | | | | | | |
| 9-11 | 245 | 95.8 | 73.7 | 28.0 | 16.3 | 19.4 | 84.0 |
| 12-14 | 297 | 95.4 | 69.3 | 37.5 | 11.0 | 14.3 | 80.2 |
| 15-18 | 363 | 91.4 | 66.3 | 29.1 | 9.9 | 18.2 | 76.5 |
| 19-22 | 308 | 93.5 | 57.8 | 41.2 | 9.0 | 16.1 | 85.0 |
| 23-34 | 1,066 | 93.5 | 63.4 | 35.2 | 16.5 | 18.3 | 87.2 |
| 35-50 | 1,037 | 96.2 | 69.0 | 40.0 | 16.9 | 22.9 | 88.5 |
| 51-64 | 774 | 96.6 | 64.5 | 39.9 | 19.3 | 27.7 | 91.0 |
| 65-74 | 354 | 94.3 | 64.0 | 42.9 | 23.2 | 31.2 | 84.1 |
| 75 AND OVER | 198 | 92.9 | 58.3 | 33.1 | 24.2 | 26.8 | 82.5 |
| ALL INDIVIDUALS | 5/9,196 | 94.5 | 67.5 | 35.9 | 15.8 | 21.3 | 85.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 4N-1.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/122 | 85 | 10 | 1 | 3 | 21 | 51 |
| 1-2..... | 5/282 | 100 | 35 | 8 | 3 | 4 | 50 |
| 3-5..... | 408 | 114 | 43 | 13 | 4 | 6 | 49 |
| 6-8..... | 471 | 147 | 58 | 12 | 5 | 6 | 66 |
| MALES: | | | | | | | |
| 9-11..... | 232 | 168 | 66 | 14 | 8 | 6 | 73 |
| 12-14..... | 273 | 198 | 80 | 17 | 7 | 9 | 85 |
| 15-18..... | 380 | 217 | 88 | 20 | 9 | 7 | 93 |
| 19-22..... | 267 | 226 | 88 | 21 | 7 | 7 | 103 |
| 23-34..... | 727 | 234 | 88 | 26 | 10 | 7 | 101 |
| 35-50..... | 635 | 243 | 82 | 27 | 11 | 11 | 112 |
| 51-64..... | 559 | 271 | 81 | 30 | 11 | 10 | 140 |
| 65-74..... | 274 | 236 | 73 | 25 | 12 | 14 | 113 |
| 75 AND OVER..... | 123 | 216 | 65 | 21 | 9 | 17 | 105 |
| FEMALES: | | | | | | | |
| 9-11..... | 278 | 170 | 63 | 15 | 6 | 6 | 79 |
| 12-14..... | 268 | 154 | 58 | 14 | 5 | 5 | 71 |
| 15-18..... | 354 | 168 | 60 | 17 | 6 | 6 | 78 |
| 19-22..... | 337 | 171 | 51 | 21 | 5 | 8 | 85 |
| 23-34..... | 974 | 183 | 54 | 23 | 10 | 9 | 87 |
| 35-50..... | 948 | 192 | 50 | 26 | 12 | 9 | 96 |
| 51-64..... | 696 | 214 | 56 | 24 | 14 | 13 | 107 |
| 65-74..... | 334 | 212 | 57 | 26 | 13 | 12 | 104 |
| 75 AND OVER..... | 187 | 202 | 52 | 24 | 8 | 13 | 106 |
| ALL INDIVIDUALS..... | 5/9,129 | 195 | 63 | 21 | 9 | 9 | 92 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 4N-1.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/122 | 77.3 | 21.1 | 1.3 | 11.4 | 37.8 | 66.9 |
| 1-2..... | 5/282 | 96.8 | 78.0 | 27.9 | 12.9 | 19.6 | 83.2 |
| 3-5..... | 408 | 98.0 | 81.4 | 41.4 | 12.0 | 21.3 | 87.6 |
| 6-8..... | 471 | 99.3 | 86.2 | 43.4 | 15.0 | 27.7 | 92.6 |
| MALES: | | | | | | | |
| 9-11..... | 232 | 97.3 | 92.6 | 40.5 | 15.3 | 23.9 | 90.8 |
| 12-14..... | 273 | 98.8 | 88.2 | 44.1 | 15.4 | 26.1 | 92.5 |
| 15-18..... | 380 | 98.6 | 86.0 | 47.0 | 16.2 | 20.7 | 90.8 |
| 19-22..... | 267 | 99.2 | 81.6 | 39.6 | 12.5 | 14.5 | 89.8 |
| 23-34..... | 727 | 99.8 | 88.8 | 47.8 | 17.3 | 17.5 | 92.2 |
| 35-50..... | 635 | 99.5 | 84.7 | 45.7 | 19.4 | 24.0 | 93.7 |
| 51-64..... | 559 | 99.0 | 81.9 | 43.0 | 20.0 | 22.4 | 96.2 |
| 65-74..... | 274 | 98.4 | 87.2 | 38.5 | 21.5 | 30.1 | 88.6 |
| 75 AND OVER..... | 123 | 97.0 | 67.7 | 36.5 | 18.6 | 34.3 | 88.0 |
| FEMALES: | | | | | | | |
| 9-11..... | 278 | 99.3 | 85.2 | 45.5 | 15.3 | 23.9 | 93.7 |
| 12-14..... | 268 | 98.6 | 85.7 | 39.9 | 13.1 | 19.7 | 91.7 |
| 15-18..... | 354 | 98.4 | 86.5 | 44.4 | 13.6 | 20.3 | 89.8 |
| 19-22..... | 337 | 96.4 | 77.0 | 44.9 | 13.8 | 22.2 | 89.3 |
| 23-34..... | 974 | 98.4 | 78.3 | 47.2 | 20.4 | 23.2 | 93.7 |
| 35-50..... | 948 | 98.4 | 74.1 | 47.6 | 21.6 | 23.2 | 93.3 |
| 51-64..... | 696 | 98.6 | 78.6 | 38.8 | 26.6 | 29.5 | 94.4 |
| 65-74..... | 334 | 98.6 | 76.7 | 39.9 | 23.2 | 28.2 | 91.7 |
| 75 AND OVER..... | 187 | 97.5 | 64.8 | 36.9 | 17.4 | 31.4 | 92.1 |
| ALL INDIVIDUALS..... | 5/9,129 | 98.3 | 80.7 | 42.8 | 18.1 | 23.7 | 91.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 4N-2.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY,4/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1 | 5/122 | 1 | 0 | 0 | 0 | 0 | 1 |
| 1-2 | 5/282 | 11 | 4 | 1 | (6) | (6) | 6 |
| 3-5 | 408 | 14 | 5 | 1 | (6) | (6) | 7 |
| 6-8 | 471 | 38 | 14 | 2 | 1 | 2 | 20 |
| MALES: | | | | | | | |
| 9-11 | 232 | 49 | 16 | 4 | 2 | 2 | 25 |
| 12-14 | 273 | 53 | 19 | 4 | 1 | 2 | 27 |
| 15-18 | 380 | 43 | 20 | 4 | 1 | 1 | 18 |
| 19-22 | 267 | 56 | 30 | 5 | 2 | 1 | 19 |
| 23-34 | 727 | 45 | 19 | 4 | 1 | 1 | 20 |
| 35-50 | 635 | 37 | 14 | 4 | (6) | 1 | 18 |
| 51-64 | 559 | 33 | 11 | 3 | 1 | 1 | 18 |
| 65-74 | 274 | 21 | 7 | 1 | 1 | 1 | 11 |
| 75 AND OVER | 123 | 18 | 6 | (6) | 1 | (6) | 11 |
| FEMALES: | | | | | | | |
| 9-11 | 278 | 44 | 15 | 4 | 1 | 2 | 23 |
| 12-14 | 268 | 39 | 15 | 3 | (6) | 1 | 19 |
| 15-18 | 354 | 37 | 14 | 3 | 1 | 1 | 18 |
| 19-22 | 337 | 31 | 12 | 5 | 1 | 2 | 12 |
| 23-34 | 974 | 27 | 9 | 3 | 1 | 1 | 14 |
| 35-50 | 948 | 26 | 7 | 3 | 1 | 1 | 13 |
| 51-64 | 696 | 24 | 8 | 3 | 2 | 1 | 11 |
| 65-74 | 334 | 24 | 8 | 2 | 1 | 1 | 12 |
| 75 AND OVER | 187 | 9 | 2 | 2 | (6) | 1 | 5 |
| ALL INDIVIDUALS | 5/9,129 | 32 | 12 | 3 | 1 | 1 | 15 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.
6/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 4N-2.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/122 | 2.4 | 0.0 | 0.0 | 0.0 | 0.0 | 2.4 |
| 1-2..... | 5/282 | 25.4 | 16.3 | 3.6 | 1.0 | 1.0 | 14.6 |
| 3-5..... | 408 | 28.5 | 20.5 | 7.9 | .4 | 2.8 | 16.9 |
| 6-8..... | 471 | 61.8 | 41.0 | 14.8 | 3.2 | 10.5 | 46.9 |
| MALES: | | | | | | | |
| 9-11..... | 232 | 71.7 | 47.7 | 17.1 | 5.2 | 11.4 | 54.8 |
| 12-14..... | 273 | 69.5 | 48.8 | 18.2 | 3.3 | 8.3 | 50.5 |
| 15-18..... | 380 | 60.6 | 44.5 | 17.1 | 2.4 | 5.1 | 42.4 |
| 19-22..... | 267 | 52.8 | 44.4 | 17.3 | 2.7 | 2.6 | 35.8 |
| 23-34..... | 727 | 56.7 | 41.6 | 15.9 | 2.3 | 4.0 | 41.0 |
| 35-50..... | 635 | 42.1 | 32.3 | 11.3 | 1.7 | 2.7 | 30.4 |
| 51-64..... | 559 | 38.6 | 27.3 | 10.3 | 1.2 | 3.1 | 32.0 |
| 65-74..... | 274 | 24.9 | 15.8 | 4.0 | 2.3 | 4.4 | 22.8 |
| 75 AND OVER..... | 123 | 21.4 | 10.2 | 2.8 | 2.8 | 1.3 | 19.7 |
| FEMALES: | | | | | | | |
| 9-11..... | 278 | 67.4 | 45.5 | 18.7 | 2.5 | 7.8 | 52.5 |
| 12-14..... | 268 | 65.2 | 49.1 | 17.4 | 1.2 | 7.1 | 46.6 |
| 15-18..... | 354 | 59.2 | 44.8 | 16.7 | 1.3 | 4.7 | 41.5 |
| 19-22..... | 337 | 44.4 | 32.4 | 15.0 | 2.8 | 5.8 | 33.3 |
| 23-34..... | 974 | 41.4 | 25.3 | 10.3 | 2.0 | 2.2 | 32.9 |
| 35-50..... | 948 | 35.9 | 23.0 | 11.5 | 2.8 | 3.9 | 26.8 |
| 51-64..... | 696 | 32.8 | 19.1 | 7.4 | 4.9 | 4.2 | 28.1 |
| 65-74..... | 334 | 26.5 | 16.5 | 6.7 | 3.0 | 1.9 | 22.9 |
| 75 AND OVER..... | 187 | 12.9 | 7.2 | 4.6 | .4 | 1.3 | 10.3 |
| ALL INDIVIDUALS..... | 5/9,129 | 43.9 | 30.3 | 11.7 | 2.4 | 4.3 | 33.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 4N-3.1.--VEGETABLES1/2/
AVERAGE INTAKE3/ PER INDIVIDUAL PER DAY.4/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/122 | 85 | 10 | 1 | 3 | 21 | 50 |
| 1-2..... | 5/282 | 89 | 31 | 7 | 2 | 4 | 45 |
| 3-5..... | 408 | 100 | 37 | 12 | 3 | 6 | 42 |
| 6-8..... | 471 | 109 | 45 | 10 | 4 | 4 | 46 |
| MALES: | | | | | | | |
| 9-11..... | 232 | 119 | 50 | 10 | 6 | 4 | 48 |
| 12-14..... | 273 | 145 | 61 | 13 | 6 | 7 | 58 |
| 15-18..... | 380 | 174 | 68 | 17 | 8 | 6 | 75 |
| 19-22..... | 267 | 170 | 58 | 17 | 5 | 6 | 84 |
| 23-34..... | 727 | 189 | 69 | 23 | 10 | 6 | 82 |
| 35-50..... | 635 | 206 | 68 | 23 | 10 | 10 | 94 |
| 51-64..... | 559 | 238 | 69 | 27 | 10 | 9 | 122 |
| 65-74..... | 274 | 216 | 66 | 24 | 11 | 13 | 102 |
| 75 AND OVER..... | 123 | 197 | 58 | 20 | 8 | 17 | 94 |
| FEMALES: | | | | | | | |
| 9-11..... | 278 | 125 | 48 | 12 | 6 | 5 | 56 |
| 12-14..... | 268 | 115 | 43 | 11 | 4 | 5 | 52 |
| 15-18..... | 354 | 131 | 46 | 14 | 5 | 6 | 60 |
| 19-22..... | 337 | 140 | 39 | 17 | 5 | 6 | 73 |
| 23-34..... | 974 | 156 | 45 | 21 | 9 | 8 | 73 |
| 35-50..... | 948 | 167 | 42 | 23 | 11 | 8 | 82 |
| 51-64..... | 696 | 190 | 49 | 21 | 12 | 12 | 96 |
| 65-74..... | 334 | 188 | 49 | 24 | 12 | 11 | 92 |
| 75 AND OVER..... | 187 | 193 | 50 | 22 | 7 | 13 | 101 |
| ALL INDIVIDUALS..... | 5/9,129 | 163 | 52 | 19 | 8 | 8 | 77 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 4N-3.2.--VEGETABLES1/2/
PERCENTAGE OF INDIVIDUALS USING,3/4/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | WHITE POTATOES | TOMATOES | DARK-GREEN VEGETABLES | DEEP-YELLOW VEGETABLES | OTHER VEGETABLES |
|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 5/122 | 76.5 | 21.1 | 1.3 | 11.4 | 37.8 | 66.2 |
| 1-2..... | 5/282 | 95.7 | 72.3 | 25.7 | 12.5 | 18.6 | 81.5 |
| 3-5..... | 408 | 97.1 | 75.0 | 38.3 | 11.6 | 19.8 | 83.8 |
| 6-8..... | 471 | 96.7 | 75.2 | 34.3 | 12.5 | 19.4 | 84.8 |
| MALES: | | | | | | | |
| 9-11..... | 232 | 96.4 | 82.4 | 29.9 | 12.7 | 14.3 | 83.3 |
| 12-14..... | 273 | 97.4 | 80.6 | 33.0 | 12.9 | 18.7 | 86.2 |
| 15-18..... | 380 | 94.0 | 73.8 | 35.1 | 14.1 | 16.8 | 82.5 |
| 19-22..... | 267 | 88.7 | 61.6 | 29.6 | 11.9 | 12.4 | 77.9 |
| 23-34..... | 727 | 95.1 | 76.7 | 40.0 | 15.2 | 14.4 | 84.8 |
| 35-50..... | 635 | 95.3 | 73.5 | 38.8 | 17.7 | 22.3 | 89.8 |
| 51-64..... | 559 | 96.3 | 70.8 | 36.3 | 18.8 | 20.4 | 92.6 |
| 65-74..... | 274 | 96.9 | 80.2 | 36.8 | 20.4 | 25.7 | 84.4 |
| 75 AND OVER..... | 123 | 95.6 | 59.4 | 34.8 | 15.8 | 32.9 | 86.0 |
| FEMALES: | | | | | | | |
| 9-11..... | 278 | 95.4 | 70.3 | 34.9 | 14.2 | 16.6 | 82.1 |
| 12-14..... | 268 | 96.6 | 72.6 | 29.0 | 12.2 | 14.6 | 81.8 |
| 15-18..... | 354 | 92.7 | 68.8 | 36.3 | 12.6 | 17.2 | 80.1 |
| 19-22..... | 337 | 91.1 | 65.5 | 33.7 | 11.4 | 16.8 | 81.0 |
| 23-34..... | 974 | 95.0 | 67.9 | 40.7 | 18.8 | 21.7 | 88.5 |
| 35-50..... | 948 | 95.7 | 64.6 | 40.1 | 19.5 | 20.1 | 89.7 |
| 51-64..... | 696 | 96.5 | 70.8 | 35.4 | 22.8 | 26.9 | 89.2 |
| 65-74..... | 334 | 96.6 | 68.0 | 36.5 | 22.0 | 26.5 | 88.8 |
| 75 AND OVER..... | 187 | 94.8 | 63.7 | 34.0 | 17.0 | 30.5 | 89.0 |
| ALL INDIVIDUALS..... | 5/9,129 | 95.1 | 70.4 | 35.9 | 16.4 | 20.4 | 85.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ MIXTURES ARE INCLUDED IN EACH SUBGROUP AND IN THE TOTAL.
3/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
4/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
5/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 5A-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 151 | 21 | 21 | (5) | 130 | 18 | 16 | 64 | 31 |
| 1-2..... | 4/1,035 | 150 | 60 | 54 | 1 | 89 | 21 | 14 | 27 | 27 |
| 3-5..... | 1,719 | 135 | 61 | 53 | 1 | 73 | 20 | 9 | 23 | 21 |
| 6-8..... | 1,841 | 153 | 68 | 58 | 1 | 85 | 26 | 9 | 34 | 16 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 143 | 65 | 56 | (5) | 78 | 25 | 8 | 35 | 10 |
| 12-14..... | 1,150 | 141 | 66 | 55 | (5) | 74 | 26 | 8 | 34 | 7 |
| 15-18..... | 1,394 | 138 | 71 | 61 | (5) | 68 | 21 | 7 | 30 | 9 |
| 19-22..... | 1,030 | 114 | 60 | 50 | (5) | 53 | 17 | 9 | 21 | 8 |
| 23-34..... | 2,716 | 123 | 62 | 53 | (5) | 61 | 16 | 7 | 26 | 12 |
| 35-50..... | 2,571 | 132 | 59 | 48 | 1 | 73 | 21 | 8 | 35 | 8 |
| 51-64..... | 2,161 | 169 | 73 | 53 | 1 | 95 | 23 | 14 | 49 | 8 |
| 65-74..... | 1,049 | 182 | 70 | 53 | 3 | 109 | 18 | 15 | 63 | 13 |
| 75 AND OVER..... | 465 | 183 | 67 | 47 | 4 | 112 | 28 | 16 | 52 | 15 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 155 | 69 | 59 | (5) | 85 | 26 | 8 | 38 | 12 |
| 12-14..... | 1,148 | 135 | 63 | 53 | (5) | 72 | 21 | 7 | 33 | 10 |
| 15-18..... | 1,473 | 118 | 60 | 51 | (5) | 57 | 18 | 6 | 24 | 9 |
| 19-22..... | 1,317 | 117 | 62 | 52 | 1 | 54 | 12 | 5 | 26 | 11 |
| 23-34..... | 3,879 | 122 | 61 | 51 | 1 | 60 | 16 | 6 | 26 | 12 |
| 35-50..... | 3,759 | 125 | 62 | 50 | 1 | 62 | 15 | 6 | 32 | 9 |
| 51-64..... | 2,936 | 177 | 80 | 61 | 1 | 96 | 22 | 11 | 51 | 12 |
| 65-74..... | 1,376 | 189 | 87 | 65 | 2 | 101 | 18 | 14 | 55 | 13 |
| 75 AND OVER..... | 751 | 181 | 71 | 52 | 4 | 107 | 24 | 15 | 51 | 16 |
| ALL INDIVIDUALS... | 4/36,142 | 142 | 66 | 54 | 1 | 76 | 20 | 9 | 35 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5A-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 78.2 | 25.2 | 24.5 | 0.4 | 75.2 | 36.8 | 31.1 | 61.0 | 30.0 |
| 1-2..... | 4/1,035 | 78.5 | 48.5 | 43.7 | 7.5 | 66.6 | 34.1 | 25.7 | 35.9 | 19.9 |
| 3-5..... | 1,719 | 76.4 | 48.6 | 43.3 | 5.1 | 61.4 | 31.7 | 18.1 | 32.4 | 16.6 |
| 6-8..... | 1,841 | 82.6 | 53.4 | 46.4 | 4.0 | 69.7 | 35.9 | 17.6 | 44.6 | 13.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 81.2 | 49.8 | 44.5 | 2.1 | 66.2 | 34.3 | 15.3 | 40.8 | 9.4 |
| 12-14..... | 1,150 | 74.6 | 46.4 | 38.5 | 2.0 | 59.8 | 30.6 | 14.3 | 39.5 | 5.9 |
| 15-18..... | 1,394 | 69.6 | 45.6 | 39.4 | 1.8 | 52.5 | 24.6 | 13.1 | 33.2 | 6.7 |
| 19-22..... | 1,030 | 61.3 | 40.2 | 34.0 | 1.2 | 42.4 | 18.0 | 11.9 | 23.3 | 6.2 |
| 23-34..... | 2,716 | 63.7 | 41.4 | 35.7 | 2.1 | 45.6 | 19.7 | 11.8 | 27.0 | 7.2 |
| 35-50..... | 2,571 | 66.0 | 41.8 | 35.0 | 2.2 | 51.9 | 25.0 | 13.8 | 31.9 | 6.5 |
| 51-64..... | 2,161 | 76.6 | 49.9 | 39.4 | 3.5 | 63.1 | 26.6 | 23.0 | 40.5 | 6.2 |
| 65-74..... | 1,049 | 75.5 | 49.1 | 39.2 | 6.8 | 63.5 | 22.8 | 24.1 | 45.9 | 10.0 |
| 75 AND OVER..... | 465 | 79.5 | 48.6 | 36.4 | 8.6 | 67.1 | 25.0 | 28.9 | 46.2 | 10.7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 82.3 | 51.6 | 44.6 | 2.8 | 69.3 | 35.7 | 16.6 | 46.7 | 10.5 |
| 12-14..... | 1,148 | 75.8 | 48.6 | 41.0 | 1.7 | 60.8 | 29.3 | 13.2 | 37.6 | 9.8 |
| 15-18..... | 1,473 | 69.4 | 45.1 | 38.5 | 1.8 | 51.2 | 25.1 | 12.4 | 29.9 | 6.9 |
| 19-22..... | 1,317 | 61.0 | 38.1 | 31.9 | 3.6 | 47.8 | 19.4 | 10.0 | 27.9 | 9.5 |
| 23-34..... | 3,879 | 67.5 | 43.6 | 36.8 | 3.2 | 50.7 | 22.7 | 11.5 | 30.6 | 9.3 |
| 35-50..... | 3,759 | 70.7 | 45.8 | 38.3 | 2.5 | 53.3 | 22.1 | 12.1 | 33.3 | 7.7 |
| 51-64..... | 2,936 | 80.4 | 56.1 | 45.8 | 3.8 | 65.0 | 26.4 | 20.0 | 45.4 | 9.4 |
| 65-74..... | 1,376 | 83.3 | 57.8 | 45.7 | 6.4 | 68.3 | 25.2 | 25.9 | 48.1 | 11.6 |
| 75 AND OVER..... | 751 | 81.8 | 51.6 | 40.3 | 10.3 | 71.4 | 28.7 | 25.8 | 48.3 | 13.3 |
| ALL INDIVIDUALS... | 4/36,142 | 73.0 | 47.0 | 39.5 | 3.4 | 57.8 | 26.0 | 16.3 | 36.5 | 9.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5A-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 1 | (5) | (5) | 0 | 1 | (5) | (5) | 1 | (5) |
| 1-2..... | 4/1,035 | 8 | 3 | 3 | (5) | 5 | 1 | 1 | 1 | 1 |
| 3-5..... | 1,719 | 13 | 5 | 4 | (5) | 8 | 2 | 1 | 3 | 2 |
| 6-8..... | 1,841 | 27 | 9 | 7 | (5) | 18 | 5 | 1 | 12 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 29 | 9 | 7 | (5) | 20 | 6 | 1 | 12 | 2 |
| 12-14..... | 1,150 | 24 | 7 | 6 | (5) | 17 | 4 | 1 | 11 | 1 |
| 15-18..... | 1,394 | 21 | 7 | 6 | 0 | 14 | 3 | (5) | 9 | 2 |
| 19-22..... | 1,030 | 12 | 7 | 6 | (5) | 6 | 1 | (5) | 3 | 1 |
| 23-34..... | 2,716 | 13 | 6 | 6 | (5) | 7 | 1 | (5) | 4 | 1 |
| 35-50..... | 2,571 | 8 | 3 | 3 | (5) | 5 | 1 | (5) | 3 | (5) |
| 51-64..... | 2,161 | 7 | 3 | 2 | 0 | 5 | 1 | 1 | 3 | (5) |
| 65-74..... | 1,049 | 4 | 1 | 1 | (5) | 3 | (5) | (5) | 2 | (5) |
| 75 AND OVER..... | 465 | 5 | 1 | 1 | (5) | 4 | 1 | (5) | 2 | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 29 | 7 | 6 | (5) | 22 | 5 | 1 | 15 | 1 |
| 12-14..... | 1,148 | 23 | 7 | 6 | (5) | 16 | 4 | 1 | 9 | 2 |
| 15-18..... | 1,473 | 17 | 5 | 5 | (5) | 11 | 3 | 1 | 7 | 1 |
| 19-22..... | 1,317 | 11 | 5 | 5 | (5) | 5 | 1 | (5) | 3 | 1 |
| 23-34..... | 3,879 | 8 | 3 | 3 | (5) | 5 | 1 | (5) | 3 | 1 |
| 35-50..... | 3,759 | 7 | 3 | 2 | (5) | 4 | 1 | (5) | 3 | (5) |
| 51-64..... | 2,936 | 8 | 3 | 2 | (5) | 5 | 1 | (5) | 3 | 1 |
| 65-74..... | 1,376 | 6 | 1 | 1 | (5) | 4 | 1 | (5) | 3 | (5) |
| 75 AND OVER..... | 751 | 3 | 1 | 1 | (5) | 2 | (5) | (5) | 2 | (5) |
| ALL INDIVIDUALS... | 4/36,142 | 12 | 4 | 4 | (5) | 8 | 2 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5A-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 2.7 | 0.2 | 0.2 | 0.0 | 2.7 | 1.0 | 0.4 | 1.3 | 0.7 |
| 1-2..... | 4/1,035 | 11.6 | 4.1 | 3.5 | .4 | 8.6 | 3.2 | 2.2 | 3.5 | 1.8 |
| 3-5..... | 1,719 | 16.6 | 5.8 | 5.1 | .7 | 12.8 | 4.6 | 1.6 | 6.8 | 3.0 |
| 6-8..... | 1,841 | 35.9 | 12.6 | 9.1 | 1.0 | 29.6 | 9.7 | 2.1 | 22.5 | 1.9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 36.5 | 11.5 | 8.7 | .7 | 30.7 | 11.7 | 1.8 | 21.9 | 2.4 |
| 12-14..... | 1,150 | 31.7 | 8.7 | 6.1 | .3 | 26.6 | 9.3 | 2.1 | 19.8 | .7 |
| 15-18..... | 1,394 | 22.0 | 6.5 | 4.8 | .0 | 18.6 | 5.9 | 1.1 | 13.1 | 1.0 |
| 19-22..... | 1,030 | 12.8 | 7.0 | 5.8 | .4 | 7.4 | 2.3 | .9 | 5.0 | .9 |
| 23-34..... | 2,716 | 14.0 | 6.6 | 5.6 | .2 | 9.1 | 2.1 | .9 | 6.0 | 1.0 |
| 35-50..... | 2,571 | 9.9 | 4.5 | 3.3 | .3 | 6.6 | 1.7 | .6 | 4.7 | .5 |
| 51-64..... | 2,161 | 10.0 | 3.6 | 2.8 | .0 | 7.1 | 1.9 | 1.0 | 4.7 | .3 |
| 65-74..... | 1,049 | 7.2 | 2.6 | 2.3 | .4 | 5.4 | .9 | .2 | 4.7 | .4 |
| 75 AND OVER..... | 465 | 6.4 | .9 | .9 | .3 | 6.0 | 1.8 | .1 | 4.8 | .4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 38.0 | 10.0 | 6.4 | .6 | 33.5 | 10.7 | 2.6 | 25.4 | 1.1 |
| 12-14..... | 1,148 | 28.2 | 8.7 | 6.0 | .3 | 23.5 | 8.2 | 1.9 | 16.2 | 1.6 |
| 15-18..... | 1,473 | 20.5 | 6.9 | 5.2 | .3 | 15.8 | 6.3 | 1.7 | 11.0 | .8 |
| 19-22..... | 1,317 | 12.7 | 5.4 | 3.8 | .6 | 8.5 | 2.3 | 1.0 | 4.8 | 1.1 |
| 23-34..... | 3,879 | 11.9 | 4.8 | 3.6 | .1 | 8.4 | 2.1 | 1.0 | 5.4 | 1.2 |
| 35-50..... | 3,759 | 10.3 | 4.3 | 2.9 | .3 | 7.1 | 1.9 | .3 | 5.5 | .5 |
| 51-64..... | 2,936 | 11.8 | 4.4 | 2.8 | .2 | 8.9 | 2.2 | .6 | 6.4 | .8 |
| 65-74..... | 1,376 | 9.2 | 2.3 | 1.5 | .5 | 7.9 | 1.4 | .3 | 6.6 | .4 |
| 75 AND OVER..... | 751 | 6.8 | 2.3 | 1.2 | .4 | 5.3 | .8 | .4 | 4.3 | .4 |
| ALL INDIVIDUALS... | 4/36,142 | 15.9 | 5.7 | 4.2 | .3 | 12.2 | 3.7 | 1.1 | 8.6 | 1.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5A-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER: APPLES | OTHER: BANANAS | OTHER: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 150 | 21 | 20 | (5) | 129 | 18 | 16 | 64 | 31 |
| 1-2..... | 4/1,035 | 142 | 57 | 51 | 1 | 84 | 20 | 13 | 26 | 26 |
| 3-5..... | 1,719 | 122 | 57 | 49 | 1 | 65 | 18 | 9 | 20 | 19 |
| 6-8..... | 1,841 | 126 | 59 | 51 | 1 | 67 | 21 | 8 | 23 | 14 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 114 | 56 | 49 | (5) | 57 | 19 | 7 | 23 | 8 |
| 12-14..... | 1,150 | 117 | 59 | 49 | (5) | 58 | 21 | 7 | 23 | 7 |
| 15-18..... | 1,394 | 117 | 63 | 55 | (5) | 54 | 18 | 7 | 21 | 8 |
| 19-22..... | 1,030 | 101 | 53 | 45 | (5) | 48 | 15 | 8 | 18 | 7 |
| 23-34..... | 2,716 | 111 | 56 | 47 | (5) | 54 | 15 | 7 | 22 | 10 |
| 35-50..... | 2,571 | 124 | 55 | 45 | 1 | 69 | 20 | 8 | 32 | 8 |
| 51-64..... | 2,161 | 161 | 70 | 51 | 1 | 90 | 22 | 14 | 46 | 8 |
| 65-74..... | 1,049 | 177 | 69 | 52 | 3 | 106 | 18 | 15 | 61 | 13 |
| 75 AND OVER..... | 465 | 178 | 66 | 46 | 4 | 108 | 27 | 16 | 49 | 15 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 125 | 62 | 53 | (5) | 63 | 21 | 7 | 23 | 11 |
| 12-14..... | 1,148 | 113 | 57 | 48 | (5) | 56 | 17 | 6 | 24 | 9 |
| 15-18..... | 1,473 | 101 | 55 | 46 | (5) | 46 | 15 | 5 | 18 | 8 |
| 19-22..... | 1,317 | 106 | 56 | 47 | 1 | 49 | 12 | 5 | 22 | 10 |
| 23-34..... | 3,879 | 114 | 58 | 48 | 1 | 55 | 15 | 5 | 23 | 11 |
| 35-50..... | 3,759 | 118 | 59 | 48 | (5) | 58 | 15 | 6 | 29 | 9 |
| 51-64..... | 2,936 | 169 | 77 | 59 | 1 | 91 | 21 | 11 | 48 | 11 |
| 65-74..... | 1,376 | 184 | 85 | 63 | 2 | 96 | 17 | 14 | 52 | 13 |
| 75 AND OVER..... | 751 | 178 | 70 | 52 | 4 | 104 | 24 | 15 | 49 | 16 |
| ALL INDIVIDUALS... | 4/36,142 | 130 | 61 | 50 | 1 | 68 | 18 | 9 | 31 | 11 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5A-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/421 | 78.0 | 25.2 | 24.5 | 0.4 | 74.7 | 36.3 | 31.1 | 60.5 | 29.3 |
| 1-2..... | 4/1,035 | 76.0 | 46.6 | 41.9 | 7.2 | 64.1 | 32.1 | 24.2 | 33.5 | 19.0 |
| 3-5..... | 1,719 | 71.5 | 45.9 | 40.7 | 4.4 | 55.6 | 28.8 | 16.6 | 27.1 | 14.6 |
| 6-8..... | 1,841 | 71.0 | 46.0 | 40.4 | 3.1 | 54.4 | 28.6 | 15.7 | 27.1 | 12.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 939 | 68.4 | 43.9 | 38.9 | 1.5 | 49.1 | 25.2 | 13.7 | 22.4 | 7.6 |
| 12-14..... | 1,150 | 63.2 | 41.6 | 34.7 | 1.7 | 46.3 | 24.5 | 12.4 | 24.4 | 5.5 |
| 15-18..... | 1,394 | 61.6 | 42.3 | 36.5 | 1.8 | 42.3 | 20.4 | 12.5 | 22.7 | 5.7 |
| 19-22..... | 1,030 | 55.3 | 35.2 | 29.6 | .9 | 38.9 | 16.3 | 11.2 | 19.7 | 5.3 |
| 23-34..... | 2,716 | 58.8 | 37.5 | 32.2 | 1.9 | 41.3 | 18.2 | 10.9 | 22.4 | 6.4 |
| 35-50..... | 2,571 | 63.6 | 39.8 | 33.2 | 2.0 | 48.9 | 23.8 | 13.5 | 29.0 | 6.1 |
| 51-64..... | 2,161 | 74.8 | 48.6 | 38.0 | 3.5 | 60.8 | 25.5 | 22.3 | 37.8 | 6.0 |
| 65-74..... | 1,049 | 74.7 | 48.2 | 38.2 | 6.6 | 62.5 | 22.1 | 24.0 | 43.7 | 9.8 |
| 75 AND OVER..... | 465 | 78.4 | 48.5 | 36.0 | 8.3 | 66.0 | 24.0 | 28.8 | 44.3 | 10.7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 1,011 | 69.2 | 45.3 | 40.3 | 2.3 | 53.1 | 28.0 | 14.4 | 27.4 | 9.6 |
| 12-14..... | 1,148 | 65.9 | 43.4 | 37.1 | 1.4 | 48.4 | 23.1 | 11.5 | 26.2 | 8.6 |
| 15-18..... | 1,473 | 62.8 | 41.8 | 35.8 | 1.5 | 43.3 | 20.4 | 10.8 | 21.7 | 6.2 |
| 19-22..... | 1,317 | 56.9 | 35.3 | 29.4 | 3.4 | 43.2 | 17.7 | 9.1 | 25.3 | 8.4 |
| 23-34..... | 3,879 | 63.7 | 41.2 | 34.8 | 3.2 | 46.7 | 21.4 | 10.7 | 26.7 | 8.4 |
| 35-50..... | 3,759 | 68.2 | 43.8 | 36.8 | 2.3 | 50.5 | 21.0 | 11.8 | 30.0 | 7.3 |
| 51-64..... | 2,936 | 78.4 | 54.6 | 44.3 | 3.7 | 62.5 | 25.1 | 19.6 | 42.3 | 8.8 |
| 65-74..... | 1,376 | 82.2 | 57.2 | 45.2 | 5.9 | 66.4 | 24.4 | 25.8 | 45.0 | 11.2 |
| 75 AND OVER..... | 751 | 81.2 | 51.4 | 40.2 | 9.9 | 69.9 | 28.2 | 25.4 | 46.1 | 12.9 |
| ALL INDIVIDUALS... | 4/36,142 | 68.2 | 44.1 | 37.0 | 3.2 | 52.2 | 23.4 | 15.4 | 30.5 | 8.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5B-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 97 | 28 | 28 | 0 | 69 | 8 | 14 | 30 | 17 |
| 1-2..... | 4/137 | 112 | 55 | 49 | 1 | 57 | 14 | 13 | 14 | 16 |
| 3-5..... | 202 | 104 | 51 | 43 | (5) | 53 | 15 | 8 | 18 | 11 |
| 6-8..... | 186 | 132 | 61 | 52 | (5) | 71 | 23 | 7 | 28 | 13 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 120 | 57 | 50 | 0 | 63 | 18 | 3 | 26 | 15 |
| 12-14..... | 93 | 123 | 58 | 44 | 1 | 64 | 22 | 5 | 28 | 8 |
| 15-18..... | 113 | 82 | 42 | 38 | 0 | 40 | 8 | 1 | 27 | 4 |
| 19-22..... | 92 | 103 | 66 | 61 | (5) | 37 | 8 | 8 | 12 | 8 |
| 23-34..... | 166 | 115 | 59 | 55 | 1 | 55 | 11 | 4 | 23 | 17 |
| 35-50..... | 93 | 92 | 49 | 43 | (5) | 43 | 6 | 9 | 19 | 10 |
| 51-64..... | 142 | 86 | 42 | 33 | 1 | 44 | 13 | 6 | 20 | 4 |
| 65-74..... | 254 | 129 | 51 | 36 | 1 | 76 | 13 | 10 | 46 | 7 |
| 75 AND OVER..... | 162 | 117 | 33 | 19 | 3 | 81 | 18 | 14 | 40 | 9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 117 | 49 | 43 | 0 | 67 | 17 | 3 | 36 | 11 |
| 12-14..... | 95 | 111 | 62 | 61 | (5) | 48 | 15 | 3 | 24 | 6 |
| 15-18..... | 117 | 103 | 60 | 52 | (5) | 43 | 13 | 4 | 20 | 6 |
| 19-22..... | 155 | 88 | 39 | 33 | 1 | 49 | 14 | 11 | 18 | 5 |
| 23-34..... | 349 | 116 | 62 | 53 | 1 | 54 | 14 | 4 | 22 | 14 |
| 35-50..... | 273 | 111 | 65 | 56 | 1 | 45 | 8 | 5 | 22 | 9 |
| 51-64..... | 380 | 137 | 66 | 59 | (5) | 71 | 18 | 9 | 37 | 7 |
| 65-74..... | 453 | 161 | 79 | 65 | 2 | 80 | 17 | 11 | 40 | 11 |
| 75 AND OVER..... | 303 | 155 | 63 | 46 | 3 | 89 | 20 | 15 | 43 | 11 |
| ALL INDIVIDUALS... | 4/4,026 | 122 | 58 | 49 | 1 | 63 | 15 | 8 | 30 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5B-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING.2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 64.4 | 28.4 | 28.4 | 0.0 | 51.9 | 19.0 | 20.8 | 38.4 | 15.5 |
| 1-2..... | 4/137 | 65.5 | 43.4 | 36.8 | 3.5 | 45.8 | 19.3 | 21.7 | 15.5 | 12.9 |
| 3-5..... | 202 | 63.8 | 42.4 | 35.2 | 1.9 | 51.5 | 25.9 | 13.7 | 24.0 | 10.5 |
| 6-8..... | 186 | 80.2 | 51.4 | 41.4 | 1.3 | 65.0 | 31.9 | 13.0 | 41.6 | 10.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 76.8 | 50.2 | 42.9 | .0 | 59.0 | 30.7 | 7.7 | 35.2 | 10.5 |
| 12-14..... | 93 | 67.6 | 40.0 | 30.3 | 3.1 | 59.3 | 26.5 | 7.4 | 37.6 | 8.7 |
| 15-18..... | 113 | 55.6 | 33.4 | 26.4 | .0 | 37.1 | 10.8 | 2.3 | 26.8 | 3.1 |
| 19-22..... | 92 | 57.1 | 40.6 | 35.4 | 1.0 | 34.5 | 11.2 | 10.1 | 21.9 | 6.6 |
| 23-34..... | 166 | 63.9 | 40.2 | 39.0 | 5.4 | 40.0 | 13.9 | 8.2 | 20.8 | 10.2 |
| 35-50..... | 93 | 55.5 | 37.0 | 31.1 | .9 | 32.8 | 8.2 | 9.0 | 25.4 | 5.4 |
| 51-64..... | 142 | 55.7 | 28.9 | 21.7 | 2.5 | 44.7 | 19.8 | 14.7 | 18.2 | 5.0 |
| 65-74..... | 254 | 65.0 | 38.1 | 29.6 | 3.9 | 51.0 | 16.4 | 17.4 | 37.2 | 5.6 |
| 75 AND OVER..... | 162 | 69.4 | 25.8 | 19.1 | 6.9 | 59.8 | 19.6 | 23.8 | 38.2 | 9.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 72.2 | 42.2 | 37.5 | .0 | 61.6 | 24.3 | 5.8 | 43.4 | 10.2 |
| 12-14..... | 95 | 65.5 | 46.9 | 46.0 | 1.1 | 47.9 | 22.9 | 7.1 | 31.8 | 6.1 |
| 15-18..... | 117 | 60.4 | 40.3 | 36.6 | 1.4 | 45.3 | 19.4 | 8.4 | 28.5 | 4.9 |
| 19-22..... | 155 | 58.1 | 28.9 | 25.6 | 4.9 | 45.0 | 22.5 | 13.5 | 25.2 | 5.5 |
| 23-34..... | 349 | 62.0 | 43.9 | 35.7 | 3.5 | 39.7 | 18.0 | 7.7 | 21.4 | 10.3 |
| 35-50..... | 273 | 60.1 | 41.9 | 37.8 | 1.3 | 34.3 | 13.8 | 9.5 | 19.2 | 5.9 |
| 51-64..... | 380 | 72.2 | 46.3 | 40.9 | 1.2 | 53.3 | 22.7 | 15.8 | 29.6 | 6.4 |
| 65-74..... | 453 | 79.0 | 51.3 | 43.4 | 5.9 | 60.4 | 22.7 | 21.7 | 38.1 | 9.6 |
| 75 AND OVER..... | 303 | 77.3 | 48.0 | 36.7 | 5.7 | 64.0 | 22.7 | 23.7 | 43.1 | 10.6 |
| ALL INDIVIDUALS... | 4/4,026 | 67.5 | 42.3 | 35.7 | 3.1 | 50.4 | 20.4 | 14.2 | 30.3 | 8.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5B-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/137 | 5 | 3 | 3 | 0 | 3 | 1 | (5) | (5) | (5) |
| 3-5..... | 202 | 13 | 3 | 3 | 0 | 9 | 3 | 1 | 5 | 1 |
| 6-8..... | 186 | 38 | 11 | 9 | (5) | 27 | 7 | 1 | 18 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 40 | 12 | 8 | 0 | 29 | 8 | 1 | 17 | 3 |
| 12-14..... | 93 | 27 | 8 | 6 | (5) | 19 | 5 | 0 | 13 | 1 |
| 15-18..... | 113 | 18 | 6 | 6 | 0 | 12 | 1 | 0 | 11 | (5) |
| 19-22..... | 92 | 19 | 13 | 13 | (5) | 5 | 1 | 0 | 4 | 0 |
| 23-34..... | 166 | 16 | 12 | 11 | (5) | 4 | 1 | 0 | 2 | 1 |
| 35-50..... | 93 | 4 | 2 | 2 | 0 | 3 | 0 | 0 | 3 | 0 |
| 51-64..... | 142 | 1 | 0 | 0 | 0 | 1 | (5) | 0 | 1 | 0 |
| 65-74..... | 254 | 7 | 1 | 1 | 0 | 6 | (5) | (5) | 5 | 1 |
| 75 AND OVER..... | 162 | 6 | 2 | 2 | (5) | 4 | 2 | 0 | 2 | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 49 | 16 | 12 | 0 | 33 | 8 | 2 | 21 | 2 |
| 12-14..... | 95 | 26 | 12 | 11 | 0 | 14 | 6 | 2 | 7 | 0 |
| 15-18..... | 117 | 28 | 13 | 11 | 0 | 15 | 4 | 2 | 9 | 0 |
| 19-22..... | 155 | 6 | 2 | 1 | (5) | 4 | 1 | 1 | 1 | 1 |
| 23-34..... | 349 | 5 | 2 | 1 | 0 | 3 | 1 | 0 | 2 | 0 |
| 35-50..... | 273 | 6 | 3 | 3 | 0 | 4 | 1 | (5) | 2 | 1 |
| 51-64..... | 380 | 4 | 1 | 1 | (5) | 3 | 1 | 0 | 2 | (5) |
| 65-74..... | 453 | 5 | (5) | (5) | (5) | 4 | (5) | (5) | 4 | 0 |
| 75 AND OVER..... | 393 | 4 | 1 | 1 | 0 | 3 | 1 | 0 | 2 | (5) |
| ALL INDIVIDUALS... | 4/4,026 | 12 | 4 | 4 | (5) | 7 | 2 | (5) | 5 | (5) |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 58-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/137 | 8.2 | 2.4 | 2.4 | .0 | 5.8 | 3.1 | 1.2 | 1.7 | .5 |
| 3-5..... | 202 | 15.6 | 4.7 | 4.0 | .0 | 13.2 | 5.5 | 1.2 | 8.5 | 1.6 |
| 6-8..... | 186 | 43.3 | 14.8 | 10.1 | .8 | 36.3 | 13.4 | 3.1 | 29.3 | 1.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 44.6 | 17.2 | 11.9 | .0 | 39.9 | 19.0 | 3.2 | 27.3 | 3.5 |
| 12-14..... | 93 | 32.9 | 12.4 | 7.9 | .9 | 29.3 | 7.3 | .0 | 21.2 | 1.6 |
| 15-18..... | 113 | 20.5 | 3.8 | 3.2 | .0 | 17.3 | 2.3 | .0 | 15.6 | .6 |
| 19-22..... | 92 | 15.7 | 13.6 | 11.6 | 1.0 | 7.7 | 2.1 | .0 | 7.7 | .0 |
| 23-34..... | 166 | 14.7 | 9.0 | 8.3 | 2.0 | 6.9 | 2.1 | .0 | 4.1 | .7 |
| 35-50..... | 93 | 6.1 | 2.9 | 2.9 | .0 | 4.5 | .0 | .0 | 4.5 | .0 |
| 51-64..... | 142 | 1.7 | .0 | .0 | .0 | 1.7 | .6 | .0 | 1.7 | .0 |
| 65-74..... | 254 | 8.2 | 2.1 | 2.1 | .0 | 6.7 | .5 | .3 | 6.2 | .8 |
| 75 AND OVER..... | 162 | 5.4 | 1.1 | 1.1 | .9 | 5.4 | 2.0 | .0 | 4.5 | 1.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 47.7 | 14.9 | 9.4 | .0 | 43.5 | 15.5 | 3.7 | 33.8 | 1.6 |
| 12-14..... | 95 | 26.1 | 13.5 | 11.0 | .0 | 20.0 | 9.9 | 4.0 | 14.8 | .0 |
| 15-18..... | 117 | 24.8 | 9.0 | 6.7 | .0 | 19.9 | 6.9 | 3.4 | 15.4 | .0 |
| 19-22..... | 155 | 13.4 | 5.0 | 1.7 | .6 | 9.7 | 3.3 | 1.3 | 3.0 | 2.1 |
| 23-34..... | 349 | 6.2 | 3.0 | 2.3 | .0 | 3.9 | 1.3 | .0 | 2.6 | .0 |
| 35-50..... | 273 | 4.8 | 2.3 | 2.3 | .0 | 3.7 | 1.4 | .4 | 2.3 | 1.4 |
| 51-64..... | 380 | 7.4 | 2.8 | 2.0 | .4 | 5.1 | 1.5 | .0 | 4.0 | .2 |
| 65-74..... | 453 | 7.0 | .6 | .4 | .3 | 6.6 | .9 | .4 | 5.6 | .0 |
| 75 AND OVER..... | 303 | 5.5 | 1.8 | 1.1 | .0 | 4.5 | 2.0 | .0 | 3.8 | .3 |
| ALL INDIVIDUALS... | 4/4,026 | 13.3 | 4.8 | 3.6 | .3 | 10.7 | 3.5 | .8 | 8.0 | .7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5B-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 97 | 28 | 28 | 0 | 69 | 8 | 14 | 30 | 17 |
| 1-2..... | 4/137 | 107 | 52 | 46 | 1 | 54 | 12 | 13 | 13 | 15 |
| 3-5..... | 202 | 91 | 48 | 40 | (5) | 43 | 12 | 7 | 13 | 10 |
| 6-8..... | 186 | 94 | 49 | 43 | (5) | 44 | 16 | 5 | 11 | 12 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 80 | 46 | 42 | 0 | 34 | 11 | 1 | 9 | 12 |
| 12-14..... | 93 | 95 | 49 | 38 | 1 | 45 | 17 | 5 | 15 | 8 |
| 15-18..... | 113 | 64 | 36 | 33 | 0 | 28 | 7 | 1 | 17 | 4 |
| 19-22..... | 92 | 85 | 53 | 48 | 0 | 32 | 7 | 8 | 8 | 8 |
| 23-34..... | 166 | 100 | 47 | 44 | 1 | 51 | 10 | 4 | 21 | 17 |
| 35-50..... | 93 | 88 | 47 | 41 | (5) | 41 | 6 | 9 | 16 | 10 |
| 51-64..... | 142 | 86 | 42 | 33 | 1 | 43 | 13 | 6 | 19 | 4 |
| 65-74..... | 254 | 122 | 50 | 35 | 1 | 70 | 13 | 10 | 41 | 6 |
| 75 AND OVER..... | 162 | 111 | 31 | 17 | 3 | 77 | 17 | 14 | 37 | 9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 68 | 33 | 31 | 0 | 34 | 9 | 2 | 15 | 9 |
| 12-14..... | 95 | 85 | 50 | 49 | (5) | 34 | 9 | 1 | 18 | 6 |
| 15-18..... | 117 | 75 | 47 | 41 | (5) | 28 | 9 | 2 | 10 | 6 |
| 19-22..... | 155 | 83 | 37 | 32 | 1 | 45 | 13 | 10 | 17 | 5 |
| 23-34..... | 349 | 112 | 60 | 51 | 1 | 51 | 13 | 4 | 19 | 14 |
| 35-50..... | 273 | 104 | 62 | 53 | 1 | 41 | 8 | 5 | 21 | 8 |
| 51-64..... | 380 | 133 | 65 | 58 | (5) | 68 | 17 | 9 | 34 | 7 |
| 65-74..... | 453 | 156 | 79 | 64 | 2 | 76 | 16 | 11 | 37 | 11 |
| 75 AND OVER..... | 303 | 151 | 62 | 46 | 3 | 86 | 19 | 15 | 42 | 11 |
| ALL INDIVIDUALS... | 4/4,026 | 111 | 54 | 45 | 1 | 55 | 13 | 8 | 25 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5B-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/54 | 64.4 | 28.4 | 28.4 | 0.0 | 51.9 | 19.0 | 20.8 | 38.4 | 15.5 |
| 1-2..... | 4/137 | 63.1 | 42.8 | 36.1 | 3.5 | 42.8 | 16.9 | 21.2 | 13.8 | 12.9 |
| 3-5..... | 202 | 58.2 | 40.1 | 33.5 | 1.9 | 44.8 | 22.6 | 13.2 | 16.4 | 10.5 |
| 6-8..... | 186 | 61.7 | 42.0 | 35.2 | .5 | 40.1 | 20.1 | 10.4 | 15.4 | 8.9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 99 | 54.2 | 39.3 | 35.8 | .0 | 29.4 | 15.6 | 4.5 | 8.6 | 7.0 |
| 12-14..... | 93 | 51.3 | 32.8 | 25.5 | 2.2 | 40.7 | 21.6 | 7.4 | 17.8 | 7.1 |
| 15-18..... | 113 | 39.7 | 30.2 | 23.2 | .0 | 22.0 | 9.2 | 2.3 | 11.8 | 2.5 |
| 19-22..... | 92 | 50.5 | 32.9 | 28.6 | .0 | 30.3 | 9.2 | 10.1 | 15.4 | 6.6 |
| 23-34..... | 166 | 53.5 | 31.2 | 30.7 | 3.3 | 35.7 | 11.8 | 8.2 | 17.4 | 9.5 |
| 35-50..... | 93 | 53.5 | 37.0 | 31.1 | .9 | 29.6 | 8.2 | 9.0 | 20.9 | 5.4 |
| 51-64..... | 142 | 54.7 | 28.9 | 21.7 | 2.5 | 43.7 | 19.3 | 14.7 | 16.5 | 5.0 |
| 65-74..... | 254 | 63.7 | 36.4 | 27.9 | 3.9 | 49.6 | 15.9 | 17.1 | 34.1 | 4.8 |
| 75 AND OVER..... | 162 | 67.0 | 25.8 | 19.1 | 6.0 | 57.4 | 18.7 | 23.8 | 36.4 | 9.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 108 | 50.4 | 32.1 | 29.9 | .0 | 33.8 | 10.2 | 3.5 | 14.2 | 8.6 |
| 12-14..... | 95 | 56.7 | 39.6 | 38.7 | 1.1 | 35.8 | 14.9 | 3.1 | 19.1 | 6.1 |
| 15-18..... | 117 | 50.2 | 36.4 | 33.1 | 1.4 | 33.3 | 13.8 | 5.0 | 13.7 | 4.9 |
| 19-22..... | 155 | 50.8 | 26.8 | 23.9 | 4.3 | 39.2 | 19.3 | 12.8 | 22.2 | 3.4 |
| 23-34..... | 349 | 60.4 | 42.0 | 34.1 | 3.5 | 38.6 | 17.5 | 7.7 | 20.8 | 10.3 |
| 35-50..... | 273 | 58.6 | 40.9 | 36.7 | 1.3 | 32.2 | 12.4 | 9.1 | 17.8 | 5.1 |
| 51-64..... | 380 | 69.6 | 44.8 | 39.9 | .8 | 50.7 | 21.8 | 15.8 | 26.8 | 6.4 |
| 65-74..... | 453 | 77.7 | 51.1 | 43.3 | 5.7 | 59.0 | 22.7 | 21.5 | 35.3 | 9.6 |
| 75 AND OVER..... | 303 | 76.7 | 47.5 | 36.5 | 5.7 | 63.1 | 21.5 | 23.7 | 41.2 | 10.3 |
| ALL INDIVIDUALS... | 4/4,026 | 62.1 | 39.5 | 33.4 | 2.8 | 44.3 | 17.7 | 13.6 | 23.9 | 7.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5C-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 174 | 20 | 19 | (5) | 154 | 23 | 20 | 74 | 38 |
| 1-2..... | 4/127 | 105 | 49 | 41 | 1 | 55 | 12 | 13 | 15 | 16 |
| 3-5..... | 243 | 109 | 51 | 42 | (5) | 57 | 11 | 10 | 21 | 15 |
| 6-8..... | 197 | 126 | 57 | 48 | (5) | 68 | 21 | 8 | 31 | 9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 122 | 58 | 50 | (5) | 64 | 18 | 7 | 33 | 6 |
| 12-14..... | 140 | 117 | 56 | 49 | (5) | 61 | 19 | 7 | 28 | 7 |
| 15-18..... | 133 | 124 | 59 | 56 | (5) | 65 | 17 | 5 | 35 | 9 |
| 19-22..... | 121 | 101 | 47 | 40 | (5) | 53 | 22 | 4 | 19 | 9 |
| 23-34..... | 309 | 96 | 41 | 33 | (5) | 55 | 14 | 7 | 22 | 13 |
| 35-50..... | 203 | 106 | 51 | 42 | 1 | 54 | 16 | 6 | 25 | 7 |
| 51-64..... | 218 | 137 | 61 | 46 | 2 | 74 | 15 | 11 | 42 | 6 |
| 65-74..... | 242 | 209 | 72 | 53 | 5 | 132 | 20 | 21 | 65 | 26 |
| 75 AND OVER..... | 84 | 235 | 91 | 68 | 7 | 137 | 52 | 20 | 51 | 13 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 144 | 76 | 69 | 1 | 67 | 20 | 10 | 29 | 9 |
| 12-14..... | 130 | 103 | 52 | 43 | (5) | 51 | 15 | 6 | 20 | 10 |
| 15-18..... | 140 | 115 | 57 | 47 | 1 | 57 | 19 | 6 | 26 | 6 |
| 19-22..... | 183 | 115 | 51 | 43 | 1 | 63 | 10 | 4 | 36 | 14 |
| 23-34..... | 462 | 108 | 54 | 41 | 1 | 54 | 15 | 5 | 17 | 16 |
| 35-50..... | 340 | 108 | 56 | 49 | (5) | 52 | 11 | 6 | 30 | 5 |
| 51-64..... | 380 | 152 | 73 | 53 | 1 | 79 | 15 | 10 | 43 | 11 |
| 65-74..... | 226 | 203 | 89 | 65 | 2 | 113 | 18 | 18 | 63 | 14 |
| 75 AND OVER..... | 104 | 211 | 91 | 70 | 4 | 116 | 29 | 13 | 61 | 13 |
| ALL INDIVIDUALS... | 4/4,249 | 132 | 60 | 48 | 1 | 72 | 17 | 9 | 34 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5C-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 76.0 | 19.2 | 17.5 | 1.7 | 74.8 | 35.9 | 40.3 | 61.8 | 26.8 |
| 1-2..... | 4/127 | 71.8 | 43.9 | 39.0 | 7.4 | 56.6 | 22.2 | 25.4 | 29.9 | 14.4 |
| 3-5..... | 243 | 69.9 | 42.9 | 33.2 | 3.9 | 54.2 | 20.8 | 20.4 | 28.1 | 13.0 |
| 6-8..... | 197 | 78.6 | 47.2 | 40.6 | 3.2 | 63.8 | 30.1 | 16.9 | 47.3 | 9.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 76.6 | 42.6 | 38.2 | 1.1 | 67.3 | 32.4 | 15.8 | 46.1 | 7.9 |
| 12-14..... | 140 | 69.3 | 44.1 | 35.6 | 2.1 | 48.4 | 24.5 | 12.9 | 34.7 | 5.7 |
| 15-18..... | 133 | 74.1 | 47.9 | 44.1 | 1.6 | 54.2 | 15.7 | 8.6 | 41.4 | 6.5 |
| 19-22..... | 121 | 53.0 | 34.1 | 28.8 | 1.0 | 36.9 | 18.6 | 4.7 | 20.1 | 8.4 |
| 23-34..... | 309 | 51.5 | 32.0 | 26.8 | 1.0 | 37.2 | 16.1 | 11.0 | 20.1 | 7.2 |
| 35-50..... | 203 | 52.9 | 30.4 | 26.4 | 4.8 | 40.0 | 21.3 | 11.0 | 23.7 | 4.9 |
| 51-64..... | 218 | 71.7 | 42.6 | 33.0 | 3.0 | 55.4 | 19.0 | 19.9 | 33.9 | 6.7 |
| 65-74..... | 242 | 77.6 | 48.0 | 38.5 | 10.7 | 71.7 | 23.1 | 30.9 | 50.1 | 15.3 |
| 75 AND OVER..... | 84 | 86.1 | 59.0 | 46.8 | 8.2 | 72.7 | 36.2 | 25.7 | 49.0 | 16.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 81.2 | 54.1 | 47.3 | 4.3 | 62.3 | 28.9 | 22.3 | 40.5 | 10.5 |
| 12-14..... | 130 | 65.6 | 43.5 | 35.8 | 2.1 | 47.5 | 22.4 | 14.2 | 28.2 | 9.3 |
| 15-18..... | 140 | 69.8 | 48.0 | 35.7 | 2.9 | 52.9 | 30.7 | 14.4 | 30.6 | 6.6 |
| 19-22..... | 183 | 54.6 | 31.9 | 26.3 | 1.9 | 44.1 | 17.3 | 10.4 | 28.7 | 14.9 |
| 23-34..... | 462 | 60.8 | 38.2 | 28.5 | 2.9 | 46.1 | 21.4 | 11.5 | 23.5 | 10.1 |
| 35-50..... | 340 | 57.4 | 36.7 | 33.3 | 2.0 | 40.9 | 14.0 | 11.6 | 26.6 | 3.7 |
| 51-64..... | 380 | 74.9 | 55.3 | 46.7 | 2.8 | 58.0 | 21.5 | 18.3 | 38.7 | 9.3 |
| 65-74..... | 226 | 87.2 | 59.6 | 46.9 | 7.6 | 77.5 | 27.4 | 32.8 | 58.7 | 14.0 |
| 75 AND OVER..... | 104 | 85.1 | 51.9 | 41.1 | 13.8 | 81.9 | 36.4 | 27.5 | 62.0 | 14.1 |
| ALL INDIVIDUALS... | 4/4,249 | 68.2 | 43.2 | 35.6 | 3.9 | 54.0 | 22.4 | 17.2 | 34.7 | 9.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5C-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/127 | 4 | 2 | 1 | 0 | 2 | 0 | (5) | 1 | 1 |
| 3-5..... | 243 | 11 | 5 | 5 | (5) | 6 | 2 | 1 | 3 | 1 |
| 6-8..... | 197 | 35 | 12 | 10 | (5) | 22 | 5 | 2 | 15 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 34 | 10 | 8 | 0 | 25 | 7 | 1 | 15 | 2 |
| 12-14..... | 140 | 31 | 9 | 7 | (5) | 21 | 6 | 2 | 12 | 1 |
| 15-18..... | 133 | 25 | 7 | 6 | 0 | 19 | 3 | (5) | 14 | 1 |
| 19-22..... | 121 | 14 | 5 | 4 | 0 | 9 | 3 | 1 | 4 | 1 |
| 23-34..... | 309 | 9 | 1 | 1 | 0 | 7 | 1 | 2 | 4 | (5) |
| 35-50..... | 203 | 9 | 7 | 6 | (5) | 2 | 1 | 0 | 1 | 0 |
| 51-64..... | 218 | 1 | 1 | 1 | 0 | (5) | 0 | 0 | (5) | 0 |
| 65-74..... | 242 | 3 | (5) | (5) | (5) | 3 | (5) | (5) | 1 | 1 |
| 75 AND OVER..... | 84 | 3 | (5) | (5) | 0 | 2 | 1 | 0 | 1 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 33 | 10 | 8 | (5) | 23 | 5 | 2 | 13 | 2 |
| 12-14..... | 130 | 24 | 6 | 4 | 0 | 18 | 6 | 1 | 9 | 2 |
| 15-18..... | 140 | 19 | 5 | 4 | 0 | 14 | 7 | (5) | 6 | (5) |
| 19-22..... | 183 | 3 | 1 | 1 | 0 | 2 | (5) | (5) | 2 | (5) |
| 23-34..... | 462 | 6 | 3 | 3 | 0 | 3 | 1 | (5) | 2 | 1 |
| 35-50..... | 340 | 6 | 4 | 4 | (5) | 1 | (5) | 0 | 1 | 0 |
| 51-64..... | 380 | 8 | 3 | 2 | 0 | 5 | (5) | 1 | 3 | 1 |
| 65-74..... | 226 | 6 | 1 | 1 | (5) | 6 | (5) | 0 | 5 | 1 |
| 75 AND OVER..... | 184 | 3 | 1 | 1 | (5) | 2 | 0 | 0 | 2 | 0 |
| ALL INDIVIDUALS... | 4/4,249 | 11 | 4 | 3 | (5) | 7 | 2 | 1 | 4 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5C-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL PACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTUPES, JUICES: TOTAL | OTHER FRUITS, MIXTUPES, JUICES: APPLES | OTHER FRUITS, MIXTUPES, JUICES: BANANAS | OTHER FRUITS, MIXTUPES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTUPES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 1.4 | 0.0 | 0.0 | 0.0 | 1.4 | 1.4 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/127 | 8.6 | 3.9 | 2.5 | .0 | 4.7 | .0 | .7 | 2.6 | 1.4 |
| 3-5..... | 243 | 15.7 | 5.2 | 4.9 | .8 | 11.3 | 3.8 | 2.0 | 6.4 | .8 |
| 6-8..... | 197 | 46.4 | 14.5 | 9.9 | 1.2 | 39.2 | 13.4 | 3.9 | 31.8 | 2.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 45.2 | 11.2 | 5.9 | .0 | 39.2 | 15.7 | 2.3 | 28.2 | 3.6 |
| 12-14..... | 140 | 37.9 | 11.4 | 6.2 | .7 | 28.6 | 12.5 | 3.3 | 22.6 | .7 |
| 15-18..... | 133 | 26.6 | 6.1 | 5.0 | .0 | 23.6 | 5.4 | .4 | 20.6 | 1.2 |
| 19-22..... | 121 | 8.4 | 5.4 | 4.5 | .0 | 6.0 | 2.1 | 1.6 | 4.4 | 1.1 |
| 23-34..... | 309 | 10.9 | 3.3 | 1.5 | .0 | 9.0 | 2.5 | 1.7 | 6.1 | .3 |
| 35-50..... | 203 | 8.6 | 6.2 | 6.2 | 1.3 | 4.6 | 1.6 | .0 | 3.0 | .0 |
| 51-64..... | 218 | 3.2 | 1.2 | 1.2 | .0 | 1.9 | .0 | .0 | 1.9 | .0 |
| 65-74..... | 242 | 4.5 | 1.8 | .7 | .7 | 4.5 | .7 | .7 | 3.1 | 1.1 |
| 75 AND OVER..... | 84 | 4.9 | 1.1 | 1.1 | .0 | 3.8 | 2.3 | .0 | 2.8 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 45.5 | 13.7 | 9.1 | .8 | 37.0 | 12.6 | 4.6 | 24.6 | 3.4 |
| 12-14..... | 130 | 30.8 | 10.0 | 4.9 | .0 | 25.3 | 9.2 | 3.1 | 16.6 | 1.9 |
| 15-18..... | 140 | 25.4 | 8.1 | 3.4 | .0 | 21.9 | 15.8 | 3.5 | 14.1 | .5 |
| 19-22..... | 183 | 5.9 | 2.4 | 1.6 | .0 | 3.9 | .6 | .8 | 3.4 | .4 |
| 23-34..... | 462 | 10.3 | 4.7 | 3.0 | .0 | 6.8 | 2.2 | .4 | 3.8 | 1.0 |
| 35-50..... | 340 | 7.5 | 3.3 | 2.8 | .9 | 3.5 | .3 | .0 | 3.3 | .0 |
| 51-64..... | 380 | 10.9 | 5.7 | 3.9 | .0 | 8.3 | 1.2 | 1.7 | 5.1 | 1.1 |
| 65-74..... | 226 | 11.8 | 1.5 | 1.0 | 1.3 | 10.3 | .3 | .0 | 9.7 | 1.7 |
| 75 AND OVER..... | 104 | 8.0 | .9 | .9 | .8 | 6.3 | .0 | .0 | 6.3 | .0 |
| ALL INDIVIDUALS... | 4/4,249 | 15.2 | 5.2 | 3.5 | .4 | 11.8 | 3.8 | 1.3 | 8.6 | .9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5C-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 174 | 20 | 19 | (5) | 153 | 23 | 20 | 74 | 38 |
| 1-2..... | 4/127 | 101 | 48 | 40 | 1 | 53 | 12 | 13 | 14 | 15 |
| 3-5..... | 243 | 97 | 46 | 37 | (5) | 51 | 10 | 9 | 18 | 14 |
| 6-8..... | 197 | 91 | 45 | 38 | (5) | 46 | 15 | 6 | 17 | 8 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 88 | 48 | 42 | (5) | 40 | 12 | 6 | 18 | 4 |
| 12-14..... | 140 | 87 | 47 | 42 | (5) | 39 | 13 | 5 | 15 | 6 |
| 15-18..... | 133 | 99 | 52 | 50 | (5) | 47 | 13 | 5 | 21 | 8 |
| 19-22..... | 121 | 88 | 43 | 37 | (5) | 45 | 19 | 3 | 15 | 8 |
| 23-34..... | 309 | 88 | 40 | 32 | (5) | 48 | 13 | 5 | 17 | 13 |
| 35-50..... | 203 | 97 | 44 | 36 | (5) | 52 | 15 | 6 | 25 | 7 |
| 51-64..... | 218 | 135 | 60 | 45 | 2 | 74 | 15 | 11 | 42 | 6 |
| 65-74..... | 242 | 206 | 72 | 53 | 5 | 129 | 20 | 20 | 64 | 25 |
| 75 AND OVER..... | 84 | 232 | 91 | 68 | 7 | 135 | 51 | 20 | 50 | 13 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 111 | 66 | 61 | (5) | 45 | 14 | 8 | 16 | 7 |
| 12-14..... | 130 | 79 | 46 | 39 | (5) | 33 | 9 | 5 | 10 | 8 |
| 15-18..... | 140 | 97 | 53 | 43 | 1 | 43 | 12 | 6 | 19 | 6 |
| 19-22..... | 183 | 112 | 50 | 42 | 1 | 61 | 10 | 4 | 34 | 14 |
| 23-34..... | 462 | 102 | 51 | 38 | 1 | 50 | 14 | 5 | 15 | 16 |
| 35-50..... | 340 | 102 | 51 | 45 | (5) | 51 | 11 | 6 | 29 | 5 |
| 51-64..... | 380 | 145 | 70 | 50 | 1 | 74 | 15 | 9 | 40 | 11 |
| 65-74..... | 226 | 197 | 88 | 64 | 2 | 107 | 18 | 18 | 59 | 13 |
| 75 AND OVER..... | 104 | 208 | 90 | 69 | 4 | 114 | 29 | 13 | 59 | 13 |
| ALL INDIVIDUALS... | 4/4,249 | 121 | 56 | 44 | 1 | 64 | 15 | 9 | 29 | 11 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5C-3.2.--FRUITS1/

PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/55 | 74.6 | 19.2 | 17.5 | 1.7 | 73.4 | 34.6 | 40.3 | 61.8 | 26.8 |
| 1-2..... | 4/127 | 67.8 | 42.2 | 37.3 | 7.4 | 52.7 | 22.2 | 24.8 | 28.2 | 13.0 |
| 3-5..... | 243 | 64.4 | 39.3 | 29.7 | 3.1 | 47.9 | 18.1 | 18.3 | 23.2 | 12.3 |
| 6-8..... | 197 | 58.2 | 37.3 | 32.3 | 1.9 | 39.3 | 20.9 | 13.6 | 19.6 | 7.8 |
| MALES: | | | | | | | | | | |
| 9-11..... | 94 | 58.1 | 36.5 | 34.0 | 1.1 | 43.1 | 20.3 | 13.5 | 21.9 | 4.3 |
| 12-14..... | 140 | 49.4 | 35.8 | 30.6 | 1.4 | 29.2 | 15.9 | 10.2 | 15.5 | 5.0 |
| 15-18..... | 133 | 59.8 | 41.8 | 39.1 | 1.6 | 35.3 | 11.5 | 8.2 | 24.3 | 5.3 |
| 19-22..... | 121 | 49.2 | 29.6 | 24.3 | 1.0 | 34.7 | 18.6 | 3.1 | 17.3 | 7.4 |
| 23-34..... | 309 | 46.6 | 29.5 | 25.2 | 1.0 | 31.9 | 14.2 | 9.2 | 15.4 | 6.9 |
| 35-50..... | 203 | 51.9 | 27.4 | 23.4 | 3.5 | 39.1 | 19.7 | 11.0 | 21.5 | 4.9 |
| 51-64..... | 218 | 70.1 | 41.3 | 31.8 | 3.0 | 53.9 | 19.0 | 19.9 | 32.4 | 6.7 |
| 65-74..... | 242 | 76.8 | 48.0 | 38.5 | 10.0 | 70.9 | 22.4 | 30.9 | 48.7 | 15.3 |
| 75 AND OVER..... | 84 | 86.1 | 59.0 | 46.8 | 8.2 | 72.7 | 35.2 | 25.7 | 46.2 | 16.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 118 | 60.5 | 42.8 | 39.4 | 3.5 | 43.4 | 19.8 | 17.7 | 21.5 | 7.1 |
| 12-14..... | 130 | 47.2 | 34.8 | 31.6 | 2.1 | 31.0 | 13.7 | 11.2 | 14.3 | 8.8 |
| 15-18..... | 140 | 60.8 | 41.5 | 34.9 | 2.9 | 40.8 | 19.5 | 10.9 | 21.5 | 6.1 |
| 19-22..... | 183 | 51.8 | 29.5 | 24.7 | 1.9 | 41.8 | 16.7 | 9.6 | 26.9 | 14.5 |
| 23-34..... | 462 | 56.4 | 35.4 | 26.5 | 2.9 | 41.5 | 19.6 | 11.3 | 19.9 | 9.1 |
| 35-50..... | 340 | 56.8 | 36.1 | 32.7 | 1.7 | 40.1 | 13.8 | 11.6 | 24.8 | 3.7 |
| 51-64..... | 380 | 73.7 | 53.9 | 44.6 | 2.8 | 56.6 | 20.9 | 16.6 | 37.4 | 8.6 |
| 65-74..... | 226 | 86.8 | 58.6 | 45.9 | 6.2 | 75.7 | 27.1 | 32.8 | 53.6 | 13.2 |
| 75 AND OVER..... | 104 | 85.1 | 51.9 | 41.1 | 13.1 | 80.7 | 36.4 | 27.5 | 57.4 | 14.1 |
| ALL INDIVIDUALS... | 4/4,249 | 62.4 | 39.9 | 33.1 | 3.5 | 47.6 | 19.7 | 16.1 | 28.3 | 9.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 50-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 136 | 17 | 17 | 0 | 118 | 22 | 12 | 57 | 27 |
| 1-2..... | 4/283 | 150 | 52 | 46 | 1 | 96 | 27 | 11 | 27 | 31 |
| 3-5..... | 406 | 125 | 62 | 53 | 1 | 62 | 21 | 8 | 19 | 14 |
| 6-8..... | 468 | 139 | 58 | 46 | 1 | 80 | 27 | 8 | 31 | 14 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 128 | 58 | 51 | (5) | 70 | 21 | 6 | 32 | 11 |
| 12-14..... | 222 | 116 | 50 | 40 | (5) | 65 | 19 | 7 | 36 | 4 |
| 15-18..... | 240 | 135 | 68 | 57 | (5) | 67 | 20 | 7 | 31 | 9 |
| 19-22..... | 166 | 109 | 56 | 49 | 0 | 53 | 16 | 11 | 17 | 9 |
| 23-34..... | 695 | 120 | 59 | 50 | (5) | 61 | 17 | 9 | 28 | 14 |
| 35-50..... | 508 | 122 | 44 | 36 | (5) | 78 | 18 | 9 | 38 | 12 |
| 51-64..... | 412 | 162 | 66 | 46 | 1 | 95 | 25 | 13 | 51 | 5 |
| 65-74..... | 152 | 188 | 69 | 49 | 1 | 118 | 31 | 11 | 69 | 6 |
| 75 AND OVER..... | 47 | 334 | 87 | 47 | 2 | 245 | 33 | 26 | 111 | 75 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 141 | 62 | 49 | (5) | 79 | 25 | 7 | 34 | 14 |
| 12-14..... | 244 | 127 | 56 | 47 | (5) | 71 | 21 | 7 | 33 | 10 |
| 15-18..... | 260 | 116 | 58 | 51 | (5) | 58 | 15 | 6 | 27 | 10 |
| 19-22..... | 209 | 106 | 53 | 46 | (5) | 52 | 12 | 5 | 29 | 7 |
| 23-34..... | 1,009 | 106 | 51 | 42 | (5) | 54 | 16 | 5 | 23 | 10 |
| 35-50..... | 673 | 118 | 59 | 48 | (5) | 59 | 15 | 7 | 31 | 6 |
| 51-64..... | 521 | 177 | 81 | 64 | 1 | 95 | 23 | 9 | 52 | 11 |
| 65-74..... | 167 | 200 | 88 | 60 | 1 | 111 | 18 | 15 | 57 | 21 |
| 75 AND OVER..... | 62 | 177 | 78 | 54 | 1 | 98 | 13 | 16 | 59 | 11 |
| ALL INDIVIDUALS... | 4/7,286 | 133 | 59 | 48 | 1 | 74 | 20 | 8 | 34 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5D-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 81.4 | 22.3 | 21.6 | 0.0 | 80.0 | 43.9 | 29.6 | 64.5 | 29.4 |
| 1-2..... | 4/283 | 78.5 | 45.7 | 39.8 | 7.7 | 70.4 | 41.7 | 23.0 | 38.7 | 19.9 |
| 3-5..... | 406 | 75.0 | 47.1 | 42.4 | 5.7 | 61.9 | 33.5 | 17.6 | 31.2 | 12.9 |
| 6-8..... | 468 | 77.3 | 50.4 | 40.3 | 4.8 | 64.5 | 34.3 | 17.5 | 38.3 | 13.5 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 76.3 | 48.2 | 44.2 | 1.0 | 59.8 | 33.0 | 13.8 | 32.3 | 10.3 |
| 12-14..... | 222 | 70.1 | 36.7 | 30.3 | 1.1 | 57.3 | 22.4 | 11.0 | 41.8 | 4.0 |
| 15-18..... | 240 | 66.3 | 44.9 | 39.6 | .4 | 50.2 | 22.5 | 11.9 | 33.5 | 5.9 |
| 19-22..... | 166 | 64.3 | 36.5 | 31.9 | .0 | 42.7 | 17.2 | 15.2 | 20.7 | 4.5 |
| 23-34..... | 695 | 60.3 | 37.9 | 32.1 | 1.6 | 46.0 | 21.9 | 13.0 | 24.9 | 7.2 |
| 35-50..... | 508 | 64.2 | 35.6 | 28.9 | 1.0 | 50.6 | 23.9 | 15.2 | 30.4 | 6.8 |
| 51-64..... | 412 | 73.4 | 47.8 | 36.3 | 2.2 | 58.5 | 24.5 | 19.9 | 39.1 | 4.9 |
| 65-74..... | 152 | 78.6 | 52.5 | 38.4 | 5.1 | 67.9 | 31.1 | 20.1 | 53.0 | 7.2 |
| 75 AND OVER..... | 47 | 94.5 | 64.3 | 41.1 | 6.3 | 94.5 | 31.5 | 45.7 | 68.2 | 23.7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 79.2 | 47.8 | 40.0 | 2.3 | 65.5 | 33.5 | 13.1 | 45.2 | 11.5 |
| 12-14..... | 244 | 76.6 | 46.0 | 37.3 | 1.3 | 60.3 | 27.3 | 12.3 | 38.4 | 9.1 |
| 15-18..... | 260 | 70.7 | 44.2 | 38.1 | 1.6 | 49.2 | 20.9 | 11.7 | 32.2 | 5.6 |
| 19-22..... | 209 | 60.0 | 33.2 | 25.7 | .5 | 46.1 | 16.5 | 11.1 | 25.5 | 7.6 |
| 23-34..... | 1,009 | 65.2 | 40.2 | 33.6 | 1.9 | 49.1 | 22.6 | 11.7 | 29.2 | 8.5 |
| 35-50..... | 673 | 71.3 | 43.5 | 37.6 | 2.0 | 54.0 | 22.8 | 12.4 | 34.8 | 6.3 |
| 51-64..... | 521 | 81.2 | 55.6 | 46.2 | 3.7 | 65.7 | 25.6 | 18.9 | 48.8 | 8.4 |
| 65-74..... | 167 | 88.2 | 58.5 | 44.4 | 5.2 | 73.1 | 26.3 | 28.4 | 57.1 | 16.5 |
| 75 AND OVER..... | 62 | 79.5 | 57.8 | 44.9 | 7.1 | 74.0 | 23.2 | 24.3 | 57.9 | 14.1 |
| ALL INDIVIDUALS... | 4/7,286 | 71.4 | 44.0 | 36.6 | 2.6 | 56.8 | 26.1 | 15.6 | 35.8 | 9.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5D-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 2 | 1 | 1 | 0 | 1 | 1 | 0 | (5) | (5) |
| 1-2..... | 4/283 | 9 | 3 | 3 | (5) | 6 | 2 | 1 | 2 | 2 |
| 3-5..... | 406 | 10 | 3 | 3 | (5) | 5 | 2 | 1 | 2 | 2 |
| 6-8..... | 468 | 24 | 8 | 7 | (5) | 16 | 4 | 1 | 10 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 26 | 8 | 7 | 0 | 18 | 5 | 1 | 9 | 2 |
| 12-14..... | 222 | 18 | 3 | 3 | 0 | 15 | 2 | 1 | 12 | 0 |
| 15-18..... | 240 | 17 | 5 | 4 | 0 | 13 | 2 | (5) | 10 | 0 |
| 19-22..... | 166 | 11 | 6 | 6 | 0 | 5 | 1 | (5) | 3 | 1 |
| 23-34..... | 695 | 9 | 5 | 5 | 0 | 5 | 1 | (5) | 2 | 1 |
| 35-50..... | 508 | 8 | 2 | 1 | 0 | 7 | 1 | (5) | 5 | 0 |
| 51-64..... | 412 | 6 | 2 | 2 | 0 | 4 | 1 | 0 | 2 | 1 |
| 65-74..... | 152 | 2 | 1 | 1 | 0 | 1 | (5) | 0 | (5) | 0 |
| 75 AND OVER..... | 47 | 1 | 1 | 1 | 0 | (5) | 0 | 0 | (5) | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 27 | 6 | 4 | (5) | 21 | 3 | 1 | 16 | (5) |
| 12-14..... | 244 | 25 | 8 | 7 | 0 | 17 | 5 | 1 | 9 | 2 |
| 15-18..... | 260 | 19 | 7 | 6 | (5) | 12 | 2 | (5) | 8 | 1 |
| 19-22..... | 209 | 13 | 2 | 2 | 0 | 11 | 1 | (5) | 9 | 1 |
| 23-34..... | 1,009 | 9 | 4 | 3 | 0 | 5 | 1 | (5) | 3 | 1 |
| 35-50..... | 673 | 8 | 3 | 2 | 0 | 5 | 1 | (5) | 4 | (5) |
| 51-64..... | 521 | 5 | 2 | 1 | 0 | 3 | (5) | (5) | 2 | 1 |
| 65-74..... | 167 | 6 | 2 | 2 | (5) | 4 | 1 | (5) | 2 | (5) |
| 75 AND OVER..... | 62 | 7 | 1 | 1 | 0 | 6 | 0 | 1 | 4 | 0 |
| ALL INDIVIDUALS... | 4/7,286 | 12 | 4 | 3 | (5) | 8 | 2 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5D-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 3.3 | 0.8 | 0.8 | 0.0 | 3.3 | 1.9 | 0.0 | 0.7 | 0.7 |
| 1-2..... | 4/283 | 14.2 | 4.8 | 4.5 | .3 | 11.9 | 4.2 | 2.5 | 5.4 | 2.8 |
| 3-5..... | 406 | 15.1 | 4.4 | 3.5 | 1.4 | 11.4 | 3.7 | 2.0 | 5.4 | 2.5 |
| 6-8..... | 468 | 30.9 | 12.4 | 9.1 | 1.3 | 23.9 | 8.2 | 1.9 | 18.5 | .9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 30.9 | 9.0 | 8.2 | .0 | 26.7 | 10.7 | 1.7 | 16.2 | 3.4 |
| 12-14..... | 222 | 28.2 | 6.0 | 4.0 | .0 | 24.5 | 4.5 | 1.8 | 21.0 | .0 |
| 15-18..... | 240 | 19.6 | 5.6 | 4.4 | .0 | 17.5 | 3.6 | .9 | 14.2 | .0 |
| 19-22..... | 166 | 14.7 | 6.1 | 5.1 | .0 | 8.6 | 1.1 | 1.2 | 6.6 | .8 |
| 23-34..... | 695 | 11.0 | 5.5 | 4.8 | .0 | 7.1 | 1.6 | .2 | 4.7 | 1.0 |
| 35-50..... | 508 | 7.9 | 2.3 | 1.6 | .0 | 6.2 | 1.8 | .5 | 4.5 | .0 |
| 51-64..... | 412 | 7.2 | 2.9 | 2.6 | .0 | 4.9 | 1.8 | .0 | 2.7 | .6 |
| 65-74..... | 152 | 4.8 | 1.9 | 1.9 | .0 | 2.9 | 1.5 | .0 | 2.4 | .0 |
| 75 AND OVER..... | 47 | 4.7 | 2.4 | 2.4 | .0 | 2.3 | .0 | .0 | 2.3 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 37.7 | 8.3 | 4.6 | 1.7 | 34.0 | 7.8 | 3.3 | 28.3 | .9 |
| 12-14..... | 244 | 31.3 | 10.3 | 7.1 | .0 | 24.1 | 9.1 | 2.2 | 14.7 | 1.1 |
| 15-18..... | 260 | 20.0 | 8.9 | 6.9 | .5 | 13.4 | 5.1 | .9 | 10.9 | 1.2 |
| 19-22..... | 209 | 10.2 | 3.4 | 2.3 | .0 | 8.8 | 1.3 | .5 | 6.0 | 1.0 |
| 23-34..... | 1,009 | 11.1 | 4.6 | 3.4 | .0 | 7.8 | 1.8 | 1.2 | 4.9 | 1.2 |
| 35-50..... | 673 | 11.8 | 4.4 | 2.9 | .0 | 8.9 | 2.5 | .2 | 6.6 | .2 |
| 51-64..... | 521 | 9.0 | 2.3 | 1.6 | .0 | 7.3 | 1.0 | .3 | 5.3 | .7 |
| 65-74..... | 167 | 12.5 | 6.6 | 2.5 | 1.3 | 8.8 | 2.8 | 1.3 | 7.6 | 1.0 |
| 75 AND OVER..... | 62 | 20.4 | 5.6 | 4.2 | .0 | 16.2 | .0 | 1.8 | 14.4 | .0 |
| ALL INDIVIDUALS... | 4/7,286 | 15.2 | 5.3 | 4.0 | .3 | 11.8 | 3.3 | 1.0 | 8.3 | 1.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5D-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 134 | 17 | 16 | 0 | 117 | 22 | 12 | 56 | 27 |
| 1-2..... | 4/283 | 140 | 49 | 43 | 1 | 90 | 25 | 10 | 25 | 30 |
| 3-5..... | 406 | 115 | 58 | 50 | 1 | 56 | 20 | 7 | 17 | 12 |
| 6-8..... | 468 | 115 | 50 | 39 | 1 | 64 | 23 | 8 | 21 | 13 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 103 | 50 | 44 | (5) | 52 | 15 | 5 | 23 | 9 |
| 12-14..... | 222 | 97 | 47 | 38 | (5) | 50 | 16 | 6 | 24 | 4 |
| 15-18..... | 240 | 117 | 63 | 53 | (5) | 54 | 18 | 7 | 21 | 9 |
| 19-22..... | 166 | 98 | 50 | 44 | 0 | 48 | 15 | 10 | 14 | 8 |
| 23-34..... | 695 | 111 | 55 | 45 | (5) | 56 | 16 | 9 | 18 | 13 |
| 35-50..... | 508 | 114 | 43 | 35 | (5) | 71 | 17 | 9 | 34 | 12 |
| 51-64..... | 412 | 155 | 64 | 44 | 1 | 91 | 24 | 13 | 49 | 4 |
| 65-74..... | 152 | 186 | 68 | 48 | 1 | 117 | 31 | 11 | 69 | 6 |
| 75 AND OVER..... | 47 | 332 | 86 | 46 | 2 | 244 | 33 | 26 | 111 | 75 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 114 | 56 | 44 | (5) | 58 | 21 | 5 | 18 | 13 |
| 12-14..... | 244 | 101 | 47 | 40 | (5) | 54 | 16 | 6 | 24 | 7 |
| 15-18..... | 260 | 97 | 51 | 45 | (5) | 46 | 12 | 6 | 19 | 9 |
| 19-22..... | 209 | 93 | 51 | 44 | (5) | 41 | 11 | 5 | 19 | 6 |
| 23-34..... | 1,009 | 97 | 47 | 39 | (5) | 49 | 15 | 5 | 20 | 9 |
| 35-50..... | 673 | 110 | 56 | 46 | (5) | 54 | 14 | 7 | 27 | 6 |
| 51-64..... | 521 | 172 | 79 | 63 | 1 | 92 | 22 | 9 | 50 | 10 |
| 65-74..... | 167 | 194 | 86 | 59 | 1 | 108 | 17 | 15 | 55 | 21 |
| 75 AND OVER..... | 62 | 170 | 77 | 52 | 1 | 92 | 13 | 15 | 54 | 11 |
| ALL INDIVIDUALS... | 4/7,286 | 121 | 55 | 44 | 1 | 66 | 18 | 8 | 29 | 11 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5D-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/117 | 81.4 | 22.3 | 21.6 | 0.0 | 80.0 | 43.9 | 29.6 | 63.8 | 28.6 |
| 1-2..... | 4/283 | 76.3 | 43.5 | 37.7 | 7.4 | 67.4 | 38.9 | 20.9 | 35.3 | 18.8 |
| 3-5..... | 406 | 70.6 | 45.6 | 40.8 | 4.7 | 56.2 | 30.8 | 15.6 | 26.6 | 11.3 |
| 6-8..... | 468 | 67.2 | 42.1 | 34.4 | 3.7 | 53.6 | 27.9 | 15.6 | 23.7 | 12.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 200 | 65.2 | 43.4 | 39.3 | 1.0 | 45.7 | 23.6 | 12.0 | 18.4 | 8.1 |
| 12-14..... | 222 | 58.7 | 34.2 | 29.0 | 1.1 | 42.9 | 19.0 | 9.3 | 24.4 | 4.0 |
| 15-18..... | 240 | 61.1 | 42.3 | 37.7 | .4 | 40.6 | 20.0 | 11.0 | 21.1 | 5.9 |
| 19-22..... | 166 | 57.1 | 32.3 | 28.7 | .0 | 39.8 | 17.2 | 14.0 | 16.3 | 3.7 |
| 23-34..... | 695 | 56.2 | 34.8 | 29.6 | 1.6 | 42.7 | 20.4 | 12.8 | 21.6 | 7.0 |
| 35-50..... | 508 | 62.0 | 34.1 | 27.5 | 1.0 | 48.5 | 23.0 | 15.0 | 28.7 | 6.8 |
| 51-64..... | 412 | 71.3 | 46.6 | 34.8 | 2.2 | 56.0 | 23.5 | 19.9 | 37.4 | 4.3 |
| 65-74..... | 152 | 78.6 | 52.5 | 38.4 | 5.1 | 67.0 | 29.6 | 20.1 | 51.2 | 7.2 |
| 75 AND OVER..... | 47 | 94.5 | 64.3 | 38.7 | 6.3 | 94.5 | 31.5 | 45.7 | 68.2 | 23.7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 225 | 66.3 | 42.6 | 37.0 | 1.0 | 50.6 | 28.1 | 10.2 | 23.0 | 11.0 |
| 12-14..... | 244 | 63.7 | 39.2 | 31.9 | 1.3 | 47.4 | 21.1 | 11.2 | 26.7 | 8.4 |
| 15-18..... | 260 | 64.7 | 41.1 | 34.1 | 1.1 | 42.4 | 16.7 | 10.8 | 23.5 | 4.8 |
| 19-22..... | 209 | 57.7 | 31.8 | 24.3 | .5 | 42.3 | 15.2 | 10.7 | 23.6 | 6.6 |
| 23-34..... | 1,009 | 62.1 | 38.2 | 32.1 | 1.9 | 46.5 | 21.7 | 10.5 | 25.6 | 8.0 |
| 35-50..... | 673 | 68.2 | 40.8 | 35.8 | 2.0 | 50.4 | 21.0 | 12.4 | 30.1 | 6.2 |
| 51-64..... | 521 | 79.6 | 54.6 | 45.4 | 3.7 | 63.9 | 25.3 | 18.6 | 47.0 | 7.7 |
| 65-74..... | 167 | 88.2 | 57.8 | 43.7 | 4.0 | 71.2 | 23.9 | 28.4 | 52.5 | 15.5 |
| 75 AND OVER..... | 62 | 77.1 | 57.8 | 44.9 | 7.1 | 71.7 | 23.2 | 22.5 | 55.5 | 14.1 |
| ALL INDIVIDUALS... | 4/7,286 | 66.8 | 41.3 | 34.4 | 2.4 | 51.7 | 23.8 | 14.7 | 29.9 | 8.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5E-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 168 | 21 | 21 | 0 | 147 | 20 | 16 | 79 | 32 |
| 1-2..... | 4/271 | 193 | 76 | 70 | 2 | 115 | 24 | 17 | 35 | 39 |
| 3-5..... | 532 | 179 | 75 | 66 | 1 | 102 | 26 | 10 | 31 | 35 |
| 6-8..... | 594 | 185 | 85 | 74 | 1 | 99 | 30 | 10 | 39 | 20 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 161 | 72 | 61 | 1 | 89 | 32 | 10 | 39 | 8 |
| 12-14..... | 437 | 158 | 74 | 61 | (5) | 83 | 30 | 9 | 35 | 10 |
| 15-18..... | 555 | 162 | 84 | 70 | 1 | 77 | 25 | 10 | 28 | 14 |
| 19-22..... | 313 | 141 | 70 | 56 | (5) | 70 | 21 | 15 | 26 | 8 |
| 23-34..... | 953 | 141 | 74 | 63 | (5) | 68 | 17 | 7 | 33 | 11 |
| 35-50..... | 1,219 | 145 | 64 | 51 | (5) | 80 | 25 | 8 | 39 | 9 |
| 51-64..... | 760 | 196 | 88 | 63 | 1 | 107 | 25 | 17 | 53 | 11 |
| 65-74..... | 115 | 251 | 111 | 90 | 7 | 133 | 14 | 19 | 92 | 8 |
| 75 AND OVER..... | 35 | 172 | 66 | 49 | 2 | 104 | 9 | 20 | 72 | 3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 176 | 80 | 66 | 1 | 95 | 28 | 11 | 43 | 14 |
| 12-14..... | 413 | 158 | 72 | 58 | (5) | 85 | 24 | 9 | 39 | 13 |
| 15-18..... | 559 | 121 | 62 | 53 | (5) | 58 | 20 | 6 | 23 | 9 |
| 19-22..... | 367 | 122 | 66 | 55 | 1 | 55 | 12 | 4 | 27 | 13 |
| 23-34..... | 1,254 | 140 | 68 | 57 | 1 | 71 | 17 | 7 | 34 | 13 |
| 35-50..... | 1,507 | 135 | 66 | 51 | 1 | 69 | 17 | 7 | 35 | 10 |
| 51-64..... | 777 | 198 | 90 | 65 | 1 | 108 | 28 | 13 | 55 | 12 |
| 65-74..... | 117 | 226 | 107 | 64 | 2 | 118 | 21 | 14 | 65 | 17 |
| 75 AND OVER..... | 63 | 174 | 64 | 40 | 6 | 104 | 33 | 9 | 45 | 17 |
| ALL INDIVIDUALS... | 4/11,624 | 158 | 73 | 59 | 1 | 84 | 22 | 9 | 38 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5E-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 81.7 | 29.4 | 29.4 | 0.0 | 81.0 | 40.5 | 32.1 | 68.8 | 35.8 |
| 1-2..... | 4/271 | 85.7 | 54.5 | 51.3 | 10.4 | 76.2 | 36.6 | 30.4 | 44.3 | 26.8 |
| 3-5..... | 532 | 88.3 | 56.9 | 52.7 | 7.2 | 72.4 | 40.3 | 20.0 | 39.1 | 25.9 |
| 6-8..... | 594 | 86.9 | 58.8 | 53.9 | 4.9 | 75.2 | 40.7 | 18.7 | 47.3 | 16.6 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 86.4 | 54.0 | 48.0 | 3.5 | 71.2 | 38.1 | 17.6 | 43.2 | 8.7 |
| 12-14..... | 437 | 77.4 | 53.4 | 43.9 | 2.5 | 61.0 | 34.2 | 16.8 | 37.4 | 7.5 |
| 15-18..... | 555 | 73.4 | 49.9 | 42.0 | 3.4 | 55.8 | 30.7 | 16.2 | 32.4 | 9.1 |
| 19-22..... | 313 | 68.2 | 49.1 | 41.7 | 2.0 | 46.7 | 21.5 | 16.8 | 26.6 | 6.5 |
| 23-34..... | 953 | 69.6 | 48.0 | 41.5 | 1.6 | 49.3 | 20.1 | 12.5 | 32.9 | 8.2 |
| 35-50..... | 1,219 | 71.4 | 46.3 | 38.5 | 2.4 | 56.7 | 27.7 | 13.7 | 34.3 | 7.5 |
| 51-64..... | 760 | 85.8 | 58.1 | 45.8 | 4.6 | 72.8 | 29.9 | 27.5 | 47.6 | 7.2 |
| 65-74..... | 115 | 90.1 | 70.8 | 59.2 | 15.8 | 70.6 | 25.4 | 30.5 | 58.6 | 6.9 |
| 75 AND OVER..... | 35 | 74.2 | 54.4 | 37.3 | 8.8 | 70.6 | 14.4 | 39.4 | 64.0 | 2.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 86.6 | 58.1 | 49.2 | 4.2 | 73.6 | 39.2 | 19.3 | 50.7 | 11.2 |
| 12-14..... | 413 | 79.5 | 53.3 | 43.6 | 2.2 | 65.7 | 33.0 | 14.9 | 40.5 | 12.2 |
| 15-18..... | 559 | 71.9 | 45.9 | 40.1 | 2.0 | 53.7 | 26.6 | 11.7 | 30.3 | 7.7 |
| 19-22..... | 367 | 63.1 | 40.5 | 33.2 | 4.2 | 51.1 | 19.4 | 9.4 | 33.8 | 8.2 |
| 23-34..... | 1,254 | 73.8 | 48.5 | 42.3 | 4.7 | 57.6 | 25.8 | 13.1 | 38.0 | 9.7 |
| 35-50..... | 1,507 | 74.8 | 48.6 | 39.1 | 2.4 | 58.6 | 24.4 | 13.9 | 37.3 | 8.9 |
| 51-64..... | 777 | 85.7 | 62.2 | 48.2 | 4.0 | 71.8 | 30.3 | 23.8 | 53.5 | 8.8 |
| 65-74..... | 117 | 88.3 | 69.3 | 50.1 | 8.1 | 74.2 | 26.1 | 24.8 | 51.8 | 13.3 |
| 75 AND OVER..... | 63 | 85.7 | 49.1 | 36.8 | 18.2 | 74.4 | 40.6 | 18.8 | 40.7 | 13.8 |
| ALL INDIVIDUALS... | 4/11,624 | 77.4 | 51.6 | 43.4 | 3.8 | 62.1 | 29.0 | 17.0 | 39.7 | 10.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5E-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 2 | 0 | 0 | 0 | 2 | (5) | 0 | 2 | (5) |
| 1-2..... | 4/271 | 10 | 4 | 4 | (5) | 6 | 1 | 1 | 2 | 2 |
| 3-5..... | 532 | 16 | 6 | 5 | (5) | 11 | 2 | (5) | 4 | 4 |
| 6-8..... | 594 | 24 | 8 | 6 | (5) | 16 | 4 | (5) | 10 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 29 | 9 | 7 | (5) | 20 | 5 | (5) | 13 | 1 |
| 12-14..... | 437 | 21 | 8 | 7 | (5) | 13 | 4 | 1 | 8 | 1 |
| 15-18..... | 555 | 21 | 8 | 6 | 0 | 14 | 4 | (5) | 6 | 3 |
| 19-22..... | 313 | 15 | 7 | 4 | (5) | 7 | 2 | 1 | 3 | 2 |
| 23-34..... | 953 | 13 | 6 | 5 | 0 | 8 | 1 | (5) | 4 | 2 |
| 35-50..... | 1,219 | 9 | 4 | 4 | (5) | 5 | 1 | (5) | 3 | 1 |
| 51-64..... | 760 | 10 | 4 | 3 | 0 | 6 | 1 | 1 | 4 | (5) |
| 65-74..... | 115 | 11 | 6 | 6 | (5) | 5 | 1 | 0 | 5 | 0 |
| 75 AND OVER..... | 35 | 13 | 0 | 0 | 0 | 13 | 5 | 0 | 8 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 24 | 5 | 5 | 0 | 19 | 4 | 1 | 13 | 1 |
| 12-14..... | 413 | 23 | 7 | 6 | (5) | 16 | 4 | 1 | 9 | 2 |
| 15-18..... | 559 | 14 | 5 | 4 | (5) | 9 | 3 | (5) | 5 | 1 |
| 19-22..... | 367 | 9 | 5 | 5 | (5) | 4 | 1 | 1 | 2 | (5) |
| 23-34..... | 1,254 | 9 | 4 | 3 | (5) | 5 | 1 | (5) | 3 | 1 |
| 35-50..... | 1,507 | 7 | 3 | 3 | (5) | 4 | 1 | (5) | 3 | 1 |
| 51-64..... | 777 | 10 | 4 | 3 | 0 | 6 | 1 | (5) | 4 | (5) |
| 65-74..... | 117 | 9 | 2 | 2 | 0 | 6 | 1 | 0 | 5 | 0 |
| 75 AND OVER..... | 63 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ALL INDIVIDUALS... | 4/11,624 | 13 | 5 | 4 | (5) | 8 | 2 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5E-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 4.2 | 0.0 | 0.0 | 0.0 | 4.2 | 1.1 | 0.0 | 4.2 | 1.1 |
| 1-2..... | 4/271 | 13.7 | 5.1 | 4.4 | .7 | 9.7 | 3.2 | 3.4 | 4.0 | 2.0 |
| 3-5..... | 532 | 20.2 | 7.4 | 6.4 | .8 | 15.8 | 5.3 | 1.2 | 8.1 | 5.4 |
| 6-8..... | 594 | 33.8 | 11.9 | 8.8 | .7 | 28.2 | 8.5 | .7 | 20.8 | 2.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 36.0 | 12.1 | 8.6 | 1.7 | 28.6 | 9.9 | 1.5 | 21.3 | 1.2 |
| 12-14..... | 437 | 27.5 | 9.3 | 7.1 | .3 | 22.0 | 8.4 | 1.7 | 14.9 | 1.1 |
| 15-18..... | 555 | 20.1 | 6.7 | 4.4 | .0 | 16.9 | 7.0 | 1.4 | 9.9 | 1.3 |
| 19-22..... | 313 | 15.3 | 7.5 | 5.8 | .5 | 8.9 | 3.9 | 1.1 | 5.1 | 1.4 |
| 23-34..... | 953 | 16.6 | 6.9 | 5.8 | .0 | 11.0 | 2.1 | 1.3 | 7.1 | 1.6 |
| 35-50..... | 1,219 | 12.0 | 5.3 | 3.6 | .5 | 8.4 | 2.0 | .8 | 6.3 | 1.0 |
| 51-64..... | 760 | 14.8 | 5.3 | 4.3 | .0 | 10.5 | 2.2 | 1.8 | 7.0 | .5 |
| 65-74..... | 115 | 21.2 | 9.3 | 9.3 | 2.3 | 12.8 | 2.7 | .0 | 11.1 | .0 |
| 75 AND OVER..... | 35 | 20.0 | .0 | .0 | .0 | 20.0 | 6.0 | .0 | 16.8 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 34.1 | 9.2 | 5.9 | .0 | 28.6 | 8.7 | 1.4 | 22.1 | .8 |
| 12-14..... | 413 | 27.8 | 9.2 | 6.4 | .4 | 23.8 | 7.6 | 1.3 | 16.5 | 2.4 |
| 15-18..... | 559 | 19.8 | 6.0 | 4.8 | .5 | 15.7 | 5.1 | 1.3 | 9.9 | 1.4 |
| 19-22..... | 367 | 13.2 | 4.3 | 3.5 | .7 | 9.8 | 3.5 | 1.9 | 6.1 | .3 |
| 23-34..... | 1,254 | 13.7 | 5.5 | 4.4 | .2 | 10.1 | 2.7 | 1.3 | 6.8 | 1.3 |
| 35-50..... | 1,507 | 11.9 | 5.7 | 3.8 | .1 | 8.1 | 1.8 | .5 | 6.6 | .7 |
| 51-64..... | 777 | 16.5 | 5.9 | 3.3 | .0 | 12.0 | 3.2 | .5 | 9.0 | .2 |
| 65-74..... | 117 | 8.9 | 2.9 | 2.9 | .0 | 6.1 | 1.7 | .0 | 4.3 | .0 |
| 75 AND OVER..... | 63 | 2.8 | 2.8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL INDIVIDUALS... | 4/11,624 | 17.9 | 6.6 | 4.9 | .3 | 13.5 | 4.0 | 1.1 | 9.3 | 1.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5E-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 166 | 21 | 21 | 0 | 145 | 20 | 16 | 77 | 32 |
| 1-2..... | 4/271 | 183 | 72 | 66 | 2 | 109 | 22 | 16 | 34 | 37 |
| 3-5..... | 532 | 162 | 70 | 61 | 1 | 92 | 24 | 10 | 27 | 31 |
| 6-8..... | 594 | 161 | 77 | 68 | 1 | 83 | 26 | 10 | 29 | 18 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 132 | 63 | 54 | (5) | 69 | 27 | 9 | 26 | 7 |
| 12-14..... | 437 | 137 | 66 | 54 | (5) | 70 | 26 | 8 | 27 | 9 |
| 15-18..... | 555 | 141 | 76 | 64 | 1 | 64 | 21 | 9 | 22 | 12 |
| 19-22..... | 313 | 126 | 63 | 52 | (5) | 63 | 19 | 14 | 23 | 6 |
| 23-34..... | 953 | 128 | 68 | 57 | (5) | 60 | 16 | 6 | 28 | 9 |
| 35-50..... | 1,219 | 135 | 60 | 48 | (5) | 75 | 24 | 8 | 36 | 8 |
| 51-64..... | 760 | 186 | 84 | 60 | 1 | 101 | 25 | 17 | 49 | 10 |
| 65-74..... | 115 | 240 | 106 | 84 | 7 | 127 | 13 | 19 | 87 | 8 |
| 75 AND OVER..... | 35 | 159 | 66 | 49 | 2 | 90 | 4 | 20 | 64 | 3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 152 | 75 | 61 | 1 | 77 | 24 | 10 | 30 | 13 |
| 12-14..... | 413 | 135 | 65 | 52 | (5) | 70 | 20 | 8 | 30 | 11 |
| 15-18..... | 559 | 107 | 58 | 49 | (5) | 49 | 17 | 6 | 18 | 8 |
| 19-22..... | 367 | 113 | 61 | 51 | 1 | 51 | 11 | 3 | 25 | 12 |
| 23-34..... | 1,254 | 131 | 65 | 53 | 1 | 66 | 16 | 6 | 31 | 12 |
| 35-50..... | 1,507 | 127 | 62 | 48 | 1 | 64 | 17 | 6 | 32 | 9 |
| 51-64..... | 777 | 189 | 86 | 62 | 1 | 102 | 27 | 13 | 51 | 12 |
| 65-74..... | 117 | 218 | 105 | 61 | 2 | 112 | 20 | 14 | 60 | 17 |
| 75 AND OVER..... | 63 | 173 | 63 | 40 | 6 | 104 | 33 | 9 | 45 | 17 |
| ALL INDIVIDUALS... | 4/11,624 | 145 | 69 | 55 | 1 | 75 | 21 | 9 | 33 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5E-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/115 | 81.7 | 29.4 | 29.4 | 0.0 | 79.9 | 39.4 | 32.1 | 67.7 | 34.7 |
| 1-2..... | 4/271 | 84.0 | 52.4 | 49.3 | 9.7 | 74.6 | 35.0 | 28.6 | 41.7 | 25.8 |
| 3-5..... | 532 | 83.0 | 53.7 | 49.6 | 6.4 | 66.5 | 37.2 | 18.9 | 33.4 | 21.9 |
| 6-8..... | 594 | 79.5 | 53.8 | 48.8 | 4.2 | 63.0 | 34.3 | 18.2 | 33.1 | 14.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 328 | 76.7 | 48.7 | 42.5 | 1.8 | 58.0 | 31.0 | 16.7 | 26.8 | 8.2 |
| 12-14..... | 437 | 71.0 | 48.4 | 39.1 | 2.2 | 53.0 | 28.8 | 15.1 | 27.7 | 7.2 |
| 15-18..... | 555 | 68.7 | 47.6 | 40.2 | 3.4 | 49.5 | 25.4 | 15.7 | 26.3 | 7.8 |
| 19-22..... | 313 | 63.9 | 44.1 | 37.5 | 1.5 | 44.9 | 18.2 | 16.4 | 23.9 | 5.1 |
| 23-34..... | 953 | 64.2 | 44.4 | 38.1 | 1.6 | 44.2 | 18.8 | 11.3 | 27.3 | 6.6 |
| 35-50..... | 1,219 | 68.2 | 44.1 | 36.7 | 2.1 | 52.6 | 26.4 | 13.2 | 30.1 | 6.6 |
| 51-64..... | 760 | 84.1 | 56.2 | 43.7 | 4.6 | 70.0 | 28.6 | 26.7 | 43.9 | 7.1 |
| 65-74..... | 115 | 90.1 | 68.5 | 55.8 | 15.8 | 68.5 | 23.7 | 30.5 | 53.1 | 6.9 |
| 75 AND OVER..... | 35 | 74.2 | 54.4 | 37.3 | 8.8 | 70.6 | 11.6 | 39.4 | 57.9 | 2.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 339 | 79.0 | 54.0 | 46.5 | 4.2 | 62.8 | 33.4 | 18.4 | 35.5 | 10.7 |
| 12-14..... | 413 | 73.0 | 48.7 | 40.2 | 1.8 | 54.3 | 27.2 | 13.6 | 30.9 | 10.1 |
| 15-18..... | 559 | 66.7 | 43.3 | 37.8 | 1.5 | 46.5 | 23.2 | 10.6 | 23.9 | 6.6 |
| 19-22..... | 367 | 60.4 | 39.6 | 31.9 | 4.2 | 45.7 | 17.1 | 7.4 | 30.5 | 7.9 |
| 23-34..... | 1,254 | 69.9 | 45.6 | 39.6 | 4.5 | 53.2 | 24.2 | 12.1 | 33.1 | 8.5 |
| 35-50..... | 1,507 | 72.1 | 46.0 | 36.8 | 2.4 | 55.3 | 23.4 | 13.4 | 33.3 | 8.3 |
| 51-64..... | 777 | 83.2 | 60.1 | 46.4 | 4.0 | 68.8 | 28.8 | 23.6 | 48.8 | 8.6 |
| 65-74..... | 117 | 86.6 | 69.3 | 50.1 | 8.1 | 71.1 | 24.3 | 24.8 | 50.4 | 13.3 |
| 75 AND OVER..... | 63 | 85.7 | 49.1 | 36.8 | 18.2 | 74.4 | 40.6 | 18.8 | 40.7 | 13.8 |
| ALL INDIVIDUALS... | 4/11,624 | 73.3 | 48.7 | 40.8 | 3.5 | 56.7 | 26.4 | 16.2 | 33.6 | 9.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 151 | 30 | 30 | (5) | 121 | 21 | 16 | 55 | 29 |
| 1-2..... | 4/306 | 149 | 62 | 58 | 1 | 85 | 18 | 14 | 25 | 29 |
| 3-5..... | 521 | 137 | 62 | 55 | 1 | 74 | 17 | 10 | 25 | 22 |
| 6-8..... | 482 | 152 | 68 | 58 | 1 | 83 | 25 | 9 | 35 | 14 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 138 | 64 | 55 | (5) | 74 | 22 | 9 | 35 | 8 |
| 12-14..... | 287 | 138 | 73 | 63 | (5) | 65 | 20 | 8 | 27 | 9 |
| 15-18..... | 387 | 138 | 74 | 65 | (5) | 63 | 18 | 11 | 28 | 6 |
| 19-22..... | 318 | 121 | 57 | 47 | (5) | 64 | 19 | 14 | 21 | 11 |
| 23-34..... | 846 | 138 | 72 | 63 | (5) | 65 | 14 | 7 | 30 | 14 |
| 35-50..... | 657 | 133 | 68 | 58 | (5) | 64 | 16 | 9 | 25 | 12 |
| 51-64..... | 565 | 173 | 79 | 58 | 2 | 92 | 22 | 14 | 45 | 11 |
| 65-74..... | 300 | 184 | 77 | 64 | 3 | 104 | 18 | 17 | 56 | 13 |
| 75 AND OVER..... | 147 | 194 | 65 | 51 | 3 | 127 | 34 | 21 | 57 | 16 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 159 | 74 | 61 | (5) | 85 | 23 | 11 | 39 | 12 |
| 12-14..... | 305 | 134 | 68 | 61 | (5) | 66 | 18 | 6 | 31 | 10 |
| 15-18..... | 424 | 123 | 66 | 59 | 1 | 57 | 16 | 5 | 24 | 12 |
| 19-22..... | 408 | 121 | 60 | 52 | 1 | 60 | 12 | 6 | 33 | 9 |
| 23-34..... | 1,216 | 137 | 70 | 59 | 1 | 66 | 15 | 6 | 29 | 15 |
| 35-50..... | 1,097 | 134 | 67 | 58 | (5) | 66 | 14 | 8 | 34 | 10 |
| 51-64..... | 850 | 184 | 92 | 70 | 1 | 92 | 20 | 11 | 50 | 11 |
| 65-74..... | 446 | 203 | 93 | 73 | 2 | 108 | 19 | 15 | 60 | 13 |
| 75 AND OVER..... | 240 | 204 | 81 | 63 | 4 | 119 | 27 | 15 | 52 | 24 |
| ALL INDIVIDUALS... | 4/10,462 | 149 | 71 | 60 | 1 | 77 | 18 | 10 | 35 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 72.7 | 31.0 | 30.3 | 0.5 | 66.7 | 37.2 | 27.0 | 53.9 | 28.1 |
| 1-2..... | 4/306 | 78.4 | 51.8 | 46.4 | 9.5 | 63.8 | 28.4 | 27.5 | 32.2 | 20.9 |
| 3-5..... | 521 | 76.7 | 48.9 | 44.1 | 5.5 | 61.4 | 28.0 | 17.9 | 34.0 | 17.4 |
| 6-8..... | 482 | 82.9 | 54.5 | 46.7 | 4.4 | 67.4 | 37.0 | 18.7 | 42.7 | 14.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 78.9 | 52.6 | 46.1 | 1.6 | 64.4 | 36.7 | 18.0 | 36.3 | 8.8 |
| 12-14..... | 287 | 72.1 | 49.6 | 40.8 | 2.1 | 54.7 | 25.8 | 13.6 | 33.8 | 6.6 |
| 15-18..... | 387 | 70.8 | 51.0 | 44.5 | 1.5 | 48.9 | 22.0 | 16.0 | 29.8 | 4.8 |
| 19-22..... | 318 | 64.8 | 35.9 | 30.0 | .9 | 46.8 | 19.0 | 15.0 | 23.4 | 9.7 |
| 23-34..... | 846 | 65.8 | 47.4 | 40.6 | 2.4 | 44.2 | 16.0 | 12.1 | 29.4 | 8.0 |
| 35-50..... | 657 | 60.8 | 42.8 | 36.2 | 2.4 | 46.5 | 23.0 | 16.5 | 25.5 | 9.0 |
| 51-64..... | 565 | 74.2 | 52.2 | 39.6 | 5.1 | 56.2 | 24.8 | 21.9 | 34.9 | 8.0 |
| 65-74..... | 300 | 76.0 | 49.3 | 42.7 | 9.6 | 62.7 | 21.9 | 28.6 | 44.3 | 11.9 |
| 75 AND OVER..... | 147 | 79.0 | 48.3 | 38.7 | 6.3 | 66.3 | 29.5 | 32.1 | 45.0 | 7.9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 82.3 | 56.4 | 47.2 | 1.4 | 67.6 | 34.5 | 18.1 | 45.3 | 12.8 |
| 12-14..... | 305 | 77.7 | 55.1 | 49.0 | 2.1 | 58.5 | 25.9 | 12.3 | 35.2 | 11.0 |
| 15-18..... | 424 | 68.4 | 49.2 | 44.5 | 1.9 | 47.7 | 23.8 | 9.8 | 28.1 | 8.0 |
| 19-22..... | 408 | 62.7 | 40.0 | 34.3 | 3.7 | 49.0 | 18.0 | 9.2 | 30.4 | 8.7 |
| 23-34..... | 1,216 | 72.1 | 49.3 | 43.0 | 4.6 | 52.0 | 22.6 | 13.4 | 32.7 | 10.6 |
| 35-50..... | 1,097 | 72.2 | 49.8 | 44.0 | 1.9 | 52.1 | 21.2 | 12.9 | 30.9 | 9.2 |
| 51-64..... | 850 | 80.1 | 61.5 | 51.5 | 3.4 | 60.1 | 26.1 | 20.7 | 41.5 | 9.4 |
| 65-74..... | 446 | 82.3 | 60.2 | 48.2 | 6.1 | 67.3 | 26.2 | 27.3 | 46.6 | 10.9 |
| 75 AND OVER..... | 240 | 83.8 | 58.3 | 47.3 | 11.3 | 72.7 | 29.8 | 26.8 | 46.1 | 18.9 |
| ALL INDIVIDUALS... | 4/10,462 | 73.3 | 50.4 | 43.1 | 3.8 | 55.7 | 24.6 | 17.2 | 34.7 | 10.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/306 | 6 | 1 | 1 | (5) | 5 | 2 | 1 | 1 | 1 |
| 3-5..... | 521 | 14 | 5 | 5 | (5) | 9 | 2 | (5) | 4 | 2 |
| 6-8..... | 482 | 28 | 11 | 9 | (5) | 17 | 4 | 1 | 11 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 31 | 10 | 8 | (5) | 21 | 6 | 1 | 12 | 2 |
| 12-14..... | 287 | 25 | 10 | 7 | (5) | 15 | 4 | 2 | 8 | 1 |
| 15-18..... | 387 | 19 | 10 | 9 | 0 | 10 | 2 | (5) | 6 | 1 |
| 19-22..... | 318 | 8 | 5 | 4 | 0 | 4 | 1 | 1 | 2 | (5) |
| 23-34..... | 846 | 17 | 11 | 10 | (5) | 6 | 1 | 1 | 3 | 1 |
| 35-50..... | 657 | 7 | 4 | 3 | (5) | 3 | 1 | 1 | 2 | (5) |
| 51-64..... | 565 | 9 | 5 | 5 | 0 | 4 | 1 | 1 | 2 | (5) |
| 65-74..... | 300 | 5 | 2 | 1 | (5) | 4 | (5) | (5) | 3 | (5) |
| 75 AND OVER..... | 147 | 5 | 1 | 1 | 0 | 4 | 1 | (5) | 4 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 30 | 7 | 4 | 0 | 23 | 5 | 1 | 16 | 1 |
| 12-14..... | 305 | 21 | 8 | 7 | (5) | 12 | 4 | 1 | 8 | 0 |
| 15-18..... | 424 | 16 | 5 | 4 | (5) | 11 | 3 | (5) | 6 | 1 |
| 19-22..... | 408 | 10 | 2 | 1 | 0 | 8 | 1 | (5) | 6 | 1 |
| 23-34..... | 1,216 | 11 | 4 | 4 | 0 | 6 | 1 | (5) | 4 | 2 |
| 35-50..... | 1,097 | 7 | 4 | 3 | 0 | 3 | 1 | (5) | 2 | (5) |
| 51-64..... | 850 | 8 | 3 | 2 | (5) | 5 | 1 | (5) | 3 | 1 |
| 65-74..... | 446 | 5 | 2 | 1 | (5) | 4 | (5) | (5) | 3 | (5) |
| 75 AND OVER..... | 240 | 3 | (5) | (5) | (5) | 2 | (5) | (5) | 2 | 0 |
| ALL INDIVIDUALS... | 4/10,462 | 12 | 5 | 4 | (5) | 7 | 2 | (5) | 4 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F-2.2.--FRUITS1/

PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/126 | 2.4 | 0.7 | 0.7 | 0.0 | 2.4 | 2.4 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/306 | 10.7 | 3.7 | 3.0 | .4 | 8.6 | 4.1 | 3.2 | 2.3 | 1.6 |
| 3-5..... | 521 | 16.9 | 5.6 | 4.6 | .7 | 13.2 | 4.6 | .8 | 7.7 | 2.6 |
| 6-8..... | 482 | 34.5 | 14.3 | 9.8 | 1.7 | 26.3 | 9.3 | 2.0 | 20.5 | 1.3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 32.6 | 11.8 | 8.0 | .4 | 28.5 | 14.1 | 3.1 | 19.1 | 2.0 |
| 12-14..... | 287 | 33.8 | 11.6 | 6.8 | .3 | 26.4 | 9.2 | 3.5 | 16.7 | 1.5 |
| 15-18..... | 387 | 18.0 | 6.1 | 5.0 | .0 | 14.0 | 4.4 | 1.0 | 8.9 | .4 |
| 19-22..... | 318 | 10.0 | 5.8 | 4.2 | .0 | 4.8 | .9 | .7 | 4.2 | .4 |
| 23-34..... | 846 | 15.1 | 9.7 | 8.3 | .6 | 8.1 | 1.1 | 1.2 | 5.1 | 1.2 |
| 35-50..... | 657 | 8.0 | 4.1 | 2.8 | .7 | 5.2 | 1.0 | .8 | 4.0 | .1 |
| 51-64..... | 565 | 11.2 | 6.1 | 5.8 | .0 | 5.4 | 1.1 | 1.0 | 3.9 | .5 |
| 65-74..... | 300 | 10.7 | 3.7 | 3.7 | .6 | 7.6 | 1.5 | .8 | 6.5 | .3 |
| 75 AND OVER..... | 147 | 7.4 | .5 | .5 | .0 | 7.4 | .8 | .5 | 6.1 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 36.2 | 11.6 | 5.2 | .0 | 32.4 | 10.3 | 1.5 | 25.3 | .8 |
| 12-14..... | 305 | 25.3 | 10.6 | 7.4 | .5 | 18.6 | 7.4 | 2.0 | 13.3 | .0 |
| 15-18..... | 424 | 18.5 | 5.7 | 4.5 | .7 | 14.3 | 5.6 | .7 | 10.2 | 1.4 |
| 19-22..... | 408 | 10.3 | 3.2 | 2.1 | .0 | 8.9 | 1.8 | .8 | 5.3 | 2.0 |
| 23-34..... | 1,216 | 13.0 | 5.9 | 4.4 | .0 | 9.8 | 2.1 | 1.5 | 6.2 | 1.9 |
| 35-50..... | 1,097 | 9.2 | 4.6 | 3.7 | .0 | 6.1 | 2.2 | .6 | 4.3 | .6 |
| 51-64..... | 850 | 11.5 | 5.2 | 2.6 | .1 | 7.6 | 2.0 | .7 | 5.7 | .6 |
| 65-74..... | 446 | 8.8 | 2.7 | 1.6 | 1.2 | 6.8 | .8 | .7 | 5.6 | .3 |
| 75 AND OVER..... | 240 | 6.1 | .9 | .3 | .8 | 5.7 | .8 | .8 | 4.6 | .0 |
| ALL INDIVIDUALS... | 4/10,462 | 15.0 | 6.2 | 4.5 | .4 | 11.0 | 3.3 | 1.2 | 7.6 | 1.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 150 | 30 | 30 | (5) | 120 | 20 | 16 | 55 | 29 |
| 1-2..... | 4/306 | 143 | 61 | 57 | 1 | 81 | 16 | 13 | 24 | 28 |
| 3-5..... | 521 | 123 | 57 | 51 | 1 | 65 | 15 | 10 | 21 | 20 |
| 6-8..... | 482 | 124 | 57 | 49 | 1 | 67 | 21 | 9 | 24 | 13 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 107 | 53 | 47 | (5) | 53 | 16 | 8 | 23 | 6 |
| 12-14..... | 287 | 113 | 64 | 56 | (5) | 49 | 16 | 7 | 19 | 8 |
| 15-18..... | 387 | 119 | 65 | 56 | (5) | 53 | 16 | 10 | 22 | 5 |
| 19-22..... | 318 | 113 | 52 | 43 | (5) | 61 | 18 | 13 | 19 | 10 |
| 23-34..... | 846 | 121 | 61 | 53 | (5) | 60 | 13 | 7 | 27 | 13 |
| 35-50..... | 657 | 126 | 65 | 55 | (5) | 60 | 16 | 9 | 23 | 12 |
| 51-64..... | 565 | 164 | 74 | 53 | 2 | 88 | 21 | 14 | 43 | 11 |
| 65-74..... | 300 | 179 | 75 | 63 | 3 | 100 | 18 | 17 | 53 | 12 |
| 75 AND OVER..... | 147 | 189 | 64 | 50 | 3 | 123 | 34 | 21 | 53 | 16 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 129 | 67 | 57 | (5) | 62 | 18 | 10 | 23 | 12 |
| 12-14..... | 305 | 113 | 60 | 54 | (5) | 53 | 14 | 6 | 23 | 10 |
| 15-18..... | 424 | 107 | 61 | 55 | (5) | 46 | 13 | 5 | 18 | 10 |
| 19-22..... | 408 | 111 | 58 | 51 | 1 | 52 | 12 | 6 | 27 | 8 |
| 23-34..... | 1,216 | 126 | 66 | 55 | 1 | 60 | 14 | 6 | 26 | 14 |
| 35-50..... | 1,097 | 126 | 63 | 54 | (5) | 63 | 14 | 7 | 32 | 10 |
| 51-64..... | 850 | 177 | 89 | 68 | 1 | 87 | 19 | 11 | 46 | 10 |
| 65-74..... | 446 | 198 | 91 | 71 | 2 | 104 | 19 | 15 | 57 | 13 |
| 75 AND OVER..... | 240 | 201 | 81 | 63 | 4 | 117 | 27 | 15 | 51 | 24 |
| ALL INDIVIDUALS... | 4/10,462 | 136 | 66 | 55 | 1 | 69 | 16 | 9 | 31 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5F-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/126 | 72.1 | 31.0 | 30.3 | 0.5 | 66.2 | 36.6 | 27.0 | 53.9 | 28.1 |
| 1-2..... | 4/306 | 75.7 | 48.8 | 43.8 | 9.2 | 61.1 | 26.0 | 25.7 | 30.6 | 19.7 |
| 3-5..... | 521 | 72.2 | 47.1 | 42.1 | 5.2 | 55.3 | 24.6 | 17.1 | 28.1 | 15.9 |
| 6-8..... | 482 | 71.2 | 45.3 | 39.6 | 2.9 | 54.6 | 29.6 | 17.1 | 26.9 | 12.8 |
| MALES: | | | | | | | | | | |
| 9-11..... | 264 | 64.6 | 44.9 | 39.9 | 1.2 | 46.0 | 26.1 | 15.0 | 20.3 | 7.4 |
| 12-14..... | 287 | 58.6 | 42.1 | 36.1 | 1.8 | 40.8 | 20.6 | 10.3 | 20.5 | 5.8 |
| 15-18..... | 387 | 65.4 | 47.3 | 41.3 | 1.5 | 42.8 | 19.7 | 15.7 | 24.0 | 4.3 |
| 19-22..... | 318 | 60.4 | 33.1 | 27.0 | .9 | 45.0 | 18.3 | 15.0 | 20.9 | 9.2 |
| 23-34..... | 846 | 59.9 | 41.8 | 35.9 | 1.7 | 40.5 | 15.1 | 10.9 | 26.0 | 7.1 |
| 35-50..... | 657 | 59.4 | 41.4 | 35.4 | 2.0 | 44.3 | 22.1 | 15.9 | 23.0 | 9.0 |
| 51-64..... | 565 | 71.3 | 49.5 | 36.7 | 5.1 | 55.1 | 24.0 | 21.7 | 33.5 | 7.5 |
| 65-74..... | 300 | 74.8 | 48.2 | 41.2 | 9.0 | 61.5 | 20.8 | 28.3 | 40.7 | 11.6 |
| 75 AND OVER..... | 147 | 78.1 | 47.9 | 38.2 | 6.3 | 65.4 | 29.5 | 31.7 | 42.7 | 7.9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 269 | 68.6 | 48.7 | 43.5 | 1.4 | 51.0 | 26.9 | 16.8 | 25.1 | 12.0 |
| 12-14..... | 305 | 65.9 | 48.4 | 43.5 | 1.6 | 45.1 | 19.6 | 10.3 | 23.2 | 11.0 |
| 15-18..... | 424 | 61.5 | 45.7 | 41.5 | 1.2 | 40.2 | 19.4 | 9.1 | 20.5 | 6.9 |
| 19-22..... | 408 | 60.1 | 38.9 | 32.7 | 3.7 | 44.3 | 16.6 | 8.4 | 27.6 | 6.7 |
| 23-34..... | 1,216 | 68.0 | 46.2 | 39.7 | 4.6 | 47.9 | 21.4 | 12.2 | 29.0 | 9.3 |
| 35-50..... | 1,097 | 69.9 | 47.9 | 42.5 | 1.9 | 49.3 | 19.8 | 12.4 | 28.4 | 8.7 |
| 51-64..... | 850 | 77.6 | 59.0 | 49.8 | 3.3 | 57.3 | 24.9 | 20.0 | 38.8 | 8.8 |
| 65-74..... | 446 | 82.2 | 59.5 | 47.5 | 4.9 | 66.7 | 25.7 | 27.3 | 44.5 | 10.8 |
| 75 AND OVER..... | 240 | 83.2 | 58.0 | 47.3 | 10.5 | 70.5 | 28.9 | 25.9 | 43.9 | 18.9 |
| ALL INDIVIDUALS... | 4/10,462 | 68.6 | 47.1 | 40.3 | 3.4 | 50.6 | 22.3 | 16.3 | 29.5 | 9.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5G-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 165 | 19 | 19 | 0 | 146 | 19 | 18 | 77 | 32 |
| 1-2..... | 4/389 | 173 | 64 | 57 | 1 | 107 | 24 | 16 | 35 | 32 |
| 3-5..... | 639 | 154 | 67 | 58 | 1 | 86 | 24 | 11 | 24 | 27 |
| 6-8..... | 737 | 169 | 75 | 64 | 1 | 93 | 28 | 9 | 34 | 22 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 159 | 75 | 64 | 1 | 84 | 27 | 8 | 35 | 15 |
| 12-14..... | 457 | 148 | 70 | 56 | 1 | 78 | 31 | 8 | 33 | 6 |
| 15-18..... | 544 | 155 | 76 | 66 | (5) | 78 | 25 | 7 | 32 | 14 |
| 19-22..... | 406 | 129 | 74 | 62 | (5) | 55 | 17 | 6 | 25 | 7 |
| 23-34..... | 1,034 | 129 | 65 | 55 | (5) | 64 | 18 | 9 | 26 | 12 |
| 35-50..... | 1,122 | 140 | 62 | 49 | 1 | 78 | 25 | 8 | 37 | 8 |
| 51-64..... | 870 | 180 | 76 | 53 | 1 | 103 | 25 | 17 | 55 | 5 |
| 65-74..... | 361 | 189 | 72 | 55 | 2 | 114 | 17 | 17 | 65 | 15 |
| 75 AND OVER..... | 134 | 231 | 97 | 60 | 4 | 130 | 30 | 15 | 59 | 27 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 174 | 84 | 70 | 1 | 90 | 30 | 8 | 36 | 16 |
| 12-14..... | 451 | 148 | 65 | 52 | (5) | 82 | 23 | 8 | 37 | 15 |
| 15-18..... | 546 | 124 | 63 | 53 | (5) | 61 | 20 | 7 | 25 | 8 |
| 19-22..... | 493 | 124 | 64 | 52 | 1 | 59 | 13 | 5 | 26 | 15 |
| 23-34..... | 1,488 | 133 | 70 | 56 | (5) | 63 | 17 | 6 | 26 | 15 |
| 35-50..... | 1,478 | 133 | 66 | 53 | 1 | 65 | 16 | 6 | 36 | 8 |
| 51-64..... | 1,043 | 190 | 84 | 63 | 1 | 104 | 23 | 12 | 57 | 11 |
| 65-74..... | 408 | 207 | 101 | 70 | 2 | 104 | 18 | 16 | 55 | 15 |
| 75 AND OVER..... | 238 | 202 | 72 | 49 | 5 | 125 | 27 | 22 | 60 | 17 |
| ALL INDIVIDUALS... | 4/13,737 | 154 | 71 | 57 | 1 | 82 | 22 | 10 | 37 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5G-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 85.2 | 26.0 | 24.4 | 0.0 | 83.3 | 37.1 | 36.9 | 71.0 | 31.7 |
| 1-2..... | 4/389 | 81.2 | 52.0 | 46.7 | 8.5 | 71.8 | 38.5 | 28.2 | 42.5 | 23.3 |
| 3-5..... | 639 | 82.8 | 54.2 | 47.3 | 6.9 | 67.7 | 38.3 | 21.2 | 35.0 | 19.6 |
| 6-8..... | 737 | 84.8 | 57.2 | 50.7 | 4.2 | 72.6 | 38.0 | 18.2 | 45.0 | 15.6 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 85.7 | 55.2 | 49.9 | 2.2 | 67.3 | 34.4 | 15.5 | 43.8 | 13.1 |
| 12-14..... | 457 | 76.7 | 48.8 | 40.7 | 1.9 | 62.2 | 35.3 | 15.6 | 38.9 | 6.2 |
| 15-18..... | 544 | 74.0 | 47.1 | 40.5 | 2.3 | 59.0 | 28.9 | 14.8 | 37.4 | 9.1 |
| 19-22..... | 406 | 67.5 | 48.1 | 40.3 | 1.1 | 44.1 | 17.1 | 9.6 | 27.5 | 6.0 |
| 23-34..... | 1,034 | 66.5 | 43.1 | 37.1 | 2.0 | 48.1 | 20.5 | 13.6 | 27.6 | 7.3 |
| 35-50..... | 1,122 | 71.7 | 47.3 | 37.6 | 2.2 | 56.3 | 28.8 | 12.7 | 35.9 | 6.5 |
| 51-64..... | 870 | 81.1 | 54.9 | 41.7 | 2.9 | 69.2 | 27.7 | 26.7 | 45.0 | 4.8 |
| 65-74..... | 361 | 78.5 | 52.1 | 43.0 | 4.6 | 66.8 | 21.4 | 25.7 | 46.8 | 9.9 |
| 75 AND OVER..... | 134 | 87.6 | 61.5 | 41.1 | 7.7 | 75.4 | 25.6 | 26.1 | 50.3 | 19.6 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 86.0 | 58.5 | 52.1 | 4.2 | 72.1 | 40.4 | 17.0 | 47.6 | 12.9 |
| 12-14..... | 451 | 78.4 | 48.8 | 39.8 | 1.1 | 64.5 | 31.3 | 13.3 | 41.5 | 12.7 |
| 15-18..... | 546 | 72.0 | 46.8 | 39.1 | 2.0 | 56.1 | 27.2 | 14.8 | 32.9 | 7.3 |
| 19-22..... | 493 | 62.2 | 36.4 | 29.6 | 4.2 | 49.3 | 21.3 | 11.0 | 29.4 | 10.5 |
| 23-34..... | 1,488 | 70.3 | 47.1 | 39.6 | 2.8 | 52.1 | 24.1 | 12.5 | 29.4 | 10.6 |
| 35-50..... | 1,478 | 74.5 | 46.8 | 38.8 | 3.3 | 58.4 | 24.2 | 12.4 | 39.1 | 7.6 |
| 51-64..... | 1,043 | 84.1 | 59.3 | 46.6 | 4.6 | 70.4 | 27.8 | 22.3 | 52.3 | 9.0 |
| 65-74..... | 408 | 88.8 | 65.7 | 51.3 | 8.5 | 73.7 | 25.2 | 29.5 | 52.7 | 13.1 |
| 75 AND OVER..... | 238 | 88.4 | 58.3 | 44.4 | 12.7 | 78.8 | 33.5 | 33.9 | 55.6 | 13.7 |
| ALL INDIVIDUALS... | 4/13,737 | 76.6 | 50.3 | 41.7 | 3.6 | 61.5 | 28.2 | 17.4 | 39.3 | 10.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 56-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 2 | 0 | 0 | 0 | 2 | (5) | 0 | 1 | 1 |
| 1-2..... | 4/389 | 9 | 3 | 3 | (5) | 6 | 1 | 1 | 2 | 1 |
| 3-5..... | 639 | 13 | 5 | 5 | (5) | 8 | 2 | 1 | 3 | 2 |
| 6-8..... | 737 | 25 | 8 | 7 | (5) | 17 | 5 | 1 | 10 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 27 | 7 | 5 | (5) | 20 | 5 | (5) | 12 | 3 |
| 12-14..... | 457 | 19 | 5 | 5 | (5) | 14 | 4 | (5) | 10 | (5) |
| 15-18..... | 544 | 20 | 5 | 4 | 0 | 15 | 2 | (5) | 10 | 3 |
| 19-22..... | 406 | 19 | 10 | 8 | (5) | 9 | 2 | 1 | 4 | 2 |
| 23-34..... | 1,034 | 13 | 5 | 4 | 0 | 8 | 1 | (5) | 4 | 2 |
| 35-50..... | 1,122 | 8 | 4 | 4 | (5) | 4 | 1 | (5) | 3 | (5) |
| 51-64..... | 870 | 8 | 3 | 2 | 0 | 5 | 1 | (5) | 3 | (5) |
| 65-74..... | 361 | 4 | 2 | 2 | 0 | 2 | (5) | 0 | 1 | 1 |
| 75 AND OVER..... | 134 | 7 | 2 | 2 | (5) | 4 | 2 | 0 | 2 | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 27 | 7 | 7 | (5) | 20 | 5 | 1 | 13 | 1 |
| 12-14..... | 451 | 20 | 4 | 3 | 0 | 16 | 4 | (5) | 9 | 3 |
| 15-18..... | 546 | 13 | 3 | 3 | (5) | 9 | 3 | (5) | 5 | 1 |
| 19-22..... | 493 | 8 | 5 | 4 | (5) | 4 | 1 | (5) | 2 | (5) |
| 23-34..... | 1,488 | 8 | 4 | 3 | (5) | 5 | 1 | (5) | 2 | 1 |
| 35-50..... | 1,478 | 8 | 2 | 2 | (5) | 5 | 1 | (5) | 4 | 1 |
| 51-64..... | 1,043 | 8 | 3 | 3 | 0 | 5 | 1 | (5) | 3 | 1 |
| 65-74..... | 408 | 4 | 1 | 1 | 0 | 3 | (5) | 0 | 2 | (5) |
| 75 AND OVER..... | 238 | 4 | 2 | 1 | (5) | 3 | 0 | 0 | 2 | (5) |
| ALL INDIVIDUALS... | 4/13,737 | 12 | 4 | 4 | (5) | 8 | 2 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5G-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 3.8 | 0.0 | 0.0 | 0.0 | 3.8 | 0.9 | 0.0 | 3.2 | 1.4 |
| 1-2..... | 4/389 | 13.3 | 4.7 | 3.8 | .5 | 9.4 | 3.4 | 1.7 | 5.1 | 1.6 |
| 3-5..... | 639 | 16.5 | 6.4 | 5.8 | 1.1 | 12.4 | 4.8 | 1.4 | 6.4 | 3.4 |
| 6-8..... | 737 | 33.2 | 11.9 | 8.5 | .5 | 27.8 | 9.0 | 1.7 | 20.0 | 2.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 34.9 | 11.0 | 7.7 | .8 | 29.4 | 9.5 | 1.3 | 23.1 | 3.7 |
| 12-14..... | 457 | 26.8 | 7.8 | 6.1 | .3 | 21.9 | 7.7 | 1.1 | 17.1 | .6 |
| 15-18..... | 544 | 21.6 | 4.8 | 3.6 | .0 | 18.8 | 4.5 | 1.1 | 14.4 | 1.5 |
| 19-22..... | 406 | 17.1 | 9.5 | 8.0 | .4 | 10.6 | 3.1 | 1.6 | 6.9 | 1.7 |
| 23-34..... | 1,034 | 14.5 | 5.9 | 4.9 | .0 | 10.3 | 2.4 | .9 | 6.7 | 1.5 |
| 35-50..... | 1,122 | 11.3 | 5.7 | 4.1 | .2 | 7.1 | 1.6 | .5 | 5.3 | .8 |
| 51-64..... | 870 | 11.5 | 4.2 | 2.7 | .0 | 8.5 | 2.4 | 1.2 | 5.5 | .2 |
| 65-74..... | 361 | 5.7 | 3.1 | 2.4 | .0 | 4.0 | .5 | .0 | 3.5 | .7 |
| 75 AND OVER..... | 134 | 5.7 | 2.1 | 2.1 | 1.1 | 4.9 | 3.0 | .0 | 3.2 | 1.3 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 36.3 | 10.0 | 7.2 | .8 | 30.4 | 10.2 | 2.2 | 23.2 | 1.4 |
| 12-14..... | 451 | 27.0 | 8.0 | 5.0 | .0 | 23.2 | 7.3 | .6 | 15.6 | 3.1 |
| 15-18..... | 546 | 17.8 | 5.0 | 3.4 | .3 | 14.5 | 5.9 | 1.9 | 9.0 | 1.1 |
| 19-22..... | 493 | 13.2 | 5.2 | 3.4 | .9 | 8.2 | 2.8 | .5 | 5.1 | .2 |
| 23-34..... | 1,488 | 12.1 | 5.1 | 3.9 | .1 | 7.6 | 1.9 | .9 | 4.5 | 1.2 |
| 35-50..... | 1,478 | 12.2 | 4.3 | 2.5 | .4 | 8.9 | 2.0 | .1 | 7.0 | .6 |
| 51-64..... | 1,043 | 12.5 | 5.2 | 3.5 | .0 | 9.6 | 1.7 | .5 | 7.3 | 1.0 |
| 65-74..... | 408 | 7.7 | 2.3 | 1.1 | .0 | 6.6 | .8 | .0 | 6.4 | .3 |
| 75 AND OVER..... | 238 | 9.8 | 5.1 | 2.8 | .3 | 5.9 | .0 | .0 | 4.9 | 1.0 |
| ALL INDIVIDUALS... | 4/13,737 | 16.1 | 5.9 | 4.2 | .3 | 12.3 | 3.5 | .9 | 8.7 | 1.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5G-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 163 | 19 | 19 | 0 | 144 | 18 | 18 | 76 | 31 |
| 1-2..... | 4/389 | 164 | 61 | 54 | 1 | 101 | 22 | 16 | 33 | 31 |
| 3-5..... | 639 | 140 | 62 | 53 | 1 | 77 | 22 | 10 | 21 | 24 |
| 6-8..... | 737 | 144 | 67 | 57 | 1 | 76 | 24 | 8 | 24 | 20 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 132 | 68 | 59 | (5) | 64 | 22 | 7 | 22 | 12 |
| 12-14..... | 457 | 128 | 64 | 52 | 1 | 64 | 27 | 8 | 23 | 5 |
| 15-18..... | 544 | 135 | 71 | 62 | (5) | 63 | 23 | 7 | 22 | 11 |
| 19-22..... | 406 | 110 | 64 | 54 | (5) | 47 | 14 | 5 | 21 | 6 |
| 23-34..... | 1,034 | 117 | 60 | 50 | (5) | 56 | 16 | 9 | 22 | 10 |
| 35-50..... | 1,122 | 132 | 58 | 46 | 1 | 73 | 24 | 8 | 34 | 8 |
| 51-64..... | 870 | 172 | 74 | 51 | 1 | 98 | 24 | 17 | 52 | 5 |
| 65-74..... | 361 | 185 | 71 | 53 | 2 | 112 | 17 | 17 | 63 | 15 |
| 75 AND OVER..... | 134 | 224 | 94 | 57 | 4 | 126 | 28 | 15 | 57 | 26 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 147 | 76 | 63 | 1 | 70 | 25 | 7 | 23 | 15 |
| 12-14..... | 451 | 128 | 61 | 49 | (5) | 66 | 19 | 7 | 28 | 12 |
| 15-18..... | 546 | 111 | 60 | 50 | (5) | 51 | 17 | 7 | 20 | 8 |
| 19-22..... | 493 | 116 | 59 | 48 | 1 | 55 | 12 | 5 | 24 | 15 |
| 23-34..... | 1,488 | 125 | 66 | 53 | (5) | 59 | 16 | 6 | 24 | 14 |
| 35-50..... | 1,478 | 125 | 64 | 51 | 1 | 60 | 15 | 6 | 32 | 7 |
| 51-64..... | 1,043 | 182 | 81 | 60 | 1 | 99 | 22 | 12 | 54 | 10 |
| 65-74..... | 408 | 203 | 100 | 69 | 2 | 101 | 18 | 16 | 53 | 15 |
| 75 AND OVER..... | 238 | 198 | 70 | 48 | 5 | 123 | 27 | 22 | 58 | 17 |
| ALL INDIVIDUALS... | 4/13,737 | 142 | 67 | 53 | 1 | 74 | 20 | 9 | 33 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5G-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/150 | 85.2 | 26.0 | 24.4 | 0.0 | 82.4 | 36.3 | 36.9 | 70.1 | 30.3 |
| 1-2..... | 4/389 | 79.2 | 51.1 | 45.6 | 8.1 | 69.5 | 37.0 | 26.7 | 38.7 | 22.9 |
| 3-5..... | 639 | 78.0 | 51.0 | 44.6 | 5.8 | 62.5 | 35.8 | 20.0 | 30.2 | 17.4 |
| 6-8..... | 737 | 75.2 | 50.7 | 45.3 | 3.7 | 58.9 | 31.7 | 16.7 | 29.5 | 14.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 346 | 78.1 | 50.5 | 45.7 | 1.4 | 53.9 | 26.9 | 14.5 | 25.3 | 10.6 |
| 12-14..... | 457 | 69.5 | 45.6 | 37.4 | 1.6 | 52.8 | 30.2 | 14.7 | 27.0 | 5.9 |
| 15-18..... | 544 | 66.5 | 45.3 | 38.5 | 2.3 | 49.6 | 26.0 | 14.2 | 26.1 | 7.6 |
| 19-22..... | 406 | 58.9 | 40.7 | 34.2 | .7 | 38.9 | 15.5 | 8.1 | 21.9 | 4.2 |
| 23-34..... | 1,034 | 61.0 | 39.5 | 33.7 | 2.0 | 42.3 | 19.1 | 12.8 | 22.1 | 6.1 |
| 35-50..... | 1,122 | 69.4 | 44.4 | 35.2 | 2.0 | 53.0 | 27.5 | 12.6 | 32.5 | 5.6 |
| 51-64..... | 870 | 79.8 | 53.5 | 40.3 | 2.9 | 66.1 | 26.2 | 25.9 | 41.5 | 4.6 |
| 65-74..... | 361 | 77.8 | 51.7 | 42.5 | 4.6 | 66.6 | 20.8 | 25.7 | 46.2 | 9.9 |
| 75 AND OVER..... | 134 | 86.5 | 61.5 | 40.3 | 6.6 | 74.3 | 23.9 | 26.1 | 50.3 | 19.6 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 402 | 75.2 | 52.4 | 46.9 | 3.4 | 58.2 | 33.3 | 15.0 | 30.1 | 11.8 |
| 12-14..... | 451 | 71.2 | 45.1 | 37.6 | 1.1 | 54.5 | 25.7 | 12.9 | 31.7 | 10.1 |
| 15-18..... | 546 | 67.5 | 44.5 | 37.6 | 1.8 | 49.2 | 23.2 | 13.1 | 26.7 | 6.5 |
| 19-22..... | 493 | 56.9 | 32.9 | 27.1 | 4.2 | 45.7 | 19.9 | 10.5 | 27.0 | 10.3 |
| 23-34..... | 1,488 | 66.8 | 44.6 | 38.0 | 2.8 | 48.6 | 23.0 | 11.8 | 25.8 | 9.5 |
| 35-50..... | 1,478 | 71.6 | 44.6 | 37.1 | 2.9 | 54.6 | 23.1 | 12.2 | 34.9 | 7.1 |
| 51-64..... | 1,043 | 81.9 | 57.8 | 44.9 | 4.6 | 67.5 | 27.0 | 21.8 | 48.2 | 8.1 |
| 65-74..... | 408 | 88.1 | 65.1 | 51.1 | 8.5 | 71.8 | 24.4 | 29.5 | 49.1 | 12.9 |
| 75 AND OVER..... | 238 | 88.4 | 58.3 | 44.4 | 12.4 | 78.4 | 33.5 | 33.9 | 54.3 | 12.6 |
| ALL INDIVIDUALS... | 4/13,737 | 72.3 | 47.5 | 39.3 | 3.4 | 56.2 | 25.9 | 16.7 | 33.3 | 9.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5H-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 136 | 14 | 14 | (5) | 122 | 16 | 13 | 60 | 33 |
| 1-2..... | 4/339 | 125 | 51 | 46 | 1 | 72 | 21 | 11 | 20 | 21 |
| 3-5..... | 558 | 112 | 53 | 46 | (5) | 59 | 18 | 7 | 21 | 12 |
| 6-8..... | 622 | 135 | 59 | 52 | (5) | 76 | 24 | 8 | 34 | 10 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 129 | 55 | 48 | (5) | 74 | 26 | 7 | 35 | 6 |
| 12-14..... | 406 | 135 | 57 | 49 | (5) | 77 | 24 | 7 | 40 | 7 |
| 15-18..... | 462 | 120 | 61 | 52 | (5) | 59 | 18 | 5 | 29 | 7 |
| 19-22..... | 306 | 85 | 45 | 39 | (5) | 40 | 14 | 7 | 14 | 4 |
| 23-34..... | 837 | 101 | 49 | 41 | (5) | 52 | 17 | 5 | 21 | 9 |
| 35-50..... | 791 | 122 | 46 | 39 | 1 | 75 | 20 | 8 | 42 | 5 |
| 51-64..... | 726 | 151 | 64 | 51 | 1 | 87 | 22 | 11 | 44 | 10 |
| 65-74..... | 388 | 173 | 62 | 42 | 3 | 108 | 19 | 11 | 67 | 11 |
| 75 AND OVER..... | 184 | 139 | 48 | 35 | 5 | 86 | 21 | 14 | 43 | 7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 128 | 49 | 43 | (5) | 79 | 25 | 8 | 40 | 7 |
| 12-14..... | 392 | 122 | 57 | 49 | (5) | 64 | 22 | 7 | 30 | 6 |
| 15-18..... | 503 | 106 | 52 | 42 | (5) | 53 | 18 | 6 | 23 | 7 |
| 19-22..... | 416 | 104 | 61 | 52 | (5) | 43 | 12 | 5 | 18 | 9 |
| 23-34..... | 1,175 | 92 | 42 | 35 | (5) | 49 | 15 | 4 | 23 | 7 |
| 35-50..... | 1,184 | 106 | 53 | 40 | (5) | 53 | 15 | 5 | 24 | 9 |
| 51-64..... | 1,044 | 157 | 66 | 53 | 1 | 91 | 22 | 10 | 46 | 13 |
| 65-74..... | 522 | 164 | 71 | 53 | 1 | 92 | 17 | 12 | 51 | 12 |
| 75 AND OVER..... | 273 | 144 | 61 | 45 | 2 | 80 | 20 | 10 | 41 | 8 |
| ALL INDIVIDUALS... | 4/11,943 | 124 | 55 | 45 | 1 | 69 | 19 | 7 | 33 | 9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5H-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 75.7 | 19.4 | 19.4 | 0.7 | 74.3 | 36.1 | 28.7 | 56.9 | 30.0 |
| 1-2..... | 4/339 | 75.6 | 41.6 | 38.0 | 4.6 | 63.0 | 34.2 | 21.4 | 31.8 | 15.1 |
| 3-5..... | 558 | 68.7 | 41.9 | 37.9 | 2.6 | 54.1 | 27.6 | 14.8 | 27.8 | 12.4 |
| 6-8..... | 622 | 79.7 | 48.0 | 41.0 | 3.5 | 68.1 | 32.7 | 16.0 | 45.8 | 10.2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 78.3 | 42.0 | 37.6 | 2.3 | 66.5 | 32.4 | 12.8 | 41.1 | 5.9 |
| 12-14..... | 406 | 74.0 | 41.5 | 34.4 | 2.0 | 60.5 | 28.6 | 13.2 | 44.2 | 5.2 |
| 15-18..... | 462 | 63.3 | 39.4 | 33.9 | 1.5 | 47.8 | 21.7 | 8.7 | 31.0 | 5.6 |
| 19-22..... | 306 | 49.4 | 34.2 | 29.9 | 1.8 | 35.5 | 18.0 | 11.7 | 17.6 | 2.9 |
| 23-34..... | 837 | 58.1 | 33.3 | 29.0 | 1.9 | 44.0 | 22.4 | 9.3 | 23.8 | 6.2 |
| 35-50..... | 791 | 62.2 | 33.2 | 30.2 | 2.2 | 50.2 | 21.4 | 13.3 | 31.8 | 4.7 |
| 51-64..... | 726 | 73.1 | 42.3 | 36.4 | 2.9 | 61.3 | 26.7 | 19.4 | 39.5 | 6.5 |
| 65-74..... | 388 | 72.4 | 46.2 | 32.9 | 6.6 | 61.0 | 24.9 | 19.0 | 46.2 | 8.7 |
| 75 AND OVER..... | 184 | 74.0 | 39.5 | 31.2 | 11.1 | 61.6 | 21.0 | 28.4 | 44.2 | 6.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 77.9 | 39.5 | 33.6 | 2.2 | 67.3 | 30.9 | 14.8 | 46.8 | 5.8 |
| 12-14..... | 392 | 71.4 | 43.3 | 36.0 | 2.0 | 58.2 | 29.8 | 13.9 | 35.1 | 5.6 |
| 15-18..... | 503 | 67.4 | 39.7 | 33.0 | 1.4 | 48.9 | 24.0 | 12.1 | 28.1 | 5.5 |
| 19-22..... | 416 | 58.1 | 38.3 | 32.1 | 2.8 | 44.6 | 18.5 | 9.7 | 23.8 | 9.2 |
| 23-34..... | 1,175 | 59.1 | 33.4 | 27.0 | 2.4 | 47.6 | 21.2 | 8.3 | 29.9 | 6.3 |
| 35-50..... | 1,184 | 64.4 | 40.8 | 32.5 | 1.9 | 48.1 | 20.2 | 10.9 | 28.3 | 6.4 |
| 51-64..... | 1,044 | 77.1 | 48.4 | 40.3 | 3.5 | 63.7 | 25.1 | 17.1 | 41.5 | 9.8 |
| 65-74..... | 522 | 79.8 | 49.5 | 39.1 | 4.9 | 64.9 | 24.5 | 21.9 | 45.7 | 10.9 |
| 75 AND OVER..... | 273 | 74.4 | 39.8 | 30.5 | 7.2 | 63.8 | 23.5 | 17.8 | 43.8 | 8.1 |
| ALL INDIVIDUALS... | 4/11,943 | 68.5 | 40.3 | 33.7 | 2.9 | 55.2 | 24.7 | 14.2 | 34.8 | 7.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5H-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 1 | 0 | 0 | 0 | 1 | 0 | (5) | (5) | (5) |
| 1-2..... | 4/339 | 7 | 3 | 3 | (5) | 4 | 1 | (5) | 1 | 2 |
| 3-5..... | 558 | 11 | 4 | 3 | (5) | 8 | 2 | 1 | 3 | 1 |
| 6-8..... | 622 | 30 | 9 | 7 | (5) | 21 | 5 | 1 | 14 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 30 | 9 | 9 | (5) | 20 | 7 | (5) | 12 | 1 |
| 12-14..... | 406 | 28 | 7 | 6 | (5) | 21 | 6 | 1 | 14 | (5) |
| 15-18..... | 462 | 24 | 8 | 7 | 0 | 16 | 5 | (5) | 10 | 1 |
| 19-22..... | 306 | 8 | 5 | 5 | (5) | 4 | 1 | (5) | 2 | 1 |
| 23-34..... | 837 | 9 | 3 | 3 | 0 | 6 | 1 | (5) | 4 | (5) |
| 35-50..... | 791 | 8 | 2 | 2 | (5) | 6 | 1 | (5) | 4 | (5) |
| 51-64..... | 726 | 5 | (5) | (5) | 0 | 5 | 2 | (5) | 3 | (5) |
| 65-74..... | 388 | 4 | 1 | 1 | (5) | 3 | (5) | 0 | 2 | (5) |
| 75 AND OVER..... | 184 | 4 | (5) | (5) | 0 | 3 | 1 | 0 | 2 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 31 | 6 | 5 | (5) | 25 | 5 | 2 | 17 | 1 |
| 12-14..... | 392 | 27 | 8 | 7 | (5) | 18 | 5 | 2 | 10 | 2 |
| 15-18..... | 503 | 21 | 8 | 7 | 0 | 13 | 4 | 1 | 8 | (5) |
| 19-22..... | 416 | 14 | 10 | 9 | (5) | 5 | 1 | (5) | 2 | 2 |
| 23-34..... | 1,175 | 6 | 2 | 2 | (5) | 4 | 1 | (5) | 3 | (5) |
| 35-50..... | 1,184 | 5 | 3 | 2 | (5) | 3 | 1 | (5) | 2 | (5) |
| 51-64..... | 1,044 | 7 | 2 | 2 | (5) | 5 | 1 | (5) | 3 | 1 |
| 65-74..... | 522 | 8 | 2 | 1 | (5) | 6 | 1 | (5) | 5 | (5) |
| 75 AND OVER..... | 273 | 3 | 1 | (5) | 0 | 2 | 1 | (5) | 1 | (5) |
| ALL INDIVIDUALS... | 4/11,943 | 12 | 4 | 3 | (5) | 8 | 2 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE SH-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 1.8 | 0.0 | 0.0 | 0.0 | 1.8 | 0.0 | 1.2 | 0.6 | 0.6 |
| 1-2..... | 4/339 | 10.4 | 3.8 | 3.8 | .3 | 7.8 | 2.4 | 1.8 | 2.9 | 2.1 |
| 3-5..... | 558 | 16.4 | 5.3 | 4.7 | .4 | 13.0 | 4.3 | 2.6 | 6.5 | 2.8 |
| 6-8..... | 622 | 40.3 | 12.1 | 9.3 | 1.0 | 34.4 | 11.0 | 2.8 | 27.0 | 2.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 41.4 | 11.7 | 10.3 | .9 | 33.8 | 12.2 | 1.2 | 22.9 | 1.3 |
| 12-14..... | 406 | 35.7 | 7.6 | 5.5 | .2 | 32.1 | 11.2 | 2.3 | 25.0 | .2 |
| 15-18..... | 462 | 25.7 | 8.8 | 5.9 | .0 | 22.2 | 8.9 | 1.2 | 15.2 | .9 |
| 19-22..... | 306 | 10.1 | 5.0 | 4.5 | .8 | 6.0 | 2.6 | .3 | 3.4 | .4 |
| 23-34..... | 837 | 12.4 | 4.3 | 3.6 | .0 | 8.7 | 2.7 | .7 | 6.1 | .4 |
| 35-50..... | 791 | 9.5 | 3.1 | 2.7 | .3 | 7.0 | 2.6 | .4 | 4.3 | .5 |
| 51-64..... | 726 | 7.2 | .8 | .5 | .0 | 6.7 | 1.8 | .7 | 4.5 | .4 |
| 65-74..... | 388 | 5.9 | 1.2 | 1.2 | .7 | 5.0 | .7 | .0 | 4.4 | .3 |
| 75 AND OVER..... | 184 | 6.2 | .5 | .5 | .0 | 5.7 | 1.8 | .0 | 5.0 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 41.6 | 8.6 | 6.3 | .8 | 38.1 | 11.5 | 4.0 | 28.1 | 1.1 |
| 12-14..... | 392 | 31.8 | 8.1 | 6.0 | .5 | 27.9 | 10.0 | 3.3 | 19.0 | 1.1 |
| 15-18..... | 503 | 25.1 | 9.9 | 7.6 | .0 | 18.5 | 7.3 | 2.2 | 13.9 | .1 |
| 19-22..... | 416 | 14.5 | 7.8 | 6.1 | .6 | 8.4 | 2.2 | 1.8 | 3.9 | 1.4 |
| 23-34..... | 1,175 | 10.6 | 3.2 | 2.6 | .2 | 8.0 | 2.3 | .6 | 5.7 | .5 |
| 35-50..... | 1,184 | 9.0 | 3.9 | 2.6 | .3 | 6.0 | 1.3 | .3 | 4.8 | .2 |
| 51-64..... | 1,044 | 11.3 | 3.0 | 2.2 | .3 | 9.4 | 2.8 | .6 | 6.2 | .7 |
| 65-74..... | 522 | 10.8 | 1.9 | 1.7 | .2 | 9.7 | 2.4 | .3 | 7.6 | .7 |
| 75 AND OVER..... | 273 | 5.0 | 1.2 | .6 | .0 | 4.4 | 1.5 | .4 | 3.4 | .4 |
| ALL INDIVIDUALS... | 4/11,943 | 16.3 | 4.9 | 3.8 | .3 | 13.2 | 4.3 | 1.2 | 9.3 | .8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5H-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 135 | 14 | 14 | (5) | 121 | 16 | 13 | 60 | 32 |
| 1-2..... | 4/339 | 118 | 48 | 43 | 1 | 69 | 20 | 10 | 19 | 19 |
| 3-5..... | 558 | 101 | 50 | 43 | (5) | 51 | 16 | 6 | 18 | 11 |
| 6-8..... | 622 | 105 | 50 | 45 | (5) | 54 | 19 | 7 | 20 | 9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 100 | 46 | 39 | (5) | 54 | 19 | 6 | 23 | 6 |
| 12-14..... | 406 | 107 | 50 | 43 | (5) | 57 | 18 | 6 | 26 | 7 |
| 15-18..... | 462 | 96 | 53 | 45 | (5) | 43 | 13 | 4 | 20 | 6 |
| 19-22..... | 306 | 77 | 40 | 34 | (5) | 36 | 13 | 7 | 12 | 4 |
| 23-34..... | 837 | 92 | 46 | 38 | (5) | 46 | 15 | 5 | 18 | 8 |
| 35-50..... | 791 | 113 | 44 | 36 | (5) | 69 | 18 | 8 | 38 | 5 |
| 51-64..... | 726 | 146 | 63 | 50 | 1 | 82 | 20 | 11 | 42 | 10 |
| 65-74..... | 388 | 169 | 61 | 41 | 3 | 105 | 19 | 11 | 65 | 11 |
| 75 AND OVER..... | 184 | 135 | 48 | 35 | 5 | 82 | 20 | 14 | 41 | 7 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 97 | 43 | 38 | (5) | 54 | 19 | 6 | 23 | 6 |
| 12-14..... | 392 | 95 | 49 | 42 | (5) | 46 | 17 | 5 | 20 | 4 |
| 15-18..... | 503 | 85 | 44 | 35 | (5) | 41 | 14 | 5 | 15 | 7 |
| 19-22..... | 416 | 90 | 51 | 43 | (5) | 39 | 11 | 4 | 16 | 7 |
| 23-34..... | 1,175 | 86 | 40 | 33 | (5) | 45 | 14 | 4 | 20 | 6 |
| 35-50..... | 1,184 | 101 | 50 | 38 | (5) | 51 | 15 | 5 | 22 | 9 |
| 51-64..... | 1,044 | 150 | 64 | 51 | 1 | 85 | 20 | 9 | 43 | 13 |
| 65-74..... | 522 | 156 | 69 | 52 | 1 | 86 | 16 | 12 | 46 | 12 |
| 75 AND OVER..... | 273 | 141 | 61 | 45 | 2 | 78 | 19 | 10 | 40 | 8 |
| ALL INDIVIDUALS... | 4/11,943 | 112 | 51 | 41 | 1 | 61 | 17 | 7 | 28 | 9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE SH-3.2.--FRUITS1/

PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/145 | 75.7 | 19.4 | 19.4 | 0.7 | 74.3 | 36.1 | 28.7 | 56.3 | 29.3 |
| 1-2..... | 4/339 | 72.5 | 39.6 | 35.9 | 4.3 | 60.6 | 31.8 | 20.1 | 30.1 | 13.9 |
| 3-5..... | 558 | 63.4 | 39.0 | 34.9 | 2.2 | 48.1 | 24.7 | 12.2 | 22.8 | 10.2 |
| 6-8..... | 622 | 66.0 | 41.0 | 35.1 | 2.6 | 49.0 | 24.3 | 13.5 | 24.5 | 8.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 329 | 61.3 | 36.2 | 31.1 | 1.8 | 46.4 | 22.8 | 11.9 | 21.2 | 4.6 |
| 12-14..... | 406 | 59.3 | 36.6 | 30.6 | 1.8 | 42.8 | 20.8 | 11.4 | 24.3 | 4.9 |
| 15-18..... | 462 | 52.7 | 34.5 | 30.2 | 1.5 | 33.4 | 14.5 | 7.7 | 17.7 | 4.7 |
| 19-22..... | 306 | 45.3 | 30.0 | 26.2 | 1.0 | 32.6 | 15.4 | 11.5 | 15.5 | 2.5 |
| 23-34..... | 837 | 54.9 | 30.7 | 26.5 | 1.9 | 40.9 | 20.3 | 8.5 | 19.1 | 5.9 |
| 35-50..... | 791 | 58.9 | 31.9 | 28.6 | 1.9 | 47.0 | 19.8 | 12.9 | 29.0 | 4.2 |
| 51-64..... | 726 | 71.5 | 42.1 | 36.3 | 2.9 | 58.8 | 25.6 | 18.6 | 36.7 | 6.5 |
| 65-74..... | 388 | 71.7 | 45.0 | 31.7 | 6.6 | 59.4 | 24.2 | 19.0 | 43.8 | 8.3 |
| 75 AND OVER..... | 184 | 72.7 | 39.5 | 31.2 | 11.1 | 60.3 | 19.7 | 28.4 | 41.3 | 6.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 340 | 62.6 | 34.1 | 29.9 | 1.7 | 48.9 | 22.6 | 11.8 | 25.9 | 5.0 |
| 12-14..... | 392 | 60.0 | 37.5 | 31.5 | 1.5 | 43.9 | 22.7 | 11.0 | 22.2 | 4.9 |
| 15-18..... | 503 | 58.9 | 35.7 | 29.2 | 1.4 | 39.4 | 18.4 | 9.9 | 17.2 | 5.4 |
| 19-22..... | 416 | 53.7 | 34.8 | 29.0 | 2.2 | 39.2 | 16.3 | 8.1 | 21.1 | 7.9 |
| 23-34..... | 1,175 | 55.4 | 31.8 | 25.7 | 2.2 | 43.1 | 19.5 | 7.8 | 25.6 | 5.9 |
| 35-50..... | 1,184 | 62.5 | 38.9 | 31.2 | 1.9 | 46.3 | 19.4 | 10.8 | 25.6 | 6.3 |
| 51-64..... | 1,044 | 75.6 | 47.8 | 39.1 | 3.1 | 61.7 | 23.4 | 17.0 | 39.2 | 9.4 |
| 65-74..... | 522 | 77.7 | 49.1 | 38.7 | 4.7 | 62.0 | 23.3 | 21.6 | 42.2 | 10.4 |
| 75 AND OVER..... | 273 | 73.2 | 39.5 | 30.2 | 7.2 | 61.9 | 22.8 | 17.4 | 41.0 | 7.8 |
| ALL INDIVIDUALS... | 4/11,943 | 63.3 | 37.7 | 31.5 | 2.7 | 48.9 | 21.6 | 13.2 | 28.1 | 7.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 51-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 163 | 17 | 16 | (5) | 146 | 20 | 17 | 73 | 37 |
| 1-2..... | 4/814 | 158 | 59 | 53 | 1 | 98 | 24 | 14 | 29 | 31 |
| 3-5..... | 1,327 | 141 | 61 | 53 | 1 | 79 | 22 | 10 | 24 | 24 |
| 6-8..... | 1,482 | 158 | 69 | 59 | 1 | 88 | 28 | 9 | 35 | 17 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 144 | 62 | 54 | 1 | 82 | 26 | 8 | 37 | 11 |
| 12-14..... | 923 | 143 | 65 | 54 | (5) | 78 | 27 | 8 | 35 | 8 |
| 15-18..... | 1,115 | 146 | 74 | 63 | (5) | 72 | 23 | 8 | 30 | 11 |
| 19-22..... | 850 | 117 | 61 | 50 | (5) | 56 | 17 | 8 | 22 | 8 |
| 23-34..... | 2,393 | 125 | 61 | 52 | (5) | 63 | 17 | 7 | 27 | 12 |
| 35-50..... | 2,228 | 135 | 60 | 49 | 1 | 75 | 23 | 8 | 36 | 8 |
| 51-64..... | 1,923 | 177 | 75 | 54 | 1 | 102 | 25 | 15 | 53 | 8 |
| 65-74..... | 932 | 191 | 70 | 51 | 3 | 118 | 20 | 16 | 69 | 14 |
| 75 AND OVER..... | 399 | 196 | 69 | 47 | 5 | 123 | 31 | 18 | 57 | 17 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 157 | 70 | 59 | 1 | 87 | 27 | 9 | 38 | 13 |
| 12-14..... | 905 | 136 | 61 | 50 | (5) | 75 | 23 | 7 | 34 | 11 |
| 15-18..... | 1,164 | 118 | 58 | 49 | (5) | 59 | 19 | 6 | 24 | 10 |
| 19-22..... | 1,045 | 116 | 61 | 51 | 1 | 55 | 13 | 5 | 25 | 11 |
| 23-34..... | 3,298 | 122 | 59 | 48 | 1 | 62 | 17 | 6 | 28 | 12 |
| 35-50..... | 3,114 | 125 | 60 | 47 | 1 | 65 | 17 | 6 | 33 | 9 |
| 51-64..... | 2,542 | 182 | 80 | 60 | 1 | 101 | 23 | 11 | 54 | 12 |
| 65-74..... | 1,207 | 197 | 89 | 65 | 2 | 106 | 19 | 15 | 58 | 14 |
| 75 AND OVER..... | 688 | 190 | 73 | 53 | 4 | 113 | 25 | 16 | 54 | 17 |
| ALL INDIVIDUALS... | 4/30,215 | 147 | 65 | 52 | 1 | 80 | 21 | 9 | 37 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 51-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING.2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 81.4 | 23.1 | 22.4 | 0.5 | 80.9 | 41.4 | 34.0 | 67.6 | 33.8 |
| 1-2..... | 4/814 | 81.1 | 48.7 | 44.0 | 8.6 | 70.6 | 37.5 | 26.6 | 39.7 | 22.1 |
| 3-5..... | 1,327 | 78.3 | 48.3 | 43.5 | 6.0 | 64.8 | 34.1 | 19.0 | 34.4 | 18.8 |
| 6-8..... | 1,482 | 83.4 | 54.0 | 47.1 | 4.8 | 71.8 | 37.3 | 17.6 | 45.5 | 13.9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 82.6 | 48.8 | 43.7 | 2.4 | 68.7 | 34.9 | 15.8 | 42.2 | 10.2 |
| 12-14..... | 923 | 75.0 | 45.7 | 38.2 | 2.2 | 60.9 | 32.7 | 14.4 | 39.3 | 6.4 |
| 15-18..... | 1,115 | 71.3 | 46.2 | 39.3 | 2.2 | 55.0 | 26.9 | 14.0 | 34.4 | 7.6 |
| 19-22..... | 850 | 62.1 | 41.0 | 34.0 | 1.3 | 43.8 | 18.7 | 11.4 | 24.5 | 6.4 |
| 23-34..... | 2,393 | 63.9 | 41.1 | 35.1 | 2.3 | 46.9 | 20.6 | 11.9 | 28.0 | 7.4 |
| 35-50..... | 2,228 | 67.4 | 42.3 | 35.1 | 2.5 | 53.3 | 26.4 | 13.7 | 33.5 | 6.8 |
| 51-64..... | 1,923 | 79.8 | 51.6 | 40.6 | 3.6 | 67.0 | 28.3 | 24.3 | 43.8 | 6.3 |
| 65-74..... | 932 | 77.9 | 50.2 | 39.4 | 7.5 | 67.2 | 24.1 | 25.7 | 49.2 | 10.3 |
| 75 AND OVER..... | 399 | 82.9 | 51.4 | 37.6 | 9.4 | 72.4 | 26.1 | 31.4 | 50.2 | 11.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 83.4 | 52.6 | 45.1 | 3.4 | 70.5 | 37.3 | 17.3 | 47.4 | 11.1 |
| 12-14..... | 905 | 75.7 | 46.5 | 38.3 | 1.5 | 61.5 | 30.6 | 13.4 | 37.7 | 10.6 |
| 15-18..... | 1,164 | 69.7 | 44.1 | 37.9 | 2.0 | 51.9 | 25.8 | 12.3 | 30.0 | 7.5 |
| 19-22..... | 1,045 | 62.6 | 38.2 | 31.0 | 4.2 | 49.6 | 20.5 | 10.8 | 29.3 | 9.4 |
| 23-34..... | 3,298 | 68.6 | 42.8 | 35.8 | 3.5 | 53.0 | 24.3 | 11.6 | 32.2 | 9.4 |
| 35-50..... | 3,114 | 72.1 | 45.2 | 37.2 | 2.8 | 56.6 | 24.1 | 12.9 | 35.8 | 7.6 |
| 51-64..... | 2,542 | 81.9 | 56.2 | 45.1 | 4.3 | 68.2 | 27.7 | 21.0 | 48.5 | 9.6 |
| 65-74..... | 1,207 | 85.1 | 59.7 | 46.5 | 7.2 | 70.1 | 25.9 | 26.9 | 50.3 | 12.2 |
| 75 AND OVER..... | 688 | 84.4 | 53.0 | 40.9 | 11.1 | 75.0 | 29.9 | 27.4 | 51.5 | 14.0 |
| ALL INDIVIDUALS... | 4/30,215 | 74.3 | 47.1 | 39.2 | 3.9 | 60.2 | 27.4 | 16.9 | 38.4 | 10.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 51-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 1 | 0 | 0 | 0 | 1 | (5) | (5) | 1 | (5) |
| 1-2..... | 4/814 | 8 | 3 | 2 | (5) | 5 | 1 | 1 | 2 | 1 |
| 3-5..... | 1,327 | 13 | 4 | 4 | (5) | 8 | 2 | 1 | 3 | 2 |
| 6-8..... | 1,482 | 26 | 8 | 7 | (5) | 17 | 4 | 1 | 11 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 28 | 8 | 7 | (5) | 20 | 6 | 1 | 12 | 2 |
| 12-14..... | 923 | 23 | 6 | 5 | (5) | 17 | 4 | 1 | 11 | 1 |
| 15-18..... | 1,115 | 22 | 7 | 6 | 0 | 14 | 3 | (5) | 8 | 2 |
| 19-22..... | 850 | 13 | 7 | 5 | (5) | 6 | 2 | 1 | 3 | 1 |
| 23-34..... | 2,393 | 13 | 6 | 6 | (5) | 7 | 1 | (5) | 4 | 1 |
| 35-50..... | 2,228 | 9 | 4 | 3 | (5) | 5 | 1 | (5) | 3 | (5) |
| 51-64..... | 1,923 | 8 | 3 | 2 | 0 | 5 | 1 | 1 | 3 | (5) |
| 65-74..... | 932 | 5 | 2 | 1 | (5) | 3 | (5) | (5) | 2 | (5) |
| 75 AND OVER..... | 399 | 6 | 1 | 1 | (5) | 4 | 2 | (5) | 3 | (5) |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 27 | 6 | 5 | (5) | 21 | 5 | 1 | 15 | 1 |
| 12-14..... | 905 | 21 | 5 | 4 | (5) | 15 | 4 | 1 | 9 | 2 |
| 15-18..... | 1,164 | 15 | 5 | 4 | (5) | 10 | 3 | (5) | 6 | 1 |
| 19-22..... | 1,045 | 11 | 6 | 5 | (5) | 6 | 1 | (5) | 3 | 1 |
| 23-34..... | 3,298 | 8 | 3 | 3 | (5) | 5 | 1 | (5) | 3 | 1 |
| 35-50..... | 3,114 | 7 | 3 | 2 | (5) | 4 | 1 | (5) | 3 | (5) |
| 51-64..... | 2,542 | 8 | 3 | 2 | (5) | 5 | 1 | (5) | 3 | 1 |
| 65-74..... | 1,207 | 6 | 2 | 1 | (5) | 5 | 1 | (5) | 4 | (5) |
| 75 AND OVER..... | 688 | 3 | 1 | 1 | (5) | 2 | (5) | (5) | 2 | (5) |
| ALL INDIVIDUALS... | 4/30,215 | 12 | 4 | 4 | (5) | 8 | 2 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 51-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | |
| UNDER 1..... | 4/322 | 2.7 | 0.0 | 0.0 | 0.0 | 2.7 | 0.8 | 0.3 | 1.7 | 0.7 |
| 1-2..... | 4/814 | 12.8 | 4.3 | 3.7 | .3 | 9.5 | 3.4 | 2.1 | 4.2 | 2.0 |
| 3-5..... | 1,327 | 16.3 | 5.4 | 4.8 | .8 | 12.6 | 4.6 | 1.7 | 6.4 | 3.2 |
| 6-8..... | 1,482 | 35.0 | 12.4 | 9.1 | 1.1 | 28.9 | 9.2 | 1.9 | 21.8 | 1.9 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 36.4 | 10.7 | 8.7 | .7 | 30.5 | 11.2 | 1.5 | 21.6 | 2.7 |
| 12-14..... | 923 | 30.3 | 7.2 | 5.7 | .3 | 26.5 | 9.5 | 2.2 | 19.3 | .7 |
| 15-18..... | 1,115 | 22.1 | 6.4 | 4.7 | .0 | 19.1 | 6.5 | 1.3 | 12.9 | 1.2 |
| 19-22..... | 850 | 13.2 | 6.9 | 5.5 | .3 | 8.1 | 2.5 | 1.0 | 5.4 | 1.0 |
| 23-34..... | 2,393 | 14.7 | 6.7 | 5.6 | .2 | 9.8 | 2.3 | 1.1 | 6.3 | 1.0 |
| 35-50..... | 2,228 | 10.5 | 4.8 | 3.5 | .4 | 7.1 | 1.8 | .7 | 5.2 | .6 |
| 51-64..... | 1,923 | 10.6 | 3.5 | 2.8 | .0 | 7.8 | 2.0 | 1.1 | 5.3 | .4 |
| 65-74..... | 932 | 7.8 | 2.8 | 2.5 | .5 | 5.9 | 1.0 | .3 | 5.1 | .5 |
| 75 AND OVER..... | 399 | 6.9 | 1.1 | 1.1 | .4 | 6.4 | 2.1 | .2 | 5.0 | .4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 37.3 | 9.4 | 6.2 | .6 | 32.7 | 10.0 | 2.4 | 24.2 | 1.1 |
| 12-14..... | 905 | 26.9 | 7.3 | 5.1 | .2 | 23.5 | 8.1 | 1.3 | 16.0 | 1.9 |
| 15-18..... | 1,164 | 19.1 | 6.2 | 5.0 | .2 | 14.7 | 5.8 | 1.3 | 9.7 | .9 |
| 19-22..... | 1,045 | 13.7 | 5.6 | 3.9 | .7 | 9.0 | 2.6 | 1.3 | 4.9 | 1.0 |
| 23-34..... | 3,298 | 12.4 | 4.9 | 3.6 | .1 | 8.7 | 2.2 | 1.1 | 5.5 | 1.2 |
| 35-50..... | 3,114 | 10.8 | 4.3 | 2.7 | .3 | 7.7 | 2.0 | .4 | 5.9 | .5 |
| 51-64..... | 2,542 | 12.6 | 4.5 | 2.9 | .2 | 9.8 | 2.5 | .7 | 6.9 | .9 |
| 65-74..... | 1,207 | 10.4 | 2.6 | 1.6 | .5 | 8.8 | 1.6 | .3 | 7.4 | .5 |
| 75 AND OVER..... | 688 | 7.3 | 2.5 | 1.3 | .4 | 5.6 | .7 | .4 | 4.5 | .5 |
| ALL INDIVIDUALS... | 4/30,215 | 15.9 | 5.5 | 4.1 | .3 | 12.3 | 3.7 | 1.1 | 8.5 | 1.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 51-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 162 | 17 | 16 | (5) | 145 | 20 | 17 | 72 | 36 |
| 1-2..... | 4/814 | 150 | 56 | 51 | 1 | 93 | 22 | 13 | 28 | 30 |
| 3-5..... | 1,327 | 128 | 56 | 49 | 1 | 71 | 20 | 9 | 21 | 21 |
| 6-8..... | 1,482 | 132 | 60 | 52 | 1 | 71 | 24 | 8 | 24 | 15 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 116 | 54 | 47 | (5) | 62 | 20 | 7 | 25 | 9 |
| 12-14..... | 923 | 121 | 59 | 49 | (5) | 61 | 23 | 7 | 24 | 8 |
| 15-18..... | 1,115 | 125 | 67 | 57 | (5) | 57 | 19 | 7 | 22 | 9 |
| 19-22..... | 850 | 104 | 54 | 44 | (5) | 50 | 16 | 7 | 20 | 7 |
| 23-34..... | 2,393 | 112 | 55 | 47 | (5) | 56 | 16 | 7 | 23 | 11 |
| 35-50..... | 2,228 | 126 | 56 | 45 | 1 | 70 | 22 | 8 | 32 | 8 |
| 51-64..... | 1,923 | 170 | 72 | 52 | 1 | 96 | 24 | 15 | 50 | 8 |
| 65-74..... | 932 | 186 | 68 | 50 | 3 | 115 | 19 | 16 | 66 | 13 |
| 75 AND OVER..... | 399 | 190 | 68 | 46 | 4 | 118 | 29 | 18 | 54 | 17 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 129 | 64 | 54 | (5) | 65 | 22 | 8 | 23 | 12 |
| 12-14..... | 905 | 116 | 56 | 46 | (5) | 59 | 19 | 7 | 25 | 9 |
| 15-18..... | 1,164 | 103 | 54 | 45 | (5) | 49 | 16 | 5 | 18 | 9 |
| 19-22..... | 1,045 | 105 | 55 | 46 | 1 | 49 | 12 | 5 | 22 | 10 |
| 23-34..... | 3,298 | 114 | 56 | 45 | 1 | 58 | 16 | 5 | 25 | 11 |
| 35-50..... | 3,114 | 118 | 57 | 45 | 1 | 61 | 16 | 6 | 30 | 8 |
| 51-64..... | 2,542 | 174 | 77 | 57 | 1 | 96 | 22 | 11 | 51 | 12 |
| 65-74..... | 1,207 | 191 | 88 | 64 | 2 | 101 | 18 | 15 | 54 | 14 |
| 75 AND OVER..... | 688 | 186 | 72 | 52 | 4 | 111 | 25 | 16 | 53 | 17 |
| ALL INDIVIDUALS... | 4/30,215 | 135 | 61 | 49 | 1 | 73 | 19 | 9 | 33 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 51-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/322 | 81.4 | 23.1 | 22.4 | 0.5 | 80.5 | 41.0 | 34.0 | 66.9 | 33.2 |
| 1-2..... | 4/814 | 78.6 | 46.8 | 42.2 | 8.3 | 68.0 | 35.5 | 25.0 | 36.9 | 21.2 |
| 3-5..... | 1,327 | 74.2 | 45.9 | 41.1 | 5.3 | 59.8 | 31.5 | 17.4 | 29.6 | 16.6 |
| 6-8..... | 1,482 | 73.2 | 46.9 | 41.1 | 3.8 | 57.9 | 30.8 | 16.1 | 29.2 | 12.6 |
| MALES: | | | | | | | | | | |
| 9-11..... | 750 | 70.5 | 43.4 | 38.2 | 1.8 | 52.2 | 26.2 | 14.5 | 24.7 | 8.2 |
| 12-14..... | 923 | 64.6 | 41.8 | 34.7 | 2.0 | 48.4 | 26.4 | 12.5 | 25.5 | 6.1 |
| 15-18..... | 1,115 | 63.8 | 43.1 | 36.6 | 2.2 | 45.4 | 22.5 | 13.3 | 24.2 | 6.5 |
| 19-22..... | 850 | 56.2 | 36.3 | 30.0 | 1.0 | 40.1 | 16.9 | 10.7 | 20.6 | 5.4 |
| 23-34..... | 2,393 | 59.0 | 37.3 | 31.8 | 2.0 | 42.3 | 19.0 | 10.9 | 23.3 | 6.6 |
| 35-50..... | 2,228 | 64.9 | 40.1 | 33.3 | 2.2 | 50.1 | 25.2 | 13.3 | 30.2 | 6.2 |
| 51-64..... | 1,923 | 78.0 | 50.4 | 39.3 | 3.6 | 64.5 | 27.1 | 23.7 | 40.7 | 6.1 |
| 65-74..... | 932 | 77.1 | 49.1 | 38.2 | 7.3 | 66.1 | 23.2 | 25.7 | 47.0 | 10.1 |
| 75 AND OVER..... | 399 | 82.2 | 51.2 | 37.2 | 9.0 | 71.7 | 24.9 | 31.2 | 48.6 | 11.8 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 795 | 73.0 | 47.3 | 41.3 | 2.9 | 56.2 | 30.0 | 15.3 | 29.5 | 10.2 |
| 12-14..... | 905 | 67.4 | 42.5 | 35.3 | 1.3 | 50.4 | 24.8 | 12.4 | 27.1 | 9.1 |
| 15-18..... | 1,164 | 64.2 | 41.6 | 35.2 | 1.8 | 45.3 | 21.9 | 11.1 | 23.0 | 6.7 |
| 19-22..... | 1,045 | 58.2 | 35.0 | 28.5 | 4.0 | 44.8 | 18.7 | 9.7 | 26.5 | 8.3 |
| 23-34..... | 3,298 | 64.9 | 40.5 | 34.0 | 3.4 | 48.9 | 22.9 | 10.7 | 28.2 | 8.4 |
| 35-50..... | 3,114 | 69.6 | 43.1 | 35.5 | 2.6 | 53.6 | 23.0 | 12.6 | 32.3 | 7.2 |
| 51-64..... | 2,542 | 79.8 | 54.7 | 43.6 | 4.1 | 65.6 | 26.2 | 20.5 | 45.3 | 8.9 |
| 65-74..... | 1,207 | 83.9 | 59.1 | 46.0 | 6.7 | 68.1 | 24.9 | 26.9 | 46.9 | 11.9 |
| 75 AND OVER..... | 688 | 83.7 | 52.8 | 40.8 | 10.7 | 73.3 | 29.5 | 27.0 | 49.1 | 13.5 |
| ALL INDIVIDUALS... | 4/30,215 | 70.0 | 44.4 | 36.8 | 3.6 | 54.9 | 24.9 | 16.1 | 32.7 | 9.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5J-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 100 | 33 | 33 | 0 | 67 | 16 | 8 | 32 | 11 |
| 1-2..... | 4/158 | 110 | 61 | 57 | 1 | 49 | 14 | 10 | 13 | 12 |
| 3-5..... | 276 | 115 | 58 | 53 | (5) | 57 | 12 | 6 | 25 | 14 |
| 6-8..... | 255 | 128 | 60 | 51 | (5) | 68 | 17 | 7 | 31 | 13 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 127 | 70 | 59 | (5) | 57 | 23 | 6 | 23 | 5 |
| 12-14..... | 173 | 116 | 68 | 60 | (5) | 47 | 13 | 4 | 28 | 3 |
| 15-18..... | 226 | 98 | 55 | 53 | 0 | 43 | 10 | 4 | 27 | 2 |
| 19-22..... | 136 | 88 | 59 | 59 | (5) | 29 | 9 | 7 | 8 | 5 |
| 23-34..... | 229 | 93 | 62 | 55 | 0 | 31 | 6 | 2 | 15 | 9 |
| 35-50..... | 254 | 102 | 47 | 42 | (5) | 55 | 8 | 6 | 33 | 8 |
| 51-64..... | 195 | 93 | 51 | 46 | 2 | 40 | 10 | 6 | 16 | 9 |
| 65-74..... | 99 | 89 | 57 | 56 | 0 | 32 | 6 | 5 | 16 | 5 |
| 75 AND OVER..... | 62 | 91 | 55 | 51 | 2 | 34 | 7 | 4 | 18 | 5 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 131 | 56 | 49 | (5) | 75 | 20 | 5 | 40 | 9 |
| 12-14..... | 172 | 124 | 70 | 63 | (5) | 53 | 11 | 5 | 30 | 7 |
| 15-18..... | 243 | 112 | 64 | 58 | 1 | 47 | 13 | 5 | 25 | 4 |
| 19-22..... | 192 | 107 | 66 | 61 | 0 | 41 | 6 | 1 | 20 | 14 |
| 23-34..... | 421 | 108 | 68 | 62 | (5) | 39 | 6 | 2 | 15 | 16 |
| 35-50..... | 493 | 114 | 73 | 67 | (5) | 42 | 7 | 3 | 22 | 10 |
| 51-64..... | 331 | 143 | 84 | 74 | (5) | 59 | 12 | 7 | 32 | 9 |
| 65-74..... | 151 | 128 | 68 | 57 | (5) | 60 | 11 | 7 | 34 | 9 |
| 75 AND OVER..... | 59 | 91 | 49 | 45 | 0 | 42 | 17 | 5 | 11 | 9 |
| ALL INDIVIDUALS... | 4/4,485 | 112 | 63 | 57 | (5) | 48 | 11 | 5 | 24 | 9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5J-1.2.--FRUITS1/

PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 66.2 | 35.4 | 34.1 | 0.0 | 52.6 | 23.6 | 16.8 | 35.0 | 14.5 |
| 1-2..... | 4/158 | 69.6 | 46.2 | 41.9 | 2.7 | 50.6 | 22.6 | 19.4 | 20.0 | 12.0 |
| 3-5..... | 276 | 67.1 | 46.4 | 42.6 | 2.0 | 48.5 | 21.4 | 10.5 | 26.0 | 10.3 |
| 6-8..... | 255 | 78.1 | 48.7 | 39.8 | 1.1 | 60.8 | 29.2 | 13.5 | 40.3 | 10.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 77.9 | 54.8 | 48.5 | .8 | 58.4 | 30.7 | 11.4 | 36.3 | 5.2 |
| 12-14..... | 173 | 72.4 | 51.1 | 40.9 | 1.3 | 51.7 | 14.8 | 7.9 | 39.0 | 3.6 |
| 15-18..... | 226 | 59.4 | 42.3 | 39.5 | .0 | 37.3 | 10.1 | 6.9 | 24.4 | 2.1 |
| 19-22..... | 136 | 55.1 | 39.1 | 39.1 | 1.1 | 28.6 | 7.3 | 10.2 | 11.6 | 7.1 |
| 23-34..... | 229 | 58.7 | 42.9 | 38.7 | .0 | 28.0 | 6.8 | 3.3 | 16.5 | 5.3 |
| 35-50..... | 254 | 50.3 | 36.9 | 32.6 | 1.1 | 34.9 | 13.4 | 8.8 | 20.1 | 5.1 |
| 51-64..... | 195 | 49.5 | 34.7 | 28.7 | 2.1 | 28.6 | 11.8 | 8.4 | 12.2 | 5.7 |
| 65-74..... | 99 | 49.9 | 32.6 | 31.7 | .0 | 30.9 | 9.9 | 12.6 | 16.1 | 6.8 |
| 75 AND OVER..... | 62 | 56.4 | 31.1 | 31.1 | 4.3 | 31.1 | 13.2 | 8.3 | 21.3 | 4.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 76.8 | 42.5 | 37.8 | .7 | 64.7 | 26.6 | 10.5 | 42.9 | 9.2 |
| 12-14..... | 172 | 74.0 | 54.1 | 49.1 | 1.5 | 54.4 | 18.6 | 10.2 | 34.9 | 7.3 |
| 15-18..... | 243 | 65.8 | 49.2 | 42.5 | 1.4 | 45.0 | 20.1 | 10.6 | 26.6 | 4.8 |
| 19-22..... | 192 | 55.2 | 40.9 | 37.9 | .0 | 35.4 | 8.9 | 2.0 | 20.9 | 10.6 |
| 23-34..... | 421 | 58.4 | 45.3 | 39.5 | 1.1 | 32.9 | 9.4 | 6.7 | 18.8 | 8.3 |
| 35-50..... | 493 | 62.3 | 47.5 | 43.9 | .6 | 34.6 | 9.6 | 5.7 | 18.8 | 8.8 |
| 51-64..... | 331 | 69.7 | 55.2 | 50.0 | .8 | 41.8 | 16.7 | 11.6 | 24.2 | 7.7 |
| 65-74..... | 151 | 68.5 | 43.1 | 38.3 | .5 | 51.1 | 19.9 | 15.3 | 29.8 | 6.4 |
| 75 AND OVER..... | 59 | 54.2 | 35.6 | 33.1 | .0 | 32.2 | 16.7 | 8.4 | 11.7 | 6.7 |
| ALL INDIVIDUALS... | 4/4,485 | 63.7 | 45.1 | 40.4 | 1.0 | 41.7 | 15.5 | 9.2 | 24.4 | 7.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5J-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 2 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/158 | 8 | 4 | 4 | 0 | 3 | 2 | 1 | (5) | (5) |
| 3-5..... | 276 | 16 | 7 | 6 | 0 | 9 | 2 | 1 | 5 | 2 |
| 6-8..... | 255 | 36 | 12 | 10 | (5) | 24 | 5 | 1 | 16 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 34 | 13 | 10 | (5) | 21 | 7 | 1 | 13 | 0 |
| 12-14..... | 173 | 27 | 12 | 8 | (5) | 15 | 4 | 1 | 10 | (5) |
| 15-18..... | 226 | 18 | 8 | 7 | 0 | 11 | 2 | (5) | 9 | (5) |
| 19-22..... | 136 | 11 | 9 | 9 | (5) | 3 | 1 | 0 | 1 | 1 |
| 23-34..... | 229 | 13 | 9 | 9 | 0 | 5 | 0 | 0 | 2 | 3 |
| 35-50..... | 254 | 5 | 1 | 1 | 0 | 4 | 1 | 0 | 3 | 0 |
| 51-64..... | 195 | 2 | 1 | 1 | 0 | 1 | 1 | (5) | (5) | 0 |
| 65-74..... | 99 | 2 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 |
| 75 AND OVER..... | 62 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 34 | 11 | 8 | (5) | 23 | 6 | 1 | 16 | 1 |
| 12-14..... | 172 | 28 | 14 | 13 | (5) | 13 | 4 | 1 | 8 | 0 |
| 15-18..... | 243 | 24 | 10 | 8 | (5) | 14 | 5 | 1 | 8 | (5) |
| 19-22..... | 192 | 7 | 3 | 2 | 0 | 4 | 1 | 0 | 2 | 1 |
| 23-34..... | 421 | 8 | 5 | 4 | 0 | 4 | 1 | (5) | 2 | 1 |
| 35-50..... | 493 | 6 | 3 | 3 | 0 | 2 | 1 | (5) | 1 | (5) |
| 51-64..... | 331 | 5 | 3 | 2 | 0 | 2 | 0 | 0 | 2 | 0 |
| 65-74..... | 151 | 1 | 1 | 1 | 0 | (5) | 0 | (5) | (5) | 0 |
| 75 AND OVER..... | 59 | 3 | 0 | 0 | 0 | 3 | 1 | 0 | 2 | 0 |
| ALL INDIVIDUALS... | 4/4,485 | 14 | 6 | 5 | (5) | 7 | 2 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5J-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 2.4 | 1.3 | 1.3 | 0.0 | 2.4 | 2.4 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/158 | 8.4 | 3.6 | 3.6 | .0 | 6.3 | 3.2 | 2.0 | 1.5 | .6 |
| 3-5..... | 276 | 18.3 | 8.1 | 7.3 | .0 | 14.4 | 4.8 | 1.5 | 9.7 | 2.2 |
| 6-8..... | 255 | 41.6 | 14.5 | 10.8 | .7 | 33.0 | 10.6 | 2.8 | 26.0 | 2.2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 38.4 | 14.0 | 11.3 | .8 | 33.2 | 13.1 | 2.6 | 25.5 | .0 |
| 12-14..... | 173 | 38.2 | 15.2 | 8.1 | .5 | 26.5 | 7.2 | 2.4 | 20.5 | .4 |
| 15-18..... | 226 | 19.3 | 7.5 | 6.0 | .0 | 13.4 | 2.9 | .3 | 10.9 | .3 |
| 19-22..... | 136 | 11.9 | 9.1 | 9.1 | 1.1 | 3.1 | 1.4 | .0 | 2.1 | .9 |
| 23-34..... | 229 | 9.5 | 7.4 | 7.0 | .0 | 3.5 | .0 | .0 | 2.3 | 1.6 |
| 35-50..... | 254 | 7.4 | 3.2 | 2.8 | .0 | 4.2 | 2.0 | .0 | 2.2 | .0 |
| 51-64..... | 195 | 3.3 | 1.8 | 1.8 | .0 | 1.5 | .7 | .4 | .3 | .0 |
| 65-74..... | 99 | 2.6 | .8 | .8 | .0 | 1.7 | .0 | .0 | 1.7 | .0 |
| 75 AND OVER..... | 62 | 3.9 | .0 | .0 | .0 | 3.9 | .0 | .0 | 3.9 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 39.7 | 11.4 | 7.2 | .7 | 34.9 | 10.6 | 2.4 | 29.3 | 1.0 |
| 12-14..... | 172 | 31.1 | 14.7 | 11.4 | .9 | 20.1 | 6.7 | 4.0 | 14.4 | .0 |
| 15-18..... | 243 | 25.2 | 11.0 | 7.0 | .9 | 18.9 | 8.5 | 3.4 | 14.4 | .5 |
| 19-22..... | 192 | 6.5 | 4.0 | 2.7 | .0 | 4.7 | .9 | .0 | 2.7 | 1.1 |
| 23-34..... | 421 | 8.6 | 3.7 | 3.7 | .0 | 5.7 | 1.4 | .2 | 3.3 | .8 |
| 35-50..... | 493 | 5.5 | 3.5 | 3.0 | .0 | 2.7 | 1.4 | .2 | 2.0 | .2 |
| 51-64..... | 331 | 5.6 | 3.7 | 2.4 | .0 | 3.1 | .0 | .0 | 3.1 | .0 |
| 65-74..... | 151 | 1.2 | .6 | .6 | .0 | 1.2 | .0 | .6 | 1.2 | .0 |
| 75 AND OVER..... | 59 | 2.2 | .0 | .0 | .0 | 2.2 | 2.2 | .0 | 2.2 | .0 |
| ALL INDIVIDUALS... | 4/4,485 | 15.1 | 6.5 | 5.1 | .2 | 10.7 | 3.5 | 1.0 | 7.9 | .6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5J-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 98 | 32 | 32 | 0 | 66 | 15 | 8 | 32 | 11 |
| 1-2..... | 4/158 | 103 | 56 | 52 | 1 | 46 | 12 | 9 | 13 | 12 |
| 3-5..... | 276 | 98 | 51 | 47 | (5) | 47 | 10 | 5 | 20 | 12 |
| 6-8..... | 255 | 91 | 47 | 41 | (5) | 44 | 12 | 5 | 16 | 11 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 93 | 57 | 49 | 0 | 37 | 16 | 5 | 10 | 5 |
| 12-14..... | 173 | 89 | 56 | 51 | (5) | 33 | 9 | 3 | 18 | 2 |
| 15-18..... | 226 | 79 | 48 | 46 | 0 | 32 | 8 | 4 | 18 | 1 |
| 19-22..... | 136 | 77 | 50 | 50 | 0 | 26 | 8 | 7 | 7 | 5 |
| 23-34..... | 229 | 80 | 53 | 47 | 0 | 26 | 6 | 2 | 13 | 6 |
| 35-50..... | 254 | 97 | 46 | 41 | (5) | 51 | 7 | 6 | 30 | 8 |
| 51-64..... | 195 | 91 | 50 | 45 | 2 | 39 | 9 | 5 | 15 | 9 |
| 65-74..... | 99 | 88 | 56 | 55 | 0 | 31 | 6 | 5 | 15 | 5 |
| 75 AND OVER..... | 62 | 89 | 55 | 51 | 2 | 33 | 7 | 4 | 16 | 5 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 97 | 45 | 41 | 0 | 52 | 15 | 4 | 24 | 9 |
| 12-14..... | 172 | 96 | 56 | 50 | (5) | 40 | 7 | 3 | 23 | 7 |
| 15-18..... | 243 | 87 | 54 | 50 | (5) | 33 | 8 | 4 | 17 | 4 |
| 19-22..... | 192 | 100 | 63 | 58 | 0 | 38 | 5 | 1 | 19 | 13 |
| 23-34..... | 421 | 99 | 64 | 57 | (5) | 35 | 5 | 2 | 13 | 15 |
| 35-50..... | 493 | 109 | 70 | 64 | (5) | 39 | 6 | 3 | 21 | 10 |
| 51-64..... | 331 | 138 | 81 | 72 | (5) | 57 | 12 | 7 | 30 | 9 |
| 65-74..... | 151 | 126 | 67 | 56 | (5) | 60 | 11 | 6 | 33 | 9 |
| 75 AND OVER..... | 59 | 88 | 49 | 45 | 0 | 39 | 16 | 5 | 9 | 9 |
| ALL INDIVIDUALS... | 4/4,485 | 99 | 57 | 52 | (5) | 41 | 9 | 4 | 19 | 9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5J-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/68 | 65.1 | 35.4 | 34.1 | 0.0 | 51.5 | 22.5 | 16.8 | 35.0 | 14.5 |
| 1-2..... | 4/158 | 66.0 | 44.1 | 39.7 | 2.7 | 47.7 | 20.2 | 17.4 | 18.4 | 11.4 |
| 3-5..... | 276 | 60.4 | 42.9 | 39.0 | 2.0 | 40.5 | 18.1 | 9.0 | 18.2 | 9.7 |
| 6-8..... | 255 | 60.8 | 38.7 | 32.2 | .4 | 39.1 | 19.7 | 10.7 | 16.8 | 8.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 137 | 62.2 | 45.6 | 40.3 | .0 | 38.0 | 22.3 | 8.8 | 11.5 | 5.2 |
| 12-14..... | 173 | 56.8 | 41.8 | 35.5 | .9 | 34.2 | 11.1 | 6.0 | 18.9 | 3.2 |
| 15-18..... | 226 | 50.0 | 37.3 | 35.1 | .0 | 27.6 | 7.8 | 6.7 | 15.8 | 1.8 |
| 19-22..... | 136 | 47.3 | 31.5 | 31.5 | .0 | 26.2 | 5.9 | 10.2 | 10.2 | 6.1 |
| 23-34..... | 229 | 53.4 | 37.0 | 32.4 | .0 | 26.3 | 6.8 | 3.3 | 14.2 | 4.0 |
| 35-50..... | 254 | 48.5 | 35.5 | 31.3 | 1.1 | 32.6 | 11.4 | 8.8 | 19.3 | 5.1 |
| 51-64..... | 195 | 47.4 | 33.7 | 27.7 | 2.1 | 27.1 | 11.1 | 8.0 | 11.8 | 5.7 |
| 65-74..... | 99 | 49.0 | 32.6 | 31.7 | .0 | 30.0 | 9.9 | 12.6 | 14.4 | 6.8 |
| 75 AND OVER..... | 62 | 52.5 | 31.1 | 31.1 | 4.3 | 27.2 | 13.2 | 8.3 | 17.4 | 4.4 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 154 | 53.9 | 32.6 | 31.1 | .0 | 41.7 | 18.7 | 8.6 | 17.1 | 8.2 |
| 12-14..... | 172 | 58.3 | 44.3 | 40.8 | .6 | 37.5 | 11.9 | 6.2 | 21.5 | 7.3 |
| 15-18..... | 243 | 56.0 | 42.9 | 39.3 | .5 | 32.9 | 12.5 | 7.2 | 16.4 | 4.3 |
| 19-22..... | 192 | 52.0 | 39.2 | 36.1 | .0 | 31.7 | 8.0 | 2.0 | 18.2 | 9.5 |
| 23-34..... | 421 | 54.6 | 42.1 | 36.3 | 1.1 | 30.3 | 8.7 | 6.5 | 16.6 | 8.3 |
| 35-50..... | 493 | 60.3 | 46.5 | 42.9 | .6 | 33.0 | 8.5 | 5.5 | 16.8 | 8.6 |
| 51-64..... | 331 | 68.1 | 53.5 | 48.4 | .8 | 40.6 | 16.7 | 11.6 | 22.9 | 7.7 |
| 65-74..... | 151 | 67.9 | 43.1 | 38.3 | .5 | 49.9 | 19.9 | 14.6 | 28.5 | 6.4 |
| 75 AND OVER..... | 59 | 54.2 | 35.6 | 33.1 | .0 | 32.2 | 14.6 | 8.4 | 11.7 | 6.7 |
| ALL INDIVIDUALS... | 4/4,485 | 57.0 | 41.0 | 37.0 | .8 | 34.8 | 12.8 | 8.3 | 17.6 | 7.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 5K-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 172 | 17 | 17 | 0 | 155 | 22 | 32 | 66 | 35 |
| 1-2..... | 4/246 | 146 | 54 | 48 | 1 | 91 | 20 | 15 | 33 | 24 |
| 3-5..... | 404 | 131 | 53 | 56 | 1 | 58 | 15 | 8 | 27 | 17 |
| 6-8..... | 428 | 151 | 58 | 61 | 1 | 93 | 18 | 7 | 44 | 14 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 132 | 56 | 46 | (5) | 77 | 18 | 7 | 36 | 15 |
| 12-14..... | 296 | 125 | 59 | 48 | (5) | 65 | 19 | 8 | 34 | 4 |
| 15-18..... | 365 | 141 | 79 | 67 | (5) | 62 | 17 | 9 | 29 | 8 |
| 19-22..... | 256 | 109 | 59 | 51 | (5) | 50 | 11 | 5 | 27 | 7 |
| 23-34..... | 708 | 134 | 59 | 60 | (5) | 55 | 16 | 6 | 29 | 13 |
| 35-50..... | 714 | 123 | 56 | 47 | (5) | 66 | 15 | 7 | 38 | 6 |
| 51-64..... | 579 | 170 | 79 | 56 | 1 | 91 | 18 | 15 | 51 | 7 |
| 65-74..... | 270 | 181 | 79 | 55 | 3 | 99 | 11 | 15 | 66 | 7 |
| 75 AND OVER..... | 114 | 202 | 76 | 49 | 5 | 121 | 35 | 17 | 60 | 9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 137 | 58 | 60 | (5) | 69 | 18 | 8 | 36 | 7 |
| 12-14..... | 295 | 131 | 60 | 50 | (5) | 71 | 17 | 5 | 40 | 10 |
| 15-18..... | 374 | 122 | 59 | 50 | 1 | 61 | 18 | 5 | 31 | 7 |
| 19-22..... | 300 | 114 | 60 | 51 | (5) | 53 | 11 | 5 | 39 | 7 |
| 23-34..... | 865 | 121 | 57 | 48 | (5) | 63 | 14 | 5 | 29 | 15 |
| 35-50..... | 838 | 131 | 56 | 56 | (5) | 65 | 13 | 7 | 39 | 6 |
| 51-64..... | 715 | 170 | 35 | 62 | 1 | 94 | 16 | 11 | 48 | 9 |
| 65-74..... | 346 | 183 | 38 | 63 | 2 | 92 | 15 | 15 | 53 | 9 |
| 75 AND OVER..... | 173 | 193 | 38 | 60 | 3 | 103 | 15 | 14 | 58 | 14 |
| ALL INDIVIDUALS... | 4/8,780 | 142 | 57 | 54 | 1 | 74 | 16 | 9 | 39 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 5K-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 91.7 | 25.5 | 25.5 | 0.0 | 91.7 | 46.3 | 53.0 | 71.9 | 29.1 |
| 1-2..... | 4/246 | 77.7 | 43.7 | 37.8 | 6.3 | 67.1 | 30.7 | 27.9 | 41.3 | 16.4 |
| 3-5..... | 494 | 77.7 | 50.2 | 46.2 | 4.7 | 59.6 | 26.2 | 17.2 | 36.9 | 14.4 |
| 6-8..... | 428 | 80.4 | 51.1 | 44.5 | 4.0 | 67.1 | 27.1 | 15.6 | 49.5 | 13.2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 75.5 | 44.9 | 40.2 | .5 | 60.0 | 26.1 | 12.7 | 38.3 | 10.5 |
| 12-14..... | 296 | 73.4 | 45.1 | 38.2 | 1.7 | 55.7 | 23.3 | 13.9 | 38.8 | 4.2 |
| 15-18..... | 365 | 68.4 | 45.7 | 40.6 | .8 | 49.2 | 20.1 | 14.7 | 32.5 | 5.3 |
| 19-22..... | 256 | 62.0 | 35.6 | 31.3 | 2.6 | 46.4 | 15.5 | 9.3 | 29.6 | 4.2 |
| 23-34..... | 708 | 65.7 | 41.7 | 35.9 | 1.6 | 49.4 | 18.5 | 10.8 | 30.0 | 8.8 |
| 35-50..... | 714 | 65.2 | 42.5 | 35.5 | 2.1 | 51.3 | 19.3 | 12.2 | 35.5 | 4.8 |
| 51-64..... | 579 | 79.0 | 53.0 | 40.1 | 2.3 | 63.1 | 21.5 | 22.6 | 44.5 | 5.8 |
| 65-74..... | 270 | 75.5 | 53.5 | 41.9 | 6.4 | 61.8 | 16.2 | 24.4 | 52.5 | 7.8 |
| 75 AND OVER..... | 114 | 84.1 | 53.2 | 38.1 | 11.4 | 73.2 | 24.7 | 25.9 | 52.3 | 10.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 78.6 | 49.4 | 42.9 | 2.9 | 64.3 | 26.9 | 15.4 | 45.4 | 6.9 |
| 12-14..... | 295 | 72.1 | 47.1 | 39.1 | 2.2 | 58.5 | 22.2 | 10.3 | 41.9 | 10.1 |
| 15-18..... | 374 | 71.5 | 45.0 | 39.5 | 2.4 | 55.8 | 24.3 | 12.6 | 35.5 | 7.5 |
| 19-22..... | 300 | 67.7 | 45.0 | 37.7 | 3.1 | 48.7 | 17.9 | 8.1 | 31.7 | 7.5 |
| 23-34..... | 865 | 69.7 | 45.4 | 39.2 | 3.1 | 53.3 | 19.7 | 12.2 | 36.8 | 9.4 |
| 35-50..... | 838 | 72.1 | 47.6 | 41.2 | 1.9 | 53.7 | 20.0 | 12.2 | 38.0 | 5.9 |
| 51-64..... | 715 | 80.7 | 59.9 | 45.1 | 2.5 | 63.7 | 21.7 | 19.1 | 45.0 | 7.9 |
| 65-74..... | 346 | 85.7 | 60.4 | 46.3 | 5.6 | 70.1 | 23.5 | 29.1 | 53.2 | 9.3 |
| 75 AND OVER..... | 173 | 79.2 | 54.8 | 39.8 | 9.8 | 68.3 | 21.5 | 21.7 | 52.9 | 9.4 |
| ALL INDIVIDUALS... | 4/8,790 | 73.6 | 48.1 | 40.0 | 3.0 | 57.8 | 21.9 | 15.9 | 40.0 | 8.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 5K-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 3 | 0 | 0 | 0 | 3 | 1 | 0 | 2 | 1 |
| 1-2..... | 4/245 | 9 | 5 | 5 | 0 | 4 | 2 | 1 | 2 | (5) |
| 3-5..... | 404 | 12 | 4 | 4 | (5) | 7 | 1 | 1 | 4 | 1 |
| 6-8..... | 428 | 24 | 8 | 6 | (5) | 17 | 2 | (5) | 13 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 22 | 7 | 7 | (5) | 15 | 3 | (5) | 9 | 2 |
| 12-14..... | 296 | 21 | 8 | 7 | (5) | 13 | 4 | 1 | 7 | (5) |
| 15-18..... | 365 | 18 | 9 | 8 | 0 | 10 | 3 | (5) | 6 | 1 |
| 19-22..... | 256 | 11 | 7 | 7 | (5) | 4 | 0 | (5) | 2 | 2 |
| 23-34..... | 708 | 14 | 9 | 7 | 0 | 5 | 1 | (5) | 3 | 2 |
| 35-50..... | 714 | 8 | 3 | 2 | 0 | 5 | 1 | (5) | 3 | (5) |
| 51-64..... | 579 | 9 | 4 | 3 | 0 | 5 | 1 | (5) | 3 | (5) |
| 65-74..... | 270 | 4 | 1 | 1 | 0 | 3 | (5) | (5) | 3 | 0 |
| 75 AND OVER..... | 114 | 6 | 1 | 1 | 0 | 5 | 1 | 0 | 4 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 24 | 5 | 4 | 0 | 18 | 4 | 2 | 12 | 1 |
| 12-14..... | 295 | 18 | 4 | 3 | (5) | 13 | 3 | (5) | 9 | 1 |
| 15-18..... | 374 | 16 | 4 | 3 | (5) | 12 | 4 | 1 | 7 | (5) |
| 19-22..... | 300 | 5 | 2 | 2 | (5) | 3 | 1 | (5) | 2 | (5) |
| 23-34..... | 865 | 12 | 5 | 5 | 0 | 7 | 1 | 1 | 3 | 1 |
| 35-50..... | 838 | 8 | 4 | 3 | 0 | 4 | 1 | (5) | 3 | (5) |
| 51-64..... | 715 | 8 | 3 | 2 | (5) | 5 | 1 | (5) | 4 | (5) |
| 65-74..... | 346 | 4 | 1 | 1 | 0 | 3 | (5) | 0 | 2 | 0 |
| 75 AND OVER..... | 173 | 3 | (5) | 0 | 0 | 3 | (5) | 0 | 3 | 0 |
| ALL INDIVIDUALS... | 4/8,780 | 12 | 5 | 4 | (5) | 7 | 1 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 5K-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 6.3 | 0.0 | 0.0 | 0.0 | 6.3 | 3.4 | 0.0 | 4.5 | 1.7 |
| 1-2..... | 4/246 | 12.2 | 4.8 | 4.8 | .0 | 7.9 | 4.0 | 1.6 | 4.5 | .3 |
| 3-5..... | 404 | 15.2 | 5.3 | 5.4 | .7 | 11.7 | 3.3 | 1.6 | 8.0 | 1.6 |
| 6-8..... | 428 | 34.9 | 12.8 | 9.5 | .5 | 27.3 | 4.5 | 1.3 | 23.6 | 1.8 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 28.2 | 8.6 | 8.1 | .5 | 23.5 | 8.2 | 1.1 | 15.4 | 2.8 |
| 12-14..... | 296 | 28.9 | 12.4 | 9.0 | .3 | 19.9 | 7.4 | 2.2 | 14.7 | .5 |
| 15-18..... | 365 | 18.9 | 7.3 | 6.3 | .0 | 14.8 | 4.4 | .9 | 10.9 | .9 |
| 19-22..... | 256 | 10.7 | 5.6 | 5.2 | .4 | 6.3 | .0 | .7 | 3.6 | 2.0 |
| 23-34..... | 708 | 13.2 | 7.0 | 5.8 | .0 | 8.3 | 2.1 | .9 | 4.8 | 1.3 |
| 35-50..... | 714 | 9.9 | 4.8 | 2.9 | .0 | 7.3 | 1.1 | .7 | 6.1 | .5 |
| 51-64..... | 579 | 11.8 | 4.9 | 3.6 | .0 | 8.0 | 1.3 | .8 | 5.9 | .5 |
| 65-74..... | 270 | 7.9 | 1.8 | 1.8 | .0 | 6.1 | .8 | .6 | 5.2 | .0 |
| 75 AND OVER..... | 114 | 8.6 | 1.8 | 1.8 | .0 | 6.9 | 1.6 | .0 | 6.1 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 31.3 | 9.1 | 5.8 | .0 | 27.2 | 6.6 | 3.6 | 19.7 | .5 |
| 12-14..... | 295 | 22.5 | 7.5 | 5.0 | .9 | 18.9 | 4.5 | 1.2 | 13.9 | 1.2 |
| 15-18..... | 374 | 21.2 | 6.4 | 4.2 | .5 | 18.1 | 7.4 | 2.6 | 12.6 | .8 |
| 19-22..... | 300 | 10.0 | 4.2 | 3.3 | .3 | 5.2 | 1.3 | .7 | 3.4 | .3 |
| 23-34..... | 865 | 16.3 | 7.2 | 6.1 | .0 | 11.6 | 2.3 | 1.7 | 8.5 | 1.6 |
| 35-50..... | 838 | 11.2 | 4.9 | 3.2 | .0 | 8.0 | 1.7 | .3 | 6.6 | .5 |
| 51-64..... | 715 | 12.7 | 5.1 | 3.1 | .2 | 9.5 | 2.9 | .5 | 6.7 | .5 |
| 65-74..... | 346 | 8.5 | 1.9 | 1.4 | .0 | 7.2 | 1.2 | .0 | 6.7 | .0 |
| 75 AND OVER..... | 173 | 9.0 | .7 | .0 | .0 | 8.2 | .5 | .0 | 7.7 | .0 |
| ALL INDIVIDUALS... | 4/8,780 | 15.5 | 6.1 | 4.6 | .2 | 11.5 | 2.9 | 1.0 | 8.6 | .9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE SK-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY.3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 169 | 17 | 17 | 0 | 152 | 21 | 32 | 64 | 35 |
| 1-2..... | 4/246 | 137 | 49 | 43 | 1 | 87 | 18 | 14 | 32 | 23 |
| 3-5..... | 404 | 120 | 58 | 52 | 1 | 51 | 14 | 8 | 23 | 16 |
| 6-8..... | 428 | 127 | 60 | 55 | 1 | 56 | 16 | 7 | 30 | 13 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 110 | 48 | 39 | 0 | 52 | 16 | 6 | 27 | 13 |
| 12-14..... | 296 | 104 | 51 | 41 | (5) | 52 | 15 | 6 | 27 | 4 |
| 15-18..... | 365 | 123 | 71 | 59 | (5) | 52 | 14 | 9 | 23 | 6 |
| 19-22..... | 256 | 97 | 62 | 44 | (5) | 45 | 11 | 4 | 24 | 5 |
| 23-34..... | 708 | 120 | 61 | 52 | (5) | 59 | 15 | 6 | 27 | 11 |
| 35-50..... | 714 | 115 | 53 | 44 | (5) | 61 | 14 | 7 | 35 | 5 |
| 51-64..... | 579 | 161 | 75 | 53 | 1 | 86 | 17 | 15 | 47 | 6 |
| 65-74..... | 270 | 177 | 78 | 54 | 3 | 96 | 11 | 14 | 63 | 7 |
| 75 AND OVER..... | 114 | 197 | 76 | 48 | 5 | 116 | 34 | 17 | 56 | 9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 113 | 53 | 56 | (5) | 51 | 14 | 6 | 24 | 7 |
| 12-14..... | 295 | 114 | 55 | 47 | (5) | 58 | 14 | 5 | 31 | 9 |
| 15-18..... | 374 | 106 | 56 | 47 | (5) | 50 | 14 | 5 | 24 | 6 |
| 19-22..... | 300 | 109 | 58 | 49 | (5) | 50 | 10 | 5 | 29 | 7 |
| 23-34..... | 865 | 109 | 52 | 43 | (5) | 56 | 13 | 5 | 25 | 13 |
| 35-50..... | 838 | 122 | 52 | 52 | (5) | 60 | 12 | 6 | 36 | 6 |
| 51-64..... | 715 | 161 | 82 | 60 | 1 | 79 | 15 | 11 | 44 | 9 |
| 65-74..... | 346 | 178 | 87 | 61 | 2 | 89 | 15 | 15 | 51 | 9 |
| 75 AND OVER..... | 173 | 191 | 98 | 60 | 3 | 100 | 16 | 14 | 56 | 14 |
| ALL INDIVIDUALS... | 4/8,780 | 130 | 63 | 50 | 1 | 66 | 14 | 8 | 34 | 9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 5K-3.2.--FRUITS1/

PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/75 | 91.7 | 25.5 | 25.5 | 0.0 | 90.0 | 44.5 | 53.0 | 59.1 | 27.4 |
| 1-2..... | 4/246 | 74.5 | 41.7 | 35.8 | 6.3 | 65.0 | 28.0 | 27.2 | 38.5 | 16.1 |
| 3-5..... | 404 | 72.8 | 47.9 | 43.6 | 4.4 | 53.8 | 24.3 | 15.6 | 30.8 | 13.2 |
| 6-8..... | 428 | 67.6 | 42.8 | 38.8 | 3.7 | 49.8 | 23.8 | 14.3 | 30.0 | 12.2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 196 | 64.6 | 40.9 | 35.4 | .0 | 45.8 | 20.5 | 11.5 | 25.4 | 9.0 |
| 12-14..... | 296 | 52.3 | 39.4 | 32.5 | 1.4 | 45.7 | 18.3 | 11.7 | 29.0 | 3.8 |
| 15-18..... | 365 | 60.9 | 42.9 | 36.3 | .8 | 41.7 | 17.5 | 14.4 | 23.7 | 4.4 |
| 19-22..... | 256 | 57.1 | 31.3 | 25.6 | 2.2 | 42.8 | 15.5 | 8.6 | 27.9 | 2.2 |
| 23-34..... | 708 | 52.1 | 37.4 | 32.2 | 1.6 | 45.1 | 16.8 | 10.1 | 26.6 | 8.1 |
| 35-50..... | 714 | 53.0 | 40.3 | 33.9 | 2.1 | 47.9 | 18.3 | 11.8 | 31.8 | 4.3 |
| 51-64..... | 579 | 75.7 | 51.2 | 38.0 | 2.3 | 60.0 | 20.7 | 22.0 | 41.3 | 5.3 |
| 65-74..... | 270 | 75.7 | 53.2 | 41.1 | 6.4 | 60.5 | 15.4 | 24.4 | 49.0 | 7.8 |
| 75 AND OVER..... | 114 | 83.0 | 53.2 | 37.1 | 11.4 | 72.1 | 23.1 | 25.9 | 50.0 | 10.1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 222 | 67.3 | 43.9 | 39.2 | 2.9 | 51.6 | 21.8 | 12.1 | 32.1 | 6.5 |
| 12-14..... | 295 | 64.3 | 43.4 | 35.6 | 1.2 | 48.5 | 19.3 | 10.0 | 32.1 | 9.2 |
| 15-18..... | 374 | 65.4 | 42.7 | 37.6 | 1.9 | 46.9 | 18.5 | 10.0 | 27.9 | 6.8 |
| 19-22..... | 300 | 61.2 | 41.1 | 34.7 | 2.8 | 44.8 | 16.1 | 7.8 | 29.9 | 7.2 |
| 23-34..... | 865 | 63.8 | 40.6 | 34.9 | 3.1 | 47.7 | 18.4 | 11.2 | 30.4 | 8.4 |
| 35-50..... | 838 | 59.2 | 45.2 | 39.1 | 1.9 | 50.8 | 19.0 | 12.1 | 33.9 | 5.4 |
| 51-64..... | 715 | 78.8 | 58.1 | 43.6 | 2.2 | 61.0 | 20.4 | 18.5 | 42.1 | 7.6 |
| 65-74..... | 346 | 85.1 | 60.1 | 45.0 | 6.6 | 68.8 | 22.2 | 29.1 | 50.4 | 9.3 |
| 75 AND OVER..... | 173 | 77.8 | 54.8 | 39.8 | 8.8 | 65.2 | 21.1 | 21.7 | 48.5 | 9.4 |
| ALL INDIVIDUALS... | 4/8,780 | 68.7 | 44.9 | 37.2 | 2.9 | 52.3 | 19.8 | 15.1 | 34.2 | 7.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 5L-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 141 | 20 | 20 | 0 | 121 | 18 | 14 | 63 | 26 |
| 1-2..... | 4/249 | 140 | 62 | 59 | 1 | 77 | 15 | 12 | 33 | 17 |
| 3-5..... | 425 | 129 | 50 | 47 | 1 | 78 | 14 | 9 | 37 | 19 |
| 6-8..... | 454 | 144 | 57 | 51 | 1 | 86 | 22 | 10 | 41 | 14 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 147 | 61 | 58 | 1 | 85 | 17 | 6 | 56 | 6 |
| 12-14..... | 274 | 154 | 67 | 63 | (5) | 87 | 17 | 7 | 53 | 9 |
| 15-18..... | 320 | 146 | 60 | 57 | (5) | 86 | 20 | 8 | 47 | 11 |
| 19-22..... | 261 | 117 | 53 | 48 | (5) | 64 | 17 | 12 | 29 | 7 |
| 23-34..... | 655 | 125 | 60 | 55 | (5) | 65 | 8 | 8 | 38 | 12 |
| 35-50..... | 664 | 134 | 45 | 41 | (5) | 88 | 16 | 7 | 61 | 5 |
| 51-64..... | 520 | 174 | 56 | 47 | (5) | 118 | 15 | 15 | 81 | 7 |
| 65-74..... | 239 | 197 | 57 | 50 | 3 | 138 | 12 | 14 | 103 | 9 |
| 75 AND OVER..... | 118 | 186 | 67 | 51 | 3 | 116 | 17 | 18 | 69 | 12 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 165 | 66 | 58 | 1 | 97 | 26 | 10 | 51 | 11 |
| 12-14..... | 288 | 133 | 55 | 49 | (5) | 78 | 20 | 6 | 41 | 12 |
| 15-18..... | 382 | 116 | 55 | 52 | (5) | 60 | 13 | 6 | 33 | 8 |
| 19-22..... | 372 | 122 | 57 | 52 | 1 | 64 | 8 | 6 | 39 | 10 |
| 23-34..... | 975 | 122 | 48 | 44 | 1 | 73 | 11 | 5 | 47 | 10 |
| 35-50..... | 936 | 136 | 58 | 52 | 1 | 78 | 11 | 4 | 53 | 9 |
| 51-64..... | 751 | 200 | 70 | 64 | 1 | 129 | 15 | 10 | 93 | 11 |
| 65-74..... | 342 | 225 | 79 | 70 | 2 | 144 | 12 | 15 | 101 | 16 |
| 75 AND OVER..... | 194 | 193 | 58 | 52 | 2 | 133 | 22 | 18 | 68 | 25 |
| ALL INDIVIDUALS... | 4/9,037 | 148 | 57 | 52 | 1 | 90 | 14 | 9 | 56 | 11 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 5L-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 77.2 | 26.9 | 26.2 | 0.0 | 74.4 | 33.9 | 26.0 | 62.8 | 26.1 |
| 1-2..... | 4/249 | 75.3 | 48.3 | 45.6 | 5.0 | 62.3 | 27.0 | 22.3 | 40.0 | 13.2 |
| 3-5..... | 425 | 72.3 | 43.2 | 40.2 | 4.2 | 57.9 | 23.6 | 18.5 | 38.9 | 14.8 |
| 6-8..... | 454 | 79.2 | 50.0 | 46.4 | 2.6 | 65.7 | 28.8 | 18.7 | 43.7 | 12.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 80.2 | 48.5 | 46.7 | 2.9 | 61.3 | 23.3 | 14.6 | 41.8 | 7.1 |
| 12-14..... | 274 | 70.8 | 45.5 | 41.6 | .7 | 55.4 | 21.7 | 13.7 | 43.2 | 6.3 |
| 15-18..... | 320 | 67.1 | 41.6 | 37.8 | .6 | 52.2 | 20.1 | 12.9 | 36.6 | 7.0 |
| 19-22..... | 261 | 60.9 | 38.4 | 35.4 | .5 | 43.9 | 15.4 | 11.8 | 29.8 | 6.1 |
| 23-34..... | 655 | 61.4 | 39.7 | 36.5 | 1.7 | 44.2 | 11.4 | 10.4 | 34.1 | 6.6 |
| 35-50..... | 664 | 64.3 | 36.6 | 32.8 | 1.2 | 52.2 | 18.1 | 12.5 | 38.0 | 5.1 |
| 51-64..... | 520 | 77.3 | 44.2 | 36.9 | 2.1 | 66.0 | 18.5 | 22.2 | 50.4 | 4.5 |
| 65-74..... | 239 | 73.3 | 38.2 | 33.0 | 5.8 | 61.1 | 16.6 | 23.1 | 47.6 | 6.6 |
| 75 AND OVER..... | 118 | 76.3 | 45.3 | 34.6 | 5.5 | 69.2 | 17.5 | 29.0 | 56.5 | 5.9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 82.5 | 49.9 | 47.0 | 5.7 | 67.0 | 32.0 | 16.6 | 49.3 | 10.7 |
| 12-14..... | 288 | 70.0 | 40.1 | 35.9 | 2.4 | 57.2 | 25.9 | 10.0 | 39.0 | 12.1 |
| 15-18..... | 382 | 66.7 | 42.2 | 39.3 | 1.0 | 50.2 | 18.3 | 11.7 | 34.6 | 5.2 |
| 19-22..... | 372 | 59.4 | 30.1 | 26.9 | 3.6 | 48.7 | 12.5 | 11.8 | 38.2 | 8.7 |
| 23-34..... | 975 | 66.4 | 37.5 | 33.8 | 3.3 | 50.4 | 15.1 | 10.1 | 40.3 | 7.6 |
| 35-50..... | 936 | 72.0 | 41.7 | 38.1 | 2.3 | 58.7 | 15.8 | 9.8 | 46.6 | 7.2 |
| 51-64..... | 751 | 81.9 | 50.0 | 46.8 | 3.3 | 69.3 | 18.9 | 18.0 | 57.6 | 8.6 |
| 65-74..... | 342 | 83.5 | 52.7 | 46.2 | 5.4 | 74.3 | 17.2 | 25.5 | 63.1 | 11.8 |
| 75 AND OVER..... | 194 | 84.1 | 45.5 | 38.1 | 6.6 | 73.2 | 24.5 | 30.5 | 54.3 | 14.8 |
| ALL INDIVIDUALS... | 4/9,037 | 71.7 | 42.4 | 38.5 | 2.8 | 58.0 | 19.1 | 15.3 | 43.9 | 8.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 5L-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/249 | 8 | 3 | 3 | (5) | 5 | 1 | 1 | 1 | 2 |
| 3-5..... | 425 | 12 | 5 | 5 | 0 | 7 | 1 | 1 | 3 | 2 |
| 6-8..... | 454 | 17 | 5 | 5 | 0 | 12 | 3 | 1 | 7 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 20 | 7 | 6 | (5) | 12 | 4 | 1 | 8 | 1 |
| 12-14..... | 274 | 19 | 5 | 5 | 0 | 14 | 2 | 1 | 10 | 1 |
| 15-18..... | 320 | 21 | 7 | 7 | 0 | 14 | 2 | (5) | 9 | 3 |
| 19-22..... | 261 | 13 | 5 | 4 | 0 | 8 | 2 | 1 | 4 | 2 |
| 23-34..... | 655 | 13 | 6 | 6 | 0 | 7 | 1 | 1 | 4 | 1 |
| 35-50..... | 664 | 9 | 3 | 3 | (5) | 6 | 1 | (5) | 5 | (5) |
| 51-64..... | 520 | 8 | 2 | 2 | 0 | 6 | 2 | 1 | 3 | 0 |
| 65-74..... | 239 | 4 | 2 | 2 | (5) | 2 | (5) | 0 | 2 | 0 |
| 75 AND OVER..... | 118 | 3 | 0 | 0 | 0 | 3 | 1 | 0 | 3 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 24 | 5 | 4 | (5) | 18 | 5 | 1 | 12 | 1 |
| 12-14..... | 288 | 13 | 4 | 4 | 0 | 9 | 3 | 0 | 5 | 1 |
| 15-18..... | 382 | 14 | 6 | 6 | (5) | 8 | 2 | (5) | 5 | 1 |
| 19-22..... | 372 | 17 | 9 | 8 | 0 | 8 | 1 | (5) | 5 | 2 |
| 23-34..... | 975 | 7 | 2 | 2 | (5) | 5 | 1 | (5) | 4 | 1 |
| 35-50..... | 936 | 7 | 2 | 2 | (5) | 5 | 1 | (5) | 4 | (5) |
| 51-64..... | 751 | 7 | 3 | 3 | (5) | 5 | (5) | (5) | 4 | (5) |
| 65-74..... | 342 | 6 | 1 | 1 | (5) | 4 | (5) | (5) | 4 | 0 |
| 75 AND OVER..... | 194 | 5 | 2 | 2 | 0 | 4 | 1 | (5) | 2 | 1 |
| ALL INDIVIDUALS... | 4/9,037 | 11 | 4 | 3 | (5) | 7 | 1 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 5L-2.2.--FRUITS1/

PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/249 | 11.9 | 4.6 | 3.9 | .4 | 8.9 | 1.9 | 2.7 | 4.8 | 2.3 |
| 3-5..... | 425 | 14.0 | 4.8 | 4.7 | .0 | 10.8 | 3.4 | 1.3 | 7.1 | 1.6 |
| 6-8..... | 454 | 21.1 | 7.2 | 6.6 | .0 | 16.9 | 5.8 | 1.7 | 12.1 | 2.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 20.7 | 9.2 | 8.5 | .7 | 15.5 | 6.4 | 1.7 | 9.1 | 1.1 |
| 12-14..... | 274 | 21.4 | 6.5 | 5.7 | .0 | 18.8 | 5.4 | 2.2 | 14.7 | .8 |
| 15-18..... | 320 | 14.9 | 5.2 | 4.1 | .0 | 12.0 | 3.5 | 1.3 | 7.9 | 1.4 |
| 19-22..... | 261 | 12.1 | 5.6 | 5.6 | .0 | 9.2 | 2.8 | 1.5 | 7.2 | 1.2 |
| 23-34..... | 655 | 14.1 | 6.7 | 5.2 | .0 | 9.5 | 1.7 | .3 | 6.6 | 1.1 |
| 35-50..... | 664 | 10.5 | 3.8 | 2.6 | .6 | 7.1 | 1.7 | .6 | 5.4 | .4 |
| 51-64..... | 520 | 10.3 | 3.1 | 2.5 | .0 | 7.2 | 1.8 | 1.9 | 5.0 | .0 |
| 65-74..... | 239 | 7.5 | 4.7 | 4.7 | .7 | 4.0 | 1.5 | .0 | 2.4 | .0 |
| 75 AND OVER..... | 118 | 7.3 | .0 | .0 | .0 | 7.3 | .9 | .0 | 7.3 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 28.9 | 7.0 | 4.7 | 1.6 | 24.2 | 8.6 | 1.4 | 18.3 | 1.5 |
| 12-14..... | 288 | 17.9 | 5.7 | 4.5 | .0 | 14.8 | 5.2 | .0 | 10.6 | 1.3 |
| 15-18..... | 382 | 15.5 | 5.8 | 5.5 | .3 | 11.8 | 2.9 | .5 | 8.5 | .8 |
| 19-22..... | 372 | 13.6 | 6.1 | 5.4 | .0 | 9.3 | 1.8 | 1.4 | 5.1 | 1.9 |
| 23-34..... | 975 | 9.3 | 3.3 | 1.8 | .1 | 7.0 | 1.4 | 1.1 | 5.0 | .5 |
| 35-50..... | 936 | 11.3 | 4.1 | 3.4 | .7 | 7.8 | 1.7 | .2 | 6.6 | .2 |
| 51-64..... | 751 | 11.7 | 3.7 | 2.6 | .1 | 9.2 | 1.5 | .2 | 7.1 | .4 |
| 65-74..... | 342 | 7.0 | 1.5 | 1.1 | .6 | 6.4 | .3 | 1.2 | 5.2 | .0 |
| 75 AND OVER..... | 194 | 6.5 | 4.8 | 3.1 | .0 | 4.1 | 1.2 | .6 | 2.3 | 1.7 |
| ALL INDIVIDUALS... | 4/9,037 | 13.0 | 4.7 | 3.8 | .3 | 9.8 | 2.6 | .9 | 7.1 | .8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 5L-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 141 | 20 | 20 | 0 | 121 | 18 | 14 | 63 | 26 |
| 1-2..... | 4/249 | 132 | 59 | 56 | 1 | 72 | 14 | 12 | 31 | 15 |
| 3-5..... | 425 | 116 | 44 | 42 | 1 | 71 | 12 | 8 | 34 | 17 |
| 6-8..... | 454 | 126 | 52 | 46 | 1 | 74 | 19 | 10 | 34 | 12 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 127 | 54 | 52 | (5) | 73 | 13 | 6 | 48 | 5 |
| 12-14..... | 274 | 135 | 62 | 58 | (5) | 73 | 15 | 6 | 43 | 9 |
| 15-18..... | 320 | 125 | 53 | 50 | (5) | 71 | 18 | 8 | 39 | 7 |
| 19-22..... | 261 | 104 | 49 | 44 | (5) | 56 | 14 | 11 | 25 | 5 |
| 23-34..... | 655 | 112 | 54 | 50 | (5) | 58 | 7 | 7 | 33 | 10 |
| 35-50..... | 664 | 124 | 42 | 39 | (5) | 82 | 15 | 7 | 56 | 5 |
| 51-64..... | 520 | 167 | 54 | 46 | (5) | 112 | 14 | 14 | 78 | 7 |
| 65-74..... | 239 | 194 | 55 | 48 | 3 | 136 | 12 | 14 | 101 | 9 |
| 75 AND OVER..... | 118 | 182 | 67 | 51 | 3 | 113 | 16 | 18 | 67 | 12 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 141 | 61 | 54 | 1 | 79 | 21 | 9 | 39 | 10 |
| 12-14..... | 288 | 120 | 50 | 45 | (5) | 69 | 17 | 6 | 36 | 11 |
| 15-18..... | 382 | 101 | 49 | 46 | (5) | 52 | 12 | 6 | 27 | 7 |
| 19-22..... | 372 | 105 | 48 | 44 | 1 | 55 | 8 | 5 | 34 | 9 |
| 23-34..... | 975 | 115 | 46 | 42 | 1 | 68 | 11 | 5 | 43 | 10 |
| 35-50..... | 936 | 129 | 55 | 50 | (5) | 73 | 10 | 4 | 50 | 9 |
| 51-64..... | 751 | 192 | 67 | 61 | 1 | 124 | 14 | 10 | 89 | 11 |
| 65-74..... | 342 | 219 | 78 | 69 | 2 | 140 | 12 | 15 | 97 | 16 |
| 75 AND OVER..... | 194 | 188 | 56 | 50 | 2 | 129 | 21 | 18 | 67 | 24 |
| ALL INDIVIDUALS... | 4/9,037 | 137 | 53 | 49 | 1 | 83 | 13 | 8 | 51 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 5L-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/120 | 77.2 | 26.9 | 26.2 | 0.0 | 74.4 | 33.9 | 26.0 | 62.8 | 26.1 |
| 1-2..... | 4/249 | 74.2 | 46.9 | 44.1 | 4.7 | 60.2 | 26.2 | 20.5 | 36.9 | 12.0 |
| 3-5..... | 425 | 68.5 | 40.9 | 37.6 | 4.2 | 53.6 | 21.6 | 17.3 | 34.4 | 13.6 |
| 6-8..... | 454 | 72.9 | 44.7 | 41.3 | 2.6 | 57.7 | 25.0 | 17.3 | 36.1 | 11.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 233 | 73.2 | 42.9 | 41.1 | 2.1 | 52.4 | 18.1 | 13.3 | 35.6 | 6.0 |
| 12-14..... | 274 | 62.8 | 41.6 | 37.7 | .7 | 46.5 | 18.9 | 12.2 | 33.7 | 6.3 |
| 15-18..... | 320 | 61.8 | 38.1 | 34.6 | .6 | 47.3 | 18.3 | 12.3 | 31.2 | 5.7 |
| 19-22..... | 261 | 55.6 | 34.8 | 31.8 | .5 | 39.4 | 13.3 | 10.3 | 25.8 | 4.9 |
| 23-34..... | 655 | 54.9 | 36.1 | 33.4 | 1.7 | 38.8 | 10.1 | 10.0 | 28.6 | 5.5 |
| 35-50..... | 664 | 62.2 | 35.0 | 31.7 | .6 | 49.7 | 17.0 | 12.2 | 35.8 | 4.7 |
| 51-64..... | 520 | 76.2 | 42.8 | 35.5 | 2.1 | 64.3 | 18.1 | 21.6 | 48.7 | 4.5 |
| 65-74..... | 239 | 72.6 | 37.5 | 32.4 | 5.1 | 61.1 | 15.1 | 23.1 | 47.2 | 6.6 |
| 75 AND OVER..... | 118 | 76.3 | 45.3 | 34.6 | 5.5 | 69.2 | 17.5 | 29.0 | 55.6 | 5.9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 265 | 75.2 | 45.4 | 43.6 | 4.5 | 57.9 | 26.7 | 15.9 | 36.5 | 9.7 |
| 12-14..... | 288 | 65.9 | 36.9 | 33.3 | 2.4 | 53.5 | 22.7 | 10.0 | 34.7 | 11.4 |
| 15-18..... | 382 | 61.5 | 39.1 | 36.2 | .7 | 44.0 | 16.4 | 11.4 | 28.3 | 4.6 |
| 19-22..... | 372 | 56.1 | 26.8 | 23.5 | 3.6 | 45.1 | 12.5 | 10.4 | 36.0 | 6.8 |
| 23-34..... | 975 | 63.5 | 35.8 | 32.6 | 3.2 | 47.4 | 14.2 | 9.0 | 38.1 | 7.3 |
| 35-50..... | 936 | 69.7 | 39.7 | 36.4 | 1.8 | 56.6 | 15.0 | 9.5 | 44.2 | 7.0 |
| 51-64..... | 751 | 79.8 | 49.2 | 45.9 | 3.2 | 65.9 | 17.4 | 18.0 | 54.8 | 8.4 |
| 65-74..... | 342 | 83.2 | 52.3 | 46.2 | 4.8 | 73.3 | 17.2 | 25.2 | 61.5 | 11.8 |
| 75 AND OVER..... | 194 | 84.1 | 45.5 | 38.1 | 6.6 | 73.2 | 23.9 | 29.9 | 53.8 | 13.1 |
| ALL INDIVIDUALS... | 4/9,037 | 68.2 | 40.1 | 36.4 | 2.6 | 54.3 | 17.6 | 14.6 | 40.1 | 7.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 5M-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 125 | 22 | 21 | (5) | 103 | 19 | 9 | 50 | 26 |
| 1-2..... | 4/256 | 147 | 61 | 53 | 2 | 85 | 25 | 14 | 20 | 27 |
| 3-5..... | 482 | 143 | 68 | 60 | 1 | 74 | 28 | 11 | 16 | 20 |
| 6-8..... | 487 | 158 | 70 | 61 | 1 | 87 | 31 | 9 | 27 | 19 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 144 | 61 | 55 | 1 | 83 | 34 | 10 | 28 | 11 |
| 12-14..... | 307 | 143 | 63 | 52 | 1 | 79 | 36 | 8 | 25 | 10 |
| 15-18..... | 329 | 141 | 68 | 61 | 1 | 73 | 28 | 6 | 25 | 14 |
| 19-22..... | 245 | 129 | 62 | 53 | (5) | 67 | 29 | 14 | 16 | 9 |
| 23-34..... | 626 | 121 | 57 | 51 | 1 | 64 | 24 | 8 | 20 | 13 |
| 35-50..... | 558 | 132 | 57 | 49 | 1 | 73 | 32 | 8 | 21 | 12 |
| 51-64..... | 503 | 163 | 70 | 56 | 1 | 92 | 33 | 14 | 32 | 13 |
| 65-74..... | 267 | 178 | 61 | 46 | 4 | 113 | 32 | 16 | 46 | 18 |
| 75 AND OVER..... | 110 | 170 | 60 | 54 | 5 | 104 | 37 | 13 | 40 | 15 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 157 | 71 | 59 | (5) | 86 | 32 | 9 | 32 | 13 |
| 12-14..... | 297 | 149 | 70 | 60 | (5) | 79 | 29 | 9 | 29 | 12 |
| 15-18..... | 363 | 114 | 55 | 47 | (5) | 59 | 24 | 6 | 18 | 11 |
| 19-22..... | 308 | 103 | 56 | 49 | (5) | 47 | 17 | 4 | 14 | 13 |
| 23-34..... | 1,066 | 123 | 65 | 57 | 1 | 57 | 20 | 6 | 17 | 14 |
| 35-50..... | 1,037 | 116 | 61 | 49 | (5) | 55 | 20 | 6 | 20 | 9 |
| 51-64..... | 774 | 172 | 75 | 63 | 1 | 95 | 31 | 11 | 37 | 16 |
| 65-74..... | 354 | 167 | 73 | 58 | 2 | 92 | 24 | 14 | 38 | 16 |
| 75 AND OVER..... | 198 | 173 | 59 | 50 | 4 | 110 | 38 | 15 | 40 | 17 |
| ALL INDIVIDUALS... | 4/9,196 | 140 | 64 | 54 | 1 | 75 | 27 | 9 | 25 | 14 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 5M-1.2.--FRUITS1/

PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 71.6 | 22.4 | 22.4 | 1.6 | 66.7 | 39.5 | 22.2 | 52.8 | 27.7 |
| 1-2..... | 4/256 | 80.3 | 51.1 | 46.9 | 8.2 | 69.7 | 40.2 | 28.1 | 30.7 | 22.1 |
| 3-5..... | 482 | 80.3 | 50.3 | 45.8 | 6.0 | 67.6 | 40.7 | 20.5 | 29.8 | 18.1 |
| 6-8..... | 487 | 86.2 | 54.8 | 48.2 | 6.0 | 75.0 | 43.0 | 18.9 | 43.9 | 14.3 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 83.9 | 48.4 | 43.0 | 3.0 | 72.4 | 42.8 | 18.4 | 45.3 | 9.7 |
| 12-14..... | 307 | 77.1 | 45.4 | 38.2 | 3.6 | 65.3 | 39.5 | 15.0 | 39.5 | 8.1 |
| 15-18..... | 329 | 70.3 | 44.2 | 38.6 | 4.3 | 55.4 | 29.0 | 11.8 | 31.9 | 9.5 |
| 19-22..... | 245 | 63.4 | 42.0 | 36.2 | .6 | 47.1 | 29.6 | 18.0 | 19.2 | 7.1 |
| 23-34..... | 626 | 64.7 | 39.4 | 36.0 | 3.3 | 46.7 | 25.2 | 14.9 | 23.1 | 8.4 |
| 35-50..... | 558 | 68.0 | 42.9 | 36.6 | 2.2 | 54.0 | 34.3 | 13.1 | 29.2 | 9.0 |
| 51-64..... | 503 | 73.4 | 46.6 | 40.0 | 3.4 | 63.1 | 34.6 | 24.5 | 31.8 | 8.2 |
| 65-74..... | 267 | 74.4 | 47.8 | 39.5 | 10.2 | 67.3 | 34.4 | 22.4 | 42.0 | 14.2 |
| 75 AND OVER..... | 110 | 84.1 | 45.8 | 40.9 | 7.0 | 67.7 | 36.8 | 29.1 | 37.7 | 14.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 84.7 | 51.6 | 44.2 | 1.8 | 73.3 | 44.8 | 18.0 | 47.6 | 11.3 |
| 12-14..... | 297 | 81.6 | 51.7 | 46.7 | 1.7 | 65.9 | 36.6 | 16.5 | 36.5 | 8.9 |
| 15-18..... | 363 | 69.4 | 41.7 | 35.5 | 2.4 | 53.4 | 31.6 | 11.7 | 27.7 | 8.7 |
| 19-22..... | 308 | 56.8 | 35.5 | 28.5 | 2.6 | 47.2 | 24.6 | 9.4 | 19.2 | 12.4 |
| 23-34..... | 1,066 | 66.2 | 43.4 | 37.2 | 3.3 | 51.2 | 28.6 | 10.6 | 25.1 | 10.7 |
| 35-50..... | 1,037 | 69.0 | 44.4 | 38.2 | 2.7 | 51.9 | 27.2 | 11.5 | 25.7 | 8.9 |
| 51-64..... | 774 | 81.5 | 54.8 | 47.0 | 4.3 | 67.4 | 35.9 | 21.8 | 42.6 | 11.8 |
| 65-74..... | 354 | 82.3 | 53.3 | 43.0 | 8.4 | 68.3 | 33.8 | 24.9 | 42.3 | 15.5 |
| 75 AND OVER..... | 198 | 81.2 | 47.7 | 44.0 | 10.7 | 74.4 | 41.0 | 27.3 | 38.8 | 16.3 |
| ALL INDIVIDUALS... | 4/9,196 | 73.6 | 46.3 | 40.2 | 4.1 | 59.9 | 33.6 | 16.9 | 32.5 | 11.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 5M-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 2 | 1 | 1 | 0 | 1 | (5) | (5) | (5) | (5) |
| 1-2..... | 4/256 | 7 | 1 | 1 | (5) | 6 | 2 | 1 | 1 | 2 |
| 3-5..... | 482 | 15 | 5 | 5 | (5) | 10 | 3 | 1 | 3 | 3 |
| 6-8..... | 487 | 36 | 12 | 10 | (5) | 23 | 7 | 1 | 15 | 1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 39 | 8 | 6 | (5) | 31 | 9 | 1 | 19 | 2 |
| 12-14..... | 307 | 27 | 8 | 7 | (5) | 20 | 6 | 1 | 12 | 1 |
| 15-18..... | 329 | 24 | 7 | 6 | 0 | 18 | 4 | 1 | 12 | 1 |
| 19-22..... | 245 | 13 | 6 | 6 | (5) | 6 | 3 | 1 | 3 | 0 |
| 23-34..... | 626 | 15 | 7 | 6 | (5) | 8 | 2 | 1 | 4 | 1 |
| 35-50..... | 558 | 7 | 2 | 2 | 0 | 4 | 1 | (5) | 2 | 1 |
| 51-64..... | 503 | 8 | 2 | 2 | 0 | 6 | 2 | 1 | 3 | 1 |
| 65-74..... | 267 | 7 | 2 | 2 | (5) | 4 | (5) | 0 | 2 | 2 |
| 75 AND OVER..... | 110 | 11 | 4 | 4 | (5) | 6 | 3 | (5) | 3 | 1 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 38 | 8 | 7 | (5) | 30 | 8 | 2 | 19 | 1 |
| 12-14..... | 297 | 30 | 6 | 5 | (5) | 23 | 6 | 1 | 12 | 4 |
| 15-18..... | 363 | 17 | 4 | 3 | 0 | 13 | 5 | 1 | 7 | 1 |
| 19-22..... | 308 | 6 | 2 | 1 | (5) | 4 | 1 | (5) | 2 | 1 |
| 23-34..... | 1,066 | 7 | 2 | 2 | (5) | 5 | 1 | (5) | 3 | 1 |
| 35-50..... | 1,037 | 7 | 3 | 2 | (5) | 4 | 1 | 0 | 2 | 1 |
| 51-64..... | 774 | 9 | 2 | 2 | 0 | 6 | 1 | 1 | 3 | 2 |
| 65-74..... | 354 | 8 | 1 | 1 | (5) | 6 | 1 | (5) | 5 | (5) |
| 75 AND OVER..... | 198 | 3 | 1 | 1 | (5) | 1 | (5) | (5) | 1 | 0 |
| ALL INDIVIDUALS... | 4/9,196 | 14 | 4 | 4 | (5) | 10 | 3 | (5) | 5 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 5M-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 3.3 | 0.9 | 0.9 | 0.0 | 3.3 | 0.9 | 0.8 | 0.8 | 0.8 |
| 1-2..... | 4/256 | 12.0 | 2.4 | 1.8 | .8 | 10.4 | 3.7 | 2.3 | 2.9 | 2.9 |
| 3-5..... | 482 | 20.6 | 7.1 | 6.2 | .9 | 15.8 | 6.4 | 1.4 | 6.0 | 4.8 |
| 6-8..... | 487 | 44.7 | 16.3 | 11.5 | 1.3 | 38.2 | 13.8 | 2.7 | 29.4 | 1.5 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 49.8 | 11.9 | 8.5 | .8 | 44.7 | 16.7 | 1.5 | 35.8 | 3.2 |
| 12-14..... | 307 | 36.6 | 8.3 | 6.0 | .5 | 31.8 | 12.2 | 2.2 | 23.8 | .9 |
| 15-18..... | 329 | 25.9 | 5.9 | 4.3 | .0 | 22.4 | 5.9 | 1.3 | 17.1 | 1.2 |
| 19-22..... | 245 | 15.8 | 6.7 | 6.3 | .6 | 9.6 | 4.2 | 1.5 | 5.8 | .0 |
| 23-34..... | 626 | 16.9 | 7.8 | 7.1 | .9 | 11.3 | 3.0 | 1.9 | 6.4 | 1.9 |
| 35-50..... | 558 | 9.4 | 4.2 | 3.0 | .0 | 6.5 | 2.5 | .6 | 3.4 | .9 |
| 51-64..... | 503 | 11.2 | 3.3 | 3.0 | .0 | 8.9 | 2.5 | 1.4 | 5.2 | .9 |
| 65-74..... | 267 | 8.9 | 3.4 | 2.4 | 1.0 | 7.5 | 1.0 | .0 | 7.0 | 1.4 |
| 75 AND OVER..... | 110 | 7.5 | 2.2 | 2.2 | 1.3 | 7.5 | 4.1 | .6 | 4.3 | 1.6 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 49.4 | 12.4 | 8.2 | .5 | 44.5 | 15.6 | 3.6 | 34.7 | 1.1 |
| 12-14..... | 297 | 36.1 | 10.4 | 6.4 | .2 | 30.0 | 12.4 | 3.3 | 19.9 | 2.5 |
| 15-18..... | 363 | 22.7 | 5.3 | 3.4 | .0 | 19.0 | 9.2 | 2.3 | 12.2 | 1.3 |
| 19-22..... | 308 | 10.7 | 4.8 | 1.5 | .6 | 7.3 | 3.5 | 1.1 | 3.7 | .7 |
| 23-34..... | 1,066 | 11.1 | 3.4 | 2.5 | .3 | 8.4 | 2.1 | .2 | 5.4 | 1.2 |
| 35-50..... | 1,037 | 10.3 | 4.3 | 2.8 | .1 | 6.5 | 2.2 | .0 | 4.4 | .7 |
| 51-64..... | 774 | 13.9 | 4.6 | 2.6 | .0 | 11.5 | 1.9 | .9 | 7.9 | 1.7 |
| 65-74..... | 354 | 14.3 | 2.3 | 1.3 | 1.2 | 12.7 | 3.6 | .2 | 9.8 | 1.1 |
| 75 AND OVER..... | 198 | 8.6 | 2.7 | 1.5 | 1.0 | 6.6 | 1.1 | 1.0 | 5.3 | .0 |
| ALL INDIVIDUALS... | 4/9,196 | 18.7 | 5.9 | 4.2 | .5 | 15.1 | 5.1 | 1.2 | 10.2 | 1.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 5M-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 123 | 21 | 21 | (5) | 102 | 18 | 9 | 49 | 25 |
| 1-2..... | 4/256 | 140 | 59 | 52 | 1 | 79 | 23 | 13 | 19 | 24 |
| 3-5..... | 482 | 128 | 63 | 55 | 1 | 64 | 24 | 10 | 13 | 16 |
| 6-8..... | 487 | 122 | 58 | 51 | 1 | 64 | 25 | 8 | 13 | 18 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 106 | 53 | 48 | 1 | 52 | 25 | 9 | 9 | 8 |
| 12-14..... | 307 | 115 | 55 | 46 | 1 | 59 | 30 | 7 | 13 | 9 |
| 15-18..... | 329 | 116 | 61 | 55 | 1 | 55 | 24 | 6 | 13 | 12 |
| 19-22..... | 245 | 116 | 56 | 47 | 0 | 60 | 26 | 13 | 13 | 9 |
| 23-34..... | 626 | 107 | 50 | 45 | 1 | 56 | 22 | 7 | 16 | 12 |
| 35-50..... | 558 | 125 | 55 | 47 | 1 | 69 | 31 | 7 | 19 | 12 |
| 51-64..... | 503 | 155 | 68 | 54 | 1 | 86 | 31 | 14 | 29 | 12 |
| 65-74..... | 267 | 171 | 58 | 44 | 4 | 109 | 32 | 16 | 44 | 17 |
| 75 AND OVER..... | 110 | 159 | 57 | 50 | 5 | 98 | 34 | 13 | 37 | 14 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 119 | 63 | 52 | (5) | 56 | 24 | 7 | 13 | 12 |
| 12-14..... | 297 | 119 | 63 | 56 | (5) | 55 | 23 | 8 | 17 | 8 |
| 15-18..... | 363 | 97 | 50 | 44 | (5) | 46 | 19 | 5 | 11 | 11 |
| 19-22..... | 308 | 97 | 54 | 48 | (5) | 43 | 15 | 4 | 12 | 12 |
| 23-34..... | 1,066 | 116 | 63 | 55 | 1 | 52 | 20 | 5 | 14 | 13 |
| 35-50..... | 1,037 | 109 | 58 | 47 | (5) | 51 | 19 | 6 | 18 | 9 |
| 51-64..... | 774 | 163 | 73 | 61 | 1 | 89 | 30 | 10 | 34 | 14 |
| 65-74..... | 354 | 160 | 72 | 57 | 2 | 86 | 23 | 14 | 33 | 16 |
| 75 AND OVER..... | 198 | 170 | 57 | 49 | 4 | 108 | 38 | 15 | 39 | 17 |
| ALL INDIVIDUALS... | 4/9,196 | 126 | 60 | 51 | 1 | 66 | 24 | 9 | 20 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 5M-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/105 | 71.6 | 22.4 | 22.4 | 1.6 | 66.7 | 39.5 | 22.2 | 52.8 | 26.8 |
| 1-2..... | 4/256 | 77.3 | 49.7 | 45.5 | 7.5 | 66.4 | 37.3 | 26.5 | 28.6 | 20.6 |
| 3-5..... | 482 | 74.6 | 46.9 | 42.8 | 5.1 | 61.8 | 37.1 | 19.2 | 24.7 | 15.5 |
| 6-8..... | 487 | 72.2 | 46.3 | 41.3 | 4.7 | 56.4 | 32.0 | 16.6 | 20.0 | 13.0 |
| MALES: | | | | | | | | | | |
| 9-11..... | 278 | 67.0 | 40.7 | 37.1 | 2.7 | 49.5 | 29.7 | 16.9 | 15.0 | 7.7 |
| 12-14..... | 307 | 64.0 | 40.8 | 34.3 | 3.1 | 49.4 | 31.3 | 13.3 | 19.7 | 7.6 |
| 15-18..... | 329 | 61.0 | 41.4 | 36.6 | 4.3 | 43.5 | 24.8 | 11.0 | 18.1 | 8.3 |
| 19-22..... | 245 | 57.4 | 36.6 | 31.2 | .0 | 44.7 | 26.3 | 17.4 | 13.9 | 7.1 |
| 23-34..... | 626 | 59.9 | 35.4 | 32.0 | 2.5 | 42.3 | 24.1 | 13.0 | 18.0 | 6.8 |
| 35-50..... | 558 | 65.3 | 40.5 | 34.9 | 2.2 | 50.8 | 33.1 | 12.8 | 25.9 | 8.3 |
| 51-64..... | 503 | 72.1 | 45.7 | 39.4 | 3.4 | 60.8 | 33.0 | 23.1 | 28.1 | 7.9 |
| 65-74..... | 267 | 73.3 | 45.9 | 37.7 | 10.2 | 65.1 | 33.9 | 22.4 | 38.9 | 13.7 |
| 75 AND OVER..... | 110 | 80.6 | 45.2 | 40.3 | 5.6 | 64.2 | 34.3 | 28.5 | 35.0 | 14.0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 245 | 69.4 | 45.3 | 40.2 | 1.4 | 53.5 | 31.5 | 14.7 | 21.0 | 10.6 |
| 12-14..... | 297 | 68.7 | 45.2 | 41.8 | 1.5 | 48.5 | 25.9 | 13.2 | 21.4 | 6.8 |
| 15-18..... | 363 | 60.2 | 38.1 | 32.9 | 2.4 | 43.0 | 25.5 | 9.3 | 17.9 | 7.6 |
| 19-22..... | 308 | 53.6 | 32.6 | 28.1 | 2.6 | 42.4 | 21.7 | 8.3 | 16.2 | 11.7 |
| 23-34..... | 1,066 | 62.6 | 42.0 | 35.9 | 3.2 | 47.1 | 27.3 | 10.4 | 20.9 | 9.6 |
| 35-50..... | 1,037 | 66.2 | 42.6 | 37.0 | 2.7 | 48.5 | 25.9 | 11.5 | 22.2 | 8.4 |
| 51-64..... | 774 | 78.9 | 53.0 | 45.4 | 4.3 | 64.4 | 34.8 | 20.9 | 38.4 | 10.2 |
| 65-74..... | 354 | 80.0 | 52.8 | 42.5 | 7.1 | 64.8 | 32.0 | 24.7 | 36.6 | 14.6 |
| 75 AND OVER..... | 198 | 80.8 | 47.4 | 43.7 | 9.7 | 72.1 | 40.6 | 26.3 | 36.1 | 16.3 |
| ALL INDIVIDUALS... | 4/9,196 | 68.1 | 43.3 | 37.8 | 3.7 | 53.2 | 30.0 | 15.8 | 24.6 | 10.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 5N-1.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 169 | 23 | 23 | 0 | 147 | 16 | 13 | 78 | 39 |
| 1-2..... | 4/282 | 165 | 61 | 55 | 2 | 102 | 25 | 15 | 23 | 40 |
| 3-5..... | 408 | 136 | 63 | 49 | 1 | 72 | 22 | 9 | 15 | 27 |
| 6-8..... | 471 | 159 | 76 | 59 | (5) | 83 | 32 | 9 | 26 | 16 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 146 | 80 | 64 | (5) | 65 | 27 | 8 | 21 | 9 |
| 12-14..... | 273 | 142 | 76 | 59 | (5) | 66 | 29 | 8 | 23 | 6 |
| 15-18..... | 380 | 127 | 73 | 60 | (5) | 53 | 20 | 6 | 21 | 7 |
| 19-22..... | 267 | 101 | 66 | 50 | (5) | 35 | 10 | 5 | 11 | 8 |
| 23-34..... | 727 | 113 | 62 | 46 | (5) | 50 | 18 | 7 | 17 | 9 |
| 35-50..... | 635 | 142 | 77 | 56 | (5) | 65 | 23 | 12 | 18 | 12 |
| 51-64..... | 559 | 168 | 86 | 54 | 2 | 80 | 27 | 13 | 32 | 7 |
| 65-74..... | 274 | 173 | 82 | 60 | 2 | 90 | 16 | 14 | 43 | 17 |
| 75 AND OVER..... | 123 | 174 | 65 | 35 | 3 | 105 | 24 | 17 | 38 | 26 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 157 | 72 | 57 | (5) | 85 | 29 | 7 | 33 | 16 |
| 12-14..... | 268 | 127 | 70 | 54 | (5) | 57 | 20 | 8 | 22 | 7 |
| 15-18..... | 354 | 119 | 72 | 54 | (5) | 47 | 17 | 6 | 14 | 9 |
| 19-22..... | 337 | 126 | 73 | 55 | 1 | 51 | 15 | 6 | 17 | 14 |
| 23-34..... | 974 | 122 | 74 | 54 | 1 | 47 | 17 | 6 | 13 | 11 |
| 35-50..... | 948 | 118 | 66 | 45 | 1 | 51 | 17 | 7 | 16 | 11 |
| 51-64..... | 696 | 164 | 90 | 56 | 1 | 73 | 24 | 12 | 25 | 12 |
| 65-74..... | 334 | 183 | 108 | 68 | 2 | 74 | 20 | 14 | 29 | 12 |
| 75 AND OVER..... | 187 | 167 | 82 | 48 | 5 | 80 | 20 | 14 | 37 | 10 |
| ALL INDIVIDUALS... | 4/9,129 | 140 | 74 | 53 | 1 | 65 | 21 | 9 | 22 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 5N-1.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 76.4 | 25.8 | 23.9 | 0.0 | 73.2 | 31.4 | 30.4 | 59.5 | 36.5 |
| 1-2..... | 4/282 | 80.5 | 50.6 | 44.4 | 10.2 | 67.0 | 38.0 | 24.8 | 32.4 | 26.8 |
| 3-5..... | 408 | 74.7 | 50.6 | 40.7 | 5.2 | 59.5 | 34.9 | 15.8 | 24.1 | 18.7 |
| 6-8..... | 471 | 84.1 | 57.3 | 46.1 | 3.4 | 70.5 | 43.5 | 16.8 | 41.9 | 13.4 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 83.0 | 57.0 | 47.8 | 1.4 | 68.9 | 42.3 | 14.5 | 36.3 | 10.3 |
| 12-14..... | 273 | 77.0 | 48.8 | 36.1 | 1.7 | 61.2 | 37.3 | 14.4 | 36.5 | 4.9 |
| 15-18..... | 380 | 72.2 | 49.3 | 40.3 | 1.6 | 53.3 | 29.0 | 12.9 | 32.0 | 5.4 |
| 19-22..... | 267 | 59.1 | 44.7 | 33.3 | 1.3 | 32.7 | 12.0 | 9.0 | 14.7 | 7.3 |
| 23-34..... | 727 | 62.0 | 44.4 | 34.4 | 1.9 | 42.2 | 23.5 | 11.4 | 20.9 | 5.1 |
| 35-50..... | 635 | 66.8 | 45.6 | 35.2 | 3.6 | 50.6 | 30.6 | 17.7 | 24.0 | 7.9 |
| 51-64..... | 559 | 77.6 | 55.1 | 40.4 | 6.1 | 60.5 | 32.2 | 22.6 | 35.0 | 6.4 |
| 65-74..... | 274 | 77.4 | 55.7 | 41.6 | 4.6 | 63.6 | 23.4 | 26.2 | 41.6 | 11.1 |
| 75 AND OVER..... | 123 | 74.1 | 50.1 | 32.6 | 10.5 | 58.7 | 21.9 | 31.5 | 38.4 | 12.9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 82.8 | 54.9 | 43.8 | .8 | 72.0 | 38.1 | 16.2 | 43.7 | 12.4 |
| 12-14..... | 268 | 79.8 | 55.8 | 42.1 | .4 | 61.4 | 32.9 | 16.2 | 32.9 | 8.2 |
| 15-18..... | 354 | 70.0 | 50.6 | 39.9 | 1.4 | 45.3 | 26.7 | 13.8 | 21.1 | 6.1 |
| 19-22..... | 337 | 60.8 | 43.3 | 35.3 | 5.0 | 46.4 | 23.6 | 10.3 | 21.3 | 9.6 |
| 23-34..... | 974 | 68.0 | 48.4 | 37.4 | 3.2 | 48.1 | 26.6 | 13.2 | 21.4 | 9.2 |
| 35-50..... | 948 | 69.9 | 49.9 | 36.1 | 2.9 | 49.2 | 24.5 | 14.9 | 24.4 | 8.4 |
| 51-64..... | 696 | 77.5 | 60.1 | 43.9 | 5.3 | 59.1 | 28.7 | 21.2 | 35.6 | 9.1 |
| 65-74..... | 334 | 81.7 | 65.0 | 47.2 | 5.0 | 60.2 | 26.3 | 24.1 | 33.4 | 9.5 |
| 75 AND OVER..... | 187 | 82.7 | 58.8 | 38.9 | 15.1 | 69.2 | 26.4 | 23.0 | 47.8 | 12.2 |
| ALL INDIVIDUALS... | 4/9,129 | 72.9 | 51.2 | 39.2 | 3.8 | 55.2 | 29.2 | 16.9 | 29.7 | 9.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 5N-2.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 1 | 0 | 0 | 0 | 1 | (5) | (5) | (5) | (5) |
| 1-2..... | 4/282 | 7 | 2 | 2 | (5) | 5 | 1 | 1 | 1 | 1 |
| 3-5..... | 408 | 12 | 4 | 3 | (5) | 9 | 2 | 1 | 3 | 2 |
| 6-8..... | 471 | 31 | 10 | 7 | (5) | 21 | 7 | 1 | 11 | 2 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 34 | 13 | 9 | (5) | 21 | 6 | 1 | 12 | 2 |
| 12-14..... | 273 | 27 | 7 | 5 | (5) | 20 | 6 | 1 | 13 | 1 |
| 15-18..... | 380 | 21 | 6 | 4 | 0 | 15 | 4 | (5) | 9 | 1 |
| 19-22..... | 267 | 13 | 9 | 6 | (5) | 3 | 1 | 0 | 2 | 1 |
| 23-34..... | 727 | 9 | 4 | 4 | 0 | 5 | 1 | (5) | 4 | 0 |
| 35-50..... | 635 | 8 | 5 | 4 | (5) | 3 | 1 | (5) | 2 | (5) |
| 51-64..... | 559 | 5 | 2 | 2 | 0 | 3 | 1 | 0 | 2 | 0 |
| 65-74..... | 274 | 3 | 1 | (5) | 0 | 2 | (5) | (5) | 2 | (5) |
| 75 AND OVER..... | 123 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 30 | 8 | 7 | (5) | 23 | 5 | 1 | 16 | 1 |
| 12-14..... | 268 | 30 | 12 | 11 | 0 | 18 | 5 | 2 | 10 | 1 |
| 15-18..... | 354 | 19 | 8 | 6 | (5) | 11 | 3 | (5) | 7 | (5) |
| 19-22..... | 337 | 13 | 7 | 6 | (5) | 6 | 1 | (5) | 4 | 1 |
| 23-34..... | 974 | 8 | 4 | 4 | 0 | 4 | 1 | (5) | 2 | 1 |
| 35-50..... | 948 | 5 | 2 | 2 | (5) | 3 | (5) | (5) | 2 | (5) |
| 51-64..... | 696 | 6 | 3 | 2 | (5) | 3 | 1 | (5) | 2 | 1 |
| 65-74..... | 334 | 5 | 2 | 1 | 0 | 3 | (5) | 0 | 2 | (5) |
| 75 AND OVER..... | 187 | 1 | (5) | 0 | (5) | 1 | (5) | 0 | 1 | 0 |
| ALL INDIVIDUALS... | 4/9,129 | 12 | 5 | 4 | (5) | 7 | 2 | (5) | 4 | 1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 5N-2.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 2.5 | 0.0 | 0.0 | 0.0 | 2.5 | 0.6 | 0.7 | 1.1 | 0.7 |
| 1-2..... | 4/282 | 10.4 | 4.6 | 3.8 | .3 | 7.4 | 3.3 | 2.1 | 2.1 | 1.6 |
| 3-5..... | 408 | 15.0 | 4.8 | 3.8 | 1.3 | 12.5 | 5.1 | 2.3 | 6.4 | 3.6 |
| 6-8..... | 471 | 42.1 | 13.7 | 8.5 | 2.1 | 35.2 | 14.1 | 2.8 | 24.4 | 2.1 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 43.6 | 15.7 | 9.7 | .8 | 35.2 | 14.1 | 2.7 | 23.7 | 2.4 |
| 12-14..... | 273 | 39.5 | 7.1 | 3.3 | .3 | 36.0 | 12.1 | 1.8 | 26.0 | .6 |
| 15-18..... | 380 | 27.4 | 7.2 | 4.4 | .0 | 24.5 | 9.4 | .9 | 16.2 | .6 |
| 19-22..... | 267 | 12.9 | 9.1 | 5.1 | .6 | 4.8 | 2.2 | .0 | 3.5 | .5 |
| 23-34..... | 727 | 12.3 | 5.1 | 4.3 | .0 | 7.9 | 1.6 | .7 | 6.2 | .0 |
| 35-50..... | 635 | 9.6 | 5.1 | 4.9 | .7 | 5.3 | 1.9 | .3 | 3.6 | .4 |
| 51-64..... | 559 | 6.8 | 2.9 | 2.0 | .0 | 4.5 | 1.9 | .0 | 2.9 | .0 |
| 65-74..... | 274 | 4.7 | .8 | .8 | .0 | 3.9 | .3 | .3 | 3.9 | .3 |
| 75 AND OVER..... | 123 | 2.7 | .0 | .0 | .0 | 2.7 | .9 | .0 | 1.7 | .0 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 42.1 | 11.3 | 6.9 | .2 | 37.7 | 11.4 | 2.1 | 28.6 | 1.4 |
| 12-14..... | 268 | 36.7 | 11.5 | 8.3 | .0 | 30.8 | 11.0 | 3.2 | 20.5 | 1.3 |
| 15-18..... | 354 | 22.9 | 10.2 | 7.6 | .6 | 14.7 | 5.8 | 1.2 | 10.7 | .4 |
| 19-22..... | 337 | 16.0 | 6.3 | 4.7 | 1.3 | 10.8 | 2.2 | .8 | 6.6 | 1.4 |
| 23-34..... | 974 | 11.4 | 5.6 | 4.5 | .0 | 7.0 | 2.5 | 1.0 | 3.1 | 1.3 |
| 35-50..... | 948 | 8.6 | 3.9 | 2.0 | .2 | 6.4 | 1.8 | .9 | 4.7 | .4 |
| 51-64..... | 696 | 8.5 | 4.2 | 2.9 | .3 | 5.3 | 2.4 | .9 | 3.8 | .4 |
| 65-74..... | 334 | 6.9 | 3.6 | 2.1 | .0 | 5.0 | .4 | .0 | 4.5 | .7 |
| 75 AND OVER..... | 187 | 3.3 | .8 | .0 | .4 | 2.4 | .4 | .0 | 2.1 | .0 |
| ALL INDIVIDUALS... | 4/9,129 | 16.2 | 6.0 | 4.1 | .4 | 12.3 | 4.3 | 1.1 | 8.3 | .9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 5N-3.1.--FRUITS1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES | | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | TOTAL | JUICES | | TOTAL | APPLES | BANANAS | OTHER FRUITS, MIXTURES MAINLY FRUIT | NONCITRUS JUICES, NECTARS |
| | NUMBER | GRAMS | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 168 | 23 | 23 | 0 | 145 | 16 | 13 | 78 | 38 |
| 1-2..... | 4/282 | 158 | 59 | 54 | 2 | 98 | 23 | 14 | 22 | 39 |
| 3-5..... | 408 | 124 | 60 | 46 | (5) | 64 | 20 | 8 | 11 | 25 |
| 6-8..... | 471 | 129 | 66 | 52 | (5) | 62 | 26 | 8 | 15 | 14 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 112 | 68 | 55 | (5) | 44 | 21 | 7 | 9 | 8 |
| 12-14..... | 273 | 115 | 69 | 54 | (5) | 45 | 23 | 7 | 10 | 5 |
| 15-18..... | 380 | 107 | 67 | 55 | (5) | 39 | 15 | 6 | 12 | 6 |
| 19-22..... | 267 | 88 | 57 | 44 | (5) | 31 | 10 | 5 | 9 | 7 |
| 23-34..... | 727 | 104 | 58 | 43 | (5) | 45 | 17 | 7 | 13 | 9 |
| 35-50..... | 635 | 134 | 71 | 52 | (5) | 63 | 22 | 12 | 17 | 12 |
| 51-64..... | 559 | 163 | 83 | 52 | 2 | 77 | 26 | 13 | 31 | 7 |
| 65-74..... | 274 | 170 | 81 | 60 | 2 | 88 | 16 | 14 | 41 | 17 |
| 75 AND OVER..... | 123 | 173 | 65 | 35 | 3 | 104 | 23 | 17 | 38 | 26 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 126 | 64 | 51 | (5) | 63 | 24 | 6 | 17 | 15 |
| 12-14..... | 268 | 97 | 58 | 43 | (5) | 39 | 15 | 7 | 12 | 6 |
| 15-18..... | 354 | 100 | 64 | 48 | (5) | 36 | 15 | 6 | 7 | 9 |
| 19-22..... | 337 | 113 | 67 | 49 | 1 | 46 | 14 | 6 | 14 | 13 |
| 23-34..... | 974 | 114 | 70 | 50 | 1 | 43 | 16 | 6 | 11 | 10 |
| 35-50..... | 948 | 112 | 64 | 43 | 1 | 48 | 16 | 7 | 14 | 10 |
| 51-64..... | 696 | 158 | 88 | 53 | 1 | 69 | 23 | 11 | 23 | 12 |
| 65-74..... | 334 | 178 | 106 | 67 | 2 | 71 | 19 | 14 | 26 | 12 |
| 75 AND OVER..... | 187 | 166 | 81 | 48 | 5 | 79 | 20 | 14 | 36 | 10 |
| ALL INDIVIDUALS... | 4/9,129 | 128 | 69 | 50 | 1 | 58 | 19 | 9 | 18 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 5N-3.2.--FRUITS1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | TOTAL | CITRUS FRUITS, JUICES: TOTAL | CITRUS FRUITS, JUICES: JUICES | DRIED FRUITS | OTHER FRUITS, MIXTURES, JUICES: TOTAL | OTHER FRUITS, MIXTURES, JUICES: APPLES | OTHER FRUITS, MIXTURES, JUICES: BANANAS | OTHER FRUITS, MIXTURES, JUICES: OTHER FRUITS, MIXTURES MAINLY FRUIT | OTHER FRUITS, MIXTURES, JUICES: NONCITRUS JUICES, NECTARS |
|---|---|---|---|---|---|---|---|---|---|---|
| | NUMBER | PERCENT | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | |
| UNDER 1..... | 4/122 | 75.8 | 25.8 | 23.9 | 0.0 | 72.6 | 30.8 | 30.4 | 59.5 | 35.8 |
| 1-2..... | 4/282 | 77.6 | 48.0 | 41.9 | 9.8 | 64.7 | 36.1 | 23.0 | 30.6 | 26.2 |
| 3-5..... | 408 | 69.6 | 48.1 | 38.5 | 3.9 | 52.1 | 31.0 | 13.8 | 18.9 | 16.0 |
| 6-8..... | 471 | 71.2 | 49.8 | 40.0 | 1.5 | 53.4 | 33.1 | 14.6 | 23.2 | 11.7 |
| MALES: | | | | | | | | | | |
| 9-11..... | 232 | 68.6 | 51.3 | 42.0 | .6 | 47.1 | 31.0 | 12.2 | 15.6 | 7.9 |
| 12-14..... | 273 | 63.7 | 44.7 | 34.4 | 1.4 | 43.1 | 28.6 | 12.6 | 15.5 | 4.3 |
| 15-18..... | 380 | 62.7 | 45.9 | 38.2 | 1.6 | 37.8 | 21.2 | 12.0 | 18.6 | 4.8 |
| 19-22..... | 267 | 51.6 | 37.9 | 28.8 | .8 | 29.4 | 10.8 | 9.0 | 11.2 | 6.8 |
| 23-34..... | 727 | 58.1 | 40.6 | 31.2 | 1.9 | 39.1 | 21.9 | 10.6 | 16.5 | 5.1 |
| 35-50..... | 635 | 64.3 | 43.6 | 32.6 | 3.1 | 47.6 | 28.8 | 17.4 | 21.4 | 7.5 |
| 51-64..... | 559 | 74.9 | 54.1 | 39.2 | 6.1 | 58.3 | 30.4 | 22.6 | 32.7 | 6.4 |
| 65-74..... | 274 | 76.9 | 54.9 | 40.8 | 4.6 | 63.0 | 23.1 | 25.9 | 40.2 | 10.8 |
| 75 AND OVER..... | 123 | 74.1 | 50.1 | 32.6 | 10.5 | 58.7 | 21.9 | 31.5 | 36.7 | 12.9 |
| FEMALES: | | | | | | | | | | |
| 9-11..... | 278 | 64.8 | 46.1 | 38.1 | .5 | 49.5 | 31.2 | 14.6 | 20.6 | 11.0 |
| 12-14..... | 268 | 64.8 | 48.5 | 36.5 | .4 | 42.5 | 24.4 | 13.1 | 15.9 | 6.9 |
| 15-18..... | 354 | 64.3 | 47.7 | 36.6 | 1.0 | 38.9 | 21.6 | 12.6 | 11.8 | 5.9 |
| 19-22..... | 337 | 56.9 | 42.1 | 32.5 | 4.5 | 40.4 | 21.4 | 9.4 | 17.8 | 8.2 |
| 23-34..... | 974 | 65.2 | 46.4 | 35.6 | 3.2 | 44.8 | 25.0 | 12.2 | 18.6 | 8.0 |
| 35-50..... | 948 | 68.2 | 47.9 | 35.0 | 2.7 | 46.2 | 23.2 | 14.2 | 21.3 | 8.2 |
| 51-64..... | 696 | 76.0 | 58.5 | 42.1 | 5.1 | 58.2 | 27.4 | 20.8 | 33.2 | 8.7 |
| 65-74..... | 334 | 80.6 | 63.9 | 46.1 | 5.0 | 58.6 | 25.9 | 24.1 | 31.4 | 9.2 |
| 75 AND OVER..... | 187 | 81.9 | 58.4 | 38.9 | 14.6 | 68.4 | 26.1 | 23.0 | 46.6 | 12.2 |
| ALL INDIVIDUALS... | 4/9,129 | 67.9 | 48.2 | 36.7 | 3.5 | 49.0 | 26.0 | 16.0 | 23.3 | 9.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 6A-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 6 | (5) | (5) | 22 | 22 | 0 | 6 | 10 | 6 | 0 | 0 |
| 1-2..... | 4/1,035 | 17 | 2 | 3 | 153 | 153 | 1 | 27 | 93 | 31 | (5) | (5) |
| 3-5..... | 1,719 | 24 | 3 | 3 | 216 | 216 | 1 | 39 | 141 | 34 | (5) | (5) |
| 6-8..... | 1,841 | 29 | 3 | 4 | 232 | 232 | 2 | 47 | 146 | 37 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 31 | 3 | 6 | 277 | 277 | 4 | 55 | 179 | 38 | (5) | 0 |
| 12-14..... | 1,150 | 36 | 4 | 6 | 336 | 336 | 9 | 83 | 203 | 41 | (5) | 0 |
| 15-18..... | 1,394 | 31 | 4 | 5 | 484 | 466 | 40 | 100 | 283 | 43 | 18 | 16 |
| 19-22..... | 1,030 | 19 | 5 | 4 | 692 | 577 | 113 | 116 | 312 | 37 | 114 | 109 |
| 23-34..... | 2,716 | 23 | 6 | 3 | 933 | 760 | 311 | 151 | 271 | 27 | 173 | 154 |
| 35-50..... | 2,571 | 24 | 7 | 2 | 1,012 | 859 | 523 | 157 | 162 | 18 | 153 | 130 |
| 51-64..... | 2,161 | 27 | 7 | 2 | 902 | 805 | 559 | 142 | 94 | 11 | 96 | 78 |
| 65-74..... | 1,049 | 29 | 7 | 2 | 714 | 658 | 459 | 134 | 54 | 11 | 56 | 45 |
| 75 AND OVER..... | 465 | 29 | 7 | 1 | 623 | 589 | 426 | 100 | 42 | 20 | 34 | 25 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 29 | 3 | 5 | 253 | 253 | 3 | 58 | 156 | 36 | (5) | 0 |
| 12-14..... | 1,148 | 27 | 3 | 6 | 318 | 318 | 8 | 75 | 200 | 35 | (5) | (5) |
| 15-18..... | 1,473 | 23 | 3 | 5 | 434 | 430 | 47 | 92 | 259 | 33 | 5 | 3 |
| 19-22..... | 1,317 | 15 | 4 | 3 | 570 | 536 | 126 | 120 | 265 | 25 | 35 | 24 |
| 23-34..... | 3,879 | 16 | 5 | 2 | 733 | 693 | 284 | 171 | 217 | 21 | 40 | 24 |
| 35-50..... | 3,759 | 18 | 5 | 2 | 832 | 803 | 463 | 172 | 152 | 16 | 29 | 15 |
| 51-64..... | 2,936 | 19 | 4 | 2 | 766 | 739 | 484 | 158 | 84 | 13 | 27 | 16 |
| 65-74..... | 1,376 | 22 | 4 | 1 | 609 | 599 | 382 | 155 | 49 | 12 | 10 | 5 |
| 75 AND OVER..... | 751 | 22 | 4 | 1 | 540 | 531 | 350 | 140 | 30 | 11 | 9 | 5 |
| ALL INDIVIDUALS... | 4/36,142 | 23 | 5 | 3 | 625 | 578 | 265 | 123 | 167 | 24 | 47 | 38 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6A-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 20.7 | 10.0 | 0.6 | 16.2 | 16.2 | 0.0 | 5.2 | 9.6 | 4.3 | 0.0 | 0.0 |
| 1-2..... | 4/1,035 | 71.8 | 39.5 | 18.1 | 70.8 | 70.8 | 1.3 | 20.2 | 55.3 | 23.0 | .3 | .3 |
| 3-5..... | 1,719 | 79.9 | 44.7 | 21.3 | 81.8 | 81.7 | 1.5 | 22.5 | 68.4 | 23.0 | .4 | .1 |
| 6-8..... | 1,841 | 81.4 | 46.0 | 20.1 | 80.3 | 80.2 | 2.3 | 24.8 | 64.7 | 24.0 | .5 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 81.0 | 46.3 | 22.9 | 79.9 | 79.9 | 3.9 | 24.7 | 65.6 | 22.7 | .6 | .0 |
| 12-14..... | 1,150 | 79.6 | 47.0 | 21.5 | 81.6 | 81.6 | 5.9 | 29.7 | 66.8 | 20.7 | .3 | .0 |
| 15-18..... | 1,394 | 74.0 | 45.4 | 17.0 | 88.0 | 87.7 | 16.7 | 30.2 | 73.8 | 18.9 | 4.7 | 4.0 |
| 19-22..... | 1,030 | 65.2 | 43.1 | 11.7 | 93.6 | 91.4 | 33.7 | 33.3 | 74.2 | 16.2 | 23.2 | 20.3 |
| 23-34..... | 2,716 | 69.3 | 50.1 | 11.4 | 97.7 | 95.9 | 62.2 | 41.0 | 71.2 | 12.0 | 36.1 | 28.4 |
| 35-50..... | 2,571 | 72.9 | 54.4 | 8.1 | 97.7 | 97.3 | 83.0 | 41.5 | 52.9 | 10.3 | 34.1 | 25.1 |
| 51-64..... | 2,161 | 75.9 | 55.3 | 8.6 | 97.4 | 97.0 | 87.2 | 41.8 | 37.2 | 6.7 | 27.0 | 17.0 |
| 65-74..... | 1,049 | 80.1 | 56.6 | 8.8 | 95.6 | 95.2 | 86.5 | 40.0 | 22.5 | 6.9 | 18.7 | 10.7 |
| 75 AND OVER..... | 465 | 77.6 | 62.1 | 6.9 | 95.2 | 94.6 | 86.5 | 35.1 | 19.6 | 9.4 | 12.0 | 7.1 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 78.2 | 47.6 | 22.6 | 79.5 | 79.5 | 3.2 | 27.7 | 64.0 | 21.4 | .2 | .0 |
| 12-14..... | 1,148 | 73.9 | 40.7 | 24.5 | 83.8 | 83.7 | 5.4 | 30.7 | 70.0 | 21.5 | .8 | .1 |
| 15-18..... | 1,473 | 70.7 | 41.7 | 20.5 | 89.5 | 89.1 | 17.6 | 33.7 | 77.5 | 19.1 | 3.4 | 1.4 |
| 19-22..... | 1,317 | 67.3 | 47.8 | 12.6 | 93.4 | 92.5 | 38.6 | 39.8 | 72.4 | 15.9 | 16.2 | 7.3 |
| 23-34..... | 3,879 | 70.7 | 49.9 | 11.4 | 96.9 | 96.5 | 59.1 | 50.0 | 69.0 | 13.6 | 19.7 | 7.8 |
| 35-50..... | 3,759 | 70.1 | 50.9 | 10.4 | 97.6 | 97.3 | 81.0 | 48.8 | 57.2 | 10.5 | 17.4 | 5.7 |
| 51-64..... | 2,936 | 70.0 | 46.3 | 9.6 | 97.6 | 97.2 | 86.3 | 49.7 | 38.9 | 8.4 | 15.5 | 5.2 |
| 65-74..... | 1,376 | 75.9 | 52.5 | 8.2 | 97.1 | 97.0 | 86.7 | 50.5 | 23.1 | 7.6 | 9.5 | 1.8 |
| 75 AND OVER..... | 751 | 74.7 | 47.0 | 8.0 | 95.1 | 94.9 | 83.1 | 47.6 | 18.4 | 7.8 | 6.2 | 1.4 |
| ALL INDIVIDUALS... | 4/36,142 | 72.7 | 48.2 | 13.4 | 91.1 | 90.7 | 50.7 | 38.8 | 56.9 | 14.2 | 14.8 | 8.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6A-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/421 | (5) | (5) | 0 | 1 | 1 | 0 | (5) | (5) | 0 | 0 | 0 |
| 1-2..... | 4/1,035 | 2 | (5) | (5) | 20 | 20 | (5) | 2 | 16 | 2 | 0 | 0 |
| 3-5..... | 1,719 | 4 | (5) | 1 | 30 | 30 | (5) | 2 | 24 | 4 | (5) | 0 |
| 6-8..... | 1,841 | 7 | (5) | 1 | 36 | 36 | (5) | 4 | 27 | 5 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 9 | (5) | 1 | 49 | 49 | (5) | 4 | 39 | 6 | (5) | 0 |
| 12-14..... | 1,150 | 9 | (5) | 2 | 65 | 65 | (5) | 4 | 56 | 4 | 0 | 0 |
| 15-18..... | 1,394 | 7 | (5) | 2 | 136 | 128 | 6 | 8 | 106 | 9 | 8 | 7 |
| 19-22..... | 1,030 | 5 | 1 | 2 | 243 | 194 | 26 | 20 | 140 | 9 | 49 | 46 |
| 23-34..... | 2,716 | 4 | 1 | 1 | 327 | 259 | 109 | 25 | 120 | 5 | 68 | 60 |
| 35-50..... | 2,571 | 4 | 1 | (5) | 263 | 224 | 140 | 21 | 59 | 3 | 40 | 32 |
| 51-64..... | 2,161 | 3 | 1 | (5) | 177 | 157 | 110 | 16 | 30 | 2 | 19 | 15 |
| 65-74..... | 1,049 | 3 | (5) | (5) | 70 | 54 | 40 | 9 | 4 | 1 | 16 | 13 |
| 75 AND OVER..... | 465 | 2 | (5) | 0 | 40 | 37 | 27 | 4 | 4 | 1 | 3 | 2 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 7 | (5) | 1 | 42 | 42 | (5) | 5 | 32 | 5 | 0 | 0 |
| 12-14..... | 1,148 | 7 | (5) | 2 | 67 | 67 | 1 | 5 | 53 | 8 | (5) | 0 |
| 15-18..... | 1,473 | 6 | (5) | 2 | 127 | 124 | 10 | 11 | 97 | 6 | 3 | 2 |
| 19-22..... | 1,317 | 3 | (5) | 1 | 173 | 151 | 28 | 20 | 98 | 6 | 22 | 15 |
| 23-34..... | 3,879 | 3 | 1 | (5) | 161 | 145 | 57 | 22 | 62 | 5 | 16 | 9 |
| 35-50..... | 3,759 | 2 | 1 | (5) | 128 | 120 | 64 | 18 | 36 | 2 | 8 | 4 |
| 51-64..... | 2,936 | 3 | (5) | (5) | 98 | 91 | 61 | 14 | 15 | 2 | 7 | 3 |
| 65-74..... | 1,376 | 2 | (5) | (5) | 48 | 47 | 32 | 9 | 5 | 1 | 2 | (5) |
| 75 AND OVER..... | 751 | 1 | (5) | (5) | 26 | 25 | 16 | 5 | 3 | 1 | 1 | (5) |
| ALL INDIVIDUALS... | 4/36,142 | 4 | 1 | 1 | 132 | 116 | 48 | 13 | 51 | 4 | 15 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6A-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 0.2 | 0.2 | 0.0 | 1.3 | 1.3 | 0.0 | 0.4 | 0.9 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/1,035 | 10.5 | 3.3 | 2.9 | 22.3 | 22.3 | .1 | 3.2 | 17.9 | 3.5 | .0 | .0 |
| 3-5..... | 1,719 | 15.4 | 2.9 | 4.5 | 28.2 | 28.1 | .1 | 2.9 | 23.6 | 4.4 | .1 | .0 |
| 6-8..... | 1,841 | 22.2 | 3.5 | 5.8 | 26.5 | 26.5 | .1 | 3.1 | 21.8 | 5.1 | .1 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 25.0 | 2.7 | 7.8 | 28.8 | 28.7 | .1 | 3.0 | 24.2 | 5.8 | .1 | .0 |
| 12-14..... | 1,150 | 21.9 | 2.4 | 8.3 | 32.5 | 32.5 | .3 | 2.7 | 28.8 | 4.2 | .0 | .0 |
| 15-18..... | 1,394 | 19.0 | 3.6 | 8.1 | 46.4 | 45.7 | 3.9 | 4.6 | 40.2 | 4.5 | 2.4 | 1.9 |
| 19-22..... | 1,030 | 18.1 | 10.1 | 5.9 | 60.2 | 56.6 | 12.4 | 9.9 | 47.9 | 4.3 | 13.9 | 11.5 |
| 23-34..... | 2,716 | 26.4 | 18.8 | 5.4 | 71.4 | 67.8 | 35.0 | 12.5 | 46.2 | 3.0 | 19.6 | 13.9 |
| 35-50..... | 2,571 | 26.2 | 20.9 | 2.5 | 62.2 | 59.8 | 42.3 | 11.9 | 28.2 | 1.8 | 14.5 | 9.3 |
| 51-64..... | 2,161 | 19.5 | 14.6 | 1.7 | 51.7 | 49.6 | 37.5 | 9.9 | 16.5 | 1.2 | 9.8 | 5.5 |
| 65-74..... | 1,049 | 12.8 | 8.5 | .7 | 29.7 | 28.0 | 22.3 | 6.1 | 3.6 | .9 | 6.5 | 2.8 |
| 75 AND OVER..... | 465 | 7.6 | 5.3 | .0 | 20.9 | 19.7 | 14.5 | 3.3 | 2.7 | 1.0 | 2.8 | 1.4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 21.9 | 3.8 | 7.8 | 28.2 | 28.2 | .2 | 3.9 | 23.0 | 5.4 | .0 | .0 |
| 12-14..... | 1,148 | 21.5 | 2.6 | 10.0 | 35.8 | 35.8 | .4 | 4.6 | 29.4 | 6.5 | .3 | .0 |
| 15-18..... | 1,473 | 20.8 | 5.1 | 10.1 | 49.4 | 48.9 | 4.2 | 7.1 | 43.2 | 4.6 | 2.3 | 1.1 |
| 19-22..... | 1,317 | 18.5 | 11.4 | 5.3 | 59.1 | 56.0 | 13.2 | 13.3 | 45.0 | 4.5 | 10.9 | 4.8 |
| 23-34..... | 3,879 | 20.2 | 14.0 | 3.2 | 56.6 | 54.9 | 24.5 | 14.1 | 34.4 | 4.3 | 9.9 | 3.8 |
| 35-50..... | 3,759 | 18.2 | 12.4 | 2.9 | 51.6 | 49.8 | 29.6 | 11.9 | 23.5 | 2.1 | 7.7 | 1.9 |
| 51-64..... | 2,936 | 15.6 | 9.2 | 2.2 | 42.2 | 41.2 | 28.4 | 10.4 | 11.8 | 1.8 | 5.7 | 1.3 |
| 65-74..... | 1,376 | 11.9 | 6.3 | 1.0 | 31.1 | 30.4 | 21.3 | 7.7 | 4.3 | .9 | 3.2 | .1 |
| 75 AND OVER..... | 751 | 7.7 | 3.5 | .3 | 20.7 | 20.6 | 13.7 | 4.5 | 3.4 | 1.0 | 1.5 | .3 |
| ALL INDIVIDUALS... | 4/36,142 | 19.0 | 9.7 | 4.2 | 45.2 | 43.8 | 19.0 | 8.6 | 26.1 | 3.2 | 6.8 | 3.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6A-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 6 | (5) | (5) | 22 | 22 | 0 | 6 | 9 | 6 | 0 | 0 |
| 1-2..... | 4/1,035 | 15 | 2 | 2 | 132 | 132 | 1 | 25 | 77 | 29 | (5) | (5) |
| 3-5..... | 1,719 | 20 | 3 | 3 | 186 | 186 | 1 | 37 | 117 | 31 | (5) | (5) |
| 6-8..... | 1,841 | 22 | 3 | 3 | 196 | 196 | 2 | 43 | 119 | 32 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 22 | 3 | 4 | 228 | 228 | 4 | 51 | 141 | 32 | (5) | 0 |
| 12-14..... | 1,150 | 27 | 4 | 3 | 271 | 271 | 8 | 79 | 148 | 36 | (5) | 0 |
| 15-18..... | 1,394 | 24 | 4 | 3 | 348 | 338 | 34 | 92 | 177 | 34 | 10 | 9 |
| 19-22..... | 1,030 | 15 | 4 | 2 | 448 | 383 | 87 | 96 | 172 | 28 | 65 | 63 |
| 23-34..... | 2,716 | 18 | 5 | 2 | 606 | 501 | 201 | 126 | 151 | 22 | 105 | 94 |
| 35-50..... | 2,571 | 20 | 6 | 2 | 749 | 636 | 383 | 136 | 102 | 15 | 113 | 98 |
| 51-64..... | 2,161 | 23 | 6 | 2 | 725 | 648 | 449 | 126 | 64 | 9 | 77 | 63 |
| 65-74..... | 1,049 | 26 | 6 | 2 | 644 | 604 | 418 | 125 | 50 | 10 | 40 | 32 |
| 75 AND OVER..... | 465 | 27 | 7 | 1 | 583 | 552 | 399 | 96 | 38 | 19 | 31 | 23 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 22 | 3 | 3 | 212 | 212 | 3 | 54 | 124 | 31 | (5) | 0 |
| 12-14..... | 1,148 | 20 | 3 | 5 | 251 | 251 | 7 | 70 | 147 | 27 | (5) | (5) |
| 15-18..... | 1,473 | 17 | 3 | 3 | 307 | 306 | 37 | 81 | 161 | 27 | 1 | 1 |
| 19-22..... | 1,317 | 12 | 3 | 2 | 398 | 385 | 98 | 100 | 167 | 19 | 13 | 9 |
| 23-34..... | 3,879 | 14 | 4 | 2 | 572 | 548 | 227 | 150 | 155 | 17 | 24 | 15 |
| 35-50..... | 3,759 | 15 | 4 | 2 | 704 | 683 | 399 | 154 | 116 | 14 | 21 | 11 |
| 51-64..... | 2,936 | 16 | 4 | 1 | 668 | 648 | 423 | 144 | 69 | 12 | 20 | 13 |
| 65-74..... | 1,376 | 19 | 4 | 1 | 561 | 552 | 350 | 147 | 44 | 11 | 9 | 5 |
| 75 AND OVER..... | 751 | 21 | 4 | 1 | 513 | 505 | 333 | 135 | 27 | 10 | 8 | 4 |
| ALL INDIVIDUALS... | 4/36,142 | 19 | 4 | 2 | 494 | 462 | 217 | 109 | 116 | 20 | 32 | 26 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6A-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/421 | 20.7 | 9.7 | 0.6 | 15.1 | 15.1 | 0.0 | 4.8 | 9.0 | 4.3 | 0.0 | 0.0 |
| 1-2..... | 4/1,035 | 69.7 | 37.8 | 16.6 | 66.0 | 66.0 | 1.2 | 18.3 | 49.0 | 20.5 | .3 | .3 |
| 3-5..... | 1,719 | 76.0 | 43.5 | 17.8 | 76.2 | 76.0 | 1.3 | 21.1 | 59.8 | 19.6 | .3 | .1 |
| 6-8..... | 1,841 | 76.4 | 44.3 | 16.3 | 73.9 | 73.7 | 2.2 | 23.2 | 55.8 | 19.7 | .4 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 74.5 | 44.8 | 16.9 | 73.9 | 73.9 | 3.8 | 23.0 | 56.2 | 18.1 | .5 | .0 |
| 12-14..... | 1,150 | 73.8 | 45.7 | 15.1 | 74.3 | 74.3 | 5.6 | 28.5 | 54.2 | 18.1 | .3 | .0 |
| 15-18..... | 1,394 | 67.9 | 43.6 | 10.6 | 77.9 | 77.4 | 14.8 | 28.6 | 56.5 | 15.7 | 2.9 | 2.5 |
| 19-22..... | 1,030 | 58.9 | 39.1 | 6.8 | 82.6 | 78.6 | 27.4 | 27.9 | 52.5 | 12.4 | 14.7 | 12.9 |
| 23-34..... | 2,716 | 61.9 | 43.9 | 6.9 | 90.0 | 86.7 | 48.9 | 34.9 | 50.3 | 9.7 | 26.3 | 21.2 |
| 35-50..... | 2,571 | 67.1 | 49.9 | 6.2 | 95.3 | 93.5 | 74.4 | 37.7 | 38.5 | 8.6 | 27.6 | 20.4 |
| 51-64..... | 2,161 | 72.4 | 52.7 | 7.4 | 94.3 | 93.2 | 81.7 | 37.8 | 27.2 | 5.7 | 22.9 | 13.6 |
| 65-74..... | 1,049 | 78.9 | 55.7 | 8.1 | 94.9 | 94.2 | 84.1 | 37.4 | 20.7 | 6.4 | 15.7 | 9.1 |
| 75 AND OVER..... | 465 | 77.1 | 61.7 | 6.9 | 94.1 | 93.6 | 86.0 | 33.8 | 18.2 | 8.7 | 10.5 | 6.3 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 73.8 | 45.8 | 16.7 | 73.1 | 73.1 | 3.0 | 25.4 | 54.7 | 17.5 | .2 | .0 |
| 12-14..... | 1,148 | 68.1 | 39.9 | 17.7 | 76.5 | 76.5 | 5.2 | 28.7 | 58.9 | 16.9 | .5 | .1 |
| 15-18..... | 1,473 | 63.5 | 40.1 | 12.9 | 81.1 | 80.9 | 16.2 | 30.3 | 60.7 | 15.5 | 1.1 | .4 |
| 19-22..... | 1,317 | 60.6 | 43.0 | 8.3 | 85.5 | 84.7 | 32.5 | 34.2 | 54.5 | 12.7 | 8.3 | 3.6 |
| 23-34..... | 3,879 | 65.8 | 46.3 | 8.9 | 93.1 | 92.2 | 52.0 | 45.4 | 56.0 | 10.0 | 13.0 | 4.9 |
| 35-50..... | 3,759 | 66.3 | 48.8 | 8.3 | 96.5 | 96.1 | 77.8 | 44.7 | 46.8 | 8.6 | 12.7 | 4.3 |
| 51-64..... | 2,936 | 66.5 | 44.6 | 7.9 | 96.4 | 96.1 | 84.0 | 46.0 | 32.1 | 7.0 | 11.6 | 4.0 |
| 65-74..... | 1,376 | 73.9 | 51.4 | 7.6 | 96.6 | 96.5 | 86.0 | 47.6 | 20.6 | 6.9 | 6.8 | 1.7 |
| 75 AND OVER..... | 751 | 73.1 | 46.6 | 7.7 | 94.3 | 94.1 | 82.6 | 46.5 | 15.7 | 6.9 | 5.1 | 1.1 |
| ALL INDIVIDUALS... | 4/36,142 | 68.1 | 45.7 | 10.2 | 86.6 | 85.8 | 46.8 | 35.4 | 45.5 | 11.6 | 10.9 | 6.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 68-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 2 | (5) | (5) | 24 | 24 | 0 | 3 | 17 | 3 | 0 | 0 |
| 1-2..... | 4/137 | 11 | 2 | 2 | 133 | 133 | 3 | 22 | 87 | 21 | (5) | (5) |
| 3-5..... | 202 | 16 | 3 | 3 | 198 | 198 | 2 | 33 | 137 | 26 | 0 | 0 |
| 6-8..... | 186 | 24 | 3 | 3 | 235 | 235 | 4 | 53 | 159 | 20 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 99 | 28 | 4 | 2 | 257 | 257 | 17 | 49 | 168 | 23 | 0 | 0 |
| 12-14..... | 93 | 30 | 3 | 4 | 325 | 325 | 11 | 61 | 199 | 54 | 0 | 0 |
| 15-18..... | 113 | 23 | 6 | 4 | 527 | 507 | 63 | 123 | 284 | 38 | 20 | 19 |
| 19-22..... | 92 | 26 | 5 | 7 | 736 | 609 | 118 | 123 | 351 | 17 | 127 | 121 |
| 23-34..... | 166 | 17 | 7 | 1 | 778 | 607 | 243 | 89 | 262 | 13 | 170 | 165 |
| 35-50..... | 93 | 16 | 7 | 1 | 861 | 754 | 419 | 136 | 189 | 10 | 106 | 103 |
| 51-64..... | 142 | 22 | 5 | 2 | 817 | 699 | 439 | 132 | 121 | 8 | 118 | 106 |
| 65-74..... | 254 | 22 | 6 | 2 | 665 | 615 | 432 | 121 | 52 | 9 | 50 | 48 |
| 75 AND OVER..... | 162 | 24 | 8 | 1 | 586 | 549 | 410 | 70 | 48 | 20 | 37 | 23 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 108 | 32 | 3 | 3 | 216 | 216 | 5 | 57 | 141 | 14 | 0 | 0 |
| 12-14..... | 95 | 21 | 3 | 4 | 301 | 301 | 10 | 65 | 211 | 16 | 0 | 0 |
| 15-18..... | 117 | 19 | 3 | 2 | 444 | 442 | 38 | 71 | 303 | 31 | 2 | 1 |
| 19-22..... | 155 | 13 | 4 | 2 | 527 | 489 | 139 | 110 | 218 | 21 | 39 | 28 |
| 23-34..... | 349 | 19 | 5 | 1 | 628 | 584 | 230 | 114 | 220 | 19 | 44 | 35 |
| 35-50..... | 273 | 16 | 7 | 1 | 667 | 648 | 330 | 138 | 152 | 27 | 19 | 14 |
| 51-64..... | 380 | 18 | 4 | 1 | 642 | 621 | 382 | 134 | 87 | 17 | 21 | 17 |
| 65-74..... | 453 | 21 | 4 | 1 | 585 | 576 | 355 | 156 | 54 | 11 | 8 | 7 |
| 75 AND OVER..... | 303 | 19 | 5 | 1 | 542 | 540 | 372 | 116 | 36 | 16 | 2 | 1 |
| ALL INDIVIDUALS... | 4/4,026 | 20 | 5 | 2 | 530 | 499 | 238 | 103 | 139 | 19 | 32 | 28 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6B-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 12.3 | 7.6 | 1.8 | 19.4 | 19.4 | 0.0 | 7.1 | 13.2 | 5.6 | 0.0 | 0.0 |
| 1-2..... | 4/137 | 62.7 | 37.5 | 12.3 | 70.7 | 70.7 | 2.6 | 17.1 | 51.2 | 17.9 | .7 | .7 |
| 3-5..... | 202 | 67.4 | 44.7 | 14.3 | 75.3 | 75.3 | 1.7 | 19.1 | 59.4 | 16.6 | .0 | .0 |
| 6-8..... | 186 | 71.3 | 47.5 | 16.8 | 83.7 | 83.7 | 4.5 | 24.0 | 67.2 | 14.6 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 99 | 68.1 | 48.7 | 13.9 | 79.3 | 79.3 | 9.8 | 20.1 | 63.1 | 12.7 | .0 | .0 |
| 12-14..... | 93 | 72.9 | 43.9 | 20.1 | 80.9 | 80.9 | 9.0 | 21.7 | 66.7 | 21.0 | .0 | .0 |
| 15-18..... | 113 | 72.5 | 48.9 | 11.7 | 84.4 | 84.4 | 24.9 | 33.0 | 72.1 | 16.4 | 6.0 | 5.1 |
| 19-22..... | 92 | 59.6 | 36.3 | 16.3 | 95.7 | 95.7 | 32.6 | 38.7 | 79.6 | 7.6 | 28.5 | 24.7 |
| 23-34..... | 166 | 73.0 | 55.2 | 5.0 | 96.0 | 93.1 | 52.9 | 37.3 | 66.7 | 10.0 | 29.7 | 25.7 |
| 35-50..... | 93 | 71.0 | 57.1 | 5.4 | 93.5 | 92.6 | 76.1 | 34.0 | 55.6 | 7.6 | 21.7 | 19.4 |
| 51-64..... | 142 | 64.0 | 49.5 | 5.2 | 93.7 | 91.9 | 79.1 | 34.2 | 43.7 | 6.1 | 17.6 | 12.9 |
| 65-74..... | 254 | 78.9 | 59.9 | 7.6 | 95.1 | 94.3 | 86.3 | 35.6 | 22.9 | 5.6 | 11.4 | 9.6 |
| 75 AND OVER..... | 162 | 72.6 | 61.7 | 6.8 | 94.4 | 92.7 | 86.6 | 24.2 | 18.5 | 7.6 | 10.5 | 6.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 108 | 74.8 | 45.5 | 12.9 | 79.4 | 79.4 | 7.4 | 26.6 | 64.8 | 12.3 | .0 | .0 |
| 12-14..... | 95 | 63.4 | 38.6 | 14.6 | 83.7 | 83.7 | 8.1 | 27.7 | 69.0 | 13.5 | .0 | .0 |
| 15-18..... | 117 | 68.1 | 43.8 | 12.6 | 86.2 | 86.2 | 20.9 | 27.9 | 76.8 | 18.1 | 2.2 | 1.4 |
| 19-22..... | 155 | 67.2 | 53.0 | 11.2 | 92.9 | 90.3 | 42.5 | 33.5 | 61.9 | 12.5 | 14.5 | 4.4 |
| 23-34..... | 349 | 71.0 | 51.3 | 6.1 | 96.5 | 96.5 | 56.5 | 39.6 | 67.5 | 11.1 | 15.5 | 8.7 |
| 35-50..... | 273 | 68.4 | 58.0 | 4.5 | 95.2 | 94.9 | 74.0 | 38.6 | 54.9 | 15.1 | 10.8 | 5.9 |
| 51-64..... | 380 | 68.1 | 51.7 | 3.1 | 95.8 | 95.0 | 81.4 | 44.2 | 38.9 | 10.3 | 5.1 | 3.2 |
| 65-74..... | 453 | 72.4 | 52.6 | 5.5 | 96.1 | 96.1 | 85.3 | 48.4 | 24.8 | 6.7 | 4.6 | 2.4 |
| 75 AND OVER..... | 303 | 73.8 | 52.2 | 8.2 | 94.9 | 94.9 | 84.6 | 40.8 | 21.4 | 9.1 | 1.9 | .7 |
| ALL INDIVIDUALS... | 4/4,026 | 69.5 | 50.4 | 8.6 | 89.9 | 89.4 | 54.1 | 34.5 | 48.3 | 11.1 | 8.2 | 5.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 68-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/137 | 1 | (5) | (5) | 11 | 11 | (5) | (5) | 9 | 1 | 0 | 0 |
| 3-5..... | 202 | 2 | (5) | (5) | 12 | 12 | 0 | (5) | 11 | (5) | 0 | 0 |
| 6-8..... | 186 | 6 | (5) | 1 | 19 | 19 | 0 | 4 | 13 | 2 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 99 | 11 | (5) | (5) | 17 | 17 | 0 | 0 | 14 | 3 | 0 | 0 |
| 12-14..... | 93 | 4 | (5) | 1 | 32 | 32 | 0 | 1 | 31 | 1 | 0 | 0 |
| 15-18..... | 113 | 4 | (5) | 1 | 116 | 110 | 4 | 6 | 93 | 7 | 7 | 6 |
| 19-22..... | 92 | 10 | 1 | 6 | 253 | 209 | 40 | 22 | 141 | 7 | 43 | 38 |
| 23-34..... | 166 | 1 | 1 | (5) | 259 | 172 | 45 | 11 | 113 | 3 | 87 | 85 |
| 35-50..... | 93 | 3 | 1 | 1 | 197 | 174 | 87 | 32 | 55 | 0 | 23 | 22 |
| 51-64..... | 142 | (5) | (5) | 0 | 106 | 99 | 42 | 21 | 34 | 3 | 7 | 5 |
| 65-74..... | 254 | 2 | (5) | (5) | 52 | 31 | 20 | 4 | 7 | 1 | 21 | 20 |
| 75 AND OVER..... | 162 | 2 | (5) | 0 | 49 | 44 | 35 | 6 | 2 | 0 | 5 | 4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 108 | 5 | (5) | 1 | 20 | 20 | 0 | (5) | 17 | 3 | 0 | 0 |
| 12-14..... | 95 | 6 | (5) | 1 | 42 | 42 | 0 | 7 | 33 | 2 | 0 | 0 |
| 15-18..... | 117 | 4 | (5) | 1 | 102 | 102 | (5) | 7 | 91 | 3 | 0 | 0 |
| 19-22..... | 155 | 1 | (5) | (5) | 133 | 108 | 19 | 20 | 68 | (5) | 25 | 16 |
| 23-34..... | 349 | 3 | (5) | (5) | 91 | 74 | 26 | 10 | 36 | 2 | 17 | 14 |
| 35-50..... | 273 | 3 | 1 | (5) | 77 | 72 | 29 | 17 | 22 | 4 | 5 | 2 |
| 51-64..... | 380 | 1 | (5) | (5) | 61 | 57 | 32 | 10 | 15 | (5) | 4 | 2 |
| 65-74..... | 453 | 1 | (5) | (5) | 38 | 38 | 24 | 8 | 4 | 1 | 1 | 0 |
| 75 AND OVER..... | 303 | 1 | (5) | (5) | 26 | 25 | 15 | 5 | 3 | 2 | (5) | 0 |
| ALL INDIVIDUALS... | 4/4,026 | 3 | (5) | (5) | 71 | 61 | 21 | 9 | 29 | 2 | 10 | 9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6B-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/137 | 7.1 | 3.4 | 2.5 | 16.8 | 16.8 | .7 | .6 | 15.0 | 1.9 | .0 | .0 |
| 3-5..... | 202 | 9.8 | 1.9 | 1.4 | 13.3 | 13.3 | .0 | 1.4 | 12.0 | .7 | .0 | .0 |
| 6-8..... | 186 | 20.7 | 5.6 | 4.7 | 15.9 | 15.9 | .0 | 3.3 | 11.7 | 1.8 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 99 | 23.7 | 3.7 | 1.8 | 12.8 | 12.8 | .0 | .0 | 11.8 | 1.9 | .0 | .0 |
| 12-14..... | 93 | 17.9 | 3.9 | 8.5 | 20.5 | 20.5 | .0 | .7 | 19.8 | 1.1 | .0 | .0 |
| 15-18..... | 113 | 12.5 | 2.6 | 5.0 | 35.2 | 35.2 | 2.6 | 3.2 | 28.6 | 4.2 | 3.3 | 2.4 |
| 19-22..... | 92 | 22.5 | 8.7 | 11.6 | 65.9 | 60.6 | 16.8 | 10.4 | 51.5 | 2.8 | 11.4 | 10.3 |
| 23-34..... | 166 | 15.7 | 12.9 | .9 | 56.5 | 50.3 | 20.7 | 6.2 | 37.5 | 2.0 | 18.9 | 16.1 |
| 35-50..... | 93 | 22.0 | 16.9 | 2.6 | 43.6 | 43.6 | 26.1 | 12.8 | 25.7 | .0 | 9.1 | 7.9 |
| 51-64..... | 142 | 6.9 | 6.4 | .0 | 34.1 | 34.1 | 14.9 | 10.0 | 18.1 | 1.9 | 3.5 | 2.7 |
| 65-74..... | 254 | 6.6 | 5.1 | .5 | 21.8 | 19.3 | 12.6 | 2.6 | 5.1 | .7 | 4.1 | 3.4 |
| 75 AND OVER..... | 162 | 11.4 | 10.1 | .0 | 21.0 | 20.0 | 15.8 | 3.5 | 2.1 | .0 | 2.0 | 1.6 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 108 | 21.5 | 4.3 | 6.8 | 18.1 | 18.1 | .0 | 1.5 | 14.1 | 3.4 | .0 | .0 |
| 12-14..... | 95 | 17.7 | 6.0 | 5.4 | 23.0 | 23.0 | .0 | 5.5 | 18.6 | 2.0 | .0 | .0 |
| 15-18..... | 117 | 11.2 | 2.7 | 5.7 | 38.6 | 38.6 | .8 | 4.9 | 37.8 | 1.8 | .0 | .0 |
| 19-22..... | 155 | 10.9 | 7.4 | 1.7 | 47.5 | 42.9 | 8.7 | 12.4 | 33.9 | .6 | 11.8 | 3.4 |
| 23-34..... | 349 | 12.8 | 8.5 | 1.7 | 34.9 | 33.5 | 14.3 | 6.0 | 21.6 | 2.0 | 6.1 | 3.6 |
| 35-50..... | 273 | 11.2 | 9.6 | 1.0 | 31.1 | 29.2 | 12.6 | 9.1 | 14.7 | 4.2 | 4.7 | 1.0 |
| 51-64..... | 380 | 8.9 | 6.3 | .9 | 28.2 | 27.7 | 14.5 | 8.3 | 11.3 | .3 | 2.3 | .7 |
| 65-74..... | 453 | 6.8 | 4.4 | .4 | 23.1 | 23.1 | 15.7 | 6.2 | 4.2 | .9 | 1.4 | .0 |
| 75 AND OVER..... | 303 | 7.0 | 4.0 | .2 | 18.3 | 18.3 | 11.9 | 4.1 | 3.3 | 1.4 | .7 | .0 |
| ALL INDIVIDUALS... | 4/4,026 | 11.6 | 6.2 | 2.1 | 27.8 | 26.7 | 10.4 | 5.5 | 15.4 | 1.5 | 3.5 | 2.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6B-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 2 | (5) | (5) | 24 | 24 | 0 | 3 | 17 | 3 | 0 | 0 |
| 1-2..... | 4/137 | 11 | 2 | 1 | 122 | 122 | 3 | 22 | 78 | 20 | (5) | (5) |
| 3-5..... | 202 | 14 | 3 | 2 | 187 | 187 | 2 | 33 | 126 | 26 | 0 | 0 |
| 6-8..... | 186 | 18 | 3 | 2 | 216 | 216 | 4 | 49 | 145 | 18 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 99 | 17 | 4 | 2 | 240 | 240 | 17 | 49 | 153 | 21 | 0 | 0 |
| 12-14..... | 93 | 26 | 3 | 3 | 293 | 293 | 11 | 60 | 168 | 53 | 0 | 0 |
| 15-18..... | 113 | 19 | 6 | 2 | 410 | 398 | 59 | 117 | 191 | 31 | 13 | 13 |
| 19-22..... | 92 | 16 | 4 | 2 | 483 | 399 | 79 | 101 | 210 | 10 | 84 | 82 |
| 23-34..... | 166 | 15 | 6 | 1 | 519 | 436 | 198 | 78 | 149 | 10 | 83 | 79 |
| 35-50..... | 93 | 13 | 5 | (5) | 664 | 580 | 331 | 105 | 134 | 10 | 84 | 81 |
| 51-64..... | 142 | 21 | 5 | 2 | 711 | 600 | 397 | 111 | 87 | 5 | 111 | 100 |
| 65-74..... | 254 | 20 | 6 | 2 | 613 | 584 | 412 | 117 | 46 | 9 | 29 | 27 |
| 75 AND OVER..... | 162 | 22 | 8 | 1 | 537 | 505 | 375 | 64 | 46 | 20 | 32 | 18 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 108 | 27 | 3 | 2 | 197 | 197 | 5 | 56 | 124 | 11 | 0 | 0 |
| 12-14..... | 95 | 15 | 3 | 3 | 259 | 259 | 10 | 58 | 179 | 13 | 0 | 0 |
| 15-18..... | 117 | 14 | 3 | 1 | 342 | 340 | 37 | 64 | 211 | 28 | 2 | 1 |
| 19-22..... | 155 | 12 | 4 | 1 | 394 | 381 | 121 | 89 | 150 | 21 | 14 | 12 |
| 23-34..... | 349 | 16 | 5 | 1 | 537 | 510 | 204 | 105 | 184 | 17 | 27 | 21 |
| 35-50..... | 273 | 13 | 7 | 1 | 590 | 576 | 302 | 122 | 130 | 23 | 13 | 11 |
| 51-64..... | 380 | 17 | 4 | (5) | 581 | 563 | 350 | 124 | 72 | 17 | 17 | 15 |
| 65-74..... | 453 | 19 | 4 | 1 | 546 | 539 | 331 | 148 | 50 | 10 | 8 | 7 |
| 75 AND OVER..... | 303 | 18 | 5 | 1 | 516 | 514 | 358 | 110 | 32 | 14 | 2 | 1 |
| ALL INDIVIDUALS... | 4/4,026 | 17 | 4 | 1 | 459 | 438 | 217 | 95 | 110 | 17 | 21 | 19 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6B-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME UNDER $6,000, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/54 | 12.3 | 7.6 | 1.8 | 19.4 | 19.4 | 0.0 | 7.1 | 13.2 | 5.6 | 0.0 | 0.0 |
| 1-2..... | 4/137 | 61.0 | 36.4 | 11.7 | 69.1 | 69.1 | 1.9 | 17.1 | 49.0 | 16.8 | .7 | .7 |
| 3-5..... | 202 | 64.6 | 44.3 | 13.0 | 74.9 | 74.9 | 1.7 | 18.6 | 56.7 | 16.3 | .0 | .0 |
| 6-8..... | 186 | 66.5 | 43.6 | 13.1 | 80.5 | 80.5 | 4.5 | 22.0 | 63.9 | 13.1 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 99 | 59.6 | 46.5 | 13.1 | 78.1 | 78.1 | 9.8 | 20.1 | 61.9 | 10.7 | .0 | .0 |
| 12-14..... | 93 | 65.9 | 43.9 | 12.5 | 78.4 | 78.4 | 9.0 | 21.7 | 63.2 | 19.9 | .0 | .0 |
| 15-18..... | 113 | 66.5 | 48.0 | 6.7 | 79.3 | 78.5 | 23.2 | 33.0 | 63.5 | 14.6 | 2.7 | 2.7 |
| 19-22..... | 92 | 49.4 | 29.5 | 6.7 | 87.9 | 81.6 | 21.2 | 32.3 | 64.2 | 4.8 | 21.2 | 17.4 |
| 23-34..... | 166 | 68.8 | 51.9 | 4.1 | 85.3 | 82.7 | 43.6 | 35.2 | 46.2 | 8.8 | 22.1 | 20.0 |
| 35-50..... | 93 | 60.9 | 48.7 | 2.8 | 88.1 | 87.1 | 68.2 | 28.7 | 43.2 | 7.6 | 15.7 | 13.4 |
| 51-64..... | 142 | 61.5 | 47.0 | 5.2 | 89.8 | 86.9 | 76.6 | 31.4 | 31.5 | 5.2 | 15.4 | 11.5 |
| 65-74..... | 254 | 77.3 | 59.1 | 7.1 | 94.2 | 93.4 | 85.1 | 33.9 | 20.4 | 4.9 | 9.0 | 7.0 |
| 75 AND OVER..... | 162 | 72.1 | 60.7 | 6.8 | 93.4 | 91.8 | 85.7 | 22.4 | 17.1 | 7.6 | 10.5 | 6.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 108 | 69.1 | 44.0 | 7.0 | 74.1 | 74.1 | 7.4 | 26.6 | 58.5 | 9.8 | .0 | .0 |
| 12-14..... | 95 | 59.1 | 38.6 | 12.6 | 80.1 | 80.1 | 8.1 | 26.6 | 64.3 | 12.5 | .0 | .0 |
| 15-18..... | 117 | 59.4 | 43.0 | 6.9 | 81.6 | 81.6 | 20.9 | 24.6 | 66.5 | 16.3 | 2.2 | 1.4 |
| 19-22..... | 155 | 64.3 | 51.3 | 9.5 | 84.2 | 83.1 | 38.6 | 27.2 | 44.1 | 11.9 | 4.5 | 2.2 |
| 23-34..... | 349 | 67.3 | 49.0 | 4.4 | 93.9 | 93.6 | 50.4 | 37.9 | 59.0 | 9.3 | 10.6 | 5.9 |
| 35-50..... | 273 | 65.4 | 55.2 | 3.5 | 93.5 | 93.1 | 71.5 | 33.0 | 47.9 | 11.8 | 6.5 | 4.8 |
| 51-64..... | 380 | 66.6 | 50.5 | 2.2 | 94.8 | 94.0 | 79.1 | 39.8 | 31.2 | 10.0 | 3.3 | 2.4 |
| 65-74..... | 453 | 71.4 | 51.5 | 5.1 | 96.1 | 96.1 | 84.9 | 45.3 | 23.1 | 5.7 | 3.5 | 2.4 |
| 75 AND OVER..... | 303 | 72.7 | 51.4 | 8.0 | 93.8 | 93.8 | 83.8 | 39.5 | 18.4 | 8.0 | 1.3 | .7 |
| ALL INDIVIDUALS... | 4/4,026 | 66.2 | 48.6 | 6.8 | 87.3 | 86.6 | 51.9 | 32.0 | 41.9 | 9.9 | 5.8 | 4.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6C-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 2 | (5) | 0 | 22 | 22 | 0 | 8 | 14 | 0 | 0 | 0 |
| 1-2..... | 4/127 | 15 | 3 | 3 | 158 | 158 | (5) | 30 | 107 | 21 | 0 | 0 |
| 3-5..... | 243 | 19 | 3 | 3 | 223 | 223 | 3 | 45 | 150 | 25 | 0 | 0 |
| 6-8..... | 197 | 28 | 3 | 3 | 242 | 242 | 5 | 39 | 160 | 38 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 94 | 29 | 3 | 3 | 231 | 231 | 3 | 45 | 161 | 22 | 0 | 0 |
| 12-14..... | 140 | 44 | 5 | 9 | 329 | 329 | 14 | 71 | 201 | 43 | 0 | 0 |
| 15-18..... | 133 | 29 | 3 | 2 | 421 | 396 | 40 | 82 | 244 | 29 | 25 | 23 |
| 19-22..... | 121 | 19 | 4 | 6 | 757 | 619 | 108 | 113 | 349 | 50 | 137 | 132 |
| 23-34..... | 309 | 20 | 5 | 2 | 942 | 804 | 319 | 165 | 293 | 28 | 138 | 130 |
| 35-50..... | 203 | 25 | 7 | 2 | 850 | 748 | 386 | 163 | 174 | 25 | 103 | 89 |
| 51-64..... | 218 | 27 | 7 | 1 | 819 | 738 | 496 | 141 | 84 | 16 | 81 | 72 |
| 65-74..... | 242 | 35 | 9 | 3 | 744 | 712 | 510 | 146 | 43 | 12 | 32 | 27 |
| 75 AND OVER..... | 84 | 39 | 9 | 1 | 690 | 657 | 422 | 174 | 44 | 17 | 33 | 22 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 118 | 27 | 3 | 4 | 219 | 219 | 3 | 35 | 138 | 42 | 0 | 0 |
| 12-14..... | 130 | 29 | 3 | 6 | 273 | 273 | 12 | 47 | 191 | 24 | 0 | 0 |
| 15-18..... | 140 | 29 | 4 | 5 | 393 | 393 | 36 | 62 | 252 | 43 | (5) | 0 |
| 19-22..... | 183 | 16 | 5 | 4 | 558 | 545 | 97 | 109 | 309 | 30 | 14 | 11 |
| 23-34..... | 462 | 15 | 5 | 2 | 697 | 669 | 238 | 185 | 221 | 25 | 28 | 21 |
| 35-50..... | 340 | 18 | 6 | 1 | 699 | 680 | 356 | 147 | 156 | 21 | 19 | 13 |
| 51-64..... | 380 | 20 | 5 | 2 | 756 | 740 | 485 | 148 | 96 | 12 | 16 | 12 |
| 65-74..... | 226 | 22 | 4 | 1 | 653 | 644 | 386 | 159 | 79 | 20 | 9 | 6 |
| 75 AND OVER..... | 104 | 28 | 3 | 2 | 595 | 590 | 384 | 160 | 37 | 8 | 5 | 0 |
| ALL INDIVIDUALS... | 4/4,249 | 23 | 5 | 3 | 587 | 553 | 243 | 120 | 166 | 24 | 33 | 29 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6C-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 23.1 | 17.9 | 0.0 | 22.3 | 22.3 | 0.0 | 10.2 | 13.7 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/127 | 72.4 | 50.9 | 18.0 | 70.8 | 70.8 | .6 | 18.8 | 58.7 | 14.9 | .0 | .0 |
| 3-5..... | 243 | 73.0 | 45.9 | 17.6 | 80.6 | 80.6 | 2.9 | 24.3 | 65.9 | 18.2 | .0 | .0 |
| 6-8..... | 197 | 76.4 | 39.8 | 15.7 | 79.0 | 79.0 | 4.5 | 21.1 | 63.4 | 22.1 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 94 | 72.7 | 36.6 | 8.3 | 67.0 | 67.0 | 2.6 | 20.3 | 58.2 | 15.8 | .0 | .0 |
| 12-14..... | 140 | 80.3 | 47.2 | 22.9 | 88.6 | 88.6 | 9.4 | 32.3 | 76.8 | 24.8 | .0 | .0 |
| 15-18..... | 133 | 68.6 | 46.5 | 9.4 | 83.2 | 82.4 | 17.9 | 25.5 | 68.9 | 14.8 | 5.2 | 5.2 |
| 19-22..... | 121 | 71.0 | 50.5 | 14.7 | 97.2 | 96.4 | 33.5 | 32.2 | 81.4 | 18.1 | 20.5 | 19.1 |
| 23-34..... | 309 | 66.3 | 51.3 | 11.5 | 96.6 | 94.7 | 64.8 | 37.6 | 72.5 | 13.1 | 25.9 | 21.0 |
| 35-50..... | 203 | 76.8 | 55.3 | 6.4 | 98.1 | 98.1 | 76.2 | 43.4 | 54.7 | 13.4 | 18.7 | 15.1 |
| 51-64..... | 218 | 77.5 | 52.8 | 5.4 | 98.6 | 98.6 | 87.3 | 40.4 | 34.9 | 6.8 | 16.8 | 11.9 |
| 65-74..... | 242 | 82.6 | 59.3 | 15.8 | 95.6 | 95.6 | 87.4 | 40.9 | 23.8 | 8.2 | 10.0 | 5.4 |
| 75 AND OVER..... | 84 | 80.1 | 64.6 | 5.5 | 96.2 | 96.2 | 83.1 | 57.1 | 20.9 | 7.9 | 16.1 | 10.2 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 118 | 73.0 | 42.9 | 17.7 | 79.9 | 79.9 | 4.7 | 19.1 | 55.7 | 26.5 | .0 | .0 |
| 12-14..... | 130 | 68.2 | 36.6 | 19.6 | 80.9 | 80.9 | 5.9 | 22.9 | 68.1 | 14.0 | .0 | .0 |
| 15-18..... | 140 | 74.5 | 44.2 | 18.5 | 93.1 | 93.1 | 18.5 | 29.7 | 83.2 | 25.1 | .6 | .0 |
| 19-22..... | 183 | 71.4 | 53.9 | 16.2 | 92.9 | 92.9 | 31.2 | 35.6 | 75.9 | 15.0 | 9.4 | 5.8 |
| 23-34..... | 462 | 65.6 | 46.8 | 11.2 | 96.1 | 95.1 | 54.9 | 48.3 | 65.1 | 13.2 | 12.8 | 6.3 |
| 35-50..... | 340 | 70.4 | 49.6 | 5.9 | 96.5 | 96.5 | 73.0 | 43.0 | 58.0 | 13.4 | 10.8 | 6.6 |
| 51-64..... | 380 | 70.8 | 49.2 | 9.1 | 98.8 | 98.8 | 85.8 | 50.4 | 41.6 | 8.6 | 7.5 | 4.0 |
| 65-74..... | 226 | 77.5 | 56.7 | 6.0 | 98.9 | 98.9 | 85.8 | 51.2 | 25.5 | 8.0 | 8.2 | 1.0 |
| 75 AND OVER..... | 104 | 79.2 | 39.1 | 9.5 | 98.1 | 98.1 | 91.0 | 45.2 | 22.5 | 7.7 | 8.3 | .0 |
| ALL INDIVIDUALS... | 4/4,249 | 72.2 | 48.7 | 11.8 | 91.0 | 90.7 | 50.3 | 37.4 | 55.4 | 13.8 | 9.3 | 6.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6C-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 0 | 0 | 0 | 2 | 2 | 0 | (5) | 2 | 0 | 0 | 0 |
| 1-2..... | 4/127 | 1 | (5) | 1 | 15 | 15 | 0 | 2 | 13 | 0 | 0 | 0 |
| 3-5..... | 243 | 5 | (5) | 1 | 27 | 27 | 0 | 4 | 21 | 3 | 0 | 0 |
| 6-8..... | 197 | 13 | (5) | 1 | 22 | 22 | 0 | 1 | 18 | 3 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 94 | 6 | (5) | 0 | 25 | 25 | 0 | 1 | 22 | 1 | 0 | 0 |
| 12-14..... | 140 | 14 | (5) | 5 | 61 | 61 | 0 | 2 | 54 | 5 | 0 | 0 |
| 15-18..... | 133 | 10 | (5) | 1 | 104 | 95 | 10 | 3 | 77 | 6 | 9 | 9 |
| 19-22..... | 121 | 3 | (5) | 2 | 218 | 130 | 6 | 11 | 111 | 2 | 88 | 85 |
| 23-34..... | 309 | 3 | 1 | 1 | 289 | 246 | 101 | 17 | 123 | 5 | 44 | 39 |
| 35-50..... | 203 | 3 | 1 | (5) | 161 | 137 | 74 | 8 | 53 | 2 | 24 | 23 |
| 51-64..... | 218 | 2 | (5) | 0 | 80 | 72 | 47 | 4 | 20 | 1 | 9 | 8 |
| 65-74..... | 242 | 4 | 1 | (5) | 67 | 61 | 48 | 11 | 2 | (5) | 5 | 3 |
| 75 AND OVER..... | 84 | (5) | (5) | 0 | 32 | 30 | 22 | 2 | 6 | 0 | 2 | 0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 118 | 9 | (5) | 2 | 38 | 38 | 0 | 3 | 27 | 8 | 0 | 0 |
| 12-14..... | 130 | 8 | (5) | 2 | 40 | 40 | 0 | 2 | 37 | 1 | 0 | 0 |
| 15-18..... | 140 | 7 | (5) | 3 | 75 | 75 | 1 | 6 | 66 | 3 | (5) | 0 |
| 19-22..... | 183 | 2 | (5) | 1 | 134 | 128 | 15 | 15 | 91 | 7 | 7 | 4 |
| 23-34..... | 462 | 3 | 1 | (5) | 157 | 147 | 51 | 25 | 69 | 3 | 10 | 7 |
| 35-50..... | 340 | 1 | (5) | (5) | 81 | 77 | 33 | 13 | 28 | 3 | 4 | 1 |
| 51-64..... | 380 | 3 | 1 | (5) | 87 | 84 | 51 | 13 | 17 | 2 | 3 | 2 |
| 65-74..... | 226 | 3 | (5) | (5) | 54 | 53 | 33 | 11 | 9 | 1 | 1 | 0 |
| 75 AND OVER..... | 104 | (5) | (5) | 0 | 29 | 27 | 18 | 5 | 4 | 0 | 2 | 0 |
| ALL INDIVIDUALS... | 4/4,249 | 4 | (5) | 1 | 98 | 88 | 33 | 10 | 43 | 3 | 10 | 8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6C-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 0.0 | 0.0 | 0.0 | 5.1 | 5.1 | 0.0 | 1.8 | 3.4 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/127 | 10.0 | 4.4 | 3.9 | 14.7 | 14.7 | .0 | 1.9 | 14.7 | .0 | .0 | .0 |
| 3-5..... | 243 | 12.9 | 3.8 | 3.0 | 21.4 | 21.4 | .0 | 3.6 | 18.1 | 2.2 | .0 | .0 |
| 6-8..... | 197 | 27.1 | 2.2 | 5.5 | 19.1 | 19.1 | .0 | 2.1 | 15.4 | 2.7 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 94 | 19.1 | 4.0 | .0 | 19.2 | 19.2 | .0 | 1.8 | 16.5 | 1.7 | .0 | .0 |
| 12-14..... | 140 | 27.6 | 1.3 | 13.2 | 35.7 | 35.7 | .0 | 1.8 | 31.0 | 5.2 | .0 | .0 |
| 15-18..... | 133 | 20.9 | 4.8 | 5.1 | 36.4 | 34.7 | 4.1 | 3.3 | 30.0 | 3.6 | 2.3 | 2.3 |
| 19-22..... | 121 | 13.2 | 8.9 | 4.3 | 54.1 | 49.3 | 3.9 | 8.1 | 45.3 | 1.1 | 14.3 | 13.3 |
| 23-34..... | 309 | 26.6 | 17.8 | 6.2 | 66.5 | 63.3 | 30.8 | 9.9 | 45.5 | 3.1 | 12.9 | 9.9 |
| 35-50..... | 203 | 21.4 | 17.5 | 2.0 | 48.3 | 46.7 | 24.8 | 6.9 | 22.6 | 1.7 | 10.3 | 8.4 |
| 51-64..... | 218 | 9.3 | 5.5 | .0 | 27.8 | 27.8 | 16.9 | 2.9 | 13.2 | .4 | 4.5 | 3.0 |
| 65-74..... | 242 | 15.1 | 10.1 | .6 | 28.0 | 26.8 | 21.6 | 7.9 | 2.7 | .9 | 2.2 | 1.1 |
| 75 AND OVER..... | 84 | 6.5 | 4.1 | .0 | 15.5 | 15.5 | 12.2 | 2.3 | 2.7 | .0 | 2.5 | .0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 118 | 23.4 | 2.3 | 8.8 | 24.6 | 24.6 | .0 | 3.6 | 14.3 | 7.4 | .0 | .0 |
| 12-14..... | 130 | 16.6 | .6 | 9.0 | 25.1 | 25.1 | .0 | 2.3 | 21.7 | 1.9 | .0 | .0 |
| 15-18..... | 140 | 18.1 | 2.2 | 11.0 | 36.0 | 35.4 | 1.3 | 5.3 | 30.8 | 3.0 | .6 | .0 |
| 19-22..... | 183 | 19.0 | 9.4 | 7.7 | 52.1 | 51.6 | 10.1 | 10.3 | 41.4 | 5.9 | 5.8 | 3.0 |
| 23-34..... | 462 | 18.5 | 13.0 | 4.2 | 51.4 | 49.7 | 18.9 | 16.0 | 33.2 | 2.2 | 7.0 | 2.7 |
| 35-50..... | 340 | 10.3 | 8.3 | 1.8 | 36.7 | 36.1 | 18.0 | 9.5 | 17.5 | 3.2 | 4.9 | .6 |
| 51-64..... | 380 | 16.5 | 12.5 | 1.1 | 40.0 | 39.3 | 25.9 | 10.5 | 11.2 | 2.1 | 2.7 | .8 |
| 65-74..... | 226 | 16.6 | 10.2 | 2.0 | 37.0 | 37.0 | 23.7 | 10.6 | 6.1 | 1.0 | 3.1 | .0 |
| 75 AND OVER..... | 104 | 4.7 | 4.0 | .0 | 24.0 | 24.0 | 18.0 | 4.3 | 3.8 | .0 | 3.3 | .0 |
| ALL INDIVIDUALS... | 4/4,249 | 17.0 | 8.4 | 3.9 | 36.9 | 36.0 | 14.0 | 7.4 | 21.4 | 2.4 | 4.2 | 2.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6C-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 2 | (5) | 0 | 21 | 21 | 0 | 8 | 12 | 0 | 0 | 0 |
| 1-2..... | 4/127 | 14 | 3 | 3 | 143 | 143 | (5) | 28 | 93 | 21 | 0 | 0 |
| 3-5..... | 243 | 14 | 3 | 2 | 195 | 195 | 3 | 41 | 129 | 22 | 0 | 0 |
| 6-8..... | 197 | 15 | 3 | 2 | 221 | 221 | 5 | 37 | 143 | 35 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 94 | 22 | 3 | 3 | 206 | 206 | 3 | 44 | 139 | 21 | 0 | 0 |
| 12-14..... | 140 | 30 | 5 | 4 | 268 | 268 | 14 | 69 | 147 | 38 | 0 | 0 |
| 15-18..... | 133 | 20 | 3 | 1 | 317 | 301 | 31 | 80 | 167 | 23 | 17 | 14 |
| 19-22..... | 121 | 17 | 4 | 4 | 538 | 489 | 102 | 101 | 239 | 48 | 49 | 47 |
| 23-34..... | 309 | 17 | 4 | 2 | 653 | 559 | 218 | 148 | 170 | 23 | 94 | 91 |
| 35-50..... | 203 | 22 | 6 | 2 | 690 | 611 | 313 | 155 | 121 | 23 | 79 | 66 |
| 51-64..... | 218 | 24 | 7 | 1 | 739 | 666 | 449 | 137 | 64 | 16 | 73 | 64 |
| 65-74..... | 242 | 31 | 8 | 3 | 677 | 651 | 463 | 135 | 41 | 12 | 26 | 24 |
| 75 AND OVER..... | 84 | 39 | 9 | 1 | 657 | 627 | 399 | 172 | 38 | 17 | 31 | 22 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 118 | 19 | 3 | 2 | 181 | 181 | 3 | 33 | 110 | 35 | 0 | 0 |
| 12-14..... | 130 | 21 | 3 | 4 | 233 | 233 | 12 | 45 | 154 | 22 | 0 | 0 |
| 15-18..... | 140 | 22 | 4 | 3 | 318 | 318 | 35 | 56 | 187 | 40 | 0 | 0 |
| 19-22..... | 183 | 14 | 4 | 3 | 424 | 417 | 82 | 94 | 218 | 23 | 7 | 7 |
| 23-34..... | 462 | 12 | 4 | 2 | 540 | 521 | 187 | 160 | 152 | 22 | 18 | 14 |
| 35-50..... | 340 | 17 | 5 | 1 | 618 | 604 | 323 | 134 | 128 | 18 | 15 | 12 |
| 51-64..... | 380 | 17 | 4 | 2 | 670 | 657 | 434 | 135 | 78 | 10 | 13 | 11 |
| 65-74..... | 226 | 19 | 3 | 1 | 599 | 591 | 353 | 148 | 70 | 20 | 8 | 6 |
| 75 AND OVER..... | 104 | 28 | 3 | 2 | 566 | 563 | 366 | 156 | 33 | 8 | 3 | 0 |
| ALL INDIVIDUALS... | 4/4,249 | 19 | 4 | 2 | 489 | 466 | 211 | 110 | 123 | 22 | 23 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6C-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $6,000 TO $9,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/55 | 23.1 | 17.9 | 0.0 | 19.1 | 19.1 | 0.0 | 8.4 | 12.3 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/127 | 71.8 | 47.1 | 16.3 | 67.0 | 67.0 | .6 | 16.8 | 54.1 | 14.9 | .0 | .0 |
| 3-5..... | 243 | 68.6 | 43.6 | 15.0 | 75.4 | 75.4 | 2.9 | 22.1 | 59.3 | 16.0 | .0 | .0 |
| 6-8..... | 197 | 68.6 | 38.6 | 12.1 | 74.9 | 74.9 | 4.5 | 19.4 | 59.6 | 19.8 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 94 | 65.5 | 35.5 | 8.3 | 67.0 | 67.0 | 2.6 | 19.4 | 54.6 | 14.0 | .0 | .0 |
| 12-14..... | 140 | 69.7 | 46.6 | 11.0 | 80.1 | 80.1 | 9.4 | 31.2 | 59.7 | 21.5 | .0 | .0 |
| 15-18..... | 133 | 59.6 | 43.7 | 5.3 | 77.7 | 77.7 | 15.9 | 23.6 | 59.5 | 12.5 | 3.8 | 3.8 |
| 19-22..... | 121 | 68.0 | 47.1 | 11.7 | 92.2 | 91.2 | 32.2 | 29.9 | 56.6 | 17.0 | 11.1 | 9.7 |
| 23-34..... | 309 | 59.2 | 46.1 | 6.2 | 91.1 | 86.9 | 54.0 | 33.7 | 54.6 | 11.5 | 19.8 | 16.9 |
| 35-50..... | 203 | 67.0 | 47.8 | 4.5 | 94.7 | 92.9 | 68.2 | 40.2 | 41.9 | 11.7 | 12.4 | 10.7 |
| 51-64..... | 218 | 74.1 | 51.1 | 5.4 | 96.7 | 96.3 | 83.8 | 39.7 | 30.4 | 6.3 | 13.9 | 9.7 |
| 65-74..... | 242 | 82.3 | 58.4 | 15.2 | 95.3 | 95.3 | 86.6 | 39.0 | 22.8 | 7.3 | 8.9 | 5.4 |
| 75 AND OVER..... | 84 | 78.8 | 64.6 | 5.5 | 96.2 | 96.2 | 83.1 | 57.1 | 19.2 | 7.9 | 13.6 | 10.2 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 118 | 66.6 | 40.6 | 11.7 | 73.1 | 73.1 | 4.7 | 16.1 | 52.3 | 20.4 | .0 | .0 |
| 12-14..... | 130 | 61.5 | 36.6 | 12.0 | 74.5 | 74.5 | 5.9 | 22.9 | 58.6 | 12.1 | .0 | .0 |
| 15-18..... | 140 | 67.1 | 43.4 | 10.4 | 89.2 | 89.2 | 18.0 | 26.1 | 74.2 | 22.0 | .0 | .0 |
| 19-22..... | 183 | 67.0 | 51.0 | 12.1 | 82.8 | 82.8 | 26.2 | 29.8 | 58.6 | 12.3 | 3.6 | 2.8 |
| 23-34..... | 462 | 59.1 | 41.5 | 8.0 | 91.9 | 90.9 | 47.0 | 42.2 | 54.3 | 11.3 | 8.4 | 4.0 |
| 35-50..... | 340 | 69.9 | 48.7 | 4.7 | 95.7 | 95.7 | 70.5 | 40.0 | 50.5 | 10.8 | 7.4 | 6.0 |
| 51-64..... | 380 | 68.5 | 47.4 | 8.1 | 97.9 | 97.9 | 84.2 | 44.8 | 35.5 | 6.5 | 5.7 | 3.4 |
| 65-74..... | 226 | 75.9 | 56.3 | 4.7 | 97.9 | 97.9 | 85.2 | 48.2 | 21.8 | 7.4 | 5.1 | 1.0 |
| 75 AND OVER..... | 104 | 79.2 | 39.1 | 9.5 | 97.3 | 97.3 | 90.2 | 42.8 | 19.9 | 7.7 | 6.3 | .0 |
| ALL INDIVIDUALS... | 4/4,249 | 67.6 | 46.3 | 8.9 | 87.5 | 86.9 | 47.3 | 34.3 | 46.8 | 11.9 | 6.5 | 4.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6D-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 9 | (5) | 0 | 24 | 24 | 0 | 5 | 9 | 10 | 0 | 0 |
| 1-2..... | 4/283 | 20 | 2 | 2 | 159 | 159 | 1 | 29 | 94 | 34 | 0 | 0 |
| 3-5..... | 406 | 27 | 3 | 4 | 227 | 227 | 1 | 41 | 146 | 40 | (5) | 0 |
| 6-8..... | 468 | 28 | 3 | 4 | 219 | 219 | 2 | 49 | 133 | 35 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 200 | 29 | 4 | 5 | 298 | 298 | 3 | 63 | 201 | 31 | 0 | 0 |
| 12-14..... | 222 | 40 | 5 | 6 | 357 | 357 | 15 | 99 | 214 | 30 | 0 | 0 |
| 15-18..... | 240 | 34 | 6 | 5 | 482 | 472 | 51 | 99 | 279 | 42 | 10 | 10 |
| 19-22..... | 166 | 19 | 8 | 4 | 757 | 604 | 100 | 142 | 330 | 32 | 153 | 147 |
| 23-34..... | 695 | 25 | 7 | 4 | 945 | 796 | 307 | 162 | 300 | 28 | 149 | 134 |
| 35-50..... | 508 | 23 | 8 | 3 | 1,062 | 936 | 577 | 166 | 174 | 20 | 125 | 114 |
| 51-64..... | 412 | 22 | 8 | 2 | 903 | 807 | 559 | 150 | 89 | 8 | 96 | 88 |
| 65-74..... | 152 | 26 | 5 | 2 | 735 | 660 | 482 | 115 | 45 | 17 | 75 | 60 |
| 75 AND OVER..... | 47 | 46 | 5 | 1 | 647 | 605 | 448 | 68 | 40 | 48 | 42 | 38 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 225 | 27 | 3 | 5 | 246 | 246 | 1 | 66 | 147 | 33 | 0 | 0 |
| 12-14..... | 244 | 26 | 4 | 7 | 324 | 324 | 8 | 87 | 196 | 32 | 0 | 0 |
| 15-18..... | 260 | 18 | 4 | 4 | 449 | 443 | 60 | 105 | 246 | 32 | 6 | 5 |
| 19-22..... | 209 | 13 | 4 | 3 | 558 | 542 | 102 | 119 | 294 | 27 | 16 | 8 |
| 23-34..... | 1,009 | 18 | 6 | 2 | 741 | 706 | 304 | 165 | 218 | 18 | 35 | 23 |
| 35-50..... | 673 | 17 | 5 | 2 | 873 | 841 | 479 | 187 | 157 | 18 | 32 | 23 |
| 51-64..... | 521 | 17 | 5 | 1 | 823 | 796 | 535 | 174 | 78 | 9 | 27 | 17 |
| 65-74..... | 167 | 19 | 4 | 1 | 650 | 640 | 406 | 190 | 36 | 9 | 10 | (5) |
| 75 AND OVER..... | 62 | 37 | 4 | 1 | 548 | 532 | 312 | 188 | 22 | 10 | 16 | 2 |
| ALL INDIVIDUALS... | 4/7,286 | 23 | 5 | 3 | 632 | 588 | 261 | 127 | 176 | 24 | 45 | 38 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6D-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 22.4 | 10.1 | 0.0 | 14.1 | 14.1 | 0.0 | 4.7 | 6.7 | 4.8 | 0.0 | 0.0 |
| 1-2..... | 4/283 | 74.1 | 36.7 | 19.2 | 72.4 | 72.4 | .9 | 20.8 | 56.2 | 23.4 | .0 | .0 |
| 3-5..... | 406 | 83.3 | 45.5 | 23.6 | 82.8 | 82.8 | 1.5 | 23.2 | 70.8 | 22.7 | .4 | .0 |
| 6-8..... | 468 | 82.8 | 50.5 | 20.1 | 78.1 | 78.1 | 2.4 | 28.3 | 62.4 | 22.7 | .3 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 200 | 85.3 | 56.7 | 23.5 | 86.9 | 86.9 | 3.0 | 25.3 | 72.6 | 18.3 | .0 | .0 |
| 12-14..... | 222 | 81.8 | 57.4 | 18.5 | 81.3 | 81.3 | 8.5 | 33.6 | 66.9 | 14.0 | .0 | .0 |
| 15-18..... | 240 | 76.5 | 51.8 | 18.1 | 88.2 | 88.2 | 15.6 | 30.1 | 71.8 | 16.9 | 1.6 | 1.6 |
| 19-22..... | 166 | 66.4 | 45.8 | 11.6 | 94.1 | 92.1 | 34.3 | 37.1 | 76.6 | 15.0 | 25.3 | 20.6 |
| 23-34..... | 695 | 70.7 | 50.7 | 14.4 | 97.9 | 96.1 | 61.5 | 40.8 | 73.7 | 10.7 | 33.3 | 26.1 |
| 35-50..... | 508 | 74.7 | 62.2 | 7.3 | 98.6 | 98.2 | 87.4 | 42.3 | 56.9 | 11.8 | 26.1 | 21.4 |
| 51-64..... | 412 | 78.3 | 61.4 | 7.1 | 97.4 | 97.4 | 89.9 | 38.9 | 33.8 | 4.9 | 21.8 | 17.4 |
| 65-74..... | 152 | 84.3 | 55.5 | 6.2 | 96.6 | 96.6 | 88.4 | 36.0 | 18.9 | 9.9 | 26.5 | 16.4 |
| 75 AND OVER..... | 47 | 90.2 | 71.5 | 4.8 | 96.7 | 96.7 | 90.5 | 31.7 | 25.4 | 18.8 | 20.3 | 11.2 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 225 | 77.7 | 49.4 | 23.7 | 78.0 | 78.0 | 1.4 | 30.7 | 61.2 | 17.9 | .0 | .0 |
| 12-14..... | 244 | 80.1 | 47.1 | 25.7 | 83.8 | 83.8 | 8.1 | 34.6 | 65.2 | 16.1 | .0 | .0 |
| 15-18..... | 260 | 70.7 | 44.1 | 17.4 | 85.2 | 84.6 | 17.2 | 37.0 | 72.3 | 16.7 | 2.5 | 1.8 |
| 19-22..... | 209 | 62.8 | 44.3 | 14.6 | 92.6 | 92.6 | 33.0 | 39.7 | 79.3 | 17.1 | 9.9 | 3.2 |
| 23-34..... | 1,009 | 71.7 | 52.2 | 12.3 | 96.6 | 96.3 | 60.8 | 48.5 | 68.0 | 13.1 | 18.1 | 8.0 |
| 35-50..... | 673 | 72.2 | 47.4 | 11.1 | 98.6 | 98.6 | 82.8 | 49.6 | 56.9 | 10.2 | 14.2 | 6.1 |
| 51-64..... | 521 | 68.9 | 46.8 | 7.5 | 98.8 | 98.5 | 89.6 | 58.0 | 40.8 | 6.6 | 16.0 | 5.5 |
| 65-74..... | 167 | 82.7 | 53.9 | 6.6 | 97.1 | 97.1 | 87.6 | 55.0 | 23.0 | 8.2 | 17.1 | .5 |
| 75 AND OVER..... | 62 | 85.1 | 50.4 | 6.3 | 98.7 | 98.7 | 73.4 | 72.0 | 20.9 | 6.4 | 18.4 | 1.7 |
| ALL INDIVIDUALS... | 4/7,286 | 74.3 | 50.2 | 14.0 | 90.5 | 90.1 | 48.4 | 39.4 | 59.1 | 13.6 | 13.5 | 8.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6D-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/117 | (5) | (5) | 0 | 1 | 1 | 0 | (5) | 1 | 0 | 0 | 0 |
| 1-2..... | 4/283 | 3 | (5) | (5) | 21 | 21 | 0 | 2 | 17 | 2 | 0 | 0 |
| 3-5..... | 406 | 4 | (5) | 1 | 28 | 28 | (5) | 3 | 22 | 3 | 0 | 0 |
| 6-8..... | 468 | 7 | (5) | 1 | 33 | 33 | (5) | 4 | 24 | 5 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 200 | 8 | (5) | 1 | 59 | 59 | 0 | 6 | 50 | 4 | 0 | 0 |
| 12-14..... | 222 | 10 | (5) | 2 | 62 | 62 | (5) | 4 | 55 | 2 | 0 | 0 |
| 15-18..... | 240 | 6 | (5) | 2 | 120 | 114 | 4 | 5 | 100 | 6 | 5 | 5 |
| 19-22..... | 166 | 7 | 1 | 2 | 264 | 220 | 25 | 30 | 157 | 9 | 43 | 42 |
| 23-34..... | 695 | 4 | 1 | 1 | 298 | 249 | 96 | 24 | 126 | 3 | 49 | 44 |
| 35-50..... | 508 | 3 | 1 | (5) | 228 | 203 | 116 | 16 | 69 | 2 | 25 | 23 |
| 51-64..... | 412 | 2 | 1 | (5) | 140 | 123 | 79 | 16 | 27 | (5) | 17 | 15 |
| 65-74..... | 152 | 2 | (5) | (5) | 80 | 72 | 54 | 10 | 8 | 0 | 8 | 7 |
| 75 AND OVER..... | 47 | 4 | (5) | 0 | 32 | 26 | 16 | 2 | 6 | 2 | 6 | 4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 225 | 7 | (5) | 1 | 44 | 44 | (5) | 4 | 36 | 4 | 0 | 0 |
| 12-14..... | 244 | 8 | (5) | 2 | 57 | 57 | 1 | 6 | 46 | 5 | 0 | 0 |
| 15-18..... | 260 | 6 | (5) | 2 | 131 | 126 | 15 | 13 | 93 | 5 | 5 | 4 |
| 19-22..... | 209 | 4 | 1 | 2 | 175 | 167 | 31 | 27 | 97 | 13 | 8 | 3 |
| 23-34..... | 1,009 | 3 | 1 | (5) | 159 | 146 | 62 | 21 | 59 | 4 | 13 | 8 |
| 35-50..... | 673 | 3 | (5) | 1 | 135 | 126 | 64 | 16 | 45 | 2 | 9 | 5 |
| 51-64..... | 521 | 3 | 1 | (5) | 94 | 89 | 60 | 14 | 13 | 2 | 5 | 2 |
| 65-74..... | 167 | 3 | (5) | (5) | 49 | 46 | 32 | 9 | 4 | 1 | 3 | (5) |
| 75 AND OVER..... | 62 | 3 | (5) | 0 | 36 | 35 | 22 | 9 | 4 | 0 | 1 | 0 |
| ALL INDIVIDUALS... | 4/7,286 | 4 | 1 | 1 | 128 | 116 | 45 | 13 | 54 | 3 | 12 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6D-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 0.8 | 0.8 | 0.0 | 1.5 | 1.5 | 0.0 | 0.7 | 0.8 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/283 | 12.0 | 2.4 | 3.3 | 22.4 | 22.4 | .0 | 2.8 | 18.5 | 3.3 | .0 | .0 |
| 3-5..... | 406 | 14.9 | 3.6 | 4.9 | 27.3 | 27.3 | .3 | 3.7 | 23.0 | 3.4 | .0 | .0 |
| 6-8..... | 468 | 25.5 | 2.8 | 6.4 | 25.5 | 25.5 | .5 | 3.2 | 20.2 | 5.4 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 200 | 26.6 | 3.5 | 9.9 | 31.4 | 31.4 | .0 | 3.7 | 27.0 | 4.9 | .0 | .0 |
| 12-14..... | 222 | 21.0 | 2.2 | 4.9 | 30.3 | 30.3 | .6 | 3.0 | 29.1 | 2.9 | .0 | .0 |
| 15-18..... | 240 | 19.0 | 2.8 | 8.6 | 43.4 | 43.0 | 3.9 | 1.7 | 40.7 | 3.1 | 1.2 | 1.2 |
| 19-22..... | 166 | 23.9 | 13.9 | 7.7 | 59.9 | 56.3 | 12.3 | 12.4 | 48.4 | 4.2 | 15.2 | 13.1 |
| 23-34..... | 695 | 26.1 | 17.8 | 5.6 | 72.6 | 69.1 | 32.3 | 11.8 | 49.7 | 1.4 | 16.6 | 11.9 |
| 35-50..... | 508 | 25.5 | 20.7 | 1.9 | 58.0 | 56.1 | 38.8 | 8.2 | 31.5 | 2.1 | 7.8 | 6.7 |
| 51-64..... | 412 | 19.0 | 16.0 | .8 | 48.4 | 46.0 | 34.3 | 8.7 | 14.8 | .6 | 6.9 | 5.7 |
| 65-74..... | 152 | 13.6 | 7.8 | .7 | 38.7 | 35.1 | 30.2 | 9.6 | 5.9 | .0 | 9.8 | 5.6 |
| 75 AND OVER..... | 47 | 4.6 | 4.6 | .0 | 31.8 | 26.2 | 13.8 | 2.0 | 6.9 | 3.5 | 7.4 | 5.6 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 225 | 23.0 | 5.0 | 7.5 | 29.4 | 29.4 | .4 | 4.2 | 26.6 | 3.9 | .0 | .0 |
| 12-14..... | 244 | 27.9 | 4.2 | 11.7 | 34.1 | 34.1 | .5 | 5.8 | 26.7 | 4.3 | .0 | .0 |
| 15-18..... | 260 | 24.0 | 7.0 | 8.2 | 42.4 | 41.8 | 5.3 | 8.3 | 34.9 | 3.8 | 1.9 | 1.5 |
| 19-22..... | 209 | 17.9 | 12.7 | 8.1 | 59.8 | 58.0 | 11.8 | 15.7 | 48.1 | 9.2 | 5.8 | 1.5 |
| 23-34..... | 1,009 | 20.7 | 14.2 | 3.8 | 55.2 | 53.2 | 26.1 | 13.1 | 33.0 | 4.4 | 9.3 | 3.6 |
| 35-50..... | 673 | 20.5 | 12.5 | 3.8 | 53.7 | 52.1 | 29.9 | 10.1 | 26.1 | 1.3 | 6.1 | 1.8 |
| 51-64..... | 521 | 16.6 | 9.0 | 1.5 | 41.4 | 40.7 | 27.6 | 11.1 | 13.1 | 2.2 | 4.4 | 1.5 |
| 65-74..... | 167 | 15.4 | 5.2 | .6 | 34.3 | 31.7 | 19.5 | 10.8 | 3.1 | 1.7 | 7.4 | .5 |
| 75 AND OVER..... | 62 | 21.1 | 6.4 | .0 | 28.1 | 28.1 | 17.0 | 10.9 | 5.4 | .0 | 3.8 | .0 |
| ALL INDIVIDUALS... | 4/7,286 | 20.6 | 10.1 | 4.6 | 45.2 | 43.8 | 18.4 | 8.4 | 27.7 | 3.0 | 5.8 | 3.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6D-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 9 | (5) | 0 | 23 | 23 | 0 | 5 | 8 | 10 | 0 | 0 |
| 1-2..... | 4/283 | 17 | 2 | 2 | 137 | 137 | 1 | 26 | 77 | 33 | 0 | 0 |
| 3-5..... | 406 | 23 | 3 | 3 | 199 | 199 | (5) | 37 | 125 | 37 | (5) | 0 |
| 6-8..... | 468 | 21 | 3 | 3 | 187 | 186 | 1 | 46 | 109 | 30 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 200 | 21 | 4 | 4 | 239 | 239 | 3 | 58 | 152 | 26 | 0 | 0 |
| 12-14..... | 222 | 30 | 5 | 4 | 295 | 295 | 14 | 95 | 158 | 28 | 0 | 0 |
| 15-18..... | 240 | 27 | 6 | 3 | 362 | 357 | 47 | 95 | 179 | 36 | 5 | 4 |
| 19-22..... | 166 | 12 | 6 | 2 | 493 | 384 | 75 | 112 | 173 | 23 | 110 | 105 |
| 23-34..... | 695 | 20 | 6 | 2 | 647 | 547 | 211 | 138 | 173 | 25 | 100 | 89 |
| 35-50..... | 508 | 20 | 6 | 2 | 834 | 734 | 461 | 151 | 105 | 17 | 100 | 91 |
| 51-64..... | 412 | 19 | 7 | 2 | 763 | 684 | 480 | 134 | 62 | 8 | 79 | 73 |
| 65-74..... | 152 | 24 | 4 | 1 | 655 | 588 | 428 | 105 | 37 | 17 | 67 | 53 |
| 75 AND OVER..... | 47 | 42 | 5 | 1 | 615 | 579 | 432 | 67 | 34 | 46 | 36 | 34 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 225 | 20 | 3 | 4 | 202 | 202 | (5) | 61 | 111 | 29 | 0 | 0 |
| 12-14..... | 244 | 18 | 3 | 5 | 266 | 266 | 8 | 82 | 150 | 27 | 0 | 0 |
| 15-18..... | 260 | 12 | 3 | 2 | 318 | 317 | 45 | 92 | 153 | 27 | 1 | 1 |
| 19-22..... | 209 | 9 | 3 | 1 | 382 | 375 | 71 | 93 | 197 | 14 | 8 | 6 |
| 23-34..... | 1,009 | 15 | 5 | 1 | 582 | 560 | 242 | 144 | 159 | 14 | 22 | 15 |
| 35-50..... | 673 | 14 | 4 | 2 | 738 | 715 | 415 | 171 | 113 | 16 | 23 | 17 |
| 51-64..... | 521 | 14 | 4 | 1 | 729 | 707 | 474 | 160 | 65 | 7 | 23 | 15 |
| 65-74..... | 167 | 17 | 3 | 1 | 600 | 594 | 374 | 181 | 32 | 8 | 6 | 0 |
| 75 AND OVER..... | 62 | 34 | 4 | 1 | 512 | 498 | 291 | 179 | 18 | 10 | 15 | 2 |
| ALL INDIVIDUALS... | 4/7,286 | 18 | 4 | 2 | 505 | 472 | 216 | 114 | 122 | 21 | 33 | 28 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6D-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $10,000 TO $15,999, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/117 | 22.4 | 9.3 | 0.0 | 12.5 | 12.5 | 0.0 | 4.0 | 5.8 | 4.8 | 0.0 | 0.0 |
| 1-2..... | 4/283 | 70.7 | 35.8 | 17.3 | 66.8 | 66.8 | .9 | 18.6 | 49.5 | 21.2 | .0 | .0 |
| 3-5..... | 406 | 80.1 | 44.2 | 19.2 | 78.6 | 78.3 | 1.2 | 21.5 | 64.6 | 19.9 | .4 | .0 |
| 6-8..... | 468 | 77.9 | 48.8 | 15.3 | 71.6 | 71.2 | 1.9 | 26.9 | 52.1 | 18.0 | .3 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 200 | 78.4 | 54.8 | 14.7 | 76.9 | 76.9 | 3.0 | 22.3 | 59.4 | 14.2 | .0 | .0 |
| 12-14..... | 222 | 77.7 | 56.5 | 15.7 | 74.9 | 74.9 | 8.0 | 32.2 | 52.1 | 11.9 | .0 | .0 |
| 15-18..... | 240 | 73.2 | 51.3 | 11.5 | 77.2 | 76.7 | 14.8 | 29.6 | 52.2 | 15.8 | 1.3 | 1.3 |
| 19-22..... | 166 | 59.4 | 42.6 | 6.3 | 87.6 | 84.0 | 27.8 | 28.9 | 59.0 | 11.4 | 16.3 | 13.7 |
| 23-34..... | 695 | 64.4 | 44.1 | 9.3 | 91.6 | 88.3 | 47.5 | 35.4 | 54.2 | 9.4 | 24.7 | 19.3 |
| 35-50..... | 508 | 72.2 | 59.8 | 5.7 | 97.1 | 95.7 | 81.1 | 39.5 | 39.4 | 10.1 | 21.4 | 17.5 |
| 51-64..... | 412 | 75.0 | 58.4 | 6.3 | 94.5 | 93.6 | 84.7 | 34.7 | 24.2 | 4.4 | 16.9 | 13.7 |
| 65-74..... | 152 | 82.5 | 55.5 | 5.5 | 96.6 | 96.6 | 85.9 | 32.9 | 15.5 | 9.9 | 22.4 | 15.0 |
| 75 AND OVER..... | 47 | 90.2 | 71.5 | 4.8 | 93.2 | 93.2 | 90.5 | 31.7 | 22.8 | 15.3 | 13.0 | 5.6 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 225 | 73.1 | 46.5 | 18.4 | 71.5 | 71.5 | 1.0 | 27.6 | 49.7 | 15.1 | .0 | .0 |
| 12-14..... | 244 | 70.9 | 45.3 | 18.4 | 76.7 | 76.7 | 8.1 | 30.7 | 55.9 | 13.9 | .0 | .0 |
| 15-18..... | 260 | 60.7 | 41.4 | 10.1 | 77.5 | 77.1 | 15.4 | 32.6 | 57.8 | 14.0 | .6 | .3 |
| 19-22..... | 209 | 56.9 | 40.7 | 6.5 | 83.0 | 83.0 | 27.6 | 30.4 | 63.0 | 8.8 | 5.3 | 2.2 |
| 23-34..... | 1,009 | 66.4 | 47.9 | 9.7 | 92.4 | 91.4 | 52.8 | 43.0 | 55.2 | 9.1 | 12.1 | 5.5 |
| 35-50..... | 673 | 66.9 | 45.1 | 8.4 | 97.5 | 97.1 | 79.2 | 46.3 | 44.3 | 9.0 | 9.4 | 4.6 |
| 51-64..... | 521 | 64.4 | 44.8 | 6.0 | 98.0 | 97.6 | 86.8 | 54.7 | 33.2 | 4.9 | 12.9 | 4.6 |
| 65-74..... | 167 | 78.3 | 51.5 | 6.6 | 96.4 | 96.4 | 85.5 | 53.5 | 20.6 | 6.4 | 9.7 | .0 |
| 75 AND OVER..... | 62 | 82.8 | 50.4 | 6.3 | 98.7 | 98.7 | 73.4 | 72.0 | 18.9 | 6.4 | 14.6 | 1.7 |
| ALL INDIVIDUALS... | 4/7,286 | 69.5 | 47.5 | 10.4 | 85.9 | 85.1 | 44.1 | 35.8 | 47.0 | 11.2 | 9.8 | 6.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6E-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 8 | (5) | 0 | 15 | 15 | 0 | 2 | 7 | 6 | 0 | 0 |
| 1-2..... | 4/271 | 22 | 2 | 4 | 154 | 154 | (5) | 33 | 85 | 36 | (5) | (5) |
| 3-5..... | 532 | 28 | 2 | 4 | 202 | 202 | 1 | 41 | 116 | 44 | (5) | (5) |
| 6-8..... | 594 | 34 | 2 | 5 | 234 | 234 | 2 | 44 | 144 | 44 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 328 | 34 | 2 | 8 | 293 | 293 | 3 | 57 | 180 | 52 | 1 | 0 |
| 12-14..... | 437 | 36 | 3 | 6 | 350 | 349 | 6 | 83 | 216 | 44 | (5) | 0 |
| 15-18..... | 555 | 33 | 4 | 6 | 493 | 471 | 31 | 107 | 287 | 47 | 22 | 19 |
| 19-22..... | 313 | 19 | 4 | 3 | 593 | 507 | 99 | 95 | 267 | 46 | 86 | 81 |
| 23-34..... | 953 | 22 | 6 | 3 | 948 | 755 | 328 | 149 | 251 | 27 | 193 | 167 |
| 35-50..... | 1,219 | 25 | 7 | 3 | 1,043 | 865 | 541 | 157 | 148 | 18 | 178 | 146 |
| 51-64..... | 760 | 31 | 6 | 3 | 968 | 846 | 610 | 142 | 84 | 9 | 122 | 93 |
| 65-74..... | 115 | 34 | 9 | 2 | 806 | 753 | 498 | 177 | 76 | 2 | 54 | 26 |
| 75 AND OVER..... | 35 | 24 | 6 | 1 | 749 | 729 | 548 | 122 | 47 | 12 | 19 | 7 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 339 | 31 | 3 | 5 | 290 | 290 | 4 | 63 | 180 | 43 | (5) | 0 |
| 12-14..... | 413 | 30 | 2 | 7 | 322 | 321 | 4 | 82 | 190 | 46 | 1 | 0 |
| 15-18..... | 559 | 25 | 3 | 6 | 455 | 448 | 41 | 99 | 273 | 35 | 8 | 5 |
| 19-22..... | 367 | 19 | 3 | 3 | 602 | 547 | 123 | 140 | 259 | 25 | 54 | 37 |
| 23-34..... | 1,254 | 17 | 4 | 3 | 782 | 729 | 289 | 205 | 211 | 24 | 53 | 27 |
| 35-50..... | 1,507 | 19 | 5 | 2 | 878 | 844 | 503 | 176 | 153 | 12 | 34 | 13 |
| 51-64..... | 777 | 21 | 3 | 2 | 842 | 804 | 538 | 156 | 93 | 17 | 38 | 17 |
| 65-74..... | 117 | 26 | 4 | 3 | 683 | 667 | 463 | 160 | 39 | 5 | 17 | 1 |
| 75 AND OVER..... | 63 | 15 | 3 | 1 | 605 | 568 | 360 | 182 | 22 | 5 | 37 | 31 |
| ALL INDIVIDUALS... | 4/11,624 | 25 | 4 | 4 | 672 | 610 | 280 | 129 | 174 | 27 | 62 | 46 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6E-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 23.1 | 8.0 | 0.0 | 13.3 | 13.3 | 0.0 | 2.8 | 9.2 | 5.1 | 0.0 | 0.0 |
| 1-2..... | 4/271 | 76.9 | 38.2 | 21.9 | 72.5 | 72.5 | .9 | 23.9 | 56.2 | 28.1 | .4 | .4 |
| 3-5..... | 532 | 86.5 | 42.8 | 27.4 | 83.4 | 83.4 | 1.2 | 22.1 | 68.8 | 31.4 | .8 | .2 |
| 6-8..... | 594 | 87.2 | 44.1 | 23.2 | 82.8 | 82.6 | 1.3 | 24.3 | 67.4 | 29.5 | .9 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 328 | 83.5 | 38.9 | 31.4 | 80.8 | 80.8 | 3.7 | 26.8 | 66.6 | 28.0 | 1.4 | .0 |
| 12-14..... | 437 | 80.3 | 42.8 | 24.5 | 80.8 | 80.8 | 4.3 | 29.3 | 65.3 | 23.9 | .9 | .0 |
| 15-18..... | 555 | 74.4 | 42.7 | 19.9 | 89.9 | 89.6 | 14.5 | 31.8 | 74.5 | 21.3 | 6.1 | 4.9 |
| 19-22..... | 313 | 65.6 | 44.1 | 9.5 | 92.6 | 89.6 | 34.3 | 31.7 | 70.3 | 19.9 | 19.9 | 17.8 |
| 23-34..... | 953 | 69.6 | 49.0 | 9.7 | 98.5 | 96.8 | 65.5 | 41.2 | 70.5 | 11.7 | 42.9 | 32.2 |
| 35-50..... | 1,219 | 72.7 | 52.2 | 9.5 | 98.0 | 97.6 | 83.9 | 42.9 | 53.3 | 10.7 | 42.8 | 29.3 |
| 51-64..... | 760 | 77.9 | 53.1 | 12.9 | 97.5 | 97.0 | 87.8 | 43.6 | 38.0 | 6.6 | 36.5 | 22.1 |
| 65-74..... | 115 | 82.5 | 59.2 | 8.8 | 98.3 | 98.3 | 93.3 | 57.2 | 25.1 | 3.0 | 36.1 | 14.1 |
| 75 AND OVER..... | 35 | 85.6 | 73.1 | 9.7 | 100.0 | 100.0 | 85.5 | 27.6 | 17.5 | 11.1 | 17.2 | 5.9 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 339 | 81.2 | 51.5 | 26.6 | 81.4 | 81.4 | 2.3 | 30.6 | 67.0 | 24.6 | .3 | .0 |
| 12-14..... | 413 | 75.2 | 36.4 | 27.4 | 83.4 | 83.2 | 2.7 | 32.7 | 71.5 | 28.8 | 1.9 | .0 |
| 15-18..... | 559 | 72.1 | 37.0 | 24.9 | 92.7 | 92.3 | 15.2 | 36.4 | 82.7 | 22.4 | 5.4 | 2.2 |
| 19-22..... | 367 | 71.0 | 45.9 | 12.8 | 93.3 | 92.2 | 37.5 | 46.8 | 76.2 | 17.1 | 23.3 | 10.4 |
| 23-34..... | 1,254 | 71.7 | 50.4 | 13.8 | 98.0 | 97.6 | 59.8 | 55.3 | 70.0 | 15.9 | 26.5 | 9.0 |
| 35-50..... | 1,507 | 69.7 | 52.3 | 11.2 | 97.8 | 97.3 | 83.0 | 51.1 | 58.2 | 9.9 | 22.9 | 5.6 |
| 51-64..... | 777 | 71.5 | 40.3 | 14.3 | 98.0 | 97.4 | 87.6 | 47.2 | 41.6 | 8.1 | 25.2 | 6.0 |
| 65-74..... | 117 | 80.1 | 50.6 | 15.4 | 98.6 | 98.6 | 89.3 | 60.0 | 26.7 | 5.7 | 18.1 | .9 |
| 75 AND OVER..... | 63 | 69.4 | 45.0 | 4.3 | 95.2 | 95.2 | 77.5 | 53.9 | 15.1 | 6.4 | 10.4 | 5.9 |
| ALL INDIVIDUALS... | 4/11,624 | 74.1 | 46.6 | 16.1 | 92.0 | 91.5 | 49.6 | 40.4 | 61.0 | 16.5 | 20.6 | 10.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6E-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/271 | 3 | (5) | 1 | 29 | 29 | 0 | 3 | 22 | 4 | 0 | 0 |
| 3-5..... | 532 | 4 | (5) | 1 | 42 | 42 | (5) | 2 | 33 | 7 | (5) | 0 |
| 6-8..... | 594 | 7 | (5) | 1 | 47 | 47 | 0 | 4 | 35 | 7 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 328 | 9 | (5) | 2 | 57 | 56 | 1 | 5 | 40 | 10 | (5) | 0 |
| 12-14..... | 437 | 9 | (5) | 2 | 81 | 81 | 0 | 8 | 66 | 7 | 0 | 0 |
| 15-18..... | 555 | 7 | (5) | 3 | 158 | 150 | 5 | 11 | 123 | 10 | 9 | 7 |
| 19-22..... | 313 | 5 | 1 | 2 | 249 | 204 | 26 | 22 | 144 | 12 | 44 | 41 |
| 23-34..... | 953 | 5 | 2 | 1 | 370 | 289 | 136 | 32 | 115 | 6 | 81 | 69 |
| 35-50..... | 1,219 | 4 | 2 | 1 | 315 | 264 | 174 | 27 | 60 | 4 | 51 | 40 |
| 51-64..... | 760 | 5 | 1 | (5) | 239 | 209 | 155 | 19 | 33 | 2 | 30 | 21 |
| 65-74..... | 115 | 3 | 1 | (5) | 90 | 73 | 57 | 13 | 3 | 0 | 17 | 5 |
| 75 AND OVER..... | 35 | 4 | 0 | 0 | 61 | 51 | 29 | 14 | 0 | 7 | 10 | 4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 339 | 7 | (5) | 2 | 53 | 53 | 0 | 7 | 41 | 5 | 0 | 0 |
| 12-14..... | 413 | 7 | (5) | 2 | 81 | 81 | (5) | 7 | 59 | 14 | (5) | 0 |
| 15-18..... | 559 | 7 | (5) | 3 | 163 | 158 | 13 | 11 | 125 | 9 | 6 | 3 |
| 19-22..... | 367 | 5 | 1 | 1 | 224 | 181 | 26 | 23 | 125 | 7 | 43 | 31 |
| 23-34..... | 1,254 | 3 | 1 | (5) | 182 | 160 | 61 | 24 | 69 | 6 | 21 | 10 |
| 35-50..... | 1,507 | 3 | 1 | 1 | 158 | 147 | 85 | 21 | 39 | 2 | 10 | 3 |
| 51-64..... | 777 | 3 | (5) | 1 | 139 | 126 | 88 | 18 | 17 | 2 | 13 | 4 |
| 65-74..... | 117 | 2 | (5) | (5) | 72 | 70 | 60 | 6 | 3 | 0 | 2 | 0 |
| 75 AND OVER..... | 63 | 1 | (5) | 0 | 29 | 26 | 12 | 4 | 6 | 4 | 2 | 2 |
| ALL INDIVIDUALS... | 4/11,624 | 5 | 1 | 1 | 174 | 152 | 67 | 17 | 62 | 5 | 22 | 16 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6E-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/271 | 13.6 | 3.6 | 3.5 | 29.4 | 29.4 | .0 | 4.6 | 23.0 | 5.3 | .0 | .0 |
| 3-5..... | 532 | 19.9 | 2.5 | 6.1 | 38.3 | 38.1 | .1 | 2.5 | 31.0 | 8.8 | .2 | .0 |
| 6-8..... | 594 | 22.3 | 4.1 | 6.3 | 33.6 | 33.4 | .0 | 3.8 | 27.7 | 7.3 | .2 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 328 | 29.3 | 2.2 | 11.4 | 35.0 | 34.7 | .3 | 4.3 | 28.0 | 9.2 | .3 | .0 |
| 12-14..... | 437 | 23.0 | 2.9 | 10.1 | 38.9 | 38.9 | .0 | 4.0 | 32.4 | 6.2 | .0 | .0 |
| 15-18..... | 555 | 20.6 | 3.8 | 9.2 | 52.4 | 51.7 | 3.6 | 6.5 | 45.4 | 5.2 | 2.9 | 2.1 |
| 19-22..... | 313 | 17.7 | 9.6 | 4.3 | 60.3 | 57.6 | 13.0 | 10.3 | 47.8 | 6.3 | 14.6 | 12.5 |
| 23-34..... | 953 | 27.0 | 21.0 | 3.8 | 77.0 | 73.1 | 41.7 | 14.9 | 46.6 | 3.8 | 24.3 | 16.3 |
| 35-50..... | 1,219 | 29.3 | 23.2 | 3.2 | 70.4 | 67.6 | 49.3 | 14.8 | 29.6 | 1.9 | 19.6 | 11.7 |
| 51-64..... | 760 | 25.8 | 18.6 | 3.3 | 61.8 | 59.0 | 47.7 | 11.9 | 17.7 | 1.4 | 14.0 | 7.0 |
| 65-74..... | 115 | 25.9 | 18.5 | 3.2 | 50.3 | 50.3 | 41.8 | 9.3 | 3.1 | .0 | 16.8 | 4.2 |
| 75 AND OVER..... | 35 | 11.8 | .0 | .0 | 34.6 | 31.2 | 17.8 | 13.5 | .0 | 8.4 | 6.6 | 3.3 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 339 | 22.6 | 3.5 | 8.7 | 33.6 | 33.6 | .0 | 5.5 | 26.7 | 6.7 | .0 | .0 |
| 12-14..... | 413 | 22.4 | 1.9 | 11.2 | 42.6 | 42.6 | .4 | 5.4 | 34.4 | 9.8 | .8 | .0 |
| 15-18..... | 559 | 24.5 | 5.6 | 13.2 | 62.5 | 61.7 | 5.1 | 8.4 | 55.8 | 6.8 | 4.1 | 1.6 |
| 19-22..... | 367 | 23.6 | 13.6 | 5.1 | 68.4 | 62.5 | 11.4 | 16.8 | 52.6 | 5.0 | 17.8 | 7.8 |
| 23-34..... | 1,254 | 22.8 | 16.6 | 2.8 | 65.3 | 64.0 | 26.9 | 16.4 | 39.6 | 5.7 | 12.7 | 4.8 |
| 35-50..... | 1,507 | 21.0 | 15.1 | 3.0 | 59.6 | 57.4 | 36.7 | 14.4 | 26.8 | 2.4 | 10.6 | 2.2 |
| 51-64..... | 777 | 19.4 | 9.3 | 4.3 | 53.0 | 51.4 | 37.4 | 12.5 | 14.2 | 2.1 | 10.4 | 2.3 |
| 65-74..... | 117 | 12.1 | 6.0 | 1.0 | 41.6 | 40.1 | 33.9 | 5.9 | 4.2 | .0 | 5.8 | .0 |
| 75 AND OVER..... | 63 | 7.3 | 5.0 | .0 | 24.6 | 24.6 | 12.9 | 2.8 | 6.7 | 5.0 | 4.3 | 2.4 |
| ALL INDIVIDUALS... | 4/11,624 | 22.8 | 11.9 | 5.3 | 55.6 | 53.9 | 23.9 | 10.8 | 32.1 | 4.6 | 10.0 | 4.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6E-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 8 | (5) | 0 | 15 | 15 | 0 | 2 | 7 | 6 | 0 | 0 |
| 1-2..... | 4/271 | 19 | 1 | 3 | 125 | 125 | (5) | 29 | 63 | 32 | (5) | (5) |
| 3-5..... | 532 | 24 | 2 | 3 | 160 | 160 | 1 | 40 | 83 | 37 | (5) | (5) |
| 6-8..... | 594 | 27 | 2 | 4 | 188 | 187 | 2 | 40 | 109 | 37 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 328 | 25 | 2 | 6 | 236 | 236 | 3 | 52 | 139 | 42 | (5) | 0 |
| 12-14..... | 437 | 27 | 3 | 4 | 269 | 268 | 6 | 76 | 150 | 37 | (5) | 0 |
| 15-18..... | 555 | 27 | 4 | 3 | 335 | 321 | 25 | 95 | 164 | 37 | 13 | 12 |
| 19-22..... | 313 | 14 | 4 | 1 | 344 | 303 | 73 | 73 | 123 | 34 | 41 | 41 |
| 23-34..... | 953 | 18 | 4 | 2 | 578 | 466 | 192 | 117 | 136 | 22 | 112 | 97 |
| 35-50..... | 1,219 | 20 | 5 | 2 | 727 | 601 | 367 | 131 | 89 | 14 | 127 | 106 |
| 51-64..... | 760 | 26 | 5 | 3 | 729 | 637 | 455 | 124 | 51 | 7 | 92 | 71 |
| 65-74..... | 115 | 30 | 8 | 1 | 716 | 680 | 441 | 164 | 72 | 2 | 36 | 21 |
| 75 AND OVER..... | 35 | 20 | 6 | 1 | 688 | 679 | 519 | 108 | 47 | 5 | 9 | 3 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 339 | 24 | 3 | 4 | 236 | 236 | 4 | 56 | 139 | 38 | (5) | 0 |
| 12-14..... | 413 | 23 | 2 | 5 | 241 | 240 | 4 | 74 | 130 | 32 | (5) | 0 |
| 15-18..... | 559 | 18 | 2 | 3 | 292 | 290 | 28 | 88 | 148 | 26 | 2 | 2 |
| 19-22..... | 367 | 13 | 3 | 2 | 378 | 367 | 98 | 117 | 134 | 18 | 11 | 6 |
| 23-34..... | 1,254 | 14 | 4 | 2 | 600 | 568 | 228 | 181 | 142 | 18 | 32 | 18 |
| 35-50..... | 1,507 | 16 | 4 | 2 | 720 | 697 | 418 | 155 | 114 | 10 | 24 | 10 |
| 51-64..... | 777 | 17 | 3 | 2 | 703 | 678 | 450 | 137 | 76 | 15 | 25 | 13 |
| 65-74..... | 117 | 23 | 4 | 3 | 611 | 597 | 403 | 154 | 36 | 5 | 14 | 1 |
| 75 AND OVER..... | 63 | 14 | 3 | 1 | 576 | 542 | 348 | 178 | 16 | 1 | 34 | 30 |
| ALL INDIVIDUALS... | 4/11,624 | 20 | 4 | 3 | 498 | 459 | 213 | 112 | 112 | 22 | 40 | 30 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6E-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, INCOME $16,000 AND OVER, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/115 | 23.1 | 8.0 | 0.0 | 13.3 | 13.3 | 0.0 | 2.8 | 9.2 | 5.1 | 0.0 | 0.0 |
| 1-2..... | 4/271 | 75.0 | 36.8 | 19.7 | 64.7 | 64.7 | .9 | 21.8 | 45.9 | 24.4 | .4 | .4 |
| 3-5..... | 532 | 82.5 | 41.6 | 23.0 | 74.8 | 74.8 | 1.0 | 20.7 | 54.3 | 25.0 | .6 | .2 |
| 6-8..... | 594 | 82.5 | 42.9 | 19.6 | 74.5 | 74.2 | 1.3 | 22.2 | 55.2 | 23.6 | .8 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 328 | 76.4 | 37.6 | 23.2 | 73.5 | 73.5 | 3.4 | 24.7 | 55.5 | 21.6 | 1.1 | .0 |
| 12-14..... | 437 | 75.9 | 41.2 | 16.8 | 72.0 | 72.0 | 4.3 | 27.4 | 52.9 | 20.2 | .9 | .0 |
| 15-18..... | 555 | 68.6 | 40.7 | 13.2 | 77.4 | 77.0 | 12.5 | 29.4 | 53.3 | 17.3 | 4.1 | 3.4 |
| 19-22..... | 313 | 57.8 | 40.5 | 5.2 | 75.3 | 71.1 | 27.3 | 25.0 | 43.8 | 14.1 | 9.3 | 8.4 |
| 23-34..... | 953 | 60.3 | 41.8 | 6.4 | 89.7 | 86.8 | 49.6 | 33.1 | 49.3 | 8.8 | 31.5 | 24.2 |
| 35-50..... | 1,219 | 66.0 | 47.2 | 7.1 | 95.5 | 93.5 | 73.6 | 38.2 | 37.7 | 8.9 | 35.0 | 23.8 |
| 51-64..... | 760 | 74.7 | 50.5 | 10.7 | 94.3 | 93.1 | 80.5 | 39.0 | 27.0 | 5.5 | 32.0 | 17.7 |
| 65-74..... | 115 | 80.3 | 57.2 | 5.6 | 96.4 | 96.4 | 86.8 | 54.6 | 22.1 | 3.0 | 26.7 | 9.9 |
| 75 AND OVER..... | 35 | 85.6 | 73.1 | 9.7 | 97.2 | 97.2 | 85.5 | 22.2 | 17.5 | 5.7 | 13.9 | 2.6 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 339 | 76.7 | 50.6 | 20.0 | 73.9 | 73.9 | 2.3 | 27.1 | 56.1 | 20.2 | .3 | .0 |
| 12-14..... | 413 | 70.2 | 35.7 | 20.1 | 74.9 | 74.6 | 2.7 | 30.1 | 57.5 | 21.5 | 1.2 | .0 |
| 15-18..... | 559 | 65.3 | 35.5 | 16.3 | 81.7 | 81.6 | 13.5 | 33.4 | 60.2 | 16.9 | 1.4 | .6 |
| 19-22..... | 367 | 62.6 | 41.4 | 7.6 | 88.6 | 88.2 | 32.9 | 43.0 | 58.3 | 13.9 | 10.1 | 3.4 |
| 23-34..... | 1,254 | 68.1 | 47.0 | 11.5 | 94.4 | 93.5 | 53.3 | 51.3 | 55.1 | 11.7 | 17.7 | 5.6 |
| 35-50..... | 1,507 | 65.7 | 50.1 | 9.2 | 96.6 | 96.0 | 79.1 | 46.4 | 46.8 | 7.5 | 16.7 | 4.1 |
| 51-64..... | 777 | 66.5 | 38.2 | 11.2 | 96.6 | 96.0 | 85.0 | 42.2 | 33.8 | 6.7 | 18.3 | 4.0 |
| 65-74..... | 117 | 79.1 | 50.6 | 14.4 | 98.6 | 98.6 | 88.7 | 56.3 | 22.5 | 5.7 | 13.1 | .9 |
| 75 AND OVER..... | 63 | 67.1 | 45.0 | 4.3 | 92.8 | 92.8 | 77.5 | 53.9 | 10.3 | 1.4 | 8.0 | 3.5 |
| ALL INDIVIDUALS... | 4/11,624 | 68.9 | 43.8 | 12.3 | 86.4 | 85.5 | 44.7 | 36.4 | 46.8 | 13.0 | 15.1 | 7.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6F-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 6 | (5) | (5) | 29 | 29 | 0 | 4 | 15 | 10 | 0 | 0 |
| 1-2..... | 4/306 | 14 | 2 | 2 | 135 | 135 | 1 | 20 | 92 | 22 | 0 | 0 |
| 3-5..... | 521 | 20 | 2 | 3 | 208 | 208 | 1 | 26 | 149 | 33 | 0 | 0 |
| 6-8..... | 482 | 23 | 3 | 3 | 244 | 244 | 2 | 35 | 169 | 39 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 264 | 27 | 3 | 5 | 297 | 297 | 7 | 41 | 208 | 39 | (5) | 0 |
| 12-14..... | 287 | 31 | 3 | 5 | 366 | 366 | 12 | 58 | 246 | 49 | (5) | 0 |
| 15-18..... | 387 | 25 | 4 | 3 | 485 | 461 | 26 | 61 | 315 | 59 | 23 | 23 |
| 19-22..... | 318 | 14 | 3 | 3 | 672 | 534 | 95 | 92 | 303 | 44 | 138 | 131 |
| 23-34..... | 846 | 21 | 6 | 2 | 880 | 701 | 277 | 107 | 290 | 28 | 179 | 157 |
| 35-50..... | 657 | 23 | 7 | 2 | 1,000 | 819 | 475 | 135 | 187 | 21 | 181 | 157 |
| 51-64..... | 565 | 21 | 7 | 1 | 895 | 777 | 498 | 134 | 131 | 14 | 118 | 94 |
| 65-74..... | 300 | 29 | 7 | 2 | 703 | 646 | 430 | 106 | 92 | 18 | 57 | 42 |
| 75 AND OVER..... | 147 | 20 | 6 | 1 | 579 | 550 | 351 | 107 | 58 | 34 | 29 | 16 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 269 | 26 | 4 | 4 | 256 | 256 | 3 | 59 | 155 | 39 | (5) | 0 |
| 12-14..... | 305 | 23 | 3 | 4 | 331 | 331 | 9 | 52 | 230 | 40 | (5) | 0 |
| 15-18..... | 424 | 18 | 3 | 4 | 458 | 453 | 46 | 62 | 306 | 38 | 5 | 4 |
| 19-22..... | 408 | 10 | 3 | 1 | 538 | 497 | 114 | 87 | 265 | 31 | 40 | 26 |
| 23-34..... | 1,216 | 15 | 5 | 2 | 675 | 624 | 243 | 131 | 222 | 28 | 52 | 33 |
| 35-50..... | 1,097 | 15 | 5 | 1 | 725 | 698 | 384 | 124 | 167 | 23 | 27 | 14 |
| 51-64..... | 850 | 15 | 4 | 1 | 730 | 705 | 444 | 137 | 105 | 19 | 26 | 17 |
| 65-74..... | 446 | 26 | 5 | 2 | 609 | 598 | 391 | 144 | 51 | 13 | 11 | 7 |
| 75 AND OVER..... | 240 | 19 | 3 | 1 | 460 | 454 | 308 | 97 | 38 | 11 | 6 | 3 |
| ALL INDIVIDUALS... | 4/10,462 | 19 | 4 | 2 | 599 | 546 | 236 | 97 | 185 | 28 | 53 | 42 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6F-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 20.2 | 11.2 | 0.6 | 18.1 | 18.1 | 0.0 | 4.5 | 10.5 | 5.0 | 0.0 | 0.0 |
| 1-2..... | 4/306 | 65.9 | 37.3 | 14.6 | 68.0 | 68.0 | 1.2 | 15.3 | 53.1 | 20.5 | .0 | .0 |
| 3-5..... | 521 | 74.8 | 42.2 | 20.0 | 81.5 | 81.5 | 1.1 | 16.0 | 70.0 | 21.3 | .0 | .0 |
| 6-8..... | 482 | 74.8 | 43.3 | 15.9 | 83.7 | 83.7 | 2.2 | 17.3 | 67.9 | 26.2 | .5 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 264 | 73.9 | 44.3 | 20.0 | 86.0 | 86.0 | 6.0 | 20.5 | 71.3 | 21.2 | .5 | .0 |
| 12-14..... | 287 | 75.1 | 42.8 | 18.0 | 85.5 | 85.5 | 8.5 | 23.9 | 72.0 | 22.6 | .3 | .0 |
| 15-18..... | 387 | 70.6 | 43.0 | 14.8 | 91.8 | 91.5 | 14.5 | 24.4 | 81.4 | 21.4 | 5.5 | 4.9 |
| 19-22..... | 318 | 62.0 | 40.4 | 9.1 | 98.2 | 95.5 | 33.6 | 29.8 | 76.5 | 21.1 | 27.7 | 23.2 |
| 23-34..... | 846 | 66.7 | 48.6 | 9.5 | 97.8 | 95.7 | 58.1 | 36.2 | 74.1 | 12.7 | 38.7 | 30.7 |
| 35-50..... | 657 | 71.6 | 55.3 | 6.6 | 98.4 | 98.0 | 79.2 | 37.6 | 55.3 | 11.1 | 36.0 | 27.0 |
| 51-64..... | 565 | 74.9 | 59.3 | 6.7 | 96.9 | 96.8 | 84.6 | 39.7 | 42.7 | 9.0 | 30.4 | 19.9 |
| 65-74..... | 300 | 79.6 | 58.0 | 7.0 | 97.2 | 96.9 | 88.1 | 37.8 | 30.9 | 10.7 | 22.1 | 8.0 |
| 75 AND OVER..... | 147 | 78.9 | 62.7 | 7.1 | 95.3 | 93.6 | 84.2 | 38.7 | 22.1 | 12.5 | 12.9 | 5.8 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 269 | 74.1 | 48.4 | 19.8 | 79.6 | 79.6 | 3.4 | 24.9 | 61.4 | 21.6 | .3 | .0 |
| 12-14..... | 305 | 67.9 | 41.9 | 14.7 | 87.7 | 87.7 | 7.1 | 24.9 | 75.0 | 24.0 | .3 | .0 |
| 15-18..... | 424 | 65.8 | 44.8 | 15.4 | 94.2 | 93.8 | 21.0 | 27.7 | 82.7 | 22.1 | 4.3 | 1.9 |
| 19-22..... | 408 | 66.3 | 48.5 | 9.9 | 94.4 | 93.0 | 38.3 | 32.3 | 74.3 | 18.2 | 18.0 | 7.2 |
| 23-34..... | 1,216 | 69.9 | 50.9 | 10.0 | 97.6 | 97.2 | 57.1 | 43.1 | 69.7 | 15.6 | 21.8 | 10.5 |
| 35-50..... | 1,097 | 70.6 | 54.3 | 8.8 | 97.6 | 97.2 | 76.6 | 40.7 | 61.0 | 13.0 | 17.1 | 6.0 |
| 51-64..... | 850 | 65.5 | 47.2 | 8.8 | 96.8 | 96.2 | 82.8 | 46.8 | 44.2 | 9.3 | 14.4 | 5.2 |
| 65-74..... | 446 | 78.9 | 55.7 | 9.9 | 97.4 | 97.0 | 85.3 | 48.9 | 23.4 | 6.3 | 11.0 | 2.5 |
| 75 AND OVER..... | 240 | 72.9 | 45.7 | 9.4 | 94.7 | 94.0 | 83.9 | 38.3 | 19.7 | 7.2 | 5.9 | .7 |
| ALL INDIVIDUALS... | 4/10,462 | 70.1 | 48.6 | 11.2 | 92.3 | 91.8 | 49.7 | 33.9 | 59.9 | 15.4 | 15.9 | 9.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6F-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/126 | (5) | (5) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/306 | 2 | (5) | (5) | 16 | 16 | (5) | 1 | 14 | 1 | 0 | 0 |
| 3-5..... | 521 | 3 | (5) | 1 | 24 | 24 | (5) | 2 | 19 | 3 | 0 | 0 |
| 6-8..... | 482 | 5 | (5) | 1 | 28 | 28 | (5) | 2 | 21 | 4 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 264 | 8 | (5) | 1 | 44 | 44 | 0 | 5 | 33 | 6 | 0 | 0 |
| 12-14..... | 287 | 7 | (5) | 3 | 62 | 62 | 0 | 2 | 58 | 2 | 0 | 0 |
| 15-18..... | 387 | 5 | (5) | 1 | 128 | 117 | 6 | 5 | 96 | 11 | 10 | 10 |
| 19-22..... | 318 | 3 | (5) | 2 | 228 | 168 | 25 | 16 | 118 | 8 | 60 | 55 |
| 23-34..... | 846 | 4 | 1 | 1 | 324 | 250 | 105 | 19 | 121 | 5 | 74 | 62 |
| 35-50..... | 657 | 5 | 1 | 1 | 240 | 202 | 114 | 21 | 65 | 2 | 39 | 32 |
| 51-64..... | 565 | 2 | 1 | (5) | 165 | 147 | 88 | 14 | 42 | 3 | 18 | 11 |
| 65-74..... | 300 | 4 | (5) | (5) | 78 | 53 | 35 | 9 | 7 | 2 | 25 | 19 |
| 75 AND OVER..... | 147 | 1 | (5) | 0 | 23 | 18 | 14 | 2 | 0 | 2 | 4 | 3 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 269 | 7 | (5) | 1 | 48 | 48 | (5) | 8 | 33 | 6 | 0 | 0 |
| 12-14..... | 305 | 6 | (5) | 1 | 65 | 65 | 1 | 4 | 50 | 10 | (5) | 0 |
| 15-18..... | 424 | 4 | (5) | 2 | 120 | 118 | 4 | 11 | 96 | 6 | 2 | 1 |
| 19-22..... | 408 | 2 | (5) | 1 | 147 | 127 | 22 | 16 | 82 | 7 | 20 | 12 |
| 23-34..... | 1,216 | 3 | 1 | (5) | 161 | 137 | 51 | 19 | 61 | 6 | 23 | 13 |
| 35-50..... | 1,097 | 3 | 1 | (5) | 109 | 102 | 48 | 16 | 35 | 2 | 7 | 3 |
| 51-64..... | 850 | 3 | (5) | (5) | 100 | 92 | 62 | 13 | 15 | 2 | 7 | 4 |
| 65-74..... | 446 | 2 | (5) | (5) | 49 | 48 | 35 | 9 | 4 | 1 | 1 | 0 |
| 75 AND OVER..... | 240 | 2 | (5) | 0 | 26 | 26 | 21 | 1 | 1 | 3 | (5) | (5) |
| ALL INDIVIDUALS... | 4/10,462 | 4 | 1 | 1 | 125 | 107 | 42 | 12 | 50 | 4 | 17 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6F-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 0.7 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/306 | 8.7 | 2.0 | 3.1 | 18.1 | 18.1 | .3 | 1.8 | 14.8 | 2.6 | .0 | .0 |
| 3-5..... | 521 | 15.1 | 2.6 | 4.8 | 23.6 | 23.6 | .2 | 2.3 | 19.3 | 3.9 | .0 | .0 |
| 6-8..... | 482 | 18.5 | 3.4 | 5.6 | 22.4 | 22.4 | .5 | 1.5 | 17.6 | 5.3 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 264 | 19.4 | 3.5 | 4.2 | 25.4 | 25.4 | .0 | 2.6 | 21.7 | 5.4 | .0 | .0 |
| 12-14..... | 287 | 17.6 | 1.1 | 7.7 | 31.9 | 31.9 | .0 | 1.6 | 30.0 | 2.2 | .0 | .0 |
| 15-18..... | 387 | 17.1 | 3.1 | 6.7 | 44.6 | 44.1 | 3.9 | 3.3 | 38.5 | 4.8 | 3.1 | 2.5 |
| 19-22..... | 318 | 13.9 | 7.3 | 6.2 | 58.4 | 54.0 | 13.3 | 7.6 | 44.3 | 5.5 | 14.5 | 10.6 |
| 23-34..... | 846 | 23.6 | 17.3 | 5.0 | 69.4 | 66.1 | 33.0 | 9.6 | 46.8 | 2.7 | 22.1 | 14.8 |
| 35-50..... | 657 | 26.4 | 20.7 | 2.3 | 59.9 | 56.2 | 39.2 | 10.0 | 27.5 | 1.9 | 14.4 | 9.3 |
| 51-64..... | 565 | 18.5 | 14.3 | 1.1 | 50.7 | 48.2 | 35.0 | 8.5 | 21.6 | 2.1 | 10.2 | 5.1 |
| 65-74..... | 300 | 16.1 | 10.4 | .4 | 33.3 | 30.3 | 22.2 | 5.9 | 5.9 | 2.2 | 10.2 | 2.9 |
| 75 AND OVER..... | 147 | 4.2 | 2.0 | .0 | 14.0 | 11.6 | 7.6 | 2.9 | .0 | 1.9 | 3.1 | 3.1 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 269 | 23.2 | 6.1 | 8.9 | 30.3 | 30.3 | .2 | 6.6 | 23.2 | 5.8 | .0 | .0 |
| 12-14..... | 305 | 15.7 | 3.3 | 6.9 | 36.3 | 36.3 | .4 | 4.1 | 28.2 | 7.7 | .3 | .0 |
| 15-18..... | 424 | 15.5 | 5.0 | 6.7 | 49.6 | 48.7 | 3.7 | 5.5 | 43.6 | 5.0 | 2.2 | .9 |
| 19-22..... | 408 | 16.7 | 8.7 | 4.8 | 56.6 | 52.3 | 12.8 | 8.8 | 43.4 | 4.3 | 12.1 | 4.6 |
| 23-34..... | 1,216 | 21.4 | 14.8 | 3.6 | 54.7 | 52.9 | 23.8 | 13.0 | 32.4 | 4.8 | 11.8 | 5.3 |
| 35-50..... | 1,097 | 18.0 | 12.2 | 2.3 | 45.0 | 43.8 | 24.2 | 10.3 | 22.5 | 2.3 | 7.0 | 1.3 |
| 51-64..... | 850 | 15.6 | 10.1 | 2.2 | 41.7 | 39.9 | 25.5 | 9.6 | 12.7 | 2.6 | 7.1 | 2.0 |
| 65-74..... | 446 | 13.2 | 7.9 | .9 | 30.1 | 29.7 | 21.2 | 8.2 | 3.0 | .5 | 3.5 | .0 |
| 75 AND OVER..... | 240 | 7.7 | 2.6 | .0 | 16.8 | 16.5 | 13.1 | 1.9 | .7 | 2.2 | .9 | .3 |
| ALL INDIVIDUALS... | 4/10,462 | 17.7 | 9.6 | 3.7 | 43.1 | 41.5 | 17.6 | 7.4 | 25.4 | 3.4 | 7.6 | 3.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6F-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 6 | (5) | (5) | 29 | 29 | 0 | 4 | 15 | 10 | 0 | 0 |
| 1-2..... | 4/306 | 12 | 2 | 2 | 120 | 120 | 1 | 20 | 78 | 21 | 0 | 0 |
| 3-5..... | 521 | 16 | 2 | 3 | 185 | 185 | (5) | 24 | 130 | 30 | 0 | 0 |
| 6-8..... | 482 | 18 | 3 | 2 | 216 | 216 | 1 | 34 | 147 | 34 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 264 | 19 | 3 | 4 | 253 | 253 | 7 | 37 | 175 | 34 | (5) | 0 |
| 12-14..... | 287 | 24 | 3 | 2 | 304 | 304 | 12 | 56 | 188 | 48 | (5) | 0 |
| 15-18..... | 387 | 20 | 3 | 2 | 357 | 344 | 21 | 56 | 219 | 48 | 13 | 13 |
| 19-22..... | 318 | 11 | 3 | 2 | 445 | 366 | 69 | 76 | 185 | 36 | 79 | 76 |
| 23-34..... | 846 | 17 | 5 | 1 | 557 | 451 | 172 | 87 | 168 | 23 | 106 | 95 |
| 35-50..... | 657 | 19 | 5 | 2 | 760 | 618 | 362 | 115 | 122 | 19 | 142 | 124 |
| 51-64..... | 565 | 19 | 6 | 1 | 731 | 630 | 410 | 120 | 89 | 12 | 100 | 83 |
| 65-74..... | 300 | 25 | 7 | 2 | 624 | 593 | 395 | 97 | 85 | 16 | 32 | 23 |
| 75 AND OVER..... | 147 | 19 | 6 | 1 | 556 | 532 | 337 | 105 | 58 | 32 | 25 | 13 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 269 | 19 | 3 | 2 | 208 | 208 | 3 | 51 | 121 | 33 | (5) | 0 |
| 12-14..... | 305 | 17 | 3 | 3 | 266 | 266 | 8 | 48 | 180 | 30 | 0 | 0 |
| 15-18..... | 424 | 14 | 3 | 2 | 339 | 335 | 42 | 51 | 210 | 32 | 3 | 3 |
| 19-22..... | 408 | 8 | 3 | 1 | 391 | 370 | 92 | 71 | 183 | 24 | 21 | 14 |
| 23-34..... | 1,216 | 12 | 4 | 1 | 515 | 486 | 191 | 112 | 160 | 22 | 28 | 20 |
| 35-50..... | 1,097 | 12 | 5 | 1 | 616 | 595 | 336 | 107 | 132 | 21 | 20 | 11 |
| 51-64..... | 850 | 12 | 4 | 1 | 630 | 612 | 382 | 124 | 90 | 16 | 18 | 13 |
| 65-74..... | 446 | 24 | 5 | 2 | 560 | 551 | 357 | 135 | 47 | 12 | 9 | 7 |
| 75 AND OVER..... | 240 | 18 | 3 | 1 | 434 | 428 | 288 | 96 | 37 | 8 | 6 | 3 |
| ALL INDIVIDUALS... | 4/10,462 | 16 | 4 | 2 | 474 | 438 | 194 | 85 | 135 | 24 | 35 | 29 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6F-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, CENTRAL CITIES, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/126 | 20.2 | 10.5 | 0.6 | 18.1 | 18.1 | 0.0 | 4.5 | 10.5 | 5.0 | 0.0 | 0.0 |
| 1-2..... | 4/306 | 64.2 | 36.6 | 13.5 | 65.5 | 65.5 | .9 | 14.4 | 49.4 | 18.4 | .0 | .0 |
| 3-5..... | 521 | 70.7 | 41.6 | 16.2 | 76.9 | 76.9 | .9 | 14.9 | 63.3 | 18.0 | .0 | .0 |
| 6-8..... | 482 | 70.5 | 41.6 | 12.3 | 80.2 | 80.2 | 1.7 | 16.7 | 63.4 | 22.3 | .5 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 264 | 68.3 | 42.3 | 16.1 | 80.8 | 80.8 | 6.0 | 17.9 | 65.1 | 17.0 | .5 | .0 |
| 12-14..... | 287 | 68.4 | 41.7 | 12.0 | 78.2 | 78.2 | 8.5 | 23.0 | 59.8 | 21.0 | .3 | .0 |
| 15-18..... | 387 | 65.1 | 41.0 | 9.8 | 83.6 | 83.1 | 12.5 | 22.9 | 65.9 | 18.3 | 3.2 | 3.2 |
| 19-22..... | 318 | 55.3 | 37.6 | 4.2 | 88.7 | 83.8 | 27.6 | 25.3 | 58.2 | 15.9 | 20.4 | 16.5 |
| 23-34..... | 846 | 60.5 | 43.5 | 5.1 | 90.0 | 85.8 | 47.9 | 29.7 | 52.2 | 10.3 | 28.4 | 23.5 |
| 35-50..... | 657 | 62.6 | 48.6 | 4.7 | 94.5 | 90.5 | 66.8 | 32.7 | 41.9 | 9.5 | 30.2 | 22.1 |
| 51-64..... | 565 | 71.8 | 56.7 | 5.6 | 93.4 | 92.3 | 78.8 | 35.1 | 32.6 | 7.2 | 26.3 | 16.7 |
| 65-74..... | 300 | 78.3 | 57.3 | 6.6 | 96.2 | 95.1 | 83.3 | 35.6 | 28.6 | 9.8 | 16.2 | 5.8 |
| 75 AND OVER..... | 147 | 78.4 | 62.2 | 7.1 | 93.8 | 92.0 | 83.7 | 38.7 | 22.1 | 11.4 | 10.3 | 3.3 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 269 | 68.9 | 46.7 | 12.1 | 69.0 | 69.0 | 3.1 | 19.8 | 52.0 | 17.4 | .3 | .0 |
| 12-14..... | 305 | 63.1 | 41.3 | 10.0 | 83.4 | 83.4 | 7.1 | 22.4 | 69.2 | 18.0 | .0 | .0 |
| 15-18..... | 424 | 59.3 | 42.6 | 9.6 | 89.0 | 89.0 | 19.8 | 25.4 | 73.0 | 18.1 | 2.1 | 1.1 |
| 19-22..... | 408 | 59.4 | 43.7 | 5.7 | 86.2 | 85.2 | 31.4 | 27.2 | 57.6 | 15.4 | 9.3 | 3.6 |
| 23-34..... | 1,216 | 63.9 | 46.2 | 6.7 | 93.3 | 92.1 | 50.1 | 38.1 | 56.6 | 11.6 | 12.8 | 6.0 |
| 35-50..... | 1,097 | 66.1 | 51.8 | 7.0 | 96.1 | 95.4 | 73.2 | 36.8 | 49.9 | 10.9 | 13.1 | 5.0 |
| 51-64..... | 850 | 60.8 | 43.8 | 7.2 | 95.2 | 94.6 | 79.9 | 42.2 | 37.6 | 7.3 | 9.8 | 3.3 |
| 65-74..... | 446 | 77.8 | 54.1 | 9.3 | 97.4 | 97.0 | 85.0 | 46.3 | 22.1 | 6.0 | 8.4 | 2.5 |
| 75 AND OVER..... | 240 | 72.0 | 45.7 | 9.4 | 93.4 | 93.0 | 83.4 | 37.2 | 19.4 | 5.4 | 5.0 | .4 |
| ALL INDIVIDUALS... | 4/10,462 | 65.2 | 45.8 | 8.2 | 88.1 | 86.9 | 45.6 | 30.4 | 49.7 | 12.7 | 11.6 | 6.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6G-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 5 | (5) | (5) | 19 | 19 | 0 | 3 | 8 | 7 | 0 | 0 |
| 1-2..... | 4/389 | 20 | 2 | 3 | 153 | 153 | 2 | 26 | 85 | 39 | (5) | (5) |
| 3-5..... | 639 | 25 | 2 | 3 | 205 | 205 | 2 | 38 | 124 | 40 | (5) | (5) |
| 6-8..... | 737 | 33 | 3 | 4 | 225 | 224 | 3 | 43 | 136 | 42 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 346 | 33 | 3 | 6 | 269 | 268 | 3 | 49 | 173 | 44 | 1 | 0 |
| 12-14..... | 457 | 37 | 4 | 6 | 313 | 313 | 5 | 83 | 187 | 37 | (5) | 0 |
| 15-18..... | 544 | 32 | 4 | 4 | 460 | 442 | 45 | 94 | 263 | 40 | 18 | 16 |
| 19-22..... | 406 | 22 | 6 | 4 | 707 | 580 | 100 | 126 | 323 | 32 | 126 | 122 |
| 23-34..... | 1,034 | 23 | 7 | 3 | 987 | 793 | 335 | 173 | 257 | 28 | 194 | 172 |
| 35-50..... | 1,122 | 21 | 7 | 2 | 1,037 | 861 | 539 | 160 | 147 | 15 | 176 | 148 |
| 51-64..... | 870 | 27 | 7 | 3 | 925 | 821 | 592 | 138 | 84 | 7 | 103 | 79 |
| 65-74..... | 361 | 26 | 6 | 2 | 716 | 629 | 433 | 151 | 36 | 8 | 87 | 70 |
| 75 AND OVER..... | 134 | 40 | 6 | 1 | 621 | 591 | 440 | 106 | 31 | 13 | 31 | 18 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 402 | 31 | 3 | 5 | 254 | 254 | 3 | 48 | 159 | 44 | (5) | 0 |
| 12-14..... | 451 | 31 | 2 | 7 | 297 | 297 | 7 | 66 | 182 | 41 | (5) | 0 |
| 15-18..... | 546 | 25 | 3 | 5 | 443 | 436 | 50 | 100 | 249 | 36 | 7 | 5 |
| 19-22..... | 493 | 17 | 4 | 3 | 577 | 554 | 136 | 133 | 263 | 22 | 23 | 14 |
| 23-34..... | 1,488 | 17 | 5 | 2 | 747 | 708 | 293 | 186 | 207 | 21 | 39 | 21 |
| 35-50..... | 1,478 | 17 | 4 | 2 | 898 | 863 | 509 | 190 | 151 | 13 | 35 | 16 |
| 51-64..... | 1,043 | 19 | 4 | 2 | 803 | 772 | 531 | 159 | 74 | 8 | 31 | 15 |
| 65-74..... | 408 | 20 | 3 | 1 | 629 | 617 | 398 | 175 | 39 | 6 | 12 | 2 |
| 75 AND OVER..... | 238 | 23 | 4 | 1 | 616 | 599 | 383 | 183 | 27 | 6 | 18 | 12 |
| ALL INDIVIDUALS... | 4/13,737 | 23 | 5 | 3 | 648 | 593 | 280 | 129 | 160 | 24 | 55 | 42 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6G-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 22.8 | 10.3 | 0.7 | 16.0 | 16.0 | 0.0 | 4.8 | 10.3 | 5.4 | 0.0 | 0.0 |
| 1-2..... | 4/389 | 75.1 | 33.5 | 16.9 | 72.1 | 72.1 | 1.8 | 19.0 | 54.0 | 28.6 | .5 | .5 |
| 3-5..... | 639 | 82.3 | 42.6 | 23.1 | 82.8 | 82.7 | 1.9 | 22.1 | 66.6 | 27.5 | .8 | .2 |
| 6-8..... | 737 | 84.9 | 46.0 | 21.5 | 80.3 | 80.2 | 2.9 | 25.5 | 64.2 | 27.4 | .4 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 346 | 84.1 | 43.1 | 24.7 | 79.1 | 79.1 | 2.5 | 23.5 | 65.2 | 25.7 | 1.3 | .0 |
| 12-14..... | 457 | 80.9 | 43.1 | 21.7 | 78.8 | 78.8 | 3.0 | 29.4 | 63.1 | 20.6 | .5 | .0 |
| 15-18..... | 544 | 74.0 | 43.6 | 17.3 | 88.7 | 88.2 | 16.9 | 28.5 | 71.3 | 21.6 | 5.2 | 4.1 |
| 19-22..... | 406 | 64.9 | 40.0 | 11.4 | 90.4 | 89.2 | 29.4 | 32.9 | 74.3 | 13.6 | 23.2 | 21.3 |
| 23-34..... | 1,034 | 71.1 | 53.2 | 11.6 | 97.8 | 95.8 | 64.9 | 42.5 | 68.7 | 13.0 | 39.6 | 29.7 |
| 35-50..... | 1,122 | 70.9 | 54.2 | 8.5 | 98.3 | 97.7 | 85.9 | 41.9 | 50.5 | 10.2 | 39.6 | 28.4 |
| 51-64..... | 870 | 75.8 | 55.9 | 10.6 | 98.2 | 97.9 | 89.8 | 43.1 | 35.9 | 5.7 | 31.3 | 17.1 |
| 65-74..... | 361 | 78.1 | 51.5 | 8.5 | 95.7 | 94.6 | 81.2 | 39.9 | 17.7 | 6.0 | 26.2 | 16.9 |
| 75 AND OVER..... | 134 | 79.7 | 66.2 | 4.8 | 96.5 | 96.5 | 88.9 | 34.9 | 18.7 | 9.1 | 13.4 | 7.9 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 402 | 80.3 | 47.5 | 23.8 | 79.6 | 79.6 | 2.9 | 23.3 | 66.6 | 25.1 | .2 | .0 |
| 12-14..... | 451 | 76.6 | 38.1 | 29.2 | 81.4 | 81.4 | 4.9 | 28.9 | 67.7 | 25.3 | 1.1 | .0 |
| 15-18..... | 546 | 70.8 | 39.9 | 20.8 | 89.0 | 88.6 | 17.0 | 35.5 | 75.3 | 22.9 | 3.9 | 1.7 |
| 19-22..... | 493 | 70.3 | 49.7 | 13.0 | 92.6 | 92.1 | 40.1 | 43.7 | 71.2 | 15.5 | 14.5 | 5.3 |
| 23-34..... | 1,488 | 71.9 | 50.2 | 12.8 | 96.1 | 95.4 | 59.9 | 52.2 | 67.3 | 14.1 | 22.1 | 7.5 |
| 35-50..... | 1,478 | 68.0 | 48.6 | 10.7 | 97.7 | 97.3 | 84.3 | 51.2 | 56.4 | 9.3 | 22.5 | 6.7 |
| 51-64..... | 1,043 | 70.6 | 45.4 | 10.5 | 98.0 | 97.5 | 89.3 | 49.7 | 37.0 | 6.8 | 19.7 | 5.0 |
| 65-74..... | 408 | 76.5 | 50.7 | 7.7 | 96.7 | 96.7 | 87.5 | 53.7 | 20.4 | 5.6 | 12.7 | 1.4 |
| 75 AND OVER..... | 238 | 75.3 | 44.1 | 8.1 | 96.4 | 96.4 | 83.1 | 59.9 | 18.4 | 6.5 | 10.5 | 3.7 |
| ALL INDIVIDUALS... | 4/13,737 | 73.4 | 47.3 | 14.2 | 91.0 | 90.5 | 51.3 | 39.6 | 56.0 | 15.0 | 17.6 | 9.3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6G-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/389 | 2 | (5) | (5) | 19 | 19 | 0 | 2 | 15 | 2 | 0 | 0 |
| 3-5..... | 639 | 3 | (5) | 1 | 32 | 31 | (5) | 2 | 25 | 4 | (5) | 0 |
| 6-8..... | 737 | 7 | (5) | 1 | 36 | 36 | 0 | 3 | 27 | 6 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 346 | 9 | (5) | 2 | 56 | 55 | 0 | 2 | 46 | 7 | (5) | 0 |
| 12-14..... | 457 | 9 | (5) | 2 | 64 | 64 | (5) | 5 | 52 | 7 | 0 | 0 |
| 15-18..... | 544 | 7 | (5) | 2 | 140 | 134 | 6 | 8 | 112 | 8 | 6 | 6 |
| 19-22..... | 406 | 5 | 1 | 2 | 254 | 208 | 24 | 20 | 157 | 7 | 46 | 43 |
| 23-34..... | 1,034 | 4 | 2 | 1 | 346 | 275 | 129 | 27 | 114 | 5 | 71 | 61 |
| 35-50..... | 1,122 | 3 | 2 | (5) | 293 | 241 | 160 | 22 | 57 | 2 | 52 | 42 |
| 51-64..... | 870 | 4 | 1 | (5) | 205 | 187 | 141 | 16 | 28 | 2 | 18 | 12 |
| 65-74..... | 361 | 2 | (5) | (5) | 75 | 55 | 42 | 9 | 3 | (5) | 20 | 17 |
| 75 AND OVER..... | 134 | 3 | (5) | 0 | 27 | 25 | 16 | 7 | 3 | 0 | 1 | 0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 402 | 7 | (5) | 1 | 41 | 41 | (5) | 3 | 33 | 5 | 0 | 0 |
| 12-14..... | 451 | 9 | (5) | 2 | 75 | 75 | 2 | 7 | 57 | 10 | (5) | 0 |
| 15-18..... | 546 | 6 | (5) | 2 | 143 | 137 | 16 | 10 | 102 | 9 | 7 | 4 |
| 19-22..... | 493 | 3 | (5) | 1 | 172 | 154 | 28 | 20 | 99 | 7 | 17 | 10 |
| 23-34..... | 1,488 | 3 | 1 | (5) | 163 | 151 | 63 | 23 | 59 | 5 | 12 | 5 |
| 35-50..... | 1,478 | 2 | (5) | (5) | 147 | 136 | 79 | 19 | 35 | 2 | 12 | 5 |
| 51-64..... | 1,043 | 3 | (5) | (5) | 110 | 103 | 74 | 13 | 15 | 1 | 7 | 1 |
| 65-74..... | 408 | 2 | (5) | (5) | 55 | 51 | 38 | 8 | 3 | 1 | 3 | (5) |
| 75 AND OVER..... | 238 | 1 | (5) | 0 | 28 | 27 | 13 | 8 | 6 | 0 | 1 | 1 |
| ALL INDIVIDUALS... | 4/13,737 | 4 | 1 | 1 | 145 | 128 | 58 | 14 | 52 | 4 | 17 | 12 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6G-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 0.0 | 0.0 | 0.0 | 1.2 | 1.2 | 0.0 | 0.0 | 1.2 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/389 | 9.4 | 1.5 | 2.6 | 23.8 | 23.8 | .0 | 2.4 | 20.2 | 3.5 | .0 | .0 |
| 3-5..... | 639 | 15.2 | 2.5 | 4.5 | 29.9 | 29.8 | .2 | 2.3 | 25.4 | 5.4 | .2 | .0 |
| 6-8..... | 737 | 20.9 | 2.4 | 4.7 | 27.7 | 27.6 | .0 | 3.1 | 22.3 | 5.9 | .1 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 346 | 27.2 | 1.2 | 10.0 | 33.0 | 32.7 | .0 | 2.8 | 27.8 | 6.7 | .3 | .0 |
| 12-14..... | 457 | 22.6 | 2.5 | 7.3 | 35.8 | 35.8 | .2 | 2.6 | 30.1 | 6.1 | .0 | .0 |
| 15-18..... | 544 | 19.4 | 3.7 | 7.7 | 48.5 | 47.9 | 3.8 | 5.1 | 41.5 | 5.0 | 2.8 | 2.1 |
| 19-22..... | 406 | 19.7 | 10.8 | 5.1 | 62.1 | 58.6 | 10.8 | 10.5 | 53.0 | 3.1 | 15.1 | 13.9 |
| 23-34..... | 1,034 | 29.1 | 22.0 | 4.8 | 74.3 | 70.5 | 39.4 | 13.4 | 44.8 | 3.6 | 20.7 | 13.9 |
| 35-50..... | 1,122 | 28.7 | 24.0 | 2.6 | 66.7 | 64.7 | 47.8 | 13.2 | 28.7 | 1.7 | 18.1 | 11.7 |
| 51-64..... | 870 | 25.8 | 20.0 | 2.5 | 57.2 | 55.6 | 45.9 | 11.1 | 15.1 | 1.1 | 10.9 | 5.4 |
| 65-74..... | 361 | 11.2 | 8.5 | .4 | 27.6 | 26.6 | 22.8 | 6.3 | 2.4 | .6 | 6.4 | 2.8 |
| 75 AND OVER..... | 134 | 8.3 | 7.7 | .0 | 20.8 | 19.9 | 13.2 | 3.4 | 3.2 | .0 | 3.5 | .0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 402 | 20.3 | 2.5 | 6.1 | 29.4 | 29.4 | .2 | 3.0 | 23.8 | 6.3 | .0 | .0 |
| 12-14..... | 451 | 25.8 | 2.4 | 12.1 | 36.3 | 36.3 | .6 | 5.1 | 29.9 | 7.5 | .5 | .0 |
| 15-18..... | 546 | 22.8 | 6.1 | 11.2 | 50.6 | 50.3 | 5.2 | 8.2 | 43.0 | 6.3 | 2.8 | 1.6 |
| 19-22..... | 493 | 20.2 | 13.8 | 4.2 | 59.8 | 57.1 | 13.4 | 16.1 | 45.2 | 4.6 | 10.6 | 3.8 |
| 23-34..... | 1,488 | 21.8 | 15.3 | 3.4 | 59.1 | 57.4 | 26.4 | 15.1 | 35.2 | 5.1 | 10.3 | 2.7 |
| 35-50..... | 1,478 | 19.6 | 14.0 | 2.1 | 57.1 | 54.5 | 35.1 | 13.2 | 23.5 | 1.9 | 10.5 | 2.7 |
| 51-64..... | 1,043 | 17.4 | 10.9 | 1.7 | 46.3 | 45.7 | 33.6 | 11.1 | 11.9 | 1.7 | 6.4 | .7 |
| 65-74..... | 408 | 11.7 | 7.5 | 1.5 | 34.5 | 33.2 | 25.2 | 7.7 | 3.1 | 1.1 | 4.3 | .2 |
| 75 AND OVER..... | 238 | 9.2 | 4.8 | .0 | 25.4 | 25.4 | 15.4 | 6.9 | 6.7 | .0 | 2.2 | .6 |
| ALL INDIVIDUALS... | 4/13,737 | 20.8 | 11.2 | 4.2 | 48.7 | 47.3 | 21.9 | 9.4 | 27.1 | 3.6 | 7.9 | 3.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6G-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 5 | (5) | (5) | 18 | 18 | 0 | 3 | 7 | 7 | 0 | 0 |
| 1-2..... | 4/389 | 18 | 1 | 2 | 134 | 133 | 2 | 24 | 70 | 37 | (5) | (5) |
| 3-5..... | 639 | 22 | 2 | 3 | 174 | 173 | 1 | 37 | 99 | 36 | (5) | (5) |
| 6-8..... | 737 | 25 | 3 | 3 | 189 | 189 | 3 | 40 | 109 | 37 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 346 | 24 | 3 | 4 | 213 | 213 | 3 | 46 | 127 | 37 | (5) | 0 |
| 12-14..... | 457 | 27 | 4 | 4 | 249 | 249 | 5 | 78 | 136 | 31 | (5) | 0 |
| 15-18..... | 544 | 25 | 4 | 2 | 320 | 308 | 39 | 85 | 152 | 33 | 12 | 10 |
| 19-22..... | 406 | 16 | 5 | 2 | 452 | 373 | 76 | 106 | 166 | 24 | 80 | 79 |
| 23-34..... | 1,034 | 19 | 5 | 2 | 641 | 517 | 206 | 146 | 143 | 23 | 124 | 111 |
| 35-50..... | 1,122 | 18 | 5 | 2 | 743 | 619 | 379 | 138 | 89 | 14 | 124 | 107 |
| 51-64..... | 870 | 23 | 6 | 2 | 720 | 635 | 451 | 121 | 56 | 6 | 85 | 67 |
| 65-74..... | 361 | 24 | 5 | 2 | 641 | 574 | 391 | 142 | 33 | 8 | 67 | 53 |
| 75 AND OVER..... | 134 | 37 | 6 | 1 | 595 | 565 | 425 | 99 | 28 | 13 | 29 | 18 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 402 | 24 | 3 | 4 | 213 | 213 | 2 | 45 | 126 | 39 | (5) | 0 |
| 12-14..... | 451 | 22 | 2 | 5 | 222 | 222 | 5 | 59 | 126 | 31 | (5) | 0 |
| 15-18..... | 546 | 18 | 3 | 3 | 300 | 299 | 34 | 90 | 147 | 28 | 1 | (5) |
| 19-22..... | 493 | 13 | 4 | 2 | 406 | 400 | 108 | 113 | 163 | 15 | 6 | 4 |
| 23-34..... | 1,488 | 14 | 4 | 2 | 584 | 556 | 230 | 163 | 148 | 16 | 27 | 16 |
| 35-50..... | 1,478 | 15 | 4 | 2 | 750 | 727 | 431 | 171 | 116 | 10 | 23 | 12 |
| 51-64..... | 1,043 | 17 | 4 | 1 | 693 | 669 | 457 | 146 | 60 | 7 | 24 | 13 |
| 65-74..... | 408 | 18 | 3 | 1 | 575 | 566 | 360 | 167 | 35 | 4 | 9 | 2 |
| 75 AND OVER..... | 238 | 22 | 4 | 1 | 588 | 571 | 370 | 174 | 21 | 6 | 17 | 11 |
| ALL INDIVIDUALS... | 4/13,737 | 19 | 4 | 2 | 503 | 465 | 222 | 115 | 108 | 20 | 38 | 30 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6G-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, SUBURBAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/150 | 22.8 | 10.3 | 0.7 | 14.8 | 14.8 | 0.0 | 4.8 | 9.1 | 5.4 | 0.0 | 0.0 |
| 1-2..... | 4/389 | 73.5 | 32.7 | 14.9 | 66.0 | 66.0 | 1.8 | 17.9 | 46.1 | 26.2 | .5 | .5 |
| 3-5..... | 639 | 78.8 | 41.9 | 19.6 | 76.4 | 76.0 | 1.7 | 21.0 | 56.9 | 23.3 | .7 | .2 |
| 6-8..... | 737 | 81.1 | 44.8 | 18.3 | 72.5 | 72.2 | 2.9 | 24.1 | 53.5 | 22.1 | .3 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 346 | 78.8 | 42.5 | 17.0 | 72.7 | 72.7 | 2.5 | 22.5 | 54.0 | 20.8 | 1.0 | .0 |
| 12-14..... | 457 | 74.8 | 41.6 | 15.8 | 71.6 | 71.6 | 2.8 | 28.4 | 51.5 | 17.3 | .5 | .0 |
| 15-18..... | 544 | 68.1 | 41.8 | 11.3 | 76.0 | 75.3 | 14.8 | 26.8 | 52.5 | 17.9 | 3.1 | 2.5 |
| 19-22..... | 406 | 57.4 | 35.0 | 6.5 | 75.6 | 71.7 | 22.2 | 26.7 | 48.2 | 10.7 | 12.9 | 12.2 |
| 23-34..... | 1,034 | 62.7 | 45.6 | 7.7 | 89.5 | 85.5 | 49.2 | 36.3 | 47.9 | 10.5 | 29.2 | 22.4 |
| 35-50..... | 1,122 | 65.4 | 49.8 | 6.4 | 96.6 | 95.1 | 78.2 | 37.7 | 36.4 | 8.6 | 31.9 | 22.8 |
| 51-64..... | 870 | 72.0 | 52.4 | 9.0 | 95.7 | 94.2 | 83.7 | 39.4 | 25.7 | 4.7 | 27.2 | 14.0 |
| 65-74..... | 361 | 77.1 | 49.8 | 8.1 | 95.0 | 93.9 | 79.6 | 37.6 | 16.3 | 5.4 | 23.8 | 15.6 |
| 75 AND OVER..... | 134 | 79.1 | 66.2 | 4.8 | 96.5 | 96.5 | 88.9 | 33.8 | 17.8 | 9.1 | 12.7 | 7.9 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 402 | 76.7 | 45.8 | 18.5 | 74.0 | 74.0 | 2.7 | 21.8 | 55.8 | 20.8 | .2 | .0 |
| 12-14..... | 451 | 69.9 | 36.9 | 20.7 | 71.9 | 71.9 | 4.6 | 26.8 | 53.2 | 21.1 | .6 | .0 |
| 15-18..... | 546 | 64.7 | 38.5 | 12.8 | 78.5 | 78.1 | 15.0 | 31.2 | 54.3 | 17.6 | 1.1 | .2 |
| 19-22..... | 493 | 63.4 | 45.2 | 9.0 | 83.8 | 83.4 | 34.6 | 36.7 | 50.3 | 11.7 | 5.5 | 1.7 |
| 23-34..... | 1,488 | 66.7 | 46.5 | 10.3 | 91.8 | 91.0 | 52.1 | 47.1 | 53.6 | 9.7 | 16.1 | 5.5 |
| 35-50..... | 1,478 | 63.8 | 46.2 | 9.2 | 96.8 | 96.4 | 80.5 | 47.0 | 46.5 | 7.4 | 15.9 | 4.7 |
| 51-64..... | 1,043 | 67.1 | 44.2 | 8.9 | 97.2 | 96.7 | 86.8 | 45.9 | 29.6 | 5.5 | 15.3 | 4.4 |
| 65-74..... | 408 | 74.1 | 49.2 | 6.9 | 96.5 | 96.5 | 86.4 | 51.0 | 18.5 | 4.5 | 8.7 | 1.2 |
| 75 AND OVER..... | 238 | 73.0 | 43.2 | 8.1 | 96.1 | 96.1 | 82.8 | 59.0 | 13.6 | 6.5 | 9.4 | 3.0 |
| ALL INDIVIDUALS... | 4/13,737 | 68.7 | 44.6 | 11.0 | 86.0 | 85.1 | 47.0 | 36.1 | 43.5 | 12.2 | 13.2 | 7.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6H-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 6 | (5) | (5) | 20 | 20 | 0 | 11 | 7 | 2 | 0 | 0 |
| 1-2..... | 4/339 | 18 | 2 | 3 | 168 | 168 | 1 | 35 | 103 | 29 | (5) | (5) |
| 3-5..... | 558 | 25 | 3 | 4 | 236 | 236 | 1 | 53 | 152 | 29 | (5) | 0 |
| 6-8..... | 622 | 29 | 3 | 4 | 231 | 231 | 3 | 59 | 141 | 28 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 329 | 31 | 4 | 6 | 271 | 271 | 4 | 74 | 162 | 31 | 0 | 0 |
| 12-14..... | 406 | 37 | 5 | 6 | 342 | 341 | 10 | 101 | 192 | 38 | (5) | 0 |
| 15-18..... | 462 | 35 | 5 | 7 | 510 | 498 | 47 | 140 | 279 | 32 | 12 | 11 |
| 19-22..... | 306 | 22 | 5 | 5 | 692 | 618 | 148 | 127 | 306 | 36 | 74 | 69 |
| 23-34..... | 837 | 24 | 5 | 4 | 921 | 779 | 314 | 170 | 269 | 25 | 142 | 128 |
| 35-50..... | 791 | 28 | 7 | 3 | 987 | 890 | 541 | 170 | 162 | 17 | 96 | 82 |
| 51-64..... | 726 | 30 | 6 | 2 | 880 | 808 | 565 | 153 | 77 | 12 | 71 | 64 |
| 65-74..... | 388 | 32 | 7 | 2 | 720 | 694 | 505 | 139 | 42 | 8 | 26 | 24 |
| 75 AND OVER..... | 184 | 28 | 7 | 2 | 660 | 619 | 476 | 91 | 38 | 14 | 41 | 37 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 340 | 29 | 3 | 5 | 251 | 251 | 4 | 70 | 154 | 23 | 0 | 0 |
| 12-14..... | 392 | 25 | 3 | 8 | 331 | 331 | 7 | 104 | 197 | 23 | (5) | (5) |
| 15-18..... | 503 | 24 | 3 | 5 | 405 | 403 | 43 | 107 | 229 | 24 | 2 | 1 |
| 19-22..... | 416 | 18 | 4 | 5 | 595 | 551 | 125 | 136 | 267 | 23 | 44 | 35 |
| 23-34..... | 1,175 | 17 | 5 | 2 | 776 | 748 | 316 | 193 | 223 | 15 | 28 | 18 |
| 35-50..... | 1,184 | 21 | 5 | 3 | 848 | 825 | 479 | 193 | 139 | 14 | 23 | 14 |
| 51-64..... | 1,044 | 21 | 4 | 2 | 758 | 735 | 471 | 174 | 76 | 14 | 24 | 16 |
| 65-74..... | 522 | 19 | 4 | 1 | 593 | 585 | 361 | 150 | 57 | 16 | 9 | 6 |
| 75 AND OVER..... | 273 | 24 | 4 | 1 | 542 | 539 | 356 | 141 | 27 | 15 | 3 | 0 |
| ALL INDIVIDUALS... | 4/11,943 | 24 | 5 | 3 | 622 | 589 | 272 | 137 | 159 | 21 | 34 | 28 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6H-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 19.0 | 8.6 | 0.6 | 14.8 | 14.8 | 0.0 | 6.3 | 8.2 | 2.7 | 0.0 | 0.0 |
| 1-2..... | 4/339 | 73.2 | 48.4 | 22.6 | 71.9 | 71.9 | .9 | 26.1 | 58.9 | 18.7 | .3 | .3 |
| 3-5..... | 558 | 81.9 | 49.3 | 20.4 | 80.8 | 80.8 | 1.3 | 29.2 | 69.0 | 19.5 | .2 | .0 |
| 6-8..... | 622 | 82.2 | 48.0 | 21.8 | 77.6 | 77.5 | 1.7 | 29.7 | 62.9 | 18.2 | .5 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 329 | 83.4 | 51.2 | 23.3 | 75.9 | 75.9 | 3.6 | 29.5 | 61.5 | 20.8 | .0 | .0 |
| 12-14..... | 406 | 81.4 | 54.3 | 23.8 | 82.0 | 82.0 | 7.3 | 34.1 | 67.4 | 19.5 | .2 | .0 |
| 15-18..... | 462 | 76.7 | 49.5 | 18.5 | 84.2 | 83.8 | 18.3 | 37.2 | 70.4 | 13.6 | 3.4 | 3.0 |
| 19-22..... | 306 | 69.1 | 49.9 | 14.8 | 93.0 | 90.2 | 39.6 | 37.4 | 71.7 | 14.7 | 18.4 | 15.9 |
| 23-34..... | 837 | 69.8 | 47.9 | 13.2 | 97.3 | 96.4 | 63.1 | 44.0 | 71.2 | 10.1 | 29.0 | 24.4 |
| 35-50..... | 791 | 76.7 | 53.8 | 8.9 | 96.2 | 96.1 | 81.9 | 44.3 | 54.3 | 9.7 | 24.7 | 19.0 |
| 51-64..... | 726 | 76.8 | 51.5 | 7.8 | 96.7 | 96.0 | 86.1 | 42.0 | 34.4 | 6.1 | 19.3 | 14.8 |
| 65-74..... | 388 | 82.2 | 60.2 | 10.4 | 94.4 | 94.4 | 90.2 | 41.7 | 20.4 | 4.8 | 8.9 | 6.9 |
| 75 AND OVER..... | 184 | 75.1 | 58.7 | 8.4 | 94.1 | 94.1 | 86.7 | 32.3 | 18.3 | 7.2 | 10.2 | 7.5 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 340 | 79.1 | 47.0 | 23.5 | 79.3 | 79.3 | 3.3 | 35.1 | 63.0 | 16.9 | .0 | .0 |
| 12-14..... | 392 | 75.4 | 42.8 | 26.6 | 83.6 | 83.3 | 4.6 | 37.2 | 68.7 | 15.1 | .7 | .2 |
| 15-18..... | 503 | 74.7 | 41.1 | 24.4 | 86.0 | 85.8 | 15.4 | 36.7 | 75.6 | 12.4 | 2.1 | .7 |
| 19-22..... | 416 | 64.9 | 44.7 | 14.6 | 93.3 | 92.4 | 37.0 | 42.7 | 72.0 | 14.1 | 16.3 | 9.9 |
| 23-34..... | 1,175 | 70.0 | 48.5 | 11.1 | 97.3 | 97.2 | 60.3 | 54.1 | 70.3 | 10.9 | 14.5 | 5.3 |
| 35-50..... | 1,184 | 72.2 | 50.8 | 11.5 | 97.5 | 97.4 | 80.8 | 53.3 | 54.6 | 9.9 | 11.2 | 4.1 |
| 51-64..... | 1,044 | 73.1 | 46.5 | 9.4 | 98.0 | 97.8 | 86.2 | 52.2 | 36.4 | 9.3 | 12.1 | 5.3 |
| 65-74..... | 522 | 72.9 | 51.2 | 7.3 | 97.1 | 97.1 | 87.3 | 49.3 | 24.9 | 10.4 | 5.7 | 1.5 |
| 75 AND OVER..... | 273 | 75.8 | 50.8 | 6.8 | 94.3 | 94.3 | 82.3 | 45.0 | 17.3 | 9.4 | 2.8 | .0 |
| ALL INDIVIDUALS... | 4/11,943 | 74.2 | 48.9 | 14.3 | 90.2 | 89.9 | 50.9 | 42.1 | 55.2 | 12.1 | 10.5 | 6.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6H-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 0 | 0 | 0 | 1 | 1 | 0 | (5) | 1 | 0 | 0 | 0 |
| 1-2..... | 4/339 | 3 | (5) | 1 | 26 | 26 | 0 | 4 | 19 | 4 | 0 | 0 |
| 3-5..... | 558 | 4 | (5) | 1 | 35 | 35 | 0 | 4 | 28 | 4 | 0 | 0 |
| 6-8..... | 622 | 8 | (5) | 1 | 42 | 42 | 0 | 6 | 32 | 4 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 329 | 9 | (5) | 1 | 46 | 46 | 1 | 5 | 35 | 5 | 0 | 0 |
| 12-14..... | 406 | 9 | (5) | 2 | 69 | 69 | (5) | 5 | 59 | 4 | 0 | 0 |
| 15-18..... | 462 | 8 | (5) | 4 | 138 | 131 | 6 | 10 | 107 | 9 | 7 | 6 |
| 19-22..... | 306 | 7 | 1 | 2 | 245 | 203 | 28 | 23 | 140 | 12 | 42 | 40 |
| 23-34..... | 837 | 4 | 1 | 1 | 307 | 248 | 89 | 29 | 125 | 5 | 60 | 55 |
| 35-50..... | 791 | 4 | 1 | (5) | 240 | 217 | 133 | 21 | 57 | 5 | 23 | 18 |
| 51-64..... | 726 | 3 | (5) | (5) | 152 | 130 | 89 | 17 | 24 | 1 | 22 | 21 |
| 65-74..... | 388 | 2 | (5) | (5) | 58 | 54 | 42 | 8 | 3 | (5) | 4 | 3 |
| 75 AND OVER..... | 184 | 1 | (5) | 0 | 64 | 60 | 47 | 4 | 9 | (5) | 4 | 3 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 340 | 7 | (5) | 1 | 37 | 37 | 0 | 3 | 31 | 3 | 0 | 0 |
| 12-14..... | 392 | 6 | (5) | 2 | 59 | 59 | 0 | 4 | 50 | 5 | 0 | 0 |
| 15-18..... | 503 | 7 | (5) | 2 | 116 | 114 | 7 | 11 | 93 | 3 | 1 | 1 |
| 19-22..... | 416 | 4 | (5) | 2 | 200 | 170 | 32 | 22 | 111 | 4 | 29 | 24 |
| 23-34..... | 1,175 | 2 | 1 | (5) | 159 | 146 | 55 | 23 | 65 | 3 | 14 | 9 |
| 35-50..... | 1,184 | 3 | (5) | 1 | 121 | 116 | 60 | 16 | 38 | 2 | 5 | 3 |
| 51-64..... | 1,044 | 2 | (5) | (5) | 83 | 78 | 47 | 15 | 14 | 1 | 6 | 3 |
| 65-74..... | 522 | 3 | (5) | (5) | 43 | 42 | 25 | 9 | 8 | 1 | 1 | 0 |
| 75 AND OVER..... | 273 | 2 | (5) | (5) | 25 | 24 | 15 | 6 | 3 | 1 | 1 | 0 |
| ALL INDIVIDUALS... | 4/11,943 | 4 | (5) | 1 | 122 | 110 | 42 | 14 | 51 | 3 | 12 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6H-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 0.0 | 0.0 | 0.0 | 2.6 | 2.6 | 0.0 | 1.2 | 1.3 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/339 | 13.5 | 6.5 | 3.1 | 24.5 | 24.5 | .0 | 5.3 | 18.1 | 4.4 | .0 | .0 |
| 3-5..... | 558 | 16.0 | 3.5 | 4.1 | 30.4 | 30.4 | .0 | 4.2 | 25.5 | 3.8 | .0 | .0 |
| 6-8..... | 622 | 26.6 | 5.0 | 7.1 | 28.3 | 28.3 | .0 | 4.4 | 24.4 | 4.0 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 329 | 27.3 | 3.6 | 8.4 | 27.2 | 27.2 | .3 | 3.7 | 22.4 | 5.3 | .0 | .0 |
| 12-14..... | 406 | 24.1 | 3.2 | 10.0 | 29.3 | 29.3 | .5 | 3.7 | 26.6 | 3.5 | .0 | .0 |
| 15-18..... | 462 | 20.1 | 3.8 | 9.7 | 45.4 | 44.6 | 4.0 | 5.0 | 40.0 | 3.6 | 1.3 | 1.2 |
| 19-22..... | 306 | 20.2 | 12.2 | 6.4 | 59.6 | 56.8 | 13.7 | 11.4 | 44.9 | 4.9 | 11.7 | 9.3 |
| 23-34..... | 837 | 25.8 | 16.6 | 6.4 | 70.0 | 66.1 | 31.6 | 14.5 | 47.2 | 2.8 | 15.7 | 13.0 |
| 35-50..... | 791 | 22.5 | 16.7 | 2.4 | 57.7 | 56.0 | 37.3 | 11.5 | 27.9 | 1.8 | 9.7 | 5.9 |
| 51-64..... | 726 | 12.7 | 8.5 | 1.0 | 45.9 | 43.6 | 29.4 | 9.5 | 14.2 | .6 | 8.2 | 5.9 |
| 65-74..... | 388 | 11.7 | 7.2 | 1.3 | 29.0 | 27.5 | 21.9 | 6.1 | 2.8 | .2 | 3.7 | 2.7 |
| 75 AND OVER..... | 184 | 9.8 | 6.3 | .0 | 26.4 | 26.0 | 21.0 | 3.5 | 4.5 | 1.0 | 2.1 | .9 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 340 | 22.9 | 3.6 | 9.0 | 25.3 | 25.3 | .0 | 2.9 | 22.0 | 3.9 | .0 | .0 |
| 12-14..... | 392 | 21.2 | 2.3 | 10.0 | 34.8 | 34.8 | .0 | 4.3 | 29.6 | 4.4 | .0 | .0 |
| 15-18..... | 503 | 23.2 | 4.1 | 11.8 | 47.8 | 47.4 | 3.4 | 7.2 | 43.2 | 2.4 | 1.8 | .7 |
| 19-22..... | 416 | 18.3 | 11.4 | 7.0 | 60.9 | 58.2 | 13.2 | 14.4 | 46.4 | 4.5 | 10.1 | 6.2 |
| 23-34..... | 1,175 | 16.9 | 11.6 | 2.5 | 55.4 | 53.9 | 22.7 | 13.8 | 35.5 | 2.7 | 7.4 | 3.6 |
| 35-50..... | 1,184 | 16.5 | 10.5 | 4.3 | 50.8 | 49.5 | 27.5 | 11.7 | 24.5 | 2.2 | 4.8 | 1.3 |
| 51-64..... | 1,044 | 13.7 | 6.8 | 2.6 | 38.5 | 37.8 | 25.5 | 10.4 | 11.1 | 1.2 | 3.9 | 1.5 |
| 65-74..... | 522 | 10.9 | 4.2 | .8 | 29.2 | 28.8 | 18.2 | 7.5 | 6.4 | 1.1 | 2.1 | .0 |
| 75 AND OVER..... | 273 | 6.3 | 3.1 | .9 | 19.9 | 19.9 | 12.8 | 4.7 | 2.9 | .8 | 1.4 | .0 |
| ALL INDIVIDUALS... | 4/11,943 | 18.1 | 8.2 | 4.8 | 43.1 | 41.9 | 16.9 | 8.8 | 25.7 | 2.6 | 4.8 | 2.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6H-3.1.--SUGAR, SWEETS; BEVERAGES1
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 6 | (5) | (5) | 19 | 19 | 0 | 11 | 6 | 2 | 0 | 0 |
| 1-2..... | 4/339 | 15 | 2 | 2 | 142 | 142 | 1 | 31 | 84 | 26 | (5) | (5) |
| 3-5..... | 558 | 21 | 3 | 3 | 201 | 201 | 1 | 50 | 125 | 25 | (5) | 0 |
| 6-8..... | 622 | 20 | 3 | 3 | 189 | 189 | 3 | 53 | 108 | 24 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 329 | 22 | 3 | 5 | 224 | 224 | 3 | 69 | 127 | 25 | 0 | 0 |
| 12-14..... | 406 | 28 | 5 | 4 | 273 | 273 | 10 | 96 | 132 | 34 | (5) | 0 |
| 15-18..... | 462 | 27 | 5 | 3 | 372 | 367 | 41 | 130 | 172 | 23 | 5 | 5 |
| 19-22..... | 306 | 15 | 4 | 2 | 446 | 415 | 121 | 105 | 166 | 24 | 31 | 29 |
| 23-34..... | 837 | 19 | 4 | 2 | 613 | 531 | 225 | 141 | 144 | 20 | 82 | 73 |
| 35-50..... | 791 | 24 | 6 | 2 | 747 | 674 | 408 | 150 | 104 | 12 | 73 | 64 |
| 51-64..... | 726 | 27 | 5 | 2 | 728 | 679 | 477 | 137 | 53 | 12 | 49 | 43 |
| 65-74..... | 388 | 29 | 7 | 2 | 662 | 640 | 462 | 131 | 39 | 8 | 22 | 20 |
| 75 AND OVER..... | 184 | 27 | 7 | 2 | 596 | 559 | 429 | 87 | 29 | 13 | 37 | 34 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 340 | 21 | 3 | 4 | 213 | 213 | 4 | 67 | 123 | 20 | 0 | 0 |
| 12-14..... | 392 | 20 | 3 | 6 | 273 | 272 | 7 | 99 | 147 | 19 | (5) | (5) |
| 15-18..... | 503 | 17 | 3 | 3 | 289 | 289 | 36 | 96 | 136 | 21 | (5) | 0 |
| 19-22..... | 416 | 14 | 3 | 2 | 395 | 380 | 93 | 113 | 156 | 19 | 14 | 10 |
| 23-34..... | 1,175 | 15 | 4 | 2 | 617 | 603 | 261 | 171 | 158 | 13 | 14 | 9 |
| 35-50..... | 1,184 | 19 | 5 | 2 | 727 | 709 | 419 | 177 | 102 | 12 | 18 | 11 |
| 51-64..... | 1,044 | 19 | 4 | 1 | 675 | 657 | 423 | 159 | 62 | 13 | 18 | 13 |
| 65-74..... | 522 | 17 | 3 | 1 | 550 | 542 | 336 | 141 | 49 | 16 | 8 | 6 |
| 75 AND OVER..... | 273 | 23 | 4 | 1 | 517 | 516 | 342 | 135 | 24 | 14 | 2 | 0 |
| ALL INDIVIDUALS... | 4/11,943 | 20 | 4 | 2 | 501 | 479 | 230 | 123 | 108 | 17 | 22 | 18 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6H-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, NONMETROPOLITAN AREAS, ALL INCOMES, ALL RACES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/145 | 19.0 | 8.6 | 0.6 | 12.9 | 12.9 | 0.0 | 5.1 | 7.6 | 2.7 | 0.0 | 0.0 |
| 1-2..... | 4/339 | 70.5 | 44.7 | 21.2 | 66.4 | 66.4 | .9 | 22.1 | 51.9 | 15.9 | .3 | .3 |
| 3-5..... | 558 | 77.8 | 47.2 | 17.1 | 75.3 | 75.3 | 1.3 | 26.9 | 59.7 | 17.0 | .2 | .0 |
| 6-8..... | 622 | 75.5 | 45.7 | 16.9 | 70.7 | 70.5 | 1.7 | 27.2 | 52.5 | 14.8 | .5 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 329 | 75.0 | 49.3 | 17.5 | 69.7 | 69.7 | 3.4 | 27.6 | 51.3 | 16.1 | .0 | .0 |
| 12-14..... | 406 | 76.7 | 53.1 | 16.4 | 74.4 | 74.4 | 6.8 | 32.5 | 53.2 | 16.8 | .2 | .0 |
| 15-18..... | 462 | 70.0 | 47.9 | 10.6 | 75.3 | 75.1 | 16.6 | 35.4 | 53.5 | 10.8 | 2.4 | 2.0 |
| 19-22..... | 306 | 64.6 | 46.0 | 10.1 | 85.5 | 82.2 | 34.2 | 32.0 | 52.3 | 11.0 | 11.3 | 9.9 |
| 23-34..... | 837 | 62.2 | 42.3 | 7.8 | 90.8 | 89.0 | 49.7 | 38.4 | 51.3 | 8.0 | 20.6 | 17.2 |
| 35-50..... | 791 | 73.3 | 51.2 | 7.3 | 94.1 | 93.7 | 75.3 | 41.9 | 38.5 | 7.8 | 19.3 | 15.6 |
| 51-64..... | 726 | 73.2 | 49.9 | 6.7 | 93.4 | 92.8 | 81.5 | 37.9 | 24.9 | 5.8 | 15.2 | 10.7 |
| 65-74..... | 388 | 81.1 | 59.9 | 9.2 | 93.8 | 93.8 | 88.9 | 38.8 | 18.8 | 4.6 | 7.7 | 5.7 |
| 75 AND OVER..... | 184 | 74.5 | 57.9 | 8.4 | 92.7 | 92.7 | 85.9 | 29.8 | 15.3 | 6.2 | 9.1 | 7.5 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 340 | 74.3 | 45.0 | 18.3 | 75.2 | 75.2 | 3.3 | 34.0 | 55.4 | 13.8 | .0 | .0 |
| 12-14..... | 392 | 70.1 | 42.4 | 20.1 | 76.5 | 76.2 | 4.6 | 35.8 | 57.4 | 11.3 | .7 | .2 |
| 15-18..... | 503 | 65.8 | 39.8 | 15.8 | 77.4 | 77.2 | 14.4 | 33.3 | 57.4 | 10.9 | .3 | .0 |
| 19-22..... | 416 | 58.5 | 39.6 | 9.9 | 86.7 | 85.7 | 31.2 | 38.2 | 56.5 | 11.3 | 10.5 | 6.0 |
| 23-34..... | 1,175 | 66.5 | 46.2 | 9.4 | 94.6 | 94.0 | 54.0 | 50.6 | 58.5 | 8.6 | 9.4 | 2.9 |
| 35-50..... | 1,184 | 69.5 | 49.3 | 8.6 | 96.6 | 96.3 | 78.7 | 49.1 | 44.1 | 7.9 | 8.4 | 3.3 |
| 51-64..... | 1,044 | 70.5 | 45.6 | 7.4 | 96.8 | 96.6 | 84.4 | 49.0 | 30.0 | 8.4 | 9.3 | 4.3 |
| 65-74..... | 522 | 70.5 | 50.8 | 6.6 | 96.1 | 96.1 | 86.4 | 46.1 | 21.0 | 9.5 | 4.0 | 1.5 |
| 75 AND OVER..... | 273 | 74.0 | 50.2 | 5.8 | 93.4 | 93.4 | 81.7 | 43.7 | 14.4 | 8.6 | 1.4 | .0 |
| ALL INDIVIDUALS... | 4/11,943 | 69.9 | 46.9 | 10.9 | 86.2 | 85.7 | 47.7 | 38.9 | 44.1 | 10.0 | 7.6 | 4.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 61-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 6 | (5) | (5) | 18 | 18 | 0 | 4 | 8 | 5 | 0 | 0 |
| 1-2..... | 4/814 | 20 | 2 | 3 | 155 | 155 | 1 | 29 | 92 | 33 | (5) | (5) |
| 3-5..... | 1,327 | 26 | 3 | 4 | 209 | 209 | 1 | 42 | 133 | 33 | (5) | (5) |
| 6-8..... | 1,482 | 31 | 3 | 4 | 228 | 227 | 2 | 51 | 139 | 36 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 750 | 33 | 3 | 7 | 278 | 278 | 4 | 60 | 175 | 39 | (5) | 0 |
| 12-14..... | 923 | 37 | 4 | 6 | 332 | 332 | 10 | 86 | 198 | 38 | (5) | 0 |
| 15-18..... | 1,115 | 34 | 4 | 6 | 492 | 471 | 44 | 105 | 286 | 37 | 21 | 19 |
| 19-22..... | 850 | 21 | 5 | 5 | 729 | 599 | 125 | 123 | 319 | 33 | 129 | 124 |
| 23-34..... | 2,393 | 23 | 6 | 3 | 967 | 785 | 336 | 156 | 268 | 25 | 182 | 161 |
| 35-50..... | 2,228 | 25 | 7 | 3 | 1,051 | 895 | 563 | 162 | 155 | 16 | 156 | 132 |
| 51-64..... | 1,923 | 27 | 6 | 2 | 930 | 830 | 589 | 147 | 84 | 9 | 100 | 80 |
| 65-74..... | 932 | 31 | 7 | 2 | 745 | 687 | 489 | 142 | 46 | 9 | 58 | 47 |
| 75 AND OVER..... | 399 | 31 | 7 | 1 | 657 | 620 | 454 | 112 | 35 | 18 | 37 | 27 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 795 | 30 | 3 | 5 | 253 | 253 | 3 | 59 | 155 | 36 | (5) | 0 |
| 12-14..... | 905 | 30 | 3 | 7 | 326 | 326 | 8 | 81 | 202 | 34 | (5) | (5) |
| 15-18..... | 1,164 | 24 | 3 | 5 | 441 | 435 | 52 | 102 | 252 | 30 | 6 | 4 |
| 19-22..... | 1,045 | 16 | 4 | 4 | 591 | 549 | 138 | 135 | 251 | 24 | 43 | 30 |
| 23-34..... | 3,298 | 17 | 5 | 2 | 765 | 722 | 308 | 185 | 210 | 19 | 43 | 25 |
| 35-50..... | 3,114 | 19 | 5 | 2 | 880 | 848 | 502 | 184 | 149 | 13 | 32 | 16 |
| 51-64..... | 2,542 | 20 | 4 | 2 | 798 | 769 | 516 | 167 | 74 | 12 | 30 | 17 |
| 65-74..... | 1,207 | 23 | 4 | 2 | 623 | 612 | 400 | 160 | 43 | 9 | 11 | 5 |
| 75 AND OVER..... | 688 | 23 | 3 | 1 | 550 | 542 | 358 | 147 | 27 | 10 | 8 | 4 |
| ALL INDIVIDUALS... | 4/30,215 | 24 | 4 | 3 | 658 | 606 | 292 | 132 | 160 | 22 | 52 | 41 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 61-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 20.2 | 9.0 | 0.5 | 15.0 | 15.0 | 0.0 | 4.8 | 8.3 | 4.6 | 0.0 | 0.0 |
| 1-2..... | 4/814 | 76.6 | 40.8 | 20.8 | 71.0 | 71.0 | .9 | 21.5 | 55.5 | 24.1 | .3 | .3 |
| 3-5..... | 1,327 | 84.0 | 45.9 | 24.4 | 81.7 | 81.6 | 1.6 | 23.7 | 67.9 | 23.4 | .5 | .1 |
| 6-8..... | 1,482 | 85.1 | 47.5 | 23.4 | 79.7 | 79.6 | 2.0 | 26.6 | 63.8 | 23.7 | .6 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 750 | 85.1 | 47.4 | 26.1 | 80.1 | 80.1 | 3.3 | 26.5 | 65.3 | 23.8 | .8 | .0 |
| 12-14..... | 923 | 82.4 | 47.0 | 24.0 | 80.2 | 80.2 | 6.2 | 29.9 | 65.1 | 20.6 | .4 | .0 |
| 15-18..... | 1,115 | 76.2 | 45.5 | 19.8 | 88.4 | 88.0 | 17.2 | 30.0 | 73.7 | 17.9 | 5.4 | 4.6 |
| 19-22..... | 850 | 67.3 | 42.4 | 13.5 | 92.9 | 90.7 | 34.8 | 32.5 | 73.5 | 14.5 | 25.5 | 23.1 |
| 23-34..... | 2,393 | 70.3 | 50.1 | 12.2 | 97.7 | 96.0 | 64.5 | 42.2 | 70.0 | 11.0 | 37.5 | 29.3 |
| 35-50..... | 2,228 | 73.4 | 53.4 | 8.9 | 97.8 | 97.4 | 85.1 | 42.3 | 51.2 | 9.6 | 36.1 | 26.7 |
| 51-64..... | 1,923 | 75.9 | 54.0 | 9.2 | 98.0 | 97.7 | 88.6 | 43.1 | 34.8 | 6.0 | 28.3 | 17.3 |
| 65-74..... | 932 | 80.3 | 55.7 | 9.7 | 96.6 | 96.4 | 89.1 | 41.8 | 19.9 | 6.5 | 18.7 | 11.2 |
| 75 AND OVER..... | 399 | 78.8 | 62.8 | 7.3 | 95.3 | 95.0 | 88.1 | 37.3 | 18.9 | 9.2 | 13.2 | 7.8 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 795 | 81.9 | 49.0 | 26.2 | 78.3 | 78.3 | 3.0 | 29.2 | 62.8 | 22.0 | .2 | .0 |
| 12-14..... | 905 | 77.3 | 42.1 | 28.2 | 83.5 | 83.4 | 5.0 | 32.3 | 70.3 | 21.8 | 1.0 | .1 |
| 15-18..... | 1,164 | 72.2 | 41.1 | 23.3 | 89.0 | 88.6 | 17.4 | 35.2 | 76.6 | 18.2 | 3.8 | 1.6 |
| 19-22..... | 1,045 | 68.9 | 48.9 | 14.8 | 93.8 | 92.7 | 40.6 | 43.7 | 71.0 | 15.2 | 19.1 | 8.9 |
| 23-34..... | 3,298 | 71.4 | 49.7 | 12.8 | 97.5 | 97.1 | 61.5 | 52.3 | 67.9 | 12.8 | 21.5 | 8.3 |
| 35-50..... | 3,114 | 70.4 | 49.0 | 12.0 | 98.2 | 97.8 | 83.5 | 50.8 | 56.6 | 9.1 | 19.3 | 5.9 |
| 51-64..... | 2,542 | 70.1 | 44.0 | 10.4 | 98.0 | 97.7 | 88.2 | 50.7 | 36.6 | 7.5 | 17.2 | 5.7 |
| 65-74..... | 1,207 | 75.5 | 50.3 | 9.0 | 97.8 | 97.6 | 88.1 | 51.4 | 21.7 | 7.4 | 10.4 | 1.7 |
| 75 AND OVER..... | 688 | 75.0 | 45.4 | 8.4 | 95.2 | 95.1 | 83.1 | 49.5 | 17.5 | 7.6 | 6.7 | 1.4 |
| ALL INDIVIDUALS... | 4/30,215 | 74.1 | 48.0 | 14.9 | 91.6 | 91.2 | 53.5 | 40.5 | 55.2 | 13.4 | 16.4 | 9.1 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6I-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 0 | 0 | 0 | (5) | (5) | 0 | (5) | (5) | 0 | 0 | 0 |
| 1-2..... | 4/814 | 3 | (5) | 1 | 24 | 24 | (5) | 3 | 19 | 3 | 0 | 0 |
| 3-5..... | 1,327 | 4 | (5) | 1 | 34 | 34 | (5) | 3 | 27 | 4 | (5) | 0 |
| 6-8..... | 1,482 | 7 | (5) | 1 | 40 | 40 | (5) | 4 | 31 | 5 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 750 | 9 | (5) | 2 | 56 | 56 | (5) | 5 | 44 | 7 | (5) | 0 |
| 12-14..... | 923 | 9 | (5) | 2 | 72 | 72 | (5) | 5 | 62 | 5 | 0 | 0 |
| 15-18..... | 1,115 | 7 | (5) | 3 | 150 | 140 | 6 | 9 | 116 | 9 | 10 | 9 |
| 19-22..... | 850 | 5 | 1 | 3 | 270 | 213 | 30 | 22 | 154 | 8 | 57 | 53 |
| 23-34..... | 2,393 | 4 | 1 | 1 | 347 | 274 | 120 | 26 | 124 | 5 | 74 | 64 |
| 35-50..... | 2,228 | 4 | 1 | (5) | 278 | 236 | 153 | 22 | 58 | 3 | 42 | 34 |
| 51-64..... | 1,923 | 4 | 1 | (5) | 186 | 165 | 119 | 17 | 28 | 1 | 21 | 16 |
| 65-74..... | 932 | 3 | (5) | (5) | 74 | 57 | 44 | 9 | 3 | (5) | 17 | 14 |
| 75 AND OVER..... | 399 | 2 | (5) | 0 | 46 | 42 | 31 | 5 | 5 | 1 | 4 | 2 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 795 | 7 | (5) | 1 | 47 | 47 | (5) | 6 | 36 | 5 | 0 | 0 |
| 12-14..... | 905 | 7 | (5) | 2 | 76 | 76 | 1 | 6 | 59 | 9 | (5) | 0 |
| 15-18..... | 1,164 | 6 | (5) | 2 | 140 | 136 | 12 | 13 | 104 | 7 | 4 | 3 |
| 19-22..... | 1,045 | 3 | (5) | 1 | 190 | 163 | 33 | 22 | 103 | 7 | 27 | 19 |
| 23-34..... | 3,298 | 3 | 1 | 1 | 175 | 157 | 64 | 24 | 64 | 5 | 18 | 10 |
| 35-50..... | 3,114 | 3 | 1 | (5) | 139 | 129 | 72 | 19 | 37 | 2 | 10 | 4 |
| 51-64..... | 2,542 | 3 | (5) | (5) | 107 | 99 | 68 | 15 | 15 | 1 | 8 | 3 |
| 65-74..... | 1,207 | 3 | (5) | (5) | 53 | 52 | 36 | 10 | 5 | 1 | 2 | (5) |
| 75 AND OVER..... | 688 | 1 | (5) | (5) | 28 | 27 | 18 | 6 | 3 | 1 | 1 | (5) |
| ALL INDIVIDUALS... | 4/30,215 | 4 | 1 | 1 | 144 | 127 | 55 | 15 | 53 | 4 | 18 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6I-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 0.0 | 0.0 | 0.0 | 1.1 | 1.1 | 0.0 | 0.6 | 0.5 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/814 | 12.5 | 3.8 | 3.3 | 25.8 | 25.8 | .1 | 3.6 | 20.7 | 4.1 | .0 | .0 |
| 3-5..... | 1,327 | 16.7 | 3.0 | 5.2 | 31.7 | 31.7 | .1 | 3.6 | 26.1 | 5.3 | .1 | .0 |
| 6-8..... | 1,482 | 22.5 | 3.7 | 6.6 | 29.3 | 29.3 | .1 | 3.5 | 24.2 | 5.5 | .1 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 750 | 26.3 | 2.8 | 9.0 | 32.1 | 31.9 | .1 | 3.6 | 27.3 | 6.1 | .1 | .0 |
| 12-14..... | 923 | 22.6 | 2.5 | 8.6 | 34.6 | 34.6 | .3 | 2.9 | 31.1 | 4.5 | .0 | .0 |
| 15-18..... | 1,115 | 20.3 | 3.8 | 9.0 | 49.5 | 48.7 | 4.2 | 5.0 | 43.1 | 4.6 | 3.0 | 2.4 |
| 19-22..... | 850 | 20.6 | 11.6 | 6.7 | 63.5 | 59.4 | 14.1 | 10.6 | 50.9 | 3.8 | 16.0 | 13.5 |
| 23-34..... | 2,393 | 27.8 | 19.5 | 5.6 | 73.6 | 69.8 | 37.8 | 12.9 | 46.8 | 2.9 | 21.0 | 14.9 |
| 35-50..... | 2,228 | 27.3 | 21.4 | 2.7 | 63.9 | 61.4 | 44.5 | 12.4 | 27.9 | 2.0 | 15.4 | 9.8 |
| 51-64..... | 1,923 | 20.1 | 15.0 | 1.7 | 53.3 | 51.1 | 40.0 | 10.6 | 15.4 | 1.0 | 10.7 | 5.9 |
| 65-74..... | 932 | 13.4 | 8.8 | .8 | 31.6 | 29.7 | 24.5 | 6.4 | 3.1 | .6 | 7.1 | 3.1 |
| 75 AND OVER..... | 399 | 8.3 | 5.6 | .0 | 23.5 | 22.3 | 16.4 | 3.8 | 3.2 | 1.2 | 3.1 | 1.4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 795 | 22.9 | 4.3 | 8.5 | 31.4 | 31.4 | .2 | 4.9 | 25.3 | 5.9 | .0 | .0 |
| 12-14..... | 905 | 22.7 | 3.0 | 11.5 | 39.5 | 39.5 | .3 | 5.3 | 32.8 | 7.2 | .3 | .0 |
| 15-18..... | 1,164 | 22.9 | 5.8 | 11.7 | 52.9 | 52.4 | 4.9 | 8.4 | 45.9 | 4.9 | 2.6 | 1.1 |
| 19-22..... | 1,045 | 20.4 | 12.5 | 6.3 | 63.3 | 59.3 | 14.7 | 15.1 | 47.4 | 4.7 | 13.3 | 6.1 |
| 23-34..... | 3,298 | 21.6 | 14.8 | 3.6 | 59.9 | 58.2 | 26.9 | 15.3 | 35.7 | 4.5 | 10.9 | 4.2 |
| 35-50..... | 3,114 | 18.9 | 12.3 | 3.2 | 55.3 | 53.2 | 32.5 | 13.1 | 24.5 | 2.0 | 8.8 | 2.2 |
| 51-64..... | 2,542 | 16.4 | 9.2 | 2.5 | 45.1 | 43.9 | 31.1 | 11.1 | 12.1 | 1.8 | 6.4 | 1.6 |
| 65-74..... | 1,207 | 12.7 | 6.6 | 1.2 | 34.0 | 33.3 | 23.6 | 8.5 | 4.7 | .9 | 3.6 | .1 |
| 75 AND OVER..... | 688 | 8.4 | 3.8 | .4 | 22.3 | 22.2 | 15.0 | 4.9 | 3.6 | .9 | 1.6 | .3 |
| ALL INDIVIDUALS... | 4/30,215 | 20.1 | 10.3 | 4.6 | 48.4 | 46.8 | 21.3 | 9.5 | 27.2 | 3.3 | 7.7 | 3.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 61-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 6 | (5) | (5) | 17 | 17 | 0 | 4 | 8 | 5 | 0 | 0 |
| 1-2..... | 4/814 | 17 | 2 | 3 | 131 | 131 | 1 | 26 | 74 | 30 | (5) | (5) |
| 3-5..... | 1,327 | 22 | 3 | 3 | 175 | 174 | 1 | 39 | 105 | 29 | (5) | (5) |
| 6-8..... | 1,482 | 24 | 3 | 3 | 188 | 187 | 2 | 47 | 108 | 31 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 750 | 24 | 3 | 5 | 223 | 222 | 4 | 55 | 131 | 33 | (5) | 0 |
| 12-14..... | 923 | 28 | 4 | 4 | 260 | 260 | 9 | 81 | 136 | 34 | (5) | 0 |
| 15-18..... | 1,115 | 27 | 4 | 3 | 342 | 331 | 38 | 96 | 170 | 28 | 11 | 10 |
| 19-22..... | 850 | 16 | 4 | 2 | 458 | 386 | 95 | 101 | 164 | 25 | 73 | 71 |
| 23-34..... | 2,393 | 19 | 5 | 2 | 620 | 511 | 216 | 130 | 145 | 20 | 109 | 97 |
| 35-50..... | 2,228 | 21 | 6 | 2 | 773 | 659 | 410 | 140 | 97 | 13 | 114 | 98 |
| 51-64..... | 1,923 | 24 | 6 | 2 | 744 | 665 | 470 | 131 | 56 | 8 | 78 | 63 |
| 65-74..... | 932 | 28 | 6 | 2 | 670 | 630 | 445 | 133 | 43 | 9 | 41 | 33 |
| 75 AND OVER..... | 399 | 29 | 7 | 1 | 612 | 578 | 423 | 107 | 30 | 18 | 34 | 25 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 795 | 23 | 3 | 4 | 206 | 206 | 3 | 54 | 119 | 30 | (5) | 0 |
| 12-14..... | 905 | 23 | 3 | 6 | 250 | 250 | 7 | 75 | 143 | 25 | (5) | (5) |
| 15-18..... | 1,164 | 18 | 3 | 3 | 301 | 300 | 40 | 89 | 148 | 23 | 2 | 1 |
| 19-22..... | 1,045 | 13 | 3 | 2 | 401 | 385 | 106 | 113 | 149 | 18 | 16 | 11 |
| 23-34..... | 3,298 | 14 | 4 | 2 | 590 | 565 | 244 | 161 | 146 | 14 | 25 | 15 |
| 35-50..... | 3,114 | 16 | 4 | 2 | 740 | 718 | 430 | 165 | 112 | 11 | 22 | 11 |
| 51-64..... | 2,542 | 17 | 3 | 1 | 691 | 670 | 448 | 152 | 59 | 10 | 22 | 14 |
| 65-74..... | 1,207 | 20 | 4 | 1 | 570 | 560 | 364 | 150 | 38 | 9 | 9 | 5 |
| 75 AND OVER..... | 688 | 22 | 3 | 1 | 522 | 514 | 340 | 141 | 24 | 9 | 8 | 4 |
| ALL INDIVIDUALS... | 4/30,215 | 20 | 4 | 2 | 514 | 480 | 238 | 117 | 107 | 18 | 34 | 27 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 61-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, WHITES, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/322 | 20.2 | 9.0 | 0.5 | 13.8 | 13.8 | 0.0 | 4.2 | 7.7 | 4.6 | 0.0 | 0.0 |
| 1-2..... | 4/814 | 74.6 | 39.0 | 19.2 | 65.0 | 65.0 | .8 | 19.3 | 47.6 | 21.1 | .3 | .3 |
| 3-5..... | 1,327 | 80.4 | 44.6 | 20.5 | 75.0 | 74.8 | 1.5 | 21.9 | 57.7 | 19.5 | .4 | .1 |
| 6-8..... | 1,482 | 80.5 | 45.7 | 19.1 | 72.4 | 72.2 | 1.9 | 24.8 | 53.5 | 19.0 | .5 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 750 | 78.3 | 45.8 | 19.3 | 73.3 | 73.3 | 3.2 | 24.5 | 54.5 | 19.1 | .6 | .0 |
| 12-14..... | 923 | 76.5 | 45.6 | 17.5 | 72.0 | 72.0 | 5.9 | 28.7 | 51.4 | 17.9 | .4 | .0 |
| 15-18..... | 1,115 | 70.3 | 43.7 | 12.9 | 76.2 | 75.7 | 15.3 | 28.2 | 53.6 | 14.4 | 3.2 | 2.8 |
| 19-22..... | 850 | 60.4 | 38.3 | 8.0 | 81.0 | 76.7 | 27.7 | 26.8 | 50.0 | 11.3 | 15.6 | 14.4 |
| 23-34..... | 2,393 | 62.7 | 44.0 | 7.5 | 90.0 | 86.6 | 50.6 | 36.1 | 48.7 | 8.6 | 27.1 | 21.5 |
| 35-50..... | 2,228 | 67.6 | 49.2 | 6.9 | 95.4 | 93.7 | 76.6 | 38.4 | 36.6 | 7.8 | 29.2 | 21.6 |
| 51-64..... | 1,923 | 72.7 | 51.6 | 8.0 | 94.9 | 93.9 | 83.0 | 38.8 | 24.8 | 5.2 | 23.8 | 13.5 |
| 65-74..... | 932 | 79.2 | 54.8 | 8.9 | 95.8 | 95.5 | 86.5 | 39.2 | 18.6 | 6.3 | 15.4 | 9.5 |
| 75 AND OVER..... | 399 | 78.1 | 62.2 | 7.3 | 94.1 | 93.8 | 87.6 | 35.8 | 17.2 | 8.3 | 11.5 | 6.8 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 795 | 77.8 | 47.1 | 19.8 | 71.3 | 71.3 | 2.8 | 26.3 | 52.4 | 17.8 | .2 | .0 |
| 12-14..... | 905 | 71.7 | 41.2 | 20.3 | 74.9 | 74.7 | 4.9 | 29.9 | 57.6 | 16.5 | .6 | .1 |
| 15-18..... | 1,164 | 64.4 | 39.3 | 14.6 | 79.2 | 78.9 | 15.6 | 31.3 | 57.4 | 14.0 | 1.1 | .5 |
| 19-22..... | 1,045 | 62.3 | 44.0 | 9.8 | 85.3 | 84.3 | 34.1 | 37.1 | 51.2 | 11.9 | 9.5 | 4.2 |
| 23-34..... | 3,298 | 66.2 | 46.1 | 9.9 | 93.4 | 92.5 | 53.9 | 47.4 | 54.2 | 9.1 | 14.2 | 5.1 |
| 35-50..... | 3,114 | 66.6 | 47.1 | 9.8 | 97.0 | 96.5 | 80.3 | 46.4 | 45.4 | 7.2 | 14.0 | 4.3 |
| 51-64..... | 2,542 | 66.4 | 42.4 | 8.4 | 96.8 | 96.5 | 85.5 | 46.9 | 29.2 | 6.2 | 12.8 | 4.4 |
| 65-74..... | 1,207 | 73.5 | 49.1 | 8.2 | 97.3 | 97.2 | 87.3 | 48.3 | 18.9 | 6.6 | 7.4 | 1.7 |
| 75 AND OVER..... | 688 | 73.2 | 44.9 | 8.0 | 94.3 | 94.3 | 82.6 | 48.4 | 14.7 | 6.7 | 5.4 | 1.0 |
| ALL INDIVIDUALS... | 4/30,215 | 69.4 | 45.4 | 11.4 | 86.7 | 85.9 | 49.3 | 36.9 | 43.0 | 10.7 | 12.0 | 6.7 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6J-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 8 | 1 | (5) | 49 | 49 | 0 | 17 | 16 | 15 | 0 | 0 |
| 1-2..... | 4/158 | 8 | 2 | 1 | 165 | 165 | 4 | 18 | 113 | 30 | 0 | 0 |
| 3-5..... | 276 | 16 | 3 | 3 | 254 | 254 | 1 | 27 | 184 | 42 | 0 | 0 |
| 6-8..... | 255 | 20 | 3 | 1 | 263 | 263 | 2 | 28 | 191 | 41 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 137 | 20 | 4 | 2 | 311 | 311 | 3 | 48 | 217 | 43 | 0 | 0 |
| 12-14..... | 173 | 29 | 4 | 3 | 361 | 361 | 5 | 73 | 228 | 54 | 0 | 0 |
| 15-18..... | 226 | 18 | 4 | 2 | 443 | 442 | 22 | 91 | 266 | 64 | 1 | 1 |
| 19-22..... | 136 | 11 | 4 | (5) | 483 | 447 | 49 | 61 | 283 | 55 | 36 | 29 |
| 23-34..... | 229 | 17 | 7 | 1 | 696 | 593 | 110 | 105 | 321 | 57 | 103 | 92 |
| 35-50..... | 254 | 15 | 6 | 1 | 754 | 618 | 226 | 119 | 237 | 38 | 135 | 122 |
| 51-64..... | 195 | 23 | 9 | (5) | 658 | 589 | 273 | 105 | 189 | 22 | 69 | 61 |
| 65-74..... | 99 | 14 | 7 | 1 | 467 | 435 | 204 | 65 | 141 | 26 | 32 | 24 |
| 75 AND OVER..... | 62 | 16 | 6 | 1 | 423 | 408 | 253 | 31 | 93 | 32 | 15 | 13 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 154 | 29 | 4 | 2 | 275 | 275 | 2 | 63 | 173 | 38 | 0 | 0 |
| 12-14..... | 172 | 18 | 3 | 2 | 302 | 302 | 8 | 47 | 209 | 37 | 0 | 0 |
| 15-18..... | 243 | 18 | 4 | 2 | 424 | 422 | 23 | 47 | 303 | 50 | 2 | 1 |
| 19-22..... | 192 | 10 | 3 | 1 | 463 | 457 | 59 | 53 | 313 | 33 | 5 | 2 |
| 23-34..... | 421 | 12 | 5 | 1 | 564 | 534 | 126 | 81 | 289 | 39 | 30 | 23 |
| 35-50..... | 493 | 12 | 6 | 1 | 565 | 549 | 230 | 107 | 178 | 33 | 16 | 13 |
| 51-64..... | 331 | 11 | 5 | (5) | 532 | 522 | 238 | 106 | 154 | 25 | 11 | 10 |
| 65-74..... | 151 | 16 | 7 | 1 | 480 | 477 | 231 | 114 | 101 | 32 | 4 | 3 |
| 75 AND OVER..... | 59 | 13 | 8 | 1 | 397 | 386 | 225 | 69 | 73 | 19 | 12 | 12 |
| ALL INDIVIDUALS... | 4/4,485 | 16 | 5 | 1 | 460 | 436 | 111 | 74 | 212 | 39 | 24 | 21 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6J-1.2.--SUGAR, SWEETS: BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 28.2 | 17.6 | 1.4 | 21.0 | 21.0 | 0.0 | 6.9 | 13.8 | 5.1 | 0.0 | 0.0 |
| 1-2..... | 4/158 | 57.0 | 36.4 | 9.8 | 83.4 | 83.4 | 2.7 | 15.5 | 64.6 | 23.9 | .0 | .0 |
| 3-5..... | 276 | 69.2 | 41.6 | 11.9 | 85.3 | 85.3 | 1.7 | 17.3 | 73.8 | 21.6 | .0 | .0 |
| 6-8..... | 255 | 67.4 | 42.2 | 7.4 | 83.4 | 83.4 | 2.2 | 18.9 | 68.3 | 24.5 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 137 | 67.3 | 44.7 | 10.0 | 82.8 | 82.8 | 3.4 | 22.5 | 68.5 | 21.9 | .0 | .0 |
| 12-14..... | 173 | 69.4 | 48.8 | 12.2 | 88.5 | 88.5 | 5.4 | 31.7 | 74.6 | 23.8 | .0 | .0 |
| 15-18..... | 226 | 66.6 | 46.7 | 6.6 | 87.1 | 87.1 | 12.0 | 34.8 | 74.8 | 21.3 | .4 | .4 |
| 19-22..... | 136 | 55.8 | 44.7 | 2.5 | 99.1 | 96.7 | 25.3 | 36.0 | 79.9 | 25.1 | 13.2 | 7.9 |
| 23-34..... | 229 | 62.5 | 51.7 | 5.1 | 98.1 | 95.8 | 42.4 | 33.9 | 82.7 | 24.6 | 24.4 | 20.6 |
| 35-50..... | 254 | 68.1 | 60.9 | 3.1 | 98.5 | 97.4 | 68.4 | 35.8 | 71.3 | 17.9 | 18.0 | 13.5 |
| 51-64..... | 195 | 76.9 | 68.8 | 2.2 | 90.3 | 89.3 | 72.3 | 33.9 | 59.4 | 12.7 | 16.2 | 14.8 |
| 65-74..... | 99 | 74.2 | 63.2 | 1.7 | 87.3 | 86.4 | 65.1 | 26.7 | 45.8 | 10.8 | 15.8 | 3.8 |
| 75 AND OVER..... | 62 | 71.7 | 58.4 | 5.4 | 93.9 | 91.9 | 75.3 | 23.1 | 25.3 | 11.8 | 5.0 | 3.4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 154 | 70.7 | 46.8 | 12.2 | 88.7 | 88.7 | 2.8 | 25.4 | 72.3 | 18.2 | .0 | .0 |
| 12-14..... | 172 | 60.1 | 37.2 | 10.4 | 85.9 | 85.9 | 6.6 | 25.5 | 70.6 | 19.2 | .0 | .0 |
| 15-18..... | 243 | 64.1 | 43.3 | 9.7 | 91.7 | 91.7 | 15.7 | 26.9 | 83.0 | 24.2 | 2.0 | .9 |
| 19-22..... | 192 | 64.4 | 43.8 | 4.3 | 94.3 | 94.3 | 27.6 | 25.1 | 83.1 | 19.2 | 5.0 | 1.9 |
| 23-34..... | 421 | 67.2 | 50.9 | 4.0 | 93.9 | 93.4 | 40.6 | 34.7 | 80.7 | 19.2 | 9.8 | 6.0 |
| 35-50..... | 493 | 66.7 | 59.2 | 3.2 | 93.3 | 93.1 | 62.6 | 39.6 | 63.0 | 17.3 | 7.8 | 5.4 |
| 51-64..... | 331 | 67.7 | 60.7 | 3.7 | 94.8 | 93.8 | 71.3 | 47.0 | 56.7 | 14.6 | 3.6 | 2.4 |
| 65-74..... | 151 | 80.0 | 70.0 | 2.5 | 91.4 | 91.4 | 76.2 | 42.6 | 34.1 | 9.7 | 3.2 | 2.3 |
| 75 AND OVER..... | 59 | 69.5 | 63.9 | 4.3 | 93.1 | 91.5 | 81.4 | 25.3 | 31.1 | 10.0 | 1.6 | 1.6 |
| ALL INDIVIDUALS... | 4/4,485 | 66.5 | 51.0 | 6.0 | 90.0 | 89.5 | 35.6 | 30.9 | 67.8 | 19.0 | 6.3 | 4.4 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6J-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/68 | (5) | (5) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/158 | (5) | (5) | (5) | 9 | 9 | 0 | 1 | 8 | 1 | 0 | 0 |
| 3-5..... | 276 | 3 | (5) | 1 | 17 | 17 | (5) | 1 | 14 | 1 | 0 | 0 |
| 6-8..... | 255 | 8 | (5) | 1 | 21 | 21 | (5) | 2 | 14 | 4 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 137 | 9 | (5) | 1 | 28 | 28 | 0 | 1 | 21 | 5 | 0 | 0 |
| 12-14..... | 173 | 7 | (5) | 2 | 37 | 37 | 0 | 3 | 31 | 4 | 0 | 0 |
| 15-18..... | 226 | 5 | (5) | 1 | 76 | 76 | 5 | 4 | 58 | 10 | 0 | 0 |
| 19-22..... | 136 | 2 | (5) | (5) | 105 | 98 | 3 | 10 | 67 | 18 | 6 | 3 |
| 23-34..... | 229 | 4 | 1 | 1 | 198 | 171 | 32 | 31 | 100 | 9 | 26 | 20 |
| 35-50..... | 254 | 1 | 1 | (5) | 164 | 141 | 40 | 18 | 80 | 4 | 23 | 19 |
| 51-64..... | 195 | 1 | 1 | (5) | 90 | 90 | 25 | 7 | 53 | 5 | (5) | 0 |
| 65-74..... | 99 | 1 | (5) | 0 | 28 | 28 | 2 | 7 | 15 | 4 | 0 | 0 |
| 75 AND OVER..... | 62 | (5) | (5) | 0 | 8 | 6 | 6 | 0 | 0 | 0 | 2 | 2 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 154 | 8 | (5) | 1 | 25 | 25 | 0 | (5) | 21 | 4 | 0 | 0 |
| 12-14..... | 172 | 6 | (5) | 1 | 36 | 36 | 1 | 2 | 28 | 5 | 0 | 0 |
| 15-18..... | 243 | 4 | (5) | 1 | 82 | 81 | 1 | 2 | 72 | 6 | 1 | 1 |
| 19-22..... | 192 | 2 | (5) | (5) | 106 | 105 | 7 | 9 | 83 | 6 | 1 | 0 |
| 23-34..... | 421 | 1 | (5) | (5) | 98 | 88 | 18 | 9 | 56 | 6 | 9 | 5 |
| 35-50..... | 493 | 2 | (5) | 1 | 68 | 67 | 22 | 10 | 33 | 2 | 1 | (5) |
| 51-64..... | 331 | 2 | (5) | (5) | 36 | 36 | 12 | 7 | 14 | 3 | (5) | 0 |
| 65-74..... | 151 | 1 | (5) | 0 | 12 | 12 | 4 | 2 | 4 | 1 | (5) | 0 |
| 75 AND OVER..... | 59 | 0 | 0 | 0 | 6 | 6 | 0 | 0 | 2 | 4 | 0 | 0 |
| ALL INDIVIDUALS... | 4/4,485 | 3 | (5) | 1 | 67 | 63 | 11 | 7 | 40 | 5 | 4 | 3 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6J-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 1.3 | 1.3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/158 | 3.4 | 1.5 | 1.9 | 11.8 | 11.8 | .0 | 1.5 | 10.1 | 1.7 | .0 | .0 |
| 3-5..... | 276 | 11.8 | 2.1 | 2.2 | 16.7 | 16.7 | .4 | .7 | 15.3 | 1.7 | .0 | .0 |
| 6-8..... | 255 | 20.2 | 3.7 | 2.6 | 16.5 | 16.5 | .4 | 1.8 | 12.4 | 3.6 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 137 | 19.0 | 2.4 | 3.3 | 19.2 | 19.2 | .0 | 1.0 | 14.1 | 5.6 | .0 | .0 |
| 12-14..... | 173 | 16.5 | 2.0 | 8.3 | 25.0 | 25.0 | .0 | 2.2 | 19.4 | 4.0 | .0 | .0 |
| 15-18..... | 226 | 14.1 | 2.9 | 5.5 | 34.1 | 34.1 | 2.7 | 3.4 | 27.4 | 5.0 | .0 | .0 |
| 19-22..... | 136 | 7.1 | 3.9 | 2.5 | 43.5 | 42.1 | 3.3 | 8.5 | 33.2 | 7.0 | 3.3 | 1.4 |
| 23-34..... | 229 | 17.8 | 16.5 | 3.7 | 60.0 | 57.5 | 13.4 | 12.7 | 44.2 | 4.9 | 9.6 | 5.4 |
| 35-50..... | 254 | 16.7 | 16.1 | 1.1 | 51.6 | 50.6 | 25.7 | 7.6 | 34.4 | 1.1 | 7.0 | 5.4 |
| 51-64..... | 195 | 13.2 | 12.0 | .6 | 36.7 | 36.7 | 13.5 | 3.8 | 28.4 | 3.2 | .4 | .0 |
| 65-74..... | 99 | 6.8 | 5.2 | .0 | 14.0 | 14.0 | 2.5 | 4.3 | 8.9 | 4.5 | .0 | .0 |
| 75 AND OVER..... | 62 | 3.9 | 3.9 | .0 | 5.3 | 3.9 | 3.9 | .0 | .0 | .0 | 1.4 | 1.4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 154 | 20.7 | 2.9 | 6.4 | 19.6 | 19.6 | .0 | .5 | 16.9 | 4.3 | .0 | .0 |
| 12-14..... | 172 | 16.5 | 1.3 | 5.3 | 23.3 | 23.3 | .8 | 1.9 | 16.8 | 4.9 | .0 | .0 |
| 15-18..... | 243 | 13.5 | 2.6 | 4.6 | 37.6 | 36.8 | 1.2 | 1.7 | 35.0 | 4.5 | 1.3 | .9 |
| 19-22..... | 192 | 12.2 | 7.6 | 2.3 | 39.5 | 39.5 | 5.5 | 4.7 | 34.6 | 4.1 | 1.3 | .0 |
| 23-34..... | 421 | 13.7 | 10.9 | .8 | 42.3 | 41.3 | 11.8 | 8.0 | 32.4 | 4.2 | 4.4 | 1.9 |
| 35-50..... | 493 | 13.1 | 11.2 | 1.8 | 31.3 | 31.1 | 12.9 | 6.5 | 18.7 | 2.2 | 1.0 | .2 |
| 51-64..... | 331 | 9.6 | 8.0 | .5 | 24.4 | 24.4 | 8.8 | 6.3 | 10.3 | 2.2 | 1.2 | .0 |
| 65-74..... | 151 | 5.7 | 3.3 | .0 | 9.3 | 8.8 | 3.5 | 2.5 | 1.9 | 1.4 | .5 | .0 |
| 75 AND OVER..... | 59 | .0 | .0 | .0 | 3.3 | 3.3 | .0 | .0 | 1.5 | 1.8 | .0 | .0 |
| ALL INDIVIDUALS... | 4/4,485 | 13.0 | 6.9 | 2.5 | 29.8 | 29.4 | 6.7 | 4.5 | 21.8 | 3.3 | 1.8 | .9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6J-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 8 | 1 | (5) | 49 | 49 | 0 | 17 | 16 | 15 | 0 | 0 |
| 1-2..... | 4/158 | 8 | 2 | 1 | 156 | 156 | 4 | 17 | 106 | 29 | 0 | 0 |
| 3-5..... | 276 | 13 | 3 | 2 | 238 | 238 | 1 | 27 | 169 | 40 | 0 | 0 |
| 6-8..... | 255 | 12 | 3 | 1 | 242 | 242 | 2 | 26 | 177 | 37 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 137 | 11 | 4 | 1 | 283 | 283 | 3 | 47 | 196 | 38 | 0 | 0 |
| 12-14..... | 173 | 22 | 4 | 1 | 323 | 323 | 5 | 71 | 197 | 51 | 0 | 0 |
| 15-18..... | 226 | 13 | 4 | (5) | 366 | 366 | 17 | 86 | 208 | 55 | 1 | 1 |
| 19-22..... | 136 | 9 | 4 | 0 | 379 | 349 | 46 | 51 | 216 | 36 | 30 | 26 |
| 23-34..... | 229 | 13 | 5 | (5) | 498 | 422 | 79 | 74 | 221 | 48 | 77 | 72 |
| 35-50..... | 254 | 14 | 5 | 1 | 590 | 477 | 186 | 101 | 157 | 34 | 113 | 103 |
| 51-64..... | 195 | 22 | 9 | (5) | 567 | 499 | 248 | 98 | 136 | 17 | 69 | 61 |
| 65-74..... | 99 | 13 | 6 | 1 | 439 | 408 | 202 | 58 | 126 | 21 | 32 | 24 |
| 75 AND OVER..... | 62 | 16 | 6 | 1 | 415 | 401 | 247 | 31 | 93 | 32 | 13 | 11 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 154 | 21 | 4 | 1 | 251 | 251 | 2 | 62 | 152 | 35 | 0 | 0 |
| 12-14..... | 172 | 12 | 3 | 1 | 266 | 266 | 7 | 45 | 181 | 32 | 0 | 0 |
| 15-18..... | 243 | 13 | 4 | 1 | 342 | 342 | 23 | 45 | 230 | 44 | 1 | 0 |
| 19-22..... | 192 | 8 | 2 | (5) | 357 | 353 | 52 | 44 | 230 | 27 | 4 | 2 |
| 23-34..... | 421 | 11 | 4 | (5) | 466 | 445 | 108 | 72 | 233 | 33 | 21 | 18 |
| 35-50..... | 493 | 10 | 5 | 1 | 497 | 481 | 208 | 98 | 145 | 31 | 15 | 13 |
| 51-64..... | 331 | 9 | 4 | (5) | 496 | 486 | 226 | 98 | 140 | 22 | 10 | 10 |
| 65-74..... | 151 | 15 | 6 | 1 | 468 | 465 | 226 | 111 | 96 | 31 | 4 | 3 |
| 75 AND OVER..... | 59 | 13 | 8 | 1 | 392 | 380 | 225 | 69 | 71 | 15 | 12 | 12 |
| ALL INDIVIDUALS... | 4/4,485 | 13 | 4 | 1 | 393 | 373 | 100 | 67 | 172 | 34 | 20 | 18 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6J-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ 1977-78

48 STATES, ALL URBANIZATIONS, ALL INCOMES, BLACKS, FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/68 | 28.2 | 16.2 | 1.4 | 21.0 | 21.0 | 0.0 | 6.9 | 13.8 | 5.1 | 0.0 | 0.0 |
| 1-2..... | 4/158 | 54.6 | 35.5 | 7.9 | 82.9 | 82.9 | 2.7 | 14.5 | 63.6 | 23.2 | .0 | .0 |
| 3-5..... | 276 | 62.7 | 40.8 | 9.7 | 83.9 | 83.9 | 1.3 | 17.0 | 71.2 | 19.9 | .0 | .0 |
| 6-8..... | 255 | 60.2 | 40.2 | 5.2 | 81.7 | 81.7 | 1.7 | 18.4 | 65.9 | 21.7 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 137 | 60.5 | 44.1 | 7.4 | 80.8 | 80.8 | 3.4 | 22.0 | 65.6 | 17.3 | .0 | .0 |
| 12-14..... | 173 | 63.4 | 47.8 | 5.3 | 86.2 | 86.2 | 5.4 | 30.4 | 67.9 | 20.4 | .0 | .0 |
| 15-18..... | 226 | 59.0 | 44.6 | 1.1 | 85.1 | 84.6 | 9.9 | 33.4 | 68.4 | 18.7 | .4 | .4 |
| 19-22..... | 136 | 51.7 | 40.7 | .0 | 91.9 | 89.5 | 23.9 | 30.4 | 70.1 | 18.1 | 11.7 | 6.4 |
| 23-34..... | 229 | 55.6 | 43.5 | 1.5 | 91.8 | 88.2 | 33.9 | 26.7 | 65.4 | 22.6 | 19.0 | 18.7 |
| 35-50..... | 254 | 62.4 | 54.2 | 2.1 | 95.4 | 92.0 | 58.2 | 33.2 | 55.4 | 16.9 | 15.6 | 11.7 |
| 51-64..... | 195 | 72.3 | 64.2 | 1.6 | 87.7 | 85.0 | 68.3 | 31.3 | 49.1 | 10.2 | 16.2 | 14.8 |
| 65-74..... | 99 | 72.6 | 62.3 | 1.7 | 87.3 | 84.7 | 63.5 | 24.9 | 39.9 | 7.2 | 15.8 | 3.8 |
| 75 AND OVER..... | 62 | 71.7 | 58.4 | 5.4 | 93.9 | 91.9 | 75.3 | 23.1 | 25.3 | 11.8 | 5.0 | 3.4 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 154 | 63.9 | 44.7 | 7.7 | 82.7 | 82.7 | 2.8 | 25.4 | 65.5 | 15.0 | .0 | .0 |
| 12-14..... | 172 | 53.1 | 36.7 | 7.5 | 82.7 | 82.7 | 6.6 | 24.4 | 66.4 | 16.9 | .0 | .0 |
| 15-18..... | 243 | 58.8 | 42.2 | 6.6 | 89.8 | 89.8 | 15.7 | 25.2 | 76.2 | 22.1 | .8 | .0 |
| 19-22..... | 192 | 57.6 | 39.5 | 2.0 | 86.5 | 86.5 | 24.6 | 23.0 | 68.6 | 16.1 | 4.4 | 1.9 |
| 23-34..... | 421 | 62.8 | 45.8 | 3.2 | 90.9 | 90.1 | 35.7 | 31.2 | 72.1 | 15.2 | 6.4 | 4.4 |
| 35-50..... | 493 | 62.7 | 56.0 | 1.4 | 92.4 | 91.9 | 60.0 | 36.4 | 56.8 | 15.4 | 7.1 | 5.2 |
| 51-64..... | 331 | 65.7 | 58.4 | 3.7 | 93.3 | 92.3 | 70.6 | 43.1 | 52.6 | 12.8 | 2.4 | 2.4 |
| 65-74..... | 151 | 77.8 | 69.3 | 2.5 | 90.7 | 90.7 | 76.2 | 42.0 | 34.1 | 9.1 | 2.7 | 2.3 |
| 75 AND OVER..... | 59 | 69.5 | 63.9 | 4.3 | 93.1 | 91.5 | 81.4 | 25.3 | 29.6 | 10.0 | 1.6 | 1.6 |
| ALL INDIVIDUALS... | 4/4,485 | 61.6 | 48.1 | 3.9 | 87.5 | 86.6 | 33.3 | 28.6 | 60.9 | 16.6 | 5.3 | 4.0 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 6K-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 18 | (5) | 0 | 51 | 51 | 0 | 6 | 26 | 18 | 0 | 0 |
| 1-2..... | 4/246 | 18 | 2 | 2 | 185 | 184 | 1 | 32 | 109 | 42 | (5) | (5) |
| 3-5..... | 404 | 28 | 3 | 3 | 237 | 236 | 1 | 40 | 163 | 33 | (5) | (5) |
| 6-8..... | 428 | 32 | 3 | 4 | 273 | 273 | 2 | 51 | 172 | 47 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 196 | 35 | 4 | 7 | 339 | 339 | 6 | 66 | 215 | 52 | (5) | 0 |
| 12-14..... | 296 | 39 | 4 | 7 | 359 | 359 | 13 | 110 | 189 | 46 | (5) | 0 |
| 15-18..... | 365 | 30 | 5 | 5 | 560 | 543 | 46 | 110 | 330 | 57 | 17 | 16 |
| 19-22..... | 256 | 23 | 5 | 3 | 775 | 646 | 118 | 132 | 351 | 46 | 129 | 122 |
| 23-34..... | 708 | 20 | 5 | 2 | 965 | 778 | 308 | 168 | 275 | 27 | 187 | 169 |
| 35-50..... | 714 | 24 | 7 | 2 | 983 | 832 | 487 | 156 | 171 | 18 | 151 | 126 |
| 51-64..... | 579 | 25 | 6 | 2 | 909 | 809 | 538 | 156 | 101 | 13 | 101 | 80 |
| 65-74..... | 270 | 25 | 5 | 1 | 710 | 658 | 442 | 129 | 72 | 14 | 53 | 46 |
| 75 AND OVER..... | 114 | 30 | 7 | 1 | 629 | 597 | 436 | 104 | 29 | 28 | 31 | 26 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 222 | 32 | 4 | 5 | 313 | 313 | 4 | 70 | 199 | 40 | 0 | 0 |
| 12-14..... | 295 | 30 | 3 | 7 | 377 | 377 | 11 | 77 | 239 | 50 | (5) | 0 |
| 15-18..... | 374 | 25 | 4 | 5 | 453 | 445 | 56 | 99 | 251 | 39 | 7 | 5 |
| 19-22..... | 300 | 16 | 3 | 3 | 582 | 545 | 127 | 108 | 280 | 30 | 38 | 32 |
| 23-34..... | 865 | 16 | 5 | 2 | 741 | 687 | 261 | 174 | 227 | 25 | 54 | 33 |
| 35-50..... | 838 | 18 | 5 | 2 | 820 | 786 | 426 | 189 | 153 | 18 | 34 | 16 |
| 51-64..... | 715 | 18 | 4 | 1 | 759 | 732 | 451 | 174 | 93 | 14 | 27 | 17 |
| 65-74..... | 346 | 20 | 4 | 1 | 610 | 601 | 373 | 156 | 56 | 16 | 9 | 4 |
| 75 AND OVER..... | 173 | 23 | 4 | 1 | 535 | 526 | 326 | 139 | 43 | 17 | 9 | 5 |
| ALL INDIVIDUALS... | 4/8,780 | 23 | 5 | 3 | 651 | 597 | 257 | 131 | 181 | 29 | 54 | 43 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 6K-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 28.8 | 12.7 | 0.0 | 29.3 | 29.3 | 0.0 | 9.1 | 21.4 | 7.1 | 0.0 | 0.0 |
| 1-2..... | 4/246 | 71.0 | 38.2 | 15.7 | 76.8 | 76.8 | 1.6 | 25.4 | 60.9 | 26.9 | .8 | .8 |
| 3-5..... | 404 | 81.7 | 45.9 | 20.6 | 83.9 | 83.9 | 1.1 | 25.6 | 72.3 | 24.0 | .3 | .3 |
| 6-8..... | 428 | 84.9 | 47.6 | 20.5 | 87.8 | 87.8 | 2.6 | 27.9 | 71.4 | 32.4 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 196 | 81.9 | 50.9 | 26.0 | 87.9 | 87.9 | 5.1 | 28.5 | 73.2 | 29.6 | .6 | .0 |
| 12-14..... | 296 | 80.6 | 50.9 | 22.2 | 85.9 | 85.9 | 8.3 | 37.9 | 69.3 | 23.5 | .5 | .0 |
| 15-18..... | 365 | 76.0 | 50.0 | 18.6 | 94.5 | 94.5 | 17.4 | 35.1 | 80.4 | 25.9 | 5.3 | 5.0 |
| 19-22..... | 256 | 63.4 | 43.7 | 9.0 | 94.3 | 93.5 | 34.3 | 36.6 | 76.1 | 16.6 | 27.3 | 23.3 |
| 23-34..... | 708 | 67.5 | 49.7 | 9.3 | 97.5 | 96.0 | 61.7 | 42.7 | 74.1 | 13.4 | 37.1 | 30.2 |
| 35-50..... | 714 | 71.9 | 54.2 | 7.5 | 97.3 | 97.5 | 79.2 | 42.7 | 55.0 | 11.0 | 34.9 | 23.7 |
| 51-64..... | 579 | 70.3 | 51.2 | 7.5 | 97.2 | 96.7 | 87.6 | 45.5 | 41.1 | 7.9 | 27.8 | 18.3 |
| 65-74..... | 270 | 82.3 | 60.7 | 7.9 | 97.3 | 96.2 | 87.8 | 47.2 | 25.4 | 7.5 | 20.0 | 13.3 |
| 75 AND OVER..... | 114 | 73.3 | 60.5 | 5.6 | 95.1 | 95.1 | 86.8 | 34.1 | 19.2 | 11.8 | 14.3 | 9.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 222 | 80.8 | 51.3 | 26.9 | 89.5 | 89.5 | 4.2 | 31.9 | 71.5 | 25.7 | .0 | .0 |
| 12-14..... | 295 | 75.0 | 42.4 | 27.2 | 88.8 | 88.8 | 6.0 | 33.7 | 78.8 | 29.3 | 1.1 | .0 |
| 15-18..... | 374 | 71.1 | 42.6 | 22.0 | 89.9 | 89.3 | 17.9 | 38.1 | 78.4 | 24.5 | 4.4 | 1.8 |
| 19-22..... | 300 | 69.0 | 48.3 | 11.9 | 92.0 | 91.2 | 35.0 | 40.0 | 72.0 | 19.6 | 15.5 | 9.6 |
| 23-34..... | 865 | 68.6 | 49.6 | 10.5 | 97.8 | 97.6 | 58.0 | 51.9 | 73.3 | 16.3 | 22.9 | 9.8 |
| 35-50..... | 838 | 70.8 | 55.0 | 9.2 | 97.8 | 97.6 | 76.4 | 55.1 | 57.4 | 12.7 | 18.2 | 5.8 |
| 51-64..... | 715 | 64.8 | 45.5 | 8.5 | 97.4 | 97.0 | 86.1 | 50.9 | 40.9 | 9.2 | 16.8 | 5.9 |
| 65-74..... | 346 | 75.1 | 53.2 | 6.2 | 98.8 | 98.3 | 86.9 | 53.0 | 23.8 | 8.8 | 8.9 | 2.5 |
| 75 AND OVER..... | 173 | 73.1 | 49.6 | 5.3 | 95.1 | 94.6 | 80.8 | 42.9 | 24.4 | 8.6 | 7.4 | 1.2 |
| ALL INDIVIDUALS... | 4/8,780 | 72.3 | 49.4 | 12.8 | 93.4 | 93.0 | 50.7 | 42.0 | 60.1 | 16.8 | 16.2 | 9.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 6K-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 0 | 0 | 0 | 1 | 1 | 0 | (5) | 1 | 0 | 0 | 0 |
| 1-2..... | 4/246 | 2 | (5) | (5) | 29 | 29 | (5) | 4 | 22 | 3 | 0 | 0 |
| 3-5..... | 404 | 4 | (5) | 1 | 42 | 42 | (5) | 3 | 35 | 4 | 0 | 0 |
| 6-8..... | 428 | 9 | (5) | 1 | 52 | 52 | (5) | 5 | 42 | 5 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 196 | 10 | (5) | 3 | 85 | 85 | 1 | 6 | 70 | 8 | 0 | 0 |
| 12-14..... | 296 | 9 | (5) | 3 | 65 | 66 | (5) | 5 | 55 | 5 | 0 | 0 |
| 15-18..... | 365 | 7 | (5) | 2 | 164 | 158 | 6 | 9 | 133 | 11 | 5 | 4 |
| 19-22..... | 256 | 6 | 1 | 1 | 295 | 223 | 30 | 20 | 167 | 6 | 73 | 68 |
| 23-34..... | 708 | 4 | 1 | 1 | 359 | 274 | 118 | 22 | 128 | 5 | 86 | 76 |
| 35-50..... | 714 | 4 | 1 | 1 | 283 | 234 | 142 | 22 | 67 | 3 | 49 | 39 |
| 51-64..... | 579 | 3 | 1 | 1 | 165 | 144 | 90 | 17 | 36 | 1 | 22 | 19 |
| 65-74..... | 270 | 3 | (5) | (5) | 66 | 55 | 42 | 7 | 5 | 1 | 11 | 8 |
| 75 AND OVER..... | 114 | 1 | (5) | 0 | 41 | 38 | 31 | 3 | 2 | 2 | 2 | 1 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 222 | 8 | (5) | 3 | 58 | 58 | 0 | 6 | 45 | 5 | 0 | 0 |
| 12-14..... | 295 | 8 | (5) | 3 | 95 | 95 | 0 | 7 | 77 | 11 | (5) | 0 |
| 15-18..... | 374 | 5 | (5) | 2 | 143 | 139 | 18 | 10 | 100 | 10 | 4 | 3 |
| 19-22..... | 300 | 4 | 1 | 2 | 197 | 174 | 27 | 23 | 118 | 6 | 23 | 20 |
| 23-34..... | 865 | 3 | 1 | 1 | 188 | 162 | 60 | 26 | 70 | 6 | 27 | 15 |
| 35-50..... | 838 | 3 | 1 | (5) | 133 | 125 | 60 | 24 | 39 | 2 | 9 | 4 |
| 51-64..... | 715 | 3 | (5) | (5) | 97 | 91 | 61 | 14 | 15 | 1 | 6 | 4 |
| 65-74..... | 346 | 3 | (5) | (5) | 50 | 48 | 32 | 9 | 5 | 2 | 2 | (5) |
| 75 AND OVER..... | 173 | (5) | (5) | 0 | 28 | 25 | 14 | 6 | 4 | 1 | 2 | 0 |
| ALL INDIVIDUALS... | 4/8,780 | 4 | 1 | 1 | 149 | 129 | 50 | 15 | 61 | 4 | 20 | 16 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINDUS STATES, SPRING 1977.

TABLE 6K-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 0.0 | 0.0 | 0.0 | 2.4 | 2.4 | 0.0 | 1.1 | 1.3 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/246 | 11.4 | 4.3 | 2.4 | 30.2 | 30.2 | .4 | 4.1 | 25.4 | 4.6 | .0 | .0 |
| 3-5..... | 404 | 17.5 | 4.8 | 4.6 | 34.9 | 34.9 | .3 | 3.8 | 29.8 | 4.3 | .0 | .0 |
| 6-8..... | 428 | 26.9 | 3.8 | 6.3 | 33.2 | 33.2 | .5 | 3.4 | 28.4 | 5.4 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 196 | 24.2 | 2.2 | 11.2 | 41.3 | 41.3 | .4 | 5.5 | 35.7 | 8.1 | .0 | .0 |
| 12-14..... | 296 | 22.5 | 3.8 | 10.2 | 32.7 | 32.7 | .4 | 3.1 | 28.5 | 5.4 | .0 | .0 |
| 15-18..... | 365 | 19.7 | 4.3 | 9.6 | 52.2 | 51.8 | 3.8 | 6.3 | 45.0 | 5.7 | 2.8 | 2.5 |
| 19-22..... | 256 | 18.2 | 10.2 | 4.2 | 59.7 | 56.5 | 14.6 | 11.1 | 49.6 | 2.3 | 17.8 | 14.2 |
| 23-34..... | 708 | 24.7 | 17.7 | 4.5 | 74.2 | 70.2 | 35.4 | 12.6 | 50.9 | 4.3 | 20.5 | 15.0 |
| 35-50..... | 714 | 25.5 | 19.2 | 3.3 | 63.5 | 60.2 | 41.8 | 11.4 | 32.4 | 2.1 | 18.3 | 10.6 |
| 51-64..... | 579 | 17.5 | 12.8 | 1.7 | 51.4 | 49.2 | 34.9 | 11.2 | 17.5 | .5 | 9.4 | 5.9 |
| 65-74..... | 270 | 15.1 | 9.9 | 1.7 | 31.1 | 29.7 | 23.7 | 5.7 | 4.9 | 1.1 | 7.9 | 3.4 |
| 75 AND OVER..... | 114 | 6.5 | 1.9 | .0 | 21.6 | 20.5 | 15.2 | 2.5 | 2.8 | 1.0 | 3.6 | .7 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 222 | 24.2 | 4.7 | 11.2 | 34.6 | 34.6 | .0 | 5.0 | 29.7 | 5.7 | .0 | .0 |
| 12-14..... | 295 | 25.4 | 3.5 | 15.1 | 44.2 | 44.2 | .0 | 5.5 | 38.0 | 8.7 | 1.1 | .0 |
| 15-18..... | 374 | 20.2 | 4.9 | 11.3 | 49.7 | 49.5 | 4.9 | 7.0 | 43.4 | 7.2 | 3.1 | 1.3 |
| 19-22..... | 300 | 18.8 | 11.0 | 4.9 | 60.2 | 56.5 | 11.7 | 14.4 | 47.2 | 5.1 | 10.8 | 5.6 |
| 23-34..... | 865 | 21.3 | 14.9 | 3.0 | 61.0 | 58.7 | 26.9 | 15.4 | 39.1 | 4.4 | 13.4 | 5.1 |
| 35-50..... | 838 | 19.3 | 13.9 | 1.9 | 51.5 | 50.1 | 28.8 | 13.8 | 24.2 | 2.2 | 8.6 | 2.1 |
| 51-64..... | 715 | 14.9 | 9.7 | 2.3 | 42.3 | 40.4 | 27.9 | 11.1 | 11.9 | 1.4 | 5.7 | 1.5 |
| 65-74..... | 346 | 11.9 | 5.5 | 1.6 | 29.6 | 29.1 | 20.1 | 7.9 | 4.5 | 1.5 | 4.1 | .3 |
| 75 AND OVER..... | 173 | 3.8 | 3.0 | .0 | 20.9 | 20.9 | 12.6 | 4.5 | 4.0 | .6 | 4.7 | .0 |
| ALL INDIVIDUALS... | 4/8,780 | 19.5 | 10.0 | 4.7 | 48.3 | 46.7 | 19.4 | 9.4 | 29.5 | 3.6 | 8.1 | 4.2 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 6K-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 18 | (5) | 0 | 49 | 49 | 0 | 6 | 25 | 18 | 0 | 0 |
| 1-2..... | 4/246 | 16 | 2 | 2 | 156 | 156 | 1 | 29 | 87 | 40 | (5) | (5) |
| 3-5..... | 404 | 24 | 3 | 2 | 195 | 195 | 1 | 37 | 129 | 28 | (5) | (5) |
| 6-8..... | 428 | 23 | 3 | 3 | 221 | 221 | 2 | 46 | 130 | 42 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 196 | 25 | 4 | 4 | 254 | 254 | 5 | 60 | 145 | 44 | (5) | 0 |
| 12-14..... | 296 | 29 | 4 | 4 | 293 | 293 | 13 | 105 | 134 | 41 | (5) | 0 |
| 15-18..... | 365 | 23 | 5 | 3 | 396 | 384 | 39 | 102 | 197 | 46 | 12 | 12 |
| 19-22..... | 256 | 17 | 4 | 1 | 479 | 424 | 87 | 112 | 184 | 40 | 55 | 55 |
| 23-34..... | 708 | 16 | 4 | 1 | 605 | 504 | 190 | 146 | 147 | 21 | 101 | 93 |
| 35-50..... | 714 | 20 | 5 | 1 | 700 | 597 | 345 | 134 | 104 | 15 | 103 | 87 |
| 51-64..... | 579 | 22 | 5 | 1 | 743 | 665 | 449 | 138 | 65 | 12 | 78 | 61 |
| 65-74..... | 270 | 22 | 6 | 1 | 645 | 603 | 400 | 122 | 68 | 13 | 42 | 39 |
| 75 AND OVER..... | 114 | 29 | 7 | 1 | 588 | 559 | 405 | 101 | 26 | 27 | 29 | 25 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 222 | 24 | 4 | 4 | 256 | 256 | 4 | 64 | 153 | 35 | 0 | 0 |
| 12-14..... | 295 | 21 | 3 | 4 | 282 | 282 | 11 | 70 | 162 | 39 | 0 | 0 |
| 15-18..... | 374 | 19 | 3 | 3 | 310 | 307 | 38 | 89 | 151 | 28 | 3 | 2 |
| 19-22..... | 300 | 12 | 3 | 1 | 385 | 370 | 99 | 85 | 162 | 24 | 14 | 12 |
| 23-34..... | 865 | 13 | 4 | 1 | 553 | 525 | 201 | 149 | 157 | 19 | 28 | 17 |
| 35-50..... | 838 | 15 | 4 | 1 | 687 | 661 | 356 | 165 | 114 | 16 | 25 | 13 |
| 51-64..... | 715 | 16 | 4 | 1 | 662 | 641 | 390 | 160 | 78 | 13 | 21 | 13 |
| 65-74..... | 346 | 17 | 3 | 1 | 559 | 553 | 341 | 148 | 51 | 14 | 6 | 4 |
| 75 AND OVER..... | 173 | 22 | 4 | 1 | 508 | 501 | 312 | 134 | 39 | 16 | 7 | 5 |
| ALL INDIVIDUALS... | 4/8,780 | 19 | 4 | 2 | 501 | 468 | 207 | 117 | 120 | 24 | 33 | 27 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 6K-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SPRING 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/75 | 28.8 | 12.7 | 0.0 | 26.9 | 26.9 | 0.0 | 8.0 | 20.1 | 7.1 | 0.0 | 0.0 |
| 1-2..... | 4/246 | 70.4 | 36.9 | 14.5 | 69.9 | 69.9 | 1.2 | 22.8 | 51.5 | 23.4 | .8 | .8 |
| 3-5..... | 404 | 79.1 | 43.8 | 17.4 | 78.3 | 78.3 | .9 | 23.8 | 61.5 | 20.7 | .3 | .3 |
| 6-8..... | 428 | 79.7 | 45.0 | 15.8 | 81.7 | 81.7 | 2.0 | 26.6 | 62.1 | 28.2 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 196 | 75.0 | 49.4 | 16.8 | 80.7 | 80.7 | 4.6 | 24.9 | 61.0 | 23.8 | .6 | .0 |
| 12-14..... | 296 | 74.6 | 48.8 | 13.7 | 80.1 | 80.1 | 7.9 | 36.0 | 56.7 | 19.4 | .5 | .0 |
| 15-18..... | 365 | 68.4 | 47.3 | 11.0 | 85.3 | 84.8 | 15.2 | 32.5 | 63.2 | 22.0 | 3.2 | 3.2 |
| 19-22..... | 256 | 56.3 | 39.2 | 5.2 | 87.0 | 83.5 | 25.4 | 31.7 | 54.0 | 15.7 | 14.5 | 13.1 |
| 23-34..... | 708 | 59.6 | 43.3 | 5.1 | 89.2 | 86.3 | 47.9 | 37.4 | 51.9 | 9.6 | 25.1 | 20.3 |
| 35-50..... | 714 | 66.9 | 50.2 | 4.6 | 95.0 | 93.3 | 69.8 | 39.4 | 38.6 | 9.1 | 24.6 | 17.0 |
| 51-64..... | 579 | 66.9 | 48.5 | 5.8 | 94.5 | 92.8 | 80.4 | 41.9 | 32.0 | 7.6 | 23.1 | 14.2 |
| 65-74..... | 270 | 80.0 | 59.6 | 6.2 | 95.5 | 95.4 | 85.7 | 45.0 | 23.7 | 6.8 | 15.7 | 12.1 |
| 75 AND OVER..... | 114 | 73.3 | 60.5 | 5.6 | 94.2 | 94.2 | 86.8 | 32.4 | 18.2 | 11.8 | 12.4 | 9.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 222 | 78.6 | 48.2 | 19.0 | 80.7 | 80.7 | 4.2 | 28.1 | 60.2 | 21.5 | .0 | .0 |
| 12-14..... | 295 | 69.5 | 41.0 | 15.2 | 80.2 | 80.2 | 6.0 | 30.7 | 63.2 | 24.1 | .0 | .0 |
| 15-18..... | 374 | 63.7 | 40.6 | 13.5 | 82.9 | 82.5 | 16.0 | 34.8 | 62.8 | 18.7 | 1.2 | .6 |
| 19-22..... | 300 | 63.1 | 46.0 | 7.4 | 83.2 | 83.2 | 31.4 | 33.1 | 53.1 | 15.2 | 6.9 | 4.1 |
| 23-34..... | 865 | 63.3 | 46.1 | 8.0 | 92.6 | 91.7 | 48.8 | 45.4 | 59.2 | 12.7 | 14.7 | 5.9 |
| 35-50..... | 838 | 66.2 | 51.9 | 7.6 | 96.1 | 95.9 | 72.2 | 50.6 | 46.5 | 10.7 | 13.1 | 3.9 |
| 51-64..... | 715 | 61.4 | 43.9 | 6.4 | 95.9 | 95.5 | 83.0 | 47.4 | 35.2 | 7.9 | 13.1 | 4.6 |
| 65-74..... | 346 | 73.1 | 51.9 | 4.6 | 98.1 | 97.6 | 85.3 | 50.7 | 21.1 | 7.6 | 5.6 | 2.3 |
| 75 AND OVER..... | 173 | 72.3 | 49.6 | 5.3 | 94.0 | 93.4 | 79.6 | 42.2 | 22.3 | 8.6 | 4.2 | 1.2 |
| ALL INDIVIDUALS... | 4/8,780 | 67.6 | 46.6 | 9.0 | 88.7 | 87.8 | 46.0 | 38.3 | 47.9 | 14.0 | 11.2 | 6.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SPRING 1977.

TABLE 6L-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 1 | (5) | 0 | 14 | 14 | 0 | 2 | 8 | 4 | 0 | 0 |
| 1-2..... | 4/249 | 20 | 2 | 3 | 175 | 175 | 1 | 37 | 101 | 37 | (5) | (5) |
| 3-5..... | 425 | 24 | 3 | 3 | 248 | 248 | 2 | 53 | 148 | 46 | (5) | 0 |
| 6-8..... | 454 | 28 | 3 | 3 | 283 | 283 | 3 | 67 | 177 | 35 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 233 | 29 | 3 | 4 | 355 | 354 | 4 | 71 | 232 | 47 | 1 | 0 |
| 12-14..... | 274 | 30 | 5 | 3 | 446 | 446 | 8 | 123 | 267 | 48 | (5) | 0 |
| 15-18..... | 320 | 30 | 5 | 3 | 540 | 525 | 30 | 127 | 314 | 53 | 15 | 14 |
| 19-22..... | 261 | 21 | 3 | 7 | 743 | 653 | 105 | 160 | 347 | 41 | 89 | 83 |
| 23-34..... | 655 | 19 | 6 | 3 | 939 | 762 | 229 | 176 | 318 | 39 | 177 | 156 |
| 35-50..... | 664 | 21 | 9 | 2 | 1,066 | 924 | 492 | 226 | 184 | 21 | 142 | 119 |
| 51-64..... | 520 | 27 | 7 | 2 | 936 | 810 | 500 | 179 | 109 | 23 | 125 | 98 |
| 65-74..... | 239 | 28 | 6 | 3 | 816 | 732 | 477 | 175 | 62 | 18 | 84 | 69 |
| 75 AND OVER..... | 118 | 22 | 7 | (5) | 666 | 642 | 436 | 117 | 60 | 28 | 24 | 22 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 265 | 27 | 4 | 3 | 297 | 296 | 3 | 71 | 176 | 46 | (5) | 0 |
| 12-14..... | 288 | 22 | 3 | 4 | 365 | 365 | 7 | 97 | 222 | 38 | (5) | 0 |
| 15-18..... | 382 | 20 | 4 | 4 | 514 | 510 | 38 | 124 | 310 | 38 | 4 | 3 |
| 19-22..... | 372 | 14 | 3 | 3 | 601 | 557 | 114 | 126 | 283 | 34 | 43 | 27 |
| 23-34..... | 975 | 17 | 5 | 1 | 762 | 725 | 267 | 202 | 228 | 28 | 38 | 23 |
| 35-50..... | 936 | 15 | 5 | 2 | 853 | 822 | 440 | 192 | 168 | 22 | 30 | 19 |
| 51-64..... | 751 | 17 | 4 | 1 | 761 | 729 | 436 | 193 | 85 | 16 | 32 | 20 |
| 65-74..... | 342 | 18 | 4 | 1 | 629 | 611 | 362 | 169 | 69 | 12 | 17 | 11 |
| 75 AND OVER..... | 194 | 21 | 3 | 1 | 571 | 569 | 347 | 172 | 33 | 17 | 2 | 0 |
| ALL INDIVIDUALS.... | 4/9,037 | 21 | 5 | 2 | 661 | 612 | 243 | 151 | 189 | 30 | 49 | 38 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 6L-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 14.3 | 8.0 | 0.0 | 14.2 | 14.2 | 0.0 | 5.0 | 6.9 | 3.8 | 0.0 | 0.0 |
| 1-2..... | 4/249 | 70.8 | 40.5 | 13.6 | 76.7 | 76.7 | .4 | 26.0 | 58.7 | 28.2 | .3 | .3 |
| 3-5..... | 425 | 79.0 | 47.7 | 17.2 | 87.1 | 87.1 | 1.6 | 27.6 | 69.5 | 27.5 | .2 | .0 |
| 6-8..... | 454 | 79.5 | 48.2 | 18.3 | 84.4 | 84.2 | 2.7 | 31.9 | 68.1 | 23.5 | .7 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 233 | 78.1 | 41.2 | 22.2 | 85.0 | 85.0 | 4.4 | 26.9 | 73.9 | 24.7 | 1.4 | .0 |
| 12-14..... | 274 | 81.8 | 51.3 | 15.8 | 89.4 | 89.4 | 6.3 | 37.3 | 72.9 | 27.6 | .3 | .0 |
| 15-18..... | 320 | 76.3 | 47.3 | 14.3 | 90.3 | 89.6 | 15.2 | 32.8 | 76.8 | 19.8 | 5.7 | 4.4 |
| 19-22..... | 261 | 68.5 | 40.8 | 17.8 | 96.8 | 95.7 | 30.0 | 43.0 | 79.3 | 20.2 | 24.1 | 22.5 |
| 23-34..... | 655 | 70.4 | 49.7 | 10.7 | 97.2 | 95.8 | 53.3 | 44.0 | 73.6 | 15.1 | 35.8 | 29.2 |
| 35-50..... | 664 | 75.7 | 60.3 | 7.3 | 97.0 | 96.9 | 83.4 | 50.6 | 54.5 | 11.6 | 31.7 | 24.1 |
| 51-64..... | 520 | 77.5 | 58.4 | 4.8 | 96.7 | 96.4 | 83.2 | 47.1 | 40.5 | 12.0 | 33.5 | 21.5 |
| 65-74..... | 239 | 75.3 | 52.6 | 11.2 | 96.3 | 96.3 | 87.6 | 39.0 | 28.1 | 11.6 | 22.9 | 12.2 |
| 75 AND OVER..... | 118 | 72.1 | 58.9 | .9 | 97.5 | 96.4 | 86.1 | 41.2 | 20.3 | 12.3 | 8.7 | 6.3 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 265 | 73.2 | 46.8 | 19.9 | 83.2 | 83.2 | 3.0 | 34.5 | 67.5 | 25.5 | .3 | .0 |
| 12-14..... | 288 | 73.5 | 43.9 | 21.1 | 83.9 | 83.5 | 5.7 | 35.4 | 69.1 | 22.5 | 1.0 | .0 |
| 15-18..... | 382 | 70.0 | 45.7 | 15.7 | 93.4 | 92.8 | 14.4 | 37.8 | 82.5 | 23.3 | 3.1 | 1.2 |
| 19-22..... | 372 | 65.8 | 44.6 | 13.6 | 94.1 | 93.0 | 36.2 | 42.5 | 75.5 | 21.0 | 20.0 | 9.0 |
| 23-34..... | 975 | 69.1 | 48.1 | 9.3 | 97.0 | 96.9 | 54.0 | 54.0 | 71.3 | 16.8 | 17.8 | 7.2 |
| 35-50..... | 936 | 72.7 | 53.9 | 10.3 | 97.6 | 97.2 | 78.9 | 52.6 | 60.1 | 12.4 | 16.0 | 5.8 |
| 51-64..... | 751 | 71.1 | 49.4 | 6.6 | 97.2 | 96.7 | 84.8 | 56.1 | 41.4 | 11.0 | 14.7 | 5.9 |
| 65-74..... | 342 | 77.4 | 57.2 | 8.6 | 97.9 | 97.9 | 84.9 | 54.2 | 29.5 | 9.5 | 9.8 | 3.1 |
| 75 AND OVER..... | 194 | 76.0 | 46.7 | 4.1 | 96.5 | 96.5 | 84.1 | 55.7 | 20.1 | 12.2 | 3.1 | .0 |
| ALL INDIVIDUALS... | 4/9,037 | 72.7 | 49.5 | 11.6 | 92.5 | 92.1 | 48.6 | 43.8 | 59.9 | 17.1 | 14.8 | 8.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 6L-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 0 | 0 | 0 | (5) | (5) | 0 | (5) | (5) | 0 | 0 | 0 |
| 1-2..... | 4/249 | 2 | (5) | 1 | 26 | 26 | 0 | 3 | 20 | 2 | 0 | 0 |
| 3-5..... | 425 | 3 | (5) | 1 | 29 | 29 | 0 | 4 | 22 | 3 | (5) | 0 |
| 6-8..... | 454 | 5 | (5) | 1 | 42 | 42 | 0 | 6 | 32 | 4 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 233 | 7 | (5) | 1 | 59 | 58 | 0 | 6 | 42 | 10 | 1 | 0 |
| 12-14..... | 274 | 6 | (5) | 1 | 96 | 96 | 1 | 9 | 79 | 7 | 0 | 0 |
| 15-18..... | 320 | 6 | (5) | 2 | 138 | 129 | 5 | 9 | 110 | 6 | 9 | 8 |
| 19-22..... | 261 | 8 | 1 | 5 | 261 | 200 | 23 | 25 | 146 | 6 | 61 | 56 |
| 23-34..... | 655 | 4 | 1 | 1 | 342 | 273 | 87 | 38 | 139 | 8 | 69 | 60 |
| 35-50..... | 664 | 3 | 2 | (5) | 255 | 219 | 125 | 23 | 66 | 5 | 37 | 29 |
| 51-64..... | 520 | 3 | 1 | (5) | 195 | 167 | 108 | 23 | 32 | 3 | 28 | 20 |
| 65-74..... | 239 | 2 | (5) | 0 | 107 | 71 | 47 | 12 | 10 | 2 | 37 | 34 |
| 75 AND OVER..... | 118 | 3 | (5) | 0 | 29 | 22 | 13 | 8 | 1 | 1 | 7 | 7 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 265 | 5 | (5) | 1 | 54 | 54 | 0 | 7 | 42 | 6 | 0 | 0 |
| 12-14..... | 288 | 4 | (5) | 1 | 67 | 67 | 2 | 6 | 49 | 10 | 0 | 0 |
| 15-18..... | 382 | 5 | (5) | 1 | 142 | 138 | 8 | 16 | 109 | 5 | 3 | 3 |
| 19-22..... | 372 | 3 | (5) | 1 | 210 | 176 | 34 | 20 | 109 | 13 | 33 | 23 |
| 23-34..... | 975 | 2 | 1 | (5) | 169 | 157 | 56 | 26 | 69 | 5 | 12 | 6 |
| 35-50..... | 936 | 2 | (5) | 1 | 127 | 120 | 62 | 19 | 36 | 3 | 8 | 4 |
| 51-64..... | 751 | 2 | (5) | (5) | 94 | 85 | 51 | 15 | 15 | 3 | 9 | 3 |
| 65-74..... | 342 | 2 | (5) | (5) | 40 | 39 | 26 | 6 | 6 | 1 | 1 | 0 |
| 75 AND OVER..... | 194 | 1 | (5) | 0 | 28 | 28 | 18 | 5 | 3 | 2 | (5) | 0 |
| ALL INDIVIDUALS... | 4/9,037 | 3 | 1 | 1 | 139 | 122 | 44 | 17 | 57 | 5 | 17 | 13 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 6L-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ SUMMER 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 0.0 | 0.0 | 0.0 | 1.7 | 1.7 | 0.0 | 0.8 | 0.9 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/249 | 12.0 | 5.0 | 4.5 | 26.7 | 26.7 | .0 | 5.1 | 22.5 | 3.1 | .0 | .0 |
| 3-5..... | 425 | 14.6 | 3.4 | 4.4 | 26.1 | 25.9 | .0 | 4.4 | 20.9 | 3.4 | .2 | .0 |
| 6-8..... | 454 | 17.9 | 5.2 | 5.6 | 28.4 | 28.2 | .0 | 5.1 | 23.9 | 4.4 | .2 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 233 | 19.6 | 3.4 | 9.1 | 32.7 | 32.3 | .0 | 3.7 | 26.7 | 8.2 | .4 | .0 |
| 12-14..... | 274 | 17.0 | 3.3 | 5.5 | 40.8 | 40.8 | .7 | 4.1 | 35.9 | 6.0 | .0 | .0 |
| 15-18..... | 320 | 17.3 | 4.5 | 5.6 | 47.0 | 46.3 | 3.5 | 4.7 | 42.0 | 3.2 | 3.0 | 2.4 |
| 19-22..... | 261 | 24.3 | 10.0 | 12.7 | 63.9 | 61.3 | 12.3 | 13.0 | 51.3 | 5.9 | 15.7 | 14.1 |
| 23-34..... | 655 | 25.5 | 18.4 | 4.7 | 70.1 | 67.0 | 28.7 | 15.7 | 47.1 | 3.7 | 21.5 | 15.5 |
| 35-50..... | 664 | 28.7 | 24.3 | 1.6 | 61.7 | 60.8 | 40.5 | 13.1 | 29.5 | 1.7 | 13.5 | 8.9 |
| 51-64..... | 520 | 20.7 | 14.6 | 1.6 | 53.4 | 50.6 | 36.6 | 14.1 | 18.8 | 2.1 | 13.2 | 7.0 |
| 65-74..... | 239 | 9.8 | 6.9 | .0 | 34.8 | 31.7 | 20.4 | 8.3 | 6.5 | 2.0 | 6.4 | 4.6 |
| 75 AND OVER..... | 118 | 5.1 | 3.4 | .0 | 19.3 | 15.7 | 10.8 | 4.2 | .7 | 1.6 | 3.7 | 3.7 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 265 | 18.7 | 4.2 | 6.8 | 34.0 | 34.0 | .0 | 6.1 | 27.5 | 7.0 | .0 | .0 |
| 12-14..... | 288 | 14.2 | 1.9 | 5.5 | 34.8 | 34.8 | .4 | 4.7 | 27.2 | 6.9 | .0 | .0 |
| 15-18..... | 382 | 18.7 | 5.7 | 7.3 | 54.3 | 53.2 | 4.4 | 9.0 | 46.1 | 4.9 | 2.8 | 1.2 |
| 19-22..... | 372 | 19.9 | 12.4 | 7.5 | 63.4 | 58.7 | 11.6 | 12.9 | 49.3 | 8.4 | 15.9 | 7.3 |
| 23-34..... | 975 | 19.2 | 13.0 | 2.8 | 59.5 | 58.0 | 23.4 | 17.3 | 37.3 | 4.5 | 8.5 | 3.3 |
| 35-50..... | 936 | 18.9 | 13.3 | 2.8 | 51.2 | 48.7 | 26.6 | 13.2 | 21.5 | 2.8 | 7.5 | 2.3 |
| 51-64..... | 751 | 16.2 | 10.7 | 1.8 | 41.5 | 40.3 | 23.8 | 10.4 | 13.3 | 4.2 | 6.2 | 1.9 |
| 65-74..... | 342 | 9.8 | 3.0 | .5 | 28.2 | 27.6 | 17.4 | 5.7 | 5.1 | 1.4 | 2.3 | .0 |
| 75 AND OVER..... | 194 | 7.8 | 1.4 | .0 | 22.0 | 22.0 | 14.1 | 4.7 | 3.3 | 1.4 | .4 | .0 |
| ALL INDIVIDUALS... | 4/9,037 | 18.2 | 10.1 | 3.9 | 46.6 | 45.1 | 17.2 | 10.2 | 27.7 | 3.9 | 7.2 | 3.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 6L-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 1 | (5) | 0 | 14 | 14 | 0 | 2 | 8 | 4 | 0 | 0 |
| 1-2..... | 4/249 | 17 | 2 | 2 | 150 | 150 | 1 | 34 | 80 | 35 | (5) | (5) |
| 3-5..... | 425 | 21 | 3 | 2 | 219 | 219 | 2 | 49 | 126 | 43 | 0 | 0 |
| 6-8..... | 454 | 23 | 3 | 2 | 241 | 241 | 3 | 61 | 146 | 31 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 233 | 22 | 3 | 3 | 296 | 296 | 4 | 65 | 190 | 37 | (5) | 0 |
| 12-14..... | 274 | 24 | 5 | 2 | 351 | 351 | 7 | 115 | 188 | 41 | (5) | 0 |
| 15-18..... | 320 | 24 | 5 | 1 | 402 | 395 | 26 | 118 | 205 | 47 | 6 | 6 |
| 19-22..... | 261 | 13 | 3 | 3 | 482 | 453 | 82 | 135 | 201 | 35 | 29 | 27 |
| 23-34..... | 655 | 15 | 5 | 2 | 597 | 490 | 142 | 137 | 179 | 31 | 108 | 96 |
| 35-50..... | 664 | 18 | 7 | 2 | 810 | 705 | 368 | 203 | 119 | 16 | 105 | 90 |
| 51-64..... | 520 | 24 | 6 | 2 | 740 | 644 | 392 | 155 | 77 | 20 | 97 | 78 |
| 65-74..... | 239 | 26 | 6 | 3 | 708 | 661 | 430 | 162 | 52 | 17 | 47 | 35 |
| 75 AND OVER..... | 118 | 19 | 7 | (5) | 637 | 620 | 423 | 110 | 60 | 27 | 17 | 15 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 265 | 21 | 3 | 2 | 243 | 243 | 3 | 65 | 134 | 40 | (5) | 0 |
| 12-14..... | 288 | 18 | 3 | 3 | 299 | 298 | 5 | 92 | 173 | 29 | (5) | 0 |
| 15-18..... | 382 | 14 | 4 | 2 | 372 | 372 | 30 | 108 | 200 | 33 | (5) | 0 |
| 19-22..... | 372 | 11 | 3 | 2 | 391 | 381 | 81 | 106 | 173 | 21 | 10 | 4 |
| 23-34..... | 975 | 14 | 4 | 1 | 593 | 568 | 211 | 176 | 159 | 23 | 25 | 17 |
| 35-50..... | 936 | 13 | 4 | 2 | 725 | 702 | 378 | 173 | 132 | 19 | 23 | 15 |
| 51-64..... | 751 | 16 | 4 | 1 | 667 | 644 | 384 | 178 | 69 | 13 | 23 | 17 |
| 65-74..... | 342 | 15 | 4 | 1 | 588 | 572 | 336 | 162 | 63 | 11 | 16 | 11 |
| 75 AND OVER..... | 194 | 20 | 3 | 1 | 543 | 541 | 329 | 167 | 30 | 15 | 1 | 0 |
| ALL INDIVIDUALS... | 4/9,037 | 17 | 4 | 2 | 522 | 491 | 199 | 134 | 132 | 25 | 32 | 26 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 6L-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING.2/3/ SUMMER 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/120 | 14.3 | 8.0 | 0.0 | 13.4 | 13.4 | 0.0 | 4.2 | 6.9 | 3.8 | 0.0 | 0.0 |
| 1-2..... | 4/249 | 66.9 | 37.7 | 11.1 | 72.1 | 72.1 | .4 | 22.7 | 52.9 | 26.6 | .3 | .3 |
| 3-5..... | 425 | 73.8 | 46.1 | 12.8 | 82.9 | 82.9 | 1.6 | 25.0 | 64.2 | 25.2 | .0 | .0 |
| 6-8..... | 454 | 75.2 | 46.3 | 14.3 | 79.0 | 78.7 | 2.7 | 29.1 | 58.5 | 20.2 | .4 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 233 | 71.2 | 38.6 | 15.9 | 79.4 | 79.4 | 4.4 | 24.6 | 65.2 | 18.3 | .9 | .0 |
| 12-14..... | 274 | 75.8 | 49.3 | 10.8 | 80.7 | 80.7 | 5.7 | 36.2 | 56.8 | 24.5 | .3 | .0 |
| 15-18..... | 320 | 69.8 | 45.4 | 9.9 | 78.6 | 78.3 | 13.2 | 31.3 | 58.8 | 18.2 | 3.0 | 2.3 |
| 19-22..... | 261 | 57.9 | 36.2 | 7.8 | 86.4 | 83.1 | 24.6 | 35.6 | 57.7 | 14.3 | 13.9 | 12.9 |
| 23-34..... | 655 | 64.0 | 44.3 | 7.3 | 92.0 | 88.9 | 40.1 | 36.7 | 54.2 | 12.3 | 27.1 | 23.2 |
| 35-50..... | 664 | 69.4 | 54.6 | 6.0 | 94.9 | 92.9 | 74.9 | 46.8 | 38.6 | 10.3 | 25.0 | 18.9 |
| 51-64..... | 520 | 72.0 | 54.7 | 4.6 | 93.4 | 92.4 | 77.1 | 41.4 | 28.9 | 10.4 | 28.1 | 17.9 |
| 65-74..... | 239 | 73.8 | 52.1 | 11.2 | 95.2 | 94.5 | 82.5 | 36.7 | 23.9 | 10.9 | 21.5 | 10.3 |
| 75 AND OVER..... | 118 | 70.5 | 58.9 | .9 | 97.5 | 96.4 | 86.1 | 40.5 | 20.3 | 10.7 | 6.5 | 4.1 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 265 | 68.3 | 46.1 | 13.6 | 77.4 | 77.4 | 3.0 | 31.2 | 55.7 | 21.1 | .3 | .0 |
| 12-14..... | 288 | 69.2 | 43.6 | 16.6 | 78.8 | 78.5 | 5.2 | 33.7 | 61.2 | 17.2 | 1.0 | .0 |
| 15-18..... | 382 | 64.1 | 43.8 | 10.3 | 84.1 | 83.9 | 13.1 | 33.7 | 66.0 | 19.5 | .2 | .0 |
| 19-22..... | 372 | 55.6 | 36.9 | 7.3 | 87.6 | 86.4 | 27.8 | 36.1 | 57.9 | 15.1 | 7.5 | 3.2 |
| 23-34..... | 975 | 64.4 | 44.6 | 7.0 | 94.0 | 93.8 | 47.0 | 49.4 | 57.4 | 13.1 | 13.2 | 5.1 |
| 35-50..... | 936 | 69.8 | 52.2 | 8.3 | 97.0 | 96.6 | 76.1 | 47.9 | 50.6 | 9.9 | 11.7 | 4.6 |
| 51-64..... | 751 | 68.2 | 47.1 | 5.2 | 95.9 | 95.4 | 82.9 | 53.0 | 33.1 | 8.1 | 9.5 | 4.1 |
| 65-74..... | 342 | 75.8 | 56.9 | 8.2 | 97.6 | 97.6 | 84.9 | 52.1 | 27.6 | 8.4 | 7.9 | 3.1 |
| 75 AND OVER..... | 194 | 74.3 | 46.7 | 4.1 | 95.4 | 95.4 | 83.6 | 55.7 | 16.9 | 10.8 | 2.7 | .0 |
| ALL INDIVIDUALS... | 4/9,037 | 67.8 | 46.7 | 8.6 | 88.5 | 87.7 | 44.6 | 39.9 | 48.3 | 14.2 | 10.8 | 6.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, SUMMER 1977.

TABLE 6M-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 5 | (5) | (5) | 13 | 13 | 0 | 4 | 3 | 5 | 0 | 0 |
| 1-2..... | 4/256 | 17 | 2 | 3 | 130 | 130 | 1 | 23 | 85 | 21 | 0 | 0 |
| 3-5..... | 482 | 23 | 2 | 4 | 191 | 191 | 1 | 33 | 131 | 27 | (5) | 0 |
| 6-8..... | 487 | 30 | 3 | 5 | 203 | 203 | 2 | 44 | 126 | 31 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 32 | 3 | 7 | 230 | 230 | 4 | 46 | 151 | 29 | 0 | 0 |
| 12-14..... | 307 | 34 | 4 | 7 | 286 | 286 | 5 | 44 | 197 | 40 | 0 | 0 |
| 15-18..... | 329 | 31 | 4 | 7 | 437 | 420 | 37 | 96 | 251 | 36 | 17 | 13 |
| 19-22..... | 245 | 19 | 6 | 3 | 653 | 500 | 116 | 82 | 255 | 47 | 153 | 150 |
| 23-34..... | 626 | 25 | 7 | 3 | 915 | 739 | 328 | 140 | 249 | 22 | 176 | 158 |
| 35-50..... | 558 | 26 | 6 | 3 | 1,013 | 851 | 581 | 119 | 141 | 10 | 162 | 140 |
| 51-64..... | 503 | 27 | 7 | 3 | 888 | 811 | 615 | 98 | 96 | 3 | 77 | 64 |
| 65-74..... | 267 | 32 | 7 | 2 | 678 | 647 | 460 | 135 | 46 | 6 | 31 | 22 |
| 75 AND OVER..... | 110 | 26 | 7 | 1 | 499 | 477 | 343 | 91 | 39 | 4 | 21 | 8 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 245 | 30 | 3 | 5 | 208 | 208 | 3 | 47 | 131 | 27 | 0 | 0 |
| 12-14..... | 297 | 29 | 2 | 7 | 254 | 253 | 6 | 52 | 166 | 29 | (5) | (5) |
| 15-18..... | 363 | 23 | 2 | 4 | 376 | 371 | 36 | 68 | 239 | 27 | 5 | 4 |
| 19-22..... | 308 | 16 | 4 | 3 | 534 | 495 | 112 | 115 | 250 | 18 | 39 | 28 |
| 23-34..... | 1,066 | 16 | 4 | 2 | 704 | 666 | 296 | 150 | 203 | 17 | 37 | 23 |
| 35-50..... | 1,037 | 18 | 5 | 2 | 819 | 792 | 480 | 155 | 144 | 13 | 27 | 14 |
| 51-64..... | 774 | 18 | 4 | 1 | 781 | 754 | 526 | 131 | 84 | 13 | 27 | 16 |
| 65-74..... | 354 | 25 | 5 | 1 | 612 | 603 | 387 | 159 | 43 | 14 | 9 | 4 |
| 75 AND OVER..... | 198 | 23 | 4 | 2 | 535 | 521 | 365 | 120 | 31 | 5 | 14 | 11 |
| ALL INDIVIDUALS... | 4/9,196 | 23 | 4 | 3 | 593 | 550 | 274 | 104 | 151 | 19 | 44 | 35 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 6M-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 23.6 | 11.5 | 1.7 | 10.2 | 10.2 | 0.0 | 2.3 | 5.0 | 2.9 | 0.0 | 0.0 |
| 1-2..... | 4/256 | 74.8 | 40.3 | 21.0 | 67.1 | 67.1 | 1.2 | 15.6 | 55.3 | 18.4 | .0 | .0 |
| 3-5..... | 482 | 81.2 | 41.0 | 24.4 | 78.7 | 78.7 | 1.7 | 18.3 | 67.1 | 20.2 | .6 | .0 |
| 6-8..... | 487 | 81.8 | 45.5 | 21.8 | 77.4 | 77.4 | 1.8 | 23.1 | 62.0 | 20.6 | .7 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 84.2 | 46.5 | 23.7 | 77.2 | 77.2 | 1.8 | 23.3 | 62.2 | 19.1 | .0 | .0 |
| 12-14..... | 307 | 75.7 | 40.7 | 22.7 | 76.2 | 76.2 | 3.0 | 19.7 | 62.0 | 17.0 | .0 | .0 |
| 15-18..... | 329 | 70.9 | 41.1 | 18.2 | 84.5 | 84.5 | 15.4 | 30.8 | 67.5 | 17.0 | 3.6 | 3.4 |
| 19-22..... | 245 | 65.7 | 45.0 | 11.5 | 91.0 | 86.6 | 36.6 | 26.2 | 69.7 | 21.0 | 24.9 | 22.6 |
| 23-34..... | 626 | 70.1 | 54.5 | 12.0 | 98.5 | 96.4 | 66.6 | 39.4 | 69.8 | 9.9 | 35.7 | 26.4 |
| 35-50..... | 558 | 71.7 | 49.1 | 8.1 | 98.0 | 97.5 | 84.1 | 37.1 | 50.4 | 8.5 | 39.4 | 30.2 |
| 51-64..... | 503 | 78.4 | 56.7 | 11.5 | 97.0 | 96.7 | 91.0 | 36.0 | 35.8 | 1.6 | 24.6 | 16.2 |
| 65-74..... | 267 | 82.8 | 54.8 | 6.1 | 92.4 | 92.4 | 84.6 | 40.6 | 21.2 | 5.7 | 12.3 | 8.5 |
| 75 AND OVER..... | 110 | 79.9 | 64.5 | 7.0 | 90.8 | 89.6 | 83.3 | 37.6 | 16.9 | .7 | 6.6 | 2.7 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 245 | 80.1 | 45.0 | 23.9 | 74.0 | 74.0 | 1.6 | 22.4 | 58.5 | 17.2 | .0 | .0 |
| 12-14..... | 297 | 76.3 | 37.8 | 26.1 | 82.2 | 82.2 | 4.4 | 25.5 | 66.6 | 18.8 | .9 | .2 |
| 15-18..... | 363 | 70.9 | 40.3 | 22.0 | 88.6 | 88.6 | 17.2 | 28.9 | 76.2 | 15.8 | 2.6 | 1.5 |
| 19-22..... | 308 | 66.9 | 49.1 | 15.1 | 92.9 | 91.9 | 37.2 | 40.3 | 72.9 | 9.3 | 15.9 | 6.2 |
| 23-34..... | 1,066 | 73.0 | 49.8 | 13.2 | 96.1 | 95.5 | 61.9 | 46.0 | 64.7 | 10.3 | 19.6 | 6.6 |
| 35-50..... | 1,037 | 70.0 | 48.4 | 11.8 | 97.3 | 97.3 | 84.3 | 45.1 | 57.4 | 8.9 | 17.2 | 5.1 |
| 51-64..... | 774 | 68.6 | 43.7 | 9.7 | 97.9 | 97.2 | 87.0 | 44.8 | 37.2 | 6.5 | 15.2 | 4.9 |
| 65-74..... | 354 | 77.1 | 53.2 | 6.1 | 96.8 | 96.8 | 87.3 | 48.6 | 20.9 | 8.1 | 7.9 | .9 |
| 75 AND OVER..... | 198 | 79.9 | 46.0 | 14.1 | 95.8 | 95.4 | 82.1 | 47.5 | 18.9 | 5.9 | 4.4 | 2.4 |
| ALL INDIVIDUALS... | 4/9,196 | 73.5 | 47.0 | 14.7 | 89.6 | 89.1 | 51.2 | 35.3 | 54.7 | 11.6 | 14.0 | 7.6 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 6M-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/105 | (5) | (5) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1-2..... | 4/256 | 2 | (5) | (5) | 14 | 14 | 0 | 1 | 10 | 2 | 0 | 0 |
| 3-5..... | 482 | 4 | (5) | 1 | 30 | 30 | (5) | 2 | 23 | 4 | 0 | 0 |
| 6-8..... | 487 | 8 | (5) | 1 | 28 | 28 | 0 | 4 | 20 | 5 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 9 | (5) | 1 | 35 | 35 | 0 | 3 | 29 | 3 | 0 | 0 |
| 12-14..... | 307 | 10 | (5) | 2 | 51 | 51 | 0 | 3 | 44 | 4 | 0 | 0 |
| 15-18..... | 329 | 8 | (5) | 4 | 137 | 129 | 5 | 12 | 102 | 10 | 8 | 7 |
| 19-22..... | 245 | 4 | 1 | 2 | 206 | 168 | 22 | 17 | 110 | 20 | 37 | 36 |
| 23-34..... | 626 | 4 | 1 | 1 | 288 | 228 | 103 | 20 | 103 | 2 | 60 | 52 |
| 35-50..... | 558 | 4 | 2 | (5) | 255 | 226 | 154 | 22 | 48 | 1 | 30 | 23 |
| 51-64..... | 503 | 3 | 1 | (5) | 177 | 162 | 126 | 12 | 22 | 1 | 15 | 10 |
| 65-74..... | 267 | 3 | (5) | (5) | 55 | 49 | 40 | 7 | 1 | (5) | 6 | 2 |
| 75 AND OVER..... | 110 | 2 | (5) | 0 | 63 | 63 | 47 | 2 | 13 | 0 | 1 | 0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 245 | 7 | (5) | 1 | 30 | 30 | (5) | 3 | 24 | 3 | 0 | 0 |
| 12-14..... | 297 | 8 | (5) | 2 | 53 | 53 | (5) | 4 | 42 | 7 | 0 | 0 |
| 15-18..... | 363 | 6 | (5) | 2 | 111 | 106 | 3 | 7 | 91 | 5 | 5 | 3 |
| 19-22..... | 308 | 2 | (5) | 1 | 147 | 129 | 24 | 14 | 90 | 2 | 18 | 11 |
| 23-34..... | 1,066 | 2 | (5) | (5) | 145 | 130 | 56 | 17 | 53 | 4 | 15 | 10 |
| 35-50..... | 1,037 | 3 | 1 | 1 | 136 | 127 | 74 | 15 | 36 | 1 | 9 | 4 |
| 51-64..... | 774 | 3 | (5) | (5) | 111 | 106 | 79 | 13 | 15 | (5) | 5 | 1 |
| 65-74..... | 354 | 2 | (5) | (5) | 56 | 55 | 37 | 11 | 6 | 1 | 1 | 0 |
| 75 AND OVER..... | 198 | 2 | (5) | (5) | 32 | 32 | 20 | 6 | 4 | 1 | (5) | (5) |
| ALL INDIVIDUALS... | 4/9,196 | 4 | (5) | 1 | 120 | 108 | 50 | 11 | 43 | 3 | 12 | 9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTEPMINOUS STATES, FALL 1977.

TABLE 6M-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 0.9 | 0.9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/256 | 10.0 | 1.7 | 3.1 | 17.8 | 17.8 | .0 | 1.6 | 12.7 | 3.8 | .0 | .0 |
| 3-5..... | 482 | 17.6 | 2.6 | 5.1 | 30.0 | 30.0 | .3 | 2.0 | 25.3 | 5.6 | .0 | .0 |
| 6-8..... | 487 | 25.3 | 3.5 | 5.7 | 23.6 | 23.6 | .0 | 3.4 | 18.6 | 5.0 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 27.5 | 2.1 | 4.9 | 23.9 | 23.9 | .0 | 1.9 | 20.5 | 3.6 | .0 | .0 |
| 12-14..... | 307 | 22.3 | 2.1 | 7.0 | 27.3 | 27.3 | .0 | 2.2 | 23.5 | 3.6 | .0 | .0 |
| 15-18..... | 329 | 18.7 | 2.7 | 9.4 | 46.4 | 46.1 | 3.8 | 6.2 | 40.5 | 5.5 | 1.8 | 1.4 |
| 19-22..... | 245 | 15.8 | 10.1 | 4.5 | 57.8 | 52.7 | 10.3 | 9.4 | 40.8 | 7.0 | 13.5 | 10.4 |
| 23-34..... | 626 | 27.2 | 19.8 | 6.2 | 70.6 | 67.5 | 38.7 | 11.7 | 43.1 | 1.7 | 19.5 | 12.5 |
| 35-50..... | 558 | 27.9 | 21.6 | 1.7 | 65.1 | 62.2 | 46.2 | 12.8 | 25.0 | 1.2 | 13.2 | 8.4 |
| 51-64..... | 503 | 18.5 | 13.9 | 1.5 | 47.4 | 45.3 | 36.5 | 7.8 | 12.8 | .7 | 10.6 | 5.8 |
| 65-74..... | 267 | 16.1 | 9.5 | 1.0 | 26.3 | 26.3 | 22.6 | 5.1 | 1.6 | .8 | 5.9 | 1.8 |
| 75 AND OVER..... | 110 | 11.6 | 10.4 | .0 | 24.2 | 24.2 | 20.8 | 1.8 | 6.2 | .0 | .8 | .0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 245 | 23.3 | 2.6 | 8.1 | 21.9 | 21.9 | .3 | 2.1 | 18.2 | 3.2 | .0 | .0 |
| 12-14..... | 297 | 24.0 | 1.5 | 8.7 | 31.8 | 31.8 | .5 | 3.9 | 24.6 | 6.8 | .0 | .0 |
| 15-18..... | 363 | 24.2 | 5.7 | 11.0 | 47.7 | 47.4 | 3.4 | 5.8 | 42.6 | 3.9 | 1.6 | 1.1 |
| 19-22..... | 308 | 18.2 | 12.3 | 4.6 | 61.2 | 58.9 | 14.2 | 12.8 | 47.0 | 1.7 | 6.8 | 2.4 |
| 23-34..... | 1,066 | 19.2 | 13.9 | 3.3 | 52.6 | 51.4 | 25.4 | 11.6 | 30.7 | 4.2 | 9.2 | 3.7 |
| 35-50..... | 1,037 | 17.7 | 11.3 | 3.4 | 52.2 | 51.1 | 33.2 | 10.7 | 24.7 | 1.2 | 7.4 | 1.6 |
| 51-64..... | 774 | 18.5 | 11.1 | 2.0 | 47.7 | 47.7 | 36.0 | 9.2 | 11.7 | .4 | 4.8 | .5 |
| 65-74..... | 354 | 14.0 | 9.9 | .9 | 36.4 | 35.4 | 24.8 | 9.7 | 4.5 | .5 | 2.0 | .0 |
| 75 AND OVER..... | 198 | 12.6 | 6.2 | 1.2 | 25.6 | 25.2 | 17.1 | 5.3 | 5.1 | 1.6 | .4 | .4 |
| ALL INDIVIDUALS... | 4/9,196 | 19.9 | 9.8 | 4.2 | 44.0 | 43.0 | 20.4 | 7.7 | 24.0 | 2.8 | 6.0 | 2.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 6M-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 5 | (5) | (5) | 13 | 13 | 0 | 4 | 3 | 5 | 0 | 0 |
| 1-2..... | 4/256 | 15 | 2 | 2 | 116 | 116 | 1 | 22 | 75 | 19 | 0 | 0 |
| 3-5..... | 482 | 19 | 2 | 4 | 162 | 162 | 1 | 31 | 107 | 23 | (5) | 0 |
| 6-8..... | 487 | 22 | 3 | 4 | 175 | 175 | 2 | 41 | 106 | 27 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 23 | 3 | 6 | 195 | 195 | 4 | 43 | 122 | 26 | 0 | 0 |
| 12-14..... | 307 | 25 | 4 | 4 | 236 | 236 | 5 | 41 | 154 | 36 | 0 | 0 |
| 15-18..... | 329 | 24 | 4 | 3 | 300 | 291 | 33 | 84 | 149 | 26 | 9 | 6 |
| 19-22..... | 245 | 15 | 5 | 1 | 447 | 332 | 94 | 65 | 146 | 27 | 115 | 115 |
| 23-34..... | 626 | 20 | 6 | 2 | 626 | 511 | 225 | 120 | 146 | 20 | 116 | 106 |
| 35-50..... | 558 | 21 | 5 | 2 | 758 | 625 | 426 | 97 | 93 | 9 | 133 | 116 |
| 51-64..... | 503 | 24 | 6 | 3 | 711 | 649 | 488 | 86 | 73 | 2 | 62 | 53 |
| 65-74..... | 267 | 29 | 7 | 2 | 623 | 598 | 420 | 127 | 44 | 6 | 25 | 19 |
| 75 AND OVER..... | 110 | 24 | 6 | 1 | 435 | 415 | 296 | 89 | 26 | 4 | 21 | 8 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 245 | 23 | 2 | 4 | 178 | 178 | 2 | 44 | 108 | 24 | 0 | 0 |
| 12-14..... | 297 | 21 | 2 | 5 | 201 | 200 | 5 | 49 | 124 | 22 | (5) | (5) |
| 15-18..... | 363 | 17 | 2 | 2 | 265 | 265 | 33 | 61 | 149 | 22 | 1 | (5) |
| 19-22..... | 308 | 14 | 4 | 3 | 387 | 366 | 89 | 101 | 160 | 16 | 21 | 17 |
| 23-34..... | 1,066 | 14 | 4 | 2 | 559 | 536 | 240 | 132 | 150 | 13 | 22 | 13 |
| 35-50..... | 1,037 | 15 | 5 | 2 | 684 | 665 | 406 | 140 | 107 | 12 | 18 | 9 |
| 51-64..... | 774 | 15 | 4 | 1 | 669 | 647 | 447 | 118 | 69 | 13 | 22 | 15 |
| 65-74..... | 354 | 23 | 4 | 1 | 556 | 548 | 349 | 148 | 37 | 14 | 8 | 4 |
| 75 AND OVER..... | 198 | 21 | 4 | 2 | 503 | 489 | 345 | 114 | 26 | 4 | 14 | 11 |
| ALL INDIVIDUALS... | 4/9,196 | 19 | 4 | 2 | 473 | 442 | 224 | 93 | 108 | 16 | 32 | 26 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 6M-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ FALL 1977

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/105 | 23.6 | 10.6 | 1.7 | 10.2 | 10.2 | 0.0 | 2.3 | 5.0 | 2.9 | 0.0 | 0.0 |
| 1-2..... | 4/256 | 72.5 | 39.6 | 19.5 | 64.0 | 64.0 | 1.2 | 14.9 | 50.0 | 15.6 | .0 | .0 |
| 3-5..... | 482 | 76.6 | 40.6 | 20.4 | 71.9 | 71.5 | 1.4 | 17.6 | 57.4 | 15.9 | .6 | .0 |
| 6-8..... | 487 | 76.4 | 43.9 | 18.4 | 70.7 | 70.4 | 1.8 | 21.5 | 54.4 | 15.8 | .7 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 77.2 | 44.8 | 19.7 | 70.8 | 70.8 | 1.8 | 22.2 | 51.9 | 15.7 | .0 | .0 |
| 12-14..... | 307 | 71.5 | 39.8 | 18.5 | 68.6 | 68.6 | 3.0 | 18.7 | 53.1 | 14.7 | .0 | .0 |
| 15-18..... | 329 | 66.0 | 40.3 | 11.0 | 73.8 | 73.5 | 14.0 | 28.2 | 47.7 | 12.7 | 2.9 | 2.7 |
| 19-22..... | 245 | 63.0 | 41.8 | 7.0 | 79.0 | 73.5 | 32.6 | 19.2 | 50.0 | 14.7 | 16.7 | 15.2 |
| 23-34..... | 626 | 63.9 | 49.0 | 7.3 | 90.7 | 87.5 | 53.2 | 34.3 | 48.4 | 9.1 | 25.9 | 20.9 |
| 35-50..... | 558 | 64.2 | 44.0 | 7.0 | 95.7 | 93.6 | 75.6 | 31.9 | 37.9 | 7.2 | 34.4 | 25.3 |
| 51-64..... | 503 | 75.3 | 54.5 | 10.0 | 94.9 | 93.2 | 86.1 | 31.0 | 27.6 | .9 | 21.2 | 12.7 |
| 65-74..... | 267 | 82.3 | 53.5 | 5.1 | 92.4 | 92.4 | 84.6 | 37.8 | 20.8 | 4.9 | 10.0 | 6.7 |
| 75 AND OVER..... | 110 | 79.3 | 63.9 | 7.0 | 90.2 | 89.0 | 82.5 | 35.8 | 13.5 | .7 | 5.9 | 2.7 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 245 | 75.6 | 43.9 | 18.5 | 68.8 | 68.8 | 1.4 | 21.5 | 52.4 | 14.7 | .0 | .0 |
| 12-14..... | 297 | 69.6 | 37.6 | 21.7 | 74.3 | 74.3 | 4.4 | 24.3 | 56.5 | 13.7 | .9 | .2 |
| 15-18..... | 363 | 63.3 | 39.2 | 13.4 | 78.4 | 78.4 | 16.5 | 26.3 | 55.5 | 12.6 | .9 | .5 |
| 19-22..... | 308 | 63.9 | 46.6 | 11.6 | 83.4 | 81.6 | 32.4 | 34.6 | 51.6 | 8.7 | 12.5 | 5.2 |
| 23-34..... | 1,066 | 68.3 | 45.7 | 10.9 | 93.1 | 91.6 | 55.9 | 42.2 | 55.3 | 6.6 | 12.6 | 3.7 |
| 35-50..... | 1,037 | 65.0 | 46.3 | 9.5 | 96.8 | 96.3 | 81.7 | 41.6 | 46.3 | 7.7 | 12.9 | 3.9 |
| 51-64..... | 774 | 63.8 | 41.3 | 8.3 | 96.9 | 96.2 | 84.6 | 41.4 | 30.2 | 6.1 | 12.2 | 4.7 |
| 65-74..... | 354 | 75.6 | 51.4 | 5.6 | 96.6 | 96.6 | 86.5 | 44.1 | 17.8 | 7.6 | 6.2 | .9 |
| 75 AND OVER..... | 198 | 77.9 | 45.3 | 12.9 | 94.7 | 94.7 | 81.7 | 44.8 | 14.8 | 4.3 | 4.1 | 2.0 |
| ALL INDIVIDUALS... | 4/9,196 | 68.9 | 44.7 | 11.7 | 85.3 | 84.3 | 47.9 | 32.1 | 43.9 | 9.4 | 10.7 | 5.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, FALL 1977.

TABLE 6N-1.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 3 | (5) | (5) | 21 | 21 | 0 | 13 | 6 | 2 | 0 | 0 |
| 1-2..... | 4/282 | 15 | 2 | 3 | 126 | 126 | 3 | 18 | 80 | 25 | 0 | 0 |
| 3-5..... | 408 | 19 | 2 | 3 | 191 | 191 | 1 | 33 | 124 | 33 | (5) | 0 |
| 6-8..... | 471 | 25 | 2 | 4 | 175 | 175 | 2 | 26 | 113 | 33 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 232 | 28 | 3 | 4 | 203 | 203 | 3 | 42 | 129 | 29 | (5) | 0 |
| 12-14..... | 273 | 40 | 3 | 6 | 257 | 257 | 9 | 58 | 162 | 28 | (5) | 0 |
| 15-18..... | 380 | 33 | 3 | 4 | 404 | 383 | 46 | 71 | 240 | 26 | 21 | 21 |
| 19-22..... | 267 | 16 | 5 | 3 | 597 | 507 | 112 | 89 | 293 | 14 | 90 | 83 |
| 23-34..... | 727 | 27 | 6 | 4 | 913 | 757 | 372 | 123 | 243 | 20 | 155 | 133 |
| 35-50..... | 635 | 26 | 6 | 3 | 987 | 830 | 546 | 117 | 146 | 21 | 157 | 138 |
| 51-64..... | 559 | 28 | 7 | 2 | 876 | 793 | 584 | 134 | 70 | 5 | 83 | 69 |
| 65-74..... | 274 | 30 | 7 | 2 | 662 | 604 | 458 | 102 | 39 | 6 | 58 | 45 |
| 75 AND OVER..... | 123 | 37 | 6 | 2 | 688 | 631 | 482 | 88 | 41 | 20 | 57 | 43 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 27 | 3 | 4 | 204 | 204 | 3 | 47 | 125 | 30 | (5) | 0 |
| 12-14..... | 268 | 27 | 2 | 8 | 272 | 272 | 7 | 74 | 171 | 20 | 0 | 0 |
| 15-18..... | 354 | 23 | 3 | 6 | 389 | 387 | 56 | 72 | 231 | 27 | 2 | 1 |
| 19-22..... | 337 | 14 | 4 | 3 | 560 | 541 | 149 | 127 | 245 | 19 | 19 | 12 |
| 23-34..... | 974 | 17 | 5 | 2 | 729 | 698 | 309 | 161 | 210 | 17 | 32 | 19 |
| 35-50..... | 948 | 20 | 5 | 2 | 835 | 811 | 501 | 154 | 144 | 12 | 24 | 11 |
| 51-64..... | 696 | 21 | 4 | 3 | 763 | 741 | 525 | 134 | 72 | 10 | 21 | 9 |
| 65-74..... | 334 | 24 | 3 | 2 | 585 | 579 | 406 | 137 | 30 | 5 | 7 | 1 |
| 75 AND OVER..... | 187 | 22 | 4 | 1 | 517 | 507 | 358 | 129 | 15 | 4 | 10 | 3 |
| ALL INDIVIDUALS... | 4/9,129 | 23 | 4 | 3 | 598 | 554 | 285 | 104 | 147 | 18 | 43 | 34 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 6N-1.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

ALL FOOD

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 19.6 | 8.9 | 0.6 | 15.2 | 15.2 | 0.0 | 5.7 | 9.2 | 4.3 | 0.0 | 0.0 |
| 1-2..... | 4/282 | 70.5 | 39.1 | 21.4 | 63.7 | 63.7 | 2.0 | 14.9 | 47.6 | 19.1 | .0 | .0 |
| 3-5..... | 408 | 77.6 | 44.5 | 22.5 | 77.7 | 77.6 | 1.5 | 19.2 | 64.9 | 20.7 | .4 | .0 |
| 6-8..... | 471 | 79.6 | 42.9 | 19.7 | 72.5 | 72.3 | 2.2 | 17.0 | 58.2 | 20.3 | .4 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 232 | 79.3 | 47.2 | 20.0 | 71.3 | 71.3 | 4.9 | 21.2 | 55.0 | 19.2 | .6 | .0 |
| 12-14..... | 273 | 80.8 | 45.4 | 25.3 | 75.2 | 75.2 | 6.2 | 24.4 | 63.5 | 15.0 | .5 | .0 |
| 15-18..... | 380 | 72.7 | 43.1 | 16.8 | 83.0 | 82.3 | 18.4 | 22.8 | 70.3 | 13.0 | 4.1 | 3.1 |
| 19-22..... | 267 | 63.3 | 42.9 | 8.5 | 92.2 | 89.8 | 34.0 | 27.0 | 71.4 | 7.6 | 16.8 | 13.1 |
| 23-34..... | 727 | 69.4 | 47.2 | 13.8 | 97.5 | 95.4 | 67.0 | 38.1 | 67.3 | 9.9 | 35.6 | 27.6 |
| 35-50..... | 635 | 71.9 | 53.0 | 9.7 | 98.0 | 97.2 | 85.6 | 34.5 | 51.1 | 9.6 | 31.1 | 23.4 |
| 51-64..... | 559 | 77.8 | 55.4 | 10.7 | 98.5 | 98.1 | 87.1 | 38.5 | 31.2 | 5.1 | 22.4 | 12.4 |
| 65-74..... | 274 | 79.3 | 57.7 | 10.1 | 96.6 | 95.9 | 86.0 | 33.0 | 15.8 | 3.3 | 19.9 | 8.9 |
| 75 AND OVER..... | 123 | 84.9 | 64.6 | 14.0 | 97.0 | 97.0 | 89.6 | 27.8 | 21.7 | 12.2 | 17.8 | 10.1 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 79.3 | 47.6 | 20.6 | 72.9 | 72.9 | 3.8 | 22.6 | 59.4 | 17.8 | .3 | .0 |
| 12-14..... | 268 | 70.4 | 38.6 | 23.3 | 80.1 | 80.1 | 5.3 | 28.0 | 64.9 | 14.6 | .0 | .0 |
| 15-18..... | 354 | 70.8 | 38.0 | 22.4 | 85.6 | 85.6 | 21.1 | 29.5 | 72.6 | 12.1 | 3.5 | 1.2 |
| 19-22..... | 337 | 67.9 | 49.6 | 9.6 | 94.3 | 93.5 | 45.6 | 36.3 | 69.0 | 13.0 | 12.8 | 4.4 |
| 23-34..... | 974 | 71.7 | 52.1 | 12.4 | 96.8 | 96.3 | 62.3 | 48.5 | 67.4 | 11.6 | 18.9 | 7.8 |
| 35-50..... | 948 | 67.1 | 47.3 | 10.1 | 97.7 | 97.2 | 83.3 | 43.5 | 53.8 | 8.6 | 18.1 | 6.2 |
| 51-64..... | 696 | 75.5 | 46.7 | 14.0 | 98.0 | 98.0 | 87.3 | 47.3 | 36.0 | 7.0 | 15.4 | 3.9 |
| 65-74..... | 334 | 73.9 | 46.1 | 12.1 | 94.8 | 94.8 | 87.6 | 45.9 | 18.1 | 3.9 | 11.5 | .5 |
| 75 AND OVER..... | 187 | 69.3 | 46.0 | 8.1 | 92.9 | 92.9 | 85.2 | 43.5 | 10.7 | 4.5 | 10.2 | 2.0 |
| ALL INDIVIDUALS... | 4/9,129 | 72.4 | 47.1 | 14.4 | 89.1 | 88.6 | 52.4 | 34.3 | 52.9 | 11.2 | 14.3 | 7.5 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 6N-2.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 0 |
| 1-2..... | 4/282 | 2 | (5) | (5) | 15 | 15 | 0 | 1 | 12 | 2 | 0 | 0 |
| 3-5..... | 408 | 3 | (5) | (5) | 22 | 22 | 0 | 1 | 17 | 3 | 0 | 0 |
| 6-8..... | 471 | 6 | (5) | 1 | 23 | 23 | 0 | 1 | 17 | 5 | 0 | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 232 | 9 | (5) | 1 | 26 | 26 | 0 | 2 | 20 | 4 | 0 | 0 |
| 12-14..... | 273 | 10 | (5) | 3 | 50 | 50 | 0 | 2 | 47 | 1 | 0 | 0 |
| 15-18..... | 380 | 7 | (5) | 2 | 107 | 98 | 8 | 2 | 80 | 8 | 9 | 9 |
| 19-22..... | 267 | 2 | 1 | 1 | 210 | 184 | 27 | 16 | 137 | 5 | 26 | 24 |
| 23-34..... | 727 | 5 | 2 | 2 | 316 | 259 | 126 | 21 | 108 | 4 | 57 | 49 |
| 35-50..... | 635 | 4 | 1 | (5) | 256 | 215 | 141 | 17 | 54 | 2 | 42 | 35 |
| 51-64..... | 559 | 4 | 1 | (5) | 170 | 157 | 117 | 10 | 29 | 1 | 12 | 9 |
| 65-74..... | 274 | 2 | (5) | 0 | 55 | 44 | 33 | 9 | 1 | 0 | 12 | 9 |
| 75 AND OVER..... | 123 | 1 | (5) | 0 | 29 | 26 | 20 | 4 | 2 | 1 | 3 | 1 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 8 | (5) | 1 | 28 | 28 | (5) | 2 | 20 | 5 | 0 | 0 |
| 12-14..... | 268 | 6 | (5) | 2 | 51 | 51 | 1 | 5 | 42 | 4 | 0 | 0 |
| 15-18..... | 354 | 6 | (5) | 2 | 111 | 110 | 9 | 9 | 88 | 4 | 1 | 1 |
| 19-22..... | 337 | 2 | (5) | 1 | 134 | 122 | 24 | 21 | 73 | 3 | 12 | 7 |
| 23-34..... | 974 | 3 | 1 | 1 | 147 | 135 | 57 | 18 | 56 | 4 | 12 | 5 |
| 35-50..... | 948 | 2 | (5) | (5) | 116 | 108 | 59 | 13 | 33 | 3 | 8 | 3 |
| 51-64..... | 696 | 3 | (5) | (5) | 87 | 80 | 52 | 14 | 14 | 1 | 7 | 3 |
| 65-74..... | 334 | 3 | (5) | (5) | 46 | 44 | 33 | 9 | 3 | (5) | 2 | 0 |
| 75 AND OVER..... | 187 | 1 | (5) | 0 | 17 | 16 | 12 | 4 | 1 | (5) | 1 | 1 |
| ALL INDIVIDUALS... | 4/9,129 | 4 | (5) | 1 | 119 | 106 | 48 | 11 | 44 | 3 | 13 | 10 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTEPMINOUS STATES, WINTER 1978.

TABLE 6N-2.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING,2/3/ WINTER 1978

FOOD OBTAINED AND EATEN AWAY FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 0.0 | 0.0 | 0.0 | 1.4 | 1.4 | 0.0 | 0.0 | 1.4 | 0.0 | 0.0 | 0.0 |
| 1-2..... | 4/282 | 9.1 | 2.4 | 1.8 | 15.8 | 15.8 | .0 | 2.1 | 12.2 | 2.7 | .0 | .0 |
| 3-5..... | 408 | 11.5 | .7 | 3.6 | 21.4 | 21.4 | .0 | 1.6 | 18.2 | 4.3 | .0 | .0 |
| 6-8..... | 471 | 19.0 | 1.8 | 5.5 | 21.6 | 21.6 | .0 | .8 | 17.0 | 5.5 | .0 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 232 | 28.3 | 3.0 | 7.2 | 20.3 | 20.3 | .0 | 1.6 | 16.4 | 4.2 | .0 | .0 |
| 12-14..... | 273 | 25.5 | .3 | 10.7 | 29.9 | 29.9 | .0 | 1.6 | 28.1 | 1.6 | .0 | .0 |
| 15-18..... | 380 | 19.9 | 2.9 | 7.7 | 40.2 | 39.1 | 4.5 | 1.4 | 33.7 | 3.5 | 2.0 | 1.4 |
| 19-22..... | 267 | 13.9 | 10.2 | 2.1 | 59.4 | 55.9 | 12.4 | 6.0 | 49.4 | 2.5 | 8.7 | 7.3 |
| 23-34..... | 727 | 28.1 | 19.5 | 6.1 | 70.8 | 66.4 | 37.1 | 10.3 | 43.3 | 2.3 | 17.2 | 12.6 |
| 35-50..... | 635 | 23.0 | 18.6 | 3.0 | 58.6 | 56.3 | 41.5 | 10.3 | 24.9 | 2.2 | 12.6 | 9.0 |
| 51-64..... | 559 | 21.3 | 17.2 | 1.8 | 54.1 | 53.0 | 41.9 | 6.5 | 16.8 | 1.5 | 6.4 | 3.3 |
| 65-74..... | 274 | 9.8 | 7.6 | .0 | 27.3 | 24.8 | 22.2 | 5.5 | 1.6 | .0 | 5.7 | 1.6 |
| 75 AND OVER..... | 123 | 7.5 | 5.7 | .0 | 18.6 | 18.6 | 11.9 | 4.5 | 1.4 | 1.3 | 3.1 | .9 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 22.0 | 3.9 | 5.9 | 23.3 | 23.3 | .3 | 2.6 | 17.7 | 5.4 | .0 | .0 |
| 12-14..... | 268 | 22.6 | 3.7 | 10.8 | 32.1 | 32.1 | .5 | 4.3 | 27.4 | 3.3 | .0 | .0 |
| 15-18..... | 354 | 20.3 | 4.1 | 10.9 | 45.3 | 45.0 | 3.8 | 6.4 | 40.7 | 2.3 | 1.4 | .7 |
| 19-22..... | 337 | 16.8 | 9.9 | 3.9 | 51.5 | 49.8 | 15.3 | 13.1 | 36.6 | 2.1 | 9.2 | 2.8 |
| 23-34..... | 974 | 21.2 | 14.5 | 3.6 | 54.1 | 52.4 | 22.4 | 12.4 | 31.4 | 4.0 | 9.0 | 3.3 |
| 35-50..... | 948 | 17.1 | 11.5 | 3.2 | 51.3 | 49.2 | 29.2 | 10.2 | 23.6 | 2.4 | 7.4 | 1.5 |
| 51-64..... | 696 | 12.3 | 4.9 | 2.7 | 36.8 | 35.9 | 25.2 | 11.1 | 10.4 | 1.1 | 6.0 | 1.5 |
| 65-74..... | 334 | 11.9 | 6.9 | 1.1 | 29.7 | 29.3 | 22.7 | 7.5 | 3.0 | .2 | 4.7 | .0 |
| 75 AND OVER..... | 187 | 5.8 | 3.2 | .0 | 13.8 | 13.8 | 10.8 | 3.4 | 1.2 | .3 | .8 | .8 |
| ALL INDIVIDUALS... | 4/9,129 | 18.3 | 9.1 | 4.2 | 42.1 | 40.7 | 18.9 | 7.2 | 23.5 | 2.6 | 6.0 | 2.9 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 6N-3.1.--SUGAR, SWEETS; BEVERAGES1/
AVERAGE INTAKE2/ PER INDIVIDUAL PER DAY,3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER, ALE |
| | NUMBER | GRAMS | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 3 | (5) | (5) | 20 | 20 | 0 | 13 | 5 | 2 | 0 | 0 |
| 1-2..... | 4/282 | 13 | 2 | 3 | 111 | 111 | 3 | 17 | 68 | 23 | 0 | 0 |
| 3-5..... | 408 | 17 | 2 | 3 | 170 | 170 | 1 | 32 | 107 | 30 | (5) | 0 |
| 6-8..... | 471 | 19 | 2 | 3 | 152 | 152 | 2 | 25 | 96 | 28 | (5) | 0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 232 | 19 | 3 | 3 | 178 | 177 | 3 | 41 | 109 | 25 | (5) | 0 |
| 12-14..... | 273 | 29 | 3 | 4 | 208 | 207 | 9 | 56 | 115 | 27 | (5) | 0 |
| 15-18..... | 380 | 26 | 3 | 3 | 297 | 284 | 39 | 68 | 160 | 18 | 12 | 12 |
| 19-22..... | 267 | 13 | 4 | 3 | 387 | 323 | 85 | 72 | 156 | 9 | 64 | 59 |
| 23-34..... | 727 | 22 | 4 | 2 | 597 | 499 | 246 | 101 | 135 | 16 | 98 | 84 |
| 35-50..... | 635 | 22 | 5 | 3 | 731 | 615 | 405 | 101 | 92 | 18 | 115 | 103 |
| 51-64..... | 559 | 24 | 6 | 2 | 706 | 636 | 467 | 123 | 42 | 3 | 70 | 60 |
| 65-74..... | 274 | 28 | 7 | 2 | 607 | 560 | 424 | 93 | 37 | 6 | 46 | 37 |
| 75 AND OVER..... | 123 | 36 | 6 | 2 | 659 | 605 | 462 | 85 | 39 | 19 | 54 | 41 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 19 | 3 | 4 | 177 | 176 | 2 | 45 | 105 | 25 | (5) | 0 |
| 12-14..... | 268 | 20 | 2 | 6 | 221 | 221 | 6 | 69 | 129 | 16 | 0 | 0 |
| 15-18..... | 354 | 18 | 2 | 3 | 279 | 277 | 48 | 63 | 143 | 23 | 1 | 1 |
| 19-22..... | 337 | 12 | 3 | 2 | 426 | 419 | 125 | 106 | 171 | 16 | 8 | 5 |
| 23-34..... | 974 | 14 | 5 | 2 | 582 | 562 | 252 | 143 | 154 | 13 | 20 | 13 |
| 35-50..... | 948 | 17 | 4 | 1 | 719 | 703 | 442 | 141 | 111 | 9 | 16 | 9 |
| 51-64..... | 696 | 18 | 4 | 2 | 676 | 661 | 473 | 120 | 58 | 9 | 15 | 6 |
| 65-74..... | 334 | 21 | 3 | 2 | 539 | 534 | 374 | 128 | 27 | 5 | 4 | 1 |
| 75 AND OVER..... | 187 | 21 | 4 | 1 | 499 | 490 | 346 | 126 | 14 | 4 | 9 | 2 |
| ALL INDIVIDUALS... | 4/9,129 | 19 | 4 | 2 | 479 | 449 | 236 | 94 | 103 | 15 | 30 | 24 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ QUANTITIES GIVEN ARE FOR FOODS AS INGESTED; NO INEDIBLE PARTS ARE INCLUDED.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.
5/ VALUE LESS THAN 0.5 BUT MORE THAN 0.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 6N-3.2.--SUGAR, SWEETS; BEVERAGES1/
PERCENTAGE OF INDIVIDUALS USING.2/3/ WINTER 1978

FOOD FROM HOME

| SEX AND AGE (YEARS) | INDIVIDUALS | SUGAR, SWEETS | | | BEVERAGES | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | NONALCOHOLIC BEVERAGES | | | | | ALCOHOLIC BEVERAGES | |
| | | TOTAL | SUGAR | CANDY | TOTAL | TOTAL | COFFEE | TEA | SOFT DRINKS | FRUIT DRINKS, ADES | TOTAL | BEER. ALE |
| | NUMBER | PERCENT | | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 4/122 | 19.6 | 8.9 | 0.6 | 13.8 | 13.8 | 0.0 | 5.7 | 7.8 | 4.3 | 0.0 | 0.0 |
| 1-2..... | 4/282 | 69.2 | 37.3 | 20.6 | 59.0 | 59.0 | 2.0 | 13.5 | 42.3 | 17.0 | .0 | .0 |
| 3-5..... | 408 | 74.6 | 44.1 | 20.2 | 72.1 | 72.0 | 1.5 | 18.2 | 56.3 | 17.2 | .4 | .0 |
| 6-8..... | 471 | 74.7 | 42.0 | 16.4 | 65.2 | 65.1 | 2.2 | 16.3 | 48.8 | 15.5 | .4 | .0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 232 | 74.2 | 47.2 | 14.7 | 66.3 | 66.3 | 4.9 | 20.9 | 48.2 | 15.9 | .6 | .0 |
| 12-14..... | 273 | 73.8 | 45.4 | 17.0 | 67.8 | 67.8 | 6.2 | 23.6 | 50.1 | 14.0 | .5 | .0 |
| 15-18..... | 380 | 67.4 | 41.4 | 10.7 | 73.7 | 73.0 | 16.3 | 22.8 | 55.9 | 10.0 | 2.5 | 2.0 |
| 19-22..... | 267 | 58.6 | 39.2 | 7.3 | 77.8 | 74.1 | 27.3 | 24.6 | 48.3 | 5.1 | 13.9 | 10.4 |
| 23-34..... | 727 | 60.4 | 39.9 | 8.0 | 88.6 | 84.3 | 54.2 | 31.3 | 46.8 | 7.9 | 27.0 | 20.4 |
| 35-50..... | 635 | 67.3 | 49.9 | 7.5 | 95.7 | 94.1 | 78.1 | 31.4 | 38.7 | 7.5 | 27.7 | 21.5 |
| 51-64..... | 559 | 75.7 | 53.4 | 9.2 | 94.6 | 94.4 | 83.3 | 36.3 | 20.5 | 3.9 | 19.5 | 9.8 |
| 65-74..... | 274 | 79.0 | 57.0 | 10.1 | 95.5 | 94.5 | 83.4 | 30.2 | 15.0 | 3.3 | 16.2 | 7.6 |
| 75 AND OVER..... | 123 | 84.9 | 63.3 | 14.0 | 94.4 | 94.4 | 88.3 | 26.7 | 20.3 | 10.9 | 16.8 | 9.1 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 278 | 73.6 | 45.2 | 16.2 | 66.6 | 66.6 | 3.4 | 21.1 | 51.3 | 13.4 | .3 | .0 |
| 12-14..... | 268 | 64.0 | 37.5 | 17.1 | 72.5 | 72.5 | 5.3 | 25.9 | 54.2 | 12.4 | .0 | .0 |
| 15-18..... | 354 | 62.8 | 36.7 | 14.6 | 79.0 | 78.8 | 19.3 | 25.9 | 58.1 | 10.6 | 2.1 | .5 |
| 19-22..... | 337 | 60.8 | 43.6 | 7.0 | 86.9 | 86.9 | 38.7 | 32.8 | 54.6 | 11.6 | 6.5 | 2.4 |
| 23-34..... | 974 | 66.6 | 48.9 | 9.3 | 92.7 | 91.8 | 55.8 | 44.8 | 52.8 | 8.2 | 11.8 | 5.0 |
| 35-50..... | 948 | 64.3 | 45.6 | 7.8 | 96.2 | 95.4 | 80.0 | 39.6 | 43.8 | 6.3 | 13.3 | 4.9 |
| 51-64..... | 696 | 72.8 | 46.1 | 11.7 | 97.1 | 97.1 | 85.4 | 41.9 | 29.9 | 6.0 | 11.6 | 2.6 |
| 65-74..... | 334 | 71.1 | 45.2 | 12.1 | 94.1 | 94.1 | 86.1 | 43.8 | 16.0 | 3.7 | 7.5 | .5 |
| 75 AND OVER..... | 187 | 67.5 | 44.9 | 8.1 | 92.9 | 92.9 | 85.2 | 42.7 | 9.4 | 4.2 | 9.4 | 1.1 |
| ALL INDIVIDUALS... | 4/9,129 | 68.0 | 44.9 | 11.3 | 84.3 | 83.5 | 48.7 | 31.4 | 42.0 | 9.0 | 10.9 | 5.8 |

1/ SEE "TABLE NOTES," APPENDIX B.
2/ USER IS AN INDIVIDUAL REPORTING A SPECIFIED FOOD ITEM.
3/ BASED ON 3 CONSECUTIVE DAYS OF DIETARY INTAKE.
4/ EXCLUDES BREAST-FED INFANTS.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES, WINTER 1978.

TABLE 7.1.--CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

| SEX AND AGE (YEARS) | INDIVIDUALS2/ | AGE (YEARS) | | | | | EMPLOYMENT STATUS | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | UNDER 20 | 20-34 | 35-64 | 65 AND OVER | NO MALE HEAD | FULL TIME | PART TIME | NOT EMPLOYED | NOT REPORTED | NO MALE HEAD |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 524 | 2.3 | 68.4 | 17.8 | 0.5 | 11.1 | 73.6 | 5.4 | 9.5 | 0.4 | 11.1 |
| 1-2..... | 1,045 | .4 | 63.0 | 22.9 | .9 | 12.8 | 71.0 | 6.2 | 9.6 | .3 | 12.8 |
| 3-5..... | 1,719 | 0.0 | 54.4 | 29.7 | 1.5 | 14.4 | 70.3 | 4.3 | 10.8 | .2 | 14.4 |
| 6-8..... | 1,841 | (3) | 38.8 | 44.5 | .8 | 15.8 | 70.5 | 4.8 | 8.7 | .2 | 15.8 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 0.0 | 23.2 | 57.8 | 1.1 | 17.9 | 69.5 | 4.3 | 8.1 | .3 | 17.9 |
| 12-14..... | 1,150 | 0.0 | 8.5 | 73.2 | 1.2 | 17.1 | 67.7 | 4.5 | 10.6 | .1 | 17.1 |
| 15-18..... | 1,394 | 1.2 | 3.1 | 78.2 | 2.2 | 15.3 | 66.8 | 4.8 | 12.4 | .7 | 15.3 |
| 19-22..... | 1,030 | 2.9 | 33.1 | 50.9 | 2.4 | 10.7 | 58.2 | 9.8 | 20.8 | .5 | 10.7 |
| 23-34..... | 2,716 | 0.0 | 85.3 | 9.3 | 1.7 | 3.6 | 76.2 | 7.6 | 12.5 | .1 | 3.6 |
| 35-50..... | 2,571 | 0.0 | .1 | 97.6 | .8 | 1.4 | 81.2 | 5.1 | 11.8 | .6 | 1.4 |
| 51-64..... | 2,161 | 0.0 | .4 | 98.1 | .6 | .9 | 62.9 | 7.3 | 28.3 | .6 | .9 |
| 65-74..... | 1,049 | 0.0 | .3 | 1.3 | 97.7 | .6 | 8.9 | 11.7 | 78.3 | .5 | .6 |
| 75 AND OVER..... | 465 | 0.0 | 0.0 | 6.8 | 91.6 | 1.6 | 5.4 | 4.7 | 87.8 | .6 | 1.6 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | 0.0 | 21.4 | 60.0 | 1.4 | 17.2 | 67.7 | 4.2 | 11.0 | 0.0 | 17.2 |
| 12-14..... | 1,148 | .1 | 8.8 | 73.2 | .8 | 17.1 | 67.4 | 4.4 | 10.1 | 1.0 | 17.1 |
| 15-18..... | 1,473 | .8 | 5.4 | 73.4 | 2.1 | 18.4 | 65.9 | 4.0 | 11.4 | .3 | 18.4 |
| 19-22..... | 1,317 | 1.2 | 38.2 | 35.4 | 1.9 | 23.3 | 59.3 | 5.9 | 11.0 | .6 | 23.3 |
| 23-34..... | 3,879 | (3) | 56.9 | 22.5 | 1.0 | 19.6 | 67.9 | 4.7 | 7.7 | .1 | 19.6 |
| 35-50..... | 3,759 | 0.0 | 1.8 | 77.1 | 1.5 | 19.6 | 66.0 | 4.2 | 9.7 | .5 | 19.6 |
| 51-64..... | 2,936 | 0.0 | .8 | 59.4 | 14.4 | 25.3 | 42.6 | 5.0 | 26.5 | .6 | 25.3 |
| 65-74..... | 1,376 | 0.0 | .2 | 8.3 | 45.7 | 45.7 | 7.3 | 4.5 | 42.2 | .3 | 45.7 |
| 75 AND OVER..... | 751 | 0.0 | 0.0 | 11.9 | 25.7 | 62.4 | 10.3 | 1.5 | 25.8 | 0.0 | 62.4 |
| ALL INDIVIDUALS... | 36,255 | .3 | 24.5 | 50.5 | 8.5 | 16.2 | 60.6 | 5.4 | 17.4 | .4 | 16.2 |

Continued--

TABLE 7.1.--CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

| SEX AND AGE (YEARS) | HIGHEST EDUCATION LEVEL | | | | | |
|---|---|---|---|---|---|---|
| | ELEMENTARY SCHOOL OR LESS | SOME HIGH SCHOOL | HIGH SCHOOL COMPLETED | COLLEGE | NOT REPORTED | NO MALE HEAD |
| | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | |
| UNDER 1..... | 5.5 | 10.4 | 31.8 | 40.8 | 0.3 | 11.1 |
| 1-2..... | 7.9 | 12.9 | 27.2 | 39.0 | .1 | 12.8 |
| 3-5..... | 9.1 | 12.0 | 29.2 | 35.3 | .1 | 14.4 |
| 6-8..... | 9.4 | 11.0 | 29.2 | 34.3 | .3 | 15.8 |
| MALES: | | | | | | |
| 9-11..... | 10.3 | 12.7 | 28.0 | 31.0 | .3 | 17.9 |
| 12-14..... | 13.0 | 11.2 | 29.7 | 28.6 | .5 | 17.1 |
| 15-18..... | 14.4 | 11.9 | 31.0 | 27.1 | .3 | 15.3 |
| 19-22..... | 11.5 | 13.6 | 30.1 | 33.7 | .4 | 10.7 |
| 23-34..... | 6.2 | 10.7 | 29.6 | 49.7 | .1 | 3.6 |
| 35-50..... | 11.7 | 12.6 | 35.5 | 38.6 | .2 | 1.4 |
| 51-64..... | 21.2 | 15.8 | 32.4 | 29.4 | .3 | .9 |
| 65-74..... | 34.4 | 17.7 | 23.9 | 23.0 | .3 | .6 |
| 75 AND OVER..... | 50.8 | 13.2 | 15.9 | 17.9 | .6 | 1.6 |
| FEMALES: | | | | | | |
| 9-11..... | 11.3 | 11.9 | 29.8 | 29.4 | .4 | 17.2 |
| 12-14..... | 12.1 | 12.6 | 30.2 | 27.7 | .2 | 17.1 |
| 15-18..... | 13.8 | 12.6 | 28.9 | 26.2 | .1 | 18.4 |
| 19-22..... | 9.5 | 13.1 | 27.4 | 26.5 | .1 | 23.3 |
| 23-34..... | 5.1 | 8.2 | 26.3 | 40.6 | .2 | 19.6 |
| 35-50..... | 10.5 | 11.0 | 27.2 | 31.4 | .3 | 19.6 |
| 51-64..... | 18.9 | 10.0 | 25.1 | 20.2 | .5 | 25.3 |
| 65-74..... | 20.5 | 9.7 | 11.5 | 12.0 | .5 | 45.7 |
| 75 AND OVER..... | 12.9 | 3.7 | 9.9 | 11.0 | .1 | 62.4 |
| ALL INDIVIDUALS... | 12.8 | 11.5 | 27.7 | 31.6 | .3 | 16.2 |

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ VALUE LESS THAN 0.5 BUT MORE THAN 0 BECAUSE OF FRACTIONAL WEIGHTING FACTOR.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7.2.--CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

| SEX AND AGE (YEARS) | INDIVIDUALS2/ | AGE (YEARS) | | | | | EMPLOYMENT STATUS | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | UNDER 20 | 20-34 | 35-64 | 65 AND OVER | NO FEMALE HEAD | FULL TIME | PART TIME | NOT EMPLOYED | NOT REPORTED | NO FEMALE HEAD |
| | NUMBER | PERCENT | | | | | | | | | |
| MALES AND FEMALES: | | | | | | | | | | | |
| UNDER 1..... | 524 | 6.6 | 80.2 | 12.7 | 0.1 | 0.4 | 14.5 | 8.5 | 76.1 | 0.5 | 0.4 |
| 1-2..... | 1,045 | 3.4 | 79.5 | 16.5 | .3 | .3 | 15.6 | 16.0 | 67.4 | .7 | .3 |
| 3-5..... | 1,719 | .8 | 77.2 | 21.1 | .5 | .4 | 19.0 | 12.8 | 67.5 | .2 | .4 |
| 6-8..... | 1,841 | (3) | 63.9 | 35.0 | .4 | .7 | 23.2 | 17.1 | 58.9 | .1 | .7 |
| MALES: | | | | | | | | | | | |
| 9-11..... | 939 | 0.0 | 46.3 | 52.7 | .4 | .6 | 21.5 | 18.1 | 59.5 | .3 | .6 |
| 12-14..... | 1,150 | 0.0 | 25.4 | 72.8 | .9 | .9 | 27.8 | 18.9 | 52.1 | .2 | .9 |
| 15-18..... | 1,394 | .4 | 7.5 | 88.0 | 1.2 | 2.8 | 28.6 | 17.5 | 50.6 | .4 | 2.8 |
| 19-22..... | 1,030 | 7.5 | 14.4 | 60.3 | 1.0 | 16.7 | 24.6 | 15.5 | 43.2 | 0.0 | 16.7 |
| 23-34..... | 2,716 | 2.2 | 70.7 | 14.7 | .9 | 11.6 | 27.4 | 13.9 | 47.0 | .2 | 11.6 |
| 35-50..... | 2,571 | .1 | 20.7 | 70.2 | 2.0 | 7.0 | 27.3 | 15.1 | 50.3 | .3 | 7.0 |
| 51-64..... | 2,161 | 0.0 | .9 | 86.5 | 3.9 | 8.7 | 21.8 | 13.7 | 55.3 | .6 | 8.7 |
| 65-74..... | 1,049 | .2 | .3 | 43.8 | 44.0 | 11.7 | 7.8 | 5.2 | 75.3 | .1 | 11.7 |
| 75 AND OVER..... | 465 | 0.0 | .8 | 16.3 | 57.6 | 25.2 | 6.2 | 1.7 | 66.8 | 0.0 | 25.2 |
| FEMALES: | | | | | | | | | | | |
| 9-11..... | 1,011 | .1 | 44.6 | 52.5 | 1.2 | 1.6 | 23.6 | 17.1 | 57.5 | .2 | 1.6 |
| 12-14..... | 1,148 | .1 | 23.9 | 74.6 | .4 | .9 | 26.4 | 17.2 | 55.3 | .2 | .9 |
| 15-18..... | 1,473 | 4.5 | 8.4 | 85.1 | .8 | 1.2 | 30.3 | 17.6 | 50.7 | .1 | 1.2 |
| 19-22..... | 1,317 | 7.3 | 48.5 | 42.0 | .9 | 1.3 | 33.0 | 15.5 | 49.6 | .6 | 1.3 |
| 23-34..... | 3,879 | (3) | 92.1 | 6.8 | .9 | .2 | 32.3 | 16.5 | 50.7 | .3 | .2 |
| 35-50..... | 3,759 | 0.0 | .2 | 98.7 | 1.0 | .1 | 32.7 | 18.0 | 49.0 | .2 | .1 |
| 51-64..... | 2,936 | 0.0 | .9 | 97.8 | 1.2 | .1 | 23.9 | 12.1 | 63.7 | .3 | .1 |
| 65-74..... | 1,376 | 0.0 | .7 | 3.5 | 95.6 | .1 | 4.7 | 5.7 | 89.4 | .2 | .1 |
| 75 AND OVER..... | 751 | 0.0 | .9 | 15.4 | 83.3 | .4 | 5.3 | 3.6 | 90.3 | .4 | .4 |
| ALL INDIVIDUALS... | 36,255 | 1.1 | 34.0 | 53.1 | 8.4 | 3.5 | 24.6 | 14.5 | 57.2 | .3 | 3.5 |

Continued--

TABLE 7.2.--CHARACTERISTICS OF THE FEMALE HEAD OF HOUSEHOLD--AGE, EMPLOYMENT STATUS, AND EDUCATION,1/ 1977-78

| SEX AND AGE (YEARS) | HIGHEST EDUCATION LEVEL | | | | | |
|---|---|---|---|---|---|---|
| | ELEMENTARY SCHOOL OR LESS | SOME HIGH SCHOOL | HIGH SCHOOL COMPLETED | COLLEGE | NOT REPORTED | NO FEMALE HEAD |
| | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | |
| UNDER 1..... | 5.6 | 17.8 | 44.1 | 31.9 | 0.2 | 0.4 |
| 1-2..... | 8.7 | 18.5 | 37.3 | 34.7 | .4 | .3 |
| 3-5..... | 9.0 | 18.4 | 42.0 | 30.1 | .1 | .4 |
| 6-8..... | 9.5 | 17.4 | 42.5 | 29.8 | .3 | .7 |
| MALES: | | | | | | |
| 9-11..... | 9.7 | 19.5 | 45.8 | 24.1 | .3 | .6 |
| 12-14..... | 13.9 | 17.8 | 44.1 | 23.1 | .2 | .9 |
| 15-18..... | 12.0 | 17.8 | 41.9 | 25.3 | .2 | 2.8 |
| 19-22..... | 8.7 | 15.1 | 39.5 | 19.7 | .2 | 16.7 |
| 23-34..... | 5.6 | 12.5 | 35.7 | 34.5 | .2 | 11.6 |
| 35-50..... | 8.4 | 13.1 | 42.2 | 29.3 | (3) | 7.0 |
| 51-64..... | 14.0 | 14.3 | 40.1 | 22.5 | .4 | 8.7 |
| 65-74..... | 22.5 | 15.9 | 31.0 | 18.7 | .1 | 11.7 |
| 75 AND OVER..... | 25.2 | 12.5 | 20.5 | 16.6 | 0.0 | 25.2 |
| FEMALES: | | | | | | |
| 9-11..... | 11.7 | 18.4 | 42.9 | 25.2 | .2 | 1.6 |
| 12-14..... | 12.9 | 19.4 | 43.3 | 23.2 | .2 | .9 |
| 15-18..... | 14.5 | 17.9 | 42.5 | 23.7 | .2 | 1.2 |
| 19-22..... | 7.2 | 16.6 | 44.7 | 30.1 | 0.0 | 1.3 |
| 23-34..... | 5.6 | 12.3 | 39.8 | 41.9 | .2 | .2 |
| 35-50..... | 10.7 | 15.2 | 44.4 | 29.3 | .4 | .1 |
| 51-64..... | 19.1 | 18.4 | 39.3 | 22.6 | .4 | .1 |
| 65-74..... | 33.2 | 19.8 | 24.1 | 22.1 | .6 | .1 |
| 75 AND OVER..... | 37.9 | 12.9 | 24.2 | 24.0 | .6 | .4 |
| ALL INDIVIDUALS... | 12.4 | 15.9 | 39.8 | 28.2 | .3 | 3.5 |

1/ PERCENTAGES AND NUMBERS MAY NOT ADD TO TOTALS BECAUSE OF ROUNDING.
2/ INCLUDES BREAST-FED INFANTS.
3/ VALUE LESS THAN 0.5 BUT MORE THAN 0 BECAUSE OF FRACTIONAL WEIGHTING FACTOR.

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7.3.--HOUSEHOLD INCOME1/ AND RACE.2/ 1977-78

| SEX AND AGE (YEARS) | ALL INCOMES | | | | UNDER $6.000 | | | | $6,000-$9,999 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | INDIVID-UALS3/ | WHITE | BLACK | OTHER RACES4/ | INDIVID-UALS3/ | WHITE | BLACK | OTHER RACES4/ | INDIVID-UALS3/ | WHITE | BLACK | OTHER RACES4/ |
| | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 524 | 80.2 | 13.5 | 6.2 | 59 | 48.2 | 38.0 | 13.8 | 69 | 78.6 | 11.1 | 8.8 |
| 1-2..... | 1,045 | 78.8 | 15.2 | 5.9 | 137 | 50.0 | 41.2 | 8.8 | 128 | 80.1 | 9.9 | 8.8 |
| 3-5..... | 1,719 | 77.2 | 16.0 | 6.6 | 202 | 45.7 | 42.3 | 12.0 | 243 | 69.0 | 16.6 | 13.5 |
| 6-8..... | 1,841 | 80.5 | 13.8 | 5.5 | 186 | 55.1 | 35.1 | 9.4 | 197 | 69.0 | 18.4 | 12.7 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 79.9 | 14.6 | 5.4 | 99 | 48.4 | 39.7 | 11.9 | 94 | 67.5 | 20.8 | 11.7 |
| 12-14..... | 1,150 | 80.3 | 15.1 | 4.7 | 93 | 42.0 | 51.7 | 6.3 | 140 | 62.8 | 26.1 | 11.0 |
| 15-18..... | 1,394 | 80.0 | 16.2 | 3.7 | 113 | 46.7 | 45.0 | 8.3 | 133 | 61.3 | 28.4 | 10.4 |
| 19-22..... | 1,030 | 82.6 | 13.3 | 3.5 | 92 | 69.1 | 22.5 | 7.4 | 121 | 75.8 | 17.8 | 4.0 |
| 23-34..... | 2,716 | 88.1 | 8.4 | 3.5 | 166 | 76.8 | 17.4 | 5.8 | 309 | 85.3 | 9.8 | 4.9 |
| 35-50..... | 2,571 | 86.7 | 9.9 | 3.2 | 93 | 77.1 | 17.0 | 5.9 | 203 | 72.1 | 18.7 | 8.1 |
| 51-64..... | 2,161 | 89.0 | 9.0 | 1.9 | 142 | 67.4 | 31.8 | 0.0 | 218 | 82.4 | 14.3 | 3.3 |
| 65-74..... | 1,049 | 88.8 | 9.5 | 1.5 | 254 | 84.0 | 13.8 | 2.2 | 242 | 91.7 | 6.6 | 1.6 |
| 75 AND OVER..... | 465 | 85.7 | 13.4 | .9 | 162 | 75.3 | 22.2 | 2.5 | 84 | 95.5 | 4.5 | 0.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 78.6 | 15.2 | 6.1 | 108 | 42.4 | 45.6 | 12.0 | 118 | 66.5 | 19.4 | 14.1 |
| 12-14..... | 1,148 | 78.8 | 15.0 | 6.0 | 95 | 41.9 | 47.1 | 9.3 | 130 | 61.6 | 19.8 | 18.6 |
| 15-18..... | 1,473 | 79.0 | 16.5 | 4.2 | 117 | 48.2 | 41.7 | 10.1 | 140 | 60.4 | 27.0 | 10.4 |
| 19-22..... | 1,317 | 79.3 | 14.6 | 5.6 | 155 | 69.6 | 25.3 | 4.5 | 183 | 74.0 | 14.4 | 8.9 |
| 23-34..... | 3,879 | 85.0 | 10.8 | 4.0 | 349 | 57.3 | 31.6 | 10.7 | 462 | 82.6 | 11.3 | 5.8 |
| 35-50..... | 3,759 | 82.8 | 13.1 | 3.8 | 273 | 50.3 | 41.0 | 8.8 | 340 | 69.6 | 21.9 | 8.1 |
| 51-64..... | 2,936 | 86.6 | 11.3 | 2.1 | 380 | 67.3 | 29.8 | 2.4 | 380 | 84.5 | 12.7 | 2.8 |
| 65-74..... | 1,376 | 87.7 | 11.0 | 1.1 | 453 | 83.7 | 15.3 | 1.0 | 226 | 89.4 | 9.1 | 1.5 |
| 75 AND OVER..... | 751 | 91.6 | 7.8 | .5 | 303 | 83.4 | 16.0 | .3 | 104 | 99.2 | 0.0 | .8 |
| ALL INDIVIDUALS... | 36,255 | 83.6 | 12.4 | 3.8 | 4,030 | 64.5 | 29.4 | 5.9 | 4,264 | 77.4 | 15.0 | 7.1 |

Continued--

TABLE 7.3.--HOUSEHOLD INCOME1/ AND RACE,2/ 1977-78

| SEX AND AGE (YEARS) | $10,000-$15,999 | | | | $16,000 AND OVER | | | | NOT REPORTED | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | INDIVIDUALS3/ | WHITE | BLACK | OTHER RACES4/ | INDIVIDUALS3/ | WHITE | BLACK | OTHER RACES4/ | INDIVIDUALS3/ | WHITE | BLACK | OTHER RACES4/ |
| | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 149 | 81.7 | 14.3 | 4.1 | 151 | 90.4 | 5.0 | 4.6 | 96 | 82.3 | 12.3 | 5.4 |
| 1-2..... | 284 | 85.6 | 8.9 | 5.4 | 277 | 89.7 | 7.5 | 2.8 | 218 | 73.3 | 20.0 | 6.7 |
| 3-5..... | 406 | 80.4 | 13.1 | 6.1 | 532 | 91.4 | 6.7 | 1.9 | 336 | 75.6 | 18.2 | 6.1 |
| 6-8..... | 468 | 84.9 | 9.8 | 5.2 | 594 | 89.2 | 7.1 | 3.2 | 397 | 79.9 | 16.4 | 3.7 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 200 | 84.4 | 10.8 | 4.8 | 328 | 90.4 | 5.9 | 3.7 | 217 | 79.7 | 17.2 | 3.0 |
| 12-14..... | 222 | 83.7 | 11.4 | 4.8 | 437 | 90.9 | 6.0 | 3.1 | 258 | 82.6 | 14.3 | 3.1 |
| 15-18..... | 240 | 77.7 | 18.9 | 3.3 | 555 | 92.6 | 4.7 | 2.5 | 354 | 79.3 | 18.8 | 1.9 |
| 19-22..... | 166 | 78.9 | 16.4 | 4.7 | 313 | 90.4 | 6.9 | 2.8 | 338 | 83.2 | 13.5 | 2.3 |
| 23-34..... | 695 | 87.8 | 7.9 | 4.3 | 953 | 92.5 | 5.9 | 1.5 | 593 | 85.9 | 9.9 | 4.2 |
| 35-50..... | 508 | 82.8 | 12.7 | 4.2 | 1,219 | 90.9 | 6.6 | 2.4 | 547 | 88.0 | 10.2 | 1.8 |
| 51-64..... | 412 | 91.1 | 7.4 | 1.5 | 760 | 95.9 | 2.5 | 1.5 | 630 | 86.4 | 11.0 | 2.6 |
| 65-74..... | 152 | 89.5 | 9.9 | 0.0 | 115 | 98.8 | 1.2 | 0.0 | 287 | 86.3 | 11.2 | 2.0 |
| 75 AND OVER..... | 47 | 94.5 | 5.5 | 0.0 | 35 | 100.0 | 0.0 | 0.0 | 136 | 85.4 | 14.6 | 0.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 225 | 86.8 | 9.3 | 3.5 | 339 | 88.8 | 7.9 | 3.3 | 220 | 78.9 | 15.3 | 5.7 |
| 12-14..... | 244 | 80.6 | 15.9 | 3.1 | 413 | 90.3 | 6.4 | 3.3 | 266 | 81.0 | 13.7 | 5.4 |
| 15-18..... | 260 | 78.7 | 18.7 | 2.5 | 559 | 90.4 | 6.8 | 2.5 | 397 | 78.8 | 17.5 | 3.7 |
| 19-22..... | 209 | 78.4 | 16.5 | 5.2 | 367 | 85.2 | 10.1 | 4.7 | 402 | 80.6 | 13.7 | 5.6 |
| 23-34..... | 1,009 | 87.7 | 8.8 | 3.3 | 1,254 | 93.1 | 5.1 | 1.8 | 805 | 82.5 | 13.0 | 4.5 |
| 35-50..... | 673 | 85.5 | 10.7 | 3.8 | 1,507 | 91.4 | 5.6 | 2.6 | 967 | 81.5 | 15.5 | 2.7 |
| 51-64..... | 521 | 92.3 | 6.4 | 1.3 | 777 | 94.1 | 3.7 | 2.2 | 878 | 85.7 | 12.2 | 1.9 |
| 65-74..... | 167 | 92.4 | 6.1 | .9 | 117 | 93.4 | 5.3 | 0.0 | 413 | 87.7 | 10.8 | 1.5 |
| 75 AND OVER..... | 62 | 97.3 | 0.0 | 2.7 | 63 | 100.0 | 0.0 | 0.0 | 218 | 95.3 | 4.7 | 0.0 |
| ALL INDIVIDUALS... | 7,319 | 85.6 | 10.7 | 3.6 | 11,667 | 91.7 | 5.7 | 2.4 | 8,975 | 83.1 | 13.5 | 3.2 |

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7.4.--REGION AND RACE,1/ 1977-78

| SEX AND AGE (YEARS) | ALL REGIONS | | | | NORTHEAST | | | | NORTH CENTRAL | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | INDIVIDUALS2/ | WHITE | BLACK | OTHER RACES3/ | INDIVIDUALS2/ | WHITE | BLACK | OTHER RACES3/ | INDIVIDUALS2/ | WHITE | BLACK | OTHER RACES3/ |
| | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 524 | 80.2 | 13.5 | 6.2 | 114 | 77.8 | 11.3 | 10.1 | 142 | 88.1 | 11.9 | 0.0 |
| 1-2..... | 1,045 | 78.8 | 15.2 | 5.9 | 247 | 78.9 | 13.2 | 8.0 | 273 | 86.1 | 11.2 | 2.1 |
| 3-5..... | 1,719 | 77.2 | 16.0 | 6.6 | 398 | 80.6 | 11.7 | 7.2 | 465 | 86.6 | 12.1 | 1.1 |
| 6-8..... | 1,841 | 80.5 | 13.8 | 5.5 | 448 | 83.5 | 9.1 | 7.4 | 513 | 87.3 | 11.1 | .9 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 939 | 79.9 | 14.6 | 5.4 | 235 | 79.6 | 11.7 | 8.7 | 296 | 88.8 | 9.8 | 1.4 |
| 12-14..... | 1,150 | 80.3 | 15.1 | 4.7 | 272 | 87.9 | 9.0 | 3.0 | 326 | 90.7 | 7.1 | 2.2 |
| 15-18..... | 1,394 | 80.0 | 16.2 | 3.7 | 329 | 88.0 | 7.9 | 3.8 | 385 | 88.7 | 10.2 | 1.1 |
| 19-22..... | 1,030 | 82.6 | 13.3 | 3.5 | 231 | 89.2 | 7.7 | 2.6 | 298 | 89.5 | 7.5 | .8 |
| 23-34..... | 2,716 | 88.1 | 8.4 | 3.5 | 689 | 91.8 | 4.9 | 3.3 | 772 | 93.2 | 5.3 | 1.5 |
| 35-50..... | 2,571 | 86.7 | 9.9 | 3.2 | 676 | 92.1 | 4.7 | 2.8 | 681 | 91.3 | 7.2 | 1.0 |
| 51-64..... | 2,161 | 89.0 | 9.0 | 1.9 | 547 | 94.2 | 3.5 | 2.4 | 577 | 93.1 | 6.4 | .4 |
| 65-74..... | 1,049 | 88.8 | 9.5 | 1.5 | 241 | 93.5 | 4.8 | 1.7 | 265 | 91.7 | 7.7 | .6 |
| 75 AND OVER..... | 465 | 85.7 | 13.4 | .9 | 101 | 97.5 | 2.5 | 0.0 | 132 | 87.6 | 12.4 | 0.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 1,011 | 78.6 | 15.2 | 6.1 | 260 | 81.9 | 11.4 | 6.7 | 281 | 89.2 | 9.5 | 1.0 |
| 12-14..... | 1,148 | 78.8 | 15.0 | 6.0 | 273 | 80.1 | 13.6 | 6.3 | 328 | 86.6 | 11.1 | 1.5 |
| 15-18..... | 1,473 | 79.0 | 16.5 | 4.2 | 326 | 83.8 | 10.7 | 5.4 | 430 | 87.3 | 10.5 | 1.1 |
| 19-22..... | 1,317 | 79.3 | 14.6 | 5.6 | 328 | 85.1 | 8.8 | 5.3 | 322 | 86.9 | 10.7 | 2.0 |
| 23-34..... | 3,879 | 85.0 | 10.8 | 4.0 | 991 | 85.5 | 9.5 | 5.0 | 1,038 | 90.6 | 6.9 | 2.2 |
| 35-50..... | 3,759 | 82.8 | 13.1 | 3.8 | 937 | 84.0 | 11.0 | 4.7 | 951 | 90.8 | 7.8 | 1.0 |
| 51-64..... | 2,936 | 86.6 | 11.3 | 2.1 | 744 | 91.5 | 6.1 | 2.5 | 757 | 91.4 | 7.4 | 1.0 |
| 65-74..... | 1,376 | 87.7 | 11.0 | 1.1 | 312 | 93.7 | 5.5 | .9 | 327 | 90.4 | 8.8 | .4 |
| 75 AND OVER..... | 751 | 91.6 | 7.8 | .5 | 193 | 97.2 | 2.0 | .9 | 196 | 95.7 | 4.3 | 0.0 |
| ALL INDIVIDUALS... | 36,255 | 83.6 | 12.4 | 3.8 | 8,894 | 87.4 | 8.1 | 4.3 | 9,757 | 90.0 | 8.4 | 1.2 |

Continued--

TABLE 7.4.--REGION AND RACE,1/ 1977-78

| SEX AND AGE (YEARS) | SOUTH | | | | WEST | | | |
|---|---|---|---|---|---|---|---|---|
| | INDIVID-UALS2/ | WHITE | BLACK | OTHER RACES3/ | INDIVID-UALS2/ | WHITE | BLACK | OTHER RACES3/ |
| | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT |
| MALES AND FEMALES: | | | | | | | | |
| UNDER 1..... | 155 | 71.8 | 24.4 | 3.7 | 112 | 84.0 | 2.5 | 13.5 |
| 1-2..... | 315 | 70.3 | 26.9 | 2.8 | 210 | 81.7 | 5.4 | 12.9 |
| 3-5..... | 553 | 67.3 | 27.7 | 4.9 | 302 | 76.3 | 6.5 | 17.2 |
| 6-8..... | 600 | 71.8 | 23.3 | 4.8 | 280 | 81.8 | 6.1 | 12.1 |
| MALES: | | | | | | | | |
| 9-11..... | 270 | 69.3 | 27.9 | 2.8 | 137 | 82.3 | 4.0 | 13.7 |
| 12-14..... | 361 | 67.6 | 30.2 | 2.2 | 191 | 75.5 | 8.6 | 15.9 |
| 15-18..... | 441 | 64.4 | 32.7 | 3.0 | 238 | 83.8 | 7.0 | 9.2 |
| 19-22..... | 318 | 70.9 | 26.7 | 2.4 | 183 | 82.9 | 6.2 | 10.8 |
| 23-34..... | 754 | 81.1 | 17.5 | 1.4 | 502 | 85.6 | 4.6 | 9.8 |
| 35-50..... | 751 | 76.9 | 20.8 | 2.4 | 463 | 87.8 | 3.8 | 8.3 |
| 51-64..... | 657 | 80.5 | 18.3 | 1.1 | 380 | 90.0 | 5.0 | 5.0 |
| 65-74..... | 343 | 81.3 | 18.7 | 0.0 | 199 | 92.2 | 1.6 | 5.0 |
| 75 AND OVER..... | 157 | 76.3 | 23.7 | 0.0 | 75 | 86.2 | 8.3 | 5.5 |
| FEMALES: | | | | | | | | |
| 9-11..... | 309 | 66.6 | 29.1 | 4.2 | 161 | 77.9 | 4.6 | 17.4 |
| 12-14..... | 356 | 70.0 | 24.3 | 5.7 | 190 | 79.9 | 6.4 | 13.7 |
| 15-18..... | 448 | 65.3 | 31.8 | 2.8 | 269 | 82.8 | 7.5 | 9.8 |
| 19-22..... | 371 | 66.3 | 30.0 | 3.3 | 296 | 81.0 | 6.0 | 13.0 |
| 23-34..... | 1,140 | 78.0 | 19.1 | 2.8 | 711 | 87.4 | 5.2 | 7.4 |
| 35-50..... | 1,196 | 74.2 | 22.9 | 2.7 | 675 | 85.3 | 6.1 | 8.3 |
| 51-64..... | 975 | 77.6 | 22.0 | .3 | 461 | 89.7 | 3.3 | 6.7 |
| 65-74..... | 509 | 80.1 | 19.9 | 0.0 | 228 | 92.7 | 1.8 | 5.0 |
| 75 AND OVER..... | 247 | 81.0 | 18.4 | .3 | 114 | 98.1 | 1.0 | .9 |
| ALL INDIVIDUALS... | 11,226 | 74.2 | 23.4 | 2.4 | 6,378 | 85.2 | 5.1 | 9.6 |

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7.5.--URBANIZATION AND RACE,1/ 1977-78

| SEX AND AGE (YEARS) | CENTRAL CITIES | | | | SUBURBAN AREAS | | | | NONMETROPOLITAN AREAS | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | INDIVIDUALS2/ | WHITE | BLACK | OTHER RACES3/ | INDIVIDUALS2/ | WHITE | BLACK | OTHER RACES3/ | INDIVIDUALS2/ | WHITE | BLACK | OTHER RACES3/ |
| | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT | NUMBER | PCT | PCT | PCT |
| MALES AND FEMALES: | | | | | | | | | | | | |
| UNDER 1..... | 149 | 60.1 | 32.1 | 7.1 | 193 | 91.3 | 3.5 | 5.2 | 183 | 84.7 | 8.8 | 6.4 |
| 1-2..... | 309 | 56.6 | 35.2 | 7.8 | 390 | 88.5 | 5.5 | 6.0 | 347 | 87.5 | 8.4 | 4.1 |
| 3-5..... | 521 | 55.8 | 36.6 | 7.1 | 639 | 87.1 | 6.8 | 6.1 | 558 | 85.7 | 7.4 | 6.6 |
| 6-8..... | 482 | 57.2 | 33.8 | 8.4 | 737 | 89.6 | 5.6 | 4.8 | 622 | 87.7 | 8.1 | 4.0 |
| MALES: | | | | | | | | | | | | |
| 9-11..... | 264 | 55.9 | 33.5 | 10.7 | 346 | 90.3 | 6.4 | 3.2 | 329 | 88.3 | 8.1 | 3.6 |
| 12-14..... | 287 | 56.2 | 36.6 | 7.2 | 457 | 89.9 | 5.4 | 4.7 | 406 | 86.5 | 10.7 | 2.8 |
| 15-18..... | 387 | 58.9 | 34.6 | 6.4 | 544 | 90.7 | 5.8 | 3.3 | 462 | 85.1 | 13.0 | 1.9 |
| 19-22..... | 318 | 66.8 | 27.6 | 4.7 | 406 | 93.3 | 2.9 | 2.9 | 306 | 84.7 | 12.0 | 3.0 |
| 23-34..... | 846 | 77.5 | 18.5 | 4.0 | 1,034 | 90.9 | 4.3 | 4.8 | 837 | 95.2 | 3.4 | 1.3 |
| 35-50..... | 657 | 72.0 | 22.7 | 4.7 | 1,122 | 91.6 | 5.1 | 3.2 | 791 | 91.9 | 6.1 | 1.9 |
| 51-64..... | 565 | 74.1 | 23.0 | 2.7 | 870 | 94.9 | 3.2 | 1.7 | 726 | 93.5 | 5.1 | 1.5 |
| 65-74..... | 300 | 78.1 | 20.4 | 1.1 | 361 | 91.0 | 6.2 | 2.5 | 388 | 95.1 | 4.0 | .9 |
| 75 AND OVER..... | 147 | 74.9 | 25.1 | 0.0 | 134 | 89.9 | 7.0 | 3.1 | 184 | 91.3 | 8.7 | 0.0 |
| FEMALES: | | | | | | | | | | | | |
| 9-11..... | 269 | 56.2 | 32.1 | 11.7 | 402 | 89.2 | 6.9 | 3.9 | 340 | 83.9 | 11.7 | 4.2 |
| 12-14..... | 305 | 52.0 | 37.8 | 10.3 | 451 | 90.6 | 4.0 | 5.0 | 392 | 86.1 | 9.9 | 3.8 |
| 15-18..... | 424 | 57.1 | 36.0 | 5.9 | 546 | 90.8 | 5.6 | 3.6 | 503 | 84.7 | 11.9 | 3.3 |
| 19-22..... | 408 | 61.0 | 30.9 | 7.8 | 493 | 87.8 | 7.1 | 5.1 | 416 | 87.3 | 7.5 | 4.1 |
| 23-34..... | 1,216 | 70.2 | 23.5 | 6.1 | 1,488 | 91.3 | 5.0 | 3.6 | 1,175 | 92.3 | 5.1 | 2.5 |
| 35-50..... | 1,097 | 63.9 | 29.7 | 6.1 | 1,478 | 91.5 | 4.7 | 3.6 | 1,184 | 89.6 | 8.2 | 1.9 |
| 51-64..... | 850 | 70.1 | 25.1 | 4.5 | 1,043 | 95.0 | 3.0 | 1.9 | 1,044 | 91.5 | 8.3 | .2 |
| 65-74..... | 446 | 76.7 | 21.1 | 1.7 | 408 | 93.7 | 4.4 | 1.9 | 522 | 92.5 | 7.5 | 0.0 |
| 75 AND OVER..... | 240 | 80.8 | 18.6 | .3 | 238 | 98.2 | 1.3 | .4 | 273 | 95.3 | 4.1 | .6 |
| ALL INDIVIDUALS... | 10,487 | 66.4 | 27.7 | 5.6 | 13,781 | 91.4 | 4.9 | 3.6 | 11,988 | 89.9 | 7.6 | 2.4 |

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

TABLE 7.6.--HOUSEHOLD SIZE,1/ 1977-78

| SEX AND AGE (YEARS) | INDIVIDUALS2/ | NUMBER OF HOUSEHOLD MEMBERS | | | | | |
|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | MORE THAN 5 |
| | NUMBER | PERCENT | | | | | |
| MALES AND FEMALES: | | | | | | | |
| UNDER 1..... | 524 | 0.0 | 1.4 | 29.4 | 32.8 | 19.4 | 17.0 |
| 1-2..... | 1,045 | 0.0 | 1.8 | 23.9 | 36.6 | 17.7 | 19.9 |
| 3-5..... | 1,719 | 0.0 | 1.9 | 14.2 | 39.2 | 21.3 | 23.4 |
| 6-8..... | 1,841 | 0.0 | 2.0 | 10.4 | 32.5 | 26.2 | 28.8 |
| MALES: | | | | | | | |
| 9-11..... | 939 | 0.0 | 1.5 | 7.5 | 27.9 | 27.4 | 35.7 |
| 12-14..... | 1,150 | 0.0 | 1.1 | 8.9 | 26.1 | 23.4 | 40.5 |
| 15-18..... | 1,394 | 0.4 | 2.4 | 14.9 | 24.9 | 20.2 | 37.2 |
| 19-22..... | 1,030 | 4.2 | 16.7 | 24.0 | 20.6 | 14.6 | 19.8 |
| 23-34..... | 2,716 | 7.2 | 24.2 | 23.7 | 26.5 | 10.9 | 7.6 |
| 35-50..... | 2,571 | 4.9 | 13.2 | 16.0 | 27.9 | 19.2 | 18.8 |
| 51-64..... | 2,161 | 6.5 | 44.7 | 24.4 | 11.8 | 6.3 | 6.3 |
| 65-74..... | 1,049 | 9.5 | 68.7 | 14.8 | 3.4 | .9 | 2.7 |
| 75 AND OVER..... | 465 | 20.2 | 63.5 | 8.6 | 4.6 | 1.6 | 1.6 |
| FEMALES: | | | | | | | |
| 9-11..... | 1,011 | 0.0 | 1.8 | 11.0 | 25.7 | 26.1 | 35.3 |
| 12-14..... | 1,148 | 0.0 | 1.2 | 9.0 | 23.5 | 25.1 | 41.2 |
| 15-18..... | 1,473 | 0.0 | 4.9 | 13.4 | 22.9 | 21.3 | 37.5 |
| 19-22..... | 1,317 | 4.4 | 24.5 | 24.3 | 20.3 | 9.6 | 16.9 |
| 23-34..... | 3,879 | 4.6 | 19.7 | 20.9 | 30.9 | 13.8 | 10.0 |
| 35-50..... | 3,759 | 3.3 | 16.3 | 20.1 | 25.3 | 16.1 | 19.0 |
| 51-64..... | 2,936 | 12.6 | 50.0 | 19.2 | 9.1 | 4.9 | 4.2 |
| 65-74..... | 1,376 | 34.5 | 52.5 | 7.5 | 2.4 | 1.6 | 1.4 |
| 75 AND OVER..... | 751 | 43.2 | 36.8 | 11.7 | 3.2 | 2.0 | 3.1 |
| ALL INDIVIDUALS..... | 36,255 | 6.2 | 20.9 | 17.4 | 22.9 | 14.8 | 17.9 |

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

SOURCE: USDA NATIONWIDE FOOD CONSUMPTION SURVEY 1977-78, 48 CONTERMINOUS STATES.

# Appendix A: Glossary

Age - Age at last birthday of each household member as reported by the household respondent. Age of infants was recorded in months; newborns under 1 month were recorded as being 0 months. (Birthdate was not used to calculate age.)

Average - Arithmetic mean computed as explained in text under "Methodology."

Calcium equivalent - This weight, expressed in grams, is the amount of fluid whole cows' milk that has the same quantity of calcium as the reported milk product (2). For example, the calcium equivalent of 2 ounces of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole cows' milk}} = \frac{721}{119} = 6.1$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor--

$$57 \text{ g} \times 6.1 = 348 \text{ g}.$$

Central city - See "Urbanization."

Dietary intake - See "Food intake."

Education - The highest grades of formal schooling completed by the male and female heads of households were asked on the questionnaire in the following categories: (a) none, never attended; (b) elementary--grades 1 through 8; (c) high school or high school equivalency--1 through 4 years; (4) college--1 through 5 years or more. "Not reported" was a category used for those not answering this question.

Employment status - Determined by hours worked by the male and female heads of household during the week before the interview. Categories were full time (35 hours or more), part time (1 through 34 hours), not employed, and not reported. This included any full-time or part-time work as well as helping without pay in a family business or farm and active duty in the armed forces. It did not include one's own housework, schoolwork, or volunteer work.

Fall - See "Seasons."

Female head of household - Person indicated as such by the household respondent, usually the homemaker or wife of the male head.

Food from home - Food from the home food supply.

Food group - Food items categorized together in one group for purposes of analysis. See "Table Notes," appendix B, for descriptions of the food groups and subgroups.

Food ingested - See "Food intake."

Food intake - All beverages (except water) and foods ingested (swallowed) by an individual as reported in the 1-day dietary recall and 2-day diet record. Does not include inedible parts of foods such as bones, rinds, and seeds, uneaten portions of food, or vitamin, mineral, or other supplements.

Food obtained and eaten away from home - Any food or beverage ingested that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply.

Home food supply - All food and beverages ingested at home or carried from home to be eaten elsewhere, such as picnics and packed lunches.

Household - Consisted of all individuals who regularly occupied a house, an apartment, or a room or group of rooms that constituted a housing unit. Included persons temporarily absent, such as those who were traveling, were in the hospital, or were in a dormitory. Group quarters, such as rooming houses, military barracks, and institutions, were not included in the survey.

Household respondent - The household member who gave information on household food use during the 7 days before the interview and on household characteristics; usually the household member most responsible for meal planning or preparation.

Household size - Number of individuals in a household. See "Household."

Housekeeping household - Household in which at least 1 member had 10 or more meals from the home food supply during the survey week. Nonhousekeeping households were those in which no member had at least 10 meals from the home food supply during the survey period. Both types of households were included in the tabulation of intakes by individuals.

Income - Household respondent's estimate of the household's total money earnings from all sources before taxes by all members of the household in the calendar year before the date of the interview. Called "household income."

Infants - Children under 1 year of age.

Male head of household - Person indicated as such by the household respondent.

Nonmetropolitan areas - See "Urbanization."

Northeast - See "Regions."

North Central - See "Regions."

One-day dietary recall - A recall of beverages and foods ingested during the day preceding the interview--the 24 hours from 12:00 a.m. (midnight) to 11:59 p.m.

Race - Of the household respondent as observed by the interviewer. Recorded in three categories--white, black, and other. Other members of the household were assigned the same race as the household respondent.

Regions - Those areas of the 48 conterminous States and the District of Columbia as defined by the U.S. Department of Commerce for the 1970 Census of Population.

The four Census regions are defined as follows:

- Northeast--Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont;
- North Central--Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin;
- South--Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia;
- West--Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Seasons - Spring--April, May, June; Summer--July, August, September; Fall--October, November, December; and Winter--January, February, March.

South - See "Regions."

Spring - See "Seasons."

Suburban areas - See "Urbanization."

Summer - See "Seasons."

Three-day dietary report - Three consecutive days of food intake including the interviewer-administered 1-day dietary recall and the self-administered 2-day dietary record.

Two-day dietary record - Diary kept by an individual (or by a person answering for him or her) reporting food intake for the day of the interview and the following day.

Urbanization - Description of household location based on the Standard Metropolitan Statistical Areas (SMSA) as defined by the U.S. Department of Commerce in the 1970 Census of Population. The three urbanizations are:

- Central city--population of 50,000 or more and main or core city within SMSA;
- Suburban area--generally within the boundaries of SMSA but not within legal limits of central city SMSA;
- Nonmetropolitan area--any U.S. area not within SMSA.

User - Any individual who reported intake of a food item from a given food group or subgroup at least once during the 3 survey days.

West - See "Regions."

Weighting factors - See "Sample Analysis," appendix D.

Winter - See "Seasons."

# Appendix B: Table Notes

TABLES 1A-1.1 TO 1N-3.2--MEAT, POULTRY, FISH

| Food group or subgroup | Content |
|---|---|
| Beef | Includes beef steaks, roasts, ground beef, baby-food beef, beef bacon, pastrami, oxtails, and shortribs. (Excludes variety meats, such as liver and kidney, and processed beef, such as beef bologna and beef frankfurters.) |
| Pork | Includes ham; bacon; salt pork; pigs' feet; pork cracklings; baby-food pork; and fresh, cured, smoked, and salted pork. (Excludes variety meats and frankfurters, sausages, and luncheon meats.) |
| Lamb, veal, game | Includes lamb, veal, goat, mutton, baby-food lamb, rabbit, venison, and other game. (Excludes variety meats.) |
| Total poultry | Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken. (Excludes giblets.) |
| Chicken | Includes chicken only. (Excludes giblets.) |
| Organ meats, mixtures | Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; baby-food liver and heart; and mixtures mainly organ meat. |
| Frankfurters, sausages, and luncheon meats | Includes processed meats from beef, pork, ham, veal, chicken, and turkey. |
| Fish, shellfish | Includes finfish; shellfish such as oysters, clams, crabs, lobster, scallops, and shrimp; and other seafood, including frog, fish roe, squid, and turtle. |
| Mixtures mainly meat, poultry, fish | Includes mixtures reported as a single unit--stews, casseroles, pot pies, soups, salads, hash, frozen plate meals, meat gravies, and sandwiches when reported as a single item (e.g., ham sandwich). |

TABLES 2A-1.1 TO 2N-3.2--MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS

| Food group or subgroup | Content |
|---|---|
| Total milk, milk products | Quantities are expressed as calcium equivalents (see "Glossary," appendix A). Includes milk, milk drinks, cream, milk desserts, and cheese. (Excludes butter.) Milk sauces and gravies are included in this total only. |
| Total milk, milk drinks | Quantities are as reported. Includes fluid milk (see next group for inclusions), yogurt (including frozen), chocolate milk, milk shakes, other milk drinks, liquid meal replacements with milk, and milk-based baby formulas. |
| Fluid milk | Quantities are as reported. Includes whole, lowfat, skim, acidophilus, soy-based, filled, evaporated, and condensed milk; buttermilk; goat milk; and reconstituted dry milk. |
| Cream, milk desserts | Quantities are as reported. Includes fluid and powdered cream, half and half, sour cream, ice cream, ice milk, milk sherbets, and desserts made with milk, such as custards, cornstarch pudding, and baby-food puddings. (Excludes nondairy cream substitutes, which are included under fats and oils.) |
| Cheese | Quantities are as reported. Includes natural hard and soft cheeses, processed cheeses and spreads, imitation cheeses, cottage cheese, cream cheese, and mixtures mainly cheese, such as cheese souffle, rarebit, and, if reported as a single item, cheese sandwich. |
| Eggs | Includes whole eggs, egg whites and yolks, baby-food egg yolks, egg substitutes, and mixtures mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item. |
| Legumes, nuts, seeds | Includes cooked dry beans, peas, and lentils; mixtures mainly legumes, such as baked beans and soups; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes mainly vegetable protein; nuts; peanut butter; seeds; and carob products. |

TABLES 3A-1.1 TO 3N-3.2--GRAIN PRODUCTS; FATS AND OILS

| Food group or subgroup | Content |
|---|---|
| Bread, rolls, biscuits..... | Includes all types of yeast breads and rolls, sweet rolls, yeast-type coffee cakes, English muffins, biscuits, and bagels. (Excludes quick breads such as cornbread.) |
| Other baked goods..... | Includes cornbread, tortillas, plain and fruit muffins, and other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast. |
| Cereals, pastas. | Includes macaroni, noodles, spaghetti, ready-to-eat and cooked cereals, grits, rice, and other cooked cereal grains. |
| Mixtures mainly grain..... | Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, quiche, egg rolls, rice and pasta mixtures, frozen meals with the main course mainly grain, and noodle and rice soups. |
| Fats, oils..... | Includes table fats, cooking fats such as bacon grease, lard, and meat drippings; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces mainly fat or oil. |
| Table fats..... | Includes butter, margarine, and imitation margarine. |
| Salad dressings. | Includes mayonnaise and regular and low-calorie salad dressings. |

TABLE 4A-1.1 TO 4N-3.2--VEGETABLES

| Food group or subgroup | Content |
|---|---|
| White potatoes.. | Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures mainly potato, such as potato salad and potato soup. (Excludes viandas--Puerto Rican starchy vegetables.) |
| Tomatoes..... | Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwich reported as a single item. |

Dark-green vegetables..... Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures mainly dark-green vegetables, such as spinach souffle and spinach soup; and baby-food spinach.

Deep-yellow vegetables..... Includes raw and cooked deep-yellow or orange vegetables--carrots, pumpkin, winter squash, and sweetpotatoes; mixtures mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotato.

Other vegetables..... Includes cooked and raw vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures mainly vegetables.

TABLES 5A-1.1 TO 5N-3.2--FRUITS

| Food group or subgroup | Content |
|---|---|
| Total citrus fruits, juices.. | Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, baby-food citrus juices. (Excludes citrus fruit ades and drinks such as lemonade, which are tabulated under fruit drinks and ades.) |
| Dried fruits.... | Includes apples, apricots, figs, prunes, raisins, and other dried fruits. (Excludes juices such as prune juice and mixtures.) |
| Total other fruits, mixtures, juices..... | Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruit; fruit salads and mixtures mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars. (Excludes fruit drinks and ades.) |
| Apples..... | Includes raw and cooked apples, applesauce, and baby-food applesauce. |
| Bananas..... | Includes raw and cooked bananas and baby-food bananas. |

Other fruits, mixtures mainly fruit..... Includes fruits other than citrus fruits, dried fruits, apples, and bananas; and baby-food noncitrus fruits and mixtures.

Noncitrus juices, nectars..... Includes fruit juices other than citrus and baby-food noncitrus juices. (Excludes noncitrus fruits drinks and ades.)

TABLES 6A-1.1 TO 6N-3.2--SUGAR, SWEETS; BEVERAGES

| Food group or subgroup | Content |
|---|---|
| Total sugar, sweets..... | Includes sugar, sugar substitutes, sirups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, and candy (including dietetic sweets). |
| Sugar..... | Includes white, brown, maple, and raw sugar; and sugar substitutes. |
| Candy..... | Includes candy (including dietetic sweets), chewing gum, and cough drops. |
| Total nonalcoholic beverages..... | Includes coffee, tea, soft drinks, and fruit drinks and ades. |
| Coffee..... | Includes ground and instant decaffeinated and regular coffee, coffee mixes, and coffee substitutes. |
| Tea..... | Includes tea from leaves; instant tea; and instant tea with lemon, cream, milk, sugar, and/or artificial sweetener; and herb and other teas. |
| Soft drinks..... | Includes carbonated drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated diet drinks; and noncarbonated soft drinks made from powdered mixes and liquid concentrates. |
| Fruit drinks, ades..... | Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and liquid concentrate. |
| Total alcoholic beverages..... | Includes cocktails, other mixed drinks, liqueurs, wine, distilled liquors, beer, and ale. |
| Beer, ale..... | Includes beer, ale, and lite beer. |

# Appendix C: Food Group Coding System Used for Individual Intakes in the NFCS 1977–78

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| 1 MILK AND MILK PRODUCTS | 11 Milk and Milk Drinks | 111 Milk, fluid--pasteurized, filled, buttermilk, and dry reconstituted |
| | | 112 Milk, concentrated fluid (canned) |
| | | 113 Milk, imitation |
| | | 114 Yogurt |
| | | 115 Chocolate, malted, shakes, and other flavored milk drinks |
| | | 116 Meal replacements with milk |
| | | 117 Baby formulas |
| | | 118 Milk, dry, and powdered mixtures made with dry milk, not reconstituted |
| | 12 Cream and Cream Substitutes | 121 Sweet dairy cream (fluid, whipped, and dry) |
| | | 122 Sweet cream and whipped cream substitutes |
| | | 123 Sour dairy cream |
| | 13 Milk Desserts | 131 Milk desserts, frozen |
| | | 132 Milk desserts, not frozen |
| | | 133 Baby foods with milk |
| | | 134 Milk sauces and gravies |
| | | 135 Other milk products |
| | 14 Cheeses | 141 Natural cheese |
| | | 142 Cottage cheese |
| | | 143 Cream cheese |
| | | 144 Processed cheese and cheese spreads |
| | | 145 Imitation cheese |
| | | 146 Cheese mixtures |
| | | 147 Cheese soups |

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| 2 MEAT, POULTRY, FISH, AND MIXTURES | 21 Beef | 210 Meat, NFS,[1] and beef, NFS[1] |
| | | 211 Beef steaks with bone |
| | | 212 Beef steaks without bone |
| | | 213 Beef cuts with bone, not steaks |
| | | 214 Beef slices and chunks |
| | | 215 Ground beef patties and meat balls |
| | | 216 Other beef items |
| | | 217 Baby and junior beef |
| | 22 Pork | 220 Pork, NFS[1] |
| | | 221 Pork chops |
| | | 222 Pork steaks and cutlets |
| | | 223 Ham |
| | | 224 Pork roasts, not ham |
| | | 225 Canadian bacon |
| | | 226 Bacon, salt pork, and fatback |
| | | 227 Miscellaneous pork cuts |
| | | 228 Baby and junior pork, ham, and meat sticks |
| | 23 Lamb, Veal, Game, and Other Carcass Meat | 230 Lamb, NFS[1] |
| | | 231 Lamb |
| | | 232 Veal |
| | | 233 Game |
| | | 234 Baby veal and lamb |
| | 24 Poultry | 241 Chicken |
| | | 242 Turkey |
| | | 243 Duck |
| | | 244 Cornish game hen and other poultry |
| | | 247 Baby and junior poultry |

[1]NFS - Not further specified

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| | 25 Organ Meats, Sausages, Luncheon Meats, and Spreads | 251 Organ meats and mixtures<br>252 Frankfurters, sausages, luncheon meats, and meat spreads |
| | 26 Fish and Shellfish | 261 Finfish<br>262 Other seafood<br>263 Shellfish |
| | 27 Meat, Poultry, or Fish Combined With Nonmeat Items | 271 Meat, poultry, or fish in gravy, sauce, or creamed<br>272 Meat, poultry, or fish combined with starch<br>273 Meat, poultry, or fish with starch and vegetable<br>274 Meat, poultry, or fish with vegetable, excluding white potatoes<br>275 Sandwiches (reported as a unit) with meat, poultry, or fish<br>276 Baby-food combinations with meat, poultry, or fish |
| | 28 Plate Meals, Soups, and Gravies with Meat, Poultry, or Fish Base and Plain Gelatin Drinks | 281 Frozen plate meals and soups<br>283 Soups, broths, and extracts from meat, poultry, or fish base<br>284 Gelatin drink, plain<br>285 Gravies, meat or poultry base, made with water |

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| 3 EGGS, MIXTURES, AND SUBSTITUTES | 31 Eggs | 311 Chicken eggs<br>312 Other poultry eggs |
| | 32 Egg Mixtures | 321 Egg dishes<br>322 Egg sandwiches<br>323 Egg soups<br>324 Meringues |
| | 33 Egg Substitutes | 330 Substitutes, NFS[1]<br>331 Made from powdered mixtures<br>332 Made from frozen mixtures<br>333 Made from liquid mixtures |
| | 34 Baby-Food Eggs | 341 Egg yolk |
| 4 DRY LEGUMES, NUTS, AND SEEDS | 41 Legumes | 411 Cooked or canned dried beans<br>412 Cooked or canned dried bean mixtures<br>413 Cooked dried peas and lentils and mixtures<br>414 Soybean dried products<br>415 Frozen meals with dried beans or peas as main course<br>416 Soups, mainly legumes<br>417 Baby-food legumes<br>418 Meat substitutes<br>419 Meat substitute sandwiches |

[1]NFS = Not further specified

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| | 42 Nuts and Nut Butters and Mixtures | 421 Nuts |
| | | 422 Nut butters |
| | | 423 Nut butter sandwiches |
| | | 424 Coconut beverages and mixtures |
| | | 425 Nut mixtures |
| | 43 Seeds and Seed Mixtures | 431 Seeds and seed mixtures |
| | 44 Carob and Carob Products | 441 Carob powders |
| | | 442 Carob chips |
| 5 GRAIN PRODUCTS | 50 Flour | 500 Flour and dry mixes |
| | | 510 Bread, rolls, NFS[1] |
| | 51 Yeast Breads and Rolls | 511 White bread and rolls |
| | | 512 Whole wheat bread and rolls |
| | | 513 Cracked wheat bread and rolls |
| | | 514 Rye bread and rolls |
| | | 515 Oatmeal bread |
| | | 516 Multigrain bread |
| | | 517 Cottonseed bread |
| | | 518 Other breads |
| | 52 Quick Breads | 521 Biscuits |
| | | 522 Cornbread and corn muffins |
| | | 523 Other muffins and popovers |
| | | 524 Quickbreads excluding cornbread and muffins |

[1]NFS - Not further specified

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| | 53 Cakes, Cookies, Pies, and Pastries | 531 Cakes |
| | | 532 Cookies |
| | | 533 Pies |
| | | 534 Cobblers, eclairs, turnovers, and other pastries |
| | | 535 Danish, breakfast pastries, bars, and doughnuts |
| | | 536 Coffee cakes, not yeast type |
| | 54 Crackers and Salty Snacks from Grain Products | 541 Sweet crackers |
| | | 542 Low sodium (dietary) crackers |
| | | 543 Nonsweet crackers |
| | | 544 Salty snack products from grain products |
| | 55 Pancakes, Waffles, and French Toast | 551 Pancakes |
| | | 552 Waffles |
| | | 553 French toast |
| | | 554 Crepes |
| | | 555 Flour-water patties |
| | | 556 Flour-milk patties |
| | | 557 Rice flour cakes |
| | 56 Cooked Pastes and Cooked Cereals | 561 Pastes |
| | | 562 Cooked cereals |

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| | 57 Ready-to-Eat Cereals | 571 Cereal, ready-to-eat, NFS[1] |
| | | 571 Buckwheat cereals |
| | | 572 Bran cereals |
| | | 573 Corn cereals |
| | | 574 Oat cereals |
| | | 575 Rice cereals |
| | | 576 Wheat cereals |
| | | 577 Multigrain cereals |
| | | 578 Baby cereals |
| | | 579 Other cereals |
| | 58 Mixtures, Mostly Grain | 581 Mixtures with animal protein |
| | | 582 Mixtures without animal protein |
| | | 583 Frozen plate meals |
| | | 584 Soups with grain product as main ingredient |
| | | 585 Baby-food mixtures with animal protein |
| 6 FRUITS | 61 Citrus Fruits and Juices | 611 Citrus fruits |
| | | 612 Citrus fruit juices |
| | 62 Dried Fruits | 621 Dried fruits |
| | 63 Fruits and Berries (exclude citrus, dried) | 631 Fruit excluding berries |
| | | 632 Berries |
| | | 633 Mixtures of two or more fruits |
| | | 634 Mixtures of fruits, berries, and nonfruit items |

[1]NFS - Not further specified

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| | 64 Fruit Juices and Nectars (exclude citrus) | 641 Juices<br>642 Nectars |
| | 67 Baby or Strained and Junior Fruits and Juices | 671 Fruits and fruit mixtures<br>672 Juices<br>673 Fruits with cereal<br>674 Fruit desserts and puddings |
| 7 VEGETABLES | 71 White Potatoes | 710 White potatoes, NFS[1]<br>711 Baked, boiled, and canned<br>712 Chips and sticks<br>713 Creamed, scalloped, and au gratin<br>714 Fried<br>715 Mashed, stuffed, and puffs<br>716 Salad<br>717 Special recipes<br>718 Soups<br>719 Puerto Rican starchy vegetables |
| | 72 Dark-Green Vegetables | 721 Dark-green leafy vegetables<br>722 Dark-green nonleafy vegetables<br>723 Dark-green vegetable soups |
| | 73 Deep-Yellow Vegetables | 731 Carrots<br>732 Pumpkin<br>733 Squash<br>734 Sweetpotatoes<br>735 Deep-yellow vegetable soups |

[1]NFS - Not further specified

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| | 74 Tomatoes | 741 Raw tomatoes |
| | | 742 Cooked tomatoes |
| | | 743 Tomato juice |
| | | 744 Tomato sauces |
| | | 745 Tomato mixtures |
| | | 746 Tomato soups |
| | | 747 Tomato sandwiches |
| | 75 Other Vegetables and Vegetable Mixtures | 751 Raw vegetables |
| | | 752 Cooked or canned vegetables |
| | | 753 Cooked vegetables, mixtures of two or more vegetables (including nuts) |
| | | 754 Cooked vegetables with sauces, batters, casseroles |
| | | 755 Olives, pickles, and relishes (excluding tomatoes) |
| | | 756 Vegetable soups |
| | 76 Baby or Strained and Junior Vegetables and Mixtures Mostly Vegetables | 761 Dark-green vegetables |
| | | 762 Deep-yellow vegetables |
| | | 764 Vegetables other than dark-green, deep-yellow, and tomato |
| | | 765 Potato mixtures with meat |
| | | 766 Vegetable mixtures and meat with cereal |
| | | 767 Vegetable mixtures and liver with cereal |
| | 77 Vegetable Mixtures with Animal Protein | 771 White potato mixtures |
| | | 772 Puerto Rican starchy vegetable (viandas) mixtures |
| | | 773 Other vegetable mixtures |
| | | 775 Puerto Rican stews and soups with starchy vegetables (viandas) |

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| 8 FATS, OILS, AND SALAD DRESSINGS | 81 Fats | 811 Table fats |
| | | 812 Cooking fats |
| | | 813 Other fats |
| | 82 Oils | 821 Vegetable oils |
| | 83 Salad Dressings | 831 Regular-type salad dressings |
| | | 832 Low-calorie-type salad dressing |
| 9 SUGAR, SWEETS, AND BEVERAGES | 91 Sugar and Sweets | 911 Sugars |
| | | 912 Sugar replacements and substitutes |
| | | 913 Sirups, honey, and molasses |
| | | 914 Jellies, jams, and preserves |
| | | 915 Gelatin desserts and salads |
| | | 916 Ices and popsicles |
| | | 917 Candies |
| | | 918 Chewing gum and cough drops |
| | 92 Nonalcoholic Beverages | 921 Coffee |
| | | 922 Coffee substitutes |
| | | 923 Tea |
| | | 924 Soft drinks |
| | | 925 Fruit 'ades and drinks |
| | | 926 Nonfruit beverages |
| | | 929 Sugar concentrates with vitamin C, powdered, not reconstituted |
| | 93 Alcoholic Beverages | 931 Beers and ales |
| | | 932 Cordials and liqueurs |
| | | 933 Cocktails |
| | | 934 Wines |
| | | 935 Distilled liquors |

| Major food groups | Major food subgroups | Minor food subgroups |
|---|---|---|
| 0 FOOD ITEMS FOR WHICH NO NUTRITIVE VALUES ARE ASSIGNED | 00 Blank | 001 Artificial sweeteners |
| | | 002 Extracts, flavors, and vinegar |
| | | 003 Seasonings, spices, and herbs |
| | | 004 Vitamins, minerals, and supplements |
| | | 009 Cooking oils, sprays, and sticks |

# Appendix D: Sample Analysis

## Description of the Sample

The NFCS 1977-78 actually consisted of two surveys and two target populations. The first survey collected information from 14,930 private households (unweighted count) of 1 or more members. The households were from a statistically selected sample of all private households in the 48 conterminous States, stratified by region, urbanization, and geographic or demographic similarities. The second survey collected information from 30,770 individuals (unweighted) in the households of the first survey. The number of individuals represents approximately 90 percent (estimated from spring quarter) of those that were eligible by the survey design, and 14,035 households (unweighted) had at least one member sampled. Excluded from this report are about 9 percent or 2,740 individuals (unweighted) who did not complete food intake questionnaires for all 3 days.

## Design

The household survey was designed to be a self-weighting, multistage, stratified area sample of 15,000 households in the conterminous States. During each quarter, 3,750 households were to be sampled by use of an interpenetrating design. The sampling frame was organized by use of the 1970 Census of Population and Housing. In the spring quarter of the individual survey, all members of the households were eligible to participate. In the other quarters of the individual survey, all individuals 18 years or younger were eligible, but only one-half of those 19 years or older were eligible.

## Stratification

The 48 conterminous States were divided into 114 strata on the basis of 3 levels of stratifications--geographic division, urbanization or zone, and demographic or other geographic similarities. Each of the nine census geographic divisions that comprise the four census regions (see tabulation) was divided into the three census zones defined below:

Zone I (Central city)--the area comprised of the central city or cities in standard metropolitan statistical areas (SMSA);

Zone II (Suburban)--the area in SMSA's outside Zone I;

Zone III (Nonmetropolitan)--any area not included in Zones I and II.

The two levels of division and zone were then grouped at the third level based on cities or other political entities, economic trading areas, geographic units, and/or by size. This procedure resulted in 114 homogeneous strata of approximately 600,000 households each. The distribution of these strata by census geographic divisions and zones is shown below.

| Census region and division | Number of strata: Central city Zone I | Suburban Zone II | Nonmetropolitan Zone III | Division |
|---|---|---|---|---|
| Northeast: | | | | |
| New England ..... | 2 | 3 | 2 | 7 |
| Middle Atlantic .. | 8 | 9 | 4 | 21 |
| North Central: | | | | |
| East North Central | 8 | 8 | 6 | 22 |
| West North Central | 2 | 2 | 5 | 9 |
| South: | | | | |
| South Atlantic ... | 4 | 6 | 7 | 17 |
| East South Central | 2 | 1 | 4 | 7 |
| West South Central | 4 | 2 | 5 | 11 |
| West: | | | | |
| Mountain ..... | 2 | 1 | 2 | 5 |
| Pacific ..... | 6 | 7 | 2 | 15 |
| Total ..... | 38 | 39 | 37 | 114 |

## Primary Sampling Units

Every stratum was divided into one or more primary sampling units (PSU). The PSU's were formed from cities, parts of cities, or from counties and each contained at least 10,000 housing units. Twelve strata were represented by only one PSU each, and these PSU's were picked with certainty.[1] From the other 102 strata, PSU's were drawn with probabilities proportional to size.

[1]Cook Co., IL; Kings Co., NY; Los Angeles Co., CA (double strata); New York Co., NY; Queens Co., NY; Chicago, IL (double strata); Detroit, MI; Los Angeles, CA (double strata); Philadelphia, PA.

## Selection of Area Segments Within PSU's

Each PSU drawn was divided into small clusters of housing units called "area segments." The area segments were designed, based on the 1970 Census, to contain 100 or more housing units. In urban areas, area segments usually consisted of one or more city blocks; elsewhere, they consisted of part of a Census enumeration district. From the PSU's, 2,500 area segments were drawn; the number of area segments in a PSU was proportional to the size of the stratum in which the PSU was located. The probability that an individual area segment would be drawn from a PSU was proportional to the ratio of the number of housing units in the area segment to the total number of units in the PSU.

## Prelisting of Area Segments

All 2,550 area segments were prelisted to determine the number of occupied housing units. Then, the national increase in the number of housing units from 1970 to 1977 was estimated. This information, together with estimates of occupancy and completion rates, permitted calculation of sampling ratios for the area segments that would yield a total of 3,750 households per quarter.

## Selection of Sample Housing Units

For the first 2 quarters, an average sampling ratio of 2.3 households per segment was used. The housing units were ordered within their respective segments. For each quarter, a sample was systematically selected from each segment, without replacement, after a random start. By the end of the second quarter, the estimated completion rate had been adjusted, and an average

sampling ratio of 2.86 households per segment was used for the last 2 quarters. With the above adjustments, the target of responses from 15,000 households was closely approximated during the year-long survey period.

## Selection of Eligible Individuals

During the spring quarter, all individuals regularly living in the selected household were eligible to participate in the individual intake phase of the survey. During the other quarters, all individuals under 19 years of age were eligible but only half of the individuals 19 years and older were eligible. The selection was accomplished by using a special form. All individuals over 18 in a given household were entered on the form in the same order in which they were listed in the household survey. Then either the odd- or even-numbered persons were selected, depending on information on the form. This selection process was centrally controlled, and could not be modified by the interviewers. In one-person households, the household member was always eligible to participate.

If a household member was away from home during the initial interview but was expected to return before the end of the 3-day recording period, intake forms were left to be filled in with the assistance of the household respondent.

## Weights

Although the household survey was designed to be self-weighting, it was determined after the survey ended that the completion rates for the various PSU's differed at a statistically significant level. Therefore, weighting factors were applied to data from completed schedules. The weights were calculated for each quarter for every PSU. The weights were designed to be proportional to the ratio of the expected number of completed schedules in a PSU to the collected number of completed schedules in a PSU; weights were scaled so that there would be 3,740 completed schedules per quarter. The weight factor applied to the household was also applied to the records of every individual in that household. In the summer, fall, and winter quarters, the weight factor was doubled for individuals over 18 years old to adjust for the half sampling that occurred. In one-person households, however, the weight factor was not doubled, regardless of the age of the individual. After weighting was completed, a few household schedules had to be discarded because of invalid or incomplete data. The following tabulation gives the weighted and unweighted household and individual counts by season:

| Quarter | Households | | Individuals | |
|---|---|---|---|---|
| | Weighted count | Unweighted count | Weighted count | Unweighted count |
| Spring ..... | 3,739 | 3,322 | 9,811 | 8,778 |
| Summer ..... | 3,728 | 3,468 | 10,107 | 6,584 |
| Fall ..... | 3,728 | 4,071 | 10,140 | 7,696 |
| Winter ..... | 3,731 | 4,069 | 10,151 | 7,712 |
| Total ..... | 14,926 | 14,930 | 40,209 | 30,770 |

## Collection Counts

The following are the weighted and unweighted counts of individuals in the 22 sex-age groups distributed by the number of days of dietary intake reported for the year:

Number of daily dietary reports in the NFCS 1977-78

| Sex and age (years) | Dietary intakes reported | | | | | |
|---|---|---|---|---|---|---|
| | 1 day | | 2 days | | 3 days | |
| | Weighted count | Unweighted count | Weighted count | Unweighted count | Weighted count | Unweighted count |
| Males and females: | | | | | | |
| Under 1 ..... | 26 | 23 | 9 | 8 | 524 | 535 |
| 1-2 ..... | 52 | 46 | 34 | 33 | 1,045 | 1,064 |
| 3-5 ..... | 76 | 67 | 56 | 52 | 1,719 | 1,740 |
| 6-8 ..... | 94 | 90 | 72 | 64 | 1,841 | 1,879 |
| Males: | | | | | | |
| 9-11 ..... | 50 | 46 | 28 | 26 | 939 | 961 |
| 12-14 ..... | 42 | 39 | 34 | 32 | 1,150 | 1,168 |
| 15-18 ..... | 67 | 63 | 49 | 48 | 1,394 | 1,399 |
| 19-22 ..... | 86 | 55 | 36 | 24 | 1,030 | 659 |
| 23-34 ..... | 223 | 133 | 93 | 57 | 2,716 | 1,750 |
| 35-50 ..... | 232 | 149 | 82 | 49 | 2,571 | 1,655 |
| 51-64 ..... | 182 | 115 | 56 | 35 | 2,161 | 1,388 |
| 65-74 ..... | 105 | 64 | 23 | 16 | 1,049 | 686 |
| 75 and over .... | 54 | 41 | 9 | 6 | 465 | 326 |
| Females: | | | | | | |
| 9-11 ..... | 46 | 45 | 26 | 27 | 1,011 | 1,034 |
| 12-14 ..... | 37 | 33 | 35 | 29 | 1,148 | 1,159 |
| 15-18 ..... | 60 | 60 | 62 | 57 | 1,473 | 1,479 |
| 19-22 ..... | 128 | 74 | 59 | 34 | 1,317 | 814 |
| 23-34 ..... | 374 | 207 | 93 | 51 | 3,879 | 2,394 |
| 35-50 ..... | 336 | 193 | 88 | 54 | 3,759 | 2,322 |
| 51-64 ..... | 346 | 210 | 64 | 44 | 2,936 | 1,963 |
| 65-74 ..... | 153 | 109 | 46 | 26 | 1,376 | 1,057 |
| 75 and over .... | 101 | 84 | 31 | 22 | 751 | 598 |
| All individuals .. | 2,870 | 1,083 | 1,083 | 794 | 36,255 | 28,030 |

Collection Counts in Supplemental Surveys

The following are weighted and unweighted counts of households and individuals in the six surveys supplemental to the NFCS 1977-78:

Number of households and individuals in supplemental surveys

| Survey | Households | | Individuals | |
|---|---|---|---|---|
| | Weighted | Unweighted | Weighted | Unweighted |
| | Number | | | |
| Puerto Rico Households, July 1977-December 1977 | 3,040 | 3,040 | 7,902 | 7,950 |
| Alaska Households, January 1978-March 1978 (urban only) | 1,131 | 1,131 | 2,361 | 2,393 |
| Hawaii Households, January 1978-March 1978 | 1,256 | 1,256 | 3,050 | 3,086 |
| Low-Income Households, November 1977-March 1978, 48 conterminous States | 4,629 | 4,623 | 12,266 | 12,847 |
| Households with at least one member 65 years or older, May 1977-March 1978, 48 conterminous States | ([1]) | 4,914 | ([1]) | 8,036 |
| Low-Income Households, November 1979-March 1980, 48 conterminous States | 3,009 | 3,002 | 9,123 | 8,492 |

[1]Not applicable

# Appendix E: Differences Between Individual Food Intake and Household Food Consumption Data

Individual intake data differ from household food consumption data in several important respects that prevent direct comparisons of the two types of data despite collection from the same sample of households (1, 7). Individuals' food intakes were recorded as ingested. Food used by the household was reported in the form as purchased or as brought into the kitchen with no deductions for food later discarded for such reasons as spoilage, spillage, plate waste, or leftovers fed to pets. Individual intake included total food eaten, both at home and away from home. Household food consumption included quantities from the home food supply only.

Also, for some foods, "intake as ingested" can differ from "food as served" because it excludes uneaten parts such as bones, rind, pits, and leftovers. For many foods, such as most meats, only the cooked form is ingested.

The 3 consecutive days of individual intake information included a recall for the day before the interview administered by the interviewer with individuals present answering for themselves; intakes for the remaining 2 days were self-recorded. The interviewer recorded household food consumption as recalled by the household respondent for the preceding 7 days, ending with the time of the interview.

Foods as ingested often consisted of mixtures of several foods, such as stews, salads, soups, and casseroles. Mixtures were usually reported by the respondent as a single item and grouped for presentation in this report by the mixture's main ingredient. For example, macaroni and cheese was classified in the grain mixtures group. Household food consumption included fewer mixtures because ingredients were often reported before mixtures were prepared, and, therefore, could be classified into more homogeneous food groups.

For individual food intake, the "average intake per individual" was calculated from the reports of food as ingested by individuals and averaged for specific sex-age categories. For household food consumption, the "average quantity per person" was calculated by dividing the quantity of all food used by the household equally, in terms of the number of meals consumed, by all persons eating from the household food supply, and averaging for specified categories of households (20).

Although both individual intake data and household food consumption data were collected from the same sample of households, the groups of households included in the analysis differ. Data reported for household food consumption include only those households with at least 1 person having 10 or more meals from the household food supply during the 7 days before the interview. These households are termed housekeeping households and accounted for about 94 percent of the households in the basic 1977-78 sample. Data reported for individual intakes include the data for individuals in housekeeping and in nonhousekeeping households. Not all participating households, however, supplied information on individual intakes.

Finally, the unit of analysis (household or individual) differs in the two phases of the NFCS. Each household is an independent unit and, regardless of its size, is given equal weight in most analyses. Although individuals are members of households, they are treated as independent cases in reports of individual intakes. A weighting effect occurs for individuals that becomes greater as the size of the household increases. As a consequence, large households have a greater impact on results of the individual intake phase than do small households.

# Appendix F: Comparison of 1- and 3-day Food Intakes in Spring 1977

In the 1977-78 NFCS, a 1-day recall and a 2-day record of food intake were requested of all individuals surveyed. Data from the interviewer-administered 1-day recalls for spring 1977 have been published (8). Three-day food intakes include the recall and record, and intakes for all 3 days were obtained from 90 percent of the eligible individual participants (9,770, excluding breast-fed infants). The numbers of individuals providing 1-day recalls and 3-day reports were 9,620 and 8,780, respectively, excluding breast-fed infants.

For 21 of the 53 food categories, average intakes by all individuals were the same for 1 day and for 3 days. These food categories were: total meat group; pork; lamb, veal, game; organ meats; meat mixtures; cheese; eggs; ready-to-eat cereals; total fats and oils; table fats; salad dressing; white potatoes; dark-green vegetables; fruit drinks and ades; total fruits; dried fruit; apples; noncitrus juices and nectars; sugar and sweets; sugar; and candy. For 10 food categories, differences were less than or equal to 2.0 percent; for 14 food categories, they were 2.1 to 5.0 percent; and for the other 8 food categories, differences were greater than 5.0 percent. Thus, for the majority of food categories, differences were small. For sex-age groups, differences were often greater. Average intakes of 32 of the 53 food categories by all individuals for 1 day and for 3 days in spring 1977 are compared below.

| Food category | Average intake by all individuals | | Percent difference |
|---|---|---|---|
| | 1 day | 3 days | |
| | Grams | | |
| Less than or equal to 2 percent: | | | |
| Beef | 54 | 53 | - 1.9 |
| Total milk and milk products | 352 | 354 | .6 |
| Milk and milk drinks | 266 | 269 | 1.1 |
| Fluid milk | 242 | 244 | .8 |
| Total grain products | 204 | 201 | - 1.5 |
| Grain mixtures | 49 | 48 | - 2.0 |
| Total vegetables | 201 | 198 | - 1.5 |
| Total nonalcoholic beverages | 604 | 597 | - 1.2 |
| Coffee | 262 | 257 | - 1.9 |
| Tea | 129 | 131 | 1.6 |
| 2.1 to 5.0 percent: | | | |
| Total poultry | 27 | 26 | - 3.7 |
| Chicken | 24 | 23 | - 4.2 |
| Frankfurters, sausages, luncheon meats | 20 | 19 | - 5.0 |
| Cream and milk desserts | 26 | 25 | - 3.8 |
| Bread, rolls, biscuits | 62 | 60 | - 3.2 |
| Other baked goods | 49 | 47 | - 4.1 |
| Total cereals and pastas | 44 | 46 | 4.5 |
| Tomatoes | 22 | 23 | 4.5 |
| "Other" vegetables | 99 | 95 | - 4.0 |
| Citrus fruit and juice | 70 | 67 | - 4.3 |
| Total noncitrus fruit | 72 | 74 | 2.8 |
| "Other" fruits, mixtures | 38 | 39 | 2.6 |
| Total beverages | 667 | 651 | - 2.4 |
| Soft drinks | 185 | 181 | - 2.2 |
| Greater than 5.0 percent: | | | |
| Fish | 11 | 12 | 9.0 |
| Yogurt | 3 | 4 | 33.0 |
| Legumes, nuts, seeds | 26 | 24 | - 7.7 |
| Deep-yellow vegetables | 8 | 7 | -12.5 |
| Citrus fruit juice | 57 | 54 | - 5.3 |
| Bananas | 8 | 9 | 12.5 |
| Alcoholic beverages | 63 | 54 | -14.3 |
| Beer | 51 | 43 | -15.7 |

# Appendix G: Comparison of Food Intakes in Spring 1977 Using 1965 and 1977 Methods

The method of collecting data from individuals used in the NFCS 1977-78 differed slightly from the method used in the 1965 survey. In 1965, no advance notice of the interview was given. Also, in 1965, an individual intake was obtained for only 1 day (the preceding day), and the household respondent provided this information for all eligible household members. In 1965, the sample included all household members under 20 and over 64 years of age and one-half of the members 20 through 64 years. Each report for individuals 20 through 64 years was treated as two records in tabulations and data analysis. A form was left to be completed and returned by mail if the household respondent could not supply the information.

In order to assess the impact of these changes, a "bridging" survey was conducted in the spring of 1977 using the 1965 method. Results of a preliminary study (unpublished) of the bridging survey indicated that the changes in method had minimal impact on average intakes of the major food groups, based on 1-day recalls, as shown below.

Comparison of food intakes in spring 1977 using 1965 and 1977 methods

| | Bridging survey | | Basic survey | |
|---|---|---|---|---|
| | Average intake | Individuals using | Average intake | Individuals using |
| | Grams | Percent | Grams | Percent |
| Meat, poultry, fish | 199 | 92.0 | 207 | 92.8 |
| Milk and milk products (in calcium equivalents) | 353 | 81.5 | 352 | 80.7 |
| Eggs | 30 | 35.8 | 27 | 31.9 |
| Legumes, nuts, seeds | 26 | 21.1 | 26 | 20.2 |
| Grain products | 207 | 96.3 | 204 | 95.7 |
| Fats and oils | 13 | 59.4 | 14 | 60.3 |
| Vegetables | 202 | 85.8 | 201 | 85.6 |
| Nonalcoholic beverages | 620 | 82.1 | 604 | 83.5 |
| Alcoholic beverages | 67 | 10.0 | 63 | 10.4 |
| Fruits | 150 | 54.4 | 142 | 54.2 |
| Sugar and sweets | 23 | 52.9 | 23 | 50.3 |

# Appendix H: Comparison of Food Intakes in Spring 1965 and Spring 1977

The 1-day dietary recall information collected in the spring 1977 NFCS was compared with the 1-day recall information collected in the spring 1965 survey. The food items reported in the 1965 survey--as they appear on the spring individual food intake 1965 data tape (see appendix J)--were organized to match the food groups used to tabulate food items in the 1977 survey. Tables 1 to 15 show the average intakes and percentage of users in 1977 and 1965.

Major differences in average intakes by all individuals combined are as follows:

| Change from 1965 of 30 percent and over | Change from 1965 of 10 to 29 percent |
|---|---|
| **Decreased** | |
| Pork | Frankfurters, sausages, luncheon meats |
| Cream and milk desserts | Milk and milk products |
| Table fats | Milk and milk drinks |
| Sugar | Fluid milk |
| Candy | Eggs |
| | Bread, rolls, biscuits |
| | Other baked goods |
| | Fats and oils |
| | Tomatoes |
| | Noncitrus fruits |
| | Bananas |
| | Coffee |
| **Increased** | |
| Cheese | Poultry |
| Grain mixtures | Meat mixtures |
| Dark-green vegetables | Salad dressings |
| Citrus juices | Ready-to-eat cereals |
| Tea | "Other" vegetables |
| Fruit drinks, ades | Citrus fruits and juices |
| Alcoholic beverages | Soft drinks |

Average intakes of meat, poultry, and fish and the percentage of individuals reporting items from this group were similar in the two surveys for most sex-age groups. However, changes in meat subgroups did occur. Beef intakes and the percentage of users were slightly lower for the majority of sex-age groups in 1977 than in 1965; for pork, the decline was considerably greater. Poultry consumption--in terms of both average intakes and percentage of users--increased in 1977 for well over one-half of the sex-age groups. Consumption of frankfurters, sausages, and luncheon meats was lower in 1977 than in 1965 for nearly all the sex-age groups. Meat mixture consumption was substantially higher in 1977 than in 1965 for nearly all sex-age groups.

Average intakes of milk and milk products, expressed in calcium equivalents, were generally lower in 1977 than in 1965 for infants, children, and teenagers. However, intakes by men over 18 years and women over 22 years were higher in 1977 than in 1965. Infants consumed 30 percent less in 1977 than in 1965 and 1- to 5-year-olds consumed nearly 25 percent less, but the drop was smaller for older children and teenagers. Fluid milk consumption was lower in 1977 than in 1965 for all sex-age groups, but intakes of cheese were higher.

Egg intakes were down considerably in 1977 from 1965 mainly because of fewer persons eating eggs.

Consumption of legumes and nuts (including peanut butter) was generally lower in 1977 than in 1965 for children, teenagers, and adults under 35 years, but higher for most groups of older adults.

In 1977, average intakes of total grain products were lower than in 1965. Infants, adults under 65 years, and men over 74 years generally showed the largest reductions. Average consumption of bread, rolls, and biscuits by sex-age groups fell about 20 to 40 percent from 1965 to 1977, except for women over 64 years. However, bread or rolls, if part of a sandwich that was reported as a single item, might be included in the food group of the filling. Intakes of other baked goods--such as cookies, cakes, pies, and crackers--were also lower in 1977, especially for men under 65 years and females 15 to 34 years. One-half of the sex-age groups showed higher consumption of cereals and pastas in 1977, while all the sex-age groups consumed more ready-to-eat cereals. All sex-age groups except three had large increases in intakes of grain mixtures from 1965 to 1977. Consumption of fats and oils was lower in 1977 than in 1965.

More vegetables as a total group were eaten in 1977 than in 1965 by adults over 35 years, but less were eaten by most groups of children and teenagers. (Vegetables that are ingredients of mixtures in other food groups such as the meat group are not included in the vegetable group.) White potatoes were reported by a smaller proportion of individuals in 1977 than in 1965, although average intakes were larger for a number of the sex-age groups. For the majority of sex-age groups, intakes of tomatoes and deep-yellow vegetables were lower in 1977 than in 1965, but intakes of dark-green and other vegetables were generally higher. For 14 of the 22 sex-age groups, average intakes of total fruits and juices in 1977 were above those in 1965, especially for children under 3 years and adults over 50 years. Nearly all sex-age groups reported larger intakes of citrus juices.

Sugar and sweets intakes were lower in 1977 than in 1965. The largest cutbacks were by teenage girls and adults under 35 years, and the smallest by elderly women.

Several changes occurred in beverage intakes. Coffee intakes decreased in 1977, with the largest drop evidenced in the 19- to 22-year-old group. Tea intakes, however, were up in 1977. Considerably more soft drinks were drunk in 1977 than in 1965. About one-half of children 3 to 11 years, teenagers, and adults under 35 years reported soft drinks in 1977, but only one-third of adults over 35 years did so. Consumption of fruit drinks and ades was the same or higher in 1977 than in 1965. Average intakes were twice those in 1965 for some groups of children and for the oldest adults. Reported consumption of alcoholic beverages was also higher in 1977 than in 1965.

Table 1.--Total meat, poultry, fish; Beef; Pork[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Individuals | | Total meat, poultry, fish | | | | Beef | | | | Pork | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Number-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | | | |
| Under 1 year.... | [2]404 | 78 | 50 | 72 | 43.1 | 56.0 | 4 | 9 | 5.9 | 11.3 | 3 | 4 | 5.0 | 6.0 |
| 1-2..... | [2]801 | 264 | 103 | 91 | 86.6 | 87.2 | 22 | 18 | 28.3 | 27.4 | 13 | 6 | 26.2 | 18.9 |
| 3-5..... | 1,397 | 437 | 127 | 121 | 90.1 | 89.7 | 33 | 23 | 32.4 | 29.6 | 20 | 8 | 28.5 | 21.8 |
| 6-8..... | 1,405 | 469 | 157 | 149 | 93.2 | 93.3 | 37 | 33 | 32.2 | 31.0 | 21 | 15 | 28.4 | 25.7 |
| Males: | | | | | | | | | | | | | | |
| 9-11..... | 663 | 216 | 188 | 188 | 94.4 | 96.4 | 48 | 41 | 34.8 | 32.7 | 28 | 22 | 32.0 | 21.9 |
| 12-14..... | 626 | 313 | 220 | 218 | 93.9 | 95.1 | 58 | 53 | 39.6 | 35.3 | 26 | 18 | 32.1 | 18.7 |
| 15-18..... | 725 | 400 | 272 | 272 | 95.2 | 96.4 | 76 | 82 | 39.0 | 40.1 | 48 | 24 | 37.1 | 26.2 |
| 19-22..... | 331 | 287 | 311 | 310 | 95.2 | 92.9 | 113 | 90 | 48.6 | 41.7 | 45 | 21 | 34.7 | 26.7 |
| 23-34..... | 1,152 | 770 | 342 | 285 | 97.6 | 93.6 | 102 | 86 | 41.7 | 40.5 | 60 | 27 | 43.1 | 25.9 |
| 35-50..... | 1,710 | 784 | 304 | 295 | 96.0 | 96.4 | 101 | 75 | 45.6 | 40.7 | 49 | 28 | 40.4 | 31.7 |
| 51-64..... | 1,074 | 634 | 284 | 274 | 97.4 | 96.4 | 82 | 70 | 40.4 | 36.9 | 53 | 32 | 44.3 | 30.7 |
| 65-74..... | 450 | 295 | 216 | 231 | 93.6 | 94.6 | 59 | 54 | 34.2 | 37.4 | 37 | 25 | 40.0 | 35.4 |
| 75 and over..... | 205 | 127 | 212 | 196 | 94.1 | 95.1 | 45 | 41 | 28.8 | 28.1 | 35 | 39 | 37.6 | 43.0 |
| Females: | | | | | | | | | | | | | | |
| 9-11..... | 597 | 241 | 157 | 162 | 92.1 | 93.4 | 35 | 38 | 31.8 | 33.7 | 20 | 17 | 26.3 | 20.2 |
| 12-14..... | 625 | 309 | 183 | 176 | 92.5 | 92.2 | 51 | 47 | 35.4 | 30.7 | 26 | 19 | 29.9 | 25.8 |
| 15-18..... | 674 | 402 | 196 | 180 | 93.8 | 91.2 | 57 | 46 | 40.8 | 31.7 | 32 | 14 | 33.1 | 19.6 |
| 19-22..... | 480 | 337 | 212 | 184 | 92.3 | 90.2 | 59 | 52 | 32.7 | 34.8 | 46 | 19 | 38.5 | 21.0 |
| 23-34..... | 1,418 | 949 | 197 | 183 | 92.7 | 90.2 | 62 | 48 | 38.1 | 33.4 | 29 | 17 | 32.7 | 22.8 |
| 35-50..... | 2,072 | 942 | 197 | 187 | 94.4 | 93.1 | 55 | 49 | 35.3 | 36.4 | 32 | 19 | 34.9 | 26.3 |
| 51-64..... | 1,296 | 792 | 186 | 187 | 94.4 | 92.9 | 53 | 52 | 36.3 | 35.6 | 29 | 19 | 35.5 | 27.1 |
| 65-74..... | 599 | 377 | 168 | 159 | 89.6 | 92.0 | 42 | 34 | 30.7 | 29.5 | 29 | 21 | 34.1 | 28.9 |
| 75 and over..... | 311 | 197 | 157 | 134 | 90.7 | 90.6 | 39 | 31 | 30.5 | 31.8 | 26 | 17 | 32.8 | 27.2 |
| All individuals... | 19,015 | 9,620 | 207 | 207 | 92.5 | 92.8 | 59 | 54 | 36.0 | 35.0 | 33 | 20 | 33.9 | 25.8 |

[1]See "Table Notes," appendix B.
[2]Excludes breast-fed infants.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 2.--Poultry; Frankfurters, sausages, luncheon meats; Fish and shellfish; Mixtures mainly meat, poultry, fish[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Poultry | | | | Frankfurters, sausages, luncheon meats | | | | Fish and shellfish | | | | Mixtures mainly meat, poultry, fish | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1 year.... | 3 | 4 | 4.2 | 4.5 | 1 | 2 | 3.2 | 4.9 | 0 | 0 | 1.0 | 0 | 35 | 51 | 30.0 | 31.0 |
| 1-2..... | 10 | 16 | 12.4 | 19.6 | 15 | 15 | 27.3 | 31.4 | 3 | 4 | 5.7 | 5.7 | 40 | 32 | 36.0 | 32.3 |
| 3-5..... | 16 | 19 | 15.5 | 17.5 | 21 | 15 | 32.1 | 33.6 | 5 | 6 | 6.9 | 7.9 | 36 | 49 | 32.4 | 35.0 |
| 6-8..... | 24 | 20 | 19.0 | 18.3 | 24 | 17 | 34.1 | 31.3 | 7 | 7 | 7.8 | 8.3 | 48 | 55 | 35.9 | 33.9 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 25 | 24 | 17.2 | 16.7 | 25 | 19 | 35.3 | 33.7 | 8 | 7 | 7.7 | 10.6 | 57 | 71 | 38.0 | 39.5 |
| 12-14..... | 30 | 27 | 17.3 | 17.8 | 33 | 25 | 33.5 | 28.8 | 10 | 8 | 8.5 | 8.5 | 68 | 87 | 39.1 | 43.5 |
| 15-18..... | 26 | 37 | 15.3 | 19.8 | 40 | 25 | 36.1 | 32.1 | 12 | 7 | 7.7 | 6.8 | 80 | 93 | 43.2 | 42.3 |
| 19-22..... | 24 | 45 | 13.0 | 21.6 | 46 | 33 | 39.6 | 36.3 | 14 | 6 | 10.0 | 2.9 | 77 | 112 | 37.5 | 43.2 |
| 23-34..... | 33 | 31 | 16.7 | 15.1 | 39 | 30 | 37.7 | 32.2 | 14 | 14 | 7.3 | 9.1 | 95 | 94 | 43.6 | 40.1 |
| 35-50..... | 34 | 31 | 17.2 | 18.3 | 36 | 26 | 34.2 | 29.9 | 14 | 17 | 9.0 | 11.2 | 74 | 113 | 40.4 | 44.6 |
| 51-64..... | 26 | 31 | 15.1 | 16.7 | 34 | 29 | 29.8 | 33.0 | 15 | 22 | 9.5 | 11.3 | 72 | 86 | 37.1 | 35.6 |
| 65-74..... | 27 | 29 | 16.2 | 19.5 | 25 | 22 | 22.9 | 31.6 | 11 | 21 | 6.0 | 10.5 | 57 | 72 | 31.8 | 34.3 |
| 75 and over..... | 27 | 28 | 17.1 | 21.8 | 22 | 19 | 22.4 | 29.0 | 15 | 5 | 8.3 | 4.0 | 69 | 54 | 37.6 | 23.9 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 24 | 27 | 18.6 | 22.7 | 22 | 20 | 32.8 | 34.8 | 8 | 5 | 8.4 | 9.1 | 50 | 55 | 34.8 | 32.5 |
| 12-14..... | 19 | 23 | 15.4 | 17.3 | 27 | 18 | 33.9 | 30.8 | 8 | 7 | 8.6 | 8.4 | 57 | 61 | 36.5 | 35.3 |
| 15-18..... | 18 | 28 | 13.1 | 21.4 | 23 | 16 | 30.3 | 26.7 | 9 | 11 | 8.3 | 7.3 | 59 | 61 | 39.2 | 36.0 |
| 19-22..... | 19 | 26 | 15.2 | 17.7 | 18 | 18 | 26.5 | 25.5 | 11 | 8 | 10.4 | 7.5 | 59 | 61 | 35.2 | 31.9 |
| 23-34..... | 20 | 24 | 14.8 | 17.4 | 22 | 16 | 29.6 | 24.9 | 9 | 10 | 7.8 | 9.0 | 54 | 66 | 35.8 | 32.5 |
| 35-50..... | 23 | 24 | 15.5 | 18.9 | 19 | 14 | 25.2 | 23.7 | 13 | 14 | 9.9 | 11.5 | 54 | 63 | 35.2 | 34.0 |
| 51-64..... | 25 | 26 | 16.7 | 17.8 | 19 | 12 | 25.0 | 21.0 | 10 | 12 | 7.1 | 10.3 | 49 | 60 | 33.8 | 34.6 |
| 65-74..... | 22 | 30 | 16.0 | 22.4 | 13 | 12 | 18.5 | 23.5 | 9 | 9 | 6.7 | 7.6 | 51 | 47 | 29.7 | 26.6 |
| 75 and over..... | 27 | 19 | 20.6 | 18.3 | 13 | 9 | 18.3 | 17.9 | 8 | 4 | 6.4 | 5.3 | 45 | 49 | 29.3 | 28.3 |
| All individuals... | 24 | 27 | 15.8 | 18.3 | 25 | 20 | 29.7 | 28.3 | 10 | 11 | 7.9 | 8.9 | 58 | 72 | 36.4 | 35.9 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 3.--Total milk and milk products; Milk and milk drinks; Fluid milk[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Total milk and milk products | | | | Milk and milk drinks | | | | Fluid milk | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 714 | 492 | 98.3 | 92.2 | 694 | 618 | 97.0 | 92.2 | 593 | 361 | 78.0 | 60.9 |
| 1-2..... | 619 | 466 | 98.1 | 93.4 | 591 | 404 | 97.6 | 90.9 | 572 | 397 | 96.3 | 90.5 |
| 3-5..... | 545 | 421 | 94.5 | 91.7 | 508 | 353 | 93.4 | 87.8 | 485 | 330 | 91.8 | 85.6 |
| 6-8..... | 585 | 508 | 95.7 | 93.4 | 538 | 433 | 93.3 | 90.5 | 510 | 401 | 91.3 | 88.5 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 625 | 515 | 94.6 | 92.9 | 573 | 432 | 91.7 | 90.7 | 545 | 402 | 89.0 | 87.9 |
| 12-14..... | 653 | 577 | 93.0 | 90.2 | 594 | 504 | 91.5 | 86.3 | 557 | 461 | 89.5 | 81.1 |
| 15-18..... | 655 | 626 | 90.3 | 85.9 | 595 | 519 | 84.7 | 77.3 | 547 | 467 | 81.9 | 75.7 |
| 19-22..... | 471 | 494 | 83.7 | 81.6 | 423 | 388 | 74.9 | 74.3 | 385 | 353 | 71.6 | 69.7 |
| 23-34..... | 349 | 359 | 87.2 | 73.8 | 299 | 243 | 74.8 | 58.3 | 278 | 213 | 73.6 | 53.6 |
| 35-50..... | 301 | 306 | 85.7 | 75.8 | 242 | 203 | 67.5 | 57.6 | 229 | 192 | 66.3 | 56.5 |
| 51-64..... | 262 | 277 | 85.7 | 77.8 | 205 | 180 | 69.3 | 61.8 | 199 | 173 | 68.9 | 60.9 |
| 65-74..... | 286 | 313 | 87.6 | 81.3 | 229 | 217 | 74.4 | 71.2 | 224 | 204 | 73.3 | 70.4 |
| 75 and over..... | 262 | 293 | 86.8 | 80.7 | 211 | 193 | 76.1 | 67.9 | 203 | 184 | 74.1 | 66.3 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 549 | 465 | 93.1 | 92.5 | 501 | 402 | 89.8 | 88.8 | 474 | 371 | 87.6 | 86.8 |
| 12-14..... | 526 | 470 | 92.6 | 88.6 | 475 | 387 | 88.2 | 80.9 | 451 | 343 | 86.7 | 76.2 |
| 15-18..... | 414 | 405 | 86.1 | 85.4 | 371 | 316 | 78.0 | 74.7 | 348 | 279 | 75.2 | 69.2 |
| 19-22..... | 303 | 303 | 83.3 | 78.1 | 261 | 224 | 70.8 | 65.1 | 245 | 205 | 67.7 | 62.3 |
| 23-34..... | 234 | 272 | 79.8 | 74.3 | 192 | 182 | 65.6 | 58.6 | 180 | 158 | 63.5 | 54.5 |
| 35-50..... | 200 | 209 | 81.9 | 73.0 | 153 | 130 | 63.6 | 55.2 | 142 | 117 | 61.4 | 52.6 |
| 51-64..... | 198 | 214 | 84.1 | 73.9 | 147 | 139 | 65.7 | 58.2 | 140 | 128 | 63.6 | 56.0 |
| 65-74..... | 203 | 248 | 83.1 | 80.3 | 152 | 166 | 65.3 | 68.4 | 144 | 156 | 62.6 | 67.3 |
| 75 and over..... | 220 | 289 | 84.2 | 84.2 | 169 | 214 | 72.0 | 73.1 | 165 | 205 | 71.1 | 71.4 |
| All individuals... | 393 | 352 | 88.1 | 80.7 | 345 | 266 | 77.6 | 68.8 | 325 | 242 | 75.3 | 65.9 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 4.--Cream and milk desserts; Cheese; Eggs; Legumes, nuts, seeds[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Cream and milk desserts | | | | Cheese | | | | Eggs | | | | Legumes, nuts, seeds | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | | | | | |
| Under 1 year.... | 18 | 7 | 16.6 | 6.5 | 1 | 1 | 2.5 | 3.6 | 10 | 5 | 20.8 | 10.0 | 13 | 63 | 6.7 | 14.5 |
| 1-2..... | 23 | 15 | 28.2 | 19.3 | 4 | 8 | 10.7 | 21.7 | 27 | 20 | 45.7 | 33.3 | 16 | 21 | 27.2 | 22.8 |
| 3-5..... | 31 | 23 | 32.0 | 21.8 | 4 | 9 | 11.3 | 21.0 | 23 | 22 | 36.6 | 33.6 | 28 | 19 | 35.1 | 30.7 |
| 6-8..... | 40 | 25 | 35.2 | 25.0 | 5 | 10 | 12.8 | 19.7 | 23 | 18 | 34.4 | 24.3 | 36 | 26 | 35.9 | 29.4 |
| Males: | | | | | | | | | | | | | | | | |
| 9-11..... | 44 | 39 | 33.8 | 24.3 | 6 | 8 | 13.0 | 16.1 | 27 | 26 | 38.2 | 26.4 | 38 | 24 | 33.6 | 28.0 |
| 12-14..... | 48 | 34 | 34.5 | 23.0 | 8 | 9 | 15.8 | 14.5 | 31 | 28 | 39.3 | 28.8 | 48 | 32 | 31.9 | 27.5 |
| 15-18..... | 49 | 44 | 34.1 | 27.9 | 10 | 13 | 16.1 | 20.7 | 42 | 31 | 43.4 | 30.4 | 45 | 33 | 27.2 | 20.9 |
| 19-22..... | 36 | 22 | 29.3 | 16.4 | 10 | 15 | 15.4 | 26.0 | 54 | 32 | 49.5 | 30.1 | 51 | 30 | 26.6 | 17.7 |
| 23-34..... | 33 | 24 | 29.7 | 21.9 | 13 | 21 | 22.2 | 28.3 | 55 | 38 | 52.4 | 33.7 | 36 | 30 | 23.3 | 19.7 |
| 35-50..... | 45 | 29 | 36.5 | 24.1 | 13 | 18 | 21.4 | 27.0 | 51 | 41 | 56.6 | 39.8 | 33 | 43 | 20.5 | 22.5 |
| 51-64..... | 40 | 29 | 32.8 | 26.2 | 15 | 17 | 23.6 | 25.9 | 50 | 36 | 55.7 | 40.1 | 24 | 32 | 16.0 | 20.5 |
| 65-74..... | 41 | 34 | 36.9 | 29.1 | 14 | 14 | 20.9 | 24.8 | 55 | 36 | 58.2 | 47.7 | 19 | 24 | 14.9 | 15.2 |
| 75 and over..... | 39 | 31 | 33.7 | 25.8 | 9 | 18 | 16.1 | 25.2 | 40 | 41 | 52.2 | 51.5 | 10 | 21 | 8.8 | 20.3 |
| Females: | | | | | | | | | | | | | | | | |
| 9-11..... | 42 | 30 | 35.8 | 25.6 | 5 | 7 | 12.6 | 16.8 | 25 | 14 | 35.2 | 19.7 | 30 | 33 | 32.7 | 30.6 |
| 12-14..... | 41 | 33 | 35.4 | 22.7 | 8 | 11 | 16.3 | 22.8 | 23 | 19 | 32.3 | 23.4 | 27 | 25 | 25.0 | 21.0 |
| 15-18..... | 36 | 29 | 31.8 | 24.2 | 7 | 11 | 16.6 | 24.9 | 25 | 21 | 33.8 | 25.5 | 29 | 21 | 24.5 | 18.0 |
| 19-22..... | 33 | 20 | 33.1 | 18.3 | 8 | 18 | 12.3 | 26.9 | 29 | 26 | 37.1 | 27.2 | 24 | 19 | 16.9 | 14.3 |
| 23-34..... | 30 | 18 | 30.9 | 18.8 | 11 | 19 | 19.3 | 28.5 | 26 | 26 | 36.2 | 31.3 | 24 | 21 | 20.5 | 18.2 |
| 35-50..... | 32 | 20 | 33.1 | 21.4 | 14 | 18 | 23.0 | 28.0 | 31 | 23 | 42.6 | 28.0 | 16 | 21 | 14.8 | 17.4 |
| 51-64..... | 37 | 21 | 36.6 | 21.1 | 14 | 19 | 21.0 | 26.8 | 33 | 24 | 44.8 | 33.2 | 17 | 19 | 14.7 | 17.1 |
| 65-74..... | 37 | 27 | 35.7 | 26.9 | 13 | 14 | 20.4 | 25.6 | 30 | 22 | 43.1 | 32.9 | 11 | 15 | 11.4 | 11.7 |
| 75 and over..... | 37 | 26 | 33.1 | 28.4 | 14 | 20 | 18.6 | 24.5 | 28 | 19 | 42.1 | 32.2 | 10 | 8 | 10.9 | 9.6 |
| All individuals... | 37 | 26 | 33.1 | 22.8 | 10 | 15 | 17.6 | 24.7 | 34 | 27 | 42.8 | 31.9 | 27 | 26 | 22.7 | 20.2 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 5.--Total grain products; Bread, rolls, biscuits; Other baked goods[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Total grain products | | | | Bread, rolls, biscuits | | | | Other baked goods | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 62 | 42 | 85.1 | 81.9 | 5 | 4 | 16.6 | 13.8 | 3 | 5 | 15.3 | 22.0 |
| 1-2..... | 143 | 158 | 99.4 | 98.1 | 36 | 27 | 76.3 | 67.9 | 32 | 24 | 69.0 | 56.8 |
| 3-5..... | 188 | 181 | 99.5 | 99.8 | 58 | 46 | 88.3 | 78.1 | 48 | 37 | 69.4 | 60.7 |
| 6-8..... | 215 | 206 | 99.6 | 99.7 | 71 | 53 | 89.8 | 80.6 | 61 | 56 | 71.2 | 67.3 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 254 | 238 | 99.8 | 99.1 | 91 | 67 | 91.1 | 85.2 | 72 | 56 | 75.0 | 62.9 |
| 12-14..... | 299 | 288 | 99.4 | 99.1 | 104 | 76 | 92.2 | 83.2 | 83 | 80 | 71.6 | 65.6 |
| 15-18..... | 314 | 303 | 99.2 | 98.0 | 129 | 91 | 93.0 | 80.7 | 94 | 77 | 66.9 | 55.6 |
| 19-22..... | 324 | 253 | 98.8 | 95.8 | 134 | 84 | 94.9 | 81.3 | 90 | 53 | 61.3 | 46.4 |
| 23-34..... | 273 | 256 | 98.4 | 94.5 | 113 | 82 | 91.0 | 80.1 | 81 | 60 | 62.0 | 51.2 |
| 35-50..... | 281 | 234 | 97.5 | 96.3 | 114 | 82 | 92.7 | 84.1 | 85 | 58 | 63.5 | 51.7 |
| 51-64..... | 260 | 229 | 98.9 | 95.1 | 105 | 78 | 92.7 | 85.5 | 84 | 57 | 65.5 | 51.9 |
| 65-74..... | 240 | 235 | 98.9 | 98.7 | 89 | 71 | 91.6 | 87.3 | 70 | 60 | 59.6 | 59.4 |
| 75 and over..... | 240 | 196 | 99.5 | 100.0 | 83 | 70 | 93.7 | 85.1 | 67 | 50 | 61.0 | 52.3 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 233 | 214 | 99.5 | 99.3 | 78 | 58 | 90.3 | 82.2 | 65 | 59 | 72.5 | 63.7 |
| 12-14..... | 234 | 235 | 99.4 | 96.6 | 81 | 57 | 90.2 | 77.3 | 69 | 61 | 72.0 | 60.3 |
| 15-18..... | 200 | 196 | 98.1 | 96.2 | 74 | 57 | 87.4 | 76.4 | 62 | 43 | 63.5 | 53.9 |
| 19-22..... | 205 | 161 | 97.3 | 88.7 | 71 | 44 | 86.3 | 68.8 | 58 | 36 | 54.0 | 44.6 |
| 23-34..... | 197 | 163 | 97.2 | 91.7 | 68 | 49 | 87.3 | 73.4 | 55 | 38 | 57.0 | 44.8 |
| 35-50..... | 171 | 161 | 97.8 | 92.1 | 68 | 49 | 87.2 | 74.3 | 52 | 37 | 56.9 | 45.4 |
| 51-64..... | 171 | 155 | 98.0 | 95.9 | 66 | 52 | 88.4 | 80.7 | 51 | 40 | 56.5 | 50.0 |
| 65-74..... | 178 | 175 | 98.8 | 97.7 | 62 | 57 | 91.2 | 84.7 | 57 | 42 | 58.3 | 51.9 |
| 75 and over..... | 188 | 178 | 100.0 | 99.1 | 63 | 54 | 92.6 | 86.8 | 58 | 44 | 58.2 | 53.3 |
| All individuals... | 219 | 204 | 98.3 | 95.7 | 81 | 62 | 87.9 | 78.9 | 64 | 49 | 62.8 | 52.7 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 6.--Cereals and pastas; Ready-to-eat cereals; Mixtures mainly grain[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Cereals and pastas | | | | Ready-to-eat cereals | | | | Mixtures mainly grain | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 42 | 30 | 73.5 | 76.1 | 11 | 25 | 52.7 | 71.1 | 5 | 3 | 5.2 | 4.9 |
| 1-2..... | 44 | 44 | 69.9 | 69.5 | 10 | 14 | 46.1 | 51.4 | 30 | 63 | 20.7 | 35.7 |
| 3-5..... | 51 | 54 | 70.0 | 66.1 | 12 | 16 | 45.5 | 50.3 | 31 | 45 | 17.7 | 26.9 |
| 6-8..... | 49 | 60 | 67.6 | 68.7 | 15 | 19 | 48.8 | 54.1 | 33 | 38 | 17.3 | 20.5 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 59 | 51 | 62.3 | 65.3 | 13 | 20 | 41.8 | 51.1 | 32 | 64 | 15.8 | 21.2 |
| 12-14..... | 61 | 57 | 58.3 | 53.2 | 13 | 22 | 38.5 | 44.0 | 50 | 74 | 20.1 | 27.2 |
| 15-18..... | 49 | 53 | 41.4 | 49.6 | 9 | 19 | 25.7 | 36.8 | 42 | 82 | 15.9 | 23.8 |
| 19-22..... | 42 | 64 | 33.2 | 34.5 | 7 | 9 | 16.9 | 17.8 | 58 | 52 | 18.7 | 14.0 |
| 23-34..... | 39 | 40 | 29.0 | 27.8 | 5 | 7 | 13.9 | 15.8 | 41 | 74 | 16.0 | 22.4 |
| 35-50..... | 43 | 44 | 32.4 | 31.8 | 5 | 7 | 16.4 | 15.4 | 40 | 50 | 15.7 | 15.5 |
| 51-64..... | 48 | 48 | 41.0 | 38.2 | 7 | 10 | 21.6 | 24.0 | 23 | 46 | 11.0 | 14.4 |
| 65-74..... | 61 | 69 | 50.9 | 56.0 | 9 | 15 | 29.8 | 36.8 | 19 | 35 | 10.4 | 11.1 |
| 75 and over..... | 69 | 58 | 54.6 | 56.3 | 8 | 12 | 28.3 | 32.7 | 21 | 19 | 11.2 | 7.6 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 48 | 44 | 56.8 | 60.3 | 11 | 21 | 37.9 | 50.9 | 42 | 53 | 19.1 | 23.3 |
| 12-14..... | 44 | 45 | 49.9 | 46.2 | 9 | 12 | 30.7 | 31.9 | 40 | 72 | 19.4 | 25.1 |
| 15-18..... | 32 | 41 | 36.4 | 36.3 | 6 | 10 | 19.4 | 24.3 | 32 | 55 | 16.5 | 20.1 |
| 19-22..... | 30 | 33 | 35.2 | 27.9 | 5 | 7 | 16.9 | 18.7 | 46 | 48 | 20.8 | 20.3 |
| 23-34..... | 34 | 32 | 29.1 | 28.8 | 3 | 6 | 12.3 | 16.5 | 40 | 44 | 18.6 | 20.4 |
| 35-50..... | 26 | 32 | 30.8 | 30.9 | 4 | 7 | 15.3 | 18.3 | 25 | 43 | 14.3 | 17.5 |
| 51-64..... | 32 | 36 | 36.4 | 36.4 | 6 | 8 | 21.1 | 22.6 | 22 | 27 | 11.6 | 11.0 |
| 65-74..... | 45 | 47 | 44.4 | 50.8 | 5 | 12 | 21.7 | 34.2 | 13 | 29 | 7.3 | 13.0 |
| 75 and over..... | 53 | 58 | 47.9 | 55.4 | 6 | 11 | 26.0 | 36.0 | 14 | 22 | 8.0 | 9.9 |
| All individuals... | 43 | 44 | 45.5 | 42.4 | 8 | 11 | 27.0 | 28.5 | 32 | 49 | 15.5 | 18.7 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 7.--Total fats and oils; Table fats; Salad dressing[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Total fats and oils | | | | Table fats | | | | Salad dressing | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 1 | 1 | 8.9 | 9.3 | 1 | (2) | 8.9 | 7.5 | 0 | (2) | 0 | 1.8 |
| 1-2..... | 7 | 5 | 54.9 | 45.0 | 6 | 3 | 51.6 | 36.2 | 1 | 1 | 8.1 | 11.1 |
| 3-5..... | 11 | 8 | 64.1 | 53.0 | 8 | 5 | 56.8 | 40.6 | 2 | 3 | 16.2 | 19.5 |
| 6-8..... | 14 | 9 | 65.2 | 53.3 | 11 | 5 | 57.2 | 40.3 | 3 | 4 | 18.4 | 22.4 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 18 | 11 | 70.0 | 54.5 | 13 | 5 | 62.6 | 39.1 | 4 | 5 | 19.6 | 24.5 |
| 12-14..... | 21 | 12 | 69.3 | 61.1 | 16 | 8 | 61.8 | 47.8 | 5 | 4 | 20.3 | 21.6 |
| 15-18..... | 24 | 16 | 65.0 | 53.7 | 16 | 8 | 57.0 | 38.2 | 8 | 8 | 22.2 | 26.5 |
| 19-22..... | 32 | 17 | 71.9 | 58.5 | 20 | 9 | 58.0 | 41.7 | 12 | 6 | 34.1 | 25.2 |
| 23-34..... | 27 | 18 | 71.4 | 61.2 | 16 | 8 | 60.2 | 44.0 | 11 | 9 | 30.6 | 30.0 |
| 35-50..... | 27 | 19 | 74.6 | 66.0 | 17 | 9 | 66.3 | 48.0 | 8 | 8 | 27.8 | 29.7 |
| 51-64..... | 24 | 18 | 67.2 | 66.7 | 16 | 8 | 59.8 | 49.2 | 7 | 8 | 20.7 | 28.1 |
| 65-74..... | 19 | 17 | 65.8 | 70.0 | 16 | 8 | 61.8 | 55.4 | 3 | 6 | 14.2 | 27.1 |
| 75 and over..... | 17 | 14 | 60.5 | 64.9 | 13 | 10 | 57.6 | 56.5 | 4 | 2 | 10.2 | 11.2 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 15 | 10 | 62.0 | 53.3 | 10 | 4 | 53.3 | 41.4 | 4 | 5 | 19.4 | 24.2 |
| 12-14..... | 16 | 11 | 67.8 | 47.6 | 11 | 5 | 57.8 | 34.0 | 4 | 6 | 22.1 | 23.6 |
| 15-18..... | 14 | 12 | 60.5 | 57.2 | 9 | 6 | 52.2 | 41.2 | 5 | 6 | 20.8 | 26.9 |
| 19-22..... | 15 | 13 | 66.9 | 52.5 | 9 | 5 | 49.6 | 36.3 | 5 | 7 | 27.9 | 27.1 |
| 23-34..... | 17 | 15 | 65.7 | 61.3 | 10 | 5 | 55.3 | 38.6 | 7 | 8 | 27.4 | 33.5 |
| 35-50..... | 15 | 14 | 67.8 | 64.3 | 9 | 5 | 55.4 | 42.3 | 6 | 8 | 26.0 | 33.5 |
| 51-64..... | 16 | 15 | 67.3 | 67.3 | 10 | 6 | 59.0 | 47.1 | 5 | 7 | 19.8 | 29.7 |
| 65-74..... | 13 | 13 | 65.6 | 69.1 | 9 | 7 | 59.4 | 51.4 | 3 | 4 | 14.7 | 26.1 |
| 75 and over..... | 14 | 14 | 67.5 | 69.1 | 12 | 8 | 63.0 | 56.2 | 2 | 4 | 11.9 | 16.3 |
| All individuals... | 18 | 14 | 65.6 | 60.3 | 12 | 6 | 57.0 | 43.4 | 5 | 6 | 21.3 | 26.9 |

[1]See "Table Notes," appendix B.
[2]Value less than 0.5 but more than 0.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 8.--Total vegetables; White potatoes; Tomatoes[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Total vegetables | | | | White potatoes | | | | Tomatoes | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 70 | 76 | 62.4 | 62.7 | 6 | 13 | 10.6 | 11.9 | 1 | 4 | 1.5 | 2.2 |
| 1-2..... | 104 | 91 | 81.1 | 78.0 | 34 | 29 | 53.1 | 45.4 | 12 | 6 | 15.1 | 9.1 |
| 3-5..... | 114 | 100 | 84.8 | 79.3 | 43 | 36 | 55.6 | 47.5 | 13 | 15 | 15.9 | 21.3 |
| 6-8..... | 142 | 136 | 87.4 | 84.3 | 53 | 50 | 59.4 | 53.2 | 20 | 9 | 21.0 | 17.5 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 168 | 138 | 89.4 | 83.5 | 65 | 55 | 62.7 | 56.0 | 22 | 10 | 22.9 | 17.4 |
| 12-14..... | 191 | 184 | 89.3 | 84.5 | 68 | 65 | 59.4 | 51.9 | 27 | 17 | 25.9 | 24.1 |
| 15-18..... | 227 | 216 | 88.3 | 85.9 | 91 | 89 | 63.0 | 57.8 | 29 | 13 | 25.0 | 19.2 |
| 19-22..... | 259 | 226 | 89.7 | 84.7 | 96 | 96 | 66.8 | 56.8 | 42 | 22 | 28.1 | 20.9 |
| 23-34..... | 262 | 248 | 91.5 | 88.5 | 96 | 90 | 66.1 | 55.6 | 36 | 27 | 29.7 | 25.9 |
| 35-50..... | 249 | 261 | 91.2 | 86.8 | 79 | 86 | 58.0 | 49.8 | 35 | 30 | 27.1 | 27.5 |
| 51-64..... | 239 | 285 | 89.0 | 90.3 | 77 | 85 | 56.8 | 50.8 | 32 | 27 | 23.3 | 23.1 |
| 65-74..... | 218 | 265 | 88.0 | 88.5 | 73 | 71 | 52.2 | 39.9 | 25 | 25 | 16.7 | 25.5 |
| 75 and over..... | 190 | 264 | 82.9 | 93.6 | 66 | 85 | 50.7 | 49.3 | 23 | 30 | 13.2 | 30.1 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 152 | 139 | 87.8 | 83.7 | 48 | 51 | 56.8 | 52.9 | 20 | 11 | 20.1 | 21.4 |
| 12-14..... | 165 | 154 | 88.2 | 84.6 | 55 | 59 | 61.0 | 54.1 | 22 | 17 | 21.1 | 21.9 |
| 15-18..... | 172 | 178 | 89.8 | 83.8 | 52 | 63 | 56.4 | 49.3 | 27 | 21 | 26.4 | 25.1 |
| 19-22..... | 192 | 184 | 89.6 | 81.1 | 57 | 60 | 54.6 | 47.1 | 34 | 21 | 26.0 | 23.0 |
| 23-34..... | 182 | 187 | 86.6 | 84.7 | 55 | 51 | 53.0 | 44.3 | 31 | 25 | 27.6 | 27.4 |
| 35-50..... | 183 | 187 | 88.2 | 84.6 | 47 | 49 | 49.3 | 42.0 | 32 | 27 | 26.7 | 27.3 |
| 51-64..... | 187 | 229 | 87.0 | 89.8 | 47 | 56 | 45.5 | 41.8 | 30 | 27 | 25.2 | 23.9 |
| 65-74..... | 173 | 221 | 84.6 | 87.2 | 47 | 51 | 44.6 | 37.5 | 28 | 21 | 19.0 | 23.2 |
| 75 and over..... | 162 | 198 | 81.4 | 88.1 | 50 | 53 | 43.4 | 39.8 | 20 | 26 | 15.4 | 21.4 |
| All individuals... | 184 | 201 | 87.3 | 85.6 | 59 | 64 | 54.6 | 47.9 | 27 | 22 | 23.0 | 23.5 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 9.--Dark-green vegetables; Deep-yellow vegetables; Other vegetables[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Dark-green vegetables | | | | Deep-yellow vegetables | | | | Other vegetables | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 2 | 1 | 3.0 | 1.4 | 12 | 15 | 16.8 | 19.4 | 50 | 43 | 43.8 | 42.2 |
| 1-2..... | 3 | 2 | 5.7 | 3.7 | 6 | 8 | 10.1 | 10.0 | 48 | 47 | 54.9 | 52.5 |
| 3-5..... | 3 | 4 | 6.2 | 5.3 | 6 | 3 | 8.7 | 7.4 | 49 | 42 | 58.5 | 55.1 |
| 6-8..... | 5 | 7 | 6.6 | 4.3 | 7 | 6 | 11.7 | 8.2 | 57 | 63 | 61.4 | 64.2 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 5 | 4 | 7.2 | 4.6 | 8 | 4 | 10.4 | 6.4 | 68 | 64 | 63.2 | 64.2 |
| 12-14..... | 7 | 12 | 7.8 | 8.0 | 9 | 6 | 10.1 | 9.6 | 80 | 84 | 68.1 | 63.2 |
| 15-18..... | 6 | 11 | 5.5 | 7.2 | 8 | 6 | 7.7 | 8.1 | 93 | 96 | 66.8 | 67.6 |
| 19-22..... | 6 | 10 | 6.3 | 5.6 | 2 | 5 | 4.2 | 6.3 | 113 | 94 | 71.9 | 63.2 |
| 23-34..... | 7 | 7 | 6.3 | 4.8 | 10 | 7 | 9.5 | 7.2 | 113 | 118 | 74.5 | 72.2 |
| 35-50..... | 8 | 9 | 6.7 | 6.5 | 9 | 10 | 10.1 | 8.6 | 119 | 126 | 77.1 | 74.0 |
| 51-64..... | 7 | 12 | 6.7 | 9.5 | 12 | 11 | 10.6 | 7.9 | 111 | 150 | 73.6 | 77.6 |
| 65-74..... | 12 | 11 | 10.9 | 9.4 | 12 | 16 | 11.1 | 11.8 | 97 | 142 | 66.2 | 72.7 |
| 75 and over..... | 7 | 18 | 4.9 | 14.3 | 10 | 7 | 11.7 | 6.8 | 85 | 124 | 61.0 | 74.8 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 4 | 7 | 5.7 | 6.5 | 8 | 4 | 11.4 | 8.1 | 72 | 66 | 66.3 | 67.5 |
| 12-14..... | 6 | 10 | 6.9 | 7.5 | 7 | 5 | 9.8 | 6.8 | 76 | 64 | 70.9 | 59.5 |
| 15-18..... | 8 | 11 | 7.4 | 8.6 | 6 | 6 | 8.6 | 7.2 | 79 | 77 | 69.0 | 61.9 |
| 19-22..... | 8 | 8 | 6.3 | 4.9 | 5 | 3 | 6.3 | 6.1 | 88 | 91 | 67.9 | 66.6 |
| 23-34..... | 7 | 9 | 7.6 | 6.8 | 8 | 7 | 8.7 | 7.5 | 80 | 94 | 69.3 | 70.1 |
| 35-50..... | 8 | 8 | 7.4 | 6.8 | 7 | 7 | 9.7 | 7.2 | 89 | 96 | 73.4 | 70.8 |
| 51-64..... | 7 | 14 | 7.4 | 12.0 | 10 | 9 | 10.5 | 8.5 | 93 | 124 | 71.1 | 78.5 |
| 65-74..... | 7 | 11 | 7.0 | 10.1 | 9 | 16 | 10.0 | 13.4 | 82 | 122 | 67.1 | 75.7 |
| 75 and over..... | 5 | 13 | 4.8 | 9.9 | 12 | 12 | 13.2 | 12.0 | 75 | 94 | 3.7 | 68.5 |
| All individuals... | 6 | 9 | 6.8 | 7.3 | 8 | 8 | 9.9 | 8.2 | 84 | 99 | 67.9 | 69.0 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 10.--Total fruits and juices; Citrus fruits and juices; Citrus juices[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Total fruits and juices | | | | Citrus fruits and juices | | | | Citrus juices | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 129 | 169 | 73.5 | 86.8 | 24 | 16 | 19.1 | 15.0 | 23 | 16 | 18.8 | 15.0 |
| 1-2..... | 133 | 146 | 56.7 | 62.9 | 47 | 57 | 27.6 | 30.5 | 37 | 51 | 23.7 | 27.4 |
| 3-5..... | 136 | 134 | 51.3 | 56.1 | 51 | 58 | 26.2 | 30.1 | 35 | 52 | 20.3 | 27.6 |
| 6-8..... | 151 | 152 | 56.3 | 60.1 | 53 | 70 | 27.9 | 34.4 | 36 | 62 | 21.6 | 30.2 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 179 | 133 | 62.4 | 50.5 | 66 | 61 | 31.7 | 28.7 | 40 | 48 | 23.4 | 23.5 |
| 12-14..... | 150 | 120 | 55.3 | 51.2 | 58 | 58 | 28.4 | 29.9 | 38 | 50 | 22.0 | 24.9 |
| 15-18..... | 146 | 147 | 49.9 | 47.0 | 57 | 86 | 25.7 | 32.1 | 41 | 72 | 20.1 | 27.7 |
| 19-22..... | 166 | 107 | 51.1 | 39.4 | 70 | 50 | 29.9 | 21.6 | 51 | 41 | 23.3 | 17.0 |
| 23-34..... | 136 | 141 | 50.7 | 46.4 | 50 | 77 | 26.4 | 28.3 | 36 | 70 | 20.3 | 24.5 |
| 35-50..... | 156 | 115 | 52.6 | 44.0 | 64 | 61 | 30.1 | 28.7 | 38 | 51 | 21.5 | 23.2 |
| 51-64..... | 169 | 171 | 57.9 | 62.4 | 63 | 81 | 29.6 | 40.0 | 36 | 58 | 19.7 | 29.0 |
| 65-74..... | 169 | 174 | 57.6 | 62.2 | 66 | 83 | 29.1 | 39.8 | 32 | 62 | 16.4 | 30.4 |
| 75 and over..... | 165 | 186 | 56.6 | 62.6 | 62 | 71 | 26.8 | 33.7 | 24 | 48 | 12.2 | 26.2 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 159 | 148 | 55.4 | 59.7 | 56 | 77 | 27.3 | 37.9 | 33 | 65 | 19.8 | 33.1 |
| 12-14..... | 178 | 120 | 59.5 | 48.7 | 62 | 56 | 31.2 | 28.2 | 44 | 44 | 24.6 | 23.3 |
| 15-18..... | 147 | 126 | 50.1 | 49.9 | 56 | 60 | 26.6 | 29.2 | 37 | 49 | 20.0 | 25.2 |
| 19-22..... | 113 | 133 | 45.4 | 48.0 | 46 | 71 | 24.0 | 30.6 | 35 | 61 | 19.2 | 27.0 |
| 23-34..... | 97 | 122 | 43.4 | 47.7 | 46 | 56 | 26.1 | 28.3 | 30 | 47 | 19.9 | 23.8 |
| 35-50..... | 132 | 133 | 50.7 | 52.8 | 55 | 71 | 29.3 | 34.3 | 35 | 61 | 21.4 | 28.9 |
| 51-64..... | 162 | 171 | 58.0 | 66.7 | 70 | 88 | 31.8 | 46.2 | 32 | 63 | 18.2 | 33.6 |
| 65-74..... | 157 | 179 | 60.3 | 69.3 | 66 | 89 | 28.9 | 47.4 | 30 | 63 | 17.2 | 35.5 |
| 75 and over..... | 161 | 189 | 60.1 | 64.7 | 59 | 83 | 28.6 | 43.9 | 23 | 58 | 14.5 | 31.0 |
| All individuals... | 146 | 142 | 53.9 | 54.2 | 57 | 70 | 28.2 | 33.4 | 35 | 57 | 20.5 | 27.2 |

[1] See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 11.--Total noncitrus fruits and juices, excluding dried; Apples; Bananas[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Total noncitrus fruits and juices, excluding dried | | | | Apples | | | | Bananas | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 105 | 153 | 67.3 | 83.4 | 33 | 25 | 28.2 | 28.2 | 9 | 30 | 11.1 | 28.7 |
| 1-2..... | 85 | 88 | 43.1 | 45.5 | 23 | 17 | 16.2 | 15.2 | 14 | 12 | 9.9 | 12.4 |
| 3-5..... | 84 | 75 | 35.8 | 36.4 | 21 | 18 | 13.2 | 12.8 | 15 | 9 | 9.6 | 7.7 |
| 6-8..... | 97 | 81 | 41.3 | 40.6 | 24 | 16 | 15.3 | 11.6 | 16 | 7 | 10.4 | 6.2 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 113 | 72 | 44.0 | 35.5 | 28 | 15 | 17.0 | 10.5 | 16 | 6 | 10.0 | 4.7 |
| 12-14..... | 91 | 62 | 39.6 | 35.1 | 25 | 20 | 14.9 | 11.7 | 12 | 5 | 7.2 | 4.7 |
| 15-18..... | 88 | 61 | 34.5 | 28.1 | 17 | 17 | 10.6 | 9.7 | 12 | 6 | 6.3 | 5.5 |
| 19-22..... | 96 | 57 | 30.5 | 26.2 | 14 | 13 | 9.1 | 8.4 | 12 | 6 | 6.9 | 5.3 |
| 23-34..... | 85 | 64 | 32.5 | 26.9 | 16 | 14 | 9.4 | 8.4 | 11 | 6 | 6.8 | 4.3 |
| 35-50..... | 91 | 55 | 33.8 | 27.5 | 17 | 11 | 10.2 | 7.6 | 10 | 6 | 6.2 | 5.2 |
| 51-64..... | 104 | 90 | 43.8 | 40.6 | 15 | 19 | 9.9 | 10.1 | 16 | 15 | 9.3 | 13.1 |
| 65-74..... | 99 | 88 | 43.6 | 40.8 | 14 | 8 | 9.8 | 6.4 | 13 | 11 | 9.1 | 11.0 |
| 75 and over..... | 98 | 110 | 43.4 | 50.1 | 15 | 32 | 10.2 | 12.3 | 15 | 20 | 11.2 | 15.6 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 102 | 71 | 39.5 | 38.0 | 22 | 21 | 13.2 | 15.5 | 17 | 7 | 9.7 | 4.8 |
| 12-14..... | 115 | 64 | 42.2 | 32.1 | 24 | 18 | 14.6 | 10.9 | 11 | 6 | 7.4 | 5.1 |
| 15-18..... | 90 | 64 | 34.4 | 31.7 | 21 | 16 | 13.1 | 9.0 | 6 | 5 | 4.2 | 5.2 |
| 19-22..... | 66 | 62 | 34.4 | 25.5 | 16 | 13 | 10.4 | 8.5 | 5 | 4 | 3.8 | 3.5 |
| 23-34..... | 51 | 65 | 25.1 | 29.8 | 7 | 15 | 5.5 | 9.1 | 6 | 5 | 3.7 | 4.9 |
| 35-50..... | 76 | 62 | 32.1 | 32.0 | 8 | 13 | 6.4 | 9.0 | 9 | 7 | 5.6 | 5.7 |
| 51-64..... | 89 | 82 | 39.7 | 41.1 | 13 | 18 | 9.0 | 11.8 | 8 | 11 | 5.9 | 10.7 |
| 65-74..... | 88 | 89 | 44.6 | 46.9 | 14 | 15 | 10.4 | 10.6 | 11 | 14 | 8.5 | 14.4 |
| 75 and over..... | 99 | 103 | 46.0 | 49.1 | 17 | 16 | 11.9 | 11.1 | 9 | 16 | 7.1 | 15.0 |
| All individuals... | 88 | 72 | 37.5 | 34.9 | 17 | 16 | 11.3 | 10.2 | 11 | 8 | 7.4 | 7.5 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 12.--Other noncitrus fruits and fruit mixtures; Noncitrus juices and nectars[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Other noncitrus fruits and fruit mixtures | | | | Noncitrus juices and nectars | | | |
|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | |
| Under 1 year.... | 54 | 67 | 44.6 | 52.2 | 9 | 31 | 6.7 | 23.6 |
| 1-2..... | 34 | 32 | 23.6 | 23.0 | 14 | 27 | 6.7 | 14.1 |
| 3-5..... | 34 | 30 | 14.5 | 18.4 | 14 | 18 | 7.7 | 8.8 |
| 6-8..... | 46 | 40 | 19.3 | 24.1 | 11 | 17 | 5.9 | 7.3 |
| Males: | | | | | | | | |
| 9-11..... | 57 | 36 | 21.1 | 20.9 | 11 | 15 | 5.4 | 5.0 |
| 12-14..... | 46 | 33 | 21.4 | 20.3 | 8 | 4 | 4.0 | 1.9 |
| 15-18..... | 50 | 32 | 19.2 | 16.3 | 9 | 6 | 4.0 | 2.5 |
| 19-22..... | 63 | 32 | 19.3 | 14.6 | 7 | 6 | 2.4 | 2.5 |
| 23-34..... | 47 | 31 | 18.2 | 15.3 | 11 | 13 | 4.9 | 4.3 |
| 35-50..... | 57 | 32 | 20.8 | 16.8 | 7 | 6 | 3.6 | 2.1 |
| 51-64..... | 66 | 48 | 29.6 | 24.9 | 7 | 7 | 4.5 | 3.9 |
| 65-74..... | 58 | 62 | 27.8 | 30.0 | 13 | 7 | 6.7 | 4.5 |
| 75 and over..... | 53 | 52 | 28.3 | 29.2 | 15 | 6 | 7.8 | 3.8 |
| Females: | | | | | | | | |
| 9-11..... | 55 | 36 | 22.3 | 23.3 | 9 | 7 | 3.9 | 3.3 |
| 12-14..... | 68 | 32 | 23.5 | 16.8 | 12 | 8 | 6.2 | 3.9 |
| 15-18..... | 57 | 33 | 21.2 | 19.5 | 6 | 9 | 3.0 | 3.4 |
| 19-22..... | 35 | 36 | 18.3 | 15.2 | 10 | 9 | 5.8 | 3.5 |
| 23-34..... | 30 | 31 | 15.4 | 18.0 | 6 | 15 | 3.7 | 4.6 |
| 35-50..... | 50 | 37 | 22.0 | 18.6 | 9 | 6 | 4.3 | 2.8 |
| 51-64..... | 60 | 44 | 28.1 | 24.2 | 8 | 9 | 5.2 | 4.5 |
| 65-74..... | 51 | 53 | 27.0 | 31.7 | 12 | 7 | 7.0 | 4.5 |
| 75 and over..... | 60 | 58 | 31.8 | 34.7 | 13 | 13 | 6.8 | 6.0 |
| All individuals... | 50 | 38 | 22.1 | 20.9 | 10 | 10 | 5.1 | 4.5 |

[1]See "Table Notes," appendix B.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 13.--Total sugar and sweets; Sugar; Candy[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Total sugar and sweets | | | | Sugar | | | | Candy | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | 10 | 10 | 28.0 | 16.7 | 1 | 1 | 14.1 | 10.3 | 1 | 0 | 1.7 | 0 |
| 1-2..... | 30 | 19 | 64.4 | 46.2 | 5 | 2 | 36.5 | 24.0 | 5 | 4 | 13.9 | 7.6 |
| 3-5..... | 43 | 25 | 71.9 | 55.6 | 7 | 3 | 42.2 | 27.1 | 7 | 4 | 15.7 | 9.9 |
| 6-8..... | 47 | 27 | 75.2 | 55.6 | 10 | 3 | 44.5 | 31.9 | 8 | 4 | 17.7 | 8.3 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 55 | 37 | 75.0 | 61.9 | 11 | 3 | 42.8 | 31.7 | 8 | 10 | 16.7 | 15.3 |
| 12-14..... | 60 | 42 | 71.6 | 55.8 | 12 | 4 | 44.1 | 31.4 | 7 | 7 | 14.4 | 11.5 |
| 15-18..... | 57 | 30 | 67.0 | 53.8 | 11 | 6 | 41.9 | 37.4 | 9 | 5 | 13.1 | 9.5 |
| 19-22..... | 49 | 22 | 70.7 | 42.1 | 14 | 5 | 50.2 | 26.8 | 9 | 2 | 11.5 | 5.5 |
| 23-34..... | 43 | 19 | 72.9 | 49.4 | 16 | 6 | 57.5 | 36.7 | 4 | 2 | 7.5 | 4.4 |
| 35-50..... | 46 | 24 | 70.6 | 57.3 | 18 | 7 | 54.7 | 42.5 | 4 | 2 | 5.7 | 4.0 |
| 51-64..... | 47 | 27 | 73.2 | 57.8 | 15 | 6 | 56.2 | 40.9 | 4 | 2 | 6.9 | 3.4 |
| 65-74..... | 46 | 25 | 70.7 | 67.2 | 17 | 7 | 55.8 | 51.0 | 2 | 2 | 5.1 | 4.3 |
| 75 and over..... | 35 | 25 | 74.6 | 66.6 | 16 | 6 | 60.5 | 49.3 | 1 | ([2]) | 3.4 | 1.4 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 48 | 34 | 72.4 | 57.2 | 8 | 4 | 39.0 | 29.2 | 8 | 9 | 17.3 | 16.7 |
| 12-14..... | 51 | 22 | 67.8 | 49.1 | 9 | 3 | 39.4 | 25.6 | 11 | 6 | 19.0 | 12.6 |
| 15-18..... | 40 | 19 | 62.3 | 42.6 | 9 | 4 | 37.5 | 23.3 | 6 | 6 | 12.8 | 10.4 |
| 19-22..... | 39 | 14 | 65.0 | 41.3 | 11 | 4 | 47.7 | 33.4 | 5 | 2 | 7.7 | 4.2 |
| 23-34..... | 34 | 18 | 65.9 | 50.9 | 13 | 6 | 49.9 | 38.1 | 4 | 3 | 7.8 | 5.0 |
| 35-50..... | 33 | 19 | 61.8 | 55.0 | 10 | 5 | 45.2 | 42.7 | 4 | 2 | 6.7 | 4.2 |
| 51-64..... | 31 | 20 | 63.3 | 51.6 | 9 | 5 | 42.4 | 36.9 | 3 | 2 | 7.1 | 4.3 |
| 65-74..... | 30 | 21 | 61.8 | 57.4 | 8 | 3 | 42.7 | 39.0 | 2 | 1 | 5.8 | 2.3 |
| 75 and over..... | 32 | 25 | 66.2 | 57.8 | 11 | 5 | 51.1 | 38.2 | 2 | 1 | 4.2 | 2.8 |
| All individuals... | 41 | 23 | 67.6 | 53.0 | 11 | 5 | 46.0 | 35.9 | 5 | 3 | 10.2 | 6.2 |

[1]See "Table Notes," appendix B.
[2]Value less than 0.5 but more than 0.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 14.—Coffee; Tea; Soft drinks[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Coffee | | | | Tea | | | | Soft drinks | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | | | | | |
| Under 1 year.... | ([2]) | 0 | 0.2 | 0 | 2 | 9 | 1.5 | 7.2 | 4 | 15 | 2.7 | 11.3 |
| 1-2..... | 2 | 1 | 1.6 | .8 | 19 | 33 | 8.7 | 14.6 | 68 | 106 | 29.2 | 39.5 |
| 3-5..... | 5 | 0 | 2.8 | 0 | 33 | 38 | 12.4 | 13.1 | 111 | 163 | 35.9 | 47.9 |
| 6-8..... | 4 | 2 | 2.7 | 1.3 | 36 | 44 | 12.0 | 14.1 | 144 | 182 | 38.4 | 49.8 |
| Males: | | | | | | | | | | | | |
| 9-11..... | 6 | 7 | 3.6 | 2.7 | 45 | 52 | 13.3 | 14.8 | 165 | 197 | 40.0 | 47.6 |
| 12-14..... | 18 | 16 | 8.0 | 4.8 | 63 | 111 | 15.5 | 25.5 | 229 | 198 | 48.1 | 44.0 |
| 15-18..... | 69 | 49 | 22.5 | 14.1 | 88 | 110 | 19.2 | 22.2 | 292 | 379 | 52.7 | 60.2 |
| 19-22..... | 240 | 124 | 52.9 | 24.3 | 132 | 140 | 18.7 | 23.4 | 381 | 355 | 60.4 | 51.6 |
| 23-34..... | 455 | 297 | 78.6 | 49.5 | 148 | 167 | 29.0 | 29.2 | 191 | 284 | 41.5 | 54.1 |
| 35-50..... | 599 | 494 | 86.4 | 72.7 | 126 | 143 | 27.3 | 27.7 | 123 | 180 | 27.3 | 34.3 |
| 51-64..... | 590 | 536 | 90.3 | 83.7 | 101 | 156 | 24.6 | 31.8 | 76 | 96 | 18.2 | 25.2 |
| 65-74..... | 518 | 464 | 88.9 | 83.3 | 90 | 137 | 24.0 | 33.1 | 46 | 72 | 12.2 | 16.7 |
| 75 and over..... | 450 | 450 | 85.9 | 86.6 | 74 | 99 | 21.5 | 25.2 | 40 | 25 | 12.7 | 6.8 |
| Females: | | | | | | | | | | | | |
| 9-11..... | 7 | 3 | 3.9 | 2.2 | 44 | 68 | 13.6 | 17.1 | 167 | 231 | 42.0 | 52.0 |
| 12-14..... | 19 | 10 | 8.8 | 3.4 | 64 | 71 | 16.6 | 18.8 | 187 | 239 | 44.8 | 52.5 |
| 15-18..... | 75 | 55 | 25.4 | 11.6 | 84 | 105 | 20.8 | 23.7 | 242 | 263 | 51.9 | 55.6 |
| 19-22..... | 208 | 109 | 48.8 | 25.4 | 126 | 112 | 29.4 | 25.5 | 254 | 283 | 50.4 | 53.4 |
| 23-34..... | 448 | 273 | 75.3 | 47.0 | 118 | 163 | 30.6 | 33.9 | 173 | 234 | 40.5 | 52.3 |
| 35-50..... | 559 | 432 | 36.9 | 70.3 | 128 | 185 | 29.9 | 39.8 | 103 | 150 | 27.5 | 35.2 |
| 51-64..... | 530 | 464 | 90.7 | 81.6 | 105 | 175 | 29.3 | 36.5 | 68 | 88 | 19.8 | 25.2 |
| 65-74..... | 415 | 390 | 86.6 | 81.9 | 116 | 151 | 30.1 | 39.0 | 43 | 53 | 14.0 | 14.8 |
| 75 and over..... | 351 | 337 | 83.0 | 76.4 | 121 | 134 | 31.8 | 33.4 | 30 | 42 | 8.7 | 14.2 |
| All individuals... | 298 | 262 | 51.2 | 45.3 | 89 | 129 | 22.1 | 27.9 | 138 | 185 | 33.1 | 40.4 |

[1]See "Table Notes," appendix B.
[2]Value less than 0.5 but more than 0.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Table 15.--Fruit drinks and ades; Alcoholic beverages[1]
Average intake per individual and percentage of individuals using in 1 day, spring 1965 and spring 1977

| Sex and age (years) | Fruit drinks and ades | | | | Alcoholic beverages | | | |
|---|---|---|---|---|---|---|---|---|
| | Individual intake | | Individuals using | | Individual intake | | Individuals using | |
| | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 | 1965 | 1977 |
| | --Grams-- | | --Percent-- | | --Grams-- | | --Percent-- | |
| Males and females: | | | | | | | | |
| Under 1 year.... | 3 | 27 | 2.5 | 6.8 | 0 | 0 | 0.0 | 0 |
| 1-2..... | 16 | 37 | 7.4 | 13.2 | ([2]) | 1 | 0.1 | .8 |
| 3-5..... | 21 | 36 | 9.4 | 12.0 | 0 | ([2]) | .0 | .2 |
| 6-8..... | 19 | 44 | 7.8 | 14.6 | ([2]) | 0 | .2 | 0 |
| Males: | | | | | | | | |
| 9-11..... | 32 | 48 | 9.7 | 15.4 | 0 | ([2]) | .0 | .6 |
| 12-14..... | 24 | 47 | 7.0 | 16.0 | 0 | 0 | .3 | 0 |
| 15-18..... | 37 | 64 | 7.9 | 14.4 | 6 | 12 | 1.0 | 1.9 |
| 19-22..... | 25 | 39 | 6.3 | 6.5 | 16 | 214 | 5.7 | 18.8 |
| 23-34..... | 22 | 24 | 6.6 | 5.7 | 157 | 203 | 21.9 | 24.1 |
| 35-50..... | 20 | 20 | 5.1 | 5.9 | 101 | 181 | 17.7 | 24.4 |
| 51-64..... | 7 | 13 | 1.9 | 3.6 | 96 | 100 | 16.8 | 19.1 |
| 65-74..... | 5 | 14 | 1.8 | 4.1 | 35 | 52 | 7.6 | 11.9 |
| 75 and over..... | 7 | 22 | 2.4 | 7.7 | 18 | 28 | 6.3 | 8.1 |
| Females: | | | | | | | | |
| 9-11..... | 27 | 38 | 9.9 | 12.1 | 0 | 0 | .0 | 0 |
| 12-14..... | 33 | 61 | 10.7 | 17.8 | 0 | 1 | .0 | 1.0 |
| 15-18..... | 22 | 44 | 7.0 | 11.8 | 1 | 13 | .3 | 3.2 |
| 19-22..... | 26 | 30 | 8.1 | 9.4 | 15 | 25 | 2.5 | 6.1 |
| 23-34..... | 16 | 23 | 6.8 | 7.7 | 30 | 78 | 7.3 | 14.1 |
| 35-50..... | 16 | 19 | 5.6 | 6.1 | 33 | 43 | 8.9 | 12.8 |
| 51-64..... | 11 | 13 | 3.4 | 4.4 | 18 | 25 | 5.7 | 9.7 |
| 65-74..... | 12 | 17 | 3.5 | 5.6 | 8 | 10 | 2.3 | 4.3 |
| 75 and over..... | 6 | 13 | 2.6 | 4.8 | 3 | 10 | 1.3 | 5.7 |
| All individuals... | 19 | 29 | 6.3 | 8.5 | 33 | 63 | 6.3 | 10.4 |

[1]See "Table Notes," appendix B.
[2]Value less than 0.5 but more than 0.

Sources: USDA Household Food Consumption Survey 1965-66 and USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

# Appendix I: Total Intake in Grams

Table 1.--Total intake[1] in grams of all foods and beverages and of 11 food groups
Average per individual per day,[2] 1977-78

| Sex and age (years) | Individuals | Total | Food group[3] | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | Meat, poultry, fish | Milk, milk products[4] | Eggs | Legumes, nuts, seeds | Grain products | Fats, oils | Vegetables | Fruits | Sugar, sweets | Beverages: Nonalcoholic | Beverages: Alcoholic |
| | Number | Grams | | | | | | | | | | | |
| Males and females: | | | | | | | | | | | | | |
| Under 1..... | [5]421 | 1,119 | 55 | 679 | 5 | 58 | 65 | ([6]) | 77 | 151 | 6 | 22 | 0 |
| 1-2..... | [5]1,035 | 1,169 | 103 | 440 | 21 | 21 | 161 | 5 | 98 | 150 | 17 | 153 | ([6]) |
| 3-5..... | 1,719 | 1,268 | 122 | 414 | 20 | 22 | 198 | 7 | 110 | 135 | 24 | 216 | ([6]) |
| 6-8..... | 1,841 | 1,494 | 154 | 503 | 17 | 25 | 227 | 9 | 145 | 153 | 29 | 232 | ([6]) |
| Males: | | | | | | | | | | | | | |
| 9-11..... | 939 | 1,656 | 189 | 530 | 20 | 28 | 261 | 10 | 167 | 143 | 31 | 277 | ([6]) |
| 12-14..... | 1,150 | 1,854 | 216 | 578 | 22 | 34 | 292 | 12 | 187 | 141 | 36 | 336 | ([6]) |
| 15-18..... | 1,394 | 2,104 | 267 | 587 | 31 | 32 | 304 | 14 | 216 | 138 | 31 | 466 | 18 |
| 19-22..... | 1,030 | 2,066 | 290 | 404 | 33 | 27 | 258 | 13 | 217 | 114 | 19 | 577 | 114 |
| 23-34..... | 2,716 | 2,255 | 292 | 309 | 35 | 29 | 261 | 17 | 233 | 123 | 23 | 760 | 173 |
| 35-50..... | 2,571 | 2,291 | 288 | 246 | 37 | 31 | 247 | 18 | 256 | 132 | 24 | 859 | 153 |
| 51-64..... | 2,161 | 2,215 | 266 | 256 | 38 | 27 | 237 | 19 | 275 | 169 | 27 | 805 | 96 |
| 65-74..... | 1,049 | 1,982 | 226 | 269 | 37 | 23 | 230 | 16 | 256 | 182 | 29 | 658 | 56 |
| 75 and over..... | 465 | 1,884 | 206 | 273 | 39 | 24 | 242 | 15 | 250 | 183 | 29 | 589 | 34 |
| Females: | | | | | | | | | | | | | |
| 9-11..... | 1,011 | 1,548 | 164 | 489 | 17 | 28 | 241 | 10 | 162 | 155 | 29 | 253 | ([6]) |
| 12-14..... | 1,148 | 1,535 | 179 | 434 | 17 | 24 | 231 | 10 | 160 | 135 | 27 | 318 | ([6]) |
| 15-18..... | 1,473 | 1,541 | 186 | 363 | 18 | 21 | 202 | 12 | 163 | 118 | 23 | 430 | 5 |
| 19-22..... | 1,317 | 1,550 | 183 | 252 | 23 | 23 | 184 | 12 | 170 | 117 | 15 | 536 | 35 |
| 23-34..... | 3,879 | 1,706 | 187 | 225 | 23 | 20 | 179 | 14 | 187 | 122 | 16 | 693 | 40 |
| 35-50..... | 3,759 | 1,770 | 191 | 176 | 25 | 19 | 169 | 14 | 201 | 125 | 18 | 803 | 29 |
| 51-64..... | 2,936 | 1,796 | 190 | 194 | 25 | 18 | 169 | 14 | 224 | 177 | 19 | 739 | 27 |
| 65-74..... | 1,376 | 1,648 | 165 | 212 | 23 | 14 | 178 | 12 | 224 | 189 | 22 | 599 | 10 |
| 75 and over..... | 751 | 1,584 | 148 | 243 | 21 | 14 | 190 | 14 | 211 | 181 | 22 | 531 | 9 |
| All individuals... | 36,142 | 1,790 | 204 | 322 | 26 | 24 | 213 | 13 | 198 | 142 | 23 | 578 | 47 |

[1]Quantities given are for foods as ingested; no inedible parts are included. Data are from main tables 1A-1.1 to 6A-1.1.
[2]Based on 3 consecutive days of dietary intake.
[3]See "Table Notes," appendix B.
[4]Total grams as actually ingested not as calcium equivalents (see "Glossary," appendix A), which as given for total milk and milk products in tables 2A-1.1 to 2N-3.1.
[5]Excludes breast-fed infants.
[6]Value less than 0.5 but more than 0.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

# Appendix J: Data Sets for USDA Food Consumption Surveys Available From NTIS

The following data tapes may be ordered from the National Technical Information Service:

| Data Set Name | Accession Number | Cost |
|---|---|---|
| Spring Basic Household Food Consumption Survey, 1977-78 ..... | PB80-190176 | $240 |
| Summer Basic Household Food Consumption Survey, 1977-78 ..... | PB80-197441 | 240 |
| Fall Basic Household Food Consumption Survey, 1977-78 ..... | PB80-200215 | 240 |
| Winter Basic Household Food Consumption Survey, 1977-78 ..... | PB80-202542 | 240 |
| Spring Basic Individual Food Intake Survey, 1977-78 ..... | PB80-190218 | 400 |
| Summer Basic Individual Food Intake Survey, 1977-78 ..... | PB80-197429 | 320 |
| Fall Basic Individual Food Intake Survey, 1977-78 ..... | PB80-200223 | 400 |
| Winter Basic Individual Food Intake Survey, 1977-78 ..... | PB81-118853 | 400 |
| Puerto Rico Household Food Consumption Survey, 1977-78 ..... | PB82-138454 | 240 |
| Puerto Rico Individual Food Intake Survey, 1977-78 ..... | PB82-138462 | 320 |
| Alaska Household Food Consumption Survey, 1977-78 ..... | PB81-162539 | 140 |
| Alaska Individual Food Intake Survey, 1977-78 ..... | PB81-146763 | 140 |
| Hawaii Household Food Consumption Survey, 1977-78 ..... | PB81-146755 | 140 |
| Hawaii Individual Food Consumption Survey, 1977-78 ..... | PB81-146771 | 140 |
| Low-Income I, Household Food Consumption Survey, 1977-78 ..... | PB81-114399 | 240 |
| Low-Income I, Individual Food Intake Survey, 1977-78 ..... | PB81-118838 | 465 |
| Low-Income II, Household Food Consumption Survey, 1979-80 ..... | PB82-138470 | 240 |
| Low-Income II, Individual Food Intake Survey, 1979-80 ..... | PB82-138488 | 240 |
| Spring Individual Food Intake, 1965 ..... | PB80-195415 | 240 |
| Elderly Household Food Consumption Survey, 1977-78 ..... | PB83-137281 | 140 |
| Elderly Individual Food Intake Survey, 1977-78 ..... | PB83-134023 | 140 |

The data made available to the public from the Consumer Nutrition Division is distributed through the National Technical Information Service (NTIS) at: U.S. Department of Commerce, National Technical Information Service, 5285 Port Royal Road, Springfield, VA 22161. To reduce the probability of getting the wrong data set, requests should refer to the Accession Number.

## How to Pay

The deposit account, which carries no service charge and enables customers to order rapidly by telephone or telegraph, is the most convenient to use. Thus, the fastest service is provided to customers who charge to their deposit accounts.

American Express, VISA, and Master Card credit cards are accepted as well as check and money order payments.

As an occasional convenience to customers who have established credit, a Ship and Bill Service is provided at a $5 surcharge on each total order for documents, regardless of the number of documents ordered.

## How to Open a Deposit Account

Use the order form on page 615 and send at least $300 to NTIS Deposit Account, 5285 Port Royal Road, Springfield, VA 22161. Thereafter, keep at least $100 on deposit or enough to cover two months' charges. You may deposit any amount. Some active customers keep several thousand dollars in their accounts to ensure the fastest possible service for large orders, since orders will not be processed for overdrawn accounts.

When your account is opened, you will receive preaddressed order forms that will speed your orders, simplify accounting, and help record tax-deductible expenses.

## Special NTIS Credit for Local Governments and State Universities

No advance funds are necessary for local governments and State universities to obtain credit and immediate shipments of NTIS products and services.

Upon receipt of the special credit account application, NTIS will mail a supply of preaddressed order forms bearing a special account number. These forms also will

show a "Ship To" address if one is required. Subsequently, orders from these sources will be processed directly into the NTIS automated system, eliminating several steps in normal order handling and minimizing errors.

Monthly statements will show all charges, credits, deposits, and the balance remaining in the account. The charges may easily be verified from the Record of Shipment Cards included with every shipment. The local government's or the library's signed payment voucher (which we will keep on hand) will be mailed with each statement. Payment is due upon receipt of the voucher.

Officials need not be concerned with special funding, delays, and price changes.

The charge for this service is 10 cents a line item.

Ordering

RUSH HANDLING is for customers who must have immediate delivery.

RUSH HANDLING guarantees that a particular order will be filled within 8 working hours of its receipt. These orders receive immediate validation, verification of availability, individual hand processing through inventory control at the warehouse, and priority mailing.

RUSH HANDLING orders for mailing rather than pickup are accepted only from customers having NTIS deposit accounts or American Express Cards. Further, these orders may be placed only by telephone, telegram, telex, telecopier, or by customers in person. These orders cannot be placed by mail.

RUSH HANDLING for delivery to customers by priority mail costs $10 for each item ordered, plus the cost of the item.

RUSH HANDLING for pickup in Springfield or Washington, D.C., costs $6 for each item ordered, plus the cost of the item.

PREMIUM SERVICE is a 24-hour toll-free telephone ordering procedure ensuring priority mail delivery to NTIS deposit account customers within 5 to 12 days.

All deposit account customers will receive PREMIUM SERVICE identification numbers that they may use to place telephone orders at any time. PREMIUM SERVICE benefits are toll-free calls with 24-hour availability (no busy signals) simplified ordering techniques (details with the identification number), postage savings, and priority delivery. PREMIUM SERVICE costs $3.50 for each item ordered, plus the cost of the item.

REGULAR SERVICE will continue to operate with improved processing and stocking methods, optional priority mail delivery (slight additional cost), and optional pickup in Springfield or Washington, D.C. Currently, parcel post deliveries using the U.S. Postal Service are completed within 9 to 30 days.

The order processing and sales desk number is 703-487-4650. Call if you have any questions.

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

NTIS DEPOSIT ACCOUNT APPLICATION

Mail to:
NTIS
U.S. Department of Commerce
National Technical Information Service
5285 Port Royal Road
Springfield, VA 22161

Initial Deposit_____

Date Mailed_____

Date Acceptance Received_____

Deposit Account Service Application

Please open a deposit account in my name.
Here is my check for $_____ payable to NTIS
($300 minimum initial deposit).

Name_____

Title_____

Organization_____

Street_____

City_____State_____ZIP_____

Date_____Signature_____

**MAIL ORDER TO:**

# NTIS®

National Technical Information Service
U.S. DEPARTMENT OF COMMERCE
Springfield, Va. 22161
(703) 487-4650 TELEX 89-9405

**For DTIC Users Only**
DTIC User Code _____
Contract Number _____
(last 6 characters only)

**Treasury Agency Location Code**
For Government Users
(who report on SF-224)
(8 digit)
☐☐ ☐☐ ☐☐☐☐

Date _____

**PURCHASER:** Telephone: _____

Name _____

Organization _____

Address _____

City, State, ZIP _____

Attention: _____

**SHIP TO:**
(Enter if different from address at left)

Name _____

Organization _____

Address _____

City, State, ZIP _____

**METHOD OF PAYMENT**

☐ Charge my NTIS deposit account no. _____
☐ Purchase order no. _____
☐ Check enclosed for $ _____
☐ Charge to my: American Express ☐ Visa ☐ MasterCard ☐

Account no. _____

Card expiration date _____

Signature _____
(Required to validate order)

☐ Send me an application for an NTIS Deposit Account (NTIS-PR-33)

**ORDERING MAGNETIC TAPE:**
(check mode)

☐ 7 track ☐ 556bpi ☐ odd parity
☐ 800bpi ☐ even parity

☐ 9 track ☐ 800bpi ☐ 1600bpi ☐ 6250bpi (odd parity)

| NTIS ORDER NUMBER | USER ROUTING CODE† | QUANTITY | | | UNIT PRICE†† | PRIORITY MAIL SERVICES††† | TOTAL PRICE |
|---|---|---|---|---|---|---|---|
| | | Magnetic Tape | Paper Copy | Micro-fiche | | | |
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† NTIS can label each item for routing within your organization. If you want this service, put your routing codes in this box (Limit 8 characters).

†† ALL PRICES SUBJECT TO CHANGE

††† Priority Mail Services—FOR PAPER COPY ORDERS ONLY Add $3 per item for First Class Delivery in North America; Add $4 per item for Airmail Delivery outside North America.

| Enter Grand Total | $ |
|---|---|

# Appendix K: Food and Beverage Individual Intake Record, NFCS 1977–78

**(inside back cover)**

☆ U.S. GOVERNMENT PRINTING OFFICE: 1983 - 417-795

Segment #: _____

Housing Unit #: _____

Person (line)#: _____ {8,9}

Interviewer #: _____

_____ {1-5} ID

CD 1 3 {6,7}

Study #: 1-700

OMB NO.: 40-S76023

Expires: 6/30/78

| | |
|---|---|
| Basic | 1 |
| E. | 2 |
| Brdg. | 3 |
| P.R. | 4 |
| A. | 5 |
| H. | 6 |
| | |

FOR INTERVIEWER'S USE ONLY

CD 1 4 {6,7}

Time Started: _____ {8,9} {10-13}

| | |
|---|---|
| AM | 1 |
| PM | 2 |

{14}

Time Ended: _____ {15-18}

| | |
|---|---|
| AM | 1 |
| PM | 2 |

{19}

This record is for _____
FIRST NAME

SECTION V

1977-78 Nationwide Food Consumption Survey
United States Department of Agriculture

Food and Beverage Individual Intake Record

DAY ONE

DAY ONE is from 12 A.M. to 11:59 P.M. on _____ DAY _____/_____ MONTH {20,21} DATE {22,23}

Your cooperation is entirely voluntary. The information you supply will be used to estimate types and amounts of foods and beverages consumed by people like yourself. Results will be used to help insure an adequate and safe food supply for all. Information supplied by you will appear as statistics. It will, in no way, be connected to you or your household. This survey is authorized by law (7 U.S.C. 10).

DAILY INTAKE RECORD

- ANSWER QUESTIONS 1-3 ONCE FOR EACH EATING/DRINKING OCCASION
- ANSWER QUESTIONS 4-6
- ANSWER QUESTION 7 FOR EACH ITEM LISTED
- ANSWER QUESTIONS 8-11 AS APPLICABLE
- DRAW A LINE ACROSS BOTH PAGES TO SEPARATE ONE EATING/DRINKING OCCASION FROM THE OTHER
- ANSWER QUESTIONS 12-16 AT THE END OF EACH DAY

Start with the first time you ate or drank something on this day (after 12:00 A.M., midnight)...

1. At about what time did you begin eating/drinking this? (ENTER HOUR AND CIRCLE THE CODE FOR EITHER A.M. OR P.M. IN COL. Q.1)

2. What do you usually call this? (ENTER A NUMBER IN COL. Q.2)

   1 Breakfast
   2 Brunch
   3 Lunch
   4 Dinner
   5 Supper
   6 Coffee (beverage) break
   7 Snack
   8 Other (EXPLAIN IN COL. Q.2)

3. With whom did you eat/drink this? (ENTER A NUMBER IN COL. Q.3)

   1 Alone
   2 With other household member(s)
   3 With non-household member(s)
   4 With both household member(s) and non-household member(s)

4. What did you eat or drink on this occasion? (ENTER ONE ITEM TO A LINE IN COL. Q.4. FOR EXAMPLE, "BREAD AND BUTTER" WILL TAKE UP TWO LINES)

5. Describe this item further. (ENTER IN COL. Q.5.)

6. How much did you actually eat or drink? (ENTER AMOUNT IN COL. Q.6.)

COMPLETE Q'S 4-6 FOR THIS OCCASION AND THEN CONTINUE WITH Q.7 ON NEXT PAGE →

DAY 1

| ANSWER ONCE FOR EACH OCCASION | | | | | FOOD/DRINK CONSUMED: ONE ITEM PER LINE | | |
|---|---|---|---|---|---|---|---|
| Q.1 | | | Q.2 | Q.3 | Q.4 | Q.5 | Q.6 |
| CD 1 3 When? {10-13}{14} | | | {15} | {16} | | | |
| Time | AM | PM | Usually Called | With Whom | Name of Food/Drink | Complete Description | Amount Actually Consumed |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
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| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |

| | ANSWER FOR EACH ITEM | | | IF "NO" (CODE 3) TO Q.7 -- FOLLOW INSTRUCTIONS ON FLAP | | | |
|---|---|---|---|---|---|---|---|
| | Q.7 | | | Q.8 | Q.9 | Q.10 | Q.11 |
| | {36} Home Supply | | | {37,38} | {39} | {40} | {41-45} IF "YES" TO Q.10 |
| {17-32} {33-35} DO NOT WRITE IN THIS SPACE | Yes Eaten at Home | Yes Eaten Away | No | Where Obtained | Kind of Service | Did You Pay? | Amount Paid? |
| 101 | 1 | 2 | 3 | | | | |
| 102 | 1 | 2 | 3 | | | | |
| 103 | 1 | 2 | 3 | | | | |
| 104 | 1 | 2 | 3 | | | | |
| 105 | 1 | 2 | 3 | | | | |
| 106 | 1 | 2 | 3 | | | | |
| 107 | 1 | 2 | 3 | | | | |
| 108 | 1 | 2 | 3 | | | | |
| 109 | 1 | 2 | 3 | | | | |
| 110 | 1 | 2 | 3 | | | | |
| 111 | 1 | 2 | 3 | | | | |
| 112 | 1 | 2 | 3 | | | | |
| 113 | 1 | 2 | 3 | | | | |
| 114 | 1 | 2 | 3 | | | | |
| 115 | 1 | 2 | 3 | | | | |
| 116 | 1 | 2 | 3 | | | | |
| 117 | 1 | 2 | 3 | | | | |
| 118 | 1 | 2 | 3 | | | | |
| 119 | 1 | 2 | 3 | | | | |
| 120 | 1 | 2 | 3 | | | | |
| 121 | 1 | 2 | 3 | | | | |
| 122 | 1 | 2 | 3 | | | | |
| 123 | 1 | 2 | 3 | | | | |
| 124 | 1 | 2 | 3 | | | | |

END CD 1 3

CONTINUE WITH QUESTIONS →

| ANSWER ONCE FOR EACH OCCASION | | | | | FOOD/DRINK CONSUMED: ONE ITEM PER LINE | | |
|---|---|---|---|---|---|---|---|
| Q.1 | | | Q.2 | Q.3 | Q.4 | Q.5 | Q.6 |
| CD 1 3 When? {10-13}{14} | | | {15} | {16} | | | |
| Time | AM | PM | Usually Called | With Whom | Name of Food/Drink | Complete Description | Amount Actually Consumed |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
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| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |
| | 1 | 2 | | | | | |

| {17-32} {33-35} DO NOT WRITE IN THIS SPACE | ANSWER FOR EACH ITEM Q.7 {36} Home Supply: Yes Eaten at Home | Yes Eaten Away | No | IF "NO" (CODE 3) TO Q.7 -- FOLLOW INSTRUCTIONS ON FLAP Q.8 {37,38} Where Obtained | Q.9 {39} Kind of Service | Q.10 {40} Did You Pay? | Q.11 {41-45} IF "YES" TO Q.10 Amount Paid? | END CD 1 3 |
|---|---|---|---|---|---|---|---|---|
| 201 | 1 | 2 | 3 | | | | | |
| 202 | 1 | 2 | 3 | | | | | |
| 203 | 1 | 2 | 3 | | | | | |
| 204 | 1 | 2 | 3 | | | | | |
| 205 | 1 | 2 | 3 | | | | | |
| 206 | 1 | 2 | 3 | | | | | |
| 207 | 1 | 2 | 3 | | | | | |
| 208 | 1 | 2 | 3 | | | | | |
| 209 | 1 | 2 | 3 | | | | | |
| 210 | 1 | 2 | 3 | | | | | |
| 211 | 1 | 2 | 3 | | | | | |
| 212 | 1 | 2 | 3 | | | | | |
| 213 | 1 | 2 | 3 | | | | | |
| 214 | 1 | 2 | 3 | | | | | |
| 215 | 1 | 2 | 3 | | | | | |
| 216 | 1 | 2 | 3 | | | | | |
| 217 | 1 | 2 | 3 | | | | | |
| 218 | 1 | 2 | 3 | | | | | |
| 219 | 1 | 2 | 3 | | | | | |
| 220 | 1 | 2 | 3 | | | | | |
| 221 | 1 | 2 | 3 | | | | | |
| 222 | 1 | 2 | 3 | | | | | |
| 223 | 1 | 2 | 3 | | | | | |
| 224 | 1 | 2 | 3 | | | | | |

CONTINUE WITH QUESTIONS ⟶

ANSWER FOR DAY 1

12. Did you drink any water on this day (other than in coffee, fruitade, etc.)? (CIRCLE ONE NUMBER) {24}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

If yes, about how many cups?

NUMBER OF: ____ cups (8 fl. oz.) {25,26}

13. Did you chew any gum on this day? (CIRCLE ONE NUMBER) {27}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

If yes, about how many sticks or pieces?

NUMBER OF: ____ sticks or pieces {28,29}

14. Did you consume any cough drops on this day? (CIRCLE ONE NUMBER) {30}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

If yes, how many pieces?

NUMBER OF: ____ cough drops {31,32}

15. Was your food/drink consumption on this day typical of what you usually eat/drink on this day of week (Sunday, Monday, etc)? (CIRCLE ONE NUMBER) {33}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

If no, why is it different? (CIRCLE ONE NUMBER) {34}

| | |
|---|---|
| Ill | 1 |
| Short of cash | 2 |
| Traveling | 3 |
| Social occasion | 4 |
| Holiday | 5 |
| Not enough time to eat | 6 |
| Other reason: (EXPLAIN) | 7 |

16. Did anyone help you keep this record? (CIRCLE ONE NUMBER) {35}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

If yes, who helped? (CIRCLE ONE OR MORE NUMBERS) {36}

| | |
|---|---|
| Interviewer | 1 |
| Household member, first name ____ | 2 |
| Non-household member | 3 |

17. What was the month, day, and year of your birth?

____ / ____ / ____
MONTH {37,38} DAY {39,40} YEAR {41,42}

18. What is your height?

____ FEET {43} ____ INCHES {44,45}

19. What is your weight?

____ POUNDS {46-48}

20. Are you on a special diet? (CIRCLE ONE NUMBER) {49}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

If yes, how would you describe it? (CIRCLE ONE NUMBER) {50}

| | |
|---|---|
| Doctor prescribed what I should or should not eat | 1 |
| Group diet program such as Weight Watchers or Tops | 2 |
| Diet I read or heard about elsewhere | 3 |
| Other (PLEASE DESCRIBE) | 4 |

21. Do you take any vitamin, mineral, or other supplement by mouth (such as tablets, capsules, oil)? (CIRCLE ONE NUMBER) {51}

| | |
|---|---|
| No | 1 |
| Yes, regularly | 2 |
| Yes, irregularly | 3 |

If yes, circle the number following each supplement taken:

| | | |
|---|---|---|
| Multiple vitamins | 1 | {52} |
| Multiple minerals | 2 | |
| Multiple vitamins and minerals | 3 | |
| Vitamin A | 4 | |
| Vitamin C | 5 | |
| Vitamin D | 6 | |
| Vitamin E | 7 | |
| B vitamins/B-complex | 8 | |
| Iron | 9 | |
| Calcium | 0 | |
| Zinc | 1 | {53} |
| Fluoride | 2 | |
| Other (Which?) | 3 | |

22. Have you eaten any of the following in the past 30 days? (CIRCLE THE NUMBER OR THE ASTERISK (*) AFTER EACH FOOD. IF YOUR ANSWER IS "YES", PLEASE INDICATE HOW MANY TIMES IN THE PAST 30 DAYS YOU HAVE EATEN THAT KIND OF FOOD)

| | {54} Yes | No | # of Times |
|---|---|---|---|
| Liver: Beef or calf's | 1 | * | 55,56 |
| Liver: Chicken | 2 | * | 57,58 |
| Liver: Pork | 3 | * | 59,60 |
| Kidney: Beef, lamb or veal | 4 | * | 61,62 |
| Heart: Beef or calf's | 5 | * | 63,64 |
| Sweetbreads | 6 | * | 65,66 |
| Brains | 7 | * | 67,68 |
| Other organ meats (Which?) | 8 | * | 69,70 |

23. Are you a vegetarian? (CIRCLE ONE NUMBER) {71}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

If yes, indicate which of the following foods you eat: (CIRCLE ONE OR MORE NUMBERS) {72}

| | |
|---|---|
| Poultry | 1 |
| Fish | 2 |
| Eggs | 3 |
| Dairy products | 4 |
| Fruits | 5 |
| Nuts | 6 |
| Dried beans or peas | 7 |
| Vegetables | 8 |
| Cereal or grain products | 9 |
| Vegetable-based meat substitute | 0 |

24. These are some things that might affect what a person eats and drinks. Indicate which ones, if any, pertain to you. (CIRCLE A NUMBER FOR EACH ONE WHICH APPLIES) {73}

| | |
|---|---|
| I'm on a diet to lose weight | 1 |
| I'm on a diet to put weight on | 2 |
| I have a chewing problem because of teeth | 3 |
| I have a medical problem like diabetes or allergy | 4 |
| Some foods do not agree with me | 5 |
| I don't feel like eating breakfast early in the morning | 6 |
| I have no interest in cooking for one person | 7 |
| I do not like certain foods | 8 |
| Other (EXPLAIN) _____ | 9 |
| FOR OFFICE USE ONLY | 0 |

25. As of now, how would you describe your health? (CIRCLE ONE NUMBER) {74}

| | |
|---|---|
| Excellent | 1 |
| Good | 2 |
| Fair | 3 |
| Poor | 4 |

26. Do you have any disability or handicap that limits your activities? (CIRCLE ONE NUMBER) {75}

| | |
|---|---|
| Yes | 1 |
| No | 2 |

{76}

{77}

{78}

{79}

{80}

END CD 1 4

**United States Department of Agriculture**
Human Nutrition Information Service
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