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# CSFII

Nationwide Food Consumption Survey  
Continuing Survey of Food Intakes  
by Individuals

**Women 19-50 Years and Their  
Children 1-5 Years, 1 Day**

**1985**

## ABSTRACT

This report presents 1-day food and nutrient intake data for 1,503 women 19 to 50 years of age and 548 of their children 1 to 5 years of age in the 48 conterminous States. Data collection began April 1, 1985, and continued into June 1985 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Data were collected using a 1-day recall in a personal interview, and are compared with data collected in a comparable manner for individuals of the same ages in the Nationwide Food Consumption Survey 1977-78, spring quarter (April through June). Data are provided in 54 tables, and major results are summarized. Food intakes are aggregated in 60 food groups and subgroups and are tabulated for children 1 to 3 years of age, children 4 to 5 years, children 1 to 5 years, and women 19 to 34 years, 35 to 50 years, and 19 to 50 years. Mean quantities of foods eaten per individual per day and percentages of individuals who reported eating any food from the specified food groups and subgroups are presented. Tables of the mean intakes of food energy and nutrients and comparisons of intakes with the 1980 Recommended Dietary Allowances are provided for individuals in households classified by income, race, and location (urbanization and region). Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, fat, and carbohydrate; the frequency of eating; and the nutrient contributions of snacks and of food eaten away from home. Other factors related to nutrient intakes are included, such as the percentages of individuals following special diets or using vitamin and mineral supplements. Characteristics of the sample are included also.

**KEYWORDS:** Dietary survey, food intake, food away from home, frequency of eating, nutrient density, nutrient intake, snacks, supplements, women, children.

## ACKNOWLEDGMENTS

The Continuing Survey of Food Intakes by Individuals 1985 was conducted by the Nutrition Monitoring 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 under contract by National Analysts, a division of Booz, Allen and Hamilton, Inc.; Beth B. Rothschild 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. Howard A. Riddick supervised a team of nutritionists, home economists, and economists--Cecilia Wilkinson Enns, Kathryn H. Fleming, Kerry B. Greer, Patricia M. Guenther, Sharon J. Mickle, and Carol A. Tuszyński--in developing plans for coding and tabulating the individual food intake data, analyzing the results, and writing this report. Assistance was also provided by Alexander Kipnis, Gail Hutchinson Kirby, Marva J. Philip, Teresa L. Robinson, Heidi G. Sanbower, and Maia M. Baudelaire. Katherine S. Tippet coordinated the preparation of the report. Bruce C. Gray, Renee A. Powell, and Jan L. Janiczek were responsible for data processing, and technical assistance was provided by Helena M. Chang, Joseph D. Goldman, and Anhtram C. Vu. Frank N. Hepburn and the Nutrient Data Research Branch provided food composition values. Carole A. Davis and the Guidance and Education Research Branch provided gram conversion information. Johna L. Pierce, Gerald Smith, and Shirley A. Shirron provided editorial and production assistance. Joanne Rosenthal Levine and staff produced the final camera-ready copy.

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# CSFII: Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1985

*by the Nutrition Monitoring Division  
Human Nutrition Information Service*

## INTRODUCTION

This publication provides data on 1-day dietary intakes by women 19 to 50 years of age and their children 1 to 5 years of age collected from April through June of 1985. This is the first in a series of publications that will report results from the Continuing Survey of Food Intakes by Individuals (CSFII) conducted by the U.S. Department of Agriculture (USDA). The CSFII is a major component of the National Nutrition Monitoring System, a set of related Federal activities intended to provide regular information on the nutritional status of the U.S. population (1).

The CSFII is the first nationwide dietary intake survey designed to be conducted year by year in this country. The survey complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years. The yearly data collection will provide up-to-date information on the adequacy of diets of selected population groups and early indications of dietary changes. These are important considerations for data that are used in planning food assistance and educational programs and in administering a variety of public programs affecting the supply, safety, and distribution of the Nation's food.

The core of the CSFII is a national sample of households containing women 19 to 50 years of age and their

children 1 to 5 years of age in the 48 conterminous States. This sample, referred to as the "core monitoring group," was selected because previous surveys have shown that women of childbearing age and young children are more likely than other population groups to have diets low in certain nutrients (2, 3). Each year the CSFII may include additional population groups.

## THE CSFII 1985

The National Analysts, a division of Booz, Allen and Hamilton, Inc., a private firm in Philadelphia, Pennsylvania, conducted the Continuing Survey of Food Intakes by Individuals for 1985 (CSFII 1985) under contract with the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; and prepared the final data tape. HNIS defined the information to be collected; provided technical information such as food codes, gram weights of household measures, and the nutrient composition of foods; and monitored all aspects of the contract.

The survey was designed to be a stratified area probability sample in the 48 conterminous States. The sampling units for the survey were (1) the household and (2) individuals within a sample household. The household screening procedures were designed to provide three separate samples: (1) women 19 to 50 years of age and their children 1 to 5 years of age--the core monitoring group; (2) a comparable sample of low-income women and their children in the same age ranges; and (3) men 19 to 50 years of age. This report provides information on the first of these three samples.

The CSFII 1985 contains many of the basic features of the individual intake component of the Nationwide Food Consumption Survey, 1977-78 (NFCS 1977-78). There are some differences, however. Information in NFCS 1977-78 was collected for 3 successive days using a 1-day dietary recall followed by a 2-day food record. Information in the CSFII 1985 was collected using the 1-day dietary recall only. Men will be surveyed once, while women and children from the core and low-income samples will be surveyed on 6 separate days over a 1-year period.

The NFCS 1977-78 data were collected using personal interviews and dietary records completed by the respondents; the CSFII 1985 data are being collected using a combination of personal and telephone interviews. In the CSFII 1985 the first day of intake data from each of the three sample populations was collected using a personal interview. Subsequent days of data for the core and low-income samples are being collected by telephone at 2-month intervals. Individuals in households without telephones are being contacted in person.

The food codes and nutritive values used in the CSFII 1985 have been revised since the 1977-78 survey. These revisions include more detailed specifications for some items, such as low-sodium products, more nutrient information for foods by brand name, a greater number and variety of products, and updated information on nutrients in foods. The 1977-78 data were analyzed for 14 nutrients and food energy; the data from the CSFII 1985 are being analyzed for 27 dietary components and food energy.

## THIS REPORT

This report provides data on the first day of dietary intake for the CSFII 1985 core monitoring group and comparable data for individuals of the same age from the NFCS 1977-78. Both sets of data are based on 1-day dietary recalls obtained by personal interview. Interviewing for the CSFII 1985 began in April and continued into June of 1985. Comparable data from the NFCS 1977-78 were collected in the spring quarter of 1977 (April through June).

The data tables in this report present food and nutrient intakes for 1,503 women and 548 children during the spring of 1985 and for 2,228 women and 690 children during the spring of 1977. Food intakes are classified in 60 food groups and subgroups. Mean quantities of food eaten per individual per day are presented along with percentages of individuals who reported eating any food from the specified food group or subgroup.

Tables of the mean intakes of food energy and nutrients and comparisons of intakes with the 1980 Recommended Dietary Allowances (RDA) (4) are provided for individuals in households classified by income, race, and location (urbanization and region). Also presented are tables of the nutrient densities of diets (intake of nutrients per 1,000 kilocalories); the percentages of food energy from protein, fat, and carbohydrate; the frequency of eating; and the nutrient contributions of snacks and of food obtained and eaten away from home. Other factors related to nutrient intakes are included, such as the percentages of individuals following special diets and the percentages using vitamin and mineral supplements.

## SELECTED RESULTS

In the spring of 1985, women 19 to 50 years of age reported dietary intakes for themselves and their children 1 to 5 years of age that were generally higher in food energy and as high or higher in all vitamins and minerals studied than the intakes reported by a comparable group of women and children in 1977.<sup>1</sup>

Dietary intakes by both women and children were lower in fat and higher in carbohydrate in 1985 than in 1977.

The findings reported here are group means based on 1 day of dietary information collected as part of the Continuing Survey of Food Intakes by Individuals (CSFII) in the spring of 1985 and information collected in the Nationwide Food Consumption Survey (NFCS) in the spring of 1977.

### FOOD INTAKES

Within the meat, poultry, and fish food group, the category reported by the highest percentage of women in

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<sup>1</sup>Readers interested in comparing data collected in 1985 with data collected in 1977 should be aware of changes in data collection procedures, probing techniques, and food composition data which might affect conclusions drawn about increases or decreases in the intake of certain foods and nutrients. In some cases, further analyses will be required to determine whether a change in intake between the two periods should be attributed to a change in the diets of individuals, to a change in food composition data, or to a change in methodology. Appendix B provides information on differences between the two surveys.

1985 was meat mixtures, followed by frankfurters, sausages, and luncheon meats; beef; pork; and poultry. Meat mixtures are mixtures having one or more types of meat, poultry, or fish as a major ingredient, such as stews, casseroles, sandwiches (including hamburgers), and frozen dinners. Women shifted away from eating meat separately toward eating meat as part of a mixture (see text table A). The proportion of women reporting intakes of meat mixtures on the day of the survey increased from 33 to 37 percent between 1977 and 1985, and women's mean intake of mixtures increased from 65 to 88 grams. The proportion of women reporting intakes of beef decreased from 35 to 23 percent, and the proportion reporting intakes of pork decreased from 24 to 20 percent. The decreased intake of beef and pork used separately may be partially due to a shift of beef and pork into meat mixtures.

Children's food intakes generally followed the same pattern as those of women, although more children ate poultry than either beef or pork. Like women, a lower percentage of children ate beef and pork in 1985 than in 1977; but unlike women, a lower percentage of children ate meat mixtures (32 percent in 1985 versus 35 percent in 1977). Children's mean intake of meat mixtures in 1985 remained the same as in 1977 (45 grams).

In 1985, the percentage of women drinking lowfat or skim milk was the same as the percentage drinking whole milk (26 percent each). In 1977, a higher percentage of women reported drinking whole milk (39 percent) than reported drinking lowfat or skim milk (16 percent). Children followed a similar pattern with a lower percentage drinking whole milk in 1985 than in 1977 (54 percent versus 65 percent) and a higher percentage drinking lowfat or skim milk (38 percent in

Text table A--Women 19 to 50 years of age: Percentage using selected foods and mean intakes in a day in the spring of 1985, and percentage change in mean intakes from the spring of 1977

Food group/subgroup	Individuals using	Mean intakes	
		1985	Change from 1977 to 1985
	<u>percent</u>	<u>grams</u>	<u>percent</u>
Total meat, poultry, and fish.....	88	181	-3
Meat mixtures.....	37	88	+35
Beef (reported separately).....	23	27	-45
Pork (reported separately).....	20	14	-22
Poultry (reported separately)...	19	22	-8
Fish and shellfish (reported separately).....	12	13	+18
Total fluid milk.....	51	141	-5
Whole.....	26	64	-35
Lowfat or skim.....	26	77	+60
Eggs.....	24	18	-28
Total vegetables.....	83	173	-8
Total grain products.....	94	209	+29
Grain mixtures.....	26	74	+72
Total carbonated soft drinks.....	54	287	+53
Regular.....	36	179	+28
Low-calorie.....	20	105	+123

1985 versus 26 percent in 1977). Higher percentages of both women and children ate cheese and legumes, nuts, and seeds; lower percentages ate eggs in 1985 than in 1977.

The mean intake of total vegetables by women declined slightly from 187 grams in 1977 to 173 grams in 1985. Some of the decrease in reports of vegetable intakes may be due to increased intakes of meat mixtures and grain mixtures, many of which include some vegetables.

The mean intake of grain products increased substantially for both women and children. Especially large were increases in intakes of grain mixtures (items such as macaroni and cheese, pizza, and spaghetti with meat sauce). The mean intake of grain mixtures by women increased from 43 to 74 grams; that of children increased from 50 to 69 grams.

In 1985, a higher percentage of women reported drinking carbonated soft drinks--both regular and low-calorie--than in 1977. This increase was greater for low-calorie soft drinks than for regular carbonated ones, although more women drank regular than low-calorie soft drinks in both 1977 and 1985. The percentage of women reporting the intake of alcoholic beverages was only slightly higher in 1985 than in 1977, but mean intake rose from 55 to 84 grams. A 1985 survey question probing for forgotten food items included alcoholic beverages and may have contributed to the increased amount reported.

## NUTRIENT INTAKES

Food energy intakes for both women and children were higher in 1985 than in 1977. Intakes of most nutrients per 1,000 kilocalories were about the same or higher in 1985 than in 1977. Exceptions were protein and fat, which were lower for both women and children, and magnesium, which was lower for women.

In 1985, women's intakes of all nutrients, expressed as percentages of the 1980 RDA were about as high or higher than those in 1977. Women's mean intakes were above the RDA in 1985 for 8 of the 15 nutrients examined. Intakes were below the RDA for vitamin B<sub>6</sub>, calcium, magnesium, and iron in both 1985 and 1977. In 1985, women's intakes failed to meet the RDA for three additional nutrients not examined in 1977: the intake of vitamin E was only slightly below the RDA (97 percent), but the intakes of folacin and zinc were well below the RDA (51 and 60 percent, respectively). Nutrient intakes that were below the RDA generally followed the same pattern regardless of income or race (see text table B).

Children's intakes of food energy and nutrients, expressed as percentages of the 1980 RDA, were higher in 1985 than in 1977. However, their iron and zinc intakes failed to meet the RDA (88 percent and 84 percent, respectively) in 1985. In 1977, children's intakes were slightly below the RDA for food energy, vitamin B<sub>6</sub>, and calcium; they were well below the RDA for iron (74 percent). Zinc intakes were not measured in 1977.

Text table B.--Women 19 to 50 years of age: Mean intakes of selected nutrients below the 1980 RDA, by household income level and by race, spring 1985

Income level and race	Vitamin B <sub>6</sub>	Calcium	Magne- sium	Iron	Folacin	Zinc
	-----percentage of RDA-----					
Income level:						
Under 131% of poverty.....	58	66	63	62	45	61
131%-300% of poverty.....	62	79	71	62	52	59
Over 300% of poverty.....	64	84	77	61	53	61
Race:						
White.....	62	82	73	61	51	59
Black.....	58	58	60	64	47	61
All women.....	61	78	72	61	51	60

Mean intakes below the RDA cannot be interpreted to mean that some individuals in the group were malnourished. Nutrient requirements for individuals differ, and the RDA are set high enough to meet the requirements of nearly all healthy individuals in a given sex and age group in the population. Thus, the RDA for nutrients exceed the requirements of many individuals. Although intakes below the RDA for a nutrient are not necessarily inadequate, the risk of some individuals' having inadequate intakes increases as the mean intake for their group falls further below the RDA.

In 1985, intakes of dietary fiber, copper, and sodium (excluding sodium from salt added at the table) were estimated. Dietary fiber intakes were 12 grams for women and 10 grams for children, based on limited information on the dietary fiber content of foods. Copper intakes were 1.1 milligrams for women and 0.8 milligrams for children, well below the ranges of recommended intakes suggested by the Food and Nutrition Board, National Academy of Sciences (4). The sodium intake of women (2,576 milligrams) was within the range recommended, but the children's intake (2,047 milligrams) was well above the range recommended (450 to 1,350 milligrams). These results represent minimum estimates of sodium intake because they do not include sodium from salt added at the table. (Table salt has 484 milligrams of sodium per one-fourth teaspoon.)

In 1985, the percentage of food energy provided by protein was nearly the same as in 1977 for both women and children, but the percentage of food energy from

carbohydrate increased and the percentage from fat decreased, as shown below:

	Fat		Carbohydrate	
	1977	1985	1977	1985
	-----percent-----			
Children:				
1-5 years.....	38	34	48	52
Women:				
19-50 years.....	41	37	41	46

Some of this difference can be attributed to changes in food selections, such as the shift from whole milk to lowfat milk and increased use of foods containing carbohydrates, such as grain products and sweetened beverages. Some of the difference may be attributable to changes in the way data were collected, such as increased use of probes about the intake of fat on meat, skin on poultry, and fat with vegetables.

About two-fifths of the fat consumed was saturated, two-fifths was monounsaturated, and one-fifth was polyunsaturated. For women, saturated fat provided 13 percent of food energy, and polyunsaturated fat provided 7 percent. Mean cholesterol intakes were 304 milligrams for women and 254 milligrams for children.

#### EATING PATTERNS

Both women and children ate more often in 1985 than in 1977. Four times a day was the frequency of eating most

often reported in 1985; in 1977, three times a day was reported most often.

Snacks were reported by larger percentages of women and children in 1985 than in 1977. In 1985, 76 percent of the women and 83 percent of the children identified one or more of their eating occasions as a "snack." In 1977, 60 percent of the women and 62 percent of the children reported one or more snacks. Reflecting the increased number of snacks, the nutritive contribution of snacks rose between 1977 and 1985. Women obtained 9 to 19 percent of their food energy and nutrients from snacks in 1985, compared with 6 to 15 percent in 1977. Children obtained 9 to 22 percent of their food energy and nutrients from snacks in 1985, compared with 6 to 16 percent in 1977.

In 1985, 57 percent of women and 43 percent of children obtained and ate some food away from home on the day of the survey, compared with 45 percent of women and 30 percent of children in 1977. Food away from home accounted for 28 percent of food energy intake by women and 17 percent by children in 1985--an increase over that in 1977, when food away from home contributed less to food energy (22 percent for women and 12 percent for children, respectively). In 1985, food away from home provided 25 to 30 percent of nutrients for women and 13 to 18 percent of nutrients for children.

#### SUPPLEMENTS

In 1985, 58 percent of the women and 60 percent of the children reported using some type of vitamin and/or mineral supplement either regularly or occasionally. This use of supplements is considerably higher than it was in 1977, when 39 percent of the women and 47 percent of children reported using them.

# Tables

TABLE 1.1-1.--MEAT, POULTRY, FISH: MEAN INTAKES PER INDIVIDUAL IN A DAY, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL		BEEF		PORK		LAMB, VEAL, GAME		ORGAN MEATS	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---NUMBER---

---GRAMS---

CHILDREN:

1-3.....	376	336	99	98	17	14	7	7	(*)	1	(*)	(*)
4-5.....	315	211	128	114	26	15	8	8	(*)	1	(*)	(*)
ALL.....	690	548	112	104	21	14	7	7	(*)	1	(*)	(*)

WOMEN:

19-34.....	1,287	854	184	179	49	26	18	13	1	1	(*)	1
35-50.....	942	649	188	185	49	28	19	15	2	1	2	1
ALL.....	2,228	1,503	186	181	49	27	18	14	1	1	1	1

FRANKFURTERS, SAUSAGES, LUNCHEON MEATS	POULTRY				FISH AND SHELLFISH		MIXTURES MAINLY MEAT, POULTRY, FISH	
	TOTAL		CHICKEN		1977	1985	1977	1985
	1977	1985	1977	1985				

---GRAMS---

CHILDREN:

1-3.....	15	11	15	13	14	12	4	6	40	44
4-5.....	16	14	21	25	21	23	6	3	50	46
ALL.....	15	12	18	18	17	16	5	5	45	45

WOMEN:

19-34.....	17	15	25	21	22	19	9	11	65	88
35-50.....	14	11	24	23	21	20	14	16	65	88
ALL.....	16	13	24	22	22	19	11	13	65	88

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 1.1-2.--MEAT, POULTRY, FISH: PERCENTAGE OF INDIVIDUALS USING, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL		BEEF		PORK		LAMB, VEAL, GAME		ORGAN MEATS	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

-----NUMBER----- PERCENT-----

CHILDREN:												
1-3.....	376	336	87.0	82.6	27.9	17.2	19.5	14.9	0.3	1.3	0.6	0.2
4-5.....	315	211	91.4	90.6	30.5	18.0	21.8	18.2	.3	1.5	.8	.4
ALL.....	690	548	89.0	85.7	29.1	17.5	20.5	16.2	.3	1.4	.7	.3

WOMEN:												
19-34.....	1,287	854	90.1	87.2	33.8	22.3	22.3	18.9	1.1	.9	.4	.9
35-50.....	942	649	93.5	89.3	36.4	24.1	26.3	22.5	1.5	1.0	1.5	1.0
ALL.....	2,228	1,503	91.5	88.1	34.9	23.1	24.0	20.5	1.3	1.0	.9	1.0

	FRANKFURTERS, SAUSAGES, LUNCHEON MEATS		POULTRY				FISH AND SHELLFISH		MIXTURES MAINLY MEAT, POULTRY, FISH	
			TOTAL		CHICKEN					
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

-----PERCENT-----

CHILDREN:												
1-3.....	30.9	25.6	17.1	18.3	16.3	16.4	6.8	9.9	33.0	31.1		
4-5.....	35.7	32.3	18.9	26.1	17.9	24.7	7.1	5.2	36.8	33.4		
ALL.....	33.1	28.2	17.9	21.3	17.0	19.6	7.0	8.1	34.7	32.0		

  

WOMEN:												
19-34.....	25.4	26.2	17.5	18.9	15.7	16.6	8.5	10.0	32.3	36.4		
35-50.....	24.7	22.6	18.9	19.5	16.5	17.1	11.5	13.5	34.4	38.0		
ALL.....	25.1	24.6	18.1	19.1	16.1	16.8	9.8	11.5	33.2	37.1		

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 1.2-1.--MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS: MEAN INTAKES PER INDIVIDUAL IN A DAY, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	MILK AND MILK PRODUCTS											
	INDIVIDUALS		TOTAL MILK AND MILK PRODUCTS				FLUID MILK					
			MILK PRODUCTS		MILK PRODUCTS		TOTAL		WHOLE		LOWFAT/SKIM	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---		---GRAMS---				CALCIUM EQUIVALENTS		---GRAMS---			
<b>CHILDREN:</b>												
1-3.....	376	336	409	425	449	472	373	381	268	228	105	153
4-5.....	315	211	396	433	431	486	337	381	250	227	87	153
ALL.....	690	548	403	428	441	477	357	381	260	228	97	153
<b>WOMEN:</b>												
19-34.....	1,287	854	230	219	279	278	170	155	118	74	51	81
35-50.....	942	649	169	181	209	232	117	123	70	51	42	71
ALL.....	2,228	1,503	204	203	249	259	148	141	98	64	48	77

  

	MILK AND MILK PRODUCTS						EGGS		LEGUMES, NUTS, SEEDS	
	YOGURT		CREAM AND MILK DESSERTS		CHEESE					
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---GRAMS---									
<b>CHILDREN:</b>										
1-3.....	2	5	16	15	8	10	20	18	18	22
4-5.....	0	5	26	27	9	12	23	16	22	31
ALL.....	1	5	20	19	8	11	21	17	20	26
<b>WOMEN:</b>										
19-34.....	7	11	18	24	18	17	26	18	20	24
35-50.....	5	5	20	25	17	18	23	17	21	19
ALL.....	6	8	19	24	17	18	25	18	21	22

NOTE: SEE "TABLE NOTES."  
 SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 1.2-2.--MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS: PERCENTAGE OF INDIVIDUALS USING, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		MILK AND MILK PRODUCTS								
			TOTAL MILK AND MILK PRODUCTS		FLUID MILK						
					TOTAL		WHOLE		LOWFAT/SKIM		
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
	---NUMBER---		---PERCENT---								
<b>CHILDREN:</b>											
1-3.....	376	336	92.7	95.0	89.2	89.2	64.1	53.6	28.2	37.7	
4-5.....	315	211	92.3	95.1	85.8	89.3	66.9	53.7	22.4	38.8	
ALL.....	690	548	92.6	95.0	87.7	89.2	65.4	53.6	25.6	38.1	
<b>WOMEN:</b>											
19-34.....	1,287	854	75.3	77.7	56.5	52.6	41.7	27.3	15.9	26.1	
35-50.....	942	649	73.2	74.8	52.6	49.7	35.3	24.3	16.4	26.0	
ALL.....	2,228	1,503	74.4	76.5	54.9	51.4	39.0	26.0	16.1	26.1	
			MILK AND MILK PRODUCTS			EGGS		LEGUMES, NUTS, SEEDS			
			YOGURT	CREAM AND MILK DESSERTS	CHEESE						
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
			---PERCENT---								
<b>CHILDREN:</b>											
1-3.....	0.7	5.0	18.8	21.5	21.6	30.3	31.0	30.5	23.3	31.2	
4-5.....	.0	3.8	24.2	29.0	20.9	32.6	35.4	25.3	32.5	36.5	
ALL.....	.4	4.5	21.3	24.4	21.3	31.2	33.0	28.5	27.5	33.2	
<b>WOMEN:</b>											
19-34.....	3.1	5.8	18.7	24.8	27.4	35.2	30.2	23.1	17.2	22.6	
35-50.....	2.8	2.7	21.6	25.2	27.6	32.3	28.0	25.9	17.4	21.7	
ALL.....	2.9	4.5	20.0	25.0	27.5	33.9	29.3	24.3	17.3	22.2	

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 1.3-1.--VEGETABLES: MEAN INTAKES PER INDIVIDUAL IN A DAY,  
 SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL VEGETABLES AND FRUITS		TOTAL VEGETABLES		WHITE POTATOES	
	1977	1985	1977	1985	1977	1985	1977	1985

-----NUMBER----- GRAMS-----

CHILDREN:								
1-3.....	376	336	234	302	84	97	29	32
4-5.....	315	211	232	306	108	104	39	37
ALL.....	690	548	233	303	95	100	33	34

WOMEN:								
19-34.....	1,287	854	311	293	186	167	54	51
35-50.....	942	649	320	290	187	181	49	47
ALL.....	2,228	1,503	315	292	187	173	52	50

	TOMATOES		DARK-GREEN VEGETABLES		DEEP-YELLOW VEGETABLES		OTHER VEGETABLES	
	1977	1985	1977	1985	1977	1985	1977	1985

-----GRAMS-----

CHILDREN:								
1-3.....	8	10	2	5	6	7	40	44
4-5.....	16	7	4	5	3	4	46	51
ALL.....	12	9	3	5	5	6	43	47

WOMEN:								
19-34.....	24	20	9	9	6	7	94	80
35-50.....	27	19	8	14	7	6	96	95
ALL.....	26	20	9	11	6	6	95	87

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985,  
 AND NFCS 1977-78.

TABLE 1.3-2.--VEGETABLES: PERCENTAGE OF INDIVIDUALS USING,  
 SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL VEGETABLES AND FRUITS		TOTAL VEGETABLES		WHITE POTATOES	
	1977	1985	1977	1985	1977	1985	1977	1985

-----NUMBER----- PERCENT-----

CHILDREN:								
1-3.....	376	336	90.8	91.5	77.6	73.2	45.0	42.5
4-5.....	315	211	91.0	91.2	80.5	77.1	48.6	45.8
ALL.....	690	548	90.9	91.4	78.9	74.7	46.6	43.8

WOMEN:								
19-34.....	1,287	854	89.9	89.9	83.8	82.5	45.1	45.9
35-50.....	942	649	90.9	89.5	84.6	84.3	42.0	41.9
ALL.....	2,228	1,503	90.3	89.7	84.1	83.3	43.8	44.2

	TOMATOES		DARK-GREEN VEGETABLES		DEEP-YELLOW VEGETABLES		OTHER VEGETABLES	
	1977	1985	1977	1985	1977	1985	1977	1985

-----PERCENT-----

CHILDREN:								
1-3.....	14.0	22.0	4.3	8.0	8.7	10.5	51.6	47.5
4-5.....	20.2	20.6	5.3	7.9	7.4	10.8	57.5	56.8
ALL.....	16.8	21.5	4.8	8.0	8.1	10.6	54.3	51.1

WOMEN:								
19-34.....	26.3	29.6	6.3	8.2	7.1	8.6	69.2	63.3
35-50.....	27.3	27.7	6.8	10.7	7.2	9.3	70.8	70.2
ALL.....	26.7	28.8	6.5	9.3	7.2	8.9	69.9	66.3

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985,  
 AND NFCS 1977-78.

TABLE 1.4-1.--FRUITS: MEAN INTAKES PER INDIVIDUAL IN A DAY, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL FRUITS		CITRUS FRUITS AND JUICES				DRIED FRUITS	
					TOTAL		JUICES			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
---NUMBER---										
---GRAMS---										
<b>CHILDREN:</b>										
1-3.....	376	336	149	204	58	72	52	65	1	3
4-5.....	315	211	124	202	56	67	51	57	1	3
ALL.....	690	548	138	204	57	70	52	62	1	3
<b>WOMEN:</b>										
19-34.....	1,287	854	124	126	60	63	50	52	(*)	1
35-50.....	942	649	133	108	71	47	61	39	(*)	1
ALL.....	2,228	1,503	128	119	65	56	55	46	(*)	1
OTHER FRUITS, MIXTURES, JUICES										
---GRAMS---										
<b>CHILDREN:</b>										
1-3.....	90	129	18	23	12	12	35	30	24	63
4-5.....	66	133	17	25	7	10	24	36	18	62
ALL.....	79	131	18	24	10	11	30	33	21	63
<b>WOMEN:</b>										
19-34.....	64	62	14	12	5	9	32	23	13	18
35-50.....	61	61	13	18	7	8	36	25	6	10
ALL.....	63	62	13	15	6	9	34	24	10	15

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 1.4-2.--FRUITS: PERCENTAGE OF INDIVIDUALS USING, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL FRUITS		CITRUS FRUITS AND JUICES				DRIED FRUITS	
					TOTAL		JUICES			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
---NUMBER---										
-----PERCENT-----										
<b>CHILDREN:</b>										
1-3.....	376	336	62.2	72.1	31.3	34.1	27.9	30.2	2.9	6.1
4-5.....	315	211	54.0	68.3	28.3	35.2	26.5	27.6	2.6	6.9
ALL.....	690	548	58.5	70.7	29.9	34.5	27.3	29.2	2.8	6.4
<b>WOMEN:</b>										
19-34.....	1,287	854	47.6	47.8	28.9	25.9	24.6	20.5	1.0	1.5
35-50.....	942	649	52.6	45.5	34.3	23.0	28.9	17.0	.8	1.6
ALL.....	2,228	1,503	49.7	46.8	31.2	24.6	26.5	19.0	.9	1.5
OTHER FRUITS, MIXTURES, JUICES										
-----PERCENT-----										
TOTAL		APPLES		BANANAS		OTHER FRUITS AND MIXTURES MAINLY FRUIT		NONCITRUS JUICES AND NECTARS		
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	
<b>CHILDREN:</b>										
1-3.....	44.1	56.2	15.0	23.7	12.0	12.1	23.4	21.5	12.1	24.4
4-5.....	34.4	53.5	12.6	20.3	6.1	10.9	16.1	20.7	8.6	21.2
ALL.....	39.7	55.2	13.9	22.4	9.3	11.7	20.1	21.2	10.5	23.2
<b>WOMEN:</b>										
19-34.....	28.5	33.7	8.9	9.5	4.5	9.3	17.1	15.8	4.3	6.6
35-50.....	31.8	33.4	9.0	13.1	5.7	7.6	18.4	16.1	2.8	4.0
ALL.....	29.9	33.6	8.9	11.0	5.0	8.6	17.6	15.9	3.6	5.5

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 1.5-1.--GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS: MEAN INTAKES PER INDIVIDUAL IN A DAY, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	GRAIN PRODUCTS													
	INDIVIDUALS		TOTAL GRAIN PRODUCTS		YEAST BREADS AND ROLLS		OTHER BAKED GOODS		CEREALS AND PASTAS				MIXTURES MAINLY GRAIN	
									TOTAL		READY-TO-EAT CEREALS			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---													
	---GRAMS---													
<b>CHILDREN:</b>														
1-3.....	376	336	162	190	32	35	27	38	48	48	15	17	56	70
4-5.....	315	211	181	220	42	43	44	45	53	64	16	24	42	68
ALL.....	690	548	171	202	37	38	34	41	50	54	15	20	50	69
<b>WOMEN:</b>														
19-34.....	1,287	854	163	217	44	47	42	47	32	39	6	9	45	83
35-50.....	942	649	160	200	44	46	42	49	32	41	7	6	41	63
ALL.....	2,228	1,503	162	209	44	47	42	48	32	40	7	8	43	74
	---NUMBER---													
	---GRAMS---													
	FATS AND OILS							SUGARS AND SWEETS						
	TOTAL FATS AND OILS		TABLE FATS		SALAD DRESSINGS		TOTAL SUGARS AND SWEETS		SUGARS		CANDY			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
<b>CHILDREN:</b>														
1-3.....	5	5	3	3	2	2	21	28	3	3	1	1	4	7
4-5.....	9	6	5	3	3	2	26	41	3	3	2	2	4	8
ALL.....	7	5	4	3	2	2	23	33	3	3	1	1	4	8
<b>WOMEN:</b>														
19-34.....	14	16	5	5	8	10	17	19	5	5	3	3	2	5
35-50.....	14	17	5	4	8	11	19	17	5	5	4	4	2	5
ALL.....	14	16	5	4	8	11	18	18	5	5	4	4	2	5

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.



TABLE 1.6-1.--BEVERAGES: MEAN INTAKES PER INDIVIDUAL IN A DAY, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL BEVERAGES		ALCOHOLIC BEVERAGES				NONALCOHOLIC BEVERAGES					
					TOTAL		BEER AND ALE		TOTAL		COFFEE		TEA	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---NUMBER--- GRAMS---

CHILDREN:

1-3.....	376	336	192	173	(*)	0	(*)	0	191	173	1	(*)	35	25
4-5.....	315	211	244	177	(*)	0	(*)	0	244	177	0	(*)	37	28
ALL.....	690	548	216	174	(*)	0	(*)	0	215	174	(*)	(*)	36	26

WOMEN:

19-34.....	1,287	854	716	856	64	98	44	74	652	759	230	238	150	155
35-50.....	942	649	829	1,010	43	66	24	38	786	944	432	443	185	181
ALL.....	2,228	1,503	764	922	55	84	36	59	708	838	315	326	165	166

NONALCOHOLIC BEVERAGES

FRUIT DRINKS AND ADES						CARBONATED SOFT DRINKS					
TOTAL		REGULAR		LOW-CALORIE		TOTAL		REGULAR		LOW-CALORIE	
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---GRAMS---

CHILDREN:

1-3.....	95	81	90	74	5	6	61	67	58	57	3	9
4-5.....	111	80	102	73	9	7	96	68	86	63	9	6
ALL.....	102	80	95	74	7	7	77	68	71	59	6	8

WOMEN:

19-34.....	51	69	49	59	2	10	220	296	170	193	51	101
35-50.....	28	46	27	38	1	8	141	274	99	162	42	111
ALL.....	41	59	40	50	2	9	187	287	140	179	47	105

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 1.6-2.--BEVERAGES: PERCENTAGE OF INDIVIDUALS USING, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		TOTAL BEVERAGES		ALCOHOLIC BEVERAGES				NONALCOHOLIC BEVERAGES					
					TOTAL		BEER AND ALE		TOTAL		COFFEE		TEA	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---NUMBER--- PERCENT---

CHILDREN:

1-3.....	376	336	59.0	57.5	0.5	0.0	0.5	0.0	59.0	57.5	0.6	0.3	13.7	10.6
4-5.....	315	211	63.5	54.3	.3	.0	.3	.0	63.5	54.3	.0	1.6	13.2	11.6
ALL.....	690	548	61.1	56.3	.4	.0	.4	.0	61.1	56.3	.3	.8	13.4	11.0

WOMEN:

19-34.....	1,287	854	88.2	91.4	12.0	13.8	5.5	8.8	87.1	90.3	41.3	40.1	31.7	28.5
35-50.....	942	649	93.5	94.2	12.8	16.5	3.5	3.9	92.8	92.9	70.3	68.1	39.8	35.3
ALL.....	2,228	1,503	90.5	92.6	12.4	15.0	4.6	6.7	89.5	91.5	53.6	52.2	35.1	31.4

NONALCOHOLIC BEVERAGES

FRUIT DRINKS AND ADES						CARBONATED SOFT DRINKS					
TOTAL		REGULAR		LOW-CALORIE		TOTAL		REGULAR		LOW-CALORIE	
1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985

---PERCENT---

CHILDREN:

1-3.....	32.0	27.3	29.7	24.2	2.3	3.1	26.2	30.7	24.5	26.1	1.7	4.4
4-5.....	33.2	25.8	30.6	24.3	2.8	2.5	29.2	28.0	26.0	26.4	3.6	3.6
ALL.....	32.5	26.7	30.1	24.3	2.5	2.8	27.6	29.6	25.2	26.2	2.6	4.1

WOMEN:

19-34.....	15.2	16.8	14.6	14.8	.6	2.0	47.6	55.8	38.0	38.8	11.2	19.6
35-50.....	8.9	12.0	8.6	10.2	.3	1.8	33.7	52.0	25.5	32.8	8.9	21.0
ALL.....	12.5	14.7	12.1	12.8	.5	1.9	41.7	54.2	32.7	36.2	10.2	20.2

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 2.1A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY INCOME LEVEL, SPRING 1977 AND SPRING 1985

INCOME LEVEL AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		TOTAL FAT		CARBOHYDRATE		VITAMIN A		ASCORBIC ACID		THIAMIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---		KILOCALORIES		GRAMS					INTERNATIONAL		MILLIGRAMS				
<b>UNDER 131% POVERTY:</b>																
<b>CHILDREN:</b>																
1-3.....	82	98	1,143	1,390	44.2	54.8	47.5	56.1	137.5	171.2	3,841	3,992	71	72	1.01	1.13
4-5.....	78	63	1,440	1,576	57.8	65.2	62.7	61.8	163.8	195.1	2,945	4,608	59	76	1.11	1.29
ALL.....	160	162	1,288	1,463	50.4	58.9	54.9	58.3	150.3	180.5	3,405	4,234	65	74	1.06	1.19
<b>WOMEN:</b>																
19-34.....	218	176	1,503	1,647	62.4	66.3	69.3	67.5	155.8	191.4	3,978	4,533	67	64	1.05	1.14
35-50.....	132	117	1,502	1,523	62.4	63.2	67.4	61.7	160.1	180.1	4,442	3,947	72	70	1.08	1.07
ALL.....	350	293	1,502	1,598	62.4	65.1	68.6	65.2	157.4	186.9	4,153	4,299	69	67	1.06	1.11
<b>131-300% POVERTY:</b>																
<b>CHILDREN:</b>																
1-3.....	146	157	1,249	1,384	48.4	54.7	51.8	52.9	150.6	177.6	2,857	5,298	68	80	.89	1.13
4-5.....	130	79	1,439	1,473	54.1	55.0	61.0	55.7	172.5	193.2	4,059	4,645	72	85	1.01	1.17
ALL.....	276	237	1,338	1,414	51.1	54.8	56.1	53.8	160.9	182.8	3,422	5,080	70	82	.95	1.14
<b>WOMEN:</b>																
19-34.....	414	313	1,592	1,710	66.2	66.3	73.1	68.7	167.0	202.3	4,184	5,710	74	87	1.01	1.22
35-50.....	279	199	1,500	1,593	61.4	64.9	72.8	68.1	147.5	177.7	3,977	5,500	76	79	1.01	1.12
ALL.....	693	512	1,555	1,665	64.3	65.7	73.0	68.5	159.1	192.8	4,101	5,628	75	84	1.01	1.18
<b>OVER 300% POVERTY:</b>																
<b>CHILDREN:</b>																
1-3.....	97	63	1,275	1,325	50.1	47.7	55.1	50.5	149.0	176.7	4,508	4,381	78	102	.95	1.12
4-5.....	68	40	1,620	1,764	65.0	71.3	72.6	70.7	181.8	218.5	3,566	3,872	80	114	1.14	1.38
ALL.....	165	104	1,417	1,496	56.2	56.9	62.3	58.3	162.5	193.0	4,121	4,183	79	107	1.02	1.23
<b>WOMEN:</b>																
19-34.....	462	256	1,706	1,779	68.9	66.3	78.8	74.6	170.7	202.8	4,491	5,849	88	103	1.03	1.17
35-50.....	352	252	1,540	1,693	65.6	65.1	71.9	72.3	151.2	189.4	4,567	5,767	79	81	.98	1.09
ALL.....	814	508	1,634	1,736	67.5	65.7	75.8	73.5	162.3	196.2	4,524	5,808	84	92	1.01	1.13
<b>ALL INCOME LEVELS:</b>																
<b>CHILDREN:</b>																
1-3.....	376	336	1,210	1,372	47.1	53.4	50.6	53.6	144.8	174.3	3,505	4,677	68	82	.92	1.12
4-5.....	315	211	1,486	1,564	57.2	61.9	64.1	61.1	173.8	197.2	3,557	4,627	71	86	1.08	1.27
ALL.....	690	548	1,335	1,446	51.7	56.7	56.8	56.5	158.0	183.2	3,529	4,658	69	84	.99	1.18
<b>WOMEN:</b>																
19-34.....	1,287	854	1,617	1,707	66.1	66.2	74.3	70.0	166.1	198.7	4,193	5,269	77	86	1.02	1.18
35-50.....	942	649	1,514	1,602	63.9	64.0	70.9	67.5	151.1	181.1	4,264	5,089	79	78	1.01	1.09
ALL.....	2,228	1,503	1,573	1,661	65.1	65.2	72.8	68.9	159.7	191.1	4,223	5,191	78	82	1.02	1.14

CONTINUED--

TABLE 2.1A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY INCOME LEVEL, SPRING 1977 AND SPRING 1985--CONTINUED

INCOME LEVEL AND AGE OF INDIVIDUALS (YEARS)	RIBOFLAVIN		NIACIN		VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	-----MILLIGRAMS-----				-----MICROGRAMS-----				-----MILLIGRAMS-----							
UNDER 131% POVERTY:																
CHILDREN:																
1-3.....	1.50	1.62	11.4	14.5	1.02	1.23	3.07	4.21	694	762	799	978	153	187	8.7	10.3
4-5.....	1.53	1.74	13.3	17.1	1.01	1.33	3.01	3.80	676	838	920	1,127	165	213	9.6	11.1
ALL.....	1.52	1.67	12.4	15.5	1.02	1.27	3.04	4.05	685	792	858	1,036	159	197	9.2	10.6
WOMEN:																
19-34.....	1.29	1.40	14.7	17.4	1.16	1.26	3.05	5.48	569	571	952	974	193	195	10.3	11.3
35-50.....	1.24	1.26	15.8	15.8	1.12	1.09	2.98	3.87	514	516	894	960	204	196	10.4	11.1
ALL.....	1.27	1.34	15.1	16.8	1.14	1.19	3.02	4.84	548	549	930	968	197	195	10.3	11.2
131-300% POVERTY:																
CHILDREN:																
1-3.....	1.49	1.70	10.5	13.1	.97	1.23	3.25	3.91	772	899	894	1,065	166	197	8.2	10.6
4-5.....	1.57	1.74	13.2	14.3	1.15	1.29	3.75	5.15	733	842	927	1,043	181	196	9.7	10.9
ALL.....	1.53	1.72	11.7	13.5	1.05	1.25	3.49	4.32	754	880	909	1,058	173	197	8.9	10.7
WOMEN:																
19-34.....	1.36	1.52	15.9	17.8	1.19	1.30	3.46	4.99	615	722	993	1,095	210	223	10.5	11.4
35-50.....	1.29	1.36	15.4	17.3	1.14	1.23	3.56	6.28	536	581	908	984	217	221	10.4	10.9
ALL.....	1.33	1.46	15.7	17.6	1.17	1.27	3.50	5.49	583	667	959	1,052	213	222	10.4	11.2
OVER 300% POVERTY:																
CHILDREN:																
1-3.....	1.49	1.58	11.8	13.3	.95	1.35	4.28	3.60	707	769	864	957	171	199	8.8	10.6
4-5.....	1.69	2.03	16.7	21.1	1.27	1.74	3.66	4.45	760	896	1,052	1,243	198	253	9.8	13.7
ALL.....	1.57	1.76	13.8	16.4	1.08	1.50	4.03	3.93	728	819	941	1,069	182	220	9.2	11.8
WOMEN:																
19-34.....	1.38	1.50	16.0	17.7	1.31	1.36	3.62	4.59	630	707	1,029	1,100	225	238	11.1	11.0
35-50.....	1.30	1.39	16.9	17.3	1.24	1.24	4.53	3.99	516	668	939	1,044	233	236	11.3	11.0
ALL.....	1.35	1.45	16.4	17.5	1.28	1.30	4.01	4.29	581	688	990	1,072	228	237	11.2	11.0
ALL INCOME LEVELS:																
CHILDREN:																
1-3.....	1.46	1.64	10.9	13.6	.94	1.25	3.42	3.95	717	824	844	1,014	160	194	8.4	10.5
4-5.....	1.60	1.83	14.0	16.7	1.15	1.42	3.50	4.57	728	864	960	1,124	183	215	9.7	11.6
ALL.....	1.52	1.71	12.3	14.8	1.04	1.31	3.46	4.19	722	840	897	1,057	170	202	9.0	10.9
WOMEN:																
19-34.....	1.36	1.47	15.6	17.5	1.22	1.30	3.61	4.89	611	685	997	1,070	212	224	10.7	11.3
35-50.....	1.27	1.34	16.2	16.8	1.19	1.19	3.78	4.65	515	606	922	999	222	220	10.8	10.8
ALL.....	1.32	1.42	15.9	17.2	1.21	1.25	3.68	4.79	570	651	965	1,039	216	222	10.7	11.1

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 2.1B.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY INCOME LEVEL, SPRING 1985

INCOME LEVEL AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	SATURATED FAT	MONOUNSATU- RATED FAT	POLYUNSATU- RATED FAT	CHOLESTEROL	DIETARY FIBER
	1985	1985	1985	1985	1985	1985
	NUMBER	GRAMS		MILLIGRAMS	GRAMS	
<b>UNDER 131% POVERTY:</b>						
<b>CHILDREN:</b>						
1-3.....	98	22.0	20.5	9.6	264	9.4
4-5.....	63	24.4	23.2	10.1	242	11.0
ALL.....	162	22.9	21.6	9.8	255	10.0
<b>WOMEN:</b>						
19-34.....	176	24.3	25.7	12.7	344	10.1
35-50.....	117	21.5	23.3	12.4	338	10.4
ALL.....	293	23.2	24.7	12.6	341	10.2
<b>131-300% POVERTY:</b>						
<b>CHILDREN:</b>						
1-3.....	157	21.8	19.0	8.2	262	10.0
4-5.....	79	22.4	20.3	9.0	290	9.8
ALL.....	237	22.0	19.5	8.5	271	9.9
<b>WOMEN:</b>						
19-34.....	313	24.8	25.2	13.9	299	11.9
35-50.....	199	24.4	25.6	13.2	314	11.5
ALL.....	512	24.7	25.4	13.6	305	11.7
<b>OVER 300% POVERTY:</b>						
<b>CHILDREN:</b>						
1-3.....	63	20.8	18.0	8.1	189	10.3
4-5.....	40	28.4	25.9	11.3	268	14.2
ALL.....	104	23.7	21.1	9.4	220	11.8
<b>WOMEN:</b>						
19-34.....	256	27.3	27.3	14.9	297	13.0
35-50.....	252	25.8	26.1	15.4	292	12.6
ALL.....	508	26.6	26.7	15.2	295	12.8
<b>ALL INCOME LEVELS:</b>						
<b>CHILDREN:</b>						
1-3.....	336	21.7	19.4	8.7	247	9.8
4-5.....	211	24.4	22.5	9.8	266	11.0
ALL.....	548	22.8	20.6	9.1	254	10.2
<b>WOMEN:</b>						
19-34.....	854	25.5	25.7	13.9	306	12.0
35-50.....	649	24.2	24.9	13.6	302	11.5
ALL.....	1,503	24.9	25.4	13.8	304	11.8

CONTINUED--

TABLE 2.1B.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY INCOME LEVEL, SPRING 1985--CONTINUED

INCOME LEVEL AND AGE OF INDIVIDUALS (YEARS)	VITAMIN A	CAROTENES	VITAMIN E	FOLACIN	ZINC	COPPER	SODIUM	POTASSIUM
	1985	1985	1985	1985	1985	1985	1985	1985
	RETINOL EQUIVALENTS		ALPHA-TOCOPHEROL EQUIVALENTS	MICROGRAMS		MILLIGRAMS		
<b>UNDER 131% POVERTY:</b>								
<b>CHILDREN:</b>								
1-3.....	832	186	8.0	194	7.7	0.8	1,919	1,856
4-5.....	852	270	5.4	194	9.4	.9	2,310	1,997
ALL.....	840	219	7.0	194	8.4	.8	2,072	1,911
<b>WOMEN:</b>								
19-34.....	867	251	6.6	193	9.4	1.0	2,552	1,938
35-50.....	654	271	7.0	181	9.1	1.0	2,564	1,989
ALL.....	782	259	6.8	188	9.3	1.0	2,557	1,958
<b>131-300% POVERTY:</b>								
<b>CHILDREN:</b>								
1-3.....	890	357	5.0	184	7.9	.8	2,018	2,029
4-5.....	949	227	6.2	228	9.0	.9	2,093	1,994
ALL.....	910	314	5.4	199	8.3	.9	2,043	2,018
<b>WOMEN:</b>								
19-34.....	907	410	8.9	227	9.2	1.1	2,586	2,180
35-50.....	907	381	7.6	201	9.1	1.1	2,487	2,210
ALL.....	907	399	8.4	217	9.2	1.1	2,548	2,192
<b>OVER 300% POVERTY:</b>								
<b>CHILDREN:</b>								
1-3.....	782	265	4.4	193	6.9	.8	1,721	2,009
4-5.....	838	159	5.8	258	11.0	1.0	2,287	2,385
ALL.....	804	224	4.9	218	8.5	.9	1,942	2,155
<b>WOMEN:</b>								
19-34.....	904	432	8.1	222	9.2	1.2	2,653	2,344
35-50.....	838	450	8.4	215	9.3	1.1	2,585	2,368
ALL.....	871	441	8.2	218	9.3	1.1	2,619	2,356
<b>ALL INCOME LEVELS:</b>								
<b>CHILDREN:</b>								
1-3.....	842	285	5.8	188	7.7	.8	1,930	1,964
4-5.....	916	240	5.8	216	9.4	.9	2,233	2,094
ALL.....	870	268	5.8	199	8.4	.8	2,047	2,014
<b>WOMEN:</b>								
19-34.....	865	364	8.0	217	9.3	1.1	2,612	2,190
35-50.....	795	372	7.7	200	9.0	1.0	2,530	2,200
ALL.....	835	368	7.9	210	9.2	1.1	2,576	2,195

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS--CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 2.2A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY RACE, SPRING 1977 AND SPRING 1985

RACE AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		TOTAL FAT		CARBOHYDRATE		VITAMIN A		ASCORBIC ACID		THIAMIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---		KILOCALORIES				-----GRAMS-----				INTERNATIONAL		-----MILLIGRAMS-----			
											UNITS					
WHITE:																
CHILDREN:																
1-3.....	306	286	1,256	1,370	47.9	52.4	52.2	53.2	152.4	176.1	3,600	4,722	69	81	0.95	1.11
4-5.....	246	172	1,513	1,546	57.1	60.1	65.4	60.5	178.7	196.2	3,665	4,429	72	83	1.10	1.23
ALL.....	552	457	1,370	1,436	52.0	55.3	58.1	55.9	164.1	183.7	3,629	4,612	70	82	1.01	1.15
WOMEN:																
19-34.....	1,081	712	1,627	1,715	66.1	65.3	74.9	70.5	166.4	200.0	4,117	5,194	75	82	1.01	1.16
35-50.....	770	563	1,532	1,610	64.3	63.2	71.9	68.0	152.4	182.1	4,262	5,203	78	76	1.02	1.08
ALL.....	1,850	1,275	1,587	1,668	65.3	64.4	73.7	69.4	160.5	192.1	4,177	5,198	76	80	1.01	1.13
BLACK:																
CHILDREN:																
1-3.....	46	28	1,040	1,412	44.9	58.9	45.0	60.0	115.2	162.8	3,618	4,381	69	97	.78	1.27
4-5.....	40	25	1,420	1,694	56.5	67.8	60.4	70.8	163.7	200.7	3,604	4,603	75	100	.93	1.48
ALL.....	85	53	1,217	1,544	50.3	63.0	52.2	65.1	137.8	180.5	3,611	4,485	72	98	.85	1.37
WOMEN:																
19-34.....	156	84	1,558	1,730	64.6	73.6	70.4	73.7	164.5	189.0	4,986	4,377	91	82	1.06	1.18
35-50.....	125	59	1,420	1,548	60.9	69.3	67.4	64.2	142.5	171.6	4,667	3,947	82	76	.98	1.08
ALL.....	281	143	1,497	1,655	63.0	71.8	69.1	69.8	154.7	181.8	4,844	4,200	87	79	1.03	1.14
OTHER:																
CHILDREN:																
1-3.....	23	17	959	1,353	41.6	58.7	40.6	51.8	107.6	165.7	1,772	4,286	55	90	.78	1.16
4-5.....	29	7	1,344	1,418	58.8	72.0	58.7	53.5	145.3	162.8	2,559	6,933	55	90	1.13	1.31
ALL.....	51	24	1,174	1,372	51.2	62.5	59.7	52.3	128.7	164.9	2,211	5,055	55	90	.97	1.20
WOMEN:																
19-34.....	46	47	1,545	1,565	67.1	67.3	68.9	57.8	164.6	196.4	2,681	6,887	71	134	1.09	1.39
35-50.....	43	21	1,445	1,720	63.5	75.9	61.1	68.6	151.9	200.6	2,737	6,051	83	107	.98	1.25
ALL.....	89	68	1,497	1,612	65.4	69.9	65.2	61.0	158.5	197.7	2,708	6,633	77	126	1.04	1.34

CONTINUED--

TABLE 2.2A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY RACE, SPRING 1977 AND SPRING 1985--CONTINUED

RACE AND AGE OF INDIVIDUALS (YEARS)	RIBOFLAVIN		NIACIN		VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	-----MILLIGRAMS-----								-----MICROGRAMS-----		-----MILLIGRAMS-----					
WHITE:																
CHILDREN:																
1-3.....	1.51	1.65	11.1	13.3	0.97	1.23	3.55	3.86	744	842	874	1,016	167	194	8.7	10.2
4-5.....	1.64	1.78	14.3	16.0	1.19	1.39	3.65	4.01	746	864	976	1,111	189	213	9.9	11.2
ALL.....	1.57	1.70	12.5	14.3	1.07	1.29	3.60	3.92	745	850	920	1,052	176	201	9.2	10.6
WOMEN:																
19-34.....	1.38	1.50	15.6	17.5	1.23	1.30	3.73	4.63	629	716	1,012	1,084	218	227	10.7	11.2
35-50.....	1.30	1.36	16.4	16.7	1.22	1.20	3.92	4.54	531	630	945	1,007	233	224	10.9	10.7
ALL.....	1.35	1.44	15.9	17.2	1.22	1.26	3.81	4.59	588	678	984	1,050	224	226	10.8	11.0
BLACK:																
CHILDREN:																
1-3.....	1.24	1.62	10.2	17.0	.86	1.44	2.87	4.50	604	637	733	988	135	192	6.8	13.1
4-5.....	1.31	1.98	12.2	19.8	.94	1.57	2.92	7.93	635	775	867	1,137	159	204	8.8	13.5
ALL.....	1.27	1.79	11.2	18.3	.90	1.50	2.89	6.11	618	701	795	1,058	146	197	7.7	13.3
WOMEN:																
19-34.....	1.20	1.38	15.1	18.0	1.18	1.29	2.84	6.57	494	520	884	1,016	177	196	10.4	11.8
35-50.....	1.12	1.21	15.1	17.1	1.07	1.05	3.22	3.96	442	438	808	947	167	173	9.8	11.0
ALL.....	1.17	1.31	15.1	17.6	1.13	1.19	3.01	5.50	471	487	850	988	173	187	10.1	11.5
OTHER:																
CHILDREN:																
1-3.....	1.30	1.50	9.2	13.6	.80	1.21	2.93	4.44	605	747	690	984	123	185	7.9	9.7
4-5.....	1.59	1.91	14.3	18.9	1.07	1.49	3.03	6.74	706	922	944	1,224	164	235	8.8	13.5
ALL.....	1.46	1.62	12.0	15.1	.95	1.29	2.99	5.11	662	798	831	1,054	146	200	8.4	10.8
WOMEN:																
19-34.....	1.26	1.22	17.2	16.5	1.19	1.28	3.10	5.62	543	540	1,004	984	197	232	10.8	11.0
35-50.....	1.12	1.37	16.2	18.5	1.05	1.43	2.81	10.68	425	570	839	1,079	192	253	10.3	13.8
ALL.....	1.20	1.26	16.7	17.1	1.12	1.32	2.96	7.16	486	549	924	1,013	194	238	10.5	11.9

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 2.2B.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY RACE, SPRING 1985

RACE AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	SATURATED FAT	MONOUNSATU- RATED FAT	POLYUNSATU- RATED FAT	CHOLESTEROL	DIETARY FIBER
	1985	1985	1985	1985	1985	1985
	<u>NUMBER</u>	<u>GRAMS</u>			<u>MILLIGRAMS</u>	<u>GRAMS</u>
<b>WHITE:</b>						
<b>CHILDREN:</b>						
1-3.....	286	21.8	19.2	8.4	242	9.9
4-5.....	172	24.6	22.1	9.6	258	11.0
ALL.....	457	22.8	20.3	8.8	248	10.3
<b>WOMEN:</b>						
19-34.....	712	25.9	25.7	14.0	296	12.2
35-50.....	563	24.6	25.0	13.8	289	11.7
ALL.....	1,275	25.3	25.4	13.9	293	12.0
<b>BLACK:</b>						
<b>CHILDREN:</b>						
1-3.....	28	22.4	22.2	10.9	283	10.4
4-5.....	25	26.8	27.0	11.8	313	11.5
ALL.....	53	24.5	24.4	11.4	297	10.9
<b>WOMEN:</b>						
19-34.....	84	25.4	28.7	14.1	401	10.0
35-50.....	59	21.6	24.8	13.0	421	8.9
ALL.....	143	23.8	27.1	13.6	409	9.5
<b>OTHER:</b>						
<b>CHILDREN:</b>						
1-3.....	17	20.4	18.9	8.4	309	7.2
4-5.....	7	21.0	19.2	9.1	369	7.4
ALL.....	24	20.6	19.0	8.6	326	7.3
<b>WOMEN:</b>						
19-34.....	47	19.6	21.4	12.4	272	12.7
35-50.....	21	26.9	26.9	10.0	353	11.5
ALL.....	68	21.8	23.0	11.7	297	12.3

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TABLE 2.2B--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY RACE, SPRING 1985--CONTINUED

RACE AND AGE OF INDIVIDUALS (YEARS)	VITAMIN A	CAROTENES	VITAMIN E	FOLACIN	ZINC	COPPER	SODIUM	POTASSIUM
	1985	1985	1985	1985	1985	1985	1985	1985
	RETINOL EQUIVALENTS	ALPHA-TOCOPHEROL EQUIVALENTS		MICROGRAMS		MILLIGRAMS		
<b>WHITE:</b>								
<b>CHILDREN:</b>								
1-3.....	846	290	5.3	181	7.3	0.8	1,886	1,985
4-5.....	858	239	5.2	207	8.5	.8	2,112	2,090
ALL.....	850	271	5.3	191	7.8	.8	1,971	2,025
<b>WOMEN:</b>								
19-34.....	858	357	8.1	218	9.2	1.1	2,612	2,225
35-50.....	810	381	7.9	201	8.9	1.0	2,477	2,240
ALL.....	837	368	8.0	210	9.1	1.1	2,553	2,231
<b>BLACK:</b>								
<b>CHILDREN:</b>								
1-3.....	854	234	11.1	248	9.0	.8	2,401	1,835
4-5.....	1,159	116	9.6	271	10.1	1.0	2,742	1,919
ALL.....	997	179	10.4	258	9.5	.9	2,560	1,874
<b>WOMEN:</b>								
19-34.....	847	239	8.3	203	10.1	1.1	2,660	1,870
35-50.....	647	276	6.6	181	8.4	.9	2,737	1,752
ALL.....	765	254	7.6	194	9.4	1.1	2,691	1,821
<b>OTHER:</b>								
<b>CHILDREN:</b>								
1-3.....	718	282	5.0	217	12.7	1.3	1,808	1,811
4-5.....	1,054	510	5.1	186	22.6	2.3	3,437	2,456
ALL.....	816	348	5.1	208	15.6	1.6	2,282	1,998
<b>WOMEN:</b>								
19-34.....	857	601	7.5	238	10.4	1.4	2,501	2,256
35-50.....	953	442	6.5	238	12.4	1.3	3,545	2,550
ALL.....	886	552	7.2	238	11.0	1.4	2,818	2,345

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 2.3A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY URBANIZATION, SPRING 1977 AND SPRING 1985

URBANIZATION AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		TOTAL FAT		CARBOHYDRATE		VITAMIN A		ASCORBIC ACID		THIAMIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---		KILOCALORIES		GRAMS						INTERNATIONAL UNITS			MILLIGRAMS		
CENTRAL CITIES:																
CHILDREN:																
1-3.....	94	101	1,246	1,354	51.0	54.5	53.4	53.0	143.4	169.7	4,649	4,754	70	90	1.00	1.16
4-5.....	87	60	1,418	1,616	54.7	69.7	61.5	62.6	164.2	198.7	3,653	4,852	60	88	1.07	1.31
ALL.....	181	160	1,328	1,452	52.8	60.1	57.3	56.6	153.4	180.5	4,172	4,791	65	89	1.03	1.22
WOMEN:																
19-34.....	408	248	1,654	1,745	68.4	70.4	74.8	70.3	169.2	203.9	4,856	4,748	88	89	1.06	1.20
35-50.....	271	168	1,494	1,624	64.1	65.6	67.8	67.9	152.7	179.8	4,365	5,347	96	74	1.06	1.04
ALL.....	679	416	1,591	1,696	66.6	68.5	72.0	69.3	162.6	194.2	4,660	4,990	91	83	1.06	1.14
SUBURBAN AREAS:																
CHILDREN:																
1-3.....	158	167	1,230	1,366	46.6	52.7	50.5	53.2	151.6	174.5	3,592	4,913	77	79	.91	1.13
4-5.....	117	116	1,537	1,559	57.9	59.5	68.9	60.9	176.0	199.6	3,382	4,711	74	92	1.04	1.27
ALL.....	275	283	1,361	1,445	51.4	55.5	58.4	56.4	161.9	184.8	3,503	4,830	76	85	.96	1.19
WOMEN:																
19-34.....	482	436	1,596	1,726	65.7	64.8	74.5	71.4	162.1	199.9	4,027	5,528	77	92	1.01	1.17
35-50.....	382	351	1,537	1,576	65.0	63.5	74.4	67.3	147.3	176.0	4,106	4,960	75	83	.98	1.09
ALL.....	864	786	1,570	1,659	65.4	64.2	74.5	69.6	155.6	189.2	4,062	5,275	76	88	1.00	1.13
NONMETROPOLITAN AREAS:																
CHILDREN:																
1-3.....	124	69	1,157	1,413	44.7	53.5	48.4	55.3	137.3	180.6	2,524	4,000	55	79	.86	1.05
4-5.....	111	36	1,484	1,492	58.3	56.9	61.1	59.1	178.9	187.1	3,665	3,980	75	63	1.12	1.19
ALL.....	235	105	1,311	1,440	51.1	54.7	54.4	56.6	157.0	182.8	3,063	3,994	64	73	.99	1.10
WOMEN:																
19-34.....	397	170	1,603	1,601	64.1	63.6	73.5	65.9	167.7	188.3	3,713	5,367	66	65	.99	1.16
35-50.....	289	131	1,502	1,643	62.2	63.3	69.1	67.3	154.6	196.5	4,377	5,105	68	68	1.00	1.13
ALL.....	686	300	1,561	1,619	63.3	63.5	71.6	66.5	162.2	191.9	3,993	5,253	67	66	1.00	1.15

CONTINUED--

TABLE 2.3A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY URBANIZATION, SPRING 1977 AND SPRING 1985--CONTINUED

URBANIZATION AND AGE OF INDIVIDUALS (YEARS)	RIBOFLAVIN		NIACIN		VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	-----MILLIGRAMS-----				--MICROGRAMS--				-----MILLIGRAMS-----							
CENTRAL CITIES:																
CHILDREN:																
1-3.....	1.65	1.63	12.1	14.8	1.07	1.27	4.68	3.72	786	799	910	1,013	172	196	8.9	10.4
4-5.....	1.56	1.87	13.4	19.6	1.06	1.55	3.61	5.16	719	838	925	1,155	170	223	9.4	11.6
ALL.....	1.61	1.71	12.7	16.6	1.07	1.37	4.17	4.26	753	813	917	1,066	171	206	9.2	10.8
WOMEN:																
19-34.....	1.41	1.58	16.3	18.0	1.30	1.37	3.75	5.03	637	746	1,031	1,125	213	228	10.9	11.7
35-50.....	1.28	1.29	16.3	16.8	1.21	1.20	3.41	3.83	522	593	917	1,010	213	219	10.6	10.8
ALL.....	1.36	1.47	16.3	17.5	1.26	1.30	3.61	4.55	591	684	985	1,079	213	224	10.8	11.3
SUBURBAN AREAS:																
CHILDREN:																
1-3.....	1.42	1.69	10.4	13.0	.94	1.26	2.97	3.85	725	864	847	1,029	165	197	8.5	10.7
4-5.....	1.62	1.87	14.1	15.4	1.17	1.38	3.66	4.53	728	912	978	1,147	186	220	9.8	11.9
ALL.....	1.50	1.76	12.0	14.0	1.04	1.31	3.26	4.13	727	883	902	1,078	174	207	9.0	11.2
WOMEN:																
19-34.....	1.35	1.42	15.6	17.2	1.22	1.29	3.77	4.65	604	676	987	1,064	213	231	10.9	11.2
35-50.....	1.24	1.35	16.1	16.6	1.16	1.18	3.68	4.43	532	625	929	936	226	220	10.8	10.6
ALL.....	1.30	1.39	15.9	17.0	1.19	1.24	3.73	4.55	573	653	961	1,034	219	226	10.8	10.9
NONMETROPOLITAN AREAS:																
CHILDREN:																
1-3.....	1.37	1.56	10.5	13.2	.85	1.17	3.03	4.51	654	767	791	980	145	181	7.8	10.0
4-5.....	1.60	1.64	14.4	16.0	1.19	1.34	3.26	3.71	736	752	967	1,000	189	182	9.8	10.8
ALL.....	1.48	1.59	12.4	14.2	1.01	1.23	3.14	4.24	693	762	874	986	166	182	8.7	10.2
WOMEN:																
19-34.....	1.30	1.45	15.0	17.5	1.14	1.22	3.29	5.29	592	617	974	1,006	211	200	10.2	11.0
35-50.....	1.31	1.39	16.3	17.1	1.22	1.21	4.25	6.29	485	573	918	993	225	219	10.9	11.1
ALL.....	1.31	1.42	15.5	17.3	1.17	1.22	3.69	5.72	547	598	950	1,000	217	208	10.5	11.0

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS--CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 2.3B.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY URBANIZATION, SPRING 1985

URBANIZATION AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	SATURATED FAT	MONOUNSATU- RATED FAT	POLYUNSATU- RATED FAT	CHOLESTEROL	DIETARY FIBER
	1985	1985	1985	1985	1985	1985
	NUMBER	GRAMS		MILLIGRAMS		GRAMS
<b>CENTRAL CITIES:</b>						
<b>CHILDREN:</b>						
1-3.....	101	21.1	18.9	9.1	249	10.0
4-5.....	60	24.2	23.1	10.6	309	11.3
ALL.....	160	22.3	20.5	9.7	271	10.5
<b>WOMEN:</b>						
19-34.....	248	26.3	25.4	13.5	341	12.0
35-50.....	168	23.9	25.2	14.0	333	11.2
ALL.....	416	25.4	25.4	13.7	338	11.7
<b>SUBURBAN AREAS:</b>						
<b>CHILDREN:</b>						
1-3.....	167	21.8	19.4	8.3	238	9.9
4-5.....	116	24.9	22.3	9.4	249	11.3
ALL.....	283	23.1	20.6	8.7	243	10.5
<b>WOMEN:</b>						
19-34.....	436	25.5	26.4	14.6	300	12.4
35-50.....	351	24.5	24.7	13.5	286	11.3
ALL.....	786	25.0	25.6	14.1	294	11.9
<b>NONMETROPOLITAN AREAS:</b>						
<b>CHILDREN:</b>						
1-3.....	69	22.2	20.3	8.9	266	9.3
4-5.....	36	23.3	21.9	9.8	245	9.2
ALL.....	105	22.6	20.8	9.2	259	9.3
<b>WOMEN:</b>						
19-34.....	170	24.1	24.6	12.7	271	11.1
35-50.....	131	24.0	25.1	13.4	306	12.1
ALL.....	300	24.0	24.8	13.0	286	11.5

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TABLE 2.3B.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY URBANIZATION, SPRING 1985--CONTINUED

URBANIZATION AND AGE OF INDIVIDUALS (YEARS)	VITAMIN A	CAROTENES	VITAMIN E	FOLACIN	ZINC	COPPER	SODIUM	POTASSIUM
	1985	1985	1985	1985	1985	1985	1985	1985
	RETINOL EQUIVALENTS	ALPHA-TOCOPHEROL EQUIVALENTS		MICROGRAMS		MILLIGRAMS		
<b>CENTRAL CITIES:</b>								
<b>CHILDREN:</b>								
1-3.....	862	290	6.9	208	7.2	0.8	2,062	1,959
4-5.....	1,042	211	5.9	213	9.5	.9	2,439	2,219
ALL.....	929	260	6.5	210	8.1	.8	2,202	2,055
<b>WOMEN:</b>								
19-34.....	798	319	8.3	214	9.8	1.1	2,744	2,242
35-50.....	806	405	7.4	210	8.6	1.0	2,672	2,193
ALL.....	801	354	7.9	212	9.3	1.1	2,715	2,222
<b>SUBURBAN AREAS:</b>								
<b>CHILDREN:</b>								
1-3.....	835	322	5.3	179	7.9	.8	1,819	1,954
4-5.....	885	267	5.0	220	9.9	.9	2,143	2,145
ALL.....	856	300	5.2	196	8.7	.9	1,952	2,056
<b>WOMEN:</b>								
19-34.....	848	413	8.0	226	9.2	1.1	2,568	2,241
35-50.....	750	376	7.7	196	9.1	1.0	2,458	2,199
ALL.....	804	396	7.8	213	9.1	1.1	2,519	2,222
<b>NONMETROPOLITAN AREAS:</b>								
<b>CHILDREN:</b>								
1-3.....	830	190	5.4	181	8.0	.8	2,007	1,900
4-5.....	804	199	7.9	207	7.7	.8	2,181	1,726
ALL.....	821	193	6.3	190	7.9	.8	2,066	1,841
<b>WOMEN:</b>								
19-34.....	1,010	305	7.8	200	9.0	1.0	2,533	1,986
35-50.....	904	319	8.2	196	9.1	1.1	2,539	2,213
ALL.....	964	311	8.0	198	9.0	1.1	2,536	2,085

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 2.4A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY REGION, SPRING 1977 AND SPRING 1985

REGION AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		TOTAL FAT		CARBOHYDRATE		VITAMIN A		ASCORBIC ACID		THIAMIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---		KILOCALORIES				---GRAMS---				INTERNATIONAL ---UNITS---		---MILLIGRAMS---			
<b>NORTHEAST:</b>																
<b>CHILDREN:</b>																
1-3.....	79	69	1,318	1,440	52.2	54.9	54.3	55.6	158.8	185.9	3,360	3,789	92	87	0.98	1.23
4-5.....	73	45	1,600	1,656	65.6	63.4	71.4	59.7	178.8	222.8	4,050	6,700	78	93	1.07	1.47
ALL.....	151	114	1,454	1,525	58.6	58.3	62.5	57.2	168.4	200.4	3,691	4,934	86	90	1.03	1.32
<b>WOMEN:</b>																
19-34.....	329	199	1,755	1,643	71.8	65.5	78.9	67.7	177.5	186.1	4,613	5,033	91	79	1.06	1.13
35-50.....	242	133	1,505	1,554	64.6	66.8	69.5	66.7	151.9	167.6	4,118	5,212	89	87	1.00	1.09
ALL.....	571	332	1,649	1,607	68.8	66.1	74.9	67.3	166.7	178.7	4,403	5,104	90	82	1.04	1.11
<b>MIDWEST:</b>																
<b>CHILDREN:</b>																
1-3.....	90	96	1,218	1,337	52.2	52.1	52.2	52.9	137.6	167.9	3,932	4,597	68	77	.98	1.08
4-5.....	73	52	1,488	1,453	56.9	58.0	64.3	58.1	175.0	179.1	3,263	4,039	72	81	1.05	1.15
ALL.....	164	148	1,339	1,378	54.3	54.1	57.6	54.7	154.3	171.8	3,632	4,402	70	78	1.01	1.11
<b>WOMEN:</b>																
19-34.....	312	206	1,650	1,786	66.0	69.6	77.1	74.9	169.1	206.8	4,306	5,806	80	83	1.06	1.21
35-50.....	231	132	1,534	1,649	62.2	63.5	72.3	70.4	152.6	187.1	3,871	5,005	72	74	1.01	1.17
ALL.....	543	338	1,601	1,732	64.4	67.2	75.0	73.2	162.1	199.1	4,121	5,493	76	80	1.04	1.20
<b>SOUTH:</b>																
<b>CHILDREN:</b>																
1-3.....	120	92	1,147	1,369	40.9	52.5	46.4	54.0	144.6	173.3	3,008	5,315	53	77	.83	1.11
4-5.....	107	63	1,437	1,664	52.8	68.3	59.2	69.2	176.1	197.2	3,504	3,813	76	94	1.06	1.32
ALL.....	228	155	1,284	1,489	46.5	58.9	52.4	60.2	159.5	183.0	3,241	4,706	64	84	.94	1.20
<b>WOMEN:</b>																
19-34.....	384	278	1,505	1,674	61.1	63.8	68.1	67.5	160.0	197.1	3,733	5,017	65	82	.96	1.17
35-50.....	289	226	1,492	1,636	63.7	66.0	69.2	67.6	153.4	188.4	4,337	4,693	72	70	1.02	1.11
ALL.....	673	504	1,500	1,657	62.2	64.8	68.6	67.5	157.1	193.2	3,993	4,872	68	77	.99	1.14
<b>WEST:</b>																
<b>CHILDREN:</b>																
1-3.....	86	79	1,189	1,357	45.7	54.7	51.3	52.1	139.9	173.2	3,887	4,811	66	90	.91	1.10
4-5.....	61	52	1,433	1,473	55.3	56.9	64.0	55.5	162.3	193.2	3,417	4,404	52	76	1.15	1.14
ALL.....	147	131	1,291	1,403	49.7	55.6	56.6	53.4	149.2	181.1	3,691	4,649	61	85	1.01	1.12
<b>WOMEN:</b>																
19-34.....	261	170	1,567	1,739	66.1	66.7	74.2	70.7	157.0	206.5	4,203	5,308	73	102	1.01	1.20
35-50.....	179	158	1,536	1,555	65.3	59.2	73.7	65.5	144.3	177.0	4,848	5,624	87	84	1.01	.98
ALL.....	440	328	1,554	1,651	65.8	63.1	74.0	68.2	151.8	192.4	4,465	5,460	78	93	1.01	1.10

CONTINUED--

TABLE 2.4A.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY REGION, SPRING 1977 AND SPRING 1985--CONTINUED

REGION AND AGE OF INDIVIDUALS (YEARS)	RIBOFLAVIN		NIACIN		VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	-----MILLIGRAMS-----								--MICROGRAMS--		-----MILLIGRAMS-----					
<b>NORTHEAST:</b>																
<b>CHILDREN:</b>																
1-3.....	1.59	1.85	11.8	14.4	1.02	1.26	3.83	3.84	795	921	909	1,095	174	207	9.4	12.2
4-5.....	1.77	2.17	15.7	18.8	1.27	1.69	3.91	5.85	850	904	1,060	1,183	201	243	10.5	15.0
ALL.....	1.68	1.98	13.7	16.2	1.14	1.43	3.87	4.63	822	914	982	1,130	187	221	10.0	13.3
<b>WOMEN:</b>																
19-34.....	1.47	1.41	17.0	17.3	1.33	1.26	4.28	5.53	668	660	1,076	1,036	232	227	11.5	11.8
35-50.....	1.28	1.31	15.8	17.2	1.15	1.17	4.80	6.19	516	593	923	982	228	213	10.7	11.0
ALL.....	1.39	1.37	16.5	17.2	1.25	1.23	4.50	5.79	603	633	1,011	1,014	230	221	11.1	11.5
<b>MIDWEST:</b>																
<b>CHILDREN:</b>																
1-3.....	1.63	1.68	12.1	12.6	.99	1.23	4.56	4.64	771	847	920	1,015	171	183	8.0	10.2
4-5.....	1.61	1.62	13.6	13.9	1.13	1.18	3.78	3.98	732	842	966	1,059	190	194	9.2	10.4
ALL.....	1.62	1.66	12.8	13.1	1.05	1.21	4.21	4.41	753	845	940	1,030	179	187	8.6	10.2
<b>WOMEN:</b>																
19-34.....	1.41	1.61	15.5	18.0	1.23	1.32	4.04	4.68	646	792	1,030	1,161	216	235	10.5	11.3
35-50.....	1.24	1.46	16.4	17.3	1.19	1.25	3.30	4.62	491	534	897	1,027	222	231	10.9	11.1
ALL.....	1.34	1.55	15.9	17.7	1.21	1.29	3.73	4.65	581	730	974	1,109	219	234	10.7	11.2
<b>SOUTH:</b>																
<b>CHILDREN:</b>																
1-3.....	1.23	1.53	9.6	14.0	.84	1.21	2.58	3.50	582	732	729	943	143	185	7.6	10.0
4-5.....	1.41	1.86	13.4	19.1	1.12	1.54	2.87	4.42	614	841	871	1,164	168	211	9.3	11.6
ALL.....	1.31	1.66	11.4	16.1	.97	1.34	2.72	3.87	597	776	796	1,032	154	195	8.4	10.7
<b>WOMEN:</b>																
19-34.....	1.20	1.42	15.1	17.7	1.15	1.30	2.79	4.67	491	592	879	1,015	190	210	10.2	11.0
35-50.....	1.25	1.35	16.4	17.4	1.19	1.20	3.40	4.34	492	555	909	1,002	209	215	10.6	11.0
ALL.....	1.22	1.38	15.6	17.6	1.16	1.26	3.05	4.52	491	576	892	1,009	198	212	10.4	11.0
<b>WEST:</b>																
<b>CHILDREN:</b>																
1-3.....	1.49	1.56	10.5	13.6	.96	1.30	3.01	3.72	778	819	867	1,026	159	206	8.9	9.8
4-5.....	1.72	1.70	13.7	14.7	1.07	1.29	3.81	4.23	780	879	987	1,092	179	215	9.8	10.1
ALL.....	1.58	1.61	11.8	14.1	1.01	1.29	3.34	3.93	779	843	917	1,052	168	209	9.3	9.9
<b>WOMEN:</b>																
19-34.....	1.38	1.47	14.9	16.8	1.19	1.31	3.48	4.75	674	734	1,030	1,090	215	230	10.4	11.1
35-50.....	1.33	1.27	16.4	15.2	1.26	1.14	3.64	3.83	580	668	974	987	235	223	11.1	10.0
ALL.....	1.36	1.38	15.5	16.0	1.22	1.23	3.54	4.30	636	702	1,007	1,041	223	226	10.7	10.6

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 2.4B.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY REGION, SPRING 1985

REGION AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	SATURATED FAT	MONO-SATURATED FAT	POLY-SATURATED FAT	CHOLESTEROL	DIETARY FIBER
	1985	1985	1985	1985	1985	1985
	NUMBER	GRAMS		MILLIGRAMS		GRAMS
<b>NORTHEAST:</b>						
<b>CHILDREN:</b>						
1-3.....	69	23.3	19.6	8.9	273	9.3
4-5.....	45	23.8	21.9	9.6	258	11.9
ALL.....	114	23.5	20.5	9.2	268	10.3
<b>WOMEN:</b>						
19-34.....	199	24.6	24.8	13.5	312	12.2
35-50.....	133	24.3	24.6	12.9	320	10.8
ALL.....	332	24.5	24.7	13.3	315	11.6
<b>MIDWEST:</b>						
<b>CHILDREN:</b>						
1-3.....	96	21.9	19.2	8.0	229	9.0
4-5.....	52	23.3	21.4	9.4	249	9.3
ALL.....	148	22.4	20.0	8.5	236	9.1
<b>WOMEN:</b>						
19-34.....	206	28.0	27.6	14.2	302	12.0
35-50.....	132	25.7	25.7	14.2	286	12.0
ALL.....	338	27.1	26.8	14.2	296	12.0
<b>SOUTH:</b>						
<b>CHILDREN:</b>						
1-3.....	92	21.4	19.9	8.9	233	10.0
4-5.....	63	28.0	25.8	10.4	275	11.6
ALL.....	155	24.1	22.3	9.5	250	10.7
<b>WOMEN:</b>						
19-34.....	278	24.1	25.3	13.5	292	11.5
35-50.....	226	23.9	25.6	13.3	324	11.6
ALL.....	504	24.0	25.4	13.4	306	11.5
<b>WEST:</b>						
<b>CHILDREN:</b>						
1-3.....	79	20.3	19.0	8.9	264	10.8
4-5.....	52	21.8	20.0	9.7	277	11.1
ALL.....	131	20.9	19.4	9.2	269	10.9
<b>WOMEN:</b>						
19-34.....	170	25.8	25.4	14.7	328	12.8
35-50.....	158	23.4	23.5	14.1	269	11.4
ALL.....	328	24.6	24.5	14.4	300	12.1

CONTINUED--

TABLE 2.4B.--NUTRIENT INTAKES: MEAN PER INDIVIDUAL IN A DAY, BY REGION, SPRING 1985--CONTINUED

REGION AND AGE OF INDIVIDUALS (YEARS)	VITAMIN A	CAROTENES	VITAMIN E	FOLACIN	ZINC	COPPER	SODIUM	POTASSIUM
	1985	1985	1985	1985	1985	1985	1985	1985
	RETINOL EQUIVALENTS	ALPHA-TOCOPHEROL EQUIVALENTS	MICROGRAMS	MILLIGRAMS				
<b>NORTHEAST:</b>								
<b>CHILDREN:</b>								
1-3.....	756	194	6.2	206	7.6	0.8	1,955	2,100
4-5.....	1,394	313	5.4	265	10.6	1.0	2,199	2,324
ALL.....	1,007	241	5.8	229	8.8	.9	2,051	2,188
<b>WOMEN:</b>								
19-34.....	799	362	7.9	214	9.1	1.1	2,506	2,141
35-50.....	841	370	7.3	195	8.6	1.1	2,616	2,227
ALL.....	816	365	7.7	206	8.9	1.1	2,550	2,176
<b>MIDWEST:</b>								
<b>CHILDREN:</b>								
1-3.....	917	234	7.0	183	7.6	.7	2,011	1,887
4-5.....	770	224	4.9	195	8.3	.8	2,261	1,905
ALL.....	866	231	6.2	187	7.9	.8	2,098	1,894
<b>WOMEN:</b>								
19-34.....	957	399	7.6	213	9.8	1.1	2,777	2,365
35-50.....	827	342	7.9	197	9.1	1.1	2,649	2,292
ALL.....	906	377	7.7	207	9.5	1.1	2,727	2,336
<b>SOUTH:</b>								
<b>CHILDREN:</b>								
1-3.....	829	389	4.6	174	7.4	.8	1,816	1,899
4-5.....	763	193	7.1	222	9.7	.9	2,307	2,102
ALL.....	802	309	5.6	193	8.4	.8	2,015	1,982
<b>WOMEN:</b>								
19-34.....	874	322	8.4	220	8.9	1.1	2,564	2,068
35-50.....	737	342	7.8	199	9.7	1.0	2,522	2,140
ALL.....	813	331	8.1	210	9.2	1.0	2,545	2,100
<b>WEST:</b>								
<b>CHILDREN:</b>								
1-3.....	840	306	5.3	196	8.3	.9	1,944	2,013
4-5.....	832	249	5.4	188	9.1	1.0	2,143	2,075
ALL.....	837	284	5.4	193	8.6	.9	2,023	2,038
<b>WOMEN:</b>								
19-34.....	818	395	8.1	224	9.8	1.2	2,616	2,236
35-50.....	815	442	7.8	207	8.1	1.0	2,369	2,187
ALL.....	817	418	8.0	216	9.0	1.1	2,497	2,212

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 3.1.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY, BY INCOME LEVEL, SPRING 1977 AND SPRING 1985

INCOME LEVEL AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		VITAMIN A		ASCORBIC ACID		THIAMIN		RIBOFLAVIN		NIACIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---		-----PERCENT-----													
UNDER 131% POVERTY:																
CHILDREN:																
1-3.....	82	98	88	107	192	238	192	200	158	161	144	161	188	202	127	161
4-5.....	78	63	85	93	190	217	118	184	131	169	123	143	153	174	121	156
ALL.....	160	162	86	101	191	230	156	194	145	164	134	154	171	191	124	159
WOMEN:																
19-34.....	218	176	73	80	139	144	98	110	111	103	100	109	103	111	109	130
35-50.....	132	117	75	76	141	142	109	97	119	115	107	106	102	104	121	122
ALL.....	350	293	74	78	140	143	103	105	114	108	102	108	103	109	114	127
131-300% POVERTY:																
CHILDREN:																
1-3.....	146	157	96	106	211	238	143	265	151	179	127	162	186	213	116	146
4-5.....	130	79	85	87	180	183	162	186	159	189	113	130	157	174	120	130
ALL.....	276	237	91	100	196	220	152	239	155	182	120	151	172	200	118	140
WOMEN:																
19-34.....	414	313	78	83	146	142	103	137	120	137	96	114	108	120	118	131
35-50.....	279	199	75	79	138	145	99	137	127	130	100	111	107	113	118	132
ALL.....	693	512	76	81	143	144	101	137	123	134	98	113	108	117	118	132
OVER 300% POVERTY:																
CHILDREN:																
1-3.....	97	63	98	102	218	207	225	219	173	227	135	161	186	198	132	148
4-5.....	68	40	95	104	217	238	143	155	178	253	126	154	169	203	152	192
ALL.....	165	104	97	103	217	219	191	194	175	237	132	158	179	200	140	165
WOMEN:																
19-34.....	462	256	83	87	151	145	110	143	142	166	98	112	110	121	120	133
35-50.....	352	252	77	84	149	146	114	143	132	134	98	108	109	115	130	132
ALL.....	814	508	81	86	150	145	112	143	138	150	98	110	110	118	124	132
ALL INCOME LEVELS:																
CHILDREN:																
1-3.....	376	336	93	106	205	232	175	234	151	183	131	161	183	205	121	151
4-5.....	315	211	87	92	191	206	142	185	157	192	120	141	160	183	127	152
ALL.....	690	548	90	100	198	222	160	215	154	186	126	153	172	197	124	151
WOMEN:																
19-34.....	1,287	854	79	83	145	144	103	128	125	137	97	112	108	117	116	130
35-50.....	942	649	76	80	144	144	106	126	131	128	101	108	106	111	124	128
ALL.....	2,228	1,503	77	82	145	144	104	127	128	133	98	110	107	115	120	130

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TABLE 3.1.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY, BY INCOME LEVEL, SPRING 1977 AND SPRING 1985--CONTINUED

INCOME LEVEL AND AGE OF INDIVIDUALS (YEARS)	VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON		VITAMIN E	FOLACIN	ZINC
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
-----PERCENT-----															
<b>UNDER 131% POVERTY:</b>															
<b>CHILDREN:</b>															
1-3.....	114	136	153	211	87	95	100	122	102	124	58	68	160	194	77
4-5.....	78	103	120	152	84	105	115	141	82	106	96	111	89	97	94
ALL.....	96	123	137	188	86	99	107	130	92	117	77	85	133	156	84
<b>WOMEN:</b>															
19-34.....	57	61	100	176	69	68	116	117	63	62	54	63	81	46	61
35-50.....	56	54	99	128	64	63	111	118	68	64	56	62	86	45	60
ALL.....	57	58	100	157	67	66	114	117	65	63	55	62	83	45	61
<b>131-300% POVERTY:</b>															
<b>CHILDREN:</b>															
1-3.....	107	137	162	196	97	112	112	133	111	131	55	70	100	184	79
4-5.....	89	99	150	206	92	105	116	130	91	98	97	109	103	114	90
ALL.....	99	124	157	199	94	110	114	132	101	120	75	83	101	161	83
<b>WOMEN:</b>															
19-34.....	59	63	113	160	74	84	121	129	68	70	54	64	107	53	59
35-50.....	57	61	118	208	66	72	112	121	72	73	56	61	95	50	60
ALL.....	58	62	115	178	71	79	117	126	70	71	55	62	102	52	59
<b>OVER 300% POVERTY:</b>															
<b>CHILDREN:</b>															
1-3.....	106	150	214	180	88	96	108	120	114	133	59	70	88	193	69
4-5.....	98	134	146	178	95	112	132	155	99	127	98	137	96	129	110
ALL.....	103	144	186	179	91	102	118	134	108	130	75	97	91	168	85
<b>WOMEN:</b>															
19-34.....	64	66	118	150	75	85	124	133	72	76	56	61	99	53	60
35-50.....	62	62	151	132	65	82	117	129	78	78	63	61	105	53	62
ALL.....	63	64	132	141	71	84	121	131	75	77	59	61	102	53	61
<b>ALL INCOME LEVELS:</b>															
<b>CHILDREN:</b>															
1-3.....	105	139	171	197	90	103	106	127	107	129	56	70	116	188	77
4-5.....	88	109	140	183	91	108	120	141	91	107	97	116	96	108	94
ALL.....	97	127	157	192	90	105	112	132	100	121	74	88	108	157	84
<b>WOMEN:</b>															
19-34.....	60	63	118	158	74	81	121	128	69	72	54	63	98	52	60
35-50.....	59	59	126	154	64	75	115	123	74	72	59	60	96	49	59
ALL.....	60	61	121	156	69	78	118	126	71	72	56	61	97	51	60

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 3.2.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY,  
BY RACE, SPRING 1977 AND SPRING 1985

RACE AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		VITAMIN A		ASCORBIC ACID		THIAMIN		RIBOFLAVIN		NIACIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---		-----PERCENT-----													
<b>WHITE:</b>																
<b>CHILDREN:</b>																
1-3.....	306	286	97	105	208	228	180	236	153	181	135	158	189	206	123	147
4-5.....	246	172	89	91	190	200	147	177	160	185	122	136	164	178	130	145
ALL.....	552	457	93	100	200	217	165	214	156	182	129	150	178	196	126	147
<b>WOMEN:</b>																
19-34.....	1,081	712	79	83	145	142	101	126	121	131	96	110	110	120	116	131
35-50.....	770	563	76	80	146	142	106	129	130	125	101	107	108	113	126	128
ALL.....	1,850	1,275	78	82	145	142	103	127	125	129	98	109	109	117	120	129
<b>BLACK:</b>																
<b>CHILDREN:</b>																
1-3.....	46	28	80	109	195	256	181	219	153	215	112	181	154	203	114	189
4-5.....	40	25	84	100	188	226	144	184	166	223	104	164	131	198	111	180
ALL.....	85	53	82	105	192	242	164	203	159	219	108	173	143	200	113	185
<b>WOMEN:</b>																
19-34.....	156	84	76	83	145	158	124	105	151	126	102	110	97	108	113	132
35-50.....	125	59	71	77	136	157	116	99	137	127	97	108	93	101	116	131
ALL.....	281	143	74	81	141	158	121	102	145	126	100	109	95	105	114	132
<b>OTHER:</b>																
<b>CHILDREN:</b>																
1-3.....	23	17	74	104	181	255	89	214	123	200	111	166	162	187	102	151
4-5.....	29	7	79	83	196	240	102	277	123	200	125	145	159	191	130	171
ALL.....	51	24	77	98	189	251	96	233	123	200	119	160	161	188	118	157
<b>WOMEN:</b>																
19-34.....	46	47	76	78	150	151	66	171	117	222	105	136	102	100	130	125
35-50.....	43	21	72	86	144	172	68	151	139	179	98	125	93	114	125	142
ALL.....	89	68	74	80	147	158	67	165	127	209	101	133	98	104	127	130

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TABLE 3.2.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY, BY RACE, SPRING 1977 AND SPRING 1985--CONTINUED

RACE AND AGE OF INDIVIDUALS (YEARS)	VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON		VITAMIN E	FOLACIN	ZINC
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
-----PERCENT-----															
<b>WHITE:</b>															
<b>CHILDREN:</b>															
1-3.....	107	137	177	193	93	105	109	127	111	130	58	68	106	181	73
4-5.....	92	107	146	160	93	108	122	139	94	107	99	112	87	104	85
ALL.....	100	126	163	181	93	106	115	132	104	121	76	84	99	152	78
<b>WOMEN:</b>															
19-34.....	60	63	121	149	75	85	122	130	70	73	54	62	98	52	59
35-50.....	61	59	130	150	66	77	118	124	77	74	60	59	98	49	59
ALL.....	60	62	125	150	71	82	120	127	73	73	56	61	98	51	59
<b>BLACK:</b>															
<b>CHILDREN:</b>															
1-3.....	96	160	143	225	75	80	92	124	90	128	45	87	221	248	90
4-5.....	72	121	117	317	79	97	108	142	80	102	88	135	161	135	102
ALL.....	85	142	131	268	77	88	99	132	85	116	65	110	193	195	95
<b>WOMEN:</b>															
19-34.....	58	63	94	214	61	60	109	120	58	62	55	66	101	49	65
35-50.....	53	52	106	132	54	55	99	118	55	57	53	61	83	45	56
ALL.....	56	58	99	180	58	58	105	119	57	60	54	64	93	47	61
<b>OTHER:</b>															
<b>CHILDREN:</b>															
1-3.....	89	134	146	222	76	93	86	123	82	123	53	65	101	217	127
4-5.....	82	114	121	270	88	115	118	153	82	117	88	135	86	93	226
ALL.....	85	128	132	236	83	100	104	132	82	122	72	85	96	181	156
<b>WOMEN:</b>															
19-34.....	59	63	103	185	67	66	124	122	65	77	56	61	93	59	69
35-50.....	52	72	94	356	53	71	105	135	64	84	57	77	81	59	83
ALL.....	56	66	98	237	60	68	115	126	64	79	57	66	89	59	73

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 3.3.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY, BY URBANIZATION, SPRING 1977 AND SPRING 1985

URBANIZATION AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		VITAMIN A		ASCORBIC ACID		THIAMIN		RIBOFLAVIN		NIACIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---								-----PERCENT-----							
CENTRAL CITIES:																
CHILDREN:																
1-3.....	94	101	96	104	222	237	232	238	155	199	143	166	206	203	135	164
4-5.....	87	60	83	95	182	232	146	194	134	196	119	145	156	187	122	178
ALL.....	181	160	90	101	203	235	191	222	145	198	131	158	192	197	129	169
WOMEN:																
19-34.....	408	248	81	84	151	150	120	113	145	138	101	112	112	124	121	132
35-50.....	271	168	74	81	145	147	109	133	160	121	105	104	106	107	125	129
ALL.....	679	416	78	83	149	149	115	121	151	131	103	108	110	117	123	131
SUBURBAN AREAS:																
CHILDREN:																
1-3.....	158	167	95	105	202	229	180	246	172	176	129	162	177	211	115	145
4-5.....	117	116	90	92	193	198	135	188	165	205	116	141	152	187	128	140
ALL.....	275	283	93	100	198	217	161	222	169	188	124	153	171	201	121	143
WOMEN:																
19-34.....	482	436	78	84	145	141	99	135	124	148	96	112	108	114	117	129
35-50.....	382	351	77	78	147	142	102	123	125	137	98	108	103	111	124	127
ALL.....	864	786	77	82	146	142	100	130	124	143	97	110	106	112	120	128
NONMETROPOLITAN AREAS:																
CHILDREN:																
1-3.....	124	69	89	109	194	233	126	200	121	175	123	151	171	195	117	147
4-5.....	111	36	87	88	194	190	147	159	168	141	125	133	160	164	131	145
ALL.....	235	105	88	102	194	218	136	186	143	163	124	144	166	185	124	146
WOMEN:																
19-34.....	397	170	78	79	140	142	91	131	106	105	94	112	104	116	111	131
35-50.....	289	131	75	82	141	143	109	127	114	114	100	112	109	116	125	131
ALL.....	686	300	77	80	140	142	98	129	109	109	96	112	106	116	117	131

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TABLE 3.3.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY, BY URBANIZATION, SPRING 1977 AND SPRING 1985--CONTINUED

URBANIZATION AND AGE OF INDIVIDUALS (YEARS)	VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON		VITAMIN E	FOLACIN	ZINC
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
-----PERCENT-----															
CENTRAL CITIES:															
CHILDREN:															
1-3.....	119	141	234	186	98	100	114	127	114	131	59	69	137	208	72
4-5.....	82	119	145	206	90	105	116	144	85	112	94	116	99	107	95
ALL.....	101	133	191	194	94	102	115	133	100	124	76	87	123	170	81
WOMEN:															
19-34.....	64	66	122	158	77	87	125	132	69	71	56	65	100	50	62
35-50.....	60	60	113	127	65	73	114	125	71	72	58	60	92	52	57
ALL.....	63	63	119	145	72	81	121	129	70	72	57	63	97	51	60
SUBURBAN AREAS:															
CHILDREN:															
1-3.....	104	141	148	193	91	108	106	129	110	132	57	72	106	179	79
4-5.....	90	106	146	181	91	114	122	143	93	110	98	119	83	110	99
ALL.....	98	126	147	188	91	110	113	135	103	123	74	91	96	151	87
WOMEN:															
19-34.....	60	63	123	152	73	81	120	128	69	74	55	62	98	54	60
35-50.....	58	58	122	146	66	77	115	123	75	73	59	59	95	48	60
ALL.....	59	61	123	149	70	79	118	126	72	73	57	61	97	51	60
NONMETROPOLITAN AREAS:															
CHILDREN:															
1-3.....	94	130	151	226	82	96	99	122	96	121	52	66	108	181	80
4-5.....	91	103	130	149	92	94	121	125	95	91	98	108	132	103	77
ALL.....	93	121	141	199	87	95	109	123	96	111	74	81	116	154	79
WOMEN:															
19-34.....	56	60	107	173	71	75	117	123	68	65	51	61	95	48	59
35-50.....	61	60	141	209	60	71	114	123	75	73	60	62	102	49	60
ALL.....	58	60	121	189	66	74	116	123	71	68	55	61	98	48	60

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS--CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 3.4.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY, BY REGION, SPRING 1977 AND SPRING 1985

REGION AND AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		FOOD ENERGY		PROTEIN		VITAMIN A		ASCORBIC ACID		THIAMIN		RIBOFLAVIN		NIACIN	
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
	---NUMBER---								---PERCENT---							
NORTHEAST:																
CHILDREN:																
1-3.....	79	69	101	111	227	239	168	190	205	193	140	176	199	231	131	160
4-5.....	73	45	94	97	219	212	162	268	174	208	119	163	177	217	143	171
ALL.....	151	114	98	105	223	228	165	220	190	199	130	171	188	226	137	165
WOMEN:																
19-34.....	329	199	86	80	159	143	114	123	150	127	102	108	118	112	127	129
35-50.....	242	133	75	78	146	152	103	130	148	145	99	108	106	109	121	132
ALL.....	571	332	81	79	154	146	109	126	149	134	101	108	113	111	125	130
MIDWEST:																
CHILDREN:																
1-3.....	90	96	94	103	227	226	197	230	152	171	140	155	204	210	134	140
4-5.....	73	52	88	85	190	193	131	162	160	181	117	128	161	162	123	126
ALL.....	164	148	91	97	210	215	167	206	155	174	130	145	184	193	129	135
WOMEN:																
19-34.....	312	206	80	87	143	150	105	140	127	132	100	114	112	128	115	133
35-50.....	231	132	77	82	141	143	97	125	119	123	101	116	103	121	126	133
ALL.....	543	338	79	85	142	147	101	134	124	128	101	115	108	125	120	133
SOUTH:																
CHILDREN:																
1-3.....	120	92	88	105	178	228	150	266	118	172	118	158	154	191	107	155
4-5.....	107	63	85	98	176	228	140	153	168	209	118	147	141	186	121	174
ALL.....	228	155	86	102	177	228	146	220	142	187	118	154	148	189	114	163
WOMEN:																
19-34.....	384	278	73	82	134	141	91	123	105	133	91	112	96	114	112	133
35-50.....	289	226	74	81	144	148	108	117	119	116	102	110	104	111	125	133
ALL.....	673	504	74	82	138	144	98	120	111	125	96	111	99	113	118	133
WEST:																
CHILDREN:																
1-3.....	86	79	91	104	199	238	194	241	148	201	130	157	186	194	116	151
4-5.....	61	52	84	87	184	190	137	176	116	168	127	127	172	170	124	134
ALL.....	147	131	88	97	193	219	170	215	134	188	129	145	180	185	120	144
WOMEN:																
19-34.....	261	170	76	84	147	143	103	127	120	161	95	112	109	115	110	123
35-50.....	179	158	76	77	147	132	120	139	144	137	100	97	110	104	125	116
ALL.....	440	328	76	81	147	138	110	133	130	149	97	105	110	110	116	120

CONTINUED--

TABLE 3.4.--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES: MEAN PER INDIVIDUAL IN A DAY, BY REGION, SPRING 1977 AND SPRING 1985--CONTINUED

REGION AND AGE OF INDIVIDUALS (YEARS)	VITAMIN B6		VITAMIN B12		CALCIUM		PHOSPHORUS		MAGNESIUM		IRON		VITAMIN E	FOLACIN	ZINC
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1985	1985	1985
-----PERCENT-----															
<b>NORTHEAST:</b>															
<b>CHILDREN:</b>															
1-3.....	113	140	191	192	99	115	114	137	116	138	63	82	123	206	76
4-5.....	98	130	157	234	106	113	133	148	100	122	105	150	89	133	106
ALL.....	106	136	175	208	103	114	123	141	109	132	83	108	110	177	88
<b>WOMEN:</b>															
19-34.....	66	62	140	179	81	79	132	124	76	73	60	66	98	51	59
35-50.....	57	58	159	206	64	74	114	123	76	71	59	61	91	49	57
ALL.....	62	60	148	190	74	77	124	124	76	72	59	64	95	50	58
<b>MIDWEST:</b>															
<b>CHILDREN:</b>															
1-3.....	110	136	228	232	96	106	115	127	114	122	53	68	140	183	76
4-5.....	87	91	151	159	91	105	121	132	95	97	92	104	81	97	83
ALL.....	99	120	194	206	94	106	118	129	105	113	71	80	119	153	79
<b>WOMEN:</b>															
19-34.....	60	64	131	151	76	94	123	138	69	74	52	63	92	50	63
35-50.....	59	62	110	153	61	78	112	127	74	76	60	62	99	49	60
ALL.....	60	63	122	152	70	88	118	134	71	75	55	62	95	50	62
<b>SOUTH:</b>															
<b>CHILDREN:</b>															
1-3.....	93	135	129	175	73	91	91	118	95	123	50	67	93	174	74
4-5.....	86	118	115	177	77	105	109	145	84	106	93	116	118	111	97
ALL.....	90	128	122	176	75	97	100	129	90	116	71	87	103	148	84
<b>WOMEN:</b>															
19-34.....	56	64	90	153	59	71	106	123	61	68	51	61	102	52	58
35-50.....	59	60	113	143	61	68	113	124	70	71	58	61	96	49	64
ALL.....	57	62	100	149	60	70	109	123	65	69	54	61	100	51	61
<b>WEST:</b>															
<b>CHILDREN:</b>															
1-3.....	107	144	150	186	97	102	108	128	106	137	59	65	106	194	84
4-5.....	83	99	152	169	98	110	123	136	90	107	98	101	90	94	91
ALL.....	97	126	151	180	97	105	115	131	99	125	75	80	100	156	86
<b>WOMEN:</b>															
19-34.....	59	63	114	149	82	86	125	129	70	72	54	62	97	53	62
35-50.....	63	56	120	126	72	82	121	121	78	73	60	56	97	50	53
ALL.....	60	60	117	138	77	84	123	125	73	73	56	59	97	52	58

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.



TABLE 4B.--NUTRIENT INTAKES PER 1,000 KILOCALORIES: MEAN PER INDIVIDUAL IN A DAY, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	INTAKE PER 1,000 KILOCALORIES				
		SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT	CHOLESTEROL	DIETARY FIBER
		1985	1985	1985	1985	1985
	NUMBER	GRAMS			MILLIGRAMS	GRAMS
<b>CHILDREN:</b>						
1-3.....	336	15.6	13.7	6.0	179	7.2
4-5.....	211	15.3	14.0	6.1	170	7.0
ALL.....	548	15.5	13.8	6.1	176	7.1
<b>WOMEN:</b>						
19-34.....	854	14.5	14.8	8.0	182	7.2
35-50.....	649	14.8	15.3	8.3	195	7.5
ALL.....	1,503	14.7	15.0	8.1	188	7.4

  

INTAKE PER 1,000 KILOCALORIES								
VITAMIN A	CAROTENES	VITAMIN E	FOLACIN	ZINC	COPPER	SODIUM	POTASSIUM	
1985	1985	1985	1985	1985	1985	1985	1985	
RETINOL EQUIVALENTS	ALPHA-TOCOPHEROL EQUIVALENTS	MICROGRAMS	MILLIGRAMS					
<b>CHILDREN:</b>								
1-3.....	654	243	4.1	140	5.7	0.6	1,423	1,455
4-5.....	601	170	3.6	142	6.0	.6	1,441	1,354
ALL.....	634	215	3.9	140	5.8	.6	1,430	1,416
<b>WOMEN:</b>								
19-34.....	520	232	4.6	132	5.6	.7	1,563	1,337
35-50.....	533	254	4.9	133	5.8	.7	1,628	1,459
ALL.....	526	242	4.7	132	5.7	.7	1,591	1,390

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 5A.--FOOD ENERGY FROM PROTEIN, FAT, AND CARBOHYDRATE: MEAN PER INDIVIDUAL IN A DAY,  
 SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		PROTEIN		FAT		CARBOHYDRATE	
	1977	1985	1977	1985	1977	1985	1977	1985
	-----NUMBER-----		-----PERCENT-----					
<b>CHILDREN:</b>								
1-3.....	376	336	15.8	15.6	37.1	34.3	48.0	51.7
4-5.....	315	211	15.6	15.8	38.2	34.4	47.2	51.3
ALL.....	690	548	15.7	15.7	37.6	34.3	47.6	51.5
<b>WOMEN:</b>								
19-34.....	1,287	854	17.0	15.9	40.4	36.2	41.8	47.1
35-50.....	942	649	17.4	16.5	41.3	37.2	40.1	45.4
ALL.....	2,228	1,503	17.1	16.1	40.8	36.6	41.1	46.3

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 5B.--FOOD ENERGY FROM PROTEIN, TOTAL FAT, FATTY ACIDS, AND CARBOHYDRATE:  
MEAN PER INDIVIDUAL IN A DAY, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	PROTEIN	TOTAL FAT	SATURATED FAT
	1985	1985	1985	1985
	<u>NUMBER</u>	<u>PERCENT</u>		
<b>CHILDREN:</b>				
1-3.....	336	15.6	34.3	14.0
4-5.....	211	15.8	34.4	13.8
ALL.....	548	15.7	34.3	13.9
<b>WOMEN:</b>				
19-34.....	854	15.9	36.2	13.1
35-50.....	649	16.5	37.2	13.4
ALL.....	1,503	16.1	36.6	13.2
		MONOUNSATURATED FAT	POLYUNSATURATED FAT	CARBOHYDRATE
		1985	1985	1985
		<u>PERCENT</u>		
<b>CHILDREN:</b>				
1-3.....	12.3	5.4	51.7	
4-5.....	12.6	5.5	51.3	
ALL.....	12.4	5.5	51.5	
<b>WOMEN:</b>				
19-34.....	13.3	7.2	47.1	
35-50.....	13.7	7.5	45.4	
ALL.....	13.5	7.3	46.3	

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 6.--FREQUENCY OF EATING: PERCENTAGE OF INDIVIDUALS REPORTING SPECIFIED NUMBER OF EATING OCCASIONS IN A DAY, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		NUMBER OF EATING OCCASIONS IN A DAY									
			1		2		3		4			
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985		
	---NUMBER---		-----PERCENT-----									
<b>CHILDREN:</b>												
1-3.....	376	336	0.3	(*)	1.9	0.6	30.8	14.7	25.1	29.5		
4-5.....	315	211	(*)	(*)	3.5	2.4	37.2	18.0	30.3	35.5		
ALL.....	690	548	.2	(*)	2.6	1.3	33.7	16.0	27.5	31.8		
<b>WOMEN:</b>												
19-34.....	1,287	854	2.4	1.0	10.2	9.8	39.8	22.5	25.4	29.7		
35-50.....	942	649	.6	1.0	9.2	6.1	37.7	24.7	25.1	29.7		
ALL.....	2,228	1,503	1.6	1.0	9.8	8.2	38.9	23.4	25.3	29.7		
			NUMBER OF EATING OCCASIONS IN A DAY									
			5		6		7		8		9 OR MORE	
			1977	1985	1977	1985	1977	1985	1977	1985	1977	1985
			-----PERCENT-----									
<b>CHILDREN:</b>												
1-3.....	20.4	20.8	12.7	17.7	5.4	11.2	1.9	2.1	1.5	3.4		
4-5.....	14.5	22.8	10.2	11.0	2.1	4.2	1.1	2.4	1.0	3.7		
ALL.....	17.7	21.6	11.5	15.1	3.9	8.5	1.5	2.2	1.3	3.5		
<b>WOMEN:</b>												
19-34.....	12.3	18.7	5.3	11.1	2.0	4.0	1.3	2.0	1.4	1.2		
35-50.....	16.3	16.0	6.4	12.5	2.9	6.4	1.0	.8	.7	2.6		
ALL.....	14.0	17.5	5.8	11.7	2.4	5.0	1.2	1.5	1.1	1.8		

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.





TABLE 78.--NUTRITIVE CONTRIBUTION OF SNACKS: PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL IN A DAY, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT	CHOLESTEROL	DIETARY FIBER		
	1985	1985	1985	1985	1985	1985		
	NUMBER	PERCENT						
<b>CHILDREN:</b>								
1-3.....	336	18.6	16.3	15.4	12.5	15.9		
4-5.....	211	15.9	15.2	16.2	10.0	15.5		
ALL.....	548	17.5	15.8	15.7	11.5	15.8		
<b>WOMEN:</b>								
19-34.....	854	14.2	12.8	12.2	10.2	12.7		
35-50.....	649	13.3	11.1	10.0	8.5	10.3		
ALL.....	1,503	13.9	12.1	11.2	9.5	11.6		
	VITAMIN A	CAROTENES	VITAMIN E	FOLACIN	ZINC	COPPER	SODIUM	POTASSIUM
	1985	1985	1985	1985	1985	1985	1985	1985
	PERCENT							
<b>CHILDREN:</b>								
1-3.....	11.4	12.7	16.8	12.8	12.6	16.8	12.6	17.3
4-5.....	7.8	11.7	17.0	10.3	10.5	15.0	9.2	13.8
ALL.....	10.0	12.3	16.9	11.8	11.8	16.1	11.3	15.9
<b>WOMEN:</b>								
19-34.....	11.1	9.9	13.0	12.0	11.2	15.2	10.1	13.6
35-50.....	9.8	7.4	10.5	10.7	10.1	14.2	9.1	14.1
ALL.....	10.6	8.8	11.9	11.4	10.7	14.7	9.7	13.8

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 8A.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME: PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL IN A DAY, SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		INDIVIDUALS EATING AWAY		FOOD ENERGY		PROTEIN		TOTAL FAT		CARBO-HYDRATE		VITAMIN A		ASCORBIC ACID		THIAMIN																				
	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985	1977	1985																			
---NUMBER---																			-----PERCENT-----																		
<b>CHILDREN:</b>																																					
1-3....	376	336	26.9	41.6	10.5	16.1	9.8	15.5	10.7	16.2	10.7	16.4	7.4	13.3	7.8	13.7	8.7	13.9																			
4-5....	315	211	33.8	44.2	14.4	17.5	14.3	16.3	14.4	17.8	14.3	17.7	10.9	14.7	12.7	15.3	12.5	14.8																			
ALL..	690	548	30.1	42.6	12.3	16.6	11.8	15.8	12.4	16.8	12.3	16.9	9.0	13.8	10.0	14.3	10.4	14.2																			
<b>WOMEN:</b>																																					
19-34..	1,287	854	48.2	57.8	24.0	29.3	23.5	28.3	24.2	29.6	23.6	28.3	21.8	26.2	21.0	25.6	22.6	26.6																			
35-50..	942	649	40.6	56.8	18.0	27.4	17.5	26.1	18.3	28.4	17.6	26.8	15.9	26.1	15.1	25.0	16.5	24.4																			
ALL..	2,228	1,503	45.0	57.4	21.5	28.5	20.9	27.4	21.7	29.1	21.1	27.7	19.3	26.2	18.5	25.3	20.0	25.6																			
: RIBOFLAVIN : NIACIN : VITAMIN B6 : VITAMIN B12 : CALCIUM : PHOSPHORUS : MAGNESIUM : IRON																																					
: 1977 : 1985 : 1977 : 1985 : 1977 : 1985 : 1977 : 1985 : 1977 : 1985 : 1977 : 1985 : 1977 : 1985 : 1977 : 1985 : 1977 : 1985																																					
-----PERCENT-----																																					
<b>CHILDREN:</b>																																					
1-3....	8.5	13.5	9.9	14.9	8.9	13.4	8.8	13.8	8.1	14.3	9.0	14.8	9.0	14.8	9.5	14.6	14.8	14.6																			
4-5....	12.4	13.9	13.9	15.8	12.8	14.1	12.3	13.5	12.2	14.6	13.5	15.3	13.4	15.2	13.1	15.1	15.1	15.1																			
ALL..	10.3	13.7	11.7	15.3	10.7	13.7	10.4	13.7	10.0	14.4	11.1	15.0	11.0	15.0	11.1	14.8	14.8	14.8																			
<b>WOMEN:</b>																																					
19-34..	22.3	26.5	23.5	27.3	23.0	26.4	22.5	28.3	21.8	27.6	23.0	28.0	22.8	26.8	23.4	27.2	27.2	27.2																			
35-50..	16.6	24.3	17.1	24.3	16.8	24.4	16.7	25.0	16.8	25.7	17.3	26.0	16.4	24.2	17.0	24.6	24.6	24.6																			
ALL..	19.9	25.5	20.8	26.0	20.4	25.5	20.1	26.9	19.7	26.8	20.6	27.1	20.1	25.7	20.7	26.0	26.0	26.0																			

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 8B.--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME: PERCENTAGE OF NUTRIENT INTAKE PER INDIVIDUAL IN A DAY, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT	CHOLESTEROL	DIETARY FIBER		
	1985	1985	1985	1985	1985	1985		
	NUMBER	PERCENT						
<b>CHILDREN:</b>								
1-3.....	336	15.5	16.6	17.4	14.5	15.5		
4-5.....	211	17.2	18.1	18.6	15.6	16.7		
ALL.....	548	16.2	17.2	17.8	15.0	16.0		
<b>WOMEN:</b>								
19-34.....	854	29.4	29.6	29.9	29.4	27.2		
35-50.....	649	28.3	28.0	29.2	26.4	25.6		
ALL.....	1,503	28.9	28.9	29.6	28.1	26.5		
	VITAMIN A	CAROTENES	VITAMIN E	FOLACIN	ZINC	COPPER	SODIUM	POTASSIUM
	1985	1985	1985	1985	1985	1985	1985	1985
	PERCENT							
<b>CHILDREN:</b>								
1-3.....	12.6	15.2	15.9	13.6	14.8	16.1	16.0	14.8
4-5.....	13.3	17.6	17.3	15.1	15.3	16.5	18.1	15.8
ALL.....	12.9	16.1	16.4	14.2	15.0	16.2	16.8	15.2
<b>WOMEN:</b>								
19-34.....	25.9	27.6	28.4	25.8	28.6	28.7	29.0	27.1
35-50.....	25.1	28.1	27.6	25.1	25.5	25.4	26.8	24.6
ALL.....	25.6	27.8	28.1	25.5	27.2	27.2	28.1	26.0

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 9.1--SPECIAL DIETS: PERCENTAGE OF INDIVIDUALS REPORTING,  
 SPRING 1977 AND SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		INDIVIDUALS ON SPECIAL DIETS	
	1977	1985	1977	1985
	---NUMBER---		-----PERCENT-----	
<b>CHILDREN:</b>				
1-3.....	380	339	2.2	3.2
4-5.....	315	211	1.1	.0
ALL.....	695	550	1.7	2.0
<b>WOMEN:</b>				
19-34.....	1,287	854	14.6	10.2
35-50.....	942	649	19.9	15.7
ALL.....	2,228	1,503	16.8	12.6

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY  
 INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 9.2.--TYPES OF SPECIAL DIETS, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	INDIVIDUALS ON SPECIAL DIETS	TYPE OF DIET				
			LOW CALORIE/ WEIGHT LOSS	LOW FAT/ LOW CHOLESTEROL	LOW SALT	LOW SUGAR/ SUGAR-FREE	OTHER
	NUMBER		PERCENT				
<b>CHILDREN:</b>							
1-3.....	339	3.2	19.6	0.0	0.0	19.6	80.4
4-5.....	211	.0	.0	.0	.0	.0	.0
ALL.....	550	2.0	19.6	.0	.0	19.6	80.4
<b>WOMEN:</b>							
19-34.....	854	10.2	62.6	26.6	18.6	22.7	21.1
35-50.....	649	15.7	55.2	17.7	25.4	30.7	14.0
ALL.....	1,503	12.6	58.6	21.8	22.3	27.0	17.3

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 10.--USE OF VITAMIN AND MINERAL SUPPLEMENTS: PERCENTAGE  
OF INDIVIDUALS USING SUPPLEMENTS, SPRING 1977 AND  
SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS		INDIVIDUALS USING SUPPLEMENTS	
	1977	1985	1977	1985
	---NUMBER---		-----PERCENT-----	
<b>CHILDREN:</b>				
1-3.....	380	339	50.8	60.7
4-5.....	315	211	43.2	58.5
ALL.....	695	550	47.4	59.8
<b>WOMEN:</b>				
19-34.....	1,287	854	40.8	56.0
35-50.....	942	649	36.1	59.8
ALL.....	2,228	1,503	38.9	57.6

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY  
INDIVIDUALS, 1985, AND NFCS 1977-78.

TABLE 11.1.--CHARACTERISTICS OF THE ADULT FEMALE RESPONDENTS: PHYSIOLOGICAL STATUS, EMPLOYMENT STATUS, AND EDUCATIONAL LEVEL, SPRING 1985

AGE OF RESPONDENTS (YEARS)	INDIVIDUALS	PHYSIOLOGICAL STATUS		EMPLOYMENT STATUS			
		PREGNANT	LACTATING	FULL TIME	PART TIME	NOT EMPLOYED	NOT REPORTED
	NUMBER	-----		-----PERCENT-----			
19-34.....	854	6.8	3.3	42.3	16.1	39.9	1.8
35-50.....	649	1.7	.4	45.7	17.5	34.9	2.0
ALL.....	1,503	4.6	2.0	43.8	16.7	37.7	1.8

  

	NUMBER	EDUCATIONAL LEVEL			
		ELEMENTARY SCHOOL OR LESS	SOME HIGH SCHOOL	HIGH SCHOOL COMPLETED	COLLEGE
	NUMBER	-----PERCENT-----			
19-34.....	2.2	12.0	41.6	43.8	0.4
35-50.....	5.5	11.8	44.9	37.6	.2
ALL.....	3.6	11.9	43.1	41.1	.3

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 11.2.--CHARACTERISTICS OF THE ADULT FEMALE RESPONDENTS:  
PHYSIOLOGICAL STATUS AND RACE, SPRING 1985

PHYSIOLOGICAL STATUS AND AGE OF RESPONDENTS (YEARS)	INDIVIDUALS	RACE		
		WHITE	BLACK	OTHER
	NUMBER	PERCENT		
NOT PREGNANT OR LACTATING:				
19-34.....	768	83.2	9.8	6.0
35-50.....	635	86.5	9.2	3.2
ALL.....	1,403	84.7	9.5	4.8
PREGNANT:				
19-50.....	69	86.4	9.7	1.2
LACTATING:				
19-50.....	30	86.8	10.0	.0
ALL WOMEN.....	1,503	84.8	9.5	4.5

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY  
INDIVIDUALS, 1985.

TABLE 11.3.--CHARACTERISTICS OF THE ADULT FEMALE RESPONDENTS: PHYSIOLOGICAL STATUS AND HOUSEHOLD INCOME LEVEL AS A PERCENTAGE OF POVERTY, SPRING 1985

PHYSIOLOGICAL STATUS AND AGE OF RESPONDENTS (YEARS)	INDIVIDUALS	HOUSEHOLD INCOME AS PERCENTAGE OF POVERTY			
		UNDER 131%	131 TO 300%	OVER 300%	NOT REPORTED
	NUMBER	PERCENT			
NOT PREGNANT OR LACTATING:					
19-34.....	768	20.3	35.8	30.4	13.6
35-50.....	635	18.1	30.7	38.5	12.7
ALL.....	1,403	19.3	33.5	34.1	13.2
PREGNANT:					
19-50.....	69	26.6	34.7	30.3	8.4
LACTATING:					
19-50.....	30	7.3	60.9	28.6	3.2
ALL WOMEN.....	1,503	19.4	34.1	33.8	12.7

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 11.4.--CHARACTERISTICS OF THE ADULT FEMALE RESPONDENTS: PHYSIOLOGICAL STATUS AND NUMBER OF CHILDREN 1 TO 18 YEARS OF AGE IN THE HOUSEHOLD, SPRING 1985

PHYSIOLOGICAL STATUS AND AGE OF RESPONDENTS (YEARS)	INDIVIDUALS	NUMBER OF CHILDREN 1-18 YEARS					
		0	1	2	3	4	5 OR MORE
	<u>NUMBER</u>	<u>PERCENT</u>					
NOT PREGNANT OR LACTATING:							
19-34.....	768	35.6	26.1	23.8	10.8	3.3	0.5
35-50.....	635	32.7	21.9	25.0	13.3	5.1	2.1
ALL.....	1,403	34.3	24.2	24.3	11.9	4.1	1.2
PREGNANT:							
19-50.....	69	25.4	48.3	16.2	4.9	3.3	1.8
LACTATING:							
19-50.....	30	20.4	27.1	33.1	8.4	4.2	6.9
ALL WOMEN.....	1,503	33.6	25.3	24.1	11.5	4.0	1.4

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 11.5.--CHARACTERISTICS OF THE ADULT FEMALE RESPONDENTS: PHYSIOLOGICAL STATUS AND NUMBER OF CHILDREN 1 TO 5 YEARS OF AGE IN THE HOUSEHOLD, SPRING 1985

PHYSIOLOGICAL STATUS AND AGE OF RESPONDENTS (YEARS)	INDIVIDUALS	NUMBER OF CHILDREN 1-5 YEARS					
		0	1	2	3	4	5 OR MORE
	<u>NUMBER</u>	<u>PERCENT</u>					
NOT PREGNANT OR LACTATING:							
19-34.....	768	59.1	30.1	8.7	1.8	0.3	0.0
35-50.....	635	85.7	12.4	1.6	.3	.0	.0
ALL.....	1,403	71.1	22.1	5.5	1.2	.2	.0
PREGNANT:							
19-50.....	69	47.7	41.7	9.0	1.5	.0	.0
LACTATING:							
19-50.....	30	26.5	47.2	26.3	.0	.0	.0
ALL WOMEN.....	1,503	69.2	23.5	6.0	1.2	.1	.0

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 12.--CHARACTERISTICS OF THE CHILDREN'S MOTHER/CARETAKER: AGE, EMPLOYMENT STATUS,  
AND EDUCATIONAL LEVEL, SPRING 1985

AGE OF CHILDREN (YEARS)	INDIVIDUALS	AGE OF MOTHER/CARETAKER (YEARS)			EMPLOYMENT STATUS			
		19-22	23-34	35-50	FULL TIME	PART TIME	NOT EMPLOYED	NOT REPORTED
		-----			-----			
	<u>NUMBER</u>				<u>PERCENT</u>			
1-3.....	339	13.7	74.7	11.6	18.8	20.7	58.4	2.1
4-5.....	211	3.7	70.4	25.9	22.0	21.5	53.6	2.8
ALL.....	550	9.9	73.0	17.1	20.0	21.0	56.6	2.4
		-----			-----			
		EDUCATIONAL LEVEL						
		ELEMENTARY SCHOOL OR LESS	SOME HIGH SCHOOL	HIGH SCHOOL COMPLETED	COLLEGE	NOT REPORTED		
		-----			-----			
					<u>PERCENT</u>			
1-3.....	2.7	14.5	41.4	41.2	0.3			
4-5.....	4.2	16.4	35.7	43.7	.0			
ALL.....	3.3	15.2	39.2	42.2	.2			

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 13.--DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD: AGE, EMPLOYMENT STATUS, AND EDUCATIONAL LEVEL, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	AGE OF MALE HEAD (YEARS)					EMPLOYMENT STATUS OF MALE HEAD				
		UNDER 23	23-34	35-50	51 AND OVER	NO MALE HEAD	FULL TIME	PART TIME	NOT EMPLOYED	NOT REPORTED	NO MALE HEAD
		NUMBER					PERCENT				
<b>CHILDREN:</b>											
1-3.....	339	3.7	56.3	25.0	2.6	12.4	73.6	3.5	7.5	2.9	12.4
4-5.....	211	.0	42.0	36.0	5.5	16.5	72.3	1.5	6.2	3.5	16.5
ALL.....	550	2.3	50.8	29.2	3.7	14.0	73.1	2.7	7.0	3.2	14.0
<b>WOMEN:</b>											
19-34.....	854	3.7	45.0	22.3	8.2	20.8	65.0	3.3	8.9	2.1	20.8
35-50.....	649	.4	3.3	56.4	16.3	23.3	67.0	1.8	6.8	1.1	23.3
ALL.....	1,503	2.3	27.0	37.0	11.7	21.9	65.8	2.6	8.0	1.7	21.9
<b>EDUCATIONAL LEVEL OF MALE HEAD</b>											
		ELEMENTARY SCHOOL OR LESS	SOME HIGH SCHOOL	HIGH SCHOOL COMPLETED	COLLEGE	NOT REPORTED	NO MALE HEAD				
		NUMBER					PERCENT				
<b>CHILDREN:</b>											
1-3.....	1.9	9.7	31.6	43.8	0.6	12.4					
4-5.....	1.0	9.4	29.1	43.9	.0	16.5					
ALL.....	1.5	9.6	30.6	43.9	.3	14.0					
<b>WOMEN:</b>											
19-34.....	3.2	8.6	25.7	41.2	.5	20.8					
35-50.....	6.0	9.2	27.8	33.1	.7	23.3					
ALL.....	4.4	8.8	26.6	37.7	.6	21.9					

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 14.1.--DISTRIBUTION OF INDIVIDUALS BY URBANIZATION AND BY REGION, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	INDIVIDUALS	URBANIZATION			
		CENTRAL CITIES	SUBURBAN AREAS	NONMETROPOLITAN AREAS	
	NUMBER	PERCENT			
<b>CHILDREN:</b>					
1-3.....	339	30.1	49.4	20.5	
4-5.....	211	28.1	54.9	17.0	
ALL.....	550	29.3	51.5	19.1	
<b>WOMEN:</b>					
19-34.....	854	29.1	51.0	19.9	
35-50.....	649	25.8	54.0	20.1	
ALL.....	1,503	27.7	52.3	20.0	
REGION					
		NORTHEAST	MIDWEST	SOUTH	WEST
		PERCENT			
<b>CHILDREN:</b>					
1-3.....	20.5	28.4	27.2	23.9	
4-5.....	21.3	24.6	29.7	24.5	
ALL.....	20.8	26.9	28.2	24.1	
<b>WOMEN:</b>					
19-34.....	23.3	24.1	32.6	20.0	
35-50.....	20.5	20.4	34.8	24.3	
ALL.....	22.1	22.5	33.6	21.9	

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 14.2.--DISTRIBUTION OF INDIVIDUALS BY URBANIZATION AND RACE, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	ALL URBANIZATIONS				CENTRAL CITIES			
	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER
	NUMBER	PERCENT			NUMBER	PERCENT		
<b>CHILDREN:</b>								
1-3.....	339	85.0	8.3	4.9	102	75.2	19.7	0.5
4-5.....	211	81.3	11.7	3.2	60	68.9	15.2	5.8
ALL.....	550	83.6	9.6	4.3	161	72.9	18.1	2.5
<b>WOMEN:</b>								
19-34.....	854	83.4	9.9	5.5	248	74.3	19.7	3.4
35-50.....	649	86.7	9.1	3.2	168	76.8	17.4	4.0
ALL.....	1,503	84.8	9.5	4.5	416	75.3	18.8	3.6
	SUBURBAN AREAS				NONMETROPOLITAN AREAS			
	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER
	NUMBER	PERCENT			NUMBER	PERCENT		
<b>CHILDREN:</b>								
1-3.....	167	89.1	2.1	8.1	69	89.5	6.6	3.9
4-5.....	116	89.1	6.7	2.5	36	76.3	22.1	1.6
ALL.....	283	89.1	4.0	5.8	105	85.0	11.9	3.1
<b>WOMEN:</b>								
19-34.....	436	90.0	3.2	5.9	170	79.7	12.7	7.6
35-50.....	351	90.9	5.4	3.0	131	88.0	8.2	2.5
ALL.....	786	90.4	4.2	4.6	300	83.3	10.7	5.4

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 14.3.--DISTRIBUTION OF INDIVIDUALS BY REGION AND RACE, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	NORTHEAST				MIDWEST			
	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER
	NUMBER	PERCENT			NUMBER	PERCENT		
<b>CHILDREN:</b>								
1-3.....	69	82.2	14.5	0.0	96	83.9	12.0	4.1
4-5.....	45	70.9	16.7	3.6	52	91.9	8.1	.0
ALL.....	114	77.8	15.4	1.4	148	86.7	10.6	2.7
<b>WOMEN:</b>								
19-34.....	199	80.6	14.4	2.5	206	88.5	9.3	2.2
35-50.....	133	80.2	15.8	2.5	132	90.7	7.7	1.1
ALL.....	332	80.4	15.0	2.5	338	89.4	8.7	1.8
	SOUTH				WEST			
	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER
	NUMBER	PERCENT			NUMBER	PERCENT		
<b>CHILDREN:</b>								
1-3.....	92	88.5	4.4	4.2	81	84.6	3.2	11.0
4-5.....	63	80.3	19.7	.0	52	80.8	1.3	10.1
ALL.....	155	85.2	10.6	2.5	133	83.1	2.4	10.6
<b>WOMEN:</b>								
19-34.....	278	84.4	12.1	2.4	170	79.0	1.8	18.1
35-50.....	226	85.5	11.8	1.9	158	90.5	.6	7.3
ALL.....	504	84.9	11.9	2.2	328	84.5	1.2	12.9

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 14.4.--DISTRIBUTION OF INDIVIDUALS BY HOUSEHOLD INCOME AND RACE, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	ALL INCOME LEVELS				UNDER 131% POVERTY				131-300% POVERTY																																																																																																																							
	INDIVI- DUALS	WHITE	BLACK	OTHER	INDIVI- DUALS	WHITE	BLACK	OTHER	INDIVI- DUALS	WHITE	BLACK	OTHER																																																																																																																				
	NUMBER	PERCENT	PERCENT	PERCENT	NUMBER	PERCENT	PERCENT	PERCENT	NUMBER	PERCENT	PERCENT	PERCENT																																																																																																																				
<b>CHILDREN:</b>																																																																																																																																
1-3.....	339	85.0	8.3	4.9	99	70.6	20.6	5.5	158	91.7	1.0	5.7																																																																																																																				
4-5.....	211	81.3	11.7	3.2	63	61.2	26.0	.0	79	88.6	6.5	4.9																																																																																																																				
ALL.....	550	83.6	9.6	4.3	161	67.0	22.7	3.4	237	90.6	2.8	5.4																																																																																																																				
<b>WOMEN:</b>																																																																																																																																
19-34.....	854	83.4	9.9	5.5	174	61.0	30.3	5.7	313	88.0	4.3	6.5																																																																																																																				
35-50.....	649	86.7	9.1	3.2	117	64.9	29.3	3.6	199	88.4	6.9	3.2																																																																																																																				
ALL.....	1,503	84.8	9.5	4.5	291	62.6	29.9	4.9	512	88.2	5.3	5.2																																																																																																																				
<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th colspan="5">OVER 300% POVERTY</th> <th colspan="5">NOT REPORTED</th> </tr> <tr> <th>INDIVIDUALS</th> <th>WHITE</th> <th>BLACK</th> <th>OTHER</th> <th></th> <th>INDIVIDUALS</th> <th>WHITE</th> <th>BLACK</th> <th>OTHER</th> <th></th> </tr> <tr> <th>NUMBER</th> <th>PERCENT</th> <th>PERCENT</th> <th>PERCENT</th> <th></th> <th>NUMBER</th> <th>PERCENT</th> <th>PERCENT</th> <th>PERCENT</th> <th></th> </tr> </thead> <tbody> <tr> <td colspan="13"><b>CHILDREN:</b></td> </tr> <tr> <td>1-3.....</td> <td>63</td> <td>94.7</td> <td>1.7</td> <td>3.6</td> <td>18</td> <td>71.1</td> <td>28.9</td> <td>0.0</td> <td></td> </tr> <tr> <td>4-5.....</td> <td>40</td> <td>97.7</td> <td>2.3</td> <td>.0</td> <td>29</td> <td>81.7</td> <td>8.3</td> <td>10.1</td> <td></td> </tr> <tr> <td>ALL.....</td> <td>104</td> <td>95.9</td> <td>1.9</td> <td>2.2</td> <td>48</td> <td>77.6</td> <td>16.2</td> <td>6.2</td> <td></td> </tr> <tr> <td colspan="13"><b>WOMEN:</b></td> </tr> <tr> <td>19-34.....</td> <td>256</td> <td>92.7</td> <td>4.1</td> <td>3.2</td> <td>110</td> <td>84.1</td> <td>6.8</td> <td>7.7</td> <td></td> </tr> <tr> <td>35-50.....</td> <td>252</td> <td>96.2</td> <td>1.5</td> <td>1.7</td> <td>81</td> <td>84.2</td> <td>8.9</td> <td>6.9</td> <td></td> </tr> <tr> <td>ALL.....</td> <td>508</td> <td>94.5</td> <td>2.8</td> <td>2.4</td> <td>191</td> <td>84.1</td> <td>7.7</td> <td>7.4</td> <td></td> </tr> </tbody> </table>													OVER 300% POVERTY					NOT REPORTED					INDIVIDUALS	WHITE	BLACK	OTHER		INDIVIDUALS	WHITE	BLACK	OTHER		NUMBER	PERCENT	PERCENT	PERCENT		NUMBER	PERCENT	PERCENT	PERCENT		<b>CHILDREN:</b>													1-3.....	63	94.7	1.7	3.6	18	71.1	28.9	0.0		4-5.....	40	97.7	2.3	.0	29	81.7	8.3	10.1		ALL.....	104	95.9	1.9	2.2	48	77.6	16.2	6.2		<b>WOMEN:</b>													19-34.....	256	92.7	4.1	3.2	110	84.1	6.8	7.7		35-50.....	252	96.2	1.5	1.7	81	84.2	8.9	6.9		ALL.....	508	94.5	2.8	2.4	191	84.1	7.7	7.4	
OVER 300% POVERTY					NOT REPORTED																																																																																																																											
INDIVIDUALS	WHITE	BLACK	OTHER		INDIVIDUALS	WHITE	BLACK	OTHER																																																																																																																								
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1-3.....	63	94.7	1.7	3.6	18	71.1	28.9	0.0																																																																																																																								
4-5.....	40	97.7	2.3	.0	29	81.7	8.3	10.1																																																																																																																								
ALL.....	104	95.9	1.9	2.2	48	77.6	16.2	6.2																																																																																																																								
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NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 14.5.--DISTRIBUTION OF INDIVIDUALS BY HOUSEHOLD SIZE AND RACE, SPRING 1985

AGE OF INDIVIDUALS (YEARS)	NUMBER OF HOUSEHOLD MEMBERS											
	1				2				3			
	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER
	NUMBER	PERCENT			NUMBER	PERCENT			NUMBER	PERCENT		
<b>CHILDREN:</b>												
1-3....	0	0.0	0.0	0.0	8	64.6	28.8	6.6	88	92.8	5.5	1.7
4-5....	0	.0	.0	.0	5	67.5	32.5	.0	22	80.8	19.2	.0
ALL..	0	.0	.0	.0	13	65.6	30.1	4.2	110	90.4	8.2	1.3
<b>WOMEN:</b>												
19-34..	33	91.2	4.6	4.2	185	85.1	9.3	4.8	208	89.3	8.7	1.5
35-50..	36	91.8	3.9	1.7	116	87.9	10.8	1.3	135	89.7	5.9	2.7
ALL..	70	91.5	4.2	2.9	301	86.2	9.9	3.5	343	89.5	7.6	1.9

  

	NUMBER OF HOUSEHOLD MEMBERS											
	4				5				5 OR MORE			
	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER	INDIVIDUALS	WHITE	BLACK	OTHER
	NUMBER	PERCENT			NUMBER	PERCENT			NUMBER	PERCENT		
<b>CHILDREN:</b>												
1-3....	133	84.7	7.3	5.8	55	77.4	10.4	11.2	55	83.8	10.3	1.5
4-5....	87	82.8	7.7	3.3	56	84.4	7.5	7.1	42	75.8	19.4	.0
ALL..	219	83.9	7.4	4.8	111	80.9	8.9	9.2	97	80.3	14.3	.8
<b>WOMEN:</b>												
19-34..	238	79.8	10.0	8.6	112	81.3	6.2	11.1	78	74.2	21.6	1.0
35-50..	190	86.0	8.4	4.6	86	88.7	4.2	7.0	85	77.4	20.4	.0
ALL..	428	82.6	9.3	6.8	198	84.6	5.3	9.3	163	75.9	21.0	.5

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 15.--HOUSEHOLD SIZE AND HOUSEHOLD INCOME AS A PERCENTAGE OF POVERTY, SPRING 1985

NUMBER OF HOUSEHOLD MEMBERS	HOUSEHOLDS	HOUSEHOLD INCOME AS PERCENTAGE OF POVERTY			
		UNDER 131%	131 TO 300%	OVER 300%	NOT REPORTED
	NUMBER	PERCENT			
1.....	70	16.9	38.6	38.3	6.2
2.....	286	15.4	18.2	55.0	11.4
3.....	313	17.0	36.0	39.8	7.2
4.....	383	19.8	39.3	26.7	14.1
5.....	168	21.6	47.1	21.1	10.2
MORE THAN 5.....	121	39.7	35.1	12.4	12.8
ALL HOUSEHOLDS..	1,341	20.1	34.6	34.4	10.9

SOURCE: NFCS-CONTINUING SURVEY OF FGD INTAKES BY INDIVIDUALS, 1985.

TABLE 16.1.--HOUSEHOLD COMPOSITION AND RACE, SPRING 1985

HOUSEHOLD COMPOSITION	HOUSEHOLDS	RACE		
		WHITE	BLACK	OTHER
	NUMBER	PERCENT		
MALE HEAD AND FEMALE HEAD:				
CHILDREN.....	769	89.4	5.3	4.0
NO CHILDREN.....	298	89.5	6.3	3.9
FEMALE HEAD ONLY:				
CHILDREN.....	164	60.4	32.1	4.6
NO CHILDREN.....	110	87.7	8.3	2.6
ALL HOUSEHOLDS.....	1,341	85.7	9.0	4.0

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 16.2.--HOUSEHOLD COMPOSITION AND NUMBER OF CHILDREN 1 TO 18 YEARS OF AGE IN THE HOUSEHOLD, SPRING 1985

HOUSEHOLD COMPOSITION	HOUSEHOLDS	NUMBER OF CHILDREN 1-18 YEARS					
		0	1	2	3	4	5 OR MORE
	NUMBER	PERCENT					
MALE HEAD AND FEMALE HEAD...	1,067	30.2	25.9	26.5	11.9	4.2	1.3
FEMALE HEAD ONLY.....	274	41.4	24.6	16.3	11.4	4.4	1.9
ALL HOUSEHOLDS.....	1,341	32.5	25.6	24.4	11.8	4.3	1.4

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 16.3.--HOUSEHOLD COMPOSITION AND NUMBER OF CHILDREN 1 TO 5 YEARS OF AGE IN THE HOUSEHOLD,  
 SPRING 1985

HOUSEHOLD COMPOSITION	HOUSEHOLDS	NUMBER OF CHILDREN 1-5 YEARS					
		0	1	2	3	4	5 OR MORE
	NUMBER	PERCENT					
MALE HEAD AND FEMALE HEAD...	1,067	66.1	25.6	7.2	0.9	0.2	0.0
FEMALE HEAD ONLY.....	274	76.2	18.0	4.2	1.7	.0	.0
ALL HOUSEHOLDS.....	1,341	68.2	24.0	6.6	1.1	.2	.0

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 16.4.--HOUSEHOLD COMPOSITION AND HOUSEHOLD INCOME AS A PERCENTAGE OF POVERTY, SPRING 1985

HOUSEHOLD COMPOSITION	HOUSEHOLDS	HOUSEHOLD INCOME AS PERCENTAGE OF POVERTY			
		UNDER 131%	131 TO 300%	OVER 300%	NOT REPORTED
	NUMBER	PERCENT			
MALE HEAD AND FEMALE HEAD:					
CHILDREN.....	769	17.0	43.5	29.7	9.8
NO CHILDREN.....	298	8.2	18.2	59.1	14.5
FEMALE HEAD ONLY:					
CHILDREN.....	164	57.9	23.2	10.6	8.3
NO CHILDREN.....	110	17.2	34.2	36.1	12.4
ALL HOUSEHOLDS.....	1,341	20.1	34.6	34.4	10.9

NOTE: SEE "TABLE NOTES."

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

TABLE 17.--CHARACTERISTICS OF THE HOUSEHOLD'S MALE HEAD AND HOUSEHOLD INCOME AS A PERCENTAGE OF POVERTY,  
 SPRING 1985

CHARACTERISTIC OF MALE HEAD	HOUSEHOLDS	HOUSEHOLD INCOME AS PERCENTAGE OF POVERTY			
		UNDER 131%	131 TO 300%	OVER 300%	NOT REPORTED
	NUMBER	PERCENT			
<b>AGE (YEARS):</b>					
UNDER 23.....	32	23.9	50.0	12.8	13.3
23-34.....	396	16.7	41.1	35.2	6.9
35-50.....	493	13.3	35.2	41.9	9.6
51 AND OVER.....	143	11.0	24.7	37.8	26.5
NOT REPORTED.....	2	.0	18.8	.0	81.2
<b>EMPLOYMENT STATUS:</b>					
FULL TIME.....	897	9.3	38.8	41.7	10.2
PART TIME.....	37	39.7	23.8	18.7	17.8
NOT EMPLOYED.....	110	45.8	21.1	20.2	12.9
NOT REPORTED.....	22	31.7	36.2	3.8	28.3
<b>EDUCATION LEVEL:</b>					
ELEMENTARY SCHOOL OR LESS...	54	44.1	45.5	3.3	7.2
SOME HIGH SCHOOL.....	113	31.5	33.7	24.1	10.7
HIGH SCHOOL COMPLETED.....	366	15.3	42.7	32.4	9.5
COLLEGE.....	526	7.5	32.1	48.7	11.7
NOT REPORTED.....	8	.0	5.4	11.1	83.4
NO MALE HEAD.....	274	41.6	27.6	20.8	10.0

SOURCE: NFCS-CONTINUING SURVEY OF FOOD INTAKES BY INDIVIDUALS, 1985.

## TABLE NOTES

General notes: (1) The number of individuals in each age group may not sum to the number in the ALL row because of rounding of fractional weighting factors and (2) the number of individuals in certain groups is small; thus, the results for these groups should be interpreted with caution.

### TABLES 1.1-1 to 1.1-2--MEAT, POULTRY, FISH

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

(\*)--Value less than 0.5 but more than 0.

Total meat, poultry, fish--Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Unflavored gelatin and meat gravies are included in this total, but not in any of the following subgroups.

Beef--Includes beef steaks, roasts, ground beef, baby-food beef, corned 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 ham; pork roll; and fresh, ground, cured, smoked, pickled, and dehydrated pork. Excludes variety meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats.

Organ meats--Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart.

Frankfurters, sausages, luncheon meats--Includes processed meats from beef, pork, ham, veal, chicken, and turkey and baby-food meat sticks and frankfurters.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken and turkey. Excludes giblets.

Chicken--Includes chicken only. Excludes giblets.

Fish and shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle.

Mixtures mainly meat, poultry, fish--Includes mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog,

salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat, poultry, or fish sandwiches reported as a single item (for example, ham sandwich).

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.2-1 TO 1.2-2--MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Calcium equivalent--Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents (the amount, in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported food). Includes fluid milk, yogurt, cream, milk desserts, and cheese. Excludes butter. Whey, flavored milk drinks, meal replacements with milk, milk-based infant formulas,

unreconstituted dry milk and powdered mixtures, and milk sauces and gravies are included in this total but not in any of the following subgroups.

Total fluid milk--Quantities are as reported. Includes whole, lowfat, skim, acidophilus, filled, evaporated, and condensed milk; buttermilk; goat milk; and reconstituted dry milk.

Whole milk--Quantities are as reported. Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk--Quantities are as reported. Includes lowfat (1 and 2 percent) and skim fluid cow's milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Yogurt--Quantities are as reported. Includes plain, flavored, and fruit-variety yogurt, breakfast yogurt, and frozen yogurt.

Cream and 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 sweet cream and sour 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 that are mainly cheese, such as cheese souffle, rarebit, and cheese sandwiches reported as a single item.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are 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 that are mainly legumes, such as baked beans, soups, and baby-food split peas; 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 that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

#### TABLES 1.3-1 TO 1.3-2--VEGETABLES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Total vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other

vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices. Mixtures are included in each subgroup and in the total.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures that are 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 sandwiches 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 that are mainly dark-green vegetables, such as spinach souffle and escarole soup; and baby-food spinach.

Deep-yellow vegetables--Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

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 that are mainly vegetables.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

#### TABLES 1.4-1 TO 1.4-2--FRUITS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

(\*)--Value less than 0.5 but more than 0.

Total fruits--Includes citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Total citrus fruits and juices--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under fruit drinks and ades.

Citrus juices--Includes grapefruit, lemon, lime, orange, tangerine, and other citrus juices whether sweetened or unsweetened, fresh, frozen, canned, or bottled; mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

Dried fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits. Excludes mixtures and juices such as prune juice.

Total other fruits, mixtures, juices--Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruit; fruit salads and mixtures that are mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades.

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce.

Bananas--Includes raw and cooked bananas.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruits, apples, and bananas; also includes baby-food noncitrus fruits and mixtures.

Noncitrus juices and nectars--Includes fruit juices other than citrus and baby-food noncitrus juices. Excludes noncitrus fruit drinks and ades, which are tabulated under fruit drinks and ades.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.5-1 TO 1.5-2--GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures having grain as a main ingredient. Flour and biscuit mix are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes yeast breads and rolls (excluding sweet rolls), English muffins, and bagels. Excludes yeast-type coffee cakes.

Other baked goods--Includes yeast-type sweet rolls and coffee cakes, biscuits, cornbread, tortillas, plain and fruit muffins, other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, and uncooked cereal grains.

Ready-to-eat cereals--Includes unsweetened and sweetened ready-to-eat cereals, baby-food cereals, and mixtures of baby cereal and fruit or egg yolk.

Mixtures mainly grain--Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Total fats and oils--Includes table fats, cooking fats such as bacon grease, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Table fats--Includes butter, margarine, and imitation margarine.

Salad dressings--Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Sugars--Includes white, brown, maple, and raw sugar and sugar substitutes.

Candy--Includes candy (including dietetic sweets), chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

#### TABLES 1.6-1 TO 1.6-2--BEVERAGES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

(\*)--Value less than 0.5 but more than 0.

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Several nonalcoholic, nonfruit, noncarbonated beverages (for example, Puerto Rican oatmeal beverage) are included under this total but not in any of the following subgroups.

Total alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors.

Beer and ale--Includes beer, ale, and light ("lite") beer. Excludes near beer.

Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and near beer.

Coffee--Includes ground and instant decaffeinated and regular coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes tea from leaves; instant tea; instant tea with lemon, sugar, and/or artificial sweetener; frozen concentrate; and herb and other teas.

Total fruit drinks and ades--Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate.

Regular fruit drinks and ades--Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types. Excludes carbonated fruit drinks.

Low-calorie fruit drinks and ades--Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks--Includes regular and diet carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; and near beer and other malt- and ale-type nonalcoholic beverages.

Regular carbonated soft drinks--Includes all carbonated soft drinks except unsweetened and sugar-free types. Also includes near beer and other malt- and ale-type nonalcoholic beverages.

Low-calorie carbonated soft drinks--Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 2.1A TO 2.4B--NUTRIENT INTAKES

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU).

Niacin--Values for niacin do not include niacin contributed by tryptophan, a niacin precursor.

Dietary fiber--Represents total dietary fiber. Includes both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums and pectin).

Carotenes--Represents retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Vitamin E--Represents vitamin E activity from alpha-, beta-, and gamma-tocopherol expressed as alpha-tocopherol equivalents.

Folacin--Represents total folate activity.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

TABLES 3.1 TO 3.4--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES

Recommended Dietary Allowances--See Appendix C.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Vitamin A--Based on intakes expressed as international units (IU).

Niacin--Intakes of niacin do not include niacin contributed by tryptophan, a niacin precursor.

TABLES 4-1 TO 4-2--NUTRIENT INTAKES PER 1,000 KILOCALORIES

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

TABLES 5A TO 5B--NUTRIENT SOURCES OF FOOD ENERGY

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

TABLE 6--FREQUENCY OF EATING

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

(\*)--Value less than 0.5 but more than 0.

TABLE 7A--NUTRITIVE CONTRIBUTION OF SNACKS, SPRING 1977 AND SPRING 1985

Percentage of nutrient intake--If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Vitamin A--Based on intakes expressed as international units (IU).

TABLE 7B--NUTRITIVE CONTRIBUTION OF SNACKS, SPRING 1985

Percentage of nutrient intake--If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Vitamin A--Based on intakes expressed as retinol equivalents (RE).

TABLE 8A--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME, SPRING 1977 AND SPRING 1985

Percentage of nutrient intake--If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Vitamin A--Based on intakes expressed as international units (IU).

TABLE 8B--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME, SPRING 1985

Percentage of nutrient intake--If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985 and four in 1977.

Vitamin A--Based on intakes expressed as retinol equivalents (RE).

TABLE 9.1--SPECIAL DIETS

Individuals--Includes two breast-fed children in 1985 and four in 1977.

TABLE 9.2--TYPES OF SPECIAL DIETS

Individuals--Includes two breast-fed children in 1985 and four in 1977.

Type of special diet--Percentages listed in each column are the percentages of individuals on special diets who reported that type of diet.

Percent--Multiple types could be reported. Therefore, columns under type of diet may not sum to 100 percent.

TABLE 10--USE OF VITAMIN AND MINERAL SUPPLEMENTS

Individuals--Includes two breast-fed children in 1985 and four in 1977.

Use--Includes both regular and occasional use of vitamin and/or mineral supplements.

TABLE 12--CHARACTERISTICS OF THE CHILDREN'S MOTHER/CARETAKER

Individuals--Includes two breast-fed children in 1985 and four in 1977.

TABLE 13--DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS  
OF THE MALE HEAD OF HOUSEHOLD

Individuals--Includes two breast-fed children in 1985  
and four in 1977.

TABLES 14.1 TO 14.5--DISTRIBUTION OF INDIVIDUALS BY  
SELECTED HOUSEHOLD CHARACTERISTICS

Individuals--Includes two breast-fed children in 1985  
and four in 1977.

Race--Excludes individuals for whom race was not  
reported.

TABLES 16.1 TO 16.4--HOUSEHOLD COMPOSITION AND SELECTED  
HOUSEHOLD CHARACTERISTICS

Race--Excludes households for which race was not  
reported.

## GLOSSARY

Age - Calculated from date of birth as reported by the household informant.

Alpha-tocopherol equivalent - See "Vitamin E."

Calcium equivalent - The amount, expressed in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.1$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor-- $57 \text{ g} \times 6.1 = 348 \text{ g}$ . (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 348 g of fluid whole milk).

Carotenes - Beta-carotene and other provitamin A carotenoids (see Vitamin A).

Central city - See "Urbanization."

Core monitoring group - A national sample of women 19 to 50 years of age and their children 1 to 5 years of age.

Dietary fiber - Total dietary fiber including both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Dietary intake - See "Food intake."

Eating occasion - Any report of eating or drinking by a respondent. Each change in time of eating reported on the questionnaire was considered to be a separate eating occasion.

Educational level - Adult respondents were categorized according to their highest grade of formal schooling: (a) none, never attended; (b) elementary--grades 1 to 8; (c) high school or high school equivalency--1 to 4 years; (d) college--1 to 5 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling or company training unless credit is given which would be accepted at a regular school or college.

Employment status - Employment includes any work done during the week prior to the interview for which money, goods, or services were received, including active duty in the Armed Forces. A respondent was also "employed" if she had a job but was not actually at work that week. Full-time (35 hours or more) or part-time (1 through 34 hours) status was determined by the number of hours per week usually worked during the past 3 months.

Female head of household - Person indicated as such by the household informant; usually the wife of the male head of household if a male head was present.

Food group - See "Table Notes" for descriptions of the various food groups and subgroups.

Folacin - Total folate activity.

Food intake - All beverages (except water) and foods ingested by the respondent. 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 by a respondent 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. See "Home food supply."

Home food supply - Foods and beverages ingested at home and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household - 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 in a dormitory, in the hospital, or traveling. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household informant - The household member who gave information on household characteristics such as income, food expenditures, and participation in food assistance programs; usually the female head of household.

Household size - Number of individuals in a household. See "Household."

Income - Household informant's estimate of the total income from all sources before taxes of all household members in 1984. Called "household income."

Lactating female - A respondent who at the time of the interview was breast-feeding a child born since January 1, 1982.

Male head of household - Person indicated as such by the household informant; usually the husband of the female head of household.

Main meal planner/preparer - Person identified by the household informant as most responsible for planning and preparing the household's meals.

Midwest - See "Region."

Mother/caretaker - The mother or guardian of a child respondent or the person most responsible for that child.

Niacin - Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from dietary tryptophan, a niacin precursor.

Nonmetropolitan areas - See "Urbanization."

Northeast - See "Region."

Nutrient density - Amount of nutrient per 1,000 kilocalories of food energy intake.

Nutrient intake - Nutrient content of all foods and beverages (except water) ingested by the respondent. Vitamin, mineral, and other supplements are excluded. See "Methodology" (Appendix A) for information on the nutrient data base.

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.

Poverty - See "Methodology" (Appendix A) for explanation of how percentage of poverty level was determined.

Pregnant female - A respondent who at the time of the interview answered, "Yes" to the question, "Are you pregnant?"

Race - Self-reported by adult respondents as white, black, Asian/Pacific Islander, or Aleut/Eskimo/American Indian. Children were assigned the race of their mother/caretaker.

Recommended Dietary Allowances (RDA) - Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (4). Intakes below RDA are not necessarily inadequate, but the risk of inadequacy increases to the extent that intake is less than the recommended level. The RDA for the various sex-age groups are given in Appendix C.

Region - An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their States are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont;

Midwest (formerly 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.

Retinol equivalents - See "Vitamin A."

Snack - Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

South - See "Region."

Spring - April, May, and June.

Suburban areas - See "Urbanization."

Supplements - Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Urbanization - Based on metropolitan statistical areas (MSA) defined by the U.S. Department of Commerce for the 1980 Census of Population. The degrees of urbanization used in this report are as follows:

Central city: A city which has a population of 50,000 or more and is the main city within an MSA.

Suburban area: Generally within the boundaries of an MSA but not within the legal limits of the central city.

Nonmetropolitan area: Any area not within an MSA.

User - Any participant who reported eating a food item from a specified food group or subgroup at least once during the surveyed day.

Vitamin A - Vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids. Values in tables are expressed as international units (IU) and as retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE equals 1 microgram retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E - Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol. Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram alpha-tocopherol, 2 milligrams beta-tocopherol, or 10 milligrams of gamma-tocopherol.

Weighting factors - Factors applied to data from completed questionnaires to compensate for differing response rates among the primary sampling units and among individuals of similar ages. See "Methodology" (Appendix A) for a further discussion.

West - See "Region."

## APPENDIX A: METHODOLOGY

### SAMPLE DESIGN

The CSFII 1985 sample was drawn from all private households in the conterminous United States that contained one or more women who were 19 to 50 years of age at the time of initial contact. The survey was designed to provide a multistage stratified area probability sample representative of the 48 conterminous States. The sampling frame was organized using estimates of the U.S. population in 1985. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States were grouped into the nine census geographic divisions; then all land areas within the divisions were divided into three urbanization classifications: central city, suburban, and nonmetropolitan (see Glossary). The stratification process resulted in a total of 60 strata--17 central-city, 28 suburban, and 15 nonmetropolitan--which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as defined by the Bureau of the Census. The distribution of these strata is shown below:

<u>Census region and division</u>	<u>Central city</u>	<u>Suburban</u>	<u>Nonmetro- politan</u>
----- <u>Number of strata</u> -----			
Northeast:			
New England.....	1	1	1
Middle Atlantic.....	3	5	1
Midwest:			
East North Central..	3	6	2
West North Central..	1	1	2
South:			
South Atlantic.....	2	5	3
East South Central..	1	1	2
West South Central..	2	3	2
West:			
Mountain.....	1	1	1
Pacific.....	3	5	1
Total.....	17	28	15

Counties, cities, or parts of cities within each stratum were grouped together into smaller, relatively homogeneous units, called primary sampling units (PSU), based on political, economic, and demographic characteristics, and/or geographical proximity.

Each selected PSU was divided geographically along census boundaries into smaller clusters, known as area segments, containing a minimum of 100 housing units. A total of 206 area segments were drawn into the sample. Each area segment was selected with a probability

proportional to the ratio of the number of housing units in the area segment to the total number of housing units in the PSU.

The 206 area segments were prelisted to identify the existing housing units within the area boundaries at the time of the survey. The prelisted number of housing units in the area, together with census information, served as the basis for determining the number of housing units to be selected into the sample from that area. Approximately 6,612 sample housing units were identified. Of these, 601 were not occupied at the time of field contact.

#### SAMPLE WEIGHTS

The sample was designed to be self-weighting. That is, the selection of strata, PSU, area segments, and housing units at each stage was made with proportional allocation. The number of households in each cell in the sample appears in the same proportion as the respective number of households in each cell in the population. However, adjustments to the sample were required because not all eligible households participated, not all eligible women and children in eligible households were interviewed, and not all interviews yielded complete dietary information. Weighting factors were applied to data from completed intake records to adjust for these sources of nonresponse. Weighting procedures involved the following steps:

(1) Household weights for each area segment were determined by estimating the total number of

eligible occupied households and dividing this number by the actual number of interviewed households in the segment.

(2) Separate weights were required for children and for women. The adjustment for eligible children for whom complete dietary intake information was not collected was made on an age basis across all households in a segment. All eligible children in participating households were divided into two age groups: those under 30 months and those 30 months and over. Children in each age group were listed by area segment. If complete dietary intake data were provided for all eligible children within an area segment, each child was given an initial weighting factor of 1.00. In area segments having children with missing dietary data, participating children received initial weighting factors that summed to the number of eligible children within the same age group in that segment. For example, if dietary data were missing or incomplete for one of five eligible children in the same area segment and age group, the other four children for whom intake data were obtained were assigned an initial weighting factor of 1.25.

The adjustment for eligible women for whom complete dietary intake information was not collected was made within a sample household. First, the number of age-eligible women and the number of participating women in each household were determined. Second, in households where all eligible women participated, each woman was given an initial weighting factor of 1.00. In households where not all of the age-eligible women participated, the

women in that particular household who did participate received weighting factors that summed to the number of eligible women in that household.

- (3) The initial weighting factor for each child or woman was then multiplied by the household weight to obtain the final individual weight.

The unweighted and weighted counts of individuals by sample weighting groups for the first food intake interview are shown below:

	<u>Unweighted</u> count	<u>Weighted</u> count
Children:		
2½ years or under.....	149	165
Over 2½ years.....	340	385
Women:		
19-50 years.....	1,459	1,503
All individuals.....	1,948	2,053

#### DATA COLLECTION

To contact individuals in housing units selected as part of the sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a telephone. Households without telephones received a minimum of six personal visits (five in rural areas). At each household, the

interviewer conducted a screening interview to determine if the household was eligible to participate in the survey.

Eligible households contained at least one woman 19 to 50 years of age, inclusive. In eligible households, all women within this age range and their children ages 1 through 5, if any, were invited to be interviewed and to participate in the yearlong survey panel. A letter of introduction was provided, and respondents were informed that the full survey involved the collection of 6 days of intake data--each day at approximately 2-month intervals.

Of the 1,893 households containing at least one age-eligible woman, 1,341 households participated and provided useful data. A total of 1,503 women and 550 children satisfactorily completed the first CSFII 1985 food intake interview.

The interviewing process included two major steps: (1) The collection of information about the household and (2) the collection of information on food intake. Separate intake records were used for each woman and for each child.

Interviewers were instructed to complete all interviews in a single household during the same visit, to complete the household schedule first and then the required intake records, and to obtain intake data about a woman and her children for the same 24-hour period. The contractor provided instructions in the event that deviation from this pattern was necessary.

Multiple contacts were made when needed to complete interviews in eligible households. Interviewing of a household was not considered complete until the household schedule and intake records for all eligible individuals who agreed to participate were obtained.

Information on the characteristics of the household was collected from the primary age-eligible woman in the household (the household informant). The female head of the household was always the household informant if she was age-eligible. In households where the female head was not age-eligible, interviewers collected data on household characteristics from the age-eligible woman who was the main meal planner/preparer or the age-eligible woman who could best answer questions about the household. Household characteristics included the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of household; household size; tenancy; usual amount spent on food; and each household member's sex, age, and relationship to the female head of the household.

Each woman interviewed provided information on her own food intake as well as that of her children 1 to 5 years of age. Information was collected on all food eaten either at home or away, the time of day food was eaten, what the eating occasion was called, and the use of salt at the table. The main meal planner/preparer was asked about the use of fat (including type) and salt in food preparation and about the form in which the food was brought into the household (commercially frozen, canned,

or bottled or in another form). The interviewers used standard household measuring cups and spoons and a ruler during the interview to help respondents estimate quantities of foods and beverages consumed. Respondents kept the measurement aids for use during subsequent interviews. Each woman interviewed also provided information on her age, race, physiological status (pregnancy and lactation), employment, occupation, education, use of special diets, and use of vitamin and mineral supplements. Information on children's special diets and use of supplements was provided by their mother/caretaker. Children were assigned the race of their mother/caretaker.

Eligible households were scheduled for interview in a manner designed to provide representativeness of intake data by day of the week. The distribution of intake data by day of the week for all women and children is as follows:

<u>Day of week of reported intake</u>	<u>Acceptable dietary forms collected percent</u>
Sunday.....	14.0
Monday.....	17.7
Tuesday.....	18.4
Wednesday.....	18.5
Thursday.....	10.5
Friday.....	16.1
Saturday.....	4.8*

\* Many participants were reluctant to be interviewed on a Sunday.

## DATA PROCESSING

Completed schedules were coded by the contractor using detailed information provided by the Human Nutrition Information Service (5). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to their weight in grams.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food and the nutritive value of that food (per 100 grams) from a nutrient data base. The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods reported by an individual were summed to obtain the nutrient intake for the day. The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in this survey. The data base contains representative nutrient values for 100 grams of edible portions of approximately 4,600 food items. The values for most items containing two or more ingredients were calculated from ingredient data using representative recipes.

The nutrient data base developed for use with the CSFII includes values for food energy and 27 nutrients and other dietary components. The sources of these values are the USDA Nutrient Data Base for Standard Reference (6) and the USDA Nutrient Data Bank (7). Most of the values are supported by laboratory analyses. Nutrient

values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value is explicit for beta-carotene or whether it includes other carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary

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<sup>1</sup>Fourteen of the nutrients included were also examined in 1977: protein, total fat, carbohydrate, vitamin A (as international units), ascorbic acid, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, calcium, phosphorus, magnesium, and iron. Thirteen nutrients and dietary components were included for the first time in 1985: saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, dietary fiber, vitamin A (as retinol equivalents), carotenes, vitamin E, folacin, zinc, copper, sodium, and potassium.

fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which data exist.

#### DATA PRESENTATION

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using the U.S. Department of Labor, Bureau of Labor Statistics' Print Control Language (8) and Table Producing Language (9).

1977-1985 comparisons--Many of the tables in this report include data from 1977 as well as from 1985. The numbers in the tables for 1977 in this report are not identical to those published in the corresponding NFCS 1977-78 report (10) for two reasons. First, to make age groups from the two surveys comparable, women and children from the 1977 sample were regrouped. Of the children 1 to 5 years of age in the 1977 sample, only those living with a woman 19 to 50 years were included. Second, some foods that were assigned to one food subgroup in 1977 were assigned to a different food subgroup in 1985. For example, when the 1977 subgroup "bread, rolls, biscuits" became "yeast breads and rolls" in 1985, biscuits were moved to the subgroup "other baked goods."

Nutrient intakes in 1977 reflect the data on the nutrient content of food at the time of the earlier survey. Nutrient intakes in 1985 reflect data of improved quality, as well as changes in nutrient content of foods attributable to new varieties and species and new enrichment and fortification levels. See Appendix B

for additional information on methodological differences that might affect comparisons between 1977 and 1985 data.

Food intakes--The data on food intakes presented in Tables 1.1-1 to 1.6-2 are arithmetic means (averages) for the group of individuals identified in the side stub. For each food or group of foods identified in the column head, quantities reported (including zeros if none reported) were summed for each individual and a group mean was calculated. The 1985 data include two fasting women with zero intakes. The percentages of women and children reporting the use of one or more foods in each specified food group were calculated.

Nutrient intakes--The nutrient intakes by individuals presented in Tables 2.1A to 2.4B do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

Nutrient intakes and RDA--The nutritive values of food intakes as percentages of the RDA were derived for each individual by dividing the individual's energy and nutrient intakes by the RDA for a person of the sex and age of the individual (4). Mean percentages for each age group were calculated. The RDA are listed in Appendix C.

Energy sources--The percentage contributions of protein, fat, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat by 9 kilocalories

per gram, and carbohydrate by 4 kilocalories per gram; dividing those values by the individual's total food energy intake; converting to percentages; and then calculating group means. The general factors 4, 9, and 4 give estimates for a typical mixed diet (11). Alcohol is also an energy source and was considered in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Income levels--Tables presenting results by income level use household income expressed as a percentage of the Federal poverty guidelines. Each household's income before taxes was expressed as a percentage of the poverty guideline for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty guideline. The poverty guidelines, provided by the U.S. Department of Health and Human Services (12), are adapted from the poverty thresholds published by the Bureau of the Census. They are used by many Federal agencies to determine whether a person or family is financially eligible for assistance under a particular Federal program. The guidelines (which are based on the previous year's income) are as follows:

<u>Household size</u>	<u>1985 poverty guideline</u>	<u>1977 poverty guideline</u>
1.....	\$ 5,250	\$2,970
2.....	7,050	3,930
3.....	8,850	4,890
4.....	10,650	5,850
5.....	12,450	6,810
6.....	14,250	7,770
7.....	16,050	8,730
8.....	17,850	9,690

For households with more than eight members, \$1,800 was added for each additional member in 1985 and \$960 for each additional member in 1977.

Snacks and food away from home--Dietary data used in calculating the mean percentage contributions of snacks (see Glossary) to the day's intakes of food energy and nutrients include intakes by all individuals, whether or not they reported snacks. For each individual, the amount of each nutrient obtained from snacks was expressed as a percentage of that individual's intake of that nutrient for the entire day. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean. The nutrient contribution of foods obtained and eaten away from home was calculated in a similar manner.

## APPENDIX B: DIFFERENCES BETWEEN NFCS 1977-78 AND CFSII 1985

The first day of dietary intake data was collected by personal interview in both 1977 and 1985. In 1985, no advance notice of the survey was given. In 1977-78, however, participants received an introductory letter a week before initial contact by the interviewer and were asked to keep some notes on the foods used in the household for the 7-day period preceding the interview. Although these notes were intended to help recall foods brought into and used by the entire household, they may have aided some individuals in recalling food eaten the previous day.

The 1985 questionnaire contained some questions not asked in 1977. These included questions about the use of salt and fat in the preparation of food and about the form of the food when it entered the home (all of which were asked only of the main meal planner/preparer about food from the home food supply); and a series of questions that probed for foods that might have been forgotten, such as snack foods, beverages, foods eaten or tasted while preparing meals or cleaning up, and items added to food at the table, such as mustard, butter, and sugar.

Interviewers received more training in 1985 than in 1977 in probing for detailed information about food items. For example, if a respondent reported meat or chicken in 1985, the interviewer was instructed to probe for whether or not the respondent ate the fat on the meat or the skin on the chicken; if processed foods were reported, the interviewer was instructed to ask for the brand name. The food instruction booklet (used by interviewers in both 1977 and 1985 to guide the dietary

recall) was revised to improve descriptions of food items and appropriateness of measures used in reporting amounts.

Data on race were collected differently in 1985 than in 1977. In 1985, each age-eligible woman was asked "Do you consider yourself to be white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or something else? (Specify\_\_\_\_\_)." Children were assigned the same race as their mother/caretaker. In 1977, the race of the household informant was observed by the interviewer and was recorded as white, black, or other, and the race of this person was assigned to all household members.

### FOOD CODING

The food coding system used for the NFCS 1977-78 was revised for the CFSII 1985. The revisions to the coding system generally fall into the following categories:

- (1) Addition of new products and elimination of products no longer marketed.
- (2) Elimination of products reported infrequently in the 1977-78 survey.
- (3) Addition of new codes to provide more detailed specifications.
- (4) Deletion of product distinctions where the level of detail was more than the respondent might reasonably be expected to know, such as whether breads were made with enriched flour.

- (5) Combination under a single food code of items that were previously coded separately, such as several varieties of fish having very similar nutrient composition values.
- (6) Separation of certain foods coded as mixtures in 1977-78, such as coffee with cream, into their component parts.
- (7) Modification of food code descriptions to clarify the contents of mixtures, such as whether the mixture contained a vegetable high in vitamin A and whether a sauce was part of the mixture.
- (8) Separation into multiple codes of some similar foods coded together in 1977-78, such as low-sodium and regular products.
- (9) Refinement of recipes used for coding food mixtures. For example, many recipes containing butter in 1977 were changed to contain margarine in 1985.
- (10) Implementation of a system in 1985 to accommodate responses to the new questions asked of the main meal preparer on use of salt and fat in food preparation. A response that salt or fat was added to an item in cooking was translated into an assumed amount of salt or fat added to the recipe and was coded accordingly. Fat was coded by type. (These codes were used only for the individual providing the information, not for other household members.)

- (11) Revision of gram equivalents used to translate household measures of food intake into grams as improved data became available.

#### NUTRIENT DATA BASE

The nutrient data base created for the CSFII 1985 includes changes in food composition data since 1977. Major changes are as follows:

- (1) The data base for magnesium and vitamins B<sub>6</sub> and B<sub>12</sub> is more reliable; values for many of the foods for which data existed before are now based on more analyses, and many additional foods are now covered. This improved data base may contribute to either increases or decreases in amounts of these nutrients in foods.
- (2) Calcium values are higher in some breakfast cereals because more calcium has been added.
- (3) Phosphorus values for some foods are higher because of added phosphorus. For example, bacon now has phosphate added to reduce shrinkage during cooking. Phosphorus in several breakfast cereals increased as more calcium was added in the form of calcium phosphate.
- (4) Iron values are higher for white flour, white bread, and other bakery products made with white flour because of a change in enrichment standards. Iron values in the data base for meat and for milk-based infant formulas are lower because of new and

improved data. Iron values for dried fruit are lower partly because of better data and partly because of the higher moisture content of the dried fruit.

- (5) Vitamin A values are higher for carrots, sweet-potatoes, and other deep-yellow vegetables because of the development of new varieties that are more intense in color and have a higher content of vitamin A. Values in the data base for fruits are lower because of improved data.

## APPENDIX C: RECOMMENDED DIETARY ALLOWANCES, 1980

Sex and age (years)	Food energy	Protein	Fat-soluble vitamins		Water-soluble vitamins							Minerals				
			Vitamin A	Vitamin E	Vitamin C	Thia- min	Ribo- flavin	Niacin	Vitamin B <sub>6</sub>	Folacin	Vitamin B <sub>12</sub>	Calcium	Phos- phorus	Magne- sium	Iron	Zinc
	kcal	g	IU <sup>1</sup>	alpha-TE	mg	mg	mg	mg(NE) <sup>2</sup>	mg	mcg	mg	mg	mg	mg	mg	mg
<b>Males and females:</b>																
0.0-0.4 .....	690	13.2	1,400	3	35	0.3	0.4	6	0.3	30	0.5	360	240	50	10	3
0.5-0.9 .....	945	18.0	2,000	4	35	0.5	0.6	8	0.6	45	1.5	540	360	70	15	5
1-3 .....	1,300	23.0	2,000	5	45	0.7	0.8	9	0.9	100	2.0	800	800	150	15	10
4-6 .....	1,700	30.0	2,500	6	45	0.9	1.0	11	1.3	200	2.5	800	800	200	10	10
7-10 .....	2,400	34.0	3,300	7	45	1.2	1.4	16	1.6	300	3.0	800	800	250	10	10
<b>Males:</b>																
11-14 .....	2,700	45.0	5,000	8	50	1.4	1.6	18	1.8	400	3.0	1,200	1,200	350	18	15
15-18 .....	2,800	56.0	5,000	10	60	1.4	1.7	18	2.0	400	3.0	1,200	1,200	400	18	15
19-22 .....	2,900	56.0	5,000	10	60	1.5	1.7	19	2.2	400	3.0	800	800	350	10	15
23-50 .....	2,700	56.0	5,000	10	60	1.4	1.6	18	2.2	400	3.0	800	800	350	10	15
51-75 .....	2,400	56.0	5,000	10	60	1.2	1.4	16	2.2	400	3.0	800	800	350	10	15
76 and over ..	2,050	56.0	5,000	10	60	1.2	1.4	16	2.2	400	3.0	800	800	350	10	15
<b>Females:</b>																
11-14 .....	2,200	46.0	4,000	8	50	1.1	1.3	15	1.8	400	3.0	1,200	1,200	300	18	15
15-18 .....	2,100	46.0	4,000	8	60	1.1	1.3	14	2.0	400	3.0	1,200	1,200	300	18	15
19-22 .....	2,100	44.0	4,000	8	60	1.1	1.3	14	2.0	400	3.0	800	800	300	18	15
23-50 .....	2,000	44.0	4,000	8	60	1.0	1.2	13	2.0	400	3.0	800	800	300	18	15
51-75 .....	1,800	44.0	4,000	8	60	1.0	1.2	13	2.0	400	3.0	800	800	300	10	15
76 and over ..	1,600	44.0	4,000	8	60	1.0	1.2	13	2.0	400	3.0	800	800	300	10	15
<b>Pregnant:</b>																
11-14 .....	2,500	76.0	5,000	10	70	1.5	1.6	17	2.4	800	4.0	1,600	1,600	450	18	20
15-18 .....	2,400	76.0	5,000	10	80	1.5	1.6	16	2.6	800	4.0	1,600	1,600	450	18	20
19-22 .....	2,400	74.0	5,000	10	80	1.5	1.6	16	2.6	800	4.0	1,200	1,200	450	18	20
23-50 .....	2,300	74.0	5,000	10	80	1.4	1.5	15	2.6	800	4.0	1,200	1,200	450	18	20
<b>Lactating:</b>																
11-14 .....	2,700	66.0	6,000	11	90	1.6	1.8	20	2.3	500	4.0	1,600	1,600	450	18	25
15-18 .....	2,600	66.0	6,000	11	100	1.6	1.8	19	2.5	500	4.0	1,600	1,600	450	18	25
19-22 .....	2,600	64.0	6,000	11	100	1.6	1.8	19	2.5	500	4.0	1,200	1,200	450	18	25
23-50 .....	2,500	64.0	6,000	11	100	1.5	1.7	18	2.5	500	4.0	1,200	1,200	450	18	25

<sup>1</sup> Vitamin A allowances were converted from retinol equivalents to international units to allow use with 1977 intake data.  
<sup>2</sup> One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

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## FUTURE REPORTS

Four additional reports on results of the CSFII 1985 are planned:

NFCS, CSFII  
Report No. 85-2  
Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Low-Income Women 19-50 Years and Children 1-5 Years, 1 Day, 1985

NFCS, CSFII  
Report No. 85-3  
Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Men 19-50 Years, 1 Day, 1985

NFCS, CSFII  
Report No. 85-4  
Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Women 19-50 Years and Children 1-5 Years, 6 Days, 1985

NFCS, CSFII  
Report No. 85-5  
Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals, Low-Income Women 19-50 Years and Children 1-5 Years, 6 Days, 1985

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