United States
Department of
Agriculture

Human Nutrition
Information
Service

Nutrition
Monitoring
Division

NFCS, CSFII
Report No. 85-4

CSFII

Nationwide Food Consumption Survey
Continuing Survey of Food Intakes by Individuals

Women 19-50 Years and Their Children 1-5 Years, 4 Days

1985

Abstract

This publication presents 4-day dietary data for 1,088 women 19 to 50 years of age and 371 of their children 1 to 5 years of age in the 48 conterminous States. The data were collected on 4 nonconsecutive days over a 1-year period from April 1985 through March 1986 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Each day of data was collected using a 1-day recall. The first day of data was collected in a personal interview; subsequent days of data were collected by telephone when possible. Major results are summarized. Food intakes are aggregated in 10 food groups and 50 subgroups and are tabulated for total food and for food obtained and eaten away from home for women and children by age group, by household income level, and by region. Mean quantities of foods eaten per individual per day and the percentages of individuals who reported eating any food from the specified food groups and subgroups during any of the 4 days are presented. The nutrient contributions of 15 food groups are included also. Tables of the intakes of food energy and nutrients (mean and selected percentiles), comparisons of intakes with the 1980 Recommended Dietary Allowances (RDA), and the percentages of individuals with intakes at selected levels of the RDA are provided for individuals by demographic group. 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, fatty acids, and carbohydrate; and the frequency of reporting and nutrient contributions of breakfast, snacks, and food eaten away from home.

KEYWORDS: Breakfast, dietary survey, diets, eating occasions, food intake, food away from home, nutrient density, nutrient intake, snacks.

Issued August 1987

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. 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. Tuszynski --in developing plans for coding and tabulating the individual food intake data, analyzing the results, and writing this report. Katherine S. Tippett coordinated the writing and preparation of the report. Brucy C. Gray, Renee A. Powell, Joseph D. Goldman, Sharron P. Cristofar, and Karen Wright were responsible for data processing. 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 and Gerald Smith provided editorial assistance. Judy M. Roe typed the manuscript, and Joanne Rosenthal Levine and Lois E. Ludka produced the final camera-ready copy.

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.

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CSFII: Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1985

by the Nutrition Monitoring Division
Human Nutrition Information Service

Introduction

This publication provides data on 4 days of dietary intakes by women 19 to 50 years of age of all incomes and their children 1 to 5 years of age surveyed between April 1985 and March 1986. The data were collected as part of the 1985 Continuing Survey of Food Intakes by Individuals (CSFII 1985) conducted by the U.S. Department of Agriculture (USDA).

Individuals contacted as part of the CSFII 1985 were asked to provide 6 days (waves) of dietary data over a 1-year period. Each wave of data was collected at approximately 2-month intervals using a 1-day dietary recall. The first wave of data was collected in a personal interview; subsequent waves of data were collected by telephone for 91 percent of the sample. Not all of the women and children who provided the first 1-day recall completed all six waves. Of the women who participated in the first wave, 71 percent completed four waves, 63 percent completed five waves, and 47 percent completed all six waves.

This publication provides data on the dietary intakes by women and children who completed the first 1-day recall and at least 3 additional 1-day recalls. Appendix A provides a discussion of the sampling, data collection, and weighting of the data presented in this report, and appendix B provides information on how the data were processed for presentation. Appendix C provides a discussion of the panel approach used in the CSFII, sample characteristics by level of participation, and food and nutrient intakes by wave.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, Pennsylvania, conducted the 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 CSFII 1985 was designed as 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 of all incomes and their children 1 to 5 years of age; (2) a sample of low-income women and their children in the same age ranges; and (3) men 19 to 50 years of age. This publication includes data from the sample of women and children of all incomes.

This report is the fourth in a series providing results from the CSFII 1985. Previous publications in the CSFII 1985 series have provided data on 1-day dietary intakes by women and children of all incomes,

low-income women and children, and men. A future publication will provide multiple days of dietary data for low-income women and children. (See inside back cover for a complete list of CSFII publications.)

The CSFII was initiated in 1985 to provide timely information on the adequacy of diets of selected population groups and to provide early indications of dietary changes. It 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 complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years.

Selected Results

Food Intakes

Total food--During 4 days in 1985, women's mean intake per day of meat, poultry, and fish was 162 grams (table 1.1-1A). The largest part of this intake was accounted for by meat mixtures[1] (75 grams), followed by beef reported separately (26 grams) and poultry (20 grams). The mean intake of meat, poultry, and fish by children was 98 grams. As for women, children's intake of meat mixtures (43 grams) accounted for the largest part of the intake from this food group. Nearly all surveyed women and children (99 percent) ate meat, poultry, or fish at least once during the 4 surveyed days (table 1.1-1B). Meat mixtures was the subgroup reported by the highest proportion of both women and children (79 percent and 82 percent, respectively).

The mean intake per day of milk and milk products by women was 200 grams, including 66 grams of whole milk and 81 grams of lowfat and skim milk (table 1.2-1A). Children's mean intake of milk and milk products was 390 grams, including 188 grams of whole milk and 152 grams of lowfat and skim milk. About 96 percent of the women and almost all of the children used milk or milk products at least once during the 4 surveyed days (table 1.2-1B).

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[1]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. Mixtures that were coded as separate ingredients are not included here.

The mean intake per day of eggs by women was 17 grams; by children, 12 grams. Fifty-eight percent of the women and 55 percent of the children ate eggs at least once during the 4 surveyed days.

The mean intake per day of legumes, nuts, and seeds was 18 grams for women and 20 grams for children. Fifty-five percent of the women and 73 percent of the children ate legumes, nuts, or seeds during the 4 surveyed days.

Women's mean intake per day of vegetables was 164 grams; children's mean intake was 91 grams (table 1.3-1A). Nearly all women and children (99 percent) ate at least one vegetable item during the 4 surveyed days (table 1.3-1B).

Women had a mean intake per day of 119 grams of fruit. Of this intake, 54 grams were citrus fruits and juices (table 1.4-1A). Eighty-one percent of the women ate fruit during the 4 surveyed days (table 1.4-1B). The mean intake of fruit by children was 203 grams; 93 percent of the children ate fruit.

Women and children had similar mean intakes per day of grain products--196 grams for women and 200 grams for children (table 1.5-1A). Almost all respondents reported using grain products (table 1.5-1B).

The mean intake per day of fats and oils reported separately was 16 grams for women and 6 grams for children. These amounts do not include the fats and oils that are ingredients in other food items such as baked goods or fried foods. Fats and oils were

reported separately by 95 percent of the women and 91 percent of the children.

Women's mean intake per day of sugars and sweets reported separately was 17 grams; children's mean intake was 33 grams. These amounts do not include sugars that are ingredients in other food items such as baked goods or carbonated soft drinks. Eighty-four percent of the women and 93 percent of the children ate at least one item from the sugars and sweets group during the 4 surveyed days.

Women's mean intake per day of beverages was 823 grams, including 298 grams of coffee, 284 grams of carbonated soft drinks, and lesser amounts of alcoholic beverages, tea, and fruit drinks and ades (table 1.6-1A). The mean intake of beverages by children was 196 grams, including 84 grams of fruit drinks and ades and 84 grams of carbonated beverages. Ninety-nine percent of the women and 92 percent of the children drank beverages at least once during the 4 surveyed days (table 1.6-1B). Carbonated beverages was the category reported by the largest proportion of both women (84 percent) and children (71 percent).

Text table A provides mean intakes per day and percentages of women and children using selected foods over 4 nonconsecutive days in 1985.

Food obtained and eaten away from home--The proportions of food obtained and eaten away from home varied by food group and subgroup as shown in text table A. These proportions were calculated from data in Tables 1. For example, the proportion of beef obtained and eaten away from home by women was calculated by dividing 7 grams (from table 1.1-2A) by 26 grams (from table 1.1-1A) and converting to a percentage. The proportions of food eaten away from home by women were lowest for fluid milk, total milk and milk products, fruit, and cereals and pastas and highest for alcoholic beverages and carbonated soft drinks. In general, children ate a smaller proportion of their food away from home than did women. Exceptions were poultry, fruit, fluid milk, and carbonated soft drinks.

About 30 percent (49 of 162 grams) of women's intake of meat, poultry, and fish was obtained and eaten away from home (table 1.1-2A and text table A). During the 4 surveyed days, 72 percent of the women reported obtaining and eating away from home at least one meat, poultry, or fish item (table 1.1-2B). Meat mixtures was the meat subgroup obtained and eaten away from home by the largest proportion of women (43 percent), followed by beef (24 percent). Just over one-fourth (26 of 98 grams) of the intake of meat, poultry, and fish by children was obtained and eaten away from home. Sixty percent of the children ate a meat, poultry, or fish item away from home on one or more of the surveyed days. Meat mixtures was the meat subgroup obtained and eaten away from home by the highest proportion of children (37 percent).

Only 14 percent of women's intake and 13 percent of children's intake of milk and milk products came from food obtained and eaten away from home, although more than half of both the women and the children (57 percent each) ate or drank a milk product away from home on one or more of the surveyed days (table 1.2-2B and text table A). Among women, larger

Text table A--Mean intakes and percentages of individuals using selected foods and proportions of food intakes obtained and eaten away from home, 4 nonconsecutive days, 1985

Food group/subgroup	Women			Children		
	Mean intake per day	Individuals using at least once in 4 days	Proportion of intake obtained and eaten away	Mean intake per day	Individuals using at least once in 4 days	Proportion of intake obtained and eaten away
	grams	percent	percent	grams	percent	percent
Meat, poultry, and fish	162	99	30	98	99	27
Meat mixtures	75	79	33	43	82	33
Beef	26	64	27	13	53	15
Frankfurters, sausages, and luncheon meats	13	60	23	13	73	15
Pork	12	50	25	7	44	14
Poultry	20	52	30	14	50	36
Fish and shellfish	11	33	36	6	31	17
Milk and milk products	200	96	14	390	100	13
Fluid milk	147	77	7	341	100	12
Cream and milk desserts	22	55	32	21	59	29
Cheese	15	71	27	11	71	18
Eggs	17	58	24	12	55	17
Legumes, nuts, and seeds	18	55	22	20	73	20
Vegetables	164	99	27	91	99	21
Fruits	119	81	15	203	93	15
Grain products	196	100	23	200	100	16
Grain mixtures	72	69	26	66	83	17
Cereals and pastas	38	66	11	51	96	12
Fats and oils	16	95	31	6	91	17
Sugars and sweets	17	84	29	33	93	21
Beverages	823	99	32	196	92	28
Alcoholic beverages	61	31	44	0	0	0
Coffee	298	68	25	*	2	0
Carbonated soft drinks	284	84	42	84	71	48

proportions reported eating cheese and cream and milk desserts than drinking milk away from home; among children, larger proportions drank milk than ate cheese or cream and milk desserts.

About 32 percent of women's total beverage intake and 28 percent of children's intake was obtained and drunk away from home (text table A). Among women, the proportion drinking any beverages away from home was 81 percent; 61 percent reported carbonated soft drinks, and 39 percent reported coffee (table 1.6-2B). Only 18 percent of the women drank alcoholic beverages away from home, but more than two-fifths of the total intake of alcoholic beverages (27 of 61 grams) was drunk away from home (table 1.6-2A). Among children, the proportion drinking any beverage away from home was 52 percent; 45 percent reported carbonated soft drinks (table 1.6-2B).

Food intakes by income level--Women living in households with incomes under 131 percent of the poverty guidelines (lowest income) had lower mean intakes of milk and milk products, vegetables, fruits, fats and oils, and beverages and a slightly higher intake of grain products than did women living in households with incomes over 300 percent of the poverty guidelines (highest income) (text table B). Children in the lowest income households had lower intakes of vegetables and fruits and higher intakes of meat, poultry, and fish; eggs; and grain products than children in the highest income households.

Within food groups, there were some differences by income for women. The lowest income women had a higher intake of whole milk than did women in the other two income groups. The middle and highest income women had substantially higher intakes of lowfat and skim milk than did the lowest income women. The lowest income women had lower intakes of alcoholic beverages, coffee, and carbonated soft drinks but higher intakes of fruit drinks and ades compared with the highest income group.

The contribution of food obtained and eaten away from home to total food intakes was lower for women in the lowest income households than for those in the highest income households, as shown below:

Food group/subgroup	Percent of poverty level		
	Under 131%	131-300%	Over 300%
	-------percent-------		
Meat, poultry, and fish	20	29	38
Meat mixtures	22	32	41
Beef	19	24	32
Poultry	22	29	41
Milk and milk products	12	13	17
Fluid milk	8	6	9
Vegetables	16	26	32
Fruits	11	12	18
Grain products	12	23	30
Grain mixtures	10	27	34
Beverages	21	30	37
Coffee	14	22	32
Soft drinks	36	41	47
Alcoholic beverages	34	38	49

Text table B--Mean intakes per day of selected foods by income level, 4 nonconsecutive days, 1985

Food group/subgroup*	Women			Children		
	Under 131% poverty	131-300% poverty	Over 300% poverty	Under 131% poverty	131-300% poverty	Over 300% poverty
	grams					
Meat, poultry, and fish ..	166	162	165	106	93	97
Milk and milk products ...	160	198	216	390	382	401
Whole milk	85	53	58	241	137	213
Lowfat/skim milk	39	93	96	107	193	137
Eggs	17	17	19	15	14	9
Legumes, nuts, and seeds	19	17	18	25	19	16
Vegetables	142	163	181	91	87	99
Fruits	73	126	147	144	220	258
Grain products	218	198	191	209	203	192
Fats and oils	9	15	20	5	6	8
Sugars and sweets	14	19	18	33	32	37
Beverages	706	820	923	222	177	191
Alcoholic beverages	32	69	79	0	0	0
Coffee	253	290	355	0	**	**
Tea	124	171	160	43	21	31
Fruit drinks and ades ..	74	42	38	96	73	63
Carbonated soft drinks .	240	278	308	83	84	97

* Mixtures coded as a unit are included in group of main ingredient.
** Value less than 0.5 but more than 0.

Nutrient Intakes

Nutrient contributions by 15 food groups--In 1985, the largest proportions of women's food energy and carbohydrate intakes were provided by grain products; whereas the largest proportions of their protein and fat intakes were provided by meat, poultry, and fish, as shown below:

Food group*	Food energy	Protein	Fat	Carbohydrate
	percent**			
Meat, poultry, fish	22	47	32	6
Milk, milk products	11	15	14	8
Eggs	2	4	4	0
Legumes, nuts, seeds	2	3	4	2
Grain products	29	23	22	39
Fats, oils	5	0	14	1
Sugar, sweets	3	1	1	6
Vegetables, fruits	14	7	9	22
Beverages	10	0	1	17

Notes: *Mixtures coded as a unit are included in group of main ingredient.
**Columns may not sum to 100 due to rounding.

The contributions by food groups to intakes of vitamins, minerals, and dietary components by children and by women are presented in tables 2.1 and 2.2, respectively.

Food energy intake--In 1985, women's mean daily food energy intake over 4 days was 1,528 kilocalories (table 3.2); the median intake over 4 days was 1,483 kilocalories (table 4A). Ten percent of the women surveyed had mean daily food energy intakes at or below 909 kilocalories, and 10 percent had intakes at or above 2,220 kilocalories (table 4A). Generally, women in the lowest income households had lower food energy intakes than did women in the highest income households, older women had lower intakes than did younger women, and women in the Northeast and South had lower intakes than did women in the Midwest and West, as shown below:

Characteristic	Food energy intakes		
	10th percentile	50th percentile (median)	90th percentile
	kilocalories		
Age:			
19-34	982	1,563	2,288
35-50	885	1,393	2,085
Income level:			
Under 131% poverty	842	1,354	2,075
131-300% poverty	934	1,462	2,268
Over 300% poverty	968	1,581	2,243
Region:			
Northeast	874	1,368	2,014
Midwest	964	1,554	2,301
South	905	1,427	2,182
West	1,004	1,545	2,243
All women	909	1,483	2,220

Distributions of energy and nutrient intakes at specified percentiles (10th, 25th, 50th, 75th, and 90th percentiles) are provided for food energy and 27 nutrients and dietary components in tables 4A through 4N.

Intakes as percentages of 1980 Recommended Dietary Allowances--The mean food energy intake per day by women was 75 percent of the 1980 Recommended Dietary Allowances (RDA) (table 5.2). Nevertheless, women's intakes of 8 out of 15 nutrients exceeded the RDA. Women's mean intakes were lower than the RDA for vitamin E (87 percent), vitamin B-6 (57 percent), folacin (46 percent), calcium (74 percent), magnesium (67 percent), iron (56 percent), and zinc (56 percent). Intakes of those nutrients were below the RDA for women of all incomes, races, regions, and urbanizations (text table C). However, intakes tended to be lowest for women in households with income under 131 percent of the poverty level, for black women, for women in the Northeast and South, and for women in nonmetropolitan areas.

Children's mean food energy intake was 99 percent of the RDA, and their intakes of 12 out of 15 nutrients exceeded the RDA (table 5.1). Children's mean intake of calcium was slightly below the RDA (98 percent), and their mean intakes of iron and zinc were considerably lower (78 percent and 73 percent, respectively).

The percentages of women and children with intakes at four levels of the RDA (below 50 percent, 50 to 69 percent, 70 to 99 percent, and 100 percent and over) are presented in tables 6A to 6H. At least half of the women had intakes at or above 100 percent of the RDA for protein, ascorbic acid, riboflavin, niacin, vitamin B-12, and phosphorus (text table D). Less than 30 percent of the women in any of the income groups or regions had intakes that met the RDA for vitamin B-6, folacin, calcium, magnesium, iron, and zinc. Sixty-five percent or more of the children had intakes at or above 100 percent of the RDA for most nutrients. Exceptions were vitamin E (37 percent), calcium (45 percent), iron (22 percent), and zinc (12 percent).

Mean intakes below the RDA do not necessarily mean that 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. 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 the group falls further below the RDA (2).

Nutrient sources of food energy--The percentage of women's food energy provided by protein was 16 percent; by fat, 37 percent; and by carbohydrate, 46 percent (table 8.2). Saturated and monounsaturated fat provided nearly equal percentages of women's food energy over the 4 surveyed days (13 percent and 14 percent, respectively), and a smaller percentage was from polyunsaturated fat (7 percent). Compared with women, children obtained less of their food energy from protein and fat and more from carbohydrate (table 8.1).

Text table C--Women 19-50: Mean intakes of selected nutrients below the 1980 RDA, by selected characteristics, 4 nonconsecutive days, 1985

Characteristic	Vitamin E	Vitamin B-6	Folacin	Calcium	Magnesium	Iron	Zinc
	percentage of RDA						
Income:							
Under 131% poverty..	74	51	40	62	57	54	53
131-300% poverty	88	58	47	74	68	58	56
Over 300% poverty...	93	61	49	80	73	58	59
Race:							
White	90	58	47	77	69	56	56
Black	70	51	41	55	54	52	52
Region:							
Northeast	76	55	44	67	62	55	53
Midwest	91	60	47	81	70	58	58
South	84	56	46	67	65	55	55
West	99	58	48	85	73	58	57
Urbanization:							
Central cities	90	59	47	80	69	58	57
Suburban areas	88	57	46	74	68	56	55
Nonmetropolitan areas	81	55	43	66	64	55	55
All women	87	57	46	74	67	56	56

Text table D.--Percentage of women with intakes at selected levels of the 1980 Recommended Dietary Allowances, 4 nonconsecutive days, 1985

Nutrient	RDA levels			
	Below 50%	50-69%	70-99%	100% and over
	percentage of women*			
Protein	2	4	17	77
Vitamin A (IU)	21	16	18	46
Vitamin E	20	21	30	30
Ascorbic acid	14	14	19	53
Thiamin	7	14	32	47
Riboflavin	7	15	28	50
Niacin	3	8	22	67
Vitamin B-6	43	30	21	6
Folacin	65	22	11	2
Vitamin B-12	7	12	22	60
Calcium	29	26	24	22
Phosphorus	3	9	26	63
Magnesium	25	31	34	10
Iron	42	37	18	4
Zinc	42	37	18	3

* Rows may not sum to 100 due to rounding.

Eating Patterns

Breakfast--In 1985, 53 percent of the women and 85 percent of the children ate breakfast (see glossary) on all 4 surveyed days (tables 9.1 to 9.2). Only 2 percent of the women and none of the children reported no breakfast on any of the 4 days. There were substantial differences among income groups and between races in the proportions of women and children reporting breakfast on all 4 days (text table E and table 9.1).

Breakfast contributed 15 percent of women's food energy and 21 percent of children's food energy (tables 10.1 to 10.2). For women, breakfast's contributions to intakes ranged from 7 percent of carotenes to 20 percent or more of cholesterol, vitamin A (RE), ascorbic acid, thiamin, riboflavin, folacin, calcium, magnesium, and iron. For children, breakfast's contributions ranged from 9 percent of carotenes to 35 percent or more of vitamin A (RE), thiamin, riboflavin, vitamin B-6, folacin, and iron.

Snacks--Ninety-seven percent of the women and almost all of the children ate a snack (see glossary) at least once in 4 days (see text table E and tables 12.1 and 12.2). Forty- two percent of the women and 55 percent of the children reported at least one snack on all 4 days (tables 11.1 to 11.2). There were substantial differences among income groups and between races in the proportions of women and children reporting snacks on all 4 days (see text table E and table 11.1). Snacks contributed 16 percent of women's food energy and 8 to 20 percent of their nutrients (table 12.2). Snacks contributed 19 percent of children's food energy and 9 to 23 percent of their nutrients (table 12.1).

Food obtained and eaten away from home--Eighty-eight percent of the women and 79 percent of the children obtained and ate food away from home at least once in 4 days (tables 14.1 to 14.2). Food was obtained and eaten away from home on all 4 days by 19 percent of the women and 12 percent of the children (tables 13.1 to 13.2). Food obtained and eaten away from home contributed 28 percent of women's food energy and 21 to 31 percent of their nutrients. Food eaten away from home contributed 19 percent of children's food energy and 12 to 19 percent of their nutrients. There were substantial differences among income groups and between races in the proportions of women and children reporting food away from home on all 4 days (see text table E and table 13.1). As a result, food eaten away from home contributed less to the food energy and nutrient intakes of the lowest income women and children than to those of the highest income women and children.

Text table E--Percentage of women reporting breakfast, snacks, and food obtained and eaten away from home on at least 1 surveyed day and on all 4 days, by selected characteristics, 4 nonconsecutive days, 1985

Characteristic	Breakfast		Snacks		Food away	
	At least 1 day	All 4 days	At least 1 day	All 4 days	At least 1 day	All 4 days
	percent					
All women	98	53	97	42	88	19
Age:						
19-34	98	51	97	39	86	19
35-50	99	57	97	46	90	19
Income:						
Under 131% poverty	98	36	94	23	76	5
131-300% poverty	98	56	98	44	86	19
Over 300% poverty	98	61	98	52	95	28
Race:						
White	98	57	98	45	90	21
Black	98	29	94	20	78	12
Region:						
Northeast	99	57	98	45	86	18
Midwest	98	49	98	49	90	20
South	98	47	96	38	86	22
West	99	63	99	38	92	15
Urbanization:						
Central cities	98	46	98	42	86	20
Suburban areas	99	58	98	45	89	21
Nonmetropolitan areas	98	50	95	34	88	14

Table 1.1-1A.--Meat, Poultry, Fish: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Meat, Poultry, Fish	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry			Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
								Total	Chicken			
	Number	Grams										
All Children.....	371	98	13	7	(*)	(*)	13	14	13	6	43
Age:												
1-3.....	222	97	13	6	(*)	(*)	13	12	11	6	45
4-5.....	149	99	15	8	(*)	(*)	12	18	15	4	40
Income:												
Under 131% Poverty...	108	106	13	10	0	(*)	14	12	9	4	51
131-300% Poverty.....	148	93	13	4	1	(*)	11	12	11	4	47
Over 300% Poverty....	78	97	14	9	(*)	0	12	17	16	10	32
Region:												
Northeast.....	75	87	12	4	1	(*)	9	18	14	6	36
Midwest.....	100	108	14	6	(*)	(*)	17	12	11	4	53
South.....	110	106	15	11	(*)	(*)	13	17	16	5	43
West.....	85	85	12	5	(*)	0	11	10	9	8	37
All Women.....	1,088	162	26	12	1	1	13	20	18	11	75
Age:												
19-34.....	579	157	24	12	1	1	14	19	16	9	74
35-50.....	510	167	28	11	1	1	12	22	19	13	76
Income:												
Under 131% Poverty...	220	166	26	12	(*)	2	14	23	22	8	76
131-300% Poverty.....	364	162	25	11	1	1	14	17	15	10	79
Over 300% Poverty....	384	165	28	13	1	(*)	12	22	19	14	73
Region:												
Northeast.....	239	156	30	11	1	2	11	22	19	12	66
Midwest.....	245	167	24	13	1	1	17	18	15	8	82
South.....	365	168	26	14	(*)	1	13	22	19	11	76
West.....	240	153	23	7	1	(*)	11	18	17	11	77

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.1-1B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Meat, Poultry, Fish	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry		Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
								Total	Chicken		
	Number	Percent									
All Children.....	371	99.2	53.4	44.3	2.0	1.2	73.4	50.4	48.8	30.6	81.6
Age:											
1-3.....	222	98.6	52.9	42.2	2.2	1.4	72.5	44.5	43.6	36.1	85.7
4-5.....	149	100.0	54.1	47.5	1.7	.9	74.8	59.0	56.6	22.5	75.5
Income:											
Under 131% Poverty...	108	99.2	51.7	52.2	.0	1.7	66.4	44.6	41.3	23.2	82.9
131-300% Poverty.....	148	100.0	58.3	33.7	4.3	1.4	70.8	43.6	42.5	24.0	85.5
Over 300% Poverty....	78	98.1	52.1	52.9	1.5	.0	87.6	58.5	57.8	52.9	82.9
Region:											
Northeast.....	75	100.0	43.9	37.9	3.1	2.2	61.4	57.7	52.2	27.2	70.7
Midwest.....	100	99.2	59.1	49.5	.7	1.1	81.4	48.9	48.0	17.4	75.9
South.....	110	100.0	54.1	51.8	1.3	1.5	70.0	55.2	55.2	34.3	86.6
West.....	85	97.4	54.1	34.2	3.6	.0	79.2	39.3	38.6	44.5	91.7
All Women.....	1,088	99.1	63.5	50.3	3.4	3.1	60.3	51.6	47.7	32.8	78.8
Age:											
19-34.....	579	98.7	60.3	47.9	3.5	2.6	64.4	49.2	45.5	28.7	79.5
35-50.....	510	99.6	67.1	53.0	3.3	3.6	55.7	54.3	50.2	37.6	78.1
Income:											
Under 131% Poverty...	220	99.6	62.2	51.0	2.6	5.6	62.5	54.7	51.5	26.9	74.5
131-300% Poverty.....	364	100.0	63.3	46.9	4.3	3.5	64.7	49.2	43.5	32.3	81.1
Over 300% Poverty....	384	99.7	63.8	55.9	3.5	1.2	54.4	50.6	47.5	38.4	79.0
Region:											
Northeast.....	239	97.6	69.2	37.0	4.5	4.4	52.1	53.7	50.1	39.0	73.1
Midwest.....	245	99.7	58.9	54.9	2.7	2.3	71.3	47.6	43.1	25.7	79.4
South.....	365	100.0	61.1	59.2	1.7	3.7	60.4	54.5	49.8	30.9	81.1
West.....	240	98.7	66.2	45.4	5.4	1.6	57.0	49.2	46.7	36.9	80.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.1-2A.--Meat, Poultry, Fish: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Meat, Poultry, Fish	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry		Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
								Total	Chicken		
	Number	Grams									
All Children	371	26	2	1	0	0	2	5	4	1	14
Age:											
1-3	222	23	2	1	0	0	2	3	3	1	14
4-5	149	31	3	2	0	0	3	7	6	1	15
Income:											
Under 131% Poverty	108	32	2	2	0	0	3	5	3	1	18
131-300% Poverty	148	21	3	1	0	0	1	3	3	(*)	13
Over 300% Poverty	78	36	3	2	0	0	2	9	9	3	16
Region:											
Northeast	75	14	1	1	0	0	(*)	5	1	(*)	7
Midwest	100	28	3	1	0	0	3	4	4	1	15
South	110	34	4	1	0	0	3	8	8	2	15
West	85	25	1	2	0	0	2	1	1	(*)	18
All Women	1,088	49	7	3	(*)	(*)	3	6	6	4	25
Age:											
19-34	579	49	6	3	(*)	(*)	3	6	5	3	27
35-50	510	49	7	2	(*)	(*)	3	7	6	6	23
Income:											
Under 131% Poverty	220	34	5	1	(*)	(*)	2	5	4	3	17
131-300% Poverty	364	47	6	3	(*)	(*)	2	5	5	3	25
Over 300% Poverty	384	62	9	4	(*)	(*)	3	9	8	6	30
Region:											
Northeast	239	43	7	2	(*)	(*)	2	4	4	3	22
Midwest	245	53	7	3	(*)	0	3	7	5	4	28
South	365	53	7	3	(*)	(*)	3	8	7	6	25
West	240	46	5	2	(*)	0	3	5	5	4	25

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.1-2B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Meat, Poultry, Fish	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry		Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
								Total	Chicken		
	Number	Percent									
All Children.....	371	60.1	13.5	11.9	0.0	0.0	18.1	14.7	13.3	5.2	36.7
Age:											
1-3.....	222	60.7	12.7	9.5	.0	.0	18.1	13.3	12.3	6.2	38.8
4-5.....	149	59.3	14.8	15.3	.0	.0	18.2	16.9	14.8	3.9	33.4
Income:											
Under 131% Poverty...	108	63.8	13.5	14.6	.0	.0	18.8	15.9	13.1	5.4	38.7
131-300% Poverty.....	148	60.3	14.9	5.9	.0	.0	14.8	14.0	13.7	1.5	33.5
Over 300% Poverty....	78	73.0	17.3	21.3	.0	.0	26.9	19.9	17.4	14.6	49.6
Region:											
Northeast.....	75	37.9	3.5	8.5	.0	.0	7.4	10.3	6.2	1.6	18.7
Midwest.....	100	66.4	17.9	14.8	.0	.0	22.0	12.7	12.3	3.0	30.0
South.....	110	67.5	19.3	13.5	.0	.0	20.0	23.8	22.0	11.9	45.3
West.....	85	62.9	9.7	9.1	.0	.0	20.6	9.3	9.3	2.5	49.2
All Women.....	1,088	71.6	23.5	16.5	.4	.5	19.9	19.9	16.7	12.5	43.4
Age:											
19-34.....	579	71.9	23.0	16.5	.2	.8	20.5	17.9	15.5	10.4	46.0
35-50.....	510	71.2	24.1	16.5	.5	.2	19.1	22.2	18.1	15.0	40.5
Income:											
Under 131% Poverty...	220	58.7	18.3	8.3	.4	.7	16.6	16.9	14.5	6.4	31.8
131-300% Poverty.....	364	70.5	22.0	16.3	.7	.2	18.4	18.9	16.7	12.0	45.3
Over 300% Poverty....	384	80.7	28.0	22.8	.1	.4	25.1	22.8	18.0	16.7	49.0
Region:											
Northeast.....	239	66.4	24.7	12.0	.8	.9	15.9	15.9	14.2	10.1	39.7
Midwest.....	245	74.8	21.7	17.8	.3	.0	20.3	20.5	15.6	12.3	46.9
South.....	365	74.1	24.0	19.6	.2	1.0	20.1	24.5	20.7	13.4	45.2
West.....	240	69.5	23.3	14.9	.2	.0	23.1	16.4	14.2	13.8	40.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.2-1A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Milk and Milk Products: Total Milk and Milk Products	Milk and Milk Products: Total Milk and Milk Products	Milk and Milk Products: Fluid Milk: Total	Milk and Milk Products: Fluid Milk: Whole	Milk and Milk Products: Fluid Milk: Lowfat/Skim	Milk and Milk Products: Yogurt	Milk and Milk Products: Cream and Milk Desserts	Milk and Milk Products: Cheese	Eggs	Legumes, Nuts, Seeds
	Number	Grams	Calcium Equivalent	Grams							
All Children.....	371	390	439	341	188	152	4	21	11	12	20
Age:											
1-3.....	222	380	428	334	181	153	5	17	10	14	22
4-5.....	149	404	456	350	200	150	4	27	13	10	18
Income:											
Under 131% Poverty...	108	390	425	349	241	107	3	17	7	15	25
131-300% Poverty.....	148	382	439	330	137	193	6	23	13	14	19
Over 300% Poverty....	78	401	451	350	213	137	2	22	10	9	16
Region:											
Northeast.....	75	409	462	356	245	111	2	19	17	12	21
Midwest.....	100	415	464	366	170	196	7	22	11	11	18
South.....	110	341	382	288	193	96	3	20	9	14	16
West.....	85	407	466	365	155	210	4	21	10	10	29
All Women.....	1,088	200	255	147	66	81	7	22	15	17	18
Age:											
19-34.....	579	227	289	171	77	93	9	21	16	16	19
35-50.....	510	170	217	121	53	67	5	22	15	18	17
Income:											
Under 131% Poverty...	220	160	193	125	85	39	2	15	10	17	19
131-300% Poverty.....	364	198	253	146	53	93	7	20	14	17	17
Over 300% Poverty....	384	216	282	155	58	96	9	25	18	19	18
Region:											
Northeast.....	239	179	222	131	76	55	5	19	15	17	17
Midwest.....	245	232	290	173	57	115	5	24	15	16	17
South.....	365	153	206	109	50	59	5	17	14	17	17
West.....	240	261	328	195	89	106	14	29	17	19	23

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.2-1B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Milk and Milk Products: Total Milk and Milk Products	Milk and Milk Products: Fluid Milk: Total	Milk and Milk Products: Fluid Milk: Whole	Milk and Milk Products: Fluid Milk: Lowfat/Skim	Milk and Milk Products: Yogurt	Milk and Milk Products: Cream and Milk Desserts	Milk and Milk Products: Cheese	Eggs	Legumes, Nuts, Seeds
	Number	Percent								
All Children.....	371	99.6	99.6	75.7	60.1	11.5	59.0	71.0	55.1	72.7
Age:										
1-3.....	222	99.7	99.7	73.4	63.2	11.7	54.7	70.5	59.2	77.9
4-5.....	149	99.6	99.6	79.1	55.4	11.2	65.3	71.7	49.1	65.0
Income:										
Under 131% Poverty...	108	99.4	99.4	85.1	46.7	7.2	49.9	59.2	62.8	67.2
131-300% Poverty.....	148	99.5	99.5	66.8	69.7	15.4	66.4	81.8	64.2	76.8
Over 300% Poverty....	78	100.0	100.0	81.7	58.4	10.2	61.4	76.8	41.7	78.7
Region:										
Northeast.....	75	100.0	100.0	75.8	55.6	7.5	50.5	63.1	43.3	65.9
Midwest.....	100	99.3	99.3	69.5	67.0	17.3	69.6	70.1	59.0	65.1
South.....	110	99.4	99.4	81.5	52.2	7.4	54.1	70.1	63.4	73.8
West.....	85	100.0	100.0	75.4	66.1	13.7	60.2	80.1	50.2	86.5
All Women.....	1,088	95.8	76.8	46.2	47.7	11.1	55.2	71.2	58.5	54.6
Age:										
19-34.....	579	97.2	80.5	47.4	49.7	13.4	54.0	73.7	56.3	56.6
35-50.....	510	94.2	72.6	44.8	45.4	8.4	56.4	68.3	61.0	52.3
Income:										
Under 131% Poverty...	220	91.6	73.6	54.8	28.2	4.9	41.3	58.0	59.9	44.0
131-300% Poverty.....	364	95.6	77.0	44.4	50.5	11.4	55.5	71.3	58.6	52.8
Over 300% Poverty....	384	98.7	77.2	40.7	53.6	13.7	63.8	78.7	59.1	57.9
Region:										
Northeast.....	239	96.3	83.4	62.8	46.4	9.0	52.7	70.7	56.1	49.8
Midwest.....	245	98.1	83.1	36.0	60.5	7.0	57.1	73.6	56.9	54.6
South.....	365	92.2	69.3	45.8	34.9	9.1	47.0	70.5	60.1	50.4
West.....	240	98.4	75.1	40.8	55.2	20.3	68.0	70.1	60.1	65.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.2-2A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Milk and Milk Products: Total Milk and Milk Products	Milk and Milk Products: Total Milk and Milk Products	Milk and Milk Products: Fluid Milk: Total	Milk and Milk Products: Fluid Milk: Whole	Milk and Milk Products: Fluid Milk: Lowfat/Skim	Milk and Milk Products: Yogurt	Milk and Milk Products: Cream and Milk Desserts	Milk and Milk Products: Cheese	Eggs	Legumes, Nuts, Seeds
	Number	Grams	Calcium Equivalent	Grams							
All Children.....	371	52	59	40	29	11	(*)	6	2	2	4
Age:											
1-3.....	222	50	57	39	27	12	(*)	5	1	2	6
4-5.....	149	55	63	42	32	9	(*)	6	2	1	3
Income:											
Under 131% Poverty...	108	58	64	47	35	12	0	6	1	2	11
131-300% Poverty.....	148	37	43	28	21	7	1	5	1	(*)	3
Over 300% Poverty....	78	79	88	60	44	15	(*)	6	2	3	(*)
Region:											
Northeast.....	75	40	47	33	25	8	0	4	2	1	1
Midwest.....	100	49	55	40	29	11	0	4	2	1	1
South.....	110	67	74	46	38	7	0	7	2	3	3
West.....	85	49	57	40	22	18	1	6	1	1	13
All Women.....	1,088	28	43	11	6	5	2	7	4	4	4
Age:											
19-34.....	579	32	48	14	7	7	2	7	4	4	4
35-50.....	510	24	37	8	5	3	1	6	5	4	5
Income:											
Under 131% Poverty...	220	19	24	10	8	3	1	3	2	2	3
131-300% Poverty.....	364	26	38	9	4	5	2	6	3	4	3
Over 300% Poverty....	384	36	58	14	7	6	2	9	6	5	6
Region:											
Northeast.....	239	29	39	13	9	4	2	5	4	4	1
Midwest.....	245	40	57	18	7	11	1	7	5	3	4
South.....	365	21	37	7	4	3	1	5	4	4	4
West.....	240	27	42	9	5	4	2	9	4	4	6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.2-2B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Milk and Milk Products: Total Milk and Milk Products	Fluid Milk: Total	Fluid Milk: Whole	Fluid Milk: Lowfat/Skim	Yogurt	Cream and Milk Desserts	Cheese	Eggs	Legumes, Nuts, Seeds
	Number	Percent								
All Children.....	371	57.1	42.0	33.9	14.2	1.0	24.2	22.0	11.6	18.1
Age:										
1-3.....	222	52.5	40.6	31.8	15.4	1.1	20.7	18.1	14.0	19.7
4-5.....	149	64.0	44.0	37.1	12.2	.9	29.5	27.8	8.2	15.8
Income:										
Under 131% Poverty...	108	56.9	44.3	35.5	14.0	.0	22.2	17.0	15.7	23.2
131-300% Poverty.....	148	52.0	34.6	28.4	9.5	1.7	23.4	16.5	4.4	21.8
Over 300% Poverty....	78	66.8	55.2	47.6	19.7	1.5	27.5	30.0	23.2	9.3
Region:										
Northeast.....	75	49.2	36.3	22.5	13.7	.0	20.3	25.3	6.2	15.1
Midwest.....	100	56.0	40.6	35.4	12.4	.0	22.8	25.0	12.1	8.0
South.....	110	61.9	43.9	40.5	10.0	.0	26.7	22.1	17.2	23.1
West.....	85	59.2	46.2	33.8	22.1	4.3	26.0	15.4	8.6	26.3
All Women.....	1,088	57.1	19.6	13.4	7.7	3.2	27.1	30.6	17.6	18.9
Age:										
19-34.....	579	61.2	21.4	13.6	9.4	3.4	28.1	32.2	16.1	18.7
35-50.....	510	52.4	17.7	13.2	5.8	2.9	26.0	28.9	19.2	19.1
Income:										
Under 131% Poverty...	220	39.0	17.0	12.3	4.9	1.8	13.1	18.5	9.3	8.6
131-300% Poverty.....	364	58.6	20.1	13.3	9.1	3.1	25.3	28.9	18.6	13.3
Over 300% Poverty....	384	66.8	21.2	15.0	7.9	4.1	34.9	39.7	23.4	27.3
Region:										
Northeast.....	239	58.1	30.7	25.2	8.5	3.6	22.2	26.2	18.2	10.8
Midwest.....	245	62.0	20.8	10.5	12.2	1.8	31.2	35.6	17.5	20.1
South.....	365	51.1	13.6	9.2	4.8	1.8	23.4	30.6	18.0	17.3
West.....	240	60.2	16.8	11.2	6.8	6.3	33.6	30.0	16.3	28.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.3-1A.--Vegetables: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Grams						
All Children.....	371	294	91	34	13	3	6	35
Age:								
1-3.....	222	290	86	34	13	3	6	30
4-5.....	149	298	97	33	13	3	5	42
Income:								
Under 131% Poverty...	108	236	91	33	12	2	4	41
131-300% Poverty.....	148	307	87	30	16	4	6	31
Over 300% Poverty....	78	357	99	45	11	4	8	32
Region:								
Northeast.....	75	299	83	27	9	5	7	35
Midwest.....	100	287	88	35	9	2	2	40
South.....	110	275	97	39	12	4	8	34
West.....	85	321	92	33	22	2	5	30
All Women.....	1,088	283	164	46	25	9	6	78
Age:								
19-34.....	579	277	158	49	22	9	7	72
35-50.....	510	291	171	44	27	9	5	85
Income:								
Under 131% Poverty...	220	214	142	47	21	9	5	61
131-300% Poverty.....	364	289	163	46	24	10	7	76
Over 300% Poverty....	384	327	181	46	28	10	6	91
Region:								
Northeast.....	239	283	160	38	28	8	5	80
Midwest.....	245	290	170	58	23	8	6	76
South.....	365	267	161	45	23	10	5	77
West.....	240	302	166	44	26	10	7	78

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.3-1B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Percent						
All Children.....	371	100.0	98.7	87.3	65.6	16.0	31.2	90.9
Age:								
1-3.....	222	100.0	99.0	89.4	63.2	17.3	30.2	89.9
4-5.....	149	100.0	98.1	84.3	69.2	14.1	32.7	92.4
Income:								
Under 131% Poverty...	108	100.0	96.8	91.0	63.0	10.8	19.9	88.9
131-300% Poverty.....	148	100.0	100.0	86.2	66.7	21.0	34.2	92.1
Over 300% Poverty....	78	100.0	98.1	87.6	71.9	17.3	39.1	95.9
Region:								
Northeast.....	75	100.0	99.1	80.3	54.8	16.9	34.4	84.3
Midwest.....	100	100.0	100.0	90.2	60.3	8.0	17.8	92.4
South.....	110	100.0	97.5	87.6	66.0	23.2	38.2	91.9
West.....	85	100.0	98.3	89.8	81.0	15.3	35.0	93.7
All Women.....	1,088	99.4	99.2	82.9	74.7	29.8	28.9	95.1
Age:								
19-34.....	579	99.8	99.6	83.5	72.0	25.5	28.9	94.4
35-50.....	510	98.9	98.7	82.1	77.8	34.6	28.9	95.8
Income:								
Under 131% Poverty...	220	96.9	96.6	80.2	59.5	22.4	18.7	88.9
131-300% Poverty.....	364	100.0	100.0	82.0	78.2	30.2	32.7	96.9
Over 300% Poverty....	384	100.0	99.6	85.4	79.0	33.8	33.2	97.7
Region:								
Northeast.....	239	99.1	99.1	80.1	78.2	31.5	27.1	95.2
Midwest.....	245	100.0	100.0	88.6	72.5	19.3	26.4	95.1
South.....	365	98.7	98.5	82.5	71.4	31.9	25.4	93.7
West.....	240	100.0	99.4	80.3	78.6	35.3	38.5	97.1

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.3-2A.--Vegetables: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Grams						
All Children	371	50	19	9	2	(*)	1	7
Age:								
1-3	222	47	17	8	2	1	1	5
4-5	149	53	22	10	2	(*)	1	9
Income:								
Under 131% Poverty	108	50	22	7	1	(*)	1	12
131-300% Poverty	148	36	16	9	3	(*)	1	4
Over 300% Poverty	78	91	27	15	2	2	2	7
Region:								
Northeast	75	28	15	8	1	0	(*)	6
Midwest	100	33	16	8	1	0	(*)	6
South	110	77	30	13	3	1	3	10
West	85	53	12	6	2	(*)	(*)	4
All Women	1,088	62	44	14	6	2	1	21
Age:								
19-34	579	56	41	15	5	2	1	17
35-50	510	68	47	13	7	2	1	24
Income:								
Under 131% Poverty	220	31	23	9	2	1	1	10
131-300% Poverty	364	58	43	15	6	2	2	19
Over 300% Poverty	384	84	58	17	8	2	2	29
Region:								
Northeast	239	54	35	10	6	2	1	15
Midwest	245	66	48	18	6	2	1	21
South	365	63	46	15	6	2	1	23
West	240	63	43	13	5	2	2	21

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.3-2B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Percent						
All Children.....	371	63.9	53.8	42.0	25.3	2.0	5.9	29.8
Age:								
1-3.....	222	61.1	50.1	42.3	25.7	3.1	7.5	25.3
4-5.....	149	67.9	59.2	41.5	24.7	.4	3.7	36.4
Income:								
Under 131% Poverty...	108	58.5	50.0	35.2	21.5	.6	3.2	36.7
131-300% Poverty.....	148	61.9	54.0	43.6	28.5	1.4	5.4	24.9
Over 300% Poverty....	78	85.7	68.0	58.9	30.6	6.3	13.5	36.2
Region:								
Northeast.....	75	45.6	39.4	29.8	9.8	.0	.7	19.3
Midwest.....	100	61.8	52.6	39.6	23.6	.0	4.6	25.7
South.....	110	70.8	61.6	50.5	31.2	5.0	12.7	36.5
West.....	85	73.5	57.7	44.5	33.5	2.4	3.5	35.0
All Women.....	1,088	70.9	68.2	45.1	35.4	10.1	10.5	53.7
Age:								
19-34.....	579	69.9	66.5	46.8	32.2	8.2	10.1	50.5
35-50.....	510	72.1	70.1	43.2	39.0	12.3	11.1	57.3
Income:								
Under 131% Poverty...	220	55.1	52.1	35.2	17.9	6.6	4.6	32.7
131-300% Poverty.....	364	71.4	67.4	46.8	37.0	9.6	11.7	54.1
Over 300% Poverty....	384	79.8	78.6	50.0	42.3	13.5	15.3	66.5
Region:								
Northeast.....	239	64.4	61.2	39.6	32.1	11.5	7.3	43.9
Midwest.....	245	73.2	69.5	48.6	34.5	9.5	13.3	54.1
South.....	365	71.5	69.5	48.3	38.4	10.1	9.5	56.6
West.....	240	74.3	71.9	42.1	34.9	9.3	12.5	58.6

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.4-1A.--Fruits: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Fruits	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits, Mixtures Mainly Fruit	Noncitrus Juices, Nectars
	Number	Grams								
All Children.....	371	203	70	63	2	131	26	14	28	63
Age:										
1-3.....	222	204	66	60	2	136	24	15	28	68
4-5.....	149	201	75	67	2	124	29	13	27	54
Income:										
Under 131% Poverty...	108	144	56	50	2	86	25	11	19	31
131-300% Poverty.....	148	220	70	64	2	147	26	13	32	77
Over 300% Poverty....	78	258	103	98	1	154	29	25	35	65
Region:										
Northeast.....	75	216	84	80	4	129	22	5	18	84
Midwest.....	100	198	64	58	1	133	31	14	30	58
South.....	110	178	61	56	3	114	24	15	27	48
West.....	85	229	74	63	1	153	26	23	35	69
All Women.....	1,088	119	54	42	(*)	65	15	9	28	14
Age:										
19-34.....	579	118	53	42	1	65	13	10	25	17
35-50.....	510	120	54	43	(*)	66	16	8	31	9
Income:										
Under 131% Poverty...	220	73	36	31	(*)	37	11	4	14	8
131-300% Poverty.....	364	126	57	43	(*)	68	16	10	27	15
Over 300% Poverty....	384	147	65	51	(*)	81	17	12	37	15
Region:										
Northeast.....	239	123	64	51	(*)	59	15	8	20	15
Midwest.....	245	120	54	44	(*)	66	14	9	24	19
South.....	365	105	48	38	(*)	56	13	9	25	9
West.....	240	136	52	38	1	84	17	10	43	13

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.4-1B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Fruits	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits, Mixtures Mainly Fruit	Noncitrus Juices, Nectars
	Number	Percent								
All Children	371	92.7	64.4	56.7	18.3	84.5	52.1	39.7	53.4	47.5
Age:										
1-3	222	95.3	64.7	56.4	16.1	85.7	51.6	39.4	55.0	49.4
4-5	149	88.9	64.1	57.2	21.7	82.6	52.8	40.1	51.1	44.7
Income:										
Under 131% Poverty	108	95.9	63.0	56.4	18.5	82.0	48.4	34.8	35.3	29.9
131-300% Poverty	148	92.9	65.4	54.6	21.6	86.2	54.1	33.3	63.8	58.2
Over 300% Poverty	78	97.2	82.1	75.1	12.8	89.8	55.1	61.7	60.1	45.1
Region:										
Northeast	75	85.1	50.7	46.9	32.0	81.4	46.6	24.3	37.5	65.2
Midwest	100	93.0	65.3	60.9	11.3	84.4	56.9	38.4	56.6	51.8
South	110	95.4	69.6	59.1	14.5	82.6	56.0	41.1	47.4	30.8
West	85	95.6	69.0	57.4	19.6	89.7	46.0	53.0	71.7	48.5
All Women	1,088	81.3	56.0	42.5	3.7	69.5	29.6	25.1	46.1	15.0
Age:										
19-34	579	79.3	53.6	39.9	4.7	66.6	26.7	25.4	44.0	15.9
35-50	510	83.4	58.6	45.4	2.5	72.7	33.0	24.8	48.5	14.0
Income:										
Under 131% Poverty	220	69.4	42.4	33.2	1.8	53.2	21.1	14.2	27.6	11.0
131-300% Poverty	364	83.9	58.5	42.5	4.6	71.3	30.1	26.0	45.0	12.9
Over 300% Poverty	384	88.1	64.9	51.4	3.8	77.0	35.8	32.9	56.7	17.4
Region:										
Northeast	239	82.8	61.0	49.4	3.0	68.2	28.6	21.7	37.7	22.0
Midwest	245	76.4	51.0	41.7	3.4	62.7	27.2	24.0	46.0	13.6
South	365	78.7	52.9	38.6	4.2	66.5	27.7	25.2	39.4	10.9
West	240	88.6	60.8	42.3	3.8	82.2	36.0	29.5	64.8	15.8

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.4-2A.--Fruits: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Fruits	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits, Mixtures Mainly Fruit	Noncitrus Juices, Nectars
	Number	Grams								
All Children.....	371	31	15	14	(*)	16	4	1	5	6
Age:										
1-3.....	222	30	15	14	(*)	15	3	1	4	7
4-5.....	149	32	15	14	(*)	16	4	2	6	4
Income:										
Under 131% Poverty...	108	29	13	12	1	16	3	1	6	6
131-300% Poverty.....	148	20	6	6	(*)	14	2	1	5	6
Over 300% Poverty....	78	64	38	38	(*)	25	7	3	5	10
Region:										
Northeast.....	75	13	9	8	(*)	5	1	1	1	2
Midwest.....	100	17	7	7	(*)	10	4	1	4	2
South.....	110	47	22	21	(*)	24	7	2	7	8
West.....	85	41	19	18	(*)	21	1	2	5	12
All Women.....	1,088	18	7	6	(*)	11	2	1	6	2
Age:										
19-34.....	579	16	6	5	(*)	9	1	1	5	2
35-50.....	510	21	8	7	(*)	13	3	1	7	2
Income:										
Under 131% Poverty...	220	8	3	2	0	6	1	1	2	1
131-300% Poverty.....	364	15	6	5	0	9	2	1	5	1
Over 300% Poverty....	384	26	9	7	(*)	17	3	1	10	3
Region:										
Northeast.....	239	20	9	8	(*)	10	2	1	4	3
Midwest.....	245	17	7	6	(*)	11	2	(*)	7	2
South.....	365	17	6	4	(*)	11	2	1	6	1
West.....	240	19	6	5	0	13	1	1	8	3

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.4-2B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Fruits	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits, Mixtures Mainly Fruit	Noncitrus Juices, Nectars
	Number	Percent								
All Children.....	371	43.2	22.5	19.3	3.2	31.5	13.1	6.3	12.7	11.1
Age:										
1-3.....	222	40.2	20.9	18.6	1.8	28.7	12.6	5.6	10.2	10.9
4-5.....	149	47.6	24.9	20.4	5.1	35.7	13.8	7.3	16.4	11.4
Income:										
Under 131% Poverty...	108	41.9	22.7	19.8	7.0	33.1	13.5	4.9	14.2	10.5
131-300% Poverty.....	148	34.1	16.2	14.3	1.1	23.6	8.7	5.1	12.4	10.1
Over 300% Poverty....	78	73.6	39.6	34.5	3.4	53.0	23.6	13.3	14.6	19.3
Region:										
Northeast.....	75	26.9	17.3	16.1	5.6	12.1	4.7	3.7	4.7	3.7
Midwest.....	100	31.6	17.0	15.9	2.2	22.8	12.2	1.9	10.9	3.9
South.....	110	54.5	28.7	23.6	1.2	45.4	25.7	8.0	18.3	13.8
West.....	85	56.7	25.6	20.5	4.8	41.0	5.1	11.5	14.6	22.8
All Women.....	1,088	33.7	15.8	10.8	.6	24.6	4.8	3.5	17.9	3.7
Age:										
19-34.....	579	32.1	14.9	9.8	.7	23.5	3.4	3.4	16.8	3.3
35-50.....	510	35.6	16.9	12.0	.4	25.9	6.4	3.6	19.1	4.0
Income:										
Under 131% Poverty...	220	20.5	9.5	7.3	.0	13.3	2.9	2.9	8.7	2.8
131-300% Poverty.....	364	31.9	17.3	11.1	.0	21.4	5.0	3.2	14.7	2.2
Over 300% Poverty....	384	43.4	18.4	12.9	1.2	33.4	6.8	4.4	23.9	5.8
Region:										
Northeast.....	239	32.4	19.1	15.0	.3	21.2	6.1	3.1	12.8	5.9
Midwest.....	245	31.5	11.2	9.6	.8	23.6	5.7	1.7	17.1	2.9
South.....	365	32.2	17.8	10.2	.9	22.2	4.0	4.1	16.3	2.2
West.....	240	39.7	14.3	9.0	.0	32.7	3.7	4.8	26.1	4.5

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.5-1A.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Grain Products						Fats and Oils			Sugars and Sweets		
		Total Grain Products	Yeast Breads and Rolls	Other Baked Goods	Cereals and Pastas		Mixtures: Mainly Grain	Total Fats and Oils	Table Fats	Salad Dressings	Total Sugars and Sweets	Sugars	Candy
					Total	Ready-to-Eat Cereals							
	Number	Grams											
All Children	371	200	37	46	51	16	66	6	4	2	33	1	6
Age:													
1-3	222	193	34	42	50	14	67	6	4	2	27	1	5
4-5	149	209	42	51	52	18	63	7	4	2	41	2	8
Income:													
Under 131% Poverty	108	209	35	39	60	16	74	5	3	2	33	1	4
131-300% Poverty	148	203	40	49	48	15	67	6	4	2	32	1	7
Over 300% Poverty	78	192	31	46	50	15	64	8	5	3	37	1	5
Region:													
Northeast	75	217	44	44	53	20	76	5	4	1	27	1	5
Midwest	100	192	35	42	44	17	71	6	4	2	34	1	7
South	110	185	38	46	49	14	52	5	3	2	36	1	6
West	85	213	33	50	60	12	69	8	5	3	32	2	6
All Women	1,088	196	41	45	38	7	72	16	5	10	17	4	4
Age:													
19-34	579	208	42	43	37	8	85	15	5	9	18	3	5
35-50	510	184	40	47	38	6	58	17	5	10	15	4	4
Income:													
Under 131% Poverty	220	218	39	40	51	5	88	9	4	5	14	5	3
131-300% Poverty	364	198	45	48	38	8	66	15	5	9	19	4	4
Over 300% Poverty	384	191	41	49	30	7	71	20	6	13	18	3	5
Region:													
Northeast	239	188	47	33	39	6	68	14	5	8	15	5	4
Midwest	245	195	43	48	26	8	78	17	6	9	18	2	5
South	365	184	38	49	37	6	60	14	4	9	15	4	4
West	240	225	39	48	50	8	88	20	6	12	20	3	4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.5-1B.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Grain Products						Fats and Oils			Sugars and Sweets		
		Total Grain Products	Yeast Breads and Rolls	Other Baked Goods	Cereals and Pastas		Mixtures: Mainly Grain	Total Fats and Oils	Table Fats	Salad Dressings	Total Sugars and Sweets	Sugars	Candy
					Total	Ready-to-Eat Cereals							
	Number	Percent											
All Children	371	100.0	98.6	98.5	96.5	86.1	82.7	90.6	86.7	46.4	92.9	51.3	49.8
Age:													
1-3	222	100.0	98.0	98.1	95.4	81.5	86.1	88.1	85.0	45.7	90.2	44.3	42.8
4-5	149	100.0	99.6	99.0	98.1	92.9	77.7	94.4	89.4	47.5	97.0	61.6	60.1
Income:													
Under 131% Poverty	108	100.0	97.4	99.1	96.2	86.9	84.2	93.1	88.5	43.8	93.1	51.0	39.2
131-300% Poverty	148	100.0	98.8	98.7	94.0	82.9	81.7	89.0	84.8	47.9	91.5	54.8	58.9
Over 300% Poverty	78	100.0	100.0	96.3	100.0	87.6	95.5	92.7	88.7	54.3	91.8	44.2	45.4
Region:													
Northeast	75	100.0	99.2	96.6	95.1	88.1	76.8	86.1	83.1	24.6	92.8	42.8	44.4
Midwest	100	100.0	98.5	98.1	98.5	95.6	81.2	89.0	85.4	37.3	97.7	60.4	56.0
South	110	100.0	99.0	98.8	96.6	86.6	83.9	90.6	84.1	52.5	88.7	44.3	49.0
West	85	100.0	97.7	100.0	95.3	72.5	88.3	96.5	95.1	68.6	92.8	57.1	48.2
All Women	1,088	99.9	96.5	88.7	65.9	38.8	69.3	94.9	79.1	74.2	83.6	60.6	33.5
Age:													
19-34	579	99.8	95.9	86.6	63.8	41.6	73.9	93.2	77.4	73.9	81.6	57.4	33.8
35-50	510	100.0	97.2	91.0	68.2	35.7	64.1	96.9	81.1	74.5	85.8	64.3	33.1
Income:													
Under 131% Poverty	220	100.0	93.7	81.1	66.2	32.0	70.0	88.5	67.7	61.4	78.5	68.0	23.2
131-300% Poverty	364	100.0	97.8	90.9	65.2	42.2	69.8	96.6	81.0	77.1	84.2	56.4	35.7
Over 300% Poverty	384	99.7	96.9	91.9	63.0	38.5	70.5	97.1	82.5	82.7	86.2	59.1	38.5
Region:													
Northeast	239	100.0	95.3	83.1	71.0	37.3	68.4	93.4	80.7	69.4	81.1	65.4	29.8
Midwest	245	100.0	97.2	90.9	61.3	46.8	72.8	96.4	82.4	74.2	80.5	51.8	35.0
South	365	99.7	96.2	88.9	62.0	33.3	61.9	93.5	69.9	75.1	85.7	63.4	30.7
West	240	100.0	97.3	91.5	71.3	40.5	77.8	97.1	88.3	77.7	85.7	60.6	39.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.5-2A.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Grain Products						Fats and Oils			Sugars and Sweets		
		Total Grain Products	Yeast Breads and Rolls	Other Baked Goods	Cereals and Pastas		Mixtures: Mainly Grain	Total Fats and Oils	Table Fats	Salad Dressings	Total Sugars and Sweets	Sugars	Candy
					Total	Ready-to-Eat Cereals							
	Number	Grams											
All Children	371	31	5	9	6	1	11	1	(*)	(*)	7	(*)	1
Age:													
1-3	222	34	5	9	8	1	13	1	(*)	(*)	6	(*)	1
4-5	149	26	6	9	2	1	9	(*)	(*)	(*)	8	(*)	1
Income:													
Under 131% Poverty	108	34	6	8	9	1	11	1	(*)	(*)	9	(*)	1
131-300% Poverty	148	25	5	7	4	1	9	1	(*)	(*)	6	(*)	2
Over 300% Poverty	78	46	5	15	6	1	20	1	1	(*)	7	(*)	1
Region:													
Northeast	75	16	3	3	2	(*)	8	(*)	(*)	0	2	0	1
Midwest	100	31	5	7	4	1	15	1	(*)	(*)	6	(*)	1
South	110	36	7	12	4	2	12	1	(*)	(*)	10	(*)	1
West	85	38	4	12	13	(*)	8	1	(*)	(*)	8	(*)	2
All Women	1,088	46	8	15	4	(*)	19	5	1	4	5	1	2
Age:													
19-34	579	50	9	14	4	(*)	23	5	1	4	6	1	2
35-50	510	42	8	16	3	(*)	15	5	1	4	4	1	1
Income:													
Under 131% Poverty	220	27	6	10	2	(*)	9	1	(*)	1	3	1	1
131-300% Poverty	364	46	8	15	4	(*)	18	5	1	4	5	1	2
Over 300% Poverty	384	58	10	20	4	(*)	24	8	1	6	5	1	2
Region:													
Northeast	239	36	10	9	2	(*)	16	4	1	3	3	1	1
Midwest	245	47	8	17	3	(*)	20	6	1	4	5	(*)	2
South	365	45	8	18	5	(*)	15	5	1	4	4	1	1
West	240	55	8	14	5	(*)	27	7	1	6	6	1	2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.5-2B.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individual Using at Least Once, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Grain Products						Fats and Oils			Sugars and Sweets		
		Total Grain Products	Yeast Breads and Rolls	Other Baked Goods	Cereals and Pastas			Total Fats and Oils	Table Fats	Salad Dressings	Total Sugars and Sweets	Sugars	Candy
					Total	Ready-to-Eat Cereals	Mixtures: Mainly Grain						
	Number	Percent											
All Children	371	70.2	40.7	55.3	19.5	11.7	27.5	22.9	18.8	5.7	33.1	4.9	15.4
Age:													
1-3	222	66.8	36.3	55.6	23.1	12.2	30.9	22.0	17.8	5.9	32.2	5.4	16.4
4-5	149	75.2	47.3	54.8	14.2	10.8	22.5	24.2	20.3	5.4	34.6	4.3	14.0
Income:													
Under 131% Poverty	108	65.0	39.6	43.6	24.3	16.6	28.1	22.3	16.1	9.0	37.9	9.1	13.7
131-300% Poverty	148	64.1	36.5	51.5	12.5	8.8	23.5	16.7	13.8	6.0	30.0	3.1	18.9
Over 300% Poverty	78	91.3	45.2	86.4	33.5	14.1	45.6	34.6	29.4	3.4	42.7	4.9	16.5
Region:													
Northeast	75	57.5	33.3	37.3	12.0	8.1	21.4	17.3	17.3	.0	16.6	.0	6.2
Midwest	100	67.4	42.3	44.8	13.5	7.7	25.8	20.6	18.5	2.8	33.6	7.0	15.6
South	110	74.6	45.3	66.9	25.2	21.5	37.2	28.3	22.0	7.7	40.4	7.8	17.9
West	85	79.0	39.4	68.5	25.8	6.7	22.4	23.5	16.4	11.7	37.8	3.1	20.1
All Women	1,088	72.5	49.9	50.1	10.4	1.2	26.6	48.6	24.2	32.6	38.8	21.5	15.7
Age:													
19-34	579	71.4	51.0	48.0	11.6	1.6	26.7	46.2	24.4	30.0	39.7	19.8	18.1
35-50	510	73.7	48.6	52.4	9.1	.8	26.5	51.3	23.9	35.4	37.9	23.3	12.9
Income:													
Under 131% Poverty	220	55.2	34.3	32.4	5.9	.6	16.3	25.0	13.4	14.5	23.8	14.2	9.1
131-300% Poverty	364	70.4	47.9	49.5	10.4	1.7	23.9	48.8	24.0	30.5	38.0	19.6	16.1
Over 300% Poverty	384	86.2	60.8	63.6	11.0	.7	36.2	59.6	30.1	44.9	46.9	27.0	20.0
Region:													
Northeast	239	66.1	49.7	38.1	5.8	.3	22.1	42.3	20.4	28.8	33.1	23.7	11.3
Midwest	245	76.4	49.9	55.6	8.3	2.2	28.0	51.4	32.5	31.4	31.2	8.2	17.6
South	365	72.9	47.4	53.6	11.9	1.0	24.6	47.4	19.8	31.1	41.0	27.0	16.1
West	240	74.1	53.8	50.9	15.0	1.6	32.8	53.5	26.2	39.6	49.0	24.3	17.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.6-1A.--Beverages: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages								
			Total	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
								Total	Regular	Low-Calorie	Total	Regular	Low-Calorie
	Number	Grams											
All Children.....	371	196	0	0	196	(*)	28	84	79	5	84	74	10
Age:													
1-3.....	222	188	0	0	188	(*)	32	79	75	4	77	67	10
4-5.....	149	209	0	0	209	1	21	91	83	8	96	86	10
Income:													
Under 131% Poverty...	108	222	0	0	222	0	43	96	92	4	83	79	5
131-300% Poverty.....	148	177	0	0	177	(*)	21	73	67	6	84	71	12
Over 300% Poverty....	78	191	0	0	191	(*)	31	63	56	7	97	83	14
Region:													
Northeast.....	75	187	0	0	187	2	14	102	98	3	69	60	9
Midwest.....	100	162	0	0	162	0	7	83	76	8	71	62	9
South.....	110	267	0	0	267	(*)	64	78	71	7	124	109	15
West.....	85	155	0	0	155	0	16	77	75	2	63	57	6
All Women.....	1,088	823	61	40	771	298	152	48	41	7	284	177	108
Age:													
19-34.....	579	764	68	50	703	216	145	56	49	7	301	198	103
35-50.....	510	890	53	28	849	391	161	39	32	7	265	153	113
Income:													
Under 131% Poverty...	220	706	32	26	675	253	124	74	71	4	240	190	50
131-300% Poverty.....	364	820	69	52	769	290	171	42	36	6	278	161	117
Over 300% Poverty....	384	923	79	45	853	355	160	38	29	10	308	171	138
Region:													
Northeast.....	239	795	70	50	725	300	117	52	46	6	255	137	118
Midwest.....	245	856	60	45	796	316	141	51	42	9	311	188	123
South.....	365	892	62	44	849	281	212	44	37	7	312	205	106
West.....	240	712	52	17	674	300	109	46	40	6	244	161	83

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.6-1B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Total food

Age, Income, and Region	Individuals	Total Beverages	Alcoholic Beverages: Total	Alcoholic Beverages: Beer and Ale	Nonalcoholic Beverages: Total	Nonalcoholic Beverages: Coffee	Nonalcoholic Beverages: Tea	Fruit Drinks and Ades: Total	Fruit Drinks and Ades: Regular	Fruit Drinks and Ades: Low-Calorie	Carbonated Soft Drinks: Total	Carbonated Soft Drinks: Regular	Carbonated Soft Drinks: Low-Calorie
	Number	Percent											
All Children.....	371	92.3	0.0	0.0	92.3	1.7	26.1	64.1	61.9	6.8	70.9	65.7	17.8
Age:													
1-3.....	222	93.4	.0	.0	93.4	.4	29.7	62.5	61.0	5.9	67.9	63.0	15.7
4-5.....	149	90.6	.0	.0	90.6	3.5	20.7	66.6	63.2	8.0	75.4	69.8	21.0
Income:													
Under 131% Poverty...	108	89.3	.0	.0	89.3	.0	37.2	62.1	60.3	4.4	67.6	64.8	7.7
131-300% Poverty.....	148	92.4	.0	.0	92.4	.6	21.9	69.2	67.6	6.7	74.8	67.8	20.7
Over 300% Poverty....	78	92.4	.0	.0	92.4	1.0	30.3	52.3	50.3	10.3	71.8	64.5	20.2
Region:													
Northeast.....	75	91.5	.0	.0	91.5	7.2	17.9	66.0	65.1	2.4	58.8	55.2	23.3
Midwest.....	100	93.3	.0	.0	93.3	.0	8.3	70.9	65.7	10.7	67.5	64.2	14.6
South.....	110	93.7	.0	.0	93.7	.7	57.5	57.1	54.9	8.6	84.1	79.3	19.4
West.....	85	89.8	.0	.0	89.8	.0	13.5	63.6	63.6	3.6	68.4	59.2	14.8
All Women.....	1,088	99.3	31.0	13.0	99.1	68.0	54.4	34.9	30.6	6.4	84.4	67.0	39.6
Age:													
19-34.....	579	99.3	29.9	16.2	99.1	56.7	51.6	39.7	36.5	5.5	86.0	69.1	39.2
35-50.....	510	99.3	32.2	9.3	99.2	80.8	57.5	29.4	24.0	7.5	82.7	64.6	40.0
Income:													
Under 131% Poverty...	220	99.4	15.7	8.1	99.0	67.4	48.0	41.8	39.4	4.2	79.6	69.7	21.7
131-300% Poverty.....	364	98.7	29.2	16.0	98.7	61.7	54.8	33.7	30.0	6.2	84.1	66.3	39.8
Over 300% Poverty....	384	100.0	41.3	15.4	99.8	75.8	59.1	32.5	26.6	8.3	86.2	64.3	50.7
Region:													
Northeast.....	239	99.5	32.1	14.1	99.5	78.3	49.2	38.8	33.0	6.6	77.0	58.7	41.8
Midwest.....	245	100.0	27.0	15.5	99.6	58.7	44.4	36.7	32.3	6.6	90.4	68.9	45.7
South.....	365	99.8	27.3	12.7	99.8	69.6	71.5	32.4	28.7	7.0	88.6	73.2	40.0
West.....	240	97.5	39.4	9.5	97.2	64.8	43.7	32.8	29.4	5.3	79.5	63.8	30.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.6-2A.--Beverages: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Beverages	Alcoholic Beverages: Total	Alcoholic Beverages: Beer and Ale	Nonalcoholic Beverages: Total	Nonalcoholic Beverages: Coffee	Nonalcoholic Beverages: Tea	Fruit Drinks and Ades: Total	Fruit Drinks and Ades: Regular	Fruit Drinks and Ades: Low-Calorie	Carbonated Soft Drinks: Total	Carbonated Soft Drinks: Regular	Carbonated Soft Drinks: Low-Calorie
	Number	Grams											
All Children.....	371	54	0	0	54	0	3	11	11	(*)	40	37	3
Age:													
1-3.....	222	49	0	0	49	0	4	9	9	(*)	36	33	3
4-5.....	149	61	0	0	61	0	1	14	13	1	46	43	2
Income:													
Under 131% Poverty...	108	55	0	0	55	0	2	8	8	0	44	43	2
131-300% Poverty.....	148	53	0	0	53	0	5	13	13	1	35	32	3
Over 300% Poverty....	78	61	0	0	61	0	1	11	11	(*)	48	42	6
Region:													
Northeast.....	75	33	0	0	33	0	(*)	9	9	0	23	21	2
Midwest.....	100	42	0	0	42	0	3	10	10	(*)	28	27	1
South.....	110	84	0	0	84	0	7	14	14	0	63	58	5
West.....	85	48	0	0	48	0	0	10	9	1	38	35	3
All Women.....	1,088	261	27	16	234	74	35	5	5	(*)	120	78	41
Age:													
19-34.....	579	258	31	21	227	54	34	7	6	1	132	90	41
35-50.....	510	265	22	10	243	97	36	3	3	(*)	106	64	41
Income:													
Under 131% Poverty...	220	148	11	8	137	35	10	6	5	1	86	66	20
131-300% Poverty.....	364	249	26	16	224	64	42	4	4	1	114	71	43
Over 300% Poverty....	384	346	39	22	306	115	40	6	6	(*)	144	88	56
Region:													
Northeast.....	239	219	22	10	197	68	21	5	5	0	103	45	58
Midwest.....	245	263	30	20	233	82	22	5	5	(*)	123	79	44
South.....	365	301	31	23	270	70	55	4	4	1	141	100	40
West.....	240	241	23	7	219	80	31	7	7	0	100	76	24

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 1.6-2B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1985

Food obtained and eaten away from home

Age, Income, and Region	Individuals	Total Beverages	Alcoholic Beverages: Total	Alcoholic Beverages: Beer and Ale	Nonalcoholic Beverages: Total	Nonalcoholic Beverages: Coffee	Nonalcoholic Beverages: Tea	Fruit Drinks and Ades: Total	Fruit Drinks and Ades: Regular	Fruit Drinks and Ades: Low-Calorie	Carbonated Soft Drinks: Total	Carbonated Soft Drinks: Regular	Carbonated Soft Drinks: Low-Calorie
	Number	Percent											
All Children	371	51.8	0.0	0.0	51.8	0.0	4.6	17.6	17.2	0.8	44.8	42.6	5.7
Age:													
1-3	222	51.3	.0	.0	51.3	.0	5.7	15.7	15.0	.7	44.3	41.0	7.0
4-5	149	52.4	.0	.0	52.4	.0	3.1	20.5	20.5	.9	45.5	45.0	3.7
Income:													
Under 131% Poverty	108	49.9	.0	.0	49.9	.0	5.1	13.8	13.8	.0	43.8	43.8	1.8
131-300% Poverty	148	54.1	.0	.0	54.1	.0	6.9	17.4	17.4	.9	46.8	43.9	6.5
Over 300% Poverty	78	55.9	.0	.0	55.9	.0	1.8	23.0	21.0	2.0	45.1	40.5	12.1
Region:													
Northeast	75	39.7	.0	.0	39.7	.0	.9	17.3	17.3	.0	36.1	30.1	6.0
Midwest	100	56.6	.0	.0	56.6	.0	2.3	16.4	14.8	1.5	45.0	43.9	3.0
South	110	56.9	.0	.0	56.9	.0	12.8	20.1	20.1	.0	54.4	53.8	8.0
West	85	50.0	.0	.0	50.0	.0	.0	16.2	16.2	1.6	39.6	37.8	5.5
All Women	1,088	80.9	18.2	5.9	80.0	38.9	25.6	6.3	5.9	.5	60.8	45.2	24.8
Age:													
19-34	579	79.2	17.3	7.4	78.6	31.2	21.9	8.1	7.4	.7	64.5	50.6	24.0
35-50	510	82.7	19.3	4.1	81.6	47.8	29.7	4.3	4.1	.2	56.5	39.1	25.6
Income:													
Under 131% Poverty	220	65.2	4.7	1.7	64.6	23.5	10.9	5.5	5.2	.3	49.1	42.9	11.3
131-300% Poverty	364	79.5	15.4	6.6	79.1	36.6	29.2	5.7	4.7	.9	59.1	44.7	22.6
Over 300% Poverty	384	91.7	28.3	8.2	90.1	53.8	30.9	7.4	7.1	.3	69.1	47.5	34.4
Region:													
Northeast	239	78.4	15.7	3.8	78.0	44.3	17.4	6.1	6.1	.0	54.2	33.8	28.2
Midwest	245	83.3	18.9	8.6	81.6	33.4	18.2	8.4	7.6	.8	68.7	48.3	28.6
South	365	80.7	14.6	6.0	80.7	36.6	38.3	5.3	4.4	.9	65.3	53.7	24.6
West	240	81.1	25.5	5.0	79.2	42.9	21.8	6.2	6.2	.0	52.3	40.6	17.7

NOTE: See "Table Notes."
SOURCE: NFCSG(tinuing Survey of Food Intakes by Individuals, 1985.

Table 2.1--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1985

Children

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugar, Sweets
	Percent						
Food Energy	15.3	19.8	1.7	3.8	32.1	2.5	4.5
Protein	30.7	29.4	2.8	4.7	25.3	.1	.8
Total Fat	24.0	25.5	3.2	6.6	24.0	7.1	1.6
Saturated Fat	22.1	39.1	2.4	3.3	19.8	5.1	2.0
Monounsaturated Fat	28.5	20.6	3.5	8.2	24.6	7.1	1.5
Polyunsaturated Fat	18.5	6.3	3.5	10.4	32.5	12.3	.9
Cholesterol	28.0	26.6	22.3	.4	19.9	1.5	.2
Carbohydrate	3.7	13.3	.1	2.0	39.4	.1	7.6
Dietary Fiber	5.5	1.2	.0	9.2	40.2	.0	1.7
Vitamin A (IU)	6.9	21.8	2.5	.5	31.5	3.7	.1
Vitamin A (RE)	5.7	27.2	3.8	.3	36.8	5.4	.1
Carotenes	9.7	11.1	.4	1.1	18.7	2.8	.1
Vitamin E	12.2	8.7	3.5	9.9	33.3	11.0	1.4
Ascorbic Acid	7.2	5.7	.0	.3	14.9	.0	.4
Thiamin	14.5	14.1	.9	2.4	50.8	.0	.6
Riboflavin	11.7	41.6	2.5	1.2	34.0	.1	1.1
Niacin	29.9	3.3	.1	6.5	47.1	.0	.7
Vitamin B-6	17.9	14.9	1.3	2.8	36.7	.3	.6
Folacin	6.0	12.3	3.5	5.4	40.7	.1	.8
Vitamin B-12	30.4	41.4	4.4	.6	22.1	.2	.4
Calcium	3.6	64.0	1.2	1.4	21.1	.2	.9
Phosphorus	15.3	42.0	2.4	3.7	25.9	.1	.9
Magnesium	10.7	28.7	.9	7.2	30.0	.1	1.6
Iron	16.4	3.6	2.7	3.1	58.4	.1	1.4
Zinc	30.3	26.5	2.5	4.2	28.1	.0	.7
Copper	13.3	7.2	1.1	7.3	38.7	.1	2.4
Sodium	20.2	16.3	2.0	3.3	42.8	2.2	.8
Potassium	13.1	32.2	.9	3.8	15.2	.1	1.2

Table 2.1--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Total	Citrus Fruits, Tomatoes	Noncitrus Fruits	Dark Green, Deep Yellow	White Potatoes	Other Vegetables	Nonalcoholic	Alcoholic
	Percent							
Food Energy	15.2	2.7	6.0	0.3	4.6	1.6	5.1	0.0
Protein	6.2	1.3	1.1	.3	1.9	1.6	.0	.0
Total Fat	7.9	.3	.7	.3	5.4	1.1	.1	.0
Saturated Fat	6.0	.2	.5	.2	4.4	.7	.1	.0
Monounsaturated Fat	5.9	.2	.2	.3	4.1	1.2	.0	.0
Polyunsaturated Fat	15.5	.7	1.0	.6	11.1	2.2	.1	.0
Cholesterol	.9	.0	.0	.1	.5	.2	.0	.0
Carbohydrate	23.7	4.9	11.1	.4	5.0	2.2	10.1	.0
Dietary Fiber	42.1	5.8	14.7	2.3	9.3	10.1	.0	.0
Vitamin A (IU)	32.4	5.5	3.4	16.7	.6	6.2	.4	.0
Vitamin A (RE)	20.1	2.7	1.9	11.2	.7	3.7	.5	.0
Carotenes	55.9	11.3	7.2	23.7	.4	13.2	.3	.0
Vitamin E	19.9	4.6	6.2	1.5	4.9	2.7	.2	.0
Ascorbic Acid	57.3	30.5	15.1	1.8	5.9	4.1	14.2	.0
Thiamin	16.4	5.5	4.0	.6	3.5	2.8	.3	.0
Riboflavin	7.3	1.5	3.0	.6	.8	1.5	.6	.0
Niacin	12.3	2.2	2.7	.4	4.9	2.1	.1	.0
Vitamin B-6	25.4	3.7	11.4	1.2	7.2	2.0	.1	.0
Folacin	30.1	15.6	3.9	1.5	3.2	5.9	1.1	.0
Vitamin B-12	.5	.1	.0	.0	.1	.2	.0	.0
Calcium	5.6	1.4	1.4	.6	.9	1.2	2.0	.0
Phosphorus	8.0	1.5	1.6	.4	2.4	2.0	1.6	.0
Magnesium	19.4	4.5	5.7	1.0	4.6	3.6	1.3	.0
Iron	12.9	2.0	4.9	.7	2.6	2.7	1.4	.0
Zinc	6.5	.9	1.3	.4	1.8	2.1	1.1	.0
Copper	26.4	6.3	8.6	.9	7.0	3.7	3.8	.0
Sodium	11.8	3.2	.2	.5	3.6	4.3	.6	.0
Potassium	32.5	8.0	11.0	1.2	8.6	3.8	.8	.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 2.2--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1985

Women

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugar, Sweets
	Percent						
Food Energy	22.5	11.3	2.2	2.5	29.1	5.4	3.1
Protein	47.0	14.8	3.5	3.2	22.9	.4	.6
Total Fat	31.7	14.2	4.1	3.6	21.9	13.5	1.2
Saturated Fat	31.5	23.7	3.5	2.0	19.5	10.3	1.5
Monounsaturated Fat	36.9	11.4	4.4	4.3	22.4	11.5	1.1
Polyunsaturated Fat	22.4	3.0	3.9	5.5	25.7	23.4	.6
Cholesterol	40.3	13.7	24.5	.3	16.0	3.0	.2
Carbohydrate	5.7	8.3	.2	1.9	38.8	.9	5.6
Dietary Fiber	7.7	.8	.0	7.7	35.0	.1	1.2
Vitamin A (IU)	11.8	12.7	3.5	.7	19.3	5.2	.1
Vitamin A (RE)	11.8	18.2	5.6	.4	22.2	8.4	.1
Carotenes	11.0	4.8	.4	1.0	15.3	2.7	.1
Vitamin E	16.7	4.7	4.0	5.4	26.5	19.6	.9
Ascorbic Acid	11.7	3.5	.1	.5	10.7	.1	.2
Thiamin	24.2	7.5	1.4	3.1	43.1	.1	.7
Riboflavin	24.1	24.1	4.0	1.5	30.6	.5	1.3
Niacin	44.6	1.8	.2	3.3	30.7	.0	.6
Vitamin B-6	32.5	8.3	2.0	2.8	22.2	.9	.4
Folacin	10.9	6.6	4.6	5.5	30.0	.3	.6
Vitamin B-12	54.4	21.6	6.2	.2	14.0	.7	.4
Calcium	8.8	42.0	2.3	1.9	26.9	.8	.9
Phosphorus	28.1	23.5	3.4	3.4	24.7	.6	.8
Magnesium	17.7	13.4	1.2	5.6	26.2	.2	1.2
Iron	25.9	2.7	3.6	3.4	42.4	.4	1.0
Zinc	44.8	13.9	3.0	3.1	22.9	.2	.6
Copper	20.4	4.0	1.2	5.5	29.0	.2	1.6
Sodium	29.0	9.7	2.1	2.7	34.4	5.4	.4
Potassium	20.5	14.6	1.2	3.1	14.2	.5	1.2

Table 2.2--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Total	Citrus Fruits, Tomatoes	Noncitrus Fruits	Dark Green, Deep Yellow	White Potatoes	Other Vegetables	Nonalcoholic	Alcoholic
	Percent							
Food Energy	13.5	2.2	2.7	0.5	5.2	2.8	8.1	2.3
Protein	7.3	1.2	.6	.6	2.2	2.7	.1	.3
Total Fat	9.2	.4	.6	.5	5.5	2.2	.5	.0
Saturated Fat	7.4	.2	.4	.4	4.7	1.7	.5	.0
Monounsaturated Fat	7.7	.2	.5	.4	4.4	2.2	.4	.0
Polyunsaturated Fat	14.9	.7	.7	.7	9.4	3.3	.7	.0
Cholesterol	2.0	.0	.0	.1	1.2	.7	.0	.0
Carbohydrate	21.5	4.5	5.6	.8	6.7	3.9	15.8	1.3
Dietary Fiber	46.6	7.2	7.9	3.9	11.1	16.5	.2	.6
Vitamin A (IU)	46.3	8.9	4.3	18.0	1.1	14.0	.3	.1
Vitamin A (RE)	32.8	5.2	2.9	13.5	1.4	9.9	.4	.1
Carotenes	64.4	13.9	6.3	23.0	.6	20.7	.1	.1
Vitamin E	21.5	4.4	3.5	2.3	5.3	5.9	.7	.1
Ascorbic Acid	65.6	27.6	9.1	5.2	9.4	14.2	7.2	.5
Thiamin	19.2	5.2	2.2	1.1	4.9	5.8	.2	.5
Riboflavin	11.1	2.1	2.0	1.5	1.5	3.9	1.7	1.2
Niacin	12.9	2.2	1.5	.6	5.3	3.3	4.7	1.2
Vitamin B-6	29.0	4.0	6.9	2.1	10.7	5.4	.2	1.8
Folacin	35.5	10.7	2.7	3.9	4.2	14.1	4.2	1.7
Vitamin B-12	1.0	.1	.0	.1	.4	.6	.0	1.5
Calcium	11.1	1.9	1.0	2.1	1.8	4.2	4.7	.7
Phosphorus	10.5	1.6	.9	.7	3.4	3.9	4.3	.8
Magnesium	22.3	4.2	3.2	2.4	5.8	6.7	10.5	1.7
Iron	15.0	2.4	1.8	1.5	3.6	5.7	4.9	.7
Zinc	8.1	.9	.8	.6	2.2	3.7	3.1	.3
Copper	25.2	5.4	3.9	1.5	8.3	6.1	11.4	1.5
Sodium	14.5	3.1	.1	.9	4.3	6.0	1.5	.2
Potassium	32.8	7.4	5.6	1.7	10.2	7.8	10.7	1.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams					Milligrams
All Children.....	371	1,426	52.9	55.3	21.7	20.3	9.4	223
Age:								
1-3.....	222	1,369	51.1	53.3	20.9	19.5	9.1	222
4-5.....	149	1,510	55.6	58.3	23.0	21.5	9.8	226
Income:								
Under 131% Poverty...	108	1,411	54.0	55.8	22.0	20.7	9.1	241
131-300% Poverty.....	148	1,401	51.5	52.7	20.6	19.2	9.2	229
Over 300% Poverty....	78	1,494	53.6	60.6	23.7	22.2	10.5	208
Race:								
White.....	316	1,431	52.4	55.5	21.9	20.2	9.4	223
Black.....	35	1,383	56.9	55.1	20.4	21.4	9.3	242
Other.....	11	1,402	54.7	54.3	21.3	19.8	8.9	226
Region:								
Northeast.....	75	1,416	54.0	53.3	21.6	19.2	8.6	235
Midwest.....	100	1,402	52.5	55.0	22.2	20.1	8.8	212
South.....	110	1,435	52.5	56.2	21.6	21.0	9.7	231
West.....	85	1,450	52.8	56.5	21.5	20.7	10.4	216
Urbanization:								
Central Cities.....	108	1,479	55.5	59.2	23.0	21.8	10.3	235
Suburban Areas.....	189	1,405	51.2	53.1	20.9	19.5	9.0	213
Nonmetropolitan Areas	74	1,400	53.2	55.6	22.1	20.4	9.1	231

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams		International Units	Retinol Equivalents		Alpha-Tocopherol Equivalents	Milligrams	
All Children.....	184.6	9.8	4,316	795	254	5.5	84	1.12
Age:								
1-3.....	176.5	9.6	4,374	798	261	5.6	83	1.08
4-5.....	196.7	10.1	4,230	790	244	5.4	86	1.18
Income:								
Under 131% Poverty...	177.7	9.6	3,835	766	196	6.4	74	1.16
131-300% Poverty.....	186.2	10.0	4,465	803	272	5.0	80	1.07
Over 300% Poverty....	190.2	10.2	4,924	842	320	5.4	107	1.16
Race:								
White.....	186.6	9.9	4,469	810	269	5.3	85	1.11
Black.....	168.7	10.0	3,563	755	161	7.9	78	1.21
Other.....	177.2	8.0	3,453	645	197	5.5	93	1.09
Region:								
Northeast.....	185.0	8.9	4,091	808	215	5.1	96	1.14
Midwest.....	180.0	9.8	4,052	841	190	6.4	83	1.14
South.....	185.0	9.8	4,920	784	350	4.8	75	1.10
West.....	189.2	10.5	4,040	743	238	5.8	87	1.11
Urbanization:								
Central Cities.....	187.2	10.6	4,402	815	256	6.5	86	1.18
Suburban Areas.....	186.4	9.6	4,525	820	272	5.3	88	1.11
Nonmetropolitan Areas	176.4	9.1	3,657	701	203	4.7	70	1.06

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Milligrams			Micrograms		Milligrams	
All Children.....	1.57	13.6	1.22	185	3.80	783	992
Age:							
1-3.....	1.52	13.1	1.21	180	3.77	758	962
4-5.....	1.65	14.4	1.24	193	3.86	821	1,035
Income:							
Under 131% Poverty...	1.60	13.9	1.23	191	3.94	766	984
131-300% Poverty.....	1.54	13.0	1.16	180	3.94	789	984
Over 300% Poverty....	1.57	14.0	1.34	191	3.52	793	1,017
Race:							
White.....	1.58	13.4	1.22	183	3.83	797	997
Black.....	1.50	16.1	1.29	214	3.90	638	948
Other.....	1.48	13.2	1.16	174	3.00	761	983
Region:							
Northeast.....	1.64	14.3	1.22	195	4.06	831	1,025
Midwest.....	1.68	13.7	1.25	188	4.34	805	1,000
South.....	1.44	13.6	1.18	177	3.36	711	956
West.....	1.55	13.0	1.24	184	3.51	810	998
Urbanization:							
Central Cities.....	1.59	14.4	1.28	196	3.99	799	1,032
Suburban Areas.....	1.58	13.3	1.22	185	3.71	789	981
Nonmetropolitan Areas	1.53	13.3	1.15	170	3.77	747	959

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams					
All Children.....	193	9.7	7.3	0.8	2,017	1,916
Age:						
1-3.....	188	9.5	7.1	.8	1,966	1,894
4-5.....	199	10.0	7.7	.8	2,093	1,950
Income:						
Under 131% Poverty...	188	10.0	7.6	.8	2,057	1,841
131-300% Poverty.....	191	9.6	7.1	.8	1,988	1,899
Over 300% Poverty....	207	9.6	7.3	.8	1,997	2,126
Race:						
White.....	194	9.6	7.3	.8	1,995	1,948
Black.....	184	11.1	7.7	.8	2,228	1,684
Other.....	190	9.4	7.0	.7	2,089	1,849
Region:						
Northeast.....	191	10.1	7.3	.8	2,028	1,881
Midwest.....	188	10.3	7.6	.8	2,073	1,912
South.....	187	9.1	7.2	.8	1,990	1,868
West.....	206	9.6	7.2	.8	1,975	2,016
Urbanization:						
Central Cities.....	207	10.2	7.4	.8	2,066	2,016
Suburban Areas.....	190	9.7	7.1	.8	1,971	1,902
Nonmetropolitan Areas	177	9.2	7.7	.8	2,061	1,806

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams					Milligrams
All Women	1,088	1,528	60.7	63.1	22.9	23.2	12.6	280
Age:								
19-34	579	1,590	62.0	65.6	24.1	24.0	12.9	278
35-50	510	1,458	59.1	60.1	21.4	22.3	12.2	282
Income:								
Under 131% Poverty	220	1,442	58.0	59.1	21.4	22.5	11.0	288
131-300% Poverty	364	1,521	60.1	61.6	21.9	22.7	12.6	273
Over 300% Poverty	384	1,622	64.5	68.4	24.9	24.9	13.9	296
Race:								
White	927	1,545	60.9	64.1	23.3	23.5	12.8	276
Black	107	1,401	58.5	57.9	20.3	22.1	11.1	319
Other	41	1,494	61.1	56.2	20.4	21.1	10.4	269
Region:								
Northeast	239	1,406	58.3	56.8	20.8	20.8	11.1	277
Midwest	245	1,602	62.6	68.1	25.1	25.1	13.1	277
South	365	1,509	59.7	61.0	21.6	22.8	12.3	277
West	240	1,603	62.6	67.3	24.5	24.3	13.9	292
Urbanization:								
Central Cities	302	1,576	63.2	64.6	23.5	23.6	12.9	306
Suburban Areas	567	1,529	60.3	63.4	23.0	23.3	12.7	273
Nonmetropolitan Areas	219	1,460	57.9	60.2	21.6	22.5	11.7	262

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams		International Units	Retinol Equivalents		Alpha-Tocopherol Equivalents	Milligrams	
All Women	176.9	10.9	4,995	828	342	7.1	77	1.05
Age:								
19-34	185.7	11.1	5,127	854	349	7.3	77	1.10
35-50	167.0	10.7	4,844	799	334	6.9	77	1.00
Income:								
Under 131% Poverty	169.4	9.3	4,419	823	259	6.1	64	.99
131-300% Poverty	179.5	11.3	5,040	814	355	7.2	77	1.10
Over 300% Poverty	181.9	11.7	5,279	821	388	7.6	88	1.08
Race:								
White	178.2	11.1	5,086	829	355	7.3	76	1.06
Black	160.5	8.9	4,275	867	215	5.7	80	.96
Other	187.8	11.4	4,685	686	360	6.2	86	1.12
Region:								
Northeast	161.4	9.8	5,067	912	310	6.2	78	1.00
Midwest	183.3	11.2	4,989	872	318	7.4	77	1.13
South	177.8	10.7	4,585	734	327	6.8	73	1.03
West	184.5	12.0	5,552	842	419	8.1	82	1.06
Urbanization:								
Central Cities	181.7	10.9	5,173	904	330	7.4	80	1.06
Suburban Areas	176.4	11.0	5,096	796	373	7.2	81	1.05
Nonmetropolitan Areas	171.7	10.6	4,487	808	275	6.6	63	1.05

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Milligrams			Micrograms		Milligrams	
All Women	1.34	16.1	1.16	189	4.85	614	966
Age:							
19-34	1.41	16.1	1.19	195	4.58	670	1,014
35-50	1.25	16.0	1.12	183	5.16	550	912
Income:							
Under 131% Poverty	1.23	15.1	1.04	166	5.10	521	876
131-300% Poverty	1.36	16.2	1.17	194	5.17	617	961
Over 300% Poverty	1.38	16.8	1.24	201	4.45	663	1,035
Race:							
White	1.36	16.2	1.18	192	4.64	640	986
Black	1.23	15.1	1.04	169	6.71	452	837
Other	1.19	15.7	1.10	192	5.01	494	908
Region:							
Northeast	1.28	15.7	1.11	181	5.65	553	885
Midwest	1.45	16.6	1.22	193	4.73	670	1,028
South	1.25	16.0	1.14	186	4.38	550	929
West	1.40	15.9	1.19	199	4.88	712	1,040
Urbanization:							
Central Cities	1.40	16.3	1.21	197	5.50	665	1,014
Suburban Areas	1.33	16.0	1.15	191	4.50	616	964
Nonmetropolitan Areas	1.28	15.9	1.11	174	4.85	536	906

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams					
All Women.....	207	10.1	8.6	1.0	2,368	2,066
Age:						
19-34.....	209	10.3	8.8	1.0	2,448	2,068
35-50.....	205	9.9	8.3	1.0	2,277	2,065
Income:						
Under 131% Poverty...	176	9.8	8.1	.9	2,321	1,779
131-300% Poverty.....	209	10.4	8.6	1.0	2,343	2,082
Over 300% Poverty....	226	10.3	9.0	1.1	2,478	2,269
Race:						
White.....	212	10.1	8.6	1.0	2,368	2,122
Black.....	166	9.4	7.9	.9	2,307	1,652
Other.....	211	11.2	8.9	1.1	2,552	1,971
Region:						
Northeast.....	190	9.9	8.1	1.0	2,188	1,929
Midwest.....	214	10.5	9.0	1.0	2,540	2,178
South.....	199	9.8	8.4	1.0	2,317	1,983
West.....	228	10.4	8.9	1.1	2,447	2,215
Urbanization:						
Central Cities.....	212	10.3	8.8	1.0	2,462	2,116
Suburban Areas.....	210	10.1	8.5	1.0	2,334	2,090
Nonmetropolitan Areas	193	9.9	8.4	1.0	2,325	1,937

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4A.--Food Energy and Protein: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Food Energy (Percentile)					Protein (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Kilocalories					Grams				
All Children	371	1,012	1,200	1,371	1,612	1,909	33.8	43.1	51.4	60.4	75.4
Age:											
1-3	222	980	1,183	1,332	1,552	1,761	33.8	41.1	50.8	58.3	69.1
4-5	149	1,030	1,202	1,434	1,757	2,027	33.8	44.6	53.6	62.0	79.1
Income:											
Under 131% Poverty	108	1,033	1,195	1,342	1,601	1,889	37.9	44.8	51.8	58.9	76.9
131-300% Poverty	148	990	1,217	1,324	1,622	1,879	32.3	41.1	50.8	60.6	69.0
Over 300% Poverty	78	1,012	1,261	1,451	1,615	2,120	38.8	44.5	51.4	56.8	76.8
Region:											
Northeast	75	1,030	1,200	1,433	1,584	1,914	31.5	40.8	52.8	66.0	76.7
Midwest	100	990	1,166	1,317	1,553	1,990	38.5	42.9	51.0	57.5	76.9
South	110	988	1,178	1,333	1,624	2,052	32.3	42.4	50.7	58.3	76.8
West	85	1,108	1,265	1,415	1,612	1,785	41.1	45.7	52.2	60.2	65.6
All Women	1,088	909	1,172	1,483	1,815	2,220	35.4	46.7	59.1	72.0	88.1
Age:											
19-34	579	982	1,250	1,563	1,883	2,288	34.6	47.8	61.0	72.8	91.4
35-50	510	885	1,103	1,393	1,732	2,085	35.5	45.7	56.4	70.4	83.5
Income:											
Under 131% Poverty	220	842	1,103	1,354	1,793	2,075	33.6	43.8	56.1	69.3	82.0
131-300% Poverty	364	934	1,144	1,462	1,772	2,268	34.8	46.5	57.8	70.5	90.3
Over 300% Poverty	384	968	1,303	1,581	1,880	2,243	39.2	51.5	63.4	74.6	90.7
Region:											
Northeast	239	874	1,066	1,368	1,683	2,014	35.7	44.9	55.5	70.4	82.0
Midwest	245	964	1,258	1,554	1,921	2,301	38.0	49.3	59.5	73.2	90.8
South	365	905	1,123	1,427	1,796	2,182	34.1	45.3	57.6	70.8	89.3
West	240	1,004	1,293	1,545	1,876	2,243	35.5	48.6	62.7	75.6	86.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4B.--Total Fat and Saturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Total Fat (Percentile)					Saturated Fat (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Grams									
All Children.....	371	34.9	43.6	52.9	66.3	75.9	13.3	17.0	20.8	25.8	30.1
Age:											
1-3.....	222	35.4	43.1	51.0	62.9	75.9	12.7	16.5	20.1	24.7	29.2
4-5.....	149	33.8	44.9	57.5	69.2	82.1	14.0	18.1	22.7	26.9	32.1
Income:											
Under 131% Poverty...	108	35.8	44.6	52.9	66.3	75.7	13.9	17.1	21.6	25.8	30.0
131-300% Poverty.....	148	34.1	42.7	51.0	62.9	70.9	12.3	16.4	19.8	24.7	29.7
Over 300% Poverty....	78	36.7	43.1	60.0	75.9	89.1	13.7	18.6	23.7	28.5	34.0
Region:											
Northeast.....	75	33.5	43.6	51.2	62.9	70.3	14.0	17.1	20.8	24.7	30.1
Midwest.....	100	33.3	42.3	52.4	63.9	80.4	13.1	17.0	21.3	25.9	30.1
South.....	110	36.5	42.7	52.4	67.2	85.0	11.9	16.2	20.8	25.9	31.7
West.....	85	39.0	45.7	56.4	68.4	75.9	14.9	17.6	20.8	26.8	28.5
All Women.....	1,088	32.6	46.1	60.4	77.5	95.8	11.2	15.9	21.6	28.5	36.4
Age:											
19-34.....	579	34.7	48.0	63.0	80.1	98.9	11.6	17.0	22.9	30.3	39.1
35-50.....	510	32.6	42.8	57.7	74.2	90.4	11.0	15.0	20.1	26.5	33.0
Income:											
Under 131% Poverty...	220	29.4	40.2	55.0	74.2	89.4	10.5	13.8	19.6	27.3	34.6
131-300% Poverty.....	364	31.5	44.9	60.2	74.9	92.6	11.1	15.7	21.0	27.2	34.2
Over 300% Poverty....	384	39.0	52.4	66.1	80.5	101.3	13.4	17.9	23.2	30.3	39.2
Region:											
Northeast.....	239	29.0	40.6	55.0	69.8	87.5	9.9	14.3	19.8	26.4	32.5
Midwest.....	245	37.3	50.0	64.3	82.1	103.3	13.2	18.4	23.6	31.4	39.5
South.....	365	31.5	40.0	57.7	75.3	94.6	10.5	14.2	20.0	27.9	34.1
West.....	240	40.9	51.2	63.7	80.4	96.5	13.5	18.0	23.1	29.9	38.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4C.--Monounsaturated Fat and Polyunsaturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Mononunsaturated Fat (Percentile)					Polyunsaturated Fat (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Grams									
All Children	371	12.0	15.8	20.0	24.9	28.3	5.3	7.0	9.0	11.3	13.9
Age:											
1-3	222	11.7	15.5	18.3	23.6	27.3	5.1	7.0	8.8	10.9	13.9
4-5	149	12.0	16.2	21.2	25.3	30.5	5.4	7.0	9.3	11.8	13.9
Income:											
Under 131% Poverty	108	12.0	16.3	20.0	25.3	28.9	6.0	7.1	8.6	10.8	12.4
131-300% Poverty	148	12.5	15.5	18.3	22.5	26.4	5.0	7.1	9.2	11.2	13.0
Over 300% Poverty	78	13.4	16.0	21.0	26.6	33.1	5.6	7.0	9.4	14.4	16.1
Region:											
Northeast	75	12.0	14.2	18.2	24.3	25.3	4.9	6.1	8.9	10.8	13.0
Midwest	100	11.7	15.5	18.8	23.9	29.5	4.6	6.7	8.3	10.4	12.4
South	110	13.0	15.8	20.0	25.5	32.8	6.1	7.1	9.2	11.6	15.5
West	85	14.2	16.7	20.4	26.0	27.3	6.2	7.5	9.8	12.1	16.1
All Women	1,088	12.1	16.7	22.2	28.3	35.8	6.0	8.6	11.9	15.6	19.9
Age:											
19-34	579	12.5	17.7	23.1	29.9	36.8	6.4	8.9	12.3	15.7	19.8
35-50	510	11.9	16.0	21.2	27.3	33.8	5.9	8.1	11.2	15.3	19.9
Income:											
Under 131% Poverty	220	11.2	15.6	21.2	27.7	33.9	5.3	7.5	10.4	13.6	17.6
131-300% Poverty	364	11.6	16.4	21.8	28.2	33.8	6.2	8.7	12.2	15.5	19.0
Over 300% Poverty	384	14.6	18.3	24.5	30.1	36.6	7.1	9.6	12.7	16.8	21.4
Region:											
Northeast	239	10.2	14.9	20.0	25.3	32.6	5.0	7.8	10.6	13.9	18.3
Midwest	245	13.0	18.8	23.4	30.4	38.1	7.0	9.2	12.3	16.1	20.5
South	365	11.8	15.3	21.8	28.1	34.0	5.8	8.4	11.4	15.0	18.9
West	240	15.0	18.5	23.1	29.2	36.1	6.5	9.5	13.3	16.7	21.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4D.--Cholesterol and Carbohydrate: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Cholesterol (Percentile)					Carbohydrate (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams					Grams				
All Children	371	108	145	194	285	365	126.9	153.5	178.0	211.7	254.3
Age:											
1-3	222	114	145	191	268	378	124.3	150.0	176.5	195.8	243.3
4-5	149	95	145	204	307	365	136.1	153.6	187.2	233.7	262.9
Income:											
Under 131% Poverty	108	130	166	219	300	378	121.6	141.2	176.7	207.5	232.6
131-300% Poverty	148	96	140	198	305	414	126.9	153.1	177.4	218.7	254.3
Over 300% Poverty	78	116	145	184	231	336	137.5	154.2	180.4	233.8	262.1
Region											
Northeast	75	87	131	203	307	429	128.9	153.5	181.9	218.1	254.3
Midwest	100	95	136	191	268	344	120.6	146.9	171.4	202.4	243.9
South	110	113	153	194	307	382	121.6	147.6	177.4	215.6	262.1
West	85	136	153	189	256	332	146.8	164.6	182.5	210.9	249.4
All Women	1,088	126	178	256	352	465	99.5	130.3	170.7	211.9	265.8
Age:											
19-34	579	125	178	257	363	465	106.2	138.4	179.3	222.6	269.7
35-50	510	128	178	253	349	471	91.9	121.5	159.6	200.2	249.6
Income:											
Under 131% Poverty	220	126	178	269	362	467	89.4	119.0	166.1	210.8	263.7
131-300% Poverty	364	122	178	254	345	448	98.4	129.0	169.6	220.8	284.3
Over 300% Poverty	384	131	186	262	369	503	103.5	137.6	177.5	212.3	268.1
Region											
Northeast	239	122	157	256	381	465	95.3	118.2	161.4	193.7	238.2
Midwest	245	126	174	255	350	451	105.6	133.2	175.4	230.3	272.1
South	365	122	178	247	339	465	99.5	127.4	166.5	213.4	276.2
West	240	144	199	281	349	470	109.4	145.5	182.7	220.1	269.2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4E.--Dietary Fiber and Vitamin A (IU): Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Dietary Fiber (Percentile)					Vitamin A (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Grams					International Units				
All Children	371	5.6	7.1	9.5	11.9	14.8	1,873	2,422	3,410	5,008	8,049
Age:											
1-3	222	5.4	7.3	9.2	11.6	14.1	1,873	2,475	3,416	5,008	8,447
4-5	149	5.8	6.6	10.1	12.3	15.4	1,956	2,415	3,410	4,977	7,481
Income:											
Under 131% Poverty	108	4.3	7.1	9.2	11.6	15.1	1,775	2,246	3,157	4,559	6,289
131-300% Poverty	148	5.8	7.5	9.7	11.9	14.4	2,031	2,475	3,355	5,162	8,846
Over 300% Poverty	78	5.8	7.4	9.7	12.4	15.4	2,265	2,904	3,585	5,102	10,883
Region											
Northeast	75	5.8	6.2	7.7	11.0	11.6	2,002	2,376	3,585	4,966	6,734
Midwest	100	5.4	7.2	9.6	11.9	14.1	2,198	2,599	3,290	4,397	6,002
South	110	4.8	7.3	9.5	12.2	14.8	1,595	2,265	3,204	6,795	11,753
West	85	5.8	8.2	9.7	12.7	15.4	2,223	2,761	3,662	5,008	6,217
All Women	1,088	5.4	7.3	10.2	13.8	17.5	1,310	2,233	3,718	6,177	10,365
Age:											
19-34	579	5.4	7.4	10.2	14.3	17.8	1,211	2,173	3,821	6,761	10,468
35-50	510	5.2	7.1	10.4	13.5	16.9	1,406	2,248	3,677	5,707	9,149
Income:											
Under 131% Poverty	220	4.2	6.1	8.5	11.2	15.7	912	1,774	2,756	5,096	9,500
131-300% Poverty	364	5.5	7.6	10.6	14.1	17.8	1,310	2,269	3,889	6,572	10,365
Over 300% Poverty	384	6.4	8.4	10.9	14.6	17.8	1,700	2,672	4,143	6,611	10,567
Region											
Northeast	239	4.8	6.4	8.9	12.1	15.5	1,093	1,922	3,274	5,531	10,419
Midwest	245	5.4	7.6	11.1	14.2	17.3	1,321	2,291	4,032	5,762	10,119
South	365	5.2	7.0	9.9	13.4	17.8	1,154	2,071	3,392	5,627	10,365
West	240	6.2	8.4	11.5	15.4	17.9	1,898	2,824	4,913	7,262	10,411

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4F.--Vitamin A (RE) and Carotenes: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Vitamin A (Percentile)					Carotene (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Retinol Equivalents									
All Children	371	429	557	715	925	1,246	48	87	149	305	551
Age:											
1-3	222	385	557	730	895	1,246	54	87	167	305	544
4-5	149	457	557	715	966	1,292	46	87	137	294	551
Income:											
Under 131% Poverty	108	385	483	676	853	1,281	46	74	126	238	383
131-300% Poverty	148	361	557	711	997	1,246	58	91	176	305	710
Over 300% Poverty	78	534	617	739	955	1,499	64	103	156	384	986
Region											
Northeast	75	433	567	742	934	1,213	31	77	132	261	515
Midwest	100	490	589	704	944	1,380	57	79	129	249	326
South	110	337	493	639	985	1,499	46	72	195	496	1,002
West	85	391	550	738	853	1,062	72	100	176	361	472
All Women	1,088	248	389	631	958	1,468	61	122	232	442	741
Age:											
19-34	579	237	405	673	1,064	1,483	55	109	219	462	757
35-50	510	248	381	602	872	1,348	77	137	240	408	724
Income:											
Under 131% Poverty	220	166	300	488	779	1,325	39	78	161	338	601
131-300% Poverty	364	254	387	635	964	1,516	75	129	241	494	753
Over 300% Poverty	384	309	471	697	976	1,468	87	152	279	505	863
Region											
Northeast	239	205	340	543	884	1,567	57	118	196	405	734
Midwest	245	273	426	703	1,047	1,428	55	109	217	396	685
South	365	202	354	554	855	1,437	64	104	219	419	701
West	240	362	488	761	1,104	1,468	100	178	339	593	883

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4G.--Vitamin E and Ascorbic Acid: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Income and Age	Individuals	Vitamin E (Percentile)					Ascorbic Acid (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Alpha-Tocopherol Equivalents					Milligrams				
All Children	371	2.9	3.7	4.7	6.2	8.1	33	49	67	117	151
Age:											
1-3	222	3.0	3.6	4.6	6.1	8.2	33	46	67	111	151
4-5	149	2.9	3.7	4.8	6.6	7.9	31	52	70	120	152
Income:											
Under 131% Poverty	108	3.0	3.8	4.7	6.4	8.6	33	46	63	91	132
131-300% Poverty	148	3.0	3.6	4.5	6.0	7.4	29	45	67	113	137
Over 300% Poverty	78	3.0	4.1	5.3	6.9	8.5	42	56	104	150	175
Region:											
Northeast	75	2.7	3.2	4.4	5.9	7.7	37	54	64	134	187
Midwest	100	2.7	3.5	4.4	6.2	12.3	36	52	79	111	137
South	110	3.0	3.6	4.6	5.9	7.1	29	42	58	103	147
West	85	3.4	4.4	5.8	7.3	8.5	39	52	76	117	158
All Women	1,088	3.0	4.4	6.2	8.4	11.2	26	39	65	103	148
Age:											
19-34	579	2.9	4.4	6.4	8.5	11.3	28	41	63	102	151
35-50	510	3.1	4.3	6.2	8.4	11.2	24	37	66	106	146
Income:											
Under 131% Poverty	220	2.5	3.8	5.3	7.1	10.5	18	32	50	83	123
131-300% Poverty	364	3.1	4.3	6.3	8.5	11.0	28	43	63	100	147
Over 300% Poverty	384	3.9	5.2	6.8	8.8	11.5	30	47	76	115	160
Region:											
Northeast	239	2.6	3.8	5.4	7.6	10.4	28	44	66	106	132
Midwest	245	3.3	4.7	6.4	8.4	11.5	22	41	64	98	151
South	365	3.1	4.2	5.9	8.1	10.5	24	35	57	98	146
West	240	3.4	5.4	7.6	9.9	12.7	33	46	72	110	149

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4H.--Thiamin and Riboflavin: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Income and Age	Individuals	Thiamin (Percentile)					Riboflavin (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	371	0.69	0.91	1.10	1.30	1.57	1.03	1.29	1.52	1.79	2.12
Age:											
1-3.....	222	.71	.88	1.02	1.25	1.43	1.02	1.29	1.47	1.73	2.04
4-5.....	149	.67	.96	1.12	1.36	1.73	1.03	1.36	1.60	1.91	2.15
Income:											
Under 131% Poverty...	108	.80	.96	1.10	1.33	1.54	1.11	1.37	1.51	1.71	2.20
131-300% Poverty.....	148	.68	.85	.99	1.24	1.58	.94	1.22	1.52	1.85	2.13
Over 300% Poverty....	78	.76	.94	1.19	1.33	1.65	1.08	1.30	1.45	1.88	2.07
Region:											
Northeast.....	75	.62	.95	1.11	1.35	1.58	1.00	1.43	1.65	1.79	2.10
Midwest.....	100	.69	.84	1.05	1.26	1.75	1.10	1.29	1.54	1.94	2.53
South.....	110	.73	.91	1.03	1.32	1.58	.94	1.18	1.43	1.71	2.07
West.....	85	.76	.93	1.11	1.24	1.36	1.09	1.33	1.53	1.73	1.93
All Women.....	1,088	.55	.76	.99	1.31	1.62	.66	.88	1.22	1.63	2.16
Age:											
19-34.....	579	.55	.79	1.04	1.38	1.68	.69	.93	1.34	1.75	2.24
35-50.....	510	.57	.73	.94	1.21	1.52	.64	.85	1.10	1.51	2.01
Income:											
Under 131% Poverty...	220	.52	.66	.92	1.23	1.51	.54	.76	1.09	1.58	2.21
131-300% Poverty.....	364	.54	.76	1.01	1.34	1.70	.69	.88	1.20	1.65	2.26
Over 300% Poverty....	384	.65	.80	1.03	1.32	1.56	.76	.98	1.31	1.63	2.01
Region:											
Northeast.....	239	.52	.71	.92	1.27	1.51	.60	.87	1.14	1.61	2.02
Midwest.....	245	.62	.80	1.07	1.35	1.70	.74	.96	1.34	1.74	2.42
South.....	365	.53	.75	.96	1.26	1.62	.63	.83	1.10	1.53	2.01
West.....	240	.64	.78	1.00	1.33	1.55	.76	.92	1.36	1.77	2.22

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4I.--Niacin and Vitamin B-6: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Income and Age	Individuals	Niacin (Percentile)					Vitamin B-6 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	371	8.1	10.7	12.9	16.0	19.3	0.74	0.92	1.20	1.43	1.68
Age:											
1-3.....	222	7.8	10.0	12.7	14.7	18.5	.76	.93	1.18	1.40	1.67
4-5.....	149	9.4	10.8	13.8	17.3	19.5	.72	.89	1.20	1.47	1.80
Income:											
Under 131% Poverty...	108	9.2	11.1	12.9	16.2	19.2	.74	.97	1.25	1.38	1.64
131-300% Poverty.....	148	7.4	9.9	12.5	14.5	17.9	.70	.89	1.06	1.37	1.75
Over 300% Poverty....	78	9.1	11.0	13.5	16.2	19.3	.84	1.07	1.38	1.57	1.80
Region:											
Northeast.....	75	7.1	10.7	13.9	17.8	19.5	.63	.97	1.19	1.46	1.69
Midwest.....	100	8.4	9.7	12.8	15.4	22.5	.78	.93	1.20	1.37	1.89
South.....	110	9.2	10.9	12.9	16.0	19.3	.74	.90	1.15	1.41	1.65
West.....	85	9.2	11.3	12.9	14.2	17.3	.76	.92	1.26	1.45	1.67
All Women.....	1,088	9.2	11.8	15.4	19.6	24.0	.62	.81	1.07	1.42	1.81
Age:											
19-34.....	579	9.5	12.1	15.5	19.6	24.0	.63	.82	1.11	1.51	1.83
35-50.....	510	8.9	11.6	15.4	19.6	23.8	.59	.79	1.05	1.38	1.74
Income:											
Under 131% Poverty...	220	8.0	11.3	14.8	18.3	23.4	.47	.73	.97	1.28	1.67
131-300% Poverty.....	364	9.6	11.9	15.4	19.9	24.0	.63	.80	1.09	1.48	1.83
Over 300% Poverty....	384	10.3	12.7	15.9	20.2	23.7	.70	.90	1.16	1.46	1.89
Region:											
Northeast.....	239	9.5	11.9	15.2	19.4	24.0	.59	.80	1.03	1.40	1.83
Midwest.....	245	9.3	12.3	15.8	20.1	24.6	.63	.85	1.15	1.49	1.92
South.....	365	8.9	11.8	15.3	19.0	24.1	.55	.78	1.04	1.40	1.78
West.....	240	9.3	11.6	15.4	19.6	23.4	.73	.85	1.12	1.45	1.74

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4J.--Folacin and Vitamin B-12: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, Region	Individuals	Folacin (Percentile)					Vitamin B-12 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Micrograms									
All Children.....	371	103	137	173	216	269	2.11	2.84	3.48	4.20	5.42
Age:											
1-3.....	222	108	133	165	216	268	2.14	2.81	3.43	4.21	5.26
4-5.....	149	93	144	182	224	307	1.96	2.88	3.50	4.20	5.42
Income:											
Under 131% Poverty...	108	106	137	174	220	318	2.26	2.98	3.51	4.13	5.44
131-300% Poverty.....	148	107	128	167	209	261	1.83	2.75	3.53	4.32	5.47
Over 300% Poverty....	78	120	158	187	219	268	2.39	2.89	3.22	3.97	5.05
Region:											
Northeast.....	75	89	148	187	232	325	1.80	2.68	3.48	4.29	5.42
Midwest.....	100	99	127	170	213	295	2.59	3.12	3.81	4.71	6.84
South.....	110	103	129	164	218	261	1.96	2.75	3.10	3.97	5.14
West.....	85	124	145	177	216	258	2.26	2.89	3.26	3.94	4.68
All Women.....	1,088	95	124	175	234	310	1.71	2.37	3.45	4.90	7.07
Age:											
19-34.....	579	91	127	180	242	323	1.83	2.42	3.46	4.90	7.03
35-50.....	510	97	124	165	221	287	1.61	2.24	3.44	4.83	7.07
Income:											
Under 131% Poverty...	220	80	100	149	201	296	1.47	2.03	3.15	4.65	7.02
131-300% Poverty.....	364	103	129	179	238	306	1.92	2.50	3.48	5.12	7.74
Over 300% Poverty....	384	110	143	184	239	315	1.76	2.54	3.60	4.90	6.91
Region:											
Northeast.....	239	95	118	167	221	310	1.93	2.59	3.43	4.76	8.03
Midwest.....	245	89	132	179	238	318	1.76	2.60	3.54	4.75	7.03
South.....	365	88	121	165	234	300	1.54	2.07	3.09	4.82	6.85
West.....	240	103	148	194	242	315	1.83	2.49	3.88	5.16	7.42

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4K.--Calcium and Phosphorus: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, Region	Individuals	Calcium (Percentile)					Phosphorus (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children	371	488	615	753	928	1,086	665	826	957	1,125	1,368
Age:											
1-3	222	465	611	740	912	1,079	647	803	942	1,111	1,315
4-5	149	546	615	793	966	1,179	690	830	1,014	1,147	1,397
Income:											
Under 131% Poverty	108	488	647	737	857	1,060	738	826	944	1,101	1,360
131-300% Poverty	148	453	600	795	913	1,125	648	793	944	1,135	1,368
Over 300% Poverty	78	536	580	789	979	1,073	695	862	948	1,144	1,487
Region:											
Northeast	75	615	657	789	1,046	1,170	633	795	1,052	1,191	1,394
Midwest	100	492	644	787	931	1,180	697	803	944	1,116	1,398
South	110	390	553	695	889	1,033	575	783	927	1,085	1,360
West	85	570	674	806	956	1,084	739	881	948	1,126	1,232
All Women	1,088	266	378	545	777	1,063	547	718	906	1,176	1,438
Age:											
19-34	579	294	423	605	827	1,153	579	756	971	1,231	1,497
35-50	510	245	336	479	696	913	534	679	852	1,104	1,356
Income:											
Under 131% Poverty	220	199	307	476	675	899	457	614	843	1,097	1,300
131-300% Poverty	364	281	385	549	774	1,068	552	714	901	1,152	1,437
Over 300% Poverty	384	325	427	594	802	1,126	647	796	974	1,235	1,497
Region:											
Northeast	239	239	314	504	743	974	511	632	827	1,106	1,281
Midwest	245	304	446	615	812	1,146	646	776	945	1,275	1,554
South	365	238	340	481	682	866	506	688	870	1,130	1,348
West	240	314	440	605	904	1,381	590	782	993	1,275	1,508

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4L.--Magnesium and Iron: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Age, Income, Region	Individuals	Magnesium (Percentile)					Iron (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	371	128	156	189	218	270	6.3	7.5	9.2	11.0	13.8
Age:											
1-3.....	222	131	155	188	215	245	6.2	7.4	8.9	10.6	13.7
4-5.....	149	114	160	193	234	277	6.6	8.2	9.6	11.4	15.1
Income:											
Under 131% Poverty...	108	128	152	184	218	263	6.6	7.4	9.2	11.1	14.0
131-300% Poverty.....	148	130	153	187	217	270	6.1	7.5	8.9	11.2	14.3
Over 300% Poverty....	78	153	167	203	237	293	6.6	8.3	9.3	10.6	12.4
Region:											
Northeast.....	75	105	165	196	213	276	6.2	7.8	9.9	12.4	15.3
Midwest.....	100	122	156	178	221	245	6.4	7.5	9.1	11.6	15.9
South.....	110	128	152	183	217	263	6.4	7.3	9.0	10.5	12.7
West.....	85	142	173	203	246	277	6.8	8.3	9.1	10.5	13.2
All Women.....	1,088	120	153	199	256	308	5.8	7.5	9.7	12.0	15.0
Age:											
19-34.....	579	120	155	200	258	315	5.6	7.6	10.0	12.3	15.3
35-50.....	510	120	151	197	247	299	6.0	7.4	9.3	11.5	14.6
Income:											
Under 131% Poverty...	220	91	124	168	220	266	5.2	7.0	9.4	11.6	14.9
131-300% Poverty.....	364	122	150	200	256	314	5.8	7.5	9.6	12.3	16.2
Over 300% Poverty....	384	144	173	218	267	315	6.7	7.9	9.9	12.0	14.6
Region:											
Northeast.....	239	114	141	174	236	307	5.4	7.4	9.6	11.6	14.1
Midwest.....	245	120	161	206	262	311	6.0	7.7	9.8	12.4	15.6
South.....	365	112	146	186	236	299	5.8	7.2	9.2	11.5	14.3
West.....	240	133	176	227	280	315	6.3	7.9	9.9	12.7	15.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4M.--Zinc and Copper: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Income and Age	Individuals	Zinc (Percentile)					Copper (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	371	4.9	5.9	7.0	8.5	10.3	0.5	0.6	0.7	0.9	1.1
Age:											
1-3.....	222	5.0	5.8	6.7	8.0	9.5	.5	.6	.7	.9	1.0
4-5.....	149	4.7	6.4	7.6	8.7	11.2	.5	.6	.8	1.0	1.1
Income:											
Under 131% Poverty...	108	5.2	6.1	7.0	8.6	11.3	.5	.6	.7	.9	1.1
131-300% Poverty.....	148	4.7	5.7	6.9	8.3	9.5	.5	.6	.7	.9	1.1
Over 300% Poverty....	78	5.3	6.2	6.8	8.6	10.3	.6	.7	.8	.9	1.1
Region:											
Northeast.....	75	3.8	5.8	7.2	8.5	11.0	.5	.6	.8	.9	1.1
Midwest.....	100	5.2	6.0	7.3	8.4	11.3	.5	.6	.7	.9	1.0
South.....	110	4.8	5.5	6.8	9.0	10.3	.5	.6	.7	.9	1.1
West.....	85	5.4	6.2	7.0	7.8	9.2	.6	.7	.8	.9	1.0
All Women.....	1,088	4.9	6.3	8.2	10.3	12.8	.6	.7	.9	1.2	1.5
Age:											
19-34.....	579	4.9	6.4	8.4	10.5	13.1	.6	.7	.9	1.2	1.5
35-50.....	510	4.9	6.1	7.8	10.0	12.2	.6	.7	1.0	1.2	1.5
Income:											
Under 131% Poverty...	220	4.7	5.8	7.7	10.1	12.4	.5	.6	.8	1.1	1.4
131-300% Poverty.....	364	4.6	6.3	8.2	10.2	13.0	.6	.7	.9	1.2	1.5
Over 300% Poverty....	384	5.4	6.6	8.5	10.6	13.1	.7	.8	1.0	1.2	1.5
Region:											
Northeast.....	239	4.7	6.1	7.7	9.8	12.2	.6	.7	.9	1.1	1.4
Midwest.....	245	5.3	6.7	8.4	10.6	13.4	.6	.8	1.0	1.2	1.4
South.....	365	4.6	5.7	7.9	10.2	13.0	.6	.7	.9	1.1	1.5
West.....	240	5.4	6.6	8.7	10.3	12.8	.6	.8	1.0	1.3	1.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 4N.--Sodium and Potassium: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1985

Income and Age	Individuals	Sodium (Percentile)					Potassium (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children	371	1,238	1,593	1,923	2,387	2,936	1,260	1,494	1,840	2,288	2,721
Age:											
1-3	222	1,237	1,593	1,878	2,330	2,845	1,260	1,522	1,835	2,295	2,625
4-5	149	1,312	1,602	1,979	2,424	3,058	1,244	1,483	1,859	2,288	2,847
Income:											
Under 131% Poverty	108	1,312	1,590	1,968	2,387	2,895	1,260	1,395	1,768	2,173	2,614
131-300% Poverty	148	1,231	1,519	1,841	2,400	2,970	1,284	1,522	1,799	2,226	2,749
Over 300% Poverty	78	1,237	1,609	1,795	2,333	2,845	1,397	1,653	2,090	2,436	2,932
Region:											
Northeast	75	1,233	1,519	1,979	2,450	2,970	1,027	1,385	1,859	2,387	2,777
Midwest	100	1,296	1,593	1,977	2,424	3,120	1,296	1,602	1,797	2,126	2,660
South	110	1,206	1,458	1,878	2,333	2,936	1,176	1,352	1,762	2,370	2,932
West	85	1,508	1,669	1,898	2,287	2,643	1,370	1,588	1,933	2,436	2,624
All Women	1,088	1,326	1,778	2,264	2,899	3,520	1,223	1,523	1,998	2,508	3,014
Age:											
19-34	579	1,316	1,821	2,361	3,009	3,666	1,214	1,497	1,993	2,484	3,087
35-50	510	1,342	1,740	2,180	2,724	3,421	1,244	1,563	1,998	2,517	2,955
Income:											
Under 131% Poverty	220	1,195	1,660	2,252	2,922	3,520	940	1,287	1,676	2,234	2,664
131-300% Poverty	364	1,310	1,765	2,295	2,773	3,515	1,263	1,512	2,002	2,480	3,085
Over 300% Poverty	384	1,419	1,894	2,321	3,030	3,525	1,446	1,780	2,212	2,636	3,103
Region:											
Northeast	239	1,126	1,562	2,162	2,699	3,220	1,190	1,409	1,823	2,391	2,889
Midwest	245	1,429	1,905	2,431	3,123	3,674	1,233	1,642	2,132	2,663	3,087
South	365	1,310	1,731	2,236	2,811	3,501	1,127	1,448	1,875	2,389	2,895
West	240	1,485	1,848	2,252	2,959	3,632	1,378	1,666	2,208	2,669	3,094

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 5.1--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Vitamin A (IU)	Vitamin E	Ascorbic Acid	Thiamin	Riboflavin	Niacin
	Number	Percent							
All Children.....	371	99	207	199	103	187	145	180	140
Age:									
1-3.....	222	105	222	219	112	184	154	190	146
4-5.....	149	89	185	169	90	190	131	165	131
Income:									
Under 131% Poverty...	108	97	211	177	121	164	151	183	143
131-300% Poverty.....	148	98	204	207	94	179	139	179	134
Over 300% Poverty....	78	105	213	230	102	239	152	182	145
Race:									
White.....	316	99	205	206	98	189	143	181	137
Black.....	35	97	228	168	151	173	161	175	168
Other.....	11	99	215	160	103	208	144	172	136
Region:									
Northeast.....	75	96	207	182	94	213	144	184	144
Midwest.....	100	98	208	188	122	185	148	194	141
South.....	110	100	206	229	89	166	143	166	139
West.....	85	102	210	187	109	194	145	178	135
Urbanization:									
Central Cities.....	108	104	221	208	124	192	156	185	150
Suburban Areas.....	189	96	199	205	98	196	142	178	135
Nonmetropolitan Areas	74	98	209	170	88	156	138	177	137

Table 5.1--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
	Percent							
All Children.....	119	146	175	98	124	115	78	73
Age:								
1-3.....	134	180	188	95	120	125	64	71
4-5.....	96	97	154	103	129	100	100	77
Income:								
Under 131% Poverty...	119	154	181	96	123	112	80	76
131-300% Poverty.....	114	143	182	99	123	115	77	72
Over 300% Poverty....	133	158	164	99	127	126	75	73
Race:								
White.....	118	143	175	100	125	116	78	73
Black.....	130	183	184	80	119	113	85	77
Other.....	113	147	139	95	123	114	75	70
Region:								
Northeast.....	114	142	182	104	128	111	85	73
Midwest.....	123	152	202	101	125	114	82	76
South.....	115	142	154	89	120	112	73	72
West.....	123	151	163	101	125	124	76	72
Urbanization:								
Central Cities.....	127	164	185	100	129	126	79	74
Suburban Areas.....	117	140	169	99	123	112	80	71
Nonmetropolitan Areas	113	138	175	93	120	107	74	77

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 5.2--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Vitamin A (IU)	Vitamin E	Ascorbic Acid	Thiamin	Riboflavin	Niacin
	Number	Percent							
All Women	1,088	75	134	123	87	125	102	108	121
Age:									
19-34	579	78	135	124	88	123	105	112	120
35-50	510	73	133	120	86	126	99	104	122
Income:									
Under 131% Poverty	220	71	127	108	74	102	95	99	114
131-300% Poverty	364	75	133	123	88	126	106	110	122
Over 300% Poverty	384	80	143	130	93	142	105	113	128
Race:									
White	927	76	135	125	90	123	103	110	122
Black	107	69	129	106	70	131	92	99	114
Other	41	74	136	116	76	142	110	98	119
Region:									
Northeast	239	69	129	125	76	127	97	104	119
Midwest	245	79	138	123	91	125	109	118	125
South	365	75	133	113	84	119	101	102	122
West	240	79	136	135	99	131	102	113	119
Urbanization:									
Central Cities	302	77	139	126	90	129	102	113	123
Suburban Areas	567	75	133	125	88	130	102	107	121
Nonmetropolitan Areas	219	72	130	111	81	104	103	104	121

Table 5.2--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
	Percent							
All Women	57	46	159	74	118	67	56	56
Age:								
19-34	58	46	148	80	121	67	57	56
35-50	56	45	171	68	113	68	55	55
Income:								
Under 131% Poverty	51	40	167	62	106	57	54	53
131-300% Poverty	58	47	169	74	117	68	58	56
Over 300% Poverty	61	49	146	80	126	73	58	59
Race:								
White	58	47	152	77	120	69	56	56
Black	51	41	221	55	102	54	52	52
Other	55	47	166	61	112	69	62	59
Region:								
Northeast	55	44	187	67	108	62	55	53
Midwest	60	47	155	81	125	70	58	58
South	56	46	144	67	114	65	55	55
West	58	48	158	85	125	73	58	57
Urbanization:								
Central Cities	59	47	180	80	123	69	58	57
Suburban Areas	57	46	147	74	117	68	56	55
Nonmetropolitan Areas	55	43	160	66	112	64	55	55

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6A.-- Food Energy and Protein: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Food Energy (Percent of RDA)				Protein (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	371	0.7	11.7	41.5	46.1	0.0	0.0	1.7	98.3
Age:									
1-3.....	222	.3	7.4	34.8	57.4	.0	.0	.6	99.4
4-5.....	149	1.2	18.1	51.5	29.1	.0	.0	3.3	96.7
Income:									
Under 131% Poverty...	108	.8	11.0	49.7	38.6	.0	.0	1.4	98.6
131-300% Poverty.....	148	.5	11.2	41.8	46.6	.0	.0	2.1	97.9
Over 300% Poverty....	78	.4	11.5	27.7	60.4	.0	.0	1.3	98.7
Region:									
Northeast.....	75	.0	17.0	48.1	34.9	.0	.0	.9	99.1
Midwest.....	100	.7	12.6	42.3	44.5	.0	.0	2.3	97.7
South.....	110	1.6	11.1	39.5	47.7	.0	.0	1.6	98.4
West.....	85	.0	6.9	37.5	55.6	.0	.0	1.7	98.3
All Women.....	1,088	13.9	30.5	40.4	15.2	1.7	3.7	17.3	77.4
Age:									
19-34.....	579	11.1	28.7	42.3	17.9	1.7	3.3	17.6	77.4
35-50.....	510	17.2	32.4	38.3	12.1	1.6	4.2	16.9	77.4
Income:									
Under 131% Poverty...	220	18.5	37.8	29.9	13.8	2.6	4.4	23.2	69.8
131-300% Poverty.....	364	13.9	30.9	40.0	15.2	1.4	4.6	14.9	79.1
Over 300% Poverty....	384	10.5	23.5	48.6	17.4	.2	1.2	15.6	83.0
Region:									
Northeast.....	239	19.6	34.8	34.9	10.8	3.3	2.0	20.5	74.2
Midwest.....	245	11.0	28.9	38.8	21.2	2.3	3.4	13.8	80.4
South.....	365	15.4	31.8	37.3	15.5	.8	5.2	18.3	75.7
West.....	240	9.2	25.7	52.2	12.9	.6	3.4	16.0	80.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6B.--Vitamin A (IU) and Vitamin E: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Vitamin A (IU) (Percent of RDA)				Vitamin E (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children	371	1.4	3.9	13.6	81.1	9.8	14.8	38.1	37.2
Age:									
1-3	222	.8	4.1	6.9	88.2	6.8	12.6	38.4	42.2
4-5	149	2.2	3.6	23.6	70.6	14.4	18.1	37.7	29.8
Income:									
Under 131% Poverty	108	2.4	3.6	23.0	71.1	9.5	18.2	30.4	41.8
131-300% Poverty	148	1.3	4.8	11.1	82.8	6.9	15.2	45.3	32.7
Over 300% Poverty	78	.0	4.5	4.9	90.6	6.9	13.6	31.1	48.3
Region:									
Northeast	75	.0	5.6	8.9	85.5	18.2	12.6	37.4	31.8
Midwest	100	.6	2.8	15.1	81.6	12.5	13.8	41.5	32.2
South	110	4.0	5.5	17.9	72.6	7.1	18.9	44.1	29.9
West	85	.0	1.7	10.5	87.9	2.9	12.7	27.1	57.3
All Women	1,088	20.7	15.5	18.1	45.7	19.9	21.0	29.6	29.5
Age:									
19-34	579	22.1	14.7	16.1	47.1	20.4	18.6	30.3	30.7
35-50	510	19.1	16.5	20.3	44.1	19.3	23.7	28.9	28.1
Income:									
Under 131% Poverty	220	30.8	22.8	10.5	35.9	31.8	22.4	27.2	18.5
131-300% Poverty	364	20.7	14.1	17.3	47.9	17.7	21.0	32.8	28.5
Over 300% Poverty	384	13.8	13.6	22.1	50.5	10.9	20.4	31.9	36.8
Region:									
Northeast	239	27.5	14.3	19.7	38.6	29.4	22.6	25.2	22.9
Midwest	245	19.3	13.8	18.7	48.2	17.1	19.8	35.9	27.2
South	365	22.8	19.8	17.4	40.1	20.3	25.4	27.6	26.6
West	240	12.1	12.2	17.0	58.7	12.8	13.7	30.7	42.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6C.--Ascorbic Acid and Thiamin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Ascorbic Acid (Percent of RDA)				Thiamin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	371	3.6	5.3	11.1	80.1	0.2	2.9	10.5	86.4
Age:									
1-3.....	222	2.8	5.2	14.4	77.6	.0	.3	9.5	90.2
4-5.....	149	4.8	5.4	6.1	83.7	.5	6.8	11.9	80.8
Income:									
Under 131% Poverty...	108	1.9	5.6	14.8	77.7	.8	.6	7.7	91.0
131-300% Poverty.....	148	3.8	7.2	12.5	76.4	.0	2.0	14.3	83.6
Over 300% Poverty....	78	.4	2.7	8.4	88.5	.0	.4	11.9	87.7
Region:									
Northeast.....	75	6.0	2.4	6.0	85.6	.0	8.1	7.4	84.5
Midwest.....	100	2.9	3.8	7.7	85.7	.0	3.0	14.5	82.5
South.....	110	3.6	7.2	20.3	68.9	.7	1.5	12.3	85.5
West.....	85	2.2	7.1	7.5	83.2	.0	.0	6.0	94.0
All Women.....	1,088	14.1	13.9	19.4	52.7	6.6	13.8	32.4	47.2
Age:									
19-34.....	579	12.2	13.8	23.2	50.8	8.1	11.5	29.8	50.6
35-50.....	510	16.1	14.0	15.1	54.8	5.0	16.3	35.3	43.3
Income:									
Under 131% Poverty...	220	22.9	16.8	21.2	39.1	8.7	19.8	32.7	38.8
131-300% Poverty.....	364	12.7	11.3	22.7	53.3	7.4	13.4	28.6	50.6
Over 300% Poverty....	384	11.0	11.5	13.9	63.6	3.5	12.1	32.5	51.9
Region:									
Northeast.....	239	14.3	9.1	23.3	53.3	11.0	14.2	35.4	39.4
Midwest.....	245	14.8	11.1	22.7	51.4	6.0	11.5	25.6	56.9
South.....	365	17.5	18.5	16.6	47.4	6.6	15.3	32.5	45.6
West.....	240	7.9	14.4	16.5	61.2	3.0	13.4	36.1	47.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6D.--Riboflavin and Niacin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Riboflavin (Percent of RDA)				Niacin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	371	.0	0.7	4.1	95.3	0.2	5.4	12.2	82.1
Age:									
1-3.....	222	.0	.7	4.1	95.2	.0	3.5	8.9	87.6
4-5.....	149	.0	.5	4.0	95.5	.4	8.3	17.2	74.1
Income:									
Under 131% Poverty...	108	.0	1.7	1.8	96.6	.0	3.8	13.7	82.4
131-300% Poverty.....	148	.0	.0	7.4	92.6	.0	6.0	12.3	81.6
Over 300% Poverty....	78	.0	.8	2.0	97.2	.0	1.2	10.0	88.8
Region:									
Northeast.....	75	.0	.0	3.5	96.5	.0	10.4	12.1	77.5
Midwest.....	100	.0	.0	4.2	95.8	.0	4.3	14.8	80.9
South.....	110	.0	1.6	6.2	92.2	.6	4.4	11.2	83.8
West.....	85	.0	.7	1.6	97.6	.0	3.8	10.7	85.5
All Women.....	1,088	7.4	14.7	27.9	50.1	2.9	7.9	22.2	67.0
Age:									
19-34.....	579	8.0	12.7	23.8	55.5	3.7	7.7	22.0	66.6
35-50.....	510	6.7	17.0	32.5	43.9	2.0	8.1	22.5	67.4
Income:									
Under 131% Poverty...	220	14.7	16.0	28.4	40.9	4.9	12.7	18.8	63.7
131-300% Poverty.....	364	5.1	17.4	27.8	49.6	1.7	7.0	24.0	67.3
Over 300% Poverty....	384	3.3	11.7	28.3	56.7	1.3	3.2	23.8	71.7
Region:									
Northeast.....	239	9.3	16.3	30.0	44.4	3.9	6.1	25.2	64.9
Midwest.....	245	4.8	11.4	26.0	57.8	4.0	5.9	20.5	69.5
South.....	365	8.8	18.1	30.9	42.2	2.2	8.9	21.4	67.6
West.....	240	6.0	11.2	23.0	59.8	1.9	10.1	22.3	65.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6E.--Vitamin B-6 and Folacin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Vitamin B-6 (Percent of RDA)				Folacin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children	371	3.3	9.9	20.9	65.9	4.6	5.8	18.4	71.2
Age:									
1-3	222	.7	4.0	15.5	79.8	.0	2.2	4.5	93.3
4-5	149	7.2	18.7	28.9	45.2	11.5	11.2	39.1	38.2
Income:									
Under 131% Poverty	108	1.3	8.6	23.0	67.1	4.6	4.6	17.0	73.9
131-300% Poverty	148	2.1	12.2	24.9	60.9	1.5	9.1	16.9	72.4
Over 300% Poverty	78	1.2	6.2	11.4	81.2	4.2	3.9	14.5	77.4
Region:									
Northeast	75	9.4	12.0	11.3	67.3	8.1	4.7	20.1	67.0
Midwest	100	.0	9.5	27.8	62.6	3.8	9.1	17.3	69.7
South	110	2.3	11.7	15.8	70.2	3.5	4.8	19.0	72.8
West	85	3.1	6.1	28.0	62.9	3.9	4.2	17.5	74.4
All Women	1,088	43.4	29.5	21.0	6.2	65.0	22.0	11.2	1.8
Age:									
19-34	579	40.8	29.5	23.7	6.0	64.3	21.4	12.9	1.5
35-50	510	46.3	29.4	17.9	6.3	65.9	22.6	9.4	2.1
Income:									
Under 131% Poverty	220	53.6	28.5	14.2	3.7	76.1	13.9	8.2	1.8
131-300% Poverty	364	45.0	24.1	24.2	6.7	61.2	27.0	9.9	2.0
Over 300% Poverty	384	35.0	36.3	21.6	7.1	62.6	22.0	13.6	1.8
Region:									
Northeast	239	47.1	27.5	19.0	6.4	69.8	18.3	9.9	2.0
Midwest	245	39.5	32.1	21.4	6.9	66.8	19.5	10.7	3.0
South	365	46.8	27.6	18.9	6.7	63.0	23.8	11.2	2.0
West	240	38.6	31.6	25.5	4.3	61.5	25.4	13.1	.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6F.--Vitamin B-12 and Calcium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Vitamin B-12 (Percent of RDA)				Calcium (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children	371	0.2	2.5	9.1	88.2	5.3	10.7	39.4	44.7
Age:									
1-3	222	.0	2.4	4.9	92.7	8.2	10.6	39.3	41.9
4-5	149	.5	2.8	15.3	81.4	1.0	10.8	39.5	48.7
Income:									
Under 131% Poverty	108	.8	1.2	4.3	93.8	5.1	9.4	50.9	34.6
131-300% Poverty	148	.0	4.8	8.5	86.7	7.3	14.3	27.1	51.3
Over 300% Poverty	78	.0	.4	5.8	93.8	4.2	9.8	36.1	49.9
Region:									
Northeast	75	.0	.0	20.7	79.3	3.5	5.8	43.2	47.5
Midwest	100	.0	3.6	3.8	92.6	2.0	14.1	37.5	46.4
South	110	.7	4.6	8.7	86.1	10.4	15.6	37.1	36.9
West	85	.0	.9	5.4	93.7	4.1	4.6	41.1	50.2
All Women	1,088	7.2	11.5	21.8	59.5	28.6	25.8	23.7	21.9
Age:									
19-34	579	6.4	10.2	22.4	61.0	22.9	24.8	25.3	27.0
35-50	510	8.2	13.0	21.1	57.7	35.0	26.9	21.8	16.2
Income:									
Under 131% Poverty	220	11.0	16.5	19.7	52.8	39.5	26.0	19.2	15.3
131-300% Poverty	364	6.4	9.6	22.5	61.4	27.0	26.5	25.3	21.2
Over 300% Poverty	384	4.9	10.1	21.7	63.3	21.0	25.6	28.0	25.3
Region:									
Northeast	239	7.1	7.7	24.6	60.6	36.6	23.6	20.5	19.3
Midwest	245	6.4	9.1	22.0	62.5	18.0	27.7	28.3	26.0
South	365	8.1	17.8	20.5	53.6	35.6	26.5	21.6	16.4
West	240	6.9	8.2	20.8	64.1	20.8	25.0	25.3	29.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6G.--Phosphorus and Magnesium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Phosphorus (Percent of RDA)				Magnesium (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children	371	0.7	2.1	18.7	78.5	1.1	7.9	22.0	69.0
Age:									
1-3	222	.7	3.1	19.3	76.8	.7	3.8	11.9	83.6
4-5	149	.5	.7	17.9	80.9	1.7	14.1	36.9	47.2
Income:									
Under 131% Poverty	108	1.7	1.8	17.2	79.3	1.7	9.8	21.6	67.0
131-300% Poverty	148	.0	3.4	22.4	74.2	.5	6.9	25.2	67.3
Over 300% Poverty	78	.8	1.4	13.0	84.8	1.3	3.2	12.8	82.7
Region:									
Northeast	75	.0	3.5	21.4	75.2	.0	12.9	23.6	63.5
Midwest	100	.0	1.9	17.9	80.2	.0	8.7	22.2	69.1
South	110	1.6	3.1	21.6	73.7	2.5	7.7	23.8	66.0
West	85	.7	.0	13.6	85.7	1.7	2.9	17.8	77.7
All Women	1,088	2.6	8.6	26.1	62.7	24.7	31.0	34.4	9.8
Age:									
19-34	579	1.8	8.1	23.6	66.5	25.5	31.5	33.2	9.8
35-50	510	3.5	9.1	28.9	58.4	23.9	30.5	35.7	9.9
Income:									
Under 131% Poverty	220	5.9	13.7	29.5	50.9	39.3	32.5	25.4	2.8
131-300% Poverty	364	2.0	8.9	28.1	60.9	25.2	31.5	32.3	11.0
Over 300% Poverty	384	.3	5.6	21.2	72.9	13.8	30.7	43.4	12.1
Region:									
Northeast	239	4.4	11.7	31.8	52.2	33.0	33.5	25.9	7.6
Midwest	245	1.9	5.9	21.0	71.2	22.5	28.9	38.4	10.2
South	365	3.0	9.6	27.8	59.6	25.7	36.5	28.2	9.6
West	240	1.0	6.6	23.1	69.2	17.4	22.5	48.0	12.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 6H.--Iron and Zinc: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1985

Age, Income, and Region	Individuals	Iron (Percent of RDA)				Zinc (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	371	15.5	32.4	30.1	21.9	10.3	38.7	39.4	11.6
Age:									
1-3.....	222	24.7	46.0	22.8	6.5	9.6	48.8	34.2	7.5
4-5.....	149	2.0	12.2	40.9	44.9	11.4	23.8	47.1	17.7
Income:									
Under 131% Poverty...	108	14.0	29.6	36.1	20.3	7.4	42.1	34.1	16.4
131-300% Poverty.....	148	20.9	28.7	27.9	22.5	13.2	37.7	40.8	8.2
Over 300% Poverty....	78	14.8	40.1	27.9	17.1	5.0	47.9	34.8	12.4
Region:									
Northeast.....	75	13.8	27.2	28.2	30.8	17.5	28.4	40.0	14.0
Midwest.....	100	20.2	23.2	33.6	23.0	5.3	41.0	40.0	13.8
South.....	110	16.8	39.3	29.2	14.6	13.0	41.2	33.2	12.5
West.....	85	10.0	38.9	28.7	22.4	6.2	42.0	46.2	5.6
All Women.....	1,088	41.6	36.7	17.9	3.8	42.0	36.6	18.4	3.0
Age:									
19-34.....	579	39.4	36.6	19.3	4.8	40.8	36.9	18.6	3.7
35-50.....	510	44.1	36.7	16.4	2.8	43.4	36.3	18.2	2.2
Income:									
Under 131% Poverty...	220	42.6	39.7	14.6	3.2	51.8	31.1	15.4	1.6
131-300% Poverty.....	364	42.0	34.0	19.2	4.8	41.0	37.5	19.0	2.5
Over 300% Poverty....	384	38.1	40.3	18.2	3.4	36.1	39.7	20.5	3.7
Region:									
Northeast.....	239	45.2	35.9	13.4	5.5	47.8	33.2	17.3	1.7
Midwest.....	245	38.8	36.3	20.3	4.6	33.8	41.9	20.6	3.8
South.....	365	44.6	37.4	14.9	3.1	46.3	31.7	19.4	2.6
West.....	240	36.3	36.7	24.5	2.5	38.1	42.1	15.7	4.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Food Energy in Total Diet	Intake per 1,000 Kilocalories					
			Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams					Milligrams
All Children.....	371	1,426	37.2	38.6	15.2	14.1	6.5	156
Age:								
1-3.....	222	1,369	37.4	38.7	15.2	14.2	6.6	162
4-5.....	149	1,510	36.9	38.4	15.2	14.1	6.4	148
Income:								
Under 131% Poverty...	108	1,411	38.3	39.4	15.6	14.6	6.4	170
131-300% Poverty.....	148	1,401	36.8	37.5	14.7	13.6	6.6	163
Over 300% Poverty....	78	1,494	36.3	40.2	15.8	14.7	6.9	140
Race:								
White.....	316	1,431	36.7	38.5	15.3	14.0	6.5	155
Black.....	35	1,383	41.0	39.7	14.7	15.4	6.7	177
Other.....	11	1,402	39.0	38.4	15.1	14.0	6.3	163
Region:								
Northeast.....	75	1,416	37.8	37.5	15.3	13.5	6.0	160
Midwest.....	100	1,402	37.7	39.0	15.8	14.2	6.2	152
South.....	110	1,435	36.7	38.9	14.9	14.5	6.7	160
West.....	85	1,450	36.6	38.7	14.8	14.2	7.1	152
Urbanization:								
Central Cities.....	108	1,479	37.4	39.8	15.5	14.6	6.9	160
Suburban Areas.....	189	1,405	36.6	37.5	14.8	13.7	6.4	150
Nonmetropolitan Areas	74	1,400	38.2	39.6	15.8	14.5	6.4	167

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Intake per 1,000 Kilocalories							
	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams		International Units	Retinol Equivalents		Alpha-Tocopherol Equivalents	Milligrams	
All Children.....	129.9	6.9	3,081	568	181	3.9	59	0.79
Age:								
1-3.....	129.4	7.1	3,250	592	194	4.1	61	.79
4-5.....	130.7	6.7	2,830	532	162	3.5	56	.78
Income:								
Under 131% Poverty...	126.4	6.8	2,717	546	137	4.5	54	.83
131-300% Poverty.....	133.1	7.3	3,300	586	205	3.6	58	.77
Over 300% Poverty....	127.6	6.9	3,330	579	212	3.6	73	.78
Race:								
White.....	130.8	7.0	3,185	578	192	3.6	60	.78
Black.....	122.2	7.2	2,588	546	118	5.8	56	.88
Other.....	127.3	5.8	2,528	471	145	4.0	69	.80
Region:								
Northeast.....	131.4	6.3	2,887	574	150	3.6	68	.80
Midwest.....	128.6	7.0	2,985	614	143	4.5	60	.81
South.....	129.5	7.0	3,526	562	251	3.4	52	.78
West.....	130.8	7.2	2,788	516	163	4.0	61	.77
Urbanization:								
Central Cities.....	127.2	7.2	2,992	561	171	4.5	59	.80
Suburban Areas.....	133.0	6.9	3,302	595	201	3.7	63	.79
Nonmetropolitan Areas	126.1	6.4	2,649	509	146	3.3	51	.77

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Intake per 1,000 Kilocalories							
	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium
	Milligrams			Micrograms		Milligrams		
All Children	1.12	9.6	0.86	131	2.69	558	701	136
Age:								
1-3	1.13	9.7	.89	133	2.77	561	707	139
4-5	1.10	9.5	.82	128	2.56	554	691	132
Income:								
Under 131% Poverty	1.15	10.0	.89	138	2.82	551	700	134
131-300% Poverty	1.11	9.3	.84	129	2.79	568	707	137
Over 300% Poverty	1.07	9.4	.91	130	2.46	544	690	140
Race:								
White	1.12	9.4	.86	128	2.70	568	703	137
Black	1.08	11.7	.93	156	2.78	458	681	132
Other	1.07	9.6	.85	129	2.21	543	703	136
Region:								
Northeast	1.17	10.1	.86	136	2.78	598	728	136
Midwest	1.21	9.8	.90	134	3.13	583	720	136
South	1.03	9.5	.84	127	2.39	504	672	132
West	1.08	9.1	.86	127	2.46	563	691	142
Urbanization:								
Central Cities	1.09	9.8	.86	134	2.71	549	703	140
Suburban Areas	1.13	9.5	.88	131	2.66	570	704	137
Nonmetropolitan Areas	1.11	9.6	.84	125	2.74	542	690	127

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Intake per 1,000 Kilocalories				
	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams				
All Children.....	6.9	5.2	0.6	1,415	1,349
Age:					
1-3.....	7.1	5.2	.6	1,438	1,391
4-5.....	6.7	5.1	.5	1,379	1,287
Income:					
Under 131% Poverty...	7.2	5.4	.5	1,456	1,312
131-300% Poverty.....	6.9	5.1	.6	1,413	1,365
Over 300% Poverty....	6.6	5.0	.6	1,352	1,435
Race:					
White.....	6.8	5.2	.6	1,392	1,368
Black.....	8.0	5.5	.6	1,617	1,206
Other.....	6.9	5.0	.5	1,493	1,336
Region:					
Northeast.....	7.1	5.1	.6	1,419	1,327
Midwest.....	7.3	5.4	.5	1,479	1,379
South.....	6.6	5.1	.6	1,385	1,309
West.....	6.7	5.0	.6	1,373	1,387
Urbanization:					
Central Cities.....	7.0	5.0	.6	1,420	1,359
Suburban Areas.....	7.0	5.1	.6	1,392	1,365
Nonmetropolitan Areas	6.7	5.5	.5	1,465	1,296

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Food Energy in Total Diet	Intake per 1,000 Kilocalories					
			Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams					Milligrams
All Women	1,088	1,528	40.4	40.9	14.8	15.1	8.2	187
Age:								
19-34	579	1,590	39.4	40.7	14.9	14.9	8.1	177
35-50	510	1,458	41.4	41.1	14.6	15.3	8.3	199
Income:								
Under 131% Poverty	220	1,442	41.0	40.8	14.7	15.5	7.6	208
131-300% Poverty	364	1,521	40.3	40.3	14.3	14.8	8.3	183
Over 300% Poverty	384	1,622	40.6	42.0	15.2	15.3	8.5	185
Race:								
White	927	1,545	40.1	41.1	14.9	15.1	8.3	181
Black	107	1,401	42.8	41.0	14.3	15.7	7.9	243
Other	41	1,494	40.8	37.4	13.7	14.0	6.8	181
Region:								
Northeast	239	1,406	41.6	39.7	14.4	14.6	7.8	199
Midwest	245	1,602	39.8	42.4	15.6	15.6	8.2	179
South	365	1,509	40.5	40.1	14.1	15.0	8.1	184
West	240	1,603	39.5	41.9	15.2	15.1	8.6	188
Urbanization:								
Central Cities	302	1,576	41.0	40.7	14.7	14.9	8.2	204
Suburban Areas	567	1,529	40.1	41.0	14.8	15.1	8.3	181
Nonmetropolitan Areas	219	1,460	40.2	40.9	14.7	15.3	8.0	178

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Intake per 1,000 Kilocalories							
	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams		International Units	Retinol Equivalents		Alpha-Tocopherol Equivalents	Milligrams	
All Women	116.1	7.3	3,390	560	233	4.6	52	0.70
Age:								
19-34	117.4	7.0	3,322	558	223	4.5	50	.69
35-50	114.5	7.5	3,467	562	244	4.7	54	.70
Income:								
Under 131% Poverty	116.9	6.4	3,110	582	180	4.2	45	.69
131-300% Poverty	117.4	7.5	3,441	547	246	4.7	53	.72
Over 300% Poverty	112.3	7.5	3,388	522	252	4.7	56	.68
Race:								
White	115.6	7.4	3,411	550	241	4.7	51	.69
Black	114.4	6.4	3,324	687	160	4.0	58	.70
Other	126.5	7.6	3,066	451	235	4.1	58	.75
Region:								
Northeast	116.2	7.0	3,724	681	222	4.3	57	.71
Midwest	114.2	7.1	3,206	556	206	4.6	49	.71
South	117.8	7.2	3,124	494	226	4.5	51	.69
West	115.1	7.7	3,649	542	281	5.0	52	.67
Urbanization:								
Central Cities	115.3	7.0	3,495	616	220	4.6	53	.68
Suburban Areas	115.9	7.4	3,422	528	254	4.6	54	.69
Nonmetropolitan Areas	117.7	7.3	3,160	562	197	4.5	45	.72

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Intake per 1,000 Kilocalories							
	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium
	Milligrams			Micrograms		Milligrams		
All Women	0.88	10.8	0.77	126	3.31	397	636	137
Age:								
19-34	.88	10.3	.76	124	3.09	417	639	133
35-50	.86	11.2	.78	129	3.55	376	632	143
Income:								
Under 131% Poverty	.85	10.7	.72	117	3.71	355	611	123
131-300% Poverty	.89	10.9	.78	130	3.53	402	636	139
Over 300% Poverty	.86	10.7	.78	128	2.81	410	646	143
Race:								
White	.88	10.7	.77	127	3.09	411	642	140
Black	.89	11.0	.75	125	5.27	322	609	119
Other	.79	10.4	.74	128	3.36	334	611	141
Region:								
Northeast	.91	11.3	.79	129	4.29	388	629	136
Midwest	.91	10.5	.77	123	3.04	418	649	136
South	.83	11.0	.76	127	3.00	363	623	135
West	.87	10.1	.75	126	3.05	438	650	144
Urbanization:								
Central Cities	.89	10.7	.77	129	3.78	412	648	136
Suburban Areas	.87	10.7	.77	127	3.03	403	635	140
Nonmetropolitan Areas	.87	11.1	.77	121	3.37	364	623	134

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Intake per 1,000 Kilocalories				
	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams				
All Women	6.7	5.7	0.7	1,569	1,378
Age:					
19-34	6.5	5.6	.6	1,546	1,314
35-50	6.9	5.8	.7	1,595	1,450
Income:					
Under 131% Poverty	6.9	5.7	.7	1,632	1,252
131-300% Poverty	6.9	5.7	.7	1,558	1,397
Over 300% Poverty	6.5	5.7	.7	1,553	1,436
Race:					
White	6.7	5.7	.7	1,554	1,403
Black	6.8	5.6	.7	1,659	1,196
Other	7.4	6.0	.8	1,687	1,330
Region:					
Northeast	7.0	5.8	.7	1,562	1,383
Midwest	6.6	5.7	.7	1,600	1,387
South	6.7	5.6	.7	1,573	1,349
West	6.6	5.6	.7	1,537	1,407
Urbanization:					
Central Cities	6.7	5.6	.7	1,596	1,362
Suburban Areas	6.7	5.7	.7	1,542	1,397
Nonmetropolitan Areas	6.8	5.8	.7	1,599	1,350

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 8.1.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	Number	Percent					
All Children.....	371	14.9	34.7	13.7	12.7	5.9	52.0
Age:							
1-3.....	222	15.0	34.9	13.7	12.8	6.0	51.8
4-5.....	149	14.7	34.5	13.7	12.7	5.7	52.3
Income:							
Under 131% Poverty...	108	15.3	35.5	14.1	13.1	5.8	50.5
131-300% Poverty.....	148	14.7	33.8	13.2	12.3	5.9	53.2
Over 300% Poverty....	78	14.5	36.2	14.2	13.2	6.2	51.1
Race:							
White.....	316	14.7	34.7	13.7	12.6	5.9	52.3
Black.....	35	16.4	35.7	13.2	13.9	6.1	48.9
Other.....	11	15.6	34.6	13.6	12.6	5.7	50.9
Region:							
Northeast.....	75	15.1	33.7	13.8	12.1	5.4	52.5
Midwest.....	100	15.1	35.1	14.2	12.8	5.6	51.4
South.....	110	14.7	35.0	13.4	13.0	6.1	51.8
West.....	85	14.6	34.9	13.3	12.7	6.4	52.3
Urbanization:							
Central Cities.....	108	15.0	35.8	14.0	13.1	6.2	50.9
Suburban Areas.....	189	14.7	33.8	13.3	12.4	5.7	53.2
Nonmetropolitan Areas	74	15.3	35.6	14.3	13.1	5.8	50.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 8.2.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	Number	Percent					
All Women	1,088	16.1	36.8	13.3	13.6	7.4	46.4
Age:							
19-34	579	15.8	36.6	13.4	13.4	7.3	47.0
35-50	510	16.6	37.0	13.1	13.8	7.5	45.8
Income:							
Under 131% Poverty	220	16.4	36.7	13.2	14.0	6.9	46.7
131-300% Poverty	364	16.1	36.2	12.9	13.3	7.4	46.9
Over 300% Poverty	384	16.2	37.8	13.7	13.8	7.7	44.9
Race:							
White	927	16.0	37.0	13.4	13.6	7.5	46.2
Black	107	17.1	36.9	12.8	14.1	7.1	45.7
Other	41	16.3	33.6	12.3	12.6	6.2	50.6
Region:							
Northeast	239	16.6	35.7	13.0	13.1	7.1	46.5
Midwest	245	15.9	38.1	14.0	14.0	7.4	45.7
South	365	16.2	36.1	12.7	13.5	7.3	47.1
West	240	15.8	37.7	13.7	13.6	7.8	46.1
Urbanization:							
Central Cities	302	16.4	36.6	13.3	13.4	7.4	46.1
Suburban Areas	567	16.0	36.9	13.3	13.6	7.4	46.3
Nonmetropolitan Areas	219	16.1	36.8	13.2	13.8	7.2	47.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 9.1--Breakfast: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Number of Days Breakfast Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Children.....	371	0.0	0.5	1.9	12.2	85.3
Age:						
1-3.....	222	.0	.3	.0	11.0	88.8
4-5.....	149	.0	1.0	4.7	14.1	80.1
Income:						
Under 131% Poverty...	108	.0	1.9	4.3	17.8	76.0
131-300% Poverty.....	148	.0	.0	.0	9.1	90.9
Over 300% Poverty....	78	.0	.0	3.1	11.8	85.1
Race:						
White.....	316	.0	.2	1.4	11.4	87.0
Black.....	35	.0	4.1	.0	18.4	77.6
Other.....	11	.0	.0	.0	25.3	74.7
Region:						
Northeast.....	75	.0	.0	1.3	4.7	94.1
Midwest.....	100	.0	.6	.0	15.6	83.8
South.....	110	.0	1.3	3.2	18.1	77.4
West.....	85	.0	.0	3.1	7.4	89.6
Urbanization:						
Central Cities.....	108	.0	.0	.9	8.2	91.0
Suburban Areas.....	189	.0	.3	2.2	13.7	83.8
Nonmetropolitan Areas	74	.0	1.9	2.8	14.4	80.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 9.2--Breakfast: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Number of Days Breakfast Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Women	1,088	1.6	6.3	12.8	25.9	53.4
Age:						
19-34	579	2.3	7.4	13.2	26.6	50.6
35-50	510	.8	5.1	12.3	25.2	56.6
Income:						
Under 131% Poverty	220	1.5	13.3	17.9	31.0	36.3
131-300% Poverty	364	2.0	5.7	11.3	25.5	55.5
Over 300% Poverty	384	1.7	3.2	12.0	22.4	60.7
Race:						
White	927	1.6	5.2	12.0	24.4	56.8
Black	107	1.7	16.5	20.3	32.8	28.7
Other	41	.0	6.8	6.5	41.9	44.9
Region:						
Northeast	239	.7	6.4	11.4	24.6	57.0
Midwest	245	2.3	7.4	14.9	26.1	49.3
South	365	2.1	7.2	13.9	29.4	47.4
West	240	.8	3.8	10.1	21.9	63.3
Urbanization:						
Central Cities	302	2.1	10.0	11.2	30.3	46.5
Suburban Areas	567	1.3	3.9	13.6	22.7	58.5
Nonmetropolitan Areas	219	1.6	7.5	12.7	28.2	50.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Individuals Reporting Breakfast at Least Once	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat
	Number	Percent						
All Children.....	371	100.0	20.9	19.8	17.4	19.0	16.7	15.5
Age:								
1-3.....	222	100.0	21.5	20.5	18.4	20.1	17.7	16.1
4-5.....	149	100.0	20.1	18.9	16.0	17.3	15.3	14.6
Income:								
Under 131% Poverty...	108	100.0	21.0	21.2	18.7	21.0	17.5	15.9
131-300% Poverty.....	148	100.0	21.1	19.3	17.0	18.2	16.3	15.3
Over 300% Poverty....	78	100.0	20.3	19.0	16.8	18.1	16.4	14.4
Race:								
White.....	316	100.0	21.0	19.9	17.3	18.6	16.6	15.6
Black.....	35	100.0	22.2	20.8	20.6	24.1	19.3	16.6
Other.....	11	100.0	16.1	16.1	14.0	15.7	13.5	10.9
Region:								
Northeast.....	75	100.0	21.3	20.0	17.6	19.3	16.8	16.5
Midwest.....	100	100.0	19.9	18.2	15.1	16.4	14.2	13.7
South.....	110	100.0	21.5	21.0	19.7	21.8	19.0	16.4
West.....	85	100.0	20.9	20.1	17.2	18.3	16.6	15.7
Urbanization:								
Central Cities.....	108	100.0	21.5	20.0	17.6	19.2	16.8	15.1
Suburban Areas.....	189	100.0	20.4	19.5	16.7	17.9	16.1	15.4
Nonmetropolitan Areas	74	100.0	21.3	20.4	19.2	21.5	18.3	16.4

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Children	31.8	23.4	16.8	30.1	39.3	9.1	19.0	30.7
Age:								
1-3	35.7	23.8	17.3	29.8	39.1	8.5	20.5	31.4
4-5	26.0	22.9	16.1	30.7	39.7	10.0	16.8	29.7
Income:								
Under 131% Poverty	34.9	22.5	17.7	35.9	46.2	10.0	21.8	30.1
131-300% Poverty	32.7	24.2	18.1	27.0	35.7	8.0	18.8	30.8
Over 300% Poverty	30.1	23.1	14.7	26.2	35.1	8.6	15.0	34.8
Race:								
White	32.1	23.8	17.1	28.3	37.6	8.7	18.4	31.4
Black	32.6	23.4	15.6	47.6	56.9	11.6	25.1	27.3
Other	29.7	17.6	13.0	26.1	36.9	6.4	17.6	30.5
Region:								
Northeast	29.7	23.8	16.6	34.3	43.7	10.0	19.5	27.6
Midwest	27.9	23.5	15.4	33.8	42.8	9.4	21.6	37.5
South	33.3	22.8	17.0	27.1	36.3	9.1	17.4	29.8
West	36.3	23.9	18.6	25.9	35.3	8.1	17.4	26.6
Urbanization:								
Central Cities	33.9	24.7	17.2	31.0	40.8	8.8	20.7	31.2
Suburban Areas	30.1	22.8	16.8	28.7	37.9	8.5	18.6	29.8
Nonmetropolitan Areas	33.2	23.2	16.3	32.4	41.1	11.2	17.6	32.4

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Children	35.2	35.2	28.1	35.3	38.4	33.3	30.1	25.8
Age:								
1-3	35.4	35.6	27.9	35.7	38.9	33.3	30.8	26.4
4-5	34.8	34.8	28.3	34.8	37.5	33.2	29.0	24.9
Income:								
Under 131% Poverty	36.1	39.1	30.0	39.1	40.4	38.0	33.1	27.8
131-300% Poverty	34.2	33.4	26.9	34.3	38.1	30.3	29.2	25.1
Over 300% Poverty	34.7	32.0	26.5	31.1	37.7	29.5	26.6	24.0
Race:								
White	34.8	34.5	28.0	34.8	38.3	32.8	29.4	25.6
Black	41.7	44.4	30.7	41.9	43.0	38.1	39.4	30.1
Other	30.0	30.7	25.2	31.0	29.4	37.1	24.0	20.5
Region:								
Northeast	37.7	37.6	30.4	38.6	39.9	36.9	30.4	26.3
Midwest	37.1	35.6	31.6	38.4	40.6	33.2	27.2	23.7
South	32.9	35.5	25.7	32.8	35.8	32.8	33.5	27.3
West	33.5	32.4	25.1	31.9	37.6	30.8	28.8	25.7
Urbanization:								
Central Cities	35.9	35.3	27.0	35.4	39.3	33.8	30.6	26.5
Suburban Areas	34.9	34.7	28.9	35.7	37.4	33.5	29.0	25.1
Nonmetropolitan Areas	34.6	36.6	27.7	34.2	39.7	32.0	32.4	26.3

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Children.....	25.0	35.1	21.8	19.9	20.6	22.8
Age:						
1-3.....	25.5	35.9	22.5	20.3	21.0	22.8
4-5.....	24.3	34.1	20.7	19.4	20.0	22.9
Income:						
Under 131% Poverty...	26.8	35.7	23.4	19.7	21.7	23.8
131-300% Poverty.....	25.1	34.9	21.1	20.9	19.3	23.0
Over 300% Poverty....	22.7	33.8	21.5	18.7	21.5	20.8
Race:						
White.....	25.2	35.1	22.2	20.3	20.5	22.9
Black.....	26.6	36.5	20.7	18.6	23.5	24.2
Other.....	19.2	32.5	17.6	15.2	16.9	18.0
Region:						
Northeast.....	25.2	37.1	22.4	20.6	20.9	23.1
Midwest.....	24.5	38.5	20.7	19.9	18.2	21.7
South.....	25.4	32.3	22.7	19.6	22.6	24.2
West.....	25.0	33.2	21.3	19.7	20.7	22.3
Urbanization:						
Central Cities.....	25.2	36.8	21.1	19.6	21.3	22.8
Suburban Areas.....	24.8	34.7	21.7	20.3	20.1	22.5
Nonmetropolitan Areas	25.4	33.9	23.0	19.5	20.9	23.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Individuals Reporting Breakfast at Least Once	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat
	Number	Percent						
All Women	1,088	98.4	15.4	13.0	13.6	14.6	13.5	11.5
Age:								
19-34	579	97.7	14.8	12.8	12.6	13.7	12.6	10.6
35-50	510	99.2	16.0	13.2	14.6	15.6	14.5	12.5
Income:								
Under 131% Poverty	220	98.5	15.3	13.3	14.9	16.0	14.7	12.7
131-300% Poverty	364	98.0	15.8	13.1	13.8	14.8	13.6	12.1
Over 300% Poverty	384	98.3	15.0	12.5	12.8	13.6	12.9	10.5
Race:								
White	927	98.4	15.1	12.7	13.0	13.8	12.9	11.1
Black	107	98.3	17.1	14.8	17.3	18.9	17.4	13.9
Other	41	100.0	16.1	13.7	15.7	18.1	15.3	11.6
Region:								
Northeast	239	99.3	15.4	12.3	13.4	14.7	12.9	11.3
Midwest	245	97.7	14.4	12.5	12.0	12.7	11.8	10.4
South	365	97.9	14.8	12.6	13.7	14.2	14.0	12.0
West	240	99.2	17.3	14.8	15.2	16.9	15.0	12.0
Urbanization:								
Central Cities	302	97.9	15.1	13.1	13.3	15.0	13.1	10.4
Suburban Areas	567	98.7	15.6	13.0	13.5	14.3	13.4	11.7
Nonmetropolitan Areas	219	98.4	15.2	12.7	14.1	14.7	14.2	12.3

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Women	23.1	18.2	13.2	16.1	22.3	6.7	13.8	21.8
Age:								
19-34	21.8	17.8	12.9	16.2	22.3	6.2	13.8	21.6
35-50	24.5	18.6	13.4	16.0	22.3	7.2	13.7	22.1
Income:								
Under 131% Poverty	24.8	16.2	10.6	17.9	24.1	7.8	14.0	19.0
131-300% Poverty	23.1	18.9	14.0	15.9	22.7	6.3	14.9	22.5
Over 300% Poverty	22.4	18.6	13.5	14.7	20.4	6.7	12.0	23.9
Race:								
White	22.4	18.3	13.5	15.7	21.9	6.6	13.7	22.1
Black	28.0	17.8	10.7	20.8	27.5	8.6	13.8	22.5
Other	21.8	17.1	12.4	13.4	19.2	6.1	13.0	15.9
Region:								
Northeast	22.4	18.4	12.5	16.8	23.5	6.9	14.5	22.3
Midwest	21.0	17.4	12.3	18.3	24.4	7.0	13.7	23.2
South	23.0	17.0	12.7	14.5	20.3	6.5	13.0	19.9
West	26.1	20.6	15.4	15.6	22.1	6.6	14.2	22.9
Urbanization:								
Central Cities	22.1	17.7	12.4	16.0	22.3	6.6	13.5	22.6
Suburban Areas	23.5	18.8	13.7	16.1	22.3	7.0	13.9	22.8
Nonmetropolitan Areas	23.5	17.4	12.9	16.2	22.6	6.1	13.7	18.4

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Women	22.2	22.6	16.7	18.3	24.3	17.9	21.0	17.2
Age:								
19-34	22.0	22.7	16.8	19.0	24.5	18.3	20.6	16.9
35-50	22.5	22.5	16.7	17.6	24.1	17.4	21.5	17.5
Income:								
Under 131% Poverty	20.6	22.0	15.8	17.0	23.4	18.2	20.4	17.0
131-300% Poverty	22.5	23.2	17.0	18.9	24.6	18.1	22.2	17.8
Over 300% Poverty	22.4	21.8	16.4	17.8	24.3	16.6	19.9	16.4
Race:								
White	22.5	22.6	16.9	18.6	24.5	17.8	20.7	16.9
Black	21.4	23.1	15.3	17.7	24.0	20.5	21.8	18.9
Other	18.9	22.1	16.7	15.4	19.6	13.3	23.7	18.2
Region:								
Northeast	21.7	23.0	16.1	17.7	26.0	16.8	22.6	17.0
Midwest	22.2	23.0	17.0	19.9	25.1	18.6	20.5	16.6
South	21.3	21.0	15.9	16.3	21.2	17.1	19.4	16.5
West	24.1	24.3	18.3	20.5	26.6	19.4	22.3	19.1
Urbanization:								
Central Cities	21.6	23.0	16.0	18.5	24.9	19.4	21.5	17.5
Suburban Areas	22.9	22.8	17.1	18.8	24.7	17.6	21.0	17.2
Nonmetropolitan Areas	21.3	21.5	16.8	16.9	22.5	16.7	20.2	16.8

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Women.....	19.6	20.5	13.9	15.2	13.3	18.6
Age:						
19-34.....	19.0	20.2	14.0	14.9	12.5	18.1
35-50.....	20.3	20.7	13.7	15.6	14.2	19.2
Income:						
Under 131% Poverty...	17.8	19.3	13.3	13.7	14.3	17.1
131-300% Poverty.....	19.9	21.2	14.0	15.6	13.3	18.5
Over 300% Poverty....	19.8	19.6	13.3	15.2	12.7	19.3
Race:						
White.....	20.0	20.7	13.9	15.4	12.9	18.8
Black.....	17.1	19.4	14.7	14.1	16.5	17.4
Other.....	16.3	18.8	12.9	13.2	13.7	17.3
Region:						
Northeast.....	20.0	20.3	13.0	15.0	12.5	18.9
Midwest.....	19.4	21.0	13.3	15.2	12.0	18.0
South.....	18.6	19.2	13.6	14.3	14.0	17.7
West.....	20.9	21.9	15.6	16.9	14.4	20.3
Urbanization:						
Central Cities.....	19.2	19.3	14.6	14.5	12.8	18.8
Suburban Areas.....	20.1	21.0	13.9	15.9	13.4	19.1
Nonmetropolitan Areas	19.0	20.6	12.8	14.4	13.8	17.2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 11.1--Snacks: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Number of Days Snacks Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Children	371	0.4	7.8	14.0	22.7	55.1
Age:						
1-3	222	.7	7.5	11.9	19.4	60.6
4-5	149	.0	8.1	17.3	27.5	47.1
Income:						
Under 131% Poverty	108	1.4	9.6	29.7	22.2	37.2
131-300% Poverty	148	.0	5.4	5.8	19.9	68.9
Over 300% Poverty	78	.0	7.7	7.7	20.8	63.8
Race:						
White	316	.5	6.6	11.3	21.1	60.5
Black	35	.0	19.2	42.7	32.2	6.0
Other	11	.0	.0	9.5	20.6	70.0
Region:						
Northeast	75	.0	8.9	20.9	26.7	43.5
Midwest	100	.0	6.5	16.0	19.0	58.5
South	110	1.3	3.6	16.1	28.4	50.5
West	85	.0	13.7	2.9	15.9	67.5
Urbanization:						
Central Cities	108	.0	9.7	12.3	16.6	61.4
Suburban Areas	189	.8	7.5	10.7	26.6	54.4
Nonmetropolitan Areas	74	.0	5.6	25.1	21.4	47.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 11.2--Snacks: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Number of Days Snacks Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Women	1,088	2.8	9.7	17.7	28.0	41.9
Age:						
19-34	579	2.7	9.2	18.5	30.9	38.7
35-50	510	2.8	10.3	16.7	24.6	45.5
Income:						
Under 131% Poverty	220	6.2	15.3	23.5	31.8	23.2
131-300% Poverty	364	1.7	9.7	13.1	31.1	44.5
Over 300% Poverty	384	1.9	7.1	14.3	24.3	52.4
Race:						
White	927	2.3	8.8	15.1	29.0	44.8
Black	107	6.0	15.5	35.0	23.5	20.0
Other	41	4.6	16.0	21.8	21.5	36.1
Region:						
Northeast	239	2.1	8.4	18.7	26.0	44.8
Midwest	245	2.4	5.3	17.6	25.8	48.8
South	365	4.5	10.7	16.4	30.8	37.5
West	240	1.1	14.0	18.5	27.9	38.5
Urbanization:						
Central Cities	302	2.4	10.7	17.9	26.7	42.2
Suburban Areas	567	1.9	9.6	16.5	27.2	44.8
Nonmetropolitan Areas	219	5.4	8.8	20.4	31.7	33.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Individuals Reporting Snacks at Least Once	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat
	Number	Percent						
All Children.....	371	99.6	19.0	11.1	16.4	17.6	15.2	15.4
Age:								
1-3.....	222	99.3	19.4	11.8	16.4	17.9	15.1	15.2
4-5.....	149	100.0	18.4	9.9	16.3	17.2	15.4	15.8
Income:								
Under 131% Poverty...	108	98.6	16.4	9.0	14.3	14.9	13.3	14.2
131-300% Poverty.....	148	100.0	20.7	12.1	18.1	19.5	17.0	17.0
Over 300% Poverty....	78	100.0	19.8	12.4	15.4	17.1	14.1	14.2
Race:								
White.....	316	99.5	19.6	11.4	16.5	17.8	15.5	15.5
Black.....	35	100.0	12.4	6.5	10.9	11.5	9.9	11.4
Other.....	11	100.0	26.8	18.0	31.3	34.0	29.7	27.1
Region:								
Northeast.....	75	100.0	19.0	10.9	17.2	18.2	16.3	15.7
Midwest.....	100	100.0	18.7	11.0	16.7	18.0	15.6	15.9
South.....	110	98.7	19.3	10.9	16.1	17.5	14.8	15.3
West.....	85	100.0	18.9	11.5	15.6	16.7	14.5	14.6
Urbanization:								
Central Cities.....	108	100.0	17.7	10.5	15.2	17.1	13.9	13.3
Suburban Areas.....	189	99.2	19.6	11.6	16.7	17.9	15.7	16.0
Nonmetropolitan Areas	74	100.0	19.4	10.5	17.1	17.6	16.0	17.1

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Children.....	10.8	23.2	15.8	11.7	11.7	11.3	17.0	20.4
Age:								
1-3.....	11.1	23.7	15.7	12.3	12.5	11.8	16.6	20.9
4-5.....	10.3	22.6	15.8	10.7	10.6	10.6	17.5	19.7
Income:								
Under 131% Poverty...	8.0	20.4	15.0	8.6	8.2	9.4	15.1	18.1
131-300% Poverty.....	12.8	24.9	16.2	12.4	13.1	10.9	18.6	20.5
Over 300% Poverty....	10.2	25.2	17.6	15.3	14.9	14.9	16.6	23.6
Race:								
White.....	10.9	24.1	16.3	12.2	12.2	11.7	17.5	21.9
Black.....	6.6	15.6	9.8	8.0	7.1	10.0	11.1	10.1
Other.....	21.1	26.6	19.3	11.3	13.4	8.0	26.0	18.6
Region:								
Northeast.....	11.0	22.8	15.1	8.2	8.6	8.1	17.7	21.8
Midwest.....	10.3	22.5	14.2	9.9	10.2	9.9	16.6	16.8
South.....	10.8	24.2	16.6	13.8	13.6	13.8	17.5	22.8
West.....	11.2	23.3	17.1	14.0	13.8	12.6	16.3	20.3
Urbanization:								
Central Cities.....	10.5	21.7	15.7	12.0	11.5	12.5	15.2	18.3
Suburban Areas.....	11.8	23.8	15.3	12.4	12.5	11.8	17.2	20.6
Nonmetropolitan Areas	8.7	24.1	16.9	9.5	10.2	8.3	19.2	23.2

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Children.....	12.9	15.0	9.3	12.7	12.7	10.8	16.5	14.5
Age:								
1-3.....	13.8	16.1	9.8	13.3	12.9	11.6	17.9	15.5
4-5.....	11.7	13.4	8.5	11.8	12.2	9.6	14.3	13.0
Income:								
Under 131% Poverty...	10.1	11.0	7.7	10.1	9.9	7.6	12.8	11.8
131-300% Poverty.....	14.4	17.1	10.1	13.7	13.4	11.9	18.2	15.8
Over 300% Poverty....	15.4	17.2	11.1	16.0	15.6	13.3	18.7	16.1
Race:								
White.....	13.5	15.5	9.7	13.3	13.3	11.0	16.7	14.8
Black.....	7.7	8.1	5.5	6.6	5.9	4.8	10.3	9.4
Other.....	16.2	24.1	11.1	15.6	18.6	21.4	29.5	22.7
Region:								
Northeast.....	12.2	14.7	7.7	10.9	13.4	11.0	16.9	14.8
Midwest.....	11.6	14.2	8.2	11.9	10.4	9.9	16.3	14.2
South.....	13.8	15.3	10.2	13.3	13.8	11.1	17.0	14.9
West.....	14.0	15.8	10.8	14.5	13.2	11.3	15.6	14.1
Urbanization:								
Central Cities.....	11.9	14.8	8.1	12.1	11.1	10.2	16.3	14.0
Suburban Areas.....	13.5	15.2	9.9	12.8	14.0	11.4	16.7	14.8
Nonmetropolitan Areas	12.9	14.8	9.5	13.3	11.6	10.1	16.0	14.4

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Children.....	16.2	12.0	11.9	16.7	10.6	16.7
Age:						
1-3.....	16.4	12.8	12.6	16.8	11.3	17.3
4-5.....	15.8	10.8	11.0	16.5	9.5	15.9
Income:						
Under 131% Poverty...	13.5	9.7	9.4	14.5	9.1	13.8
131-300% Poverty.....	17.3	12.8	13.1	17.3	11.2	18.0
Over 300% Poverty....	18.2	14.9	13.4	19.1	12.0	18.9
Race:						
White.....	16.8	12.6	12.3	17.4	10.9	17.2
Black.....	9.5	6.7	6.9	10.0	7.3	9.7
Other.....	23.2	14.0	18.9	19.5	14.9	23.2
Region:						
Northeast.....	16.5	10.7	11.9	16.1	9.9	17.9
Midwest.....	15.4	10.3	11.5	15.4	10.8	15.5
South.....	16.5	13.4	12.0	17.3	11.1	16.5
West.....	16.5	13.2	12.4	17.8	10.2	17.6
Urbanization:						
Central Cities.....	15.2	10.2	12.1	15.7	9.0	16.8
Suburban Areas.....	16.7	13.2	12.3	17.0	11.0	17.0
Nonmetropolitan Areas	16.4	11.5	10.7	17.1	11.9	16.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Individuals Reporting Snacks at Least Once	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat
	Number	Percent						
All Women	1,088	97.2	15.5	8.0	12.1	13.3	11.5	11.1
Age:								
19-34	579	97.3	16.1	8.2	12.4	13.6	11.6	11.5
35-50	510	97.2	14.9	7.8	11.8	13.0	11.3	10.6
Income:								
Under 131% Poverty	220	93.8	15.3	8.1	12.5	13.6	11.8	11.9
131-300% Poverty	364	98.3	14.5	7.5	11.3	12.3	10.7	10.5
Over 300% Poverty	384	98.1	16.2	8.4	12.4	13.6	11.9	11.4
Race:								
White	927	97.7	15.8	8.0	12.0	13.2	11.4	10.9
Black	107	94.0	15.1	9.1	13.5	14.4	12.8	13.3
Other	41	95.4	13.8	5.7	13.1	15.9	11.5	10.5
Region:								
Northeast	239	97.9	17.6	8.9	14.3	16.2	13.7	12.1
Midwest	245	97.6	16.6	8.5	13.4	14.3	12.9	12.6
South	365	95.5	14.3	7.3	10.0	10.9	9.3	9.6
West	240	98.9	14.3	7.5	11.9	13.1	11.2	10.8
Urbanization:								
Central Cities	302	97.6	16.1	8.5	12.4	13.8	11.8	11.1
Suburban Areas	567	98.1	15.7	8.0	12.4	13.6	11.8	11.0
Nonmetropolitan Areas	219	94.6	14.3	7.3	11.1	12.0	10.1	11.2

Table 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Women	7.7	19.5	11.4	8.6	9.3	7.8	11.7	12.7
Age:								
19-34	8.2	19.9	11.7	8.9	9.5	8.1	11.8	13.0
35-50	7.1	18.9	11.0	8.3	9.1	7.4	11.5	12.3
Income:								
Under 131% Poverty	9.4	19.1	11.0	8.6	9.2	8.5	12.4	11.9
131-300% Poverty	6.7	17.9	10.6	7.5	8.2	6.5	11.3	11.8
Over 300% Poverty	7.7	20.7	13.0	9.2	9.9	8.0	12.0	14.7
Race:								
White	7.5	19.9	11.5	8.4	9.3	7.4	11.5	12.7
Black	9.4	17.7	11.1	9.0	9.0	9.5	14.1	13.0
Other	7.7	17.0	10.1	12.3	12.3	11.3	10.0	11.4
Region:								
Northeast	8.8	21.2	11.8	9.0	10.0	8.0	12.3	13.4
Midwest	8.4	20.8	12.7	9.6	10.1	9.2	13.3	12.5
South	6.2	18.6	10.3	7.5	8.4	6.5	10.4	12.2
West	7.9	17.7	11.3	8.9	9.3	8.0	11.3	13.0
Urbanization:								
Central Cities	9.3	20.1	11.5	9.0	9.6	8.8	11.6	12.7
Suburban Areas	7.2	19.6	11.3	8.1	9.1	6.8	11.7	12.9
Nonmetropolitan Areas	6.6	18.1	11.5	9.4	9.7	8.9	11.7	12.2

Table 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Women	10.0	12.5	8.7	9.6	10.6	8.4	14.6	12.1
Age:								
19-34	10.2	12.7	8.7	10.2	10.7	9.2	14.4	12.4
35-50	9.7	12.2	8.7	9.0	10.5	7.4	14.8	11.8
Income:								
Under 131% Poverty	10.8	12.3	8.5	9.1	10.2	8.5	14.8	11.8
131-300% Poverty	9.6	11.9	8.7	9.4	10.4	7.9	13.4	11.3
Over 300% Poverty	10.1	13.0	9.3	10.7	11.5	8.7	15.2	12.9
Race:								
White	9.9	12.6	8.8	9.6	10.7	8.4	14.5	12.3
Black	11.5	12.9	9.8	10.8	11.3	10.0	16.4	12.4
Other	7.2	11.5	4.5	6.7	8.4	6.0	15.8	9.8
Region:								
Northeast	11.0	13.5	9.6	9.9	11.6	9.0	17.0	13.6
Midwest	10.0	12.7	9.6	9.9	11.3	8.6	14.4	12.7
South	9.6	12.0	8.4	9.6	10.1	8.5	14.1	11.4
West	9.4	12.1	7.4	9.0	9.8	7.5	13.2	11.1
Urbanization:								
Central Cities	10.4	12.7	8.6	9.7	10.4	8.5	15.2	12.6
Suburban Areas	9.8	12.6	8.7	9.4	10.9	8.5	14.5	12.2
Nonmetropolitan Areas	9.8	11.8	8.8	10.1	10.3	8.1	14.2	11.2

ble 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

men

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
l Women.....	14.9	9.6	9.4	14.4	8.4	13.7
e:						
19-34.....	14.6	9.7	9.8	14.6	8.6	13.2
35-50.....	15.2	9.4	8.9	14.2	8.2	14.3
come:						
Under 131% Poverty...	13.6	9.4	8.8	12.8	9.4	12.5
131-300% Poverty.....	14.5	8.9	8.6	14.4	7.9	13.3
Over 300% Poverty....	16.4	10.3	10.0	15.9	8.5	15.3
ce:						
White.....	15.2	9.8	9.5	14.9	8.5	13.8
Black.....	14.2	9.3	10.0	12.0	9.4	14.3
Other.....	12.2	6.8	6.9	11.9	6.2	10.2
gion:						
Northeast.....	16.3	10.5	10.5	15.1	9.7	15.0
Midwest.....	15.8	10.6	10.1	16.1	9.7	13.9
South.....	13.9	8.7	8.3	13.5	7.5	13.0
West.....	14.2	9.0	9.2	13.5	7.2	13.4
banization:						
Central Cities.....	15.2	9.8	9.7	14.5	8.7	14.2
Suburban Areas.....	15.0	9.6	9.4	14.6	8.4	13.7
Nonmetropolitan Areas	14.4	9.3	8.8	14.0	8.1	13.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 13.1--Food Obtained and Eaten Away from Home: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Number of Days Food Away Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Children.....	371	20.6	23.3	25.4	18.9	11.7
Age:						
1-3.....	222	23.5	22.0	22.4	20.3	11.8
4-5.....	149	16.3	25.3	29.9	16.8	11.6
Income:						
Under 131% Poverty...	108	24.3	17.8	21.3	24.1	12.5
131-300% Poverty.....	148	23.5	24.9	28.0	15.8	7.8
Over 300% Poverty....	78	3.3	29.0	24.7	23.0	20.0
Race:						
White.....	316	18.0	26.1	24.7	18.3	12.9
Black.....	35	47.9	8.0	22.5	17.5	4.1
Other.....	11	23.5	.0	31.9	44.6	.0
Region:						
Northeast.....	75	37.3	13.4	31.4	18.0	.0
Midwest.....	100	18.9	35.5	25.5	12.2	7.8
South.....	110	16.8	13.6	21.8	18.5	29.3
West.....	85	12.9	30.6	24.8	28.1	3.7
Urbanization:						
Central Cities.....	108	15.6	24.2	22.8	23.2	14.2
Suburban Areas.....	189	22.5	25.2	27.5	17.2	7.7
Nonmetropolitan Areas	74	23.4	17.4	23.9	16.9	18.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 13.2--Food Obtained and Eaten Away from Home: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Number of Days Food Away Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Women	1,088	12.0	20.5	22.7	25.6	19.2
Age:						
19-34	579	13.5	16.6	26.7	24.1	19.1
35-50	510	10.3	24.9	18.2	27.3	19.3
Income:						
Under 131% Poverty	220	24.4	27.3	23.0	20.8	4.6
131-300% Poverty	364	13.5	17.2	27.0	23.5	18.7
Over 300% Poverty	384	5.1	14.5	20.7	31.7	28.0
Race:						
White	927	10.2	19.1	22.9	26.9	20.9
Black	107	22.5	27.6	24.8	13.3	11.7
Other	41	16.5	37.3	9.6	29.3	7.3
Region:						
Northeast	239	14.1	20.8	22.6	24.5	18.0
Midwest	245	9.9	18.0	25.1	26.8	20.1
South	365	14.3	17.3	20.7	25.4	22.4
West	240	8.5	27.6	23.5	25.8	14.6
Urbanization:						
Central Cities	302	13.8	19.4	28.2	19.0	19.5
Suburban Areas	567	10.8	20.4	20.0	27.5	21.3
Nonmetropolitan Areas	219	12.5	22.1	22.2	29.7	13.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985

Children

Age, Income, Race, Region, and Urbanization	Individuals	Individuals Eating Away at Least Once	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat
	Number	Percent						
All Children	371	79.4	18.6	17.8	18.8	18.7	18.9	18.9
Age:								
1-3	222	76.5	18.6	17.6	18.9	18.8	19.0	19.0
4-5	149	83.7	18.5	18.2	18.5	18.5	18.6	18.8
Income:								
Under 131% Poverty	108	75.7	19.9	19.9	20.0	19.7	20.4	20.1
131-300% Poverty	148	76.5	16.5	15.2	17.0	16.7	17.1	18.0
Over 300% Poverty	78	96.7	24.2	23.7	23.9	24.5	23.8	23.1
Race:								
White	316	82.0	18.6	17.8	18.9	18.9	19.0	19.0
Black	35	52.1	16.2	15.3	15.4	15.6	15.3	14.9
Other	11	76.5	22.7	21.4	20.9	18.9	20.4	25.1
Region:								
Northeast	75	62.7	11.8	11.8	12.2	12.5	12.1	12.4
Midwest	100	81.1	16.4	16.3	17.0	16.6	17.2	17.7
South	110	83.2	24.5	23.5	24.2	24.3	24.2	23.8
West	85	87.1	19.4	17.6	19.6	19.3	20.0	19.8
Urbanization:								
Central Cities	108	84.4	21.7	21.0	21.4	21.4	21.3	21.7
Suburban Areas	189	77.5	15.3	14.3	15.6	15.6	15.7	15.7
Nonmetropolitan Areas	74	76.6	22.4	22.2	23.1	22.7	23.6	23.1

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Children.....	17.6	18.7	16.9	13.6	12.5	16.3	16.7	16.6
Age:								
1-3.....	17.4	18.8	16.9	13.6	12.6	16.3	16.9	15.5
4-5.....	17.9	18.5	16.9	13.5	12.2	16.1	16.5	18.2
Income:								
Under 131% Poverty...	19.4	20.0	19.4	15.5	14.3	18.8	18.7	18.0
131-300% Poverty.....	13.6	16.6	14.3	11.1	10.1	13.2	14.3	12.3
Over 300% Poverty....	25.6	24.6	22.1	19.1	17.2	23.2	21.6	24.5
Race:								
White.....	17.7	18.6	16.6	13.7	12.5	16.8	16.3	16.2
Black.....	14.4	17.2	17.7	13.6	14.0	12.6	17.0	17.8
Other.....	15.9	24.1	21.6	9.0	8.6	10.4	21.8	20.9
Region:								
Northeast.....	12.1	11.5	10.3	7.3	7.0	8.7	10.6	11.5
Midwest.....	17.5	15.9	14.6	11.9	10.4	16.0	14.1	12.5
South.....	22.6	25.1	22.6	20.3	19.5	22.3	22.5	23.5
West.....	16.0	19.8	18.0	12.3	10.7	15.3	17.7	17.1
Urbanization:								
Central Cities.....	21.0	22.3	21.2	16.6	15.1	20.1	19.9	24.3
Suburban Areas.....	14.8	15.3	12.7	10.4	9.6	12.2	13.2	11.7
Nonmetropolitan Areas	19.7	21.9	21.4	17.2	15.8	21.0	21.1	17.9

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Children	15.9	14.8	16.9	14.5	15.4	15.1	15.5	16.7
Age:								
1-3	15.7	14.7	16.5	14.2	15.3	15.0	15.5	16.6
4-5	16.1	14.9	17.4	15.0	15.5	15.2	15.5	16.8
Income:								
Under 131% Poverty	17.9	16.9	18.6	16.6	17.5	17.3	17.7	18.7
131-300% Poverty	13.6	11.9	15.3	12.7	12.3	12.3	12.0	13.8
Over 300% Poverty	20.8	20.0	21.7	19.0	22.2	20.8	21.5	22.6
Race:								
White	15.5	14.6	16.6	14.2	15.0	15.0	15.5	16.6
Black	16.3	15.7	14.9	14.8	16.7	13.9	16.2	16.1
Other	18.0	14.9	22.9	18.6	22.5	15.1	14.6	18.4
Region:								
Northeast	9.7	9.6	9.6	8.9	9.1	8.3	10.8	11.2
Midwest	13.3	12.3	14.9	12.3	12.5	13.0	13.0	14.5
South	21.2	20.9	22.8	20.4	21.0	21.7	21.8	22.8
West	17.5	14.4	17.9	14.5	17.1	15.1	14.3	16.1
Urbanization:								
Central Cities	19.7	18.0	20.5	17.8	21.6	18.3	19.0	20.0
Suburban Areas	12.5	11.5	13.2	11.0	11.0	11.8	12.0	13.3
Nonmetropolitan Areas	18.9	18.5	20.8	18.8	17.4	18.9	19.2	20.5

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Children

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Children.....	16.0	15.8	17.2	17.2	19.0	16.9
Age:						
1-3.....	16.1	15.7	16.9	16.9	18.7	16.8
4-5.....	15.8	15.9	17.7	17.5	19.5	17.0
Income:						
Under 131% Poverty...	18.2	18.0	19.5	19.5	21.1	18.7
131-300% Poverty.....	13.5	13.3	15.0	14.4	15.5	14.4
Over 300% Poverty....	20.9	21.5	21.5	22.7	26.3	23.1
Race:						
White.....	15.8	15.6	17.1	17.1	19.2	16.8
Black.....	16.1	15.9	14.8	15.7	15.8	15.3
Other.....	20.0	17.7	19.7	20.3	21.0	19.7
Region:						
Northeast.....	10.8	9.2	11.7	11.2	11.8	11.4
Midwest.....	13.6	13.0	15.4	15.0	17.5	14.5
South.....	21.4	22.2	22.3	22.5	24.8	22.6
West.....	16.5	16.5	17.6	18.0	19.6	17.0
Urbanization:						
Central Cities.....	19.6	19.6	20.2	20.7	21.9	20.6
Suburban Areas.....	12.2	12.1	13.7	13.4	16.1	13.2
Nonmetropolitan Areas	20.3	19.5	21.7	21.5	22.3	20.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985

Women

Age, Income, Race, Region, and Urbanization	Individuals	Individuals Eating Away at Least Once	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat
	Number	Percent						
All Women	1,088	88.0	27.6	26.0	28.6	28.0	28.2	30.7
Age:								
19-34	579	86.5	28.0	26.1	28.7	28.1	28.4	30.5
35-50	510	89.7	27.3	26.0	28.6	27.9	28.1	31.0
Income:								
Under 131% Poverty	220	75.6	18.8	18.0	19.1	18.8	18.8	20.4
131-300% Poverty	364	86.5	26.9	25.3	28.2	27.5	27.8	30.4
Over 300% Poverty	384	94.9	33.7	31.9	35.2	34.5	34.7	37.4
Race:								
White	927	89.8	28.6	26.9	29.6	28.8	29.3	31.7
Black	107	77.5	22.0	21.5	22.6	22.2	21.9	25.3
Other	41	83.5	25.3	22.8	27.1	28.2	26.1	27.5
Region:								
Northeast	239	85.9	24.4	22.9	25.8	25.3	25.6	27.6
Midwest	245	90.1	28.5	27.2	29.8	29.2	29.4	31.8
South	365	85.7	29.4	27.8	29.8	28.9	29.3	32.3
West	240	91.5	27.3	25.3	28.5	28.1	28.1	30.2
Urbanization:								
Central Cities	302	86.2	27.4	26.0	28.4	27.8	28.2	30.2
Suburban Areas	567	89.2	28.4	26.7	29.5	28.8	29.1	31.7
Nonmetropolitan Areas	219	87.5	26.0	24.3	26.7	26.1	26.1	28.8

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Women	26.4	26.8	24.2	23.0	21.9	25.0	27.9	21.3
Age:								
19-34	26.3	27.2	24.1	22.2	21.3	23.9	27.4	19.9
35-50	26.5	26.4	24.3	23.8	22.6	26.2	28.5	22.7
Income:								
Under 131% Poverty	17.0	19.1	17.3	15.7	15.1	17.7	18.6	14.7
131-300% Poverty	26.2	25.9	23.6	22.4	21.6	24.2	27.3	21.2
Over 300% Poverty	32.4	32.1	29.5	28.2	26.8	30.5	34.7	25.2
Race:								
White	27.3	27.7	25.0	23.8	22.5	26.0	28.8	22.2
Black	19.4	21.8	20.3	15.7	15.5	17.7	23.3	16.6
Other	24.2	24.5	20.6	23.7	24.1	22.9	24.8	15.4
Region:								
Northeast	24.0	23.2	21.3	20.3	19.8	21.4	25.1	20.6
Midwest	27.7	27.4	25.4	22.7	20.9	26.6	29.2	21.4
South	27.6	29.2	26.2	23.8	23.1	25.0	29.5	22.7
West	25.5	26.2	23.0	24.7	23.2	26.9	26.8	19.7
Urbanization:								
Central Cities	26.3	26.5	24.6	21.9	21.0	24.2	27.4	21.6
Suburban Areas	27.0	27.4	24.4	23.6	22.5	25.7	28.7	21.2
Nonmetropolitan Areas	24.8	25.8	23.2	22.7	21.4	24.4	26.5	20.9

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Women	23.8	22.9	24.9	23.4	23.1	25.0	24.4	25.3
Age:								
19-34	24.0	23.0	25.4	23.4	22.4	25.5	24.2	25.3
35-50	23.5	22.8	24.4	23.3	23.8	24.5	24.6	25.2
Income:								
Under 131% Poverty	16.2	16.0	17.4	16.4	15.9	16.6	16.7	17.4
131-300% Poverty	23.3	22.3	24.1	22.9	22.7	24.4	23.6	24.4
Over 300% Poverty	29.1	27.7	30.6	28.4	28.1	30.9	29.8	30.9
Race:								
White	24.6	23.5	25.8	24.1	23.8	25.7	24.7	25.9
Black	19.0	18.4	20.1	19.1	18.1	19.8	22.3	21.7
Other	21.3	24.5	20.3	21.0	21.6	26.5	26.5	23.6
Region:								
Northeast	21.2	20.8	21.6	20.5	21.0	22.5	22.5	22.6
Midwest	24.0	22.7	26.1	23.9	23.4	25.4	24.2	25.9
South	25.6	24.6	26.9	25.6	25.0	27.1	25.5	27.2
West	23.4	22.9	24.0	22.4	21.9	24.0	24.7	24.2
Urbanization:								
Central Cities	24.2	22.6	24.5	23.1	23.0	23.4	24.3	25.0
Suburban Areas	24.2	23.5	25.8	23.9	23.6	26.3	25.0	25.9
Nonmetropolitan Areas	22.2	21.9	23.1	22.3	21.6	24.1	23.0	24.0

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1985--continued

Women

Age, Income, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Women	24.0	24.4	25.6	25.7	26.6	24.3
Age:						
19-34	24.2	24.6	26.0	26.4	26.6	24.4
35-50	23.8	24.1	25.1	24.9	26.5	24.2
Income:						
Under 131% Poverty	17.1	16.8	17.7	17.1	17.4	17.0
131-300% Poverty	23.1	23.7	25.1	24.9	26.1	23.8
Over 300% Poverty	29.4	30.0	31.2	31.6	32.6	29.3
Race:						
White	24.5	25.2	26.4	26.7	27.7	24.9
Black	21.2	20.0	20.6	20.4	20.0	21.2
Other	23.0	20.7	22.9	22.2	21.6	21.5
Region:						
Northeast	21.6	22.0	23.1	23.3	22.4	21.9
Midwest	25.0	24.8	26.6	26.1	26.6	25.0
South	25.6	26.2	27.1	27.6	28.3	25.8
West	23.0	23.6	24.7	24.8	28.0	23.7
Urbanization:						
Central Cities	24.0	24.3	25.3	25.5	26.8	24.2
Suburban Areas	24.4	25.2	26.3	26.4	27.2	24.9
Nonmetropolitan Areas	23.0	22.5	23.9	24.3	24.5	22.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 15.1.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, 1985

Age of Respondents (Years)	Individuals	Physiological Status		Employment Status			
		Pregnant	Lactating	Full Time	Part Time	Not Employed	Not Reported
	Number	Percent					
19-34	579	6.9	3.4	42.0	16.5	40.2	1.3
35-50	510	1.8	.3	45.0	21.5	31.3	2.2
All	1,088	4.5	2.0	43.4	18.8	36.1	1.7

	Educational Level				
	Elementary School or Less	Some High School	High School Completed	College	Not Reported
	Percent				
19-34	3.1	12.1	40.3	44.3	0.2
35-50	5.4	11.2	45.1	38.1	.1
All	4.2	11.7	42.6	41.4	.2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 15.2--Characteristics of the Adult Female Respondents: Physiological Status and Race, 1985

Physiological Status and Age of Respondents (Years)	Individuals	Race		
		White	Black	Other
	Number	Percent		
Not Pregnant or Lactating:				
19-34.....	519	83.8	10.2	5.1
35-50.....	499	87.1	8.6	2.8
All.....	1,018	85.4	9.4	4.0
Pregnant:				
19-50.....	49	81.2	16.5	.0
Lactating:				
19-50.....	21	84.6	15.4	.0
All Women.....	1,088	85.2	9.9	3.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 15.3.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, 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.....	519	21.6	35.0	32.8	10.6
35-50.....	499	18.2	31.3	38.4	12.1
All.....	1,018	20.0	33.2	35.5	11.3
Pregnant:					
19-50.....	49	27.5	29.6	33.6	9.3
Lactating:					
19-50.....	21	14.4	56.2	29.5	.0
All Women.....	1,088	20.2	33.5	35.3	11.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 15.4.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, 1985

Physiological Status and Age of Respondents (Years)	Individuals	Number of Children 1-18 Years					
		0	1	2	3	4	5 or More
	Number	Percent					
Not Pregnant or Lactating:							
19-34.....	519	36.6	25.2	23.8	10.6	3.5	0.4
35-50.....	499	31.3	23.1	24.6	14.0	5.4	1.5
All.....	1,018	34.0	24.2	24.2	12.3	4.4	.9
Pregnant:							
19-50.....	49	21.8	49.6	11.8	11.1	4.5	1.2
Lactating:							
19-50.....	21	14.4	36.1	34.5	5.0	5.0	5.0
All Women.....	1,088	33.1	25.6	23.8	12.1	4.4	1.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 15.5.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, 1985

Physiological Status and Age of Respondents (Years)	Individuals	Number of Children 1-5 Years					
		0	1	2	3	4	5 or More
	Number	Percent					
Not Pregnant or Lactating:							
19-34.....	519	62.9	26.9	8.5	1.4	0.4	0.0
35-50.....	499	85.7	12.3	1.7	.3	.0	.0
All.....	1,018	74.0	19.7	5.2	.9	.2	.0
Pregnant:							
19-50.....	49	46.3	35.6	15.8	2.3	.0	.0
Lactating:							
19-50.....	21	19.4	49.4	31.2	.0	.0	.0
All Women.....	1,088	71.7	21.0	6.2	.9	.2	.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 15.6--Characteristics of the Adult Female Respondents: Health Status, Smoking Behavior, and Physical Activity, 1985

Age of Respondents (Years)	Individuals	Self-Appraised Health Status					Cigarette Smoking Behavior			
		Excellent	Very Good	Good	Fair	Poor	Never Smoked	Quit Smoking	Currently Smoking	Mean Number of Cigarettes Smoked per Day
	Number	Percent								Number
19-34.....	579	36.8	31.3	20.2	5.9	0.3	51.8	12.1	30.8	18
35-50.....	510	33.4	29.0	19.0	9.4	3.9	50.4	14.5	29.8	22
All.....	1,088	35.2	30.2	19.7	7.5	2.0	51.2	13.2	30.3	20

	Usual Level of Physical Activity of Job or Housework				Usual Level of Physical Activity During Leisure Time		
	Heavy/Rigorous	Moderate	Light	None	Heavy/Rigorous	Moderate	Light
	Percent						
19-34.....	19.0	53.0	22.6	0.2	10.5	47.9	36.3
35-50.....	18.4	52.6	23.4	.2	8.0	46.1	40.0
All.....	18.7	52.8	23.0	.2	9.4	47.0	38.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 15.7--Characteristics of Adult Female Respondents: Height and Weight, 1985.

Age of Respondents (Years)	Height			Weight		
	Individuals	Mean	Standard Deviation	Individuals	Mean	Standard Deviation
	Number	Inches		Number	Pounds	
19-34.....	579	64.2	2.6	574	137.4	31.4
35-50.....	509	64.0	2.7	504	145.6	32.5
All.....	1087	64.1	2.6	1078	141.2	32.2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 16.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, 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
	Number	Percent						
1-3.....	223	12.6	75.5	11.9	22.2	21.1	55.4	1.3
4-5.....	149	2.8	65.5	31.7	16.5	24.9	57.0	1.7
All....	372	8.7	71.5	19.8	19.9	22.6	56.0	1.5

	Educational Level				
	Elementary School or Less	Some High School	High School Completed	College	Not Reported
	Percent				
1-3.....	2.0	12.1	40.6	44.9	0.3
4-5.....	7.0	10.7	31.9	50.4	.0
All....	4.0	11.6	37.1	47.1	.2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 17.1--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, 1985

Age of Individuals (Years)	Individuals	Age of Male Head (Years)				
		Under 23	23-34	35-50	51 and Over	No Male Head
	Number	Percent				
Children:						
1-3.....	223	2.7	54.2	30.5	0.7	11.9
4-5.....	149	.0	38.2	41.5	6.3	14.0
All.....	372	1.6	47.8	34.9	3.0	12.7
Women:						
19-34.....	579	3.7	46.2	22.0	8.2	19.8
35-50.....	510	.3	2.7	59.2	16.4	21.5
All.....	1,088	2.1	25.9	39.4	12.0	20.6

	Employment Status of Male Head				
	Full Time	Part Time	Not Employed	Not Reported	No Male Head
	Percent				
Children:					
1-3.....	74.2	3.1	7.7	3.2	11.9
4-5.....	77.6	1.6	5.5	1.3	14.0
All.....	75.5	2.5	6.8	2.4	12.7
Women:					
19-34.....	65.1	3.5	9.9	1.7	19.8
35-50.....	69.9	1.9	5.3	1.4	21.5
All.....	67.4	2.8	7.8	1.5	20.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 17.2--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, 1985

Age of Individuals (Years)	Individuals	Educational Level of Male Head					
		Elementary School or Less	Some High School	High School Completed	College	Not Reported	No Male Head
	Number	Percent					
Children:							
1-3.....	223	2.4	12.7	27.7	45.1	0.3	11.9
4-5.....	149	1.4	10.8	23.5	50.3	.0	14.0
All.....	372	2.0	11.9	26.0	47.2	.2	12.7
Women:							
19-34.....	579	3.3	9.2	23.9	43.6	.2	19.8
35-50.....	510	5.8	8.4	29.4	34.6	.4	21.5
All.....	1,088	4.4	8.8	26.5	39.4	.3	20.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 18.1.--Distribution of Individuals by Urbanization and by Region, 1985

Age of Individuals (Years)	Individuals	Urbanization		
		Central Cities	Suburban Areas	Nonmetropolitan Areas
	Number	Percent		
Children:				
1-3	223	32.6	46.4	21.0
4-5	149	24.3	57.6	18.2
All	372	29.3	50.9	19.9
Women:				
19-34	579	29.0	49.7	21.3
35-50	510	26.4	54.8	18.8
All	1,088	27.8	52.1	20.1

	Region			
	Northeast	Midwest	South	West
	Percent			
Children:				
1-3	16.8	28.2	30.4	24.7
4-5	25.4	25.1	28.6	20.9
All	20.2	26.9	29.7	23.2
Women:				
19-34	22.5	25.1	32.1	20.3
35-50	21.2	19.5	35.1	24.1
All	21.9	22.5	33.5	22.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 18.2.--Distribution of Individuals by Urbanization and Race, 1985

Age of Individuals (Years)	All Urbanizations				Central Cities			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	223	85.2	10.0	3.3	73	76.3	19.1	0.0
4-5.....	149	85.6	8.8	2.4	36	79.5	5.8	8.4
All.....	372	85.3	9.5	3.0	109	77.4	14.7	2.8
Women:								
19-34.....	579	83.3	11.1	4.6	168	73.5	20.7	4.2
35-50.....	510	87.4	8.5	2.7	134	73.4	19.6	4.9
All.....	1,088	85.2	9.9	3.7	302	73.4	20.2	4.5

	Suburban Areas				Nonmetropolitan Areas			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	104	90.2	4.5	5.3	47	87.8	8.1	4.2
4-5.....	86	88.9	8.0	.0	27	83.0	15.1	1.9
All.....	189	89.6	6.1	2.9	74	86.0	10.6	3.3
Women:								
19-34.....	288	91.7	4.4	2.8	123	76.9	13.7	9.4
35-50.....	279	92.9	3.6	2.5	96	90.9	7.2	.5
All.....	567	92.3	4.0	2.6	219	83.0	10.8	5.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 18.3.--Distribution of Individuals by Region and Race, 1985

Age of Individuals (Years)	Northeast				Midwest			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	37	81.8	18.2	0.0	63	83.5	12.4	4.1
4-5	38	80.5	15.4	4.1	37	100.0	.0	.0
All	75	81.1	16.8	2.1	100	89.6	7.8	2.6
Women:								
19-34	130	80.6	15.0	2.9	145	88.1	9.8	2.1
35-50	108	81.1	13.3	2.8	99	91.2	8.2	.0
All	239	80.8	14.2	2.9	245	89.3	9.1	1.3

	South				West			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	68	90.3	3.1	3.3	55	83.1	10.2	4.7
4-5	43	83.0	17.0	.0	31	77.9	.0	6.5
All	110	87.5	8.5	2.0	86	81.2	6.5	5.3
Women:								
19-34	186	83.3	14.9	1.0	117	80.3	2.5	15.3
35-50	179	87.5	10.7	.5	123	89.6	1.1	8.2
All	365	85.4	12.8	.7	240	85.1	1.8	11.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 18.4.--Distribution of Individuals by Household Income and Race, 1985

Age of Individuals (Years)	Under 131% Poverty				131 to 300% Poverty			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	64	68.5	25.4	4.3	95	95.8	0.0	1.8
4-5.....	44	72.2	16.7	.0	53	98.1	.0	1.9
All.....	109	70.0	21.9	2.6	149	96.6	.0	1.9
Women:								
19-34.....	127	57.8	33.6	5.4	206	91.9	3.0	4.4
35-50.....	93	61.7	33.1	3.5	159	89.1	5.2	3.0
All.....	220	59.4	33.4	4.6	364	90.7	3.9	3.8

	Over 300% Poverty				Income Not Reported			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	52	92.0	2.5	5.5	11	59.0	41.0	0.0
4-5.....	26	96.2	3.8	.0	25	71.5	18.6	10.0
All.....	78	93.4	2.9	3.7	37	67.6	25.6	6.9
Women:								
19-34.....	186	90.8	6.5	2.7	60	84.2	5.9	9.9
35-50.....	198	95.8	1.8	1.7	60	94.8	1.0	4.2
All.....	384	93.4	4.1	2.2	120	89.5	3.5	7.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 18.5.--Distribution of Individuals by Household Size and Race, 1985

Age of Individuals (Years)	Number of Household Members: 1				2			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	0.0	0.0	0.0	0.0	8	72.0	28.0	0.0
4-5	.0	.0	.0	.0	5	76.5	23.5	.0
All	.0	.0	.0	.0	13	73.8	26.2	.0
Women:								
19-34	22	87.9	2.8	9.3	130	85.7	10.3	4.0
35-50	26	94.7	5.3	.0	88	86.3	10.5	3.2
All	48	91.6	4.2	4.3	218	85.9	10.4	3.7

Age of Individuals (Years)	Number of Household Members: 3				4			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	60	92.6	3.7	3.8	85	87.5	10.2	2.3
4-5	8	100.0	.0	.0	59	89.9	3.1	2.6
All	68	93.4	3.2	3.3	144	88.5	7.3	2.4
Women:								
19-34	150	88.8	9.0	2.2	164	81.6	11.9	5.8
35-50	107	91.8	5.3	1.1	148	87.9	7.3	3.2
All	257	90.1	7.5	1.7	311	84.6	9.7	4.6

Table 18.5.--Distribution of Individuals by Household Size and Race, 1985--continued

Age of Individuals (Years)	Number of Household Members							
	5				More Than 5			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	38	71.7	21.6	6.8	32	84.4	3.1	2.0
4-5.....	42	84.0	11.2	4.8	35	78.4	15.2	.0
All.....	80	78.1	16.2	5.7	67	81.2	9.4	.9
Women:								
19-34.....	78	78.3	11.6	7.5	35	66.9	23.9	1.8
35-50.....	72	89.5	3.2	7.3	68	75.5	20.1	.0
All.....	150	83.7	7.6	7.4	103	72.6	21.4	.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 19.--Household Size and Household Income as a Percentage of Poverty, 1985

Number of Household Members	Households	Mean Income	Median Income	Household Income as Percentage of Poverty			
				Under 131%	131 to 300%	Over 300%	Not Reported
	Number	Dollars		Percent			
1.....	48	13,750	14,560	15.9	43.7	37.3	3.1
2.....	211	28,205	26,000	15.2	20.9	54.6	9.3
3.....	232	28,039	25,000	15.1	36.7	42.2	6.0
4.....	281	26,002	24,000	23.2	36.4	27.8	12.6
5.....	130	29,392	28,800	20.8	43.9	21.3	14.0
More Than 5.....	80	24,816	19,000	45.6	33.6	14.2	6.6
All Households..	982	26,656	24,000	20.7	34.3	35.5	9.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 20.1.--Household Composition and Race, 1985

Household Composition	Households	Race		
		White	Black	Other
	Number	Percent		
Male Head and Female Head:				
Children.....	562	89.7	5.2	5.1
No Children.....	227	88.6	8.4	3.0
Female Head Only:				
Children.....	123	61.4	32.8	5.8
No Children.....	70	89.0	7.2	3.8
All Households.....	982	85.9	9.5	4.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 20.2.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, 1985

Household Composition	Households	Number of Children 1 to 18 Years					
		0	1	2	3	4	5 or More
	Number	Percent					
Male Head and Female Head...	789	30.7	25.5	25.8	12.6	4.4	0.9
Female Head Only.....	193	36.7	26.6	17.1	12.1	5.6	1.9
All Households.....	982	31.9	25.7	24.1	12.5	4.7	1.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 20.3.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, 1985

Household Composition	Households	Number of Children 1 to 5 Years					
		0	1	2	3	4	5 or More
	Number	Percent					
Male Head and Female Head...	789	69.6	22.5	6.8	0.8	0.2	0.0
Female Head Only.....	193	76.0	17.8	5.5	.6	.0	.0
All Households.....	982	70.9	21.6	6.6	.8	.2	.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 20.4.--Household Composition and Household Income as a Percentage of Poverty, 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.....	562	18.1	42.1	31.2	8.7
No Children.....	227	8.4	19.9	58.8	12.9
Female Head Only:					
Children.....	123	57.0	23.3	11.8	7.9
No Children.....	70	18.3	37.8	35.7	8.2
All Households.....	982	20.7	34.3	35.5	9.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 21.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty, 1985

Characteristics of Male Head	Households	Household Income as Percentage of Poverty			
		Under 131%	131 to 300%	Over 300%	Not Reported
	Number	Percent			
Age (Years):					
Under 23	22	24.8	42.1	17.3	15.7
23-34	277	17.8	41.2	35.8	5.2
35-50	381	14.1	35.2	41.0	9.7
51 and Over	109	11.0	22.2	45.2	21.7
Employment Status:					
Full Time	667	9.5	38.4	42.6	9.5
Part Time	29	45.4	25.4	12.9	16.3
Not Employed	79	46.6	18.8	25.4	9.2
Not Reported	15	50.9	23.1	5.4	20.6
Education Level:					
Elementary School or Less	41	50.3	42.0	3.0	4.8
Some High School	84	32.4	34.3	21.2	12.2
High School Completed	263	16.4	41.2	35.1	7.3
College	399	7.5	31.9	49.3	11.2
Not Reported	3	.0	.0	27.0	73.0
No Male Head	193	43.0	28.5	20.5	8.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

General Notes

(1) The numbers of individuals in the tables are weighted. See appendix A for an explanation of weighting procedures.

(2) The numbers of individuals in the specified age groups may not sum to the number in the ALL row because of rounding of fractional weighting factors.

(3) The number of individuals in certain age groups is small; thus, the results for these groups should be interpreted with caution.

(4) Information on the procedures used to calculate the data in the tables is given in appendix B.

(5) Individuals are classified into age and income categories based on their wave 1 responses.

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

Tables 1.1-1A to 1.6-2B—Food Intakes

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

Per individual per day--Based on four nonconsecutive 1-day dietary recalls collected over a 1-year period. See appendix B for a discussion of how the data were calculated.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup at least once over 4 days.

Total food--See glossary.

Food obtained and eaten away from home--See glossary.

Individuals--Excludes two breast-fed children.

MEAT, POULTRY, FISH (TABLES 1.1-1A TO 1.1-2B)

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. Excludes beef reported as part of a mixture.

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. Excludes pork reported as part of a mixture.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats. Excludes lamb, veal, or game reported as part of a mixture.

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. Excludes items reported as part of a mixture.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken and turkey. Excludes giblets. Excludes poultry reported as part of a mixture.

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. Excludes fish and shellfish reported as part of a mixture.

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). The gram amounts in this category include ingredients other than meat, poultry, and fish. For example, the noodles in tuna-noodle casserole are included here but not in the grain products category.

MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS (TABLES 1.2-1A TO 1.2-2B)

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

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents. 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.

VEGETABLES (TABLES 1.3-1A TO 1.3-2B)

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.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables and mixtures that are mainly 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 "other" vegetables.

FRUITS (TABLES 1.4-1A TO 1.4-2B)

Total fruits--Includes citrus fruits and juices, dried fruits, and other fruits, mixtures that are mainly fruits, and fruit 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 beverages.

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 which are tabulated under beverages.

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

Bananas--Includes raw and cooked bananas. Excludes mixtures.

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 that are mainly fruits.

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

GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS (TABLES 1.5-1A TO 1.5-2B)

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures having a grain product 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.

BEVERAGES (TABLES 1.6-1A TO 1.6-2B)

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.

Tables 2.1 to 2.2—Nutrient Contributions by 15 Food Groups

Mean percentage per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes two breast-fed children.

Meat, poultry, fish--Includes beef; pork; lamb; veal; game; organ meats; frankfurters; sausages; luncheon meats; poultry; fish; shellfish; unflavored gelatins; meat gravies; 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).

Milk and milk products--Includes all types of fluid, canned, and dry cow's and goat milk; buttermilk; yogurt; whey; flavored milk drinks and shakes; meal replacements with milk; milk-based infant formulas; milk sauces and gravies; fluid and powdered cream; half-and-half; sour cream; ice cream, ice milk, and milk sherbets; other desserts made with milk, such as puddings and custards; all types of natural, processed, and imitation cheese; and mixtures with cheese as a main ingredient. Excludes butter and nondairy sweet cream and sour cream substitutes.

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.

Grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, flour, biscuit mix, and 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.

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.

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.

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.

Citrus fruits and tomatoes--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 beverages. 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.

Noncitrus fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits; raw and cooked apples, bananas, berries, and other fruits except citrus; fruit salads and mixtures that are mainly fruit; noncitrus juices and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are tabulated under beverages.

Dark-green and deep-yellow 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; baby-food spinach; 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.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

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 "other" vegetables.

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

Alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors. Excludes near beer.

Tables 3.1 to 4N—Nutrient Intakes

Per individual per day--Based on four nonconsecutive 1-day dietary recalls. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes two breast-fed children.

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 and alpha-tocotrienol 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 5.1 to 6H—Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances

Recommended Dietary Allowances--Data in the tables are compared with the 1980 RDA. See appendix D.

Per individual per day--Based on four nonconsecutive 1-day dietary recalls. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes two breast-fed children.

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 7.1 to 7.2—Nutrient Intakes per 1,000 Kilocalories

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes two breast-fed children.

Tables 8.1 to 8.2—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.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes two breast-fed children.

Tables 9.1 to 10—Breakfast

Individuals--Excludes two breast-fed children.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

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

Tables 11.1 to 12—Snacks

Individuals--Excludes two breast-fed children.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

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.

Tables 13.1 to 14—Food Obtained and Eaten Away from Home

Individuals--Excludes two breast-fed children.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

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.

Tables 15.1 to 21 —Characteristics of the Sample

Data presented in the characteristics tables are from responses to wave 1. In most cases, these characteristics were consistent from one wave to another. However, some changes that occurred, such as a change in physiological status, were expected.

Individuals--Includes two breast-fed children.

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

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

Alpha-tocopherol equivalent--See "Vitamin E."

Breakfast--Any eating occasion designated as such by the respondent.

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--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor--57 g x 6.06 = 345 g. (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of fluid whole milk).

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

Central city--See "Urbanization."

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 the highest grade of formal schooling they completed: (a) elementary--grade 8 or less; (b) some high school--1 to 3 years; (c) high school completed--4 years or high school equivalency; (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.

Folacin--Total folate activity.

Food group--See the table notes for descriptions of the various food groups and subgroups.

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--A group of individuals who regularly occupy a house, an apartment, or a room or group of rooms that constitute a housing unit; includes persons temporarily absent, such as those 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 appendix B 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 appendix B for an explanation of how percentage of poverty level was determined.

Pregnant female--A respondent who at the time of the wave 1 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 (2). 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 D.

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."

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.

Total Food--Includes both food from the home food supply and food obtained and eaten away from home.

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 and alpha-tocotrienol. Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram alpha-tocopherol, 2 milligrams beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Wave--The approximate dates of data collection for each wave are as follows: Wave 1 (April-May 1985), Wave 2 (June-July 1985), Wave 3 (August-September 1985), Wave 4 (October-November 1985), Wave 5 (December 1985-January 1986), Wave 6 (February-March 1986).

Weighting factors--Factors applied to data from completed questionnaires to compensate for differing response rates among individuals of similar ages in the primary sampling units. See appendix A for a further discussion.

West--See "Region."

Sample Design

The CSFII 1985 sample was drawn from all private households in the conterminous United States. 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 9 census geographic divisions; then, all land areas within the divisions were divided into 3 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:

Census region and division	Central city	Suburban	Nonmetropolitan
	-------number of strata--------		
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. Two PSU were selected from each of the 60 strata resulting in a total of 120 PSU. The PSU were randomly selected. The probability of selection was the ratio of the estimated size of the PSU to the estimated size of the

stratum in which that PSU was located. The two PSU were selected from each stratum with replacement; that is, the selection of one PSU as the first PSU did not preclude its selection as the second PSU.

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 was 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 number of area segments selected from each PSU varied, depending on the size of 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 for the sample from that area.

The overall sampling rate was 27 percent, derived from an expected occupancy rate of 90 percent, an expected eligibility rate of 51 percent, and an expected completion rate of 60 percent. With a target of 1,200 completed household interviews from women 19 to 50, the targeted total number of sample housing units was 4,400. Because the CSFII 1985 also included a sample of men 19 to 50, and because screening for this sample took place at the same time as screening for the women, the total number of targeted housing units was increased to 6,612. Of these, 601 were not occupied at the time of field contact.

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. To contact households without telephones, interviewers made 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 at the time of initial contact. 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 a year-long survey panel. A letter of introduction was provided, and respondents were informed that the full survey involved the collection of 6 individual days (waves) of intake data separated by intervals of approximately 2 months.

In each wave, the interviewing process included two major steps: (1) collection of information about the household and (2) 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 or call, 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. Interviewers were provided with instructions on what to do if 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.

The first wave of data (wave 1) was collected by personal interview from 1,341 households; subsequent waves of data were collected by telephone, if possible. The proportion of households interviewed by telephone in waves 2 and 3 was 91 percent; in waves 4-6 it was 90 percent. In households without telephones or where the respondent requested to be interviewed in person, the information for waves 2-6 was collected in a personal interview.

Only households that contained a member who was interviewed in wave 1 were recontacted in subsequent waves. Within these households, only women and children who completed interviews in wave 1 were eligible for reinterview in waves 2-6. Respondents were retained in the survey even if they missed one or more waves. Respondents who moved out of their area during the survey were not followed. Individuals who became members of participating households after wave 1 were not eligible for participation regardless of their age.

In wave 1, 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 did not participate in the survey, interviewers collected data on household characteristics from the participant who was the main meal planner/preparer or from the participant who could best answer questions about the household. Household characteristics included the previous month's household income by source; the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of the household; household size; tenancy; usual amount of money spent on food; and each household member's sex, age, and relationship to the female head of the household.

In waves 2-6, interviewers were instructed to attempt a reinterview within 10 days of two month's time from the date of the last interview. At each interview in waves 2-6, the interviewer first obtained limited information on the household from the woman who provided the household information in wave 1. This included information on changes in household membership since the last interview, usual amount of money spent on food, program participation, and changes in monthly household income.

In all waves, each woman interviewed provided information on her own food intake as well as that of her children. 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 home (commercially frozen, canned, or bottled or in another form). Foods were designated as coming from the home food supply or as obtained and eaten away from home (see glossary).

A Food Instruction Booklet, developed by National Analysts based on information provided by HNIS, was used by the interviewers to help respondents adequately describe foods and amounts eaten. 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 cups, spoons, and ruler for use during subsequent interviews.

Each woman interviewed also provided information on her age, race, physiological status (pregnancy and lactation), employment, occupation, and education. Children were assigned the race of their mother/caretaker.

In wave 1, eligible households were scheduled for interviews in a manner designed to provide representativeness of intake data by day of the week over all households. In subsequent waves, interviewers were instructed to collect data for a household on different days of the week. For example, if the data for a household were collected for a Tuesday in wave 1 and for a Friday in wave 2, the household was asked to provide data for one of the other 5 days in wave 3, if possible.

The distribution of intake data by day of the week for the 4 days of data per individual included in this report is presented in the table below. Also presented is the proportion of respondents providing at least 1 day of data for specific days. The largest proportion of dietary intakes was collected for Tuesday (18 percent); and the smallest proportion, for Saturday (9 percent). Many participants were reluctant to be interviewed on a Sunday. Seventy-two percent of all respondents provided at least 1 day of intake data for Tuesday; 34 percent provided at least 1 day of intake for Saturday.

Day of week of reported intake	Acceptable dietary forms collected	Respondents providing at least 1 day of data
	percent	
Sunday	14	58
Monday	16	63
Tuesday	18	72
Wednesday	16	66
Thursday	13	52
Friday	14	55
Saturday	9	34
	100	

In wave 1, 1,341 households participated and provided useful data. A total of 1,459 women and 489 children in those households satisfactorily completed the first CSFII 1985 food intake interview. The numbers of individuals completing each successive wave are as follows:

Wave	Women	Children
	----------number*---------	
1	1,459	489
2	1,221	383
3	1,042	304
4	995	280
5	910	246
6	902	255

* unweighted

Of the individuals completing the first wave, 1,032 women and 302 children completed at least 3 additional waves. The data in the main body of this report are based on the dietary intakes of these individuals. (See the following section, "Sample Weights," for information on the subsample selection.) The tabulation below shows the numbers of individuals by the waves of intake completed.

Waves of intake completed	Women	Children
	--------number*--------	
One wave only.....	1,459	489
Two waves only.....	1,297	412
Three waves only.....	1,127	333
Four waves only.....	1,032	302
Five waves only	922	250
All six waves.....	692	171
Four or more waves	1,032	302

* unweighted

Sample Weights

The sample was designed to be self-weighting. That is, strata, PSU, area segments, and housing units were selected to be representative of the population. Thus, the number of eligible households in each cell in the sample was designed to represent 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 agreed to participate, not all eligible women and children in eligible households agreed to participate, not all interviews yielded complete information, and not all participants in wave 1 completed each subsequent wave. Weighting factors were applied to data from

completed intake records to adjust for these sources of nonresponse. Weighting procedures involved the following steps:

(1) Subsample selection--This publication provides data on the dietary intakes by women and children who completed the first 1-day recall and at least 3 additional days. For women and children who provided more than 4 days of dietary data, a computer program was developed to randomly select the 3 additional days to be used. The selection process for women was separate from that for children. Therefore, some of the dietary data for women and children from the same household may be for different waves. After the subsample and days of intake were selected, household and individual weights were calculated.

(2) Household weights--In wave 1, household weights were determined by estimating the total number of eligible occupied households in each segment and dividing this number by the actual number of interviewed households in the segment. For the 4-day sample, the household weight for each area segment was adjusted to make that area segment account for the same proportion of households as it had in wave 1. If, after the 4-day respondents had been selected, an area segment had no respondents in a specific age group, that area segment was combined with the nearest area segment in that region of the same urbanization type. In that case, the weighting calculations were based on the total number of households in the combined area segments.

Household weights were developed so that the weighted number of households would equal the unweighted number of households, except for rounding differences.

(3) Initial individual weights--The development of individual weights was a two-step process. Separate initial 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 within each area segment. All eligible children in participating area segments were divided into two age groups: those $2\frac{1}{2}$ years or under and those over $2\frac{1}{2}$ years. 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. This was done by dividing the number of eligible children by the number of participating children. 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.

(4) Final individual weights--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 who provided 4 days of dietary data by sample weighting groups are shown below:

	Unweighted count	Weighted count
Children:		
2½ years or under.....	87	105
Over 2½ years.....	215	267
Women:		
19-50 years	1,032	1,088
Households	982	982

Data Processing

Completed schedules were coded by the contractor (National Analysts) using food codes, gram weight conversions, and coding guidelines provided by the Human Nutrition Information Service (HNIS) (3). 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. When items could not be coded by the contractor because of insufficient information, they were referred to HNIS for resolution. New codes were created by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food from the intake record 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. Responses to the questions asked of the main meal preparer on use of salt and fat and on the type of fat in food preparation were translated into an assumed amount of salt or fat added to the recipe and were coded accordingly. These salt and fat codes were used only for the individual providing the information, not for other household members.

The nutrient data base developed for use with the CSFII includes values for food energy and 29 nutrients and other dietary components.[1] The sources of these values are the USDA Nutrient Data Base for Standard Reference (4) and the USDA Nutrient Data Bank (5). 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

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[1]Protein, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, carbohydrate, dietary fiber, vitamin A (IU), vitamin A (RE), carotenes, vitamin E, ascorbic acid, thiamin, riboflavin, niacin, vitamin B-6, folacin, vitamin B-12, calcium, phosphorus, magnesium, iron, zinc, copper, sodium, potassium, alcohol, and moisture (water). Although alcohol was used in the calculation of total energy, separate values for alcohol are not given in the report, nor are values for the moisture content of foods.

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

Data were subjected to computer-assisted cleaning and checking by the contractor. Dietary intake records that were known to be incomplete were eliminated. Individuals' heights and weights were compared with the 2nd and 98th percentiles for individuals of the same age group and sex in the NFCS 1977-78 as a check for reasonableness. The gram weight of each individual's total intake of food and intakes of food energy, protein, fat, carbohydrate, calcium, iron, and ascorbic acid were checked for reasonableness in a similar manner. Also, the gram weight of each food reported was checked against reasonable maximums established by HNIS on a food group basis. Data that fell outside the limits set as reasonable were checked against the original questionnaire and were corrected if in error.

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 (6) and Table Producing Language (7).

The data presented in the tables were calculated as follows:

Income levels--Tables presenting results by income level use household income for the previous calendar year expressed as a percentage of the Federal Poverty Income Guidelines (8). 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, 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:

Household size	1985 poverty guidelines
1	$ 5,250
2	7,050
3	8,850
4	10,650
5	12,450
6	14,250
7	16,050
8	17,850

For households with more than eight members, $1,800 was added for each additional member.

Food intakes (tables 1.1-1A to 1.6-2B)--The data on food intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the stub. For each food group and subgroup identified in the column head, quantities reported for each individual over the 4 days of observation were totaled and divided by 4 to obtain a mean intake per day for the individual. Individual mean intakes were totaled and divided by the number of individuals in the group to obtain the mean per individual per day for that group. If no food from a specific food group or subgroup was reported on the survey days, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include intake values for both users and nonusers.

Nutrient contributions by 15 food groups (tables 2.1 to 2.2)--For each individual, each nutrient (listed in the stub) from each food group (listed in the column head) was summed over 4 days, divided by the sum of that nutrient from all food groups over 4 days, then multiplied by 100 to obtain the percentage of an individual's total intake of the nutrient that was contributed by the food group. Individual percentages were totaled and divided by the number of individuals in the group, including those with zero percentages, to obtain the mean percentage per individual for that group.

The nutrient contribution of a food group can be calculated using an alternative procedure that may yield different results from the procedure described above. Differences between results will be especially large for food groups that are important sources of a food component and for which intakes vary widely among individuals, such as eggs, which are an important source of cholesterol. The alternative procedure involves summing the amount of a nutrient provided by the food group for all individuals and dividing by the total intake of that nutrient from all foods for all individuals. This method is used when the intent is to consider the total nutrient content of all the foods eaten by a population as a whole and the proportion of that total provided by a particular group of foods rather than the average proportion of nutrient intake provided by the food group in the diets of individuals in the population.

Nutrient intakes (tables 3.1 to 3.2)--For each dietary component listed in the column head, the intakes calculated for each individual over the 4 days of observation were totaled and divided by 4 to obtain a mean intake per day for the individual. Individual mean intakes were totaled and divided by the number of individuals in the group to obtain the mean intake per individual per day for that group. The nutrient intakes by individuals presented in tables 3.1 to 3.2 do not include intakes from vitamin and mineral supplements, for which information on only the frequency and type used were collected. Sodium intake does not include sodium from salt added at the table, for which information was not collected.

Nutrient intakes at selected percentiles (tables 4A to 4N)--For each dietary component listed in the column head, the intakes calculated for each individual over the 4 days of observation were totaled and divided by 4 to obtain a mean intake per day for the individual. Values for each individual were arrayed from lowest to

highest, and intakes were identified at specified percentiles (10th, 25th, 50th, 75th, 90th).

Nutrient intakes as percentages of 1980 RDA (tables 5.1 to 5.2)--For each day, each individual's intakes of food energy and 15 nutrients were expressed as percentages of the 1980 RDA for a person of the appropriate sex and age (2). Each individual's intakes expressed as percentages of RDA were summed over 4 days then divided by 4 to yield mean percentages per day for the individual. Individuals' mean percentages were totaled then divided by the number of individuals in the group to obtain the mean nutrient intakes per individual per day expressed as percentages of RDA for that group. The 1980 RDA are listed in appendix D.

Percentages of individuals with nutrient intakes at selected levels of the 1980 RDA (tables 6A to 6F)--For each day, each individual's intakes of food energy and 15 nutrients were expressed as percentages of the 1980 RDA for a person of the appropriate sex and age (2). These percentages were summed over 4 days, then divided by 4 to yield mean percentages per day for the individual. Individual mean intakes were classified into 4 categories by selected levels (below 50 percent, 50 to 69 percent, 70 to 99 percent, and 100 percent and over) of the 1980 RDA. The number of individuals in each RDA category was divided by the total number of individuals in the group to obtain the percentage of individuals who had intakes at that level of the RDA.

Nutrient intakes per 1,000 Kilocalories (tables 7.1 to 7.2)--Each individual's intakes of a particular nutrient were summed over 4 days then divided by the sum of the individual's intakes of food energy (kilocalories) over 4 days and multiplied by 1,000 to obtain the individual's nutrient intakes per 1,000 kilocalories (nutrient densities). Individual nutrient densities were totaled and divided by the number of individuals in the group to obtain the mean nutrient densities per individual for that group.

Food energy from protein, total fat, fatty acids, and carbohydrate (tables 8.1 to 8.2)--Each individual's intakes of protein, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, and carbohydrate were summed over 4 days. Intakes of protein were multiplied by 4 kilocalories per gram; fat, by 9 kilocalories per gram; and carbohydrate, by 4 kilocalories per gram. Those values were divided by the sum of the individual's food energy intakes over 4 days then multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors 4, 9, and 4 give estimates for a typical mixed diet (9). Alcohol is also an energy source and was included in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Breakfast (tables 9.1 to 9.2)--Individuals were classified into five categories by the number of days they reported breakfast (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of breakfast (tables 10.1 to 10.2)--An individual's intake of each dietary component from breakfast (see glossary) over 4 days was divided by the individual's total intake of that dietary component over 4 days to determine breakfast's contribution to the individual's intake of that dietary component. Individuals' mean percentages were totaled and divided by the number of individuals in the group to obtain the mean percentages for that group.

Dietary data used in calculating the mean percentage contributions of breakfast to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported breakfast. If breakfast contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

Snacks (tables 11.1 to 11.2)--Individuals were classified into five categories by the number of days they reported any snacks (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of snacks (tables 12.1 to 12.2)--An individual's intake of each dietary component from snacks (see glossary) over 4 days was divided by the individual's total intake of that dietary component over 4 days to determine snacks' contribution to the individual's intake of that dietary component. Individuals' mean percentages were totaled and divided by the number of individuals in the group.

Dietary data used in calculating the mean percentage contributions of snacks to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported snacks. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

Food obtained and eaten away from home (tables 13.1 to 13.2)--Individuals were classified into five categories by the number of days they reported any food obtained and eaten away from home (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of food obtained and eaten away from home (tables 14.1 to 14.2)--An individual's intake of each dietary component from food obtained and eaten away from home (see glossary) over 4 days was divided by the individual's total intake of that dietary component over 4 days to determine the contribution of food away from home to the individual's intake of that dietary component. Individuals' mean percentages were totaled and divided by the number of individuals in the group.

Dietary data used in calculating the mean percentage contributions of food obtained and eaten away from home to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported food away from home. If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

The CSFII is the first nationwide dietary intake survey to employ a panel design--repeated observations on the same individual over a period of time. The CSFII panel was designed to include the collection of information from a sample of individuals on 6 days at approximately 2-month intervals over a 1-year period. The data are useful for a variety of purposes:

- To estimate interindividual and intraindividual variation; that is, how food and nutrient intakes vary among individuals and how they vary over time for one individual.
- To provide an estimate of an individual's typical dietary intake by including day-to-day variation in both the amount and the type of foods eaten.
- To estimate the prevalence of diets that meet or exceed nutritional standards and what food intakes are associated with such diets.
- To examine the distribution of nutrient intakes for specific population groups.
- To examine the use of infrequently consumed foods.
- To reflect more fully the variety of foods in an individual's diet.
- To minimize effects of day of the week and season of the year in the collection of information.

In the CSFII 1985, the numbers of women and children providing dietary data dropped substantially between wave 1 and wave 6 of data collection. Only 692 of the initial 1,459 women and 171 of the initial 489 children provided all 6 days of intake data (see appendix A). One-fifth of this attrition was due to respondents moving out of their areas during the survey. Women who did not participate in four or more waves were more likely to have these characteristics: did not disclose income in wave 1, were young, were of a race other than white or black, lived in urban or suburban areas, had one or more children, had no male head (10).

The mean food energy intake and the mean number of food items reported by women in the survey declined substantially between wave 1 and wave 2 (tables C2 and C3). There were further, but smaller, declines following wave 2. The decline does not appear to be associated with the shift from the personal interview in wave 1 to the use of the telephone interview in waves 2 to 6. Food energy intakes dropped between wave 1 and wave 2 both for women who were interviewed in person in wave 2 and for those interviewed by telephone, as the following tabulation shows:

Method of interview	Individuals	Food energy Wave 1	Food energy Wave 2	Change
	number	---kilocalories---		percent
Personal-telephone ...	1,110	1,674	1,492	-10.9
Personal-personal.....	111	1,652	1,507	-8.8
Total.....	1,221	1,672	1,493	-10.7

The data in the appendix C tables are unweighted and should not be interpreted as representative of the population. The data are intended to give readers information on differences in food and nutrient intakes on a wave-by-wave basis.

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Appendix Table C1.--Distribution of Women by Selected Characteristics and Level of Participation, 1985 (unweighted)

Characteristics	Individuals	Level of Participation					
		All Six Waves	Five Waves Only	Four Waves Only	Three Waves Only	Two Waves Only	One Wave Only
	Number	Percent					
All Women	1,459	47.4	15.8	7.5	6.5	11.7	11.1
Income:							
Under 131% Poverty	315	39.0	17.1	14.6	7.0	13.0	9.2
131-300% Poverty	509	50.5	14.7	5.5	4.9	11.6	12.8
Over 300% Poverty	483	53.0	15.9	6.4	6.0	11.4	7.2
Race:							
White	1,248	50.2	15.9	6.2	5.8	11.6	10.4
Black	143	32.2	15.4	16.8	12.6	11.2	11.9
Other	51	31.4	11.8	13.7	7.8	13.7	21.6
Region:							
Northeast	320	43.4	16.2	8.4	8.4	10.3	13.1
Midwest	393	50.4	15.3	6.9	5.6	13.0	8.9
South	490	48.4	15.5	7.1	6.7	11.8	10.4
West	256	46.1	16.4	8.2	5.1	10.9	13.3
Urbanization:							
Central Cities	386	42.0	14.8	9.1	9.8	11.9	12.4
Suburban Areas	738	47.0	15.4	7.6	6.1	12.2	11.7
Nonmetropolitan Areas	335	54.6	17.6	5.7	3.6	10.1	8.4
Presence of Children:							
1-5 Years of Age	440	35.5	17.3	11.6	6.1	16.8	12.7
1-18 Years of Age	958	46.6	16.1	8.8	5.9	12.1	10.5

NOTE: Data in this table are unweighted and can not be generalized to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C2.--Mean Number of Food Items Coded and Mean Food Energy Intake for Individuals Participating in All Six Waves and for Individuals Participating in Specified Wave, 1985 (unweighted)

Wave Number	Individuals Participating in All Six Waves			Individuals Participating in Specified Wave		
	Individuals	Food Items Coded	Food Energy	Individuals	Food Items Coded	Food Energy
	Number	Number	Kilocalories	Number	Number	Kilocalories
Children:						
1	171	15.1	1,467	489	14.6	1,450
2	171	14.8	1,383	383	14.3	1,375
3	171	14.7	1,376	304	14.5	1,357
4	171	14.8	1,360	280	14.9	1,403
5	171	14.8	1,391	246	14.7	1,391
6	171	13.9	1,405	255	14.2	1,406
Women:						
1	692	15.0	1,740	1,459	14.3	1,663
2	692	14.3	1,567	1,221	13.7	1,493
3	692	14.0	1,503	1,042	13.6	1,459
4	692	13.8	1,488	995	13.5	1,462
5	692	13.6	1,476	910	13.3	1,458
6	692	13.6	1,467	902	13.4	1,444

NOTE: Data in this table are unweighted and can not be generalized to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C3.--Percentage of Individuals Reporting Specified Amount of Food and Drink by Wave, 1985 (unweighted)

Wave Number	Individuals	Amount of Food and Drink		
		Less Than Usual	Usual	More Than Usual
	Number	Percent		
Children:				
1	489	19.6	76.1	4.3
2	383	23.8	71.3	4.7
3	304	22.4	74.3	3.3
4	280	17.9	76.4	5.7
5	246	20.7	72.4	6.5
6	255	20.8	74.9	4.3
Women:				
1	1,459	26.8	60.2	13.0
2	1,221	31.9	58.8	9.2
3	1,042	32.1	58.5	9.3
4	995	29.2	60.8	9.7
5	910	31.5	58.4	10.1
6	902	30.8	60.9	8.3

NOTE: Data in this table are unweighted and can not be generalized to the population. See also "Table Notes for Appendix C."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C4.1.--Food Intakes: Mean per Individual in a Day by Wave, 1985 (unweighted)

Wave Number	Individuals	Meat, Poultry, Fish	Milk and Milk Products	Eggs	Legumes, Nuts, Seeds	Vegetables	Fruits	Grain Products	Fats and Oils	Sugars and Sweets	Beverages
	Number	Grams									
Children:											
1	489	108	416	17	25	100	191	206	6	34	176
2	383	98	374	13	25	86	176	183	5	43	225
3	304	96	403	11	14	87	188	184	5	32	200
4	280	98	372	12	18	86	199	209	8	28	164
5	246	92	381	10	20	105	169	219	7	27	165
6	255	101	403	10	18	87	171	207	6	34	175
Women:											
1	1,459	183	203	18	19	179	115	207	16	19	931
2	1,221	153	186	18	15	176	126	171	16	15	874
3	1,042	159	185	16	15	174	120	179	15	15	835
4	995	156	193	16	15	167	113	199	14	16	830
5	910	157	204	19	17	161	113	196	15	17	767
6	902	154	202	17	18	166	125	190	15	20	750

NOTE: Data in this table are unweighted and can not be generalized to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C4.2.--Food Intakes: Percentage of Individuals Using by Wave, 1985 (unweighted)

Wave Number	Individuals	Meat, Poultry, Fish	Milk and Milk Products	Eggs	Legumes, Nuts, Seeds	Vegetables	Fruits	Grain Products	Fats and Oils	Sugars and Sweets	Beverages
	Number	Percent									
Children:											
1	489	87.5	94.7	28.2	31.1	76.5	69.5	99.4	53.4	63.0	57.1
2	383	88.0	91.9	21.9	33.9	77.0	65.3	98.4	49.9	60.8	69.7
3	304	82.2	93.8	19.7	33.6	79.9	68.4	98.4	56.9	64.8	62.5
4	280	83.6	91.8	21.1	31.4	77.5	70.0	99.6	63.2	63.6	53.9
5	246	82.9	94.7	17.5	36.6	76.4	65.4	99.2	56.9	61.0	60.6
6	255	85.1	95.7	16.1	32.9	74.5	68.6	99.2	54.9	63.1	54.1
Women:											
1	1,459	88.3	76.4	24.1	21.5	83.8	46.1	94.1	64.5	54.9	92.6
2	1,221	86.0	73.5	23.5	18.4	81.6	48.9	93.4	64.3	48.6	92.7
3	1,042	85.6	72.4	22.2	18.1	82.1	47.7	92.5	65.3	52.0	90.0
4	995	85.6	73.8	20.5	18.8	81.2	49.4	93.5	63.3	54.0	89.8
5	910	84.7	76.4	24.2	16.8	76.9	48.5	93.2	64.1	53.7	90.9
6	902	85.6	72.7	24.2	18.0	80.3	46.6	93.6	66.2	51.2	88.4

NOTE: Data in this table are unweighted and can not be generalized to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C5.1.--Nutrient Intakes: Mean per Individual in a Day by Wave, 1985 (unweighted)

Children

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
Individuals	Number	489	383	372	280	246	255
Food Energy	Kilocalories	1,450	1,375	1,357	1,403	1,391	1,406
Protein	Grams	56.3	50.8	50.5	51.7	51.9	51.6
Total Fat	Grams	57.1	53.6	52.2	54.5	55.5	54.5
Saturated Fat	Grams	23.0	21.2	20.9	21.3	21.5	21.8
Monounsaturated Fat	Grams	20.8	19.7	19.1	19.9	20.5	19.8
Polyunsaturated Fat	Grams	9.3	9.0	8.5	9.4	9.8	9.2
Cholesterol	Grams	254	221	208	224	200	202
Carbohydrate	Grams	183.2	177.6	176.4	181.6	177.1	183.0
Fiber	Grams	10.2	8.7	8.9	9.5	10.2	9.9
Vitamin A	IU	4,526	3,696	4,040	4,595	3,993	3,898
Vitamin A	RE	872	699	744	862	774	750
Carotenes	RE	248	209	236	263	219	213
Vitamin E	Alpha-TE	6.0	4.8	5.4	5.1	6.2	5.4
Ascorbic Acid	Milligrams	83	86	79	74	78	81
Thiamin	Milligrams	1.18	1.04	1.07	1.09	1.11	1.11
Riboflavin	Milligrams	1.71	1.49	1.56	1.56	1.55	1.58
Niacin	Milligrams	14.6	13.0	13.0	13.3	13.5	13.4
Vitamin B-6	Milligrams	1.33	1.13	1.15	1.18	1.18	1.19
Folacin	Micrograms	201	170	178	168	181	187
Vitamin B-12	Micrograms	4.32	3.78	3.72	4.16	3.68	3.60
Calcium	Milligrams	828	730	787	761	771	807
Phosphorus	Milligrams	1,049	930	959	967	981	994
Magnesium	Milligrams	200	178	182	186	191	195
Iron	Milligrams	10.9	9.2	9.1	9.6	9.6	9.7
Zinc	Milligrams	8.4	7.2	7.0	7.3	7.2	7.2
Copper	Milligrams	.8	.7	.7	.8	.8	.8
Sodium	Milligrams	2,071	1,943	1,948	1,957	2,108	2,043
Potassium	Milligrams	1,997	1,811	1,830	1,829	1,886	1,875

NOTE: Data in this table are unweighted and do not infer generalizations to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C5.2.--Nutrient Intakes: Mean per Individual in a Day by Wave, 1985 (unweighted)

Women

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
Individuals	Number	1,459	1,221	1,042	995	910	902
Food Energy	Kilocalories	1,663	1,493	1,459	1,462	1,458	1,444
Protein	Grams	64.9	59.3	58.4	58.6	59.2	58.5
Total Fat	Grams	68.8	61.9	59.1	59.8	59.9	58.8
Saturated Fat	Grams	25.0	22.5	21.4	21.9	22.0	21.6
Monounsaturated Fat	Grams	25.3	22.8	21.8	22.3	22.1	21.6
Polyunsaturated Fat	Grams	13.7	12.3	11.8	11.4	11.6	11.5
Cholesterol	Grams	303	282	267	258	270	267
Carbohydrate	Grams	191.4	170.8	170.8	169.5	167.1	169.2
Fiber	Grams	11.7	10.5	10.8	10.6	10.5	11.0
Vitamin A	IU	5,234	5,124	5,033	4,911	4,974	5,145
Vitamin A	RE	857	837	832	800	801	847
Carotenes	RE	364	357	346	343	354	356
Vitamin E	Alpha-TE	7.8	6.9	6.3	6.7	6.8	6.8
Ascorbic Acid	Milligrams	82	78	73	69	75	79
Thiamin	Milligrams	1.14	1.04	1.02	1.04	1.05	1.04
Riboflavin	Milligrams	1.43	1.33	1.27	1.30	1.31	1.31
Niacin	Milligrams	17.2	15.7	15.7	15.7	15.4	15.3
Vitamin B-6	Milligrams	1.25	1.13	1.13	1.15	1.12	1.15
Folacin	Micrograms	209	188	181	181	182	195
Vitamin B-12	Micrograms	4.89	4.98	4.52	4.16	4.31	4.46
Calcium	Milligrams	646	578	571	587	620	608
Phosphorus	Milligrams	1,036	935	927	932	949	943
Magnesium	Milligrams	222	200	199	201	201	203
Iron	Milligrams	11.1	9.8	9.6	9.9	10.0	9.9
Zinc	Milligrams	9.2	8.6	8.2	8.3	8.3	8.2
Copper	Milligrams	1.1	1.0	1.0	1.0	1.0	1.0
Sodium	Milligrams	2,577	2,265	2,210	2,274	2,377	2,295
Potassium	Milligrams	2,200	2,028	2,037	1,992	2,021	2,032

NOTE: Data in this table are unweighted and do not infer generalizations to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C6.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, 1985 (unweighted)

Children

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number					
		1	2	3	4	5	6
Individuals	Number	489	383	372	280	246	255
Food Energy	Kilocalories	1,663	1,493	1,459	1,462	1,458	1,444
Protein	Grams	39.0	37.0	37.7	37.3	37.4	37.2
Total Fat	Grams	38.4	38.2	38.3	38.0	38.9	38.0
Saturated Fat	Grams	15.6	15.1	15.4	15.0	15.2	15.2
Monounsaturated Fat	Grams	13.9	14.1	14.0	13.9	14.3	13.9
Polyunsaturated Fat	Grams	6.2	6.4	6.2	6.4	6.8	6.3
Cholesterol	Grams	177	161	155	162	143	147
Carbohydrate	Grams	128.3	129.9	129.9	131.0	129.3	131.4
Fiber	Grams	7.0	6.4	6.5	6.8	7.5	7.2
Vitamin A	IU	3,263	2,734	3,072	3,288	2,991	2,817
Vitamin A	RE	615	518	563	616	572	547
Carotenes	RE	185	154	181	188	168	152
Vitamin E	Alpha-TE	4.0	3.4	3.9	3.5	4.5	3.8
Ascorbic Acid	Milligrams	61	66	60	55	60	60
Thiamin	Milligrams	.83	.78	.79	.79	.81	.81
Riboflavin	Milligrams	1.21	1.10	1.16	1.14	1.14	1.15
Niacin	Milligrams	10.1	9.6	9.7	9.7	9.8	9.8
Vitamin B-6	Milligrams	.93	.84	.86	.87	.88	.89
Folacin	Micrograms	141	128	133	124	137	136
Vitamin B-12	Micrograms	3.01	2.78	2.74	2.99	2.68	2.62
Calcium	Milligrams	591	536	590	552	562	585
Phosphorus	Milligrams	733	679	715	699	708	715
Magnesium	Milligrams	141	131	135	135	140	140
Iron	Milligrams	7.7	6.9	6.7	7.0	7.0	7.1
Zinc	Milligrams	5.8	5.2	5.2	5.3	5.2	5.2
Copper	Milligrams	.6	.5	.5	.6	.6	.6
Sodium	Milligrams	1,451	1,442	1,432	1,406	1,528	1,463
Potassium	Milligrams	1,403	1,324	1,364	1,331	1,390	1,361

NOTE: Data in this table are unweighted and do not infer generalizations to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C6.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, 1985 (unweighted)

Women

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number					
		1	2	3	4	5	6
Individuals	Number	1,459	1,221	1,042	995	910	902
Food Energy	Kilocalories	1,663	1,493	1,459	1,462	1,458	1,444
Protein	Grams	40.1	40.8	41.1	41.7	41.4	41.6
Total Fat	Grams	40.5	40.4	39.4	39.6	39.9	39.9
Saturated Fat	Grams	14.6	14.7	14.2	14.5	14.6	14.6
Monounsaturated Fat	Grams	14.9	14.9	14.4	14.7	14.7	14.6
Polyunsaturated Fat	Grams	8.1	8.0	8.0	7.6	7.7	7.9
Cholesterol	Grams	188	189	186	180	188	189
Carbohydrate	Grams	116.1	115.9	118.4	117.7	117.6	117.3
Fiber	Grams	7.3	7.3	7.7	7.6	7.5	7.9
Vitamin A	IU	3,403	3,609	3,804	3,456	3,578	3,783
Vitamin A	RE	544	578	591	559	577	611
Carotenes	RE	242	256	279	243	254	267
Vitamin E	Alpha-TE	4.7	4.6	4.4	4.5	4.6	4.7
Ascorbic Acid	Milligrams	54	57	55	51	57	60
Thiamin	Milligrams	.71	.72	.71	.73	.74	.74
Riboflavin	Milligrams	.87	.91	.89	.90	.92	.93
Niacin	Milligrams	10.8	11.0	11.6	11.4	11.0	11.1
Vitamin B-6	Milligrams	.78	.78	.80	.82	.79	.82
Folacin	Micrograms	132	134	131	131	133	145
Vitamin B-12	Micrograms	3.02	3.32	3.03	2.94	3.09	3.19
Calcium	Milligrams	394	397	400	404	431	424
Phosphorus	Milligrams	637	641	648	652	667	662
Magnesium	Milligrams	139	142	151	144	145	146
Iron	Milligrams	6.9	6.8	7.0	7.1	7.2	7.1
Zinc	Milligrams	5.7	5.9	5.8	5.8	6.0	5.8
Copper	Milligrams	.7	.7	.7	.7	.7	.7
Sodium	Milligrams	1,593	1,558	1,558	1,629	1,680	1,719
Potassium	Milligrams	1,393	1,462	1,567	1,451	1,470	1,486

NOTE: Data in this table are unweighted and do not infer generalizations to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C7.--Mean Food Energy Intake by Income and Wave, 1985 (unweighted)

Income	Wave 1		Wave 2		Wave 3	
	Individuals	Food Energy	Individuals	Food Energy	Individuals	Food Energy
	Number	Kilocalories	Number	Kilocalories	Number	Kilocalories
Children:						
Under 131% Poverty...	163	1,495	131	1,386	96	1,301
131-300% Poverty.....	207	1,422	162	1,369	130	1,393
Over 300% Poverty....	84	1,467	65	1,376	57	1,326
All Incomes.....	454	1,457	358	1,377	283	1,349
Women:						
Under 131% Poverty...	315	1,590	259	1,435	213	1,404
131-300% Poverty.....	509	1,681	425	1,503	365	1,458
Over 300% Poverty....	483	1,734	427	1,548	368	1,516
All Incomes.....	1,307	1,679	1,111	1,504	946	1,468

	Wave 4		Wave 5		Wave 6	
	Individuals	Food Energy	Individuals	Food Energy	Individuals	Food Energy
	Number	Kilocalories	Number	Kilocalories	Number	Kilocalories
Children:						
Under 131% Poverty...	94	1,464	72	1,336	79	1,408
131-300% Poverty.....	122	1,386	106	1,366	111	1,389
Over 300% Poverty....	48	1,325	50	1,540	46	1,381
All Incomes.....	264	1,403	228	1,395	236	1,394
Women:						
Under 131% Poverty...	216	1,431	179	1,457	187	1,387
131-300% Poverty.....	348	1,466	320	1,475	320	1,406
Over 300% Poverty....	348	1,508	331	1,480	320	1,550
All Incomes.....	912	1,474	830	1,473	827	1,457

NOTE: Data in this table are unweighted and can not be generalized to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Appendix Table C8.--Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day by Wave, 1985 (unweighted)

Wave Number	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	Number	Percent					
Children:							
1	489	15.6	34.6	14.0	12.5	5.6	51.3
2	383	14.8	34.4	13.6	12.7	5.8	52.0
3	304	15.1	34.5	13.8	12.6	5.6	52.0
4	280	14.9	34.2	13.5	12.5	5.7	52.4
5	246	15.0	35.0	13.6	12.9	6.1	51.7
6	255	14.9	34.2	13.7	12.5	5.7	52.6
Women:							
1	1,459	16.1	36.5	13.2	13.4	7.3	46.4
2	1,221	16.3	36.4	13.2	13.4	7.2	46.4
3	1,042	16.4	35.5	12.7	13.0	7.2	47.4
4	995	16.7	35.6	13.0	13.2	6.8	47.1
5	910	16.6	35.9	13.2	13.2	7.0	47.1
6	902	16.7	35.9	13.1	13.2	7.1	46.9

NOTE: Data in this table are unweighted and can not be generalized to the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

GENERAL NOTE:

Data in these tables are unweighted and can not be generalized to the population.

TABLE C1--DISTRIBUTION OF WOMEN BY SELECTED CHARACTERISTICS AND LEVEL OF PARTICIPATION

Level of participation--Refers to the number of waves completed. All women and children who completed interviews in wave 1 were eligible for reinterview in the remaining waves. Respondents were retained in the survey even if they missed one or more waves. Children were retained in the survey only if their mother/caretaker remained.

TABLE C2--MEAN NUMBER OF FOOD ITEMS CODED AND MEAN FOOD ENERGY INTAKE

Food items coded--Mean number of line items coded. May not equal number of foods and beverages originally reported by respondent. For example, a mixed dish reported as a unit by a respondent may have been coded as more than one line item if information on types and amounts of ingredients was available.

TABLE C3--PERCENTAGE OF INDIVIDUALS REPORTING SPECIFIED AMOUNT OF FOOD AND DRINK BY WAVE

Amount of food and drink--The respondent's answer to the question "Would you say the amount of food and drink you had yesterday was: less than usual, usual, or more than usual for that day of the week?"

TABLES C4.1 TO C4.2--FOOD INTAKES

See notes for Tables 1.1-1A to 1.6-2B in the main body of this report for food group definitions.

TABLES C5.1 TO C5.2--NUTRIENT INTAKES

See notes for Tables 3.1 to 4N in the main body of this report for selected nutrient definitions.

TABLES C6.1 TO C6.2--NUTRIENT INTAKES PER 1,000 KILOCALORIES

See notes for tables 7.1 to 7.2 in the main body of this report.

TABLE C8--FOOD ENERGY FROM PROTEIN, TOTAL FAT, FATTY ACIDS, AND CARBOHYDRATE

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.

Appendix D: Recommended Dietary Allowances, 1980 (2)

Sex and age (years)	Food energy	Protein	Water-soluble vitamins						
			Vitamin C	Thiamin	Ribo-flavin	Niacin	Vitamin B_6	Folacin	Vitamin B_{12}
	kcal	g	mg			mg(NE)[1]	mg	mcg	
Males and females:									
0.0-0.4	690	13.2	35	0.3	0.4	6	0.3	30	0.5
0.5-0.9	945	18.0	35	0.5	0.6	8	0.6	45	1.5
1-3	1,300	23.0	45	0.7	0.8	9	0.9	100	2.0
4-6	1,700	30.0	45	0.9	1.0	11	1.3	200	2.5
7-10	2,400	34.0	45	1.2	1.4	16	1.6	300	3.0
Males:									
11-14	2,700	45.0	50	1.4	1.6	18	1.8	400	3.0
15-18	2,800	56.0	60	1.4	1.7	18	2.0	400	3.0
19-22	2,900	56.0	60	1.5	1.7	19	2.2	400	3.0
23-50	2,700	56.0	60	1.4	1.6	18	2.2	400	3.0
51-75	2,400	56.0	60	1.2	1.4	16	2.2	400	3.0
76 and over ..	2,050	56.0	60	1.2	1.4	16	2.2	400	3.0
Females:									
11-14	2,200	46.0	50	1.1	1.3	15	1.8	400	3.0
15-18	2,100	46.0	60	1.1	1.3	14	2.0	400	3.0
19-22	2,100	44.0	60	1.1	1.3	14	2.0	400	3.0
23-50	2,000	44.0	60	1.0	1.2	13	2.0	400	3.0
51-75	1,800	44.0	60	1.0	1.2	13	2.0	400	3.0
76 and over ..	1,600	44.0	60	1.0	1.2	13	2.0	400	3.0
Pregnant:									
11-14	2,500	76.0	70	1.5	1.6	17	2.4	800	4.0
15-18	2,400	76.0	80	1.5	1.6	16	2.6	800	4.0
19-22	2,400	74.0	80	1.5	1.6	16	2.6	800	4.0
23-50	2,300	74.0	80	1.4	1.5	15	2.6	800	4.0
Lactating:									
11-14	2,700	66.0	90	1.6	1.8	20	2.3	500	4.0
15-18	2,600	66.0	100	1.6	1.8	19	2.5	500	4.0
19-22	2,600	64.0	100	1.6	1.8	19	2.5	500	4.0
23-50	2,500	64.0	100	1.5	1.7	18	2.5	500	4.0

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

Appendix D: Recommended Dietary Allowances, 1980(2)—Con.

Sex and age (years)	Fat-soluble vitamins			Minerals				
	Vitamin A		Vitamin E	Calcium	Phosphorus	Magnesium	Iron	Zinc
	RE	IU[2]	Alpha-TE	mg				
Males and females:								
0.0-0.4	420	1,400	3	360	240	50	10	3
0.5-0.9	400	2,000	4	540	360	70	15	5
1-3	400	2,000	5	800	800	150	15	10
4-6	500	2,500	6	800	800	200	10	10
7-10	700	3,300	7	800	800	250	10	10
Males:								
11-14	1,000	5,000	8	1,200	1,200	350	18	15
15-18	1,000	5,000	10	1,200	1,200	400	18	15
19-22	1,000	5,000	10	800	800	350	10	15
23-50	1,000	5,000	10	800	800	350	10	15
51-75	1,000	5,000	10	800	800	350	10	15
76 and over ..	1,000	5,000	10	800	800	350	10	15
Females:								
11-14	800	4,000	8	1,200	1,200	300	18	15
15-18	800	4,000	8	1,200	1,200	300	18	15
19-22	800	4,000	8	800	800	300	18	15
23-50	800	4,000	8	800	800	300	18	15
51-75	800	4,000	8	800	800	300	10	15
76 and over ..	800	4,000	8	800	800	300	10	15
Pregnant:								
11-14	1,000	5,000	10	1,600	1,600	450	18	20
15-18	1,000	5,000	10	1,600	1,600	450	18	20
19-22	1,000	5,000	10	1,200	1,200	450	18	20
23-50	1,000	5,000	10	1,200	1,200	450	18	20
Lactating:								
11-14	1,200	6,000	11	1,600	1,600	450	18	25
15-18	1,200	6,000	11	1,600	1,600	450	18	25
19-22	1,200	6,000	11	1,200	1,200	450	18	25
23-50	1,200	6,000	11	1,200	1,200	450	18	25

[2]Vitamin A allowances were converted from retinol equivalents to international units to allow comparison with 1977 intake data.

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