United States
Department of
Agriculture

Human Nutrition
Information
Service

Nutrition
Monitoring
Division

NFCS, CSFII
Report No. 86-3

CSFII

Nationwide Food Consumption Survey
Continuing Survey of Food Intakes by Individuals

FILE

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

1986

Abstract

This publication presents 4-day dietary data for 1,164 women 19 to 50 years of age and 375 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 1986 through March 1987 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Each day's data were collected using a 1-day recall. The first day's data were collected in a personal interview; subsequent days' 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 by 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; the frequency of reporting breakfast, snacks, and food eaten away from home; and the 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 September 1988

Acknowledgments

The Continuing Survey of Food Intakes by Individuals, 1986, 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--Rebecca Bitzer, Cecilia Wilkinson Enns, Kathryn H. Fleming, Kerry B. Greer, Patricia M. Guenther, Sharon J. Mickle, Rhonda Sebastian, Carol A. Tuszynski, and Frances A. Vecchio--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, Manfred Tumban, and Liedong Xu 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, Gerald Smith, and Carol A. Nathan provided editorial assistance. Beulah M. Stewart 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, 1986

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 1986 and March 1987. The data were collected using a 1-day dietary recall as part of the Continuing Survey of Food Intakes by Individuals, 1986, (CSFII 1986) conducted by the U.S. Department of Agriculture (USDA).

Individuals contacted as part of the CSFII 1986 were asked to provide 6 separate days (waves) of dietary data at intervals of approximately 2 months over a 1-year period. The first wave of data was collected in a personal interview; 89 percent of subsequent household interviews were collected by telephone. 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, 76 percent completed four waves, 69 percent completed five waves, and 52 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; 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 1986 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. National Analysts also conducted the CSFII 1985.

The CSFII 1986 was designed as a stratified area probability sample in the 48 conterminous States. The sampling units were (1) the household and (2) individuals within a sample household. The household screening procedures were designed to provide two separate samples: (1) A sample of women 19 to 50 years of age of all incomes and their children 1 to 5 years of age, and (2) a sample of low-income women and their children in the same age ranges. The sample age groups were selected because previous surveys have shown that women of these ages and young children are more likely than other population groups to have diets low in certain nutrients (1, 2). This publication includes data from the sample of women and children of all incomes.

This report is the third in a series providing results from the CSFII 1986. Previous publications in the CSFII 1986 series have provided data on 1-day dietary

intakes by women and children of all incomes and by low-income women and children. 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 (3). The CSFII complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years.

Food Intakes

Total food--During 4 days in 1986, women's mean intake per day of meat, poultry, and fish was 152 grams (table 1.1-1A). The largest part of this intake was accounted for by meat mixtures[1] (64 grams), followed by beef reported separately (27 grams) and poultry (21 grams). The mean intake of meat, poultry, and fish by children was 98 grams. As was true of women, children's intake of meat mixtures (40 grams) accounted for the largest part of the intake from this food group. Nearly all surveyed women (99 percent) and children (98 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 women (73 percent). Frankfurters, sausages, and luncheon meats were reported by nearly as many children (73 percent) as were meat mixtures (75 percent).

Women's mean intake per day of milk and milk products was 207 grams, including 57 grams of whole milk and 91 grams of lowfat and skim milk (table 1.2-1A). Women 19 to 34 years drank more whole milk (70 grams) and lowfat and skim milk (100 grams) than did women 35 to 50 years (45 grams and 81 grams, respectively). Children's mean intake of milk and milk products was 409 grams, including 176 grams of whole milk and 173 grams of lowfat and skim milk. About 97 percent of the women and all of the children ate or drank a milk product at least once during the 4 surveyed days (table 1.2-1B).

The mean intake per day of eggs by women was 17 grams; by children, 15 grams. Fifty-six percent of the women and 57 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 19 grams for children. Fifty-one percent of the women and 73 percent of the children ate legumes, nuts, or seeds at least once during the 4 surveyed days.

Women's mean intake per day of vegetables was 169 grams; children's mean intake was 96 grams (table 1.3-1A). Among vegetable subgroups, "other vegetables" were eaten in the largest amounts by both women (77 grams) and children (39 grams). Nearly all women and children (99 percent each) ate at least one vegetable item during the 4 surveyed days (table 1.3-1B).

Women had a mean intake per day of 127 grams of fruits (table 1.4-1A). Of this intake, 67 grams were from the subgroup "other fruits, mixtures, and juices" and 59 grams were from citrus fruits and juices. Women in the Northeast had a higher intake of citrus fruits and juices than did women in the other regions (78 grams versus 53 to 57 grams). Women in the West had the highest regional intake of other fruits, mixtures, and juices (91 grams versus 55 to 68 grams). Eighty-one percent of the women ate fruits at least once during the 4 surveyed days (table 1.4-1B). The mean intake of fruits by children was 208 grams; 94 percent of the children ate fruits.

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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 grain products was 190 grams for women and 202 grams for children (table 1.5-1A). Grain mixtures accounted for 66 grams of women's intake and 67 grams of children's intake. Almost all respondents ate grain products at least once during the 4 surveyed days (table 1.5-1B).

The mean intake per day of fats and oils reported separately was 15 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 at least once during the 4 surveyed days by 95 percent of the women and 93 percent of the children.

Women's mean intake per day of sugars and sweets reported separately was 16 grams; children's mean intake was 27 grams. These amounts do not include sugars that are ingredients in other food items such as baked goods or soft drinks. Eighty-four percent of the women and 94 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 841 grams, including 325 grams of coffee, 281 grams of carbonated soft drinks, and smaller amounts of alcoholic beverages, tea, and fruit drinks and ades (table 1.6-1A). The mean intake of beverages by children was 179 grams, including 73 grams of fruit drinks and ades and 81 grams of carbonated beverages. Ninety-nine percent of the women and 84 percent of the children drank beverages at least once during the surveyed days (table 1.6-1B). Carbonated beverages was the category reported by the largest proportion of both women (84 percent) and children (66 percent).

Women 19 to 34 years drank less coffee (225 grams) and more regular carbonated soft drinks (181 grams) than did women 35 to 50 years (432 grams and 124 grams, respectively). Compared with women in the other regions, women in the South drank the most tea (216 grams versus 100 to 119 grams). Women in the Midwest and the South drank more carbonated soft drinks (312 grams and 310 grams, respectively) than did women in the Northeast and the West (236 grams and 244 grams, respectively).

Mean intakes per day and percentages of women and children using selected foods over 4 nonconsecutive days in 1986 are shown in text table A.

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.

The proportions of food eaten away from home by women were lowest for fluid milk, fruits, and cereals and pastas and were highest for alcoholic beverages and carbonated soft drinks. Except for poultry, fluid milk, and carbonated soft drinks, children ate a smaller proportion of their food away from home than did women.

About 33 percent (50 of 152 grams) of women's intake of meat, poultry, and fish was obtained and eaten away from home (text table A and table 1.1-2A). On the surveyed days, 74 percent of the women reported

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, 1986

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	152	99	33	98	98	23
Meat mixtures	64	73	39	40	75	28
Beef	27	63	30	14	60	21
Frankfurters, sausages, and luncheon meats	12	57	25	15	73	13
Pork	11	48	27	6	41	17
Poultry	21	57	29	15	61	33
Fish and shellfish	12	30	33	5	22	20
Milk and milk products	207	97	16	409	100	16
Fluid milk	149	78	9	349	99	14
Cream and milk desserts	21	51	33	23	59	22
Cheese	17	71	29	13	77	15
Eggs	17	56	24	15	57	13
Legumes, nuts, and seeds	18	51	28	19	73	11
Vegetables	169	99	30	96	99	20
Fruits	127	81	14	208	94	13
Grain products	190	100	25	202	100	14
Grain mixtures	66	67	26	67	81	16
Cereals and pastas	40	66	12	57	96	7
Fats and oils	15	95	33	6	93	17
Sugars and sweets	16	84	31	27	94	19
Beverages	841	99	33	179	84	28
Alcoholic beverages	52	29	54	0	0	0
Coffee	325	67	28	*	1	0
Carbonated soft drinks	281	84	43	81	66	46

* Value less than 0.5 but greater than 0.

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 (39 percent), followed by beef (26 percent). Twenty-three percent (23 of 98 grams) of the intake of meat, poultry, and fish by children was obtained and eaten away from home. Fifty-nine 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 (35 percent).

Only 16 percent of both women's and children's intakes of milk and milk products came from food obtained and eaten away from home, although more than half of both women and children (62 percent each) ate or drank a milk product away from home on one or more of the surveyed days (text table A and table 1.2-2B). Among women, larger 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 33 percent (281 of 841 grams) of women's total beverage intake and 28 percent (51 of 179 grams) of children's intake was obtained and drunk away from home (text table A and table 1.6-2A). Among women, the proportion drinking any beverages away from home was 82 percent; 62 percent reported carbonated soft drinks, and 41 percent reported coffee (table 1.6-2B). Only 19 percent of the women reported alcoholic beverages away from home, but more than half of the total intake of alcoholic beverages (28 of 52 grams) was drunk away from home. Among children, the proportion drinking any beverage away from home was 53 percent; 45 percent reported carbonated soft drinks.

Food intakes by income level--Women living in households with income 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 higher intakes of eggs and legumes, nuts, and seeds than did women living in households with income over 300 percent of the poverty guidelines (highest income), as shown in text table B. Women in the lowest income group had a higher intake of whole milk than did women in the highest income group. Women in the middle and highest income groups had intakes of lowfat and skim milk nearly double those of women in the lowest income group. Children in the lowest income group had lower mean intakes of milk and milk products and of fruits and higher intakes of eggs and grain products than children in the highest income group.

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

Food group/subgroup	Percent of poverty level: Under 131%	131-300%	Over 300%
	percent of total intake of food obtained and eaten away from home		
Meat, poultry, and fish	27	30	36
Meat mixtures	38	33	39
Beef	25	25	42
Poultry	18	32	30
Milk and milk products	14	13	18
Fluid milk	7	7	11
Vegetables	23	26	34
Fruits	11	12	14
Grain products	17	25	29
Grain mixtures	15	29	31
Beverages	26	31	37
Coffee	19	25	33
Carbonated soft drinks	39	44	45
Alcoholic beverages	54	50	48

Nutrient Intakes

Nutrient contribution by 15 food groups--The contributions of foods in 15 groups to intakes of vitamins, minerals, and dietary components by children and by women are presented in tables 2.1 and 2.2, respectively. In 1986, the largest proportions of women's intakes of food energy and carbohydrate were provided by grain products; whereas the largest proportions of their intakes of protein and fat were provided by meat, poultry, and fish, as shown below.

Food group*	Food energy	Protein	Fat	Carbohydrate
	percent**			
Meat, poultry, fish	22	47	31	5
Milk, milk products	12	16	15	9
Eggs	2	4	4	0
Legumes, nuts, seeds	2	3	3	2
Grain products	30	22	22	40
Fats, oils	5	0	13	1
Sugar, sweets	3	1	2	6
Vegetables, fruits	14	7	9	23
Beverages	9	0	1	14

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

Similarly, children obtained the largest proportions of their food energy and carbohydrate intakes from grain products and the largest proportion of their protein from meat, poultry, and fish. However, the largest porportion of children's fat intake was provided by milk and milk products.

Food energy intake--Intakes of food energy and nutrients by children and by women are presented in tables 3.1 and 3.2, respectively. For both children

Text table B--Mean intakes per day of selected foods by income level, 4 nonconsecutive days, 1986

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	146	154	150	106	98	93
Milk and milk products	175	224	218	377	404	439
Whole milk	76	60	49	229	142	186
Lowfat/skim milk	53	105	102	105	200	177
Eggs	20	19	14	21	13	11
Legumes, nuts, and seeds	31	15	14	19	22	17
Vegetables	146	164	181	96	100	93
Fruits	89	128	147	131	228	262
Grain products	185	190	194	226	199	186
Fats and oils	10	15	18	4	7	7
Sugars and sweets	15	16	17	21	31	29
Beverages	761	788	930	180	193	163
Alcoholic beverages	28	38	63	0	0	0
Coffee	310	283	375	0	**	0
Tea	124	148	159	29	32	13
Fruit drinks and ades	42	47	32	71	73	74
Carbonated soft drinks	256	272	300	80	87	75

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

and women, energy and nutrient intakes at specified percentiles (10th, 25th, 50th, 75th, and 90th percentiles) are provided in tables 4A to 4N.

In 1986, the mean daily food energy intake by women over 4 days was 1,473 kilocalories (table 3.2); the median intake over 4 days was 1,420 kilocalories (table 4A). Ten percent of the women surveyed had mean daily food energy intakes at or below 870 kilocalories and 10 percent had intakes at or above 2,109 kilocalories (table 4A). Generally, women in the lowest income group had lower food energy intakes than did women in higher income groups; and older women had lower intakes than did younger women, as follows:

Characteristic	Food energy intakes		
	10th percentile	50th percentile (median)	90th percentile
	kilocalories		
Age:			
19-34	900	1,467	2,226
35-50	847	1,389	2,024
Income level:			
Under 131% poverty	697	1,339	2,099
131-300% poverty	863	1,452	2,135
Over 300% poverty	965	1,453	2,098
Region:			
Northeast	872	1,419	2,058
Midwest	909	1,467	2,246
South	780	1,418	2,098
West	898	1,398	2,054
All women	870	1,420	2,109

For children, mean daily food energy intakes over 4 days were 1,351 kilocalories for 1- to 3-year-olds and 1,521 kilocalories for 4- to 5-year-olds (table 3.1). Median food energy intakes over 4 days were 1,310 kilocalories and 1,519 kilocalories, respectively (table 4A).

Intakes as percentages of 1980 Recommended Dietary Allowances--Nutrient intakes as percentages of the 1980 Recommended Dietary Allowances are presented in tables 5.1 and 5.2 for children and for women, respectively. The mean food energy intake per day by women was 73 percent of the 1980 Recommended Dietary Allowances (RDA), while women's intakes of 8 out of 15 nutrients exceeded the RDA. Women's mean intakes were below the RDA for vitamin E (85 percent), vitamin B-6 (57 percent), folacin (47 percent), calcium (76 percent), magnesium (67 percent), iron (56 percent), and zinc (57 percent). Intakes of those nutrients were below the RDA for women of all levels of income, 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 and for black women.

Children's mean food energy intake was 98 percent of the RDA, and their intakes of 13 out of 15 nutrients exceeded the RDA. Children's mean intakes of iron and zinc were below the RDA (82 percent and 79 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

Text table C--Women 19-50: Mean intakes of selected nutrients below the 1980 Recommended Dietary Allowances, by selected characteristics, 4 nonconsecutive days, 1986

Characteristic	Vitamin E	Vitamin B-6	Folacin	Calcium	Magnesium	Iron	Zinc
	percentage of RDA						
Income:							
Under 131% poverty..	68	51	41	66	59	52	53
131-300% poverty	84	57	46	76	66	56	58
Over 300% poverty...	91	60	51	81	73	58	58
Race:							
White	87	59	48	79	69	57	58
Black	65	47	39	49	49	47	48
Region:							
Northeast	81	56	46	75	65	55	55
Midwest	86	60	47	79	69	58	58
South	83	55	46	69	63	54	56
West	88	59	49	82	74	57	60
Urbanization:							
Central cities	81	57	47	74	67	56	56
Suburban areas	85	58	47	76	68	55	56
Nonmetropolitan areas	88	58	48	77	66	57	60
All women	85	57	47	76	67	56	57

for protein, ascorbic acid, 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 E, 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 (33 percent), vitamin B-6 (63 percent), calcium (48 percent), iron (26 percent), and zinc (15 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 (4).

Nutrient sources of food energy--The percentages of food energy provided by protein, total fat, fatty acids, and carbohydrate in diets of children and women are shown in tables 8.1 and 8.2, respectively. The percentage of women's food energy provided by protein was 17 percent; by fat, 37 percent; and by carbohydrate, 46 percent. 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 polyunsaturated fat provided a smaller percentage (7 percent).

Children obtained 15 percent of their food energy from protein, 35 percent from fat, and 51 percent from carbohydrate. Over the 4 survey days, saturated fat provided 14 percent of children's food energy; monounsaturated fat, 13 percent; and polyunsaturated fat, 6 percent.

Eating Patterns

Breakfast--In 1986, 52 percent of the women and 90 percent of the children ate breakfast (see glossary) on all 4 survey days (tables 9.1 and 9.2). Ninety-eight percent of the women and all of the children ate breakfast on at least one of the 4 days. There were substantial differences among income groups and between races in the proportions of women reporting breakfast on all 4 days (text table E).

Breakfast contributed 15 percent of women's food energy and 22 percent of children's food energy (tables 10.1 and 10.2). For women, the contribution of breakfast to intakes ranged from 6 percent of carotenes to 20 percent or more of cholesterol, vitamin A (RE), ascorbic acid, thiamin, riboflavin, folacin, calcium, and iron. For children, the contribution of breakfast ranged from 11 percent of carotenes to 30 percent or more of cholesterol, vitamin A (both IU and RE), ascorbic acid, thiamin, riboflavin, vitamin B-6, folacin, vitamin B-12, calcium, and iron.

Snacks--Forty-five percent of the women and 56 percent of the children ate at least one snack on all 4 days (tables 11.1 and 11.2). Ninety-six percent of the women and 99 percent of the children ate a snack

Text table D--Percentage of women with nutrient intakes at selected levels of the 1980 Recommended Dietary Allowances, 4 nonconsecutive days, 1986

Nutrient	RDA levels			
	Below 50%	50-69%	70-99%	100% and over
	percentage of women*			
Protein	1	6	16	78
Vitamin A (IU)	21	17	17	45
Vitamin E	23	24	29	24
Ascorbic acid	16	11	17	56
Thiamin	6	16	31	46
Riboflavin	8	13	30	49
Niacin	2	8	25	65
Vitamin B-6	44	30	20	6
Folacin	63	24	9	4
Vitamin B-12	9	11	20	60
Calcium	27	24	28	22
Phosphorus	3	9	24	64
Magnesium	24	34	32	10
Iron	44	35	16	5
Zinc	41	36	19	4

* Rows may not sum to 100 due to rounding.

Text table E--Percentage of women eating breakfast, snacks, and food obtained and eaten away from home on at least 1 survey day and on all 4 days, by selected characteristics, 4 nonconsecutive days, 1986

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	52	96	45	90	22
Age:						
19-34	97	49	96	42	91	25
35-50	98	55	96	48	89	18
Income:						
Under 131% poverty	96	40	90	32	78	9
131-300% poverty	97	56	98	43	89	17
Over 300% poverty	99	54	98	54	96	30
Race:						
White	98	53	97	50	92	23
Black	97	32	92	22	81	17
Region:						
Northeast	99	50	96	42	87	22
Midwest	96	51	98	50	93	24
South	97	53	96	40	91	23
West	99	53	95	50	88	17
Urbanization:						
Central cities	99	50	94	46	85	20
Suburban areas	97	52	97	45	93	23
Nonmetropolitan areas	98	54	97	44	89	20

(see glossary) at least once in 4 days (tables 12.1 and 12.2). There were substantial differences among income groups and between races in the proportions of women and children eating 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 nutrient intakes. Snacks contributed 18 percent of children's food energy and 10 to 22 percent of their nutrient intakes.

Food obtained and eaten away from home--Food was obtained and eaten away from home on all 4 days by 22 percent of the women and 11 percent of the children (tables 13.1 and 13.2). Ninety percent of the women and 81 percent of the children obtained and ate food away from home at least once in 4 days (tables 14.1 and 14.2). There were substantial differences among income groups in the proportions of women eating food away from home on all 4 days (see text table E). Food obtained and eaten away from home contributed 30 percent of women's food energy and 23 to 32 percent of their nutrient intakes (table 14.2). Food eaten away from home contributed 19 percent of children's food energy and 13 to 21 percent of their nutrient intakes (table 14.1).

Tables

Table 1.1-1A.--Meat, Poultry, Fish: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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	375	98	14	6	1	1	15	15	13	5	40
Age:											
1-3	210	88	11	6	1	1	14	13	11	5	35
4-5	165	112	17	7	1	1	16	17	15	5	47
Income Level:											
Under 131% Poverty	98	106	15	6	1	3	16	18	15	4	39
131-300% Poverty	153	98	16	7	1	(*)	14	13	11	5	41
Over 300% Poverty	107	93	11	6	1	(*)	14	15	13	5	39
Region:											
Northeast	63	103	12	6	1	4	15	19	13	3	39
Midwest	86	95	14	6	(*)	(*)	19	11	11	5	37
South	125	98	15	6	2	1	15	15	14	5	38
West	101	99	14	7	0	0	12	14	12	6	46
All Women	1,164	152	27	11	1	1	12	21	18	12	64
Age:											
19-34	601	155	25	11	1	1	13	21	18	11	68
35-50	562	149	29	10	1	1	12	21	18	12	60
Income Level:											
Under 131% Poverty	245	146	28	12	1	2	16	22	19	8	53
131-300% Poverty	373	154	28	11	1	1	13	22	19	12	64
Over 300% Poverty	448	150	24	10	2	(*)	10	20	16	12	69
Region:											
Northeast	239	155	27	9	1	1	10	27	22	14	64
Midwest	287	156	27	12	1	1	17	19	18	13	62
South	379	148	27	11	2	1	13	21	18	10	62
West	259	148	26	10	1	(*)	9	18	14	11	69

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.1-1B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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	375	98.4	60.2	40.9	2.5	2.9	73.3	61.0	56.6	22.2	75.4
Age:											
1-3	210	98.7	54.5	43.5	2.5	3.8	69.6	58.8	54.6	22.3	71.3
4-5	165	98.0	67.5	37.6	2.5	1.7	78.1	63.7	59.0	22.2	80.7
Income Level:											
Under 131% Poverty	98	100.0	63.0	45.0	2.8	7.4	74.3	69.3	67.4	22.7	79.3
131-300% Poverty	153	97.8	65.0	37.7	2.7	.6	69.9	53.5	49.1	20.8	72.8
Over 300% Poverty	107	97.4	55.0	39.9	2.4	.9	73.1	65.9	59.3	24.7	74.8
Region:											
Northeast	63	98.3	51.0	37.3	7.8	7.6	73.9	68.2	61.9	19.6	77.6
Midwest	86	97.1	62.7	42.7	1.9	1.7	79.0	53.2	50.0	24.0	68.1
South	125	100.0	62.7	41.3	2.3	3.6	74.9	54.9	53.7	20.0	74.6
West	101	97.5	60.8	41.2	.0	.0	66.1	70.6	62.4	25.1	81.3
All Women	1,164	99.0	63.0	48.0	3.6	3.1	56.6	57.1	49.8	30.4	73.1
Age:											
19-34	601	98.9	59.8	49.9	3.8	2.9	58.6	56.2	48.9	30.0	73.1
35-50	562	99.1	66.5	46.0	3.5	3.3	54.5	58.2	50.8	30.9	73.1
Income Level:											
Under 131% Poverty	245	98.5	63.8	46.0	2.4	5.2	57.2	53.8	49.6	22.4	64.0
131-300% Poverty	373	99.5	67.2	49.4	2.2	2.6	59.8	58.9	54.2	30.5	73.4
Over 300% Poverty	448	98.7	60.3	49.0	5.8	1.7	53.4	57.0	45.7	33.9	78.0
Region:											
Northeast	239	99.8	63.4	41.6	4.2	1.8	50.6	67.2	58.3	34.2	73.5
Midwest	287	99.2	60.4	52.1	4.1	4.2	67.4	53.7	48.5	33.1	68.1
South	379	98.7	62.8	50.0	3.7	4.7	60.1	55.8	49.2	26.1	72.9
West	259	98.6	66.0	46.5	2.4	.7	45.3	53.6	44.3	30.3	78.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.1-2A.--Meat, Poultry, Fish: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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.....	375	23	3	1	0	0	2	5	5	1	11
Age:											
1-3.....	210	17	1	1	0	0	2	4	4	(*)	7
4-5.....	165	31	5	1	0	0	3	5	5	1	16
Income Level:											
Under 131% Poverty...	98	20	3	2	0	0	3	4	3	(*)	9
131-300% Poverty.....	153	23	3	1	0	0	2	5	4	1	12
Over 300% Poverty....	107	26	3	(*)	0	0	3	7	6	1	13
Region:											
Northeast.....	63	19	3	1	0	0	2	4	4	0	8
Midwest.....	86	24	2	1	0	0	3	4	4	1	10
South.....	125	29	4	1	0	0	2	7	7	1	14
West.....	101	19	3	(*)	0	0	2	2	2	(*)	11
All Women.....	1,164	50	8	3	(*)	(*)	3	6	5	4	25
Age:											
19-34.....	601	56	8	3	(*)	(*)	3	7	6	4	28
35-50.....	562	44	9	2	(*)	(*)	2	5	4	4	21
Income Level:											
Under 131% Poverty...	245	40	7	2	(*)	(*)	2	4	4	2	20
131-300% Poverty.....	373	46	7	3	0	(*)	3	7	6	4	21
Over 300% Poverty....	448	54	10	3	(*)	(*)	2	6	5	5	27
Region:											
Northeast.....	239	49	5	2	(*)	0	3	6	5	4	28
Midwest.....	287	59	9	4	(*)	1	3	7	7	7	27
South.....	379	47	10	3	(*)	(*)	2	6	5	4	20
West.....	259	45	8	3	(*)	0	2	5	3	2	24

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.1-2B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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.....	375	58.8	17.0	8.4	0.0	0.0	17.9	17.3	16.9	3.9	34.8
Age:											
1-3.....	210	52.7	10.0	8.5	.0	.0	15.6	16.7	16.3	3.3	30.2
4-5.....	165	66.5	25.7	8.2	.0	.0	20.9	18.0	17.6	4.6	40.7
Income Level:											
Under 131% Poverty...	98	53.8	20.1	12.4	.0	.0	22.2	13.5	12.8	1.1	26.5
131-300% Poverty.....	153	57.1	14.1	10.2	.0	.0	12.0	16.5	16.0	6.1	34.1
Over 300% Poverty....	107	68.1	19.3	2.7	.0	.0	20.9	21.3	21.3	3.8	45.4
Region:											
Northeast.....	63	46.0	9.3	8.3	.0	.0	19.4	17.3	16.2	.0	23.2
Midwest.....	86	59.2	15.4	10.5	.0	.0	26.0	16.1	15.2	5.5	29.4
South.....	125	73.0	24.3	10.4	.0	.0	14.1	25.5	25.5	3.5	44.5
West.....	101	48.9	14.0	4.2	.0	.0	14.7	8.2	8.2	5.3	34.8
All Women.....	1,164	73.6	25.6	17.8	.4	1.2	17.1	20.2	16.2	12.4	39.2
Age:											
19-34.....	601	77.2	26.7	19.8	.5	1.5	18.6	22.7	19.6	12.8	43.0
35-50.....	562	69.8	24.4	15.7	.3	.9	15.5	17.5	12.7	12.1	35.1
Income Level:											
Under 131% Poverty...	245	65.1	19.4	14.4	.3	1.9	11.7	12.5	11.8	6.6	34.3
131-300% Poverty.....	373	70.7	24.0	17.1	.0	1.3	17.8	22.7	19.3	10.8	35.4
Over 300% Poverty....	448	79.0	28.4	20.2	.9	.8	17.6	21.3	15.2	15.2	42.5
Region:											
Northeast.....	239	73.1	20.6	14.5	.6	.0	16.4	18.1	14.4	10.7	45.2
Midwest.....	287	77.2	26.0	21.0	.2	2.5	22.3	22.9	19.9	16.8	39.0
South.....	379	74.3	29.8	17.5	.7	1.8	16.0	20.4	17.5	12.9	36.7
West.....	259	69.2	23.7	17.8	.3	.0	13.6	18.6	12.0	8.5	37.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.2-1A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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.....	375	409	470	349	176	173	7	23	13	15	19
Age:											
1-3.....	210	416	479	364	187	176	6	18	14	14	16
4-5.....	165	400	459	331	162	170	7	29	13	16	24
Income Level:											
Under 131% Poverty...	98	377	434	336	229	105	1	14	11	21	19
131-300% Poverty.....	153	404	462	342	142	200	4	22	14	13	22
Over 300% Poverty....	107	439	507	364	186	177	15	31	14	11	17
Region:											
Northeast.....	63	376	421	325	206	117	6	20	11	14	19
Midwest.....	86	463	540	401	122	280	3	23	18	11	20
South.....	125	343	398	288	214	74	7	21	12	13	16
West.....	101	464	530	397	156	240	9	27	13	21	22
All Women.....	1,164	207	267	149	57	91	8	21	17	17	18
Age:											
19-34.....	601	231	291	170	70	100	8	20	18	18	17
35-50.....	562	182	241	127	45	81	8	22	17	17	18
Income Level:											
Under 131% Poverty...	245	175	216	131	76	53	4	17	13	20	31
131-300% Poverty.....	373	224	280	166	60	105	7	21	18	19	15
Over 300% Poverty....	448	218	290	152	49	102	11	23	19	14	14
Region:											
Northeast.....	239	203	264	147	82	65	11	20	16	20	12
Midwest.....	287	216	277	164	34	131	6	18	19	17	13
South.....	379	174	230	117	62	54	6	22	16	17	20
West.....	259	248	312	181	55	125	9	24	19	17	24

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.2-1B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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.....	375	100.0	99.2	68.3	62.1	12.7	59.4	76.6	56.6	73.1
Age:										
1-3.....	210	100.0	99.0	63.8	63.6	14.0	58.6	78.0	54.4	72.0
4-5.....	165	100.0	99.4	74.0	60.3	11.0	60.6	74.8	59.4	74.4
Income Level:										
Under 131% Poverty...	98	100.0	100.0	85.5	42.8	4.0	51.9	74.0	67.0	61.9
131-300% Poverty.....	153	100.0	98.5	64.3	66.1	8.8	61.6	76.1	54.6	79.3
Over 300% Poverty....	107	100.0	99.2	62.1	72.2	26.4	65.0	80.2	47.3	72.4
Region:										
Northeast.....	63	100.0	100.0	80.1	51.6	15.1	61.4	67.4	45.3	78.8
Midwest.....	86	100.0	100.0	57.3	81.7	5.0	60.0	77.4	54.7	68.0
South.....	125	100.0	98.1	81.0	41.1	14.0	57.0	79.1	61.3	68.5
West.....	101	100.0	99.2	54.6	78.0	16.0	60.8	78.7	59.7	79.4
All Women.....	1,164	96.8	77.7	44.2	49.1	12.2	51.2	71.0	56.5	51.2
Age:										
19-34.....	601	97.0	79.0	45.9	50.9	12.8	50.3	72.5	56.8	49.3
35-50.....	562	96.5	76.3	42.3	47.1	11.4	52.2	69.4	56.2	53.3
Income Level:										
Under 131% Poverty...	245	94.8	77.5	58.7	32.5	6.4	34.4	56.5	57.5	50.6
131-300% Poverty.....	373	97.7	78.7	46.2	49.3	11.8	51.3	72.4	59.9	52.5
Over 300% Poverty....	448	97.8	77.9	36.8	56.0	15.7	60.7	77.6	52.7	53.0
Region:										
Northeast.....	239	97.6	86.9	66.8	44.2	15.4	50.4	70.8	57.7	47.5
Midwest.....	287	97.0	77.7	26.1	62.3	9.4	44.5	71.6	56.3	45.7
South.....	379	95.3	69.2	45.7	35.6	10.9	50.2	67.1	55.3	49.4
West.....	259	98.0	81.7	40.9	58.7	14.0	60.7	76.3	57.4	63.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.2-2A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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.....	375	65	74	49	30	19	1	5	2	2	2
Age:											
1-3.....	210	55	62	44	24	20	(*)	4	2	2	2
4-5.....	165	78	88	55	36	19	1	7	2	2	3
Income Level:											
Under 131% Poverty...	98	73	85	58	46	12	0	5	2	3	2
131-300% Poverty.....	153	62	66	43	24	19	1	5	1	3	2
Over 300% Poverty....	107	65	76	49	23	26	(*)	6	3	(*)	3
Region:											
Northeast.....	63	62	65	46	36	10	(*)	4	2	3	1
Midwest.....	86	97	109	75	34	41	0	7	3	2	2
South.....	125	60	68	42	36	6	1	4	2	1	3
West.....	101	47	55	36	14	22	1	6	2	3	3
All Women.....	1,164	33	48	14	8	6	1	7	5	4	5
Age:											
19-34.....	601	37	53	16	9	7	1	6	6	4	4
35-50.....	562	29	43	11	7	4	2	7	4	4	6
Income Level:											
Under 131% Poverty...	245	25	33	9	5	4	1	5	3	2	8
131-300% Poverty.....	373	29	39	12	8	4	1	7	4	4	3
Over 300% Poverty....	448	39	60	16	9	7	2	7	6	5	5
Region:											
Northeast.....	239	38	52	20	14	6	2	8	5	5	3
Midwest.....	287	32	47	14	5	9	2	7	5	4	4
South.....	379	28	44	8	6	2	1	6	5	4	3
West.....	259	35	51	16	9	7	2	5	5	4	10

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.2-2B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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	375	62.5	51.4	35.1	23.9	1.6	20.5	18.8	9.0	20.7
Age:										
1-3	210	57.1	46.0	27.9	23.7	.6	16.5	18.3	8.5	16.4
4-5	165	69.4	58.2	44.3	24.0	2.9	25.6	19.4	9.5	26.0
Income Level:										
Under 131% Poverty	98	63.4	56.4	46.4	14.7	.0	17.8	21.0	14.8	18.9
131-300% Poverty	153	63.5	51.0	35.4	26.1	3.5	20.4	16.2	10.6	16.4
Over 300% Poverty	107	61.9	48.8	26.1	30.2	.7	24.0	19.0	2.6	30.0
Region:										
Northeast	63	58.7	51.6	41.8	16.1	1.1	16.0	15.4	11.7	20.5
Midwest	86	77.0	68.1	34.8	43.9	.0	26.5	25.5	11.2	18.2
South	125	58.0	47.5	40.9	9.4	2.2	15.2	20.6	5.2	22.3
West	101	58.1	41.7	24.1	29.5	2.5	24.8	12.9	9.9	20.9
All Women	1,164	61.6	21.5	14.3	8.2	2.6	26.5	35.6	19.5	18.5
Age:										
19-34	601	62.3	20.6	13.4	8.8	2.5	25.5	36.8	18.9	19.3
35-50	562	60.9	22.4	15.3	7.6	2.7	27.5	34.3	20.1	17.7
Income Level:										
Under 131% Poverty	245	43.1	17.3	10.9	7.0	1.3	13.6	21.0	12.3	14.4
131-300% Poverty	373	58.8	22.3	16.9	6.6	2.3	26.1	32.6	18.2	16.6
Over 300% Poverty	448	72.5	22.1	13.0	9.5	2.8	32.7	44.4	22.5	23.1
Region:										
Northeast	239	65.3	36.8	30.8	8.6	2.9	31.4	32.6	21.3	14.5
Midwest	287	62.8	22.5	10.0	13.6	2.5	24.8	38.6	20.7	17.2
South	379	57.6	11.4	9.1	2.5	1.9	24.2	34.2	17.5	16.1
West	259	62.7	21.0	11.3	10.3	3.4	27.1	37.2	19.4	27.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.3-1A.--Vegetables: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Grams						
All Children	375	304	96	33	12	7	5	39
Age:								
1-3	210	311	92	32	12	6	6	35
4-5	165	297	102	35	12	8	4	44
Income Level:								
Under 131% Poverty	98	226	96	30	14	9	3	39
131-300% Poverty	153	328	100	35	10	5	7	44
Over 300% Poverty	107	355	93	35	13	6	4	34
Region:								
Northeast	63	357	95	26	10	12	5	42
Midwest	86	285	91	36	11	2	4	38
South	125	281	99	40	11	8	3	37
West	101	317	98	27	16	7	8	41
All Women	1,164	296	169	46	27	12	6	77
Age:								
19-34	601	291	168	49	26	12	6	75
35-50	562	301	170	43	28	12	7	80
Income Level:								
Under 131% Poverty	245	234	146	50	22	9	3	61
131-300% Poverty	373	293	164	46	25	10	6	77
Over 300% Poverty	448	328	181	42	30	15	8	87
Region:								
Northeast	239	315	168	40	28	16	7	77
Midwest	287	303	188	62	29	10	6	80
South	379	267	159	45	25	13	4	72
West	259	312	164	37	26	9	9	83

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.3-1B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Percent						
All Children.....	375	100.0	99.3	84.8	73.3	25.6	28.5	90.3
Age:								
1-3.....	210	100.0	99.2	84.0	72.9	27.3	29.6	90.4
4-5.....	165	100.0	99.5	85.9	73.8	23.5	27.1	90.1
Income Level:								
Under 131% Poverty...	98	100.0	100.0	85.2	71.3	33.6	20.4	95.0
131-300% Poverty.....	153	100.0	98.3	81.9	71.5	19.6	33.2	92.5
Over 300% Poverty....	107	100.0	100.0	88.7	76.5	26.7	29.9	83.8
Region:								
Northeast.....	63	100.0	100.0	76.4	62.3	32.2	29.6	91.4
Midwest.....	86	100.0	100.0	90.2	78.2	16.7	27.4	92.0
South.....	125	100.0	100.0	94.5	73.5	23.0	21.9	90.8
West.....	101	100.0	97.5	73.5	75.8	32.3	37.1	87.6
All Women.....	1,164	99.5	98.9	80.0	78.4	32.1	30.9	95.1
Age:								
19-34.....	601	99.4	98.6	79.3	79.1	30.9	28.2	93.4
35-50.....	562	99.5	99.2	80.8	77.6	33.5	33.8	96.8
Income Level:								
Under 131% Poverty...	245	97.7	96.6	76.5	68.7	26.2	23.3	89.1
131-300% Poverty.....	373	99.8	99.2	79.3	77.9	26.4	27.0	96.3
Over 300% Poverty....	448	100.0	99.8	82.2	84.5	38.0	37.9	98.4
Region:								
Northeast.....	239	99.4	99.4	75.8	80.4	38.9	29.8	94.5
Midwest.....	287	100.0	100.0	86.0	78.1	25.1	29.8	96.4
South.....	379	98.7	98.2	81.5	75.3	32.8	24.4	92.8
West.....	259	100.0	98.3	75.1	81.2	32.8	42.5	97.4

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.3-2A.--Vegetables: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Grams						
All Children.....	375	47	19	8	3	(*)	(*)	7
Age:								
1-3.....	210	42	15	7	2	(*)	(*)	6
4-5.....	165	54	24	9	4	(*)	1	9
Income Level:								
Under 131% Poverty...	98	44	19	6	4	1	(*)	8
131-300% Poverty.....	153	47	20	8	3	(*)	1	9
Over 300% Poverty....	107	55	19	10	2	(*)	(*)	6
Region:								
Northeast.....	63	58	13	5	1	(*)	1	7
Midwest.....	86	54	18	7	4	(*)	1	7
South.....	125	46	27	12	4	(*)	(*)	9
West.....	101	36	14	5	2	0	(*)	6
All Women.....	1,164	68	50	14	9	3	1	23
Age:								
19-34.....	601	71	53	15	9	4	1	24
35-50.....	562	65	47	13	9	2	2	21
Income Level:								
Under 131% Poverty...	245	44	33	12	5	2	1	14
131-300% Poverty.....	373	58	42	13	7	3	1	19
Over 300% Poverty....	448	83	62	16	11	3	2	30
Region:								
Northeast.....	239	69	43	10	8	2	1	21
Midwest.....	287	78	59	19	9	3	2	26
South.....	379	62	49	15	8	4	1	21
West.....	259	64	47	11	9	1	2	24

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.3-2B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, and Region	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number	Percent						
All Children.....	375	66.6	58.5	43.1	30.5	3.1	4.9	35.0
Age:								
1-3.....	210	63.2	53.1	38.6	26.3	3.0	4.1	29.5
4-5.....	165	71.0	65.2	48.8	35.7	3.2	5.9	41.9
Income Level:								
Under 131% Poverty...	98	57.4	51.6	35.5	29.5	2.9	2.6	40.7
131-300% Poverty.....	153	64.6	57.0	40.9	26.4	5.3	5.7	37.4
Over 300% Poverty....	107	81.5	68.9	54.9	34.8	.7	6.6	26.6
Region:								
Northeast.....	63	67.2	48.1	23.1	10.3	5.1	5.6	35.5
Midwest.....	86	71.2	62.1	49.9	33.7	5.4	5.7	36.1
South.....	125	71.9	69.4	56.3	42.5	3.0	4.3	41.2
West.....	101	55.9	48.3	33.6	25.4	.0	4.4	26.1
All Women.....	1,164	74.4	70.8	45.7	40.8	12.0	13.0	59.1
Age:								
19-34.....	601	76.3	72.7	48.3	42.7	14.0	12.2	58.9
35-50.....	562	72.4	68.8	42.8	38.9	10.0	14.0	59.2
Income Level:								
Under 131% Poverty...	245	56.2	53.7	37.0	27.9	7.0	10.2	40.3
131-300% Poverty.....	373	70.5	66.3	42.3	33.3	10.8	10.4	54.1
Over 300% Poverty....	448	85.5	82.0	52.5	53.2	14.3	16.9	71.3
Region:								
Northeast.....	239	67.9	63.7	36.9	37.3	11.4	11.1	52.2
Midwest.....	287	77.6	75.8	54.3	43.7	13.2	16.2	64.8
South.....	379	78.0	73.9	51.4	40.2	14.2	9.9	61.6
West.....	259	71.7	67.3	35.8	42.0	8.2	15.8	55.4

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.4-1A.--Fruits: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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.....	375	208	67	59	2	139	24	17	30	69
Age:										
1-3.....	210	219	63	54	2	153	23	19	29	83
4-5.....	165	195	72	65	1	122	26	14	32	51
Income Level:										
Under 131% Poverty...	98	131	57	49	(*)	74	13	12	16	32
131-300% Poverty.....	153	228	67	58	2	159	27	16	37	78
Over 300% Poverty....	107	262	79	72	2	180	29	23	34	94
Region:										
Northeast.....	63	262	82	74	3	176	21	10	30	115
Midwest.....	86	194	67	61	2	125	19	13	27	66
South.....	125	182	58	52	1	123	22	18	20	63
West.....	101	220	68	56	2	149	33	22	45	49
All Women.....	1,164	127	59	48	1	67	15	10	28	14
Age:										
19-34.....	601	123	61	52	(*)	62	13	8	25	16
35-50.....	562	131	57	45	1	73	16	12	33	11
Income Level:										
Under 131% Poverty...	245	89	47	40	(*)	42	7	7	15	11
131-300% Poverty.....	373	128	61	50	1	67	15	9	31	11
Over 300% Poverty....	448	147	66	53	(*)	80	18	13	33	16
Region:										
Northeast.....	239	147	78	66	(*)	68	14	9	27	18
Midwest.....	287	115	55	44	(*)	60	15	7	27	11
South.....	379	108	53	44	1	55	13	10	21	11
West.....	259	148	57	42	1	91	18	14	42	16

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.4-1B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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	375	94.4	73.1	63.9	15.3	87.0	52.8	42.2	51.4	47.9
Age:										
1-3	210	93.8	69.0	60.4	18.9	87.5	50.3	42.6	55.1	54.2
4-5	165	95.1	78.2	68.4	10.7	86.3	56.1	41.7	46.8	40.0
Income Level:										
Under 131% Poverty	98	89.4	65.2	59.2	4.4	74.8	39.3	32.6	39.6	32.7
131-300% Poverty	153	97.2	76.7	65.4	19.2	89.3	56.3	44.0	53.8	48.8
Over 300% Poverty	107	97.6	77.4	67.0	17.1	96.5	59.0	52.7	60.4	60.7
Region:										
Northeast	63	91.5	74.0	60.5	18.3	89.7	43.4	27.0	61.9	67.6
Midwest	86	91.0	66.5	63.2	16.8	78.4	46.4	38.8	50.6	46.7
South	125	94.4	68.0	55.3	6.2	82.9	53.1	44.2	35.3	37.8
West	101	99.0	84.3	77.2	23.5	97.7	63.9	52.1	65.5	49.1
All Women	1,164	80.9	57.3	47.9	4.6	68.6	28.9	26.9	45.3	14.7
Age:										
19-34	601	79.4	56.5	48.0	3.4	65.2	25.2	23.2	41.9	16.3
35-50	562	82.5	58.2	47.7	5.9	72.3	32.9	30.9	49.0	12.9
Income Level:										
Under 131% Poverty	245	67.4	43.9	37.9	2.0	49.4	16.9	20.4	24.8	11.7
131-300% Poverty	373	80.5	57.3	48.1	6.0	70.1	32.3	26.7	45.7	13.6
Over 300% Poverty	448	87.4	65.0	54.1	4.6	76.8	33.2	32.0	54.0	16.3
Region:										
Northeast	239	86.4	65.1	57.7	5.1	73.9	29.3	24.9	46.9	20.6
Midwest	287	77.2	51.8	43.3	3.4	66.3	31.8	23.2	41.4	12.1
South	379	76.0	53.2	45.3	4.1	60.2	23.2	25.6	36.7	11.0
West	259	86.9	62.4	47.5	6.3	78.6	33.7	34.9	60.8	17.5

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.4-2A.--Fruits: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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.....	375	28	10	9	(*)	18	2	2	5	8
Age:										
1-3.....	210	26	8	8	(*)	18	1	3	4	10
4-5.....	165	30	13	11	(*)	17	3	1	6	7
Income Level:										
Under 131% Poverty...	98	25	14	12	0	12	3	4	3	2
131-300% Poverty.....	153	27	8	7	(*)	19	1	2	6	10
Over 300% Poverty....	107	36	12	11	(*)	24	3	2	6	13
Region:										
Northeast.....	63	44	7	7	(*)	37	2	2	7	26
Midwest.....	86	36	15	14	(*)	21	2	2	8	8
South.....	125	19	9	9	0	10	2	2	3	3
West.....	101	22	9	7	(*)	13	2	3	3	4
All Women.....	1,164	18	8	7	(*)	10	1	1	5	2
Age:										
19-34.....	601	18	9	8	(*)	9	2	(*)	5	2
35-50.....	562	18	7	6	(*)	11	1	1	6	3
Income Level:										
Under 131% Poverty...	245	10	7	7	0	3	(*)	1	1	1
131-300% Poverty.....	373	16	7	6	(*)	8	1	1	4	2
Over 300% Poverty....	448	21	9	8	(*)	12	2	1	6	2
Region:										
Northeast.....	239	26	12	11	(*)	15	1	1	6	7
Midwest.....	287	19	11	10	(*)	9	2	1	5	1
South.....	379	13	6	6	(*)	7	1	1	4	1
West.....	259	17	5	4	(*)	12	2	1	7	3

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.4-2B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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	375	37.5	18.2	16.3	1.4	31.2	9.5	9.1	14.3	14.1
Age:										
1-3	210	33.1	13.0	12.2	1.5	29.2	6.3	11.6	11.0	16.1
4-5	165	43.1	24.8	21.6	1.3	33.7	13.4	5.9	18.6	11.5
Income Level:										
Under 131% Poverty	98	40.6	24.0	23.3	.0	33.3	18.7	13.9	10.8	4.7
131-300% Poverty	153	33.3	14.5	12.2	2.2	27.5	5.5	8.2	14.2	14.6
Over 300% Poverty	107	43.6	19.3	16.5	1.8	38.4	8.2	7.2	20.0	23.1
Region:										
Northeast	63	46.4	10.8	10.8	1.7	45.3	7.2	5.7	17.0	31.3
Midwest	86	48.1	25.6	23.3	3.6	36.9	7.9	8.9	20.2	19.4
South	125	32.4	18.5	18.5	.0	26.7	13.1	8.6	11.5	6.3
West	101	29.2	16.3	11.1	1.1	23.1	7.7	11.9	11.2	8.5
All Women	1,164	31.9	15.8	12.8	.8	21.8	4.5	3.4	14.7	3.3
Age:										
19-34	601	30.0	14.9	12.8	.8	20.6	5.2	2.1	14.1	3.8
35-50	562	34.0	16.7	12.8	.8	23.2	3.8	4.7	15.4	2.8
Income Level:										
Under 131% Poverty	245	17.4	10.5	9.8	.0	8.3	1.7	2.1	5.8	1.5
131-300% Poverty	373	28.9	13.1	10.7	1.3	20.1	3.9	3.2	13.3	3.6
Over 300% Poverty	448	37.6	20.4	15.7	.8	26.0	6.2	4.1	17.1	3.3
Region:										
Northeast	239	37.2	19.0	16.2	1.4	26.5	2.7	3.3	16.3	8.5
Midwest	287	32.2	15.5	13.3	.5	20.8	5.5	3.9	12.8	1.0
South	379	28.7	14.6	12.4	.6	17.4	4.1	3.2	12.4	1.9
West	259	31.4	14.9	9.5	.9	25.2	5.5	3.1	18.8	3.2

NOTE: See "Table Notes."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.5-1A.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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	375	202	36	42	57	17	67	6	4	2	27	1	5
Age:													
1-3	210	191	33	40	56	16	63	6	3	2	26	1	5
4-5	165	215	40	45	58	18	72	7	4	2	29	1	6
Income Level:													
Under 131% Poverty	98	226	35	38	82	15	70	4	3	2	21	1	4
131-300% Poverty	153	199	38	44	50	17	67	7	4	2	31	2	7
Over 300% Poverty	107	186	33	42	45	17	66	7	4	2	29	1	5
Region:													
Northeast	63	249	42	41	100	19	66	5	3	2	21	1	4
Midwest	86	194	36	40	43	19	74	7	5	2	35	2	8
South	125	177	32	43	43	14	59	5	3	2	25	1	4
West	101	208	37	43	59	17	70	8	4	3	27	1	6
All Women	1,164	190	40	44	40	7	66	15	5	9	16	4	5
Age:													
19-34	601	194	38	41	41	8	74	15	4	9	16	3	6
35-50	562	185	41	48	40	6	56	16	5	9	16	4	4
Income Level:													
Under 131% Poverty	245	185	37	43	51	6	55	10	4	6	15	5	3
131-300% Poverty	373	190	43	43	39	7	66	15	5	9	16	4	5
Over 300% Poverty	448	194	39	48	36	8	72	18	5	11	17	3	6
Region:													
Northeast	239	198	45	35	49	6	70	16	4	10	13	4	4
Midwest	287	185	43	43	31	9	69	17	6	10	18	3	6
South	379	180	37	49	37	6	58	13	4	8	15	5	5
West	259	202	37	48	48	8	69	17	5	10	18	3	5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.5-1B.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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	375	100.0	98.4	95.8	95.8	87.1	80.8	93.2	85.1	50.7	93.5	48.4	49.2
Age:													
1-3	210	100.0	97.9	96.1	97.3	86.1	81.2	90.7	83.4	46.2	95.3	49.5	49.8
4-5	165	100.0	99.0	95.5	93.9	88.4	80.3	96.4	87.3	56.4	91.4	47.0	48.5
Income Level:													
Under 131% Poverty	98	100.0	99.2	91.6	96.8	83.2	81.8	85.0	77.7	43.5	91.7	51.1	44.3
131-300% Poverty	153	100.0	98.4	98.0	95.9	89.6	79.1	97.9	93.3	55.5	94.0	54.6	52.9
Over 300% Poverty	107	100.0	97.4	97.9	94.0	87.6	85.0	96.1	83.1	49.3	96.0	37.6	49.3
Region:													
Northeast	63	100.0	98.5	91.9	100.0	87.7	78.8	84.6	79.8	40.4	90.5	34.8	44.0
Midwest	86	100.0	98.4	96.7	95.8	92.4	84.3	97.7	93.5	45.2	97.5	61.3	56.1
South	125	100.0	100.0	93.9	96.0	87.2	79.3	92.0	74.0	49.3	92.4	46.8	41.9
West	101	100.0	96.3	100.0	93.0	82.0	80.9	96.4	95.0	63.5	93.5	47.9	55.6
All Women	1,164	99.7	94.6	88.9	65.5	39.2	67.0	94.9	78.2	73.5	84.5	61.3	35.0
Age:													
19-34	601	99.4	93.6	89.1	67.7	44.4	71.1	95.0	77.5	71.2	84.1	59.3	38.1
35-50	562	100.0	95.6	88.7	63.1	33.8	62.7	94.7	79.0	76.1	85.0	63.4	31.7
Income Level:													
Under 131% Poverty	245	98.9	93.8	84.2	65.5	37.7	54.6	88.8	72.1	60.5	82.8	64.5	26.0
131-300% Poverty	373	99.7	96.1	89.5	61.6	36.1	68.2	95.3	79.5	72.1	86.7	66.4	34.0
Over 300% Poverty	448	100.0	93.2	91.4	68.9	43.7	72.8	98.2	81.4	79.7	84.5	55.5	40.0
Region:													
Northeast	239	100.0	96.0	85.2	69.5	32.0	68.3	93.9	79.5	72.5	84.6	63.7	25.0
Midwest	287	100.0	98.0	89.2	62.7	44.8	70.1	96.4	81.7	71.9	85.8	56.2	41.2
South	379	99.3	91.9	92.1	63.1	37.7	62.0	94.0	74.5	70.8	85.4	67.2	36.7
West	259	99.6	93.4	87.4	68.3	42.0	69.9	95.2	78.7	80.4	81.7	55.9	34.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.5-2A.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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.....	375	29	7	8	4	1	11	1	(*)	(*)	5	(*)	1
Age:													
1-3.....	210	27	6	7	3	1	12	(*)	(*)	(*)	5	(*)	1
4-5.....	165	32	8	9	5	1	10	1	(*)	(*)	6	(*)	2
Income Level:													
Under 131% Poverty...	98	28	8	7	5	1	9	1	(*)	(*)	6	(*)	1
131-300% Poverty.....	153	28	6	7	4	1	12	1	(*)	(*)	5	(*)	2
Over 300% Poverty....	107	33	7	9	3	1	14	1	(*)	(*)	5	(*)	2
Region:													
Northeast.....	63	34	8	7	6	2	13	1	1	(*)	4	(*)	1
Midwest.....	86	43	8	11	4	2	20	1	1	(*)	7	(*)	2
South.....	125	23	7	8	2	1	7	1	(*)	(*)	5	(*)	1
West.....	101	22	5	5	3	(*)	8	(*)	(*)	(*)	4	(*)	1
All Women.....	1,164	47	10	15	5	(*)	17	5	1	4	5	1	2
Age:													
19-34.....	601	51	10	15	5	(*)	21	5	1	4	6	1	3
35-50.....	562	43	10	16	5	(*)	13	5	1	4	4	1	1
Income Level:													
Under 131% Poverty...	245	31	7	11	4	(*)	8	3	(*)	2	4	1	2
131-300% Poverty.....	373	47	9	14	6	(*)	19	4	1	3	4	1	1
Over 300% Poverty....	448	56	11	19	4	(*)	22	7	1	5	6	1	3
Region:													
Northeast.....	239	47	12	12	6	(*)	16	5	1	4	4	1	2
Midwest.....	287	46	11	15	3	(*)	17	6	1	5	6	1	2
South.....	379	43	8	16	3	(*)	16	4	1	3	6	1	3
West.....	259	55	10	17	10	(*)	19	5	1	4	4	1	2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.5-2B.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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	375	68.4	47.0	52.9	17.8	11.5	24.5	28.4	22.4	8.2	37.9	4.7	15.7
Age:													
1-3	210	60.0	42.8	45.9	16.4	11.1	24.7	24.2	21.1	4.8	36.2	5.2	15.3
4-5	165	78.9	52.4	61.8	19.6	12.1	24.2	33.6	24.0	12.7	40.0	4.0	16.3
Income Level:													
Under 131% Poverty	98	68.9	48.3	53.3	20.2	16.2	20.7	27.0	24.3	2.7	29.0	3.7	9.9
131-300% Poverty	153	64.9	41.8	48.6	13.6	7.8	25.6	29.0	22.6	11.6	39.5	5.6	21.4
Over 300% Poverty	107	73.4	54.0	58.5	21.6	12.7	30.0	30.4	22.8	8.1	47.6	4.8	14.6
Region:													
Northeast	63	75.0	52.2	56.7	21.6	18.2	29.1	31.0	29.9	5.7	31.0	4.0	13.4
Midwest	86	73.6	50.2	64.2	21.4	13.1	36.8	37.2	31.4	5.9	45.0	9.7	16.9
South	125	70.2	53.7	54.6	19.0	13.5	17.6	29.4	20.6	12.4	37.7	4.2	14.1
West	101	57.5	32.9	38.8	11.0	3.7	19.5	17.8	12.1	6.7	36.2	1.3	18.2
All Women	1,164	77.1	50.9	52.7	11.2	1.0	28.0	52.1	26.9	35.8	43.0	25.1	17.9
Age:													
19-34	601	79.1	50.7	54.3	12.5	1.3	32.3	53.6	27.2	36.0	45.0	23.6	23.1
35-50	562	74.9	51.1	51.0	9.9	.8	23.5	50.6	26.5	35.6	40.7	26.6	12.3
Income Level:													
Under 131% Poverty	245	64.5	34.6	42.2	8.7	.7	16.3	35.9	16.8	22.9	26.4	15.7	11.0
131-300% Poverty	373	75.2	50.9	50.4	12.5	1.1	28.6	48.9	25.2	30.3	42.7	26.7	15.3
Over 300% Poverty	448	84.3	56.5	58.4	10.8	.4	35.4	61.9	32.4	43.9	50.3	27.4	23.2
Region:													
Northeast	239	74.8	55.0	45.9	12.0	2.1	26.3	50.4	27.4	35.8	46.1	29.1	13.3
Midwest	287	79.8	54.8	58.2	7.8	.2	27.9	55.0	31.0	38.1	43.3	22.4	19.8
South	379	77.4	46.6	54.3	10.2	1.5	27.4	52.5	23.5	35.0	46.5	29.3	20.8
West	259	75.7	48.9	50.8	15.8	.3	30.5	50.2	26.8	34.6	34.5	18.0	15.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.6-1A.--Beverages: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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	375	179	0	0	179	(*)	25	73	60	13	81	67	14
Age:													
1-3	210	162	0	0	162	(*)	22	75	60	15	64	53	11
4-5	165	201	0	0	201	0	29	70	60	11	102	85	17
Income Level:													
Under 131% Poverty	98	180	0	0	180	0	29	71	64	8	80	76	4
131-300% Poverty	153	193	0	0	193	(*)	32	73	58	15	87	79	9
Over 300% Poverty	107	163	0	0	163	0	13	74	58	16	75	45	30
Region:													
Northeast	63	139	0	0	139	0	9	51	49	2	78	72	7
Midwest	86	183	0	0	183	(*)	5	101	86	15	76	67	10
South	125	256	0	0	256	(*)	61	81	64	17	114	94	20
West	101	105	0	0	105	(*)	8	52	40	12	45	32	13
All Women	1,164	841	52	30	789	325	144	39	29	9	281	153	128
Age:													
19-34	601	788	66	42	723	225	143	47	34	13	308	181	127
35-50	562	898	38	18	860	432	146	30	25	5	252	124	128
Income Level:													
Under 131% Poverty	245	761	28	16	733	310	124	42	36	6	256	189	68
131-300% Poverty	373	788	38	25	750	283	148	47	36	12	272	166	106
Over 300% Poverty	448	930	63	31	867	375	159	32	22	9	300	129	172
Region:													
Northeast	239	783	79	50	704	326	119	23	21	2	236	122	114
Midwest	287	867	57	34	810	357	100	41	32	9	312	176	137
South	379	875	38	24	838	263	216	49	39	10	310	186	124
West	259	817	45	17	772	380	113	36	21	15	244	108	136

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.6-1B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Total food

Age, Income Level, 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	375	83.8	0.0	0.0	83.8	1.3	22.9	56.4	52.4	12.9	66.1	57.8	17.3
Age:													
1-3	210	81.8	.0	.0	81.8	2.3	19.3	56.3	50.8	13.9	62.9	52.1	15.1
4-5	165	86.3	.0	.0	86.3	.0	27.5	56.5	54.4	11.6	70.2	65.1	20.0
Income Level:													
Under 131% Poverty	98	81.5	.0	.0	81.5	.0	27.4	54.7	53.7	8.8	64.8	59.9	10.8
131-300% Poverty	153	86.1	.0	.0	86.1	2.5	23.7	58.9	53.3	15.5	64.6	60.4	12.7
Over 300% Poverty	107	84.0	.0	.0	84.0	.0	19.6	56.5	51.3	15.0	69.7	51.1	30.3
Region:													
Northeast	63	77.1	.0	.0	77.1	.0	17.2	49.0	47.8	4.0	56.9	51.0	16.5
Midwest	86	87.9	.0	.0	87.9	1.2	6.4	67.5	65.9	11.9	69.4	61.6	19.3
South	125	95.5	.0	.0	95.5	2.2	46.5	59.4	54.7	17.1	81.4	69.5	20.2
West	101	70.0	.0	.0	70.0	1.0	11.5	47.8	40.7	14.1	50.2	44.4	12.3
All Women	1,164	99.1	28.7	13.1	98.9	67.3	54.0	29.6	24.3	7.2	84.5	60.8	44.4
Age:													
19-34	601	98.6	30.4	15.6	98.5	59.2	52.9	33.3	27.2	9.0	87.8	66.0	45.1
35-50	562	99.6	26.9	10.4	99.3	76.0	55.2	25.6	21.3	5.3	81.0	55.3	43.6
Income Level:													
Under 131% Poverty	245	98.1	9.6	5.7	97.7	61.8	47.5	33.5	31.3	5.8	79.3	66.9	23.7
131-300% Poverty	373	99.0	22.6	9.7	99.0	66.0	56.4	30.8	25.9	6.8	85.3	63.8	41.6
Over 300% Poverty	448	99.8	39.7	16.3	99.4	70.5	57.4	26.3	19.2	8.2	86.2	55.2	56.9
Region:													
Northeast	239	99.1	41.3	18.5	99.1	75.9	49.1	25.6	24.0	2.2	83.4	58.5	46.4
Midwest	287	99.4	30.7	13.1	98.7	66.6	46.0	30.1	26.1	6.8	86.3	63.1	44.6
South	379	99.0	20.6	10.9	99.0	62.5	68.3	30.8	25.0	8.3	86.6	64.8	41.6
West	259	98.9	26.8	11.2	98.6	67.2	46.7	31.0	21.7	10.6	80.6	54.6	46.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.6-2A.--Beverages: Mean Intakes per Individual per Day, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, and Region	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages								
								Fruit Drinks and Ades			Carbonated Soft Drinks		
			Total	Beer and Ale	Total	Coffee	Tea	Total	Regular	Low-Calorie	Total	Regular	Low-Calorie
	Number	Grams											
All Children	375	51	0	0	51	(*)	2	11	11	(*)	37	31	6
Age:													
1-3	210	45	0	0	45	(*)	2	10	10	(*)	32	25	7
4-5	165	59	0	0	59	0	3	12	12	(*)	44	38	6
Income Level:													
Under 131% Poverty	98	42	0	0	42	0	3	10	9	(*)	29	28	1
131-300% Poverty	153	57	0	0	57	(*)	2	12	12	(*)	42	40	1
Over 300% Poverty	107	54	0	0	54	0	2	11	11	0	41	22	19
Region:													
Northeast	63	31	0	0	31	0	1	3	3	0	27	26	1
Midwest	86	52	0	0	52	0	1	18	17	1	33	30	3
South	125	80	0	0	80	(*)	5	15	15	(*)	60	48	12
West	101	26	0	0	26	0	2	5	5	0	19	13	6
All Women	1,164	281	28	16	253	91	35	6	5	1	121	69	52
Age:													
19-34	601	295	41	25	254	67	38	4	4	(*)	145	87	58
35-50	562	266	14	6	252	117	32	7	6	1	96	50	46
Income Level:													
Under 131% Poverty	245	197	15	6	182	60	18	4	4	0	99	73	26
131-300% Poverty	373	248	19	12	229	72	31	6	6	(*)	120	78	42
Over 300% Poverty	448	346	30	15	315	125	50	5	4	1	135	59	76
Region:													
Northeast	239	258	43	27	215	98	13	2	2	0	102	47	55
Midwest	287	306	32	16	275	117	22	6	6	1	130	83	47
South	379	293	22	14	271	71	57	8	7	1	134	85	49
West	259	257	19	8	239	86	38	4	4	(*)	110	50	61

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 1.6-2B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, 1986

Food obtained and eaten away from home

Age, Income Level, 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	Percent											
All Children	375	53.4	0.0	0.0	53.4	0.0	5.7	17.1	17.1	0.4	44.9	37.5	7.9
Age:													
1-3	210	49.4	.0	.0	49.4	1.3	5.4	14.2	14.2	.5	41.8	34.2	8.6
4-5	165	58.4	.0	.0	58.4	.0	6.2	20.9	20.9	.3	48.8	41.7	7.1
Income Level:													
Under 131% Poverty	98	47.0	.0	.0	47.0	.0	5.4	16.8	16.8	.5	37.5	36.1	2.3
131-300% Poverty	153	54.6	.0	.0	54.6	1.8	7.1	16.2	16.2	.7	43.1	40.4	2.7
Over 300% Poverty	107	60.7	.0	.0	60.7	.0	4.9	20.6	20.6	.0	56.1	35.3	20.8
Region:													
Northeast	63	42.1	.0	.0	42.1	.0	2.3	7.4	7.4	.0	40.8	39.0	1.9
Midwest	86	55.7	.0	.0	55.7	.0	2.1	23.7	23.7	1.3	44.7	37.7	8.3
South	125	68.4	.0	.0	68.4	2.2	10.6	22.9	22.9	.4	58.9	47.6	11.3
West	101	40.0	.0	.0	40.0	.0	5.0	10.5	10.5	.0	30.3	23.8	7.3
All Women	1,164	82.5	18.8	7.8	80.0	41.3	24.7	6.1	5.4	.8	61.9	42.5	29.7
Age:													
19-34	601	82.3	21.7	10.6	78.9	33.8	25.2	5.4	4.8	.6	67.1	49.5	31.1
35-50	562	82.6	15.7	4.9	81.1	49.4	24.1	7.0	6.0	1.1	56.2	34.9	28.2
Income Level:													
Under 131% Poverty	245	68.9	3.9	2.0	68.1	30.9	14.8	5.1	5.1	.0	54.0	44.0	16.2
131-300% Poverty	373	81.4	13.2	5.5	78.8	37.7	23.8	5.2	5.0	.5	63.3	44.5	26.7
Over 300% Poverty	448	89.8	26.2	10.2	87.7	50.3	32.4	7.5	5.8	1.7	64.2	39.3	38.2
Region:													
Northeast	239	81.6	28.9	11.2	75.7	48.0	12.6	3.4	3.4	.0	56.3	34.7	28.3
Midwest	287	84.4	18.3	6.8	83.3	46.9	13.2	6.4	5.8	.5	65.0	49.4	28.5
South	379	83.2	13.7	6.2	81.8	33.8	40.5	8.1	6.8	1.5	65.5	46.8	29.0
West	259	80.2	17.3	8.1	77.6	40.0	25.3	5.7	4.7	1.0	58.2	35.6	33.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 2.1--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1986

Children

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugars, Sweets
	Percent						
Food Energy	15.4	21.2	2.0	3.7	31.3	2.4	4.1
Protein	31.2	29.5	3.2	4.8	24.1	.1	.6
Total Fat	24.0	26.7	3.8	6.7	22.5	6.8	1.3
Saturated Fat	21.9	40.5	2.8	3.2	18.7	4.9	1.7
Monounsaturated Fat	28.9	21.6	4.2	8.5	22.9	6.7	1.2
Polyunsaturated Fat	18.2	6.8	4.1	10.9	31.0	12.1	.8
Cholesterol	29.4	26.9	24.3	.3	16.3	1.7	.2
Carbohydrate	3.6	14.6	.1	1.8	39.5	.2	7.1
Dietary Fiber	4.9	1.3	.0	9.4	38.3	.0	1.6
Vitamin A (IU)	6.5	22.8	2.9	.5	29.5	3.4	.1
Vitamin A (RE)	5.6	28.6	4.3	.3	35.0	5.1	.1
Carotenes	8.3	11.1	.5	1.0	17.2	2.4	.2
Vitamin E	10.7	9.4	4.0	10.7	32.3	10.9	1.0
Ascorbic Acid	8.0	6.3	.0	.4	13.6	.0	.3
Thiamin	14.0	14.7	1.1	2.5	50.4	.0	.5
Riboflavin	11.9	42.5	2.8	1.2	32.7	.1	.9
Niacin	29.9	3.4	.2	7.0	46.2	.0	.6
Vitamin B-6	17.6	15.2	1.6	3.4	35.1	.4	.5
Folacin	5.8	12.5	4.1	5.6	39.8	.1	.5
Vitamin B-12	31.9	41.8	5.0	.6	19.6	.2	.3
Calcium	3.9	65.3	1.4	1.1	19.7	.2	.7
Phosphorus	15.5	43.0	2.8	3.9	24.4	.1	.8
Magnesium	10.5	29.4	1.1	7.4	28.2	.1	1.6
Iron	16.9	3.8	3.4	2.9	56.9	.1	1.5
Zinc	31.6	26.2	2.8	4.0	27.1	.1	.6
Copper	14.3	7.5	1.3	7.3	36.9	.1	2.1
Sodium	21.0	16.8	2.4	3.0	41.4	2.3	.7
Potassium	12.9	33.0	1.2	4.0	14.2	.1	.9

Table 2.1--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1986--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	15.6	2.6	6.2	0.4	4.8	1.6	4.3	0.0
Protein	6.4	1.2	1.1	.5	2.0	1.6	.0	.0
Total Fat	8.1	.3	.7	.4	5.8	1.0	.1	.0
Saturated Fat	6.1	.1	.5	.3	4.7	.6	.1	.0
Monounsaturated Fat	6.1	.2	.2	.3	4.3	1.0	.0	.0
Polyunsaturated Fat	16.0	.7	1.0	.6	11.6	2.2	.1	.0
Cholesterol	.8	.0	.0	.2	.5	.2	.0	.0
Carbohydrate	24.5	4.8	11.7	.5	5.2	2.3	8.6	.0
Dietary Fiber	44.3	6.7	14.2	3.7	9.5	10.3	.1	.0
Vitamin A (IU)	34.0	5.7	4.5	16.3	.6	7.0	.2	.0
Vitamin A (RE)	20.9	2.6	2.5	11.0	.7	4.1	.2	.0
Carotenes	59.1	12.4	8.7	23.5	.3	14.2	.2	.0
Vitamin E	21.0	4.6	6.7	2.1	5.0	2.7	.0	.0
Ascorbic Acid	61.7	31.7	16.0	3.8	6.4	4.0	9.7	.0
Thiamin	16.6	5.4	3.8	.7	3.6	3.0	.2	.0
Riboflavin	7.5	1.4	3.0	.9	.8	1.4	.5	.0
Niacin	12.7	2.1	2.8	.6	5.0	2.3	.1	.0
Vitamin B-6	26.2	3.5	11.8	1.6	7.2	2.0	.1	.0
Folacin	30.7	15.1	4.1	2.4	3.3	5.9	.9	.0
Vitamin B-12	.4	.0	.0	.1	.1	.2	.0	.0
Calcium	6.0	1.4	1.4	1.2	1.0	1.1	1.8	.0
Phosphorus	8.1	1.5	1.6	.5	2.6	1.9	1.4	.0
Magnesium	20.5	4.4	5.9	1.9	4.7	3.6	1.1	.0
Iron	13.4	1.7	4.8	1.2	2.7	2.9	1.2	.0
Zinc	6.6	.8	1.3	.5	1.9	2.2	1.1	.0
Copper	27.0	6.1	8.7	1.4	6.9	3.9	3.5	.0
Sodium	11.8	3.0	.2	.7	3.6	4.4	.6	.0
Potassium	33.1	7.9	11.3	1.3	8.7	3.8	.7	.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 2.2--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1986

Women

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugars, Sweets
	Percent						
Food Energy	22.1	12.0	2.3	2.4	29.6	5.2	3.1
Protein	46.7	15.7	3.6	2.9	22.4	.3	.7
Total Fat	30.7	15.2	4.4	3.3	22.2	12.9	1.5
Saturated Fat	30.2	24.8	3.7	2.0	19.8	9.4	1.9
Monounsaturated Fat	35.8	12.3	4.6	3.8	22.7	11.2	1.4
Polyunsaturated Fat	21.7	3.3	4.0	4.7	26.5	23.1	.9
Cholesterol	41.0	14.2	24.7	.3	15.3	2.5	.2
Carbohydrate	5.2	8.8	.2	2.0	40.0	.9	5.6
Dietary Fiber	6.9	.9	.1	7.0	34.9	.2	1.4
Vitamin A (IU)	11.7	13.3	3.5	.8	19.0	4.8	.1
Vitamin A (RE)	11.5	19.1	5.6	.7	22.0	7.9	.1
Carotenes	11.6	5.1	.4	1.1	14.4	2.5	.1
Vitamin E	16.0	5.1	3.9	4.5	27.9	19.6	1.2
Ascorbic Acid	11.7	3.4	.1	.5	10.4	.1	.2
Thiamin	23.0	7.6	1.5	2.7	43.9	.1	.6
Riboflavin	23.2	25.2	4.3	1.4	30.4	.4	1.0
Niacin	44.3	1.7	.2	2.7	31.5	.0	.6
Vitamin B-6	32.0	8.1	2.1	2.5	22.9	.9	.5
Folacin	10.3	6.6	4.8	5.2	30.3	.3	.8
Vitamin B-12	53.6	22.3	6.6	.5	13.6	.7	.5
Calcium	8.3	44.2	2.4	1.8	25.5	.6	1.0
Phosphorus	27.8	25.0	3.6	3.1	23.9	.6	.9
Magnesium	17.4	13.8	1.3	5.0	25.8	.2	1.4
Iron	25.7	2.5	3.7	3.1	42.7	.4	1.0
Zinc	44.9	14.2	3.2	2.8	22.5	.2	.7
Copper	19.6	3.9	1.3	5.0	28.9	.2	1.8
Sodium	27.3	10.6	2.2	2.9	35.0	5.3	.5
Potassium	20.0	15.0	1.3	2.9	13.6	.5	1.4

Table 2.2--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1986--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	14.1	2.6	2.9	0.6	5.3	2.6	6.8	2.2
Protein	7.4	1.3	.6	.7	2.2	2.5	.1	.3
Total Fat	9.3	.4	.6	.5	5.7	2.0	.6	.0
Saturated Fat	7.6	.2	.4	.4	4.9	1.6	.7	.0
Monounsaturated Fat	7.7	.3	.5	.5	4.5	2.0	.5	.0
Polyunsaturated Fat	14.9	.9	.7	.7	9.5	3.1	.9	.0
Cholesterol	1.6	.0	.0	.1	.8	.7	.0	.0
Carbohydrate	22.9	5.2	6.1	.9	6.9	3.8	13.4	1.1
Dietary Fiber	47.8	7.7	8.6	4.9	11.3	15.3	.2	.5
Vitamin A (IU)	46.5	9.3	4.0	19.3	1.1	12.8	.2	.1
Vitamin A (RE)	32.9	5.6	2.7	14.5	1.2	9.0	.2	.0
Carotenes	64.6	14.7	5.9	24.4	.5	19.1	.1	.1
Vitamin E	21.8	5.0	3.8	2.4	5.1	5.5	.0	.1
Ascorbic Acid	67.6	30.1	9.2	6.4	9.5	12.4	5.8	.3
Thiamin	20.1	6.1	2.4	1.3	5.1	5.3	.2	.4
Riboflavin	11.4	2.3	2.1	1.9	1.4	3.7	1.7	1.0
Niacin	13.1	2.4	1.5	.8	5.3	3.2	4.9	1.0
Vitamin B-6	29.6	4.5	7.4	2.5	10.4	4.9	.2	1.5
Folacin	36.5	12.3	2.7	4.5	4.0	13.0	3.9	1.4
Vitamin B-12	.9	.1	.0	.1	.3	.5	.0	1.2
Calcium	11.4	2.1	1.0	2.6	1.8	3.8	4.3	.6
Phosphorus	10.6	1.8	.9	.9	3.3	3.6	3.9	.6
Magnesium	23.1	4.8	3.4	3.0	5.8	6.1	10.6	1.5
Iron	15.1	2.5	2.0	1.8	3.4	5.4	5.1	.7
Zinc	8.1	1.0	.8	.6	2.1	3.6	3.2	.3
Copper	26.3	6.0	4.2	1.7	8.2	6.2	11.9	1.3
Sodium	14.3	3.2	.1	1.0	4.3	5.7	1.6	.3
Potassium	33.6	8.3	5.9	2.0	10.1	7.3	10.7	1.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986

Children

Age, Income Level, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams					Milligrams
All Children.....	375	1,426	54.5	55.5	22.2	20.2	9.2	233
Age:								
1-3.....	210	1,351	51.4	52.6	21.2	19.0	8.7	219
4-5.....	165	1,521	58.4	59.3	23.5	21.8	9.9	250
Income Level:								
Under 131% Poverty...	98	1,361	54.9	55.6	22.3	20.5	8.9	274
131-300% Poverty.....	153	1,457	54.5	55.4	21.8	20.2	9.4	217
Over 300% Poverty....	107	1,455	54.6	56.2	23.0	20.1	9.3	215
Race:								
White.....	316	1,449	54.8	56.1	22.5	20.4	9.4	222
Black.....	38	1,409	54.7	58.0	22.3	21.8	9.7	277
Other.....	19	1,118	49.2	43.3	18.3	15.3	6.3	336
Region:								
Northeast.....	63	1,478	56.1	56.5	22.6	20.6	9.4	242
Midwest.....	86	1,470	56.2	57.3	23.2	20.9	9.3	217
South.....	125	1,367	50.4	53.7	21.5	19.6	9.0	220
West.....	101	1,427	57.0	55.7	22.1	20.2	9.5	256
Urbanization:								
Central Cities.....	94	1,478	56.5	57.1	22.3	20.9	9.9	243
Suburban Areas.....	203	1,386	52.3	53.1	21.4	19.3	8.8	215
Nonmetropolitan Areas	78	1,467	57.8	60.0	24.4	21.9	9.5	265

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, 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	182.6	9.9	4,432	836	251	5.5	81	1.13
Age:								
1-3	173.6	9.4	4,579	852	264	5.5	80	1.08
4-5	193.9	10.6	4,245	816	233	5.5	84	1.21
Income Level:								
Under 131% Poverty	164.1	8.6	4,355	877	219	5.7	68	1.10
131-300% Poverty	191.5	10.6	4,662	840	284	5.5	85	1.15
Over 300% Poverty	188.9	10.0	4,043	764	226	5.0	90	1.14
Race:								
White	187.3	10.2	4,427	823	256	5.4	83	1.13
Black	170.7	9.3	3,997	942	137	5.8	73	1.25
Other	135.1	6.5	5,365	855	380	6.3	80	.94
Region:								
Northeast	191.8	10.2	4,825	890	282	5.6	89	1.25
Midwest	187.8	9.6	4,311	881	210	5.4	83	1.19
South	175.7	8.9	3,902	748	216	4.7	76	1.04
West	180.7	11.2	4,943	873	308	6.5	82	1.13
Urbanization:								
Central Cities	190.9	11.2	4,850	932	265	6.6	92	1.24
Suburban Areas	180.2	9.6	4,138	751	249	4.6	77	1.06
Nonmetropolitan Areas	178.7	9.2	4,691	942	236	6.4	80	1.20

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Milligrams			Micrograms		Milligrams	
All Children	1.64	13.9	1.25	197	4.13	824	1,028
Age:							
1-3	1.61	13.1	1.21	188	3.99	819	994
4-5	1.69	14.9	1.30	209	4.31	831	1,071
Income Level:							
Under 131% Poverty	1.59	13.9	1.20	191	4.72	775	993
131-300% Poverty	1.65	14.0	1.26	203	3.98	826	1,035
Over 300% Poverty	1.67	13.9	1.29	192	3.68	864	1,052
Race:							
White	1.67	13.9	1.26	194	3.97	855	1,053
Black	1.57	15.8	1.27	227	5.74	641	913
Other	1.40	11.0	1.07	178	3.66	704	876
Region:							
Northeast	1.67	15.7	1.35	216	4.04	790	1,014
Midwest	1.79	14.3	1.27	199	4.48	905	1,095
South	1.48	13.1	1.15	178	4.00	731	940
West	1.71	13.5	1.29	206	4.06	892	1,089
Urbanization:							
Central Cities	1.76	15.2	1.38	218	4.45	840	1,062
Suburban Areas	1.54	13.0	1.18	184	3.59	809	998
Nonmetropolitan Areas	1.79	14.7	1.28	204	5.16	846	1,065

Table 3.1--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams					
All Children.....	196	9.9	7.9	0.8	2,055	1,955
Age:						
1-3.....	190	9.6	7.3	.8	1,921	1,919
4-5.....	205	10.4	8.6	.9	2,224	2,002
Income Level:						
Under 131% Poverty...	181	10.2	7.8	.8	2,025	1,750
131-300% Poverty.....	199	9.9	8.1	.8	2,064	2,006
Over 300% Poverty....	206	9.8	7.6	.8	2,084	2,095
Race:						
White.....	202	9.8	7.9	.8	2,078	2,018
Black.....	170	11.6	8.1	.9	2,047	1,603
Other.....	168	9.1	7.3	.8	1,766	1,670
Region:						
Northeast.....	200	12.0	8.0	.8	2,007	1,978
Midwest.....	199	10.1	8.1	.8	2,198	2,012
South.....	177	8.8	7.3	.8	1,975	1,804
West.....	216	9.9	8.2	.8	2,063	2,079
Urbanization:						
Central Cities.....	211	10.9	8.0	.8	2,141	2,068
Suburban Areas.....	192	9.4	7.7	.8	1,964	1,895
Nonmetropolitan Areas	191	10.1	8.1	.8	2,187	1,978

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986

Women

Age, Income Level, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
	Number	Kilocalories	Grams					Milligrams
All Women	1,164	1,473	60.0	60.7	22.4	22.2	11.8	272
Age:								
19-34	601	1,528	61.7	62.2	23.1	22.7	12.0	274
35-50	562	1,414	58.1	59.0	21.5	21.8	11.6	269
Income Level:								
Under 131% Poverty	245	1,386	56.0	57.2	20.9	21.6	10.7	277
131-300% Poverty	373	1,485	61.1	60.3	22.2	22.2	11.7	281
Over 300% Poverty	448	1,512	60.9	62.9	23.3	22.7	12.5	258
Race:								
White	969	1,499	60.6	62.3	23.1	22.8	12.1	265
Black	105	1,315	53.0	52.2	18.2	19.5	10.6	303
Other	48	1,341	61.8	50.3	17.7	19.0	9.9	287
Region:								
Northeast	239	1,441	61.2	58.4	21.5	21.2	11.5	284
Midwest	287	1,530	61.6	64.2	23.9	23.6	12.3	275
South	379	1,458	57.4	59.0	21.6	21.7	11.5	264
West	259	1,462	60.7	61.3	22.5	22.6	12.0	267
Urbanization:								
Central Cities	307	1,458	60.0	59.3	21.9	21.9	11.3	292
Suburban Areas	610	1,474	59.9	60.8	22.3	22.1	12.1	262
Nonmetropolitan Areas	247	1,490	60.1	62.1	23.1	23.0	11.7	270

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, 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	169.1	10.6	5,166	831	367	6.9	79	1.03
Age:								
19-34	176.5	10.6	5,004	820	347	6.8	79	1.07
35-50	161.2	10.6	5,339	842	388	6.9	78	1.00
Income Level:								
Under 131% Poverty	161.0	8.8	4,081	728	255	5.5	64	.99
131-300% Poverty	173.9	10.6	4,960	808	347	6.9	81	1.04
Over 300% Poverty	171.5	11.4	5,706	872	427	7.4	86	1.06
Race:								
White	171.8	11.1	5,325	854	379	7.1	79	1.05
Black	148.3	8.0	4,238	762	265	5.2	75	.91
Other	160.7	9.1	3,762	536	298	5.3	74	1.01
Region:								
Northeast	160.5	9.8	5,049	761	383	6.5	81	1.02
Midwest	174.3	11.1	5,465	925	365	7.0	81	1.09
South	173.0	10.0	4,507	782	292	6.8	74	1.00
West	165.6	11.6	5,904	862	463	7.1	81	1.03
Urbanization:								
Central Cities	164.5	10.4	4,916	793	348	6.6	79	1.03
Suburban Areas	169.7	10.7	5,330	819	397	6.9	81	1.03
Nonmetropolitan Areas	173.4	10.5	5,073	907	315	7.2	74	1.06

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Milligrams			Micrograms		Milligrams	
All Women	1.33	15.7	1.16	193	4.38	621	958
Age:							
19-34	1.39	16.0	1.20	198	4.42	661	1,002
35-50	1.25	15.4	1.13	187	4.34	579	911
Income Level:							
Under 131% Poverty	1.22	14.5	1.04	167	4.50	539	870
131-300% Poverty	1.35	15.8	1.17	190	4.51	630	969
Over 300% Poverty	1.37	16.2	1.22	207	4.15	666	995
Race:							
White	1.37	16.0	1.19	197	4.37	652	988
Black	1.05	13.7	.95	159	5.03	396	731
Other	1.12	15.1	1.06	174	3.83	512	892
Region:							
Northeast	1.30	16.0	1.14	188	4.29	616	935
Midwest	1.40	16.3	1.22	195	4.67	645	999
South	1.27	15.4	1.12	190	4.50	569	910
West	1.35	15.3	1.19	199	3.96	676	1,003
Urbanization:							
Central Cities	1.32	15.5	1.16	193	4.35	611	953
Suburban Areas	1.31	15.8	1.17	191	4.13	622	953
Nonmetropolitan Areas	1.38	15.9	1.17	195	5.05	632	974

Table 3.2--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams					
All Women	205	10.0	8.7	1.0	2,310	2,063
Age:						
19-34	206	10.2	8.9	1.0	2,407	2,056
35-50	205	9.8	8.5	1.0	2,207	2,071
Income Level:						
Under 131% Poverty	179	9.3	8.1	.9	2,215	1,796
131-300% Poverty	204	10.0	9.0	1.0	2,314	2,053
Over 300% Poverty	221	10.4	8.8	1.0	2,359	2,218
Race:						
White	213	10.2	8.9	1.0	2,334	2,141
Black	148	8.5	7.2	.8	2,060	1,507
Other	199	10.5	8.9	1.0	2,504	1,873
Region:						
Northeast	200	9.9	8.4	.9	2,237	2,027
Midwest	210	10.4	8.8	1.0	2,478	2,154
South	192	9.7	8.5	1.0	2,255	1,929
West	225	10.2	9.2	1.1	2,273	2,192
Urbanization:						
Central Cities	205	10.1	8.5	1.0	2,280	2,021
Suburban Areas	207	9.9	8.6	1.0	2,300	2,074
Nonmetropolitan Areas	202	10.3	9.2	1.0	2,371	2,089

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4A.--Food Energy and Protein: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Food Energy (Percentile)					Protein (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Kilocalories					Grams				
All Children	375	1,005	1,156	1,381	1,646	1,893	37.8	44.5	52.2	62.7	73.0
Age:											
1-3	210	963	1,093	1,310	1,592	1,757	36.3	41.8	49.0	58.8	69.0
4-5	165	1,077	1,234	1,519	1,767	2,022	43.0	47.7	54.7	66.8	82.0
Income Level:											
Under 131% Poverty	98	952	1,105	1,266	1,596	1,960	36.3	43.4	49.8	66.1	83.8
131-300% Poverty	153	1,022	1,163	1,403	1,694	1,983	36.4	43.2	53.2	62.7	74.0
Over 300% Poverty	107	1,025	1,193	1,465	1,616	1,825	40.8	47.5	53.3	58.9	71.4
Region:											
Northeast	63	1,019	1,189	1,417	1,719	1,984	37.3	42.4	51.7	67.2	83.8
Midwest	86	1,107	1,253	1,435	1,673	1,922	41.5	47.4	54.6	65.0	70.5
South	125	980	1,105	1,241	1,609	1,802	36.3	43.2	49.9	56.1	62.7
West	101	986	1,131	1,400	1,676	2,013	39.9	46.1	55.7	67.5	77.3
All Women	1,164	870	1,139	1,420	1,805	2,109	35.4	46.1	58.1	72.2	86.2
Age:											
19-34	601	900	1,176	1,467	1,881	2,226	35.9	47.7	58.9	73.8	89.6
35-50	562	847	1,102	1,389	1,699	2,024	34.8	44.3	57.6	69.0	80.4
Income Level:											
Under 131% Poverty	245	697	1,022	1,339	1,695	2,099	28.4	41.4	53.6	71.8	81.9
131-300% Poverty	373	863	1,147	1,452	1,826	2,135	35.7	46.9	58.2	72.4	91.3
Over 300% Poverty	448	965	1,179	1,453	1,810	2,098	37.3	50.1	59.1	72.8	84.7
Region:											
Northeast	239	872	1,123	1,419	1,742	2,058	35.3	48.7	59.2	74.7	86.4
Midwest	287	909	1,155	1,467	1,910	2,246	37.3	46.2	58.1	72.9	90.5
South	379	780	1,099	1,418	1,810	2,098	31.0	44.4	56.8	69.5	83.4
West	259	898	1,165	1,398	1,729	2,054	36.5	47.2	59.0	71.2	86.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4B.--Total Fat and Saturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Total Fat (Percentile)					Saturated Fat (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Grams									
All Children	375	36.6	42.0	52.0	66.9	77.5	13.9	16.9	21.1	26.3	31.6
Age:											
1-3	210	34.4	39.8	49.5	62.4	72.4	13.2	16.1	20.7	25.4	30.4
4-5	165	39.7	45.5	58.4	70.4	86.2	15.1	17.8	23.2	28.0	34.1
Income Level:											
Under 131% Poverty	98	36.6	41.2	51.5	65.6	78.7	14.5	17.2	22.5	26.3	30.6
131-300% Poverty	153	35.4	41.0	52.0	68.8	79.9	13.5	16.4	19.9	26.2	31.9
Over 300% Poverty	107	38.1	44.6	53.0	67.7	76.1	13.9	17.1	21.3	27.6	33.1
Region:											
Northeast	63	35.0	41.2	49.1	70.6	86.6	13.2	16.3	20.8	29.4	33.5
Midwest	86	39.5	47.9	58.1	66.1	76.2	15.4	18.6	23.0	26.4	32.3
South	125	36.7	43.1	51.2	61.9	71.3	13.2	17.2	20.8	23.9	29.9
West	101	34.4	39.8	50.9	67.1	81.6	13.8	16.0	19.3	27.0	33.1
All Women	1,164	32.6	43.5	57.7	73.6	94.6	11.0	15.2	21.1	28.1	35.8
Age:											
19-34	601	33.7	44.8	57.9	76.5	96.9	11.7	15.8	21.9	28.8	36.6
35-50	562	31.0	42.2	57.1	71.1	91.2	10.4	14.5	20.0	26.8	33.8
Income Level:											
Under 131% Poverty	245	27.4	38.1	55.3	70.9	96.1	8.9	13.3	19.8	27.5	34.0
131-300% Poverty	373	32.6	43.8	57.9	73.0	94.6	10.3	15.0	21.2	27.8	35.8
Over 300% Poverty	448	35.2	46.0	58.7	76.8	91.6	12.2	17.2	22.1	28.7	35.8
Region:											
Northeast	239	33.7	42.7	56.6	70.8	90.6	11.0	15.0	20.0	26.7	33.9
Midwest	287	33.4	45.9	61.8	80.3	99.9	11.7	16.3	22.6	29.3	36.9
South	379	31.0	41.8	56.8	71.8	91.0	10.3	14.0	20.3	26.8	35.7
West	259	32.2	44.6	57.0	73.9	94.0	11.3	16.6	21.2	28.1	35.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4C.--Monounsaturated Fat and Polyunsaturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Monounsaturated Fat (Percentile)					Polyunsaturated Fat (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Grams									
All Children	375	12.8	15.4	19.1	23.5	28.7	5.3	6.6	8.7	11.2	14.2
Age:											
1-3	210	12.1	14.5	17.8	23.2	27.3	4.8	6.0	7.9	10.6	12.9
4-5	165	14.8	16.8	20.9	26.0	31.6	6.1	7.2	9.6	11.9	14.8
Income Level:											
Under 131% Poverty	98	12.7	15.5	19.3	24.1	29.0	4.9	6.2	8.3	10.4	12.9
131-300% Poverty	153	12.5	14.9	18.9	25.1	28.8	5.3	6.8	9.4	11.5	14.5
Over 300% Poverty	107	13.5	16.0	18.6	23.5	26.6	4.9	6.8	8.9	11.3	13.5
Region:											
Northeast	63	12.6	15.4	18.0	24.5	32.5	4.8	6.0	8.4	10.9	14.3
Midwest	86	14.3	17.3	20.4	24.5	28.4	6.0	7.2	9.0	10.9	13.2
South	125	13.5	16.0	18.9	22.8	26.7	5.5	6.5	8.3	11.3	13.5
West	101	11.8	14.2	18.8	25.0	30.5	4.9	6.7	9.1	12.0	14.3
All Women	1,164	11.7	16.0	21.4	27.0	35.3	6.0	8.0	10.8	15.0	18.8
Age:											
19-34	601	11.9	16.1	21.7	27.8	35.9	6.2	8.2	11.0	15.1	19.2
35-50	562	11.4	15.7	21.0	26.5	33.9	5.7	7.9	10.7	14.5	17.9
Income Level:											
Under 131% Poverty	245	9.7	13.9	20.8	27.1	35.8	4.8	7.2	9.8	13.7	17.7
131-300% Poverty	373	11.7	16.0	21.5	26.8	34.9	5.9	8.2	10.7	14.1	18.6
Over 300% Poverty	448	12.9	16.8	21.4	27.3	33.4	6.7	8.6	11.7	15.7	19.2
Region:											
Northeast	239	12.1	15.4	20.8	25.7	32.7	6.2	7.9	11.0	14.0	17.7
Midwest	287	12.2	16.4	22.7	29.2	36.8	5.8	8.3	10.9	16.1	21.0
South	379	11.2	15.4	21.3	25.9	33.8	5.9	8.0	10.7	14.3	17.8
West	259	12.0	16.2	21.1	26.9	36.2	6.0	8.0	11.5	15.3	18.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4D.--Cholesterol and Carbohydrate: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Cholesterol (Percentile)					Carbohydrate (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams					Grams				
All Children	375	107	150	207	294	387	120.0	143.8	180.5	215.7	248.6
Age:											
1-3	210	100	143	201	282	350	116.6	138.5	168.0	202.1	238.7
4-5	165	123	160	210	311	416	127.8	156.1	198.5	226.4	254.7
Income Level:											
Under 131% Poverty	98	117	173	242	331	496	113.5	131.1	156.7	203.0	232.9
131-300% Poverty	153	103	137	189	282	353	127.8	155.7	184.5	221.3	261.1
Over 300% Poverty	107	102	155	201	270	341	131.4	151.4	195.0	219.9	242.4
Region											
Northeast	63	98	137	205	320	420	124.3	156.2	199.3	221.3	261.5
Midwest	86	100	140	207	267	340	136.7	152.3	184.0	219.9	243.0
South	125	117	155	194	268	339	114.9	136.9	168.5	208.1	254.8
West	101	103	151	232	329	477	120.5	142.3	180.5	218.9	236.2
All Women	1,164	115	167	239	347	461	90.5	123.8	163.0	208.7	255.5
Age:											
19-34	601	117	168	233	354	484	95.0	133.0	167.5	222.2	270.3
35-50	562	112	167	244	342	455	87.0	119.0	157.5	198.5	237.6
Income Level:											
Under 131% Poverty	245	96	167	231	360	508	84.9	112.5	151.1	200.8	247.5
131-300% Poverty	373	119	172	258	371	463	89.5	125.2	169.8	220.9	260.3
Over 300% Poverty	448	120	171	232	323	423	101.2	129.4	163.4	207.3	260.1
Region											
Northeast	239	122	172	248	380	482	99.4	120.1	154.7	190.2	234.5
Midwest	287	115	168	238	352	499	96.0	129.3	165.5	219.5	254.5
South	379	103	166	232	334	459	85.9	121.5	164.0	221.9	263.6
West	259	117	171	243	335	445	87.0	123.9	165.1	204.2	238.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4E.--Dietary Fiber and Vitamin A (IU): Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, 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.....	375	5.0	7.1	9.6	12.3	15.3	1,798	2,341	3,423	5,792	8,625
Age:											
1-3.....	210	4.6	6.7	9.0	11.2	14.6	1,697	2,317	3,430	6,029	9,167
4-5.....	165	6.2	7.6	10.0	12.7	16.6	2,017	2,411	3,395	5,420	8,245
Income Level:											
Under 131% Poverty...	98	3.9	4.7	7.3	10.6	16.8	1,734	2,357	3,331	5,658	7,107
131-300% Poverty.....	153	6.4	7.7	10.2	12.9	15.3	1,677	2,410	3,643	6,096	9,011
Over 300% Poverty....	107	6.7	7.9	9.8	11.9	13.9	2,133	2,317	3,187	4,240	8,625
Region											
Northeast.....	63	5.7	6.7	9.9	12.5	16.9	2,053	2,968	3,510	6,468	8,323
Midwest.....	86	6.0	7.4	9.0	10.9	14.1	1,897	2,650	3,430	4,905	8,357
South.....	125	4.4	6.5	9.1	10.5	13.3	1,548	2,131	2,411	5,135	8,245
West.....	101	6.5	7.7	10.6	13.9	17.9	2,024	2,596	3,719	5,719	9,577
All Women.....	1,164	5.1	7.2	9.8	13.2	16.8	1,343	2,150	3,582	6,479	10,684
Age:											
19-34.....	601	5.0	7.2	9.8	13.3	17.0	1,447	2,217	3,377	6,189	10,190
35-50.....	562	5.1	7.2	9.9	13.1	16.2	1,313	2,101	3,803	6,802	11,036
Income Level:											
Under 131% Poverty...	245	4.1	5.7	8.2	11.4	14.7	1,019	1,604	2,763	4,980	8,265
131-300% Poverty.....	373	5.1	7.2	9.6	13.2	17.4	1,310	2,089	3,314	5,865	10,047
Over 300% Poverty....	448	6.1	8.3	10.9	13.8	16.8	1,765	2,499	4,319	7,186	11,503
Region											
Northeast.....	239	4.7	6.5	9.1	12.4	15.2	1,386	2,168	3,537	6,356	10,413
Midwest.....	287	5.7	7.5	10.7	13.8	16.9	1,313	2,068	3,507	6,835	11,718
South.....	379	4.7	6.4	9.3	12.7	16.2	1,244	1,971	3,053	5,557	9,529
West.....	259	5.7	8.1	10.8	14.5	18.4	1,640	2,751	4,220	7,164	11,903

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4F.--Vitamin A (RE) and Carotenes: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Vitamin A (Percentile)					Carotene (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Retinol Equivalents									
All Children	375	394	517	731	979	1,378	57	84	131	329	589
Age:											
1-3	210	354	508	731	945	1,410	54	81	123	332	598
4-5	165	420	529	717	1,026	1,264	64	87	148	320	579
Income Level:											
Under 131% Poverty	98	350	490	744	965	1,410	48	80	144	249	547
131-300% Poverty	153	354	533	790	1,043	1,273	60	83	151	415	678
Over 300% Poverty	107	439	508	652	872	1,264	58	90	123	266	615
Region											
Northeast	63	518	577	806	1,027	1,451	69	106	165	433	595
Midwest	86	416	568	743	1,028	1,378	48	81	126	251	529
South	125	337	430	565	858	1,220	55	73	114	230	557
West	101	439	607	788	1,070	1,449	64	87	186	398	678
All Women	1,164	239	376	595	1,010	1,546	63	116	223	473	839
Age:											
19-34	601	243	381	583	1,003	1,595	64	115	214	432	751
35-50	562	233	374	623	1,025	1,512	63	116	239	493	883
Income Level:											
Under 131% Poverty	245	171	308	480	731	1,171	44	80	168	326	647
131-300% Poverty	373	246	381	562	940	1,467	63	109	207	406	758
Over 300% Poverty	448	305	439	735	1,125	1,569	89	153	277	531	975
Region											
Northeast	239	251	369	569	1,009	1,515	64	118	223	479	903
Midwest	287	223	369	636	1,119	1,707	58	106	201	505	811
South	379	214	340	514	889	1,389	63	111	200	382	671
West	259	330	467	710	1,044	1,722	75	159	292	573	1,009

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4G.--Vitamin E and Ascorbic Acid: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Vitamin E (Percentile)					Ascorbic Acid (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Alpha-Tocopherol Equivalents					Milligrams				
All Children.....	375	2.8	3.4	4.6	6.2	8.3	32	49	71	102	140
Age:											
1-3.....	210	2.6	3.3	4.4	6.0	8.5	29	48	67	97	146
4-5.....	165	3.1	3.8	5.0	6.4	8.3	37	54	80	107	131
Income Level:											
Under 131% Poverty...	98	2.6	3.2	4.3	5.8	10.6	26	36	63	91	111
131-300% Poverty.....	153	3.1	3.6	4.8	6.4	7.7	34	49	73	101	151
Over 300% Poverty....	107	3.1	3.3	4.5	5.9	7.6	38	56	84	120	146
Region:											
Northeast.....	63	3.1	3.3	4.6	5.8	9.5	27	58	81	108	136
Midwest.....	86	2.9	3.5	4.8	6.0	7.7	35	50	73	110	141
South.....	125	2.7	3.3	4.1	5.6	7.2	26	39	67	94	135
West.....	101	2.5	4.1	4.9	6.9	9.5	41	54	69	102	146
All Women.....	1,164	3.0	4.1	5.9	7.9	11.3	25	39	68	105	147
Age:											
19-34.....	601	3.0	4.1	5.9	7.8	11.4	26	39	69	107	144
35-50.....	562	3.0	4.1	5.8	7.9	11.1	23	39	68	104	149
Income Level:											
Under 131% Poverty...	245	2.2	3.5	4.8	6.7	9.9	19	32	51	85	126
131-300% Poverty.....	373	3.2	4.2	6.0	7.5	10.5	24	38	69	107	151
Over 300% Poverty....	448	3.2	4.6	6.4	8.5	11.5	28	44	74	113	162
Region:											
Northeast.....	239	3.0	4.3	6.1	7.6	10.1	24	40	71	110	151
Midwest.....	287	3.0	4.1	5.8	8.5	11.6	24	39	69	107	142
South.....	379	2.8	3.8	5.6	7.6	10.5	25	38	66	103	136
West.....	259	3.4	4.6	6.3	8.2	11.6	27	42	63	105	150

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4H.--Thiamin and Riboflavin: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Thiamin (Percentile)					Riboflavin (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	375	0.73	0.89	1.08	1.32	1.59	1.06	1.30	1.61	1.92	2.31
Age:											
1-3.....	210	.71	.83	1.02	1.25	1.55	1.03	1.29	1.58	1.88	2.12
4-5.....	165	.77	.95	1.14	1.39	1.70	1.07	1.31	1.64	2.07	2.36
Income Level:											
Under 131% Poverty...	98	.65	.80	1.01	1.32	1.68	1.04	1.17	1.48	1.93	2.35
131-300% Poverty.....	153	.76	.91	1.07	1.38	1.66	1.03	1.30	1.60	1.94	2.31
Over 300% Poverty....	107	.81	.93	1.14	1.27	1.45	1.16	1.38	1.65	1.91	2.16
Region:											
Northeast.....	63	.83	.98	1.23	1.41	1.71	1.17	1.35	1.59	1.91	2.24
Midwest.....	86	.81	.90	1.12	1.39	1.68	1.22	1.40	1.81	2.07	2.39
South.....	125	.66	.81	1.03	1.17	1.40	.90	1.12	1.40	1.76	2.01
West.....	101	.69	.90	1.11	1.34	1.59	1.07	1.36	1.65	2.05	2.37
All Women.....	1,164	.55	.74	.97	1.27	1.60	.67	.90	1.19	1.62	2.11
Age:											
19-34.....	601	.56	.76	1.00	1.35	1.66	.68	.93	1.23	1.75	2.27
35-50.....	562	.55	.73	.95	1.20	1.48	.66	.86	1.16	1.50	1.97
Income Level:											
Under 131% Poverty...	245	.50	.68	.93	1.28	1.55	.56	.85	1.11	1.53	1.93
131-300% Poverty.....	373	.55	.73	.95	1.30	1.62	.68	.88	1.19	1.65	2.23
Over 300% Poverty....	448	.60	.78	1.00	1.24	1.63	.71	.95	1.24	1.70	2.10
Region:											
Northeast.....	239	.55	.71	.95	1.20	1.62	.65	.92	1.17	1.57	2.06
Midwest.....	287	.60	.77	1.00	1.38	1.66	.69	.92	1.26	1.81	2.21
South.....	379	.52	.71	.95	1.19	1.59	.64	.85	1.13	1.51	2.04
West.....	259	.56	.78	.98	1.28	1.55	.70	.94	1.28	1.64	2.14

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4I.--Niacin and Vitamin B-6: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Niacin (Percentile)					Vitamin B-6 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	375	8.7	10.6	13.2	16.4	19.9	0.77	0.95	1.19	1.48	1.79
Age:											
1-3.....	210	7.8	10.0	12.5	14.8	19.8	.76	.92	1.16	1.44	1.76
4-5.....	165	9.9	11.4	14.3	17.3	20.4	.82	1.01	1.22	1.53	1.89
Income Level:											
Under 131% Poverty...	98	8.2	9.9	12.5	17.2	21.4	.69	.77	1.10	1.55	1.87
131-300% Poverty.....	153	9.2	10.6	13.0	16.3	20.4	.86	.99	1.17	1.43	1.79
Over 300% Poverty....	107	9.6	11.5	13.5	16.4	19.1	.84	1.07	1.23	1.47	1.77
Region:											
Northeast.....	63	9.8	11.5	14.1	19.2	23.8	.77	.96	1.35	1.64	2.00
Midwest.....	86	7.3	11.1	13.5	17.7	21.4	.79	1.03	1.21	1.51	1.79
South.....	125	8.2	10.1	12.8	15.8	17.1	.69	.88	1.14	1.30	1.76
West.....	101	9.0	10.3	12.5	16.4	19.9	.88	.99	1.15	1.53	1.81
All Women.....	1,164	9.1	11.7	15.2	18.7	23.5	.60	.81	1.06	1.44	1.84
Age:											
19-34.....	601	9.5	11.8	15.3	19.3	24.2	.62	.83	1.07	1.50	1.93
35-50.....	562	8.8	11.5	15.1	18.3	22.4	.60	.78	1.03	1.37	1.72
Income Level:											
Under 131% Poverty...	245	7.8	10.9	14.4	17.5	22.1	.51	.70	.96	1.29	1.76
131-300% Poverty.....	373	9.6	11.9	15.2	18.5	24.1	.64	.82	1.05	1.40	1.85
Over 300% Poverty....	448	9.9	12.3	15.7	19.3	23.1	.66	.86	1.13	1.51	1.87
Region:											
Northeast.....	239	9.0	12.1	15.4	19.4	24.2	.61	.83	1.05	1.35	1.86
Midwest.....	287	10.2	12.4	15.4	19.6	24.4	.64	.82	1.06	1.57	1.92
South.....	379	8.4	11.7	15.1	18.1	22.4	.59	.76	1.01	1.32	1.76
West.....	259	9.1	11.5	14.9	18.1	22.3	.59	.87	1.12	1.50	1.75

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4J.--Folacin and Vitamin B-12: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Folacin (Percentile)					Vitamin B-12 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Micrograms									
All Children	375	110	134	184	240	313	2.28	2.81	3.56	4.60	5.81
Age:											
1-3	210	105	123	168	229	295	2.12	2.76	3.56	4.34	5.45
4-5	165	120	154	195	257	318	2.40	2.90	3.64	4.69	6.28
Income Level:											
Under 131% Poverty	98	103	120	166	242	321	2.22	2.73	3.46	4.80	5.98
131-300% Poverty	153	117	147	188	234	307	2.27	2.76	3.60	4.55	5.63
Over 300% Poverty	107	111	149	185	240	267	2.35	2.88	3.52	4.18	5.38
Region:											
Northeast	63	110	137	217	260	335	2.22	2.72	3.56	4.77	5.97
Midwest	86	116	145	185	232	313	2.67	3.42	4.03	4.70	5.62
South	125	103	120	164	229	274	1.92	2.61	3.22	3.82	5.45
West	101	124	149	187	248	305	2.54	2.87	3.71	4.74	6.28
All Women	1,164	90	128	176	236	309	1.54	2.38	3.31	4.77	6.93
Age:											
19-34	601	93	132	184	243	315	1.59	2.50	3.47	5.05	7.05
35-50	562	89	125	169	225	287	1.52	2.23	3.17	4.55	6.86
Income Level:											
Under 131% Poverty	245	75	107	150	199	288	1.31	2.03	2.95	4.37	5.93
131-300% Poverty	373	95	127	175	234	292	1.73	2.56	3.40	5.02	7.32
Over 300% Poverty	448	104	142	189	247	329	1.53	2.45	3.42	4.89	6.96
Region:											
Northeast	239	91	132	172	228	297	1.66	2.46	3.35	5.07	7.41
Midwest	287	84	125	169	242	311	1.68	2.42	3.41	5.05	6.67
South	379	89	125	168	229	295	1.42	2.30	3.25	4.53	6.90
West	259	100	134	189	245	306	1.67	2.37	3.44	4.89	6.93

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4K.--Calcium and Phosphorus: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Calcium (Percentile)					Phosphorus (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children	375	492	598	782	1,010	1,173	699	814	1,006	1,201	1,407
Age:											
1-3	210	506	616	778	1,019	1,155	667	806	990	1,162	1,359
4-5	165	491	578	794	990	1,195	716	835	1,030	1,265	1,475
Income Level:											
Under 131% Poverty	98	492	600	723	925	1,113	652	797	957	1,187	1,407
131-300% Poverty	153	494	595	794	991	1,195	716	794	1,006	1,206	1,457
Over 300% Poverty	107	511	621	829	1,062	1,176	717	844	1,032	1,201	1,359
Region:											
Northeast	63	526	595	764	925	1,102	704	800	980	1,149	1,414
Midwest	86	537	707	859	1,104	1,363	756	903	1,065	1,268	1,407
South	125	414	576	710	860	1,129	628	763	926	1,065	1,234
West	101	532	668	895	1,023	1,267	699	867	1,082	1,289	1,475
All Women	1,164	267	388	561	779	1,053	537	717	905	1,161	1,436
Age:											
19-34	601	279	393	589	832	1,128	548	732	933	1,232	1,551
35-50	562	253	384	525	718	977	515	710	874	1,100	1,336
Income Level:											
Under 131% Poverty	245	219	362	496	688	884	434	661	828	1,105	1,329
131-300% Poverty	373	260	388	559	798	1,144	547	714	903	1,165	1,482
Over 300% Poverty	448	317	433	618	824	1,097	593	768	940	1,186	1,445
Region:											
Northeast	239	278	384	545	779	1,105	534	713	891	1,090	1,399
Midwest	287	281	413	594	831	1,067	569	710	935	1,199	1,537
South	379	241	353	489	726	995	486	695	870	1,075	1,412
West	259	323	456	618	831	1,122	575	781	946	1,182	1,494

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4L.--Magnesium and Iron: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Magnesium (Percentile)					Iron (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	375	132	156	192	235	265	6.2	7.5	9.5	11.2	14.1
Age:											
1-3.....	210	124	151	185	226	259	5.8	7.1	9.0	10.6	14.2
4-5.....	165	140	158	199	243	270	6.7	8.2	9.9	11.7	14.1
Income Level:											
Under 131% Poverty...	98	114	135	157	215	280	5.2	6.6	9.2	12.6	16.1
131-300% Poverty.....	153	139	165	193	229	252	6.5	7.5	9.4	10.9	14.1
Over 300% Poverty....	107	151	160	202	241	264	6.7	8.5	9.7	10.5	13.1
Region:											
Northeast.....	63	135	162	185	229	272	7.0	9.4	11.0	14.4	16.8
Midwest.....	86	139	157	198	235	259	6.5	7.5	9.8	11.3	14.1
South.....	125	114	143	167	222	241	5.4	6.9	8.9	10.2	11.9
West.....	101	142	175	211	250	307	6.4	7.7	9.5	10.8	14.1
All Women.....	1,164	115	153	196	250	311	5.9	7.5	9.3	11.8	15.2
Age:											
19-34.....	601	115	153	193	252	313	5.9	7.3	9.5	12.2	16.2
35-50.....	562	112	153	197	250	309	5.9	7.6	9.1	11.3	14.5
Income Level:											
Under 131% Poverty...	245	93	125	165	220	291	5.1	6.7	8.8	10.9	14.7
131-300% Poverty.....	373	118	146	195	240	305	5.9	7.3	9.2	11.9	14.8
Over 300% Poverty....	448	139	164	217	265	318	6.5	8.0	10.0	12.1	15.6
Region:											
Northeast.....	239	117	149	192	242	297	5.7	7.2	9.7	11.4	15.2
Midwest.....	287	115	152	201	254	326	6.1	7.6	9.1	12.8	15.8
South.....	379	108	142	178	231	296	5.7	7.2	8.9	11.3	14.5
West.....	259	135	172	213	272	337	6.5	7.9	9.9	11.9	15.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4M.--Zinc and Copper: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Zinc (Percentile)					Copper (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	375	5.3	6.3	7.5	8.8	10.7	0.5	0.6	0.8	0.9	1.1
Age:											
1-3.....	210	4.8	5.9	7.1	8.1	9.7	.5	.6	.7	.9	1.0
4-5.....	165	6.0	6.7	7.8	9.5	11.9	.6	.7	.8	.9	1.1
Income Level:											
Under 131% Poverty...	98	5.1	5.8	6.9	9.1	11.9	.4	.5	.7	.9	1.2
131-300% Poverty.....	153	5.2	6.3	7.6	9.1	11.2	.5	.7	.8	.9	1.0
Over 300% Poverty....	107	5.6	6.5	7.6	8.4	9.7	.6	.7	.8	.9	1.0
Region:											
Northeast.....	63	5.2	5.9	7.5	9.7	11.6	.6	.7	.8	1.0	1.1
Midwest.....	86	5.7	6.7	7.7	9.1	11.3	.5	.6	.8	.9	1.0
South.....	125	4.8	6.0	7.1	8.1	9.5	.4	.6	.8	.9	1.0
West.....	101	6.0	6.4	7.7	9.1	10.9	.5	.7	.8	1.0	1.1
All Women.....	1,164	4.6	6.4	8.2	10.4	13.0	.6	.7	.9	1.2	1.5
Age:											
19-34.....	601	4.7	6.6	8.4	10.7	13.6	.6	.7	.9	1.2	1.5
35-50.....	562	4.5	6.2	7.9	10.2	12.1	.6	.7	.9	1.1	1.4
Income Level:											
Under 131% Poverty...	245	4.1	5.8	7.6	10.4	12.1	.4	.6	.8	1.0	1.4
131-300% Poverty.....	373	4.7	6.3	8.2	10.4	13.2	.6	.7	.9	1.1	1.4
Over 300% Poverty....	448	5.1	6.7	8.4	10.4	13.0	.6	.8	1.0	1.3	1.5
Region:											
Northeast.....	239	4.3	6.1	8.0	10.0	12.7	.6	.7	.9	1.1	1.4
Midwest.....	287	5.2	6.5	8.1	10.8	13.6	.6	.7	.9	1.2	1.5
South.....	379	4.2	5.7	8.2	9.9	12.3	.5	.7	.9	1.1	1.4
West.....	259	5.1	6.9	8.3	10.5	13.3	.6	.8	1.0	1.2	1.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 4N.--Sodium and Potassium: Intakes at Selected Percentiles, 4 Nonconsecutive Days, 1986

Age, Income Level, and Region	Individuals	Sodium (Percentile)					Potassium (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Milligrams									
All Children.....	375	1,329	1,619	2,002	2,435	2,883	1,281	1,534	1,907	2,306	2,728
Age:											
1-3.....	210	1,209	1,553	1,880	2,223	2,700	1,223	1,496	1,825	2,273	2,738
4-5.....	165	1,513	1,755	2,164	2,600	2,989	1,356	1,560	2,029	2,342	2,661
Income Level:											
Under 131% Poverty...	98	1,338	1,576	1,916	2,448	2,922	1,195	1,308	1,588	2,128	2,631
131-300% Poverty.....	153	1,237	1,619	1,995	2,450	2,989	1,401	1,608	2,034	2,328	2,614
Over 300% Poverty....	107	1,391	1,662	2,069	2,429	2,786	1,455	1,642	2,068	2,485	2,899
Region:											
Northeast.....	63	1,236	1,514	1,936	2,396	2,999	1,275	1,577	1,937	2,247	2,736
Midwest.....	86	1,491	1,644	2,153	2,556	2,989	1,385	1,632	2,060	2,358	2,554
South.....	125	1,337	1,611	1,932	2,332	2,669	1,210	1,408	1,609	2,177	2,661
West.....	101	1,356	1,644	1,938	2,511	2,890	1,432	1,637	2,097	2,355	2,834
All Women.....	1,164	1,335	1,723	2,173	2,814	3,476	1,154	1,521	1,975	2,505	3,069
Age:											
19-34.....	601	1,362	1,783	2,298	2,904	3,681	1,170	1,503	1,963	2,515	3,076
35-50.....	562	1,249	1,674	2,114	2,686	3,309	1,137	1,530	2,000	2,491	3,056
Income Level:											
Under 131% Poverty...	245	1,033	1,602	2,124	2,818	3,564	970	1,241	1,673	2,303	2,913
131-300% Poverty.....	373	1,364	1,724	2,159	2,816	3,486	1,236	1,508	1,948	2,450	3,114
Over 300% Poverty....	448	1,399	1,758	2,271	2,814	3,411	1,360	1,730	2,153	2,621	3,101
Region:											
Northeast.....	239	1,342	1,738	2,077	2,711	3,323	1,209	1,462	1,964	2,421	2,978
Midwest.....	287	1,453	1,811	2,305	3,012	3,771	1,170	1,565	2,082	2,660	3,249
South.....	379	1,239	1,659	2,211	2,717	3,345	1,049	1,417	1,855	2,342	2,922
West.....	259	1,248	1,701	2,160	2,814	3,467	1,358	1,636	2,142	2,642	3,067

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 5.1--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1986

Children

Age, Income Level, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Vitamin A (IU)	Vitamin E	Ascorbic Acid	Thiamin	Riboflavin	Niacin
	Number	Percent							
All Children.....	375	98	211	203	102	181	145	187	142
Age:									
1-3.....	210	104	224	229	110	177	154	201	146
4-5.....	165	90	195	170	92	186	134	169	136
Income Level:									
Under 131% Poverty...	98	94	214	199	106	152	141	181	142
131-300% Poverty.....	153	99	208	213	101	188	145	185	141
Over 300% Poverty....	107	100	213	186	94	201	147	192	142
Race:									
White.....	316	99	213	203	100	184	146	190	141
Black.....	38	94	207	180	108	162	155	175	159
Other.....	19	79	194	257	120	178	124	163	114
Region:									
Northeast.....	63	103	221	222	104	199	162	193	162
Midwest.....	86	101	219	197	100	185	153	204	147
South.....	125	94	195	178	88	169	133	168	133
West.....	101	96	218	227	119	182	144	192	136
Urbanization:									
Central Cities.....	94	102	220	225	124	205	159	201	155
Suburban Areas.....	203	95	203	189	85	171	137	176	133
Nonmetropolitan Areas	78	99	219	213	118	177	151	200	148

Table 5.1--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
	Percent							
All Children	119	151	188	103	129	116	82	79
Age:								
1-3	135	188	200	102	124	127	64	73
4-5	100	104	173	104	134	102	104	86
Income Level:								
Under 131% Poverty	115	147	216	97	124	107	84	78
131-300% Poverty	119	150	178	103	129	116	83	81
Over 300% Poverty	124	152	168	108	132	123	79	77
Race:								
White	121	150	181	107	132	119	80	79
Black	116	165	258	80	114	98	99	81
Other	107	147	170	88	110	103	72	73
Region:								
Northeast	131	174	184	99	127	121	97	80
Midwest	122	155	206	113	137	118	81	81
South	110	135	181	92	117	105	73	74
West	121	153	182	112	136	126	83	82
Urbanization:								
Central Cities	133	171	205	105	133	125	89	80
Suburban Areas	113	142	163	101	125	114	77	77
Nonmetropolitan Areas	119	150	231	106	133	110	85	81

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 5.2--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1986

Women

Age, Income Level, Race, Region, and Urbanization	Individuals	Food Energy	Protein	Vitamin A (IU)	Vitamin E	Ascorbic Acid	Thiamin	Riboflavin	Niacin
	Number	Percent							
All Women	1,164	73	133	127	85	129	101	108	119
Age:									
19-34	601	75	135	122	84	128	102	112	120
35-50	562	71	131	133	86	129	99	104	118
Income Level:									
Under 131% Poverty	245	69	125	100	68	104	96	99	110
131-300% Poverty	373	73	135	121	84	130	101	109	119
Over 300% Poverty	448	75	136	141	91	141	104	112	123
Race:									
White	969	74	134	131	87	129	102	111	121
Black	105	66	119	106	65	124	89	86	105
Other	48	67	140	94	66	123	100	93	115
Region:									
Northeast	239	71	136	124	81	133	99	105	121
Midwest	287	76	137	134	86	133	106	114	124
South	379	72	128	111	83	121	98	104	117
West	259	72	135	145	88	132	101	110	116
Urbanization:									
Central Cities	307	72	133	120	81	127	100	107	117
Suburban Areas	610	73	133	131	85	133	100	107	120
Nonmetropolitan Areas	247	74	134	125	88	121	103	113	120

Table 5.2--Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances: Mean per Individual per Day, 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
	Percent							
All Women	57	47	143	76	117	67	56	57
Age:								
19-34	59	48	143	79	121	66	57	58
35-50	56	46	144	72	113	68	55	56
Income Level:								
Under 131% Poverty	51	41	146	66	107	59	52	53
131-300% Poverty	57	46	147	76	117	66	56	58
Over 300% Poverty	60	51	136	81	122	73	58	58
Race:								
White	59	48	142	79	121	69	57	58
Black	47	39	167	49	91	49	47	48
Other	53	43	127	64	111	66	58	59
Region:								
Northeast	56	46	141	75	114	65	55	55
Midwest	60	47	151	79	122	69	58	58
South	55	46	148	69	111	63	54	56
West	59	49	130	82	123	74	57	60
Urbanization:								
Central Cities	57	47	140	74	116	67	56	56
Suburban Areas	58	47	136	76	117	68	55	56
Nonmetropolitan Areas	58	48	166	77	119	66	57	60

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 6A.-- Food Energy and Protein: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1986

Age, Income Level, 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	375	0.5	9.1	48.0	42.4	0.0	0.0	0.7	99.3
Age:									
1-3	210	.0	4.5	44.6	51.0	.0	.0	.0	100.0
4-5	165	1.2	14.9	52.3	31.5	.0	.0	1.6	98.4
Income Level:									
Under 131% Poverty	98	1.4	12.4	50.2	36.1	.0	.0	2.7	97.3
131-300% Poverty	153	.5	5.6	50.9	43.1	.0	.0	.0	100.0
Over 300% Poverty	107	.0	9.7	42.4	47.8	.0	.0	.0	100.0
Region:									
Northeast	63	1.1	1.1	50.8	47.0	.0	.0	.0	100.0
Midwest	86	.0	6.2	41.0	52.8	.0	.0	.0	100.0
South	125	.0	11.7	55.9	32.4	.0	.0	2.1	97.9
West	101	1.3	13.2	42.5	43.0	.0	.0	.0	100.0
All Women	1,164	15.9	32.8	37.0	14.3	1.3	5.6	15.5	77.6
Age:									
19-34	601	14.5	32.5	35.4	17.6	1.7	5.4	13.4	79.6
35-50	562	17.3	33.1	38.7	10.8	.9	5.8	17.8	75.5
Income Level:									
Under 131% Poverty	245	24.3	30.8	32.1	12.8	2.9	10.3	18.4	68.4
131-300% Poverty	373	15.7	30.8	38.8	14.8	1.1	4.2	15.6	79.0
Over 300% Poverty	448	11.2	34.6	40.2	14.0	.3	4.0	13.7	82.0
Region:									
Northeast	239	16.4	33.5	38.4	11.7	.9	5.1	13.9	80.1
Midwest	287	14.2	31.9	33.8	20.1	.5	2.6	19.0	77.9
South	379	18.1	30.8	37.9	13.2	2.0	7.8	15.7	74.5
West	259	14.0	36.1	38.0	11.8	1.4	6.2	12.8	79.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

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, 1986

Age, Income Level, 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.....	375	0.0	3.6	18.3	78.1	7.9	25.2	34.2	32.7
Age:									
1-3.....	210	.0	2.4	14.9	82.7	6.9	25.6	33.5	34.0
4-5.....	165	.0	5.1	22.5	72.4	9.2	24.6	35.2	31.0
Income Level:									
Under 131% Poverty...	98	.0	6.0	16.0	78.0	12.2	28.1	33.5	26.1
131-300% Poverty.....	153	.0	2.9	21.4	75.7	4.8	22.7	34.4	38.2
Over 300% Poverty....	107	.0	1.1	16.9	82.0	6.7	28.6	34.1	30.7
Region:									
Northeast.....	63	.0	1.1	10.0	88.9	5.7	28.5	39.5	26.3
Midwest.....	86	.0	2.8	13.1	84.0	7.2	23.7	32.6	36.5
South.....	125	.0	8.3	30.6	61.1	8.6	36.7	29.5	25.2
West.....	101	.0	.0	12.6	87.4	9.1	10.2	38.1	42.7
All Women.....	1,164	21.2	17.3	16.9	44.6	22.7	24.0	29.1	24.3
Age:									
19-34.....	601	20.6	18.4	19.5	41.5	23.6	23.6	29.0	23.8
35-50.....	562	21.9	16.1	14.2	47.9	21.7	24.4	29.2	24.7
Income Level:									
Under 131% Poverty...	245	36.1	16.0	14.8	33.2	37.4	28.2	17.1	17.2
131-300% Poverty.....	373	22.3	18.3	18.5	40.9	20.3	23.7	34.2	21.8
Over 300% Poverty....	448	12.1	16.9	17.4	53.5	16.4	22.5	31.8	29.3
Region:									
Northeast.....	239	22.3	18.3	17.7	41.7	22.6	24.0	34.2	19.2
Midwest.....	287	23.2	17.5	13.6	45.7	22.8	24.7	23.7	28.7
South.....	379	25.3	19.0	17.6	38.1	26.2	24.4	27.2	22.2
West.....	259	12.0	13.7	18.8	55.5	17.5	22.5	33.1	26.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 6C.--Ascorbic Acid and Thiamin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1986

Age, Income Level, 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.....	375	2.5	7.2	10.9	79.5	0.0	0.9	11.8	87.2
Age:									
1-3.....	210	4.1	8.1	10.1	77.7	.0	.0	9.1	90.9
4-5.....	165	.5	6.0	11.8	81.7	.0	2.1	15.3	82.6
Income Level:									
Under 131% Poverty...	98	4.6	13.6	13.3	68.4	.0	3.5	20.2	76.2
131-300% Poverty.....	153	2.2	6.0	10.0	81.8	.0	.0	9.8	90.2
Over 300% Poverty....	107	.0	3.4	10.5	86.1	.0	.0	7.0	93.0
Region:									
Northeast.....	63	2.4	10.0	8.0	79.6	.0	.0	1.1	98.9
Midwest.....	86	1.7	7.3	10.8	80.2	.0	.0	8.7	91.3
South.....	125	5.1	10.4	12.2	72.3	.0	1.7	19.1	79.2
West.....	101	.0	1.3	11.0	87.6	.0	1.3	12.1	86.5
All Women.....	1,164	16.4	11.4	16.6	55.5	6.5	15.5	31.4	46.5
Age:									
19-34.....	601	16.3	11.9	15.7	56.1	7.2	14.9	29.7	48.2
35-50.....	562	16.6	10.9	17.6	54.9	5.8	16.2	33.2	44.8
Income Level:									
Under 131% Poverty...	245	22.6	14.5	23.1	39.8	9.2	18.6	29.0	43.2
131-300% Poverty.....	373	18.5	10.4	16.5	54.6	7.5	16.3	32.8	43.3
Over 300% Poverty....	448	11.5	10.8	13.4	64.4	4.2	11.7	33.0	51.1
Region:									
Northeast.....	239	17.4	8.8	16.7	57.1	5.1	19.7	28.8	46.3
Midwest.....	287	15.7	11.5	14.8	58.0	5.5	11.2	34.7	48.6
South.....	379	17.6	13.9	15.4	53.1	9.4	15.4	30.6	44.6
West.....	259	14.6	10.2	20.3	54.9	4.7	16.6	31.4	47.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 6D.--Riboflavin and Niacin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1986

Age, Income Level, 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.....	375	0.0	0.3	3.1	96.6	0.0	2.0	17.3	80.6
Age:									
1-3.....	210	.0	.5	1.0	98.5	.0	2.0	14.8	83.1
4-5.....	165	.0	.0	5.7	94.3	.0	2.1	20.4	77.5
Income Level:									
Under 131% Poverty...	98	.0	.0	3.7	96.3	.0	4.3	22.2	73.5
131-300% Poverty.....	153	.0	.6	3.2	96.1	.0	1.2	16.9	81.9
Over 300% Poverty....	107	.0	.0	1.1	98.9	.0	1.5	12.3	86.2
Region:									
Northeast.....	63	.0	.0	1.1	98.9	.0	.0	6.9	93.1
Midwest.....	86	.0	.0	.0	100.0	.0	1.7	18.0	80.3
South.....	125	.0	.8	7.1	92.1	.0	1.7	24.3	74.0
West.....	101	.0	.0	2.0	98.0	.0	4.0	14.6	81.4
All Women.....	1,164	7.6	12.6	30.5	49.3	2.3	7.6	24.9	65.3
Age:									
19-34.....	601	7.2	11.4	29.7	51.7	2.6	6.7	25.0	65.7
35-50.....	562	7.9	13.9	31.4	46.8	2.0	8.5	24.7	64.9
Income Level:									
Under 131% Poverty...	245	11.5	13.6	31.5	43.4	5.2	11.7	24.9	58.2
131-300% Poverty.....	373	8.2	12.4	31.5	47.9	1.5	7.5	27.8	63.1
Over 300% Poverty....	448	3.6	12.4	29.8	54.1	1.2	6.8	20.8	71.2
Region:									
Northeast.....	239	9.4	11.3	32.9	46.4	1.9	8.4	21.9	67.7
Midwest.....	287	5.6	12.3	28.1	53.9	1.6	4.4	24.4	69.7
South.....	379	8.8	15.3	31.4	44.5	3.2	9.3	24.4	63.1
West.....	259	6.2	10.0	29.7	54.1	2.2	7.7	28.8	61.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 6E.--Vitamin B-6 and Folacin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1986

Age, Income Level, 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.....	375	0.8	8.5	27.6	63.1	1.6	6.1	19.6	72.7
Age:									
1-3.....	210	.5	3.3	19.2	77.1	.0	.7	6.7	92.7
4-5.....	165	1.3	15.2	38.2	45.3	3.6	12.9	36.1	47.4
Income Level:									
Under 131% Poverty...	98	2.2	14.7	26.9	56.3	3.2	10.0	15.3	71.5
131-300% Poverty.....	153	.6	6.0	26.2	67.1	.9	2.5	19.3	77.3
Over 300% Poverty....	107	.0	6.1	29.1	64.8	1.3	8.5	23.7	66.4
Region:									
Northeast.....	63	.0	9.4	16.0	74.6	2.3	4.1	12.7	80.9
Midwest.....	86	.0	7.0	25.2	67.8	2.2	4.4	16.9	76.4
South.....	125	2.5	10.2	37.8	49.6	2.1	9.3	22.9	65.7
West.....	101	.0	7.2	24.2	68.6	.0	4.7	22.2	73.1
All Women.....	1,164	43.6	30.3	20.5	5.7	63.1	23.8	9.4	3.7
Age:									
19-34.....	601	41.7	30.8	20.9	6.7	60.2	25.8	10.6	3.5
35-50.....	562	45.5	29.8	20.0	4.6	66.3	21.7	8.1	3.9
Income Level:									
Under 131% Poverty...	245	53.4	24.6	20.8	1.2	75.5	13.5	8.8	2.2
131-300% Poverty.....	373	45.0	30.4	18.0	6.6	63.6	25.0	9.4	2.0
Over 300% Poverty....	448	36.6	34.6	22.1	6.7	57.0	28.6	8.8	5.7
Region:									
Northeast.....	239	44.6	34.0	14.9	6.5	62.1	26.6	9.1	2.2
Midwest.....	287	43.0	25.5	25.4	6.1	64.3	19.6	12.0	4.1
South.....	379	47.1	31.0	16.6	5.2	68.0	19.9	7.6	4.5
West.....	259	38.0	31.2	25.8	5.0	55.7	31.6	9.4	3.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 6F.--Vitamin B-12 and Calcium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1986

Age, Income Level, 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.....	375	0.2	1.0	8.6	90.1	3.5	13.7	34.4	48.3
Age:									
1-3.....	210	.0	1.8	7.1	91.1	2.6	15.4	34.4	47.5
4-5.....	165	.6	.0	10.6	88.8	4.7	11.6	34.4	49.3
Income Level:									
Under 131% Poverty...	98	.9	.9	9.1	89.0	3.0	14.8	41.9	40.2
131-300% Poverty.....	153	.0	1.8	6.4	91.7	3.3	15.2	32.2	49.3
Over 300% Poverty....	107	.0	.0	10.9	89.1	4.0	9.9	31.7	54.4
Region:									
Northeast.....	63	1.5	1.5	7.3	89.8	1.1	18.0	37.7	43.2
Midwest.....	86	.0	2.3	4.1	93.6	2.0	10.4	27.6	60.1
South.....	125	.0	.7	15.0	84.3	7.2	15.6	45.8	31.4
West.....	101	.0	.0	5.5	94.5	1.8	11.6	24.1	62.5
All Women.....	1,164	9.1	11.4	19.6	59.8	26.6	23.5	27.8	22.1
Age:									
19-34.....	601	8.6	9.4	18.7	63.3	26.6	19.4	27.7	26.2
35-50.....	562	9.7	13.6	20.6	56.1	26.5	27.8	27.9	17.7
Income Level:									
Under 131% Poverty...	245	11.8	19.5	19.0	49.6	33.1	27.1	24.0	15.7
131-300% Poverty.....	373	7.4	7.3	22.0	63.3	28.1	22.7	27.0	22.3
Over 300% Poverty....	448	9.3	10.2	17.6	62.9	20.4	23.0	30.8	25.8
Region:									
Northeast.....	239	8.9	10.4	17.4	63.3	27.3	26.0	24.5	22.1
Midwest.....	287	7.4	12.0	20.8	59.8	22.9	23.4	27.1	26.5
South.....	379	10.7	11.4	20.1	57.8	34.1	24.9	25.6	15.5
West.....	259	8.9	11.8	19.7	59.6	19.1	19.2	34.9	26.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 6G.--Phosphorus and Magnesium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1986

Age, Income Level, 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	375	0.1	1.5	19.6	78.7	1.5	3.7	29.5	65.3
Age:									
1-3	210	.0	1.4	21.9	76.7	1.3	1.5	20.5	76.6
4-5	165	.3	1.7	16.6	81.4	1.6	6.5	40.9	51.0
Income Level:									
Under 131% Poverty	98	.5	2.2	21.2	76.1	3.7	8.0	43.2	45.1
131-300% Poverty	153	.0	1.9	23.3	74.8	.6	1.8	28.8	68.7
Over 300% Poverty	107	.0	.8	13.1	86.1	.8	1.3	22.1	75.8
Region:									
Northeast	63	.0	1.1	23.4	75.5	.0	2.8	26.5	70.7
Midwest	86	.0	1.3	11.0	87.7	.0	2.3	21.8	75.8
South	125	.4	2.5	26.6	70.5	3.7	7.0	42.1	47.2
West	101	.0	.8	15.8	83.3	.8	1.3	22.4	75.5
All Women	1,164	3.0	8.6	24.2	64.3	23.8	34.5	31.8	10.0
Age:									
19-34	601	2.8	8.3	22.6	66.3	24.2	35.1	31.3	9.4
35-50	562	3.2	8.9	25.8	62.1	23.3	33.8	32.3	10.6
Income Level:									
Under 131% Poverty	245	7.1	11.3	26.4	55.2	38.6	34.9	19.6	6.9
131-300% Poverty	373	2.5	8.9	26.1	62.5	25.8	33.1	32.9	8.1
Over 300% Poverty	448	.4	7.1	21.4	71.2	14.1	33.7	40.2	11.9
Region:									
Northeast	239	2.5	8.6	26.4	62.5	24.6	36.3	31.4	7.8
Midwest	287	1.5	7.8	26.0	64.7	25.3	30.6	31.9	12.2
South	379	4.1	10.2	24.6	61.2	28.4	37.1	27.0	7.5
West	259	3.3	7.1	19.5	70.1	14.5	33.2	39.1	13.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 6H.--Iron and Zinc: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, 1986

Age, Income Level, 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.....	375	17.3	29.4	27.1	26.2	6.8	33.0	45.7	14.6
Age:									
1-3.....	210	29.4	42.8	20.1	7.7	10.2	37.9	42.0	10.0
4-5.....	165	1.9	12.4	36.0	49.7	2.5	26.7	50.4	20.4
Income Level:									
Under 131% Poverty...	98	27.0	20.5	22.5	30.0	8.0	43.2	29.0	19.8
131-300% Poverty.....	153	18.2	24.3	29.4	28.1	8.8	25.5	50.6	15.1
Over 300% Poverty....	107	7.7	40.4	30.9	21.0	3.0	32.6	55.3	9.1
Region:									
Northeast.....	63	13.3	19.0	24.8	42.9	5.3	36.5	33.9	24.3
Midwest.....	86	16.8	24.8	28.8	29.6	4.6	23.6	56.1	15.7
South.....	125	20.4	35.5	25.8	18.2	10.3	38.9	44.1	6.7
West.....	101	16.3	32.1	28.7	22.9	5.3	31.4	46.1	17.2
All Women.....	1,164	44.3	35.1	15.7	4.9	41.1	35.8	19.0	4.0
Age:									
19-34.....	601	43.2	33.2	17.4	6.2	39.2	37.9	18.1	4.8
35-50.....	562	45.4	37.1	13.8	3.6	43.2	33.6	20.0	3.3
Income Level:									
Under 131% Poverty...	245	52.2	32.3	11.8	3.8	47.9	28.3	22.0	1.8
131-300% Poverty.....	373	45.9	33.2	16.6	4.3	40.6	37.5	16.4	5.5
Over 300% Poverty....	448	38.8	38.2	18.9	4.0	37.1	39.6	19.9	3.4
Region:									
Northeast.....	239	42.5	39.2	13.6	4.7	44.0	35.5	15.8	4.7
Midwest.....	287	45.7	28.0	20.0	6.3	42.8	28.5	24.9	3.8
South.....	379	49.5	33.8	12.0	4.7	42.0	38.6	16.3	3.1
West.....	259	36.9	41.0	18.2	3.9	35.4	40.2	19.4	5.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986

Children

Age, Income Level, 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.....	375	1,426	38.6	38.7	15.5	14.1	6.4	167
Age:								
1-3.....	210	1,351	38.5	38.7	15.7	13.9	6.3	167
4-5.....	165	1,521	38.8	38.8	15.3	14.3	6.5	167
Income Level:								
Under 131% Poverty...	98	1,361	40.5	40.8	16.5	15.0	6.4	208
131-300% Poverty.....	153	1,457	37.7	37.7	14.9	13.7	6.4	151
Over 300% Poverty....	107	1,455	37.9	38.3	15.7	13.7	6.3	150
Race:								
White.....	316	1,449	38.1	38.5	15.5	14.0	6.4	154
Black.....	38	1,409	38.8	40.5	15.7	15.3	6.6	198
Other.....	19	1,118	44.6	39.2	16.8	13.7	5.6	316
Region:								
Northeast.....	63	1,478	38.1	37.7	15.3	13.7	6.1	162
Midwest.....	86	1,470	38.6	39.0	15.7	14.2	6.3	149
South.....	125	1,367	37.4	39.3	15.7	14.4	6.5	167
West.....	101	1,427	40.4	38.5	15.4	13.9	6.5	185
Urbanization:								
Central Cities.....	94	1,478	38.7	38.5	15.2	14.0	6.6	174
Suburban Areas.....	203	1,386	38.0	38.1	15.3	13.8	6.3	156
Nonmetropolitan Areas	78	1,467	40.0	40.6	16.5	14.8	6.4	186

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, 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.....	128.1	6.9	3,181	601	179	3.8	58	0.80
Age:								
1-3.....	128.5	6.9	3,495	654	200	4.1	59	.80
4-5.....	127.6	7.0	2,782	533	153	3.6	56	.80
Income Level:								
Under 131% Poverty...	120.5	6.1	3,263	656	165	4.2	51	.81
131-300% Poverty.....	131.8	7.4	3,313	594	203	3.8	58	.79
Over 300% Poverty....	130.1	7.0	2,774	528	153	3.5	63	.79
Race:								
White.....	129.4	7.1	3,079	575	177	3.7	57	.79
Black.....	122.5	6.4	3,038	718	102	4.2	55	.89
Other.....	118.9	5.6	5,009	780	364	5.3	68	.82
Region:								
Northeast.....	130.7	6.8	3,302	612	191	3.9	63	.86
Midwest.....	127.4	6.5	2,943	606	142	3.6	56	.81
South.....	128.0	6.5	2,954	568	162	3.5	56	.77
West.....	127.2	7.8	3,587	630	225	4.4	58	.80
Urbanization:								
Central Cities.....	128.8	7.4	3,393	648	188	4.5	63	.84
Suburban Areas.....	130.3	7.0	3,037	548	184	3.3	56	.77
Nonmetropolitan Areas	121.7	6.2	3,298	679	158	4.4	56	.83

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, 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	1.17	9.8	0.89	139	2.97	586	728	139
Age:								
1-3	1.21	9.8	.91	140	3.08	618	746	142
4-5	1.11	9.9	.86	138	2.84	544	704	135
Income Level:								
Under 131% Poverty	1.18	10.2	.88	142	3.56	579	735	132
131-300% Poverty	1.14	9.7	.88	140	2.78	575	717	138
Over 300% Poverty	1.16	9.7	.90	133	2.57	595	726	143
Race:								
White	1.17	9.7	.88	135	2.77	597	733	140
Black	1.14	11.0	.90	163	4.50	461	649	120
Other	1.26	9.7	.94	154	3.33	643	795	150
Region:								
Northeast	1.17	10.7	.92	149	2.80	551	695	137
Midwest	1.23	9.8	.87	135	3.11	624	751	137
South	1.09	9.7	.85	132	3.04	534	691	130
West	1.22	9.5	.92	146	2.89	638	773	153
Urbanization:								
Central Cities	1.22	10.2	.94	148	3.11	588	733	143
Suburban Areas	1.12	9.5	.86	134	2.60	587	724	140
Nonmetropolitan Areas	1.24	10.2	.89	143	3.77	579	730	131

Table 7.1--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Intake per 1,000 Kilocalories				
	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams				
All Children	7.1	5.6	0.6	1,453	1,383
Age:					
1-3	7.2	5.5	.6	1,433	1,430
4-5	6.9	5.7	.6	1,477	1,324
Income Level:					
Under 131% Poverty	7.4	5.7	.6	1,506	1,292
131-300% Poverty	6.9	5.6	.6	1,417	1,397
Over 300% Poverty	7.0	5.4	.6	1,449	1,445
Race:					
White	6.9	5.5	.6	1,441	1,402
Black	8.1	5.8	.7	1,475	1,162
Other	7.9	6.8	.7	1,617	1,505
Region:					
Northeast	8.1	5.4	.6	1,367	1,362
Midwest	7.0	5.6	.5	1,498	1,382
South	6.6	5.4	.6	1,456	1,320
West	7.0	5.9	.6	1,463	1,475
Urbanization:					
Central Cities	7.4	5.5	.6	1,472	1,418
Suburban Areas	6.9	5.6	.6	1,422	1,378
Nonmetropolitan Areas	7.1	5.6	.5	1,506	1,355

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986

Women

Age, Income Level, 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	1,164	1,473	41.6	40.8	14.9	15.0	8.0	189
Age:								
19-34	601	1,528	41.1	40.4	14.9	14.7	7.9	185
35-50	562	1,414	42.2	41.2	14.9	15.2	8.2	194
Income Level:								
Under 131% Poverty	245	1,386	41.5	40.7	14.7	15.3	7.7	205
131-300% Poverty	373	1,485	42.2	40.3	14.6	14.9	7.9	196
Over 300% Poverty	448	1,512	41.2	41.3	15.3	14.9	8.3	174
Race:								
White	969	1,499	41.2	41.2	15.2	15.0	8.1	179
Black	105	1,315	42.7	39.9	13.7	14.9	8.1	247
Other	48	1,341	47.8	36.7	12.9	13.7	7.2	225
Region:								
Northeast	239	1,441	43.5	40.1	14.7	14.5	8.0	199
Midwest	287	1,530	41.2	41.5	15.3	15.3	7.9	182
South	379	1,458	40.4	40.3	14.6	14.8	8.0	188
West	259	1,462	42.3	41.4	15.1	15.2	8.2	190
Urbanization:								
Central Cities	307	1,458	42.1	40.0	14.7	14.8	7.6	207
Suburban Areas	610	1,474	41.6	40.9	14.9	14.9	8.3	182
Nonmetropolitan Areas	247	1,490	41.0	41.4	15.2	15.4	7.8	186

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, 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	114.8	7.3	3,536	561	254	4.7	56	0.71
Age:								
19-34	115.6	7.0	3,223	522	227	4.5	55	.70
35-50	114.0	7.7	3,871	603	284	4.8	57	.72
Income Level:								
Under 131% Poverty	117.0	6.5	2,894	501	189	4.0	50	.73
131-300% Poverty	116.6	7.2	3,356	542	237	4.6	56	.71
Over 300% Poverty	113.2	7.7	3,876	584	294	4.9	59	.71
Race:								
White	114.7	7.5	3,569	567	256	4.7	55	.71
Black	112.4	6.3	3,312	570	220	4.1	62	.73
Other	119.7	6.7	3,088	425	252	3.9	58	.73
Region:								
Northeast	111.7	6.9	3,502	523	268	4.5	58	.71
Midwest	114.3	7.5	3,521	591	238	4.5	54	.72
South	118.0	6.9	3,187	540	212	4.7	53	.70
West	113.6	8.0	4,096	595	322	4.9	59	.71
Urbanization:								
Central Cities	114.0	7.2	3,424	547	245	4.6	58	.72
Suburban Areas	114.7	7.4	3,627	549	274	4.7	57	.71
Nonmetropolitan Areas	116.2	7.1	3,451	611	217	4.8	50	.72

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, 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	0.90	11.1	0.81	134	3.00	418	655	142
Age:								
19-34	.91	10.8	.80	133	2.88	429	658	137
35-50	.90	11.4	.82	135	3.12	406	652	148
Income Level:								
Under 131% Poverty	.89	10.8	.77	124	3.18	391	638	132
131-300% Poverty	.90	11.1	.81	133	3.04	417	657	140
Over 300% Poverty	.91	11.1	.82	139	2.79	438	664	149
Race:								
White	.92	11.1	.81	135	2.94	431	663	145
Black	.82	11.2	.77	128	3.67	311	577	119
Other	.83	11.7	.80	130	2.94	385	680	153
Region:								
Northeast	.89	11.4	.80	132	3.09	424	654	141
Midwest	.92	11.1	.81	129	3.03	417	657	140
South	.88	11.0	.79	134	3.09	385	630	135
West	.93	10.8	.84	140	2.72	463	691	158
Urbanization:								
Central Cities	.92	11.0	.82	138	3.04	422	662	144
Suburban Areas	.89	11.2	.81	132	2.81	418	652	143
Nonmetropolitan Areas	.92	11.1	.79	132	3.38	415	655	138

Table 7.2--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Intake per 1,000 Kilocalories				
	Iron	Zinc	Copper	Sodium	Potassium
	Milligrams				
All Women	7.0	6.0	0.7	1,586	1,436
Age:					
19-34	6.8	5.9	.7	1,587	1,377
35-50	7.1	6.1	.7	1,585	1,499
Income Level:					
Under 131% Poverty	6.9	6.0	.7	1,600	1,333
131-300% Poverty	6.8	6.0	.7	1,575	1,418
Over 300% Poverty	7.1	6.0	.7	1,588	1,507
Race:					
White	6.9	6.0	.7	1,568	1,465
Black	6.8	5.6	.6	1,628	1,201
Other	7.9	6.8	.7	1,900	1,450
Region:					
Northeast	7.0	5.9	.7	1,579	1,438
Midwest	6.9	5.9	.7	1,639	1,442
South	6.8	5.9	.7	1,574	1,356
West	7.2	6.3	.7	1,552	1,544
Urbanization:					
Central Cities	7.1	6.0	.7	1,587	1,423
Suburban Areas	6.8	5.9	.7	1,576	1,442
Nonmetropolitan Areas	7.1	6.2	.7	1,610	1,436

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 8.1.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1986

Children

Age, Income Level, Race, Region, and Urbanization	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	Number	Percent					
All Children.....	375	15.4	34.9	14.0	12.7	5.8	51.2
Age:							
1-3.....	210	15.4	34.8	14.2	12.6	5.7	51.4
4-5.....	165	15.5	34.9	13.8	12.8	5.8	51.1
Income Level:							
Under 131% Poverty...	98	16.2	36.7	14.9	13.5	5.8	48.2
131-300% Poverty.....	153	15.1	33.9	13.4	12.4	5.8	52.7
Over 300% Poverty....	107	15.2	34.5	14.1	12.3	5.7	52.1
Race:							
White.....	316	15.3	34.7	13.9	12.6	5.8	51.8
Black.....	38	15.5	36.5	14.2	13.7	6.0	49.0
Other.....	19	17.8	35.3	15.1	12.4	5.0	47.6
Region:							
Northeast.....	63	15.2	34.0	13.8	12.3	5.5	52.3
Midwest.....	86	15.4	35.1	14.2	12.8	5.7	51.0
South.....	125	14.9	35.3	14.1	12.9	5.8	51.2
West.....	101	16.2	34.7	13.8	12.5	5.9	50.9
Urbanization:							
Central Cities.....	94	15.5	34.7	13.7	12.6	5.9	51.5
Suburban Areas.....	203	15.2	34.3	13.8	12.4	5.7	52.1
Nonmetropolitan Areas	78	16.0	36.6	14.8	13.4	5.8	48.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 8.2.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentage per Individual Over 4 Nonconsecutive Days, 1986

Women

Age, Income Level, Race, Region, and Urbanization	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	Number	Percent					
All Women	1,164	16.7	36.7	13.4	13.5	7.2	45.9
Age:							
19-34	601	16.4	36.4	13.4	13.3	7.1	46.2
35-50	562	16.9	37.1	13.4	13.7	7.4	45.6
Income Level:							
Under 131% Poverty	245	16.6	36.6	13.3	13.8	6.9	46.8
131-300% Poverty	373	16.9	36.2	13.2	13.4	7.1	46.6
Over 300% Poverty	448	16.5	37.2	13.7	13.4	7.4	45.3
Race:							
White	969	16.5	37.0	13.6	13.5	7.3	45.9
Black	105	17.1	35.9	12.3	13.5	7.3	45.0
Other	48	19.1	33.0	11.6	12.4	6.5	47.9
Region:							
Northeast	239	17.4	36.1	13.2	13.1	7.2	44.7
Midwest	287	16.5	37.3	13.8	13.8	7.2	45.7
South	379	16.1	36.3	13.2	13.3	7.2	47.2
West	259	16.9	37.2	13.6	13.7	7.3	45.4
Urbanization:							
Central Cities	307	16.9	36.0	13.2	13.3	6.9	45.6
Suburban Areas	610	16.7	36.8	13.4	13.4	7.5	45.9
Nonmetropolitan Areas	247	16.4	37.3	13.7	13.9	7.0	46.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 9.1--Breakfast: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1986

Children

Age, Income Level, Race, Region, and Urbanization	Individuals	Number of Days Breakfast Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Children	375	0.0	0.2	0.9	8.8	90.2
Age:						
1-3	210	.0	.0	.5	6.7	92.7
4-5	165	.0	.4	1.3	11.4	86.9
Income Level:						
Under 131% Poverty	98	.0	.7	2.2	11.8	85.3
131-300% Poverty	153	.0	.0	.7	10.3	89.0
Over 300% Poverty	107	.0	.0	.0	3.5	96.5
Race:						
White	316	.0	.2	.4	9.5	89.9
Black	38	.0	.0	5.6	8.0	86.4
Other	19	.0	.0	.0	.0	100.0
Region:						
Northeast	63	.0	.0	.0	3.4	96.6
Midwest	86	.0	.8	1.3	16.3	81.6
South	125	.0	.0	1.7	10.1	88.2
West	101	.0	.0	.0	4.2	95.8
Urbanization:						
Central Cities	94	.0	.0	.0	6.4	93.6
Suburban Areas	203	.0	.0	1.6	9.6	88.8
Nonmetropolitan Areas	78	.0	.9	.0	9.7	89.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 9.2--Breakfast: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1986

Women

Age, Income Level, Race, Region, and Urbanization	Individuals	Number of Days Breakfast Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Women	1,164	2.3	7.9	12.1	25.9	51.9
Age:						
19-34	601	3.1	8.3	13.7	26.0	48.9
35-50	562	1.5	7.4	10.3	25.7	55.0
Income Level:						
Under 131% Poverty	245	3.5	10.0	15.6	31.3	39.6
131-300% Poverty	373	3.3	6.1	12.4	22.5	55.6
Over 300% Poverty	448	1.3	7.8	10.6	25.8	54.4
Race:						
White	969	2.5	7.7	10.7	26.2	52.9
Black	105	2.9	11.5	24.2	29.2	32.2
Other	48	.0	5.0	21.1	19.1	54.8
Region:						
Northeast	239	1.0	8.0	12.0	29.0	50.0
Midwest	287	4.2	8.1	11.8	24.7	51.2
South	379	2.8	7.4	14.2	23.0	52.6
West	259	.8	8.2	9.4	28.4	53.2
Urbanization:						
Central Cities	307	1.4	9.2	11.4	28.2	49.8
Suburban Areas	610	3.0	6.7	12.8	25.5	52.1
Nonmetropolitan Areas	247	1.9	9.2	11.2	23.9	53.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986

Children

Age, Income Level, 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.....	375	100.0	21.8	19.9	17.9	19.0	17.3	16.3
Age:								
1-3.....	210	100.0	22.4	20.6	18.3	19.3	17.6	16.7
4-5.....	165	100.0	20.9	19.1	17.5	18.7	16.9	15.8
Income Level:								
Under 131% Poverty...	98	100.0	23.0	21.3	20.6	22.1	19.5	18.5
131-300% Poverty.....	153	100.0	21.6	19.7	17.8	18.9	17.2	16.3
Over 300% Poverty....	107	100.0	20.6	18.4	15.7	16.3	15.5	14.6
Race:								
White.....	316	100.0	21.1	19.3	16.7	17.7	16.2	15.3
Black.....	38	100.0	25.4	23.0	22.9	24.8	21.9	20.7
Other.....	19	100.0	25.9	24.9	28.6	29.6	28.3	26.2
Region:								
Northeast.....	63	100.0	21.7	20.2	16.7	19.0	15.3	13.8
Midwest.....	86	100.0	18.8	16.8	13.6	14.3	13.0	12.9
South.....	125	100.0	22.0	20.3	19.6	20.7	19.1	17.8
West.....	101	100.0	23.9	21.9	20.4	21.0	20.1	19.0
Urbanization:								
Central Cities.....	94	100.0	22.1	20.7	18.4	20.0	17.5	17.1
Suburban Areas.....	203	100.0	21.4	19.5	17.2	18.1	16.6	15.7
Nonmetropolitan Areas	78	100.0	22.2	20.1	19.3	20.3	19.0	16.9

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Children	31.5	24.7	17.8	31.2	40.2	10.6	20.8	32.1
Age:								
1-3	31.9	25.5	19.1	30.6	39.0	11.3	22.6	31.1
4-5	30.9	23.5	16.3	32.1	41.6	9.9	18.6	33.3
Income Level:								
Under 131% Poverty	37.4	24.9	16.7	33.5	41.8	11.9	24.3	30.3
131-300% Poverty	30.3	24.6	18.4	29.9	39.2	10.6	20.3	32.3
Over 300% Poverty	26.6	24.2	18.0	30.2	39.3	9.3	18.1	32.9
Race:								
White	29.4	24.4	17.9	30.6	39.4	10.6	19.4	32.1
Black	43.6	27.7	17.0	37.1	46.9	11.1	26.6	39.4
Other	43.4	23.3	19.5	29.8	38.9	10.2	34.1	18.8
Region:								
Northeast	26.3	25.3	19.6	33.9	43.9	9.8	17.7	32.7
Midwest	27.5	23.0	15.1	29.4	37.6	9.0	17.0	32.3
South	33.7	23.8	15.5	31.5	40.3	12.0	22.3	30.1
West	35.2	26.8	21.9	30.9	39.8	10.9	24.3	33.8
Urbanization:								
Central Cities	31.1	25.1	19.3	34.9	44.5	10.3	23.1	30.5
Suburban Areas	30.4	24.5	18.1	29.0	37.7	10.7	17.5	32.0
Nonmetropolitan Areas	34.8	24.6	15.5	32.6	41.4	10.9	26.7	34.1

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Children	36.0	35.9	28.8	36.0	40.7	32.7	30.0	26.0
Age:								
1-3	36.8	35.9	29.5	35.9	40.4	33.2	30.4	26.7
4-5	35.0	35.9	27.8	36.3	41.0	32.1	29.5	25.2
Income Level:								
Under 131% Poverty	36.8	37.9	27.2	36.4	41.7	35.3	32.6	27.8
131-300% Poverty	36.0	36.0	29.4	36.1	41.1	31.3	30.1	25.9
Over 300% Poverty	34.7	33.5	28.5	34.6	37.9	32.3	27.3	24.1
Race:								
White	35.2	35.1	28.5	35.8	39.8	32.2	29.1	25.3
Black	42.8	40.7	32.3	39.7	49.0	31.9	33.5	29.4
Other	36.0	40.6	26.5	33.7	38.3	42.2	36.6	31.6
Region:								
Northeast	39.3	38.7	32.7	41.5	43.9	35.9	31.7	26.9
Midwest	34.2	32.4	28.7	35.0	41.2	28.3	24.8	21.6
South	35.1	36.6	26.7	33.6	38.8	33.0	32.3	26.6
West	36.6	36.2	29.0	36.5	40.6	34.2	30.5	28.5
Urbanization:								
Central Cities	37.8	38.2	31.2	39.2	40.0	35.1	30.5	26.9
Suburban Areas	34.9	34.6	27.8	34.7	40.0	31.8	29.5	25.5
Nonmetropolitan Areas	36.8	36.4	28.5	35.8	43.3	32.2	30.6	26.2

Table 10.1--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Children	25.7	35.5	22.6	20.0	20.4	23.6
Age:						
1-3	26.2	37.3	23.3	20.7	20.6	24.0
4-5	25.0	33.4	21.8	19.2	20.0	23.1
Income Level:						
Under 131% Poverty	26.9	35.6	22.2	19.1	21.8	25.0
131-300% Poverty	25.4	35.4	22.5	20.0	20.1	23.2
Over 300% Poverty	24.9	35.3	22.3	20.9	18.9	22.7
Race:						
White	25.2	35.0	22.5	20.3	19.6	23.1
Black	28.5	41.9	23.0	19.4	24.7	26.7
Other	27.3	34.1	24.2	17.9	25.0	25.7
Region:						
Northeast	27.2	39.5	23.9	20.9	22.0	24.1
Midwest	22.1	34.9	20.0	17.7	17.1	20.3
South	25.6	33.2	21.9	19.1	19.9	23.8
West	27.9	36.6	25.1	22.7	22.6	25.9
Urbanization:						
Central Cities	26.8	38.0	24.1	21.2	20.5	23.6
Suburban Areas	25.4	34.0	22.1	20.0	20.1	23.7
Nonmetropolitan Areas	25.1	36.6	22.4	18.9	21.0	23.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986

Women

Age, Income Level, 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	1,164	97.7	15.4	13.0	14.0	14.7	14.0	12.4
Age:								
19-34	601	96.9	15.3	13.4	14.0	14.8	14.1	12.4
35-50	562	98.5	15.4	12.6	13.9	14.5	13.9	12.4
Income Level:								
Under 131% Poverty	245	96.5	16.8	15.1	17.7	18.2	17.6	16.3
131-300% Poverty	373	96.7	15.7	13.0	14.2	14.9	14.2	12.3
Over 300% Poverty	448	98.7	14.5	12.0	12.0	12.7	11.9	10.5
Race:								
White	969	97.5	15.0	12.8	13.4	13.9	13.4	11.9
Black	105	97.1	18.3	15.5	18.9	19.8	19.4	16.1
Other	48	100.0	13.6	11.3	13.2	14.4	12.5	11.8
Region:								
Northeast	239	99.0	14.9	11.7	13.4	14.6	13.3	10.8
Midwest	287	95.8	15.0	12.5	12.7	12.8	12.7	12.0
South	379	97.2	15.3	13.4	14.8	15.3	15.0	13.1
West	259	99.2	16.3	14.1	14.8	15.9	14.6	13.1
Urbanization:								
Central Cities	307	98.6	16.7	14.9	16.1	16.9	15.9	14.5
Suburban Areas	610	97.0	14.9	12.2	13.0	13.9	13.1	11.2
Nonmetropolitan Areas	247	98.1	14.9	12.7	13.7	13.8	13.9	12.7

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Women	23.0	18.0	13.3	16.2	22.6	6.4	15.1	21.3
Age:								
19-34	23.1	17.8	13.3	17.2	24.1	6.1	15.4	22.2
35-50	23.0	18.1	13.4	15.1	21.0	6.8	14.8	20.3
Income Level:								
Under 131% Poverty	28.7	17.1	12.2	17.8	24.8	7.1	16.3	19.1
131-300% Poverty	23.8	18.3	13.2	16.7	23.2	6.6	15.6	22.7
Over 300% Poverty	19.9	18.1	13.8	15.3	21.5	6.3	13.9	21.9
Race:								
White	21.5	17.9	13.7	16.2	22.5	6.4	15.0	21.2
Black	33.4	19.7	11.2	15.7	22.5	6.9	15.7	24.8
Other	24.1	15.2	12.5	15.8	21.1	6.9	14.2	18.9
Region:								
Northeast	23.4	18.1	13.0	14.8	21.2	5.5	13.9	21.7
Midwest	21.0	18.3	13.9	16.3	22.3	6.3	14.9	23.1
South	23.8	16.8	12.1	16.8	23.3	7.1	15.8	20.1
West	23.8	19.2	14.9	16.5	23.3	6.4	15.3	20.7
Urbanization:								
Central Cities	25.5	18.6	14.6	17.3	24.1	6.4	16.3	20.1
Suburban Areas	21.4	18.1	13.2	15.7	21.9	6.5	13.8	22.3
Nonmetropolitan Areas	24.0	16.8	12.1	16.1	22.5	6.3	16.7	20.3

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Women	22.3	22.5	16.5	18.8	25.1	18.0	20.8	17.1
Age:								
19-34	23.2	23.4	17.1	19.9	26.0	19.6	21.4	17.5
35-50	21.4	21.5	15.9	17.6	24.2	16.2	20.2	16.6
Income Level:								
Under 131% Poverty	21.5	23.5	16.5	18.2	25.2	20.3	23.0	18.6
131-300% Poverty	22.9	22.9	16.7	19.0	26.1	17.9	21.4	17.2
Over 300% Poverty	22.2	21.6	16.3	19.1	24.7	17.3	19.5	16.3
Race:								
White	22.6	22.3	17.0	19.3	25.1	17.9	20.4	16.9
Black	22.9	22.2	14.3	16.4	26.0	19.1	22.2	18.9
Other	16.9	21.4	12.4	14.5	22.2	15.5	21.7	15.2
Region:								
Northeast	20.8	21.4	15.0	16.7	25.4	15.8	19.9	16.0
Midwest	22.7	21.8	17.1	19.5	26.9	17.4	19.5	16.2
South	22.6	22.7	15.9	18.1	23.5	18.8	21.9	17.7
West	22.9	23.9	18.1	21.0	25.3	19.3	21.5	18.1
Urbanization:								
Central Cities	23.0	23.9	17.8	19.4	25.4	19.7	22.1	18.6
Suburban Areas	22.3	22.0	15.8	18.6	24.8	17.1	20.6	16.6
Nonmetropolitan Areas	21.6	21.8	16.6	18.5	25.6	17.8	19.6	16.4

Table 10.2--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Women	19.0	20.2	13.9	14.8	13.6	18.2
Age:						
19-34	18.9	20.8	14.5	14.7	13.8	18.0
35-50	19.2	19.5	13.2	14.9	13.4	18.4
Income Level:						
Under 131% Poverty	18.6	20.6	15.5	14.7	15.9	17.5
131-300% Poverty	19.2	20.5	13.7	15.0	13.5	18.4
Over 300% Poverty	19.0	19.4	13.2	14.6	12.5	18.1
Race:						
White	19.2	20.4	13.8	14.9	13.4	18.0
Black	18.3	20.8	15.7	15.2	17.7	19.0
Other	17.6	15.2	11.8	13.3	9.0	18.4
Region:						
Northeast	19.1	19.0	13.0	14.7	12.4	18.5
Midwest	18.9	20.9	13.7	15.3	13.0	17.4
South	18.5	19.5	13.6	14.1	14.2	17.9
West	19.9	21.4	15.2	15.4	14.4	19.1
Urbanization:						
Central Cities	19.8	21.5	16.0	15.6	15.3	18.8
Suburban Areas	18.9	19.5	13.1	14.7	13.0	18.2
Nonmetropolitan Areas	18.6	20.3	13.1	14.1	12.9	17.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 11.1--Snacks: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1986

Children

Age, Income Level, Race, Region, and Urbanization	Individuals	Number of Days Snacks Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Children.....	375	1.0	6.5	10.5	26.3	55.7
Age:						
1-3.....	210	.0	7.2	8.8	26.6	57.4
4-5.....	165	2.3	5.6	12.7	25.9	53.5
Income Level:						
Under 131% Poverty...	98	2.2	12.4	20.1	31.9	33.4
131-300% Poverty.....	153	.0	5.0	6.0	24.5	64.4
Over 300% Poverty....	107	.6	2.7	8.8	22.5	65.4
Race:						
White.....	316	.0	4.9	7.2	26.9	61.0
Black.....	38	8.2	7.8	26.8	30.4	26.8
Other.....	19	.0	31.6	26.7	11.6	30.1
Region:						
Northeast.....	63	.0	6.4	11.8	32.6	49.2
Midwest.....	86	.0	4.5	5.7	17.6	72.3
South.....	125	3.0	7.5	8.7	28.8	52.0
West.....	101	.0	7.0	16.1	26.7	50.2
Urbanization:						
Central Cities.....	94	.0	5.9	19.6	17.4	57.2
Suburban Areas.....	203	1.4	3.8	9.5	29.5	55.8
Nonmetropolitan Areas	78	1.2	14.1	2.3	28.6	53.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 11.2--Snacks: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1986

Women

Age, Income Level, Race, Region, and Urbanization	Individuals	Number of Days Snacks Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Women	1,164	3.8	8.5	14.9	27.9	45.0
Age:						
19-34	601	3.9	7.1	15.5	31.7	41.9
35-50	562	3.7	10.0	14.2	23.9	48.2
Income Level:						
Under 131% Poverty	245	9.7	15.5	21.0	22.0	31.9
131-300% Poverty	373	2.5	8.4	17.0	28.8	43.3
Over 300% Poverty	448	1.6	5.1	10.1	28.9	54.2
Race:						
White	969	2.6	6.2	13.3	28.5	49.5
Black	105	8.1	15.9	26.7	27.2	22.0
Other	48	10.6	19.8	19.8	22.6	27.2
Region:						
Northeast	239	3.6	11.6	13.5	29.5	41.8
Midwest	287	1.9	7.0	15.4	26.0	49.7
South	379	4.5	9.6	16.4	29.9	39.7
West	259	4.9	5.6	13.2	25.8	50.4
Urbanization:						
Central Cities	307	6.0	10.5	13.9	23.5	46.2
Suburban Areas	610	3.0	7.6	15.1	29.6	44.7
Nonmetropolitan Areas	247	2.8	8.1	15.5	29.4	44.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986

Children

Age, Income Level, 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	375	99.0	18.2	11.5	15.9	17.0	14.8	15.1
Age:								
1-3	210	100.0	19.1	12.6	16.5	17.7	15.2	15.2
4-5	165	97.7	17.0	10.2	15.2	16.1	14.3	15.0
Income Level:								
Under 131% Poverty	98	97.8	15.0	9.9	13.8	14.3	13.0	14.5
131-300% Poverty	153	100.0	20.2	12.8	18.1	19.1	16.9	17.1
Over 300% Poverty	107	99.4	18.7	11.3	15.3	16.9	14.0	13.6
Race:								
White	316	100.0	18.9	11.7	16.1	17.3	15.0	15.2
Black	38	91.8	12.8	9.7	13.0	13.0	12.6	13.5
Other	19	100.0	17.8	13.3	19.2	22.3	16.6	15.8
Region:								
Northeast	63	100.0	17.6	10.3	15.9	16.2	15.0	16.5
Midwest	86	100.0	20.9	13.9	18.0	19.4	16.3	17.9
South	125	97.0	16.8	10.6	14.1	15.1	13.1	13.0
West	101	100.0	18.0	11.4	16.5	17.8	15.5	14.4
Urbanization:								
Central Cities	94	100.0	18.5	13.0	17.6	18.7	16.7	16.0
Suburban Areas	203	98.6	18.1	11.4	15.4	16.6	14.1	14.7
Nonmetropolitan Areas	78	98.8	17.8	10.0	15.3	16.2	14.3	15.1

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Children	9.7	22.0	16.4	11.6	11.8	11.5	16.6	18.5
Age:								
1-3	10.0	23.0	17.1	11.7	12.3	11.1	16.8	19.6
4-5	9.4	20.7	15.5	11.4	11.2	11.9	16.5	17.2
Income Level:								
Under 131% Poverty	6.9	17.8	14.2	9.5	9.5	9.5	14.1	13.5
131-300% Poverty	11.0	24.0	17.5	13.2	13.3	13.5	19.3	20.9
Over 300% Poverty	10.4	23.5	17.5	11.7	12.2	11.2	16.1	20.8
Race:								
White	10.1	23.2	16.8	12.3	12.4	12.3	17.0	19.8
Black	6.5	13.5	14.7	6.1	6.5	6.6	14.3	8.7
Other	10.4	18.8	11.5	9.3	11.1	7.7	14.2	16.6
Region:								
Northeast	10.2	20.7	16.2	10.8	11.1	9.9	18.1	13.1
Midwest	11.0	25.3	17.4	14.7	14.7	14.2	19.7	23.0
South	8.4	20.8	16.2	9.9	10.3	9.9	15.1	19.6
West	9.9	21.3	15.9	11.5	11.6	12.0	15.0	16.8
Urbanization:								
Central Cities	11.0	20.8	14.9	9.7	10.2	9.8	16.4	15.4
Suburban Areas	9.5	22.2	16.6	11.8	12.3	10.9	17.2	19.2
Nonmetropolitan Areas	8.7	22.7	17.4	13.3	12.4	14.9	15.6	20.6

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Children.....	12.6	15.0	10.3	13.9	12.4	10.7	16.7	14.6
Age:								
1-3.....	13.6	16.8	10.9	15.4	13.4	12.2	18.3	16.0
4-5.....	11.3	12.8	9.4	11.9	11.2	8.7	14.8	12.7
Income Level:								
Under 131% Poverty...	11.2	12.0	10.2	11.3	11.5	8.1	13.8	12.2
131-300% Poverty.....	13.7	16.8	10.9	15.3	13.1	12.0	19.2	16.4
Over 300% Poverty....	12.5	15.2	9.8	14.9	13.0	11.6	16.4	14.4
Race:								
White.....	13.1	15.4	10.4	14.2	12.8	11.0	16.9	14.9
Black.....	8.0	10.0	8.8	10.7	8.0	7.4	13.3	11.4
Other.....	13.1	18.7	10.9	14.7	12.9	13.1	22.1	16.6
Region:								
Northeast.....	11.5	13.9	9.7	11.9	10.9	9.1	15.2	13.6
Midwest.....	14.5	17.6	12.2	15.6	14.4	13.7	19.9	17.4
South.....	11.9	14.3	9.2	14.3	12.5	9.8	16.1	13.7
West.....	12.6	14.4	10.3	13.1	11.5	10.3	15.8	13.7
Urbanization:								
Central Cities.....	12.2	15.4	10.3	12.8	12.2	11.6	18.8	16.1
Suburban Areas.....	12.8	15.2	10.3	14.9	12.7	10.9	16.8	14.6
Nonmetropolitan Areas	12.6	13.9	10.1	12.5	11.9	9.0	14.0	12.8

Table 12.1--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Children.....	16.9	11.3	11.6	16.3	11.0	17.2
Age:						
1-3.....	18.4	11.8	12.5	16.9	11.2	19.1
4-5.....	15.0	10.7	10.5	15.6	10.7	14.7
Income Level:						
Under 131% Poverty...	14.8	9.2	9.7	13.3	8.9	14.1
131-300% Poverty.....	18.4	12.3	12.6	17.8	12.1	19.0
Over 300% Poverty....	17.3	12.3	12.4	17.5	11.6	17.8
Race:						
White.....	17.3	12.1	12.1	17.3	11.6	17.5
Black.....	14.4	6.3	8.1	10.6	7.2	14.4
Other.....	16.4	8.3	10.8	10.7	9.0	18.0
Region:						
Northeast.....	15.6	10.9	9.9	14.7	10.3	16.6
Midwest.....	20.2	13.5	14.1	19.0	12.9	19.7
South.....	16.3	10.2	10.8	15.6	10.0	16.9
West.....	15.7	11.1	11.5	15.8	11.0	15.7
Urbanization:						
Central Cities.....	17.6	10.2	12.0	15.0	11.3	17.5
Suburban Areas.....	17.0	12.0	11.7	16.8	11.1	17.7
Nonmetropolitan Areas	15.8	11.0	10.9	16.5	10.4	15.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986

Women

Age, Income Level, 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	1,164	96.2	15.7	7.8	12.4	13.6	11.6	11.5
Age:								
19-34	601	96.1	15.9	7.7	12.1	13.2	11.3	11.3
35-50	562	96.3	15.6	7.8	12.7	13.9	12.0	11.7
Income Level:								
Under 131% Poverty	245	90.3	14.5	8.0	11.6	12.2	10.8	11.8
131-300% Poverty	373	97.5	15.3	7.3	11.8	13.2	10.9	10.6
Over 300% Poverty	448	98.4	16.4	8.1	13.3	14.6	12.6	11.9
Race:								
White	969	97.4	16.1	7.8	12.6	13.9	11.8	11.7
Black	105	91.9	17.6	10.1	14.4	14.6	14.1	14.1
Other	48	89.4	9.8	5.5	8.6	9.7	8.5	7.3
Region:								
Northeast	239	96.4	15.6	7.7	11.5	13.0	10.9	9.9
Midwest	287	98.1	16.2	8.3	12.9	14.0	12.0	12.5
South	379	95.5	15.6	7.2	11.9	13.3	11.0	10.9
West	259	95.1	15.6	8.1	13.3	14.0	12.8	12.7
Urbanization:								
Central Cities	307	94.0	17.2	8.6	13.1	14.0	12.5	12.4
Suburban Areas	610	97.0	15.3	7.4	12.0	13.4	11.2	10.8
Nonmetropolitan Areas	247	97.2	15.0	7.6	12.4	13.4	11.5	12.0

Table 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Women	7.5	19.9	12.8	8.8	9.3	8.4	12.0	13.5
Age:								
19-34	7.0	20.0	12.9	8.8	9.2	8.6	11.5	13.2
35-50	8.0	19.8	12.8	8.8	9.4	8.2	12.5	13.8
Income Level:								
Under 131% Poverty	7.8	18.2	12.4	7.7	8.2	7.8	12.9	13.7
131-300% Poverty	6.9	19.8	12.6	8.8	9.4	8.3	11.1	13.4
Over 300% Poverty	7.7	20.7	13.5	9.1	9.6	8.4	12.3	13.3
Race:								
White	7.7	20.6	12.9	9.1	9.6	8.7	12.2	13.7
Black	7.9	19.7	14.3	7.3	8.2	6.8	14.4	12.2
Other	5.2	12.8	9.5	10.6	10.6	10.1	8.6	14.4
Region:								
Northeast	7.2	19.2	11.9	7.7	8.3	7.2	10.3	14.1
Midwest	8.4	20.5	13.1	10.0	10.3	9.6	12.2	11.9
South	6.7	20.1	12.5	8.1	8.8	7.5	11.3	13.4
West	7.8	19.7	13.9	9.6	9.9	9.5	14.2	15.0
Urbanization:								
Central Cities	8.0	20.8	13.7	9.5	9.8	9.5	13.0	15.7
Suburban Areas	7.4	19.6	12.6	8.7	9.2	8.3	11.5	12.9
Nonmetropolitan Areas	7.2	19.5	12.2	8.2	9.0	7.3	12.1	12.3

Table 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Women	10.4	12.2	8.8	9.8	10.9	7.9	14.3	11.9
Age:								
19-34	10.1	12.0	8.5	9.9	11.5	8.3	13.9	11.9
35-50	10.6	12.5	9.2	9.8	10.2	7.5	14.7	11.9
Income Level:								
Under 131% Poverty	11.4	11.5	9.3	9.8	11.5	7.7	13.1	11.3
131-300% Poverty	9.5	11.8	7.8	9.3	10.2	7.8	14.1	11.5
Over 300% Poverty	10.5	12.8	9.6	10.1	10.7	8.1	14.7	12.4
Race:								
White	10.4	12.3	8.9	9.7	11.0	7.9	14.5	12.1
Black	12.9	14.1	11.6	13.4	12.0	11.0	14.8	13.0
Other	7.4	10.5	5.8	8.5	8.6	5.4	12.5	8.5
Region:								
Northeast	10.0	12.8	8.8	10.0	11.4	9.3	14.9	11.7
Midwest	10.1	12.1	9.3	10.1	10.7	8.6	14.1	12.1
South	9.9	11.6	8.3	9.4	10.2	6.5	13.5	11.4
West	11.6	12.7	9.2	9.9	11.6	8.0	14.9	12.5
Urbanization:								
Central Cities	11.6	13.4	10.3	11.9	12.7	9.1	15.0	12.6
Suburban Areas	9.8	11.7	8.2	9.3	10.3	7.6	13.9	11.5
Nonmetropolitan Areas	10.3	12.0	8.7	8.8	10.0	7.3	14.2	11.8

Table 12.2--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Women	15.7	10.2	9.3	15.6	9.1	14.8
Age:						
19-34	15.7	10.0	9.4	15.6	9.5	14.5
35-50	15.8	10.4	9.1	15.5	8.7	15.2
Income Level:						
Under 131% Poverty	14.7	10.5	9.1	14.8	9.5	13.8
131-300% Poverty	14.9	9.2	8.6	14.8	8.7	14.2
Over 300% Poverty	17.0	10.9	10.0	16.8	9.2	16.1
Race:						
White	16.3	10.5	9.5	16.3	9.2	15.3
Black	15.2	10.8	10.5	14.2	11.2	14.4
Other	10.8	5.7	5.5	9.5	5.3	11.7
Region:						
Northeast	14.9	9.3	9.0	14.1	8.8	14.5
Midwest	16.9	11.2	10.4	16.2	10.1	15.5
South	14.8	9.5	8.5	15.2	8.6	14.1
West	16.5	10.9	9.6	16.8	9.0	15.5
Urbanization:						
Central Cities	16.8	10.8	10.0	16.6	9.7	16.0
Suburban Areas	15.3	9.9	9.1	15.2	8.9	14.5
Nonmetropolitan Areas	15.4	10.1	8.9	15.1	8.9	14.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 13.1--Food Obtained and Eaten Away from Home: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1986

Children

Age, Income Level, Race, Region, and Urbanization	Individuals	Number of Days Food Away Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Children.....	375	19.0	21.7	24.3	24.0	11.1
Age:						
1-3.....	210	22.8	25.5	24.0	20.5	7.2
4-5.....	165	14.1	16.7	24.7	28.4	16.0
Income Level:						
Under 131% Poverty...	98	24.7	19.6	22.9	19.9	12.9
131-300% Poverty.....	153	21.2	20.0	24.6	23.9	10.3
Over 300% Poverty....	107	8.1	26.0	25.3	28.4	12.2
Race:						
White.....	316	17.2	20.6	26.0	25.8	10.4
Black.....	38	16.9	30.2	9.1	23.1	20.7
Other.....	19	51.5	22.5	21.7	.0	4.4
Region:						
Northeast.....	63	21.9	28.5	17.4	26.7	5.5
Midwest.....	86	13.1	13.5	25.3	32.8	15.3
South.....	125	15.2	17.2	31.1	21.6	14.9
West.....	101	27.0	29.8	19.3	17.8	6.2
Urbanization:						
Central Cities.....	94	24.9	22.9	23.9	21.7	6.6
Suburban Areas.....	203	15.4	22.8	23.0	24.0	14.7
Nonmetropolitan Areas	78	21.2	17.0	28.0	26.7	7.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 13.2--Food Obtained and Eaten Away from Home: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, 1986

Women

Age, Income Level, Race, Region, and Urbanization	Individuals	Number of Days Food Away Reported				
		0	1	2	3	4
	Number	Percent of Individuals				
All Women	1,164	9.9	17.5	25.0	26.0	21.6
Age:						
19-34	601	9.2	13.7	25.5	26.7	24.9
35-50	562	10.6	21.5	24.5	25.2	18.1
Income Level:						
Under 131% Poverty	245	21.8	22.0	26.5	20.6	9.1
131-300% Poverty	373	10.6	19.9	29.3	23.4	16.8
Over 300% Poverty	448	4.0	13.1	21.6	31.8	29.5
Race:						
White	969	8.0	15.9	24.6	28.6	22.9
Black	105	18.9	23.2	32.3	8.4	17.1
Other	48	25.2	16.0	25.8	22.9	10.1
Region:						
Northeast	239	12.5	18.7	26.7	19.5	22.5
Midwest	287	6.6	17.3	20.5	31.7	24.0
South	379	9.4	16.5	28.4	23.0	22.7
West	259	12.0	17.9	23.5	29.9	16.7
Urbanization:						
Central Cities	307	15.0	18.3	24.6	22.3	19.9
Suburban Areas	610	7.1	16.2	24.0	29.3	23.4
Nonmetropolitan Areas	247	10.6	19.7	27.8	22.3	19.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986

Children

Age, Income Level, 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.....	375	81.0	19.1	18.4	20.3	20.1	20.4	21.1
Age:								
1-3.....	210	77.2	16.9	15.9	17.9	17.4	17.9	19.5
4-5.....	165	85.9	22.0	21.6	23.3	23.5	23.4	23.2
Income Level:								
Under 131% Poverty...	98	75.3	19.2	18.2	19.4	19.6	19.3	19.5
131-300% Poverty.....	153	78.8	18.6	17.9	19.9	19.6	20.0	20.7
Over 300% Poverty....	107	91.9	20.8	20.0	22.6	22.0	22.7	24.4
Race:								
White.....	316	82.8	19.1	18.3	20.3	20.1	20.4	21.0
Black.....	38	83.1	25.4	24.9	26.1	26.2	25.6	28.3
Other.....	19	48.5	8.1	7.0	8.5	7.7	9.3	9.3
Region:								
Northeast.....	63	78.1	16.9	15.7	17.6	17.9	17.8	16.9
Midwest.....	86	86.9	23.0	21.5	24.1	24.3	23.9	24.2
South.....	125	84.8	22.1	21.9	23.6	22.7	23.7	26.3
West.....	101	73.0	13.6	12.9	14.7	14.7	14.9	14.8
Urbanization:								
Central Cities.....	94	75.1	17.4	16.8	18.5	18.7	18.0	19.4
Suburban Areas.....	203	84.6	20.5	19.5	21.8	21.1	22.1	23.1
Nonmetropolitan Areas	78	78.8	17.8	17.5	18.7	19.2	18.7	18.1

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Children.....	17.2	18.6	16.9	14.0	13.1	15.9	17.5	15.8
Age:								
1-3.....	15.3	16.6	14.8	11.2	10.8	12.5	15.3	13.0
4-5.....	19.6	21.2	19.7	17.5	15.9	20.3	20.2	19.5
Income Level:								
Under 131% Poverty...	16.9	19.5	18.8	16.3	15.8	18.0	17.4	20.0
131-300% Poverty.....	17.6	18.0	16.2	12.3	11.4	14.2	17.6	14.5
Over 300% Poverty....	18.0	19.7	17.5	14.8	13.4	17.6	18.1	14.6
Race:								
White.....	17.4	18.6	16.8	13.4	12.5	15.6	17.3	15.4
Black.....	20.0	25.2	23.1	24.8	23.7	25.2	25.1	24.4
Other.....	7.7	8.3	7.7	3.8	3.4	4.6	5.3	7.1
Region:								
Northeast.....	17.4	16.9	14.4	11.9	12.0	12.5	14.9	13.1
Midwest.....	21.5	22.8	20.4	18.1	17.3	20.7	21.4	20.5
South.....	18.0	21.2	20.2	16.0	14.3	18.7	20.8	17.4
West.....	12.4	13.1	11.5	9.4	8.7	10.6	11.5	11.5
Urbanization:								
Central Cities.....	18.5	17.1	15.9	11.8	11.6	11.8	14.9	16.1
Suburban Areas.....	17.4	19.9	17.8	15.2	14.0	17.6	19.4	16.0
Nonmetropolitan Areas	15.2	17.3	16.0	13.6	12.5	16.7	15.5	15.0

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Children	16.1	16.1	17.9	15.2	15.5	16.6	17.0	17.6
Age:								
1-3	14.6	13.7	16.1	13.7	13.7	14.0	14.2	15.2
4-5	18.0	19.0	20.1	17.2	17.7	20.0	20.6	20.6
Income Level:								
Under 131% Poverty	17.8	17.8	18.1	17.5	17.7	16.7	18.6	18.4
131-300% Poverty	15.1	15.2	17.1	14.0	14.3	16.6	16.1	16.9
Over 300% Poverty	16.6	16.3	19.7	15.6	15.9	17.6	17.2	18.5
Race:								
White	15.9	15.8	17.6	15.0	15.2	16.4	16.6	17.5
Black	23.1	24.3	25.2	22.0	23.0	23.2	27.3	25.2
Other	6.6	5.2	8.4	6.7	6.7	7.9	4.7	6.0
Region:								
Northeast	14.0	15.1	14.9	13.7	12.7	16.5	15.5	15.4
Midwest	20.0	20.0	19.4	18.2	18.7	18.8	21.5	21.3
South	18.3	17.8	23.1	18.1	18.1	18.5	18.7	20.4
West	11.2	11.2	12.1	10.1	11.3	12.5	12.0	12.4
Urbanization:								
Central Cities	14.5	14.9	15.9	14.6	15.0	15.4	16.0	16.2
Suburban Areas	17.5	17.0	19.6	16.0	16.3	17.9	17.5	18.7
Nonmetropolitan Areas	14.2	15.1	15.8	14.0	13.9	14.9	16.9	16.5

Table 14.1--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Children

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Children	17.4	15.8	17.7	18.1	19.4	18.0
Age:						
1-3	15.1	13.8	15.2	16.1	17.7	15.7
4-5	20.2	18.3	20.9	20.5	21.5	20.9
Income Level:						
Under 131% Poverty	19.1	15.8	17.9	19.2	18.7	20.0
131-300% Poverty	16.4	15.1	16.9	17.2	19.2	17.0
Over 300% Poverty	17.9	17.2	19.5	19.4	21.1	18.6
Race:						
White	17.2	15.6	17.6	18.1	18.9	17.8
Black	24.3	21.6	22.8	21.1	28.4	25.6
Other	6.8	7.6	11.2	12.4	9.9	6.6
Region:						
Northeast	15.5	13.8	14.5	15.3	17.4	16.0
Midwest	21.0	18.7	20.2	21.6	23.3	21.7
South	20.4	18.3	20.8	21.2	21.7	21.2
West	11.7	11.3	13.9	12.9	14.4	12.2
Urbanization:						
Central Cities	16.1	14.7	17.2	16.6	17.5	16.9
Suburban Areas	18.5	16.9	18.6	19.4	20.7	19.0
Nonmetropolitan Areas	16.0	14.0	16.3	16.4	18.3	16.6

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986

Women

Age, Income Level, 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	1,164	90.1	29.6	27.9	30.9	30.6	30.9	32.1
Age:								
19-34	601	90.8	31.9	29.9	32.9	32.4	32.9	34.6
35-50	562	89.4	27.1	25.8	28.7	28.6	28.7	29.4
Income Level:								
Under 131% Poverty	245	78.2	23.0	22.2	23.1	22.9	23.4	23.8
131-300% Poverty	373	89.4	27.4	25.3	28.5	28.4	28.5	29.4
Over 300% Poverty	448	96.0	33.7	32.1	36.0	35.6	36.0	37.3
Race:								
White	969	92.0	30.9	29.4	32.4	31.9	32.5	33.7
Black	105	81.1	23.5	19.8	22.8	23.5	21.7	24.0
Other	48	74.8	22.8	22.2	24.7	24.3	25.5	24.4
Region:								
Northeast	239	87.5	28.6	26.1	30.0	30.0	30.0	30.7
Midwest	287	93.4	31.5	30.2	32.8	32.0	32.7	35.2
South	379	90.6	29.9	28.1	31.3	31.1	31.4	32.4
West	259	88.0	27.9	26.8	28.9	28.7	29.0	29.5
Urbanization:								
Central Cities	307	85.0	29.2	27.8	30.1	29.1	30.2	32.6
Suburban Areas	610	92.9	31.1	29.1	32.8	32.8	32.8	33.3
Nonmetropolitan Areas	247	89.4	26.2	25.0	27.2	26.9	27.0	28.6

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	Percent							
All Women	28.9	28.4	26.3	24.6	23.4	26.5	29.3	23.4
Age:								
19-34	30.4	30.6	28.3	25.6	24.5	27.6	31.6	24.7
35-50	27.2	26.0	24.2	23.4	22.4	25.3	26.8	22.0
Income Level:								
Under 131% Poverty	20.9	23.1	22.0	19.2	18.4	21.4	22.4	18.4
131-300% Poverty	26.2	26.8	24.0	22.9	21.7	24.4	26.9	21.1
Over 300% Poverty	34.4	31.6	29.8	28.4	27.1	30.7	33.6	26.5
Race:								
White	30.8	29.5	27.3	25.7	24.5	27.8	30.7	24.5
Black	18.7	23.7	22.8	19.5	18.7	20.8	23.0	18.2
Other	22.2	21.4	22.0	21.3	20.1	23.7	23.5	17.2
Region:								
Northeast	27.3	27.1	24.6	22.4	22.0	23.7	27.8	21.2
Midwest	30.4	30.1	27.8	25.9	24.8	28.1	32.7	25.9
South	29.3	28.7	26.6	25.8	24.6	27.7	29.5	24.2
West	28.0	27.2	25.9	23.2	21.6	25.6	26.7	21.6
Urbanization:								
Central Cities	26.9	28.2	27.2	24.6	23.0	27.8	30.2	25.7
Suburban Areas	31.1	29.7	27.1	25.9	24.9	27.4	29.9	23.7
Nonmetropolitan Areas	25.8	25.2	23.4	21.2	20.4	22.6	26.5	19.9

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	Percent							
All Women	25.8	25.3	27.2	25.1	25.2	27.8	25.8	27.2
Age:								
19-34	27.5	26.8	29.4	26.7	26.8	29.4	27.3	29.0
35-50	24.0	23.7	24.9	23.3	23.4	26.0	24.2	25.2
Income Level:								
Under 131% Poverty	20.3	19.9	21.3	19.7	20.2	21.7	20.1	21.6
131-300% Poverty	24.0	23.3	25.3	22.9	22.8	24.8	23.6	24.7
Over 300% Poverty	29.1	28.8	30.9	28.4	28.7	31.5	29.7	31.3
Race:								
White	27.2	26.4	28.5	26.2	26.3	29.3	26.6	28.4
Black	18.9	20.3	20.0	20.1	20.1	18.5	23.0	21.4
Other	20.0	19.5	22.3	20.1	20.4	25.8	19.4	21.3
Region:								
Northeast	25.3	24.5	25.4	23.8	23.0	27.4	25.8	26.1
Midwest	27.5	26.8	30.0	27.2	27.4	29.2	27.4	29.0
South	25.6	25.7	27.8	25.7	25.9	27.9	26.1	27.5
West	24.7	23.6	25.1	23.0	23.6	26.4	23.6	25.8
Urbanization:								
Central Cities	26.0	24.7	27.4	25.6	25.7	26.1	24.5	26.6
Suburban Areas	26.8	26.5	28.3	25.8	25.8	30.1	27.4	28.6
Nonmetropolitan Areas	23.0	23.1	24.4	22.6	23.0	24.0	23.5	24.4

Table 14.2--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, 1986--continued

Women

Age, Income Level, Race, Region, and Urbanization	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
	Percent					
All Women	26.0	27.1	28.3	28.1	29.0	26.5
Age:						
19-34	27.6	28.8	30.6	30.1	31.0	28.0
35-50	24.3	25.4	25.9	26.0	26.8	24.8
Income Level:						
Under 131% Poverty	21.1	22.0	23.1	22.2	22.8	21.3
131-300% Poverty	23.3	25.1	25.4	25.7	26.3	23.8
Over 300% Poverty	29.7	30.9	32.7	32.3	33.4	30.3
Race:						
White	27.0	28.5	29.7	29.3	30.4	27.5
Black	21.8	20.1	20.5	22.4	21.9	22.6
Other	20.3	22.3	24.7	22.0	23.3	19.9
Region:						
Northeast	25.0	26.3	26.2	27.0	29.0	25.0
Midwest	27.8	28.4	29.8	30.2	29.8	28.6
South	26.3	27.2	29.0	28.1	28.2	27.0
West	24.4	26.4	27.7	26.7	29.2	24.7
Urbanization:						
Central Cities	26.2	26.8	27.5	28.0	29.2	26.8
Suburban Areas	26.9	28.5	30.0	29.5	30.6	27.4
Nonmetropolitan Areas	23.5	24.3	25.2	24.7	24.6	23.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 15.1.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, 1986

Age of Respondents (Years)	Individuals	Physiological Status		Employment Status			
		Pregnant	Lactating	Full Time	Part Time	Not Employed	Not Reported
	Number	Percent					
19-34	601	4.3	3.3	44.6	15.3	37.7	2.5
35-50	562	.7	.4	42.0	17.7	39.0	1.3
All	1,164	2.6	1.9	43.3	16.4	38.3	1.9

	Educational Level				
	Elementary School or Less	Some High School	High School Completed	College	Not Reported
	Percent				
19-34	2.6	9.5	39.1	48.7	0.0
35-50	5.1	9.7	42.8	41.9	.6
All	3.8	9.6	40.9	45.4	.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 15.2--Characteristics of the Adult Female Respondents: Physiological Status and Race, 1986

Physiological Status and Age of Respondents (Years)	Individuals	Race		
		White	Black	Other
	Number	Percent		
Not Pregnant or Lactating:				
19-34.....	556	82.9	10.8	3.9
35-50.....	556	83.2	7.4	4.5
All.....	1,112	83.0	9.1	4.2
Pregnant:				
19-50.....	30	83.3	13.4	3.3
Lactating:				
19-50.....	22	96.2	.0	3.8
All Women.....	1,164	83.3	9.1	4.2

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 15.3.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, 1986

Physiological Status and Age of Respondents (Years)	Individuals	Household Income Level as Percentage of Poverty			
		Under 131%	131 to 300%	Over 300%	Not Reported
	Number	Percent			
Not Pregnant or Lactating:					
19-34.....	556	20.8	34.9	34.4	10.0
35-50.....	556	21.3	28.1	43.6	7.0
All.....	1,112	21.0	31.5	39.0	8.5
Pregnant:					
19-50.....	30	29.9	46.1	21.5	2.5
Lactating:					
19-50.....	22	9.9	42.8	35.9	11.4
All Women.....	1,164	21.0	32.1	38.5	8.4

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 15.4.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, 1986

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.....	556	34.8	22.1	31.3	8.6	2.1	1.0
35-50.....	556	33.3	24.6	28.1	8.1	3.3	2.6
All.....	1,112	34.1	23.4	29.7	8.3	2.7	1.8
Pregnant:							
19-50.....	30	20.1	42.2	34.8	.0	.0	2.8
Lactating:							
19-50.....	22	22.9	39.2	4.0	13.6	8.8	11.5
All Women.....	1,164	33.5	24.1	29.4	8.2	2.8	2.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 15.5.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, 1986

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.....	556	58.7	30.9	9.6	0.6	0.0	0.3
35-50.....	556	87.2	10.1	2.5	.1	.0	.0
All.....	1,112	73.0	20.5	6.0	.4	.0	.1
Pregnant:							
19-50.....	30	41.2	38.5	20.3	.0	.0	.0
Lactating:							
19-50.....	22	22.9	52.9	24.2	.0	.0	.0
All Women.....	1,164	71.2	21.6	6.7	.4	.0	.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 15.6.--Characteristics of the Adult Female Respondents: Health Status, Smoking Behavior, and Physical Activity, 1986

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.....	601	35.1	38.7	19.6	5.8	0.7	58.5	11.1	30.5	17
35-50.....	562	37.6	30.9	20.1	8.1	2.9	49.7	20.6	29.5	19
All.....	1,164	36.3	34.9	19.9	6.9	1.7	54.2	15.7	30.0	18

	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.....	15.0	59.4	25.1	0.5	9.3	53.1	37.1
35-50.....	15.3	53.9	29.6	.8	9.7	48.7	40.4
All.....	15.2	56.7	27.3	.6	9.5	51.0	38.7

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 15.7.--Characteristics of Adult Female Respondents: Height and Weight, 1986.

Age of Respondents (Years)	Height			Weight		
	Individuals	Mean	Standard Deviation	Individuals	Mean	Standard Deviation
	Number	Inches		Number	Pounds	
19-34.....	601	64.4	3.1	597	137.5	30.1
35-50.....	562	64.2	2.7	560	150.9	33.1
All.....	1,164	64.3	2.9	1,158	144.0	32.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 16.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, 1986

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.....	210	4.9	79.7	15.3	23.8	15.7	58.0	2.5
4-5.....	165	3.6	72.1	24.3	23.1	16.7	59.2	1.0
All....	375	4.3	76.4	19.3	23.5	16.1	58.6	1.8

	Educational Level				
	Elementary School or Less	Some High School	High School Completed	College	Not Reported
	Percent				
1-3.....	3.0	8.6	37.2	51.2	0.0
4-5.....	2.6	10.7	42.6	44.1	.0
All....	2.8	9.6	39.5	48.1	.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 17.1--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, 1986

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.....	210	1.1	55.0	29.6	4.2	9.8
4-5.....	165	.0	47.1	30.3	4.5	18.1
All.....	375	.6	51.5	29.9	4.3	13.5
Women:						
19-34.....	601	2.4	41.2	19.9	5.6	30.8
35-50.....	562	.2	4.4	50.6	18.5	25.7
All.....	1,164	1.4	23.4	34.7	11.8	28.3

	Employment Status of Male Head				
	Full Time	Part Time	Not Employed	Not Reported	No Male Head
	Percent				
Children:					
1-3.....	76.3	3.7	9.8	0.4	9.8
4-5.....	73.6	3.3	4.5	.5	18.1
All.....	75.1	3.5	7.4	.4	13.5
Women:					
19-34.....	58.5	4.0	6.0	.8	30.8
35-50.....	63.2	3.4	5.0	2.7	25.7
All.....	60.7	3.7	5.5	1.7	28.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 17.2--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, 1986

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.....	210	7.1	4.9	20.8	56.6	0.9	9.8
4-5.....	165	5.2	3.1	33.0	40.5	.0	18.1
All.....	375	6.3	4.1	26.2	49.5	.5	13.5
Women:							
19-34.....	601	3.4	6.4	24.9	33.7	.8	30.8
35-50.....	562	6.8	8.8	22.4	35.7	.6	25.7
All.....	1,164	5.0	7.5	23.7	34.7	.7	28.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 18.1.--Distribution of Individuals by Urbanization and by Region, 4 Nonconsecutive Days, 1986

Age of Individuals (Years)	Individuals	Urbanization		
		Central Cities	Suburban Areas	Nonmetropolitan Areas
	Number	Percent		
Children:				
1-3	210	25.6	56.1	18.3
4-5	165	24.3	51.5	24.1
All	375	25.0	54.1	20.9
Women:				
19-34	601	26.4	52.6	21.0
35-50	562	26.4	52.2	21.5
All	1,164	26.4	52.4	21.2

	Region			
	Northeast	Midwest	South	West
	Percent			
Children:				
1-3	18.5	24.3	32.7	24.5
4-5	14.7	21.3	34.0	30.0
All	16.8	22.9	33.3	27.0
Women:				
19-34	21.3	26.0	34.9	17.9
35-50	19.7	23.2	30.0	27.0
All	20.5	24.6	32.5	22.3

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 18.2.--Distribution of Individuals by Urbanization and Race, 4 Nonconsecutive Days, 1986

Age of Individuals (Years)	All Urbanizations				Central Cities			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	210	85.9	7.8	5.6	54	73.2	14.8	12.0
4-5	165	81.9	12.9	4.3	40	74.5	17.3	6.1
All	375	84.1	10.0	5.1	94	73.8	15.9	9.5
Women:								
19-34	601	83.2	10.7	3.9	159	70.6	16.0	9.7
35-50	562	83.3	7.3	4.5	148	68.7	15.2	5.5
All	1,164	83.3	9.1	4.2	307	69.7	15.6	7.6
	Suburban Areas				Nonmetropolitan Areas			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	118	90.8	4.6	3.3	38	88.5	7.5	4.0
4-5	85	84.1	11.4	3.7	40	84.6	11.6	3.8
All	203	88.0	7.4	3.5	78	86.5	9.6	3.9
Women:								
19-34	316	86.9	8.5	2.2	126	90.0	9.3	.8
35-50	293	89.4	4.0	4.4	121	86.8	5.9	3.3
All	610	88.1	6.3	3.3	247	88.4	7.6	2.0

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 18.3.--Distribution of Individuals by Region and Race, 4 Nonconsecutive Days, 1986

Age of Individuals (Years)	Northeast				Midwest			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	39	80.4	13.4	3.8	51	95.1	4.9	0.0
4-5	24	74.2	18.2	7.5	35	89.5	10.5	.0
All	63	78.0	15.3	5.2	86	92.8	7.2	.0
Women:								
19-34	128	78.5	9.8	4.6	156	89.8	8.3	1.4
35-50	111	71.8	12.8	3.5	131	94.0	4.0	1.3
All	239	75.4	11.2	4.1	287	91.7	6.3	1.3

Age of Individuals (Years)	South				West			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3	69	82.0	12.5	4.6	51	86.1	0.0	13.9
4-5	56	72.7	23.4	2.7	50	90.6	.0	7.7
All	125	77.8	17.4	3.7	101	88.3	.0	10.9
Women:								
19-34	210	78.7	18.5	1.6	108	88.2	.0	11.0
35-50	169	79.5	11.0	6.7	152	86.9	2.2	5.5
All	379	79.1	15.1	3.9	259	87.4	1.3	7.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 18.4.--Distribution of Individuals by Household Income as a Percentage of Poverty and Race, 1986

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.....	56	69.1	18.7	9.4	81	90.9	4.1	5.0
4-5.....	42	64.2	22.1	11.7	72	85.4	11.5	3.1
All.....	98	67.0	20.2	10.4	153	88.3	7.6	4.1
Women:								
19-34.....	127	72.4	17.6	6.1	213	83.5	8.9	4.7
35-50.....	118	67.0	18.9	6.6	160	81.3	7.0	3.8
All.....	245	69.8	18.2	6.4	373	82.6	8.1	4.3

	Over 300% Poverty				Income Not Reported			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent			Number	Percent		
Children:								
1-3.....	62	94.6	1.4	4.0	11	85.6	14.4	0.0
4-5.....	45	94.9	3.7	.0	6	65.6	34.4	.0
All.....	107	94.7	2.4	2.3	17	78.9	21.1	.0
Women:								
19-34.....	204	89.4	7.8	1.8	58	84.4	12.3	3.3
35-50.....	244	92.5	1.7	4.2	40	84.0	9.0	2.2
All.....	448	91.1	4.5	3.1	97	84.2	11.0	2.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 18.5.--Distribution of Individuals by Household Size and Race, 4 Nonconsecutive Days, 1986

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	1	100.0	0.0	0.0
4-5	0	.0	.0	.0	1	100.0	.0	.0
All	0	.0	.0	.0	2	100.0	.0	.0
Women:								
19-34	35	85.2	12.2	2.6	123	83.6	10.2	3.8
35-50	36	79.6	8.7	3.2	115	82.1	10.4	3.7
All	72	82.4	10.4	2.9	237	82.9	10.3	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	47	90.2	4.1	5.7	91	92.3	2.5	4.5
4-5	36	72.3	25.3	2.3	75	89.5	9.4	.0
All	83	82.5	13.2	4.2	166	91.0	5.6	2.5
Women:								
19-34	144	81.6	9.1	4.8	175	86.1	9.3	3.2
35-50	133	87.5	4.0	5.8	155	88.0	5.3	2.0
All	277	84.4	6.6	5.3	330	87.0	7.5	2.6

Table 18.5.--Distribution of Individuals by Household Size and Race, 4 Nonconsecutive Days, 1986--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	33	80.2	17.7	2.1	38	69.8	16.4	11.4
4-5	18	88.6	4.0	3.9	35	71.3	12.6	16.0
All	52	83.1	12.9	2.8	73	70.5	14.6	13.6
Women:								
19-34	75	88.2	8.9	2.0	50	68.1	22.6	7.5
35-50	71	76.5	10.1	7.6	52	73.6	10.3	6.7
All	146	82.5	9.5	4.7	101	70.9	16.4	7.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 19.--Household Size and Household Income as a Percentage of Poverty, 1986

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.....	72	14,764	14,000	34.5	15.4	38.6	11.5
2.....	215	27,326	25,000	15.3	19.5	48.9	16.4
3.....	256	27,608	24,500	16.8	31.9	39.1	12.2
4.....	307	31,255	29,000	16.2	35.1	35.3	13.4
5.....	121	29,870	28,000	27.0	34.2	26.5	12.3
More Than 5.....	78	24,303	19,000	42.4	31.8	5.8	20.0
All Households..	1,049	27,758	25,000	20.6	29.4	36.0	13.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 20.1.--Household Composition and Race, 1986

Household Composition	Households	Race		
		White	Black	Other
	Number	Percent		
Male Head and Female Head:				
Children.....	579	87.4	5.3	7.4
No Children.....	195	88.8	7.1	4.1
Female Head Only:				
Children.....	152	62.2	25.9	11.9
No Children.....	123	82.6	9.1	8.3
All Households.....	1,049	83.4	9.0	7.5

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 20.2.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, 1986

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...	774	27.8	25.6	31.5	9.8	2.8	2.5
Female Head Only.....	275	45.5	18.9	26.5	5.2	2.9	1.0
All Households.....	1,049	32.5	23.9	30.2	8.6	2.8	2.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 20.3.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, 1986

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...	774	65.9	26.0	7.7	0.3	0.0	0.2
Female Head Only.....	275	82.1	11.1	6.1	.7	.0	.0
All Households.....	1,049	70.1	22.1	7.3	.4	.0	.1

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 20.4.--Household Composition and Household Income as a Percentage of Poverty, 1986

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.....	579	16.2	35.5	35.8	12.5
No Children.....	195	7.8	18.2	54.3	19.8
Female Head Only:					
Children.....	152	44.9	32.1	11.8	11.3
No Children.....	123	31.8	15.6	38.0	14.6
All Households.....	1,049	20.6	29.4	36.0	13.9

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Table 21.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty, 1986

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	15	53.9	5.1	41.1	0.0
23-34	269	15.4	35.2	36.9	12.5
35-50	367	10.7	31.0	43.3	15.0
51 and Over	119	16.9	25.8	39.8	17.6
Not Reported	3	.0	21.1	34.1	44.7
Employment Status:					
Full Time	654	10.6	31.1	45.2	13.1
Part Time	40	36.8	29.2	22.8	11.2
Not Employed	63	37.3	37.3	7.3	18.1
Not Reported	17	9.1	12.1	24.2	54.6
Education Level:					
Elementary School or Less	49	46.4	31.6	8.2	13.8
Some High School	73	29.3	22.5	29.7	18.4
High School Completed	258	14.0	38.2	31.7	16.0
College	386	6.9	28.6	52.9	11.6
Not Reported	8	26.9	.0	18.5	54.6
No Male Head	275	39.0	24.7	23.5	12.8

NOTE: See "Table Notes."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

General Notes

(1) The numbers of individuals and the results presented 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 some age groups is small; thus, the results for these groups should be interpreted with caution.

(4) The procedures used to calculate the data in the tables are explained 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 greater 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. Means for all groups include both 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--A user is an individual reporting any food item in the specified group or subgroup at least once during the 4 surveyed days.

Total food--See glossary.

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

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, 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 drippings, 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.

(*)--Value less than 0.5 but greater than 0.

Tables 2.1 and 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.

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's 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 drippings, 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.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU). 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 of retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

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

Dietary fiber--Represents total dietary fiber. Includes both the insoluble and the soluble fiber.

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. One alpha-tocopherol equivalent equals 1 milligram of alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

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.

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 and 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.

Tables 8.1 and 8.2—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.

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.

Tables 9.1 to 14.2—Breakfast, Snacks, Food Obtained and Eaten Away from Home

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 the specified eating occasion 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.

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

Health status--Self-appraised.

Mean number of cigarettes smoked per day--Refers only to current smokers.

Usual level of physical activity--Self-appraised. See "Physical activity" in glossary.

Height--Self-reported.

Weight--Self-reported.

Age--Calculated from date of birth as reported by the household informant at the wave 1 interview.

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 grams) 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 grams of cheddar cheese is equal to the amount of calcium in 345 grams 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 and the soluble fiber.

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--eighth grade 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 wave 1 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."

Health status--Self-appraised.

Height--Self-reported.

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 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 1985. Called "household income."

Lactating female--In tables 15.1 to 21, a lactating female is a respondent who at the time of the wave 1 interview was breast-feeding a child born since January 1, 1983. In tables 5.1 to 6H, however, pregnancy and lactation status were determined at each wave, and the appropriate RDA were applied.

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 midnight to 11:59 p.m.

Physical activity--Respondents rated their own usual levels of physical activity at their job and/or housework and during leisure time after the interviewer read examples of activities that could be considered heavy/rigorous, moderate, or light.

Poverty--See appendix B for an explanation of how percentage of poverty level was determined.

Pregnant female--In tables 15.1 to 21, a pregnant female is a respondent who at the time of the wave 1 interview answered, "Yes" to the question, "Are you pregnant?" In tables 5.1 to 6H, however, pregnancy and lactation status were determined at each wave and the appropriate RDA were applied.

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

Recommended Dietary Allowances (RDA)--Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (4). Intakes below the 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 of 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 of alpha-tocopherol, 2 milligrams of 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 1986), wave 2 (June-July 1986), wave 3 (August-September 1986), wave 4 (October-November 1986), wave 5 (December 1986-January 1987), and wave 6 (February-March 1987).

Weight--Self-reported.

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 further discussion.

West--See "Region."

Sample Design

The CSFII 1986 sample was drawn from all private households in the conterminous United States. The survey was designed to provide a multistage, stratified, area sample that was representative of the 48 conterminous States. The sampling frame was organized using estimates of the U.S. population in 1985. Adjustments were made at the time of the survey to reflect the 1986 population. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

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

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 prior to the CSFII 1985 to identify the existing housing units within the area boundaries at the time of the first year's survey. To insure comparability between 1985 and 1986, the housing units drawn into the CSFII 1986 sample came from the same 206 area segments. However, different housing units were selected for the CSFII 1986.

The prelisted number of housing units in the area as of 1985, together with census information, served as the basis for determining the initial number of housing units to be selected for the CSFII 1986 sample from that area. In addition, new housing units which came into existence between the 1985 and 1986 surveys had a chance of being sampled.

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 participate in a yearlong survey panel. A letter of introduction was provided, and respondents were informed that they would be asked to provide additional days of information throughout a 1-year period.

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 1,352 households; subsequent waves of data were collected by telephone, if possible. The proportion of household interviews conducted by telephone in waves 2 and 3 was 89 percent; in waves 4 to 6 it was 88 percent. In households without telephones or where the respondent requested to be interviewed in person, the information for waves 2 to 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 to 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 to 6, interviewers were instructed to attempt another interview within 10 days of 2 months' time from the date of the last interview. At each interview in waves 2 to 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, participation in food programs, 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 the 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 proportions of dietary intakes were collected for Sunday, Monday, and Tuesday (16 percent); and the smallest proportion, for Saturday (10 percent). Many participants were reluctant to be interviewed on a Sunday. Sixty-six percent of all respondents provided at least 1 day of intake data for Monday; 41 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	16	64
Monday	16	66
Tuesday	16	62
Wednesday	14	57
Thursday	14	55
Friday	14	54
Saturday	10	41
	100	

A total of 1,451 women and 509 children in those households satisfactorily completed the wave 1 food intake interview. The numbers of individuals completing each successive wave are as follows:

Wave	Women	Children
	----------number*---------	
1	1,451	509
2	1,182	393
3	1,103	340
4	1,052	332
5	1,011	311
6	984	328

* unweighted

Of the individuals completing the first wave, 1,102 women and 347 children completed at least three 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 selection of days.) The tabulation below shows the numbers of individuals who completed the specified number of waves.

Number of waves completed	Women	Children
	--------number*-------	
One wave only	160	76
Two waves only	103	43
Three waves only	86	43
Four waves only	102	32
Five waves only	249	96
All six waves	751	219
Four or more waves	1,102	347

* 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 were interviewed, 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) Selection of days--This publication provides data on the dietary intakes by women and children who completed the first 1-day recall and at least three additional interviews. 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 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 area segment and dividing this number by the actual number of interviewed households in the area 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 level of urbanization. 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 2½ years or under and those over 2½ 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
Households	1,049	1,049
Children:		
2½ years or under.....	85	91
Over 2½ years.....	262	284
Women:		
19-50 years	1,102	1,164

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) (5). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to their weight in grams. 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 (6). 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 planner/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 28 nutrients and other dietary components.[1] The sources of these values are the USDA Nutrient Data Base for Standard Reference (7) and the USDA Nutrient Data Bank (8). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value is explicit for beta-carotene or whether it includes other carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely

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[1]Protein, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, carbohydrate, dietary fiber, vitamin A (IU and 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.

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 such 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 (9) and Table Producing Language (10). 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 (11). 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 1986 guidelines (which are based on the previous year's income) are as follows:

Household size	1986 poverty guidelines
1	$ 5,360
2	7,240
3	9,120
4	11,000
5	12,880
6	14,760
7	16,640
8	18,520

For households with more than eight members, $1,880 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 four 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. Five women fasted on 1 or more of the survey days.

Nutrient contribution by 15 food groups (tables 2.1 and 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, which produces an estimate of the "population proportion" rather than the "mean proportion" estimated by the first method, 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 show the nutrient contribution of a food group relative to the intake from all the foods eaten by a population rather than the food group's average contribution to the diets of individuals.

Nutrient intakes (tables 3.1 and 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 four 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 only on the frequency and type used were collected. Sodium intake does not include sodium from salt added at the table, for which information on the quantity used 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 four 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 and 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 (4). Each individual's intakes expressed as percentages of RDA were summed over 4 days, then divided by four to yield mean percentages per day for the individual. Individuals' mean percentages were totaled and 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.

Percentage of individuals with nutrient intakes at selected levels of the 1980 RDA (tables 6A to 6H)--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 (4). These percentages were summed over 4 days, then divided by four to yield mean percentages per day for the individual. Individual mean intakes were classified into four 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 and 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 and 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 kilocalories per gram give estimates for a typical mixed diet (12). 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 and 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 and 10.2)--An individual's intake of each dietary component from breakfast over 4 days was divided by the individual's total intake of that dietary component over 4 days, then multiplied by 100 to determine the percentage of the individual's intake of that dietary component that was provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the percentage 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 and 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 and 12.2)--An individual's intake of each dietary component from snacks over 4 days was divided by the individual's total intake of that dietary component over 4 days, then multiplied by 100 to determine the percentage of the individual's intake of that dietary component that was provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the percentage for that 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 and 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 and 14.2)--An individual's intake of each dietary component from food obtained and eaten away from home over 4 days was divided by the individual's total intake of that dietary component over 4 days, then multiplied by 100 to determine the percentage of the individual's intake of that dietary component that was provided by food away from home. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the percentage for that 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 was 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 for one individual over time.
- To provide an estimate of an individual's typical dietary intake by including day-to-day variation in both the amounts and the types of foods eaten.
- To estimate the prevalence of diets that meet or exceed nutritional standards and the food intakes 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 determine food sources of nutrients in diets.
- To minimize effects of day of the week and season of the year in the collection of information.
- To examine meal patterns.

In the CSFII 1986, the numbers of women and children providing dietary data dropped substantially between the first and sixth waves of data collection. Only 751 of the initial 1,451 women and 219 of the initial 509 children provided all 6 days of intake data (see appendix A). Similar attrition was seen in the CSFII 1985.

As in the CSFII 1985, the mean food energy intake by women in the CSFII 1986 declined substantially between wave 1 and wave 2 (table C2). Unlike the 1985 survey, the number of food items reported in 1986 did not decline between waves 1 and 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 by 8.5 percent for women who were interviewed in person in wave 2 and by 9.5 percent for women interviewed by telephone in wave 2.

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, 1986 (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.....	1,451	51.8	17.2	7.0	5.9	7.1	11.0
Income Level:							
Under 131% Poverty...	296	49.7	14.5	8.1	6.1	9.1	12.5
131-300% Poverty.....	489	52.6	19.6	6.1	5.3	6.3	10.0
Over 300% Poverty....	526	54.2	17.3	7.0	6.3	5.5	9.7
Race:							
White.....	1,219	53.5	17.1	6.6	5.8	6.6	10.3
Black.....	116	43.1	19.0	11.2	6.0	10.3	10.3
Other.....	79	39.2	13.9	7.6	7.6	10.1	21.5
Region:							
Northeast.....	313	53.0	16.6	8.9	6.4	7.7	7.3
Midwest.....	375	59.5	15.2	4.8	6.7	4.5	9.3
South.....	460	48.0	18.3	7.0	5.4	7.8	13.5
West.....	303	46.5	18.5	7.9	5.3	8.6	13.2
Urbanization:							
Central Cities.....	370	45.9	19.2	7.3	5.4	8.4	13.8
Suburban Areas.....	742	51.8	16.2	7.4	6.9	7.3	10.5
Nonmetropolitan Areas	339	58.1	17.1	5.9	4.4	5.3	9.1
Presence of Children:							
1-5 Years of Age.....	428	45.1	19.4	7.9	6.3	9.6	11.7
1-18 Years of Age....	971	52.6	17.9	6.1	5.4	7.5	10.5

NOTE: Data in this table are unweighted and cannot be generalized to the population. See also "Table Notes for Appendix C."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

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, 1986 (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	219	14.5	1,412	509	14.3	1,433
2	219	14.8	1,420	393	14.7	1,411
3	219	14.7	1,464	340	14.6	1,439
4	219	14.7	1,473	332	14.5	1,457
5	219	14.3	1,398	311	14.3	1,402
6	219	14.8	1,444	328	14.6	1,426
Women:						
1	751	14.9	1,616	1,451	14.2	1,587
2	751	15.0	1,466	1,182	14.4	1,446
3	751	14.3	1,462	1,103	13.9	1,440
4	751	14.0	1,436	1,052	13.8	1,415
5	751	13.9	1,395	1,011	13.7	1,406
6	751	14.3	1,441	984	14.1	1,441

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C3.--Percentage of Individuals Reporting Specified Amount of Food and Drink by Wave, 1986 (unweighted)

Wave Number	Individuals	Amount of Food and Drink		
		Less Than Usual	Usual	More Than Usual
	Number	Percent		
Children:				
1	509	18.7	78.2	2.9
2	393	22.6	73.8	3.1
3	340	20.6	74.4	4.1
4	332	19.3	76.8	3.3
5	311	18.0	76.8	4.2
6	328	16.2	80.2	3.7
Women:				
1	1,451	25.6	62.0	12.4
2	1,182	32.9	58.8	8.2
3	1,103	31.3	59.2	9.3
4	1,052	31.1	60.9	7.9
5	1,011	32.0	59.7	7.9
6	984	29.8	62.1	7.8

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C4.1.--Food Intakes: Mean per Individual in a Day by Wave, 1986 (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	509	104	413	17	18	91	195	205	6	27	183
2	393	98	390	14	16	83	201	194	7	33	223
3	340	101	419	13	20	104	214	207	8	31	165
4	332	104	418	16	14	96	215	204	7	23	150
5	311	100	420	15	18	84	209	215	5	23	145
6	328	95	408	11	10	94	216	210	6	29	153
Women:											
1	1,451	164	218	19	16	175	130	203	16	18	916
2	1,182	149	203	17	13	165	139	168	16	18	908
3	1,103	156	206	15	19	171	129	181	17	17	825
4	1,052	156	203	19	15	166	118	185	15	17	795
5	1,011	154	212	17	15	158	119	194	15	14	775
6	984	150	225	15	12	159	127	194	16	17	778

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C4.2.--Food Intakes: Percentage of Individuals Using by Wave, 1986 (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	509	89.0	96.9	27.3	32.0	76.4	67.2	99.4	54.4	58.0	54.8
2	393	89.3	95.4	23.4	29.5	79.6	66.2	98.7	61.6	56.7	63.9
3	340	83.5	94.7	21.2	33.2	79.1	72.1	98.8	55.3	55.3	55.9
4	332	89.5	94.0	26.5	31.0	79.5	73.5	98.8	59.6	58.7	47.6
5	311	85.9	94.5	25.1	34.1	78.1	77.2	99.4	52.7	60.8	53.4
6	328	86.0	96.3	18.3	29.6	81.1	72.9	99.4	56.4	63.7	53.0
Women:											
1	1,451	87.5	76.2	26.1	19.2	80.9	49.6	93.7	64.8	52.0	90.8
2	1,182	88.3	75.5	23.4	17.6	82.3	53.0	93.1	66.0	54.1	91.5
3	1,103	88.2	75.4	21.2	19.4	82.3	49.5	92.5	67.5	53.5	90.4
4	1,052	86.6	75.1	25.0	19.3	82.1	47.7	94.3	66.7	52.1	90.9
5	1,011	84.3	73.8	22.0	15.7	78.2	49.0	92.5	63.6	54.3	89.2
6	984	85.8	76.3	21.2	16.9	80.5	51.3	94.2	66.6	54.4	89.2

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C5.1.--Nutrient Intakes: Mean per Individual in a Day by Wave, 1986 (unweighted)

Children

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
Individuals	Number	509	393	340	332	311	328
Food Energy	Kilocalories	1,433	1,411	1,439	1,457	1,402	1,426
Protein	Grams	55.8	53.5	54.2	54.7	54.5	53.5
Total Fat	Grams	56.4	54.6	55.4	57.2	53.4	53.9
Saturated Fat	Grams	22.8	21.5	22.3	22.7	21.1	21.4
Monounsaturated Fat	Grams	20.6	19.9	19.9	20.7	19.6	19.5
Polyunsaturated Fat	Grams	9.0	9.4	9.4	9.8	8.9	9.4
Cholesterol	Grams	249	225	237	249	229	209
Carbohydrate	Grams	180.5	182.0	187.0	186.4	181.3	187.4
Fiber	Grams	9.7	9.3	10.1	9.6	9.9	9.2
Vitamin A	IU	4,263	4,777	4,700	3,979	4,100	4,329
Vitamin A	RE	814	913	900	777	795	847
Carotenes	RE	238	266	258	212	220	231
Vitamin E	Alpha-TE	5.6	5.5	5.5	5.1	5.4	5.0
Ascorbic Acid	Milligrams	79	79	83	84	84	83
Thiamin	Milligrams	1.16	1.14	1.16	1.14	1.17	1.12
Riboflavin	Milligrams	1.66	1.64	1.70	1.65	1.67	1.65
Niacin	Milligrams	14.1	14.3	14.0	13.8	14.1	13.9
Vitamin B-6	Milligrams	1.25	1.28	1.22	1.24	1.29	1.25
Folacin	Micrograms	198	196	200	190	203	192
Vitamin B-12	Micrograms	3.94	4.51	4.49	4.20	3.76	4.14
Calcium	Milligrams	835	805	838	811	823	826
Phosphorus	Milligrams	1,041	1,002	1,053	1,017	1,024	1,013
Magnesium	Milligrams	194	190	201	194	198	190
Iron	Milligrams	10.5	9.7	9.9	9.8	10.1	10.0
Zinc	Milligrams	8.1	7.7	7.7	7.6	7.8	7.9
Copper	Milligrams	.8	.8	.8	.8	.8	.8
Sodium	Milligrams	2,054	2,009	2,041	2,105	2,065	2,062
Potassium	Milligrams	1,913	1,892	2,024	1,976	1,961	1,918

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C5.2.--Nutrient Intakes: Mean per Individual in a Day by Wave, 1986 (unweighted)

Women

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
Individuals	Number	1,451	1,182	1,103	1,052	1,011	984
Food Energy	Kilocalories	1,587	1,446	1,440	1,415	1,406	1,441
Protein	Grams	64.4	58.3	59.0	58.8	58.2	60.0
Total Fat	Grams	65.2	58.8	59.1	58.6	57.4	59.3
Saturated Fat	Grams	24.0	21.3	21.6	21.7	21.3	21.8
Monounsaturated Fat	Grams	24.0	21.5	21.8	21.6	21.0	21.8
Polyunsaturated Fat	Grams	12.6	11.9	11.5	11.2	11.0	11.6
Cholesterol	Grams	293	265	267	275	260	255
Carbohydrate	Grams	181.9	169.0	166.4	162.1	161.2	166.0
Fiber	Grams	11.6	10.2	10.7	10.3	10.2	10.3
Vitamin A	IU	5,376	4,775	5,406	5,275	5,056	5,197
Vitamin A	RE	874	792	907	869	822	858
Carotenes	RE	376	326	365	364	355	359
Vitamin E	Alpha-TE	7.2	7.1	6.8	6.3	6.5	6.8
Ascorbic Acid	Milligrams	86	82	77	70	74	80
Thiamin	Milligrams	1.11	1.04	1.03	1.00	1.00	1.03
Riboflavin	Milligrams	1.43	1.30	1.33	1.31	1.30	1.37
Niacin	Milligrams	17.0	15.8	15.8	15.2	15.2	15.7
Vitamin B-6	Milligrams	1.25	1.16	1.16	1.11	1.12	1.16
Folacin	Micrograms	209	194	194	185	184	189
Vitamin B-12	Micrograms	4.59	4.46	4.82	4.68	4.35	4.51
Calcium	Milligrams	656	590	594	605	613	651
Phosphorus	Milligrams	1,024	924	942	938	932	969
Magnesium	Milligrams	220	200	205	200	198	202
Iron	Milligrams	10.7	9.7	9.9	9.9	9.8	10.0
Zinc	Milligrams	9.2	8.6	8.6	8.5	8.4	8.8
Copper	Milligrams	1.1	1.0	1.0	1.0	1.0	1.0
Sodium	Milligrams	2,446	2,186	2,228	2,293	2,311	2,271
Potassium	Milligrams	2,198	2,035	2,070	2,036	1,992	2,042

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C6.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, 1986 (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	509	393	340	332	311	328
Food Energy	Kilocalories	1,433	1,411	1,439	1,457	1,402	1,426
Protein	Grams	39.3	38.4	38.4	38.1	39.1	38.3
Total Fat	Grams	38.7	38.4	38.0	38.2	37.1	36.8
Saturated Fat	Grams	15.7	15.1	15.4	15.2	14.7	14.7
Monounsaturated Fat	Grams	14.1	14.0	13.7	13.8	13.6	13.3
Polyunsaturated Fat	Grams	6.1	6.6	6.2	6.5	6.2	6.3
Cholesterol	Grams	175	167	166	172	165	152
Carbohydrate	Grams	127.0	128.9	130.4	129.8	131.2	132.6
Fiber	Grams	6.8	6.5	7.1	6.7	7.1	6.5
Vitamin A	IU	3,171	3,383	3,394	2,765	3,034	3,227
Vitamin A	RE	600	654	638	546	590	632
Carotenes	RE	179	185	192	145	162	172
Vitamin E	Alpha-TE	4.0	3.9	3.7	3.5	3.7	3.4
Ascorbic Acid	Milligrams	58	56	59	61	63	61
Thiamin	Milligrams	.83	.81	.81	.79	.86	.81
Riboflavin	Milligrams	1.19	1.18	1.21	1.15	1.22	1.19
Niacin	Milligrams	10.1	10.2	10.0	9.7	10.3	10.0
Vitamin B-6	Milligrams	.90	.91	.87	.89	.95	.90
Folacin	Micrograms	142	140	140	135	150	140
Vitamin B-12	Micrograms	2.84	3.33	3.17	2.97	2.73	3.14
Calcium	Milligrams	597	581	593	565	594	585
Phosphorus	Milligrams	737	719	739	707	735	719
Magnesium	Milligrams	137	136	141	136	142	136
Iron	Milligrams	7.6	7.0	7.1	7.0	7.4	7.2
Zinc	Milligrams	5.7	5.7	5.5	5.3	5.6	5.6
Copper	Milligrams	.5	.6	.6	.6	.6	.6
Sodium	Milligrams	1,457	1,444	1,426	1,468	1,496	1,445
Potassium	Milligrams	1,359	1,350	1,442	1,391	1,418	1,369

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C6.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, 1986 (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	1,451	1,182	1,103	1,052	1,011	984
Food Energy	Kilocalories	1,587	1,446	1,440	1,415	1,406	1,441
Protein	Grams	41.9	41.4	42.4	43.0	42.6	42.9
Total Fat	Grams	40.3	39.6	40.2	40.2	39.2	40.0
Saturated Fat	Grams	14.8	14.3	14.6	14.8	14.4	14.5
Monounsaturated Fat	Grams	14.8	14.5	14.8	14.8	14.3	14.7
Polyunsaturated Fat	Grams	7.8	8.0	8.0	7.7	7.6	7.9
Cholesterol	Grams	188	189	190	197	192	183
Carbohydrate	Grams	115.6	118.2	116.0	115.7	117.5	116.6
Fiber	Grams	7.7	7.4	7.8	7.6	7.7	7.5
Vitamin A	IU	3,599	3,512	3,994	3,975	3,827	3,838
Vitamin A	RE	567	563	634	643	641	605
Carotenes	RE	261	249	287	280	258	279
Vitamin E	Alpha-TE	4.6	4.8	4.7	4.5	4.7	4.7
Ascorbic Acid	Milligrams	59	61	60	54	61	59
Thiamin	Milligrams	.72	.73	.74	.73	.74	.74
Riboflavin	Milligrams	.92	.91	.94	.95	.95	.97
Niacin	Milligrams	11.4	11.3	11.7	11.4	11.6	11.4
Vitamin B-6	Milligrams	.82	.83	.84	.82	.84	.83
Folacin	Micrograms	140	140	144	138	141	143
Vitamin B-12	Micrograms	2.92	3.16	3.18	3.39	3.54	3.10
Calcium	Milligrams	417	411	419	435	433	450
Phosphorus	Milligrams	659	649	674	678	675	681
Magnesium	Milligrams	146	145	151	150	149	146
Iron	Milligrams	7.0	6.9	7.3	7.2	7.4	7.2
Zinc	Milligrams	6.0	6.0	6.2	6.1	6.2	6.2
Copper	Milligrams	.7	.7	.7	.7	.8	.7
Sodium	Milligrams	1,595	1,545	1,609	1,688	1,726	1,650
Potassium	Milligrams	1,482	1,491	1,546	1,538	1,499	1,510

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C7.--Mean Food Energy Intake by Income and Wave, 1986 (unweighted)

Income Level	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...	145	1,367	109	1,360	90	1,441
131-300% Poverty.....	201	1,470	157	1,476	143	1,439
Over 300% Poverty....	117	1,460	98	1,415	87	1,484
All Income Levels....	509	1,433	393	1,411	340	1,439
Women:						
Under 131% Poverty...	296	1,526	229	1,332	213	1,330
131-300% Poverty.....	489	1,607	412	1,494	385	1,483
Over 300% Poverty....	526	1,631	434	1,489	411	1,484
All Income Levels....	1,451	1,587	1,182	1,446	1,103	1,440

	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...	95	1,401	85	1,354	91	1,384
131-300% Poverty.....	135	1,497	127	1,451	136	1,469
Over 300% Poverty....	86	1,460	80	1,414	83	1,419
All Income Levels....	332	1,457	311	1,402	328	1,426
Women:						
Under 131% Poverty...	204	1,296	199	1,282	197	1,400
131-300% Poverty.....	362	1,404	345	1,413	338	1,460
Over 300% Poverty....	401	1,499	383	1,481	366	1,444
All Income Levels....	1,052	1,415	1,011	1,406	984	1,441

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

Appendix Table C8.--Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day by Wave, 1986 (unweighted)

Wave Number	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	Number	Percent					
Children:							
1	509	15.7	34.8	14.1	12.7	5.5	50.8
2	393	15.4	34.6	13.6	12.6	6.0	51.6
3	340	15.4	34.2	13.8	12.3	5.6	52.2
4	332	15.2	34.4	13.6	12.4	5.9	51.9
5	311	15.6	33.4	13.3	12.2	5.6	52.5
6	328	15.3	33.1	13.2	12.0	5.6	53.0
Women:							
1	1,451	16.7	36.3	13.3	13.3	7.1	46.3
2	1,182	16.6	35.6	12.9	13.0	7.2	47.3
3	1,103	17.0	36.2	13.1	13.4	7.2	46.4
4	1,052	17.2	36.2	13.3	13.3	6.9	46.3
5	1,011	17.0	35.3	13.0	12.9	6.8	47.0
6	984	17.2	36.0	13.1	13.2	7.1	46.7

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

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1986.

GENERAL NOTE:

Data in these tables are unweighted and cannot 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 the first wave were eligible for re-interview 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 mothers/caretakers 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 AND 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 AND 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 AND C6.2--NUTRIENT INTAKES PER 1,000 KILOCALORIES

See notes for tables 7.1 and 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.

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 (4)--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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