

## **DATA TABLES:**

### **Food and Nutrient Intakes by Individuals in the United States, by Food Stamp Program Participation, Low-Income Households, 1994-96**

#### **Table Set 15**



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## DATA TABLES:

### Food and Nutrient Intakes by Individuals in the United States, by Food Stamp Program Participation, Low-Income Households, 1994-96

This table set contains estimates of food and nutrient intakes by individuals in low-income households categorized by Food Stamp Program (FSP) participation. The data are from USDA's 1994-96 Continuing Survey of Food Intakes by Individuals (CSFII), popularly known as the *What We Eat in America* survey. Two nonconsecutive days of food intake data for individuals of all ages were collected 3 to 10 days apart during in-person interviews using a 24-hour recall between January 1994 and January 1997. The design, methodology, and operation of the survey are detailed in a separate report [Tippett and Cypel (eds.) 1998].

Food Stamp participation was based on information provided by the household respondent. See "Table Notes" on page 53 for the question used to determine whether or not a household participated in the Food Stamp Program.

The tables provide national probability estimates for the U.S. population. The results are weighted to adjust for differential rates of sample selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior.

*Participation in the FSP is only one of many demographic factors that may influence food intake behavior. Some examples of other factors are income, race, Hispanic origin, level of urbanization, education, and employment status. Readers are cautioned that this survey was designed to measure dietary intakes of the general population. The survey screened households for income level only, not for FSP eligibility. In-depth analyses of the data are needed to assess the effects of FSP participation on dietary intake more extensively than the summary statistics provided in this report.*

Sample sizes on which estimates are based are provided in appendix A. In general, the sample size for each FSP-sex-age group provides a sufficient level of precision to ensure statistical reliability of the estimates; see

appendix B for the criteria used in flagging estimates. Readers using data for young children should note that breast-fed children have been excluded from estimates in the tables. For 1994-96, the overall day-1 response rate was 80.0 percent and the 2-day response rate was 76.1 percent.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can compare this information with day-1 intakes from previous surveys that included different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes. Notes for each table are in the Table Notes section that begins on page 53. Additional information to aid in interpretation of the tables is provided in appendixes C - E. References are in appendix F.

#### **Suggested citation:**

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## List of Tables and Appendixes

	<b>Page</b>
<b><u>Nutrients</u></b>	
Table 1	Mean amounts consumed per individual . . . . . 4
Table 2	Mean intakes as percentages of the 1989 Recommended Dietary Allowances . . . . . 8
Table 3A	Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances . . . . . 10
Table 3B	Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances . . . . . 16
Table 4	Mean percentages of calories from protein, fat, carbohydrate, and alcohol . . . . . 22
Table 5	Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol . . . . . 23
<b><u>Foods</u></b>	
<i>Mean quantities (in grams) consumed per individual and percentages of individuals consuming foods from various food groups</i>	
Table 6A to 6B	Grain products . . . . . 24
Table 7A to 7B	Vegetables . . . . . 26
Table 8A to 8B	Fruits . . . . . 28
Table 9A to 9B	Milk and milk products . . . . . 30
Table 10A to 10B	Meat, poultry, and fish . . . . . 32
Table 11A to 11B	Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets . . . . . 34
Table 12A to 12B	Beverages . . . . . 36
<b><u>Pyramid Servings</u></b>	
<i>Mean numbers of servings and percentages of individuals consuming specified numbers of servings per day</i>	
Table 13A to 13B	Grain group . . . . . 38
Table 14A to 14B	Vegetable group . . . . . 40
Table 15A to 15B	Fruit group . . . . . 42
Table 16A to 16B	Dairy group . . . . . 44
Table 17A to 17B	Meat group . . . . . 46
<i>Mean daily intakes of discretionary fat and added sugars per day</i>	
Table 18	Pyramid tip . . . . . 48

## **Fatty acids**

### *Mean intakes per individual*

Table 19.1	Saturated fatty acids .....	49
Table 19.2	Monounsaturated fatty acids .....	50
Table 19.3	Polyunsaturated fatty acids .....	51

## **Weight Status**

Table 20	Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI .....	52
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## **Table notes**

.....	53
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## **Appendixes**

Appendix A	Counts of day-1 and 2-day respondents and population percentages .....	58
Appendix B	Statistical notes .....	60
Appendix C	Descriptions of food groups used in tables 6A to 12B .....	61
Appendix D	Descriptions of food groups used in tables 13A to 18 .....	68
Appendix E	Chemical names, trivial names, and abbreviations of reported fatty acids .....	74
Appendix F	References .....	75

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----					<i>Milligrams</i>
<b>Participating:</b>								
Males and females:								
1-2.....	0.6	1,373	53.4	53.2	21.7	19.4	7.9	227
3-5.....	0.8	1,615	59.6	62.0	23.4	23.7	10.2	225
5 and under ‡ .....	1.6	1,427	52.3	55.8	21.8	20.7	9.2	204
Males:								
6-11.....	0.5	2,109	76.9	82.0	30.2	31.8	14.0	260
12-19.....	0.8	2,730	103.5	111.4	38.4	44.3	20.5	406
20-39.....	0.7	3,375	124.4	141.7	50.3	53.6	27.1	537
40-59.....	0.4	2,251	86.8	85.5	29.1	33.7	15.9	334
60 and over.....	0.2	1,603	70.9	60.0	20.6	22.9	11.3	306
20 and over.....	1.3	2,811	106.2	114.4	40.1	43.7	21.7	446
Females:								
6-11.....	0.7	1,800	68.0	69.5	26.0	26.5	11.8	263
12-19.....	0.6	1,867	63.2	71.3	26.5	27.2	12.3	244
20-39.....	1.5	1,863	69.2	69.5	23.4	27.4	13.3	261
40-59.....	0.5	1,602	62.4	62.0	21.6	23.7	11.9	245
60 and over.....	0.4	1,318	54.2	50.9	16.7	19.6	10.4	238
20 and over.....	2.5	1,710	65.1	64.6	21.8	25.2	12.5	253
All individuals.....	7.9	1,974	73.7	77.4	27.7	29.8	14.1	290
<b>Not participating:</b>								
Males and females:								
1-2.....	0.4	1,311	52.2	50.1	20.4	18.2	7.8	215
3-5.....	0.7	1,584	59.8	58.9	22.5	22.0	9.8	212
5 and under ‡ .....	1.2	1,408	53.1	53.3	21.0	19.5	8.8	197
Males:								
6-11.....	0.5	1,976	66.6	73.9	26.9	29.3	12.2	235
12-19.....	0.7	2,807	93.3	106.2	37.1	41.5	19.8	347
20-39.....	1.7	2,901	109.7	105.2	36.3	40.9	19.8	391
40-59.....	0.6	2,381	93.5	92.4	30.7	35.8	18.4	389
60 and over.....	0.7	1,598	66.2	61.2	21.0	23.6	11.6	292
20 and over.....	3.0	2,480	95.8	91.9	31.4	35.7	17.6	366
Females:								
6-11.....	0.6	1,732	61.8	65.0	24.2	25.2	10.7	235
12-19.....	0.8	1,990	69.8	74.8	26.4	29.1	13.7	249
20-39.....	1.9	1,730	66.2	64.0	21.8	24.1	13.1	242
40-59.....	0.8	1,608	63.8	62.0	20.5	23.7	12.8	252
60 and over.....	1.7	1,242	50.7	43.7	14.4	16.5	9.2	178
20 and over.....	4.3	1,517	59.7	55.6	18.7	21.0	11.5	219
All individuals.....	11.1	1,907	71.8	70.9	24.7	27.2	13.5	267

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued**

FSP participation, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
<b>Participating:</b>							
<b>Males and females:</b>							
1-2.....	174.0	8.8	667	239	4.7	104	1.14
3-5.....	209.6	10.4	755	222	5.3	102	1.43
5 and under ‡ .....	182.7	8.8	750	216	6.1	104	1.25
<b>Males:</b>							
6-11.....	271.3	14.5	881	261	7.4	96	1.76
12-19.....	332.8	15.3	1,062	521	9.4	113	2.06
20-39.....	394.4	18.8	1,060	448	12.2	120	2.21
40-59.....	276.8	16.2	1,237	361	7.1	† 125	1.74
60 and over.....	192.0	13.9	† 1,358	† 649	6.0	99	1.42
20 and over.....	333.2	17.4	1,151	447	9.9	119	1.96
<b>Females:</b>							
6-11.....	230.2	11.4	812	243	6.2	88	1.46
12-19.....	246.4	12.1	709	281	6.6	99	1.41
20-39.....	236.7	11.3	680	356	6.7	80	1.37
40-59.....	197.8	11.5	821	508	5.8	87	1.19
60 and over.....	164.7	11.8	792	† 503	5.6	80	1.07
20 and over.....	215.6	11.4	730	415	6.3	82	1.28
All individuals.....	246.4	12.5	850	355	7.2	98	1.52
<b>Not participating:</b>							
<b>Males and females:</b>							
1-2.....	167.2	8.8	699	246	4.8	102	1.16
3-5.....	209.1	11.6	850	302	5.3	93	1.36
5 and under ‡ .....	183.4	9.8	802	290	5.8	99	1.23
<b>Males:</b>							
6-11.....	267.4	12.8	731	204	6.2	104	1.68
12-19.....	362.8	16.8	1,052	374	9.3	119	2.02
20-39.....	349.6	20.6	905	410	10.3	121	2.10
40-59.....	280.0	17.4	879	430	8.8	105	1.86
60 and over.....	197.3	15.3	1,275	552	6.4	76	1.45
20 and over.....	298.7	18.6	990	448	9.0	107	1.89
<b>Females:</b>							
6-11.....	230.5	11.4	746	232	5.6	101	1.36
12-19.....	264.7	13.5	697	263	6.9	82	1.54
20-39.....	223.8	13.1	834	457	7.0	98	1.37
40-59.....	201.5	12.7	695	393	6.4	76	1.25
60 and over.....	166.4	12.5	1,010	490	5.2	89	1.14
20 and over.....	197.4	12.8	879	459	6.2	91	1.26
All individuals.....	242.7	14.2	884	395	7.1	98	1.52

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued**

FSP participation, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----		----- Micrograms -----		----- Milligrams -----		
Participating:							
Males and females:							
1-2.....	1.70	13.3	1.29	177	3.46	817	974
3-5.....	1.88	17.0	1.51	229	3.79	810	1,042
5 and under ‡ .....	1.74	14.8	1.31	196	3.76	787	945
Males:							
6-11.....	2.21	21.4	1.78	268	4.28	998	1,335
12-19.....	2.51	26.3	2.12	280	5.67	1,055	1,585
20-39.....	2.83	31.5	2.30	303	† 18.62	1,111	1,885
40-59.....	1.94	24.1	1.68	240	† 9.23	733	1,267
60 and over.....	1.70	19.4	1.63	238	5.92	597	1,025
20 and over.....	2.42	27.7	2.03	276	† 14.17	932	1,589
Females:							
6-11.....	1.97	17.7	1.53	229	4.31	855	1,156
12-19.....	1.71	17.8	1.46	215	4.04	717	1,051
20-39.....	1.49	19.1	1.42	200	3.80	592	1,026
40-59.....	1.41	17.1	1.31	172	3.24	562	942
60 and over.....	1.32	15.3	1.18	182	2.71	529	828
20 and over.....	1.44	18.0	1.35	191	3.48	574	973
All individuals.....	1.88	19.9	1.58	224	5.64	785	1,172
Not participating:							
Males and females:							
1-2.....	1.74	12.9	1.35	192	3.40	855	985
3-5.....	1.83	16.0	1.48	222	4.19	842	1,067
5 and under ‡ .....	1.73	14.3	1.34	200	3.69	828	982
Males:							
6-11.....	2.10	19.9	1.65	266	3.78	888	1,171
12-19.....	2.35	25.5	2.02	309	5.87	1,096	1,580
20-39.....	2.45	31.7	2.41	340	5.74	1,054	1,704
40-59.....	2.04	25.6	2.00	271	5.12	781	1,394
60 and over.....	1.80	18.9	1.60	239	† 6.62	649	1,072
20 and over.....	2.21	27.3	2.13	302	5.83	901	1,488
Females:							
6-11.....	1.76	16.1	1.36	217	4.87	796	1,060
12-19.....	1.81	19.3	1.57	221	4.28	748	1,118
20-39.....	1.56	18.4	1.54	233	3.79	645	1,062
40-59.....	1.45	17.1	1.34	197	3.40	615	1,002
60 and over.....	1.42	15.6	1.36	207	4.64	540	826
20 and over.....	1.49	17.1	1.43	217	4.06	598	959
All individuals.....	1.83	20.3	1.66	246	4.65	769	1,167

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued**

FSP participation, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Participating:						
Males and females:						
1-2.....	183	11.0	8.4	0.7	2,179	2,008
3-5.....	200	13.0	9.3	.8	2,741	2,056
5 and under ‡ .....	179	12.7	8.6	.8	2,233	1,894
Males:						
6-11.....	250	16.2	10.9	1.0	3,407	2,488
12-19.....	293	18.7	14.3	1.3	4,718	3,116
20-39.....	349	25.0	19.8	1.6	5,160	3,731
40-59.....	272	15.8	12.0	1.5	4,339	2,632
60 and over.....	242	13.8	10.1	1.1	2,876	2,551
20 and over.....	312	20.8	16.2	1.5	4,624	3,249
Females:						
6-11.....	210	13.6	10.3	.9	2,949	2,197
12-19.....	210	13.2	9.9	1.0	3,030	2,222
20-39.....	209	12.7	9.7	1.0	3,300	2,154
40-59.....	215	11.3	8.6	1.0	2,661	2,201
60 and over.....	190	10.8	7.5	.8	2,239	1,964
20 and over.....	207	12.1	9.1	1.0	2,975	2,131
All individuals.....	230	14.8	10.9	1.0	3,288	2,394
Not participating:						
Males and females:						
1-2.....	190	10.2	7.5	.7	2,013	2,032
3-5.....	207	12.9	9.2	.8	2,495	2,130
5 and under ‡ .....	190	12.1	8.2	.8	2,122	1,989
Males:						
6-11.....	227	14.6	10.2	.9	3,044	2,219
12-19.....	293	17.4	14.3	1.4	4,166	2,922
20-39.....	356	19.2	15.2	1.7	4,645	3,415
40-59.....	320	16.6	13.1	1.4	3,975	3,146
60 and over.....	250	14.4	9.4	1.1	2,866	2,457
20 and over.....	323	17.5	13.4	1.5	4,078	3,128
Females:						
6-11.....	202	12.0	9.0	.9	2,574	2,132
12-19.....	224	13.9	10.2	1.1	3,271	2,252
20-39.....	232	13.0	9.9	1.1	2,780	2,300
40-59.....	222	11.7	8.8	.9	2,700	2,234
60 and over.....	200	11.5	7.3	.9	2,172	1,990
20 and over.....	217	12.2	8.7	1.0	2,527	2,166
All individuals.....	247	14.2	10.4	1.1	3,076	2,457

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
<b>Participating:</b>									
Males and females:									
1-2.....	0.6	106	334	167	79	259	163	212	147
3-5.....	0.8	99	282	161	80	235	171	189	155
5 and under ‡ .....	1.6	104	284	176	118	259	179	212	156
Males:									
6-11.....	0.5	104	269	133	102	210	175	183	162
12-19.....	0.8	97	194	106	94	205	145	151	140
20-39.....	0.7	116	201	106	122	201	147	167	166
40-59.....	0.4	84	138	124	71	† 208	124	122	139
60 and over.....	0.2	70	112	† 136	60	164	118	122	129
20 and over.....	1.3	101	171	115	99	199	137	147	153
Females:									
6-11.....	0.7	90	233	127	85	192	147	165	135
12-19.....	0.6	84	139	89	82	177	127	130	118
20-39.....	1.5	84	139	85	82	131	122	112	126
40-59.....	0.5	76	124	103	73	144	112	111	119
60 and over.....	0.4	69	108	99	70	133	107	110	118
20 and over.....	2.5	80	130	91	78	134	117	111	123
All individuals.....	7.9	93	193	120	94	190	143	153	140
<b>Not participating:</b>									
Males and females:									
1-2.....	0.4	101	326	175	80	256	165	218	144
3-5.....	0.7	98	286	183	79	216	164	186	147
5 and under ‡ .....	1.2	100	287	186	107	247	172	205	149
Males:									
6-11.....	0.5	97	230	104	84	227	164	171	149
12-19.....	0.7	100	175	105	93	212	141	142	136
20-39.....	1.7	100	180	90	103	202	140	144	167
40-59.....	0.6	89	148	88	88	174	133	128	146
60 and over.....	0.7	69	105	127	64	127	121	129	126
20 and over.....	3.0	90	156	99	90	178	134	137	153
Females:									
6-11.....	0.6	88	216	120	78	221	137	148	124
12-19.....	0.8	90	153	87	86	147	139	138	128
20-39.....	1.9	77	133	103	84	160	120	117	121
40-59.....	0.8	78	128	87	80	127	118	115	121
60 and over.....	1.7	65	101	126	64	149	114	118	120
20 and over.....	4.3	73	120	110	76	150	118	117	121
All individuals.....	11.1	85	164	114	85	179	134	139	135

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued**

FSP participation, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percent of RDA</i> -----								
Participating:								
Males and females:								
1-2.....	129	355	494	102	122	229	110	84
3-5.....	141	348	428	101	130	189	130	93
5 and under ‡ .....	137	356	530	105	127	202	134	96
Males:								
6-11.....	132	275	317	120	160	151	158	103
12-19.....	113	158	284	88	132	87	159	95
20-39.....	115	151	† 931	130	218	100	250	132
40-59.....	84	120	† 462	92	158	78	158	80
60 and over.....	81	119	296	75	128	69	138	67
20 and over.....	102	138	† 709	111	189	89	208	108
Females:								
6-11.....	116	232	320	100	135	126	127	99
12-19.....	99	126	201	60	88	73	86	82
20-39.....	86	106	188	67	117	74	82	79
40-59.....	82	95	162	69	117	77	87	71
60 and over.....	74	101	135	66	104	68	108	63
20 and over.....	83	102	173	67	114	73	88	74
All individuals.....	107	190	368	90	134	113	132	91
Not participating:								
Males and females:								
1-2.....	135	385	486	107	123	237	102	75
3-5.....	139	344	466	105	133	199	129	92
5 and under ‡ .....	137	362	479	109	129	212	126	89
Males:								
6-11.....	118	259	276	105	139	133	142	97
12-19.....	107	173	294	91	132	87	151	96
20-39.....	121	170	287	111	182	102	192	101
40-59.....	100	136	256	98	174	91	166	87
60 and over.....	80	120	† 331	81	134	71	144	63
20 and over.....	107	151	291	101	169	92	175	89
Females:								
6-11.....	104	228	394	94	125	125	114	88
12-19.....	105	130	213	62	93	78	92	85
20-39.....	93	122	187	69	114	81	84	80
40-59.....	84	110	170	77	125	79	94	73
60 and over.....	85	115	232	68	103	71	115	61
20 and over.....	88	117	202	70	112	77	98	72
All individuals.....	103	170	276	86	131	102	128	83

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	† 1.7	22.2	48.3	† 0.0	† 0.0	† 0.7	† 4.5	13.4	28.7
3-5.....	0.8	† 2.7	21.4	58.5	† 0.0	† 0.0	† .6	5.4	18.9	33.5
5 and under ‡ .....	1.6	† 2.1	19.6	51.1	† 0.0	† .4	2.3	4.4	15.0	28.2
Males:										
6-11.....	0.5	† 2.7	19.7	57.0	† 0.0	† 0.0	† 1.8	† 8.9	35.4	56.2
12-19.....	0.8	† 2.8	35.6	61.7	† 0.0	† 1.1	† 7.3	25.4	46.4	66.1
20-39.....	0.8	† 9.9	29.2	52.3	† 0.0	† 8.0	15.6	26.5	45.6	58.6
40-59.....	0.4	18.3	47.4	69.4	† 7.0	† 10.0	34.4	41.6	62.1	71.5
60 and over.....	0.2	36.1	70.7	† 89.7	† 10.6	29.5	48.6	31.4	52.5	67.6
20 and over.....	1.3	15.4	39.3	61.6	† 3.3	11.1	25.0	31.5	51.3	63.4
Females:										
6-11.....	0.7	† 10.7	35.5	68.4	† 0.0	† 1.9	† 5.2	† 11.3	32.2	60.0
12-19.....	0.6	† 11.9	45.0	70.4	† .7	18.1	31.0	36.0	51.4	76.2
20-39.....	1.5	18.6	45.4	76.8	† 3.5	16.4	32.2	43.6	65.2	77.1
40-59.....	0.6	23.2	63.1	82.6	† 7.4	19.0	39.6	38.3	53.3	67.6
60 and over.....	0.5	23.0	62.3	† 92.0	† 8.1	26.6	41.9	45.0	65.8	79.3
20 and over.....	2.5	20.4	52.4	80.8	5.2	18.8	35.6	42.7	62.7	75.4
All individuals.....	8.0	11.6	37.8	66.4	2.2	9.4	19.3	26.0	44.3	60.4
Not participating:										
Males and females:										
1-2.....	0.5	† 2.8	25.3	59.0	† 0.0	† 0.0	† 1.5	† 6.1	13.6	25.0
3-5.....	0.6	† 2.1	31.4	62.1	† 0.0	† 0.0	† .8	† 5.6	16.3	30.8
5 and under ‡ .....	1.2	† 2.2	27.3	58.6	† 0.0	† 1.0	† 2.7	5.2	13.7	26.6
Males:										
6-11.....	0.5	† 6.1	32.0	66.6	† 0.0	† 0.0	† 7.2	14.7	37.7	56.8
12-19.....	0.7	† 5.9	27.2	57.5	† 1.3	† 5.4	† 8.1	32.2	57.6	71.3
20-39.....	1.6	11.9	31.9	64.2	† 1.7	5.2	15.2	32.9	53.2	64.6
40-59.....	0.6	7.9	48.1	73.9	† 2.0	† 4.3	15.5	44.8	58.5	71.6
60 and over.....	0.7	23.0	64.7	85.9	6.3	23.0	47.1	35.1	52.0	65.3
20 and over.....	2.9	13.7	43.2	71.5	2.9	9.3	22.9	35.9	54.0	66.2
Females:										
6-11.....	0.5	† 3.7	34.1	76.9	† 0.0	† 0.0	† 4.1	18.0	34.4	62.4
12-19.....	0.8	12.0	41.3	74.3	† 0.0	† 7.8	18.6	36.4	59.3	72.6
20-39.....	1.9	17.2	60.3	84.7	† 2.8	15.2	29.9	35.1	52.6	68.2
40-59.....	0.8	15.0	52.4	87.5	† 3.8	16.4	32.9	35.5	57.2	68.0
60 and over.....	1.6	23.9	67.4	93.6	7.5	23.1	45.7	24.4	46.3	60.0
20 and over.....	4.3	19.3	61.5	88.5	4.8	18.4	36.4	31.2	51.0	65.1
All individuals.....	11.0	13.2	46.5	76.1	2.7	10.7	23.1	28.6	47.3	61.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	26.7	54.9	77.8	6.7	13.9	19.6	† 0.8	† 5.4	14.7
3-5.....	0.8	19.0	53.5	74.8	6.1	13.2	19.2	† .6	† 4.5	12.8
5 and under ‡ .....	1.6	19.4	47.6	66.9	5.5	11.7	16.8	† .6	4.4	12.7
Males:										
6-11.....	0.5	† 12.0	30.4	61.8	† 3.1	16.1	22.5	† 0.0	† 1.4	† 10.8
12-19.....	0.8	18.8	51.8	68.6	† 11.9	19.3	27.3	† 1.3	† 12.2	25.5
20-39.....	0.8	21.0	37.2	52.8	16.0	24.5	36.7	† 6.4	17.4	† 28.6
40-59.....	0.4	45.3	66.1	77.9	20.1	32.9	45.3	† 10.4	21.7	38.9
60 and over.....	0.2	53.3	† 80.0	† 88.0	32.8	46.3	60.9	† 13.8	36.2	52.5
20 and over.....	1.3	31.8	50.6	64.2	19.2	29.5	42.0	8.5	20.9	34.4
Females:										
6-11.....	0.7	14.4	52.3	80.4	† 10.9	19.6	32.6	† 0.0	† 6.6	19.3
12-19.....	0.6	31.0	55.1	76.1	† 11.0	25.2	32.1	† 8.1	19.4	34.3
20-39.....	1.5	29.6	59.6	76.4	28.2	47.0	57.0	9.7	26.2	46.1
40-59.....	0.6	27.9	54.9	80.3	27.0	44.0	51.1	† 6.6	18.2	45.4
60 and over.....	0.5	40.7	70.9	† 91.9	30.8	46.8	58.3	† 5.8	24.3	70.3
20 and over.....	2.5	31.2	60.6	80.1	28.4	46.3	55.9	8.3	24.1	50.3
All individuals.....	8.0	25.0	52.3	72.2	16.2	28.1	37.0	4.8	15.1	31.3
Not participating:										
Males and females:										
1-2.....	0.5	29.6	60.4	80.4	† 1.2	11.0	18.8	† 1.4	7.4	16.1
3-5.....	0.6	19.2	54.9	74.4	6.8	11.9	21.2	† .3	† 4.0	16.0
5 and under ‡ .....	1.2	21.1	51.9	69.8	4.0	10.4	18.3	† .7	4.9	14.6
Males:										
6-11.....	0.5	22.5	44.4	78.8	† 8.7	21.0	24.6	† 0.0	† 1.5	† 12.6
12-19.....	0.7	† 10.0	38.8	62.6	18.6	23.9	33.2	† 1.7	† 9.1	32.2
20-39.....	1.6	16.4	40.5	62.8	13.8	26.1	36.6	6.4	16.2	35.7
40-59.....	0.6	28.0	55.0	69.8	25.8	40.7	46.5	† 3.7	16.4	36.8
60 and over.....	0.7	40.7	71.7	85.2	20.2	40.4	52.1	6.2	22.5	39.7
20 and over.....	2.9	24.6	51.0	69.6	17.9	32.6	42.4	5.8	17.7	36.9
Females:										
6-11.....	0.5	19.3	60.1	84.0	† 5.8	† 13.1	20.8	† 0.0	† 4.2	26.3
12-19.....	0.8	19.7	56.1	70.2	22.8	33.1	43.2	† 3.0	† 10.8	27.4
20-39.....	1.9	26.0	53.4	72.9	17.8	32.7	44.2	7.6	20.8	46.0
40-59.....	0.8	25.2	52.5	77.3	27.1	39.0	49.2	7.3	19.9	41.3
60 and over.....	1.6	35.5	69.7	86.0	18.6	29.7	43.1	6.4	18.4	41.9
20 and over.....	4.3	29.4	59.3	78.7	19.8	32.8	44.7	7.1	19.7	43.6
All individuals.....	11.0	24.4	54.1	73.9	16.5	28.2	38.3	4.7	14.7	34.5

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	† 0.7	† 2.4	8.0	† 3.0	12.5	24.1	† 4.4	16.3	35.8
3-5.....	0.8	† 1.0	† 2.8	9.4	† .9	6.9	17.8	† 3.3	11.8	25.9
5 and under ‡ .....	1.6	† .8	† 2.3	7.7	† 1.8	8.4	19.2	3.3	12.7	28.0
Males:										
6-11.....	0.5	† 1.7	† 3.5	† 8.6	† .5	† 5.7	13.8	† 4.2	19.1	34.3
12-19.....	0.8	† 2.0	† 12.0	26.4	† .4	† 7.3	26.1	† 11.2	25.7	46.1
20-39.....	0.8	† 2.0	14.4	31.7	† 6.9	† 12.7	19.4	† 11.6	25.9	45.4
40-59.....	0.4	† 7.4	20.7	45.6	† 5.7	15.2	29.3	16.2	44.1	71.1
60 and over.....	0.2	† 13.8	28.0	45.8	† 5.9	† 20.0	41.2	35.9	59.4	† 83.1
20 and over.....	1.3	† 4.9	17.8	37.4	6.4	14.3	24.8	15.8	35.1	57.3
Females:										
6-11.....	0.7	† .5	† 7.2	17.3	† 1.3	† 8.3	26.5	† 5.3	20.2	47.2
12-19.....	0.6	† 13.9	23.9	40.1	† 4.1	23.5	36.6	† 12.8	35.7	56.0
20-39.....	1.5	13.9	27.2	51.7	8.5	16.5	38.7	20.0	44.7	66.4
40-59.....	0.6	† 6.9	27.8	54.4	† 5.4	19.4	43.9	22.0	44.3	73.8
60 and over.....	0.5	† 8.0	22.8	48.1	† 8.3	23.4	46.1	26.1	65.3	83.1
20 and over.....	2.5	11.3	26.5	51.6	7.8	18.4	41.2	21.6	48.3	71.0
All individuals.....	8.0	5.9	15.4	31.3	4.3	13.3	29.2	12.7	31.5	52.1
Not participating:										
Males and females:										
1-2.....	0.5	† 0.0	† 1.7	† 5.4	† 5.0	20.5	32.3	† 5.3	21.0	36.8
3-5.....	0.6	† .3	† 4.1	10.5	† 2.6	10.8	21.4	† 3.7	11.8	29.8
5 and under ‡ .....	1.2	† .1	† 2.8	7.6	3.2	13.6	24.6	3.9	14.8	31.2
Males:										
6-11.....	0.5	† 0.0	† .7	† 12.5	† 0.0	† 7.1	24.5	† 6.3	18.5	52.6
12-19.....	0.7	† 4.6	† 10.1	26.6	† 3.8	† 10.0	25.6	† 6.9	21.5	49.4
20-39.....	1.6	6.4	18.1	32.4	† 3.4	10.7	21.9	12.6	27.7	45.2
40-59.....	0.6	† 5.5	17.0	34.4	† 2.6	7.5	21.9	12.1	35.7	68.0
60 and over.....	0.7	5.9	18.2	40.4	6.2	18.7	34.7	21.3	54.1	73.1
20 and over.....	2.9	6.1	17.9	34.7	3.9	12.0	25.0	14.6	35.7	56.7
Females:										
6-11.....	0.5	† 0.0	† 4.4	18.8	† 0.0	14.0	35.4	† 3.8	25.4	51.3
12-19.....	0.8	† 5.0	14.6	32.9	† 1.8	13.8	37.9	† 7.3	35.2	57.7
20-39.....	1.9	7.7	23.3	47.7	5.9	22.4	42.4	16.6	40.9	66.1
40-59.....	0.8	† 3.7	25.6	50.1	† 4.3	18.4	41.0	24.9	50.6	67.1
60 and over.....	1.6	5.8	21.8	41.4	7.3	19.0	37.9	20.9	47.6	69.9
20 and over.....	4.3	6.2	23.1	45.8	6.1	20.4	40.4	19.7	45.2	67.7
All individuals.....	11.0	4.7	16.1	33.6	4.2	15.3	32.5	13.5	34.9	57.3

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>----- Percent of individuals -----</i>								
Participating:										
Males and females:										
1-2.....	0.6	† 0.0	† 0.0	† 1.9	† 0.4	† 1.8	† 1.8	15.8	37.8	54.6
3-5.....	0.8	† 0.0	† .7	† 1.9	† .5	† .7	† 1.6	10.1	30.2	57.4
5 and under ‡ .....	1.6	† 0.0	† .4	† 1.8	† .4	† 1.0	† 1.5	11.3	30.2	51.5
Males:										
6-11.....	0.5	† 0.0	† 0.0	† 7.7	† 0.0	† 3.0	† 3.8	† 6.5	22.9	45.7
12-19.....	0.8	† 3.1	17.9	27.5	† 0.0	† 3.4	† 7.8	20.6	43.7	71.6
20-39.....	0.8	† 5.1	24.0	34.3	† 4.1	† 6.6	† 12.3	20.9	33.7	47.0
40-59.....	0.4	† 11.6	20.0	42.9	† 3.7	23.2	31.5	24.8	55.2	75.8
60 and over.....	0.2	20.7	36.8	55.9	† 12.1	† 17.2	33.4	41.7	69.0	† 81.0
20 and over.....	1.3	8.8	24.3	39.3	† 4.9	12.7	20.4	24.4	44.1	59.4
Females:										
6-11.....	0.7	† .7	† 3.2	† 8.4	† 0.0	† 1.0	† 4.2	18.7	33.9	57.7
12-19.....	0.6	† 12.1	26.7	44.3	† 5.3	17.2	24.4	49.8	77.0	† 93.1
20-39.....	1.5	24.3	45.7	59.5	10.4	14.2	23.5	39.4	69.3	85.5
40-59.....	0.6	16.9	39.4	58.6	13.7	25.2	39.3	40.1	65.6	80.4
60 and over.....	0.5	14.9	40.9	71.5	16.0	28.0	33.3	38.6	63.7	83.9
20 and over.....	2.5	21.0	43.5	61.5	12.1	19.1	28.8	39.4	67.5	84.1
All individuals.....	8.0	9.3	21.6	33.2	5.1	10.2	15.8	26.3	48.7	68.1
Not participating:										
Males and females:										
1-2.....	0.5	† 0.0	† 0.0	† .8	† 0.0	† 0.0	† 0.0	13.3	36.6	49.4
3-5.....	0.6	† 0.0	† .4	† 3.2	† 0.0	† .3	† 1.3	10.6	32.1	55.7
5 and under ‡ .....	1.2	† 0.0	† .2	† 2.0	† 0.0	† .1	† .7	10.8	31.5	50.4
Males:										
6-11.....	0.5	† 0.0	† .9	† 4.0	† 0.0	† .7	† 2.3	† 11.0	29.2	60.7
12-19.....	0.7	† 4.5	14.5	25.7	† 3.7	† 5.9	† 9.8	20.4	43.9	66.8
20-39.....	1.6	6.2	17.7	30.2	† 2.4	5.9	11.9	19.1	36.9	55.7
40-59.....	0.6	† 4.7	21.8	45.6	† 3.4	† 6.1	10.8	14.7	46.5	65.3
60 and over.....	0.7	12.0	30.3	51.8	8.4	14.8	24.1	27.9	55.7	72.4
20 and over.....	2.9	7.3	21.6	38.6	4.0	8.1	14.6	20.3	43.4	61.7
Females:										
6-11.....	0.5	† .8	† 2.9	† 12.4	† 0.0	† 0.0	† 3.1	† 6.1	33.4	65.0
12-19.....	0.8	† 10.1	28.2	49.5	† 2.3	† 6.3	21.9	46.8	76.8	† 90.0
20-39.....	1.9	18.9	33.8	50.2	6.9	18.7	27.0	35.5	62.7	86.2
40-59.....	0.8	10.3	38.5	54.7	9.4	20.1	33.8	32.3	59.4	82.2
60 and over.....	1.6	10.4	27.5	49.4	12.9	24.6	37.9	36.4	65.2	83.1
20 and over.....	4.3	14.1	32.3	50.8	9.6	21.2	32.4	35.2	63.0	84.3
All individuals.....	11.0	8.6	21.7	36.5	5.3	11.4	19.2	26.0	51.2	71.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
<b>Participating:</b>										
<b>Males and females:</b>										
1-2.....	0.6	† 4.3	20.3	37.8	† 0.0	† 1.5	† 3.6	7.0	26.5	48.0
3-5.....	0.8	† 1.7	7.6	26.1	† .3	† 1.2	6.7	† 3.8	16.0	34.7
5 and under ‡ .....	1.6	2.4	11.9	30.3	† .2	† 1.4	5.1	4.9	18.1	36.7
<b>Males:</b>										
6-11.....	0.5	† 0.0	† 3.5	13.4	† .5	† 6.6	20.8	† .6	† 3.9	24.3
12-19.....	0.8	† 1.7	† 7.3	34.4	16.6	45.7	68.8	† .7	† 3.1	18.4
20-39.....	0.8	† .7	† 7.1	17.5	15.9	33.8	54.5	† 0.0	† 5.8	17.8
40-59.....	0.4	† 5.9	† 11.4	20.6	26.0	46.5	80.5	† 5.1	† 12.6	19.9
60 and over.....	0.2	† 7.1	29.2	40.9	38.1	68.4	† 94.0	† 5.1	20.7	36.3
20 and over.....	1.3	† 3.0	10.9	21.1	21.4	41.5	66.7	† 2.1	9.5	20.6
<b>Females:</b>										
6-11.....	0.7	† 2.5	12.8	29.2	† 5.1	13.7	33.1	† 3.2	16.2	39.6
12-19.....	0.6	17.3	41.9	65.5	22.2	60.6	† 86.9	19.8	42.9	69.0
20-39.....	1.5	11.6	27.3	46.6	25.0	57.8	84.6	28.0	55.5	77.5
40-59.....	0.6	9.8	22.9	42.4	20.3	55.1	84.8	18.9	53.6	70.9
60 and over.....	0.5	† 8.2	29.8	49.2	29.1	66.1	† 88.4	† 11.7	30.0	54.1
20 and over.....	2.5	10.6	26.8	46.1	24.7	58.7	85.4	23.0	50.5	71.8
All individuals.....	8.0	5.9	17.7	35.5	14.9	35.8	55.8	10.4	26.1	45.1
<b>Not participating:</b>										
<b>Males and females:</b>										
1-2.....	0.5	† 3.5	14.3	37.2	† 0.0	† .6	† 3.0	15.7	37.0	56.8
3-5.....	0.6	† 1.1	12.0	27.3	† 0.0	† 1.2	7.1	† 2.4	17.7	40.9
5 and under ‡ .....	1.2	† 2.8	12.9	30.7	† 0.0	† 1.5	5.6	7.1	23.7	44.1
<b>Males:</b>										
6-11.....	0.5	† .7	† 12.9	21.6	† 3.0	14.7	34.4	† 2.5	† 7.0	25.4
12-19.....	0.7	† 2.6	† 6.0	26.9	† 11.7	36.7	69.1	† 2.2	† 7.6	21.1
20-39.....	1.6	† 2.7	6.4	18.4	12.9	37.1	63.9	† 1.9	7.3	12.6
40-59.....	0.6	† 1.7	† 3.2	† 6.0	9.7	43.4	70.2	† .5	7.1	15.2
60 and over.....	0.7	† 3.0	14.1	29.3	28.3	66.2	84.0	† 3.5	16.5	32.3
20 and over.....	2.9	2.6	7.5	18.4	15.9	45.4	70.0	2.0	9.5	17.8
<b>Females:</b>										
6-11.....	0.5	† 0.0	† 8.2	28.7	† 2.1	† 11.7	33.6	† 3.2	18.3	50.7
12-19.....	0.8	12.4	37.4	67.5	26.0	66.7	79.9	17.4	43.9	75.7
20-39.....	1.9	8.1	22.1	44.3	19.9	55.0	79.0	25.5	52.0	77.5
40-59.....	0.8	† 3.7	14.5	37.4	21.4	50.3	75.6	20.1	39.2	67.1
60 and over.....	1.6	8.1	21.4	46.0	25.4	55.5	87.1	8.4	27.9	51.7
20 and over.....	4.3	7.3	20.4	43.7	22.2	54.3	81.4	18.1	40.6	65.9
All individuals.....	11.0	5.0	15.6	34.5	15.9	42.1	64.7	10.1	26.0	46.0

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Participating:				
Males and females:				
1-2.....	0.6	15.2	51.6	77.6
3-5.....	0.8	10.9	40.1	65.8
5 and under ‡ .....	1.6	11.4	40.2	63.6
Males:				
6-11.....	0.5	† 6.4	29.5	57.1
12-19.....	0.8	† 7.6	33.7	65.4
20-39.....	0.8	† 12.8	34.3	48.3
40-59.....	0.4	18.7	56.9	78.2
60 and over.....	0.2	37.6	71.5	† 89.4
20 and over.....	1.3	17.4	45.2	61.8
Females:				
6-11.....	0.7	† 10.5	39.1	59.6
12-19.....	0.6	27.5	49.0	64.0
20-39.....	1.5	28.8	55.4	76.3
40-59.....	0.6	34.7	63.5	81.3
60 and over.....	0.5	39.2	82.1	† 93.8
20 and over.....	2.5	32.0	62.0	80.5
All individuals.....	8.0	19.2	47.1	68.0
Not participating:				
Males and females:				
1-2.....	0.5	26.1	64.7	82.6
3-5.....	0.6	12.4	45.8	73.4
5 and under ‡ .....	1.2	16.3	49.5	73.4
Males:				
6-11.....	0.5	† 9.7	33.5	61.5
12-19.....	0.7	13.8	46.1	65.1
20-39.....	1.6	14.7	35.5	59.6
40-59.....	0.6	13.9	44.9	76.2
60 and over.....	0.7	37.1	69.5	90.5
20 and over.....	2.9	19.9	45.6	70.5
Females:				
6-11.....	0.5	† 8.9	48.2	72.5
12-19.....	0.8	25.2	44.7	80.5
20-39.....	1.9	26.3	56.1	81.7
40-59.....	0.8	30.5	64.6	81.0
60 and over.....	1.6	38.8	72.7	89.5
20 and over.....	4.3	31.8	63.9	84.5
All individuals.....	11.0	23.2	52.8	76.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
<b>Participating:</b>										
Males and females:										
1-2.....	0.6	51.7	10.1	† 1.2	† 99.3	† 95.2	83.4	71.3	41.7	24.3
3-5.....	0.8	41.5	6.0	† 4	† 99.4	93.1	78.8	66.5	40.1	22.8
5 and under ‡ .....	1.6	48.9	7.9	† .7	97.7	87.8	73.0	71.8	45.3	24.9
Males:										
6-11.....	0.5	43.0	† 6.2	† 1.6	† 98.2	† 88.1	71.9	43.8	22.4	† 12.1
12-19.....	0.8	38.3	† 5.9	† 0.0	† 92.7	70.4	28.7	33.9	20.9	† 6.7
20-39.....	0.8	47.7	24.9	23.1	84.4	63.3	† 38.4	41.4	† 33.8	† 27.4
40-59.....	0.4	30.6	† 8.1	† 3.1	65.6	29.4	17.5	28.5	18.8	† 12.3
60 and over.....	0.2	† 10.3	† 1.8	† 0.0	51.4	† 19.2	† 5.6	32.4	† 19.9	† 13.0
20 and over.....	1.3	38.4	17.3	14.6	75.0	48.3	28.5	36.6	27.8	21.3
Females:										
6-11.....	0.7	31.6	† 0.0	† 0.0	† 94.8	83.9	63.3	40.0	20.6	14.6
12-19.....	0.6	29.6	† 3.8	† .8	69.0	41.9	22.4	23.8	† 13.2	† 8.5
20-39.....	1.5	23.2	† 2.1	† .3	67.8	34.3	13.0	22.9	9.7	† 7.0
40-59.....	0.6	17.4	† 3.0	† 0.0	60.4	29.2	9.8	32.4	17.6	14.5
60 and over.....	0.5	† 8.0	† .8	† .8	58.1	15.7	† 1.8	20.7	† 10.6	† 5.5
20 and over.....	2.5	19.2	† 2.0	† .3	64.4	29.8	10.3	24.6	11.6	8.4
All individuals.....	8.0	33.6	6.3	2.8	80.7	57.8	37.3	39.6	23.6	14.5
<b>Not participating:</b>										
Males and females:										
1-2.....	0.5	41.0	8.2	† 1.5	† 98.5	† 96.6	84.6	75.0	49.1	20.8
3-5.....	0.6	37.9	8.2	† 1.2	† 99.2	90.9	75.8	69.2	39.7	23.3
5 and under ‡ .....	1.2	41.4	9.3	† 1.2	† 97.3	88.0	73.5	73.4	46.5	26.0
Males:										
6-11.....	0.5	33.4	† 5.9	† 1.5	† 92.8	81.4	58.1	43.2	16.3	† 7.6
12-19.....	0.7	42.5	† 7.1	† 0.0	† 91.9	71.6	36.1	28.7	† 10.5	† 7.0
20-39.....	1.6	35.8	9.5	† 2.6	84.8	56.9	27.0	35.4	15.5	8.5
40-59.....	0.6	26.1	† 4.2	† 1.2	84.5	42.2	11.9	28.4	13.6	6.5
60 and over.....	0.7	14.1	† 1.3	† 0.0	52.9	12.4	† 3.9	34.7	19.3	10.6
20 and over.....	2.9	28.5	6.5	† 1.7	77.1	43.2	18.3	33.8	16.0	8.6
Females:										
6-11.....	0.5	23.1	† 0.0	† 0.0	† 95.9	79.8	49.5	37.6	14.7	† 9.0
12-19.....	0.8	25.7	† 2.6	† 1.1	81.4	49.3	11.7	27.4	16.2	† 10.1
20-39.....	1.9	15.3	† 2.1	† 0.0	70.1	26.6	7.1	31.8	16.0	8.9
40-59.....	0.8	12.5	† 2.0	† 0.0	67.1	27.2	6.7	32.0	14.7	10.6
60 and over.....	1.6	6.4	† 0.0	† 0.0	54.3	14.1	† 2.2	40.0	20.2	11.6
20 and over.....	4.3	11.5	† 1.3	† 0.0	63.6	22.0	5.1	34.9	17.3	10.2
All individuals.....	11.0	23.9	4.2	.7	76.9	45.6	23.2	38.4	19.5	11.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	22.2	† 4.3	† 3.2	80.4	65.4	53.0	85.3	54.0	25.2
3-5.....	0.8	25.2	† 4.1	† .2	80.8	65.0	46.6	87.2	49.5	23.0
5 and under ‡ .....	1.6	33.1	15.4	12.9	83.2	69.0	53.2	87.3	55.8	29.1
Males:										
6-11.....	0.5	38.2	12.8	† 4.0	77.5	58.5	45.5	† 89.2	63.2	17.2
12-19.....	0.8	31.4	† 6.3	† 2.5	72.7	54.7	38.8	74.5	42.4	18.6
20-39.....	0.8	47.2	† 31.5	† 25.7	63.3	54.1	† 35.5	71.4	† 42.5	† 28.6
40-59.....	0.4	22.1	† 8.1	† 5.0	54.7	39.1	29.5	61.1	40.3	† 11.8
60 and over.....	0.2	† 12.0	† 2.9	† 1.0	39.1	28.4	† 19.1	47.5	† 14.1	† 3.1
20 and over.....	1.3	35.8	21.3	16.8	58.0	46.7	† 31.8	65.6	38.6	20.8
Females:										
6-11.....	0.7	19.6	† 4.1	† 0.0	67.4	56.6	38.6	80.7	39.2	13.9
12-19.....	0.6	23.9	† 6.4	† 2.6	67.9	48.0	31.3	65.7	36.9	† 14.4
20-39.....	1.5	23.6	† 6.4	† .8	43.0	30.8	18.1	53.9	20.8	8.1
40-59.....	0.6	19.7	† 4.5	† 1.0	48.9	30.2	19.4	54.6	16.9	† 6.3
60 and over.....	0.5	† 8.1	† 3.2	† 2.4	41.7	24.4	15.2	29.7	† 9.3	† 2.9
20 and over.....	2.5	19.9	5.4	† 1.1	44.1	29.5	17.9	49.7	17.9	6.8
All individuals.....	8.0	27.8	10.6	6.4	63.0	48.3	33.9	68.7	37.5	16.6
Not participating:										
Males and females:										
1-2.....	0.5	19.6	6.6	† 2.7	81.2	65.8	51.1	83.9	46.3	21.4
3-5.....	0.6	25.6	6.2	† 0.0	78.8	51.8	38.2	84.0	49.2	20.2
5 and under ‡ .....	1.2	30.2	15.1	9.4	81.7	61.0	46.9	85.4	50.2	24.9
Males:										
6-11.....	0.5	21.2	† 6.1	† 2.2	75.4	61.0	39.2	† 87.4	42.1	16.4
12-19.....	0.7	37.4	† 9.7	† 1.9	66.8	53.8	45.2	67.8	29.2	† 11.2
20-39.....	1.6	37.2	14.7	6.5	63.4	46.8	35.0	64.3	28.4	12.4
40-59.....	0.6	30.2	6.9	† 2.5	53.5	43.3	32.1	63.2	34.8	7.8
60 and over.....	0.7	14.8	† 4.5	† 1.8	47.9	27.6	21.6	60.3	24.5	8.7
20 and over.....	2.9	30.4	10.6	4.5	57.6	41.5	31.2	63.1	28.8	10.5
Females:										
6-11.....	0.5	16.0	† 1.4	† .6	79.2	56.9	43.4	73.7	37.6	† 5.3
12-19.....	0.8	29.8	† 4.4	† 1.1	56.8	38.0	22.1	72.6	19.8	† 8.9
20-39.....	1.9	27.1	7.6	† 3.9	55.8	36.1	25.4	54.0	19.0	7.3
40-59.....	0.8	22.7	† 4.6	† 2.1	50.8	31.1	21.7	58.7	21.4	† 4.2
60 and over.....	1.6	14.0	4.9	† 2.2	56.9	36.2	21.6	58.1	19.4	6.4
20 and over.....	4.3	21.3	6.0	2.9	55.3	35.2	23.3	56.4	19.6	6.4
All individuals.....	11.0	26.1	8.2	3.7	61.7	43.3	31.0	65.5	27.9	10.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	92.0	76.1	47.8	75.9	43.9	19.3	64.2	27.5	7.9
3-5.....	0.8	90.6	62.9	29.1	82.2	44.7	18.4	74.1	32.7	10.4
5 and under ‡ .....	1.6	92.3	71.4	43.0	80.8	45.8	21.5	72.0	31.7	9.8
Males:										
6-11.....	0.5	† 91.4	63.9	23.8	86.2	47.4	16.2	65.7	26.2	† 9.8
12-19.....	0.8	73.6	37.9	22.7	73.9	33.2	† 12.5	53.9	22.4	† 5.9
20-39.....	0.8	68.3	46.8	† 31.9	80.6	55.9	† 32.2	54.6	† 31.8	† 25.4
40-59.....	0.4	54.4	21.1	† 11.6	70.7	36.3	17.6	28.9	† 12.9	† 3.8
60 and over.....	0.2	54.2	† 15.1	† 7.6	58.8	26.6	† 6.7	† 16.9	† 6.2	† 1.8
20 and over.....	1.3	62.6	35.6	23.1	75.2	46.8	25.0	42.7	23.3	16.3
Females:										
6-11.....	0.7	82.7	50.3	20.4	73.5	31.1	† 7.7	52.8	16.7	† 7.3
12-19.....	0.6	59.9	31.1	14.9	63.4	32.8	† 7.5	44.0	14.9	† 5.3
20-39.....	1.5	48.3	18.1	† 6.3	61.3	25.8	9.4	33.6	† 7.4	† 1.3
40-59.....	0.6	45.6	25.1	† 7.3	56.1	29.1	† 6.6	26.2	† 5.3	† 2.1
60 and over.....	0.5	51.9	16.7	† 1.6	53.9	20.5	† 1.8	16.9	† 3.4	† 0.0
20 and over.....	2.5	48.4	19.4	5.7	58.8	25.6	7.4	29.0	6.2	† 1.2
All individuals.....	8.0	68.7	40.8	20.9	70.8	36.4	14.3	47.9	18.6	7.3
Not participating:										
Males and females:										
1-2.....	0.5	† 94.6	77.2	49.2	67.7	39.2	16.1	63.2	30.3	10.6
3-5.....	0.6	89.5	63.7	28.4	78.6	42.4	16.3	70.2	36.4	12.0
5 and under ‡ .....	1.2	92.4	69.7	40.0	75.4	43.7	18.2	68.8	34.8	12.1
Males:										
6-11.....	0.5	† 87.5	49.7	18.2	75.5	34.9	14.4	47.4	† 14.2	† 9.1
12-19.....	0.7	73.4	34.0	14.4	74.4	36.0	13.0	50.6	† 8.0	† 1.1
20-39.....	1.6	67.6	29.7	12.3	78.1	44.2	21.5	54.8	19.0	5.6
40-59.....	0.6	65.6	20.7	9.2	78.1	35.6	14.3	32.0	11.0	† 4.8
60 and over.....	0.7	59.6	25.6	9.4	65.3	29.3	10.4	26.9	6.2	† 1.7
20 and over.....	2.9	65.3	26.8	11.0	75.0	38.8	17.4	43.3	14.3	4.5
Females:										
6-11.....	0.5	81.2	43.4	† 12.1	64.6	27.2	† 5.9	48.7	16.9	† 0.0
12-19.....	0.8	67.1	26.2	12.0	62.1	21.8	† 8.7	42.3	† 11.0	† 1.8
20-39.....	1.9	52.3	16.5	† 5.3	57.6	20.1	6.3	33.9	8.6	† 3.3
40-59.....	0.8	49.9	19.4	† 5.3	59.0	21.8	7.3	32.9	† 5.2	† 1.1
60 and over.....	1.6	58.6	22.6	5.2	62.1	26.6	5.8	30.1	6.3	† 1.6
20 and over.....	4.3	54.2	19.3	5.2	59.6	22.9	6.3	32.3	7.1	2.3
All individuals.....	11.0	66.4	30.9	12.6	67.5	30.9	11.5	42.7	13.2	4.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
<b>Participating:</b>										
<b>Males and females:</b>										
1-2.....	0.6	† 98.1	91.5	77.7	† 98.2	† 96.3	90.7	45.4	12.8	† 2.5
3-5.....	0.8	† 98.1	91.4	79.7	† 98.4	† 96.2	90.0	42.6	10.1	† 2.8
5 and under ‡ .....	1.6	† 98.2	92.4	80.8	† 98.5	96.6	91.3	48.5	13.6	4.1
<b>Males:</b>										
6-11.....	0.5	† 92.3	72.6	65.7	† 96.2	† 89.4	73.1	54.3	18.8	† 6.3
12-19.....	0.8	72.5	37.8	26.5	† 92.2	76.4	61.1	28.4	† 8.4	† 3.4
20-39.....	0.8	65.7	48.4	† 36.3	† 87.7	73.7	63.3	53.0	† 35.9	† 26.7
40-59.....	0.4	57.1	32.5	21.3	68.5	60.2	45.6	24.2	† 11.3	† 10.0
60 and over.....	0.2	44.1	† 15.9	† 9.5	66.6	56.0	43.6	† 19.0	† 3.8	† 2.3
20 and over.....	1.3	60.7	40.0	† 28.8	79.6	67.7	55.8	40.6	24.9	19.0
<b>Females:</b>										
6-11.....	0.7	† 91.6	75.4	53.8	† 95.8	86.4	64.7	42.3	† 9.1	† 2.5
12-19.....	0.6	55.7	36.7	16.0	75.6	58.4	37.1	† 6.9	† 1.9	† 1.1
20-39.....	1.5	40.5	22.4	† 7.1	76.5	53.2	32.7	14.5	† 4.9	† 2.6
40-59.....	0.6	41.4	14.2	† 7.8	60.7	46.9	32.1	19.6	† 5.4	† 0.8
60 and over.....	0.5	28.5	† 10.6	† 6.8	66.7	32.3	19.3	16.1	† 1.8	† 0.8
20 and over.....	2.5	38.5	18.5	7.2	71.2	48.0	30.2	15.9	4.5	† 1.8
All individuals.....	8.0	66.8	48.7	36.0	84.2	70.6	56.0	31.9	11.2	5.6
<b>Not participating:</b>										
<b>Males and females:</b>										
1-2.....	0.5	† 99.2	91.7	82.4	† 100.0	† 97.8	† 94.7	50.6	16.1	7.4
3-5.....	0.6	† 96.8	89.2	77.6	† 98.7	† 95.8	87.6	44.3	9.5	† 3.6
5 and under ‡ .....	1.2	† 98.0	90.9	80.7	† 99.3	97.0	90.9	49.6	15.6	5.5
<b>Males:</b>										
6-11.....	0.5	† 96.0	75.5	50.8	† 97.7	82.0	60.5	39.3	16.2	† 1.0
12-19.....	0.7	74.3	45.8	29.3	† 90.2	76.7	64.9	33.2	† 5.5	† 0.4
20-39.....	1.6	69.8	41.9	26.2	88.1	73.8	58.3	44.3	17.2	6.2
40-59.....	0.6	54.4	29.5	10.7	89.2	77.5	54.9	34.7	11.3	† 2.2
60 and over.....	0.7	48.2	24.5	11.4	75.9	56.7	40.4	27.6	7.0	† 2.5
20 and over.....	2.9	61.4	35.1	19.4	85.4	70.5	53.3	38.3	13.5	4.5
<b>Females:</b>										
6-11.....	0.5	† 87.6	68.5	50.3	† 96.9	85.9	64.7	35.0	† 12.7	† 2.1
12-19.....	0.8	50.5	24.0	16.1	78.1	58.1	39.3	† 10.0	† 2.1	† 0.0
20-39.....	1.9	49.8	21.7	11.0	73.0	47.6	29.3	13.8	† 1.8	† 0.8
40-59.....	0.8	45.3	21.6	6.4	66.2	44.7	30.5	17.8	8.0	† 0.6
60 and over.....	1.6	50.6	21.1	7.9	62.1	43.2	23.4	16.9	† 2.1	† 0.5
20 and over.....	4.3	49.2	21.5	9.0	67.6	45.4	27.3	15.7	3.0	† 0.7
All individuals.....	11.0	63.5	39.2	25.4	80.8	64.3	47.9	28.1	8.3	2.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
<b>Participating:</b>										
<b>Males and females:</b>										
1-2.....	0.6	62.2	21.0	† 4.0	† 96.4	77.2	57.5	52.0	21.0	6.7
3-5.....	0.8	73.9	25.9	6.9	93.3	62.2	39.8	65.3	26.2	9.1
5 and under ‡ .....	1.6	69.7	24.5	6.0	94.9	68.3	45.6	63.3	30.9	13.0
<b>Males:</b>										
6-11.....	0.5	86.6	41.2	19.9	79.2	32.0	13.7	75.7	42.2	20.0
12-19.....	0.8	65.6	28.3	† 11.3	31.2	† 6.9	† .8	81.6	41.1	20.0
20-39.....	0.8	82.5	64.2	45.7	45.5	† 25.9	† 1.1	82.2	60.7	47.0
40-59.....	0.4	79.4	40.8	22.9	19.5	† 8.9	† 4.0	80.1	50.8	20.8
60 and over.....	0.2	59.1	† 16.6	† 5.6	† 6.0	† 1.8	† 1.1	63.7	22.3	† 10.2
20 and over.....	1.3	78.9	51.8	34.4	33.3	18.1	† 2.0	79.4	53.4	35.0
<b>Females:</b>										
6-11.....	0.7	70.8	20.0	† 6.8	66.9	20.4	† 5.8	60.4	21.7	† 6.1
12-19.....	0.6	34.5	† 8.4	† 3.3	† 13.1	† 4.9	† 0.0	31.0	† 11.7	† 2.3
20-39.....	1.5	53.4	18.1	8.1	15.4	† 1.6	† .6	22.5	† 4.5	† .3
40-59.....	0.6	57.6	20.9	† 4.9	15.2	† .7	† 0.0	29.1	14.3	† 3.3
60 and over.....	0.5	50.8	16.7	† 1.5	† 11.6	† .8	† 0.0	45.9	† 12.2	† 3.5
20 and over.....	2.5	53.9	18.5	6.2	14.6	† 1.3	† .3	28.2	8.1	† 1.6
All individuals.....	8.0	64.5	27.0	12.1	44.2	22.1	11.2	54.9	27.0	12.8
<b>Not participating:</b>										
<b>Males and females:</b>										
1-2.....	0.5	62.8	22.1	7.5	† 97.0	85.0	57.1	43.2	17.6	† 3.6
3-5.....	0.6	72.7	26.6	† 6.0	92.9	68.0	36.5	59.1	22.1	10.1
5 and under ‡ .....	1.2	69.3	25.9	6.8	94.4	74.0	44.8	55.9	24.7	11.1
<b>Males:</b>										
6-11.....	0.5	78.4	34.7	† 9.0	65.6	21.4	† 6.6	74.6	37.8	† 13.5
12-19.....	0.7	73.1	29.1	† 4.8	30.9	† 3.4	† 0.0	78.9	42.6	16.7
20-39.....	1.6	81.6	57.2	30.9	36.1	14.2	† 2.4	87.4	62.5	38.4
40-59.....	0.6	† 94.0	59.5	24.2	29.8	† 5.8	† 1.6	84.8	44.8	21.1
60 and over.....	0.7	70.7	31.0	11.9	16.0	† 3.1	† 1.2	67.7	35.1	16.4
20 and over.....	2.9	81.6	51.4	25.0	30.0	9.8	2.0	82.2	52.2	29.5
<b>Females:</b>										
6-11.....	0.5	71.3	24.0	† 5.4	66.4	25.4	† 9.8	49.3	17.1	† 1.8
12-19.....	0.8	32.5	† 5.4	† 1.0	20.1	† 1.7	† 1.1	24.3	† 6.3	† 2.9
20-39.....	1.9	55.7	13.0	† 3.0	21.0	† 3.3	† .6	22.5	† 4.7	† 2.7
40-59.....	0.8	62.6	20.9	8.3	24.4	† 1.7	† 0.0	32.9	11.1	† 4.0
60 and over.....	1.6	54.0	12.3	† 1.7	12.9	† 1.2	† 0.0	48.3	21.2	9.5
20 and over.....	4.3	56.3	14.2	3.5	18.6	2.2	† .3	34.1	12.1	5.5
All individuals.....	11.0	65.5	27.1	9.8	35.3	14.2	6.4	54.0	27.1	13.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

**Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued**

FSP participation, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Participating:				
Males and females:				
1-2.....	0.6	22.4	† 4.8	† 1.8
3-5.....	0.8	34.2	9.6	† .9
5 and under ‡ .....	1.6	36.4	11.2	2.7
Males:				
6-11.....	0.5	42.9	12.6	† 4.6
12-19.....	0.8	34.6	† 7.9	† 3.8
20-39.....	0.8	51.7	† 31.0	† 25.9
40-59.....	0.4	21.8	† 6.4	† 3.4
60 and over.....	0.2	† 10.6	† 3.7	† 0.0
20 and over.....	1.3	38.2	20.6	16.3
Females:				
6-11.....	0.7	40.4	† 11.6	† 2.4
12-19.....	0.6	36.0	† 10.2	† 2.0
20-39.....	1.5	23.7	† 3.7	† 1.9
40-59.....	0.6	18.7	† 4.5	† .4
60 and over.....	0.5	† 6.2	† 2.9	† 0.0
20 and over.....	2.5	19.5	3.7	† 1.2
All individuals.....	8.0	32.0	10.2	4.6
Not participating:				
Males and females:				
1-2.....	0.5	17.4	† 2.0	† .3
3-5.....	0.6	26.6	7.8	† 2.5
5 and under ‡ .....	1.2	26.6	7.2	† 2.4
Males:				
6-11.....	0.5	38.5	† 8.9	† 2.8
12-19.....	0.7	34.9	† 7.3	† 3.6
20-39.....	1.6	40.4	11.5	† 3.8
40-59.....	0.6	23.8	† 4.5	† 1.2
60 and over.....	0.7	9.5	† 1.5	† .8
20 and over.....	2.9	29.5	7.6	2.5
Females:				
6-11.....	0.5	27.5	† 7.0	† 0.0
12-19.....	0.8	19.5	† 3.5	† 1.1
20-39.....	1.9	18.3	† 2.4	† .5
40-59.....	0.8	19.0	† 4.9	† 1.7
60 and over.....	1.6	10.5	† 2.6	† .6
20 and over.....	4.3	15.5	2.9	† .7
All individuals.....	11.0	23.6	5.4	1.7

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 4.--Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>Percent of kilocalories</i>						
<b>Participating:</b>								
<b>Males and females:</b>								
1-2.....	0.6	15.6	34.3	14.1	12.5	5.1	51.2	† *
3-5.....	0.8	14.9	34.5	13.1	13.2	5.7	51.8	† *
5 and under ‡ .....	1.6	14.5	35.4	14.0	12.9	5.9	51.1	† *
<b>Males:</b>								
6-11.....	0.5	14.6	34.7	12.8	13.4	6.0	51.8	† *
12-19.....	0.8	15.3	35.8	12.3	14.1	6.7	49.7	† .1
20-39.....	0.7	15.3	35.8	12.3	13.8	6.8	48.0	† 1.7
40-59.....	0.4	16.1	32.5	11.0	12.8	6.0	50.7	† 1.4
60 and over.....	0.2	18.7	33.6	11.7	12.9	6.1	47.2	† 1.3
20 and over.....	1.3	16.0	34.5	11.9	13.4	6.5	48.7	1.6
<b>Females:</b>								
6-11.....	0.7	15.4	34.3	12.9	13.0	5.8	51.3	*
12-19.....	0.6	13.7	33.9	12.4	13.0	5.9	53.2	† .4
20-39.....	1.5	15.2	32.7	11.1	12.8	6.2	52.0	† .9
40-59.....	0.5	16.1	34.4	12.2	12.8	6.6	49.9	.7
60 and over.....	0.4	16.8	34.7	11.4	13.4	7.1	49.7	† *
20 and over.....	2.5	15.7	33.4	11.4	12.9	6.4	51.1	† .7
All individuals.....	7.9	15.2	34.4	12.4	13.1	6.2	50.8	.5
<b>Not participating:</b>								
<b>Males and females:</b>								
1-2.....	0.4	15.9	33.4	13.7	12.1	5.2	52.1	† *
3-5.....	0.7	15.2	33.3	12.8	12.4	5.5	52.9	*
5 and under ‡ .....	1.2	14.9	33.9	13.5	12.2	5.7	52.4	*
<b>Males:</b>								
6-11.....	0.5	13.7	33.3	12.0	13.1	5.7	54.3	† *
12-19.....	0.7	13.7	33.7	11.7	13.1	6.4	52.5	† 1.2
20-39.....	1.7	16.3	32.8	11.4	12.7	6.2	48.3	3.4
40-59.....	0.6	16.2	34.5	11.4	13.4	6.8	47.4	2.8
60 and over.....	0.7	16.9	34.1	11.7	13.2	6.4	49.6	.8
20 and over.....	3.0	16.5	33.5	11.5	12.9	6.3	48.4	2.6
<b>Females:</b>								
6-11.....	0.6	14.4	33.6	12.5	13.1	5.5	53.4	† *
12-19.....	0.8	14.2	33.2	11.7	12.9	6.0	53.9	† .1
20-39.....	1.9	15.8	33.2	11.3	12.6	6.7	51.7	† .8
40-59.....	0.8	16.1	33.9	11.1	12.9	7.2	50.8	† .3
60 and over.....	1.7	16.7	31.1	10.3	11.8	6.4	53.9	† .1
20 and over.....	4.3	16.2	32.5	10.9	12.3	6.7	52.4	† .5
All individuals.....	11.1	15.6	33.1	11.6	12.6	6.3	51.6	1.0

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>-----Percent of individuals-----</i>		
<b>Participating:</b>				
Males and females:				
1-2.....	0.6	22.3	14.1	76.8
3-5.....	0.8	15.3	9.4	80.7
5 and under ‡ .....	1.6	16.1	10.1	81.3
Males:				
6-11.....	0.5	14.8	19.5	69.7
12-19.....	0.8	25.5	24.9	43.6
20-39.....	0.8	21.9	20.9	26.1
40-59.....	0.4	32.8	32.8	55.8
60 and over.....	0.2	32.1	37.9	55.5
20 and over.....	1.3	26.2	26.3	38.2
Females:				
6-11.....	0.7	21.4	12.3	70.5
12-19.....	0.6	31.7	30.9	72.3
20-39.....	1.5	33.8	39.0	69.9
40-59.....	0.6	17.9	31.7	69.9
60 and over.....	0.5	32.8	40.9	69.0
20 and over.....	2.5	30.1	37.7	69.8
All individuals.....	8.0	24.5	25.2	64.7
<b>Not participating:</b>				
Males and females:				
1-2.....	0.5	27.0	14.8	76.0
3-5.....	0.6	29.4	16.5	81.1
5 and under ‡ .....	1.2	25.8	14.5	81.0
Males:				
6-11.....	0.5	30.3	23.3	76.3
12-19.....	0.7	29.2	29.2	43.0
20-39.....	1.6	29.4	30.6	45.8
40-59.....	0.6	29.0	32.4	43.7
60 and over.....	0.7	34.7	37.1	59.0
20 and over.....	2.9	30.6	32.5	48.5
Females:				
6-11.....	0.5	32.2	16.9	78.8
12-19.....	0.8	29.3	28.4	74.1
20-39.....	1.9	31.0	37.9	72.7
40-59.....	0.8	32.3	41.0	65.1
60 and over.....	1.6	43.5	50.1	82.9
20 and over.....	4.3	35.9	43.1	75.1
All individuals.....	11.0	32.0	33.0	66.7

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 6A.--Grain products: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
		<i>Percent</i>			<i>Grams</i>						
<b>Participating:</b>											
Males and females:											
1-2.....	0.6	222	21	65	14	22	† 11	11	13	5	107
3-5.....	0.8	274	33	72	26	18	† 8	17	16	10	126
5 and under ‡ .....	1.6	225	25	63	18	17	8	13	13	7	104
Males:											
6-11.....	0.5	342	52	93	24	33	† 3	27	35	8	127
12-19.....	0.8	411	59	101	19	† 61	† 5	32	37	† 14	169
20-39.....	0.7	415	67	† 55	† 8	† 40	† 6	† 53	† 54	† 16	170
40-59.....	0.4	397	59	102	† 5	58	† 24	† 29	27	† 7	173
60 and over.....	0.2	248	52	104	† 8	† 25	† 13	25	14	† 4	† 50
20 and over.....	1.3	389	63	76	† 7	43	† 12	42	† 41	12	156
Females:											
6-11.....	0.7	298	36	61	21	23	† 2	22	37	† 7	135
12-19.....	0.6	305	33	80	17	24	† 19	18	24	† 8	141
20-39.....	1.5	296	44	71	8	44	† 11	16	28	6	131
40-59.....	0.5	230	40	74	6	† 23	† 17	23	† 17	9	68
60 and over.....	0.4	230	40	56	8	11	† 8	31	20	† 5	78
20 and over.....	2.5	270	42	69	8	33	12	20	24	7	108
All individuals.....	7.9	304	43	74	14	33	10	24	28	9	127
<b>Not participating:</b>											
Males and females:											
1-2.....	0.4	196	22	56	13	17	† 7	8	16	5	88
3-5.....	0.7	286	32	83	19	† 25	† 7	17	22	6	125
5 and under ‡ .....	1.2	231	26	67	15	20	7	12	18	5	102
Males:											
6-11.....	0.5	300	49	86	27	† 38	† 13	20	26	† 23	96
12-19.....	0.7	384	44	69	17	† 22	† 9	† 32	46	15	178
20-39.....	1.7	456	61	97	14	53	† 20	31	36	17	213
40-59.....	0.6	369	57	99	8	61	† 16	32	39	11	132
60 and over.....	0.7	256	51	99	13	21	† 16	23	35	4	45
20 and over.....	3.0	390	57	98	12	47	19	30	36	13	156
Females:											
6-11.....	0.6	202	44	40	14	† 13	† 4	20	20	9	68
12-19.....	0.8	335	39	† 84	19	† 17	† 40	† 15	25	† 11	161
20-39.....	1.9	247	35	73	16	33	† 15	16	26	8	89
40-59.....	0.8	235	46	64	7	34	† 8	22	23	9	70
60 and over.....	1.7	212	42	75	14	15	† 8	13	28	5	50
20 and over.....	4.3	231	40	72	13	26	11	16	26	7	70
All individuals.....	11.1	292	44	78	15	30	14	20	29	10	111

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 6B.--Grain products: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
	<i>Percent</i>										
<i>----- Percent -----</i>											
<b>Participating:</b>											
<b>Males and females:</b>											
1-2.....	0.6	† 97.7	51.9	70.5	50.0	19.5	7.0	24.5	34.1	28.3	47.2
3-5.....	0.8	† 99.6	61.1	71.5	55.3	17.2	4.9	29.4	37.3	28.0	46.5
5 and under ‡ .....	1.6	94.0	51.1	69.2	46.1	15.7	4.9	24.3	33.4	25.8	42.4
<b>Males:</b>											
6-11.....	0.5	† 98.6	63.3	62.6	43.6	19.2	† 3.1	34.2	41.7	22.5	48.0
12-19.....	0.8	† 99.0	63.1	48.6	30.2	16.6	† 1.5	29.4	29.8	15.4	45.3
20-39.....	0.7	† 97.7	56.4	19.5	† 9.6	† 9.6	† 1.4	36.8	† 32.1	21.0	33.1
40-59.....	0.4	† 94.9	60.8	33.2	† 7.3	16.2	† 5.2	26.5	23.2	† 11.8	36.8
60 and over.....	0.2	† 93.9	70.8	48.2	† 15.3	† 9.5	† 5.3	25.3	19.5	† 13.3	17.0
20 and over.....	1.3	† 96.4	59.5	27.2	9.6	11.6	† 3.0	32.2	27.8	17.2	32.2
<b>Females:</b>											
6-11.....	0.7	† 99.5	62.2	64.6	48.3	18.4	† 9	28.9	46.0	18.3	54.7
12-19.....	0.6	† 95.3	48.5	50.6	27.6	14.7	† 9.6	26.4	31.9	16.1	38.7
20-39.....	1.5	† 95.5	61.7	37.8	18.0	16.3	† 4.0	20.3	23.9	17.5	39.3
40-59.....	0.5	92.1	59.3	39.5	14.2	14.3	† 6.5	25.9	17.2	21.0	23.2
60 and over.....	0.4	† 97.5	68.1	36.5	18.3	† 7.5	† 3.3	39.2	35.0	19.8	24.9
20 and over.....	2.5	95.1	62.3	38.0	17.2	14.3	4.4	24.8	24.4	18.7	33.3
All individuals.....	7.9	96.1	58.7	48.5	28.4	15.1	4.0	27.5	30.9	19.6	39.4
<b>Not participating:</b>											
<b>Males and females:</b>											
1-2.....	0.4	† 95.9	51.0	63.5	43.9	15.9	† 6.9	30.9	37.6	26.1	43.8
3-5.....	0.7	† 98.9	54.7	64.7	47.9	13.8	† 5.7	35.9	43.1	25.3	46.9
5 and under ‡ .....	1.2	95.0	49.1	64.5	41.9	14.1	6.4	30.5	38.4	23.0	42.0
<b>Males:</b>											
6-11.....	0.5	† 97.1	72.8	59.9	45.3	† 20.7	† 6.1	26.1	44.1	21.4	38.2
12-19.....	0.7	† 93.9	59.7	40.2	25.0	† 8.5	† 3.2	22.3	37.2	23.6	45.3
20-39.....	1.7	93.7	60.1	39.9	17.0	16.5	† 7.2	21.0	32.0	27.5	41.5
40-59.....	0.6	† 96.5	59.0	38.6	11.9	20.7	† 6.3	33.0	30.3	15.8	31.3
60 and over.....	0.7	† 96.8	69.5	52.5	26.5	10.9	† 3.7	24.4	36.8	15.0	14.8
20 and over.....	3.0	95.0	62.2	42.7	18.3	16.0	6.2	24.2	32.8	22.1	33.0
<b>Females:</b>											
6-11.....	0.6	† 97.2	74.8	49.2	35.6	† 10.1	† 3.4	30.3	41.9	26.7	42.0
12-19.....	0.8	† 96.1	60.9	42.4	27.4	† 6.7	† 8.0	20.0	27.9	19.3	45.8
20-39.....	1.9	93.9	56.4	44.9	23.0	16.6	5.7	24.3	29.3	20.7	31.9
40-59.....	0.8	† 97.7	65.2	38.8	15.4	16.9	† 3.1	30.3	34.3	22.2	27.1
60 and over.....	1.7	† 97.9	67.8	58.0	32.1	7.6	† 3.9	22.2	33.6	19.3	19.0
20 and over.....	4.3	96.2	62.4	49.0	25.2	13.1	4.5	24.5	31.9	20.4	26.0
All individuals.....	11.1	95.7	61.7	48.5	26.8	13.4	5.3	25.0	34.0	21.6	33.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 7A.--Vegetables: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
		<i>Percent</i>	<i>Grams</i>								
<b>Participating:</b>											
<b>Males and females:</b>											
1-2.....	0.6	89	34	18	†4	5	†8	†1	5	9	23
3-5.....	0.8	101	45	22	†3	†2	7	†3	†6	15	19
5 and under ‡.....	1.6	90	36	18	3	5	6	2	6	12	20
<b>Males:</b>											
6-11.....	0.5	91	37	27	†*	†3	10	8	†6	†5	†21
12-19.....	0.8	198	99	51	†8	†8	16	†6	†12	†9	†40
20-39.....	0.7	210	74	47	†32	†4	32	†6	†7	†10	†45
40-59.....	0.4	223	55	†13	†3	†7	†24	†5	†26	†52	51
60 and over.....	0.2	232	82	†11	†19	†14	†41	†7	†11	†8	†51
20 and over.....	1.3	216	69	32	†21	†6	31	6	†13	†22	48
<b>Females:</b>											
6-11.....	0.7	116	50	29	†2	†2	9	†9	†8	9	27
12-19.....	0.6	115	59	47	†5	†3	†11	†4	†*	†6	26
20-39.....	1.5	144	55	25	†7	†5	21	†8	†6	†11	†32
40-59.....	0.5	177	45	†12	†15	†14	26	12	†5	15	46
60 and over.....	0.4	172	40	†10	†20	†6	22	†10	†12	†10	†51
20 and over.....	2.5	156	50	19	11	7	22	9	7	12	39
All individuals.....	7.9	145	55	27	†9	5	17	6	8	12	33
<b>Not participating:</b>											
<b>Males and females:</b>											
1-2.....	0.4	85	32	16	†3	†5	12	1	6	†14	11
3-5.....	0.7	90	37	20	†2	†6	8	3	9	10	15
5 and under ‡.....	1.2	85	32	17	2	7	9	2	8	11	14
<b>Males:</b>											
6-11.....	0.5	99	39	29	†2	†1	13	†6	†2	†8	†28
12-19.....	0.7	188	95	54	†9	†4	28	†16	†2	†15	20
20-39.....	1.7	225	101	52	†8	†3	40	15	7	5	47
40-59.....	0.6	229	70	29	†8	†4	41	12	†12	17	66
60 and over.....	0.7	205	58	8	15	10	32	7	17	11	55
20 and over.....	3.0	221	84	37	9	5	38	13	10	9	53
<b>Females:</b>											
6-11.....	0.6	107	50	32	†5	†3	†14	†7	†8	†12	8
12-19.....	0.8	150	71	30	†5	†2	20	†11	†6	†14	21
20-39.....	1.9	163	50	19	†8	6	33	14	11	7	33
40-59.....	0.8	171	48	13	15	†6	24	12	†7	9	50
60 and over.....	1.7	192	49	†6	22	9	22	8	13	13	56
20 and over.....	4.3	176	50	13	15	7	27	11	11	10	45
All individuals.....	11.1	170	61	25	10	6	26	10	9	10	38

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 7B.--Vegetables: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
			<i>Percent</i>		<i>Percent</i>						
<b>Participating:</b>											
Males and females:											
1-2.....	0.6	74.5	47.7	35.3	8.2	7.2	24.1	† 4.3	8.5	13.6	23.0
3-5.....	0.8	83.5	45.3	32.7	† 3.7	† 5.6	31.7	11.5	10.1	20.3	28.4
5 and under ‡ .....	1.6	75.0	41.6	29.7	5.1	7.4	24.6	7.4	9.6	15.9	25.2
Males:											
6-11.....	0.5	79.3	44.1	38.1	† 8	† 11.7	44.5	19.6	11.7	† 10.1	37.8
12-19.....	0.8	77.3	47.2	37.3	† 3.4	† 3.7	35.1	16.7	† 10.1	† 6.3	33.9
20-39.....	0.7	78.3	49.1	41.0	† 15.3	† 6.2	48.5	† 19.5	† 5.0	† 5.5	47.9
40-59.....	0.4	74.5	28.8	† 12.4	† 1.8	† 5.3	25.0	15.6	† 8.7	17.4	50.8
60 and over.....	0.2	71.9	42.9	† 11.5	† 8.1	† 10.1	26.4	† 11.6	† 8.7	† 7.3	26.1
20 and over.....	1.3	76.3	42.1	28.6	† 10.3	6.4	38.5	† 17.4	6.6	9.3	46.1
Females:											
6-11.....	0.7	77.6	54.3	37.0	† 3.7	† 7.3	31.7	† 15.2	† 13.4	11.1	26.6
12-19.....	0.6	68.7	40.7	37.1	† 4.3	† 5.5	29.5	† 10.0	† 9	† 6.7	33.3
20-39.....	1.5	76.0	40.5	28.1	† 5.4	† 5.6	40.2	14.9	† 5.8	12.2	34.4
40-59.....	0.5	78.1	29.2	12.8	† 8.0	11.7	35.6	23.6	† 5.8	14.4	40.7
60 and over.....	0.4	76.4	33.7	† 7.5	† 10.4	† 8.5	27.5	15.9	17.0	14.0	34.7
20 and over.....	2.5	76.5	36.8	21.2	6.8	7.4	36.9	17.0	7.7	13.0	35.9
All individuals.....	7.9	76.0	41.9	29.3	5.8	7.0	34.0	14.6	8.4	11.5	34.3
<b>Not participating:</b>											
Males and females:											
1-2.....	0.4	74.0	43.0	28.2	† 3.4	6.5	28.5	6.3	9.5	17.4	19.1
3-5.....	0.7	78.3	47.4	34.7	† 5.7	8.1	31.6	11.6	14.0	14.2	24.5
5 and under ‡ .....	1.2	73.8	42.1	29.4	4.3	8.7	27.5	8.6	11.9	14.4	21.9
Males:											
6-11.....	0.5	82.8	44.0	37.5	† 5.0	† 4.7	45.2	† 14.7	† 3.2	† 9.5	39.8
12-19.....	0.7	85.2	58.3	47.0	† 6.0	† 7.4	50.2	29.6	† 2.7	† 10.7	29.9
20-39.....	1.7	81.4	50.4	35.4	† 5.5	5.4	47.0	21.6	† 4.1	4.5	43.1
40-59.....	0.6	82.1	36.3	21.7	† 4.0	† 6.6	49.1	22.5	† 6.7	11.7	48.6
60 and over.....	0.7	78.1	36.0	9.2	13.4	9.7	30.8	14.0	14.7	12.0	37.8
20 and over.....	3.0	80.7	44.1	26.3	7.1	6.7	43.5	19.9	7.2	7.8	42.9
Females:											
6-11.....	0.6	86.4	56.8	44.6	† 5.8	† 6.5	41.7	17.8	† 9.9	14.7	28.0
12-19.....	0.8	80.6	54.3	36.3	† 2.6	† 5.2	38.7	24.4	† 5.2	† 10.8	33.9
20-39.....	1.9	79.8	40.6	24.3	7.9	11.1	37.9	24.6	9.5	6.7	35.8
40-59.....	0.8	77.2	37.1	16.3	10.6	9.0	38.1	25.7	6.3	11.1	45.0
60 and over.....	1.7	81.7	34.2	6.2	14.2	8.8	29.2	16.1	14.4	13.3	43.3
20 and over.....	4.3	80.1	37.5	15.8	10.8	9.8	34.5	21.4	10.9	10.1	40.4
All individuals.....	11.1	80.4	43.5	25.9	7.7	8.0	38.2	19.8	8.7	10.2	37.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 8A.--Fruits: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
		<i>Percent</i>			<i>Grams</i>						
<b>Participating:</b>											
Males and females:											
1-2.....	0.6	240	54	43	† 1	183	18	14	† 5	19	128
3-5.....	0.8	175	73	61	† 1	100	18	10	† 11	15	46
5 and under ‡ .....	1.6	188	56	46	† 1	130	17	10	† 7	17	78
Males:											
6-11.....	0.5	168	51	46	† 1	114	† 20	† 8	† 10	34	† 42
12-19.....	0.8	123	53	46	† 5	† 63	† 5	0	† 32	† 4	† 22
20-39.....	0.7	132	† 76	† 72	† 1	† 55	† 9	† 3	† 2	† 14	† 27
40-59.....	0.4	126	34	24	0	92	† 11	† 8	† 15	† 8	† 49
60 and over.....	0.2	142	40	† 37	† 4	96	† 10	† 8	† 35	† 11	† 32
20 and over.....	1.3	131	59	53	† 1	71	† 10	† 5	† 10	† 12	34
Females:											
6-11.....	0.7	165	68	58	0	97	† 17	† 6	† 8	28	38
12-19.....	0.6	98	† 61	† 56	0	38	† 7	† 1	† 6	† 7	† 16
20-39.....	1.5	110	59	55	0	50	† 7	† 10	† 7	† 11	17
40-59.....	0.5	110	44	33	† *	66	† 9	† 12	† 21	† 8	† 15
60 and over.....	0.4	156	74	† 55	† 2	78	† 17	12	† 7	† 24	† 19
20 and over.....	2.5	118	58	50	† *	59	9	10	† 10	12	17
All individuals.....	7.9	141	58	50	† 1	81	12	7	† 11	15	36
<b>Not participating:</b>											
Males and females:											
1-2.....	0.4	234	68	59	† 1	162	17	21	† 7	25	92
3-5.....	0.7	202	72	49	† 1	128	29	17	† 6	23	53
5 and under ‡ .....	1.2	208	64	48	† 1	142	24	17	† 6	24	71
Males:											
6-11.....	0.5	184	86	72	0	93	29	† 9	† 9	† 27	† 20
12-19.....	0.7	148	95	89	0	53	† 9	13	† *	† 7	† 23
20-39.....	1.7	150	83	74	† *	66	† 17	9	† 11	† 11	† 18
40-59.....	0.6	179	† 86	† 72	† 2	91	20	21	† 2	17	† 31
60 and over.....	0.7	120	50	40	† 2	67	7	19	† 12	20	9
20 and over.....	3.0	148	75	65	1	71	15	14	9	14	19
Females:											
6-11.....	0.6	184	85	78	† 1	94	† 23	† 11	† 7	22	† 31
12-19.....	0.8	141	50	48	† 2	85	† 12	† 12	† 18	† 21	† 22
20-39.....	1.9	162	81	67	† 1	80	† 7	12	† 20	19	22
40-59.....	0.8	131	49	40	† *	82	14	† 16	† 24	† 19	† 9
60 and over.....	1.7	161	66	52	† 2	93	20	18	† 21	18	† 15
20 and over.....	4.3	156	69	57	† 1	86	13	15	† 21	18	17
All individuals.....	11.1	161	72	61	1	87	16	14	14	18	25

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 8B.--Fruits: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
		<i>Percent</i>			<i>Percent</i>						
<b>Participating:</b>											
<b>Males and females:</b>											
1-2.....	0.6	66.1	27.8	21.2	† 3.0	51.2	14.2	12.1	† 2.6	17.3	31.5
3-5.....	0.8	65.9	34.2	26.7	† 4.1	44.1	16.1	11.2	† 4.2	12.9	16.0
5 and under ‡ .....	1.6	64.5	27.3	21.2	3.1	48.2	14.8	10.4	† 3.0	15.5	23.4
<b>Males:</b>											
6-11.....	0.5	63.6	23.4	19.3	† 1.3	51.2	13.7	† 6.5	† 2.3	26.3	17.7
12-19.....	0.8	39.8	20.2	15.9	† 2.6	19.8	† 3.4	† 0.0	† 4.5	† 3.9	11.4
20-39.....	0.7	38.5	† 26.8	† 24.3	† 1.0	† 14.0	† 4.7	† 2.3	† 1.7	† 6.0	† 5.0
40-59.....	0.4	26.4	† 10.3	† 7.4	† 0.0	20.5	† 4.3	† 2.5	† 2.3	† 4.4	† 10.9
60 and over.....	0.2	40.2	23.8	† 19.0	† 1.7	26.3	† 7.3	† 4.9	† 4.8	† 5.8	† 8.7
20 and over.....	1.3	35.0	21.4	18.5	† .8	17.5	† 4.9	† 2.7	† 2.3	5.5	7.3
<b>Females:</b>											
6-11.....	0.7	63.8	36.7	31.9	† 0.0	44.2	14.1	† 4.7	† 4.5	23.8	12.6
12-19.....	0.6	30.1	17.4	13.7	† 0.0	17.5	† 3.6	† .7	† 1.7	† 7.5	† 4.9
20-39.....	1.5	41.0	22.6	18.2	† 0.0	23.9	† 3.8	6.6	† 3.4	† 6.3	6.4
40-59.....	0.5	37.0	17.6	14.1	† .5	24.0	† 5.6	† 8.5	† 6.6	† 7.1	† 6.1
60 and over.....	0.4	50.7	30.6	16.9	† 3.2	32.0	† 11.9	† 11.8	† 3.4	† 10.4	† 9.2
20 and over.....	2.5	41.9	22.9	17.1	† .7	25.4	5.6	8.0	4.1	7.2	6.8
All individuals.....	7.9	47.8	24.1	19.2	1.3	31.1	8.3	5.9	3.4	11.1	11.8
<b>Not participating:</b>											
<b>Males and females:</b>											
1-2.....	0.4	73.9	32.6	23.7	† 3.1	59.5	16.8	21.9	† 5.0	21.0	29.5
3-5.....	0.7	64.3	34.6	21.6	† 2.7	51.6	24.0	15.1	† 4.9	17.2	15.8
5 and under ‡ .....	1.2	67.1	31.4	20.7	† 2.6	54.5	20.6	17.0	4.6	19.1	22.5
<b>Males:</b>											
6-11.....	0.5	48.5	29.5	24.8	† 0.0	37.2	21.3	† 8.3	† 2.5	17.9	† 5.8
12-19.....	0.7	42.7	25.1	21.7	† 0.0	27.2	† 6.8	† 11.0	† .8	† 8.6	† 6.5
20-39.....	1.7	34.0	19.6	14.9	† .6	22.2	8.4	5.2	† 6.5	8.4	† 3.9
40-59.....	0.6	42.4	25.3	20.9	† 3.5	30.8	11.0	12.2	† 1.5	10.6	† 5.4
60 and over.....	0.7	50.2	25.7	19.1	† 3.2	30.2	4.2	16.2	6.6	10.7	† 3.4
20 and over.....	3.0	39.6	22.2	17.1	1.8	25.8	7.9	9.3	5.6	9.4	4.1
<b>Females:</b>											
6-11.....	0.6	69.0	30.2	26.5	† 4.0	48.2	† 16.1	† 10.7	† 4.8	21.7	† 9.3
12-19.....	0.8	43.3	16.1	14.3	† 4.5	34.9	† 8.5	† 8.8	† 5.3	14.4	† 6.1
20-39.....	1.9	48.5	27.4	19.3	† .9	29.5	† 4.6	9.2	5.9	13.2	5.8
40-59.....	0.8	47.3	22.4	15.9	† 1.5	33.9	7.3	12.2	† 8.2	12.5	† 3.5
60 and over.....	1.7	58.8	33.9	27.0	4.1	41.9	14.2	16.2	8.0	14.0	4.8
20 and over.....	4.3	52.4	29.1	21.7	2.3	35.1	8.8	12.5	7.1	13.4	5.0
All individuals.....	11.1	50.1	26.4	20.3	2.2	35.1	10.7	11.5	5.6	13.4	7.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 9A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent</i>		<i>----- Grams -----</i>								
<b>Participating:</b>										
Males and females:										
1-2.....	0.6	450	423	408	314	82	† 1	† 3	† 15	11
3-5.....	0.8	400	365	335	218	99	† 9	8	20	12
5 and under ‡ .....	1.6	482	456	320	226	80	† 5	5	16	10
Males:										
6-11.....	0.5	446	407	325	197	† 89	† 15	† *	23	15
12-19.....	0.8	393	360	306	187	† 110	† 3	0	† 13	11
20-39.....	0.7	† 330	† 246	173	† 102	† 70	0	† 1	† 65	† 12
40-59.....	0.4	179	130	126	71	† 37	† 1	0	† 22	† 23
60 and over.....	0.2	201	171	154	† 59	68	† 11	† 5	† 13	11
20 and over.....	1.3	268	201	156	87	† 60	† 2	† 1	† 45	15
Females:										
6-11.....	0.7	388	350	299	187	83	† 1	† 5	† 26	10
12-19.....	0.6	285	226	196	† 156	35	0	† 3	38	13
20-39.....	1.5	161	137	124	89	29	† 4	† 3	† 10	11
40-59.....	0.5	176	146	138	66	51	† 16	† 2	14	10
60 and over.....	0.4	164	140	113	† 37	59	† 14	† 14	† 15	† 7
20 and over.....	2.5	165	139	125	75	39	† 8	† 4	12	10
All individuals.....	7.9	316	278	221	142	65	5	3	22	12
<b>Not participating:</b>										
Males and females:										
1-2.....	0.4	513	493	466	332	117	† 9	† 3	11	8
3-5.....	0.7	413	378	347	201	89	† 44	† 1	24	10
5 and under ‡ .....	1.2	478	452	361	232	93	† 27	† 2	17	8
Males:										
6-11.....	0.5	411	368	314	169	114	† 5	† 2	† 34	8
12-19.....	0.7	342	296	234	121	† 65	† 36	† 3	† 25	20
20-39.....	1.7	268	220	203	80	81	† 34	† 2	† 22	23
40-59.....	0.6	232	185	159	73	61	† 13	† 2	† 31	12
60 and over.....	0.7	223	184	173	67	85	19	† 1	22	8
20 and over.....	3.0	250	205	187	76	78	26	† 2	24	17
Females:										
6-11.....	0.6	345	311	258	151	61	† 13	0	17	16
12-19.....	0.8	235	203	180	94	60	† 25	† 2	† 12	† 16
20-39.....	1.9	200	168	147	65	52	† 24	† 4	15	14
40-59.....	0.8	187	150	122	61	38	† 17	† 15	† 19	16
60 and over.....	1.7	200	168	152	43	62	42	† 4	20	9
20 and over.....	4.3	198	165	145	56	54	30	† 6	18	12
All individuals.....	11.1	272	235	202	97	69	27	3	20	14

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 9B.--Milk and milk products: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent</i>		<i>----- Percent -----</i>								
<b>Participating:</b>										
Males and females:										
1-2.....	0.6	88.9	85.5	83.9	63.0	19.3	† 0.7	† 1.8	13.4	30.0
3-5.....	0.8	89.9	86.0	84.1	60.0	23.6	† 3.5	4.3	17.8	32.4
5 and under ‡ .....	1.6	90.5	87.4	73.3	53.7	18.9	† 2.0	2.9	13.8	27.6
Males:										
6-11.....	0.5	† 91.0	85.1	77.4	50.0	21.7	† 5.0	† 1.1	20.8	31.7
12-19.....	0.8	82.1	64.1	56.0	39.5	† 19.6	† .5	† 0.0	† 7.6	27.8
20-39.....	0.7	58.5	47.6	45.0	† 27.2	16.3	† 0.0	† .5	† 17.5	19.7
40-59.....	0.4	58.9	36.2	36.2	21.7	† 9.2	† .7	† 0.0	† 8.8	26.2
60 and over.....	0.2	65.0	53.2	50.5	21.7	22.5	† 4.5	† 2.2	† 8.7	22.8
20 and over.....	1.3	59.4	44.8	43.0	24.8	14.9	† .8	† .6	† 13.7	22.1
Females:										
6-11.....	0.7	† 92.2	86.3	84.0	61.1	25.0	† .9	† 2.7	† 18.6	20.0
12-19.....	0.6	67.1	48.6	43.1	32.4	† 11.2	† 0.0	† 1.3	20.6	24.0
20-39.....	1.5	60.5	44.2	40.1	27.1	10.1	† .8	† 1.9	† 4.6	28.2
40-59.....	0.5	64.7	48.1	45.9	23.9	14.6	† 3.2	† 1.9	8.1	22.5
60 and over.....	0.4	74.2	64.6	59.8	18.5	24.5	† 10.3	† 4.8	† 13.5	† 16.8
20 and over.....	2.5	63.8	48.6	44.8	24.9	13.6	3.0	† 2.4	7.0	25.0
All individuals.....	7.9	74.9	63.2	56.9	37.6	16.8	1.9	1.8	12.4	25.3
<b>Not participating:</b>										
Males and females:										
1-2.....	0.4	93.4	89.5	86.9	63.4	21.3	† 2.1	† 2.1	10.7	25.3
3-5.....	0.7	92.6	85.1	82.7	55.9	24.9	† 5.1	† .8	20.0	28.1
5 and under ‡ .....	1.2	92.0	86.6	77.2	53.7	21.7	† 3.5	† 1.3	14.7	24.3
Males:										
6-11.....	0.5	† 91.0	84.0	76.9	44.7	33.7	† 2.1	† 1.2	19.5	20.4
12-19.....	0.7	77.5	62.0	55.4	35.7	† 13.7	† 4.5	† .7	† 9.4	38.6
20-39.....	1.7	67.5	47.3	43.5	20.1	15.8	† 5.3	† .8	10.7	37.1
40-59.....	0.6	60.7	45.3	42.5	19.3	15.2	† 3.7	† 1.3	11.8	19.6
60 and over.....	0.7	73.9	58.4	55.7	20.9	27.7	7.0	† .4	15.0	18.3
20 and over.....	3.0	67.7	49.6	46.3	20.1	18.6	5.4	† .8	12.0	29.0
Females:										
6-11.....	0.6	84.1	77.7	67.3	42.4	20.6	† 4.8	† 0.0	14.1	30.4
12-19.....	0.8	71.4	55.4	49.6	25.1	18.2	† 6.5	† .9	† 7.1	34.1
20-39.....	1.9	69.6	52.8	48.3	22.3	14.8	7.2	† 2.0	8.3	29.7
40-59.....	0.8	73.3	54.7	49.7	23.1	16.5	† 7.1	† 5.9	12.6	34.5
60 and over.....	1.7	79.4	67.8	64.3	23.3	26.9	13.0	† 2.5	15.2	16.0
20 and over.....	4.3	74.1	59.1	54.8	22.8	19.9	9.5	2.9	11.8	25.1
All individuals.....	11.1	75.7	61.6	56.4	28.5	19.9	6.6	1.6	12.2	27.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 10A.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>	<i>----- Grams -----</i>									
<b>Participating:</b>											
Males and females:											
1-2.....	0.6	104	12	6	0.0	†*	20	15	14	† 5	45
3-5.....	0.8	124	12	6	0	†*	29	21	20	† 3	50
5 and under ‡ .....	1.6	104	11	5	†*	†*	23	17	16	† 3	43
Males:											
6-11.....	0.5	169	18	† 9	† 1	0	29	25	25	† 17	70
12-19.....	0.8	285	† 40	† 18	0	0	† 48	39	30	† 14	122
20-39.....	0.7	377	† 96	† 14	†*	† 4	45	33	† 26	† 27	155
40-59.....	0.4	257	18	† 21	0	† 6	58	† 49	† 45	† 7	97
60 and over.....	0.2	207	† 24	21	0	† 4	26	34	33	† 6	86
20 and over.....	1.3	319	† 63	17	†*	† 5	46	38	32	† 18	129
Females:											
6-11.....	0.7	146	† 27	† 10	†*	† 1	14	22	15	† 7	59
12-19.....	0.6	162	14	† 6	0	†*	23	† 21	† 21	† 5	93
20-39.....	1.5	207	17	17	† 1	†*	24	31	26	† 11	99
40-59.....	0.5	179	19	18	† 1	0	24	31	28	† 9	76
60 and over.....	0.4	135	† 13	12	† 1	† 2	† 18	27	23	† 11	† 48
20 and over.....	2.5	189	17	16	† 1	†*	23	30	26	11	85
All individuals.....	7.9	195	26	12	†*	† 1	29	28	24	11	84
<b>Not participating:</b>											
Males and females:											
1-2.....	0.4	102	7	7	†*	0	17	18	16	† 6	46
3-5.....	0.7	121	18	7	†*	† 1	21	16	14	† 5	53
5 and under ‡ .....	1.2	104	12	6	†*	†*	17	15	14	† 5	47
Males:											
6-11.....	0.5	144	† 15	† 8	0	0	30	19	17	† 1	70
12-19.....	0.7	232	26	† 19	†*	0	19	35	33	† 12	116
20-39.....	1.7	287	39	16	† 1	0	22	37	32	12	155
40-59.....	0.6	250	43	† 33	† 2	† 2	28	21	20	† 11	103
60 and over.....	0.7	190	19	18	† 2	†*	22	18	18	† 16	89
20 and over.....	3.0	256	35	20	2	†*	23	29	26	13	129
Females:											
6-11.....	0.6	155	† 19	† 5	0	† 1	24	† 13	† 12	† 7	84
12-19.....	0.8	195	22	9	0	0	† 18	24	20	† 8	110
20-39.....	1.9	187	23	15	0	0	19	19	18	† 17	91
40-59.....	0.8	184	20	8	† 1	0	17	27	24	13	94
60 and over.....	1.7	120	10	9	† 1	† 1	12	24	18	8	54
20 and over.....	4.3	160	17	11	†*	†*	16	22	19	13	77
All individuals.....	11.1	186	22	13	1	†*	20	24	21	11	92

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 10B.--Meat, poultry, and fish: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
		<i>Percent</i>									
<b>Participating:</b>											
Males and females:											
1-2.....	0.6	84.9	20.3	15.0	† 0.0	† 0.3	35.4	27.4	26.0	† 6.6	33.2
3-5.....	0.8	92.5	15.9	15.5	† 0.0	† .6	43.2	28.6	27.0	† 5.3	35.0
5 and under ‡ .....	1.6	82.2	15.6	13.1	† .2	† .8	36.1	25.5	23.6	5.0	31.6
Males:											
6-11.....	0.5	88.3	19.4	† 11.5	† .8	† 0.0	40.4	26.0	24.6	† 9.8	33.4
12-19.....	0.8	86.8	26.6	22.3	† 0.0	† 0.0	36.7	22.0	18.7	† 5.9	32.4
20-39.....	0.7	† 90.8	37.1	11.5	† 1.3	† 1.0	49.5	19.2	† 14.7	† 12.2	42.0
40-59.....	0.4	87.0	12.6	18.6	† 0.0	† 7.3	40.9	20.5	18.1	† 5.3	24.6
60 and over.....	0.2	† 94.7	23.0	32.8	† 0.0	† 3.1	32.3	31.7	30.3	† 4.7	28.1
20 and over.....	1.3	90.1	27.9	16.3	† .8	† 3.2	44.7	21.1	17.7	† 9.1	35.0
Females:											
6-11.....	0.7	† 93.5	21.9	18.8	† .6	† .8	30.4	25.4	19.2	† 6.7	39.3
12-19.....	0.6	80.9	18.2	† 9.7	† 0.0	† 1.0	35.1	† 16.0	† 16.0	† 3.4	36.9
20-39.....	1.5	86.2	17.4	17.1	† 1.0	† .4	29.6	21.7	18.7	6.9	38.5
40-59.....	0.5	82.8	22.1	26.3	† .5	† 0.0	30.0	25.3	23.3	† 5.7	23.8
60 and over.....	0.4	83.1	17.6	25.5	† 1.3	† 1.7	19.8	28.2	25.9	† 8.0	17.4
20 and over.....	2.5	84.9	18.5	20.6	† 1.0	† .6	28.0	23.7	20.9	6.8	31.6
All individuals.....	7.9	86.1	20.5	17.0	† .6	† 1.0	34.8	23.2	20.5	6.7	33.4
<b>Not participating:</b>											
Males and females:											
1-2.....	0.4	79.8	15.5	15.4	† .4	† 0.0	29.8	26.6	24.6	5.5	34.8
3-5.....	0.7	87.8	23.9	13.2	† .6	† .6	36.2	22.2	20.3	† 5.5	33.1
5 and under ‡ .....	1.2	78.8	18.5	12.7	† .5	† .3	30.3	22.3	20.1	5.0	32.4
Males:											
6-11.....	0.5	86.8	19.3	16.4	† 0.0	† 0.0	41.3	25.1	20.7	† .7	38.4
12-19.....	0.7	87.8	23.9	22.9	† .5	† 0.0	24.1	29.6	25.8	† 7.9	34.3
20-39.....	1.7	86.5	24.4	18.7	† .4	† 0.0	26.2	26.8	23.2	6.5	40.0
40-59.....	0.6	94.4	29.1	32.7	† 1.3	† 1.2	31.5	14.6	13.4	8.1	27.4
60 and over.....	0.7	88.6	18.3	26.4	† 2.9	† 1.4	32.9	17.7	16.9	9.4	28.3
20 and over.....	3.0	88.6	23.8	23.4	† 1.2	† .6	28.9	22.2	19.7	7.5	34.6
Females:											
6-11.....	0.6	† 93.0	20.3	11.9	† 0.0	† 1.1	33.0	16.1	14.8	† 8.4	45.6
12-19.....	0.8	87.6	26.8	17.3	† 0.0	† 0.0	25.1	28.6	20.8	† 7.3	35.0
20-39.....	1.9	82.6	21.6	19.8	† 0.0	† 0.0	25.5	17.9	16.7	† 6.9	34.3
40-59.....	0.8	87.8	19.4	16.2	† .6	† 0.0	22.2	26.9	22.5	10.6	32.6
60 and over.....	1.7	84.1	13.6	20.8	† 1.4	† .9	24.8	25.2	21.8	7.1	26.3
20 and over.....	4.3	84.1	18.0	19.6	† .7	† .4	24.7	22.3	19.7	7.6	30.9
All individuals.....	11.1	85.8	20.8	19.3	† .7	† .4	27.6	23.0	20.0	7.0	33.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 11A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	<i>----- Grams -----</i>								
<b>Participating:</b>										
Males and females:										
1-2.....	0.6	20	16	2	3	1	1	14	† 1	3
3-5.....	0.8	18	10	4	4	2	2	27	1	7
5 and under ‡ .....	1.6	17	17	3	3	1	2	19	1	4
Males:										
6-11.....	0.5	12	† 37	5	8	† 3	5	35	1	11
12-19.....	0.8	33	† 16	† 5	8	† 1	6	25	2	† 10
20-39.....	0.7	40	† 35	7	† 32	† 15	† 7	† 57	7	† 5
40-59.....	0.4	20	† 38	† 5	11	† 5	3	24	† 15	† 2
60 and over.....	0.2	26	† 42	† 3	10	† 4	† 4	15	† 7	† 5
20 and over.....	1.3	32	37	6	† 23	† 11	5	† 42	9	† 4
Females:										
6-11.....	0.7	19	18	† 2	7	1	† 5	34	† 2	7
12-19.....	0.6	16	† 27	† 1	6	† 2	† 4	20	3	8
20-39.....	1.5	18	21	† 3	10	3	7	14	6	† 3
40-59.....	0.5	19	17	† 2	13	3	7	24	7	6
60 and over.....	0.4	24	† 15	† 1	10	2	† 7	20	4	† 2
20 and over.....	2.5	19	19	† 2	11	3	7	17	6	3
All individuals.....	7.9	22	23	3	10	† 3	5	25	4	6
<b>Not participating:</b>										
Males and females:										
1-2.....	0.4	19	15	3	2	1	1	15	*	† 3
3-5.....	0.7	13	10	5	4	2	2	22	1	† 6
5 and under ‡ .....	1.2	15	26	4	3	1	1	17	1	4
Males:										
6-11.....	0.5	18	† 11	† 7	5	1	4	31	† 3	† 12
12-19.....	0.7	† 33	† 39	† 3	14	† 3	11	29	3	† 8
20-39.....	1.7	40	53	† 5	12	4	8	28	5	† 11
40-59.....	0.6	44	48	† 5	15	5	7	23	7	† 7
60 and over.....	0.7	31	38	† 1	9	4	4	18	5	† 2
20 and over.....	3.0	39	48	4	12	4	7	25	5	8
Females:										
6-11.....	0.6	18	† 15	† 5	6	2	† 4	38	† 1	† 13
12-19.....	0.8	19	† 16	† 3	9	2	6	40	† 3	† 7
20-39.....	1.9	23	28	† 3	12	2	8	19	7	4
40-59.....	0.8	25	27	† 1	13	3	9	19	5	† 6
60 and over.....	1.7	15	† 25	† 1	9	4	4	15	3	† 2
20 and over.....	4.3	20	27	† 2	11	3	6	18	5	4
All individuals.....	11.1	25	31	3	10	3	6	23	4	6

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 11B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	<i>----- Percent -----</i>								
<b>Participating:</b>										
Males and females:										
1-2.....	0.6	35.2	14.7	13.0	31.7	19.6	14.0	42.6	13.1	12.2
3-5.....	0.8	25.4	10.1	21.4	37.3	22.4	17.9	53.6	15.5	16.4
5 and under ‡ .....	1.6	27.5	11.4	15.5	30.9	18.7	14.4	43.6	12.6	12.6
Males:										
6-11.....	0.5	20.0	17.9	13.7	47.8	26.0	29.6	56.1	19.5	22.2
12-19.....	0.8	28.4	† 11.6	† 7.7	36.0	† 15.0	22.9	39.3	16.8	15.4
20-39.....	0.7	33.2	16.1	† 5.7	50.9	31.0	22.3	47.8	36.6	† 7.8
40-59.....	0.4	21.9	† 12.8	† 9.6	38.0	19.1	17.5	44.9	30.8	† 8.9
60 and over.....	0.2	32.0	† 15.6	† 6.4	46.8	30.1	20.9	60.7	42.6	† 6.5
20 and over.....	1.3	29.6	15.0	† 7.0	46.4	27.2	20.7	48.5	35.6	8.0
Females:										
6-11.....	0.7	23.2	18.8	† 7.7	40.4	17.4	26.2	53.6	18.3	18.2
12-19.....	0.6	21.3	15.1	† 3.2	38.1	13.5	21.1	42.4	23.2	19.3
20-39.....	1.5	22.1	15.1	† 1.8	48.9	22.3	24.9	50.2	36.7	† 6.9
40-59.....	0.5	26.4	14.7	† 6.2	56.7	31.8	29.8	58.9	45.6	13.5
60 and over.....	0.4	34.4	† 12.7	† 8.7	63.2	37.0	23.5	66.6	49.4	† 10.3
20 and over.....	2.5	25.2	14.6	4.0	53.1	27.0	25.7	54.9	40.9	9.0
All individuals.....	7.9	25.9	14.3	8.1	43.3	22.3	22.3	49.2	27.2	12.6
<b>Not participating:</b>										
Males and females:										
1-2.....	0.4	31.3	14.0	13.5	30.5	24.3	10.5	38.3	8.7	11.8
3-5.....	0.7	23.1	12.4	13.0	38.9	24.7	20.3	50.8	18.5	16.6
5 and under ‡ .....	1.2	25.0	13.8	11.9	32.5	22.6	14.7	41.5	13.4	13.2
Males:										
6-11.....	0.5	28.2	13.5	17.5	43.2	23.6	25.3	59.0	19.8	21.8
12-19.....	0.7	23.9	16.0	† 6.6	50.1	† 17.3	37.4	45.7	20.6	14.2
20-39.....	1.7	27.6	20.3	6.6	41.4	19.8	25.9	43.7	23.7	14.4
40-59.....	0.6	38.7	20.7	8.0	54.6	37.7	21.3	55.3	37.1	12.7
60 and over.....	0.7	38.0	16.2	† 5.4	53.1	36.5	18.5	55.1	40.9	5.0
20 and over.....	3.0	32.3	19.4	6.6	46.9	27.4	23.2	48.8	30.6	11.8
Females:										
6-11.....	0.6	21.8	† 12.9	17.4	40.5	26.3	17.9	57.6	† 11.9	27.0
12-19.....	0.8	19.3	14.8	† 4.7	43.3	23.3	25.9	40.9	15.0	12.8
20-39.....	1.9	23.2	20.1	† 5.8	46.1	23.5	24.7	53.1	33.5	10.9
40-59.....	0.8	30.9	17.3	† 4.0	51.8	30.5	30.0	60.9	44.7	11.5
60 and over.....	1.7	21.4	10.7	7.3	57.5	37.2	20.5	55.6	40.2	7.4
20 and over.....	4.3	23.8	15.9	6.1	51.6	30.1	24.0	55.5	38.1	9.6
All individuals.....	11.1	26.0	16.3	7.9	46.6	26.8	23.4	50.8	28.4	12.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 12A.--Beverages: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>		<i>Grams</i>												
<b>Participating:</b>														
Males and females:														
1-2.....	0.6	197	0.0	0.0	0.0	197	† 1	20	125	108	† 12	51	48	† 3
3-5.....	0.8	263	0	0	0	263	† 1	11	152	143	† 9	100	92	† 7
5 and under ‡ .....	1.6	209	0	0	0	209	† 1	13	126	113	11	69	64	† 5
Males:														
6-11.....	0.5	376	0	0	0	376	† 3	† 18	164	153	† 8	191	190	† 1
12-19.....	0.8	860	† 14	0	† 14	846	† 21	† 149	217	202	† 15	453	443	† 8
20-39.....	0.7	1,254	† 201	0	† 200	1,053	287	† 118	† 87	† 82	† 6	554	532	† 19
40-59.....	0.4	1,272	† 159	0	† 156	1,112	453	† 139	† 257	† 247	† 10	262	232	† 30
60 and over.....	0.2	875	† 81	0	† 74	794	400	215	† 71	† 63	† 8	109	† 71	† 38
20 and over.....	1.3	1,212	† 173	0	† 171	1,039	352	† 137	† 137	† 130	† 7	409	383	† 25
Females:														
6-11.....	0.7	278	0	0	0	278	† 1	† 12	128	117	† 11	137	132	† 2
12-19.....	0.6	630	† 3	0	0	626	† 24	† 103	195	176	† 19	301	298	† 3
20-39.....	1.5	1,027	† 72	† 6	† 60	955	198	134	121	109	† 12	503	456	† 45
40-59.....	0.5	1,084	† 40	† 15	† 22	1,044	445	193	† 128	† 107	† 21	276	207	† 70
60 and over.....	0.4	657	0	0	0	657	335	† 137	† 81	† 75	† 5	101	66	† 35
20 and over.....	2.5	975	† 52	† 7	† 41	923	276	147	115	103	† 13	383	333	49
All individuals.....	7.9	719	46	† 2	42	673	147	94	141	129	12	289	267	21
<b>Not participating:</b>														
Males and females:														
1-2.....	0.4	176	0	0	0	176	0	28	91	83	† 3	56	53	† 2
3-5.....	0.7	252	0	0	0	252	† 2	† 35	118	116	† 1	97	93	† 4
5 and under ‡ .....	1.2	200	0	0	0	200	† 1	29	97	94	† 2	73	69	† 3
Males:														
6-11.....	0.5	407	0	0	0	407	† 5	† 30	184	175	† 9	188	187	† *
12-19.....	0.7	1,166	† 77	† 2	† 58	1,089	† 45	132	260	222	† 18	652	637	† 15
20-39.....	1.7	1,459	† 457	† 3	† 434	1,002	214	134	160	119	† 41	491	438	† 52
40-59.....	0.6	1,328	230	† 7	212	1,098	539	167	69	† 45	† 21	313	248	† 66
60 and over.....	0.7	774	42	† 2	37	733	445	111	44	40	† 3	132	85	47
20 and over.....	3.0	1,266	311	† 4	† 293	956	335	135	114	85	† 27	368	314	54
Females:														
6-11.....	0.6	446	0	0	0	446	0	† 47	173	170	† 4	225	216	† 10
12-19.....	0.8	615	† 9	† 2	† 8	605	† 17	† 75	120	110	† 10	394	352	† 42
20-39.....	1.9	883	† 50	† 4	† 42	834	235	132	101	98	† 3	364	292	72
40-59.....	0.8	924	† 14	† 8	† 5	909	386	151	76	59	† 12	296	204	92
60 and over.....	1.7	579	† 3	† *	† 2	576	295	126	50	45	† 5	103	74	30
20 and over.....	4.3	771	† 25	† 3	† 20	745	285	133	77	71	† 5	249	191	59
All individuals.....	11.1	820	99	3	90	721	206	109	113	99	12	292	250	42

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 12B.--Beverages: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>		<i>Percent</i>												
<b>Participating:</b>														
<b>Males and females:</b>														
1-2.....	0.6	60.1	† 0.0	† 0.0	† 0.0	60.1	† 0.7	8.2	38.9	35.4	† 3.0	25.6	24.4	† 1.2
3-5.....	0.8	71.7	† 0.0	† 0.0	† 0.0	71.7	† 1.1	4.5	45.7	43.0	† 3.4	35.3	33.5	† 3.0
5 and under ‡ .....	1.6	59.5	† 0.0	† 0.0	† 0.0	59.5	† .8	5.3	38.7	35.1	3.7	27.1	25.7	† 2.0
<b>Males:</b>														
6-11.....	0.5	71.8	† 0.0	† 0.0	† 0.0	71.8	† 2.5	† 3.8	45.8	43.5	† 1.8	43.9	43.4	† .5
12-19.....	0.8	84.2	† .7	† 0.0	† .7	84.2	† 9.0	† 10.8	34.3	32.2	† 2.8	60.5	59.4	† 1.5
20-39.....	0.7	† 91.7	11.5	† 0.0	† 10.9	† 89.4	39.7	† 17.1	11.4	† 9.5	† 1.8	67.0	63.3	† 3.2
40-59.....	0.4	84.7	† 9.4	† 0.0	† 9.4	82.7	50.5	† 9.2	† 20.8	† 19.1	† 1.7	29.9	26.4	† 3.5
60 and over.....	0.2	† 93.1	† 6.8	† 0.0	† 3.6	† 93.1	61.6	27.0	17.9	† 16.8	† 1.2	24.1	† 14.5	† 9.6
20 and over.....	1.3	89.8	10.3	† 0.0	9.5	87.8	45.7	† 15.9	15.1	13.4	† 1.7	50.3	46.0	† 4.1
<b>Females:</b>														
6-11.....	0.7	67.2	† 0.0	† 0.0	† 0.0	67.2	† 1.0	† 5.9	32.1	29.2	† 2.9	37.9	37.2	† 1.1
12-19.....	0.6	85.7	† 2.8	† 0.0	† 0.0	85.7	† 9.2	† 11.9	44.1	40.5	† 3.6	50.6	49.8	† .8
20-39.....	1.5	89.8	7.2	† 1.1	† 5.3	89.3	30.5	23.4	25.7	23.8	† 1.9	62.7	56.7	† 5.6
40-59.....	0.5	92.1	† 5.2	† 2.4	† 2.9	90.0	59.5	22.3	14.0	12.9	† 1.6	42.7	33.1	9.6
60 and over.....	0.4	† 91.9	† 0.0	† 0.0	† 0.0	† 91.9	68.9	22.5	† 18.8	† 17.1	† .9	27.2	17.7	† 9.5
20 and over.....	2.5	90.7	5.5	† 1.2	3.9	90.0	43.6	23.0	22.0	20.3	† 1.7	52.1	44.7	7.2
All individuals.....	7.9	79.8	3.6	† .4	2.8	79.3	22.9	13.5	29.6	27.2	† 2.5	45.6	42.1	3.6
<b>Not participating:</b>														
<b>Males and females:</b>														
1-2.....	0.4	56.3	† 0.0	† 0.0	† 0.0	56.3	† 0.0	10.4	33.8	30.7	† 2.0	25.6	24.3	† 1.3
3-5.....	0.7	67.9	† 0.0	† 0.0	† 0.0	67.9	† 2.1	9.5	38.2	37.5	† .7	36.0	33.8	† 2.3
5 and under ‡ .....	1.2	57.7	† 0.0	† 0.0	† 0.0	57.7	† 1.1	8.9	33.4	31.9	† 1.1	28.8	27.2	† 1.7
<b>Males:</b>														
6-11.....	0.5	78.0	† 0.0	† 0.0	† 0.0	78.0	† 2.2	† 11.2	39.4	37.5	† 1.8	45.3	44.2	† 1.1
12-19.....	0.7	† 91.2	† 5.1	† 1.4	† 3.6	† 89.5	† 12.6	18.5	33.6	26.6	† 5.0	66.0	64.5	† 3.2
20-39.....	1.7	91.6	22.8	† 1.5	20.2	88.1	28.8	17.0	21.2	17.8	4.1	63.8	57.9	6.0
40-59.....	0.6	89.8	16.4	† 1.1	10.7	85.4	55.0	18.8	12.5	† 8.6	† 2.6	50.0	43.5	6.5
60 and over.....	0.7	93.0	5.9	† .9	† 3.1	91.1	70.3	20.3	12.0	11.0	† 1.0	27.8	17.9	9.9
20 and over.....	3.0	91.6	17.4	† 1.3	14.1	88.3	44.1	18.1	17.2	14.3	3.1	52.3	45.3	7.1
<b>Females:</b>														
6-11.....	0.6	78.1	† 0.0	† 0.0	† 0.0	78.1	† 0.0	† 7.3	36.0	35.5	† .5	46.5	45.5	† 4.0
12-19.....	0.8	89.3	† 3.3	† 1.2	† 2.1	89.3	† 5.9	16.5	26.7	23.7	† 3.0	67.3	62.8	† 9.7
20-39.....	1.9	88.1	† 4.7	† 1.8	† 3.5	86.8	35.9	20.5	18.2	17.9	† 1.1	55.1	47.1	11.5
40-59.....	0.8	92.6	† 3.1	† 1.9	† 1.0	92.6	63.7	29.3	21.0	16.5	† 3.3	50.0	38.7	14.3
60 and over.....	1.7	87.3	† 1.6	† .6	† .5	87.0	66.8	27.5	13.9	12.4	† 1.5	26.0	17.8	8.5
20 and over.....	4.3	88.6	3.2	† 1.3	† 1.9	87.9	52.9	24.8	17.0	15.5	† 1.6	42.8	34.1	10.8
All individuals.....	11.1	85.1	6.5	1.0	4.9	83.9	34.0	18.8	22.6	20.3	2.2	47.2	41.3	7.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 13A.--Grain group: Mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	----- <i>Servings ‡</i> -----		
<b>Participating:</b>				
<b>Males:</b>				
2-5.....	0.7	6.2	0.8	5.4
6-11.....	0.6	6.9	.8	6.2
12-19.....	0.8	8.6	1.0	7.6
20-39.....	0.8	12.1	.7	11.4
40-59.....	0.4	7.0	†.6	6.4
60 and over.....	0.2	4.8	.6	4.2
20 and over.....	1.4	9.8	.7	9.1
<b>Females:</b>				
2-5.....	0.5	5.9	.7	5.2
6-11.....	0.7	5.6	.5	5.1
12-19.....	0.6	6.0	.8	5.2
20-39.....	1.5	5.5	.5	5.1
40-59.....	0.6	4.8	.5	4.3
60 and over.....	0.5	4.2	.7	3.5
20 and over.....	2.6	5.1	.5	4.6
All individuals 2 and over.....	7.8	6.7	.7	6.0
<b>Not participating:</b>				
<b>Males:</b>				
2-5.....	0.4	6.5	.9	5.6
6-11.....	0.5	6.8	.8	6.0
12-19.....	0.7	8.7	.9	7.8
20-39.....	1.7	9.1	.7	8.4
40-59.....	0.6	7.2	.8	6.4
60 and over.....	0.7	5.6	.9	4.7
20 and over.....	3.0	7.9	.8	7.1
<b>Females:</b>				
2-5.....	0.5	6.0	.9	5.1
6-11.....	0.5	5.3	.6	4.8
12-19.....	0.8	6.5	.7	5.8
20-39.....	1.9	5.3	.7	4.6
40-59.....	0.8	5.3	.7	4.6
60 and over.....	1.7	4.7	.8	3.8
20 and over.....	4.4	5.1	.8	4.3
All individuals 2 and over.....	11.0	6.4	.8	5.6

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 13B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	----- <i>Percent</i> -----		
Participating:				
Males:				
2-5.....	0.7	† 0.0	52	47
6-11.....	0.6	† 1	55	37
12-19.....	0.8	† 0	75	38
20-39.....	0.8	† 0	67	49
40-59.....	0.4	† 1	55	35
60 and over.....	0.2	† 2	28	23
20 and over.....	1.4	† *	59	42
Females:				
2-5.....	0.5	† 0	45	40
6-11.....	0.7	† 1	43	34
12-19.....	0.6	† 1	45	29
20-39.....	1.5	† 1	32	24
40-59.....	0.6	† 4	24	18
60 and over.....	0.5	† 1	22	21
20 and over.....	2.6	† 2	28	22
All individuals 2 and over.....	7.8	1	46	33
Not participating:				
Males:				
2-5.....	0.4	† 1	50	48
6-11.....	0.5	† 1	57	45
12-19.....	0.7	† 1	72	41
20-39.....	1.7	† 1	71	46
40-59.....	0.6	† 1	60	40
60 and over.....	0.7	† 1	40	37
20 and over.....	3.0	† 1	61	43
Females:				
2-5.....	0.5	† 1	44	43
6-11.....	0.5	† 0	30	25
12-19.....	0.8	† 0	47	39
20-39.....	1.9	† 3	31	25
40-59.....	0.8	† 2	32	28
60 and over.....	1.7	† 2	26	23
20 and over.....	4.4	2	29	25
All individuals 2 and over.....	11.0	1	45	35

‡ See "Table notes."

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 14A.--Vegetable group: Mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
		<i>Percent</i>	----- <i>Servings ‡</i> -----						
<b>Participating:</b>									
<b>Males:</b>									
2-5.....	0.7	2.3	0.1	0.1	0.1	1.0	0.3	0.3	0.5
6-11.....	0.6	2.4	†*	.1	.3	1.0	.2	.4	.6
12-19.....	0.8	4.0	†.2	†.1	†.3	1.8	†.2	.4	1.0
20-39.....	0.8	4.7	†.4	†.1	†.3	1.8	†.2	.6	1.4
40-59.....	0.4	3.9	†.1	.1	.5	.7	†.7	.5	1.3
60 and over.....	0.2	2.8	†.2	.2	.3	.9	.1	†.4	.8
20 and over.....	1.4	4.2	†.3	.1	.4	1.4	.3	.5	1.3
<b>Females:</b>									
2-5.....	0.5	2.4	†.1	.1	.1	1.1	.2	.3	.4
6-11.....	0.7	2.1	†*	.1	.1	.9	.2	.3	.5
12-19.....	0.6	2.8	.1	.1	.3	1.3	.1	.4	.5
20-39.....	1.5	2.7	.1	.1	.2	1.0	.2	.4	.7
40-59.....	0.6	2.6	†.2	.1	.2	.6	.2	.4	.9
60 and over.....	0.5	2.3	†.2	†.2	†.2	.6	†.2	.3	.7
20 and over.....	2.6	2.6	.2	.1	.2	.8	.2	.4	.8
All individuals 2 and over.....	7.8	3.0	.1	.1	.2	1.1	.2	.4	.8
<b>Not participating:</b>									
<b>Males:</b>									
2-5.....	0.4	2.3	†*	†.1	.2	.9	.2	.4	.4
6-11.....	0.5	2.2	†.1	†.1	.2	.8	.2	.3	.5
12-19.....	0.7	3.7	†.1	.1	†.3	1.7	†.2	.5	.8
20-39.....	1.7	4.6	.1	.1	.5	1.6	.2	.7	1.4
40-59.....	0.6	3.5	.1	.1	.4	1.0	.3	.6	1.0
60 and over.....	0.7	3.1	.2	.2	.3	.8	.2	.4	1.0
20 and over.....	3.0	4.0	.1	.1	.4	1.3	.2	.6	1.2
<b>Females:</b>									
2-5.....	0.5	2.2	.1	.1	.2	.9	.2	.3	.4
6-11.....	0.5	2.3	†.1	.1	†.2	1.0	.2	.3	.5
12-19.....	0.8	2.9	.1	†.1	.1	1.1	.2	.5	.8
20-39.....	1.9	2.8	.1	.1	.2	.9	.2	.4	.8
40-59.....	0.8	3.0	.2	.2	.2	.8	.2	.4	1.0
60 and over.....	1.7	2.5	.2	.2	.1	.6	.2	.3	.9
20 and over.....	4.4	2.7	.2	.2	.2	.8	.2	.4	.9
All individuals 2 and over.....	11.0	3.1	.1	.1	.3	1.0	.2	.5	.9

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 14B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	----- <i>Percent</i> -----		
Participating:				
Males:				
2-5.....	0.7	18	29	26
6-11.....	0.6	19	30	23
12-19.....	0.8	† 7	60	43
20-39.....	0.8	† 8	64	55
40-59.....	0.4	† 9	50	43
60 and over.....	0.2	23	39	36
20 and over.....	1.4	10	57	49
Females:				
2-5.....	0.5	17	32	31
6-11.....	0.7	28	22	19
12-19.....	0.6	† 11	41	26
20-39.....	1.5	14	31	25
40-59.....	0.6	10	36	33
60 and over.....	0.5	27	29	28
20 and over.....	2.6	16	32	27
All individuals 2 and over.....	7.8	15	39	32
Not participating:				
Males:				
2-5.....	0.4	14	30	27
6-11.....	0.5	28	24	17
12-19.....	0.7	† 8	59	38
20-39.....	1.7	8	69	56
40-59.....	0.6	16	49	39
60 and over.....	0.7	13	44	41
20 and over.....	3.0	11	59	49
Females:				
2-5.....	0.5	17	23	21
6-11.....	0.5	15	30	27
12-19.....	0.8	12	41	34
20-39.....	1.9	10	39	35
40-59.....	0.8	12	44	42
60 and over.....	1.7	10	32	32
20 and over.....	4.4	10	37	35
All individuals 2 and over.....	11.0	12	43	37

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 15A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
Participating:				
Males:				
2-5.....	0.7	1.9	0.7	1.1
6-11.....	0.6	1.5	.6	.9
12-19.....	0.8	1.5	1.0	.4
20-39.....	0.8	1.1	.6	†.4
40-59.....	0.4	1.6	.6	†1.0
60 and over.....	0.2	1.1	†.5	.6
20 and over.....	1.4	1.2	.6	.6
Females:				
2-5.....	0.5	1.7	.8	.9
6-11.....	0.7	1.4	.7	.7
12-19.....	0.6	.9	.6	.3
20-39.....	1.5	.9	.5	.4
40-59.....	0.6	1.0	.6	.4
60 and over.....	0.5	1.4	.7	.8
20 and over.....	2.6	1.0	.5	.5
All individuals 2 and over.....	7.8	1.3	.7	.6
Not participating:				
Males:				
2-5.....	0.4	2.0	.7	1.3
6-11.....	0.5	1.2	.6	.6
12-19.....	0.7	1.1	.6	.5
20-39.....	1.7	1.1	.6	.5
40-59.....	0.6	1.6	.7	.9
60 and over.....	0.7	1.3	.6	.7
20 and over.....	3.0	1.3	.6	.6
Females:				
2-5.....	0.5	2.0	.8	1.3
6-11.....	0.5	1.3	.5	.8
12-19.....	0.8	1.2	.6	.6
20-39.....	1.9	1.4	.8	.6
40-59.....	0.8	1.2	.6	.6
60 and over.....	1.7	1.4	.7	.7
20 and over.....	4.4	1.4	.7	.6
All individuals 2 and over.....	11.0	1.3	.7	.7

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 15B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Participating:				
Males:				
2-5.....	0.7	32	37	35
6-11.....	0.6	43	27	21
12-19.....	0.8	56	21	14
20-39.....	0.8	54	15	† 9
40-59.....	0.4	64	31	† 28
60 and over.....	0.2	67	† 11	† 10
20 and over.....	1.4	58	19	15
Females:				
2-5.....	0.5	37	34	34
6-11.....	0.7	46	24	22
12-19.....	0.6	62	† 13	† 7
20-39.....	1.5	66	16	13
40-59.....	0.6	68	14	14
60 and over.....	0.5	52	28	28
20 and over.....	2.6	64	18	16
All individuals 2 and over.....	7.8	54	22	19
Not participating:				
Males:				
2-5.....	0.4	35	40	38
6-11.....	0.5	57	20	18
12-19.....	0.7	58	20	† 8
20-39.....	1.7	64	20	12
40-59.....	0.6	55	28	20
60 and over.....	0.7	54	24	22
20 and over.....	3.0	60	23	16
Females:				
2-5.....	0.5	32	47	45
6-11.....	0.5	40	14	† 13
12-19.....	0.8	57	25	18
20-39.....	1.9	55	23	21
40-59.....	0.8	63	24	23
60 and over.....	1.7	48	27	26
20 and over.....	4.4	54	25	23
All individuals 2 and over.....	11.0	54	25	21

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day, depending on age and physiological status

FSP participation, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>----- Servings ‡-----</i>			
<b>Participating:</b>					
<b>Males:</b>					
2-5.....	0.7	1.8	1.5	0.3	†*
6-11.....	0.6	2.2	1.7	.5	†*
12-19.....	0.8	2.1	1.5	.6	0.0
20-39.....	0.8	2.6	1.5	1.2	†*
40-59.....	0.4	1.1	.7	.5	†*
60 and over.....	0.2	.8	.6	.1	†*
11-24.....	1.0	2.1	1.4	.6	†*
20 and over.....	1.4	2.0	1.1	.8	†*
<b>Females:</b>					
2-5.....	0.5	1.8	1.5	.3	†*
6-11.....	0.7	1.8	1.5	.4	†*
12-19.....	0.6	1.3	.9	.4	†*
20-39.....	1.5	1.0	.6	.4	†*
40-59.....	0.6	.9	.7	.2	†*
60 and over.....	0.5	.9	.7	†.2	†*
11-24.....	1.2	1.2	.8	.4	†*
20 and over.....	2.6	1.0	.6	.3	†*
All individuals 2 and over.....	7.8	1.6	1.1	.5	*
<b>Not participating:</b>					
<b>Males:</b>					
2-5.....	0.4	1.8	1.6	.3	†*
6-11.....	0.5	1.9	1.5	.3	†*
12-19.....	0.7	1.9	1.3	.6	†*
20-39.....	1.7	1.6	.9	.7	†*
40-59.....	0.6	1.2	.8	.4	†*
60 and over.....	0.7	1.1	.9	.2	†*
11-24.....	1.4	2.0	1.2	.8	†*
20 and over.....	3.0	1.4	.9	.5	†*
<b>Females:</b>					
2-5.....	0.5	1.8	1.5	.3	†*
6-11.....	0.5	1.8	1.5	.3	†*
12-19.....	0.8	1.4	.9	.5	†*
20-39.....	1.9	1.1	.7	.4	†*
40-59.....	0.8	1.0	.6	.3	†*
60 and over.....	1.7	1.0	.8	.1	†*
11-24.....	1.5	1.4	.9	.5	†*
20 and over.....	4.4	1.0	.7	.3	†*
All individuals 2 and over.....	11.0	1.4	1.0	.4	*

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 16B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>	<i>Percent</i>		
Participating:				
Males:				
2-5.....	0.7	19	36	36
6-11.....	0.6	15	54	47
12-19.....	0.8	27	44	19
20-39.....	0.8	36	47	45
40-59.....	0.4	63	16	16
60 and over.....	0.2	66	† 7	† 7
11-24.....	1.0	29	43	19
20 and over.....	1.4	47	33	32
Females:				
2-5.....	0.5	21	38	38
6-11.....	0.7	22	41	39
12-19.....	0.6	47	20	† 6
20-39.....	1.5	58	12	9
40-59.....	0.6	67	11	11
60 and over.....	0.5	59	† 12	† 12
11-24.....	1.2	52	16	† 5
20 and over.....	2.6	61	12	10
All individuals 2 and over.....	7.8	41	29	24
Not participating:				
Males:				
2-5.....	0.4	22	35	35
6-11.....	0.5	† 14	37	33
12-19.....	0.7	26	37	21
20-39.....	1.7	44	29	23
40-59.....	0.6	54	18	18
60 and over.....	0.7	55	15	15
11-24.....	1.4	31	36	20
20 and over.....	3.0	49	23	20
Females:				
2-5.....	0.5	18	38	38
6-11.....	0.5	15	31	27
12-19.....	0.8	39	23	† 8
20-39.....	1.9	46	15	9
40-59.....	0.8	65	13	13
60 and over.....	1.7	59	11	11
11-24.....	1.5	38	20	7
20 and over.....	4.4	54	13	10
All individuals 2 and over.....	11.0	43	22	18

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 17A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

FSP participation, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
		<i>Percent</i>	<i>----- Ounces cooked lean meat equivalents ‡-----</i>							
<b>Participating:</b>										
<b>Males:</b>										
2-5.....	0.7	3.3	1.1	0.8	0.1	*	0.7	0.3	*	0.2
6-11.....	0.6	4.5	1.6	1.1	.4	0.0	.9	.4	†*	.1
12-19.....	0.8	6.6	2.9	1.4	†.2	0.0	1.4	.6	†*	.1
20-39.....	0.8	† 11.2	† 5.1	1.3	†.6	†.1	† 3.3	.7	*	†.2
40-59.....	0.4	6.4	2.3	1.7	†.2	†.1	1.3	.6	†*	†.1
60 and over.....	0.2	5.2	1.8	1.7	.3	†.1	.6	.6	†*	†.1
20 and over.....	1.4	9.1	3.9	1.5	†.5	†.1	† 2.4	.6	†*	.2
<b>Females:</b>										
2-5.....	0.5	3.2	1.1	.7	.2	†*	.7	.3	†*	.1
6-11.....	0.7	3.7	1.5	.8	†.2	†*	.6	.4	†*	.1
12-19.....	0.6	4.4	2.1	1.0	†.1	†*	.8	.4	†*	†.1
20-39.....	1.5	4.7	2.0	1.3	.3	†*	.7	.4	†*	†.1
40-59.....	0.6	4.4	1.5	1.2	†.3	†.2	.7	.4	†*	†.1
60 and over.....	0.5	3.7	1.1	1.3	†.4	†.1	.4	.5	†*	†.1
20 and over.....	2.6	4.4	1.7	1.2	.3	†.1	.6	.4	†*	.1
All individuals 2 and over.....	7.8	5.2	2.1	1.1	.3	†*	1.1	.5	*	.1
<b>Not participating:</b>										
<b>Males:</b>										
2-5.....	0.4	3.2	1.0	.8	†.1	†*	.7	.4	†*	.1
6-11.....	0.5	3.7	1.5	.7	†.2	*	.9	.3	†*	.1
12-19.....	0.7	5.9	2.3	1.4	.6	†*	.9	.5	†*	.1
20-39.....	1.7	6.7	3.1	1.5	.5	†*	.8	.6	†*	.2
40-59.....	0.6	6.8	3.3	1.2	.5	†.1	.9	.7	†*	.1
60 and over.....	0.7	4.6	1.7	1.0	.5	†.1	.7	.6	†*	.1
20 and over.....	3.0	6.2	2.8	1.3	.5	.1	.8	.6	†*	.1
<b>Females:</b>										
2-5.....	0.5	2.9	1.1	.7	.2	†*	.5	.3	†*	.1
6-11.....	0.5	3.3	1.2	.7	.1	†.1	.8	.3	†*	.1
12-19.....	0.8	4.1	1.7	.9	†.4	†*	.7	.3	†*	†.1
20-39.....	1.9	3.9	1.6	.9	.4	†*	.6	.4	†*	†.1
40-59.....	0.8	4.2	1.6	.9	.4	†*	.7	.5	†*	.1
60 and over.....	1.7	3.3	1.1	1.0	.4	†*	.4	.4	†*	.1
20 and over.....	4.4	3.8	1.4	.9	.4	*	.5	.4	†*	.1
All individuals 2 and over.....	11.0	4.5	1.8	1.0	.4	*	.7	.4	†*	.1

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 17B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Participating:				
Males:				
2-5.....	0.7	† 5	13	19
6-11.....	0.6	† 1	35	31
12-19.....	0.8	† 0	60	54
20-39.....	0.8	† *	74	67
40-59.....	0.4	† 2	59	53
60 and over.....	0.2	† 3	44	42
20 and over.....	1.4	† 1	66	60
Females:				
2-5.....	0.5	7	11	25
6-11.....	0.7	† 4	20	18
12-19.....	0.6	† 5	38	35
20-39.....	1.5	† 2	36	31
40-59.....	0.6	† 9	35	32
60 and over.....	0.5	† 9	25	25
20 and over.....	2.6	5	34	30
All individuals 2 and over.....	7.8	4	38	36
Not participating:				
Males:				
2-5.....	0.4	10	16	27
6-11.....	0.5	† 1	23	20
12-19.....	0.7	† 1	60	44
20-39.....	1.7	† 2	65	52
40-59.....	0.6	† 1	69	60
60 and over.....	0.7	† 5	41	38
20 and over.....	3.0	2	60	50
Females:				
2-5.....	0.5	12	12	17
6-11.....	0.5	† 1	18	17
12-19.....	0.8	† 7	31	29
20-39.....	1.9	7	26	24
40-59.....	0.8	† 5	29	27
60 and over.....	1.7	9	17	17
20 and over.....	4.4	8	23	22
All individuals 2 and over.....	11.0	5	35	31

\* Value less than 0.5 but greater than 0.

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 18.--Pyramid tip: Mean daily intakes of discretionary fat and added sugars per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

FSP participation, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat	Added sugars
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Percent of kilocalories -----</i>		<i>----- Grams -----</i>	<i>--- Teaspoons ‡ ---</i>	
<b>Participating:</b>							
<b>Males:</b>							
2-5.....	0.7	1562	33.9	26.3	14.7	45.9	14.5
6-11.....	0.6	2048	34.3	26.5	16.0	61.0	20.8
12-19.....	0.8	2585	35.3	26.7	16.6	79.1	27.1
20-39.....	0.8	3801	36.1	26.7	18.2	† 121.4	† 43.9
40-59.....	0.4	2254	33.5	24.2	14.1	62.1	20.7
60 and over.....	0.2	1501	33.5	23.1	12.5	39.9	11.4
20 and over.....	1.4	3082	35.0	25.6	16.3	94.6	33.3
<b>Females:</b>							
2-5.....	0.5	1498	34.2	26.6	15.2	44.3	14.4
6-11.....	0.7	1677	34.2	26.3	16.1	49.6	17.3
12-19.....	0.6	1853	32.7	24.2	20.4	51.6	23.4
20-39.....	1.5	1745	33.3	24.7	19.1	48.8	21.1
40-59.....	0.6	1512	34.7	25.8	15.1	45.0	15.1
60 and over.....	0.5	1255	34.6	25.3	11.6	35.7	9.4
20 and over.....	2.6	1604	33.9	25.1	16.9	45.6	17.7
All individuals 2 and over.....	7.8	2009	34.2	25.7	16.6	59.4	21.5
<b>Not participating:</b>							
<b>Males:</b>							
2-5.....	0.4	1542	33.6	25.6	13.5	44.0	13.1
6-11.....	0.5	1858	32.6	24.9	18.3	52.0	21.9
12-19.....	0.7	2674	33.5	25.9	20.2	77.4	33.5
20-39.....	1.7	2718	33.4	24.8	15.4	75.1	26.1
40-59.....	0.6	2256	34.5	24.6	12.5	63.1	18.2
60 and over.....	0.7	1610	33.9	24.6	12.3	45.1	12.4
20 and over.....	3.0	2356	33.8	24.7	14.0	65.4	21.2
<b>Females:</b>							
2-5.....	0.5	1459	32.9	25.5	14.6	41.5	13.5
6-11.....	0.5	1636	33.2	25.6	17.5	47.1	18.1
12-19.....	0.8	1869	33.5	25.8	18.7	53.6	22.3
20-39.....	1.9	1637	32.7	24.6	16.0	46.3	16.8
40-59.....	0.8	1574	34.2	25.6	15.4	46.1	15.2
60 and over.....	1.7	1252	31.6	23.2	12.3	33.1	9.8
20 and over.....	4.4	1481	32.6	24.3	14.5	41.3	13.9
All individuals 2 and over.....	11.0	1857	33.1	24.8	15.4	52.2	18.4

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 19.1.--Saturated fatty acids: Mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
Participating:	<i>Percent</i>	<i>----- Grams -----</i>								
Males and females:										
1-2.....	0.6	.6	0.3	0.2	0.5	0.7	2.3	11.3	5.2	21.7
3-5.....	0.8	0.6	.3	.2	.5	.7	2.3	12.4	5.8	23.4
5 and under ‡ .....	1.6	.5	.3	.3	.5	1.1	2.2	11.3	5.1	21.8
Males:										
6-11.....	0.5	.7	.4	.3	.5	.8	2.7	16.4	7.7	30.2
12-19.....	0.8	.7	.4	.2	.6	.8	3.1	21.6	10.1	38.4
20-39.....	0.7	† 1.1	† .6	† .4	† .9	† 1.2	† 4.6	27.4	12.8	50.3
40-59.....	0.4	.5	.3	.2	.4	.5	2.4	16.3	7.8	29.1
60 and over.....	0.2	.4	.2	.1	.3	.5	1.7	11.6	5.4	20.6
20 and over.....	1.3	† .8	† .5	† .3	† .7	† .9	3.5	22.0	10.4	40.1
Females:										
6-11.....	0.7	.6	.3	.2	.5	.7	2.4	13.9	6.6	26.0
12-19.....	0.6	.6	.3	.2	.5	.8	2.5	14.5	6.5	26.5
20-39.....	1.5	.4	.2	.2	.3	.6	1.9	13.2	6.1	23.4
40-59.....	0.5	.4	.2	.2	.3	.8	1.8	11.7	5.7	21.6
60 and over.....	0.4	.3	.1	.1	.2	.4	1.3	9.5	4.4	16.7
20 and over.....	2.5	.4	.2	.1	.3	.6	1.8	12.2	5.7	21.8
All individuals.....	7.9	.6	.3	.2	.5	.8	2.4	15.1	7.0	27.7
Not participating:										
Males and females:										
1-2.....	0.4	.6	.4	.2	.5	.6	2.2	10.5	4.8	20.4
3-5.....	0.7	.5	.3	.2	.5	.7	2.2	11.8	5.6	22.5
5 and under ‡ .....	1.2	.5	.3	.3	.5	1.0	2.2	10.8	4.9	21.0
Males:										
6-11.....	0.5	.6	.3	.2	.5	.8	2.4	14.4	7.0	26.9
12-19.....	0.7	.7	.4	.3	.6	1.0	3.2	20.3	9.6	37.1
20-39.....	1.7	.7	.3	.3	.6	1.0	3.0	20.2	9.3	36.3
40-59.....	0.6	.5	.3	.2	.4	.8	2.4	17.4	8.1	30.7
60 and over.....	0.7	.4	.2	.2	.3	.6	1.8	11.5	5.6	21.0
20 and over.....	3.0	.6	.3	.2	.5	.8	2.6	17.5	8.1	31.4
Females:										
6-11.....	0.6	.5	.3	.2	.4	.7	2.2	13.0	6.3	24.2
12-19.....	0.8	.5	.3	.2	.4	.7	2.3	14.4	6.8	26.4
20-39.....	1.9	.4	.2	.2	.3	.7	1.8	11.9	5.6	21.8
40-59.....	0.8	.3	.2	.2	.3	.7	1.6	11.3	5.4	20.5
60 and over.....	1.7	.3	.2	.1	.2	.4	1.2	7.9	3.8	14.4
20 and over.....	4.3	.3	.2	.2	.3	.6	1.5	10.2	4.9	18.7
All individuals.....	11.1	.5	.3	.2	.4	.7	2.1	13.5	6.4	24.7

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 19.2.--Monounsaturated fatty acids: Mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
<i>Percent</i>		<i>Grams</i>				
<b>Participating:</b>						
Males and females:						
1-2.....	0.6	1.2	17.8	0.1	*	19.4
3-5.....	0.8	1.3	21.9	.1	*	23.7
5 and under ‡ .....	1.6	1.1	19.1	.1	*	20.7
Males:						
6-11.....	0.5	1.6	29.6	.1	*	31.8
12-19.....	0.8	2.4	40.9	.2	*	44.3
20-39.....	0.7	2.7	49.8	.2	.1	53.6
40-59.....	0.4	2.0	31.0	.2	† .1	33.7
60 and over.....	0.2	1.4	21.2	.1	*	22.9
20 and over.....	1.3	2.3	40.5	.2	.1	43.7
Females:						
6-11.....	0.7	1.4	24.5	.1	*	26.5
12-19.....	0.6	1.5	25.0	.1	† .1	27.2
20-39.....	1.5	1.5	25.3	.1	.1	27.4
40-59.....	0.5	1.3	21.9	.1	*	23.7
60 and over.....	0.4	1.1	18.2	.1	*	19.6
20 and over.....	2.5	1.4	23.3	.1	*	25.2
All individuals.....	7.9	1.6	27.6	.1	*	29.8
<b>Not participating:</b>						
Males and females:						
1-2.....	0.4	1.0	16.7	.1	*	18.2
3-5.....	0.7	1.2	20.3	.1	*	22.0
5 and under ‡ .....	1.2	1.0	18.0	.1	*	19.5
Males:						
6-11.....	0.5	1.4	27.3	.1	† .1	29.3
12-19.....	0.7	2.0	38.5	.2	.1	41.5
20-39.....	1.7	2.1	37.8	.2	*	40.9
40-59.....	0.6	1.9	33.3	.2	*	35.8
60 and over.....	0.7	1.2	21.9	.1	† *	23.6
20 and over.....	3.0	1.8	33.0	.2	*	35.7
Females:						
6-11.....	0.6	1.3	23.4	.1	*	25.2
12-19.....	0.8	1.4	27.0	.1	*	29.1
20-39.....	1.9	1.2	22.4	.1	*	24.1
40-59.....	0.8	1.2	22.0	.1	*	23.7
60 and over.....	1.7	.8	15.4	.1	*	16.5
20 and over.....	4.3	1.0	19.6	.1	*	21.0
All individuals.....	11.1	1.4	25.2	.1	*	27.2

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 19.3.--Polyunsaturated fatty acids: Mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
<i>Participating:</i>		<i>----- Grams -----</i>							
<i>Males and females:</i>									
1-2.....	0.6	7.0	0.8	†*	0.1	†*	*	*	7.9
3-5.....	0.8	9.2	.9	†*	.1	*	*	*	10.2
5 and under ‡ .....	1.6	8.1	.9	†*	.1	*	*	*	9.2
<i>Males:</i>									
6-11.....	0.5	12.6	1.2	†*	.1	†*	†*	*	14.0
12-19.....	0.8	18.2	1.9	†*	.2	†*	*	.1	20.5
20-39.....	0.7	24.0	†2.5	†*	.3	†*	†*	.1	27.1
40-59.....	0.4	14.2	1.4	†*	.2	*	†*	.1	15.9
60 and over.....	0.2	10.0	1.0	†*	.1	†*	*	.1	11.3
20 and over.....	1.3	19.3	2.0	†*	.2	†*	†*	.1	21.7
<i>Females:</i>									
6-11.....	0.7	10.5	1.0	†*	.1	*	*	*	11.8
12-19.....	0.6	10.9	1.0	†*	.1	†*	†*	†.1	12.3
20-39.....	1.5	11.8	1.1	†*	.1	*	*	.1	13.3
40-59.....	0.5	10.5	1.1	†*	.1	†*	*	*	11.9
60 and over.....	0.4	9.2	1.0	†*	.1	*	*	*	10.4
20 and over.....	2.5	11.1	1.1	†*	.1	*	*	.1	12.5
All individuals.....	7.9	12.5	1.3	*	.1	*	*	*	14.1
<i>Not participating:</i>									
<i>Males and females:</i>									
1-2.....	0.4	6.9	.8	†*	.1	*	*	*	7.8
3-5.....	0.7	8.7	.9	†*	.1	†*	*	*	9.8
5 and under ‡ .....	1.2	7.8	.8	†*	.1	†*	*	*	8.8
<i>Males:</i>									
6-11.....	0.5	11.0	1.1	*	.1	*	*	*	12.2
12-19.....	0.7	17.6	1.7	†*	.2	†*	*	.1	19.8
20-39.....	1.7	17.6	1.7	†*	.2	*	*	.1	19.8
40-59.....	0.6	16.4	1.6	†*	.2	†*	*	.1	18.4
60 and over.....	0.7	10.2	1.1	*	.1	*	*	.1	11.6
20 and over.....	3.0	15.6	1.5	*	.2	*	*	.1	17.6
<i>Females:</i>									
6-11.....	0.6	9.5	1.0	†*	.1	†*	†*	*	10.7
12-19.....	0.8	12.2	1.2	†*	.1	†*	*	†*	13.7
20-39.....	1.9	11.7	1.1	†*	.1	*	*	.1	13.1
40-59.....	0.8	11.3	1.2	*	.1	*	*	.1	12.8
60 and over.....	1.7	8.1	.8	†*	.1	†*	*	.1	9.2
20 and over.....	4.3	10.2	1.0	*	.1	*	*	.1	11.5
All individuals.....	11.1	12.0	1.2	*	.1	*	*	.1	13.5

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 20.--Weight status: Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by Food Stamp Program (FSP) participation, low-income households, 1994-96**

FSP participation, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
<i>Percent</i>		----- <i>Percent</i> -----			
Participating:					
Males:					
20-39.....	0.7	26.9	38.5	54.8	20.1
40-59.....	0.4	27.0	34.1	59.8	24.2
60 and over.....	0.2	25.5	33.1	52.9	† 16.8
20 and over.....	1.3	26.8	36.5	56.0	20.9
Females:					
20-39.....	1.5	27.1	41.5	53.4	29.4
40-59.....	0.5	30.7	62.6	71.3	46.8
60 and over.....	0.4	30.6	67.9	85.4	47.0
20 and over.....	2.5	28.5	51.0	63.1	36.5
All individuals 20 and over.....	3.8	27.9	45.8	60.6	30.9
Not participating:					
Males:					
20-39.....	1.7	25.9	31.4	50.9	16.6
40-59.....	0.6	27.2	37.4	69.4	21.1
60 and over.....	0.7	26.0	32.9	62.0	18.3
20 and over.....	3.0	26.2	33.0	57.4	17.9
Females:					
20-39.....	1.9	25.2	30.0	41.4	18.6
40-59.....	0.8	28.1	47.4	63.0	34.0
60 and over.....	1.7	26.1	36.9	55.0	21.7
20 and over.....	4.3	26.1	35.7	50.6	22.4
All individuals 20 and over.....	7.3	26.1	34.6	53.4	20.5

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight (3.6 percent of participants and 3.3 percent of nonparticipants).

Excludes pregnant women.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

## Table Notes

### General Notes:

- Food Stamp Program participation: Individuals are classified as participating or not participating based on the answer of the household respondent to the question, "Is anyone in your household authorized to receive food stamps at the present time?" Only individuals in low-income households are included in this table set. Low-income households are defined as those with income at or below 130 percent of the Federal poverty threshold. Households that have incomes at or below this level meet one of the criteria for participating in the Food Stamp Program. However, not all households meeting the income criterion are eligible for food stamps; other criteria, such as asset limitations, must also be met. The survey screened households for income level only, not for Food Stamp eligibility.
- The table set excludes 30 individuals living in low-income households that could not be classified by Food Stamp Program participation.

### **Table 1. Nutrient Intakes: Mean amount consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

- The estimated nutrient intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the left-hand column. For each nutrient or dietary component identified in the column head, intakes for each individual in a day were totaled, and a group mean was calculated. The nutrient intakes presented in the tables do not include nutrients from vitamin and mineral supplements or plain drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. The sodium intake does not include sodium from salt added at the table.

### **Table 2. Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

- Nutrient intakes by individuals were expressed as percentages of the RDA, then averaged for the group. "The RDAs provide a safety factor appropriate to each nutrient [except energy] and exceed the actual requirements of most individuals" (FNB/NRC 1989, p. 2). "If a group average intake approximates that of the ... group RDA, some persons within the group are consuming less than the RDA and others more. Except for energy, in which the average requirement of the population group is recommended, the RDAs are intended to be sufficiently generous to encompass the presumed ... variability in requirement among people. Thus, if a population's habitual intake approximates or exceeds the RDA, the probability of deficiency is quite low" (FNB/NRC 1989, p. 21). However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes.

### **Table 3A and table 3B. Nutrient Intakes: Percentages of individuals with diets below (table 3A) or at or above (table 3B) selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

- "The RDAs provide a safety factor appropriate to each nutrient [except energy], and exceed the actual requirements of most individuals" (FNB/NRC 1989, p.2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. However, as the percentage of the population

with intakes below 100 percent of a given RDA increases, so does the likelihood that some individuals in the population are at nutritional risk.

- “Although RDAs are most appropriately applied to groups, a comparison of individual intakes, averaged over a sufficient length of time, to the RDA allows an estimate to be made about the probable risk of deficiency for that individual” (FNB/NRC 1989, p.9). “For most nutrients, RDAs are intended to be average intakes over at least 3 days; for others, (e.g., vitamin A and B-12), they may be averaged over several months” (FNB/NRC 1989, p.20). Estimates in this table are based on 2-day average data.
- Table 3B is provided for data users who are interested in the upper end of the distribution of nutrient intakes. The levels of RDA to which individuals’ intakes are compared were selected arbitrarily and do not correspond to any particular measure of toxicity.

**Table 4. Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

- The percentage contributions of protein, fat, fatty acids, carbohydrate, and alcohol to food energy intake were calculated by multiplying each individual’s intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, carbohydrate by 4 kilocalories per gram, and alcohol by 7 kilocalories per gram.

These values were divided by the individual’s total food energy intake and 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, 4, and 7 give estimates for a typical mixed diet (Merrill and Watt 1973).

- Five individuals who had no food intake for the day were excluded from the calculations. Percentages may not add to 100 percent because of the use of the general factors cited above.

**Table 5. Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

- The 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995) recommend that people 2 years of age and older choose a diet with no more than 30 percent of calories from total fat, less than 10 percent of calories from saturated fat, and no more than 300 milligrams per day of cholesterol. In addition, the *Healthy People 2000* objectives establish a goal of increasing to at least 50 percent the proportion of people aged 2 and older who meet the average daily goals of no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat (DHHS/PHS 1995). Please note that although the age groups used in this table are the same as those used throughout the table set, the recommendations are not appropriate for children under 2 years.

**Table 6A to table 12B. Food intakes: Mean quantities (in grams) consumed per individual and percentages of individuals consuming foods from various food groups, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

- Appendix C lists foods in each food group shown in these tables.

- Quantities exclude inedible parts of foods such as bones, rinds, and seeds.
- Ingredients in mixed dishes are tabulated with the food group of the primary ingredient. For example, cheese in pizza is tabulated under "Grain products" in the subgroup "Mixtures mainly grain." Among foods eaten by adults in 1994, foods tabulated as "Mixtures mainly grain" were 32 percent grain products, 24 percent vegetables, 8 percent milk and milk products, and 8 percent meat, poultry, and fish by weight, and foods tabulated as "mixtures mainly meat, poultry, fish" were 14 percent grain products, 28 percent vegetables, 6 percent milk and milk products, and 34 percent meat, poultry, and fish by weight (Enns 1997).
- One ounce (by weight) is equivalent to 28.35 grams.
- Food group quantities represent average intakes of both consumers (users of that food group) and nonconsumers on the survey day. Quantities for consumers alone can be calculated by dividing the average intake of a food group (tables 6A, 7A, 8A, 9A, 10A, 11A, and 12A) by the percentage of individuals using foods from that group (tables 6B, 7B, 8B, 9B, 10B, 11B, and 12B) expressed as a decimal.

**Table 13A to table 18. Pyramid servings: Mean numbers of Pyramid servings consumed and percentages of individuals consuming specified numbers of servings per day, by Food Stamp Program (FSP) participation, low-income households, 2 day average, 1994-96**

- The method used to develop estimates of Pyramid servings separates foods into their ingredients before servings are counted; therefore the Pyramid food groups are inherently different from the 71 ARS-defined food groups in tables 6A through 12B (see appendix D for more information on the Pyramid food groups.).
- Estimated intakes are for individuals 2 years and older.
- In tables 16A and B (dairy group), separate Hispanic origin-sex-age cells have been added for males and females ages 11 to 24 because these individuals have a recommendation of three servings of dairy products per day.

Adjustments for children 2-5

- In tables 13A through 15B (the grain, vegetable, and fruit groups), the data have been adjusted for children ages 2 to 5 years because children at this age may have lower energy needs. For children age 2 to 5 years who consumed less than 1,600 calories per day, one serving has been calculated as two-thirds of a standard serving size to allow for their lower energy needs.
- In table 17A (meat group) and in table 17B for the column "Consuming at least 5 ounce equivalents a day," no adjustment has been made for the lower energy needs of children age 2 to 5 years. In table 17B, in the last column "Consuming number of ounce equivalents recommended based on calorie intake," an adjustment has been made for children age 2 to 5 years who consumed less than 1,600 calories; their recommendation was lowered to 3.3 ounce equivalents.

Servings recommended based on caloric intake. Recommended servings referred to in the last column of tables 13B, 14B, 15B, 16B, and 17B were derived from sample patterns in the "Food Guide Pyramid" (USDA 1992).

- **Grain group:** Individuals consuming less than 2,200 calories met the recommendations for each food group if they ate at least 6 grain servings a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 9 grain servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 11 grain servings a day.
- **Vegetable group:** Individuals consuming less than 2,200 calories met the recommendation if they ate at least 3 vegetable servings a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 vegetable servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 5 vegetable servings a day. The vegetable group estimates presented in this report include cooked dry beans and peas.
- **Fruit group:** Individuals consuming less than 2,200 calories met the recommendation if they ate at least 2 fruit servings a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 3 fruit servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 4 fruit servings a day.
- **Dairy group:** The recommendation for an individual is based on age and physiological status. Women who were pregnant or lactating and individuals 11 through 24 years of age were counted as meeting the recommendation if they consumed at least 3 dairy servings a day; all other individuals were counted as meeting the recommendation if they consumed at least 2 dairy servings a day.
- **Meat group:** Individuals consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces a day. The meat group estimates presented in this report exclude cooked dry beans and peas. Only the lean portion of meat, poultry, fish, and simulated meat products are included. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, and 1/4 cup of seeds are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 18.
- **Discretionary fat:** Includes all "excess" fat from the five major food groups beyond amounts that would be consumed if only the lowest fat forms of food in each food group were eaten, as well as fats added to foods in preparation or at the table, including cream, butter, margarine, regular or low fat cream cheese, oil, lard, meat drippings, cocoa, and chocolate.
- **Added sugars:** Include all sugars used as ingredients in processed and prepared foods (such as breads, cakes, soft drinks, jam, and ice cream) and sugars eaten separately or added to foods at the table. Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

**Table 19.1 to 19.3 Fatty acids: Mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

- Fatty acids are categorized as saturated (no double bond), monounsaturated (one double bond), or polyunsaturated (more than one double bond). For monounsaturated and polyunsaturated fatty acids, both *cis* and *trans* isomers and positional isomers are included in the values. Appendix E provides a list of chemical names, trivial names, and abbreviations of reported fatty acids.
- When respondents were able to identify the type of fat used in preparation of foods such as vegetables, eggs, rice, pasta, and hot cereals, the fat type (oil, margarine, spread, butter, shortening, or animal fat) was coded accordingly. However, if the respondent did not identify the type of fat, default composites based on industry and market data were used for margarine, vegetable oil, or shortening.

**Table 20. Weight status: Mean Body Mass Index (BMI) and percentages of overweight individuals 20 years of age and older, by Food Stamp Program (FSP) participation, low-income households, 1994-96**

- Body Mass Index (BMI) for a person who weighs 170 pounds and is 5 feet 9 inches tall (69 in) is calculated as follows:  
 $[170\text{lbs} \div (69\text{in})^2] \times 703 = 25.1$ .
- Different BMI cutoff points are used to define overweight. The Healthy People 2000 objectives define overweight as a BMI equal to or greater than 27.8 for men and 27.3 for women, excluding pregnant women (DHHS/PHS 1995). This definition of overweight is based on the 85<sup>th</sup> percentile of the 1976-80 National Health and Nutrition Examination Survey reference population age 20 to 29 years. Using this definition allows comparisons with earlier reports. The Dietary Guidelines for Americans define overweight using a BMI of 25 as the upper boundary of healthy weight for both men and women (DCAG 1995). The Dietary Guidelines Advisory Committee chose this level because above a BMI of 25 there is an increased risk of disease and death. Clinical guidelines issued by the National Heart, Lung, and Blood Institute of the National Institutes of Health in June 1998 define overweight as a BMI of 25 to 29.9 and obesity as a BMI equal to or greater than 30. Overweight and obesity are not mutually exclusive since obese persons are also overweight (NHI/NHLBI 1998). The “overweight” categories in table 20 include the individuals classified as “obese” in the right-hand column.
- BMIs in this table are based on self-reported heights and weights. Persons not reporting height or weight were excluded from the estimates in the table (3.7 percent of participants and 3.4 percent of nonparticipants 20 years and over). Pregnant women were also excluded from the estimates in the tables.

## **Appendix A. Counts of day-1 and 2-day respondents and population percentages, by Food Stamp Program (FSP) participation, low-income households, 1994-96**

### **Interpreting information in appendix A--**

- Appendix A shows unweighted counts of survey respondents in each sex-age group contained in the tables, as well as the weighted percentages of the population that they represent. Thirty-three breast-fed children are excluded from these counts and population percentages: 16 children in FSP and 17 children in non FSP households. Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics known to be correlated with eating behavior, and to equalize intakes over the 4 quarters of the year and the 7 days of the week.
- Thirty individuals lived in households where the household respondent did not answer the question about FSP participation. These individuals are excluded from estimates in the tables.
- Counts of respondents are shown separately for those who provided intake data for day 1 and those who provided intake data for both day 1 and day 2; slight differences exist in the weighted percentages of the population for some sex-age groups because fewer sex-age groups were used in calculating the weighting factors than in reporting results and because of rounding.
- Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, they were excluded from the calculations for table 4 because nonzero energy intakes are required from each person for the contribution to energy estimates, and fasters are the only individuals reporting zero energy intake. In 1994-96, two female individuals who participated in the FSP reported no food or beverages for day 1.
- Persons not reporting height or weight were excluded from table 20 because their Body Mass Index (BMI) could not be calculated ((3.6 percent of participants and 3.3 percent of nonparticipants).

**Appendix A table. Counts of day-1 and 2-day respondents and population percentages, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96**

FSP participation, sex, and age (years)	Day-1 count (unweighted)	Day-1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
		----- Percent -----		----- Percent -----
Participating:				
Males and females:				
1-2.....	249	0.6	229	0.6
3-5.....	271	0.8	259	0.8
5 and under ‡ .....	591	1.6	555	1.6
Males:				
6-11.....	107	0.5	105	0.5
12-19.....	101	0.8	92	0.8
20-39.....	101	0.7	91	0.8
40-59.....	100	0.4	97	0.4
60 and over.....	67	0.2	63	0.2
20 and over.....	268	1.3	251	1.3
Females:				
6-11.....	111	0.7	105	0.7
12-19.....	92	0.6	87	0.6
20-39.....	181	1.5	172	1.5
40-59.....	146	0.5	139	0.6
60 and over.....	89	0.4	87	0.5
20 and over.....	416	2.5	398	2.5
All individuals.....	1,686	7.9	1,593	8.0
Not participating:				
Males and females:				
1-2.....	216	0.4	208	0.5
3-5.....	218	0.7	208	0.6
5 and under ‡ .....	475	1.2	454	1.2
Males:				
6-11.....	97	0.5	90	0.5
12-19.....	102	0.7	99	0.7
20-39.....	284	1.7	262	1.6
40-59.....	213	0.6	202	0.6
60 and over.....	292	0.7	276	0.7
20 and over.....	789	3.0	740	2.9
Females:				
6-11.....	102	0.6	96	0.5
12-19.....	119	0.8	113	0.8
20-39.....	245	1.9	234	1.9
40-59.....	208	0.8	202	0.8
60 and over.....	331	1.7	299	1.6
20 and over.....	784	4.3	735	4.3
All individuals.....	2,468	11.1	2,327	11.0

‡ Includes infants under 1.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96. Excludes breast-fed children.

## Appendix B. Statistical notes

Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group (see appendix A). The guidelines (listed below) for determining when a cell size is small take into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 1.00, its effect on accuracy is negligible; a larger design effect implies a greater effect on variance. The guidelines derive from a policy statement (FASEB/LSRO 1995) that specifies the use of a broadly calculated design effect. In that role we are using a variance inflation factor. Variance inflation factors for the survey data sets used to generate these tables are as follows:

1994-96 CSFII day 1 -- 1.41  
1994-96 CSFII 2-day -- 1.60

Daggers (†) are used in the tables to flag estimates that may tend to be less statistically reliable than those that are not flagged. The rules used for flagging estimates are listed below, and tables to which each rule applies are identified.

1. An estimated mean is flagged when it is based on a cell size of less than 30 times the average design effect or when its coefficient of variation (CV) is equal to or greater than 30 percent. The CV is the ratio of the estimated standard error of the mean to the estimated mean, expressed as a percentage.

Rule 1 has been applied to data in tables 1, 2, 4, 6A - 12A, 13A - 17A, 18, 19.1 - 19.3 and 20 to flag estimates that should be used with caution. It applies to mean nutrient intakes, mean food intakes, and means expressed as percentages, such as mean intakes of nutrients expressed as percentages of Recommended Dietary Allowances.

2. An estimated proportion (percent) that falls above 25 percent and below 75 percent is flagged when it is based on a cell size of less than 30 times the average design effect or when the CV is equal to or greater than 30 percent.
3. An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the average design effect, where "n" is the cell size on which the estimate is based and "p" is the proportion expressed as a fraction.

Rules 2 and 3 have been applied to data in tables 3A, 3B, 5, 6B - 12B, 13B - 17B, and 20.

## Appendix C. Descriptions of food groups used in tables 6A to 12B

### GRAIN PRODUCTS

**Total grain products:** Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, French toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a grilled cheese sandwich coded as a single item is tabulated under Milk and Milk Products.

**Yeast breads and rolls:** Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

**Total cereals, rice, pasta:** Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

**Ready-to-eat cereals:** Includes unsweetened and sweetened ready-to-eat cereals.

**Rice:** Includes white, brown, and wild rice.

**Pasta:** Includes macaroni, noodles, and spaghetti.

**Quick breads, pancakes, French toast:** Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

**Cakes, cookies, pastries, pies:** Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

**Crackers, popcorn, pretzels, corn chips:** Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables in the subgroup "white potatoes."

**Mixtures mainly grain:** Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

## VEGETABLES

**Total vegetables:** Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, potatoes or tomatoes in beef stew are tabulated under Meat, Poultry, and Fish.

**White potatoes:** Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

**Fried potatoes:** Includes french-fried, deep-fried, hash brown, and home-fried potatoes; potato skins; and potato chips.

**Dark-green vegetables:** Includes raw and cooked broccoli and dark-green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

**Deep-yellow vegetables:** Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweet potatoes; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweet potato casserole; and baby-food carrots, squash, and sweet potatoes.

**Tomatoes:** Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

**Lettuce, lettuce-based salads:** Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

**Green beans:** Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

**Corn, green peas, lima beans:** Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans, which are tabulated under Legumes.

**Other vegetables:** Includes raw and cooked vegetables other than the following: white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having "other" vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat.

## FRUITS

**Total fruits:** Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, apples in apple pie are tabulated under Grain Products.

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

**Citrus juices:** Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under "noncitrus juices and nectars."

**Dried fruits:** Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under "other fruits, mixtures, and juices."

**Total other fruits, mixtures, juices:** Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes frozen fruit juice bars and sorbets, which are tabulated under Total Sugars and Sweets.

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

**Bananas:** Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or "green bananas," which are tabulated under Vegetables in the subgroup "other."

**Melons and berries:** Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

**Other fruits and mixtures mainly fruit:** Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

**Noncitrus juices and nectars:** Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

## MILK AND MILK PRODUCTS

**Total milk and milk products:** Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, cheese on pizza is tabulated under Grain Products.

**Total milk, milk drinks, yogurt:** Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

**Total fluid milk:** Includes fluid whole, lowfat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

**Whole milk:** Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

**Lowfat milk:** Includes lowfat (1 and 2 percent) milk, buttermilk (lowfat and nonfat), acidophilus milk, lowfat lactose-reduced fluid milk, and reconstituted lowfat dry milk.

**Skim milk:** Includes skim or nonfat fluid milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

**Yogurt:** Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under "milk desserts."

**Milk desserts:** Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

**Cheese:** Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

## MEAT, POULTRY, AND FISH

**Total meat, poultry, and 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. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

**Beef:** Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

**Pork:** Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig's feet; and pork rinds. Excludes organ meats and frankfurters, sausages, and luncheon meats.

**Lamb, veal, game:** Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

**Organ meats:** Includes liver, tripe, gizzards, and other organ meats.

**Frankfurters, sausages, luncheon meats:** Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

**Total poultry:** Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

**Chicken:** Includes only chicken. Excludes organ meats (giblets).

**Fish and shellfish:** Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

**Mixtures mainly meat, poultry, fish:** Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

## **EGGS; LEGUMES; NUTS AND SEEDS; FATS AND OILS; SUGARS AND SWEETS**

**Eggs:** Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, eggs in baked goods are tabulated under Grain Products.

**Legumes:** Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, beans in tacos are tabulated under Grain Products.

**Nuts and seeds:** Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets in the subgroup "candy." Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, nuts in baked goods are tabulated under Grain Products.

**Total fats and oils:** Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, or Fish. Also, mayonnaise in cole slaw is tabulated under Vegetables.

**Table fats:** Includes butter, margarine, imitation margarine, margarine-like spreads, blends of butter with margarine or vegetable oil, and butter replacements.

**Salad dressings:** Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

**Total sugars and sweets:** Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, sugar in baked goods is tabulated under Grain Products. Also, sugar in carbonated soft drinks is tabulated under Beverages.

**Sugars:** Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

**Candy:** Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

## **BEVERAGES**

**Total beverages:** Includes alcoholic and nonalcoholic beverages. Excludes plain tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

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

**Wine:** Includes wine; light wine; and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under "nonalcoholic beverages."

**Beer and ale:** Includes beer, ale, and light ("lite") beer. Excludes "near beer," which is tabulated under "nonalcoholic beverages."

**Total nonalcoholic beverages:** Includes coffee, tea, fruit drinks and ades, and soft drinks. "Near beer and nonalcoholic wine" are included under this total but not in any of the following subgroups.

**Coffee:** Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

**Tea:** Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; 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. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under "carbonated soft drinks."

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

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

**Total carbonated soft drinks:** Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

**Regular carbonated soft drinks:** Includes all carbonated soft drinks except unsweetened and sugar-free types.

**Low-calorie carbonated soft drinks:** Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.

## Appendix D. Descriptions of food groups used in tables 13A to 18

The Food Guide Pyramid (USDA 1992) was introduced in 1992 to illustrate a food guide developed by USDA (Welsh et al. 1993). It was designed as an educational tool to help explain and interpret the Dietary Guidelines for Americans--seven basic principles for healthful eating that form the basis of Federal nutrition policy (USDA and DHHS 1995, Federal Register 1990). The Pyramid depicts the total diet, specifying amounts to eat from five major food groups (grain, vegetable, fruit, dairy, and meat) and selected subgroups and provides advice about intakes of fats, added sugars, and alcohol (the Pyramid tip). Pyramid recommendations are defined in terms of servings expressed as household measures, such as slices, pieces, and cups.

In 1993, researchers at the Agricultural Research Service (ARS) of the U.S. Department of Agriculture (USDA), in collaboration with researchers from the National Cancer Institute, began developing a method for assessing food intakes in terms of food-guidance based servings (Cleveland et al. 1997). Because many foods cannot be categorized into Pyramid food groups in the forms in which they are eaten and reported in food consumption surveys, foods needed to be separated into their ingredients, if necessary, before categorizing them by Pyramid food groups. Many needed to be disaggregated to a commodity level or an intermediate level of disaggregation. The level of disaggregation required depended on several factors, including: the types of foods in each Pyramid food group, the specificity with which Pyramid serving sizes and their underlying criteria are described in Pyramid documentation, and the methods ARS used to identify serving weights that were consistent with Pyramid definitions for servings.

Serving weights were assigned to foods or to their ingredients in form(s) as close to “as eaten” as possible. If appropriate, serving weights were assigned to the food as reported in the survey. As needed, foods were separated into ingredients using the recipes in the CSFII 1994-96 recipe database (USDA/ARS 1998) before assigning serving weights. Every attempt was made to adhere strictly to the concepts and definitions described in the Food Guide Pyramid (USDA 1992) when categorizing foods and defining servings.

The CSFII 1994-96 food coding database (USDA/ARS 1998) was the primary source used to derive food- or ingredient-specific weights consistent with Pyramid definitions for serving sizes. For many food codes, weights for several portion sizes were available. From these weights, a weight consistent with the Pyramid definition for a serving of that food (or ingredient) was selected or imputed.

The Pyramid food groups are inherently different from the ARS-defined food groups presented in tables 6A through 12B because the method used to develop estimates of Pyramid servings separates foods into their ingredients before servings are counted.

**Grain group.** In the Food Guide Pyramid the grain group includes yeast breads and rolls, quick breads such as muffins, biscuits, pancakes, and tortillas; rice; pasta; breakfast cereals; grain-based snacks such as crackers, pretzels, popcorn, and corn chips; and baked goods made from flour, such as cakes, cookies, croissants, doughnuts, pastries, and pie crust (USDA 1992, USDA/HNIS 1993). The Pyramid emphasizes whole-grain choices; it recommends choosing several servings a day of foods made from whole grains (USDA 1992). For that reason, the Pyramid servings intake files and data base present data separately on servings of whole grains and nonwhole grains. Some foods in the grain group contain relatively high amounts of fat and sugar; those ingredients count toward the Pyramid tip.

Definitions of grain servings were derived from the Food Guide Pyramid (USDA 1992, USDA/HNIS 1993). Educational materials about the Pyramid list the following serving sizes for grain products: 1 slice of bread; 1/2 of a hamburger bun, English muffin, bagel, or croissant; 1 small roll, biscuit, or muffin; 1 tortilla; 1 ounce of ready-to-eat cereal; 1/2 cup of cooked cereal, rice, or pasta; 3 to 4 small or 2 large crackers; 1/2 of a medium doughnut or danish; or 2 medium cookies. The Pyramid does not specify serving sizes for all foods in the grain group, and those specified are relatively imprecise.

For example, slices of bread come in many sizes, and terms like small, medium, and large are relative. Therefore, ARS developed operational definitions and procedures for the grain serving sizes based on two primary criteria:

- o Consistency with the underlying rationale for the grain group as the primary source of complex carbohydrate in diets and a major contributor to fiber intake.
- o Maintenance of the Pyramid concept of defining servings in common household measures (cups, ounces) and easily recognizable units (1 slice of bread, 1 roll).

Pyramid serving sizes were used as a basis for selecting or imputing appropriate serving weights from the CSFII 1994-96 food coding database, but guidelines were developed to standardize the selection process. Where needed, methods were also developed to define servings based on either the grain content or the complex carbohydrate content of the food. Details are presented below.

- o For yeast breads (rolls, English muffins, bagels, croissants), some quick breads (muffins, tea breads), rice, pasta, and breakfast cereals, the basic Pyramid definitions for servings were used, and guidelines were established for selecting serving weights from the food coding database.
- o For snack-type grain products (crackers, pretzels, corn chips), grain-based desserts (cookies, cakes, sweet rolls, pastries, pie crust), certain quick breads (hush puppy, dumplings), and miscellaneous grains (thickeners, batter, breading), a method was developed for defining servings based on the grain content of the food.
- o For some grain products, notably quick breads (pita bread, biscuits, pancakes, waffles, tortillas, taco shells), a combination of the two approaches presented above was used. The grams needed per serving were calculated based on the grain content of the food, but then the serving size was defined as a household measure for which a gram weight was available in the CSFII 1994-96 food coding database (e.g., a pancake of a given diameter). The household measure with a gram weight closest to the weight calculated based on grain content was defined as a serving.
- o For popcorn, the serving size was defined in terms of common household units based on its complex carbohydrate content.
- o To determine whole grain servings, food specialists in ARS classified all grain ingredients used in the CSFII 1994-96 Recipe Database as whole grain or nonwhole grain. The total number of grain servings per 100 grams of each food reported in the survey was determined. Then, this total number of servings was divided into whole-grain servings and nonwhole-grain servings based on the proportion of the grain ingredients in the food that were whole grain and nonwhole grain.

**Vegetables.** The Food Guide Pyramid separates vegetables into five subgroups: dark-green leafy vegetables; deep-yellow vegetables; starchy vegetables; dry beans and peas (legumes); and other vegetables (USDA 1992, USDA/HNIS 1993). A list of vegetables classified according to these subgroups is shown below. It includes all those reported in the CSFII 1994-96. The classification for those marked with an asterisk is from a publication describing the Pyramid and its use (USDA/HNIS 1993). The remainder were assigned by ARS nutritionists and food specialists.

- o Dark-green leafy vegetables: Arugula, beet greens\*, broccoli\*, chard\*, chicory\*, cilantro, collard greens\*, dandelion greens\*, endive\*, escarole\*, grape leaves, kale\*, lambsquarters, mustard greens\*, parsley, poke greens, pumpkin leaves, romaine lettuce\*, spinach\*, sweetpotato leaves, taro leaves, turnip greens\*, watercress\*.

- o Deep-yellow vegetables: Calabaza, carrots\*, carrot juice, pumpkin\*, sweet potato\*, winter squash\*, yams.
- o Starchy vegetables: Blackeyed peas (not dried), breadfruit\*, cassava, corn\*, cowpeas (not dried), dasheen, green peas\*, hominy\*, jicama, lima beans (immature)\*, parsnips, pigeonpeas, white potato\*, rutabaga\*, tannier, taro\*, yambean.
- o Dry beans and peas: Bayo beans, black beans\*, black-eyed peas\*, broadbeans, calico beans, chickpeas (garbanzos)\*, cowpeas, fava beans, kidney beans\*, lentils\*, lima beans (mature)\*, mung beans\*, navy beans\*, pinto beans\*, pink beans, red Mexican beans, split peas\*, soybeans (mature), white beans.
- o Other vegetables: Algae, aloe vera juice, artichoke\*, asparagus\*, balsam-pear pods, bamboo shoots, bean and alfalfa sprouts\*, broccoflower, beets\*, Brussels sprouts\*, cabbage\* (green and red, and sauerkraut), cactus, capers, cauliflower\*, celery\*, celery juice, chayote, Chinese cabbage\*, chives, christophine, chrysanthemum, coriander, cucumber\*, eggplant\*, garlic, ginger root, green beans\*, horseradish, leek, lettuce\*, lotus root, mushrooms\*, nopales, okra\*, olives, onions (mature and green)\*, oriental radishes, palm hearts, peppers (green\*, red, hot, banana), pimiento, radicchio, radishes\*, seaweed, snow peas\*, summer squash\*, swamp cabbage, tomatillos, tomato\*, tomato juice\*, turnips\*, water chestnuts, wax beans, waxgourd, winter melon, zucchini\*.

The Pyramid servings data further subdivide these groups. White potatoes are listed separately from other starchy vegetables because they comprise a large proportion of starchy vegetable consumption. Similarly, tomatoes are listed as a separate group; the Food Guide Pyramid includes them with "other vegetables."

Serving sizes were based on those in the Food Guide Pyramid, which defines a serving as 1 cup of raw leafy vegetables; 1/2 cup of other vegetables, cooked or chopped raw; or 3/4 cup of vegetable juice. These serving sizes were used as the basis for selecting or imputing appropriate serving weights from the CSFII 1994-96 food coding database.

Often, the food coding database provided several different weights for the various forms in which a vegetable might be available for consumption. When mashed vegetables were reported, the weight for the mashed form was used. For other forms, the following general order of priority was used to select a serving weight for a given vegetable: chopped, sliced, cubes, diced, pieces, whole. For broccoli, the order of priority was: chopped, cut, pieces, florets, spears. In general, this had the effect of counting as a serving the most dense form of the vegetable for which a weight was available.

Although serving weights were assigned to vegetables in their "as consumed" form, the nonvegetable ingredients were counted toward appropriate food groups as well. For example, the fat added in cooking and the added sugars were counted toward the Pyramid tip, and the milk in mashed potatoes was counted toward the dairy group. Vinegar does not count toward a Pyramid food group because it has no calories.

For vegetable combinations containing vegetables from more than one subgroup (e.g., peas and carrots), first the serving weight was selected from the food coding database. Then the number of servings from each subgroup per 100 grams was determined based on the proportion by weight that each vegetable in the recipe contributed to the total.

**Fruits.** The Food Guide Pyramid separates fruits into two subgroups--"citrus, melons, berries" and "other fruits" (USDA/HNIS 1993). A list of fruits classified according to these subgroups is shown below. The classification for those marked with an asterisk is from a publication describing the Pyramid and its use (USDA/HNIS 1993). The remainder were assigned by ARS nutritionists and food specialists.

- o Citrus fruits, melons, berries: Acerola, blackberries, blueberries\*, boysenberries, calamondin, cantaloupe\*, casaba melon, cranberries\*, elderberries, gooseberries, grapefruit\*, honeydew melon\*, juneberries, kiwifruit\*, kumquat, lemon\*, lime, loganberries, mulberries, orange\*, raspberries\*, strawberries\*, tangelo, tangerine\*, ugly fruit\*, watermelon\*, and juices made from these fruits.
- o Other fruits: Apple\*, apricot\*, asian pear\*, avocado\*, banana\*, cherries\*, currants, dates\*, figs\*, genip, guava\*, quince, grapes\*, jackfruit, japanese pear, jobo, lychee, mamey (mamea apple), mango\*, nectarine\*, papaya\*, passion fruit\*, peach\*, pear\*, persimmon, plantain\*, pineapple\*, plum\*, pomegranate, prickly pear\*, prunes\*, raisins\*, red banana, rhubarb\*, sapodilla, soursop (guanabana), star fruit\* (carambola), sweetsop, tamarind, watermelon rind, wi-apple, and juices made from these fruits.

Definitions were based on those in the Food Guide Pyramid. It defines a serving as a whole fruit such as a medium apple, banana, or orange; a grapefruit half; a melon wedge; 3/4 cup fruit juice; 1/2 cup berries; 1/2 cup chopped, cooked, or canned fruit; or 1/4 cup dried fruit (USDA 1992). These serving sizes were used as the basis for selecting or imputing appropriate serving weights from the CSFII 1994-96 food coding database.

Servings from all fruits, whether eaten plain or consumed as an ingredient of any food, were counted toward fruit group servings. As with foods in the grain and vegetable groups, foods were separated into ingredients before serving weights were assigned only if a serving weight consistent with Pyramid guidance could not be determined for the food as consumed. Therefore, serving weights were assigned to fruits prepared with added sugar if the sugar did not increase the volume appreciably. For example, weights from the food coding database appropriate for a 1/2 cup serving size were selected for fruits that were unsweetened and sweetened and for those canned in juice pack, light syrup, and heavy syrup. A few fruits, such as fruit nectars and cranberry sauces, were defined as mixtures, and separated into ingredients before serving weights were assigned because they contained large proportions of added sugar, which could change the volume measurement.

For fruit combinations containing fruits from more than one subgroup (e.g., fruit cocktail with citrus fruits), first the serving weight was selected from the food coding database. Then the number of servings from each subgroup per 100 grams was determined based on the proportion by weight that each fruit in the recipe contributed to the total.

**Dairy.** According to the Pyramid, most dairy foods are classified in this group (also called the milk, yogurt, and cheese group). Dairy foods that are excluded are those that are primarily fat, namely butter, cream, sour cream, and cream cheese.

For milk and yogurt, the serving size used was taken directly from the Pyramid definition. The Pyramid defines a serving as 1 cup of milk or yogurt (USDA 1992). For cheeses, serving sizes were based on the Pyramid's underlying criterion for a dairy serving, which is that it should provide about the same amount of calcium as 1 cup of skim milk (i.e., 302 milligrams) (USDA 1992, USDA/HNIS 1993): 1-1/2 ounces of natural cheese, 2 ounces of processed cheese, 1/2 cup of ricotta cheese, or 2 cups of cottage cheese.

Most foods containing dairy products were separated into ingredients, and the number of servings from the dairy group was determined based on the amount of milk or cheese they contained using the serving sizes specified above. This was true for foods having dairy products as primary ingredients, such as ice cream, ice milk, frozen yogurt, puddings, and custards (including those used as fillings). It also applied to mixed dishes (such as casseroles, omelets, soups, and vegetables with cream or cheese sauces) and to mixtures (such as salad dressings, milk gravies, meal replacements, and candies) that contained milk or cheese as an ingredient. However, for a few foods, such as grain products, processed meats, and meat analogs, milk was considered such an integral part of the food that to count the milk toward servings from the dairy group would have constituted double-counting.

**Meat.** Both meats and meat alternates are classified in the meat group. Meats include beef, pork, lamb, veal, game, poultry, fish, shellfish, frankfurters, sausages, bacon, luncheon meats, and organ meats. Meat alternates include eggs, soy-based products such as tofu and meat analogs, nuts, and seeds. Dry beans and peas can also count as a meat alternate, or they can count as a vegetable. These tables exclude cooked dry beans and peas, which are tabulated with vegetables in table 14A.

The Food Guide Pyramid recommends eating 2 to 3 servings each day of foods from the meat group (also called the meat, poultry, fish, dry beans, eggs, and nuts group). The Pyramid states that the total amount of these servings should be the equivalent of 5 to 7 ounces of cooked lean meat, poultry, or fish per day (USDA 1992). For meat alternates, the Pyramid specifies amounts equivalent to one ounce of cooked lean meat as follows: 1/2 cup of cooked dry beans or peas, 1 egg, 2 tablespoons of peanut butter, 1/3 cup of nuts, 1/4 cup of seeds, and 1/2 cup of tofu (USDA 1992, USDA/HNIS 1993). Thus, the same serving unit, ounces of cooked lean meat equivalents, is used for all foods that count toward the meat group. This measure standardizes the definition of a serving unit across the different types of foods that count toward the meat group, and presents the data in the unit of measure in which the meat group recommendation is specified.

When the Food Guide Pyramid was developed, nutrient profiles were established for the food groups and subgroups as a preliminary step toward determining the number of servings to recommend (Welsh et al. 1993). For the five major nutrient-bearing groups and their subgroups, each profile represents the quantities of nutrients one would expect to obtain on average from a serving if foods were in their lowest fat forms (Welsh et al. 1993). The profile for the meat group provides 2.651 grams of fat per ounce of cooked lean meat, poultry, or fish. This translates to 9.35 grams of fat per 100 grams of cooked lean meat.

Therefore, the definition of cooked lean meat is meat, poultry, or fish that contains 9.35 grams or less of fat per 100 grams and at least 90.65 grams of nonfat meat per 100 grams. Thus, by definition, every 100 grams of meat, poultry, or fish with 9.35 grams or less of fat per 100 grams is 3.53 ounces of cooked lean meat (i.e.,  $100/28.35 = 3.53$ ), and it has no discretionary fat to count toward the Pyramid tip.

For meat, poultry, or fish having more than 9.35 grams of fat per 100 grams when cooked, an algorithm was developed to provide a standardized method for determining the amount of cooked lean meat and the amount of discretionary (or excess) fat per 100 grams. This means that meats generally considered high in fat, such as frankfurters and bacon, for which there are low fat alternatives, can be systematically categorized into Pyramid food groups in a manner that is consistent with the concepts on which the Pyramid is based. As the variety of low fat meat products on the market increases, this will be increasingly important.

Some recipes in the CSFII 1994-96 recipe database contain raw meat, and consumption of raw meat and fish has been reported. Thus, ARS developed a standard for raw meat comparable to the standard for cooked meat by estimating the grams of fat in 100 grams of raw meat that would be equivalent to 9.35 grams or less of fat in the cooked standard. This standard was 6.16 grams of fat or less per 100 grams of raw meat, poultry, or fish. To convert from the raw to the cooked weight, ARS assumed an average cooking yield of 75 percent. Thus, 1-1/3 ounces of raw lean is equivalent to the 1 ounce cooked lean standard.

**The Pyramid tip.** The Pyramid tip includes fats, sugars, and alcohol that supply calories, but little or no vitamins and minerals. Fats and sugars eaten separately or added to foods obviously count toward the tip. So do most of the fats and the added sugars from foods in the five major food groups (USDA 1992). The tables in this report include information on discretionary fat and added sugars, but not alcohol.

**Discretionary fat:** Includes all "excess" fat from the five major food groups beyond amounts that would be consumed if only the lowest fat forms of food in each food group were eaten, as well as fats added to foods in preparation or at the table, including cream, butter, margarine, regular or low fat cream cheese, oil, lard, meat drippings, cocoa, and chocolate.

**Added sugars:** Include all sugars used as ingredients in processed and prepared foods (such as breads, cakes, soft drinks, jam, and ice cream) and sugars eaten separately or added to foods at the table. Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

## Appendix E. Chemical names, trivial names, and abbreviations of reported fatty acids

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Chemical name	Trivial name of most typical isomer <sup>1</sup>	Abbreviation
SATURATED ACIDS		
Butanoic	Butyric	4:0
Hexanoic	Caproic	6:0
Octanoic	Caprylic	8:0
Decanoic	Capric	10:0
Dodecanoic	Lauric	12:0
Tetradecanoic	Myristic	14:0
Hexadecanoic	Palmitic	16:0
Octadecanoic	Stearic	18:0
MONOUNSATURATED ACIDS		
Hexadecenoic	Palmitoleic	16:1
Octadecenoic	Oleic	18:1
Eicosenoic	Gadoleic	20:1
Docosenoic	Erucic	22:1
POLYUNSATURATED ACIDS		
Octadecadienoic	Linoleic	18:2
Octadecatrienoic	Linolenic	18:3
Octadecatetraenoic	Parinaric	18:4
Eicosatetraenoic	Arachidonic	20:4
Eicosapentaenoic	Timnodonic	20:5
Docosapentaenoic	Clupanodonic	22:5
Docosahexaenoic	(no trivial name)	22:6

<sup>1</sup>For monounsaturated and polyunsaturated fatty acids, the trivial name reflects the most typical isomer, although all isomers, including *cis* and *trans*, are included in the data.

Sources: Hilditch and Williams 1964, Swern 1979.

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