

## **DATA TABLES:**

### **Food and Nutrient Intakes by Individuals in the United States, by Income, 1994-96**

#### **Table Set 14**



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## DATA TABLES:

### Food and Nutrient Intakes by Individuals in the United States, by Income, 1994-96

This table set contains estimates of food and nutrient intakes by income 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].

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 (Chu, Nowverl, Goldman 1998). Individuals were grouped according to their household income as a percentage of the Federal poverty thresholds based on information provided by the household respondent. See "Table Notes" on page 102 for more information on determining income level.

Income is only one of many demographic factors that may influence food intake behavior. Some examples of other factors are Hispanic origin, race, level of urbanization, education, employment status, and participation in Government food assistance programs. In-depth analyses of the data are needed to assess the effects of income 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 income-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 because their total daily intake could not be quantified. For 1994-96, the overall day-1 response rate was 80.0 percent and the 2-day response rate was 76.1 percent (Goldman and Nowverl 1998).

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. Nutrient intakes presented in the tables do not include nutrients from vitamin and mineral supplements or plain drinking water. Notes for each table are in the Table Notes section that begins on page 102. Additional information to aid in interpretation of the tables is provided in appendixes C - E. References are in appendix F.

#### **Suggested citation:**

U.S. Department of Agriculture, Agricultural Research Service. February 1999. Data Tables: Food and Nutrient Intakes by Income, 1994-96. Online. ARS Food Surveys Research Group, available on the "Products" page at <<http://www.barc.usda.gov/bhnrc/foodsurvey/home.htm>> [accessed year, month, day].

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*Mean intakes per individual*

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**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96**

Income, 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>	----- <i>Grams</i> -----					<i>Milligrams</i>
Under 131% poverty:								
Males and females:								
1-2.....	1.0	1,346	52.9	51.8	21.1	18.9	7.9	221
3-5.....	1.5	1,601	59.7	60.6	23.0	23.0	10.0	219
5 and under ‡ .....	2.9	1,419	52.7	54.7	21.5	20.2	9.0	201
Males:								
6-11.....	1.1	2,044	71.9	78.1	28.6	30.6	13.2	248
12-19.....	1.5	2,757	98.3	108.3	37.6	42.8	20.0	376
20-39.....	2.4	3,070	115.3	117.2	40.9	45.1	22.1	434
40-59.....	1.0	2,326	91.0	89.5	30.0	35.0	17.4	367
60 and over.....	0.9	1,596	67.1	60.8	20.9	23.4	11.6	293
20 and over.....	4.3	2,595	99.8	99.2	34.3	38.3	18.8	390
Females:								
6-11.....	1.3	1,766	65.1	67.3	25.1	25.9	11.3	250
12-19.....	1.4	1,943	67.2	73.7	26.5	28.4	13.2	246
20-39.....	3.4	1,788	67.5	66.5	22.6	25.6	13.2	250
40-59.....	1.3	1,637	64.5	63.2	21.3	24.2	12.7	259
60 and over.....	2.2	1,257	51.5	45.1	14.9	17.1	9.4	190
20 and over.....	6.9	1,593	61.9	59.2	19.9	22.7	11.9	233
All individuals.....	19.2	1,942	73.0	73.9	26.0	28.4	13.8	277
131-350% poverty:								
Males and females:								
1-2.....	1.3	1,347	49.6	49.1	19.8	18.1	7.6	187
3-5.....	2.0	1,609	55.1	58.3	21.9	22.4	9.8	174
5 and under ‡ .....	3.8	1,420	48.8	52.3	20.3	19.5	8.8	160
Males:								
6-11.....	2.3	1,984	69.8	72.7	26.7	28.1	12.5	227
12-19.....	2.4	2,666	96.0	99.6	35.6	38.8	17.6	302
20-39.....	6.9	2,690	102.3	101.7	34.6	39.6	19.5	350
40-59.....	3.9	2,334	89.9	89.3	29.9	34.8	17.6	328
60 and over.....	3.2	1,947	76.8	73.3	24.4	28.3	14.7	292
20 and over.....	14.0	2,421	93.0	91.7	30.9	35.7	17.9	330
Females:								
6-11.....	1.8	1,817	62.5	67.7	24.8	26.3	11.7	194
12-19.....	2.4	1,889	64.6	68.8	24.2	26.1	13.3	219
20-39.....	6.9	1,758	64.4	64.2	21.7	24.7	12.8	220
40-59.....	3.9	1,614	61.9	62.2	21.1	23.2	13.1	225
60 and over.....	4.3	1,445	58.7	53.5	17.4	20.5	11.2	203
20 and over.....	15.1	1,631	62.1	60.6	20.3	23.1	12.5	216
All individuals.....	41.8	1,978	73.8	74.0	25.5	28.5	14.3	254

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

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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>	----- <i>Grams</i> -----				<i>Milligrams</i>	
Over 350% poverty:								
Males and females:								
1-2.....	0.8	1,218	44.0	41.1	17.3	14.8	6.0	151
3-5.....	1.2	1,493	50.9	52.0	19.5	20.0	8.7	155
5 and under ‡ .....	2.3	1,318	45.0	46.2	18.2	17.0	7.6	140
Males:								
6-11.....	1.3	2,086	69.9	73.9	27.3	28.4	12.6	213
12-19.....	2.0	2,894	98.6	102.7	36.7	40.1	18.2	308
20-39.....	6.2	2,662	99.7	98.9	34.1	37.8	19.4	317
40-59.....	6.7	2,396	95.6	90.6	29.7	35.0	18.7	329
60 and over.....	2.7	2,078	83.6	78.4	25.3	29.8	17.0	282
20 and over.....	15.6	2,448	95.2	91.8	30.7	35.2	18.7	316
Females:								
6-11.....	1.3	1,832	59.6	62.6	22.5	24.0	11.5	159
12-19.....	1.8	1,914	64.8	66.7	23.4	26.0	12.2	188
20-39.....	5.5	1,769	65.9	63.3	21.4	23.8	13.5	195
40-59.....	6.8	1,668	64.7	61.2	19.5	23.3	13.7	203
60 and over.....	2.5	1,559	63.7	55.2	17.4	20.5	12.9	211
20 and over.....	14.8	1,686	65.0	61.0	19.8	23.0	13.4	202
All individuals.....	39.0	2,057	77.5	75.2	25.4	28.7	15.3	247
All Incomes.....	100.0	2,002	75.1	74.4	25.6	28.6	14.6	256

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

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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 -----	
Under 131% poverty:							
Males and females:							
1-2.....	171.1	8.8	681	242	4.8	103	1.15
3-5.....	209.4	11.0	797	257	5.3	98	1.40
5 and under ‡ .....	183.0	9.2	772	248	5.9	102	1.24
Males:							
6-11.....	269.4	13.7	808	234	6.8	100	1.72
12-19.....	346.7	16.0	1,056	446	9.3	117	2.04
20-39.....	367.0	20.2	948	419	10.9	121	2.16
40-59.....	278.2	16.9	1,019	403	8.2	112	1.81
60 and over.....	195.9	15.1	1,286	572	6.3	80	1.44
20 and over.....	311.3	18.4	1,034	447	9.3	111	1.93
Females:							
6-11.....	230.0	11.4	781	237	5.9	94	1.42
12-19.....	257.3	12.8	694	267	6.8	90	1.49
20-39.....	229.2	12.2	765	412	6.9	90	1.37
40-59.....	203.9	12.6	749	440	6.2	84	1.26
60 and over.....	166.2	12.4	964	491	5.2	87	1.13
20 and over.....	204.7	12.3	824	442	6.2	88	1.28
All individuals.....	245.2	13.6	868	377	7.2	99	1.53
131-350% poverty:							
Males and females:							
1-2.....	181.5	8.9	755	277	4.8	95	1.12
3-5.....	222.5	10.7	776	254	5.6	98	1.35
5 and under ‡ .....	193.9	9.1	781	259	6.1	98	1.21
Males:							
6-11.....	270.2	13.3	965	291	7.0	96	1.74
12-19.....	350.5	18.0	1,131	464	9.2	115	2.08
20-39.....	327.7	18.5	1,026	469	10.2	109	1.98
40-59.....	282.0	17.4	1,127	519	9.4	95	1.83
60 and over.....	243.1	17.5	1,334	624	8.6	98	1.69
20 and over.....	295.6	18.0	1,125	518	9.6	103	1.87
Females:							
6-11.....	246.1	12.3	777	266	6.4	89	1.47
12-19.....	258.5	12.1	783	303	7.1	96	1.41
20-39.....	228.6	13.0	811	407	6.9	82	1.33
40-59.....	203.9	13.4	911	482	6.9	86	1.24
60 and over.....	186.6	14.3	1,071	520	6.8	91	1.28
20 and over.....	210.2	13.5	911	459	6.9	86	1.29
All individuals.....	253.0	14.7	973	434	7.8	96	1.56

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

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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 -----	
Over 350% poverty:							
Males and females:							
1-2.....	173.3	8.8	701	269	4.2	101	1.05
3-5.....	211.8	10.3	799	329	5.1	89	1.25
5 and under ‡ .....	185.9	9.0	759	290	5.6	94	1.15
Males:							
6-11.....	293.4	14.2	1,041	339	6.8	112	1.83
12-19.....	399.5	17.7	1,054	319	9.5	125	2.24
20-39.....	325.3	18.9	1,076	525	10.6	114	2.01
40-59.....	289.8	19.2	1,196	613	9.9	113	1.88
60 and over.....	255.7	19.8	1,311	705	10.4	117	1.79
20 and over.....	298.1	19.1	1,168	594	10.3	114	1.92
Females:							
6-11.....	266.0	13.0	905	357	7.0	100	1.53
12-19.....	269.9	14.4	897	425	7.2	98	1.46
20-39.....	229.2	14.7	1,029	605	7.5	92	1.39
40-59.....	212.0	15.0	950	551	8.0	97	1.40
60 and over.....	201.5	15.7	1,064	655	7.5	107	1.33
20 and over.....	216.6	15.0	999	588	7.7	97	1.38
All individuals.....	263.1	16.3	1,049	536	8.6	106	1.65
All Incomes.....	255.4	15.1	982	463	8.0	100	1.59

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

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued**

Income, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Under 131% poverty:							
Males and females:							
1-2.....	1.72	13.1	1.32	184	3.43	834	979
3-5.....	1.86	16.6	1.49	226	3.97	824	1,053
5 and under ‡ .....	1.74	14.6	1.32	198	3.73	804	961
Males:							
6-11.....	2.15	20.7	1.72	267	4.04	945	1,256
12-19.....	2.44	25.9	2.08	294	5.75	1,079	1,580
20-39.....	2.60	32.1	2.42	331	† 9.70	1,083	1,779
40-59.....	2.00	25.0	1.87	258	6.75	760	1,344
60 and over.....	1.78	19.0	1.61	240	6.44	638	1,062
20 and over.....	2.30	27.8	2.13	296	8.35	917	1,531
Females:							
6-11.....	1.87	17.0	1.45	223	4.55	827	1,110
12-19.....	1.76	18.8	1.53	217	4.18	732	1,091
20-39.....	1.53	18.8	1.48	217	3.78	622	1,044
40-59.....	1.47	17.4	1.35	196	3.38	607	997
60 and over.....	1.40	15.6	1.33	202	4.25	538	826
20 and over.....	1.48	17.5	1.41	208	3.85	593	967
All individuals.....	1.86	20.3	1.64	238	5.07	779	1,174
131-350% poverty:							
Males and females:							
1-2.....	1.71	12.9	1.30	180	3.26	860	972
3-5.....	1.81	16.5	1.47	221	3.32	821	1,032
5 and under ‡ .....	1.71	14.5	1.31	194	3.14	816	946
Males:							
6-11.....	2.28	21.4	1.86	279	4.48	954	1,261
12-19.....	2.57	28.1	2.25	329	5.93	1,136	1,617
20-39.....	2.30	29.6	2.24	306	6.09	931	1,564
40-59.....	2.13	25.9	1.99	281	6.40	847	1,411
60 and over.....	2.04	23.0	1.97	282	6.16	761	1,232
20 and over.....	2.19	27.1	2.11	293	6.19	869	1,446
Females:							
6-11.....	1.90	18.0	1.48	231	3.70	867	1,133
12-19.....	1.74	18.9	1.53	226	3.82	774	1,109
20-39.....	1.58	18.7	1.48	215	4.04	676	1,051
40-59.....	1.51	18.1	1.44	207	4.17	623	991
60 and over.....	1.56	17.7	1.52	230	4.83	595	944
20 and over.....	1.56	18.2	1.48	217	4.30	639	1,005
All individuals.....	1.91	21.6	1.74	252	4.88	795	1,208

† See "Statistical notes," appendix B.

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

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued**

Income, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Over 350% poverty:							
Males and females:							
1-2.....	1.61	11.2	1.19	162	2.91	846	923
3-5.....	1.68	14.6	1.34	194	3.02	808	988
5 and under ‡ .....	1.64	12.9	1.21	174	2.85	805	912
Males:							
6-11.....	2.34	22.2	1.92	303	4.90	1,019	1,317
12-19.....	2.69	28.7	2.27	326	5.84	1,206	1,691
20-39.....	2.33	30.0	2.30	316	6.78	967	1,566
40-59.....	2.18	28.3	2.18	303	6.85	852	1,462
60 and over.....	2.12	25.4	2.17	310	6.02	826	1,350
20 and over.....	2.23	28.5	2.23	310	6.68	893	1,485
Females:							
6-11.....	1.94	18.9	1.59	241	3.56	870	1,149
12-19.....	1.76	19.3	1.54	250	3.49	799	1,120
20-39.....	1.70	19.9	1.57	246	3.89	719	1,101
40-59.....	1.61	19.7	1.59	241	4.50	643	1,038
60 and over.....	1.58	19.4	1.62	240	4.07	638	1,017
20 and over.....	1.64	19.7	1.59	243	4.20	670	1,058
All individuals.....	1.96	23.3	1.86	272	5.16	818	1,265
All Incomes.....	1.92	22.0	1.77	257	5.02	801	1,224

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

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued**

Income, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Under 131% poverty:						
Males and females:						
1-2.....	186	10.7	8.0	0.7	2,107	2,019
3-5.....	203	12.9	9.2	.8	2,632	2,089
5 and under ‡ .....	184	12.5	8.5	.8	2,186	1,936
Males:						
6-11.....	239	15.4	10.5	1.0	3,231	2,358
12-19.....	293	18.2	14.3	1.3	4,452	3,024
20-39.....	358	21.1	16.7	1.7	4,831	3,543
40-59.....	300	16.3	12.7	1.4	4,123	2,943
60 and over.....	249	14.3	9.5	1.1	2,860	2,480
20 and over.....	322	18.6	14.3	1.5	4,261	3,186
Females:						
6-11.....	206	12.9	9.7	.9	2,775	2,164
12-19.....	217	13.6	10.1	1.0	3,176	2,237
20-39.....	221	12.9	9.8	1.0	3,005	2,231
40-59.....	224	11.8	8.9	1.0	2,720	2,270
60 and over.....	198	11.3	7.3	.9	2,182	1,986
20 and over.....	214	12.2	8.9	1.0	2,693	2,162
All individuals.....	241	14.5	10.7	1.1	3,174	2,440
131-350% poverty:						
Males and females:						
1-2.....	189	10.8	7.4	.7	1,999	2,004
3-5.....	202	12.7	8.7	.8	2,467	2,021
5 and under ‡ .....	184	12.5	8.0	.8	2,043	1,891
Males:						
6-11.....	241	16.5	11.3	1.0	3,181	2,378
12-19.....	318	20.1	14.6	1.4	4,364	3,160
20-39.....	332	19.3	15.0	1.5	4,500	3,232
40-59.....	311	17.2	13.3	1.4	3,903	3,069
60 and over.....	289	16.8	11.8	1.3	3,334	2,896
20 and over.....	316	18.1	13.8	1.4	4,067	3,110
Females:						
6-11.....	220	14.0	9.6	.9	2,862	2,112
12-19.....	217	13.4	9.8	1.0	3,068	2,189
20-39.....	223	12.7	9.4	1.0	2,874	2,244
40-59.....	229	11.9	8.6	1.0	2,644	2,324
60 and over.....	231	12.6	8.6	1.0	2,522	2,344
20 and over.....	227	12.5	9.0	1.0	2,714	2,293
All individuals.....	258	15.2	11.0	1.2	3,253	2,571

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

Continued

**Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued**

Income, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Over 350% poverty:						
Males and females:						
1-2.....	180	9.9	6.5	0.7	1,665	1,898
3-5.....	193	11.5	7.7	.8	2,269	1,958
5 and under ‡ .....	178	11.4	7.1	.7	1,841	1,833
Males:						
6-11.....	259	17.6	11.5	1.1	3,157	2,469
12-19.....	317	20.7	14.5	1.5	4,426	3,128
20-39.....	342	19.4	14.6	1.5	4,279	3,288
40-59.....	336	18.3	13.3	1.5	4,002	3,316
60 and over.....	323	17.8	12.6	1.4	3,510	3,170
20 and over.....	336	18.6	13.7	1.5	4,028	3,280
Females:						
6-11.....	227	14.0	9.1	1.0	2,754	2,174
12-19.....	236	14.3	9.9	1.1	2,937	2,242
20-39.....	250	13.9	9.6	1.1	2,950	2,372
40-59.....	250	13.6	9.4	1.1	2,791	2,479
60 and over.....	248	13.1	9.0	1.1	2,609	2,543
20 and over.....	249	13.6	9.4	1.1	2,819	2,451
All individuals.....	282	16.0	11.3	1.3	3,339	2,761
All Incomes.....	264	15.4	11.1	1.2	3,271	2,620

‡ 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 income, 1 day, 1994-96**

Income, 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>							
Under 131% poverty:									
Males and females:									
1-2.....	1.0	103	330	170	79	258	164	215	146
3-5.....	1.5	99	284	171	79	227	168	187	152
5 and under ‡ .....	2.9	102	286	180	113	253	176	209	153
Males:									
6-11.....	1.1	101	250	119	93	218	169	177	156
12-19.....	1.5	98	184	106	93	209	144	146	138
20-39.....	2.4	106	189	95	109	202	144	153	169
40-59.....	1.0	87	144	102	82	187	129	125	143
60 and over.....	0.9	69	107	129	63	134	120	127	126
20 and over.....	4.3	94	162	103	93	185	136	141	154
Females:									
6-11.....	1.3	89	225	124	82	205	143	157	130
12-19.....	1.4	88	148	87	85	162	134	135	125
20-39.....	3.4	80	136	95	83	147	121	115	123
40-59.....	1.3	78	129	94	78	140	119	116	122
60 and over.....	2.2	66	103	121	66	145	113	117	120
20 and over.....	6.9	75	124	103	77	145	118	116	122
All individuals.....	19.2	88	176	116	89	184	138	145	138
131-350% poverty:									
Males and females:									
1-2.....	1.3	104	310	189	79	239	160	214	143
3-5.....	2.0	99	261	166	83	225	163	182	150
5 and under ‡ .....	3.8	102	263	182	116	243	173	205	153
Males:									
6-11.....	2.3	97	238	137	94	210	170	186	160
12-19.....	2.4	95	180	113	92	206	146	154	150
20-39.....	6.9	93	166	103	102	182	132	136	156
40-59.....	3.9	86	143	113	94	159	131	133	146
60 and over.....	3.2	85	122	133	86	163	141	145	153
20 and over.....	14.0	89	149	112	96	171	134	137	153
Females:									
6-11.....	1.8	91	211	114	89	195	147	158	136
12-19.....	2.4	86	143	98	88	171	128	134	126
20-39.....	6.9	79	129	99	85	134	118	119	123
40-59.....	3.9	77	124	114	86	143	116	120	127
60 and over.....	4.3	76	117	134	85	151	128	130	136
20 and over.....	15.1	78	124	113	85	141	121	122	128
All individuals.....	41.8	87	159	119	93	172	135	142	142

‡ 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 income, 1 day, 1994-96--continued**

Income, 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>							
Over 350% poverty:									
Males and females:									
1-2.....	0.8	94	275	175	70	251	149	201	125
3-5.....	1.2	95	252	175	78	208	154	175	136
5 and under ‡ .....	2.3	96	249	178	105	234	166	203	138
Males:									
6-11.....	1.3	102	238	153	92	244	177	190	164
12-19.....	2.0	104	188	105	95	224	158	162	154
20-39.....	6.2	92	160	108	106	190	134	137	158
40-59.....	6.7	90	152	120	99	188	136	138	163
60 and over.....	2.7	90	133	131	104	194	149	152	169
20 and over.....	15.6	91	152	117	103	190	138	140	162
Females:									
6-11.....	1.3	92	205	137	98	218	154	162	144
12-19.....	1.8	87	144	112	90	179	132	136	128
20-39.....	5.5	80	132	127	92	149	124	128	131
40-59.....	6.8	80	129	118	100	162	131	128	139
60 and over.....	2.5	82	127	133	94	179	133	131	149
20 and over.....	14.8	80	130	124	96	160	129	128	138
All individuals.....	39.0	88	155	124	99	185	139	143	149
All Incomes.....	100.0	88	161	121	94	179	137	143	144

‡ 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 income, 1 day, 1994-96--continued**

Income, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
Under 131% poverty:								
Males and females:								
1-2.....	132	369	490	104	122	232	107	80
3-5.....	140	346	445	103	132	194	129	92
5 and under ‡ .....	137	359	508	107	128	206	131	93
Males:								
6-11.....	125	267	297	113	150	142	150	100
12-19.....	110	165	288	90	132	87	156	95
20-39.....	121	166	† 485	117	194	102	211	111
40-59.....	93	129	338	95	168	86	163	85
60 and over.....	80	120	322	80	133	71	143	64
20 and over.....	106	148	418	104	175	92	186	95
Females:								
6-11.....	110	230	353	97	130	125	121	94
12-19.....	103	128	208	61	91	75	89	83
20-39.....	90	114	186	68	115	78	83	80
40-59.....	84	109	169	76	124	80	93	74
60 and over.....	83	112	212	67	103	71	113	61
20 and over.....	87	113	191	69	113	76	94	73
All individuals.....	105	178	314	88	132	107	130	86
131-350% poverty:								
Males and females:								
1-2.....	130	361	466	107	121	236	108	74
3-5.....	137	338	372	103	129	192	127	87
5 and under ‡ .....	136	352	423	108	126	206	130	88
Males:								
6-11.....	134	276	322	112	148	141	160	106
12-19.....	119	184	297	95	135	93	171	98
20-39.....	112	153	304	107	180	95	193	100
40-59.....	99	140	320	106	176	89	172	89
60 and over.....	99	141	308	95	154	83	168	79
20 and over.....	106	147	309	104	173	90	181	92
Females:								
6-11.....	109	225	261	102	133	126	131	93
12-19.....	104	135	191	64	92	75	89	82
20-39.....	91	116	200	75	118	79	83	77
40-59.....	89	115	208	78	124	82	94	72
60 and over.....	95	128	241	74	118	82	126	72
20 and over.....	92	119	214	76	119	80	98	74
All individuals.....	106	167	276	92	140	101	137	86

† See "Statistical notes," appendix B.

Continued

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

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

Income, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percent of RDA</i> -----								
Over 350% poverty:								
Males and females:								
1-2.....	119	324	415	106	115	225	99	65
3-5.....	126	305	352	101	123	192	115	77
5 and under ‡ .....	126	321	392	106	122	204	119	78
Males:								
6-11.....	138	299	352	120	154	151	170	107
12-19.....	121	185	292	101	141	96	175	97
20-39.....	115	158	339	114	185	98	194	98
40-59.....	109	152	342	106	183	96	183	88
60 and over.....	108	155	301	103	169	92	178	84
20 and over.....	111	155	334	109	181	96	186	91
Females:								
6-11.....	118	240	257	103	136	134	133	88
12-19.....	105	151	175	67	93	81	96	83
20-39.....	96	131	192	82	126	88	90	79
40-59.....	99	133	225	80	129	89	108	78
60 and over.....	101	133	204	80	127	88	131	75
20 and over.....	98	133	209	81	128	89	105	78
All individuals.....	109	165	278	96	149	102	144	86
All Incomes.....	107	168	284	93	142	102	139	86

‡ 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 income, 2-day average, 1994-96**

Income, 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>								
<b>Under 131% poverty:</b>										
<b>Males and females:</b>										
1-2.....	1.0	† 2.2	23.5	53.0	† 0.0	† 0.0	† 1.1	5.2	13.5	27.0
3-5.....	1.5	† 2.4	25.8	60.1	† 0.0	† 0.0	† .7	5.5	17.8	32.3
5 and under ‡ .....	2.9	2.2	22.9	54.3	† 0.0	† .7	2.5	4.7	14.4	27.5
<b>Males:</b>										
6-11.....	1.0	† 4.3	25.6	61.6	† 0.0	† 0.0	† 4.4	11.7	36.5	56.5
12-19.....	1.5	† 5.1	32.4	59.8	† .6	† 3.1	7.5	29.8	52.3	68.6
20-39.....	2.4	11.0	30.9	60.3	† 1.1	6.0	15.1	31.2	50.8	62.5
40-59.....	1.0	11.9	48.0	72.3	† 3.9	6.5	22.7	43.4	60.1	71.7
60 and over.....	0.9	25.2	66.0	86.7	7.1	24.0	47.4	34.5	52.2	65.9
20 and over.....	4.3	14.0	41.9	68.3	3.0	9.7	23.3	34.7	53.3	65.3
<b>Females:</b>										
6-11.....	1.2	7.7	35.1	72.1	† 0.0	† 1.1	† 4.7	14.1	33.0	61.1
12-19.....	1.4	11.7	42.4	73.3	† .3	11.9	23.3	36.8	57.0	74.7
20-39.....	3.4	17.7	53.5	81.3	† 3.1	15.8	30.8	38.9	58.3	72.1
40-59.....	1.4	18.2	57.1	85.6	5.3	17.3	35.7	36.7	55.8	68.0
60 and over.....	2.1	23.5	66.4	93.3	7.6	23.7	45.0	28.8	50.5	64.4
20 and over.....	6.9	19.6	58.2	85.8	4.9	18.5	36.1	35.4	55.4	69.0
All individuals.....	19.2	12.5	42.9	72.1	2.5	10.1	21.4	27.8	46.3	61.2
<b>131-350% poverty:</b>										
<b>Males and females:</b>										
1-2.....	1.2	† 2.1	19.1	55.2	† 0.0	† .1	† .9	2.4	8.6	20.0
3-5.....	2.0	3.8	21.2	59.2	† 0.0	† .4	† 1.0	4.7	12.3	26.9
5 and under ‡ .....	3.8	3.3	18.7	56.6	† .5	1.0	4.5	3.3	9.7	21.7
<b>Males:</b>										
6-11.....	2.3	† 3.3	22.4	59.3	† 0.0	† .4	† 3.1	9.1	21.4	35.8
12-19.....	2.3	6.4	31.2	66.5	† .7	† 3.9	10.7	25.9	47.8	60.9
20-39.....	6.9	8.5	35.4	65.2	† .9	7.4	18.3	35.4	52.7	68.6
40-59.....	3.8	10.8	39.4	71.7	† 1.6	9.3	21.0	29.1	51.0	63.0
60 and over.....	3.3	9.9	39.7	74.3	2.5	12.4	32.4	21.8	37.0	52.9
20 and over.....	14.0	9.4	37.5	69.1	1.5	9.1	22.4	30.5	48.5	63.4
<b>Females:</b>										
6-11.....	1.9	† 2.6	30.3	73.2	† .6	† .7	† 2.5	11.5	29.7	49.7
12-19.....	2.4	10.4	42.9	72.0	† 1.4	8.9	25.0	29.7	53.6	69.0
20-39.....	6.7	15.4	50.3	81.1	2.3	13.4	30.8	33.9	53.0	67.9
40-59.....	4.0	12.3	53.9	84.4	2.4	11.6	30.6	32.2	45.5	59.6
60 and over.....	4.4	13.4	49.6	86.3	2.2	14.9	37.1	17.1	37.3	49.1
20 and over.....	15.1	14.0	51.0	83.5	2.3	13.4	32.6	28.6	46.5	60.2
All individuals.....	41.7	9.8	39.5	72.9	1.5	8.8	22.0	25.0	42.2	56.5

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 3.5	20.4	62.1	† 0.6	† 0.6	† 1.9	† 1.4	7.5	20.5
3-5.....	1.2	† 2.7	24.7	63.2	† 0.0	† .9	† 1.8	6.1	13.6	23.9
5 and under ‡ .....	2.3	2.7	21.4	60.3	† .2	† .8	3.1	3.7	10.1	20.3
Males:										
6-11.....	1.3	† 0.0	15.1	53.7	† 0.0	† 0.0	† 0.0	† 5.7	17.2	30.3
12-19.....	2.0	† 4.1	22.5	54.4	† 0.0	† 1.9	9.9	18.9	43.2	64.3
20-39.....	6.3	9.1	38.5	69.5	† .3	3.6	12.7	27.0	47.9	64.9
40-59.....	6.7	9.0	37.0	66.2	† .4	6.0	17.4	19.6	38.8	55.2
60 and over.....	2.6	4.8	32.7	69.1	† 1.2	5.7	23.5	15.2	31.7	46.2
20 and over.....	15.6	8.3	36.8	68.0	† .5	5.0	16.5	21.8	41.2	57.5
Females:										
6-11.....	1.3	† 4.3	30.1	71.8	† .9	† 3.9	8.4	13.0	27.0	40.6
12-19.....	1.8	13.1	43.7	79.9	† 3.0	10.1	22.5	29.8	52.9	65.7
20-39.....	5.6	11.4	51.0	81.2	† 2.2	8.5	24.1	22.8	42.3	55.4
40-59.....	6.7	11.1	48.0	81.3	2.6	11.2	27.3	19.0	40.9	55.9
60 and over.....	2.5	12.9	43.1	80.4	† 2.9	12.8	29.5	14.9	34.8	49.7
20 and over.....	14.9	11.5	48.3	81.1	2.5	10.4	26.5	19.8	40.4	54.7
All individuals.....	39.1	8.8	38.9	72.0	1.3	6.7	18.6	19.4	38.5	53.5
All Incomes.....	100.0	9.9	39.9	72.4	1.6	8.2	20.5	23.3	41.5	56.2

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	27.9	57.3	79.0	4.2	12.6	19.2	† 1.1	6.3	15.3
3-5.....	1.5	19.1	54.1	74.6	6.4	12.6	20.1	† 4	4.3	14.2
5 and under ‡ .....	2.9	20.1	49.4	68.2	4.9	11.1	17.4	† 6	4.6	13.5
Males:										
6-11.....	1.0	17.0	37.1	69.9	† 5.8	18.4	23.5	† 0.0	† 1.5	11.7
12-19.....	1.5	15.9	46.0	65.7	15.7	21.9	30.3	† 1.4	11.3	29.8
20-39.....	2.4	18.6	39.7	59.5	14.3	25.1	36.4	6.3	16.3	32.8
40-59.....	1.0	34.5	59.0	73.1	23.5	37.5	45.8	6.7	18.8	37.9
60 and over.....	0.9	43.0	73.3	85.8	22.4	41.4	53.5	7.5	24.8	42.0
20 and over.....	4.3	27.2	50.9	67.9	18.1	31.3	42.0	6.6	18.6	35.8
Females:										
6-11.....	1.2	16.8	55.7	82.0	8.7	16.8	27.5	† 0.0	† 5.6	22.2
12-19.....	1.4	24.5	55.8	73.3	17.4	29.1	38.2	† 5.0	14.1	29.7
20-39.....	3.4	27.3	56.1	74.3	22.4	38.9	50.0	8.5	23.2	45.9
40-59.....	1.4	26.5	53.8	78.7	26.9	40.8	49.7	7.0	19.1	42.7
60 and over.....	2.1	36.4	70.2	87.4	21.2	33.4	46.2	6.2	19.7	48.2
20 and over.....	6.9	29.9	59.9	79.2	22.9	37.6	48.8	7.5	21.3	46.0
All individuals.....	19.2	24.8	53.5	73.2	16.4	28.1	37.7	4.7	14.8	33.1
131-350% poverty:										
Males and females:										
1-2.....	1.2	26.0	59.9	79.8	6.7	14.8	20.4	† 0.0	3.5	14.5
3-5.....	2.0	18.7	54.5	77.3	6.7	13.4	21.2	† 6	3.8	14.7
5 and under ‡ .....	3.8	18.8	49.0	68.1	5.8	12.2	18.1	† 3	3.2	13.3
Males:										
6-11.....	2.3	16.0	42.7	70.9	6.3	15.6	24.6	† 1.1	4.0	12.1
12-19.....	2.3	20.4	46.5	67.8	12.2	25.1	36.2	† 2.3	8.4	23.2
20-39.....	6.9	15.9	40.2	63.3	17.4	30.9	41.3	4.8	16.9	36.5
40-59.....	3.8	19.8	44.9	66.2	21.9	38.0	49.4	5.7	17.2	32.7
60 and over.....	3.3	23.3	54.1	75.2	15.8	25.8	35.9	† 1.5	9.4	24.5
20 and over.....	14.0	18.7	44.8	66.9	18.2	31.6	42.3	4.3	15.2	32.6
Females:										
6-11.....	1.9	11.1	41.0	69.4	8.1	18.0	28.8	† 9	4.9	21.4
12-19.....	2.4	19.7	44.2	74.7	16.9	29.2	40.9	† 3.7	14.3	32.2
20-39.....	6.7	23.7	54.4	75.4	22.9	34.9	49.2	6.9	22.4	42.3
40-59.....	4.0	22.1	51.8	75.1	21.0	35.1	45.5	2.8	21.2	43.9
60 and over.....	4.4	24.3	50.5	76.2	16.1	27.6	38.7	3.0	12.6	31.5
20 and over.....	15.1	23.4	52.6	75.6	20.4	32.8	45.2	4.7	19.2	39.6
All individuals.....	41.7	20.1	47.8	71.0	16.4	28.3	39.1	3.6	14.1	31.2

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	25.2	67.9	85.4	† 4.1	9.8	14.9	† 1.6	† 3.3	14.0
3-5.....	1.2	21.8	56.2	81.9	7.4	13.6	21.8	† 4	† 2.9	11.1
5 and under ‡ .....	2.3	20.9	54.8	75.0	5.5	10.9	17.1	† 8	2.7	11.2
Males:										
6-11.....	1.3	10.3	38.0	65.5	7.2	14.3	19.7	† 0.0	† 1.3	† 5.8
12-19.....	2.0	15.2	41.4	60.3	12.2	20.8	29.7	† 1.5	7.4	20.6
20-39.....	6.3	14.8	37.7	62.9	17.3	29.2	41.2	2.9	12.5	34.3
40-59.....	6.7	14.6	38.4	57.5	12.2	23.6	35.0	3.1	12.1	27.6
60 and over.....	2.6	16.9	42.5	66.7	9.5	18.1	26.4	† 1.2	5.5	19.4
20 and over.....	15.6	15.1	38.8	61.2	13.8	24.9	36.0	2.7	11.1	28.9
Females:										
6-11.....	1.3	8.8	50.3	73.5	† 5.4	10.8	18.7	† 2	† 3.5	17.8
12-19.....	1.8	22.6	53.3	79.8	19.1	33.4	47.5	† 4.9	16.0	33.8
20-39.....	5.6	18.8	45.4	68.2	20.4	33.4	43.6	4.6	12.9	31.1
40-59.....	6.7	18.7	43.4	65.8	17.3	30.8	41.1	3.0	13.2	33.7
60 and over.....	2.5	19.1	42.8	70.1	11.6	20.5	31.3	† 3.4	13.1	29.8
20 and over.....	14.9	18.8	44.1	67.4	17.5	30.1	40.4	3.7	13.1	32.1
All individuals.....	39.1	16.8	42.9	65.7	14.4	25.4	35.7	2.8	10.8	27.8
All Incomes.....	100.0	19.7	46.9	69.3	15.6	27.1	37.5	3.5	12.9	30.2

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	† 0.4	† 2.0	6.9	3.9	16.1	27.7	4.8	18.4	36.2
3-5.....	1.5	† .7	3.3	9.9	† 1.6	8.6	19.4	3.5	11.8	27.6
5 and under ‡ .....	2.9	† .5	2.5	7.6	2.4	10.6	21.5	3.5	13.6	29.4
Males:										
6-11.....	1.0	† .9	† 2.2	10.5	† .3	† 6.4	18.9	† 5.2	18.9	43.0
12-19.....	1.5	† 3.2	12.5	27.6	† 2.0	8.4	27.0	8.9	24.8	48.3
20-39.....	2.4	4.9	16.6	31.6	4.5	11.2	20.7	12.5	27.0	44.9
40-59.....	1.0	6.2	18.4	38.6	† 3.8	10.5	25.1	14.0	39.2	69.3
60 and over.....	0.9	7.3	19.9	41.4	6.1	18.8	35.9	24.0	55.2	75.0
20 and over.....	4.3	5.6	17.6	35.2	4.6	12.5	24.8	15.1	35.5	56.6
Females:										
6-11.....	1.2	† .3	† 6.0	17.9	† .7	10.6	30.2	† 4.6	22.3	49.1
12-19.....	1.4	8.5	18.7	35.7	† 2.7	17.5	37.1	9.4	35.2	56.2
20-39.....	3.4	10.3	25.0	49.2	7.0	19.9	40.7	18.2	42.5	66.5
40-59.....	1.4	5.0	26.3	51.9	4.7	18.7	41.9	23.6	48.0	70.0
60 and over.....	2.1	6.2	22.0	42.9	7.4	19.8	39.3	21.9	51.3	72.9
20 and over.....	6.9	8.0	24.3	47.8	6.7	19.6	40.5	20.4	46.2	69.1
All individuals.....	19.2	5.2	15.9	32.6	4.2	14.4	31.0	13.2	33.5	55.2
131-350% poverty:										
Males and females:										
1-2.....	1.2	† .1	† 1.3	3.6	2.7	12.0	27.2	2.3	14.1	32.0
3-5.....	2.0	† .3	2.8	10.1	† 1.5	6.7	19.9	† 1.5	11.0	29.2
5 and under ‡ .....	3.8	† .2	2.3	7.0	1.7	8.2	20.6	1.6	11.7	30.4
Males:										
6-11.....	2.3	† .3	† 2.1	8.7	† 1.0	5.3	16.1	4.6	13.2	31.6
12-19.....	2.3	† 3.6	11.0	20.9	† 2.4	7.4	22.8	7.4	24.4	44.9
20-39.....	6.9	4.9	17.6	37.3	† 1.9	10.0	22.8	9.1	31.1	52.1
40-59.....	3.8	4.8	18.0	35.1	† 1.2	8.9	24.3	12.5	35.0	56.9
60 and over.....	3.3	2.0	8.5	23.9	† 1.6	6.8	17.7	10.2	31.7	60.5
20 and over.....	14.0	4.2	15.6	33.5	1.6	8.9	22.0	10.3	32.3	55.4
Females:										
6-11.....	1.9	† .5	† 3.2	14.8	† 1.2	8.9	24.4	4.4	22.1	46.7
12-19.....	2.4	6.8	17.7	36.4	4.7	15.5	38.5	13.3	35.9	58.4
20-39.....	6.7	7.0	21.8	43.2	3.1	20.0	37.9	15.6	41.8	66.3
40-59.....	4.0	5.2	21.6	44.6	† 1.9	13.1	31.9	14.7	42.0	66.8
60 and over.....	4.4	3.8	15.1	32.8	2.9	9.9	28.8	12.5	35.0	62.2
20 and over.....	15.1	5.6	19.8	40.5	2.7	15.3	33.7	14.5	39.9	65.2
All individuals.....	41.7	4.1	14.5	30.9	2.2	11.2	26.9	10.4	31.4	54.6

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 0.6	† 1.7	4.7	† 3.3	14.1	33.1	4.6	17.2	38.4
3-5.....	1.2	† .7	† 2.7	10.1	† 1.1	7.2	23.3	† 3.1	13.8	30.0
5 and under ‡ .....	2.3	† .6	2.0	7.1	† 1.8	9.0	24.6	3.3	13.7	31.9
Males:										
6-11.....	1.3	† 0.0	† 2.0	7.8	† 0.0	† 2.2	12.1	† 2.4	7.7	27.7
12-19.....	2.0	† 1.8	9.7	22.5	† .7	8.7	23.8	8.8	27.7	46.2
20-39.....	6.3	2.6	12.0	33.3	† .4	5.4	18.4	8.1	26.8	48.6
40-59.....	6.7	1.9	11.1	27.0	† 1.3	5.3	16.7	7.8	26.4	48.8
60 and over.....	2.6	† .8	5.3	17.8	† .6	3.5	9.8	7.1	22.6	49.9
20 and over.....	15.6	2.0	10.5	28.0	.8	5.1	16.2	7.8	25.9	48.9
Females:										
6-11.....	1.3	† 0.0	6.6	16.5	† 1.2	8.4	27.3	† 5.1	20.8	43.4
12-19.....	1.8	† 6.4	19.3	34.2	† 5.7	15.6	38.5	14.3	33.9	57.9
20-39.....	5.6	3.1	12.1	33.8	† 2.0	14.4	30.1	12.6	35.7	60.6
40-59.....	6.7	3.3	16.5	34.9	2.0	11.4	27.2	10.9	36.4	62.6
60 and over.....	2.5	† 3.0	14.0	28.2	† 2.1	10.2	21.1	11.5	28.4	56.4
20 and over.....	14.9	3.2	14.4	33.4	2.0	12.3	27.3	11.7	34.8	60.8
All individuals.....	39.1	2.4	11.4	27.8	1.5	8.7	22.5	9.1	28.2	51.8
All Incomes.....	100.0	3.6	13.6	30.0	2.3	10.9	25.9	10.4	30.5	53.6

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	† 0.0	† 0.0	† 1.4	† 0.2	† 1.0	† 1.0	14.7	37.2	52.2
3-5.....	1.5	† 0.0	† .6	† 2.5	† .3	† .5	† 1.5	10.3	31.0	56.7
5 and under ‡ .....	2.9	† 0.0	† .3	1.9	† .2	† .6	† 1.1	11.1	30.8	51.0
Males:										
6-11.....	1.0	† 0.0	† .4	† 5.9	† 0.0	† 1.9	† 3.1	8.6	25.9	52.9
12-19.....	1.5	† 4.6	16.7	27.7	† 1.8	† 4.5	8.6	21.7	44.4	69.2
20-39.....	2.4	6.2	19.8	31.4	† 2.9	6.0	11.8	19.9	35.8	52.9
40-59.....	1.0	7.8	21.4	44.8	† 3.5	12.7	18.8	18.5	50.1	69.5
60 and over.....	0.9	13.5	31.6	52.5	9.1	15.4	25.9	30.2	58.0	74.0
20 and over.....	4.3	8.0	22.6	38.7	4.3	9.5	16.3	21.6	43.5	61.0
Females:										
6-11.....	1.2	† .7	† 3.0	10.1	† 0.0	† .6	† 3.7	13.3	33.6	60.9
12-19.....	1.4	11.3	27.5	47.7	† 3.5	10.6	22.5	48.4	77.4	91.5
20-39.....	3.4	21.3	39.3	54.7	8.4	16.6	25.5	37.1	65.5	85.6
40-59.....	1.4	12.9	39.0	56.5	11.1	22.0	36.2	35.9	62.2	81.6
60 and over.....	2.1	11.2	30.4	54.5	13.4	25.1	36.6	36.7	65.0	83.2
20 and over.....	6.9	16.6	36.5	55.0	10.5	20.3	31.0	36.8	64.7	84.1
All individuals.....	19.2	9.0	21.8	35.3	5.1	10.8	17.7	26.3	50.3	70.3
131-350% poverty:										
Males and females:										
1-2.....	1.2	† 0.0	† .1	† 1.3	† 0.0	† .4	† 1.1	10.3	26.5	50.5
3-5.....	2.0	† 0.0	† .4	† 1.7	† .2	† .7	† 1.9	10.3	29.5	55.7
5 and under ‡ .....	3.8	† 0.0	† .3	1.4	† .5	† .9	1.7	9.3	25.7	50.8
Males:										
6-11.....	2.3	† .5	† 2.7	6.5	† 0.0	† .6	† 2.1	7.1	23.9	46.0
12-19.....	2.3	† 3.9	12.4	25.8	† .5	† 4.1	6.8	17.5	38.6	63.3
20-39.....	6.9	6.8	18.1	34.7	3.2	6.1	10.5	15.0	36.3	56.4
40-59.....	3.8	11.0	21.9	37.3	† 2.2	6.1	10.8	15.6	36.9	54.4
60 and over.....	3.3	5.8	17.8	35.7	3.5	7.9	14.8	14.8	38.0	60.3
20 and over.....	14.0	7.7	19.1	35.6	3.0	6.5	11.6	15.1	36.9	56.8
Females:										
6-11.....	1.9	† .8	† 2.6	10.7	† .6	† 1.0	† 4.0	8.9	31.6	57.7
12-19.....	2.4	9.1	21.8	41.6	9.4	15.7	28.1	41.5	68.4	87.5
20-39.....	6.7	11.7	32.1	48.0	7.7	17.5	30.6	30.9	57.9	79.4
40-59.....	4.0	11.8	31.6	52.1	6.1	16.2	28.8	33.4	56.3	78.1
60 and over.....	4.4	8.7	22.1	41.7	6.7	15.4	27.0	28.2	59.7	80.2
20 and over.....	15.1	10.9	29.1	47.3	7.0	16.5	29.1	30.8	58.0	79.3
All individuals.....	41.7	7.3	19.1	33.8	4.2	9.4	16.8	21.2	44.5	65.9

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 0.0	† .6	† 1.6	† 0.6	† 0.6	† 0.9	8.0	28.4	51.4
3-5.....	1.2	† .3	† 1.0	† 2.7	† .7	† 1.1	† 3.6	12.9	31.0	57.8
5 and under ‡ .....	2.3	† .2	† .8	2.1	† .6	† .8	2.2	9.8	27.2	51.8
Males:										
6-11.....	1.3	† 0.0	† .6	† 2.0	† 0.0	† .3	† 2.2	† 4.4	19.8	34.7
12-19.....	2.0	† 4.5	13.6	27.3	† .7	† 2.3	7.6	16.0	36.2	60.1
20-39.....	6.3	5.2	19.1	33.6	2.5	6.0	10.8	11.1	30.6	51.9
40-59.....	6.7	3.7	14.9	29.6	2.0	5.5	10.5	10.6	32.9	53.2
60 and over.....	2.6	3.2	11.9	26.5	† 1.9	4.5	9.6	9.2	31.8	52.6
20 and over.....	15.6	4.2	16.1	30.7	2.2	5.5	10.5	10.6	31.8	52.6
Females:										
6-11.....	1.3	† .2	† 2.3	8.6	† 1.3	† 2.9	10.9	11.5	30.9	54.0
12-19.....	1.8	8.8	22.6	37.2	10.3	15.7	26.3	42.1	68.5	81.5
20-39.....	5.6	7.9	26.8	43.4	8.8	16.8	28.6	20.7	51.4	73.0
40-59.....	6.7	7.9	23.2	42.0	8.0	17.4	29.5	23.0	51.9	74.2
60 and over.....	2.5	5.9	19.4	34.7	8.1	17.5	28.3	26.5	53.0	74.3
20 and over.....	14.9	7.6	23.9	41.3	8.3	17.2	29.0	22.7	51.9	73.8
All individuals.....	39.1	5.2	17.3	31.5	4.6	9.7	17.3	16.7	40.6	61.7
All Incomes.....	100.0	6.8	18.9	33.2	4.5	9.8	17.2	20.4	44.1	65.1

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	3.9	17.6	37.5	†0.0	†1.1	3.3	10.9	31.2	51.9
3-5.....	1.5	†1.5	9.5	26.6	†.2	†1.2	6.8	3.2	16.7	37.4
5 and under ‡.....	2.9	2.6	12.3	30.5	†.1	1.5	5.3	5.9	20.5	39.8
Males:										
6-11.....	1.0	†.3	8.0	17.3	†1.7	10.4	27.3	†1.5	†5.4	24.8
12-19.....	1.5	†2.1	8.3	31.7	14.7	42.0	68.9	†1.4	†5.2	21.0
20-39.....	2.4	†2.1	6.5	17.8	13.7	35.8	60.7	†1.3	6.7	14.0
40-59.....	1.0	†3.3	6.3	11.6	16.0	44.8	74.3	†2.3	9.2	17.0
60 and over.....	0.9	3.7	16.7	31.5	29.9	66.6	85.9	3.8	17.2	32.8
20 and over.....	4.3	2.7	8.5	19.1	17.4	44.0	68.9	2.0	9.4	18.5
Females:										
6-11.....	1.2	†1.5	10.8	29.2	†3.8	12.8	33.5	†3.2	17.0	44.2
12-19.....	1.4	14.1	39.0	66.5	24.4	65.0	83.2	18.0	43.1	72.6
20-39.....	3.4	9.6	24.4	45.2	22.1	56.5	81.6	26.6	53.3	77.4
40-59.....	1.4	6.2	17.9	39.5	20.8	52.6	79.5	19.5	45.1	68.5
60 and over.....	2.1	8.0	23.2	46.7	26.1	57.9	87.4	9.1	28.3	52.5
20 and over.....	6.9	8.4	22.7	44.5	23.1	56.2	83.0	19.9	44.0	68.1
All individuals.....	19.2	5.3	16.5	35.0	15.5	39.7	61.1	10.2	25.9	45.6
131-350% poverty:										
Males and females:										
1-2.....	1.2	†1.5	12.6	34.5	†.1	†.8	†2.1	7.6	29.7	55.8
3-5.....	2.0	†1.0	9.4	27.8	†0.0	†2.0	7.1	2.2	15.5	36.1
5 and under ‡.....	3.8	1.4	11.6	30.1	†*	2.0	5.7	4.1	19.0	38.8
Males:										
6-11.....	2.3	†.7	4.5	18.0	†.9	8.7	25.5	†2.2	6.8	21.8
12-19.....	2.3	†3.4	10.6	28.9	15.3	43.8	69.1	†2.1	8.8	15.0
20-39.....	6.9	†1.5	5.3	15.0	12.7	37.1	64.4	†.8	4.6	13.2
40-59.....	3.8	†1.9	4.3	12.9	12.6	38.3	64.7	†.8	7.2	17.8
60 and over.....	3.3	†.9	6.4	15.4	11.7	44.5	77.2	†1.4	6.8	18.9
20 and over.....	14.0	1.5	5.3	14.5	12.4	39.1	67.5	1.0	5.8	15.8
Females:										
6-11.....	1.9	†.9	6.2	27.6	†2.5	14.7	34.1	†2.3	14.9	37.3
12-19.....	2.4	10.8	40.4	66.3	21.7	58.9	83.8	15.3	46.2	74.5
20-39.....	6.7	6.6	20.7	39.3	16.9	53.3	79.0	19.3	51.6	74.9
40-59.....	4.0	†2.1	13.6	33.1	14.2	49.4	77.3	12.6	42.3	68.3
60 and over.....	4.4	2.8	16.2	36.5	13.7	45.0	77.4	4.3	18.1	40.3
20 and over.....	15.1	4.3	17.5	36.9	15.3	49.9	78.1	13.2	39.4	63.1
All individuals.....	41.7	3.1	12.6	28.6	11.9	38.3	62.9	6.7	22.1	39.6

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 3.6	12.7	33.6	† 0.0	† 0.6	† 3.6	8.6	33.2	61.7
3-5.....	1.2	† 1.3	11.2	33.8	† .4	† 2.1	8.3	† 1.9	14.8	43.0
5 and under ‡ .....	2.3	2.0	11.3	33.0	† .2	† 1.3	6.3	4.6	20.9	46.6
Males:										
6-11.....	1.3	† 0.0	† 1.8	16.4	† 0.0	7.8	18.6	† 0.0	† 3.6	13.4
12-19.....	2.0	† 1.4	6.5	21.7	12.7	34.6	61.7	† .4	† 5.2	16.1
20-39.....	6.3	† .3	4.3	12.0	8.9	37.6	64.6	† 0.0	3.3	10.1
40-59.....	6.7	† .3	2.3	8.9	8.0	32.9	61.2	† .5	3.3	13.1
60 and over.....	2.6	† 0.0	2.5	8.0	6.4	35.6	65.6	† .9	4.0	12.1
20 and over.....	15.6	† .2	3.1	10.0	8.1	35.3	63.3	† .4	3.4	11.7
Females:										
6-11.....	1.3	† 2.7	10.5	28.0	† 2.0	10.8	29.6	† 3.1	13.7	37.1
12-19.....	1.8	13.7	36.8	66.4	23.2	56.8	79.5	13.9	40.8	69.7
20-39.....	5.6	4.1	12.4	30.3	12.0	42.4	71.1	14.2	43.0	69.9
40-59.....	6.7	2.6	10.0	27.7	8.4	38.7	69.8	9.9	31.8	59.9
60 and over.....	2.5	† 3.5	14.5	30.0	11.9	36.6	67.5	† 3.4	15.7	31.6
20 and over.....	14.9	3.3	11.7	29.1	10.3	39.7	69.9	10.4	33.3	58.9
All individuals.....	39.1	2.3	8.8	22.5	8.9	34.2	60.5	5.1	18.0	35.5
All Incomes.....	100.0	3.2	11.8	27.4	11.4	36.9	61.6	6.7	21.2	39.1

† 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 income, 1994-96--continued**

Income, 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>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	20.0	57.4	79.7
3-5.....	1.5	11.6	42.6	69.1
5 and under ‡ .....	2.9	13.5	44.2	67.8
Males:				
6-11.....	1.0	8.0	31.5	59.2
12-19.....	1.5	10.4	40.5	66.2
20-39.....	2.4	13.8	35.5	55.9
40-59.....	1.0	15.7	49.4	77.1
60 and over.....	0.9	37.2	70.0	90.4
20 and over.....	4.3	18.9	45.6	67.7
Females:				
6-11.....	1.2	10.1	43.2	65.2
12-19.....	1.4	25.5	46.0	73.3
20-39.....	3.4	27.4	56.1	79.5
40-59.....	1.4	32.3	64.1	81.2
60 and over.....	2.1	38.8	74.8	90.6
20 and over.....	6.9	31.9	63.4	83.2
All individuals.....	19.2	21.4	50.5	73.0
131-350% poverty:				
Males and females:				
1-2.....	1.2	20.4	61.6	86.7
3-5.....	2.0	11.4	45.8	73.9
5 and under ‡ .....	3.8	13.2	45.9	71.2
Males:				
6-11.....	2.3	6.1	27.6	54.1
12-19.....	2.3	12.2	38.4	66.0
20-39.....	6.9	14.0	38.4	59.2
40-59.....	3.8	15.8	43.5	69.2
60 and over.....	3.3	25.3	58.2	81.3
20 and over.....	14.0	17.2	44.5	67.2
Females:				
6-11.....	1.9	11.1	42.0	70.0
12-19.....	2.4	22.2	53.1	78.3
20-39.....	6.7	23.7	59.6	80.6
40-59.....	4.0	23.0	62.3	83.4
60 and over.....	4.4	26.3	63.4	86.9
20 and over.....	15.1	24.3	61.4	83.2
All individuals.....	41.7	18.5	49.8	73.3

‡ 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 income, 1994-96--continued**

Income, 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>		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	26.8	68.7	88.5
3-5.....	1.2	15.9	51.9	82.6
5 and under ‡ .....	2.3	18.2	52.8	79.2
Males:				
6-11.....	1.3	† 4.9	23.9	52.4
12-19.....	2.0	9.4	37.3	63.8
20-39.....	6.3	12.6	34.2	65.0
40-59.....	6.7	13.3	41.4	67.3
60 and over.....	2.6	16.1	49.3	76.2
20 and over.....	15.6	13.5	39.8	67.9
Females:				
6-11.....	1.3	12.5	39.6	72.9
12-19.....	1.8	21.1	51.3	75.7
20-39.....	5.6	19.3	52.8	79.2
40-59.....	6.7	21.5	57.7	82.5
60 and over.....	2.5	25.2	58.0	84.9
20 and over.....	14.9	21.3	55.9	81.6
All individuals.....	39.1	16.6	46.6	73.6
All Incomes.....	100.0	18.3	48.7	73.3

† 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 income, 2-day average, 1994-96**

Income, 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>Under 131% poverty:</b>										
Males and females:										
1-2.....	1.0	47.0	9.2	† 1.3	† 98.9	95.8	84.0	73.0	45.0	22.7
3-5.....	1.5	39.9	7.0	† .8	† 99.3	92.1	77.5	67.7	39.9	23.0
5 and under ‡ .....	2.9	45.7	8.5	† .9	97.5	87.9	73.3	72.5	45.8	25.3
Males:										
6-11.....	1.0	38.4	† 6.1	† 1.6	† 95.6	84.9	65.3	43.5	19.5	9.9
12-19.....	1.5	40.2	† 6.3	† 0.0	92.5	70.0	31.5	31.4	16.2	7.5
20-39.....	2.4	39.7	15.1	9.9	84.9	59.3	30.9	37.5	21.1	14.4
40-59.....	1.0	27.7	5.7	† 1.9	77.3	37.1	14.0	28.3	15.6	8.8
60 and over.....	0.9	13.3	† 1.4	† 0.0	52.6	13.6	4.2	34.1	19.3	10.9
20 and over.....	4.3	31.7	10.2	6.1	76.7	45.0	21.7	34.7	19.5	12.4
Females:										
6-11.....	1.2	27.9	† 0.0	† 0.0	† 95.3	82.2	57.3	38.9	18.0	12.2
12-19.....	1.4	26.7	† 3.1	† .9	76.7	46.8	15.9	25.3	14.6	9.2
20-39.....	3.4	18.7	† 2.1	† 1.1	69.2	29.7	9.6	27.9	13.3	8.2
40-59.....	1.4	14.4	† 2.4	† 0.0	64.3	28.2	7.9	32.0	15.8	12.1
60 and over.....	2.1	6.7	† .2	† .2	55.0	14.3	† 2.1	35.6	18.1	10.2
20 and over.....	6.9	14.2	1.6	† .1	63.9	24.7	7.0	31.0	15.2	9.6
All individuals.....	19.2	27.9	5.1	1.7	78.6	50.7	28.9	38.8	21.2	12.5
<b>131-350% poverty:</b>										
Males and females:										
1-2.....	1.2	44.8	6.9	† .5	† 99.1	94.9	84.9	80.0	57.4	33.7
3-5.....	2.0	40.8	4.7	† .3	† 99.0	90.9	69.2	73.1	45.7	25.6
5 and under ‡ .....	3.8	43.4	6.6	† .9	95.5	85.5	68.0	78.3	52.5	30.6
Males:										
6-11.....	2.3	40.7	† 3.7	† .5	† 96.9	84.1	64.4	64.2	34.4	18.5
12-19.....	2.3	33.5	8.4	† 1.7	89.3	61.7	33.0	39.1	24.4	10.5
20-39.....	6.9	34.8	4.1	† .5	81.7	51.9	26.9	31.4	15.2	8.3
40-59.....	3.8	28.3	4.0	† .2	79.0	41.4	16.2	37.0	19.8	11.1
60 and over.....	3.3	25.7	2.4	† .3	67.6	22.8	4.4	47.1	24.8	15.2
20 and over.....	14.0	30.9	3.7	† .4	77.6	42.2	18.7	36.6	18.7	10.7
Females:										
6-11.....	1.9	26.8	† 1.6	† 0.0	† 97.5	75.5	43.9	50.3	22.5	11.8
12-19.....	2.4	28.0	† 2.4	† .4	75.0	34.1	13.1	31.0	14.4	7.4
20-39.....	6.7	18.9	† 1.7	† 0.0	69.2	26.3	8.1	32.1	16.3	8.5
40-59.....	4.0	15.6	† 1.2	† 0.0	69.4	23.5	4.8	40.4	24.1	12.3
60 and over.....	4.4	13.7	† .5	† 0.0	62.9	17.3	4.4	50.9	25.7	15.1
20 and over.....	15.1	16.5	1.2	† 0.0	67.4	22.9	6.2	39.8	21.1	11.4
All individuals.....	41.7	27.1	3.1	.3	78.0	43.6	22.7	43.5	23.7	13.0

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	37.9	4.7	† 0.8	† 98.1	92.0	81.7	79.5	46.4	32.0
3-5.....	1.2	36.8	† 3.3	† .1	† 98.2	91.0	68.7	76.1	48.5	27.1
5 and under ‡ .....	2.3	39.7	4.0	† .4	96.9	85.8	67.5	79.7	50.6	29.7
Males:										
6-11.....	1.3	46.3	† 4.5	† .4	† 100.0	88.1	65.1	69.7	42.2	20.0
12-19.....	2.0	45.6	9.2	† 2.0	90.1	64.5	38.4	35.7	16.5	9.0
20-39.....	6.3	30.5	5.6	† .3	87.3	53.8	19.5	35.1	18.7	11.5
40-59.....	6.7	33.8	3.4	† .7	82.6	43.1	17.6	44.8	24.3	12.8
60 and over.....	2.6	30.9	2.8	† 0.0	76.5	26.3	6.1	53.8	28.8	15.6
20 and over.....	15.6	32.0	4.2	† .4	83.5	44.5	16.4	42.5	22.8	12.7
Females:										
6-11.....	1.3	28.2	† 2.8	† 0.0	91.6	74.3	44.1	59.4	34.1	23.6
12-19.....	1.8	20.1	† 3.0	† 0.0	77.5	38.1	11.4	34.3	19.9	9.0
20-39.....	5.6	18.8	† 1.7	† 0.0	75.9	26.5	10.2	44.6	25.4	15.3
40-59.....	6.7	18.7	† 1.3	† 0.0	72.7	24.9	6.1	44.1	25.0	15.2
60 and over.....	2.5	19.6	† 0.0	† 0.0	70.5	26.5	4.2	50.3	31.4	18.6
20 and over.....	14.9	18.9	1.2	† 0.0	73.5	25.8	7.3	45.3	26.3	15.8
All individuals.....	39.1	28.0	3.2	.3	81.4	43.0	19.4	46.5	26.3	15.2
All Incomes.....	100.0	27.6	3.6	0.6	79.5	44.7	22.6	43.8	24.3	13.8

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
<b>Under 131% poverty:</b>										
Males and females:										
1-2.....	1.0	21.0	5.3	3.0	80.8	65.7	52.2	84.7	50.6	23.4
3-5.....	1.5	25.4	5.0	† 1.1	79.9	59.3	43.0	85.8	49.4	21.8
5 and under ‡ .....	2.9	31.8	15.3	11.4	82.6	65.6	50.5	86.5	53.4	27.3
Males:										
6-11.....	1.0	30.1	9.6	† 3.1	76.5	59.7	42.5	88.3	53.1	16.8
12-19.....	1.5	34.3	7.8	† 2.1	69.7	53.7	41.7	70.2	35.8	15.4
20-39.....	2.4	40.5	20.6	12.6	63.6	49.7	35.3	67.2	33.8	18.1
40-59.....	1.0	26.9	7.3	† 3.5	54.2	41.5	30.9	62.1	36.8	9.3
60 and over.....	0.9	14.2	4.2	† 1.6	46.5	27.6	21.0	58.0	22.5	7.6
20 and over.....	4.3	32.1	14.2	8.3	58.0	43.4	31.4	64.2	32.2	14.0
Females:										
6-11.....	1.2	18.0	† 3.0	† 2	72.5	56.9	40.8	77.8	38.4	10.2
12-19.....	1.4	26.7	† 5.1	† 1.7	61.8	43.0	26.2	70.3	27.2	11.0
20-39.....	3.4	25.7	7.0	† 2.5	50.0	33.7	22.0	54.1	19.7	7.6
40-59.....	1.4	21.3	4.6	† 1.6	50.3	31.1	20.9	57.3	19.4	5.0
60 and over.....	2.1	12.6	4.5	† 2.2	53.8	33.9	20.3	51.8	17.2	5.6
20 and over.....	6.9	20.8	5.8	2.3	51.2	33.3	21.3	54.0	18.9	6.5
All individuals.....	19.2	26.8	9.2	4.8	62.3	45.5	32.2	66.9	32.0	13.1
<b>131-350% poverty:</b>										
Males and females:										
1-2.....	1.2	20.2	5.7	† 1.4	79.6	61.9	46.4	85.5	48.5	18.4
3-5.....	2.0	22.7	5.3	† 1.6	78.8	58.7	41.9	85.3	51.1	17.1
5 and under ‡ .....	3.8	31.9	17.7	13.4	81.9	64.6	48.3	86.7	53.9	23.8
Males:										
6-11.....	2.3	29.1	8.3	† 2.8	75.4	58.0	42.5	87.9	54.3	25.2
12-19.....	2.3	32.2	10.8	† 2.4	63.8	46.9	31.3	76.8	38.8	15.2
20-39.....	6.9	36.7	13.1	3.7	58.7	41.9	31.8	63.5	29.0	10.8
40-59.....	3.8	33.8	11.1	3.8	50.6	35.7	24.6	67.3	30.8	12.1
60 and over.....	3.3	24.8	5.8	2.4	64.1	43.2	29.3	75.5	35.5	14.2
20 and over.....	14.0	33.1	10.8	3.4	57.7	40.5	29.3	67.4	31.0	12.0
Females:										
6-11.....	1.9	30.6	4.4	† 1.1	71.2	48.3	35.7	78.6	39.2	12.0
12-19.....	2.4	25.3	5.0	† 2.5	59.1	40.8	31.0	67.8	24.1	7.3
20-39.....	6.7	24.6	8.3	3.0	50.8	33.8	21.3	57.7	20.8	6.4
40-59.....	4.0	24.9	6.1	2.4	54.5	35.5	21.0	56.1	22.7	7.6
60 and over.....	4.4	23.8	5.2	2.6	61.3	42.9	25.2	68.5	25.7	7.4
20 and over.....	15.1	24.4	6.8	2.7	54.8	36.9	22.4	60.4	22.8	7.0
All individuals.....	41.7	29.0	9.2	3.8	60.9	43.1	29.7	68.8	31.8	11.9

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	14.6	8.2	† 3.1	85.1	70.1	51.2	86.0	39.5	19.3
3-5.....	1.2	18.1	6.9	† 1.7	78.2	62.0	44.0	88.9	48.4	15.0
5 and under ‡ .....	2.3	25.0	16.4	10.7	82.9	68.4	50.7	88.8	49.5	22.5
Males:										
6-11.....	1.3	34.5	7.8	† 1.7	80.3	61.3	42.2	† 94.2	56.9	24.5
12-19.....	2.0	39.7	9.5	† 4.3	70.3	55.7	40.7	79.4	45.3	16.9
20-39.....	6.3	37.1	12.9	5.2	58.8	39.6	31.2	65.7	29.9	11.8
40-59.....	6.7	42.5	15.2	4.7	65.0	49.6	33.5	72.4	33.3	11.5
60 and over.....	2.6	33.3	11.2	5.6	73.6	56.6	41.5	80.6	42.9	18.0
20 and over.....	15.6	38.8	13.6	5.1	64.0	46.8	33.9	71.1	33.6	12.7
Females:										
6-11.....	1.3	26.5	7.8	† 2.9	81.3	61.4	45.5	82.2	38.7	18.6
12-19.....	1.8	20.2	† 6.3	† 1.8	52.5	37.1	27.0	66.2	28.1	9.4
20-39.....	5.6	31.8	10.6	4.4	56.4	38.0	23.8	68.9	27.4	7.9
40-59.....	6.7	34.2	11.2	4.0	58.9	39.1	25.7	66.3	26.3	8.7
60 and over.....	2.5	29.9	10.4	4.5	68.7	50.1	36.1	70.2	28.7	10.5
20 and over.....	14.9	32.6	10.8	4.2	59.6	40.5	26.7	67.9	27.1	8.7
All individuals.....	39.1	34.3	11.8	4.7	64.3	46.7	32.9	72.2	33.3	12.4
All Incomes.....	100.0	30.7	10.2	4.4	62.5	45.0	31.4	69.8	32.4	12.3

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	93.1	76.6	48.5	72.3	41.9	18.0	63.8	28.9	9.2
3-5.....	1.5	90.1	63.2	28.8	80.6	43.7	17.5	72.4	34.3	11.1
5 and under ‡ .....	2.9	92.4	70.7	41.8	78.5	44.9	20.1	70.6	33.1	10.8
Males:										
6-11.....	1.0	89.5	57.1	21.1	81.1	41.4	15.3	57.0	20.4	9.5
12-19.....	1.5	72.4	35.9	19.0	73.0	34.5	13.2	51.7	15.7	† 4.3
20-39.....	2.4	68.4	35.4	19.2	79.3	48.5	25.4	55.1	23.6	12.7
40-59.....	1.0	61.4	20.8	10.1	74.9	35.7	15.5	30.7	11.7	4.4
60 and over.....	0.9	58.6	23.6	9.0	64.1	28.6	9.7	25.0	6.1	† 1.7
20 and over.....	4.3	64.8	29.7	15.0	75.2	41.6	19.9	43.4	17.3	8.6
Females:										
6-11.....	1.2	82.1	47.2	16.8	69.8	29.3	6.9	50.9	16.7	† 4.2
12-19.....	1.4	64.3	28.5	12.9	62.9	27.5	8.0	43.8	12.3	† 3.2
20-39.....	3.4	50.8	17.1	5.7	59.3	22.8	7.6	33.5	8.0	† 2.4
40-59.....	1.4	48.1	21.9	6.1	58.1	24.7	7.0	30.0	5.2	† 1.5
60 and over.....	2.1	57.1	21.3	4.5	60.7	25.2	5.1	27.1	5.7	† 1.3
20 and over.....	6.9	52.2	19.3	5.4	59.5	23.9	6.7	30.9	6.8	1.9
All individuals.....	19.2	67.4	35.0	16.1	69.0	33.4	12.8	44.8	15.5	5.5
131-350% poverty:										
Males and females:										
1-2.....	1.2	96.4	78.9	50.0	72.8	36.0	14.1	68.0	27.1	8.4
3-5.....	2.0	89.9	62.4	29.3	80.1	41.7	15.8	70.8	29.3	11.1
5 and under ‡ .....	3.8	93.0	71.5	42.5	79.4	42.4	18.3	69.6	29.1	11.1
Males:										
6-11.....	2.3	91.3	63.8	34.2	83.9	50.7	19.9	68.4	30.7	10.9
12-19.....	2.3	79.1	43.9	21.3	77.2	40.8	19.1	55.1	20.5	6.8
20-39.....	6.9	62.7	31.8	12.3	77.2	44.0	19.8	47.9	18.9	6.0
40-59.....	3.8	64.9	33.0	11.5	75.7	40.6	16.6	43.1	14.4	4.5
60 and over.....	3.3	76.1	36.7	16.6	82.3	43.6	20.1	39.5	11.4	3.7
20 and over.....	14.0	66.5	33.3	13.1	78.0	43.0	19.0	44.6	15.9	5.1
Females:										
6-11.....	1.9	85.2	47.9	17.9	75.6	28.9	8.1	53.3	15.3	† 3.0
12-19.....	2.4	63.6	30.9	12.6	61.5	22.9	7.3	41.6	12.8	† 4.0
20-39.....	6.7	56.8	22.4	5.3	62.1	24.5	8.0	33.7	5.9	† 2.0
40-59.....	4.0	55.4	19.7	7.2	68.1	26.0	8.3	33.2	8.5	† 1.8
60 and over.....	4.4	67.2	27.4	9.8	71.2	33.3	9.4	37.8	8.5	2.2
20 and over.....	15.1	59.5	23.2	7.1	66.3	27.5	8.5	34.8	7.3	2.0
All individuals.....	41.7	69.1	35.9	15.4	73.1	35.9	14.1	45.4	14.9	4.8

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	95.3	72.0	48.0	66.9	33.7	12.5	61.6	23.9	7.7
3-5.....	1.2	89.9	56.8	32.1	76.7	38.5	9.1	70.0	29.6	6.8
5 and under ‡.....	2.3	92.9	66.5	44.1	75.4	40.5	13.8	68.1	28.8	7.5
Males:										
6-11.....	1.3	92.2	68.3	34.4	87.9	50.1	16.9	72.3	31.3	8.1
12-19.....	2.0	77.5	43.9	23.5	76.2	44.0	19.2	53.8	21.5	9.4
20-39.....	6.3	66.7	32.4	12.3	81.6	42.2	19.0	51.4	18.0	5.0
40-59.....	6.7	73.0	35.6	12.7	83.3	52.3	23.5	51.2	16.5	4.4
60 and over.....	2.6	82.2	45.2	18.6	90.2	55.4	27.0	50.1	14.6	3.5
20 and over.....	15.6	72.0	35.9	13.5	83.8	48.8	22.3	51.1	16.8	4.5
Females:										
6-11.....	1.3	83.5	52.6	20.0	72.7	34.0	13.8	56.6	25.1	8.9
12-19.....	1.8	65.8	31.9	13.2	61.5	25.5	6.5	42.1	12.9	† 4.4
20-39.....	5.6	66.2	26.9	8.8	69.9	29.6	10.9	39.4	11.6	† 2.3
40-59.....	6.7	65.1	22.7	7.3	72.8	32.4	11.6	37.4	8.9	3.1
60 and over.....	2.5	71.8	32.4	9.3	78.9	41.8	15.0	43.6	12.9	† 2.0
20 and over.....	14.9	66.6	25.9	8.2	72.7	32.9	11.9	39.2	10.6	2.6
All individuals.....	39.1	72.2	35.8	14.7	77.5	40.5	16.5	48.2	16.0	4.5
All Incomes.....	100.0	70.0	35.7	15.3	74.1	37.2	14.8	46.4	15.4	4.8

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	† 98.6	91.6	79.9	† 99.0	97.0	92.5	47.8	14.2	4.7
3-5.....	1.5	† 97.5	90.5	78.8	† 98.5	96.0	89.0	43.3	9.8	3.2
5 and under ‡ .....	2.9	98.1	91.8	80.8	† 98.9	96.8	91.1	49.0	14.4	4.7
Males:										
6-11.....	1.0	† 94.1	74.0	58.5	† 96.9	85.9	67.1	47.1	17.6	† 3.7
12-19.....	1.5	72.3	41.5	28.0	91.4	77.1	63.9	30.8	7.6	† 1.9
20-39.....	2.4	68.6	44.0	29.8	88.2	73.7	59.7	47.1	23.7	12.7
40-59.....	1.0	55.2	30.5	14.8	81.2	70.9	51.1	30.5	11.3	5.2
60 and over.....	0.9	47.5	22.8	11.0	74.1	56.6	41.1	26.0	6.3	† 2.4
20 and over.....	4.3	61.3	36.7	22.5	83.7	69.6	54.0	39.0	17.3	8.9
Females:										
6-11.....	1.2	89.9	72.5	52.5	† 96.3	86.2	64.5	39.1	10.6	† 2.3
12-19.....	1.4	52.3	29.5	15.7	77.5	58.6	39.2	8.5	† 1.9	† .5
20-39.....	3.4	45.3	21.9	9.2	74.5	49.7	30.6	14.4	3.2	† 1.6
40-59.....	1.4	43.5	18.4	7.0	63.8	45.6	31.3	18.4	6.9	† .7
60 and over.....	2.1	45.5	18.8	7.7	63.4	40.9	22.5	16.8	† 2.0	† .6
20 and over.....	6.9	45.0	20.3	8.3	69.0	46.2	28.3	15.9	3.5	† 1.1
All individuals.....	19.2	64.7	43.0	29.8	82.3	66.9	51.3	29.7	9.6	3.6
131-350% poverty:										
Males and females:										
1-2.....	1.2	† 98.7	93.7	84.9	† 98.9	96.8	92.7	49.5	18.5	3.8
3-5.....	2.0	† 98.3	90.6	75.7	† 98.1	92.0	82.7	44.3	11.3	2.1
5 and under ‡ .....	3.8	98.6	92.5	80.9	98.3	94.3	87.7	49.2	16.5	4.3
Males:										
6-11.....	2.3	93.5	77.6	63.7	† 97.9	88.0	74.2	54.0	22.0	4.6
12-19.....	2.3	74.2	45.1	27.0	93.2	79.4	64.4	36.7	14.5	4.5
20-39.....	6.9	65.3	37.4	21.1	89.5	75.0	60.5	43.6	18.2	7.0
40-59.....	3.8	62.7	33.6	16.5	89.2	72.2	58.2	45.6	17.6	6.6
60 and over.....	3.3	64.3	34.5	17.2	85.2	67.6	50.4	39.7	12.9	2.1
20 and over.....	14.0	64.4	35.7	18.9	88.4	72.5	57.5	43.2	16.8	5.7
Females:										
6-11.....	1.9	89.3	67.3	47.3	† 96.0	83.0	56.7	42.3	11.6	† 1.4
12-19.....	2.4	58.4	30.2	11.6	71.9	50.9	32.3	12.5	† 1.5	† .3
20-39.....	6.7	52.0	20.4	9.8	69.4	47.8	30.9	20.6	4.6	† .5
40-59.....	4.0	47.9	23.9	9.7	71.2	47.9	30.2	21.9	4.1	† 2.0
60 and over.....	4.4	58.3	27.0	11.8	73.0	49.2	29.8	19.8	3.1	† .6
20 and over.....	15.1	52.7	23.2	10.4	70.9	48.2	30.4	20.7	4.0	.9
All individuals.....	41.7	66.2	40.3	25.2	83.2	66.2	50.3	34.1	11.2	3.2

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 98.4	90.1	76.8	† 99.1	† 96.6	92.2	48.6	15.0	† 4.0
3-5.....	1.2	† 97.3	87.3	74.2	† 96.4	91.4	78.7	42.2	13.8	† 2.4
5 and under ‡ .....	2.3	97.9	89.7	77.3	97.8	94.1	85.7	48.2	15.4	4.0
Males:										
6-11.....	1.3	† 98.0	80.8	63.8	† 97.8	91.1	74.1	65.3	24.4	† 6.1
12-19.....	2.0	72.7	49.9	30.9	92.4	78.1	61.8	39.9	14.4	6.4
20-39.....	6.3	66.4	35.8	23.5	89.2	75.4	63.7	48.1	20.9	8.9
40-59.....	6.7	70.4	40.9	21.3	89.5	73.9	56.9	46.8	17.4	6.9
60 and over.....	2.6	73.5	44.2	20.6	90.4	74.7	57.1	47.4	14.7	3.2
20 and over.....	15.6	69.3	39.4	22.0	89.5	74.6	59.7	47.4	18.3	7.1
Females:										
6-11.....	1.3	91.4	72.0	52.9	89.1	76.3	63.3	46.0	15.6	† 2.2
12-19.....	1.8	62.8	33.3	15.4	73.7	49.8	31.5	18.5	† .5	† 0.0
20-39.....	5.6	56.6	30.2	14.2	71.4	50.1	32.1	27.0	6.4	† 2.0
40-59.....	6.7	58.0	27.5	11.3	70.5	48.3	28.8	25.8	5.0	† 1.0
60 and over.....	2.5	65.3	32.8	15.2	71.7	49.4	31.9	25.7	5.7	† 1.1
20 and over.....	14.9	58.7	29.4	13.1	71.0	49.2	30.5	26.2	5.7	1.4
All individuals.....	39.1	68.5	41.3	24.4	82.7	65.7	49.6	38.3	12.4	4.2
All Incomes.....	100.0	66.8	41.2	25.8	82.8	66.2	50.2	34.9	11.4	3.7

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	62.5	21.5	5.5	96.7	80.7	57.4	48.1	19.5	5.3
3-5.....	1.5	73.4	26.2	6.5	93.2	64.7	38.4	62.6	24.4	9.5
5 and under ‡ .....	2.9	69.5	25.1	6.3	94.7	70.8	45.3	60.2	28.2	12.2
Males:										
6-11.....	1.0	82.7	38.1	14.7	72.7	27.0	10.3	75.2	40.1	16.9
12-19.....	1.5	68.3	28.8	7.9	31.1	† 5.0	† .4	79.0	41.6	18.8
20-39.....	2.4	82.2	59.2	35.9	39.3	18.5	† 2.8	86.0	62.2	41.8
40-59.....	1.0	88.4	52.0	23.6	25.7	7.0	† 2.5	83.0	47.3	20.9
60 and over.....	0.9	68.5	28.2	10.7	14.1	† 2.8	† 1.2	67.2	32.6	15.2
20 and over.....	4.3	80.9	51.4	28.0	31.1	12.7	2.4	81.5	52.8	31.6
Females:										
6-11.....	1.2	70.8	21.7	† 6.2	66.5	22.4	7.5	55.8	20.0	† 4.3
12-19.....	1.4	33.5	6.5	† 1.9	16.8	† 3.0	† .6	27.4	8.4	† 2.6
20-39.....	3.4	54.8	15.1	5.2	18.4	† 2.5	† .6	22.6	4.6	† 1.6
40-59.....	1.4	60.5	20.8	6.9	20.5	† 1.3	† 0.0	31.5	12.3	† 3.7
60 and over.....	2.1	53.3	13.3	† 1.7	12.6	† 1.1	† 0.0	47.5	19.1	8.1
20 and over.....	6.9	55.5	15.7	4.5	17.0	1.8	† .3	31.9	10.5	4.0
All individuals.....	19.2	65.0	27.0	10.8	38.9	17.5	8.5	54.4	27.1	13.2
131-350% poverty:										
Males and females:										
1-2.....	1.2	65.5	19.9	3.7	† 97.9	86.8	63.3	44.2	16.4	4.6
3-5.....	2.0	72.2	21.0	4.2	92.9	67.4	36.3	63.9	22.6	7.5
5 and under ‡ .....	3.8	69.9	21.7	4.9	94.3	72.3	45.2	61.2	27.0	10.7
Males:										
6-11.....	2.3	82.0	44.8	15.3	74.5	39.3	15.1	78.2	36.7	17.7
12-19.....	2.3	71.1	31.0	12.8	30.9	6.8	† 1.4	85.0	44.0	23.7
20-39.....	6.9	85.0	57.3	30.4	35.6	8.7	† 1.7	86.8	56.4	33.0
40-59.....	3.8	87.1	60.7	32.2	35.3	5.2	† .6	82.2	49.2	28.2
60 and over.....	3.3	84.6	47.7	19.5	22.8	2.6	† .1	81.1	49.7	23.3
20 and over.....	14.0	85.5	56.0	28.3	32.5	6.3	1.0	84.2	52.9	29.4
Females:										
6-11.....	1.9	72.4	26.8	8.6	65.9	20.0	6.4	62.7	25.5	9.0
12-19.....	2.4	33.7	6.8	† .5	16.2	† 1.9	† .3	25.5	5.1	† 2.1
20-39.....	6.7	60.7	19.2	4.8	21.0	2.3	† .3	25.1	8.6	† 2.1
40-59.....	4.0	66.9	21.9	4.5	22.7	2.4	† 0.0	31.7	10.3	3.9
60 and over.....	4.4	63.5	18.7	4.1	22.6	2.8	† .1	59.7	24.2	8.4
20 and over.....	15.1	63.1	19.8	4.5	21.9	2.5	† .2	36.9	13.6	4.4
All individuals.....	41.7	71.4	33.7	13.5	37.1	13.1	5.7	60.4	31.0	15.2

† 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 income, 2-day average, 1994-96--continued**

Income, 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>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	66.4	16.5	† 4.0	† 96.4	86.5	61.3	38.3	17.6	6.8
3-5.....	1.2	66.2	22.7	5.3	91.7	67.6	37.5	57.0	17.8	† 3.4
5 and under ‡ .....	2.3	67.0	21.1	5.5	93.7	74.3	46.9	53.4	23.2	9.9
Males:										
6-11.....	1.3	83.6	50.5	13.3	81.4	45.3	15.5	86.6	42.6	19.0
12-19.....	2.0	78.3	32.9	14.9	38.3	7.8	† 2.7	83.9	46.3	24.0
20-39.....	6.3	88.0	62.4	33.5	35.4	8.2	† 1.3	89.9	61.0	31.7
40-59.....	6.7	91.1	64.9	34.6	38.8	6.8	† .9	86.9	60.1	33.8
60 and over.....	2.6	92.0	58.4	27.4	34.4	5.5	† .5	87.9	56.9	29.7
20 and over.....	15.6	90.0	62.8	32.9	36.7	7.1	1.0	88.3	59.9	32.3
Females:										
6-11.....	1.3	72.0	31.7	10.7	70.4	33.3	9.0	62.9	26.4	13.4
12-19.....	1.8	33.6	† 5.6	† 0.0	20.5	† 1.8	† .4	30.3	7.7	† 2.3
20-39.....	5.6	69.7	24.4	6.6	28.9	4.4	† .9	30.1	10.3	† 2.9
40-59.....	6.7	72.3	25.4	6.7	30.2	3.8	† .3	40.1	14.5	5.3
60 and over.....	2.5	70.0	29.5	6.0	32.5	4.4	† 1.4	68.4	29.8	8.8
20 and over.....	14.9	70.9	25.7	6.6	30.1	4.1	† .7	41.1	15.5	5.0
All individuals.....	39.1	77.5	40.7	17.5	39.5	11.9	4.4	64.5	36.1	17.7
All Incomes.....	100.0	72.6	35.2	14.6	38.4	13.5	5.7	60.9	32.3	15.8

† 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 income, 1994-96--continued**

Income, 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>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	20.3	3.5	† 1.1
3-5.....	1.5	30.9	8.8	† 1.6
5 and under ‡ .....	2.9	32.2	9.5	2.5
Males:				
6-11.....	1.0	40.8	10.8	† 3.7
12-19.....	1.5	33.8	7.4	† 3.6
20-39.....	2.4	44.1	18.3	11.6
40-59.....	1.0	22.9	5.2	† 2.0
60 and over.....	0.9	9.6	† 1.9	† .7
20 and over.....	4.3	32.3	12.0	7.2
Females:				
6-11.....	1.2	34.8	9.6	† 1.4
12-19.....	1.4	26.7	† 6.2	† 1.4
20-39.....	3.4	20.5	† 2.9	† 1.1
40-59.....	1.4	18.8	4.7	† 1.2
60 and over.....	2.1	9.4	† 2.6	† .4
20 and over.....	6.9	16.8	3.2	† .9
All individuals.....	19.2	27.0	7.5	3.0
131-350% poverty:				
Males and females:				
1-2.....	1.2	13.3	† 1.9	† .7
3-5.....	2.0	26.1	3.1	† .7
5 and under ‡ .....	3.8	28.8	5.8	1.8
Males:				
6-11.....	2.3	45.9	12.8	5.1
12-19.....	2.3	34.0	11.1	† 4.3
20-39.....	6.9	40.8	11.4	3.6
40-59.....	3.8	30.8	8.4	† 2.0
60 and over.....	3.3	18.7	3.5	† .8
20 and over.....	14.0	32.8	8.8	2.5
Females:				
6-11.....	1.9	30.0	6.9	† 1.3
12-19.....	2.4	21.7	5.2	† .7
20-39.....	6.7	19.4	4.0	† .8
40-59.....	4.0	16.6	† 1.9	† .4
60 and over.....	4.4	13.1	2.1	† .8
20 and over.....	15.1	16.8	2.9	.7
All individuals.....	41.7	26.7	6.4	1.9

† 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 income, 1994-96--continued**

Income, 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>		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	11.5	† 2.5	† 0.0
3-5.....	1.2	17.4	† 1.0	† .2
5 and under ‡ .....	2.3	20.8	3.3	† .6
Males:				
6-11.....	1.3	47.6	14.8	† 1.9
12-19.....	2.0	36.2	9.7	† 4.0
20-39.....	6.3	35.0	7.6	2.7
40-59.....	6.7	32.7	6.7	† 1.0
60 and over.....	2.6	23.8	4.9	2.6
20 and over.....	15.6	32.1	6.7	2.0
Females:				
6-11.....	1.3	27.1	† 6.4	† 2.6
12-19.....	1.8	24.3	† 2.6	† .4
20-39.....	5.6	20.8	4.7	† 1.8
40-59.....	6.7	17.5	3.6	† 1.5
60 and over.....	2.5	15.1	† 1.8	† .6
20 and over.....	14.9	18.4	3.7	1.5
All individuals.....	39.1	26.4	5.6	1.7
All Incomes.....	100.0	26.7	6.3	2.1

† 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 4.--Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by income, 1 day, 1994-96**

Income, 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>Under 131% poverty:</b>								
Males and females:								
1-2.....	1.0	15.7	33.9	13.9	12.3	5.1	51.6	† *
3-5.....	1.5	15.0	34.0	13.0	12.8	5.6	52.3	*
5 and under ‡ .....	2.9	14.7	34.8	13.8	12.6	5.8	51.7	*
Males:								
6-11.....	1.05	14.2	34.0	12.4	13.3	5.8	53.0	† *
12-19.....	1.47	14.5	34.8	12.0	13.7	6.5	51.1	† .6
20-39.....	2.4	16.0	33.6	11.6	13.0	6.3	48.4	2.8
40-59.....	1.0	16.3	33.7	11.3	13.2	6.5	48.7	2.2
60 and over.....	0.9	17.3	34.0	11.7	13.1	6.3	49.2	.9
20 and over.....	4.3	16.3	33.7	11.6	13.0	6.4	48.6	2.3
Females:								
6-11.....	1.3	14.9	33.9	12.7	13.0	5.7	52.3	*
12-19.....	1.4	14.0	33.5	12.0	13.0	6.0	53.5	† .3
20-39.....	3.4	15.5	33.0	11.3	12.7	6.5	51.7	.9
40-59.....	1.3	16.1	34.1	11.5	12.8	7.0	50.5	.5
60 and over.....	2.2	16.8	31.8	10.5	12.1	6.6	53.1	† .1
20 and over.....	6.9	16.0	32.8	11.1	12.5	6.6	51.9	.5
All individuals.....	19.2	15.5	33.7	11.9	12.8	6.3	51.3	.8
<b>131-350% poverty:</b>								
Males and females:								
1-2.....	1.3	14.8	32.3	13.1	11.9	4.9	54.3	*
3-5.....	2.0	13.8	32.0	12.0	12.3	5.4	55.8	*
5 and under ‡ .....	3.8	13.6	33.1	13.0	12.1	5.6	54.7	*
Males:								
6-11.....	2.3	14.3	32.4	12.0	12.5	5.5	54.8	*
12-19.....	2.4	14.7	33.3	11.9	13.0	5.8	52.8	† .5
20-39.....	6.9	15.5	33.5	11.3	13.1	6.4	49.3	2.6
40-59.....	3.9	15.8	33.8	11.2	13.2	6.7	48.7	2.7
60 and over.....	3.2	16.2	33.2	11.0	12.8	6.6	50.6	1.7
20 and over.....	14.0	15.8	33.5	11.2	13.1	6.5	49.4	2.5
Females:								
6-11.....	1.8	13.9	33.2	12.2	12.9	5.7	54.3	*
12-19.....	2.4	14.1	32.4	11.4	12.3	6.2	54.8	† .1
20-39.....	6.8	14.9	32.3	10.9	12.4	6.5	52.7	1.5
40-59.....	3.9	15.8	33.9	11.4	12.6	7.2	51.0	.9
60 and over.....	4.3	16.7	32.7	10.7	12.5	6.8	52.0	.6
20 and over.....	15.1	15.7	32.8	11.0	12.5	6.8	52.1	1.0
All individuals.....	41.8	15.2	33.1	11.4	12.7	6.4	51.9	1.2

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

**Table 4.--Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by income, 1 day, 1994-96--continued**

Income, 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>						
Over 350% poverty:								
Males and females:								
1-2.....	0.8	14.6	30.0	12.7	10.7	4.4	57.1	† *
3-5.....	1.2	13.8	31.0	11.7	11.9	5.1	56.9	*
5 and under ‡ .....	2.3	13.6	31.6	12.7	11.4	5.3	56.3	*
Males:								
6-11.....	1.3	13.4	31.6	11.7	12.2	5.4	56.5	† *
12-19.....	2.0	14.0	31.7	11.3	12.4	5.6	55.1	† .3
20-39.....	6.2	15.6	32.8	11.2	12.5	6.5	49.5	3.2
40-59.....	6.7	16.3	33.1	10.8	12.8	6.9	49.2	2.7
60 and over.....	2.7	16.5	33.1	10.8	12.6	7.1	49.9	2.3
20 and over.....	15.6	16.0	33.0	11.0	12.6	6.8	49.4	2.9
Females:								
6-11.....	1.3	13.2	30.5	10.9	11.7	5.6	58.2	† *
12-19.....	1.8	13.9	30.8	10.8	11.9	5.7	56.6	† .2
20-39.....	5.5	15.5	31.4	10.6	11.8	6.7	52.2	2.4
40-59.....	6.8	16.0	32.2	10.3	12.2	7.2	51.4	2.0
60 and over.....	2.5	16.8	30.9	9.7	11.4	7.1	52.3	2.2
20 and over.....	14.8	16.0	31.7	10.3	11.9	7.0	51.8	2.2
All individuals.....	39.0	15.5	32.1	10.8	12.2	6.6	51.9	2.0
All Incomes.....	100.0	15.4	32.8	11.3	12.5	6.4	51.8	1.4

\* 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 income, 2-day average, 1994-96**

Income, 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>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	24.5	14.4	76.5
3-5.....	1.5	21.4	12.5	80.9
5 and under ‡ .....	2.9	20.3	12.0	81.2
Males:				
6-11.....	1.0	22.2	21.4	72.8
12-19.....	1.5	27.5	27.2	43.9
20-39.....	2.4	28.2	27.9	39.6
40-59.....	1.0	30.8	32.8	48.2
60 and over.....	0.9	34.1	37.1	58.3
20 and over.....	4.3	30.0	30.9	45.4
Females:				
6-11.....	1.2	25.9	14.2	74.1
12-19.....	1.4	29.6	28.8	72.3
20-39.....	3.4	32.6	38.3	71.7
40-59.....	1.4	26.5	37.3	67.0
60 and over.....	2.1	41.3	48.2	80.0
20 and over.....	6.9	34.0	41.1	73.3
All individuals.....	19.2	29.1	29.7	65.8
131-350% poverty:				
Males and females:				
1-2.....	1.2	36.1	19.1	86.3
3-5.....	2.0	33.8	25.5	88.9
5 and under ‡ .....	3.8	31.2	20.3	89.2
Males:				
6-11.....	2.3	33.5	26.2	81.8
12-19.....	2.3	28.0	23.4	63.7
20-39.....	6.9	27.8	32.1	52.4
40-59.....	3.8	26.5	30.0	51.3
60 and over.....	3.3	32.9	41.5	61.4
20 and over.....	14.0	28.6	33.7	54.2
Females:				
6-11.....	1.9	31.5	22.8	86.7
12-19.....	2.4	33.8	32.4	81.3
20-39.....	6.7	37.9	40.0	78.5
40-59.....	4.0	31.8	38.6	78.9
60 and over.....	4.4	36.8	43.1	82.0
20 and over.....	15.1	36.0	40.5	79.6
All individuals.....	41.7	32.2	33.4	71.6

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

Continued

**Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by income, 2-day average, 1994-96--continued**

Income, 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>		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	46.8	22.7	92.8
3-5.....	1.2	43.8	31.5	93.2
5 and under ‡ .....	2.3	41.6	25.4	93.7
Males:				
6-11.....	1.3	31.2	25.3	83.1
12-19.....	2.0	35.1	32.5	55.6
20-39.....	6.3	29.8	34.3	58.4
40-59.....	6.7	27.9	34.9	56.1
60 and over.....	2.6	35.7	43.9	65.4
20 and over.....	15.6	30.0	36.2	58.6
Females:				
6-11.....	1.3	44.5	31.8	† 93.7
12-19.....	1.8	42.2	38.7	87.1
20-39.....	5.6	40.7	43.4	84.6
40-59.....	6.7	35.2	44.5	79.8
60 and over.....	2.5	45.4	53.1	82.9
20 and over.....	14.9	39.0	45.5	82.1
All individuals.....	39.1	35.4	38.5	72.7
All Incomes.....	100.0	32.9	34.7	70.9

‡ 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 income, 1 day, 1994-96**

Income, 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>Under 131% poverty:</b>											
<b>Males and females:</b>											
1-2.....	1.0	211	22	61	14	20	9	10	14	5	99
3-5.....	1.5	280	33	77	23	21	8	17	19	9	125
5 and under ‡ .....	2.9	227	25	65	17	18	8	12	15	6	103
<b>Males:</b>											
6-11.....	1.1	322	51	90	26	35	† 8	23	31	† 15	112
12-19.....	1.5	402	52	85	19	42	† 7	31	42	14	177
20-39.....	2.4	450	64	91	13	49	† 19	38	42	19	197
40-59.....	1.0	379	57	100	† 7	60	† 19	31	34	9	148
60 and over.....	0.9	254	51	100	12	21	† 15	24	31	4	45
20 and over.....	4.3	393	60	95	11	46	18	33	38	13	154
<b>Females:</b>											
6-11.....	1.3	254	40	52	18	19	† 3	21	29	8	104
12-19.....	1.4	321	38	81	18	19	† 30	17	25	10	151
20-39.....	3.4	269	39	72	12	38	13	16	26	7	108
40-59.....	1.3	240	44	72	7	33	11	24	20	9	70
60 and over.....	2.2	215	41	71	12	15	† 8	17	26	5	55
20 and over.....	6.9	246	41	72	11	30	11	18	25	7	84
All individuals.....	19.2	299	44	77	14	32	13	22	28	10	117
<b>131-350% poverty:</b>											
<b>Males and females:</b>											
1-2.....	1.3	217	22	60	14	10	14	12	20	8	95
3-5.....	2.0	252	36	65	22	12	10	12	30	11	98
5 and under ‡ .....	3.8	216	27	59	17	10	10	10	23	9	87
<b>Males:</b>											
6-11.....	2.3	290	42	73	33	7	21	17	43	13	101
12-19.....	2.4	401	52	79	32	21	† 15	25	41	20	184
20-39.....	6.9	395	62	81	14	32	25	22	40	16	173
40-59.....	3.9	325	58	87	15	36	19	31	43	12	95
60 and over.....	3.2	304	60	102	18	27	16	20	46	8	68
20 and over.....	14.0	355	60	88	15	32	21	24	42	13	127
<b>Females:</b>											
6-11.....	1.8	286	46	56	21	† 10	14	19	40	13	112
12-19.....	2.4	282	41	61	16	21	13	16	32	13	118
20-39.....	6.9	260	39	54	12	16	15	16	33	11	106
40-59.....	3.9	238	43	65	11	21	14	19	35	8	68
60 and over.....	4.3	230	48	67	14	11	12	14	38	7	55
20 and over.....	15.1	245	43	61	12	16	14	16	35	9	82
All individuals.....	41.8	294	48	71	16	21	16	19	37	12	108

† See "Statistical notes," appendix B.

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

Continued

**Table 6A.--Grain products: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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> -----									
Over 350% poverty:											
Males and females:											
1-2.....	0.8	183	20	57	12	12	11	10	20	9	68
3-5.....	1.2	227	35	53	16	11	14	16	35	12	76
5 and under ‡ .....	2.3	190	26	51	13	10	11	12	26	10	65
Males:											
6-11.....	1.3	331	47	87	35	17	† 18	22	46	18	110
12-19.....	2.0	414	58	83	32	22	26	24	65	23	162
20-39.....	6.2	385	60	89	17	37	27	17	45	17	157
40-59.....	6.7	345	68	88	16	22	32	24	50	14	101
60 and over.....	2.7	310	67	85	21	13	18	21	50	12	75
20 and over.....	15.6	355	65	88	17	26	28	21	48	15	119
Females:											
6-11.....	1.3	280	42	78	21	† 13	28	20	54	18	68
12-19.....	1.8	327	41	65	18	† 14	26	12	51	22	137
20-39.....	5.5	287	49	70	14	26	21	14	35	15	105
40-59.....	6.8	268	52	62	13	19	15	16	39	12	87
60 and over.....	2.5	242	51	61	14	14	15	16	44	8	62
20 and over.....	14.8	270	51	65	14	21	17	15	38	12	90
All individuals.....	39.0	312	54	75	17	22	22	18	44	15	106
All Incomes.....	100	302	50	74	16	23	18	19	38	12	109

† 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 income, 1 day, 1994-96**

Income, 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>Under 131% poverty:</b>											
Males and females:											
1-2.....	1.0	96.9	51.6	67.5	47.4	17.9	7.0	27.3	35.6	27.2	45.8
3-5.....	1.5	† 99.3	58.3	68.5	52.0	15.7	5.2	32.3	39.9	26.8	46.7
5 and under ‡ .....	2.9	94.5	50.3	67.2	44.3	15.0	5.5	27.0	35.5	24.6	42.2
Males:											
6-11.....	1.1	† 97.9	67.9	61.3	44.4	19.9	† 4.5	30.3	42.8	22.0	43.3
12-19.....	1.5	† 96.7	61.5	44.5	28.0	12.5	† 2.3	25.5	34.1	18.8	45.1
20-39.....	2.4	95.0	59.4	34.6	15.1	14.5	† 5.9	26.3	32.5	25.4	38.7
40-59.....	1.0	95.9	59.6	36.2	10.0	18.8	† 5.8	30.9	27.3	14.5	33.3
60 and over.....	0.9	96.3	70.1	51.9	24.2	10.5	† 4.0	24.5	33.4	14.5	15.0
20 and over.....	4.3	95.5	61.7	38.5	15.8	14.7	5.5	27.0	31.5	20.7	32.6
Females:											
6-11.....	1.3	† 98.5	68.1	57.8	42.7	15.0	† 2.0	29.4	44.0	22.0	48.7
12-19.....	1.4	† 95.9	55.8	45.6	27.6	9.9	8.5	23.0	30.4	17.6	43.2
20-39.....	3.4	94.7	58.4	41.7	20.7	16.7	4.9	22.7	26.8	19.0	35.2
40-59.....	1.3	95.5	63.3	39.8	15.0	16.9	4.5	29.0	26.7	22.6	26.0
60 and over.....	2.2	† 97.9	68.2	53.8	29.5	7.8	3.7	25.6	33.9	19.2	20.0
20 and over.....	6.9	95.8	62.4	45.1	22.4	14.0	4.4	24.8	29.0	19.8	28.7
All individuals.....	19.2	95.9	60.6	48.6	27.5	14.3	4.8	26.1	32.8	20.7	36.0
<b>131-350% poverty:</b>											
Males and females:											
1-2.....	1.3	† 99.2	54.7	72.7	51.6	9.9	11.8	24.7	46.4	36.1	46.6
3-5.....	2.0	† 99.6	67.1	70.9	55.6	9.2	6.5	21.7	54.6	36.0	48.9
5 and under ‡ .....	3.8	95.5	55.2	70.3	47.9	8.6	7.6	20.0	46.6	32.5	44.2
Males:											
6-11.....	2.3	† 99.0	65.9	66.3	55.9	5.7	9.4	22.9	53.5	37.4	45.8
12-19.....	2.4	† 98.3	62.7	44.4	35.1	9.1	† 5.6	24.6	39.7	27.3	43.8
20-39.....	6.9	95.9	65.1	33.9	18.1	12.2	6.9	20.8	34.4	24.9	40.9
40-59.....	3.9	94.8	65.6	39.3	19.6	14.2	6.1	24.9	36.4	23.1	26.7
60 and over.....	3.2	† 98.6	75.6	56.0	33.3	10.1	6.3	23.7	43.9	21.3	20.8
20 and over.....	14.0	96.2	67.7	40.5	22.0	12.2	6.5	22.6	37.2	23.6	32.4
Females:											
6-11.....	1.8	† 99.4	72.5	59.2	47.4	5.5	9.2	24.2	55.8	38.5	47.4
12-19.....	2.4	† 97.6	63.1	45.6	30.1	8.2	8.8	18.7	40.7	30.6	45.3
20-39.....	6.9	95.2	58.4	36.4	19.9	9.7	7.6	20.6	39.0	27.1	40.6
40-59.....	3.9	96.2	64.7	38.2	18.9	9.9	7.3	24.7	36.2	22.7	26.1
60 and over.....	4.3	98.1	73.9	50.8	30.6	6.5	5.4	19.3	47.1	26.4	19.2
20 and over.....	15.1	96.3	64.4	41.0	22.7	8.9	6.9	21.3	40.6	25.8	30.7
All individuals.....	41.8	96.7	65.0	46.1	28.8	9.6	7.1	21.9	41.3	27.2	35.6

† See "Statistical notes," appendix B.

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

Continued

**Table 6B.--Grain products: Percentages of individuals consuming, by income, 1 day, 1994-96--continued**

Income, 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> -----								
Over 350% poverty:											
Males and females:											
1-2.....	0.8	† 99.4	52.2	76.8	51.3	13.0	10.8	24.5	55.9	45.2	49.6
3-5.....	1.2	† 100.0	71.1	63.2	47.3	9.4	10.5	32.5	59.3	41.3	46.0
5 and under ‡ .....	2.3	97.2	57.6	68.9	45.3	9.6	9.5	26.6	53.5	38.2	43.4
Males:											
6-11.....	1.3	† 99.3	73.0	65.5	55.9	9.6	8.1	28.3	57.4	37.0	44.3
12-19.....	2.0	† 99.2	63.7	44.9	35.0	9.2	8.9	23.5	48.5	33.3	49.5
20-39.....	6.2	95.5	67.2	38.7	21.2	12.0	9.1	18.6	37.0	28.8	40.6
40-59.....	6.7	97.9	72.3	42.6	22.6	11.2	10.3	23.2	44.3	28.2	31.7
60 and over.....	2.7	97.8	81.6	54.8	36.2	7.9	7.4	22.0	49.8	31.8	21.9
20 and over.....	15.6	96.9	71.9	43.1	24.4	11.0	9.3	21.1	42.3	29.0	33.6
Females:											
6-11.....	1.3	† 100.0	70.9	60.4	44.9	9.9	9.9	28.6	63.8	44.8	39.7
12-19.....	1.8	† 98.9	61.5	46.4	32.4	8.2	10.5	19.0	48.5	41.4	49.4
20-39.....	5.5	97.4	69.9	43.6	25.1	13.0	9.2	19.4	41.2	33.3	39.2
40-59.....	6.8	98.0	72.4	42.6	22.7	11.8	8.2	21.5	43.6	30.5	32.3
60 and over.....	2.5	† 99.4	79.5	51.9	34.6	9.4	7.5	22.8	50.5	29.9	22.4
20 and over.....	14.8	98.0	72.7	44.6	25.6	11.9	8.5	20.9	43.9	31.4	33.2
All individuals.....	39.0	97.7	70.5	46.7	28.7	10.9	9.0	21.9	45.4	32.1	36.1
All Incomes.....	100	96.9	66.3	46.8	28.5	11.0	7.4	22.7	41.2	27.8	35.9

† 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 income, 1 day, 1994-96**

Income, 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>								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	87	33	17	4	†5	10	1	5	12	18
3-5.....	1.5	96	42	21	†3	4	8	3	7	13	17
5 and under ‡.....	2.9	88	34	17	3	6	8	2	7	11	17
Males:											
6-11.....	1.1	95	38	28	†1	†2	12	7	4	7	24
12-19.....	1.5	192	96	53	†8	†6	21	11	†7	†12	31
20-39.....	2.4	224	97	50	†15	4	38	12	6	6	46
40-59.....	1.0	228	64	22	6	†5	36	9	†17	31	60
60 and over.....	0.9	216	61	9	16	11	36	9	16	11	57
20 and over.....	4.3	223	82	35	†13	5	37	11	11	13	51
Females:											
6-11.....	1.3	111	50	30	†4	†2	11	†8	†8	10	18
12-19.....	1.4	134	66	38	†5	†2	16	8	†4	†11	23
20-39.....	3.4	154	53	22	7	6	27	11	8	9	33
40-59.....	1.3	179	46	13	14	9	24	12	6	11	56
60 and over.....	2.2	187	48	7	21	8	22	9	13	13	55
20 and over.....	6.9	169	50	15	13	7	25	10	9	11	44
All individuals.....	19.2	161	59	26	9	5	23	9	8	11	36
131-350% poverty:											
Males and females:											
1-2.....	1.3	82	27	12	5	6	10	1	8	8	16
3-5.....	2.0	91	37	19	5	4	13	2	5	10	14
5 and under ‡.....	3.8	83	29	14	4	7	11	2	6	9	15
Males:											
6-11.....	2.3	130	61	27	7	5	16	4	6	15	15
12-19.....	2.4	181	87	42	†7	9	30	14	†3	12	20
20-39.....	6.9	238	88	39	11	5	40	17	7	18	52
40-59.....	3.9	228	74	28	14	10	36	17	8	18	51
60 and over.....	3.2	249	66	15	15	14	34	14	12	16	78
20 and over.....	14.0	238	79	30	13	9	37	17	8	17	57
Females:											
6-11.....	1.8	124	45	23	†7	4	14	7	†7	14	26
12-19.....	2.4	154	71	33	7	4	19	13	†5	7	27
20-39.....	6.9	187	66	26	12	8	27	16	8	13	38
40-59.....	3.9	188	48	15	15	11	25	19	6	9	56
60 and over.....	4.3	214	49	7	14	11	30	14	10	13	73
20 and over.....	15.1	195	56	18	13	10	27	16	8	12	52
All individuals.....	41.8	189	64	25	11	8	28	14	7	13	44

† See "Statistical notes," appendix B.

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

Continued

**Table 7A.--Vegetables: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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> -----									
Over 350% poverty:												
Males and females:												
1-2.....	0.8	75	22	8	4	8	5	1	10	8	15	
3-5.....	1.2	78	27	14	4	6	13	3	2	8	14	
5 and under ‡.....	2.3	73	22	10	4	7	9	2	6	8	15	
Males:												
6-11.....	1.3	99	40	28	† 2	6	19	6	† 2	9	† 15	
12-19.....	2.0	160	76	38	† 3	† 2	30	11	† 2	† 8	27	
20-39.....	6.2	230	83	39	15	8	36	21	8	13	47	
40-59.....	6.7	265	79	25	17	9	42	23	9	21	65	
60 and over.....	2.7	272	74	19	19	15	41	22	14	18	71	
20 and over.....	15.6	252	79	30	16	10	39	22	10	17	58	
Females:												
6-11.....	1.3	112	33	24	† 4	7	17	7	† 3	14	27	
12-19.....	1.8	140	44	23	† 13	7	18	15	† 2	7	34	
20-39.....	5.5	186	41	16	16	13	33	20	6	11	46	
40-59.....	6.8	209	49	14	15	13	30	23	7	12	59	
60 and over.....	2.5	219	45	9	22	12	36	19	9	10	66	
20 and over.....	14.8	202	46	14	17	13	32	21	7	11	55	
All individuals.....	39.0	203	59	22	14	10	32	19	7	13	50	
All Incomes.....	100	189	61	24	12	8	28	15	7	13	45	

† 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 income, 1 day, 1994-96**

Income, 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>								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	74.3	45.5	32.1	6.1	6.9	26.0	5.2	9.1	15.2	21.4
3-5.....	1.5	81.2	46.2	33.6	4.6	6.7	31.7	11.6	11.8	17.6	26.7
5 and under ‡ .....	2.9	74.4	41.8	29.5	4.7	8.0	25.8	7.9	10.7	15.2	23.8
Males:											
6-11.....	1.1	81.0	44.0	37.8	† 2.8	† 8.3	44.8	17.2	7.6	9.8	38.8
12-19.....	1.5	80.6	52.6	42.3	† 4.5	† 5.3	42.6	23.6	† 6.5	† 8.2	32.7
20-39.....	2.4	80.4	50.0	36.9	† 8.3	5.5	47.5	21.1	4.3	4.7	44.2
40-59.....	1.0	79.2	33.1	17.9	† 3.1	† 6.0	39.9	19.7	7.4	14.1	49.5
60 and over.....	0.9	77.2	36.9	9.5	12.9	9.6	30.9	14.0	13.4	11.2	36.3
20 and over.....	4.3	79.5	43.5	26.9	8.1	6.5	42.3	19.3	6.9	8.2	43.8
Females:											
6-11.....	1.3	81.3	55.2	40.3	† 4.7	6.9	36.1	16.3	11.7	12.7	27.2
12-19.....	1.4	76.0	48.9	37.3	† 3.2	† 5.2	35.4	18.6	† 3.3	8.9	34.3
20-39.....	3.4	78.2	40.9	26.1	6.7	8.8	38.3	20.0	7.7	9.0	35.0
40-59.....	1.3	77.6	34.2	15.6	9.3	10.0	36.5	24.4	6.0	12.3	43.7
60 and over.....	2.2	80.6	34.6	6.7	13.3	8.7	28.9	15.9	15.1	13.8	41.3
20 and over.....	6.9	78.8	37.6	18.0	9.3	9.0	35.0	19.6	9.7	11.1	38.6
All individuals.....	19.2	78.5	43.0	27.5	6.9	7.6	36.5	17.7	8.5	10.7	36.1
131-350% poverty:											
Males and females:											
1-2.....	1.3	75.1	41.1	26.7	7.3	11.5	23.6	5.5	13.4	14.7	20.3
3-5.....	2.0	80.7	51.2	37.2	6.8	9.2	33.9	8.9	10.9	15.9	23.1
5 and under ‡ .....	3.8	74.2	42.1	29.2	6.3	11.6	26.0	6.6	11.6	14.0	20.8
Males:											
6-11.....	2.3	79.6	52.0	37.6	8.4	11.1	33.2	12.5	8.0	17.4	26.9
12-19.....	2.4	77.1	46.4	36.7	4.7	11.5	44.5	23.7	† 2.8	7.8	31.7
20-39.....	6.9	88.6	51.5	35.8	8.2	8.3	42.9	24.7	5.0	10.7	46.0
40-59.....	3.9	83.3	43.3	25.6	9.6	11.9	36.5	23.7	7.2	14.0	44.7
60 and over.....	3.2	84.3	44.3	16.8	11.1	18.5	37.3	23.7	11.3	13.8	52.0
20 and over.....	14.0	86.2	47.6	28.6	9.3	11.6	39.9	24.2	7.1	12.3	47.0
Females:											
6-11.....	1.8	80.9	51.5	39.3	5.7	12.1	30.9	18.4	7.6	16.2	31.4
12-19.....	2.4	84.5	51.9	37.0	7.9	10.8	36.6	26.4	† 6.3	7.5	33.8
20-39.....	6.9	84.3	48.7	29.4	9.6	12.3	39.3	26.4	8.0	10.7	40.6
40-59.....	3.9	83.9	41.0	19.4	13.3	15.6	34.5	29.4	7.6	11.2	47.3
60 and over.....	4.3	86.3	40.6	10.6	12.2	16.1	36.1	27.6	11.4	14.4	54.4
20 and over.....	15.1	84.7	44.4	21.4	11.3	14.2	37.1	27.5	8.8	11.9	46.3
All individuals.....	41.8	83.4	46.5	28.0	9.2	12.5	36.9	23.0	7.9	12.2	41.0

† See "Statistical notes," appendix B.

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

Continued

**Table 7B.--Vegetables: Percentages of individuals consuming, by income, 1 day, 1994-96--continued**

Income, 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>Over 350% poverty:</b>											
<b>Males and females:</b>											
1-2.....	0.8	77.4	37.7	23.2	8.6	17.2	21.0	6.3	17.7	20.0	23.2
3-5.....	1.2	74.2	41.3	31.7	6.0	13.8	34.0	11.4	5.8	11.4	27.0
5 and under ‡ .....	2.3	71.6	36.7	25.2	7.0	15.7	25.6	8.3	10.6	14.8	24.7
<b>Males:</b>											
6-11.....	1.3	78.3	46.9	40.3	† 4.6	16.7	41.1	14.9	† 4.0	11.2	28.7
12-19.....	2.0	77.8	51.2	38.3	† 1.5	6.0	41.6	24.1	† 2.1	6.4	35.6
20-39.....	6.2	85.2	47.9	33.0	10.8	12.0	43.2	30.8	6.1	9.3	46.8
40-59.....	6.7	90.0	46.6	25.3	13.0	15.0	44.8	34.6	7.8	14.7	53.9
60 and over.....	2.7	90.1	46.5	19.4	15.2	20.6	45.3	36.2	11.1	15.3	58.9
20 and over.....	15.6	88.1	47.1	27.3	12.5	14.8	44.2	33.3	7.7	12.6	51.9
<b>Females:</b>											
6-11.....	1.3	83.9	42.1	35.2	† 6.1	17.4	34.5	17.1	† 4.2	17.3	31.3
12-19.....	1.8	75.4	37.1	29.2	8.5	14.4	33.6	28.1	† 2.7	6.0	35.5
20-39.....	5.5	81.4	34.7	20.4	12.8	18.1	43.3	33.2	6.1	10.5	48.1
40-59.....	6.8	85.7	39.9	20.3	14.5	18.4	42.1	33.7	7.8	10.9	51.4
60 and over.....	2.5	89.9	39.4	16.2	20.3	19.7	48.4	38.4	8.9	12.4	61.0
20 and over.....	14.8	84.8	37.9	19.6	14.9	18.5	43.6	34.3	7.3	11.0	51.8
All individuals.....	39.0	84.3	42.6	25.6	11.9	15.9	41.9	30.4	7.0	11.6	47.3
All Incomes.....	100	82.8	44.3	27.0	9.8	12.9	38.8	24.9	7.7	11.7	42.5

† 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 income, 1 day, 1994-96**

Income, 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>Under 131% poverty:</b>											
Males and females:											
1-2.....	1.0	238	60	50	† 1	175	18	17	† 6	21	112
3-5.....	1.5	187	73	56	† 1	113	23	13	† 9	19	49
5 and under ‡ .....	2.9	197	59	47	1	135	20	13	7	20	75
Males:											
6-11.....	1.1	175	68	59	† *	104	24	9	† 9	31	31
12-19.....	1.5	137	76	70	† 2	† 57	† 7	6	† 17	5	22
20-39.....	2.4	146	83	75	† *	62	† 14	7	9	12	† 21
40-59.....	1.0	157	65	53	† 1	90	17	16	† 7	13	† 38
60 and over.....	0.9	126	48	39	† 2	74	8	17	† 16	18	15
20 and over.....	4.3	144	71	63	† 1	71	13	11	10	13	23
Females:											
6-11.....	1.3	174	77	68	† *	95	19	8	† 8	25	35
12-19.....	1.4	123	56	53	† 1	64	† 10	† 7	† 13	15	† 19
20-39.....	3.4	138	70	61	† *	67	7	11	† 15	15	20
40-59.....	1.3	127	52	43	† *	74	12	14	† 22	† 14	12
60 and over.....	2.2	160	67	52	† 2	91	20	17	† 18	20	16
20 and over.....	6.9	143	66	55	† 1	76	12	13	17	17	17
All individuals.....	19.2	153	67	57	1	84	14	11	13	17	30
<b>131-350% poverty:</b>											
Males and females:											
1-2.....	1.3	274	59	52	2	212	26	23	6	19	137
3-5.....	2.0	206	54	47	† 1	148	28	13	9	18	81
5 and under ‡ .....	3.8	218	48	42	1	166	25	16	7	22	97
Males:											
6-11.....	2.3	153	52	44	† *	96	22	11	17	14	32
12-19.....	2.4	161	91	84	† *	68	15	7	† 10	13	23
20-39.....	6.9	148	78	70	† 1	68	13	12	8	14	20
40-59.....	3.9	160	74	63	† *	78	14	18	14	22	† 11
60 and over.....	3.2	193	67	51	2	120	23	28	21	28	19
20 and over.....	14.0	162	74	64	1	83	16	18	13	20	17
Females:											
6-11.....	1.8	141	48	39	*	89	20	6	† 9	20	35
12-19.....	2.4	152	72	67	0	79	9	4	† 16	11	39
20-39.....	6.9	133	52	46	† 1	77	13	13	10	12	28
40-59.....	3.9	150	56	43	† 1	92	20	18	† 23	19	12
60 and over.....	4.3	182	71	53	† 1	106	22	26	20	28	11
20 and over.....	15.1	151	59	48	1	89	17	18	16	19	19
All individuals.....	41.8	161	65	55	1	93	17	15	14	18	28

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

**Table 8A.--Fruits: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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	
		Percent			Grams							
Over 350% poverty:												
Males and females:												
1-2.....	0.8	301	49	46	3	249	30	23	14	31	150	
3-5.....	1.2	257	55	50	† 1	199	29	15	† 20	26	109	
5 and under ‡ .....	2.3	260	47	43	1	211	29	17	15	33	116	
Males:												
6-11.....	1.3	221	87	82	† 1	133	45	† 11	† 10	18	49	
12-19.....	2.0	217	134	124	† *	82	13	10	† 8	† 10	41	
20-39.....	6.2	162	91	84	† 1	70	14	15	11	15	15	
40-59.....	6.7	184	71	59	† 1	111	19	24	26	20	21	
60 and over.....	2.7	236	89	69	4	141	28	35	32	34	13	
20 and over.....	15.6	184	82	71	2	100	19	22	21	20	17	
Females:												
6-11.....	1.3	189	67	58	0	120	25	9	11	25	50	
12-19.....	1.8	190	86	78	† 1	104	22	6	† 16	18	42	
20-39.....	5.5	135	61	54	† 1	70	16	16	15	13	10	
40-59.....	6.8	170	72	60	† 1	96	21	20	25	22	8	
60 and over.....	2.5	227	87	63	2	136	28	26	31	36	15	
20 and over.....	14.8	167	71	58	1	93	20	19	22	21	10	
All individuals.....	39.0	185	78	67	1	105	21	19	20	21	25	
All Incomes.....	100	169	70	60	1	96	18	16	16	19	27	

\* 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 income, 1 day, 1994-96**

Income, 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>												
Under 131% poverty:												
Males and females:												
1-2.....	1.0	69.6	29.9	22.2	† 3.0	54.9	15.5	16.6	3.6	18.9	30.7	
3-5.....	1.5	65.2	34.4	24.4	3.5	47.4	19.6	12.9	4.5	14.8	15.9	
5 and under ‡ .....	2.9	65.7	29.1	21.0	2.9	51.0	17.4	13.3	3.7	17.0	23.1	
Males:												
6-11.....	1.1	56.3	26.3	22.0	† .7	44.4	17.4	7.4	† 2.4	22.3	11.9	
12-19.....	1.5	41.1	22.8	19.1	† 1.3	22.8	† 4.9	† 5.1	† 2.7	6.0	8.9	
20-39.....	2.4	35.7	21.8	17.9	† .7	19.9	7.1	4.2	5.5	7.5	† 4.2	
40-59.....	1.0	36.2	19.5	15.4	† 2.1	26.5	8.3	8.3	† 1.8	8.0	7.5	
60 and over.....	0.9	48.6	25.2	18.9	3.5	29.7	4.7	14.0	6.2	9.7	5.0	
20 and over.....	4.3	38.5	22.0	17.5	1.6	23.4	6.9	7.2	4.8	8.1	5.1	
Females:												
6-11.....	1.3	66.3	34.0	29.7	† 1.8	45.9	14.9	7.4	† 4.6	22.8	11.1	
12-19.....	1.4	37.6	17.0	14.4	† 2.5	27.0	† 6.3	† 5.2	† 3.7	11.2	5.4	
20-39.....	3.4	45.1	24.9	18.5	† .5	27.2	4.2	7.9	5.2	10.5	6.0	
40-59.....	1.3	43.3	21.0	15.9	† 1.1	29.3	6.5	10.5	† 7.4	10.1	4.5	
60 and over.....	2.2	57.3	33.0	24.7	3.9	40.2	13.7	15.5	7.0	13.7	5.7	
20 and over.....	6.9	48.5	26.7	20.0	1.7	31.6	7.6	10.8	6.2	11.4	5.6	
All individuals.....	19.2	49.1	25.5	19.9	1.8	33.3	9.6	9.1	4.8	12.4	9.0	
131-350% poverty:												
Males and females:												
1-2.....	1.3	77.8	26.1	20.2	5.2	68.3	24.5	23.4	7.1	18.3	40.7	
3-5.....	2.0	66.4	24.9	19.8	2.9	55.6	20.6	13.6	6.7	15.9	27.5	
5 and under ‡ .....	3.8	69.5	22.1	17.3	3.3	60.4	20.8	16.4	6.2	19.2	33.0	
Males:												
6-11.....	2.3	53.5	21.3	17.8	† 1.0	42.2	15.5	8.7	7.2	12.8	10.9	
12-19.....	2.4	42.6	22.6	20.2	† .5	27.5	9.7	5.0	† 3.8	8.0	5.6	
20-39.....	6.9	39.6	20.5	17.2	† .9	27.0	8.4	9.1	3.4	9.1	5.0	
40-59.....	3.9	45.6	24.6	17.5	† 1.0	30.1	9.0	11.9	5.2	11.4	† 3.2	
60 and over.....	3.2	64.7	31.1	23.2	3.9	50.2	15.0	26.3	9.8	15.9	6.2	
20 and over.....	14.0	47.0	24.1	18.6	1.6	33.2	10.1	13.8	5.4	11.3	4.8	
Females:												
6-11.....	1.8	54.4	19.4	13.4	† .9	43.7	15.4	5.9	6.5	14.7	16.5	
12-19.....	2.4	44.7	22.3	18.4	† 0.0	28.2	6.8	† 3.5	6.3	9.9	10.3	
20-39.....	6.9	45.7	20.2	14.9	† 1.6	32.8	8.9	10.5	6.2	10.4	7.2	
40-59.....	3.9	53.7	24.6	17.4	2.4	40.5	13.5	13.5	11.0	12.9	4.0	
60 and over.....	4.3	69.6	37.2	28.8	4.4	53.0	14.2	25.2	10.4	20.4	5.5	
20 and over.....	15.1	54.6	26.2	19.5	2.6	40.6	11.6	15.5	8.7	13.9	5.9	
All individuals.....	41.8	52.1	24.1	18.7	1.9	38.7	11.9	12.9	6.8	12.9	8.9	

† See "Statistical notes," appendix B.

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

Continued

**Table 8B.--Fruits: Percentages of individuals consuming, by income, 1 day, 1994-96--continued**

Income, 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>									
Over 350% poverty:												
Males and females:												
1-2.....	0.8	89.2	26.2	23.0	8.7	81.8	29.6	25.8	11.3	29.8	51.2	
3-5.....	1.2	78.5	28.8	23.9	† 3.2	70.1	25.1	13.6	11.0	24.7	35.3	
5 and under ‡ .....	2.3	81.1	24.5	20.8	4.7	74.0	27.3	17.9	10.1	28.8	40.5	
Males:												
6-11.....	1.3	60.0	27.5	24.5	† 1.6	46.3	26.4	† 7.6	7.5	13.4	11.5	
12-19.....	2.0	49.4	28.8	25.5	† 1.3	29.7	8.9	7.8	† 5.4	6.8	10.6	
20-39.....	6.2	44.1	24.9	19.9	† 1.1	27.0	7.5	11.7	5.6	8.7	3.8	
40-59.....	6.7	56.7	28.2	21.4	2.2	41.8	11.4	17.2	11.1	14.5	5.9	
60 and over.....	2.7	73.4	41.9	30.5	7.2	59.9	18.2	31.5	15.8	22.6	5.0	
20 and over.....	15.6	54.5	29.2	22.4	2.6	39.0	11.0	17.5	9.7	13.6	4.9	
Females:												
6-11.....	1.3	66.9	31.4	24.0	† 0.0	52.4	18.1	7.4	11.5	19.7	16.9	
12-19.....	1.8	52.9	26.8	20.4	† 1.4	35.2	11.6	† 4.9	7.2	13.5	12.0	
20-39.....	5.5	49.6	24.3	18.8	† 3.2	33.6	10.9	13.5	7.6	11.4	3.5	
40-59.....	6.8	57.9	31.4	22.9	1.9	44.9	14.0	17.7	13.8	16.1	3.5	
60 and over.....	2.5	78.3	44.4	31.2	5.2	64.8	20.1	27.7	19.5	25.8	6.2	
20 and over.....	14.8	58.3	31.0	22.8	2.9	44.1	13.9	17.8	12.5	16.0	4.0	
All individuals.....	39.0	57.8	29.5	22.6	2.6	43.1	13.7	15.9	10.5	15.3	7.9	
All Incomes.....	100	53.7	26.5	20.4	2.2	39.3	12.2	13.4	7.8	13.7	8.5	

† 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 income, 1 day, 1994-96**

Income, 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>Under 131% poverty:</b>										
Males and females:										
1-2.....	1.0	478	454	434	321	98	† 4	† 3	14	10
3-5.....	1.5	406	371	340	210	95	† 25	5	22	11
5 and under ‡ .....	2.9	480	454	338	228	86	† 15	4	16	9
Males:										
6-11.....	1.1	429	388	320	183	101	† 11	† 1	28	11
12-19.....	1.5	369	330	272	153	† 87	† 18	† 2	† 18	15
20-39.....	2.4	295	236	202	98	76	† 23	† 2	† 34	20
40-59.....	1.0	210	163	145	72	51	† 8	† 1	27	17
60 and over.....	0.9	217	181	168	65	82	17	† 2	20	8
20 and over.....	4.3	260	208	182	85	72	19	† 2	30	17
Females:										
6-11.....	1.3	368	332	280	171	73	† 7	† 3	22	13
12-19.....	1.4	252	209	183	119	48	† 14	† 2	23	15
20-39.....	3.4	183	155	138	76	43	15	3	13	12
40-59.....	1.3	185	151	131	67	43	† 16	† 10	17	13
60 and over.....	2.2	193	163	145	42	62	37	† 6	19	8
20 and over.....	6.9	187	157	139	63	49	22	5	15	11
All individuals.....	19.2	290	253	211	117	67	18	3	21	13
<b>131-350% poverty:</b>										
Males and females:										
1-2.....	1.3	476	449	409	242	157	10	10	16	10
3-5.....	2.0	387	348	311	124	174	10	8	26	12
5 and under ‡ .....	3.8	460	428	309	152	145	9	7	20	10
Males:										
6-11.....	2.3	437	392	332	106	187	33	† 5	32	11
12-19.....	2.4	415	366	317	109	158	† 49	† 3	26	20
20-39.....	6.9	228	178	159	53	77	25	6	24	21
40-59.....	3.9	254	205	191	61	95	32	† 3	26	16
60 and over.....	3.2	256	205	189	55	91	39	† 3	33	12
20 and over.....	14.0	242	192	175	56	86	30	5	27	18
Females:										
6-11.....	1.8	380	333	284	102	155	21	† 2	31	14
12-19.....	2.4	275	223	196	65	99	32	† 5	30	15
20-39.....	6.9	197	159	134	42	54	36	8	19	15
40-59.....	3.9	196	150	134	39	63	27	† 6	27	12
60 and over.....	4.3	201	159	142	26	72	43	7	27	12
20 and over.....	15.1	198	156	136	37	61	35	7	23	14
All individuals.....	41.8	274	229	196	66	96	31	6	26	15

† See "Statistical notes," appendix B.

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

Continued

**Table 9A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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>								
<i>Over 350% poverty:</i>										
<i>Males and females:</i>										
1-2.....	0.8	468	444	389	219	148	19	25	12	12
3-5.....	1.2	382	344	304	88	176	38	14	23	13
5 and under ‡ .....	2.3	454	425	307	128	151	27	16	17	12
<i>Males:</i>										
6-11.....	1.3	485	423	352	81	213	50	† 10	47	13
12-19.....	2.0	433	369	308	49	209	47	† 6	40	22
20-39.....	6.2	261	203	179	53	89	35	9	29	22
40-59.....	6.7	239	180	158	31	75	50	9	37	16
60 and over.....	2.7	255	184	165	23	81	59	7	45	20
20 and over.....	15.6	251	190	168	39	81	46	9	35	19
<i>Females:</i>										
6-11.....	1.3	399	348	292	51	178	58	† 6	37	13
12-19.....	1.8	269	220	183	† 29	114	40	† 5	33	13
20-39.....	5.5	223	174	136	22	65	48	19	23	21
40-59.....	6.8	180	133	106	11	41	53	17	26	16
60 and over.....	2.5	210	153	130	17	57	54	14	35	16
20 and over.....	14.8	201	151	121	16	52	52	17	26	18
All individuals.....	39.0	266	212	176	37	90	47	12	31	18
All Incomes.....	100	274	227	191	65	88	35	8	27	16

† 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 income, 1 day, 1994-96**

Income, 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> -----							
Under 131% poverty:										
Males and females:										
1-2.....	1.0	90.9	87.3	85.3	63.1	20.3	† 1.3	† 1.9	12.2	27.9
3-5.....	1.5	91.1	85.6	83.5	58.2	24.2	4.2	2.7	18.8	30.5
5 and under ‡ .....	2.9	91.2	87.0	75.0	53.6	20.1	2.6	2.2	14.1	26.1
Males:										
6-11.....	1.1	91.0	84.5	77.2	47.5	27.5	† 3.6	† 1.2	20.2	26.3
12-19.....	1.5	80.3	63.2	55.4	36.9	16.4	† 2.3	† 3	8.3	32.8
20-39.....	2.4	64.9	47.4	44.1	22.9	15.6	† 3.6	† 7	12.5	32.2
40-59.....	1.0	59.9	41.4	39.7	20.1	12.8	† 2.5	† 8	10.5	22.1
60 and over.....	0.9	72.0	57.0	54.4	20.7	26.6	6.5	† 7	13.7	18.9
20 and over.....	4.3	65.2	48.1	45.2	21.8	17.2	3.9	† 7	12.3	27.1
Females:										
6-11.....	1.3	88.5	82.4	76.5	52.8	22.9	† 2.7	† 1.5	16.5	24.7
12-19.....	1.4	69.5	52.1	46.6	28.3	14.9	† 3.6	† 1.0	13.2	30.5
20-39.....	3.4	65.6	49.3	45.0	24.6	13.0	4.3	† 2.0	6.6	28.6
40-59.....	1.3	70.2	52.7	48.9	24.6	15.5	5.4	† 4.2	10.5	29.0
60 and over.....	2.2	78.5	67.2	63.4	22.3	26.3	12.7	3.0	15.1	16.0
20 and over.....	6.9	70.5	55.5	51.5	23.9	17.6	7.1	2.7	10.0	24.7
All individuals.....	19.2	75.4	62.2	56.6	32.3	18.5	4.6	1.7	12.2	26.6
131-350% poverty:										
Males and females:										
1-2.....	1.3	94.3	90.5	87.3	49.4	37.0	3.7	6.7	19.8	28.2
3-5.....	2.0	94.9	87.3	84.3	35.8	48.2	4.1	5.6	24.9	32.7
5 and under ‡ .....	3.8	92.6	87.2	75.2	36.3	38.2	3.4	5.2	21.1	27.4
Males:										
6-11.....	2.3	92.8	85.2	79.8	28.9	45.7	10.6	† 2.9	26.3	29.7
12-19.....	2.4	84.3	68.8	62.2	23.6	32.8	7.8	† 1.6	14.1	36.5
20-39.....	6.9	69.5	44.5	41.7	14.1	20.7	6.1	2.5	12.7	36.9
40-59.....	3.9	72.2	52.4	50.3	21.0	22.0	9.7	† 1.5	13.8	28.2
60 and over.....	3.2	81.7	67.0	64.8	19.1	31.8	13.1	† 1.2	22.4	24.8
20 and over.....	14.0	73.0	51.8	49.4	17.2	23.6	8.7	1.9	15.2	31.7
Females:										
6-11.....	1.8	93.4	83.9	78.8	32.3	43.0	7.2	† 1.5	23.7	35.5
12-19.....	2.4	77.8	58.1	53.8	17.4	27.7	10.3	† 2.8	18.1	38.9
20-39.....	6.9	74.1	50.3	46.1	16.3	18.9	11.2	3.8	13.2	34.2
40-59.....	3.9	76.3	54.5	51.4	17.4	22.9	10.7	† 3.3	17.4	27.3
60 and over.....	4.3	80.6	62.3	59.6	14.5	30.5	15.7	3.2	21.0	27.8
20 and over.....	15.1	76.5	54.8	51.3	16.1	23.3	12.4	3.5	16.5	30.6
All individuals.....	41.8	78.9	60.6	56.4	20.2	27.6	9.6	2.9	17.3	31.7

† See "Statistical notes," appendix B.

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

Continued

**Table 9B.--Milk and milk products: Percentages of individuals consuming, by income, 1 day, 1994-96--continued**

Income, 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>							
Over 350% poverty:										
Males and females:										
1-2.....	0.8	95.9	93.1	88.5	46.3	39.3	5.8	17.8	16.0	35.8
3-5.....	1.2	91.1	84.4	80.2	24.9	50.5	11.5	9.3	24.4	40.1
5 and under ‡ .....	2.3	91.8	87.3	75.0	30.1	41.4	8.2	11.3	20.0	35.3
Males:										
6-11.....	1.3	91.8	84.8	80.3	21.9	51.5	13.5	† 6.4	28.7	33.8
12-19.....	2.0	78.5	64.2	59.3	11.0	38.4	9.8	† 2.7	17.0	40.9
20-39.....	6.2	75.8	50.2	46.0	13.4	24.9	9.0	4.0	17.8	39.4
40-59.....	6.7	76.5	52.5	48.9	10.7	24.4	15.1	4.6	20.2	33.1
60 and over.....	2.7	87.6	70.2	66.3	11.4	34.5	21.2	3.7	27.7	35.4
20 and over.....	15.6	78.1	54.6	50.7	11.9	26.3	13.7	4.2	20.5	36.0
Females:										
6-11.....	1.3	88.6	79.6	75.1	15.9	49.4	14.7	† 6.2	27.4	30.9
12-19.....	1.8	76.8	49.5	46.4	9.5	25.4	12.7	† 2.2	18.5	36.6
20-39.....	5.5	81.0	56.9	51.4	9.6	27.4	16.7	9.2	16.1	40.7
40-59.....	6.8	78.7	54.0	48.0	7.9	21.6	20.0	9.0	18.0	37.1
60 and over.....	2.5	84.6	64.2	61.0	10.6	26.5	26.5	6.8	27.2	32.3
20 and over.....	14.8	80.5	56.8	51.5	9.0	24.6	19.9	8.7	18.9	37.6
All individuals.....	39.0	80.6	59.4	54.4	12.1	28.7	15.5	6.3	20.1	36.6
All Incomes.....	100	78.9	60.5	55.6	19.4	26.3	11.0	4.0	17.4	32.6

† 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 income, 1 day, 1994-96**

Income, 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		
		Percent	Grams								
<b>Under 131% poverty:</b>											
<b>Males and females:</b>											
1-2.....	1.0	103	10	6	†*	†*	19	16	15	6	45
3-5.....	1.5	123	15	7	†*	†*	25	19	18	4	51
5 and under ‡ .....	2.9	104	11	6	†*	†*	20	16	15	4	45
<b>Males:</b>											
6-11.....	1.1	157	16	8	†*	0	30	22	21	†9	70
12-19.....	1.5	256	34	18	†*	0	34	37	31	†13	117
20-39.....	2.4	315	58	15	†1	†1	30	36	31	†17	152
40-59.....	1.0	254	33	28	†3	†3	40	32	30	9	101
60 and over.....	0.9	193	19	18	†2	†1	23	22	20	14	88
20 and over.....	4.3	276	44	19	1	†2	31	32	28	15	127
<b>Females:</b>											
6-11.....	1.3	150	24	8	†*	†1	19	18	14	7	71
12-19.....	1.4	182	20	8	0	†*	21	23	20	†7	101
20-39.....	3.4	196	21	15	†*	†*	21	24	22	†14	94
40-59.....	1.3	184	19	14	†1	0	20	28	25	11	87
60 and over.....	2.2	124	11	9	†1	†1	14	24	20	8	53
20 and over.....	6.9	171	17	13	†1	†*	18	25	22	12	80
All individuals.....	19.2	190	24	13	1	†1	24	25	22	11	89
<b>131-350% poverty:</b>											
<b>Males and females:</b>											
1-2.....	1.3	89	7	3	†*	0	16	16	15	3	43
3-5.....	2.0	106	9	6	†*	0	18	20	18	3	47
5 and under ‡ .....	3.8	90	7	4	†*	†*	15	16	15	3	43
<b>Males:</b>											
6-11.....	2.3	159	20	9	†*	†*	21	21	19	†6	75
12-19.....	2.4	253	30	†8	†1	0	26	25	23	†7	151
20-39.....	6.9	292	42	12	†1	†1	32	37	28	11	152
40-59.....	3.9	267	36	17	†1	†2	31	29	26	14	132
60 and over.....	3.2	211	26	15	†1	†2	24	22	19	14	100
20 and over.....	14.0	267	36	14	†1	†1	30	31	25	12	134
<b>Females:</b>											
6-11.....	1.8	124	19	4	†1	0	19	24	21	†4	53
12-19.....	2.4	162	24	5	†*	0	13	20	19	5	86
20-39.....	6.9	165	20	9	†2	†*	15	23	21	6	86
40-59.....	3.9	172	20	9	†1	†1	14	25	22	9	89
60 and over.....	4.3	158	16	11	†1	†1	15	18	16	13	80
20 and over.....	15.1	165	19	10	†1	†1	15	22	20	9	85
All individuals.....	41.8	195	25	10	1	†1	21	25	21	9	100

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

**Table 10A.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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		
		Percent	----- Grams -----								
<b>Over 350% poverty:</b>											
<b>Males and females:</b>											
1-2.....	0.8	66	† 3	2	† 1	0.0	11	11	11	† 2	36
3-5.....	1.2	92	10	4	† *	0	18	16	14	4	39
5 and under ‡ .....	2.3	75	7	3	† *	0	13	13	12	3	36
<b>Males:</b>											
6-11.....	1.3	134	19	† 4	0	† *	20	23	21	† 7	61
12-19.....	2.0	243	27	11	† 1	0	26	35	26	† 6	129
20-39.....	6.2	277	36	14	† 3	† *	27	35	31	15	143
40-59.....	6.7	276	37	13	† 1	† 1	28	36	26	16	138
60 and over.....	2.7	233	25	15	† 2	† 1	20	24	20	19	121
20 and over.....	15.6	269	35	14	† 2	† *	26	33	27	16	137
<b>Females:</b>											
6-11.....	1.3	120	9	† 4	0	0	17	16	14	† 4	68
12-19.....	1.8	134	17	4	0	0	12	21	17	† 5	72
20-39.....	5.5	167	19	5	† *	† *	17	19	17	9	95
40-59.....	6.8	161	18	10	† 1	† *	13	23	16	12	81
60 and over.....	2.5	176	15	11	† 2	† *	14	22	20	14	95
20 and over.....	14.8	166	18	8	† 1	† *	14	21	17	11	88
All individuals.....	39.0	201	24	10	1	† *	20	26	21	12	105
All Incomes.....	100	197	24	10	1	1	21	25	21	10	99

\* 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 income, 1 day, 1994-96**

Income, 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		
		----- Percent -----									
Under 131% poverty:											
Males and females:											
1-2.....	1.0	82.7	18.2	15.2	† 0.2	† 0.2	33.0	27.0	25.3	6.1	33.8
3-5.....	1.5	90.4	19.5	14.5	† .2	† .6	40.1	25.7	24.0	5.4	34.2
5 and under ‡ .....	2.9	80.7	16.8	12.9	† .3	† .6	33.6	24.1	22.1	5.0	31.9
Males:											
6-11.....	1.1	87.6	19.3	13.9	† .4	† 0.0	40.8	25.6	22.7	† 5.4	35.8
12-19.....	1.5	86.7	26.1	22.1	† .2	† 0.0	30.8	25.0	21.6	6.7	32.6
20-39.....	2.4	88.1	28.7	16.1	† .7	† .3	33.8	25.0	21.2	† 8.6	40.2
40-59.....	1.0	91.5	22.7	26.9	† 1.1	† 3.6	35.1	16.8	15.2	6.9	26.5
60 and over.....	0.9	89.6	19.0	27.2	† 2.3	† 1.7	33.2	20.7	19.1	8.6	28.2
20 and over.....	4.3	89.2	25.3	20.9	† 1.1	† 1.4	34.0	22.2	19.4	8.2	34.6
Females:											
6-11.....	1.3	93.3	21.1	16.0	† .3	† .9	31.5	21.1	17.2	† 7.4	42.4
12-19.....	1.4	85.1	24.7	13.8	† 0.0	† .4	30.8	23.4	19.0	† 6.2	35.8
20-39.....	3.4	84.4	20.1	18.6	† .4	† .2	27.4	19.8	17.8	6.8	36.4
40-59.....	1.3	85.9	20.2	21.4	† .6	† 0.0	25.3	25.8	22.5	8.4	29.1
60 and over.....	2.2	84.1	14.4	21.6	† 1.5	† 1.1	23.8	26.1	22.9	7.4	24.9
20 and over.....	6.9	84.6	18.4	20.0	† .8	† .4	25.9	22.9	20.3	7.3	31.4
All individuals.....	19.2	86.0	21.0	18.3	.6	.6	30.7	23.2	20.3	6.9	33.6
131-350% poverty:											
Males and females:											
1-2.....	1.3	82.1	13.9	7.6	† 1.0	† 0.0	29.6	26.0	24.9	5.5	32.9
3-5.....	2.0	85.5	14.7	14.8	† .7	† 0.0	34.0	27.6	24.8	4.9	32.3
5 and under ‡ .....	3.8	77.5	12.7	10.6	† .7	† .1	28.7	23.8	21.9	4.6	31.0
Males:											
6-11.....	2.3	88.3	23.9	13.9	† .5	† .2	32.4	21.4	18.6	5.0	36.6
12-19.....	2.4	86.3	22.7	12.7	† 1.0	† 0.0	32.7	17.5	15.5	5.0	42.5
20-39.....	6.9	89.0	26.5	13.1	† 1.3	† .9	33.9	21.9	18.7	7.3	44.5
40-59.....	3.9	89.3	25.3	21.1	† 1.0	† 1.1	32.4	20.9	18.1	9.2	37.8
60 and over.....	3.2	93.0	21.5	23.8	† .8	† 1.4	35.1	20.4	16.8	10.5	36.1
20 and over.....	14.0	90.0	25.0	17.8	1.1	† 1.1	33.8	21.3	18.1	8.5	40.7
Females:											
6-11.....	1.8	83.8	21.8	8.0	† 1.0	† 0.0	33.7	25.3	22.5	4.8	29.3
12-19.....	2.4	82.4	24.7	11.7	† .2	† 0.0	23.1	20.6	18.5	6.7	36.0
20-39.....	6.9	82.3	18.7	14.1	† .9	† .5	22.8	21.7	18.9	6.0	36.1
40-59.....	3.9	88.4	18.6	16.4	† 1.3	† .8	22.7	25.4	21.4	8.0	35.5
60 and over.....	4.3	90.0	17.9	21.0	† .8	† 1.1	26.8	20.7	17.7	10.3	34.1
20 and over.....	15.1	86.1	18.4	16.7	1.0	.8	23.9	22.4	19.2	7.7	35.4
All individuals.....	41.8	86.5	21.2	15.5	.9	.7	29.0	21.9	18.9	7.2	37.0

† See "Statistical notes," appendix B.

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

Continued

**Table 10B.--Meat, poultry, and fish: Percentages of individuals consuming, by income, 1 day, 1994-96--continued**

Income, 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>										
Over 350% poverty:											
Males and females:											
1-2.....	0.8	74.3	9.8	6.8	† 1.7	† 0.0	24.4	24.5	22.2	5.4	27.6
3-5.....	1.2	84.2	15.6	9.1	† .3	† 0.0	32.1	24.5	22.1	5.9	29.5
5 and under ‡.....	2.3	74.2	12.1	7.2	† .8	† 0.0	26.0	22.8	20.7	5.4	26.8
Males:											
6-11.....	1.3	84.4	22.7	† 9.0	† 0.0	† .4	34.7	20.8	18.8	† 6.9	33.5
12-19.....	2.0	87.6	24.6	14.7	† .5	† 0.0	31.4	21.1	17.4	† 4.0	37.6
20-39.....	6.2	90.8	23.1	15.2	† 1.8	† .2	27.8	24.7	21.0	10.7	40.4
40-59.....	6.7	91.2	26.1	18.2	† 1.3	† .5	31.7	25.0	19.1	10.8	40.4
60 and over.....	2.7	91.8	23.7	21.4	† 1.9	† .5	29.0	21.4	16.5	14.0	41.6
20 and over.....	15.6	91.1	24.5	17.5	1.6	† .4	29.7	24.3	19.4	11.3	40.6
Females:											
6-11.....	1.3	81.4	14.3	9.8	† 0.0	† 0.0	29.2	19.4	17.2	† 6.1	30.2
12-19.....	1.8	73.4	16.8	8.8	† 0.0	† 0.0	21.8	21.6	19.6	† 4.1	29.6
20-39.....	5.5	81.0	17.5	11.2	† .3	† .1	26.2	21.3	18.5	7.5	37.0
40-59.....	6.8	85.1	18.2	17.6	† .8	† .5	22.6	24.1	17.6	10.3	33.0
60 and over.....	2.5	89.3	19.1	17.0	† 1.9	† .2	23.2	22.7	19.7	12.5	40.0
20 and over.....	14.8	84.3	18.1	15.1	† .8	† .3	24.0	22.8	18.3	9.6	35.7
All individuals.....	39.0	86.0	20.6	14.9	1.0	.3	27.2	23.1	18.9	9.3	36.7
All Incomes.....	100	86.2	20.9	15.8	.9	.5	28.6	22.6	19.2	8.0	36.2

† 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 11A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96**

Income, 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>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	20	16	2	2	1	1	15	1	3
3-5.....	1.5	16	10	5	4	2	2	24	1	6
5 and under ‡ .....	2.9	16	21	3	3	1	2	18	1	4
Males:										
6-11.....	1.1	15	25	6	7	2	4	33	† 2	11
12-19.....	1.5	32	† 26	† 4	11	† 2	8	27	2	9
20-39.....	2.4	39	47	6	† 18	† 7	8	† 37	5	9
40-59.....	1.0	35	43	5	14	5	6	23	† 11	† 5
60 and over.....	0.9	30	38	† 2	9	4	4	18	5	† 2
20 and over.....	4.3	36	44	5	15	† 6	6	30	7	7
Females:										
6-11.....	1.3	19	17	3	6	2	4	36	1	10
12-19.....	1.4	18	20	† 2	8	2	5	32	3	7
20-39.....	3.4	20	24	† 3	11	3	7	17	6	4
40-59.....	1.3	24	23	† 2	13	3	8	21	6	6
60 and over.....	2.2	17	23	1	9	4	4	16	3	† 2
20 and over.....	6.9	20	24	† 2	11	3	6	18	5	4
All individuals.....	19.2	24	27	3	10	3	5	24	4	6
131-350% poverty:										
Males and females:										
1-2.....	1.3	15	19	3	3	2	1	17	*	4
3-5.....	2.0	11	9	6	5	2	2	39	1	10
5 and under ‡ .....	3.8	11	38	5	3	2	2	27	1	7
Males:										
6-11.....	2.3	12	8	5	7	3	4	45	1	13
12-19.....	2.4	20	† 18	7	13	4	9	31	† 2	12
20-39.....	6.9	24	33	4	15	3	10	22	4	7
40-59.....	3.9	20	31	4	17	5	10	23	6	6
60 and over.....	3.2	24	41	4	16	6	8	25	6	4
20 and over.....	14.0	23	34	4	16	4	9	23	5	6
Females:										
6-11.....	1.8	9	12	5	7	3	4	44	1	12
12-19.....	2.4	14	10	2	11	2	9	33	† 1	13
20-39.....	6.9	16	19	2	14	3	9	20	3	5
40-59.....	3.9	17	19	2	17	4	10	18	4	5
60 and over.....	4.3	15	25	3	13	5	7	19	3	3
20 and over.....	15.1	16	21	2	15	4	9	19	3	5
All individuals.....	41.8	17	25	4	13	4	8	25	3	7

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Income, 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> -----					
Over 350% poverty:										
Males and females:										
1-2.....	0.8	11	20	2	2	2	1	19	†*	4
3-5.....	1.2	9	11	4	4	2	2	33	†*	7
5 and under ‡.....	2.3	9	30	3	3	2	1	25	*	5
Males:										
6-11.....	1.3	10	†8	5	9	4	5	35	1	12
12-19.....	2.0	16	11	†4	13	4	9	47	†1	17
20-39.....	6.2	18	31	4	18	4	12	21	4	8
40-59.....	6.7	24	26	5	21	5	13	24	4	7
60 and over.....	2.7	21	33	5	21	6	12	23	3	5
20 and over.....	15.6	21	29	4	20	5	12	23	4	7
Females:										
6-11.....	1.3	7	†6	5	8	4	4	47	1	15
12-19.....	1.8	9	†16	†5	10	3	7	27	†1	14
20-39.....	5.5	12	22	2	17	3	12	22	3	8
40-59.....	6.8	14	20	4	19	4	12	21	3	7
60 and over.....	2.5	16	17	2	21	5	13	20	2	2
20 and over.....	14.8	14	20	3	18	4	12	21	3	7
All individuals.....	39.0	16	23	4	17	4	11	25	3	8
All Incomes.....	100	18	25	4	14	4	8	25	3	7

\* 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 income, 1 day, 1994-96**

Income, 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>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	33.4	14.4	13.2	31.3	21.8	12.4	40.6	11.1	12.0
3-5.....	1.5	24.4	11.1	17.7	38.0	23.5	19.0	52.4	16.9	16.5
5 and under ‡ .....	2.9	26.4	12.4	13.9	31.6	20.4	14.5	42.7	13.0	12.9
Males:										
6-11.....	1.1	23.9	15.8	15.5	45.5	24.9	27.5	57.5	19.7	22.0
12-19.....	1.5	25.7	13.4	7.0	43.1	15.7	30.4	42.2	18.2	15.3
20-39.....	2.4	28.7	18.6	6.2	44.0	22.7	24.9	45.0	27.7	12.1
40-59.....	1.0	31.8	17.4	8.6	47.7	30.1	19.7	51.2	34.7	11.1
60 and over.....	0.9	37.4	15.9	5.7	52.6	36.1	19.3	56.5	41.8	5.2
20 and over.....	4.3	31.2	17.8	6.6	46.6	27.2	22.5	48.8	32.2	10.4
Females:										
6-11.....	1.3	22.9	16.1	12.0	40.3	21.4	22.3	55.2	15.4	22.2
12-19.....	1.4	19.7	14.6	† 4.0	41.6	18.7	24.7	42.1	18.7	15.2
20-39.....	3.4	22.6	17.6	† 4.0	47.4	23.4	24.4	51.8	34.6	9.0
40-59.....	1.3	30.2	15.9	5.8	53.0	30.5	29.5	60.3	44.6	12.1
60 and over.....	2.2	23.8	11.0	7.5	59.1	37.6	21.1	58.2	42.3	7.9
20 and over.....	6.9	24.4	15.2	5.4	52.1	29.2	24.3	55.4	38.9	9.3
All individuals.....	19.2	25.9	15.3	8.0	45.2	24.9	23.0	50.2	27.9	12.5
131-350% poverty:										
Males and females:										
1-2.....	1.3	24.9	9.4	16.0	36.6	28.9	10.5	44.9	7.6	16.8
3-5.....	2.0	14.0	8.5	21.8	44.6	29.9	18.5	61.4	11.5	28.6
5 and under ‡ .....	3.8	16.4	11.1	17.0	36.7	25.8	13.8	48.1	8.7	21.1
Males:										
6-11.....	2.3	14.2	7.7	15.3	44.2	25.8	24.8	58.6	10.2	30.7
12-19.....	2.4	15.1	10.6	11.0	43.5	23.1	26.9	47.2	13.8	20.9
20-39.....	6.9	19.2	14.6	8.0	52.3	22.6	30.3	43.3	25.2	12.2
40-59.....	3.9	21.6	16.1	8.0	60.3	32.9	31.8	53.7	37.0	10.5
60 and over.....	3.2	27.3	16.6	8.8	67.9	46.0	31.1	66.4	50.1	9.2
20 and over.....	14.0	21.7	15.5	8.2	58.1	30.8	30.9	51.5	34.2	11.1
Females:										
6-11.....	1.8	11.9	10.3	15.6	49.9	29.1	26.4	61.4	14.4	31.1
12-19.....	2.4	16.8	9.1	6.9	49.6	26.2	31.4	48.0	9.1	24.8
20-39.....	6.9	17.9	13.4	6.6	54.8	27.2	30.1	48.8	30.0	11.8
40-59.....	3.9	19.9	15.8	6.3	69.2	38.1	36.2	56.9	39.0	12.5
60 and over.....	4.3	20.6	14.4	9.6	66.3	43.7	29.8	58.9	39.3	9.0
20 and over.....	15.1	19.2	14.3	7.4	61.8	34.7	31.6	53.8	35.0	11.2
All individuals.....	41.8	18.8	13.4	9.5	55.1	30.7	28.9	52.4	27.4	15.3

† See "Statistical notes," appendix B.

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

Continued

**Table 11B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by income, 1 day, 1994-96--continued**

Income, 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>					
Over 350% poverty:										
Males and females:										
1-2.....	0.8	17.1	12.6	15.6	39.2	32.0	9.4	49.1	5.8	18.8
3-5.....	1.2	14.7	9.5	22.8	40.8	28.4	16.8	64.0	8.0	26.8
5 and under ‡ .....	2.3	14.4	11.7	18.0	36.4	27.2	12.2	52.7	6.6	20.9
Males:										
6-11.....	1.3	10.3	8.6	15.4	51.4	33.7	24.0	59.3	9.1	32.1
12-19.....	2.0	12.8	9.6	7.1	42.8	21.8	26.7	49.3	9.1	25.4
20-39.....	6.2	15.3	12.9	7.0	54.4	26.2	32.1	46.7	26.1	15.3
40-59.....	6.7	20.7	13.3	10.0	62.2	34.6	36.1	56.4	38.1	12.6
60 and over.....	2.7	23.8	13.0	14.0	74.7	49.0	39.9	61.9	39.8	11.9
20 and over.....	15.6	19.1	13.1	9.5	61.2	33.7	35.2	53.5	33.6	13.6
Females:										
6-11.....	1.3	7.8	† 7.5	22.3	53.9	39.6	18.7	65.4	9.8	31.0
12-19.....	1.8	9.1	9.9	11.8	43.3	24.6	27.6	47.1	10.4	29.1
20-39.....	5.5	13.6	16.8	9.5	58.3	27.6	33.8	57.0	33.7	16.0
40-59.....	6.8	15.6	14.2	8.7	64.6	35.7	38.1	60.5	38.1	16.1
60 and over.....	2.5	20.9	13.2	11.3	72.9	46.9	41.9	58.5	33.3	7.9
20 and over.....	14.8	15.8	15.0	9.5	63.7	34.6	37.1	58.9	35.6	14.7
All individuals.....	39.0	16.1	13.1	10.6	58.4	32.9	32.9	55.6	28.9	16.9
All Incomes.....	100	19.1	13.6	9.6	54.5	30.4	29.3	53.2	28.1	15.4

† 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 12A.--Beverages: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96**

Income, 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>Under 131% poverty:</b>														
<b>Males and females:</b>														
1-2.....	1.0	187	0.0	0.0	0.0	187	† 1	23	110	97	† 8	53	51	† 3
3-5.....	1.5	258	0	0	0	258	† 1	22	137	131	† 6	98	92	† 6
5 and under ‡ .....	2.9	205	0	0	0	205	† 1	20	114	105	7	71	66	4
<b>Males:</b>														
6-11.....	1.1	391	0	0	0	391	† 4	† 24	174	164	† 8	190	189	† 1
12-19.....	1.5	998	† 43	† 1	† 34	955	32	† 138	238	212	† 16	544	532	† 11
20-39.....	2.4	1,389	† 371	† 2	† 355	1,018	231	136	137	108	† 29	510	468	† 41
40-59.....	1.0	1,304	201	† 4	189	1,103	504	155	† 143	† 125	† 16	295	242	† 53
60 and over.....	0.9	789	48	† 2	43	741	436	130	48	44	† 4	126	81	45
20 and over.....	4.3	1,245	265	† 2	252	980	336	139	120	98	21	381	336	45
<b>Females:</b>														
6-11.....	1.3	354	0	0	0	354	† 1	† 28	149	141	† 8	177	170	† 5
12-19.....	1.4	621	† 7	† 1	† 4	614	20	87	153	139	† 14	353	328	† 25
20-39.....	3.4	940	59	† 5	49	882	217	131	111	104	† 7	423	363	59
40-59.....	1.3	988	25	† 11	† 12	963	407	166	99	81	† 15	291	206	85
60 and over.....	2.2	595	† 2	† *	† 1	592	303	129	57	52	† 5	102	71	31
20 and over.....	6.9	841	34	† 5	27	807	280	137	92	84	† 8	297	242	55
All individuals.....	19.2	777	76	2	69	701	180	103	125	112	12	291	258	33
<b>131-350% poverty:</b>														
<b>Males and females:</b>														
1-2.....	1.3	157	0	0	0	157	† *	22	93	82	† 11	42	38	† 3
3-5.....	2.0	308	0	0	0	308	† *	31	162	150	† 10	114	102	† 10
5 and under ‡ .....	3.8	219	0	0	0	219	† *	24	119	109	9	75	68	† 7
<b>Males:</b>														
6-11.....	2.3	432	0	0	0	432	† 2	47	138	124	† 14	244	213	† 30
12-19.....	2.4	947	† 67	† 1	† 65	880	† 10	140	183	127	55	547	521	26
20-39.....	6.9	1,420	288	† 6	271	1,133	278	188	95	74	22	569	498	71
40-59.....	3.9	1,376	189	12	168	1,187	539	164	90	71	† 17	383	304	80
60 and over.....	3.2	890	105	10	91	785	455	138	46	38	† 8	143	93	49
20 and over.....	14.0	1,286	218	8	201	1,068	391	170	82	65	17	420	351	68
<b>Females:</b>														
6-11.....	1.8	378	0	0	0	378	† 3	51	118	102	† 15	206	184	21
12-19.....	2.4	672	† 4	0	† 2	668	† 13	102	142	120	† 20	411	379	† 29
20-39.....	6.9	955	80	8	61	874	215	161	86	78	† 7	411	308	103
40-59.....	3.9	986	33	8	21	953	447	166	59	51	† 7	279	163	114
60 and over.....	4.3	702	15	† 6	† 6	688	384	160	37	27	† 8	107	61	46
20 and over.....	15.1	891	49	7	35	842	324	162	65	57	8	290	200	89
All individuals.....	41.8	906	95	5	84	811	250	136	93	77	15	330	267	62

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

**Table 12A.--Beverages: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued**

Income, 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>Over 350% poverty:</b>														
<b>Males and females:</b>														
1-2.....	0.8	119	0.0	0.0	0.0	119	0.0	† 8	80	64	† 14	31	26	† 5
3-5.....	1.2	231	0	0	0	231	† *	17	114	105	† 8	100	78	20
5 and under ‡ .....	2.3	165	0	0	0	165	† *	12	89	78	9	64	51	12
<b>Males:</b>														
6-11.....	1.3	410	† *	0	0	410	0	33	158	137	† 18	220	188	† 31
12-19.....	2.0	1,049	† 18	0	† 15	1,031	† 27	66	207	153	52	730	696	35
20-39.....	6.2	1,476	318	20	287	1,158	320	160	102	71	32	573	444	129
40-59.....	6.7	1,349	202	21	169	1,148	516	181	77	60	18	372	234	139
60 and over.....	2.7	940	107	22	75	833	485	139	40	31	† 9	165	79	86
20 and over.....	15.6	1,330	232	21	200	1,098	433	165	81	59	22	417	291	126
<b>Females:</b>														
6-11.....	1.3	356	† *	0	0	356	0	21	127	121	† 6	208	177	31
12-19.....	1.8	628	† 14	† 2	† 11	614	† 12	83	109	84	† 26	408	328	76
20-39.....	5.5	1,007	102	18	75	906	252	176	81	71	† 10	396	209	186
40-59.....	6.8	1,018	76	26	40	941	415	193	45	32	† 13	289	119	170
60 and over.....	2.5	762	43	27	† 8	719	396	156	21	13	† 7	140	68	71
20 and over.....	14.8	970	80	23	47	890	351	180	54	43	11	303	144	159
All individuals.....	39.0	1,016	125	17	99	892	308	144	83	64	18	355	236	119
All Incomes.....	100	924	103	10	87	821	259	133	95	79	15	332	253	78

\* 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 income, 1 day, 1994-96**

Income, 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		
		----- Percent ----- Percent -----														
Under 131% poverty:																
Males and females:																
1-2.....	1.0	58.3	† 0.0	† 0.0	† 0.0	58.3	† 0.4	9.2	36.6	33.3	2.5	25.5	24.3	† 1.2		
3-5.....	1.5	70.0	† 0.0	† 0.0	† 0.0	70.0	† 1.5	6.7	42.4	40.6	† 2.2	35.6	33.6	† 2.7		
5 and under ‡ .....	2.9	58.7	† 0.0	† 0.0	† 0.0	58.7	† .9	6.8	36.4	33.7	2.6	27.8	26.3	1.8		
Males:																
6-11.....	1.1	74.8	† 0.0	† 0.0	† 0.0	74.8	† 2.4	7.4	42.7	40.6	† 1.8	44.5	43.8	† .8		
12-19.....	1.5	87.8	† 2.7	† .7	† 2.0	87.0	10.5	14.1	34.8	30.4	† 3.8	63.9	62.6	† 2.3		
20-39.....	2.4	91.2	18.9	† 1.0	17.0	88.2	31.4	17.1	18.3	15.4	3.4	64.5	59.4	5.1		
40-59.....	1.0	87.8	13.6	† .7	10.1	84.4	53.4	14.9	15.7	† 12.7	† 2.2	42.4	36.8	5.5		
60 and over.....	0.9	92.5	6.0	† .7	3.1	90.9	68.4	21.7	12.9	11.9	† 1.0	26.8	17.0	9.7		
20 and over.....	4.3	90.7	15.0	† .9	12.5	87.9	44.1	17.6	16.6	14.1	2.6	51.6	45.5	6.1		
Females:																
6-11.....	1.3	72.3	† 0.0	† 0.0	† 0.0	72.3	† .5	† 6.5	34.1	32.3	† 1.8	41.7	40.9	† 2.4		
12-19.....	1.4	88.0	† 3.0	† .7	† 1.2	88.0	7.2	14.9	34.8	31.6	† 3.2	60.3	57.4	† 5.8		
20-39.....	3.4	89.0	5.7	† 1.4	4.2	88.1	33.3	21.5	21.5	20.5	† 1.4	58.6	51.6	8.8		
40-59.....	1.3	92.5	3.9	† 2.1	† 1.7	91.7	62.2	26.0	18.5	15.4	† 2.6	47.4	37.0	13.0		
60 and over.....	2.2	88.1	† 1.3	† .5	† .4	87.8	67.3	26.6	15.1	13.6	† 1.4	26.0	17.6	8.6		
20 and over.....	6.9	89.4	4.0	1.3	2.6	88.7	49.4	23.9	18.9	17.4	1.6	46.3	38.2	9.5		
All individuals.....	19.2	83.0	5.2	.7	4.0	82.0	29.3	16.5	25.6	23.3	2.3	46.7	41.8	5.9		
131-350% poverty:																
Males and females:																
1-2.....	1.3	50.4	† 0.0	† 0.0	† 0.0	50.4	† .2	8.4	30.2	27.8	2.5	22.3	20.5	† 1.6		
3-5.....	2.0	72.9	† 0.0	† 0.0	† 0.0	72.9	† .2	11.5	41.5	38.9	3.0	38.8	34.1	4.9		
5 and under ‡ .....	3.8	56.7	† 0.0	† 0.0	† 0.0	56.7	† .2	9.1	32.9	30.7	2.4	28.5	25.4	3.2		
Males:																
6-11.....	2.3	75.9	† 0.0	† 0.0	† 0.0	75.9	† .9	10.1	34.7	31.3	5.1	49.5	45.3	7.2		
12-19.....	2.4	84.2	† 3.5	† .3	† 3.1	83.4	† 3.5	21.0	24.9	19.9	† 5.7	63.9	60.8	5.3		
20-39.....	6.9	91.8	23.5	† 2.0	20.9	88.9	37.3	24.2	14.4	12.0	2.8	64.6	58.0	8.1		
40-59.....	3.9	95.4	18.1	3.4	13.8	93.8	66.0	24.2	14.0	11.1	2.8	52.7	43.0	11.5		
60 and over.....	3.2	93.6	14.7	4.7	8.0	92.6	76.2	26.7	9.7	8.4	† 1.6	29.3	19.2	10.6		
20 and over.....	14.0	93.2	20.0	3.0	16.0	91.1	54.2	24.8	13.2	10.9	2.5	53.2	44.9	9.6		
Females:																
6-11.....	1.8	74.4	† 0.0	† 0.0	† 0.0	74.4	† 1.6	15.4	31.4	27.8	† 3.6	46.9	42.2	6.2		
12-19.....	2.4	87.3	† 1.5	† 0.0	† .7	86.7	† 2.5	23.0	24.2	20.5	† 3.4	60.9	56.9	6.1		
20-39.....	6.9	91.5	10.7	3.0	6.1	90.1	35.4	28.2	16.3	14.9	† 1.8	60.4	47.9	14.2		
40-59.....	3.9	92.6	6.8	2.6	3.4	92.4	66.3	29.2	14.5	12.8	† 1.6	49.1	32.2	18.1		
60 and over.....	4.3	90.4	5.8	3.1	† 1.1	90.0	72.1	31.4	11.6	9.7	1.7	25.9	14.3	12.3		
20 and over.....	15.1	91.4	8.3	2.9	4.0	90.7	53.9	29.4	14.5	12.8	1.7	47.6	34.2	14.7		
All individuals.....	41.8	86.6	10.0	2.1	7.0	85.6	38.1	23.5	18.7	16.3	2.6	49.6	40.8	10.1		

† See "Statistical notes," appendix B.

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

**Table 12B.--Beverages: Percentages of individuals consuming, by income, 1 day, 1994-96--continued**

Income, 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>											
Over 350% poverty:														
Males and females:														
1-2.....	0.8	36.6	† 0.0	† 0.0	† 0.0	36.6	† 0.0	† 2.9	23.1	18.4	4.3	14.7	12.8	† 2.9
3-5.....	1.2	63.5	† 0.0	† 0.0	† 0.0	63.5	† .4	5.9	35.8	33.0	† 3.8	34.0	26.8	7.5
5 and under ‡ .....	2.3	46.7	† 0.0	† 0.0	† 0.0	46.7	† .2	4.2	27.2	24.0	3.5	23.3	18.8	5.0
Males:														
6-11.....	1.3	73.0	† .8	† 0.0	† 0.0	73.0	† 0.0	9.5	43.0	38.8	† 5.5	46.5	40.8	7.6
12-19.....	2.0	90.9	† 2.3	† 0.0	† 1.4	90.9	† 5.9	12.2	28.1	23.2	7.0	79.4	75.1	7.2
20-39.....	6.2	94.6	30.2	5.5	24.1	91.9	44.0	22.7	18.4	14.7	4.7	66.7	53.9	15.7
40-59.....	6.7	96.6	28.2	7.9	18.2	95.2	68.1	28.1	14.9	12.7	2.3	54.0	35.2	21.5
60 and over.....	2.7	94.0	23.5	9.0	9.7	93.4	79.6	26.4	10.1	8.6	† 1.9	36.2	20.3	17.1
20 and over.....	15.6	95.3	28.2	7.2	19.1	93.5	60.5	25.6	15.5	12.8	3.2	56.0	40.1	18.4
Females:														
6-11.....	1.3	68.3	† .7	† 0.0	† 0.0	68.3	† 0.0	9.2	42.0	40.7	† 1.7	43.4	36.9	9.3
12-19.....	1.8	85.6	† 1.0	† .6	† 1.0	85.6	† 2.7	17.2	25.6	22.5	† 5.6	65.4	54.2	13.8
20-39.....	5.5	89.2	20.2	6.7	9.2	87.9	39.9	31.1	17.0	14.2	2.6	58.1	34.9	26.6
40-59.....	6.8	94.9	18.0	9.6	5.0	94.0	63.6	35.1	10.0	7.9	2.0	51.8	25.4	28.6
60 and over.....	2.5	92.1	21.4	13.6	† 2.0	91.0	72.1	34.0	7.9	5.4	† 2.1	34.7	18.1	17.0
20 and over.....	14.8	92.3	19.4	9.2	6.0	91.2	56.3	33.4	12.2	9.8	2.2	51.2	27.7	25.9
All individuals.....	39.0	89.0	18.9	6.4	10.1	87.9	46.0	25.2	17.8	15.0	3.2	53.2	36.4	19.1
All Incomes.....	100	86.9	12.5	3.5	7.6	85.8	39.5	22.8	19.7	17.2	2.8	50.4	39.3	12.8

† 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 income, 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

Income, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	----- <i>Servings ‡</i> -----		
<b>Under 131% poverty:</b>				
Males:				
2-5.....	1.1	6.3	0.8	5.5
6-11.....	1.1	6.9	.8	6.1
12-19.....	1.6	8.6	.9	7.7
20-39.....	2.5	10.3	.8	9.5
40-59.....	1.0	7.1	.7	6.4
60 and over.....	0.9	5.4	.8	4.6
20 and over.....	4.4	8.6	.8	7.8
Females:				
2-5.....	1.0	6.0	.8	5.2
6-11.....	1.2	5.5	.5	4.9
12-19.....	1.5	6.3	.7	5.6
20-39.....	3.5	5.4	.6	4.8
40-59.....	1.4	5.1	.6	4.5
60 and over.....	2.2	4.5	.8	3.8
20 and over.....	7.1	5.1	.7	4.4
All individuals 2 and over.....	18.9	6.5	.7	5.8
<b>131-350% poverty:</b>				
Males:				
2-5.....	1.4	6.4	1.1	5.3
6-11.....	2.4	6.7	1.0	5.7
12-19.....	2.4	9.0	1.2	7.8
20-39.....	7.1	8.4	1.2	7.2
40-59.....	3.9	7.4	1.1	6.3
60 and over.....	3.4	6.6	1.0	5.5
20 and over.....	14.4	7.7	1.1	6.6
Females:				
2-5.....	1.3	6.1	1.1	5.1
6-11.....	1.9	6.3	.8	5.5
12-19.....	2.5	6.2	.8	5.4
20-39.....	6.9	5.7	.8	4.9
40-59.....	4.1	5.2	.8	4.4
60 and over.....	4.5	4.9	.9	4.1
20 and over.....	15.5	5.3	.8	4.5
All individuals 2 and over.....	41.7	6.6	1.0	5.6

‡ See "appendix D" for definitions of servings.

Continued

**Table 13A.--Grain group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

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

Income, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	----- <i>Servings ‡</i> -----		
Over 350% poverty:				
Males:				
2-5.....	0.8	6.7	1.2	5.5
6-11.....	1.3	7.4	1.3	6.1
12-19.....	2.0	9.8	1.1	8.6
20-39.....	6.4	8.5	1.1	7.4
40-59.....	6.9	7.7	1.2	6.5
60 and over.....	2.7	7.0	1.5	5.5
20 and over.....	16.0	7.9	1.2	6.7
Females:				
2-5.....	0.9	6.2	1.0	5.2
6-11.....	1.4	6.2	1.1	5.1
12-19.....	1.8	6.6	1.1	5.4
20-39.....	5.8	6.3	1.0	5.2
40-59.....	6.9	5.9	1.0	4.9
60 and over.....	2.6	5.1	1.1	4.0
20 and over.....	15.3	5.9	1.0	4.9
All individuals 2 and over.....	39.4	7.0	1.1	5.9
All Incomes.....	100.0	6.7	1.0	5.8

‡ See "appendix D" for definitions of servings.

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 income, 2-day average, 1994-96**

Income, 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>	
<b>Under 131% poverty:</b>				
<b>Males:</b>				
2-5.....	1.1	†*	52	47
6-11.....	1.1	†1	56	41
12-19.....	1.6	†1	73	39
20-39.....	2.5	†1	70	48
40-59.....	1.0	†1	58	38
60 and over.....	0.9	†1	38	34
20 and over.....	4.4	†1	61	43
<b>Females:</b>				
2-5.....	1.0	†*	45	41
6-11.....	1.2	†1	37	30
12-19.....	1.5	†*	46	35
20-39.....	3.5	†2	32	25
40-59.....	1.4	†3	29	24
60 and over.....	2.2	†2	24	23
20 and over.....	7.1	2	29	24
All individuals 2 and over.....	18.9	1	45	34
<b>131-350% poverty:</b>				
<b>Males:</b>				
2-5.....	1.4	†*	54	49
6-11.....	2.4	†0	60	43
12-19.....	2.4	†0	76	50
20-39.....	7.1	†*	69	42
40-59.....	3.9	†1	62	36
60 and over.....	3.4	†*	53	39
20 and over.....	14.4	†1	63	40
<b>Females:</b>				
2-5.....	1.3	†*	50	48
6-11.....	1.9	†0	51	41
12-19.....	2.5	†0	48	31
20-39.....	6.9	†2	41	31
40-59.....	4.1	†1	31	25
60 and over.....	4.5	†1	28	26
20 and over.....	15.5	1	34	28
All individuals 2 and over.....	41.7	1	51	36

‡ See "Table notes."

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

Continued

**Table 13B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued**

Income, 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> -----		
Over 350% poverty:				
Males:				
2-5.....	0.8	† 0.0	59	57
6-11.....	1.3	† 0	66	52
12-19.....	2.0	† 0	83	52
20-39.....	6.4	† 0	72	43
40-59.....	6.9	† *	66	39
60 and over.....	2.7	† *	61	43
20 and over.....	16.0	† *	68	41
Females:				
2-5.....	0.9	† 0	50	47
6-11.....	1.4	† 0	48	39
12-19.....	1.8	† 1	53	42
20-39.....	5.8	† 1	47	39
40-59.....	6.9	† *	44	38
60 and over.....	2.6	† 1	30	28
20 and over.....	15.3	† 1	43	37
All individuals 2 and over.....	39.4	*	57	41
All Incomes.....	100.0	1	52	38

‡ 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 income, 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

Income, 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>Under 131% poverty:</b>									
<b>Males:</b>									
2-5.....	1.1	2.3	*	0.1	0.2	1.0	0.2	0.4	0.4
6-11.....	1.1	2.3	† *	† .1	.2	.9	.2	.3	.5
12-19.....	1.6	3.8	† .1	.1	.3	1.8	† .2	.5	.8
20-39.....	2.5	4.7	† .2	.1	.4	1.6	.2	.7	1.4
40-59.....	1.0	3.6	.1	.1	.4	.9	.4	.5	1.1
60 and over.....	0.9	3.1	.2	.2	.3	.8	.2	.4	1.0
20 and over.....	4.4	4.1	.2	.1	.4	1.3	.2	.6	1.2
<b>Females:</b>									
2-5.....	1.0	2.3	.1	.1	.2	1.0	.2	.3	.4
6-11.....	1.2	2.2	† .1	.1	.2	1.0	.2	.3	.5
12-19.....	1.5	2.8	.1	.1	.2	1.2	.1	.5	.7
20-39.....	3.5	2.8	.1	.1	.2	.9	.2	.4	.8
40-59.....	1.4	2.8	.2	.1	.2	.7	.2	.4	1.0
60 and over.....	2.2	2.5	.2	.2	.1	.6	.2	.3	.9
20 and over.....	7.1	2.7	.2	.1	.2	.8	.2	.4	.8
All individuals 2 and over.....	18.9	3.0	.1	.1	.2	1.1	.2	.4	.8
<b>131-350% poverty:</b>									
<b>Males:</b>									
2-5.....	1.4	2.2	.1	.1	.1	1.0	.2	.3	.4
6-11.....	2.4	2.4	.1	.1	.1	1.1	.2	.4	.5
12-19.....	2.4	3.8	.1	.1	.2	1.8	.2	.6	.8
20-39.....	7.1	4.4	.2	.1	.3	1.7	.2	.6	1.2
40-59.....	3.9	3.9	.2	.2	.3	1.3	.3	.5	1.1
60 and over.....	3.4	3.6	.2	.2	.3	1.0	.3	.5	1.2
20 and over.....	14.4	4.1	.2	.2	.3	1.4	.2	.6	1.2
<b>Females:</b>									
2-5.....	1.3	2.2	.1	.1	.1	1.0	.2	.3	.5
6-11.....	1.9	2.1	.1	.1	.1	.8	.2	.3	.5
12-19.....	2.5	2.8	.1	.1	.1	1.2	.1	.4	.7
20-39.....	6.9	3.1	.2	.1	.2	1.0	.2	.4	1.0
40-59.....	4.1	3.1	.2	.2	.2	.9	.2	.4	1.1
60 and over.....	4.5	2.9	.2	.2	.1	.7	.2	.4	1.0
20 and over.....	15.5	3.0	.2	.2	.2	.9	.2	.4	1.0
All individuals 2 and over.....	41.7	3.3	.1	.2	.2	1.2	.2	.5	1.0

‡ See "appendix D" for definitions of servings.

Continued

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

**Table 14A.--Vegetable group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

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

Income, 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> -----							
Over 350% poverty:									
Males:									
2-5.....	0.8	1.8	0.1	0.2	† 0.1	0.7	0.1	0.3	0.3
6-11.....	1.3	2.1	.1	.1	.1	.9	.1	.4	.4
12-19.....	2.0	3.6	† .1	.1	.1	1.7	.2	.6	.8
20-39.....	6.4	4.3	.2	.2	.2	1.6	.2	.6	1.3
40-59.....	6.9	4.2	.2	.2	.2	1.3	.3	.6	1.4
60 and over.....	2.7	4.0	.2	.3	.2	1.0	.3	.5	1.4
20 and over.....	16.0	4.2	.2	.2	.2	1.4	.3	.6	1.4
Females:									
2-5.....	0.9	1.9	.1	.1	.1	.7	.2	.3	.5
6-11.....	1.4	2.2	.1	.2	† .1	.9	.2	.3	.5
12-19.....	1.8	2.6	.1	.1	.1	1.1	.1	.4	.7
20-39.....	5.8	3.1	.2	.2	.1	.8	.2	.5	1.1
40-59.....	6.9	3.3	.2	.2	.1	.8	.2	.5	1.3
60 and over.....	2.6	3.3	.3	.2	.1	.7	.2	.5	1.3
20 and over.....	15.3	3.3	.2	.2	.1	.8	.2	.5	1.2
All individuals 2 and over.....	39.4	3.5	.2	.2	.2	1.1	.2	.5	1.2
All Incomes.....	100.0	3.3	.2	.2	.2	1.1	.2	.5	1.0

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

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 income, 2-day average, 1994-96**

Income, 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> -----		
Under 131% poverty:				
Males:				
2-5.....	1.1	16	29	27
6-11.....	1.1	23	27	20
12-19.....	1.6	7	60	40
20-39.....	2.5	8	67	55
40-59.....	1.0	13	49	40
60 and over.....	0.9	15	43	40
20 and over.....	4.4	11	58	49
Females:				
2-5.....	1.0	17	28	26
6-11.....	1.2	23	25	22
12-19.....	1.5	11	40	30
20-39.....	3.5	12	35	31
40-59.....	1.4	11	41	38
60 and over.....	2.2	13	31	31
20 and over.....	7.1	12	35	32
All individuals 2 and over.....	18.9	13	41	35
131-350% poverty:				
Males:				
2-5.....	1.4	22	24	23
6-11.....	2.4	16	29	21
12-19.....	2.4	12	56	38
20-39.....	7.1	5	70	53
40-59.....	3.9	8	61	49
60 and over.....	3.4	8	56	47
20 and over.....	14.4	6	64	50
Females:				
2-5.....	1.3	20	25	24
6-11.....	1.9	22	23	18
12-19.....	2.5	10	39	29
20-39.....	6.9	9	46	40
40-59.....	4.1	10	47	46
60 and over.....	4.5	9	42	41
20 and over.....	15.5	9	45	42
All individuals 2 and over.....	41.7	10	49	40

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

**Table 14B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued**

Income, 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> -----		
Over 350% poverty:				
Males:				
2-5.....	0.8	29	17	17
6-11.....	1.3	25	22	17
12-19.....	2.0	10	52	34
20-39.....	6.4	5	67	49
40-59.....	6.9	6	68	55
60 and over.....	2.7	7	62	57
20 and over.....	16.0	6	66	53
Females:				
2-5.....	0.9	22	19	18
6-11.....	1.4	25	24	22
12-19.....	1.8	18	35	29
20-39.....	5.8	8	47	42
40-59.....	6.9	7	52	49
60 and over.....	2.6	7	54	52
20 and over.....	15.3	7	50	47
All individuals 2 and over.....	39.4	9	53	45
All Incomes.....	100.0	10	49	41

‡ See "Table notes."

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

**Table 15A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by income, 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

Income, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
Under 131% poverty:				
Males:				
2-5.....	1.1	1.9	0.7	1.2
6-11.....	1.1	1.4	.6	.8
12-19.....	1.6	1.3	.8	.4
20-39.....	2.5	1.1	.6	.5
40-59.....	1.0	1.6	.7	.9
60 and over.....	0.9	1.2	.6	.7
20 and over.....	4.4	1.3	.6	.6
Females:				
2-5.....	1.0	1.8	.8	1.1
6-11.....	1.2	1.4	.7	.7
12-19.....	1.5	1.1	.6	.5
20-39.....	3.5	1.2	.6	.5
40-59.....	1.4	1.1	.6	.5
60 and over.....	2.2	1.4	.7	.7
20 and over.....	7.1	1.2	.6	.6
All individuals 2 and over.....	18.9	1.3	.7	.7
131-350% poverty:				
Males:				
2-5.....	1.4	2.2	.7	1.5
6-11.....	2.4	1.5	.7	.8
12-19.....	2.4	1.2	.7	.6
20-39.....	7.1	1.2	.7	.6
40-59.....	3.9	1.4	.7	.7
60 and over.....	3.4	1.9	.9	1.0
20 and over.....	14.4	1.4	.7	.7
Females:				
2-5.....	1.3	2.1	.7	1.4
6-11.....	1.9	1.4	.6	.8
12-19.....	2.5	1.4	.8	.6
20-39.....	6.9	1.2	.6	.6
40-59.....	4.1	1.4	.7	.7
60 and over.....	4.5	1.7	.8	.9
20 and over.....	15.5	1.4	.7	.7
All individuals 2 and over.....	41.7	1.5	.7	.7

‡ See "appendix D" for definitions of servings.

Continued

**Table 15A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

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

Income, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
Over 350% poverty:				
Males:				
2-5.....	0.8	2.9	0.9	2.0
6-11.....	1.3	1.8	.7	1.1
12-19.....	2.0	1.6	1.0	.7
20-39.....	6.4	1.4	.8	.6
40-59.....	6.9	1.7	.8	.8
60 and over.....	2.7	2.3	1.0	1.3
20 and over.....	16.0	1.7	.8	.8
Females:				
2-5.....	0.9	2.6	.9	1.8
6-11.....	1.4	1.8	.8	1.0
12-19.....	1.8	1.5	.8	.7
20-39.....	5.8	1.3	.7	.7
40-59.....	6.9	1.6	.8	.8
60 and over.....	2.6	2.2	1.1	1.1
20 and over.....	15.3	1.6	.8	.8
All individuals 2 and over.....	39.4	1.7	.8	.9
All Incomes.....	100.0	1.5	.8	.8

‡ See "appendix D" for definitions of servings.

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 income, 2-day average, 1994-96**

Income, 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>		
Under 131% poverty:				
Males:				
2-5.....	1.1	33	38	36
6-11.....	1.1	50	23	20
12-19.....	1.6	57	20	11
20-39.....	2.5	60	19	12
40-59.....	1.0	59	29	23
60 and over.....	0.9	57	22	20
20 and over.....	4.4	59	22	16
Females:				
2-5.....	1.0	35	40	39
6-11.....	1.2	43	20	18
12-19.....	1.5	59	20	13
20-39.....	3.5	60	20	18
40-59.....	1.4	65	20	19
60 and over.....	2.2	49	28	27
20 and over.....	7.1	58	22	21
All individuals 2 and over.....	18.9	54	24	20
131-350% poverty:				
Males:				
2-5.....	1.4	31	46	44
6-11.....	2.4	44	25	19
12-19.....	2.4	60	19	12
20-39.....	7.1	60	22	15
40-59.....	3.9	59	22	14
60 and over.....	3.4	40	36	30
20 and over.....	14.4	55	25	18
Females:				
2-5.....	1.3	32	42	41
6-11.....	1.9	51	24	21
12-19.....	2.5	54	23	19
20-39.....	6.9	57	21	19
40-59.....	4.1	52	26	23
60 and over.....	4.5	34	32	32
20 and over.....	15.5	49	26	24
All individuals 2 and over.....	41.7	51	26	22

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

**Table 15B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued**

Income, 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> -----		
Over 350% poverty:				
Males:				
2-5.....	0.8	20	64	62
6-11.....	1.3	42	34	28
12-19.....	2.0	46	27	18
20-39.....	6.4	58	26	17
40-59.....	6.9	45	31	22
60 and over.....	2.7	29	49	40
20 and over.....	16.0	47	32	23
Females:				
2-5.....	0.9	15	60	58
6-11.....	1.4	38	35	31
12-19.....	1.8	47	27	22
20-39.....	5.8	52	23	20
40-59.....	6.9	45	28	26
60 and over.....	2.6	27	46	45
20 and over.....	15.3	45	29	27
All individuals 2 and over.....	39.4	44	32	26
All Incomes.....	100.0	49	28	23

‡ See "Table notes."

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

**Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by income, 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

Income, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>----- Servings ‡-----</i>			
Under 131% poverty:					
Males:					
2-5.....	1.1	1.8	1.5	0.3	†*
6-11.....	1.1	2.0	1.6	.4	†*
12-19.....	1.6	2.0	1.4	.6	†*
20-39.....	2.5	2.0	1.1	.9	†*
40-59.....	1.0	1.2	.7	.4	†*
60 and over.....	0.9	1.0	.8	.2	†*
11-24.....	2.6	2.0	1.3	.7	†*
20 and over.....	4.4	1.6	.9	.6	†*
Females:					
2-5.....	1.0	1.8	1.5	.3	*
6-11.....	1.2	1.8	1.5	.3	†*
12-19.....	1.5	1.4	.9	.4	†*
20-39.....	3.5	1.1	.7	.4	*
40-59.....	1.4	.9	.6	.3	†*
60 and over.....	2.2	1.0	.8	.2	†*
11-24.....	2.7	1.3	.8	.4	†*
20 and over.....	7.1	1.0	.7	.3	*
All individuals 2 and over.....	18.9	1.5	1.0	.4	*
131-350% poverty:					
Males:					
2-5.....	1.4	1.9	1.5	.4	*
6-11.....	2.4	2.2	1.7	.4	†*
12-19.....	2.4	2.5	1.8	.8	†*
20-39.....	7.1	1.6	.8	.7	*
40-59.....	3.9	1.5	1.0	.5	*
60 and over.....	3.4	1.3	1.0	.3	†*
11-24.....	4.3	2.1	1.4	.7	†*
20 and over.....	14.4	1.5	.9	.5	*
Females:					
2-5.....	1.3	1.9	1.5	.3	*
6-11.....	1.9	1.9	1.4	.4	†*
12-19.....	2.5	1.5	1.0	.5	†*
20-39.....	6.9	1.2	.7	.5	*
40-59.....	4.1	1.0	.7	.3	*
60 and over.....	4.5	1.0	.8	.2	*
11-24.....	4.5	1.5	1.0	.5	†*
20 and over.....	15.5	1.1	.7	.4	*
All individuals 2 and over.....	41.7	1.5	1.0	.5	*

‡ See "appendix D" for definitions of servings.

Continued

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

**Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

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

Income, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>----- Servings ‡-----</i>			
Over 350% poverty:					
Males:					
2-5.....	0.8	1.9	1.5	0.3	0.1
6-11.....	1.3	2.3	1.8	.5	†*
12-19.....	2.0	2.6	1.6	.9	†*
20-39.....	6.4	1.7	.9	.8	*
40-59.....	6.9	1.5	.9	.5	*
60 and over.....	2.7	1.4	1.0	.4	*
11-24.....	3.5	2.2	1.4	.9	†*
20 and over.....	16.0	1.6	.9	.6	*
Females:					
2-5.....	0.9	1.9	1.5	.4	*
6-11.....	1.4	1.9	1.5	.4	*
12-19.....	1.8	1.6	1.0	.5	†*
20-39.....	5.8	1.3	.8	.5	.1
40-59.....	6.9	1.1	.6	.4	.1
60 and over.....	2.6	1.1	.8	.3	.1
11-24.....	3.1	1.5	1.0	.5	*
20 and over.....	15.3	1.2	.7	.4	.1
All individuals 2 and over.....	39.4	1.5	1.0	.5	*
All Incomes.....	100.0	1.5	1.0	.5	*

‡ 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 income, 2-day average, 1994-96**

Income, 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>		
Under 131% poverty:				
Males:				
2-5.....	1.1	20	35	35
6-11.....	1.1	14	46	40
12-19.....	1.6	27	40	20
20-39.....	2.5	41	35	30
40-59.....	1.0	57	17	17
60 and over.....	0.9	57	13	13
11-24.....	2.6	31	39	19
20 and over.....	4.4	48	27	24
Females:				
2-5.....	1.0	19	38	38
6-11.....	1.2	19	37	34
12-19.....	1.5	43	21	7
20-39.....	3.5	51	14	9
40-59.....	1.4	66	12	12
60 and over.....	2.2	59	11	11
11-24.....	2.7	44	18	6
20 and over.....	7.1	57	13	10
All individuals 2 and over.....	18.9	42	25	20
131-350% poverty:				
Males:				
2-5.....	1.4	19	41	41
6-11.....	2.4	12	49	46
12-19.....	2.4	19	57	31
20-39.....	7.1	41	27	24
40-59.....	3.9	45	27	27
60 and over.....	3.4	45	23	23
11-24.....	4.3	25	43	23
20 and over.....	14.4	43	26	25
Females:				
2-5.....	1.3	22	39	39
6-11.....	1.9	18	40	36
12-19.....	2.5	37	28	10
20-39.....	6.9	51	15	13
40-59.....	4.1	57	14	14
60 and over.....	4.5	59	13	13
11-24.....	4.5	39	24	9
20 and over.....	15.5	55	14	13
All individuals 2 and over.....	41.7	41	26	23

‡ See "Table notes."

Continued

† See "Statistical notes," appendix B.

**Table 16B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued**

Income, 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>		
Over 350% poverty:				
Males:				
2-5.....	0.8	23	39	39
6-11.....	1.3	13	62	56
12-19.....	2.0	18	52	32
20-39.....	6.4	34	32	28
40-59.....	6.9	44	25	25
60 and over.....	2.7	39	26	26
11-24.....	3.5	22	45	24
20 and over.....	16.0	39	28	27
Females:				
2-5.....	0.9	20	43	43
6-11.....	1.4	22	44	39
12-19.....	1.8	40	28	16
20-39.....	5.8	47	24	18
40-59.....	6.9	54	16	16
60 and over.....	2.6	53	15	15
11-24.....	3.1	38	30	13
20 and over.....	15.3	51	19	16
All individuals 2 and over.....	39.4	41	28	24
All Incomes.....	100.0	41	27	23

‡ See "Table notes."

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 income, 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

Income, 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>							
Under 131% poverty:										
Males:										
2-5.....	1.1	3.2	1.1	0.8	0.1	†*	0.7	0.4	*	0.1
6-11.....	1.1	4.1	1.5	.9	.3	*	.9	.3	†*	.1
12-19.....	1.6	6.2	2.6	1.4	.4	†*	1.1	.5	†*	.1
20-39.....	2.5	8.4	3.8	1.5	.6	†.1	†1.7	.6	†*	.2
40-59.....	1.0	6.7	2.9	1.4	.4	†.1	1.1	.7	†*	.1
60 and over.....	0.9	4.7	1.7	1.1	.4	†.1	.7	.6	†*	.1
20 and over.....	4.4	7.3	3.2	1.4	.5	.1	1.3	.6	†*	.1
Females:										
2-5.....	1.0	3.0	1.1	.7	.2	†*	.6	.3	†*	.1
6-11.....	1.2	3.5	1.4	.8	†.2	†*	.7	.4	†*	.1
12-19.....	1.5	4.3	1.9	.9	.2	†*	.8	.4	†*	†.1
20-39.....	3.5	4.3	1.7	1.1	.4	†*	.6	.4	†*	.1
40-59.....	1.4	4.3	1.6	1.0	.4	†.1	.7	.5	†*	.1
60 and over.....	2.2	3.4	1.1	1.0	.4	†*	.4	.4	†*	.1
20 and over.....	7.1	4.0	1.5	1.0	.4	*	.6	.4	†*	.1
All individuals 2 and over.....	18.9	4.8	2.0	1.1	.4	*	.8	.4	†*	.1
131-350% poverty:										
Males:										
2-5.....	1.4	2.8	.9	.6	.1	*	.7	.2	†*	.2
6-11.....	2.4	3.7	1.4	.8	.2	†*	.8	.3	†*	.2
12-19.....	2.4	6.0	2.8	1.3	.3	†*	1.0	.3	†*	.2
20-39.....	7.1	6.9	3.1	1.7	.4	†*	1.1	.5	†*	.2
40-59.....	3.9	6.4	2.7	1.3	.5	†*	1.1	.5	†*	.2
60 and over.....	3.4	5.0	2.0	1.0	.5	.1	.8	.5	*	.1
20 and over.....	14.4	6.3	2.7	1.4	.5	*	1.0	.5	*	.2
Females:										
2-5.....	1.3	2.6	.8	.7	.1	†*	.5	.2	†*	.2
6-11.....	1.9	3.0	1.2	.6	.2	†*	.7	.2	†*	.2
12-19.....	2.5	3.6	1.5	.9	.3	†*	.5	.2	†*	.1
20-39.....	6.9	3.9	1.5	1.1	.3	†*	.5	.3	*	.1
40-59.....	4.1	4.0	1.6	1.1	.4	†*	.5	.3	†*	.1
60 and over.....	4.5	3.7	1.3	.9	.5	*	.5	.3	*	.1
20 and over.....	15.5	3.9	1.5	1.0	.4	*	.5	.3	*	.1
All individuals 2 and over.....	41.7	4.7	1.9	1.1	.4	*	.7	.4	*	.1

‡ See "appendix D" for definitions of servings.

Continued

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

**Table 17A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by income, 2-day average, 1994-96--continued**

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

Income, 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>								
Over 350% poverty:										
Males:										
2-5.....	0.8	2.3	0.7	0.6	0.1	0.0	0.5	0.2	†*	0.2
6-11.....	1.3	3.4	1.3	.7	†.2	†*	.7	.2	†*	.2
12-19.....	2.0	5.7	2.4	1.5	.3	†*	1.0	.3	†*	.2
20-39.....	6.4	6.4	2.7	1.6	.6	†*	1.0	.3	†*	.2
40-59.....	6.9	6.4	2.5	1.7	.6	†*	.9	.5	†*	.2
60 and over.....	2.7	5.2	2.0	1.2	.7	†*	.7	.4	†*	.2
20 and over.....	16.0	6.2	2.5	1.6	.6	*	.9	.4	*	.2
Females:										
2-5.....	0.9	2.3	.6	.6	.1	†*	.6	.2	†*	.2
6-11.....	1.4	2.6	.8	.7	.2	†*	.6	.1	†*	.2
12-19.....	1.8	3.3	1.3	.9	.2	†*	.5	.2	†*	.1
20-39.....	5.8	3.8	1.4	1.1	.4	†*	.5	.2	*	.1
40-59.....	6.9	3.9	1.4	1.1	.5	†*	.5	.3	*	.1
60 and over.....	2.6	3.8	1.3	1.1	.6	†*	.4	.3	†*	.1
20 and over.....	15.3	3.8	1.4	1.1	.5	*	.5	.3	*	.1
All individuals 2 and over.....	39.4	4.8	1.8	1.2	.5	*	.7	.3	*	.2
All Incomes.....	100.0	4.7	1.9	1.2	.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 income, 2-day average, 1994-96**

Income, 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>		
Under 131% poverty:				
Males:				
2-5.....	1.1	7	14	22
6-11.....	1.1	† 1	29	26
12-19.....	1.6	† 1	59	48
20-39.....	2.5	† 1	68	56
40-59.....	1.0	† 1	65	58
60 and over.....	0.9	4	42	39
20 and over.....	4.4	2	62	53
Females:				
2-5.....	1.0	10	11	22
6-11.....	1.2	† 3	19	17
12-19.....	1.5	† 6	35	33
20-39.....	3.5	5	30	27
40-59.....	1.4	7	32	29
60 and over.....	2.2	9	18	18
20 and over.....	7.1	7	27	25
All individuals 2 and over.....	18.9	5	36	33
131-350% poverty:				
Males:				
2-5.....	1.4	12	10	15
6-11.....	2.4	7	21	18
12-19.....	2.4	† 3	50	41
20-39.....	7.1	† 2	64	55
40-59.....	3.9	† 2	64	54
60 and over.....	3.4	2	46	40
20 and over.....	14.4	2	60	51
Females:				
2-5.....	1.3	13	7	15
6-11.....	1.9	6	10	8
12-19.....	2.5	7	21	16
20-39.....	6.9	6	26	23
40-59.....	4.1	5	25	23
60 and over.....	4.5	5	21	21
20 and over.....	15.5	6	24	22
All individuals 2 and over.....	41.7	5	36	31

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

**Table 17B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by income, 2-day average, 1994-96--continued**

Income, 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> -----		
Over 350% poverty:				
Males:				
2-5.....	0.8	17	† 4	12
6-11.....	1.3	9	21	13
12-19.....	2.0	† 4	53	37
20-39.....	6.4	† 1	65	51
40-59.....	6.9	2	63	53
60 and over.....	2.7	† 2	47	40
20 and over.....	16.0	2	61	50
Females:				
2-5.....	0.9	13	† 3	10
6-11.....	1.4	11	† 6	† 3
12-19.....	1.8	11	19	16
20-39.....	5.8	7	25	23
40-59.....	6.9	6	26	24
60 and over.....	2.6	4	26	25
20 and over.....	15.3	6	26	24
All individuals 2 and over.....	39.4	5	39	33
All Incomes.....	100.0	5	37	32

‡ 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 income, 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

Income, 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>Under 131% poverty:</b>							
<b>Males:</b>							
2-5.....	1.1	1554	33.8	26.0	14.2	45.2	13.9
6-11.....	1.1	1957	33.5	25.7	17.1	56.7	21.3
12-19.....	1.6	2613	34.4	26.2	18.5	77.5	30.1
20-39.....	2.5	3105	34.1	25.2	16.4	90.3	32.4
40-59.....	1.0	2253	34.1	24.4	13.1	62.6	19.2
60 and over.....	0.9	1589	33.9	24.3	12.3	44.1	12.2
20 and over.....	4.4	2604	34.0	24.9	14.8	74.6	25.3
<b>Females:</b>							
2-5.....	1.0	1479	33.6	26.1	14.9	43.0	14.0
6-11.....	1.2	1658	33.8	26.0	16.7	48.5	17.6
12-19.....	1.5	1860	33.3	25.2	19.4	52.8	22.6
20-39.....	3.5	1684	33.0	24.6	17.4	47.4	18.7
40-59.....	1.4	1549	34.4	25.6	15.3	45.5	15.2
60 and over.....	2.2	1252	32.2	23.6	12.2	33.6	9.7
20 and over.....	7.1	1525	33.0	24.5	15.4	42.8	15.3
All individuals 2 and over.....	18.9	1925	33.5	25.1	15.9	55.2	19.8
<b>131-350% poverty:</b>							
<b>Males:</b>							
2-5.....	1.4	1569	32.1	25.2	17.0	44.4	16.7
6-11.....	2.4	1942	32.1	24.8	19.2	54.0	23.4
12-19.....	2.4	2663	33.1	25.4	19.4	75.5	32.9
20-39.....	7.1	2609	33.8	25.4	16.8	74.6	27.3
40-59.....	3.9	2306	34.5	25.6	14.3	66.8	20.8
60 and over.....	3.4	1942	33.0	24.4	12.3	54.3	15.4
20 and over.....	14.4	2370	33.8	25.2	15.0	67.7	22.7
<b>Females:</b>							
2-5.....	1.3	1484	32.4	25.6	17.1	42.9	16.0
6-11.....	1.9	1773	32.7	26.0	19.1	51.5	21.6
12-19.....	2.5	1861	32.6	25.6	20.8	53.7	24.5
20-39.....	6.9	1714	32.2	24.5	17.9	48.1	19.6
40-59.....	4.1	1581	33.6	25.4	15.2	45.6	15.3
60 and over.....	4.5	1432	32.6	24.3	12.9	39.5	11.6
20 and over.....	15.5	1597	32.7	24.7	15.7	44.9	16.1
All individuals 2 and over.....	41.7	1963	33.0	25.1	16.4	55.8	20.5

‡ See "Table notes."

Continued

**Table 18.--Pyramid tip: Mean daily intakes of discretionary fat and added sugars per day, by income, 2-day average, 1994-96--continued**

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

Income, 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>	
Over 350% poverty:							
Males:							
2-5.....	0.8	1493	31.1	24.5	15.8	41.1	14.8
6-11.....	1.3	2026	32.1	25.1	18.8	56.5	24.0
12-19.....	2.0	2857	32.4	24.9	21.7	80.6	38.8
20-39.....	6.4	2561	33.2	25.0	15.0	72.6	24.3
40-59.....	6.9	2352	34.0	25.4	13.4	68.0	20.2
60 and over.....	2.7	2048	32.7	24.4	11.5	57.1	15.1
20 and over.....	16.0	2385	33.5	25.1	13.8	68.0	21.0
Females:							
2-5.....	0.9	1385	30.6	24.2	16.3	37.9	14.2
6-11.....	1.4	1760	30.4	24.0	19.8	47.1	22.3
12-19.....	1.8	1798	31.1	24.1	20.0	48.7	22.7
20-39.....	5.8	1746	31.6	24.2	15.5	48.0	17.4
40-59.....	6.9	1642	33.0	25.1	13.2	46.9	13.8
60 and over.....	2.6	1513	31.0	22.9	12.1	39.4	11.8
20 and over.....	15.3	1660	32.1	24.4	13.9	46.1	14.8
All individuals 2 and over.....	39.4	2028	32.5	24.7	15.0	57.0	19.5
All Incomes.....	100.0	1982	32.9	24.9	15.7	56.1	20.0

‡ See "Table notes."

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

**Table 19.1--Saturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96**

Income, 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
<i>Percent</i>		<i>Grams</i>								
<b>Under 131% poverty:</b>										
Males and females:										
1-2.....	1.0	0.6	0.4	0.2	0.5	0.7	2.3	10.9	5.0	21.1
3-5.....	1.5	.6	.3	.2	.5	.7	2.2	12.1	5.7	23.0
5 and under ‡ .....	2.9	.5	.3	.3	.5	1.0	2.2	11.1	5.0	21.5
Males:										
6-11.....	1.1	.6	.3	.2	.5	.8	2.6	15.4	7.4	28.6
12-19.....	1.5	.7	.4	.3	.6	.9	3.1	20.9	9.8	37.6
20-39.....	2.4	.8	.4	.3	.7	1.0	3.6	22.6	10.4	40.9
40-59.....	1.0	.5	.3	.2	.4	.7	2.3	16.9	8.0	30.0
60 and over.....	0.9	.4	.2	.2	.3	.6	1.7	11.5	5.5	20.9
20 and over.....	4.3	.7	.3	.3	.5	.9	2.9	19.0	8.9	34.3
Females:										
6-11.....	1.3	.6	.3	.2	.5	.7	2.3	13.4	6.5	25.1
12-19.....	1.4	.5	.3	.2	.4	.8	2.4	14.5	6.7	26.5
20-39.....	3.4	.4	.2	.2	.3	.7	1.9	12.5	5.8	22.6
40-59.....	1.3	.3	.2	.2	.3	.7	1.7	11.7	5.6	21.3
60 and over.....	2.2	.3	.2	.1	.2	.4	1.2	8.2	3.9	14.9
20 and over.....	6.9	.3	.2	.2	.3	.6	1.6	11.0	5.2	19.9
All individuals.....	19.2	.5	.3	.2	.4	.8	2.3	14.2	6.7	26.0
<b>131-350% poverty:</b>										
Males and females:										
1-2.....	1.3	.6	.3	.2	.5	.8	2.2	10.0	4.6	19.8
3-5.....	2.0	.5	.3	.2	.4	.7	2.1	11.4	5.4	21.9
5 and under ‡ .....	3.8	.5	.3	.3	.5	1.1	2.1	10.3	4.7	20.3
Males:										
6-11.....	2.3	.6	.3	.2	.5	.8	2.5	14.2	6.8	26.7
12-19.....	2.4	.8	.4	.3	.6	1.1	3.2	19.1	9.0	35.6
20-39.....	6.9	.6	.3	.2	.5	.9	2.9	19.2	9.0	34.6
40-59.....	3.9	.5	.3	.2	.4	.7	2.4	16.6	7.9	29.9
60 and over.....	3.2	.4	.2	.2	.4	.7	2.0	13.4	6.4	24.4
20 and over.....	14.0	.6	.3	.2	.5	.8	2.5	17.2	8.1	30.9
Females:										
6-11.....	1.8	.6	.3	.2	.5	.8	2.3	13.0	6.3	24.8
12-19.....	2.4	.5	.3	.2	.4	.7	2.2	13.0	6.1	24.2
20-39.....	6.9	.4	.2	.2	.3	.6	1.8	11.9	5.6	21.7
40-59.....	3.9	.4	.2	.2	.4	.7	1.8	11.4	5.4	21.1
60 and over.....	4.3	.3	.2	.1	.3	.5	1.4	9.6	4.6	17.4
20 and over.....	15.1	.4	.2	.2	.3	.6	1.7	11.1	5.2	20.3
All individuals.....	41.8	.5	.3	.2	.4	.8	2.2	13.9	6.5	25.5

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

Continued

**Table 19.1--Saturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96--continued**

Income, 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
	<i>Percent</i>	<i>Grams</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	0.6	0.3	0.2	0.4	0.7	2.0	8.6	3.9	17.3
3-5.....	1.2	.5	.3	.2	.4	.6	1.9	10.2	4.9	19.5
5 and under ‡ .....	2.3	.5	.3	.3	.4	1.0	1.9	9.1	4.2	18.2
Males:										
6-11.....	1.3	.6	.4	.3	.5	1.0	2.6	14.4	6.8	27.3
12-19.....	2.0	.8	.4	.3	.6	1.1	3.3	19.6	9.4	36.7
20-39.....	6.2	.7	.4	.3	.6	.9	3.0	18.8	8.6	34.1
40-59.....	6.7	.5	.3	.2	.4	.8	2.4	16.5	7.8	29.7
60 and over.....	2.7	.5	.3	.2	.4	.7	2.1	13.9	6.6	25.3
20 and over.....	15.6	.6	.3	.2	.5	.8	2.6	17.0	7.9	30.7
Females:										
6-11.....	1.3	.5	.3	.2	.4	.8	2.1	11.8	5.7	22.5
12-19.....	1.8	.5	.3	.2	.4	.8	2.1	12.4	5.9	23.4
20-39.....	5.5	.5	.2	.2	.4	.7	1.9	11.6	5.4	21.4
40-59.....	6.8	.4	.2	.2	.3	.6	1.6	10.8	5.0	19.5
60 and over.....	2.5	.3	.2	.1	.3	.5	1.4	9.7	4.5	17.4
20 and over.....	14.8	.4	.2	.2	.3	.6	1.7	10.9	5.1	19.8
All individuals.....	39.0	.5	.3	.2	.4	.8	2.2	13.9	6.5	25.4
All Incomes.....	100.0	.5	.3	.2	.4	.8	2.2	13.9	6.5	25.6

‡ 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 income, 1 day, 1994-96**

Income, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
Under 131% poverty:	<i>Percent</i>	----- <i>Grams</i> -----				
Males and females:						
1-2.....	1.0	1.1	17.3	0.1	*	18.9
3-5.....	1.5	1.3	21.2	.1	*	23.0
5 and under ‡ .....	2.9	1.1	18.7	.1	*	20.2
Males:						
6-11.....	1.1	1.5	28.5	.1	*	30.6
12-19.....	1.5	2.2	39.6	.2	*	42.8
20-39.....	2.4	2.3	41.8	.2	*	45.1
40-59.....	1.0	1.9	32.4	.2	*	35.0
60 and over.....	0.9	1.3	21.7	.1	*	23.4
20 and over.....	4.3	2.0	35.5	.2	*	38.3
Females:						
6-11.....	1.3	1.3	24.0	.1	*	25.9
12-19.....	1.4	1.5	26.3	.1	†*	28.4
20-39.....	3.4	1.3	23.7	.1	*	25.6
40-59.....	1.3	1.3	22.5	.1	*	24.2
60 and over.....	2.2	.9	15.9	.1	*	17.1
20 and over.....	6.9	1.2	21.0	.1	*	22.7
All individuals.....	19.2	1.5	26.3	.1	*	28.4
131-350% poverty:						
Males and females:						
1-2.....	1.3	1.0	16.7	.1	*	18.1
3-5.....	2.0	1.1	20.8	.1	*	22.4
5 and under ‡ .....	3.8	.9	18.1	.1	*	19.5
Males:						
6-11.....	2.3	1.4	26.1	.1	*	28.1
12-19.....	2.4	1.8	36.0	.1	.1	38.8
20-39.....	6.9	2.0	36.8	.2	.1	39.6
40-59.....	3.9	1.8	32.4	.2	*	34.8
60 and over.....	3.2	1.4	26.4	.1	*	28.3
20 and over.....	14.0	1.8	33.2	.2	*	35.7
Females:						
6-11.....	1.8	1.2	24.5	.1	*	26.3
12-19.....	2.4	1.2	24.2	.1	*	26.1
20-39.....	6.9	1.2	23.1	.1	*	24.7
40-59.....	3.9	1.1	21.6	.1	*	23.2
60 and over.....	4.3	1.0	19.2	.1	*	20.5
20 and over.....	15.1	1.1	21.6	.1	*	23.1
All individuals.....	41.8	1.4	26.5	.1	*	28.5

\* Value less than 0.05 but greater than 0.

Continued

† See "Statistical notes," appendix B.

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

**Table 19.2--Monounsaturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96--continued**

Income, 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> -----				
Over 350% poverty:						
Males and females:						
1-2.....	0.8	0.8	13.6	*	*	14.8
3-5.....	1.2	1.0	18.6	.1	*	20.0
5 and under ‡ .....	2.3	.8	15.8	.1	*	17.0
Males:						
6-11.....	1.3	1.3	26.4	.1	*	28.4
12-19.....	2.0	1.9	37.2	.2	.1	40.1
20-39.....	6.2	1.9	35.1	.2	.1	37.8
40-59.....	6.7	1.7	32.6	.2	.1	35.0
60 and over.....	2.7	1.4	27.8	.2	*	29.8
20 and over.....	15.6	1.7	32.8	.2	.1	35.2
Females:						
6-11.....	1.3	1.0	22.5	.1	*	24.0
12-19.....	1.8	1.1	24.3	.1	*	26.0
20-39.....	5.5	1.1	22.1	.1	*	23.8
40-59.....	6.8	1.0	21.8	.1	*	23.3
60 and over.....	2.5	.9	19.1	.1	*	20.5
20 and over.....	14.8	1.0	21.5	.1	*	23.0
All individuals.....	39.0	1.3	26.8	.1	*	28.7
All Incomes.....	100.0	1.4	26.6	.1	*	28.6

\* Value less than 0.05 but greater than 0.

‡ 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 income, 1 day, 1994-96**

Income, 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
<b>Under 131% poverty:</b>	<i>Percent</i>	<i>----- Grams -----</i>							
<b>Males and females:</b>									
1-2.....	1.0	7.0	0.8	†*	0.1	*	*	*	7.9
3-5.....	1.5	9.0	.9	†*	.1	*	*	*	10.0
5 and under ‡ .....	2.9	8.0	.8	†*	.1	*	*	*	9.0
<b>Males:</b>									
6-11.....	1.1	11.8	1.1	†*	.1	*	†*	*	13.2
12-19.....	1.5	17.8	1.8	†*	.2	*	*	.1	20.0
20-39.....	2.4	19.6	2.0	†*	.2	*	*	.1	22.1
40-59.....	1.0	15.5	1.5	†*	.2	†*	*	.1	17.4
60 and over.....	0.9	10.2	1.1	*	.1	*	*	.1	11.6
20 and over.....	4.3	16.7	1.7	*	.2	*	*	.1	18.8
<b>Females:</b>									
6-11.....	1.3	10.0	1.0	†*	.1	*	*	*	11.3
12-19.....	1.4	11.8	1.1	†*	.1	*	†*	†*	13.2
20-39.....	3.4	11.7	1.1	*	.1	*	*	.1	13.2
40-59.....	1.3	11.2	1.1	*	.1	*	*	.1	12.7
60 and over.....	2.2	8.4	.9	†*	.1	*	*	.1	9.4
20 and over.....	6.9	10.6	1.0	*	.1	*	*	.1	11.9
<b>All individuals.....</b>	<b>19.2</b>	<b>12.2</b>	<b>1.2</b>	<b>*</b>	<b>.1</b>	<b>*</b>	<b>*</b>	<b>.1</b>	<b>13.8</b>
<b>131-350% poverty:</b>									
<b>Males and females:</b>									
1-2.....	1.3	6.7	.7	†*	.1	*	*	*	7.6
3-5.....	2.0	8.8	.8	†*	.1	*	*	*	9.8
5 and under ‡ .....	3.8	7.8	.8	*	.1	*	*	*	8.8
<b>Males:</b>									
6-11.....	2.3	11.2	1.1	†*	.1	*	*	*	12.5
12-19.....	2.4	15.7	1.5	†*	.1	*	*	.1	17.6
20-39.....	6.9	17.4	1.7	*	.2	*	*	.1	19.5
40-59.....	3.9	15.6	1.6	*	.2	*	*	.1	17.6
60 and over.....	3.2	13.1	1.3	*	.1	*	*	.1	14.7
20 and over.....	14.0	15.9	1.6	*	.2	*	*	.1	17.9
<b>Females:</b>									
6-11.....	1.8	10.5	1.0	†*	.1	†*	*	*	11.7
12-19.....	2.4	11.8	1.2	†*	.1	*	*	*	13.3
20-39.....	6.9	11.4	1.1	*	.1	*	*	*	12.8
40-59.....	3.9	11.6	1.2	*	.1	*	*	.1	13.1
60 and over.....	4.3	9.9	1.0	†*	.1	*	*	.1	11.2
20 and over.....	15.1	11.1	1.1	*	.1	*	*	.1	12.5
<b>All individuals.....</b>	<b>41.8</b>	<b>12.7</b>	<b>1.3</b>	<b>*</b>	<b>.1</b>	<b>*</b>	<b>*</b>	<b>.1</b>	<b>14.3</b>

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

**Table 19.3--Polyunsaturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96--continued**

Income, 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>Percent</i>	<i>Grams</i>							
<b>Over 350% poverty:</b>									
<b>Males and females:</b>									
1-2.....	0.8	5.3	0.6	†*	*	*	*	*	6.0
3-5.....	1.2	7.8	.8	†*	.1	*	*	*	8.7
5 and under ‡ .....	2.3	6.8	.7	*	*	*	*	*	7.6
<b>Males:</b>									
6-11.....	1.3	11.3	1.0	†*	.1	*	*	*	12.6
12-19.....	2.0	16.2	1.6	*	.1	†*	*	*	18.2
20-39.....	6.2	17.2	1.7	*	.2	*	*	.1	19.4
40-59.....	6.7	16.6	1.7	*	.2	*	*	.1	18.7
60 and over.....	2.7	15.0	1.5	*	.1	.1	*	.1	17.0
20 and over.....	15.6	16.6	1.7	*	.2	*	*	.1	18.7
<b>Females:</b>									
6-11.....	1.3	10.4	1.0	†*	.1	†*	*	*	11.5
12-19.....	1.8	10.9	1.0	†*	.1	†*	*	*	12.2
20-39.....	5.5	11.9	1.2	*	.1	*	*	.1	13.5
40-59.....	6.8	12.1	1.2	*	.1	*	*	.1	13.7
60 and over.....	2.5	11.3	1.2	*	.1	*	*	.1	12.9
20 and over.....	14.8	11.9	1.2	*	.1	*	*	.1	13.4
All individuals.....	39.0	13.6	1.4	*	.1	*	*	.1	15.3
All Incomes.....	100.0	12.9	1.3	*	.1	*	*	.1	14.6

\* 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 income, 1994-96**

Income, 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>		
Under 131% poverty:					
Males:					
20-39.....	2.4	26.2	32.9	51.9	17.3
40-59.....	1.0	27.2	36.3	65.6	22.2
60 and over.....	0.9	25.9	33.5	60.6	18.0
20 and over.....	4.3	26.4	33.8	56.9	18.5
Females:					
20-39.....	3.4	26.1	35.3	47.3	23.7
40-59.....	1.3	29.1	53.1	65.5	38.9
60 and over.....	2.2	27.0	42.6	60.8	26.5
20 and over.....	6.9	26.9	41.0	55.1	27.5
All individuals.....	11.2	26.7	38.1	55.8	24.0
131-350% poverty:					
Males:					
20-39.....	6.9	26.1	28.3	55.0	15.3
40-59.....	3.9	27.0	35.6	64.9	20.3
60 and over.....	3.2	26.2	31.4	56.9	17.1
20 and over.....	14.0	26.4	31.0	58.2	17.1
Females:					
20-39.....	6.9	24.8	24.9	37.8	15.6
40-59.....	3.9	27.1	41.1	58.5	27.0
60 and over.....	4.3	26.2	37.7	54.5	19.6
20 and over.....	15.1	25.8	32.9	48.1	19.7
All individuals.....	29.1	26.1	32.0	53.1	18.4

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.

Continued

Excludes pregnant women.

**Table 20.--Weight status: Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by income, 1994-96--continued**

Income, 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> -----		
Over 350% poverty:					
Males:					
20-39.....	6.2	25.7	23.9	55.0	12.6
40-59.....	6.7	27.5	39.9	72.4	21.8
60 and over.....	2.7	26.2	30.8	59.9	14.6
20 and over.....	15.6	26.5	31.9	63.3	16.9
Females:					
20-39.....	5.5	23.9	19.1	30.5	8.7
40-59.....	6.8	25.9	31.4	47.7	18.9
60 and over.....	2.5	25.2	25.5	43.5	14.1
20 and over.....	14.8	25.0	25.9	40.7	14.4
All individuals.....	30.4	25.8	29.1	52.5	15.7
All Incomes.....	70.7	26.1	31.7	53.2	18.1

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.

Excludes pregnant women.

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

## Table Notes

### General Notes:

- **Income level:** Each household respondent was asked to provide an estimate of the total income from all sources, before taxes, of all household members for the calendar year before the interview; 76 percent of household respondents provided this estimate. Respondents who did not provide an answer as an amount in dollars were asked to choose from a list of income ranges. For the 13 percent of households who provided income in the form of a range, the mean income of all households reporting a specific dollar figure within that range was assigned to be the annual income. Household income for the previous calendar year was imputed for the 11 percent of households not providing actual income or range income described above; information on the procedures used to impute income are contained in section 9-3 of the 1994-96 CSFII/DHKS data set documentation (USDA/ARS 1998). For this report, each household's income was expressed as a percentage of the Federal poverty threshold for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty thresholds. Three levels of income are reported here: Under 131 percent of poverty, 131-350 percent of poverty, and over 350 percent of poverty. The poverty thresholds were provided by the Bureau of the Census. The income category "under 131 percent of poverty" was selected because households that have incomes at or below this level meet one of the criteria for participating in the Food Stamp Program; the other two categories were selected to be approximately equal in size.
- **Breast-fed children:** Infants and children who received any breast milk were excluded from estimates in the tables because their total daily intakes could not be quantified.

### Table 1. Nutrient Intakes: Mean amount consumed per individual, by income, 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 income, 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 income, 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 income, 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 income, 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 income, 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 income, 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 income-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 income, 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 income, 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 (only 2.3 percent of all adults age 20 years and older) were excluded from the estimates in this table. A slightly higher percentage of individuals with income under 131 percent of poverty (3.4 percent) than of those with income 131-350 percent of poverty (2.2 percent) or over 350 percent of poverty (1.6 percent) did not provide the information necessary to calculate a BMI. 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 income, 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. One hundred and thirty-five breast-fed children are excluded from these counts and population percentages as follows-- 33 children in the under 131 percent poverty level, 67 children in the 131-350 percent poverty level, and 35 children in the over 350 percent poverty level. 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.
- 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 individuals under the 131 percent poverty level (two females) and three individuals in the 131-350 percent poverty level (one male and two females) 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.

**Appendix A table. Counts of day-1 and 2-day respondents and population percentages, by Income, 1994-96**

Income level, 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 -----
Under 131% poverty:				
Males and females:				
1-2.....	466	1.0	438	1.0
3-5.....	489	1.5	467	1.5
5 and under ‡ .....	1,067	2.9	1,010	2.9
Males:				
6-11.....	204	1.1	195	1.0
12-19.....	206	1.5	194	1.5
20-39.....	389	2.4	356	2.4
40-59.....	315	1.0	300	1.0
60 and over.....	363	0.9	342	0.9
20 and over.....	1,067	4.3	998	4.3
Females:				
6-11.....	214	1.3	202	1.2
12-19.....	214	1.4	203	1.4
20-39.....	430	3.4	409	3.4
40-59.....	357	1.3	343	1.4
60 and over.....	425	2.2	391	2.1
20 and over.....	1,212	6.9	1,143	6.9
All individuals.....	4,184	19.2	3,945	19.2
131-350% poverty:				
Males and females:				
1-2.....	587	1.3	567	1.2
3-5.....	645	2.0	632	2.0
5 and under ‡ .....	1,351	3.8	1,313	3.8
Males:				
6-11.....	360	2.3	345	2.3
12-19.....	303	2.4	286	2.3
20-39.....	713	6.9	660	6.9
40-59.....	566	3.9	538	3.8
60 and over.....	729	3.2	690	3.3
20 and over.....	2,008	14.0	1,888	14.0
Females:				
6-11.....	318	1.8	307	1.9
12-19.....	311	2.4	300	2.4
20-39.....	631	6.9	595	6.7
40-59.....	564	3.9	545	4.0
60 and over.....	708	4.3	678	4.4
20 and over.....	1,903	15.1	1,818	15.1
All individuals.....	6,554	41.8	6,257	41.7

‡ Includes infants under 1.

continued

**Appendix A table. Counts of day-1 and 2-day respondents and population percentages, by Income  
1994-96, continued**

Income level, 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 -----
Over 350% poverty:				
Males and females:				
1-2.....	323	0.8	311	0.8
3-5.....	341	1.2	333	1.2
5 and under ‡ .....	717	2.3	694	2.3
Males:				
6-11.....	188	1.3	186	1.3
12-19.....	228	2.0	216	2.0
20-39.....	568	6.2	527	6.3
40-59.....	869	6.7	825	6.7
60 and over.....	544	2.7	513	2.6
20 and over.....	1,981	15.6	1,865	15.6
Females:				
6-11.....	208	1.3	197	1.3
12-19.....	207	1.8	199	1.8
20-39.....	475	5.5	445	5.6
40-59.....	845	6.8	806	6.7
60 and over.....	381	2.5	360	2.5
20 and over.....	1,701	14.8	1,611	14.9
All individuals.....	5,230	39.0	4,968	39.1
All incomes:	15,968	100.0	15,170	100.0

‡ 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\*, ugli 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.

## Appendix F. References

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