DATA TABLES:

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

Table Set 11

Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, 10300 Baltimore Ave., Bldg. 005, Rm 102, BARC-West, Beltsville, Maryland 20705-2350
http://www.barc.usda.gov/bhnrc/foodsurvey/home.htm
DATA TABLES:
Food and Nutrient Intakes by Individuals in the United States, by Race, 1994-96

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

Race categories included in this report are limited to black and white because the sample included only small numbers of individuals of other races. The race categories used in the CSFII for classifying individuals were those in use by the U.S. Bureau of the Census at the time the survey was initiated. See “Table Notes” on page 53 for the screener question used to determine race.

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.

Race is only one of many demographic factors that may influence food intake behavior. Some examples of other factors are income, region of the country, 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 race 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 race-sex-age group provides a sufficient level of precision to ensure statistical reliability of the estimates; see appendix B for the criteria used in flagging estimates. Readers using data for young children should note that breast-fed children have been excluded from estimates in the tables. For 1994-96, the overall day-1 response rate was 80.0 percent and the 2-day response rate was 76.1 percent.

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

References are in appendix F.

Suggested citation:

February 1999
List of Tables and Appendixes

**Nutrients**

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<thead>
<tr>
<th>Table</th>
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<tbody>
<tr>
<td>Table 1</td>
<td>Mean amounts consumed per individual</td>
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<td>Table 2</td>
<td>Mean intakes as percentages of the 1989 Recommended Dietary Allowances</td>
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<tr>
<td>Table 3A</td>
<td>Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances</td>
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<td>Table 3B</td>
<td>Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances</td>
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<tr>
<td>Table 4</td>
<td>Mean percentages of calories from protein, fat, carbohydrate, and alcohol</td>
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<tr>
<td>Table 5</td>
<td>Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol</td>
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**Foods**

*Mean quantities (in grams) consumed per individual and percentages of individuals consuming foods from various food groups*

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<td>Grain products</td>
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<td>Milk and milk products</td>
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<td>Meat, poultry, and fish</td>
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<td>Table 11A to 11B</td>
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<td>Table 12A to 12B</td>
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**Pyramid Servings**

*Mean numbers of servings and percentages of individuals consuming specified numbers of servings per day*

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<td>Table 14A to 14B</td>
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<td>Dairy group</td>
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<td>Table 17A to 17B</td>
<td>Meat group</td>
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**Mean daily intakes of discretionary fat and added sugars per day**

| Table 18 | Pyramid tip                                                                                           | 48   |
Fatty acids

Mean intakes per individual

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

Weight Status

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

Table notes ......................................................... 53

Appendixes

Appendix A  Counts of day-1 and 2-day respondents and population percentages ................................................................. 58
Appendix B  Statistical notes ....................................................................... 60
Appendix C  Descriptions of food groups used in tables 6A to 12B ................................................................. 61
Appendix D  Descriptions of food groups used in tables 13A to 18 ................................................................. 68
Appendix E  Chemical names, trivial names, and abbreviations of reported fatty acids ................................................................. 74
Appendix F  References ............................................................................ 75
Table 1.--Nutrient intakes: Mean amounts consumed per individual, by race, 1 day, 1994-96

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‡ Includes infants under 1; excludes breast-fed children.
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‡ Includes infants under 1; excludes breast-fed children.
Table 1.--Nutrient intakes: Mean amounts consumed per individual, by race, 1 day, 1994-96--continued

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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.
Table 1.—Nutrient intakes: Mean amounts consumed per individual, by race, 1 day, 1994-96—continued

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‡ 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 race, 1 day, 1994-96

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‡ Includes infants under 1; excludes breast-fed children.
Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by race, 1 day, 1994-96--continued

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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.
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† See “Statistical notes,” appendix B.
‡ Includes infants under 1; excludes breast-fed children.
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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.
### Table 3A—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96—continued

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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.

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† See “Statistical notes,” appendix B.
‡ Includes infants under 1; excludes breast-fed children.
Table 3A.—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96—continued

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Percent |

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† See “Statistical notes,” appendix B.
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Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 1994-96--continued

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† 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 race, 2-day average, 1994-96

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† 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 race, 2-day average, 1994-96--continued

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† 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 race, 2-day average, 1994-96--continued

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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.
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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.
### Table 3B: Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96—continued

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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.
Table 3B—Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 1994–96—continued

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† 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 race, 1 day, 1994-96

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* 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 race, 2-day average, 1994-96

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<th>Race, sex, and age (years)</th>
<th>Percentage of population</th>
<th>Total fat intake at or below 30 percent of calories</th>
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<th>Cholesterol intake at or below 300 milligrams</th>
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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 6A.—Grain products: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

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<th>Race sex and age (years)</th>
<th>Percentage of population</th>
<th>Total</th>
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<th>Cereals and pasta</th>
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<th>Cakes, cookies, pastries, pies</th>
<th>Crackers, popcorn, pretzels, corn chips</th>
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† 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 race, 1 day, 1994-96

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† 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 race, 1 day, 1994-96

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† 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 race, 1 day, 1994-96

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† 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 race, 1 day, 1994-96

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* 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 race, 1 day, 1994-96

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<th>Race sex and age (years)</th>
<th>Percentage of population</th>
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<th>Dried fruits</th>
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† 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 race, 1 day, 1994-96

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<th>Percentage of population</th>
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† 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 race, 1 day, 1994-96

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† 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 race, 1 day, 1994-96

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* 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 race, 1 day, 1994-96

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<th>Percentage of population</th>
<th>Beef</th>
<th>Pork</th>
<th>Lamb, veal, game</th>
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* 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 11A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

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<th>Percentage of population</th>
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* 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 race, 1 day, 1994-96

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† 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 race, 1 day, 1994-96

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* 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 race, 1 day, 1994-96

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† 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 race, 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

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‡ 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 race, 2-day average, 1994-96

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<th>Consuming at least minimum number of servings recommended (6 a day)</th>
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‡ 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 race, 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

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<th>Cooked dry beans and peas</th>
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† See "appendix D." for definitions of servings
‡ See "Statistical notes," appendix B.
* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.
Table 14B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by race, 2-day average, 1994-96

<table>
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<th>Race, sex, and age (years)</th>
<th>Percentage of population</th>
<th>Percentage of individuals consuming less than 1 serving a day</th>
<th>Percentage of individuals consuming at least minimum number of servings recommended (3 a day)</th>
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‡ See "Table notes."
† See "Statistical notes," appendix B.
SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.
Table 15A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by race, 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.

<table>
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<tr>
<th>Race, sex, and age (years)</th>
<th>Percentage of population</th>
<th>Total fruits</th>
<th>Citrus fruits, melons, berries</th>
<th>Other fruits</th>
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‡ 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 race, 2-day average, 1994-96

<table>
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<th>Percentage of population</th>
<th>Percentage of individuals...</th>
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‡ See "Table notes."
† See "Statistical notes," appendix B.
SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.
Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by race, 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

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<th>Percentage of population</th>
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† See “appendix D.” for definitions of servings
‡ See “appendix D.” for definitions of servings
* 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 race, 2-day average, 1994-96

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<th>Race, sex, and age (years)</th>
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<th>Consuming at least 2 servings a day</th>
<th>Consuming number of servings recommended based on age and physiological status ‡</th>
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† See "Table notes."
‡ See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.
Table 17A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by race, 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.

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<th>Frankfurter and lunch meat</th>
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† 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 race, 2-day average, 1994-96

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<th>Race, sex, and age (years)</th>
<th>Percentage of population</th>
<th>Percentage of individuals consuming less than 1 ounce equivalent a day</th>
<th>Percentage of individuals consuming at least 5 ounce equivalents a day</th>
<th>Percentage of individuals consuming number of ounce equivalents recommended based on caloric intake ‡</th>
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‡ 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 race, 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.

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‡ 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 race, 1 day, 1994-96

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† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.
Table 19.2--Monounsaturated fatty acids: Mean intakes per individual, by race, 1 day, 1994-96

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* Value less than 0.05 but greater than 0.
† See "Statistical notes," appendix B.
‡ Includes infants under 1; excludes breast-fed children.
SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.
Table 19.3–Polyunsaturated fatty acids: Mean intakes per individual, by race, 1 day, 1994-96

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<td>2.2</td>
<td>11.8</td>
<td>1.2</td>
<td>†*</td>
<td>.1</td>
<td>†*</td>
<td>*</td>
<td>.1</td>
<td>13.3†</td>
</tr>
<tr>
<td>40-59</td>
<td>1.3</td>
<td>11.9</td>
<td>1.2</td>
<td>†*</td>
<td>.1</td>
<td>†*</td>
<td>*</td>
<td>.1</td>
<td>13.6†</td>
</tr>
<tr>
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<td>1.0</td>
<td>9.6</td>
<td>1.0</td>
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<td>.1</td>
<td>*</td>
<td>*</td>
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</tr>
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<td>4.5</td>
<td>11.3</td>
<td>1.1</td>
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<td>.1</td>
<td>*</td>
<td>*</td>
<td>.1</td>
<td>12.9†</td>
</tr>
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<td>12.8</td>
<td>12.9</td>
<td>1.3</td>
<td>*</td>
<td>.1</td>
<td>*</td>
<td>*</td>
<td>.1</td>
<td>14.6†</td>
</tr>
</tbody>
</table>

* 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 race, 1994-96

<table>
<thead>
<tr>
<th>Race, sex and age (years)</th>
<th>Percentage of population</th>
<th>Mean BMI</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>BMI = 27.8 or more for men, 27.3 or more for women</td>
<td>BMI = 25.0 or more</td>
</tr>
<tr>
<td>White:</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Males:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-39…………………</td>
<td>12.2</td>
<td>25.9</td>
<td>26.0</td>
<td>54.3</td>
</tr>
<tr>
<td>40-59…………………</td>
<td>9.5</td>
<td>27.4</td>
<td>38.9</td>
<td>70.2</td>
</tr>
<tr>
<td>60 and over……………</td>
<td>5.8</td>
<td>26.1</td>
<td>30.4</td>
<td>58.4</td>
</tr>
<tr>
<td>20 and over……………</td>
<td>27.5</td>
<td>26.5</td>
<td>31.3</td>
<td>60.7</td>
</tr>
<tr>
<td>Females:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-39…………………</td>
<td>11.9</td>
<td>24.2</td>
<td>21.6</td>
<td>33.4</td>
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<tr>
<td>40-59…………………</td>
<td>10.0</td>
<td>26.3</td>
<td>34.0</td>
<td>51.1</td>
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<td>49.5</td>
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<tr>
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<td>25.3</td>
<td>28.7</td>
<td>43.7</td>
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<tr>
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<td>57.1</td>
<td>25.9</td>
<td>30.0</td>
<td>52.1</td>
</tr>
<tr>
<td>Black:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Males:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-39…………………</td>
<td>1.6</td>
<td>26.9</td>
<td>40.8</td>
<td>64.1</td>
</tr>
<tr>
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<td>1.3</td>
<td>27.4</td>
<td>40.3</td>
<td>70.6</td>
</tr>
<tr>
<td>60 and over……………</td>
<td>0.7</td>
<td>27.1</td>
<td>44.7</td>
<td>64.4</td>
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<td>20 and over……………</td>
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<td>66.6</td>
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<tr>
<td>Females:</td>
<td></td>
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<tr>
<td>20-39…………………</td>
<td>2.2</td>
<td>27.4</td>
<td>46.4</td>
<td>59.4</td>
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<td>72.1</td>
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<td>29.0</td>
<td>58.0</td>
<td>78.7</td>
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<tr>
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<td>8.1</td>
<td>27.8</td>
<td>47.7</td>
<td>67.1</td>
</tr>
</tbody>
</table>

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:
- Race: The respondent to the survey screener reported the race of each household member in answer to the question, “Which of the groups on this card best describes (NAME)’s race?” Groups listed on the card were white, black, Asian/Pacific Islander, American Indian/Alaskan Native, or some other race. The race categories used in the 1994-96 CSFII for classifying individuals were those in use by the U.S. Bureau of the Census at the time the survey was initiated. The race categories included in this report are limited to black and white because the sample included only small numbers of individuals of other races.

Table 1. Nutrient Intakes: Mean amount consumed per individual, by race, 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 race, 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 race, 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 race, 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).

- Three white 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 race, 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 race, 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 race, 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 race-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 race, 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 race, 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:
  \[
  \frac{170\text{lbs}}{(69\text{in})^2} \times 703 = 25.1.
  \]

- 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 85th 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.
Appendix A. Counts of day-1 and 2-day respondents and population percentages, by race, 1994-96

Interpreting information in appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group contained in tables 1 through 12, as well as the weighted percentages of the population that they represent. Ninety-eight white and twelve black breast-fed children are excluded from these counts and population percentages. 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, three white individuals 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 race, 1994-96

<table>
<thead>
<tr>
<th>Sex and age (years)</th>
<th>Day-1 count (unweighted)</th>
<th>Day-1 percentage of population (weighted)</th>
<th>2-day count (unweighted)</th>
<th>2-day percentage of population (weighted)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-------------------------</td>
<td>------------------------------------------</td>
<td>--------------------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td>White:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Males and females:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2</td>
<td>971</td>
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<td>934</td>
<td>2.1</td>
</tr>
<tr>
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<td>1,067</td>
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<td>1,035</td>
<td>3.3</td>
</tr>
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<td>6.2</td>
<td>2,146</td>
<td>6.2</td>
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<tr>
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<td></td>
</tr>
<tr>
<td>6-11</td>
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<td>524</td>
<td>3.4</td>
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<td>12-19</td>
<td>540</td>
<td>4.3</td>
<td>515</td>
<td>4.3</td>
</tr>
<tr>
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<td>12.2</td>
<td>1,219</td>
<td>12.2</td>
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<td>9.5</td>
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<td>1,334</td>
<td>5.8</td>
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<td>3,928</td>
<td>27.5</td>
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<td></td>
</tr>
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<td>3.2</td>
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<td>10.1</td>
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<td>7.7</td>
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<td>3,660</td>
<td>29.6</td>
</tr>
<tr>
<td>All individuals</td>
<td>12,345</td>
<td>78.1</td>
<td>11,770</td>
<td>78.2</td>
</tr>
<tr>
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<td></td>
</tr>
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<td>188</td>
<td>0.5</td>
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<tr>
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<td>223</td>
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<td>215</td>
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<td>1.5</td>
</tr>
<tr>
<td>Males:</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-11</td>
<td>111</td>
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<td>105</td>
<td>0.7</td>
</tr>
<tr>
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<td>90</td>
<td>0.8</td>
</tr>
<tr>
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<td>152</td>
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<td>139</td>
<td>1.6</td>
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<td>40-59</td>
<td>196</td>
<td>1.3</td>
<td>179</td>
<td>1.3</td>
</tr>
<tr>
<td>60 and over</td>
<td>166</td>
<td>0.7</td>
<td>154</td>
<td>0.7</td>
</tr>
<tr>
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<td>472</td>
<td>3.6</td>
</tr>
<tr>
<td>Females:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-11</td>
<td>129</td>
<td>0.8</td>
<td>121</td>
<td>0.8</td>
</tr>
<tr>
<td>12-19</td>
<td>131</td>
<td>0.9</td>
<td>129</td>
<td>1.0</td>
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<td>20-39</td>
<td>214</td>
<td>2.2</td>
<td>201</td>
<td>2.1</td>
</tr>
<tr>
<td>40-59</td>
<td>217</td>
<td>1.3</td>
<td>207</td>
<td>1.3</td>
</tr>
<tr>
<td>60 and over</td>
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<td>20 and over</td>
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</tr>
<tr>
<td>All individuals</td>
<td>2,078</td>
<td>12.8</td>
<td>1,951</td>
<td>12.8</td>
</tr>
</tbody>
</table>

‡ Includes infants under 1.

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, and 19.1 - 19.3 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 unreconstituted 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:

- 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.
- 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.

- 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.
- 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.
- 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.
- For popcorn, the serving size was defined in terms of common household units based on its complex carbohydrate content.
- 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.

grape leaves, kale*, lambsquarters, mustard greens*, parsley, poke greens, pumpkin leaves, romaine lettuce*, spinach*, sweet potato leaves, taro leaves, turnip greens*, watercress*.


- 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.

- 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.


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.

- **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.


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

<table>
<thead>
<tr>
<th>Chemical name</th>
<th>Trivial name of most typical isomer(^1)</th>
<th>Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Questions about fatty acid names and abbreviations...</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### SATURATED ACIDS

<table>
<thead>
<tr>
<th>Chemical name</th>
<th>Trivial name of most typical isomer</th>
<th>Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butanoic</td>
<td>Butyric</td>
<td>4:0</td>
</tr>
<tr>
<td>Hexanoic</td>
<td>Caproic</td>
<td>6:0</td>
</tr>
<tr>
<td>Octanoic</td>
<td>Caprylic</td>
<td>8:0</td>
</tr>
<tr>
<td>Decanoic</td>
<td>Capric</td>
<td>10:0</td>
</tr>
<tr>
<td>Dodecanoic</td>
<td>Lauric</td>
<td>12:0</td>
</tr>
<tr>
<td>Tetradecanoic</td>
<td>Myristic</td>
<td>14:0</td>
</tr>
<tr>
<td>Hexadecanoic</td>
<td>Palmitic</td>
<td>16:0</td>
</tr>
<tr>
<td>Octadecanoic</td>
<td>Stearic</td>
<td>18:0</td>
</tr>
</tbody>
</table>

#### 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   Arachidonie    20:4
- Eicosapentaenoic   Timnodonie     20:5
- Docosapentaenoic   Clupanodonie   22:5
- Docosahexaenoic    (no trivial name) 22:6

\(^1\)For monounsaturated and polyunsaturated fatty acids, the trivial name reflects the most typical isomer, although all isomers, including \textit{cis} and \textit{trans}, are included in the data.
Appendix F. References


