

DATA TABLES:

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

Table Set 11



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DATA TABLES:

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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:

U.S. Department of Agriculture, Agricultural Research Service. August 1998. Data Tables: Food and Nutrient Intakes by Race, 1994-96. Online. ARS Food Surveys Research Group, available on the "Products" page at <<http://www.barc.usda.gov/bhnrc/foodsurvey/home.htm>> [accessed year, month, day].

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Fatty acids

Mean intakes per individual

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

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	----- Grams -----					<i>Milligrams</i>
White:								
Males and females:								
1-2.....	2.1	1,316	48.8	47.9	19.6	17.5	7.1	181
3-5.....	3.4	1,582	55.0	56.8	21.5	21.7	9.4	172
5 and under ‡	6.2	1,402	48.8	51.2	20.1	19.0	8.4	159
Males:								
6-11.....	3.4	2,061	71.0	75.0	27.8	28.9	12.7	223
12-19.....	4.3	2,815	99.1	103.9	37.3	40.6	18.3	314
20-39.....	12.2	2,752	103.1	102.8	35.6	39.7	19.6	336
40-59.....	9.5	2,388	92.8	91.3	30.3	35.4	18.5	321
60 and over.....	5.8	1,986	78.8	75.2	24.8	28.8	15.6	285
20 and over.....	27.5	2,464	94.4	93.0	31.5	35.9	18.4	320
Females:								
6-11.....	3.2	1,825	61.8	66.2	24.6	25.4	11.4	194
12-19.....	4.1	1,894	64.3	67.2	23.8	25.8	12.5	203
20-39.....	11.9	1,769	65.1	64.0	21.9	24.3	13.0	208
40-59.....	10.0	1,653	63.1	61.9	20.3	23.4	13.4	208
60 and over.....	7.7	1,446	58.8	52.5	17.1	19.9	11.4	198
20 and over.....	29.6	1,646	62.8	60.3	20.1	22.9	12.7	206
All individuals.....	78.1	2,017	75.2	74.7	25.8	28.6	14.6	248
Black:								
Males and females:								
1-2.....	0.5	1,356	51.0	51.6	20.0	19.2	8.3	195
3-5.....	0.8	1,604	57.4	61.1	22.8	23.6	10.1	206
5 and under ‡	1.5	1,431	50.9	55.4	21.2	20.8	9.3	185
Males:								
6-11.....	0.7	1,927	67.5	73.2	26.4	28.8	12.7	244
12-19.....	0.8	2,626	90.4	104.3	36.3	41.3	18.8	343
20-39.....	1.6	2,815	106.4	117.1	39.9	45.2	23.2	416
40-59.....	1.3	2,292	92.3	87.5	28.8	34.7	16.7	396
60 and over.....	0.7	1,686	72.0	65.7	21.4	25.9	12.9	335
20 and over.....	3.6	2,407	94.6	96.4	32.3	37.7	18.8	393
Females:								
6-11.....	0.8	1,812	63.0	69.4	24.2	27.4	12.6	224
12-19.....	0.9	1,953	69.2	78.3	27.3	30.4	14.7	257
20-39.....	2.2	1,791	65.7	68.7	22.8	27.2	13.3	240
40-59.....	1.3	1,602	66.7	63.3	20.4	24.3	13.6	269
60 and over.....	1.0	1,331	54.1	49.9	15.8	19.0	10.9	228
20 and over.....	4.5	1,632	63.3	62.9	20.5	24.5	12.9	246
All individuals.....	12.8	1,939	73.0	76.1	25.9	29.7	14.6	285

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

Continued

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

Race, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents		----- Milligrams -----
White:							
Males and females:							
1-2.....	177.7	8.8	736	261	4.5	93	1.11
3-5.....	219.2	10.8	807	287	5.4	93	1.33
5 and under ‡	191.8	9.3	781	271	5.9	94	1.21
Males:							
6-11.....	283.3	13.9	1,000	287	7.1	100	1.81
12-19.....	373.9	17.7	1,153	428	9.4	111	2.13
20-39.....	334.7	19.0	1,050	489	10.6	109	2.03
40-59.....	288.3	18.6	1,152	565	9.8	104	1.87
60 and over.....	245.8	18.6	1,282	639	9.4	103	1.72
20 and over.....	299.8	18.8	1,134	547	10.1	106	1.91
Females:							
6-11.....	252.8	12.2	840	296	6.5	89	1.48
12-19.....	264.1	13.1	837	350	7.1	94	1.42
20-39.....	229.7	13.7	887	473	7.2	82	1.36
40-59.....	210.3	14.4	928	515	7.6	90	1.35
60 and over.....	187.4	14.6	1,033	534	6.8	93	1.27
20 and over.....	212.2	14.2	939	503	7.2	88	1.33
All individuals.....	257.7	15.4	1,000	470	8.2	97	1.60
Black:							
Males and females:							
1-2.....	176.1	9.0	608	216	4.7	108	1.12
3-5.....	211.1	10.4	773	211	5.0	104	1.43
5 and under ‡	186.3	9.0	768	223	6.0	107	1.26
Males:							
6-11.....	255.2	12.0	807	282	6.3	107	1.61
12-19.....	337.7	14.6	742	268	8.7	125	1.97
20-39.....	324.4	15.8	963	338	10.7	119	1.98
40-59.....	274.3	16.8	1,333	538	8.4	125	1.74
60 and over.....	202.7	14.2	1,729	681	6.8	95	1.45
20 and over.....	282.7	15.8	1,246	478	9.1	116	1.79
Females:							
6-11.....	239.9	12.0	761	200	6.5	111	1.49
12-19.....	246.8	12.5	648	251	7.0	96	1.47
20-39.....	224.4	10.8	725	330	6.3	90	1.28
40-59.....	191.1	11.8	854	455	6.6	102	1.16
60 and over.....	170.4	11.8	1,182	684	5.9	105	1.14
20 and over.....	202.5	11.3	866	447	6.3	97	1.22
All individuals.....	240.0	12.7	927	379	7.3	107	1.49

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

Continued

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

Race, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----		----- Micrograms -----		----- Milligrams -----		
White:							
Males and females:							
1-2.....	1.72	12.5	1.26	173	3.20	879	980
3-5.....	1.80	16.0	1.44	214	3.34	840	1,041
5 and under ‡	1.72	14.2	1.28	189	3.13	833	959
Males:							
6-11.....	2.37	22.2	1.91	295	4.76	1,010	1,310
12-19.....	2.69	28.4	2.26	323	5.98	1,223	1,705
20-39.....	2.42	30.7	2.31	320	6.56	1,009	1,618
40-59.....	2.19	27.5	2.10	295	6.66	872	1,456
60 and over.....	2.08	23.9	2.04	292	5.93	796	1,285
20 and over.....	2.27	28.2	2.18	306	6.46	917	1,491
Females:							
6-11.....	1.96	17.9	1.50	233	3.74	903	1,156
12-19.....	1.76	18.8	1.52	237	3.75	798	1,118
20-39.....	1.66	19.2	1.51	229	3.82	711	1,089
40-59.....	1.60	19.1	1.53	229	4.38	652	1,032
60 and over.....	1.55	17.9	1.52	229	4.46	607	954
20 and over.....	1.61	18.9	1.52	229	4.18	664	1,034
All individuals.....	1.96	22.4	1.79	261	4.98	828	1,247
Black:							
Males and females:							
1-2.....	1.53	13.4	1.30	173	3.09	716	891
3-5.....	1.83	17.5	1.54	230	3.97	749	988
5 and under ‡	1.69	15.2	1.34	197	3.81	735	901
Males:							
6-11.....	1.89	19.9	1.62	247	3.47	807	1,132
12-19.....	2.12	25.5	1.96	272	4.96	896	1,379
20-39.....	2.25	29.0	2.19	260	† 11.82	791	1,514
40-59.....	1.95	24.6	1.97	274	7.67	662	1,300
60 and over.....	1.81	20.1	1.76	262	† 8.68	590	1,035
20 and over.....	2.06	25.7	2.03	266	9.68	705	1,344
Females:							
6-11.....	1.79	18.7	1.47	233	4.47	712	1,049
12-19.....	1.68	19.6	1.51	208	3.93	653	1,056
20-39.....	1.42	18.8	1.45	188	4.61	549	948
40-59.....	1.34	18.3	1.40	198	4.02	513	923
60 and over.....	1.38	15.7	1.37	208	4.87	494	795
20 and over.....	1.39	18.0	1.42	195	4.50	526	906
All individuals.....	1.73	20.6	1.64	226	5.80	661	1,090

† See "Statistical notes," appendix B.

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

Continued

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

Race, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
White:						
Males and females:						
1-2.....	187	10.5	7.2	0.7	1,940	1,973
3-5.....	203	12.3	8.5	.8	2,437	2,044
5 and under ‡	185	12.1	7.8	.7	2,029	1,903
Males:						
6-11.....	252	17.2	11.5	1.1	3,249	2,448
12-19.....	322	20.3	14.7	1.4	4,486	3,184
20-39.....	347	19.6	15.2	1.6	4,507	3,329
40-59.....	332	18.0	13.3	1.5	4,014	3,268
60 and over.....	305	17.2	12.0	1.3	3,401	3,024
20 and over.....	333	18.5	13.9	1.5	4,102	3,243
Females:						
6-11.....	222	13.9	9.5	.9	2,824	2,154
12-19.....	227	13.8	9.8	1.0	2,972	2,221
20-39.....	238	13.4	9.7	1.1	2,905	2,303
40-59.....	244	13.2	9.2	1.1	2,772	2,442
60 and over.....	232	12.6	8.5	1.0	2,487	2,371
20 and over.....	239	13.1	9.2	1.1	2,752	2,368
All individuals.....	271	15.6	11.2	1.2	3,300	2,671
Black:						
Males and females:						
1-2.....	178	11.6	8.1	.7	2,167	1,928
3-5.....	191	13.7	9.1	.8	2,643	1,938
5 and under ‡	175	13.4	8.5	.8	2,205	1,834
Males:						
6-11.....	217	14.7	9.9	.9	2,985	2,119
12-19.....	264	17.4	12.8	1.2	4,053	2,820
20-39.....	290	20.7	15.8	1.4	4,424	3,151
40-59.....	276	16.8	13.0	1.4	3,827	2,831
60 and over.....	230	14.2	10.4	1.2	2,835	2,328
20 and over.....	273	18.0	13.7	1.4	3,901	2,876
Females:						
6-11.....	203	13.4	9.5	.9	2,826	2,042
12-19.....	206	13.4	10.1	1.0	3,432	2,130
20-39.....	189	12.0	9.3	.9	2,950	2,008
40-59.....	210	10.7	8.2	1.0	2,530	2,098
60 and over.....	189	10.9	7.7	.9	2,250	1,918
20 and over.....	195	11.4	8.6	.9	2,670	2,014
All individuals.....	222	14.3	10.5	1.1	3,130	2,301

‡ 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

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
White:									
Males and females:									
1-2.....	2.1	101	305	184	76	233	159	215	138
3-5.....	3.4	98	264	174	82	216	161	183	147
5 and under ‡	6.2	100	265	182	110	233	172	206	149
Males:									
6-11.....	3.4	102	245	146	96	219	177	194	166
12-19.....	4.3	101	187	115	94	198	150	162	152
20-39.....	12.2	95	167	105	106	182	135	142	161
40-59.....	9.5	89	147	115	98	173	135	138	158
60 and over.....	5.8	86	125	128	94	172	144	148	159
20 and over.....	27.5	91	151	113	101	177	137	142	160
Females:									
6-11.....	3.2	91	212	126	91	194	148	163	136
12-19.....	4.1	86	143	105	89	169	129	135	126
20-39.....	11.9	79	131	109	88	133	121	125	126
40-59.....	10.0	79	126	116	95	150	127	127	135
60 and over.....	7.7	76	118	129	84	155	127	130	138
20 and over.....	29.6	79	126	117	89	145	125	127	132
All individuals.....	78.1	88	159	122	96	172	137	145	146
Black:									
Males and females:									
1-2.....	0.5	104	319	152	79	270	160	191	149
3-5.....	0.8	99	273	165	75	241	172	186	160
5 and under ‡	1.5	105	277	180	117	267	182	207	162
Males:									
6-11.....	0.7	92	220	111	84	234	153	151	145
12-19.....	0.8	94	170	74	87	223	138	126	135
20-39.....	1.6	97	172	96	107	198	132	133	153
40-59.....	1.3	86	147	133	84	208	127	124	143
60 and over.....	0.7	73	114	173	68	158	121	129	134
20 and over.....	3.6	89	151	125	91	194	128	129	146
Females:									
6-11.....	0.8	91	211	120	90	241	149	149	142
12-19.....	0.9	88	153	81	87	172	133	129	130
20-39.....	2.2	81	132	90	77	147	114	107	124
40-59.....	1.3	77	133	107	83	170	110	107	129
60 and over.....	1.0	70	108	148	74	174	114	115	121
20 and over.....	4.5	77	127	108	78	160	113	109	125
All individuals.....	12.8	87	166	118	89	196	133	133	138

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

Continued

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

Race, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
White:								
Males and females:								
1-2.....	126	347	458	110	122	234	105	72
3-5.....	135	331	380	105	130	196	123	85
5 and under ‡	132	342	420	110	127	208	126	86
Males:								
6-11.....	139	296	347	120	156	150	168	109
12-19.....	120	181	299	102	142	96	173	98
20-39.....	115	160	328	116	186	99	196	102
40-59.....	105	148	333	109	182	95	180	88
60 and over.....	102	146	297	99	161	87	172	80
20 and over.....	109	153	323	110	179	95	185	93
Females:								
6-11.....	112	232	270	107	136	130	131	92
12-19.....	103	142	188	66	93	78	92	81
20-39.....	92	122	189	80	122	84	87	79
40-59.....	95	127	219	81	129	87	104	76
60 and over.....	95	127	223	76	119	83	126	71
20 and over.....	94	125	208	79	124	85	103	76
All individuals.....	107	168	278	96	145	103	141	86
Black:								
Males and females:								
1-2.....	130	347	441	89	111	223	116	81
3-5.....	145	353	442	94	123	183	137	91
5 and under ‡	140	361	536	100	123	200	141	96
Males:								
6-11.....	114	234	238	91	128	120	139	89
12-19.....	104	151	248	75	115	77	148	85
20-39.....	110	130	† 591	92	177	83	207	106
40-59.....	99	137	384	83	163	79	168	86
60 and over.....	88	131	† 434	74	129	66	142	70
20 and over.....	101	133	484	85	163	78	180	92
Females:								
6-11.....	110	230	346	82	121	118	125	91
12-19.....	102	123	196	54	88	71	88	84
20-39.....	89	101	229	62	108	67	78	76
40-59.....	88	110	201	64	115	75	86	68
60 and over.....	86	116	244	62	99	67	109	65
20 and over.....	88	107	224	62	108	69	87	71
All individuals.....	103	163	342	76	126	94	129	84

† See "Statistical notes," appendix B.

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

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

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96

Race sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
White:										
Males and females:										
1-2.....	2.1	2.0	19.6	56.3	† 0.0	† 0.1	1.4	2.2	7.5	20.7
3-5.....	3.3	2.3	23.1	60.2	† 0.0	† .4	† 1.1	4.1	12.7	25.6
5 and under ‡	6.2	2.3	20.1	57.4	† .3	.7	3.5	3.0	9.7	21.5
Males:										
6-11.....	3.4	† 2.0	19.2	55.9	† 0.0	† .3	† 2.1	8.0	20.1	32.7
12-19.....	4.3	4.1	26.8	58.5	† .1	2.5	9.7	21.1	43.1	60.6
20-39.....	12.2	8.0	36.1	66.5	† .6	5.3	15.3	31.3	50.1	66.6
40-59.....	9.5	9.1	37.9	68.2	† .8	6.6	18.5	21.8	42.5	56.6
60 and over.....	5.8	8.5	37.3	72.3	2.6	10.4	29.6	19.2	35.4	50.3
20 and over.....	27.5	8.5	37.0	68.3	1.1	6.8	19.4	25.5	44.4	59.7
Females:										
6-11.....	3.2	3.4	29.6	72.1	† .7	† 2.2	4.5	10.9	26.6	45.3
12-19.....	4.0	10.4	43.8	75.7	† 1.8	11.0	22.5	28.5	51.6	66.7
20-39.....	11.9	12.6	50.5	81.7	2.0	10.4	27.5	27.2	47.7	62.0
40-59.....	10.1	12.6	49.5	82.2	2.9	13.0	29.8	23.5	43.1	57.6
60 and over.....	7.7	14.5	50.9	86.0	2.9	15.8	35.9	17.3	37.8	51.3
20 and over.....	29.6	13.1	50.2	83.0	2.5	12.7	30.5	23.4	43.6	57.8
All individuals.....	78.2	9.1	39.4	72.5	1.5	8.1	20.6	21.5	39.8	54.6
Black:										
Males and females:										
1-2.....	0.5	† 2.9	22.8	53.0	† 0.0	† 0.0	† 0.0	† 5.8	17.7	30.6
3-5.....	0.8	† 3.6	20.4	56.0	† 0.0	† .7	† 1.4	7.9	18.2	32.1
5 and under ‡	1.5	3.1	19.8	51.3	† 0.0	† 1.0	3.2	6.2	15.9	27.8
Males:										
6-11.....	0.7	† 4.0	27.1	67.8	† 0.0	† 0.0	† 3.2	13.8	37.5	65.1
12-19.....	0.8	† 10.8	35.2	65.3	† 2.3	† 6.4	† 12.8	35.7	60.1	78.4
20-39.....	1.6	16.9	38.5	62.8	† 2.1	11.5	20.9	35.9	57.9	72.8
40-59.....	1.3	10.5	44.9	70.7	† 2.3	11.2	19.6	40.7	52.8	73.5
60 and over.....	0.7	18.8	63.1	86.3	† 3.8	18.1	42.6	31.9	43.3	61.2
20 and over.....	3.6	15.0	45.4	70.0	† 2.5	12.6	24.5	36.9	53.3	70.9
Females:										
6-11.....	0.8	† 6.3	34.9	71.0	† 0.0	† .6	† 6.8	20.2	36.3	62.8
12-19.....	1.0	13.6	39.8	75.7	† .4	† 6.3	25.3	41.2	59.5	78.3
20-39.....	2.1	20.8	52.3	76.6	† 3.7	19.1	31.3	51.6	67.5	76.6
40-59.....	1.3	9.4	54.9	85.0	† 2.7	8.1	29.6	38.4	54.8	67.3
60 and over.....	1.0	24.3	60.8	92.3	9.1	21.7	45.3	31.6	52.0	62.8
20 and over.....	4.5	18.2	55.0	82.7	4.6	16.4	34.0	43.2	60.2	70.7
All individuals.....	12.8	13.3	43.1	72.3	2.5	10.3	22.5	33.5	50.4	66.0

† See "Statistical notes," appendix B.

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

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
White:										
Males and females:										
1-2.....	2.1	25.6	62.7	82.2	5.8	14.8	21.4	† 0.6	3.5	14.0
3-5.....	3.3	19.0	54.3	78.0	8.1	15.4	23.3	† .3	3.7	13.7
5 and under ‡	6.2	19.4	51.4	71.0	6.4	13.5	20.1	† .3	3.2	12.7
Males:										
6-11.....	3.4	12.9	39.2	66.8	6.3	16.1	23.3	† .7	† 2.4	8.2
12-19.....	4.3	15.2	41.9	63.5	14.1	24.4	34.6	† 1.1	7.8	23.9
20-39.....	12.2	15.7	38.5	62.2	17.9	30.7	43.3	3.9	14.6	35.1
40-59.....	9.5	16.6	40.2	60.1	16.0	29.3	41.7	4.0	13.8	29.2
60 and over.....	5.8	20.8	48.6	71.0	14.2	24.5	34.2	1.8	9.0	23.8
20 and over.....	27.5	17.1	41.2	63.3	16.5	28.9	40.8	3.5	13.1	30.7
Females:										
6-11.....	3.2	10.9	47.8	73.0	7.1	16.6	26.4	† .6	4.2	21.8
12-19.....	4.0	21.1	49.7	76.2	19.5	34.3	46.7	4.1	13.1	31.3
20-39.....	11.9	21.3	50.3	72.6	23.4	37.7	50.4	5.9	18.2	37.8
40-59.....	10.1	20.7	46.8	68.6	19.6	33.8	44.2	3.5	16.5	37.1
60 and over.....	7.7	24.1	50.5	76.5	15.8	27.3	38.6	3.5	13.3	33.5
20 and over.....	29.6	21.8	49.1	72.3	20.1	33.6	45.2	4.5	16.3	36.4
All individuals.....	78.2	18.7	45.7	68.5	16.3	28.5	39.5	3.3	12.4	29.8
Black:										
Males and females:										
1-2.....	0.5	26.1	54.2	76.1	† 4.1	8.3	12.9	† 1.5	† 4.0	12.0
3-5.....	0.8	20.0	57.5	76.0	† 3.0	7.9	12.3	† 1.0	† 1.9	9.1
5 and under ‡	1.5	19.4	49.2	67.7	3.0	7.0	11.0	† 1.0	† 2.3	9.6
Males:										
6-11.....	0.7	22.8	49.7	75.8	† 7.1	14.6	22.7	† 0.0	† 5.5	20.1
12-19.....	0.8	21.8	53.2	68.9	16.0	19.0	28.0	† 4.5	† 12.1	26.9
20-39.....	1.6	18.2	40.3	63.9	16.9	28.9	37.3	† 7.7	22.1	39.3
40-59.....	1.3	24.8	57.2	68.0	22.2	35.4	39.6	† 4.9	18.2	37.2
60 and over.....	0.7	34.1	71.3	84.2	14.1	26.6	37.4	† 4.4	14.0	34.1
20 and over.....	3.6	23.6	52.2	69.2	18.3	30.8	38.2	6.1	19.2	37.5
Females:										
6-11.....	0.8	11.9	43.8	77.0	† 7.5	12.1	23.3	† 0.0	† 6.9	12.0
12-19.....	1.0	20.6	50.8	78.4	15.3	23.9	31.1	† 6.6	21.6	35.3
20-39.....	2.1	27.3	60.8	76.0	18.3	32.0	43.9	7.6	24.8	48.6
40-59.....	1.3	22.3	47.1	78.7	22.8	35.0	43.0	† 2.8	19.9	47.6
60 and over.....	1.0	35.6	70.9	83.7	17.7	26.9	36.4	† 6.3	23.4	47.9
20 and over.....	4.5	27.7	59.0	78.5	19.5	31.8	41.9	5.9	23.0	48.1
All individuals.....	12.8	23.4	53.5	73.8	15.3	25.1	33.4	4.7	16.8	34.7

† See "Statistical notes," appendix B.

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

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
White:										
Males and females:										
1-2.....	2.1	† 0.2	1.4	4.3	2.0	13.2	29.8	3.3	15.6	35.2
3-5.....	3.3	† .4	2.3	9.2	† 1.2	7.9	21.1	2.6	11.8	29.1
5 and under ‡	6.2	† .3	1.9	6.7	1.4	9.3	22.4	2.5	12.3	31.0
Males:										
6-11.....	3.4	† .2	† 1.7	6.9	† .7	3.4	14.0	4.4	11.5	29.6
12-19.....	4.3	† 2.2	8.8	20.6	† 1.3	7.8	23.4	8.4	25.3	45.0
20-39.....	12.2	3.3	13.8	33.2	1.4	8.4	20.8	9.5	29.7	50.5
40-59.....	9.5	2.5	12.0	28.3	1.3	5.9	18.1	9.3	29.1	52.6
60 and over.....	5.8	1.4	7.4	21.3	1.6	6.5	15.6	10.2	29.9	56.1
20 and over.....	27.5	2.6	11.8	29.0	1.4	7.1	18.8	9.6	29.5	52.4
Females:										
6-11.....	3.2	† .3	3.8	15.2	† 1.3	10.1	28.7	4.7	21.9	47.6
12-19.....	4.0	5.9	15.5	34.7	4.8	15.9	39.5	12.9	35.4	60.7
20-39.....	11.9	4.5	16.3	37.3	3.1	16.7	34.3	14.7	39.6	64.1
40-59.....	10.1	3.8	17.8	36.6	2.2	12.7	29.8	13.8	38.8	64.0
60 and over.....	7.7	2.9	14.7	31.5	3.0	10.4	26.8	13.3	35.8	61.8
20 and over.....	29.6	3.9	16.4	35.5	2.8	13.7	30.8	14.0	38.3	63.5
All individuals.....	78.2	2.9	12.0	28.0	2.1	10.2	25.2	10.4	30.5	53.8
Black:										
Males and females:										
1-2.....	0.5	† 0.0	† 2.0	6.9	† 2.4	9.5	21.1	† 4.4	18.6	34.6
3-5.....	0.8	† 0.0	† 2.9	8.1	† .7	† 3.5	14.7	† .8	11.0	26.1
5 and under ‡	1.5	† 0.0	† 2.2	6.8	† 1.1	5.2	16.0	† 1.9	12.7	27.7
Males:										
6-11.....	0.7	† 0.0	† 2.3	18.0	† 0.0	† 8.4	19.0	† 3.7	20.0	46.9
12-19.....	0.8	† 5.6	17.6	33.9	† 4.6	† 8.5	28.6	† 7.3	33.9	57.9
20-39.....	1.6	† 8.4	26.4	41.1	† 3.0	10.6	24.4	12.6	30.6	47.8
40-59.....	1.3	8.0	21.4	42.1	† 2.0	14.6	29.0	16.2	37.1	58.1
60 and over.....	0.7	† 5.3	15.6	37.6	† 2.8	9.6	26.4	15.9	44.5	71.2
20 and over.....	3.6	7.7	22.6	40.8	† 2.6	11.9	26.4	14.5	35.5	55.9
Females:										
6-11.....	0.8	† 0.0	† 8.3	18.5	† 0.0	† 5.3	18.9	† 4.3	21.4	41.7
12-19.....	1.0	11.3	26.0	38.5	† 2.9	12.4	31.9	13.7	37.1	52.5
20-39.....	2.1	13.7	29.2	54.5	† 5.6	23.3	41.3	20.2	45.8	68.5
40-59.....	1.3	6.8	26.6	56.2	† 3.2	16.1	33.3	14.6	46.5	71.8
60 and over.....	1.0	11.8	28.1	50.5	9.1	27.7	46.3	24.1	48.6	73.3
20 and over.....	4.5	11.2	28.2	54.1	5.7	22.2	40.1	19.4	46.6	70.5
All individuals.....	12.8	7.3	20.2	38.3	3.4	13.9	29.7	13.0	35.1	56.2

† See "Statistical notes," appendix B.

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

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>----- Percent of individuals -----</i>								
White:										
Males and females:										
1-2.....	2.1	† 0.0	† 0.2	† 1.0	† 0.0	† 0.4	† 0.7	9.3	26.7	48.1
3-5.....	3.3	† .1	† .8	2.5	† .4	† .9	2.3	10.0	27.5	54.5
5 and under ‡	6.2	† .1	† .5	1.7	† .5	.9	1.7	8.9	25.2	49.3
Males:										
6-11.....	3.4	† .4	† 1.5	3.9	† 0.0	† .8	† 2.4	6.0	20.5	39.2
12-19.....	4.3	3.4	13.6	26.3	† .8	2.7	6.5	14.2	34.8	59.1
20-39.....	12.2	5.6	18.5	33.7	2.3	5.3	10.1	11.8	30.9	51.5
40-59.....	9.5	5.9	17.2	32.2	1.9	5.0	9.6	11.1	31.8	51.5
60 and over.....	5.8	5.4	16.5	32.4	3.1	6.9	13.1	12.4	34.6	56.1
20 and over.....	27.5	5.7	17.6	32.9	2.3	5.5	10.6	11.7	32.0	52.5
Females:										
6-11.....	3.2	† .4	2.7	10.0	† .9	† 1.6	6.1	8.5	28.2	52.8
12-19.....	4.0	9.4	22.9	40.3	7.4	13.5	26.0	40.5	68.3	84.9
20-39.....	11.9	11.2	29.9	45.7	7.0	16.2	28.4	24.3	52.8	75.5
40-59.....	10.1	9.3	26.2	45.3	7.5	17.4	29.1	25.0	51.1	74.5
60 and over.....	7.7	7.0	20.7	40.6	7.5	16.4	28.3	26.9	57.2	78.2
20 and over.....	29.6	9.5	26.3	44.3	7.3	16.7	28.6	25.2	53.4	75.9
All individuals.....	78.2	6.3	18.3	32.6	4.1	9.3	16.7	17.8	40.9	62.5
Black:										
Males and females:										
1-2.....	0.5	† 0.0	† 0.0	† 1.1	† .4	† .4	† 1.2	18.4	42.6	65.5
3-5.....	0.8	† 0.0	† 0.0	† .7	† 0.0	† 0.0	† 1.7	11.5	34.4	61.3
5 and under ‡	1.5	† 0.0	† 0.0	† .7	† .1	† .1	† 1.3	12.6	33.5	57.6
Males:										
6-11.....	0.7	† 0.0	† 1.6	† 10.0	† 0.0	† 0.0	† 2.0	† 8.4	34.9	68.6
12-19.....	0.8	† 8.3	18.5	31.7	† 1.6	† 6.2	† 12.2	29.2	52.8	77.7
20-39.....	1.6	9.6	26.2	37.2	† 7.5	11.8	15.2	30.2	52.5	65.8
40-59.....	1.3	10.7	22.0	42.7	† 4.6	12.6	18.9	20.9	58.1	77.5
60 and over.....	0.7	† 8.2	24.4	43.0	† 7.7	12.4	23.1	28.8	63.1	80.4
20 and over.....	3.6	9.7	24.4	40.3	6.5	12.2	18.0	26.6	56.5	72.8
Females:										
6-11.....	0.8	† .5	† 1.7	† 9.3	† 0.0	† .9	† 5.6	19.0	44.7	73.4
12-19.....	1.0	12.3	27.5	46.9	11.1	17.1	24.3	55.8	82.1	† 94.4
20-39.....	2.1	19.1	46.9	62.1	14.1	21.0	28.5	46.8	76.9	89.3
40-59.....	1.3	15.4	41.4	61.8	9.6	18.8	34.5	44.3	71.5	84.8
60 and over.....	1.0	19.6	42.2	58.8	15.5	31.9	40.4	51.0	72.8	86.2
20 and over.....	4.5	18.2	44.2	61.2	13.1	22.8	33.0	47.0	74.4	87.3
All individuals.....	12.8	10.6	25.8	39.5	7.4	13.2	19.8	33.1	60.0	77.9

† See "Statistical notes," appendix B.

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

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
White:										
Males and females:										
1-2.....	2.1	3.1	12.6	31.7	† 0.1	† 0.8	2.9	8.3	32.1	57.8
3-5.....	3.3	† 1.1	8.3	28.6	† .1	1.4	6.0	2.3	15.4	38.6
5 and under ‡	6.2	2.0	10.3	30.0	† .1	1.5	5.1	4.6	20.3	42.0
Males:										
6-11.....	3.4	† .5	3.4	15.4	† .7	7.2	20.4	† 1.2	4.2	17.0
12-19.....	4.3	† 1.8	7.1	24.3	12.8	38.6	64.9	† .8	6.2	16.9
20-39.....	12.2	† .7	4.8	13.5	10.5	36.3	63.1	† .3	3.6	11.3
40-59.....	9.5	† .9	2.8	9.5	8.6	33.7	61.2	† .5	4.4	14.1
60 and over.....	5.8	† .9	4.8	12.4	9.8	40.7	72.0	1.6	6.1	17.2
20 and over.....	27.5	.8	4.1	11.9	9.7	36.3	64.3	.7	4.4	13.5
Females:										
6-11.....	3.2	† 1.6	7.3	25.3	† 2.1	10.9	31.0	† 2.1	14.0	38.8
12-19.....	4.0	10.7	37.0	65.4	22.0	58.0	80.9	14.0	44.2	72.8
20-39.....	11.9	5.0	16.3	34.6	14.0	46.8	74.9	17.8	47.1	73.1
40-59.....	10.1	2.8	11.9	28.2	10.3	41.4	72.2	11.6	35.1	62.0
60 and over.....	7.7	3.4	15.6	35.3	13.7	43.2	76.3	4.4	17.8	39.6
20 and over.....	29.6	3.9	14.6	32.6	12.6	44.0	74.4	12.2	35.4	60.6
All individuals.....	78.2	2.6	10.5	25.3	10.1	35.4	61.1	6.1	19.9	38.0
Black:										
Males and females:										
1-2.....	0.5	† 2.1	19.4	47.3	† 0.0	† 0.0	† 2.6	† 6.7	23.8	44.6
3-5.....	0.8	† 1.2	11.7	24.6	† .3	† 2.6	7.3	† 1.4	11.7	28.7
5 and under ‡	1.5	† 1.4	13.5	31.3	† .2	† 1.8	5.4	2.9	15.2	32.4
Males:										
6-11.....	0.7	† .5	† 9.0	29.5	† 0.0	19.7	42.0	† 1.8	† 6.1	30.5
12-19.....	0.8	† 6.6	16.0	38.6	26.0	52.6	76.0	† 4.5	† 8.1	18.8
20-39.....	1.6	† 4.6	† 9.1	25.9	18.5	49.4	73.0	† 2.5	10.2	20.2
40-59.....	1.3	† 2.3	† 6.9	15.6	18.1	51.2	79.3	† 1.9	8.3	19.6
60 and over.....	0.7	† 1.6	14.9	30.7	31.1	76.7	89.6	† 1.6	13.7	25.5
20 and over.....	3.6	3.2	9.4	23.1	20.7	55.2	78.4	† 2.1	10.2	21.0
Females:										
6-11.....	0.8	† .6	12.6	38.1	† 4.0	18.3	39.6	† 3.7	11.1	36.9
12-19.....	1.0	18.9	46.0	72.5	28.3	70.6	89.4	18.4	44.0	74.9
20-39.....	2.1	12.8	29.6	50.1	29.5	71.6	88.8	24.5	60.0	78.2
40-59.....	1.3	† 4.1	18.6	43.5	23.1	59.6	80.8	14.4	46.7	73.3
60 and over.....	1.0	9.4	30.8	52.9	34.9	65.6	86.9	11.0	35.3	53.5
20 and over.....	4.5	9.5	26.6	48.8	28.8	66.7	86.0	18.5	50.4	71.2
All individuals.....	12.8	6.3	19.4	39.1	19.9	49.9	68.9	9.5	27.2	45.4

† See "Statistical notes," appendix B.

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

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 1994-96--continued

Race sex and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
White:				
Males and females:				
1-2.....	2.1	22.7	63.8	86.3
3-5.....	3.3	12.3	47.7	76.3
5 and under ‡	6.2	14.8	48.7	74.3
Males:				
6-11.....	3.4	5.0	24.6	51.4
12-19.....	4.3	10.9	36.8	62.9
20-39.....	12.2	12.9	36.0	61.7
40-59.....	9.5	13.6	41.0	68.2
60 and over.....	5.8	21.8	54.6	79.3
20 and over.....	27.5	15.0	41.7	67.7
Females:				
6-11.....	3.2	10.8	42.7	70.1
12-19.....	4.0	21.3	52.5	78.3
20-39.....	11.9	21.4	55.0	80.2
40-59.....	10.1	22.4	58.7	82.2
60 and over.....	7.7	27.8	63.4	86.8
20 and over.....	29.6	23.4	58.4	82.6
All individuals.....	78.2	17.7	48.2	73.5
Black:				
Males and females:				
1-2.....	0.5	17.2	54.4	77.5
3-5.....	0.8	11.0	38.6	65.8
5 and under ‡	1.5	11.6	39.6	63.4
Males:				
6-11.....	0.7	13.0	40.3	68.3
12-19.....	0.8	† 13.7	47.7	71.4
20-39.....	1.6	17.7	42.5	58.8
40-59.....	1.3	17.8	51.6	75.7
60 and over.....	0.7	34.7	66.3	86.5
20 and over.....	3.6	21.0	50.2	70.1
Females:				
6-11.....	0.8	12.1	35.2	66.0
12-19.....	1.0	25.6	42.5	70.2
20-39.....	2.1	26.4	59.5	77.7
40-59.....	1.3	29.2	67.7	86.7
60 and over.....	1.0	39.2	75.6	88.9
20 and over.....	4.5	30.1	65.6	82.9
All individuals.....	12.8	22.0	52.1	73.5

† See "Statistical notes," appendix B.

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

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

Table 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

Race sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	43.7	6.3	† 0.7	98.6	94.0	84.5	79.3	51.6	31.5
3-5.....	3.3	39.8	4.9	† 4	† 98.9	91.7	69.6	74.4	45.7	25.5
5 and under ‡	6.2	42.6	5.6	† 5	96.5	86.7	68.8	78.5	50.3	29.0
Males:										
6-11.....	3.4	44.1	5.2	† 1.0	† 97.9	86.7	66.8	67.3	39.0	19.4
12-19.....	4.3	41.5	8.8	† 1.5	90.3	66.3	36.5	39.4	21.7	10.5
20-39.....	12.2	33.5	5.8	† 8	84.7	53.5	22.6	33.4	17.3	10.5
40-59.....	9.5	31.8	3.5	† 7	81.5	41.6	16.5	43.4	23.2	12.6
60 and over.....	5.8	27.7	2.7	† 1	70.4	23.6	5.1	49.7	26.4	15.5
20 and over.....	27.5	31.7	4.3	.6	80.6	43.0	16.8	40.3	21.3	12.3
Females:										
6-11.....	3.2	27.9	† 1.9	† 0.0	95.5	76.4	45.2	54.7	27.5	17.0
12-19.....	4.0	24.3	† 2.5	† .2	77.5	35.8	11.6	33.3	18.3	9.5
20-39.....	11.9	18.3	1.5	† 0.0	72.5	25.4	7.5	38.0	19.4	10.8
40-59.....	10.1	17.8	1.3	† 0.0	70.2	24.2	5.3	42.4	25.0	14.4
60 and over.....	7.7	14.0	† .2	† 0.0	64.1	18.9	3.5	48.7	25.9	15.3
20 and over.....	29.6	17.0	1.1	† 0.0	69.5	23.3	5.7	42.2	23.0	13.2
All individuals.....	78.2	27.5	3.3	.4	79.4	43.2	20.9	45.4	25.1	14.2
Black:										
Males and females:										
1-2.....	0.5	47.0	11.7	† 1.6	† 100.0	† 96.6	81.7	69.4	41.9	21.4
3-5.....	0.8	44.0	† 5.6	† .5	† 98.6	93.2	81.3	67.9	43.6	23.2
5 and under ‡	1.5	48.7	11.2	† 2.1	96.8	90.6	75.6	72.2	47.4	27.4
Males:										
6-11.....	0.7	32.2	† 2.4	† 0.0	† 96.8	79.0	57.3	34.9	14.6	† 9.9
12-19.....	0.8	34.7	† 6.4	† 1.8	† 87.2	56.0	30.4	21.6	† 9.8	† 4.0
20-39.....	1.6	37.2	12.7	11.5	79.1	52.5	35.8	27.2	17.6	12.7
40-59.....	1.3	29.3	† 4.1	† 4	80.4	42.3	13.7	26.5	17.0	9.8
60 and over.....	0.7	13.7	† .9	† .9	57.4	18.9	† 3.3	38.8	22.3	12.6
20 and over.....	3.6	30.0	7.4	5.5	75.5	42.5	21.8	29.1	18.3	11.7
Females:										
6-11.....	0.8	29.0	† 0.0	† 0.0	† 93.2	79.5	53.1	37.2	17.1	11.4
12-19.....	1.0	24.3	† 3.8	† 1.3	74.7	47.3	16.7	21.7	† 8.2	† 3.5
20-39.....	2.1	23.4	† 3.8	† 2	68.7	31.5	14.6	23.4	12.6	7.3
40-59.....	1.3	15.0	† 2.9	† 0.0	70.4	28.1	8.9	32.7	16.6	10.2
60 and over.....	1.0	7.7	† .8	† .3	54.7	14.7	† 2.3	37.2	23.2	13.2
20 and over.....	4.5	17.3	2.9	† 2	66.0	26.7	10.1	29.3	16.2	9.5
All individuals.....	12.8	27.7	5.2	2.1	77.5	48.0	27.9	34.0	19.4	11.5

† 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

Race sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	17.8	6.0	2.1	78.6	62.6	46.6	86.0	46.4	20.5
3-5.....	3.3	22.0	6.2	1.6	76.7	58.2	41.2	86.3	49.1	17.4
5 and under ‡	6.2	29.0	16.2	11.5	79.9	64.0	47.3	87.3	51.7	24.1
Males:										
6-11.....	3.4	33.2	9.1	2.7	76.7	60.1	41.6	91.8	58.0	25.5
12-19.....	4.3	36.5	9.8	3.4	65.4	51.5	37.4	76.1	41.4	14.4
20-39.....	12.2	37.8	13.7	5.0	56.7	38.9	29.2	64.9	29.3	11.4
40-59.....	9.5	39.9	14.0	4.4	58.3	42.6	28.5	70.8	32.8	11.6
60 and over.....	5.8	29.0	8.4	4.0	65.8	47.0	33.2	76.2	38.6	15.6
20 and over.....	27.5	36.7	12.7	4.6	59.2	41.9	29.8	69.3	32.5	12.4
Females:										
6-11.....	3.2	27.0	5.5	† 1.6	73.6	51.2	36.4	78.2	37.5	14.0
12-19.....	4.0	23.8	5.2	† 2.4	53.3	36.9	26.5	68.7	24.7	7.6
20-39.....	11.9	27.4	9.2	4.2	49.6	32.2	19.5	62.2	22.9	6.8
40-59.....	10.1	31.4	9.2	3.3	55.8	36.3	23.1	62.9	25.5	8.3
60 and over.....	7.7	23.5	6.8	3.1	61.4	42.2	26.5	66.5	24.4	7.8
20 and over.....	29.6	27.7	8.6	3.6	54.8	36.2	22.5	63.6	24.2	7.6
All individuals.....	78.2	31.5	10.4	4.4	60.5	42.9	29.5	70.2	32.3	12.0
Black:										
Males and females:										
1-2.....	0.5	23.9	6.9	† 2.5	87.1	69.7	54.0	88.0	48.7	20.6
3-5.....	0.8	24.0	† 5.0	† 0.0	87.7	67.3	45.7	90.9	56.8	21.4
5 and under ‡	1.5	32.3	16.2	11.4	89.0	70.5	52.8	90.4	58.1	28.0
Males:										
6-11.....	0.7	24.2	† 4.4	† .8	77.3	56.3	44.7	79.9	42.9	14.5
12-19.....	0.8	31.1	† 8.9	† 2.1	72.0	50.0	35.0	73.1	28.6	† 14.2
20-39.....	1.6	36.1	17.7	12.2	62.7	48.5	39.2	60.7	32.7	15.7
40-59.....	1.3	32.0	8.2	† 3.6	60.4	52.0	40.0	62.8	31.9	8.6
60 and over.....	0.7	15.8	† 3.1	† 1.1	62.6	42.5	26.9	65.9	17.8	† 7.9
20 and over.....	3.6	30.8	11.5	7.0	61.8	48.6	37.2	62.5	29.6	11.7
Females:										
6-11.....	0.8	23.0	† 2.8	† .4	76.7	64.2	54.9	88.0	45.4	12.1
12-19.....	1.0	21.6	† 4.1	† 1.3	68.9	47.5	34.1	64.7	27.9	10.7
20-39.....	2.1	24.0	7.3	† 1.2	56.1	39.2	26.0	51.4	19.1	8.9
40-59.....	1.3	21.3	† 5.6	† 2.7	57.0	42.8	27.1	52.4	18.1	6.3
60 and over.....	1.0	16.3	† 3.8	† 2.1	63.6	46.3	28.8	52.1	20.3	† 5.1
20 and over.....	4.5	21.5	6.0	† 1.8	58.1	41.9	26.9	51.9	19.1	7.3
All individuals.....	12.8	26.2	8.5	4.2	66.6	50.2	36.5	65.3	30.7	12.3

† See "Statistical notes," appendix B.

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

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	95.7	78.7	51.6	70.2	37.1	14.3	64.8	24.9	7.4
3-5.....	3.3	90.8	61.7	31.3	78.9	40.9	13.8	70.9	30.5	9.2
5 and under ‡	6.2	93.3	70.7	43.9	77.6	42.3	16.6	69.0	28.9	8.9
Males:										
6-11.....	3.4	93.1	68.4	36.4	86.0	52.3	19.8	70.4	32.0	10.9
12-19.....	4.3	79.4	45.9	24.1	76.6	42.6	18.5	55.0	20.3	6.9
20-39.....	12.2	66.8	33.0	13.3	79.2	44.1	19.9	49.5	17.7	6.0
40-59.....	9.5	71.7	35.5	12.5	81.9	48.6	21.0	47.4	15.4	4.2
60 and over.....	5.8	78.7	41.8	17.5	84.4	48.8	23.4	43.9	13.0	3.5
20 and over.....	27.5	71.0	35.7	13.9	81.2	46.7	21.0	47.6	15.9	4.8
Females:										
6-11.....	3.2	84.8	52.1	20.3	71.3	29.6	11.0	52.4	19.3	5.7
12-19.....	4.0	65.3	29.9	12.4	60.5	23.1	6.7	39.3	12.5	3.3
20-39.....	11.9	62.7	24.7	7.0	65.7	26.1	8.9	35.9	8.0	2.1
40-59.....	10.1	63.4	23.5	7.4	70.2	30.9	10.6	36.0	8.8	2.6
60 and over.....	7.7	68.5	28.2	9.1	73.2	34.1	9.7	38.2	9.1	2.0
20 and over.....	29.6	64.5	25.2	7.7	69.2	29.8	9.7	36.5	8.6	2.3
All individuals.....	78.2	72.0	36.9	15.7	74.8	38.1	15.0	46.2	15.0	4.5
Black:										
Males and females:										
1-2.....	0.5	93.1	66.9	37.8	78.9	40.6	18.4	65.4	28.5	8.3
3-5.....	0.8	91.9	60.6	25.7	85.3	51.1	20.5	73.9	33.4	12.6
5 and under ‡	1.5	93.2	66.6	37.3	84.0	50.0	24.5	72.3	33.7	13.4
Males:										
6-11.....	0.7	82.0	46.2	15.8	81.0	39.7	12.4	53.1	14.6	† 5.2
12-19.....	0.8	66.1	29.7	† 8.7	71.4	34.8	† 13.9	42.1	† 12.9	† 6.3
20-39.....	1.6	58.9	33.8	16.3	75.6	45.1	26.2	52.2	27.3	12.6
40-59.....	1.3	57.9	21.0	† 6.6	71.0	41.6	16.8	41.9	12.4	† 3.1
60 and over.....	0.7	62.4	16.9	12.2	73.6	24.6	9.2	28.8	† 7.7	† 3.8
20 and over.....	3.6	59.2	26.0	12.1	73.6	40.0	19.6	44.1	18.3	7.5
Females:										
6-11.....	0.8	81.5	41.2	13.9	81.1	39.2	† 4.2	58.3	16.2	† 1.2
12-19.....	1.0	61.5	30.6	10.2	68.1	29.0	† 8.9	47.5	13.1	† 4.1
20-39.....	2.1	45.5	15.6	6.4	58.7	26.2	11.5	31.5	7.1	† 2.5
40-59.....	1.3	43.8	13.0	† 4.5	66.7	24.9	8.4	28.2	† 6.0	† 2.4
60 and over.....	1.0	49.5	18.3	† 4.8	53.7	28.0	9.7	26.7	† 6.3	† 1.1
20 and over.....	4.5	45.9	15.4	5.5	59.9	26.2	10.2	29.5	6.6	† 2.1
All individuals.....	12.8	61.7	29.7	12.7	70.3	35.1	14.4	43.8	15.0	5.5

† 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

Race sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	† 99.0	92.8	82.0	† 99.3	97.2	92.8	51.9	17.9	4.3
3-5.....	3.3	97.5	89.5	75.8	97.7	92.8	83.8	45.5	12.3	2.9
5 and under ‡	6.2	98.3	91.5	79.8	98.3	95.0	88.3	50.7	16.2	4.4
Males:										
6-11.....	3.4	96.1	81.4	67.3	† 97.6	89.3	75.7	60.8	25.3	5.9
12-19.....	4.3	73.7	48.6	29.2	93.5	79.7	64.1	40.9	15.0	5.5
20-39.....	12.2	66.3	37.4	22.3	89.9	75.9	62.7	48.5	20.9	8.8
40-59.....	9.5	67.8	38.7	19.6	90.4	74.1	58.6	48.5	18.2	6.8
60 and over.....	5.8	67.6	37.6	18.2	86.9	70.9	53.9	43.9	13.5	2.8
20 and over.....	27.5	67.1	37.9	20.5	89.4	74.2	59.4	47.5	18.4	6.8
Females:										
6-11.....	3.2	90.0	69.7	49.9	93.9	81.8	62.0	47.2	15.0	† 2.4
12-19.....	4.0	59.7	31.4	13.7	74.0	50.7	32.1	15.1	† 1.1	† 2
20-39.....	11.9	54.3	24.6	11.3	71.6	49.4	31.4	24.5	5.3	† 1.1
40-59.....	10.1	54.7	26.3	10.7	70.9	48.2	29.7	25.5	5.1	1.3
60 and over.....	7.7	59.4	27.3	12.4	71.7	48.3	29.3	21.8	3.8	† 7
20 and over.....	29.6	55.7	25.8	11.4	71.4	48.7	30.2	24.1	4.9	1.1
All individuals.....	78.2	67.4	41.0	25.1	83.3	66.3	50.3	37.5	12.2	3.8
Black:										
Males and females:										
1-2.....	0.5	† 98.9	89.3	75.3	† 98.8	† 96.2	91.2	34.5	9.7	† 2.0
3-5.....	0.8	† 99.3	91.1	81.7	† 98.3	† 94.8	86.2	38.7	6.5	† 8
5 and under ‡	1.5	† 99.3	91.7	81.5	† 98.7	96.0	89.7	42.4	13.3	4.4
Males:										
6-11.....	0.7	† 90.0	63.2	48.2	† 98.0	85.0	54.3	31.4	† 8.6	† 7
12-19.....	0.8	68.3	32.0	21.1	† 87.8	74.7	64.3	22.3	† 6.3	† 1.8
20-39.....	1.6	62.8	30.3	23.9	84.8	72.0	56.2	34.2	18.5	10.2
40-59.....	1.3	57.3	30.5	15.5	81.1	68.8	48.3	22.5	† 6.7	† 3.7
60 and over.....	0.7	57.0	32.3	17.3	76.9	56.8	37.6	19.6	† 7.6	† 0.0
20 and over.....	3.6	59.7	30.8	19.6	82.0	68.0	49.8	27.2	12.2	6.0
Females:										
6-11.....	0.8	† 90.7	74.4	52.1	† 94.4	79.7	56.5	26.6	† 3.6	† 0.0
12-19.....	1.0	53.1	28.4	13.1	75.7	57.4	39.8	† 5.6	† 6	† 6
20-39.....	2.1	37.9	16.6	8.8	71.5	49.7	29.5	10.7	† 4.1	† 1.7
40-59.....	1.3	38.2	20.5	9.4	65.5	43.7	27.9	15.2	† 4.2	† 6
60 and over.....	1.0	41.2	24.6	8.9	59.6	38.9	23.6	13.8	† 2.3	† 3
20 and over.....	4.5	38.8	19.6	9.0	67.0	45.5	27.7	12.7	3.7	† 1.1
All individuals.....	12.8	60.5	38.2	26.2	80.2	64.6	47.5	22.1	7.4	2.8

† See "Statistical notes," appendix B.

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

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	68.3	19.7	4.7	97.1	86.4	62.2	42.2	15.9	5.0
3-5.....	3.3	71.4	23.1	5.3	94.0	68.3	37.3	61.4	21.3	6.9
5 and under ‡	6.2	70.0	22.5	5.5	94.9	73.7	45.9	58.0	25.0	9.9
Males:										
6-11.....	3.4	84.6	49.3	15.5	79.6	43.3	16.2	83.0	41.7	19.6
12-19.....	4.3	75.7	33.6	14.2	35.1	8.0	† 1.9	83.1	46.3	23.5
20-39.....	12.2	86.5	60.7	33.7	36.9	9.4	2.0	88.7	58.9	32.9
40-59.....	9.5	90.5	64.4	34.4	38.8	6.7	† 8	85.9	57.1	31.9
60 and over.....	5.8	87.6	52.6	23.2	28.0	4.1	† 4	82.8	51.7	26.0
20 and over.....	27.5	88.1	60.2	31.7	35.7	7.3	1.2	86.5	56.7	31.1
Females:										
6-11.....	3.2	74.7	29.9	10.1	69.0	25.0	8.6	61.2	24.7	10.7
12-19.....	4.0	34.6	6.3	† 2	19.1	† 1.7	† 3	27.2	6.1	† 2.2
20-39.....	11.9	65.4	21.5	5.6	25.1	3.0	† 5	26.9	9.2	2.7
40-59.....	10.1	71.8	24.7	6.2	27.8	3.1	† 2	38.0	14.2	5.0
60 and over.....	7.7	64.7	21.4	4.3	23.7	2.8	† 5	60.4	26.0	8.8
20 and over.....	29.6	67.4	22.6	5.5	25.6	3.0	.4	39.4	15.2	5.1
All individuals.....	78.2	74.7	37.0	15.5	38.9	13.0	5.4	62.0	33.4	16.3
Black:										
Males and females:										
1-2.....	0.5	52.7	16.8	† 2.4	† 97.4	77.8	53.3	55.4	26.6	9.2
3-5.....	0.8	75.4	22.2	† 4.3	92.7	61.5	39.1	71.3	27.2	10.0
5 and under ‡	1.5	68.7	24.3	6.1	94.6	68.4	46.8	67.6	32.3	15.8
Males:										
6-11.....	0.7	70.5	27.4	† 6.9	58.0	18.0	† 5.3	69.5	29.9	† 10.1
12-19.....	0.8	61.4	24.0	† 6.2	24.0	† 8	† 8	81.2	36.5	19.8
20-39.....	1.6	74.1	48.8	28.5	27.0	12.4	† 1.2	79.8	53.0	34.9
40-59.....	1.3	84.4	52.6	22.8	20.7	† 4.1	† 1.2	80.4	46.3	25.3
60 and over.....	0.7	69.3	24.9	10.6	10.4	† 1.8	† 0.0	74.5	39.7	18.4
20 and over.....	3.6	76.9	45.6	23.1	21.6	7.4	† 1.0	79.0	48.1	28.4
Females:										
6-11.....	0.8	61.9	14.5	† 3.1	60.4	21.0	† 1.1	63.1	24.4	† 3.8
12-19.....	1.0	27.5	† 5.3	† 1.3	10.6	† 3.2	† .9	25.1	† 7.8	† 2.4
20-39.....	2.1	49.9	14.3	6.6	11.2	† 2.2	† 0.0	21.8	6.9	† 2.0
40-59.....	1.3	56.5	17.4	† 6.0	19.2	† 2.9	† 0.0	26.7	6.9	† 2.0
60 and over.....	1.0	47.1	11.7	† 1.1	13.1	† 8	† 0.0	46.5	14.4	† 6.9
20 and over.....	4.5	51.2	14.6	5.2	14.0	† 2.1	† 0.0	28.8	8.6	3.1
All individuals.....	12.8	60.9	25.0	10.0	31.1	13.4	6.3	54.6	26.2	13.1

† See "Statistical notes," appendix B.

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

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 1994-96--continued

Race sex and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
White:				
Males and females:				
1-2.....	2.1	13.7	1.6	† 0.1
3-5.....	3.3	23.7	3.3	† .9
5 and under ‡	6.2	25.7	5.1	.9
Males:				
6-11.....	3.4	48.6	14.0	4.1
12-19.....	4.3	37.1	10.4	4.0
20-39.....	12.2	38.3	10.7	3.8
40-59.....	9.5	31.8	6.3	1.3
60 and over.....	5.8	20.7	4.1	1.6
20 and over.....	27.5	32.3	7.8	2.5
Females:				
6-11.....	3.2	29.9	7.8	† 1.8
12-19.....	4.0	21.7	3.7	† .4
20-39.....	11.9	19.8	3.4	1.3
40-59.....	10.1	17.8	3.4	1.2
60 and over.....	7.7	13.2	2.0	† .6
20 and over.....	29.6	17.4	3.1	1.1
All individuals.....	78.2	26.5	6.0	1.8
Black:				
Males and females:				
1-2.....	0.5	22.5	7.6	† 3.4
3-5.....	0.8	34.2	8.7	† 1.2
5 and under ‡	1.5	36.6	13.7	5.8
Males:				
6-11.....	0.7	31.7	† 9.7	† 2.3
12-19.....	0.8	28.6	† 6.9	† 1.7
20-39.....	1.6	41.2	16.2	13.1
40-59.....	1.3	24.3	9.3	† 2.2
60 and over.....	0.7	13.5	† 1.8	† .9
20 and over.....	3.6	29.9	11.0	6.9
Females:				
6-11.....	0.8	34.0	† 6.3	† 0.0
12-19.....	1.0	29.8	† 5.5	† .9
20-39.....	2.1	22.3	† 6.2	† 1.9
40-59.....	1.3	13.3	† 2.5	† .7
60 and over.....	1.0	11.1	† 3.6	† 1.1
20 and over.....	4.5	17.1	4.5	† 1.4
All individuals.....	12.8	26.5	8.0	3.4

† See "Statistical notes," appendix B.

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

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

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

Race, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>----- Percent of kilocalories -----</i>						
White:								
Males and females:								
1-2.....	2.1	14.9	32.2	13.3	11.7	4.8	54.4	*
3-5.....	3.4	14.0	32.0	12.1	12.2	5.2	55.7	*
5 and under ‡	6.2	13.8	32.9	13.0	12.0	5.5	54.8	*
Males:								
6-11.....	3.37	13.9	32.3	12.0	12.5	5.4	55.3	†*
12-19.....	4.27	14.4	32.9	11.8	12.8	5.8	53.4	†.6
20-39.....	12.2	15.4	33.2	11.5	12.8	6.3	49.3	3.2
40-59.....	9.5	16.0	33.7	11.1	13.0	6.9	48.8	2.8
60 and over.....	5.8	16.3	33.4	11.1	12.8	6.8	50.0	2.0
20 and over.....	27.5	15.8	33.4	11.2	12.9	6.6	49.3	2.8
Females:								
6-11.....	3.2	13.8	32.5	12.1	12.4	5.6	55.4	*
12-19.....	4.1	13.9	31.6	11.2	12.1	5.9	55.8	†.1
20-39.....	11.9	15.2	32.1	11.0	12.1	6.5	52.3	1.9
40-59.....	10.1	15.8	32.9	10.8	12.3	7.2	51.3	1.6
60 and over.....	7.7	16.7	31.9	10.4	12.1	6.8	52.4	1.0
20 and over.....	29.6	15.8	32.3	10.8	12.2	6.8	52.0	1.6
All individuals.....	78.2	15.3	32.7	11.3	12.5	6.4	51.8	1.6
Black:								
Males and females:								
1-2.....	0.8	15.1	33.5	13.2	12.4	5.4	52.6	†*
3-5.....	1.5	14.4	33.9	12.7	13.1	5.6	52.9	†*
5 and under ‡	0.7	14.1	34.7	13.5	12.9	5.9	52.3	*
Males:								
6-11.....	0.8	14.2	33.5	12.1	13.2	5.8	53.4	†*
12-19.....	1.6	14.1	35.6	12.4	14.1	6.3	51.3	†*
20-39.....	1.3	16.0	35.6	11.7	13.9	7.3	47.0	2.1
40-59.....	0.7	16.2	33.1	10.8	13.0	6.4	49.5	†2.2
60 and over.....	3.6	17.4	34.4	11.2	13.5	6.7	48.7	†.6
20 and over.....	0.8	16.3	34.4	11.3	13.5	6.8	48.2	1.9
Females:								
6-11.....	0.9	13.8	33.7	11.7	13.4	6.1	53.8	*
12-19.....	2.2	14.5	35.7	12.4	13.9	6.7	50.7	†.3
20-39.....	1.3	14.9	33.9	11.1	13.3	6.8	51.1	†1.1
40-59.....	1.0	16.8	34.5	11.2	13.2	7.4	48.8	†1.0
60 and over.....	4.5	16.6	33.6	10.7	12.9	7.2	51.0	†.2
20 and over.....	12.8	15.8	34.0	11.1	13.2	7.0	50.4	.9
All individuals.....	0.0	15.3	34.4	11.7	13.4	6.7	50.5	.9

* 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

Race, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>-----Percent of individuals-----</i>		
White:				
Males and females:				
1-2.....	2.1	35.7	18.9	86.9
3-5.....	3.3	34.8	25.0	89.3
5 and under ‡	6.2	32.3	20.4	89.6
Males:				
6-11.....	3.4	31.9	27.0	83.2
12-19.....	4.3	30.4	26.6	58.0
20-39.....	12.2	27.8	30.4	55.5
40-59.....	9.5	26.5	31.7	55.5
60 and over.....	5.8	33.4	40.7	63.3
20 and over.....	27.5	28.5	33.0	57.1
Females:				
6-11.....	3.2	36.2	24.0	87.0
12-19.....	4.0	39.4	36.5	83.8
20-39.....	11.9	38.2	39.8	82.6
40-59.....	10.1	33.8	41.6	79.5
60 and over.....	7.7	40.5	46.5	82.9
20 and over.....	29.6	37.3	42.2	81.6
All individuals.....	78.2	33.3	34.7	72.7
Black:				
Males and females:				
1-2.....	0.5	29.0	17.9	82.1
3-5.....	0.8	22.9	15.8	85.5
5 and under ‡	1.5	22.6	14.6	85.1
Males:				
6-11.....	0.7	23.3	15.2	74.0
12-19.....	0.8	15.5	20.9	50.4
20-39.....	1.6	25.7	26.7	45.3
40-59.....	1.3	25.7	33.8	41.9
60 and over.....	0.7	27.9	41.2	53.2
20 and over.....	3.6	26.1	32.0	45.6
Females:				
6-11.....	0.8	23.0	19.3	82.2
12-19.....	1.0	13.4	16.4	71.3
20-39.....	2.1	30.1	36.4	70.5
40-59.....	1.3	23.1	36.0	65.7
60 and over.....	1.0	34.1	44.1	77.3
20 and over.....	4.5	28.9	38.0	70.6
All individuals.....	12.8	24.7	28.5	65.0

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

Race sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	<i>Percent</i>			<i>----- Grams -----</i>							
White:											
Males and females:											
1-2.....	2.1	202	22	51	14	7	13	11	20	8	89
3-5.....	3.4	244	37	55	20	7	11	14	31	11	97
5 and under ‡	6.2	207	28	51	16	6	11	11	24	9	85
Males:											
6-11.....	3.4	304	48	76	35	8	21	18	42	17	102
12-19.....	4.3	385	57	65	31	9	18	26	51	23	163
20-39.....	12.2	394	66	75	17	22	28	19	43	19	172
40-59.....	9.5	336	67	79	16	18	30	26	49	15	99
60 and over.....	5.8	296	63	81	20	10	16	21	49	10	71
20 and over.....	27.5	353	66	78	17	18	26	22	46	16	125
Females:											
6-11.....	3.2	266	45	56	20	7	18	19	42	15	89
12-19.....	4.1	293	41	57	17	10	22	15	41	18	122
20-39.....	11.9	264	44	55	14	14	19	14	34	13	104
40-59.....	10.0	252	50	54	13	13	15	17	38	12	81
60 and over.....	7.7	223	49	59	15	7	12	14	39	7	55
20 and over.....	29.6	249	48	56	14	12	16	15	36	11	83
All individuals.....	78.1	295	53	64	17	13	20	18	40	14	106
Black:											
Males and females:											
1-2.....	0.5	229	23	80	13	16	†8	10	15	6	96
3-5.....	0.8	260	35	88	28	21	†7	19	18	10	90
5 and under ‡	1.5	223	27	78	19	17	†7	13	15	7	83
Males:											
6-11.....	0.7	316	36	102	24	†31	†9	18	44	10	106
12-19.....	0.8	405	59	99	14	†35	†13	23	44	†9	170
20-39.....	1.6	361	44	80	11	45	†10	†32	48	8	149
40-59.....	1.3	314	53	103	9	40	†15	22	37	4	95
60 and over.....	0.7	272	49	125	9	48	†6	20	31	3	44
20 and over.....	3.6	326	48	97	10	44	11	26	41	6	109
Females:											
6-11.....	0.8	294	37	74	21	20	†6	22	43	10	108
12-19.....	0.9	336	37	87	16	20	†29	16	24	9	164
20-39.....	2.2	244	36	57	11	22	7	14	29	7	100
40-59.....	1.3	235	38	87	5	30	†7	14	22	5	67
60 and over.....	1.0	220	34	86	10	25	†5	22	25	5	48
20 and over.....	4.5	236	36	72	9	25	7	16	26	6	79
All individuals.....	12.8	286	40	84	13	30	10	19	32	7	103

† 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

Race sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	<i>Percent</i>										<i>Percent</i>
White:											
Males and females:											
1-2.....	2.1	† 99.0	57.2	71.8	52.8	7.8	11.5	25.0	50.6	39.8	49.5
3-5.....	3.4	† 99.7	69.3	66.7	53.8	5.9	8.2	26.1	56.6	37.0	47.1
5 and under ‡	6.2	96.8	58.3	68.7	48.6	6.0	8.6	23.1	49.9	34.2	44.3
Males:											
6-11.....	3.4	† 98.9	72.1	64.4	55.6	5.5	9.1	24.1	55.0	36.4	43.0
12-19.....	4.3	† 98.3	65.4	43.3	35.1	5.6	6.3	24.0	44.8	30.8	45.1
20-39.....	12.2	95.9	68.4	34.3	20.7	8.6	8.6	18.8	37.3	29.8	41.5
40-59.....	9.5	97.5	71.1	39.3	22.3	8.9	9.5	24.8	42.4	28.4	30.2
60 and over.....	5.8	98.3	79.5	53.3	35.9	5.6	6.2	23.1	48.0	26.8	21.0
20 and over.....	27.5	96.9	71.7	40.1	24.5	8.1	8.4	21.8	41.3	28.7	33.3
Females:											
6-11.....	3.2	† 99.6	74.3	57.0	46.3	5.5	9.0	26.5	57.6	40.7	42.3
12-19.....	4.1	† 97.8	61.6	44.3	30.9	5.8	11.2	18.8	44.9	35.1	43.2
20-39.....	11.9	96.0	64.8	38.2	23.3	8.6	8.5	19.2	39.7	30.6	39.3
40-59.....	10.0	97.6	71.7	39.5	22.9	8.3	8.1	23.6	41.3	29.3	30.4
60 and over.....	7.7	98.5	76.5	51.5	33.3	5.2	6.0	20.5	46.8	26.7	20.1
20 and over.....	29.6	97.2	70.2	42.1	25.8	7.6	7.7	21.0	42.1	29.1	31.3
All individuals.....	78.1	97.3	69.3	45.2	30.0	7.3	8.2	21.9	43.9	30.6	35.3
Black:											
Males and females:											
1-2.....	0.5	† 98.6	53.4	74.6	41.0	18.2	† 5.4	25.4	35.3	28.6	42.9
3-5.....	0.8	† 98.9	64.9	73.0	51.7	18.3	† 4.7	31.6	35.7	29.9	42.8
5 and under ‡	1.5	92.8	54.2	71.2	41.1	16.4	† 4.6	25.1	32.8	26.7	38.9
Males:											
6-11.....	0.7	† 97.6	51.7	69.6	46.3	16.6	† 4.0	23.8	48.6	31.0	51.6
12-19.....	0.8	† 97.0	66.1	41.9	23.3	† 12.6	† 3.8	23.8	33.9	13.2	44.6
20-39.....	1.6	† 94.3	51.6	37.5	12.5	17.7	† 3.0	27.3	25.7	14.2	35.2
40-59.....	1.3	91.1	62.0	42.4	15.5	19.7	† 3.4	19.1	31.7	11.5	25.6
60 and over.....	0.7	† 94.2	64.7	60.6	18.6	24.5	† 3.5	24.0	26.8	11.2	16.1
20 and over.....	3.6	93.1	58.0	43.7	14.8	19.8	3.2	23.6	28.1	12.6	28.0
Females:											
6-11.....	0.8	† 98.0	61.7	64.3	42.8	14.4	† 3.0	28.2	49.9	24.0	52.7
12-19.....	0.9	† 99.1	59.8	51.0	27.6	12.8	† 3.8	20.5	29.6	19.1	57.4
20-39.....	2.2	94.4	53.4	39.4	19.5	12.5	† 3.0	22.8	28.7	20.8	34.8
40-59.....	1.3	94.2	58.0	39.8	9.0	18.4	† 2.8	19.2	28.4	16.4	26.1
60 and over.....	1.0	† 97.6	60.0	51.7	24.1	16.7	† 2.2	29.7	35.0	19.1	17.0
20 and over.....	4.5	95.0	56.2	42.4	17.5	15.2	2.7	23.3	30.0	19.2	28.2
All individuals.....	12.8	95.0	57.5	49.6	23.8	16.3	3.3	23.8	32.3	18.8	35.4

† See "Statistical notes," appendix B.

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

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

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

Race sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	<i>Percent</i>		<i>Grams</i>								
White:											
Males and females:											
1-2.....	2.1	82	27	11	4	7	7	2	9	10	17
3-5.....	3.4	90	37	19	3	5	12	3	4	10	15
5 and under ‡	6.2	83	30	14	4	7	9	2	7	10	15
Males:											
6-11.....	3.4	117	54	27	4	5	16	6	5	12	16
12-19.....	4.3	183	92	43	† 4	7	28	13	† 4	11	24
20-39.....	12.2	235	91	39	11	7	37	19	9	14	46
40-59.....	9.5	256	81	26	14	9	40	21	9	20	62
60 and over.....	5.8	260	73	16	13	14	39	18	14	17	73
20 and over.....	27.5	248	84	30	13	9	39	19	10	17	57
Females:											
6-11.....	3.2	115	44	23	4	5	16	6	† 5	13	22
12-19.....	4.1	146	61	27	10	5	18	14	3	8	27
20-39.....	11.9	179	55	20	11	10	29	17	8	11	38
40-59.....	10.0	198	50	14	14	12	29	21	7	11	55
60 and over.....	7.7	213	51	8	15	10	31	15	10	12	69
20 and over.....	29.6	194	52	15	13	11	29	18	8	11	52
All individuals.....	78.1	195	64	23	11	9	29	16	8	13	45
Black:											
Males and females:											
1-2.....	0.5	79	33	18	6	† 4	6	† 1	8	12	† 10
3-5.....	0.8	96	39	20	6	† 4	7	† 3	9	15	† 12
5 and under ‡	1.5	86	33	17	5	6	6	2	9	12	13
Males:											
6-11.....	0.7	91	40	33	† 5	† 6	9	† 5	† 4	† 11	† 11
12-19.....	0.8	169	86	61	† 17	† 1	† 34	† 8	† 1	† 5	16
20-39.....	1.6	217	81	57	† 32	† 2	27	† 12	† 4	† 24	35
40-59.....	1.3	218	62	27	20	9	30	14	† 11	30	41
60 and over.....	0.7	210	48	† 9	36	19	15	† 7	8	13	63
20 and over.....	3.6	216	68	37	28	8	26	12	† 7	24	42
Females:											
6-11.....	0.8	113	41	33	† 6	† 2	11	† 13	† 10	15	18
12-19.....	0.9	118	52	39	9	† 2	13	† 5	† 8	† 6	22
20-39.....	2.2	163	61	34	17	† 5	21	7	9	† 12	32
40-59.....	1.3	185	40	10	29	† 12	21	16	† 9	16	43
60 and over.....	1.0	195	29	† 6	43	15	19	† 10	11	† 15	53
20 and over.....	4.5	177	47	21	26	9	20	10	9	14	40
All individuals.....	12.8	164	53	30	20	7	19	9	8	15	32

† 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

Race sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices						
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars	
	<i>Percent</i>											
<i>-----</i>												
White:												
Males and females:												
1-2.....	2.1	79.9	23.5	18.7	6.6	71.9	25.0	23.2	7.6	21.7	44.0	
3-5.....	3.4	70.3	27.2	20.8	4.0	59.4	22.9	13.7	8.2	18.3	28.6	
5 and under ‡	6.2	73.2	22.9	17.8	4.4	64.5	23.6	16.5	7.3	22.1	34.4	
Males:												
6-11.....	3.4	54.5	24.8	21.8	† 1.3	43.6	19.9	7.7	6.5	13.6	10.9	
12-19.....	4.3	43.7	25.3	22.2	† 1.0	26.2	8.8	5.7	† 3.7	6.6	7.5	
20-39.....	12.2	39.0	21.6	18.1	† 1.2	25.7	7.5	9.7	5.1	8.6	4.0	
40-59.....	9.5	51.9	25.6	19.8	2.2	37.2	10.7	14.5	8.5	12.8	5.0	
60 and over.....	5.8	66.6	36.0	26.0	5.7	52.2	15.6	27.1	12.2	18.7	5.3	
20 and over.....	27.5	49.3	26.1	20.4	2.5	35.3	10.3	15.0	7.8	12.2	4.6	
Females:												
6-11.....	3.2	61.9	24.2	18.2	† 1.0	50.2	17.6	6.4	8.9	19.0	17.1	
12-19.....	4.1	46.4	22.3	18.0	† 6	30.4	7.9	4.2	6.9	11.8	9.8	
20-39.....	11.9	46.2	21.5	15.9	2.2	32.1	8.2	11.4	6.7	10.9	5.4	
40-59.....	10.0	55.7	27.9	20.8	1.8	42.8	12.7	16.6	12.7	14.7	3.8	
60 and over.....	7.7	70.7	38.5	28.7	4.9	55.6	16.9	24.7	13.1	21.7	5.6	
20 and over.....	29.6	55.8	28.1	20.9	2.8	41.8	12.0	16.6	10.4	15.0	4.9	
All individuals.....	78.1	53.9	26.2	20.3	2.4	40.3	12.5	14.0	8.5	14.0	8.3	
Black:												
Males and females:												
1-2.....	0.5	70.7	32.0	24.5	† 2.0	52.8	15.1	13.5	† 3.2	21.4	32.9	
3-5.....	0.8	61.8	32.1	26.6	† 1.0	43.8	16.9	11.3	† 4.2	13.8	17.2	
5 and under ‡	1.5	62.5	27.5	22.1	† 1.2	47.1	14.9	12.2	3.3	17.1	24.8	
Males:												
6-11.....	0.7	52.1	18.2	14.6	† 0.0	36.2	† 11.8	† 4.7	† 6.4	17.5	† 11.2	
12-19.....	0.8	33.2	20.4	19.6	† 1.9	16.3	† 4.6	† 2.8	† 0.0	† 4.2	† 8.7	
20-39.....	1.6	34.8	18.4	† 15.1	† 0.0	16.3	† 1.9	† 4.3	† 1.9	† 3.7	† 6.2	
40-59.....	1.3	45.5	28.0	20.8	† 0.0	29.5	9.5	13.1	7.3	8.0	6.6	
60 and over.....	0.7	62.6	25.8	23.0	† 1.7	43.3	8.1	23.4	† 5.5	9.6	† 8.1	
20 and over.....	3.6	44.0	23.4	18.7	† 3	26.3	5.9	11.2	4.6	6.4	6.7	
Females:												
6-11.....	0.8	55.5	32.6	25.6	† .9	35.5	13.2	† 5.3	† 2.8	14.7	† 11.3	
12-19.....	0.9	36.2	19.4	16.3	† 2.5	21.0	† 4.5	† 2.2	† 2.2	† 6.8	† 7.1	
20-39.....	2.2	38.2	20.2	17.0	† 3	19.9	† 3.7	5.8	† 4.4	† 7.3	† 4.9	
40-59.....	1.3	47.4	26.6	17.6	† 3.0	30.7	† 10.7	9.3	† 7.6	14.7	† 3.5	
60 and over.....	1.0	59.6	36.4	26.9	† 2.5	39.6	9.3	17.7	† 6.7	11.0	† 5.9	
20 and over.....	4.5	45.7	25.7	19.4	† 1.5	27.5	7.0	9.6	5.8	10.3	4.7	
All individuals.....	12.8	46.7	24.5	19.4	1.1	29.3	7.9	8.8	4.4	10.0	8.8	

† See "Statistical notes," appendix B.

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

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

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

Race sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<i>Percent</i>		<i>----- Grams -----</i>								
White:											
Males and females:											
1-2.....	2.1	264	46	41	2	215	26	22	8	22	137
3-5.....	3.4	223	57	48	1	163	28	14	13	21	87
5 and under ‡	6.2	226	46	40	1	177	26	16	10	25	100
Males:											
6-11.....	3.4	178	69	62	† *	108	31	11	12	17	37
12-19.....	4.3	163	95	89	† *	67	13	7	† 9	8	28
20-39.....	12.2	152	83	76	† 1	67	13	13	10	13	18
40-59.....	9.5	167	69	59	1	93	17	20	18	20	17
60 and over.....	5.8	203	73	55	3	125	24	29	26	31	15
20 and over.....	27.5	168	76	66	1	88	17	19	16	19	17
Females:											
6-11.....	3.2	166	55	47	*	108	24	7	10	24	45
12-19.....	4.1	162	76	70	† *	85	13	5	† 17	15	35
20-39.....	11.9	125	55	48	† 1	68	12	13	11	13	18
40-59.....	10.0	158	62	51	1	95	20	20	25	21	10
60 and over.....	7.7	191	71	53	2	117	25	24	24	31	13
20 and over.....	29.6	153	61	50	1	90	18	19	19	20	14
All individuals.....	78.1	167	68	58	1	96	18	16	16	19	26
Black:											
Males and females:											
1-2.....	0.5	277	73	63	† *	199	19	18	† 3	26	134
3-5.....	0.8	171	69	56	† *	99	22	12	† 6	14	45
5 and under ‡	1.5	200	60	50	† *	137	18	13	† 4	20	80
Males:											
6-11.....	0.7	149	41	35	0	95	† 14	† 5	† 18	24	† 34
12-19.....	0.8	156	† 110	† 107	† 4	41	† 8	† 4	0	† 4	† 26
20-39.....	1.6	104	† 62	† 59	0	41	† 4	† 5	† 4	† 7	† 21
40-59.....	1.3	210	91	78	0	118	18	25	† 33	† 14	† 29
60 and over.....	0.7	178	67	57	† 1	97	† 12	29	† 9	† 17	† 30
20 and over.....	3.6	158	74	66	† *	81	11	17	15	11	26
Females:											
6-11.....	0.8	162	77	66	† *	83	17	† 6	† 6	22	† 33
12-19.....	0.9	109	49	47	† 2	58	† 11	† 4	† 4	† 10	† 30
20-39.....	2.2	113	54	51	† *	51	5	† 9	† 11	† 9	† 17
40-59.....	1.3	147	† 79	† 63	† 2	67	14	12	† 12	20	† 9
60 and over.....	1.0	171	95	74	† 1	70	14	19	† 11	12	† 12
20 and over.....	4.5	136	70	60	† 1	60	10	12	11	13	14
All individuals.....	12.8	151	70	61	† 1	77	12	12	10	14	29

* 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

Race sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices						
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars	
	<i>Percent</i>											
<i>----- Percent -----</i>												
White:												
Males and females:												
1-2.....	2.1	79.9	23.5	18.7	6.6	71.9	25.0	23.2	7.6	21.7	44.0	
3-5.....	3.4	70.3	27.2	20.8	4.0	59.4	22.9	13.7	8.2	18.3	28.6	
5 and under ‡	6.2	73.2	22.9	17.8	4.4	64.5	23.6	16.5	7.3	22.1	34.4	
Males:												
6-11.....	3.4	54.5	24.8	21.8	† 1.3	43.6	19.9	7.7	6.5	13.6	10.9	
12-19.....	4.3	43.7	25.3	22.2	† 1.0	26.2	8.8	5.7	† 3.7	6.6	7.5	
20-39.....	12.2	39.0	21.6	18.1	† 1.2	25.7	7.5	9.7	5.1	8.6	4.0	
40-59.....	9.5	51.9	25.6	19.8	2.2	37.2	10.7	14.5	8.5	12.8	5.0	
60 and over.....	5.8	66.6	36.0	26.0	5.7	52.2	15.6	27.1	12.2	18.7	5.3	
20 and over.....	27.5	49.3	26.1	20.4	2.5	35.3	10.3	15.0	7.8	12.2	4.6	
Females:												
6-11.....	3.2	61.9	24.2	18.2	† 1.0	50.2	17.6	6.4	8.9	19.0	17.1	
12-19.....	4.1	46.4	22.3	18.0	† 6	30.4	7.9	4.2	6.9	11.8	9.8	
20-39.....	11.9	46.2	21.5	15.9	2.2	32.1	8.2	11.4	6.7	10.9	5.4	
40-59.....	10.0	55.7	27.9	20.8	1.8	42.8	12.7	16.6	12.7	14.7	3.8	
60 and over.....	7.7	70.7	38.5	28.7	4.9	55.6	16.9	24.7	13.1	21.7	5.6	
20 and over.....	29.6	55.8	28.1	20.9	2.8	41.8	12.0	16.6	10.4	15.0	4.9	
All individuals.....	78.1	53.9	26.2	20.3	2.4	40.3	12.5	14.0	8.5	14.0	8.3	
Black:												
Males and females:												
1-2.....	0.5	70.7	32.0	24.5	† 2.0	52.8	15.1	13.5	† 3.2	21.4	32.9	
3-5.....	0.8	61.8	32.1	26.6	† 1.0	43.8	16.9	11.3	† 4.2	13.8	17.2	
5 and under ‡	1.5	62.5	27.5	22.1	† 1.2	47.1	14.9	12.2	3.3	17.1	24.8	
Males:												
6-11.....	0.7	52.1	18.2	14.6	† 0.0	36.2	† 11.8	† 4.7	† 6.4	17.5	† 11.2	
12-19.....	0.8	33.2	20.4	19.6	† 1.9	16.3	† 4.6	† 2.8	† 0.0	† 4.2	† 8.7	
20-39.....	1.6	34.8	18.4	† 15.1	† 0.0	16.3	† 1.9	† 4.3	† 1.9	† 3.7	† 6.2	
40-59.....	1.3	45.5	28.0	20.8	† 0.0	29.5	9.5	13.1	7.3	8.0	6.6	
60 and over.....	0.7	62.6	25.8	23.0	† 1.7	43.3	8.1	23.4	† 5.5	9.6	† 8.1	
20 and over.....	3.6	44.0	23.4	18.7	† 3	26.3	5.9	11.2	4.6	6.4	6.7	
Females:												
6-11.....	0.8	55.5	32.6	25.6	† .9	35.5	13.2	† 5.3	† 2.8	14.7	† 11.3	
12-19.....	0.9	36.2	19.4	16.3	† 2.5	21.0	† 4.5	† 2.2	† 2.2	† 6.8	† 7.1	
20-39.....	2.2	38.2	20.2	17.0	† .3	19.9	† 3.7	5.8	† 4.4	† 7.3	† 4.9	
40-59.....	1.3	47.4	26.6	17.6	† 3.0	30.7	† 10.7	9.3	† 7.6	14.7	† 3.5	
60 and over.....	1.0	59.6	36.4	26.9	† 2.5	39.6	9.3	17.7	† 6.7	11.0	† 5.9	
20 and over.....	4.5	45.7	25.7	19.4	† 1.5	27.5	7.0	9.6	5.8	10.3	4.7	
All individuals.....	12.8	46.7	24.5	19.4	1.1	29.3	7.9	8.8	4.4	10.0	8.8	

† See "Statistical notes," appendix B.

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

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

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

Race sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt					Milk desserts	Cheese	
			Total	Fluid milk			Yogurt			
				Total	Whole	Low fat				Skim
	<i>Percent</i>		<i>Grams</i>							
White:										
Males and females:										
1-2.....	2.1	489	461	420	241	162	14	14	15	12
3-5.....	3.4	400	357	318	108	176	29	10	28	14
5 and under ‡	6.2	469	435	321	144	153	20	10	21	12
Males:										
6-11.....	3.4	473	418	347	88	212	41	7	40	13
12-19.....	4.3	454	395	336	85	193	54	† 4	34	22
20-39.....	12.2	265	206	187	58	90	35	8	29	23
40-59.....	9.5	255	196	176	42	87	46	7	35	18
60 and over.....	5.8	264	201	184	42	90	50	4	40	16
20 and over.....	27.5	262	202	183	49	89	42	7	33	20
Females:										
6-11.....	3.2	411	357	300	87	169	34	† 3	36	16
12-19.....	4.1	282	230	201	50	111	38	† 5	30	15
20-39.....	11.9	219	174	143	33	66	42	11	22	18
40-59.....	10.0	195	147	123	21	53	47	14	27	16
60 and over.....	7.7	212	164	144	25	69	48	10	29	14
20 and over.....	29.6	209	162	137	27	62	45	12	25	16
All individuals.....	78.1	285	233	197	53	99	41	9	30	17
Black:										
Males and females:										
1-2.....	0.5	372	351	318	276	35	† 3	† 2	† 13	8
3-5.....	0.8	334	309	289	227	52	† 6	5	15	9
5 and under ‡	1.5	416	395	270	223	40	† 4	3	12	7
Males:										
6-11.....	0.7	326	293	259	188	42	† 17	† 1	27	6
12-19.....	0.8	266	235	189	134	† 36	0	0	† 18	13
20-39.....	1.6	† 205	160	108	66	† 41	† 1	† 2	† 30	9
40-59.....	1.3	158	121	106	52	† 37	† 8	0	† 28	8
60 and over.....	0.7	152	132	118	54	54	† 7	† 2	† 12	3
20 and over.....	3.6	178	140	109	58	42	† 5	† 1	† 26	7
Females:										
6-11.....	0.8	270	247	212	145	44	† 7	† 3	† 16	† 7
12-19.....	0.9	186	144	116	† 93	18	† 5	0	26	16
20-39.....	2.2	127	106	93	74	† 13	† 6	† 5	† 9	† 10
40-59.....	1.3	122	88	74	40	† 24	† 9	† 8	23	9
60 and over.....	1.0	135	111	101	35	48	17	† 4	21	2
20 and over.....	4.5	127	102	89	55	24	9	6	16	8
All individuals.....	12.8	208	178	141	96	33	7	3	20	8

† See "Statistical notes," appendix B.

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

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

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

Race sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
		Percent	----- Percent -----							
White:										
Males and females:										
1-2.....	2.1	95.4	91.7	88.4	48.4	38.0	4.5	9.9	18.8	34.1
3-5.....	3.4	93.3	87.3	84.3	33.1	48.9	7.7	6.7	26.4	36.8
5 and under ‡	6.2	92.7	88.2	76.7	35.0	39.7	5.7	7.0	21.8	32.3
Males:										
6-11.....	3.4	92.8	85.3	79.8	24.0	50.3	11.7	4.1	27.9	34.4
12-19.....	4.3	83.3	68.5	62.0	18.3	36.1	9.2	† 2.1	15.7	39.8
20-39.....	12.2	74.7	49.3	46.1	14.0	23.6	8.4	3.1	16.0	40.4
40-59.....	9.5	76.6	54.3	51.0	13.9	24.7	13.3	3.6	18.7	32.5
60 and over.....	5.8	85.9	69.3	66.5	15.5	34.1	16.8	2.1	25.5	29.7
20 and over.....	27.5	77.7	55.3	52.1	14.3	26.2	11.9	3.1	18.9	35.4
Females:										
6-11.....	3.2	92.2	83.0	76.8	26.6	46.4	9.4	† 3.2	26.2	35.3
12-19.....	4.1	79.2	55.9	52.2	13.5	28.2	11.9	2.8	18.7	38.7
20-39.....	11.9	78.5	55.2	49.9	12.8	24.1	13.8	5.7	14.5	39.0
40-59.....	10.0	79.1	55.8	50.8	11.2	23.8	17.3	7.1	17.5	35.0
60 and over.....	7.7	83.0	64.9	61.9	13.8	30.0	19.2	4.6	22.7	28.2
20 and over.....	29.6	79.9	57.9	53.3	12.5	25.5	16.4	5.9	17.7	34.9
All individuals.....	78.1	81.3	62.0	57.3	16.3	29.5	12.8	4.4	19.2	35.3
Black:										
Males and females:										
1-2.....	0.5	86.1	83.5	80.2	66.3	13.1	† 1.1	† 1.9	10.4	22.8
3-5.....	0.8	89.7	80.2	78.7	59.7	18.4	† 2.1	† 3.2	12.0	30.5
5 and under ‡	1.5	88.0	82.1	69.9	55.0	14.3	† 1.5	† 2.3	9.8	24.1
Males:										
6-11.....	0.7	86.8	80.6	75.6	53.5	15.4	† 5.6	† .8	20.7	16.5
12-19.....	0.8	73.5	55.8	48.6	33.1	12.2	† 0.0	† 0.0	† 9.4	28.2
20-39.....	1.6	55.5	34.6	30.0	18.8	10.6	† .3	† .9	† 9.0	20.3
40-59.....	1.3	56.4	33.6	31.8	15.4	9.9	† 3.1	† 0.0	11.9	20.4
60 and over.....	0.7	57.2	46.4	43.6	17.0	18.6	† 5.6	† 1.4	† 9.0	10.9
20 and over.....	3.6	56.2	36.5	33.3	17.2	11.8	† 2.4	† .7	10.1	18.6
Females:										
6-11.....	0.8	79.6	71.9	69.9	47.0	17.9	† 2.8	† 1.5	† 15.4	16.1
12-19.....	0.9	60.8	42.7	36.7	27.8	8.9	† 1.5	† 0.0	13.0	28.5
20-39.....	2.2	55.9	37.5	35.2	25.5	† 5.6	† 2.1	† 1.8	† 7.3	21.1
40-59.....	1.3	61.0	39.1	35.3	19.3	† 5.7	† 4.2	† 3.0	13.6	20.6
60 and over.....	1.0	69.4	57.0	53.5	22.4	20.0	10.1	† 1.8	15.3	11.8
20 and over.....	4.5	60.5	42.4	39.4	23.0	8.9	4.5	2.2	11.0	18.8
All individuals.....	12.8	66.0	50.2	45.5	29.3	11.5	3.0	1.4	11.4	20.4

† See "Statistical notes," appendix B.

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

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

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

Race sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>	<i>Grams</i>									
White:											
Males and females:											
1-2.....	2.1	81	5	3	†*	0.0	14	13	12	2	41
3-5.....	3.4	102	11	5	†*	†*	18	17	15	3	47
5 and under ‡.....	6.2	86	8	4	†*	†*	15	14	13	3	42
Males:											
6-11.....	3.4	148	21	7	†*	†*	23	20	18	5	68
12-19.....	4.3	249	29	8	†1	0	30	32	25	7	135
20-39.....	12.2	280	40	13	†2	†*	29	33	27	11	147
40-59.....	9.5	263	36	13	1	†1	31	31	25	12	132
60 and over.....	5.8	214	24	15	†1	1	23	21	18	16	107
20 and over.....	27.5	260	35	13	2	1	28	30	24	13	133
Females:											
6-11.....	3.2	124	16	4	†*	0	18	18	15	5	61
12-19.....	4.1	151	19	5	†*	0	12	20	17	5	85
20-39.....	11.9	164	19	8	†1	†*	15	20	18	7	91
40-59.....	10.0	163	19	9	†1	†*	14	20	15	10	87
60 and over.....	7.7	154	15	10	1	†1	14	20	17	12	79
20 and over.....	29.6	161	18	9	1	*	14	20	17	9	87
All individuals.....	78.1	192	24	9	1	*	21	24	20	9	100
Black:											
Males and females:											
1-2.....	0.5	110	12	6	†*	0	26	23	22	†7	33
3-5.....	0.8	124	11	6	0	†1	33	29	26	†4	38
5 and under ‡.....	1.5	107	11	5	†*	†1	27	23	21	5	34
Males:											
6-11.....	0.7	156	9	11	†*	†1	25	37	36	†12	59
12-19.....	0.8	222	38	19	0	0	31	42	40	†15	75
20-39.....	1.6	349	†57	16	†5	†2	43	65	53	†34	127
40-59.....	1.3	299	36	27	†*	†5	33	47	41	28	117
60 and over.....	0.7	209	†24	23	†3	†4	20	38	31	†19	68
20 and over.....	3.6	304	43	21	†3	†3	35	53	44	28	112
Females:											
6-11.....	0.8	153	16	†10	†1	†1	21	24	20	†6	72
12-19.....	0.9	210	25	†9	0	†*	29	28	27	8	105
20-39.....	2.2	209	18	15	†1	†1	30	39	37	†11	90
40-59.....	1.3	183	18	18	†1	†1	17	51	46	20	53
60 and over.....	1.0	146	†12	14	†1	†1	19	30	24	†11	55
20 and over.....	4.5	187	17	16	†1	†1	24	40	37	14	71
All individuals.....	12.8	210	25	15	†1	†2	28	40	35	16	81

* 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

Race sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		

		Percent					Percent				
White:											
Males and females:											
1-2.....	2.1	78.1	12.7	8.9	† 1.2	† 0.0	28.3	23.4	21.6	4.1	31.8
3-5.....	3.4	84.5	16.7	13.1	† .7	† .1	32.5	23.6	21.2	4.6	31.6
5 and under ‡	6.2	76.2	13.5	10.2	.8	† *	27.8	21.7	19.5	4.0	30.0
Males:											
6-11.....	3.4	85.5	23.8	12.5	† .4	† .2	35.2	19.8	17.6	5.1	34.3
12-19.....	4.3	87.1	23.6	13.2	† .9	† 0.0	34.8	20.2	16.7	4.6	38.1
20-39.....	12.2	89.5	25.2	13.4	1.3	† .3	31.1	22.1	18.3	7.7	41.9
40-59.....	9.5	90.2	25.3	18.3	† 1.1	† .8	33.1	22.4	17.7	9.0	38.6
60 and over.....	5.8	91.7	21.7	21.8	† 1.3	.9	33.0	19.0	15.3	11.9	37.8
20 and over.....	27.5	90.2	24.5	16.9	1.2	.6	32.2	21.5	17.4	9.0	39.9
Females:											
6-11.....	3.2	83.4	19.9	9.0	† .2	† 0.0	31.2	20.7	17.6	5.4	31.7
12-19.....	4.1	78.5	20.5	11.4	† .1	† 0.0	21.6	19.5	17.4	5.2	34.0
20-39.....	11.9	80.8	18.0	12.6	† .6	† .2	23.5	19.7	16.7	5.2	37.3
40-59.....	10.0	85.0	18.3	16.2	† 1.0	† .4	23.1	21.8	16.4	8.9	34.4
60 and over.....	7.7	87.7	17.7	19.2	1.2	† .9	25.1	21.0	18.0	10.2	34.3
20 and over.....	29.6	84.0	18.0	15.5	.9	.5	23.8	20.7	16.9	7.7	35.5
All individuals.....	78.1	85.5	20.7	14.8	.9	.4	28.3	21.0	17.4	7.4	36.5
Black:											
Males and females:											
1-2.....	0.5	92.2	21.0	16.8	† .7	† 0.0	42.1	38.8	37.0	† 7.7	28.4
3-5.....	0.8	† 96.3	17.7	16.4	† 0.0	† .8	52.4	39.5	37.2	† 7.0	31.8
5 and under ‡	1.5	86.6	16.8	14.2	† .2	† .8	43.2	34.2	32.1	6.6	29.2
Males:											
6-11.....	0.7	† 90.3	13.4	17.6	† .6	† .8	34.5	35.0	32.9	† 7.2	33.2
12-19.....	0.8	88.4	30.2	30.1	† 0.0	† 0.0	28.7	26.4	24.5	† 7.4	27.3
20-39.....	1.6	92.4	23.1	19.6	† 2.0	† 1.8	39.7	34.4	33.3	† 17.2	37.9
40-59.....	1.3	92.3	22.6	30.6	† .8	† 2.8	35.5	26.7	22.9	13.7	34.2
60 and over.....	0.7	† 96.7	23.6	41.1	† 2.7	† 3.0	29.8	36.2	29.9	10.0	26.2
20 and over.....	3.6	93.2	23.0	27.8	† 1.7	† 2.4	36.3	31.9	28.8	14.5	34.3
Females:											
6-11.....	0.8	† 93.2	16.4	19.1	† .7	† 1.5	39.2	27.2	23.6	† 6.9	37.7
12-19.....	0.9	† 92.8	25.6	14.8	† 0.0	† .6	39.7	32.6	29.8	† 9.3	37.2
20-39.....	2.2	88.9	17.5	21.2	† .4	† 1.0	33.2	32.3	30.5	8.0	32.4
40-59.....	1.3	94.4	16.0	28.1	† .6	† 1.7	26.6	44.0	39.4	10.0	25.7
60 and over.....	1.0	93.7	16.6	27.0	† 1.2	† 1.0	29.3	35.0	30.2	8.6	23.8
20 and over.....	4.5	91.6	16.8	24.5	† .6	† 1.2	30.4	36.3	33.0	8.7	28.5
All individuals.....	12.8	91.4	19.8	23.1	† .8	† 1.4	34.9	33.3	30.4	9.9	31.6

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

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

Table 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

Race sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	<i>----- Grams -----</i>								
White:										
Males and females:										
1-2.....	2.1	15	15	3	3	2	1	17	*	4
3-5.....	3.4	11	8	6	5	3	2	34	1	9
5 and under ‡	6.2	11	30	4	4	2	2	24	*	6
Males:										
6-11.....	3.4	12	10	5	9	3	5	43	1	15
12-19.....	4.3	18	13	6	13	4	9	39	2	14
20-39.....	12.2	21	29	5	17	4	11	23	4	9
40-59.....	9.5	22	26	5	21	6	12	25	5	7
60 and over.....	5.8	23	35	4	19	6	10	25	5	4
20 and over.....	27.5	22	29	5	19	5	11	24	5	7
Females:										
6-11.....	3.2	11	10	5	7	3	4	48	1	15
12-19.....	4.1	12	† 13	3	11	3	7	31	2	13
20-39.....	11.9	15	20	3	16	3	11	21	4	6
40-59.....	10.0	15	19	3	19	4	12	22	3	7
60 and over.....	7.7	15	22	3	16	5	8	19	2	3
20 and over.....	29.6	15	20	3	17	4	10	21	3	6
All individuals.....	78.1	17	22	4	15	4	9	26	3	8
Black:										
Males and females:										
1-2.....	0.5	13	18	† 3	2	1	2	17	1	† 2
3-5.....	0.8	11	† 11	5	3	1	2	39	2	6
5 and under ‡	1.5	12	31	3	3	1	2	26	1	4
Males:										
6-11.....	0.7	11	† 16	† 6	4	† 2	3	39	† 2	† 7
12-19.....	0.8	28	† 12	† 6	10	† 1	7	34	† 3	† 11
20-39.....	1.6	25	† 14	† 1	† 21	† 8	8	† 33	2	† 5
40-59.....	1.3	34	37	† 3	11	3	6	18	† 6	† 8
60 and over.....	0.7	37	† 53	† 2	9	3	4	† 16	6	† 2
20 and over.....	3.6	31	30	2	15	† 5	6	24	4	5
Females:										
6-11.....	0.8	11	† 8	† 5	9	2	† 6	30	† 1	† 6
12-19.....	0.9	15	† 21	† 2	8	1	7	28	† 2	7
20-39.....	2.2	14	† 10	† 1	8	2	5	20	4	4
40-59.....	1.3	21	20	† 2	12	2	8	19	7	5
60 and over.....	1.0	23	† 23	† 2	9	3	6	13	5	† 1
20 and over.....	4.5	18	16	2	9	2	6	18	5	4
All individuals.....	12.8	20	21	3	10	3	6	24	4	5

* 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

Race sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets			
					Total	Table fats	Salad dressings	Total	Sugars	Candy	
	<i>Percent</i>	-----						<i>Percent</i>	-----		
White:											
Males and females:											
1-2.....	2.1	22.3	9.2	17.5	40.5	32.3	11.0	46.3	6.9	18.1	
3-5.....	3.4	14.4	8.0	22.6	46.0	31.6	19.2	60.2	10.8	26.4	
5 and under ‡	6.2	16.0	10.0	18.3	39.4	28.6	14.4	49.1	8.4	20.4	
Males:											
6-11.....	3.4	14.1	9.3	15.9	51.3	31.8	27.2	61.7	10.9	34.5	
12-19.....	4.3	14.0	10.2	9.2	46.0	24.2	28.9	48.7	12.5	23.1	
20-39.....	12.2	17.0	13.3	8.1	53.6	25.1	32.3	44.8	24.4	14.8	
40-59.....	9.5	20.6	12.7	9.9	63.6	36.0	35.6	56.1	37.4	12.3	
60 and over.....	5.8	25.5	15.1	11.1	71.1	48.0	35.1	64.3	44.0	10.0	
20 and over.....	27.5	20.0	13.5	9.4	60.7	33.7	34.0	52.8	33.0	12.9	
Females:											
6-11.....	3.2	12.7	10.0	18.0	51.7	34.1	23.0	63.9	13.9	32.5	
12-19.....	4.1	12.7	9.4	9.4	49.0	27.9	29.4	46.4	11.1	25.2	
20-39.....	11.9	15.3	15.1	7.9	57.3	29.1	31.6	53.8	33.3	13.7	
40-59.....	10.0	17.1	13.5	7.7	67.8	38.6	38.2	60.2	38.1	16.1	
60 and over.....	7.7	20.6	13.6	10.0	68.0	44.8	32.9	58.6	36.6	9.4	
20 and over.....	29.6	17.3	14.2	8.4	63.7	36.4	34.2	57.2	35.8	13.4	
All individuals.....	78.1	17.4	12.7	10.3	58.0	33.4	31.3	54.5	28.1	16.6	
Black:											
Males and females:											
1-2.....	0.5	29.9	9.7	12.8	28.3	16.1	15.2	44.7	14.6	8.2	
3-5.....	0.8	21.9	7.9	19.0	34.3	19.8	17.1	61.7	15.9	19.5	
5 and under ‡	1.5	23.9	10.5	14.3	28.6	16.4	14.5	48.1	13.2	13.4	
Males:											
6-11.....	0.7	17.6	† 9.2	16.7	33.7	16.7	21.1	57.3	15.8	13.9	
12-19.....	0.8	24.7	† 8.1	† 12.3	37.9	† 13.8	26.6	43.8	13.8	15.7	
20-39.....	1.6	22.9	† 7.6	† 2.3	50.9	26.5	23.3	42.7	25.4	† 7.8	
40-59.....	1.3	30.4	18.1	† 4.0	43.2	25.2	21.0	47.6	33.0	11.8	
60 and over.....	0.7	42.7	11.7	† 6.6	60.9	38.4	22.5	57.1	48.7	8.2	
20 and over.....	3.6	29.4	12.3	3.8	49.9	28.3	22.3	47.3	32.6	9.4	
Females:											
6-11.....	0.8	17.6	† 8.4	16.0	44.4	23.4	26.0	55.8	11.6	17.1	
12-19.....	0.9	20.3	13.7	† 3.5	39.5	13.2	31.3	46.7	13.1	17.6	
20-39.....	2.2	20.4	6.4	† 2.6	42.4	19.2	22.4	46.7	25.6	10.1	
40-59.....	1.3	27.3	15.9	6.6	51.9	26.3	28.0	59.2	46.8	8.9	
60 and over.....	1.0	28.7	9.9	7.0	57.0	33.9	22.5	59.1	49.6	† 2.9	
20 and over.....	4.5	24.3	9.9	4.7	48.5	24.6	24.0	53.1	37.2	8.1	
All individuals.....	12.8	24.6	10.7	7.3	44.2	22.6	23.1	50.2	27.1	11.1	

† See "Statistical notes," appendix B.

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

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

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

Race sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic									
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks			
									Total	Regular	Low calorie	Total	Regular	Low calorie	
	<i>Percent</i>		<i>Grams</i>												
White:															
Males and females:															
1-2.....	2.1	148	0.0	0.0	0.0	148	†*	22	86	74	10	40	36	† 4	
3-5.....	3.4	270	0	0	0	270	†*	28	127	117	8	115	99	14	
5 and under ‡	6.2	198	0	0	0	198	†*	23	98	90	7	76	66	9	
Males:															
6-11.....	3.4	420	†*	0	0	420	† 2	41	138	122	16	239	208	30	
12-19.....	4.3	1,046	† 55	† 1	† 50	991	24	117	185	128	52	664	633	31	
20-39.....	12.2	1,547	345	12	320	1,203	327	181	94	66	28	599	490	109	
40-59.....	9.5	1,435	211	19	182	1,224	585	189	72	53	18	374	248	126	
60 and over.....	5.8	935	110	15	88	825	499	140	39	31	† 8	144	80	64	
20 and over.....	27.5	1,379	249	15	223	1,130	452	175	75	54	20	425	319	105	
Females:															
6-11.....	3.2	362	†*	0	0	362	† 2	41	114	104	† 9	206	181	25	
12-19.....	4.1	681	† 9	† 1	† 8	671	† 18	103	119	98	† 19	430	373	53	
20-39.....	11.9	1,045	97	14	73	949	257	178	78	69	9	434	283	151	
40-59.....	10.0	1,049	60	21	31	989	454	190	45	33	† 11	299	140	159	
60 and over.....	7.7	723	23	12	7	700	398	158	30	23	† 6	112	58	53	
20 and over.....	29.6	963	65	16	41	898	361	177	54	45	9	305	176	128	
All individuals.....	78.1	991	116	11	97	875	298	145	81	65	16	348	255	93	
Black:															
Males and females:															
1-2.....	0.5	197	0	0	0	197	0	† 10	139	131	† 5	48	45	† 3	
3-5.....	0.8	299	0	0	0	299	0	† 15	208	201	† 7	76	74	† 2	
5 and under ‡	1.5	227	0	0	0	227	0	11	160	152	† 6	56	54	† 2	
Males:															
6-11.....	0.7	423	0	0	0	423	0	† 42	234	217	† 11	146	143	0	
12-19.....	0.8	905	† 4	0	† 4	902	0	† 134	319	304	† 14	449	441	† 9	
20-39.....	1.6	1,030	† 211	† 3	† 201	819	† 84	† 133	214	188	26	387	371	† 16	
40-59.....	1.3	981	† 119	† 3	† 101	863	195	98	† 185	† 171	† 14	385	336	† 49	
60 and over.....	0.7	615	† 25	†*	† 23	590	211	105	94	81	† 13	174	126	47	
20 and over.....	3.6	933	141	† 2	130	792	150	115	180	161	19	346	312	34	
Females:															
6-11.....	0.8	416	0	0	0	416	0	† 23	195	179	16	199	188	† 7	
12-19.....	0.9	541	† 2	0	0	539	†*	67	212	186	† 26	259	248	† 12	
20-39.....	2.2	747	† 44	† 1	† 34	703	74	74	168	163	† 5	387	381	† 6	
40-59.....	1.3	812	† 57	† 7	† 48	756	253	126	144	126	† 18	232	165	66	
60 and over.....	1.0	532	† 3	† 2	0	529	176	107	93	78	† 15	152	120	31	
20 and over.....	4.5	717	38	† 3	† 30	678	149	96	144	133	11	289	259	29	
All individuals.....	12.8	684	53	† 2	47	630	94	84	180	165	14	272	250	22	

* 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

Race sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>		<i>Percent</i>												
White:														
Males and females:														
1-2.....	2.1	46.8	† 0.0	† 0.0	† 0.0	46.8	† 0.2	8.0	27.5	24.0	3.1	20.2	18.1	2.3
3-5.....	3.4	68.9	† 0.0	† 0.0	† 0.0	68.9	† .5	9.6	37.1	34.2	3.3	39.2	33.8	5.8
5 and under ‡	6.2	53.7	† 0.0	† 0.0	† 0.0	53.7	† .3	8.0	29.8	27.1	2.8	28.3	24.7	3.9
Males:														
6-11.....	3.4	73.7	† .3	† 0.0	† 0.0	73.7	† 1.1	9.1	35.9	32.3	5.1	48.7	44.1	7.3
12-19.....	4.3	87.8	3.4	† .4	† 2.6	87.5	6.3	16.7	25.4	19.7	6.8	72.5	69.0	6.1
20-39.....	12.2	93.8	28.1	3.9	23.4	90.9	40.7	22.7	15.0	12.0	3.7	66.7	56.2	12.4
40-59.....	9.5	96.3	25.6	6.8	16.9	94.7	70.9	26.8	13.1	10.5	2.5	52.2	35.8	18.9
60 and over.....	5.8	94.5	18.6	6.4	8.8	93.6	79.8	26.0	9.2	7.9	1.5	30.7	18.1	13.3
20 and over.....	27.5	94.8	25.2	5.4	18.0	92.8	59.4	24.8	13.1	10.6	2.8	54.1	41.1	14.8
Females:														
6-11.....	3.2	70.2	† .3	† 0.0	† 0.0	70.2	† .8	12.4	33.1	30.9	2.2	46.4	41.8	7.6
12-19.....	4.1	87.2	† 1.7	† .5	† 1.2	87.2	4.3	20.1	23.1	20.0	† 3.7	65.6	58.0	10.4
20-39.....	11.9	91.3	15.2	4.8	7.8	89.9	39.5	29.4	16.3	14.2	2.2	60.3	41.8	21.3
40-59.....	10.0	95.3	13.9	7.5	4.0	94.7	66.7	32.9	10.5	8.3	2.0	52.1	28.1	26.1
60 and over.....	7.7	91.7	10.4	6.3	1.4	91.0	74.0	32.4	9.8	7.9	1.6	27.7	14.7	13.6
20 and over.....	29.6	92.7	13.6	6.1	4.9	91.8	57.7	31.4	12.7	10.6	2.0	49.1	30.1	20.9
All individuals.....	78.1	88.1	14.3	4.3	8.4	87.0	43.4	24.1	17.2	14.6	2.8	51.2	38.2	14.9
Black:														
Males and females:														
1-2.....	0.5	60.5	† 0.0	† 0.0	† 0.0	60.5	† 0.0	† 5.9	43.5	41.4	† 2.1	24.1	23.2	† .9
3-5.....	0.8	77.6	† 0.0	† 0.0	† 0.0	77.6	† 0.0	† 5.1	57.5	56.3	† 2.0	27.3	26.5	† .8
5 and under ‡	1.5	62.5	† 0.0	† 0.0	† 0.0	62.5	† 0.0	4.7	46.3	44.4	† 2.1	22.4	21.7	† .7
Males:														
6-11.....	0.7	80.9	† 0.0	† 0.0	† 0.0	80.9	† 0.0	11.2	56.7	53.1	† 4.0	37.2	36.4	† 0.0
12-19.....	0.8	† 90.9	† 1.0	† 0.0	† 1.0	† 90.9	† 0.0	† 16.4	39.0	36.6	† 2.3	60.8	59.8	† 2.4
20-39.....	1.6	90.9	15.3	† 1.1	14.2	87.4	23.0	† 20.9	32.5	28.2	† 4.8	56.5	53.6	† 3.4
40-59.....	1.3	90.1	12.8	† .6	10.5	88.8	37.1	17.4	24.8	22.6	† 2.6	55.1	49.6	† 7.0
60 and over.....	0.7	86.1	† 5.2	† .6	† 4.0	85.2	53.4	26.1	20.1	17.6	† 2.4	35.9	27.4	9.5
20 and over.....	3.6	89.7	12.4	† .8	10.9	87.5	34.0	20.6	27.3	24.1	3.5	52.1	47.1	5.9
Females:														
6-11.....	0.8	82.4	† 0.0	† 0.0	† 0.0	82.4	† 0.0	† 7.9	48.4	43.9	† 4.5	39.7	36.3	† 2.2
12-19.....	0.9	88.1	† 1.1	† 0.0	† 0.0	88.1	† .8	18.4	45.8	41.2	† 5.5	49.6	49.0	† 1.9
20-39.....	2.2	89.3	† 6.3	† 1.3	† 3.8	88.7	18.4	17.5	29.8	29.0	† 1.2	62.2	60.8	† 1.4
40-59.....	1.3	89.7	9.9	† 1.2	† 7.2	87.8	46.9	29.0	25.8	23.4	† 2.4	42.4	33.4	9.0
60 and over.....	1.0	82.6	† 1.5	† .7	† 0.0	82.6	51.5	22.5	23.0	20.1	† 2.8	35.3	26.7	9.0
20 and over.....	4.5	87.9	6.3	† 1.1	3.9	87.0	34.1	22.0	27.1	25.4	† 1.9	50.4	45.1	5.3
All individuals.....	12.8	84.9	5.8	† .6	4.5	84.0	21.5	17.5	34.5	31.8	3.0	46.8	43.1	4.0

† 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 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

Race, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
White:				
Males:				
2-5.....	2.3	6.6	1.1	5.5
6-11.....	3.5	7.1	1.1	5.9
12-19.....	4.4	9.3	1.2	8.1
20-39.....	12.5	8.6	1.2	7.4
40-59.....	9.8	7.6	1.2	6.4
60 and over.....	6.0	6.7	1.3	5.4
20 and over.....	28.2	7.9	1.2	6.6
Females:				
2-5.....	2.2	6.2	1.0	5.2
6-11.....	3.3	6.2	.9	5.3
12-19.....	4.1	6.4	.9	5.5
20-39.....	12.2	5.9	.9	5.0
40-59.....	10.3	5.7	.9	4.8
60 and over.....	7.9	4.9	1.0	4.0
20 and over.....	30.4	5.6	.9	4.6
All individuals 2 and over.....	78.4	6.8	1.1	5.7
Black:				
Males:				
2-5.....	0.6	6.5	1.0	5.5
6-11.....	0.7	6.5	.7	5.7
12-19.....	0.8	8.2	.9	7.4
20-39.....	1.7	9.1	.7	8.4
40-59.....	1.3	6.4	.8	5.6
60 and over.....	0.7	5.4	.6	4.8
20 and over.....	3.7	7.4	.7	6.7
Females:				
2-5.....	0.6	6.0	.8	5.1
6-11.....	0.8	5.7	.6	5.0
12-19.....	1.1	5.9	.6	5.3
20-39.....	2.2	5.3	.6	4.8
40-59.....	1.4	4.7	.7	4.0
60 and over.....	1.0	4.3	.7	3.6
20 and over.....	4.6	4.9	.6	4.3
All individuals 2 and over.....	12.7	6.2	.7	5.5

‡ 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

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	† *	57	53
6-11.....	3.5	† *	63	48
12-19.....	4.4	† 0	79	48
20-39.....	12.5	† *	71	44
40-59.....	9.8	† *	65	39
60 and over.....	6.0	† *	56	41
20 and over.....	28.2	† *	66	41
Females:				
2-5.....	2.2	† *	51	49
6-11.....	3.3	† *	49	40
12-19.....	4.1	† *	51	37
20-39.....	12.2	1	43	34
40-59.....	10.3	† 1	39	34
60 and over.....	7.9	1	28	25
20 and over.....	30.4	1	38	32
All individuals 2 and over.....	78.4	1	53	39
Black:				
Males:				
2-5.....	0.6	† 0	58	54
6-11.....	0.7	† *	52	37
12-19.....	0.8	† 1	62	39
20-39.....	1.7	† 3	61	37
40-59.....	1.3	† 2	53	27
60 and over.....	0.7	† 1	30	23
20 and over.....	3.7	† 2	52	31
Females:				
2-5.....	0.6	† 0	43	36
6-11.....	0.8	† 0	36	30
12-19.....	1.1	† 1	40	27
20-39.....	2.2	† 1	31	22
40-59.....	1.4	† 3	23	17
60 and over.....	1.0	† 1	20	19
20 and over.....	4.6	† 1	26	20
All individuals 2 and over.....	12.7	1	41	29

‡ 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

Race, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
	<i>Percent</i>	<i>----- Servings ‡-----</i>							
White:									
Males:									
2-5.....	2.3	2.1	0.1	0.1	0.1	0.9	0.2	0.3	0.4
6-11.....	3.5	2.2	.1	.1	.1	1.0	.2	.4	.5
12-19.....	4.4	3.7	.1	.1	.2	1.8	.2	.6	.8
20-39.....	12.5	4.4	.2	.2	.2	1.7	.2	.6	1.3
40-59.....	9.8	4.1	.2	.2	.2	1.3	.3	.6	1.3
60 and over.....	6.0	3.8	.2	.3	.2	1.0	.3	.5	1.3
20 and over.....	28.2	4.1	.2	.2	.2	1.4	.2	.6	1.3
Females:									
2-5.....	2.2	2.1	.1	.1	.1	.9	.2	.3	.4
6-11.....	3.3	2.1	.1	.1	.1	.9	.2	.3	.5
12-19.....	4.1	2.7	.1	.1	.1	1.1	.1	.4	.7
20-39.....	12.2	3.0	.2	.2	.1	.9	.2	.4	1.0
40-59.....	10.3	3.2	.2	.2	.1	.9	.2	.5	1.2
60 and over.....	7.9	3.0	.2	.2	.1	.7	.2	.4	1.1
20 and over.....	30.4	3.1	.2	.2	.1	.9	.2	.4	1.1
All individuals 2 and over.....	78.4	3.3	.1	.2	.2	1.1	.2	.5	1.0
Black:									
Males:									
2-5.....	0.6	2.2	.1	.1	.1	1.0	.2	.3	.5
6-11.....	0.7	2.3	†*	.1	†.1	1.1	.2	.3	.5
12-19.....	0.8	3.5	†.2	.1	†.2	1.8	†.2	.5	.6
20-39.....	1.7	4.3	†.3	.1	†.2	1.7	.3	.6	1.2
40-59.....	1.3	3.7	.3	.2	.3	1.1	.4	.4	1.0
60 and over.....	0.7	3.0	.5	.2	.3	.6	.3	.2	.9
20 and over.....	3.7	3.9	.3	.1	.2	1.3	.3	.4	1.1
Females:									
2-5.....	0.6	2.5	.1	.1	.1	1.2	.2	.3	.4
6-11.....	0.8	2.4	.1	†.1	†.1	1.0	.2	.3	.6
12-19.....	1.1	2.8	.2	*	.2	1.3	.1	.4	.5
20-39.....	2.2	2.9	.2	.1	.2	1.1	.2	.4	.7
40-59.....	1.4	2.9	.3	.1	.2	.7	.2	.3	1.0
60 and over.....	1.0	2.5	.4	.2	.1	.4	.3	.2	.9
20 and over.....	4.6	2.8	.3	.1	.1	.8	.2	.3	.8
All individuals 2 and over.....	12.7	3.1	.2	.1	.2	1.1	.2	.4	.8

‡ 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

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	----- <i>Percent</i> -----		
White:				
Males:				
2-5.....	2.3	23	23	21
6-11.....	3.5	22	25	18
12-19.....	4.4	10	55	35
20-39.....	12.5	5	69	51
40-59.....	9.8	6	65	52
60 and over.....	6.0	7	60	52
20 and over.....	28.2	6	65	52
Females:				
2-5.....	2.2	20	22	21
6-11.....	3.3	25	22	18
12-19.....	4.1	13	38	28
20-39.....	12.2	9	44	39
40-59.....	10.3	8	50	47
60 and over.....	7.9	8	44	43
20 and over.....	30.4	9	46	43
All individuals 2 and over.....	78.4	10	50	41
Black:				
Males:				
2-5.....	0.6	18	29	27
6-11.....	0.7	18	29	21
12-19.....	0.8	15	56	41
20-39.....	1.7	10	63	50
40-59.....	1.3	16	55	46
60 and over.....	0.7	17	38	35
20 and over.....	3.7	13	56	46
Females:				
2-5.....	0.6	19	31	30
6-11.....	0.8	17	29	26
12-19.....	1.1	† 9	38	31
20-39.....	2.2	12	37	34
40-59.....	1.4	12	41	39
60 and over.....	1.0	16	34	34
20 and over.....	4.6	13	38	35
All individuals 2 and over.....	12.7	14	42	36

‡ 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

Race, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
White:				
Males:				
2-5.....	2.3	2.4	0.7	1.6
6-11.....	3.5	1.5	.7	.9
12-19.....	4.4	1.4	.8	.5
20-39.....	12.5	1.2	.7	.6
40-59.....	9.8	1.5	.7	.8
60 and over.....	6.0	2.0	.9	1.1
20 and over.....	28.2	1.5	.7	.8
Females:				
2-5.....	2.2	2.2	.7	1.5
6-11.....	3.3	1.5	.6	.9
12-19.....	4.1	1.3	.7	.6
20-39.....	12.2	1.2	.6	.6
40-59.....	10.3	1.5	.8	.7
60 and over.....	7.9	1.8	.9	1.0
20 and over.....	30.4	1.5	.7	.7
All individuals 2 and over.....	78.4	1.5	.7	.8
Black:				
Males:				
2-5.....	0.6	1.8	.7	1.1
6-11.....	0.7	1.1	.5	.6
12-19.....	0.8	1.1	.7	.5
20-39.....	1.7	.9	.6	.4
40-59.....	1.3	1.9	1.1	.7
60 and over.....	0.7	1.6	.8	.8
20 and over.....	3.7	1.4	.8	.6
Females:				
2-5.....	0.6	1.9	.7	1.1
6-11.....	0.8	1.4	.7	.7
12-19.....	1.1	1.1	.6	.5
20-39.....	2.2	1.2	.6	.6
40-59.....	1.4	1.4	.8	.7
60 and over.....	1.0	1.5	.9	.6
20 and over.....	4.6	1.3	.7	.6
All individuals 2 and over.....	12.7	1.4	.7	.6

‡ 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

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	----- <i>Percent</i> -----		
White:				
Males:				
2-5.....	2.3	28	50	48
6-11.....	3.5	44	29	23
12-19.....	4.4	56	21	13
20-39.....	12.5	61	23	16
40-59.....	9.8	51	26	18
60 and over.....	6.0	37	41	33
20 and over.....	28.2	53	28	20
Females:				
2-5.....	2.2	27	49	48
6-11.....	3.3	44	27	23
12-19.....	4.1	53	23	19
20-39.....	12.2	57	20	17
40-59.....	10.3	49	26	24
60 and over.....	7.9	35	36	35
20 and over.....	30.4	48	26	24
All individuals 2 and over.....	78.4	49	28	23
Black:				
Males:				
2-5.....	0.6	37	39	36
6-11.....	0.7	55	20	14
12-19.....	0.8	64	20	† 12
20-39.....	1.7	61	16	† 7
40-59.....	1.3	52	36	30
60 and over.....	0.7	43	27	23
20 and over.....	3.7	54	25	18
Females:				
2-5.....	0.6	36	34	32
6-11.....	0.8	48	26	22
12-19.....	1.1	64	20	15
20-39.....	2.2	60	19	16
40-59.....	1.4	53	24	22
60 and over.....	1.0	43	26	26
20 and over.....	4.6	54	22	20
All individuals 2 and over.....	12.7	54	24	20

‡ 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

Race, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>Servings ‡</i>			
White:					
Males:					
2-5.....	2.3	1.9	1.5	0.4	*
6-11.....	3.5	2.3	1.8	.5	*
12-19.....	4.4	2.6	1.8	.8	*
20-39.....	12.5	1.8	1.0	.8	*
40-59.....	9.8	1.5	1.0	.5	*
60 and over.....	6.0	1.4	1.0	.3	*
11-24.....	7.7	2.3	1.4	.8	*
20 and over.....	28.2	1.6	1.0	.6	*
Females:					
2-5.....	2.2	1.9	1.5	.3	*
6-11.....	3.3	2.0	1.5	.4	*
12-19.....	4.1	1.6	1.1	.5	*
20-39.....	12.2	1.3	.8	.5	*
40-59.....	10.3	1.1	.7	.4	*
60 and over.....	7.9	1.1	.8	.2	*
11-24.....	7.4	1.5	1.0	.5	*
20 and over.....	30.4	1.2	.8	.4	*
All individuals 2 and over.....	78.4	1.6	1.0	.5	*
Black:					
Males:					
2-5.....	0.6	1.6	1.3	.3	†*
6-11.....	0.7	1.7	1.3	.4	0.0
12-19.....	0.8	1.7	1.1	.6	0.0
20-39.....	1.7	† 1.5	† .8	† .7	†*
40-59.....	1.3	.9	.6	.3	0.0
60 and over.....	0.7	.8	.7	.1	†*
11-24.....	1.4	1.5	1.0	.6	†*
20 and over.....	3.7	1.1	.7	.4	†*
Females:					
2-5.....	0.6	1.6	1.3	.2	†*
6-11.....	0.8	1.5	1.1	.3	†*
12-19.....	1.1	1.1	.7	.4	†*
20-39.....	2.2	.8	.4	.3	*
40-59.....	1.4	.7	.4	.2	†*
60 and over.....	1.0	.7	.5	.1	†*
11-24.....	1.8	1.2	.7	.5	†*
20 and over.....	4.6	.8	.5	.3	*
All individuals 2 and over.....	12.7	1.1	.7	.4	*

‡ See "appendix D." for definitions of servings

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

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

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

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	19	42	42
6-11.....	3.5	11	56	52
12-19.....	4.4	16	56	33
20-39.....	12.5	33	32	29
40-59.....	9.8	42	28	28
60 and over.....	6.0	41	25	25
11-24.....	7.7	22	47	25
20 and over.....	28.2	38	29	28
Females:				
2-5.....	2.2	19	42	42
6-11.....	3.3	17	44	40
12-19.....	4.1	36	29	13
20-39.....	12.2	45	21	16
40-59.....	10.3	52	16	16
60 and over.....	7.9	55	14	14
11-24.....	7.4	37	27	11
20 and over.....	30.4	50	17	16
All individuals 2 and over.....	78.4	38	29	25
Black:				
Males:				
2-5.....	0.6	22	28	28
6-11.....	0.7	22	34	26
12-19.....	0.8	35	30	† 14
20-39.....	1.7	58	21	18
40-59.....	1.3	71	10	10
60 and over.....	0.7	69	11	11
11-24.....	1.4	40	27	11
20 and over.....	3.7	65	15	14
Females:				
2-5.....	0.6	27	31	31
6-11.....	0.8	30	25	23
12-19.....	1.1	54	14	† 3
20-39.....	2.2	71	6	† 6
40-59.....	1.4	78	7	7
60 and over.....	1.0	77	† 6	† 6
11-24.....	1.8	52	13	† 4
20 and over.....	4.6	74	7	6
All individuals 2 and over.....	12.7	57	16	13

‡ 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

Race, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
	<i>Percent</i>	<i>----- Ounces cooked lean meat equivalents ‡-----</i>								
White:										
Males:										
2-5.....	2.3	2.7	0.9	0.6	0.1	†*	0.6	0.2	†*	0.2
6-11.....	3.5	3.5	1.4	.7	.2	†*	.8	.2	†*	.2
12-19.....	4.4	5.9	2.6	1.3	.3	†*	1.1	.4	†*	.2
20-39.....	12.5	6.6	2.9	1.5	.4	†*	1.1	.4	*	.2
40-59.....	9.8	6.3	2.5	1.5	.5	†*	1.0	.5	*	.2
60 and over.....	6.0	5.0	2.0	1.0	.6	*	.8	.5	*	.2
20 and over.....	28.2	6.2	2.6	1.4	.5	*	1.0	.4	*	.2
Females:										
2-5.....	2.2	2.4	.8	.6	.1	†*	.6	.2	†*	.1
6-11.....	3.3	2.8	1.0	.6	.1	†*	.6	.2	†*	.2
12-19.....	4.1	3.4	1.4	.9	.2	†*	.5	.2	†*	.1
20-39.....	12.2	3.7	1.4	1.0	.3	†*	.5	.3	*	.1
40-59.....	10.3	3.8	1.4	1.0	.4	†*	.5	.3	*	.1
60 and over.....	7.9	3.6	1.3	.9	.5	*	.4	.3	*	.1
20 and over.....	30.4	3.7	1.4	1.0	.4	*	.5	.3	*	.1
All individuals 2 and over.....	78.4	4.6	1.8	1.1	.4	*	.7	.3	*	.1
Black:										
Males:										
2-5.....	0.6	3.4	.9	1.0	.2	†*	.9	.3	†*	.1
6-11.....	0.7	4.3	1.3	1.2	†.3	†*	1.1	.3	†*	.2
12-19.....	0.8	6.3	2.5	1.7	†.4	0.0	1.1	.4	†*	†.1
20-39.....	1.7	9.7	3.9	2.3	.7	†*	†2.2	.6	†*	†*
40-59.....	1.3	7.2	2.8	1.9	.7	†.1	.9	.7	†*	.1
60 and over.....	0.7	5.3	1.9	1.4	.5	†.1	.6	.7	†*	.1
20 and over.....	3.7	8.0	3.1	2.0	.7	†.1	1.4	.6	*	.1
Females:										
2-5.....	0.6	3.4	1.0	.9	.2	†*	.8	.3	†*	.2
6-11.....	0.8	3.7	1.3	.9	†.3	†*	.8	.2	†*	.1
12-19.....	1.1	4.8	2.0	1.2	†.2	†*	.9	.4	†*	†.1
20-39.....	2.2	4.9	1.8	1.5	†.4	†*	.8	.3	†*	†.1
40-59.....	1.4	5.0	1.6	1.5	.7	†.1	.6	.5	†*	.1
60 and over.....	1.0	3.9	1.2	1.1	.5	†*	.5	.5	†*	†.1
20 and over.....	4.6	4.7	1.6	1.4	.5	*	.7	.4	†*	.1
All individuals 2 and over.....	12.7	5.6	2.0	1.5	.5	*	1.0	.4	*	.1

‡ See "appendix D." for definitions of servings

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

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

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
White:				
Males:				
2-5.....	2.3	14	8	14
6-11.....	3.5	7	20	15
12-19.....	4.4	3	52	39
20-39.....	12.5	2	63	51
40-59.....	9.8	2	63	52
60 and over.....	6.0	3	46	39
20 and over.....	28.2	2	59	49
Females:				
2-5.....	2.2	13	5	11
6-11.....	3.3	8	8	6
12-19.....	4.1	9	19	15
20-39.....	12.2	6	24	20
40-59.....	10.3	6	24	22
60 and over.....	7.9	5	21	20
20 and over.....	30.4	6	23	21
All individuals 2 and over.....	78.4	5	36	30
Black:				
Males:				
2-5.....	0.6	† 3	17	23
6-11.....	0.7	† 3	36	34
12-19.....	0.8	† 1	60	50
20-39.....	1.7	† 1	75	71
40-59.....	1.3	† 2	71	66
60 and over.....	0.7	† 1	49	44
20 and over.....	3.7	† 1	69	64
Females:				
2-5.....	0.6	† 4	13	30
6-11.....	0.8	† 2	21	19
12-19.....	1.1	† 3	46	43
20-39.....	2.2	† 3	38	36
40-59.....	1.4	† 1	42	40
60 and over.....	1.0	† 7	26	26
20 and over.....	4.6	4	36	35
All individuals 2 and over.....	12.7	2	45	43

‡ 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

Race, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat	Added sugars
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Percent of kilocalories -----</i>		<i>----- Grams -----</i>	<i>--- Teaspoons ‡ ---</i>	
White:							
Males:							
2-5.....	2.3	1570	32.3	25.4	16.2	44.6	15.9
6-11.....	3.5	1993	32.0	24.9	19.1	55.5	24.1
12-19.....	4.4	2786	33.1	25.5	20.7	79.6	36.4
20-39.....	12.5	2630	33.7	25.4	16.3	75.3	26.9
40-59.....	9.8	2345	34.4	25.7	13.6	68.4	20.5
60 and over.....	6.0	1978	33.3	24.9	12.0	56.0	15.2
20 and over.....	28.2	2394	33.8	25.4	14.5	68.8	22.2
Females:							
2-5.....	2.2	1441	31.9	25.3	16.6	40.9	15.1
6-11.....	3.3	1762	31.9	25.3	19.3	49.8	21.8
12-19.....	4.1	1828	31.7	24.7	21.0	50.6	24.4
20-39.....	12.2	1728	32.1	24.7	17.1	48.5	19.0
40-59.....	10.3	1619	33.3	25.4	14.0	46.7	14.5
60 and over.....	7.9	1424	32.0	23.9	12.4	38.6	11.3
20 and over.....	30.4	1612	32.5	24.7	14.9	45.3	15.5
All individuals 2 and over.....	78.4	1988	32.9	25.1	15.8	56.5	20.2
Black:							
Males:							
2-5.....	0.6	1565	33.7	25.8	15.8	45.2	15.5
6-11.....	0.7	1896	34.2	26.3	18.9	56.4	21.9
12-19.....	0.8	2545	35.6	27.6	20.0	78.7	31.4
20-39.....	1.7	3012	35.5	26.2	16.6	92.4	31.1
40-59.....	1.3	2216	34.4	24.7	15.6	63.1	21.4
60 and over.....	0.7	1674	33.7	23.9	12.8	45.8	14.0
20 and over.....	3.7	2475	34.8	25.2	15.5	73.1	24.4
Females:							
2-5.....	0.6	1524	34.1	26.1	15.7	44.8	15.1
6-11.....	0.8	1698	34.0	26.3	18.4	50.3	19.4
12-19.....	1.1	1877	35.6	27.4	18.5	57.3	21.9
20-39.....	2.2	1737	34.1	25.4	19.1	50.3	20.8
40-59.....	1.4	1596	35.2	26.3	15.4	47.8	15.6
60 and over.....	1.0	1289	33.2	23.8	14.5	34.8	11.9
20 and over.....	4.6	1594	34.3	25.3	17.0	46.1	17.2
All individuals 2 and over.....	12.7	1951	34.5	25.8	17.0	57.6	20.8

‡ 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

Race, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
White:	<i>Percent</i>	<i>----- Grams -----</i>								
Males and females:										
1-2.....	2.1	0.6	0.3	0.2	0.5	0.7	2.2	9.9	4.6	19.6
3-5.....	3.4	.5	.3	.2	.4	.7	2.1	11.2	5.3	21.5
5 and under ‡	6.2	.5	.3	.3	.5	1.1	2.1	10.2	4.7	20.1
Males:										
6-11.....	3.4	.6	.3	.3	.5	.9	2.6	14.6	7.1	27.8
12-19.....	4.3	.8	.4	.3	.6	1.1	3.4	20.0	9.5	37.3
20-39.....	12.2	.7	.4	.3	.6	1.0	3.1	19.6	9.1	35.6
40-59.....	9.5	.5	.3	.2	.5	.8	2.5	16.7	8.0	30.3
60 and over.....	5.8	.5	.3	.2	.4	.7	2.1	13.6	6.5	24.8
20 and over.....	27.5	.6	.3	.2	.5	.9	2.7	17.3	8.1	31.5
Females:										
6-11.....	3.2	.6	.3	.2	.5	.8	2.4	12.9	6.2	24.6
12-19.....	4.1	.5	.3	.2	.4	.8	2.2	12.6	6.0	23.8
20-39.....	11.9	.5	.2	.2	.4	.7	1.9	11.9	5.6	21.9
40-59.....	10.0	.4	.2	.2	.3	.7	1.7	11.1	5.2	20.3
60 and over.....	7.7	.3	.2	.1	.3	.5	1.4	9.4	4.4	17.1
20 and over.....	29.6	.4	.2	.2	.3	.6	1.7	10.9	5.2	20.1
All individuals.....	78.1	.5	.3	.2	.4	.8	2.3	13.9	6.6	25.8
Black:										
Males and females:										
1-2.....	0.5	.5	.3	.2	.4	.6	2.0	10.6	4.8	20.0
3-5.....	0.8	.5	.3	.2	.4	.6	2.1	12.2	5.7	22.8
5 and under ‡	1.5	.5	.3	.3	.4	1.1	2.1	11.1	5.0	21.2
Males:										
6-11.....	0.7	.5	.3	.2	.4	.7	2.3	14.5	6.7	26.4
12-19.....	0.8	.6	.3	.2	.5	.9	2.9	20.4	9.5	36.3
20-39.....	1.6	†.7	†.4	†.3	†.6	1.0	3.2	22.5	10.4	39.9
40-59.....	1.3	.4	.2	.2	.3	.6	2.1	16.5	7.9	28.8
60 and over.....	0.7	.3	.2	†.2	.3	.4	1.5	12.1	5.9	21.4
20 and over.....	3.6	.5	.3	.2	.4	.7	2.4	18.3	8.6	32.3
Females:										
6-11.....	0.8	.5	.3	.2	.4	.6	2.0	13.2	6.3	24.2
12-19.....	0.9	.5	.3	.2	.4	.6	2.2	15.3	7.1	27.3
20-39.....	2.2	.3	.2	.1	.3	.6	1.7	12.9	6.1	22.8
40-59.....	1.3	.3	.2	.1	.3	.6	1.5	11.5	5.3	20.4
60 and over.....	1.0	.2	.1	.1	.2	.4	1.2	9.0	4.2	15.8
20 and over.....	4.5	.3	.2	.1	.3	.5	1.5	11.6	5.5	20.5
All individuals.....	12.8	.4	.2	.2	.4	.7	2.1	14.5	6.8	25.9

† See "Statistical notes," appendix B.

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

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

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

Race, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
White:	<i>Percent</i>	<i>----- Grams -----</i>				
Males and females:						
1-2.....	2.1	0.9	16.2	0.1	*	17.5
3-5.....	3.4	1.0	20.2	.1	*	21.7
5 and under ‡	6.2	.9	17.7	.1	*	19.0
Males:						
6-11.....	3.4	1.4	26.9	.1	*	28.9
12-19.....	4.3	1.9	37.7	.2	.1	40.6
20-39.....	12.2	2.0	36.9	.2	.1	39.7
40-59.....	9.5	1.7	33.0	.2	.1	35.4
60 and over.....	5.8	1.4	26.9	.1	*	28.8
20 and over.....	27.5	1.8	33.4	.2	.1	35.9
Females:						
6-11.....	3.2	1.2	23.7	.1	*	25.4
12-19.....	4.1	1.1	24.0	.1	*	25.8
20-39.....	11.9	1.1	22.7	.1	*	24.3
40-59.....	10.0	1.1	21.9	.1	*	23.4
60 and over.....	7.7	.9	18.6	.1	*	19.9
20 and over.....	29.6	1.1	21.3	.1	*	22.9
All individuals.....	78.1	1.4	26.7	.1	*	28.6
Black:						
Males and females:						
1-2.....	0.5	1.1	17.7	.1	*	19.2
3-5.....	0.8	1.3	21.8	.1	*	23.6
5 and under ‡	1.5	1.1	19.3	.1	*	20.8
Males:						
6-11.....	0.7	1.5	26.7	.1	*	28.8
12-19.....	0.8	2.2	38.2	.2	*	41.3
20-39.....	1.6	2.3	41.9	.2	.1	45.2
40-59.....	1.3	1.9	32.0	.2	† .1	34.7
60 and over.....	0.7	1.4	24.1	.1	† .1	25.9
20 and over.....	3.6	2.0	34.8	.2	.1	37.7
Females:						
6-11.....	0.8	1.3	25.6	.1	*	27.4
12-19.....	0.9	1.6	28.2	.1	† .1	30.4
20-39.....	2.2	1.5	25.2	.1	*	27.2
40-59.....	1.3	1.3	22.4	.2	*	24.3
60 and over.....	1.0	1.0	17.7	.1	*	19.0
20 and over.....	4.5	1.3	22.7	.1	*	24.5
All individuals.....	12.8	1.6	27.5	.1	.1	29.7

* 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

Race, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
White:		<i>Percent</i> ----- <i>Grams</i> -----							
Males and females:									
1-2.....	2.1	6.3	0.7	*	0.1	*	*	*	7.1
3-5.....	3.4	8.4	.8	*	.1	*	*	*	9.4
5 and under ‡	6.2	7.5	.8	*	.1	*	*	*	8.4
Males:									
6-11.....	3.4	11.4	1.1	†*	.1	*	*	*	12.7
12-19.....	4.3	16.3	1.6	†*	.1	*	*	.1	18.3
20-39.....	12.2	17.4	1.7	*	.2	*	*	.1	19.6
40-59.....	9.5	16.4	1.7	*	.2	*	*	.1	18.5
60 and over.....	5.8	13.8	1.4	*	.1	*	*	.1	15.6
20 and over.....	27.5	16.3	1.6	*	.2	*	*	.1	18.4
Females:									
6-11.....	3.2	10.2	1.0	*	.1	*	*	*	11.4
12-19.....	4.1	11.1	1.1	†*	.1	*	*	*	12.5
20-39.....	11.9	11.6	1.2	*	.1	*	*	*	13.0
40-59.....	10.0	11.9	1.2	*	.1	*	*	.1	13.4
60 and over.....	7.7	10.0	1.1	*	.1	*	*	.1	11.4
20 and over.....	29.6	11.3	1.2	*	.1	*	*	.1	12.7
All individuals.....	78.1	13.0	1.3	*	.1	*	*	.1	14.6
Black:									
Males and females:									
1-2.....	0.5	7.4	.8	†*	.1	†*	*	*	8.3
3-5.....	0.8	9.0	.9	*	.1	*	*	*	10.1
5 and under ‡	1.5	8.2	.9	†*	.1	*	*	*	9.3
Males:									
6-11.....	0.7	11.5	1.0	†*	.1	†*	*	*	12.7
12-19.....	0.8	16.7	1.6	†*	.2	†*	†*	.1	18.8
20-39.....	1.6	20.5	2.1	*	.2	*	*	.1	23.2
40-59.....	1.3	14.6	1.5	†*	.2	*	†*	.1	16.7
60 and over.....	0.7	11.4	1.1	†*	.2	†*	*	.1	12.9
20 and over.....	3.6	16.6	1.7	*	.2	*	*	.1	18.8
Females:									
6-11.....	0.8	11.3	1.0	†*	.1	†*	*	*	12.6
12-19.....	0.9	13.1	1.3	†*	.1	†*	†*	†.1	14.7
20-39.....	2.2	11.8	1.2	†*	.1	†*	*	.1	13.3
40-59.....	1.3	11.9	1.2	†*	.1	†*	*	.1	13.6
60 and over.....	1.0	9.6	1.0	*	.1	*	*	.1	10.9
20 and over.....	4.5	11.3	1.1	*	.1	*	*	.1	12.9
All individuals.....	12.8	12.9	1.3	*	.1	*	*	.1	14.6

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

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

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

Race, sex and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
			----- Percent -----		
White:					
Males:					
20-39.....	12.2	25.9	26.0	54.3	14.6
40-59.....	9.5	27.4	38.9	70.2	21.7
60 and over.....	5.8	26.1	30.4	58.4	15.0
20 and over.....	27.5	26.5	31.3	60.7	17.2
Females:					
20-39.....	11.9	24.2	21.6	33.4	11.9
40-59.....	10.0	26.3	34.0	51.1	21.1
60 and over.....	7.7	25.7	32.4	49.5	16.9
20 and over.....	29.6	25.3	28.7	43.7	16.4
All individuals.....	57.1	25.9	30.0	52.1	16.8
Black:					
Males:					
20-39.....	1.6	26.9	40.8	64.1	14.8
40-59.....	1.3	27.4	40.3	70.6	24.6
60 and over.....	0.7	27.1	44.7	64.4	27.9
20 and over.....	3.6	27.1	41.3	66.6	20.9
Females:					
20-39.....	2.2	27.4	46.4	59.4	31.0
40-59.....	1.3	29.6	60.0	72.1	45.1
60 and over.....	1.0	29.0	58.0	78.7	38.9
20 and over.....	4.5	28.4	53.0	67.5	36.9
All individuals.....	8.1	27.8	47.7	67.1	29.6

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:
$$[170\text{lbs} \div (69\text{in})^2] \times 703 = 25.1.$$
- Different BMI cutoff points are used to define overweight. The Healthy People 2000 objectives define overweight as a BMI equal to or greater than 27.8 for men and 27.3 for women, excluding pregnant women (DHHS/PHS 1995). This definition of overweight is based on the 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

Sex and age (years)	Day-1 count (unweighted)	Day-1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
		----- Percent -----		----- Percent -----
White:				
Males and females:				
1-2.....	971	2.1	934	2.1
3-5.....	1,067	3.4	1,035	3.3
5 and under ‡	2,222	6.2	2,146	6.2
Males:				
6-11.....	537	3.4	524	3.4
12-19.....	540	4.3	515	4.3
20-39.....	1,314	12.2	1,219	12.2
40-59.....	1,436	9.5	1,375	9.5
60 and over.....	1,409	5.8	1,334	5.8
20 and over.....	4,159	27.5	3,928	27.5
Females:				
6-11.....	531	3.2	509	3.2
12-19.....	513	4.1	488	4.0
20-39.....	1,143	11.9	1,078	11.9
40-59.....	1,428	10.0	1,381	10.1
60 and over.....	1,272	7.7	1,201	7.7
20 and over.....	3,843	29.6	3,660	29.6
All individuals.....	12,345	78.1	11,770	78.2
Black:				
Males and females:				
1-2.....	203	0.5	188	0.5
3-5.....	223	0.8	215	0.8
5 and under ‡	479	1.5	450	1.5
Males:				
6-11.....	111	0.7	105	0.7
12-19.....	98	0.8	90	0.8
20-39.....	152	1.6	139	1.6
40-59.....	196	1.3	179	1.3
60 and over.....	166	0.7	154	0.7
20 and over.....	514	3.6	472	3.6
Females:				
6-11.....	129	0.8	121	0.8
12-19.....	131	0.9	129	1.0
20-39.....	214	2.2	201	2.1
40-59.....	217	1.3	207	1.3
60 and over.....	185	1.0	176	1.0
20 and over.....	616	4.5	584	4.5
All individuals.....	2,078	12.8	1,951	12.8

‡ Includes infants under 1.

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

Appendix B. Statistical notes

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

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

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

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

Rule 1 has been applied to data in tables 1, 2, 4, 6A - 12A, 13A - 17A, 18, 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:

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

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

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

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

- o Dark-green leafy vegetables: Arugula, beet greens*, broccoli*, chard*, chicory*, cilantro, collard greens*, dandelion greens*, endive*, escarole*,

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sources: Hilditch and Williams 1964, Swern 1979.

Appendix F. References

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