

DATA TABLES:

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

Table Set 13



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

The region categories were those defined by the U.S. Department of Commerce for the 1990 census population. See "Table Notes" on page 102 for the list of states in each region.

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.

Region is only one of many demographic factors that may influence food intake behavior. Some examples of other factors are income, race, level of urbanization, education, employment status, and participation in government food assistance programs. In-depth analyses of the data are needed to assess the effects of region 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 region-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). Using day-1 intakes makes it possible for users to make direct comparisons between the 1994-96 survey and day-1 intakes from previous surveys; in the 1994-96 CSFII, as well as in previous surveys, day-1 intake data were obtained using a 24-hour dietary recall during in-person interviews. Previous surveys have included different numbers of days of dietary information and different methodologies, such as food records, for subsequent days.

The CSFII 1994-96 included the collection of a second nonconsecutive day of dietary intake data to provide more reliable distribution of intake, to provide estimates of individual variability, and to provide more information on food usage, since many foods are not consumed daily. Two-day average intakes are used in distribution tables such as those presenting percentages of individuals meeting recommendations. The 2-day respondents comprise a subset of 1-day respondents; about 95 percent of 1-day respondents also provided a second intake. Appendix A provides counts of individuals providing day 1 and 2-day intakes. For more information on the selection of 2 days of dietary intake for the 1994-96 CSFII, see the design and operation report for the survey [Tippett and Cypel (eds.) 1998].

Notes for each table are in the Table Notes section that begins on page 102. Additional information to aid in interpretation of the tables is provided in appendixes C - E. References are in appendix F.

Suggested citation: U.S. Department of Agriculture, Agricultural Research Service. December 1998. Data Tables: Food and Nutrient Intakes by Region, 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].

February 1999

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

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
All Regions.....	100.0	2,002	75.1	74.4	25.6	28.6	14.6	256
Northeast:								
Males and females:								
1-2.....	0.6	1,372	51.3	49.3	20.6	17.6	7.4	183
3-5.....	0.9	1,641	57.9	57.7	22.3	22.0	9.1	180
5 and under ‡	1.7	1,428	50.2	51.6	20.7	18.8	8.3	160
Males:								
6-11.....	0.8	2,062	68.7	72.7	27.0	27.7	12.6	218
12-19.....	1.0	2,569	94.9	92.8	33.0	35.5	17.1	291
20-39.....	2.8	2,771	108.8	108.6	38.7	40.9	20.7	374
40-59.....	2.3	2,385	95.3	88.3	29.7	33.9	17.7	321
60 and over.....	1.6	1,931	78.1	70.6	23.3	26.8	14.7	263
20 and over.....	6.7	2,437	96.8	92.5	31.9	35.1	18.3	329
Females:								
6-11.....	1.0	1,791	63.3	64.5	24.4	24.3	10.9	198
12-19.....	1.0	1,855	66.9	62.8	22.3	23.1	12.4	232
20-39.....	2.9	1,690	67.3	61.5	21.3	23.1	12.3	229
40-59.....	2.4	1,623	65.3	59.2	19.3	21.9	13.4	204
60 and over.....	2.2	1,463	61.0	50.7	16.4	18.9	11.2	188
20 and over.....	7.5	1,601	64.8	57.6	19.2	21.5	12.3	209
All individuals.....	19.7	1,963	76.2	72.1	25.1	27.1	14.2	251
Midwest:								
Males and females:								
1-2.....	0.7	1,391	51.6	51.9	20.7	19.3	8.0	200
3-5.....	1.2	1,628	54.9	59.2	22.4	22.8	9.7	167
5 and under ‡	2.1	1,465	50.0	54.4	21.1	20.3	9.0	164
Males:								
6-11.....	1.2	2,080	72.8	75.3	27.7	29.4	12.4	225
12-19.....	1.5	3,224	111.8	117.9	42.6	46.6	20.0	344
20-39.....	3.4	2,968	109.7	111.8	38.4	43.4	21.5	360
40-59.....	2.6	2,584	103.1	101.9	33.9	39.7	20.4	351
60 and over.....	1.9	2,045	82.4	76.0	25.1	29.3	15.4	302
20 and over.....	7.9	2,618	100.9	99.8	33.7	38.7	19.6	343
Females:								
6-11.....	1.0	2,002	66.7	73.0	26.1	28.5	13.0	203
12-19.....	1.3	2,007	69.7	72.7	26.3	28.4	12.5	215
20-39.....	3.2	1,865	65.6	66.3	22.3	25.3	13.7	202
40-59.....	3.0	1,770	66.8	67.9	22.6	25.9	14.1	236
60 and over.....	2.4	1,521	62.1	55.9	18.4	21.3	11.7	219
20 and over.....	8.6	1,737	65.0	64.0	21.4	24.4	13.3	219
All individuals.....	23.5	2,145	79.4	80.0	27.6	30.9	15.4	263

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

Continued

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

Region, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>Grams</i>					<i>Milligrams</i>
All Regions.....	100.0	2,002	75.1	74.4	25.6	28.6	14.6	256
South:								
Males and females:								
1-2.....	1.1	1,311	49.0	48.2	19.5	17.8	7.3	184
3-5.....	1.6	1,533	54.6	56.1	20.9	21.5	9.5	186
5 and under ‡	3.1	1,361	48.2	50.6	19.6	18.9	8.4	167
Males:								
6-11.....	1.6	1,954	67.6	74.2	27.0	29.0	12.8	229
12-19.....	2.0	2,540	88.9	97.2	34.3	38.3	17.3	314
20-39.....	5.6	2,622	97.8	98.4	33.2	38.5	18.9	329
40-59.....	4.1	2,231	86.1	86.2	28.1	33.8	17.5	324
60 and over.....	2.0	1,845	73.4	72.7	23.6	28.1	15.1	293
20 and over.....	11.8	2,351	89.5	89.7	29.8	35.1	17.8	321
Females:								
6-11.....	1.4	1,717	58.7	64.6	23.3	25.0	11.4	198
12-19.....	2.1	1,868	60.9	69.5	24.0	27.2	13.2	203
20-39.....	5.8	1,763	64.4	64.7	21.5	25.1	13.2	218
40-59.....	4.3	1,599	62.2	60.9	19.8	23.3	13.0	222
60 and over.....	2.9	1,341	53.3	50.1	15.9	19.3	10.9	200
20 and over.....	13.0	1,616	61.3	60.2	19.7	23.2	12.6	215
All individuals.....	34.9	1,929	71.4	72.8	24.7	28.3	14.3	251
West:								
Males and females:								
1-2.....	0.8	1,201	45.9	42.8	17.8	15.3	6.5	190
3-5.....	1.1	1,537	55.4	57.1	21.2	21.6	10.0	198
5 and under ‡	2.1	1,343	48.5	49.9	19.4	18.3	8.5	180
Males:								
6-11.....	1.1	2,042	72.8	74.4	27.4	28.5	12.9	238
12-19.....	1.3	2,744	96.3	102.2	35.6	39.7	19.3	337
20-39.....	3.7	2,682	101.7	97.8	33.4	37.5	19.1	354
40-59.....	2.6	2,359	92.9	86.0	28.5	32.9	17.6	335
60 and over.....	1.2	2,018	79.8	75.8	25.4	28.7	15.6	290
20 and over.....	7.6	2,465	95.2	90.2	30.4	34.5	18.0	337
Females:								
6-11.....	1.0	1,753	62.3	62.9	23.4	24.1	10.7	201
12-19.....	1.2	1,925	67.0	70.5	25.1	26.6	13.4	226
20-39.....	3.8	1,754	66.1	64.5	22.1	24.2	13.3	223
40-59.....	2.4	1,601	61.3	58.0	18.6	21.7	13.1	194
60 and over.....	1.5	1,417	58.3	51.0	16.6	18.9	11.3	198
20 and over.....	7.7	1,640	63.1	59.8	19.9	22.4	12.8	209
All individuals.....	22.0	2,001	75.3	73.3	25.2	27.8	14.5	260

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

Continued

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

Region, 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 -----	
All Regions.....	255.4	15.1	982	463	8.0	100	1.59
Northeast:							
Males and females:							
1-2.....	185.7	8.9	769	270	4.8	105	1.18
3-5.....	228.9	10.9	879	330	5.3	116	1.47
5 and under ‡	195.9	9.1	847	296	6.1	112	1.29
Males:							
6-11.....	290.8	13.6	942	271	6.7	113	1.84
12-19.....	345.0	16.9	1,157	440	9.0	137	2.24
20-39.....	320.6	16.8	1,011	451	11.2	122	2.09
40-59.....	292.1	17.8	1,189	616	9.4	130	1.97
60 and over.....	242.9	17.9	1,308	745	9.7	114	1.78
20 and over.....	292.1	17.4	1,143	578	10.2	123	1.97
Females:							
6-11.....	246.4	12.3	798	276	6.7	112	1.53
12-19.....	258.6	13.0	754	292	6.9	101	1.56
20-39.....	215.1	13.4	1,035	590	6.7	90	1.40
40-59.....	206.6	14.4	972	598	7.5	98	1.32
60 and over.....	192.7	14.1	1,081	591	6.9	100	1.34
20 and over.....	205.8	14.0	1,029	593	7.0	96	1.36
All individuals.....	249.8	14.7	1,031	511	8.1	110	1.65
Midwest:							
Males and females:							
1-2.....	184.2	8.6	703	262	4.7	97	1.18
3-5.....	225.2	10.4	751	239	5.3	97	1.39
5 and under ‡	199.0	9.1	756	257	6.1	99	1.29
Males:							
6-11.....	284.4	13.5	991	275	6.7	104	1.86
12-19.....	431.2	18.3	1,295	504	10.2	121	2.42
20-39.....	362.4	19.4	1,108	426	11.4	112	2.17
40-59.....	305.9	19.4	1,177	498	10.6	110	2.03
60 and over.....	253.8	19.0	1,449	672	8.9	100	1.74
20 and over.....	317.5	19.3	1,214	510	10.5	108	2.02
Females:							
6-11.....	276.8	12.7	887	317	7.0	95	1.62
12-19.....	275.4	12.8	811	292	6.4	85	1.46
20-39.....	246.9	12.8	884	462	7.3	83	1.43
40-59.....	222.6	13.9	925	479	7.7	91	1.43
60 and over.....	197.1	15.3	1,144	568	6.7	96	1.32
20 and over.....	224.7	13.9	970	497	7.3	90	1.40
All individuals.....	274.5	15.4	1,042	451	8.4	99	1.70

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

Continued

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

Region, 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 -----	
All Regions.....	255.4	15.1	982	463	8.0	100	1.59
South:							
Males and females:							
1-2.....	175.0	8.9	703	260	4.5	97	1.09
3-5.....	208.1	10.5	772	271	5.3	92	1.31
5 and under ‡	182.9	9.0	758	256	5.8	96	1.17
Males:							
6-11.....	261.2	12.9	820	236	6.8	83	1.61
12-19.....	332.3	16.0	815	303	8.6	104	1.84
20-39.....	319.0	18.6	909	433	9.7	95	1.92
40-59.....	269.5	17.4	1,080	542	9.0	94	1.72
60 and over.....	226.2	16.6	1,169	506	8.3	92	1.56
20 and over.....	285.7	17.8	1,013	483	9.2	94	1.79
Females:							
6-11.....	231.3	11.5	779	275	6.1	87	1.37
12-19.....	254.9	12.2	760	304	7.3	89	1.39
20-39.....	226.5	12.5	760	387	6.9	85	1.30
40-59.....	202.3	13.7	855	458	6.9	83	1.27
60 and over.....	173.8	13.0	907	453	6.2	82	1.17
20 and over.....	206.9	13.0	824	425	6.8	84	1.26
All individuals.....	244.9	14.4	875	401	7.6	90	1.49
West:							
Males and females:							
1-2.....	162.6	8.8	708	265	4.6	101	1.03
3-5.....	206.1	11.1	781	272	5.5	84	1.25
5 and under ‡	179.7	9.4	750	256	5.8	91	1.12
Males:							
6-11.....	278.2	14.7	1,100	402	7.4	116	1.80
12-19.....	360.1	18.9	1,212	450	9.7	125	2.15
20-39.....	336.6	20.5	1,173	636	10.2	134	2.00
40-59.....	287.5	19.4	1,232	615	9.6	105	1.81
60 and over.....	248.0	19.4	1,379	724	9.5	111	1.74
20 and over.....	305.5	19.9	1,226	643	9.9	120	1.89
Females:							
6-11.....	241.6	12.8	814	273	6.1	84	1.41
12-19.....	262.2	14.7	886	462	7.3	112	1.43
20-39.....	228.0	15.3	929	540	7.4	93	1.37
40-59.....	203.7	15.2	958	587	8.2	104	1.33
60 and over.....	181.0	14.9	1,085	648	6.9	105	1.21
20 and over.....	211.2	15.2	969	575	7.5	99	1.33
All individuals.....	256.9	16.3	1,045	532	8.2	108	1.58

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

Continued

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

Region, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
All Regions.....	1.92	22.0	1.77	257	5.02	801	1,224
Northeast:							
Males and females:							
1-2.....	1.83	13.6	1.37	179	3.14	935	1,034
3-5.....	1.96	17.3	1.58	233	3.51	892	1,083
5 and under ‡	1.84	15.0	1.37	198	3.17	871	983
Males:							
6-11.....	2.25	21.2	1.82	278	4.32	958	1,248
12-19.....	2.61	28.7	2.33	340	5.91	1,120	1,583
20-39.....	2.47	31.7	2.37	306	† 10.34	995	1,604
40-59.....	2.17	28.3	2.11	290	8.47	811	1,404
60 and over.....	2.01	24.9	2.08	288	6.17	748	1,217
20 and over.....	2.26	28.9	2.21	296	8.70	873	1,443
Females:							
6-11.....	1.98	18.4	1.61	251	4.03	877	1,152
12-19.....	1.85	19.9	1.60	244	3.31	777	1,125
20-39.....	1.64	19.7	1.56	220	4.42	692	1,062
40-59.....	1.54	19.5	1.53	227	5.59	643	1,021
60 and over.....	1.60	19.4	1.60	230	4.57	610	958
20 and over.....	1.60	19.5	1.56	225	4.84	652	1,018
All individuals.....	1.95	22.9	1.82	258	5.93	800	1,211
Midwest:							
Males and females:							
1-2.....	1.73	13.1	1.28	174	3.35	845	980
3-5.....	1.81	16.3	1.42	214	3.36	836	1,030
5 and under ‡	1.75	14.8	1.29	190	3.21	824	956
Males:							
6-11.....	2.41	22.8	1.92	302	4.58	1,004	1,313
12-19.....	2.91	32.2	2.47	337	6.12	1,312	1,854
20-39.....	2.59	32.3	2.37	319	7.73	1,077	1,723
40-59.....	2.32	29.5	2.17	299	6.41	922	1,571
60 and over.....	2.15	24.7	2.12	284	6.71	795	1,333
20 and over.....	2.39	29.5	2.24	304	7.05	958	1,579
Females:							
6-11.....	2.04	19.6	1.58	246	3.67	907	1,193
12-19.....	1.89	19.1	1.60	224	4.31	882	1,188
20-39.....	1.71	19.8	1.58	225	4.17	708	1,085
40-59.....	1.67	20.0	1.54	227	4.13	682	1,073
60 and over.....	1.62	18.3	1.59	236	4.94	624	996
20 and over.....	1.67	19.5	1.57	229	4.37	676	1,056
All individuals.....	2.06	23.4	1.85	261	5.25	861	1,298

† See "Statistical notes," appendix B.

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

Continued

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

Region, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
All Regions.....	1.92	22.0	1.77	257	5.02	801	1,224
South:							
Males and females:							
1-2.....	1.63	12.6	1.28	177	3.19	819	944
3-5.....	1.71	15.9	1.43	209	3.52	755	986
5 and under ‡	1.62	13.9	1.27	186	3.37	762	909
Males:							
6-11.....	2.10	20.3	1.75	259	4.19	907	1,227
12-19.....	2.19	24.5	1.88	272	5.12	979	1,467
20-39.....	2.20	28.7	2.20	302	5.50	870	1,513
40-59.....	2.00	25.1	1.97	275	5.86	774	1,350
60 and over.....	1.90	21.0	1.79	271	6.02	723	1,178
20 and over.....	2.08	26.1	2.05	287	5.72	811	1,399
Females:							
6-11.....	1.76	16.7	1.38	208	4.07	780	1,055
12-19.....	1.64	18.9	1.48	221	3.63	686	1,036
20-39.....	1.51	18.8	1.45	218	3.65	634	1,036
40-59.....	1.50	18.2	1.41	215	3.82	600	986
60 and over.....	1.41	16.2	1.38	214	3.86	534	855
20 and over.....	1.49	18.0	1.42	216	3.75	600	979
All individuals.....	1.79	20.9	1.66	243	4.48	733	1,160
West:							
Males and females:							
1-2.....	1.62	11.2	1.20	177	3.23	826	915
3-5.....	1.76	14.9	1.37	211	3.38	834	1,041
5 and under ‡	1.65	13.1	1.24	190	3.20	814	942
Males:							
6-11.....	2.36	21.7	1.90	300	4.96	1,031	1,325
12-19.....	2.77	27.0	2.34	356	6.65	1,232	1,674
20-39.....	2.32	29.3	2.31	333	5.79	1,002	1,610
40-59.....	2.20	27.1	2.18	313	6.69	897	1,459
60 and over.....	2.12	23.6	2.06	321	5.41	843	1,320
20 and over.....	2.25	27.6	2.23	324	6.04	940	1,512
Females:							
6-11.....	1.91	17.7	1.50	233	3.79	895	1,157
12-19.....	1.73	18.2	1.49	249	3.96	799	1,135
20-39.....	1.65	18.6	1.52	245	3.80	714	1,103
40-59.....	1.56	18.5	1.63	238	3.94	620	1,006
60 and over.....	1.51	16.8	1.46	228	4.75	632	961
20 and over.....	1.60	18.2	1.54	239	4.03	669	1,045
All individuals.....	1.95	21.6	1.81	274	4.83	844	1,256

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

Continued

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

Region, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
All Regions.....	264	15.4	11.1	1.2	3,271	2,620
Northeast:						
Males and females:						
1-2.....	200	11.1	7.5	0.7	1,907	2,154
3-5.....	219	13.7	9.1	.9	2,481	2,221
5 and under ‡	194	13.1	8.1	.8	1,984	2,028
Males:						
6-11.....	245	16.9	10.3	1.1	3,222	2,421
12-19.....	307	21.7	13.9	1.4	4,257	3,101
20-39.....	334	20.9	15.9	1.5	4,369	3,356
40-59.....	317	18.8	13.2	1.5	3,965	3,181
60 and over.....	296	17.6	11.3	1.3	3,244	2,922
20 and over.....	319	19.4	13.9	1.4	3,960	3,192
Females:						
6-11.....	230	14.6	9.8	1.0	2,611	2,227
12-19.....	231	15.5	10.0	1.0	3,010	2,265
20-39.....	237	13.2	9.6	1.1	2,822	2,309
40-59.....	241	13.8	9.3	1.1	2,699	2,413
60 and over.....	231	13.3	8.6	1.1	2,526	2,363
20 and over.....	236	13.4	9.2	1.1	2,695	2,358
All individuals.....	264	16.2	11.1	1.2	3,181	2,645
Midwest:						
Males and females:						
1-2.....	188	10.8	7.8	.7	2,172	2,003
3-5.....	200	12.5	8.6	.8	2,532	2,015
5 and under ‡	184	12.8	8.1	.8	2,162	1,905
Males:						
6-11.....	249	17.4	11.9	1.0	3,351	2,448
12-19.....	340	21.4	16.1	1.5	4,949	3,344
20-39.....	365	21.0	16.5	1.7	4,923	3,517
40-59.....	349	18.3	14.6	1.6	4,549	3,481
60 and over.....	312	17.1	12.6	1.4	3,557	3,134
20 and over.....	347	19.1	14.9	1.6	4,468	3,412
Females:						
6-11.....	227	14.7	10.0	1.0	3,145	2,220
12-19.....	229	13.6	10.1	1.0	3,129	2,343
20-39.....	234	13.6	9.9	1.1	3,034	2,333
40-59.....	246	13.2	9.5	1.1	3,004	2,502
60 and over.....	242	12.8	8.9	1.1	2,623	2,515
20 and over.....	240	13.2	9.5	1.1	2,910	2,442
All individuals.....	277	16.0	11.8	1.2	3,538	2,762

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

Continued

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

Region, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
All Regions.....	264	15.4	11.1	1.2	3,271	2,620
South:						
Males and females:						
1-2.....	184	10.8	7.4	0.7	1,994	1,942
3-5.....	190	11.9	8.3	.8	2,466	1,962
5 and under ‡	175	11.8	7.7	.7	2,040	1,835
Males:						
6-11.....	233	15.5	10.8	1.0	3,059	2,286
12-19.....	280	17.1	13.0	1.3	4,073	2,930
20-39.....	318	18.5	14.3	1.5	4,370	3,100
40-59.....	306	16.3	12.2	1.4	3,790	3,035
60 and over.....	273	15.4	11.0	1.2	3,190	2,751
20 and over.....	306	17.2	13.0	1.4	3,964	3,017
Females:						
6-11.....	201	12.6	8.9	.9	2,769	2,027
12-19.....	208	13.3	9.6	1.0	3,034	2,058
20-39.....	217	12.6	9.3	1.0	2,974	2,165
40-59.....	231	12.1	8.6	1.1	2,661	2,292
60 and over.....	206	11.5	7.6	.9	2,325	2,081
20 and over.....	219	12.2	8.7	1.0	2,727	2,189
All individuals.....	247	14.3	10.5	1.1	3,196	2,469
West:						
Males and females:						
1-2.....	176	9.6	6.8	.6	1,708	1,889
3-5.....	200	12.2	8.5	.8	2,395	1,976
5 and under ‡	181	11.5	7.7	.7	1,951	1,848
Males:						
6-11.....	259	16.9	11.6	1.1	3,163	2,487
12-19.....	329	20.7	15.4	1.5	4,421	3,151
20-39.....	355	19.1	14.6	1.6	4,262	3,377
40-59.....	335	18.6	13.6	1.5	3,722	3,202
60 and over.....	316	18.1	12.8	1.3	3,384	3,028
20 and over.....	342	18.8	14.0	1.5	3,935	3,261
Females:						
6-11.....	222	13.4	9.4	.9	2,700	2,163
12-19.....	236	13.4	10.2	1.1	3,037	2,326
20-39.....	250	13.6	9.7	1.1	2,852	2,410
40-59.....	249	13.0	9.2	1.1	2,565	2,486
60 and over.....	240	12.2	8.9	1.0	2,391	2,365
20 and over.....	248	13.2	9.4	1.1	2,672	2,424
All individuals.....	277	15.6	11.3	1.2	3,186	2,685

‡ 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 region, 1 day, 1994-96

Region, 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>							
All Regions.....	100.0	88	161	121	94	179	137	143	144
Northeast:									
Males and females:									
1-2.....	0.6	106	320	192	80	262	168	229	151
3-5.....	0.9	101	276	190	79	267	176	197	158
5 and under ‡	1.7	103	272	198	118	277	184	225	158
Males:									
6-11.....	0.8	100	229	132	89	247	177	182	156
12-19.....	1.0	93	181	116	90	245	158	157	154
20-39.....	2.8	96	175	101	112	204	139	145	167
40-59.....	2.3	89	151	119	94	217	142	136	161
60 and over.....	1.6	84	124	131	97	190	148	144	166
20 and over.....	6.7	90	155	114	102	205	142	142	165
Females:									
6-11.....	1.0	90	220	123	93	245	155	166	141
12-19.....	1.0	84	148	94	86	183	142	142	133
20-39.....	2.9	76	135	129	83	149	125	124	130
40-59.....	2.4	78	130	121	93	164	124	122	137
60 and over.....	2.2	77	122	135	86	167	134	133	149
20 and over.....	7.5	77	130	128	87	159	128	126	138
All individuals.....	19.7	87	162	127	95	198	143	147	150
Midwest:									
Males and females:									
1-2.....	0.7	107	322	176	78	242	169	216	146
3-5.....	1.2	102	266	163	81	225	169	185	151
5 and under ‡	2.1	105	273	177	115	246	184	212	157
Males:									
6-11.....	1.2	103	252	143	91	227	182	198	171
12-19.....	1.5	115	208	130	102	215	169	173	171
20-39.....	3.4	102	178	111	114	186	144	152	170
40-59.....	2.6	97	164	118	106	183	148	147	171
60 and over.....	1.9	89	131	145	89	166	145	153	165
20 and over.....	7.9	97	162	121	105	180	146	151	169
Females:									
6-11.....	1.0	100	225	130	97	208	161	169	148
12-19.....	1.3	91	155	101	80	153	132	145	127
20-39.....	3.2	84	132	109	91	135	128	129	130
40-59.....	3.0	85	134	116	96	151	134	133	142
60 and over.....	2.4	80	124	143	83	160	132	135	141
20 and over.....	8.6	83	130	121	91	148	131	132	137
All individuals.....	23.5	94	170	127	98	178	147	153	153

‡ 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 region, 1 day, 1994-96--continued

Region, 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>							
All Regions.....	100.0	88	161	121	94	179	137	143	144
South:									
Males and females:									
1-2.....	1.1	101	306	176	75	242	155	204	140
3-5.....	1.6	95	259	165	80	213	157	173	145
5 and under ‡	3.1	99	262	177	110	239	167	198	147
Males:									
6-11.....	1.6	96	232	118	93	181	158	171	152
12-19.....	2.0	91	168	82	86	187	129	132	131
20-39.....	5.6	90	159	91	97	159	128	129	151
40-59.....	4.1	84	137	108	90	157	124	126	145
60 and over.....	2.0	80	116	117	83	154	130	136	140
20 and over.....	11.8	86	144	101	92	157	127	129	147
Females:									
6-11.....	1.4	86	198	122	84	190	137	147	127
12-19.....	2.1	85	135	95	92	160	126	126	126
20-39.....	5.8	79	130	93	85	138	115	114	124
40-59.....	4.3	77	124	107	86	138	120	119	128
60 and over.....	2.9	71	107	113	77	137	117	117	125
20 and over.....	13.0	77	123	102	84	138	117	116	125
All individuals.....	34.9	84	153	108	90	161	129	133	136
West:									
Males and females:									
1-2.....	0.8	92	287	177	77	253	147	202	125
3-5.....	1.1	96	267	168	82	194	151	179	137
5 and under ‡	2.1	96	263	174	109	224	158	196	137
Males:									
6-11.....	1.1	100	249	162	100	252	176	193	162
12-19.....	1.3	99	183	121	97	225	152	167	145
20-39.....	3.7	92	164	117	102	223	133	137	154
40-59.....	2.6	87	147	123	96	174	129	137	154
60 and over.....	1.2	88	127	138	95	184	145	151	157
20 and over.....	7.6	90	152	123	99	200	134	139	154
Females:									
6-11.....	1.0	88	215	121	85	184	141	160	135
12-19.....	1.2	87	148	111	91	202	129	132	121
20-39.....	3.8	78	132	113	89	149	120	123	122
40-59.....	2.4	77	122	119	102	173	125	123	129
60 and over.....	1.5	75	117	136	86	176	121	126	129
20 and over.....	7.7	77	126	119	92	162	122	124	125
All individuals.....	22.0	87	163	127	96	192	135	144	140

‡ 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 region, 1 day, 1994-96--continued

Region, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
All Regions.....	107	168	284	93	142	102	139	86
Northeast:								
Males and females:								
1-2.....	137	357	449	117	129	249	111	75
3-5.....	148	352	398	112	135	209	137	91
5 and under ‡	142	359	433	116	132	219	136	90
Males:								
6-11.....	129	267	305	111	145	140	163	95
12-19.....	125	193	295	93	132	92	183	92
20-39.....	119	153	† 517	116	188	95	209	106
40-59.....	105	145	424	101	175	91	188	88
60 and over.....	104	144	308	94	152	84	176	76
20 and over.....	111	148	435	106	175	91	194	92
Females:								
6-11.....	121	254	291	104	137	138	139	96
12-19.....	110	148	166	65	94	80	103	84
20-39.....	96	120	220	81	125	84	87	79
40-59.....	96	126	279	80	127	86	108	78
60 and over.....	100	128	229	76	120	82	133	72
20 and over.....	97	124	241	79	124	84	107	76
All individuals.....	110	169	328	94	143	103	147	86
Midwest:								
Males and females:								
1-2.....	128	349	479	106	123	235	108	78
3-5.....	134	335	385	105	129	194	125	86
5 and under ‡	133	346	431	109	127	207	131	90
Males:								
6-11.....	140	300	336	120	156	148	169	113
12-19.....	130	187	306	109	154	100	183	108
20-39.....	118	160	386	122	197	104	210	110
40-59.....	108	149	321	115	196	100	183	97
60 and over.....	106	142	335	99	167	89	171	84
20 and over.....	112	152	352	114	189	99	191	99
Females:								
6-11.....	116	241	261	106	140	130	138	97
12-19.....	109	134	215	73	99	79	90	84
20-39.....	97	121	206	79	122	83	90	81
40-59.....	96	126	207	85	134	88	105	79
60 and over.....	99	131	247	78	125	87	128	74
20 and over.....	97	126	218	81	127	85	106	79
All individuals.....	111	172	295	99	150	106	145	91

† See "Statistical notes," appendix B.

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

Continued

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

Region, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
All Regions.....	107	168	284	93	142	102	139	86
South:								
Males and females:								
1-2.....	128	355	455	102	118	230	108	74
3-5.....	134	321	394	94	123	182	119	83
5 and under ‡	133	342	466	102	123	200	124	86
Males:								
6-11.....	126	259	302	107	145	137	150	102
12-19.....	100	153	256	82	122	83	145	87
20-39.....	110	151	275	99	172	91	185	96
40-59.....	99	138	293	97	169	88	163	81
60 and over.....	89	135	301	90	147	78	154	73
20 and over.....	103	144	286	97	167	87	172	87
Females:								
6-11.....	103	206	308	91	123	117	117	86
12-19.....	100	131	181	57	86	72	88	79
20-39.....	88	116	180	70	115	76	82	76
40-59.....	88	119	191	75	123	82	96	72
60 and over.....	86	119	193	67	107	73	115	64
20 and over.....	88	118	187	71	116	78	94	72
All individuals.....	100	159	258	84	134	96	129	81
West:								
Males and females:								
1-2.....	120	354	461	103	114	221	96	68
3-5.....	128	328	382	104	130	193	122	85
5 and under ‡	128	344	428	107	124	202	120	83
Males:								
6-11.....	138	301	360	121	156	153	164	109
12-19.....	125	202	333	103	139	99	177	102
20-39.....	115	167	289	117	188	101	191	97
40-59.....	109	157	335	112	182	96	186	91
60 and over.....	103	160	271	105	165	90	181	85
20 and over.....	111	162	302	113	182	98	188	93
Females:								
6-11.....	112	233	277	106	137	132	126	91
12-19.....	101	147	198	67	95	82	89	85
20-39.....	92	128	186	80	123	88	88	78
40-59.....	102	132	196	77	125	89	101	76
60 and over.....	91	127	237	79	120	86	122	74
20 and over.....	95	129	199	79	123	88	99	77
All individuals.....	109	179	276	97	145	108	140	87

‡ 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 region, 2-day average, 1994-96

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	† 1.9	19.9	48.2	† 0.0	† 0.0	† 0.9	† 2.1	7.0	16.8
3-5.....	0.9	† 2.0	15.0	59.3	† 0.0	† .2	† .8	5.3	12.0	27.6
5 and under ‡	1.7	† 1.7	15.9	53.2	† 0.0	† .4	2.9	3.5	8.7	20.8
Males:										
6-11.....	0.9	† 1.5	24.4	60.5	† 0.0	† 0.0	† 3.0	† 7.2	26.2	43.3
12-19.....	1.0	† 2.0	28.4	65.2	† 0.0	† 2.8	† 4.4	17.7	42.8	57.6
20-39.....	2.9	8.6	40.4	65.0	† .2	† 3.9	15.6	29.7	45.7	59.1
40-59.....	2.3	7.3	36.6	66.7	† .5	† 4.2	15.5	26.4	43.5	52.4
60 and over.....	1.6	9.6	44.2	76.7	† 2.3	11.3	31.7	21.4	37.4	49.7
20 and over.....	6.7	8.4	40.1	68.4	† .8	5.8	19.4	26.6	43.0	54.6
Females:										
6-11.....	0.9	† 2.1	31.1	70.1	† 0.0	† 0.0	† 2.0	† 8.6	28.9	49.9
12-19.....	1.0	14.6	42.8	78.9	† .6	† 7.3	18.9	24.6	51.0	64.3
20-39.....	2.9	13.3	52.8	79.0	† 3.1	8.7	26.2	23.4	44.4	56.9
40-59.....	2.4	12.5	51.5	82.4	† 2.1	12.8	27.8	22.1	41.7	56.6
60 and over.....	2.2	12.5	52.9	88.9	† 2.1	13.0	31.0	14.0	36.2	49.7
20 and over.....	7.5	12.8	52.4	83.0	2.5	11.3	28.1	20.2	41.1	54.7
All individuals.....	19.7	8.9	41.2	72.8	1.3	6.8	19.0	19.9	38.4	51.7
Midwest:										
Males and females:										
1-2.....	0.7	† 1.5	15.1	50.8	† 0.0	† 0.0	† 1.7	† 3.1	9.3	21.8
3-5.....	1.2	† 2.8	20.4	56.5	† 0.0	† .2	† 1.2	6.0	12.9	23.6
5 and under ‡	2.1	2.0	16.3	53.3	† 0.0	† .1	3.6	4.3	10.2	20.3
Males:										
6-11.....	1.2	† 1.4	16.2	50.8	† 0.0	† 0.0	† .9	† 5.3	16.1	30.3
12-19.....	1.5	† 2.3	16.8	49.0	† .4	† 2.2	9.0	19.0	41.9	58.4
20-39.....	3.3	5.2	32.0	61.4	† .3	4.9	11.5	32.2	51.3	65.7
40-59.....	2.6	6.6	32.4	60.6	† .2	4.4	14.4	21.1	40.9	57.6
60 and over.....	2.0	7.3	31.8	69.8	† .8	6.8	25.2	17.7	33.6	48.7
20 and over.....	7.9	6.2	32.1	63.2	† .4	5.2	15.9	24.9	43.4	58.8
Females:										
6-11.....	1.0	† 2.2	18.8	64.5	† 0.0	† .8	† 2.3	8.5	25.0	45.0
12-19.....	1.3	8.0	38.3	69.2	† 2.3	11.4	19.0	25.2	50.7	66.6
20-39.....	3.2	11.7	44.8	78.5	† .8	10.4	26.8	27.1	52.2	68.0
40-59.....	3.0	7.7	44.5	77.4	† 1.5	8.5	25.8	23.4	42.1	56.6
60 and over.....	2.4	10.7	42.8	82.7	† 1.9	12.0	33.9	18.1	35.0	47.3
20 and over.....	8.6	10.0	44.1	79.3	1.3	10.2	28.4	23.3	43.9	58.3
All individuals.....	23.5	6.7	33.1	67.1	.8	6.3	17.8	20.5	38.9	53.6

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	† 2.1	21.2	56.6	† 0.0	† 0.1	† 1.1	3.7	11.1	24.6
3-5.....	1.6	3.4	27.3	61.1	† 0.0	† .6	† 1.1	5.0	15.6	30.7
5 and under ‡	3.1	3.3	23.1	57.1	† .6	1.6	3.9	3.9	12.7	25.7
Males:										
6-11.....	1.5	† 4.0	26.6	62.4	† 0.0	† .3	† 3.5	14.3	32.2	45.0
12-19.....	2.0	9.3	36.8	67.5	† .9	† 4.4	12.7	33.9	56.8	75.2
20-39.....	5.6	12.8	37.2	69.3	† 1.2	7.7	19.5	34.2	54.7	72.3
40-59.....	4.1	12.8	43.3	73.1	† 1.4	8.5	23.6	28.5	50.6	64.9
60 and over.....	2.0	13.1	47.5	78.9	4.3	15.4	36.5	25.5	42.9	58.8
20 and over.....	11.8	12.9	41.1	72.3	1.8	9.3	23.8	30.7	51.2	67.4
Females:										
6-11.....	1.4	† 5.3	38.3	78.7	† .8	† 2.1	6.6	19.2	35.3	56.5
12-19.....	2.1	14.2	47.1	77.2	† 2.4	12.8	29.2	38.5	60.8	76.5
20-39.....	5.8	16.0	54.1	81.7	3.1	15.4	30.7	39.5	55.3	68.7
40-59.....	4.3	14.4	54.0	85.7	3.2	14.3	33.6	28.8	50.6	63.4
60 and over.....	2.9	22.2	58.5	90.5	6.4	22.8	43.9	26.6	49.8	62.3
20 and over.....	13.0	16.8	55.0	85.0	3.9	16.6	34.6	33.1	52.5	65.5
All individuals.....	34.9	12.7	44.1	75.5	2.3	10.6	24.1	28.7	47.7	62.6
West:										
Males and females:										
1-2.....	0.8	4.4	26.4	67.0	† .7	† .7	† 1.3	† 2.9	10.9	24.3
3-5.....	1.1	† 3.7	28.1	64.7	† 0.0	† .4	† 1.3	5.0	15.8	28.2
5 and under ‡	2.1	3.6	25.5	62.9	† .3	† .9	3.4	3.7	12.5	24.3
Males:										
6-11.....	1.0	† 3.0	15.9	58.8	† 0.0	† .4	† 2.5	† 5.6	17.5	36.0
12-19.....	1.3	† 4.9	29.3	59.8	† 0.0	† 1.8	9.3	21.4	42.6	58.2
20-39.....	3.8	7.3	34.1	66.4	† .7	4.7	13.3	27.8	47.1	62.8
40-59.....	2.6	10.6	39.7	70.9	† 1.9	10.4	19.6	21.4	40.0	57.6
60 and over.....	1.2	8.9	36.9	68.4	† 3.3	11.8	29.3	17.6	31.4	48.6
20 and over.....	7.6	8.7	36.5	68.3	1.5	7.7	17.9	24.0	42.2	58.8
Females:										
6-11.....	1.1	7.7	34.2	73.2	† 1.0	† 3.8	† 7.4	11.0	27.4	45.8
12-19.....	1.2	8.4	41.3	73.3	† .3	† 6.0	23.6	32.2	49.4	64.4
20-39.....	3.9	15.3	51.1	84.2	† 2.3	11.4	27.9	27.3	45.8	60.3
40-59.....	2.3	14.0	53.2	84.9	4.4	11.6	27.9	24.8	37.1	53.5
60 and over.....	1.5	15.4	51.1	80.1	† 3.6	15.9	36.3	14.7	33.1	48.5
20 and over.....	7.7	14.9	51.7	83.6	3.2	12.4	29.6	24.1	40.7	56.0
All individuals.....	22.0	9.8	39.6	72.7	1.7	7.7	19.2	20.9	37.4	53.0

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	29.1	62.5	79.4	† 2.5	9.9	13.0	† 0.7	† 1.5	12.4
3-5.....	0.9	18.4	49.7	77.1	† 4.4	7.7	11.5	† 0.0	† .5	8.7
5 and under ‡	1.7	19.5	47.5	68.4	3.2	7.4	10.5	† .2	† .8	8.8
Males:										
6-11.....	0.9	14.4	43.2	73.1	† 6.9	15.8	22.2	† 0.0	† .9	† 7.3
12-19.....	1.0	15.3	45.1	66.4	† 10.7	15.2	23.8	† .5	† 3.6	19.9
20-39.....	2.9	17.1	38.6	58.5	14.8	26.8	36.0	† 3.6	11.6	30.6
40-59.....	2.3	18.2	42.4	58.5	9.7	24.2	31.2	† 3.2	10.3	23.6
60 and over.....	1.6	24.8	53.3	75.3	12.3	23.1	29.5	† 1.2	9.9	26.3
20 and over.....	6.7	19.3	43.4	62.6	12.5	25.1	32.8	2.8	10.7	27.2
Females:										
6-11.....	0.9	12.6	45.5	70.8	† 2.8	11.1	15.0	† 0.0	† 1.9	10.5
12-19.....	1.0	22.3	43.4	74.6	† 11.6	23.0	31.2	† 3.0	13.4	26.0
20-39.....	2.9	21.6	50.6	74.1	14.5	26.6	38.6	† 4.7	14.3	34.9
40-59.....	2.4	23.6	50.6	66.8	13.0	23.4	31.8	† 1.8	12.0	36.7
60 and over.....	2.2	24.2	51.8	79.3	9.3	23.7	34.3	† 1.3	10.9	30.9
20 and over.....	7.5	23.0	51.0	73.3	12.5	24.7	35.2	2.8	12.6	34.3
All individuals.....	19.7	20.2	46.8	68.8	10.9	21.8	30.0	2.2	9.5	26.3
Midwest:										
Males and females:										
1-2.....	0.7	21.7	59.3	81.2	† 3.0	11.0	16.1	† 0.0	† 2.4	10.3
3-5.....	1.2	16.3	55.9	76.6	7.0	13.2	22.2	† .2	† 3.0	12.3
5 and under ‡	2.1	16.2	50.5	69.1	4.8	10.8	17.5	† .1	2.5	10.3
Males:										
6-11.....	1.2	10.9	34.1	67.6	† 5.7	11.2	15.8	† 0.0	† .7	† 5.4
12-19.....	1.5	12.3	36.2	63.8	12.2	24.8	34.2	† .5	† 5.1	15.9
20-39.....	3.3	14.4	37.7	61.2	18.7	30.4	41.5	† 3.7	11.6	32.9
40-59.....	2.6	17.4	34.6	57.6	16.5	26.5	37.7	† 2.1	10.9	24.7
60 and over.....	2.0	21.6	51.0	68.7	14.3	22.9	34.8	† .9	7.0	21.2
20 and over.....	7.9	17.2	40.0	61.9	16.9	27.2	38.6	2.5	10.2	27.3
Females:										
6-11.....	1.0	† 7.6	40.3	70.0	† 6.0	13.6	21.6	† 0.0	† 0.0	10.6
12-19.....	1.3	19.6	50.7	77.5	17.1	29.1	41.6	† 3.6	12.6	29.5
20-39.....	3.2	22.5	48.8	73.3	21.8	38.0	50.8	5.0	15.7	34.7
40-59.....	3.0	18.4	44.9	72.3	22.1	35.2	44.5	† 2.9	14.6	34.5
60 and over.....	2.4	23.2	50.7	74.5	16.2	25.8	36.5	† 2.4	12.3	30.6
20 and over.....	8.6	21.2	47.9	73.3	20.3	33.7	44.7	3.6	14.4	33.5
All individuals.....	23.5	17.7	43.9	68.3	15.8	26.7	37.0	2.4	10.0	25.7

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	25.9	60.5	81.7	6.8	14.4	20.2	† 0.4	3.8	13.1
3-5.....	1.6	22.3	58.8	80.4	8.5	15.3	23.5	† .6	3.5	13.0
5 and under ‡	3.1	21.2	52.6	71.6	6.9	13.2	19.5	† .5	3.1	12.6
Males:										
6-11.....	1.5	19.3	47.0	70.6	7.0	19.8	30.4	† 0.0	† 4.6	14.8
12-19.....	2.0	21.2	51.6	65.8	15.7	24.5	36.9	† 3.4	13.0	31.0
20-39.....	5.6	17.8	41.2	65.1	21.1	34.1	47.7	5.0	19.2	37.2
40-59.....	4.1	18.7	47.5	66.3	19.7	35.2	49.0	4.0	15.7	35.3
60 and over.....	2.0	26.1	54.9	77.4	15.8	30.0	39.4	3.1	13.0	27.9
20 and over.....	11.8	19.5	45.7	67.6	19.7	33.8	46.8	4.4	16.9	34.9
Females:										
6-11.....	1.4	13.4	51.3	78.3	9.6	17.6	33.8	† .6	9.4	27.8
12-19.....	2.1	23.9	54.8	77.0	21.2	33.5	44.8	6.1	17.7	35.2
20-39.....	5.8	22.8	55.2	72.3	26.4	40.0	50.9	7.0	22.7	43.4
40-59.....	4.3	22.4	49.3	72.9	22.0	38.8	50.4	3.6	19.5	41.9
60 and over.....	2.9	30.6	58.4	80.5	22.3	33.8	45.7	6.3	18.8	40.7
20 and over.....	13.0	24.4	53.9	74.3	24.0	38.3	49.6	5.7	20.8	42.3
All individuals.....	34.9	21.6	50.6	71.5	19.1	31.8	43.5	4.2	16.1	34.3
West:										
Males and females:										
1-2.....	0.8	29.5	62.9	81.2	6.8	14.1	22.5	† 2.3	8.9	22.4
3-5.....	1.1	20.2	52.0	75.3	6.0	14.6	23.6	† 1.0	7.3	19.6
5 and under ‡	2.1	21.5	50.5	69.5	5.6	12.8	20.7	† 1.3	7.2	19.0
Males:										
6-11.....	1.0	12.4	34.5	65.9	† 6.1	15.4	21.0	† 2.4	† 3.6	11.6
12-19.....	1.3	19.2	43.0	62.6	12.0	23.5	30.1	† 1.7	10.5	25.8
20-39.....	3.8	13.4	37.6	62.9	10.6	23.0	32.3	4.2	14.4	37.1
40-59.....	2.6	17.5	41.8	61.4	17.1	28.2	38.9	7.7	19.4	33.4
60 and over.....	1.2	19.4	47.0	70.9	13.7	21.2	32.2	† 4.1	8.9	23.1
20 and over.....	7.6	15.8	40.5	63.6	13.3	24.5	34.5	5.4	15.3	33.6
Females:										
6-11.....	1.1	13.2	52.0	74.8	9.7	18.2	26.3	† 1.0	† 4.9	28.1
12-19.....	1.2	20.1	46.5	73.6	17.5	32.9	47.8	† 3.6	13.2	34.3
20-39.....	3.9	23.8	49.0	71.4	20.7	32.1	45.6	8.0	20.3	39.2
40-59.....	2.3	17.5	43.7	66.5	18.8	31.2	41.5	5.2	18.0	37.0
60 and over.....	1.5	22.3	47.8	71.9	13.7	20.6	33.4	† 5.1	14.3	36.7
20 and over.....	7.7	21.6	47.2	70.0	18.8	29.6	42.0	6.6	18.5	38.1
All individuals.....	22.0	18.5	44.6	67.6	14.1	24.8	35.2	4.7	14.2	32.1

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	† 0.0	† 0.7	† 3.3	† 1.5	10.2	26.0	† 2.9	13.2	29.3
3-5.....	0.9	† 0.0	† 1.2	† 4.5	† .6	† 4.2	15.6	† 1.5	7.8	19.8
5 and under ‡	1.7	† 0.0	† .9	3.5	† .8	5.7	18.0	† 1.8	9.9	24.3
Males:										
6-11.....	0.9	† 0.0	† .9	† 8.9	† 0.0	† 5.5	12.8	† 3.4	16.1	31.8
12-19.....	1.0	† .5	† 1.6	16.6	† 0.0	† 2.4	17.9	† 4.0	15.9	33.0
20-39.....	2.9	† 2.9	10.8	33.6	† 1.4	6.9	15.6	8.0	26.7	47.7
40-59.....	2.3	† 2.3	12.1	27.4	† .9	6.1	14.4	6.9	29.8	52.5
60 and over.....	1.6	† 3.1	8.9	24.5	† .6	7.7	18.2	13.9	28.8	59.2
20 and over.....	6.7	2.7	10.8	29.3	† 1.0	6.8	15.8	9.1	28.2	52.1
Females:										
6-11.....	0.9	† .4	† 4.7	9.5	† 0.0	† 7.8	20.3	† 3.1	14.9	36.6
12-19.....	1.0	† 7.1	19.8	31.0	† 1.3	† 10.8	33.5	† 9.7	28.1	52.1
20-39.....	2.9	† 1.8	14.6	38.7	† 2.2	15.4	28.5	10.1	33.0	57.0
40-59.....	2.4	† 2.3	14.6	39.5	† 2.2	12.2	30.7	10.6	39.1	65.4
60 and over.....	2.2	† 3.2	12.8	28.7	† 3.6	12.1	26.9	9.8	31.8	58.1
20 and over.....	7.5	2.4	14.0	36.0	2.6	13.4	28.7	10.2	34.6	60.0
All individuals.....	19.7	2.2	10.5	27.3	1.5	9.2	22.0	8.1	27.3	50.2
Midwest:										
Males and females:										
1-2.....	0.7	† .2	† .9	† 4.1	† 2.3	10.3	22.4	† 1.8	11.9	32.0
3-5.....	1.2	† .2	† 2.7	9.8	† .3	6.8	19.8	† 2.5	11.1	26.7
5 and under ‡	2.1	† .2	† 1.8	6.7	† 1.0	7.2	18.4	2.0	10.5	29.1
Males:										
6-11.....	1.2	† .3	† .8	† 5.3	† 0.0	† 1.6	10.7	† 3.3	10.4	25.9
12-19.....	1.5	† 1.9	8.5	17.5	† 1.9	† 6.7	18.3	8.1	18.9	44.6
20-39.....	3.3	† 3.5	13.8	30.7	† 1.0	6.9	15.9	8.0	25.6	49.2
40-59.....	2.6	† 1.9	10.7	25.1	† .2	4.5	15.9	7.9	27.5	50.0
60 and over.....	2.0	† 1.1	5.4	18.9	† .3	3.5	11.5	6.6	26.8	51.1
20 and over.....	7.9	2.4	10.7	25.9	† .6	5.3	14.8	7.6	26.5	49.9
Females:										
6-11.....	1.0	† 0.0	† 1.1	8.9	† 0.0	† 4.5	20.2	† 2.6	15.2	46.3
12-19.....	1.3	† 5.0	11.2	28.5	† 4.1	15.9	36.5	9.8	29.2	54.9
20-39.....	3.2	4.4	15.3	31.8	† 3.4	13.9	32.6	13.0	39.6	62.6
40-59.....	3.0	† 2.4	15.3	38.3	† 2.1	8.5	26.4	13.3	36.5	63.6
60 and over.....	2.4	† 1.8	13.2	30.4	† 2.2	8.1	23.4	13.7	32.5	58.0
20 and over.....	8.6	3.0	14.7	33.7	2.6	10.4	27.9	13.3	36.6	61.7
All individuals.....	23.5	2.3	10.4	25.0	1.6	7.8	21.4	8.9	27.2	51.0

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	† 0.4	† 2.3	4.9	† 1.6	13.5	29.4	3.3	16.4	35.4
3-5.....	1.6	† .3	3.0	11.3	† 1.4	6.6	22.5	† 1.9	14.2	34.9
5 and under ‡	3.1	† .3	2.9	8.1	1.3	9.1	23.7	2.2	14.3	33.4
Males:										
6-11.....	1.5	† 0.0	† 2.7	11.8	† .7	6.3	18.3	† 4.7	13.3	36.8
12-19.....	2.0	† 4.9	16.6	33.5	† 2.9	12.3	26.7	11.0	34.6	57.7
20-39.....	5.6	4.5	19.6	38.9	† 1.8	10.7	25.3	11.4	34.3	50.5
40-59.....	4.1	2.7	15.9	37.6	2.1	8.0	23.0	12.1	33.3	59.4
60 and over.....	2.0	2.5	11.5	28.4	3.0	9.4	23.4	13.7	41.7	66.8
20 and over.....	11.8	3.5	16.9	36.7	2.1	9.5	24.2	12.0	35.2	56.4
Females:										
6-11.....	1.4	† .6	7.1	22.1	† 2.5	9.7	33.5	6.5	29.0	54.9
12-19.....	2.1	9.1	22.5	40.8	5.2	17.2	41.1	15.3	41.1	61.8
20-39.....	5.8	8.2	21.9	47.8	4.5	21.5	39.6	19.9	44.3	69.7
40-59.....	4.3	5.4	22.7	42.4	† 1.9	16.0	33.7	15.9	43.5	66.3
60 and over.....	2.9	6.6	21.5	42.4	5.4	15.2	35.9	18.9	46.0	71.0
20 and over.....	13.0	6.9	22.1	44.8	3.8	18.2	36.8	18.3	44.4	68.8
All individuals.....	34.9	4.6	16.9	35.5	2.9	13.2	30.1	13.1	35.9	58.5
West:										
Males and females:										
1-2.....	0.8	† .7	† 2.2	7.2	7.8	20.6	36.5	6.7	22.8	41.9
3-5.....	1.1	† 1.6	4.4	12.8	† 3.3	11.8	22.7	4.1	12.9	29.7
5 and under ‡	2.1	† 1.1	3.1	9.4	4.7	13.9	26.0	4.6	15.4	32.4
Males:										
6-11.....	1.0	† 1.3	† 3.7	8.4	† 1.4	† 5.2	19.5	† 4.8	12.9	36.7
12-19.....	1.3	† 2.8	12.2	18.7	† 1.0	† 7.6	32.3	† 7.4	26.8	40.1
20-39.....	3.8	4.5	13.1	33.2	† 2.3	7.2	21.9	8.0	24.8	49.8
40-59.....	2.6	6.4	16.1	28.1	† 2.2	8.5	23.9	11.2	29.0	47.5
60 and over.....	1.2	† 2.4	9.1	22.6	† 3.6	7.8	13.5	8.4	23.6	54.1
20 and over.....	7.6	4.8	13.5	29.8	2.5	7.7	21.2	9.2	26.1	49.7
Females:										
6-11.....	1.1	† 0.0	† 5.9	20.3	† 1.0	14.0	29.4	† 5.5	23.6	43.1
12-19.....	1.2	† 6.1	18.2	37.7	† 6.3	18.5	38.7	13.4	36.7	58.1
20-39.....	3.9	8.4	21.1	40.9	† 3.3	18.0	37.8	13.4	38.1	63.1
40-59.....	2.3	6.0	23.1	38.1	† 3.3	13.2	29.1	12.8	36.6	63.2
60 and over.....	1.5	† 4.6	17.2	30.8	† 3.4	13.7	28.3	13.8	34.2	63.5
20 and over.....	7.7	7.0	20.9	38.1	3.3	15.7	33.4	13.3	36.9	63.2
All individuals.....	22.0	4.8	14.5	29.1	3.0	11.9	27.9	9.9	28.7	51.8

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	† 0.0	† 0.0	† 0.0	† 0.0	† 1.4	† 1.8	7.3	22.3	43.5
3-5.....	0.9	† 0.0	† .3	† .5	† .5	† .8	† 1.8	8.5	22.6	52.8
5 and under ‡	1.7	† 0.0	† .2	† .3	† .3	† .9	† 1.5	7.1	20.0	47.3
Males:										
6-11.....	0.9	† .9	† 2.4	† 7.4	† 0.0	† 1.5	† 4.4	12.1	28.4	49.0
12-19.....	1.0	† 1.1	† 10.5	20.4	† 0.0	† .3	† 3.8	† 10.6	40.1	66.0
20-39.....	2.9	† 4.6	21.2	34.5	† 2.0	5.7	14.0	9.2	35.9	52.6
40-59.....	2.3	5.7	13.8	29.4	† 2.6	10.4	17.2	10.9	37.2	54.4
60 and over.....	1.6	6.8	17.0	34.3	† 3.7	9.1	18.2	14.0	43.5	61.8
20 and over.....	6.7	5.5	17.7	32.7	2.6	8.1	16.1	10.9	38.2	55.4
Females:										
6-11.....	0.9	† 0.0	† .8	† 2.9	† 0.0	† .4	† 4.0	† 7.8	24.1	52.5
12-19.....	1.0	† 7.9	18.7	35.9	† 9.6	15.4	29.7	41.1	69.0	87.4
20-39.....	2.9	8.4	28.3	43.2	7.1	17.5	30.4	23.2	54.8	75.1
40-59.....	2.4	6.0	28.1	41.9	10.4	17.0	30.5	27.0	52.0	72.2
60 and over.....	2.2	6.1	18.6	40.0	8.1	15.1	28.6	27.1	56.6	78.8
20 and over.....	7.5	7.0	25.4	41.9	8.4	16.6	29.9	25.6	54.4	75.2
All individuals.....	19.7	5.0	17.4	30.5	4.6	10.1	19.1	17.6	43.4	64.0
Midwest:										
Males and females:										
1-2.....	0.7	† 0.0	† .7	† 1.1	† 0.0	† .3	† .9	11.1	30.8	48.0
3-5.....	1.2	† 0.0	† 1.2	† 2.9	† .6	† 1.0	† 2.8	11.3	32.3	54.8
5 and under ‡	2.1	† 0.0	† .9	1.9	† .3	† .6	† 1.8	9.8	29.6	49.6
Males:										
6-11.....	1.2	† 0.0	† .7	† 2.2	† 0.0	† .3	† 1.1	† 3.3	21.4	36.8
12-19.....	1.5	† 2.1	14.9	25.8	† .3	† 2.4	† 5.2	13.1	32.2	53.3
20-39.....	3.3	6.0	18.0	34.8	† 1.7	4.5	9.1	14.2	32.6	52.9
40-59.....	2.6	5.2	15.4	33.4	† .8	† 2.9	6.6	9.5	28.7	51.1
60 and over.....	2.0	5.0	16.7	31.2	† 1.5	5.1	10.4	13.1	33.6	56.2
20 and over.....	7.9	5.5	16.8	33.5	1.3	4.1	8.6	12.4	31.6	53.1
Females:										
6-11.....	1.0	† 0.0	† .4	8.6	† .5	† .8	† 3.5	† 6.1	26.6	51.8
12-19.....	1.3	7.6	22.0	42.0	† 3.8	8.8	19.5	38.6	66.6	80.9
20-39.....	3.2	9.6	28.0	48.7	6.8	13.1	24.1	23.4	51.4	75.7
40-59.....	3.0	9.8	26.6	47.6	4.1	14.4	28.1	25.7	51.9	73.8
60 and over.....	2.4	9.0	23.3	39.7	5.8	15.5	25.7	24.4	57.2	75.5
20 and over.....	8.6	9.5	26.2	45.8	5.6	14.2	26.0	24.5	53.2	75.0
All individuals.....	23.5	5.9	17.5	32.6	2.8	7.3	14.2	17.4	40.6	61.5

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	† 0.0	† 0.0	† 1.3	† 0.2	† 0.5	† 0.7	13.7	35.0	56.3
3-5.....	1.6	† 0.0	† .4	† 2.4	† .2	† .7	† 1.2	9.9	31.3	59.3
5 and under ‡	3.1	† 0.0	† .2	1.7	† .6	† 1.0	1.3	10.7	29.9	54.2
Males:										
6-11.....	1.5	† 0.0	† 1.4	5.7	† 0.0	† .5	† 1.5	7.3	27.1	50.3
12-19.....	2.0	7.6	17.1	32.3	† 2.4	6.7	10.8	24.7	48.2	72.5
20-39.....	5.6	7.1	21.4	35.2	4.4	7.1	11.5	18.6	39.3	58.5
40-59.....	4.1	7.7	20.6	37.6	3.4	7.1	12.5	16.7	41.5	61.3
60 and over.....	2.0	6.5	21.1	40.3	5.5	9.5	17.6	18.4	39.0	61.7
20 and over.....	11.8	7.2	21.1	36.9	4.2	7.5	12.9	17.9	40.0	60.0
Females:										
6-11.....	1.4	† 1.5	† 5.0	14.1	† .2	† 1.9	6.0	14.1	38.6	66.8
12-19.....	2.1	13.4	28.0	44.9	10.0	16.5	25.5	50.4	76.7	91.9
20-39.....	5.8	15.4	37.4	50.7	9.2	19.7	30.5	35.7	64.4	83.1
40-59.....	4.3	10.4	29.1	50.3	8.6	19.7	30.9	29.9	58.9	81.4
60 and over.....	2.9	9.6	28.8	49.5	11.3	23.0	33.7	38.3	66.8	84.3
20 and over.....	13.0	12.4	32.7	50.3	9.4	20.4	31.3	34.4	63.1	82.8
All individuals.....	34.9	8.4	22.2	36.7	5.7	11.7	18.6	25.1	49.8	70.5
West:										
Males and females:										
1-2.....	0.8	† 0.0	† .2	† 2.9	† .7	† .7	† 1.0	10.4	30.2	53.1
3-5.....	1.1	† .4	† .7	† 2.6	† .4	† .6	† 3.3	14.2	33.0	57.2
5 and under ‡	2.1	† .2	† .5	2.6	† .4	† .6	2.1	11.3	28.8	51.2
Males:										
6-11.....	1.0	† .4	† 2.2	† 5.7	† 0.0	† 1.2	† 3.3	† 5.2	15.4	40.9
12-19.....	1.3	† 4.1	10.6	24.3	† 0.0	† 2.4	7.9	19.4	32.9	60.3
20-39.....	3.8	5.7	13.8	30.0	† 2.2	6.1	9.0	11.4	25.6	49.5
40-59.....	2.6	6.6	19.1	30.5	† 1.5	5.0	9.1	12.3	32.3	49.5
60 and over.....	1.2	† 4.2	11.9	29.1	† 3.7	6.1	9.4	11.3	36.7	55.6
20 and over.....	7.6	5.8	15.3	30.0	2.2	5.7	9.1	11.7	29.6	50.5
Females:										
6-11.....	1.1	† .4	† 2.9	11.4	† 1.8	† 2.4	10.1	13.5	34.4	54.2
12-19.....	1.2	† 6.6	21.4	41.1	8.5	16.1	31.4	38.6	66.4	83.1
20-39.....	3.9	13.4	29.2	46.2	9.1	16.1	28.9	26.3	53.3	76.3
40-59.....	2.3	12.5	26.2	45.2	8.0	18.2	30.3	27.8	52.4	74.5
60 and over.....	1.5	9.3	19.7	38.7	8.8	18.1	29.3	25.7	50.8	76.1
20 and over.....	7.7	12.3	26.4	44.4	8.7	17.1	29.4	26.6	52.5	75.7
All individuals.....	22.0	7.0	16.6	30.7	4.4	9.2	16.5	18.6	39.3	61.5

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	† 3.2	9.7	27.0	† 0.0	† 0.4	† 1.9	5.9	24.2	53.1
3-5.....	0.9	† 1.0	6.1	21.1	† 0.0	† .8	† 4.8	† 1.6	12.3	29.5
5 and under ‡	1.7	† 2.1	8.9	24.6	† 0.0	† .9	4.2	3.2	16.1	35.4
Males:										
6-11.....	0.9	† 0.0	† 5.3	22.7	† 1.5	† 10.0	29.7	† 1.5	† 5.5	14.8
12-19.....	1.0	† .5	† 5.6	25.5	† 10.4	40.3	64.7	† 0.0	† 4.0	† 7.0
20-39.....	2.9	† .4	† 4.0	13.9	9.4	37.2	65.4	† .4	† 3.6	9.6
40-59.....	2.3	† .3	† 1.7	9.0	8.1	31.5	63.3	† .1	4.6	12.3
60 and over.....	1.6	† .9	7.0	16.5	13.2	46.2	74.7	† 1.5	8.0	16.9
20 and over.....	6.7	† .5	4.0	12.9	9.9	37.5	66.9	† .6	5.0	12.3
Females:										
6-11.....	0.9	† 0.0	† 6.0	26.3	† .8	† 7.0	23.5	† 1.4	† 8.6	28.7
12-19.....	1.0	14.3	36.4	70.9	17.1	53.4	79.1	14.3	35.8	65.8
20-39.....	2.9	† 5.3	16.1	33.0	13.8	46.5	74.9	19.5	46.6	71.5
40-59.....	2.4	† 2.3	11.3	29.4	9.6	39.6	72.3	10.7	33.1	62.9
60 and over.....	2.2	† 1.9	15.6	32.8	12.3	43.6	77.5	† 2.7	14.4	37.9
20 and over.....	7.5	3.3	14.4	31.8	12.0	43.4	74.8	11.7	32.7	58.8
All individuals.....	19.7	2.4	10.3	25.7	9.5	35.0	61.5	5.8	18.2	35.3
Midwest:										
Males and females:										
1-2.....	0.7	† 2.7	12.9	32.7	† 0.0	† .6	† 2.2	8.6	28.3	54.3
3-5.....	1.2	† 1.0	10.8	30.1	† 0.0	† 1.8	5.7	† 2.1	11.7	34.8
5 and under ‡	2.1	† 1.4	11.9	31.1	† 0.0	† 1.2	4.1	4.2	15.9	38.0
Males:										
6-11.....	1.2	† 0.0	† 1.4	12.9	† 0.0	† 5.2	19.7	† 0.0	† 3.3	18.3
12-19.....	1.5	† 1.9	† 5.6	19.4	10.3	35.3	63.7	† 1.4	† 5.6	13.4
20-39.....	3.3	† .8	† 3.5	14.5	8.6	35.7	59.6	† .8	3.8	8.9
40-59.....	2.6	† .2	† 1.4	8.4	7.5	34.6	59.5	† .2	† 2.7	12.4
60 and over.....	2.0	† .2	4.4	10.9	6.6	37.7	71.7	† .3	5.0	14.8
20 and over.....	7.9	† .5	3.0	11.6	7.7	35.8	62.6	† .5	3.7	11.5
Females:										
6-11.....	1.0	† .5	† 3.7	22.5	† .4	8.5	33.1	† 0.0	10.7	31.1
12-19.....	1.3	9.9	34.3	63.6	23.0	59.4	79.1	12.3	43.7	73.4
20-39.....	3.2	5.9	17.3	35.5	12.6	49.1	80.6	13.4	46.1	73.7
40-59.....	3.0	† 2.4	9.6	27.3	10.8	44.5	72.2	10.3	37.4	61.5
60 and over.....	2.4	† 2.6	12.4	32.1	11.6	38.1	73.0	† 2.5	16.7	36.3
20 and over.....	8.6	3.8	13.2	31.7	11.7	44.4	75.6	9.3	34.9	59.1
All individuals.....	23.5	2.4	9.4	24.6	8.8	34.6	59.8	4.7	18.9	36.0

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	† 2.3	15.4	39.4	† 0.1	† 0.7	3.4	6.3	29.3	53.9
3-5.....	1.6	† 1.1	9.1	30.5	† .3	† 2.1	8.5	† 2.1	19.2	41.1
5 and under ‡	3.1	1.9	11.5	33.0	† .2	2.2	6.8	4.0	21.6	42.4
Males:										
6-11.....	1.5	† 1.3	7.1	20.2	† 1.2	13.4	28.6	† 1.8	† 5.0	21.5
12-19.....	2.0	† 3.8	11.8	34.8	20.8	48.2	73.2	† 2.3	9.3	24.5
20-39.....	5.6	† 1.8	7.3	16.4	15.1	44.2	69.6	† .4	5.5	16.2
40-59.....	4.1	† 1.4	4.3	11.7	12.8	40.9	68.3	† 1.0	4.8	17.1
60 and over.....	2.0	† 1.5	8.5	17.7	18.3	54.6	78.9	† 2.2	8.4	24.8
20 and over.....	11.8	1.6	6.5	15.0	14.8	44.8	70.7	.9	5.7	18.0
Females:										
6-11.....	1.4	† 1.9	12.0	32.8	† 4.6	17.7	39.7	† 4.7	17.5	50.4
12-19.....	2.1	15.7	43.3	70.3	28.3	68.3	87.7	18.0	47.2	75.4
20-39.....	5.8	6.4	21.0	42.5	21.2	56.5	80.6	21.8	53.1	75.2
40-59.....	4.3	3.0	14.7	34.1	14.2	47.9	77.0	13.3	38.1	64.8
60 and over.....	2.9	6.6	23.5	45.4	23.4	56.7	84.0	8.3	25.8	48.1
20 and over.....	13.0	5.3	19.5	40.3	19.4	53.7	80.2	15.9	42.1	65.7
All individuals.....	34.9	4.0	14.5	31.4	15.4	43.5	66.6	8.1	23.8	43.2
West:										
Males and females:										
1-2.....	0.8	† 3.6	17.4	37.8	† 0.0	† 1.5	† 3.6	15.4	41.5	63.0
3-5.....	1.1	† 1.7	13.0	31.9	† .2	† 2.0	9.2	3.8	17.6	44.8
5 and under ‡	2.1	2.3	14.1	32.9	† .1	1.9	7.0	7.8	24.6	47.0
Males:										
6-11.....	1.0	† 0.0	† 3.7	14.2	† .7	† 5.3	17.4	† 2.4	9.2	24.8
12-19.....	1.3	† 2.1	9.4	25.7	11.6	33.2	60.7	† .7	† 5.7	16.8
20-39.....	3.8	† .9	4.1	11.0	9.5	27.8	58.1	† .6	4.1	10.5
40-59.....	2.6	† 2.2	5.0	11.7	10.6	32.2	60.1	† 1.4	8.5	16.7
60 and over.....	1.2	† 1.1	† 4.2	12.5	8.4	32.6	67.4	† 2.4	6.6	13.3
20 and over.....	7.6	1.4	4.4	11.5	9.7	30.0	60.2	† 1.2	6.0	13.1
Females:										
6-11.....	1.1	† 3.6	11.3	28.5	† 3.8	15.7	30.2	† 3.9	21.5	39.9
12-19.....	1.2	8.7	38.3	58.9	18.0	50.6	79.1	16.0	44.2	72.1
20-39.....	3.9	7.5	17.6	34.4	13.8	44.2	69.3	19.4	46.6	73.1
40-59.....	2.3	† 3.7	11.0	30.8	10.4	39.4	69.0	12.6	37.5	64.8
60 and over.....	1.5	5.5	16.2	35.3	14.8	39.6	69.1	6.9	21.2	38.0
20 and over.....	7.7	6.0	15.4	33.5	13.0	41.9	69.2	14.9	38.9	63.7
All individuals.....	22.0	3.6	11.6	25.7	9.8	31.0	55.8	7.6	22.3	39.4

† 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 region, 1994-96--continued

Region, 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>		
Northeast:				
Males and females:				
1-2.....	0.6	16.9	59.5	81.9
3-5.....	0.9	7.5	40.1	71.3
5 and under ‡	1.7	9.6	42.0	68.7
Males:				
6-11.....	0.9	† 5.1	35.7	66.0
12-19.....	1.0	† 6.7	41.2	73.4
20-39.....	2.9	13.5	36.9	59.2
40-59.....	2.3	15.4	45.4	65.6
60 and over.....	1.6	25.9	58.5	83.3
20 and over.....	6.7	17.2	44.9	67.2
Females:				
6-11.....	0.9	9.3	38.7	69.0
12-19.....	1.0	22.0	51.0	82.8
20-39.....	2.9	22.7	54.2	75.8
40-59.....	2.4	23.9	61.2	82.0
60 and over.....	2.2	24.3	64.4	87.1
20 and over.....	7.5	23.5	59.5	81.1
All individuals.....	19.7	17.8	49.7	73.8
Midwest:				
Males and females:				
1-2.....	0.7	16.9	59.8	84.9
3-5.....	1.2	11.5	43.6	71.6
5 and under ‡	2.1	11.9	43.7	69.9
Males:				
6-11.....	1.2	† 5.2	21.6	45.4
12-19.....	1.5	8.9	28.2	55.4
20-39.....	3.3	10.3	32.6	55.5
40-59.....	2.6	9.8	33.1	64.2
60 and over.....	2.0	15.6	51.2	76.8
20 and over.....	7.9	11.5	37.4	63.7
Females:				
6-11.....	1.0	† 6.6	36.7	66.0
12-19.....	1.3	21.8	47.6	70.9
20-39.....	3.2	18.8	53.8	78.4
40-59.....	3.0	20.0	56.4	80.9
60 and over.....	2.4	23.9	56.8	83.9
20 and over.....	8.6	20.6	55.6	80.8
All individuals.....	23.5	14.8	43.8	69.6

† See "Statistical notes," appendix B.

Continued

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

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

Region, 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>		
South:				
Males and females:				
1-2.....	1.1	23.9	60.7	84.1
3-5.....	1.6	14.9	49.7	77.5
5 and under ‡	3.1	16.8	49.2	73.4
Males:				
6-11.....	1.5	7.7	28.5	54.8
12-19.....	2.0	16.3	44.9	69.6
20-39.....	5.6	15.8	40.2	65.9
40-59.....	4.1	16.9	48.1	73.1
60 and over.....	2.0	30.8	61.7	81.9
20 and over.....	11.8	18.8	46.7	71.2
Females:				
6-11.....	1.4	13.5	46.5	74.0
12-19.....	2.1	24.2	53.2	77.9
20-39.....	5.8	26.1	59.0	80.9
40-59.....	4.3	25.1	61.0	83.6
60 and over.....	2.9	35.4	72.8	89.4
20 and over.....	13.0	27.8	62.7	83.7
All individuals.....	34.9	21.4	52.3	75.7
West:				
Males and females:				
1-2.....	0.8	27.7	68.2	88.1
3-5.....	1.1	14.6	49.6	76.4
5 and under ‡	2.1	17.9	51.5	75.5
Males:				
6-11.....	1.0	† 5.9	25.6	56.2
12-19.....	1.3	† 7.3	38.7	63.9
20-39.....	3.8	12.3	33.1	60.0
40-59.....	2.6	14.0	41.9	69.4
60 and over.....	1.2	19.3	52.3	80.2
20 and over.....	7.6	14.0	39.1	66.4
Females:				
6-11.....	1.1	14.0	41.7	67.3
12-19.....	1.2	21.6	49.6	73.5
20-39.....	3.9	21.8	56.4	82.6
40-59.....	2.3	23.3	61.2	83.8
60 and over.....	1.5	31.1	61.5	88.2
20 and over.....	7.7	24.1	58.8	84.0
All individuals.....	22.0	17.6	47.3	73.3

† See "Statistical notes," appendix B.

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

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

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	51.8	9.8	† 0.9	† 99.1	† 95.0	86.4	83.2	55.4	34.9
3-5.....	0.9	40.7	† 4.4	† .4	† 99.2	93.9	73.0	72.4	45.5	29.4
5 and under ‡	1.7	46.8	6.8	† 1.1	97.1	87.5	70.9	79.2	53.3	33.4
Males:										
6-11.....	0.9	39.5	† 3.3	† .8	† 97.0	82.6	57.0	56.7	27.1	† 9.6
12-19.....	1.0	34.8	† 3.0	† 0.0	† 95.6	64.7	29.8	42.4	30.4	13.5
20-39.....	2.9	35.0	9.8	6.1	84.4	57.2	29.0	40.9	22.8	15.4
40-59.....	2.3	33.3	† 4.0	† 1.6	84.5	47.3	18.8	47.6	27.3	13.5
60 and over.....	1.6	23.3	† 2.8	† .2	68.3	20.5	4.4	50.3	24.8	15.1
20 and over.....	6.7	31.6	6.2	3.1	80.6	45.0	19.6	45.4	24.8	14.7
Females:										
6-11.....	0.9	29.9	† .7	† 0.0	† 98.0	79.8	54.1	50.1	24.0	10.3
12-19.....	1.0	21.1	† 2.0	† 0.0	81.1	33.5	† 10.1	35.7	16.2	† 6.6
20-39.....	2.9	21.0	† 1.6	† 0.0	73.8	29.7	9.2	43.1	20.9	10.3
40-59.....	2.4	17.6	† 1.7	† 0.0	72.2	24.0	6.8	43.4	26.3	14.3
60 and over.....	2.2	11.1	† .2	† 0.0	69.0	21.9	† 3.0	50.3	26.8	15.5
20 and over.....	7.5	17.0	† 1.2	† 0.0	71.9	25.5	6.6	45.3	24.4	13.1
All individuals.....	19.7	27.2	3.6	1.2	81.0	44.9	22.3	48.3	27.0	14.8
Midwest:										
Males and females:										
1-2.....	0.7	49.2	11.2	† 1.1	† 98.3	† 96.7	85.6	78.2	49.3	29.2
3-5.....	1.2	43.5	7.2	† .4	† 98.8	91.6	74.6	76.4	48.5	23.9
5 and under ‡	2.1	46.7	9.3	† .7	96.4	87.5	72.1	79.7	52.1	28.9
Males:										
6-11.....	1.2	49.2	† 5.9	† 1.1	† 99.1	86.8	71.8	69.7	40.8	21.5
12-19.....	1.5	51.0	11.8	† 2.5	91.0	73.8	45.3	41.6	19.2	7.7
20-39.....	3.3	38.6	9.9	† 2.3	88.5	59.1	24.1	34.3	19.0	12.7
40-59.....	2.6	39.4	4.4	† .5	85.6	50.4	18.7	42.4	21.4	10.6
60 and over.....	2.0	30.2	3.3	† 0.0	74.8	28.6	6.0	51.3	27.2	14.5
20 and over.....	7.9	36.8	6.4	† 1.1	84.1	48.6	17.8	41.2	21.8	12.5
Females:										
6-11.....	1.0	35.5	† 2.4	† 0.0	† 97.7	83.3	50.8	55.0	26.3	17.6
12-19.....	1.3	30.8	† 4.6	† .7	81.0	41.6	14.6	33.4	16.7	8.0
20-39.....	3.2	21.5	† 3.1	† .2	73.2	26.9	10.5	32.0	21.3	12.0
40-59.....	3.0	22.6	† 2.1	† 0.0	74.2	30.0	7.4	43.4	25.1	14.8
60 and over.....	2.4	17.3	† .5	† .1	66.1	21.2	6.4	52.7	27.4	15.1
20 and over.....	8.6	20.7	2.0	† .1	71.6	26.4	8.3	41.7	24.3	13.8
All individuals.....	23.5	32.9	5.1	.7	82.2	48.4	24.7	46.4	26.1	14.5

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	43.4	5.6	† 0.9	† 98.9	94.3	83.8	75.4	50.4	28.8
3-5.....	1.6	38.9	3.2	† .1	† 98.9	90.2	70.5	69.3	39.4	20.9
5 and under ‡	3.1	42.9	5.1	† .6	96.1	85.5	68.3	74.3	47.1	25.2
Males:										
6-11.....	1.5	37.6	† 3.9	† 0.0	† 96.5	82.1	60.7	55.0	26.1	13.2
12-19.....	2.0	32.5	7.7	† .8	87.3	58.6	29.4	24.8	10.7	5.4
20-39.....	5.6	30.7	4.3	† .5	80.5	50.2	21.9	27.7	13.3	7.6
40-59.....	4.1	26.9	3.4	† .5	76.4	34.3	13.8	35.1	18.1	11.3
60 and over.....	2.0	21.1	† 1.4	† .3	63.5	19.3	4.4	41.2	21.1	13.2
20 and over.....	11.8	27.7	3.5	† .5	76.2	39.4	16.1	32.6	16.3	9.9
Females:										
6-11.....	1.4	21.3	† 1.1	† 0.0	93.4	72.6	41.6	43.5	21.2	14.9
12-19.....	2.1	22.8	† 2.4	† .6	70.8	37.8	10.7	23.5	12.4	5.5
20-39.....	5.8	18.3	† 1.8	† 0.0	69.3	26.5	8.9	31.3	15.2	8.3
40-59.....	4.3	14.3	† 1.1	† 0.0	66.4	22.1	5.2	36.6	19.8	12.4
60 and over.....	2.9	9.5	† .2	† 0.0	56.1	13.9	† 1.8	37.7	19.8	12.5
20 and over.....	13.0	15.0	1.2	† 0.0	65.4	22.2	6.1	34.5	17.8	10.6
All individuals.....	34.9	24.5	2.9	.3	75.9	41.3	20.4	37.4	19.6	11.3
West:										
Males and females:										
1-2.....	0.8	33.0	† 3.5	† .7	† 98.7	92.1	79.9	75.7	47.1	26.8
3-5.....	1.1	35.3	6.0	† .9	† 98.7	90.6	69.5	71.8	47.4	29.3
5 and under ‡	2.1	37.1	5.7	† .7	96.6	85.5	67.8	75.7	49.1	29.6
Males:										
6-11.....	1.0	41.2	† 4.5	† 1.3	† 97.5	90.9	69.4	64.0	40.2	23.6
12-19.....	1.3	40.2	8.4	† 2.0	90.7	64.2	33.4	41.8	25.6	13.6
20-39.....	3.8	33.6	4.1	† .4	86.7	52.1	25.6	37.2	18.6	9.3
40-59.....	2.6	29.1	3.7	† .2	80.4	41.1	18.0	42.4	24.5	12.6
60 and over.....	1.2	31.6	† 2.1	† 0.0	70.7	23.4	5.3	51.4	32.2	17.7
20 and over.....	7.6	31.7	3.7	† .3	82.1	43.8	19.8	41.2	22.7	11.8
Females:										
6-11.....	1.1	26.8	† 2.2	† 0.0	† 92.6	74.8	47.3	54.2	29.2	19.0
12-19.....	1.2	26.7	† 2.0	† 0.0	76.4	41.0	19.0	35.6	22.1	15.3
20-39.....	3.9	15.8	† .7	† 0.0	72.1	26.2	8.3	39.7	20.9	14.1
40-59.....	2.3	15.1	† .6	† 0.0	72.1	24.0	4.0	46.5	26.5	15.2
60 and over.....	1.5	19.9	† .3	† 0.0	63.7	21.9	† 4.6	51.5	31.5	18.4
20 and over.....	7.7	16.4	† .6	† 0.0	70.4	24.7	6.3	44.0	24.6	15.3
All individuals.....	22.0	27.3	2.9	† .3	80.8	45.9	24.1	47.0	27.2	15.9

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	20.6	7.0	† 3.5	87.0	71.0	55.7	87.6	50.7	25.6
3-5.....	0.9	22.9	† 4.7	† 1.3	88.5	73.6	57.0	91.3	57.7	23.1
5 and under ‡	1.7	31.6	17.4	13.2	89.5	75.5	60.0	91.2	59.2	29.8
Males:										
6-11.....	0.9	26.9	† 5.7	† 0.0	77.8	66.1	49.2	† 92.7	57.5	20.4
12-19.....	1.0	33.6	† 2.5	† 1.2	76.2	67.3	50.2	80.1	50.2	18.7
20-39.....	2.9	41.5	18.8	11.6	64.0	43.6	34.0	69.4	35.4	16.4
40-59.....	2.3	41.5	13.1	† 3.9	68.8	57.4	43.0	76.4	41.0	14.7
60 and over.....	1.6	24.7	10.1	5.8	70.5	50.0	38.9	73.7	39.8	18.7
20 and over.....	6.7	37.4	14.8	7.6	67.2	49.8	38.2	72.8	38.3	16.4
Females:										
6-11.....	0.9	29.2	† 5.5	† 3.8	85.0	73.6	58.4	89.5	42.7	16.5
12-19.....	1.0	25.4	† 2.2	† .6	68.8	50.7	37.2	74.0	39.9	† 10.6
20-39.....	2.9	25.9	8.0	† 3.8	61.4	41.0	27.5	65.1	26.5	10.3
40-59.....	2.4	33.2	11.2	† 2.9	68.2	50.5	29.9	63.3	26.7	6.4
60 and over.....	2.2	20.7	7.0	† 3.9	65.7	45.4	31.8	69.1	27.0	7.8
20 and over.....	7.5	26.7	8.7	3.5	64.8	45.3	29.6	65.7	26.7	8.3
All individuals.....	19.7	31.2	10.6	5.4	70.0	53.0	38.7	73.7	37.4	14.4
Midwest:										
Males and females:										
1-2.....	0.7	18.8	5.3	† 1.7	83.9	70.6	51.5	89.7	49.9	25.8
3-5.....	1.2	23.4	6.4	† 1.6	77.8	63.6	41.0	87.7	52.3	21.9
5 and under ‡	2.1	30.9	17.0	12.5	82.5	70.1	49.7	89.7	56.1	29.6
Males:										
6-11.....	1.2	32.4	8.8	† 1.9	84.2	66.2	47.9	† 94.6	64.1	28.5
12-19.....	1.5	36.2	8.8	† 4.7	65.8	50.3	33.8	84.1	44.5	18.8
20-39.....	3.3	38.8	16.9	5.9	58.5	40.9	29.1	67.1	33.8	17.1
40-59.....	2.6	42.4	16.4	5.1	62.3	43.8	30.1	75.3	38.9	13.6
60 and over.....	2.0	31.3	5.3	† 1.6	65.2	45.0	29.4	78.8	42.0	13.6
20 and over.....	7.9	38.1	13.8	4.6	61.4	42.9	29.5	72.7	37.5	15.1
Females:										
6-11.....	1.0	30.0	† 7.3	† 0.0	78.4	53.5	40.1	89.4	46.6	18.1
12-19.....	1.3	22.5	† 3.3	† .5	58.4	38.7	25.2	70.5	24.7	9.4
20-39.....	3.2	26.7	8.3	† 2.4	49.2	30.7	20.3	65.3	30.0	7.2
40-59.....	3.0	27.7	8.9	† 2.7	55.5	35.4	22.6	65.5	27.7	9.5
60 and over.....	2.4	25.5	6.1	† 2.8	63.5	47.7	28.5	69.4	28.4	9.3
20 and over.....	8.6	26.7	7.9	2.6	55.3	37.0	23.4	66.5	28.7	8.6
All individuals.....	23.5	31.7	10.5	4.0	63.0	45.0	30.4	74.3	37.4	14.7

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	18.3	5.4	† 1.1	79.8	60.8	46.4	86.9	47.5	17.6
3-5.....	1.6	19.6	5.1	† 1.7	76.5	56.2	41.9	87.0	47.7	15.2
5 and under ‡	3.1	28.4	16.0	11.2	80.5	62.4	48.3	87.4	51.4	21.9
Males:										
6-11.....	1.5	29.4	8.7	† 3.9	69.6	51.7	36.1	85.2	46.8	19.8
12-19.....	2.0	34.2	11.9	† 2.8	63.1	46.7	33.6	69.0	30.8	12.5
20-39.....	5.6	34.9	10.6	2.6	52.3	36.7	27.3	62.8	26.8	7.5
40-59.....	4.1	33.7	10.7	4.1	51.0	35.5	23.9	64.7	26.3	8.5
60 and over.....	2.0	22.6	6.7	3.2	60.6	42.4	28.2	72.1	29.2	12.6
20 and over.....	11.8	32.4	9.9	3.2	53.2	37.3	26.3	65.1	27.1	8.7
Females:										
6-11.....	1.4	21.7	† 3.5	† 1.3	66.2	44.7	33.0	72.2	28.1	6.8
12-19.....	2.1	23.0	7.5	† 3.0	55.2	38.0	28.4	64.8	21.5	6.6
20-39.....	5.8	27.7	9.0	3.8	49.1	33.5	19.2	56.6	18.3	6.9
40-59.....	4.3	27.1	7.0	3.0	49.6	29.7	19.0	58.1	21.1	7.7
60 and over.....	2.9	19.5	5.3	2.7	54.3	32.7	20.6	59.3	18.4	6.3
20 and over.....	13.0	25.7	7.5	3.3	50.4	32.1	19.4	57.7	19.2	7.1
All individuals.....	34.9	28.5	9.2	3.9	56.5	39.1	26.9	65.7	27.1	9.8
West:										
Males and females:										
1-2.....	0.8	18.8	7.8	† 4.1	77.5	63.0	48.0	77.6	39.9	15.3
3-5.....	1.1	24.7	6.1	† 1.1	76.4	49.8	34.8	80.4	44.2	14.0
5 and under ‡	2.1	30.5	16.5	11.9	79.3	59.2	43.2	81.0	45.7	19.4
Males:										
6-11.....	1.0	34.1	9.9	† 3.7	79.0	57.2	40.0	88.4	53.6	24.1
12-19.....	1.3	37.4	12.2	† 2.7	69.9	48.8	37.0	74.2	42.5	15.4
20-39.....	3.8	37.1	13.7	5.6	67.7	50.5	40.5	62.9	27.7	12.3
40-59.....	2.6	38.6	14.0	4.2	61.1	47.5	29.7	66.6	29.8	11.4
60 and over.....	1.2	29.1	10.2	† 4.2	67.8	50.9	39.1	76.9	36.4	15.3
20 and over.....	7.6	36.4	13.2	4.9	65.5	49.5	36.6	66.4	29.8	12.5
Females:										
6-11.....	1.1	25.2	† 4.8	† 1.8	73.7	53.0	34.0	71.9	43.1	16.0
12-19.....	1.2	26.4	† 6.9	† 3.7	52.2	37.1	25.3	65.7	24.4	10.9
20-39.....	3.9	28.6	9.6	† 3.2	54.4	37.4	24.9	60.8	21.4	5.3
40-59.....	2.3	33.5	9.5	4.6	58.5	39.0	27.1	63.0	23.6	7.9
60 and over.....	1.5	28.1	8.7	† 2.8	66.6	50.6	30.2	63.3	26.6	8.6
20 and over.....	7.7	30.0	9.4	3.6	58.0	40.5	26.6	61.9	23.1	6.7
All individuals.....	22.0	32.4	11.2	4.6	64.8	47.1	33.2	67.9	31.2	11.9

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	† 96.7	82.2	59.1	74.0	43.3	18.2	70.7	32.5	11.6
3-5.....	0.9	† 95.5	66.8	34.7	84.4	47.6	17.1	80.2	35.5	11.6
5 and under ‡	1.7	96.5	76.0	49.2	82.0	48.4	18.3	75.7	34.7	12.1
Males:										
6-11.....	0.9	† 91.1	57.6	27.3	87.2	45.8	12.8	68.2	25.3	† 6.8
12-19.....	1.0	83.4	44.9	21.9	82.1	41.4	21.0	67.0	23.6	† 5.9
20-39.....	2.9	66.4	40.0	18.5	84.4	46.2	26.8	52.3	24.7	11.7
40-59.....	2.3	72.6	33.9	13.7	85.6	51.9	23.3	47.5	14.7	4.7
60 and over.....	1.6	75.5	35.0	16.5	81.8	50.1	24.2	40.8	14.3	5.0
20 and over.....	6.7	70.7	36.8	16.4	84.2	49.0	25.0	47.9	18.8	7.7
Females:										
6-11.....	0.9	90.5	53.7	19.5	79.7	38.3	11.0	63.4	20.9	† 5.7
12-19.....	1.0	69.0	36.6	17.4	66.5	27.1	† 5.4	47.9	19.1	† 5.7
20-39.....	2.9	61.3	25.4	8.2	71.5	29.7	9.8	43.0	8.4	† 2.8
40-59.....	2.4	60.5	18.6	6.9	69.3	30.9	10.8	34.6	9.2	† 3.3
60 and over.....	2.2	71.3	28.2	7.9	73.1	41.8	15.4	41.9	9.6	† 1.4
20 and over.....	7.5	64.0	24.0	7.7	71.3	33.7	11.8	40.0	9.0	2.6
All individuals.....	19.7	72.7	37.3	16.8	78.0	41.0	17.0	49.8	17.1	5.8
Midwest:										
Males and females:										
1-2.....	0.7	† 95.9	77.9	50.2	77.6	37.0	17.8	68.0	24.1	10.2
3-5.....	1.2	90.2	63.9	32.7	80.2	44.6	16.8	73.3	30.2	10.6
5 and under ‡	2.1	93.3	72.8	45.4	81.6	45.1	20.3	70.9	28.1	10.6
Males:										
6-11.....	1.2	† 94.7	74.3	40.3	89.3	52.8	23.2	74.1	35.1	13.2
12-19.....	1.5	82.5	50.6	29.4	81.7	51.2	23.5	55.4	21.1	7.9
20-39.....	3.3	69.3	36.1	17.8	84.1	50.3	24.7	50.8	20.9	7.7
40-59.....	2.6	74.9	41.4	12.3	84.1	50.9	26.3	50.0	15.0	4.6
60 and over.....	2.0	81.1	44.5	19.6	88.5	52.4	24.9	48.9	12.2	† 2.7
20 and over.....	7.9	74.1	40.0	16.5	85.2	51.0	25.2	50.1	16.8	5.4
Females:										
6-11.....	1.0	91.1	59.0	19.1	79.8	33.4	10.4	53.7	17.5	† 3.6
12-19.....	1.3	71.5	34.4	16.9	63.5	26.1	9.4	45.1	18.4	† 3.6
20-39.....	3.2	68.2	26.7	7.6	67.4	29.1	10.0	37.4	9.4	† 3.2
40-59.....	3.0	61.7	25.5	10.0	73.6	34.4	11.4	36.4	7.9	† 2.4
60 and over.....	2.4	69.6	30.1	12.1	76.6	37.9	10.5	42.0	12.5	† 2.9
20 and over.....	8.6	66.3	27.2	9.7	72.1	33.4	10.6	38.3	9.7	2.8
All individuals.....	23.5	75.0	41.0	18.7	78.6	42.0	17.8	49.0	16.5	5.3

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	95.1	73.6	46.9	70.6	37.6	14.6	64.6	26.6	5.4
3-5.....	1.6	88.7	57.4	25.6	77.5	36.6	13.6	65.1	28.8	8.9
5 and under ‡	3.1	91.9	66.7	39.7	76.3	39.5	18.0	66.6	29.1	8.2
Males:										
6-11.....	1.5	88.2	56.2	26.8	81.7	46.7	16.3	63.2	24.7	8.1
12-19.....	2.0	66.5	33.7	14.4	73.3	34.7	13.5	42.3	14.2	5.5
20-39.....	5.6	61.1	27.9	9.6	74.7	40.8	16.3	49.5	15.8	4.4
40-59.....	4.1	62.4	26.2	9.2	77.0	43.0	15.2	40.6	12.9	3.8
60 and over.....	2.0	71.6	33.1	13.7	76.6	38.1	16.0	33.2	10.4	† 2.3
20 and over.....	11.8	63.3	28.2	10.2	75.8	41.1	15.9	43.6	13.9	3.8
Females:										
6-11.....	1.4	77.9	40.2	13.5	66.5	22.3	6.8	45.1	13.3	† 4.4
12-19.....	2.1	59.2	24.3	7.2	58.9	23.7	6.9	38.2	7.8	† 2.7
20-39.....	5.8	52.2	20.2	5.8	60.4	24.1	9.9	30.3	6.7	† 1.6
40-59.....	4.3	57.6	21.0	5.3	66.3	26.8	8.9	33.7	8.3	† 1.4
60 and over.....	2.9	57.6	21.7	5.4	64.1	24.7	4.7	29.0	5.9	† 1.9
20 and over.....	13.0	55.2	20.8	5.5	63.2	25.1	8.5	31.2	7.0	1.6
All individuals.....	34.9	64.5	30.6	12.0	69.9	33.1	12.3	41.5	12.8	3.6
West:										
Males and females:										
1-2.....	0.8	92.8	74.1	43.3	63.5	32.9	10.6	58.1	25.3	9.0
3-5.....	1.1	87.2	59.4	29.2	77.3	40.6	11.8	70.3	31.2	9.7
5 and under ‡	2.1	90.6	67.2	39.2	74.0	40.6	14.3	67.6	30.6	10.7
Males:										
6-11.....	1.0	91.6	66.9	31.3	80.5	48.2	19.2	63.3	29.5	11.1
12-19.....	1.3	81.3	41.9	23.0	67.7	35.3	14.6	59.9	23.5	9.3
20-39.....	3.8	66.8	31.1	11.3	78.1	41.7	17.9	50.2	18.9	5.3
40-59.....	2.6	71.9	36.3	14.9	76.1	45.1	21.0	52.5	20.2	5.1
60 and over.....	1.2	77.4	41.5	15.6	86.5	45.0	21.5	45.9	11.1	† 4.0
20 and over.....	7.6	70.2	34.5	13.2	78.8	43.4	19.5	50.3	18.1	5.0
Females:										
6-11.....	1.1	79.7	48.5	23.0	70.6	32.6	11.2	56.9	25.2	† 7.0
12-19.....	1.2	62.3	32.4	14.5	61.3	23.7	† 6.8	41.9	9.7	† 4.9
20-39.....	3.9	59.1	21.8	6.1	62.2	23.4	6.1	36.9	10.1	† 1.8
40-59.....	2.3	61.9	20.8	7.1	70.9	26.1	9.4	36.8	8.2	4.1
60 and over.....	1.5	69.2	32.8	9.1	71.7	32.6	11.0	36.5	9.1	† 1.3
20 and over.....	7.7	61.9	23.7	7.0	66.6	26.0	8.0	36.8	9.3	2.4
All individuals.....	22.0	70.9	36.4	15.5	72.1	35.2	13.6	48.2	17.0	5.3

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	† 100.0	91.0	81.3	† 98.2	† 96.5	94.3	56.5	19.3	† 4.8
3-5.....	0.9	† 99.5	† 95.9	80.6	† 98.2	† 95.4	87.5	47.2	15.5	† 3.2
5 and under ‡	1.7	† 99.7	94.8	82.6	† 98.5	96.4	91.0	52.7	18.9	5.3
Males:										
6-11.....	0.9	† 92.6	75.5	60.6	† 95.6	85.8	64.6	51.0	14.8	† 4.1
12-19.....	1.0	79.6	51.0	33.2	† 96.2	66.7	53.6	34.0	12.6	† 3.8
20-39.....	2.9	65.5	35.0	25.0	86.0	76.5	67.3	47.4	22.9	14.8
40-59.....	2.3	70.6	37.4	20.7	82.8	71.5	56.0	45.6	17.4	6.6
60 and over.....	1.6	65.7	33.8	18.1	81.8	61.8	46.3	38.2	11.0	† 1.6
20 and over.....	6.7	67.3	35.5	21.9	83.9	71.3	58.4	44.6	18.1	8.9
Females:										
6-11.....	0.9	† 97.1	82.9	63.4	† 96.0	83.3	62.5	47.5	15.0	† 1.2
12-19.....	1.0	64.1	37.8	18.9	70.3	41.7	20.6	12.6	† 1.3	† 0.0
20-39.....	2.9	56.8	25.4	12.0	69.6	46.4	28.7	24.9	7.8	† 3.4
40-59.....	2.4	58.1	30.2	10.4	69.5	45.7	30.8	27.8	6.1	† 1.7
60 and over.....	2.2	60.0	27.0	11.7	71.4	50.3	29.7	21.2	4.4	† .8
20 and over.....	7.5	58.1	27.4	11.4	70.1	47.3	29.7	24.8	6.2	2.1
All individuals.....	19.7	69.5	42.3	27.1	80.9	63.8	48.5	36.0	12.2	4.7
Midwest:										
Males and females:										
1-2.....	0.7	† 98.9	95.5	85.5	† 99.1	† 97.8	91.6	52.0	17.3	† 1.6
3-5.....	1.2	† 97.1	89.6	78.0	† 97.2	92.4	84.2	45.2	12.8	† 2.8
5 and under ‡	2.1	98.1	92.8	82.2	† 98.2	95.1	88.4	50.4	15.7	3.7
Males:										
6-11.....	1.2	† 97.8	85.9	75.4	† 98.9	91.5	79.0	63.2	26.2	† 4.5
12-19.....	1.5	74.2	46.4	34.2	† 94.8	87.9	70.8	46.7	18.1	† 6.2
20-39.....	3.3	65.2	36.4	23.1	90.9	80.0	67.2	47.1	23.3	11.3
40-59.....	2.6	66.6	33.9	17.1	93.4	79.6	63.6	48.9	17.0	7.5
60 and over.....	2.0	68.8	39.4	15.0	89.6	73.7	57.6	43.8	12.2	3.2
20 and over.....	7.9	66.5	36.3	19.1	91.4	78.3	63.6	46.9	18.4	8.0
Females:										
6-11.....	1.0	91.4	70.3	51.2	† 96.5	89.4	64.8	48.2	11.8	† 4.2
12-19.....	1.3	58.0	31.5	15.1	80.5	63.3	41.7	19.1	† 1.3	† 1.0
20-39.....	3.2	51.3	21.1	9.7	75.9	53.0	32.6	24.3	4.5	† .9
40-59.....	3.0	52.4	22.8	10.9	71.9	48.2	30.8	26.2	6.2	† 2.0
60 and over.....	2.4	60.3	31.8	13.8	74.3	49.6	32.4	24.5	† 3.4	† .6
20 and over.....	8.6	54.2	24.6	11.3	74.0	50.4	31.9	25.0	4.8	1.2
All individuals.....	23.5	67.4	41.3	26.6	85.8	70.4	54.2	38.5	12.3	4.3

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	† 98.7	92.1	81.9	† 99.3	97.0	91.8	43.7	15.2	5.4
3-5.....	1.6	† 97.6	87.4	74.5	† 98.8	92.6	82.7	40.7	7.6	† 1.6
5 and under ‡	3.1	98.3	90.1	79.3	98.7	94.6	87.4	45.8	13.8	4.4
Males:										
6-11.....	1.5	94.3	72.7	54.8	† 98.5	87.2	70.4	49.7	19.7	† 4.7
12-19.....	2.0	67.7	40.2	19.1	89.2	73.9	59.3	27.5	8.0	† 1.6
20-39.....	5.6	64.8	35.8	21.3	88.5	72.5	56.3	41.5	15.2	4.6
40-59.....	4.1	62.4	35.8	16.2	87.5	69.9	52.7	38.7	14.0	4.4
60 and over.....	2.0	59.7	33.2	17.2	82.4	67.3	48.9	38.3	12.3	† 2.0
20 and over.....	11.8	63.1	35.4	18.8	87.1	70.7	53.8	40.0	14.3	4.1
Females:										
6-11.....	1.4	85.9	62.4	40.8	94.0	81.9	58.5	33.2	8.7	† 3
12-19.....	2.1	55.1	26.5	10.1	74.5	50.2	32.6	8.1	† 1.0	† 0.0
20-39.....	5.8	49.3	24.9	11.1	69.5	45.2	28.4	16.9	3.3	† 5
40-59.....	4.3	49.7	23.0	9.2	69.1	48.9	27.2	18.6	3.3	† 1.0
60 and over.....	2.9	50.5	22.3	10.7	66.3	41.1	22.1	15.7	† 2.2	† 3
20 and over.....	13.0	49.7	23.7	10.4	68.7	45.5	26.6	17.2	3.0	† 6
All individuals.....	34.9	63.3	38.4	23.0	81.4	63.6	46.6	29.5	8.9	2.3
West:										
Males and females:										
1-2.....	0.8	† 97.1	89.5	75.4	† 99.0	95.8	92.8	46.9	14.0	4.4
3-5.....	1.1	† 97.4	88.4	73.6	† 96.7	92.6	81.3	42.8	12.6	† 2.9
5 and under ‡	2.1	97.4	89.8	76.6	97.9	94.6	87.3	48.8	15.2	4.0
Males:										
6-11.....	1.0	† 94.3	77.4	61.4	† 96.7	88.7	75.3	59.1	25.2	† 5.9
12-19.....	1.3	75.7	49.9	33.4	92.1	83.3	68.8	39.7	14.0	7.6
20-39.....	3.8	70.0	44.1	25.7	91.0	73.0	60.5	50.5	22.6	7.9
40-59.....	2.6	69.5	44.3	24.5	90.9	73.0	57.3	50.5	21.1	9.4
60 and over.....	1.2	70.9	42.5	22.5	90.6	73.9	54.7	44.4	16.9	† 4.0
20 and over.....	7.6	70.0	43.9	24.8	90.9	73.2	58.5	49.5	21.2	7.8
Females:										
6-11.....	1.1	88.6	69.6	51.8	89.9	73.5	59.2	45.8	16.5	† 2.6
12-19.....	1.2	58.9	32.6	15.0	68.6	53.8	38.2	16.9	† 1.7	† 0.0
20-39.....	3.9	53.8	25.0	12.2	71.1	53.3	36.3	23.7	5.8	† 1.2
40-59.....	2.3	54.8	27.8	11.5	69.7	47.9	31.0	25.5	5.0	† 4
60 and over.....	1.5	61.3	26.5	11.0	70.7	51.1	33.9	23.9	† 5.2	† 1.4
20 and over.....	7.7	55.6	26.1	11.8	70.6	51.2	34.3	24.3	5.4	† 1.0
All individuals.....	22.0	69.3	44.6	28.2	83.5	67.8	53.1	38.5	13.5	4.3

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

Region, 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>								
Northeast:										
Males and females:										
1-2.....	0.6	73.0	26.7	† 4.5	† 98.1	88.8	69.3	46.9	22.0	8.6
3-5.....	0.9	78.9	27.3	7.3	† 95.2	74.7	43.7	70.5	27.8	9.7
5 and under ‡	1.7	75.4	27.8	6.9	95.8	77.8	52.0	64.6	29.7	13.2
Males:										
6-11.....	0.9	77.3	36.2	† 10.4	70.3	33.7	11.9	85.2	36.6	14.5
12-19.....	1.0	74.5	23.9	† 10.3	35.3	† 5.0	† 2.1	† 93.0	48.3	26.1
20-39.....	2.9	86.1	57.1	32.7	34.6	11.4	† .5	90.4	56.8	33.9
40-59.....	2.3	91.0	63.6	32.4	36.7	5.7	† 1.3	87.7	59.6	34.3
60 and over.....	1.6	83.5	43.6	20.8	25.3	† 3.1	† .4	83.1	49.3	24.8
20 and over.....	6.7	87.1	56.0	29.7	33.1	7.5	† .7	87.7	55.9	31.8
Females:										
6-11.....	0.9	73.7	30.2	11.3	76.5	29.5	9.2	71.3	30.5	12.6
12-19.....	1.0	29.1	† 5.6	† 0.0	20.9	† 1.2	† 0.0	34.2	12.1	† 1.7
20-39.....	2.9	67.0	24.8	7.1	25.1	† 4.0	† 1.1	28.5	9.2	† 1.4
40-59.....	2.4	70.6	23.6	7.4	27.7	† 4.0	† 0.0	37.1	17.9	6.3
60 and over.....	2.2	67.2	21.4	4.6	22.5	† 3.9	† 1.0	62.1	28.3	9.6
20 and over.....	7.5	68.2	23.4	6.5	25.2	4.0	† .7	41.2	17.7	5.4
All individuals.....	19.7	74.3	34.9	14.7	38.5	13.9	6.0	64.7	34.5	16.7
Midwest:										
Males and females:										
1-2.....	0.7	67.3	21.8	† 3.1	† 97.8	85.4	61.2	45.7	16.6	7.1
3-5.....	1.2	69.9	24.5	4.8	94.3	65.5	38.5	65.2	23.7	9.0
5 and under ‡	2.1	68.9	23.6	4.9	95.9	71.1	45.8	62.0	27.0	12.0
Males:										
6-11.....	1.2	87.1	54.1	16.6	80.3	47.2	16.7	81.7	41.4	22.6
12-19.....	1.5	80.6	39.0	17.7	36.3	8.6	† 2.2	86.6	51.6	23.9
20-39.....	3.3	85.5	61.9	35.7	40.4	10.1	4.1	91.1	61.6	35.4
40-59.....	2.6	91.6	70.2	39.8	40.5	8.9	† .8	87.6	58.5	31.9
60 and over.....	2.0	89.1	56.4	25.6	28.3	3.9	† .2	85.2	53.3	27.6
20 and over.....	7.9	88.4	63.3	34.5	37.4	8.1	2.0	88.5	58.5	32.3
Females:										
6-11.....	1.0	77.5	28.0	9.6	66.9	25.3	† 6.4	68.9	25.0	† 7.2
12-19.....	1.3	36.4	9.7	† 1.0	20.9	† 3.8	† .5	26.6	† 7.2	† 4.5
20-39.....	3.2	64.5	21.2	5.2	19.4	† 2.5	† .5	26.3	8.2	† 1.8
40-59.....	3.0	72.7	25.7	6.8	27.8	† 2.9	† 0.0	38.5	12.8	5.8
60 and over.....	2.4	67.9	25.0	5.1	27.0	† 3.0	† .3	63.7	26.4	11.9
20 and over.....	8.6	68.3	23.8	5.7	24.4	2.8	† .3	40.9	14.8	6.0
All individuals.....	23.5	75.4	38.9	16.5	40.2	14.2	6.1	64.0	34.2	17.3

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

Region, 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>								
South:										
Males and females:										
1-2.....	1.1	60.6	17.1	5.4	96.6	84.2	58.0	46.1	17.5	3.7
3-5.....	1.6	69.5	19.4	3.2	91.5	62.6	33.6	58.9	17.7	4.5
5 and under ‡	3.1	67.0	20.3	5.1	93.2	70.5	43.3	57.6	24.3	9.0
Males:										
6-11.....	1.5	79.8	40.2	12.6	71.4	32.3	12.2	78.5	40.4	14.6
12-19.....	2.0	65.2	25.2	8.3	26.8	† 5.1	† 1.1	75.5	37.4	18.4
20-39.....	5.6	83.6	57.2	27.9	30.4	7.1	† 1.0	83.8	57.8	32.0
40-59.....	4.1	88.3	56.3	27.0	31.7	4.0	† .4	82.9	49.4	27.2
60 and over.....	2.0	82.3	45.2	16.4	21.1	3.6	† .5	75.2	43.9	21.0
20 and over.....	11.8	85.0	54.8	25.6	29.3	5.4	† .7	82.0	52.5	28.4
Females:										
6-11.....	1.4	67.2	21.6	† 4.2	60.3	18.7	† 2.6	49.6	16.0	7.1
12-19.....	2.1	29.7	† 4.5	† .3	12.3	† 1.8	† .7	24.6	† 4.8	† 1.9
20-39.....	5.8	57.5	16.0	5.1	19.4	† 2.2	† 1.1	24.8	8.1	† 2.4
40-59.....	4.3	65.9	21.4	4.3	23.0	† 1.9	† .4	35.2	10.2	3.5
60 and over.....	2.9	54.6	13.9	† 2.1	16.0	† 1.7	† .2	51.9	19.5	6.6
20 and over.....	13.0	59.7	17.3	4.2	19.8	2.0	† .2	34.3	11.3	3.7
All individuals.....	34.9	68.6	31.1	11.9	33.4	11.4	4.9	56.8	28.9	13.9
West:										
Males and females:										
1-2.....	0.8	62.2	15.3	† 4.0	† 96.4	81.8	57.9	37.0	16.1	† 4.0
3-5.....	1.1	68.1	23.4	6.9	90.8	67.0	36.1	55.2	21.4	6.7
5 and under ‡	2.1	67.1	21.0	5.7	93.0	71.8	43.9	53.0	26.3	11.0
Males:										
6-11.....	1.0	85.8	48.4	18.6	82.6	40.4	15.9	75.2	36.6	20.2
12-19.....	1.3	74.3	36.6	13.6	39.3	8.2	† 1.3	83.2	43.1	24.5
20-39.....	3.8	89.0	63.1	36.4	41.9	13.2	† 1.6	89.5	60.7	35.2
40-59.....	2.6	88.3	63.3	35.4	39.9	7.6	† 1.5	83.3	58.2	32.6
60 and over.....	1.2	87.5	53.0	23.9	32.6	4.8	† .3	86.7	57.9	26.4
20 and over.....	7.6	88.5	61.6	34.1	39.8	9.9	1.4	86.9	59.4	32.9
Females:										
6-11.....	1.1	71.5	30.3	11.3	69.8	28.2	13.6	60.1	29.6	10.3
12-19.....	1.2	41.1	† 6.5	† 1.8	20.9	† 1.7	† 0.0	27.9	† 5.3	† 1.1
20-39.....	3.9	65.6	22.2	5.3	30.7	4.3	† 1.1	26.9	8.2	† 3.2
40-59.....	2.3	69.2	25.8	6.8	31.0	4.3	† .2	35.2	12.5	† 3.5
60 and over.....	1.5	64.7	24.2	† 5.0	30.9	† 3.5	† .3	62.0	25.6	† 5.1
20 and over.....	7.7	66.5	23.7	5.7	30.8	4.2	† .7	36.3	12.9	3.7
All individuals.....	22.0	74.3	37.8	16.6	44.2	15.6	6.4	60.6	33.4	16.6

† 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 region, 1994-96--continued

Region, 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>		
Northeast:				
Males and females:				
1-2.....	0.6	18.1	† 3.6	† 0.3
3-5.....	0.9	28.7	† 4.8	† .9
5 and under ‡	1.7	31.3	7.4	† 1.7
Males:				
6-11.....	0.9	34.0	† 6.5	† .8
12-19.....	1.0	26.6	† 5.3	† 1.6
20-39.....	2.9	40.8	12.8	8.7
40-59.....	2.3	34.4	7.0	† 1.6
60 and over.....	1.6	16.7	† 3.8	† 1.9
20 and over.....	6.7	32.8	8.7	4.7
Females:				
6-11.....	0.9	31.0	12.1	† 3.6
12-19.....	1.0	17.2	† 4.3	† 1.4
20-39.....	2.9	24.2	† 4.2	† 1.5
40-59.....	2.4	18.0	4.7	† 2.4
60 and over.....	2.2	12.9	† 2.0	† .8
20 and over.....	7.5	18.9	3.7	1.6
All individuals.....	19.7	26.2	6.3	2.7
Midwest:				
Males and females:				
1-2.....	0.7	15.1	† 3.4	† .8
3-5.....	1.2	28.4	4.5	† .8
5 and under ‡	2.1	30.1	6.0	2.2
Males:				
6-11.....	1.2	54.6	16.5	7.7
12-19.....	1.5	44.6	12.3	† 4.7
20-39.....	3.3	44.5	16.0	6.3
40-59.....	2.6	35.8	8.4	† 2.0
60 and over.....	2.0	23.2	4.2	† 1.1
20 and over.....	7.9	36.3	10.5	3.6
Females:				
6-11.....	1.0	34.0	† 7.8	† .4
12-19.....	1.3	29.1	† 3.4	† 0.0
20-39.....	3.2	21.6	† 3.7	† .8
40-59.....	3.0	19.1	3.4	† 1.2
60 and over.....	2.4	16.1	† 2.7	† .6
20 and over.....	8.6	19.2	3.3	† .9
All individuals.....	23.5	30.4	7.4	2.4

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>		
South:				
Males and females:				
1-2.....	1.1	15.9	† 2.2	† 1.0
3-5.....	1.6	22.5	4.4	† 4
5 and under ‡	3.1	26.6	6.8	1.7
Males:				
6-11.....	1.5	45.2	12.7	† 1.5
12-19.....	2.0	30.4	9.7	† 3.2
20-39.....	5.6	34.1	8.7	2.6
40-59.....	4.1	26.9	4.8	† 6
60 and over.....	2.0	18.1	3.8	† 1.2
20 and over.....	11.8	28.8	6.5	1.7
Females:				
6-11.....	1.4	26.0	† 4.1	† 1.5
12-19.....	2.1	22.1	5.5	† 1.2
20-39.....	5.8	19.1	4.3	† 1.5
40-59.....	4.3	16.4	2.1	† 1
60 and over.....	2.9	10.6	† 2.4	† .9
20 and over.....	13.0	16.3	3.1	.9
All individuals.....	34.9	24.3	5.6	1.4
West:				
Males and females:				
1-2.....	0.8	11.9	† 1.7	† .2
3-5.....	1.1	23.6	† 3.7	† 1.5
5 and under ‡	2.1	24.5	5.2	† 1.2
Males:				
6-11.....	1.0	43.8	14.5	† 5.9
12-19.....	1.3	36.1	9.9	† 6.5
20-39.....	3.8	40.0	8.6	† 2.5
40-59.....	2.6	30.6	9.6	† 2.1
60 and over.....	1.2	19.8	† 3.4	† 2.0
20 and over.....	7.6	33.6	8.1	2.3
Females:				
6-11.....	1.1	32.7	7.8	† 1.6
12-19.....	1.2	26.5	† 4.6	† 4
20-39.....	3.9	17.4	3.7	† .9
40-59.....	2.3	16.2	† 3.4	† 1.6
60 and over.....	1.5	11.8	† 1.0	† 2
20 and over.....	7.7	16.0	3.1	† 1.0
All individuals.....	22.0	26.7	6.3	2.0

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

Region, 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>						
All Regions.....	100.0	15.4	32.8	11.3	12.5	6.4	51.8	1.4
Northeast:								
Males and females:								
1-2.....	0.6	15.2	31.8	13.5	11.3	4.7	54.4	*
3-5.....	0.9	14.2	31.4	12.2	11.9	4.9	55.9	†*
5 and under ‡	1.7	13.9	32.7	13.3	11.7	5.4	54.7	*
Males:								
6-11.....	0.83	13.5	30.9	11.4	11.8	5.4	57.0	†*
12-19.....	1.01	15.2	32.2	11.5	12.3	5.9	53.6	†.2
20-39.....	2.8	16.3	33.9	11.8	12.9	6.5	47.3	3.3
40-59.....	2.3	16.2	32.3	10.9	12.4	6.4	49.9	2.6
60 and over.....	1.6	16.6	31.7	10.5	12.1	6.5	51.2	2.0
20 and over.....	6.7	16.3	32.8	11.2	12.5	6.5	49.1	2.7
Females:								
6-11.....	1.0	14.1	31.8	12.1	12.1	5.4	55.7	†*
12-19.....	1.0	14.9	29.7	10.3	10.9	6.0	56.4	†.3
20-39.....	2.9	16.2	31.8	11.0	11.9	6.5	51.5	1.8
40-59.....	2.4	16.6	32.0	10.5	11.7	7.2	51.4	1.6
60 and over.....	2.2	16.9	30.8	10.1	11.5	6.7	53.0	1.1
20 and over.....	7.5	16.5	31.6	10.5	11.7	6.8	51.9	1.5
All individuals.....	19.7	15.8	32.0	11.1	12.0	6.3	51.9	1.5
Midwest:								
Males and females:								
1-2.....	0.7	14.9	33.1	13.3	12.2	5.1	53.4	†*
3-5.....	1.2	13.6	32.4	12.2	12.4	5.4	55.6	†*
5 and under ‡	2.1	13.5	33.4	13.1	12.2	5.6	54.5	*
Males:								
6-11.....	1.2	14.1	32.1	11.9	12.5	5.2	55.2	†*
12-19.....	1.5	14.0	32.5	11.6	12.9	5.6	54.0	†.6
20-39.....	3.4	15.2	33.8	11.5	13.1	6.5	49.0	3.1
40-59.....	2.6	16.3	34.7	11.5	13.5	7.0	47.8	2.4
60 and over.....	1.9	16.6	32.8	10.9	12.6	6.6	50.2	2.1
20 and over.....	7.9	15.9	33.8	11.4	13.1	6.7	48.9	2.6
Females:								
6-11.....	1.0	13.4	32.5	11.7	12.7	5.8	55.5	†*
12-19.....	1.3	14.2	32.2	11.6	12.5	5.7	54.9	†.1
20-39.....	3.2	14.5	31.5	10.6	12.0	6.5	53.5	1.9
40-59.....	3.0	15.6	34.0	11.4	12.8	7.1	50.3	1.5
60 and over.....	2.4	16.8	32.4	10.7	12.4	6.7	52.2	†.6
20 and over.....	8.6	15.5	32.6	10.9	12.4	6.8	52.1	1.4
All individuals.....	23.5	15.1	33.0	11.4	12.7	6.4	51.8	1.4

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>						
All Regions.....	100.0	15.4	32.8	11.3	12.5	6.4	51.8	1.4
South:								
Males and females:								
1-2.....	1.1	14.9	32.6	13.2	12.0	4.9	54.0	*
3-5.....	1.6	14.3	32.6	12.2	12.5	5.4	54.6	*
5 and under ‡	3.1	14.0	33.5	13.1	12.3	5.6	53.9	*
Males:								
6-11.....	1.6	14.0	33.9	12.4	13.3	5.7	53.5	†*
12-19.....	2.0	14.3	34.0	12.0	13.4	6.0	52.5	†.2
20-39.....	5.6	15.5	33.3	11.2	13.0	6.5	49.3	2.9
40-59.....	4.1	16.0	34.0	11.0	13.3	6.9	48.9	2.3
60 and over.....	2.0	16.3	34.9	11.5	13.5	7.1	49.4	.9
20 and over.....	11.8	15.8	33.8	11.2	13.2	6.7	49.2	2.4
Females:								
6-11.....	1.4	13.9	33.6	12.1	13.0	6.0	53.8	*
12-19.....	2.1	13.5	33.0	11.5	12.9	6.1	54.6	†.2
20-39.....	5.8	15.0	32.7	10.9	12.6	6.7	51.8	1.7
40-59.....	4.3	15.9	33.3	10.9	12.7	7.1	51.3	1.0
60 and over.....	2.9	16.3	32.8	10.5	12.6	7.1	52.2	†.4
20 and over.....	13.0	15.6	32.9	10.8	12.6	6.9	51.8	1.2
All individuals.....	34.9	15.2	33.4	11.4	12.9	6.6	51.5	1.3
West:								
Males and females:								
1-2.....	0.8	15.3	31.4	13.2	11.1	4.7	54.9	†*
3-5.....	1.1	14.5	32.9	12.3	12.3	5.7	54.2	*
5 and under ‡	2.1	14.4	33.2	13.2	11.9	5.7	53.8	*
Males:								
6-11.....	1.1	14.4	32.4	12.0	12.3	5.7	54.8	†*
12-19.....	1.3	14.4	33.3	11.5	12.9	6.4	52.9	†.7
20-39.....	3.7	15.6	32.3	11.0	12.3	6.3	50.8	2.4
40-59.....	2.6	16.1	32.2	10.5	12.3	6.8	49.4	3.6
60 and over.....	1.2	16.2	33.1	11.1	12.6	6.8	49.7	2.8
20 and over.....	7.6	15.9	32.4	10.9	12.4	6.6	50.1	2.9
Females:								
6-11.....	1.0	14.7	32.0	11.9	12.3	5.5	54.9	†*
12-19.....	1.2	14.0	32.6	11.6	12.3	6.2	54.8	†.1
20-39.....	3.8	15.5	32.1	11.0	12.1	6.6	52.6	1.3
40-59.....	2.4	15.8	32.0	10.2	11.9	7.3	51.7	2.3
60 and over.....	1.5	17.2	31.2	10.2	11.6	6.8	51.7	1.9
20 and over.....	7.7	15.9	31.9	10.6	11.9	6.9	52.1	1.7
All individuals.....	21.9	15.4	32.4	11.2	12.2	6.5	52.1	1.7

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

Region, 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>		
All Regions.....	100.0	32.9	34.7	70.9
Northeast:				
Males and females:				
1-2.....	0.6	37.9	17.6	88.1
3-5.....	0.9	37.2	23.6	89.0
5 and under ‡	1.7	33.7	18.5	89.5
Males:				
6-11.....	0.9	39.2	31.2	87.4
12-19.....	1.0	44.3	36.2	63.4
20-39.....	2.9	26.2	25.4	48.6
40-59.....	2.3	28.3	34.8	54.4
60 and over.....	1.6	43.9	48.8	69.3
20 and over.....	6.7	31.1	34.2	55.5
Females:				
6-11.....	0.9	34.8	23.7	84.8
12-19.....	1.0	45.5	43.2	80.6
20-39.....	2.9	37.7	40.6	75.9
40-59.....	2.4	38.7	45.5	83.6
60 and over.....	2.2	47.8	53.1	84.3
20 and over.....	7.5	41.0	45.9	80.9
All individuals.....	19.7	37.1	37.3	72.5
Midwest:				
Males and females:				
1-2.....	0.7	33.7	19.4	84.8
3-5.....	1.2	31.5	23.5	90.7
5 and under ‡	2.1	29.5	19.3	89.9
Males:				
6-11.....	1.2	27.7	22.0	80.0
12-19.....	1.5	29.9	28.7	50.6
20-39.....	3.3	27.0	32.1	52.7
40-59.....	2.6	20.3	25.7	51.0
60 and over.....	2.0	32.5	39.1	57.0
20 and over.....	7.9	26.2	31.7	53.2
Females:				
6-11.....	1.0	35.2	27.2	86.7
12-19.....	1.3	38.3	29.4	82.9
20-39.....	3.2	39.8	41.4	84.5
40-59.....	3.0	29.1	37.5	75.0
60 and over.....	2.4	34.9	41.8	79.7
20 and over.....	8.6	34.7	40.2	79.8
All individuals.....	23.5	30.9	32.7	70.4

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

Continued

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

Region, 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>		
All Regions.....	100.0	32.9	34.7	70.9
South:				
Males and females:				
1-2.....	1.1	32.8	19.9	83.5
3-5.....	1.6	31.6	23.3	86.2
5 and under ‡	3.1	29.3	19.9	86.7
Males:				
6-11.....	1.5	26.0	22.9	82.0
12-19.....	2.0	21.1	21.1	59.8
20-39.....	5.6	28.5	31.6	57.4
40-59.....	4.1	28.7	33.0	55.3
60 and over.....	2.0	27.6	37.3	61.6
20 and over.....	11.8	28.4	33.0	57.4
Females:				
6-11.....	1.4	27.0	18.4	86.1
12-19.....	2.1	29.3	31.6	80.4
20-39.....	5.8	36.8	41.5	79.2
40-59.....	4.3	31.9	38.5	76.1
60 and over.....	2.9	35.9	44.1	81.7
20 and over.....	13.0	35.0	41.1	78.7
All individuals.....	34.9	30.4	33.0	71.7
West:				
Males and females:				
1-2.....	0.8	37.7	16.3	84.1
3-5.....	1.1	31.2	21.4	84.9
5 and under ‡	2.1	30.4	17.5	86.0
Males:				
6-11.....	1.0	32.5	25.8	71.6
12-19.....	1.3	34.3	29.3	49.7
20-39.....	3.8	32.3	38.8	49.3
40-59.....	2.6	32.8	39.2	53.7
60 and over.....	1.2	34.8	44.5	64.3
20 and over.....	7.6	32.8	39.9	53.2
Females:				
6-11.....	1.1	41.4	25.6	83.9
12-19.....	1.2	34.2	33.2	79.3
20-39.....	3.9	37.4	39.6	77.3
40-59.....	2.3	34.7	49.5	79.8
60 and over.....	1.5	45.6	52.0	81.5
20 and over.....	7.7	38.2	45.0	78.8
All individuals.....	22.0	35.1	37.2	68.9

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

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

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

Region, 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>									
All Regions.....	100	302	50	74	16	23	18	19	38	12	109
Northeast:											
Males and females:											
1-2.....	0.6	225	21	69	15	19	19	8	20	8	99
3-5.....	0.9	284	37	92	24	27	14	12	29	11	102
5 and under ‡	1.7	229	26	75	17	21	14	9	22	9	88
Males:											
6-11.....	0.8	346	43	108	32	25	37	19	46	14	116
12-19.....	1.0	405	71	106	36	† 42	† 17	† 19	42	17	150
20-39.....	2.8	387	62	97	14	37	40	† 21	43	12	153
40-59.....	2.3	395	73	122	13	44	46	19	47	14	120
60 and over.....	1.6	337	72	121	19	26	41	9	44	10	82
20 and over.....	6.7	378	68	111	15	37	42	17	45	12	125
Females:											
6-11.....	1.0	262	45	67	24	19	† 15	19	34	10	88
12-19.....	1.0	363	46	87	21	† 37	25	† 14	26	12	178
20-39.....	2.9	290	50	78	13	33	25	11	23	11	116
40-59.....	2.4	274	53	77	12	25	22	14	28	11	91
60 and over.....	2.2	261	54	75	15	14	22	11	33	7	80
20 and over.....	7.5	276	52	77	13	25	23	12	28	10	98
All individuals.....	19.7	320	55	91	17	30	29	15	35	11	113
Midwest:											
Males and females:											
1-2.....	0.7	206	27	49	14	† 5	14	11	19	8	91
3-5.....	1.2	264	42	61	22	5	11	11	32	11	106
5 and under ‡	2.1	223	33	55	17	4	11	10	25	9	93
Males:											
6-11.....	1.2	303	55	87	37	† 12	† 25	19	32	19	90
12-19.....	1.5	439	57	79	30	† 22	† 12	20	69	27	188
20-39.....	3.4	429	75	77	17	28	27	14	53	19	192
40-59.....	2.6	354	76	64	13	† 12	26	24	56	16	118
60 and over.....	1.9	293	69	76	18	10	12	21	50	10	67
20 and over.....	7.9	371	74	73	16	18	23	19	53	16	137
Females:											
6-11.....	1.0	315	51	68	22	† 8	21	13	62	17	104
12-19.....	1.3	287	41	50	16	† 5	18	12	43	16	125
20-39.....	3.2	275	46	58	16	15	18	9	48	14	101
40-59.....	3.0	267	50	55	13	15	15	16	48	14	84
60 and over.....	2.4	226	52	52	15	† 7	8	12	44	8	59
20 and over.....	8.6	259	49	55	14	12	14	12	47	12	83
All individuals.....	23.5	311	56	64	18	14	18	15	48	15	112

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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				
		Percent			Grams						
All Regions.....	100	302	50	74	16	23	18	19	38	12	109
South:											
Males and females:											
1-2.....	1.1	204	21	65	13	13	9	12	18	7	81
3-5.....	1.6	229	31	60	19	13	9	14	25	9	89
5 and under ‡	3.1	196	24	57	15	12	8	12	20	8	76
Males:											
6-11.....	1.6	276	41	62	27	10	† 6	19	45	15	94
12-19.....	2.0	363	49	70	19	20	21	27	45	13	158
20-39.....	5.6	374	62	67	14	20	19	23	39	18	164
40-59.....	4.1	294	55	73	14	27	14	33	43	12	77
60 and over.....	2.0	264	50	80	16	19	† 6	30	46	8	50
20 and over.....	11.8	327	57	72	14	22	15	28	42	14	114
Females:											
6-11.....	1.4	263	38	62	16	† 15	16	22	39	11	92
12-19.....	2.1	279	35	72	18	† 18	† 25	17	38	17	100
20-39.....	5.8	250	37	54	11	19	10	17	30	12	100
40-59.....	4.3	237	47	62	10	21	12	21	35	9	65
60 and over.....	2.9	205	41	62	13	13	† 5	21	39	6	36
20 and over.....	13.0	236	41	59	11	18	10	19	34	9	74
All individuals.....	34.9	276	45	65	14	19	13	22	37	12	96
West:											
Males and females:											
1-2.....	0.8	195	16	53	13	17	8	11	16	6	93
3-5.....	1.1	258	30	59	20	16	† 7	20	28	11	111
5 and under ‡	2.1	214	22	53	15	15	7	15	21	8	94
Males:											
6-11.....	1.1	331	42	79	33	24	† 9	24	42	12	132
12-19.....	1.3	435	45	85	36	† 29	15	39	37	23	205
20-39.....	3.7	421	50	113	16	69	21	30	37	17	173
40-59.....	2.6	356	57	109	18	42	31	27	39	11	113
60 and over.....	1.2	321	53	115	20	34	† 10	23	42	8	80
20 and over.....	7.6	382	53	112	17	54	23	28	39	13	138
Females:											
6-11.....	1.0	264	40	51	21	† 12	† 8	24	31	14	105
12-19.....	1.2	328	44	60	14	† 19	† 18	16	36	14	158
20-39.....	3.8	285	43	71	13	33	20	20	29	9	113
40-59.....	2.4	254	43	67	13	28	10	19	29	8	87
60 and over.....	1.5	237	42	85	11	22	12	14	29	6	61
20 and over.....	7.7	266	43	72	13	29	15	18	29	8	95
All individuals.....	22.0	317	44	84	17	35	16	23	33	12	122

† 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 region, 1 day, 1994-96

Region, 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>										
All Regions.....	100	96.9	66.3	46.8	28.5	11.0	7.4	22.7	41.2	27.8	35.9
Northeast:											
Males and females:											
1-2.....	0.6	† 98.2	53.5	78.4	54.0	18.4	15.0	20.5	49.5	37.0	45.8
3-5.....	0.9	† 100.0	69.0	73.0	58.8	18.4	11.4	22.2	55.9	33.5	46.6
5 and under ‡	1.7	95.9	54.7	73.9	50.7	16.4	11.1	18.9	46.8	30.4	41.6
Males:											
6-11.....	0.8	† 100.0	68.3	75.8	58.6	13.5	16.8	24.8	53.2	37.2	48.2
12-19.....	1.0	† 99.3	78.5	55.1	40.6	13.0	† 7.7	16.3	41.7	21.6	42.9
20-39.....	2.8	93.9	65.7	38.1	17.3	12.7	11.3	16.9	33.2	21.8	38.1
40-59.....	2.3	† 98.5	78.4	48.1	19.6	18.3	15.0	16.8	42.2	24.2	32.5
60 and over.....	1.6	† 99.0	83.7	59.4	37.5	9.6	13.1	11.4	45.1	25.7	24.0
20 and over.....	6.7	96.7	74.3	46.6	23.0	13.8	13.0	15.6	39.1	23.6	32.8
Females:											
6-11.....	1.0	† 98.9	73.7	59.7	49.1	11.3	† 7.7	23.4	51.6	30.7	41.4
12-19.....	1.0	† 96.1	58.9	60.4	38.0	15.6	14.2	† 14.2	37.0	24.1	51.1
20-39.....	2.9	† 97.9	71.1	46.6	24.2	14.9	10.9	14.5	32.3	26.0	42.6
40-59.....	2.4	† 97.5	75.5	44.7	22.9	14.1	10.4	19.2	34.1	25.2	32.3
60 and over.....	2.2	† 99.5	79.9	56.7	37.5	9.1	10.1	15.3	44.8	25.7	24.8
20 and over.....	7.5	98.3	75.1	49.0	27.7	12.9	10.5	16.2	36.6	25.7	34.0
All individuals.....	19.7	97.6	72.1	52.8	31.6	13.6	11.6	16.8	40.0	25.8	36.5
Midwest:											
Males and females:											
1-2.....	0.7	† 99.6	61.5	69.5	52.7	7.3	11.8	20.9	48.7	37.7	52.1
3-5.....	1.2	† 99.6	74.4	70.8	56.4	5.9	7.5	20.1	56.9	39.7	46.2
5 and under ‡	2.1	96.6	62.1	70.2	49.2	5.6	8.0	17.9	50.2	34.5	45.4
Males:											
6-11.....	1.2	† 99.6	78.4	66.6	58.3	† 6.9	9.3	23.6	50.0	40.3	41.4
12-19.....	1.5	† 97.2	56.1	42.5	35.8	9.1	† 4.4	18.4	57.3	39.5	47.3
20-39.....	3.4	96.1	73.5	34.6	21.1	9.9	9.6	13.6	41.7	30.1	42.7
40-59.....	2.6	95.4	73.8	34.4	18.8	† 6.9	7.4	18.7	44.4	31.3	33.3
60 and over.....	1.9	† 99.1	82.5	54.2	35.7	4.6	6.3	20.1	45.1	25.0	20.2
20 and over.....	7.9	96.6	75.8	39.3	23.9	7.6	8.1	16.9	43.4	29.3	34.1
Females:											
6-11.....	1.0	† 99.7	80.7	63.7	49.0	† 5.7	13.2	18.3	63.8	39.6	49.3
12-19.....	1.3	† 98.2	65.4	37.7	28.3	† 3.4	† 8.4	17.1	49.7	35.9	41.1
20-39.....	3.2	96.0	65.3	40.8	25.6	8.4	7.7	12.1	48.3	31.6	40.7
40-59.....	3.0	97.1	68.0	37.4	21.5	7.2	7.3	19.2	46.1	33.2	33.4
60 and over.....	2.4	† 99.3	78.7	48.5	32.7	† 3.1	4.2	16.7	50.1	29.5	19.4
20 and over.....	8.6	97.3	69.9	41.7	26.2	6.5	6.6	15.9	48.0	31.6	32.3
All individuals.....	23.5	97.3	71.0	45.4	30.7	6.8	7.6	17.1	48.1	32.6	36.7

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>										
All Regions.....	100	96.9	66.3	46.8	28.5	11.0	7.4	22.7	41.2	27.8	35.9
South:											
Males and females:											
1-2.....	1.1	† 98.2	52.4	72.8	46.2	12.4	7.2	26.3	43.6	33.8	43.7
3-5.....	1.6	† 99.9	63.0	65.3	48.1	10.3	6.0	30.4	48.6	31.6	47.9
5 and under ‡	3.1	95.4	53.0	67.4	42.2	9.8	6.1	25.5	42.5	29.2	41.9
Males:											
6-11.....	1.6	† 97.2	65.0	61.2	50.0	7.8	† 3.2	24.1	54.2	31.6	39.9
12-19.....	2.0	† 98.0	63.5	39.9	25.5	9.8	† 7.2	27.9	35.2	19.6	41.1
20-39.....	5.6	95.0	64.6	32.4	18.2	9.2	5.2	23.6	33.2	26.4	38.7
40-59.....	4.1	96.2	64.0	39.7	21.0	12.6	4.6	31.8	39.1	24.8	25.0
60 and over.....	2.0	96.2	69.5	49.2	27.2	10.2	† 2.4	34.1	45.0	22.5	15.9
20 and over.....	11.8	95.6	65.3	37.9	20.7	10.5	4.5	28.3	37.3	25.2	30.0
Females:											
6-11.....	1.4	† 99.3	64.5	54.5	37.5	† 10.2	† 5.8	32.7	53.1	33.2	44.0
12-19.....	2.1	† 97.9	56.3	48.8	31.9	8.1	8.2	23.5	43.1	30.7	43.3
20-39.....	5.8	94.4	56.1	35.2	18.4	11.9	4.9	24.8	32.4	27.2	36.6
40-59.....	4.3	96.8	68.1	40.6	18.8	12.3	6.2	27.6	38.1	24.8	25.5
60 and over.....	2.9	† 97.7	65.7	48.1	27.0	8.8	† 3.1	29.9	42.3	23.0	16.0
20 and over.....	13.0	96.0	62.2	39.8	20.4	11.4	5.0	26.8	36.5	25.5	28.4
All individuals.....	34.9	96.2	62.4	43.7	25.4	10.5	5.2	27.2	39.1	26.3	32.9
West:											
Males and females:											
1-2.....	0.8	† 98.2	45.9	68.8	50.5	16.4	8.4	32.0	41.8	35.2	48.5
3-5.....	1.1	† 99.0	56.8	65.8	49.2	12.8	† 4.9	36.4	45.3	33.9	48.8
5 and under ‡	2.1	94.7	47.8	65.9	44.9	13.2	5.9	31.5	41.2	32.4	44.8
Males:											
6-11.....	1.1	† 99.5	62.1	60.2	48.5	14.0	† 6.4	32.5	50.6	27.1	52.9
12-19.....	1.3	† 98.7	56.9	46.2	36.5	† 8.8	† 3.9	32.5	31.9	29.2	54.8
20-39.....	3.7	† 97.3	57.6	40.8	19.0	19.5	6.6	25.8	33.7	27.0	42.7
40-59.....	2.6	† 97.2	63.7	43.1	22.2	14.5	10.1	25.2	36.0	21.2	33.0
60 and over.....	1.2	† 97.9	73.4	60.2	33.8	14.6	† 4.5	25.1	43.9	25.6	23.9
20 and over.....	7.6	97.3	62.3	44.7	22.5	17.0	7.5	25.5	36.1	24.8	36.4
Females:											
6-11.....	1.0	† 99.4	66.8	60.5	49.1	† 10.8	† 3.3	31.1	51.0	39.7	47.7
12-19.....	1.2	† 97.5	65.5	37.8	23.2	9.4	† 8.3	20.9	29.6	31.2	52.6
20-39.....	3.8	96.4	62.9	42.0	22.3	14.7	9.0	26.1	38.4	25.7	38.3
40-59.....	2.4	† 97.4	64.7	41.9	20.5	14.3	7.1	24.9	38.5	25.4	29.6
60 and over.....	1.5	† 96.8	74.1	56.9	29.1	10.4	5.7	24.0	41.5	24.5	23.1
20 and over.....	7.7	96.8	65.7	44.9	23.1	13.7	7.7	25.3	39.1	25.4	32.6
All individuals.....	22.0	97.2	62.1	48.0	28.2	14.1	7.0	26.8	38.4	27.1	39.1

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

Region, 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>								
All Regions.....	100	189	61	24	12	8	28	15	7	13	45
Northeast:											
Males and females:											
1-2.....	0.6	88	28	11	6	5	10	† 1	† 7	† 12	19
3-5.....	0.9	88	30	11	5	† 7	10	4	3	14	15
5 and under ‡	1.7	82	25	10	5	7	9	2	5	11	18
Males:											
6-11.....	0.8	122	† 47	29	† 6	† 2	20	8	† 1	9	28
12-19.....	1.0	168	† 59	31	† 2	† 11	29	19	† 2	14	31
20-39.....	2.8	251	76	36	25	† 4	48	18	4	12	63
40-59.....	2.3	252	60	16	15	10	45	18	† 13	28	62
60 and over.....	1.6	259	59	11	20	18	37	19	10	† 18	77
20 and over.....	6.7	253	66	23	21	10	44	18	9	19	66
Females:											
6-11.....	1.0	111	43	22	† 1	† 3	10	† 11	† 3	† 15	24
12-19.....	1.0	132	44	19	† 8	† 4	† 20	14	† 5	† 10	27
20-39.....	2.9	190	53	10	8	† 14	34	17	† 5	18	40
40-59.....	2.4	203	33	9	16	15	34	27	5	16	57
60 and over.....	2.2	205	41	5	20	14	35	13	† 7	11	65
20 and over.....	7.5	199	43	8	14	14	34	19	6	15	53
All individuals.....	19.7	195	51	17	14	10	33	16	6	16	50
Midwest:											
Males and females:											
1-2.....	0.7	80	32	13	† 5	† 6	† 8	† 2	10	7	11
3-5.....	1.2	90	39	19	† 2	4	† 13	2	5	9	16
5 and under ‡	2.1	85	32	15	3	7	10	2	8	8	14
Males:											
6-11.....	1.2	118	54	21	† 1	4	19	† 5	8	13	14
12-19.....	1.5	187	102	52	† 2	† 7	24	10	† 2	12	28
20-39.....	3.4	223	101	47	9	4	34	18	9	11	38
40-59.....	2.6	272	99	33	11	6	38	21	12	24	62
60 and over.....	1.9	265	86	22	13	14	37	18	10	18	70
20 and over.....	7.9	249	96	36	11	7	36	19	10	17	54
Females:											
6-11.....	1.0	120	40	23	† 6	† 6	17	7	5	† 9	30
12-19.....	1.3	154	74	33	† 9	† 4	18	12	3	† 9	25
20-39.....	3.2	177	66	27	† 8	11	28	14	9	8	33
40-59.....	3.0	200	60	19	13	8	27	19	5	12	55
60 and over.....	2.4	228	57	9	15	12	30	17	12	16	69
20 and over.....	8.6	199	62	19	11	10	28	16	8	12	50
All individuals.....	23.5	195	73	28	9	8	27	14	8	13	43

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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							
		----- Grams -----									
		----- Percent -----									
All Regions.....	100	189	61	24	12	8	28	15	7	13	45
South:											
Males and females:											
1-2.....	1.1	91	30	14	5	7	7	1	9	11	20
3-5.....	1.6	96	40	21	5	5	10	2	7	12	15
5 and under ‡	3.1	88	32	16	4	7	8	2	8	11	17
Males:											
6-11.....	1.6	102	52	36	† 5	† 5	8	4	† 5	† 10	13
12-19.....	2.0	191	97	55	† 10	† 4	34	11	† 7	10	20
20-39.....	5.6	237	97	41	12	7	31	16	10	21	42
40-59.....	4.1	243	76	27	17	9	34	17	9	20	60
60 and over.....	2.0	250	70	13	15	12	37	12	20	17	67
20 and over.....	11.8	241	85	31	14	9	33	15	12	20	53
Females:											
6-11.....	1.4	132	48	29	† 8	4	17	6	10	16	23
12-19.....	2.1	140	56	37	† 10	3	20	11	† 6	† 7	28
20-39.....	5.8	176	56	26	14	6	25	14	11	11	39
40-59.....	4.3	197	50	12	17	10	28	18	10	10	56
60 and over.....	2.9	209	51	9	20	6	28	11	14	14	65
20 and over.....	13.0	190	53	17	16	7	27	15	11	11	50
All individuals.....	34.9	189	64	27	13	7	26	13	10	14	42
West:											
Males and females:											
1-2.....	0.8	65	20	12	† 2	6	† 11	† 1	4	6	15
3-5.....	1.1	79	31	19	† 3	4	14	3	4	7	14
5 and under ‡	2.1	69	24	15	† 3	5	11	2	4	6	14
Males:											
6-11.....	1.1	118	45	20	† 5	6	20	6	† 3	14	18
12-19.....	1.3	148	71	27	† 6	3	23	† 12	† 1	† 6	26
20-39.....	3.7	222	71	38	8	9	44	21	† 3	8	57
40-59.....	2.6	234	67	26	† 16	12	45	25	† 5	12	53
60 and over.....	1.2	233	51	16	† 20	12	38	19	8	8	77
20 and over.....	7.6	228	66	30	13	10	43	22	5	9	59
Females:											
6-11.....	1.0	96	39	24	† 3	† 4	12	7	† 3	10	19
12-19.....	1.2	153	70	27	7	7	15	14	† *	† 7	32
20-39.....	3.8	180	44	21	16	10	31	21	† 3	8	46
40-59.....	2.4	196	47	15	14	15	24	22	4	7	65
60 and over.....	1.5	185	35	7	17	12	23	18	7	7	68
20 and over.....	7.7	186	43	16	16	12	27	21	4	7	56
All individuals.....	22.0	178	52	23	11	9	29	17	4	8	46

† See "Statistical notes," appendix B.

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

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

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

Region, 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>										
All Regions.....	100	82.8	44.3	27.0	9.8	12.9	38.8	24.9	7.7	11.7	42.5
Northeast:											
Males and females:											
1-2.....	0.6	77.7	40.3	22.9	10.1	12.7	27.9	† 6.0	12.1	15.0	22.0
3-5.....	0.9	78.3	37.1	22.8	6.5	12.7	37.1	14.0	5.7	21.7	28.1
5 and under ‡	1.7	73.5	33.9	19.9	7.1	13.1	28.8	9.3	8.4	16.6	25.4
Males:											
6-11.....	0.8	77.3	44.2	36.3	† 9.1	† 8.5	42.0	† 14.9	† 2.0	13.6	35.0
12-19.....	1.0	82.8	40.3	33.0	† 2.3	15.8	45.2	28.7	† 2.4	† 9.9	40.4
20-39.....	2.8	88.0	45.1	31.9	14.7	5.7	50.9	29.6	† 3.7	7.3	47.4
40-59.....	2.3	85.5	35.7	18.7	13.1	14.6	38.3	26.8	9.7	19.0	56.1
60 and over.....	1.6	86.5	39.2	13.1	16.2	19.3	41.1	30.7	8.6	13.7	53.8
20 and over.....	6.7	86.8	40.5	22.9	14.5	12.0	44.3	28.9	6.9	12.8	51.9
Females:											
6-11.....	1.0	82.7	49.5	35.9	† 2.7	† 8.0	32.2	17.8	† 6.6	17.6	27.4
12-19.....	1.0	73.5	30.5	21.1	† 6.2	12.7	30.5	25.2	† 5.1	† 9.8	28.9
20-39.....	2.9	79.6	36.7	15.8	6.8	12.9	38.3	28.4	† 4.6	16.8	37.5
40-59.....	2.4	84.6	31.4	16.3	15.6	19.0	39.9	32.9	6.6	15.3	48.7
60 and over.....	2.2	86.6	37.7	12.1	18.3	18.6	40.3	27.5	8.2	13.2	53.9
20 and over.....	7.5	83.2	35.3	14.9	13.0	16.5	39.4	29.6	6.3	15.3	46.0
All individuals.....	19.7	82.8	38.0	21.2	11.5	13.7	39.8	26.2	6.2	14.0	43.8
Midwest:											
Males and females:											
1-2.....	0.7	76.1	48.2	33.5	† 6.4	10.1	23.6	4.4	16.4	15.4	20.0
3-5.....	1.2	78.8	48.1	35.0	† 4.6	9.7	33.6	8.6	11.5	13.2	22.6
5 and under ‡	2.1	75.9	43.5	30.6	† 5.1	13.2	26.2	6.2	14.2	13.7	20.9
Males:											
6-11.....	1.2	80.9	50.6	34.1	† 3.3	12.0	38.3	11.3	10.7	18.2	24.1
12-19.....	1.5	78.2	59.4	46.1	† 1.3	8.3	40.7	23.8	† 1.9	9.5	27.2
20-39.....	3.4	84.3	54.1	37.2	7.9	9.4	41.7	23.7	6.8	7.7	45.1
40-59.....	2.6	88.6	52.7	33.0	7.6	10.8	42.9	28.1	7.2	16.2	47.6
60 and over.....	1.9	87.2	51.4	21.1	10.8	18.3	43.3	26.8	9.8	16.4	53.0
20 and over.....	7.9	86.4	53.0	31.9	8.5	12.0	42.5	25.9	7.7	12.6	47.8
Females:											
6-11.....	1.0	81.6	49.5	37.5	† 6.8	11.4	35.0	16.8	8.6	12.2	29.7
12-19.....	1.3	86.0	56.2	37.6	† 5.9	8.9	37.2	23.6	† 3.6	8.8	32.3
20-39.....	3.2	83.5	44.9	27.5	8.3	14.7	37.8	24.8	7.8	8.8	42.3
40-59.....	3.0	85.6	47.4	26.2	12.9	15.3	40.2	29.4	6.5	11.7	47.7
60 and over.....	2.4	87.5	46.6	12.1	10.5	15.7	36.8	29.3	12.0	16.8	55.3
20 and over.....	8.6	85.3	46.2	22.8	10.5	15.2	38.4	27.6	8.5	12.0	47.8
All individuals.....	23.5	84.1	50.0	30.0	8.0	12.9	38.6	23.4	8.2	12.3	41.3

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>										
All Regions.....	100	82.8	44.3	27.0	9.8	12.9	38.8	24.9	7.7	11.7	42.5
South:											
Males and females:											
1-2.....	1.1	78.5	43.5	29.5	9.7	10.6	20.1	6.1	15.1	20.2	22.9
3-5.....	1.6	82.0	52.7	40.2	7.5	9.2	30.6	8.7	13.2	16.5	26.6
5 and under ‡	3.1	75.2	44.3	31.5	7.4	10.8	23.0	6.6	13.4	16.7	23.6
Males:											
6-11.....	1.6	78.1	54.8	47.6	† 5.4	† 9.8	30.9	10.9	7.6	9.6	26.7
12-19.....	2.0	78.8	55.5	46.9	† 5.7	5.7	46.9	22.8	6.1	5.8	32.6
20-39.....	5.6	84.8	53.0	35.9	8.1	9.9	39.7	23.7	7.6	13.1	43.3
40-59.....	4.1	85.9	46.1	24.9	11.4	12.9	40.8	29.4	8.7	13.9	46.6
60 and over.....	2.0	86.5	47.1	17.3	12.0	16.1	34.7	22.3	17.8	14.4	50.0
20 and over.....	11.8	85.5	49.6	28.9	9.9	12.0	39.2	25.4	9.7	13.6	45.6
Females:											
6-11.....	1.4	83.1	53.4	43.9	8.1	12.8	35.1	15.4	9.1	18.7	32.9
12-19.....	2.1	77.3	48.2	40.1	7.5	7.2	37.5	21.4	6.9	5.6	32.1
20-39.....	5.8	82.2	46.4	30.4	10.5	10.2	40.7	24.2	10.4	9.6	40.4
40-59.....	4.3	84.1	40.3	17.8	13.4	14.9	39.6	30.1	10.3	9.2	50.4
60 and over.....	2.9	87.3	39.9	12.2	15.7	10.4	37.8	24.5	15.5	14.0	49.8
20 and over.....	13.0	83.9	42.9	22.2	12.6	11.8	39.7	26.2	11.5	10.4	45.8
All individuals.....	34.9	82.7	47.3	29.8	10.0	11.1	37.8	22.6	10.2	11.8	40.8
West:											
Males and females:											
1-2.....	0.8	69.0	34.2	22.9	† 2.6	12.9	25.7	5.7	8.1	12.4	20.3
3-5.....	1.1	76.3	45.7	35.6	4.4	7.7	33.5	11.7	6.7	10.9	24.0
5 and under ‡	2.1	69.2	37.7	28.1	4.0	9.6	27.4	8.4	6.6	10.7	21.2
Males:											
6-11.....	1.1	82.1	41.8	31.2	† 7.9	17.8	44.8	21.7	† 5.3	16.0	37.6
12-19.....	1.3	73.6	36.6	21.7	† 3.8	† 5.6	38.0	21.7	† 2.2	† 5.7	35.6
20-39.....	3.7	87.6	44.7	33.5	8.2	11.3	46.3	31.2	† 2.0	6.1	50.1
40-59.....	2.6	87.6	41.0	21.6	11.8	14.8	44.4	33.9	† 4.2	9.4	54.2
60 and over.....	1.2	80.8	34.4	14.1	13.5	19.8	40.1	32.3	7.5	10.2	54.9
20 and over.....	7.6	86.5	41.7	26.3	10.3	13.9	44.7	32.3	3.6	7.9	52.3
Females:											
6-11.....	1.0	79.7	45.2	33.7	† 3.3	16.0	30.8	20.4	† 6.2	12.3	29.3
12-19.....	1.2	81.1	45.5	32.5	7.8	16.7	33.5	32.9	† .3	† 6.9	45.7
20-39.....	3.8	82.2	37.3	23.8	13.3	18.1	44.0	33.5	4.0	7.4	47.5
40-59.....	2.4	82.3	36.9	17.4	12.6	18.8	35.6	34.3	4.7	9.7	49.5
60 and over.....	1.5	80.0	26.5	6.9	14.2	18.9	35.7	32.0	8.5	9.1	54.8
20 and over.....	7.7	81.8	35.0	18.5	13.3	18.5	39.8	33.4	5.1	8.5	49.6
All individuals.....	22.0	81.6	39.1	24.4	9.8	15.0	39.6	28.8	4.4	8.8	45.2

† See "Statistical notes," appendix B.

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

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

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

Region, 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>								
All Regions.....	100	169	70	60	1	96	18	16	16	19	27
Northeast:											
Males and females:											
1-2.....	0.6	315	62	57	1	253	30	22	7	21	174
3-5.....	0.9	300	89	80	† 2	209	30	14	14	23	129
5 and under ‡.....	1.7	283	67	61	† 1	215	28	15	10	26	136
Males:											
6-11.....	0.8	188	83	74	† *	104	36	† 9	† 5	12	† 43
12-19.....	1.0	260	† 180	† 165	† *	80	19	† 9	† 17	† 10	† 24
20-39.....	2.8	161	100	94	† *	58	† 7	14	† 6	7	† 24
40-59.....	2.3	229	110	96	† 2	115	16	18	† 15	23	† 42
60 and over.....	1.6	237	95	79	2	138	23	34	24	31	26
20 and over.....	6.7	202	102	91	† 1	96	14	20	13	18	31
Females:											
6-11.....	1.0	218	92	82	1	125	28	9	† 8	22	57
12-19.....	1.0	193	92	82	0	101	† 12	† 6	† 28	17	† 39
20-39.....	2.9	143	63	58	† 1	78	8	15	13	18	22
40-59.....	2.4	175	81	64	† 1	93	24	21	21	18	† 9
60 and over.....	2.2	204	89	68	2	110	21	24	17	25	23
20 and over.....	7.5	172	77	63	1	92	17	20	17	20	18
All individuals.....	19.7	200	92	80	1	106	18	17	15	19	37
Midwest:											
Males and females:											
1-2.....	0.7	254	62	53	† 2	186	22	19	† 9	13	123
3-5.....	1.2	213	64	55	1	147	30	11	† 16	17	73
5 and under ‡.....	2.1	218	56	48	1	160	26	13	† 12	21	88
Males:											
6-11.....	1.2	166	76	65	0	87	29	† 10	† 5	12	30
12-19.....	1.5	146	77	72	† 3	62	9	† 8	† 5	10	† 29
20-39.....	3.4	142	83	77	† 1	58	14	13	10	† 12	9
40-59.....	2.6	167	68	61	† *	87	17	14	23	22	† 11
60 and over.....	1.9	206	61	44	4	142	28	29	35	33	17
20 and over.....	7.9	166	72	64	1	88	19	17	20	21	11
Females:											
6-11.....	1.0	161	58	† 51	† *	102	15	† 8	† 8	30	41
12-19.....	1.3	143	63	59	† 1	78	† 12	8	12	15	† 30
20-39.....	3.2	118	46	41	† *	71	11	14	† 18	11	17
40-59.....	3.0	156	63	52	† 1	91	19	17	† 25	20	† 10
60 and over.....	2.4	202	83	63	† 1	116	28	28	20	31	† 9
20 and over.....	8.6	154	62	51	1	90	19	19	21	19	12
All individuals.....	23.5	163	67	57	1	94	19	16	17	19	23

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
All Regions.....	100	169	70	60	1	96	18	16	16	19	27
South:											
Males and females:											
1-2.....	1.1	259	51	47	2	203	20	20	† 8	28	127
3-5.....	1.6	193	51	41	1	137	21	15	11	21	68
5 and under ‡	3.1	207	44	38	1	159	20	16	8	26	89
Males:											
6-11.....	1.6	151	41	40	† 1	105	22	11	† 11	22	38
12-19.....	2.0	140	87	82	† *	52	† 10	† 4	† 2	10	† 26
20-39.....	5.6	122	65	61	† 1	56	11	10	7	14	14
40-59.....	4.1	146	58	46	† 1	87	17	23	20	15	† 12
60 and over.....	2.0	167	63	47	3	95	21	23	16	24	12
20 and over.....	11.8	138	62	53	1	73	15	17	13	16	13
Females:											
6-11.....	1.4	134	47	40	† *	83	15	† 5	† 7	20	36
12-19.....	2.1	119	51	49	† *	67	9	† 3	† 15	† 12	† 28
20-39.....	5.8	122	65	58	† *	51	9	9	† 8	11	15
40-59.....	4.3	130	58	49	† 1	71	16	17	15	15	8
60 and over.....	2.9	160	57	44	† 1	97	19	21	26	25	6
20 and over.....	13.0	133	61	52	1	68	13	14	14	15	11
All individuals.....	34.9	142	59	52	1	79	14	13	12	17	23
West:											
Males and females:											
1-2.....	0.8	264	56	46	1	206	29	24	9	27	118
3-5.....	1.1	175	48	35	† *	126	28	14	† 6	20	58
5 and under ‡	2.1	199	46	35	1	151	27	17	† 7	23	78
Males:											
6-11.....	1.1	217	75	64	† 1	138	32	12	32	27	35
12-19.....	1.3	192	92	83	† *	100	† 15	12	† 28	† 9	† 36
20-39.....	3.7	206	102	86	† 1	103	22	16	16	22	† 28
40-59.....	2.6	173	62	50	† *	111	20	26	22	22	20
60 and over.....	1.2	202	81	60	3	117	19	33	24	30	10
20 and over.....	7.6	194	85	70	1	108	21	22	19	23	22
Females:											
6-11.....	1.0	161	58	46	† *	99	30	8	† 14	21	† 26
12-19.....	1.2	211	105	95	† *	104	23	6	† 10	† 15	† 49
20-39.....	3.8	161	58	48	† 1	101	23	18	15	16	29
40-59.....	2.4	199	63	47	† 1	133	23	22	† 42	32	14
60 and over.....	1.5	203	72	48	1	129	25	21	28	35	20
20 and over.....	7.7	181	62	48	1	116	24	20	26	24	23
All individuals.....	22.0	190	73	59	1	115	23	18	21	22	31

* 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 region, 1 day, 1994-96

Region, 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>											
All Regions.....	100	53.7	26.5	20.4	2.2	39.3	12.2	13.4	7.8	13.7	8.5	
Northeast:												
Males and females:												
1-2.....	0.6	82.6	30.4	25.9	† 3.1	73.7	25.7	21.4	9.0	21.9	47.8	
3-5.....	0.9	78.5	37.2	32.1	† 3.3	66.0	24.8	14.9	11.6	16.0	38.4	
5 and under ‡	1.7	78.1	29.5	25.3	† 2.8	68.7	24.5	15.9	9.4	20.6	41.8	
Males:												
6-11.....	0.8	57.3	32.3	26.5	† .9	45.6	23.2	† 6.0	† 5.9	12.4	13.4	
12-19.....	1.0	57.5	36.4	33.8	† .6	33.8	12.2	† 6.5	† 5.0	† 6.4	† 8.3	
20-39.....	2.8	43.7	26.4	22.6	† .5	25.6	† 5.2	11.0	† 4.5	6.4	6.2	
40-59.....	2.3	61.2	36.6	29.8	† 2.4	43.5	10.7	14.7	7.8	16.2	9.3	
60 and over.....	1.6	71.9	41.7	34.3	4.3	56.9	15.1	32.3	11.7	16.9	7.1	
20 and over.....	6.7	56.5	33.6	27.9	† 2.1	39.2	9.4	17.4	7.4	12.2	7.5	
Females:												
6-11.....	1.0	70.4	36.6	32.7	† 1.3	52.1	19.1	† 8.1	† 7.2	15.7	20.9	
12-19.....	1.0	54.7	27.0	20.3	† 0.0	39.1	† 8.6	† 4.7	† 7.2	13.6	† 15.3	
20-39.....	2.9	51.6	23.5	19.3	† 2.6	33.5	† 6.1	13.0	8.3	10.5	6.3	
40-59.....	2.4	65.0	39.5	28.9	† 1.0	45.9	17.5	17.2	13.2	13.4	† 3.7	
60 and over.....	2.2	75.2	46.4	33.4	7.0	55.1	15.3	25.0	12.5	19.9	10.5	
20 and over.....	7.5	62.9	35.4	26.6	3.4	43.9	12.5	17.9	11.1	14.2	6.7	
All individuals.....	19.7	61.4	33.8	27.3	2.4	44.1	13.0	15.4	8.8	13.6	11.4	
Midwest:												
Males and females:												
1-2.....	0.7	75.5	30.8	22.9	5.4	61.5	20.9	20.1	4.8	16.4	38.2	
3-5.....	1.2	71.8	27.9	22.2	4.2	59.1	22.6	11.4	8.5	18.4	27.0	
5 and under ‡	2.1	72.9	25.5	19.8	4.1	61.1	21.2	13.3	6.3	21.0	31.8	
Males:												
6-11.....	1.2	55.7	27.6	24.2	† 0.0	40.1	18.3	† 9.1	† 6.2	10.1	9.0	
12-19.....	1.5	37.4	18.3	16.2	† 1.5	23.0	† 5.8	† 5.8	† 2.5	† 5.8	8.1	
20-39.....	3.4	42.3	22.4	18.9	† 1.5	23.8	7.8	8.2	4.8	6.8	† 2.4	
40-59.....	2.6	47.4	25.1	19.9	† 1.7	33.0	10.6	10.6	8.6	12.5	† 3.7	
60 and over.....	1.9	68.3	31.1	22.5	5.3	57.5	17.8	27.7	13.4	19.1	6.3	
20 and over.....	7.9	50.3	25.4	20.1	2.5	35.0	11.2	13.7	8.1	11.7	3.8	
Females:												
6-11.....	1.0	60.9	24.4	19.5	† .5	48.3	11.5	† 8.1	† 8.3	22.7	13.0	
12-19.....	1.3	46.5	18.6	15.5	† 1.8	34.6	7.8	† 6.2	† 7.4	14.9	† 8.7	
20-39.....	3.2	39.7	20.9	15.6	† 1.6	28.2	7.7	10.2	6.4	9.4	5.6	
40-59.....	3.0	51.8	24.2	19.1	3.0	39.6	11.5	13.5	11.1	13.9	† 3.9	
60 and over.....	2.4	70.9	41.7	32.4	† 3.8	56.2	18.2	27.6	12.9	22.7	† 4.9	
20 and over.....	8.6	52.5	27.8	21.4	2.7	39.9	11.9	16.2	9.9	14.6	4.8	
All individuals.....	23.5	52.8	25.5	20.2	2.4	39.1	12.2	13.2	8.1	13.8	7.8	

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>											
All Regions.....	100	53.7	26.5	20.4	2.2	39.3	12.2	13.4	7.8	13.7	8.5	
South:												
Males and females:												
1-2.....	1.1	75.7	21.8	18.4	5.7	65.7	19.1	19.1	6.1	22.7	40.4	
3-5.....	1.6	65.5	25.5	20.3	3.4	52.7	19.3	13.6	6.5	18.0	22.6	
5 and under ‡.....	3.1	67.9	20.9	17.0	3.7	57.8	19.0	15.9	5.7	20.9	30.5	
Males:												
6-11.....	1.6	49.4	17.2	16.8	† 1.0	40.0	14.3	6.9	† 4.2	16.8	10.6	
12-19.....	2.0	38.5	23.8	21.2	† .8	21.6	† 7.0	† 3.0	† 1.5	7.6	7.5	
20-39.....	5.6	34.2	17.5	15.0	† .8	22.5	6.4	7.6	3.6	8.4	† 3.7	
40-59.....	4.1	45.3	22.6	16.1	† 1.5	30.8	9.6	14.8	8.0	10.0	3.5	
60 and over.....	2.0	57.7	30.6	22.0	4.7	40.6	12.2	19.5	8.3	15.7	4.4	
20 and over.....	11.8	42.1	21.5	16.6	1.7	28.5	8.5	12.1	6.0	10.3	3.7	
Females:												
6-11.....	1.4	53.5	23.1	16.6	† 1.0	39.5	11.9	† 3.8	† 4.9	14.7	14.7	
12-19.....	2.1	37.6	18.9	16.1	† 1.0	21.4	† 4.3	† 2.5	† 4.8	† 8.9	7.7	
20-39.....	5.8	43.1	22.5	16.7	† 1.4	25.6	5.8	7.6	4.3	10.2	3.9	
40-59.....	4.3	48.3	24.5	18.0	† 1.5	36.2	10.7	14.5	11.9	12.2	3.3	
60 and over.....	2.9	61.2	29.3	22.3	3.0	47.4	13.5	19.1	10.7	17.1	2.8	
20 and over.....	13.0	48.8	24.7	18.4	1.8	33.9	9.1	12.5	8.2	12.4	3.4	
All individuals.....	34.9	47.2	22.5	17.5	1.8	33.2	9.7	10.9	6.3	12.2	7.2	
West:												
Males and females:												
1-2.....	0.8	80.5	29.8	21.7	6.7	70.6	27.8	27.3	9.0	24.2	36.0	
3-5.....	1.1	64.3	28.3	17.8	† 1.6	53.0	20.7	13.9	† 3.1	18.4	19.5	
5 and under ‡.....	2.1	69.0	26.7	17.7	3.3	59.0	22.7	18.2	5.2	21.3	25.5	
Males:												
6-11.....	1.1	64.4	24.0	17.5	† 2.5	52.0	22.8	10.4	9.1	20.3	13.2	
12-19.....	1.3	51.9	24.6	19.4	† 1.0	34.9	† 9.7	10.4	† 9.1	8.3	9.2	
20-39.....	3.7	47.1	27.1	19.9	† 1.0	33.1	12.1	11.9	6.1	12.6	5.8	
40-59.....	2.6	55.8	24.1	15.7	† 1.7	43.2	10.9	18.4	9.0	15.1	5.5	
60 and over.....	1.2	68.5	37.3	24.2	6.8	52.3	14.7	29.9	14.5	19.9	4.4	
20 and over.....	7.6	53.5	27.7	19.2	2.1	39.7	12.1	17.0	8.5	14.6	5.5	
Females:												
6-11.....	1.0	65.1	26.9	18.8	† .8	51.0	23.4	8.4	10.4	22.4	12.1	
12-19.....	1.2	51.6	29.0	22.7	† 1.2	33.7	15.1	† 5.4	† 5.4	10.2	9.7	
20-39.....	3.8	55.3	23.8	17.1	† 2.5	43.3	15.3	15.2	8.5	13.0	7.9	
40-59.....	2.4	60.7	27.9	17.6	† 2.3	50.6	14.5	18.3	13.1	20.1	4.7	
60 and over.....	1.5	72.0	37.5	26.9	† 4.7	56.7	16.8	23.7	13.1	23.0	5.6	
20 and over.....	7.7	60.3	27.8	19.2	2.9	48.2	15.3	17.8	10.8	17.1	6.4	
All individuals.....	22.0	58.2	27.3	19.1	2.4	45.0	15.3	15.7	9.0	16.2	8.9	

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

Region, 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>							
All Regions.....	100	274	227	191	65	88	35	8	27	16
Northeast:										
Males and females:										
1-2.....	0.6	530	501	465	314	130	† 11	16	18	11
3-5.....	0.9	444	404	352	176	157	† 15	15	27	12
5 and under ‡	1.7	517	487	346	205	125	12	13	21	10
Males:										
6-11.....	0.8	424	377	303	137	147	† 12	† 11	35	12
12-19.....	1.0	402	343	294	124	123	† 38	† 4	33	24
20-39.....	2.8	278	213	175	87	53	29	† 8	† 34	23
40-59.....	2.3	221	170	157	43	71	35	† 2	29	16
60 and over.....	1.6	228	173	163	† 39	76	45	† 2	35	15
20 and over.....	6.7	247	189	166	61	65	35	5	33	19
Females:										
6-11.....	1.0	400	355	291	120	138	† 21	† 6	33	12
12-19.....	1.0	271	228	175	74	58	† 41	† 10	27	16
20-39.....	2.9	198	156	118	52	37	25	15	16	20
40-59.....	2.4	206	155	120	28	38	52	21	27	18
60 and over.....	2.2	208	162	133	28	48	53	16	32	12
20 and over.....	7.5	203	157	123	37	41	42	17	24	17
All individuals.....	19.7	277	228	184	74	70	34	11	28	17
Midwest:										
Males and females:										
1-2.....	0.7	452	424	392	206	175	† 9	8	14	13
3-5.....	1.2	387	347	316	100	184	23	† 6	24	14
5 and under ‡	2.1	459	428	306	125	160	16	6	18	12
Males:										
6-11.....	1.2	476	431	372	99	205	55	† 3	31	13
12-19.....	1.5	458	393	334	† 49	213	† 66	† 4	37	† 23
20-39.....	3.4	289	229	207	34	131	39	† 7	29	26
40-59.....	2.6	265	196	177	29	110	36	† 6	42	21
60 and over.....	1.9	270	208	183	29	96	57	4	38	17
20 and over.....	7.9	276	213	191	31	116	42	6	35	22
Females:										
6-11.....	1.0	394	344	300	78	169	† 43	0	31	16
12-19.....	1.3	349	291	261	† 74	152	34	† 7	35	19
20-39.....	3.2	224	181	153	† 30	76	44	9	23	17
40-59.....	3.0	201	145	128	14	69	43	9	30	19
60 and over.....	2.4	216	162	147	18	72	55	† 5	35	16
20 and over.....	8.6	214	163	142	21	73	47	8	29	17
All individuals.....	23.5	300	246	210	45	119	43	6	31	19

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
All Regions.....	100	274	227	191	65	88	35	8	27	16
South:										
Males and females:										
1-2.....	1.1	458	432	390	284	92	† 10	11	16	9
3-5.....	1.6	351	312	277	157	101	16	7	26	11
5 and under ‡	3.1	434	404	288	186	87	12	7	20	9
Males:										
6-11.....	1.6	420	367	297	114	134	† 40	† 5	41	9
12-19.....	2.0	326	287	234	112	99	20	† 2	† 23	15
20-39.....	5.6	203	158	143	56	63	† 22	† 5	22	16
40-59.....	4.1	216	167	152	49	67	34	† 5	31	11
60 and over.....	2.0	233	185	170	63	65	38	† 5	32	11
20 and over.....	11.8	213	166	151	55	64	29	5	27	14
Females:										
6-11.....	1.4	338	294	237	112	97	† 15	† 4	30	13
12-19.....	2.1	214	172	148	58	66	24	† 1	25	12
20-39.....	5.8	170	135	113	42	42	27	6	18	14
40-59.....	4.3	162	121	103	30	36	33	9	27	10
60 and over.....	2.9	169	135	125	34	61	28	† 3	20	9
20 and over.....	13.0	167	131	112	36	44	29	6	21	11
All individuals.....	34.9	236	195	163	68	65	27	5	25	12
West:										
Males and females:										
1-2.....	0.8	476	458	422	243	165	12	12	9	9
3-5.....	1.1	413	383	354	139	175	† 34	8	18	11
5 and under ‡	2.1	473	449	350	165	158	† 23	8	13	9
Males:										
6-11.....	1.1	477	430	372	124	222	14	† 5	32	12
12-19.....	1.3	488	439	381	120	211	44	† 4	† 25	19
20-39.....	3.7	272	215	190	70	87	30	† 9	30	22
40-59.....	2.6	277	223	194	55	76	60	13	30	19
60 and over.....	1.2	279	215	198	41	120	30	† 7	42	16
20 and over.....	7.6	275	218	193	60	89	41	10	32	20
Females:										
6-11.....	1.0	417	375	334	117	165	36	† 4	28	13
12-19.....	1.2	272	215	195	68	96	† 28	† 2	† 32	13
20-39.....	3.8	238	196	167	46	72	49	15	18	18
40-59.....	2.4	190	155	129	† 33	55	41	16	17	14
60 and over.....	1.5	233	189	165	† 27	88	46	14	23	14
20 and over.....	7.7	222	182	155	38	70	46	15	19	16
All individuals.....	22.0	304	258	221	72	106	39	10	25	16

† See "Statistical notes," appendix B.

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

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

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

Region, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
	<i>Percent</i>		<i>Percent</i>							
All Regions.....	100	78.9	60.5	55.6	19.4	26.3	11.0	4.0	17.4	32.6
Northeast:										
Males and females:										
1-2.....	0.6	† 94.8	92.6	89.8	59.6	28.6	† 2.3	9.8	20.5	31.5
3-5.....	0.9	94.2	89.1	86.2	47.5	39.8	† 4.6	10.1	25.2	31.8
5 and under ‡	1.7	93.2	89.8	75.9	45.7	30.2	3.2	8.5	21.0	27.6
Males:										
6-11.....	0.8	† 90.8	78.5	70.5	32.8	33.6	† 6.0	† 6.6	27.6	28.9
12-19.....	1.0	84.4	71.8	66.5	28.7	31.7	† 7.8	† 2.0	14.8	39.1
20-39.....	2.8	80.0	55.6	52.3	24.0	20.7	7.4	† 3.4	16.3	41.8
40-59.....	2.3	82.8	60.6	58.3	23.7	24.4	14.9	† 1.2	17.5	32.4
60 and over.....	1.6	92.0	74.1	72.9	18.9	32.8	22.3	† 1.6	23.0	32.3
20 and over.....	6.7	83.9	61.8	59.3	22.7	24.9	13.5	2.2	18.3	36.3
Females:										
6-11.....	1.0	87.3	78.3	73.3	35.3	34.9	† 5.0	† 4.8	23.0	32.0
12-19.....	1.0	74.1	59.8	55.0	21.4	22.1	15.0	† 5.7	16.2	38.1
20-39.....	2.9	81.8	64.4	58.2	25.8	17.8	13.4	7.8	9.9	42.6
40-59.....	2.4	82.8	68.4	63.3	19.9	23.4	23.4	10.1	18.2	35.2
60 and over.....	2.2	87.7	76.7	72.3	21.0	28.5	24.0	6.6	23.0	26.8
20 and over.....	7.5	83.9	69.3	64.0	22.5	22.8	19.8	8.2	16.4	35.6
All individuals.....	19.7	84.7	69.0	63.8	25.9	25.6	14.1	5.5	18.2	35.0
Midwest:										
Males and females:										
1-2.....	0.7	92.9	89.8	87.3	43.3	42.3	† 3.2	6.0	17.0	34.1
3-5.....	1.2	92.8	85.2	83.0	25.8	51.0	9.0	† 4.5	23.3	36.9
5 and under ‡	2.1	91.9	86.7	74.8	28.7	42.2	6.0	4.4	18.7	32.5
Males:										
6-11.....	1.2	† 94.7	88.1	82.2	24.1	51.8	13.7	† 1.5	22.2	37.6
12-19.....	1.5	81.8	69.1	60.7	11.3	39.6	9.8	† 2.6	18.5	37.0
20-39.....	3.4	72.7	52.3	47.8	8.3	31.5	8.0	† 2.7	16.3	38.4
40-59.....	2.6	75.2	49.2	45.3	7.7	26.8	10.9	† 2.5	21.2	33.3
60 and over.....	1.9	81.5	67.2	62.7	10.7	34.8	17.2	† 1.8	24.2	28.8
20 and over.....	7.9	75.6	54.9	50.6	8.7	30.8	11.2	2.4	19.8	34.4
Females:										
6-11.....	1.0	89.5	83.6	81.8	22.5	48.0	† 14.1	† 0.0	22.9	32.1
12-19.....	1.3	78.0	57.3	50.1	11.3	31.7	8.2	† 2.6	21.2	40.1
20-39.....	3.2	77.0	52.7	48.6	9.8	26.4	12.6	4.5	15.5	37.4
40-59.....	3.0	77.5	52.4	48.1	7.3	26.4	15.3	4.7	20.0	35.6
60 and over.....	2.4	83.6	60.1	58.2	10.4	29.8	19.1	† 2.8	29.5	27.4
20 and over.....	8.6	79.0	54.6	51.0	9.1	27.3	15.4	4.1	20.9	34.0
All individuals.....	23.5	80.4	61.5	56.4	12.3	32.9	12.2	3.1	20.4	34.6

† See "Statistical notes," appendix B.

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

Continued

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

Region, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
	<i>Percent</i>		<i>Percent</i>							
All Regions.....	100	78.9	60.5	55.6	19.4	26.3	11.0	4.0	17.4	32.6
South:										
Males and females:										
1-2.....	1.1	92.5	88.3	84.7	59.3	23.7	3.6	8.2	15.9	27.6
3-5.....	1.6	90.9	82.7	79.9	47.8	31.9	5.3	4.3	22.5	32.9
5 and under ‡	3.1	90.0	84.2	72.2	46.4	25.1	4.0	5.1	18.2	27.4
Males:										
6-11.....	1.6	87.8	81.0	76.2	35.8	33.5	11.3	† 3.3	26.8	26.1
12-19.....	2.0	78.6	60.8	54.7	28.1	22.4	† 4.1	† 1.3	10.1	36.1
20-39.....	5.6	64.8	39.2	36.6	14.3	16.7	5.5	† 2.0	13.1	31.6
40-59.....	4.1	66.6	46.3	44.2	12.9	20.0	10.8	† 2.6	16.2	24.4
60 and over.....	2.0	75.0	61.1	58.5	21.0	24.8	12.1	† 2.0	20.5	22.0
20 and over.....	11.8	67.2	45.5	43.0	15.0	19.3	8.5	2.2	15.5	27.4
Females:										
6-11.....	1.4	92.1	79.9	72.5	37.8	31.7	5.2	† 2.5	24.3	30.4
12-19.....	2.1	73.6	50.3	47.3	19.1	20.7	8.1	† 1.0	17.0	33.8
20-39.....	5.8	66.8	44.3	40.9	15.0	16.3	9.3	2.9	12.8	27.3
40-59.....	4.3	74.3	46.5	43.2	12.9	16.8	12.2	4.7	17.4	31.3
60 and over.....	2.9	73.5	56.0	53.7	16.7	24.8	11.8	† 1.9	14.2	24.3
20 and over.....	13.0	70.8	47.6	44.5	14.7	18.3	10.8	3.3	14.6	28.0
All individuals.....	34.9	73.5	53.8	49.7	20.5	20.8	8.7	2.8	16.0	28.6
West:										
Males and females:										
1-2.....	0.8	94.9	91.2	87.7	48.3	37.4	4.3	8.4	13.2	29.0
3-5.....	1.1	93.9	89.0	84.9	38.0	45.3	† 5.1	5.4	21.0	33.9
5 and under ‡	2.1	93.7	89.8	78.9	38.4	38.4	4.3	6.1	17.1	29.1
Males:										
6-11.....	1.1	† 96.7	92.2	87.8	31.3	55.1	† 6.4	† 3.4	25.8	28.3
12-19.....	1.3	82.6	65.2	60.2	22.7	31.8	7.9	† .9	12.6	37.1
20-39.....	3.7	73.3	48.5	44.6	16.3	20.7	7.5	† 3.7	14.3	41.1
40-59.....	2.6	74.9	53.8	50.2	17.8	21.0	13.6	6.7	14.6	35.7
60 and over.....	1.2	85.4	66.8	63.5	13.6	39.5	9.1	† 3.6	27.0	32.1
20 and over.....	7.6	75.8	53.2	49.6	16.4	23.8	9.9	4.7	16.4	37.8
Females:										
6-11.....	1.0	92.6	87.8	82.2	36.1	44.7	9.1	† 4.4	19.9	29.8
12-19.....	1.2	76.9	51.8	49.0	18.3	22.3	† 8.7	† 1.0	13.2	34.3
20-39.....	3.8	79.2	55.2	49.5	14.4	24.1	13.0	7.5	12.6	39.9
40-59.....	2.4	75.4	55.3	47.4	12.4	21.5	13.1	9.1	11.2	30.6
60 and over.....	1.5	82.5	66.2	61.8	11.6	32.4	19.0	7.0	19.5	27.2
20 and over.....	7.7	78.7	57.4	51.3	13.2	25.0	14.2	7.9	13.6	34.5
All individuals.....	22.0	80.8	62.3	56.9	19.5	28.5	10.5	5.5	15.7	34.7

† See "Statistical notes," appendix B.

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

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

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

Region, 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		
		----- Grams -----									
		----- Percent -----									
All Regions.....	100	197	24	10	1	1	21	25	21	10	99
Northeast:											
Males and females:											
1-2.....	0.6	78	4	†4	†1	0	12	17	16	†3	36
3-5.....	0.9	103	11	†4	†*	†*	25	19	17	†4	38
5 and under ‡.....	1.7	83	7	†4	†*	†*	17	16	15	3	34
Males:											
6-11.....	0.8	148	16	†7	0	0	23	21	†21	9	61
12-19.....	1.0	218	38	†13	†*	0	36	23	21	11	96
20-39.....	2.8	322	†52	†16	†3	0	30	42	34	24	152
40-59.....	2.3	271	35	16	†1	†1	29	31	26	12	137
60 and over.....	1.6	206	21	14	†3	†*	24	29	25	18	94
20 and over.....	6.7	277	39	15	†2	†*	28	35	29	19	133
Females:											
6-11.....	1.0	126	24	†5	†1	0	19	17	17	†3	57
12-19.....	1.0	142	19	†5	0	0	12	19	16	†8	70
20-39.....	2.9	173	18	11	†*	†1	21	23	22	7	89
40-59.....	2.4	171	15	10	†2	†*	10	30	21	13	88
60 and over.....	2.2	166	14	8	†1	†1	18	22	18	14	86
20 and over.....	7.5	170	16	10	†1	†1	17	25	21	11	88
All individuals.....	19.7	197	25	11	†1	†*	22	27	23	12	96
Midwest:											
Males and females:											
1-2.....	0.7	99	8	6	†*	0	22	13	12	5	43
3-5.....	1.2	99	9	6	†*	0	27	16	14	2	37
5 and under ‡.....	2.1	90	7	5	†*	0	22	14	12	3	37
Males:											
6-11.....	1.2	149	25	11	0	0	24	†19	†18	†2	66
12-19.....	1.5	298	26	†15	0	0	24	54	39	†8	160
20-39.....	3.4	292	47	15	†3	†2	38	27	22	10	146
40-59.....	2.6	315	36	22	†1	†2	35	42	30	16	153
60 and over.....	1.9	239	24	20	†1	†2	25	24	21	16	121
20 and over.....	7.9	287	38	19	†2	†2	33	31	24	13	143
Females:											
6-11.....	1.0	130	†15	7	0	0	24	20	14	†4	57
12-19.....	1.3	156	25	9	†*	0	15	23	18	†4	77
20-39.....	3.2	171	21	10	0	0	19	20	17	†12	85
40-59.....	3.0	178	21	13	†1	†*	20	24	19	9	86
60 and over.....	2.4	157	16	16	†1	†1	15	22	18	13	70
20 and over.....	8.6	170	20	13	†*	†*	18	22	18	11	81
All individuals.....	23.5	207	25	14	†1	†1	24	26	21	10	101

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Region, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent	Grams									
All Regions.....	100	197	24	10	1	1	21	25	21	10	99
South:											
Males and females:											
1-2.....	1.1	93	7	3	†*	0	16	18	16	† 4	44
3-5.....	1.6	114	14	7	†*	†*	18	22	20	6	46
5 and under ‡.....	3.1	95	10	5	†*	†*	15	18	16	4	42
Males:											
6-11.....	1.6	155	19	6	0	† 1	25	24	22	† 8	70
12-19.....	2.0	242	34	11	† 2	0	24	25	23	† 9	131
20-39.....	5.6	280	36	12	† 2	†*	30	41	34	12	140
40-59.....	4.1	257	34	15	† 1	† 1	31	30	25	16	124
60 and over.....	2.0	195	30	14	† 1	† 1	23	22	18	17	81
20 and over.....	11.8	258	34	13	† 1	† 1	29	34	28	14	124
Females:											
6-11.....	1.4	134	18	† 6	0	† 1	18	20	17	7	64
12-19.....	2.1	172	16	5	0	†*	18	22	21	7	104
20-39.....	5.8	183	20	10	† 1	†*	16	26	25	10	96
40-59.....	4.3	163	21	11	†*	† 1	15	23	20	12	77
60 and over.....	2.9	139	14	10	† 1	† 1	14	22	20	10	65
20 and over.....	13.0	166	19	10	† 1	1	15	24	22	11	83
All individuals.....	34.9	194	24	10	1	1	21	27	23	11	96
West:											
Males and females:											
1-2.....	0.8	77	7	† 2	† 1	†*	11	11	10	3	42
3-5.....	1.1	111	11	4	†*	0	14	16	14	2	62
5 and under ‡.....	2.1	91	8	3	†*	†*	12	13	12	2	52
Males:											
6-11.....	1.1	154	15	† 5	† 1	0	18	23	18	† 8	81
12-19.....	1.3	232	22	† 8	†*	0	33	22	† 18	† 4	141
20-39.....	3.7	278	39	11	† 1	† 1	22	31	27	11	159
40-59.....	2.6	250	41	12	† 3	† 1	23	31	26	13	123
60 and over.....	1.2	236	22	16	† 1	† 1	16	16	13	14	146
20 and over.....	7.6	261	37	12	† 2	† 1	21	29	24	12	144
Females:											
6-11.....	1.0	129	13	2	0	0	13	20	18	† 5	72
12-19.....	1.2	147	27	† 3	0	0	10	19	17	† 4	75
20-39.....	3.8	157	20	5	† 1	0	14	16	13	† 7	90
40-59.....	2.4	157	14	7	† 2	0	10	20	15	11	91
60 and over.....	1.5	164	13	8	† 1	†*	8	16	15	13	102
20 and over.....	7.7	158	17	6	† 1	†*	12	17	14	9	93
All individuals.....	22.0	190	24	8	† 1	†*	17	22	18	9	107

* 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 region, 1 day, 1994-96

Region, 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>Percent</i>									
All Regions.....	100	86.2	20.9	15.8	.9	.5	28.6	22.6	19.2	8.0	36.2
Northeast:											
Males and females:											
1-2.....	0.6	81.9	11.2	†9.7	†1.8	†0.0	22.4	33.9	32.4	5.9	30.1
3-5.....	0.9	85.7	14.0	9.5	†.7	†.3	37.1	31.1	28.3	5.5	26.3
5 and under ‡	1.7	75.5	11.9	8.2	†1.2	†.4	27.0	28.2	26.2	4.8	25.9
Males:											
6-11.....	0.8	84.4	24.3	†7.7	†0.0	†0.0	32.4	21.1	20.5	†9.1	34.8
12-19.....	1.0	†91.3	29.3	†14.4	†1.1	†0.0	41.1	19.2	15.8	†6.0	31.7
20-39.....	2.8	91.0	26.7	12.3	†2.4	†0.0	32.1	22.2	19.5	14.0	43.8
40-59.....	2.3	88.4	23.8	16.2	†1.5	†.4	31.3	20.8	16.7	8.1	38.6
60 and over.....	1.6	91.8	20.1	16.5	†2.2	†.2	34.5	25.5	22.0	12.4	35.2
20 and over.....	6.7	90.3	24.1	14.7	†2.0	†.2	32.4	22.5	19.2	11.7	40.0
Females:											
6-11.....	1.0	86.8	20.6	†8.1	†2.3	†0.0	31.0	20.0	18.7	†6.5	30.0
12-19.....	1.0	76.0	17.8	†8.2	†0.0	†0.0	22.0	21.5	17.1	†9.8	27.2
20-39.....	2.9	81.0	18.2	10.7	†.6	†.5	24.1	21.8	19.4	8.3	34.3
40-59.....	2.4	84.6	13.6	14.1	†1.9	†.5	15.9	28.3	20.2	11.6	34.2
60 and over.....	2.2	88.9	19.0	15.2	†1.5	†.9	26.9	24.5	20.7	13.4	36.1
20 and over.....	7.5	84.5	17.0	13.1	†1.3	†.6	22.3	24.7	20.1	10.9	34.8
All individuals.....	19.7	85.8	20.1	12.6	1.5	†.3	27.9	23.4	19.9	10.0	35.0
Midwest:											
Males and females:											
1-2.....	0.7	84.9	14.9	14.5	†.6	†0.0	39.2	21.3	19.3	†5.6	31.0
3-5.....	1.2	86.0	12.7	13.2	†.4	†0.0	44.8	19.8	18.0	4.3	29.8
5 and under ‡	2.1	80.0	11.9	12.0	†.4	†0.0	38.4	19.7	17.2	4.2	28.9
Males:											
6-11.....	1.2	86.0	25.5	19.9	†0.0	†0.0	37.7	14.2	13.2	†2.0	33.1
12-19.....	1.5	86.2	19.7	15.5	†0.0	†0.0	28.5	24.9	20.8	†4.7	40.2
20-39.....	3.4	91.7	27.5	15.6	†1.9	†1.1	36.6	21.0	16.3	6.5	41.6
40-59.....	2.6	91.8	24.8	23.0	†.6	†1.3	35.3	23.1	16.9	10.3	39.8
60 and over.....	1.9	94.4	21.3	26.2	†1.4	†2.0	34.4	20.2	16.9	10.8	39.6
20 and over.....	7.9	92.4	25.1	20.6	†1.3	†1.4	35.6	21.5	16.6	8.8	40.5
Females:											
6-11.....	1.0	87.9	14.3	13.8	†0.0	†0.0	40.4	22.7	16.3	†3.8	33.3
12-19.....	1.3	87.2	26.2	14.8	†.4	†0.0	26.6	21.5	18.1	†3.3	34.9
20-39.....	3.2	83.2	16.9	16.0	†0.0	†0.0	29.6	20.1	17.0	6.9	35.6
40-59.....	3.0	88.3	19.4	17.1	†.9	†.6	27.6	24.3	18.9	8.3	33.3
60 and over.....	2.4	89.7	17.6	24.8	†1.2	†1.1	27.6	21.7	18.5	8.3	31.0
20 and over.....	8.6	86.8	18.0	18.8	†.6	†.5	28.3	22.0	18.1	7.8	33.5
All individuals.....	23.5	88.1	20.6	18.2	.7	†.6	32.6	21.4	17.4	6.9	35.9

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>										
All Regions.....	100	86.2	20.9	15.8	.9	.5	28.6	22.6	19.2	8.0	36.2
South:											
Males and females:											
1-2.....	1.1	80.0	15.1	9.9	†.3	†0.0	30.5	29.2	27.3	5.2	31.4
3-5.....	1.6	87.8	20.1	16.8	†.3	†.4	32.3	29.4	27.8	6.6	32.1
5 and under ‡.....	3.1	77.8	15.8	12.4	†.3	†.4	28.6	25.8	24.3	5.6	29.8
Males:											
6-11.....	1.6	88.6	21.9	13.3	†0.0	†.7	39.7	27.2	24.7	†5.7	34.9
12-19.....	2.0	86.6	27.4	20.2	†1.1	†0.0	30.7	20.9	19.0	†5.7	39.0
20-39.....	5.6	88.5	23.7	13.7	†1.2	†.3	31.2	27.0	23.4	8.7	39.8
40-59.....	4.1	92.2	24.8	22.4	†.8	†1.2	33.5	23.5	19.7	10.3	39.8
60 and over.....	2.0	90.4	25.6	26.8	†.7	†1.3	31.4	20.9	16.3	11.0	32.7
20 and over.....	11.8	90.1	24.4	19.0	1.0	†.8	32.1	24.7	20.9	9.7	38.6
Females:											
6-11.....	1.4	85.8	23.5	12.5	†0.0	†.8	31.6	23.2	20.4	7.3	32.3
12-19.....	2.1	82.3	19.6	11.8	†0.0	†.3	27.2	24.6	22.9	†5.8	37.9
20-39.....	5.8	82.9	18.4	16.5	†.7	†.6	24.2	22.6	20.5	6.2	37.9
40-59.....	4.3	88.0	20.7	21.9	†.4	†.8	26.4	23.3	20.0	9.1	31.7
60 and over.....	2.9	87.0	15.7	21.8	†1.2	†.9	25.6	23.7	21.3	8.9	28.8
20 and over.....	13.0	85.5	18.6	19.4	†.7	†.7	25.2	23.0	20.5	7.7	33.8
All individuals.....	34.9	86.4	21.2	17.7	.7	.7	29.2	24.0	21.2	7.9	35.6
West:											
Males and females:											
1-2.....	0.8	75.2	14.6	5.8	†1.5	†.2	24.0	19.6	18.8	†6.2	34.3
3-5.....	1.1	86.8	17.0	11.2	†.6	†0.0	29.0	24.5	21.0	4.3	39.1
5 and under ‡.....	2.1	76.9	14.7	8.1	†.9	†.1	24.5	20.8	18.6	4.6	35.6
Males:											
6-11.....	1.1	88.1	18.8	†7.2	†1.5	†0.0	27.1	24.6	18.5	6.6	40.0
12-19.....	1.3	84.5	20.6	10.2	†.3	†0.0	30.1	16.3	13.5	†3.9	40.5
20-39.....	3.7	88.3	25.4	15.8	†.6	†.8	26.6	21.7	18.5	7.3	45.0
40-59.....	2.6	88.8	29.0	16.1	†1.9	†.7	28.2	23.8	19.5	10.5	34.3
60 and over.....	1.2	91.7	19.9	22.1	†1.8	†.5	28.4	15.5	11.6	12.7	43.9
20 and over.....	7.6	89.0	25.8	16.9	†1.2	†.7	27.4	21.5	17.8	9.3	41.1
Females:											
6-11.....	1.0	83.0	17.4	†8.2	†0.0	†0.0	24.0	23.0	21.6	†5.6	38.0
12-19.....	1.2	72.2	25.7	†9.1	†0.0	†0.0	19.6	16.7	14.4	†5.1	31.1
20-39.....	3.8	81.6	20.5	11.3	†.8	†0.0	22.9	19.3	16.2	6.0	36.8
40-59.....	2.4	82.1	18.6	14.2	†1.0	†0.0	17.7	24.2	17.9	8.8	35.9
60 and over.....	1.5	88.0	17.9	16.2	†1.1	†.3	17.4	19.1	16.1	10.9	42.6
20 and over.....	7.7	83.1	19.4	13.2	†1.0	†.1	20.2	20.7	16.7	7.8	37.7
All individuals.....	22.0	84.3	21.4	13.1	†.9	†.3	24.2	20.8	17.2	7.5	38.6

† See "Statistical notes," appendix B.

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

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

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

Region, 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>								
All Regions.....	100	18	25	4	14	4	8	25	3	7
Northeast:										
Males and females:										
1-2.....	0.6	12	† 13	3	3	2	1	14	† *	2
3-5.....	0.9	9	7	6	5	3	2	26	1	6
5 and under ‡	1.7	9	29	4	4	2	1	18	*	4
Males:										
6-11.....	0.8	† 10	† 12	† 5	9	4	† 4	39	† *	9
12-19.....	1.0	† 16	† 10	† 7	16	5	12	33	2	6
20-39.....	2.8	17	† 24	4	24	† 9	10	† 29	6	† 7
40-59.....	2.3	20	18	4	20	6	10	26	6	† 7
60 and over.....	1.6	20	21	† 3	18	6	10	16	5	† 5
20 and over.....	6.7	18	21	4	21	7	10	25	5	† 6
Females:										
6-11.....	1.0	9	† 8	† 8	8	3	† 4	34	† 1	9
12-19.....	1.0	17	† 5	† 3	9	2	7	27	† 3	7
20-39.....	2.9	15	15	† 2	15	4	10	18	5	† 5
40-59.....	2.4	9	15	† 4	19	4	13	22	4	† 6
60 and over.....	2.2	10	15	2	14	5	8	14	3	2
20 and over.....	7.5	12	15	3	16	4	10	18	4	4
All individuals.....	19.7	14	17	4	16	5	9	23	4	6
Midwest:										
Males and females:										
1-2.....	0.7	17	13	4	3	2	2	20	† 1	6
3-5.....	1.2	8	7	5	5	2	2	45	1	11
5 and under ‡	2.1	11	26	4	4	2	2	32	1	8
Males:										
6-11.....	1.2	13	† 9	6	9	3	† 5	51	† 2	17
12-19.....	1.5	16	† 9	5	13	† 5	8	42	1	19
20-39.....	3.4	26	30	7	19	4	12	29	5	11
40-59.....	2.6	20	28	5	22	7	12	25	4	6
60 and over.....	1.9	23	36	4	20	6	10	31	4	5
20 and over.....	7.9	23	31	5	20	5	11	28	5	8
Females:										
6-11.....	1.0	12	† 11	† 4	8	3	5	55	1	20
12-19.....	1.3	† 11	† 15	1	10	† 3	6	43	† 2	15
20-39.....	3.2	12	† 10	2	17	3	11	23	5	6
40-59.....	3.0	20	12	2	19	4	12	23	4	7
60 and over.....	2.4	17	21	3	17	6	8	26	3	3
20 and over.....	8.6	16	14	2	17	4	11	24	4	6
All individuals.....	23.5	17	20	4	16	4	9	31	3	9

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
All Regions.....	100	18	25	4	14	4	8	25	3	7
South:										
Males and females:										
1-2.....	1.1	14	14	3	2	1	1	16	*	3
3-5.....	1.6	13	12	5	4	2	2	31	1	7
5 and under ‡	3.1	12	32	4	3	1	1	22	*	5
Males:										
6-11.....	1.6	11	13	5	6	2	4	36	1	9
12-19.....	2.0	24	17	† 5	10	2	8	30	† 2	11
20-39.....	5.6	23	29	3	13	3	9	20	3	7
40-59.....	4.1	24	34	4	17	3	10	20	5	7
60 and over.....	2.0	26	47	3	13	4	7	23	5	3
20 and over.....	11.8	24	33	4	14	3	9	21	4	6
Females:										
6-11.....	1.4	11	† 11	3	6	2	4	30	† 1	6
12-19.....	2.1	11	10	† 3	9	2	7	27	† 1	11
20-39.....	5.8	15	20	2	12	3	8	18	4	4
40-59.....	4.3	19	25	3	15	3	10	18	3	6
60 and over.....	2.9	17	22	2	10	3	6	17	3	2
20 and over.....	13.0	17	22	2	13	3	8	18	3	5
All individuals.....	34.9	18	25	3	11	3	7	22	3	6
West:										
Males and females:										
1-2.....	0.8	19	32	2	2	1	*	17	*	4
3-5.....	1.1	16	12	4	4	2	2	29	1	8
5 and under ‡	2.1	16	34	3	3	2	1	22	1	6
Males:										
6-11.....	1.1	16	† 14	5	8	2	4	32	1	15
12-19.....	1.3	28	† 33	† 4	12	3	† 9	36	1	14
20-39.....	3.7	30	56	4	15	2	11	21	4	5
40-59.....	2.6	29	33	4	20	5	13	25	7	6
60 and over.....	1.2	25	46	5	19	6	10	22	5	5
20 and over.....	7.6	29	46	4	18	4	11	23	5	6
Females:										
6-11.....	1.0	13	† 18	4	7	2	† 4	56	1	16
12-19.....	1.2	15	† 28	3	12	3	8	28	† 2	13
20-39.....	3.8	20	39	† 4	16	3	10	22	4	8
40-59.....	2.4	14	28	3	18	3	11	21	3	7
60 and over.....	1.5	18	35	3	19	6	10	17	2	4
20 and over.....	7.7	18	35	4	17	4	10	21	3	7
All individuals.....	22.0	21	36	4	15	3	9	25	3	8

* 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 region, 1 day, 1994-96

Region, 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>								
All Regions.....	100	19.1	13.6	9.6	54.5	30.4	29.3	53.2	28.1	15.4
Northeast:										
Males and females:										
1-2.....	0.6	21.2	6.2	16.0	39.8	32.4	10.5	41.5	† 5.6	10.8
3-5.....	0.9	† 13.0	7.0	27.0	44.4	30.9	16.5	59.6	11.5	21.9
5 and under ‡	1.7	14.7	8.3	19.3	37.1	27.6	12.1	45.7	7.9	15.3
Males:										
6-11.....	0.8	12.8	† 9.5	11.5	49.7	34.1	21.6	56.5	† 6.8	27.8
12-19.....	1.0	14.2	† 8.9	† 8.8	53.9	30.9	33.2	52.3	19.5	14.9
20-39.....	2.8	15.4	9.7	7.0	56.4	32.6	27.8	54.0	38.5	11.0
40-59.....	2.3	18.3	11.3	9.1	66.1	43.1	29.6	62.2	47.6	10.9
60 and over.....	1.6	23.2	10.0	7.0	69.7	46.0	34.3	62.3	50.3	10.3
20 and over.....	6.7	18.3	10.3	7.7	62.9	39.4	30.0	58.8	44.4	10.8
Females:										
6-11.....	1.0	12.4	† 7.6	24.7	52.2	34.8	17.3	63.4	14.8	25.1
12-19.....	1.0	20.2	† 6.7	† 7.1	51.4	28.8	26.8	46.1	20.6	15.8
20-39.....	2.9	18.1	12.9	5.8	54.5	29.5	28.5	61.1	42.2	11.7
40-59.....	2.4	13.4	10.3	9.7	65.7	39.4	35.0	66.6	48.8	12.6
60 and over.....	2.2	14.6	10.0	8.5	66.0	40.4	29.9	57.6	38.4	8.3
20 and over.....	7.5	15.6	11.2	7.9	61.5	35.9	31.0	61.8	43.2	11.0
All individuals.....	19.7	16.3	10.1	9.8	58.1	35.7	27.9	58.0	35.4	13.1
Midwest:										
Males and females:										
1-2.....	0.7	25.7	9.2	18.3	42.9	33.2	13.2	53.2	10.7	24.7
3-5.....	1.2	11.8	7.4	22.6	46.7	32.4	18.6	65.3	13.1	29.8
5 and under ‡	2.1	16.1	9.5	18.4	40.2	29.1	14.6	54.0	10.9	24.5
Males:										
6-11.....	1.2	16.0	8.4	20.6	51.8	32.2	25.4	71.5	15.4	34.1
12-19.....	1.5	12.3	9.7	8.9	42.0	22.5	26.7	51.3	10.2	32.6
20-39.....	3.4	18.6	12.6	9.8	56.4	24.7	31.0	50.2	26.5	19.8
40-59.....	2.6	19.1	13.0	9.8	60.5	37.6	31.4	56.8	34.1	13.5
60 and over.....	1.9	26.0	13.1	11.9	74.5	52.5	33.0	67.7	45.9	13.5
20 and over.....	7.9	20.6	12.8	10.3	62.1	35.7	31.6	56.6	33.7	16.2
Females:										
6-11.....	1.0	12.3	11.1	12.1	52.3	33.8	26.6	68.3	13.4	42.5
12-19.....	1.3	11.2	12.1	† 6.5	48.8	25.3	32.9	49.4	9.9	28.9
20-39.....	3.2	14.2	10.1	7.1	58.3	29.0	34.1	51.5	26.7	16.6
40-59.....	3.0	20.3	9.4	5.7	67.8	39.4	35.8	59.6	39.1	17.8
60 and over.....	2.4	23.3	12.0	12.2	72.1	50.5	30.0	63.3	39.7	10.0
20 and over.....	8.6	18.8	10.4	8.0	65.4	38.5	33.6	57.6	34.6	15.2
All individuals.....	23.5	17.9	11.1	10.5	58.5	34.5	30.0	57.2	27.5	20.3

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>								
All Regions.....	100	19.1	13.6	9.6	54.5	30.4	29.3	53.2	28.1	15.4
South:										
Males and females:										
1-2.....	1.1	23.4	11.4	15.2	30.6	20.8	11.4	41.8	9.5	12.3
3-5.....	1.6	18.8	9.7	17.1	37.9	23.1	17.9	56.1	11.2	21.0
5 and under ‡	3.1	18.9	12.1	14.4	31.4	19.7	13.9	44.3	9.2	15.2
Males:										
6-11.....	1.6	15.3	9.3	13.8	39.4	19.6	26.3	53.5	11.2	26.9
12-19.....	2.0	19.0	11.4	8.9	38.3	14.4	27.1	39.5	12.3	16.2
20-39.....	5.6	19.2	11.9	5.2	49.2	22.6	29.7	38.9	20.7	12.2
40-59.....	4.1	24.3	14.8	9.0	54.3	26.2	31.9	49.1	33.2	11.2
60 and over.....	2.0	31.4	17.3	8.6	60.7	35.9	29.1	60.9	41.6	5.7
20 and over.....	11.8	23.1	13.8	7.1	53.0	26.1	30.4	46.3	28.7	10.7
Females:										
6-11.....	1.4	14.9	11.5	12.3	42.6	23.4	24.9	51.8	11.4	19.4
12-19.....	2.1	14.5	9.2	6.3	39.2	18.3	25.4	42.6	8.9	23.1
20-39.....	5.8	17.4	15.3	6.1	49.7	22.6	27.2	48.0	31.3	9.6
40-59.....	4.3	21.4	18.9	7.6	63.7	32.4	38.0	58.0	37.9	13.9
60 and over.....	2.9	25.5	13.5	7.4	58.8	33.7	29.7	54.2	38.3	5.9
20 and over.....	13.0	20.5	16.1	6.9	56.3	28.3	31.4	52.7	35.0	10.2
All individuals.....	34.9	20.3	13.8	8.2	49.6	24.8	28.4	48.4	25.7	13.1
West:										
Males and females:										
1-2.....	0.8	32.0	19.0	11.0	32.8	27.7	8.3	43.1	6.5	16.4
3-5.....	1.1	25.0	13.6	19.4	39.2	25.9	19.6	57.0	13.5	25.2
5 and under ‡	2.1	25.6	15.9	14.4	33.4	24.3	13.6	47.2	9.9	19.5
Males:										
6-11.....	1.1	16.8	12.2	15.1	48.4	29.7	26.3	53.3	14.0	28.0
12-19.....	1.3	21.5	13.4	8.0	43.7	20.9	25.6	48.0	13.8	19.9
20-39.....	3.7	22.3	24.1	8.5	48.1	19.3	32.0	42.4	23.9	11.4
40-59.....	2.6	24.3	18.9	9.0	64.4	33.3	40.5	56.5	38.5	11.7
60 and over.....	1.2	27.7	21.5	15.9	70.8	52.0	38.0	61.9	41.9	10.0
20 and over.....	7.6	23.9	21.9	9.9	57.4	29.3	35.9	50.4	31.8	11.3
Females:										
6-11.....	1.0	† 15.3	† 14.0	19.4	48.7	31.0	21.9	63.6	14.6	30.5
12-19.....	1.2	16.0	15.2	12.3	48.9	28.3	30.9	49.6	12.2	26.1
20-39.....	3.8	19.7	22.4	9.3	58.1	27.9	32.6	52.9	31.0	14.7
40-59.....	2.4	16.4	19.3	7.9	62.3	34.4	36.3	54.0	31.5	13.5
60 and over.....	1.5	20.9	19.2	11.0	72.3	53.1	37.0	61.1	36.4	10.8
20 and over.....	7.7	18.9	20.8	9.2	62.2	34.9	34.6	54.8	32.2	13.6
All individuals.....	22.0	21.0	19.2	10.8	54.7	30.4	31.3	52.2	26.1	15.9

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

Region, 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>												
All Regions.....	100	924	103	10	87	821	259	133	95	79	15	332	253	78
Northeast:														
Males and females:														
1-2.....	0.6	127	0	0	0	127	0	† 19	79	74	† 6	29	24	† 4
3-5.....	0.9	217	0	0	0	217	† *	† 29	125	117	† 7	63	56	† 6
5 and under ‡	1.7	155	0	0	0	155	† *	† 21	91	85	6	42	37	† 5
Males:														
6-11.....	0.8	474	0	0	0	474	† 1	† 87	147	129	† 18	240	212	† 27
12-19.....	1.0	733	† 11	0	† 9	722	† 42	† 101	192	168	† 24	388	362	† 25
20-39.....	2.8	1,272	363	† 12	346	909	285	122	88	† 66	† 22	411	337	75
40-59.....	2.3	1,184	164	† 22	125	1,020	507	118	121	† 110	† 10	271	184	87
60 and over.....	1.6	837	95	17	73	741	440	132	41	34	† 7	127	68	59
20 and over.....	6.7	1,136	231	17	205	906	398	123	88	73	† 14	295	220	75
Females:														
6-11.....	1.0	363	0	0	0	363	† *	† 61	141	124	18	161	140	† 21
12-19.....	1.0	608	† 21	† 4	† 16	587	19	191	† 93	† 83	† 10	282	263	† 19
20-39.....	2.9	832	58	15	32	774	251	146	88	76	† 12	289	165	123
40-59.....	2.4	872	55	† 18	29	817	401	140	58	42	† 15	217	96	121
60 and over.....	2.2	661	22	12	† 8	638	313	172	34	30	2	111	54	57
20 and over.....	7.5	794	47	15	24	747	317	152	62	52	† 10	213	110	103
All individuals.....	19.7	810	98	12	80	712	260	123	89	76	12	238	168	70
Midwest:														
Males and females:														
1-2.....	0.7	191	0	0	0	191	† *	20	129	113	14	41	38	† 3
3-5.....	1.2	291	0	0	0	291	† *	† 16	163	154	† 7	112	94	18
5 and under ‡	2.1	224	0	0	0	224	† *	† 15	133	123	8	75	65	11
Males:														
6-11.....	1.2	417	0	0	0	417	† 1	18	169	156	† 11	229	192	† 35
12-19.....	1.5	1,263	† 105	0	† 105	1,157	† 13	† 66	281	203	65	798	773	† 25
20-39.....	3.4	1,632	323	† 14	287	1,310	360	143	98	78	† 20	709	569	139
40-59.....	2.6	1,504	192	† 5	180	1,312	596	169	111	84	† 26	430	266	164
60 and over.....	1.9	998	146	† 11	128	852	527	122	54	38	† 16	144	77	68
20 and over.....	7.9	1,436	237	10	213	1,199	478	146	91	70	† 21	480	350	130
Females:														
6-11.....	1.0	398	0	0	0	398	† 1	31	159	158	† 1	208	184	21
12-19.....	1.3	656	† 7	0	† 6	649	2	† 74	120	99	† 20	453	408	† 45
20-39.....	3.2	1,157	115	13	96	1,042	279	152	89	84	† 5	521	339	182
40-59.....	3.0	1,177	64	13	† 41	1,113	546	151	49	44	† 4	367	179	188
60 and over.....	2.4	781	15	† 6	† 4	767	481	132	37	27	† 9	117	65	51
20 and over.....	8.6	1,061	70	11	51	991	427	146	61	54	6	356	208	148
All individuals.....	23.5	1,043	112	8	97	931	318	114	104	87	16	393	288	105

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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>												
All Regions.....	100	924	103	10	87	821	259	133	95	79	15	332	253	78
South:														
Males and females:														
1-2.....	1.1	170	0	0	0	170	†*	24	95	79	† 15	51	47	† 4
3-5.....	1.6	308	0	0	0	308	†*	37	154	142	11	117	108	8
5 and under ‡.....	3.1	222	0	0	0	222	†*	28	115	103	11	79	73	6
Males:														
6-11.....	1.6	419	0	0	0	419	† 2	49	140	123	† 15	228	209	† 20
12-19.....	2.0	985	† 9	† 1	† 5	976	† 10	† 202	165	117	48	600	579	20
20-39.....	5.6	1,403	316	† 7	297	1,088	189	235	106	72	34	556	477	78
40-59.....	4.1	1,341	163	11	142	1,178	498	227	54	34	† 19	396	286	110
60 and over.....	2.0	841	47	5	† 39	794	427	169	32	27	† 5	164	108	56
20 and over.....	11.8	1,284	216	8	199	1,068	338	221	75	51	23	433	347	85
Females:														
6-11.....	1.4	385	0	0	0	385	† 1	42	134	117	† 16	209	191	† 18
12-19.....	2.1	682	† 5	† 1	† 2	677	† 8	80	166	135	† 31	424	368	† 48
20-39.....	5.8	993	91	4	74	902	157	195	95	87	† 6	455	353	103
40-59.....	4.3	988	37	13	† 21	950	358	245	60	41	† 18	286	151	134
60 and over.....	2.9	647	† 9	† 6	† 2	638	302	172	35	30	† 5	129	87	42
20 and over.....	13.0	915	55	7	41	860	256	206	70	59	† 10	327	227	100
All individuals.....	34.9	925	94	6	82	831	210	174	93	74	18	353	281	72
West:														
Males and females:														
1-2.....	0.8	130	0	0	0	130	† 1	10	76	66	† 6	43	40	† 3
3-5.....	1.1	245	0	0	0	245	† 1	13	115	109	† 5	114	99	† 13
5 and under ‡.....	2.1	181	0	0	0	181	† 1	10	92	84	† 6	77	68	† 8
Males:														
6-11.....	1.1	368	†*	0	0	368	† 4	† 5	153	142	† 11	204	189	† 15
12-19.....	1.3	905	† 57	† 2	† 46	848	† 32	† 46	190	160	† 31	575	543	32
20-39.....	3.7	1,439	262	14	242	1,177	371	126	121	95	† 26	550	477	† 72
40-59.....	2.6	1,375	286	30	246	1,089	502	140	85	72	13	354	270	84
60 and over.....	1.2	909	112	29	72	798	460	115	53	50	† 3	161	87	74
20 and over.....	7.6	1,332	246	22	217	1,086	431	129	98	80	18	421	343	76
Females:														
6-11.....	1.0	303	†*	0	0	303	† 5	† 8	83	79	† 4	208	189	19
12-19.....	1.2	600	† 4	0	† 4	596	† 35	54	128	114	† 10	376	324	52
20-39.....	3.8	880	62	† 16	42	818	278	123	83	73	† 10	331	229	101
40-59.....	2.4	947	82	35	† 37	865	414	144	53	49	† 5	253	130	122
60 and over.....	1.5	690	43	25	† 12	647	395	112	47	31	† 15	91	† 43	48
20 and over.....	7.7	863	65	24	35	799	343	128	67	57	9	259	162	97
All individuals.....	22.0	898	111	16	90	787	273	97	96	82	13	317	249	67

* 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 region, 1 day, 1994-96

Region, 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>											
All Regions.....	100	86.9	12.5	3.5	7.6	85.8	39.5	22.8	19.7	17.2	2.8	50.4	39.3	12.8
Northeast:														
Males and females:														
1-2.....	0.6	39.6	† 0.0	† 0.0	† 0.0	39.6	† 0.0	† 6.0	26.5	23.7	† 2.9	12.4	10.3	† 2.0
3-5.....	0.9	62.6	† 0.0	† 0.0	† 0.0	62.6	† .4	8.8	38.6	35.9	† 3.5	25.5	22.4	† 3.1
5 and under ‡	1.7	45.7	† 0.0	† 0.0	† 0.0	45.7	† .2	6.6	28.9	26.5	† 2.8	17.4	15.1	† 2.3
Males:														
6-11.....	0.8	77.7	† 0.0	† 0.0	† 0.0	77.7	† 1.4	† 16.2	35.9	31.4	† 5.2	50.4	47.3	† 5.6
12-19.....	1.0	85.6	† 3.1	† 0.0	† 1.2	85.6	† 12.6	21.2	27.5	24.1	† 4.3	61.9	57.2	† 5.6
20-39.....	2.8	93.8	27.4	† 2.9	24.8	91.6	51.8	19.1	15.1	12.3	† 3.2	60.0	52.1	9.9
40-59.....	2.3	† 97.6	26.1	9.0	15.0	† 96.4	69.0	20.9	20.0	17.5	† 2.2	51.5	36.7	15.6
60 and over.....	1.6	95.1	21.1	8.0	9.7	94.6	81.0	30.0	9.8	7.9	† 2.6	30.0	18.0	13.5
20 and over.....	6.7	95.4	25.4	6.2	17.8	93.9	64.7	22.4	15.5	13.0	2.7	49.9	38.6	12.7
Females:														
6-11.....	1.0	71.8	† 0.0	† 0.0	† 0.0	71.8	† .6	14.6	43.4	38.5	† 4.8	38.8	33.8	† 6.8
12-19.....	1.0	87.7	† 1.9	† 1.1	† 1.1	87.7	† 8.4	36.9	14.4	13.2	† 1.2	58.6	54.4	† 4.2
20-39.....	2.9	91.6	15.2	† 4.9	5.6	90.6	48.0	30.0	20.8	17.8	† 3.0	51.0	33.6	19.3
40-59.....	2.4	95.6	13.9	6.1	4.2	94.9	71.1	31.4	12.5	10.3	† 1.9	43.5	24.0	20.6
60 and over.....	2.2	91.8	12.4	7.7	† 1.6	91.5	69.7	40.2	8.9	8.1	† .5	28.9	14.2	15.9
20 and over.....	7.5	93.0	13.9	6.1	3.9	92.2	61.8	33.5	14.6	12.5	† 1.9	42.0	24.8	18.7
All individuals.....	19.7	87.5	14.3	4.5	7.7	86.7	46.9	25.3	19.1	16.6	2.6	44.7	33.2	12.7
Midwest:														
Males and females:														
1-2.....	0.7	57.2	† 0.0	† 0.0	† 0.0	57.2	† .3	7.5	35.3	32.3	† 3.4	23.4	22.0	† 1.7
3-5.....	1.2	70.5	† 0.0	† 0.0	† 0.0	70.5	† .4	5.0	42.1	40.2	† 3.0	39.1	33.6	6.9
5 and under ‡	2.1	57.8	† 0.0	† 0.0	† 0.0	57.8	† .3	5.2	35.1	33.0	2.7	29.2	25.7	4.3
Males:														
6-11.....	1.2	71.1	† 0.0	† 0.0	† 0.0	71.1	† .3	† 5.7	41.8	38.9	† 4.7	45.3	37.8	† 8.3
12-19.....	1.5	90.4	† 4.1	† 0.0	† 4.1	90.4	† 3.5	9.5	32.9	27.1	† 6.0	78.3	76.5	† 5.3
20-39.....	3.4	92.8	31.0	† 3.9	26.6	89.0	41.7	17.6	14.8	13.5	† 2.5	72.4	58.5	16.0
40-59.....	2.6	96.4	23.9	† 2.1	18.4	94.8	66.6	23.9	17.4	14.3	† 2.9	54.5	36.9	20.6
60 and over.....	1.9	93.5	16.7	4.6	9.7	92.5	77.7	22.0	12.3	10.1	† 2.2	29.3	16.0	13.3
20 and over.....	7.9	94.2	25.2	3.5	19.8	91.8	58.6	20.7	15.0	13.0	2.6	56.1	41.1	16.9
Females:														
6-11.....	1.0	73.2	† 0.0	† 0.0	† 0.0	73.2	† .7	11.0	40.8	40.3	† .5	43.0	38.1	† 6.8
12-19.....	1.3	83.7	† 2.2	† 0.0	† 1.8	83.7	† 1.0	16.6	27.4	22.8	† 4.1	64.4	60.0	† 7.4
20-39.....	3.2	92.1	16.4	4.8	9.5	90.4	31.8	24.6	16.0	15.0	† 1.5	68.9	46.6	24.2
40-59.....	3.0	95.2	11.9	4.1	4.8	94.4	67.3	26.1	11.5	10.1	† 1.0	58.3	34.0	28.1
60 and over.....	2.4	92.5	6.1	3.2	† .9	92.5	77.7	25.0	12.1	9.3	† 2.5	27.4	14.7	12.4
20 and over.....	8.6	93.3	12.0	4.1	5.5	92.3	56.8	25.2	13.4	11.7	1.6	53.8	33.4	22.3
All individuals.....	23.5	87.8	13.2	2.7	9.0	86.6	40.8	18.9	20.4	18.1	2.5	53.6	39.9	15.6

† See "Statistical notes," appendix B.

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

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

Region, 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>											
All Regions.....	100	86.9	12.5	3.5	7.6	85.8	39.5	22.8	19.7	17.2	2.8	50.4	39.3	12.8
South:														
Males and females:														
1-2.....	1.1	52.7	† 0.0	† 0.0	† 0.0	52.7	† .2	9.9	30.4	27.1	3.4	24.8	23.5	† 1.7
3-5.....	1.6	74.9	† 0.0	† 0.0	† 0.0	74.9	† .1	12.8	43.6	40.1	3.8	39.2	35.4	3.9
5 and under ‡	3.1	58.5	† 0.0	† 0.0	† 0.0	58.5	† .1	10.2	34.3	31.2	3.4	29.4	27.0	2.6
Males:														
6-11.....	1.6	77.5	† 0.0	† 0.0	† 0.0	77.5	† .7	12.8	37.4	34.1	† 5.0	46.5	45.0	† 4.3
12-19.....	2.0	86.9	† 1.7	† .5	† .7	86.6	† 3.1	24.2	25.7	19.4	7.4	65.9	63.7	† 4.2
20-39.....	5.6	93.6	23.3	† 2.2	20.2	91.0	30.6	30.4	16.6	12.2	4.8	65.3	57.0	10.0
40-59.....	4.1	94.9	18.6	4.6	12.3	93.1	62.2	32.9	10.3	7.9	† 2.4	54.7	39.8	16.9
60 and over.....	2.0	92.4	8.9	2.8	4.3	92.1	73.9	28.9	7.9	7.2	† .9	34.0	23.7	11.1
20 and over.....	11.8	93.9	19.1	3.1	14.7	91.9	49.1	31.0	12.9	9.8	3.3	56.2	45.3	12.6
Females:														
6-11.....	1.4	76.2	† 0.0	† 0.0	† 0.0	76.2	† .3	14.3	34.9	31.6	† 3.8	47.9	44.7	† 4.9
12-19.....	2.1	91.1	† 2.0	† .4	† .5	90.5	† 2.1	17.1	32.5	28.6	6.1	62.8	56.5	† 8.3
20-39.....	5.8	90.5	9.7	† 1.8	6.0	89.5	29.6	31.6	17.8	15.9	† 2.1	62.1	51.2	13.3
40-59.....	4.3	93.8	10.0	5.5	3.6	93.2	59.3	39.7	13.0	9.8	3.0	50.7	29.5	22.3
60 and over.....	2.9	89.9	† 4.8	† 3.2	† .5	89.5	68.8	32.2	11.4	9.9	† 1.5	32.4	22.4	11.0
20 and over.....	13.0	91.5	8.7	3.3	4.0	90.7	48.1	34.4	14.8	12.6	2.3	51.8	37.6	15.8
All individuals.....	34.9	87.9	9.9	2.3	6.5	86.9	34.8	27.7	19.4	16.4	3.4	52.4	42.5	11.5
West:														
Males and females:														
1-2.....	0.8	45.0	† 0.0	† 0.0	† 0.0	45.0	† .2	4.2	28.9	25.1	† 2.2	21.3	19.3	† 2.0
3-5.....	1.1	66.7	† 0.0	† 0.0	† 0.0	66.7	† 1.7	5.9	35.2	34.0	† 1.2	38.8	33.3	5.5
5 and under ‡	2.1	53.4	† 0.0	† 0.0	† 0.0	53.4	† 1.0	4.9	30.4	27.9	† 1.8	28.7	25.1	3.7
Males:														
6-11.....	1.1	73.1	† .9	† 0.0	† 0.0	73.1	† 1.8	† 2.9	39.7	37.0	† 2.7	49.4	45.5	† 5.6
12-19.....	1.3	85.9	† 3.4	† .6	† 3.4	84.2	8.6	† 7.9	28.3	26.1	† 3.7	69.3	64.7	† 6.3
20-39.....	3.7	91.0	22.3	4.6	16.7	88.1	40.0	17.6	19.6	16.8	3.2	63.4	57.7	7.3
40-59.....	2.6	93.2	28.9	8.5	20.5	91.6	69.4	20.2	14.0	12.0	† 2.2	48.3	37.2	13.9
60 and over.....	1.2	93.7	25.7	10.1	9.3	91.3	73.1	21.7	11.9	11.6	† .8	33.8	18.9	15.4
20 and over.....	7.6	92.2	25.1	6.8	16.8	89.8	55.4	19.1	16.4	14.3	2.4	53.5	44.4	10.9
Females:														
6-11.....	1.0	64.9	† .9	† 0.0	† 0.0	64.9	† 2.1	† 3.0	22.9	22.3	† .6	46.0	42.3	† 6.3
12-19.....	1.2	82.4	† .6	† 0.0	† .6	82.4	† 5.8	11.4	27.9	25.2	† 2.6	61.6	53.0	13.5
20-39.....	3.8	86.7	13.2	5.8	6.6	85.5	42.3	22.9	16.5	15.0	† 1.4	52.9	39.4	16.1
40-59.....	2.4	90.8	18.0	11.7	4.1	90.1	62.8	27.1	12.3	11.3	† 1.2	47.2	26.4	22.5
60 and over.....	1.5	85.6	16.9	9.8	† 2.6	83.5	66.2	24.5	13.8	10.8	† 2.9	21.8	9.7	12.1
20 and over.....	7.7	87.7	15.4	8.4	5.0	86.5	53.3	24.5	14.7	13.0	1.6	45.0	29.5	17.3
All individuals.....	22.0	83.8	14.4	5.3	7.8	82.5	39.0	17.0	19.9	17.9	2.1	49.0	38.9	11.9

† 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 13A.--Grain group: Mean numbers of Pyramid servings consumed per day, by region, 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

Region, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Northeast:				
Males:				
2-5.....	0.6	6.7	1.0	5.7
6-11.....	0.9	7.1	.9	6.1
12-19.....	1.0	9.4	1.0	8.3
20-39.....	2.9	9.3	.7	8.6
40-59.....	2.3	8.0	1.0	7.0
60 and over.....	1.7	6.9	1.1	5.8
20 and over.....	6.9	8.3	.9	7.4
Females:				
2-5.....	0.6	6.3	.9	5.4
6-11.....	0.9	6.0	.7	5.3
12-19.....	1.0	6.5	.8	5.7
20-39.....	2.9	5.8	.8	5.0
40-59.....	2.5	5.8	.9	4.9
60 and over.....	2.3	5.2	.9	4.3
20 and over.....	7.7	5.7	.9	4.8
All individuals 2 and over.....	19.7	6.9	.9	6.1
Midwest:				
Males:				
2-5.....	0.8	6.6	1.1	5.5
6-11.....	1.2	7.3	1.1	6.2
12-19.....	1.5	10.0	1.3	8.7
20-39.....	3.4	8.9	1.1	7.7
40-59.....	2.7	8.1	1.2	6.9
60 and over.....	2.0	6.7	1.3	5.4
20 and over.....	8.1	8.1	1.2	6.9
Females:				
2-5.....	0.8	6.3	1.1	5.3
6-11.....	1.0	6.8	.8	6.0
12-19.....	1.4	6.2	.9	5.3
20-39.....	3.3	6.0	.8	5.2
40-59.....	3.1	5.9	.9	5.0
60 and over.....	2.4	5.0	1.0	4.0
20 and over.....	8.8	5.7	.9	4.8
All individuals 2 and over.....	23.6	7.0	1.0	6.0

‡ See "appendix d." for definitions of servings

Continued

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

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

Region, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	----- <i>Servings ‡</i> -----		
South:				
Males:				
2-5.....	1.2	6.4	0.9	5.4
6-11.....	1.6	6.5	1.1	5.4
12-19.....	2.1	8.3	.9	7.4
20-39.....	5.8	8.2	1.1	7.1
40-59.....	4.2	7.1	1.1	6.0
60 and over.....	2.1	6.1	.9	5.2
20 and over.....	12.1	7.5	1.1	6.4
Females:				
2-5.....	1.0	5.9	.9	5.0
6-11.....	1.5	5.7	.7	5.0
12-19.....	2.2	6.1	.8	5.3
20-39.....	5.9	5.7	.8	4.9
40-59.....	4.5	5.3	.8	4.5
60 and over.....	3.0	4.6	.7	3.8
20 and over.....	13.3	5.3	.8	4.5
All individuals 2 and over.....	34.9	6.4	.9	5.5
West:				
Males:				
2-5.....	0.8	6.3	1.2	5.2
6-11.....	1.1	7.0	1.0	6.0
12-19.....	1.3	9.3	1.3	8.0
20-39.....	3.9	8.9	1.3	7.6
40-59.....	2.7	7.4	1.3	6.1
60 and over.....	1.2	6.7	1.5	5.3
20 and over.....	7.8	8.0	1.3	6.7
Females:				
2-5.....	0.7	6.0	1.0	5.0
6-11.....	1.1	5.9	1.1	4.8
12-19.....	1.2	6.8	1.1	5.6
20-39.....	4.0	5.8	.9	4.9
40-59.....	2.4	5.4	.9	4.4
60 and over.....	1.6	5.0	1.2	3.8
20 and over.....	7.9	5.5	1.0	4.6
All individuals 2 and over.....	21.9	6.8	1.1	5.7

‡ 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 region, 2-day average, 1994-96

Region, 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>		
Northeast:				
Males:				
2-5.....	0.6	† 0.0	60	56
6-11.....	0.9	† 0	68	50
12-19.....	1.0	† 0	82	49
20-39.....	2.9	† 0	71	49
40-59.....	2.3	† *	70	41
60 and over.....	1.7	† 1	56	46
20 and over.....	6.9	† *	67	45
Females:				
2-5.....	0.6	† 0	52	46
6-11.....	0.9	† 0	42	31
12-19.....	1.0	† 1	55	42
20-39.....	2.9	† *	41	32
40-59.....	2.5	† 1	43	40
60 and over.....	2.3	† *	32	31
20 and over.....	7.7	† *	39	34
All individuals 2 and over.....	19.7	† *	54	41
Midwest:				
Males:				
2-5.....	0.8	† 0	55	47
6-11.....	1.2	† 0	64	47
12-19.....	1.5	† 0	80	52
20-39.....	3.4	† 0	69	42
40-59.....	2.7	† *	67	41
60 and over.....	2.0	† *	56	37
20 and over.....	8.1	† *	65	40
Females:				
2-5.....	0.8	† *	50	47
6-11.....	1.0	† 0	64	54
12-19.....	1.4	† 1	48	28
20-39.....	3.3	† 2	45	37
40-59.....	3.1	† 1	42	33
60 and over.....	2.4	† 1	28	25
20 and over.....	8.8	† 1	39	32
All individuals 2 and over.....	23.6	† 1	54	39

‡ See "Table notes."

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Continued

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

Region, 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>	
South:				
Males:				
2-5.....	1.2	† *	53	51
6-11.....	1.6	† *	54	39
12-19.....	2.1	† *	70	45
20-39.....	5.8	† 1	70	42
40-59.....	4.2	† 1	60	34
60 and over.....	2.1	† 1	48	35
20 and over.....	12.1	1	63	38
Females:				
2-5.....	1.0	† *	46	45
6-11.....	1.5	† 0	40	34
12-19.....	2.2	† *	44	34
20-39.....	5.9	† 2	37	29
40-59.....	4.5	† 1	34	28
60 and over.....	3.0	† 2	23	21
20 and over.....	13.3	1	33	27
All individuals 2 and over.....	34.9	1	48	34
West:				
Males:				
2-5.....	0.8	† 1	53	50
6-11.....	1.1	† *	60	47
12-19.....	1.3	† 0	82	46
20-39.....	3.9	† *	72	44
40-59.....	2.7	† 1	63	39
60 and over.....	1.2	† *	56	43
20 and over.....	7.8	† *	66	42
Females:				
2-5.....	0.7	† *	47	45
6-11.....	1.1	† 1	41	32
12-19.....	1.2	† 0	54	41
20-39.....	4.0	† 2	43	35
40-59.....	2.4	† 1	34	29
60 and over.....	1.6	† 2	30	28
20 and over.....	7.9	1	38	32
All individuals 2 and over.....	21.9	1	54	39

‡ 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 region, 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

Region, 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> -----						
Northeast:									
Males:									
2-5.....	0.6	2.0	0.1	0.1	0.1	0.7	0.2	0.3	0.4
6-11.....	0.9	2.1	.1	.1	.1	.9	.2	.4	.4
12-19.....	1.0	3.1	† *	.1	† .2	1.3	.2	.5	.7
20-39.....	2.9	4.2	.3	.1	.1	1.5	.2	.7	1.3
40-59.....	2.3	4.0	.2	.3	.2	1.0	.3	.6	1.4
60 and over.....	1.7	3.5	.2	.3	.2	.8	.3	.5	1.3
20 and over.....	6.9	4.0	.3	.2	.2	1.2	.3	.6	1.3
Females:									
2-5.....	0.6	2.2	.1	.1	.1	.8	.2	.3	.5
6-11.....	0.9	2.1	† .1	.1	.1	.9	.2	.3	.5
12-19.....	1.0	2.5	.1	.1	† .1	.9	.2	.4	.6
20-39.....	2.9	2.9	.1	.2	.1	.9	.2	.4	.9
40-59.....	2.5	3.2	.2	.2	.1	.6	.2	.5	1.2
60 and over.....	2.3	2.9	.3	.2	.1	.7	.2	.4	1.0
20 and over.....	7.7	3.0	.2	.2	.1	.7	.2	.4	1.1
All individuals 2 and over.....	19.7	3.2	.2	.2	.1	.9	.2	.5	1.0
Midwest:									
Males:									
2-5.....	0.8	2.2	*	.1	† *	1.0	.2	.4	.4
6-11.....	1.2	2.4	.1	.1	† .1	1.1	.2	.4	.5
12-19.....	1.5	4.0	† *	.1	.1	2.0	.2	.6	.8
20-39.....	3.4	4.5	.1	.2	.2	2.0	.2	.6	1.3
40-59.....	2.7	4.4	.2	.2	.2	1.5	.3	.6	1.4
60 and over.....	2.0	3.8	.2	.3	.2	1.2	.3	.5	1.2
20 and over.....	8.1	4.3	.1	.2	.2	1.6	.3	.6	1.3
Females:									
2-5.....	0.8	2.2	.1	.1	.1	1.0	.2	.3	.5
6-11.....	1.0	2.2	.1	.1	.1	.9	.2	.3	.5
12-19.....	1.4	2.9	.1	.1	.1	1.4	.1	.4	.7
20-39.....	3.3	3.1	.1	.2	.1	1.1	.2	.4	1.0
40-59.....	3.1	3.3	.2	.2	.1	1.0	.2	.5	1.2
60 and over.....	2.4	2.9	.1	.2	.1	.7	.2	.4	1.1
20 and over.....	8.8	3.1	.1	.2	.1	.9	.2	.4	1.1
All individuals 2 and over.....	23.6	3.4	.1	.2	.1	1.3	.2	.5	1.0

‡ See "appendix d." for definitions of servings

Continued

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

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

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

Region, 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>							
South:									
Males:									
2-5.....	1.2	2.2	0.1	0.1	0.1	1.0	0.2	0.3	0.4
6-11.....	1.6	2.2	.1	.1	.1	1.0	.2	.3	.5
12-19.....	2.1	3.9	.1	.1	.2	2.0	.2	.6	.7
20-39.....	5.8	4.4	.1	.1	.3	1.8	.2	.6	1.2
40-59.....	4.2	3.9	.2	.2	.3	1.3	.3	.5	1.2
60 and over.....	2.1	3.6	.2	.2	.3	1.0	.3	.4	1.2
20 and over.....	12.1	4.1	.2	.2	.3	1.5	.3	.6	1.2
Females:									
2-5.....	1.0	2.1	.1	.1	.1	.9	.2	.3	.4
6-11.....	1.5	2.2	.1	.1	.1	1.0	.2	.3	.5
12-19.....	2.2	2.7	.1	.1	.1	1.2	.1	.4	.7
20-39.....	5.9	3.0	.2	.1	.2	.9	.2	.4	1.0
40-59.....	4.5	3.1	.2	.2	.2	.9	.2	.4	1.1
60 and over.....	3.0	2.9	.2	.2	.2	.7	.2	.4	1.1
20 and over.....	13.3	3.0	.2	.2	.2	.9	.2	.4	1.0
All individuals 2 and over.....	34.9	3.3	.2	.1	.2	1.2	.2	.5	1.0
West:									
Males:									
2-5.....	0.8	2.0	*	.1	.2	.9	.1	.3	.4
6-11.....	1.1	2.5	†.1	.2	.2	.9	.2	.4	.6
12-19.....	1.3	3.7	†.1	.1	.3	1.4	.1	.6	1.0
20-39.....	3.9	4.4	.2	.2	.4	1.4	.2	.7	1.5
40-59.....	2.7	4.0	.2	.2	.3	1.0	.3	.6	1.4
60 and over.....	1.2	3.7	.2	.3	.3	.8	.2	.5	1.4
20 and over.....	7.8	4.2	.2	.2	.3	1.2	.2	.6	1.4
Females:									
2-5.....	0.7	2.2	.1	.1	†.2	.9	.1	.3	.5
6-11.....	1.1	2.1	†*	.1	†.2	.8	.2	.3	.5
12-19.....	1.2	2.8	.1	.2	.2	1.1	.1	.4	.8
20-39.....	4.0	3.1	.2	.2	.2	.8	.1	.4	1.1
40-59.....	2.4	3.2	.2	.2	.2	.7	.2	.5	1.2
60 and over.....	1.6	2.9	.2	.2	.1	.6	.2	.4	1.2
20 and over.....	7.9	3.1	.2	.2	.2	.8	.2	.4	1.1
All individuals 2 and over.....	21.9	3.4	.2	.2	.3	1.0	.2	.5	1.1

‡ 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 region, 2-day average, 1994-96

Region, 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> -----		
Northeast:				
Males:				
2-5.....	0.6	25	21	21
6-11.....	0.9	19	21	15
12-19.....	1.0	† 9	43	21
20-39.....	2.9	9	65	49
40-59.....	2.3	9	62	49
60 and over.....	1.7	9	57	50
20 and over.....	6.9	9	62	50
Females:				
2-5.....	0.6	21	29	27
6-11.....	0.9	25	22	18
12-19.....	1.0	12	29	23
20-39.....	2.9	10	42	37
40-59.....	2.5	9	44	42
60 and over.....	2.3	7	40	40
20 and over.....	7.7	9	42	40
All individuals 2 and over.....	19.7	11	46	38
Midwest:				
Males:				
2-5.....	0.8	19	25	22
6-11.....	1.2	18	29	15
12-19.....	1.5	10	57	35
20-39.....	3.4	6	69	51
40-59.....	2.7	5	69	55
60 and over.....	2.0	7	60	49
20 and over.....	8.1	6	67	52
Females:				
2-5.....	0.8	19	26	24
6-11.....	1.0	22	28	20
12-19.....	1.4	13	43	31
20-39.....	3.3	11	45	42
40-59.....	3.1	9	55	51
60 and over.....	2.4	9	44	42
20 and over.....	8.8	10	48	45
All individuals 2 and over.....	23.6	10	52	42

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

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

Region, 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> -----		
South:				
Males:				
2-5.....	1.2	21	26	25
6-11.....	1.6	22	24	20
12-19.....	2.1	10	59	45
20-39.....	5.8	4	68	55
40-59.....	4.2	8	64	52
60 and over.....	2.1	10	56	50
20 and over.....	12.1	6	64	53
Females:				
2-5.....	1.0	22	22	22
6-11.....	1.5	20	25	22
12-19.....	2.2	11	39	31
20-39.....	5.9	9	43	38
40-59.....	4.5	8	50	47
60 and over.....	3.0	10	42	41
20 and over.....	13.3	9	45	41
All individuals 2 and over.....	34.9	10	49	42
West:				
Males:				
2-5.....	0.8	23	23	22
6-11.....	1.1	20	32	27
12-19.....	1.3	11	57	39
20-39.....	3.9	4	70	50
40-59.....	2.7	7	61	47
60 and over.....	1.2	9	54	49
20 and over.....	7.8	6	64	49
Females:				
2-5.....	0.7	15	23	21
6-11.....	1.1	27	22	20
12-19.....	1.2	16	40	30
20-39.....	4.0	8	45	39
40-59.....	2.4	7	47	44
60 and over.....	1.6	12	46	45
20 and over.....	7.9	9	46	42
All individuals 2 and over.....	21.9	10	49	40

‡ See "Table notes."

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

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

Region, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡ -----</i>		
Northeast:				
Males:				
2-5.....	0.6	2.9	1.0	1.9
6-11.....	0.9	1.9	1.0	.9
12-19.....	1.0	1.9	1.2	.7
20-39.....	2.9	1.3	.8	.5
40-59.....	2.3	1.9	1.0	.9
60 and over.....	1.7	2.1	1.0	1.1
20 and over.....	6.9	1.7	.9	.8
Females:				
2-5.....	0.6	2.6	.9	1.7
6-11.....	0.9	1.9	.9	1.0
12-19.....	1.0	1.8	1.1	.7
20-39.....	2.9	1.5	.8	.7
40-59.....	2.5	1.7	.9	.9
60 and over.....	2.3	1.9	.9	.9
20 and over.....	7.7	1.7	.9	.8
All individuals 2 and over.....	19.7	1.8	.9	.9
Midwest:				
Males:				
2-5.....	0.8	2.3	.8	1.5
6-11.....	1.2	1.5	.6	.9
12-19.....	1.5	1.3	.6	.7
20-39.....	3.4	1.2	.6	.6
40-59.....	2.7	1.5	.8	.7
60 and over.....	2.0	2.1	.9	1.2
20 and over.....	8.1	1.5	.8	.8
Females:				
2-5.....	0.8	2.1	.9	1.2
6-11.....	1.0	1.4	.6	.8
12-19.....	1.4	1.3	.7	.6
20-39.....	3.3	1.2	.6	.6
40-59.....	3.1	1.4	.8	.7
60 and over.....	2.4	1.9	.9	1.0
20 and over.....	8.8	1.5	.7	.7
All individuals 2 and over.....	23.6	1.5	.7	.8

‡ See "appendix d." for definitions of servings

Continued

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

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

Region, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡ -----</i>		
South:				
Males:				
2-5.....	1.2	2.1	0.7	1.5
6-11.....	1.6	1.2	.5	.8
12-19.....	2.1	1.1	.7	.4
20-39.....	5.8	1.0	.6	.5
40-59.....	4.2	1.3	.6	.7
60 and over.....	2.1	1.7	.8	.9
20 and over.....	12.1	1.2	.6	.6
Females:				
2-5.....	1.0	2.0	.7	1.3
6-11.....	1.5	1.2	.5	.7
12-19.....	2.2	1.1	.6	.5
20-39.....	5.9	1.0	.6	.5
40-59.....	4.5	1.2	.6	.6
60 and over.....	3.0	1.5	.7	.8
20 and over.....	13.3	1.2	.6	.6
All individuals 2 and over.....	34.9	1.3	.6	.6
West:				
Males:				
2-5.....	0.8	2.1	.7	1.4
6-11.....	1.1	1.7	.8	.9
12-19.....	1.3	1.4	.8	.6
20-39.....	3.9	1.7	.9	.8
40-59.....	2.7	1.7	.7	1.0
60 and over.....	1.2	2.1	1.0	1.1
20 and over.....	7.8	1.8	.9	.9
Females:				
2-5.....	0.7	2.1	.7	1.4
6-11.....	1.1	1.7	.7	1.0
12-19.....	1.2	1.4	.7	.7
20-39.....	4.0	1.5	.7	.8
40-59.....	2.4	1.9	1.0	.8
60 and over.....	1.6	2.0	1.0	1.0
20 and over.....	7.9	1.7	.8	.9
All individuals 2 and over.....	21.9	1.7	.8	.9

‡ 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 region, 2-day average, 1994-96

Region, 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>		
Northeast:				
Males:				
2-5.....	0.6	18	63	61
6-11.....	0.9	34	32	27
12-19.....	1.0	36	30	19
20-39.....	2.9	54	24	17
40-59.....	2.3	36	42	29
60 and over.....	1.7	34	44	37
20 and over.....	6.9	43	35	26
Females:				
2-5.....	0.6	23	59	57
6-11.....	0.9	31	37	35
12-19.....	1.0	39	31	27
20-39.....	2.9	48	27	25
40-59.....	2.5	37	33	31
60 and over.....	2.3	32	35	35
20 and over.....	7.7	40	31	30
All individuals 2 and over.....	19.7	39	35	30
Midwest:				
Males:				
2-5.....	0.8	27	48	44
6-11.....	1.2	41	29	23
12-19.....	1.5	61	18	12
20-39.....	3.4	59	19	11
40-59.....	2.7	54	24	16
60 and over.....	2.0	34	42	35
20 and over.....	8.1	51	27	19
Females:				
2-5.....	0.8	30	43	42
6-11.....	1.0	46	24	17
12-19.....	1.4	56	25	20
20-39.....	3.3	56	20	17
40-59.....	3.1	52	26	23
60 and over.....	2.4	33	41	40
20 and over.....	8.8	48	28	25
All individuals 2 and over.....	23.6	49	28	23

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

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

Region, 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> -----		
South:				
Males:				
2-5.....	1.2	35	43	42
6-11.....	1.6	53	22	17
12-19.....	2.1	61	19	10
20-39.....	5.8	68	19	13
40-59.....	4.2	59	21	16
60 and over.....	2.1	47	30	25
20 and over.....	12.1	61	22	16
Females:				
2-5.....	1.0	29	41	41
6-11.....	1.5	59	18	17
12-19.....	2.2	61	16	12
20-39.....	5.9	63	16	14
40-59.....	4.5	58	18	16
60 and over.....	3.0	45	27	26
20 and over.....	13.3	57	19	17
All individuals 2 and over.....	34.9	57	21	18
West:				
Males:				
2-5.....	0.8	30	42	41
6-11.....	1.1	46	29	24
12-19.....	1.3	50	26	16
20-39.....	3.9	50	33	22
40-59.....	2.7	47	30	21
60 and over.....	1.2	33	43	36
20 and over.....	7.8	46	34	24
Females:				
2-5.....	0.7	29	48	46
6-11.....	1.1	36	30	27
12-19.....	1.2	49	27	19
20-39.....	4.0	51	27	24
40-59.....	2.4	45	35	34
60 and over.....	1.6	27	42	41
20 and over.....	7.9	45	32	30
All individuals 2 and over.....	21.9	44	33	27

‡ See "Table notes."

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

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

Region, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>Servings ‡</i>			
Northeast:					
Males:					
2-5.....	0.6	2.0	1.6	0.3	*
6-11.....	0.9	2.1	1.5	.5	†*
12-19.....	1.0	2.4	1.6	.8	*
20-39.....	2.9	2.0	1.0	.9	*
40-59.....	2.3	1.5	.9	.5	†*
60 and over.....	1.7	1.3	.9	.4	†*
11-24.....	1.8	2.2	1.4	.8	†*
20 and over.....	6.9	1.6	1.0	.7	*
Females:					
2-5.....	0.6	2.0	1.7	.3	*
6-11.....	0.9	2.0	1.5	.5	†*
12-19.....	1.0	1.5	1.0	.5	†*
20-39.....	2.9	1.3	.8	.5	.1
40-59.....	2.5	1.1	.7	.4	.1
60 and over.....	2.3	1.1	.8	.3	.1
11-24.....	1.7	1.5	1.0	.5	†*
20 and over.....	7.7	1.2	.7	.4	.1
All individuals 2 and over.....	19.7	1.6	1.0	.5	*
Midwest:					
Males:					
2-5.....	0.8	1.9	1.5	.4	*
6-11.....	1.2	2.3	1.9	.4	†*
12-19.....	1.5	2.8	1.8	1.0	†*
20-39.....	3.4	1.9	1.0	.8	†*
40-59.....	2.7	1.5	1.0	.5	†*
60 and over.....	2.0	1.4	1.1	.3	*
11-24.....	2.5	2.5	1.5	.9	†*
20 and over.....	8.1	1.6	1.0	.6	†*
Females:					
2-5.....	0.8	1.8	1.5	.3	†*
6-11.....	1.0	2.0	1.6	.4	*
12-19.....	1.4	1.8	1.2	.5	†*
20-39.....	3.3	1.3	.8	.5	*
40-59.....	3.1	1.2	.7	.4	*
60 and over.....	2.4	1.1	.8	.2	*
11-24.....	2.4	1.7	1.1	.5	*
20 and over.....	8.8	1.2	.8	.4	*
All individuals 2 and over.....	23.6	1.6	1.1	.5	*

‡ See "appendix d." for definitions of servings

Continued

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

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

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

Region, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>Servings ‡</i>			
South:					
Males:					
2-5.....	1.2	1.8	1.4	0.3	*
6-11.....	1.6	2.1	1.6	.4	†*
12-19.....	2.1	2.0	1.4	.7	†*
20-39.....	5.8	1.4	.7	.7	*
40-59.....	4.2	1.3	.9	.4	†*
60 and over.....	2.1	1.2	1.0	.2	†*
11-24.....	3.8	1.8	1.1	.7	†*
20 and over.....	12.1	1.3	.8	.5	*
Females:					
2-5.....	1.0	1.7	1.4	.3	*
6-11.....	1.5	1.7	1.3	.4	†*
12-19.....	2.2	1.3	.8	.5	†*
20-39.....	5.9	1.1	.6	.4	*
40-59.....	4.5	.9	.6	.3	*
60 and over.....	3.0	.9	.7	.2	†*
11-24.....	3.9	1.3	.8	.5	†*
20 and over.....	13.3	1.0	.6	.3	*
All individuals 2 and over.....	34.9	1.3	.9	.4	*
West:					
Males:					
2-5.....	0.8	1.8	1.5	.3	*
6-11.....	1.1	2.3	1.8	.5	†*
12-19.....	1.3	2.6	1.8	.7	†*
20-39.....	3.9	1.7	1.0	.7	†*
40-59.....	2.7	1.6	1.0	.6	*
60 and over.....	1.2	1.4	1.0	.4	†*
11-24.....	2.2	2.3	1.5	.7	†*
20 and over.....	7.8	1.6	1.0	.6	*
Females:					
2-5.....	0.7	2.0	1.6	.3	*
6-11.....	1.1	1.9	1.6	.3	†*
12-19.....	1.2	1.6	1.1	.5	†*
20-39.....	4.0	1.3	.8	.4	.1
40-59.....	2.4	1.1	.7	.3	.1
60 and over.....	1.6	1.2	.9	.2	.1
11-24.....	2.4	1.5	1.0	.5	†*
20 and over.....	7.9	1.2	.8	.4	.1
All individuals 2 and over.....	21.9	1.6	1.1	.5	*

‡ See "appendix d." for definitions of servings

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

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

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

Region, 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>		
Northeast:				
Males:				
2-5.....	0.6	18	44	44
6-11.....	0.9	16	48	41
12-19.....	1.0	17	51	26
20-39.....	2.9	36	35	30
40-59.....	2.3	45	27	27
60 and over.....	1.7	47	21	21
11-24.....	1.8	20	46	21
20 and over.....	6.9	42	29	27
Females:				
2-5.....	0.6	15	46	46
6-11.....	0.9	16	46	41
12-19.....	1.0	41	30	13
20-39.....	2.9	45	19	17
40-59.....	2.5	54	19	19
60 and over.....	2.3	53	14	14
11-24.....	1.7	39	25	11
20 and over.....	7.7	50	17	17
All individuals 2 and over.....	19.7	40	28	25
Midwest:				
Males:				
2-5.....	0.8	20	45	45
6-11.....	1.2	9	58	55
12-19.....	1.5	14	56	36
20-39.....	3.4	36	33	30
40-59.....	2.7	43	27	27
60 and over.....	2.0	40	25	25
11-24.....	2.5	21	46	29
20 and over.....	8.1	39	29	28
Females:				
2-5.....	0.8	23	39	39
6-11.....	1.0	12	41	38
12-19.....	1.4	31	35	15
20-39.....	3.3	42	21	16
40-59.....	3.1	52	17	17
60 and over.....	2.4	56	16	16
11-24.....	2.4	31	32	13
20 and over.....	8.8	49	18	16
All individuals 2 and over.....	23.6	37	30	26

‡ See "Table notes."

Continued

† See "Statistical notes," appendix B.

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

Region, 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>		
South:				
Males:				
2-5.....	1.2	21	34	34
6-11.....	1.6	15	45	42
12-19.....	2.1	28	42	22
20-39.....	5.8	42	25	22
40-59.....	4.2	52	20	20
60 and over.....	2.1	48	22	22
11-24.....	3.8	31	35	17
20 and over.....	12.1	47	23	21
Females:				
2-5.....	1.0	24	34	34
6-11.....	1.5	24	33	30
12-19.....	2.2	46	18	6
20-39.....	5.9	59	13	9
40-59.....	4.5	61	10	10
60 and over.....	3.0	65	8	8
11-24.....	3.9	48	16	5
20 and over.....	13.3	61	11	9
All individuals 2 and over.....	34.9	47	21	18
West:				
Males:				
2-5.....	0.8	23	35	35
6-11.....	1.1	10	58	52
12-19.....	1.3	22	59	32
20-39.....	3.9	35	32	28
40-59.....	2.7	39	30	30
60 and over.....	1.2	41	25	25
11-24.....	2.2	25	51	26
20 and over.....	7.8	37	30	28
Females:				
2-5.....	0.7	17	43	43
6-11.....	1.1	24	44	40
12-19.....	1.2	36	28	14
20-39.....	4.0	45	24	17
40-59.....	2.4	55	15	15
60 and over.....	1.6	52	18	18
11-24.....	2.4	37	27	12
20 and over.....	7.9	49	20	17
All individuals 2 and over.....	21.9	37	31	26

‡ See "Table notes."

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

Table 17A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by region, 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

Region, 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>								
Northeast:										
Males:										
2-5.....	0.6	2.9	0.9	0.8	0.2	0.0	0.6	0.2	†*	0.2
6-11.....	0.9	3.5	1.2	.8	.4	†*	.8	.2	†*	.1
12-19.....	1.0	5.3	1.9	1.5	.4	†*	1.1	.3	†*	†.2
20-39.....	2.9	8.0	3.3	1.9	.7	†*	† 1.7	.4	†*	.1
40-59.....	2.3	6.6	2.5	1.8	.6	†*	1.1	.4	†*	.2
60 and over.....	1.7	5.1	1.7	1.2	.8	*	.8	.4	†*	.1
20 and over.....	6.9	6.8	2.6	1.7	.7	†*	1.3	.4	*	.1
Females:										
2-5.....	0.6	2.7	.6	.8	.2	†*	.6	.2	†*	.2
6-11.....	0.9	3.0	1.1	.6	†.2	†*	.6	.2	†*	.2
12-19.....	1.0	3.5	1.3	1.0	.3	0.0	.5	.3	†*	.1
20-39.....	2.9	4.2	1.4	1.3	.5	†*	.6	.3	†*	.1
40-59.....	2.5	3.9	1.2	1.3	.6	†*	.4	.3	*	.1
60 and over.....	2.3	3.8	1.1	1.1	.7	†*	.5	.3	†*	.1
20 and over.....	7.7	4.0	1.2	1.2	.6	*	.5	.3	*	.1
All individuals 2 and over.....	19.7	4.9	1.7	1.3	.5	*	.8	.3	*	.1
Midwest:										
Males:										
2-5.....	0.8	2.9	.8	.6	.1	*	.9	.2	†*	.2
6-11.....	1.2	3.9	1.7	.6	†.1	†*	.9	.3	*	.2
12-19.....	1.5	6.9	3.3	1.6	.3	†*	1.1	.4	†*	.2
20-39.....	3.4	7.3	3.4	1.6	.4	†*	1.2	.5	†*	.2
40-59.....	2.7	7.0	3.1	1.6	.5	†*	1.1	.4	†*	.2
60 and over.....	2.0	5.4	2.3	1.1	.5	†.1	.8	.5	†*	.1
20 and over.....	8.1	6.7	3.0	1.5	.4	†*	1.1	.5	†*	.2
Females:										
2-5.....	0.8	2.6	1.0	.5	.1	†*	.6	.2	†*	.1
6-11.....	1.0	3.2	1.1	.7	†.2	0.0	.8	.3	†*	.2
12-19.....	1.4	3.6	1.6	.9	†.1	†*	.7	.2	†*	.1
20-39.....	3.3	3.9	1.7	1.0	.3	†*	.6	.2	†*	.1
40-59.....	3.1	4.1	1.6	1.1	.3	†*	.7	.3	†*	.1
60 and over.....	2.4	3.8	1.5	1.0	.3	*	.4	.4	†*	.1
20 and over.....	8.8	3.9	1.6	1.0	.3	†*	.6	.3	†*	.1
All individuals 2 and over.....	23.6	5.0	2.1	1.1	.3	*	.8	.3	*	.1

‡ See "appendix d." for definitions of servings

Continued

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

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

Region, 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>								
South:										
Males:										
2-5.....	1.2	2.8	0.9	0.7	0.1	†*	0.7	0.3	†*	0.2
6-11.....	1.6	3.6	1.3	.8	.2	†*	.9	.2	†*	.2
12-19.....	2.1	5.7	2.5	1.4	.4	†*	1.0	.4	†*	.1
20-39.....	5.8	6.5	2.8	1.5	.5	†*	1.1	.4	†*	.1
40-59.....	4.2	6.2	2.4	1.5	.5	†*	1.0	.5	†*	.1
60 and over.....	2.1	4.8	1.9	1.0	.5	†.1	.7	.5	*	.2
20 and over.....	12.1	6.1	2.5	1.4	.5	*	1.0	.5	*	.1
Females:										
2-5.....	1.0	2.7	.8	.7	.2	†*	.6	.3	†*	.1
6-11.....	1.5	3.0	1.1	.7	.2	†*	.7	.2	†*	.1
12-19.....	2.2	3.7	1.5	.9	.3	†*	.7	.3	†*	.1
20-39.....	5.9	4.0	1.5	1.1	.4	†*	.6	.3	*	.1
40-59.....	4.5	4.0	1.6	1.0	.4	†*	.5	.3	*	.1
60 and over.....	3.0	3.4	1.3	.9	.3	†*	.4	.4	†*	.1
20 and over.....	13.3	3.9	1.5	1.0	.4	*	.5	.3	*	.1
All individuals 2 and over.....	34.9	4.6	1.8	1.1	.4	*	.7	.4	*	.1
West:										
Males:										
2-5.....	0.8	2.6	.9	.7	.1	†*	.5	.3	†*	.1
6-11.....	1.1	3.8	1.4	.8	.3	*	.7	.3	†*	.1
12-19.....	1.3	5.7	2.6	1.1	†.3	†*	.9	.5	†*	.1
20-39.....	3.9	6.5	3.0	1.5	.5	†*	.8	.5	†*	.2
40-59.....	2.7	6.2	2.6	1.4	.6	†.1	.8	.5	†*	.2
60 and over.....	1.2	4.8	1.9	1.0	.6	†*	.6	.5	†*	.2
20 and over.....	7.8	6.1	2.7	1.4	.5	†*	.7	.5	†*	.2
Females:										
2-5.....	0.7	2.6	.9	.6	.2	†*	.5	.3	†*	.1
6-11.....	1.1	3.0	1.1	.7	.2	†*	.6	.3	†*	.1
12-19.....	1.2	3.6	1.6	.9	†.2	†*	.4	.3	†*	.1
20-39.....	4.0	3.8	1.5	1.0	.3	†*	.5	.3	†*	.1
40-59.....	2.4	3.9	1.3	1.1	.6	†*	.4	.3	†*	.1
60 and over.....	1.6	3.7	1.1	1.0	.8	†*	.4	.3	*	.1
20 and over.....	7.9	3.8	1.4	1.0	.5	*	.4	.3	*	.1
All individuals 2 and over.....	21.9	4.6	1.9	1.1	.4	*	.6	.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 region, 2-day average, 1994-96

Region, 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>		
Northeast:				
Males:				
2-5.....	0.6	12	12	21
6-11.....	0.9	† 6	24	18
12-19.....	1.0	† 4	49	33
20-39.....	2.9	† 2	68	60
40-59.....	2.3	† 2	65	54
60 and over.....	1.7	† 1	47	40
20 and over.....	6.9	2	62	53
Females:				
2-5.....	0.6	10	† 6	15
6-11.....	0.9	† 6	† 9	† 7
12-19.....	1.0	† 6	19	15
20-39.....	2.9	7	32	29
40-59.....	2.5	8	27	24
60 and over.....	2.3	4	26	25
20 and over.....	7.7	6	29	26
All individuals 2 and over.....	19.7	5	38	34
Midwest:				
Males:				
2-5.....	0.8	12	10	17
6-11.....	1.2	† 4	26	22
12-19.....	1.5	† *	60	41
20-39.....	3.4	† 1	71	61
40-59.....	2.7	† 1	70	61
60 and over.....	2.0	† 2	51	44
20 and over.....	8.1	1	66	57
Females:				
2-5.....	0.8	12	9	13
6-11.....	1.0	8	15	13
12-19.....	1.4	9	23	21
20-39.....	3.3	6	27	23
40-59.....	3.1	5	30	27
60 and over.....	2.4	4	24	24
20 and over.....	8.8	5	27	25
All individuals 2 and over.....	23.6	4	41	35

‡ See "Table notes."

Continued

† See "Statistical notes," appendix B.

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

Region, 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>		
South:				
Males:				
2-5.....	1.2	12	9	15
6-11.....	1.6	6	22	18
12-19.....	2.1	† 3	53	45
20-39.....	5.8	† 2	63	50
40-59.....	4.2	† 2	62	54
60 and over.....	2.1	3	42	37
20 and over.....	12.1	2	59	49
Females:				
2-5.....	1.0	12	7	16
6-11.....	1.5	7	10	8
12-19.....	2.2	8	28	24
20-39.....	5.9	6	25	22
40-59.....	4.5	5	25	24
60 and over.....	3.0	8	17	17
20 and over.....	13.3	6	23	21
All individuals 2 and over.....	34.9	5	36	31
West:				
Males:				
2-5.....	0.8	10	8	15
6-11.....	1.1	8	19	15
12-19.....	1.3	† 3	52	42
20-39.....	3.9	† 1	61	48
40-59.....	2.7	† 2	59	49
60 and over.....	1.2	† 3	43	37
20 and over.....	7.8	2	57	47
Females:				
2-5.....	0.7	13	6	18
6-11.....	1.1	† 6	11	8
12-19.....	1.2	† 7	22	16
20-39.....	4.0	6	24	22
40-59.....	2.4	7	24	22
60 and over.....	1.6	† 5	21	20
20 and over.....	7.9	6	23	22
All individuals 2 and over.....	21.9	5	35	30

‡ 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 region, 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

Region, 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>	
Northeast:							
Males:							
2-5.....	0.6	1608.6	31.5	24.5	14.0	44.4	13.8
6-11.....	0.9	1948.4	31.3	24.5	17.9	53.8	22.0
12-19.....	1.0	2562.3	31.9	24.7	17.9	71.0	29.1
20-39.....	2.9	2833.8	34.5	26.1	13.7	85.9	25.4
40-59.....	2.3	2399.1	33.8	25.2	12.4	68.8	19.3
60 and over.....	1.7	1886.9	31.6	23.0	10.4	49.9	12.7
20 and over.....	6.9	2459.8	33.6	25.0	12.4	71.5	20.3
Females:							
2-5.....	0.6	1532.5	31.5	24.8	14.9	42.9	14.6
6-11.....	0.9	1739.9	31.6	25.0	17.4	49.1	18.9
12-19.....	1.0	1772.8	30.5	23.3	17.3	47.1	19.4
20-39.....	2.9	1700.9	32.0	24.3	14.4	47.7	15.6
40-59.....	2.5	1613.2	31.8	24.1	12.8	44.6	13.3
60 and over.....	2.3	1419.7	30.6	22.3	11.5	35.7	10.5
20 and over.....	7.7	1589.4	31.5	23.6	13.0	43.2	13.3
All individuals 2 and over.....	19.7	1977.1	32.2	24.3	13.8	55.6	17.6
Midwest:							
Males:							
2-5.....	0.8	1589.7	32.9	25.6	16.1	45.4	16.3
6-11.....	1.2	2060.4	32.5	24.8	18.3	57.5	23.9
12-19.....	1.5	3074.5	32.8	25.1	22.2	86.2	42.9
20-39.....	3.4	2832.0	33.7	25.2	17.2	79.5	30.7
40-59.....	2.7	2482.5	34.9	25.9	14.3	72.9	22.3
60 and over.....	2.0	2045.7	33.1	24.4	12.3	56.9	16.3
20 and over.....	8.1	2519.6	34.0	25.2	15.0	71.6	24.3
Females:							
2-5.....	0.8	1511.9	32.2	25.3	18.0	43.2	17.0
6-11.....	1.0	1893.2	32.1	25.1	20.3	53.1	24.5
12-19.....	1.4	1940.5	32.2	25.1	22.2	54.5	27.4
20-39.....	3.3	1794.7	32.0	24.5	18.3	49.7	20.9
40-59.....	3.1	1701.9	34.3	26.2	15.0	50.1	16.4
60 and over.....	2.4	1487.2	32.7	24.4	13.3	40.8	12.6
20 and over.....	8.8	1677.3	33.0	25.0	15.8	47.4	17.1
All individuals 2 and over.....	23.6	2092.3	33.2	25.1	16.7	59.2	22.5

‡ See "Table notes."

Continued

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

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

Region, 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>	
South:							
Males:							
2-5.....	1.2	1531.6	32.7	25.7	16.7	44.0	16.1
6-11.....	1.6	1896.1	33.2	25.8	19.7	55.0	23.4
12-19.....	2.1	2524.1	34.4	26.5	20.1	75.7	31.9
20-39.....	5.8	2531.5	33.7	25.3	17.0	72.3	26.9
40-59.....	4.2	2205.5	34.7	25.8	14.3	64.8	20.4
60 and over.....	2.1	1851.7	34.3	25.6	13.2	53.9	15.6
20 and over.....	12.1	2301.3	34.2	25.5	15.4	66.5	22.7
Females:							
2-5.....	1.0	1396.2	32.5	25.4	16.5	39.9	14.5
6-11.....	1.5	1654.4	33.3	26.3	19.0	48.7	20.0
12-19.....	2.2	1797.5	33.2	25.8	21.1	52.5	23.8
20-39.....	5.9	1698.5	32.5	24.7	18.3	47.7	19.9
40-59.....	4.5	1562.5	33.9	25.7	14.7	45.9	14.6
60 and over.....	3.0	1324.2	33.0	24.5	13.2	37.0	11.1
20 and over.....	13.3	1570.4	33.1	25.0	16.0	44.7	16.2
All individuals 2 and over.....	34.9	1906.1	33.5	25.4	16.7	55.1	20.3
West:							
Males:							
2-5.....	0.8	1473.8	32.2	25.1	15.6	41.7	14.6
6-11.....	1.1	1988.9	32.1	24.6	18.0	54.4	22.6
12-19.....	1.3	2721.2	32.6	24.8	18.6	76.3	31.6
20-39.....	3.9	2602.2	32.8	24.5	15.2	72.0	24.7
40-59.....	2.7	2306.1	32.9	24.4	13.2	63.6	19.1
60 and over.....	1.2	1981.0	32.6	24.5	11.5	55.5	14.4
20 and over.....	7.8	2403.6	32.8	24.5	14.0	66.6	21.2
Females:							
2-5.....	0.7	1414.0	32.9	25.9	14.6	41.0	13.1
6-11.....	1.1	1709.8	31.6	24.7	17.9	47.1	19.9
12-19.....	1.2	1864.8	32.5	25.0	18.6	52.0	21.8
20-39.....	4.0	1700.3	31.9	24.1	15.6	46.8	17.1
40-59.....	2.4	1582.3	32.5	24.6	13.0	44.1	12.7
60 and over.....	1.6	1452.5	31.5	23.5	11.5	39.3	10.4
20 and over.....	7.9	1616.4	32.0	24.1	14.0	44.5	14.5
All individuals 2 and over.....	21.9	1986.4	32.3	24.5	15.0	55.1	18.9

‡ 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 region, 1 day, 1994-96

Region, 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
Northeast:		<i>Percent</i> ----- <i>Grams</i> -----								
Males and females:										
1-2.....	0.6	0.7	0.4	0.3	0.5	0.7	2.4	10.3	4.7	20.6
3-5.....	0.9	.6	.3	.2	.5	.7	2.3	11.5	5.5	22.3
5 and under ‡	1.7	.6	.3	.3	.5	1.1	2.3	10.3	4.7	20.7
Males:										
6-11.....	0.8	.7	.4	.2	.5	.8	2.6	14.4	6.8	27.0
12-19.....	1.0	.7	.4	.3	.6	.8	3.0	17.9	8.4	33.0
20-39.....	2.8	.9	.5	.4	.7	1.0	3.6	21.1	9.6	38.7
40-59.....	2.3	.6	.3	.2	.5	.8	2.5	16.5	7.6	29.7
60 and over.....	1.6	.5	.3	.2	.4	.6	2.0	12.8	6.0	23.3
20 and over.....	6.7	.7	.4	.3	.6	.8	2.8	17.5	8.0	31.9
Females:										
6-11.....	1.0	.6	.3	.2	.5	.8	2.4	12.7	6.1	24.4
12-19.....	1.0	.5	.3	.2	.4	.7	2.1	12.0	5.5	22.3
20-39.....	2.9	.5	.3	.2	.4	.5	2.0	11.7	5.3	21.3
40-59.....	2.4	.4	.2	.2	.3	.6	1.7	10.6	4.7	19.3
60 and over.....	2.2	.3	.2	.1	.3	.5	1.4	9.0	4.2	16.4
20 and over.....	7.5	.4	.2	.2	.3	.5	1.7	10.5	4.8	19.2
All individuals.....	19.7	.6	.3	.2	.5	.7	2.3	13.6	6.3	25.1
Midwest:										
Males and females:										
1-2.....	0.7	.6	.3	.2	.5	.7	2.2	10.7	5.0	20.7
3-5.....	1.2	.6	.3	.2	.4	.7	2.2	11.8	5.6	22.4
5 and under ‡	2.1	.5	.3	.3	.5	1.1	2.2	10.8	5.0	21.1
Males:										
6-11.....	1.2	.6	.3	.3	.5	.9	2.6	14.7	7.1	27.7
12-19.....	1.5	.9	.5	.4	.7	1.4	3.8	22.7	10.9	42.6
20-39.....	3.4	.7	.4	.3	.6	1.0	3.2	21.4	9.9	38.4
40-59.....	2.6	.6	.3	.2	.5	.9	2.7	18.7	9.0	33.9
60 and over.....	1.9	.4	.2	.2	.4	.7	2.0	13.8	6.7	25.1
20 and over.....	7.9	.6	.3	.3	.5	.9	2.8	18.6	8.8	33.7
Females:										
6-11.....	1.0	.6	.3	.2	.5	.9	2.3	13.8	6.9	26.1
12-19.....	1.3	.6	.3	.2	.5	.8	2.4	14.0	6.8	26.3
20-39.....	3.2	.4	.2	.2	.4	.8	1.9	12.2	5.7	22.3
40-59.....	3.0	.4	.2	.2	.4	.8	1.9	12.3	5.9	22.6
60 and over.....	2.4	.3	.2	.2	.3	.6	1.5	10.0	4.8	18.4
20 and over.....	8.6	.4	.2	.2	.3	.7	1.8	11.6	5.5	21.4
All individuals.....	23.5	.5	.3	.2	.5	.9	2.4	15.0	7.1	27.6

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

Continued

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

Region, 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
South:	<i>Percent</i>	<i>Grams</i>								
Males and females:										
1-2.....	1.1	0.6	0.3	0.2	0.5	0.7	2.1	9.9	4.6	19.5
3-5.....	1.6	.5	.3	.2	.4	.6	2.0	11.1	5.2	20.9
5 and under ‡	3.1	.5	.3	.3	.4	1.0	2.0	10.1	4.6	19.6
Males:										
6-11.....	1.6	.6	.3	.2	.5	.8	2.4	14.5	6.9	27.0
12-19.....	2.0	.7	.4	.3	.5	.9	2.9	18.9	8.9	34.3
20-39.....	5.6	.6	.3	.2	.5	.9	2.7	18.5	8.7	33.2
40-59.....	4.1	.4	.2	.2	.4	.7	2.1	15.7	7.6	28.1
60 and over.....	2.0	.4	.2	.2	.4	.6	1.9	13.2	6.3	23.6
20 and over.....	11.8	.5	.3	.2	.4	.8	2.4	16.6	7.9	29.8
Females:										
6-11.....	1.4	.5	.3	.2	.4	.8	2.1	12.5	5.9	23.3
12-19.....	2.1	.5	.3	.2	.4	.9	2.1	13.1	6.1	24.0
20-39.....	5.8	.4	.2	.2	.3	.6	1.7	12.0	5.6	21.5
40-59.....	4.3	.3	.2	.1	.3	.6	1.6	11.0	5.2	19.8
60 and over.....	2.9	.3	.1	.1	.2	.4	1.2	8.9	4.2	15.9
20 and over.....	13.0	.3	.2	.1	.3	.6	1.6	10.9	5.2	19.7
All individuals.....	34.9	.5	.2	.2	.4	.7	2.1	13.6	6.4	24.7
West:										
Males and females:										
1-2.....	0.8	.5	.3	.2	.5	.7	2.0	9.0	4.1	17.8
3-5.....	1.1	.5	.3	.2	.4	.7	2.1	11.1	5.2	21.2
5 and under ‡	2.1	.5	.3	.3	.4	1.0	2.0	9.9	4.4	19.4
Males:										
6-11.....	1.1	.6	.3	.3	.5	.9	2.6	14.4	6.9	27.4
12-19.....	1.3	.7	.4	.3	.6	1.1	3.2	19.1	9.0	35.6
20-39.....	3.7	.6	.3	.3	.5	.9	2.9	18.6	8.5	33.4
40-59.....	2.6	.5	.3	.2	.4	.6	2.4	15.9	7.4	28.5
60 and over.....	1.2	.5	.3	.2	.4	.8	2.2	13.8	6.5	25.4
20 and over.....	7.6	.6	.3	.2	.5	.8	2.6	16.9	7.8	30.4
Females:										
6-11.....	1.0	.6	.3	.2	.5	.7	2.2	12.3	5.9	23.4
12-19.....	1.2	.6	.3	.2	.4	.7	2.3	13.5	6.3	25.1
20-39.....	3.8	.4	.2	.2	.4	.8	2.0	11.9	5.6	22.1
40-59.....	2.4	.3	.2	.2	.3	.6	1.5	10.2	4.8	18.6
60 and over.....	1.5	.3	.2	.1	.3	.5	1.4	9.1	4.3	16.6
20 and over.....	7.7	.4	.2	.2	.3	.7	1.7	10.8	5.1	19.9
All individuals.....	22.0	.5	.3	.2	.4	.8	2.2	13.7	6.4	25.2

‡ 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 region, 1 day, 1994-96

Region, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
<i>Percent</i>		<i>Grams</i>				
Northeast:						
Males and females:						
1-2.....	0.6	1.0	16.2	0.1	*	17.6
3-5.....	0.9	1.1	20.3	.1	*	22.0
5 and under ‡	1.7	.9	17.5	.1	*	18.8
Males:						
6-11.....	0.8	1.3	25.8	.1	† *	27.7
12-19.....	1.0	1.8	32.9	.2	.1	35.5
20-39.....	2.8	2.1	37.7	.2	.1	40.9
40-59.....	2.3	1.7	31.5	.2	*	33.9
60 and over.....	1.6	1.3	25.0	.1	*	26.8
20 and over.....	6.7	1.8	32.5	.2	*	35.1
Females:						
6-11.....	1.0	1.2	22.6	.1	*	24.3
12-19.....	1.0	1.1	21.5	.1	*	23.1
20-39.....	2.9	1.2	21.4	.1	*	23.1
40-59.....	2.4	1.0	20.5	.1	*	21.9
60 and over.....	2.2	.9	17.7	.1	*	18.9
20 and over.....	7.5	1.0	20.0	.1	*	21.5
All individuals.....	19.7	1.3	25.2	.1	*	27.1
Midwest:						
Males and females:						
1-2.....	0.7	1.1	17.8	.1	*	19.3
3-5.....	1.2	1.1	21.2	.1	*	22.8
5 and under ‡	2.1	1.0	18.9	.1	*	20.3
Males:						
6-11.....	1.2	1.4	27.3	.1	*	29.4
12-19.....	1.5	2.2	43.2	.2	.1	46.6
20-39.....	3.4	2.1	40.3	.2	.1	43.4
40-59.....	2.6	1.9	37.0	.2	.1	39.7
60 and over.....	1.9	1.4	27.3	.1	*	29.3
20 and over.....	7.9	1.9	36.1	.2	.1	38.7
Females:						
6-11.....	1.0	1.2	26.8	.1	*	28.5
12-19.....	1.3	1.3	26.3	.1	*	28.4
20-39.....	3.2	1.2	23.6	.1	.1	25.3
40-59.....	3.0	1.2	24.2	.1	*	25.9
60 and over.....	2.4	1.0	19.9	.1	*	21.3
20 and over.....	8.6	1.1	22.8	.1	*	24.4
All individuals.....	23.5	1.5	28.8	.1	*	30.9

* Value less than 0.05 but greater than 0.

Continued

† See "Statistical notes," appendix B.

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

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

Region, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
South:	<i>Percent</i>	----- <i>Grams</i> -----				
Males and females:						
1-2.....	1.1	1.0	16.4	0.1	*	17.8
3-5.....	1.6	1.1	19.9	.1	*	21.5
5 and under ‡	3.1	.9	17.5	.1	*	18.9
Males:						
6-11.....	1.6	1.4	26.9	.1	*	29.0
12-19.....	2.0	1.9	35.5	.1	.1	38.3
20-39.....	5.6	1.9	35.8	.2	.1	38.5
40-59.....	4.1	1.7	31.5	.2	.1	33.8
60 and over.....	2.0	1.4	26.3	.1	.1	28.1
20 and over.....	11.8	1.7	32.6	.2	.1	35.1
Females:						
6-11.....	1.4	1.2	23.3	.1	*	25.0
12-19.....	2.1	1.2	25.4	.1	*	27.2
20-39.....	5.8	1.2	23.4	.1	*	25.1
40-59.....	4.3	1.1	21.7	.1	*	23.3
60 and over.....	2.9	.9	18.0	.1	*	19.3
20 and over.....	13.0	1.1	21.7	.1	*	23.2
All individuals.....	34.9	1.4	26.3	.1	*	28.3
West:						
Males and females:						
1-2.....	0.8	.9	14.1	.1	*	15.3
3-5.....	1.1	1.1	20.1	.1	*	21.6
5 and under ‡	2.1	.9	17.0	.1	*	18.3
Males:						
6-11.....	1.1	1.4	26.6	.1	*	28.5
12-19.....	1.3	1.9	36.8	.2	.1	39.7
20-39.....	3.7	1.9	34.8	.2	*	37.5
40-59.....	2.6	1.7	30.5	.2	.1	32.9
60 and over.....	1.2	1.4	26.8	.1	*	28.7
20 and over.....	7.6	1.7	32.1	.2	*	34.5
Females:						
6-11.....	1.0	1.1	22.4	.1	*	24.1
12-19.....	1.2	1.3	24.6	.1	*	26.6
20-39.....	3.8	1.2	22.5	.1	*	24.2
40-59.....	2.4	1.0	20.2	.1	*	21.7
60 and over.....	1.5	.9	17.7	.1	†*	18.9
20 and over.....	7.7	1.1	20.9	.1	*	22.4
All individuals.....	22.0	1.4	25.8	.1	*	27.8

* 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 region, 1 day, 1994-96

Region, 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
Northeast:		<i>Percent</i> ----- <i>Grams</i> -----							
Males and females:									
1-2.....	0.6	6.5	0.8	†*	0.1	†*	*	*	7.4
3-5.....	0.9	8.1	.8	†*	.1	†*	*	*	9.1
5 and under ‡	1.7	7.4	.8	†*	.1	*	*	*	8.3
Males:									
6-11.....	0.8	11.3	1.1	†*	.1	†*	*	*	12.6
12-19.....	1.0	15.3	1.5	*	.1	†*	*	*	17.1
20-39.....	2.8	18.3	1.9	*	.2	*	*	.1	20.7
40-59.....	2.3	15.7	1.5	*	.2	*	*	.1	17.7
60 and over.....	1.6	12.9	1.4	*	.1	.1	*	.1	14.7
20 and over.....	6.7	16.1	1.6	*	.2	*	*	.1	18.3
Females:									
6-11.....	1.0	9.8	.9	†*	.1	†*	*	†*	10.9
12-19.....	1.0	11.1	1.1	†*	.1	*	*	†.1	12.4
20-39.....	2.9	10.8	1.1	*	.1	*	*	.1	12.3
40-59.....	2.4	11.9	1.2	†*	.1	†*	*	.1	13.4
60 and over.....	2.2	9.9	1.0	†*	.1	*	*	.1	11.2
20 and over.....	7.5	10.9	1.1	*	.1	*	*	.1	12.3
All individuals.....	19.7	12.6	1.3	*	.1	*	*	.1	14.2
Midwest:									
Males and females:									
1-2.....	0.7	7.1	.8	†*	.1	*	*	*	8.0
3-5.....	1.2	8.7	.8	†*	.1	*	*	*	9.7
5 and under ‡	2.1	8.0	.8	†*	.1	*	*	*	9.0
Males:									
6-11.....	1.2	11.1	1.0	†*	.1	*	†*	*	12.4
12-19.....	1.5	17.9	1.7	†*	.2	†*	*	†.1	20.0
20-39.....	3.4	19.2	1.8	*	.2	*	*	.1	21.5
40-59.....	2.6	18.1	1.8	*	.2	*	*	.1	20.4
60 and over.....	1.9	13.7	1.3	*	.1	*	*	.1	15.4
20 and over.....	7.9	17.5	1.7	*	.2	*	*	.1	19.6
Females:									
6-11.....	1.0	11.8	1.1	†*	.1	†*	*	*	13.0
12-19.....	1.3	11.1	1.1	†*	.1	†*	*	†*	12.5
20-39.....	3.2	12.2	1.2	*	.1	*	*	.1	13.7
40-59.....	3.0	12.5	1.3	†*	.1	*	*	.1	14.1
60 and over.....	2.4	10.4	1.1	†*	.1	*	*	.1	11.7
20 and over.....	8.6	11.8	1.2	*	.1	*	*	.1	13.3
All individuals.....	23.5	13.7	1.3	*	.1	*	*	.1	15.4

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

Continued

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

Region, 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
South:	<i>Percent</i>	<i>----- Grams -----</i>							
Males and females:									
1-2.....	1.1	6.4	0.7	†*	0.1	†*	*	*	7.3
3-5.....	1.6	8.5	.8	*	.1	*	*	*	9.5
5 and under ‡	3.1	7.5	.8	†*	.1	*	*	*	8.4
Males:									
6-11.....	1.6	11.5	1.1	†*	.1	*	*	*	12.8
12-19.....	2.0	15.4	1.5	†*	.1	*	*	.1	17.3
20-39.....	5.6	16.8	1.6	*	.2	*	*	.1	18.9
40-59.....	4.1	15.5	1.6	*	.2	*	*	.1	17.5
60 and over.....	2.0	13.4	1.4	*	.1	*	*	.1	15.1
20 and over.....	11.8	15.8	1.6	*	.2	*	*	.1	17.8
Females:									
6-11.....	1.4	10.2	1.0	*	.1	*	*	*	11.4
12-19.....	2.1	11.8	1.1	†*	.1	*	*	*	13.2
20-39.....	5.8	11.7	1.1	*	.1	*	*	.1	13.2
40-59.....	4.3	11.5	1.2	*	.1	*	*	.1	13.0
60 and over.....	2.9	9.7	1.0	*	.1	*	*	.1	10.9
20 and over.....	13.0	11.2	1.1	*	.1	*	*	.1	12.6
All individuals.....	34.9	12.7	1.2	*	.1	*	*	.1	14.3
West:									
Males and females:									
1-2.....	0.8	5.7	.7	*	.1	*	*	*	6.5
3-5.....	1.1	9.0	.9	†*	.1	*	*	*	10.0
5 and under ‡	2.1	7.6	.8	†*	.1	*	*	*	8.5
Males:									
6-11.....	1.1	11.5	1.1	†*	.1	*	*	.1	12.9
12-19.....	1.3	17.2	1.7	†*	.2	†*	*	*	19.3
20-39.....	3.7	17.0	1.7	†*	.2	*	*	.1	19.1
40-59.....	2.6	15.6	1.6	*	.2	*	*	.1	17.6
60 and over.....	1.2	13.8	1.4	*	.1	*	*	.1	15.6
20 and over.....	7.6	16.0	1.6	*	.2	*	*	.1	18.0
Females:									
6-11.....	1.0	9.5	.9	†*	.1	†*	†*	†*	10.7
12-19.....	1.2	11.9	1.2	†*	.1	†*	*	*	13.4
20-39.....	3.8	11.8	1.2	†*	.1	*	*	.1	13.3
40-59.....	2.4	11.6	1.2	*	.1	*	*	.1	13.1
60 and over.....	1.5	9.9	1.0	†*	.1	†.1	*	.1	11.3
20 and over.....	7.7	11.4	1.2	*	.1	*	*	.1	12.8
All individuals.....	22.0	12.9	1.3	*	.1	*	*	.1	14.5

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

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

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

Region, 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 -----		
Northeast:					
Males:					
20-39.....	2.8	26.1	31.0	55.5	15.5
40-59.....	2.3	26.8	32.6	68.3	18.8
60 and over.....	1.6	26.2	33.2	57.8	17.2
20 and over.....	6.7	26.4	32.1	60.4	17.0
Females:					
20-39.....	2.9	24.8	23.1	36.1	14.2
40-59.....	2.4	26.1	35.5	52.6	19.8
60 and over.....	2.2	26.6	38.6	56.7	22.3
20 and over.....	7.5	25.8	31.7	47.6	18.5
All individuals.....	14.2	26.0	31.9	53.8	17.8
Midwest:					
Males:					
20-39.....	3.4	26.4	29.3	58.6	18.3
40-59.....	2.6	27.5	39.0	70.7	21.9
60 and over.....	1.9	26.6	35.6	63.7	20.5
20 and over.....	7.9	26.8	34.0	63.8	20.0
Females:					
20-39.....	3.2	25.0	26.0	38.8	15.1
40-59.....	3.0	27.0	38.7	56.8	24.3
60 and over.....	2.4	26.3	36.7	55.3	21.8
20 and over.....	8.6	26.0	33.4	49.7	20.2
All individuals.....	16.5	26.4	33.7	56.6	20.1

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

Continued

Excludes pregnant women.

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

Region, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	<i>Percent</i>		----- <i>Percent</i> -----		
South:					
Males:					
20-39.....	5.6	25.9	26.3	55.1	13.6
40-59.....	4.1	27.7	44.2	71.7	24.7
60 and over.....	2.0	26.0	30.2	57.0	13.8
20 and over.....	11.8	26.5	33.2	61.2	17.5
Females:					
20-39.....	5.8	24.9	27.4	39.7	16.9
40-59.....	4.3	27.0	37.9	53.3	26.6
60 and over.....	2.9	25.8	34.0	52.3	18.0
20 and over.....	13.0	25.8	32.4	47.1	20.4
All individuals.....	24.7	26.2	32.8	53.9	19.0
West:					
Males:					
20-39.....	3.7	25.6	23.9	49.1	11.7
40-59.....	2.6	26.8	32.8	65.0	17.8
60 and over.....	1.2	25.7	24.2	54.1	12.1
20 and over.....	7.6	26.0	27.0	55.4	13.9
Females:					
20-39.....	3.8	24.2	22.1	32.8	12.0
40-59.....	2.4	26.0	33.8	48.1	21.0
60 and over.....	1.5	25.3	31.5	44.6	15.5
20 and over.....	7.7	25.0	27.7	40.0	15.5
All individuals.....	15.3	25.5	27.3	47.9	14.7

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:

- **Region:** An area of the United States as defined by the U.S. Department of Commerce for the 1990 census population. The four census regions are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont

Midwest: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin

South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia

West: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming

Table 1. Nutrient Intakes: Mean amount consumed per individual, by region, 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 region, 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 region, 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 region, 1 day, 1994-96

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

These values were divided by the individual's total food energy intake and multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors 4, 9, 4, and 7 give estimates for a typical mixed diet (Merrill and Watt 1973).

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

Table 5. Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by region, 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 region, 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 region, 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 region-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 region, 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 region, 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 region, 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. 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 individuals from the South (one male and two females) and two individuals from the West (two females) reported no food or beverages for day 1.
- Persons not reporting height or weight were excluded from table 20 because their Body Mass Index (BMI) could not be calculated.

Appendix A table. Counts of day-1 and 2-day respondents and population percentages, by region, 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 -----
Northeast:				
Males and females:				
1-2.....	242	0.6	238	0.6
3-5.....	259	0.9	253	0.9
5 and under ‡	557	1.7	543	1.7
Males:				
6-11.....	123	0.8	118	0.9
12-19.....	115	1.0	107	1.0
20-39.....	266	2.8	245	2.9
40-59.....	304	2.3	289	2.3
60 and over.....	336	1.6	322	1.6
20 and over.....	906	6.7	856	6.7
Females:				
6-11.....	145	1.0	139	0.9
12-19.....	112	1.0	110	1.0
20-39.....	247	2.9	230	2.9
40-59.....	310	2.4	299	2.4
60 and over.....	339	2.2	315	2.2
20 and over.....	896	7.5	844	7.5
All individuals.....	2,854	19.7	2,717	19.7
Midwest:				
Males and females:				
1-2.....	308	0.7	289	0.7
3-5.....	361	1.2	349	1.2
5 and under ‡	729	2.1	694	2.1
Males:				
6-11.....	185	1.2	182	1.2
12-19.....	186	1.5	176	1.5
20-39.....	366	3.4	340	3.3
40-59.....	390	2.6	372	2.6
60 and over.....	448	1.9	425	2.0
20 and over.....	1,204	7.9	1,137	7.9
Females:				
6-11.....	169	1.0	160	1.0
12-19.....	173	1.3	170	1.3
20-39.....	331	3.2	312	3.2
40-59.....	444	3.0	428	3.0
60 and over.....	399	2.4	376	2.4
20 and over.....	1,174	8.6	1,116	8.6
All individuals.....	3,820	23.5	3,635	23.5

‡ Includes infants under 1. Excludes breast-fed children.

Continued

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

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 -----
South:				
Males and females:				
1-2.....	492	1.1	474	1.1
3-5.....	505	1.6	489	1.6
5 and under ‡	1,102	3.1	1,063	3.1
Males:				
6-11.....	246	1.6	239	1.5
12-19.....	252	2.0	244	2.0
20-39.....	621	5.6	576	5.6
40-59.....	656	4.1	628	4.1
60 and over.....	553	2.0	524	2.0
20 and over.....	1,830	11.8	1,728	11.8
Females:				
6-11.....	248	1.4	237	1.4
12-19.....	269	2.1	252	2.1
20-39.....	569	5.8	534	5.8
40-59.....	660	4.3	636	4.3
60 and over.....	514	2.9	496	2.9
20 and over.....	1,743	13.0	1,666	13.0
All individuals.....	5,690	34.9	5,429	34.9
West:				
Males and females:				
1-2.....	334	0.8	315	0.8
3-5.....	350	1.1	341	1.1
5 and under ‡	747	2.1	717	2.1
Males:				
6-11.....	198	1.1	187	1.0
12-19.....	184	1.3	169	1.3
20-39.....	417	3.7	382	3.8
40-59.....	400	2.6	374	2.6
60 and over.....	299	1.2	274	1.2
20 and over.....	1,116	7.6	1,030	7.6
Females:				
6-11.....	178	1.0	170	1.1
12-19.....	178	1.2	170	1.2
20-39.....	389	3.8	373	3.9
40-59.....	352	2.4	331	2.3
60 and over.....	262	1.5	242	1.5
20 and over.....	1,003	7.7	946	7.7
All individuals.....	3,604	22.0	3,389	22.0

‡ Includes infants under 1. Excludes breast-fed children.

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

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. In this report, cell sizes are sufficient for the estimates provided. Cells with flags are based on a high CV.

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

GENERAL NOTES

- o In the food groups in tables 6A to 12B, ingredients in mixed dishes were tabulated with the food group of the primary ingredient (see following bullet). This procedure is different from that used for the Pyramid food groups in tables 13A to 18 in which mixed dishes were separated into their ingredients before they were categorized into Pyramid food groups (see appendix D). Readers should understand that results from the two methods are not directly comparable.
- o 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, and 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 et al 1997).

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, such as noodles in tuna-noodle casserole which are tabulated under Meat, Poultry, and Fish (the food group for tuna, the main ingredient).

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.

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