

SUPPLEMENTARY DATA TABLES
USDA's 1994-96 Continuing Survey of Food Intakes by Individuals

Table Set 12

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1994-96 CSFII SUPPLEMENTARY DATA TABLES

Note

The data tables provided in this table set along with related materials are from the following report which may be used as a citation:

U.S. Department of Agriculture, Agricultural Research Service. 1998. Food and Nutrient Intakes by Individuals in the United States, by Sex and Age, 1994–96, Nationwide Food Surveys Report No. 96–2, 197 pp. (Copies of the complete report are available from the National Technical Information Service, 5285 Port Royal Road, Springfield, VA 22161. Phone 1-800-553-6847. Accession No. PB99-117251.)

The complete report is not provided here because most of the tables appear on the CD-ROM containing the microdata from the 1994-96 CSFII/DHKS or on the “Products” page of the FSRG Website in the table set “Data Tables: Results from USDA’s 1994-96 Continuing Survey of Food Intakes by Individuals and 1994-96 Diet and Health Knowledge Survey.”

Introduction

During 1994–96, 16,103 people nationwide participated in the 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 between January 1994 and January 1997, using the 24-hour recall method.

The data in this supplementary table set provide national probability estimates for the U.S. population. Estimates are based on combined data from all 3 years of USDA’s 10th nationwide food consumption survey. 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. The design, methodology, and operation of the survey are detailed in a separate report (Tippett and Cypel, eds. 1998).

Sample sizes on which estimates are based are provided in appendix A. In general, the sample sizes for each sex-age group provide a sufficient level of precision to ensure statistical reliability of the estimates. A statistic that is potentially unreliable because of small sample size or large coefficient of variation is flagged; see appendix B for the criteria used in flagging estimates. 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 that present mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can compare this information with day-1 intakes from previous surveys that include different numbers of days of dietary information. Tables that present percentages of individuals who meet recommendations are based on respondents' 2-day average intakes.

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

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>								
Males and females:										
Under 1.....	1.1	† 2.2	8.7	42.8	† 1.7	† 4.6	19.9	† 0.0	† 2.4	5.4
1-2.....	3.1	2.5	20.9	56.3	† .2	† .2	1.2	3.1	9.9	22.5
3-5.....	4.7	3.1	23.5	60.5	† 0.0	† .4	1.1	5.3	14.3	27.8
5 and under.....	8.9	2.8	20.8	56.9	† .3	.9	3.5	3.9	11.3	23.2
Males:										
6-11.....	4.6	2.6	21.1	58.3	† 0.0	† .2	2.6	8.8	23.7	38.9
12-19.....	5.8	5.3	28.5	60.6	† .4	3.0	9.6	24.5	47.4	64.1
20-29.....	7.3	9.5	34.5	64.6	† .9	5.8	15.3	34.6	54.6	69.6
30-39.....	8.2	8.8	37.2	67.5	† .5	5.6	15.8	28.4	46.8	63.2
40-49.....	6.9	11.4	44.0	73.6	† 1.3	6.5	17.2	25.0	44.9	58.7
50-59.....	4.6	7.5	30.9	61.0	† .8	8.1	21.8	24.5	44.4	60.0
60-69.....	3.4	7.4	33.6	67.5	† 1.5	7.1	24.1	20.6	37.1	51.4
70 and over.....	3.3	12.4	47.1	80.5	3.8	15.6	37.7	21.1	36.6	52.4
20 and over.....	33.9	9.5	37.8	68.5	1.2	7.3	19.8	27.0	45.8	60.9
Females:										
6-11.....	4.4	4.5	31.6	72.5	† .5	† 1.8	4.9	12.7	29.8	50.0
12-19.....	5.6	11.6	43.0	74.8	† 1.6	10.0	23.8	31.6	54.2	69.4
20-29.....	7.0	14.7	47.3	79.5	2.3	12.2	27.2	31.7	52.8	68.4
30-39.....	8.7	14.3	54.4	82.6	2.6	12.2	29.4	30.5	48.4	61.0
40-49.....	6.9	14.3	56.3	86.0	2.7	11.4	29.0	27.4	45.6	59.8
50-59.....	5.2	9.6	43.9	78.6	2.9	12.7	29.9	22.6	42.1	56.7
60-69.....	4.2	14.9	48.9	84.8	3.5	15.1	31.8	20.6	43.0	55.4
70 and over.....	4.8	16.2	54.2	87.6	3.9	17.4	41.1	18.0	36.8	50.7
20 and over.....	36.8	14.0	51.3	83.0	2.9	13.1	30.8	26.3	45.7	59.6
All individuals.....	100.0	9.9	39.9	72.4	1.6	8.2	20.6	23.3	41.5	56.2

† See "Statistical notes," appendix B.

Note: 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 sex and age, 2-day average, 1994-96--continued

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>								
Males and females:										
Under 1.....	1.1	† 2.3	† 4.2	6.6	† 0.4	† 0.9	† 1.0	† 0.0	† .3	† 4.6
1-2.....	3.1	26.4	61.2	81.1	5.2	12.7	18.5	† .8	4.3	14.6
3-5.....	4.7	19.6	54.8	77.7	6.8	13.2	21.0	† .5	3.7	13.6
5 and under.....	8.9	19.8	50.7	69.9	5.4	11.5	17.6	.5	3.5	12.8
Males:										
6-11.....	4.6	14.7	40.2	69.2	6.4	15.9	23.0	† .5	2.7	10.3
12-19.....	5.8	17.4	44.6	64.7	13.1	22.8	32.5	† 1.8	8.8	24.0
20-29.....	7.3	17.1	42.8	64.6	18.1	30.1	40.7	5.4	16.8	36.0
30-39.....	8.2	14.8	35.9	60.7	15.8	28.6	40.3	3.3	13.4	34.2
40-49.....	6.9	18.1	41.1	59.7	17.7	30.9	41.1	4.7	17.8	35.0
50-59.....	4.6	17.9	44.2	64.8	14.5	27.6	40.2	3.6	9.3	23.0
60-69.....	3.4	19.9	48.5	69.8	13.7	24.6	34.5	1.8	8.0	22.8
70 and over.....	3.3	26.8	55.7	76.8	14.6	24.9	34.5	2.6	11.7	26.7
20 and over.....	33.9	18.1	42.8	64.4	16.2	28.5	39.4	3.8	13.8	31.3
Females:										
6-11.....	4.4	11.9	47.8	74.1	7.4	15.5	25.4	† .4	4.7	20.5
12-19.....	5.6	21.8	50.1	76.0	17.7	30.5	42.3	4.4	14.8	32.0
20-29.....	7.0	24.2	53.6	73.8	20.7	32.9	44.0	6.8	19.8	39.6
30-39.....	8.7	21.6	49.9	71.7	22.9	37.1	50.0	6.0	18.6	38.7
40-49.....	6.9	19.8	46.6	70.7	21.5	35.5	45.6	4.3	19.0	41.6
50-59.....	5.2	21.9	48.5	69.8	17.1	30.6	40.8	2.2	13.3	33.3
60-69.....	4.2	24.6	51.2	74.9	17.3	28.6	39.8	4.6	14.5	36.1
70 and over.....	4.8	26.6	54.5	79.1	14.9	25.6	37.2	3.2	14.2	33.9
20 and over.....	36.8	22.8	50.5	73.0	19.7	32.6	43.9	4.8	17.1	37.7
All individuals.....	100.0	19.7	46.9	69.4	15.6	27.1	37.5	3.5	12.9	30.2

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

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

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>								
Males and females:										
Under 1.....	1.1	† 0.0	† 1.3	† 1.5	† 0.4	† 3.4	8.1	† 0.0	6.8	24.3
1-2.....	3.1	† 4	1.7	5.0	3.3	13.9	28.9	3.7	16.4	35.1
3-5.....	4.7	† 5	2.9	10.0	1.4	7.4	20.6	2.5	12.0	28.9
5 and under.....	8.9	† 4	2.3	7.2	1.9	9.2	21.9	2.6	12.8	30.5
Males:										
6-11.....	4.6	† 4	2.1	8.8	† 6	4.7	15.6	4.1	13.0	33.1
12-19.....	5.8	2.9	11.0	23.2	† 1.7	8.1	24.2	8.3	25.6	46.2
20-29.....	7.3	4.7	16.0	37.5	2.1	9.8	23.0	10.0	31.4	50.9
30-39.....	8.2	3.3	14.5	32.4	† 1.3	7.0	18.6	8.5	26.4	48.3
40-49.....	6.9	3.6	16.8	33.9	† 1.2	8.3	23.6	9.3	31.6	54.0
50-59.....	4.6	2.7	9.9	25.9	1.8	5.0	14.5	10.9	28.5	52.3
60-69.....	3.4	1.7	7.9	21.9	† 9	4.4	12.3	7.8	27.9	54.6
70 and over.....	3.3	2.8	9.5	25.6	2.6	9.7	21.7	13.7	34.4	61.9
20 and over.....	33.9	3.4	13.5	31.2	1.6	7.6	19.7	9.8	29.8	52.6
Females:										
6-11.....	4.4	† 3	5.0	16.1	† 1.1	9.2	26.8	4.7	21.8	46.3
12-19.....	5.6	7.1	18.5	35.5	4.5	16.0	38.1	12.6	35.1	57.7
20-29.....	7.0	7.2	20.9	41.3	4.2	18.1	35.6	16.2	39.6	65.3
30-39.....	8.7	5.6	17.5	41.1	3.1	17.9	35.8	14.2	39.8	63.5
40-49.....	6.9	4.9	22.2	43.3	2.3	14.5	34.8	13.5	42.3	66.8
50-59.....	5.2	3.2	15.5	35.7	2.2	10.6	24.6	13.8	35.9	62.2
60-69.....	4.2	4.9	17.7	34.7	3.5	11.3	26.8	13.5	36.1	66.2
70 and over.....	4.8	3.5	15.3	33.1	3.9	13.1	31.1	15.2	37.7	60.4
20 and over.....	36.8	5.1	18.5	39.0	3.2	14.9	32.4	14.4	39.0	64.2
All individuals.....	100.0	3.6	13.6	30.0	2.3	10.9	26.0	10.4	30.6	53.6

† See "Statistical notes," appendix B.

Note: 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 sex and age, 2-day average, 1994-96--continued

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>								
Males and females:										
Under 1.....	1.1	† 0.0	† 0.0	† 0.4	† 1.3	† 1.3	† 1.3	† 2.6	8.7	27.6
1-2.....	3.1	† 0.0	† .2	1.4	† .2	† .7	1.0	11.1	30.6	51.3
3-5.....	4.7	† .1	† .6	2.2	† .4	† .8	2.2	11.0	30.4	56.5
5 and under.....	8.9	† *	† .4	1.7	.4	.8	1.7	10.0	27.7	51.1
Males:										
6-11.....	4.6	† .3	† 1.6	5.1	† 0.0	† .8	2.3	6.7	23.3	44.5
12-19.....	5.8	4.3	14.0	26.8	† .9	3.6	7.5	18.1	39.3	63.7
20-29.....	7.3	7.3	20.8	37.8	3.6	6.3	11.3	20.0	40.7	60.7
30-39.....	8.2	5.0	17.0	30.1	2.2	5.8	10.4	9.1	27.8	48.1
40-49.....	6.9	6.9	18.0	33.7	2.0	6.5	11.7	11.9	32.7	51.2
50-59.....	4.6	5.9	17.4	33.0	2.5	6.0	10.8	14.5	40.2	60.8
60-69.....	3.4	4.4	16.1	34.2	3.2	7.3	12.2	13.4	36.8	56.9
70 and over.....	3.3	7.2	18.4	34.3	4.0	7.8	16.2	15.7	39.5	61.2
20 and over.....	33.9	6.1	18.1	33.7	2.8	6.4	11.7	13.8	35.4	55.4
Females:										
6-11.....	4.4	† .6	2.6	9.9	† .6	† 1.5	6.0	10.9	31.9	57.5
12-19.....	5.6	9.6	23.5	41.8	8.2	14.4	26.1	43.4	70.7	86.6
20-29.....	7.0	13.7	31.5	47.6	9.3	17.9	29.6	34.4	63.4	83.1
30-39.....	8.7	11.4	32.0	48.0	7.5	16.4	28.1	24.0	52.3	74.7
40-49.....	6.9	10.4	28.9	48.1	7.8	17.7	29.7	29.1	55.5	76.1
50-59.....	5.2	9.0	26.1	45.4	7.7	17.3	30.4	26.2	53.2	76.7
60-69.....	4.2	9.0	23.5	44.7	8.3	17.8	29.8	30.4	59.9	79.3
70 and over.....	4.8	8.1	23.1	41.1	8.9	18.6	29.4	29.1	58.3	79.2
20 and over.....	36.8	10.6	28.4	46.3	8.2	17.5	29.4	28.6	56.8	78.0
All individuals.....	100.0	6.8	18.9	33.2	4.5	9.8	17.2	20.4	44.1	65.1

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than zero.

Note: 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 sex and age, 2-day average, 1994-96--continued

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>								
Males and females:										
Under 1.....	1.1	† 2.3	12.6	27.5	† 0.0	† 3.5	6.7	† 3.4	7.3	12.1
1-2.....	3.1	2.9	14.3	35.3	† *	† .8	2.9	9.0	31.1	56.1
3-5.....	4.7	1.2	9.9	29.0	† .2	1.8	7.3	2.4	15.7	38.3
5 and under.....	8.9	1.9	11.7	31.0	† .1	1.7	5.7	4.8	20.0	41.1
Males:										
6-11.....	4.6	† .4	4.6	17.4	† .8	8.9	24.0	† 1.4	5.6	20.2
12-19.....	5.8	2.4	8.6	27.2	14.3	40.2	66.5	† 1.3	6.6	16.9
20-29.....	7.3	† 1.5	8.3	21.3	14.7	40.2	67.0	† .8	5.0	13.1
30-39.....	8.2	† .8	2.3	8.0	8.3	34.4	61.1	† .4	3.9	11.1
40-49.....	6.9	† 1.4	3.1	10.1	9.8	35.8	61.2	† .6	4.6	14.2
50-59.....	4.6	† .6	3.6	11.0	10.7	35.6	66.9	† 1.0	5.8	16.2
60-69.....	3.4	† .4	4.3	12.5	10.1	39.3	69.0	† 1.0	4.5	14.5
70 and over.....	3.3	† 1.4	8.2	16.6	13.8	48.5	78.7	2.1	9.6	21.5
20 and over.....	33.9	1.1	4.7	13.0	11.1	38.0	65.7	.8	5.2	14.2
Females:										
6-11.....	4.4	† 1.6	8.8	28.2	2.7	13.0	32.6	2.8	15.1	39.1
12-19.....	5.6	12.6	38.9	66.4	22.9	59.8	82.3	15.6	43.7	72.5
20-29.....	7.0	9.4	27.1	47.7	16.8	52.7	78.8	20.2	48.0	74.1
30-39.....	8.7	3.9	11.6	29.0	15.8	48.0	75.1	18.2	49.6	73.4
40-49.....	6.9	3.6	12.4	31.6	12.8	46.3	73.8	17.4	50.4	77.9
50-59.....	5.2	1.9	11.7	29.7	10.2	40.5	72.8	4.5	18.8	44.8
60-69.....	4.2	3.9	17.0	35.9	15.8	44.0	77.5	5.0	20.0	40.7
70 and over.....	4.8	4.5	17.7	38.1	16.4	47.1	76.5	5.3	19.6	40.8
20 and over.....	36.8	4.7	16.1	35.1	14.7	47.0	75.7	13.3	37.8	62.3
All individuals.....	100.0	3.2	11.8	27.4	11.4	37.0	61.6	6.7	21.2	39.1

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than zero.

Note: 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 sex and age, 1994-96--continued

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>		
Males and females:				
Under 1.....	1.1	† 2.3	9.1	27.0
1-2.....	3.1	22.0	62.1	84.8
3-5.....	4.7	12.6	46.4	74.6
5 and under.....	8.9	14.6	47.1	72.2
Males:				
6-11.....	4.6	6.2	27.4	54.8
12-19.....	5.8	10.7	38.6	65.3
20-29.....	7.3	13.7	40.3	63.5
30-39.....	8.2	13.1	32.6	58.8
40-49.....	6.9	13.5	40.7	67.3
50-59.....	4.6	15.6	45.9	71.0
60-69.....	3.4	19.0	49.3	75.6
70 and over.....	3.3	27.6	63.4	85.5
20 and over.....	33.9	15.7	42.5	67.6
Females:				
6-11.....	4.4	11.2	41.6	69.6
12-19.....	5.6	22.7	50.7	76.2
20-29.....	7.0	23.1	60.0	80.4
30-39.....	8.7	22.8	53.5	79.4
40-49.....	6.9	22.9	58.9	81.7
50-59.....	5.2	23.7	61.3	83.9
60-69.....	4.2	27.2	62.8	86.7
70 and over.....	4.8	30.4	66.1	87.6
20 and over.....	36.8	24.5	59.6	82.6
All individuals.....	100.0	18.3	48.7	73.4

† See "Statistical notes," appendix B.

Note: 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 sex and age, 2-day average, 1994-96

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>								
Males and females:										
Under 1.....	1.1	57.2	11.2	† 1.9	80.1	43.3	21.5	94.6	71.1	41.0
1-2.....	3.1	43.7	7.1	† .9	98.8	94.4	83.7	77.5	50.3	29.6
3-5.....	4.7	39.5	5.1	† .4	98.9	91.3	71.7	72.2	44.6	25.2
5 and under.....	8.9	43.1	6.5	.8	96.5	86.4	69.5	76.8	49.9	28.7
Males:										
6-11.....	4.6	41.7	4.4	† .7	97.4	85.4	64.8	61.1	33.2	17.0
12-19.....	5.8	39.4	8.1	† 1.4	90.4	64.8	34.5	35.9	19.6	9.2
20-29.....	7.3	35.4	7.2	† 1.3	84.7	53.5	25.2	30.4	14.0	7.6
30-39.....	8.2	32.5	5.7	2.4	84.2	54.1	23.9	36.8	20.6	13.2
40-49.....	6.9	26.4	2.9	† .5	82.8	43.3	18.3	41.3	22.2	12.0
50-59.....	4.6	39.0	5.2	† .8	78.2	40.0	14.7	40.0	21.9	11.8
60-69.....	3.4	32.5	3.5	† .2	75.9	29.5	7.4	48.6	25.8	14.6
70 and over.....	3.3	19.5	† 1.3	† .1	62.3	16.3	2.5	47.6	25.5	15.0
20 and over.....	33.9	31.5	4.7	1.1	80.2	43.6	18.0	39.1	20.7	11.9
Females:										
6-11.....	4.4	27.5	† 1.6	† 0.0	95.1	77.0	47.6	50.0	24.8	15.5
12-19.....	5.6	25.2	2.8	† .4	76.2	38.6	13.3	30.6	16.2	8.4
20-29.....	7.0	20.5	† 1.8	† .1	72.8	28.0	9.9	31.6	17.3	10.0
30-39.....	8.7	17.4	1.8	† 0.0	70.6	26.3	8.6	39.0	20.2	11.5
40-49.....	6.9	14.0	† 1.2	† 0.0	71.0	25.2	6.4	40.2	22.1	12.5
50-59.....	5.2	21.4	1.7	† 0.0	70.1	24.3	5.1	43.3	25.8	15.8
60-69.....	4.2	15.2	† .5	† .1	68.2	21.3	3.8	44.6	25.2	14.6
70 and over.....	4.8	12.4	† .1	† 0.0	58.9	17.3	3.8	49.3	25.8	15.2
20 and over.....	36.8	17.0	1.3	† *	69.2	24.4	6.8	40.4	22.1	12.8
All individuals.....	100.0	27.6	3.6	.6	79.4	44.7	22.6	43.8	24.3	13.8

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

Note: 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 sex and age, 2-day average, 1994-96--continued

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> -----					
Males and females:										
Under 1.....	1.1	93.4	91.6	84.4	† 99.0	93.3	78.7	† 95.4	80.4	64.1
1-2.....	3.1	18.9	6.3	2.4	81.5	65.4	49.6	85.4	46.8	20.3
3-5.....	4.7	22.3	5.6	1.2	79.0	59.7	42.8	86.4	49.9	18.0
5 and under.....	8.9	30.1	16.6	12.0	82.4	65.9	49.6	87.2	52.6	24.6
Males:										
6-11.....	4.6	30.8	8.5	2.6	77.0	59.3	42.4	89.7	54.7	23.1
12-19.....	5.8	35.3	9.6	3.0	67.5	51.6	37.2	76.0	40.2	15.8
20-29.....	7.3	35.4	12.2	3.7	59.3	42.7	32.7	64.0	28.2	11.0
30-39.....	8.2	39.3	15.9	7.5	59.7	41.7	31.6	65.8	31.7	13.5
40-49.....	6.9	40.3	14.0	4.3	58.9	43.8	28.7	65.0	27.9	8.2
50-59.....	4.6	35.2	11.9	4.3	59.8	45.2	32.7	77.0	40.1	16.5
60-69.....	3.4	30.2	7.9	3.9	65.5	47.2	33.0	77.2	41.5	17.7
70 and over.....	3.3	23.2	7.5	3.1	65.5	45.6	33.0	73.3	31.8	11.9
20 and over.....	33.9	35.6	12.5	4.8	60.6	43.8	31.7	68.7	32.3	12.6
Females:										
6-11.....	4.4	25.9	5.1	† 1.4	74.6	54.7	40.1	79.5	38.8	13.5
12-19.....	5.6	24.0	5.5	2.1	57.7	40.2	28.5	68.0	26.2	8.9
20-29.....	7.0	26.2	9.1	3.9	56.0	38.0	23.7	60.4	23.3	6.4
30-39.....	8.7	28.3	8.6	3.0	50.0	33.1	21.2	61.3	22.6	7.8
40-49.....	6.9	29.3	9.6	3.5	54.4	34.7	22.5	58.4	21.0	7.8
50-59.....	5.2	30.2	7.7	2.8	59.2	40.1	25.1	66.7	28.7	8.1
60-69.....	4.2	25.1	7.0	3.0	60.2	39.0	25.2	63.9	25.1	9.1
70 and over.....	4.8	20.9	6.0	3.1	62.8	46.1	28.7	66.1	24.1	6.8
20 and over.....	36.8	27.0	8.2	3.2	56.1	37.7	23.9	62.3	23.8	7.6
All individuals.....	100.0	30.6	10.2	4.4	62.5	45.0	31.4	69.8	32.4	12.3

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

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

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>					
Males and females:										
Under 1.....	1.1	† 98.5	89.8	79.6	91.9	62.6	38.5	75.7	36.9	14.8
1-2.....	3.1	95.0	76.3	49.0	71.1	37.3	15.0	64.9	26.8	8.5
3-5.....	4.7	90.0	61.2	29.9	79.4	41.5	14.6	71.1	31.0	10.0
5 and under.....	8.9	92.8	70.0	42.7	78.1	42.7	17.7	69.5	30.3	10.1
Males:										
6-11.....	4.6	91.2	63.5	31.3	84.4	48.4	18.0	66.9	28.5	9.8
12-19.....	5.8	76.8	41.8	21.5	75.8	40.3	17.6	53.8	19.6	7.0
20-29.....	7.3	62.5	31.1	12.5	77.0	43.1	20.9	49.1	19.2	5.5
30-39.....	8.2	67.6	33.9	14.2	81.4	44.7	20.0	51.7	19.3	7.6
40-49.....	6.9	66.1	29.8	10.1	76.4	39.5	15.2	46.0	15.7	4.2
50-59.....	4.6	74.1	38.8	15.0	85.5	58.2	28.5	47.7	14.9	4.7
60-69.....	3.4	78.1	41.9	19.0	87.7	53.9	27.0	45.4	12.7	4.0
70 and over.....	3.3	74.4	34.6	13.8	78.3	38.5	15.8	38.1	11.2	2.7
20 and over.....	33.9	68.8	34.0	13.5	80.3	45.5	20.7	47.4	16.5	5.2
Females:										
6-11.....	4.4	83.9	49.1	18.3	73.2	30.6	9.5	53.7	18.7	5.1
12-19.....	5.6	64.5	30.6	12.9	61.9	24.9	7.2	42.3	12.7	3.9
20-29.....	7.0	58.7	22.8	6.4	64.4	25.8	8.0	34.7	8.7	2.1
30-39.....	8.7	58.9	22.9	6.9	64.2	26.1	9.8	36.5	8.1	2.3
40-49.....	6.9	56.7	18.7	7.4	65.2	22.9	8.6	33.2	8.5	2.9
50-59.....	5.2	64.3	25.5	6.8	75.4	38.0	11.9	37.8	8.2	2.0
60-69.....	4.2	65.3	26.3	7.6	73.2	35.1	9.2	33.8	7.6	† 1.5
70 and over.....	4.8	66.9	28.3	9.1	68.9	32.6	10.6	39.6	10.4	2.3
20 and over.....	36.8	61.0	23.6	7.2	67.6	29.0	9.6	35.8	8.6	2.2
All individuals.....	100.0	70.0	35.7	15.3	74.0	37.2	14.8	46.4	15.4	4.8

† See "Statistical notes," appendix B.

Note: 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 sex and age, 2-day average, 1994-96--continued

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>					
Males and females:										
Under 1.....	1.1	† 99.6	† 97.9	92.6	† 98.7	† 98.5	† 96.6	72.4	30.9	12.5
1-2.....	3.1	98.6	92.0	81.0	99.0	96.8	92.5	48.7	16.1	4.2
3-5.....	4.7	97.8	89.7	76.3	97.8	93.1	83.6	43.5	11.5	2.5
5 and under.....	8.9	98.3	91.5	79.9	98.3	95.0	88.3	48.9	15.5	4.3
Males:										
6-11.....	4.6	94.9	77.6	62.6	97.7	88.4	72.6	55.5	21.7	4.8
12-19.....	5.8	73.2	45.8	28.6	92.5	78.4	63.4	36.3	12.7	4.5
20-29.....	7.3	62.2	37.1	24.0	88.7	73.4	58.0	39.3	14.7	6.1
30-39.....	8.2	69.9	38.5	22.9	89.6	76.3	64.9	51.9	24.9	10.9
40-49.....	6.9	66.3	37.4	19.5	88.3	72.4	57.5	48.8	19.4	8.3
50-59.....	4.6	67.0	37.8	18.6	89.2	74.1	55.8	39.2	13.3	4.2
60-69.....	3.4	65.8	36.5	18.1	87.8	71.2	56.4	43.1	13.0	3.3
70 and over.....	3.3	65.7	37.0	17.4	83.8	66.7	47.2	38.8	12.6	1.9
20 and over.....	33.9	66.3	37.5	20.8	88.3	73.1	58.0	44.6	17.6	6.8
Females:										
6-11.....	4.4	90.1	70.2	50.4	94.0	81.8	60.9	42.5	12.6	1.9
12-19.....	5.6	58.2	31.0	13.9	73.9	52.5	33.8	13.4	† 1.3	† .2
20-29.....	7.0	52.4	24.5	11.0	70.4	46.5	28.5	16.9	3.3	† .9
30-39.....	8.7	52.0	24.0	11.5	71.9	51.1	33.5	25.3	6.3	† 1.6
40-49.....	6.9	51.9	24.8	9.6	70.3	48.5	29.7	23.9	5.0	† 1.3
50-59.....	5.2	54.6	26.0	11.2	69.6	47.1	29.4	23.3	4.8	† 1.2
60-69.....	4.2	55.3	22.7	10.2	70.2	47.8	30.1	20.7	3.6	† .6
70 and over.....	4.8	58.9	30.1	13.2	70.6	46.9	27.5	20.8	3.6	† .8
20 and over.....	36.8	53.7	25.2	11.1	70.6	48.2	30.1	22.0	4.6	1.1
All individuals.....	100.0	66.8	41.2	25.8	82.8	66.1	50.2	34.9	11.4	3.7

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

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

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> -----					
Males and females:										
Under 1.....	1.1	72.5	29.3	10.0	93.3	62.6	39.8	87.9	69.3	42.6
1-2.....	3.1	64.7	19.5	4.4	97.1	84.7	60.8	43.9	17.8	5.4
3-5.....	4.7	71.0	23.1	5.2	92.7	66.6	37.3	61.7	21.9	7.1
5 and under.....	8.9	69.0	22.6	5.5	94.3	72.3	45.7	58.9	26.4	10.9
Males:										
6-11.....	4.6	82.6	44.9	14.6	76.0	38.2	14.1	79.8	39.1	17.9
12-19.....	5.8	72.8	31.1	12.3	33.5	6.7	† 1.6	83.1	44.2	22.5
20-29.....	7.3	78.7	48.1	24.0	33.0	9.1	1.9	86.9	57.2	34.0
30-39.....	8.2	92.0	69.9	40.1	38.9	10.8	† 1.6	88.9	60.9	33.8
40-49.....	6.9	89.9	64.7	34.8	38.8	6.7	† 1.1	85.9	56.7	32.7
50-59.....	4.6	89.0	59.1	30.0	33.1	5.6	† .6	83.8	53.3	28.1
60-69.....	3.4	87.5	55.1	24.8	31.0	4.2	† .4	85.4	52.0	27.5
70 and over.....	3.3	83.4	43.6	18.0	21.3	3.3	† .3	78.5	48.7	21.9
20 and over.....	33.9	87.0	58.5	30.4	34.3	7.5	1.2	85.8	56.1	31.0
Females:										
6-11.....	4.4	71.8	26.9	8.6	67.4	24.7	7.5	60.9	24.3	9.0
12-19.....	5.6	33.6	6.3	† .7	17.7	2.1	† .4	27.5	6.8	2.3
20-29.....	7.0	52.3	14.3	3.1	21.2	2.6	† .7	25.9	9.0	2.4
30-39.....	8.7	71.0	24.9	7.5	24.9	3.5	† .5	26.6	7.8	2.2
40-49.....	6.9	68.4	24.7	6.3	26.2	3.1	† .2	22.1	7.0	3.1
50-59.....	5.2	70.3	22.5	5.7	27.2	3.0	† .1	55.2	20.6	6.7
60-69.....	4.2	64.1	20.7	3.7	22.5	2.7	† .3	59.3	22.6	6.9
70 and over.....	4.8	61.9	20.2	4.3	23.5	3.1	† .6	59.2	26.2	9.9
20 and over.....	36.8	64.9	21.4	5.3	24.3	3.0	.4	37.7	13.8	4.6
All individuals.....	100.0	72.6	35.1	14.6	38.4	13.5	5.7	60.9	32.2	15.8

† See "Statistical notes," appendix B.

Continued

Note: Excludes breast-fed children.

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

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>		
Males and females:				
Under 1.....	1.1	73.0	25.2	8.3
1-2.....	3.1	15.2	2.6	† .6
3-5.....	4.7	25.4	4.3	† .8
5 and under.....	8.9	27.8	6.4	1.7
Males:				
6-11.....	4.6	45.2	12.9	3.9
12-19.....	5.8	34.7	9.7	4.0
20-29.....	7.3	36.5	9.6	2.5
30-39.....	8.2	41.2	12.2	6.3
40-49.....	6.9	32.7	7.0	† .9
50-59.....	4.6	29.0	7.2	2.3
60-69.....	3.4	24.4	5.1	1.8
70 and over.....	3.3	14.5	2.5	† 1.1
20 and over.....	33.9	32.4	8.2	2.9
Females:				
6-11.....	4.4	30.4	7.5	† 1.7
12-19.....	5.6	23.8	4.6	† .8
20-29.....	7.0	19.6	3.8	† 1.2
30-39.....	8.7	20.6	4.2	† 1.3
40-49.....	6.9	18.3	4.0	1.5
50-59.....	5.2	16.1	2.2	† .6
60-69.....	4.2	13.3	2.1	† .6
70 and over.....	4.8	12.4	2.1	† .8
20 and over.....	36.8	17.4	3.3	1.1
All individuals.....	100.0	26.6	6.3	2.0

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

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

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96

Sex and age (years)	Percentage of population	Food energy						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	62.4	78.0	87.6	103.5	126.4	155.4	169.9
1-2.....	3.1	55.8	64.4	78.2	95.8	118.7	142.1	156.7
3-5.....	4.7	53.2	60.6	76.0	92.2	113.2	134.5	150.0
5 and under.....	8.9	54.8	62.6	78.0	94.5	116.8	140.0	156.1
Males:								
6-11.....	4.6	57.0	64.1	77.4	92.7	113.5	128.6	143.5
12-19.....	5.8	49.2	57.3	72.2	92.0	114.8	142.1	161.0
20-29.....	7.3	42.9	50.7	66.0	83.7	112.8	137.6	157.2
30-39.....	8.2	44.4	52.1	67.8	85.0	106.7	132.1	152.5
40-49.....	6.9	39.6	48.7	62.6	79.2	101.3	117.3	132.0
50-59.....	4.6	46.5	52.0	70.0	92.6	114.4	134.6	150.2
60-69.....	3.4	46.5	53.4	69.2	86.3	108.1	126.2	139.6
70 and over.....	3.3	38.1	45.2	60.5	77.1	94.8	113.6	124.6
20 and over.....	33.9	42.8	50.5	65.8	83.4	106.4	129.2	148.2
Females:								
6-11.....	4.4	50.1	58.3	70.3	84.4	100.9	116.8	133.3
12-19.....	5.6	40.6	48.1	62.2	79.5	100.1	122.7	134.2
20-29.....	7.0	36.0	42.9	60.4	76.5	94.6	112.3	126.6
30-39.....	8.7	38.5	45.0	58.1	71.4	90.6	111.5	125.3
40-49.....	6.9	35.5	45.0	57.6	71.9	88.2	105.6	118.9
50-59.....	5.2	43.7	51.1	61.2	78.7	97.6	116.6	131.4
60-69.....	4.2	36.5	45.1	57.4	75.8	91.0	106.6	117.7
70 and over.....	4.8	37.6	42.7	55.5	71.5	88.9	103.7	113.3
20 and over.....	36.8	37.7	45.4	58.4	74.1	92.0	110.3	124.0
All individuals.....	100.0	41.5	50.0	64.6	81.6	102.4	124.4	141.0

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Protein						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	77.6	90.0	107.1	135.1	190.8	258.2	304.1
1-2.....	3.1	146.0	179.6	227.5	288.2	362.8	445.8	500.9
3-5.....	4.7	133.8	154.3	193.0	245.8	314.5	380.4	431.9
5 and under.....	8.9	109.1	133.6	187.1	248.2	323.1	400.0	460.2
Males:								
6-11.....	4.6	116.5	134.5	177.4	228.9	284.9	350.1	389.4
12-19.....	5.8	87.0	101.1	132.1	172.0	217.1	275.4	312.3
20-29.....	7.3	71.5	89.5	113.6	154.7	200.0	253.0	276.5
30-39.....	8.2	70.8	89.2	115.6	153.2	197.4	238.9	290.8
40-49.....	6.9	69.6	85.3	111.6	139.0	184.8	224.0	256.3
50-59.....	4.6	64.7	78.2	105.7	135.9	174.8	216.4	242.7
60-69.....	3.4	68.0	79.7	101.1	128.0	159.3	190.7	212.1
70 and over.....	3.3	52.7	64.3	87.7	110.4	136.9	165.7	183.5
20 and over.....	33.9	68.0	82.1	107.1	140.1	182.1	226.8	261.5
Females:								
6-11.....	4.4	100.5	120.9	154.1	196.6	245.5	302.6	341.8
12-19.....	5.6	63.0	74.6	102.0	135.3	172.3	215.0	242.8
20-29.....	7.0	59.0	69.5	96.0	122.0	155.5	198.1	228.1
30-39.....	8.7	57.1	70.8	94.9	121.4	153.4	194.8	219.5
40-49.....	6.9	61.2	71.3	94.8	121.3	150.0	182.6	209.5
50-59.....	5.2	59.1	69.9	92.5	122.6	149.1	175.5	200.3
60-69.....	4.2	54.0	65.4	91.5	116.3	143.9	172.2	191.5
70 and over.....	4.8	52.8	63.4	82.9	107.6	139.0	167.9	184.6
20 and over.....	36.8	57.6	68.8	92.7	119.4	148.9	184.1	210.8
All individuals.....	100.0	64.8	79.7	106.2	141.5	192.3	257.7	309.9

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin A (µg RE)						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	93.4	113.4	141.5	179.1	255.9	354.7	447.3
1-2.....	3.1	59.7	75.2	104.2	150.2	216.5	302.3	365.9
3-5.....	4.7	48.1	64.3	95.7	138.6	200.3	290.9	381.0
5 and under.....	8.9	56.4	71.7	103.4	149.7	213.8	309.0	389.5
Males:								
6-11.....	4.6	40.1	52.1	77.1	117.7	171.0	243.6	306.1
12-19.....	5.8	19.3	30.2	50.9	78.2	129.9	192.1	244.5
20-29.....	7.3	17.0	24.4	39.7	69.6	109.7	173.9	247.3
30-39.....	8.2	21.0	27.7	46.8	78.6	128.4	212.8	277.6
40-49.....	6.9	21.1	27.8	49.8	85.2	137.4	209.6	279.0
50-59.....	4.6	20.0	30.2	50.0	86.0	138.2	219.7	284.3
60-69.....	3.4	24.6	33.9	54.3	96.3	151.0	244.6	306.3
70 and over.....	3.3	23.8	33.9	56.1	95.7	155.9	237.6	328.8
20 and over.....	33.9	20.3	28.2	47.4	81.0	133.9	212.3	281.8
Females:								
6-11.....	4.4	33.8	44.2	68.1	99.7	148.7	230.5	285.1
12-19.....	5.6	16.4	23.9	42.5	69.7	117.7	175.8	252.7
20-29.....	7.0	18.6	24.2	41.6	71.3	120.5	197.5	269.6
30-39.....	8.7	19.5	27.1	42.7	78.7	132.0	224.1	278.2
40-49.....	6.9	20.3	27.8	46.1	80.4	137.4	214.3	265.5
50-59.....	5.2	23.3	32.4	54.2	88.0	152.0	241.6	293.2
60-69.....	4.2	21.9	32.7	54.4	91.2	150.2	238.4	303.2
70 and over.....	4.8	26.8	37.8	59.5	97.7	151.2	246.4	342.3
20 and over.....	36.8	20.9	28.3	47.7	82.1	138.5	226.7	293.7
All individuals.....	100.0	21.7	30.5	51.8	88.4	146.8	229.2	299.3

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin E						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	84.8	161.4	232.5	317.3	426.8	564.3	619.9
1-2.....	3.1	29.1	36.1	49.0	66.0	88.0	128.9	155.8
3-5.....	4.7	32.1	39.2	54.0	71.0	95.8	124.6	152.2
5 and under.....	8.9	31.6	39.0	54.0	74.3	111.0	242.1	372.6
Males:								
6-11.....	4.6	35.3	44.4	59.0	82.2	107.5	145.4	161.4
12-19.....	5.8	33.4	40.9	57.1	81.4	113.8	148.8	173.4
20-29.....	7.3	27.0	37.8	56.2	84.5	115.8	160.2	182.6
30-39.....	8.2	34.5	43.4	62.5	87.8	123.7	171.2	215.0
40-49.....	6.9	29.3	38.6	57.5	85.9	121.2	163.9	189.2
50-59.....	4.6	27.4	41.2	56.6	80.8	116.3	156.1	194.4
60-69.....	3.4	30.0	40.8	56.2	76.9	106.5	144.2	175.0
70 and over.....	3.3	23.7	33.0	48.1	70.8	95.3	139.7	167.1
20 and over.....	33.9	29.9	39.5	56.6	82.5	116.0	159.6	197.3
Females:								
6-11.....	4.4	36.6	46.3	60.6	76.3	100.8	127.6	151.1
12-19.....	5.6	27.5	36.8	52.5	74.5	98.9	129.7	150.8
20-29.....	7.0	27.2	33.4	50.9	72.6	101.6	147.5	191.1
30-39.....	8.7	27.3	36.9	52.0	74.9	105.6	142.8	178.1
40-49.....	6.9	30.1	36.7	55.3	79.2	106.7	143.4	176.3
50-59.....	5.2	27.4	35.7	53.6	76.8	109.3	143.8	171.5
60-69.....	4.2	27.9	37.1	50.2	74.2	99.9	128.6	163.0
70 and over.....	4.8	25.7	32.4	48.5	69.9	92.0	129.2	161.8
20 and over.....	36.8	27.4	35.6	51.8	74.5	103.3	141.0	176.3
All individuals.....	100.0	29.4	38.3	54.4	78.0	108.8	150.8	190.3

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin C						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	138.2	168.8	217.2	302.5	396.5	512.5	625.5
1-2.....	3.1	49.5	64.9	119.1	197.7	313.2	462.7	560.4
3-5.....	4.7	43.9	64.5	110.8	174.6	272.6	400.9	515.0
5 and under.....	8.9	48.6	70.2	121.5	197.7	309.5	452.0	551.5
Males:								
6-11.....	4.6	43.8	61.4	106.1	176.3	280.8	406.1	494.0
12-19.....	5.8	27.7	39.2	79.4	156.4	269.0	413.6	547.4
20-29.....	7.3	20.0	33.3	64.6	128.9	253.0	403.9	514.5
30-39.....	8.2	28.4	40.2	65.7	126.9	227.4	406.8	501.8
40-49.....	6.9	21.2	34.5	60.5	121.2	218.8	344.9	431.9
50-59.....	4.6	25.2	38.2	71.8	128.2	238.2	359.9	458.6
60-69.....	3.4	25.5	41.4	76.8	142.4	231.8	362.5	443.0
70 and over.....	3.3	22.4	37.5	75.2	139.6	237.8	324.3	423.0
20 and over.....	33.9	24.2	36.8	66.6	129.6	233.9	368.6	472.2
Females:								
6-11.....	4.4	41.6	56.9	98.5	166.2	262.7	371.1	462.2
12-19.....	5.6	19.9	32.4	64.9	117.0	217.8	346.5	468.6
20-29.....	7.0	16.5	27.9	57.6	113.8	192.7	300.0	381.1
30-39.....	8.7	19.7	28.3	53.8	99.7	182.2	275.4	346.2
40-49.....	6.9	18.3	27.8	57.5	109.7	184.2	290.0	377.2
50-59.....	5.2	24.7	35.5	63.4	122.6	200.1	294.5	368.0
60-69.....	4.2	22.6	33.1	68.1	122.0	200.3	294.6	379.0
70 and over.....	4.8	31.6	39.5	72.1	138.2	214.7	281.4	334.5
20 and over.....	36.8	21.5	31.1	59.9	113.2	195.5	288.7	371.0
All individuals.....	100.0	24.6	36.9	70.0	134.1	230.1	355.3	453.1

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Thiamin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	105.6	122.0	169.9	231.4	305.3	411.2	489.5
1-2.....	3.1	76.3	89.5	115.0	145.8	187.7	239.4	270.5
3-5.....	4.7	78.3	94.3	119.9	149.3	183.3	232.3	271.6
5 and under.....	8.9	79.4	94.3	121.0	153.7	198.4	263.5	313.3
Males:								
6-11.....	4.6	83.8	99.6	124.2	157.3	193.7	251.4	287.7
12-19.....	5.8	62.0	76.9	101.3	135.2	179.2	227.3	245.6
20-29.....	7.3	49.6	62.2	88.5	119.6	154.9	205.6	229.6
30-39.....	8.2	56.6	71.2	88.2	122.3	161.8	220.2	264.8
40-49.....	6.9	50.4	63.6	86.4	118.3	155.0	191.7	223.4
50-59.....	4.6	60.1	76.7	102.4	135.5	178.1	221.3	257.7
60-69.....	3.4	67.9	78.9	103.2	139.0	179.7	222.4	254.7
70 and over.....	3.3	59.2	71.1	97.3	125.5	159.7	209.0	238.8
20 and over.....	33.9	53.8	68.2	91.9	124.6	162.9	211.7	245.3
Females:								
6-11.....	4.4	75.2	85.2	105.6	135.8	168.8	213.1	239.4
12-19.....	5.6	50.7	63.7	91.5	121.5	152.6	192.2	228.2
20-29.....	7.0	46.1	57.5	81.9	111.0	144.7	180.7	219.4
30-39.....	8.7	45.8	60.6	84.7	113.0	146.5	190.3	226.2
40-49.....	6.9	51.4	60.9	81.5	107.8	140.8	184.5	214.3
50-59.....	5.2	59.1	70.7	91.3	119.1	154.7	189.5	217.3
60-69.....	4.2	51.5	65.3	87.7	118.8	150.1	193.5	214.6
70 and over.....	4.8	55.0	65.6	87.7	117.1	147.9	187.6	210.2
20 and over.....	36.8	51.2	62.7	85.5	113.5	147.8	188.1	217.2
All individuals.....	100.0	55.8	68.7	93.1	125.1	163.2	211.0	245.5

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Riboflavin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	124.2	144.6	208.7	251.1	317.9	456.6	502.2
1-2.....	3.1	99.9	118.0	153.0	197.5	251.4	311.4	341.0
3-5.....	4.7	85.7	99.6	127.5	165.4	212.2	268.3	304.0
5 and under.....	8.9	92.4	107.5	141.4	185.2	241.9	306.6	349.5
Males:								
6-11.....	4.6	89.3	103.2	130.5	170.5	211.4	262.1	312.0
12-19.....	5.8	58.1	73.5	102.0	134.4	189.1	239.6	284.1
20-29.....	7.3	51.1	65.8	85.3	115.8	164.9	210.9	236.5
30-39.....	8.2	55.7	65.4	90.6	124.4	164.6	216.1	275.8
40-49.....	6.9	52.2	63.1	88.6	118.1	156.5	201.4	228.3
50-59.....	4.6	61.6	75.1	98.6	131.5	171.8	223.2	259.9
60-69.....	3.4	66.1	79.2	103.5	138.0	184.3	232.8	266.5
70 and over.....	3.3	58.4	75.9	99.7	129.5	165.9	215.0	246.0
20 and over.....	33.9	55.4	67.9	91.7	124.3	166.0	215.5	250.9
Females:								
6-11.....	4.4	74.8	85.0	115.2	148.8	188.0	226.5	260.8
12-19.....	5.6	44.1	58.7	86.4	118.9	162.1	208.9	238.8
20-29.....	7.0	43.5	55.3	78.6	109.1	147.8	184.6	207.4
30-39.....	8.7	48.0	59.7	82.8	109.4	144.4	184.4	221.1
40-49.....	6.9	50.5	58.4	78.9	105.9	138.2	184.5	224.6
50-59.....	5.2	54.8	66.5	86.7	118.0	150.6	189.2	209.5
60-69.....	4.2	50.0	59.7	84.9	118.1	152.0	185.9	212.9
70 and over.....	4.8	54.7	65.3	89.5	116.4	158.0	193.9	227.1
20 and over.....	36.8	49.7	60.8	82.8	111.8	147.7	186.5	218.3
All individuals.....	100.0	54.6	67.9	92.8	126.8	172.2	224.5	262.9

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Niacin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	86.1	102.9	129.5	163.5	232.8	286.7	333.9
1-2.....	3.1	54.6	67.5	93.8	130.1	172.8	218.5	250.3
3-5.....	4.7	68.9	81.5	104.9	137.3	172.1	217.7	251.5
5 and under.....	8.9	62.7	77.4	103.8	138.3	178.3	232.9	263.5
Males:								
6-11.....	4.6	75.8	89.5	116.5	148.0	182.0	229.9	268.5
12-19.....	5.8	65.1	77.7	101.4	137.4	177.7	221.6	250.3
20-29.....	7.3	57.5	75.7	102.4	140.6	186.7	236.4	272.5
30-39.....	8.2	67.1	83.4	111.4	143.8	188.4	249.6	301.4
40-49.....	6.9	66.6	79.8	102.6	133.5	174.5	215.7	255.4
50-59.....	4.6	74.9	88.1	119.7	160.4	209.3	266.6	306.6
60-69.....	3.4	77.4	92.8	123.1	155.8	206.1	247.2	295.9
70 and over.....	3.3	59.2	75.7	105.0	136.8	176.4	219.3	253.4
20 and over.....	33.9	66.1	80.5	108.7	143.7	189.4	240.9	279.6
Females:								
6-11.....	4.4	66.1	75.8	97.4	122.6	161.7	195.9	221.2
12-19.....	5.6	51.2	62.1	86.4	113.3	149.4	187.2	212.8
20-29.....	7.0	52.7	63.7	87.0	114.9	151.6	189.0	214.3
30-39.....	8.7	54.7	65.6	86.9	117.8	153.6	198.3	223.7
40-49.....	6.9	58.9	68.6	89.0	115.1	146.0	192.0	224.6
50-59.....	5.2	62.2	73.8	100.4	135.6	171.2	203.9	231.1
60-69.....	4.2	56.2	70.8	97.6	130.3	166.7	198.3	226.3
70 and over.....	4.8	54.3	68.1	92.3	122.5	162.9	206.4	228.9
20 and over.....	36.8	56.5	68.1	91.0	121.3	158.6	198.6	224.4
All individuals.....	100.0	60.3	73.3	98.5	132.1	172.7	219.3	253.8

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin B-6						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	72.7	80.2	101.8	126.6	168.5	223.1	257.7
1-2.....	3.1	53.7	64.9	87.1	117.5	154.0	195.3	226.4
3-5.....	4.7	60.0	72.7	94.7	123.9	159.5	199.6	236.4
5 and under.....	8.9	58.8	70.6	93.4	121.9	159.3	200.0	236.0
Males:								
6-11.....	4.6	54.3	68.7	90.0	119.6	156.4	199.4	240.5
12-19.....	5.8	41.4	53.8	74.3	103.7	141.4	180.3	215.5
20-29.....	7.3	39.2	49.6	68.1	99.0	137.0	171.0	206.4
30-39.....	8.2	42.1	51.8	74.1	101.3	137.3	187.8	222.5
40-49.....	6.9	39.6	51.2	67.3	94.9	130.0	166.6	189.4
50-59.....	4.6	38.4	47.6	71.5	97.5	127.8	159.6	198.5
60-69.....	3.4	43.2	53.6	72.1	96.0	124.5	158.8	189.0
70 and over.....	3.3	32.4	42.3	64.4	89.4	119.6	151.9	170.3
20 and over.....	33.9	39.7	50.3	69.5	97.4	131.6	168.7	202.4
Females:								
6-11.....	4.4	50.3	58.6	78.9	103.5	136.2	171.3	200.7
12-19.....	5.6	35.5	44.4	65.2	90.6	120.9	162.5	191.1
20-29.....	7.0	34.3	41.6	59.3	83.3	112.5	145.7	171.7
30-39.....	8.7	34.0	43.0	59.7	84.0	117.4	145.5	167.2
40-49.....	6.9	34.5	43.6	61.2	80.3	108.7	142.8	174.6
50-59.....	5.2	34.3	44.9	64.3	87.6	115.2	142.7	166.4
60-69.....	4.2	35.4	43.7	63.8	85.9	109.8	140.8	167.3
70 and over.....	4.8	33.0	42.1	61.5	87.1	119.5	152.1	172.9
20 and over.....	36.8	34.4	43.1	61.0	84.4	114.5	145.6	170.7
All individuals.....	100.0	39.1	49.1	68.4	95.7	129.4	167.7	198.4

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Folate						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	187.7	215.2	285.6	377.4	458.0	575.7	728.8
1-2.....	3.1	131.9	164.5	227.9	316.6	434.3	574.2	682.2
3-5.....	4.7	123.7	148.9	203.6	291.6	396.9	534.6	645.4
5 and under.....	8.9	130.0	156.3	220.2	311.5	419.9	557.3	677.2
Males:								
6-11.....	4.6	98.5	116.5	159.3	237.3	326.6	461.7	583.0
12-19.....	5.8	51.6	65.9	96.2	141.0	214.1	310.3	374.5
20-29.....	7.3	43.4	55.2	82.7	119.8	194.2	267.5	312.8
30-39.....	8.2	50.0	61.2	91.5	129.6	189.8	261.1	317.9
40-49.....	6.9	46.4	62.7	86.9	124.3	180.7	238.9	298.0
50-59.....	4.6	46.0	59.0	88.7	128.2	181.1	250.9	313.8
60-69.....	3.4	52.5	62.9	87.9	125.1	179.8	248.1	312.2
70 and over.....	3.3	42.9	55.8	86.1	122.4	175.9	233.2	276.4
20 and over.....	33.9	46.4	59.2	87.1	125.4	184.1	254.9	308.5
Females:								
6-11.....	4.4	82.9	100.1	141.0	200.0	284.9	384.2	471.6
12-19.....	5.6	41.2	51.0	76.7	113.9	165.8	221.0	277.0
20-29.....	7.0	29.8	42.1	66.6	102.6	149.1	202.8	260.1
30-39.....	8.7	36.5	48.0	64.7	102.5	148.2	206.4	252.6
40-49.....	6.9	38.9	49.1	70.4	105.7	148.4	197.0	240.1
50-59.....	5.2	42.4	51.4	73.0	105.2	153.8	208.6	242.5
60-69.....	4.2	39.8	52.1	76.3	106.1	145.0	200.2	230.8
70 and over.....	4.8	42.0	51.5	77.9	110.2	159.1	217.8	255.0
20 and over.....	36.8	37.6	48.9	70.1	105.4	150.3	205.0	251.7
All individuals.....	100.0	44.9	57.4	86.2	130.2	203.0	307.2	390.9

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Vitamin B-12						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	226.6	273.7	352.8	492.8	649.1	854.6	1003.0
1-2.....	3.1	173.2	210.7	292.4	416.0	553.8	710.5	853.8
3-5.....	4.7	132.8	164.8	238.9	338.2	462.6	614.6	730.5
5 and under.....	8.9	150.4	184.5	269.5	375.8	519.0	686.9	836.2
Males:								
6-11.....	4.6	113.3	137.7	191.5	276.8	376.9	527.0	660.6
12-19.....	5.8	85.5	108.7	163.1	247.5	340.6	485.6	645.6
20-29.....	7.3	64.6	90.9	147.2	229.3	339.8	462.6	606.5
30-39.....	8.2	69.2	96.4	153.1	256.8	375.6	605.1	848.0
40-49.....	6.9	65.5	90.8	145.4	231.8	341.6	480.3	592.6
50-59.....	4.6	66.9	94.5	145.4	219.8	328.5	553.3	744.0
60-69.....	3.4	66.7	88.1	140.0	218.3	321.7	495.5	750.7
70 and over.....	3.3	56.4	81.5	129.8	192.7	281.5	442.4	589.2
20 and over.....	33.9	66.0	91.4	144.8	229.5	341.0	497.1	684.9
Females:								
6-11.....	4.4	93.6	118.2	162.2	233.9	328.4	457.8	545.7
12-19.....	5.6	40.5	59.0	97.1	154.7	229.9	310.8	432.4
20-29.....	7.0	31.1	51.4	93.0	144.7	215.8	302.1	380.0
30-39.....	8.7	38.5	57.6	93.8	153.9	236.4	334.5	402.6
40-49.....	6.9	38.4	54.5	90.4	143.8	213.2	309.7	423.9
50-59.....	5.2	40.9	61.3	88.4	145.3	215.0	304.7	455.1
60-69.....	4.2	43.2	54.8	90.2	143.8	216.6	316.4	427.8
70 and over.....	4.8	35.9	53.8	91.5	140.9	213.3	335.8	473.5
20 and over.....	36.8	37.8	55.4	91.5	146.6	220.1	319.8	422.7
All individuals.....	100.0	52.6	75.8	124.2	200.6	314.7	476.3	622.5

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Calcium						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	62.9	75.1	93.9	125.7	164.7	207.3	229.6
1-2.....	3.1	39.8	48.2	68.8	98.2	129.5	165.9	194.1
3-5.....	4.7	39.9	47.6	69.5	92.7	121.4	154.1	176.6
5 and under.....	8.9	40.9	49.9	71.8	98.1	129.5	167.0	194.3
Males:								
6-11.....	4.6	44.6	55.0	76.1	106.5	143.8	175.6	197.6
12-19.....	5.8	30.7	39.4	57.8	85.8	115.3	166.2	195.1
20-29.....	7.3	30.1	37.3	54.9	86.3	120.5	174.1	208.8
30-39.....	8.2	38.1	51.1	70.6	104.4	149.3	205.3	268.6
40-49.....	6.9	35.6	43.6	67.7	97.0	137.6	187.8	220.3
50-59.....	4.6	35.4	43.6	60.4	85.9	121.3	163.6	192.8
60-69.....	3.4	35.2	43.4	63.1	89.2	126.2	157.4	183.9
70 and over.....	3.3	34.4	42.6	59.1	85.6	117.0	155.3	172.9
20 and over.....	33.9	34.7	43.5	63.3	92.9	130.5	179.8	213.5
Females:								
6-11.....	4.4	36.9	48.1	67.0	92.0	121.6	157.3	183.4
12-19.....	5.6	17.6	23.5	37.1	54.7	80.5	109.6	126.2
20-29.....	7.0	17.9	26.4	41.1	64.5	88.0	113.3	138.7
30-39.....	8.7	27.2	33.4	51.1	72.0	100.7	129.8	165.6
40-49.....	6.9	25.0	31.7	46.9	69.8	98.0	129.2	148.3
50-59.....	5.2	27.9	33.6	48.7	71.4	96.3	125.7	146.5
60-69.....	4.2	23.4	30.2	45.9	65.6	95.4	125.8	140.6
70 and over.....	4.8	25.5	34.0	46.4	67.3	95.0	130.2	146.0
20 and over.....	36.8	24.5	31.3	46.9	68.0	95.7	126.2	146.4
All individuals.....	100.0	28.6	37.0	54.9	81.0	115.5	155.3	187.0

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Phosphorus						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	59.7	70.7	98.0	119.7	157.1	200.1	218.2
1-2.....	3.1	56.3	68.3	88.2	113.6	141.5	170.0	192.2
3-5.....	4.7	63.4	75.1	95.8	120.9	146.9	179.3	200.4
5 and under.....	8.9	60.6	72.2	93.9	118.2	146.8	179.4	204.7
Males:								
6-11.....	4.6	75.5	84.3	107.7	143.3	178.8	210.6	239.4
12-19.....	5.8	61.8	77.8	96.2	123.5	161.2	208.4	244.9
20-29.....	7.3	65.0	77.7	107.0	148.7	197.3	263.6	302.4
30-39.....	8.2	85.9	104.5	139.3	185.6	236.2	293.6	351.6
40-49.....	6.9	83.5	99.8	134.3	170.9	223.8	276.1	305.8
50-59.....	4.6	80.6	96.5	124.8	163.6	208.0	253.9	291.6
60-69.....	3.4	79.8	94.8	120.8	158.9	199.5	236.7	267.4
70 and over.....	3.3	67.6	82.5	113.3	142.7	180.4	219.8	239.4
20 and over.....	33.9	76.4	92.4	123.3	163.6	213.1	265.6	304.4
Females:								
6-11.....	4.4	65.1	76.8	95.5	123.5	153.7	190.6	211.4
12-19.....	5.6	41.1	47.0	62.3	85.1	107.8	141.8	154.5
20-29.....	7.0	38.9	51.7	71.9	102.1	134.3	164.7	184.3
30-39.....	8.7	52.9	69.6	94.2	125.2	149.5	185.8	222.6
40-49.....	6.9	58.6	70.5	91.3	118.1	149.7	188.1	208.9
50-59.....	5.2	59.7	70.2	93.9	121.3	147.1	178.2	206.8
60-69.....	4.2	53.3	63.6	87.7	115.9	140.8	173.2	191.8
70 and over.....	4.8	53.6	63.8	82.9	112.3	140.5	176.7	198.2
20 and over.....	36.8	51.4	64.1	87.0	116.4	144.2	178.2	202.6
All individuals.....	100.0	58.1	70.8	96.0	129.0	170.0	219.7	256.4

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Magnesium						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	91.5	109.0	133.0	178.9	235.9	298.6	352.6
1-2.....	3.1	115.0	135.9	176.4	219.3	273.0	322.6	374.0
3-5.....	4.7	91.2	105.8	136.3	177.3	225.9	288.0	326.0
5 and under.....	8.9	97.2	114.0	145.2	191.2	246.8	307.0	343.2
Males:								
6-11.....	4.6	67.6	77.1	101.1	130.7	170.5	215.1	242.9
12-19.....	5.8	37.5	44.3	61.2	84.9	111.0	141.7	156.4
20-29.....	7.3	34.9	43.5	61.2	82.5	111.3	144.9	160.8
30-39.....	8.2	43.4	52.0	68.1	89.7	117.4	151.7	180.5
40-49.....	6.9	40.6	50.1	66.0	88.4	115.2	141.9	163.4
50-59.....	4.6	37.6	48.1	65.3	86.2	108.4	134.4	152.7
60-69.....	3.4	41.2	49.7	63.7	82.6	105.7	128.4	146.0
70 and over.....	3.3	36.8	42.7	58.7	75.5	95.3	122.9	145.3
20 and over.....	33.9	39.4	48.0	64.3	84.8	111.3	141.9	161.0
Females:								
6-11.....	4.4	56.7	70.2	89.9	116.6	149.3	185.3	209.2
12-19.....	5.6	30.8	38.0	51.2	67.9	89.7	113.5	127.6
20-29.....	7.0	34.3	43.5	55.9	72.5	94.4	124.2	136.3
30-39.....	8.7	33.7	42.0	59.0	76.8	99.6	124.8	140.1
40-49.....	6.9	38.6	46.2	60.9	78.0	101.1	120.8	138.8
50-59.....	5.2	41.9	49.6	63.6	80.7	101.7	124.1	142.1
60-69.....	4.2	36.6	43.5	59.0	78.7	97.7	116.7	127.4
70 and over.....	4.8	34.7	43.3	57.7	76.7	97.9	120.7	137.5
20 and over.....	36.8	36.6	44.3	58.9	77.5	99.2	122.6	138.6
All individuals.....	100.0	39.0	47.7	64.2	87.3	119.6	166.4	207.5

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Iron						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	61.6	90.3	133.3	185.0	246.2	342.6	380.4
1-2.....	3.1	41.2	51.8	68.9	93.0	130.8	173.9	202.3
3-5.....	4.7	55.7	66.2	86.9	111.3	142.9	189.1	218.7
5 and under.....	8.9	50.6	60.7	81.0	110.6	153.7	204.8	255.9
Males:								
6-11.....	4.6	72.8	82.6	105.9	139.1	177.3	243.7	281.3
12-19.....	5.8	68.4	85.3	109.7	138.6	190.9	258.1	318.6
20-29.....	7.3	74.8	94.0	119.3	166.5	223.1	302.5	352.2
30-39.....	8.2	82.4	99.1	124.7	168.5	228.2	322.9	393.6
40-49.....	6.9	75.9	87.0	121.7	160.4	222.0	278.6	336.9
50-59.....	4.6	70.9	87.4	118.6	153.7	208.6	275.3	318.8
60-69.....	3.4	76.8	89.9	118.2	154.5	208.5	279.3	348.0
70 and over.....	3.3	65.0	76.3	105.4	146.3	194.0	257.3	323.2
20 and over.....	33.9	73.9	90.3	119.5	160.0	217.2	289.3	351.5
Females:								
6-11.....	4.4	55.3	67.5	87.6	110.3	148.2	192.7	232.1
12-19.....	5.6	36.0	44.5	58.7	80.1	102.7	137.7	166.7
20-29.....	7.0	31.5	38.2	55.0	77.4	101.0	146.2	165.7
30-39.....	8.7	32.5	41.3	56.1	75.2	102.6	135.4	166.1
40-49.....	6.9	36.5	43.2	56.5	74.4	95.8	134.0	161.5
50-59.....	5.2	51.4	61.8	80.2	105.3	144.1	180.1	221.0
60-69.....	4.2	49.8	61.2	81.0	109.3	145.7	184.3	210.1
70 and over.....	4.8	48.2	58.6	82.7	111.4	151.9	199.3	225.5
20 and over.....	36.8	36.9	45.5	62.1	87.2	120.2	163.5	195.3
All individuals.....	100.0	45.6	56.8	80.4	116.9	168.3	233.0	284.3

Note: Excludes breast-fed children.

Continued

Table 3C.--Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-96--continued

Sex and age (years)	Percentage of population	Zinc						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
	<i>Percent</i>	<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	66.1	79.3	96.2	119.5	148.7	196.0	232.8
1-2.....	3.1	34.0	40.7	51.5	66.3	86.1	111.3	131.4
3-5.....	4.7	41.0	47.3	59.6	77.8	100.4	128.3	146.4
5 and under.....	8.9	38.9	45.6	58.2	77.5	104.0	134.8	161.1
Males:								
6-11.....	4.6	47.1	55.7	71.2	95.4	121.3	158.6	190.1
12-19.....	5.8	39.5	49.0	66.3	84.9	115.1	145.6	176.6
20-29.....	7.3	36.4	47.3	62.8	83.7	114.2	147.5	170.4
30-39.....	8.2	36.2	43.7	65.5	92.2	121.9	161.1	218.8
40-49.....	6.9	36.1	44.1	61.3	82.7	109.1	141.9	161.0
50-59.....	4.6	36.0	42.9	57.0	80.6	104.3	140.5	158.9
60-69.....	3.4	34.4	41.8	53.8	75.8	98.2	129.8	150.4
70 and over.....	3.3	27.2	35.2	48.4	65.6	85.4	109.4	131.0
20 and over.....	33.9	34.7	42.9	58.9	82.3	110.3	143.1	169.9
Females:								
6-11.....	4.4	42.1	48.0	61.3	81.9	105.3	142.6	160.3
12-19.....	5.6	31.6	38.4	51.3	73.6	97.6	127.9	148.6
20-29.....	7.0	29.4	35.1	51.4	68.4	90.9	120.4	140.5
30-39.....	8.7	29.8	36.9	51.3	71.3	93.1	121.4	142.3
40-49.....	6.9	29.4	37.4	51.6	69.4	91.3	118.6	145.6
50-59.....	5.2	31.1	38.1	50.8	65.7	88.1	109.3	126.6
60-69.....	4.2	28.1	34.1	47.9	64.9	85.2	106.9	122.3
70 and over.....	4.8	27.3	33.0	46.7	64.2	83.4	106.9	127.9
20 and over.....	36.8	29.8	36.1	50.3	67.5	89.3	115.7	136.1
All individuals.....	100.0	33.1	40.7	55.7	76.2	102.1	133.6	158.2

Note: Excludes breast-fed children.

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

Table 8B.--Food obtained and eaten away from home: Percentages of users reporting at least one item from a source, by sex and age, 1 day, 1994-96

Sex and age (years)	Percentage of population	Individuals eating away from home	Source							
			Restaurant	Fast food place	Someone else/gift	Store	School cafeteria	Other cafeteria	Day care	Other
	<i>Percent</i>	<i>Percent</i>	<i>Percent of users</i>							
Males and females:										
Under 1.....	1.1	16.2	† 1.0	† 12.4	† 43.0	† 42.7	† 0.0	† 0.0	† 4.5	† 1.4
1-2.....	3.1	36.7	12.1	27.9	35.1	20.8	† 1.4	† 1.5	19.4	5.7
3-5.....	4.7	54.0	13.4	25.6	31.5	17.4	15.6	† .9	20.6	8.5
5 and under.....	8.9	43.3	12.5	25.6	33.1	19.6	10.7	1.1	19.5	7.4
Males:										
6-11.....	4.6	67.5	11.5	23.2	25.5	14.4	49.6	† 1.4	3.6	9.6
12-19.....	5.8	72.0	12.5	40.2	20.4	24.8	33.8	† 1.7	† .4	17.7
20-29.....	7.3	71.2	29.7	43.7	19.0	31.9	2.3	6.8	† .3	30.6
30-39.....	8.3	66.9	26.5	35.5	19.1	31.7	† 1.1	9.5	† .0	32.9
40-49.....	7.0	66.2	30.7	35.9	15.4	28.3	2.3	10.2	† .0	28.3
50-59.....	4.6	59.1	39.1	30.9	12.3	25.4	† 1.7	8.2	† .0	28.4
60-69.....	3.4	47.9	42.4	27.3	18.1	13.5	† .9	7.2	† .7	22.1
70 and over.....	3.4	31.3	46.7	21.0	20.1	11.4	† .0	7.4	† .2	17.1
20 and over.....	33.9	61.2	32.2	35.6	17.3	27.7	1.7	8.5	† .1	29.1
Females:										
6-11.....	4.4	66.2	8.9	25.9	31.5	16.2	49.9	† 1.1	5.2	9.1
12-19.....	5.6	64.3	19.5	33.0	31.4	24.6	33.6	† 1.0	† .4	19.6
20-29.....	7.0	63.0	35.6	37.5	22.5	25.8	2.6	10.0	† 1.2	27.3
30-39.....	8.8	56.5	27.3	35.7	22.4	23.8	† 2.3	11.4	† 1.3	27.5
40-49.....	6.9	54.6	36.0	31.2	22.5	24.1	3.1	9.7	† .1	28.9
50-59.....	5.2	52.0	34.6	22.5	23.7	20.9	2.8	10.4	† .3	24.0
60-69.....	4.1	39.9	40.4	19.5	29.1	15.9	† 1.4	7.7	† .9	16.9
70 and over.....	4.9	26.9	40.4	12.7	26.6	10.4	† 1.8	6.4	† 1.6	17.8
20 and over.....	36.8	51.0	34.1	30.3	23.5	22.3	2.5	9.9	.9	25.6
All individuals.....	100.0	57.1	26.9	32.2	22.7	23.7	12.0	6.7	2.2	23.0

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

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

Table 28.--Vitamin and mineral supplements: Percentages of individuals using and type, by sex and age, 1994-96

Sex and age (years)	Percentage of population	Individuals using supplements	Type of supplement			
			Multivitamin	Multivitamin with iron or other minerals	Combination of vitamin C and iron	Single vitamins/ minerals
	<i>Percent</i>		<i>Percent of individuals</i>			
Males and females:						
Under 1.....	1.1	15.3	5.6	5.6	† 0.2	† 4.3
1-2.....	3.1	44.9	21.3	19.0	1.6	4.3
3-5.....	4.7	56.1	27.6	24.3	2.7	4.9
5 and under.....	8.9	47.1	22.6	20.1	2.0	4.6
Males:						
6-11.....	4.6	46.1	23.9	17.1	2.4	5.6
12-19.....	5.8	29.2	14.6	7.6	3.0	8.8
20-29.....	7.3	36.4	18.8	9.7	3.2	9.6
30-39.....	8.3	39.7	20.6	14.1	3.1	10.2
40-49.....	7.0	43.8	20.6	14.1	† 1.5	15.6
50-59.....	4.6	43.8	21.6	12.0	2.3	19.2
60-69.....	3.4	47.6	20.5	15.4	1.5	22.7
70 and over.....	3.4	47.1	19.2	15.7	2.4	20.1
20 and over.....	33.9	41.9	20.2	13.2	2.5	14.6
Females:						
6-11.....	4.4	41.7	20.1	15.7	2.2	6.3
12-19.....	5.6	39.3	15.7	12.5	4.0	11.8
20-29.....	7.0	52.0	22.7	21.9	3.9	13.7
30-39.....	8.8	54.4	19.8	25.6	3.5	17.5
40-49.....	6.9	56.7	21.9	21.8	3.7	23.8
50-59.....	5.2	62.6	24.5	20.7	4.7	32.7
60-69.....	4.1	57.3	21.5	19.4	2.6	30.9
70 and over.....	4.9	53.6	23.1	15.7	2.7	23.2
20 and over.....	36.8	55.8	22.1	21.5	3.6	22.4
All individuals.....	100.0	46.8	20.7	16.8	2.9	15.3

† See "Statistical notes," appendix B.

Note: Excludes breast-fed children.

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

Table Notes

Table 3A. Nutrient intakes: percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 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 (Food and Nutrition Board, National Research Council 1989, p.2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. Safety factors for the various nutrients were assigned in different ways and are of different magnitudes; 75 percent of the RDA for one nutrient does not necessarily correspond to 75 percent of the RDA for another nutrient. The levels of RDA to which individuals' intakes are compared in this table were selected arbitrarily and do not correspond to any particular measure of nutritional deficiency.
- 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 (Food and Nutrition Board, National Research Council 1989, p. 9). For most nutrients, RDAs are intended to be average intakes over at least 3 days; for others, (for example, vitamins A and B-12), they may be averaged over several months (Food and Nutrition Board, National Research Council 1989, p. 20). Estimates in this table are based on 2-day averages of intakes.

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

- This table 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 in this table were selected arbitrarily and do not correspond to any particular measure of toxicity.

Table 3C. Nutrient intakes: intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 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 (Food and Nutrition Board, National Research Council 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.

- Presented here are the 5th, 10th, 25th, 50th, 75th, 90th, and 95th percentiles of the distributions of nutrient intakes expressed as percentages of RDA. The percentile in the column heading indicates the percentage of the population that has intakes equal to or below the percentage of the RDA given in the body of the table. For example, for women 20 years and over, the intake of calcium at the 50th percentile was 68 percent of the RDA. This means that half of the adult women had intakes equal to or below 68 percent of the RDA.

Table 8B. Food obtained and eaten away from home: Percentages of users reporting at least one item from a source, by sex and age, 1 day, 1994-96.

- For each food item, respondents were asked the following question, “Looking at this card, where did you obtain this (food/most of the ingredients for this food)?” Only the most frequently reported places are given in the table; the hand card given to respondents listed 17 options. More than one source per respondent is possible for those who obtained and ate more than one food item away from home. For that reason, percentages across a row do not add to 100 percent.
- The percentages of individuals under each source column are based on individuals who obtained and ate at least one food item away from home (users).

Table 28. Vitamin and mineral supplements: percentages of individuals using and type, by age and sex, 1994–96

- Respondents were asked, “How often, if at all, do you take any vitamin or mineral supplement in pill or liquid form? Would you say every day or almost every day, every so often, or not at all?” Respondents who chose a category other than “not at all” were asked, “Looking at this card, which of these types of supplements do you usually take—a multivitamin, multivitamin with iron or other minerals, combination of vitamin C and iron, or single vitamins or minerals?” Responses are provided as a percent of all individuals, not just those who used supplements. Because multiple answers were possible and the categories “don’t know” and “not ascertained” are not included in the table, percentages across a row may not add to the percentage in the column “individuals using supplements.”

Appendix A. Counts of Day-1 and 2-Day Respondents and Population Percentages, by Sex and Age, 1994–96

The table below shows unweighted counts of survey respondents in each sex-age group included in tables 1 through 28 and the weighted percentages of the population that they represent. Excluded from these counts and population percentages are 135 breast-fed children. Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics believed 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.

The statistics presented in the tables 1 through 28 are based on the data from all appropriate respondents. Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, there are some exceptions:

Appendix A table. Counts of day-1 and 2-day respondents and population percentages, by sex and age, 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)
		<i>Percent</i>		<i>Percent</i>
Males and females:				
Under 1.....	284	1.1	269	1.1
1-2.....	1,376	3.1	1,316	3.1
3-5.....	1,475	4.7	1,432	4.7
5 and under.....	3,135	8.9	3,017	8.9
Males:				
6-11.....	752	4.6	726	4.6
12-19.....	737	5.8	696	5.8
20-29.....	781	7.3	723	7.3
30-39.....	889	8.3	820	8.2
40-49.....	862	7.0	815	6.9
50-59.....	888	4.6	848	4.6
60-69.....	845	3.4	809	3.4
70 and over.....	791	3.4	736	3.3
20 and over.....	5,056	33.9	4,751	33.9
Females:				
6-11.....	740	4.4	706	4.4
12-19.....	732	5.6	702	5.6
20-29.....	720	7.0	675	7.0
30-39.....	816	8.8	774	8.7
40-49.....	902	6.9	870	6.9
50-59.....	864	5.2	824	5.2
60-69.....	789	4.1	755	4.2
70 and over.....	725	4.9	674	4.8
20 and over.....	4,816	36.8	4,572	36.8
All individuals.....	15,968	100.0	15,170	100.0

Note: 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 (Federation of American Societies for Experimental Biology 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 days — 1.60

Daggers in the tables flag estimates that may be less statistically reliable than those which 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.
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 were applied to data in tables 3A, 3B, 8B, and 28 to flag estimates that should be used with caution.
4. Estimated percentiles are flagged according to rules that parallel the cell size rules applied to proportions (rules 2 and 3). Estimated percentiles inside the 25th to 75th range are flagged when the cell size is less than 30 times the average design effect. Estimates of the 25th and lower percentiles are flagged when the cell size is less than 8 times the average design effect divided by p , where p is the level of the percentile expressed as a fraction. Estimates of the 75th and higher percentiles are flagged when the cell size is less than 8 times the average design effect divided by $1-p$. Rule 4 was applied to the percentiles presented in table 3C. For table 3C,

the variance inflation factor used was 1.60, and the 5th, 10th, 25th, 75th, 90th, and 95th percentiles were flagged if the cell sizes were less than 256, 128, 52, 52, 128, and 256, respectively.

References

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