

DATA TABLES:

Results from USDA's
1994 Continuing Survey of Food Intakes by Individuals
and
1994 Diet and Health Knowledge Survey

By Linda E. Cleveland, Joseph D. Goldman, and Lori G. Borrud

Food Surveys Research Group, Beltsville Human Nutrition Research Center,
Agricultural Research Service, U.S. Department of Agriculture, Riverdale, Maryland 20737

DATA TABLES:

Results from USDA's 1994 Continuing Survey of Food Intakes by Individuals and 1994 Diet and Health Knowledge Survey

Results from the first year of USDA's 10th nationwide food consumption survey are contained in this set of tables. Over 5,500 people nationwide participated in the Continuing Survey of Food Intakes by Individuals, popularly known as the *What We Eat in America Survey*. Participants recalled food intake information for 2 separate days. In addition, almost 2,000 of them answered questions on their attitudes and knowledge about dietary guidance and health.

The tables provide national probability estimates for the U.S. population. The results are weighted to adjust for differential rates of selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior. To aid in interpretation, selected notes and highlights are presented on cover pages that accompany each table.

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. The one exception is the sample size for children less than one year of age. Estimates for that group should be used with caution. Statistical issues are discussed in Appendix C.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (Day 1) so that readers can track trends over time from surveys with different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes.

Individuals who wish to conduct their own analyses can order the microdata on CD-ROM (\$50) or magnetic tape (\$240) by writing to the National Technical Information Service at 5285 Port Royal Road, Springfield, VA 22161 or by calling them at (703) 487-4650. To order the CD-ROM, request accession number PB96-501010. To order the magnetic tape, request accession number PB96-500095.

Suggested citation: Cleveland, L.E., Goldman, J.D., and Borrud, L.G. 1996. Data Tables: Results from USDA's 1994 Continuing Survey of Food Intakes by Individuals and 1994 Diet and Health Knowledge Survey. Agricultural Research Service, U.S. Department of Agriculture, Riverdale, MD 20737.

April, 1996

List of Tables

Table 1.	<u>Nutrient Intakes</u> : Mean amount consumed per individual, by sex and age, 1 day, 1994.	Table 9.1 to Table 9.7	<u>Food Intakes</u> : Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994.
Table 2.	<u>Nutrient Intakes</u> : Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994.	Table 10.1 to Table 10.7	<u>Food Intakes</u> : Percentage of individuals consuming foods from various food groups, by sex and age, 1 day, 1994.
Table 3.	<u>Nutrient Intakes</u> : Percentages of individuals meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994.	Table 11.	<u>Weight Status</u> : Percentage of overweight individuals 20 years of age and older in the United States, by sex and age, 1994.
Table 4.	<u>Nutrient Intakes</u> : Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994.	Table 12.	<u>Physical Activity</u> : Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994.
Table 5.	<u>Nutrient Intakes</u> : Percentages of individuals meeting recommendations for total fat, saturated fat, and cholesterol, by sex and age, 2-day average, 1994.	Table 13.	<u>Perceived Diet Quality</u> : Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1994.
Table 6.	<u>Nutrient Intakes</u> : Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994.	Table 14.	<u>Perceived Importance of Dietary Guidance</u> , individuals 20 years of age and older, by sex, 1994.
Table 7.	<u>Nutrient Intakes</u> : Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994.	Appendix A.	Counts of Day 1 and 2-day respondents and population percentages, by sex and age, 1994.
Table 8.	<u>Nutrient Intakes</u> : Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994.	Appendix B.	Descriptions of food groups used in tables 9.1 to 9.7 and 10.1 to 10.7.
		Appendix C.	Statistical Notes.

TABLE 1. NUTRIENT INTAKES: MEAN AMOUNT CONSUMED PER INDIVIDUAL, BY SEX AND AGE, 1 DAY, 1994

Selected highlights--

Among adults 20 years of age and older--

- Men consume an average of about 2,500 calories per day. Women consume an average of about 1,600 calories per day.
- The average cholesterol intake by men (334 milligrams per day) exceeds the recommendation to consume no more than 300 milligrams per day.¹ Women's average intake (212 milligrams per day) meets the recommendation.
- Average daily sodium intakes from foods alone are over 4,000 milligrams for men and almost 3,000 milligrams for women. Total intakes of sodium are even higher because these values do not include sodium from salt added to foods at the table. These intakes exceed the recommendation to consume no more than 2,400 milligrams per day.¹
- Men consume an average of 19 grams of dietary fiber per day, and women consume an average of 14 grams. The National Cancer Institute recommends that people consume 20 to 30 grams of dietary fiber daily.²

¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. 1995. Nutrition and Your Health: Dietary Guidelines for Americans. 4th ed. Home and Garden Bulletin No. 232.

² National Cancer Institute. Rev. 1987. Diet, nutrition & cancer prevention: A guide to food choices. NIH Publication no. 87-2878. U.S. Dept. of Health and Human Services, Public Health Service.

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994

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>	
Males and females:								
Under 1.....	1.0	840	22.8	37.4	15.8	10.5	8.2	66
1-2.....	3.2	1,322	50.0	48.0	19.6	17.6	7.2	185
3-5.....	4.7	1,552	55.0	58.0	21.8	22.2	9.8	183
5 and under.....	8.9	1,392	49.7	52.1	20.3	19.3	8.7	171
Males:								
6-11.....	4.6	1,980	70.4	73.8	27.4	28.5	12.5	234
12-19.....	5.7	2,760	97.4	100.6	35.4	39.2	18.4	327
20-29.....	7.0	2,943	110.8	108.9	37.6	42.2	20.6	375
30-39.....	8.8	2,614	100.3	100.8	33.9	39.0	20.2	351
40-49.....	6.7	2,448	100.1	93.6	31.2	36.2	18.7	343
50-59.....	4.7	2,160	85.0	82.2	26.1	31.9	17.8	295
60-69.....	3.5	2,079	83.7	80.5	26.4	31.0	16.6	302
70 and over.....	3.3	1,873	74.0	71.1	24.0	27.4	14.0	275
20 and over.....	34.0	2,460	96.1	93.6	31.4	36.2	18.7	334
Females:								
6-11.....	4.4	1,747	61.1	64.8	23.8	24.8	11.4	195
12-19.....	5.5	1,898	67.5	69.4	24.8	26.6	12.7	220
20-29.....	7.1	1,791	65.9	66.1	22.8	25.0	13.3	225
30-39.....	8.9	1,648	64.0	60.4	19.9	23.1	12.6	209
40-49.....	6.7	1,663	65.3	61.6	20.2	23.5	13.1	213
50-59.....	5.2	1,559	62.9	59.4	19.3	22.2	13.2	217
60-69.....	4.3	1,507	61.0	56.4	18.6	21.2	12.0	215
70 and over.....	4.7	1,363	56.4	47.9	15.7	18.0	10.3	188
20 and over.....	36.9	1,613	63.2	59.5	19.8	22.5	12.6	212
All individuals.....	100.0	1,985	75.6	74.2	25.4	28.4	14.6	257

Excludes breast-fed children

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994--continued

Sex and age (years)	Carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		----- Micrograms retinol equivalents -----		----- Milligrams alpha-tocopherol equivalents -----	----- Milligrams -----	
Males and females:							
Under 1.....	104.3	3.1	993	194	13.6	96	.90
1-2.....	177.4	8.8	741	273	4.6	97	1.11
3-5.....	208.8	10.2	756	244	5.6	93	1.29
5 and under.....	186.1	8.9	776	249	6.1	95	1.18
Males:							
6-11.....	266.1	13.3	1,061	354	6.9	96	1.76
12-19.....	372.1	17.4	1,010	297	9.7	122	2.10
20-29.....	344.9	18.6	953	428	10.1	121	2.06
30-39.....	316.8	19.2	1,087	482	12.2	113	2.07
40-49.....	288.7	18.6	1,161	543	10.0	104	1.96
50-59.....	262.7	17.5	1,038	528	9.3	102	1.78
60-69.....	250.1	18.6	1,244	641	9.2	100	1.70
70 and over.....	234.8	18.2	1,560	641	9.6	100	1.69
20 and over.....	294.9	18.6	1,129	521	10.4	109	1.93
Females:							
6-11.....	237.2	11.6	792	246	6.4	98	1.45
12-19.....	257.7	13.1	884	373	6.8	96	1.47
20-29.....	228.5	12.4	764	340	7.2	89	1.34
30-39.....	210.7	13.4	982	521	7.1	79	1.33
40-49.....	214.0	14.4	952	570	8.2	94	1.34
50-59.....	192.5	14.0	943	513	7.2	93	1.27
60-69.....	191.8	15.3	1,115	586	6.8	103	1.29
70 and over.....	182.1	14.0	1,049	509	6.0	87	1.24
20 and over.....	206.4	13.8	953	500	7.1	89	1.31
All individuals.....	251.0	15.0	994	448	8.2	99	1.59

Excludes breast-fed children

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Males and females:							
Under 1.....	1.40	10.9	.63	113	† 3.72	671	536
1-2.....	1.67	13.0	1.31	176	3.34	823	954
3-5.....	1.75	15.6	1.40	206	3.49	796	1,010
5 and under.....	1.68	14.2	1.29	185	3.46	792	938
Males:							
6-11.....	2.29	21.3	1.86	288	4.83	972	1,251
12-19.....	2.57	28.0	2.21	328	5.86	1125	1,619
20-29.....	2.50	32.9	2.47	321	5.97	1025	1,691
30-39.....	2.36	29.6	2.37	325	6.14	943	1,546
40-49.....	2.23	28.7	2.16	297	5.98	895	1,527
50-59.....	1.99	26.3	2.04	281	5.48	728	1,300
60-69.....	2.03	25.1	2.01	279	6.04	766	1,308
70 and over.....	2.10	22.5	1.98	297	7.42	750	1,217
20 and over.....	2.25	28.5	2.23	305	6.10	884	1,482
Females:							
6-11.....	1.92	17.7	1.48	237	3.74	859	1,121
12-19.....	1.82	18.8	1.54	236	4.12	809	1,148
20-29.....	1.65	19.0	1.52	224	3.94	725	1,098
30-39.....	1.60	19.0	1.54	228	4.19	638	1,031
40-49.....	1.58	19.5	1.49	227	3.85	663	1,029
50-59.....	1.50	18.7	1.51	218	4.40	607	1,001
60-69.....	1.55	18.0	1.48	224	5.25	602	968
70 and over.....	1.50	17.6	1.48	229	4.62	547	893
20 and over.....	1.57	18.8	1.51	225	4.29	639	1,015
All individuals.....	1.93	22.3	1.79	259	4.91	798	1,224

† See "Statistical notes," Appendix C.
Excludes breast-fed children

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Males and females:						
Under 1.....	94	16.0	5.7	.8	507	1,084
1-2.....	185	10.9	7.2	.7	1,988	2,000
3-5.....	196	11.9	7.9	.8	2,419	1,999
5 and under.....	181	12.0	7.4	.8	2,056	1,900
Males:						
6-11.....	243	15.9	10.5	1.0	3,067	2,409
12-19.....	311	19.2	14.2	1.4	4,223	3,023
20-29.....	350	19.3	15.1	1.6	4,574	3,337
30-39.....	341	19.4	15.0	1.6	4,317	3,326
40-49.....	344	17.9	13.4	1.5	4,197	3,346
50-59.....	302	16.0	12.6	1.4	3,746	2,987
60-69.....	310	17.5	12.6	1.4	3,549	3,054
70 and over.....	288	17.1	12.3	1.4	3,234	2,799
20 and over.....	330	18.2	13.9	1.5	4,084	3,207
Females:						
6-11.....	217	13.0	9.0	.9	2,724	2,113
12-19.....	225	13.8	10.2	1.0	3,081	2,279
20-29.....	223	12.7	9.5	1.1	2,917	2,208
30-39.....	231	12.8	9.6	1.0	2,850	2,253
40-49.....	244	13.2	9.5	1.1	2,833	2,477
50-59.....	237	11.9	8.4	1.0	2,702	2,399
60-69.....	236	12.8	8.7	1.1	2,718	2,415
70 and over.....	217	12.0	8.3	1.0	2,413	2,177
20 and over.....	231	12.6	9.1	1.1	2,768	2,315
All individuals.....	264	15.1	11.0	1.2	3,264	2,615

Excludes breast-fed children

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

TABLE 2. NUTRIENT INTAKES: MEAN INTAKES AS PERCENTAGES OF THE 1989 RECOMMENDED DIETARY ALLOWANCES (RDAs), BY SEX AND AGE, 1 DAY, 1994

Interpreting the data in this table--

- "The RDAs provide a safety factor appropriate to each nutrient and exceed the actual requirements of most individuals."³
"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."⁴ However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes.

Selected highlights--

- Although Americans have a wide variety of nutritious foods from which to choose, some people choose diets that put them at risk for nutrient shortfalls. Average intakes of women 20 years of age and older are below Recommended Dietary Allowances (RDAs) for six nutrients--vitamin E, vitamin B-6, calcium, magnesium, iron, and zinc. Average intakes of men are below RDAs for zinc and magnesium.

³ Food and Nutrition Board, National Research Council. 1989. Recommended Dietary Allowances, 10th edition, National Academy Press, Washington DC, p 2.

⁴ Food and Nutrition Board, National Research Council. 1989. Recommended Dietary Allowances, 10th edition, National Academy Press, Washington DC, p 21.

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994

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 RDA</i>							
Males and females:									
Under 1.....	1.0	110	167	265	395	290	251	304	195
1-2.....	3.2	102	312	185	77	242	159	209	145
3-5.....	4.7	96	264	163	84	215	156	178	143
5 and under.....	8.9	100	271	182	115	233	167	203	149
Males:									
6-11.....	4.6	97	241	153	93	209	171	187	159
12-19.....	5.7	98	180	101	97	218	147	152	148
20-29.....	7.0	101	182	95	101	202	137	147	173
30-39.....	8.8	90	159	109	122	188	138	139	156
40-49.....	6.7	84	159	116	100	174	131	131	151
50-59.....	4.7	91	135	104	94	170	143	138	170
60-69.....	3.5	90	133	124	92	166	142	145	168
70 and over.....	3.3	81	118	156	96	167	141	150	150
20 and over.....	34.0	91	154	113	104	182	138	141	161
Females:									
6-11.....	4.4	88	212	118	90	214	145	160	135
12-19.....	5.5	86	149	111	85	175	133	139	125
20-29.....	7.1	80	134	91	86	141	116	122	123
30-39.....	8.9	74	127	122	87	130	118	121	126
40-49.....	6.7	75	130	119	102	156	121	121	130
50-59.....	5.2	80	126	118	90	154	125	123	141
60-69.....	4.3	79	122	139	85	171	129	129	138
70 and over.....	4.7	72	113	131	75	146	124	125	135
20 and over.....	36.9	77	126	118	88	147	121	123	131
All individuals.....	100.0	87	162	122	97	178	136	143	145

Excludes breast-fed children

Continued

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994

--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent RDA -----								
Males and females:								
Under 1.....	141	372	† 847	133	131	182	202	114
1-2.....	131	352	478	103	119	231	109	72
3-5.....	131	319	396	100	126	189	119	79
5 and under.....	132	337	475	104	124	204	125	80
Males:								
6-11.....	136	286	355	114	147	144	154	98
12-19.....	116	182	293	94	135	90	164	95
20-29.....	124	161	299	110	183	100	193	101
30-39.....	118	163	307	118	193	97	194	100
40-49.....	108	149	299	112	191	98	179	89
50-59.....	102	141	274	91	162	86	160	84
60-69.....	100	139	302	96	164	89	175	84
70 and over.....	99	148	371	94	152	82	171	82
20 and over.....	111	153	305	107	179	94	182	92
Females:								
6-11.....	110	237	270	102	133	128	124	88
12-19.....	104	141	206	67	96	78	91	85
20-29.....	91	116	192	70	107	78	82	76
30-39.....	95	123	208	77	126	82	84	79
40-49.....	93	126	192	82	128	87	88	79
50-59.....	94	121	220	76	125	84	112	70
60-69.....	92	125	263	75	121	84	128	73
70 and over.....	93	127	231	68	112	77	120	69
20 and over.....	93	123	213	75	120	82	98	75
All individuals.....	107	169	281	92	142	102	136	85

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

TABLE 3. NUTRIENT INTAKES: PERCENTAGES OF INDIVIDUALS MEETING 100 PERCENT OF THE 1989 RECOMMENDED DIETARY ALLOWANCES (RDAs), BY SEX AND AGE, 2-DAY AVERAGE, 1994

Interpreting the data in this table--

- "The RDAs provide a safety factor appropriate to each nutrient, and exceed the actual requirements of most individuals."³ 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.

Selected highlights--

- Less than one-fourth of women 20 years of age and older have diets that provide 100 percent of the RDAs for calcium (21%), magnesium (22%), and zinc (17%).

Table 3.--Nutrient Intakes: Percentages of individuals meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994

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>----- Percentage of individuals -----</i>							
Males and females:									
Under 1.....	0.9	56.6	81.3	† 95.3	† 86.8	† 96.1	† 95.4	† 100.0	† 93.5
1-2.....	3.2	45.6	† 98.3	78.2	20.8	83.3	84.3	94.2	75.8
3-5.....	4.7	38.9	† 98.5	74.3	25.2	76.8	85.5	90.7	77.7
5 and under.....	8.9	43.2	96.6	78.0	30.1	81.2	86.1	93.0	78.7
Males:									
6-11.....	4.6	43.3	† 98.1	62.3	36.5	76.7	87.0	89.9	84.3
12-19.....	5.7	36.8	90.9	33.5	36.6	67.9	74.9	71.3	72.8
20-29.....	6.8	38.5	84.4	33.0	38.9	59.0	66.4	68.3	74.4
30-39.....	9.0	26.3	82.9	37.4	42.4	62.4	61.8	65.8	80.3
40-49.....	6.6	30.4	84.5	41.3	44.4	60.8	65.6	67.6	79.8
50-59.....	4.7	34.1	76.5	43.3	33.4	60.6	76.4	72.7	83.8
60-69.....	3.5	35.6	77.1	53.6	34.5	65.2	79.4	74.4	88.2
70 and over.....	3.3	23.8	62.5	47.9	26.0	69.4	74.6	74.7	78.9
20 and over.....	34.0	31.3	80.0	40.8	38.4	62.1	68.5	69.4	80.2
Females:									
6-11.....	4.4	26.6	† 95.7	52.6	25.3	76.9	83.4	87.0	75.2
12-19.....	5.5	25.8	80.7	31.7	27.2	61.8	70.0	63.3	63.6
20-29.....	7.0	18.5	74.0	26.2	22.7	54.3	54.9	57.6	59.2
30-39.....	9.0	15.7	70.7	40.5	27.3	52.0	58.6	60.4	63.2
40-49.....	6.7	13.3	71.8	45.5	33.2	58.2	57.0	59.0	65.8
50-59.....	5.1	18.7	71.2	44.0	31.9	57.5	63.5	60.8	76.5
60-69.....	4.5	15.8	69.5	43.7	28.6	63.8	61.0	62.5	70.5
70 and over.....	4.5	11.1	55.8	51.0	22.1	60.6	60.9	64.1	64.0
20 and over.....	36.9	15.7	69.6	40.9	27.7	56.8	58.9	60.4	65.7
All individuals.....	100.0	27.0	79.8	44.7	32.3	63.5	68.5	69.7	73.4

† See "Statistical notes," Appendix C.
Excludes breast-fed children

continued

Table 3.--Nutrient Intakes: Percentages of individuals meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percentage of individuals</i> -----								
Males and females:								
Under 1.....	78.2	† 100.0	† 100.0	69.4	63.1	† 91.2	80.5	62.3
1-2.....	66.4	† 98.1	† 99.4	45.2	63.0	96.2	46.4	13.6
3-5.....	68.6	† 98.8	† 98.4	40.6	72.0	92.6	58.9	20.8
5 and under.....	68.9	98.7	† 98.9	45.4	67.7	93.7	56.6	22.6
Males:								
6-11.....	66.9	† 95.3	† 95.5	53.3	81.8	75.4	75.4	39.9
12-19.....	51.9	68.3	94.7	35.1	73.1	35.5	81.2	28.4
20-29.....	53.5	64.6	90.0	45.0	83.9	39.0	85.9	37.3
30-39.....	49.7	66.0	88.9	48.3	91.7	37.7	88.1	41.7
40-49.....	45.7	70.2	89.2	49.8	91.5	42.5	86.4	36.4
50-59.....	51.0	66.8	87.8	38.3	89.7	33.7	82.9	30.2
60-69.....	45.9	64.1	86.4	41.1	87.1	34.8	86.2	27.3
70 and over.....	37.0	67.9	85.0	35.8	81.5	23.3	74.1	14.1
20 and over.....	48.2	66.6	88.4	44.6	88.3	36.6	85.0	34.0
Females:								
6-11.....	52.8	92.4	92.7	43.1	75.5	73.2	57.6	28.8
12-19.....	42.8	54.4	76.1	14.4	38.2	19.3	28.8	23.7
20-29.....	30.9	45.1	71.9	17.8	47.6	13.8	20.8	19.8
30-39.....	36.5	50.6	71.8	25.3	72.0	23.8	26.3	20.1
40-49.....	32.8	52.6	74.7	22.6	70.2	27.4	24.4	19.6
50-59.....	34.1	53.0	73.0	19.1	68.9	22.6	51.5	15.1
60-69.....	28.4	54.4	70.5	19.7	64.8	20.9	54.3	10.0
70 and over.....	38.0	57.5	65.4	16.0	55.8	20.9	50.9	11.5
20 and over.....	33.6	51.6	71.5	20.7	63.7	21.7	34.8	17.0
All individuals.....	45.7	65.8	83.3	34.0	72.9	38.6	59.0	25.9

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

TABLE 4. NUTRIENT INTAKES: MEAN PERCENTAGES OF CALORIES FROM PROTEIN, FAT, CARBOHYDRATE, AND ALCOHOL, BY SEX AND AGE, 1 DAY, 1994

Selected Highlights--

The 1995 *Dietary Guidelines for Americans* recommend that people choose a diet that provides no more than 30 percent of calories from total fat and less than 10 percent of calories from saturated fat. Average intakes of adults exceed these recommendations.

- Women 20 years of age and older consume an average of 32 percent of calories from total fat and 11 percent of calories from saturated fat.
- Men 20 years of age and older consume an average of 34 percent of calories from total fat and 11 percent of calories from saturated fat.

Table 4.--Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Total carbohydrate	Alcohol
	<i>Percent</i>	<i>Kilocalories</i>							
Males and females:									
Under 1.....	1.0	840	10.3	40.6	17.1	11.3	9.1	49.6	† *
1-2.....	3.2	1,322	15.2	32.1	13.2	11.7	4.8	54.1	*
3-5.....	4.7	1,552	14.3	33.1	12.5	12.7	5.5	54.1	*
5 and under.....	8.9	1,392	14.2	33.6	13.2	12.2	5.7	53.6	*
Males:									
6-11.....	4.6	1,980	14.4	33.1	12.2	12.8	5.6	53.9	*
12-19.....	5.7	2,760	14.4	32.7	11.5	12.8	6.0	53.7	† .3
20-29.....	7.0	2,943	15.6	32.9	11.4	12.7	6.1	48.2	4.3
30-39.....	8.8	2,614	15.8	34.2	11.4	13.2	7.0	48.8	2.4
40-49.....	6.7	2,448	16.4	33.9	11.2	13.1	6.9	48.2	2.8
50-59.....	4.7	2,160	16.1	33.2	10.5	12.9	7.2	49.2	2.8
60-69.....	3.5	2,079	16.6	34.4	11.2	13.3	7.1	48.4	2.1
70 and over.....	3.3	1,873	16.4	33.4	11.3	12.9	6.5	50.6	1.4
20 and over.....	34.0	2,460	16.0	33.7	11.2	13.0	6.8	48.7	2.8
Females:									
6-11.....	4.4	1,747	14.2	33.2	12.2	12.7	5.9	54.2	† *
12-19.....	5.5	1,898	14.3	32.4	11.6	12.4	5.9	54.8	† .1
20-29.....	7.1	1,791	14.8	32.6	11.1	12.4	6.6	51.5	1.9
30-39.....	8.9	1,648	15.8	32.1	10.6	12.2	6.8	52.0	1.6
40-49.....	6.7	1,663	15.9	33.0	10.9	12.5	7.1	51.6	1.0
50-59.....	5.2	1,559	16.8	33.1	10.8	12.3	7.3	50.3	1.5
60-69.....	4.3	1,507	16.8	33.1	10.9	12.4	7.1	51.0	1.0
70 and over.....	4.7	1,363	17.0	30.9	10.3	11.6	6.4	53.7	.4
20 and over.....	36.9	1,613	16.0	32.5	10.8	12.2	6.9	51.7	1.3
All individuals.....	100.0	1,985	15.5	33.1	11.4	12.6	6.5	51.4	1.5

* Value less than 0.05 but greater than 0.

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

TABLE 5. NUTRIENT INTAKES: PERCENTAGES OF INDIVIDUALS MEETING RECOMMENDATIONS FOR TOTAL FAT, SATURATED FAT, AND CHOLESTEROL, BY SEX AND AGE, 2-DAY AVERAGE, 1994

Selected Highlights--

The 1995 *Dietary Guidelines for Americans* recommend that people 2 years 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 from cholesterol.

Among individuals 20 years of age and older--

- 35 percent of women and 29 percent of men meet the recommendation for total fat.
- 41 percent of women and 34 percent of men meet the recommendation for saturated fat.
- 78 percent of women and 56 percent of men meet the recommendation for cholesterol.

Table 5.--Nutrient Intakes: Percentages of individuals meeting recommendations for total fat, saturated fat, and cholesterol, by sex and age, 2-day average, 1994

Sex and age (years)	Percentage of population	Total fat	Saturated fatty acids	Cholesterol
		Individuals at or below 30 percent of calories from total fat	Individuals below 10 percent of calories from saturated fatty acids	Individuals at or below 300 milligrams of cholesterol
	<i>Percent</i>	<i>Percent of individuals</i>	<i>Percent of individuals</i>	<i>Percent of individuals</i>
Males and females:				
Under 1.....	0.9	† 7.1	† 7	† 90.9
1-2.....	3.2	34.4	19.7	84.6
3-5.....	4.7	27.9	20.6	86.7
5 and under.....	8.9	28.1	18.2	86.4
Males:				
6-11.....	4.6	25.5	21.1	78.9
12-19.....	5.7	28.9	28.5	53.2
20-29.....	6.8	28.8	30.4	49.1
30-39.....	9.0	26.1	32.7	55.4
40-49.....	6.6	25.9	31.4	55.5
50-59.....	4.7	30.2	36.7	52.4
60-69.....	3.5	35.8	45.4	60.2
70 and over.....	3.3	33.2	35.6	68.6
20 and over.....	34.0	28.9	34.1	55.5
Females:				
6-11.....	4.4	31.3	22.5	83.9
12-19.....	5.5	29.4	27.9	78.2
20-29.....	7.0	34.0	32.6	73.7
30-39.....	9.0	37.9	44.7	81.0
40-49.....	6.7	32.0	39.8	74.4
50-59.....	5.1	33.4	43.1	76.7
60-69.....	4.5	36.1	43.0	80.5
70 and over.....	4.5	38.9	44.2	80.7
20 and over.....	36.9	35.4	41.0	77.7
All individuals.....	100.0	31.2	33.5	69.9

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

TABLE 6. NUTRIENT INTAKES: MEAN PERCENTAGES OF NUTRIENT INTAKE CONTRIBUTED BY FOODS EATEN AT BREAKFAST, BY SEX AND AGE, 1 DAY, 1994

Information about the data in this table--

An individual's intake of each nutrient from breakfast was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If breakfast contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean.

Selected highlights--

Among adults 20 years of age and older--

- Men consume an average of 17 percent of calories, 16 percent of total fat, and 18 percent of cholesterol at breakfast. Percentages are similar for women.
- Men's mean percentage of calories and total fat contributed by foods eaten at breakfast increase with age.
- At breakfast, women consume only 18 percent of their calories, but about 23-24 percent of their calcium, iron, and magnesium. Calcium, iron, and magnesium are nutrients that are often low in women's diets.

Table 6.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	14.7	14.9	10.5	8.0	12.1	12.2	23.8
1-2.....	22.9	20.7	36.1	12.1	19.2	27.1	33.1
3-5.....	24.6	21.2	40.8	15.0	18.7	30.7	34.0
5 and under.....	22.9	20.3	35.8	13.2	18.1	27.4	32.5
Males:							
6-11.....	22.6	18.3	39.8	13.6	17.1	30.4	33.6
12-19.....	19.7	16.6	32.5	13.5	17.1	26.3	26.2
20-29.....	15.8	13.8	19.9	11.3	14.0	19.4	17.5
30-39.....	18.0	15.9	24.0	9.2	17.9	19.1	23.1
40-49.....	18.3	15.4	21.8	10.5	17.8	20.8	21.1
50-59.....	22.6	20.1	27.4	12.6	20.1	23.0	26.4
60-69.....	24.7	20.5	28.7	10.5	21.1	25.6	28.3
70 and over.....	27.5	25.7	31.8	14.1	23.9	30.0	31.6
20 and over.....	19.8	17.4	24.4	11.0	18.3	21.8	23.4
Females:							
6-11.....	22.5	17.3	36.9	13.9	16.7	30.6	32.1
12-19.....	17.6	13.7	26.3	11.9	13.6	22.6	23.8
20-29.....	18.4	14.9	25.5	12.5	14.6	22.0	22.8
30-39.....	21.7	16.7	24.0	9.3	18.4	18.1	25.5
40-49.....	19.7	15.6	19.6	8.6	14.9	19.7	21.0
50-59.....	23.8	20.9	24.9	10.8	19.1	23.5	26.6
60-69.....	22.2	18.4	23.0	11.1	16.4	23.9	24.6
70 and over.....	27.0	24.4	29.4	11.1	18.6	29.8	30.9
20 and over.....	21.7	17.9	24.2	10.4	16.9	22.1	24.9
All individuals.....	20.9	17.6	27.2	11.4	17.3	23.5	25.8

Excludes breast-fed children

Continued

Table 6.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994

--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- Percent -----							
Males and females:							
Under 1.....	22.1	21.1	15.8	13.8	12.7	16.5	16.5
1-2.....	35.1	28.7	34.3	40.0	30.0	29.4	26.9
3-5.....	36.9	28.4	35.1	41.6	32.3	32.8	28.9
5 and under.....	34.6	27.8	32.7	38.0	29.3	29.8	26.8
Males:							
6-11.....	36.4	29.6	34.8	43.4	30.0	30.9	26.3
12-19.....	29.1	21.2	25.6	31.7	25.3	25.6	22.1
20-29.....	18.1	13.7	16.3	19.7	15.3	16.3	15.0
30-39.....	24.9	18.3	19.4	23.6	21.9	22.9	18.5
40-49.....	21.9	16.7	17.9	22.1	18.2	21.1	18.4
50-59.....	28.1	21.7	23.4	27.9	23.4	26.2	22.5
60-69.....	30.7	22.7	24.2	28.0	27.2	29.9	25.2
70 and over.....	32.5	26.6	29.3	34.9	26.0	29.4	26.0
20 and over.....	24.7	18.7	20.5	24.6	21.0	23.0	19.7
Females:							
6-11.....	33.8	27.0	32.4	38.0	29.2	28.5	25.3
12-19.....	24.1	19.3	21.7	27.3	17.9	20.3	17.5
20-29.....	24.8	19.5	21.7	24.2	21.1	21.0	18.2
30-39.....	26.6	20.5	19.9	25.3	21.8	25.3	20.3
40-49.....	22.3	18.4	18.3	22.3	18.4	21.3	17.6
50-59.....	27.1	21.1	21.3	27.2	21.1	26.4	21.7
60-69.....	26.5	21.5	21.5	25.6	21.4	25.4	22.0
70 and over.....	32.0	26.2	28.8	33.7	25.6	29.2	24.7
20 and over.....	26.2	20.8	21.5	25.9	21.4	24.4	20.4
All individuals.....	27.3	21.4	23.5	28.3	22.7	24.7	21.2

Excludes breast-fed children

Continued

Table 6.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1994--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	16.9	23.3	13.4	12.6	12.6	13.4
1-2.....	25.8	36.1	24.5	20.9	19.6	23.4
3-5.....	27.2	34.6	24.9	21.2	20.6	25.4
5 and under.....	25.6	33.9	23.5	20.1	19.3	23.4
Males:						
6-11.....	24.9	32.6	23.4	18.6	19.8	22.9
12-19.....	20.8	24.4	18.4	17.0	17.4	20.4
20-29.....	14.9	16.7	12.7	13.1	12.4	15.1
30-39.....	19.6	21.7	17.1	15.9	15.7	18.6
40-49.....	19.5	19.8	15.2	16.1	15.9	18.8
50-59.....	24.3	24.6	19.9	18.2	18.1	22.6
60-69.....	25.9	28.5	21.1	19.3	18.8	23.6
70 and over.....	29.3	32.5	23.3	22.8	19.8	25.6
20 and over.....	20.8	22.4	17.2	16.7	16.1	19.6
Females:						
6-11.....	23.0	30.9	22.4	18.4	19.3	22.5
12-19.....	17.4	21.9	15.5	14.9	14.1	17.1
20-29.....	18.8	22.1	17.2	16.0	14.8	18.9
30-39.....	21.8	22.9	17.9	18.1	15.6	20.4
40-49.....	21.6	21.1	16.3	15.9	12.8	20.8
50-59.....	24.2	25.5	18.7	19.0	17.0	22.3
60-69.....	24.4	23.7	18.2	17.7	15.5	22.4
70 and over.....	28.9	31.1	21.8	22.3	17.6	25.4
20 and over.....	22.7	23.9	18.1	17.9	15.4	21.3
All individuals.....	22.0	24.9	18.6	17.5	16.4	20.8

Excludes breast-fed children

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

TABLE 7. NUTRIENT INTAKES: MEAN PERCENTAGES OF NUTRIENT INTAKE CONTRIBUTED BY FOODS EATEN AT SNACKS (INCLUDING BEVERAGE BREAKS), BY SEX AND AGE, 1 DAY, 1994

Information about the data in this table--

An individual's intake of each nutrient from snacks was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If snacks contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean.

Interpreting data in this table--

- The specific wording of the question on which this table is based is:

Looking at this card, please tell me what you would call this occasion?

*breakfast
brunch
lunch
dinner
supper
food and/or beverage break
snack
alcoholic beverage
other beverage
feeding (infant only)
other (specify)*

In this table, "snack" refers to any eating occasion designated by the respondent as a food and/or beverage break, including the snack, alcoholic beverage, and other beverage subcategories.

Selected highlights--

- Americans consume an average of 17 percent of their calories and 15 percent of their total fat intake at snacks.
- Adolescents consume about 21 percent of their calories, and about 20 percent of both total fat and saturated fat from snacks.

Table 7.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	17.2	6.8	18.4	† 8.0	19.9	19.4	13.2
1-2.....	27.0	20.2	17.4	18.0	22.9	26.6	18.5
3-5.....	23.3	19.5	13.1	13.4	20.8	19.9	14.2
5 and under.....	24.0	18.4	15.2	14.5	21.4	22.2	15.7
Males:							
6-11.....	20.6	18.0	12.7	14.7	18.5	14.3	12.3
12-19.....	24.0	18.8	14.2	14.8	20.5	16.3	14.5
20-29.....	21.6	16.2	14.7	14.6	16.3	14.1	14.0
30-39.....	19.0	13.8	11.2	9.3	12.6	10.7	10.3
40-49.....	19.9	14.0	12.2	9.8	13.5	11.6	12.1
50-59.....	17.3	11.2	9.2	8.8	11.0	12.1	9.7
60-69.....	17.2	13.0	9.7	9.0	13.2	11.4	10.2
70 and over.....	13.8	10.7	7.4	7.9	10.5	10.8	8.4
20 and over.....	18.8	13.6	11.3	10.3	13.2	11.9	11.1
Females:							
6-11.....	22.4	17.4	14.3	14.3	18.9	17.9	13.5
12-19.....	24.2	19.0	18.4	17.0	19.6	19.6	15.3
20-29.....	19.2	13.8	9.9	10.2	12.8	14.1	10.1
30-39.....	19.1	13.4	11.6	12.7	12.8	13.6	10.2
40-49.....	19.6	14.5	10.2	9.6	13.3	11.8	11.3
50-59.....	17.2	11.8	9.9	7.9	11.8	13.3	10.1
60-69.....	17.5	12.6	9.7	7.6	12.6	13.7	10.0
70 and over.....	13.7	9.1	6.4	5.7	9.7	9.9	8.4
20 and over.....	18.1	12.8	9.9	9.5	12.3	12.9	10.1
All individuals.....	19.8	14.7	11.9	11.4	14.9	14.2	11.7

† See "Statistical notes," Appendix C.
Excludes breast-fed children

Continued

Table 7.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	14.8	13.5	16.8	17.7	19.2	17.4	16.5
1-2.....	21.4	14.0	18.7	17.1	19.2	25.2	21.6
3-5.....	16.4	11.7	14.3	14.3	13.6	17.1	15.5
5 and under.....	18.0	12.8	16.2	15.7	16.3	20.0	17.8
Males:							
6-11.....	13.9	10.6	12.4	12.0	10.6	15.5	14.0
12-19.....	16.6	14.1	15.0	15.6	11.8	17.8	16.7
20-29.....	16.9	14.2	14.9	17.8	12.5	18.6	16.5
30-39.....	13.8	9.5	11.0	12.3	9.2	14.9	12.4
40-49.....	15.4	11.5	13.1	14.5	10.3	17.0	13.9
50-59.....	12.7	8.1	9.7	10.7	8.1	14.6	11.6
60-69.....	12.3	9.3	10.0	11.0	8.5	14.9	12.2
70 and over.....	10.1	7.0	9.0	8.7	7.2	11.7	9.4
20 and over.....	14.1	10.4	11.7	13.2	9.7	15.7	13.1
Females:							
6-11.....	15.8	11.2	12.5	13.9	11.9	16.7	15.0
12-19.....	19.2	13.0	15.1	16.4	15.9	21.2	18.7
20-29.....	13.1	8.9	10.7	12.6	8.6	15.0	13.1
30-39.....	13.5	9.1	11.7	12.6	8.3	14.5	12.8
40-49.....	13.7	10.3	9.7	11.2	9.8	15.3	13.2
50-59.....	13.6	8.2	10.3	11.3	9.6	15.1	12.1
60-69.....	12.1	7.8	9.6	10.3	8.0	14.3	11.1
70 and over.....	9.7	6.5	7.8	7.8	7.3	11.1	9.2
20 and over.....	12.8	8.7	10.2	11.3	8.6	14.4	12.2
All individuals.....	14.5	10.4	12.0	13.0	10.5	16.1	13.8

Excludes breast-fed children

Continued

Table 7.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	14.9	14.6	18.0	17.7	16.8	17.1
1-2.....	22.4	16.1	17.6	21.4	16.0	23.8
3-5.....	17.8	14.2	13.6	19.6	13.0	17.9
5 and under.....	19.2	14.9	15.5	20.0	14.5	20.0
Males:						
6-11.....	16.3	12.6	12.4	17.1	12.0	14.9
12-19.....	19.1	14.7	14.4	19.6	14.4	17.2
20-29.....	19.6	13.2	13.3	18.8	12.6	16.0
30-39.....	14.6	10.1	9.6	14.4	9.5	12.6
40-49.....	15.9	12.3	11.3	14.8	10.5	14.3
50-59.....	13.4	9.2	9.2	12.6	8.0	11.7
60-69.....	14.0	9.2	9.6	13.9	8.5	12.5
70 and over.....	10.2	7.6	7.6	10.2	7.1	9.9
20 and over.....	15.2	10.7	10.4	14.7	9.8	13.2
Females:						
6-11.....	17.5	14.3	12.9	19.0	13.2	16.3
12-19.....	19.9	15.6	15.4	18.9	15.4	18.5
20-29.....	15.9	10.1	10.4	15.7	9.2	13.7
30-39.....	14.9	10.4	10.0	13.8	9.5	13.7
40-49.....	15.2	11.5	11.3	15.2	10.0	13.2
50-59.....	13.5	10.1	10.6	14.0	8.0	13.3
60-69.....	13.6	9.5	9.2	12.9	8.2	12.6
70 and over.....	10.1	7.5	7.6	9.8	6.5	9.4
20 and over.....	14.2	10.0	10.0	13.8	8.8	12.9
All individuals.....	15.8	11.6	11.4	15.7	10.7	14.4

Excludes breast-fed children

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

TABLE 8. NUTRIENT INTAKES: MEAN PERCENTAGES OF NUTRIENT INTAKE CONTRIBUTED BY FOODS OBTAINED AND EATEN AWAY FROM HOME, BY SEX AND AGE, 1 DAY, 1994

Information about the data in this table--

An individual's intake of each nutrient from foods obtained and eaten away from home was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by such foods. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If foods obtained and eaten away from home contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean.

Selected highlights--

- About one-fourth of calories consumed by both men and women 20 years of age and older are from foods obtained and eaten away from home.
- Among adults, calories from foods obtained and eaten away from home are highest among those age 20-29 years and lowest among those 70 years and older .

Table 8.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Individuals eating away	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>								
<i>----- Percent -----</i>									
Males and females:									
Under 1.....	1.0	† 9.8	† 1.8	† 1.8	† 1.6	† 1.6	† 1.7	† 1.6	† 2.3
1-2.....	3.2	34.7	13.5	13.8	14.4	13.6	15.2	15.2	14.1
3-5.....	4.7	49.3	20.0	20.1	21.1	21.3	21.5	20.1	21.2
5 and under.....	8.9	39.8	15.7	15.9	16.6	16.4	17.1	16.3	16.6
Males:									
6-11.....	4.6	66.5	26.8	27.1	27.9	28.9	28.3	25.7	27.4
12-19.....	5.7	70.1	35.0	34.1	37.8	38.2	38.4	36.7	34.8
20-29.....	7.0	70.1	40.8	39.7	41.1	40.9	41.9	40.5	39.7
30-39.....	8.8	65.8	30.0	29.8	32.0	31.8	32.2	32.3	29.9
40-49.....	6.7	65.1	27.0	26.5	28.4	27.9	28.7	28.9	28.8
50-59.....	4.7	55.4	25.0	24.5	26.3	26.0	26.1	27.0	26.5
60-69.....	3.5	48.0	19.8	20.2	21.5	21.3	21.7	21.4	20.9
70 and over.....	3.3	25.0	11.6	12.5	13.1	13.0	13.0	13.4	13.4
20 and over.....	34.0	59.4	28.1	27.8	29.5	29.2	29.8	29.7	28.7
Females:									
6-11.....	4.4	62.5	27.1	27.1	28.2	29.4	28.3	26.0	27.9
12-19.....	5.5	65.9	33.5	31.4	35.2	34.7	35.9	35.2	31.5
20-29.....	7.1	60.7	34.1	34.6	36.2	35.8	36.4	36.4	35.4
30-39.....	8.9	55.7	25.9	26.0	27.3	27.5	27.0	27.9	27.8
40-49.....	6.7	57.3	25.3	25.5	27.2	27.7	27.4	27.1	26.8
50-59.....	5.2	56.6	24.5	25.1	27.6	26.9	28.0	28.9	27.3
60-69.....	4.3	39.3	18.4	19.3	20.4	20.4	20.6	20.2	21.2
70 and over.....	4.7	28.9	14.0	14.1	15.5	14.8	15.9	15.5	15.5
20 and over.....	36.9	51.8	24.8	25.1	26.8	26.6	26.9	27.1	26.7
All individuals.....	100.0	56.3	26.4	26.3	28.0	27.9	28.3	27.9	27.3

† See "Statistical notes," Appendix C.
Excludes breast-fed children

Continued

Table 8.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	† 1.9	† 2.3	† 2.5	† 2.9	† 1.6	† 2.3	† 1.9
1-2.....	13.0	13.8	10.4	12.9	14.2	11.8	12.0
3-5.....	19.5	19.4	15.9	20.2	19.0	15.9	17.2
5 and under.....	15.2	15.5	12.4	15.7	15.4	13.0	13.7
Males:							
6-11.....	26.3	27.3	21.3	27.3	25.8	22.7	21.8
12-19.....	34.0	34.7	30.0	34.1	35.8	31.3	31.3
20-29.....	39.9	39.6	36.0	39.5	39.6	37.0	38.5
30-39.....	29.1	27.4	24.4	28.2	29.4	25.1	26.7
40-49.....	25.4	24.2	20.4	22.8	25.4	22.4	23.8
50-59.....	23.5	23.0	22.4	25.2	24.8	22.7	23.3
60-69.....	18.0	17.7	18.6	20.4	20.5	14.3	18.2
70 and over.....	9.9	10.1	10.1	13.1	11.4	10.2	9.8
20 and over.....	26.8	26.0	23.8	26.8	27.4	24.2	25.6
Females:							
6-11.....	26.9	26.8	25.7	28.7	26.1	22.9	23.6
12-19.....	33.0	31.9	27.8	32.3	33.6	29.4	29.6
20-29.....	32.5	33.5	30.4	34.5	34.6	31.5	32.2
30-39.....	25.0	24.0	22.9	24.5	25.1	23.1	22.8
40-49.....	23.9	24.0	21.7	24.4	25.5	23.1	23.0
50-59.....	22.4	22.7	22.2	26.1	27.0	20.6	22.4
60-69.....	16.8	16.9	17.5	19.6	19.1	15.4	17.7
70 and over.....	12.6	12.6	11.6	15.2	14.1	10.8	11.3
20 and over.....	23.4	23.4	22.0	24.9	25.2	21.9	22.5
All individuals.....	25.3	25.0	22.7	25.9	26.2	22.9	23.7

† See "Statistical notes," Appendix C.
Excludes breast-fed children

Continued

Table 8.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- Percent -----							
Males and females:							
Under 1.....	† 2.0	† 2.2	† 2.1	† 2.1	† 2.6	† 1.3	† 1.7
1-2.....	11.1	13.4	11.8	11.2	11.9	11.3	12.7
3-5.....	17.3	17.9	16.1	15.7	18.7	18.7	19.4
5 and under.....	13.4	14.6	13.0	12.6	14.5	14.2	15.0
Males:							
6-11.....	23.1	22.0	20.5	18.8	26.0	26.7	26.3
12-19.....	31.2	32.7	31.3	29.9	34.4	33.7	34.1
20-29.....	38.0	40.4	39.5	38.6	39.2	38.0	38.8
30-39.....	26.3	28.3	26.4	26.2	28.4	27.4	28.8
40-49.....	23.7	26.0	24.1	23.7	26.2	24.4	25.9
50-59.....	22.9	24.5	24.1	23.3	24.3	22.2	23.7
60-69.....	17.8	20.0	19.2	17.8	20.7	17.3	19.0
70 and over.....	9.5	11.2	10.3	9.7	11.8	10.1	11.0
20 and over.....	25.2	27.3	26.0	25.4	27.3	25.6	26.9
Females:							
6-11.....	25.9	23.1	23.2	22.4	27.5	29.8	28.0
12-19.....	29.1	30.0	29.2	28.2	31.4	31.8	31.7
20-29.....	31.6	33.4	31.6	31.5	32.6	31.7	32.8
30-39.....	22.4	24.3	23.2	22.6	25.2	23.1	24.8
40-49.....	23.3	24.1	23.1	22.7	21.9	24.8	25.0
50-59.....	21.5	24.8	22.8	21.1	24.3	21.3	23.3
60-69.....	16.4	18.7	18.0	16.8	19.3	16.1	17.7
70 and over.....	10.8	13.4	11.6	10.7	13.5	11.3	12.4
20 and over.....	22.0	24.1	22.7	21.9	23.7	22.5	23.8
All individuals.....	23.5	25.0	23.7	23.0	25.4	24.5	25.4

† See "Statistical notes," Appendix C.
Excludes breast-fed children

Continued

Table 8.--Nutrient Intakes: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1994--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	† 1.6	† 2.1	† 1.9	† 2.6	† 1.9	† 1.7
1-2.....	12.5	12.1	12.7	13.6	14.2	13.2
3-5.....	18.3	17.3	19.2	19.2	20.4	19.2
5 and under.....	14.4	13.8	15.0	15.4	16.2	15.1
Males:						
6-11.....	25.4	22.7	25.7	27.1	27.1	27.6
12-19.....	33.0	32.0	33.7	34.1	34.8	34.0
20-29.....	39.2	38.4	38.9	39.5	39.9	39.7
30-39.....	27.5	28.3	28.6	28.0	30.0	28.1
40-49.....	24.6	24.7	25.9	24.2	27.5	25.0
50-59.....	22.9	23.5	23.8	23.7	26.3	23.8
60-69.....	18.1	19.6	20.4	18.5	20.3	18.7
70 and over.....	10.5	10.1	11.8	11.4	12.9	11.4
20 and over.....	26.1	26.4	27.1	26.5	28.4	26.7
Females:						
6-11.....	26.4	23.2	26.1	26.5	26.7	27.3
12-19.....	30.8	29.4	30.3	32.0	33.0	31.8
20-29.....	32.8	32.8	33.9	34.0	34.7	33.2
30-39.....	23.4	24.3	25.4	23.6	26.8	24.0
40-49.....	23.0	22.3	23.3	23.8	26.4	23.4
50-59.....	22.0	23.0	23.6	23.9	26.9	22.3
60-69.....	16.0	18.0	19.3	17.2	18.8	16.4
70 and over.....	12.0	12.9	13.9	13.8	14.3	12.5
20 and over.....	22.6	23.2	24.2	23.7	25.7	23.1
All individuals.....	24.4	24.3	25.4	25.2	26.8	25.1

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

**TABLE 9.1
TO
TABLE 9.7**

FOOD INTAKES: MEAN QUANTITIES (IN GRAMS) CONSUMED PER INDIVIDUAL, BY SEX AND AGE, 1 DAY, 1994

Interpreting data in this table--

- Appendix B lists foods in each food group shown in this table.
- 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 adults, foods tabulated as "mixtures mainly grain" are 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" are 14 percent grain products, 28 percent vegetables, 6 percent milk and milk products, and 34 percent meat, poultry, and fish by weight.
- One ounce (by weight) is equal to 28.35 grams.
- Food group quantities represent average intakes of 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 9.1 to 9.7) by the percentage of individuals using foods from that group (tables 10.1 to 10.7) expressed as a decimal.

Selected highlights--

The 1995 *Dietary Guidelines for Americans* advise people to choose a diet with most of the calories from grain products, vegetables, fruits, lowfat milk products, lean meats, fish, poultry, and dry beans and choose fewer calories from fats and sweets. They place special emphasis on grain products, vegetables, and fruits as key parts of a varied diet.

- Americans consume an average of 300 grams of grain products each day. More than one-third (112 grams) is consumed as grain mixtures--such as lasagna and pizza. Yeast breads and rolls and cereals, rice, and pasta are also substantial contributors.
- Americans consume low levels of nutrient-packed dark green and deep yellow vegetables despite guidance to do otherwise. Men 20 years of age and older consume an average of 21 grams of dark green and deep yellow vegetables per day and women consume an average of 24 grams.
- More than half of the white potatoes eaten by children 6 to 19 years old are in the form of fried potatoes.
- Adolescent boys consume about 1-1/4 cups (305 grams) of fluid milk per day; adolescent girls consume less than 1 cup. For both, about one-third is whole milk and about two-thirds is lowfat or skim milk. By contrast, adolescent boys consumed about 2-2/3 (658 grams) of carbonated soft drinks; adolescent girls, about 1-1/2 cups (381 grams).

Table 9.1.--Grain products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994

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>									
Males and females:											
Under 1.....	1.0	60	† 4	32	† 1	† 4	0	† *	† 3	† 1	19
1-2.....	3.2	207	21	56	15	15	9	9	16	8	95
3-5.....	4.7	249	33	64	20	16	7	14	29	9	99
5 and under.....	8.9	213	26	58	16	14	7	11	22	8	89
Males:											
6-11.....	4.6	285	51	66	34	12	† 13	15	42	12	101
12-19.....	5.7	417	53	82	30	25	18	30	54	17	180
20-29.....	7.0	392	64	71	13	29	† 23	20	39	18	179
30-39.....	8.8	396	67	84	17	39	18	16	43	15	170
40-49.....	6.7	350	64	89	12	38	25	28	44	12	114
50-59.....	4.7	305	61	94	18	36	† 14	24	43	13	70
60-69.....	3.5	293	67	91	16	24	16	26	40	10	60
70 and over.....	3.3	330	58	106	22	† 31	9	19	55	6	87
20 and over.....	34.0	357	64	86	16	34	19	22	43	13	128
Females:											
6-11.....	4.4	260	43	57	22	18	10	16	37	11	94
12-19.....	5.5	317	40	63	16	20	13	16	39	17	142
20-29.....	7.1	261	36	53	14	22	12	19	31	8	114
30-39.....	8.9	254	43	57	10	25	16	15	30	13	96
40-49.....	6.7	280	46	62	9	26	15	17	38	11	105
50-59.....	5.2	225	52	53	11	15	† 6	18	28	6	67
60-69.....	4.3	240	46	58	14	11	† 13	16	34	9	77
70 and over.....	4.7	252	48	72	16	† 15	11	9	42	6	74
20 and over.....	36.9	254	44	59	12	20	13	16	33	9	92
All individuals.....	100.0	300	50	70	16	24	14	18	38	12	112

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 9.2.--Vegetables: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994

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>				
Males and females:											
Under 1.....	1.0	41	† 5	† 1	† *	† 14	† *	0	† 4	† 4	† 14
1-2.....	3.2	78	25	13	4	6	7	† 2	9	9	16
3-5.....	4.7	88	34	19	4	3	12	3	6	9	17
5 and under.....	8.9	80	28	15	4	6	9	2	7	9	16
Males:											
6-11.....	4.6	118	50	28	† 4	7	14	6	† 6	15	16
12-19.....	5.7	154	72	42	† 5	† 2	31	11	† 2	10	21
20-29.....	7.0	221	95	44	† 6	5	37	16	† 11	15	35
30-39.....	8.8	242	84	33	11	6	42	28	11	18	42
40-49.....	6.7	250	75	26	18	6	41	19	10	18	65
50-59.....	4.7	242	79	19	14	8	29	26	6	21	59
60-69.....	3.5	262	73	18	13	13	36	19	13	15	79
70 and over.....	3.3	249	60	10	† 20	15	31	13	14	13	83
20 and over.....	34.0	242	81	28	13	8	37	21	11	17	55
Females:											
6-11.....	4.4	115	36	20	† 6	† 3	11	6	† 8	16	28
12-19.....	5.5	132	54	26	† 5	6	18	11	† 4	10	24
20-29.....	7.1	150	51	26	6	6	23	16	8	14	26
30-39.....	8.9	187	52	17	9	13	32	17	12	15	36
40-49.....	6.7	200	45	14	14	14	32	23	7	12	53
50-59.....	5.2	212	57	10	18	12	29	23	7	14	54
60-69.....	4.3	221	47	8	18	11	28	18	13	8	77
70 and over.....	4.7	188	46	† 3	19	9	23	13	11	13	54
20 and over.....	36.9	190	50	14	13	11	28	18	9	13	47
All individuals.....	100.0	186	59	22	10	8	28	16	9	14	42

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 9.3.--Fruits: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994

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>						
Males and females:											
Under 1.....	1.0	126	† 1	† *	0	125	† 16	† 9	0	37	63
1-2.....	3.2	287	53	47	2	231	25	24	† 10	24	148
3-5.....	4.7	213	56	49	1	153	28	14	10	22	79
5 and under.....	8.9	230	49	43	1	178	25	17	9	24	102
Males:											
6-11.....	4.6	176	58	53	† 1	111	24	12	† 16	23	37
12-19.....	5.7	169	108	99	† *	59	12	7	† 6	† 7	28
20-29.....	7.0	175	97	90	† *	77	† 8	7	† 11	† 14	38
30-39.....	8.8	171	71	59	† 1	99	18	17	† 8	31	† 25
40-49.....	6.7	175	66	53	† 1	95	15	23	† 19	25	† 14
50-59.....	4.7	166	70	60	† 1	93	21	18	18	20	† 16
60-69.....	3.5	179	62	50	† 3	107	21	22	22	31	11
70 and over.....	3.3	194	69	44	† 3	121	26	28	21	27	18
20 and over.....	34.0	175	74	62	1	96	17	18	15	24	22
Females:											
6-11.....	4.4	174	72	66	† *	96	18	6	† 12	26	34
12-19.....	5.5	148	83	79	† 1	63	13	† 5	7	16	20
20-29.....	7.1	139	60	53	† *	73	7	9	11	20	27
30-39.....	8.9	130	46	39	† 1	81	15	17	† 15	14	21
40-49.....	6.7	165	72	59	† *	92	21	15	19	23	† 13
50-59.....	5.2	169	62	50	† 1	106	25	19	30	23	† 9
60-69.....	4.3	196	80	58	† 2	113	21	17	34	26	14
70 and over.....	4.7	171	74	54	† 2	93	23	24	† 10	24	12
20 and over.....	36.9	157	63	51	1	91	18	16	19	21	17
All individuals.....	100.0	171	70	59	1	98	18	15	15	22	29

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 9.4.--Milk and milk products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
		<i>Percent</i>	----- <i>Grams</i> -----							
Males and females:										
Under 1.....	1.0	773	772	† 87	† 67	† 20	0	0	0	† 1
1-2.....	3.2	457	429	391	230	145	12	11	14	13
3-5.....	4.7	389	350	312	147	143	14	9	24	13
5 and under.....	8.9	455	424	316	169	130	12	9	18	12
Males:										
6-11.....	4.6	459	407	341	107	188	36	† 9	39	11
12-19.....	5.7	400	346	305	105	160	† 32	† 2	33	19
20-29.....	7.0	255	199	176	78	64	† 28	† 3	27	23
30-39.....	8.8	260	200	175	36	104	† 26	† 10	28	24
40-49.....	6.7	273	206	177	60	75	37	† 6	43	19
50-59.....	4.7	212	172	154	31	74	45	† 5	25	11
60-69.....	3.5	231	176	162	45	81	† 31	† 3	34	15
70 and over.....	3.3	258	202	186	42	97	38	† 2	35	14
20 and over.....	34.0	252	195	172	50	83	33	6	32	19
Females:										
6-11.....	4.4	399	340	285	101	136	36	† 8	40	17
12-19.....	5.5	285	239	205	75	88	41	† 7	26	14
20-29.....	7.1	228	190	163	75	52	† 35	† 7	16	18
30-39.....	8.9	200	159	133	† 26	69	32	11	20	18
40-49.....	6.7	192	151	135	29	46	56	† 5	23	13
50-59.....	5.2	184	140	118	33	42	31	16	25	15
60-69.....	4.3	194	148	127	25	61	38	† 8	25	18
70 and over.....	4.7	184	140	131	29	62	37	† 2	30	11
20 and over.....	36.9	199	157	136	37	56	38	9	22	16
All individuals.....	100.0	277	229	194	65	89	34	7	27	17

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 9.5.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
		<i>Percent</i>	----- <i>Grams</i> -----								
Males and females:											
Under 1.....	1.0	25	† 3	† *	0	† 2	† 3	† 1	† 1	0	† 14
1-2.....	3.2	93	8	4	† 1	† *	18	17	16	† 4	41
3-5.....	4.7	110	13	8	† *	† *	19	18	16	3	47
5 and under.....	8.9	94	10	6	† *	† *	17	16	14	3	41
Males:											
6-11.....	4.6	131	19	9	0	† 1	22	19	16	† 7	51
12-19.....	5.7	238	31	11	† 1	0	21	40	29	8	119
20-29.....	7.0	304	44	† 15	† 2	† 2	32	47	38	9	147
30-39.....	8.8	262	39	19	† 3	† 1	30	45	35	16	106
40-49.....	6.7	284	33	18	† 2	† 1	33	40	25	14	140
50-59.....	4.7	256	28	20	† 2	† 2	26	35	30	15	122
60-69.....	3.5	242	31	14	† 1	† *	24	25	20	13	123
70 and over.....	3.3	198	18	13	† 2	† 2	24	22	19	13	98
20 and over.....	34.0	266	35	17	† 2	† 1	29	39	30	13	124
Females:											
6-11.....	4.4	117	18	5	† *	0	18	19	15	† 5	51
12-19.....	5.5	164	23	5	† *	† *	16	20	15	† 5	94
20-29.....	7.1	174	15	7	† *	0	17	24	18	10	96
30-39.....	8.9	166	21	10	† *	† 1	20	25	22	6	79
40-49.....	6.7	172	21	10	† *	0	13	24	18	† 7	95
50-59.....	5.2	164	18	9	† 1	† 1	18	34	26	11	71
60-69.....	4.3	166	16	10	† 1	† *	16	18	16	11	92
70 and over.....	4.7	163	12	8	† 2	† *	12	22	17	11	93
20 and over.....	36.9	168	18	9	† 1	† *	16	25	20	9	87
All individuals.....	100.0	195	24	11	1	† 1	21	29	23	9	95

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 9.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994

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>								
Males and females:										
Under 1.....	1.0	†5	†135	0	†*	†*	†*	†1	†*	†*
1-2.....	3.2	14	24	3	2	1	1	17	†1	4
3-5.....	4.7	11	11	6	5	2	3	29	1	6
5 and under.....	8.9	11	29	4	4	2	2	22	1	5
Males:										
6-11.....	4.6	13	12	7	8	3	5	39	1	13
12-19.....	5.7	18	†25	†6	11	2	8	42	2	17
20-29.....	7.0	24	27	5	16	3	11	24	3	10
30-39.....	8.8	23	26	†5	20	5	13	19	4	7
40-49.....	6.7	22	28	6	19	5	11	23	4	8
50-59.....	4.7	22	33	5	21	6	13	19	6	4
60-69.....	3.5	28	39	5	20	6	11	27	7	6
70 and over.....	3.3	20	27	4	15	5	7	21	4	†3
20 and over.....	34.0	23	29	5	19	5	11	22	5	7
Females:										
6-11.....	4.4	12	14	4	7	3	4	37	1	12
12-19.....	5.5	13	18	†2	9	2	6	32	2	13
20-29.....	7.1	15	18	†3	16	2	11	20	3	6
30-39.....	8.9	13	19	2	15	3	10	19	4	5
40-49.....	6.7	17	14	†4	16	4	10	24	3	6
50-59.....	5.2	16	14	†3	19	5	13	18	4	5
60-69.....	4.3	16	23	†3	16	5	11	19	3	2
70 and over.....	4.7	13	22	3	12	4	7	19	3	†2
20 and over.....	36.9	15	18	3	16	4	10	20	4	5
All individuals.....	100.0	17	23	4	14	4	9	24	3	7

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 9.7.--Beverages: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994

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> -----											
Males and females:														
Under 1.....	1.0	† 18	0	0	0	† 18	0	† 1	† 15	† 12	† 3	† 1	† 1	0
1-2.....	3.2	157	0	0	0	157	† *	15	98	85	† 12	43	39	† 4
3-5.....	4.7	269	0	0	0	269	† *	26	131	118	11	111	100	† 11
5 and under.....	8.9	201	0	0	0	201	† *	20	106	95	11	75	67	† 7
Males:														
6-11.....	4.6	383	0	0	0	383	† 1	43	129	118	† 10	210	190	† 18
12-19.....	5.7	1,025	† 47	0	† 47	978	† 13	121	184	147	37	658	625	33
20-29.....	7.0	1,634	† 578	† 17	† 546	1,055	163	155	113	91	† 22	622	533	† 87
30-39.....	8.8	1,437	238	† 10	224	1,199	394	175	79	70	† 9	542	409	132
40-49.....	6.7	1,343	219	† 14	195	1,124	574	166	54	† 39	† 16	324	238	86
50-59.....	4.7	1,219	155	† 15	131	1,064	484	138	97	83	† 14	334	204	130
60-69.....	3.5	1,126	155	† 8	140	971	601	135	† 58	† 54	† 4	167	103	64
70 and over.....	3.3	760	69	† 8	56	691	393	141	38	† 31	† 7	117	85	32
20 and over.....	34.0	1,332	268	13	247	1,064	415	157	77	65	13	407	310	97
Females:														
6-11.....	4.4	326	0	0	0	326	0	41	119	108	† 10	166	144	22
12-19.....	5.5	628	† 2	0	† 1	626	† 11	126	106	99	† 7	381	322	59
20-29.....	7.1	932	110	† 11	92	823	131	162	95	87	† 9	432	344	88
30-39.....	8.9	946	72	† 11	† 57	874	270	186	75	66	† 9	342	213	128
40-49.....	6.7	1,061	36	† 8	19	1,025	485	203	33	26	† 7	304	130	174
50-59.....	5.2	995	56	27	† 23	939	482	163	41	38	† 3	247	113	134
60-69.....	4.3	763	23	† 16	† 4	740	392	138	† 35	21	† 14	173	97	76
70 and over.....	4.7	615	† 4	† 1	0	612	326	168	37	28	† 7	81	47	33
20 and over.....	36.9	908	56	12	38	851	333	173	57	49	8	286	175	111
All individuals.....	100.0	930	115	9	101	816	265	137	84	72	12	326	244	82

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

TABLE 10.1 **FOOD INTAKES: PERCENTAGES OF INDIVIDUALS CONSUMING FOODS FROM VARIOUS FOOD GROUPS, BY SEX AND AGE, 1 DAY, 1994**
TO
TABLE 10.7

Interpreting data in this table--

- Appendix B lists foods in each food group shown in this table.

Selected highlights--

- On a given day, only about half (54%) of Americans eat fruit, and only about three-fourths (79%) consume milk or milk products.
- One-fourth of all Americans eat fried potatoes on a given day.
- One - half of all Americans drink carbonated soft drinks on any given day.

Table 10.1.--Grain products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent</i>		----- <i>Percent</i> -----									
Males and females:											
Under 1.....	1.0	67.0	† 10.8	63.1	† 8.6	† 6.0	† 0.0	† 2.6	15.2	† 8.7	18.9
1-2.....	3.2	† 98.7	52.1	74.4	54.4	14.2	7.8	23.1	44.1	34.4	49.2
3-5.....	4.7	† 99.5	63.6	69.4	53.0	11.4	6.3	27.8	51.7	31.4	47.1
5 and under.....	8.9	95.7	53.7	70.5	48.7	11.8	6.2	23.4	45.0	30.0	44.8
Males:											
6-11.....	4.6	† 98.5	74.0	69.6	60.2	7.7	6.2	19.6	48.2	29.4	45.1
12-19.....	5.7	† 98.4	61.3	44.5	33.0	8.9	6.2	27.8	39.0	23.3	44.6
20-29.....	7.0	94.7	66.6	32.0	16.5	11.6	6.7	18.9	31.2	27.6	42.2
30-39.....	8.8	† 98.2	71.5	42.1	21.7	15.3	8.5	19.5	37.3	23.0	42.0
40-49.....	6.7	† 96.3	67.3	36.1	17.2	12.9	8.6	25.2	40.4	23.2	30.4
50-59.....	4.7	† 96.9	71.2	48.6	26.7	13.8	6.1	25.6	44.3	24.2	21.9
60-69.....	3.5	† 97.0	78.7	49.1	26.2	11.4	8.3	24.4	46.0	24.1	18.3
70 and over.....	3.3	† 99.2	75.7	61.5	39.3	8.4	† 3.5	26.1	48.7	25.0	24.3
20 and over.....	34.0	96.9	70.8	42.3	22.6	12.8	7.3	22.5	39.6	24.5	32.8
Females:											
6-11.....	4.4	† 99.8	71.4	61.5	49.7	10.2	6.8	27.4	54.9	36.2	43.5
12-19.....	5.5	† 97.2	60.7	47.9	28.5	10.3	9.4	19.9	37.3	34.6	46.9
20-29.....	7.1	94.7	59.1	37.4	21.0	12.9	6.3	25.6	31.4	20.7	41.3
30-39.....	8.9	95.9	63.2	40.5	20.6	14.7	8.6	23.4	39.6	28.0	36.6
40-49.....	6.7	95.2	65.8	37.5	17.9	10.7	6.9	22.6	41.3	28.5	34.1
50-59.....	5.2	† 98.6	71.1	41.7	22.1	10.8	5.4	23.0	40.2	20.6	24.8
60-69.....	4.3	† 98.3	72.7	42.5	24.8	8.0	5.6	22.3	43.3	30.4	23.9
70 and over.....	4.7	† 98.9	75.3	60.3	40.2	6.0	4.8	16.0	46.2	25.2	22.8
20 and over.....	36.9	96.6	66.6	42.3	23.4	11.2	6.6	22.5	39.7	25.6	32.2
All individuals.....	100.0	97.0	66.8	47.4	29.0	11.4	6.9	22.8	41.0	26.6	36.1

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 10.2.--Vegetables: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994

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							
			----- Percent -----								
Males and females:											
Under 1.....	1.0	43.3	† 12.0	† 4.6	† .8	15.9	† 1.1	† 0.0	† 5.5	† 5.4	17.0
1-2.....	3.2	75.7	41.9	29.3	7.1	12.7	22.3	6.0	14.0	16.5	20.7
3-5.....	4.7	81.3	44.8	34.0	5.8	8.6	34.0	12.5	11.8	13.6	26.7
5 and under.....	8.9	75.2	40.2	29.1	5.7	10.9	26.2	8.8	11.9	13.7	23.5
Males:											
6-11.....	4.6	82.4	49.1	38.2	5.5	15.7	40.3	12.9	7.6	15.0	29.9
12-19.....	5.7	74.9	49.6	39.7	† 3.8	6.3	44.2	25.4	† 3.1	6.9	30.6
20-29.....	7.0	83.0	50.8	34.1	6.0	8.5	45.8	26.0	7.1	8.3	42.2
30-39.....	8.8	87.9	48.1	31.0	8.8	10.7	43.9	30.3	6.4	12.5	46.1
40-49.....	6.7	85.1	41.5	22.4	11.1	11.3	40.2	31.6	6.8	13.3	48.8
50-59.....	4.7	85.9	46.1	19.3	12.1	12.1	32.3	31.3	6.2	15.8	50.4
60-69.....	3.5	87.9	43.5	19.3	9.9	16.7	40.9	28.9	12.6	11.9	54.6
70 and over.....	3.3	86.2	41.5	13.4	13.4	17.0	39.5	22.9	11.4	15.0	56.4
20 and over.....	34.0	85.9	46.0	25.5	9.7	11.8	41.3	28.9	7.7	12.4	48.3
Females:											
6-11.....	4.4	82.9	46.1	36.1	6.8	11.1	28.9	18.8	10.1	15.9	32.7
12-19.....	5.5	78.5	43.4	31.3	† 4.1	10.2	36.2	21.3	5.3	9.0	36.0
20-29.....	7.1	82.6	41.4	27.5	8.9	11.7	38.1	29.3	7.0	10.6	39.1
30-39.....	8.9	83.2	40.0	20.7	7.5	16.1	40.8	28.4	12.2	13.7	43.8
40-49.....	6.7	83.0	36.5	19.2	13.9	19.6	39.3	32.3	8.6	10.8	49.6
50-59.....	5.2	88.4	44.9	14.7	17.0	18.6	37.7	34.5	7.6	14.9	51.7
60-69.....	4.3	87.3	39.1	12.3	13.9	16.1	39.4	34.1	13.9	9.6	57.8
70 and over.....	4.7	86.6	36.5	6.4	15.7	13.7	36.8	25.2	13.8	15.6	49.6
20 and over.....	36.9	84.7	39.8	18.1	12.1	15.9	38.9	30.4	10.3	12.5	47.4
All individuals.....	100.0	83.2	43.4	25.3	9.2	13.0	38.3	25.9	8.8	12.3	42.5

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 10.3.--Fruits: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<i>Percent</i>										
<i>----- Percent -----</i>											
Males and females:											
Under 1.....	1.0	57.9	† 3.1	† 1.8	† 0.0	56.2	17.5	† 12.3	† 0.0	29.8	32.1
1-2.....	3.2	78.3	26.9	21.5	5.6	68.6	22.9	23.2	6.8	20.7	41.9
3-5.....	4.7	67.8	27.2	22.6	3.6	56.3	22.9	13.0	6.8	17.9	25.0
5 and under.....	8.9	70.6	24.5	20.0	3.9	60.8	22.3	16.6	6.0	20.2	31.9
Males:											
6-11.....	4.6	59.8	23.2	19.9	† 2.3	46.6	18.8	8.9	7.1	17.9	12.8
12-19.....	5.7	44.0	23.5	22.1	† .2	26.6	7.5	6.9	† 3.1	6.2	9.2
20-29.....	7.0	40.4	21.0	17.0	† .4	24.6	5.5	5.1	6.3	7.8	8.1
30-39.....	8.8	45.6	23.3	16.5	† 1.4	33.3	10.9	12.8	4.8	15.9	5.3
40-49.....	6.7	47.4	24.7	18.0	† 1.3	33.9	8.6	15.4	7.9	11.7	† 3.2
50-59.....	4.7	57.8	29.9	23.4	† 2.6	43.6	12.3	15.3	11.0	13.1	5.2
60-69.....	3.5	57.2	26.3	19.6	† 3.7	42.5	12.8	18.5	10.1	15.3	5.1
70 and over.....	3.3	70.6	37.0	23.1	5.9	55.5	15.2	29.0	11.8	17.3	7.5
20 and over.....	34.0	50.2	25.6	18.8	2.0	36.1	10.1	14.2	7.8	13.1	5.6
Females:											
6-11.....	4.4	59.3	29.7	25.8	† .9	43.3	13.4	6.4	4.9	19.4	15.1
12-19.....	5.5	47.1	23.4	20.2	† 1.2	29.8	9.7	4.3	5.5	12.6	7.1
20-29.....	7.1	47.9	22.4	17.4	† .2	31.1	5.2	7.8	5.7	13.7	7.0
30-39.....	8.9	46.0	20.9	13.6	4.2	34.6	10.0	14.0	7.7	11.2	4.6
40-49.....	6.7	53.3	25.7	18.3	† .8	42.1	14.4	12.4	12.3	15.4	5.4
50-59.....	5.2	59.5	32.8	23.3	† 2.4	46.1	14.7	16.9	14.8	18.3	† 3.4
60-69.....	4.3	68.3	39.5	27.0	† 3.7	53.5	14.9	15.4	15.4	17.9	6.1
70 and over.....	4.7	68.9	42.9	32.5	6.9	46.5	14.6	26.0	9.6	18.1	6.7
20 and over.....	36.9	55.1	28.7	20.5	2.8	40.6	11.7	14.6	10.3	15.1	5.5
All individuals.....	100.0	54.1	26.5	20.2	2.3	39.9	12.2	13.0	8.0	14.5	8.9

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 10.4.--Milk and milk products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Total	Milk and yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent</i>		<i>----- Percent -----</i>								
Males and females:										
Under 1.....	1.0	85.0	85.0	† 11.2	† 8.6	† 2.6	† 0.0	† 0.0	† 0.0	† 3.1
1-2.....	3.2	94.2	90.4	88.4	49.8	36.2	3.7	7.4	17.3	32.1
3-5.....	4.7	92.3	87.1	84.3	41.9	40.0	4.9	5.7	23.2	33.0
5 and under.....	8.9	92.2	88.1	77.8	41.2	34.6	4.0	5.7	18.5	29.4
Males:										
6-11.....	4.6	93.7	86.3	80.2	32.0	43.9	10.3	6.2	25.6	30.4
12-19.....	5.7	80.3	62.7	57.3	20.3	31.3	4.4	† 1.0	14.7	35.9
20-29.....	7.0	65.4	42.6	38.1	14.7	15.0	6.9	† 1.4	16.1	36.8
30-39.....	8.8	78.5	52.1	48.2	12.1	27.4	8.4	3.9	14.6	42.5
40-49.....	6.7	72.8	52.1	46.5	17.6	18.8	10.8	† 3.2	20.2	31.9
50-59.....	4.7	71.9	51.6	50.1	12.6	24.3	12.5	† 3.1	17.2	24.0
60-69.....	3.5	80.2	61.5	58.9	15.4	28.8	12.1	† 1.1	19.9	28.0
70 and over.....	3.3	84.6	71.2	68.2	15.3	38.5	13.2	† 1.2	24.9	27.5
20 and over.....	34.0	74.5	52.9	49.1	14.4	23.9	10.0	2.6	17.9	33.7
Females:										
6-11.....	4.4	91.2	81.9	77.0	32.5	38.6	10.5	6.3	29.2	40.4
12-19.....	5.5	77.1	57.2	52.3	20.7	21.6	10.8	† 2.7	15.9	34.5
20-29.....	7.1	71.0	49.6	44.7	19.6	16.3	8.6	† 4.0	12.6	35.4
30-39.....	8.9	75.9	54.9	50.9	12.5	27.0	10.4	5.9	12.9	32.6
40-49.....	6.7	78.8	51.7	48.6	12.3	18.4	17.6	† 3.7	16.0	36.6
50-59.....	5.2	75.4	56.6	50.0	15.0	22.2	12.8	9.5	18.1	28.4
60-69.....	4.3	79.2	63.4	58.6	13.7	26.2	16.5	† 4.4	20.7	30.1
70 and over.....	4.7	82.7	66.9	64.1	17.9	28.8	16.1	† 1.3	25.8	21.1
20 and over.....	36.9	76.7	56.1	51.7	15.0	22.8	13.1	4.9	16.7	31.5
All individuals.....	100.0	79.0	60.8	55.9	19.3	26.3	10.4	4.0	18.1	32.8

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 10.5.--Meat, poultry, and fish: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
		----- Percent ----- Percent -----									
Males and females:											
Under 1.....	1.0	30.0	† 3.9	† 1.0	† 0.0	† 3.0	† 9.6	† 3.6	† 3.6	† 0.0	12.6
1-2.....	3.2	79.8	15.0	12.4	† 1.2	† .2	28.7	27.4	26.2	5.7	28.3
3-5.....	4.7	86.4	16.7	16.2	† .1	† .1	34.4	25.0	22.3	4.5	32.6
5 and under.....	8.9	77.9	14.7	13.2	† .5	† .5	29.6	23.5	21.7	4.5	28.9
Males:											
6-11.....	4.6	89.2	24.5	15.9	† 0.0	† .7	33.8	21.7	18.6	5.4	29.3
12-19.....	5.7	85.5	25.2	16.7	† .6	† 0.0	24.9	23.5	17.9	5.2	36.5
20-29.....	7.0	87.1	24.2	14.6	† 1.3	† .6	30.3	28.4	22.4	5.6	43.3
30-39.....	8.8	88.8	27.2	16.8	† 1.8	† 1.2	31.6	27.6	23.8	10.0	35.7
40-49.....	6.7	88.7	21.4	19.4	† 1.3	† 1.3	30.9	25.0	17.3	9.1	37.1
50-59.....	4.7	93.8	19.0	22.9	† 2.0	† .8	30.9	25.8	20.5	14.1	35.9
60-69.....	3.5	94.1	24.8	22.7	† 1.6	† .4	32.4	21.8	15.4	11.1	41.9
70 and over.....	3.3	90.8	18.4	22.7	† 1.6	† 2.4	34.9	20.6	16.4	8.9	34.2
20 and over.....	34.0	89.8	23.2	18.9	1.6	1.1	31.5	25.7	20.2	9.5	38.1
Females:											
6-11.....	4.4	88.4	25.3	11.2	† .5	† 0.0	33.9	21.6	18.6	† 4.3	30.6
12-19.....	5.5	80.2	22.7	8.8	† .2	† .3	26.8	18.6	15.2	6.1	34.9
20-29.....	7.1	78.7	14.8	12.2	† .3	† 0.0	21.0	22.5	17.3	8.1	37.1
30-39.....	8.9	84.0	19.9	15.4	† .3	† 1.3	25.3	19.9	16.8	6.3	33.9
40-49.....	6.7	83.2	19.6	15.2	† .6	† 0.0	18.8	22.3	16.4	5.3	35.4
50-59.....	5.2	89.7	16.8	17.8	† 1.1	† .9	25.0	30.9	24.1	10.8	29.6
60-69.....	4.3	86.9	19.2	20.3	† 1.1	† .5	23.9	18.0	14.4	8.5	35.7
70 and over.....	4.7	89.6	15.3	18.0	† 2.1	† .5	24.9	22.7	18.0	8.4	38.6
20 and over.....	36.9	84.7	17.8	16.0	.8	† .6	23.0	22.5	17.7	7.6	35.0
All individuals.....	100.0	86.0	20.7	16.2	1.0	.7	27.8	23.5	18.9	7.5	35.1

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 10.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994

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>										
Males and females:										
Under 1.....	1.0	† 11.5	16.4	† 0.0	† 7.8	† 4.4	† 2.8	† 3.9	† .8	† 1.8
1-2.....	3.2	24.2	14.0	13.5	34.8	27.1	10.3	42.4	7.2	17.0
3-5.....	4.7	17.1	10.5	19.3	43.8	28.8	19.3	56.7	12.3	21.2
5 and under.....	8.9	19.1	12.4	15.1	36.7	25.5	14.2	45.8	9.2	17.6
Males:										
6-11.....	4.6	17.1	10.9	20.1	47.8	27.9	25.6	56.8	10.4	28.8
12-19.....	5.7	16.5	10.7	9.0	42.0	16.8	27.5	46.3	12.1	23.4
20-29.....	7.0	18.0	10.5	6.9	44.3	17.0	31.3	41.0	17.4	17.3
30-39.....	8.8	20.1	14.2	8.7	62.2	33.0	33.5	52.3	33.3	14.1
40-49.....	6.7	20.1	16.7	11.7	55.1	33.1	33.7	53.5	31.1	12.8
50-59.....	4.7	20.3	12.4	9.8	65.6	36.2	34.1	56.1	41.2	9.4
60-69.....	3.5	27.1	14.8	11.0	70.2	46.5	32.8	62.3	48.2	12.2
70 and over.....	3.3	26.3	12.6	11.4	65.8	44.9	28.3	64.4	46.6	5.4
20 and over.....	34.0	21.0	13.6	9.5	58.7	32.7	32.6	52.9	33.5	12.8
Females:										
6-11.....	4.4	14.3	14.4	14.4	51.0	29.1	24.8	58.0	12.1	28.8
12-19.....	5.5	15.6	13.0	6.7	42.9	23.0	24.7	52.3	13.3	27.7
20-29.....	7.1	18.7	14.9	6.6	50.7	20.3	31.5	49.5	26.6	14.4
30-39.....	8.9	15.3	13.7	7.1	58.5	32.2	29.9	57.9	38.2	11.1
40-49.....	6.7	17.7	14.3	12.1	64.7	36.1	30.9	63.7	37.9	15.7
50-59.....	5.2	19.3	10.6	8.3	67.4	42.1	40.3	56.9	41.5	11.6
60-69.....	4.3	21.5	15.8	9.0	70.0	45.2	35.3	56.5	34.7	7.7
70 and over.....	4.7	20.5	10.8	14.0	67.4	43.0	27.4	63.3	45.9	7.5
20 and over.....	36.9	18.3	13.5	9.2	61.8	34.9	32.2	57.7	36.9	11.8
All individuals.....	100.0	18.8	13.2	10.4	55.2	31.0	29.4	54.0	28.2	15.7

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

Table 10.7.--Beverages: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1994

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>												
Males and females:														
Under 1.....	1.0	† 8.3	† 0.0	† 0.0	† 0.0	† 8.3	† 0.0	† 2.0	† 5.3	† 3.4	† 1.9	† 1.5	† 1.5	† 0.0
1-2.....	3.2	48.1	† 0.0	† 0.0	† 0.0	48.1	† .4	5.1	29.5	26.8	3.3	22.5	21.0	† 2.0
3-5.....	4.7	67.5	† 0.0	† 0.0	† 0.0	67.5	† .4	9.5	37.8	34.8	4.2	38.0	34.6	3.8
5 and under.....	8.9	54.1	† 0.0	† 0.0	† 0.0	54.1	† .3	7.1	31.2	28.5	3.6	28.4	26.1	2.8
Males:														
6-11.....	4.6	73.6	† 0.0	† 0.0	† 0.0	73.6	† .5	12.7	34.8	31.4	† 4.1	48.8	44.3	6.3
12-19.....	5.7	88.6	† 2.0	† 0.0	† 2.0	88.1	4.1	18.0	26.5	21.8	5.6	73.9	70.7	6.1
20-29.....	7.0	91.7	31.2	5.1	27.9	86.2	21.7	16.0	21.2	18.6	† 3.0	61.9	55.0	7.8
30-39.....	8.8	95.8	23.9	† 3.7	19.4	94.2	54.6	25.8	12.3	11.3	† 1.8	63.1	50.4	16.3
40-49.....	6.7	93.8	22.0	5.3	17.2	92.1	64.0	24.1	9.5	7.2	† 2.4	47.4	35.6	13.5
50-59.....	4.7	† 97.6	26.0	6.4	14.7	† 95.7	69.6	22.6	16.6	15.4	† 1.3	53.4	35.3	19.3
60-69.....	3.5	† 97.0	18.0	† 2.4	11.7	† 97.0	83.6	26.3	10.2	9.6	† 1.2	37.5	24.3	15.3
70 and over.....	3.3	91.1	13.4	† 3.6	7.1	90.8	76.1	27.5	8.6	7.1	† 1.5	29.3	22.3	7.5
20 and over.....	34.0	94.5	23.7	4.5	18.1	92.3	56.8	23.2	13.6	12.0	2.0	52.5	41.0	13.4
Females:														
6-11.....	4.4	71.4	† 0.0	† 0.0	† 0.0	71.4	† 0.0	13.2	35.7	32.4	† 3.3	42.0	37.2	7.0
12-19.....	5.5	88.0	† 1.1	† 0.0	† .2	87.4	† 3.7	20.5	26.7	25.3	† 2.0	64.7	58.2	10.1
20-29.....	7.1	89.4	11.1	† 3.1	6.4	88.8	23.9	28.7	19.3	17.8	† 1.8	60.6	49.4	14.0
30-39.....	8.9	89.6	12.5	4.7	5.4	89.0	44.5	31.5	15.6	13.3	† 2.3	56.5	38.9	18.6
40-49.....	6.7	92.9	9.5	4.3	4.1	92.6	64.9	32.2	9.8	8.2	† 1.5	48.7	26.2	24.5
50-59.....	5.2	† 96.1	13.6	8.9	† 2.9	† 96.1	74.0	31.1	11.1	10.1	† 1.1	50.2	28.3	23.7
60-69.....	4.3	90.5	12.6	7.5	† 1.0	90.5	68.5	33.7	8.5	6.8	† 1.7	39.5	23.1	18.5
70 and over.....	4.7	87.6	† 2.8	† 1.4	† 0.0	87.2	72.0	35.6	10.8	8.8	† 2.0	20.2	12.0	8.8
20 and over.....	36.9	90.9	10.6	4.8	3.8	90.6	54.7	31.8	13.2	11.5	1.8	48.4	31.9	18.2
All individuals.....	100.0	86.9	12.1	3.3	7.7	86.0	39.9	23.6	18.4	16.4	2.4	50.1	38.9	13.0

† See "Statistical notes," Appendix C.

Excludes breast-fed children

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

TABLE 11. WEIGHT STATUS: PERCENTAGES OF OVERWEIGHT INDIVIDUALS 20 YEARS OF AGE AND OLDER IN THE UNITED STATES, BY SEX AND AGE, 1994

Interpreting data in this table--

- For people aged 20 and older, national nutrition objectives for the Year 2000 define overweight as a body mass index (BMI) equal to or greater than 27.8 for men and 27.3 for women. BMI is calculated by dividing weight in kilograms by the square of height in meters.
- BMIs in this table are based on self-reported heights and weights.

Selected highlights--

- Among adults 20 years of age and older, about one in three (31%) are overweight.

Table 11.--Weight Status: Percentages of overweight individuals 20 years of age and older in the United States, by sex and age, 1994

Sex and age (years)	Percentage of population	Overweight
	<i>Percent</i>	<i>----- Percent -----</i>
Males:		
20-29.....	7.0	17.7
30-39.....	8.8	32.8
40-49.....	6.7	38.7
50-59.....	4.7	35.8
60-69.....	3.5	38.0
70 and over.....	3.3	23.4
20 and over.....	34.0	30.9
Females:		
20-29.....	7.1	21.1
30-39.....	8.9	29.8
40-49.....	6.7	34.2
50-59.....	5.2	35.9
60-69.....	4.3	36.9
70 and over.....	4.7	30.1
20 and over.....	36.9	30.7
All 20 and over.....	70.8	30.8

Excludes pregnant women.

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

TABLE 12. PHYSICAL ACTIVITY: FREQUENCY OF VIGOROUS EXERCISE AMONG INDIVIDUALS 20 YEARS OF AGE AND OLDER, BY SEX AND AGE, 1994

Interpreting the data in this table--

- Vigorous exercise is defined as "enough to work up a sweat." Respondents were asked: *How often do you exercise vigorously enough to work up a sweat?*

Selected highlights--

- 30 percent of men and 45 percent of women 20 years of age and older reported that they rarely engaged in vigorous exercise.

Table 12.--Physical activity: Frequency of vigorous exercise among individuals 20 years of age or older, by sex and age, 1994

Sex and age (years)	Percentage of population	Daily	5 - 6 times per week	2 - 4 times per week	Once a week	1 - 3 times per month	Rarely	Don't know	Not ascertained
	<i>Percent</i>	<i>----- Percent -----</i>							
Males:									
20-29.....	7.0	33.2	9.2	27.1	8.3	5.1	17.1	† 0.0	0.0
30-39.....	8.8	21.8	8.4	28.7	10.3	8.9	21.9	† 0.0	0.0
40-49.....	6.7	22.7	9.8	23.7	8.4	6.0	28.5	† .5	.4
50-59.....	4.7	20.4	7.8	25.0	7.6	5.7	32.8	† 0.0	.7
60-69.....	3.5	24.8	5.8	17.7	6.4	† 4.6	39.9	† 0.0	.9
70 and over.....	3.3	16.4	† 1.6	12.4	† 2.8	† 1.0	65.1	† 0.0	.7
20 and over.....	34.0	23.9	7.8	24.2	8.0	5.9	29.7	† .1	.3
Females:									
20-29.....	7.1	12.4	5.8	24.1	10.8	8.6	38.3	† 0.0	0.0
30-39.....	8.9	11.5	6.6	24.8	11.0	10.8	35.4	† 0.0	0.0
40-49.....	6.7	11.7	7.7	21.8	8.1	6.8	42.6	† 0.0	1.3
50-59.....	5.2	15.7	7.0	19.7	6.0	4.6	46.4	† 0.0	.5
60-69.....	4.3	14.6	† 3.0	20.1	† 4.2	5.3	52.5	† 0.0	.3
70 and over.....	4.7	12.2	† 1.8	10.2	† 1.5	† 2.0	71.3	† 0.0	.9
20 and over.....	36.9	12.7	5.7	21.0	7.7	7.0	45.3	† 0.0	.5
All 20 and over.....	70.8	18.1	6.7	22.5	7.9	6.5	37.9	† *	.4

* Value less than 0.05 but greater than 0.

† See "Statistical notes," Appendix C.

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

TABLE 13. PERCEIVED DIET QUALITY: SELF-ASSESSMENT OF NUTRIENT INTAKE AMONG INDIVIDUALS 20 YEARS OF AGE AND OLDER, BY SEX, 1994

Interpreting data in this table--

- Respondents were asked: *Compared to what is healthy, do you think your diet is too low, too high, or about right in (NUTRIENT/FOOD COMPONENT)?*

The question covers the following nutrients and food components: calories, calcium, iron, vitamin C, protein, fat, saturated fat, cholesterol, salt or sodium, fiber, and sugar and sweets.

Selected highlights--

Among adults 20 years of age and older--

- 36 percent of men and 43 percent of women think their diets are *too high* in calories.
- 48 percent of men and women think their diets are *too high* in fat.
- 29 percent of men and 24 percent of women think their diets are *too high* in salt or sodium.
- 42 percent of women think their diets are *too low* in calcium.
- 36 percent of women think their diets are *too low* in iron.

Table 13.--Perceived Diet Quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1994

Sex and age (years)	Too low	Too high	About right	Don't know	Not ascertained
----- Percent -----					
Men: (N = 902)					
Calories.....	7.4	35.9	54.1	2.4	.2
Calcium.....	24.8	5.4	62.1	7.6	.1
Iron.....	20.4	2.7	68.5	8.4	*
Vitamin C.....	23.3	3.4	68.8	4.5	*
Protein.....	8.6	12.7	74.4	4.2	*
Fat.....	6.8	48.0	42.8	2.3	.1
Saturated fat.....	9.0	33.9	48.2	8.9	*
Cholesterol.....	7.0	30.6	56.3	5.7	.4
Salt or Sodium.....	11.9	28.7	57.8	† 1.4	.3
Fiber.....	28.6	3.2	64.0	4.2	*
Sugar and sweet.....	11.4	28.0	59.9	† .5	.2

* Value less than 0.05 but greater than 0.

† See "Statistical notes," Appendix C.

Continued

Table 13.--Perceived Diet Quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1994--continued

Sex and age (years)	Too low	Too high	About right	Don't know	Not ascertained
----- Percent -----					
Women: (N = 977)					
Calories.....	5.9	43.0	48.5	2.0	.7
Calcium.....	41.7	3.6	51.6	2.5	.5
Iron.....	36.0	1.7	57.4	4.7	.2
Vitamin C.....	27.5	1.9	68.0	2.0	.5
Protein.....	14.0	9.9	73.9	1.8	.3
Fat.....	7.5	47.7	43.1	1.5	.3
Saturated fat.....	8.0	34.6	48.5	8.7	.2
Cholesterol.....	6.4	29.5	59.4	4.3	.5
Salt or Sodium.....	9.1	24.3	64.9	1.4	.2
Fiber.....	34.7	3.2	58.6	3.4	.1
Sugar and sweet.....	8.3	40.1	51.0	† .4	.2

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

TABLE 14. PERCEIVED IMPORTANCE OF DIETARY GUIDANCE, INDIVIDUALS 20 YEARS OF AGE AND OLDER, BY SEX, 1994

Interpreting data in this table--

- Respondents were asked the following question: *To you personally, is it very important, somewhat important, not too important, or not at all important to (STATEMENT)?*

Each statement covers one of the *Dietary Guidelines for Americans*.
Guidelines published in 1995 advise Americans to:

- Eat a variety of foods
- Balance the food you eat with physical activity--
maintain or improve your weight
- Choose a diet with plenty of grain products, vegetables, and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars
- Choose a diet moderate in salt and sodium
- If you drink alcoholic beverages, do so in moderation

Selected highlights--

Among adults 20 years of age and older--

- Most say it is important to them to maintain a healthy weight. In fact, 70 percent of men and 79 percent of women say it is *very* important.
- Many also say it is *very* important to them to choose a diet with plenty of fruits and vegetables -- 61 percent of men and 73 percent of women.
- However, only 30 percent of men and 37 percent of women say choosing a diet with plenty of breads, cereals, rice and pasta is *very* important despite the emphasis on these foods in the Dietary Guidelines.

Table 14.--Perceived Importance of Dietary Guidance, individuals 20 years of age and older, by sex, 1994

Sex and age (years)	Not at all important	Not too important	Somewhat important	Very important
----- Percent -----				
Men: (N = 902)				
Use salt or sodium only in moderation.....	7.4	15.2	29.3	46.4
Choose a diet low in saturated fat.....	4.5	13.0	30.2	49.7
Choose a diet with plenty of fruits and vegetables.....	2.8	8.7	27.1	61.1
Use sugars only in moderation.....	4.7	13.9	33.4	47.1
Choose a diet with adequate fiber.....	4.1	11.8	38.2	43.2
Eat a variety of foods.....	3.0	6.9	33.9	55.5
Maintain a healthy weight.....	1.7	4.6	23.8	69.5
Choose a diet low in fat.....	5.9	10.7	30.9	52.2
Choose a diet low in cholesterol.....	6.2	10.9	30.8	51.0
Choose a diet with plenty of breads, cereals, rice and pasta.....	6.0	22.0	41.7	29.9
Eat at least two servings of dairy products daily.....	8.4	26.9	34.8	28.9

Continued

**Table 14.--Perceived Importance of Dietary Guidance, individuals 20 years of age and older, by sex,
1994--continued**

Sex and age (years)	Not at all important	Not too important	Somewhat important	Very important
----- <i>Percent</i> -----				
Women: (N = 977)				
Use salt or sodium only in moderation.....	4.3	10.9	23.0	60.5
Choose a diet low in saturated fat.....	† .9	7.8	28.0	59.9
Choose a diet with plenty of fruits and vegetables.....	† 0.0	2.6	24.4	72.7
Use sugars only in moderation.....	† 1.3	8.8	30.7	58.7
Choose a diet with adequate fiber.....	† 1.3	9.1	31.4	56.2
Eat a variety of foods.....	† .3	5.8	28.5	64.9
Maintain a healthy weight.....	† .5	2.2	17.7	79.2
Choose a diet low in fat.....	† .7	5.5	24.9	68.3
Choose a diet low in cholesterol.....	† 1.1	6.5	29.1	62.5
Choose a diet with plenty of breads, cereals, rice and pasta.....	3.3	21.1	38.5	36.6
Eat at least two servings of dairy products daily.....	5.3	19.0	30.9	43.7

† See "Statistical notes," Appendix C.

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

APPENDIX A. COUNTS OF DAY 1 AND 2-DAY RESPONDENTS AND POPULATION PERCENTAGES, BY SEX AND AGE, 1994

Interpreting information in Appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group shown in the tables and the weighted percentages of the population (excluding breast-fed children) that they represent. 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 in the weighted percentages of the population occur for each set of respondents because fewer sex-age groups were used in calculating the weighting factors than in reporting results and because of rounding.

Appendix A. Counts of Day 1 and 2-day respondents and population percentages, by sex and age, 1994

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 -----
Males and females:				
Under 1.....	92	1.0	89	0.9
1-2.....	485	3.2	463	3.2
3-5.....	601	4.7	588	4.7
5 and under.....	1,178	8.9	1,140	8.9
Males:				
6-11.....	254	4.6	252	4.6
12-19.....	286	5.7	268	5.7
20-29.....	268	7.0	244	6.8
30-39.....	311	8.8	295	9.0
40-49.....	304	6.7	288	6.6
50-59.....	266	4.7	255	4.7
60-69.....	244	3.5	231	3.5
70 and over.....	256	3.3	234	3.3
20 and over.....	1,649	34.0	1,547	34.0
Females:				
6-11.....	260	4.4	254	4.4
12-19.....	271	5.5	261	5.5
20-29.....	272	7.1	256	7.0
30-39.....	294	8.9	278	9.0
40-49.....	301	6.7	287	6.7
50-59.....	290	5.2	272	5.1
60-69.....	244	4.3	232	4.5
70 and over.....	241	4.7	216	4.5
20 and over.....	1,642	36.9	1,541	36.9
All individuals.....	5,540	100.0	5,263	100.0

Excludes breast-fed children

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

APPENDIX B. DESCRIPTIONS OF FOOD GROUPS USED IN TABLES 9.1 TO 9.7 AND 10.1 TO 10.7.

GENERAL NOTE: MANY FOODS ARE MIXTURES OF TWO OR MORE INGREDIENTS. FOOD MIXTURES REPORTED AS A SINGLE ITEM BY RESPONDENTS ARE USUALLY CODED AS A SINGLE ITEM AND TABULATED UNDER THE FOOD GROUP OF THE PRIMARY INGREDIENT.

GRAIN PRODUCTS

Total grain products: Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, French toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a cheese sandwich is coded as a single item and is tabulated under Milk and Milk Products.

Yeast breads and rolls: Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

Total cereals, rice, pasta: Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

Ready-to-eat cereals: Includes unsweetened and sweetened ready-to-eat cereals.

Rice: Includes white, brown, and wild rice.

Pasta: Includes macaroni, noodles, and spaghetti.

Quick breads, pancakes, French toast: Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

Cakes, cookies, pastries, pies: Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

Crackers, popcorn, pretzels, corn chips: Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables, "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 coded 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 sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

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 Sugars and Sweets, "total."

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, "other."

Melons and berries: Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

Other fruits and mixtures: 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, "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 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" is 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 C. 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 guideline for determining when a cell size is small takes 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 one, its effect on accuracy is negligible. Larger design effects imply less accuracy. Design effects for the survey data sets used to generate these tables are as follows:

CSFII Day 1	1.43
CSFII 2-day	1.60
DHKS Day 1	1.74

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

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

Rule 1 has been applied to data in tables 1, 2, 4, 6, 7, 8, and 9 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 and percentages of nutrients from foods eaten as snacks.

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 3, 5, 10, 11, 12, 13, and 14 and to the second column of tables 6, 7, and 8 to flag estimates that should be used with caution.