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Results from the 1989-91 Diet and Health
Knowledge Survey and the 1989-91 Continuing
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**Yasmin S. Cypel, Junko A. Tamaki, Cecilia Wilkinson Enns,
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ABSTRACT

Yasmin S. Cypel, Junko A. Tamaki, Cecilia Wilkinson Enns, Alvin B. Nowverl, Linda E. Cleveland, and Katherine S. Tippet. 1996. Nutrition attitudes and dietary status of main meal planners/preparers, 1989–91: Results from the 1989–91 Diet and Health Knowledge Survey and the 1989–91 Continuing Survey of Food Intakes by Individuals. Nationwide Food Survey Report No. 91–1,287 pp.

This publication contains data on nutrition attitudes and dietary status of individuals identified as main meal planners/preparers in the 1989–91 Continuing Survey of Food Intakes by Individuals (CSFII) who provided 3 days of dietary intake information and participated in the follow-up Diet and Health Knowledge Survey (DHKS). Both nationwide surveys included individuals living in households in the 48 conterminous states and Washington, DC. The data were collected between April 1989 and May 1992. The dietary intake information from the CSFII was collected using a 1-day recall and a 2-day record. The DHKS was conducted about 6 weeks after the CSFII. Data from 4,346 individuals are provided in six sections and include information on how main meal planners/preparers perceive the adequacy of their own diet, the importance of dietary guidance, relationships between health and diet, dietary beliefs, cooking practices, and factors related to grocery shopping. Supplemental data are included on dietary attitudes and nutrient intakes related to the recommended servings of specified food groups, the perceived safety of specified foods, and the use of nutrition labels.

Keywords: Dietary survey, health knowledge, nutrient intake, nutrition attitudes.

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**NUTRITION ATTITUDES AND DIETARY STATUS
OF MAIN MEAL PLANNERS/PREPARERS, 1989-91**

This report contains data on the dietary attitudes and knowledge of main meal planners/preparers (MMPP) in U.S. households and their nutrient intakes. The information is derived from two nationwide surveys that were conducted in 1989-91 by the U.S. Department of Agriculture (USDA): the Continuing Survey of Food Intakes by Individuals (CSFII) and the Diet and Health Knowledge Survey (DHKS). These two surveys were designed so that individuals' attitudes and knowledge about healthy eating (DHKS) could be linked with their food choices and nutrient intakes (CSFII). This is the first time this kind of relationship has been examined on a nationwide basis.

The 1989-91 CSFII and DHKS are part of the most recent series of USDA surveys of dietary intakes and related factors. National information about food intakes by individuals, such as that from the CSFII, has been collected by USDA since 1965. The 1989-91 DHKS was the first survey conducted by USDA in which national information on dietary attitudes and knowledge was collected.

USDA's surveys are used to assess the nutritional content of diets for implications relating to food production and marketing, food safety, food assistance, health promotion, and nutrition education. The surveys are a major component of the National Nutrition Monitoring and Related Research Program, a set of related Federal activities intended to provide information on the dietary and nutritional status of the U.S. population (LSRO 1989; USDHHS and USDA 1993).

National Analysts (a division of Booz, Allen and Hamilton, Inc.), conducted the 1989-91 CSFII and

DHKS under contract with USDA. USDA defined the information to be collected; developed the survey instruments; provided technical information such as food codes, gram weights of common measures of food, and the nutrient composition of foods; and monitored the contract. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; provided initial sample weights; and prepared data tapes. Final sample weights were created by Iowa State University researchers.

The CSFII and DHKS 1989-91 were conducted with a sample of households which were selected using a multistage stratified area probability technique. The sample was drawn from the 48 conterminous States and Washington, DC. Data collection for the two surveys was conducted from April 1989 through May 1992. A detailed description of the survey design is presented in appendix A.

In the CSFII, all members of each survey household provided information on what they ate and drank for 3 consecutive days. The first day of intake information was collected by a trained interviewer in an in-home interview using a 1-day dietary recall. The second and third days of intake information were collected using a self-administered, 2-day dietary record. Information was collected on the type and amount of food eaten, the preparation methods used, the time and name of each eating occasion, and the source of the food. Socioeconomic and health-related information was also collected.

In the DHKS interview, respondents were asked about their attitudes and knowledge about healthy eating. The interview covered such topics as perceptions of how one's own diet rated relative to dietary guidance, attitudes about the importance of following dietary guidance, awareness of relationships

between nutrition and health, use of nutrition information on food labels, and perceptions about the importance of selected factors on grocery shopping practices.

The target population for the DHKS was household main meal planners/preparers. One household member was identified as the main meal planner/preparer in every CSFII household and was targeted as the DHKS respondent. About six weeks after providing information on their food intakes, these individuals were recontacted by telephone, and the DHKS interview was administered. Those who could not be reached by telephone were interviewed in person, if possible. Appendix B provides additional information on the data collection methodology.

Of the 6,718 households who participated in the CSFII 1989-91, 5,730 households provided a DHKS respondent. Although all DHKS respondents were expected to be the main meal planner/preparer for the household, 243 respondents were not (see "Data Collection" section in appendix B). Also, 1,141 DHKS respondents who were main meal planners/preparers provided fewer than 3 days of dietary intake. Information in this report is derived from 4,346 main meal planners/preparers in U.S. households (766 men and 3580 women) who provided 3 days of food intake information in the CSFII and completed the DHKS follow-up interview.

This report presents data on the dietary attitudes and knowledge of main meal planners/preparers in six sections. These sections include: the perceived (self-assessed) adequacy of diets (tables 1.1 to 6B), the perceived importance of dietary guidance (tables 7.1 to 14), awareness of relationships between diet and health problems (tables 15.1 to 20), dietary beliefs with potential to influence dietary behavior (tables 21.1 to 22.4B), use of

selected cooking practices (tables 23.1 to 24.4B), and the perceived importance of factors related to grocery shopping practices (tables 25.1 to 26.6B). Individuals' dietary attitudes cross tabulated by their 3-day nutrient intakes are given in tables 3.1A to 3.10B, 9A and 9B, 10.1A to 10.3B, 17A and 17B, and 18.1A to 18.3B.

Some DHKS questions were only asked in 2 of the 3 survey years. Selected 2-year data are presented in appendix C. For 1989 and 1990, the DHKS contained questions on the perceived importance of eating the recommended servings of fruits and vegetables and grain products (app. tables C1.1 to C4.3B). For 1990 and 1991, the DHKS contained questions on the perceived safety of specified foods (app. tables C5A to C5C) and the use of information from food labels (app. tables C6.1 to 7.11B).

The combined CSFII/DHKS provides a wealth of information for exploring relationships between peoples' attitudes and knowledge about healthy eating, their food choices, and their nutrient intakes. The results provided in this report are intended primarily as a reference containing detailed tables on selected parts of the survey. The data tapes for the 1989, 1990, and 1991 CSFII/DHKS are available from the National Technical Information Service (USDA-HNIS 1992a, 1993, 1994b). Researchers are encouraged to obtain and use the data.

The highlights section that follows is limited in scope. The highlights are intended to represent only a sampling of the findings from the survey. Readers may find other relationships in the tables to be useful.

HIGHLIGHTS

The U.S. Departments of Agriculture and of Health and Human Services publish the Dietary Guidelines for Americans, seven basic principles for healthy eating which are the basis for Federal nutrition policy (USDA and USDHHS 1990). The Dietary Guidelines address what Americans should eat to stay healthy. Too many individuals today have diets which contain too many calories; too much fat, cholesterol, and sodium; and too little complex carbohydrate and fiber. Such diets are an important contributing factor to America's high rates of obesity and of certain diseases--heart disease, high blood pressure, stroke, the most common form of diabetes, and some forms of cancer.

The Guidelines reflect recommendations of nutrition authorities who agree that enough is known about diet's effect on health to encourage certain dietary practices by Americans. The Dietary Guidelines are reviewed every 5 years and updated based on new scientific evidence about diet and health. Questions in the 1989 and 1990 DHKS were derived from the Dietary Guidelines published in 1985 (USDA and USDHHS 1985) and questions in the 1991 DHKS were derived from Dietary Guidelines published in 1990 (USDA and USDHHS 1990). The 1990 Guidelines are shown below:

- Eat a variety of foods.
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet with plenty of vegetables, fruits and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

Selected results from the DHKS 1989-91 are

discussed in this section as they relate to six of the Guidelines.¹ The last Dietary Guideline, "If you drink alcoholic beverages, do so in moderation," is not discussed in this report.

Results presented in this report are for main meal planners/ preparers (MMPP) only. The terms "men" and "women" refer to male and female MMPP, respectively.

Eat a Variety of Foods

The first Dietary Guideline, "Eat a variety of foods," is designed to ensure that people obtain adequate amounts of essential nutrients from foods. Essential nutrients include vitamins, minerals, amino acids from protein, certain fatty acids from fat, and sources of calories (protein, carbohydrate and fat). To provide essential nutrients, the daily diet should contain an assortment of foods from within each of five major food groups: bread, cereal, rice, and pasta; vegetables; fruits; milk, yogurt, and cheese; and meat, poultry, fish, dry beans, eggs, and nuts.

The DHKS allows examination of attitudes about meeting the variety Guideline itself and about consuming adequate amounts of nutrients that are targeted by the Guideline. MMPP were asked to estimate how their diets compared with "what is most healthful" for both the variety of foods they ate and the amounts of selected nutrients (protein, calcium, iron, and vitamin C) they consumed. Calcium and iron are of particular interest because some groups of people in the United States have

¹ Differences discussed in this section are statistically significant at the $p \leq .05$ level.

notably low intakes of these minerals, and there is evidence that health problems are related to the low intakes (LSRO 1989). Key findings are presented below.

- Two-thirds (68 percent) of MMPP believed that their diets were just about right in variety (table 1.12). This compares with 26 percent who believed that their diets should be higher in variety and 4 percent who believed that their diets should be lower in variety.
- Men and women differed on their attitudes of adequacy with respect to dietary variety. Seventy percent of female MMPP rated their diets about right in variety (table 2.12A) whereas only 61 percent of male MMPP rated their diets about right on this Guideline (table 2.12B).
- An estimated 79 percent of all MMPP aged 60 years and over perceived their diets to be about right in variety (table 1.12), compared with 62 percent of those age 39 and under. Black MMPP were less likely than white MMPP to think their diets were about right (61 and 70 percent, respectively).
- Approximately three quarters of female MMPP believed that eating a variety of foods was of high importance (table 8.1A). A smaller percentage of male MMPP (65 percent) believed that dietary variety was of high importance (table 8.1B).
- Female and male MMPP who believed that consuming a varied diet was of high importance had diets per 1,000 kilocalories which were higher in vitamin C, folate, and calcium than those who believed that variety was of moderate or low importance (tables 10.2A to 10.3B).

Maintain Healthy Weight

The 1985 Dietary Guidelines for Americans advised individuals to "Maintain desirable weight." The Guideline was revised in 1990 to "Maintain healthy weight" because the word "desirable" was considered somewhat ambiguous. The new wording was intended to focus on a more health-oriented definition of weight.

Maintaining healthy weight is an important health issue affecting Americans. Recent trend analyses highlight a considerable rise in the number of Americans categorized as overweight (Kuczmarski et al. 1994). Prevalence data from the first phase (1989-91) of the National Health and Nutrition Examination Survey (NHANES) III indicate that, compared with results from NHANES II (1976-80), there has been a 7.6 percent increase among men and an 8.4 percent increase among women in overweight status. This translates into an increase from one-quarter to one-third of the adult U.S. population classified as overweight when categorized by body mass index (BMI). This increase is of major public health concern because overweight status is associated with numerous health problems, including high blood cholesterol, high blood pressure, the most common form of diabetes, gallbladder disease, arthritis, and some types of cancer (USDHHS 1992).

Selected findings focus on the perceived importance of the weight Guideline, individuals' beliefs about their ability to affect their weight, and their awareness of weight-related health problems. BMI's are based on self-reported heights and weights (BMI's are calculated by dividing weight in kilograms by the square of height in meters--see Table Notes).

- Approximately three-fourths of both male and female MMPP considered the weight Guideline to be of high importance (table

14); fewer than one-fourth believed it to be of low importance. Eighty-one percent of female and 75 percent of male MMPP who had BMI's classified as acceptable rated the weight Guideline as of high importance. In contrast, only 68 percent of female and 60 percent of male MMPP who had BMI's classified as severely overweight rated this Guideline as of high importance.

- Overall, more male MMPP (46 percent) than female MMPP (41 percent) agreed with the statement "Some people are born to be fat and some thin; there is not much you can do to change this" (tables 22.1A and B). For both females and males, those who were in the oldest age category, least educated, and in fair or poor health were more likely to agree.
- About 90 percent of both female and male MMPP said they had heard of health problems related to being overweight (tables 16.3A and B). Among female MMPP, awareness was highest (95 percent) for those 40 to 59 years old, those in the highest income group, and those who had at least some college education.
- About 70 percent of both female and male MMPP reported heart disease as the leading health problem associated with weight status (tables 16.3A and B); hypertension and diabetes were identified by far fewer MMPP.

Choose a Diet Low in Fat, Saturated Fat, and Cholesterol

The 1985 Dietary Guidelines for Americans advised individuals to "Avoid too much fat, saturated fat, and cholesterol." In 1990, the wording of this Guideline was changed to "Choose a diet low in fat,

saturated fat, and cholesterol" to make clear that the content of the total diet, not just of some foods, is of concern. Populations with diets high in fat have more obesity and certain types of cancer. Those with diets high in saturated fat and cholesterol have more heart disease (USDA and USDHHS 1990).

Recommendations to limit intakes of fat, saturated fat, and cholesterol have received wide consensus among health professionals (USDA-HNIS 1990). USDA and DHHS recommend a total fat intake of no more than 30 percent of the total calories in one's diet and a saturated fat intake of less than 10 percent of calories (USDA and USDHHS 1990). In addition, some health authorities recommend a cholesterol intake of less than 300 milligrams per day (NAS 1989).

- For both female and male MMPP, the estimated mean intakes of fat (34 percent and 35 percent of kilocalories, respectively) and saturated fat (12 percent of kilocalories for both) exceeded the recommendations (tables 9A and 9B). The mean intake of cholesterol by male MMPP (333 milligrams) exceeded the recommendation, but the mean intake of cholesterol by female MMPP (216 milligrams) met the recommendation (no table).
- Much higher percentages of both female and male MMPP had 3-day mean intakes meeting the recommendation for cholesterol than had intakes meeting the recommendations for fat or saturated fat, as shown in text table 1.
- Forty-two percent of MMPP believed their diets were about right in fat; whereas 54 percent believed their diets should be lower in fat (table 1.6). Female MMPP who thought their diets were about right in fat obtained a lower percentage of their food energy from fat (33.7 percent of kilocalories) than did those who

thought their diets should be lower in fat (35.0 percent of kilocalories) (table 3.6A). For males, the perceived adequacy of the diet made no difference in percent of calories from fat, saturated fat, and mean intakes of cholesterol (tables 3.7A to 3.8B).

- MMPP whose intakes met recommendations for fat, saturated fat, and cholesterol were more likely than MMPP whose intakes did not meet the recommendations to believe that dietary guidance on these food components was of high importance (table 12). For example, 69 percent of MMPP whose intakes met the recommendation to eat 30 percent or less of calories from fat said it was of high importance to them to avoid too much fat, compared with 62 percent of those whose intakes did not meet the recommendation.
- Awareness of health problems related to dietary intakes was very high for fat (78 percent) and cholesterol (86 percent), but only moderately high for saturated fat (65 percent) (tables 15.4 to 15.6). Heart disease was the disease most frequently cited by both men and women as related to intakes of fat, saturated fat, and cholesterol (tables 16.4A to 16.6B).
- Some fat-reducing cooking practices were used by fairly large proportions of MMPP. Seventy-nine percent cooked meat or poultry without added fat most of the time (table 23.1) and 66 percent used lowfat or skim milk in cooking (table 23.2).

Choose a Diet with Plenty of Vegetables, Fruits, and Grain Products

The 1985 version of this Dietary Guideline stressed the importance of complex carbohydrates and dietary

fiber in a healthy diet. Some authorities recommend that people consume at least 55 percent of calories from carbohydrate (NAS 1989) and 20 to 30 grams of fiber a day (NCI 1984). In 1990, the Guideline was revised to focus on foods that contain these dietary components. Adults are advised to eat at least three servings of vegetables, two servings of fruits, and six servings of grain products (including several whole grains) daily to increase dietary fiber and carbohydrate and to help decrease fat in the diet.

- An estimated 54 percent of all MMPP believed that their diet was about right in fiber (table 1.9). The percentage of MMPP who believed their diet was adequate in fiber increased with age—ranging from 45 percent in the younger age group to 69 percent in the older age group.
- Among those who met the recommendation by consuming 20 grams or more of fiber per day, 67 percent of female MMPP said that their diets were about right in fiber compared to 60 percent for male MMPP (tables 6A and 6B).
- Sixty-three percent of all MMPP felt that choosing foods with adequate fiber was of high importance (table 7.6). A higher percentage of female (65 percent) than male MMPP (55 percent) felt that this Guideline was of high importance (tables 8.6A and B). Its importance increased with age among female MMPP, from 58 percent among those who were 39 years and under to 72 percent among those who were 60 years and over.
- Of female MMPP who met the recommendation by consuming 20 grams or more of fiber per day, 75 percent rated this Guideline as of high importance (table 13A). Only 56 percent of male MMPP who met the fiber recommendation rated the Guideline as of high importance (table 13B).

- Only 46 percent of all MMPP thought that eating at least five servings of fruits and vegetables per day was of high importance (app. table C1.1); the remaining MMPP were almost evenly split between the Guideline being of moderate and low importance. Even fewer MMPP (36 percent) thought that eating at least six servings of breads, cereals, and other grain products was of high importance (app. table C1.2).
- Only about half of all MMPP, 53 percent, had heard about health problems related to the amount of fiber a person consumes (table 15.7). Health problems most often mentioned as being related to fiber intakes were bowel problems (31 percent). Fewer respondents mentioned cancer (20 percent) and heart disease (7 percent).
- Intake of fat by female MMPP was lower among those who rated eating at least five servings a day of fruits and vegetables of high importance than among those who rated this guideline of low importance (34 and 36 percent, respectively) (app. table C3A).
- A higher percentage of female than of male MMPP considered avoiding too much sugar to be of high importance to them personally (61 percent versus 53 percent) (tables 8.7A and B).
- Although diabetics must limit their intake of sugars, diets high in sugars have not been shown to cause diabetes. However, nearly 56 percent of all MMPP reported diabetes as the major health problem associated with how much sugar a person eats (table 15.8). Obesity (30 percent) and dental problems (12 percent) represented the next most frequently cited health issues associated with sugar intake for all MMPP.
- Although cutting the amount of sugar in recipes is only used by 42 percent of all MMPP (table 23.4), a greater percentage of women (45 percent) than men (31 percent) actually reported following this practice (tables 24.4A and B). Older men, 60 years of age and over, reduced the sugar in recipes more than other men. However, there was little difference in this practice among women.

Use Salt and Sodium Only in Moderation

Use Sugars Only in Moderation

In the 1990 edition of the Dietary Guidelines, the 1985 recommendation to "Avoid too much sugar" was reworded as "Use sugars only in moderation." Sugars and foods high in sugars provide calories but are usually low in other nutrients. Both sugars and starches, which can be broken down by the body into sugars, can contribute to tooth decay (USDA and USDHHS 1985, 1990).

- A lower percentage of female than of male MMPP believed that their diets were about right in sugar and sweets (46 percent versus 58 percent) (tables 2.11A and B).

The Committee on Diet and Health of the National Research Council has recommended that daily intakes of salt (sodium chloride) be limited to 6 grams (NAS 1989). This translates into a daily sodium intake of 2,400 milligrams. In populations with diets low in salt, high blood pressure is less common than in populations with diets high in salt (USDA and USDHHS 1990). Sodium intake estimates in the CSFII are based exclusively on sodium from foods and beverages; sodium from water and sodium from salt added at the table are not included.

- About two-thirds of MMPP believed that their diets were about right in sodium; about one-

third believed that their diets should be lower in sodium (table 1.10).

- Female and male MMPP who said that diets were about right in sodium had mean intakes of sodium from food per day of 2,302 and 3,251 milligrams, respectively (tables 3.10A and 3.10B). Of female MMPP who said their diets were about right in sodium, only those 39 years and under exceeded the dietary recommendation (2,465 milligrams/day). Of male MMPP who said their diets were about right in sodium, however, all subgroups exceeded the dietary recommendation.
- In response to the question "How important is it to you personally to avoid too much salt or sodium?" a higher proportion of female MMPP (64 percent) than of male MMPP (57 percent) felt it was of high importance (tables 8.8A and B). For those MMPP who never salt their food at the table, the percent who perceive the Guideline to be of high importance was about the same whether they met the recommendation or not (table 11).
- A high percentage of both female (88 percent) and male (83 percent) MMPP indicated that they were aware of health problems related to salt or sodium intake (tables 16.9A and B). Hypertension was cited most frequently (by 67 percent of the women and 59 percent of the men), followed by heart disease (by 30 percent of the women and 31 percent of the men).

Text table 1. Fat, saturated fat, cholesterol: Percentages of main meal planners/preparers (MMPP) with intakes meeting recommendations, 3 days, 1989-91

MMPP	Fat	Saturated fat	Cholesterol
	-----percent-----		
All MMPP	24.6	26.2	73.7
Females	24.6	27.1	79.5
Males	24.6	22.4	50.8

Text table 2--Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA), 1989 (NRC 1989)

Sex, age, pregnancy, and lactation	Food energy (REA)	Protein (RDA)	Water-soluble vitamins (RDA)							
			Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	
			<i>Kilocalories</i>	<i>Grams</i>	<i>----- Milligrams -----</i>	<i>mg(NE)</i>	<i>Milligrams</i>	<i>----- Micrograms -----</i>		
Males and females:										
0-5 (months).....	650	13	30	0.3	0.4	5	0.3	25	0.3	
6-11(months).....	850	14	35	.4	.5	6	.6	35	.5	
1-3.....	1,300	16	40	.7	.8	9	1.0	50	.7	
4-6.....	1,800	24	45	.9	1.1	12	1.1	75	1.0	
7-10.....	2,000	28	45	1.0	1.2	13	1.4	100	1.4	
Males:										
11-14.....	2,500	45	50	1.3	1.5	17	1.7	150	2.0	
15-18.....	3,000	59	60	1.5	1.8	20	2.0	200	2.0	
19-24.....	2,900	58	60	1.5	1.7	19	2.0	200	2.0	
25-50.....	2,900	63	60	1.5	1.7	19	2.0	200	2.0	
51+.....	2,300	63	60	1.2	1.4	15	2.0	200	2.0	
Females:										
11-14.....	2,200	46	50	1.1	1.3	15	1.4	150	2.0	
15-18.....	2,200	44	60	1.1	1.3	15	1.5	180	2.0	
19-24.....	2,200	46	60	1.1	1.3	15	1.6	180	2.0	
25-50.....	2,200	50	60	1.1	1.3	15	1.6	180	2.0	
51+.....	1,900	50	60	1.0	1.2	13	1.6	180	2.0	
Pregnant:										
1st trimester.....	+0	60	70	1.5	1.6	17	2.2	400	2.2	
2d trimester.....	+300	60	70	1.5	1.6	17	2.2	400	2.2	
3d trimester.....	+300	60	70	1.5	1.6	17	2.2	400	2.2	
Lactating:										
1st 6 months.....	+500	65	95	1.6	1.8	20	2.1	280	2.6	
2d 6 months.....	+500	62	90	1.6	1.7	20	2.1	260	2.6	

Continued

Text table 2--Recommended Energy Allowances (REA) and Recommended Dietary Allowances (RDA), 1989 (NRC 1989)--continued

Sex, age, pregnancy, and lactation	Fat-soluble vitamins (RDA)			Minerals (RDA)				
	Vitamin A	Vitamin E		Calcium	Phosphorus	Magnesium	Iron	Zinc
	<i>RE</i>	<i>IU ‡</i>	<i>Milligrams alpha-TE</i>	<i>----- Milligrams -----</i>				
Males and females:								
0-5 (months).....	375	1,412	3	400	300	40	6	5
6-11 (months).....	375	1,875	4	600	500	60	10	5
1-3.....	400	2,000	6	800	800	80	10	10
4-6.....	500	2,500	7	800	800	120	10	10
7-10.....	700	3,500	7	800	800	170	10	10
Males:								
11-14.....	1,000	5,000	10	1,200	1,200	270	12	15
15-18.....	1,000	5,000	10	1,200	1,200	400	12	15
19-24.....	1,000	5,000	10	1,200	1,200	350	10	15
25-50.....	1,000	5,000	10	800	800	350	10	15
51+.....	1,000	5,000	10	800	800	350	10	15
Females:								
11-14.....	800	4,000	8	1,200	1,200	280	15	12
15-18.....	800	4,000	8	1,200	1,200	300	15	12
19-24.....	800	4,000	8	1,200	1,200	280	15	12
25-50.....	800	4,000	8	800	800	280	15	12
51+.....	800	4,000	8	800	800	280	10	12
Pregnant:								
1st trimester.....	800	4,000	10	1,200	1,200	320	30	15
2d trimester.....	800	4,000	10	1,200	1,200	320	30	15
3d trimester.....	800	4,000	10	1,200	1,200	320	30	15
Lactating:								
1st 6 months.....	1,300	6,500	12	1,200	1,200	355	15	19
2d 6 months.....	1,200	6,000	11	1,200	1,200	340	15	16

‡ Vitamin A allowances were converted by ARS from retinol equivalents (RE) to international units (IU).

Text table 3. Area segments subsampled by year and poverty stratum, low-income sample, 1989-91

Poverty stratum	Segments subsampled			Sampling rate
	1989	1990	1991	
	-----Number-----			
Low poverty: Less than 10% of population at or below 125% of poverty	44	41	36	0.25
Medium poverty: 10-24% of population at or below 125% of poverty	100	90	97	0.40
High poverty: 25% or more of population at or below 125% of poverty	86	99	98	1.00
Total	230	230	231	

Text table 4. Overall DHKS analytic response rates, by year, 1989-91

Year	Response rate
	--Percent--
DHKS:	
1989	58.4
1990	57.2
1991	56.3
1989-91	57.3

Text table 5. Participation in the CSFII/DHKS, 1989-91

Housing units selected	23,142
Screening response rate:	
Occupied housing units	20,534
Screened households	17,347 (screened households/occupied housing units = 84.5%)
Household response rate:	
Eligible households*	8,443*
Participating households	6,718 (participating/screened = 79.6%)
DHKS household response rate:	
Participating households	6,718
Households completing DHKS	5,730 (completing/participating = 85.3%)
Overall DHKS response rate:	Screening rate (84.5%) X household response rate (79.6%) X DHKS household response rate (85.3%) = 57.3%

* In the basic sample, all households were eligible to participate in the survey. In the low-income sample, only those households with income for the previous month at or below 130% of the Federal poverty thresholds were eligible for participation. In the low-income sample, households that were not screened were assumed to be eligible at the same rate (23 percent) as screened households.

Text table 6. Federal poverty thresholds, 1988-91

Household size	1988	1989	1990	1991
-----Dollars-----				
1.....	6,024	6,310	6,652	6,932
2.....	7,704	8,076	8,509	8,865
3.....	9,435	9,885	10,419	10,860
4.....	12,092	12,674	13,359	13,924
5.....	14,305	14,990	15,792	16,456
6.....	16,149	16,921	17,839	18,587
7.....	18,248	19,162	20,241	21,058
8.....	20,279	21,328	22,582	23,605
9 or more.....	24,133	25,480	26,848	27,942

Source: UDOC-BOC 1991b, 1991c, 1992

Table 1.1.--Calories: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in calories or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	Number ^{1/}	Percent			
All MMPP.....	4,346	47.1	5.5	44.8	2.6
Age:					
39 years and under.....	1,761	48.1	5.6	44.4	1.9
40-59 years.....	1,213	52.9	5.4	38.8	3.0
60 years and over.....	1,372	38.7	5.4	52.5	3.4
Income level:					
Under 131% poverty.....	1,747	39.6	7.2	47.9	5.2
131-350% poverty.....	1,373	48.7	5.6	42.8	2.9
Over 350% poverty.....	893	49.7	4.2	45.0	1.1
Race:					
Black.....	606	47.0	10.2	37.5	5.3
White.....	3,577	47.5	4.8	45.5	2.2
Education:					
Grade 8 or less.....	609	37.9	5.5	47.9	8.7
Grades 9-12/GED.....	2,300	49.8	5.7	41.9	2.7
At least some college.....	1,400	46.1	5.2	47.3	1.5
Employment status:					
Employed.....	1,922	50.2	5.1	43.4	1.3
Not employed.....	2,379	43.1	5.9	46.8	4.2
Self-assessed health status:					
Excellent or very good.....	1,972	45.0	5.2	48.2	1.6
Good.....	1,502	49.5	5.6	42.4	2.5
Fair or poor.....	842	49.7	6.1	37.6	6.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.2.--Vitamin C: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in vitamin C or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/no answer
	Number 1/	Percent			
All MMPP.....	4,346	2.4	34.0	60.9	2.7
Age:					
39 years and under.....	1,761	2.1	42.6	52.9	2.4
40-59 years.....	1,213	2.4	34.3	61.0	2.2
60 years and over.....	1,372	2.8	19.7	73.8	3.7
Income level:					
Under 131% poverty.....	1,747	2.3	33.1	58.8	5.8
131-350% poverty.....	1,373	2.8	35.2	59.8	2.2
Over 350% poverty.....	893	1.8	34.8	61.8	1.7
Race:					
Black.....	606	2.7	38.8	54.7	3.8
White.....	3,577	2.3	32.9	62.2	2.5
Education:					
Grade 8 or less.....	609	1.9	25.6	64.5	8.0
Grades 9-12/GED.....	2,300	3.0	33.4	60.7	2.9
At least some college.....	1,400	1.8	36.1	60.6	1.5
Employment status:					
Employed.....	1,922	2.2	38.8	57.5	1.6
Not employed.....	2,379	2.6	28.2	65.3	3.9
Self-assessed health status:					
Excellent or very good.....	1,972	2.5	33.4	62.2	1.9
Good.....	1,502	1.8	34.6	60.2	3.5
Fair or poor.....	842	3.4	34.9	58.0	3.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.3.--Calcium: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in calcium or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/no answer
	Number ^{1/}	Percent			
All MMPP.....	4,346	4.0	37.6	54.3	4.0
Age:					
39 years and under.....	1,761	4.6	42.8	49.4	3.2
40-59 years.....	1,213	3.9	37.9	55.0	3.3
60 years and over.....	1,372	3.3	29.0	61.5	6.2
Income level:					
Under 131% poverty.....	1,747	5.4	35.0	52.2	7.4
131-350% poverty.....	1,373	3.0	38.5	54.5	4.1
Over 350% poverty.....	893	3.9	38.1	55.6	2.5
Race:					
Black.....	606	7.4	39.9	47.7	5.1
White.....	3,577	3.6	36.9	55.6	4.0
Education:					
Grade 8 or less.....	609	5.8	28.5	53.9	11.8
Grades 9-12/GED.....	2,300	4.2	38.4	53.0	4.4
At least some college.....	1,400	3.6	38.6	55.6	2.2
Employment status:					
Employed.....	1,922	4.1	38.7	54.0	3.2
Not employed.....	2,379	3.9	36.2	54.9	5.0
Self-assessed health status:					
Excellent or very good.....	1,972	3.9	35.6	57.6	2.9
Good.....	1,502	3.6	42.5	49.2	4.8
Fair or poor.....	842	5.5	35.1	53.0	6.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.4.--Iron: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in iron or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	Number 1/	Percent			
All MMPP.....	4,346	2.6	34.0	57.6	5.8
Age:					
39 years and under.....	1,761	2.8	41.7	50.7	4.8
40-59 years.....	1,213	3.3	34.3	56.3	6.0
60 years and over.....	1,372	1.4	21.1	70.4	7.2
Income level:					
Under 131% poverty.....	1,747	3.6	33.6	54.0	8.8
131-350% poverty.....	1,373	3.3	36.7	54.7	5.3
Over 350% poverty.....	893	1.2	33.1	60.8	4.9
Race:					
Black.....	606	6.7	40.9	46.8	5.7
White.....	3,577	1.7	33.1	59.5	5.6
Education:					
Grade 8 or less.....	609	3.0	27.4	57.5	12.1
Grades 9-12/GED.....	2,300	2.5	35.6	56.0	5.9
At least some college.....	1,400	2.5	33.6	59.4	4.5
Employment status:					
Employed.....	1,922	3.1	37.3	54.6	5.1
Not employed.....	2,379	2.0	29.6	61.8	6.5
Self-assessed health status:					
Excellent or very good.....	1,972	2.0	32.9	61.0	4.1
Good.....	1,502	2.8	34.5	55.1	7.6
Fair or poor.....	842	3.8	36.3	51.6	8.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.5.--Protein: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in protein or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	Number ^{1/}	Percent			
All MMPP.....	4,346	6.1	15.5	75.6	2.8
Age:					
39 years and under.....	1,761	6.6	19.8	70.6	2.9
40-59 years.....	1,213	6.6	14.0	77.6	1.7
60 years and over.....	1,372	4.8	10.2	81.2	3.8
Income level:					
Under 131% poverty.....	1,747	3.5	20.9	69.9	5.7
131-350% poverty.....	1,373	6.5	16.6	74.3	2.6
Over 350% poverty.....	893	7.3	12.1	79.0	1.6
Race:					
Black.....	606	8.2	23.3	63.8	4.8
White.....	3,577	5.9	14.3	77.4	2.5
Education:					
Grade 8 or less.....	609	3.6	16.6	72.2	7.6
Grades 9-12/GED.....	2,300	5.4	17.6	73.9	3.2
At least some college.....	1,400	7.4	13.4	77.7	1.5
Employment status:					
Employed.....	1,922	7.1	15.4	75.6	1.8
Not employed.....	2,379	5.0	15.5	75.7	3.8
Self-assessed health status:					
Excellent or very good.....	1,972	6.2	13.7	78.4	1.7
Good.....	1,502	5.3	16.7	73.7	4.4
Fair or poor.....	842	8.0	19.4	69.2	3.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.6.--Fat: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in fat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All MMPP.....	4,346	54.3	2.9	41.6	1.3
Age:					
39 years and under.....	1,761	60.3	2.6	35.7	1.4
40-59 years.....	1,213	57.5	3.5	38.0	1.1
60 years and over.....	1,372	40.6	2.6	55.3	1.4
Income level:					
Under 131% poverty.....	1,747	47.3	3.5	46.2	3.0
131-350% poverty.....	1,373	57.4	2.7	38.9	1.0
Over 350% poverty.....	893	56.1	2.3	41.1	.5
Race:					
Black.....	606	60.8	4.4	33.8	1.0
White.....	3,577	53.1	2.7	42.9	1.3
Education:					
Grade 8 or less.....	609	42.3	2.9	51.3	3.5
Grades 9-12/GED.....	2,300	53.4	3.6	41.6	1.4
At least some college.....	1,400	57.3	2.1	39.8	.8
Employment status:					
Employed.....	1,922	58.4	2.8	37.7	1.1
Not employed.....	2,379	49.3	3.0	46.3	1.5
Self-assessed health status:					
Excellent or very good.....	1,972	53.0	2.7	43.6	.7
Good.....	1,502	57.0	2.9	38.0	2.2
Fair or poor.....	842	54.1	3.5	40.7	1.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.7.--Saturated fat: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in saturated fat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All MMPP.....	4,346	44.1	1.6	48.2	6.0
Age:					
39 years and under.....	1,761	51.6	1.8	40.8	5.8
40-59 years.....	1,213	42.7	1.7	50.4	5.2
60 years and over.....	1,372	33.8	1.3	57.6	7.3
Income level:					
Under 131% poverty.....	1,747	42.4	2.3	44.7	10.6
131-350% poverty.....	1,373	45.6	1.8	46.5	6.2
Over 350% poverty.....	893	44.0	1.1	51.1	3.7
Race:					
Black.....	606	47.9	1.2	41.1	9.8
White.....	3,577	43.4	1.6	49.7	5.3
Education:					
Grade 8 or less.....	609	38.7	1.6	45.6	14.1
Grades 9-12/GED.....	2,300	44.4	1.8	47.5	6.3
At least some college.....	1,400	44.6	1.5	49.5	4.4
Employment status:					
Employed.....	1,922	47.6	1.6	46.7	4.1
Not employed.....	2,379	39.9	1.7	50.1	8.3
Self-assessed health status:					
Excellent or very good.....	1,972	43.4	1.7	50.1	4.8
Good.....	1,502	46.1	1.4	44.9	7.6
Fair or poor.....	842	43.3	1.8	48.1	6.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.8.--Cholesterol: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in cholesterol or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>			
All MMPP.....	4,346	41.0	1.6	52.5	4.8
Age:					
39 years and under.....	1,761	42.0	1.8	51.0	5.1
40-59 years.....	1,213	42.4	1.7	51.6	4.3
60 years and over.....	1,372	37.8	1.3	56.0	5.0
Income level:					
Under 131% poverty.....	1,747	41.7	1.2	48.2	8.9
131-350% poverty.....	1,373	42.6	1.4	51.2	4.9
Over 350% poverty.....	893	39.7	1.8	55.5	3.0
Race:					
Black.....	606	47.9	2.4	43.0	6.6
White.....	3,577	39.9	1.5	54.2	4.3
Education:					
Grade 8 or less.....	609	37.9	1.5	48.7	12.0
Grades 9-12/GED.....	2,300	42.8	1.8	49.7	5.6
At least some college.....	1,400	39.6	1.5	56.1	2.8
Employment status:					
Employed.....	1,922	41.5	1.9	52.6	4.0
Not employed.....	2,379	40.4	1.3	52.6	5.7
Self-assessed health status:					
Excellent or very good.....	1,972	36.7	1.7	57.1	4.4
Good.....	1,502	46.6	1.5	46.9	4.9
Fair or poor.....	842	45.0	1.7	47.2	6.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.9.--Fiber: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in fiber or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All MMPP.....	4,346	3.6	39.0	54.5	2.9
Age:					
39 years and under.....	1,761	3.9	48.7	44.7	2.8
40-59 years.....	1,213	3.7	38.3	56.1	2.0
60 years and over.....	1,372	3.0	24.1	68.7	4.2
Income level:					
Under 131% poverty.....	1,747	4.7	34.4	55.3	5.6
131-350% poverty.....	1,373	2.5	41.6	53.3	2.7
Over 350% poverty.....	893	3.6	40.7	54.2	1.5
Race:					
Black.....	606	5.3	44.1	46.1	4.5
White.....	3,577	3.3	38.5	55.7	2.5
Education:					
Grade 8 or less.....	609	4.6	27.2	55.9	12.3
Grades 9-12/GED.....	2,300	3.5	39.7	54.8	2.0
At least some college.....	1,400	3.5	40.0	54.3	2.2
Employment status:					
Employed.....	1,922	2.9	43.5	51.3	2.3
Not employed.....	2,379	4.2	33.5	58.7	3.7
Self-assessed health status:					
Excellent or very good.....	1,972	4.3	37.3	56.5	1.9
Good.....	1,502	2.4	41.0	52.3	4.2
Fair or poor.....	842	3.4	41.6	51.4	3.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.10.--Salt or sodium: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in salt or sodium or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All MMPP.....	4,346	32.5	1.9	64.6	1.0
Age:					
39 years and under.....	1,761	35.4	2.3	61.4	.9
40-59 years.....	1,213	33.7	1.9	63.1	1.2
60 years and over.....	1,372	26.4	1.3	71.5	.8
Income level:					
Under 131% poverty.....	1,747	34.2	1.5	62.5	1.8
131-350% poverty.....	1,373	33.8	2.2	63.1	.9
Over 350% poverty.....	893	30.0	2.0	67.3	.6
Race:					
Black.....	606	44.7	1.9	52.7	.7
White.....	3,577	30.8	2.0	66.3	1.0
Education:					
Grade 8 or less.....	609	32.0	.6	65.3	2.1
Grades 9-12/GED.....	2,300	33.9	2.3	62.5	1.2
At least some college.....	1,400	30.8	1.7	67.0	.5
Employment status:					
Employed.....	1,922	33.7	2.1	63.4	.8
Not employed.....	2,379	31.1	1.7	66.1	1.1
Self-assessed health status:					
Excellent or very good.....	1,972	30.4	2.1	66.9	.6
Good.....	1,502	34.1	1.4	63.2	1.3
Fair or poor.....	842	37.4	2.4	58.7	1.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.11.--Sugar and sweets: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in sugar and sweets or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All MMPP.....	4,346	48.6	2.6	48.3	0.5
Age:					
39 years and under.....	1,761	53.6	2.8	43.1	.5
40-59 years.....	1,213	51.3	2.7	45.7	.3
60 years and over.....	1,372	37.3	2.0	59.9	.8
Income level:					
Under 131% poverty.....	1,747	42.5	3.1	53.0	1.5
131-350% poverty.....	1,373	48.8	2.9	47.9	.4
Over 350% poverty.....	893	50.6	2.2	47.0	.2
Race:					
Black.....	606	51.4	3.2	44.7	.7
White.....	3,577	48.5	2.2	48.8	.5
Education:					
Grade 8 or less.....	609	38.6	1.3	58.4	1.7
Grades 9-12/GED.....	2,300	47.0	2.8	49.7	.5
At least some college.....	1,400	51.9	2.6	45.2	.3
Employment status:					
Employed.....	1,922	52.8	2.6	44.1	.5
Not employed.....	2,379	43.6	2.5	53.4	.5
Self-assessed health status:					
Excellent or very good.....	1,972	48.9	2.7	48.0	.4
Good.....	1,502	49.2	2.5	47.7	.7
Fair or poor.....	842	46.2	2.1	51.1	.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 1.12.--Variety: Perceived adequacy of own diet by all main meal planners/preparers (MMPP), 1989-1991

Question: In your opinion, should your diet be lower or higher in the variety of foods you eat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All MMPP.....	4,346	4.4	25.5	68.5	1.6
Age:					
39 years and under.....	1,761	4.5	31.5	62.2	1.9
40-59 years.....	1,213	5.4	25.3	68.2	1.1
60 years and over.....	1,372	3.2	16.0	79.1	1.6
Income level:					
Under 131% poverty.....	1,747	4.9	26.5	64.9	3.7
131-350% poverty.....	1,373	5.0	24.6	69.0	1.4
Over 350% poverty.....	893	3.6	26.5	69.5	.5
Race:					
Black.....	606	10.9	24.8	60.9	3.3
White.....	3,577	3.6	25.5	69.7	1.2
Education:					
Grade 8 or less.....	609	6.5	17.6	72.9	3.0
Grades 9-12/GED.....	2,300	4.8	23.4	69.8	2.0
At least some college.....	1,400	3.8	29.0	66.3	.9
Employment status:					
Employed.....	1,922	4.4	28.3	66.2	1.1
Not employed.....	2,379	4.2	22.0	71.7	2.1
Self-assessed health status:					
Excellent or very good.....	1,972	3.8	24.3	70.5	1.4
Good.....	1,502	4.7	28.1	65.7	1.5
Fair or poor.....	842	6.3	24.5	67.1	2.2

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.1A.--Calories: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in calories or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All females.....	3,580	49.9	4.7	43.1	2.3
Age:					
39 years and under.....	1,446	52.4	4.7	41.0	1.9
40-59 years.....	1,000	55.0	4.8	37.4	2.8
60 years and over.....	1,134	40.2	4.4	53.0	2.5
Income level:					
Under 131% poverty.....	1,469	42.1	6.5	47.3	4.1
131-350% poverty.....	1,131	52.8	4.4	40.2	2.7
Over 350% poverty.....	695	51.1	3.6	44.4	1.0
Race:					
Black.....	503	52.6	8.7	34.4	4.3
White.....	2,938	50.1	4.1	43.8	2.1
Education:					
Grade 8 or less.....	490	38.9	4.8	48.3	8.0
Grades 9-12/GED.....	1,961	52.7	4.3	41.1	2.0
At least some college.....	1,097	48.7	5.0	44.7	1.6
Employment status:					
Employed.....	1,507	53.9	4.3	40.7	1.2
Not employed.....	2,041	45.2	5.0	46.2	3.7
Self-assessed health status:					
Excellent or very good.....	1,592	47.6	4.3	46.5	1.6
Good.....	1,259	51.6	5.2	41.0	2.2
Fair or poor.....	708	54.2	5.0	35.7	5.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.1B.--Calories: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in calories or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All males.....	766	36.1	8.6	51.6	3.7
Age:					
39 years and under.....	315	34.0	8.4	55.8	1.9
40-59 years.....	213	43.3	7.9	45.2	3.6
60 years and over.....	238	31.8	10.0	50.3	7.8
Income level:					
Under 131% poverty.....	278	27.4	10.8	50.9	10.9
131-350% poverty.....	242	30.8	10.8	54.4	4.0
Over 350% poverty.....	198	45.0	6.2	47.4	1.4
Race:					
Black.....	103	30.5	14.5	46.6	8.4
White.....	639	37.1	7.6	52.5	2.9
Education:					
Grade 8 or less.....	119	33.9	8.4	46.3	11.3
Grades 9-12/GED.....	339	34.6	13.2	46.0	6.2
At least some college.....	303	37.7	5.7	55.6	1.0
Employment status:					
Employed.....	415	38.8	7.5	51.9	1.7
Not employed.....	338	30.9	11.1	50.4	7.6
Self-assessed health status:					
Excellent or very good.....	380	35.7	8.5	54.4	1.4
Good.....	243	40.3	7.6	48.5	3.6
Fair or poor.....	134	29.0	11.2	46.2	13.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.2A.--Vitamin C: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in vitamin C or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All females.....	3,580	2.0	33.8	62.0	2.2
Age:					
39 years and under.....	1,446	1.6	42.8	53.4	2.1
40-59 years.....	1,000	2.0	35.2	60.9	1.9
60 years and over.....	1,134	2.6	18.8	76.0	2.6
Income level:					
Under 131% poverty.....	1,469	2.3	33.2	59.5	5.1
131-350% poverty.....	1,131	2.6	35.3	60.5	1.7
Over 350% poverty.....	695	1.5	33.7	63.3	1.4
Race:					
Black.....	503	2.6	44.4	50.2	2.8
White.....	2,938	1.9	32.0	63.9	2.1
Education:					
Grade 8 or less.....	490	1.4	24.7	67.4	6.5
Grades 9-12/GED.....	1,961	3.0	33.2	61.3	2.5
At least some college.....	1,097	1.0	36.5	61.6	.9
Employment status:					
Employed.....	1,507	1.7	39.0	58.2	1.1
Not employed.....	2,041	2.4	28.3	66.0	3.4
Self-assessed health status:					
Excellent or very good.....	1,592	2.2	32.7	63.2	1.9
Good.....	1,259	1.2	35.5	61.2	2.1
Fair or poor.....	708	3.2	34.3	59.5	3.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.2B.--Vitamin C: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in vitamin C or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	Number 1/	Percent			
All males.....	766	3.8	34.6	56.8	4.8
Age:					
39 years and under.....	315	3.5	41.8	51.2	3.5
40-59 years.....	213	4.2	30.3	61.7	3.7
60 years and over.....	238	3.9	24.1	63.2	8.8
Income level:					
Under 131% poverty.....	278	2.8	32.4	55.3	9.5
131-350% poverty.....	242	3.8	34.7	57.1	4.4
Over 350% poverty.....	198	2.6	38.3	56.6	2.6
Race:					
Black.....	103	3.0	22.0	68.3	6.7
White.....	639	4.1	36.6	55.3	4.0
Education:					
Grade 8 or less.....	119	3.8	29.5	52.6	14.0
Grades 9-12/GED.....	339	2.9	34.9	57.4	4.7
At least some college.....	303	4.4	34.8	57.3	3.5
Employment status:					
Employed.....	415	3.6	38.1	55.2	3.1
Not employed.....	338	4.3	28.2	61.1	6.4
Self-assessed health status:					
Excellent or very good.....	380	3.4	35.9	58.7	2.0
Good.....	243	4.3	30.8	55.7	9.2
Fair or poor.....	134	4.3	37.8	51.0	6.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.3A.--Calcium: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in calcium or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	Number ^{1/}	Percent			
All females.....	3,580	3.6	40.7	52.3	3.4
Age:					
39 years and under.....	1,446	4.3	47.3	45.9	2.4
40-59 years.....	1,000	3.3	41.3	52.5	2.8
60 years and over.....	1,134	2.8	30.1	61.6	5.5
Income level:					
Under 131% poverty.....	1,469	5.3	35.9	52.3	6.4
131-350% poverty.....	1,131	2.8	41.4	52.0	3.8
Over 350% poverty.....	695	3.4	42.2	52.5	1.9
Race:					
Black.....	503	8.2	45.1	42.6	4.1
White.....	2,938	3.0	39.7	53.9	3.4
Education:					
Grade 8 or less.....	490	5.8	28.1	55.5	10.6
Grades 9-12/GED.....	1,961	3.8	40.2	52.6	3.5
At least some college.....	1,097	3.1	43.7	51.4	1.8
Employment status:					
Employed.....	1,507	3.7	42.9	50.9	2.5
Not employed.....	2,041	3.4	38.1	54.1	4.4
Self-assessed health status:					
Excellent or very good.....	1,592	3.2	39.0	55.1	2.7
Good.....	1,259	3.4	45.3	47.9	3.4
Fair or poor.....	708	5.2	37.7	51.2	6.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.3B.--Calcium: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in calcium
or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	Number ^{1/}	Percent			
All males.....	766	5.7	25.4	62.4	6.5
Age:					
39 years and under.....	315	5.4	28.0	60.8	5.8
40-59 years.....	213	6.1	22.4	66.2	5.3
60 years and over.....	238	5.8	23.5	61.2	9.4
Income level:					
Under 131% poverty.....	278	5.7	30.7	51.4	12.3
131-350% poverty.....	242	3.8	25.8	65.5	5.0
Over 350% poverty.....	198	5.7	23.5	66.3	4.6
Race:					
Black.....	103	4.9	24.3	62.9	8.0
White.....	639	5.8	25.3	62.5	6.4
Education:					
Grade 8 or less.....	119	6.1	30.4	47.2	16.4
Grades 9-12/GED.....	339	6.6	29.4	55.3	8.8
At least some college.....	303	5.1	22.5	68.7	3.6
Employment status:					
Employed.....	415	5.2	25.7	63.7	5.4
Not employed.....	338	6.8	25.3	59.6	8.3
Self-assessed health status:					
Excellent or very good.....	380	6.3	23.2	66.7	3.9
Good.....	243	4.1	30.5	54.8	10.7
Fair or poor.....	134	6.9	22.9	61.6	8.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.4A.--Iron: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in iron or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All females.....	3,580	2.3	36.6	56.1	4.9
Age:					
39 years and under.....	1,446	2.4	47.0	46.7	3.8
40-59 years.....	1,000	3.1	37.6	53.9	5.4
60 years and over.....	1,134	1.3	19.8	72.8	6.1
Income level:					
Under 131% poverty.....	1,469	3.6	34.5	53.6	8.3
131-350% poverty.....	1,131	3.0	38.6	54.6	3.9
Over 350% poverty.....	695	1.2	36.7	57.4	4.7
Race:					
Black.....	503	6.9	48.2	40.9	4.0
White.....	2,938	1.5	35.2	58.5	4.8
Education:					
Grade 8 or less.....	490	2.3	27.0	60.4	10.2
Grades 9-12/GED.....	1,961	2.4	37.4	55.1	5.1
At least some college.....	1,097	2.2	37.9	56.4	3.5
Employment status:					
Employed.....	1,507	2.9	41.9	50.7	4.5
Not employed.....	2,041	1.7	30.5	62.3	5.4
Self-assessed health status:					
Excellent or very good.....	1,592	1.8	36.0	58.8	3.5
Good.....	1,259	2.3	36.9	54.4	6.5
Fair or poor.....	708	4.0	37.8	51.3	6.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.4B.--Iron: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in iron or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All males.....	766	3.4	23.5	63.6	9.4
Age:					
39 years and under.....	315	4.0	24.2	63.7	8.1
40-59 years.....	213	3.8	19.6	67.5	9.1
60 years and over.....	238	1.6	27.1	58.8	12.6
Income level:					
Under 131% poverty.....	278	3.9	29.2	55.9	11.1
131-350% poverty.....	242	4.5	28.6	55.2	11.7
Over 350% poverty.....	198	1.2	20.5	72.7	5.5
Race:					
Black.....	103	5.9	19.3	64.2	10.6
White.....	639	2.6	24.8	63.8	8.8
Education:					
Grade 8 or less.....	119	5.5	29.2	45.5	19.8
Grades 9-12/GED.....	339	3.0	26.2	60.7	10.1
At least some college.....	303	3.4	20.2	68.8	7.5
Employment status:					
Employed.....	415	3.5	23.0	66.7	6.8
Not employed.....	338	3.4	24.6	58.9	13.1
Self-assessed health status:					
Excellent or very good.....	380	2.7	21.8	69.1	6.4
Good.....	243	5.1	24.4	58.2	12.4
Fair or poor.....	134	3.0	29.2	52.9	14.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.5A.--Protein: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in protein or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All females.....	3,580	6.0	15.5	76.2	2.3
Age:					
39 years and under.....	1,446	6.3	20.6	70.9	2.2
40-59 years.....	1,000	6.4	14.5	77.5	1.6
60 years and over.....	1,134	5.1	9.1	82.4	3.4
Income level:					
Under 131% poverty.....	1,469	3.7	20.0	71.1	5.2
131-350% poverty.....	1,131	6.5	16.6	74.6	2.3
Over 350% poverty.....	695	7.0	12.4	79.4	1.2
Race:					
Black.....	503	8.4	25.7	62.6	3.3
White.....	2,938	5.8	14.0	78.0	2.2
Education:					
Grade 8 or less.....	490	3.9	16.4	73.7	6.0
Grades 9-12/GED.....	1,961	5.0	17.5	74.6	2.9
At least some college.....	1,097	7.5	13.3	78.3	.9
Employment status:					
Employed.....	1,507	6.8	16.0	76.0	1.2
Not employed.....	2,041	5.2	14.9	76.4	3.6
Self-assessed health status:					
Excellent or very good.....	1,592	5.7	13.9	78.8	1.6
Good.....	1,259	5.8	16.2	74.7	3.3
Fair or poor.....	708	7.4	19.9	69.8	2.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.5B.--Protein: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in protein or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> 1/	----- <u>Percent</u> -----			
All males.....	766	6.8	15.4	73.2	4.6
Age:					
39 years and under.....	315	7.9	17.2	69.6	5.4
40-59 years.....	213	7.8	11.9	78.1	2.2
60 years and over.....	238	3.3	15.7	75.1	5.9
Income level:					
Under 131% poverty.....	278	2.4	25.4	64.0	8.2
131-350% poverty.....	242	6.2	16.7	73.1	3.9
Over 350% poverty.....	198	8.2	11.1	77.7	2.9
Race:					
Black.....	103	7.5	16.0	67.3	9.2
White.....	639	6.3	15.5	74.7	3.6
Education:					
Grade 8 or less.....	119	2.3	17.3	66.4	14.0
Grades 9-12/GED.....	339	7.5	17.8	70.1	4.6
At least some college.....	303	6.9	13.7	76.1	3.4
Employment status:					
Employed.....	415	8.2	13.7	74.2	3.9
Not employed.....	338	4.2	19.2	71.9	4.7
Self-assessed health status:					
Excellent or very good.....	380	8.0	13.0	76.8	2.2
Good.....	243	2.8	18.9	69.4	8.9
Fair or poor.....	134	10.9	16.9	66.4	5.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.6A.--Fat: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in fat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/no answer
	Number 1/	Percent			
All females.....	3,580	54.9	2.4	41.8	0.9
Age:					
39 years and under.....	1,446	61.1	2.2	36.2	.6
40-59 years.....	1,000	59.7	2.7	36.6	1.0
60 years and over.....	1,134	40.1	2.4	56.1	1.3
Income level:					
Under 131% poverty.....	1,469	48.2	3.5	45.6	2.7
131-350% poverty.....	1,131	58.3	1.9	39.0	.7
Over 350% poverty.....	695	56.2	2.2	41.4	.2
Race:					
Black.....	503	60.8	5.1	33.3	.8
White.....	2,938	53.9	2.1	43.1	.9
Education:					
Grade 8 or less.....	490	42.2	2.5	52.3	2.9
Grades 9-12/GED.....	1,961	55.1	2.6	41.2	1.1
At least some college.....	1,097	57.0	2.1	40.6	.3
Employment status:					
Employed.....	1,507	59.5	2.1	37.9	.5
Not employed.....	2,041	50.0	2.8	45.8	1.4
Self-assessed health status:					
Excellent or very good.....	1,592	52.4	2.3	44.8	.6
Good.....	1,259	58.7	2.3	37.9	1.2
Fair or poor.....	708	56.9	3.1	38.4	1.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.6B.--Fat: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in fat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All males.....	766	51.6	4.7	40.8	2.9
Age:					
39 years and under.....	315	57.9	3.9	34.0	4.3
40-59 years.....	213	47.4	7.1	44.3	1.2
60 years and over.....	238	43.2	3.6	51.4	1.9
Income level:					
Under 131% poverty.....	278	42.7	3.5	49.1	4.7
131-350% poverty.....	242	53.4	6.0	38.2	2.5
Over 350% poverty.....	198	55.7	2.6	40.1	1.5
Race:					
Black.....	103	60.8	2.4	35.2	1.6
White.....	639	49.7	5.2	42.3	2.8
Education:					
Grade 8 or less.....	119	42.4	4.5	46.9	6.2
Grades 9-12/GED.....	339	44.5	8.6	44.0	2.9
At least some college.....	303	58.1	2.3	37.2	2.4
Employment status:					
Employed.....	415	55.0	5.1	37.0	2.9
Not employed.....	338	45.0	4.3	48.9	1.8
Self-assessed health status:					
Excellent or very good.....	380	55.4	4.2	39.2	1.2
Good.....	243	49.7	5.7	38.3	6.3
Fair or poor.....	134	41.1	5.1	51.4	2.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.7A.--Saturated fat: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in saturated fat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All females.....	3,580	44.6	1.4	49.0	5.0
Age:					
39 years and under.....	1,446	52.7	1.9	41.2	4.2
40-59 years.....	1,000	43.7	1.3	50.0	4.9
60 years and over.....	1,134	33.4	1.0	59.2	6.4
Income level:					
Under 131% poverty.....	1,469	42.8	2.4	44.6	10.2
131-350% poverty.....	1,131	47.5	1.3	46.7	4.5
Over 350% poverty.....	695	42.8	1.3	52.9	3.0
Race:					
Black.....	503	53.5	.9	37.8	7.7
White.....	2,938	43.3	1.4	50.9	4.4
Education:					
Grade 8 or less.....	490	38.6	1.4	45.9	14.0
Grades 9-12/GED.....	1,961	46.3	1.4	46.9	5.3
At least some college.....	1,097	43.7	1.5	51.8	3.0
Employment status:					
Employed.....	1,507	48.4	1.5	47.3	2.8
Not employed.....	2,041	40.4	1.4	50.6	7.6
Self-assessed health status:					
Excellent or very good.....	1,592	43.4	1.8	50.8	4.1
Good.....	1,259	46.7	.9	46.1	6.3
Fair or poor.....	708	44.9	1.5	48.1	5.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.7B.--Saturated fat: Perceived adequacy of own diet by male main meal planners/preparers,
1989-1991

Question: In your opinion, should your diet be lower or higher in saturated fat or is it
just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All males.....	766	42.3	2.3	45.3	10.0
Age:					
39 years and under.....	315	47.9	1.5	39.4	11.1
40-59 years.....	213	38.1	3.4	52.1	6.4
60 years and over.....	238	35.4	2.7	50.0	11.9
Income level:					
Under 131% poverty.....	278	39.9	1.9	45.4	12.7
131-350% poverty.....	242	37.2	3.8	45.8	13.2
Over 350% poverty.....	198	48.4	.6	44.7	6.2
Race:					
Black.....	103	31.2	1.8	50.9	16.1
White.....	639	44.0	2.4	44.7	8.9
Education:					
Grade 8 or less.....	119	39.0	2.3	44.1	14.6
Grades 9-12/GED.....	339	34.4	3.8	50.4	11.4
At least some college.....	303	47.5	1.3	42.6	8.6
Employment status:					
Employed.....	415	45.0	1.9	44.9	8.2
Not employed.....	338	36.5	3.2	47.4	12.9
Self-assessed health status:					
Excellent or very good.....	380	43.5	1.4	47.6	7.5
Good.....	243	43.4	3.8	39.9	12.9
Fair or poor.....	134	35.9	3.1	48.3	12.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days
of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by
Individuals, 1989-1991.

Table 2.8A.--Cholesterol: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in cholesterol or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All females.....	3,580	41.6	1.3	52.8	4.3
Age:					
39 years and under.....	1,446	43.5	1.3	50.5	4.6
40-59 years.....	1,000	42.5	1.4	52.5	3.7
60 years and over.....	1,134	37.6	1.2	56.8	4.5
Income level:					
Under 131% poverty.....	1,469	42.2	1.3	48.2	8.3
131-350% poverty.....	1,131	44.3	.9	51.2	3.7
Over 350% poverty.....	695	38.2	2.0	56.9	2.9
Race:					
Black.....	503	52.6	1.0	40.8	5.5
White.....	2,938	39.9	1.3	54.9	3.9
Education:					
Grade 8 or less.....	490	36.8	1.2	50.3	11.7
Grades 9-12/GED.....	1,961	43.8	1.7	49.9	4.6
At least some college.....	1,097	39.8	.9	56.7	2.6
Employment status:					
Employed.....	1,507	41.5	1.5	53.4	3.6
Not employed.....	2,041	41.6	1.1	52.2	5.1
Self-assessed health status:					
Excellent or very good.....	1,592	36.2	1.4	58.3	4.1
Good.....	1,259	48.0	1.3	46.4	4.4
Fair or poor.....	708	47.0	1.2	47.0	4.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.8B.--Cholesterol: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in cholesterol or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> 1/	<u>Percent</u>			
All males.....	766	38.9	3.0	51.3	6.8
Age:					
39 years and under.....	315	37.1	3.4	52.8	6.7
40-59 years.....	213	42.1	3.2	47.8	6.8
60 years and over.....	238	38.9	1.7	52.2	7.2
Income level:					
Under 131% poverty.....	278	39.4	1.0	48.1	11.4
131-350% poverty.....	242	35.1	3.6	51.1	10.2
Over 350% poverty.....	198	44.7	1.3	50.4	3.6
Race:					
Black.....	103	34.1	6.4	49.6	9.9
White.....	639	39.8	2.5	51.6	6.1
Education:					
Grade 8 or less.....	119	42.1	2.7	42.2	13.0
Grades 9-12/GED.....	339	37.4	2.8	49.1	10.7
At least some college.....	303	39.0	3.2	54.3	3.5
Employment status:					
Employed.....	415	41.6	3.4	50.0	5.1
Not employed.....	338	33.8	2.3	54.7	9.1
Self-assessed health status:					
Excellent or very good.....	380	38.9	3.0	52.7	5.4
Good.....	243	40.8	2.5	49.4	7.2
Fair or poor.....	134	35.7	4.1	48.1	12.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.9A.--Fiber: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in fiber or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All females.....	3,580	3.8	39.3	54.7	2.2
Age:					
39 years and under.....	1,446	4.2	50.6	43.2	2.0
40-59 years.....	1,000	3.8	38.6	56.2	1.4
60 years and over.....	1,134	3.2	23.1	70.2	3.4
Income level:					
Under 131% poverty.....	1,469	5.0	35.1	55.0	5.0
131-350% poverty.....	1,131	2.9	42.8	52.3	2.0
Over 350% poverty.....	695	3.6	39.9	55.4	1.2
Race:					
Black.....	503	6.7	49.2	40.2	3.9
White.....	2,938	3.4	38.3	56.5	1.8
Education:					
Grade 8 or less.....	490	5.1	26.2	57.1	11.6
Grades 9-12/GED.....	1,961	3.8	39.9	54.4	1.9
At least some college.....	1,097	3.7	40.7	54.7	.9
Employment status:					
Employed.....	1,507	2.9	44.6	51.3	1.2
Not employed.....	2,041	4.5	33.4	58.8	3.3
Self-assessed health status:					
Excellent or very good.....	1,592	4.5	37.6	56.3	1.6
Good.....	1,259	2.6	41.7	53.3	2.5
Fair or poor.....	708	3.7	41.2	51.5	3.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.9B.--Fiber: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in fiber or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All males.....	766	2.7	37.8	53.8	5.7
Age:					
39 years and under.....	315	2.8	42.6	49.5	5.2
40-59 years.....	213	3.1	36.7	55.5	4.7
60 years and over.....	238	2.1	28.8	61.2	7.9
Income level:					
Under 131% poverty.....	278	3.2	31.1	57.0	8.7
131-350% poverty.....	242	.5	36.4	57.6	5.5
Over 350% poverty.....	198	3.6	43.6	50.0	2.8
Race:					
Black.....	103	1.0	29.2	63.7	6.1
White.....	639	3.0	39.1	52.2	5.7
Education:					
Grade 8 or less.....	119	2.4	31.5	51.3	14.8
Grades 9-12/GED.....	339	2.4	38.2	56.4	3.0
At least some college.....	303	3.0	37.9	52.9	6.2
Employment status:					
Employed.....	415	3.1	39.9	51.4	5.7
Not employed.....	338	2.1	33.7	58.4	5.8
Self-assessed health status:					
Excellent or very good.....	380	3.5	36.3	57.4	2.8
Good.....	243	1.8	38.2	48.3	11.7
Fair or poor.....	134	1.7	43.3	50.5	4.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.10A.--Salt or sodium: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in salt or sodium or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> 1/	----- <u>Percent</u> -----			
All females.....	3,580	32.4	1.6	65.2	0.7
Age:					
39 years and under.....	1,446	36.3	2.0	61.1	.7
40-59 years.....	1,000	33.7	1.9	63.8	.7
60 years and over.....	1,134	25.1	.9	73.2	.8
Income level:					
Under 131% poverty.....	1,469	34.2	1.6	62.7	1.6
131-350% poverty.....	1,131	36.0	1.4	62.2	.4
Over 350% poverty.....	695	28.0	1.9	69.6	.5
Race:					
Black.....	503	46.2	1.7	51.6	.5
White.....	2,938	30.3	1.7	67.3	.7
Education:					
Grade 8 or less.....	490	31.5	.7	66.6	1.1
Grades 9-12/GED.....	1,961	33.8	2.1	63.1	1.0
At least some college.....	1,097	30.7	1.4	67.6	.3
Employment status:					
Employed.....	1,507	33.8	1.9	63.7	.6
Not employed.....	2,041	30.9	1.3	66.9	.9
Self-assessed health status:					
Excellent or very good.....	1,592	29.6	1.7	68.3	.5
Good.....	1,259	34.8	1.3	62.9	1.0
Fair or poor.....	708	37.7	2.3	59.1	.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.10B.--Salt or sodium: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in salt or sodium or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All males.....	766	33.0	3.0	62.0	2.0
Age:					
39 years and under.....	315	32.5	3.3	62.3	1.8
40-59 years.....	213	34.0	2.2	60.4	3.4
60 years and over.....	238	32.7	3.1	63.4	.8
Income level:					
Under 131% poverty.....	278	34.0	1.0	61.9	3.1
131-350% poverty.....	242	24.4	5.5	67.2	2.8
Over 350% poverty.....	198	37.2	2.3	59.4	1.1
Race:					
Black.....	103	40.3	2.4	56.2	1.1
White.....	639	32.7	3.2	61.8	2.3
Education:					
Grade 8 or less.....	119	33.9	0	59.8	6.3
Grades 9-12/GED.....	339	34.7	3.8	59.0	2.5
At least some college.....	303	30.9	2.9	65.1	1.2
Employment status:					
Employed.....	415	33.4	2.6	62.4	1.6
Not employed.....	338	32.2	3.9	61.3	2.6
Self-assessed health status:					
Excellent or very good.....	380	33.5	3.6	61.8	1.2
Good.....	243	31.2	2.0	64.5	2.3
Fair or poor.....	134	36.0	2.7	56.7	4.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.11A.--Sugar and sweets: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in sugar and sweets or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
All females.....	3,580	51.3	2.4	46.0	0.4
Age:					
39 years and under.....	1,446	58.1	2.3	39.4	.2
40-59 years.....	1,000	52.8	2.7	44.2	.2
60 years and over.....	1,134	39.3	2.1	57.8	.9
Income level:					
Under 131% poverty.....	1,469	43.3	3.1	52.2	1.4
131-350% poverty.....	1,131	51.8	2.5	45.4	.3
Over 350% poverty.....	695	53.9	2.0	44.1	.1
Race:					
Black.....	503	56.0	3.1	40.4	.5
White.....	2,938	50.9	2.0	46.8	.3
Education:					
Grade 8 or less.....	490	41.2	1.5	56.5	.7
Grades 9-12/GED.....	1,961	48.8	2.9	47.8	.4
At least some college.....	1,097	55.7	2.0	42.0	.3
Employment status:					
Employed.....	1,507	56.0	2.3	41.3	.3
Not employed.....	2,041	46.2	2.4	50.9	.5
Self-assessed health status:					
Excellent or very good.....	1,592	51.6	2.6	45.5	.3
Good.....	1,259	51.7	2.1	45.8	.4
Fair or poor.....	708	49.1	2.1	48.4	.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.11B.--Sugar and sweets: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in sugar and sweets or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>			
All males.....	766	37.9	3.3	57.8	1.0
Age:					
39 years and under.....	315	38.8	4.4	55.4	1.4
40-59 years.....	213	44.2	2.6	52.4	.8
60 years and over.....	238	27.8	1.9	69.7	.6
Income level:					
Under 131% poverty.....	278	38.3	3.0	56.7	2.1
131-350% poverty.....	242	35.8	4.6	58.9	.7
Over 350% poverty.....	198	39.2	3.0	57.1	.8
Race:					
Black.....	103	37.8	3.5	57.3	1.4
White.....	639	38.8	3.1	57.1	1.0
Education:					
Grade 8 or less.....	119	28.0	.5	66.0	5.5
Grades 9-12/GED.....	339	37.2	2.2	59.6	1.0
At least some college.....	303	40.0	4.4	55.2	.5
Employment status:					
Employed.....	415	42.7	3.5	52.4	1.3
Not employed.....	338	28.5	3.1	67.9	.5
Self-assessed health status:					
Excellent or very good.....	380	39.0	3.1	57.3	.6
Good.....	243	38.4	3.9	55.9	1.7
Fair or poor.....	134	33.0	2.5	63.7	.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.12A.--Variety: Perceived adequacy of own diet by female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in the variety of foods you eat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/no answer
	Number 1/	Percent			
All females.....	3,580	4.5	23.9	70.4	1.2
Age:					
39 years and under.....	1,446	5.0	29.1	64.3	1.5
40-59 years.....	1,000	4.8	25.2	69.0	.9
60 years and over.....	1,134	3.2	14.7	80.9	1.2
Income level:					
Under 131% poverty.....	1,469	5.5	24.6	66.8	3.1
131-350% poverty.....	1,131	5.6	23.1	70.5	.8
Over 350% poverty.....	695	3.1	24.8	71.6	.4
Race:					
Black.....	503	14.1	24.6	59.3	2.0
White.....	2,938	3.3	24.0	71.7	1.1
Education:					
Grade 8 or less.....	490	6.9	15.4	75.3	2.4
Grades 9-12/GED.....	1,961	5.0	21.7	71.8	1.4
At least some college.....	1,097	3.5	27.8	67.9	.8
Employment status:					
Employed.....	1,507	4.3	26.9	67.7	1.1
Not employed.....	2,041	4.4	20.7	73.5	1.4
Self-assessed health status:					
Excellent or very good.....	1,592	4.0	23.0	71.8	1.2
Good.....	1,259	4.0	26.1	68.9	1.1
Fair or poor.....	708	7.3	22.4	68.5	1.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 2.12B.--Variety: Perceived adequacy of own diet by male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in the variety of foods you eat or is it just about right compared with what is most healthful?

Selected characteristics	Respondents	Perceived adequacy			
		Should be lower	Should be higher	Is about right	Don't know/no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----			
All males.....	766	4.3	31.8	61.0	2.8
Age:					
39 years and under.....	315	2.6	39.2	55.0	3.2
40-59 years.....	213	8.2	26.0	64.2	1.6
60 years and over.....	238	3.3	22.6	70.5	3.6
Income level:					
Under 131% poverty.....	278	2.2	35.6	55.4	6.7
131-350% poverty.....	242	2.5	31.3	62.1	4.1
Over 350% poverty.....	198	5.1	32.3	62.0	.7
Race:					
Black.....	103	1.4	25.6	65.6	7.4
White.....	639	5.0	31.9	61.4	1.7
Education:					
Grade 8 or less.....	119	4.5	26.9	63.0	5.5
Grades 9-12/GED.....	339	3.7	31.8	59.5	5.0
At least some college.....	303	4.7	32.6	61.5	1.1
Employment status:					
Employed.....	415	4.8	32.6	61.4	1.2
Not employed.....	338	3.0	29.7	61.4	5.9
Self-assessed health status:					
Excellent or very good.....	380	3.1	28.9	65.7	2.3
Good.....	243	8.0	36.7	52.1	3.3
Fair or poor.....	134	1.4	34.3	60.4	4.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.1A.--Energy intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in calories"			Respondents	"Think diet should be lower in calories"		
		Mean	SEM	Mean intake as percent- age of REA		Mean	SEM	Mean intake as percent- age of REA
All females.....	1,589	1,459	16.7	70	1,675	1,527	18.4	73
Age:								
39 years and under.....	583	1,573	29.9	71	737	1,596	31.1	72
40-59 years.....	388	1,410	33.0	68	529	1,516	30.1	73
60 years and over.....	618	1,367	23.0	72	409	1,411	28.9	74
Income level:								
Under 131% poverty.....	683	1,398	22.7	68	604	1,450	26.7	69
131-350% poverty.....	484	1,434	29.7	69	568	1,504	29.7	71
Over 350% poverty.....	302	1,523	30.8	72	366	1,601	32.5	76
Race:								
Black.....	205	1,440	65.8	69	233	1,443	70.7	68
White.....	1,317	1,461	17.8	70	1,388	1,532	18.9	73
Education:								
Grade 8 or less.....	253	1,341	38.2	68	162	1,419	48.8	71
Grades 9-12/GED.....	824	1,426	22.6	70	962	1,507	23.4	72
At least some college.....	500	1,520	28.0	71	537	1,565	32.0	73
Employment status:								
Employed.....	623	1,505	25.8	70	787	1,555	27.1	73
Not employed.....	954	1,417	21.5	70	871	1,497	23.9	72
Self-assessed health status:								
Excellent or very good.....	745	1,499	24.3	71	727	1,540	27.3	72
Good.....	551	1,436	25.6	69	603	1,551	32.0	74
Fair or poor.....	282	1,343	45.3	68	336	1,433	37.6	70

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.1B.--Energy intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in calories"			Respondents	"Think diet should be lower in calories"		
		Mean	SEM	Mean intake as percent-age of REA		Mean	SEM	Mean intake as percent-age of REA
	Number 1/	-----kcal-----		Percent	Number 1/	-----kcal-----		Percent
All males.....	395	2,191	61.3	80	259	2,045	56.5	77
Age:								
39 years and under.....	165	2,408	98.4	83	109	2,148	82.8	74
40-59 years.....	102	2,006	72.7	74	85	1,984	117.0	77
60 years and over.....	128	1,869	76.4	81	65	<u>2/1,908</u>	77.3	83
Income level:								
Under 131% poverty.....	142	1,945	78.9	75	77	2,183	114.2	84
131-350% poverty.....	130	2,114	85.8	77	81	2,000	85.2	76
Over 350% poverty.....	94	2,272	116.5	83	88	2,042	90.4	77
Race:								
Black.....	49	<u>2/2,200</u>	126.6	83	26	<u>2/1,909</u>	174.8	71
White.....	336	2,212	69.0	81	224	2,065	61.2	78
Education:								
Grade 8 or less.....	62	<u>2/1,770</u>	104.0	75	32	<u>2/1,887</u>	115.0	80
Grades 9-12/GED.....	161	1,987	65.7	74	111	2,132	101.1	80
At least some college.....	168	2,343	90.6	84	115	2,015	72.9	74
Employment status:								
Employed.....	206	2,297	76.6	82	163	2,100	71.0	76
Not employed.....	181	2,002	99.4	79	92	1,939	87.3	80
Self-assessed health status:								
Excellent or very good.....	207	2,268	80.1	82	131	1,978	72.5	73
Good.....	121	2,157	124.4	80	90	2,063	76.3	78
Fair or poor.....	63	<u>2/1,878</u>	118.2	76	35	<u>2/2,339</u>	229.6	94

1/ Number in the sample.

2/ See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.2A.--Vitamin C intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	"Think diet is about right in vitamin C"				"Think diet should be higher in vitamin C"			
	Respondents	Mean intake as percentage of RDA			Respondents	Mean intake as percentage of RDA		
		Mean	SEM	Percent		Mean	SEM	Percent
	<u>Number</u> <u>1/</u>	<u>mg</u>		<u>Percent</u>	<u>Number</u> <u>1/</u>	<u>mg</u>		<u>Percent</u>
All females.....	2,194	93	2.2	153	1,195	74	2.2	122
Age:								
39 years and under.....	752	86	3.9	140	621	71	3.1	116
40-59 years.....	600	88	4.0	147	355	70	3.7	117
60 years and over.....	842	104	3.6	173	219	90	5.9	150
Income level:								
Under 131% poverty.....	860	81	3.1	134	491	65	2.9	107
131-350% poverty.....	698	90	3.4	147	388	73	3.2	120
Over 350% poverty.....	457	103	4.4	171	222	78	4.5	128
Race:								
Black.....	273	84	6.6	140	199	80	6.7	133
White.....	1,854	92	2.4	153	937	71	2.3	118
Education:								
Grade 8 or less.....	326	81	4.8	135	115	74	6.5	122
Grades 9-12/GED.....	1,171	87	2.6	143	684	67	2.6	111
At least some college.....	679	102	4.1	168	386	81	3.9	132
Employment status:								
Employed.....	874	89	3.4	148	584	75	3.0	124
Not employed.....	1,302	97	2.9	160	598	73	3.3	118
Self-assessed health status:								
Excellent or very good.....	1,026	100	3.5	165	496	75	3.2	124
Good.....	741	84	2.9	140	460	76	4.1	124
Fair or poor.....	414	85	5.3	141	232	66	4.0	109

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.2B.--Vitamin C intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in vitamin C"			Respondents	"Think diet should be higher in vitamin C"		
		Mean	SEM	Mean intake as percentage of RDA		Mean	SEM	Mean intake as percentage of RDA
	Number ^{1/}	-----mg-----		Percent	Number ^{1/}	-----mg-----		Percent
All males.....	444	115	5.6	191	252	89	5.7	149
Age:								
39 years and under.....	168	117	9.5	195	125	94	7.8	157
40-59 years.....	128	97	7.8	161	64	<u>2/74</u>	9.1	123
60 years and over.....	148	133	10.0	222	63	<u>2/97</u>	14.1	162
Income level:								
Under 131% poverty.....	151	89	6.6	148	91	95	16.3	158
131-350% poverty.....	141	112	11.0	187	84	82	6.6	136
Over 350% poverty.....	119	129	8.6	215	69	92	9.5	154
Race:								
Black.....	62	<u>2/115</u>	18.4	191	27	<u>2/81</u>	11.8	134
White.....	369	115	5.8	192	216	88	6.3	147
Education:								
Grade 8 or less.....	65	<u>2/105</u>	24.5	175	33	<u>2/98</u>	14.8	164
Grades 9-12/GED.....	193	98	7.9	163	115	83	7.4	138
At least some college.....	182	128	7.9	213	103	93	8.8	155
Employment status:								
Employed.....	238	111	7.4	185	148	88	6.9	147
Not employed.....	198	123	8.4	205	102	94	9.7	157
Self-assessed health status:								
Excellent or very good.....	228	106	6.0	177	126	91	7.9	151
Good.....	142	136	13.3	226	75	84	9.7	141
Fair or poor.....	69	108	13.6	180	47	<u>2/95</u>	12.8	159

^{1/} Number in the sample.

^{2/} See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.3A.--Calcium intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in calcium"			Respondents	"Think diet should be higher in calcium"		
		Mean	SEM	Mean intake as percentage of RDA		Mean	SEM	Mean intake as percentage of RDA
	Number ^{1/}	-----mg-----		Percent	Number ^{1/}	-----mg-----		Percent
All females.....	1,928	653	11.4	79	1,339	582	12.1	70
Age:								
39 years and under.....	673	710	21.6	81	650	600	18.8	69
40-59 years.....	533	631	22.3	79	387	555	19.9	69
60 years and over.....	722	611	13.3	76	302	579	25.0	72
Income level:								
Under 131% poverty.....	783	595	16.6	71	510	559	16.3	65
131-350% poverty.....	600	630	17.6	76	455	568	20.8	69
Over 350% poverty.....	379	689	22.2	84	280	612	21.2	75
Race:								
Black.....	240	444	21.4	54	182	526	46.0	63
White.....	1,628	671	11.8	81	1,091	589	12.3	71
Education:								
Grade 8 or less.....	296	570	27.6	70	121	531	34.1	66
Grades 9-12/GED.....	1,022	629	13.8	77	764	563	16.2	67
At least some college.....	594	700	20.9	84	444	609	19.4	74
Employment status:								
Employed.....	765	667	17.7	81	645	568	16.7	69
Not employed.....	1,146	642	14.4	78	684	604	17.6	72
Self-assessed health status:								
Excellent or very good.....	895	676	16.5	81	578	591	18.0	71
Good.....	643	644	17.8	78	517	585	20.0	70
Fair or poor.....	377	597	30.2	74	239	547	26.6	67

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.3B.--Calcium intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in calcium"			Respondents	"Think diet should be higher in calcium"		
		Mean	SEM	Mean intake as percentage of RDA		Mean	SEM	Mean intake as percentage of RDA
	<u>Number</u> ^{1/}	<u>mg</u>		<u>Percent</u>	<u>Number</u> ^{1/}	<u>mg</u>		<u>Percent</u>
All males.....	463	862	35.8	104	196	734	35.4	88
Age:								
39 years and under.....	177	1,000	63.4	117	98	762	53.8	89
40-59 years.....	134	742	40.9	93	49	<u>2/733</u>	70.5	92
60 years and over.....	152	720	38.2	90	49	<u>2/664</u>	41.0	83
Income level:								
Under 131% poverty.....	153	751	44.8	90	75	785	50.6	94
131-350% poverty.....	150	885	42.2	109	67	<u>2/706</u>	50.8	84
Over 350% poverty.....	133	838	57.6	102	44	<u>2/686</u>	63.7	84
Race:								
Black.....	63	<u>2/748</u>	81.2	92	27	<u>2/680</u>	84.8	83
White.....	388	887	40.2	106	160	750	37.5	90
Education:								
Grade 8 or less.....	65	<u>2/711</u>	56.5	89	26	<u>2/698</u>	73.8	87
Grades 9-12/GED.....	188	763	36.2	93	99	759	52.9	89
At least some college.....	205	929	54.0	111	71	720	54.6	88
Employment status:								
Employed.....	248	872	45.4	104	116	756	47.6	90
Not employed.....	206	856	57.8	104	78	699	44.5	86
Self-assessed health status:								
Excellent or very good.....	242	889	51.4	107	92	765	51.1	91
Good.....	137	864	59.8	103	70	669	60.4	80
Fair or poor.....	79	731	49.8	91	30	<u>2/758</u>	62.9	95

^{1/} Number in the sample.

^{2/} See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.4A.--Iron intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	"Think diet is about right in iron"				"Think diet should be higher in iron"			
	Respondents		Mean intake as percentage of RDA		Respondents		Mean intake as percentage of RDA	
	Number 1/	Mean	SEM	Percent	Number 1/	Mean	SEM	Percent
All females.....	2,025	11.8	0.22	97	1,249	11.4	0.25	83
Age:								
39 years and under.....	675	11.9	.39	77	662	11.6	.39	74
40-59 years.....	562	11.3	.34	92	354	11.1	.35	83
60 years and over.....	788	12.1	.38	121	233	11.5	.54	115
Income level:								
Under 131% poverty.....	800	11.3	.29	95	499	10.7	.35	79
131-350% poverty.....	639	11.7	.38	95	416	11.0	.36	80
Over 350% poverty.....	407	12.4	.41	100	246	12.4	.50	90
Race:								
Black.....	252	9.9	.58	82	205	10.4	.59	76
White.....	1,706	12.0	.23	99	994	11.6	.28	85
Education:								
Grade 8 or less.....	300	11.1	.43	104	116	11.5	.80	104
Grades 9-12/GED.....	1,071	11.5	.26	97	732	10.7	.29	80
At least some college.....	636	12.4	.40	97	395	12.1	.44	85
Employment status:								
Employed.....	789	11.8	.33	90	616	11.1	.29	78
Not employed.....	1,218	11.9	.28	105	623	11.9	.45	92
Self-assessed health status:								
Excellent or very good.....	932	12.2	.33	97	551	11.2	.30	80
Good.....	702	11.3	.28	95	456	11.7	.50	85
Fair or poor.....	379	11.4	.58	103	235	11.4	.69	90

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.4B.--Iron intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in iron"			Respondents	"Think diet should be higher in iron"		
		Mean	SEM	Mean intake as percentage of RDA		Mean	SEM	Mean intake as percentage of RDA
	<u>Number</u> <u>1/</u>	<u>mg</u>		<u>Percent</u>	<u>Number</u> <u>1/</u>	<u>mg</u>		<u>Percent</u>
All males.....	478	15.2	0.43	153	187	15.5	0.80	155
Age:								
39 years and under.....	192	16.1	.58	161	86	15.2	1.25	152
40-59 years.....	134	13.8	.81	138	49	<u>2/17.2</u>	1.77	172
60 years and over.....	152	15.4	.92	154	52	<u>2/14.5</u>	.75	145
Income level:								
Under 131% poverty.....	159	15.7	1.06	157	79	14.3	.84	143
131-350% poverty.....	141	14.8	.73	148	67	<u>2/14.7</u>	1.07	147
Over 350% poverty.....	150	15.2	.66	152	34	<u>2/17.2</u>	1.72	172
Race:								
Black.....	64	<u>2/14.5</u>	.82	145	23	<u>2/13.2</u>	1.21	132
White.....	402	15.2	.45	152	158	15.8	.89	158
Education:								
Grade 8 or less.....	68	<u>2/14.5</u>	1.61	145	24	<u>2/13.1</u>	1.22	131
Grades 9-12/GED.....	201	13.8	.55	138	95	15.9	1.40	159
At least some college.....	207	16.2	.61	162	65	<u>2/15.4</u>	1.13	154
Employment status:								
Employed.....	265	14.9	.50	149	103	16.7	1.18	167
Not employed.....	205	16.2	.84	162	82	13.4	.62	134
Self-assessed health status:								
Excellent or very good.....	250	15.4	.55	154	86	16.1	1.21	161
Good.....	149	15.4	.84	154	63	<u>2/14.8</u>	1.43	148
Fair or poor.....	74	13.9	1.13	139	35	<u>2/14.7</u>	1.26	147

1/ Number in the sample.

2/ See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.5A.--Protein intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in protein"				"Think diet should be higher in protein"				
		Mean		Mean intake as percentage of RDA	Mean percentage of food energy from protein	Mean		Mean intake as percentage of RDA	Mean percentage of food energy from protein	
		Number 1/	-----g-----			Number 1/	-----g-----			
All females.....	2,627	61.7	0.57	123	17.0	635	59.4	1.39	119	16.6
Age:										
39 years and under.....	964	65.1	.98	129	16.7	350	60.1	2.04	120	16.3
40-59 years.....	754	61.6	1.07	123	17.3	158	58.1	2.50	116	16.5
60 years and over.....	909	57.5	.81	115	17.0	127	59.5	2.41	119	17.7
Income level:										
Under 131% poverty.....	1,003	59.3	.96	118	17.0	318	57.8	1.46	116	16.6
131-350% poverty.....	848	59.9	.93	120	16.9	187	58.0	2.35	115	16.5
Over 350% poverty.....	556	64.8	1.04	129	16.9	81	63.4	3.10	126	16.6
Race:										
Black.....	319	60.8	2.62	122	17.3	125	54.9	3.39	111	15.8
White.....	2,216	61.7	.57	123	16.9	477	59.6	1.49	119	16.7
Education:										
Grade 8 or less.....	355	57.6	1.54	115	17.5	77	61.8	4.43	124	17.9
Grades 9-12/GED.....	1,378	61.2	.79	122	16.9	418	58.7	1.80	117	16.5
At least some college.....	870	63.2	.92	125	16.9	136	60.0	2.45	120	16.4
Employment status:										
Employed.....	1,119	63.5	.82	127	16.9	272	56.5	1.86	113	16.3
Not employed.....	1,485	59.9	.78	119	17.0	358	62.9	1.96	125	17.0
Self-assessed health status:										
Excellent or very good....	1,223	63.3	.79	126	17.0	242	58.8	2.21	117	16.4
Good.....	906	60.5	.94	120	16.7	249	63.2	2.00	127	16.6
Fair or poor.....	482	58.8	1.64	118	17.1	141	52.9	2.72	106	16.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.5B.--Protein intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in protein"				Respondents	"Think diet should be higher in protein"			
		Mean	SEM	Mean intake as percentage of RDA	Mean percentage of food energy from protein		Mean	SEM	Mean intake as percentage of RDA	Mean percentage of food energy from protein
	<u>Number</u> 1/	g		Percent RDA	Percent kcal	<u>Number</u> 1/	g		Percent RDA	Percent kcal
All males.....	552	86.2	1.94	138	17.0	137	88.6	4.45	142	16.3
Age:										
39 years and under.....	209	93.6	3.29	151	17.0	70	98.9	6.74	160	15.6
40-59 years.....	164	79.2	2.75	126	17.3	30	2/83.7	5.31	133	17.0
60 years and over.....	179	80.1	2.67	127	16.8	37	2/68.2	5.08	108	17.1
Income level:										
Under 131% poverty.....	185	81.2	2.89	130	16.8	63	2/80.1	4.89	128	16.0
131-350% poverty.....	175	82.7	2.63	132	16.6	45	2/86.8	7.06	138	16.6
Over 350% poverty.....	156	89.6	3.42	143	17.5	24	2/83.8	5.52	135	16.0
Race:										
Black.....	68	2/90.3	6.31	144	17.3	21	2/75.4	7.37	120	15.1
White.....	470	85.6	2.04	137	16.9	111	90.8	5.08	146	16.5
Education:										
Grade 8 or less.....	82	74.8	3.13	119	17.4	22	2/77.5	7.18	123	16.7
Grades 9-12/GED.....	234	82.4	3.01	132	16.8	74	81.7	5.06	131	16.9
At least some college.....	233	89.3	2.71	143	17.1	41	2/96.3	7.28	155	15.6
Employment status:										
Employed.....	295	88.5	2.53	142	16.9	75	89.0	3.94	143	15.9
Not employed.....	248	81.8	2.82	130	17.2	61	2/88.1	9.43	142	16.7
Self-assessed health status:										
Excellent or very good....	289	86.7	2.55	139	17.1	58	2/98.4	7.08	159	16.7
Good.....	166	88.1	3.64	141	17.0	48	2/83.3	5.24	134	16.2
Fair or poor.....	91	79.1	5.23	126	16.8	28	2/68.0	7.47	108	14.5

1/ Number in the sample.

2/ See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

S T A R T O F T A B L E S

Table 3.6A.--Total fat intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in total fat"			Respondents	"Think diet should be lower in total fat"		
		Mean	SEM	Mean percentage of food energy from fat		Mean	SEM	Mean percentage of food energy from fat
	<u>Number 1/</u>	<u>g</u>	<u>g</u>	<u>Percent kcal</u>	<u>Number 1/</u>	<u>g</u>	<u>g</u>	<u>Percent kcal</u>
All females.....	1,536	55.1	0.88	33.7	1,874	59.9	0.81	35.0
Age:								
39 years and under.....	496	59.7	1.66	34.0	882	63.6	1.28	35.3
40-59 years.....	373	55.3	1.81	34.3	579	59.1	1.39	35.3
60 years and over.....	667	50.4	1.08	32.9	413	52.8	1.29	33.6
Income level:								
Under 131% poverty.....	668	53.0	1.18	34.0	704	57.6	1.15	35.0
131-350% poverty.....	460	52.5	1.40	33.4	633	59.0	1.27	34.6
Over 350% poverty.....	275	58.8	1.71	33.8	400	62.4	1.46	35.5
Race:								
Black.....	178	53.6	3.35	34.2	290	57.5	2.85	34.4
White.....	1,303	55.3	.93	33.7	1,508	60.2	.86	35.1
Education:								
Grade 8 or less.....	265	50.2	1.89	34.6	184	54.5	2.07	34.0
Grades 9-12/GED.....	812	56.2	1.16	34.4	1,049	59.9	1.10	35.6
At least some college.....	445	55.0	1.55	32.7	626	60.8	1.33	34.4
Employment status:								
Employed.....	567	57.9	1.42	34.0	887	61.1	1.18	35.0
Not employed.....	953	52.7	1.05	33.4	972	58.3	1.05	34.9
Self-assessed health status:								
Excellent or very good.....	704	57.8	1.26	34.2	824	59.8	1.20	34.8
Good.....	513	53.2	1.54	32.9	687	61.5	1.32	35.2
Fair or poor.....	306	48.5	1.65	33.4	355	56.6	2.02	34.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.6B.--Total fat intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in total fat"			Respondents	"Think diet should be lower in total fat"		
		Mean	SEM	Mean percentage of food energy from fat		Mean	SEM	Mean percentage of food energy from fat
	Number ^{1/}	g	Percent	kcal	Number ^{1/}	g	Percent	kcal
All males.....	347	81.5	3.06	34.7	361	83.5	2.70	34.9
Age:								
39 years and under.....	122	89.5	5.91	34.8	169	89.1	3.70	34.9
40-59 years.....	99	78.3	4.63	34.9	102	81.8	5.68	36.2
60 years and over.....	126	73.5	3.44	34.5	90	69.3	4.30	33.3
Income level:								
Under 131% poverty.....	136	72.6	4.22	35.0	118	81.1	4.36	34.8
131-350% poverty.....	109	81.9	4.35	36.2	115	80.4	3.79	34.7
Over 350% poverty.....	84	82.5	4.95	34.0	105	85.8	4.80	34.8
Race:								
Black.....	45	<u>2/81.5</u>	9.79	35.4	50	<u>2/75.8</u>	5.15	33.7
White.....	293	82.1	3.28	34.8	298	86.2	3.14	35.4
Education:								
Grade 8 or less.....	62	<u>2/62.5</u>	4.80	32.7	43	<u>2/75.4</u>	7.84	34.0
Grades 9-12/GED.....	156	81.2	3.96	35.8	152	79.8	4.73	35.8
At least some college.....	126	84.6	5.03	34.4	164	86.4	3.55	34.6
Employment status:								
Employed.....	162	83.0	4.07	34.4	222	88.2	3.28	35.6
Not employed.....	178	79.6	4.74	35.3	134	73.3	4.25	33.3
Self-assessed health status:								
Excellent or very good.....	164	80.9	4.49	34.3	197	86.4	3.51	35.2
Good.....	107	85.5	5.58	35.1	109	76.3	3.72	33.9
Fair or poor.....	68	<u>2/76.6</u>	5.65	35.6	54	<u>2/86.5</u>	11.81	35.7

^{1/} Number in the sample.

^{2/} See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.7A.--Saturated fatty acids intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in saturated fat"			Respondents	"Think diet should be lower in saturated fat"		
		Mean	SEM	Mean percentage of food energy from saturated fatty acids		Mean	SEM	Mean percentage of food energy from saturated fatty acids
	Number ^{1/}	g		Percent kcal	Number ^{1/}	g		Percent kcal
All females.....	1,722	19.4	0.30	11.7	1,544	21.0	0.36	12.2
Age:								
39 years and under.....	544	21.1	.58	12.0	777	22.9	.57	12.6
40-59 years.....	495	19.6	.54	11.8	426	19.9	.62	12.2
60 years and over.....	683	17.5	.44	11.3	341	18.1	.52	11.5
Income level:								
Under 131% poverty.....	656	18.6	.51	11.8	619	20.3	.48	12.2
131-350% poverty.....	552	18.8	.49	11.5	512	20.8	.57	12.2
Over 350% poverty.....	375	20.3	.54	11.7	291	22.1	.69	12.4
Race:								
Black.....	192	18.5	1.20	10.8	249	19.3	1.07	12.0
White.....	1,474	19.5	.32	11.8	1,234	21.3	.40	12.3
Education:								
Grade 8 or less.....	246	17.9	.72	12.1	166	18.3	.75	11.7
Grades 9-12/GED.....	893	20.0	.41	12.1	897	21.1	.49	12.4
At least some college.....	570	19.2	.50	11.3	468	21.3	.62	12.0
Employment status:								
Employed.....	699	20.2	.46	11.8	717	21.4	.54	12.2
Not employed.....	1,003	18.8	.39	11.6	817	20.5	.47	12.2
Self-assessed health status:								
Excellent or very good.....	785	20.0	.44	11.8	681	21.1	.55	12.2
Good.....	580	19.1	.54	11.6	565	21.7	.59	12.3
Fair or poor.....	347	18.4	.65	11.8	291	19.0	.76	12.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.7B.--Saturated fatty acids intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in saturated fat"			Respondents	"Think diet should be lower in saturated fat"		
		Mean	SEM	Mean percentage of food energy from saturated fatty acids		Mean	SEM	Mean percentage of food energy from saturated fatty acids
	Number ^{1/}	g		Percent kcal	Number ^{1/}	g		Percent kcal
All males.....	350	29.6	1.37	12.4	323	29.6	0.97	12.4
Age:								
39 years and under.....	127	34.0	2.37	12.8	154	31.5	1.46	12.5
40-59 years.....	97	27.8	2.41	12.3	92	27.5	1.35	12.4
60 years and over.....	126	24.4	1.31	11.7	77	26.7	2.06	11.9
Income level:								
Under 131% poverty.....	129	27.1	1.52	12.1	108	28.1	1.68	12.4
131-350% poverty.....	114	28.2	1.69	12.5	98	29.5	1.62	13.0
Over 350% poverty.....	86	31.2	2.65	12.5	97	29.0	1.40	11.9
Race:								
Black.....	45	<u>2/28.2</u>	2.88	12.4	37	<u>2/27.0</u>	2.64	11.4
White.....	295	29.8	1.58	12.4	275	30.5	1.06	12.6
Education:								
Grade 8 or less.....	58	<u>2/23.4</u>	2.08	12.1	41	<u>2/24.1</u>	2.69	11.3
Grades 9-12/GED.....	159	29.5	1.78	12.8	132	27.3	1.32	12.6
At least some college.....	131	30.6	2.22	12.1	147	31.3	1.35	12.4
Employment status:								
Employed.....	176	31.3	1.87	12.5	198	30.2	1.06	12.5
Not employed.....	169	26.5	1.72	12.1	118	28.7	2.23	12.0
Self-assessed health status:								
Excellent or very good.....	176	29.7	1.91	12.5	171	31.0	1.41	12.4
Good.....	105	29.0	2.28	11.8	102	27.5	1.55	12.2
Fair or poor.....	65	<u>2/30.1</u>	3.52	12.8	48	<u>2/27.2</u>	1.92	12.2

^{1/} Number in the sample.

^{2/} See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.8A.--Cholesterol intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in cholesterol"		Respondents	"Think diet should be lower in cholesterol"	
		Mean	SEM		Mean	SEM
	<u>Number 1/</u>	<u>mg</u>		<u>Number 1/</u>	<u>mg</u>	
All females.....	1,843	212	3.6	1,496	219	4.2
Age:						
39 years and under.....	676	227	6.1	661	235	6.7
40-59 years.....	494	211	7.2	447	218	8.2
60 years and over.....	673	192	4.6	388	192	6.3
Income level:						
Under 131% poverty.....	694	213	6.1	624	235	6.6
131-350% poverty.....	598	203	5.2	485	217	7.4
Over 350% poverty.....	393	218	6.9	273	219	7.5
Race:						
Black.....	194	224	12.3	262	260	16.5
White.....	1,589	210	3.8	1,175	211	4.1
Education:						
Grade 8 or less.....	261	212	9.8	163	220	12.5
Grades 9-12/GED.....	958	215	5.2	868	222	5.6
At least some college.....	609	208	5.6	451	214	7.2
Employment status:						
Employed.....	765	217	5.4	661	218	5.9
Not employed.....	1,062	206	4.6	822	218	5.7
Self-assessed health status:						
Excellent or very good.....	896	212	5.0	594	220	6.4
Good.....	587	212	6.6	586	216	7.2
Fair or poor.....	347	212	8.0	309	220	8.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.8B.--Cholesterol intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in cholesterol"		Respondents	"Think diet should be lower in cholesterol"	
		Mean	SEM		Mean	SEM
	<u>Number 1/</u>	-----mg-----		<u>Number 1/</u>	-----mg-----	
All males.....	374	333	14.1	308	336	13.1
Age:						
39 years and under.....	147	360	22.6	131	338	20.3
40-59 years.....	99	301	19.7	89	347	22.6
60 years and over.....	128	309	23.8	88	316	25.4
Income level:						
Under 131% poverty.....	133	308	20.4	110	336	20.7
131-350% poverty.....	120	328	22.0	97	333	23.2
Over 350% poverty.....	100	339	24.0	84	331	18.9
Race:						
Black.....	45	<u>2/424</u>	47.2	39	<u>2/415</u>	52.2
White.....	319	322	14.3	257	324	12.6
Education:						
Grade 8 or less.....	56	<u>2/288</u>	26.2	45	<u>2/319</u>	30.2
Grades 9-12/GED.....	159	345	21.6	135	365	26.2
At least some college.....	156	332	20.0	126	317	15.5
Employment status:						
Employed.....	186	335	17.0	182	343	15.8
Not employed.....	181	329	25.3	122	319	23.5
Self-assessed health status:						
Excellent or very good.....	189	337	19.6	153	324	17.0
Good.....	113	334	22.8	106	354	26.8
Fair or poor.....	65	<u>2/314</u>	40.5	48	<u>2/342</u>	26.9

1/ Number in the sample.

2/ See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.9A.--Dietary fiber intakes by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in fiber"		Respondents	"Think diet should be higher in fiber"	
		Mean	SEM		Mean	SEM
	<u>Number 1/</u>	<u>g</u>		<u>Number 1/</u>	<u>g</u>	
All females.....	1,975	12.7	0.20	1,347	11.3	0.21
Age:						
39 years and under.....	623	12.0	.34	709	10.6	.26
40-59 years.....	567	12.4	.33	375	11.2	.38
60 years and over.....	785	13.5	.36	263	13.2	.58
Income level:						
Under 131% poverty.....	783	11.6	.26	525	10.3	.32
131-350% poverty.....	613	12.5	.30	465	10.8	.31
Over 350% poverty.....	395	13.2	.39	274	12.1	.40
Race:						
Black.....	240	9.7	.54	194	9.6	.70
White.....	1,670	12.9	.21	1,098	11.4	.22
Education:						
Grade 8 or less.....	298	11.9	.41	120	11.2	.84
Grades 9-12/GED.....	1,043	12.2	.28	779	10.4	.22
At least some college.....	620	13.3	.33	432	12.2	.37
Employment status:						
Employed.....	781	12.2	.28	658	11.1	.28
Not employed.....	1,177	13.2	.28	679	11.5	.32
Self-assessed health status:						
Excellent or very good.....	898	13.3	.31	589	11.4	.29
Good.....	672	12.2	.27	502	11.4	.35
Fair or poor.....	392	11.5	.46	252	10.4	.54

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.9B.--Dietary fiber intakes by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in fiber"		Respondents	"Think diet should be higher in fiber"	
		Mean	SEM		Mean	SEM
	<u>Number</u> 1/	-----g-----		<u>Number</u> 1/	-----g-----	
All males.....	416	15.7	0.51	284	14.8	0.60
Age:						
39 years and under.....	146	16.3	.88	148	14.9	.75
40-59 years.....	112	14.1	.79	79	15.0	1.39
60 years and over.....	158	16.6	.82	57	<u>2</u> /13.9	1.18
Income level:						
Under 131% poverty.....	154	15.6	1.08	91	14.9	.89
131-350% poverty.....	138	15.4	.79	91	13.2	.77
Over 350% poverty.....	98	15.5	.81	88	15.4	.96
Race:						
Black.....	59	<u>2</u> /15.2	.91	31	<u>2</u> /10.6	1.43
White.....	346	15.8	.60	243	15.3	.65
Education:						
Grade 8 or less.....	69	14.9	1.10	29	<u>2</u> /12.8	1.27
Grades 9-12/GED.....	188	14.5	.75	130	14.9	1.07
At least some college.....	157	16.7	.76	122	14.6	.77
Employment status:						
Employed.....	203	15.2	.65	176	15.0	.76
Not employed.....	206	16.8	.80	102	14.4	.94
Self-assessed health status:						
Excellent or very good.....	212	16.5	.70	141	14.6	.70
Good.....	127	14.8	.89	89	13.6	.90
Fair or poor.....	73	14.2	1.28	50	<u>2</u> /17.0	2.26

1/ Number in the sample.

2/ See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.10A.--Sodium intakes (exclusive of salt added at the table) by perceived adequacy of diet of female main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in salt or sodium"		Respondents	"Think diet should be lower in salt or sodium"	
		Mean <u>1</u> /	SEM		Mean <u>1</u> /	SEM
	Number <u>2</u> /	-----mg-----		Number <u>2</u> /	-----mg-----	
All females.....	2,302	2,304	25.6	1,165	2,360	43.0
Age:						
39 years and under.....	868	2,465	44.6	521	2,444	61.3
40-59 years.....	616	2,275	46.8	355	2,276	77.5
60 years and over.....	818	2,131	38.1	289	2,308	95.9
Income level:						
Under 131% poverty.....	917	2,228	40.6	498	2,303	59.6
131-350% poverty.....	726	2,302	40.0	378	2,393	75.0
Over 350% poverty.....	479	2,349	45.9	198	2,411	82.9
Race:						
Black.....	263	2,125	100.3	229	2,358	160.8
White.....	1,957	2,318	27.0	886	2,346	42.1
Education:						
Grade 8 or less.....	336	2,283	81.2	136	2,152	87.1
Grades 9-12/GED.....	1,226	2,346	34.1	665	2,318	51.8
At least some college.....	725	2,268	42.2	348	2,439	80.6
Employment status:						
Employed.....	946	2,364	37.1	512	2,401	66.3
Not employed.....	1,334	2,252	35.4	645	2,301	50.3
Self-assessed health status:						
Excellent or very good.....	1,073	2,309	36.9	468	2,383	66.5
Good.....	781	2,369	43.8	438	2,457	72.2
Fair or poor.....	435	2,150	57.0	251	2,109	79.1

1/ Sodium intake estimates exclude sodium from salt added at the table.

2/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 3.10B.--Sodium intakes (exclusive of salt added at the table) by perceived adequacy of diet of male main meal planners/preparers: Mean intake per meal planner/preparer per day, 1989-1991

Selected characteristics	Respondents	"Think diet is about right in salt or sodium"		Respondents	"Think diet should be lower in salt or sodium"	
		Mean <u>1</u> /	SEM		Mean <u>1</u> /	SEM
		Number <u>2</u> / -----mg-----			Number <u>2</u> / -----mg-----	
All males.....	479	3,251	93.3	244	3,400	144.6
Age:						
39 years and under.....	184	3,430	155.3	111	3,516	165.2
40-59 years.....	130	3,064	152.1	69	3,634	366.7
60 years and over.....	165	3,084	122.1	64	<u>3</u> /2,843	206.7
Income level:						
Under 131% poverty.....	171	3,109	148.2	96	3,356	185.7
131-350% poverty.....	159	3,181	128.9	62	<u>3</u> /3,052	153.3
Over 350% poverty.....	122	3,361	163.1	68	<u>3</u> /3,502	257.0
Race:						
Black.....	56	<u>3</u> /3,322	302.7	44	<u>3</u> /2,885	254.2
White.....	405	3,223	96.8	194	3,506	164.1
Education:						
Grade 8 or less.....	75	2,832	217.1	37	<u>3</u> /2,689	293.8
Grades 9-12/GED.....	208	3,327	148.5	110	3,394	288.4
At least some college.....	195	3,260	131.2	93	3,488	169.1
Employment status:						
Employed.....	244	3,315	121.5	147	3,635	187.8
Not employed.....	227	3,152	141.0	93	2,968	185.4
Self-assessed health status:						
Excellent or very good.....	238	3,306	136.9	122	3,369	140.6
Good.....	148	3,205	151.2	83	3,296	226.4
Fair or poor.....	86	3,116	183.4	38	<u>3</u> /3,738	698.0

1/ Sodium intake estimates exclude sodium from salt added at the table.

2/ Number in the sample.

3/ See "Statistical notes."

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 4.--Perceived adequacy of own diet by salting at the table and status in meeting dietary recommendations, all main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in salt or sodium or is it just about right compared with what is most healthful?

Frequency of salting at the table and status category based on 3-day intake <u>1/</u>	Respondents	Perceived adequacy of own diet in salt or sodium			
		Should be lower	Should be higher	Is about right	Don't know/no answer
	<u>Number</u> <u>2/</u>	<u>Percent</u>			
Never salt food at the table:					
2,400 mg or less.....	843	23.0	1.3	74.9	0.8
Over 2,400 mg.....	598	22.0	2.8	74.8	.4
Use salt substitute or lite salt:					
2,400 mg or less.....	166	21.8	.0	78.2	.0
Over 2,400 mg.....	118	28.3	.0	71.2	.5
Use ordinary salt rarely:					
2,400 mg or less.....	602	29.7	2.6	66.4	1.3
Over 2,400 mg.....	542	26.4	.9	71.0	1.8
Use ordinary salt occasionally:					
2,400 mg or less.....	460	33.9	1.6	63.3	1.2
Over 2,400 mg.....	468	42.6	1.8	54.7	.9
Use ordinary salt very often:					
2,400 mg or less.....	225	65.8	3.0	30.5	.8
Over 2,400 mg.....	298	62.7	3.8	31.9	1.6

1/ Sodium intake estimates exclude sodium from salt added at the table.

2/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 5.--Perceived adequacy of own diet by status in meeting dietary recommendations, all main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in [DIETARY COMPONENT] or is it just about right compared with what is most healthful?

Dietary component and status category based on 3-day intake	Respondents	Perceived adequacy of own diet			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	Number ^{1/}	-----Percent-----			
Protein:					
100% RDA or more.....	2,959	6.8	14.4	76.2	2.7
Less than 100% RDA.....	1,387	4.4	18.4	74.0	3.1
Vitamin C:					
100% RDA or more.....	2,339	2.0	30.2	65.2	2.5
Less than 100% RDA.....	2,007	2.9	39.3	54.9	2.9
Calcium:					
100% RDA or more.....	991	4.4	29.8	62.7	3.1
Less than 100% RDA.....	3,355	3.9	40.3	51.5	4.3
Iron:					
100% RDA or more.....	1,604	2.5	27.1	64.3	6.1
Less than 100% RDA.....	2,742	2.6	38.6	53.2	5.6
Fat:					
30% or less of kcal.....	1,059	48.3	1.9	47.7	2.1
Over 30% of kcal.....	3,287	56.2	3.2	39.6	1.1
Saturated fat:					
Less than 10% of kcal.....	1,127	40.0	1.8	52.3	5.8
10% or more of kcal.....	3,219	45.6	1.5	46.8	6.1
Cholesterol:					
Less than 300 mg.....	3,224	41.0	1.1	53.3	4.6
300 mg or more.....	1,122	41.0	3.2	50.4	5.4
Fiber:					
20 g or more.....	445	3.2	29.1	64.2	3.4
Less than 20 g.....	3,901	3.6	40.3	53.3	2.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 6A.--Perceived adequacy of own diet by status in meeting dietary recommendations, female main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in [DIETARY COMPONENT] or is it just about right compared with what is most healthful?

Dietary component and status category based on 3-day intake	Respondents	Perceived adequacy of own diet			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number 1/</u>	----- <u>Percent</u> -----			
Protein:					
100% RDA or more.....	2,391	6.7	14.1	76.6	2.5
Less than 100% RDA.....	1,189	4.2	18.9	75.1	1.9
Vitamin C:					
100% RDA or more.....	1,905	1.7	29.4	66.7	2.2
Less than 100% RDA.....	1,675	2.4	39.9	55.6	2.2
Calcium:					
100% RDA or more.....	699	3.2	34.1	60.6	2.1
Less than 100% RDA.....	2,881	3.7	42.5	50.0	3.8
Iron:					
100% RDA or more.....	1,048	2.1	29.2	64.0	4.7
Less than 100% RDA.....	2,532	2.4	39.9	52.6	5.0
Fat:					
30% or less of kcal.....	867	48.3	1.6	49.0	1.0
Over 30% of kcal.....	2,713	57.1	2.6	39.4	.9
Saturated fat:					
Less than 10% of kcal.....	942	40.9	1.7	53.4	4.0
10% or more of kcal.....	2,638	45.9	1.3	47.3	5.4
Cholesterol:					
Less than 300 mg.....	2,820	41.4	.8	53.6	4.2
300 mg or more.....	760	42.2	3.3	50.0	4.5
Fiber:					
20 g or more.....	290	4.5	27.2	66.9	1.5
Less than 20 g.....	3,290	3.7	40.5	53.5	2.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 6B.--Perceived adequacy of own diet by status in meeting dietary recommendations, male main meal planners/preparers, 1989-1991

Question: In your opinion, should your diet be lower or higher in [DIETARY COMPONENT] or is it just about right compared with what is most healthful?

Dietary component and status category based on 3-day intake	Respondents	Perceived adequacy of own diet			
		Should be lower	Should be higher	Is about right	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>			
Protein:					
100% RDA or more.....	568	7.1	15.3	74.6	3.0
Less than 100% RDA.....	198	5.7	15.6	68.0	10.7
Vitamin C:					
100% RDA or more.....	434	3.0	33.4	59.8	3.8
Less than 100% RDA.....	332	5.1	36.8	51.6	6.4
Calcium:					
100% RDA or more.....	292	7.0	20.8	67.0	5.2
Less than 100% RDA.....	474	4.8	28.7	59.2	7.3
Iron:					
100% RDA or more.....	556	3.1	23.9	64.7	8.4
Less than 100% RDA.....	210	4.7	22.2	60.2	12.9
Fat:					
30% or less of kcal.....	192	48.4	2.9	42.5	6.2
Over 30% of kcal.....	574	52.7	5.3	40.2	1.8
Saturated fat:					
Less than 10% of kcal.....	185	35.5	2.5	47.3	14.7
10% or more of kcal.....	581	44.3	2.3	44.8	8.7
Cholesterol:					
Less than 300 mg.....	404	38.8	2.8	51.4	6.9
300 mg or more.....	362	39.0	3.1	51.1	6.8
Fiber:					
20 g or more.....	155	1.2	32.4	59.8	6.6
Less than 20 g.....	611	3.2	39.3	52.1	5.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.1.--Variety: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to eat a variety of foods?

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	74.0	21.9	3.6	0.5	5.1
Age:						
39 years and under.....	1,761	69.9	25.4	4.1	.6	5.0
40-59 years.....	1,213	76.5	20.8	2.4	.4	5.2
60 years and over.....	1,372	77.7	17.8	4.1	.4	5.2
Income level:						
Under 131% poverty.....	1,747	70.7	22.4	6.7	.2	5.0
131-350% poverty.....	1,373	73.7	23.0	2.8	.6	5.1
Over 350% poverty.....	893	74.8	21.6	3.0	.5	5.1
Race:						
Black.....	606	66.4	26.8	6.5	.3	4.9
White.....	3,577	75.1	21.5	3.0	.4	5.1
Education:						
Grade 8 or less.....	609	70.7	22.7	6.4	.3	4.9
Grades 9-12/GED.....	2,300	75.9	20.0	3.4	.6	5.1
At least some college.....	1,400	73.1	23.4	3.2	.4	5.1
Employment status:						
Employed.....	1,922	72.5	23.8	3.2	.5	5.1
Not employed.....	2,379	76.2	19.4	3.9	.4	5.1
Self-assessed health status:						
Excellent or very good.....	1,972	76.1	20.5	2.9	.5	5.2
Good.....	1,502	71.4	24.5	3.8	.2	5.0
Fair or poor.....	842	72.0	21.7	5.3	1.0	5.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.2.--Body weight: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --maintain a desirable weight? [1989-1990]
 --maintain a healthy weight? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	77.5	17.7	4.3	0.5	5.2
Age:						
39 years and under.....	1,761	76.3	19.0	4.2	.5	5.2
40-59 years.....	1,213	78.7	16.3	4.6	.3	5.2
60 years and over.....	1,372	77.9	17.3	4.2	.5	5.2
Income level:						
Under 131% poverty.....	1,747	74.1	20.0	5.8	.1	5.1
131-350% poverty.....	1,373	77.7	17.9	3.7	.7	5.2
Over 350% poverty.....	893	77.1	17.8	4.8	.3	5.2
Race:						
Black.....	606	76.6	18.8	4.5	.1	5.2
White.....	3,577	77.8	17.6	4.1	.4	5.2
Education:						
Grade 8 or less.....	609	73.5	20.2	5.7	.6	5.1
Grades 9-12/GED.....	2,300	76.6	18.2	4.7	.6	5.2
At least some college.....	1,400	79.1	16.8	3.8	.4	5.3
Employment status:						
Employed.....	1,922	76.4	18.8	4.2	.6	5.2
Not employed.....	2,379	78.7	16.6	4.4	.3	5.2
Self-assessed health status:						
Excellent or very good.....	1,972	79.5	16.2	3.8	.5	5.3
Good.....	1,502	74.4	21.6	3.9	.1	5.1
Fair or poor.....	842	77.0	15.1	6.7	1.2	5.2

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.3.--Fat: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much fat? [1989-1990]
 --choose a diet low in fat? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	63.4	25.9	10.2	0.4	4.7
Age:						
39 years and under.....	1,761	58.4	29.5	11.6	.5	4.6
40-59 years.....	1,213	64.6	25.0	10.3	.2	4.7
60 years and over.....	1,372	70.2	21.2	8.0	.6	5.0
Income level:						
Under 131% poverty.....	1,747	63.7	25.8	10.4	.2	4.7
131-350% poverty.....	1,373	62.9	25.4	11.2	.5	4.7
Over 350% poverty.....	893	64.3	26.1	9.3	.4	4.8
Race:						
Black.....	606	64.9	24.1	10.8	.2	4.7
White.....	3,577	63.0	26.4	10.3	.3	4.7
Education:						
Grade 8 or less.....	609	67.9	20.8	10.7	.7	4.8
Grades 9-12/GED.....	2,300	61.6	26.5	11.4	.5	4.7
At least some college.....	1,400	64.3	26.5	9.0	.2	4.8
Employment status:						
Employed.....	1,922	60.4	28.1	11.1	.4	4.6
Not employed.....	2,379	67.1	23.4	9.1	.4	4.8
Self-assessed health status:						
Excellent or very good.....	1,972	63.7	26.1	9.8	.3	4.7
Good.....	1,502	61.8	27.9	10.1	.3	4.7
Fair or poor.....	842	66.3	21.7	11.0	1.0	4.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.4.--Saturated fat: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much saturated fat? [1989-1990]
 --choose a diet low in saturated fat? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	66.9	24.0	8.4	0.7	4.8
Age:						
39 years and under.....	1,761	61.8	29.6	7.8	.8	4.7
40-59 years.....	1,213	69.2	21.9	8.4	.6	4.9
60 years and over.....	1,372	72.5	17.4	9.4	.6	5.0
Income level:						
Under 131% poverty.....	1,747	63.9	23.5	11.4	1.2	4.7
131-350% poverty.....	1,373	64.8	25.0	9.5	.7	4.8
Over 350% poverty.....	893	70.8	23.4	5.6	.2	4.9
Race:						
Black.....	606	60.6	27.8	10.4	1.2	4.7
White.....	3,577	68.1	23.5	7.9	.6	4.9
Education:						
Grade 8 or less.....	609	64.9	22.1	11.8	1.2	4.8
Grades 9-12/GED.....	2,300	65.9	24.0	9.1	1.0	4.8
At least some college.....	1,400	68.2	24.4	7.2	.2	4.8
Employment status:						
Employed.....	1,922	65.6	26.3	7.5	.6	4.8
Not employed.....	2,379	68.7	21.2	9.2	.8	4.9
Self-assessed health status:						
Excellent or very good.....	1,972	69.0	23.0	7.4	.6	4.9
Good.....	1,502	63.9	26.8	8.6	.7	4.8
Fair or poor.....	842	66.4	21.6	11.3	.8	4.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.5.--Cholesterol: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much cholesterol? [1989-1990]
 --choose a diet low in cholesterol? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	70.1	21.8	7.6	0.5	4.9
Age:						
39 years and under.....	1,761	63.7	27.3	8.6	.4	4.7
40-59 years.....	1,213	72.8	19.8	7.2	.3	5.0
60 years and over.....	1,372	77.2	15.3	6.7	.8	5.2
Income level:						
Under 131% poverty.....	1,747	66.4	22.9	10.3	.3	4.8
131-350% poverty.....	1,373	70.0	22.4	7.1	.5	4.9
Over 350% poverty.....	893	71.3	21.0	7.2	.5	5.0
Race:						
Black.....	606	74.2	16.9	8.5	.3	5.0
White.....	3,577	69.6	22.7	7.3	.4	4.9
Education:						
Grade 8 or less.....	609	72.1	19.2	8.1	.7	5.0
Grades 9-12/GED.....	2,300	69.8	21.7	8.0	.6	4.9
At least some college.....	1,400	70.1	22.5	7.1	.3	4.9
Employment status:						
Employed.....	1,922	67.9	23.4	8.3	.4	4.9
Not employed.....	2,379	72.6	19.8	7.0	.6	5.0
Self-assessed health status:						
Excellent or very good.....	1,972	70.5	22.2	6.9	.4	4.9
Good.....	1,502	68.3	22.1	9.3	.3	4.9
Fair or poor.....	842	73.3	19.4	6.4	1.0	5.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.6.--Fiber: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --eat foods with adequate fiber? [1989-1990]
 --choose foods with adequate fiber? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	63.2	28.1	7.4	1.2	4.8
Age:						
39 years and under.....	1,761	56.4	33.5	8.6	1.5	4.6
40-59 years.....	1,213	67.4	24.9	6.6	1.0	4.9
60 years and over.....	1,372	69.2	23.2	6.4	1.2	4.9
Income level:						
Under 131% poverty.....	1,747	58.8	30.3	9.8	1.0	4.6
131-350% poverty.....	1,373	63.7	26.9	7.5	1.8	4.8
Over 350% poverty.....	893	64.2	28.2	6.6	.9	4.8
Race:						
Black.....	606	55.7	33.3	10.4	.6	4.5
White.....	3,577	64.4	27.3	7.0	1.2	4.8
Education:						
Grade 8 or less.....	609	59.2	26.1	11.5	3.1	4.6
Grades 9-12/GED.....	2,300	63.5	27.0	8.1	1.4	4.8
At least some college.....	1,400	63.8	29.3	6.1	.7	4.8
Employment status:						
Employed.....	1,922	61.6	29.2	8.1	1.1	4.7
Not employed.....	2,379	64.9	26.9	6.7	1.5	4.8
Self-assessed health status:						
Excellent or very good.....	1,972	64.9	27.7	6.4	1.0	4.8
Good.....	1,502	61.2	29.3	8.5	1.1	4.7
Fair or poor.....	842	61.3	27.8	8.4	2.5	4.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.7.--Sugar: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much sugar? [1989-1990]
 --use sugars only in moderation? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	59.4	29.9	10.2	0.4	4.6
Age:						
39 years and under.....	1,761	53.5	35.0	10.9	.6	4.4
40-59 years.....	1,213	64.1	25.8	9.9	.2	4.7
60 years and over.....	1,372	63.6	26.5	9.6	.4	4.7
Income level:						
Under 131% poverty.....	1,747	58.2	29.6	11.8	.4	4.6
131-350% poverty.....	1,373	58.9	29.8	10.6	.7	4.6
Over 350% poverty.....	893	60.6	30.1	9.1	.2	4.6
Race:						
Black.....	606	55.8	31.2	12.7	.3	4.5
White.....	3,577	60.0	29.5	10.0	.5	4.6
Education:						
Grade 8 or less.....	609	59.7	27.6	12.6	.1	4.6
Grades 9-12/GED.....	2,300	60.3	30.0	9.1	.6	4.6
At least some college.....	1,400	58.4	30.3	11.1	.3	4.5
Employment status:						
Employed.....	1,922	56.5	32.7	10.3	.5	4.5
Not employed.....	2,379	62.9	26.4	10.3	.4	4.7
Self-assessed health status:						
Excellent or very good.....	1,972	58.8	31.3	9.5	.5	4.6
Good.....	1,502	58.0	29.9	11.6	.5	4.5
Fair or poor.....	842	65.0	24.6	10.1	.3	4.7

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 7.8.--Sodium: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much salt or sodium? [1989-1990]
 --use salt or sodium only in moderation? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	62.2	24.2	13.1	0.5	4.6
Age:						
39 years and under.....	1,761	57.1	29.8	12.6	.4	4.5
40-59 years.....	1,213	63.6	21.2	14.6	.6	4.6
60 years and over.....	1,372	68.9	18.5	12.2	.4	4.8
Income level:						
Under 131% poverty.....	1,747	61.3	24.9	13.1	.6	4.6
131-350% poverty.....	1,373	62.6	23.9	12.9	.7	4.6
Over 350% poverty.....	893	62.8	23.8	13.1	.2	4.6
Race:						
Black.....	606	64.7	21.2	13.2	.9	4.7
White.....	3,577	62.1	24.1	13.4	.4	4.6
Education:						
Grade 8 or less.....	609	64.6	20.6	14.3	.6	4.6
Grades 9-12/GED.....	2,300	61.7	24.4	13.2	.7	4.6
At least some college.....	1,400	62.2	24.8	12.8	.2	4.6
Employment status:						
Employed.....	1,922	61.6	25.4	12.6	.4	4.6
Not employed.....	2,379	63.2	22.4	13.8	.6	4.6
Self-assessed health status:						
Excellent or very good.....	1,972	61.3	26.4	11.9	.4	4.6
Good.....	1,502	61.7	23.1	14.7	.5	4.6
Fair or poor.....	842	67.3	18.5	13.6	.6	4.7

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.1A.--Variety: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to eat a variety of foods?

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All females.....	3,580	76.3	20.0	3.2	0.6	5.2
Age:						
39 years and under.....	1,446	71.4	24.1	3.7	.8	5.0
40-59 years.....	1,000	78.3	19.3	2.0	.4	5.3
60 years and over.....	1,134	81.3	14.5	3.8	.5	5.3
Income level:						
Under 131% poverty.....	1,469	73.2	20.5	6.0	.3	5.0
131-350% poverty.....	1,131	75.5	21.6	2.2	.7	5.2
Over 350% poverty.....	695	76.8	19.5	3.0	.7	5.2
Race:						
Black.....	503	66.4	26.1	7.0	.4	4.9
White.....	2,938	77.7	19.5	2.4	.5	5.2
Education:						
Grade 8 or less.....	490	74.6	19.0	6.4	.0	5.0
Grades 9-12/GED.....	1,961	77.9	18.6	2.8	.7	5.2
At least some college.....	1,097	75.2	21.3	2.9	.5	5.2
Employment status:						
Employed.....	1,507	74.9	21.6	2.8	.6	5.2
Not employed.....	2,041	78.1	17.9	3.5	.5	5.2
Self-assessed health status:						
Excellent or very good.....	1,592	77.1	19.2	3.1	.6	5.2
Good.....	1,259	75.4	21.5	2.8	.3	5.1
Fair or poor.....	708	75.1	19.3	4.5	1.1	5.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.1B.--Variety: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to eat a variety of foods?

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> 1/	<u>Percent</u>				<u>Score</u>
All males.....	766	64.9	29.9	5.1	0.1	4.8
Age:						
39 years and under.....	315	65.0	29.7	5.3	.1	4.7
40-59 years.....	213	68.4	27.2	4.0	.4	4.8
60 years and over.....	238	60.5	33.7	5.8	.0	4.7
Income level:						
Under 131% poverty.....	278	58.2	31.7	10.0	.0	4.5
131-350% poverty.....	242	65.7	29.0	5.3	.0	4.8
Over 350% poverty.....	198	67.7	29.2	3.1	.0	4.8
Race:						
Black.....	103	66.4	28.8	4.8	.0	4.9
White.....	639	64.7	29.9	5.3	.2	4.7
Education:						
Grade 8 or less.....	119	54.7	37.8	6.3	1.3	4.6
Grades 9-12/GED.....	339	65.7	27.5	6.7	.1	4.7
At least some college.....	303	66.2	29.9	3.9	.0	4.8
Employment status:						
Employed.....	415	65.2	30.4	4.2	.2	4.8
Not employed.....	338	65.2	28.2	6.6	.0	4.8
Self-assessed health status:						
Excellent or very good.....	380	72.3	25.3	2.3	.0	5.0
Good.....	243	54.3	37.6	8.1	.0	4.5
Fair or poor.....	134	57.5	32.7	9.0	.8	4.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.2A.--Body weight: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --maintain a desirable weight? [1989-1990]
 --maintain a healthy weight? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	3,580	78.5	16.8	4.1	0.5	5.3
Age:						
39 years and under.....	1,446	76.4	18.4	4.5	.7	5.2
40-59 years.....	1,000	80.4	15.4	3.8	.3	5.3
60 years and over.....	1,134	79.5	16.0	3.9	.5	5.3
Income level:						
Under 131% poverty.....	1,469	76.3	18.4	5.2	.1	5.2
131-350% poverty.....	1,131	78.2	17.4	3.6	.8	5.3
Over 350% poverty.....	695	77.7	17.3	4.6	.4	5.2
Race:						
Black.....	503	79.0	17.4	3.5	.1	5.3
White.....	2,938	78.7	16.8	4.0	.5	5.3
Education:						
Grade 8 or less.....	490	76.8	18.1	4.9	.2	5.2
Grades 9-12/GED.....	1,961	78.8	16.7	3.8	.6	5.3
At least some college.....	1,097	78.5	16.7	4.4	.5	5.3
Employment status:						
Employed.....	1,507	77.3	17.7	4.3	.7	5.2
Not employed.....	2,041	79.8	16.0	3.9	.3	5.3
Self-assessed health status:						
Excellent or very good.....	1,592	79.8	15.4	4.2	.6	5.3
Good.....	1,259	75.8	20.6	3.4	.2	5.2
Fair or poor.....	708	80.2	13.8	4.8	1.1	5.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.2B.--Body weight: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --maintain a desirable weight? [1989-1990]
 --maintain a healthy weight? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All males.....	766	73.2	21.4	5.1	0.3	5.0
Age:						
39 years and under.....	315	75.8	20.9	3.2	.1	5.1
40-59 years.....	213	71.1	20.4	7.9	.6	5.0
60 years and over.....	238	70.1	23.8	5.9	.2	5.0
Income level:						
Under 131% poverty.....	278	63.1	28.2	8.3	.4	4.8
131-350% poverty.....	242	75.5	20.1	4.2	.2	5.1
Over 350% poverty.....	198	75.3	19.6	5.1	.0	5.0
Race:						
Black.....	103	69.2	23.3	7.5	.0	4.9
White.....	639	73.7	21.1	4.9	.3	5.0
Education:						
Grade 8 or less.....	119	60.1	28.9	8.9	2.2	4.7
Grades 9-12/GED.....	339	65.1	25.6	9.1	.1	4.8
At least some college.....	303	81.1	17.1	1.8	.1	5.2
Employment status:						
Employed.....	415	73.6	22.1	4.0	.3	5.0
Not employed.....	338	72.3	20.0	7.5	.2	5.0
Self-assessed health status:						
Excellent or very good.....	380	78.3	19.3	2.4	.0	5.2
Good.....	243	68.6	25.7	5.7	.0	4.9
Fair or poor.....	134	61.8	21.2	15.3	1.7	4.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.3A.--Fat: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much fat? [1989-1990]
 --choose a diet low in fat? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	3,580	64.7	25.4	9.5	0.5	4.8
Age:						
39 years and under.....	1,446	58.9	29.2	11.3	.6	4.6
40-59 years.....	1,000	66.2	24.6	9.1	.1	4.8
60 years and over.....	1,134	71.5	20.6	7.2	.7	5.0
Income level:						
Under 131% poverty.....	1,469	65.6	24.6	9.6	.2	4.8
131-350% poverty.....	1,131	63.7	24.7	11.0	.6	4.7
Over 350% poverty.....	695	65.0	26.2	8.3	.5	4.8
Race:						
Black.....	503	67.1	21.9	10.7	.3	4.8
White.....	2,938	64.1	26.1	9.4	.4	4.8
Education:						
Grade 8 or less.....	490	70.6	19.2	9.7	.5	4.9
Grades 9-12/GED.....	1,961	63.0	25.8	10.6	.6	4.7
At least some college.....	1,097	65.3	26.2	8.2	.3	4.8
Employment status:						
Employed.....	1,507	61.1	27.9	10.6	.5	4.7
Not employed.....	2,041	68.6	22.8	8.2	.5	4.9
Self-assessed health status:						
Excellent or very good.....	1,592	63.5	26.5	9.5	.4	4.8
Good.....	1,259	64.7	26.4	8.6	.3	4.8
Fair or poor.....	708	68.5	20.5	10.0	1.0	4.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.3B.--Fat: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much fat? [1989-1990]
 --choose a diet low in fat? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All males.....	766	58.6	28.1	13.2	0.1	4.5
Age:						
39 years and under.....	315	56.8	30.6	12.5	.1	4.5
40-59 years.....	213	57.1	27.0	15.5	.4	4.4
60 years and over.....	238	64.3	23.9	11.7	.0	4.7
Income level:						
Under 131% poverty.....	278	54.0	31.5	14.5	.0	4.4
131-350% poverty.....	242	59.5	28.3	12.2	.0	4.5
Over 350% poverty.....	198	61.7	25.7	12.6	.0	4.6
Race:						
Black.....	103	58.4	30.5	11.2	.0	4.5
White.....	639	58.0	27.7	14.1	.2	4.5
Education:						
Grade 8 or less.....	119	56.8	27.4	14.5	1.3	4.5
Grades 9-12/GED.....	339	54.2	29.9	15.8	.1	4.3
At least some college.....	303	61.3	27.2	11.5	.0	4.6
Employment status:						
Employed.....	415	58.5	28.5	12.8	.2	4.5
Not employed.....	338	58.5	27.0	14.5	.0	4.5
Self-assessed health status:						
Excellent or very good.....	380	64.2	24.8	10.9	.0	4.6
Good.....	243	49.6	34.2	16.2	.0	4.2
Fair or poor.....	134	56.1	27.4	15.7	.8	4.5

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.4A.--Saturated fat: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much saturated fat? [1989-1990]
 --choose a diet low in saturated fat? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	3,580	68.4	22.4	8.4	0.7	4.9
Age:						
39 years and under.....	1,446	63.2	27.4	8.5	.9	4.7
40-59 years.....	1,000	70.6	21.1	7.8	.5	4.9
60 years and over.....	1,134	73.9	16.4	9.1	.7	5.0
Income level:						
Under 131% poverty.....	1,469	66.3	21.5	11.0	1.2	4.8
131-350% poverty.....	1,131	66.7	22.8	9.8	.8	4.8
Over 350% poverty.....	695	71.6	22.7	5.4	.3	5.0
Race:						
Black.....	503	65.0	21.6	11.9	1.5	4.8
White.....	2,938	69.1	22.7	7.7	.6	4.9
Education:						
Grade 8 or less.....	490	68.5	18.7	11.7	1.1	4.9
Grades 9-12/GED.....	1,961	67.7	22.6	8.7	1.0	4.9
At least some college.....	1,097	69.1	23.0	7.7	.2	4.9
Employment status:						
Employed.....	1,507	67.4	24.4	7.6	.6	4.9
Not employed.....	2,041	69.8	20.3	9.0	.9	4.9
Self-assessed health status:						
Excellent or very good.....	1,592	70.1	21.4	7.8	.7	4.9
Good.....	1,259	65.7	25.0	8.5	.8	4.8
Fair or poor.....	708	68.4	20.6	10.4	.6	4.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.4B.--Saturated fat: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much saturated fat? [1989-1990]
 --choose a diet low in saturated fat? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All males.....	766	61.0	30.3	8.3	0.5	4.6
Age:						
39 years and under.....	315	57.4	36.6	5.5	.5	4.6
40-59 years.....	213	63.2	25.3	11.0	.6	4.6
60 years and over.....	238	66.2	22.5	11.1	.2	4.8
Income level:						
Under 131% poverty.....	278	51.6	33.8	13.4	1.2	4.3
131-350% poverty.....	242	56.6	34.5	8.4	.5	4.6
Over 350% poverty.....	198	67.9	25.6	6.4	.0	4.8
Race:						
Black.....	103	47.3	46.4	6.0	.3	4.4
White.....	639	64.2	26.6	8.7	.5	4.7
Education:						
Grade 8 or less.....	119	50.1	35.9	12.4	1.7	4.3
Grades 9-12/GED.....	339	56.3	31.6	11.4	.8	4.5
At least some college.....	303	65.3	28.8	5.8	.1	4.7
Employment status:						
Employed.....	415	60.0	32.2	7.4	.4	4.6
Not employed.....	338	62.8	26.3	10.3	.5	4.7
Self-assessed health status:						
Excellent or very good.....	380	64.7	28.8	6.1	.4	4.7
Good.....	243	56.2	34.5	9.2	.1	4.5
Fair or poor.....	134	57.0	25.9	15.5	1.6	4.4

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.5A.--Cholesterol: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much cholesterol? [1989-1990]
 --choose a diet low in cholesterol? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All females.....	3,580	71.9	20.4	7.3	0.5	5.0
Age:						
39 years and under.....	1,446	64.7	26.1	8.9	.3	4.8
40-59 years.....	1,000	74.7	18.3	6.7	.2	5.0
60 years and over.....	1,134	79.2	14.2	5.6	1.0	5.2
Income level:						
Under 131% poverty.....	1,469	69.9	20.5	9.3	.2	4.9
131-350% poverty.....	1,131	70.6	21.2	7.6	.6	4.9
Over 350% poverty.....	695	73.0	20.1	6.4	.5	5.0
Race:						
Black.....	503	77.3	13.2	9.2	.4	5.1
White.....	2,938	71.4	21.5	6.7	.4	5.0
Education:						
Grade 8 or less.....	490	76.5	15.1	7.8	.5	5.1
Grades 9-12/GED.....	1,961	71.7	20.4	7.3	.6	5.0
At least some college.....	1,097	71.3	21.3	7.1	.3	4.9
Employment status:						
Employed.....	1,507	69.8	21.5	8.4	.4	4.9
Not employed.....	2,041	74.1	19.0	6.3	.6	5.1
Self-assessed health status:						
Excellent or very good.....	1,592	71.4	21.0	7.3	.4	5.0
Good.....	1,259	71.0	20.4	8.2	.4	4.9
Fair or poor.....	708	75.8	17.9	5.2	1.1	5.2

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.5B.--Cholesterol: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much cholesterol? [1989-1990]
 --choose a diet low in cholesterol? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All males.....	766	63.0	27.5	9.1	0.4	4.7
Age:						
39 years and under.....	315	60.3	31.4	7.7	.6	4.7
40-59 years.....	213	64.2	26.3	9.1	.4	4.7
60 years and over.....	238	67.3	20.4	12.1	.2	4.9
Income level:						
Under 131% poverty.....	278	49.3	34.9	15.1	.8	4.3
131-350% poverty.....	242	67.3	28.0	4.7	.0	4.9
Over 350% poverty.....	198	65.1	24.5	10.1	.4	4.8
Race:						
Black.....	103	65.1	28.2	6.7	.0	4.8
White.....	639	62.3	27.4	9.8	.4	4.7
Education:						
Grade 8 or less.....	119	54.0	35.7	9.0	1.3	4.6
Grades 9-12/GED.....	339	59.5	28.4	11.8	.4	4.6
At least some college.....	303	66.4	26.1	7.2	.3	4.8
Employment status:						
Employed.....	415	62.1	29.4	8.0	.5	4.7
Not employed.....	338	64.3	24.0	11.5	.2	4.8
Self-assessed health status:						
Excellent or very good.....	380	67.2	26.6	5.7	.6	4.8
Good.....	243	56.3	29.3	14.3	.0	4.5
Fair or poor.....	134	61.5	26.1	11.6	.8	4.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.6A.--Fiber: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --eat foods with adequate fiber? [1989-1990]
 --choose foods with adequate fiber? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	3,580	65.4	26.4	6.8	1.4	4.8
Age:						
39 years and under.....	1,446	58.2	31.5	8.5	1.7	4.6
40-59 years.....	1,000	69.0	24.9	5.0	1.2	5.0
60 years and over.....	1,134	71.8	20.5	6.5	1.2	5.0
Income level:						
Under 131% poverty.....	1,469	60.8	28.6	9.6	1.0	4.7
131-350% poverty.....	1,131	64.9	25.7	7.3	2.0	4.8
Over 350% poverty.....	695	67.2	26.2	5.4	1.1	4.9
Race:						
Black.....	503	59.2	30.1	10.1	.6	4.6
White.....	2,938	66.3	26.0	6.3	1.4	4.9
Education:						
Grade 8 or less.....	490	61.1	23.6	12.1	3.3	4.6
Grades 9-12/GED.....	1,961	65.9	26.0	6.7	1.4	4.8
At least some college.....	1,097	65.7	27.3	6.1	.9	4.8
Employment status:						
Employed.....	1,507	64.3	27.1	7.3	1.3	4.8
Not employed.....	2,041	66.4	25.7	6.4	1.5	4.8
Self-assessed health status:						
Excellent or very good.....	1,592	66.0	26.5	6.3	1.2	4.8
Good.....	1,259	64.8	26.8	7.2	1.2	4.8
Fair or poor.....	708	63.7	26.1	7.5	2.7	4.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.6B.--Fiber: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --eat foods with adequate fiber? [1989-1990]
 --choose foods with adequate fiber? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All males.....	766	54.6	34.9	9.7	0.7	4.5
Age:						
39 years and under.....	315	50.5	39.9	9.0	.6	4.4
40-59 years.....	213	60.4	25.3	14.0	.4	4.6
60 years and over.....	238	56.6	36.1	6.0	1.3	4.6
Income level:						
Under 131% poverty.....	278	49.2	38.8	10.9	1.1	4.3
131-350% poverty.....	242	58.6	31.9	8.4	1.0	4.6
Over 350% poverty.....	198	53.9	35.1	10.7	.2	4.5
Race:						
Black.....	103	45.3	42.9	11.2	.6	4.3
White.....	639	56.6	32.8	9.8	.7	4.5
Education:						
Grade 8 or less.....	119	51.5	36.7	9.3	2.4	4.5
Grades 9-12/GED.....	339	51.0	32.4	15.3	1.2	4.3
At least some college.....	303	57.9	35.8	6.3	.1	4.6
Employment status:						
Employed.....	415	53.3	35.6	10.4	.6	4.4
Not employed.....	338	56.5	33.9	8.7	.9	4.6
Self-assessed health status:						
Excellent or very good.....	380	60.6	32.3	6.6	.4	4.6
Good.....	243	45.4	39.7	14.0	.9	4.3
Fair or poor.....	134	50.3	35.7	12.6	1.4	4.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.7A.--Sugar: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much sugar? [1989-1990]
 --use sugars only in moderation? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All females.....	3,580	61.0	28.5	10.1	0.4	4.6
Age:						
39 years and under.....	1,446	53.8	34.7	10.8	.6	4.4
40-59 years.....	1,000	66.4	23.6	9.8	.2	4.8
60 years and over.....	1,134	65.6	24.8	9.2	.4	4.8
Income level:						
Under 131% poverty.....	1,469	61.0	27.4	11.3	.2	4.6
131-350% poverty.....	1,131	59.0	29.5	10.8	.7	4.6
Over 350% poverty.....	695	63.0	27.9	8.8	.2	4.7
Race:						
Black.....	503	57.4	28.7	13.5	.3	4.5
White.....	2,938	61.4	28.4	9.7	.5	4.7
Education:						
Grade 8 or less.....	490	63.7	24.0	12.1	.2	4.7
Grades 9-12/GED.....	1,961	61.2	29.4	8.9	.5	4.7
At least some college.....	1,097	60.1	28.5	11.1	.3	4.6
Employment status:						
Employed.....	1,507	57.9	31.6	10.0	.5	4.6
Not employed.....	2,041	64.3	25.0	10.3	.4	4.7
Self-assessed health status:						
Excellent or very good.....	1,592	60.2	29.6	9.7	.5	4.6
Good.....	1,259	59.3	29.0	11.3	.4	4.6
Fair or poor.....	708	67.5	23.1	9.1	.3	4.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.7B.--Sugar: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much sugar? [1989-1990]
 --use sugars only in moderation? [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All males.....	766	53.0	35.6	11.0	0.4	4.4
Age:						
39 years and under.....	315	52.3	35.9	11.2	.6	4.3
40-59 years.....	213	53.8	35.7	10.3	.3	4.4
60 years and over.....	238	53.6	34.7	11.4	.2	4.4
Income level:						
Under 131% poverty.....	278	44.0	40.2	14.4	1.4	4.1
131-350% poverty.....	242	58.3	31.0	10.1	.5	4.5
Over 350% poverty.....	198	51.8	37.9	10.3	.0	4.4
Race:						
Black.....	103	51.0	38.8	10.2	.0	4.3
White.....	639	54.1	34.3	11.1	.5	4.4
Education:						
Grade 8 or less.....	119	43.2	42.5	14.3	.0	4.1
Grades 9-12/GED.....	339	55.7	32.9	10.4	1.0	4.4
At least some college.....	303	53.2	35.8	11.0	.1	4.4
Employment status:						
Employed.....	415	52.3	36.0	11.1	.5	4.3
Not employed.....	338	54.6	34.5	10.7	.2	4.4
Self-assessed health status:						
Excellent or very good.....	380	53.7	37.4	8.7	.2	4.4
Good.....	243	52.4	33.8	13.1	.7	4.3
Fair or poor.....	134	53.1	31.4	15.1	.4	4.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.8A.--Sodium: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much salt or sodium? [1989-1990]
 --use salt or sodium only in moderation?
 [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All females.....	3,580	63.6	23.1	12.8	0.5	4.7
Age:						
39 years and under.....	1,446	57.6	29.2	12.7	.5	4.5
40-59 years.....	1,000	65.3	19.9	14.2	.5	4.7
60 years and over.....	1,134	70.8	17.5	11.4	.4	4.9
Income level:						
Under 131% poverty.....	1,469	63.8	22.8	12.7	.6	4.7
131-350% poverty.....	1,131	65.0	21.9	12.4	.7	4.7
Over 350% poverty.....	695	62.7	23.7	13.4	.3	4.6
Race:						
Black.....	503	65.4	20.0	13.3	1.2	4.7
White.....	2,938	63.8	22.9	13.0	.4	4.7
Education:						
Grade 8 or less.....	490	68.2	17.8	13.7	.3	4.7
Grades 9-12/GED.....	1,961	63.6	22.8	12.9	.7	4.7
At least some college.....	1,097	62.7	24.7	12.5	.2	4.7
Employment status:						
Employed.....	1,507	62.8	24.2	12.6	.4	4.6
Not employed.....	2,041	64.8	21.7	12.9	.6	4.7
Self-assessed health status:						
Excellent or very good.....	1,592	62.1	26.0	11.4	.4	4.6
Good.....	1,259	63.3	21.2	14.9	.6	4.6
Fair or poor.....	708	70.0	17.3	12.2	.4	4.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 8.8B.--Sodium: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much salt or sodium? [1989-1990]
 --use salt or sodium only in moderation?
 [1991]

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All males.....	766	56.6	28.5	14.4	0.5	4.4
Age:						
39 years and under.....	315	55.5	31.8	12.4	.3	4.4
40-59 years.....	213	56.0	26.6	16.4	1.0	4.3
60 years and over.....	238	59.7	23.6	16.5	.2	4.5
Income level:						
Under 131% poverty.....	278	48.8	35.3	15.1	.9	4.2
131-350% poverty.....	242	51.8	32.5	15.1	.6	4.3
Over 350% poverty.....	198	63.5	24.1	12.4	.0	4.5
Race:						
Black.....	103	62.5	24.6	12.6	.3	4.6
White.....	639	55.3	29.0	15.2	.5	4.4
Education:						
Grade 8 or less.....	119	49.6	32.2	16.5	1.7	4.2
Grades 9-12/GED.....	339	51.8	32.7	14.7	.7	4.4
At least some college.....	303	60.5	25.5	13.9	.1	4.4
Employment status:						
Employed.....	415	57.7	29.3	12.6	.4	4.4
Not employed.....	338	54.2	26.5	18.6	.7	4.4
Self-assessed health status:						
Excellent or very good.....	380	58.3	27.7	13.7	.3	4.5
Good.....	243	54.9	31.1	13.5	.4	4.4
Fair or poor.....	134	54.7	24.1	20.0	1.2	4.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 9A.--Macronutrient sources of food energy by perceived importance of specified dietary guidance: Mean per female meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> ^{1/}	<u>kcal</u>				<u>Percent</u>	<u>kcal</u>				
Eat a variety of foods:											
High importance.....	2,698	1,482	13.6	17.0	0.11	34.3	0.20	11.8	0.09	49.2	0.24
Moderate importance.....	726	1,553	30.7	16.8	.25	35.0	.39	12.3	.17	48.2	.49
Low importance.....	143	1,411	79.0	15.5	.52	35.1	1.12	12.1	.40	49.5	1.11
Maintain a desirable weight [1989-1990]:											
Maintain a healthy weight [1991]:											
High importance.....	2,795	1,471	13.7	17.1	.11	34.2	.19	11.8	.09	49.2	.24
Moderate importance.....	623	1,589	31.5	16.5	.20	35.6	.45	12.6	.21	48.1	.55
Low importance.....	153	1,550	63.9	15.8	.60	35.2	.78	12.3	.31	48.4	.75
Avoid too much fat [1989-1990]:											
Choose a diet low in fat [1991]:											
High importance.....	2,308	1,477	15.4	17.2	.13	34.0	.23	11.7	.10	49.4	.28
Moderate importance.....	884	1,530	23.9	16.4	.16	35.5	.31	12.4	.15	48.5	.38
Low importance.....	375	1,512	41.6	16.8	.35	34.9	.55	12.4	.26	47.8	.64
Avoid too much saturated fat [1989-1990]:											
Choose a diet low in saturated fat [1991]:											
High importance.....	2,398	1,465	15.0	17.2	.12	34.0	.22	11.7	.10	49.3	.25
Moderate importance.....	816	1,582	25.0	16.5	.20	35.7	.32	12.5	.15	47.8	.44
Low importance.....	331	1,517	45.0	16.1	.27	34.7	.63	12.2	.25	49.5	.77

^{1/} Number in the sample.

Continued

Table 9A.--Macronutrient sources of food energy by perceived importance of specified dietary guidance: Mean per female meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	Number ^{1/}	kcal	-----Percent kcal-----								
Avoid too much cholesterol [1989-1990]:											
Choose a diet low in cholesterol [1991]:											
High importance.....	2,527	1,465	14.6	17.3	0.12	34.0	0.22	11.7	0.09	49.3	0.26
Moderate importance.....	762	1,571	27.4	16.2	.18	35.7	.32	12.6	.15	48.3	.42
Low importance.....	279	1,561	40.0	16.1	.32	35.7	.56	12.8	.31	48.3	.72
Eat foods with adequate fiber [1989-1990]:											
Choose foods with adequate fiber [1991]:											
High importance.....	2,284	1,476	15.1	17.1	.12	34.0	.22	11.7	.09	49.5	.26
Moderate importance.....	980	1,532	24.7	16.7	.18	35.2	.33	12.4	.16	48.2	.40
Low importance.....	265	1,551	44.2	16.2	.30	36.3	.68	12.9	.31	47.5	.86
Avoid too much sugar [1989-1990]:											
Use sugars only in moderation [1991]:											
High importance.....	2,186	1,460	16.0	17.3	.13	34.1	.23	11.7	.10	49.1	.27
Moderate importance.....	1,012	1,539	21.4	16.5	.16	34.9	.31	12.2	.16	48.8	.39
Low importance.....	366	1,571	42.3	16.1	.30	35.1	.53	12.5	.22	49.1	.70
Avoid too much salt or sodium [1989-1990]:											
Use salt or sodium only in moderation [1991]:											
High importance.....	2,293	1,477	15.4	17.1	.12	34.2	.22	11.8	.10	49.2	.26
Moderate importance.....	804	1,559	25.9	16.7	.17	35.2	.36	12.2	.17	48.5	.43
Low importance.....	462	1,468	35.0	16.6	.29	34.5	.51	12.1	.22	49.0	.66
All.....	3,580	1,495	12.3	16.9	.10	34.4	.17	11.9	.08	49.0	.21

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 9B.--Macronutrient sources of food energy by perceived importance of specified dietary guidance: Mean per male meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> ^{1/}	<u>kcal</u>									
Eat a variety of foods:											
High importance.....	491	2,111	54.4	17.0	0.27	34.9	0.41	12.4	0.19	46.5	0.53
Moderate importance.....	221	2,099	60.4	16.6	.32	35.0	.64	12.2	.29	46.0	.83
Low importance.....	52	<u>2/2,053</u>	248.3	<u>2/16.5</u>	.58	<u>2/32.7</u>	2.54	<u>2/11.3</u>	1.02	<u>2/48.2</u>	2.83
Maintain a desirable weight [1989-1990]:											
Maintain a healthy weight [1991]:											
High importance.....	523	2,130	49.8	16.8	.25	34.8	.44	12.3	.20	46.5	.56
Moderate importance.....	187	2,034	69.8	16.7	.42	34.7	.57	12.1	.27	46.3	.80
Low importance.....	52	<u>2/2,055</u>	251.3	<u>2/17.3</u>	.43	<u>2/35.6</u>	1.48	<u>2/12.2</u>	.61	<u>2/46.5</u>	1.32
Avoid too much fat [1989-1990]:											
Choose a diet low in fat [1991]:											
High importance.....	437	2,106	56.9	16.8	.26	34.4	.49	12.1	.23	47.6	.58
Moderate importance.....	220	2,136	70.0	17.1	.28	35.7	.60	12.5	.25	44.4	.83
Low importance.....	107	2,033	115.3	16.3	.80	35.1	.86	12.6	.35	45.5	1.13
Avoid too much saturated fat [1989-1990]:											
Choose a diet low in saturated fat [1991]:											
High importance.....	450	2,081	57.7	16.8	.28	34.4	.48	12.1	.23	47.0	.62
Moderate importance.....	225	2,192	69.0	17.0	.33	35.3	.55	12.4	.23	45.9	.67
Low importance.....	82	1,967	72.4	16.3	.42	36.3	1.27	12.8	.45	44.4	1.36

^{1/} Number in the sample.

^{2/} See "Statistical notes."

Continued

Table 9B.--Macronutrient sources of food energy by perceived importance of specified dietary guidance: Mean per male meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> ^{1/}	<u>kcal</u>					<u>Percent</u>	<u>kcal</u>			
Avoid too much cholesterol [1989-1990]:											
Choose a diet low in cholesterol [1991]:											
High importance.....	459	2,095	51.9	16.7	0.25	34.6	0.43	12.2	0.21	47.5	0.53
Moderate importance.....	221	2,095	80.5	17.2	.34	35.0	.73	12.3	.31	44.4	.95
Low importance.....	81	2,205	143.5	16.8	.88	36.0	1.13	12.7	.43	45.4	1.32
Eat foods with adequate fiber [1989-1990]:											
Choose foods with adequate fiber [1991]:											
High importance.....	417	2,074	49.6	16.8	.30	34.1	.51	12.1	.24	47.5	.62
Moderate importance.....	261	2,168	79.1	16.8	.31	35.5	.54	12.5	.24	45.3	.76
Low importance.....	77	2,057	146.7	16.9	.46	36.4	1.06	12.5	.41	44.5	1.05
Avoid too much sugar [1989-1990]:											
Use sugars only in moderation [1991]:											
High importance.....	371	2,142	62.3	16.9	.28	34.6	.51	12.5	.24	46.7	.70
Moderate importance.....	287	2,096	62.5	16.7	.34	35.4	.55	12.2	.24	46.2	.61
Low importance.....	103	1,962	99.4	16.7	.53	33.9	1.04	11.5	.44	45.9	1.19
Avoid too much salt or sodium [1989-1990]:											
Use salt or sodium only in moderation [1991]:											
High importance.....	400	2,098	59.1	16.8	.30	34.8	.45	12.4	.22	46.6	.62
Moderate importance.....	236	2,116	71.8	16.8	.31	34.5	.74	11.9	.31	46.3	.80
Low importance.....	123	2,114	95.8	17.0	.49	35.6	.83	12.5	.31	46.1	1.14
All.....	766	2,105	41.4	16.8	.20	34.8	.35	12.3	.16	46.4	.45

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 10.1A.--Protein, fat, and carbohydrate intakes per 1,000 kilocalories by perceived importance of specified dietary guidance:
 Mean per female meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	Number 1/	-----g/1,000 kcal-----				mg/1,000 kcal		-----g/1,000 kcal-----					
Eat a variety of foods:													
High importance.....	2,698	42.6	0.27	38.1	0.22	13.2	0.10	145	1.9	122.9	0.60	8.4	0.09
Moderate importance.....	726	42.1	.62	38.9	.43	13.7	.19	153	3.5	120.6	1.23	7.5	.17
Low importance.....	143	38.7	1.29	39.0	1.24	13.5	.45	148	9.0	123.9	2.77	7.8	.37
Maintain a desirable weight [1989-1990]:													
Maintain a healthy weight [1991]:													
High importance.....	2,795	42.7	.28	38.0	.22	13.1	.10	147	1.9	123.1	.60	8.3	.09
Moderate importance.....	623	41.3	.49	39.6	.50	14.0	.23	151	3.6	120.2	1.37	7.9	.21
Low importance.....	153	39.5	1.50	39.2	.86	13.7	.34	140	5.8	121.1	1.89	7.7	.33
Avoid too much fat [1989-1990]:													
Choose a diet low in fat [1991]:													
High importance.....	2,308	42.9	.31	37.8	.25	13.0	.11	146	2.1	123.5	.69	8.5	.11
Moderate importance.....	884	41.0	.40	39.5	.34	13.8	.17	147	2.9	121.2	.94	7.8	.15
Low importance.....	375	42.0	.89	38.8	.61	13.8	.29	154	5.3	119.4	1.59	7.7	.21
Avoid too much saturated fat [1989-1990]:													
Choose a diet low in saturated fat [1991]:													
High importance.....	2,398	43.0	.30	37.8	.24	13.0	.11	147	2.0	123.4	.64	8.5	.10
Moderate importance.....	816	41.1	.51	39.7	.36	13.9	.17	148	3.2	119.5	1.10	7.6	.17
Low importance.....	331	40.2	.68	38.6	.70	13.5	.28	147	5.8	123.7	1.94	7.9	.31

1/ Number in the sample.

Continued

Table 10.1A.--Protein, fat, and carbohydrate intakes per 1,000 kilocalories by perceived importance of specified dietary guidance:
 Mean per female meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	Number 1/	-----g/1,000 kcal-----				mg/1,000 kcal		-----g/1,000 kcal-----					
Avoid too much cholesterol [1989-1990]:													
Choose a diet low in cholesterol [1991]:													
High importance.....	2,527	43.1	0.30	37.8	0.24	13.0	0.11	147	2.0	123.2	0.65	8.4	0.10
Moderate importance.....	762	40.4	.46	39.6	.36	14.0	.17	147	3.3	120.6	1.05	7.7	.17
Low importance.....	279	40.3	.79	39.7	.62	14.2	.34	148	5.1	120.7	1.81	7.6	.23
Eat foods with adequate fiber [1989-1990]:													
Choose foods with adequate fiber [1991]:													
High importance.....	2,284	42.8	.31	37.8	.24	12.9	.11	145	2.1	123.6	.65	8.6	.11
Moderate importance.....	980	41.8	.46	39.1	.36	13.8	.17	150	2.9	120.5	1.00	7.6	.14
Low importance.....	265	40.4	.75	40.3	.76	14.4	.34	153	5.7	118.7	2.15	7.1	.28
Avoid too much sugar [1989-1990]:													
Use sugars only in moderation [1991]:													
High importance.....	2,186	43.2	.32	37.9	.26	13.0	.11	148	2.2	122.8	.69	8.6	.12
Moderate importance.....	1,012	41.2	.41	38.8	.35	13.5	.17	147	2.7	121.9	.97	7.7	.12
Low importance.....	366	40.2	.75	39.1	.59	13.9	.25	143	4.4	122.8	1.75	7.4	.23
Avoid too much salt or sodium [1989-1990]:													
Use salt or sodium only in moderation [1991]:													
High importance.....	2,293	42.7	.31	38.0	.24	13.1	.11	146	2.0	123.1	.66	8.4	.11
Moderate importance.....	804	41.8	.44	39.1	.40	13.6	.19	153	3.4	121.2	1.08	7.9	.15
Low importance.....	462	41.6	.74	38.3	.57	13.4	.24	142	4.3	122.4	1.66	7.7	.20
All.....	3,580	42.4	.24	38.3	.19	13.3	.09	147	1.6	122.6	.53	8.2	.08

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 10.1B.--Protein, fat, and carbohydrate intakes per 1,000 kilocalories by perceived importance of specified dietary guidance:
 Mean per male meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	-----g/1,000 kcal-----				mg/1,000 kcal		-----g/1,000 kcal-----					
Eat a variety of foods:													
High importance.....	491	42.4	0.68	38.8	0.45	13.8	0.21	163	4.9	116.3	1.31	7.5	0.19
Moderate importance.....	221	41.5	.80	38.9	.71	13.5	.32	165	7.2	115.0	2.08	7.0	.21
Low importance.....	52	<u>2/41.3</u>	1.44	<u>2/36.3</u>	2.83	<u>2/12.5</u>	1.14	<u>2/156</u>	18.1	<u>2/120.4</u>	7.07	<u>2/9.1</u>	1.97
Maintain a desirable weight [1989-1990]:													
Maintain a healthy weight [1991]:													
High importance.....	523	42.1	.62	38.7	.49	13.7	.22	159	4.7	116.2	1.39	7.6	.22
Moderate importance.....	187	41.7	1.04	38.5	.63	13.5	.30	173	8.0	115.8	2.00	6.9	.22
Low importance.....	52	<u>2/43.1</u>	1.08	<u>2/39.5</u>	1.64	<u>2/13.6</u>	.67	<u>2/182</u>	15.5	<u>2/116.3</u>	3.31	<u>2/7.7</u>	.89
Avoid too much fat [1989-1990]:													
Choose a diet low in fat [1991]:													
High importance.....	437	42.1	.65	38.2	.54	13.4	.26	156	5.3	119.0	1.45	7.9	.26
Moderate importance.....	220	42.7	.71	39.6	.67	13.9	.28	182	7.1	111.1	2.08	6.9	.22
Low importance.....	107	40.8	1.99	39.0	.96	14.0	.39	154	8.7	113.8	2.84	6.7	.34
Avoid too much saturated fat [1989-1990]:													
Choose a diet low in saturated fat [1991]:													
High importance.....	450	42.1	.70	38.2	.53	13.5	.25	158	5.3	117.4	1.56	7.8	.26
Moderate importance.....	225	42.4	.83	39.3	.61	13.7	.26	172	6.7	114.8	1.67	6.9	.20
Low importance.....	82	40.7	1.06	40.3	1.41	14.2	.50	168	10.8	111.0	3.41	7.0	.38

1/ Number in the sample.
 2/ See "Statistical notes."

Continued

Table 10.1B.--Protein, fat, and carbohydrate intakes per 1,000 kilocalories by perceived importance of specified dietary guidance:
 Mean per male meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
		Number 1/		g/1,000 kcal				mg/1,000 kcal		g/1,000 kcal			
Avoid too much cholesterol [1989-1990]:													
Choose a diet low in cholesterol [1991]:													
High importance.....	459	41.7	0.63	38.4	0.48	13.5	0.23	155	4.8	118.6	1.32	7.6	0.19
Moderate importance.....	221	43.0	.86	38.9	.81	13.7	.34	178	7.5	110.9	2.38	7.2	.44
Low importance.....	81	41.9	2.20	40.0	1.26	14.1	.48	173	14.1	113.5	3.29	7.3	.45
Eat foods with adequate fiber [1989-1990]:													
Choose foods with adequate fiber [1991]:													
High importance.....	417	42.1	.76	37.9	.56	13.4	.26	159	5.6	118.8	1.54	8.0	.27
Moderate importance.....	261	42.0	.77	39.4	.59	13.9	.27	159	5.2	113.1	1.89	6.8	.20
Low importance.....	77	42.2	1.14	40.5	1.18	13.8	.46	204	15.1	111.2	2.64	6.7	.55
Avoid too much sugar [1989-1990]:													
Use sugars only in moderation [1991]:													
High importance.....	371	42.3	.71	38.5	.57	13.8	.26	157	5.4	116.7	1.74	7.5	.29
Moderate importance.....	287	41.8	.86	39.4	.61	13.6	.27	171	7.0	115.6	1.53	7.4	.23
Low importance.....	103	41.8	1.33	37.7	1.15	12.8	.49	164	9.0	114.8	2.98	7.3	.34
Avoid too much salt or sodium [1989-1990]:													
Use salt or sodium only in moderation [1991]:													
High importance.....	400	42.0	.74	38.6	.50	13.8	.25	160	5.3	116.4	1.54	7.4	.20
Moderate importance.....	236	42.1	.78	38.3	.82	13.2	.34	168	7.8	115.8	2.01	7.6	.44
Low importance.....	123	42.4	1.22	39.6	.92	13.9	.35	164	8.0	115.2	2.85	7.2	.30
All.....	766	42.1	.51	38.7	.39	13.6	.18	163	3.9	116.1	1.12	7.5	.18

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 10.2A.--Selected vitamin intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per female meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>RE/1,000 kcal</u>				<u>mg/1,000 kcal</u>				<u>mcg/1,000 kcal</u>	
Eat a variety of foods:											
High importance.....	2,698	654	15.0	335	12.1	62	1.3	0.98	0.010	151	2.0
Moderate importance.....	726	577	25.7	271	22.0	55	2.9	.91	.020	142	4.3
Low importance.....	143	632	76.0	352	51.6	51	4.9	.87	.040	133	9.2
Maintain a desirable weight [1989-1990]:											
Maintain a healthy weight [1991]:											
High importance.....	2,795	644	14.5	322	11.2	61	1.3	.98	.010	151	2.0
Moderate importance.....	623	603	29.8	312	27.3	58	2.6	.90	.020	138	3.7
Low importance.....	153	597	49.3	316	41.9	55	9.7	.92	.040	146	10.9
Avoid too much fat [1989-1990]:											
Choose a diet low in fat [1991]:											
High importance.....	2,308	675	17.6	348	14.5	63	1.6	.99	.010	155	2.4
Moderate importance.....	884	582	20.5	280	15.7	55	1.8	.92	.020	139	3.1
Low importance.....	375	540	28.8	265	20.1	54	2.9	.91	.030	133	4.1
Avoid too much saturated fat [1989-1990]:											
Choose a diet low in saturated fat [1991]:											
High importance.....	2,398	680	17.1	349	13.9	62	1.4	1.00	.010	154	2.3
Moderate importance.....	816	553	20.0	266	15.6	53	2.0	.89	.020	136	3.2
Low importance.....	331	516	30.1	263	25.7	61	5.7	.87	.030	137	6.0

1/ Number in the sample.

Continued

Table 10.2A.--Selected vitamin intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per female meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
		Number 1/ -----	RE/1,000 kcal	-----	-----	mg/1,000 kcal	-----	-----	mcg/1,000 kcal	-----	-----
Avoid too much cholesterol [1989-1990]:											
Choose a diet low in cholesterol [1991]:											
High importance.....	2,527	665	16.3	341	13.4	63	1.5	0.99	0.010	154	2.3
Moderate importance.....	762	560	20.6	272	16.4	52	1.8	.89	.020	135	3.0
Low importance.....	279	589	40.8	281	25.2	53	3.7	.90	.030	132	5.6
Eat foods with adequate fiber [1989-1990]:											
Choose foods with adequate fiber [1991]:											
High importance.....	2,284	683	17.2	350	13.9	64	1.6	1.00	.010	156	2.4
Moderate importance.....	980	562	19.8	275	16.8	53	2.0	.92	.020	137	2.9
Low importance.....	265	503	39.3	230	22.3	51	3.1	.80	.030	124	5.7
Avoid too much sugar [1989-1990]:											
Use sugars only in moderation [1991]:											
High importance.....	2,186	682	18.4	347	14.8	64	1.7	1.01	.010	158	2.5
Moderate importance.....	1,012	582	19.5	291	16.5	55	1.7	.91	.020	136	2.8
Low importance.....	366	531	27.1	262	19.4	53	3.0	.87	.030	129	5.0
Avoid too much salt or sodium [1989-1990]:											
Use salt or sodium only in moderation [1991]:											
High importance.....	2,293	661	17.2	333	14.0	61	1.4	.99	.010	153	2.3
Moderate importance.....	804	620	25.5	310	20.2	60	2.5	.94	.020	145	3.6
Low importance.....	462	554	27.0	292	22.4	56	4.1	.90	.030	134	4.5
All.....	3,580	638	12.9	323	10.4	60	1.2	.97	.010	149	1.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 10.2B.--Selected vitamin intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per male meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>RE/1,000 kcal</u>		<u>mg/1,000 kcal</u>		<u>mcg/1,000 kcal</u>		<u>mcg/1,000 kcal</u>			
Eat a variety of foods:											
High importance.....	491	603	50.4	262	27.2	56	2.8	0.98	0.030	144	5.2
Moderate importance.....	221	575	72.4	211	34.5	43	2.6	.93	.040	130	6.4
Low importance.....	52	<u>2/521</u>	74.9	<u>2/284</u>	80.9	<u>2/39</u>	6.0	<u>2/.86</u>	.060	<u>2/142</u>	13.8
Maintain a desirable weight [1989-1990]:											
Maintain a healthy weight [1991]:											
High importance.....	523	607	46.9	270	27.5	54	2.5	.98	.030	141	4.8
Moderate importance.....	187	568	88.3	185	20.7	41	2.7	.90	.040	135	8.1
Low importance.....	52	<u>2/454</u>	50.8	<u>2/183</u>	42.1	<u>2/50</u>	7.3	<u>2/.94</u>	.060	<u>2/139</u>	11.3
Avoid too much fat [1989-1990]:											
Choose a diet low in fat [1991]:											
High importance.....	437	627	54.9	277	29.4	54	3.0	1.00	.040	148	5.8
Moderate importance.....	220	616	77.9	230	40.2	47	2.4	.92	.030	130	5.8
Low importance.....	107	372	31.4	152	17.9	45	5.3	.85	.050	123	8.0
Avoid too much saturated fat [1989-1990]:											
Choose a diet low in saturated fat [1991]:											
High importance.....	450	625	54.7	273	31.0	54	2.7	.99	.030	144	5.6
Moderate importance.....	225	558	67.3	214	27.9	48	3.6	.91	.030	133	6.1
Low importance.....	82	440	47.3	165	21.4	44	3.8	.88	.050	135	9.7

1/ Number in the sample.

2/ See "Statistical notes."

Continued

Table 10.2B.--Selected vitamin intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per male meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>RE/1,000 kcal</u>				<u>mg/1,000 kcal</u>				<u>mcg/1,000 kcal</u>	
Avoid too much cholesterol [1989-1990]: Choose a diet low in cholesterol [1991]:											
High importance.....	459	630	53.7	266	30.1	54	2.8	0.99	0.030	146	5.5
Moderate importance.....	221	534	70.3	210	26.2	44	2.6	.88	.030	126	6.0
Low importance.....	81	485	58.8	233	52.5	48	5.6	.98	.080	134	9.7
Eat foods with adequate fiber [1989-1990]: Choose foods with adequate fiber [1991]:											
High importance.....	417	655	59.9	289	33.8	57	3.1	1.01	.040	149	5.8
Moderate importance.....	261	497	40.2	207	24.7	46	2.6	.92	.030	133	6.1
Low importance.....	77	536	164.7	157	24.5	37	3.5	.82	.050	111	7.3
Avoid too much sugar [1989-1990]: Use sugars only in moderation [1991]:											
High importance.....	371	628	60.6	253	31.5	54	3.1	1.00	.040	147	6.0
Moderate importance.....	287	546	60.0	216	28.9	47	3.0	.91	.030	131	6.1
Low importance.....	103	543	69.5	313	63.7	51	4.8	.92	.050	136	7.3
Avoid too much salt or sodium [1989-1990]: Use salt or sodium only in moderation [1991]:											
High importance.....	400	639	60.4	266	32.7	53	2.9	1.00	.040	145	5.8
Moderate importance.....	236	546	64.4	230	28.1	51	3.7	.91	.030	134	6.2
Low importance.....	123	472	44.4	198	36.7	44	3.4	.91	.050	131	9.5
All.....	766	590	39.4	247	20.9	51	2.0	.96	.020	140	4.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 10.3A.--Selected mineral intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per female meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
<u>Number ^{2/} -----mg/1,000 kcal-----</u>											
Eat a variety of foods:											
High importance.....	2,698	423	5.2	8.0	0.10	6.1	0.06	1,583	12.2	1,554	14.4
Moderate importance.....	726	412	9.2	7.8	.24	6.1	.14	1,589	23.5	1,445	26.0
Low importance.....	143	368	18.9	7.4	.50	5.7	.28	1,525	54.8	1,419	54.6
Maintain a desirable weight [1989-1990]:											
Maintain a healthy weight [1991]:											
High importance.....	2,795	425	5.1	8.1	.10	6.2	.07	1,586	12.2	1,544	14.4
Moderate importance.....	623	408	9.2	7.3	.15	5.8	.11	1,577	23.2	1,467	25.3
Low importance.....	153	371	16.1	8.0	.51	6.0	.35	1,551	56.8	1,476	69.4
Avoid too much fat [1989-1990]:											
Choose a diet low in fat [1991]:											
High importance.....	2,308	426	5.7	8.1	.11	6.2	.08	1,588	14.0	1,572	16.8
Moderate importance.....	884	411	8.3	7.6	.17	5.8	.09	1,577	18.4	1,446	18.7
Low importance.....	375	396	11.8	7.4	.25	6.2	.19	1,559	30.6	1,454	33.6
Avoid too much saturated fat [1989-1990]:											
Choose a diet low in saturated fat [1991]:											
High importance.....	2,398	427	5.4	8.1	.11	6.2	.08	1,576	12.7	1,565	15.3
Moderate importance.....	816	409	8.4	7.4	.14	5.8	.08	1,581	19.1	1,431	20.0
Low importance.....	331	387	14.3	7.6	.32	5.8	.17	1,633	50.5	1,473	58.3

^{1/} Does not include sodium from salt added at the table.

^{2/} Number in the sample.

Continued

Table 10.3A.--Selected mineral intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per female meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
		<u>Number</u> ^{2/} ----- <u>mg/1,000 kcal</u> -----									
Avoid too much cholesterol [1989-1990]:											
Choose a diet low in cholesterol [1991]:											
High importance.....	2,527	426	5.4	8.1	0.11	6.2	0.07	1,585	13.4	1,567	15.9
Moderate importance.....	762	408	8.3	7.5	.15	5.9	.10	1,571	19.0	1,435	19.2
Low importance.....	279	384	15.6	7.5	.42	5.8	.19	1,588	33.1	1,400	32.5
Eat foods with adequate fiber [1989-1990]:											
Choose foods with adequate fiber [1991]:											
High importance.....	2,284	428	5.7	8.1	.11	6.2	.08	1,573	13.5	1,572	16.7
Moderate importance.....	980	411	7.8	7.7	.19	5.9	.09	1,591	18.1	1,459	18.7
Low importance.....	265	373	13.6	7.1	.35	5.7	.16	1,619	39.8	1,371	33.4
Avoid too much sugar [1989-1990]:											
Use sugars only in moderation [1991]:											
High importance.....	2,186	430	6.0	8.3	.12	6.3	.08	1,589	14.7	1,586	17.6
Moderate importance.....	1,012	407	7.6	7.6	.14	5.8	.09	1,582	17.0	1,446	17.3
Low importance.....	366	395	11.5	7.1	.23	5.9	.20	1,543	29.1	1,406	32.2
Avoid too much salt or sodium [1989-1990]:											
Use salt or sodium only in moderation [1991]:											
High importance.....	2,293	426	5.8	8.1	.11	6.2	.08	1,578	13.1	1,557	16.0
Moderate importance.....	804	412	8.0	7.9	.19	6.0	.10	1,574	19.3	1,469	20.4
Low importance.....	462	404	11.7	7.5	.20	5.8	.12	1,616	37.2	1,487	41.8
All.....	3,580	419	4.4	7.9	.09	6.1	.06	1,582	10.6	1,527	12.5

^{1/} Does not include sodium from salt added at the table.

^{2/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 10.3B.--Selected mineral intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per male meal planner/preparer per day, 1989-1991

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Number ^{2/} -----mg/1,000 kcal-----											
Eat a variety of foods:											
High importance.....	491	412	12.3	7.7	0.22	6.4	0.24	1,590	30.1	1,403	23.6
Moderate importance.....	221	359	14.2	7.4	.36	6.0	.27	1,601	50.0	1,344	31.5
Low importance.....	52	^{3/} 389	25.5	^{3/} 7.9	.81	^{3/} 5.6	.38	^{3/} 1,517	154.3	^{3/} 1,356	86.1
Maintain a desirable weight [1989-1990]:											
Maintain a healthy weight [1991]:											
High importance.....	523	405	11.8	7.7	.23	6.4	.22	1,577	31.0	1,398	22.9
Moderate importance.....	187	366	14.0	7.3	.30	5.9	.32	1,632	55.4	1,347	32.8
Low importance.....	52	^{3/} 380	24.3	^{3/} 7.7	.48	^{3/} 5.9	.37	^{3/} 1,606	65.8	^{3/} 1,321	65.1
Avoid too much fat [1989-1990]:											
Choose a diet low in fat [1991]:											
High importance.....	437	397	13.1	8.0	.28	6.6	.28	1,562	33.8	1,405	24.9
Moderate importance.....	220	403	16.0	7.2	.25	6.0	.24	1,628	53.9	1,370	30.2
Low importance.....	107	369	19.4	6.7	.30	5.6	.26	1,628	49.0	1,315	56.8
Avoid too much saturated fat [1989-1990]:											
Choose a diet low in saturated fat [1991]:											
High importance.....	450	406	12.9	7.8	.27	6.3	.21	1,560	35.9	1,415	25.6
Moderate importance.....	225	382	14.9	7.3	.24	6.2	.42	1,631	42.6	1,333	30.8
Low importance.....	82	366	21.9	7.1	.35	6.1	.28	1,642	51.4	1,335	40.7

^{1/} Does not include sodium from salt added at the table.

^{2/} Number in the sample.

^{3/} See "Statistical notes."

Continued

Table 10.3B.--Selected mineral intakes per 1,000 kilocalories by perceived importance of specified dietary guidance: Mean per male meal planner/preparer per day, 1989-1991--continued

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Number ^{2/} -----mg/1,000 kcal-----											
Avoid too much cholesterol [1989-1990]:											
Choose a diet low in cholesterol [1991]:											
High importance.....	459	402	12.6	7.8	0.26	6.5	0.27	1,575	33.9	1,393	24.1
Moderate importance.....	221	382	14.5	7.2	.29	6.0	.20	1,603	48.8	1,358	28.3
Low importance.....	81	385	27.9	7.2	.37	5.7	.27	1,642	59.8	1,385	80.3
Eat foods with adequate fiber [1989-1990]:											
Choose foods with adequate fiber [1991]:											
High importance.....	417	419	13.3	7.9	.25	6.4	.27	1,562	35.7	1,431	27.2
Moderate importance.....	261	367	15.1	7.4	.34	6.3	.28	1,616	46.1	1,360	27.5
Low importance.....	77	358	17.9	6.7	.26	5.5	.23	1,641	50.5	1,199	41.4
Avoid too much sugar [1989-1990]:											
Use sugars only in moderation [1991]:											
High importance.....	371	423	14.7	7.9	.29	6.6	.29	1,563	39.3	1,409	29.1
Moderate importance.....	287	363	11.6	7.4	.28	6.0	.24	1,624	40.7	1,340	25.2
Low importance.....	103	363	19.7	6.9	.25	5.8	.22	1,601	43.0	1,392	46.1
Avoid too much salt or sodium [1989-1990]:											
Use salt or sodium only in moderation [1991]:											
High importance.....	400	407	14.4	7.5	.23	6.2	.21	1,553	38.6	1,402	27.3
Moderate importance.....	236	391	12.4	7.5	.30	6.4	.45	1,623	42.6	1,391	31.3
Low importance.....	123	359	15.8	8.2	.67	6.3	.31	1,661	42.9	1,289	31.9
All.....	766	395	9.3	7.6	.18	6.3	.18	1,590	25.9	1,382	18.5

^{1/} Does not include sodium from salt added at the table.

^{2/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 11.--Perceived importance of dietary guidance by frequency of salting at the table and status in meeting the sodium recommendation, all main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --avoid too much salt or sodium? [1989-1990]
 --use salt or sodium only in moderation?
 [1991]

Frequency of salting at the table and status category based on 3-day intake <u>1/</u>	Respondents	Perceived importance of dietary guidance on sodium				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 2/</u>	<u>Percent</u>				<u>Score</u>
Never salt food at the table:						
2,400 mg or less.....	843	72.7	14.9	12.0	0.4	4.9
Over 2,400 mg.....	598	69.7	19.0	11.2	.2	4.8
Use salt substitute or lite salt:						
2,400 mg or less.....	166	73.9	20.5	5.6	.0	5.1
Over 2,400 mg.....	118	65.5	18.7	14.4	1.4	4.6
Use ordinary salt rarely:						
2,400 mg or less.....	602	66.1	22.0	11.7	.2	4.7
Over 2,400 mg.....	542	59.6	30.6	9.4	.4	4.6
Use ordinary salt occasionally:						
2,400 mg or less.....	460	61.3	24.4	13.2	1.1	4.5
Over 2,400 mg.....	468	52.7	32.4	13.7	1.2	4.3
Use ordinary salt very often:						
2,400 mg or less.....	225	45.0	34.0	20.9	.2	4.1
Over 2,400 mg.....	298	38.0	36.2	25.8	.0	3.7

1/ Sodium intake estimates exclude sodium from salt added at the table.

2/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 12.--Perceived importance of dietary guidance by status in meeting dietary recommendations, all main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to [DIETARY GUIDANCE]?

Dietary component and status category based on 3-day intake	Respondents	Perceived importance of dietary guidance on dietary component specified at left				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
Fat:						
30% or less of kcal.....	1,059	68.8	21.6	8.8	0.8	4.9
Over 30% of kcal.....	3,287	61.7	27.3	10.7	.3	4.7
Saturated fat:						
Less than 10% of kcal.....	1,127	73.4	18.4	7.1	1.1	5.0
10% or more of kcal.....	3,219	64.6	26.0	8.9	.5	4.7
Cholesterol:						
Less than 300 mg.....	3,224	72.1	20.4	7.1	.4	5.0
300 mg or more.....	1,122	64.4	25.7	9.2	.7	4.7
Fiber:						
20 g or more.....	445	68.0	24.7	6.8	.5	4.9
Less than 20 g.....	3,901	62.6	28.6	7.5	1.3	4.7

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 13A.--Perceived importance of dietary guidance by status in meeting dietary recommendations, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to [DIETARY GUIDANCE]?

Dietary component and status category based on 3-day intake	Respondents	Perceived importance of dietary guidance on dietary component specified at left				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
Fat:						
30% or less of kcal.....	867	70.5	20.9	7.7	1.0	4.9
Over 30% of kcal.....	2,713	62.8	26.9	10.1	.3	4.7
Saturated fat:						
Less than 10% of kcal.....	942	74.8	17.0	6.9	1.3	5.1
10% or more of kcal.....	2,638	66.1	24.4	9.0	.5	4.8
Cholesterol:						
Less than 300 mg.....	2,820	72.7	20.0	7.0	.4	5.0
300 mg or more.....	760	68.7	21.8	8.5	.9	4.8
Fiber:						
20 g or more.....	290	75.0	18.5	5.8	.7	5.0
Less than 20 g.....	3,290	64.4	27.2	6.9	1.5	4.7

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 13B.--Perceived importance of dietary guidance by status in meeting dietary recommendations, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to [DIETARY GUIDANCE]?

Dietary component and status category based on 3-day intake	Respondents	Perceived importance of dietary guidance on dietary component specified at left				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
Fat:						
30% or less of kcal.....	192	62.2	24.6	13.2	0.0	4.7
Over 30% of kcal.....	574	57.4	29.2	13.2	.2	4.4
Saturated fat:						
Less than 10% of kcal.....	185	66.7	25.2	8.0	.1	4.8
10% or more of kcal.....	581	59.4	31.7	8.4	.6	4.6
Cholesterol:						
Less than 300 mg.....	404	68.5	23.0	8.0	.5	4.8
300 mg or more.....	362	57.3	32.2	10.2	.3	4.6
Fiber:						
20 g or more.....	155	56.3	35.0	8.5	.2	4.6
Less than 20 g.....	611	54.2	34.9	10.1	.8	4.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 14.--Perceived importance of dietary guidance by sex and body mass index, female and male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how important is it to you personally to --maintain a desirable weight? [1989-1990]
 --maintain healthy weight? [1991]

Sex and body mass index <u>1/</u>	Respondents	Perceived importance of dietary guidance on body weight			
		High	Moderate	Low	Don't know/ no answer
	<u>Number 2/</u>	<u>Percent</u>			
All females:					
Under 19.1 (underweight).....	301	74.8	20.6	1.4	3.2
19.1 to 27.2 (acceptable weight).....	2,146	81.4	14.7	1.8	2.2
27.3 to 32.2 (overweight).....	718	75.8	19.6	2.5	2.1
32.3 and over (severe overweight).....	415	68.2	22.1	4.7	5.5
All.....	3,580	78.5	16.8	2.1	2.6
All males:					
Under 20.7 (underweight).....	63	73.4	18.5	5.3	.8
20.7 to 27.7 (acceptable weight).....	488	75.2	19.4	3.0	2.5
27.8 to 31.0 (overweight).....	132	72.8	22.4	2.7	2.0
31.1 and over (severe overweight).....	83	59.8	36.4	3.1	.7
All.....	766	73.2	21.4	3.1	2.2

1/ Based on self reported weight and height.

2/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.1.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to calcium intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much calcium a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Bone problems/ osteoporosis	Dental problems
	<u>Number</u> 1/	<u>Percent</u>				
All MMPP.....	4,346	64.1	35.3	0.6	52.6	8.8
Age:						
39 years and under.....	1,761	64.5	34.8	.7	53.8	8.4
40-59 years.....	1,213	68.6	31.0	.4	55.9	10.7
60 years and over.....	1,372	58.2	41.1	.7	46.8	7.3
Income level:						
Under 131% poverty.....	1,747	50.1	49.4	.5	38.5	8.0
131-350% poverty.....	1,373	61.7	37.6	.7	51.1	8.6
Over 350% poverty.....	893	72.2	27.3	.4	59.8	9.5
Race:						
Black.....	606	50.5	49.2	.3	37.6	11.4
White.....	3,577	65.9	33.6	.5	54.6	8.7
Education:						
Grade 8 or less.....	609	38.3	60.8	1.0	30.2	4.7
Grades 9-12/GED.....	2,300	57.8	41.4	.8	47.3	8.2
At least some college.....	1,437	75.0	24.8	.2	62.1	10.3
Employment status:						
Employed.....	1,922	67.0	32.4	.5	55.7	9.3
Not employed.....	2,379	61.0	38.4	.6	49.1	8.3
Self-assessed health status:						
Excellent or very good....	1,972	67.0	32.6	.5	56.0	8.8
Good.....	1,502	62.3	37.4	.2	52.1	9.8
Fair or poor.....	842	57.2	41.0	1.7	42.0	6.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.2.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to iron intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much iron a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned
		Yes	No	Don't know/ no answer	Anemia
	<u>Number</u> ^{1/}	<u>Percent</u>			
All MMPP.....	4,346	51.1	48.5	0.4	37.9
Age:					
39 years and under.....	1,761	48.6	50.9	.5	37.0
40-59 years.....	1,213	58.0	41.8	.2	44.8
60 years and over.....	1,372	46.9	52.5	.6	31.2
Income level:					
Under 131% poverty.....	1,747	42.2	57.6	.2	29.6
131-350% poverty.....	1,373	49.1	50.3	.6	38.2
Over 350% poverty.....	893	57.0	42.6	.4	43.1
Race:					
Black.....	606	43.5	56.5	.0	31.2
White.....	3,577	52.0	47.6	.4	38.6
Education:					
Grade 8 or less.....	609	34.3	64.9	.8	21.3
Grades 9-12/GED.....	2,300	44.4	55.0	.7	32.5
At least some college.....	1,437	61.1	38.8	.1	46.4
Employment status:					
Employed.....	1,922	52.5	47.0	.5	39.7
Not employed.....	2,379	49.8	49.8	.3	36.1
Self-assessed health status:					
Excellent or very good....	1,972	54.1	45.5	.4	41.2
Good.....	1,502	49.0	51.0	.0	36.1
Fair or poor.....	842	44.3	54.2	1.5	30.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.3.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to being overweight, 1989-1991

Question: Have you heard about any health problems that might be related to being overweight?
(If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Diabetes	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----					
All MMPP.....	4,346	90.5	9.2	0.4	16.8	69.0	34.4
Age:							
39 years and under.....	1,761	91.1	8.4	.5	13.8	71.1	34.6
40-59 years.....	1,213	94.2	5.7	.1	20.3	74.4	39.0
60 years and over.....	1,372	85.1	14.4	.6	17.6	59.3	28.7
Income level:							
Under 131% poverty.....	1,747	81.4	18.5	.1	11.1	53.8	29.4
131-350% poverty.....	1,373	90.2	9.3	.4	18.5	66.6	34.8
Over 350% poverty.....	893	94.4	5.2	.4	17.9	78.4	36.1
Race:							
Black.....	606	88.9	11.0	.0	18.0	62.2	33.3
White.....	3,577	90.9	8.8	.3	16.7	70.6	34.7
Education:							
Grade 8 or less.....	609	78.2	21.3	.5	9.1	46.9	25.2
Grades 9-12/GED.....	2,300	88.6	10.8	.6	16.5	65.6	36.5
At least some college.....	1,437	94.8	5.0	.1	18.5	76.3	34.2
Employment status:							
Employed.....	1,922	91.7	7.8	.4	15.9	71.7	34.9
Not employed.....	2,379	88.9	10.8	.3	17.9	66.0	34.2
Self-assessed health status:							
Excellent or very good....	1,972	92.5	7.2	.3	16.5	72.8	35.5
Good.....	1,502	89.8	10.2	.0	17.9	67.7	33.6
Fair or poor.....	842	84.6	14.1	1.3	16.5	57.4	32.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.4.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to fat intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much fat a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension	Obesity
	<u>Number</u> 1/	----- <u>Percent</u> -----					
All MMPP.....	4,346	78.5	20.9	0.6	65.6	18.2	24.8
Age:							
39 years and under.....	1,761	75.8	23.3	.8	64.1	19.6	25.2
40-59 years.....	1,213	83.5	16.3	.2	71.2	16.8	26.1
60 years and over.....	1,372	76.9	22.5	.6	61.3	17.4	22.5
Income level:							
Under 131% poverty.....	1,747	64.1	35.4	.5	48.1	14.5	23.7
131-350% poverty.....	1,373	77.6	21.7	.7	62.8	18.2	25.2
Over 350% poverty.....	893	86.3	13.3	.4	75.8	21.0	26.0
Race:							
Black.....	606	68.2	31.6	.2	54.3	17.2	21.6
White.....	3,577	80.0	19.5	.5	67.1	18.5	25.1
Education:							
Grade 8 or less.....	609	67.3	31.7	.9	45.0	14.2	19.3
Grades 9-12/GED.....	2,300	73.2	26.1	.7	60.3	17.6	23.9
At least some college.....	1,437	85.6	14.1	.3	74.5	19.8	26.8
Employment status:							
Employed.....	1,922	80.3	19.0	.7	68.8	19.2	24.1
Not employed.....	2,379	76.4	23.3	.4	61.8	17.2	25.4
Self-assessed health status:							
Excellent or very good....	1,972	80.5	18.9	.6	68.1	18.8	24.3
Good.....	1,502	77.3	22.3	.4	65.3	17.5	25.5
Fair or poor.....	842	72.9	26.3	.9	56.7	16.9	25.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.5.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to saturated fat intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much saturated fat a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension	Obesity
	<u>Number</u> _{1/}	----- <u>Percent</u> -----					
All MMPP.....	4,346	65.0	34.5	0.5	57.1	16.8	13.1
Age:							
39 years and under.....	1,761	62.0	37.3	.8	56.2	17.3	13.0
40-59 years.....	1,213	70.2	29.6	.2	62.0	16.1	13.5
60 years and over.....	1,372	63.7	35.8	.5	52.8	16.7	12.8
Income level:							
Under 131% poverty.....	1,747	50.5	49.1	.4	40.2	13.1	13.1
131-350% poverty.....	1,373	61.4	37.9	.7	52.7	16.4	12.7
Over 350% poverty.....	893	75.7	23.9	.4	68.7	19.9	13.6
Race:							
Black.....	606	46.5	53.3	.2	37.3	12.8	10.1
White.....	3,577	67.7	31.8	.5	59.8	17.6	13.3
Education:							
Grade 8 or less.....	609	47.5	51.7	.8	35.2	10.1	9.9
Grades 9-12/GED.....	2,300	59.2	40.1	.7	51.6	15.6	12.0
At least some college.....	1,437	73.7	26.0	.3	66.4	19.4	14.7
Employment status:							
Employed.....	1,922	66.7	32.6	.7	60.6	17.1	11.9
Not employed.....	2,379	62.9	36.7	.3	52.8	16.4	14.7
Self-assessed health status:							
Excellent or very good....	1,972	68.3	31.1	.6	61.0	17.4	12.8
Good.....	1,502	63.7	36.0	.3	56.7	17.3	14.3
Fair or poor.....	842	54.6	44.5	.9	43.4	13.2	11.9

_{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.6.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to cholesterol intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much cholesterol a person eats? (If yes:) What health problems are these?
(Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----				
All MMPP.....	4,346	86.0	13.5	0.5	71.4	23.2
Age:						
39 years and under.....	1,761	87.3	12.0	.8	72.9	21.8
40-59 years.....	1,213	87.4	12.4	.1	73.9	23.8
60 years and over.....	1,372	82.3	17.1	.6	66.1	24.9
Income level:						
Under 131% poverty.....	1,747	72.0	27.6	.4	54.5	20.4
131-350% poverty.....	1,373	84.7	14.8	.5	70.5	22.8
Over 350% poverty.....	893	92.7	6.9	.4	80.1	23.4
Race:						
Black.....	606	74.3	25.4	.3	54.6	23.2
White.....	3,577	87.7	11.8	.5	74.2	23.2
Education:						
Grade 8 or less.....	609	69.1	30.0	.9	47.9	15.1
Grades 9-12/GED.....	2,300	83.3	16.1	.6	68.3	23.7
At least some college.....	1,437	91.6	8.0	.4	78.5	24.3
Employment status:						
Employed.....	1,922	89.6	9.7	.7	74.4	24.2
Not employed.....	2,379	81.9	17.7	.4	67.9	22.4
Self-assessed health status:						
Excellent or very good....	1,972	87.8	11.6	.6	74.2	24.6
Good.....	1,502	86.2	13.8	.1	71.2	21.9
Fair or poor.....	842	79.6	19.0	1.4	62.2	21.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.7.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to fiber intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much fiber a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Bowel problems	Cancer	Heart disease
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----					
All MMPP.....	4,346	53.0	46.4	0.6	31.3	20.0	7.1
Age:							
39 years and under.....	1,761	51.1	48.3	.7	30.0	20.1	6.7
40-59 years.....	1,213	58.3	41.5	.3	32.8	24.1	9.3
60 years and over.....	1,372	49.8	49.3	.9	31.7	14.9	5.1
Income level:							
Under 131% poverty.....	1,747	38.9	60.6	.5	27.5	8.0	5.2
131-350% poverty.....	1,373	51.6	47.4	1.1	31.4	18.3	6.8
Over 350% poverty.....	893	61.2	38.6	.2	32.9	27.3	9.0
Race:							
Black.....	606	37.0	62.8	.2	24.2	10.0	4.9
White.....	3,577	55.5	43.8	.7	32.0	21.9	7.6
Education:							
Grade 8 or less.....	609	33.5	65.6	.8	21.0	6.7	3.5
Grades 9-12/GED.....	2,300	46.8	52.4	.8	28.5	15.8	5.2
At least some college.....	1,437	63.0	36.7	.3	36.2	26.8	9.6
Employment status:							
Employed.....	1,922	54.9	44.5	.6	30.7	22.0	8.2
Not employed.....	2,379	50.7	48.7	.6	31.9	17.7	5.3
Self-assessed health status:							
Excellent or very good....	1,972	55.6	44.0	.4	31.8	23.7	7.3
Good.....	1,502	52.6	47.1	.4	31.9	18.0	7.2
Fair or poor.....	842	44.8	53.5	1.7	28.6	11.3	5.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.8.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to sugar intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much sugar a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Dental problems	Diabetes	Obesity
	<u>Number</u> 1/	<u>Percent</u>					
All MMPP.....	4,346	81.5	18.1	0.4	12.3	55.5	29.5
Age:							
39 years and under.....	1,761	79.3	20.2	.5	13.8	51.8	28.1
40-59 years.....	1,213	84.3	15.5	.2	13.9	57.2	34.4
60 years and over.....	1,372	81.6	17.9	.5	8.1	59.5	26.0
Income level:							
Under 131% poverty.....	1,747	75.8	24.1	.2	10.5	52.4	20.4
131-350% poverty.....	1,373	81.7	17.8	.5	12.2	57.7	28.6
Over 350% poverty.....	893	84.2	15.5	.4	12.7	55.4	36.0
Race:							
Black.....	606	78.4	21.5	.0	14.1	59.6	16.9
White.....	3,577	82.0	17.7	.4	11.9	55.1	31.7
Education:							
Grade 8 or less.....	609	69.1	30.4	.5	7.0	52.3	12.9
Grades 9-12/GED.....	2,300	80.5	18.8	.6	11.6	54.7	27.1
At least some college.....	1,437	84.6	15.2	.1	14.0	56.7	34.8
Employment status:							
Employed.....	1,922	82.0	17.5	.5	12.9	54.8	30.8
Not employed.....	2,379	81.0	18.7	.3	11.4	56.4	27.7
Self-assessed health status:							
Excellent or very good....	1,972	82.8	16.8	.3	13.2	55.0	31.6
Good.....	1,502	81.1	18.9	.0	13.2	56.6	29.0
Fair or poor.....	842	77.4	21.1	1.5	7.7	55.6	23.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 15.9.--Health problems mentioned by all main meal planners/preparers (MMPP) as related to salt or sodium intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much salt or sodium a person eats? (If yes:) What health problems are these?
(Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	<u>Percent</u>				
All MMPP.....	4,346	86.8	12.8	0.5	30.1	65.3
Age:						
39 years and under.....	1,761	85.7	13.7	.6	26.7	64.4
40-59 years.....	1,213	91.0	8.8	.2	33.7	71.4
60 years and over.....	1,372	83.5	15.9	.6	31.2	59.5
Income level:						
Under 131% poverty.....	1,747	78.6	21.0	.3	24.6	59.2
131-350% poverty.....	1,373	85.7	13.4	.9	29.5	62.8
Over 350% poverty.....	893	91.2	8.6	.2	33.0	70.6
Race:						
Black.....	606	83.8	16.0	.2	26.1	68.0
White.....	3,577	87.5	11.9	.5	31.0	65.4
Education:						
Grade 8 or less.....	609	75.7	23.5	.8	24.7	52.4
Grades 9-12/GED.....	2,300	83.6	15.7	.6	28.2	63.0
At least some college.....	1,437	91.8	7.9	.2	33.1	70.0
Employment status:						
Employed.....	1,922	87.8	11.7	.5	28.1	67.1
Not employed.....	2,379	85.3	14.3	.5	31.7	63.3
Self-assessed health status:						
Excellent or very good....	1,972	88.1	11.5	.4	30.8	67.2
Good.....	1,502	85.2	14.6	.2	29.0	65.0
Fair or poor.....	842	85.2	13.1	1.7	29.8	59.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.1A.--Health problems mentioned by female main meal planners/preparers as related to calcium intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much calcium a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Bone problems/ osteoporosis	Dental problems
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----				
All females.....	3,580	66.0	33.5	0.5	54.8	9.4
Age:						
39 years and under.....	1,446	67.0	32.3	.7	55.8	8.4
40-59 years.....	1,000	71.1	28.7	.2	59.0	12.3
60 years and over.....	1,134	58.6	40.6	.7	48.5	7.7
Income level:						
Under 131% poverty.....	1,469	50.7	48.9	.4	39.0	8.3
131-350% poverty.....	1,131	63.7	35.7	.6	53.6	8.5
Over 350% poverty.....	695	75.9	23.6	.5	64.3	10.6
Race:						
Black.....	503	52.0	47.8	.2	38.1	13.6
White.....	2,938	67.7	31.9	.5	57.0	9.2
Education:						
Grade 8 or less.....	490	39.7	59.6	.7	31.8	4.9
Grades 9-12/GED.....	1,961	59.1	40.2	.7	49.2	8.5
At least some college.....	1,097	78.4	21.3	.2	65.6	11.4
Employment status:						
Employed.....	1,507	70.2	29.3	.5	59.2	10.2
Not employed.....	2,041	61.8	37.6	.6	50.4	8.6
Self-assessed health status:						
Excellent or very good....	1,592	68.8	30.9	.3	58.3	9.3
Good.....	1,259	65.2	34.6	.3	55.1	10.5
Fair or poor.....	708	57.8	40.4	1.8	43.1	7.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.1B.--Health problems mentioned by male main meal planners/preparers as related to calcium intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much calcium a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Bone problems/ osteoporosis	Dental problems
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	766	56.6	42.7	0.8	43.8	6.5
Age:						
39 years and under.....	315	56.5	42.9	.6	47.3	8.3
40-59 years.....	213	57.2	41.5	1.2	42.2	3.8
60 years and over.....	238	56.0	43.6	.5	38.1	5.7
Income level:						
Under 131% poverty.....	278	47.3	51.7	1.0	36.3	6.3
131-350% poverty.....	242	52.8	45.9	1.4	40.3	8.8
Over 350% poverty.....	198	59.6	40.4	.0	44.0	5.5
Race:						
Black.....	103	46.3	53.3	.4	36.3	4.9
White.....	639	58.5	40.7	.8	44.7	6.5
Education:						
Grade 8 or less.....	119	32.5	65.4	2.1	23.6	4.1
Grades 9-12/GED.....	339	50.7	47.8	1.5	37.6	6.7
At least some college.....	308	64.2	35.7	.1	51.1	6.7
Employment status:						
Employed.....	415	57.2	42.1	.7	45.1	6.5
Not employed.....	338	56.5	42.8	.7	41.9	6.6
Self-assessed health status:						
Excellent or very good....	380	60.3	38.8	.9	47.8	6.9
Good.....	243	50.2	49.8	.0	38.9	6.9
Fair or poor.....	134	54.4	43.9	1.7	36.9	2.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.2A.--Health problems mentioned by female main meal planners/preparers as related to iron intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much iron a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned
		Yes	No	Don't know/ no answer	Anemia
	<u>Number</u> 1/	-----			<u>Percent</u>
All females.....	3,580	53.7	45.9	0.4	40.5
Age:					
39 years and under.....	1,446	51.6	47.9	.5	40.5
40-59 years.....	1,000	60.8	39.1	.1	47.1
60 years and over.....	1,134	48.4	51.0	.6	32.9
Income level:					
Under 131% poverty.....	1,469	43.1	56.7	.2	30.8
131-350% poverty.....	1,131	52.0	47.6	.4	40.6
Over 350% poverty.....	695	60.3	39.2	.5	47.1
Race:					
Black.....	503	46.1	53.9	.0	32.5
White.....	2,938	54.3	45.3	.3	41.3
Education:					
Grade 8 or less.....	490	35.1	64.5	.4	21.2
Grades 9-12/GED.....	1,961	46.2	53.2	.6	34.2
At least some college.....	1,097	65.7	34.1	.2	51.2
Employment status:					
Employed.....	1,507	56.2	43.3	.5	43.1
Not employed.....	2,041	51.3	48.4	.4	38.0
Self-assessed health status:					
Excellent or very good....	1,592	56.9	42.8	.3	43.8
Good.....	1,259	52.2	47.7	.0	39.9
Fair or poor.....	708	45.6	52.9	1.5	30.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.2B.--Health problems mentioned by male main meal planners/preparers as related to iron intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much iron a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned
		Yes	No	Don't know/ no answer	Anemia
	<u>Number</u> ^{1/}	<u>Percent</u>			
All males.....	766	40.8	58.6	0.6	27.4
Age:					
39 years and under.....	315	38.7	60.7	.6	25.6
40-59 years.....	213	45.4	53.9	.7	34.3
60 years and over.....	238	39.7	59.8	.5	22.6
Income level:					
Under 131% poverty.....	278	37.4	62.5	.2	23.8
131-350% poverty.....	242	36.7	62.0	1.4	27.8
Over 350% poverty.....	198	45.5	54.5	.0	28.9
Race:					
Black.....	103	35.6	64.4	.0	27.3
White.....	639	42.3	57.0	.7	27.5
Education:					
Grade 8 or less.....	119	30.9	66.4	2.7	21.8
Grades 9-12/GED.....	339	34.9	64.1	1.0	23.2
At least some college.....	308	46.7	53.3	.0	31.3
Employment status:					
Employed.....	415	40.8	58.5	.7	28.9
Not employed.....	338	41.5	58.4	.1	24.8
Self-assessed health status:					
Excellent or very good....	380	44.0	55.4	.7	31.5
Good.....	243	35.0	65.0	.0	19.5
Fair or poor.....	134	38.3	60.2	1.5	25.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.3A.--Health problems mentioned by female main meal planners/preparers as related to being overweight, 1989-1991

Question: Have you heard about any health problems that might be related to being overweight?
(If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Diabetes	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	<u>Percent</u>					
All females.....	3,580	90.7	9.0	0.3	17.8	69.3	36.1
Age:							
39 years and under.....	1,446	90.7	8.8	.5	14.6	71.3	36.5
40-59 years.....	1,000	95.0	5.0	.0	21.7	74.7	41.2
60 years and over.....	1,134	85.6	13.9	.6	18.2	60.1	29.4
Income level:							
Under 131% poverty.....	1,469	82.5	17.5	.0	11.2	55.5	30.1
131-350% poverty.....	1,131	90.4	9.3	.4	19.6	67.5	35.8
Over 350% poverty.....	695	94.6	4.9	.5	19.8	78.7	39.3
Race:							
Black.....	503	88.8	11.1	.0	16.7	61.5	34.5
White.....	2,938	91.2	8.5	.3	18.3	71.3	36.5
Education:							
Grade 8 or less.....	490	78.5	21.5	.0	9.5	46.6	26.3
Grades 9-12/GED.....	1,961	89.4	10.1	.6	17.5	66.3	37.7
At least some college.....	1,097	94.5	5.3	.2	19.7	76.7	36.3
Employment status:							
Employed.....	1,507	91.9	7.7	.4	17.3	71.9	37.4
Not employed.....	2,041	89.3	10.4	.3	18.4	66.6	35.0
Self-assessed health status:							
Excellent or very good....	1,592	92.4	7.3	.3	17.6	73.5	37.4
Good.....	1,259	90.5	9.5	.0	18.2	67.5	35.5
Fair or poor.....	708	85.0	13.6	1.4	18.5	58.4	32.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.3B.--Health problems mentioned by male main meal planners/preparers as related to being overweight, 1989-1991

Question: Have you heard about any health problems that might be related to being overweight?
(If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Diabetes	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----					
All males.....	766	89.8	9.8	0.4	13.0	67.7	28.0
Age:							
39 years and under.....	315	92.3	7.3	.4	11.3	70.4	28.5
40-59 years.....	213	90.9	8.7	.4	14.1	73.1	29.3
60 years and over.....	238	82.7	16.8	.5	15.1	55.2	25.1
Income level:							
Under 131% poverty.....	278	76.4	23.4	.2	10.5	45.8	26.0
131-350% poverty.....	242	89.7	9.6	.7	13.4	62.4	30.4
Over 350% poverty.....	198	93.6	6.4	.0	10.9	77.5	24.8
Race:							
Black.....	103	89.3	10.7	.0	22.1	64.4	29.7
White.....	639	89.9	9.7	.5	10.3	68.1	27.3
Education:							
Grade 8 or less.....	119	76.7	20.7	2.7	7.5	48.3	20.9
Grades 9-12/GED.....	339	84.5	15.0	.5	11.3	62.2	30.2
At least some college....	308	96.0	4.0	.0	15.0	75.0	27.8
Employment status:							
Employed.....	415	91.1	8.4	.6	11.4	71.0	27.2
Not employed.....	338	86.7	13.2	.1	14.8	62.3	29.8
Self-assessed health status:							
Excellent or very good....	380	92.8	6.7	.5	12.2	70.4	28.5
Good.....	243	87.2	12.8	.0	16.8	68.8	25.6
Fair or poor.....	134	82.6	16.6	.8	7.5	52.5	30.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.4A.--Health problems mentioned by female main meal planners/preparers as related to fat intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much fat a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension	Obesity
	<u>Number</u> ^{1/}	<u>Percent</u>					
All females.....	3,580	79.6	19.9	0.5	66.7	18.4	24.5
Age:							
39 years and under.....	1,446	76.9	22.4	.8	65.7	19.8	23.5
40-59 years.....	1,000	85.0	14.9	.1	72.7	17.5	27.0
60 years and over.....	1,134	77.4	22.0	.6	61.2	17.5	23.0
Income level:							
Under 131% poverty.....	1,469	63.7	35.9	.4	48.6	14.7	22.6
131-350% poverty.....	1,131	79.1	20.4	.5	64.7	18.5	24.7
Over 350% poverty.....	695	87.9	11.6	.5	77.0	21.3	25.7
Race:							
Black.....	503	67.1	32.6	.3	52.1	16.5	21.4
White.....	2,938	81.3	18.2	.4	68.6	18.7	24.7
Education:							
Grade 8 or less.....	490	67.6	31.9	.4	45.5	12.7	18.4
Grades 9-12/GED.....	1,961	74.5	24.8	.7	61.7	18.7	24.0
At least some college.....	1,097	87.5	12.3	.3	76.2	19.6	26.2
Employment status:							
Employed.....	1,507	81.4	17.9	.7	70.5	19.6	23.3
Not employed.....	2,041	77.7	21.9	.4	62.5	17.5	25.7
Self-assessed health status:							
Excellent or very good....	1,592	82.2	17.3	.5	70.2	18.6	23.7
Good.....	1,259	78.3	21.2	.5	66.0	18.1	26.0
Fair or poor.....	708	72.4	26.7	.8	55.8	17.7	24.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.4B.--Health problems mentioned by male main meal planners/preparers as related to fat intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much fat a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension	Obesity
	<u>Number</u> ^{1/}	<u>Percent</u>					
All males.....	766	74.1	25.1	0.8	61.1	17.2	25.9
Age:							
39 years and under.....	315	72.4	26.6	1.0	58.9	19.1	30.8
40-59 years.....	213	76.7	22.8	.5	64.5	14.1	22.3
60 years and over.....	238	74.6	24.7	.7	61.8	16.8	19.8
Income level:							
Under 131% poverty.....	278	66.1	33.1	.8	45.8	13.5	29.2
131-350% poverty.....	242	71.0	27.4	1.6	54.7	16.7	27.2
Over 350% poverty.....	198	80.8	19.2	.0	71.4	20.0	27.0
Race:							
Black.....	103	71.5	28.5	.0	60.8	19.2	22.1
White.....	639	74.5	24.6	.9	61.2	17.5	27.0
Education:							
Grade 8 or less.....	119	66.1	30.9	3.0	42.7	20.3	23.1
Grades 9-12/GED.....	339	66.7	32.5	.8	52.5	11.6	23.3
At least some college.....	308	80.0	19.6	.4	69.3	20.6	28.5
Employment status:							
Employed.....	415	76.7	22.3	1.0	63.3	18.0	26.8
Not employed.....	338	68.7	30.9	.3	57.6	15.7	23.4
Self-assessed health status:							
Excellent or very good....	380	74.4	24.5	1.0	60.3	19.6	26.4
Good.....	243	73.0	26.9	.1	62.3	14.6	23.2
Fair or poor.....	134	74.8	24.0	1.2	61.0	13.3	29.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.5A.--Health problems mentioned by female main meal planners/preparers as related to saturated fat intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much saturated fat a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension	Obesity
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----					
All females.....	3,580	65.1	34.4	0.5	56.8	16.3	13.3
Age:							
39 years and under.....	1,446	61.3	38.0	.7	55.0	17.4	12.8
40-59 years.....	1,000	70.6	29.3	.1	61.8	14.8	14.1
60 years and over.....	1,134	64.4	35.1	.4	53.6	16.4	13.2
Income level:							
Under 131% poverty.....	1,469	49.8	49.8	.4	40.0	12.4	12.6
131-350% poverty.....	1,131	61.9	37.6	.5	53.0	16.6	12.3
Over 350% poverty.....	695	76.9	22.6	.5	69.0	19.1	14.0
Race:							
Black.....	503	42.6	57.1	.3	32.9	11.3	10.3
White.....	2,938	68.1	31.6	.4	59.7	17.2	13.5
Education:							
Grade 8 or less.....	490	45.9	53.8	.3	33.7	8.0	9.8
Grades 9-12/GED.....	1,961	60.3	39.1	.6	52.6	15.8	12.0
At least some college.....	1,097	74.0	25.8	.2	65.6	18.8	15.2
Employment status:							
Employed.....	1,507	66.3	33.1	.6	59.5	16.7	11.9
Not employed.....	2,041	63.9	35.8	.3	53.8	15.8	14.9
Self-assessed health status:							
Excellent or very good....	1,592	68.2	31.3	.4	60.3	16.7	12.8
Good.....	1,259	64.5	35.1	.4	57.3	17.5	15.0
Fair or poor.....	708	54.1	45.1	.8	42.6	12.0	11.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.5B.--Health problems mentioned by male main meal planners/preparers as related to saturated fat intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much saturated fat a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension	Obesity
	<u>Number 1/</u>	<u>Percent</u>					
All males.....	766	64.5	34.7	0.8	58.5	18.7	12.4
Age:							
39 years and under.....	315	64.1	34.9	1.0	60.4	16.8	13.9
40-59 years.....	213	68.6	31.0	.5	62.7	22.0	10.9
60 years and over.....	238	60.5	38.8	.7	49.1	18.6	10.8
Income level:							
Under 131% poverty.....	278	53.6	45.6	.8	41.2	16.6	15.7
131-350% poverty.....	242	59.3	39.1	1.6	51.4	15.5	14.7
Over 350% poverty.....	198	71.5	28.5	.0	67.7	22.6	11.9
Race:							
Black.....	103	58.0	42.0	.0	50.5	17.3	9.6
White.....	639	66.2	32.9	.9	60.3	19.3	12.7
Education:							
Grade 8 or less.....	119	53.9	43.1	3.0	41.4	18.5	10.3
Grades 9-12/GED.....	339	53.6	45.6	.8	46.3	14.7	12.0
At least some college.....	308	72.8	26.7	.4	68.8	21.5	13.1
Employment status:							
Employed.....	415	67.8	31.2	1.0	64.1	18.2	12.0
Not employed.....	338	57.5	42.2	.3	46.9	20.1	13.2
Self-assessed health status:							
Excellent or very good....	380	68.7	30.2	1.0	63.6	19.8	12.9
Good.....	243	60.3	39.6	.1	54.0	16.5	11.5
Fair or poor.....	134	56.6	42.2	1.2	47.2	18.8	11.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.6A.--Health problems mentioned by female main meal planners/preparers as related to cholesterol intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much cholesterol a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	<u>Percent</u>				
All females.....	3,580	86.7	12.9	0.4	72.4	23.0
Age:						
39 years and under.....	1,446	87.8	11.7	.5	74.1	21.1
40-59 years.....	1,000	88.1	11.8	.1	74.5	22.8
60 years and over.....	1,134	83.5	15.9	.7	67.4	26.0
Income level:						
Under 131% poverty.....	1,469	72.0	27.7	.3	54.8	20.2
131-350% poverty.....	1,131	86.0	13.7	.4	72.2	23.3
Over 350% poverty.....	695	93.4	6.2	.5	80.9	23.4
Race:						
Black.....	503	73.5	26.2	.4	52.7	20.8
White.....	2,938	88.5	11.2	.3	75.5	23.3
Education:						
Grade 8 or less.....	490	69.7	30.1	.2	47.8	13.5
Grades 9-12/GED.....	1,961	84.3	15.1	.6	69.9	23.7
At least some college.....	1,097	92.6	7.3	.2	79.6	24.1
Employment status:						
Employed.....	1,507	90.5	9.2	.3	75.3	23.4
Not employed.....	2,041	83.0	16.6	.4	69.2	22.9
Self-assessed health status:						
Excellent or very good....	1,592	89.1	10.6	.3	75.7	23.9
Good.....	1,259	86.1	13.8	.1	72.0	21.9
Fair or poor.....	708	80.3	18.2	1.5	62.2	22.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.6B.--Health problems mentioned by male main meal planners/preparers as related to cholesterol intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much cholesterol a person eats? (If yes:) What health problems are these?
(Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	766	83.1	15.7	1.1	67.7	24.2
Age:						
39 years and under.....	315	85.5	12.7	1.8	69.1	23.9
40-59 years.....	213	84.3	15.2	.6	71.2	28.4
60 years and over.....	238	76.5	23.0	.5	60.0	19.6
Income level:						
Under 131% poverty.....	278	71.9	27.5	.6	52.9	21.7
131-350% poverty.....	242	79.2	19.7	1.1	62.8	20.3
Over 350% poverty.....	198	90.3	9.7	.0	77.4	23.4
Race:						
Black.....	103	77.0	23.0	.0	60.1	30.3
White.....	639	84.4	14.3	1.3	68.7	23.0
Education:						
Grade 8 or less.....	119	66.8	29.8	3.4	48.2	21.9
Grades 9-12/GED.....	339	77.7	21.5	.8	60.1	23.7
At least some college.....	308	88.8	10.2	1.0	75.2	25.0
Employment status:						
Employed.....	415	86.9	11.5	1.7	71.5	26.6
Not employed.....	338	75.6	24.3	.1	60.3	19.9
Self-assessed health status:						
Excellent or very good....	380	83.1	15.2	1.7	69.0	27.1
Good.....	243	86.6	13.4	.0	67.5	22.1
Fair or poor.....	134	76.4	22.4	1.2	62.2	17.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.7A.--Health problems mentioned by female main meal planners/preparers as related to fiber intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much fiber a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Bowel problems	Cancer	Heart disease
	<u>Number</u> ^{1/}	<u>Percent</u>					
All females.....	3,580	53.8	45.6	0.6	31.4	20.9	6.8
Age:							
39 years and under.....	1,446	51.0	48.4	.6	28.5	21.0	5.8
40-59 years.....	1,000	59.6	40.3	.2	34.2	25.5	9.3
60 years and over.....	1,134	51.4	47.6	1.0	32.7	15.3	5.5
Income level:							
Under 131% poverty.....	1,469	39.5	60.1	.4	28.1	7.7	5.5
131-350% poverty.....	1,131	52.4	46.7	.9	30.7	19.1	6.6
Over 350% poverty.....	695	63.0	36.7	.3	33.9	29.2	8.4
Race:							
Black.....	503	37.0	62.8	.2	21.4	10.3	5.0
White.....	2,938	56.3	43.1	.6	32.4	22.9	7.2
Education:							
Grade 8 or less.....	490	33.4	66.0	.6	20.9	7.0	3.0
Grades 9-12/GED.....	1,961	48.1	51.2	.7	29.2	16.5	4.8
At least some college....	1,097	64.4	35.3	.3	36.0	28.6	9.7
Employment status:							
Employed.....	1,507	55.9	43.6	.5	30.3	23.4	7.6
Not employed.....	2,041	51.5	47.8	.6	32.5	18.3	5.5
Self-assessed health status:							
Excellent or very good....	1,592	56.4	43.3	.3	31.8	25.2	6.6
Good.....	1,259	55.0	44.6	.4	32.6	19.4	7.5
Fair or poor.....	708	43.2	55.1	1.7	28.1	9.5	5.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.7B.--Health problems mentioned by male main meal planners/preparers as related to fiber intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much fiber a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Bowel problems	Cancer	Heart disease
	<u>Number</u> 1/	<u>Percent</u>					
All males.....	766	49.6	49.7	0.8	30.8	16.4	8.2
Age:							
39 years and under.....	315	51.2	47.8	1.0	35.2	17.2	9.6
40-59 years.....	213	52.4	46.8	.8	26.2	17.8	9.5
60 years and over.....	238	42.3	57.4	.2	27.2	12.9	3.3
Income level:							
Under 131% poverty.....	278	36.2	63.0	.8	24.3	9.1	3.8
131-350% poverty.....	242	48.1	50.4	1.6	34.7	14.8	7.8
Over 350% poverty.....	198	54.6	45.4	.0	29.3	20.8	11.0
Race:							
Black.....	103	37.0	63.0	.0	32.6	8.9	4.5
White.....	639	52.3	46.8	.9	30.6	17.7	8.9
Education:							
Grade 8 or less.....	119	34.1	64.2	1.7	21.3	5.3	5.8
Grades 9-12/GED.....	339	40.1	58.8	1.1	24.4	12.0	7.1
At least some college.....	308	58.4	41.1	.4	36.8	21.1	9.3
Employment status:							
Employed.....	415	51.7	47.5	.8	32.1	17.7	10.2
Not employed.....	338	46.0	53.6	.3	28.7	14.2	4.4
Self-assessed health status:							
Excellent or very good....	380	52.8	46.3	.9	32.0	17.9	9.6
Good.....	243	42.2	57.7	.1	28.7	12.0	6.1
Fair or poor.....	134	52.3	45.8	2.0	31.0	19.6	5.5

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.8A.--Health problems mentioned by female main meal planners/preparers as related to sugar intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much sugar a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Dental problems	Diabetes	Obesity
	<u>Number</u> ^{1/}	<u>Percent</u>					
All females.....	3,580	82.9	16.8	0.3	12.6	57.0	31.0
Age:							
39 years and under.....	1,446	81.3	18.2	.5	13.4	53.9	28.2
40-59 years.....	1,000	85.4	14.5	.1	15.2	58.4	37.3
60 years and over.....	1,134	82.3	17.2	.5	8.5	60.1	28.0
Income level:							
Under 131% poverty.....	1,469	77.3	22.6	.2	11.1	53.6	21.9
131-350% poverty.....	1,131	83.0	16.6	.4	11.8	60.7	28.3
Over 350% poverty.....	695	85.9	13.7	.5	13.4	56.6	39.3
Race:							
Black.....	503	79.3	20.7	.1	13.7	61.3	19.2
White.....	2,938	83.5	16.2	.3	12.1	57.0	33.0
Education:							
Grade 8 or less.....	490	70.4	29.6	.0	7.1	52.9	13.2
Grades 9-12/GED.....	1,961	81.3	18.1	.6	12.3	56.0	28.0
At least some college.....	1,097	86.8	13.0	.2	14.1	58.6	37.6
Employment status:							
Employed.....	1,507	84.1	15.5	.4	13.2	56.7	32.4
Not employed.....	2,041	81.8	17.9	.3	11.6	57.5	29.0
Self-assessed health status:							
Excellent or very good....	1,592	85.2	14.6	.2	13.7	57.1	33.1
Good.....	1,259	82.3	17.7	.0	13.0	57.7	30.5
Fair or poor.....	708	76.7	21.8	1.5	8.2	56.1	25.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.8B.--Health problems mentioned by male main meal planners/preparers as related to sugar intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much sugar a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned		
		Yes	No	Don't know/ no answer	Dental problems	Diabetes	Obesity
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----					
All males.....	766	75.7	23.7	0.6	11.3	49.4	23.5
Age:							
39 years and under.....	315	72.9	26.5	.6	15.1	44.9	27.9
40-59 years.....	213	79.0	20.3	.7	8.3	51.4	21.7
60 years and over.....	238	77.9	21.6	.5	6.4	56.8	16.1
Income level:							
Under 131% poverty.....	278	68.3	31.5	.2	8.0	46.9	12.6
131-350% poverty.....	242	76.0	22.7	1.4	13.9	45.0	29.9
Over 350% poverty.....	198	78.2	21.8	.0	10.3	51.3	24.2
Race:							
Black.....	103	76.0	24.0	.0	15.2	54.5	10.0
White.....	639	75.6	23.7	.7	11.1	47.6	26.2
Education:							
Grade 8 or less.....	119	63.8	33.5	2.7	6.8	49.5	11.5
Grades 9-12/GED.....	339	76.3	22.6	1.1	8.4	47.8	22.4
At least some college.....	308	77.7	22.3	.0	13.8	50.9	26.2
Employment status:							
Employed.....	415	75.5	23.8	.7	12.0	48.8	25.7
Not employed.....	338	76.3	23.7	.1	9.8	50.3	19.8
Self-assessed health status:							
Excellent or very good....	380	74.3	24.9	.7	11.3	47.2	26.0
Good.....	243	76.2	23.8	.0	13.9	52.0	22.7
Fair or poor.....	134	80.6	17.8	1.5	5.2	53.3	13.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.9A.--Health problems mentioned by female main meal planners/preparers as related to salt or sodium intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much salt or sodium a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension
	<u>Number 1/</u>	----- <u>Percent</u> -----				
All females.....	3,580	87.8	11.8	0.4	29.8	67.0
Age:						
39 years and under.....	1,446	86.5	13.0	.5	25.9	65.5
40-59 years.....	1,000	92.7	7.2	.1	33.9	74.2
60 years and over.....	1,134	84.1	15.3	.6	30.9	60.8
Income level:						
Under 131% poverty.....	1,469	79.9	19.8	.4	24.8	60.2
131-350% poverty.....	1,131	86.8	12.5	.7	30.1	64.2
Over 350% poverty.....	695	92.6	7.2	.2	32.7	72.8
Race:						
Black.....	503	85.8	13.9	.3	26.3	70.5
White.....	2,938	88.5	11.0	.4	30.6	67.2
Education:						
Grade 8 or less.....	490	75.8	23.9	.3	23.4	52.3
Grades 9-12/GED.....	1,961	85.6	13.8	.5	29.0	65.0
At least some college.....	1,097	92.6	7.2	.2	32.2	72.1
Employment status:						
Employed.....	1,507	89.7	10.0	.3	27.8	69.5
Not employed.....	2,041	85.6	13.9	.5	31.2	64.5
Self-assessed health status:						
Excellent or very good....	1,592	89.0	10.8	.2	30.7	68.2
Good.....	1,259	86.4	13.4	.2	29.2	67.6
Fair or poor.....	708	87.0	11.3	1.7	28.4	62.2

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 16.9B.--Health problems mentioned by male main meal planners/preparers as related to salt or sodium intake, 1989-1991

Question: Have you heard about any health problems that might be related to how much salt or sodium a person eats? (If yes:) What health problems are these? (Multiple responses possible.)

Selected characteristics	Respondents	Heard of health problem			Health problems mentioned	
		Yes	No	Don't know/ no answer	Heart disease	Hyper-tension
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	766	82.6	16.6	0.8	30.9	58.7
Age:						
39 years and under.....	315	83.0	16.1	1.0	29.4	60.7
40-59 years.....	213	83.3	16.1	.7	32.6	59.2
60 years and over.....	238	80.8	18.7	.5	32.4	53.5
Income level:						
Under 131% poverty.....	278	72.6	27.2	.2	23.5	53.9
131-350% poverty.....	242	80.9	17.2	1.9	27.1	56.6
Over 350% poverty.....	198	86.3	13.7	.0	34.1	62.9
Race:						
Black.....	103	77.9	22.1	.0	25.4	60.8
White.....	639	83.5	15.6	.9	32.5	57.9
Education:						
Grade 8 or less.....	119	75.4	22.0	2.7	30.3	52.7
Grades 9-12/GED.....	339	73.3	25.6	1.1	23.9	52.2
At least some college....	308	89.5	10.2	.3	36.1	63.4
Employment status:						
Employed.....	415	82.1	16.9	1.0	29.0	59.5
Not employed.....	338	83.3	16.6	.1	34.8	56.6
Self-assessed health status:						
Excellent or very good....	380	85.0	13.9	1.0	31.1	63.6
Good.....	243	80.2	19.8	.0	28.3	53.8
Fair or poor.....	134	77.0	21.4	1.5	36.3	48.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 17A.--Macronutrient sources of food energy by awareness of health problems: Mean per female meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All females	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>kcal</u>	<u>Percent of kcal</u>								
Calcium:											
Yes.....	2,122	1,527	15.5	17.0	0.12	34.4	0.22	11.9	0.10	49.0	0.27
No.....	1,438	1,425	20.3	16.9	.17	34.5	.29	12.0	.13	49.1	.34
Iron:											
Yes.....	1,746	1,531	17.1	16.9	.12	34.3	.24	11.9	.11	49.2	.29
No.....	1,811	1,449	17.9	17.0	.16	34.7	.26	12.0	.11	48.8	.31
Fat:											
Yes.....	2,633	1,516	13.9	17.0	.11	34.3	.20	11.9	.09	49.1	.24
No.....	925	1,403	26.6	16.8	.20	35.0	.40	12.2	.17	48.6	.48
Saturated fat:											
Yes.....	2,094	1,518	15.4	17.1	.12	34.3	.21	11.8	.10	49.0	.27
No.....	1,467	1,446	20.7	16.7	.16	34.8	.30	12.1	.13	49.0	.36
Cholesterol:											
Yes.....	2,920	1,507	13.3	16.9	.10	34.4	.19	11.9	.09	49.0	.23
No.....	651	1,398	32.7	17.0	.27	34.6	.47	11.9	.20	48.9	.64
Fiber:											
Yes.....	1,746	1,531	17.1	16.9	.12	34.3	.24	11.9	.11	49.2	.29
No.....	1,811	1,449	17.9	17.0	.16	34.7	.26	12.0	.11	48.8	.31

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 17B.--Macronutrient sources of food energy by awareness of health problems: Mean per male meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All males	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>kcal</u>		<u>Percent of kcal</u>							
Calcium:											
Yes.....	398	2,150	53.2	16.6	0.26	34.9	0.48	12.4	0.23	47.0	0.57
No.....	359	2,050	67.3	17.1	.32	34.8	.52	12.1	.22	45.7	.71
Iron:											
Yes.....	340	2,173	63.2	16.6	.27	35.0	.56	12.3	.26	46.8	.63
No.....	417	2,036	53.7	17.0	.30	34.7	.44	12.3	.20	46.2	.65
Fat:											
Yes.....	541	2,082	46.4	16.8	.24	34.7	.40	12.1	.19	46.4	.52
No.....	216	2,177	91.1	16.8	.36	35.3	.78	12.5	.33	46.5	.89
Saturated fat:											
Yes.....	453	2,101	53.9	16.9	.26	34.9	.47	12.2	.21	46.4	.61
No.....	304	2,115	65.0	16.7	.32	34.8	.54	12.4	.25	46.6	.62
Cholesterol:											
Yes.....	608	2,105	44.6	16.8	.23	34.7	.39	12.1	.17	46.4	.48
No.....	150	2,081	113.8	16.6	.41	35.1	.91	12.8	.38	47.1	1.26
Fiber:											
Yes.....	340	2,173	63.2	16.6	.27	35.0	.56	12.3	.26	46.8	.63
No.....	417	2,036	53.7	17.0	.30	34.7	.44	12.3	.20	46.2	.65

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 18.1A.--Protein, fat and carbohydrate intakes per 1,000 kilocalories by awareness of health problems: Mean per female meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All females	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> ^{1/}	-----g/1,000 kcal-----				mg/1,000 kcal		-----g/1,000 kcal-----					
Calcium:													
Yes.....	2,122	42.5	0.30	38.2	0.25	13.2	0.11	144	2.0	122.5	0.68	8.4	0.11
No.....	1,438	42.1	.41	38.4	.32	13.4	.15	152	2.6	122.7	.85	8.0	.13
Iron:													
Yes.....	1,746	42.3	.30	38.1	.27	13.2	.13	144	2.3	123.0	.73	8.5	.13
No.....	1,811	42.4	.39	38.5	.29	13.4	.12	151	2.3	122.0	.78	7.9	.11
Fat:													
Yes.....	2,633	42.5	.28	38.1	.22	13.2	.10	145	1.8	122.8	.59	8.4	.10
No.....	925	41.9	.51	38.9	.44	13.6	.19	155	3.3	121.6	1.20	7.6	.14
Saturated fat:													
Yes.....	2,094	42.7	.31	38.1	.24	13.1	.11	145	2.0	122.6	.66	8.5	.11
No.....	1,467	41.7	.40	38.7	.34	13.5	.15	151	2.7	122.4	.89	7.7	.12
Cholesterol:													
Yes.....	2,920	42.3	.26	38.3	.21	13.3	.10	145	1.7	122.6	.56	8.3	.09
No.....	651	42.5	.67	38.5	.53	13.3	.23	163	5.0	122.2	1.61	7.9	.19
Fiber:													
Yes.....	1,746	42.3	.30	38.1	.27	13.2	.13	144	2.3	123.0	.73	8.5	.13
No.....	1,811	42.4	.39	38.5	.29	13.4	.12	151	2.3	122.0	.78	7.9	.11

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 18.1B.--Protein, fat and carbohydrate intakes per 1,000 kilocalories by awareness of health problems: Mean per male meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All males	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> <u>1/</u>	----- <u>g/1,000 kcal</u> -----				<u>mg/1,000 kcal</u>		----- <u>g/1,000 kcal</u> -----					
Calcium:													
Yes.....	398	41.6	0.66	38.8	0.54	13.8	0.25	158	5.1	117.5	1.43	7.6	0.27
No.....	359	42.7	.79	38.6	.58	13.4	.25	170	6.2	114.3	1.78	7.3	.21
Iron:													
Yes.....	340	41.6	.68	38.9	.62	13.6	.29	157	5.6	116.9	1.57	7.7	.30
No.....	417	42.6	.75	38.5	.49	13.6	.22	169	5.6	115.4	1.61	7.2	.18
Fat:													
Yes.....	541	42.1	.61	38.5	.44	13.5	.21	163	4.8	116.1	1.31	7.5	.17
No.....	216	42.0	.90	39.2	.87	13.9	.36	163	6.8	116.4	2.24	7.3	.48
Saturated fat:													
Yes.....	453	42.3	.65	38.7	.52	13.5	.23	161	5.1	115.9	1.52	7.7	.25
No.....	304	41.8	.80	38.6	.60	13.8	.28	168	6.2	116.6	1.54	7.0	.19
Cholesterol:													
Yes.....	608	42.1	.58	38.6	.43	13.5	.19	162	4.4	116.0	1.20	7.4	.20
No.....	150	41.5	1.01	39.0	1.01	14.2	.43	170	9.4	117.9	3.14	7.7	.33
Fiber:													
Yes.....	340	41.6	.68	38.9	.62	13.6	.29	157	5.6	116.9	1.57	7.7	.30
No.....	417	42.6	.75	38.5	.49	13.6	.22	169	5.6	115.4	1.61	7.2	.18

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 18.2A.--Selected vitamin intakes per 1,000 kilocalories by awareness of health problems: Mean per female meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All females	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>RE/1,000 kcal</u>				<u>mg/1,000 kcal</u>				<u>mcg/1,000 kcal</u>	
Calcium:											
Yes.....	2,122	660	16.3	342	13.2	61	1.5	0.98	0.010	151	2.4
No.....	1,438	593	21.2	284	16.9	58	2.0	.93	.010	143	2.7
Iron:											
Yes.....	1,746	643	16.7	325	13.2	61	1.5	.99	.010	153	2.6
No.....	1,811	630	20.2	319	16.7	59	1.9	.93	.010	144	2.6
Fat:											
Yes.....	2,633	654	15.0	335	12.5	61	1.3	.98	.010	151	2.1
No.....	925	576	25.1	272	15.6	58	2.7	.92	.020	140	3.5
Saturated fat:											
Yes.....	2,094	652	16.0	341	13.9	61	1.5	.99	.010	153	2.4
No.....	1,467	612	22.1	289	14.8	58	2.0	.92	.010	141	2.6
Cholesterol:											
Yes.....	2,920	645	14.1	329	11.6	60	1.3	.97	.010	149	2.0
No.....	651	587	30.6	276	19.6	58	3.7	.93	.020	142	4.3
Fiber:											
Yes.....	1,746	643	16.7	325	13.2	61	1.5	.99	.010	153	2.6
No.....	1,811	630	20.2	319	16.7	59	1.9	.93	.010	144	2.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 18.2B.--Selected vitamin intakes per 1,000 kilocalories by awareness of health problems: Mean per male meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All males	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>RE/1,000 kcal</u>				<u>mg/1,000 kcal</u>				<u>mcg/1,000 kcal</u>	
Calcium:											
Yes.....	398	638	63.0	251	27.3	51	2.6	0.93	0.030	135	4.8
No.....	359	528	38.7	241	32.9	51	3.2	1.00	.040	146	6.8
Iron:											
Yes.....	340	619	64.0	275	34.2	52	2.8	.93	.030	136	5.3
No.....	417	562	46.8	219	23.9	51	2.9	.99	.040	144	5.9
Fat:											
Yes.....	541	640	51.4	267	26.2	53	2.4	.99	.030	143	4.9
No.....	216	444	33.8	189	28.5	45	3.3	.88	.030	132	6.4
Saturated fat:											
Yes.....	453	632	54.8	260	24.9	51	2.5	.99	.030	144	5.5
No.....	304	514	49.4	223	38.0	52	3.4	.90	.030	132	5.1
Cholesterol:											
Yes.....	608	617	46.5	260	24.3	51	2.3	.95	.020	140	4.5
No.....	150	463	39.1	184	29.2	50	4.1	1.02	.080	143	8.5
Fiber:											
Yes.....	340	619	64.0	275	34.2	52	2.8	.93	.030	136	5.3
No.....	417	562	46.8	219	23.9	51	2.9	.99	.040	144	5.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 18.3A.--Selected mineral intakes per 1,000 kilocalories by awareness of health problems: Mean per female meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All females	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 2/</u>	-----mg/1,000 kcal-----									
Calcium:											
Yes.....	2,122	428	5.7	8.0	0.12	6.1	0.08	1,569	12.5	1,548	16.1
No.....	1,438	402	6.6	7.8	.13	6.0	.09	1,609	20.0	1,490	19.3
Iron:											
Yes.....	1,746	427	6.1	8.1	.13	6.1	.08	1,559	13.4	1,556	17.9
No.....	1,811	410	6.4	7.7	.12	6.0	.09	1,608	16.9	1,495	17.3
Fat:											
Yes.....	2,633	424	5.0	8.1	.11	6.1	.07	1,561	11.3	1,541	14.0
No.....	925	404	9.4	7.4	.15	5.9	.11	1,665	27.3	1,477	28.2
Saturated fat:											
Yes.....	2,094	427	5.5	8.0	.11	6.1	.07	1,564	12.4	1,560	16.0
No.....	1,467	407	7.3	7.7	.15	6.0	.10	1,617	19.8	1,468	19.7
Cholesterol:											
Yes.....	2,920	424	4.8	7.9	.10	6.1	.06	1,569	11.0	1,533	13.2
No.....	651	386	10.1	7.9	.20	6.0	.13	1,671	34.0	1,494	38.2
Fiber:											
Yes.....	1,746	427	6.1	8.1	.13	6.1	.08	1,559	13.4	1,556	17.9
No.....	1,811	410	6.4	7.7	.12	6.0	.09	1,608	16.9	1,495	17.3

1/ Does not include sodium from salt added at the table.

2/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 18.3B.--Selected mineral intakes per 1,000 kilocalories by awareness of health problems: Mean per male meal planner/preparer per day, 1989-1991

Question: Have you heard about any health problems that might be related to how much [DIETARY COMPONENT] a person eats?

Heard of health problem related to dietary component	All males	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 2/</u>	-----mg/1,000 kcal-----									
Calcium:											
Yes.....	398	404	11.2	7.6	0.21	6.1	0.26	1,614	38.5	1,385	24.0
No.....	359	382	15.7	7.6	.32	6.4	.25	1,558	32.1	1,381	29.6
Iron:											
Yes.....	340	398	11.3	7.6	.23	6.2	.29	1,601	39.4	1,404	24.7
No.....	417	391	14.8	7.7	.29	6.3	.22	1,577	33.9	1,363	28.1
Fat:											
Yes.....	541	400	10.8	7.8	.23	6.3	.23	1,585	27.9	1,401	22.4
No.....	216	377	18.5	7.2	.29	6.2	.25	1,602	61.7	1,329	33.6
Saturated fat:											
Yes.....	453	398	12.3	8.0	.26	6.2	.19	1,569	32.7	1,403	24.8
No.....	304	387	13.6	7.0	.19	6.3	.38	1,628	42.6	1,344	27.4
Cholesterol:											
Yes.....	608	387	9.8	7.6	.19	6.3	.20	1,577	28.7	1,371	19.0
No.....	150	424	24.6	7.6	.60	6.3	.38	1,639	58.5	1,449	61.3
Fiber:											
Yes.....	340	398	11.3	7.6	.23	6.2	.29	1,601	39.4	1,404	24.7
No.....	417	391	14.8	7.7	.29	6.3	.22	1,577	33.9	1,363	28.1

^{1/} Does not include sodium from salt added at the table.

^{2/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 19.--Awareness of health problems related to being overweight by sex and body mass index, female and male main meal planners/preparers, 1989-1991

Question: Have you heard about any health problems that might be related to being overweight?

Sex and body mass index <u>1/</u>	Respondents	Heard of health problem related to being overweight		
		Yes	No	Don't know/ no answer
	<u>Number</u> <u>2/</u>	----- <u>Percent</u> -----		
All females:				
Under 19.1 (underweight).....	301	87.6	12.4	0.0
19.1 to 27.2 (acceptable weight).....	2,146	90.1	9.3	.5
27.3 to 32.2 (overweight).....	718	92.6	7.4	.0
32.3 and over (severe overweight).....	415	93.2	6.8	.0
All.....	3,580	90.7	9.0	.3
All males:				
Under 20.7 (underweight).....	63	74.1	25.5	.4
20.7 to 27.7 (acceptable weight).....	488	90.6	9.4	.0
27.8 to 31.0 (overweight).....	132	92.6	6.1	1.3
31.1 and over (severe overweight).....	83	89.2	9.7	1.1
All.....	766	89.8	9.8	.4

1/ Based on self reported weight and height.

2/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 20.--Awareness of health problems related to salt or sodium intake by frequency of salting at the table and status in meeting the sodium recommendation, all main meal planners/preparers, 1989-1991

Question: Have you heard about any health problems that might be related to how much salt or sodium a person eats

Frequency of salting at the table and status category based on 3-day intake ^{1/}	Respondents	Heard of health problem related to salt or sodium intake		
		Yes	No	Don't know/ no answer
	<u>Number</u> ^{2/}	<u>Percent</u>		
Never salt food at the table:				
2,400 mg or less.....	843	89.2	10.8	0.0
Over 2,400 mg.....	598	91.1	8.4	.5
Use salt substitute or lite salt:				
2,400 mg or less.....	166	87.5	12.5	.0
Over 2,400 mg.....	118	79.3	19.7	1.0
Use ordinary salt rarely:				
2,400 mg or less.....	602	84.9	14.9	.2
Over 2,400 mg.....	542	87.4	12.3	.3
Use ordinary salt occasionally:				
2,400 mg or less.....	460	86.0	13.2	.8
Over 2,400 mg.....	468	83.8	14.1	2.1
Use ordinary salt very often:				
2,400 mg or less.....	225	85.0	15.0	.0
Over 2,400 mg.....	298	82.1	17.9	.0

^{1/} Sodium intake estimates exclude sodium from salt added at the table.

^{2/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 21.1.--Beliefs with potential to influence dietary behavior: Personal control over body weight, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "Some people are born to be fat and some thin; there is not much you can do to change this?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>							<u>Score</u>
All MMPP.....	4,346	27.9	16.4	12.2	16.6	11.7	13.5	1.8	3.1
Age:									
39 years and under.....	1,761	30.7	18.8	11.8	17.1	10.3	10.1	1.3	2.9
40-59 years.....	1,213	29.1	18.5	12.0	15.5	12.0	11.1	1.8	3.0
60 years and over.....	1,372	21.9	9.9	12.9	17.3	13.5	21.9	2.6	3.6
Income level:									
Under 131% poverty.....	1,747	22.3	9.8	11.4	14.0	14.1	24.5	3.9	3.6
131-350% poverty.....	1,373	27.2	13.8	12.8	19.0	11.5	13.9	1.8	3.2
Over 350% poverty.....	893	30.1	21.1	12.4	15.8	11.0	8.8	.9	2.8
Race:									
Black.....	606	26.7	13.4	5.9	14.6	12.1	25.1	2.3	3.5
White.....	3,577	28.3	16.5	13.1	16.9	11.6	11.9	1.7	3.0
Education:									
Grade 8 or less.....	609	15.3	9.6	8.8	14.1	20.3	26.4	5.5	4.0
Grades 9-12/GED.....	2,300	28.6	12.0	13.4	15.1	12.1	16.9	1.8	3.2
At least some college.....	1,400	29.1	21.9	11.7	18.7	9.7	8.0	1.0	2.8
Employment status:									
Employed.....	1,922	29.8	19.7	12.7	16.5	9.8	10.0	1.4	2.9
Not employed.....	2,379	25.4	12.3	11.6	16.8	13.9	17.8	2.2	3.4
Self-assessed health status:									
Excellent or very good.....	1,972	29.0	19.4	12.5	16.8	10.6	10.5	1.2	2.9
Good.....	1,502	27.7	14.4	12.0	16.2	12.5	14.9	2.3	3.2
Fair or poor.....	842	23.6	10.1	11.2	17.0	13.6	21.6	2.8	3.5

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 21.2.--Beliefs with potential to influence dietary behavior: Conflicting recommendations, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "There are so many recommendations about healthy ways to eat, it's hard to know what to believe?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>							<u>Score</u>
All MMPP.....	4,346	9.1	7.1	9.3	14.3	16.9	41.8	1.4	4.5
Age:									
39 years and under.....	1,761	7.9	7.8	11.3	14.6	18.5	38.9	.9	4.5
40-59 years.....	1,213	11.4	8.3	8.3	16.3	14.6	39.8	1.3	4.4
60 years and over.....	1,372	8.2	4.4	7.3	11.6	17.1	49.0	2.4	4.8
Income level:									
Under 131% poverty.....	1,747	7.0	3.3	7.6	10.7	18.0	49.6	3.7	4.9
131-350% poverty.....	1,373	7.2	5.4	8.2	13.4	18.1	46.4	1.4	4.7
Over 350% poverty.....	893	10.7	9.6	11.3	17.1	16.4	34.4	.4	4.2
Race:									
Black.....	606	6.9	4.4	7.5	9.9	15.5	53.9	1.9	4.9
White.....	3,577	9.4	7.2	9.7	14.9	17.2	40.3	1.3	4.5
Education:									
Grade 8 or less.....	609	8.1	2.8	6.2	9.7	15.7	51.6	5.9	4.9
Grades 9-12/GED.....	2,300	7.8	4.8	7.4	13.8	15.5	49.4	1.4	4.8
At least some college.....	1,400	10.6	10.2	11.9	15.5	18.6	32.7	.6	4.2
Employment status:									
Employed.....	1,922	9.3	8.5	10.6	16.1	17.7	36.9	.9	4.4
Not employed.....	2,379	8.5	5.3	7.6	12.2	16.0	48.2	2.1	4.7
Self-assessed health status:									
Excellent or very good.....	1,972	10.6	9.3	11.3	13.4	17.4	36.6	1.4	4.3
Good.....	1,502	6.6	5.4	7.6	16.7	16.7	45.5	1.4	4.7
Fair or poor.....	842	8.2	2.6	6.2	12.6	15.6	53.1	1.6	4.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 21.3.--Beliefs with potential to influence dietary behavior: Effect of diet on health, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>							<u>Score</u>
All MMPP.....	4,346	3.8	2.4	4.8	11.3	20.1	56.3	1.3	5.1
Age:									
39 years and under.....	1,761	4.0	2.7	5.7	12.6	20.6	53.6	.9	5.1
40-59 years.....	1,213	2.4	2.2	3.9	10.2	22.5	57.8	1.0	5.2
60 years and over.....	1,372	5.3	2.4	4.6	10.3	16.3	58.9	2.3	5.1
Income level:									
Under 131% poverty.....	1,747	6.2	3.0	6.3	11.2	16.8	53.0	3.4	5.0
131-350% poverty.....	1,373	4.1	2.4	4.4	11.5	18.1	58.3	1.2	5.1
Over 350% poverty.....	893	2.3	2.2	4.8	10.9	23.4	56.1	.4	5.2
Race:									
Black.....	606	8.3	3.7	6.2	10.8	16.7	52.1	2.1	4.8
White.....	3,577	3.3	2.3	4.7	11.6	20.1	57.0	1.2	5.2
Education:									
Grade 8 or less.....	609	6.7	3.2	4.8	10.9	19.9	49.4	4.9	4.9
Grades 9-12/GED.....	2,300	4.7	2.3	4.9	10.2	18.1	58.7	1.1	5.1
At least some college.....	1,400	2.4	2.3	4.7	12.5	22.2	55.0	.8	5.2
Employment status:									
Employed.....	1,922	3.1	2.7	5.0	12.4	20.9	55.1	.9	5.1
Not employed.....	2,379	4.9	2.2	4.7	9.8	18.9	57.7	1.7	5.1
Self-assessed health status:									
Excellent or very good.....	1,972	3.7	2.6	4.3	12.2	21.1	55.3	.9	5.1
Good.....	1,502	3.4	1.7	5.7	10.1	19.6	58.3	1.3	5.2
Fair or poor.....	842	5.5	3.2	5.4	10.4	17.5	55.5	2.6	5.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 21.4.--Beliefs with potential to influence dietary behavior: Healthfulness of current diet, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "The things I eat and drink now are healthy so there is no reason for me to make changes?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>							<u>Score</u>
All MMPP.....	4,346	12.6	10.5	18.5	24.8	16.4	15.9	1.3	3.7
Age:									
39 years and under.....	1,761	14.8	12.5	20.7	27.2	14.9	9.3	.7	3.4
40-59 years.....	1,213	14.1	10.6	19.7	25.2	16.8	12.6	1.1	3.6
60 years and over.....	1,372	7.3	7.3	13.8	20.4	18.4	30.4	2.4	4.3
Income level:									
Under 131% poverty.....	1,747	12.1	8.3	15.3	21.7	16.8	23.0	2.8	3.9
131-350% poverty.....	1,373	13.4	9.5	20.0	24.3	14.9	16.7	1.1	3.7
Over 350% poverty.....	893	12.8	13.0	18.4	27.2	17.0	11.0	.6	3.6
Race:									
Black.....	606	16.8	9.4	17.1	22.5	13.9	18.4	2.0	3.6
White.....	3,577	12.1	10.8	18.9	25.4	16.3	15.3	1.2	3.7
Education:									
Grade 8 or less.....	609	10.2	6.6	12.2	15.7	21.6	27.3	6.4	4.2
Grades 9-12/GED.....	2,300	13.4	8.5	19.0	25.6	14.8	17.9	.9	3.7
At least some college.....	1,400	12.0	13.3	19.3	25.8	16.8	12.1	.7	3.6
Employment status:									
Employed.....	1,922	13.9	12.1	20.6	25.8	16.1	10.5	.9	3.5
Not employed.....	2,379	10.9	8.4	16.1	23.8	16.8	22.4	1.7	4.0
Self-assessed health status:									
Excellent or very good.....	1,972	9.9	11.1	19.6	26.7	17.3	14.6	.9	3.8
Good.....	1,502	15.4	10.5	18.5	23.9	14.1	16.3	1.1	3.6
Fair or poor.....	842	16.3	7.7	15.4	19.7	18.0	19.9	3.0	3.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.1A.--Beliefs with potential to influence dietary behavior: Personal control over body weight, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "Some people are born to be fat and some thin; there is not much you can do to change this?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>							<u>Score</u>
All females.....	3,580	29.6	16.0	11.9	16.9	10.7	13.2	1.6	3.0
Age:									
39 years and under.....	1,446	34.1	18.3	11.0	17.7	8.6	9.1	1.2	2.8
40-59 years.....	1,000	29.7	18.1	12.2	15.6	11.2	11.5	1.6	3.0
60 years and over.....	1,134	22.9	10.3	13.0	17.1	13.1	21.4	2.2	3.5
Income level:									
Under 131% poverty.....	1,469	23.2	9.8	10.7	14.1	13.9	24.9	3.3	3.6
131-350% poverty.....	1,131	29.2	15.2	12.6	18.6	10.7	12.0	1.7	3.0
Over 350% poverty.....	695	32.0	20.6	12.1	16.3	9.1	9.2	.6	2.8
Race:									
Black.....	503	28.3	14.9	6.3	14.1	10.7	23.2	2.4	3.3
White.....	2,938	30.1	15.9	12.8	17.3	10.6	11.9	1.5	3.0
Education:									
Grade 8 or less.....	490	16.5	9.7	8.5	13.8	19.6	26.6	5.3	3.9
Grades 9-12/GED.....	1,961	29.7	12.1	13.5	15.9	11.4	15.8	1.6	3.1
At least some college.....	1,097	31.7	21.5	10.9	18.5	8.3	8.1	.8	2.7
Employment status:									
Employed.....	1,507	32.3	19.6	12.4	17.0	7.7	9.8	1.2	2.8
Not employed.....	2,041	26.5	12.2	11.5	17.0	13.9	16.9	2.1	3.3
Self-assessed health status:									
Excellent or very good.....	1,592	31.9	19.1	12.5	16.6	9.1	9.8	1.1	2.8
Good.....	1,259	28.5	13.8	11.5	16.9	12.5	14.8	2.1	3.2
Fair or poor.....	708	23.7	11.0	11.3	17.6	11.9	22.2	2.4	3.5

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.1B.--Beliefs with potential to influence dietary behavior: Personal control over body weight, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "Some people are born to be fat and some thin; there is not much you can do to change this?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>							<u>Score</u>
All males.....	766	20.8	17.6	13.1	15.8	15.6	14.5	2.5	3.3
Age:									
39 years and under.....	315	19.5	20.3	14.5	15.1	15.8	13.2	1.6	3.3
40-59 years.....	213	26.2	20.6	11.2	15.1	15.5	8.9	2.7	3.0
60 years and over.....	238	17.2	7.9	12.6	18.3	15.6	24.3	4.1	3.8
Income level:									
Under 131% poverty.....	278	17.8	10.3	14.5	13.4	15.0	22.4	6.6	3.7
131-350% poverty.....	242	18.3	7.9	13.6	20.8	15.4	21.9	2.1	3.7
Over 350% poverty.....	198	23.3	22.6	13.2	14.3	17.4	7.5	1.7	3.0
Race:									
Black.....	103	21.8	8.8	4.6	15.8	16.2	30.6	2.1	3.9
White.....	639	20.9	18.9	14.5	15.1	15.8	12.2	2.5	3.2
Education:									
Grade 8 or less.....	119	10.5	9.1	10.0	15.3	23.2	25.6	6.3	4.2
Grades 9-12/GED.....	339	23.0	11.5	13.0	11.1	15.7	22.8	3.0	3.5
At least some college.....	303	20.7	23.1	13.9	19.2	13.9	7.5	1.6	3.1
Employment status:									
Employed.....	415	22.0	20.1	13.4	15.2	16.5	10.5	2.2	3.2
Not employed.....	338	18.9	13.0	12.5	15.7	13.9	23.3	2.8	3.5
Self-assessed health status:									
Excellent or very good.....	380	18.5	20.4	12.6	17.6	16.1	13.1	1.7	3.3
Good.....	243	24.7	17.3	14.0	13.3	12.5	15.2	3.1	3.2
Fair or poor.....	134	23.4	6.1	10.7	14.4	21.7	19.1	4.7	3.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.2A.--Beliefs with potential to influence dietary behavior: Conflicting recommendations, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "There are so many recommendations about healthy ways to eat, it's hard to know what to believe?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>							<u>Score</u>
All females.....	3,580	9.8	7.3	9.1	14.2	16.0	42.1	1.3	4.5
Age:									
39 years and under.....	1,446	8.2	7.6	11.3	15.0	17.4	39.6	.8	4.5
40-59 years.....	1,000	12.6	8.9	7.8	15.8	14.6	39.0	1.3	4.3
60 years and over.....	1,134	9.1	5.0	7.3	11.3	15.7	49.5	2.1	4.7
Income level:									
Under 131% poverty.....	1,469	7.3	3.2	7.6	10.7	17.7	50.1	3.4	4.8
131-350% poverty.....	1,131	7.4	5.5	8.7	14.9	17.7	44.4	1.4	4.7
Over 350% poverty.....	695	12.9	10.4	10.4	16.3	14.2	35.6	.2	4.2
Race:									
Black.....	503	7.6	4.9	9.2	9.5	13.2	53.6	1.9	4.8
White.....	2,938	10.3	7.4	9.2	14.9	16.4	40.6	1.2	4.4
Education:									
Grade 8 or less.....	490	8.8	3.1	6.3	9.8	15.3	51.3	5.5	4.8
Grades 9-12/GED.....	1,961	8.0	5.2	7.5	13.9	14.9	49.2	1.4	4.7
At least some college.....	1,097	12.1	10.5	11.6	15.4	17.3	32.6	.5	4.1
Employment status:									
Employed.....	1,507	10.5	9.0	10.4	15.8	16.6	37.0	.8	4.3
Not employed.....	2,041	8.9	5.5	7.5	12.8	15.4	47.9	2.0	4.7
Self-assessed health status:									
Excellent or very good.....	1,592	11.4	9.6	10.9	14.2	16.3	36.0	1.5	4.2
Good.....	1,259	7.3	5.9	8.1	15.6	15.7	46.0	1.4	4.7
Fair or poor.....	708	9.1	2.6	5.5	11.4	15.6	54.9	.8	4.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.2B.--Beliefs with potential to influence dietary behavior: Conflicting recommendations, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "There are so many recommendations about healthy ways to eat, it's hard to know what to believe?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>							<u>Score</u>
All males.....	766	6.1	6.1	10.1	14.7	20.5	40.9	1.7	4.6
Age:									
39 years and under.....	315	7.1	8.5	11.3	13.2	22.1	36.7	1.2	4.5
40-59 years.....	213	5.8	5.3	10.6	18.5	15.0	43.6	1.3	4.6
60 years and over.....	238	4.1	1.7	7.0	13.1	23.8	46.7	3.6	5.0
Income level:									
Under 131% poverty.....	278	5.5	4.0	7.7	10.6	19.5	47.1	5.4	4.9
131-350% poverty.....	242	6.4	4.8	5.7	7.3	19.6	54.9	1.3	5.0
Over 350% poverty.....	198	3.2	6.9	14.5	20.1	23.7	30.5	.9	4.5
Race:									
Black.....	103	4.8	2.8	2.5	11.1	22.5	54.6	1.8	5.1
White.....	639	6.0	6.4	11.5	14.9	20.2	39.1	1.8	4.6
Education:									
Grade 8 or less.....	119	5.5	1.5	6.0	9.4	17.3	53.0	7.3	5.1
Grades 9-12/GED.....	339	6.9	2.7	6.6	13.3	18.3	50.7	1.6	4.9
At least some college.....	303	5.7	9.0	13.0	15.5	22.7	33.0	1.0	4.4
Employment status:									
Employed.....	415	5.9	7.0	11.1	17.0	21.0	36.8	1.2	4.5
Not employed.....	338	6.4	4.4	8.2	8.8	19.4	49.9	2.9	4.9
Self-assessed health status:									
Excellent or very good.....	380	7.5	8.2	12.9	10.2	21.3	38.9	1.0	4.5
Good.....	243	3.5	3.2	5.2	21.9	20.9	43.5	1.7	4.9
Fair or poor.....	134	4.3	2.7	9.6	18.1	15.5	44.5	5.3	4.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.3A.--Beliefs with potential to influence dietary behavior: Effect of diet on health, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>							<u>Score</u>
All females.....	3,580	3.8	2.5	5.0	10.2	19.6	57.8	1.2	5.2
Age:									
39 years and under.....	1,446	3.9	2.8	6.2	10.9	20.7	54.8	.8	5.1
40-59 years.....	1,000	2.5	2.4	4.0	9.8	21.0	59.3	1.0	5.2
60 years and over.....	1,134	5.0	2.3	4.3	9.6	16.2	60.5	2.1	5.2
Income level:									
Under 131% poverty.....	1,469	6.9	2.9	6.3	10.5	16.7	53.6	3.0	4.9
131-350% poverty.....	1,131	3.3	2.4	4.9	10.5	17.9	60.1	1.0	5.2
Over 350% poverty.....	695	2.2	2.4	4.9	9.2	22.4	58.4	.5	5.2
Race:									
Black.....	503	9.7	4.6	7.1	7.9	19.4	48.9	2.5	4.7
White.....	2,938	3.0	2.3	4.7	10.7	19.0	59.2	1.1	5.2
Education:									
Grade 8 or less.....	490	7.6	3.4	4.4	10.8	18.6	50.6	4.6	4.9
Grades 9-12/GED.....	1,961	4.4	2.1	5.0	9.3	18.0	60.1	1.1	5.2
At least some college.....	1,097	2.4	2.6	5.0	11.3	21.8	56.3	.7	5.2
Employment status:									
Employed.....	1,507	2.8	2.7	5.2	11.2	19.8	57.4	.8	5.2
Not employed.....	2,041	4.9	2.3	4.9	8.9	19.3	58.1	1.6	5.1
Self-assessed health status:									
Excellent or very good.....	1,592	3.6	2.5	4.4	11.5	20.4	56.8	.8	5.1
Good.....	1,259	3.3	1.9	5.8	8.5	19.6	59.4	1.5	5.2
Fair or poor.....	708	5.5	3.8	5.7	9.2	16.6	57.2	2.1	5.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.3B.--Beliefs with potential to influence dietary behavior: Effect of diet on health, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>							<u>Score</u>
All males.....	766	4.1	2.1	4.2	15.6	22.1	50.3	1.6	5.0
Age:									
39 years and under.....	315	4.2	2.3	4.1	18.2	20.3	49.6	1.3	5.0
40-59 years.....	213	2.1	1.2	3.2	12.2	29.4	50.9	.9	5.2
60 years and over.....	238	6.3	2.7	5.9	14.1	16.9	51.1	3.0	4.9
Income level:									
Under 131% poverty.....	278	2.7	3.6	6.4	14.4	17.5	50.3	5.2	5.0
131-350% poverty.....	242	7.6	2.2	2.6	15.8	19.1	50.5	2.1	4.9
Over 350% poverty.....	198	2.8	1.5	4.2	16.5	27.0	48.0	.0	5.1
Race:									
Black.....	103	4.2	1.1	3.6	19.7	8.5	61.9	1.0	5.2
White.....	639	4.3	2.3	4.4	15.2	24.3	47.8	1.7	5.0
Education:									
Grade 8 or less.....	119	3.2	2.4	6.6	11.6	25.2	44.7	6.3	5.0
Grades 9-12/GED.....	339	6.6	3.0	4.6	15.4	18.2	50.9	1.3	4.9
At least some college.....	303	2.6	1.5	3.8	16.6	23.6	50.9	1.1	5.1
Employment status:									
Employed.....	415	3.9	2.4	4.4	15.9	24.4	47.8	1.2	5.0
Not employed.....	338	4.7	1.5	4.1	15.1	16.5	55.8	2.3	5.1
Self-assessed health status:									
Excellent or very good.....	380	3.8	3.0	3.9	14.7	23.8	49.5	1.3	5.0
Good.....	243	3.7	1.0	5.2	16.8	19.3	53.2	.8	5.1
Fair or poor.....	134	5.7	.2	4.0	16.1	21.4	47.6	4.9	5.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.4A.--Beliefs with potential to influence dietary behavior: Healthfulness of current diet, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "The things I eat and drink now are healthy so there is no reason for me to make changes?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>							<u>Score</u>
All females.....	3,580	13.3	10.4	18.3	24.8	15.7	16.4	1.2	3.7
Age:									
39 years and under.....	1,446	15.7	12.0	20.4	27.5	13.6	10.2	.6	3.4
40-59 years.....	1,000	15.9	10.5	19.7	24.9	16.2	11.9	1.0	3.5
60 years and over.....	1,134	6.6	7.8	13.8	20.6	18.1	30.8	2.2	4.3
Income level:									
Under 131% poverty.....	1,469	12.8	8.8	14.7	20.4	17.0	23.8	2.5	3.9
131-350% poverty.....	1,131	14.1	10.1	19.9	23.7	13.8	17.3	1.1	3.7
Over 350% poverty.....	695	13.7	11.5	19.1	27.9	16.3	11.1	.4	3.6
Race:									
Black.....	503	19.2	9.5	18.6	22.0	12.3	16.4	1.8	3.5
White.....	2,938	12.7	10.6	18.7	25.5	15.6	15.9	1.1	3.7
Education:									
Grade 8 or less.....	490	10.4	7.2	10.8	16.0	21.3	27.7	6.7	4.2
Grades 9-12/GED.....	1,961	13.4	8.9	19.3	25.2	14.3	18.0	.9	3.7
At least some college.....	1,097	13.2	12.6	18.7	26.2	16.1	12.8	.4	3.6
Employment status:									
Employed.....	1,507	14.9	11.5	20.5	26.1	15.3	10.8	.8	3.5
Not employed.....	2,041	11.2	8.9	16.2	23.6	16.3	22.3	1.6	3.9
Self-assessed health status:									
Excellent or very good.....	1,592	10.7	10.7	19.7	27.0	16.6	14.6	.7	3.7
Good.....	1,259	15.6	10.7	18.2	23.8	13.0	17.4	1.3	3.6
Fair or poor.....	708	16.9	7.6	15.0	19.2	17.7	20.9	2.7	3.8

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 22.4B.--Beliefs with potential to influence dietary behavior: Healthfulness of current diet, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, how much do you agree or disagree with the statement, "The things I eat and drink now are healthy so there is no reason for me to make changes?"

Selected characteristics	Respondents	Agreement							Mean of scaled responses
		Strongly disagree 1	2	3	4	5	Strongly agree 6	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>							<u>Score</u>
All males.....	766	10.0	11.1	19.3	24.8	19.3	13.9	1.6	3.8
Age:									
39 years and under.....	315	12.0	14.0	21.7	26.0	19.0	6.4	.9	3.5
40-59 years.....	213	6.2	11.1	19.5	26.8	19.5	15.5	1.4	3.9
60 years and over.....	238	10.5	4.6	13.7	19.4	19.7	28.6	3.4	4.2
Income level:									
Under 131% poverty.....	278	8.9	5.7	18.2	28.0	16.1	18.8	4.2	4.0
131-350% poverty.....	242	10.6	6.8	20.3	27.4	19.9	13.9	1.1	3.8
Over 350% poverty.....	198	9.5	18.1	16.3	24.8	19.6	10.5	1.2	3.6
Race:									
Black.....	103	9.5	9.1	12.5	24.0	18.4	24.2	2.4	4.1
White.....	639	10.0	11.6	19.8	24.9	19.5	12.6	1.6	3.7
Education:									
Grade 8 or less.....	119	9.4	4.0	17.8	14.8	22.8	25.7	5.5	4.2
Grades 9-12/GED.....	339	13.0	6.4	17.0	27.2	17.9	17.6	.9	3.8
At least some college.....	303	8.2	15.3	21.2	24.6	19.1	9.9	1.6	3.6
Employment status:									
Employed.....	415	10.6	14.0	21.0	24.7	18.7	9.8	1.2	3.6
Not employed.....	338	9.2	5.1	15.7	25.0	19.7	22.9	2.5	4.1
Self-assessed health status:									
Excellent or very good.....	380	6.9	12.4	19.3	25.3	19.8	14.8	1.5	3.8
Good.....	243	14.6	9.6	20.0	24.4	18.9	11.8	.7	3.6
Fair or poor.....	134	13.7	7.8	17.4	22.3	19.0	15.4	4.4	3.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 23.1.--Use of selected cooking practices: Cooking meat without added fat,
all main meal planners/preparers (MMPP), 1989-1991

Question: Do you cook meat or poultry without added fat most of the
time?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	Number ^{1/}	Percent		
All MMPP.....	4,346	79.4	20.3	0.3
Age:				
39 years and under.....	1,761	78.2	21.7	.1
40-59 years.....	1,213	80.9	18.6	.5
60 years and over.....	1,372	79.5	20.1	.4
Income level:				
Under 131% poverty.....	1,747	68.1	31.5	.3
131-350% poverty.....	1,373	77.8	21.9	.3
Over 350% poverty.....	893	85.7	14.3	.0
Race:				
Black.....	606	67.1	32.5	.4
White.....	3,577	81.4	18.3	.3
Education:				
Grade 8 or less.....	609	69.1	30.6	.2
Grades 9-12/GED.....	2,300	77.6	22.2	.3
At least some college.....	1,400	82.9	16.7	.4
Employment status:				
Employed.....	1,922	80.9	18.8	.3
Not employed.....	2,379	77.5	22.1	.4
Self-assessed health status:				
Excellent or very good.....	1,972	81.8	17.9	.2
Good.....	1,502	77.1	22.4	.5
Fair or poor.....	842	75.6	24.1	.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on
respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food
Intake by Individuals, 1989-1991.

Table 23.2--Use of selected cooking practices: Cooking with lowfat or skim milk, all main meal planners/preparers (MMPP), 1989-1991

Question: Do you use lowfat or skim milk instead of whole milk in cooking?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	Number ^{1/}	-----Percent-----		
All MMPP.....	4,346	66.5	33.1	0.4
Age:				
39 years and under.....	1,761	62.7	37.1	.3
40-59 years.....	1,213	69.5	29.8	.7
60 years and over.....	1,372	69.1	30.4	.4
Income level:				
Under 131% poverty.....	1,747	46.8	52.6	.6
131-350% poverty.....	1,373	62.9	36.8	.3
Over 350% poverty.....	893	77.8	22.0	.2
Race:				
Black.....	606	42.6	57.3	.1
White.....	3,577	70.1	29.4	.5
Education:				
Grade 8 or less.....	609	44.6	54.9	.4
Grades 9-12/GED.....	2,300	60.8	38.8	.4
At least some college.....	1,400	76.5	23.0	.5
Employment status:				
Employed.....	1,922	67.6	31.9	.5
Not employed.....	2,379	65.3	34.3	.4
Self-assessed health status:				
Excellent or very good.....	1,972	71.6	28.1	.3
Good.....	1,502	62.0	37.4	.6
Fair or poor.....	842	58.1	41.4	.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 23.3.--Use of selected cooking practices: Replacing whole eggs with egg whites, all main meal planners/preparers (MMPP), 1989-1991

Question: Do you ever replace whole eggs with egg whites in recipes?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	Number 1/	Percent		
All MMPP.....	4,346	24.0	75.6	0.4
Age:				
39 years and under.....	1,761	21.8	77.8	.4
40-59 years.....	1,213	23.4	76.2	.5
60 years and over.....	1,372	28.3	71.4	.3
Income level:				
Under 131% poverty.....	1,747	21.1	78.4	.4
131-350% poverty.....	1,373	24.4	75.0	.5
Over 350% poverty.....	893	25.8	74.1	.1
Race:				
Black.....	606	20.6	79.2	.2
White.....	3,577	24.5	75.1	.4
Education:				
Grade 8 or less.....	609	20.3	79.2	.4
Grades 9-12/GED.....	2,300	21.5	78.1	.4
At least some college.....	1,400	27.1	72.4	.4
Employment status:				
Employed.....	1,922	22.3	77.3	.4
Not employed.....	2,379	26.3	73.2	.4
Self-assessed health status:				
Excellent or very good.....	1,972	25.5	74.1	.4
Good.....	1,502	22.4	77.1	.5
Fair or poor.....	842	23.1	76.6	.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 23.4.--Use of selected cooking practices: Reducing sugar, all main meal planners/preparers (MMPP), 1989-1991

Question: Do you cut the amount of sugar in recipes?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	Number ^{1/}	Percent		
All MMPP.....	4,346	42.2	57.4	0.4
Age:				
39 years and under.....	1,761	35.4	64.2	.4
40-59 years.....	1,213	45.3	54.2	.5
60 years and over.....	1,372	49.7	50.1	.2
Income level:				
Under 131% poverty.....	1,747	41.5	58.0	.5
131-350% poverty.....	1,373	39.9	59.9	.2
Over 350% poverty.....	893	44.0	55.8	.2
Race:				
Black.....	606	39.6	60.2	.1
White.....	3,577	42.3	57.2	.4
Education:				
Grade 8 or less.....	609	40.7	58.9	.2
Grades 9-12/GED.....	2,300	40.2	59.5	.3
At least some college.....	1,400	44.3	55.2	.4
Employment status:				
Employed.....	1,922	39.9	59.6	.5
Not employed.....	2,379	45.4	54.3	.2
Self-assessed health status:				
Excellent or very good.....	1,972	41.4	58.4	.2
Good.....	1,502	42.7	56.5	.8
Fair or poor.....	842	45.6	54.1	.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 24.1A.--Use of selected cooking practices: Cooking meat without added fat,
female main meal planners/preparers, 1989-1991

Question: Do you cook meat or poultry without added fat most of the
time?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	<u>Number</u> 1/	<u>Percent</u> -----		
All females.....	3,580	81.5	18.3	0.2
Age:				
39 years and under.....	1,446	80.0	19.8	.2
40-59 years.....	1,000	83.0	16.8	.2
60 years and over.....	1,134	81.8	17.9	.3
Income level:				
Under 131% poverty.....	1,469	70.3	29.4	.2
131-350% poverty.....	1,131	80.4	19.2	.4
Over 350% poverty.....	695	87.6	12.4	.0
Race:				
Black.....	503	69.9	29.5	.6
White.....	2,938	83.3	16.5	.2
Education:				
Grade 8 or less.....	490	71.1	28.7	.1
Grades 9-12/GED.....	1,961	78.9	20.9	.2
At least some college.....	1,097	86.2	13.6	.2
Employment status:				
Employed.....	1,507	83.6	16.2	.1
Not employed.....	2,041	79.2	20.5	.3
Self-assessed health status:				
Excellent or very good.....	1,592	83.8	16.0	.2
Good.....	1,259	79.3	20.6	.1
Fair or poor.....	708	78.2	21.4	.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on
respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food
Intake by Individuals, 1989-1991.

Table 24.1B.--Use of selected cooking practices: Cooking meat without added fat,
male main meal planners/preparers, 1989-1991

Question: Do you cook meat or poultry without added fat most of the
time?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----		
All males.....	766	71.1	28.1	0.8
Age:				
39 years and under.....	315	72.1	27.9	.0
40-59 years.....	213	71.5	26.5	1.9
60 years and over.....	238	68.2	30.7	1.1
Income level:				
Under 131% poverty.....	278	56.7	42.4	.9
131-350% poverty.....	242	66.3	33.5	.2
Over 350% poverty.....	198	79.2	20.8	.0
Race:				
Black.....	103	58.6	41.4	.0
White.....	639	73.6	25.5	1.0
Education:				
Grade 8 or less.....	119	60.6	38.6	.8
Grades 9-12/GED.....	339	70.5	29.1	.4
At least some college.....	303	72.6	26.3	1.1
Employment status:				
Employed.....	415	72.6	26.6	.8
Not employed.....	338	67.8	31.5	.8
Self-assessed health status:				
Excellent or very good.....	380	74.7	25.2	.1
Good.....	243	67.5	30.0	2.5
Fair or poor.....	134	63.8	36.2	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on
respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food
Intake by Individuals, 1989-1991.

Table 24.2A.--Use of selected cooking practices: Cooking with lowfat or skim milk, female main meal planners/preparers, 1989-1991

Question: Do you use lowfat or skim milk instead of whole milk in cooking?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	Number ^{1/}	Percent		
All females.....	3,580	68.9	30.8	0.3
Age:				
39 years and under.....	1,446	65.3	34.3	.3
40-59 years.....	1,000	71.2	28.5	.3
60 years and over.....	1,134	71.5	28.1	.3
Income level:				
Under 131% poverty.....	1,469	47.7	51.7	.5
131-350% poverty.....	1,131	65.0	34.7	.3
Over 350% poverty.....	695	81.2	18.6	.3
Race:				
Black.....	503	42.9	57.0	.1
White.....	2,938	72.6	27.0	.4
Education:				
Grade 8 or less.....	490	47.4	52.1	.3
Grades 9-12/GED.....	1,961	63.0	36.6	.4
At least some college.....	1,097	80.2	19.5	.3
Employment status:				
Employed.....	1,507	70.7	28.9	.4
Not employed.....	2,041	67.0	32.6	.3
Self-assessed health status:				
Excellent or very good.....	1,592	73.9	25.8	.3
Good.....	1,259	65.1	34.8	.2
Fair or poor.....	708	59.9	39.5	.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 24.2B.--Use of selected cooking practices: Cooking with lowfat or skim milk, male main meal planners/preparers, 1989-1991

Question: Do you use lowfat or skim milk instead of whole milk in cooking?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	Number ^{1/}	Percent		
All males.....	766	56.9	42.2	0.9
Age:				
39 years and under.....	315	53.8	46.2	.0
40-59 years.....	213	61.9	35.9	2.2
60 years and over.....	238	57.5	41.4	1.1
Income level:				
Under 131% poverty.....	278	42.4	56.8	.9
131-350% poverty.....	242	53.9	45.9	.2
Over 350% poverty.....	198	66.0	33.8	.2
Race:				
Black.....	103	41.6	58.4	.0
White.....	639	60.0	38.9	1.1
Education:				
Grade 8 or less.....	119	32.9	66.3	.8
Grades 9-12/GED.....	339	49.2	50.4	.4
At least some college.....	303	64.9	33.9	1.2
Employment status:				
Employed.....	415	57.9	41.1	.9
Not employed.....	338	55.4	43.9	.8
Self-assessed health status:				
Excellent or very good.....	380	63.0	36.8	.2
Good.....	243	48.8	48.7	2.5
Fair or poor.....	134	49.5	50.5	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 24.3A.--Use of selected cooking practices: Replacing whole eggs with egg whites, female main meal planners/preparers, 1989-1991

Question: Do you ever replace whole eggs with egg whites in recipes?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	<u>Number</u> ^{1/}	<u>Percent</u>		
All females.....	3,580	26.6	73.2	0.2
Age:				
39 years and under.....	1,446	24.6	75.1	.3
40-59 years.....	1,000	25.9	74.0	.2
60 years and over.....	1,134	30.3	69.5	.1
Income level:				
Under 131% poverty.....	1,469	22.4	77.2	.3
131-350% poverty.....	1,131	26.7	72.9	.4
Over 350% poverty.....	695	29.3	70.7	.0
Race:				
Black.....	503	22.8	76.9	.3
White.....	2,938	27.0	72.8	.2
Education:				
Grade 8 or less.....	490	21.2	78.4	.2
Grades 9-12/GED.....	1,961	23.6	76.1	.4
At least some college.....	1,097	30.9	69.1	.0
Employment status:				
Employed.....	1,507	25.5	74.3	.2
Not employed.....	2,041	28.0	71.8	.2
Self-assessed health status:				
Excellent or very good.....	1,592	28.2	71.5	.3
Good.....	1,259	25.1	74.8	.1
Fair or poor.....	708	24.9	74.7	.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 24.3B.--Use of selected cooking practices: Replacing whole eggs with egg whites, male main meal planners/preparers, 1989-1991

Question: Do you ever replace whole eggs with egg whites in recipes?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	Number ^{1/}	Percent-----		
All males.....	766	13.8	85.0	1.2
Age:				
39 years and under.....	315	12.5	86.7	.9
40-59 years.....	213	12.2	85.9	1.9
60 years and over.....	238	18.7	80.3	1.1
Income level:				
Under 131% poverty.....	278	14.9	84.3	.9
131-350% poverty.....	242	14.7	84.2	1.1
Over 350% poverty.....	198	13.7	86.1	.3
Race:				
Black.....	103	14.0	86.0	.0
White.....	639	14.3	84.5	1.1
Education:				
Grade 8 or less.....	119	16.6	82.6	.8
Grades 9-12/GED.....	339	10.8	88.8	.4
At least some college.....	303	15.4	82.8	1.8
Employment status:				
Employed.....	415	12.5	86.5	1.0
Not employed.....	338	16.7	81.6	1.7
Self-assessed health status:				
Excellent or very good.....	380	15.6	83.6	.8
Good.....	243	10.4	87.2	2.5
Fair or poor.....	134	14.2	85.8	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 24.4A.--Use of selected cooking practices: Reducing sugar, female main meal planners/preparers, 1989-1991

Question: Do you cut the amount of sugar in recipes?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
	<u>Number</u> ^{1/}	<u>Percent</u>		
All females.....	3,580	45.1	54.7	0.1
Age:				
39 years and under.....	1,446	38.6	61.3	.2
40-59 years.....	1,000	48.1	51.8	.2
60 years and over.....	1,134	51.5	48.4	.0
Income level:				
Under 131% poverty.....	1,469	44.4	55.3	.2
131-350% poverty.....	1,131	41.7	58.1	.2
Over 350% poverty.....	695	46.8	53.2	.0
Race:				
Black.....	503	42.4	57.4	.2
White.....	2,938	44.9	54.9	.1
Education:				
Grade 8 or less.....	490	43.2	56.6	.1
Grades 9-12/GED.....	1,961	42.3	57.4	.2
At least some college.....	1,097	48.5	51.5	.0
Employment status:				
Employed.....	1,507	43.5	56.4	.1
Not employed.....	2,041	47.0	52.8	.1
Self-assessed health status:				
Excellent or very good.....	1,592	44.2	55.7	.1
Good.....	1,259	45.9	54.0	.1
Fair or poor.....	708	48.0	51.6	.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 24.4B.--Use of selected cooking practices: Reducing sugar, male main meal planners/preparers, 1989-1991

Question: Do you cut the amount of sugar in recipes?

Selected characteristics	Respondents	Yes	No	Don't know/ No answer
All males.....	766	30.8	67.9	1.3
Age:				
39 years and under.....	315	24.8	74.0	1.2
40-59 years.....	213	33.1	65.0	1.9
60 years and over.....	238	41.1	58.1	.8
Income level:				
Under 131% poverty.....	278	26.8	71.1	2.1
131-350% poverty.....	242	32.1	67.7	.2
Over 350% poverty.....	198	34.4	64.8	.8
Race:				
Black.....	103	31.3	68.7	.0
White.....	639	31.5	66.9	1.6
Education:				
Grade 8 or less.....	119	30.5	68.7	.8
Grades 9-12/GED.....	339	28.7	70.5	.8
At least some college.....	303	31.3	67.0	1.7
Employment status:				
Employed.....	415	28.5	69.8	1.7
Not employed.....	338	36.4	63.1	.6
Self-assessed health status:				
Excellent or very good.....	380	31.0	68.5	.5
Good.....	243	29.1	67.4	3.5
Fair or poor.....	134	34.0	66.0	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intake by Individuals, 1989-1991.

Table 25.1.--Perceived importance of taste when grocery shopping, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, tell me how important taste is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> 1/	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	91.9	7.1	0.8	0.2	5.6
Age:						
39 years and under.....	1,761	93.3	5.9	.6	.2	5.6
40-59 years.....	1,213	92.3	7.0	.7	.0	5.6
60 years and over.....	1,372	89.2	9.0	1.3	.5	5.6
Income level:						
Under 131% poverty.....	1,747	90.6	7.7	1.5	.1	5.6
131-350% poverty.....	1,373	91.2	7.7	.9	.3	5.6
Over 350% poverty.....	893	93.2	6.2	.5	.2	5.6
Race:						
Black.....	606	92.8	6.7	.5	.0	5.7
White.....	3,577	91.8	7.1	.9	.2	5.6
Education:						
Grade 8 or less.....	609	88.5	9.1	2.1	.3	5.5
Grades 9-12/GED.....	2,300	92.4	6.4	1.0	.2	5.7
At least some college.....	1,400	92.0	7.4	.5	.1	5.6
Employment status:						
Employed.....	1,922	92.2	6.9	.7	.2	5.6
Not employed.....	2,379	91.8	7.0	.9	.3	5.6
Self-assessed health status:						
Excellent or very good.....	1,972	92.0	7.0	.7	.4	5.6
Good.....	1,502	92.1	7.1	.8	.0	5.6
Fair or poor.....	842	91.0	7.5	1.4	.0	5.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 25.2.--Perceived importance of product safety when grocery shopping, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, tell me how important product safety is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	84.3	11.2	4.0	0.5	5.4
Age:						
39 years and under.....	1,761	79.8	14.6	5.1	.5	5.2
40-59 years.....	1,213	87.4	9.5	2.8	.3	5.5
60 years and over.....	1,372	87.9	7.7	3.7	.7	5.5
Income level:						
Under 131% poverty.....	1,747	84.7	11.5	3.3	.6	5.4
131-350% poverty.....	1,373	85.9	10.4	3.0	.7	5.5
Over 350% poverty.....	893	81.9	12.5	5.3	.3	5.3
Race:						
Black.....	606	88.7	7.1	3.4	.7	5.5
White.....	3,577	83.6	11.9	4.0	.5	5.4
Education:						
Grade 8 or less.....	609	85.4	10.4	3.8	.4	5.4
Grades 9-12/GED.....	2,300	87.0	8.9	3.4	.7	5.5
At least some college.....	1,400	81.3	13.7	4.7	.3	5.3
Employment status:						
Employed.....	1,922	81.9	13.2	4.5	.4	5.3
Not employed.....	2,379	87.7	8.7	3.1	.6	5.5
Self-assessed health status:						
Excellent or very good.....	1,972	83.4	11.8	4.3	.6	5.3
Good.....	1,502	85.3	10.7	3.6	.4	5.4
Fair or poor.....	842	85.9	10.1	3.8	.2	5.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 25.3.--Perceived importance of nutrition when grocery shopping, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, tell me how important nutrition is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	80.6	17.0	1.9	0.4	5.3
Age:						
39 years and under.....	1,761	75.7	22.1	1.9	.4	5.2
40-59 years.....	1,213	85.6	13.0	1.1	.3	5.4
60 years and over.....	1,372	82.9	13.7	2.7	.7	5.4
Income level:						
Under 131% poverty.....	1,747	81.8	14.3	3.3	.5	5.3
131-350% poverty.....	1,373	81.5	15.9	1.9	.7	5.3
Over 350% poverty.....	893	78.7	20.0	1.1	.2	5.3
Race:						
Black.....	606	82.9	12.3	4.0	.8	5.3
White.....	3,577	80.2	17.8	1.6	.4	5.3
Education:						
Grade 8 or less.....	609	78.3	17.1	4.3	.4	5.2
Grades 9-12/GED.....	2,300	81.2	16.7	1.4	.7	5.3
At least some college.....	1,400	80.4	17.6	1.8	.2	5.3
Employment status:						
Employed.....	1,922	77.3	20.7	1.7	.4	5.2
Not employed.....	2,379	84.8	12.5	2.2	.5	5.4
Self-assessed health status:						
Excellent or very good.....	1,972	80.9	17.5	1.1	.5	5.3
Good.....	1,502	78.5	18.2	2.9	.4	5.2
Fair or poor.....	842	84.0	13.2	2.5	.3	5.4

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 25.4.--Perceived importance of food storage quality when grocery shopping, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, tell me how important how well the food keeps is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	72.0	21.7	6.0	0.3	5.0
Age:						
39 years and under.....	1,761	66.6	25.3	7.7	.4	4.8
40-59 years.....	1,213	72.0	22.2	5.8	.0	5.0
60 years and over.....	1,372	80.8	15.2	3.5	.6	5.3
Income level:						
Under 131% poverty.....	1,747	80.3	15.8	3.5	.4	5.3
131-350% poverty.....	1,373	76.7	19.3	3.5	.5	5.2
Over 350% poverty.....	893	63.6	26.5	9.7	.2	4.7
Race:						
Black.....	606	82.0	13.5	4.3	.3	5.4
White.....	3,577	70.1	23.2	6.3	.4	5.0
Education:						
Grade 8 or less.....	609	81.0	16.4	2.3	.3	5.3
Grades 9-12/GED.....	2,300	79.3	16.9	3.3	.5	5.2
At least some college.....	1,400	62.8	27.7	9.4	.2	4.7
Employment status:						
Employed.....	1,922	68.9	24.7	6.1	.3	4.9
Not employed.....	2,379	75.8	17.8	6.1	.4	5.1
Self-assessed health status:						
Excellent or very good.....	1,972	68.8	23.5	7.1	.5	4.9
Good.....	1,502	72.2	22.3	5.4	.1	5.0
Fair or poor.....	842	83.2	13.6	3.1	.1	5.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 25.5.--Perceived importance of price when grocery shopping, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, tell me how important price is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	67.8	25.3	6.4	0.4	5.0
Age:						
39 years and under.....	1,761	70.4	23.5	5.6	.6	5.0
40-59 years.....	1,213	64.4	29.2	6.3	.1	4.9
60 years and over.....	1,372	67.6	23.8	8.0	.6	4.9
Income level:						
Under 131% poverty.....	1,747	83.3	12.9	3.4	.4	5.4
131-350% poverty.....	1,373	75.1	20.5	3.9	.5	5.2
Over 350% poverty.....	893	54.8	34.5	10.2	.4	4.6
Race:						
Black.....	606	86.0	10.3	3.5	.3	5.5
White.....	3,577	65.1	27.4	7.0	.5	4.9
Education:						
Grade 8 or less.....	609	82.9	13.7	3.4	.0	5.4
Grades 9-12/GED.....	2,300	74.2	21.3	4.0	.5	5.2
At least some college.....	1,400	58.6	31.7	9.3	.4	4.7
Employment status:						
Employed.....	1,922	64.5	28.7	6.3	.5	4.9
Not employed.....	2,379	71.8	21.1	6.7	.4	5.1
Self-assessed health status:						
Excellent or very good.....	1,972	62.3	29.5	7.6	.6	4.8
Good.....	1,502	72.5	21.6	5.7	.3	5.1
Fair or poor.....	842	77.9	18.1	3.9	.1	5.2

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 25.6.--Perceived importance of ease of preparation when grocery shopping, all main meal planners/preparers (MMPP), 1989-1991

Question: On a scale from 1 to 6, tell me how important ease of preparation is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	4,346	55.2	33.0	11.6	0.2	4.5
Age:						
39 years and under.....	1,761	55.0	34.7	10.1	.3	4.5
40-59 years.....	1,213	54.1	33.0	12.9	.0	4.4
60 years and over.....	1,372	57.0	30.2	12.4	.5	4.5
Income level:						
Under 131% poverty.....	1,747	60.7	27.2	11.7	.3	4.6
131-350% poverty.....	1,373	57.8	32.2	9.7	.3	4.6
Over 350% poverty.....	893	50.6	36.3	12.9	.2	4.3
Race:						
Black.....	606	62.8	27.6	9.5	.1	4.8
White.....	3,577	54.2	33.6	12.0	.3	4.5
Education:						
Grade 8 or less.....	609	63.4	26.2	10.1	.3	4.7
Grades 9-12/GED.....	2,300	57.2	30.9	11.6	.3	4.5
At least some college.....	1,400	51.6	36.4	11.9	.2	4.4
Employment status:						
Employed.....	1,922	54.5	34.7	10.5	.2	4.5
Not employed.....	2,379	56.3	30.5	12.9	.3	4.5
Self-assessed health status:						
Excellent or very good.....	1,972	52.6	34.9	12.1	.4	4.4
Good.....	1,502	56.4	32.1	11.5	.0	4.5
Fair or poor.....	842	62.3	27.4	10.2	.1	4.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.1A.--Perceived importance of taste when grocery shopping, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important taste is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	3,580	93.0	6.1	0.6	0.2	5.6
Age:						
39 years and under.....	1,446	93.8	5.6	.3	.2	5.7
40-59 years.....	1,000	93.2	6.1	.6	.0	5.7
60 years and over.....	1,134	91.5	6.9	1.2	.5	5.6
Income level:						
Under 131% poverty.....	1,469	91.6	7.3	.9	.1	5.6
131-350% poverty.....	1,131	92.3	6.5	.9	.3	5.6
Over 350% poverty.....	695	94.9	4.6	.3	.2	5.7
Race:						
Black.....	503	93.8	5.7	.5	.0	5.7
White.....	2,938	93.0	6.0	.7	.3	5.6
Education:						
Grade 8 or less.....	490	91.0	6.7	2.2	.0	5.6
Grades 9-12/GED.....	1,961	93.4	5.6	.7	.3	5.7
At least some college.....	1,097	93.0	6.5	.3	.2	5.6
Employment status:						
Employed.....	1,507	93.2	6.1	.5	.2	5.6
Not employed.....	2,041	93.1	5.8	.8	.3	5.7
Self-assessed health status:						
Excellent or very good.....	1,592	92.7	6.4	.5	.4	5.7
Good.....	1,259	93.6	5.8	.6	.0	5.6
Fair or poor.....	708	92.5	6.4	1.1	.0	5.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.1B.--Perceived importance of taste when grocery shopping, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important taste is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All males.....	766	87.6	10.8	1.5	0.1	5.4
Age:						
39 years and under.....	315	91.5	6.9	1.6	.0	5.5
40-59 years.....	213	88.0	11.1	.9	.0	5.5
60 years and over.....	238	78.4	19.2	1.9	.5	5.2
Income level:						
Under 131% poverty.....	278	85.7	9.9	4.3	.0	5.3
131-350% poverty.....	242	86.1	12.7	.9	.3	5.5
Over 350% poverty.....	198	87.3	11.5	1.1	.0	5.4
Race:						
Black.....	103	89.9	9.7	.4	.0	5.6
White.....	639	86.8	11.5	1.6	.1	5.4
Education:						
Grade 8 or less.....	119	78.3	18.9	1.4	1.4	5.3
Grades 9-12/GED.....	339	87.3	10.2	2.5	.0	5.5
At least some college.....	303	88.9	10.3	.8	.0	5.4
Employment status:						
Employed.....	415	88.9	9.5	1.4	.2	5.4
Not employed.....	338	84.6	14.0	1.4	.0	5.4
Self-assessed health status:						
Excellent or very good.....	380	89.4	9.3	1.1	.2	5.5
Good.....	243	85.7	12.9	1.4	.0	5.4
Fair or poor.....	134	84.0	12.8	3.1	.0	5.3

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.2A.--Perceived importance of product safety when grocery shopping, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important product safety is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> <u>1/</u>	<u>Percent</u>				<u>Score</u>
All females.....	3,580	86.8	9.6	3.1	0.5	5.5
Age:						
39 years and under.....	1,446	82.4	13.1	4.1	.5	5.3
40-59 years.....	1,000	89.6	8.3	1.7	.3	5.6
60 years and over.....	1,134	90.3	5.8	3.2	.7	5.6
Income level:						
Under 131% poverty.....	1,469	86.8	10.0	2.7	.5	5.5
131-350% poverty.....	1,131	87.8	9.0	2.5	.7	5.5
Over 350% poverty.....	695	85.1	10.3	4.2	.3	5.4
Race:						
Black.....	503	90.3	6.1	2.7	.8	5.6
White.....	2,938	86.5	10.0	3.0	.5	5.5
Education:						
Grade 8 or less.....	490	88.1	8.2	3.6	.1	5.5
Grades 9-12/GED.....	1,961	88.5	7.9	2.9	.7	5.6
At least some college.....	1,097	84.8	11.7	3.2	.3	5.4
Employment status:						
Employed.....	1,507	84.8	11.7	3.1	.4	5.4
Not employed.....	2,041	89.6	7.2	2.7	.6	5.6
Self-assessed health status:						
Excellent or very good.....	1,592	85.3	10.8	3.4	.6	5.4
Good.....	1,259	88.2	9.0	2.3	.5	5.5
Fair or poor.....	708	89.7	6.8	3.5	.1	5.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.2B.--Perceived importance of product safety when grocery shopping, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important product safety is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All males.....	766	74.0	17.7	7.8	0.4	5.0
Age:						
39 years and under.....	315	71.3	19.7	8.6	.4	4.8
40-59 years.....	213	77.3	14.9	7.7	.1	5.1
60 years and over.....	238	76.0	17.0	6.2	.8	5.1
Income level:						
Under 131% poverty.....	278	74.2	18.7	6.3	.8	5.1
131-350% poverty.....	242	77.2	16.9	5.3	.6	5.1
Over 350% poverty.....	198	70.6	20.0	9.2	.3	4.8
Race:						
Black.....	103	84.0	10.0	5.6	.4	5.3
White.....	639	71.6	19.6	8.3	.5	4.9
Education:						
Grade 8 or less.....	119	74.2	19.5	4.8	1.6	5.1
Grades 9-12/GED.....	339	79.2	14.4	6.0	.4	5.2
At least some college.....	303	70.2	19.9	9.6	.3	4.8
Employment status:						
Employed.....	415	72.9	17.7	8.8	.5	4.9
Not employed.....	338	76.8	17.4	5.5	.3	5.1
Self-assessed health status:						
Excellent or very good.....	380	76.2	15.6	7.6	.6	5.0
Good.....	243	72.5	18.2	9.2	.1	4.9
Fair or poor.....	134	68.3	25.9	5.4	.4	4.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.3A.--Perceived importance of nutrition when grocery shopping, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important nutrition is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	3,580	84.2	14.0	1.4	0.5	5.4
Age:						
39 years and under.....	1,446	80.3	17.7	1.5	.5	5.3
40-59 years.....	1,000	88.2	10.9	.6	.3	5.5
60 years and over.....	1,134	85.4	12.0	2.0	.6	5.5
Income level:						
Under 131% poverty.....	1,469	83.8	13.2	2.6	.4	5.4
131-350% poverty.....	1,131	83.7	13.9	1.7	.7	5.4
Over 350% poverty.....	695	83.8	15.5	.4	.3	5.4
Race:						
Black.....	503	88.6	7.1	3.4	.8	5.5
White.....	2,938	83.4	15.0	1.1	.4	5.4
Education:						
Grade 8 or less.....	490	82.2	13.7	4.0	.1	5.3
Grades 9-12/GED.....	1,961	83.2	15.1	1.1	.7	5.4
At least some college.....	1,097	85.7	12.9	1.1	.3	5.4
Employment status:						
Employed.....	1,507	82.0	16.5	1.1	.4	5.3
Not employed.....	2,041	86.5	11.2	1.7	.6	5.5
Self-assessed health status:						
Excellent or very good.....	1,592	83.3	15.2	.9	.5	5.4
Good.....	1,259	83.6	14.1	1.8	.5	5.4
Fair or poor.....	708	88.2	9.6	2.0	.1	5.5

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.3B.--Perceived importance of nutrition when grocery shopping, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important nutrition is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	Number ^{1/}	Percent				Score
All males.....	766	66.6	29.3	3.8	0.4	4.9
Age:						
39 years and under.....	315	60.5	36.4	2.9	.2	4.8
40-59 years.....	213	74.1	22.4	3.5	.0	5.0
60 years and over.....	238	70.6	22.1	6.1	1.2	5.0
Income level:						
Under 131% poverty.....	278	72.0	19.9	7.0	1.1	5.0
131-350% poverty.....	242	71.9	24.7	2.8	.6	5.1
Over 350% poverty.....	198	61.1	35.6	3.3	.0	4.8
Race:						
Black.....	103	65.9	27.9	5.5	.7	4.9
White.....	639	67.1	29.1	3.4	.3	4.9
Education:						
Grade 8 or less.....	119	62.6	30.6	5.4	1.4	4.8
Grades 9-12/GED.....	339	71.0	25.2	3.3	.6	5.0
At least some college.....	303	63.8	32.2	4.0	.1	4.9
Employment status:						
Employed.....	415	62.6	33.7	3.4	.3	4.8
Not employed.....	338	74.8	20.0	4.7	.5	5.1
Self-assessed health status:						
Excellent or very good.....	380	72.1	25.8	1.7	.4	5.1
Good.....	243	56.6	35.8	7.6	.0	4.7
Fair or poor.....	134	64.4	29.8	4.6	1.2	4.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.4A.--Perceived importance of food storage quality when grocery shopping, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important how well the food keeps is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All females.....	3,580	74.2	19.5	5.9	0.4	5.1
Age:						
39 years and under.....	1,446	69.0	22.7	7.9	.5	4.9
40-59 years.....	1,000	73.6	20.5	5.9	.1	5.1
60 years and over.....	1,134	82.8	13.8	2.8	.5	5.4
Income level:						
Under 131% poverty.....	1,469	81.9	14.4	3.3	.4	5.3
131-350% poverty.....	1,131	78.3	17.6	3.6	.4	5.2
Over 350% poverty.....	695	65.9	24.0	9.9	.2	4.8
Race:						
Black.....	503	85.3	11.4	2.9	.4	5.5
White.....	2,938	72.4	20.9	6.4	.4	5.0
Education:						
Grade 8 or less.....	490	82.4	15.4	2.1	.0	5.4
Grades 9-12/GED.....	1,961	81.0	15.2	3.3	.6	5.3
At least some college.....	1,097	64.9	25.5	9.4	.2	4.8
Employment status:						
Employed.....	1,507	71.7	22.1	5.8	.3	5.0
Not employed.....	2,041	76.8	16.7	6.0	.4	5.2
Self-assessed health status:						
Excellent or very good.....	1,592	70.6	21.5	7.3	.6	5.0
Good.....	1,259	74.4	20.5	4.9	.1	5.1
Fair or poor.....	708	86.3	11.0	2.8	.0	5.4

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.4B.--Perceived importance of food storage quality when grocery shopping, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important how well the food keeps is to you when you shop for food

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All males.....	766	63.2	30.1	6.5	0.3	4.8
Age:						
39 years and under.....	315	58.9	34.0	6.9	.2	4.7
40-59 years.....	213	64.5	29.9	5.6	.0	4.8
60 years and over.....	238	71.0	21.6	6.7	.7	5.0
Income level:						
Under 131% poverty.....	278	72.5	22.6	4.5	.4	5.0
131-350% poverty.....	242	69.5	26.8	3.1	.6	5.1
Over 350% poverty.....	198	55.8	35.2	9.0	.0	4.6
Race:						
Black.....	103	71.9	19.7	8.4	.0	5.1
White.....	639	60.8	32.7	6.1	.3	4.8
Education:						
Grade 8 or less.....	119	75.2	20.3	3.1	1.4	5.1
Grades 9-12/GED.....	339	70.6	25.9	3.2	.3	5.0
At least some college.....	303	56.3	34.4	9.2	.1	4.6
Employment status:						
Employed.....	415	60.0	32.9	6.8	.3	4.7
Not employed.....	338	69.9	23.8	6.2	.2	5.0
Self-assessed health status:						
Excellent or very good.....	380	62.5	30.8	6.4	.4	4.8
Good.....	243	62.3	30.1	7.6	.0	4.8
Fair or poor.....	134	68.8	26.1	4.7	.4	4.9

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.5A.--Perceived importance of price when grocery shopping, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important price is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All females.....	3,580	67.9	25.3	6.3	0.5	5.0
Age:						
39 years and under.....	1,446	71.3	22.3	5.7	.7	5.1
40-59 years.....	1,000	64.0	30.2	5.7	.1	4.9
60 years and over.....	1,134	67.4	24.0	8.0	.6	5.0
Income level:						
Under 131% poverty.....	1,469	84.1	12.0	3.4	.4	5.4
131-350% poverty.....	1,131	74.6	21.3	3.6	.5	5.2
Over 350% poverty.....	695	54.2	35.0	10.2	.5	4.6
Race:						
Black.....	503	86.5	10.4	2.8	.4	5.5
White.....	2,938	65.4	27.1	7.0	.5	4.9
Education:						
Grade 8 or less.....	490	82.7	14.1	3.3	.0	5.4
Grades 9-12/GED.....	1,961	74.9	20.7	3.8	.6	5.2
At least some college.....	1,097	57.3	32.7	9.5	.5	4.7
Employment status:						
Employed.....	1,507	64.7	28.7	6.0	.6	4.9
Not employed.....	2,041	71.5	21.2	6.8	.4	5.1
Self-assessed health status:						
Excellent or very good.....	1,592	61.7	29.7	7.8	.8	4.8
Good.....	1,259	73.4	21.3	5.1	.3	5.1
Fair or poor.....	708	78.1	18.0	3.9	.0	5.3

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.5B.--Perceived importance of price when grocery shopping, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important price is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	Number ^{1/}	-----Percent-----				Score
All males.....	766	67.4	25.6	6.8	0.2	4.9
Age:						
39 years and under.....	315	67.2	27.4	5.2	.2	4.9
40-59 years.....	213	66.5	24.8	8.7	.0	4.7
60 years and over.....	238	68.8	22.8	8.1	.2	4.9
Income level:						
Under 131% poverty.....	278	79.2	17.2	3.2	.4	5.3
131-350% poverty.....	242	77.4	16.8	5.4	.3	5.2
Over 350% poverty.....	198	57.1	32.7	10.2	.0	4.5
Race:						
Black.....	103	84.3	10.2	5.5	.0	5.4
White.....	639	64.0	28.7	7.1	.2	4.8
Education:						
Grade 8 or less.....	119	84.1	12.2	3.7	.0	5.3
Grades 9-12/GED.....	339	70.5	24.4	4.8	.3	5.0
At least some college.....	303	62.6	28.6	8.7	.1	4.7
Employment status:						
Employed.....	415	64.0	28.5	7.4	.2	4.8
Not employed.....	338	73.1	20.8	5.9	.2	5.0
Self-assessed health status:						
Excellent or very good.....	380	64.4	28.7	6.8	.2	4.8
Good.....	243	68.6	23.0	8.4	.0	4.9
Fair or poor.....	134	77.4	18.5	3.6	.4	5.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.6A.--Perceived importance of ease of preparation when grocery shopping, female main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important ease of preparation is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	3,580	55.1	32.4	12.3	0.2	4.5
Age:						
39 years and under.....	1,446	55.2	33.6	10.9	.3	4.5
40-59 years.....	1,000	53.8	32.6	13.6	.0	4.4
60 years and over.....	1,134	56.3	30.4	12.8	.5	4.5
Income level:						
Under 131% poverty.....	1,469	60.6	27.9	11.2	.3	4.6
131-350% poverty.....	1,131	55.3	33.4	11.0	.3	4.5
Over 350% poverty.....	695	51.8	34.4	13.6	.2	4.3
Race:						
Black.....	503	65.8	24.6	9.5	.1	4.8
White.....	2,938	53.7	33.3	12.7	.3	4.4
Education:						
Grade 8 or less.....	490	61.5	27.2	11.3	.0	4.6
Grades 9-12/GED.....	1,961	55.8	31.7	12.1	.3	4.5
At least some college.....	1,097	52.7	34.4	12.7	.2	4.4
Employment status:						
Employed.....	1,507	55.0	33.6	11.2	.2	4.5
Not employed.....	2,041	55.4	30.8	13.5	.3	4.4
Self-assessed health status:						
Excellent or very good.....	1,592	52.7	33.5	13.3	.4	4.4
Good.....	1,259	55.6	32.4	12.0	.0	4.5
Fair or poor.....	708	62.1	28.1	9.8	.0	4.7

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

Table 26.6B.--Perceived importance of ease of preparation when grocery shopping, male main meal planners/preparers, 1989-1991

Question: On a scale from 1 to 6, tell me how important ease of preparation is to you when you shop for food.

Selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All males.....	766	55.9	35.1	8.7	0.3	4.6
Age:						
39 years and under.....	315	54.1	38.4	7.3	.2	4.5
40-59 years.....	213	55.6	34.5	9.9	.0	4.6
60 years and over.....	238	60.2	28.8	10.3	.7	4.7
Income level:						
Under 131% poverty.....	278	61.4	23.9	14.3	.4	4.6
131-350% poverty.....	242	68.7	26.9	3.7	.6	5.0
Over 350% poverty.....	198	46.6	42.9	10.5	.0	4.3
Race:						
Black.....	103	53.8	36.5	9.6	.0	4.5
White.....	639	56.2	34.7	8.7	.3	4.6
Education:						
Grade 8 or less.....	119	71.2	22.0	5.5	1.4	5.0
Grades 9-12/GED.....	339	64.4	26.7	8.6	.3	4.8
At least some college.....	303	47.9	42.6	9.4	.1	4.4
Employment status:						
Employed.....	415	52.9	38.4	8.3	.3	4.5
Not employed.....	338	61.4	28.8	9.6	.2	4.7
Self-assessed health status:						
Excellent or very good.....	380	52.0	39.9	7.7	.4	4.5
Good.....	243	59.6	31.0	9.3	.0	4.6
Fair or poor.....	134	63.6	24.1	11.9	.4	4.6

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1991.

TABLE NOTES

Age: Age was calculated from the date of birth, if given. Otherwise, age was that given by the respondent.

Agreement ratings: Respondents were asked to rate how much they agreed with certain statements using a six-point scale. A response of "1" represented "strongly disagree" and a response of "6" represented "strongly agree."

Body mass index (BMI): BMI cutpoints and descriptors were developed by Rowland (1989) which were based on the 15th, 85th, and 95th percentiles of the distribution of BMI for the NHANES II population 20 to 29 years old. BMI was calculated by dividing weight in kilograms by the square of height in meters (Quetelet's index). The heights and weights used in calculating BMI in this report were self-reported. Self-reported heights and weights from the Nationwide Food Consumption Survey 1977-78 were compared with clinically measured heights and weights from NHANES I (Pao et al. 1989). On the whole, differences in median heights and weights were small.

Carotenes: Carotenes represent retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Diet-health relationships: Respondents were first asked if they were aware of health problems related to particular nutrient intakes/behaviors. The percent who responded "yes" and "no" are presented in the tables. Respondents who replied "yes" were then asked to specify health problems they were aware of. Multiple responses were possible. The health problems most often mentioned are presented. Data are presented as percent of all main meal planners/preparers.

Dietary fiber: Dietary fiber represents total dietary fiber, including both the insoluble fraction (cellulose, some hemicelluloses, and lignin) and the soluble fraction (gums, pectins, and some hemicelluloses).

Dietary intake: Dietary intake includes all beverages (except water) and foods ingested by an individual. It does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Dietary recommendations: See "Highlights" for discussion on sources of these recommendations.

Education: Main meal planners/preparers were categorized according to the highest grade of formal schooling they had completed. Formal schooling does not include trade or vocational schooling, company training, or tutoring, unless credit is given that would be accepted at a regular school or college.

Employment status: Employment status includes any full-time or part-time work done during the week prior to the CSFII household interview for which money, goods, or services were received. Employment status includes active duty in the Armed Forces. An individual was also "employed" if he or she had a job but was not actually at work that week.

Females: Females include 3,580 individuals. For the supplemental 2-year tables, it includes 2,367 (1989-90) and 2,364 (1990-91) individuals.

Food energy: Food energy is the energy provided by protein, fat, and carbohydrate as calculated using the general factors 4, 9, and 4 kilocalories per

gram, respectively, rather than food-specific factors (Merrill and Watt 1973).

Importance ratings: Respondents were asked to rate how important specified dietary guidance was to them using a six-point scale. Responses were collapsed into three categories--low importance (ratings 1 and 2), moderate importance (ratings 3 and 4), and high importance (ratings 5 and 6).

Income level: Main meal planners/preparers provided an estimate of the total income from all sources, before taxes, of all household members for the calendar year prior to the interview. Respondents who did not provide an answer as an amount in dollars were asked to choose from a list of income ranges. Three levels of household income expressed as a percentage of the Federal poverty thresholds are used in this report: under 131 percent of poverty, 131-350 percent of poverty, and over 350 percent of poverty. See "Data Presentation" in appendix B for an explanation of how percentage of poverty level was determined.

Main meal planners/preparers: Persons most responsible for planning or preparing the household's meals.

Males: Males include 766 individuals. For the supplemental 2-year tables, it includes 513 (1989-90) and 519 (1990-91) individuals.

Mean intake or percentage per main meal planner/preparer per day: Based on weighted data from consecutive 1-day dietary recall and 2-day dietary record. See "Data Presentation" in appendix B for a discussion of how the estimated intakes were calculated.

Mean of scaled responses (score): This is the estimated average of ratings given by main meal

planners/preparers when asked to use a 6-point scale to rate the importance of dietary guidance or how much they agreed or disagreed with certain statements.

Number: This is the unweighted number of respondents in the sample having the indicated characteristic.

Nutrient intake: This is the nutrient content of all foods and beverages (except water) ingested by the respondent. Intakes of vitamin, mineral, and other supplements are excluded. See "Data Processing" in appendix B for information on the nutrient data base.

Percent: This is based on weighted data and may not add to 100 because of rounding.

Race: Main meal planners/preparers reported the race of each household member as white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or some other race. Race categories in this report are limited to black and white due to small numbers of individuals of other races in the sample.

RDA: Data in the tables are compared with the 1989 Recommended Dietary Allowances (RDA). They are the levels of nutrient intakes considered by the Food and Nutrition Board of the National Research Council to be adequate to meet the known nutritional needs of practically all healthy individuals. In a population whose mean intake approximates or exceeds the RDA, the likelihood of deficiency is small (NRC 1989). The 1989 RDA for the various sex-age groups are given in text table 2.

REA: Food energy data in the tables are compared with the 1989 Recommended Energy Allowances (REA).

They are levels of food energy intake (kilocalories) considered by the Food and Nutrition Board of the National Research Council to represent the average energy needs of individuals (NRC 1989). The 1989 REA for adults assume a light-to-moderate level of physical activity. The 1989 REA for the various sex-age groups are given in text table 2.

Respondents: Respondents include 4,346 DHKS participants who were identified as main meal planners/preparers in households participating in the CSFII and who also provided 3 days of dietary intake data. Excludes 1,141 DHKS participants who were identified as main meal planners/preparers but provided less than 3 days of dietary intake data and 243 DHKS participants who were not main meal planners/preparers. For the supplemental 2-year tables, includes 2,880 (1989-90 surveys) and 2,883 (1990-91 surveys) DHKS participants.

Self-assessed health status: This is represented by responses to the CSFII question, "In general, would you say your health is excellent, very good, good, fair, or poor?"

SEM: This is the standard error of the mean. See "Statistical Notes" in appendix A.

Sodium: This does not include sodium from salt added at the table.

Status category: Main meal planners/preparers were divided into two groups based on their 3-day intake of certain nutrients: those meeting and not meeting specific dietary recommendation cutpoints.

Total carbohydrate: This includes sugars, sugar alcohols, dietary fiber, and other carbohydrates such as stachyose, raffinose, dextrans, and available starches.

Vitamin A: This represents total vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids and expressed as retinol equivalents (RE). One RE equals 1 microgram of retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

APPENDIX A. STATISTICAL ASPECTS OF THE SURVEY

Sample Design

The 1989-91 CSFII/DHKS included two independent samples of housing units. In the "basic" or all-income sample, individuals in all households were eligible to be interviewed. In the low-income sample, eligibility was limited to individuals in households with gross income for the previous month at or below 130 percent of the Federal poverty thresholds. The two samples (basic and low-income) were combined during the weighting process.

The basic and low-income samples were derived from the contractor's master sample, which existed before award of the survey contract. The master sample is a stratified clustered sample of 240 census-defined areas designed to serve as the first stage for multistage national probability samples of households. The sampling frame was organized using estimates of the U.S. population in 1980. Adjustments were made at the time of the survey to reflect the current population. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States and Washington, DC, were grouped into the 9 census geographic divisions. Then all land areas within the divisions were divided into three urbanization classifications: central city, suburban, and nonmetropolitan. Thus all cities and counties in the conterminous United States were classified into one of 27 superstrata. There was no geographic area in the 48 states that was not included in one of the superstrata.

The 27 superstrata were further divided into smaller geographic pieces. The stratification process resulted in a total of 60 strata—17 central city, 28 suburban, and 15 nonmetropolitan—which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as reported by the Bureau of the Census. The average size of these strata was approximately 4 million persons.

Counties, cities, and parts of cities within each stratum were grouped together into smaller, relatively homogeneous units called primary sampling units (PSU's) based on political, economic, and demographic characteristics and/or geographic proximity. The master sample was selected in four independent replications. Each replication consisted of the selection of one PSU from each of the 60 strata, with probability proportional to the PSU's projected 1985 population. The CSFII/DHKS samples required 120 PSU's, so the first two replicates of the master sample were used for the CSFII/DHKS. The two PSU's were selected from each stratum with replacement; that is, the selection of one PSU did not preclude its selection as the second PSU. Seven of the PSU's were selected for both replicates, leaving 113 unique PSU selections for the CSFII/DHKS. The selection of PSU's in independent replicates allows straightforward variance estimation. Since, by design, two independent PSU selections are made from each of the 60 strata, 60 degrees of freedom (one from each stratum PSU pair) are available for variance estimation. However, only 119 PSU's were represented by respondents, providing 59 degrees of freedom.

Each selected PSU was divided geographically along census boundaries into smaller clusters known as area segments, containing a minimum of 75 housing units. These segments usually consisted of one or more city blocks in urban areas and part of a census enumeration district elsewhere. In each year, a total of 260 basic and 500 low-income area segments was drawn into the sample. Selections were made using a systematic selection with a random start. Separate draws were made for each of the two samples (basic and low income). The possibility for overlap in area segments between the samples existed, but in practice, no area segments were selected for both samples.

To increase the probability of locating low-income households within each PSU, disproportionate sampling was applied to the low-income area segments. Each of the 500 segments was assigned to 1 of 3 poverty strata according to the proportions of the population in the segment at or below 125 percent of the poverty thresholds (USDOC/BOC 1991b, 1991c, 1992) (text table 3). This poverty cutoff was the closest published figure to the 130-percent target sought for the CSFII. A higher sampling rate was used to select area segments in strata containing larger poverty populations.

The number of household interviews targeted for completion each year in the basic survey was 1,500, with approximately 375 to be taken in each of the 4 quarters of the year. The number of low-income household interviews targeted for completion in each year was 750, of which 188 were to be completed each quarter. Because the targeted number of completed interviews would be extremely low on a quarterly basis if all the segments were activated each quarter, the contractor fielded half

of the areas in each quarter. All the area segments were randomly assigned, on a systematic basis, to one of two subsets. One subset of area segments was assigned to quarters 1 and 3, and the other subset to quarters 2 and 4.

The basic and low-income area segments were prelisted to identify the existing housing units within the area boundaries at the time of the survey. The prelisted number of housing units in the area, together with census information, served as the basis for determining the number of housing units to be selected into the sample from that area. To complete the targeted 2,250 household interviews each year, a larger number of sample housing units had to be identified for contact to account for vacant housing units, eligibility requirements in the low-income survey, and nonresponse.

Once the total sample size was chosen for a quarter for the basic survey, the sample was allocated to the area segments in such a way that, within rounding error, all households in the area segments assigned to that quarter had the same total probability of selection. For the low-income survey, the sample for each quarter was allocated to segments in such a way that the designed differential area segment sampling rates were preserved.

For each segment, the sample housing units assigned to a given quarter were selected systematically with a random start. If additional household units were identified in the field at the time of the interviewer's visit, the housing units were brought into the sample using the half-open interval method. That is, any unlisted housing units

occurring after a sample housing unit but before the next listed unit were added to the sample and identified for screening and, potentially, for interview.

Survey Response

As with any survey, not all households or individuals drawn into the CSFII/DHKS sample participated. The overall DHKS analytic response rates for each of the survey years for the combined sample (basic and low-income combined) are provided in text table 4. Numbers of households participating in the CSFII and numbers of households completing a DHKS questionnaire for the 3-year combined sample are given in text table 5 along with response-rate calculations.

Sample Weights

Weighting was done in two phases. In the first phase a fundamental sampling weight (that is, the inverse of the probability of selection) was computed for each responding household. This fundamental sampling weight was then adjusted to account for nonresponse at the area segment level. These first-phase computations were made separately for households in each of the two original samples (basic and low-income).

The second-phase computations used the weights produced in the first phase as the starting point of a reweighting process that combined the two original samples (basic and low-income) into a single sample. Further adjustments for survey nonresponse were made by using regression

techniques to calibrate the sample to match population characteristics thought to be correlated with eating behavior (USDHHS and USDA 1986; Bryant et al. 1989; Davis 1982; Morgan 1986) and to equalize interviews over the 12 quarters of the 3-year period and the 7 days of the week. The second-phase computations are final weights that allow the use of the combined (basic and low-income) sample.²

Sixteen characteristics were used in the weight construction for the data reported here. Fourteen of these were demographic characteristics: geographic division; household income as a percent of the Federal poverty thresholds;³ degree of urbanization; household with a child 6 years old or less; household with a child age 7 to 17 years; household with exactly one adult; household with exactly two adults; Food Stamp Program participation; home ownership; race of head of household; ethnicity of head of household; age of head of household; female head of household worked last week; and female-head age 40 or younger with no children age 17 or younger. In addition, the quarter (3-month period) of interview and the day of the week for which food intake was reported by the respondent were used as 15th and 16th characteristics. The population totals for the characteristics, obtained from the March supplements to the 1989, 1990, and 1991 Current Population Survey (USDOC-BOC 1989, 1990, 1991a), were used as controls in determining the weights.

2 Phase-2 work was done by Iowa State University researchers under a cooperative agreement.

3 The Federal poverty thresholds are based on household size and income (USDOC-BOC 1991b). See discussion of income levels under appendix B, section on "Data Presentation."

These characteristics were converted to variables appropriate for regression analysis. The DHKS weights were then constructed using the program described by Huang and Fuller (Huang and Fuller 1978). Additional information on the procedures used to weight the data is available in the documentation for the 1991 CSFII/DHKS data tape (USDA-HNIS 1994b).

Statistical Notes

Reporting guidelines - Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. The guideline for determining when a cell size is small makes use of the average design effect for the DHKS.

The design effect is a measure of the effect of a complex sample design on an estimate of the variance of a statistic. If that effect is negligible, the design effect will be about one. A larger design effect implies less accuracy. The average design effect for the DHKS is about 2.3.

This design effect results from the complex sample design of the DHKS and from the procedures used to weight the data. The weighting procedures involved using regression techniques to calibrate the sample to match population characteristics thought to be correlated with eating behavior. The regression techniques also incorporated day of the week and month of the year of intake as control variables. Although this weighting reduces the magnitude of nonresponse bias and adjusts for other vagaries of the sample selection process, it may also increase the variance of the estimates.

Thus, readers are advised to take cell size into account when interpreting estimates in this report. Guidelines for determining when a cell size is small are as follows:

- Estimated means with a cell size of less than 69 (that is, a cell size of less than 30 times the average design effect of 2.3) or with a coefficient of variation (CV) equal to or greater than 30 percent should be used with caution. See "Coefficients of variation" under "Estimates of variance" below.
- Estimated proportions (percents) that fall above 25 percent and below 75 percent with a cell size of less than 69 should be used with caution.
- An estimated proportion (percent) of 25 percent or lower should be used with caution when the cell size on which the estimate is based is smaller than $18.4/(p)$, where p is the proportion expressed in decimal form and 18.4 is 8 times the average design effect of 2.3; an estimated proportion of 75 percent or higher should be used with caution when the cell size on which the estimate is based is smaller than $18.4/(1-p)$. Another way to express this rule is to say that an estimate should be used with caution when the smaller of np and $n(1-p)$ is less than 8 times the average design effect of 2.3. Several examples of how to calculate whether estimates meet these criteria follow:
 - An estimated 4.5 percent of female MMPP said their diets should be lower in variety (table 2.12A). Since this estimate is below 25 percent, the cell size guideline is calculated by dividing 18.4 by .045 (the percentage

expressed in decimal form). The result rounds to 409 ($18.4/.045 = 409$). The estimated percentage is based on a cell size of 3,580, which is greater than the guideline of 409; thus, this estimate meets the guideline.

-An estimated 80.9 percent of female MMPP who are 60 years and over said that their diets are about right in variety (table 2.12A). Since this estimate is over 75 percent, the formula $18.4/(1-p)$ is used to calculate the cell size guideline [$18.4/1-.809 = 18.4/0.191 = 96$]. The estimated percentage is based on a cell size of 1,134, which meets the guideline.

-An estimated 1.4 percent of black, male MMPP said that their diet should be lower in variety (table 2.12B). Since this estimate is below 25 percent, the cell size guideline is calculated by dividing 18.4 by .014. The result rounds to 1,314 ($18.4/.014 = 1,314$). The estimated percentage is based on a cell size of 103, which is smaller than the guideline of 1,314; thus, this estimate should be used with caution.

Estimates of variance - Survey results are used in making inferences about the targeted populations. As the variability of the estimates obtained from a sample decreases, the precision with which the estimates measure true population values increases. The appropriate degree of precision depends on the objectives of the sponsoring organization as well as on the practicality and cost of obtaining samples of various sizes.

Sample surveys are subject to several types of

errors (Groves 1989) which contribute to variance. Errors of nonobservation may be caused by incomplete coverage; by sampling errors, which occur because a sample, rather than the entire population, is surveyed; and by nonresponse. Observational errors can be introduced by the interviewer, by the respondent, and by the data-collection instrument and its mode of administration. Additional errors may be introduced during coding and further processing of the data.

For any survey employing a complex sampling design, it is appropriate to estimate measures of variance using techniques available through specialized software (such as OSIRIS, PC/CARP, or SUDAAN) that takes survey design and weighting into account. Estimates of variance in the tables presented in this report (See below) were calculated using the Taylor series linearization approach incorporated within SUDAAN (Shah et al. 1991).

- Standard error of the mean (SEM) - The standard error of the mean is the square root of the estimated variance of the mean.
- Coefficients of variation of the mean (CV) - The CV for an estimated mean is the standard error of the mean divided by the estimated mean and multiplied by 100 percent. Thus, an estimate of 10 with a standard error of 1 has a CV of $(1/10)100\% = 10\%$.
- Confidence intervals for means - Because of the known problems of skewness with food and nutrient variables, the construction of confidence intervals around estimated values based on the normal distribution may not be appropriate.

APPENDIX B. DATA COLLECTION, PROCESSING, AND PRESENTATION

Data Collection

Interviewers visited every sample address in person to inspect visually and to determine whether that location represented a residential housing unit. To contact individuals in housing units that met this criterion, interviewers made up to three personal visits plus up to eight telephone calls to each household having a telephone. Households without telephones received a minimum of six personal visits.

At each household, the interviewer attempted a screening interview to determine if the household was eligible to participate in the survey. Interviewers were instructed to attempt screening interviews, if possible, with the household member who was responsible for planning and preparing the family meals. If the main meal planner/preparer was not available, any knowledgeable adult member of the household who was 18 years old or older could serve as the screening respondent.

In general, all households were eligible to participate in the basic survey. However, households with nine or more persons unrelated to the head of the household were considered group quarters and were not eligible. All individuals regularly living in the selected household (except roomers, boarders, and employees) were eligible to participate in the survey; persons who were living away at school, traveling during the survey period, in military barracks, or in institutions were excluded.

Eligible low-income households were those with income at or below 130 percent of the Federal poverty thresholds during the previous month.

This income level was selected because nonelderly households that have income at or below 130% of the poverty thresholds meet one of the income criteria for participation in the Food Stamp Program. However, not all households meeting the income criteria are eligible for food stamps; other criteria, such as asset limitations, must also be met. This survey screened households for only income level, not for food stamp eligibility. The poverty thresholds are based on household size and income.

At eligible households, the interviewer provided the household with a letter of introduction and a survey fact sheet and described the survey. The interview was administered in person to the main meal planner/preparer and began with the household questionnaire—a series of questions about the composition and characteristics of the household and some food-related behaviors. The administration of the household questionnaire portion of the interview averaged 20 minutes.

CSFII data collection - The household questionnaire was immediately followed by administration of the 1-day dietary recall to the main meal planner/preparer and then to other members of the household. The time period for the 1-day recall was from midnight to 11:59 p.m. on the day preceding the interview. The interviewer helped each individual start the recall procedure by asking about the first time something was eaten or drunk, and then collected detailed information about foods eaten at that time. Then the

interviewer asked about the next time the individual ate or drank anything and continued asking about each successive eating occasion throughout the day. The interviewer probed as necessary to ensure complete descriptions of foods and beverages and to check for omissions. Across the 3 years, completion of the 1-day recall averaged 26 to 28 minutes. In general, recording the first intake in a household took the longest time and the following recordings were shorter.

If a household member was absent at the time of the interview, the main meal planner/preparer was asked to report what that person had eaten. The recall form was left at the household to be reviewed or completed by the absent person if the main meal planner/preparer could not supply the information. The main meal planner/preparer was asked to report intake information for any children under the age of 12.

When 1-day recalls had been completed for as many household members as possible, the interviewer described the day-2 and day-3 record and helped each household member begin a record of the current day's intake. The interviewer then scheduled a return appointment for 2-4 days later and informed the main meal planner/preparer that \$2.00 per person would be paid for each completed 3-day recall plus record set (up to a total of \$20.00 per household).

During the return interview, the interviewer reviewed the day-2 and day-3 records for completeness. Monetary incentives were distributed at this time. If an absent household member was unable to complete records for the same days completed by other household members, he/she was

asked to complete at least a 1-day record for any day prior to the interviewer's return appointment. The format of the form used to record food intake was the same for the 1-day recall and the day-2 and day-3 record. The interviewers used standard household measuring cups and spoons and a ruler during the interview to help each individual estimate quantities of foods and beverages consumed. The quantity of each food and beverage ingested was reported in common household measures (cups, tablespoons, and teaspoons or fractions thereof), dimensions, numbers of units, or weights, as appropriate to the food item being quantified. A food instruction booklet, developed by National Analysts based on information provided by USDA, was used by the interviewers to help each individual describe adequately the foods and the amounts eaten. Each household was provided with a set of measuring cups and spoons and a ruler as well as the food instruction booklet to use while keeping the day-2 and day-3 record. The household kept the cups, spoons, and ruler at the completion of the survey.

The time that each eating occasion began was recorded. The household member was asked to name each eating occasion and to tell with whom it was shared. The source of each food was determined through a series of questions. Sources included food that was eaten at home, food brought into the home but later eaten away from home, and food that was never brought into the home. Food from the first two sources was considered to be from the home food supply. For each item from the home food supply, each individual was asked whether the item was brought into the home from a fast food/carry-out place, from Meals on Wheels, or from some other place. For food never brought into the

home (food obtained and eaten away from home), information was requested about the place where the food was obtained (for example, restaurant, school, fast-food establishment, or someone else's home).

Only the main meal planner/preparer was asked to supply information about the use of fat and salt in the preparation of foods and beverages from the home food supply. If any fats or oils were used in preparing a specific item, the main meal planner/preparer was asked to specify the type but not the amount. Similarly, the main meal planner/preparer was asked whether or not salt was used in the preparation of each item from the home food supply, but not the amount of salt used.

Each household member was asked for some additional information only once during the 1-day recall including self-reported height, weight, and healthfulness of diet; the amount of water drunk on day-1, the amount drunk that was from home supplies, and the usual 24-hour water intake; use of salt at the table; whether the person was on a special diet and, if so, what kind; whether vitamin or mineral supplements were used and, if so, what types (but not quantities); use of fish oil and fiber supplements; health status and physical handicaps; level of physical activity during leisure time; cigarette smoking; TV watching; use and handling of fully cooked meat and poultry dishes purchased from a store or delicatessen; and information on the frequencies of use of selected foods during the past 3 months and the average number of times these foods were eaten or drunk during a day, a week, or a month. The food frequency data were collected at the request of the Environmental Protection Agency.

Eligible households were to be scheduled for interview in a manner designed to provide representativeness of intake data by day of the week. But, fewer interviews were conducted on Sunday, so percentages of acceptable dietary forms collected are lower for Saturday (1-day recall), Sunday (day-2 record), and Monday (day-3 record). The day of interview is included as a control variable (See "Sample Weights" in appendix A).

DHKS data collection - The Diet and Health Knowledge Survey (DHKS) was conducted as a telephone follow-up to the CSFII. According to the survey design, telephone contact was to be initiated 6 weeks after the main survey. For households without telephones or with unlisted numbers, personal interviews were the designated mode of contact.

Telephone interviews were conducted from a centralized WATS facility using a computer-assisted telephone interview (CATI) format. Multiple calls were made at different times of the day and on different days of the week in order to reach respondents. A maximum of six telephone attempts was made at each number. Thereafter, in-person follow-ups were conducted. Across the 3 years, the average number of contact attempts to successfully interviewed households ranged from 3.4 to 4.2, whereas noninterviewed households averaged 5.1 to 6.8 attempts. The average DHKS interview time ranged from 26 to 30 minutes in the basic survey and from 28 to 32 minutes in the low-income survey. The main meal planner/preparer identified in the initial screening interview of the CSFII eligibility process was designated as the DHKS respondent. Although attempts were made to contact every CSFII-interviewed household, those that moved

out of their communities or to a new address without forwarding information were deemed "out-of-scope" for the DHKS interview.

For the 1989-91 DHKS, close to four percent of the DHKS respondents interviewed were not the main meal planner/preparer. In these cases, the reason for not reinterviewing the CSFII respondent included his or her extended absence from the household, his or her death, and misidentification of the proper respondent. DHKS respondents who were not the main meal planner/preparer are excluded from this report.

The telephone interview began with a request to speak with the person whose name was identified as the main meal planner/preparer. The interviewers identified themselves and their affiliation with National Analysts and the USDA food survey. They reminded respondents that during the CSFII, they were told they would be recontacted later by telephone to answer a few more questions about diet and health issues. The respondents were told that the interview would take about 25 minutes to complete.

Unlike the CSFII, there was no monetary incentive for completing the DHKS. Pretests and interviewer debriefings suggested that interest in the questionnaire content was a motivating factor in completing the interview.

The original intent of the DHKS was to conduct most of the interviews by telephone. In-person interviews were to serve as a back-up only for households without phones or with unlisted numbers. The contractor's estimate indicated that 10 percent of the basic and 35 percent of the low-income

samples would require in-person contact. However, contrary to survey design, completed DHKS interviews were conducted in person for 40 to 47 percent of the basic sample and 51 to 61 percent of the low-income sample across the 3 years. Extensive in-person efforts were made to obtain information from households that did not respond to telephone contact. In-person interviewers were able to convert refusals and interview households with language barriers. The latter was achieved primarily because, with in-person interviews, other household members were able to act as translators. Over half of the DHKS interviews were completed within 9 weeks after the CSFII interviews, and almost three-fourths were completed in 12 weeks or less.

The content of the questionnaire was governed by the need for data on nutrition attitudes and knowledge about the Dietary Guidelines for Americans and about food labeling and food safety issues. Information from the DHKS contributes to the research base needed to develop food guidance materials and to target nutrition education efforts. Thus, the data collected include:

- perceived (self-assessed) adequacy of intake levels of nutrients and other dietary components;
- perceived importance of following dietary guidance for specific nutrients and other dietary components;
- perceived importance of the weight Guideline;
- awareness of diet-health relationships;
- knowledge about food sources of energy, nutrients, and other dietary components;
- beliefs about food safety; and
- use of food labels.

In 1990, the questionnaire was consolidated from 36 questions in 1989 to 28 questions. Questions pertaining to food safety and labeling were revised or deleted, and new questions on pesticide residues (e.g., attitudes about their safety) were added. New questions were also added on knowledge about the number of servings to eat each day from five major food groups and the respondent's assessment of his/her own diet relative to such guidance. Other changes included a reduction in skip patterns and open-ended questions. Overall, these changes improved the flow of the questionnaire and decreased respondent burden.

In 1991, the questionnaire was expanded from 28 questions in 1990 to 31 questions. The three new questions pertained to behaviors affecting food safety. They asked about the amount of time foods made with meat or dairy products were left at room temperature before being eaten, and about cleaning the cutting board and knife after use with meat products. An additional question was added at the end of the questionnaire for the interviewer to record the language used in conducting the interview.

Data Processing

Food coding - Completed schedules were coded by the contractor using food codes, gram weight equivalents of reported measures, and coding guidelines provided by USDA (USDA-HNIS 1994a). Each food and beverage (except water) reported as ingested during the survey period was assigned a code number, and amounts of foods ingested were converted to their weight in grams. Items that could not be coded by the contractor using

available information were referred to USDA for resolution. New codes were created by USDA as needed.

Nutrient data base - The amount of each nutrient each food eaten was calculated using the weight (in grams) of that food and the nutritive value of that food (per 100 grams) from a survey nutrient data base (USDA-HNIS 1992b). The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in each food reported by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by USDA for use in this survey. The data base contains representative nutrient values for 100 grams of the edible portion for each of approximately 6,250 food items in the food coding system. The values for most items containing two or more ingredients were calculated from the data for the ingredients using representative recipes (Perloff et al. 1990).

The nutrient data base includes values for food energy and 28 nutrients and other dietary components. These are protein, total fat, saturated fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids, cholesterol, total carbohydrate, total dietary fiber, vitamin A (as international units and as retinol equivalents), carotenes, vitamin E, vitamin B₆, thiamin, riboflavin, niacin, vitamin B₁₂, folate, vitamin B₁₂, calcium, phosphorus, magnesium, iron, zinc, copper, sodium, potassium, alcohol, and moisture (water).

The values for food energy, nutrients, and other dietary components came from the USDA Nutrient Data

Base for Standard Reference (USDA-HNIS 1992c) and the USDA Nutrient Data Bank (Haytowitz 1990). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Values for most of the components have a relatively strong research base. However, analytical data for vitamin E are somewhat limited. Values in the data base for carotenes are those used by USDA in arriving at the values for total vitamin A, and are not solely beta-carotene.

The methodology for determining total folate content of foods is inadequate (Beecher and Matthews 1990). The current microbiological method approved by the Association of Official Analytical Chemists International applies only to foods that contain the free forms of the vitamin. Data generated by USDA for Agricultural Handbook Number 8 were obtained by a modified method using enzymes to release bound forms. Recent research on determining the folate content of high-protein and high-carbohydrate foods indicates that additional improvements in methodology are needed (Martin et al. 1990).

Nutrient intakes in CSFII 1989-91, compared with those of earlier surveys, reflect data of improved quality, as well as changes in the nutrient content of foods attributable to new varieties and species, to new enrichment and fortification levels, and to changes in food-industry practices. A notable nutrient-data improvement was a decrease in the cholesterol content of eggs, which was incorporated into the nutrient data base before analysis of the 1987-88 Nationwide Food Consumption Survey. Comparisons of results between the 1989 CSFII and

surveys prior to 1987 should take this improvement into account. For example, the cholesterol intake by women 19 to 50 years of age in the 1985 CSFII was estimated to be 280 milligrams per day; the newer cholesterol value for eggs would lower that estimate by about 9 percent.

Data cleaning - Data were subjected to computer-assisted cleaning and checking by the contractor. As a check for reasonableness, individuals' intakes of food energy, protein, total fat, total carbohydrate, calcium, iron, and vitamin C were compared with the 2d and 98th percentiles of individuals of the same age group and sex in earlier surveys. Also, the gram weight of each food reported was checked against reasonable maximums established by USDA on a food-group basis. Data that fell outside the limits set as reasonable were verified by checking the original questionnaire and were corrected if in error. Additional data reviews for reasonableness were performed.

Data Presentation

Data provided by the contractor were analyzed by USDA to generate the tables in this report. These tables were produced using Print Control Language (USDOL-BLS 1980a) and Table Producing Language (USDOL-BLS 1980b) developed by the Bureau of Labor Statistics, U.S. Department of Labor. The estimates presented in the tables were calculated as follows:

Income levels - Tables presenting results by income level use household income for the previous calendar year expressed as a percentage of the

Federal poverty thresholds adjusted for inflation (USDOC-BOC 1991b). Each household's income before taxes was expressed as a percentage of the poverty threshold for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty threshold. The poverty thresholds, provided by the Bureau of the Census (USDOC-BOC 1991b, 1991c, 1992) are given in text table 6.

Nutrient intakes (tables 3.1A to 3.10B) - For each dietary component listed in the table heading, the nutrient intakes calculated for each individual over the 3 days of observation were totaled and divided by 3 to obtain a mean nutrient intake per day for the individual. Weighted individual mean intakes were totaled and divided by the sum of the weights in the group to obtain the weighted mean nutrient intake per individual per day for that group. The nutrient intakes do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table or from water.

Macronutrient sources of food energy from protein, total fat, fatty acids, and total carbohydrate (tables 9A to 9B, 17A to 17B) - Each individual's intakes of protein, total fat, saturated fatty acids, and total carbohydrate were averaged over 3 days. The weighted percentage contributions of protein, total fat, saturated fatty acids, and total carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, and carbohydrate by 4 kilocalories per gram; dividing

those values by the individual's average food energy intake; converting to percentages; and then calculating group means with sample weights applied. The general factors 4, 9, and 4 give estimates for a typical mixed diet (Merrill and Watt 1973). Alcohol is also an energy source and was considered in determining total energy, but the percentage of food energy contributed by alcohol was not estimated.

Nutrient intakes as percentages of the 1989 REA or RDA (tables 3.1A to 3.5B, 5, 6A to 6B) - For each day, each individual's intakes of food energy and nutrients were expressed as percentages of the 1989 REA or RDA for a person of the appropriate sex and age (NRC 1989). Each individual's nutrient intakes were averaged over 3 days. The percentages of RDA or REA were then calculated. Individuals' weighted mean percentages were totaled then divided by the weighted number of individuals in the group to obtain the weighted mean nutrient intakes per individual per day expressed as percentages of the RDA for that group. The 1989 RDA and REA are listed in text table 2.

Nutrient intakes per 1,000 kilocalories (tables 10.1A to 10.3B, 18.1A to 18.3B) - Each individual's average intake of a particular nutrient over 3 days was divided by the individual's average intake of food energy (kilocalories) over 3 days and multiplied by 1,000 to obtain the individual's nutrient intakes per 1,000 kilocalories (nutrient densities). Weighted individual nutrient densities were totaled and divided by the weighted number of individuals in the group to obtain the weighted mean nutrient densities per individual for that group.

Scaled response questions - Likert-type scales were used in the DHKS to determine degree of agreement or perceived importance regarding various issues. In the 1989 DHKS, six-point scales were used with anchors arranged in a "strongly agree" to "strongly disagree" direction or a "very important" to "not at all important" direction. The direction of these scale anchors was reversed in the 1990 and 1991 surveys because of recommendations from interviewer debriefings. The 1989 data in this report has been reversed (that is, a rating of 6 became a 1, a 5 became a 2, and so on) to match the format used in 1990 and 1991 and to make it easier to compare data across years. The data presented in these tables also reflect the collapse of the six-point rating scales into the categories shown below. These aggregations reduced the number of cells with small sizes. See Table Notes for additional description of ratings from scaled response questions.

APPENDIX C: SUPPLEMENTAL 2-YEAR TABLES

Tables in this appendix present DHKS data collected over a 2-year span: 1989-90 or 1990-91. As discussed below, changes in wording caused the questions for the third year to be so different from the questions used in the other two years as to preclude combining the data across all 3 years.

Tables C1.1 to C4.3B are based on DHKS 1989-90 data on the perceived importance of dietary guidance on fruits and vegetables and grain products. In 1989 and 1990, the wording of the questions specified the number of servings recommended. In 1991, the questions were changed to match the less specific wording of the 1990 revision of the Dietary Guidelines ("Choose a diet with plenty of vegetables, fruits, and grain products").

Two other sets of tables in this appendix are based on DHKS 1990-91 data that resulted from expanding the 1989 questions. Tables C5A to C5C concern the perceived safety of specified foods. Tables C6.1 and C7.11 B contain estimates on the frequency of use of different pieces of information on food labels.

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Table C1.1.--Fruits and vegetables: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1990

Question: On a scale from 1 to 6, how important is it to you personally to eat at least five servings a day of fruits and vegetables?

Sex, age, and selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	2,880	45.8	28.7	25.0	0.4	4.0
Age:						
39 years and under.....	1,177	40.3	34.8	24.3	.5	3.8
40-59 years.....	797	49.7	23.1	27.0	.2	4.0
60 years and over.....	906	50.5	25.1	24.0	.4	4.1
Income level:						
Under 131% poverty.....	1,132	44.4	30.5	24.7	.4	4.0
131-350% poverty.....	921	47.7	28.6	23.0	.7	4.1
Over 350% poverty.....	607	43.9	29.3	26.7	.1	3.9
Race:						
Black:.....	392	47.9	27.8	24.1	.2	4.0
White:.....	2,382	45.9	28.3	25.4	.4	4.0
Education:						
Grade 8 or less.....	409	40.6	31.9	27.1	.4	3.8
Grades 9-12/GED.....	1,525	47.4	26.5	25.5	.6	4.0
At least some college.....	922	45.5	30.2	24.3	.1	4.0
Employment status:						
Employed.....	1,273	43.6	31.3	24.8	.4	3.9
Not employed.....	1,568	48.4	26.1	25.1	.4	4.0
Self-assessed health status:						
Excellent or very good....	1,321	46.8	28.9	23.9	.5	4.0
Good.....	990	42.6	28.5	28.7	.3	3.8
Fair or poor.....	544	49.3	27.7	22.6	.4	4.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C1.2.--Grain products: Perceived importance of dietary guidance by all main meal planners/preparers (MMPP), 1989-1990

Question: On a scale from 1 to 6, how important is it to you personally to eat at least six servings a day of breads, cereals, and other grain products?

Sex, age, and selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All MMPP.....	2,880	36.5	38.5	24.6	0.4	3.8
Age:						
39 years and under.....	1,177	31.8	41.4	26.3	.5	3.7
40-59 years.....	797	39.3	37.2	23.4	.1	3.9
60 years and over.....	906	41.0	35.1	23.1	.8	4.0
Income level:						
Under 131% poverty.....	1,132	36.9	37.4	25.7	.0	3.8
131-350% poverty.....	921	38.2	36.5	24.7	.7	3.9
Over 350% poverty.....	607	33.6	42.4	23.7	.3	3.7
Race:						
Black:.....	392	33.9	34.7	31.5	.0	3.6
White:.....	2,382	37.1	39.0	23.5	.4	3.8
Education:						
Grade 8 or less.....	409	31.0	40.4	28.5	.2	3.6
Grades 9-12/GED.....	1,525	38.5	38.4	22.3	.8	3.9
At least some college.....	922	35.6	37.7	26.6	.1	3.7
Employment status:						
Employed.....	1,273	34.4	40.0	25.2	.4	3.7
Not employed.....	1,568	38.9	36.7	23.8	.5	3.9
Self-assessed health status:						
Excellent or very good....	1,321	37.4	38.7	23.6	.4	3.8
Good.....	990	33.6	40.3	26.0	.0	3.7
Fair or poor.....	544	37.8	34.3	26.4	1.6	3.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C2.1A.--Fruits and vegetables: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1990

Question: On a scale from 1 to 6, how important is it to you personally to eat at least five servings a day of fruits and vegetables?

Sex, age, and selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	2,367	49.5	25.9	24.2	0.4	4.1
Age:						
39 years and under.....	977	45.2	30.9	23.3	.6	4.0
40-59 years.....	650	51.5	20.1	28.2	.1	4.0
60 years and over.....	740	53.9	24.3	21.4	.4	4.2
Income level:						
Under 131% poverty.....	950	46.9	28.9	23.7	.4	4.0
131-350% poverty.....	760	52.6	25.9	20.8	.8	4.2
Over 350% poverty.....	474	46.9	25.7	27.3	.1	3.9
Race:						
Black:.....	310	53.4	28.2	18.1	.3	4.3
White:.....	1,961	49.5	24.9	25.1	.4	4.0
Education:						
Grade 8 or less.....	328	42.1	29.6	28.0	.3	3.8
Grades 9-12/GED.....	1,298	49.7	24.9	24.8	.6	4.1
At least some college.....	720	51.2	25.7	23.0	.1	4.1
Employment status:						
Employed.....	1,005	47.4	27.4	24.9	.4	4.0
Not employed.....	1,333	51.7	24.5	23.3	.4	4.2
Self-assessed health status:						
Excellent or very good....	1,073	50.5	24.6	24.4	.5	4.1
Good.....	828	46.5	27.2	26.0	.3	4.0
Fair or poor.....	448	52.0	26.0	21.7	.3	4.2

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C2.1B.--Fruits and vegetables: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1990

Question: On a scale from 1 to 6, how important is it to you personally to eat at least five servings a day of fruits and vegetables?

Sex, age, and selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number 1/</u>	<u>Percent</u>				<u>Score</u>
All males.....	513	30.9	40.4	28.3	0.3	3.6
Age:						
39 years and under.....	200	22.4	49.1	28.2	.3	3.4
40-59 years.....	147	42.5	34.9	22.3	.3	3.9
60 years and over.....	166	32.9	29.5	37.4	.1	3.6
Income level:						
Under 131% poverty.....	182	30.0	39.5	30.3	.2	3.5
131-350% poverty.....	161	27.9	40.0	31.8	.3	3.4
Over 350% poverty.....	133	32.8	42.8	24.4	.0	3.7
Race:						
Black:.....	82	33.4	26.5	40.1	.0	3.4
White:.....	421	30.2	42.8	26.7	.3	3.6
Education:						
Grade 8 or less.....	81	34.4	41.3	23.4	.9	3.7
Grades 9-12/GED.....	227	35.6	34.9	29.1	.4	3.6
At least some college.....	202	26.8	44.5	28.6	.1	3.5
Employment status:						
Employed.....	268	31.5	43.6	24.5	.4	3.7
Not employed.....	235	29.6	34.8	35.5	.1	3.4
Self-assessed health status:						
Excellent or very good....	248	32.8	45.1	21.9	.3	3.8
Good.....	162	24.8	34.4	40.8	.0	3.3
Fair or poor.....	96	37.3	35.2	26.7	.8	3.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C2.2A.--Grain products: Perceived importance of dietary guidance by female main meal planners/preparers, 1989-1990

Question: On a scale from 1 to 6, how important is it to you personally to eat at least six servings a day of breads, cereals, and other grain products?

Sex, age, and selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All females.....	2,367	38.0	36.9	24.6	0.5	3.8
Age:						
39 years and under.....	977	33.3	40.3	26.0	.4	3.7
40-59 years.....	650	39.9	35.6	24.5	.0	3.9
60 years and over.....	740	43.4	33.1	22.5	1.0	4.1
Income level:						
Under 131% poverty.....	950	37.3	38.0	24.7	.0	3.9
131-350% poverty.....	760	38.0	36.2	24.9	.8	3.9
Over 350% poverty.....	474	36.6	38.9	24.0	.4	3.8
Race:						
Black:.....	310	33.9	34.0	32.1	.0	3.6
White:.....	1,961	38.9	37.5	23.3	.3	3.9
Education:						
Grade 8 or less.....	328	33.1	36.1	30.8	.0	3.6
Grades 9-12/GED.....	1,298	39.6	37.3	22.1	.9	4.0
At least some college.....	720	37.5	36.0	26.5	.0	3.8
Employment status:						
Employed.....	1,005	35.6	38.8	25.3	.3	3.8
Not employed.....	1,333	40.6	35.1	23.7	.6	3.9
Self-assessed health status:						
Excellent or very good....	1,078	39.3	36.8	23.6	.4	3.9
Good.....	828	34.3	40.0	25.7	.0	3.7
Fair or poor.....	448	39.8	31.1	27.3	1.8	3.9

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C2.2B.--Grain products: Perceived importance of dietary guidance by male main meal planners/preparers, 1989-1990

Question: On a scale from 1 to 6, how important is it to you personally to eat at least six servings a day of breads, cereals, and other grain products?

Sex, age, and selected characteristics	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
	<u>Number</u> ^{1/}	<u>Percent</u>				<u>Score</u>
All males.....	513	30.1	44.9	24.7	0.4	3.7
Age:						
39 years and under.....	200	26.2	45.6	27.6	.6	3.6
40-59 years.....	147	37.2	43.5	19.0	.3	3.8
60 years and over.....	166	28.4	45.3	26.3	.0	3.6
Income level:						
Under 131% poverty.....	182	34.6	33.7	31.7	.0	3.6
131-350% poverty.....	161	38.8	37.6	23.6	.0	3.8
Over 350% poverty.....	133	21.9	55.5	22.6	.0	3.6
Race:						
Black:.....	82	33.7	36.6	29.8	.0	3.6
White:.....	421	29.5	45.6	24.5	.4	3.7
Education:						
Grade 8 or less.....	81	22.1	57.9	19.0	.9	3.5
Grades 9-12/GED.....	227	32.8	43.8	23.3	.1	3.7
At least some college.....	202	29.4	43.3	26.8	.4	3.6
Employment status:						
Employed.....	268	30.8	43.8	24.8	.5	3.7
Not employed.....	235	29.4	46.1	24.5	.0	3.7
Self-assessed health status:						
Excellent or very good....	248	30.3	45.7	23.6	.5	3.6
Good.....	162	30.8	41.7	27.6	.0	3.7
Fair or poor.....	96	29.0	48.4	22.0	.6	3.8

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C3A.--Macronutrient sources of food energy by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per female meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>kcal</u>									
Eat at least five servings a day of fruits and vegetables:											
High importance.....	1,127	1,477	24.7	17.0	0.17	34.0	0.34	11.8	0.15	49.6	0.41
Moderate importance.....	666	1,507	32.7	16.6	.26	34.8	.46	12.3	.23	48.1	.55
Low importance.....	557	1,499	33.5	16.6	.27	35.9	.53	12.7	.25	47.8	.62
Eat at least six servings a day of breads, cereals, and other grain products:											
High importance.....	911	1,471	25.3	16.8	.20	34.5	.37	12.0	.18	49.3	.43
Moderate importance.....	916	1,515	26.8	16.8	.23	34.4	.44	12.0	.20	49.2	.52
Low importance.....	537	1,479	39.4	16.8	.25	35.4	.48	12.5	.23	47.5	.60

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C3B.--Macronutrient sources of food energy by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per male meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Food energy		Protein		Total fat		Saturated fatty acids		Carbohydrate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> 1/	<u>kcal</u>		----- <u>Percent kcal</u> -----							
Eat at least five servings a day of fruits and vegetables:											
High importance.....	160	2,015	103.7	17.6	0.47	33.9	0.99	11.7	0.34	47.3	1.30
Moderate importance.....	208	2,058	89.4	16.8	.42	34.9	.60	12.2	.28	45.3	.85
Low importance.....	140	2,087	70.5	16.3	.45	35.2	.87	12.6	.41	47.6	1.03
Eat at least six servings a day of breads, cereals, and other grain products:											
High importance.....	162	2,012	82.0	16.9	.45	33.1	.95	11.7	.38	48.6	1.27
Moderate importance.....	222	2,034	69.2	16.9	.46	35.5	.64	12.4	.30	45.2	.84
Low importance.....	126	2,125	136.8	16.9	.39	34.8	.78	12.2	.33	46.8	.94

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C4.1A.--Protein, fat, and carbohydrate intakes per 1,000 kilocalories by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per female meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>g/1,000 kcal</u>				<u>mg/1,000 kcal</u>				<u>g/1,000 kcal</u>			
Eat at least five servings a day of fruits and vegetables:													
High importance.....	1,127	42.5	0.44	37.8	0.38	13.0	0.17	143	3.3	124.1	1.03	8.5	0.15
Moderate importance.....	666	41.6	.64	38.7	.52	13.7	.25	154	4.4	120.3	1.38	7.3	.19
Low importance.....	557	41.5	.68	39.9	.58	14.2	.28	152	4.8	119.6	1.56	7.7	.21
Eat at least six servings a day of breads, cereals, and other grain products:													
High importance.....	911	42.1	.49	38.4	.42	13.3	.20	148	3.8	123.2	1.08	8.5	.18
Moderate importance.....	916	42.0	.56	38.2	.49	13.4	.22	146	3.6	122.9	1.30	7.9	.17
Low importance.....	537	41.9	.63	39.3	.54	13.9	.25	153	5.1	118.8	1.49	7.5	.21

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C4.1B.--Protein, fat, and carbohydrate intakes per 1,000 kilocalories by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per male meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Protein		Total fat		Saturated fatty acids		Cholesterol		Total carbohydrate		Dietary fiber	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> ^{1/}	-----g/1,000 kcal-----						<u>mg/1,000 kcal</u>		-----g/1,000 kcal-----			
Eat at least five servings a day of fruits and vegetables:													
High importance.....	160	44.0	1.18	37.6	1.10	13.0	0.38	171	9.3	118.3	3.25	8.3	0.44
Moderate importance.....	208	42.0	1.06	38.7	.66	13.6	.32	163	8.3	113.3	2.12	7.0	.25
Low importance.....	140	40.9	1.13	39.1	.96	14.0	.45	172	9.0	119.1	2.57	6.4	.25
Eat at least six servings a day of breads, cereals, and other grain products:													
High importance.....	162	42.3	1.13	36.8	1.05	13.0	.42	162	7.9	121.6	3.18	7.8	.42
Moderate importance.....	222	42.2	1.14	39.5	.71	13.8	.33	169	8.3	113.0	2.10	7.1	.21
Low importance.....	126	42.3	.96	38.7	.86	13.5	.36	175	10.7	116.9	2.36	6.9	.43

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C4.2A.--Selected vitamin intakes per 1,000 kilocalories by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per female meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>RE/1,000 kcal</u>				<u>mg/1,000 kcal</u>				<u>mcg/1,000 kcal</u>	
Eat at least five servings a day of fruits and vegetables:											
High importance.....	1,127	704	26.8	369	23.2	65	2.4	1.00	0.020	155	3.5
Moderate importance.....	666	570	26.4	269	19.0	55	2.7	.92	.030	138	4.7
Low importance.....	557	569	35.6	243	17.8	53	2.4	.87	.020	137	4.1
Eat at least six servings a day of breads, cereals, and other grain products:											
High importance.....	911	673	31.8	329	24.6	59	2.1	.97	.020	149	3.8
Moderate importance.....	916	638	26.3	316	21.0	62	3.0	.97	.020	151	4.1
Low importance.....	537	572	30.9	277	22.5	55	2.8	.89	.020	135	4.2

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C4.2B.--Selected vitamin intakes per 1,000 kilocalories by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per male meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Vitamin A		Carotenes		Vitamin C		Vitamin B-6		Folate	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 1/</u>	<u>RE/1,000 kcal</u>				<u>mg/1,000 kcal</u>				<u>mcg/1,000 kcal</u>	
Eat at least five servings a day of fruits and vegetables:											
High importance.....	160	519	52.5	196	24.5	57	5.3	1.07	0.090	151	8.6
Moderate importance.....	208	500	46.9	233	41.2	45	3.0	.90	.030	128	5.8
Low importance.....	140	584	108.5	202	36.9	54	6.0	.84	.040	126	8.9
Eat at least six servings a day of breads, cereals, and other grain products:											
High importance.....	162	588	68.7	248	51.5	58	6.1	1.03	.090	150	8.8
Moderate importance.....	222	464	29.8	205	22.3	54	3.7	.90	.030	135	6.3
Low importance.....	126	585	124.6	191	41.6	38	3.7	.89	.040	116	6.7

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C4.3A.--Selected mineral intakes per 1,000 kilocalories by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per female meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All females	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number 2/</u>	-----mg/1,000 kcal-----									
Eat at least five servings a day of fruits and vegetables:											
High importance.....	1,127	432	8.2	8.0	0.18	6.1	0.11	1,601	23.8	1,563	24.9
Moderate importance.....	666	418	13.6	7.8	.26	5.9	.18	1,586	27.0	1,480	38.8
Low importance.....	557	405	12.0	7.3	.18	6.0	.15	1,611	31.1	1,431	27.3
Eat at least six servings a day of breads, cereals, and other grain products:											
High importance.....	911	428	10.3	8.0	.20	6.2	.14	1,582	24.0	1,541	23.6
Moderate importance.....	916	424	10.3	8.0	.22	6.0	.14	1,593	28.0	1,489	28.6
Low importance.....	537	407	11.1	7.3	.17	5.8	.13	1,637	29.6	1,498	42.9

^{1/} Does not include sodium from salt added at the table.

^{2/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C4.3B.--Selected mineral intakes per 1,000 kilocalories by perceived importance of dietary guidance on fruits and vegetables and grain products: Mean per male meal planner/preparer per day, 1989-1990

Question: How important is it to you to [DIETARY GUIDANCE]?

Dietary guidance and its perceived importance	All males	Calcium		Iron		Zinc		Sodium ^{1/}		Potassium	
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
	<u>Number</u> ^{2/}	-----mg/1,000 kcal-----									
Eat at least five servings a day of fruits and vegetables:											
High importance.....	160	390	21.8	7.6	0.36	6.1	0.20	1,477	52.6	1,544	63.0
Moderate importance.....	208	406	22.8	7.3	.30	6.0	.24	1,672	53.6	1,328	36.2
Low importance.....	140	375	15.5	7.5	.44	6.5	.86	1,527	40.7	1,287	37.9
Eat at least six servings a day of breads, cereals, and other grain products:											
High importance.....	162	425	19.4	7.7	.44	6.9	.80	1,560	74.0	1,503	66.4
Moderate importance.....	222	389	22.6	7.2	.29	6.0	.21	1,587	40.6	1,379	31.2
Low importance.....	126	354	14.1	7.5	.38	5.7	.26	1,547	40.4	1,247	42.3

^{1/} Does not include sodium from salt added at the table.

^{2/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table C5A--Perceived safety of specified foods, female main meal planners/preparers, 1990-1991

Question: "Do you consider safe or not safe [FOOD]?" (N=2,364)^{1/}

Food	Safe	Not safe	Don't know/ no answer
	-----Percent-----		
Eating very rare beef.....	21.6	75.2	3.2
Foods grown using pesticides at approved levels.....	38.8	54.9	6.3
Fruits and vegetables that have been coated with wax.....	38.8	53.8	7.4
Foods that may contain pesticides residues in legal amounts.....	30.1	62.9	7.0
Foods containing additives or preservatives.....	47.5	46.4	6.1
Foods with artificial coloring.....	47.8	47.9	4.3
Imported foods.....	42.2	47.2	10.5
Raw shellfish, like oysters and clams.....	22.2	71.0	6.8

^{1/} Number in the sample.

NOTES: Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C5B--Perceived safety of specified foods, male main meal planners/preparers, 1990-1991

Question: "Do you consider safe or not safe [FOOD]?" (N=519)^{1/}

Food	Safe	Not safe	Don't know/ no answer
	----- <u>Percent</u> -----		
Eating very rare beef.....	32.8	63.1	4.1
Foods grown using pesticides at approved levels.....	48.7	41.3	9.9
Fruits and vegetables that have been coated with wax.....	52.7	38.4	8.9
Foods that may contain pesticides residues in legal amounts.....	34.3	52.4	13.3
Foods containing additives or preservatives.....	57.3	32.8	9.9
Foods with artificial coloring.....	58.1	34.6	7.3
Imported foods.....	51.0	35.0	14.0
Raw shellfish, like oysters and clams.....	36.0	56.3	7.8

^{1/} Number in the sample.

NOTES: Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C5C--Perceived safety of specified foods, all main meal planners/preparers, 1990-1991

Question: "Do you consider safe or not safe [FOOD]?" (N=2,883)^{1/}

Food	Safe	Not safe	Don't know/ no answer
	-----Percent-----		
Eating very rare beef.....	24.0	72.6	3.4
Foods grown using pesticides at approved levels.....	40.9	52.1	7.0
Fruits and vegetables that have been coated with wax.....	41.7	50.6	7.7
Foods that may contain pesticides residues in legal amounts.....	31.0	60.7	8.3
Foods containing additives or preservatives.....	49.5	43.6	6.9
Foods with artificial coloring.....	50.0	45.1	4.9
Imported foods.....	44.1	44.7	11.3
Raw shellfish, like oysters and clams.....	25.1	67.9	7.0

^{1/} Number in the sample.

NOTES: Estimates are for main meal planners preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.1.--Frequency of use of types of information on food labels: Ingredient list, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels. For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All MMPP.....	2,883	43.2	34.0	15.1	7.5	0.3
Age:						
39 years and under.....	1,176	37.4	34.8	17.8	9.8	.1
40-59 years.....	806	46.9	35.1	13.0	4.7	.3
60 years and over.....	901	47.8	31.4	13.2	7.1	.5
Income level:						
Under 131% poverty.....	1,152	33.0	34.8	20.5	11.5	.1
131-350% poverty.....	910	46.3	28.9	18.2	6.1	.5
Over 350% poverty.....	607	46.1	36.5	11.1	6.1	.1
Race:						
Black.....	405	32.4	31.0	26.8	9.7	.0
White.....	2,366	44.0	35.1	13.4	7.2	.3
Education:						
Grade 8 or less.....	387	32.2	29.9	23.4	14.6	.0
Grades 9-12/GED.....	1,520	38.0	36.2	16.6	9.0	.3
At least some college.....	954	49.4	33.0	12.4	4.9	.3
Employment status:						
Employed.....	1,284	40.6	36.1	15.1	7.9	.3
Not employed.....	1,571	46.3	31.7	14.7	7.0	.2
Self-assessed health status:						
Excellent or very good.....	1,309	43.2	35.6	14.5	6.5	.2
Good.....	995	43.3	33.1	15.4	7.7	.4
Fair or poor.....	561	43.6	29.6	16.8	10.0	.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.2.--Frequency of use of types of information on food labels: Health claims, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	----- <u>Percent</u> -----				
All MMPP.....	2,883	27.3	37.3	22.1	12.9	0.4
Age:						
39 years and under.....	1,176	24.2	38.6	22.4	14.6	.2
40-59 years.....	806	27.5	38.6	22.7	11.0	.3
60 years and over.....	901	32.1	33.5	21.0	12.3	1.0
Income level:						
Under 131% poverty.....	1,152	27.3	31.9	22.4	18.0	.3
131-350% poverty.....	910	28.6	35.2	23.8	11.7	.7
Over 350% poverty.....	607	25.9	40.2	22.7	10.9	.3
Race:						
Black.....	405	27.3	36.4	22.9	13.5	.0
White.....	2,366	26.7	38.2	21.9	12.7	.5
Education:						
Grade 8 or less.....	387	22.4	34.0	18.2	25.4	.1
Grades 9-12/GED.....	1,520	28.6	34.6	23.0	13.3	.5
At least some college.....	954	26.9	40.4	21.8	10.5	.4
Employment status:						
Employed.....	1,284	25.4	40.0	20.8	13.5	.3
Not employed.....	1,571	30.2	33.6	23.5	12.1	.6
Self-assessed health status:						
Excellent or very good.....	1,309	26.2	38.8	22.5	12.3	.2
Good.....	995	27.1	37.4	22.2	12.3	.9
Fair or poor.....	561	32.9	31.7	20.1	15.2	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.3.--Frequency of use of types of information on food labels: Calories per serving, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All MMPP.....	2,883	38.2	28.7	19.1	13.8	0.1
Age:						
39 years and under.....	1,176	35.0	30.7	20.8	13.5	.0
40-59 years.....	806	40.1	29.0	18.1	12.6	.2
60 years and over.....	901	41.1	25.1	17.8	15.8	.2
Income level:						
Under 131% poverty.....	1,152	29.8	28.3	23.4	18.4	.1
131-350% poverty.....	910	37.6	26.7	20.4	15.2	.1
Over 350% poverty.....	607	41.7	32.0	17.3	8.9	.1
Race:						
Black.....	405	30.0	28.1	22.5	19.3	.1
White.....	2,366	39.0	28.8	18.9	13.0	.2
Education:						
Grade 8 or less.....	387	31.8	21.4	18.0	28.7	.0
Grades 9-12/GED.....	1,520	34.1	29.7	19.6	16.5	.2
At least some college.....	954	42.8	29.2	19.1	8.8	.1
Employment status:						
Employed.....	1,284	38.2	29.2	19.8	12.6	.1
Not employed.....	1,571	38.6	27.6	18.2	15.4	.2
Self-assessed health status:						
Excellent or very good.....	1,309	40.4	27.7	19.3	12.5	.1
Good.....	995	35.3	31.7	18.8	14.0	.2
Fair or poor.....	561	36.6	26.8	19.1	17.4	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.4.--Frequency of use of types of information on food labels: Fat content, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All MMPP.....	2,883	44.9	28.6	14.4	12.1	0.1
Age:						
39 years and under.....	1,176	35.8	33.5	18.0	12.6	.0
40-59 years.....	806	51.0	27.6	11.3	10.0	.0
60 years and over.....	901	52.1	21.7	12.4	13.6	.2
Income level:						
Under 131% poverty.....	1,152	33.7	27.1	18.8	20.3	.1
131-350% poverty.....	910	41.6	31.3	14.1	12.8	.1
Over 350% poverty.....	607	52.4	26.6	13.8	7.2	.0
Race:						
Black.....	405	28.6	32.8	21.8	16.7	.0
White.....	2,366	46.7	28.6	13.2	11.5	.1
Education:						
Grade 8 or less.....	387	27.8	25.9	19.3	27.0	.0
Grades 9-12/GED.....	1,520	42.4	29.2	14.7	13.5	.2
At least some college.....	954	49.6	28.4	13.7	8.2	.0
Employment status:						
Employed.....	1,284	40.7	32.3	16.5	10.5	.0
Not employed.....	1,571	50.6	23.6	11.5	14.1	.2
Self-assessed health status:						
Excellent or very good.....	1,309	47.0	29.8	12.5	10.6	.1
Good.....	995	42.6	27.8	17.3	12.2	.1
Fair or poor.....	561	42.1	25.4	15.8	16.6	.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.5.--Frequency of use of types of information on food labels: Cholesterol content, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All MMPP.....	2,883	43.3	26.9	17.2	12.4	0.1
Age:						
39 years and under.....	1,176	36.7	30.0	20.3	13.0	.0
40-59 years.....	806	44.4	29.0	15.8	10.7	.0
60 years and over.....	901	52.6	19.7	14.1	13.4	.2
Income level:						
Under 131% poverty.....	1,152	34.8	27.6	17.8	19.7	.1
131-350% poverty.....	910	42.6	26.6	18.4	12.3	.1
Over 350% poverty.....	607	47.8	27.5	16.8	7.8	.0
Race:						
Black.....	405	37.4	23.4	24.2	14.9	.1
White.....	2,366	43.7	27.9	16.4	11.9	.1
Education:						
Grade 8 or less.....	387	30.3	27.1	15.4	27.2	.1
Grades 9-12/GED.....	1,520	41.9	25.6	19.2	13.1	.2
At least some college.....	954	45.9	28.8	16.1	9.3	.0
Employment status:						
Employed.....	1,284	39.3	30.0	19.2	11.5	.0
Not employed.....	1,571	48.9	22.7	14.6	13.6	.2
Self-assessed health status:						
Excellent or very good.....	1,309	42.4	29.3	17.3	11.0	.1
Good.....	995	44.8	24.4	18.6	12.2	.1
Fair or poor.....	561	44.7	23.7	14.2	17.2	.2

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.6.--Frequency of use of types of information on food labels: Sodium content, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> 1/	<u>Percent</u>				
All MMPP.....	2,883	38.8	25.5	20.7	14.8	0.2
Age:						
39 years and under.....	1,176	30.2	30.3	24.3	15.1	.0
40-59 years.....	806	40.8	25.0	20.4	13.5	.3
60 years and over.....	901	50.1	18.4	15.5	15.7	.3
Income level:						
Under 131% poverty.....	1,152	32.1	23.5	23.8	20.3	.2
131-350% poverty.....	910	40.6	21.1	23.2	15.0	.2
Over 350% poverty.....	607	40.3	29.7	18.5	11.4	.1
Race:						
Black.....	405	33.7	22.4	26.8	17.0	.1
White.....	2,366	39.1	26.2	20.0	14.6	.2
Education:						
Grade 8 or less.....	387	31.4	20.2	17.4	30.7	.4
Grades 9-12/GED.....	1,520	35.6	25.1	23.0	16.0	.2
At least some college.....	954	42.7	26.6	19.6	11.0	.1
Employment status:						
Employed.....	1,284	35.0	27.7	23.2	14.0	.1
Not employed.....	1,571	44.2	22.6	17.1	15.8	.2
Self-assessed health status:						
Excellent or very good.....	1,309	36.3	27.5	21.5	14.6	.2
Good.....	995	42.1	24.0	20.6	13.1	.2
Fair or poor.....	561	42.3	21.1	18.3	18.2	.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.7.--Frequency of use of types of information on food labels: Fiber content, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All MMPP.....	2,883	24.4	32.2	25.8	17.5	0.2
Age:						
39 years and under.....	1,176	16.4	31.8	31.9	19.7	.1
40-59 years.....	806	25.9	36.8	21.8	15.3	.3
60 years and over.....	901	35.3	27.3	20.7	16.5	.2
Income level:						
Under 131% poverty.....	1,152	21.9	27.6	26.0	24.4	.1
131-350% poverty.....	910	25.3	31.2	26.0	17.1	.4
Over 350% poverty.....	607	24.6	35.5	26.2	13.6	.1
Race:						
Black.....	405	19.9	30.2	32.2	17.2	.5
White.....	2,366	24.8	32.5	25.0	17.5	.2
Education:						
Grade 8 or less.....	387	22.6	25.2	19.3	32.7	.2
Grades 9-12/GED.....	1,520	23.9	30.5	26.9	18.5	.2
At least some college.....	954	25.1	34.9	25.7	14.1	.2
Employment status:						
Employed.....	1,284	21.4	32.2	29.4	16.9	.2
Not employed.....	1,571	28.3	32.4	20.8	18.3	.3
Self-assessed health status:						
Excellent or very good.....	1,309	25.0	33.2	25.0	16.6	.1
Good.....	995	22.6	32.9	27.2	16.8	.4
Fair or poor.....	561	26.5	26.7	25.5	21.2	.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.8.--Frequency of use of types of information on food labels: Vitamin or mineral content, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All MMPP.....	2,883	24.5	37.0	23.2	15.2	0.2
Age:						
39 years and under.....	1,176	23.1	39.6	22.1	15.1	.0
40-59 years.....	806	21.3	39.5	25.1	13.9	.2
60 years and over.....	901	30.6	29.8	22.5	16.8	.4
Income level:						
Under 131% poverty.....	1,152	27.5	30.5	21.1	20.9	.1
131-350% poverty.....	910	25.0	36.2	25.6	13.0	.3
Over 350% poverty.....	607	23.8	39.3	23.9	12.9	.1
Race:						
Black.....	405	21.2	44.3	18.9	15.5	.1
White.....	2,366	24.2	36.6	24.0	15.0	.2
Education:						
Grade 8 or less.....	387	17.9	32.1	22.9	26.9	.2
Grades 9-12/GED.....	1,520	23.4	36.2	24.2	15.9	.3
At least some college.....	954	26.6	38.6	22.0	12.8	.1
Employment status:						
Employed.....	1,284	22.6	39.2	24.0	14.0	.2
Not employed.....	1,571	26.9	33.8	22.3	16.8	.2
Self-assessed health status:						
Excellent or very good.....	1,309	25.1	38.5	22.4	13.9	.1
Good.....	995	22.3	36.4	25.6	15.5	.3
Fair or poor.....	561	27.8	32.9	20.6	18.6	.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.9.--Frequency of use of types of information on food labels: Sugar content, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All MMPP.....	2,883	33.3	32.3	19.8	14.5	0.1
Age:						
39 years and under.....	1,176	27.0	33.2	24.0	15.7	.1
40-59 years.....	806	33.3	35.7	18.1	12.8	.1
60 years and over.....	901	43.1	27.0	15.1	14.5	.2
Income level:						
Under 131% poverty.....	1,152	29.9	28.9	19.8	21.3	.1
131-350% poverty.....	910	33.7	31.3	20.9	13.8	.2
Over 350% poverty.....	607	33.6	35.4	20.1	10.8	.0
Race:						
Black.....	405	26.3	31.1	26.8	15.8	.0
White.....	2,366	33.2	33.2	19.2	14.3	.1
Education:						
Grade 8 or less.....	387	30.0	28.9	11.9	29.3	.0
Grades 9-12/GED.....	1,520	31.3	30.8	21.0	16.6	.3
At least some college.....	954	35.9	34.7	19.2	10.2	.0
Employment status:						
Employed.....	1,284	30.2	32.9	22.4	14.5	.0
Not employed.....	1,571	37.6	31.5	16.1	14.5	.3
Self-assessed health status:						
Excellent or very good.....	1,309	32.3	35.8	19.0	12.8	.1
Good.....	995	34.3	30.1	21.2	14.2	.2
Fair or poor.....	561	35.8	23.9	19.4	20.7	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.10.--Frequency of use of types of information on food labels: Defrosting instructions, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> 1/	<u>Percent</u>				
All MMPP.....	2,883	31.6	28.0	21.9	18.3	0.2
Age:						
39 years and under.....	1,176	24.8	27.8	24.5	22.7	.1
40-59 years.....	806	34.8	27.5	19.4	18.2	.1
60 years and over.....	901	38.6	28.7	20.8	11.3	.7
Income level:						
Under 131% poverty.....	1,152	31.9	31.0	18.7	17.8	.6
131-350% poverty.....	910	35.1	28.0	20.5	16.2	.2
Over 350% poverty.....	607	28.8	26.2	24.2	20.6	.1
Race:						
Black.....	405	27.8	28.9	22.5	20.7	.1
White.....	2,366	31.2	28.4	22.2	17.9	.3
Education:						
Grade 8 or less.....	387	24.0	34.3	19.1	21.8	.7
Grades 9-12/GED.....	1,520	34.6	29.5	18.8	16.8	.3
At least some college.....	954	29.2	25.8	25.4	19.5	.1
Employment status:						
Employed.....	1,284	27.6	29.2	24.0	19.1	.1
Not employed.....	1,571	37.1	26.4	19.2	16.8	.5
Self-assessed health status:						
Excellent or very good.....	1,309	31.8	29.8	21.3	17.0	.2
Good.....	995	32.2	25.6	24.0	17.9	.2
Fair or poor.....	561	29.6	26.5	19.7	23.7	.6

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C6.11.--Frequency of use of types of information on food labels: Storage instructions, all main meal planners/preparers (MMPP), 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> 1/	<u>Percent</u>				
All MMPP.....	2,883	49.6	26.9	15.1	8.4	0.1
Age:						
39 years and under.....	1,176	46.1	30.1	15.2	8.6	.0
40-59 years.....	806	49.8	25.8	16.5	7.9	.0
60 years and over.....	901	54.9	23.1	13.4	8.5	.2
Income level:						
Under 131% poverty.....	1,152	45.7	25.3	15.2	13.7	.0
131-350% poverty.....	910	53.5	28.0	11.8	6.5	.1
Over 350% poverty.....	607	48.2	24.7	19.2	7.8	.0
Race:						
Black.....	405	44.6	32.6	13.4	9.4	.0
White.....	2,366	51.0	26.1	14.9	8.0	.1
Education:						
Grade 8 or less.....	387	37.0	28.6	16.0	18.4	.0
Grades 9-12/GED.....	1,520	48.4	28.5	14.2	8.8	.1
At least some college.....	954	53.7	24.2	15.8	6.4	.0
Employment status:						
Employed.....	1,284	47.1	28.9	16.2	7.9	.0
Not employed.....	1,571	52.6	24.3	13.9	9.0	.1
Self-assessed health status:						
Excellent or very good.....	1,309	50.8	27.4	14.9	6.7	.1
Good.....	995	49.4	27.3	14.2	9.1	.0
Fair or poor.....	561	45.8	23.6	18.3	12.3	.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.1A.--Frequency of use of types of information on food labels: Ingredient list, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All females.....	2,364	45.9	34.7	13.8	5.3	0.3
Age:						
39 years and under.....	956	39.2	35.5	18.7	6.5	.1
40-59 years.....	667	49.8	36.0	10.8	3.1	.3
60 years and over.....	741	50.8	32.0	10.6	6.1	.5
Income level:						
Under 131% poverty.....	959	35.8	34.5	19.8	9.7	.1
131-350% poverty.....	754	49.7	28.9	17.3	3.5	.6
Over 350% poverty.....	466	48.8	37.9	8.6	4.5	.1
Race:						
Black.....	342	34.5	34.5	25.8	5.2	.0
White.....	1,928	46.6	35.8	12.1	5.2	.3
Education:						
Grade 8 or less.....	314	36.6	31.3	19.6	12.4	.0
Grades 9-12/GED.....	1,287	39.2	38.2	16.3	6.0	.4
At least some college.....	744	53.8	32.3	10.4	3.2	.3
Employment status:						
Employed.....	994	43.1	37.1	14.7	4.8	.4
Not employed.....	1,352	48.8	32.4	12.7	5.9	.2
Self-assessed health status:						
Excellent or very good.....	1,055	45.9	35.8	13.6	4.4	.3
Good.....	826	46.0	34.3	13.9	5.4	.4
Fair or poor.....	470	46.7	31.6	14.7	6.9	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.1B.--Frequency of use of types of information on food labels: Ingredient list, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	519	32.0	31.2	20.0	16.6	0.1
Age:						
39 years and under.....	220	32.4	33.0	15.0	19.5	.0
40-59 years.....	139	30.9	29.9	25.0	13.8	.4
60 years and over.....	160	32.0	28.2	27.1	12.5	.2
Income level:						
Under 131% poverty.....	193	19.6	36.2	24.1	19.8	.3
131-350% poverty.....	156	29.8	29.3	22.1	18.8	.0
Over 350% poverty.....	141	37.3	31.8	19.3	11.4	.2
Race:						
Black.....	63	24.9	18.2	30.6	26.3	.0
White.....	438	33.3	32.1	19.0	15.5	.2
Education:						
Grade 8 or less.....	73	15.0	24.0	38.0	22.9	.0
Grades 9-12/GED.....	233	32.0	25.7	18.1	24.2	.0
At least some college.....	210	34.8	35.2	19.1	10.6	.3
Employment status:						
Employed.....	290	32.4	32.9	16.6	18.0	.1
Not employed.....	219	31.8	27.8	26.5	13.8	.2
Self-assessed health status:						
Excellent or very good.....	254	33.0	35.1	17.5	14.4	.0
Good.....	169	30.5	27.4	22.6	19.0	.5
Fair or poor.....	91	31.2	21.6	25.1	22.1	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.2A.--Frequency of use of types of information on food labels: Health claims, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All females.....	2,364	29.3	37.9	21.6	10.8	0.5
Age:						
39 years and under.....	956	27.1	38.7	23.2	10.9	.2
40-59 years.....	667	28.8	39.4	21.1	10.4	.3
60 years and over.....	741	33.0	34.9	20.1	11.0	1.0
Income level:						
Under 131% poverty.....	959	30.2	31.9	22.1	15.5	.4
131-350% poverty.....	754	30.1	37.1	23.0	9.1	.6
Over 350% poverty.....	466	26.6	41.1	22.1	9.8	.4
Race:						
Black.....	342	30.9	40.0	21.9	7.2	.0
White.....	1,928	28.1	38.6	21.7	11.1	.5
Education:						
Grade 8 or less.....	314	24.4	36.3	16.0	23.3	.1
Grades 9-12/GED.....	1,287	29.1	36.2	23.3	10.7	.6
At least some college.....	744	30.2	40.1	20.6	8.8	.4
Employment status:						
Employed.....	994	27.5	40.9	20.3	10.9	.3
Not employed.....	1,352	31.7	34.1	22.8	10.8	.6
Self-assessed health status:						
Excellent or very good.....	1,055	28.0	39.0	22.8	9.9	.3
Good.....	826	29.3	38.0	21.2	10.5	.9
Fair or poor.....	470	34.5	34.2	17.7	13.4	.2

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.2B.--Frequency of use of types of information on food labels: Health claims, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> 1/	----- <u>Percent</u> -----				
All males.....	519	19.5	34.9	24.0	21.4	0.2
Age:						
39 years and under.....	220	16.0	38.6	20.1	25.3	.0
40-59 years.....	139	20.5	33.9	31.2	14.3	.0
60 years and over.....	160	27.5	26.5	25.8	19.1	1.1
Income level:						
Under 131% poverty.....	193	13.7	32.1	24.2	30.0	.0
131-350% poverty.....	156	21.1	25.5	28.1	24.6	.8
Over 350% poverty.....	141	23.8	37.3	24.6	14.4	.0
Race:						
Black.....	63	14.0	23.1	26.5	36.4	.0
White.....	438	21.0	36.6	22.8	19.3	.3
Education:						
Grade 8 or less.....	73	14.6	24.8	26.9	33.7	.0
Grades 9-12/GED.....	233	25.8	26.7	21.4	26.2	.0
At least some college.....	210	15.8	41.3	26.0	16.5	.4
Employment status:						
Employed.....	290	18.7	37.2	22.2	21.9	.0
Not employed.....	219	21.5	30.4	27.6	19.8	.7
Self-assessed health status:						
Excellent or very good.....	254	19.4	38.1	21.4	21.1	.0
Good.....	169	16.5	34.2	27.2	21.2	.9
Fair or poor.....	91	26.5	21.4	29.8	22.3	.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.3A.--Frequency of use of types of information on food labels: Calories per serving, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All females.....	2,364	42.0	28.7	17.3	11.9	0.1
Age:						
39 years and under.....	956	38.7	30.9	19.5	10.8	.1
40-59 years.....	667	44.6	29.6	14.7	11.0	.2
60 years and over.....	741	43.6	24.5	17.1	14.5	.3
Income level:						
Under 131% poverty.....	959	32.4	29.1	21.5	16.9	.1
131-350% poverty.....	754	41.2	27.7	17.7	13.2	.1
Over 350% poverty.....	466	47.1	30.0	15.3	7.5	.1
Race:						
Black.....	342	33.6	30.2	20.2	16.0	.1
White.....	1,928	42.6	28.7	17.2	11.4	.2
Education:						
Grade 8 or less.....	314	34.6	19.2	16.1	30.1	.0
Grades 9-12/GED.....	1,287	36.9	31.3	18.3	13.3	.2
At least some college.....	744	47.8	28.3	16.6	7.2	.1
Employment status:						
Employed.....	994	43.3	29.6	17.1	9.9	.1
Not employed.....	1,352	40.9	27.3	17.2	14.4	.2
Self-assessed health status:						
Excellent or very good.....	1,055	44.6	28.2	16.6	10.5	.1
Good.....	826	38.2	30.5	18.8	12.3	.2
Fair or poor.....	470	41.1	27.6	16.3	14.9	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.3B.--Frequency of use of types of information on food labels: Calories per serving, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	519	23.0	28.6	26.7	21.6	0.1
Age:						
39 years and under.....	220	24.4	30.2	24.3	21.1	.0
40-59 years.....	139	15.3	25.5	37.1	21.5	.6
60 years and over.....	160	28.0	28.1	21.3	22.7	.0
Income level:						
Under 131% poverty.....	193	17.5	24.4	32.2	25.9	.0
131-350% poverty.....	156	19.6	22.0	33.4	25.0	.0
Over 350% poverty.....	141	23.9	38.4	24.0	13.7	.0
Race:						
Black.....	63	17.0	20.2	31.2	31.6	.0
White.....	438	24.5	29.5	26.1	19.8	.2
Education:						
Grade 8 or less.....	73	21.0	30.1	25.6	23.4	.0
Grades 9-12/GED.....	233	19.7	21.4	26.5	32.3	.0
At least some college.....	210	25.7	32.3	27.6	14.1	.3
Employment status:						
Employed.....	290	21.9	28.2	28.5	21.4	.0
Not employed.....	219	25.5	29.3	23.8	21.4	.0
Self-assessed health status:						
Excellent or very good.....	254	25.0	26.0	29.2	19.6	.2
Good.....	169	20.8	37.4	19.2	22.7	.0
Fair or poor.....	91	18.9	23.6	30.4	27.1	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.4A.--Frequency of use of types of information on food labels: Fat content, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All females.....	2,364	48.5	27.8	13.5	10.0	0.1
Age:						
39 years and under.....	956	39.7	32.7	18.0	9.5	.1
40-59 years.....	667	54.3	27.5	9.3	8.9	.0
60 years and over.....	741	54.0	21.4	12.4	11.9	.3
Income level:						
Under 131% poverty.....	959	36.1	28.7	18.1	16.9	.1
131-350% poverty.....	754	44.3	32.0	12.6	10.9	.1
Over 350% poverty.....	466	57.5	23.9	12.9	5.7	.0
Race:						
Black.....	342	32.0	36.9	16.4	14.7	.1
White.....	1,928	50.2	27.2	12.9	9.5	.1
Education:						
Grade 8 or less.....	314	30.0	24.9	19.2	25.9	.0
Grades 9-12/GED.....	1,287	45.4	30.0	14.4	10.0	.2
At least some college.....	744	54.8	25.9	12.0	7.2	.0
Employment status:						
Employed.....	994	44.3	31.6	15.9	8.2	.0
Not employed.....	1,352	53.7	23.2	10.7	12.1	.2
Self-assessed health status:						
Excellent or very good.....	1,055	50.8	27.9	12.0	9.2	.1
Good.....	826	47.1	27.6	15.5	9.7	.1
Fair or poor.....	470	44.0	28.4	15.3	12.3	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.4B.--Frequency of use of types of information on food labels: Fat content, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> 1/	<u>Percent</u>				
All males.....	519	30.1	31.4	18.0	20.5	0.0
Age:						
39 years and under.....	220	24.3	35.9	18.1	21.6	.0
40-59 years.....	139	32.7	28.5	22.8	16.0	.0
60 years and over.....	160	41.8	23.3	12.4	22.5	.0
Income level:						
Under 131% poverty.....	193	22.2	19.4	21.8	36.6	.0
131-350% poverty.....	156	28.6	27.8	21.4	22.2	.0
Over 350% poverty.....	141	35.6	35.6	16.7	12.0	.0
Race:						
Black.....	63	16.4	17.8	41.8	24.0	.0
White.....	438	32.1	34.0	14.1	19.8	.0
Education:						
Grade 8 or less.....	73	18.9	29.8	19.8	31.5	.0
Grades 9-12/GED.....	233	27.3	25.1	16.5	31.1	.0
At least some college.....	210	32.2	36.8	19.3	11.7	.0
Employment status:						
Employed.....	290	29.4	34.3	18.6	17.7	.0
Not employed.....	219	32.1	26.0	16.2	25.7	.0
Self-assessed health status:						
Excellent or very good.....	254	33.4	36.8	14.3	15.5	.0
Good.....	169	20.5	28.6	26.2	24.6	.0
Fair or poor.....	91	34.7	13.5	18.0	33.8	.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.5A.--Frequency of use of types of information on food labels: Cholesterol content, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All females.....	2,364	46.4	28.1	15.7	9.6	0.1
Age:						
39 years and under.....	956	39.7	31.9	19.2	9.0	.1
40-59 years.....	667	48.3	29.5	13.1	9.1	.0
60 years and over.....	741	53.6	21.0	14.0	11.1	.3
Income level:						
Under 131% poverty.....	959	37.4	28.8	17.4	16.2	.2
131-350% poverty.....	754	44.6	28.1	17.1	10.1	.1
Over 350% poverty.....	466	51.1	28.8	14.4	5.7	.0
Race:						
Black.....	342	40.6	28.1	19.7	11.6	.1
White.....	1,928	46.6	28.5	15.3	9.4	.1
Education:						
Grade 8 or less.....	314	32.4	26.8	14.7	25.8	.2
Grades 9-12/GED.....	1,287	45.1	27.2	17.8	9.6	.2
At least some college.....	744	49.3	29.8	14.1	6.8	.0
Employment status:						
Employed.....	994	43.2	32.2	16.6	7.9	.0
Not employed.....	1,352	50.3	23.1	14.6	11.7	.2
Self-assessed health status:						
Excellent or very good.....	1,055	44.7	30.2	16.4	8.5	.1
Good.....	826	49.0	25.5	16.3	9.1	.1
Fair or poor.....	470	47.7	26.2	12.2	13.7	.2

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.5B.--Frequency of use of types of information on food labels: Cholesterol content, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	519	30.9	22.2	23.3	23.5	0.0
Age:						
39 years and under.....	220	27.9	24.3	23.2	24.6	.0
40-59 years.....	139	23.2	26.2	31.1	19.5	.0
60 years and over.....	160	47.5	12.4	14.7	25.3	.0
Income level:						
Under 131% poverty.....	193	22.6	21.6	19.7	36.1	.0
131-350% poverty.....	156	32.5	19.6	24.6	23.4	.0
Over 350% poverty.....	141	37.2	23.2	24.7	14.9	.0
Race:						
Black.....	63	25.9	6.1	40.7	27.3	.0
White.....	438	31.7	25.5	20.6	22.2	.0
Education:						
Grade 8 or less.....	73	22.0	27.9	17.8	32.4	.0
Grades 9-12/GED.....	233	25.7	17.4	26.2	30.7	.0
At least some college.....	210	34.5	25.2	22.7	17.6	.0
Employment status:						
Employed.....	290	26.6	23.1	27.6	22.7	.0
Not employed.....	219	40.5	20.5	14.2	24.8	.0
Self-assessed health status:						
Excellent or very good.....	254	33.7	25.8	20.6	19.9	.0
Good.....	169	23.9	18.9	29.8	27.4	.0
Fair or poor.....	91	32.8	13.4	22.4	31.3	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.6A.--Frequency of use of types of information on food labels: Sodium content, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All females.....	2,364	42.0	25.2	20.3	12.2	0.2
Age:						
39 years and under.....	956	32.9	30.3	26.2	10.6	.1
40-59 years.....	667	44.0	25.3	17.9	12.5	.3
60 years and over.....	741	52.6	17.9	15.0	14.1	.3
Income level:						
Under 131% poverty.....	959	34.2	24.4	22.4	18.7	.2
131-350% poverty.....	754	43.5	21.2	21.6	13.5	.2
Over 350% poverty.....	466	43.5	29.3	19.3	7.7	.2
Race:						
Black.....	342	38.7	26.3	23.7	11.1	.2
White.....	1,928	42.0	25.2	20.2	12.4	.2
Education:						
Grade 8 or less.....	314	34.2	18.0	17.1	30.3	.5
Grades 9-12/GED.....	1,287	37.6	26.2	22.1	13.9	.2
At least some college.....	744	47.5	25.5	19.6	7.3	.2
Employment status:						
Employed.....	994	38.7	27.8	23.6	9.8	.2
Not employed.....	1,352	46.5	22.2	15.9	15.1	.3
Self-assessed health status:						
Excellent or very good.....	1,055	38.9	27.2	21.6	12.1	.2
Good.....	826	45.9	23.3	20.4	10.1	.3
Fair or poor.....	470	46.1	21.6	15.7	16.5	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.6B.--Frequency of use of types of information on food labels: Sodium content, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	519	25.8	26.7	22.4	25.1	0.0
Age:						
39 years and under.....	220	22.5	30.3	19.1	28.1	.0
40-59 years.....	139	23.2	23.7	33.9	19.2	.0
60 years and over.....	160	37.1	20.8	18.0	24.0	.0
Income level:						
Under 131% poverty.....	193	22.3	19.7	30.5	27.5	.0
131-350% poverty.....	156	26.4	20.8	30.7	22.1	.0
Over 350% poverty.....	141	29.7	30.9	15.7	23.7	.0
Race:						
Black.....	63	15.4	7.9	38.3	38.5	.0
White.....	438	27.3	30.1	19.1	23.5	.0
Education:						
Grade 8 or less.....	73	20.2	28.8	18.5	32.5	.0
Grades 9-12/GED.....	233	25.8	19.4	27.8	27.0	.0
At least some college.....	210	26.8	30.4	19.6	23.2	.0
Employment status:						
Employed.....	290	23.3	27.4	22.0	27.4	.0
Not employed.....	219	31.4	24.8	23.8	20.1	.0
Self-assessed health status:						
Excellent or very good.....	254	26.8	28.4	21.2	23.6	.0
Good.....	169	23.2	27.1	21.6	28.2	.0
Fair or poor.....	91	27.0	19.2	28.6	25.2	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.7A.--Frequency of use of types of information on food labels: Fiber content, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All females.....	2,364	26.5	32.4	25.8	15.1	0.2
Age:						
39 years and under.....	956	17.6	31.8	34.1	16.4	.0
40-59 years.....	667	27.3	38.4	20.3	13.7	.3
60 years and over.....	741	38.1	26.2	20.5	14.9	.3
Income level:						
Under 131% poverty.....	959	23.3	28.2	26.9	21.4	.1
131-350% poverty.....	754	27.0	31.4	25.5	15.9	.3
Over 350% poverty.....	466	26.8	36.4	25.1	11.6	.1
Race:						
Black.....	342	24.4	29.9	31.3	14.3	.2
White.....	1,928	26.5	32.5	25.3	15.5	.2
Education:						
Grade 8 or less.....	314	25.0	23.3	19.1	32.3	.3
Grades 9-12/GED.....	1,287	24.2	31.7	28.1	15.7	.3
At least some college.....	744	29.1	35.0	24.2	11.7	.1
Employment status:						
Employed.....	994	23.3	33.1	29.8	13.7	.1
Not employed.....	1,352	30.2	31.8	20.8	16.8	.3
Self-assessed health status:						
Excellent or very good.....	1,055	27.9	32.3	25.3	14.3	.2
Good.....	826	24.1	34.4	26.4	14.7	.3
Fair or poor.....	470	27.5	28.4	25.8	18.2	.1

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.7B.--Frequency of use of types of information on food labels: Fiber content, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels. For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All males.....	519	15.8	31.2	25.9	26.9	0.2
Age:						
39 years and under.....	220	13.0	31.9	25.6	29.1	.4
40-59 years.....	139	17.9	27.9	30.3	23.9	.0
60 years and over.....	160	20.4	33.1	21.7	24.8	.0
Income level:						
Under 131% poverty.....	193	15.0	24.9	21.7	38.4	.0
131-350% poverty.....	156	17.4	30.5	28.3	23.0	.7
Over 350% poverty.....	141	17.4	32.5	29.6	20.5	.0
Race:						
Black.....	63	3.2	31.3	35.5	28.2	1.8
White.....	438	18.1	32.2	23.9	25.7	.0
Education:						
Grade 8 or less.....	73	13.3	32.5	20.2	34.1	.0
Grades 9-12/GED.....	233	22.0	24.3	20.8	32.9	.0
At least some college.....	210	11.7	34.8	30.9	22.2	.4
Employment status:						
Employed.....	290	15.4	29.1	28.2	27.0	.3
Not employed.....	219	16.7	36.0	20.8	26.5	.0
Self-assessed health status:						
Excellent or very good.....	254	14.5	36.2	24.1	25.2	.0
Good.....	169	15.4	25.3	31.1	27.4	.8
Fair or poor.....	91	22.3	20.0	24.3	33.4	.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.8A.--Frequency of use of types of information on food labels: Vitamin or mineral content, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All females.....	2,364	26.3	37.8	21.7	14.1	0.2
Age:						
39 years and under.....	956	24.9	39.6	22.3	13.2	.0
40-59 years.....	667	22.1	42.3	21.6	13.8	.2
60 years and over.....	741	33.2	29.8	20.9	15.7	.4
Income level:						
Under 131% poverty.....	959	30.1	31.0	20.0	18.9	.1
131-350% poverty.....	754	26.7	38.5	22.7	11.7	.3
Over 350% poverty.....	466	24.5	39.8	22.7	12.9	.1
Race:						
Black.....	342	22.9	44.9	19.3	12.8	.2
White.....	1,928	25.7	37.7	22.2	14.1	.2
Education:						
Grade 8 or less.....	314	20.5	34.0	18.4	26.7	.3
Grades 9-12/GED.....	1,287	23.6	38.3	23.9	13.9	.3
At least some college.....	744	30.0	38.1	19.5	12.3	.1
Employment status:						
Employed.....	994	23.7	40.6	23.0	12.5	.2
Not employed.....	1,352	29.1	34.0	20.5	16.1	.2
Self-assessed health status:						
Excellent or very good.....	1,055	27.3	38.6	20.9	13.1	.2
Good.....	826	23.5	37.3	24.6	14.3	.3
Fair or poor.....	470	29.5	36.3	17.6	16.5	.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.8B.--Frequency of use of types of information on food labels: Vitamin or mineral content, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	519	17.4	33.9	29.2	19.6	0.0
Age:						
39 years and under.....	220	17.9	39.8	21.6	20.7	.0
40-59 years.....	139	16.9	23.9	44.4	14.8	.0
60 years and over.....	160	16.6	30.0	31.1	22.3	.0
Income level:						
Under 131% poverty.....	193	15.3	28.3	26.2	30.3	.0
131-350% poverty.....	156	16.5	24.8	39.4	19.3	.0
Over 350% poverty.....	141	21.2	37.9	27.8	13.2	.0
Race:						
Black.....	63	14.9	42.1	17.5	25.6	.0
White.....	438	18.0	32.4	31.1	18.4	.0
Education:						
Grade 8 or less.....	73	7.6	24.4	40.5	27.6	.0
Grades 9-12/GED.....	233	22.6	25.9	25.4	26.2	.0
At least some college.....	210	15.1	40.0	30.7	14.2	.0
Employment status:						
Employed.....	290	19.2	34.7	27.3	18.8	.0
Not employed.....	219	13.7	32.7	32.8	20.8	.0
Self-assessed health status:						
Excellent or very good.....	254	17.1	38.0	27.9	17.0	.0
Good.....	169	16.0	32.0	30.5	21.5	.0
Fair or poor.....	91	20.8	19.3	32.7	27.1	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.9A.--Frequency of use of types of information on food labels: Sugar content, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All females.....	2,364	36.1	33.7	18.0	12.1	0.1
Age:						
39 years and under.....	956	30.2	35.1	22.4	12.2	.0
40-59 years.....	667	35.7	36.6	16.1	11.6	.0
60 years and over.....	741	44.9	28.3	13.9	12.6	.3
Income level:						
Under 131% poverty.....	959	31.2	31.4	19.4	17.9	.1
131-350% poverty.....	754	35.5	32.9	19.6	11.9	.2
Over 350% poverty.....	466	37.2	36.3	17.1	9.4	.0
Race:						
Black.....	342	30.6	36.4	22.1	10.9	.0
White.....	1,928	35.4	34.2	17.7	12.5	.1
Education:						
Grade 8 or less.....	314	32.3	28.8	11.8	27.2	.0
Grades 9-12/GED.....	1,287	32.8	33.5	19.6	13.9	.2
At least some college.....	744	40.6	35.0	16.7	7.7	.0
Employment status:						
Employed.....	994	33.4	34.7	20.0	11.8	.0
Not employed.....	1,352	39.7	32.3	15.1	12.6	.2
Self-assessed health status:						
Excellent or very good.....	1,055	35.4	36.4	17.5	10.6	.1
Good.....	826	37.4	32.1	18.8	11.7	.1
Fair or poor.....	470	37.3	27.3	17.5	17.8	.1

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.9B.--Frequency of use of types of information on food labels: Sugar content, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	519	21.7	26.9	27.1	24.0	0.2
Age:						
39 years and under.....	220	17.6	27.7	28.4	26.0	.3
40-59 years.....	139	20.4	30.9	29.4	19.2	.1
60 years and over.....	160	33.6	20.4	21.3	24.7	.0
Income level:						
Under 131% poverty.....	193	23.9	16.9	21.7	37.3	.1
131-350% poverty.....	156	25.0	23.6	27.7	23.1	.6
Over 350% poverty.....	141	21.9	32.5	30.1	15.5	.0
Race:						
Black.....	63	10.8	11.3	44.0	33.9	.0
White.....	438	23.9	29.2	25.1	21.4	.2
Education:						
Grade 8 or less.....	73	21.0	29.5	12.2	37.3	.0
Grades 9-12/GED.....	233	23.8	17.3	28.3	30.0	.5
At least some college.....	210	20.4	33.9	27.4	18.3	.0
Employment status:						
Employed.....	290	20.0	27.0	29.9	23.1	.0
Not employed.....	219	25.5	26.9	21.4	25.5	.6
Self-assessed health status:						
Excellent or very good.....	254	20.9	33.6	24.5	20.9	.0
Good.....	169	19.3	20.2	33.0	26.8	.8
Fair or poor.....	91	30.2	10.5	27.0	32.3	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.10A.--Frequency of use of types of information on food labels: Defrosting instructions, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All females.....	2,364	33.3	28.6	20.4	17.6	0.2
Age:						
39 years and under.....	956	25.0	29.0	23.6	22.3	.0
40-59 years.....	667	36.0	27.3	18.2	18.4	.1
60 years and over.....	741	41.7	29.5	18.4	10.0	.4
Income level:						
Under 131% poverty.....	959	35.1	31.0	16.9	16.5	.6
131-350% poverty.....	754	35.2	27.5	20.7	16.4	.1
Over 350% poverty.....	466	30.8	27.6	21.4	20.2	.0
Race:						
Black.....	342	31.1	32.0	19.2	17.6	.1
White.....	1,928	32.5	29.0	20.8	17.5	.2
Education:						
Grade 8 or less.....	314	27.5	35.2	16.7	19.6	.9
Grades 9-12/GED.....	1,287	36.9	28.5	18.2	16.3	.2
At least some college.....	744	29.3	27.9	23.6	19.1	.0
Employment status:						
Employed.....	994	28.1	30.4	22.6	19.0	.0
Not employed.....	1,352	39.5	26.8	17.6	15.7	.3
Self-assessed health status:						
Excellent or very good.....	1,055	33.2	30.9	19.4	16.5	.1
Good.....	826	34.4	25.6	23.4	16.5	.0
Fair or poor.....	470	31.0	27.2	17.2	23.9	.7

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.10B.--Frequency of use of types of information on food labels: Defrosting instructions, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number 1/</u>	<u>Percent</u>				
All males.....	519	24.9	25.5	28.2	20.8	0.6
Age:						
39 years and under.....	220	24.3	24.4	27.1	23.7	.4
40-59 years.....	139	28.5	28.5	26.2	16.8	.0
60 years and over.....	160	22.1	25.0	33.2	17.9	1.8
Income level:						
Under 131% poverty.....	193	16.7	31.1	27.4	24.1	.7
131-350% poverty.....	156	34.6	30.4	19.4	15.0	.6
Over 350% poverty.....	141	22.4	21.7	33.4	21.9	.6
Race:						
Black.....	63	15.7	17.6	34.6	32.1	.0
White.....	438	26.1	25.8	27.9	19.5	.7
Education:						
Grade 8 or less.....	73	10.4	30.6	28.5	30.4	.0
Grades 9-12/GED.....	233	23.1	34.6	22.0	19.6	.8
At least some college.....	210	28.6	18.9	31.3	20.7	.6
Employment status:						
Employed.....	290	25.9	25.6	28.5	19.7	.3
Not employed.....	219	23.2	24.3	28.3	22.8	1.2
Self-assessed health status:						
Excellent or very good.....	254	26.6	25.9	28.3	18.7	.5
Good.....	169	21.2	25.7	27.0	24.9	1.1
Fair or poor.....	91	24.2	23.6	29.7	22.5	.0

1/ Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.11A.--Frequency of use of types of information on food labels: Storage instructions, female main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All females.....	2,364	52.5	27.7	12.3	7.5	0.1
Age:						
39 years and under.....	956	47.7	31.9	12.7	7.7	.0
40-59 years.....	667	51.8	26.6	14.5	7.2	.0
60 years and over.....	741	60.0	23.0	9.2	7.7	.2
Income level:						
Under 131% poverty.....	959	50.9	25.2	12.0	11.8	.0
131-350% poverty.....	754	55.1	29.0	10.1	5.6	.2
Over 350% poverty.....	466	51.4	25.0	15.8	7.9	.0
Race:						
Black.....	342	47.1	34.7	11.1	7.2	.0
White.....	1,928	53.8	26.8	12.1	7.2	.1
Education:						
Grade 8 or less.....	314	43.8	28.1	12.0	16.1	.0
Grades 9-12/GED.....	1,287	51.4	28.7	12.3	7.4	.1
At least some college.....	744	55.9	25.3	12.6	6.2	.0
Employment status:						
Employed.....	994	49.2	30.3	13.6	7.0	.0
Not employed.....	1,352	56.0	24.6	11.1	8.2	.1
Self-assessed health status:						
Excellent or very good.....	1,055	52.7	28.6	12.4	6.2	.1
Good.....	826	53.7	26.5	12.1	7.6	.0
Fair or poor.....	470	49.5	26.6	12.7	11.2	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

Table C7.11B.--Frequency of use of types of information on food labels: Storage instructions, male main meal planners/preparers, 1990-1991

Question: I am going to read some types of information that may be on food packages or labels.
For each, please tell me if you use that type of information often, sometimes, rarely, or never.

Selected characteristics	Respondents	Frequency				
		Often	Sometimes	Rarely	Never	Don't know/ no answer
	<u>Number</u> ^{1/}	<u>Percent</u>				
All males.....	519	38.0	23.6	26.5	11.9	0.0
Age:						
39 years and under.....	220	41.4	24.7	22.6	11.3	.0
40-59 years.....	139	39.2	21.3	27.5	12.0	.0
60 years and over.....	160	27.8	23.5	35.5	13.2	.0
Income level:						
Under 131% poverty.....	193	21.3	25.8	30.3	22.6	.0
131-350% poverty.....	156	45.8	22.9	20.1	11.2	.0
Over 350% poverty.....	141	37.8	24.0	30.5	7.7	.0
Race:						
Black.....	63	35.3	25.2	22.0	17.5	.0
White.....	438	39.2	23.2	26.5	11.0	.0
Education:						
Grade 8 or less.....	73	10.7	30.5	31.6	27.1	.0
Grades 9-12/GED.....	233	32.8	27.5	23.9	15.8	.0
At least some college.....	210	46.3	20.4	26.4	7.0	.0
Employment status:						
Employed.....	290	40.7	24.3	24.4	10.5	.0
Not employed.....	219	33.0	22.7	30.3	14.0	.0
Self-assessed health status:						
Excellent or very good.....	254	44.1	23.1	24.1	8.7	.0
Good.....	169	28.1	31.0	24.1	16.7	.0
Fair or poor.....	91	31.3	11.5	40.6	16.6	.0

^{1/} Number in the sample.

NOTES: See "Table notes."

Estimates are for main meal planners/preparers and are based on respondents with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey and Continuing Survey of Food Intakes by Individuals, 1990-1991.

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