



FOOD CONSUMPTION AND EXPENDITURES
AND
DIETARY LEVELS OF RURAL NEGRO FAMILIES
IN
THREE COUNTIES OF MISSISSIPPI, SUMMER, 1969

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S U M M A R Y

This study was designed to obtain information on low income rural Negro families with respect to their food consumption and expenditures, dietary levels, and related factors affecting family food consumption and dietary adequacy. The information was obtained through family visits by trained interviewers.

A randomized sample of families was interviewed in three Mississippi Delta Counties, Bolivar, Leflore, and Tallahatchie, in which the rural low income Negro population was known to be large.

Two types of questionnaires were used by the interviewers. One, which was of a general nature, covered a number of selected family characteristics, including income, family size, employment, education and ages of family heads, and the extent to which eligible families participated in the Food Stamp Program. The other questionnaire consisted of a rather comprehensive list of foods on which respondents were asked to state the amounts of each food used, together with their costs, during the preceding seven day period. They were also questioned concerning foods produced at home.

The yearly salaries reported fell into the following five general categories: below \$1000; \$1000-1999; \$2000-2999; \$3000-3999; \$4000 and above. Most of the families were in the two lowest categories. Bolivar and Tallahatchie Counties reported only one family each with an income high as \$4000. Ten families in Leflore County were at the \$4000 level. All but three of these were large enough to be classified as poverty level families.

The average household size in all three counties was above the national average. A relatively small number of households had only one or two members consisting of one elderly person or couple. Large households frequently included, in addition to the family head or heads, the children, grandparents, and other relatives. Households

tended to be larger at the higher income levels. Households with ten or more were often encountered.

Both unemployment and underemployment accounted for the low incomes. A further factor was the low educational level of the respondents, which made on the lowest paid jobs available. The average median grades attained for all incomes ranged in the three counties for the adult males from 3.72 to 5.14; for the females from 5.63 to 6.15.

The food data were computerized to estimate nutritive values. The quantities and money value of the different food groups used during the preceding seven day period of the study were related both to income and family size. There was little home produced food, and relatively few eligible families took advantage of the availability of food stamps to reduce food costs.

The per person per day nutritive values of the diets were found to be highest for families of less than three or four members. Fats furnished over 40 per cent of the energy value of the diets in all three counties.

Grains and meats were the principal contributors to the energy value of the diets, with the contributions of meats sometimes exceeding grains, especially at the higher income levels. Meats contributed 1/3 to more than 1/2 of the fat content of the diets.

The small quantities of milk, vegetables, especially green and yellow vegetables, and ascorbic acid rich fruits used are reflected in low calcium, vitamin A activity and ascorbic acid values of the diets. Iron values, frequently found to be low in dietary surveys in the United States, were maintained at what appeared to be a satisfactory level, attributable chiefly to the quantities of enriched cereal products and meats used.

III

The grains used were chiefly of the enriched type and their contribution to the iron value of the diet, together with the iron contributions of meats bought this nutrient to a level that compares favorably to that obtained by Adelson in May 1967.*

* Adelson, S. F., A.R.S. U.S.D.A. Consumer and Food Economics Research Division. The Dietary Situation Among Low Income Families in Two Mississippi Delta Counties, May 1967. A preliminary Report on the Effectiveness of the Food Stamp Program in Washington County and the Long Term Food Donation Program in Sunflower County, Table 1.

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Food Consumption and Expenditures and Dietary Levels of
Rural Negro Families in Three Counties of Mississippi

I N T R O D U C T I O N

The United States Department of Agriculture has made nationwide surveys of food consumption in the past thirty years - in 1936 (1), 1942 (2), 1948, (urban only) (3), 1955 (4), and 1965-1966 (5). The results of the 1965-66 survey were reported for the United States as a whole, and for four regions Northeast, North Central, West, and South.

Family food consumption surveys confined to Mississippi have also been made. Dickens conducted surveys on white and Negro families between 1936 and 1948 (6,7). In the summer of 1966, Harris (8) directed a survey in four Mississippi counties to assess the effect of food and nutrition education on food practices. Different methods of teaching were utilized to instruct homemakers in improved food practices through the wise use of donated foods and food stamps. With all methods of teaching, families receiving instruction showed more improvement in one or more food practices than families receiving no instruction.

Purpose and Scope of the Study

The study, which was carried out under a grant from the Consumer and Food Economics Research Division of the Agricultural Research Service of the United States Department of Agriculture, was designed to increase information on low income Negro families of Mississippi with respect to their food consumption and expenditures, dietary levels and related factors affecting family food consumption and adequacy of the diets. It is hoped that the findings may furnish a background for recommendations

that can be incorporated into future federal programs to improve the conditions that affect the food and nutrition situation of low income families.

Plan and Conduct of the Survey

The survey, which was conducted during June, July, and August of 1969, covered three Mississippi Delta Counties, Bolivar, Leflore, and Tallahatchie,* in which the rural low income Negro population was known to be large. A random sampling was made by following routes, radiating from the county seat of each county, and interviewing every fourth or fifth Negro family on the different routes. Valuable assistance was obtained from the County Agricultural Extension offices in outlining the routes so as to arrive at a representative sample. The size of the sample chosen from each county differed in accordance with the varying size of the total county Negro population. The original plan was to survey 400 to 600 households, the largest number to come from Bolivar County, the next in size from Leflore, and the smallest number from Tallahatchie County.

On the basis of 600, it was planned to survey 300 households in Bolivar County, 175 in Leflore, and 125 in Tallahatchie. These figures represented approximately 0.7 per cent of the rural Negro population of the three counties respectively.

In practice, it was necessary to vary this percentage distribution among the three counties somewhat. Usable records were obtained on a total of 461 families.

*Delta Section Only

After attending training sessions and making practice interviews, four interviewers from Alcorn A. & M. College, collected data by personal visits with the homemaker. They used a questionnaire to obtain general information concerning the families visited and a detailed food list to record the quantities and costs of foods purchased and used at home during the seven days immediately preceding the interview.

The procedures were adapted from those followed by the Consumer and Food Economics Research Division of the Agricultural Research Service of the United States Department of Agriculture in special surveys that have been made.

Discussion of Results

In most of the families interviewed, both male and female heads were reared on farms or in rural areas. In Bolivar County, this was true of 78.4%; in Leflore County 87.5%; and in Tallahatchie 81.4%.

Housing and Household Facilities and Equipment

Most of the families rented their homes or were furnished housing without cost. Home ownership was low. The tabulation below summarizes the situation in each county.

	Rented	Free or received as pay	Owned	No report
Bolivar	6.1%	62.5%	8.3%	23.1%
Leflore	26.7%	40.1%	26.7%	6.5%
Tallahatchie	41.2%	25.7%	12.3%	20.8%

The percent of households with specified facilities and equipment are indicated in Table 1.

Selected Family Characteristics

The characteristics studied were income, employment, educational level of male and female heads, and Food Stamp Program participation. Findings are recorded in Table 2.

Income and Employment

The reported family incomes were divided into five classes, and the percentages in each class for the three counties are listed in the following table:

	Bolivar Percent	Leflore Percent	Tallahatchie Percent
Below \$1000	34.3 percent	24.1 percent	32.1 percent
\$1000-1999	46.9 percent	30.5 percent	56.6 percent
\$2000-2999	15.2 percent	19.6 percent	8.3 percent
\$3000-3999	3.1 percent	16.9 percent	2.0 percent
\$4000 and above	0.4 percent	8.9 percent	1.0 percent

Leflore appeared to be the most prosperous of the three counties and Tallahatchie the least. Male employment figures were lowest in Tallahatchie County and the percent of female heads not employed away from home was highest. Lack of employment of female heads or wives outside the home was lowest in Leflore County.

Farm labor accounted for the highest percentage of male heads employed. Female employment away from home consisted chiefly of work in homes as maids. A very small number among those who had attained an educational level as high as the 12th grade were employed as teacher's aids.

Tallahatchie was the most rural of the three counties. Industrialization as a source of employment was less in Tallahatchie County than in the other two counties.

E D U C A T I O N

Educational levels, which were low in all three counties, are indicated in Tables 2 and 3. In general, Leflore County, where the economic situation appeared better than in the other two counties, ranked highest educationally, which suggests a relationship between education and income.

The education of the female head in most instances was higher than that of the male, with female heads in Leflore County ranking above those in Bolivar and Tallahatchie Counties. Perhaps this higher level of education was a factor accounting for the greater extent of employment of Leflore County female heads or wives away from home. This might be explained as a possible effect of education on the ambition of the women, and higher job opportunities.

Participation in the Food Stamp Program

The percentage of eligible participants in the Food Stamp Program was low. The overall participation in Bolivar County was 60.8 percent; in Leflore, 37.7, and Tallahatchie 34.2 percent.

Adelson stated in a preliminary report of May 1967 that 43 percent of the 316 qualifying families surveyed in Washington County participated in the Food Stamp Program.*

* Adelson, S. F., A.R.S., U.S.D.A. Consumer and Food Economics Research Division. The Dietary Situation Among Low Income Families in Two Mississippi Delta Counties, May 1967; A preliminary report on the Effectiveness of the Food Stamp Program in Washington County and the Long Term Food Donation Program in Sunflower County.

The necessary money outlay to purchase food stamps and the relatively low bonus value in 1969 may have accounted in part for the failure to make use of the plan.

A lack of understanding of the contribution which the wise use of food stamps could make in providing a more adequate food supply for the family was also probably involved.

Distribution of Households by Family Size
and by Age of Male and/or Female Heads

The distribution of households by family size is shown in Table 4. The members of the family in some instances included, in addition to head or heads and the children, a grandparent or grandparents and/or other relatives. The highest percent of very large families was found in Bolivar County, and the smallest in Leflore.

Distribution by age of male and female heads is presented in Tables 5 and 6. The age group under 20 for both male and female heads was found to be very small in all three counties. A possible explanation of this observation, considering the frequency of teenage marriages today, is the outward migration of youth.

Money Value of All Foods and Quantity of Food
Groups Used at Home Per Week by Household Size

Household size was considered in terms of "equivalent persons" which was derived by dividing by 21 the number of meals served from home food supplies to all households members. This figure represented full participation in family meals per person on the basis of three meals per day for the seven day period for which records were obtained.

In general, a step like increase was observed in the amount of money spent for food with an increase in household size. This was true with some exceptions for pounds of different food groups purchased and used (Tables 7, 8, and 9).

Table 10 records the money value of foods used in a week per household by income for each county. Food expenditures tended to increase with an increase in income, with the number of family members exerting an influence. The average family size tended to be larger at the higher incomes.

Percentage of Families Purchasing and Eating
Food Away From Home and Producing Food

Few of the families, even at the highest income, ate away from home. Also, less than 50 percent of the families in Bolivar and Leflore Counties had home gardens. In Tallahatchie County at the \$2000-2999 and \$3000-3999 income levels, 50 percent of the families produced some of their food (Table 11). In light of the fact that the survey was made during the summer months, more home food production might have been expected, particularly among the lower income unemployed groups.

Nutritive Values of Food Used at Home
Per Person Per Day and Contributions of the
Different Food Groups to the Nutritive Values

Average quantity and money value of food used per person per week and percent of households using each food in a week are shown in Tables 12, 13, and 14.

The food data were computerized to estimate the nutritive values.

The nutritive values are reported for households varying in size expressed in terms of equivalent persons in Table 15. With few exceptions calories and the various nutrients were highest per person for family size 2.46 to 3.45 in Bolivar and Leflore Counties. A more irregular situation was observed in Tallahatchie County.

In Tallahatchie County, the average nutritive values for all households per person per day of foods used during the seven day period preceding the survey exceeded those of the other two counties in calories, grams protein and fat, and milligrams, calcium, iron, thiamine and riboflavin. Vitamin A activity (I.U.) was also highest in Tallahatchie County.

The difference in the level of vitamin A activity between Bolivar and Leflore Counties and Tallahatchie County was most evident for household size 5.46 and over. The quantities of milk products, eggs, and dark green vegetables used by families of this size in Tallahatchie County were markedly higher than in Bolivar and Leflore Counties. The larger amounts of these important sources of vitamin A in the diets in Tallahatchie County may be related to higher home food production in this county.

In both this study, and the 1965 nationwide survey, fat furnished more than 40 percent of the total calories. It amounted to 47.4 percent in Tallahatchie County, 45.7 in Bolivar County, and 41.8 in Leflore.

Calories and nutrients were lower than the average values per person per day reported for the rural South by U.S.D.A. for 1965-1966; (Report No. 9). A possible explanation is the decrease in purchasing power of the dollar between 1965 and 1969. It seems likely that families with comparable low incomes were able to purchase more liberal diets in 1965 than in 1969.

Also, certain factors cited in Report No. 9 that may have accounted for some of the changes in nutritive content of the diets between 1955 and 1965 may be considered. Average values for calories, calcium, vitamin A activity, thiamine, riboflavin and ascorbic acid were lower in 1965 than in 1955, which can be attributed chiefly to differences in food used. It is suggested that some of these differences may reflect changes in certain population characteristics. The proportion of households on farms was substantially less and the proportion of single persons living alone in 1965 was greater than ten years earlier. Both of these trends continued between the 1965-66 nation wide survey and 1969, when this survey was made.

Dietary adequacy cannot be fully evaluated on the basis of nutrient content of diets as recorded in Table 15 without a corresponding assessment of the nutritional status of the people who consume them. The latter was not a part of this study. Neither do we have other sources of information on the nutritional status of people in the counties surveyed, since Mississippi was not included in the recent ten state nutritional status measurements of people in the United States, and the planned nation wide measurements have not yet been consummated.

To apply the commonly accepted use of the Daily Dietary Recommendations of the Food and Nutrition Board of the National Research Council,* it would be necessary to make an evaluation on the basis of the ages and activity of the adults and the ages and sex of the children. This would be a possibility if records on the ages of the children were sufficiently reliable, of which there is some reason for doubt.

Evaluation of the diets using the adult Daily Recommended Allowances for 1968 as a guide might lead to the following conclusions when applied to the averages for all households:

1. Calories appear to be adequate, especially in light of the fact that a serious nutritional problem of this country in the adult is excess of calories, with obesity as a result.
2. Protein and iron (the latter for women) are borderline, and vitamin A activity is low in Bolivar and Leflore Counties.
3. Ascorbic acid is low in all three counties.

Contributions of the different food groups to the energy and various nutrients provided by the diets are shown in Tables 16, 17, and 18 for the different income levels. These values are reported in terms of percentage contributions of the foods used during a seven day period to the nutritive value of the diet.

Grains and meats were the principal contributors to the energy value of the diets, with the contribution of meats sometimes exceeding that of grains, especially at the higher income levels. While meats contributed most of the protein, the contribution of the grains to the protein content of the diets was appreciable. Meats contributed 1/3 to more than 1/2 of the fat of the diets.

The small quantities of milk, vegetables, especially green and yellow vegetables, and ascorbic acid rich fruits used are reflected in low calcium, vitamin A activity and ascorbic acids values of the diets. Iron values, frequently found to be low in dietary surveys in the United States, were maintained at what appeared to be a satisfactory level, attributable chiefly to the quantities of enriched cereal products and meats used.

The grains used were chiefly of the enriched type and their contribution to the iron value of the diet, together with the iron contributions of meats brought this nutrient to a level that compares favorably to that obtained by Adelson in May 1967.*

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Table 1 Percent of Households Having Specified Facilities and Equipment

B O L I V A R C O U N T Y

WATER

Pump 63.7%
Faucet 27.3%
Hauled 9.4%
(1) Hot 0
(2) Cold 4.4%

FOOD PREPARATION AND OTHER APPLIANCES

(a) Electric Appliances
Iron 92.3%
Toaster 0.4%
Fan 86.5%
Skillet 53.8%
Deep Fryer 0.4%
Mixer 0.8%
Coffee Pot 1.3%

COMMUNICATIONS

(a) Televisions
(1) B & W 69.5%
(2) Color 0
(b) Radios 84.3%
(c) Telephones 1.3%

SANITATION

(a) Toilet
(1) Indoor flush
Chemical 3.5%
(2) Outdoor,
Sewage, Cess-
pool 85.2%
Septic Tank
0

CLEANING EQUIPMENT

(1) Electric & Man. 0
(2) Carpet Sweeper 0

(b) Cooking Stove
Electric, Gas, Butane 93.2%
Wood, Coal, Other 4%

CLOTHING EQUIPMENT

(a) Sewing Machine
(1) Electric 4.9%
(2) Treadle 7.6%

(b) Bathtub or
Shower 2.6%
(c) Automatic
Disposal 0

(c) Home Freezer
(1) Separate 21%
(2) In Ref. 45.2%

(d) Refrigerator
Electric 96.8%

(e) Pressure Cooker 1.3%

PROTECTION-INSECT

(a) Wire Screens
(1) Some 69%
(2) All 20.6%

(d) Washing Machine
(1) Auto. 0
(2) Semi. 45.7%

TRANSPORATION

(a) Vehicle
(1) Car 21%
(2) Truck 0.8%

Table 1 Continued Percent of Households Having Specified Facilities and Equipment

L E F L O R E C O U N T Y

WATER	FOOD PREPARATION AND OTHER APPLIANCES	COMMUNICATIONS	SANITATION
Pump <u>4.3%</u> Faucet <u>76.7%</u> Hauled <u>6.8%</u> (1) Hot <u>18.9%</u> (2) Cold <u>15.5%</u>	(a) Electric Appliances Iron <u>95.6%</u> Toaster <u>11.2%</u> Fan <u>87%</u> Skillet <u>8.6%</u> Deep Fryer <u>0</u> Mixer <u>0.8%</u> Coffee Pot <u>10.3%</u>	(a) Televisions (1) B & W <u>86.2%</u> (2) Color <u>0</u> (b) Radios <u>82.6%</u> (c) Telephones <u>18.9%</u>	(a) Toilet (1) Indoor Flush Chemical <u>34.4%</u> (2) Outdoor, Sewage, Cess- pool <u>0</u> Septic Tank <u>72.4%</u>
CLEANING EQUIPMENT (1) Electric & Man. <u>0</u> (2) Carpet Sweeper <u>2.5%</u>	(b) Cooking Stove Electric, Gas, Butane <u>91.3%</u> Wood, Coal, other <u>10.3%</u> (c) Home Freezer (1) Separate <u>37%</u> (2) In Ref. <u>4.3%</u>	CLOTHING EQUIPMENT 8 (a) Sewing Machine (1) Electric <u>6%</u> (2) Treadle <u>13.7%</u>	(b) Bathtub or Shower <u>17.2%</u> (c) Automatic Disposal <u>0.8%</u> (d) Washing Machine (1) Auto. <u>11.2%</u> (2) Semi. <u>92.2%</u>
TRANSPORTATION (a) Vehicle (1) Car <u>93.1%</u> (2) Truck <u>0</u>	(d) Refrigerator Electric <u>99.1%</u> (e) Pressure Cooker <u>1.7%</u>	PROTECTION-INSECT (a) Wire Screens (1) Some <u>5.1%</u> (2) All <u>98.2%</u>	

Table 1 Percent of Households Having Specified Facilities and Equipment

T A L L A H A T C H I E C O U N T Y

WATER

Pump 6.1%
Faucet 3%
Hauled 65.3%
(1) Hot 5.1%
(2) Cold 25.5%

FOOD PREPARATION AND OTHER APPLIANCES

(a) Electric Appliances
Iron 79.5%
Toaster 3%
Fan 87.7%
Skillet 1%
Deep Fryer 1%
Mixer 1%
Coffee Pot 6.1%

COMMUNICATIONS

(a) Televisions
(1) B & W 74.4%
(2) Color 2%
(b) Radios 60.2%
(c) Telephone 6.1%

SANITATION

(a) Toilet
(1) Indoor Flush
Chemical 4%
(2) Outdoor,
Sewage, Cess-
pool 0
Septic Tank
82.6%

CLEANING EQUIPMENT

(1) Electric & Man. 0
(2) Carpet Sweeper 0

(b) Cooking Stove
Electric, Gas, Butane 84.6%
Wood, Coal, Other 6.1%

CLOTHING EQUIPMENT

(a) Sewing Machine
(1) Electric 6.1%
(2) Treadle 12.2%

(b) Bathtub or
Shower 2%

(c) Home Freezer
(1) Separate 17.3%
(2) In Ref. 9.1%

(c) Automatic
Disposal 0

TRANSPORTATION

(a) Vehicle
(1) Car 40.8%
(2) Truck 15.3%

(d) Refrigerator
Electric 77.5%
(e) Pressure Cooker 3%

PROTECTION-INSECT

(a) Wire Screens
(1) Some 42.8%
(2) All 40.8%

(d) Washing Machine
(1) Auto. 0
(2) Semi. 18.3%

Table 2 - Selected Family Characteristics of Households in Three Counties in Mississippi.

County & Income	Households		Average household size	Male head - Husband		Female head - Wife		Family Farm Data				Food Stamp Pro. Eligible Part.	
				Employed	Education Median Grade Attained Class Intervals 2	Not employed away from home	Education Median Grade Attained Class Intervals 2	Operates own farm	Share crop pers	Farm labo- rer	Not farm- ing	Parti- cipants	Non-parti- cipants
	No.	Pct.	No.	Pct.			Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	
Bolivar													
All Incomes	225	100	6.5	67.8	3.72	90.3	5.63	1.4	0	50.9	47.7	60.8	39.2
Under \$1000	77	34.3	5.6	42.8	3.20	93.5	5.90	0	0	77.9	52.1	70.8	29.2
\$1000-1999	106	46.9	6.3	66.9	3.80	94.0	5.40	0	0	50.0	50.0	18.0	82.0
\$2000-2999	34	15.2	6.3	85.2	4.70	88.1	6.20	0.7	0	55.8	43.5	19.0	91.0
\$3000-3999	7	3.2	9.6	71.4	6.00	80.0	5.00	0	0	28.5	71.5	60.0	40.0
\$4000 and Over	1	0.4	6.0	100.0	----	----	----	0	0	0	100.0	Non Eligible	
Leflore													
All Incomes	112	100	5.0	60.0	4.15	64.2	6.15	2.9	0	31.2	68.8	37.7	62.3
Under \$1000	27	24.1	2.8	29.6	5.50	77.7	4.80	1.4	0	7.4	91.2	46.7	53.9
\$1000-1999	34	30.5	4.6	50.0	3.50	72.7	6.20	0	0	26.4	73.6	42.4	57.6
2000-2999	22	19.6	5.3	77.7	4.60	62.0	6.80	0	0	45.4	54.6	3.5	96.5
3000-3999	19	16.9	7.7	84.2	3.60	52.6	6.40	1.4	0	47.3	51.3	2.7	97.3
\$4000 and Over	10	8.9	5.2	100.0	6.00	40.0	7.50	0	0	0	100.0	Non Eligible	
Tallahatchie													
All Incomes	98	100	5.6	49.5	5.14	91.7	5.66	0	0	28.3	71.7	34.2	65.8
Under \$1000	32	32.3	4.6	25.0	5.50	93.0	5.70	0	0	15.6	84.4	41.6	58.4
\$1000-1999	55	55.6	4.6	58.2	4.30	90.7	5.10	0	0	16.3	83.7	25.0	75.0
\$2000-2999	8	8.1	7.7	75.0	7.00	100.0	6.50	0	0	37.5	62.5	50.0	50.0
\$3000-3999	2	2.0	13.0	100.0	6.70	100.0	6.80	2	0	50.0	48.0	50.0	50.0
\$4000 and Over	1	2.0	10.0	50.0	----	----	----	0	0	0	100.0	Non Eligible	

Table 3 - Percent Male and/or Female Heads With Education at Different Grade Levels by County and Income

County & Income	1 - 4		5 - 8		9 - 12		Beyond 12		Not Reported	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Bolivar										
All Incomes	38.4	25.6	29.9	47.0	4.7	15.3	—	—	27.0	12.1
-1000	38.8	22.2	16.6	40.2	4.2	11.1	0	0	40.2	26.3
1000-1999	40.1	21.5	3.4	48.2	2.7	16.0	0	0	23.2	14.3
2000-2999	35.2	26.4	3.5	44.1	11.7	23.5	0	2.9	17.6	2.9
3000-3999	50.0	37.5	50.0	37.5	0	0	0	0	12.5	12.5
4000 & Over	1 Individual									
Leflore										
All Incomes	29.0	22.3	23.3	34.7	8.3	15.0	0.8	1.6	39.9	26.4
-1000	6.2	28.1	18.7	18.8	3.1	15.6	0	3.1	71.8	34.4
1000-1999	38.8	22.2	16.6	41.7	5.6	8.3	0	2.8	38.9	25.0
2000-2999	39.1	17.4	17.4	43.5	13.1	17.4	4.3	0	26.1	21.7
3000-3999	40.9	18.1	31.8	36.4	13.6	13.7	0	0	13.7	31.8
4000 & Over	12.5	25.0	50.0	37.5	12.5	37.5	0	0	25.0	0
Tallahatchie										
All Incomes	32.3	34.4	28.3	46.9	12.5	14.6	1.0	0	25.9	4.1
-1000	20.0	33.3	23.3	43.4	10.0	20.0	0	0	46.7	3.3
1000-1999	41.8	40.0	29.0	43.6	10.0	10.9	1.8	0	16.4	5.5
2000-2999	28.6	0	42.9	85.7	28.5	14.3	0	0	0	0
3000-3999	0	0	0	50.0	50.5	50.0	0	0	50.0	50.0
4000 & Over	0	50.0	100	50.0	0	0	0	0	0	0

Table 4 - Distribution of Households by Family Size, County and Income,

County & Income	Total house holds	Family Size--Count of Family Members									
		1	2	3	4	5	6	7	8	9	10 or more
Bolivar:	227										
Percent											
All Incomes		9.2	15.9	7.0	6.6	7.5	7.5	8.9	8.8	7.0	21.6
Under \$1000	74	17.6	15.9	8.2	9.5	8.2	5.4	8.2	5.4	8.1	13.5
\$1000-1999	106	5.7	18.9	7.5	6.6	12.2	7.5	6.6	5.7	5.7	23.6
\$2000-2999	38	5.3	10.5	2.6	2.9	7.9	7.9	13.2	23.2	10.5	16.3
\$3000-3999	8	0	0	12.5	0	0	12.5	0	12.5	0	62.5
\$4000 & Over	1	0	0	0	0	0	100.0	0	0	0	0
Leflore:	124										
Percent											
All Incomes		16.2	16.1	4.9	13.7	6.5	11.3	8.0	8.0	7.3	8.0
Under \$1000	29	41.4	31.0	6.9	6.9	6.9	3.4	0	3.5	0	0
\$1000-1999	38	21.1	18.4	5.3	7.9	5.3	7.9	5.3	13.2	7.8	7.8
\$2000-2999	24	0	16.7	8.3	25.0	4.2	16.7	8.3	4.1	4.2	12.5
\$3000-3999	24	0	0	0	4.2	12.5	25.0	8.3	12.5	16.7	20.8
\$4000 & Over	9	0	11.1	11.1	22.2	11.1	11.1	22.2	0	11.2	0
Tallahatchie:	112										
Percent											
All Incomes		3.6	18.8	12.5	10.8	13.3	10.7	6.2	8.0	0.9	15.2
Under \$1000	33	12.3	18.1	12.3	12.2	9.0	9.0	15.1	3.0	0	9.0
\$1000-1999	65	0	23.1	15.4	9.2	16.9	12.3	4.6	6.2	0	12.3
\$2000-2999	9	0	0	0	22.2	11.1	11.2	11.1	11.1	11.1	22.2
\$3000-3999	3	0	0	0	0	0	0	0	33.3	0	66.7
\$4000 & Over	2	0	0	0	0	0	0	0	50.0	0	50.0

Table 6 - Distribution of Household by age of Male and/or Female Head of Households in Three Counties in Mississippi by County and Income - Percent of Households in Each Age Group.

County & Income	Total households	Age in years of wife or female head									Age in years of husband or male head							Age not reported	No male head	
		Under 20	20-29	30-39	40-49	50-59	60-69	70 & Over	Age not reported	No female head	Under 20	20-29	30-39	40-49	50-59	60-69	70 & Over			
Bolivar																				
All Incomes	242	3.7	11.9	15.2	19.1	14.9	9.9	7.8	9.9	7.6	1.3	7.6	9.2	16.5	13.3	9.5	11.2	9.9	9.9	21.5
Under \$1000	81	2.4	7.4	13.6	18.5	16.0	17.3	9.8	5.0	9.8	2.4	2.4	7.4	14.8	12.3	12.4	11.1	9.9	9.9	27.2
\$1000-1999	112	5.4	16.1	16.9	16.9	13.4	5.4	9.0	10.7	6.2	0	10.7	10.8	17.8	14.3	7.1	12.5	8.0	18.8	18.8
\$2000-2999	40	2.5	10.0	15.0	25.0	17.5	10.0	2.5	12.5	2.5	2.5	7.5	7.5	20.0	12.5	12.5	10.0	10.0	17.5	17.5
\$3000-3999	8	0	12.5	12.5	12.5	12.5	0	0	37.5	12.5	0	12.5	12.5	12.5	12.5	0	0	37.5	12.5	12.5
\$4000 and Over	1	0	0	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100	0	0
Leflore																				
All Incomes	122	2.4	11.5	15.6	13.1	13.9	14.7	10.6	11.5	6.5	0	9.9	10.6	13.1	15.6	15.6	10.6	8.2	16.4	16.4
Under \$1000	29	0	3.4	13.8	17.2	13.8	24.1	17.2	6.8	3.4	0	3.4	13.9	17.2	13.8	24.2	17.2	3.5	6.8	6.8
\$1000-1999	36	5.5	16.7	11.1	11.1	16.7	19.4	13.9	0	5.6	0	2.8	11.2	2.7	16.6	19.5	13.9	2.7	30.6	30.6
\$2000-2999	23	0	13.1	13.0	13.1	17.4	8.7	8.6	17.5	8.6	0	17.5	8.6	13.1	30.5	4.4	8.7	8.6	8.6	8.6
\$3000-3999	24	4.2	4.2	33.3	8.3	12.5	0	4.2	25.0	8.3	0	12.5	12.5	20.8	8.3	8.3	4.2	8.4	25.0	25.0
\$4000 and Over	10	0	30.0	0	20.0	0	20.0	0	20.0	10.0	0	30.0	0	20.0	0	0	0	20.0	10.0	10.0
Tallahatchie																				
All Incomes	106	0.9	9.4	17.0	19.9	11.4	16.9	10.4	11.3	2.8	0	0.9	10.3	18.8	16.1	10.4	14.2	21.8	7.5	7.5
Under \$1000	31	3.2	9.6	12.2	17.0	16.1	25.9	9.6	6.4	0	0	0	6.4	16.2	16.1	6.5	6.4	41.9	6.5	6.5
\$1000-1999	63	0	7.9	17.5	19.1	7.9	14.3	12.7	15.9	4.7	0	1.6	7.9	22.2	12.7	9.5	20.6	14.3	11.2	11.2
\$2000-2999	8	0	0	37.5	50.0	12.5	0	0	0	0	0	0	25.0	0	50.0	25.0	0	0	0	0
\$3000-3999	3	0	33.3	0	0	33.3	33.3	0	0	0	0	0	33.3	33.3	0	33.3	0	0	0	0
\$4000 and Over	1	0	100	0	0	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0

Money Value of All Food and Quantities of Different Food Groups Used at Home in a Week by Household Size

BOLIVAR COUNTY

Table 7

Food Groups	Unit	Household size in equivalent persons---- 1/					
		0.46- 1.45	1.46- 2.45	2.46- 3.45	3.46- 4.45	4.46- 5.45	5.46 Over
Money Value of all Food	Dol.	9.86	14.18	19.41	19.86	20.85	31.99
Milk, cream, cheese	lbs.	5.08	6.12	9.23	11.53	8.24	14.00
Milk, fresh, processed	do.	3.77	4.38	7.81	9.64	6.11	11.31
Meat, poultry, fish	do.	8.67	12.77	15.19	13.91	16.14	28.00
Beef	do.	1.30	1.26	1.54	1.57	2.28	3.03
Bacon, salt pork	do.	.46	.88	1.65	1.38	1.48	2.73
Pork,(excl.bacon,salt pork)	do.	1.55	3.56	3.43	4.08	3.56	7.05
Liver	do.	.00	.03	.06	.07	.07	.32
Poultry	do.	2.20	4.99	4.91	4.07	5.53	9.36
Fish, shellfish	do.	1.58	.73	.78	1.10	.98	2.04
Other protein food	do.	1.16	1.66	2.57	2.87	2.99	6.40
Eggs	do.	.43	.92	1.39	1.01	1.31	2.06
Dry legumes	do.	.65	.70	.99	1.42	1.46	4.06
Vegetables	do.	2.88	4.73	7.11	7.59	8.66	10.94
Potatoes, white	do.	.59	1.57	2.11	1.43	1.70	3.42
Dark green	do.	.12	.08	.38	.12	.44	.34
Deep yellow	do.	.03	.12	.10	.24	.30	.46
Tomatoes	do.	.48	.68	1.05	1.49	1.98	1.67
Fruit	do.	4.55	4.32	13.13	11.65	10.50	12.71
Citrus	do.	1.04	.79	.90	2.75	1.61	3.34
Grain Products	do.	8.21	10.92	11.49	12.95	16.04	29.98
Enriched or whole grain	do.	7.95	10.48	10.38	12.41	15.28	28.97
Not enriched or not whole	do.	.00	.44	1.11	.54	.76	1.01
Fats and oils	do.	1.79	3.09	3.52	3.24	3.99	6.23
Sugar, sweets	do.	2.90	7.31	8.73	12.39	10.40	15.75
Miscellaneous	do.	1.84	1.31	2.63	2.00	1.51	2.13

1/ Total number of meals served to all persons from home food supplies divided by 21.

Money Value of All Food and Quantities of Different
Food Groups Uses at Home in a Week by Household Size

LEFLORE COUNTY

Table 8

Food Groups	Unit	Household size in equivalent persons---1/					
		0.46 1.45	1.46 2.45	2.46 3.45	3.46 4.45	4.46 5.45	5.46 Over
Money Value of all Food	Dol.	9.10	12.50	18.91	19.00	20.25	23.42
Milk, cream, cheese	lbs.	5.73	6.65	10.75	11.82	11.54	11.67
Milk, fresh, processed	do.	4.26	5.20	9.40	9.20	9.53	8.67
Meat, poultry, fish	do.	6.25	9.69	14.41	14.33	17.48	17.80
Beef	do.	1.11	1.57	2.50	1.80	1.82	1.76
Bacon, salt pork	do.	.76	.87	2.25	1.28	1.64	1.27
Pork (excl. bacon salt pork)	do.	1.61	1.95	5.08	3.30	4.68	5.50
Liver	do.	.06	.35	.33	.64	.41	.32
Poultry	do.	1.80	2.93	2.67	4.65	6.05	4.96
Fish, shellfish	do.	.07	.19	.07	.31	.26	.43
Other protein food	do.	1.06	1.34	3.28	2.59	2.71	3.59
Eggs	do.	.89	.98	1.28	1.69	1.62	1.62
Dry legumes	do.	.13	.24	2.00	.45	.82	1.69
Vegetables	do.	3.10	2.28	20.09	6.08	5.92	6.58
Potatoes, white	do.	.22	.17	.42	.70	.45	.71
Dark green	do.	.70	.29	.50	.15	.92	.78
Deep yellow	do.	.13	.09	.00	1.10	.00	.43
Tomatoes	do.	.45	.32	1.69	.99	.72	.76
Fruit	do.	9.49	14.18	10.99	17.06	16.15	22.64
Citrus	do.	1.87	1.80	.94	2.35	3.09	1.88
Grain products	do.	4.75	7.49	12.89	7.70	12.80	21.90
Enriched or whole grain	do.	4.67	7.25	11.28	6.61	11.89	21.87
Not enriched or whole grain	do.	.08	.24	1.61	1.09	.91	1.03
Fats and oils	do.	1.25	1.51	2.32	2.22	2.97	4.15
Sugar, sweets	do.	3.26	3.62	4.93	4.45	8.87	10.28
Miscellaneous	do.	1.74	3.00	1.65	2.21	2.82	2.90

1/ Total number of meals served to all persons from home food supplies divided by 21.

Money Value of All Food and Quantities of Different
Food Groups Uses at Home in a Week by Household Size

TALLAHATCHIE COUNTY

Table 9

Food Groups	Unit	Household size in equivalent persons-----1 /					
		0.46 1.45	1.46 2.45	2.46 3.45	3.46 4.45	4.46 5.45	5.46 Over
Money Value of All Food	Dol	6.46	12.04	14.98	18.03	21.20	37.02
Milk, cream, cheese	lbs.	5.73	7.42	9.59	10.41	17.14	16.75
Milk, fresh processed	do.	4.79	6.34	8.39	7.96	14.78	15.02
Meat, poultry, fish	do.	5.58	13.24	10.75	14.48	20.59	33.96
Beef	do.	.60	1.84	1.21	1.68	1.58	2.52
Bacon, salt pork	do.	.60	1.84	1.79	2.00	2.48	.53
Pork (excl.bacon, salt pork)	do.	.88	4.58	3.15	5.08	7.42	.87
Liver	do.	.00	.26	.43	.36	.77	9.53
Poultry	do.	2.30	3.43	2.79	3.27	5.73	1.70
Fish, Shellfish	do.	.00	.25	.32	.13	.26	.24
Other protein food	do.	1.69	2.29	4.03	5.15	5.26	9.12
Eggs	do.	1.43	1.63	2.64	2.84	2.74	4.30
Dry legumes	do.	.13	.66	1.31	2.26	2.50	4.74
Vegetables	do.	3.76	3.36	4.03	6.31	11.28	10.48
Potatoes, white	do.	1.20	.68	1.71	2.85	2.54	3.89
Dark green	do.	.60	1.00	.50	.36	.92	1.14
Deep yellow	do.	.00	.05	.14	.00	4.62	.37
Tomatoes	do.	.20	.01	.04	.50	.15	.45
Fruit	do.	3.09	5.93	7.37	17.74	11.28	16.05
Citrus	do.	.00	.02	.27	1.85	.24	.25
Grain products	do.	2.70	4.68	9.97	10.38	10.92	23.94
Enriched or whole grain	do.	2.70	4.42	9.45	10.29	10.46	23.29
Not enriched or whole grain	do.	.00	.26	.52	.09	.46	.55
Fats and oils	do.	.32	1.80	1.80	1.31	2.29	4.67
Sugar, sweets	do.	.81	1.55	5.68	1.83	4.23	7.13
Miscellaneous	do.	.05	.65	.27	.35	.90	1.68

1 / Total number of meals served to all persons from home food supplies divided by 21.

Table 10 - Average Money Value of Food Used in a Week Per Household by County and Income

INCOME	Below \$1000	\$1000-1999	\$2000-2999	\$3000-3999	\$4000
Bolivar County					
Avg. Family Size	5.6	6.6	6.3	11.7	5.7
Dollars	23.00	25.67	24.09	34.02+	29.80*
Leflore County					
Avg. Family Size	2.4	4.2	5.4	7.5	6.9
Dollars	13.85	16.67	19.27	21.49	22.51
Tallahatchie County					
Avg. Family Size	4.6	5.3	6.2	10.00	10.00
Dollars	20.48	21.96	25.69	19.00	44.62*

* 1 Family
+ 5 Families

Table 11- Percentage of Families Purchasing Meals and Other Food Away From Home and Percentage Having Food Obtained Without Direct Expense In a Week, by County and Income Three Counties in Mississippi, 1969.

County and Income	Total Households	Purchased and Eaten Away From Home			Families Having Food In a Week Obtained Without Direct Expense		
		Totals	Meals	Between Meals & Supplements	Total	Home Produced	Gift or Pay
		(2)	(3)	(4)	(5)	(6)	(7)
	<u>No.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Bolivar:							
All Incomes	226	0.3	0.3	0	16.5	14.9	1.6
Under \$1000	77	0.4	0.4	0	18.0	12.8	5.2
\$1000-1999	108	0.9	0.9	0	27.5	24.7	2.8
\$2000-2999	34	0	0	0	20.5	20.5	0
\$3000-3999	6	0	0	0	16.6	16.6	0
\$4000 and Over	1	0	0	0	0	0	0
Leflore:							
All Incomes	124	1.0	0.1	0.9	29.4	26.2	3.2
Under \$1000	29	3	0	3	31.3	24.2	7.1
\$1000-1999	38	1	0	1	25.8	14.8	11.0
\$2000-2999	24	0.7	0.7	0	40.9	47.0	0
\$3000-3999	24	0	0	0.7	47.0	47.0	0
\$4000 and Over	9	0	0	0	0	0	0
Tallahatchie:							
All Incomes	99	0.4	0.4	0	46.0	31.1	14.9
Under \$1000	32	1	1	0	50.0	40.6	9.4
\$1000-1999	55	1	1	0	18.1	15.1	3.0
\$2000-2999	8	0	0	0	62.5	50.0	12.5
\$3000-3999	2	0	0	0	100	50.0	50.0
\$4000 and Over	2	0	0	0	0	0	0

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 12
County Bolivar

INCOME	Milk ¹		Meats							Other Protein		
	Milk, Cream, Cheese	Fresh Processed	TOTAL	Beef	Bacon	Other Pork	Liver	Poultry	Fish	TOTAL	Eggs	Dry Legumes
QUANTITY PER PERSON PER WEEK (POUNDS)												
All Incomes	1.744	1.388	3.351	.370	.313	.836	.029	1.122	.242	.697	.248	.413
Under 1000	1.722	1.432	3.381	.288	.327	.797	.020	1.116	.360	.677	.250	.381
1000-1999	1.790	1.386	3.375	.437	.304	.824	.030	1.196	.178	.712	.226	.453
2000-2999	1.655	1.271	3.429	.331	.352	1.020	.015	.999	.263	.683	.350	.302
3000-3999	1.188	1.074	2.476	.268	.187	.684	.136	.655	.034	.736	.168	.553
4000 and Over	5.880	5.474	3.653	.376	.352	.881	.000	.793	1.058	.197	.190	.000
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
All Incomes	.395	.237	1.610	.228	.183	.441	.015	.373	.090	.208	.102	.085
Under 1000	.364	.234	1.624	.209	.182	.409	.014	.388	.125	.216	.106	.082
1000-1999	.407	.242	1.599	.240	.185	.443	.013	.390	.065	.205	.095	.089
2000-2999	.389	.223	1.700	.237	.203	.529	.012	.313	.114	.213	.138	.057
3000-3999	.237	.192	1.269	.190	.092	.352	.050	.250	.009	.178	.086	.113
4000 and Over	.942	.800	2.234	.229	.264	.557	.000	.285	.657	.114	.114	.000
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK												
All Incomes	97.9	32.3	99.5	61.4	53.0	67.8	48.9	71.8	54.1	93.8	71.5	76.6
Under 1000	95.0	100.0	100.0	35.0	36.2	15.0	17.5	46.2	86.2	86.2	67.5	95.0
1000-1999	94.7	81.4	97.4	70.7	46.9	86.7	10.6	83.3	42.4	89.5	58.4	69.9
2000-2999	100.0	67.7	100.0	61.2	32.2	77.4	6.4	70.9	41.9	93.5	51.8	61.2
3000-3999	100.0	80.0	100.0	100.0	00.0	60.0	40.0	60.0	00.0	100.0	80.0	60.0
4000 and Over	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

¹ Calcium Equivalent

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 12 Continued
County Bolivar

INCOME	TOTAL	Vegetables				Fruits	
		Potatoes, White	Dark Green	Deep Yellow	Tomatoes	TOTAL	Citrus
QUANTITY PER PERSON PER WEEK (POUNDS)							
All Incomes	1,378	.399	.044	.049	.221	1.738	.374
Under 1000	1,595	.426	.032	.020	.268	1.927	.376
1000-1999	1,294	.421	.043	.081	.204	1.613	.321
2000-2999	1,318	.321	.068	.010	.231	1.439	.423
3000-3999	.673	.170	.059	.000	.026	1.007	.893
4000 and Over	2,548	.352	.165	.000	.357	3,545	.194
MONEY VALUE PER PERSON PER WEEK (DOLLARS)							
All Incomes	.261	.034	.006	.009	.064	.234	.052
Under 1000	.319	.032	.005	.007	.062	.237	.054
1000-1999	.241	.034	.006	.013	.068	.217	.042
2000-2999	.263	.028	.011	.002	.067	.218	.067
3000-3999	.126	.008	.007	.000	.008	.121	.102
4000 and Over	.381	.088	.035	.000	.077	.561	.139
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK							
All Incomes	90.0	33.3	58.6	40.8	56.7	84.5	55.4
Under 1000	95.0	57.5	50.0	38.7	61.2	82.5	51.2
1000-1999	81.6	53.9	35.3	23.0	61.0	89.5	51.3
2000-2999	93.5	45.1	58.0	22.5	61.2	90.3	54.5
3000-3999	100.0	00.0	20.0	20.0	00.0	80.0	20.0
4000 and Over	80.0	100.0	100.0	100.0	100.0	80.0	100.0

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 12 Continued
County Bolivar

INCOME	Grain Products ¹		Fats & Oils	Sugar & Sweets	Miscellaneous
	Enriched or Whole Grain	Not Enriched or Whole Grain			
QUANTITY PER PERSON PER WEE (POUNDS)..					
All Incomes	3.398	.130	.757	1.932	.307
Under 1000	4.029	.176	.883	1.868	.393
1000-1999	5.187	.106	.688	2.054	.285
2000-2999	2.818	.128	.731	1.725	.243
3000-3999	3.429	.042	.802	1.643	.144
4000 and Over	1.111	.761	.440	.797	.430
MONEY VALUE PER PERSON PER WEEK (DOLLARS)					
All Incomes	.574	.047	.187	.297	.119
Under 1000	.640	.074	.215	.310	.137
1000-1999	.558	.034	.173	.310	.116
2000-2999	.527	.040	.179	.247	.096
3000-3999	.472	.013	.186	.224	.064
4000 and Over	.285	.149	.155	.141	.291
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK					
All Incomes	91.9	52.7	94.9	96.3	88.4
Under 1000	100.0	43.7	92.5	91.2	85.0
1000-1999	99.1	38.0	92.0	93.8	86.7
2000-2999	100.0	41.9	90.3	96.7	80.6
3000-3999	60.0	40.0	100.0	100.0	80.0
4000 and Over	100.0	100.0	100.0	100.0	100.0

¹ Flour Equivalent

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 13
County Leflore

INCOME	Milk ¹		Meats							Other Protein		
	Milk, Cream, Cheese	Fresh Processed	TOTAL	Beef	Bacon	Other Pork	Liver	Poultry	Fish	TOTAL	Eggs	Dry Legumes
QUANTITY PER PERSON PER WEEK (POUNDS)												
All Incomes	1.973	1.515	2.871	.341	.243	.783	.063	.809	.055	.533	.279	.194
Under 1000	3.019	2.375	4.865	.555	.561	1.597	.066	1.285	.046	.651	.400	.217
1000-1999	2.019	1.459	2.680	.406	.240	.629	.110	.720	.049	.575	.295	.232
2000-2999	1.773	1.320	2.663	.348	.181	.739	.041	.689	.048	.541	.304	.187
3000-3999	1.657	1.372	2.303	.277	.132	.704	.025	.756	.073	.368	.187	.145
4000 and Over	2.159	1.414	2.829	.200	.272	.530	1.078	.852	.055	.510	.269	.200
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
All Incomes	.394	.219	1.470	.179	.157	.444	.035	.335	.051	.253	.122	.041
Under 1000	.639	.374	.248	.356	.380	.842	.036	.547	.040	.419	.178	.054
1000-1999	.412	.202	1.428	.187	.145	.366	.061	.323	.057	.220	.132	.044
2000-2999	.353	.180	1.367	.184	.111	.395	.023	.276	.040	.269	.131	.035
3000-3999	.300	.196	1.150	.118	.088	.401	.013	.275	.060	.210	.081	.030
4000 and Over	.443	.273	1.620	.095	.193	.384	.049	.383	.044	.240	.110	.053
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK												
All Incomes	98.6	79.9	99.3	50.2	40.5	65.2	11.4	72.1	36.3	90.6	71.3	71.8
Under 1000	100.0	100.0	100.0	63.3	00.0	80.0	00.0	96.6	56.6	86.6	80.0	60.0
1000-1999	94.7	13.1	97.4	18.4	13.1	15.7	5.2	13.1	13.1	89.5	18.4	21.0
2000-2999	100.0	100.0	100.0	79.1	70.8	79.1	12.5	83.3	29.1	95.8	91.6	87.5
3000-3999	100.0	95.2	100.0	57.1	52.3	76.1	14.2	76.1	47.6	90.5	66.6	90.4
4000 and Over	98.4	91.6	99.2	33.3	66.6	75.0	25.0	91.6	35.3	90.4	100.0	100.0

¹ Calcium Equivalent

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 13 Continued
County Leflore

INCOME	TOTAL	Vegetables				Fruits	
		Potatoes, White	Dark Green	Deep Yellow	Tomatoes	Total	Citrus
QUANTITY PER PERSON PER WEEK (POUNDS)							
All Incomes	1.171	.098	.129	.062	.140	2.759	.410
Under 1000	2.097	.107	.271	.020	.212	3.655	.473
1000-1999	1.080	.129	.000	.080	.142	2.990	.698
2000-2999	1.168	.087	.146	.049	.105	2.942	.422
3000-3999	.816	.069	.117	.069	.113	2.533	.185
4000 and Over	1.056	.100	.206	.071	.184	1.571	.165
MONEY VALUE PER PERSON PER WEEK (DOLLARS)							
All Incomes	.419	.012	.022	.011	.041	.376	.058
Under 1000	.220	.027	.039	.003	.066	.479	.055
1000-1999	.269	.012	.000	.011	.034	.548	.092
2000-2999	.201	.012	.033	.010	.040	.349	.078
3000-3999	.248	.006	.015	.013	.035	.217	.025
4000 and Over	.253	.011	.031	.014	.046	.277	.024
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK							
All Incomes	86.2	13.4	70.8	32.5	12.0	84.3	19.0
Under 1000	83.3	20.0	96.6	53.3	23.3	69.9	50.0
1000-1999	81.6	5.2	13.1	5.2	2.6	89.5	7.8
2000-2999	91.7	29.1	79.1	19.1	8.3	95.8	29.1
3000-3999	90.5	4.7	90.4	33.3	9.5	90.5	00.0
4000 and Over	84.0	8.3	75.0	41.6	16.5	76.8	8.3

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 13 Continued
County Leflore

INCOME	Grain Products ¹		Fats & Oils	Sugar & Sweets	Miscellaneous
	Enriched or Whole Grain	Not Enriched or Whole Grain			
QUANTITY PER PERSON PER WEEK (POUND\$)					
All Incomes	2.725	.157	.563	1.401	.533
Under 1000	3.652	.137	.738	1.764	.683
1000-1999	2.929	.174	.589	1.623	.594
2000-2999	2.942	.137	.602	1.317	.667
3000-3999	2.532	.145	.526	1.229	.340
4000 and Over	1.570	.200	.325	1.046	.418
MONEY VALUE PER PERSON PER WEEK (DOLLARS)					
All Incomes	.403	.056	.145	.200	.202
Under 1000	.528	.048	.202	.267	.263
1000-1999	.427	.073	.155	.220	.219
2000-2999	.430	.037	.149	.183	.248
3000-3999	.366	.051	.133	.175	.134
4000 and Over	.249	.076	.080	1.046	.159
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK					
All Incomes	96.3	49.5	87.8	91.0	90.5
Under 1000	96.6	30.0	76.6	83.3	93.3
1000-1999	89.4	65.7	89.4	89.4	94.7
2000-2999	95.8	45.8	87.5	87.5	87.5
3000-3999	100.0	66.6	85.7	95.2	85.7
4000 and Over	100.0	41.6	100.0	100.0	91.6

¹Flour Equivalent

Average Quantity and Money Value of Food Used Per Person Per week and Percent of Households Using Each Food In a Week

Table 14
County Tallahatchie

INCOME	Milk ¹		Meats							Other Protein		
	Milk, Cream, Cheese	Fresh Processed	TOTAL	Beef	Bacon	Other Pork	Liver	Poultry	Fish	TOTAL	Eggs	Dry Legumes
QUANTITY PER PERSON PER WEEK (POUNDS)												
All Incomes	2.442	2.132	3.343	.363	.497	1.325	.112	1.149	.174	1.129	.587	.531
Under 1000	3.332	2.935	4.205	.272	.603	1.338	.082	1.239	.173	1.146	.581	.545
1000-1999	2.334	2.005	4.274	.314	.539	1.361	.093	1.187	.177	1.197	.618	.568
2000-2999	1.565	1.244	4.221	.924	.170	1.214	.251	.971	.148	1.003	.501	.503
3000-3999	0.963	.820	3.315	.000	.095	1.428	.285	.333	.287	.606	.606	.000
4000 and Over	1.601	1.435	2.911	.666	.333	.583	.000	1.250	.078	.748	.280	.416
MONEY VALUE PER PERSON PER WEEK (DOLLARS)												
All Incomes	.442	.285	1.718	.224	.267	.616	.060	.389	.062	.349	.236	.103
Under 1000	.528	.352	1.926	.173	.345	.682	.035	.394	.067	.355	.241	.104
1000-1999	.437	.284	1.243	.187	.278	.610	.060	.407	.047	.356	.246	.109
2000-2999	.342	.180	2.194	.588	.087	.592	.146	.366	.063	.312	.195	.116
3000-3999	.170	.062	1.122	.000	.071	.470	.030	.111	.071	.251	.250	.000
4000 and Over	.317	.200	1.612	.400	.166	.245	.000	.437	.362	.183	.083	.054
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK												
All Incomes	89.3	76.4	100.0	54.2	32.5	97.3	27.7	86.6	73.8	96.5	92.0	56.6
Under 1000	100.0	77.1	100.0	51.4	54.2	88.5	17.1	71.4	25.7	86.3	77.1	51.4
1000-1999	96.6	76.6	100.0	50.0	38.3	98.3	11.6	91.6	23.3	96.6	93.3	71.6
2000-2999	100.0	80.0	100.0	70.0	20.0	100.0	60.0	70.0	70.0	100.0	90.0	60.0
3000-3999	50.0	50.0	100.0	00.0	50.0	100.0	50.0	100.0	50.0	100.0	100.0	00.0
4000 and Over	100.0	100.0	100.0	100.0	00.0	100.0	00.0	100.0	100.0	100.0	100.0	100.0

¹ Calcium Equivalent

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 14 Continued
County Tallahatchie

INCOME	TOTAL	Vegetables				Fruits	
		Potatoes, White	Dark Green	Deep Yellow	Tomatoes	TOTAL	Citru
QUANTITY PER PERSON PER WEEK (POUNDS)							
All Incomes	1.342	.495	.168	.138	.051	1.642	.067
Under 1000	1.771	.562	.180	.379	.042	2.001	.064
1000-1999	1.051	.541	.168	.056	.052	2.663	.054
2000-2999	1.109	.215	.121	.000	.095	1.253	.175
3000-3999	.631	.000	.297	.000	.000	.607	.000
4000 and Over	1.436	.666	.000	.000	.000	1.436	.000
MONEY VALUE PER PERSON PER WEEK (DOLLARS)							
All Incomes	.261	.058	.031	.014	.013	.222	.011
Under 1000	.312	.076	.028	.027	.014	.265	.011
1000-1999	.253	.059	.038	.012	.011	.258	.006
2000-2999	.280	.023	.009	.000	.029	.282	.046
3000-3999	.100	.000	.025	.000	.000	.631	.000
4000 and Over	.253	.083	.000	.000	.000	.179	.000
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK							
All Incomes	96.0	52.7	42.4	35.7	13.2	90.6	34.8
Under 1000	88.5	57.1	57.1	17.1	11.4	80.0	65.7
1000-1999	91.7	66.6	55.0	21.6	15.0	83.3	18.3
2000-2999	100.0	40.0	50.0	40.0	40.0	100.0	40.0
3000-3999	100.0	00.0	50.0	00.0	00.0	90.0	50.0
4000 and Over	100.0	100.0	00.0	100.0	00.0	100.0	00.0

Average Quantity and Money Value of Food Used Per Person Per Week and Percent of Households Using Each Food In a Week

Table 14 Continued
County Tallahatchie

INCOME	Grain Products ¹		Fats & Oils	Sugar & Sweets	Miscellaneous
	Enriched or Whole Grain	Not Enriched or Whole Grain			
QUANTITY PER PERSON PER WEEK (POUNDS)					
All Incomes	2.767	.076	.553	.892	.189
Under 1000	3.284	.085	.551	.970	.182
1000-1999	2,607	.075	.571	.987	.175
2000-2999	2,631	.082	.596	.282	.372
3000-3999	.444	.000	.071	.238	.000
4000 and Over	4.725	.083	.750	1.580	.041
MONEY VALUE PER PERSON PER WEEK (DOLLARS)					
All Incomes	.462	.025	.170	.132	.087
Under 1000	.553	.026	.167	.144	.099
1000-1999	.430	.024	.181	.148	.094
2000-2999	.430	.033	.164	.048	.060
3000-3999	.090	.000	.050	.053	.000
4000 and Over	.718	.035	.203	.180	.036
PERCENT OF HOUSEHOLDS USING EACH FOOD IN A WEEK					
All Incomes	90.0	44.9	78.5	65.8	54.5
Under 1000	88.6	22.6	82.8	65.7	54.2
1000-1999	91.6	21.8	80.0	73.3	68.3
2000-2999	90.0	30.0	80.0	40.0	50.0
3000-3999	80.0	50.0	50.0	50.0	100.0
4000 and Over	100.0	100.0	100.0	100.0	100.0

¹Flour Equivalent

Table 15 - Nutritive Value of Food Used at Home Per Person Per Day, by Household Size in Equivalent Persons in Three Counties in Mississippi, 1969

County and Household Size	Total Households	Food Energy Calories	Protein	Fat	Calcium	Iron	Vitamin A Activity	Thiamine	Riboflavin	Ascorbic Acid
			gms.	gms.	mg.	mg.	I.U.	mg.	mg.	mg.
Bolivar:										
Equivalent Persons										
0.45-1.45	16	2724	80	164	782	15	4153	1.3	2.9	57
1.46-2.45	37	2489	77	143	778	13	4136	1.1	1.6	25
2.46-3.45	18	2981	87	169	825	17	4107	1.6	1.7	38
3.46-4.45	15	2320	68	112	731	13	3066	1.2	1.4	32
4.46-5.45	23	2130	59	110	540	12	2804	1.2	1.2	35
5.46 & Over	121	2074	60	97	554	13	839	2.0	1.2	21
All Households	230	2186	63	107	588	13	2663	1.2	1.3	23
Leflore:										
Equivalent Persons										
0.45-1.45	27	2604	69	119	837	16	6091	1.3	1.8	67
1.46-2.45	23	2452	77	115	673	16	4019	1.3	1.8	35
2.46-3.45	6	2806	83	134	880	19	5231	1.7	2.0	52
3.46-4.45	10	1990	62	123	585	12	6237	1.0	1.7	33
4.46-5.45	11	1897	55	96	558	11	3422	1.0	1.3	28
5.46 & Over	48	1497	46	25	189	10	987	0.9	1.0	18
All Households	125	1947	54	90	568	12	3254	1.1	1.3	28
Waltham:										
Equivalent Persons										
0.45-1.45	5	2559	104	148	1206	17	5688	1.3	2.3	43
1.46-2.45	19	3005	104	194	990	17	6821	1.5	2.2	32
2.46-3.45	14	2574	89	133	1141	15	5516	1.3	2.2	26
3.46-4.45	11	2125	78	110	897	14	4296	1.2	1.7	31
4.46-5.45	13	2277	79	125	908	14	4765	1.2	1.9	29
5.46 & Over	46	1677	46	74	481	10	2411	1.0	1.0	20
All Households	108	2238	75	118	739	14	4763	1.3	1.7	24

Table 16 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food	Vitamin							
		energy	Protein	Fat	Calcium	Iron	A value	Thia- mine	Ribo- flavin
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Bolivar - 1000	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
All Foods ^{1/}	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	5.6	11.0	7.0	33.7	---	13.1	3.1	19.4	4.3
Milk, fresh processed	2.5	5.4	2.5	18.7	---	4.7	2.2	12.7	3.4
Meat, poultry, fish	21.4	42.6	38.3	3.8	23.9	22.1	21.4	27.0	---
Beef	1.9	4.8	3.2	---	1.2	---	---	1.9	---
Bacon, salt pork	5.9	2.4	13.2	---	1.5	---	2.2	1.4	---
Pork (excl. bacon, salt pork)	6.1	10.2	11.5	---	6.8	---	12.4	5.4	---
Liver	---	---	---	---	---	10.0	---	2.4	---
Poultry	2.8	14.0	2.9	---	6.0	10.1	1.4	9.7	---
Fish, shellfish	---	4.4	---	1.2	1.0	---	---	---	---
Other protein food	3.2	7.6	2.7	3.6	8.2	7.5	4.1	4.6	---
Eggs	---	2.8	1.4	1.1	2.2	6.9	---	2.9	---
Dry legumes	1.7	3.9	---	---	---	---	2.7	1.4	---
Vegetables	1.8	2.3	---	3.0	4.5	23.1	3.8	3.1	45.1
Potatoes, white	---	---	---	---	---	---	1.1	---	9.2
Dark green	---	---	---	---	---	4.7	---	---	3.8
Deep yellow	---	---	---	---	---	3.6	---	---	---
Tomatoes	---	---	---	---	---	7.5	---	---	12.9
Fruit	2.8	---	---	16.4	3.9	12.2	2.6	2.6	46.9
Citrus	---	---	---	---	---	---	---	---	16.5
Grain products	35.4	33.7	3.6	47.8	52.0	1.1	63.4	40.5	---
Enriched or whole grain	34.4	33.7	3.6	47.8	52.0	1.1	63.4	40.5	---
Not enriched or whole grain	1.0	---	---	---	---	---	---	---	---
Fats and oils	19.5	---	46.1	---	---	20.1	---	---	---
Sugars and sweets	8.4	---	---	2.1	3.3	---	---	---	1.1
Miscellaneous	---	---	---	3.0	2.4	---	---	1.1	---

^{1/} Percents may not add to 100 because of rounding.

Table 16 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Bolivar 1000-1999		Protein	Fat	Calcium	Iron	value	mine	flavin	Acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
ALL FOODS 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	7.4	12.9	9.1	42.0	1.4	13.2	4.0	21.5	6.3
Milk, fresh processed	2.5	5.0	2.5	19.1	---	3.6	2.4	11.9	3.9
Meat, poultry, fish	25.4	48.6	43.0	4.0	31.3	33.5	25.8	34.8	2.7
Beef	3.3	7.6	5.4	---	5.6	---	1.1	3.0	---
Bacon, salt pork	6.3	2.3	13.5	---	1.6	---	2.4	1.3	---
Pork (excl. bacon, salt pork)	7.2	10.9	13.2	---	8.0	---	15.3	1.0	---
Liver	---	1.0	---	---	2.6	20.9	---	6.4	2.6
Poultry	42.9	18.9	4.1	1.3	8.8	11.1	2.2	13.1	---
Fish	---	2.4	---	---	---	---	---	---	---
Other protein food	3.6	7.6	2.6	4.0	9.3	5.8	4.8	4.5	---
Eggs	1.0	2.6	1.4	1.2	2.3	5.3	1.0	3.1	---
Dry legumes	2.1	4.3	---	2.6	6.7	---	3.5	2.8	---
Vegetables	1.8	2.0	---	3.0	4.2	26.0	3.8	2.7	47.5
Potatoes, white	---	---	---	---	1.0	---	1.3	---	11.4
Dark green	---	---	---	---	---	5.4	---	---	6.5
Deep yellow	---	---	---	---	---	12.1	---	---	1.8
Tomatoes	---	---	---	---	---	4.4	---	---	11.2
Fruit	2.2	---	---	1.3	3.0	6.7	2.2	1.8	40.3
Citrus	---	---	---	---	---	---	---	---	17.1
Grain products	31.2	26.9	3.3	40.5	45.2	---	51.9	32.5	---
Enriched or whole grain	31.2	26.9	3.3	40.5	45.2	---	49.2	32.5	---
Not enriched or whole grain	---	---	---	---	---	---	2.7	---	---
Fats and oils	17.5	---	40.0	---	---	13.5	---	---	---
Sugar and sweets	9.4	---	8.6	2.3	3.6	---	---	---	1.4
Miscellaneous	---	---	---	1.7	1.3	---	---	---	---

1 / Percents may not add to 100 because of rounding.

Table 16 - Contribution of Foods to Nutritive Values of Diets by Income

	Food					Vitamin			
County & Income	energy					A	Thia-	Ribo	Ascorbic
Bolivar 2000-2999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1 /	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	7.1	12.7	7.9	42.0	1.3	16.1	3.8	22.3	5.5
Milk, fresh processed	2.4	4.9	2.1	19.1	---	4.3	2.3	12.3	3.4
Meat, poultry, fish	27.5	49.1	44.3	4.5	31.2	21.0	30.9	31.8	---
Beef	2.6	6.3	3.8	---	4.6	---	---	2.6	---
Bacon, salt pork	7.5	2.9	14.8	---	2.0	---	2.9	1.8	---
Pork (excl. bacon, salt pork)	---	14.7	15.5	---	10.9	8.5	19.9	8.2	---
Liver	---	---	---	---	---	10.2	---	2.2	---
Poultry	3.0	14.2	2.7	1.0	6.7	---	1.6	10.2	---
Fish, shellfish	---	3.9	---	1.2	1.0	---	---	---	---
Other protein food	3.6	8.4	3.0	4.3	9.4	11.5	4.6	6.4	---
Eggs	1.6	4.4	2.1	2.0	3.9	10.9	1.6	4.9	---
Dry legumes	1.5	3.3	---	2.0	5.2	---	2.6	1.2	---
Vegetables	1.8	2.3	---	2.9	5.1	27.1	4.0	3.4	51.9
Potatoes, white	---	---	---	---	---	---	1.1	---	8.6
Dark green	---	---	---	1.2	---	12.1	---	---	10.1
Deep yellow	---	---	---	---	---	2.0	---	---	---
Tomatoes	---	---	---	---	---	6.6	---	---	12.5
Fruit	1.9	---	---	1.3	2.7	6.6	2.2	1.7	39.0
Citrus	---	---	---	---	---	---	---	---	25.6
Grain products	28.1	25.4	2.9	37.4	43.3	---	53.0	31.9	---
Enriched or whole grain	28.1	25.4	2.9	37.4	43.3	---	53.0	31.9	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	19.1	---	40.0	---	---	16.1	---	---	---
Sugars and sweets	9.6	---	---	2.5	4.0	---	---	1.0	1.1
Miscellaneous	---	---	---	2.7	2.2	---	---	1.0	---

1 / Percents may not add to 100 because of rounding.

Table 16 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Bolivar 3000-3999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1 /	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	3.9	8.6	5.0	27.2	---	6.1	2.2	13.2	3.8
Milk, fresh processed	2.0	4.6	2.0	16.6	---	2.6	1.8	9.5	3.4
Meat, poultry, fish	19.8	42.2	35.7	3.0	28.4	60.3	22.1	39.2	8.6
Beef	2.1	5.8	3.6	---	3.5	---	---	1.9	---
Bacon, salt pork	4.0	1.7	9.1	---	1.0	---	1.5	---	---
Pork (excl. bacon, salt pork)	6.3	11.2	12.1	---	6.8	---	12.9	5.2	---
Liver	---	3.3	---	---	7.4	54.1	1.0	18.4	8.5
Poultry	2.0	10.6	2.0	---	4.1	4.8	1.0	6.3	---
Fish, shellfish	---	---	---	---	---	---	---	---	---
Other protein food	3.4	8.5	2.4	4.4	9.2	4.2	4.6	4.0	---
Eggs	---	2.4	1.1	1.0	1.7	3.8	---	2.2	---
Dry legumes	2.3	5.5	---	3.2	7.2	---	3.7	1.7	---
Vegetables	---	1.5	---	2.6	2.6	12.0	1.9	1.8	32.4
Potatoes, white	---	---	---	---	---	---	---	---	5.4
Dark green	---	---	---	1.1	---	7.1	---	---	10.5
Deep yellow	---	---	---	---	---	---	---	---	---
Tomatoes	---	---	---	---	---	---	---	---	1.7
Fruit	---	---	---	---	---	1.5	1.4	---	51.2
Citrus	---	---	---	---	---	1.0	1.2	---	49.4
Grain products	36.9	37.4	3.7	55.9	52.2	---	66.2	39.0	---
Enriched or whole grain	36.9	37.4	3.7	55.9	52.2	---	66.2	39.0	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	21.5	---	51.6	---	---	14.7	---	---	---
Sugars and sweets	12.2	---	1.1	3.4	4.6	---	1.0	1.1	1.6
Miscellaneous	---	---	---	1.7	1.2	---	1.0	---	---

1 / Percents may not add to 100 because of rounding

Table 16 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy	Protein	Fat	Calcium	Iron	A	Thia-	Ribo-	Ascorbic
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	13.2	24.0	13.7	71.7	---	20.6	15.2	50.8	9.3
Milk, fresh processed	13.2	21.5	10.4	64.7	---	15.9	13.6	46.0	---
Meat, poultry, fish	35.8	55.3	49.5	6.3	43.9	10.2	42.2	25.4	---
Beef	1.8	3.4	2.3	---	3.8	---	---	1.2	---
Bacon, salt pork	9.7	3.0	17.0	---	3.1	---	4.1	1.6	---
Pork (excl. bacon, salt pork)	10.4	13.1	15.3	---	14.0	---	23.9	6.3	---
Liver	---	---	---	---	---	7.0	---	---	---
Poultry	3.1	11.6	2.4	---	7.9	1.3	1.8	7.2	---
Fish, shellfish	4.1	1.6	2.8	4.0	6.0	5.3	3.9	3.0	---
Other protein food	1.1	2.5	1.3	---	3.1	5.3	1.2	2.4	---
Eggs	1.1	2.5	1.3	---	3.1	---	1.2	2.4	---
Dry legumes	---	---	---	---	---	---	---	---	---
Vegetables	4.1	4.6	---	7.2	15.6	45.6	10.7	6.4	59.6
Potatoes, white	---	---	---	---	1.2	---	1.6	---	5.4
Dark green	---	---	---	2.4	2.2	23.9	1.0	1.3	14.0
Deep yellow	---	---	---	---	---	---	---	---	---
Tomatoes	---	---	---	---	1.9	8.8	1.7	---	10.9
Fruit	7.3	1.6	---	2.4	12.1	17.1	6.9	4.4	30.4
Citrus	---	---	---	---	---	---	---	---	---
Grain products	16.2	11.5	4.1	8.7	20.2	---	23.2	8.2	---
Enriched or whole grain	9.6	7.3	2.2	6.7	15.2	---	17.4	7.7	---
Not enriched or whole grain	6.6	4.2	1.9	2.0	5.0	---	5.8	1.5	---
Fats and oils	16.3	---	29.9	---	---	---	---	---	---
Sugars and sweets	1.2	---	---	---	---	---	---	---	---
Miscellaneous	---	---	---	2.2	3.5	---	---	---	---

1 / Percents may not add to 100 because of rounding.

Table 17 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Leflore -1000		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods <u>1/</u>	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	9.2	16.1	10.7	45.9	1.3	14.0	4.8	25.8	4.8
Milk, fresh processed	3.5	7.0	3.3	23.0	---	4.3	3.2	15.4	3.7
Meat, poultry, fish	29.8	48.2	51.4	3.1	32.9	26.4	32.3	32.1	1.6
Beef	3.2	7.6	5.0	---	5.4	---	1.0	2.1	---
Bacon, salt pork	8.8	3.3	18.8	---	2.3	---	3.3	1.8	---
Pork (excl. bacon, salt pork)	10.7	16.5	18.7	---	11.9	---	21.9	8.1	---
Liver	---	1.0	---	---	2.7	18.6	---	6.1	1.8
Poultry	3.0	3.0	2.7	---	6.0	6.6	1.5	---	---
Fish, shellfish	---	---	---	---	---	---	---	---	---
Other protein food	2.3	5.5	2.4	2.3	5.6	6.5	2.6	4.2	---
Eggs	1.3	3.6	1.8	1.4	3.1	6.3	1.3	3.5	---
Dry legumes	---	1.4	---	---	2.2	---	1.1	---	---
Vegetables	1.7	2.7	---	5.9	6.5	34.3	4.3	4.3	52.8
Potatoes, white	---	---	---	---	---	---	---	---	1.5
Dark green	---	---	---	2.9	1.7	22.7	---	1.6	21.6
Deep yellow	---	---	---	---	---	2.0	---	---	---
Tomatoes	---	---	---	---	---	3.1	---	---	6.2
Fruit	3.9	1.1	---	---	5.2	9.1	3.6	2.9	38.7
Citrus	---	---	---	---	---	---	---	---	17.5
Grain products	28.2	24.9	2.6	34.3	40.8	---	50.8	27.9	---
Enriched or whole grain	28.2	24.9	2.6	34.3	40.8	---	50.8	27.9	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	14.0	---	30.8	---	---	8.6	---	---	---
Sugars and sweets	9.1	---	1.0	2.0	3.6	---	---	---	---
Miscellaneous	---	---	---	3.6	3.3	---	---	1.4	---

1 / Percents may not add to 100 because of rounding.

Table 17-Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Leflore 1000-1999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods <u>1/</u>	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	8.3	14.8	11.0	41.9	1.0	10.5	4.5	22.2	3.0
Milk, fresh processed	2.8	6.3	3.1	20.3	---	2.9	2.7	12.3	2.6
Meat, poultry, fish	21.0	42.2	41.2	2.6	27.7	40.2	23.4	33.1	3.5
Beef	3.1	8.1	5.6	---	4.7	---	1.0	2.6	---
Bacon, salt pork	4.9	2.1	12.0	---	1.2	---	1.9	1.0	---
Pork (excl.bacon, salt pork)	5.5	9.6	11.4	---	6.0	---	12.0	4.2	---
Liver	---	2.5	---	---	5.7	34.7	---	13.2	3.5
Poultry	2.1	10.8	3.8	---	---	4.2	1.1	6.1	---
Fish, shellfish	---	---	---	---	---	---	---	---	---
Other protein food	2.9	7.2	3.5	3.0	6.4	5.4	3.5	4.3	---
Eggs	1.3	3.9	2.1	1.5	2.9	5.2	1.3	3.4	---
Dry legumes	1.0	2.3	---	1.2	3.1	---	1.7	---	---
Vegetables	1.3	1.8	1.3	2.7	3.5	17.4	2.9	2.2	23.0
Potatoes, white	---	---	---	---	---	---	---	---	2.1
Dark green	---	---	---	---	---	2.7	---	---	2.6
Deep yellow	---	---	---	---	---	9.0	---	---	1.0
Tomatoes	---	---	---	---	---	2.3	---	---	4.7
Fruit	8.4	2.6	---	---	11.0	17.0	8.0	6.3	62.8
Citrus	---	---	---	4.4	---	---	---	---	---
Grain products	29.8	29.3	3.2	38.2	42.4	---	56.8	29.2	---
Enriched or whole grain	29.8	29.3	3.2	38.2	42.4	---	56.8	29.2	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	14.7	---	37.9	---	---	8.4	---	---	---
Sugars and sweets	11.7	---	1.2	2.8	4.5	---	---	1.0	---
Miscellaneous	---	---	---	3.1	2.5	---	---	---	---

1/ Percents may not add to 100 because of rounding.

Table 17 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Leflore 2000-2999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	8.0	14.4	10.2	41.1	1.2	12.5	3.9	22.5	4.2
Milk, fresh processed	2.6	5.7	2.7	18.7	---	3.4	2.4	12.3	2.9
Meat, poultry, fish	22.4	42.8	41.5	2.7	27.3	24.1	24.9	29.3	1.7
Beef	2.9	7.2	4.9	---	4.8	---	---	2.6	---
Bacon, salt pork	4.1	1.6	9.4	---	1.0	---	1.5	---	---
Pork (excl. bacon, salt pork)	7.0	11.6	13.6	---	7.7	---	14.4	5.7	---
Liver	---	---	---	---	2.3	17.1	---	5.7	1.7
Poultry	---	10.7	2.2	---	4.5	5.2	1.1	6.7	---
Fish, shellfish	---	---	---	---	---	---	---	---	---
Other protein food	3.0	7.3	3.7	3.0	6.6	7.4	3.3	5.0	---
Eggs	1.4	4.2	2.2	1.6	3.3	7.1	1.4	4.1	---
Dry legumes	---	1.9	---	1.0	2.7	---	1.4	---	---
Vegetables	1.3	2.1	---	4.7	4.7	32.0	3.2	3.4	41.4
Potatoes, white	---	---	---	---	---	---	---	---	1.8
Dark green	---	---	---	2.4	1.3	18.1	---	1.3	17.5
Deep yellow	---	---	---	---	---	7.2	---	---	---
Tomatoes	---	---	---	---	---	2.2	---	---	4.6
Fruit	4.5	1.4	---	2.4	6.0	11.0	4.3	3.6	50.4
Citrus	---	---	---	---	---	---	---	---	24.5
Grain products	32.2	30.2	3.5	39.6	46.7	---	58.5	33.4	---
Enriched or whole grain	32.3	30.2	3.5	39.6	46.7	---	58.5	33.4	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	16.0	---	38.7	---	---	11.5	---	1.0	---
Sugars and sweets	11.0	---	1.0	2.6	4.3	4.3	---	---	---
Miscellaneous	---	---	---	2.7	2.2	---	---	---	---

1/ Percents may not add to 100 because of rounding.

Table 17 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Leflore 3000-3999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	9.1	13.3	8.9	38.6	---	11.2	4.1	22.9	5.3
Milk, fresh processed	3.2	7.1	3.4	23.0	---	4.4	3.0	15.5	4.2
Meat, poultry, fish	21.3	44.0	39.6	2.8	26.8	21.6	25.2	28.4	1.4
Beef	2.2	5.7	3.8	---	3.8	---	---	2.0	---
Bacon, salt pork	3.5	---	8.1	---	---	---	1.3	---	---
Pork (excl. bacon, salt pork)	7.8	13.3	15.5	---	8.9	---	16.3	6.5	---
Liver	---	---	---	---	1.7	12.9	---	4.1	1.4
Poultry	2.8	14.0	3.0	---	6.0	7.1	1.4	8.9	---
Fish, shellfish	---	1.4	---	---	---	---	---	---	---
Other protein food	2.5	5.9	3.0	2.4	5.4	5.5	2.7	3.8	---
Eggs	1.0	3.1	1.6	1.2	2.4	5.4	1.0	3.0	---
Dry legumes	---	1.8	---	9.4	2.5	---	1.2	---	---
Vegetables	1.2	1.9	---	4.3	4.4	37.6	3.0	3.1	44.9
Potatoes, white	---	---	---	---	---	---	---	---	2.0
Dark green	---	---	---	2.3	1.3	18.0	---	1.2	19.1
Deep yellow	---	---	---	---	---	12.7	---	---	1.7
Tomatoes	---	---	---	---	---	3.0	---	---	6.8
Fruit	4.6	1.4	---	2.3	6.3	11.9	4.0	3.7	45.9
Citrus	---	---	---	---	---	---	---	---	13.9
Grain products	32.5	31.5	3.4	42.5	47.9	---	59.1	34.9	---
Enriched or whole grain	31.4	31.5	3.4	42.5	47.9	---	59.1	34.9	---
Not enriched or whole grain	1.1	---	---	---	---	---	---	---	---
Fats and oils	17.1	---	42.3	---	---	10.7	---	---	---
Sugars and sweets	11.7	---	1.1	2.8	4.7	---	1.0	1.1	1.2
Miscellaneous	---	---	---	3.1	2.7	---	---	1.2	---

1/ Percents may not add to 100 because of rounding.

Table 17 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Leflore 4000		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	11.4	17.3	12.8	53.0	1.1	9.4	6.9	28.0	5.5
Milk, fresh processed	4.9	9.2	4.7	31.7	---	3.5	4.7	18.1	4.1
Meat, poultry, fish	29.4	48.6	50.5	3.3	34.7	32.7	30.7	37.1	3.6
Beef	2.4	5.3	4.6	---	3.8	---	---	---	---
Bacon, salt pork	8.9	3.1	18.7	---	2.1	---	3.5	4.7	---
Pork (excl. bacon, salt pork)	7.3	10.7	13.1	----	7.7	---	16.0	3.6	---
Liver	---	2.4	---	---	6.2	26.4	1.0	---	4.7
Poultry	4.0	16.9	3.8	1.0	7.8	5.6	2.1	---	---
Fish, shellfish	---	1.1	---	---	---	---	---	---	---
Other protein food	3.8	8.5	3.2	3.8	9.5	5.0	5.0	5.4	---
Eggs	1.8	4.7	2.6	1.9	4.1	5.1	1.9	---	---
Dry legumes	1.6	3.2	---	1.7	4.9	---	2.8	---	---
Vegetables	1.8	2.6	---	6.8	6.6	35.5	5.1	4.1	51.1
Potatoes, white	---	---	---	---	---	---	10.4	---	2.3
Dark green	---	---	---	4.5	2.6	20.9	1.5	2.1	26.9
Deep yellow	---	---	---	---	---	8.6	---	---	1.4
Tomatoes	---	---	---	---	---	3.2	1.0	---	8.8
Fruit	6.4	1.6	---	2.8	8.2	5.8	5.8	4.1	38.1
Citrus	---	---	---	---	---	---	---	---	8.0
Grain products	25.1	19.2	2.7	23.4	32.3	---	44.4	19.1	---
Enriched or whole grain	23.4	19.2	2.7	23.4	32.3	---	44.4	19.1	---
Not enriched or whole grain	1.7	1.1	---	---	---	---	---	---	---
Fats and oils	12.5	---	28.0	---	---	7.0	---	---	---
Sugars and sweets	8.6	---	---	1.8	3.2	---	---	---	---
Miscellaneous	---	---	---	3.5	3.1	---	---	1.2	---

1 / Percents may not add to 100 because of rounding.

Table 18 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Tallahatchie -1000		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	10.5	18.7	12.4	52.2	1.7	7.4	5.5	29.0	7.4
Milk, fresh processed	4.7	8.7	4.4	28.3	---	6.6	4.2	19.1	6.6
Meat, poultry, fish	30.4	43.9	52.5	3.1	31.8	23.5	31.3	31.5	3.4
Beef	1.8	3.8	2.8	---	2.9	---	---	1.4	---
Bacon, salt pork	10.8	3.7	22.2	---	2.7	---	4.0	2.0	---
Pork (excl. bacon, salt pork)	10.1	14.4	17.8	---	11.1	---	20.4	7.1	---
Liver	---	1.3	---	---	3.7	17.7	---	7.8	3.4
Poultry	3.1	13.1	3.0	---	6.4	5.0	1.6	8.4	---
Fish, shellfish	---	2.0	---	---	---	---	---	---	---
Other protein food	4.9	10.3	4.2	4.5	12.0	7.3	5.9	7.0	---
Eggs	2.2	5.4	3.0	2.1	5.0	7.0	2.1	5.4	---
Dry legumes	2.2	4.2	---	2.2	7.0	---	3.5	1.4	---
Vegetables	---	2.4	---	4.4	5.6	44.4	5.6	3.4	60.0
Potatoes, white	---	---	---	---	1.1	---	1.1	---	12.1
Dark green	---	---	---	2.2	1.3	11.7	1.3	1.1	21.3
Deep yellow	---	---	---	---	---	29.3	---	---	6.7
Tomatoes	---	---	---	---	---	---	---	---	1.8
Fruit	2.8	---	---	4.0	1.1	4.7	2.3	1.9	27.5
Citrus	---	---	---	---	---	---	---	---	4.1
Grain products	28.2	22.9	2.6	30.9	40.0	---	49.5	25.6	---
Enriched or whole grain	28.2	22.9	2.6	30.9	40.0	---	49.5	25.6	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	12.0	---	26.0	---	---	8.2	---	---	---
Sugars and sweets	7.7	---	---	1.5	3.0	---	---	---	1.1
Miscellaneous	---	---	---	1.2	1.2	---	---	4.9	---

1 / Percents may not add to 100 because of rounding.

Table 18- Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Tallahatchie 1000-1999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	9.7	17.7	11.4	51.9	2.0	13.1	4.6	25.6	5.7
Milk, fresh processed	3.7	6.6	3.2	23.4	---	3.7	3.4	12.0	5.2
Meat, poultry, fish	32.7	48.1	53.0	3.7	36.1	33.6	36.2	36.7	4.4
Beef	2.2	4.7	2.2	---	3.7	---	---	1.7	---
Bacon, salt pork	10.4	3.5	10.4	---	2.6	---	4.0	2.0	---
Pork (excl. bacon, salt pork)	11.2	15.5	11.2	---	12.2	---	23.5	8.0	---
Liver	---	1.6	---	---	4.6	26.2	---	9.8	4.3
Poultry	2.3	13.3	3.3	---	6.7	6.1	1.7	8.8	---
Fish, shellfish	---	2.0	---	---	---	---	---	---	---
Other protein food	5.0	10.6	4.0	5.2	13.1	10.1	6.5	7.8	---
Eggs	2.5	6.2	3.3	2.6	2.6	9.8	2.5	6.3	---
Dry legumes	2.3	4.3	---	2.4	2.4	---	3.8	1.5	---
Vegetables	1.8	2.0	---	3.9	4.6	23.1	4.0	2.9	53.6
Potatoes, white	1.0	---	---	---	1.2	---	---	---	12.9
Dark green	---	---	---	2.2	1.3	14.2	1.0	1.1	22.2
Deep yellow	---	---	---	---	---	5.6	---	---	1.1
Tomatoes	---	---	---	---	---	---	---	---	2.5
Fruit	4.0	---	---	1.6	5.3	7.7	3.3	2.8	34.0
Citrus	---	---	---	---	---	---	---	---	2.9
Grain products	24.1	19.4	2.1	29.7	34.0	---	44.1	22.6	---
Enriched or whole grain	24.1	19.4	2.1	29.7	34.0	---	44.1	22.6	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	13.3	---	27.7	---	---	11.6	---	---	---
Sugars and sweets	8.2	---	---	1.7	3.2	---	---	---	---
Miscellaneous	---	---	---	1.1	1.1	---	---	---	---

1 / Percents may not add to 100 because of rounding

Table 18 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Tallahatchie 2000-2999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	11.5	18.0	13.1	60.0	2.0	10.7	5.1	23.6	6.6
Milk, fresh processed	4.2	6.6	3.6	29.3	---	3.0	3.7	13.6	6.0
Meat, poultry, fish	32.5	51.3	47.6	3.7	45.4	60.6	35.6	46.4	13.2
Beef	7.5	13.7	10.7	---	10.7	---	2.3	4.6	---
Bacon, salt pork	3.7	1.1	7.0	---	---	---	1.3	---	---
Pork (excl. bacon, salt pork)	11.3	13.6	18.1	---	10.7	---	2.5	6.3	---
Liver	1.1	4.2	---	---	12.1	55.4	1.9	23.5	13.2
Poultry	3.0	10.7	2.6	---	5.4	3.9	1.5	6.4	---
Fish, shellfish	---	1.7	---	---	---	---	---	---	---
Other protein food	4.6	8.6	3.3	4.4	11.0	6.4	5.8	5.7	---
Eggs	2.3	4.9	3.0	2.2	4.6	6.2	2.2	4.5	---
Dry legumes	2.2	3.7	---	2.2	6.2	---	3.6	1.1	---
Vegetables	1.5	1.6	---	3.4	4.0	10.1	3.3	2.2	50.5
Potatoes, white	---	---	---	---	---	---	---	---	5.8
Dark green	---	---	---	1.6	---	8.0	---	---	1.8
Deep yellow	---	---	---	---	---	---	---	---	---
Tomatoes	---	---	---	---	---	1.0	---	---	5.1
Fruit	1.9	---	---	---	2.2	2.7	1.7	1.1	27.9
Citrus	---	---	---	---	---	---	---	---	11.4
Grain products	27.6	19.3	2.2	30.1	33.6	---	47.6	20.3	---
Enriched or whole grain	27.6	19.3	2.2	30.1	33.6	---	47.6	20.3	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	16.3	---	32.7	---	---	7.3	---	---	---
Sugars and sweets	3.3	---	---	---	1.1	---	---	---	---
Miscellaneous	---	---	---	---	---	---	---	---	---

1/ Percents may not add to 100 because of rounding.

Table 18 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food					Vitamin			
	energy					A	Thia-	Ribo-	Ascorbic
Tallahatchie 3000-3999		Protein	Fat	Calcium	Iron	value	mine	flavin	acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	16.0	19.4	17.0	64.9	3.3	7.1	4.1	18.2	3.4
Milk, fresh processed	3.3	3.9	2.5	16.6	---	1.0	2.5	7.0	3.4
Meat, poultry, fish	55.0	63.0	68.6	6.3	66.9	62.0	69.2	64.2	19.6
Beef	---	---	---	---	---	---	---	---	---
Bacon, salt pork	4.5	---	7.3	---	---	---	1.4	---	---
Pork(excl. bacon, salt pork)	2.9	25.3	39.9	1.8	22.4	---	48.9	10.5	---
Liver	2.7	7.6	1.2	---	24.4	55.9	4.1	39.7	19.2
Poultry	2.2	5.8	1.6	---	3.2	1.5	---	3.1	---
Fish, shellfish	1.7	4.8	1.1	1.7	1.5	---	1.2	---	---
Other protein food	6.5	9.4	6.7	4.9	9.9	7.2	5.0	7.8	---
Eggs	6.2	9.4	6.7	---	9.9	7.2	5.0	7.8	---
Dry legumes	---	---	---	---	---	---	---	---	---
Vegetables	1.4	1.7	---	8.8	6.1	20.0	---	---	70.4
Potatoes, white	---	---	---	---	---	---	4.1	1.2	56.6
Dark green	---	1.0	---	7.3	4.1	18.8	---	2.5	---
Deep yellow	---	---	---	---	---	---	---	---	---
Tomatoes	---	---	---	---	---	---	---	---	6.5
Fruit	1.4	---	---	---	1.3	---	---	---	---
Citrus	---	---	---	---	---	---	---	---	---
Grain products	11.0	5.7	---	15.1	10.5	---	16.0	5.5	---
Enriched or whole grain	11.0	5.7	---	15.1	10.5	---	16.0	5.5	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	3.6	---	6.3	---	---	2.6	---	---	---
Sugars and sweets	6.0	---	---	---	1.6	---	---	---	---
Miscellaneous	---	---	---	---	---	---	---	---	---

1 / Percents may not add to 100 because of rounding.

Table 18 - Contribution of Foods to Nutritive Values of Diets by Income

County & Income	Food energy	Protein	Fat	Calcium	Iron	Vitamin			
						A value	Thia- mine	Ribo- flavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All Foods 1/	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	6.9	16.5	11.7	40.0	1.9	26.6	2.7	22.3	5.5
Milk, fresh processed	1.2	4.5	2.4	13.5	---	5.4	1.9	9.8	5.5
Meat, poultry, fish	16.8	34.8	35.0	2.2	19.4	15.2	13.8	24.3	---
Beef	4.1	10.3	7.9	---	6.9	---	1.3	4.1	---
Bacon, salt pork	5.5	2.1	14.3	---	1.4	---	2.1	1.3	---
Pork(excl. bacon, salt pork)	4.0	6.8	9.0	---	4.6	---	8.6	6.9	---
Liver	---	---	---	---	---	---	---	---	---
Poultry	2.9	14.4	3.5	---	6.2	14.5	1.5	10.5	---
Fish, shellfish	---	---	---	---	---	---	---	---	---
Other protein food	3.1	7.2	3.6	2.9	7.5	10.4	3.8	4.6	---
Eggs	---	2.8	1.7	1.0	2.3	9.9	---	3.1	---
Dry legumes	1.4	3.2	---	1.5	4.6	---	2.3	1.2	---
Vegetables	1.8	2.1	---	1.9	3.7	8.0	3.3	2.0	61.2
Potatoes, white	1.0	---	---	---	1.3	---	---	1.7	25.5
Dark green	---	---	---	---	---	---	---	---	---
Deep yellow	---	---	---	---	---	---	---	---	---
Tomatoes	---	---	---	---	---	---	---	---	---
Fruit	1.8	---	---	---	2.5	9.4	1.5	10.0	27.5
Citrus	---	---	---	---	---	1.7	---	---	---
Grain products	39.4	37.4	4.4	47.6	58.3	---	73.3	37.5	---
Enriched or whole grain	39.4	37.4	4.4	47.6	58.3	---	73.3	37.5	---
Not enriched or whole grain	---	---	---	---	---	---	---	---	---
Fats and oils	15.4	---	42.5	---	---	27.8	---	30.4	---
Sugars and sweets	13.9	---	1.5	---	5.6	---	---	---	3.0
Miscellaneous	---	---	---	---	---	---	---	---	---

1/ Percents may not add to 100 because of rounding.