

DATA TABLES:

Food and Nutrient Intakes by Individuals
in the United States, by Hispanic Origin and Race,
1994-96

Table Set 16



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DATA TABLES:

Food and Nutrient Intakes by Individuals in the United States, by Hispanic Origin and Race, 1994-96

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

Four categories of individuals classified by Hispanic origin and race are included in this report — Mexican American, other Hispanic origin, non-Hispanic white, and non-Hispanic black. Individuals were classified into those categories based on information provided by the household respondent (see "Table Notes"). Of all Hispanic individuals, about 49 percent were Mexican; 9 percent, Puerto Rican; 2 percent, Cuban; and 40 percent, other Spanish/ Hispanic. All individuals of Hispanic origin other than Mexican were grouped together in the category labeled "other Hispanic origin" in the tables. In this report, individuals not of Hispanic origin were classified as white or black (see "Table notes"); note that Hispanic individuals may be of any race.

The tables provide national probability estimates for the U.S. population. The results are weighted to adjust for differential rates of sample selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior.

Hispanic origin and race are among many demographic factors that may influence food intake behavior. Some examples of other factors are income, level of urbanization, education, employment status, and participation in government food assistance programs. In-depth analyses of the data are needed to assess the effects of Hispanic origin and race on dietary intake more extensively than the summary statistics provided in this report. In addition, the group labeled "other Hispanic origin" in the tables actually consists of individuals from several distinct cultures which may differ in eating patterns; data users should exercise caution when

interpreting aggregate data for this population group.

Sample sizes on which estimates are based are provided in appendix A. Within each Hispanic origin/race category, data are provided for seven sex-age groups and for all individuals. Although the sample size for each sex-age category meets statistical reporting guidelines (FASEB/LSRO 1995), sample sizes for the two Hispanic origin categories for the age groups 6 to 11 years and 12 to 19 years are very small and should be used with caution. Because of differences in eating patterns, these two groups have not been combined either by sex or age. Estimates in the tables are flagged when they lack a sufficient level of precision to ensure statistical reliability; most of the flags are due to high coefficients of variation. Appendix B provides criteria used in flagging estimates. Readers using data for young children should note that breast-fed children have been excluded from estimates in the tables. For 1994-96, the overall day-1 response rate was 80.0, percent and the 2-day response rate was 76.1 percent.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can compare this information with day-1 intakes from previous surveys that included different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes. Notes for each table are in the Table Notes section that begins on page 55. Additional information to aid in interpretation of the tables is provided in appendixes C through F.

Suggested citation:

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Mean intakes per individual

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Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
Mexican American:								
Males and females 5 and under ‡	0.7	1,360	49.8	51.7	20.5	18.3	9.0	216
Males: 6 - 11.....	0.3	1,999	68.4	73.5	26.5	28.9	12.7	260
12 - 19.....	0.4	2,394	85.3	90.6	29.6	35.6	18.6	348
20 and over.....	1.4	2,475	95.8	91.6	30.2	35.2	18.8	378
Females: 6 - 11	0.3	1,690	63.7	60.7	22.9	23.4	9.9	216
12 - 19.....	0.3	1,818	67.9	65.7	22.3	25.3	12.9	245
20 and over.....	1.5	1,588	63.1	60.0	20.0	23.0	12.0	256
All individuals.....	4.9	1,920	73.0	71.6	24.5	27.4	14.0	290
Other Hispanic origin:								
Males and females 5 and under ‡	0.7	1,345	50.3	49.6	19.3	17.9	8.7	198
Males: 6 - 11.....	0.3	1,841	66.1	66.0	24.4	25.1	11.6	208
12 - 19.....	0.3	2,725	106.7	101.6	35.1	39.7	18.8	384
20 and over.....	1.8	2,354	94.9	87.1	29.2	32.6	18.2	364
Females: 6 - 11	0.3	1,672	65.1	62.7	23.4	23.5	11.0	268
12 - 19.....	0.5	1,918	66.2	71.3	25.6	26.7	13.6	245
20 and over.....	1.7	1,628	65.4	57.9	19.3	22.0	12.0	217
All individuals.....	5.6	1,926	75.3	70.5	24.4	26.5	14.0	276
Non-Hispanic white:								
Males and females 5 and under ‡	5.5	1,410	48.7	51.3	20.1	19.1	8.4	154
Males: 6 - 11.....	3.1	2,079	71.3	75.8	28.0	29.3	12.8	223
12 - 19.....	4.0	2,859	100.3	105.4	37.8	41.1	18.5	314
20 and over.....	25.8	2,472	94.6	93.4	31.7	36.1	18.4	319
Females: 6 - 11	2.8	1,845	61.4	66.8	24.8	25.6	11.5	185
12 - 19.....	3.7	1,909	64.4	67.7	24.0	26.1	12.5	201
20 and over.....	27.8	1,649	62.7	60.4	20.1	22.9	12.8	204
All individuals.....	72.7	2,029	75.4	75.2	25.9	28.8	14.7	247
Non-Hispanic black:								
Males and females 5 and under ‡	1.5	1,430	51.0	55.4	21.2	20.8	9.3	184
Males: 6 - 11.....	0.7	1,940	68.1	73.7	26.5	29.0	12.8	245
12 - 19.....	0.8	2,625	90.7	104.2	36.4	41.3	18.6	345
20 and over.....	3.5	2,414	94.5	96.5	32.3	37.8	18.8	395
Females: 6 - 11	0.8	1,815	63.1	69.7	24.2	27.6	12.7	224
12 - 19.....	0.9	1,964	69.4	78.7	27.4	30.6	14.8	258
20 and over.....	4.4	1,630	63.3	62.9	20.5	24.5	12.9	246
All individuals.....	12.6	1,940	73.0	76.2	26.0	29.7	14.6	286

‡ Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Hispanic origin and race, 1 day, 1994-96--continued

Hispanic origin and race, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Mexican American:							
Males and females 5 and under ‡	178.2	10.0	780	317	6.3	98	1.16
Males: 6 - 11.....	273.0	14.3	886	387	6.6	122	1.57
12 - 19.....	314.2	19.7	1,107	354	9.4	133	1.81
20 and over.....	309.4	23.7	865	454	10.1	127	1.83
Females: 6 - 11.....	227.4	12.8	793	351	5.3	91	1.45
12 - 19.....	245.0	15.3	971	512	6.9	93	1.39
20 and over.....	203.7	15.1	874	506	7.9	102	1.31
All individuals.....	247.4	17.0	877	434	8.1	111	1.51
Other Hispanic origin:							
Males and females 5 and under ‡	178.1	8.5	680	225	6.1	110	1.21
Males: 6 - 11.....	250.6	13.6	859	195	6.3	89	1.71
12 - 19.....	350.4	17.0	1,004	† 420	8.8	147	2.34
20 and over.....	289.7	16.6	904	438	9.2	111	1.87
Females: 6 - 11.....	215.2	10.5	724	250	6.2	98	1.42
12 - 19.....	257.9	12.5	664	277	7.9	92	1.48
20 and over.....	212.2	14.1	800	420	6.8	96	1.29
All individuals.....	246.7	14.0	817	368	7.6	105	1.57
Non-Hispanic white:							
Males and females 5 and under ‡	193.8	9.3	789	273	5.9	94	1.21
Males: 6 - 11.....	285.8	13.9	1,007	290	7.2	100	1.82
12 - 19.....	380.2	17.9	1,174	442	9.6	111	2.16
20 and over.....	300.5	18.8	1,147	552	10.1	106	1.92
Females: 6 - 11.....	257.3	12.3	853	303	6.6	90	1.49
12 - 19.....	266.7	13.0	842	349	7.0	95	1.43
20 and over.....	212.9	14.2	944	508	7.2	87	1.34
All individuals.....	259.3	15.5	1,011	477	8.2	97	1.61
Non-Hispanic black:							
Males and females 5 and under ‡	186.1	9.0	767	224	6.0	108	1.26
Males: 6 - 11.....	256.9	12.1	810	284	6.4	108	1.61
12 - 19.....	337.2	14.6	743	271	8.6	126	1.97
20 and over.....	284.3	15.8	1,263	485	9.1	118	1.79
Females: 6 - 11.....	239.9	12.1	763	200	6.5	110	1.49
12 - 19.....	248.7	12.6	651	253	7.1	96	1.48
20 and over.....	201.9	11.3	867	446	6.3	97	1.21
All individuals.....	240.3	12.7	933	381	7.3	107	1.49

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Hispanic origin and race,1 day, 1994-96--continued

Hispanic origin and race, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----		----- Micrograms -----		----- Milligrams -----		
Mexican American:							
Males and females 5 and under ‡	1.72	12.7	1.28	206	3.31	829	962
Males: 6 - 11.....	2.12	17.8	1.62	264	3.69	999	1,281
12 - 19.....	2.41	22.7	2.08	346	6.61	990	1,483
20 and over.....	2.06	25.0	2.19	324	5.07	890	1,527
Females: 6 - 11.....	1.92	16.9	1.49	232	3.63	905	1,140
12 - 19.....	1.72	19.9	1.69	241	3.47	743	1,133
20 and over.....	1.54	17.1	1.62	241	3.99	621	1,017
All individuals.....	1.86	19.4	1.77	269	4.34	807	1,224
Other Hispanic origin:							
Males and females 5 and under ‡	1.65	13.7	1.27	178	3.00	782	936
Males: 6 - 11.....	2.05	19.9	1.83	286	3.86	935	1,181
12 - 19.....	2.55	29.5	2.33	345	5.36	1,031	1,614
20 and over.....	2.02	25.8	2.07	268	5.42	833	1,402
Females: 6 - 11.....	1.82	16.1	1.39	216	3.83	870	1,125
12 - 19.....	1.73	18.7	1.57	234	3.89	754	1,089
20 and over.....	1.46	18.2	1.57	237	4.11	602	993
All individuals.....	1.80	20.7	1.74	247	4.41	767	1,177
Non-Hispanic white:							
Males and females 5 and under ‡	1.72	14.3	1.29	190	3.15	837	960
Males: 6 - 11.....	2.40	22.4	1.92	295	4.85	1,012	1,318
12 - 19.....	2.72	28.7	2.27	326	6.04	1,245	1,728
20 and over.....	2.29	28.3	2.19	307	6.54	924	1,499
Females: 6 - 11.....	1.96	18.1	1.52	234	3.75	901	1,156
12 - 19.....	1.78	18.8	1.51	236	3.78	809	1,125
20 and over.....	1.62	18.9	1.51	229	4.14	668	1,037
All individuals.....	1.98	22.5	1.79	262	5.02	834	1,254
Non-Hispanic black:							
Males and females 5 and under ‡	1.68	15.2	1.34	196	3.82	737	902
Males: 6 - 11.....	1.91	20.1	1.63	248	3.48	812	1,140
12 - 19.....	2.12	25.6	1.97	272	5.00	900	1,377
20 and over.....	2.06	25.7	2.03	266	9.82	706	1,345
Females: 6 - 11.....	1.79	18.8	1.48	234	4.51	710	1,052
12 - 19.....	1.69	19.7	1.51	208	3.95	656	1,061
20 and over.....	1.39	18.0	1.42	195	4.53	525	904
All individuals.....	1.73	20.6	1.64	226	5.85	661	1,090

‡ Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by Hispanic origin and race, 1 day, 1994-96--continued

Hispanic origin and race, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>----- Milligrams -----</i>						
Mexican American:						
Males and females 5 and under ‡	183	11.3	7.7	0.7	1,969	1,959
Males: 6 - 11.....	242	14.1	10.2	1.0	2,887	2,440
12 - 19.....	289	17.7	15.6	1.5	4,104	2,911
20 and over.....	337	17.5	13.6	1.5	3,834	3,248
Females: 6 - 11	215	13.7	9.4	.9	2,646	2,235
12 - 19.....	234	14.4	10.9	1.1	2,866	2,286
20 and over.....	225	12.9	10.0	1.0	2,541	2,281
All individuals.....	257	14.6	11.2	1.1	3,003	2,571
Other Hispanic origin:						
Males and females 5 and under ‡	181	11.8	7.6	.8	1,956	1,910
Males: 6 - 11.....	235	15.8	10.1	.9	2,937	2,260
12 - 19.....	306	20.2	15.6	1.4	4,312	3,136
20 and over.....	297	16.5	12.9	1.3	3,785	2,975
Females: 6 - 11	209	11.3	8.8	.9	2,745	2,192
12 - 19.....	214	13.6	10.4	1.0	2,933	2,140
20 and over.....	236	12.0	9.0	1.0	2,653	2,427
All individuals.....	249	14.2	10.6	1.1	3,064	2,530
Non-Hispanic white:						
Males and females 5 and under ‡	186	12.2	7.9	.7	2,042	1,907
Males: 6 - 11.....	252	17.4	11.6	1.1	3,291	2,460
12 - 19.....	326	20.6	14.8	1.4	4,546	3,230
20 and over.....	335	18.7	14.0	1.5	4,129	3,262
Females: 6 - 11	223	14.0	9.5	.9	2,837	2,154
12 - 19.....	228	13.8	9.7	1.1	2,996	2,234
20 and over.....	239	13.2	9.2	1.1	2,764	2,371
All individuals.....	273	15.7	11.2	1.2	3,329	2,687
Non-Hispanic black:						
Males and females 5 and under ‡	176	13.4	8.5	.8	2,206	1,838
Males: 6 - 11.....	218	14.9	10.0	.9	3,005	2,135
12 - 19.....	265	17.4	12.9	1.2	4,064	2,832
20 and over.....	274	18.1	13.8	1.4	3,889	2,886
Females: 6 - 11	204	13.5	9.5	.9	2,832	2,041
12 - 19.....	207	13.4	10.1	1.0	3,454	2,140
20 and over.....	194	11.4	8.6	.9	2,667	2,009
All individuals.....	221	14.3	10.6	1.1	3,127	2,304

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
Mexican American:									
Males and females 5 and under ‡	0.7	97	270	180	117	241	165	206	134
Males: 6 - 11.....	0.3	97	231	126	87	264	151	171	131
12 - 19.....	0.4	87	164	111	94	243	130	149	123
20 and over.....	1.4	88	154	87	101	212	126	125	137
Females: 6 - 11.....	0.3	85	225	124	75	200	147	161	130
12 - 19.....	0.3	82	149	121	85	174	126	132	133
20 and over.....	1.5	72	125	108	95	162	117	116	114
All individuals.....	4.9	84	172	115	97	203	132	141	127
Other Hispanic origin:									
Males and females 5 and under ‡	0.7	97	269	160	120	280	176	203	146
Males: 6 - 11.....	0.3	89	223	131	83	192	165	165	148
12 - 19.....	0.3	99	203	100	88	264	166	155	158
20 and over.....	1.8	84	152	90	92	186	130	124	142
Females: 6 - 11.....	0.3	84	224	107	87	214	142	152	123
12 - 19.....	0.5	87	145	83	98	162	132	131	124
20 and over.....	1.7	76	132	100	85	159	119	114	124
All individuals.....	5.6	85	170	105	93	194	137	137	136
Non-Hispanic white:									
Males and females 5 and under ‡	5.5	101	265	184	109	233	171	207	150
Males: 6 - 11.....	3.1	103	247	146	98	219	179	197	168
12 - 19.....	4.0	102	189	117	96	199	152	163	153
20 and over.....	25.8	92	152	115	101	177	138	144	161
Females: 6 - 11.....	2.8	92	210	128	92	196	149	164	137
12 - 19.....	3.7	87	143	105	87	170	130	137	126
20 and over.....	27.8	79	126	117	89	145	125	128	133
All individuals.....	72.7	88	158	122	95	172	138	146	147
Non-Hispanic black:									
Males and females 5 and under ‡	1.5	105	278	180	117	268	182	207	162
Males: 6 - 11.....	0.7	93	221	111	84	235	153	152	146
12 - 19.....	0.8	93	170	74	86	225	138	126	135
20 and over.....	3.5	89	151	126	91	196	128	129	146
Females: 6 - 11.....	0.8	91	211	120	90	239	149	149	142
12 - 19.....	0.9	89	153	81	88	173	134	129	131
20 and over.....	4.4	77	127	108	78	160	113	109	125
All individuals.....	12.6	87	167	119	88	197	133	134	139

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
<i>----- Percent of RDA -----</i>								
Mexican American:								
Males and females 5 and under ‡	130	371	439	109	127	204	116	83
Males: 6 - 11.....	115	259	259	116	149	140	136	95
12 - 19.....	113	205	331	82	124	89	151	104
20 and over.....	109	162	253	106	181	96	175	91
Females: 6 - 11.....	113	240	274	109	137	132	131	93
12 - 19.....	115	147	173	62	94	81	95	90
20 and over.....	98	126	196	70	115	79	89	81
All individuals.....	110	195	266	92	139	110	129	88
Other Hispanic origin:								
Males and females 5 and under ‡	136	329	412	106	127	204	126	86
Males: 6 - 11.....	134	283	275	107	136	136	150	92
12 - 19.....	125	197	268	86	135	92	171	104
20 and over.....	104	134	271	101	171	85	165	86
Females: 6 - 11.....	102	216	274	103	134	123	107	86
12 - 19.....	104	134	194	63	91	74	88	86
20 and over.....	98	130	205	70	116	84	87	75
All individuals.....	109	173	262	88	136	104	126	84
Non-Hispanic white:								
Males and females 5 and under ‡	133	344	422	110	127	209	127	86
Males: 6 - 11.....	139	296	355	121	157	150	169	111
12 - 19.....	120	183	302	104	144	97	176	99
20 and over.....	109	154	327	111	180	96	187	93
Females: 6 - 11.....	113	233	270	106	136	131	132	92
12 - 19.....	103	141	189	67	94	79	92	81
20 and over.....	94	125	206	80	124	85	104	76
All individuals.....	107	167	279	97	146	103	142	86
Non-Hispanic black:								
Males and females 5 and under ‡	140	361	540	100	123	201	141	96
Males: 6 - 11.....	115	234	238	92	129	121	141	90
12 - 19.....	104	151	250	75	115	77	148	86
20 and over.....	102	133	491	85	163	78	181	92
Females: 6 - 11.....	111	230	349	82	121	118	125	91
12 - 19.....	102	123	197	55	88	71	88	84
20 and over.....	88	107	225	62	108	69	87	71
All individuals.....	103	163	345	76	126	94	129	84

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	† 1.6	22.2	57.5	† 0.0	† 0.6	† 2.8	5.5	13.9	26.7
Males: 6 - 11.....	0.3	† 4.7	† 19.4	62.4	† 0.0	† 0.0	† 3.4	22.6	34.6	51.6
12 - 19.....	0.4	† 8.1	35.9	72.0	† 0.0	† 4.9	† 6.5	27.6	47.6	65.9
20 and over.....	1.4	12.7	40.1	69.4	† 1.8	6.6	20.0	40.3	57.8	71.6
Females: 6 - 11	0.3	† 3.4	40.6	71.6	† 0.0	† 0.0	† 4.2	† 8.4	27.0	58.1
12 - 19.....	0.3	† 0.0	† 51.1	† 79.3	† 0.0	† 3.3	† 18.3	† 15.7	† 35.9	† 51.1
20 and over.....	1.5	14.5	66.8	90.1	† 2.4	10.7	28.4	34.1	54.7	71.1
All individuals.....	4.9	9.6	45.1	74.7	† 1.3	5.9	17.1	28.0	45.3	61.5
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	† 2.9	22.2	58.3	† 0.0	† .4	† 3.2	† 1.6	8.0	23.0
Males: 6 - 11.....	0.3	† 4.4	37.6	72.3	† 0.0	† 0.0	† 9.3	† 8.9	34.9	57.6
12 - 19.....	0.3	† 4.1	† 26.3	† 63.7	† 0.0	† 1.4	† 2.6	† 34.7	† 49.8	† 64.3
20 and over.....	1.8	10.9	35.8	69.1	† 1.9	9.2	20.1	29.9	52.6	67.2
Females: 6 - 11	0.3	† 1.4	† 30.5	† 86.5	† 0.0	† 0.0	† 0.0	† 18.2	† 35.0	† 65.5
12 - 19.....	0.5	† 12.0	40.7	71.7	† 0.0	† 8.4	27.4	40.5	62.4	76.6
20 and over.....	1.6	20.1	58.4	87.0	† 3.5	14.9	32.9	39.4	58.0	65.0
All individuals.....	5.6	11.4	40.4	73.9	1.6	8.2	19.7	28.4	47.2	60.7
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	2.4	19.7	57.0	† .3	.8	3.7	3.1	9.7	20.8
Males: 6 - 11.....	3.1	† 1.3	17.5	54.7	† 0.0	† .3	† 1.2	6.6	17.7	29.8
12 - 19.....	4.0	3.8	26.2	57.2	† .2	† 2.5	9.9	20.3	42.7	59.4
20 and over.....	25.7	8.2	36.5	67.8	1.0	6.6	19.2	24.8	43.7	59.0
Females: 6 - 11	2.9	3.6	28.1	71.4	† .8	† 2.4	4.7	10.0	25.7	43.1
12 - 19.....	3.6	10.8	43.4	75.5	† 2.0	11.7	22.9	28.6	51.6	66.6
20 and over.....	27.8	12.7	49.4	82.5	2.6	12.8	30.3	22.4	42.5	57.0
All individuals.....	72.6	8.9	38.8	72.0	1.5	8.1	20.6	20.8	39.1	53.8
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	3.2	19.6	51.1	† 0.0	† 1.0	3.2	6.3	16.1	27.7
Males: 6 - 11.....	0.7	† 4.1	26.8	67.6	† 0.0	† 0.0	† 3.3	14.3	38.4	66.1
12 - 19.....	0.8	† 11.0	35.6	64.9	† 2.4	† 6.5	† 12.9	35.6	59.6	78.1
20 and over.....	3.5	15.3	45.1	69.7	† 2.5	12.9	24.9	36.3	53.1	70.8
Females: 6 - 11	0.7	† 6.6	36.2	70.0	† 0.0	† .7	† 7.1	20.6	37.0	62.2
12 - 19.....	1.0	13.5	39.6	75.5	† .4	† 6.4	25.5	41.0	59.9	78.0
20 and over.....	4.4	18.2	54.8	82.6	4.7	16.2	33.7	42.9	60.1	70.5
All individuals.....	12.6	13.4	43.0	72.1	2.5	10.3	22.6	33.3	50.4	65.9

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	14.3	49.7	69.9	† 3.1	9.3	16.1	† 0.4	6.2	14.6
Males: 6 - 11.....	0.3	† 15.4	40.7	68.5	† 4.6	† 14.3	23.3	† 2.5	† 4.2	† 14.5
12 - 19.....	0.4	21.4	51.1	76.9	† 8.3	† 14.9	23.5	† 2.0	† 18.3	41.9
20 and over.....	1.4	19.2	43.3	64.2	13.0	22.2	31.1	6.9	18.9	39.1
Females: 6 - 11	0.3	20.9	54.0	73.9	† 6.2	† 11.9	24.5	† 0.0	† 1.6	22.1
12 - 19.....	0.3	† 23.4	† 47.6	† 77.7	† 3.4	† 19.7	† 31.7	† 2.4	† 3.4	† 31.0
20 and over.....	1.5	26.8	57.5	76.4	17.1	28.3	36.6	11.4	26.5	46.8
All individuals.....	4.9	21.2	50.1	71.5	11.1	20.5	29.3	6.1	16.7	35.3
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	23.9	52.3	67.7	† 3.1	9.4	15.4	† 1.1	† 2.8	15.2
Males: 6 - 11.....	0.3	22.7	41.6	† 84.2	† 6.2	† 20.8	31.4	† 4.1	† 6.5	† 15.9
12 - 19.....	0.3	† 22.3	† 50.8	† 68.3	† 8.7	† 12.6	† 25.5	† 1.4	† 9.1	† 14.8
20 and over.....	1.8	18.5	39.2	68.4	13.0	22.6	29.9	5.9	15.3	40.5
Females: 6 - 11	0.3	† 11.9	† 51.8	† 73.7	† 10.3	† 21.2	† 34.9	† 0.0	† 3.8	† 27.9
12 - 19.....	0.5	24.9	40.4	66.7	† 16.3	27.4	35.0	† 3.9	† 15.3	26.7
20 and over.....	1.6	29.5	64.4	77.7	19.1	32.7	44.4	8.4	20.3	39.9
All individuals.....	5.6	23.2	49.8	72.1	13.0	23.5	32.8	5.2	13.7	32.3
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	19.3	50.8	70.9	6.7	13.5	20.2	† .3	3.0	12.6
Males: 6 - 11.....	3.1	11.7	37.6	65.3	6.1	15.8	22.2	† .1	† 1.7	7.2
12 - 19.....	4.0	15.0	40.4	61.5	14.1	24.9	34.8	† 1.2	7.3	23.2
20 and over.....	25.7	16.9	41.1	63.0	16.5	29.2	41.1	3.2	12.6	29.6
Females: 6 - 11	2.9	10.6	47.1	72.8	6.6	15.8	25.2	† .7	4.3	20.9
12 - 19.....	3.6	21.3	50.8	76.7	20.3	35.1	47.5	4.3	13.6	31.8
20 and over.....	27.8	21.2	48.3	71.9	20.1	33.4	45.0	4.0	15.7	35.9
All individuals.....	72.6	18.3	45.1	68.1	16.3	28.6	39.5	3.0	12.0	29.2
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	19.6	49.5	67.8	3.0	7.1	11.2	† 1.1	† 2.4	9.7
Males: 6 - 11.....	0.7	22.4	50.2	74.9	† 7.4	15.1	22.5	† 0.0	† 5.7	20.8
12 - 19.....	0.8	22.0	53.8	69.2	16.2	18.5	27.2	† 4.6	† 12.3	27.2
20 and over.....	3.5	23.7	52.4	69.1	18.0	30.3	37.7	6.2	19.4	37.3
Females: 6 - 11	0.7	11.2	42.4	76.2	† 7.8	12.5	24.2	† 0.0	† 7.1	12.1
12 - 19.....	1.0	20.7	51.4	78.7	15.7	24.1	30.4	† 6.6	20.9	35.0
20 and over.....	4.4	27.5	58.8	78.4	19.3	31.6	41.7	5.7	22.9	47.8
All individuals.....	12.6	23.4	53.6	73.7	15.2	25.0	33.1	4.7	16.9	34.6

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	† 0.3	† 2.4	7.2	† 4.7	16.3	29.9	† 2.8	13.4	29.9
Males: 6 - 11.....	0.3	† 0.0	† 2.6	† 11.9	† 3.4	† 4.3	† 21.2	† 6.1	† 12.9	38.6
12 - 19.....	0.4	† 7.1	† 13.7	24.0	† 2.1	† 12.4	39.8	† 10.7	26.2	52.1
20 and over.....	1.4	7.2	16.8	42.3	† 6.4	13.2	27.5	12.6	31.7	50.5
Females: 6 - 11	0.3	† 0.0	† 2.1	† 12.4	† 0.0	† 8.4	27.6	† 1.4	† 13.8	39.4
12 - 19.....	0.3	† 2.4	† 10.0	† 18.9	† 0.0	† 12.7	† 29.7	† 2.5	† 18.5	† 32.3
20 and over.....	1.5	10.4	26.7	57.9	† 4.9	23.4	43.7	14.6	40.7	64.1
All individuals.....	4.9	6.1	15.5	35.8	4.4	15.9	33.7	10.1	28.6	49.6
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	† 1.1	† 1.5	9.4	† 2.4	10.1	19.4	† 2.0	10.7	27.0
Males: 6 - 11.....	0.3	† 0.0	† 4.3	† 12.8	† 0.0	† 10.9	34.5	† 3.2	23.6	41.8
12 - 19.....	0.3	† 4.1	† 9.8	† 16.4	† 1.2	† 3.9	† 14.6	† 4.1	† 21.4	† 34.0
20 and over.....	1.8	† 5.2	14.0	41.9	† 4.8	14.3	32.7	10.7	33.7	58.1
Females: 6 - 11	0.3	† 1.4	† 2.9	† 22.8	† 4.4	† 13.8	† 28.1	† 3.4	† 22.8	† 51.8
12 - 19.....	0.5	† 9.0	24.6	36.2	† 3.1	19.0	37.8	† 10.4	28.6	53.6
20 and over.....	1.6	7.7	26.3	53.8	† 3.2	19.9	39.9	13.8	40.7	66.7
All individuals.....	5.6	5.2	15.6	36.6	3.4	15.0	32.4	9.3	30.5	53.5
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	† .3	2.1	6.7	1.2	8.5	22.1	2.6	12.2	30.9
Males: 6 - 11.....	3.1	† .3	† 1.4	5.6	† .5	2.8	12.0	4.1	10.5	28.2
12 - 19.....	4.0	† 1.9	8.7	20.5	† 1.3	7.9	23.3	8.7	25.4	44.8
20 and over.....	25.7	2.3	11.3	27.6	1.0	6.4	17.7	9.2	28.8	51.9
Females: 6 - 11	2.9	† .3	3.9	14.1	† 1.0	9.7	27.8	4.9	21.9	47.0
12 - 19.....	3.6	5.8	15.6	35.2	5.4	16.3	40.3	13.7	36.8	62.1
20 and over.....	27.8	3.6	15.7	34.2	2.7	13.1	30.1	13.8	37.9	63.3
All individuals.....	72.6	2.6	11.6	27.0	1.9	9.7	24.4	10.3	30.2	53.6
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	† 0.0	† 2.3	6.5	† 1.2	4.9	15.8	† 1.9	12.6	27.6
Males: 6 - 11.....	0.7	† 0.0	† 2.4	18.6	† 0.0	† 8.7	18.4	† 3.8	19.4	47.4
12 - 19.....	0.8	† 5.7	17.3	33.8	† 4.7	† 8.6	28.2	† 7.4	33.1	57.4
20 and over.....	3.5	7.5	22.6	40.8	† 2.7	12.0	26.4	14.8	35.7	56.0
Females: 6 - 11	0.7	† 0.0	† 8.6	19.2	† 0.0	† 5.5	19.6	† 4.5	21.1	41.5
12 - 19.....	1.0	11.4	25.4	38.3	† 3.0	12.3	32.2	13.6	37.6	52.7
20 and over.....	4.4	11.1	28.0	54.0	5.7	22.2	39.8	19.3	46.5	70.5
All individuals.....	12.6	7.2	20.1	38.3	3.4	14.0	29.6	13.1	35.0	56.2

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	† 0.0	† 0.0	† 0.3	† 0.0	† 0.0	† 0.9	8.3	29.5	44.3
Males: 6 - 11.....	0.3	† 0.0	† 4.2	† 5.8	† 0.0	† 1.2	† 2.6	† 4.0	22.9	50.5
12 - 19.....	0.4	† 4.8	† 17.3	25.0	† 5.2	† 6.6	† 9.5	26.3	44.5	67.8
20 and over.....	1.4	† 3.6	13.8	33.0	† 3.2	6.6	10.5	15.9	34.4	58.4
Females: 6 - 11	0.3	† 1.4	† 2.2	† 4.2	† 0.0	† 0.0	† 1.4	† 4.9	31.2	54.9
12 - 19.....	0.3	† 3.4	† 13.8	† 28.7	† 4.5	† 11.3	† 20.4	† 42.0	† 71.1	† 82.9
20 and over.....	1.5	15.6	33.4	49.1	† 7.0	13.4	24.9	33.5	62.8	87.3
All individuals.....	4.9	6.6	17.0	29.2	3.8	7.3	13.1	21.2	44.6	66.9
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	† 0.0	† 0.0	† 1.8	† 0.0	† .3	† 1.1	10.9	27.9	47.6
Males: 6 - 11.....	0.3	† 0.0	† 0.0	† 7.1	† 0.0	† 2.3	† 4.1	† 4.0	29.1	51.3
12 - 19.....	0.3	† 1.4	† 6.3	† 17.7	† 0.0	† 2.8	† 5.4	† 28.0	† 44.3	† 77.8
20 and over.....	1.8	† 5.8	17.9	39.9	† 3.1	6.2	12.8	13.1	35.1	56.7
Females: 6 - 11	0.3	† 0.0	† 4.9	† 7.3	† 0.0	† 0.0	† 2.9	† 9.9	† 31.5	† 54.0
12 - 19.....	0.5	† 6.9	21.4	41.3	† 5.8	18.2	30.9	43.7	79.2	† 93.5
20 and over.....	1.6	10.2	30.8	45.9	10.3	17.7	29.1	37.1	64.8	87.1
All individuals.....	5.6	5.6	17.4	32.1	4.6	9.2	16.3	22.8	46.9	68.5
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	† .1	† .6	1.8	† .5	1.0	1.7	9.1	25.3	49.9
Males: 6 - 11.....	3.1	† .4	† 1.4	3.6	† 0.0	† .5	† 2.1	6.2	19.2	37.4
12 - 19.....	4.0	3.7	13.7	26.3	† .5	† 2.5	6.2	13.0	33.7	57.7
20 and over.....	25.7	5.6	17.5	32.4	2.2	5.4	10.4	11.3	31.7	52.0
Females: 6 - 11	2.9	† .5	† 2.6	10.4	† 1.0	† 1.8	6.7	8.3	27.4	52.5
12 - 19.....	3.6	9.7	23.5	41.5	7.8	13.2	26.0	40.0	66.9	84.0
20 and over.....	27.8	9.2	25.6	43.9	7.2	16.7	28.8	24.4	52.7	75.1
All individuals.....	72.6	6.2	18.1	32.5	4.0	9.3	16.8	17.3	40.4	62.0
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	† 0.0	† 0.0	† .7	† .1	† .1	† 1.3	12.6	33.1	57.5
Males: 6 - 11.....	0.7	† 0.0	† 1.7	† 10.3	† 0.0	† 0.0	† 2.0	† 8.7	35.8	69.3
12 - 19.....	0.8	† 8.4	18.2	31.6	† 1.6	† 5.8	† 11.2	29.1	52.9	77.4
20 and over.....	3.5	9.8	24.6	40.4	6.6	12.4	18.3	27.0	56.6	72.6
Females: 6 - 11	0.7	† .5	† 1.8	† 9.7	† 0.0	† 1.0	† 5.8	19.7	46.3	74.6
12 - 19.....	1.0	12.6	28.0	46.9	11.1	17.1	24.5	55.7	81.6	† 94.2
20 and over.....	4.4	18.3	44.3	61.3	13.0	22.7	32.9	47.0	74.4	87.4
All individuals.....	12.6	10.7	25.9	39.6	7.4	13.2	19.9	33.3	60.1	78.0

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	† 0.3	12.4	28.6	† 0.0	† 1.1	† 4.0	8.0	23.1	47.3
Males: 6 - 11.....	0.3	† 0.0	† 3.6	† 19.7	† .9	† 7.2	26.9	† 2.5	† 6.9	32.8
12 - 19.....	0.4	† 1.4	† 9.5	33.1	† 12.1	45.1	69.1	† 2.0	† 13.5	21.7
20 and over.....	1.4	† 3.0	† 3.9	12.2	12.1	32.1	60.8	† 1.0	8.9	16.9
Females: 6 - 11.....	0.3	† 0.0	† 8.5	26.3	† 4.2	† 13.1	31.8	† 3.1	† 15.3	38.8
12 - 19.....	0.3	† 3.6	† 29.3	† 48.4	† 3.7	† 33.9	† 76.5	† 8.4	† 31.4	† 71.4
20 and over.....	1.5	9.9	22.8	36.7	15.7	56.6	79.2	24.2	54.0	78.4
All individuals.....	4.9	4.3	13.2	27.2	9.9	33.9	56.3	10.0	27.0	46.2
Other Hispanic origin:	0.7	† 1.6	11.0	29.1	† 0.0	† 1.1	7.8	† 4.2	19.9	43.7
Males and females 5 and under ‡										
Males: 6 - 11.....	0.3	† 0.0	† 7.4	27.0	† .7	† 10.9	39.2	† 4.1	† 13.5	33.9
12 - 19.....	0.3	† 2.6	† 5.1	† 21.8	† 9.5	† 35.7	† 66.0	† 1.2	† 5.3	† 15.6
20 and over.....	1.8	† 1.9	† 5.3	14.0	12.3	39.1	73.6	† .9	7.0	15.4
Females: 6 - 11.....	0.3	† 0.0	† 3.7	† 15.2	† 0.0	† 10.5	† 26.3	† 2.3	† 12.0	† 54.7
12 - 19.....	0.5	† 12.4	40.7	70.7	22.6	62.5	† 87.1	17.4	41.6	70.5
20 and over.....	1.6	† 4.4	19.7	49.3	15.9	52.2	79.2	17.4	52.0	72.7
All individuals.....	5.6	3.4	13.5	32.8	11.3	36.9	63.2	8.0	25.6	43.9
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	2.1	10.6	30.2	† .1	1.6	5.3	4.5	19.9	41.3
Males: 6 - 11.....	3.1	† .5	2.8	14.0	† .7	6.4	18.8	† .7	3.8	15.5
12 - 19.....	4.0	† 1.8	6.9	23.8	12.9	37.4	64.1	† .7	5.8	16.2
20 and over.....	25.7	.6	4.0	11.6	9.4	36.0	63.7	.6	4.1	13.1
Females: 6 - 11.....	2.9	† 1.8	7.3	25.7	† 2.0	10.6	30.8	† 2.0	14.2	37.5
12 - 19.....	3.6	11.1	37.2	65.9	22.8	58.7	80.7	14.3	44.9	72.8
20 and over.....	27.8	3.5	14.0	31.8	12.4	43.2	74.1	11.5	34.2	59.6
All individuals.....	72.6	2.5	10.2	24.8	10.0	35.0	60.9	5.8	19.3	37.3
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	† 1.4	13.5	31.1	† .2	† 1.8	5.1	3.0	15.0	32.4
Males: 6 - 11.....	0.7	† .5	† 9.3	28.9	† 0.0	20.4	41.8	† 1.9	† 5.0	28.4
12 - 19.....	0.8	† 6.7	16.1	38.6	26.2	52.8	75.7	† 4.6	† 8.2	19.1
20 and over.....	3.5	3.3	9.6	23.5	21.0	55.5	78.0	† 2.2	10.4	21.3
Females: 6 - 11.....	0.7	† .7	13.0	38.9	† 4.1	19.0	39.6	† 3.9	11.5	36.0
12 - 19.....	1.0	18.9	46.8	72.1	28.6	70.2	89.5	18.5	44.7	75.7
20 and over.....	4.4	9.6	26.5	48.9	28.7	66.7	86.1	18.4	50.2	71.1
All individuals.....	12.6	6.4	19.5	39.3	20.1	50.1	68.8	9.5	27.2	45.4

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Mexican American:				
Males and females 5 and under ‡	0.7	17.8	45.4	72.0
Males: 6 - 11.....	0.3	† 4.8	26.2	61.8
12 - 19.....	0.4	† 18.7	38.8	65.2
20 and over.....	1.4	16.4	40.7	63.8
Females: 6 - 11.....	0.3	† 8.7	39.1	62.1
12 - 19.....	0.3	† 19.1	† 37.0	† 70.8
20 and over.....	1.5	23.6	64.5	86.2
All individuals.....	4.9	18.0	47.6	72.3
Other Hispanic origin:				
Males and females 5 and under ‡	0.7	11.6	41.8	68.8
Males: 6 - 11.....	0.3	† 5.1	38.1	62.0
12 - 19.....	0.3	† 4.3	† 38.5	† 62.6
20 and over.....	1.8	13.7	46.5	69.2
Females: 6 - 11.....	0.3	† 6.4	† 41.1	† 61.0
12 - 19.....	0.5	21.6	47.9	76.3
20 and over.....	1.6	29.6	66.5	84.0
All individuals.....	5.6	17.4	50.7	73.0
Non-Hispanic white:				
Males and females 5 and under ‡	5.5	14.7	49.5	74.8
Males: 6 - 11.....	3.1	4.6	23.4	50.7
12 - 19.....	4.0	10.4	37.2	63.1
20 and over.....	25.7	14.9	41.0	67.4
Females: 6 - 11.....	2.9	11.6	42.2	71.1
12 - 19.....	3.6	21.9	53.6	78.5
20 and over.....	27.8	23.0	58.0	82.4
All individuals.....	72.6	17.5	47.9	73.4
Non-Hispanic black:				
Males and females 5 and under ‡	1.5	11.3	39.7	63.4
Males: 6 - 11.....	0.7	13.5	40.5	67.1
12 - 19.....	0.8	† 13.2	47.1	71.1
20 and over.....	3.5	21.2	50.6	70.3
Females: 6 - 11.....	0.7	12.6	36.5	66.7
12 - 19.....	1.0	25.8	43.2	71.6
20 and over.....	4.4	30.1	65.5	82.8
All individuals.....	12.6	22.1	52.4	73.6

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	42.5	6.2	† 0.0	† 97.2	88.1	75.1	73.3	50.3	26.5
Males: 6 - 11.....	0.3	37.6	† 2.7	† 0.0	† 96.6	† 86.8	60.4	48.4	22.9	† 14.2
12 - 19.....	0.4	28.0	† 4.5	† 0.0	† 93.5	63.0	23.6	34.1	† 16.9	† 6.0
20 and over.....	1.4	30.6	† 3.6	† .5	80.0	47.0	24.4	28.4	14.8	† 4.8
Females: 6 - 11.....	0.3	28.4	† 3.8	† 0.0	† 95.8	79.1	50.6	41.9	24.4	21.5
12 - 19.....	0.3	† 20.7	† 1.7	† 0.0	† 81.7	† 49.1	† 17.3	† 48.9	† 26.5	† 21.3
20 and over.....	1.5	9.9	† 0.0	† 0.0	71.6	21.7	† 3.1	28.9	17.2	14.0
All individuals.....	4.9	25.3	2.7	† .1	82.9	50.6	28.1	38.5	22.4	13.3
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	41.7	6.3	† .9	† 96.8	83.8	64.6	77.0	49.8	28.3
Males: 6 - 11.....	0.3	27.7	† 2.0	† 0.0	† 90.7	74.8	49.7	42.4	23.9	† 6.8
12 - 19.....	0.3	† 36.3	† 5.5	† .8	† 97.4	† 76.9	† 32.5	† 35.7	† 21.6	† 7.2
20 and over.....	1.8	30.9	† 3.1	† 0.0	79.9	45.0	20.0	32.8	14.3	7.4
Females: 6 - 11.....	0.3	† 13.5	† 3.0	† 0.0	† 100.0	† 82.3	† 58.6	† 34.5	† 7.6	† 0.0
12 - 19.....	0.5	28.3	† 1.4	† 0.0	72.6	38.3	† 14.0	23.4	† 15.3	† 7.1
20 and over.....	1.6	13.0	† 0.0	† 0.0	67.1	27.0	8.7	35.0	18.2	11.2
All individuals.....	5.6	26.1	2.5	† .2	80.3	49.5	26.2	39.3	20.9	10.9
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	43.0	5.5	† .4	96.3	86.5	68.6	79.2	51.0	29.6
Males: 6 - 11.....	3.1	45.3	5.6	† 1.0	† 98.8	87.9	68.3	70.2	40.4	20.3
12 - 19.....	4.0	42.8	9.2	† 1.6	90.1	66.0	37.0	40.6	22.3	10.7
20 and over.....	25.7	32.2	4.4	.7	80.8	43.2	16.7	41.0	21.8	12.6
Females: 6 - 11.....	2.9	28.6	† 1.7	† 0.0	95.3	76.3	44.4	56.9	29.2	18.1
12 - 19.....	3.6	24.5	† 2.7	† .2	77.1	35.1	11.7	33.4	18.2	9.1
20 and over.....	27.8	17.5	1.1	† 0.0	69.7	23.4	5.8	43.0	23.3	13.2
All individuals.....	72.6	28.0	3.4	.4	79.4	43.0	20.7	46.2	25.5	14.4
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	48.9	11.0	† 2.2	96.8	90.6	75.7	72.3	47.5	27.3
Males: 6 - 11.....	0.7	32.4	† 2.5	† 0.0	† 96.7	78.2	57.5	33.9	14.0	† 10.2
12 - 19.....	0.8	35.1	† 6.5	† 1.8	† 87.1	56.2	30.8	21.9	† 9.9	† 4.1
20 and over.....	3.5	30.3	7.5	5.6	75.1	42.3	21.5	29.2	18.4	11.9
Females: 6 - 11.....	0.7	30.0	† 0.0	† 0.0	† 92.9	78.8	52.5	37.8	17.7	11.9
12 - 19.....	1.0	24.5	† 3.9	† 1.3	74.5	46.4	16.8	22.0	† 8.0	† 3.2
20 and over.....	4.4	17.4	2.9	† .2	66.3	26.7	10.2	29.5	16.2	9.5
All individuals.....	12.6	27.9	5.3	2.1	77.4	47.7	27.8	34.1	19.5	11.6

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	30.1	16.9	11.7	83.9	65.7	51.6	85.4	45.7	22.8
Males: 6 - 11.....	0.3	31.5	† 8.2	† 7.3	76.7	59.0	43.5	† 85.5	41.2	† 17.3
12 - 19.....	0.4	23.1	† 12.7	† 2.7	76.5	59.2	40.2	58.1	33.1	† 12.8
20 and over.....	1.4	35.8	15.4	† 4.8	68.9	48.6	36.9	60.9	20.9	10.2
Females: 6 - 11.....	0.3	26.1	† 8.9	† 1.7	75.5	58.4	37.7	77.9	39.2	† 12.2
12 - 19.....	0.3	† 22.3	† 9.3	† 5.4	† 68.3	† 45.3	† 28.8	† 69.0	† 28.4	† 7.1
20 and over.....	1.5	23.6	8.0	† 3.9	63.4	41.9	30.1	53.2	13.2	† 6.1
All individuals.....	4.9	28.5	11.9	5.3	70.7	50.8	37.1	64.7	25.7	11.2
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	32.3	18.6	16.0	84.6	66.9	52.9	84.8	60.0	26.7
Males: 6 - 11.....	0.3	† 15.8	† 4.0	† 2.5	68.6	58.0	35.0	† 84.1	46.7	† 13.7
12 - 19.....	0.3	† 31.7	† 4.5	† 8	† 74.5	† 62.1	† 52.2	† 85.2	† 50.6	† 30.1
20 and over.....	1.8	31.6	12.6	† 5.3	70.1	51.4	39.5	59.5	31.1	9.4
Females: 6 - 11.....	0.3	† 26.3	† 5.6	† 5.6	† 65.1	† 54.5	† 33.0	† 72.1	† 37.1	† 9.7
12 - 19.....	0.5	33.3	† 6.5	† 2.9	65.0	51.0	37.0	73.3	33.7	† 10.7
20 and over.....	1.6	22.3	9.0	† 3.6	55.6	38.5	26.0	60.1	18.7	† 4.3
All individuals.....	5.6	27.9	10.5	5.6	67.2	50.7	37.2	67.7	33.8	11.8
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	29.1	16.1	11.3	79.8	64.5	47.4	87.4	52.0	24.0
Males: 6 - 11.....	3.1	34.7	9.7	2.7	77.8	61.0	42.7	92.8	59.7	26.6
12 - 19.....	4.0	38.5	10.3	3.6	65.2	51.2	37.3	76.8	42.1	14.5
20 and over.....	25.7	37.0	12.6	4.6	58.9	41.7	29.4	70.4	33.3	12.7
Females: 6 - 11.....	2.9	27.2	5.4	† 1.2	74.8	51.5	37.5	79.1	37.6	14.6
12 - 19.....	3.6	23.3	4.7	† 2.1	52.5	36.0	25.8	68.2	24.1	7.3
20 and over.....	27.8	28.1	8.5	3.4	55.0	36.3	22.6	64.1	24.9	7.8
All individuals.....	72.6	31.9	10.4	4.3	60.5	42.8	29.3	70.8	32.8	12.2
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	32.2	16.3	11.4	88.8	70.1	53.5	90.3	58.1	27.9
Males: 6 - 11.....	0.7	25.1	† 4.6	† 8	77.5	56.7	45.9	79.2	42.6	15.1
12 - 19.....	0.8	30.8	† 9.0	† 2.1	72.8	50.6	35.4	72.8	28.9	† 14.3
20 and over.....	3.5	30.9	11.7	7.2	62.3	49.0	37.8	62.7	29.9	11.9
Females: 6 - 11.....	0.7	23.8	† 2.9	† 4	75.8	62.9	54.8	87.9	46.3	12.5
12 - 19.....	1.0	21.3	† 4.2	† 1.3	69.6	47.6	33.8	65.0	27.2	11.0
20 and over.....	4.4	21.6	5.9	† 1.9	58.3	42.0	27.0	52.2	19.1	7.3
All individuals.....	12.6	26.3	8.6	4.3	66.9	50.3	36.8	65.4	30.8	12.4

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	92.8	70.4	45.7	70.1	36.7	13.0	70.1	32.8	11.8
Males: 6 - 11.....	0.3	† 88.1	53.5	24.0	† 78.8	38.4	† 17.1	61.4	26.0	† 8.5
12 - 19.....	0.4	76.0	35.1	21.8	60.2	26.9	† 8.0	47.9	† 18.7	† 4.2
20 and over.....	1.4	57.7	22.6	9.8	72.5	36.1	15.1	49.5	17.6	6.9
Females: 6 - 11.....	0.3	† 87.6	43.7	22.4	72.4	† 29.4	† 11.1	60.6	27.7	† 4.7
12 - 19.....	0.3	† 81.1	† 30.1	† 12.0	† 70.3	† 40.6	† 5.5	† 67.7	† 12.1	† 1.7
20 and over.....	1.5	42.1	14.9	† 4.2	56.3	18.3	† 4.9	35.9	10.3	† 4.4
All individuals.....	4.9	64.2	31.5	15.8	66.3	29.8	10.3	50.4	18.4	6.3
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	90.6	74.1	45.6	80.6	40.4	18.2	73.0	34.1	12.3
Males: 6 - 11.....	0.3	† 87.2	47.3	† 16.6	65.5	34.2	† 13.4	58.2	† 15.4	† 7.5
12 - 19.....	0.3	† 83.6	† 40.1	† 24.6	† 85.4	† 39.6	† 25.9	† 66.0	† 23.9	† 8.9
20 and over.....	1.8	58.1	23.4	8.0	67.3	31.9	14.5	41.9	12.3	† 4.7
Females: 6 - 11.....	0.3	† 77.2	† 49.8	† 12.9	† 71.9	† 27.4	† 7.6	† 48.2	† 9.6	† 7.6
12 - 19.....	0.5	63.8	26.1	† 13.7	62.2	26.1	† 8.7	46.4	† 12.1	† 2.8
20 and over.....	1.6	46.2	17.3	† 4.5	60.1	23.0	8.4	33.3	9.0	† 1.3
All individuals.....	5.6	63.4	32.1	14.1	67.6	30.3	12.9	46.5	14.9	5.1
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	93.3	70.6	44.0	77.9	42.8	17.0	69.1	28.6	8.9
Males: 6 - 11.....	3.1	94.4	70.9	38.0	88.0	53.3	19.8	71.8	33.2	11.2
12 - 19.....	4.0	79.5	46.9	24.8	76.7	43.7	18.8	55.2	20.5	6.7
20 and over.....	25.7	72.4	37.0	14.6	82.3	47.6	21.3	48.1	16.1	4.8
Females: 6 - 11.....	2.9	85.9	52.9	20.3	72.2	29.7	10.8	53.0	19.4	5.6
12 - 19.....	3.6	64.8	31.1	12.8	59.7	21.9	6.5	37.9	12.6	3.7
20 and over.....	27.8	65.8	25.9	8.0	69.9	30.5	9.7	36.7	8.5	2.3
All individuals.....	72.6	73.0	37.6	16.0	75.6	38.7	15.2	46.4	15.1	4.5
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	93.5	67.0	37.4	84.2	50.3	24.5	72.4	33.4	13.1
Males: 6 - 11.....	0.7	81.4	45.9	16.4	81.6	39.8	† 12.5	52.6	14.7	† 5.4
12 - 19.....	0.8	66.2	30.1	† 8.8	71.8	35.2	† 14.0	42.6	† 13.0	† 6.4
20 and over.....	3.5	59.2	26.3	12.3	73.6	40.0	19.8	44.0	18.5	7.7
Females: 6 - 11.....	0.7	80.8	40.7	14.5	80.4	39.8	† 4.3	58.5	16.8	† 1.3
12 - 19.....	1.0	61.7	30.3	† 9.4	67.8	28.3	† 9.1	47.3	12.4	† 4.2
20 and over.....	4.4	46.0	15.4	5.4	60.2	26.5	10.2	29.5	6.7	† 2.1
All individuals.....	12.6	61.7	29.7	12.7	70.4	35.2	14.5	43.8	15.0	5.5

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	† 99.7	† 95.7	82.9	† 99.1	† 97.6	92.0	55.7	18.7	6.2
Males: 6 - 11.....	0.3	† 94.2	76.6	54.5	† 97.4	76.8	61.3	49.5	† 17.9	† 3.0
12 - 19.....	0.4	75.0	50.0	36.0	† 90.5	† 81.0	67.3	32.2	† 4.7	† 2.1
20 and over.....	1.4	67.0	43.8	26.1	89.5	72.3	55.0	41.6	16.5	6.7
Females: 6 - 11.....	0.3	† 95.8	77.2	56.1	† 98.6	† 85.4	53.1	45.1	† 18.5	† 3.8
12 - 19.....	0.3	† 71.3	† 43.5	† 16.8	† 79.6	† 63.7	† 43.9	† 17.1	† 1.7	† 0.0
20 and over.....	1.5	50.9	20.6	9.1	75.1	44.5	32.2	12.7	† 2.7	† .2
All individuals.....	4.9	70.8	48.3	32.6	86.9	68.4	53.7	33.1	10.9	3.4
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	† 98.2	90.8	76.8	† 98.9	92.1	86.2	52.4	15.9	† 5.0
Males: 6 - 11.....	0.3	† 92.9	72.6	48.8	† 95.9	† 86.6	65.5	48.7	† 10.8	† 2.4
12 - 19.....	0.3	† 82.3	† 45.5	† 32.1	† 94.6	† 71.0	† 51.4	† 22.2	† 5.3	† 0.0
20 and over.....	1.8	60.1	31.6	14.8	87.2	61.7	47.2	43.3	18.1	8.6
Females: 6 - 11.....	0.3	† 92.7	† 74.0	† 54.7	† 97.1	† 75.7	† 63.6	† 46.0	† 14.5	† 1.6
12 - 19.....	0.5	58.7	34.3	† 15.1	69.1	57.3	31.3	† 6.5	† 1.5	† 0.0
20 and over.....	1.6	54.1	27.2	12.6	70.9	44.1	27.9	12.9	† 3.9	† 0.0
All individuals.....	5.6	67.9	43.5	27.2	83.7	62.8	47.3	31.5	10.8	3.7
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	98.2	91.5	80.3	98.3	94.8	88.0	50.1	16.2	4.1
Males: 6 - 11.....	3.1	96.4	82.9	69.6	† 97.9	90.9	77.9	62.6	26.5	6.2
12 - 19.....	4.0	73.7	49.1	29.0	93.8	79.5	63.5	42.3	15.9	5.9
20 and over.....	25.7	67.6	38.4	21.0	89.6	75.1	60.4	48.0	18.9	6.9
Females: 6 - 11.....	2.9	89.6	69.3	49.8	93.3	82.7	62.7	47.5	14.8	† 2.3
12 - 19.....	3.6	58.5	29.9	13.0	74.0	49.8	31.7	16.0	† 1.2	† .2
20 and over.....	27.8	56.1	26.1	11.4	71.2	49.2	30.3	24.9	4.9	1.2
All individuals.....	72.6	67.5	41.1	25.1	83.2	66.7	50.6	38.0	12.5	3.9
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	† 99.3	91.9	81.6	† 98.7	96.3	89.9	42.5	13.2	4.4
Males: 6 - 11.....	0.7	† 89.7	61.9	47.6	† 98.0	84.4	53.9	30.7	† 8.9	† .7
12 - 19.....	0.8	68.4	31.7	21.3	† 88.8	75.6	65.0	22.6	† 6.3	† 1.8
20 and over.....	3.5	59.6	31.0	20.0	81.7	67.8	49.5	27.4	12.2	6.1
Females: 6 - 11.....	0.7	† 90.3	74.1	52.0	† 94.2	80.0	56.3	25.4	† 3.8	† 0.0
12 - 19.....	1.0	53.1	28.1	12.4	75.5	56.7	38.7	† 5.8	† .7	† .7
20 and over.....	4.4	38.7	19.6	9.1	67.1	45.6	27.8	12.6	3.6	† 1.1
All individuals.....	12.6	60.4	38.1	26.3	80.1	64.6	47.4	22.0	7.4	2.8

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	71.4	22.0	8.0	† 96.0	76.2	48.3	52.7	23.4	8.4
Males: 6 - 11.....	0.3	† 80.3	34.8	† 17.9	73.1	27.0	† 12.1	67.2	34.9	† 8.9
12 - 19.....	0.4	66.9	29.6	† 9.6	30.9	† 3.7	† 1.3	78.3	38.4	† 13.8
20 and over.....	1.4	87.8	58.9	33.0	39.2	8.4	† 1.5	83.1	53.7	29.3
Females: 6 - 11.....	0.3	73.7	34.7	† 14.1	68.2	32.9	† 19.1	61.2	† 27.4	† 7.3
12 - 19.....	0.3	† 51.6	† 1.7	† 1.7	† 23.5	† 1.7	† 0.0	† 28.6	† 6.3	† 0.0
20 and over.....	1.5	63.3	15.6	† 3.8	20.8	† .2	† 0.0	21.6	7.8	† 2.8
All individuals.....	4.9	72.8	31.6	14.6	43.7	17.2	9.2	53.8	28.4	12.6
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	70.9	25.8	† 4.2	92.2	72.6	40.4	56.3	30.7	14.3
Males: 6 - 11.....	0.3	73.0	29.9	† 11.4	60.8	28.2	† 14.1	66.1	25.7	† 21.0
12 - 19.....	0.3	† 78.2	† 26.3	† 5.5	† 34.0	† 5.8	† .8	† 84.4	† 41.9	† 27.5
20 and over.....	1.8	86.0	57.2	31.6	26.4	† 4.0	† 0.0	84.6	49.8	29.0
Females: 6 - 11.....	0.3	† 84.8	† 19.2	† 4.5	† 73.7	† 23.2	† 3.0	† 45.3	† 19.8	† 3.0
12 - 19.....	0.5	29.3	† 5.4	† 1.5	† 12.9	† 1.4	† 0.0	29.5	† 6.4	† 1.4
20 and over.....	1.6	50.7	16.8	† 2.8	20.8	† 1.3	† 0.0	27.3	7.7	† 1.6
All individuals.....	5.6	67.2	31.4	12.9	36.8	14.4	6.3	56.1	27.7	14.7
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	69.8	22.4	5.4	94.7	73.6	46.6	58.7	25.3	9.7
Males: 6 - 11.....	3.1	86.0	50.7	16.1	81.2	44.9	16.5	84.5	43.0	19.8
12 - 19.....	4.0	76.2	34.4	14.8	35.9	8.3	† 2.0	83.8	47.2	24.0
20 and over.....	25.7	88.4	60.9	31.8	36.3	7.7	1.3	86.9	57.4	31.5
Females: 6 - 11.....	2.9	74.3	30.3	9.9	69.2	25.0	8.4	62.5	24.6	11.0
12 - 19.....	3.6	34.1	6.8	† .2	19.3	† 1.8	† .3	27.2	6.4	† 2.5
20 and over.....	27.8	68.2	23.0	5.6	25.9	3.1	.4	40.4	15.6	5.2
All individuals.....	72.6	75.2	37.7	15.7	39.1	13.0	5.3	62.7	34.0	16.6
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	68.9	24.2	5.9	94.9	68.5	47.0	67.6	32.4	15.6
Males: 6 - 11.....	0.7	71.1	27.4	† 7.2	58.2	17.8	† 5.5	71.6	30.5	† 10.5
12 - 19.....	0.8	61.4	24.3	† 6.3	24.3	† .8	† .8	80.9	36.9	20.0
20 and over.....	3.5	76.5	45.5	23.3	22.0	7.6	† 1.0	78.7	48.3	28.4
Females: 6 - 11.....	0.7	61.1	15.0	† 3.2	60.4	20.7	† 1.2	64.0	25.3	† 3.9
12 - 19.....	1.0	27.9	† 5.5	† 1.4	10.5	† 3.3	† .9	24.3	† 7.0	† 2.4
20 and over.....	4.4	51.1	14.5	5.1	13.9	† 1.9	† 0.0	28.9	8.6	3.1
All individuals.....	12.6	60.7	24.9	10.1	31.2	13.4	6.3	54.6	26.3	13.1

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Mexican American:				
Males and females 5 and under ‡	0.7	28.0	5.2	† 0.4
Males: 6 - 11.....	0.3	38.2	† 3.2	† 1.3
12 - 19.....	0.4	34.8	† 10.7	† 9.2
20 and over.....	1.4	36.2	9.1	† 1.9
Females: 6 - 11.....	0.3	37.9	† 3.5	† 1.9
12 - 19.....	0.3	† 29.2	† 4.1	† 1.7
20 and over.....	1.5	13.8	† 2.3	† 1.7
All individuals.....	4.9	27.7	5.6	2.2
Other Hispanic origin:				
Males and females 5 and under ‡	0.7	31.2	6.9	† 1.1
Males: 6 - 11.....	0.3	38.0	† 8.3	† .8
12 - 19.....	0.3	† 37.4	† 9.9	† 8.9
20 and over.....	1.8	30.8	8.0	† 1.2
Females: 6 - 11.....	0.3	† 39.0	† 4.7	† 0.0
12 - 19.....	0.5	23.7	† 8.9	† 2.8
20 and over.....	1.6	16.0	† .3	† 0.0
All individuals.....	5.6	27.0	5.6	† 1.3
Non-Hispanic white:				
Males and females 5 and under ‡	5.5	25.2	4.9	1.0
Males: 6 - 11.....	3.1	49.3	14.7	4.4
12 - 19.....	4.0	36.9	10.4	3.5
20 and over.....	25.7	32.6	7.8	2.5
Females: 6 - 11.....	2.9	28.9	8.3	† 2.1
12 - 19.....	3.6	21.5	3.6	† .5
20 and over.....	27.8	17.6	3.2	1.1
All individuals.....	72.6	26.6	6.1	1.9
Non-Hispanic black:				
Males and females 5 and under ‡	1.5	36.6	13.6	5.9
Males: 6 - 11.....	0.7	32.9	† 10.1	† 2.4
12 - 19.....	0.8	28.9	† 7.0	† 1.8
20 and over.....	3.5	29.7	11.2	7.0
Females: 6 - 11.....	0.7	33.3	† 6.5	† 0.0
12 - 19.....	1.0	28.4	† 5.7	† .9
20 and over.....	4.4	17.2	4.6	† 1.4
All individuals.....	12.6	26.4	8.1	3.5

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>----- Percent of kilocalories -----</i>						
Mexican American:								
Males and females 5 and under ‡	0.7	14.5	34.1	13.6	11.8	6.0	52.6	† *
Males: 6 - 11.....	0.3	14.0	32.9	12.1	12.7	5.6	54.4	† *
12 - 19.....	0.4	14.3	33.6	11.4	13.0	6.6	52.9	† .4
20 and over.....	1.4	15.6	32.4	10.6	12.4	6.6	51.0	2.2
Females: 6 - 11	0.3	15.4	32.0	12.2	12.2	5.2	53.8	† *
12 - 19.....	0.3	15.1	31.4	10.6	12.1	6.2	55.1	† *
20 and over.....	1.5	16.5	33.5	11.2	12.8	6.6	51.4	† .2
All individuals.....	4.9	15.5	33.0	11.5	12.5	6.3	52.1	.7
Other Hispanic origin:								
Males and females 5 and under ‡	0.7	14.7	32.9	13.1	11.7	5.7	53.5	† *
Males: 6 - 11.....	0.3	14.4	32.4	12.0	12.3	5.7	54.3	† *
12 - 19.....	0.3	15.9	33.7	11.5	13.1	6.3	51.1	† *
20 and over.....	1.8	16.4	32.9	11.1	12.3	6.7	49.8	1.7
Females: 6 - 11	0.3	15.7	33.0	12.4	12.4	5.7	52.1	† *
12 - 19.....	0.5	14.1	32.4	11.6	12.1	6.1	54.6	† *
20 and over.....	1.7	16.8	30.9	10.3	11.6	6.4	52.8	.8
All individuals.....	5.6	15.9	32.3	11.3	12.1	6.3	52.0	.8
Non-Hispanic white:								
Males and females 5 and under ‡	5.5	13.7	32.8	13.0	12.0	5.4	55.0	*
Males: 6 - 11.....	3.1	13.8	32.4	12.0	12.5	5.4	55.3	† *
12 - 19.....	4.0	14.4	32.8	11.7	12.8	5.8	53.5	† .6
20 and over.....	25.8	15.8	33.5	11.3	12.9	6.6	49.2	2.8
Females: 6 - 11	2.8	13.5	32.4	12.0	12.4	5.6	55.8	*
12 - 19.....	3.7	13.8	31.6	11.2	12.1	5.8	55.8	† .1
20 and over.....	27.8	15.7	32.3	10.8	12.2	6.8	52.1	1.6
All individuals.....	72.7	15.3	32.7	11.3	12.5	6.4	51.8	1.7
Non-Hispanic black:								
Males and females 5 and under ‡	1.5	14.1	34.7	13.5	12.9	5.9	52.2	*
Males: 6 - 11.....	0.7	14.3	33.5	12.0	13.2	5.8	53.4	† *
12 - 19.....	0.8	14.1	35.6	12.5	14.1	6.3	51.2	† *
20 and over.....	3.5	16.3	34.4	11.3	13.5	6.8	48.4	1.9
Females: 6 - 11	0.8	13.9	33.8	11.7	13.4	6.2	53.7	*
12 - 19.....	0.9	14.4	35.6	12.3	13.9	6.7	50.9	† .3
20 and over.....	4.4	15.8	34.1	11.1	13.2	7.0	50.3	.9
All individuals.....	12.6	15.3	34.4	11.7	13.4	6.6	50.5	.9

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>-----Percent of individuals-----</i>		
Mexican American:				
Males and females 5 and under ‡	0.7	26.6	10.8	76.1
Males: 6 - 11.....	0.3	26.6	26.6	62.1
12 - 19.....	0.4	26.3	24.8	46.8
20 and over.....	1.4	30.5	41.0	44.6
Females: 6 - 11.....	0.3	31.5	† 19.3	79.2
12 - 19.....	0.3	† 29.3	† 35.3	† 78.9
20 and over.....	1.5	33.4	41.3	70.8
All individuals.....	4.9	30.3	33.0	62.5
Other Hispanic origin:				
Males and females 5 and under ‡	0.7	29.1	20.3	83.3
Males: 6 - 11.....	0.3	29.1	27.1	† 81.2
12 - 19.....	0.3	† 44.1	† 41.8	† 49.1
20 and over.....	1.8	33.6	38.6	53.4
Females: 6 - 11.....	0.3	† 20.2	† 15.3	† 73.0
12 - 19.....	0.5	40.0	34.1	80.5
20 and over.....	1.6	38.8	45.0	80.9
All individuals.....	5.6	34.8	36.1	70.2
Non-Hispanic white:				
Males and females 5 and under ‡	5.5	32.8	20.9	90.6
Males: 6 - 11.....	3.1	31.3	26.4	83.7
12 - 19.....	4.0	30.7	27.0	58.9
20 and over.....	25.7	28.2	32.5	57.2
Females: 6 - 11.....	2.9	37.6	25.2	88.9
12 - 19.....	3.6	39.7	36.3	83.4
20 and over.....	27.8	37.5	42.3	81.8
All individuals.....	72.6	33.3	34.7	72.9
Non-Hispanic black:				
Males and females 5 and under ‡	1.5	22.8	14.8	84.9
Males: 6 - 11.....	0.7	24.2	15.8	73.5
12 - 19.....	0.8	15.7	20.7	49.9
20 and over.....	3.5	26.3	32.3	45.7
Females: 6 - 11.....	0.7	23.0	19.2	81.5
12 - 19.....	1.0	13.4	16.5	70.5
20 and over.....	4.4	28.5	37.6	70.5
All individuals.....	12.6	24.7	28.5	64.8

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	<i>Percent</i>										
Mexican American:											
Males and females 5 and under ‡	0.7	212	18	48	14	16	† 3	15	20	† 6	106
Males: 6 - 11.....	0.3	306	39	73	20	† 25	† 17	42	54	† 12	86
12 - 19.....	0.4	395	30	60	27	† 25	† 7	60	43	† 13	† 190
20 and over.....	1.4	384	37	70	† 8	35	† 14	65	38	† 7	166
Females: 6 - 11.....	0.3	266	34	41	22	† 16	† 4	38	32	† 4	116
12 - 19.....	0.3	265	36	47	21	15	† 6	23	46	† 16	98
20 and over.....	1.5	240	33	55	12	24	† 4	34	30	4	84
All individuals.....	4.9	297	32	59	14	25	8	42	34	7	122
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	227	19	81	13	36	13	9	19	5	93
Males: 6 - 11.....	0.3	318	31	118	28	54	† 2	† 14	† 24	† 11	120
12 - 19.....	0.3	436	47	† 118	24	† 78	† 8	† 42	32	† 11	185
20 and over.....	1.8	403	47	175	† 8	† 126	† 30	27	27	† 9	118
Females: 6 - 11.....	0.3	278	44	81	13	† 43	† 20	† 22	† 18	† 5	109
12 - 19.....	0.5	329	32	89	15	† 47	† 25	† 15	30	† 9	154
20 and over.....	1.7	278	36	96	9	63	† 12	15	20	6	106
All individuals.....	5.6	327	38	120	12	78	18	20	24	7	118
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	209	28	50	16	5	10	11	24	9	86
Males: 6 - 11.....	3.1	306	49	72	35	6	21	19	43	18	105
12 - 19.....	4.0	389	58	64	32	8	18	24	53	23	167
20 and over.....	25.8	350	68	74	18	13	26	22	47	16	124
Females: 6 - 11.....	2.8	267	46	55	21	† 4	18	17	44	16	89
12 - 19.....	3.7	296	42	55	17	9	22	14	41	18	125
20 and over.....	27.8	250	48	55	14	10	16	15	37	11	83
All individuals.....	72.7	296	54	62	18	10	20	18	41	14	106
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	222	27	77	19	16	† 6	13	14	7	83
Males: 6 - 11.....	0.7	316	37	102	24	† 32	† 9	19	45	10	104
12 - 19.....	0.8	405	60	100	14	† 35	† 13	23	42	† 9	171
20 and over.....	3.5	325	48	97	10	42	11	26	41	6	107
Females: 6 - 11.....	0.8	291	37	73	21	20	† 6	23	44	10	105
12 - 19.....	0.9	337	38	88	15	21	† 30	16	25	9	162
20 and over.....	4.4	235	37	72	9	24	6	16	26	6	78
All individuals.....	12.6	285	40	84	13	29	10	19	32	7	102

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 6B.--Grain products: Percentages of individuals consuming, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	<i>Percent</i>										
Mexican American:											
Males and females 5 and under ‡	0.7	95.2	37.1	59.8	39.6	15.9	† 2.8	41.5	35.7	20.4	45.8
Males: 6 - 11.....	0.3	† 95.9	63.6	55.6	40.3	† 16.8	† 8.1	50.1	49.8	† 18.1	34.2
12 - 19.....	0.4	† 97.5	40.2	42.8	31.6	† 11.9	† 2.4	47.7	32.7	18.8	49.8
20 and over.....	1.4	† 95.7	42.3	35.0	12.5	17.2	† 5.2	47.1	35.0	13.8	39.6
Females: 6 - 11.....	0.3	† 100.0	55.6	60.6	55.0	† 14.8	† 1.3	44.5	47.7	† 16.0	50.1
12 - 19.....	0.3	† 98.8	49.2	53.0	42.3	† 8.3	† 7.5	39.3	39.1	30.3	43.4
20 and over.....	1.5	† 95.9	52.1	34.1	19.3	13.1	† 2.2	48.1	36.6	14.2	34.3
All individuals.....	4.9	96.3	47.0	42.9	26.2	14.7	3.7	46.2	37.4	16.6	40.3
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	94.6	43.2	67.2	39.8	22.0	7.2	24.6	35.5	22.8	41.5
Males: 6 - 11.....	0.3	† 98.2	57.9	70.3	48.6	31.8	† 1.4	21.0	43.5	25.3	45.0
12 - 19.....	0.3	† 100.0	62.5	55.8	37.8	24.1	† 2.7	35.2	26.5	† 15.8	46.0
20 and over.....	1.8	† 97.5	56.7	50.4	10.7	35.4	7.7	28.1	32.1	17.0	33.3
Females: 6 - 11.....	0.3	† 100.0	70.3	58.5	36.7	† 29.3	† 3.5	28.4	38.1	† 16.9	47.8
12 - 19.....	0.5	† 95.5	53.6	50.8	29.0	19.1	† 10.9	24.5	29.1	22.5	49.6
20 and over.....	1.7	† 95.6	58.6	52.1	20.6	28.7	6.1	23.5	29.8	18.3	33.5
All individuals.....	5.6	96.7	56.3	54.9	23.9	29.0	6.6	26.0	32.1	19.0	37.9
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	96.8	59.6	69.3	49.8	4.4	8.6	22.1	51.3	35.9	45.3
Males: 6 - 11.....	3.1	† 99.4	73.2	64.2	56.7	4.0	9.2	24.3	55.7	37.9	43.9
12 - 19.....	4.0	† 98.2	66.2	42.7	35.1	5.1	6.3	22.8	45.9	31.7	45.5
20 and over.....	25.8	97.0	73.2	39.6	25.2	6.7	8.3	21.3	41.4	29.4	32.9
Females: 6 - 11.....	2.8	† 99.5	75.3	57.0	47.0	3.2	9.7	25.1	59.4	43.7	42.0
12 - 19.....	3.7	† 97.8	62.5	43.1	29.9	5.0	11.0	17.9	45.7	36.0	43.4
20 and over.....	27.8	97.4	70.9	42.0	26.0	6.8	8.0	20.4	42.7	29.9	31.4
All individuals.....	72.7	97.4	70.5	44.9	30.3	6.1	8.3	21.2	44.4	31.4	35.3
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	92.9	54.1	71.0	41.0	16.4	4.6	25.0	32.5	26.8	38.9
Males: 6 - 11.....	0.7	† 97.5	51.8	69.5	46.3	17.1	† 4.1	24.4	49.2	31.1	51.0
12 - 19.....	0.8	† 97.0	66.4	41.8	22.9	12.8	† 3.9	23.5	33.1	13.3	44.5
20 and over.....	3.5	92.9	58.0	43.3	14.6	19.0	3.3	23.5	28.7	12.8	27.8
Females: 6 - 11.....	0.8	† 97.9	62.0	64.1	42.7	14.1	† 3.1	29.0	50.9	24.3	52.7
12 - 19.....	0.9	† 99.0	60.6	51.5	27.5	13.1	† 3.9	20.4	30.4	18.9	57.0
20 and over.....	4.4	95.0	56.6	42.0	17.4	14.8	2.5	23.3	29.8	19.3	28.1
All individuals.....	12.6	94.9	57.7	49.4	23.6	16.0	3.3	23.8	32.4	18.9	35.2

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 7A.--Vegetables: Mean quantities (in grams) consumed per individual, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
Percent		Grams									
Mexican American:											
Males and females 5 and under ±	0.7	81	27	20	† 2	† 7	16	2	† 3	6	† 18
Males: 6 - 11.....	0.3	108	48	18	† 1	† 4	† 18	† 4	† 1	† 14	† 17
12 - 19.....	0.4	140	63	† 41	† 2	† 2	† 35	† 6	† 1	† 11	† 19
20 and over.....	1.4	229	76	32	† 3	† 4	58	19	† 2	† 6	62
Females: 6 - 11	0.3	105	38	† 29	0	† 7	† 14	5	† 4	† 8	† 28
12 - 19.....	0.3	164	88	† 65	0	† 10	† 29	† 12	† 2	0	† 23
20 and over.....	1.5	172	53	24	† 15	† 8	34	15	† 3	† 3	41
All individuals.....	4.9	164	57	29	† 6	6	36	12	† 3	6	39
Other Hispanic origin:											
Males and females 5 and under ±	0.7	67	30	13	† 2	† 4	8	† 2	† 2	† 5	† 14
Males: 6 - 11.....	0.3	102	29	20	† 1	† 3	† 22	† 7	† 4	† 8	† 27
12 - 19.....	0.3	176	79	27	† 1	† 12	21	† 20	† 1	0	† 42
20 and over.....	1.8	190	59	22	† 4	4	40	18	† 8	10	47
Females: 6 - 11	0.3	96	45	† 19	† 1	† 1	14	† 4	† 2	† 1	† 29
12 - 19.....	0.5	135	55	36	† 9	† 2	23	† 11	† 2	† 3	30
20 and over.....	1.7	190	47	15	† 6	† 5	30	19	† 6	† 10	67
All individuals.....	5.6	159	50	20	4	5	28	15	† 5	8	45
Non-Hispanic white:											
Males and females 5 and under ±	5.5	83	29	13	4	7	9	2	7	10	16
Males: 6 - 11.....	3.1	117	54	27	4	5	15	6	5	12	15
12 - 19.....	4.0	186	93	44	† 4	7	28	13	† 5	12	24
20 and over.....	25.8	250	85	30	13	9	39	19	10	17	57
Females: 6 - 11	2.8	117	44	23	† 4	5	16	7	† 5	14	23
12 - 19.....	3.7	144	59	25	9	5	18	14	3	9	26
20 and over.....	27.8	196	52	15	13	11	30	18	8	12	52
All individuals.....	72.7	197	64	23	11	9	29	16	8	13	46
Non-Hispanic black:											
Males and females 5 and under ±	1.5	87	33	17	5	6	6	2	9	13	13
Males: 6 - 11.....	0.7	91	39	34	† 5	† 5	9	† 5	† 5	† 11	† 11
12 - 19.....	0.8	169	86	61	† 18	† 1	† 34	† 8	† 1	† 5	16
20 and over.....	3.5	215	67	38	29	8	26	10	† 8	25	43
Females: 6 - 11	0.8	116	41	34	† 6	† 2	11	† 13	† 10	15	19
12 - 19.....	0.9	119	52	40	9	† 2	13	† 5	† 8	† 6	23
20 and over.....	4.4	176	47	21	27	9	20	10	9	14	40
All individuals.....	12.6	164	53	31	20	7	19	8	8	16	32

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 7B.--Vegetables: Percentages of individuals consuming, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	<i>Percent</i>										
Mexican American:											
Males and females 5 and under ‡	0.7	69.8	37.8	29.2	† 2.2	6.7	30.9	7.1	5.2	12.9	18.1
Males: 6 - 11.....	0.3	78.7	36.5	21.2	† 2.7	† 8.5	48.2	21.7	† 1.7	† 11.6	40.4
12 - 19.....	0.4	72.1	41.2	28.8	† 2.4	† 3.6	52.0	23.6	† 2.1	† 7.1	40.1
20 and over.....	1.4	89.6	48.0	28.1	† 3.5	8.9	54.9	29.4	† 1.6	5.4	47.9
Females: 6 - 11.....	0.3	74.2	44.8	38.6	† 0.0	† 14.3	35.8	18.5	† 9.7	† 11.6	32.6
12 - 19.....	0.3	† 80.6	61.9	55.0	† 0.0	† 9.2	43.9	34.3	† 1.5	† 0.0	47.3
20 and over.....	1.5	82.8	42.9	24.3	† 5.1	11.5	46.1	32.5	† 3.9	† 4.1	48.7
All individuals.....	4.9	81.1	44.3	29.0	3.2	9.3	46.2	25.8	3.4	6.7	41.7
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	65.5	35.0	18.9	† 4.2	6.8	26.4	7.9	† 4.4	9.8	20.7
Males: 6 - 11.....	0.3	71.3	34.6	29.5	† 4.6	† 6.3	43.1	† 18.6	† 7.1	† 12.2	34.0
12 - 19.....	0.3	† 77.9	43.0	27.9	† 2.1	† 10.1	41.6	29.5	† 1.9	† 0.0	33.2
20 and over.....	1.8	86.2	35.6	21.7	5.7	8.3	40.5	30.3	8.7	10.1	47.2
Females: 6 - 11.....	0.3	69.1	46.5	† 21.9	† 2.6	† 2.6	45.1	† 13.9	† 4.6	† 3.8	† 19.8
12 - 19.....	0.5	74.7	45.2	34.9	† 4.5	† 6.9	40.1	20.7	† 2.6	† 4.2	37.1
20 and over.....	1.7	80.4	36.2	19.6	6.5	11.3	44.1	26.1	6.6	8.5	43.5
All individuals.....	5.6	78.7	37.5	22.6	5.2	8.6	40.1	23.8	6.3	8.3	39.0
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	75.5	41.9	29.3	5.8	13.5	26.4	8.0	12.1	15.1	23.7
Males: 6 - 11.....	3.1	81.0	51.4	39.4	6.0	13.8	37.0	13.7	7.3	14.9	29.2
12 - 19.....	4.0	79.5	52.7	40.1	2.7	9.4	41.5	23.5	4.3	8.5	32.6
20 and over.....	25.8	86.9	49.2	28.4	10.1	13.7	42.3	29.1	8.1	12.6	49.2
Females: 6 - 11.....	2.8	84.0	49.6	37.0	5.4	14.6	33.7	16.8	6.9	16.5	30.8
12 - 19.....	3.7	78.8	45.6	30.9	7.6	12.2	33.6	26.4	3.8	8.3	32.4
20 and over.....	27.8	84.4	41.4	19.5	12.1	15.8	39.9	30.0	8.7	12.2	47.7
All individuals.....	72.7	83.9	45.8	26.6	9.6	14.2	39.1	26.3	8.1	12.4	43.4
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	75.1	44.3	31.8	9.5	9.0	22.8	5.8	14.0	17.6	20.5
Males: 6 - 11.....	0.7	76.5	51.8	46.1	† 6.5	† 6.7	32.0	11.3	† 7.9	13.0	18.5
12 - 19.....	0.8	78.4	51.2	46.8	† 9.7	† 2.2	49.4	23.2	† 1.2	† 3.0	31.8
20 and over.....	3.5	82.2	41.6	30.0	17.5	8.6	38.9	17.0	4.9	13.8	44.4
Females: 6 - 11.....	0.8	80.6	52.7	47.4	† 6.0	† 6.5	31.7	16.6	9.8	18.2	28.3
12 - 19.....	0.9	82.7	46.0	41.5	† 8.6	† 4.8	38.6	17.4	† 8.4	† 5.5	30.8
20 and over.....	4.4	80.6	39.7	23.3	16.2	10.7	33.0	17.4	8.3	11.5	39.9
All individuals.....	12.6	80.2	43.4	31.7	13.7	8.5	34.8	15.9	7.7	12.4	35.8

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	Percent	Grams									
Mexican American:											
Males and females 5 and under ‡	0.7	188	70	55	† *	117	23	18	† 6	27	43
Males: 6 - 11.....	0.3	238	114	92	† 1	113	† 27	† 12	† 11	† 31	† 32
12 - 19.....	0.4	181	† 102	† 91	† *	79	† 13	† 11	† 4	† 16	† 35
20 and over.....	1.4	191	† 81	† 63	0	111	† 18	16	† 25	26	† 25
Females: 6 - 11.....	0.3	136	† 68	† 51	† *	68	† 11	† 11	† 12	20	† 13
12 - 19.....	0.3	148	† 68	† 66	0	71	† 29	† 11	† 4	† 14	† 13
20 and over.....	1.5	187	60	47	0	127	21	22	† 26	22	36
All individuals.....	4.9	185	75	60	† *	109	20	17	18	23	31
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	226	54	43	† 1	167	15	19	† 7	18	109
Males: 6 - 11.....	0.3	127	48	44	0	79	† 23	† 12	0	† 25	† 19
12 - 19.....	0.3	180	131	127	0	† 48	† 17	† 10	† 1	† 4	† 16
20 and over.....	1.8	196	108	88	† 1	85	† 23	17	† 3	15	† 28
Females: 6 - 11.....	0.3	157	78	75	0	79	† 21	† 3	† 9	† 10	† 37
12 - 19.....	0.5	145	81	75	0	† 63	† 16	† 5	† 1	† 19	† 23
20 and over.....	1.7	180	92	73	† *	88	13	21	† 11	17	† 27
All individuals.....	5.6	184	90	76	† 1	92	18	16	† 5	16	37
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	231	44	39	2	184	27	15	11	26	105
Males: 6 - 11.....	3.1	181	68	61	† 1	111	33	11	13	16	39
12 - 19.....	4.0	163	95	88	† *	66	13	7	† 10	8	28
20 and over.....	25.8	167	76	66	1	88	17	19	17	20	16
Females: 6 - 11.....	2.8	172	54	46	*	114	24	8	10	25	47
12 - 19.....	3.7	165	79	73	† *	85	12	5	† 19	14	35
20 and over.....	27.8	153	61	50	1	89	18	18	20	20	13
All individuals.....	72.7	167	68	58	1	96	19	16	17	20	25
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	201	60	50	† *	137	18	14	† 4	21	80
Males: 6 - 11.....	0.7	150	42	36	0	97	† 14	† 5	† 19	25	† 34
12 - 19.....	0.8	158	† 112	† 108	† 4	42	† 8	† 4	0	† 4	† 26
20 and over.....	3.5	159	75	67	† *	81	10	17	16	11	26
Females: 6 - 11.....	0.8	157	77	65	† *	79	17	† 6	† 5	22	† 30
12 - 19.....	0.9	109	48	45	† 2	59	† 11	† 4	† 4	† 9	† 31
20 and over.....	4.4	137	71	61	† 1	60	10	12	11	13	14
All individuals.....	12.6	152	71	62	† 1	77	12	12	10	14	29

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 8B.--Fruits: Percentages of individuals consuming, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<i>Percent</i>					<i>Percent</i>					
Mexican American:											
Males and females 5 and under ‡	0.7	73.5	35.8	25.5	† 1.7	57.9	19.4	17.7	† 3.8	23.7	17.6
Males: 6 - 11.....	0.3	73.0	36.7	28.8	† 2.4	49.7	19.8	† 10.0	† 4.0	26.5	† 12.5
12 - 19.....	0.4	57.0	30.1	25.0	† 1.1	36.4	† 8.7	† 8.6	† 4.4	† 13.6	† 9.9
20 and over.....	1.4	49.0	24.7	14.4	† 0.0	36.9	11.1	12.7	7.6	16.8	† 4.7
Females: 6 - 11.....	0.3	57.7	29.5	21.5	† 1.9	37.8	† 8.5	† 10.1	† 8.1	20.4	† 6.8
12 - 19.....	0.3	55.1	28.6	23.7	† 0.0	38.6	† 17.1	† 8.6	† 1.9	† 16.6	† 4.4
20 and over.....	1.5	58.5	28.4	21.1	† 0.0	47.0	14.6	19.7	9.8	15.2	8.7
All individuals.....	4.9	58.4	29.1	20.8	† .6	43.8	13.8	14.6	7.0	17.9	8.8
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	70.9	26.5	17.5	† 2.4	57.7	14.9	19.2	6.3	16.4	32.7
Males: 6 - 11.....	0.3	56.4	† 18.3	† 16.8	† 0.0	44.1	† 17.0	† 9.0	† 0.0	19.2	† 9.3
12 - 19.....	0.3	54.4	31.0	27.3	† 0.0	26.9	† 10.7	† 7.2	† 1.0	† 6.7	† 7.4
20 and over.....	1.8	47.8	32.1	24.0	† 1.6	31.5	12.1	12.4	† 1.8	12.3	5.0
Females: 6 - 11.....	0.3	64.4	31.4	29.4	† 0.0	48.5	† 14.2	† 2.0	† 5.7	† 11.5	† 17.2
12 - 19.....	0.5	48.0	26.7	22.5	† 0.0	28.7	† 11.2	† 4.7	† .9	† 13.2	† 5.5
20 and over.....	1.7	55.8	30.6	20.0	† 1.1	37.7	8.9	16.6	† 4.8	12.5	7.7
All individuals.....	5.6	54.8	29.6	21.9	† 1.2	37.7	11.7	12.9	3.3	13.0	10.4
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	73.0	21.7	17.3	4.6	65.3	24.3	16.3	7.6	22.2	35.7
Males: 6 - 11.....	3.1	54.2	24.8	21.5	† 1.4	44.0	20.2	7.8	7.0	13.2	11.3
12 - 19.....	4.0	42.8	24.8	21.7	† 1.0	25.7	8.5	5.7	3.9	6.3	7.3
20 and over.....	25.8	49.5	26.0	20.4	2.5	35.5	10.3	15.4	8.1	12.3	4.5
Females: 6 - 11.....	2.8	62.9	24.0	18.3	† .9	51.5	17.8	7.2	9.3	20.0	17.9
12 - 19.....	3.7	45.9	22.0	18.0	† .7	30.2	7.0	4.5	7.4	11.7	10.1
20 and over.....	27.8	55.8	28.1	21.1	2.9	42.0	12.1	16.4	10.6	15.1	4.7
All individuals.....	72.7	53.9	26.1	20.3	2.5	40.4	12.5	14.1	8.8	14.1	8.2
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	62.4	27.4	22.0	† 1.2	47.0	14.8	12.3	3.3	17.2	24.9
Males: 6 - 11.....	0.7	53.1	18.7	15.0	† 0.0	36.7	12.1	† 4.8	† 6.6	18.0	11.0
12 - 19.....	0.8	33.0	20.6	19.9	† 1.9	16.5	† 4.6	† 2.8	† 0.0	† 4.2	† 8.8
20 and over.....	3.5	44.3	23.5	18.8	† .3	26.3	5.6	11.3	4.7	6.3	6.9
Females: 6 - 11.....	0.8	54.9	32.8	25.5	† .9	34.3	13.2	† 5.4	† 2.1	14.6	10.1
12 - 19.....	0.9	35.3	18.8	15.6	† 2.5	20.8	† 4.6	† 2.2	† 2.2	† 6.3	† 7.3
20 and over.....	4.4	45.8	25.9	19.6	† 1.6	27.4	7.0	9.6	5.7	10.1	4.8
All individuals.....	12.6	46.7	24.6	19.5	1.1	29.2	7.9	8.9	4.4	9.9	8.8

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese	
			Total	Fluid milk				Yogurt			
				Total	Whole	Low fat	Skim				
<i>Percent ----- Grams -----</i>											
Mexican American:											
Males and females 5 and under ‡	0.7	515	492	384	269	100	† 6	† 3	† 12	9	
Males: 6 - 11.....	0.3	469	433	389	224	112	† 7	† 4	† 24	† 11	
12 - 19.....	0.4	351	326	255	171	† 73	† 5	† 6	† 5	18	
20 and over.....	1.4	226	197	174	114	42	† 15	† 3	† 12	15	
Females: 6 - 11	0.3	443	416	381	214	† 111	† 14	† 3	† 12	12	
12 - 19.....	0.3	246	227	217	† 119	† 67	† 26	0	† 1	11	
20 and over.....	1.5	183	155	142	85	40	† 11	† 5	† 12	13	
All individuals.....	4.9	295	268	230	146	63	12	4	12	13	
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	492	468	332	218	105	† 3	† 4	16	7	
Males: 6 - 11.....	0.3	421	387	320	196	102	† 23	† 2	21	† 11	
12 - 19.....	0.3	371	334	279	229	† 44	† 6	0	† 18	12	
20 and over.....	1.8	245	198	184	75	† 79	24	† 9	28	15	
Females: 6 - 11	0.3	392	334	214	82	† 101	† 22	† 13	† 35	23	
12 - 19.....	0.5	249	209	181	126	† 47	† 5	† 7	† 25	13	
20 and over.....	1.7	193	160	139	64	49	† 19	9	17	13	
All individuals.....	5.6	285	246	203	110	71	17	† 8	22	13	
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	467	433	320	136	159	22	11	21	12	
Males: 6 - 11.....	3.1	475	420	349	82	219	41	† 7	41	13	
12 - 19.....	4.0	461	400	341	77	204	57	† 4	35	23	
20 and over.....	25.8	263	202	183	46	91	43	7	34	20	
Females: 6 - 11	2.8	408	353	297	84	171	36	† 3	37	15	
12 - 19.....	3.7	290	237	206	47	119	40	† 5	32	15	
20 and over.....	27.8	211	163	136	24	63	47	12	26	16	
All individuals.....	72.7	285	232	197	49	101	43	9	30	18	
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	415	395	271	223	40	† 4	3	12	7	
Males: 6 - 11.....	0.7	330	296	262	190	42	† 17	† 1	28	6	
12 - 19.....	0.8	267	236	189	134	† 37	0	0	† 18	13	
20 and over.....	3.5	178	140	109	58	42	† 5	† 1	† 26	7	
Females: 6 - 11	0.8	270	248	214	147	44	† 7	† 1	† 16	† 6	
12 - 19.....	0.9	186	143	115	† 91	19	† 5	0	27	16	
20 and over.....	4.4	126	100	88	55	22	9	6	16	† 8	
All individuals.....	12.6	208	178	141	97	33	7	3	20	8	

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent ----- Percent -----</i>										
Mexican American:										
Males and females 5 and under ‡	0.7	95.4	90.8	78.2	59.3	19.5	† 1.5	† 1.9	11.3	28.3
Males: 6 - 11.....	0.3	† 95.3	† 87.1	80.5	51.8	30.7	† 4.6	† 2.1	18.3	32.9
12 - 19.....	0.4	† 83.4	63.7	52.8	38.7	† 11.5	† 1.0	† 1.1	† 4.4	34.3
20 and over.....	1.4	71.2	52.8	48.6	27.4	14.8	† 4.1	† 1.3	5.3	33.5
Females: 6 - 11.....	0.3	† 95.8	† 89.3	† 86.2	62.3	20.1	† 3.4	† 1.3	† 10.4	29.0
12 - 19.....	0.3	† 80.6	65.7	64.1	29.1	† 22.3	† 10.7	† 0.0	† 2.4	36.3
20 and over.....	1.5	80.3	58.0	53.7	29.5	17.0	6.1	† 3.6	8.9	34.1
All individuals.....	4.9	82.1	66.0	60.1	37.5	17.6	4.4	2.1	8.2	32.8
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	94.2	85.3	68.7	43.7	23.8	† 1.1	† 2.8	18.0	24.1
Males: 6 - 11.....	0.3	† 96.1	† 88.7	76.4	43.2	28.9	† 6.2	† 1.9	21.8	26.9
12 - 19.....	0.3	† 85.0	71.4	69.8	60.6	† 6.2	† 3.1	† 0.0	† 5.7	31.8
20 and over.....	1.8	74.4	50.1	49.0	24.9	19.1	7.8	† 2.5	14.9	36.4
Females: 6 - 11.....	0.3	† 91.2	74.4	58.8	33.8	26.1	† 4.0	† 6.9	29.1	47.9
12 - 19.....	0.5	79.8	52.3	49.4	30.7	14.5	† 1.9	† 4.9	16.1	39.6
20 and over.....	1.7	76.0	57.4	54.6	25.3	19.0	8.5	† 4.5	13.0	31.8
All individuals.....	5.6	80.5	61.4	56.3	31.3	19.4	6.1	3.4	15.3	33.5
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	92.4	88.3	77.2	33.3	41.7	6.1	7.6	22.1	32.3
Males: 6 - 11.....	3.1	92.5	85.4	80.3	22.9	51.7	11.8	4.2	28.1	35.0
12 - 19.....	4.0	83.7	68.8	62.3	16.2	38.3	9.7	2.3	16.4	41.0
20 and over.....	25.8	77.8	55.4	52.2	13.6	26.9	12.2	3.1	19.3	35.4
Females: 6 - 11.....	2.8	92.4	84.0	78.4	25.7	48.1	10.2	3.5	26.4	35.2
12 - 19.....	3.7	78.9	55.7	51.8	11.9	29.6	12.1	2.6	19.4	38.5
20 and over.....	27.8	79.9	57.8	53.2	11.6	26.0	16.8	6.0	18.0	34.9
All individuals.....	72.7	81.3	61.9	57.2	15.2	30.3	13.3	4.5	19.5	35.4
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	87.8	82.2	70.1	55.1	14.4	† 1.5	† 2.4	9.8	23.8
Males: 6 - 11.....	0.7	86.5	80.9	75.8	53.7	15.1	† 5.7	† .8	20.5	14.8
12 - 19.....	0.8	73.8	55.8	48.5	32.9	12.3	† 0.0	† 0.0	† 9.5	28.6
20 and over.....	3.5	55.7	36.4	33.2	17.2	11.6	2.4	† .7	10.0	18.0
Females: 6 - 11.....	0.8	79.0	72.6	70.6	47.6	17.8	† 2.9	† .8	15.1	15.0
12 - 19.....	0.9	60.1	42.9	36.8	27.7	9.1	† 1.5	† 0.0	13.3	27.8
20 and over.....	4.4	60.2	42.4	39.4	23.0	8.7	4.6	2.2	10.6	18.8
All individuals.....	12.6	65.7	50.3	45.6	29.4	11.4	3.0	1.3	11.3	20.0

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<hr/>											
	Percent	Grams									
Mexican American:											
Males and females 5 and under ‡	0.7	92	11	† 3	0.0	0.0	10	12	12	† 1	53
Males: 6 - 11.....	0.3	156	† 14	† 4	0	0	21	19	16	† 1	97
12 - 19.....	0.4	246	24	† 4	0	0	† 18	† 20	† 17	† 2	177
20 and over.....	1.4	256	46	13	† 1	† 1	21	22	20	† 8	141
Females: 6 - 11	0.3	131	15	† 4	0	0	15	† 23	† 22	† 1	70
12 - 19.....	0.3	189	31	† 4	0	0	† 9	† 27	† 26	† 2	† 113
20 and over.....	1.5	166	27	10	† 1	† *	13	20	16	† 4	89
All individuals.....	4.9	186	29	8	† 1	† *	16	20	18	4	106
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	98	9	† 6	† *	† *	17	18	17	† 4	43
Males: 6 - 11.....	0.3	146	† 14	† 5	0	0	17	21	18	† 5	84
12 - 19.....	0.3	285	31	† 28	0	0	26	47	47	† *	153
20 and over.....	1.8	274	46	19	0	† *	18	40	† 36	† 8	135
Females: 6 - 11	0.3	124	19	† 5	0	0	† 14	23	† 18	† 10	† 50
12 - 19.....	0.5	139	† 23	† 6	0	0	12	† 20	† 17	† 6	73
20 and over.....	1.7	173	26	13	0	1	12	23	22	† 10	87
All individuals.....	5.6	195	30	13	† *	† 1	16	29	26	7	98
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	85	7	4	† *	† *	15	14	12	3	41
Males: 6 - 11.....	3.1	148	21	7	† *	† *	23	20	18	5	67
12 - 19.....	4.0	249	30	9	† 1	0	30	31	24	8	133
20 and over.....	25.8	260	35	14	2	1	29	30	24	13	133
Females: 6 - 11	2.8	123	16	4	† *	0	19	17	14	4	60
12 - 19.....	3.7	148	18	4	† *	0	12	20	17	† 5	82
20 and over.....	27.8	160	17	9	1	† *	15	20	16	9	86
All individuals.....	72.7	192	24	10	1	*	21	23	19	9	100
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	107	11	6	† *	† 1	26	23	21	5	35
Males: 6 - 11.....	0.7	159	9	11	† *	† 1	25	37	36	† 13	61
12 - 19.....	0.8	223	39	20	0	0	32	41	39	† 15	76
20 and over.....	3.5	305	43	21	† 3	† 3	34	52	43	29	114
Females: 6 - 11	0.8	155	16	† 11	† 1	† 1	21	24	20	† 6	73
12 - 19.....	0.9	211	25	† 10	0	† *	30	28	26	8	106
20 and over.....	4.4	188	17	15	† 1	† 1	24	40	37	14	71
All individuals.....	12.6	211	25	15	† 1	† 2	28	39	35	16	81

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>							<i>Percent</i>			
Mexican American:											
Males and females 5 and under ‡	0.7	76.4	17.9	7.8	† 0.0	† 0.0	20.8	22.7	20.7	† 2.9	33.9
Males: 6 - 11.....	0.3	† 92.7	19.7	† 8.2	† 0.0	† 0.0	38.0	23.5	† 18.2	† 1.2	38.2
12 - 19.....	0.4	† 87.1	23.8	† 9.7	† 0.0	† 0.0	22.8	19.4	18.2	† 1.1	46.7
20 and over.....	1.4	87.8	33.9	17.6	† .6	† 1.0	21.2	17.6	15.3	6.1	42.3
Females: 6 - 11.....	0.3	† 91.7	21.5	† 9.5	† 0.0	† 0.0	28.8	28.9	27.4	† 2.6	41.8
12 - 19.....	0.3	† 86.2	27.8	† 19.5	† 0.0	† 0.0	† 16.8	† 26.3	24.1	† 3.1	28.4
20 and over.....	1.5	86.5	24.7	19.6	† .7	† .3	24.1	22.7	19.3	† 3.1	32.0
All individuals.....	4.9	86.2	25.9	15.1	† .4	† .4	23.5	21.7	19.0	3.6	37.3
Other Hispanic origin:											
Males and females 5 and under ‡	0.7	75.9	12.3	11.9	† .4	† .2	29.2	27.7	26.0	5.9	28.0
Males: 6 - 11.....	0.3	† 86.6	19.9	† 8.5	† 0.0	† 0.0	29.4	25.9	18.8	† 5.3	40.5
12 - 19.....	0.3	† 87.6	26.7	† 18.6	† 0.0	† 0.0	33.9	26.1	24.1	† 1.8	41.6
20 and over.....	1.8	88.6	30.6	19.6	† 0.0	† .5	28.7	24.1	21.0	5.9	37.8
Females: 6 - 11.....	0.3	† 90.2	† 21.8	† 8.9	† 0.0	† 0.0	† 25.5	† 25.0	† 22.9	† 15.1	29.3
12 - 19.....	0.5	76.3	25.8	† 7.1	† 0.0	† 0.0	23.1	19.2	16.1	† 8.2	29.8
20 and over.....	1.7	84.2	26.4	16.8	† 0.0	† .9	14.7	23.8	22.0	7.0	35.3
All individuals.....	5.6	84.4	25.3	15.5	† .1	† .5	24.2	24.3	21.6	6.6	35.0
Non-Hispanic white:											
Males and females 5 and under ‡	5.5	76.0	13.3	9.9	.9	† *	28.2	20.8	18.7	4.0	29.6
Males: 6 - 11.....	3.1	85.7	24.4	12.1	† .4	† .2	35.5	18.9	17.1	5.2	34.4
12 - 19.....	4.0	87.2	23.5	13.3	† .9	† 0.0	34.6	19.8	16.1	5.0	37.8
20 and over.....	25.8	90.3	24.4	16.9	1.3	.6	32.7	21.5	17.3	9.1	39.8
Females: 6 - 11.....	2.8	82.3	19.8	8.7	† .2	† 0.0	31.4	19.7	16.4	4.7	31.2
12 - 19.....	3.7	77.8	20.2	10.6	† .1	† 0.0	22.0	19.4	17.1	4.5	34.2
20 and over.....	27.8	84.0	17.6	15.3	.9	.4	24.2	20.3	16.5	7.8	35.5
All individuals.....	72.7	85.5	20.5	14.7	1.0	.4	28.7	20.6	17.0	7.4	36.4
Non-Hispanic black:											
Males and females 5 and under ‡	1.5	86.6	16.9	14.4	† .2	† .8	42.7	33.8	31.7	6.6	29.6
Males: 6 - 11.....	0.7	† 90.0	13.8	18.1	† .6	† .8	33.3	34.4	32.2	† 7.4	34.1
12 - 19.....	0.8	† 88.9	30.5	30.5	† 0.0	† 0.0	29.1	26.1	24.2	† 7.5	27.6
20 and over.....	3.5	93.0	23.1	27.3	† 1.7	2.4	36.0	31.0	27.8	14.8	34.5
Females: 6 - 11.....	0.8	† 93.0	16.8	19.6	† .7	† 1.5	38.7	27.3	23.6	† 7.1	37.5
12 - 19.....	0.9	† 92.6	25.5	15.1	† 0.0	† .6	39.9	32.4	29.5	9.6	37.4
20 and over.....	4.4	91.5	17.1	24.4	† .6	† 1.2	30.6	36.2	32.8	8.7	28.4
All individuals.....	12.6	91.3	20.0	23.1	.8	1.4	34.8	32.9	29.9	10.0	31.7

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<hr/>										
	<i>Percent</i>	<i>Grams</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	22	37	† 2	2	1	† 1	22	*	6
Males: 6 - 11.....	0.3	19	† 24	† 3	5	† 2	† 3	19	† 1	† 6
12 - 19.....	0.4	† 51	† 71	0	† 5	† 1	† 4	14	2	4
20 and over.....	1.4	45	107	1	8	2	5	† 18	6	3
Females: 6 - 11	0.3	† 12	† 35	† *	4	† 2	† 2	27	2	† 6
12 - 19.....	0.3	† 16	35	† *	† 7	† 1	† 5	† 19	† 1	† 7
20 and over.....	1.5	27	46	† 1	9	1	5	8	4	† 2
All individuals.....	4.9	31	61	† 1	7	1	4	16	3	4
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	18	† 36	† 4	2	1	† 2	15	*	2
Males: 6 - 11.....	0.3	12	† 52	† 1	† 4	† 1	† 3	† 15	† *	† 4
12 - 19.....	0.3	† 29	43	† 4	11	† 3	† 8	24	3	† 9
20 and over.....	1.8	30	48	† 2	15	3	8	19	7	† 3
Females: 6 - 11	0.3	† 24	† 20	† 2	† 4	† 1	† 3	† 16	† 1	† 3
12 - 19.....	0.5	18	23	† 1	6	† 2	4	24	† 3	8
20 and over.....	1.7	14	36	† 1	14	2	8	17	6	† 4
All individuals.....	5.6	21	39	2	11	2	7	18	5	4
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	10	29	4	4	2	2	25	1	7
Males: 6 - 11.....	3.1	12	7	6	9	3	5	45	1	15
12 - 19.....	4.0	17	13	6	14	4	10	40	2	15
20 and over.....	25.8	21	28	5	19	5	11	25	4	7
Females: 6 - 11	2.8	10	8	5	8	3	4	51	1	16
12 - 19.....	3.7	12	† 10	† 4	11	3	8	32	2	14
20 and over.....	27.8	15	19	3	17	4	11	21	3	6
All individuals.....	72.7	16	21	4	16	4	10	26	3	8
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	11	31	3	3	1	2	26	1	4
Males: 6 - 11.....	0.7	† 11	† 17	† 6	4	† 2	3	40	† 2	† 6
12 - 19.....	0.8	28	† 12	† 5	10	† 1	7	34	† 3	† 11
20 and over.....	3.5	31	29	2	15	† 5	6	25	4	6
Females: 6 - 11	0.8	11	† 8	† 5	9	2	† 6	30	† 1	† 6
12 - 19.....	0.9	16	† 21	† 2	8	1	7	29	† 2	7
20 and over.....	4.4	18	16	2	9	2	6	18	5	4
All individuals.....	12.6	20	21	3	10	3	6	25	4	5

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Percent		Percent								
Mexican American:										
Males and females 5 and under ‡	0.7	38.0	26.9	7.6	23.5	16.1	11.5	37.8	7.5	13.5
Males: 6 - 11.....	0.3	26.2	† 16.2	† 11.4	32.3	† 16.9	21.3	45.3	† 15.4	† 15.5
12 - 19.....	0.4	29.0	† 16.6	† 0.0	37.4	† 12.8	24.7	35.2	19.1	† 11.9
20 and over.....	1.4	30.3	39.7	† 3.7	38.7	11.5	22.3	52.2	44.1	7.8
Females: 6 - 11.....	0.3	† 16.0	26.9	† 1.9	31.6	19.6	† 16.2	45.6	† 15.4	† 15.9
12 - 19.....	0.3	23.9	28.6	† 3.5	32.2	† 13.3	† 22.3	35.9	† 8.1	† 13.3
20 and over.....	1.5	30.5	31.4	† 5.8	44.3	14.7	24.9	48.8	36.9	† 4.9
All individuals.....	4.9	29.8	30.6	4.9	36.9	14.2	21.3	46.0	29.0	9.4
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	26.6	18.7	7.2	27.4	17.0	12.2	36.5	7.7	11.5
Males: 6 - 11.....	0.3	19.9	25.1	† 7.3	34.2	† 17.2	† 18.7	26.9	† 6.3	† 8.2
12 - 19.....	0.3	27.0	32.5	† 9.9	39.0	† 9.4	26.3	54.2	30.4	† 18.4
20 and over.....	1.8	30.9	23.3	† 3.5	49.7	24.8	23.5	53.2	40.4	7.2
Females: 6 - 11.....	0.3	† 25.9	† 17.9	† 3.3	28.6	† 16.3	† 17.2	26.8	† 7.5	† 8.2
12 - 19.....	0.5	22.0	20.8	† 3.2	31.6	† 12.3	17.2	36.9	14.7	22.6
20 and over.....	1.7	17.3	25.7	† 3.3	53.7	26.2	23.7	60.8	46.4	9.3
All individuals.....	5.6	24.4	23.5	4.4	44.0	21.4	21.1	49.3	31.8	10.5
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	14.0	9.0	19.5	40.3	29.4	14.5	50.7	8.7	21.7
Males: 6 - 11.....	3.1	13.5	8.1	16.6	52.5	32.9	27.7	63.8	10.9	36.2
12 - 19.....	4.0	13.3	9.6	9.5	46.3	25.1	29.0	49.1	11.8	23.5
20 and over.....	25.8	19.6	12.6	9.8	61.6	34.6	34.6	52.5	32.3	13.3
Females: 6 - 11.....	2.8	11.1	8.5	19.7	54.1	35.3	24.0	67.4	14.6	35.0
12 - 19.....	3.7	11.7	7.3	9.9	50.2	29.3	29.9	48.0	11.2	26.1
20 and over.....	27.8	17.1	13.2	8.7	64.4	37.0	34.9	56.9	35.1	13.7
All individuals.....	72.7	16.9	11.8	10.8	59.0	34.3	31.9	54.7	27.8	17.1
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	23.7	10.4	14.5	28.1	16.6	13.8	48.4	13.4	13.4
Males: 6 - 11.....	0.7	17.3	† 9.5	16.4	33.2	17.2	20.3	58.2	16.3	13.6
12 - 19.....	0.8	25.0	† 8.3	† 11.2	37.8	14.0	27.0	43.0	14.0	15.2
20 and over.....	3.5	29.8	11.7	3.7	50.0	28.8	22.1	47.9	32.9	9.6
Females: 6 - 11.....	0.8	17.3	† 7.9	16.5	44.2	24.0	25.2	56.3	11.2	17.6
12 - 19.....	0.9	20.9	13.4	† 3.6	39.8	13.6	31.3	46.7	12.6	17.7
20 and over.....	4.4	24.2	9.9	4.8	48.7	24.8	24.1	53.3	37.3	8.2
All individuals.....	12.6	24.7	10.5	7.3	44.2	23.0	22.9	50.5	27.2	11.2

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 12A.--Beverages: Mean quantities (in grams) consumed per individual, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent		Grams												
Mexican American:														
Males and females 5 and under ‡	0.7	197	0.0	0.0	0.0	197	† 2	† 10	100	87	† 12	82	81	† 1
Males: 6 - 11.....	0.3	376	0	0	0	376	† 6	0	133	128	† 5	232	230	† 2
12 - 19.....	0.4	796	† 37	0	† 37	759	† 29	† 104	199	152	† 47	426	417	† 9
20 and over.....	1.4	1,150	206	† 7	198	944	248	89	102	86	† 15	492	441	† 51
Females: 6 - 11	0.3	333	0	0	0	333	† 5	† 6	139	139	0	183	183	0
12 - 19.....	0.3	617	0	0	0	617	† 5	† 30	† 184	† 157	† 27	398	347	† 51
20 and over.....	1.5	657	† 8	† 4	† 2	649	208	68	93	85	† 8	271	215	56
All individuals.....	4.9	703	65	† 3	60	638	138	58	116	101	† 14	319	283	36
Other Hispanic origin:														
Males and females 5 and under ‡	0.7	191	0	0	0	191	† 1	18	95	87	† 6	77	67	† 7
Males: 6 - 11.....	0.3	394	0	0	0	394	† 2	† 14	171	171	0	207	192	† 15
12 - 19.....	0.3	804	0	0	0	804	† 38	† 15	241	218	† 23	492	482	† 10
20 and over.....	1.8	1,014	146	† 14	128	868	305	113	91	59	† 32	352	326	† 26
Females: 6 - 11	0.3	297	0	0	0	297	† 1	† 66	† 104	† 104	0	125	114	† 12
12 - 19.....	0.5	621	† *	0	0	621	† 20	50	99	80	† 19	449	440	† 9
20 and over.....	1.7	742	† 34	† 4	† 27	708	247	131	52	50	† 1	277	227	48
All individuals.....	5.6	711	57	† 6	† 49	654	177	87	94	79	† 14	292	265	27
Non-Hispanic white:														
Males and females 5 and under ‡	5.5	199	0	0	0	199	† *	24	100	91	8	75	65	10
Males: 6 - 11.....	3.1	424	† *	0	0	424	† 2	43	136	119	17	243	212	32
12 - 19.....	4.0	1,077	† 60	† 1	† 54	1,017	23	121	190	129	56	683	651	32
20 and over.....	25.8	1,398	253	15	227	1,145	463	178	74	54	20	427	317	109
Females: 6 - 11	2.8	371	† *	0	0	371	† 2	41	118	107	† 11	210	184	27
12 - 19.....	3.7	691	† 10	† 1	† 9	680	† 18	109	119	98	† 20	434	374	55
20 and over.....	27.8	979	67	16	42	912	369	181	54	44	9	307	174	133
All individuals.....	72.7	1,012	119	12	100	893	308	149	81	64	16	353	255	97
Non-Hispanic black:														
Males and females 5 and under ‡	1.5	227	0	0	0	227	0	11	159	151	† 6	56	54	† 2
Males: 6 - 11.....	0.7	422	0	0	0	422	0	† 43	233	215	† 11	146	143	0
12 - 19.....	0.8	901	† 4	0	† 4	898	0	† 135	314	307	† 7	449	440	† 9
20 and over.....	3.5	938	141	† 2	130	797	151	117	181	163	19	347	313	33
Females: 6 - 11	0.8	416	0	0	0	416	0	† 23	190	173	17	203	192	† 8
12 - 19.....	0.9	544	† 2	0	0	542	0	68	217	190	† 27	257	245	† 12
20 and over.....	4.4	713	38	† 3	† 30	674	148	98	145	133	11	284	255	29
All individuals.....	12.6	683	53	† 2	47	630	94	85	180	166	14	270	248	22

* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 12B.--Beverages: Percentages of individuals consuming, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent ----- Percent -----</i>														
Mexican American:														
Males and females 5 and under ‡	0.7	56.6	† 0.0	† 0.0	† 0.0	56.6	† 2.0	5.5	31.7	28.2	† 3.8	30.8	30.8	† 0.3
Males: 6 - 11.....	0.3	76.6	† 0.0	† 0.0	† 0.0	76.6	† 3.4	† 0.0	37.4	35.9	† 1.4	53.7	52.8	† .9
12 - 19.....	0.4	† 86.5	† 1.1	† 0.0	† 1.1	† 85.4	† 6.8	† 9.9	35.5	33.7	† 3.1	68.6	67.3	† 1.3
20 and over.....	1.4	92.4	19.5	† 2.4	16.3	91.4	50.8	11.8	16.3	14.7	† 1.6	68.9	61.0	11.0
Females: 6 - 11.....	0.3	65.9	† 0.0	† 0.0	† 0.0	65.9	† 3.0	† 2.9	24.1	24.1	† 0.0	42.1	42.1	† 0.0
12 - 19.....	0.3	† 88.4	† 0.0	† 0.0	† 0.0	† 88.4	† 3.7	† 7.6	† 34.9	† 31.5	† 3.4	64.2	56.8	† 9.2
20 and over.....	1.5	87.0	† 3.0	† 2.0	† .8	87.0	44.7	15.3	19.6	18.7	† .9	55.0	45.2	10.9
All individuals.....	4.9	82.1	6.6	1.3	5.0	81.8	29.7	10.2	23.9	22.2	1.8	56.1	50.3	7.2
Other Hispanic origin:														
Males and females 5 and under ‡	0.7	48.6	† 0.0	† 0.0	† 0.0	48.6	† 1.0	6.3	27.5	25.8	† .9	26.7	22.2	† 3.9
Males: 6 - 11.....	0.3	71.6	† 0.0	† 0.0	† 0.0	71.6	† 3.9	† 5.4	40.5	40.5	† 0.0	46.6	41.0	† 5.6
12 - 19.....	0.3	† 80.3	† 0.0	† 0.0	† 0.0	† 80.3	† 14.3	† 2.7	41.3	38.1	† 3.2	69.9	68.1	† 1.7
20 and over.....	1.8	91.5	16.3	† 3.4	10.9	91.4	55.2	20.7	15.2	13.0	† 2.4	58.8	54.7	4.9
Females: 6 - 11.....	0.3	63.1	† 0.0	† 0.0	† 0.0	63.1	† 2.0	† 11.9	† 28.5	† 28.5	† 0.0	43.8	40.0	† 3.8
12 - 19.....	0.5	† 86.1	† 1.2	† 0.0	† 0.0	† 86.1	† 7.7	15.4	24.2	19.1	† 5.1	69.0	65.8	† 3.2
20 and over.....	1.7	88.0	7.6	† 1.8	† 4.6	88.0	57.3	20.0	13.6	13.1	† .6	51.4	41.6	11.8
All individuals.....	5.6	81.4	7.6	1.6	4.9	81.4	37.0	15.9	20.5	18.8	1.7	52.6	46.9	6.5
Non-Hispanic white:														
Males and females 5 and under ‡	5.5	54.2	† 0.0	† 0.0	† 0.0	54.2	† .3	8.2	30.4	27.4	3.0	28.2	24.4	4.2
Males: 6 - 11.....	3.1	73.9	† .3	† 0.0	† 0.0	73.9	† .8	9.6	35.3	31.5	5.5	49.1	44.6	7.5
12 - 19.....	4.0	88.0	3.7	† .5	2.7	87.6	6.2	17.5	25.4	19.3	7.2	72.2	68.5	6.4
20 and over.....	25.8	95.0	25.4	5.5	18.3	92.9	59.6	25.3	13.1	10.5	2.9	53.7	40.2	15.3
Females: 6 - 11.....	2.8	71.2	† .3	† 0.0	† 0.0	71.2	† .7	13.0	34.4	31.9	2.5	46.3	41.5	8.2
12 - 19.....	3.7	87.4	† 1.8	† .5	† 1.4	87.4	4.0	20.8	22.9	19.8	3.8	65.3	57.4	10.8
20 and over.....	27.8	92.9	13.9	6.3	4.9	92.0	58.0	32.1	12.5	10.4	2.1	48.8	29.3	21.4
All individuals.....	72.7	88.5	14.7	4.4	8.6	87.4	44.0	24.8	17.1	14.4	3.0	51.0	37.5	15.5
Non-Hispanic black:														
Males and females 5 and under ‡	1.5	62.8	† 0.0	† 0.0	† 0.0	62.8	† 0.0	4.7	46.5	44.6	† 2.2	22.5	21.8	† .7
Males: 6 - 11.....	0.7	80.9	† 0.0	† 0.0	† 0.0	80.9	† 0.0	11.6	56.7	53.0	† 4.1	36.8	36.0	† 0.0
12 - 19.....	0.8	† 90.8	† 1.0	† 0.0	† 1.0	† 90.8	† 0.0	16.6	38.2	36.5	† 1.7	60.9	59.9	† 2.5
20 and over.....	3.5	89.9	12.4	† .9	10.8	87.6	34.2	20.8	27.1	24.1	3.4	51.6	46.8	5.8
Females: 6 - 11.....	0.8	83.0	† 0.0	† 0.0	† 0.0	83.0	† 0.0	† 8.1	48.6	44.0	† 4.6	40.3	36.8	† 2.3
12 - 19.....	0.9	88.5	† 1.1	† 0.0	† 0.0	88.5	† 0.0	18.2	46.6	41.9	† 5.6	49.7	49.1	† 2.0
20 and over.....	4.4	87.7	6.0	† 1.1	3.6	86.9	34.0	22.3	27.3	25.5	2.0	50.2	45.0	5.2
All individuals.....	12.6	85.0	5.7	.6	4.3	84.0	21.5	17.7	34.5	31.9	2.9	46.6	43.0	4.0

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 13A.--Grain group: Mean numbers of Pyramid servings consumed per day, by Hispanic origin and race, 2-day average, 1994-96

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>----- Servings ‡ -----</i>		
Mexican American:				
Males and females: 2 - 5	0.5	5.9	0.8	5.1
Males: 6 - 11	0.3	6.5	.8	5.7
12 - 19	0.4	8.1	.8	7.3
20 and over	1.4	8.2	.6	7.5
Females: 6 - 11	0.3	5.8	.6	5.2
12 - 19	0.3	† 6.5	† 1.2	† 5.3
20 and over	1.6	5.1	.6	4.5
All individuals	4.8	6.6	.7	5.9
Other Hispanic origin:				
Males and females: 2 - 5	0.5	5.8	.7	5.1
Males: 6 - 11	0.3	6.1	.9	5.2
12 - 19	0.3	† 8.9	† .6	† 8.2
20 and over	1.9	8.0	1.0	7.0
Females: 6 - 11	0.3	† 5.7	† .6	† 5.1
12 - 19	0.5	6.4	.8	5.6
20 and over	1.7	4.9	.5	4.3
All individuals	5.5	6.5	.8	5.7
Non-Hispanic white:				
Males and females: 2 - 5	4.0	6.5	1.1	5.4
Males: 6 - 11	3.2	7.2	1.1	6.0
12 - 19	4.1	9.4	1.2	8.2
20 and over	26.4	7.9	1.2	6.7
Females: 6 - 11	3.0	6.2	.9	5.3
12 - 19	3.7	6.4	.9	5.5
20 and over	28.6	5.6	1.0	4.7
All individuals	72.9	6.8	1.1	5.8
Non-Hispanic black:				
Males and females: 2 - 5	1.1	6.2	.9	5.3
Males: 6 - 11	0.7	6.5	.7	5.8
12 - 19	0.8	8.2	.9	7.4
20 and over	3.6	7.4	.7	6.7
Females: 6 - 11	0.7	5.7	.6	5.1
12 - 19	1.0	5.9	.6	5.3
20 and over	4.5	4.9	.6	4.3
All individuals	12.5	6.2	.7	5.5

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Mexican American:				
Males and females: 2 - 5	0.5	† 1	44	42
Males: 6 - 11.....	0.3	† 0	48	30
12 - 19.....	0.4	† 0	71	41
20 and over.....	1.4	† *	65	43
Females: 6 - 11	0.3	† 0	42	34
12 - 19.....	0.3	† 0	† 48	† 42
20 and over.....	1.6	† 3	31	23
All individuals.....	4.8	† 1	49	35
Other Hispanic origin:				
Males and females: 2 - 5	0.5	† *	44	43
Males: 6 - 11.....	0.3	† 1	48	37
12 - 19.....	0.3	† 0	† 76	† 41
20 and over.....	1.9	† *	65	40
Females: 6 - 11	0.3	† 0	† 39	† 34
12 - 19.....	0.5	† 0	53	39
20 and over.....	1.7	† 3	29	24
All individuals.....	5.5	† 1	49	35
Non-Hispanic white:				
Males and females: 2 - 5	4.0	† *	55	51
Males: 6 - 11.....	3.2	† 0	64	49
12 - 19.....	4.1	† 0	81	49
20 and over.....	26.4	† *	66	42
Females: 6 - 11	3.0	† *	51	40
12 - 19.....	3.7	† *	51	37
20 and over.....	28.6	1	38	32
All individuals.....	72.9	*	54	39
Non-Hispanic black:				
Males and females: 2 - 5	1.1	† 0	51	45
Males: 6 - 11.....	0.7	† *	53	37
12 - 19.....	0.8	† 1	62	38
20 and over.....	3.6	† 2	52	31
Females: 6 - 11	0.7	† 0	36	29
12 - 19.....	1.0	† 1	40	26
20 and over.....	4.5	† 1	26	20
All individuals.....	12.5	1	41	29

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

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

Table 14A.--Vegetable group: Mean numbers of Pyramid servings consumed per day, by Hispanic origin and race, 2-day average, 1994-96

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
<hr/>									
	Percent	Servings ‡							
Mexican American:									
Males and females: 2 - 5	0.5	2.4	† 0.1	0.1	0.4	0.8	0.1	0.4	0.5
Males: 6 - 11.....	0.3	2.4	† *	.1	.3	1.0	.2	.3	.5
12 - 19.....	0.4	3.7	† *	† .1	.7	1.2	† .1	.6	.8
20 and over.....	1.4	4.8	.1	.1	1.0	1.3	.2	.8	1.4
Females: 6 - 11	0.3	2.6	† *	.1	.3	.9	.2	.4	.6
12 - 19.....	0.3	† 3.2	† *	† .2	† .3	† 1.3	† .1	† .5	† .7
20 and over.....	1.6	3.1	† .2	.2	.4	.8	.1	.5	.9
All individuals.....	4.8	3.5	† .1	.1	.6	1.0	.1	.6	1.0
Other Hispanic origin:									
Males and females: 2 - 5	0.5	2.1	.1	† .1	.3	.9	.1	.4	.3
Males: 6 - 11.....	0.3	2.2	† *	† .1	.3	.7	.2	.4	.5
12 - 19.....	0.3	† 3.8	† *	† .1	† .7	† 1.4	† .1	† .5	† .9
20 and over.....	1.9	3.8	† .1	.2	.5	1.0	.2	.7	1.2
Females: 6 - 11	0.3	† 2.1	† *	† *	† .3	† .9	† .1	† .4	† .4
12 - 19.....	0.5	2.7	† .1	.1	.2	1.0	† .1	.5	.7
20 and over.....	1.7	3.0	† .1	.2	.4	.8	.2	.4	1.0
All individuals.....	5.5	3.1	.1	.1	.4	.9	.2	.5	.9
Non-Hispanic white:									
Males and females: 2 - 5	4.0	2.1	.1	.1	.1	.9	.2	.3	.4
Males: 6 - 11.....	3.2	2.3	.1	.1	.1	1.0	.2	.4	.5
12 - 19.....	4.1	3.8	.1	.1	.1	1.8	.2	.6	.8
20 and over.....	26.4	4.2	.2	.2	.2	1.4	.3	.6	1.3
Females: 6 - 11	3.0	2.1	.1	.1	.1	.9	.2	.3	.5
12 - 19.....	3.7	2.6	.1	.1	.1	1.1	.1	.4	.7
20 and over.....	28.6	3.1	.2	.2	.1	.9	.2	.4	1.1
All individuals.....	72.9	3.4	.1	.2	.1	1.1	.2	.5	1.0
Non-Hispanic black:									
Males and females: 2 - 5	1.1	2.4	.1	.1	.1	1.1	.2	.3	.4
Males: 6 - 11.....	0.7	2.3	† *	.1	† .1	1.1	.2	.3	.5
12 - 19.....	0.8	3.5	† .2	.1	† .2	1.8	† .2	.5	.6
20 and over.....	3.6	3.9	.3	.1	.2	1.3	.3	.4	1.1
Females: 6 - 11	0.7	2.4	.1	† .1	† .1	1.0	.2	.3	.6
12 - 19.....	1.0	2.9	.2	*	.2	1.3	.1	.4	.5
20 and over.....	4.5	2.8	.3	.1	.1	.8	.2	.3	.8
All individuals.....	12.5	3.1	.3	.1	.2	1.1	.2	.4	.8

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent	----- Percent -----		
Mexican American:				
Males and females: 2 - 5	0.5	13	30	29
Males: 6 - 11.....	0.3	† 19	32	27
12 - 19.....	0.4	† 13	45	38
20 and over.....	1.4	† 5	70	60
Females: 6 - 11	0.3	† 15	35	31
12 - 19.....	0.3	† 7	† 50	† 41
20 and over.....	1.6	10	45	43
All individuals.....	4.8	10	50	44
Other Hispanic origin:				
Males and females: 2 - 5	0.5	19	23	23
Males: 6 - 11.....	0.3	23	22	† 17
12 - 19.....	0.3	† 4	† 61	† 37
20 and over.....	1.9	6	60	34
Females: 6 - 11	0.3	† 33	† 21	† 21
12 - 19.....	0.5	† 16	39	28
20 and over.....	1.7	8	41	39
All individuals.....	5.5	11	45	33
Non-Hispanic white:				
Males and females: 2 - 5	4.0	23	22	20
Males: 6 - 11.....	3.2	21	25	18
12 - 19.....	4.1	9	55	35
20 and over.....	26.4	6	66	52
Females: 6 - 11	3.0	25	22	17
12 - 19.....	3.7	14	36	27
20 and over.....	28.6	9	46	43
All individuals.....	72.9	10	50	42
Non-Hispanic black:				
Males and females: 2 - 5	1.1	18	30	29
Males: 6 - 11.....	0.7	18	30	22
12 - 19.....	0.8	15	56	42
20 and over.....	3.6	14	55	46
Females: 6 - 11	0.7	16	30	27
12 - 19.....	1.0	† 8	39	32
20 and over.....	4.5	13	38	35
All individuals.....	12.5	14	42	37

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

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

Table 15A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by Hispanic origin and race, 2-day average, 1994-96

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡ -----</i>		
Mexican American:				
Males and females: 2 - 5	0.5	2.3	1.0	1.3
Males: 6 - 11.....	0.3	1.8	.8	1.0
12 - 19.....	0.4	1.3	.8	.5
20 and over.....	1.4	1.7	.9	.8
Females: 6 - 11	0.3	1.4	.7	.7
12 - 19.....	0.3	† 1.4	† .7	† .7
20 and over.....	1.6	1.8	.9	.8
All individuals.....	4.8	1.7	.9	.9
Other Hispanic origin:				
Males and females: 2 - 5	0.5	2.0	.9	1.2
Males: 6 - 11.....	0.3	1.3	.5	.8
12 - 19.....	0.3	† 1.2	† .7	† .5
20 and over.....	1.9	1.7	.9	.8
Females: 6 - 11	0.3	† 1.4	† .6	† .8
12 - 19.....	0.5	1.4	.8	.6
20 and over.....	1.7	1.6	.8	.8
All individuals.....	5.5	1.6	.8	.8
Non-Hispanic white:				
Males and females: 2 - 5	4.0	2.3	.7	1.6
Males: 6 - 11.....	3.2	1.6	.7	.9
12 - 19.....	4.1	1.4	.8	.6
20 and over.....	26.4	1.5	.7	.8
Females: 6 - 11	3.0	1.6	.7	.9
12 - 19.....	3.7	1.3	.7	.6
20 and over.....	28.6	1.4	.7	.7
All individuals.....	72.9	1.5	.7	.8
Non-Hispanic black:				
Males and females: 2 - 5	1.1	1.8	.7	1.1
Males: 6 - 11.....	0.7	1.1	.6	.6
12 - 19.....	0.8	1.2	.7	.5
20 and over.....	3.6	1.4	.8	.6
Females: 6 - 11	0.7	1.4	.6	.7
12 - 19.....	1.0	1.1	.6	.5
20 and over.....	4.5	1.3	.7	.6
All individuals.....	12.5	1.4	.7	.6

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
		<i>Percent</i>	<i>Percent</i>	
Mexican American:				
Males and females: 2 - 5	0.5	29	48	46
Males: 6 - 11.....	0.3	38	† 35	† 26
12 - 19.....	0.4	48	21	† 15
20 and over.....	1.4	53	29	22
Females: 6 - 11	0.3	47	† 17	† 17
12 - 19.....	0.3	† 34	† 25	† 22
20 and over.....	1.6	47	37	36
All individuals.....	4.8	46	32	28
Other Hispanic origin:				
Males and females: 2 - 5	0.5	32	43	41
Males: 6 - 11.....	0.3	57	† 15	† 14
12 - 19.....	0.3	† 50	† 24	† 1
20 and over.....	1.9	48	37	29
Females: 6 - 11	0.3	† 40	† 23	† 20
12 - 19.....	0.5	43	23	† 13
20 and over.....	1.7	44	30	29
All individuals.....	5.5	45	31	26
Non-Hispanic white:				
Males and females: 2 - 5	4.0	26	51	49
Males: 6 - 11.....	3.2	43	29	23
12 - 19.....	4.1	56	21	13
20 and over.....	26.4	53	28	20
Females: 6 - 11	3.0	44	29	25
12 - 19.....	3.7	54	23	19
20 and over.....	28.6	49	26	24
All individuals.....	72.9	49	28	23
Non-Hispanic black:				
Males and females: 2 - 5	1.1	36	37	34
Males: 6 - 11.....	0.7	54	20	14
12 - 19.....	0.8	63	20	† 12
20 and over.....	3.6	54	26	18
Females: 6 - 11	0.7	50	25	21
12 - 19.....	1.0	63	20	15
20 and over.....	4.5	54	22	20
All individuals.....	12.5	53	24	20

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

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

Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by Hispanic origin and race, 2-day average, 1994-96

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	Percent	----- Servings ‡ -----			
Mexican American:					
Males and females: 2 - 5	0.5	2.1	1.8	0.3	† *
Males: 6 - 11	0.3	2.1	1.7	.3	† *
12 - 19	0.4	2.1	1.5	.6	† *
11 - 24	1.4	1.3	.8	.5	† *
20 and over	0.7	1.7	1.2	.5	† *
Females: 6 - 11	0.3	2.1	1.8	.3	† *
12 - 19	0.3	† 1.6	† 1.1	† .4	† 0.0
11 - 24	1.6	1.0	.6	.3	† *
20 and over	0.7	1.4	.9	.5	† *
All individuals	4.8	1.5	1.0	.4	*
Other Hispanic origin:					
Males and females: 2 - 5	0.5	1.8	1.5	.3	† *
Males: 6 - 11	0.3	2.1	1.6	.5	† *
12 - 19	0.3	† 1.9	† 1.4	† .5	† 0.0
11 - 24	1.9	1.5	.9	.6	† *
20 and over	0.5	1.8	1.2	.6	† *
Females: 6 - 11	0.3	† 2.0	† 1.5	† .4	† *
12 - 19	0.5	1.4	.9	.5	† *
11 - 24	1.7	1.1	.7	.3	*
20 and over	0.8	1.4	.9	.5	† *
All individuals	5.5	1.5	1.0	.5	† *

‡ See "appendix D" for definitions of servings.

Continued

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

**Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by Hispanic origin and race,
2-day average, 1994-96--continued**

Hispanic origin and race, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
<hr/>					
	<i>Percent</i>	<i>Servings ‡</i>			
Non-Hispanic white:					
Males and females: 2 - 5	4.0	1.9	1.5	0.4	*
Males: 6 - 11.....	3.2	2.4	1.8	.5	*
12 - 19.....	4.1	2.7	1.8	.9	*
11 - 24.....	26.4	1.6	1.0	.6	*
20 and over.....	7.2	2.4	1.5	.9	*
Females: 6 - 11	3.0	2.0	1.5	.4	*
12 - 19.....	3.7	1.6	1.1	.5	*
11 - 24.....	28.6	1.2	.8	.4	*
20 and over.....	6.5	1.6	1.0	.5	*
All individuals.....	72.9	1.6	1.0	.5	*
Non-Hispanic black:					
Males and females: 2 - 5	1.1	1.6	1.3	.3	*
Males: 6 - 11.....	0.7	1.7	1.3	.4	0.0
12 - 19.....	0.8	1.7	1.1	.6	0.0
11 - 24.....	3.6	1.1	.7	.4	† *
20 and over.....	1.4	1.5	1.0	.6	† *
Females: 6 - 11	0.7	1.5	1.1	.3	† *
12 - 19.....	1.0	1.1	.7	.4	† *
11 - 24.....	4.5	.8	.5	.3	*
20 and over.....	1.7	1.2	.7	.5	† *
All individuals.....	12.5	1.1	.7	.4	*

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>		<i>Percent</i>	
Mexican American:				
Males and females: 2 - 5	0.5	15	45	45
Males: 6 - 11	0.3	† 11	43	39
12 - 19	0.4	29	49	23
11 - 24	1.4	46	22	20
20 and over	0.7	39	38	17
Females: 6 - 11	0.3	† 15	49	44
12 - 19	0.3	† 38	† 30	† 16
11 - 24	1.6	58	11	† 6
20 and over	0.7	48	26	† 11
All individuals	4.8	40	27	21
Other Hispanic origin:				
Males and females: 2 - 5	0.5	19	38	38
Males: 6 - 11	0.3	† 7	55	47
12 - 19	0.3	† 27	† 45	† 11
11 - 24	1.9	36	27	25
20 and over	0.5	29	42	† 9
Females: 6 - 11	0.3	† 25	† 49	† 49
12 - 19	0.5	43	20	† 6
11 - 24	1.7	54	13	11
20 and over	0.8	43	18	† 7
All individuals	5.5	38	27	22

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>		<i>Percent</i>	
Non-Hispanic white:				
Males and females: 2 - 5	4.0	20	42	42
Males: 6 - 11	3.2	11	57	53
12 - 19	4.1	16	58	34
11 - 24	26.4	38	30	28
20 and over	7.2	21	47	26
Females: 6 - 11	3.0	17	43	39
12 - 19	3.7	35	30	14
11 - 24	28.6	50	18	16
20 and over	6.5	36	28	11
All individuals	72.9	38	29	25
Non-Hispanic black:				
Males and females: 2 - 5	1.1	25	29	29
Males: 6 - 11	0.7	23	33	25
12 - 19	0.8	35	29	† 14
11 - 24	3.6	65	15	14
20 and over	1.4	40	27	11
Females: 6 - 11	0.7	30	24	21
12 - 19	1.0	54	13	† 3
11 - 24	4.5	74	7	6
20 and over	1.7	52	12	† 4
All individuals	12.5	58	16	13

‡ See "Table notes."

† See "Statistical notes," appendix B.

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

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
		Percent	----- Ounces cooked lean meat equivalents ‡ -----							
Mexican American:										
Males and females: 2 - 5	0.5	2.6	1.0	0.6	0.1	† *	0.4	0.5	† *	0.1
Males: 6 - 11.....	0.3	3.9	1.1	1.4	† .1	*	.7	.4	† *	.2
12 - 19.....	0.4	5.5	2.7	† 1.0	† .2	† .1	.8	.6	† *	† *
20 and over.....	1.4	6.5	3.2	1.5	.3	.1	.6	.7	† *	† .1
Females: 6 - 11	0.3	3.2	1.2	.8	† .1	† .1	.7	.4	† *	† .1
12 - 19.....	0.3	† 4.2	† 1.7	† 1.4	† .3	† .1	† .4	† .3	† *	† .1
20 and over.....	1.6	3.9	1.7	1.1	.3	† *	.4	.4	† *	*
All individuals.....	4.8	4.7	2.1	1.2	.3	.1	.5	.5	† *	.1
Other Hispanic origin:										
Males and females: 2 - 5	0.5	3.2	1.0	1.0	.2	† *	.6	.4	† *	.1
Males: 6 - 11.....	0.3	3.5	1.3	1.0	† .2	† *	.7	.3	† *	*
12 - 19.....	0.3	† 6.9	† 2.9	† 2.1	† .2	† *	† .9	† .6	† *	† .1
20 and over.....	1.9	6.2	2.8	1.7	.4	† *	.7	.5	*	† .1
Females: 6 - 11	0.3	† 3.2	† 1.3	† .8	† .1	† 0.0	† .6	† .3	† 0.0	† .1
12 - 19.....	0.5	3.8	1.7	1.0	† .2	0.0	.5	.3	† *	† *
20 and over.....	1.7	3.9	1.5	1.3	.4	*	.4	.3	† *	.1
All individuals.....	5.5	4.7	1.9	1.4	.3	† *	.6	.4	*	.1
Non-Hispanic white:										
Males and females: 2 - 5	4.0	2.5	.8	.6	.1	† *	.6	.2	† *	.2
Males: 6 - 11.....	3.2	3.5	1.4	.6	.2	† *	.8	.2	† *	.2
12 - 19.....	4.1	5.8	2.5	1.3	.3	† *	1.1	.3	† *	.2
20 and over.....	26.4	6.2	2.6	1.4	.5	*	1.0	.4	*	.2
Females: 6 - 11	3.0	2.8	1.0	.6	.1	† *	.7	.2	† *	.2
12 - 19.....	3.7	3.3	1.3	.8	.2	† *	.6	.2	† *	.1
20 and over.....	28.6	3.7	1.4	1.0	.4	*	.5	.3	*	.1
All individuals.....	72.9	4.6	1.8	1.1	.4	*	.8	.3	*	.2
Non-Hispanic black:										
Males and females: 2 - 5	1.1	3.4	1.0	.9	.2	† *	.9	.3	† *	.2
Males: 6 - 11.....	0.7	4.4	1.3	1.2	† .3	† *	1.1	.3	† *	.2
12 - 19.....	0.8	6.3	2.6	1.7	† .4	0.0	1.1	.4	† *	† .1
20 and over.....	3.6	8.0	3.1	2.0	.7	† .1	† 1.4	.6	*	.1
Females: 6 - 11	0.7	3.7	1.3	.9	† .3	† *	.8	.2	† *	.1
12 - 19.....	1.0	4.8	2.0	1.2	† .2	† *	.9	.4	† *	† .1
20 and over.....	4.5	4.7	1.6	1.4	.5	*	.7	.4	† *	.1
All individuals.....	12.5	5.6	2.0	1.5	.5	*	1.0	.4	*	.1

‡ See "appendix D" for definitions of servings.

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Mexican American:				
Males and females: 2 - 5	0.5	12	† 6	12
Males: 6 - 11	0.3	† 4	† 28	23
12 - 19	0.4	† 2	41	36
20 and over	1.4	† 3	65	50
Females: 6 - 11	0.3	† 8	† 13	† 10
12 - 19	0.3	† 4	† 33	† 28
20 and over	1.6	† 5	25	23
All individuals	4.8	5	36	30
Other Hispanic origin:				
Males and females: 2 - 5	0.5	† 6	12	23
Males: 6 - 11	0.3	† 8	25	† 18
12 - 19	0.3	† 2	† 66	† 62
20 and over	1.9	† 2	55	49
Females: 6 - 11	0.3	† 4	† 7	† 5
12 - 19	0.5	† 4	21	18
20 and over	1.7	† 6	23	23
All individuals	5.5	4	34	32
Non-Hispanic white:				
Males and females: 2 - 5	4.0	15	7	12
Males: 6 - 11	3.2	7	19	14
12 - 19	4.1	† 3	51	37
20 and over	26.4	2	59	49
Females: 6 - 11	3.0	8	8	6
12 - 19	3.7	10	18	15
20 and over	28.6	6	23	21
All individuals	72.9	5	36	30
Non-Hispanic black:				
Males and females: 2 - 5	1.1	† 3	15	26
Males: 6 - 11	0.7	† 3	37	35
12 - 19	0.8	† 1	60	50
20 and over	3.6	† 1	69	64
Females: 6 - 11	0.7	† 2	22	20
12 - 19	1.0	† 3	45	42
20 and over	4.5	4	37	35
All individuals	12.5	2	45	43

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

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

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat	Added sugars
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Percent of kilocalories -----</i>		<i>Grams</i>	<i>Teaspoons ‡</i>	
Mexican American:							
Males and females: 2 - 5	0.5	1487	32.9	25.9	14.7	43.2	13.8
Males: 6 - 11.....	0.3	1948	32.3	24.9	17.5	54.5	21.2
12 - 19.....	0.4	2425	34.5	26.2	17.6	71.9	26.0
20 and over.....	1.4	2425	33.0	24.1	13.9	66.6	21.4
Females: 6 - 11	0.3	1711	32.5	25.5	16.5	49.0	17.6
12 - 19.....	0.3	† 1855	† 32.4	† 24.0	† 17.0	† 51.3	† 19.7
20 and over.....	1.6	1535	32.4	23.6	15.4	41.5	14.8
All individuals.....	4.8	1926	32.8	24.4	15.3	53.6	18.5
Other Hispanic origin:							
Males and females: 2 - 5	0.5	1472	31.8	24.4	14.8	40.5	13.5
Males: 6 - 11.....	0.3	1778	32.5	25.3	16.6	49.8	18.3
12 - 19.....	0.3	† 2546	† 32.2	† 23.2	† 17.0	† 66.0	† 26.7
20 and over.....	1.9	2355	33.4	24.8	13.5	66.1	19.3
Females: 6 - 11	0.3	† 1658	† 33.6	† 26.1	† 14.7	† 48.9	† 15.3
12 - 19.....	0.5	1851	32.2	24.7	19.2	52.3	22.3
20 and over.....	1.7	1521	30.7	22.8	14.1	40.0	13.6
All individuals.....	5.5	1911	32.2	24.2	14.8	52.6	17.5
Non-Hispanic white:							
Males and females: 2 - 5	4.0	1509	32.0	25.3	16.6	42.8	15.7
Males: 6 - 11.....	3.2	2015	32.1	24.9	19.1	56.2	24.4
12 - 19.....	4.1	2820	33.0	25.5	20.9	80.7	37.1
20 and over.....	26.4	2402	33.9	25.5	14.5	69.2	22.4
Females: 6 - 11	3.0	1775	31.8	25.2	19.7	50.0	22.4
12 - 19.....	3.7	1830	31.6	24.7	21.3	50.8	24.8
20 and over.....	28.6	1618	32.5	24.8	14.9	45.6	15.6
All individuals.....	72.9	1998	32.9	25.1	15.9	56.9	20.4
Non-Hispanic black:							
Males and females: 2 - 5	1.1	1543	33.9	25.9	15.8	45.0	15.3
Males: 6 - 11.....	0.7	1908	34.2	26.2	18.9	56.8	22.0
12 - 19.....	0.8	2549	35.6	27.6	20.0	78.8	31.4
20 and over.....	3.6	2479	34.8	25.2	15.7	73.3	24.7
Females: 6 - 11	0.7	1699	34.0	26.4	18.3	50.5	19.3
12 - 19.....	1.0	1880	35.6	27.3	18.5	57.5	21.9
20 and over.....	4.5	1596	34.3	25.3	17.0	46.2	17.2
All individuals.....	12.5	1955	34.6	25.8	17.0	57.8	20.9

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

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

Table 19.1--Saturated fatty acids: Mean intakes per individual, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	<i>Percent</i>	<i>----- Grams -----</i>								
Mexican American:										
Males and females 5 and under ‡	0.7	0.5	0.3	0.3	0.5	1.2	2.2	10.3	4.6	20.5
Males: 6 - 11.....	0.3	.6	.4	.2	.5	.7	2.5	14.2	6.7	26.5
12 - 19.....	0.4	.6	.3	.2	.5	.7	2.4	16.5	7.7	29.6
20 and over.....	1.4	.5	.3	.2	.4	.6	2.4	17.2	7.9	30.2
Females: 6 - 11.....	0.3	.6	.3	.2	.4	.6	2.2	12.2	5.7	22.9
12 - 19.....	0.3	.4	.2	.2	.4	.7	1.9	12.4	5.5	22.3
20 and over.....	1.5	.4	.2	.1	.3	.4	1.6	11.3	5.2	20.0
All individuals.....	4.9	.5	.3	.2	.4	.7	2.1	13.6	6.2	24.5
Other Hispanic origin:										
Males and females 5 and under ‡	0.7	.5	.3	.3	.5	1.1	2.0	9.8	4.3	19.3
Males: 6 - 11.....	0.3	.6	.3	.2	.5	.6	2.3	13.2	6.0	24.4
12 - 19.....	0.3	.7	.4	.2	.5	.8	3.0	19.4	9.1	35.1
20 and over.....	1.8	.6	.3	.2	.5	.8	2.5	16.3	7.3	29.2
Females: 6 - 11.....	0.3	.6	.3	.2	.5	.7	2.3	12.3	5.8	23.4
12 - 19.....	0.5	.6	.3	.2	.5	.7	2.4	13.9	6.4	25.6
20 and over.....	1.7	.4	.2	.2	.3	.6	1.6	10.7	4.8	19.3
All individuals.....	5.6	.5	.3	.2	.4	.8	2.2	13.4	6.0	24.4
Non-Hispanic white:										
Males and females 5 and under ‡	5.5	.5	.3	.3	.5	1.0	2.1	10.2	4.7	20.1
Males: 6 - 11.....	3.1	.6	.3	.3	.5	.9	2.6	14.8	7.2	28.0
12 - 19.....	4.0	.8	.4	.3	.7	1.1	3.4	20.3	9.7	37.8
20 and over.....	25.8	.6	.3	.3	.5	.9	2.7	17.4	8.2	31.7
Females: 6 - 11.....	2.8	.6	.3	.2	.5	.9	2.4	12.9	6.3	24.8
12 - 19.....	3.7	.5	.3	.2	.4	.8	2.2	12.7	6.1	24.0
20 and over.....	27.8	.4	.2	.2	.3	.6	1.7	10.9	5.2	20.1
All individuals.....	72.7	.5	.3	.2	.4	.8	2.3	14.0	6.6	25.9
Non-Hispanic black:										
Males and females 5 and under ‡	1.5	.5	.3	.3	.4	1.1	2.1	11.1	5.0	21.2
Males: 6 - 11.....	0.7	.5	.3	.2	.4	.7	2.3	14.6	6.8	26.5
12 - 19.....	0.8	.6	.3	.2	.5	.9	2.9	20.4	9.5	36.4
20 and over.....	3.5	.5	.3	.2	.4	.7	2.5	18.3	8.6	32.3
Females: 6 - 11.....	0.8	.5	.3	.2	.4	.6	2.0	13.3	6.4	24.2
12 - 19.....	0.9	.5	.3	.2	.4	.6	2.2	15.4	7.1	27.4
20 and over.....	4.4	.3	.2	.1	.3	.5	1.5	11.7	5.5	20.5
All individuals.....	12.6	.4	.2	.2	.4	.7	2.1	14.5	6.8	26.0

‡ Excludes breast-fed children.

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

Table 19.2--Monounsaturated fatty acids: Mean intakes per individual, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
	<i>Percent</i>	<i>----- Grams -----</i>				
Mexican American:						
Males and females 5 and under ‡	0.7	0.9	16.9	0.1	*	18.3
Males: 6 - 11.....	0.3	1.4	26.8	.1	*	28.9
12 - 19.....	0.4	1.6	33.3	.1	*	35.6
20 and over.....	1.4	1.9	32.6	.2	*	35.2
Females: 6 - 11.....	0.3	1.2	21.7	.1	*	23.4
12 - 19.....	0.3	1.3	23.6	.1	† *	25.3
20 and over.....	1.5	1.2	21.4	.1	*	23.0
All individuals.....	4.9	1.4	25.4	.1	*	27.4
Other Hispanic origin:						
Males and females 5 and under ‡	0.7	.9	16.7	.1	*	17.9
Males: 6 - 11.....	0.3	1.3	23.3	.1	*	25.1
12 - 19.....	0.3	2.1	36.5	.2	† .1	39.7
20 and over.....	1.8	1.8	30.1	.2	.1	32.6
Females: 6 - 11.....	0.3	1.2	21.6	.1	*	23.5
12 - 19.....	0.5	1.3	24.7	.1	*	26.7
20 and over.....	1.7	1.1	20.5	.1	*	22.0
All individuals.....	5.6	1.4	24.5	.1	*	26.5
Non-Hispanic white:						
Males and females 5 and under ‡	5.5	.9	17.8	.1	*	19.1
Males: 6 - 11.....	3.1	1.4	27.3	.1	*	29.3
12 - 19.....	4.0	1.9	38.2	.2	.1	41.1
20 and over.....	25.8	1.8	33.6	.2	.1	36.1
Females: 6 - 11.....	2.8	1.1	23.9	.1	*	25.6
12 - 19.....	3.7	1.2	24.2	.1	*	26.1
20 and over.....	27.8	1.0	21.4	.1	*	22.9
All individuals.....	72.7	1.4	26.9	.1	*	28.8
Non-Hispanic black:						
Males and females 5 and under ‡	1.5	1.1	19.3	.1	*	20.8
Males: 6 - 11.....	0.7	1.5	26.9	.1	*	29.0
12 - 19.....	0.8	2.2	38.1	.2	*	41.3
20 and over.....	3.5	2.0	34.9	.2	.1	37.8
Females: 6 - 11.....	0.8	1.3	25.8	.1	*	27.6
12 - 19.....	0.9	1.6	28.3	.1	† .1	30.6
20 and over.....	4.4	1.3	22.7	.1	*	24.5
All individuals.....	12.6	1.6	27.5	.1	.1	29.7

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

Table 19.3--Polyunsaturated fatty acids: Mean intakes per individual, by Hispanic origin and race, 1 day, 1994-96

Hispanic origin and race, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	Percent	Grams							
Mexican American:									
Males and females 5 and under ‡	0.7	8.0	0.9	† *	0.1	*	*	*	9.0
Males: 6 - 11.....	0.3	11.3	1.1	† *	.1	*	*	*	12.7
12 - 19.....	0.4	16.6	1.7	† *	.2	† *	† *	*	18.6
20 and over.....	1.4	16.7	1.7	† *	.2	*	*	.1	18.8
Females: 6 - 11	0.3	8.8	.9	† *	.1	*	*	*	9.9
12 - 19.....	0.3	11.6	1.1	† *	.1	† *	† *	*	12.9
20 and over.....	1.5	10.7	1.1	† *	.1	† *	*	*	12.0
All individuals.....	4.9	12.5	1.3	† *	.1	*	*	*	14.0
Other Hispanic origin:									
Males and females 5 and under ‡	0.7	7.7	.8	† *	.1	† *	*	*	8.7
Males: 6 - 11.....	0.3	10.4	1.1	† *	.1	† *	*	*	11.6
12 - 19.....	0.3	16.5	1.8	† *	.2	*	*	.1	18.8
20 and over.....	1.8	16.2	1.5	† *	.2	*	*	.1	18.2
Females: 6 - 11	0.3	9.6	1.1	† *	.1	† *	*	† .1	11.0
12 - 19.....	0.5	12.1	1.2	† *	.1	† *	† *	*	13.6
20 and over.....	1.7	10.7	1.1	† *	.1	† *	*	*	12.0
All individuals.....	5.6	12.5	1.2	† *	.1	*	*	.1	14.0
Non-Hispanic white:									
Males and females 5 and under ‡	5.5	7.5	.8	*	.1	*	*	*	8.4
Males: 6 - 11.....	3.1	11.5	1.1	† *	.1	*	*	*	12.8
12 - 19.....	4.0	16.6	1.6	† *	.1	*	*	.1	18.5
20 and over.....	25.8	16.3	1.6	*	.2	*	*	.1	18.4
Females: 6 - 11	2.8	10.3	1.0	*	.1	*	*	*	11.5
12 - 19.....	3.7	11.1	1.1	*	.1	*	*	*	12.5
20 and over.....	27.8	11.3	1.2	*	.1	*	*	.1	12.8
All individuals.....	72.7	13.1	1.3	*	.1	*	*	.1	14.7
Non-Hispanic black:									
Males and females 5 and under ‡	1.5	8.2	.9	† *	.1	*	*	*	9.3
Males: 6 - 11.....	0.7	11.6	1.0	† *	.1	† *	*	.1	12.8
12 - 19.....	0.8	16.5	1.6	† *	.2	† *	† *	.1	18.6
20 and over.....	3.5	16.5	1.7	*	.2	*	*	.1	18.8
Females: 6 - 11	0.8	11.4	1.0	† *	.1	† *	*	*	12.7
12 - 19.....	0.9	13.2	1.3	† *	.1	† *	† *	† .1	14.8
20 and over.....	4.4	11.3	1.1	*	.1	*	*	.1	12.9
All individuals.....	12.6	12.9	1.3	*	.1	*	*	.1	14.6

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Excludes breast-fed children.

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

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

Hispanic origin and race, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	<i>Percent</i>		<i>Percent</i>		
Mexican American:					
Males: 20 and over.....	1.4	26.7	35.0	61.2	13.3
Females: 20 and over.....	1.5	26.9	41.7	57.2	23.2
All individuals: 20 and over.....	2.9	26.8	38.1	59.3	17.9
Other Hispanic origin:					
Males: 20 and over.....	1.8	26.5	33.2	61.4	16.0
Females: 20 and over.....	1.7	26.0	32.3	51.8	21.8
All individuals: 20 and over.....	3.5	26.2	32.7	56.8	18.8
Non-Hispanic white:					
Males: 20 and over.....	25.8	26.5	31.2	60.6	17.4
Females: 20 and over.....	27.8	25.3	28.6	43.5	16.2
All individuals: 20 and over.....	53.6	25.9	29.9	51.9	16.8
Non-Hispanic black:					
Males: 20 and over.....	3.5	27.1	40.6	65.9	20.9
Females: 20 and over.....	4.4	28.4	53.2	67.2	37.3
All individuals: 20 and over.....	7.9	27.8	47.5	66.6	29.9

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

Excludes pregnant women.

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

Table Notes

General Notes:

- Two questions from the survey screener were used to categorize respondents into the four categories of Hispanic origin and race presented in this table set. The Hispanic origin and race response categories used in the CSFII 1994-96 screener were those in use by the U.S. Bureau of the Census at the time the survey was initiated. Individuals not of Hispanic origin were classified as white or black. Note that Hispanic individuals may be of any race.
- To determine Hispanic origin for each household member, the respondent to the survey screener was asked, "Do any of the groups on this card represent (NAME)'s national origin?" The response categories listed on the card shown to the respondent were "Mexican, Mexican American, Chicano," "Puerto Rican," "Cuban," "other Spanish/Hispanic," and "none of the above." In this report, the categories Puerto Rican, Cuban, and other Spanish/Hispanic were combined into a single category labeled "other Hispanic origin." Note that the survey population did not include the population of Puerto Rico.
- To determine race for each household member, the screener respondent was asked, "Which of the groups on this card best describes (NAME)'s race?" The response categories listed on the card shown to the respondent were "white," "black," "Asian/Pacific Islander," and "American Indian/Alaska native." The questionnaire also included a code for "other." The race categories used in this report are limited to white and black because the sample included only small numbers of individuals of other races.

Table 1. Nutrient Intakes: Mean amount consumed per individual, by Hispanic origin and race, 1 day, 1994-96

- The estimated nutrient intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the left-hand column. For each nutrient or dietary component identified in the column head, intakes for each individual in a day were totaled, and a group mean was calculated. The nutrient intakes presented in the tables do not include nutrients from vitamin and mineral supplements or plain drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. The sodium intake does not include sodium from salt added at the table.

Table 2. Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Hispanic origin and race, 1 day, 1994-96

- Nutrient intakes by individuals were expressed as percentages of the RDA, then averaged for the group. "The RDAs provide a safety factor appropriate to each nutrient [except energy] and exceed the actual requirements of most individuals" (FNB/NRC 1989, p. 2). "If a group average intake approximates that of the ... group RDA, some persons within the group are consuming less than the RDA and others more. Except for energy, in which the average requirement of the population group is recommended, the RDAs are intended to be sufficiently generous to encompass the presumed ... variability in requirement among people. Thus, if a population's habitual intake approximates or exceeds the RDA, the probability of deficiency is quite low" (FNB/NRC 1989, p. 21). However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes.

Table 3A and table 3B. Nutrient Intakes: Percentages of individuals with diets below (table 3A) or at or above (table 3B) selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Hispanic origin and race, 2-day average, 1994-96

- "The RDAs provide a safety factor appropriate to each nutrient [except energy], and exceed the actual requirements of most individuals" (FNB/NRC 1989, p.2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. However, as the percentage of the population with intakes below 100 percent of a given RDA increases, so does the likelihood that some individuals in the population are at nutritional risk.
- "Although RDAs are most appropriately applied to groups, a comparison of individual intakes, averaged over a sufficient length of time, to the RDA allows an estimate to be made about the probable risk of deficiency for that individual" (FNB/NRC 1989, p.9). "For most nutrients, RDAs are intended to be average intakes over at least 3 days; for others, (e.g., vitamin A and B-12), they may be averaged over several months" (FNB/NRC 1989, p.20). Estimates in this table are based on 2-day average data.
- Table 3B is provided for data users who are interested in the upper end of the distribution of nutrient intakes. The levels of RDA to which individuals' intakes are compared were selected arbitrarily and do not correspond to any particular measure of toxicity.

Table 4. Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by Hispanic origin and race, 1 day, 1994-96

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

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

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

Table 5. Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by Hispanic origin and race, 2-day average, 1994-96

- The 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995) recommend that people 2 years of age and older choose a diet with no more than 30 percent of calories from total fat, less than 10 percent of calories from saturated fat, and no more than 300 milligrams per day of cholesterol. In addition, the *Healthy People 2000* objectives establish a goal of increasing to at least 50 percent the proportion of people aged 2 and older who meet the average daily goals of no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat (DHHS/PHS 1995). Please note that although the age groups used in this table are the same as those used throughout the table set, the recommendations are not appropriate for children under 2 years.

Table 6A to table 12B. Food intakes: Mean quantities (in grams) consumed per individual and percentages of individuals consuming foods from various food groups, by Hispanic origin and race, 1 day, 1994-96

- Appendix C lists foods in each food group shown in these tables.
- Quantities exclude inedible parts of foods such as bones, rinds, and seeds.
- Ingredients in mixed dishes are tabulated with the food group of the primary ingredient. For example, cheese in pizza is tabulated under "Grain products" in the subgroup "Mixtures mainly grain." Among foods eaten by adults in 1994, foods tabulated as "Mixtures mainly grain" were 32 percent grain products, 24 percent vegetables, 8 percent milk and milk products, and 8 percent meat, poultry, and fish by weight, and foods tabulated as "mixtures mainly meat, poultry, fish" were 14 percent grain products, 28 percent vegetables, 6 percent milk and milk products, and 34 percent meat, poultry, and fish by weight (Enns 1997).
- One ounce (by weight) is equivalent to 28.35 grams.
- Food group quantities represent average intakes of both consumers (users of that food group) and nonconsumers on the survey day. Quantities for consumers alone can be calculated by dividing the average intake of a food group (tables 6A, 7A, 8A, 9A, 10A, 11A, and 12A) by the percentage of individuals using foods from that group (tables 6B, 7B, 8B, 9B, 10B, 11B, and 12B) expressed as a decimal.

Table 13A to table 18. Pyramid servings: Mean numbers of Pyramid servings consumed and percentages of individuals consuming specified numbers of servings per day, by Hispanic origin and race, 2 day average, 1994-96

- The method used to develop estimates of Pyramid servings separates foods into their ingredients before servings are counted; therefore the Pyramid food groups are inherently different from the 71 ARS-defined food groups in tables 6A through 12B (see appendix D for more information on the Pyramid food groups.).
- Estimated intakes are for individuals 2 years and older.
- In tables 16A and B (dairy group), separate Hispanic origin-sex-age cells have been added for males and females ages 11 to 24 because these individuals have a recommendation of three servings of dairy products per day.

Adjustments for children 2-5

- In tables 13A through 15B (the grain, vegetable, and fruit groups), the data have been adjusted for children ages 2 to 5 years because children at this age may have lower energy needs. For children age 2 to 5 years who consumed less than 1,600 calories per day, one serving has been calculated as two-thirds of a standard serving size to allow for their lower energy needs.
- In table 17A (meat group) and in table 17B for the column "Consuming at least 5 ounce equivalents a day," no adjustment has been made for the lower energy needs of children age 2 to 5 years. In table 17B, in the last column "Consuming number of ounce equivalents recommended based on calorie intake," an adjustment has been made for children age 2 to 5 years who consumed less than 1,600 calories; their recommendation was lowered to 3.3 ounce equivalents.

Servings recommended based on caloric intake. Recommended servings referred to in the last column of tables 13B, 14B, 15B, 16B, and 17B were derived from sample patterns in the “Food Guide Pyramid” (USDA 1992).

- **Grain group:** Individuals consuming less than 2,200 calories met the recommendations for each food group if they ate at least 6 grain servings a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 9 grain servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 11 grain servings a day.
- **Vegetable group:** Individuals consuming less than 2,200 calories met the recommendation if they ate at least 3 vegetable servings a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 4 vegetable servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 5 vegetable servings a day. The vegetable group estimates presented in this report include cooked dry beans and peas.
- **Fruit group:** Individuals consuming less than 2,200 calories met the recommendation if they ate at least 2 fruit servings a day; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 3 fruit servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 4 fruit servings a day.
- **Dairy group:** The recommendation for an individual is based on age and physiological status. Women who were pregnant or lactating and individuals 11 through 24 years of age were counted as meeting the recommendation if they consumed at least 3 dairy servings a day; all other individuals were counted as meeting the recommendation if they consumed at least 2 dairy servings a day.
- **Meat group:** Individuals consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents; individuals consuming 2,200 to 2,800 calories met the recommendation if they ate at least 6 ounces a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces a day. The meat group estimates presented in this report exclude cooked dry beans and peas. Only the lean portion of meat, poultry, fish, and simulated meat products are included. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, and 1/4 cup of seeds are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in table 18.
- **Discretionary fat:** Includes all "excess" fat from the five major food groups beyond amounts that would be consumed if only the lowest fat forms of food in each food group were eaten, as well as fats added to foods in preparation or at the table, including cream, butter, margarine, regular or low fat cream cheese, oil, lard, meat drippings, cocoa, and chocolate.
- **Added sugars:** Include all sugars used as ingredients in processed and prepared foods (such as breads, cakes, soft drinks, jam, and ice cream) and sugars eaten separately or added to foods at the table. Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

Table 19.1 to 19.3 Fatty acids: Mean intakes per individual, by Hispanic origin and race, 1 day, 1994-96

- Fatty acids are categorized as saturated (no double bond), monounsaturated (one double bond), or polyunsaturated (more than one double bond). For monounsaturated and polyunsaturated fatty acids, both *cis* and *trans* isomers and positional isomers are included in the values. Appendix E provides a list of chemical names, trivial names, and abbreviations of reported fatty acids.
- When respondents were able to identify the type of fat used in preparation of foods such as vegetables, eggs, rice, pasta, and hot cereals, the fat type (oil, margarine, spread, butter, shortening, or animal fat) was coded accordingly. However, if the respondent did not identify the type of fat, default composites based on industry and market data were used for margarine, vegetable oil, or shortening.

Table 20. Weight status: Mean Body Mass Index (BMI) and percentages of overweight individuals 20 years of age and older, by Hispanic origin and race, 1994-96

- Body Mass Index (BMI) for a person who weighs 170 pounds and is 5 feet 9 inches tall (69 in) is calculated as follows:
$$[170\text{lbs} \div (69\text{in})^2] \times 703 = 25.1.$$
- Different BMI cutoff points are used to define overweight. The Healthy People 2000 objectives define overweight as a BMI equal to or greater than 27.8 for men and 27.3 for women, excluding pregnant women (DHHS/PHS 1995). This definition of overweight is based on the 85th percentile of the 1976-80 National Health and Nutrition Examination Survey reference population age 20 to 29 years. Using this definition allows comparisons with earlier reports. The Dietary Guidelines for Americans define overweight using a BMI of 25 as the upper boundary of healthy weight for both men and women (DCAG 1995). The Dietary Guidelines Advisory Committee chose this level because above a BMI of 25 there is an increased risk of disease and death. Clinical guidelines issued by the National Heart, Lung, and Blood Institute of the National Institutes of Health in June 1998 define overweight as a BMI of 25 to 29.9 and obesity as a BMI equal to or greater than 30. Overweight and obesity are not mutually exclusive since obese persons are also overweight (NHI/NHLBI 1998). The “overweight” categories in table 20 include the individuals classified as “obese” in the right-hand column.
- BMIs in this table are based on self-reported heights and weights. Persons not reporting height or weight were excluded from the estimates in the table.

Appendix A. Counts of day-1 and 2-day respondents and population percentages, by Hispanic origin and race, 1994-96

Interpreting information in appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group contained in tables 1 through 12, as well as the weighted percentages of the population that they represent. Eighty-six non-Hispanic white, twelve non-Hispanic black, fourteen Mexican American and nine other Hispanic origin breast-fed children are excluded from these counts and population percentages. Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics known to be correlated with eating behavior, and to equalize intakes over the 4 quarters of the year and the 7 days of the week.
- Counts of respondents are shown separately for those who provided intake data for day 1 and those who provided intake data for both day 1 and day 2; slight differences exist in the weighted percentages of the population for some sex-age groups because fewer sex-age groups were used in calculating the weighting factors than in reporting results and because of rounding.
- Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, they were excluded from the calculations for table 4 because nonzero energy intakes are required from each person for the contribution to energy estimates, and fasters are the only individuals reporting zero energy intake. In 1994-96, one Mexican American individual and one other Hispanic origin individual (females) and three non-Hispanic white individuals (one male and two females) reported no food or beverages for day 1.
- Persons not reporting height or weight were excluded from table 20 because their Body Mass Index (BMI) could not be calculated.

Appendix A table. Counts of day-1 and 2-day respondents and population percentages, by Hispanic origin and race, 1994-96

Hispanic origin, sex, and age (years)	Day-1 count (unweighted)	Day-1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
		----- Percent -----		----- Percent -----
Mexican American:				
Males and females 5 and under ‡ ...	266	0.7	254	0.7
Males: 6 - 11.....	62	0.3	57	0.3
12 - 19.....	63	0.4	62	0.4
20 and over.....	213	1.4	195	1.4
Females: 6 - 11	68	0.3	62	0.3
12 - 19.....	48	0.3	47	0.3
20 and over.....	192	1.5	181	1.5
All individuals.....	912	4.9	858	4.9
Other Hispanic origin:				
Males and females 5 and under.....	250	0.7	243	0.7
Males: 6 - 11.....	60	0.3	58	0.3
12 - 19.....	50	0.3	47	0.3
20 and over.....	236	1.8	219	1.8
Females: 6 - 11	45	0.3	44	0.3
12 - 19.....	81	0.5	75	0.5
20 and over.....	224	1.7	209	1.6
All individuals.....	946	5.6	895	5.6
Non-Hispanic white:				
Males and females 5 and under.....	1,973	5.5	1,908	5.5
Males: 6 - 11.....	493	3.1	481	3.1
12 - 19.....	491	4	468	4
20 and over.....	3,930	25.8	3,716	25.7
Females: 6 - 11	469	2.8	451	2.9
12 - 19.....	449	3.7	430	3.6
20 and over.....	3,619	27.8	3,451	27.8
All individuals.....	11,424	72.7	10,905	72.6
Non-Hispanic black:				
Males and females 5 and under.....	472	1.5	444	1.5
Males: 6 - 11.....	107	0.7	101	0.7
12 - 19.....	96	0.8	88	0.8
20 and over.....	500	3.5	460	3.5
Females: 6 - 11	124	0.8	116	0.7
12 - 19.....	126	0.9	124	1
20 and over.....	605	4.4	573	4.4
All individuals.....	2,030	12.6	1,906	12.6

‡ Includes infants under 1.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96. Excludes breast-fed children.

Appendix B. Statistical notes

Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group (see appendix A). The guidelines (listed below) for determining when a cell size is small take into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 1.00, its effect on accuracy is negligible; a larger design effect implies a greater effect on variance. The guidelines derive from a policy statement (FASEB/LSRO 1995) that specifies the use of a broadly calculated design effect. In that role we are using a variance inflation factor. Variance inflation factors for the survey data sets used to generate these tables are as follows:

1994-96 CSFII day 1 -- 1.41
1994-96 CSFII 2-day -- 1.60

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

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

Rule 1 has been applied to data in tables 1, 2, 4, 6A - 12A, 13A - 17A, 18, and 19.1 - 19.3 to flag estimates that should be used with caution. It applies to mean nutrient intakes, mean food intakes, and means expressed as percentages, such as mean intakes of nutrients expressed as percentages of Recommended Dietary Allowances.

2. An estimated proportion (percent) that falls above 25 percent and below 75 percent is flagged when it is based on a cell size of less than 30 times the average design effect or when the CV is equal to or greater than 30 percent.
3. An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the smaller of np and $n(1-p)$ is less than 8 times the average design effect, where "n" is the cell size on which the estimate is based and "p" is the proportion expressed as a fraction.

Rules 2 and 3 have been applied to data in tables 3A, 3B, 5, 6B - 12B, 13B - 17B, and 20.

Appendix C. Descriptions of food groups used in tables 6A to 12B

GRAIN PRODUCTS

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

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

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

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

Rice: Includes white, brown, and wild rice.

Pasta: Includes macaroni, noodles, and spaghetti.

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

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

Crackers, popcorn, pretzels, corn chips: Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables in the subgroup "white potatoes."

Mixtures mainly grain: Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

VEGETABLES

Total vegetables: Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, potatoes or tomatoes in beef stew are tabulated under Meat, Poultry, and Fish.

White potatoes: Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

Fried potatoes: Includes french-fried, deep-fried, hash brown, and home-fried potatoes; potato skins; and potato chips.

Dark-green vegetables: Includes raw and cooked broccoli and dark-green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

Deep-yellow vegetables: Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, sweet potatoes and calabaza; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweet potato casserole; and baby-food carrots, squash, and sweet potatoes.

Tomatoes: Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

Lettuce, lettuce-based salads: Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

Green beans: Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

Corn, green peas, lima beans: Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans, which are tabulated under Legumes.

Other vegetables: Includes raw and cooked vegetables other than the following: white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having "other" vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat. Includes chayote, cassava, green banana, jicama, malanga, name (Puerto Rican yam), nopales, plantain, taro, yautia.

FRUITS

Total fruits: Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, apples in apple pie are tabulated under Grain Products.

Total citrus fruits and juices: Includes oranges and other citrus fruits, mixtures of orange juice and other citrus juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under Beverages.

Citrus juices: Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under "noncitrus juices and nectars."

Dried fruits: Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under "other fruits, mixtures, and juices."

Total other fruits, mixtures, juices: Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes frozen fruit juice bars and sorbets, which are tabulated under Total Sugars and Sweets.

Apples: Includes raw and cooked apples, applesauce, and baby-food applesauce.

Bananas: Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or "green bananas," which are tabulated under Vegetables in the subgroup "other."

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

Other fruits and mixtures mainly fruit: Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars: Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

MILK AND MILK PRODUCTS

Total milk and milk products: Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, cheese on pizza is tabulated under Grain Products.

Total milk, milk drinks, yogurt: Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

Total fluid milk: Includes fluid whole, lowfat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk: Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

Lowfat milk: Includes lowfat (1 and 2 percent) milk, buttermilk (lowfat and nonfat), acidophilus milk, lowfat lactose-reduced fluid milk, and reconstituted lowfat dry milk.

Skim milk: Includes skim or nonfat fluid milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

Yogurt: Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under "milk desserts."

Milk desserts: Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

Cheese: Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

MEAT, POULTRY, AND FISH

Total meat, poultry, and fish: Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

Beef: Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Pork: Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig's feet; and pork rinds. Excludes organ meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game: Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Organ meats: Includes liver, tripe, gizzards, and other organ meats.

Frankfurters, sausages, luncheon meats: Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

Total poultry: Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

Chicken: Includes only chicken. Excludes organ meats (giblets).

Fish and shellfish: Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

Mixtures mainly meat, poultry, fish: Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

EGGS; LEGUMES; NUTS AND SEEDS; FATS AND OILS; SUGARS AND SWEETS

Eggs: Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, eggs in baked goods are tabulated under Grain Products.

Legumes: Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, beans in tacos are tabulated under Grain Products.

Nuts and seeds: Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets in the subgroup "candy." Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, nuts in baked goods are tabulated under Grain Products.

Total fats and oils: Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, or Fish. Also, mayonnaise in cole slaw is tabulated under Vegetables.

Table fats: Includes butter, margarine, imitation margarine, margarine-like spreads, blends of butter with margarine or vegetable oil, and butter replacements.

Salad dressings: Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

Total sugars and sweets: Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, sugar in baked goods is tabulated under Grain Products. Also, sugar in carbonated soft drinks is tabulated under Beverages.

Sugars: Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

Candy: Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

BEVERAGES

Total beverages: Includes alcoholic and nonalcoholic beverages. Excludes plain tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

Total alcoholic beverages: Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

Wine: Includes wine; light wine; and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under "nonalcoholic beverages."

Beer and ale: Includes beer, ale, and light ("lite") beer. Excludes "near beer," which is tabulated under "nonalcoholic beverages."

Total nonalcoholic beverages: Includes coffee, tea, fruit drinks and ades, and soft drinks. "Near beer and nonalcoholic wine" are included under this total but not in any of the following subgroups.

Coffee: Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

Tea: Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

Total fruit drinks and ades: Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under "carbonated soft drinks."

Regular fruit drinks and ades: Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

Low-calorie fruit drinks and ades: Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks: Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

Regular carbonated soft drinks: Includes all carbonated soft drinks except unsweetened and sugar-free types.

Low-calorie carbonated soft drinks: Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.

Appendix D. Descriptions of food groups used in tables 13A to 18

The Food Guide Pyramid (USDA 1992) was introduced in 1992 to illustrate a food guide developed by USDA (Welsh et al. 1993). It was designed as an educational tool to help explain and interpret the Dietary Guidelines for Americans--seven basic principles for healthful eating that form the basis of Federal nutrition policy (USDA and DHHS 1995, Federal Register 1990). The Pyramid depicts the total diet, specifying amounts to eat from five major food groups (grain, vegetable, fruit, dairy, and meat) and selected subgroups and provides advice about intakes of fats, added sugars, and alcohol (the Pyramid tip). Pyramid recommendations are defined in terms of servings expressed as household measures, such as slices, pieces, and cups.

In 1993, researchers at the Agricultural Research Service (ARS) of the U.S. Department of Agriculture (USDA), in collaboration with researchers from the National Cancer Institute, began developing a method for assessing food intakes in terms of food-guidance based servings (Cleveland et al. 1997). Because many foods cannot be categorized into Pyramid food groups in the forms in which they are eaten and reported in food consumption surveys, foods needed to be separated into their ingredients, if necessary, before categorizing them by Pyramid food groups. Many needed to be disaggregated to a commodity level or an intermediate level of disaggregation. The level of disaggregation required depended on several factors, including: the types of foods in each Pyramid food group, the specificity with which Pyramid serving sizes and their underlying criteria are described in Pyramid documentation, and the methods ARS used to identify serving weights that were consistent with Pyramid definitions for servings.

Serving weights were assigned to foods or to their ingredients in form(s) as close to “as eaten” as possible. If appropriate, serving weights were assigned to the food as reported in the survey. As needed, foods were separated into ingredients using the recipes in the CSFII 1994-96 recipe database (USDA/ARS 1998) before assigning serving weights. Every attempt was made to adhere strictly to the concepts and definitions described in the Food Guide Pyramid (USDA 1992) when categorizing foods and defining servings.

The CSFII 1994-96 food coding database (USDA/ARS 1998) was the primary source used to derive food- or ingredient-specific weights consistent with Pyramid definitions for serving sizes. For many food codes, weights for several portion sizes were available. From these weights, a weight consistent with the Pyramid definition for a serving of that food (or ingredient) was selected or imputed.

The Pyramid food groups are inherently different from the ARS-defined food groups presented in tables 6A through 12B because the method used to develop estimates of Pyramid servings separates foods into their ingredients before servings are counted.

Grain group. In the Food Guide Pyramid the grain group includes yeast breads and rolls, quick breads such as muffins, biscuits, pancakes, and tortillas; rice; pasta; breakfast cereals; grain-based snacks such as crackers, pretzels, popcorn, and corn chips; and baked goods made from flour, such as cakes, cookies, croissants, doughnuts, pastries, and pie crust (USDA 1992, USDA/HNIS 1993). The Pyramid emphasizes whole-grain choices; it recommends choosing several servings a day of foods made from whole grains (USDA 1992). For that reason, the Pyramid servings intake files and data base present data separately on servings of whole grains and nonwhole grains. Some foods in the grain group contain relatively high amounts of fat and sugar; those ingredients count toward the Pyramid tip.

Definitions of grain servings were derived from the Food Guide Pyramid (USDA 1992, USDA/HNIS 1993). Educational materials about the Pyramid list the following serving sizes for grain products: 1 slice of bread; 1/2 of a hamburger bun, English muffin, bagel, or croissant; 1 small roll, biscuit, or muffin; 1 tortilla; 1 ounce of ready-to-eat cereal; 1/2 cup of cooked cereal, rice, or pasta; 3 to 4 small or 2 large crackers; 1/2 of a medium doughnut or danish; or 2 medium cookies. The Pyramid does not specify serving sizes for all foods in the grain group, and those specified are relatively imprecise.

For example, slices of bread come in many sizes, and terms like small, medium, and large are relative. Therefore, ARS developed operational definitions and procedures for the grain serving sizes based on two primary criteria:

- o Consistency with the underlying rationale for the grain group as the primary source of complex carbohydrate in diets and a major contributor to fiber intake.
- o Maintenance of the Pyramid concept of defining servings in common household measures (cups, ounces) and easily recognizable units (1 slice of bread, 1 roll).

Pyramid serving sizes were used as a basis for selecting or imputing appropriate serving weights from the CSFII 1994-96 food coding database, but guidelines were developed to standardize the selection process. Where needed, methods were also developed to define servings based on either the grain content or the complex carbohydrate content of the food. Details are presented below.

- o For yeast breads (rolls, English muffins, bagels, croissants), some quick breads (muffins, tea breads), rice, pasta, and breakfast cereals, the basic Pyramid definitions for servings were used, and guidelines were established for selecting serving weights from the food coding database.
- o For snack-type grain products (crackers, pretzels, corn chips), grain-based desserts (cookies, cakes, sweet rolls, pastries, pie crust), certain quick breads (hush puppy, dumplings), and miscellaneous grains (thickeners, batter, breading), a method was developed for defining servings based on the grain content of the food.
- o For some grain products, notably quick breads (pita bread, biscuits, pancakes, waffles, tortillas, taco shells), a combination of the two approaches presented above was used. The grams needed per serving were calculated based on the grain content of the food, but then the serving size was defined as a household measure for which a gram weight was available in the CSFII 1994-96 food coding database (e.g., a pancake of a given diameter). The household measure with a gram weight closest to the weight calculated based on grain content was defined as a serving.
- o For popcorn, the serving size was defined in terms of common household units based on its complex carbohydrate content.
- o To determine whole grain servings, food specialists in ARS classified all grain ingredients used in the CSFII 1994-96 Recipe Database as whole grain or nonwhole grain. The total number of grain servings per 100 grams of each food reported in the survey was determined. Then, this total number of servings was divided into whole-grain servings and nonwhole-grain servings based on the proportion of the grain ingredients in the food that were whole grain and nonwhole grain.

Vegetables. The Food Guide Pyramid separates vegetables into five subgroups: dark-green leafy vegetables; deep-yellow vegetables; starchy vegetables; dry beans and peas (legumes); and other vegetables (USDA 1992, USDA/HNIS 1993). A list of vegetables classified according to these subgroups is shown below. It includes all those reported in the CSFII 1994-96. The classification for those marked with an asterisk is from a publication describing the Pyramid and its use (USDA/HNIS 1993). The remainder were assigned by ARS nutritionists and food specialists.

- o Dark-green leafy vegetables: Arugula, beet greens*, broccoli*, chard*, chicory*, cilantro, collard greens*, dandelion greens*, endive*, escarole*, grape leaves, kale*, lambsquarters, mustard greens*, parsley, poke greens, pumpkin leaves, romaine lettuce*, spinach*, sweetpotato leaves, taro leaves, turnip greens*, watercress*.

- o Deep-yellow vegetables: Calabaza, carrots*, carrot juice, pumpkin*, sweet potato*, winter squash*, yams.
- o Starchy vegetables: Blackeyed peas (not dried), breadfruit*, cassava, corn*, cowpeas (not dried), dasheen, green peas*, hominy*, jicama, lima beans (immature)*, parsnips, pigeonpeas, white potato*, rutabaga*, tannier, taro*, yambean.
- o Dry beans and peas: Bayo beans, black beans*, black-eyed peas*, broadbeans, calico beans, chickpeas (garbanzos)*, cowpeas, fava beans, kidney beans*, lentils*, lima beans (mature)*, mung beans*, navy beans*, pinto beans*, pink beans, red Mexican beans, split peas*, soybeans (mature), white beans.
- o Other vegetables: Algae, aloe vera juice, artichoke*, asparagus*, balsam-pear pods, bamboo shoots, bean and alfalfa sprouts*, broccoflower, beets*, Brussels sprouts*, cabbage* (green and red, and sauerkraut), cactus, capers, cauliflower*, celery*, celery juice, chayote, Chinese cabbage*, chives, christophine, chrysanthemum, coriander, cucumber*, eggplant*, garlic, ginger root, green beans*, horseradish, leek, lettuce*, lotus root, mushrooms*, nopales, okra*, olives, onions (mature and green)*, oriental radishes, palm hearts, peppers (green*, red, hot, banana), pimiento, radicchio, radishes*, seaweed, snow peas*, summer squash*, swamp cabbage, tomatillos, tomato*, tomato juice*, turnips*, water chestnuts, wax beans, waxgourd, winter melon, zucchini*.

The Pyramid servings data further subdivide these groups. White potatoes are listed separately from other starchy vegetables because they comprise a large proportion of starchy vegetable consumption. Similarly, tomatoes are listed as a separate group; the Food Guide Pyramid includes them with "other vegetables."

Serving sizes were based on those in the Food Guide Pyramid, which defines a serving as 1 cup of raw leafy vegetables; 1/2 cup of other vegetables, cooked or chopped raw; or 3/4 cup of vegetable juice. These serving sizes were used as the basis for selecting or imputing appropriate serving weights from the CSFII 1994-96 food coding database.

Often, the food coding database provided several different weights for the various forms in which a vegetable might be available for consumption. When mashed vegetables were reported, the weight for the mashed form was used. For other forms, the following general order of priority was used to select a serving weight for a given vegetable: chopped, sliced, cubes, diced, pieces, whole. For broccoli, the order of priority was: chopped, cut, pieces, florets, spears. In general, this had the effect of counting as a serving the most dense form of the vegetable for which a weight was available.

Although serving weights were assigned to vegetables in their "as consumed" form, the nonvegetable ingredients were counted toward appropriate food groups as well. For example, the fat added in cooking and the added sugars were counted toward the Pyramid tip, and the milk in mashed potatoes was counted toward the dairy group. Vinegar does not count toward a Pyramid food group because it has no calories.

For vegetable combinations containing vegetables from more than one subgroup (e.g., peas and carrots), first the serving weight was selected from the food coding database. Then the number of servings from each subgroup per 100 grams was determined based on the proportion by weight that each vegetable in the recipe contributed to the total.

Fruits. The Food Guide Pyramid separates fruits into two subgroups--"citrus, melons, berries" and "other fruits" (USDA/HNIS 1993). A list of fruits classified according to these subgroups is shown below. The classification for those marked with an asterisk is from a publication describing the Pyramid and its use (USDA/HNIS 1993). The remainder were assigned by ARS nutritionists and food specialists.

- o Citrus fruits, melons, berries: Acerola, blackberries, blueberries*, boysenberries, calamondin, cantaloupe*, casaba melon, cranberries*, elderberries, gooseberries, grapefruit*, honeydew melon*, juneberries, kiwifruit*, kumquat, lemon*, lime, loganberries, mulberries, orange*, raspberries*, strawberries*, tangelo, tangerine*, ugli fruit*, watermelon*, and juices made from these fruits.
- o Other fruits: Apple*, apricot*, asian pear*, avocado*, banana*, cherries*, currants, dates*, figs*, genip, guava*, quince, grapes*, jackfruit, japanese pear, jobo, lychee, mamey (mamea apple), mango*, nectarine*, papaya*, passion fruit*, peach*, pear*, persimmon, plantain*, pineapple*, plum*, pomegranate, prickly pear*, prunes*, raisins*, red banana, rhubarb*, sapodilla, soursop (guanabana), star fruit* (carambola), sweetsop, tamarind, watermelon rind, wi-apple, and juices made from these fruits.

Definitions were based on those in the Food Guide Pyramid. It defines a serving as a whole fruit such as a medium apple, banana, or orange; a grapefruit half; a melon wedge; 3/4 cup fruit juice; 1/2 cup berries; 1/2 cup chopped, cooked, or canned fruit; or 1/4 cup dried fruit (USDA 1992). These serving sizes were used as the basis for selecting or imputing appropriate serving weights from the CSFII 1994-96 food coding database.

Servings from all fruits, whether eaten plain or consumed as an ingredient of any food, were counted toward fruit group servings. As with foods in the grain and vegetable groups, foods were separated into ingredients before serving weights were assigned only if a serving weight consistent with Pyramid guidance could not be determined for the food as consumed. Therefore, serving weights were assigned to fruits prepared with added sugar if the sugar did not increase the volume appreciably. For example, weights from the food coding database appropriate for a 1/2 cup serving size were selected for fruits that were unsweetened and sweetened and for those canned in juice pack, light syrup, and heavy syrup. A few fruits, such as fruit nectars and cranberry sauces, were defined as mixtures, and separated into ingredients before serving weights were assigned because they contained large proportions of added sugar, which could change the volume measurement.

For fruit combinations containing fruits from more than one subgroup (e.g., fruit cocktail with citrus fruits), first the serving weight was selected from the food coding database. Then the number of servings from each subgroup per 100 grams was determined based on the proportion by weight that each fruit in the recipe contributed to the total.

Dairy. According to the Pyramid, most dairy foods are classified in this group (also called the milk, yogurt, and cheese group). Dairy foods that are excluded are those that are primarily fat, namely butter, cream, sour cream, and cream cheese.

For milk and yogurt, the serving size used was taken directly from the Pyramid definition. The Pyramid defines a serving as 1 cup of milk or yogurt (USDA 1992). For cheeses, serving sizes were based on the Pyramid's underlying criterion for a dairy serving, which is that it should provide about the same amount of calcium as 1 cup of skim milk (i.e., 302 milligrams) (USDA 1992, USDA/HNIS 1993): 1-1/2 ounces of natural cheese, 2 ounces of processed cheese, 1/2 cup of ricotta cheese, or 2 cups of cottage cheese.

Most foods containing dairy products were separated into ingredients, and the number of servings from the dairy group was determined based on the amount of milk or cheese they contained using the serving sizes specified above. This was true for foods having dairy products as primary ingredients, such as ice cream, ice milk, frozen yogurt, puddings, and custards (including those used as fillings). It also applied to mixed dishes (such as casseroles, omelets, soups, and vegetables with cream or cheese sauces) and to mixtures (such as salad dressings, milk gravies, meal replacements, and candies) that contained milk or cheese as an ingredient. However, for a few foods, such as grain products, processed meats, and meat analogs, milk was considered such an integral part of the food that to count the milk toward servings from the dairy group would have constituted double-counting.

Meat. Both meats and meat alternates are classified in the meat group. Meats include beef, pork, lamb, veal, game, poultry, fish, shellfish, frankfurters, sausages, bacon, luncheon meats, and organ meats. Meat alternates include eggs, soy-based products such as tofu and meat analogs, nuts, and seeds. Dry beans and peas can also count as a meat alternate, or they can count as a vegetable. These tables exclude cooked dry beans and peas, which are tabulated with vegetables in table 14A.

The Food Guide Pyramid recommends eating 2 to 3 servings each day of foods from the meat group (also called the meat, poultry, fish, dry beans, eggs, and nuts group). The Pyramid states that the total amount of these servings should be the equivalent of 5 to 7 ounces of cooked lean meat, poultry, or fish per day (USDA 1992). For meat alternates, the Pyramid specifies amounts equivalent to one ounce of cooked lean meat as follows: 1/2 cup of cooked dry beans or peas, 1 egg, 2 tablespoons of peanut butter, 1/3 cup of nuts, 1/4 cup of seeds, and 1/2 cup of tofu (USDA 1992, USDA/HNIS 1993). Thus, the same serving unit, ounces of cooked lean meat equivalents, is used for all foods that count toward the meat group. This measure standardizes the definition of a serving unit across the different types of foods that count toward the meat group, and presents the data in the unit of measure in which the meat group recommendation is specified.

When the Food Guide Pyramid was developed, nutrient profiles were established for the food groups and subgroups as a preliminary step toward determining the number of servings to recommend (Welsh et al. 1993). For the five major nutrient-bearing groups and their subgroups, each profile represents the quantities of nutrients one would expect to obtain on average from a serving if foods were in their lowest fat forms (Welsh et al. 1993). The profile for the meat group provides 2.651 grams of fat per ounce of cooked lean meat, poultry, or fish. This translates to 9.35 grams of fat per 100 grams of cooked lean meat.

Therefore, the definition of cooked lean meat is meat, poultry, or fish that contains 9.35 grams or less of fat per 100 grams and at least 90.65 grams of nonfat meat per 100 grams. Thus, by definition, every 100 grams of meat, poultry, or fish with 9.35 grams or less of fat per 100 grams is 3.53 ounces of cooked lean meat (i.e., $100/28.35 = 3.53$), and it has no discretionary fat to count toward the Pyramid tip.

For meat, poultry, or fish having more than 9.35 grams of fat per 100 grams when cooked, an algorithm was developed to provide a standardized method for determining the amount of cooked lean meat and the amount of discretionary (or excess) fat per 100 grams. This means that meats generally considered high in fat, such as frankfurters and bacon, for which there are low fat alternatives, can be systematically categorized into Pyramid food groups in a manner that is consistent with the concepts on which the Pyramid is based. As the variety of low fat meat products on the market increases, this will be increasingly important.

Some recipes in the CSFII 1994-96 recipe database contain raw meat, and consumption of raw meat and fish has been reported. Thus, ARS developed a standard for raw meat comparable to the standard for cooked meat by estimating the grams of fat in 100 grams of raw meat that would be equivalent to 9.35 grams or less of fat in the cooked standard. This standard was 6.16 grams of fat or less per 100 grams of raw meat, poultry, or fish. To convert from the raw to the cooked weight, ARS assumed an average cooking yield of 75 percent. Thus, 1-1/3 ounces of raw lean is equivalent to the 1 ounce cooked lean standard.

The Pyramid tip. The Pyramid tip includes fats, sugars, and alcohol that supply calories, but little or no vitamins and minerals. Fats and sugars eaten separately or added to foods obviously count toward the tip. So do most of the fats and the added sugars from foods in the five major food groups (USDA 1992). The tables in this report include information on discretionary fat and added sugars, but not alcohol.

Discretionary fat: Includes all "excess" fat from the five major food groups beyond amounts that would be consumed if only the lowest fat forms of food in each food group were eaten, as well as fats added to foods in preparation or at the table, including cream, butter, margarine, regular or low fat cream cheese, oil, lard, meat drippings, cocoa, and chocolate.

Added sugars: Include all sugars used as ingredients in processed and prepared foods (such as breads, cakes, soft drinks, jam, and ice cream) and sugars eaten separately or added to foods at the table. Includes white sugar, brown sugar, raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

Appendix E. Chemical names, trivial names, and abbreviations of reported fatty acids

Chemical name	Trivial name of most typical isomer ¹	Abbreviation
SATURATED ACIDS		
Butanoic	Butyric	4:0
Hexanoic	Caproic	6:0
Octanoic	Caprylic	8:0
Decanoic	Capric	10:0
Dodecanoic	Lauric	12:0
Tetradecanoic	Myristic	14:0
Hexadecanoic	Palmitic	16:0
Octadecanoic	Stearic	18:0
MONOUNSATURATED ACIDS		
Hexadecenoic	Palmitoleic	16:1
Octadecenoic	Oleic	18:1
Eicosenoic	Gadoleic	20:1
Docosenoic	Erucic	22:1
POLYUNSATURATED ACIDS		
Octadecadienoic	Linoleic	18:2
Octadecatrienoic	Linolenic	18:3
Octadecatetraenoic	Parinaric	18:4
Eicosatetraenoic	Arachidonic	20:4
Eicosapentaenoic	Timnodonic	20:5
Docosapentaenoic	Clupanodonic	22:5
Docosahexaenoic	(no trivial name)	22:6

¹For monounsaturated and polyunsaturated fatty acids, the trivial name reflects the most typical isomer, although all isomers, including *cis* and *trans*, are included in the data.

Sources: Hilditch and Williams 1964, Swern 1979.

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