

DATA TABLES:

Combined results from USDA's 1994 and 1995 Continuing Survey of Food Intakes by Individuals and 1994 and 1995 Diet and Health Knowledge Survey

Table Set 5

By

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DATA TABLES:

Combined results from USDA's 1994 and 1995 Continuing Survey of Food Intakes by Individuals and 1994 and 1995 Diet and Health Knowledge Survey

Results from the first and second years of USDA's 10th nationwide food consumption survey are contained in this set of tables. In 1994 and 1995, over 10,000 people nationwide participated in the Continuing Survey of Food Intakes by Individuals, popularly known as the *What We Eat in America Survey*. Participants recalled food intake information for 2 separate days. In addition, almost 4,000 of them age 20 years or older answered questions on their attitudes and knowledge about dietary guidance and health in the follow-up Diet and Health Knowledge Survey.

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. To aid in interpretation, selected notes and highlights are presented on cover pages that accompany each table.

Sample sizes on which estimates are based are provided in appendix A. In general, the sample sizes for each sex-age group provide a sufficient level of precision to ensure statistical reliability of the estimates. However, estimates for children less than 1 year of age should be used with caution. Statistical issues are discussed in appendix B.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (Day 1) so that readers can track trends over time from surveys with different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes. For both years the Day 1 response rate was 79.9 percent, the 2-day response rate was 76.1 percent, and the DHKS response rate was 71 percent.

The food groups used in calculating food intake estimates are described in appendix C. References cited in parentheses are given in appendix D; when available, Weblinks are included.

The survey data are available as microdata on CD-ROM or magnetic tape and may be obtained by writing to the National Technical Information Service at 5285 Port Royal Road, Springfield, VA 22161 or by calling them at (703) 487-4650. In ordering CD-ROMs, request accession number PB97-500789 for 1995 and PB96-501010 for 1994. In ordering magnetic tapes, request accession number PB97-500771 for 1995 and PB96-500095 for 1994.

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Table 1. Nutrient intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-95

Interpreting the data in this table--

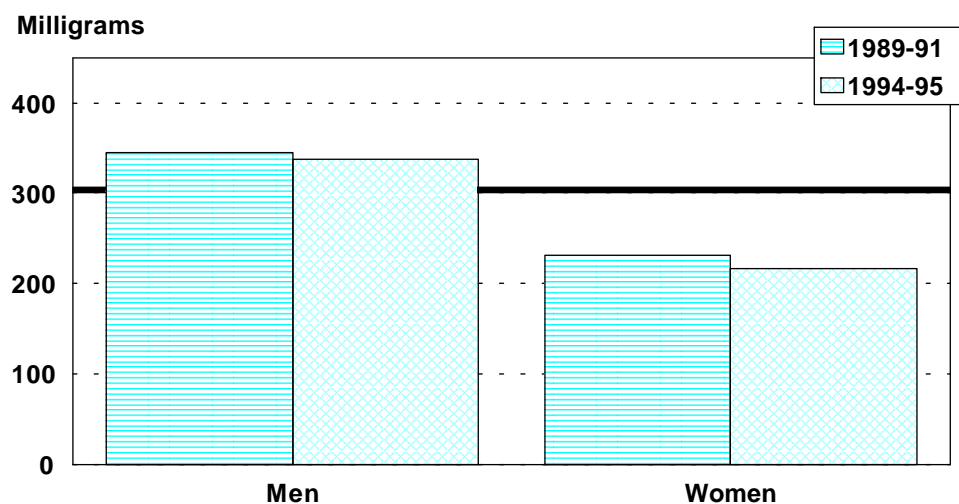
- The estimated nutrient intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the left-hand column. For each nutrient or dietary component identified in the column head, intakes for each individual in a day were totaled, and a group mean was calculated. 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.

Selected highlights--

Among adults 20 years of age and older--

- Men consume an average of about 2,500 calories per day. Women consume an average of about 1,600 calories per day.
- The average cholesterol intake by men (337 milligrams per day) exceeds the recommendation to consume no more than 300 milligrams per day (USDA and DHHS 1995). The average intake by women (217 milligrams per day) meets the recommendation.
- Men consume an average of 18 grams of dietary fiber per day, and women consume an average of 14 grams. The National Cancer Institute recommends that people consume 20 to 30 grams of dietary fiber daily (NCI 1987).
- Average daily sodium intakes from foods alone are over 4,000 milligrams for men and almost 3,000 milligrams for women. Total intakes of sodium are even higher because these values do not include sodium from salt added to foods at the table. These intakes exceed the recommendation to consume no more than 2,400 milligrams of sodium per day (USDA and DHHS 1995).

Mean intake of cholesterol, adults 20 years of age and older, 1 day



Sources: USDA Continuing Survey of Food Intakes by Individuals, 1989-91 and 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 1.--Nutrient intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
Males and females:								
Under 1.....	1.1	833	21.8	36.5	15.4	10.8	7.8	48
1-2.....	3.1	1,317	49.2	47.8	19.5	17.5	7.3	188
3-5.....	4.7	1,564	55.2	57.3	21.5	22.0	9.6	183
5 and under.....	8.9	1,391	49.1	51.5	20.0	19.1	8.6	168
Males:								
6-11.....	4.6	2,056	71.7	75.6	27.9	29.3	12.7	241
12-19.....	5.8	2,740	96.6	101.2	35.8	39.5	18.2	324
20-29.....	7.4	2,844	106.1	104.3	36.0	40.5	19.6	349
30-39.....	8.3	2,702	103.4	105.1	35.9	40.5	20.6	363
40-49.....	6.9	2,411	96.3	91.3	30.7	35.3	18.1	339
50-59.....	4.5	2,259	90.0	87.6	28.2	34.0	18.5	330
60-69.....	3.4	2,100	84.9	80.9	26.4	31.1	16.9	313
70 and over.....	3.4	1,854	74.1	69.4	23.3	26.6	13.9	274
20 and over.....	33.9	2,470	96.0	93.8	31.6	36.3	18.5	337
Females:								
6-11.....	4.4	1,814	62.8	67.0	24.5	25.9	11.7	208
12-19.....	5.6	1,901	66.1	69.3	24.7	26.7	12.7	227
20-29.....	7.0	1,828	67.6	66.3	22.7	25.2	13.4	226
30-39.....	8.8	1,676	65.0	62.4	20.8	24.0	12.7	221
40-49.....	6.7	1,680	64.0	63.3	20.9	23.9	13.5	225
50-59.....	5.3	1,583	64.2	59.4	19.4	22.5	12.9	213
60-69.....	4.2	1,496	61.0	55.7	18.3	21.0	12.0	221
70 and over.....	4.8	1,377	56.6	48.5	15.8	18.3	10.4	185
20 and over.....	36.8	1,633	63.6	60.3	20.1	22.9	12.6	217
All individuals.....	100.0	2,001	75.7	74.7	25.7	28.7	14.6	261

Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-95--continued

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 -----	
Males and females:							
Under 1.....	105.1	3.2	887	199	12.6	103	.87
1-2.....	177.4	8.7	727	266	4.7	101	1.12
3-5.....	213.3	10.7	799	270	5.4	97	1.34
5 and under.....	187.8	9.1	785	260	6.1	99	1.21
Males:							
6-11.....	280.2	13.7	998	321	7.2	108	1.79
12-19.....	367.0	17.4	1,132	425	9.4	123	2.12
20-29.....	345.1	18.4	1,022	416	10.1	123	2.08
30-39.....	326.3	19.3	1,090	529	11.3	111	2.02
40-49.....	288.3	18.0	1,181	539	9.4	106	1.90
50-59.....	270.1	18.2	1,171	589	9.8	112	1.82
60-69.....	253.5	18.6	1,317	658	9.4	107	1.75
70 and over.....	232.9	17.7	1,430	648	8.9	99	1.65
20 and over.....	298.6	18.5	1,161	539	10.0	111	1.92
Females:							
6-11.....	247.5	12.1	795	261	6.5	99	1.48
12-19.....	260.1	12.9	824	337	6.8	96	1.42
20-29.....	234.8	12.4	823	399	7.1	87	1.37
30-39.....	212.6	13.1	895	488	7.0	76	1.32
40-49.....	215.0	14.1	914	500	7.9	93	1.34
50-59.....	196.5	14.5	981	552	7.3	97	1.32
60-69.....	189.0	14.7	1,079	570	6.9	97	1.30
70 and over.....	183.9	14.4	1,149	602	6.5	96	1.25
20 and over.....	208.5	13.7	951	506	7.1	89	1.32
All individuals.....	254.2	15.0	1,006	462	8.1	101	1.59

Excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Males and females:							
Under 1.....	1.35	10.4	.65	118	2.77	660	522
1-2.....	1.69	12.8	1.30	178	3.25	837	955
3-5.....	1.80	16.1	1.45	216	3.48	813	1,022
5 and under.....	1.71	14.3	1.30	191	3.32	803	939
Males:							
6-11.....	2.30	21.5	1.88	291	4.65	988	1,295
12-19.....	2.59	27.7	2.26	330	5.88	1,151	1,633
20-29.....	2.46	32.0	2.37	323	6.17	1,005	1,636
30-39.....	2.37	29.6	2.32	309	7.64	956	1,589
40-49.....	2.19	27.6	2.11	288	6.15	890	1,486
50-59.....	2.09	27.0	2.10	288	6.72	769	1,367
60-69.....	2.07	25.3	2.07	282	6.24	782	1,322
70 and over.....	2.04	22.2	1.96	283	7.05	754	1,211
20 and over.....	2.25	28.2	2.20	300	6.69	891	1,484
Females:							
6-11.....	1.92	17.8	1.48	233	3.92	868	1,144
12-19.....	1.78	18.6	1.52	226	4.00	793	1,125
20-29.....	1.66	19.8	1.56	226	3.82	717	1,104
30-39.....	1.57	18.6	1.46	215	4.12	654	1,035
40-49.....	1.58	19.0	1.51	226	4.36	643	1,024
50-59.....	1.55	19.1	1.54	224	4.19	632	1,024
60-69.....	1.57	18.2	1.51	228	4.78	609	963
70 and over.....	1.53	17.5	1.52	234	4.70	587	912
20 and over.....	1.58	18.8	1.51	224	4.27	647	1,020
All individuals.....	1.94	22.2	1.78	257	5.08	806	1,230

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>----- Milligrams -----</i>						
Males and females:						
Under 1.....	94	15.6	6.2	.7	468	1,045
1-2.....	184	10.7	7.4	.7	1,965	1,980
3-5.....	199	12.4	8.5	.8	2,439	2,026
5 and under.....	182	12.2	7.8	.8	2,039	1,893
Males:						
6-11.....	199	12.4	8.5	.8	2,439	2,026
12-19.....	182	12.2	7.8	.8	2,039	1,893
20-29.....	341	19.8	15.2	1.6	4,627	3,278
30-39.....	345	19.8	15.8	1.6	4,429	3,440
40-49.....	330	17.6	13.2	1.5	4,061	3,225
50-59.....	315	17.2	13.2	1.4	3,897	3,139
60-69.....	312	17.3	12.5	1.4	3,610	3,092
70 and over.....	286	16.7	11.8	1.3	3,122	2,824
20 and over.....	328	18.5	14.1	1.5	4,114	3,224
Females:						
6-11.....	220	13.5	9.4	.9	2,820	2,147
12-19.....	224	13.7	10.0	1.0	3,066	2,243
20-29.....	229	13.5	9.7	1.1	2,974	2,240
30-39.....	231	12.6	9.5	1.0	2,819	2,268
40-49.....	241	13.1	9.4	1.1	2,771	2,411
50-59.....	243	12.7	9.0	1.1	2,724	2,445
60-69.....	233	12.9	8.7	1.0	2,636	2,378
70 and over.....	224	12.3	8.4	1.0	2,376	2,259
20 and over.....	234	12.9	9.2	1.1	2,748	2,325
All individuals.....	265	15.3	11.2	1.2	3,278	2,632

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 2. Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-95

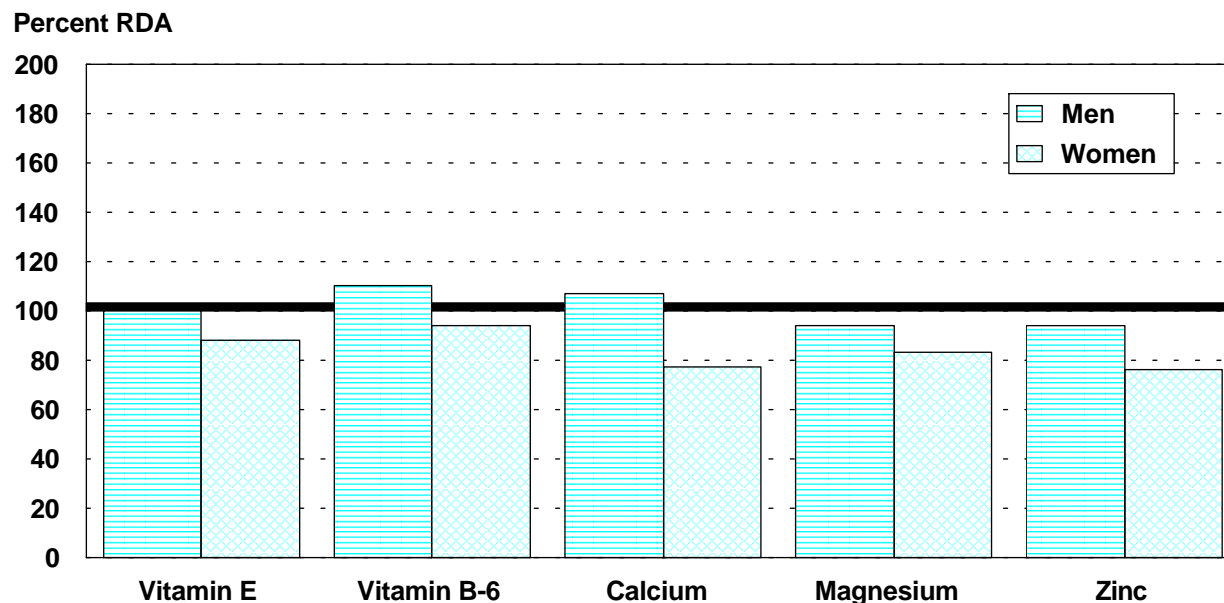
Interpreting the data in this table--

- 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.

Selected highlights--

- Although Americans have a wide variety of nutritious foods from which to choose, some people's diets put them at risk for nutrient shortfalls. Average intakes of women 20 years of age and older are below Recommended Dietary Allowances (RDAs) for five nutrients--vitamin E, vitamin B-6, calcium, magnesium, and zinc. Although the average iron intake for women age 20 and over meets the RDA, all groups of females 12 through 49 years have average iron intakes below the RDA. Average intakes of men are below RDAs for magnesium and zinc.

Mean intakes as percentages of RDAs, selected nutrients, adults 20 years of age and older, 1 day



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
Percent		Percent of RDA							
Males and females:									
Under 1.....	1.1	109	159	236	363	312	242	296	186
1-2.....	3.1	101	308	182	79	252	160	211	142
3-5.....	4.7	97	265	172	82	225	162	182	148
5 and under.....	8.9	100	267	183	114	245	171	206	150
Males:									
6-11.....	4.6	101	247	145	97	236	175	188	161
12-19.....	5.8	98	180	113	94	219	149	155	147
20-29.....	7.4	98	175	102	101	206	139	145	169
30-39.....	8.3	93	164	109	113	185	135	139	156
40-49.....	6.9	83	153	118	94	177	127	129	145
50-59.....	4.5	95	143	117	98	187	147	145	175
60-69.....	3.4	91	135	132	94	179	146	148	169
70 and over.....	3.4	81	118	143	89	164	137	146	148
20 and over.....	33.9	91	154	116	100	186	137	141	159
Females:									
6-11.....	4.4	91	213	119	91	216	148	160	135
12-19.....	5.6	86	146	103	85	173	128	137	124
20-29.....	7.0	82	138	100	86	139	120	124	129
30-39.....	8.8	76	129	111	86	126	118	119	123
40-49.....	6.7	76	128	114	99	154	121	121	126
50-59.....	5.3	82	128	123	91	162	130	128	144
60-69.....	4.2	79	122	135	86	161	130	131	140
70 and over.....	4.8	72	113	144	81	159	125	128	135
20 and over.....	36.8	78	127	118	88	147	123	124	131
All individuals.....	100.0	87	162	123	95	181	137	144	145

Excludes breast-fed children.

Continued

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
<i>----- Percent of RDA -----</i>								
Males and females:								
Under 1.....	139	385	653	129	126	180	194	124
1-2.....	130	356	465	105	119	230	107	74
3-5.....	136	334	393	102	128	192	124	85
5 and under.....	134	348	449	106	125	204	127	86
Males:								
6-11.....	136	290	337	117	153	148	159	106
12-19.....	119	184	294	96	136	92	169	95
20-29.....	119	161	308	106	173	97	198	101
30-39.....	116	155	382	119	199	99	198	106
40-49.....	105	144	308	111	186	94	176	88
50-59.....	105	144	336	96	171	90	172	88
60-69.....	104	141	312	98	165	89	173	84
70 and over.....	98	142	352	94	151	82	167	78
20 and over.....	110	150	335	107	179	94	185	94
Females:								
6-11.....	110	231	285	102	134	128	126	91
12-19.....	103	135	200	66	94	77	91	83
20-29.....	94	118	187	71	110	80	87	78
30-39.....	90	116	204	80	126	82	83	78
40-49.....	94	125	218	80	128	86	87	78
50-59.....	96	125	210	79	128	87	121	75
60-69.....	95	127	239	76	120	83	129	73
70 and over.....	95	130	235	73	114	80	123	70
20 and over.....	94	122	212	77	121	83	100	76
All individuals.....	107	169	288	93	142	103	139	86

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 3a. Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-95

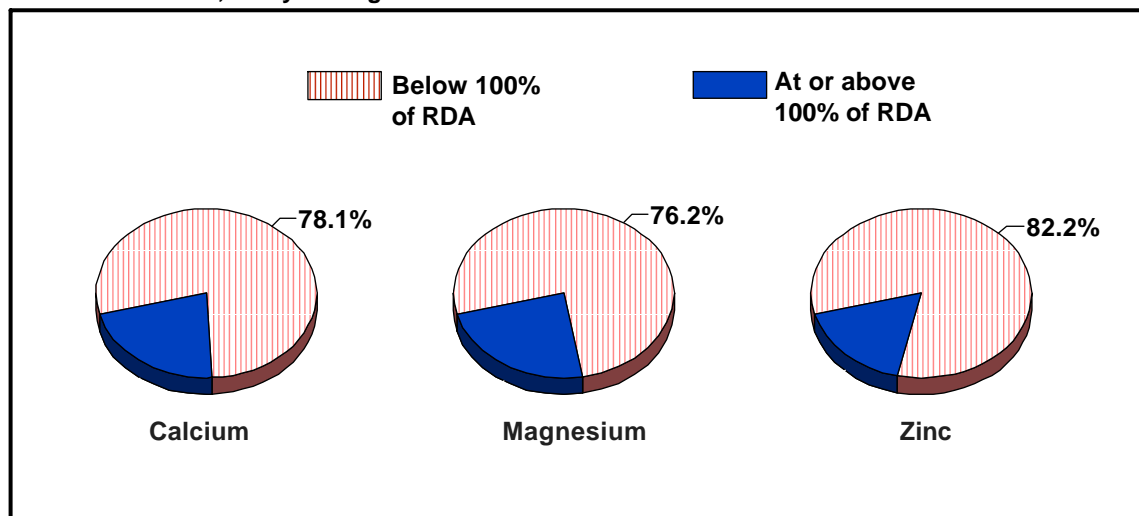
Interpreting the data in this table--

- "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. Safety factors for the various nutrients were assigned in different ways and are of different magnitudes; 75 percent of the RDA for one nutrient does not necessarily correspond to 75 percent of the RDA for another nutrient. The levels of RDA to which individuals' intakes are compared in this table were selected arbitrarily and do not correspond to any particular measure of nutritional deficiency.
- "Although RDAs are most appropriately applied to groups, a comparison of individual intakes, averaged over a sufficient length of time, to the RDA allows an estimate to be made about the probable risk of deficiency for that individual" (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.

Selected highlights--

- For each of three nutrients--calcium, magnesium, and zinc--over three-fourths of women 20 years of age and older have diets that provide less than 100 percent of the RDAs, as shown in the figure.

Percentage of women 20 years of age and older with diets below 100 percent of the RDAs, selected nutrients, 2-day average



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 3a.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-95

Sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
Males and females:										
Under 1.....	1.1	† 1.7	9.5	46.5	† 1.1	† 3.8	19.4	† 0.0	† 1.4	† 5.4
1-2.....	3.1	2.8	22.9	55.6	† .3	† .4	1.7	3.0	9.0	20.7
3-5.....	4.7	3.5	26.1	61.2	† 0.0	† .4	† 1.1	5.4	13.7	26.8
5 and under.....	8.9	3.0	23.0	57.5	† .2	.8	3.5	3.9	10.6	22.2
Males:										
6-11.....	4.6	† 1.5	20.0	54.5	† 0.0	† .2	† 1.3	7.3	22.8	38.7
12-19.....	5.8	5.1	29.1	62.2	† .6	† 2.8	10.2	23.4	45.1	64.8
20-29.....	7.4	7.8	35.1	64.8	† .9	4.3	13.9	36.1	53.8	69.6
30-39.....	8.3	7.8	35.8	68.4	† .2	5.9	16.0	27.6	45.8	61.5
40-49.....	6.8	13.3	46.4	72.9	† 1.1	7.2	18.3	27.6	46.5	59.3
50-59.....	4.7	8.6	29.7	61.3	† .9	7.2	20.6	23.5	41.3	56.7
60-69.....	3.4	7.3	33.6	64.4	† 1.2	6.0	23.4	20.6	36.6	49.9
70 and over.....	3.4	12.9	47.9	77.7	2.8	15.2	35.8	18.8	35.4	52.2
20 and over.....	33.9	9.4	37.9	68.1	1.0	6.9	19.3	27.3	45.1	60.1
Females:										
6-11.....	4.4	5.9	32.7	72.4	† .3	† 1.4	4.4	11.6	29.8	50.5
12-19.....	5.6	13.2	40.5	73.4	† 1.9	11.5	22.5	31.5	52.0	69.7
20-29.....	7.0	13.6	48.9	78.9	† 1.5	11.0	25.6	30.1	50.8	67.0
30-39.....	8.9	14.9	54.9	83.0	† 2.7	13.1	29.8	32.2	49.3	62.9
40-49.....	6.7	13.5	55.4	86.3	3.3	10.1	27.0	26.9	43.7	57.9
50-59.....	5.3	9.7	42.7	79.0	3.2	11.6	29.0	22.1	40.4	55.8
60-69.....	4.3	16.0	47.2	84.7	3.3	14.5	31.3	17.2	40.8	54.7
70 and over.....	4.7	18.7	56.1	87.7	4.9	17.4	42.7	16.9	33.7	46.3
20 and over.....	36.8	14.3	51.3	83.0	3.0	12.7	30.2	25.7	44.3	58.7
All individuals.....	100.0	10.1	40.1	72.2	1.6	8.0	20.1	23.0	40.4	55.6

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3a.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
Males and females:										
Under 1.....	1.1	† 2.5	† 5.2	8.1	† .6	† 1.5	† 1.8	† 0.0	† .4	† 4.8
1-2.....	3.1	26.3	59.6	78.9	5.1	11.8	17.7	† .7	5.4	15.7
3-5.....	4.7	19.9	52.1	75.3	6.0	12.4	20.4	† .6	3.9	14.9
5 and under.....	8.9	20.1	49.2	68.7	5.0	10.9	17.2	† .6	4.0	14.0
Males:										
6-11.....	4.6	13.9	39.2	66.7	6.2	14.7	22.8	† .6	† 1.4	10.4
12-19.....	5.8	18.4	46.1	64.6	12.0	22.8	31.1	† 2.0	9.0	24.5
20-29.....	7.4	17.3	44.1	64.3	17.6	28.5	40.5	4.7	15.0	35.8
30-39.....	8.3	14.3	33.9	57.6	14.7	26.6	38.4	3.0	13.4	34.2
40-49.....	6.8	19.6	43.7	61.4	18.3	30.5	41.0	5.6	18.5	36.1
50-59.....	4.7	16.3	41.8	64.3	12.9	26.6	39.2	3.2	8.4	21.7
60-69.....	3.4	19.5	47.6	65.7	13.1	24.1	35.2	† 1.6	8.0	21.8
70 and over.....	3.4	28.1	52.6	74.8	14.0	24.5	33.9	† 2.1	10.0	26.4
20 and over.....	33.9	18.2	42.4	63.3	15.6	27.3	38.7	3.7	13.2	31.2
Females:										
6-11.....	4.4	12.8	45.4	73.4	7.0	15.1	24.2	† .3	4.7	20.8
12-19.....	5.6	20.8	48.4	73.7	15.7	27.7	38.0	4.6	16.4	30.6
20-29.....	7.0	24.6	53.7	71.9	21.3	32.2	42.3	7.0	18.7	40.3
30-39.....	8.9	23.9	49.5	71.1	22.8	37.2	50.9	6.4	20.4	40.8
40-49.....	6.7	17.6	45.1	67.3	21.2	33.6	44.1	4.5	19.2	40.8
50-59.....	5.3	21.7	47.6	68.1	14.8	28.3	39.8	† 2.1	12.4	30.9
60-69.....	4.3	23.3	49.3	73.8	15.3	26.5	36.5	4.5	16.3	35.9
70 and over.....	4.7	27.2	56.5	78.4	14.7	25.9	37.8	3.7	14.9	36.1
20 and over.....	36.8	22.9	50.1	71.4	19.2	31.6	43.1	5.0	17.5	38.1
All individuals.....	100.0	19.8	46.4	68.0	15.0	26.1	36.6	3.5	13.0	30.4

† 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 sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
Males and females:										
Under 1.....	1.1	† 0.0	† 1.1	† 1.4	† .7	† 3.0	7.5	† 0.0	8.5	26.3
1-2.....	3.1	† .6	1.8	5.9	3.4	13.3	26.7	4.2	16.3	34.6
3-5.....	4.7	† .6	2.9	10.0	1.5	7.4	21.7	2.7	11.2	30.6
5 and under.....	8.9	† .5	2.3	7.6	2.1	9.0	21.8	2.9	12.7	31.5
Males:										
6-11.....	4.6	† .6	† 1.8	7.8	† .2	4.0	12.8	3.3	12.9	32.7
12-19.....	5.8	3.9	11.2	24.1	† 1.7	8.3	24.6	9.0	25.9	47.0
20-29.....	7.4	4.2	14.6	37.7	† 1.3	8.9	23.9	9.7	30.4	51.0
30-39.....	8.3	3.0	14.9	34.4	† 1.2	6.4	17.6	8.2	25.9	47.8
40-49.....	6.8	5.2	18.8	35.8	† .9	9.2	22.7	10.4	31.1	55.0
50-59.....	4.7	† 1.9	9.4	25.8	† 1.5	4.6	13.3	9.7	28.9	49.7
60-69.....	3.4	† 1.5	7.7	22.4	† .9	4.0	12.2	8.1	29.7	53.9
70 and over.....	3.4	2.5	8.7	25.4	† 1.8	9.1	22.0	13.1	34.4	61.4
20 and over.....	33.9	3.4	13.5	32.1	1.2	7.3	19.3	9.7	29.6	52.2
Females:										
6-11.....	4.4	† .5	4.4	16.5	† 1.1	9.2	28.3	4.5	20.9	47.4
12-19.....	5.6	6.8	18.6	34.7	4.8	17.1	36.5	11.9	35.3	58.6
20-29.....	7.0	5.8	19.5	41.6	† 3.0	15.6	34.1	14.6	39.1	64.4
30-39.....	8.9	6.0	18.0	42.0	3.9	18.0	37.9	14.0	42.3	66.8
40-49.....	6.7	4.9	21.4	42.0	† 2.3	14.0	33.6	14.2	40.1	65.8
50-59.....	5.3	3.5	14.6	34.4	2.4	9.8	23.5	11.3	35.6	61.8
60-69.....	4.3	5.1	17.8	33.4	3.9	11.7	27.2	12.9	35.7	64.9
70 and over.....	4.7	4.3	15.9	34.4	5.7	14.8	33.7	17.6	37.0	59.9
20 and over.....	36.8	5.1	18.1	38.9	3.5	14.5	32.5	14.1	38.9	64.3
All individuals.....	100.0	3.7	13.4	30.3	2.3	10.6	25.8	10.3	30.5	53.8

† 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 sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
Males and females:										
Under 1.....	1.1	† 0.0	† 0.0	† .4	† 1.1	† 1.1	† 1.1	† 1.9	9.4	28.3
1-2.....	3.1	† 0.0	† .3	1.6	† .4	† .8	† .9	12.4	32.4	53.6
3-5.....	4.7	† 0.0	† .7	2.1	† .3	† .9	2.2	11.5	31.7	56.4
5 and under.....	8.9	† 0.0	† .5	1.7	† .4	.9	1.6	10.7	29.4	52.1
Males:										
6-11.....	4.6	† .2	† 1.1	3.6	† 0.0	† .8	3.1	6.5	22.3	44.4
12-19.....	5.8	4.2	13.7	28.3	† .8	4.1	8.7	19.2	40.0	64.6
20-29.....	7.4	6.7	21.5	39.2	† 2.9	4.6	9.6	19.3	40.2	59.4
30-39.....	8.3	3.5	17.2	31.7	† 2.2	6.1	10.9	8.6	28.9	48.8
40-49.....	6.8	8.8	18.0	33.8	† 2.3	7.1	12.1	14.3	35.7	53.4
50-59.....	4.7	6.1	17.7	33.1	† 1.8	4.9	11.1	13.8	39.9	60.7
60-69.....	3.4	4.4	18.0	36.0	3.5	6.6	11.8	12.7	38.3	58.2
70 and over.....	3.4	5.8	18.0	34.8	4.0	6.3	13.1	15.8	39.8	61.2
20 and over.....	33.9	5.9	18.5	34.7	2.6	5.9	11.2	13.9	36.2	55.8
Females:										
6-11.....	4.4	† .6	† 2.6	8.7	† .3	† 1.4	7.2	10.5	34.0	59.7
12-19.....	5.6	10.4	23.8	44.3	7.4	13.7	25.3	43.3	68.9	86.4
20-29.....	7.0	13.2	31.3	46.9	8.7	18.1	29.0	34.4	66.0	83.8
30-39.....	8.9	11.9	33.7	50.5	6.9	16.5	27.8	24.8	53.4	75.3
40-49.....	6.7	10.1	28.4	47.1	7.9	16.6	27.6	30.4	53.2	75.7
50-59.....	5.3	9.2	23.9	44.8	7.2	15.4	28.6	27.6	53.9	77.4
60-69.....	4.3	9.8	23.5	43.4	7.3	16.3	28.3	29.1	58.3	78.1
70 and over.....	4.7	8.8	23.5	40.5	10.7	20.1	32.6	30.0	57.6	79.4
20 and over.....	36.8	10.8	28.4	46.3	8.0	17.1	28.8	29.2	56.9	78.1
All individuals.....	100.0	6.8	19.1	33.6	4.3	9.5	16.9	20.7	44.5	65.6

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3a.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
Males and females:										
Under 1.....	1.1	† 2.9	13.0	32.7	† 0.0	† 4.0	7.7	† 1.9	7.7	14.2
1-2.....	3.1	3.7	16.4	37.4	† .1	† 1.2	3.7	8.5	29.1	53.1
3-5.....	4.7	† 1.3	10.9	28.7	† .2	1.9	7.8	2.5	16.4	39.0
5 and under.....	8.9	2.3	13.1	32.2	† .2	1.9	6.4	4.6	19.8	41.0
Males:										
6-11.....	4.6	† 0.0	3.4	16.0	† .6	8.0	20.2	† 1.1	5.4	20.1
12-19.....	5.8	† 2.7	8.1	26.5	15.5	39.1	67.4	† 1.5	6.5	17.0
20-29.....	7.4	† .9	8.2	20.9	14.2	38.5	66.9	† .2	4.4	12.2
30-39.....	8.3	† .5	† 1.9	7.7	7.6	34.8	60.6	† 0.0	3.3	11.1
40-49.....	6.8	† 1.5	3.7	11.4	11.4	36.2	60.5	† .6	6.2	17.1
50-59.....	4.7	† .8	3.5	9.8	9.1	36.3	66.6	† 1.4	4.5	14.4
60-69.....	3.4	† .5	3.5	12.3	9.7	40.6	67.7	† 1.2	4.7	15.3
70 and over.....	3.4	† 1.3	7.1	16.2	12.5	45.6	77.8	† 1.2	9.3	21.4
20 and over.....	33.9	.9	4.6	12.9	10.7	37.7	65.2	.6	5.0	14.4
Females:										
6-11.....	4.4	† 1.4	8.7	29.7	3.2	13.1	32.5	3.0	15.0	40.1
12-19.....	5.6	12.2	36.4	65.8	22.2	59.7	81.2	15.8	42.9	71.5
20-29.....	7.0	8.8	25.2	49.8	16.0	52.7	80.5	20.0	47.3	74.2
30-39.....	8.9	4.3	13.3	30.8	16.0	48.7	76.0	19.7	53.1	75.4
40-49.....	6.7	3.8	11.4	30.6	11.3	43.3	72.3	16.5	48.5	76.1
50-59.....	5.3	† 1.7	10.0	29.8	9.1	40.2	74.3	5.5	17.0	42.6
60-69.....	4.3	4.4	16.1	35.2	14.8	42.2	77.0	5.1	20.2	39.5
70 and over.....	4.7	5.0	19.6	40.0	17.5	47.7	76.8	6.0	21.0	44.8
20 and over.....	36.8	4.8	15.9	35.9	14.2	46.4	76.2	13.7	38.0	62.5
All individuals.....	100.0	3.2	11.6	27.7	11.2	36.6	61.5	6.8	21.2	39.2

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3a.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1994-95--continued

Sex and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i> <i>----- Percent of individuals -----</i>				
Males and females:				
Under 1.....	1.1	† 1.6	10.3	31.3
1-2.....	3.1	23.6	62.5	83.5
3-5.....	4.7	13.6	47.3	74.5
5 and under.....	8.9	15.7	48.3	72.6
Males:				
6-11.....	4.6	6.1	27.2	52.7
12-19.....	5.8	11.4	40.2	67.2
20-29.....	7.4	12.7	39.6	62.2
30-39.....	8.3	13.6	32.4	58.0
40-49.....	6.8	14.7	43.4	67.5
50-59.....	4.7	15.3	44.0	70.9
60-69.....	3.4	17.5	48.0	75.1
70 and over.....	3.4	27.8	60.6	84.0
20 and over.....	33.9	15.7	42.1	66.9
Females:				
6-11.....	4.4	10.4	44.6	70.5
12-19.....	5.6	22.5	50.6	77.0
20-29.....	7.0	22.3	58.1	80.3
30-39.....	8.9	23.1	54.7	79.2
40-49.....	6.7	20.8	58.0	81.8
50-59.....	5.3	21.1	58.6	81.9
60-69.....	4.3	26.4	63.3	87.5
70 and over.....	4.7	32.8	67.0	87.1
20 and over.....	36.8	23.9	59.1	82.2
All individuals.....	100.0	18.2	48.7	73.1

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 3b. Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-95

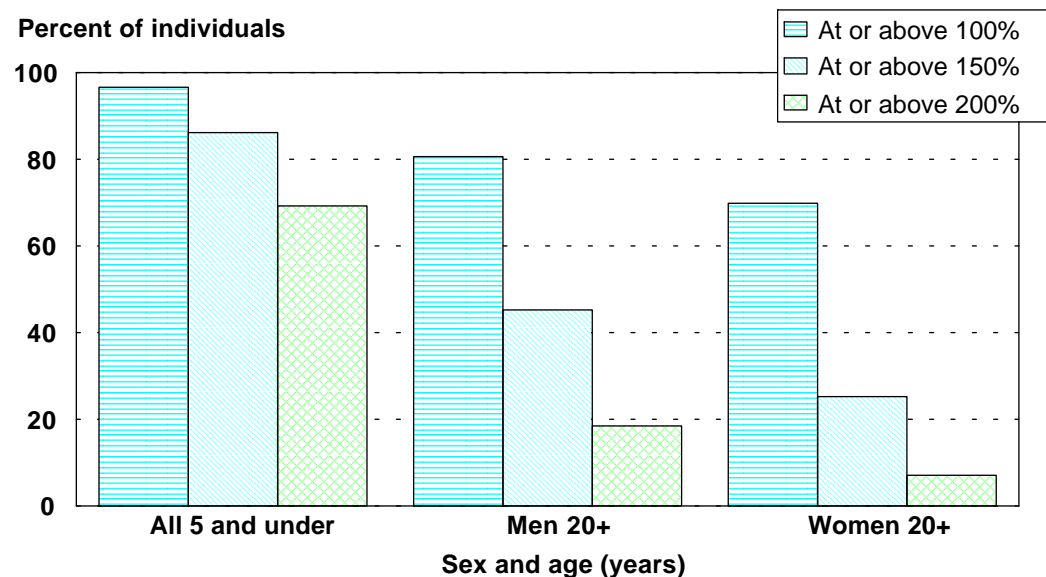
Interpreting the data in this table--

- This table is provided for data users who are interested in the upper end of the distribution of nutrient intakes. The levels of RDA to which individuals' intakes are compared in this table were selected arbitrarily and do not correspond to any particular measure of toxicity.

Selected highlights--

- Twenty-three percent of all individuals have protein intakes at or above 200 percent of the RDA. About 96 percent of children 5 and under had intakes at or above 100 percent of the RDA, and 69 percent had intakes at or above 200 percent of the RDA (see figure). The Committee on Diet and Health recommends protein intakes lower than 200 percent of the RDA for all age groups (NRC/CDH 1989). The Committee found "no known benefits and possibly some risks in consuming diets with a high animal protein content" (NRC/CDH 1989, p. 672).

Protein intake -- Percentage of individuals in selected age groups with diets at or above three levels of the RDAs, 2-Day Average



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 3b.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1994-95

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
<div><div>Percent</div><div>-----Percent of individuals-----</div></div>										
Males and females:										
Under 1.....	1.1	53.5	11.1	† 3.1	80.6	41.8	23.6	94.6	70.9	39.8
1-2.....	3.1	44.4	8.6	† 1.1	98.3	93.5	81.5	79.3	51.7	31.7
3-5.....	4.7	38.8	5.6	† .2	98.9	90.9	70.9	73.2	48.2	27.0
5 and under.....	8.9	42.5	7.3	.8	96.5	86.0	69.1	77.8	52.1	30.2
Males:										
6-11.....	4.6	45.5	5.4	† .9	98.7	87.9	66.4	61.3	33.8	18.8
12-19.....	5.8	37.8	7.4	† 1.7	89.8	62.3	33.9	35.2	20.3	8.7
20-29.....	7.4	35.2	8.3	† 1.1	86.1	56.2	27.1	30.4	13.6	7.6
30-39.....	8.3	31.6	6.2	2.9	84.0	55.3	24.2	38.5	22.2	14.7
40-49.....	6.8	27.1	† 2.3	† .2	81.7	45.1	18.3	40.7	23.2	12.6
50-59.....	4.7	38.7	5.1	† 1.0	79.4	40.7	14.6	43.3	22.4	12.2
60-69.....	3.4	35.6	3.7	† 0.0	76.6	31.2	7.8	50.1	26.9	15.1
70 and over.....	3.4	22.3	† 2.0	† .2	64.2	17.0	† 2.4	47.8	27.4	14.6
20 and over.....	33.9	31.9	5.1	1.1	80.7	45.2	18.5	39.9	21.5	12.4
Females:										
6-11.....	4.4	27.6	† 1.7	† 0.0	95.6	76.6	46.7	49.5	21.5	14.1
12-19.....	5.6	26.6	† 2.4	† .2	77.5	41.0	14.3	30.3	17.1	8.8
20-29.....	7.0	21.1	† 2.0	† .1	74.4	28.2	10.3	33.0	17.3	9.5
30-39.....	8.9	17.0	† 1.1	† 0.0	70.2	26.9	8.4	37.1	19.7	10.8
40-49.....	6.7	13.7	† 1.2	† 0.0	73.0	25.8	7.1	42.1	23.9	13.0
50-59.....	5.3	21.0	† 1.7	† 0.0	71.0	26.1	4.7	44.2	26.8	16.1
60-69.....	4.3	15.3	† .4	† 0.0	68.7	20.7	3.5	45.3	27.0	17.2
70 and over.....	4.7	12.3	† .2	† 0.0	57.3	18.6	4.1	53.7	28.4	15.9
20 and over.....	36.8	17.0	1.2	† *	69.8	25.1	6.9	41.3	23.0	13.1
All individuals.....	100.0	27.8	3.7	.6	79.9	45.5	22.8	44.4	25.0	14.2

† 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 sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent ----- Percent of individuals -----</i>										
Males and females:										
Under 1.....	1.1	91.9	90.1	87.2	98.2	89.6	70.9	95.2	78.1	62.8
1-2.....	3.1	21.1	8.7	3.6	82.3	66.7	49.4	84.3	48.5	23.2
3-5.....	4.7	24.7	6.0	† 1.0	79.6	61.7	43.0	85.1	49.5	19.4
5 and under.....	8.9	31.3	16.8	12.0	82.8	66.8	48.5	86.0	52.5	25.8
Males:										
6-11.....	4.6	33.3	10.3	3.0	77.2	59.8	46.0	89.6	57.1	25.2
12-19.....	5.8	35.4	8.9	† 2.5	68.9	51.4	36.1	75.5	40.7	14.7
20-29.....	7.4	35.7	11.4	† 3.1	59.5	44.2	33.0	64.2	30.8	12.0
30-39.....	8.3	42.4	18.6	7.9	61.6	43.3	32.8	65.8	30.2	14.5
40-49.....	6.8	38.6	15.0	5.0	59.0	44.3	30.7	63.9	29.8	9.1
50-59.....	4.7	35.7	11.7	4.5	60.8	45.9	33.5	78.3	42.5	16.9
60-69.....	3.4	34.3	9.1	3.2	64.8	47.3	35.0	78.2	42.8	17.4
70 and over.....	3.4	25.2	7.8	3.9	66.1	46.2	32.8	73.6	32.4	11.9
20 and over.....	33.9	36.7	13.3	4.9	61.3	44.7	32.7	68.8	33.4	13.2
Females:										
6-11.....	4.4	26.6	5.4	† .7	75.8	56.5	43.3	79.2	40.2	12.4
12-19.....	5.6	26.3	4.9	† 1.3	62.0	43.4	29.7	69.4	28.1	7.8
20-29.....	7.0	28.1	10.9	4.7	57.7	37.7	21.3	59.7	21.6	5.8
30-39.....	8.9	28.9	8.8	2.8	49.1	32.0	19.2	59.2	20.2	7.3
40-49.....	6.7	32.7	11.1	3.8	55.9	38.0	25.7	59.2	21.0	8.5
50-59.....	5.3	31.9	7.9	2.8	60.2	38.8	22.9	69.1	28.7	7.9
60-69.....	4.3	26.2	6.9	2.9	63.5	41.7	26.6	64.1	25.1	8.9
70 and over.....	4.7	21.6	5.7	2.7	62.2	44.4	27.7	63.9	26.8	8.1
20 and over.....	36.8	28.6	8.9	3.4	56.9	37.9	23.3	61.9	23.3	7.6
All individuals.....	100.0	32.0	10.8	4.4	63.4	45.7	31.8	69.6	32.9	12.6

† 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 sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<div><div>Percent</div><div>Percent of individuals</div></div>										
Males and females:										
Under 1.....	1.1	98.6	88.6	78.5	92.5	62.0	35.1	73.7	32.9	11.8
1-2.....	3.1	94.1	75.4	49.6	73.3	39.5	18.2	65.4	28.1	9.8
3-5.....	4.7	90.0	60.7	30.2	78.3	41.7	14.9	69.4	31.8	11.9
5 and under.....	8.9	92.4	69.1	42.7	78.2	43.3	18.4	68.5	30.6	11.1
Males:										
6-11.....	4.6	92.2	61.8	32.9	87.2	49.1	18.8	67.3	28.1	10.3
12-19.....	5.8	75.9	41.4	22.0	75.4	37.9	17.6	53.0	20.5	7.3
20-29.....	7.4	62.3	32.0	14.4	76.1	45.5	23.6	49.0	20.6	6.0
30-39.....	8.3	65.6	33.0	14.7	82.4	44.1	19.3	52.2	19.3	8.9
40-49.....	6.8	64.2	29.9	9.5	77.3	39.3	15.9	45.0	15.9	4.2
50-59.....	4.7	74.2	39.5	15.9	86.7	61.0	31.4	50.3	15.7	5.6
60-69.....	3.4	77.6	42.6	18.9	87.8	56.4	28.1	46.1	12.8	3.8
70 and over.....	3.4	74.6	36.8	14.9	78.0	39.8	16.7	38.6	11.5	3.4
20 and over.....	33.9	67.9	34.4	14.2	80.7	46.6	21.9	47.8	17.0	5.8
Females:										
6-11.....	4.4	83.5	48.1	18.6	71.7	31.2	8.3	52.6	16.4	4.4
12-19.....	5.6	65.3	30.4	13.8	63.5	24.9	6.9	41.4	13.5	4.1
20-29.....	7.0	58.4	24.3	6.7	65.9	26.2	9.7	35.6	9.5	† 2.1
30-39.....	8.9	58.0	20.8	6.1	62.1	24.4	8.3	33.2	7.3	† 2.2
40-49.....	6.7	58.0	19.1	8.1	66.4	23.6	9.9	34.2	8.8	3.3
50-59.....	5.3	65.6	26.3	6.5	76.5	38.7	11.0	38.2	8.6	† 2.3
60-69.....	4.3	66.6	27.6	8.6	72.8	35.2	11.4	35.1	9.2	† 2.2
70 and over.....	4.7	65.6	28.1	10.0	66.3	33.5	11.4	40.1	11.3	† 2.5
20 and over.....	36.8	61.1	23.7	7.4	67.5	29.1	10.0	35.7	8.9	2.4
All individuals.....	100.0	69.7	35.6	15.7	74.2	37.6	15.4	46.2	15.7	5.2

† 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 sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent ----- Percent of individuals -----</i>										
Males and females:										
Under 1.....	1.1	99.6	99.1	93.1	98.9	98.9	98.0	71.7	29.2	12.1
1-2.....	3.1	98.4	90.7	81.0	99.1	96.7	92.4	46.4	15.1	4.4
3-5.....	4.7	97.9	90.1	74.9	97.8	93.2	83.8	43.6	12.8	3.0
5 and under.....	8.9	98.3	91.4	79.2	98.4	95.1	88.5	47.9	15.5	4.6
Males:										
6-11.....	4.6	96.4	77.4	62.9	96.9	89.3	74.6	55.6	21.2	6.1
12-19.....	5.8	71.7	43.2	26.8	91.3	77.1	62.1	35.4	13.4	4.8
20-29.....	7.4	60.8	37.5	25.6	90.4	74.0	59.0	40.6	15.4	7.8
30-39.....	8.3	68.3	36.3	22.1	89.1	76.4	65.8	51.2	23.1	12.1
40-49.....	6.8	66.2	37.8	19.6	87.9	71.4	56.6	46.6	19.7	9.6
50-59.....	4.7	66.9	36.2	18.8	88.9	74.5	56.1	39.3	11.3	4.0
60-69.....	3.4	64.0	35.0	16.3	88.2	72.7	56.4	41.8	12.4	4.0
70 and over.....	3.4	65.2	36.7	18.2	86.9	68.9	49.0	38.8	12.7	† 2.4
20 and over.....	33.9	65.3	36.8	20.9	88.8	73.5	58.5	44.2	17.0	7.8
Females:										
6-11.....	4.4	91.3	71.2	50.4	92.8	81.8	60.8	40.3	11.6	† 2.5
12-19.....	5.6	55.7	27.4	12.8	74.7	54.0	35.3	13.6	† 1.3	† .3
20-29.....	7.0	53.1	23.7	10.1	71.0	47.5	31.2	16.2	3.6	† 1.2
30-39.....	8.9	49.5	20.4	10.5	72.2	52.6	35.2	24.7	5.5	† 1.8
40-49.....	6.7	52.9	25.7	10.2	72.4	47.3	29.8	24.3	5.2	† 1.2
50-59.....	5.3	55.2	25.1	10.0	71.4	51.3	30.7	22.6	5.9	† 1.2
60-69.....	4.3	56.6	24.7	11.3	71.7	48.4	29.0	21.9	2.9	† .4
70 and over.....	4.7	59.5	31.2	12.9	67.4	43.8	25.7	20.6	4.2	† .9
20 and over.....	36.8	53.7	24.6	10.7	71.2	48.8	30.9	21.9	4.7	1.2
All individuals.....	100.0	66.4	40.4	25.5	83.1	66.6	50.8	34.4	11.2	4.2

† 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 sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent ----- Percent of individuals -----</i>										
Males and females:										
Under 1.....	1.1	67.3	27.0	9.2	92.3	56.4	35.6	85.8	66.0	35.9
1-2.....	3.1	62.6	19.4	4.4	96.3	82.6	58.6	46.9	19.7	6.0
3-5.....	4.7	71.3	25.1	5.5	92.2	65.5	37.9	61.0	22.3	7.0
5 and under.....	8.9	67.8	23.3	5.6	93.6	70.4	44.9	59.0	26.5	10.0
Males:										
6-11.....	4.6	84.0	46.1	15.7	79.8	39.2	15.3	79.9	37.8	17.2
12-19.....	5.8	73.5	30.7	12.4	32.6	6.2	† 1.7	83.0	41.7	21.5
20-29.....	7.4	79.1	49.8	25.9	33.1	9.1	† 2.0	87.8	56.3	32.7
30-39.....	8.3	92.3	68.8	39.3	39.4	12.0	† 1.0	88.9	58.7	33.9
40-49.....	6.8	88.6	62.0	34.3	39.5	7.3	† .7	82.9	53.3	32.0
50-59.....	4.7	90.2	58.3	29.8	33.4	5.1	† .6	85.6	53.3	28.9
60-69.....	3.4	87.7	55.1	26.4	32.3	3.4	† .1	84.7	52.3	28.0
70 and over.....	3.4	83.8	46.9	19.1	22.2	3.1	† 0.0	78.6	48.2	21.9
20 and over.....	33.9	87.1	58.3	30.8	34.8	7.7	.9	85.6	54.7	30.8
Females:										
6-11.....	4.4	70.3	25.9	8.2	67.5	22.8	7.2	59.9	23.0	6.4
12-19.....	5.6	34.2	7.0	† 1.2	18.8	† 1.9	† .2	28.5	6.3	† 1.9
20-29.....	7.0	50.2	13.5	3.3	19.5	† 2.5	† .9	25.8	9.2	† 1.8
30-39.....	8.9	69.2	24.7	5.8	24.0	3.4	† .4	24.6	6.3	† 1.6
40-49.....	6.7	69.4	25.8	7.6	27.7	2.6	† .2	23.9	6.4	3.2
50-59.....	5.3	70.2	22.6	5.7	25.7	2.5	† .2	57.4	21.1	6.9
60-69.....	4.3	64.8	20.9	3.2	23.0	† 2.4	† 0.0	60.5	22.7	8.0
70 and over.....	4.7	60.0	20.5	5.6	23.2	3.4	† .9	55.2	25.9	9.9
20 and over.....	36.8	64.1	21.5	5.3	23.8	2.8	.4	37.5	13.4	4.5
All individuals.....	100.0	72.3	35.2	14.8	38.5	13.2	5.6	60.8	31.4	15.4

† 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 sex and age, 1994-95--continued

Sex and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----				
Males and females:				
Under 1.....	1.1	68.7	21.6	9.2
1-2.....	3.1	16.5	2.7	† .4
3-5.....	4.7	25.5	4.3	† .6
5 and under.....	8.9	27.4	5.8	1.6
Males:				
6-11.....	4.6	47.3	13.4	4.2
12-19.....	5.8	32.8	8.6	3.5
20-29.....	7.4	37.8	9.1	† 2.7
30-39.....	8.3	42.0	14.1	7.6
40-49.....	6.8	32.5	6.3	† .9
50-59.....	4.7	29.1	6.5	† 1.6
60-69.....	3.4	24.9	4.9	† 1.7
70 and over.....	3.4	16.0	3.0	† .8
20 and over.....	33.9	33.1	8.4	3.1
Females:				
6-11.....	4.4	29.5	8.0	† 1.5
12-19.....	5.6	23.0	5.5	† .7
20-29.....	7.0	19.7	3.5	† 1.2
30-39.....	8.9	20.8	4.1	† 1.1
40-49.....	6.7	18.2	4.4	† 1.8
50-59.....	5.3	18.1	2.5	† 1.0
60-69.....	4.3	12.5	† 1.4	† .4
70 and over.....	4.7	12.9	† 2.5	† .7
20 and over.....	36.8	17.8	3.3	1.1
All individuals.....	100.0	26.9	6.3	2.1

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 3c. Nutrient intakes: Intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95

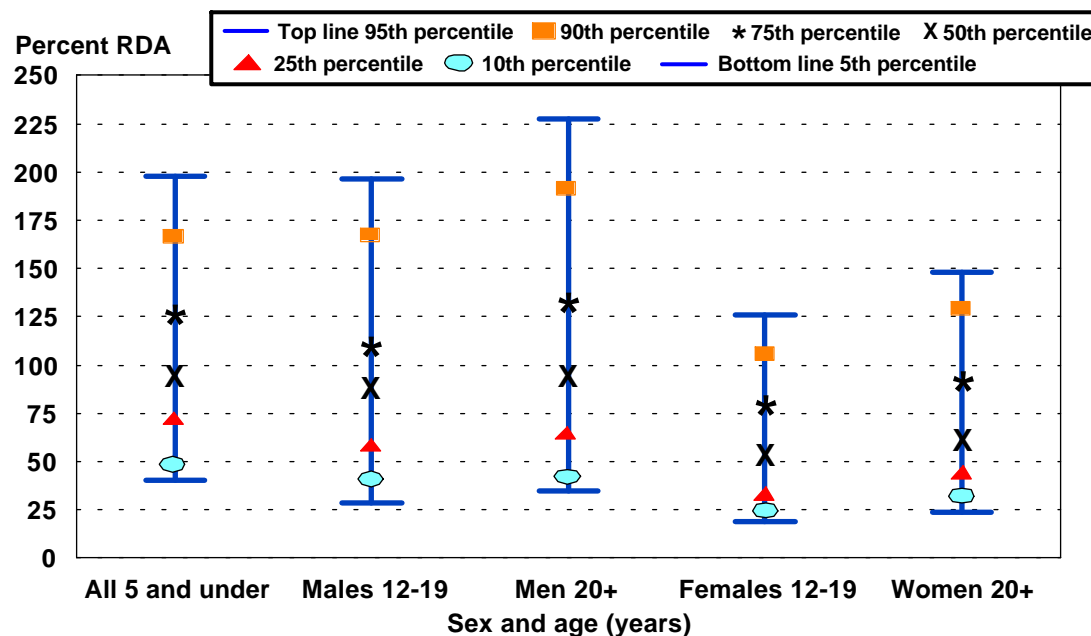
Interpreting the data in this table--

- "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.
- Presented here are the 5th, 10th, 25th, 50th, 75th, 90th, and 95th percentiles of the distributions of nutrient intakes expressed as percentages of RDA. The percentile in the column heading indicates the percentage of the population that has intakes equal to or below the percentage of the RDA given in the body of the table. For example, for women 20 years and over, the intake of calcium at the 50th percentile was 67.6 percent of the RDA. This means that half of adult women had intakes equal to or below 67.6 percent of the RDA.

Selected highlights--

- Calcium intake (expressed as a percentage of the RDA) varies widely among individuals but is higher among children under 5 and males than among females. In all groups of females age 12 years and over, the 25th percentile of intake fell at or below 50 percent of the RDA. This means that at least 25 percent of teenage girls and women had calcium intakes at or below 50 percent of the RDA.
- For girls 12 to 19 years, the median (50th percentile) intake of calcium is 57 percent of the RDA. Bone growth peaks during adolescence, and low calcium intakes at this time may compromise the attainment of optimal peak bone mass (Optimal calcium intake 1994).

Calcium intake expressed as percentage of the RDA -- Percentiles of individuals in selected age groups, 2-day average



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95

Sex and age (years)	Percentage of population	Food energy						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
Percent		Percent of RDA						
Males and females:								
Under 1.....	1.1	† 64.0	75.1	87.5	102.3	127.3	154.1	† 173.3
1-2.....	3.1	53.9	62.4	77.0	96.9	119.7	145.2	159.5
3-5.....	4.7	52.7	59.5	73.2	91.4	112.5	134.8	153.0
5 and under.....	8.9	53.9	61.5	76.8	94.3	116.7	141.7	158.4
Males:								
6-11.....	4.6	58.1	65.2	77.9	94.8	115.0	129.8	151.9
12-19.....	5.8	49.5	56.4	70.4	90.6	113.2	140.4	157.3
20-29.....	7.4	46.9	52.4	65.5	83.1	113.6	143.9	162.3
30-39.....	8.3	44.6	53.5	68.9	85.4	107.9	132.2	154.9
40-49.....	6.8	37.8	46.1	60.2	78.2	101.7	120.1	132.8
50-59.....	4.7	45.2	52.3	70.9	92.9	113.8	136.4	150.0
60-69.....	3.4	47.5	53.7	69.2	87.8	111.2	127.9	141.3
70 and over.....	3.4	39.7	45.6	59.9	76.6	97.5	114.0	127.2
20 and over.....	33.9	42.9	50.7	65.6	83.7	107.3	130.5	150.0
Females:								
6-11.....	4.4	48.7	59.0	70.5	84.3	100.6	116.2	135.0
12-19.....	5.6	39.8	46.4	62.7	81.3	101.6	122.7	133.2
20-29.....	7.0	36.2	43.6	61.6	75.3	94.8	111.6	125.8
30-39.....	8.9	38.3	44.4	57.0	71.1	89.5	110.3	120.2
40-49.....	6.7	35.8	44.8	57.4	72.2	88.1	109.0	120.7
50-59.....	5.3	43.0	51.1	62.5	79.9	97.5	116.5	132.6
60-69.....	4.3	36.3	44.3	57.4	76.5	91.4	106.1	119.3
70 and over.....	4.7	36.3	41.0	55.0	71.2	89.0	103.9	114.3
20 and over.....	36.8	37.2	44.6	58.1	74.0	92.3	110.4	123.3
All individuals.....	100.0	41.0	49.7	64.4	81.6	102.7	124.8	142.0

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Protein						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 82.0	89.9	104.7	130.8	193.9	273.5	† 348.4
1-2.....	3.1	144.7	171.3	218.0	286.3	365.2	450.2	513.9
3-5.....	4.7	126.9	151.8	190.7	245.4	318.3	391.0	433.9
5 and under.....	8.9	107.1	131.7	185.8	247.7	329.0	406.4	468.6
Males:								
6-11.....	4.6	124.4	145.0	182.9	232.8	292.0	359.1	402.0
12-19.....	5.8	86.1	99.4	130.0	169.7	217.3	271.3	311.2
20-29.....	7.4	76.3	92.0	114.1	158.1	203.8	254.6	276.4
30-39.....	8.3	70.1	89.2	117.2	154.4	197.3	241.1	297.7
40-49.....	6.8	67.2	82.9	110.5	140.1	185.1	224.3	258.5
50-59.....	4.7	67.9	81.3	108.2	138.4	174.4	212.8	241.2
60-69.....	3.4	69.7	80.8	101.9	129.0	161.3	191.4	216.0
70 and over.....	3.4	56.9	70.1	87.6	114.1	139.7	165.6	182.5
20 and over.....	33.9	68.3	81.6	108.6	141.8	184.1	228.6	262.3
Females:								
6-11.....	4.4	103.6	120.9	153.1	193.0	245.0	295.9	340.1
12-19.....	5.6	62.7	71.0	104.2	138.2	176.4	220.7	248.7
20-29.....	7.0	59.5	71.8	98.8	122.4	155.8	199.7	228.3
30-39.....	8.9	53.9	69.3	94.5	121.7	155.0	189.9	215.5
40-49.....	6.7	60.9	74.4	97.4	123.9	150.9	186.1	214.6
50-59.....	5.3	59.3	70.7	94.0	124.0	151.9	179.5	198.4
60-69.....	4.3	53.9	68.0	93.0	116.5	142.7	170.8	187.2
70 and over.....	4.7	49.4	62.9	82.4	108.7	139.5	171.8	186.2
20 and over.....	36.8	56.9	69.4	93.6	120.8	150.0	185.8	209.6
All individuals.....	100.0	65.6	79.9	107.5	142.9	192.9	258.7	314.8

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Vitamin A (ug RE)						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 96.9	111.6	140.3	178.8	261.2	355.5	† 419.1
1-2.....	3.1	61.0	77.4	106.2	151.8	230.8	313.4	374.8
3-5.....	4.7	47.5	65.2	96.3	146.5	207.5	309.6	399.7
5 and under.....	8.9	54.1	73.5	105.1	153.6	218.1	316.9	402.6
Males:								
6-11.....	4.6	43.0	54.4	78.7	117.7	172.6	249.7	309.8
12-19.....	5.8	20.2	30.3	51.9	80.8	130.9	186.0	239.5
20-29.....	7.4	16.3	24.4	38.4	70.4	107.6	175.5	265.5
30-39.....	8.3	21.2	28.0	47.6	80.6	134.2	220.2	293.7
40-49.....	6.8	17.0	25.8	46.7	85.0	139.7	209.5	279.2
50-59.....	4.7	20.5	32.5	52.4	88.7	141.3	221.0	284.3
60-69.....	3.4	24.7	34.0	55.3	101.0	155.3	248.8	320.5
70 and over.....	3.4	24.0	34.8	58.2	98.8	161.3	240.3	349.0
20 and over.....	33.9	20.2	28.5	47.5	83.8	136.5	218.4	290.8
Females:								
6-11.....	4.4	33.8	48.0	68.6	98.8	136.8	225.8	260.8
12-19.....	5.6	17.1	25.4	42.5	72.1	121.3	180.5	266.8
20-29.....	7.0	20.3	26.3	42.2	73.6	124.8	191.2	239.0
30-39.....	8.9	19.1	26.5	41.2	75.6	128.0	221.7	270.1
40-49.....	6.7	21.7	28.5	46.0	83.7	145.7	218.6	268.6
50-59.....	5.3	26.8	35.3	54.4	90.2	154.5	238.8	293.9
60-69.....	4.3	24.5	37.6	57.9	93.3	160.1	249.0	327.3
70 and over.....	4.7	26.7	40.2	60.6	104.7	158.1	260.2	344.0
20 and over.....	36.8	21.9	29.4	48.5	84.0	141.3	229.4	302.7
All individuals.....	100.0	22.7	31.4	52.5	90.5	150.0	233.9	307.5

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Vitamin E						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
Percent		Percent of RDA						
Males and females:								
Under 1.....	1.1	† 66.8	147.4	237.7	332.8	456.7	557.1	† 639.2
1-2.....	3.1	28.5	36.8	48.8	67.1	91.6	141.2	178.9
3-5.....	4.7	31.9	38.8	54.2	73.2	99.0	129.6	153.3
5 and under.....	8.9	31.5	39.4	54.2	76.0	111.9	240.6	385.2
Males:								
6-11.....	4.6	38.2	44.6	61.4	83.9	113.7	151.9	164.8
12-19.....	5.8	31.0	40.0	55.3	79.0	113.6	148.2	172.9
20-29.....	7.4	26.0	39.4	56.4	82.8	115.8	158.4	180.5
30-39.....	8.3	34.4	44.4	63.6	90.3	131.6	181.1	217.4
40-49.....	6.8	29.0	36.4	53.8	84.4	123.6	165.4	199.8
50-59.....	4.7	29.5	43.9	57.0	82.2	117.9	158.9	195.2
60-69.....	3.4	28.8	39.6	56.3	77.2	110.2	144.9	171.9
70 and over.....	3.4	21.7	32.7	47.6	72.4	100.1	140.5	183.9
20 and over.....	33.9	29.7	39.2	56.5	82.8	119.2	162.1	199.0
Females:								
6-11.....	4.4	36.2	45.1	59.5	78.2	101.9	128.6	151.5
12-19.....	5.6	27.9	36.3	53.3	76.4	101.6	124.8	147.9
20-29.....	7.0	27.0	33.6	50.9	70.9	105.1	154.9	197.9
30-39.....	8.9	25.6	35.4	51.0	76.1	105.8	140.9	179.7
40-49.....	6.7	32.3	38.1	57.6	81.7	111.1	152.2	178.4
50-59.....	5.3	28.2	34.9	53.9	76.5	109.1	143.9	170.6
60-69.....	4.3	25.0	37.4	51.1	76.2	103.0	129.2	159.7
70 and over.....	4.7	24.6	30.9	48.1	70.0	91.5	131.8	158.1
20 and over.....	36.8	27.5	35.5	51.8	74.8	105.4	144.2	178.2
All individuals.....	100.0	29.2	38.0	54.5	78.5	110.7	153.4	190.6

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Vitamin C						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
Percent		Percent of RDA						
Males and females:								
Under 1.....	1.1	† 120.0	146.3	190.2	267.1	401.7	515.2	† 609.1
1-2.....	3.1	49.8	66.8	121.6	197.2	328.1	475.8	600.9
3-5.....	4.7	46.8	66.1	113.1	179.1	275.6	406.0	536.6
5 and under.....	8.9	49.7	70.5	123.6	195.0	305.5	462.6	559.7
Males:								
6-11.....	4.6	47.8	64.7	107.0	184.5	294.2	427.9	549.5
12-19.....	5.8	30.5	43.3	85.8	154.7	268.6	406.4	561.0
20-29.....	7.4	20.3	35.0	67.1	131.5	253.2	414.2	507.6
30-39.....	8.3	30.8	42.1	72.9	129.0	234.0	429.0	505.1
40-49.....	6.8	21.6	35.0	60.9	127.3	226.5	347.4	432.7
50-59.....	4.7	25.0	38.4	72.7	127.6	244.2	380.3	461.8
60-69.....	3.4	26.7	41.9	77.4	144.3	234.6	362.5	442.3
70 and over.....	3.4	22.7	39.0	75.7	142.4	233.8	311.0	381.2
20 and over.....	33.9	25.1	38.6	70.4	132.7	239.9	377.8	491.3
Females:								
6-11.....	4.4	42.0	55.8	103.0	178.0	278.6	412.5	500.6
12-19.....	5.6	20.1	35.6	67.9	127.9	223.6	344.4	455.8
20-29.....	7.0	16.8	27.9	56.7	113.9	186.0	290.8	368.2
30-39.....	8.9	21.4	28.7	53.9	98.3	175.5	274.8	351.3
40-49.....	6.7	15.7	27.1	57.8	112.9	202.7	307.0	380.6
50-59.....	5.3	26.8	40.9	67.4	122.0	193.0	301.1	372.9
60-69.....	4.3	25.2	35.0	72.3	129.8	205.9	291.1	371.8
70 and over.....	4.7	31.7	40.7	71.5	135.1	206.8	285.2	345.5
20 and over.....	36.8	22.3	30.8	60.5	114.3	191.8	291.9	371.5
All individuals.....	100.0	25.5	38.3	72.1	137.2	232.2	360.4	464.6

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Thiamin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 104.9	120.8	161.7	220.2	287.1	382.3	† 490.3
1-2.....	3.1	72.7	88.4	115.0	147.9	193.8	245.2	277.6
3-5.....	4.7	77.6	92.1	117.9	148.9	186.9	230.9	272.7
5 and under.....	8.9	77.8	92.1	120.0	154.1	202.0	258.7	304.9
Males:								
6-11.....	4.6	85.1	99.2	125.4	159.4	200.2	263.0	292.5
12-19.....	5.8	60.7	77.5	100.6	135.0	176.8	227.8	245.9
20-29.....	7.4	50.0	62.5	90.4	122.2	163.8	207.2	229.1
30-39.....	8.3	58.5	70.8	89.4	120.8	159.8	221.4	285.8
40-49.....	6.8	47.5	58.0	84.7	116.5	158.7	195.2	224.7
50-59.....	4.7	63.8	78.0	102.0	136.4	180.4	224.1	266.9
60-69.....	3.4	68.6	78.7	103.5	139.6	179.6	221.5	252.1
70 and over.....	3.4	63.7	74.5	97.8	127.0	159.5	207.7	251.1
20 and over.....	33.9	54.1	68.6	92.3	125.7	165.9	214.3	247.4
Females:								
6-11.....	4.4	75.1	84.8	105.4	136.4	165.2	208.6	235.0
12-19.....	5.6	50.4	61.5	92.4	123.1	154.8	188.0	218.3
20-29.....	7.0	46.2	60.3	82.0	109.5	144.3	178.5	216.0
30-39.....	8.9	45.5	58.8	81.5	111.0	142.4	184.2	209.1
40-49.....	6.7	51.2	59.9	84.6	111.6	142.0	186.0	217.3
50-59.....	5.3	59.8	71.8	93.8	120.3	154.7	191.3	220.0
60-69.....	4.3	51.2	63.6	87.3	118.5	150.0	193.2	212.3
70 and over.....	4.7	52.8	65.7	86.1	117.6	153.2	194.0	215.9
20 and over.....	36.8	50.0	62.4	85.2	113.2	146.5	187.3	215.9
All individuals.....	100.0	55.1	68.7	92.9	125.6	164.5	212.1	245.7

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Riboflavin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 126.1	140.3	212.3	245.3	310.0	468.7	† 530.9
1-2.....	3.1	96.9	113.9	150.9	199.1	251.7	315.6	347.2
3-5.....	4.7	84.0	99.4	126.4	165.9	211.3	273.3	314.1
5 and under.....	8.9	91.3	106.6	138.4	184.5	242.5	309.5	349.8
Males:								
6-11.....	4.6	89.4	105.9	129.3	167.2	213.7	269.7	311.2
12-19.....	5.8	53.4	73.3	100.7	131.9	187.3	243.7	287.5
20-29.....	7.4	54.8	67.4	82.8	116.2	166.9	216.2	243.3
30-39.....	8.3	55.2	67.2	89.7	123.5	165.8	235.6	287.4
40-49.....	6.8	49.4	58.4	86.2	117.5	157.0	197.2	218.8
50-59.....	4.7	67.2	77.3	98.7	131.6	171.5	230.3	258.5
60-69.....	3.4	67.8	79.2	103.5	139.9	183.9	233.0	261.2
70 and over.....	3.4	61.3	78.0	99.6	131.2	171.3	217.7	259.7
20 and over.....	33.9	55.0	68.4	91.0	124.1	168.1	217.7	254.5
Females:								
6-11.....	4.4	75.6	88.2	113.4	147.7	187.2	220.9	249.7
12-19.....	5.6	44.3	58.9	87.8	122.7	162.5	212.6	239.6
20-29.....	7.0	46.2	58.1	77.9	107.5	149.5	182.5	209.6
30-39.....	8.9	48.2	57.0	82.0	107.2	140.7	183.3	207.1
40-49.....	6.7	50.5	58.7	80.6	107.6	140.1	187.0	224.9
50-59.....	5.3	52.7	66.5	89.1	121.5	152.1	192.2	206.2
60-69.....	4.3	49.8	59.2	84.8	120.3	155.2	186.9	213.6
70 and over.....	4.7	51.1	61.0	88.2	117.4	155.9	199.3	229.1
20 and over.....	36.8	49.7	60.2	83.6	111.5	147.9	187.8	218.3
All individuals.....	100.0	54.4	68.2	92.5	126.5	173.5	224.9	263.2

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Niacin						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
Percent		Percent of RDA						
Males and females:								
Under 1.....	1.1	† 86.6	103.0	130.4	158.5	225.3	283.0	† 327.6
1-2.....	3.1	56.1	68.7	96.6	133.3	176.6	229.2	259.8
3-5.....	4.7	68.6	80.2	104.5	137.5	175.3	217.0	251.4
5 and under.....	8.9	64.0	78.1	104.7	138.6	180.1	232.9	267.8
Males:								
6-11.....	4.6	78.0	92.1	116.8	147.9	184.8	235.6	273.2
12-19.....	5.8	65.9	77.9	100.6	134.9	175.9	216.5	249.4
20-29.....	7.4	61.6	76.5	100.6	143.6	197.1	243.4	272.6
30-39.....	8.3	68.3	87.4	112.1	142.9	188.7	256.7	308.9
40-49.....	6.8	64.9	76.3	102.8	133.9	174.8	214.6	250.4
50-59.....	4.7	76.9	90.0	122.3	164.3	214.1	272.4	328.6
60-69.....	3.4	77.1	92.8	124.8	158.4	207.2	251.7	298.7
70 and over.....	3.4	60.3	76.6	104.7	136.9	178.4	220.8	260.9
20 and over.....	33.9	67.3	81.1	109.2	144.8	193.4	245.9	286.3
Females:								
6-11.....	4.4	65.9	76.2	95.4	122.4	160.1	194.5	218.0
12-19.....	5.6	50.2	61.1	86.1	116.2	148.9	185.9	211.1
20-29.....	7.0	58.8	68.2	88.9	118.4	152.3	197.8	217.2
30-39.....	8.9	51.2	64.2	85.3	113.9	148.4	192.4	220.1
40-49.....	6.7	58.5	68.1	89.1	116.1	147.9	198.9	229.7
50-59.....	5.3	61.9	75.2	102.6	136.3	172.0	201.4	234.0
60-69.....	4.3	51.8	67.0	97.5	130.8	166.2	205.9	226.3
70 and over.....	4.7	48.8	63.7	89.8	122.3	165.1	214.4	236.8
20 and over.....	36.8	55.4	67.9	90.8	121.3	158.8	199.8	226.8
All individuals.....	100.0	60.8	73.8	98.8	132.5	173.5	220.4	258.2

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Vitamin B-6						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
Percent		Percent of RDA						
Males and females:								
Under 1.....	1.1	† 68.0	81.6	97.5	125.3	169.0	202.8	† 246.3
1-2.....	3.1	52.2	63.1	87.4	117.2	157.1	199.0	232.3
3-5.....	4.7	60.4	73.0	93.6	124.2	161.9	208.8	238.2
5 and under.....	8.9	57.8	70.4	92.8	121.6	160.6	204.1	237.7
Males:								
6-11.....	4.6	57.0	70.1	90.2	121.1	155.5	202.5	248.1
12-19.....	5.8	40.7	51.2	74.2	102.3	140.3	179.6	215.5
20-29.....	7.4	40.3	50.3	67.8	98.9	141.1	174.3	208.1
30-39.....	8.3	41.9	54.3	74.7	102.1	138.5	196.0	224.2
40-49.....	6.8	36.0	48.7	68.2	93.5	129.2	172.8	192.3
50-59.....	4.7	39.6	50.4	72.1	100.2	130.0	163.8	203.5
60-69.....	3.4	41.5	54.6	71.4	95.9	125.7	158.6	189.0
70 and over.....	3.4	37.3	46.0	65.1	89.8	119.7	153.7	180.3
20 and over.....	33.9	41.1	50.7	70.4	98.1	132.3	174.1	209.5
Females:								
6-11.....	4.4	50.6	60.5	79.9	103.1	131.1	166.1	194.4
12-19.....	5.6	34.6	44.1	64.6	89.4	120.5	162.4	192.6
20-29.....	7.0	36.8	43.4	60.9	83.1	114.9	146.3	171.3
30-39.....	8.9	33.3	42.7	59.7	81.6	112.9	143.1	164.7
40-49.....	6.7	34.5	42.5	61.6	80.4	110.2	143.3	178.2
50-59.....	5.3	36.0	48.2	65.7	88.2	114.8	144.9	168.7
60-69.....	4.3	35.9	43.8	63.7	87.0	111.0	144.4	176.3
70 and over.....	4.7	30.5	40.6	60.1	86.4	118.7	156.0	175.9
20 and over.....	36.8	34.7	42.9	61.5	84.0	114.2	146.3	171.3
All individuals.....	100.0	39.2	49.3	68.7	95.7	129.4	170.3	201.7

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Folate						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
Percent		Percent of RDA						
Males and females:								
Under 1.....	1.1	† 188.5	218.3	277.0	367.0	453.6	573.2	† 695.5
1-2.....	3.1	131.5	156.4	227.9	320.5	446.3	585.7	696.3
3-5.....	4.7	128.4	149.4	198.5	290.9	398.2	538.5	640.5
5 and under.....	8.9	133.2	154.8	218.2	310.7	423.9	561.9	677.5
Males:								
6-11.....	4.6	104.9	123.1	157.1	237.0	328.5	504.3	591.8
12-19.....	5.8	51.2	63.2	94.4	138.4	210.0	314.1	396.7
20-29.....	7.4	46.8	54.7	81.6	117.4	203.3	272.4	311.2
30-39.....	8.3	52.7	64.8	88.9	128.0	186.5	262.5	310.4
40-49.....	6.8	43.2	53.1	87.0	123.9	182.1	240.3	296.8
50-59.....	4.7	46.6	60.7	89.6	126.0	180.6	250.3	315.2
60-69.....	3.4	52.0	60.9	85.5	123.5	172.5	242.1	294.3
70 and over.....	3.4	46.4	58.2	87.8	122.8	174.2	238.0	281.9
20 and over.....	33.9	47.1	59.3	86.2	123.5	183.9	258.2	304.7
Females:								
6-11.....	4.4	83.5	101.6	141.0	200.0	282.5	372.6	452.8
12-19.....	5.6	39.6	48.1	76.5	109.2	160.8	213.8	260.8
20-29.....	7.0	29.5	42.7	68.2	103.0	145.4	199.5	258.3
30-39.....	8.9	35.0	47.6	63.6	98.6	140.7	202.4	232.8
40-49.....	6.7	37.1	49.1	70.6	107.8	151.0	200.3	240.2
50-59.....	5.3	42.2	50.4	75.6	107.3	150.0	198.6	238.8
60-69.....	4.3	38.4	50.4	76.2	107.9	147.8	202.8	254.6
70 and over.....	4.7	39.9	51.5	78.4	111.6	159.8	224.0	257.2
20 and over.....	36.8	36.2	48.2	69.9	105.2	149.0	203.4	249.6
All individuals.....	100.0	44.6	57.4	85.6	129.5	201.2	304.1	395.8

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Vitamin B-12						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 228.4	273.2	357.5	495.1	644.2	857.6	† 1,023.5
1-2.....	3.1	174.0	210.4	292.4	418.0	565.1	734.5	888.1
3-5.....	4.7	131.7	165.8	238.4	348.5	474.0	633.1	751.6
5 and under.....	8.9	150.6	184.8	270.6	386.0	523.5	696.3	843.1
Males:								
6-11.....	4.6	116.5	141.6	197.0	276.7	391.0	533.8	630.1
12-19.....	5.8	79.2	106.8	159.5	242.5	332.3	503.8	650.1
20-29.....	7.4	76.9	101.8	147.8	233.0	349.6	463.5	640.5
30-39.....	8.3	65.9	95.7	156.0	257.6	375.6	610.9	830.2
40-49.....	6.8	62.8	86.8	145.0	229.1	334.9	467.1	590.4
50-59.....	4.7	76.1	94.8	146.6	217.7	330.4	508.3	707.1
60-69.....	3.4	67.8	89.5	143.2	214.8	341.5	522.2	700.1
70 and over.....	3.4	60.3	88.8	135.1	197.8	293.2	463.1	656.1
20 and over.....	33.9	68.8	93.4	146.8	229.7	344.0	502.0	679.1
Females:								
6-11.....	4.4	91.3	112.1	161.6	227.2	318.5	455.0	528.6
12-19.....	5.6	41.9	63.2	99.2	159.3	235.6	326.8	438.6
20-29.....	7.0	36.7	53.7	92.9	146.2	223.3	324.8	406.6
30-39.....	8.9	41.2	57.6	93.8	154.5	238.9	330.5	397.0
40-49.....	6.7	40.1	55.4	94.2	143.7	220.4	315.4	426.4
50-59.....	5.3	38.5	61.8	92.6	153.7	219.2	314.8	471.3
60-69.....	4.3	43.5	58.3	93.5	145.7	209.4	334.5	432.5
70 and over.....	4.7	33.4	48.7	86.7	135.6	203.9	320.8	437.9
20 and over.....	36.8	39.5	55.6	93.0	147.5	222.8	325.3	424.6
All individuals.....	100.0	53.6	76.8	125.1	202.9	315.8	477.8	622.0

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Calcium						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
Percent		Percent of RDA						
Males and females:								
Under 1.....	1.1	† 65.6	74.8	93.7	125.7	158.4	206.6	† 229.0
1-2.....	3.1	37.2	45.9	65.9	95.1	127.5	160.4	194.3
3-5.....	4.7	38.9	47.1	68.4	92.2	121.9	158.5	182.3
5 and under.....	8.9	40.0	47.8	69.9	96.1	128.1	164.6	197.8
Males:								
6-11.....	4.6	45.2	55.1	77.0	104.8	142.7	175.0	211.0
12-19.....	5.8	28.8	38.8	57.0	85.2	115.0	168.8	196.7
20-29.....	7.4	31.8	38.2	55.1	90.6	120.5	185.2	226.6
30-39.....	8.3	41.1	51.1	69.7	103.3	146.5	218.5	297.2
40-49.....	6.8	33.2	41.4	64.4	93.2	139.4	199.0	229.0
50-59.....	4.7	34.8	43.4	60.2	86.8	120.6	157.1	185.0
60-69.....	3.4	36.3	45.1	63.2	87.1	123.4	158.5	187.3
70 and over.....	3.4	33.9	42.1	59.0	85.5	116.7	156.5	184.2
20 and over.....	33.9	34.6	43.4	62.2	93.1	129.1	184.7	227.2
Females:								
6-11.....	4.4	36.7	48.4	65.5	91.1	119.5	154.7	179.2
12-19.....	5.6	18.9	22.7	37.8	56.6	81.4	111.4	125.7
20-29.....	7.0	18.5	26.6	41.2	62.2	85.6	113.0	137.4
30-39.....	8.9	25.9	32.7	50.2	71.7	99.7	129.6	153.6
40-49.....	6.7	24.5	30.3	45.7	72.1	98.9	134.7	150.4
50-59.....	5.3	28.3	33.4	47.6	70.7	95.8	129.6	154.0
60-69.....	4.3	22.6	29.9	46.0	66.6	96.1	124.5	138.2
70 and over.....	4.7	25.3	33.3	44.9	67.4	94.3	128.5	146.2
20 and over.....	36.8	24.1	31.2	46.5	67.6	95.7	127.1	147.8
All individuals.....	100.0	28.5	36.9	54.6	80.8	114.7	155.2	190.8

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Phosphorus						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 60.2	71.3	91.7	118.5	156.4	193.9	† 242.6
1-2.....	3.1	53.8	65.2	86.1	111.0	141.3	167.6	186.7
3-5.....	4.7	61.5	73.1	95.0	121.8	149.8	182.4	203.9
5 and under.....	8.9	59.0	70.5	91.7	118.1	147.4	180.4	206.8
Males:								
6-11.....	4.6	77.9	86.3	110.1	144.7	178.7	211.1	245.5
12-19.....	5.8	61.1	78.0	96.5	121.7	158.6	208.3	255.3
20-29.....	7.4	67.2	79.2	108.3	149.2	201.5	265.4	301.6
30-39.....	8.3	86.2	105.4	139.1	183.0	238.1	302.9	360.9
40-49.....	6.8	80.7	97.2	130.5	167.7	223.1	283.0	311.3
50-59.....	4.7	82.1	99.9	127.0	163.4	206.7	243.3	282.5
60-69.....	3.4	82.0	94.7	123.3	158.5	200.9	238.6	269.3
70 and over.....	3.4	69.5	87.1	114.8	146.6	181.3	221.1	239.6
20 and over.....	33.9	77.4	92.7	124.3	163.2	213.9	274.5	307.1
Females:								
6-11.....	4.4	66.2	76.2	95.3	122.1	152.9	187.0	213.0
12-19.....	5.6	39.3	46.4	62.9	86.4	109.9	142.7	155.6
20-29.....	7.0	40.9	52.5	74.5	100.1	132.2	163.9	186.8
30-39.....	8.9	51.9	67.1	92.4	124.6	148.7	184.2	213.1
40-49.....	6.7	59.4	71.4	93.5	120.1	151.4	193.0	213.0
50-59.....	5.3	64.5	74.3	93.9	122.1	146.9	177.9	205.7
60-69.....	4.3	52.1	65.0	89.1	117.0	141.8	173.3	189.8
70 and over.....	4.7	49.6	61.1	81.7	111.6	140.1	174.9	202.0
20 and over.....	36.8	50.9	65.2	86.5	116.3	144.9	177.9	202.9
All individuals.....	100.0	58.3	71.1	95.8	129.4	169.4	219.7	258.7

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Magnesium						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 88.8	107.6	127.8	157.6	229.1	290.7	† 350.3
1-2.....	3.1	108.7	130.5	168.5	215.7	272.9	318.1	368.8
3-5.....	4.7	90.7	103.6	134.0	175.8	228.3	290.9	327.1
5 and under.....	8.9	95.2	110.1	142.0	188.2	247.5	307.5	343.5
Males:								
6-11.....	4.6	67.9	80.1	104.3	133.9	174.5	219.3	259.2
12-19.....	5.8	36.9	42.5	61.1	83.8	108.0	136.2	155.0
20-29.....	7.4	36.4	45.8	60.3	83.7	114.2	144.8	161.0
30-39.....	8.3	45.1	53.1	68.5	90.1	120.5	156.5	180.3
40-49.....	6.8	37.1	46.4	64.9	88.7	114.3	141.9	164.2
50-59.....	4.7	43.2	50.9	65.7	86.1	107.6	132.8	150.1
60-69.....	3.4	43.0	50.6	61.9	80.8	107.3	132.0	144.0
70 and over.....	3.4	38.6	44.4	60.0	76.8	96.9	120.3	138.0
20 and over.....	33.9	40.4	48.7	64.5	85.2	112.3	142.1	163.2
Females:								
6-11.....	4.4	57.4	70.0	90.7	117.9	147.4	188.2	208.9
12-19.....	5.6	29.4	38.7	51.5	68.5	90.8	115.1	129.6
20-29.....	7.0	36.6	45.9	56.7	73.1	91.4	123.9	133.6
30-39.....	8.9	32.6	41.9	57.4	76.5	99.0	123.0	139.9
40-49.....	6.7	38.4	47.2	61.8	79.7	101.9	119.0	137.2
50-59.....	5.3	44.3	50.3	64.2	81.2	100.8	121.5	138.9
60-69.....	4.3	35.6	43.3	59.9	79.5	98.4	116.2	128.4
70 and over.....	4.7	34.8	42.2	56.6	76.7	97.4	120.6	142.6
20 and over.....	36.8	36.3	45.0	59.0	77.8	98.6	121.9	137.2
All individuals.....	100.0	39.7	48.0	64.3	87.5	119.5	164.5	207.3

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Iron						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 63.1	82.9	122.8	176.2	233.6	322.6	† 380.3
1-2.....	3.1	41.8	51.9	70.1	95.2	134.6	183.2	203.8
3-5.....	4.7	57.5	66.6	85.9	111.7	144.9	182.3	218.3
5 and under.....	8.9	50.8	61.7	81.5	110.5	154.6	199.9	245.7
Males:								
6-11.....	4.6	74.0	82.3	106.1	139.1	172.8	240.4	287.0
12-19.....	5.8	67.4	83.4	109.9	136.5	188.6	253.3	315.3
20-29.....	7.4	75.1	96.1	118.6	162.9	225.6	309.8	351.8
30-39.....	8.3	84.8	97.6	124.2	166.9	228.4	324.5	403.1
40-49.....	6.8	69.8	83.1	119.1	156.0	220.9	275.3	337.6
50-59.....	4.7	74.9	89.4	119.2	154.1	210.4	291.0	321.7
60-69.....	3.4	76.0	88.2	118.0	153.9	208.8	283.4	383.5
70 and over.....	3.4	66.3	77.0	104.9	144.7	193.6	264.4	343.7
20 and over.....	33.9	74.7	90.8	119.0	158.3	217.2	298.0	355.7
Females:								
6-11.....	4.4	54.3	66.3	86.7	108.9	145.0	186.1	212.2
12-19.....	5.6	34.1	41.9	59.2	80.7	104.5	134.0	156.6
20-29.....	7.0	31.7	38.6	57.0	77.7	100.9	141.8	170.0
30-39.....	8.9	32.3	41.1	54.6	71.0	99.3	130.6	154.5
40-49.....	6.7	37.9	43.2	56.3	75.6	97.6	134.5	163.7
50-59.....	5.3	49.4	63.5	82.5	107.1	144.6	184.6	219.8
60-69.....	4.3	48.8	60.8	80.5	108.1	146.6	187.0	219.4
70 and over.....	4.7	46.5	57.7	78.7	105.9	151.2	199.6	228.4
20 and over.....	36.8	36.9	45.7	62.6	86.6	119.1	161.8	193.6
All individuals.....	100.0	45.7	56.9	80.5	116.4	166.2	231.1	289.9

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 3c.--Nutrient intakes: Percentages of the 1989 Recommended Dietary Allowances (RDAs) at selected percentiles, by sex and age, 2-day average, 1994-95--continued

Sex and age (years)	Percentage of population	Zinc						
		5th percentile	10th percentile	25th percentile	50th percentile	75th percentile	90th percentile	95th percentile
<i>Percent</i>		<i>Percent of RDA</i>						
Males and females:								
Under 1.....	1.1	† 63.9	74.3	90.5	113.2	143.0	185.7	† 245.0
1-2.....	3.1	33.4	39.8	50.6	66.3	87.6	114.4	132.3
3-5.....	4.7	39.2	46.1	59.3	76.9	101.0	127.9	146.4
5 and under.....	8.9	37.7	44.2	57.8	76.5	103.3	134.0	155.3
Males:								
6-11.....	4.6	48.2	56.5	71.5	96.6	121.3	159.2	190.4
12-19.....	5.8	39.4	48.1	65.6	83.2	113.8	139.8	175.1
20-29.....	7.4	41.3	48.3	63.8	84.8	115.1	146.6	166.3
30-39.....	8.3	35.6	43.6	64.9	92.2	122.2	170.0	254.1
40-49.....	6.8	34.9	41.2	59.4	80.7	109.1	140.6	154.9
50-59.....	4.7	37.4	42.9	56.9	82.2	107.3	138.9	157.5
60-69.....	3.4	35.3	42.2	54.0	75.5	99.6	131.5	148.2
70 and over.....	3.4	30.2	35.9	48.5	66.9	88.9	109.5	135.3
20 and over.....	33.9	35.4	43.2	58.8	82.3	111.5	143.3	169.9
Females:								
6-11.....	4.4	43.0	49.2	61.3	80.2	104.1	143.6	160.8
12-19.....	5.6	29.6	37.6	51.2	74.3	96.9	127.7	152.0
20-29.....	7.0	30.8	35.1	51.6	69.0	91.1	119.5	138.3
30-39.....	8.9	29.3	36.4	51.4	70.3	91.7	118.6	135.8
40-49.....	6.7	32.2	38.4	52.6	69.7	92.5	119.2	146.2
50-59.....	5.3	33.3	39.0	52.5	67.7	89.2	111.7	131.7
60-69.....	4.3	24.3	33.6	48.8	66.4	84.4	106.0	116.7
70 and over.....	4.7	26.1	32.9	45.7	60.9	83.1	109.2	131.0
20 and over.....	36.8	29.9	36.6	50.6	67.5	89.4	115.6	136.1
All individuals.....	100.0	33.4	40.8	55.6	76.0	102.5	133.5	158.1

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 4. Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994-95

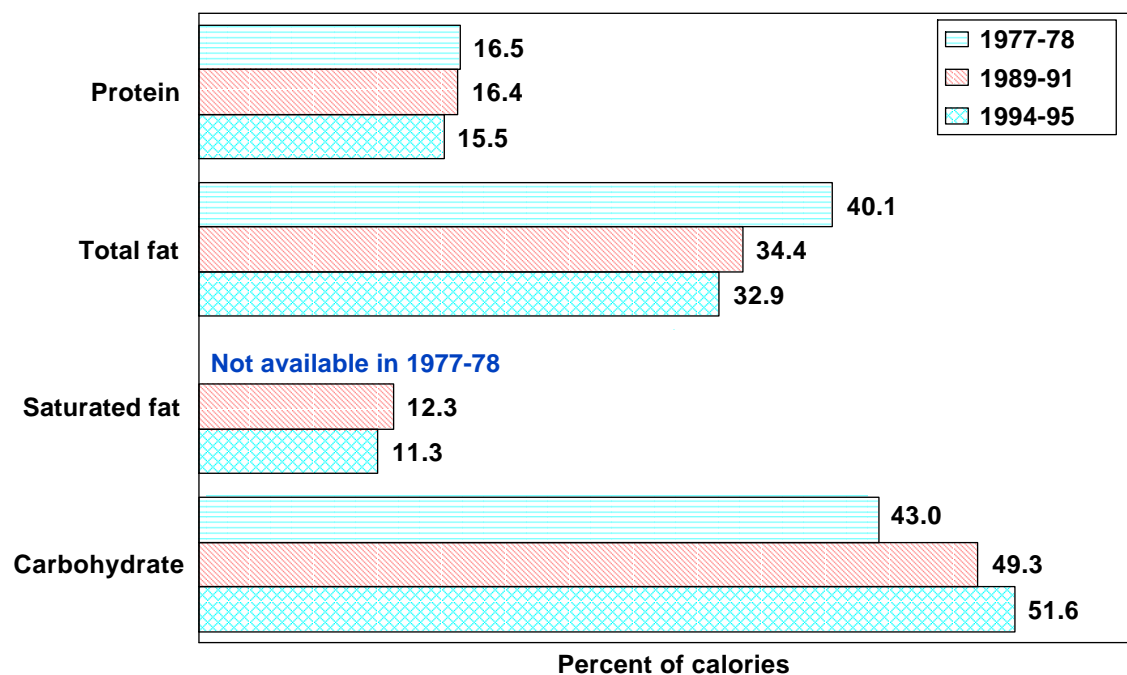
Interpreting the data in this table--

- 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).
- Three individuals who had no intake for the day were excluded from the calculations. Percentages may not add to 100 percent because of rounding.

Selected highlights--

- The 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995) recommend that people choose a diet that provides no more than 30 percent of calories from total fat and less than 10 percent of calories from saturated fat. Average intakes for Americans exceed these recommendations. The *Dietary Guidelines* also recommend that people choose a diet with most of the calories from carbohydrate.
- In contrast with 1977-78, diets of Americans in 1994-1995 have a lower percentage of calories from fat and higher percentage of calories from carbohydrate.

Sources of food energy, all individuals



Sources: USDA Nationwide Food Consumption Survey, 1977-78 and USDA Continuing Survey of Food Intakes by Individuals, 1989-91 and 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 4.--Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1994-95

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>						
Males and females:								
Under 1.....	1.1	10.0	40.0	16.9	11.7	8.8	50.3	† *
1-2.....	3.1	15.0	32.1	13.2	11.6	4.9	54.5	*
3-5.....	4.7	14.3	32.6	12.3	12.5	5.4	54.8	*
5 and under.....	8.9	14.0	33.3	13.1	12.1	5.6	54.1	*
Males:								
6-11.....	4.6	14.2	32.6	12.0	12.6	5.5	54.7	*
12-19.....	5.8	14.4	32.9	11.6	12.9	6.0	53.7	† .3
20-29.....	7.4	15.4	32.4	11.2	12.6	6.0	49.8	3.4
30-39.....	8.3	15.7	34.2	11.5	13.2	6.8	48.8	2.5
40-49.....	6.9	16.2	33.4	11.2	13.0	6.6	48.7	2.8
50-59.....	4.5	16.3	33.9	10.8	13.1	7.2	48.5	2.6
60-69.....	3.4	16.6	33.9	11.1	13.1	7.0	48.9	2.2
70 and over.....	3.4	16.5	33.0	11.1	12.7	6.5	50.8	1.5
20 and over.....	33.9	16.0	33.5	11.2	13.0	6.6	49.2	2.6
Females:								
6-11.....	4.4	14.1	33.0	12.0	12.7	5.8	54.6	*
12-19.....	5.6	14.2	32.3	11.5	12.4	6.0	54.9	† .1
20-29.....	7.0	15.1	32.1	11.0	12.3	6.4	52.0	2.1
30-39.....	8.9	16.0	32.6	10.9	12.4	6.7	51.3	1.5
40-49.....	6.7	15.7	33.3	11.0	12.5	7.3	51.5	1.1
50-59.....	5.3	16.8	32.9	10.8	12.3	7.1	50.2	1.8
60-69.....	4.2	16.9	32.8	10.7	12.3	7.0	50.9	1.3
70 and over.....	4.8	16.8	30.9	10.2	11.6	6.5	53.9	.5
20 and over.....	36.8	16.1	32.5	10.8	12.3	6.8	51.6	1.4
All individuals.....	100.0	15.5	32.9	11.3	12.6	6.4	51.6	1.5

* 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, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 5. Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by sex and age, 2-day average, 1994-95

Interpreting the data in this table--

- 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).

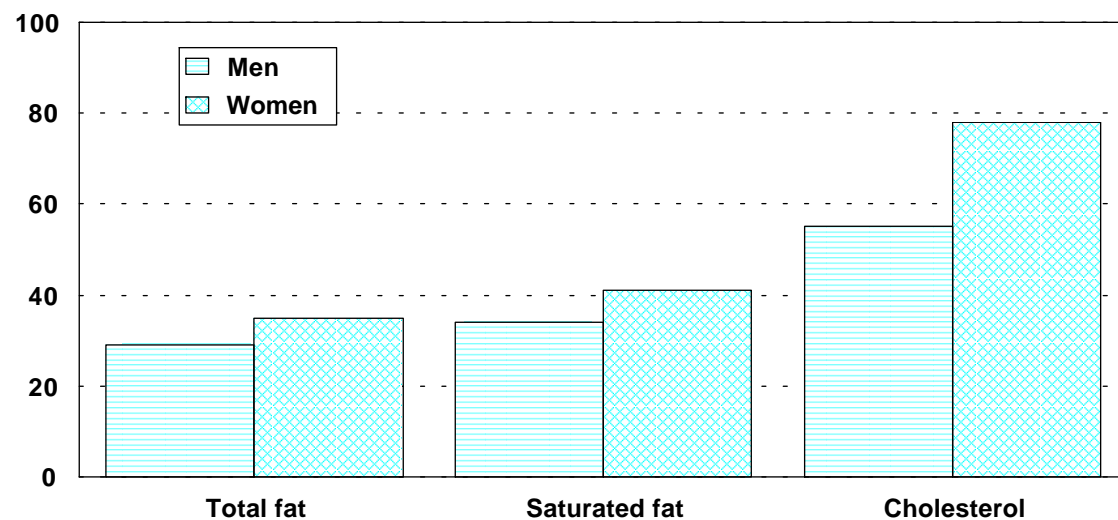
Selected highlights--

Among individuals 20 years of age and older--

- Diets of 29 percent of men and 35 percent of women meet the recommendation for total fat.
- Diets of 34 percent of men and 41 percent of women meet the recommendation for saturated fat.
- Diets of 55 percent of men and 78 percent of women meet the recommendation for cholesterol.

Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, adults 20 years of age and older, 2-day average

Percent meeting recommendations



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by sex and age, 2-day average, 1994-95

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 ----- Percent of individuals -----</i>				
Males and females:				
Under 1.....	1.1	7.8	† 1.9	95.9
1-2.....	3.1	33.5	19.0	84.6
3-5.....	4.7	30.3	21.9	87.3
5 and under.....	8.9	28.8	18.5	87.4
Males:				
6-11.....	4.6	29.6	22.2	76.9
12-19.....	5.8	30.1	29.6	56.2
20-29.....	7.4	27.6	32.8	53.1
30-39.....	8.3	25.7	30.1	52.2
40-49.....	6.8	28.8	33.2	56.2
50-59.....	4.7	28.3	36.4	51.9
60-69.....	3.4	31.3	42.1	58.5
70 and over.....	3.4	34.8	39.1	67.4
20 and over.....	33.9	28.6	34.3	55.3
Females:				
6-11.....	4.4	32.2	23.6	83.6
12-19.....	5.6	33.2	32.7	77.6
20-29.....	7.0	37.3	39.7	76.6
30-39.....	8.9	34.0	39.1	80.0
40-49.....	6.7	31.6	38.3	73.9
50-59.....	5.3	33.5	43.2	79.3
60-69.....	4.3	37.2	44.0	79.3
70 and over.....	4.7	41.2	45.6	82.7
20 and over.....	36.8	35.4	41.1	78.4
All individuals.....	100.0	31.7	34.0	70.2

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 6. Breakfast: Mean percentages of nutrient intake contributed by food eaten at breakfast, by sex and age, 1 day, 1994-95

Interpreting the data in this table--

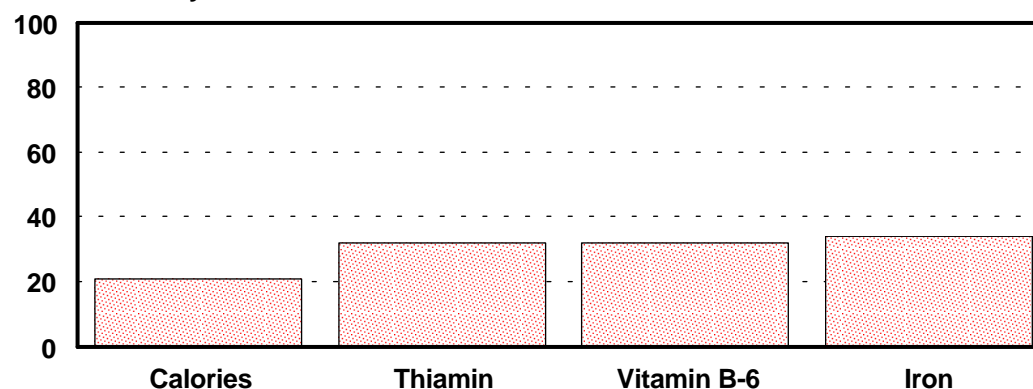
- Each separate time a respondent ate and/or drank was considered to be an “eating occasion.” Eating occasions identified by the respondent as “breakfast” are included here.
- Calculations of averages were based on all individuals, not just those who ate breakfast. An individual's intake of each nutrient from breakfast was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If breakfast contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake of that nutrient was zero.

Selected highlights--

- Over 90 percent of children in all groups age 1 to 11 years eat breakfast on any given day. Breakfast provides 20 to 22 percent of their daily intake of calories but higher percentages of many vitamins and minerals that are used in fortification of ready-to-eat cereals, a popular food group among children in this age range. Breakfast's contributions to intakes of selected nutrients in diets of children under 5 years of age are shown in the figure.
- For adults, breakfast's average contributions to intakes of calories and most nutrients generally increase with age. This increase probably reflects the higher percentages of individuals in older groups eating breakfast on any given day. Among adults age 20 to 29 years, 72 percent of men and 73 percent of women eat breakfast. In contrast, among adults age 70 years and over, 96 percent of men and 95 percent of women eat breakfast.
- At breakfast, women consume only 18 percent of their calories, but about 22 to 24 percent of their calcium, iron, and magnesium. Calcium, iron, and magnesium are nutrients that are often low in women's diets.

Mean percentage of nutrient intake contributed by foods eaten at breakfast, selected nutrients, children 5 years of age and under, 1 day

Percent of day's intake



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by food eaten at breakfast, by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Individuals eating breakfast	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>								
<i>-----Percent-----</i>									
Males and females:									
Under 1.....	1.1	56.9	12.8	12.9	12.0	11.7	12.1	12.3	13.3
1-2.....	3.1	96.9	21.6	21.1	20.2	21.7	19.2	19.8	27.7
3-5.....	4.7	96.5	21.9	21.0	18.2	20.1	16.9	17.1	23.2
5 and under.....	8.9	91.9	20.7	20.1	18.2	19.7	17.1	17.4	23.7
Males:									
6-11.....	4.6	94.0	20.1	19.2	16.3	18.1	15.1	15.6	21.9
12-19.....	5.8	79.7	18.5	17.0	16.1	17.5	15.5	15.6	21.0
20-29.....	7.4	71.7	14.1	12.1	12.7	13.6	12.5	12.0	14.9
30-39.....	8.3	83.6	15.3	13.5	14.2	15.0	14.2	13.4	17.3
40-49.....	6.9	83.4	16.0	14.1	15.0	16.0	14.8	14.6	17.5
50-59.....	4.5	87.3	18.7	16.4	17.0	17.8	16.8	16.8	19.2
60-69.....	3.4	94.3	21.0	18.0	18.2	19.4	17.9	17.2	22.0
70 and over.....	3.4	96.4	24.2	20.5	20.6	21.4	20.0	20.7	21.5
20 and over.....	33.9	83.8	17.1	14.9	15.4	16.3	15.2	14.9	17.9
Females:									
6-11.....	4.4	92.1	19.7	18.5	16.5	18.3	15.7	15.4	22.5
12-19.....	5.6	76.6	15.9	15.1	13.3	14.1	12.8	13.3	18.1
20-29.....	7.0	73.4	15.4	14.2	12.9	14.2	12.5	11.9	15.7
30-39.....	8.8	82.7	17.1	14.5	15.0	15.8	14.5	14.7	16.5
40-49.....	6.7	88.3	16.7	14.6	13.6	14.6	13.3	13.1	16.2
50-59.....	5.3	90.2	19.1	16.1	15.6	16.6	15.1	15.3	16.5
60-69.....	4.2	92.5	19.7	16.7	15.6	16.7	15.3	14.8	17.4
70 and over.....	4.8	94.8	22.5	18.5	17.1	18.2	16.5	17.1	17.7
20 and over.....	36.8	85.7	18.0	15.5	14.8	15.8	14.4	14.3	16.6
All individuals.....	100.0	85.4	18.0	16.0	15.4	16.5	15.0	14.9	18.5

Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by food eaten at breakfast, by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
<hr style="border-top: 1px dashed;"/> Percent <hr style="border-top: 1px dashed;"/>							
Males and females:							
Under 1.....	13.1	19.7	10.3	11.4	11.3	11.8	20.1
1-2.....	22.7	20.6	35.7	12.6	19.7	26.8	32.2
3-5.....	24.3	20.2	41.0	14.5	18.1	29.5	33.9
5 and under.....	22.4	20.3	35.5	13.5	17.8	26.4	31.7
Males:							
6-11.....	22.8	19.5	40.4	13.8	17.9	29.8	33.2
12-19.....	20.4	17.3	33.1	14.5	17.8	26.9	27.1
20-29.....	16.4	14.7	22.3	11.6	14.5	21.6	19.2
30-39.....	17.8	14.4	22.1	8.4	16.2	16.9	21.0
40-49.....	18.4	15.1	22.8	11.2	17.0	20.0	21.2
50-59.....	21.7	19.0	25.6	11.2	19.4	21.8	25.0
60-69.....	24.9	20.8	27.0	11.0	20.9	25.9	27.8
70 and over.....	28.7	25.7	32.2	14.8	24.9	31.0	32.8
20 and over.....	19.9	17.0	24.3	11.0	17.7	21.5	23.0
Females:							
6-11.....	22.0	16.8	35.7	13.7	16.1	28.8	30.4
12-19.....	18.0	14.9	28.4	13.3	15.2	23.9	24.7
20-29.....	18.1	15.0	25.2	11.2	14.0	22.4	22.7
30-39.....	20.1	15.6	23.2	9.7	17.3	17.8	23.0
40-49.....	20.1	16.3	21.1	9.9	15.5	19.5	21.7
50-59.....	23.1	19.7	24.1	9.7	17.9	22.4	25.6
60-69.....	23.8	19.9	24.6	11.4	18.2	25.3	25.9
70 and over.....	27.8	24.4	28.3	11.9	20.0	31.1	31.2
20 and over.....	21.6	17.8	24.2	10.5	16.9	22.2	24.5
All individuals.....	20.9	17.6	27.2	11.6	17.2	23.4	25.5

Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by food eaten at breakfast, by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
<hr/> <i>Percent</i> <hr/>							
Males and females:							
Under 1.....	18.5	18.7	14.6	12.8	11.8	14.7	14.7
1-2.....	34.1	28.1	33.1	39.1	28.6	28.9	26.5
3-5.....	36.6	28.9	35.0	41.3	30.0	32.0	28.1
5 and under.....	33.6	27.4	31.9	37.2	27.3	28.8	25.9
Males:							
6-11.....	36.0	28.7	35.1	43.0	28.5	30.3	25.8
12-19.....	29.4	22.3	26.4	32.4	24.5	25.5	22.0
20-29.....	20.3	14.9	18.4	22.0	16.2	18.2	15.8
30-39.....	22.7	16.6	17.5	21.4	18.4	20.8	17.5
40-49.....	22.2	17.0	17.5	22.3	17.7	21.9	18.4
50-59.....	25.9	20.1	21.4	26.5	21.2	24.4	21.0
60-69.....	29.6	22.4	24.3	28.1	26.0	28.3	24.4
70 and over.....	33.8	27.2	29.8	35.2	27.0	31.0	27.1
20 and over.....	24.3	18.4	20.1	24.4	19.8	22.7	19.4
Females:							
6-11.....	32.8	25.4	31.3	37.0	27.9	28.1	24.5
12-19.....	25.9	20.2	23.0	29.4	20.3	22.2	19.2
20-29.....	24.6	18.7	21.7	25.4	21.3	22.1	18.0
30-39.....	24.5	18.4	18.7	23.3	19.5	23.0	19.0
40-49.....	22.8	19.0	19.0	23.0	18.3	21.6	18.5
50-59.....	26.3	21.0	22.0	26.5	20.8	25.7	21.4
60-69.....	27.1	22.3	23.1	27.3	21.7	25.5	22.0
70 and over.....	31.5	26.1	28.2	33.0	25.7	29.1	24.9
20 and over.....	25.7	20.4	21.6	25.8	20.9	24.0	20.2
All individuals.....	26.9	21.0	23.4	28.2	21.9	24.5	20.9

Excludes breast-fed children.

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by food eaten at breakfast, by sex and, 1 day, 1994-95--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>Percent</i>						
Males and females:						
Under 1.....	14.9	20.2	12.4	11.9	11.9	12.2
1-2.....	24.9	35.5	26.3	20.0	20.0	22.9
3-5.....	25.9	35.6	27.2	19.3	20.3	23.9
5 and under.....	24.2	33.7	25.1	18.7	19.2	22.1
Males:						
6-11.....	24.5	33.2	25.3	18.4	19.1	22.7
12-19.....	21.3	26.6	19.7	17.7	17.7	20.3
20-29.....	16.2	18.6	14.0	13.4	12.8	16.4
30-39.....	18.7	19.4	15.6	14.5	14.3	17.5
40-49.....	20.0	20.7	15.4	15.7	15.3	19.6
50-59.....	22.7	24.0	18.3	17.4	17.5	21.2
60-69.....	25.9	28.3	20.9	19.6	19.0	23.9
70 and over.....	29.4	34.3	24.4	22.9	21.3	26.1
20 and over.....	20.7	22.5	17.0	16.2	15.8	19.7
Females:						
6-11.....	22.6	30.6	23.2	17.5	18.4	22.1
12-19.....	18.4	23.9	18.0	15.0	14.8	18.1
20-29.....	18.6	22.3	17.0	15.2	13.6	18.8
30-39.....	20.6	21.6	16.9	16.4	14.7	19.3
40-49.....	21.5	21.6	16.3	16.5	14.2	20.9
50-59.....	24.2	25.5	18.7	18.4	16.6	22.6
60-69.....	25.2	27.3	19.6	18.9	17.0	23.5
70 and over.....	28.9	32.1	22.8	22.4	18.9	25.7
20 and over.....	22.5	24.3	18.1	17.5	15.5	21.3
All individuals.....	21.9	25.3	19.0	17.1	16.3	20.7

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 7. Snacks: Mean percentages of nutrient intake contributed by food eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-95

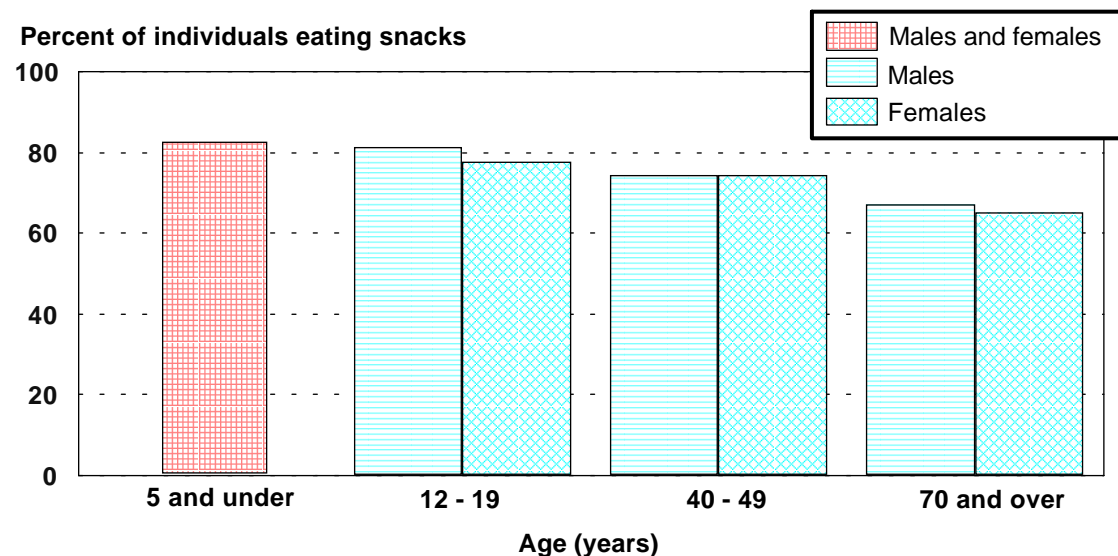
Interpreting the data in this table--

- Each separate time a respondent ate and/or drank was considered to be an “eating occasion.” The specific wording of the question on which this table is based is, “Looking at this card, please tell me what you would call this occasion?” The answer card shown to the respondent listed the categories “breakfast, brunch, lunch, dinner, supper, *food and/or beverage break (snack, alcoholic beverage, other beverage)*, feeding (infant only), and other (specify).” In this table, “snack” refers to any eating occasion designated by the respondent as a food and/or beverage break, including the snack, alcoholic beverage, and other beverage subcategories.
- Calculations of averages were based on all individuals, not just those who ate snacks. An individual's intake of each nutrient from snacks was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If snacks contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake of that nutrient was zero.

Selected highlights--

- Over three-quarters of Americans consume snacks on any given day. Percentages are highest for children 1 to 5 years and lowest for adults 70 years and over.
- Americans consume an average of 17 percent of their calories and 15 percent of their total fat intake at snacks.
- Girls 12 to 19 consume 22 percent of their calories, 20 percent of total fat, and 21 percent of saturated fat from snacks. Boys the same age obtain 20 percent of their calories, 18 percent of total fat, and 18 percent of saturated fat from snacks.

Percentages of individuals eating snacks (including beverage breaks), selected age groups, 1 day



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by food eaten at snacks (including beverage breaks), by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Individuals eating snacks	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>								
<i>----- Percent -----</i>									
Males and females:									
Under 1.....	1.1	47.6	19.2	18.6	20.6	21.0	20.4	20.4	17.2
1-2.....	3.1	89.9	24.7	18.2	22.9	24.0	22.3	20.6	16.0
3-5.....	4.7	86.7	20.8	13.7	19.4	19.8	19.2	19.0	12.6
5 and under.....	8.9	83.2	22.0	15.9	20.8	21.4	20.4	19.7	14.3
Males:									
6-11.....	4.6	80.6	19.6	12.9	18.7	18.5	18.6	18.9	11.7
12-19.....	5.8	81.1	20.2	13.0	17.6	17.5	17.3	18.1	11.3
20-29.....	7.4	75.6	18.3	11.1	14.6	15.3	14.2	14.6	9.8
30-39.....	8.3	75.2	15.3	8.4	12.4	13.4	11.8	11.7	7.9
40-49.....	6.9	74.3	16.4	9.5	13.8	14.8	13.9	12.2	8.6
50-59.....	4.5	72.4	15.4	8.9	13.2	14.1	13.1	12.3	7.5
60-69.....	3.4	75.1	15.0	8.9	13.0	13.8	13.1	11.6	7.3
70 and over.....	3.4	67.1	11.8	6.7	10.3	10.8	10.2	9.1	6.6
20 and over.....	33.9	73.9	15.8	9.2	13.1	14.0	12.9	12.3	8.2
Females:									
6-11.....	4.4	82.0	19.8	12.2	18.9	19.3	18.6	19.2	12.7
12-19.....	5.6	77.4	21.8	13.9	20.0	20.7	19.8	19.0	13.5
20-29.....	7.0	72.7	16.9	10.6	14.4	15.2	14.6	13.0	10.3
30-39.....	8.8	75.7	16.5	9.8	13.5	13.9	13.4	13.0	8.4
40-49.....	6.7	74.2	16.8	9.7	14.8	15.7	14.7	13.7	8.4
50-59.....	5.3	73.6	15.0	8.6	12.5	13.6	12.2	11.3	7.2
60-69.....	4.2	76.9	14.8	8.2	12.7	13.7	12.6	11.8	8.1
70 and over.....	4.8	65.1	12.0	7.0	10.8	12.2	10.6	9.3	6.9
20 and over.....	36.8	73.3	15.6	9.2	13.3	14.2	13.3	12.3	8.4
All individuals.....	100.0	75.8	17.2	10.6	15.0	15.7	14.8	14.2	9.7

Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by food eaten at snacks (including beverage breaks), by sex and, 1 day, 1994-95--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
<hr style="border-top: 1px dashed black;"/>							
<i>Percent</i>							
Males and females:							
Under 1.....	18.5	10.3	19.0	9.5	21.1	20.6	16.5
1-2.....	27.5	20.9	17.4	17.1	23.4	27.0	19.4
3-5.....	23.8	21.1	14.3	15.1	21.3	21.6	14.8
5 and under.....	24.5	20.0	15.9	15.3	22.0	23.4	16.6
Males:							
6-11.....	22.1	19.2	13.6	16.3	19.0	17.0	13.3
12-19.....	23.6	18.8	13.6	15.3	19.0	18.1	14.2
20-29.....	20.7	15.1	12.5	12.0	15.1	15.1	12.5
30-39.....	18.2	13.4	12.0	9.0	12.4	11.5	10.3
40-49.....	19.2	13.6	11.3	9.7	13.2	12.0	11.3
50-59.....	18.2	13.0	9.8	9.8	12.4	12.9	10.7
60-69.....	17.4	13.8	9.8	9.4	12.6	12.8	10.5
70 and over.....	13.3	9.8	7.5	7.4	9.8	10.4	7.6
20 and over.....	18.4	13.4	11.0	9.8	12.9	12.6	10.8
Females:							
6-11.....	22.6	18.7	14.2	14.9	19.1	17.3	14.1
12-19.....	24.8	18.9	16.1	16.7	18.6	17.6	14.9
20-29.....	19.0	14.3	11.8	11.2	13.8	13.3	11.4
30-39.....	19.9	14.6	12.3	13.8	14.1	15.0	11.1
40-49.....	19.9	14.4	11.2	10.9	13.9	12.9	11.4
50-59.....	17.7	12.4	9.2	8.2	11.9	13.3	10.3
60-69.....	17.9	12.9	10.0	8.0	12.2	13.2	10.1
70 and over.....	13.9	9.5	7.7	7.2	9.8	10.3	8.1
20 and over.....	18.4	13.3	10.7	10.4	12.9	13.2	10.6
All individuals.....	19.9	15.1	12.0	11.8	14.9	14.8	11.9

Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by food eaten at snacks (including beverage breaks), by sex and, 1 day, 1994-95--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
<hr style="border-top: 1px dashed black;"/>							
<i>Percent</i>							
Males and females:							
Under 1.....	18.0	16.5	18.7	19.2	21.0	19.9	18.9
1-2.....	22.2	15.1	19.7	18.2	20.2	25.3	22.0
3-5.....	17.0	12.2	15.3	15.3	14.2	18.6	16.8
5 and under.....	18.9	13.7	17.2	16.8	17.1	21.1	18.9
Males:							
6-11.....	14.9	12.2	13.4	13.8	11.6	16.2	15.4
12-19.....	16.2	13.1	14.6	15.7	11.3	17.2	16.1
20-29.....	15.2	12.2	13.9	15.7	11.2	17.0	15.3
30-39.....	13.7	9.3	10.9	12.6	9.1	14.9	12.3
40-49.....	14.3	10.3	11.9	13.3	10.2	16.0	13.3
50-59.....	13.1	9.2	10.5	11.4	8.4	15.1	12.5
60-69.....	12.5	9.5	11.1	11.9	8.6	15.0	12.0
70 and over.....	9.5	6.4	8.4	8.0	7.0	11.4	9.0
20 and over.....	13.6	9.9	11.5	12.7	9.4	15.3	12.8
Females:							
6-11.....	15.5	12.0	13.2	14.2	12.0	15.9	14.7
12-19.....	18.0	12.6	14.5	15.3	14.5	19.4	17.6
20-29.....	14.4	10.1	11.3	12.9	10.8	15.9	14.3
30-39.....	14.1	9.8	12.0	13.0	9.3	15.0	13.3
40-49.....	14.4	9.8	10.3	11.8	9.3	16.0	13.5
50-59.....	13.1	8.9	10.8	11.4	8.9	14.3	12.0
60-69.....	12.5	8.1	9.9	10.5	8.5	14.6	11.3
70 and over.....	9.9	6.6	8.0	8.1	7.7	11.8	9.4
20 and over.....	13.3	9.1	10.6	11.6	9.2	14.8	12.6
All individuals.....	14.5	10.5	12.2	13.1	10.7	16.0	14.0

Excludes breast-fed children.

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by food eaten at snacks (including beverage breaks), by sex and, 1 day, 1994-95--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>Percent</i>						
Males and females:						
Under 1.....	17.1	17.4	19.5	18.8	17.8	18.9
1-2.....	23.1	17.2	18.4	22.3	16.6	24.2
3-5.....	19.5	14.3	14.1	20.8	13.8	19.3
5 and under.....	20.5	15.7	16.3	21.1	15.2	21.0
Males:						
6-11.....	17.9	13.8	13.5	18.8	13.4	16.5
12-19.....	19.4	14.4	14.2	19.8	13.9	17.6
20-29.....	18.0	12.0	12.0	17.2	12.1	15.0
30-39.....	14.5	9.9	9.8	13.7	9.1	12.4
40-49.....	15.7	11.3	10.8	15.0	9.8	13.9
50-59.....	14.9	9.8	10.0	13.8	8.8	13.4
60-69.....	14.1	9.7	9.6	14.0	8.7	12.8
70 and over.....	10.0	7.0	7.2	9.9	7.0	9.6
20 and over.....	15.1	10.3	10.2	14.4	9.6	13.2
Females:						
6-11.....	17.3	14.3	12.7	18.8	13.6	15.8
12-19.....	19.6	15.2	15.1	19.3	15.3	17.8
20-29.....	16.6	11.3	12.1	16.1	10.2	14.4
30-39.....	15.6	11.1	10.7	15.2	10.2	14.7
40-49.....	15.7	11.7	11.3	15.6	10.1	14.0
50-59.....	14.3	10.3	10.4	14.6	8.7	13.6
60-69.....	13.5	9.9	9.5	13.2	8.4	12.5
70 and over.....	10.4	7.2	7.9	10.4	6.5	10.1
20 and over.....	14.7	10.5	10.5	14.5	9.3	13.5
All individuals.....	16.2	11.7	11.6	16.0	10.9	14.8

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 8a. Food away from home: Mean percentages of nutrient intake contributed by food obtained and eaten away from home, by sex and age, 1 day, 1994-95

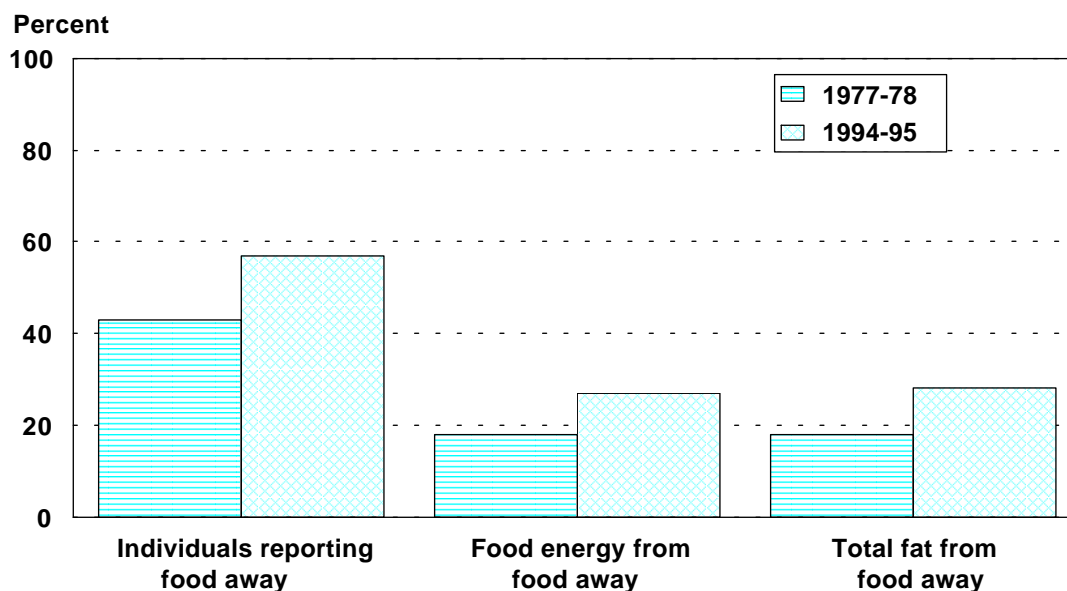
Interpreting the data in this table--

- For each food item eaten, the respondent was asked, “Before you ate this particular food, was it ever at your home?” If the answer was “no,” the food was classified as food obtained and eaten away from home (food away from home). Prepared foods obtained away and taken home to be eaten and foods taken from home to be eaten elsewhere were not classified as food obtained and eaten away from home.
- Calculations of averages were based on all individuals, not just those who obtained and ate food away from home. An individual's intake of each nutrient from food away from home was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by such food. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If food obtained and eaten away from home contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake of that nutrient was zero.

Selected highlights--

- The percentage of individuals eating away from home increased by 33 percent between 1977-78 and 1994-95.
- On any given day, over half the individuals in all groups age 3 to 59 years consume one or more food or drink items away from home. About two-thirds of males age 6 to 49 years and females 6 to 29 years obtain and eat food away from home.
- On average, about one-fourth of the day's calories and nutrients comes from food away from home. Nutrient contributions from food away from home are highest for males and females age 20 to 29 years.

Food obtained and eaten away from home, all individuals, 1 day



Sources: USDA Nationwide Food Consumption Survey, 1977-78 and USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 8a.--Food away from home: Mean percentages of nutrient intake contributed by food obtained and eaten away from home, by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Individuals eating away from home	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
<i>Percent ----- Percent</i>									
Males and females:									
Under 1.....	1.1	14.0	3.5	3.5	† 2.8	† 2.5	† 3.0	† 2.8	† 3.5
1-2.....	3.1	38.1	14.6	14.6	15.4	14.5	16.1	16.3	14.8
3-5.....	4.7	52.9	20.8	20.9	22.3	22.5	22.7	21.4	22.1
5 and under.....	8.9	43.1	16.6	16.6	17.6	17.3	18.1	17.4	17.5
Males:									
6-11.....	4.6	67.8	27.4	27.8	28.6	29.5	28.8	27.0	28.3
12-19.....	5.8	71.3	33.3	32.0	34.7	35.2	35.4	33.5	32.8
20-29.....	7.4	71.9	41.5	40.8	42.8	42.7	43.7	42.3	41.6
30-39.....	8.3	66.5	32.4	32.0	33.8	33.2	33.9	34.6	32.4
40-49.....	6.9	66.4	28.4	27.6	30.2	29.7	30.6	30.5	29.9
50-59.....	4.5	59.6	26.7	26.6	28.3	28.1	28.5	28.8	28.9
60-69.....	3.4	49.0	20.9	21.7	22.7	22.6	22.9	22.5	22.5
70 and over.....	3.4	28.7	12.9	13.5	14.5	14.2	14.6	14.6	15.0
20 and over.....	33.9	61.2	29.7	29.4	31.3	30.9	31.6	31.5	30.7
Females:									
6-11.....	4.4	65.7	30.2	29.8	31.5	32.2	31.8	29.9	30.0
12-19.....	5.6	63.4	30.9	29.7	32.1	32.2	32.7	31.4	29.7
20-29.....	7.0	62.6	33.9	33.3	35.4	34.7	35.7	36.0	33.9
30-39.....	8.9	56.0	26.9	26.6	28.7	28.3	28.7	29.2	28.5
40-49.....	6.7	55.2	24.4	24.5	25.8	25.6	26.0	26.2	26.0
50-59.....	5.3	53.8	23.2	23.7	26.0	25.8	26.4	26.2	26.2
60-69.....	4.2	38.6	17.1	17.7	19.1	19.1	19.1	19.2	19.5
70 and over.....	4.8	28.4	13.3	13.8	14.6	13.9	14.9	15.0	14.9
20 and over.....	36.8	51.3	24.4	24.4	26.1	25.7	26.3	26.5	25.9
All individuals.....	100.0	57.1	26.8	26.5	28.3	28.1	28.6	28.2	27.7

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 8a.--Food away from home: Mean percentages of nutrient intake contributed by food obtained and eaten away from home, by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
<hr style="border-top: 1px dashed black;"/>							
<i>Percent</i>							
Males and females:							
Under 1.....	4.0	† 6.7	† 3.4	† 5.7	† 2.6	† 3.2	† 3.6
1-2.....	14.2	15.6	11.2	14.8	15.4	12.7	13.0
3-5.....	20.1	20.2	16.7	20.9	20.6	16.7	18.1
5 and under.....	16.1	17.3	13.2	17.3	16.6	13.7	14.6
Males:							
6-11.....	26.9	27.7	23.1	27.9	26.2	22.7	23.3
12-19.....	32.9	31.7	26.4	30.8	32.5	27.9	29.0
20-29.....	40.4	39.8	35.4	39.5	40.1	36.8	37.9
30-39.....	31.8	30.3	27.8	31.5	32.2	29.5	29.4
40-49.....	26.9	24.6	22.0	24.6	27.3	21.5	25.4
50-59.....	25.2	24.3	23.5	25.5	26.5	22.9	24.9
60-69.....	19.1	19.2	19.2	21.6	21.0	15.8	19.2
70 and over.....	11.3	11.0	10.6	13.6	13.0	10.3	11.1
20 and over.....	28.5	27.4	25.2	28.3	29.1	25.3	27.0
Females:							
6-11.....	29.8	29.4	28.1	30.4	29.9	25.5	26.9
12-19.....	30.3	29.5	25.5	29.5	30.3	26.5	27.7
20-29.....	32.4	32.7	29.7	34.8	34.8	30.3	31.4
30-39.....	25.9	25.7	24.8	27.2	27.1	24.7	24.1
40-49.....	23.2	22.9	21.4	24.0	25.3	22.9	22.2
50-59.....	21.0	21.0	20.2	22.8	24.6	19.0	21.2
60-69.....	15.4	15.0	15.9	18.0	17.6	13.7	15.8
70 and over.....	12.1	12.3	11.6	14.4	13.9	10.2	11.4
20 and over.....	23.0	22.9	21.7	24.7	25.1	21.5	22.1
All individuals.....	25.7	25.3	23.0	26.3	26.7	23.0	24.1

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 8a.--Food away from home: Mean percentages of nutrient intake contributed by food obtained and eaten away from home, by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
<hr/> <i>Percent</i> <hr/>							
Males and females:							
Under 1.....	† 3.4	3.8	† 4.2	† 3.7	† 2.9	† 2.5	† 3.0
1-2.....	11.9	14.6	12.9	12.3	12.9	12.1	13.5
3-5.....	18.0	18.8	17.3	16.5	19.5	19.5	20.0
5 and under.....	14.1	15.6	14.2	13.5	15.2	14.9	15.7
Males:							
6-11.....	24.9	23.6	22.6	21.0	27.5	28.2	27.3
12-19.....	29.4	30.5	28.4	28.0	31.7	31.5	31.8
20-29.....	37.4	40.1	38.2	37.7	40.0	38.5	39.6
30-39.....	28.6	31.0	29.6	29.3	30.8	29.4	31.1
40-49.....	24.8	27.6	25.0	24.1	27.4	25.1	26.8
50-59.....	24.5	26.3	24.7	24.1	26.8	24.1	25.5
60-69.....	18.7	20.9	19.7	18.8	21.4	18.3	20.2
70 and over.....	10.6	12.5	10.9	10.3	12.9	11.0	12.2
20 and over.....	26.4	28.8	27.0	26.5	28.8	26.9	28.4
Females:							
6-11.....	28.4	26.9	26.0	25.5	29.7	31.8	30.3
12-19.....	27.2	28.8	27.3	26.4	29.4	29.6	29.6
20-29.....	30.9	33.3	31.5	31.0	31.0	31.0	32.0
30-39.....	23.9	25.3	24.2	24.5	26.1	24.6	25.7
40-49.....	22.1	23.4	22.6	21.8	22.0	23.1	23.7
50-59.....	20.7	23.0	21.1	19.9	23.5	20.4	22.3
60-69.....	15.1	16.8	15.8	15.1	17.1	15.1	16.3
70 and over.....	10.9	13.2	11.7	10.7	13.2	11.0	12.4
20 and over.....	21.8	23.6	22.3	21.7	23.2	22.1	23.3
All individuals.....	23.8	25.5	24.0	23.3	25.7	24.7	25.6

† See "Statistical notes," appendix B.

Continued

Excludes breast-fed children.

Table 8a.--Food away from home: Mean percentages of nutrient intake contributed by food obtained and eaten away home, by sex and age, 1 day, 1994-95--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<hr style="border-top: 1px dashed black;"/>						
<i>Percent</i>						
Males and females:						
Under 1.....	3.8	† 3.5	3.5	3.9	4.7	3.5
1-2.....	13.4	13.3	13.4	14.8	15.5	14.1
3-5.....	19.4	17.9	19.4	20.2	21.0	20.3
5 and under.....	15.4	14.6	15.4	16.4	17.2	16.1
Males:						
6-11.....	26.3	23.7	26.3	27.4	27.6	28.2
12-19.....	30.3	29.7	31.2	31.8	32.7	31.2
20-29.....	38.9	38.5	39.9	39.8	40.9	39.6
30-39.....	30.2	30.4	30.8	30.9	32.4	31.0
40-49.....	25.6	26.0	26.9	25.8	28.9	25.9
50-59.....	24.2	25.0	25.5	25.1	28.2	25.0
60-69.....	19.4	20.1	21.1	19.9	21.8	20.0
70 and over.....	11.2	11.3	12.6	12.2	13.9	12.1
20 and over.....	27.4	27.6	28.5	28.1	30.1	28.1
Females:						
6-11.....	29.0	26.1	28.5	29.3	29.7	30.0
12-19.....	28.5	27.2	28.2	29.9	30.3	29.3
20-29.....	32.0	31.7	32.2	32.8	34.1	32.6
30-39.....	24.6	24.9	25.9	25.4	27.5	25.3
40-49.....	22.0	21.7	22.6	22.8	25.4	22.7
50-59.....	20.3	21.7	22.9	22.2	24.9	20.6
60-69.....	14.9	15.8	17.0	15.8	17.7	15.2
70 and over.....	11.7	12.3	13.1	13.0	13.9	12.1
20 and over.....	22.1	22.5	23.4	23.2	25.1	22.7
All individuals.....	24.6	24.4	25.5	25.6	27.1	25.4

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 8b. Food away from home: Users reporting at least one item from a source, by sex and age, 1 day, 1994-95

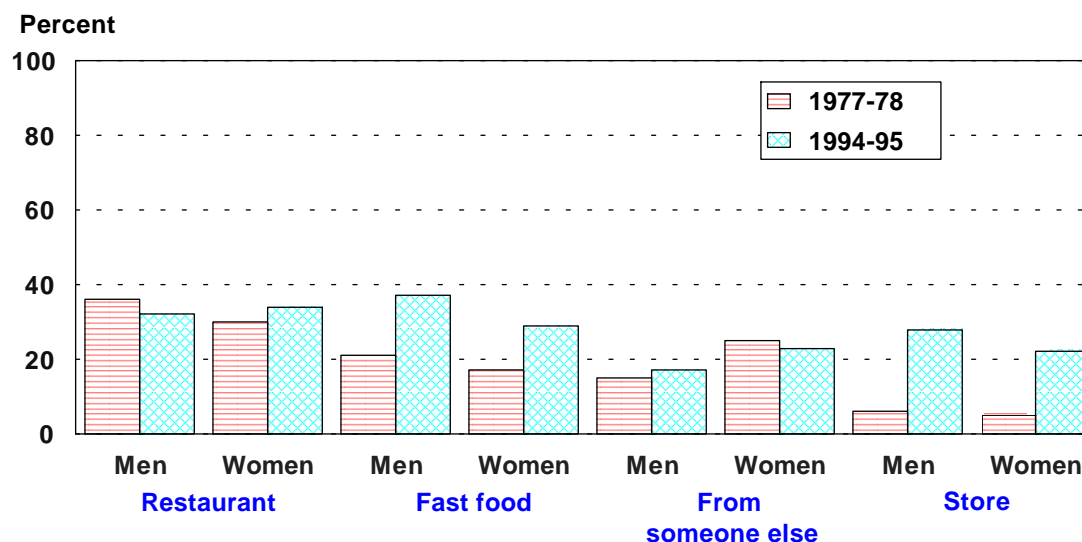
Interpreting the data in this table--

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

Selected highlights--

- As shown in the figure, the percentages of both men and women using stores and fast food places as sources of food away from home increased between 1977-78 and 1994-95.
- Among sources of food away from home in 1994-95, fast food places are used by the highest percentage of individuals of all ages (32 percent). In 1977-78, restaurants were the source of food away from home used by the highest percentage of individuals of all ages.

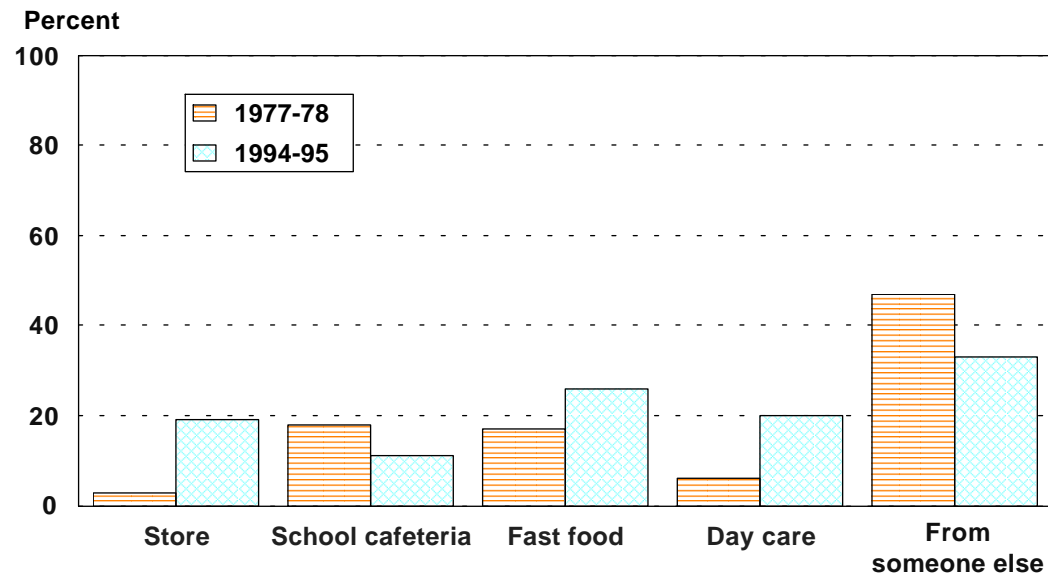
Sources of food obtained and eaten away from home, percentages of adults 20 years of age and over, 1 day



Sources: USDA Nationwide Food Consumption Survey, 1977-78 and USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

- In 1994-95, the most common sources of food away from home for children 5 and under were “from someone else,” fast food places, and day care. In 1977-78, the most common sources of away-from-home food for children 5 and under were “from someone else,” school cafeterias, and fast food places. Between 1977-78 and 1994-95, the percentage of children obtaining food from someone else and from school cafeterias decreased, while the percentage obtaining food from stores, fast food places, and day care increased.

Sources of food obtained and eaten away from home, percentages of children 5 years and under, 1 day



Sources: USDA Nationwide Food Consumption Survey, 1977-78 and USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 8b.--Food away from home: Users reporting at least one item from a source, by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Individuals eating away from home	Source							
			Restaurant	Fast food place	Someone else/gift	Store	School cafeteria	Other cafeteria	Day care	Other
<i>Percent Percent ----- Percent of users -----</i>										
Males and females:										
Under 1.....	0.3	14.0	† 0.0	† 13.4	† 52.7	† 31.3	† 0.0	† 0.0	† 2.9	† 3.0
1-2.....	2.1	38.1	11.2	27.0	35.2	21.7	† 1.7	† 1.4	20.2	6.8
3-5.....	4.4	52.9	10.1	25.8	31.4	17.7	16.3	† 1.1	21.2	9.2
5 and under.....	6.7	43.1	10.1	25.7	33.4	19.4	11.2	† 1.1	20.2	8.2
Males:										
6-11.....	5.4	67.8	14.2	23.1	27.0	14.5	48.4	† 1.9	4.1	10.4
12-19.....	7.2	71.3	14.1	40.4	20.4	28.2	30.7	† 1.9	† .5	18.8
20-29.....	9.4	71.9	29.5	46.7	18.5	35.0	† 1.6	6.2	† .2	31.3
30-39.....	9.6	66.5	27.5	37.1	18.4	30.4	† 1.6	10.2	† 0.0	32.4
40-49.....	8.1	66.4	30.5	34.8	14.2	29.2	† 2.7	9.2	† 0.0	28.0
50-59.....	4.7	59.6	36.5	32.5	13.5	24.0	† 1.0	9.4	† 0.0	29.6
60-69.....	2.9	49.0	41.4	29.9	19.4	11.2	† 1.0	7.3	† .9	22.5
70 and over.....	1.7	28.7	42.9	21.8	17.1	12.6	† 0.0	8.5	† .4	22.2
20 and over.....	36.4	61.2	31.7	37.2	16.9	28.1	1.6	8.5	† .2	29.5
Females:										
6-11.....	5.0	65.7	10.4	24.0	32.4	17.9	48.9	† 1.8	5.6	10.9
12-19.....	6.2	63.4	18.2	33.3	33.2	26.5	33.2	† 1.7	† .6	18.2
20-29.....	7.7	62.6	36.9	37.3	22.1	25.0	† 1.0	9.3	† 1.1	26.9
30-39.....	8.7	56.0	28.0	33.3	19.4	22.1	† 2.0	13.2	† 1.6	28.1
40-49.....	6.4	55.2	34.4	31.1	23.8	25.9	† 3.2	7.6	† .1	27.3
50-59.....	5.0	53.8	34.5	20.2	24.3	20.4	† 3.4	11.8	† .5	21.6
60-69.....	2.9	38.6	39.7	19.5	29.3	15.5	† 1.5	8.1	† .5	17.5
70 and over.....	2.4	28.4	33.6	17.1	25.7	11.8	† 0.0	7.7	† 2.5	21.9
20 and over.....	33.1	51.3	33.7	29.5	22.9	22.0	2.0	10.2	1.0	25.3
All individuals.....	100.0	57.1	26.8	32.4	22.6	24.1	11.4	7.0	2.3	23.3

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.1 to Table 9.7 Food intakes: Mean quantities (in grams) of food from various food groups consumed per individual, by sex and age, 1 day, 1994-95

Interpreting the data in these tables--

- 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 (unpublished data).
- 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 9.1 to 9.7) by the percentage of individuals using foods from that group (tables 10.1 to 10.7) expressed as a decimal.

Selected highlights--

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

- Americans consume an average of 301 grams of grain products each day. More than one-third (110 grams) is consumed as grain mixtures--such as lasagna and pizza. Intakes from the groups "yeast breads and rolls" and "cereals and pasta" (which includes rice) are also substantial. One slice of whole wheat bread weighs 28 grams, one-eighth of a medium pizza weighs 74 grams, and 2/3 cup of cooked rice weighs 105 grams.
- Americans consume low levels of nutrient-packed dark-green and deep-yellow vegetables despite guidance to do otherwise. Men 20 years of age and older consume an average of 22 grams of dark-green and deep-yellow vegetables per day, and women consume an average of 24 grams. Two cooked broccoli florets weigh 20 grams; so do two raw baby carrots.

- One-half or more of the white potatoes eaten by children 1 to 5 years, boys 6 to 19 years, men 20 to 29 years, and girls 6 to 11 years are in the form of fried potatoes.
- Adolescents age 12 to 19 years drink nearly twice as much soft drinks as milk. In 1994-95, adolescent boys consumed about 1-1/4 cups (316 grams) of fluid milk per day; adolescent girls consumed less than 1 cup (207 grams). For both, about one-third is whole milk and about two-thirds is lowfat or skim milk. Adolescent boys consume about 2-2/3 cups (609 grams) of carbonated soft drinks; adolescent girls, about 1-1/2 cups (388 grams).
- In the two decades since 1977-78, milk intakes have decreased by one-third, and soft drink intakes have nearly doubled among adolescent girls and nearly tripled among adolescent boys.
- Children age 5 years and under drink more noncitrus juices, fruit drinks and ades, and soft drinks but less fluid milk than did their counterparts in 1977-78.

Changes in beverage consumption, 1977-78 and 1994-95, children 5 years and under, 1 day

	1977-78 mean (g)	1994-95 mean (g)	% change
Fluid milk	380	314	-17
Citrus juices	47	43	- 6
Noncitrus juices and nectars	25	98	+ 292
Fruit drinks and ades	78	113	+ 45
Carbonated soft drinks	61	72	+18

Sources: USDA Nationwide Food Consumption Survey, 1977-78 and USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.1.--Grain products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-95

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				
<div><div>Percent</div><div>----- Grams -----</div></div>											
Males and females:											
Under 1.....	1.1	60	† 4	31	† 1	† 2	† *	† *	3	† 1	21
1-2.....	3.1	207	21	55	15	13	10	10	18	7	95
3-5.....	4.7	248	36	64	21	15	7	14	30	9	96
5 and under.....	8.9	211	27	57	16	13	7	11	22	7	87
Males:											
6-11.....	4.6	313	48	81	32	19	15	18	44	15	108
12-19.....	5.8	390	53	83	30	29	14	26	49	20	159
20-29.....	7.4	406	63	90	16	39	29	17	37	18	181
30-39.....	8.3	403	63	80	15	39	17	23	52	15	170
40-49.....	6.9	343	63	88	14	34	29	27	40	13	111
50-59.....	4.5	321	63	91	16	31	17	26	46	13	82
60-69.....	3.4	304	66	90	16	24	18	25	42	12	69
70 and over.....	3.4	305	57	106	20	24	16	19	51	6	65
20 and over.....	33.9	361	63	89	16	34	22	23	44	14	128
Females:											
6-11.....	4.4	273	45	55	20	15	13	19	44	13	97
12-19.....	5.6	307	38	58	17	18	15	15	37	17	142
20-29.....	7.0	287	38	72	16	33	17	14	32	11	121
30-39.....	8.8	254	44	59	10	23	14	14	31	12	95
40-49.....	6.7	261	45	63	11	25	16	21	36	10	85
50-59.....	5.3	241	52	56	12	15	10	17	32	10	75
60-69.....	4.2	231	47	63	13	12	13	16	35	9	62
70 and over.....	4.8	241	47	72	15	14	12	13	38	6	64
20 and over.....	36.8	255	45	64	13	22	14	16	34	10	87
All individuals.....	100.0	301	50	73	16	25	16	18	38	12	110

* 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, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.2.--Vegetables: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-95

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								
Males and females:											
Under 1.....	1.1	45	† 4	† 1	† 1	14	† *	0	6	† 3	18
1-2.....	3.1	81	26	13	4	6	8	1	8	9	18
3-5.....	4.7	90	35	18	4	4	12	3	6	11	16
5 and under.....	8.9	82	28	14	4	6	9	2	7	9	17
Males:											
6-11.....	4.6	114	47	26	† 4	6	17	5	5	12	19
12-19.....	5.8	178	82	43	† 7	† 6	28	12	† 4	13	28
20-29.....	7.4	217	83	43	9	4	38	16	7	15	45
30-39.....	8.3	253	92	36	17	6	38	22	8	14	55
40-49.....	6.9	231	70	25	14	7	40	20	8	17	55
50-59.....	4.5	264	81	23	17	9	33	24	12	21	67
60-69.....	3.4	260	73	20	16	12	39	19	12	14	75
70 and over.....	3.4	241	61	11	15	15	32	14	14	15	75
20 and over.....	33.9	242	79	29	14	8	37	20	9	16	58
Females:											
6-11.....	4.4	111	40	23	5	3	13	6	6	13	24
12-19.....	5.6	138	62	28	5	4	15	11	4	10	27
20-29.....	7.0	163	55	26	8	7	27	15	7	11	32
30-39.....	8.8	179	52	19	12	10	30	17	8	13	37
40-49.....	6.7	186	47	16	12	10	26	20	7	11	53
50-59.....	5.3	210	51	11	17	13	30	20	7	11	62
60-69.....	4.2	218	49	8	18	11	27	17	12	10	72
70 and over.....	4.8	204	47	4	22	13	25	12	11	13	62
20 and over.....	36.8	189	51	15	14	10	28	17	8	11	50
All individuals.....	100.0	187	60	23	11	8	27	15	8	13	45

* 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, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.3.--Fruits: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-95

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
<div><div>Percent</div><div>-----Grams-----</div></div>											
Males and females:											
Under 1.....	1.1	124	† 1	† *	0	124	14	† 6	† 1	37	66
1-2.....	3.1	274	55	48	2	216	23	22	9	22	138
3-5.....	4.7	216	60	49	1	153	28	13	11	22	78
5 and under.....	8.9	225	51	43	1	171	25	16	9	24	98
Males:											
6-11.....	4.6	197	74	66	† 1	118	29	12	16	22	39
12-19.....	5.8	190	112	104	† 1	75	14	8	† 15	9	29
20-29.....	7.4	169	100	92	† *	68	13	10	9	10	27
30-39.....	8.3	154	71	61	† 1	81	18	17	9	20	17
40-49.....	6.9	170	67	56	† 1	95	14	21	21	21	19
50-59.....	4.5	178	74	64	† 1	101	21	19	23	21	16
60-69.....	3.4	192	68	52	† 1	118	22	28	29	30	10
70 and over.....	3.4	203	75	54	3	124	23	30	23	29	19
20 and over.....	33.9	172	77	65	1	92	17	19	17	20	19
Females:											
6-11.....	4.4	173	69	61	*	100	23	7	11	23	37
12-19.....	5.6	158	71	66	† 1	85	10	4	† 17	17	37
20-29.....	7.0	128	59	52	† *	65	7	10	8	16	24
30-39.....	8.8	127	51	44	† 1	75	16	14	12	14	20
40-49.....	6.7	164	69	56	† *	93	18	16	28	21	11
50-59.....	5.3	166	68	54	† 1	97	20	21	26	23	6
60-69.....	4.2	191	74	55	† 1	113	25	20	28	26	14
70 and over.....	4.8	196	79	56	2	111	23	26	16	32	14
20 and over.....	36.8	156	64	52	1	89	17	17	18	20	16
All individuals.....	100.0	172	71	61	1	98	18	16	16	20	28

* 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, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.4.--Milk and milk products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<div>Percent</div> <div>----- Grams -----</div>										
Males and females:										
Under 1.....	1.1	775	771	59	† 41	† 17	0	0	† 3	† 1
1-2.....	3.1	467	440	400	252	133	12	11	15	10
3-5.....	4.7	391	352	314	140	153	16	9	25	12
5 and under.....	8.9	463	433	314	167	130	12	8	19	10
Males:										
6-11.....	4.6	450	403	340	118	176	36	6	34	12
12-19.....	5.8	424	371	316	105	168	38	† 3	31	19
20-29.....	7.4	248	198	184	67	81	31	† 2	23	22
30-39.....	8.3	273	210	176	58	91	22	10	36	18
40-49.....	6.9	273	212	192	58	86	44	† 6	38	18
50-59.....	4.5	219	171	150	34	70	43	6	29	14
60-69.....	3.4	237	183	166	37	81	44	† 5	35	14
70 and over.....	3.4	267	212	194	47	104	38	† 4	36	13
20 and over.....	33.9	256	200	178	54	85	35	6	33	18
Females:										
6-11.....	4.4	385	335	280	97	141	32	6	33	15
12-19.....	5.6	287	237	207	73	98	35	† 5	31	14
20-29.....	7.0	226	187	159	66	45	45	7	19	15
30-39.....	8.8	202	159	131	27	66	35	13	22	17
40-49.....	6.7	188	140	120	30	48	39	8	30	13
50-59.....	5.3	190	143	122	26	45	45	15	26	17
60-69.....	4.2	196	149	129	23	62	42	9	29	15
70 and over.....	4.8	203	159	146	29	73	42	4	28	13
20 and over.....	36.8	202	158	135	35	56	41	10	25	15
All individuals.....	100.0	280	232	196	66	91	35	7	28	16

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.5.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-95

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		
<div>Percent ----- Grams -----</div>											
Males and females:											
Under 1.....	1.1	26	† 1	† *	† *	† 1	† 2	† 3	† 1	0	19
1-2.....	3.1	87	7	4	† *	† *	16	15	14	4	39
3-5.....	4.7	108	12	6	† *	† *	21	19	17	3	46
5 and under.....	8.9	91	9	5	† *	† *	17	15	14	3	40
Males:											
6-11.....	4.6	146	19	8	† *	† *	25	22	19	9	60
12-19.....	5.8	247	30	11	† 1	0	24	33	26	9	135
20-29.....	7.4	307	39	12	† 3	† 2	30	37	30	7	173
30-39.....	8.3	282	49	14	† 2	† *	30	40	33	20	123
40-49.....	6.9	280	37	18	2	† 2	30	35	26	10	141
50-59.....	4.5	273	34	18	† 1	† 2	27	35	30	17	131
60-69.....	3.4	248	30	15	† 1	† 1	24	28	23	17	123
70 and over.....	3.4	202	21	15	† 2	† 2	21	22	19	15	100
20 and over.....	33.9	275	38	15	2	† 1	28	35	28	14	137
Females:											
6-11.....	4.4	127	17	5	† *	† *	19	18	15	5	60
12-19.....	5.6	161	22	6	† *	† *	13	19	16	5	88
20-29.....	7.0	176	21	8	† 2	0	16	25	22	† 9	92
30-39.....	8.8	173	22	10	† *	† *	19	20	18	9	86
40-49.....	6.7	169	21	10	† 1	† 1	15	23	19	8	88
50-59.....	5.3	164	20	10	† 1	† 1	14	28	22	12	75
60-69.....	4.2	163	18	11	1	† 1	16	21	19	12	79
70 and over.....	4.8	154	11	9	† 1	† 1	12	23	19	11	84
20 and over.....	36.8	168	19	10	1	*	16	23	20	10	85
All individuals.....	100.0	199	25	11	1	1	21	26	22	10	99

* 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, 1994-95;

ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i> -----										
Males and females:										
Under 1.....	1.1	† 4	131	0	† *	† *	† *	† 1	† *	† *
1-2.....	3.1	16	22	3	2	1	1	17	*	4
3-5.....	4.7	11	10	6	5	2	2	29	1	7
5 and under.....	8.9	12	29	4	3	2	2	22	1	5
Males:										
6-11.....	4.6	14	10	6	8	3	4	39	1	13
12-19.....	5.8	21	18	5	13	3	9	39	2	14
20-29.....	7.4	22	26	5	15	3	9	22	4	8
30-39.....	8.3	22	40	4	21	6	11	26	4	6
40-49.....	6.9	24	25	5	19	5	12	22	5	7
50-59.....	4.5	25	26	5	20	5	12	24	5	6
60-69.....	3.4	27	42	4	19	6	10	26	6	5
70 and over.....	3.4	21	32	4	15	5	7	23	4	3
20 and over.....	33.9	23	31	4	18	5	11	24	4	6
Females:										
6-11.....	4.4	13	11	5	7	3	4	40	1	12
12-19.....	5.6	15	† 17	† 3	9	3	6	32	2	12
20-29.....	7.0	14	14	3	15	2	10	17	3	7
30-39.....	8.8	16	20	† 3	15	3	10	19	4	5
40-49.....	6.7	16	18	3	17	3	10	22	4	7
50-59.....	5.3	17	20	3	18	5	11	18	4	5
60-69.....	4.2	17	22	2	17	4	10	17	3	3
70 and over.....	4.8	12	22	3	13	5	7	19	3	2
20 and over.....	36.8	16	19	3	16	3	10	19	4	5
All individuals.....	100.0	18	23	4	14	4	9	25	3	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, 1994-95;

ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 9.7.--Beverages: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1994-95

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												
Males and females:														
Under 1.....	1.1	† 13	0	0	0	† 13	0	† 1	† 10	† 9	† 2	† 3	† 3	0
1-2.....	3.1	164	0	0	0	164	† *	20	100	89	† 9	44	40	† 3
3-5.....	4.7	276	0	0	0	276	† *	25	145	135	8	105	93	11
5 and under.....	8.9	206	0	0	0	206	† *	20	113	104	8	72	64	7
Males:														
6-11.....	4.6	421	0	0	0	421	† 1	40	154	139	15	225	206	19
12-19.....	5.8	985	† 53	† 1	† 52	932	20	117	186	149	36	609	583	26
20-29.....	7.4	1,530	435	† 9	409	1,095	198	151	133	94	39	612	546	65
30-39.....	8.3	1,383	228	† 14	209	1,155	378	202	74	63	† 11	497	386	110
40-49.....	6.9	1,392	229	15	205	1,163	515	179	77	64	† 12	385	276	108
50-59.....	4.5	1,251	155	16	128	1,095	544	137	100	77	† 23	307	185	122
60-69.....	3.4	1,060	127	16	104	933	555	137	58	50	† 8	178	100	78
70 and over.....	3.4	748	72	9	56	676	392	129	40	32	† 8	112	68	44
20 and over.....	33.9	1,304	238	13	216	1,066	408	164	86	67	18	404	312	92
Females:														
6-11.....	4.4	363	0	0	0	363	† 1	40	128	117	† 11	194	172	21
12-19.....	5.6	648	† 5	† *	† 4	644	8	109	137	116	† 19	388	338	48
20-29.....	7.0	956	113	11	87	843	149	150	94	88	† 6	448	332	116
30-39.....	8.8	969	64	14	45	905	308	172	62	55	† 7	362	233	128
40-49.....	6.7	1,040	41	13	† 21	999	414	206	56	43	13	323	155	167
50-59.....	5.3	986	71	25	† 39	915	469	156	48	39	† 8	240	104	136
60-69.....	4.2	779	29	16	† 8	749	389	174	35	23	† 11	150	85	65
70 and over.....	4.8	610	10	† 2	† 4	600	333	151	34	27	† 5	81	46	35
20 and over.....	36.8	914	59	14	38	854	332	169	58	49	8	293	178	115
All individuals.....	100.0	925	106	10	90	820	263	136	92	77	14	327	246	80

* 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, 1994-95;

ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.1 Food intakes: Percentages of individuals consuming food from various food groups, by sex and age, 1 day, 1994-95
to
Table 10.7

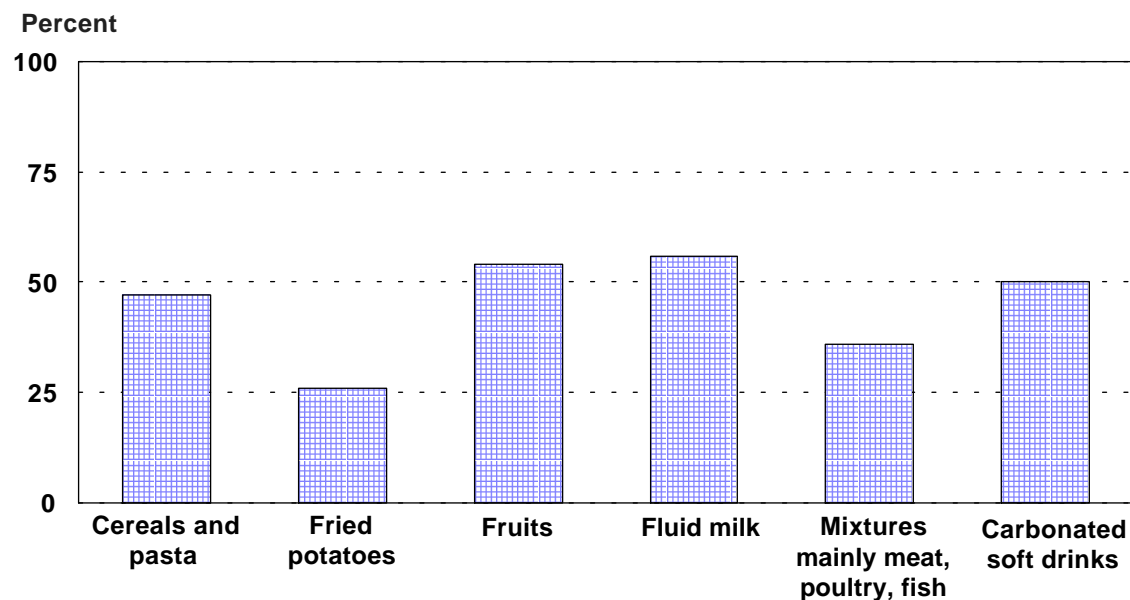
Interpreting the data in these tables--

- Appendix C lists foods in each food group shown in these tables.

Selected highlights--

- On a given day, only about half (54 percent) of Americans consume any fruit or fruit juice.
- One-fourth of all Americans eat fried potatoes on a given day, but only about one-tenth eat dark-green vegetables and one-tenth eat deep-yellow vegetables.
- One-half of all Americans drink carbonated soft drinks on a given day, only slightly less than the percentage who drink fluid milk (56 percent).

Percentage of individuals consuming selected foods, 1 day, 1994-95



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.1.--Grain products: Percentages of individuals consuming, by sex and age, 1 day, 1994-95

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				
<div>Percent-----Percent</div>											
Males and females:											
Under 1.....	1.1	68.4	10.0	61.6	8.9	† 3.1	† 1.1	† 1.4	16.0	7.7	17.3
1-2.....	3.1	98.5	52.9	72.1	52.0	13.1	8.8	25.0	45.5	36.9	49.4
3-5.....	4.7	† 99.7	66.8	68.8	53.3	11.6	5.9	28.4	53.4	32.4	47.0
5 and under.....	8.9	95.6	55.2	69.1	47.5	11.1	6.3	24.0	46.2	31.1	44.3
Males:											
6-11.....	4.6	† 99.2	74.0	69.5	56.7	11.7	7.7	25.4	51.8	33.5	46.5
12-19.....	5.8	† 98.3	62.5	43.4	32.6	9.4	4.8	24.2	39.3	27.3	42.7
20-29.....	7.4	94.9	64.7	32.9	18.2	11.5	8.2	17.7	33.2	28.3	42.5
30-39.....	8.3	† 98.1	68.1	37.4	18.8	13.8	6.8	22.6	38.0	25.4	41.4
40-49.....	6.9	96.2	67.9	37.6	18.4	12.6	9.1	24.6	36.6	25.0	31.1
50-59.....	4.5	96.8	68.7	43.6	23.4	12.3	6.0	26.2	40.9	26.0	24.6
60-69.....	3.4	97.2	77.2	48.9	27.6	11.3	7.8	25.1	43.8	25.4	19.5
70 and over.....	3.4	† 99.1	74.8	61.5	38.2	8.8	5.2	22.4	45.6	23.8	19.6
20 and over.....	33.9	96.8	69.0	40.8	22.0	12.1	7.4	22.7	38.4	25.9	32.9
Females:											
6-11.....	4.4	† 99.3	73.1	59.2	46.7	10.0	6.4	26.8	56.3	35.1	46.5
12-19.....	5.6	† 97.7	60.1	45.7	30.6	8.4	8.9	18.9	40.1	33.0	46.5
20-29.....	7.0	94.8	58.0	42.7	23.6	15.1	6.9	19.4	33.9	23.2	39.6
30-39.....	8.8	96.4	65.0	39.2	19.1	12.9	7.5	20.5	37.8	29.2	37.9
40-49.....	6.7	96.1	64.2	38.7	18.8	11.5	7.9	25.3	40.1	28.1	30.1
50-59.....	5.3	97.7	73.1	42.3	23.5	9.6	6.3	22.5	38.4	27.3	27.6
60-69.....	4.2	† 98.4	73.3	49.2	28.4	9.1	6.2	22.2	42.0	30.3	21.6
70 and over.....	4.8	† 99.0	74.9	57.6	37.2	7.4	5.4	19.6	44.3	23.8	20.6
20 and over.....	36.8	96.8	66.9	43.8	24.0	11.4	6.9	21.5	38.9	27.0	31.2
All individuals.....	100.0	97.1	66.5	47.0	28.8	11.3	7.0	22.6	40.8	28.0	35.9

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.2.--Vegetables: Percentages of individuals consuming, by sex and age, 1 day, 1994-95

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							
<hr/>											
Percent			Percent								
Males and females:											
Under 1.....	1.1	40.9	8.7	† 2.8	† 2.7	18.1	† .5	† 0.0	7.0	† 4.6	17.1
1-2.....	3.1	75.9	41.7	28.4	7.5	11.3	22.6	5.3	13.5	15.5	22.0
3-5.....	4.7	82.2	47.4	35.2	6.1	9.4	34.0	11.0	11.4	15.6	26.5
5 and under.....	8.9	75.1	40.8	29.0	6.2	11.1	26.0	7.7	11.6	14.3	23.8
Males:											
6-11.....	4.6	81.5	47.8	38.2	5.3	14.4	40.3	13.9	6.4	13.3	32.5
12-19.....	5.8	76.9	49.7	39.6	4.1	7.5	41.5	22.8	3.6	8.5	33.6
20-29.....	7.4	84.2	49.7	37.0	6.6	7.3	44.6	26.7	5.5	9.3	42.0
30-39.....	8.3	88.0	50.2	32.5	12.1	11.6	42.0	27.2	5.8	8.9	49.4
40-49.....	6.9	86.7	42.7	25.3	10.5	12.0	44.0	30.1	6.4	13.0	50.5
50-59.....	4.5	84.8	44.5	21.1	13.1	13.3	36.2	29.0	8.4	13.5	50.4
60-69.....	3.4	88.0	44.6	20.2	12.0	16.6	41.2	29.3	11.1	11.9	53.4
70 and over.....	3.4	84.7	43.1	14.2	12.1	18.5	37.8	24.4	12.7	15.8	53.0
20 and over.....	33.9	86.1	46.5	27.5	10.7	12.2	41.7	27.9	7.4	11.4	48.9
Females:											
6-11.....	4.4	81.0	47.0	36.0	6.3	11.2	32.1	17.6	8.2	14.8	30.2
12-19.....	5.6	77.3	44.9	31.2	3.7	9.5	31.9	21.8	5.2	8.3	32.7
20-29.....	7.0	81.7	42.8	28.8	10.0	11.7	39.0	25.6	7.7	8.9	40.6
30-39.....	8.8	81.0	39.3	21.8	9.1	14.8	41.1	27.8	8.8	12.0	41.2
40-49.....	6.7	84.4	39.5	21.2	11.8	15.4	40.0	30.1	8.1	11.1	48.9
50-59.....	5.3	86.4	39.4	15.2	15.4	18.0	37.4	31.2	7.4	12.0	53.2
60-69.....	4.2	87.6	40.2	12.5	14.0	16.8	39.2	34.1	11.9	12.1	57.7
70 and over.....	4.8	86.3	36.9	6.7	17.9	17.3	35.1	23.9	13.3	15.9	51.5
20 and over.....	36.8	84.0	39.8	19.1	12.4	15.3	39.0	28.5	9.2	11.8	47.4
All individuals.....	100.0	82.9	43.7	26.3	9.7	12.9	38.3	24.6	8.1	11.7	42.8

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;

ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.3.--Fruits: Percentages of individuals consuming, by sex and age, 1 day, 1994-95

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		Percent									
Males and females:											
Under 1.....	1.1	58.8	† 1.8	† 1.2	† 0.0	57.6	14.0	8.4	† 1.1	27.7	34.6
1-2.....	3.1	77.6	26.6	21.1	5.2	67.7	23.0	21.4	7.0	20.6	40.5
3-5.....	4.7	70.5	30.1	22.6	3.1	57.7	22.9	12.9	7.5	18.7	25.7
5 and under.....	8.9	71.6	25.5	19.6	3.5	61.2	21.9	15.4	6.6	20.4	31.9
Males:											
6-11.....	4.6	61.0	27.0	22.7	† 1.7	46.5	20.0	9.1	5.8	17.6	12.0
12-19.....	5.8	45.6	25.0	23.0	† 1.0	28.0	8.7	6.3	4.3	6.3	8.5
20-29.....	7.4	42.5	24.9	21.6	† .9	25.3	7.7	7.0	4.8	6.5	6.0
30-39.....	8.3	41.8	21.7	15.5	† .9	29.0	10.1	12.8	4.6	11.4	3.8
40-49.....	6.9	47.2	23.2	16.9	† 1.5	33.0	8.3	13.7	7.7	12.1	4.6
50-59.....	4.5	57.2	28.8	22.5	2.0	42.9	12.4	15.0	11.5	14.4	5.0
60-69.....	3.4	61.1	29.8	21.8	2.7	46.2	13.3	24.0	11.0	16.8	4.0
70 and over.....	3.4	70.6	38.8	26.5	6.9	56.2	14.4	29.2	11.7	18.5	7.8
20 and over.....	33.9	49.9	26.2	19.8	1.9	35.3	10.3	14.8	7.5	12.1	5.0
Females:											
6-11.....	4.4	61.4	28.8	23.8	† .6	46.4	15.9	6.6	7.5	17.7	14.7
12-19.....	5.6	45.7	21.5	17.6	† .9	30.1	6.6	3.5	6.3	12.4	9.9
20-29.....	7.0	45.7	22.1	17.2	† 1.0	27.9	5.4	8.0	4.4	11.3	6.1
30-39.....	8.8	46.7	21.5	15.3	2.5	33.9	10.4	11.7	6.4	10.4	5.6
40-49.....	6.7	52.3	25.5	18.6	† 1.8	39.7	12.8	13.1	12.2	14.1	4.4
50-59.....	5.3	58.0	31.8	23.2	2.1	43.3	12.2	17.4	13.5	16.2	2.4
60-69.....	4.2	67.5	37.3	26.6	3.0	52.3	17.9	18.7	14.9	18.6	5.5
70 and over.....	4.8	71.5	41.9	31.8	5.5	52.8	15.1	26.9	10.1	21.7	6.3
20 and over.....	36.8	54.8	28.3	20.8	2.5	39.7	11.6	14.9	9.5	14.5	5.1
All individuals.....	100.0	54.2	26.7	20.5	2.1	39.5	12.2	13.1	7.9	13.9	8.7

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.4.--Milk and milk products: Percentages of individuals consuming, by sex and age, 1 day, 1994-95

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>										
Males and females:										
Under 1.....	1.1	85.1	85.1	9.4	6.5	† 2.9	† 0.0	† 0.0	† 2.3	† 5.9
1-2.....	3.1	92.8	89.5	86.7	52.1	32.2	3.9	7.7	17.7	29.6
3-5.....	4.7	92.5	86.0	83.0	39.4	42.2	5.4	5.7	23.5	33.1
5 and under.....	8.9	91.7	87.1	75.6	39.9	34.0	4.2	5.7	18.9	28.6
Males:										
6-11.....	4.6	93.1	87.0	81.1	33.1	43.6	10.4	4.1	24.0	31.1
12-19.....	5.8	81.3	65.9	60.1	24.0	31.2	5.6	† 1.4	13.7	36.4
20-29.....	7.4	67.5	42.1	39.3	13.4	19.1	6.3	† .9	13.5	39.0
30-39.....	8.3	74.8	51.9	48.3	15.9	25.5	6.3	3.7	18.2	34.2
40-49.....	6.9	75.6	52.1	48.6	17.4	20.5	12.2	3.1	19.7	33.5
50-59.....	4.5	72.6	50.4	48.1	12.2	24.8	11.4	3.0	17.5	27.8
60-69.....	3.4	79.9	61.6	58.5	14.0	28.0	13.9	† 2.1	21.0	27.1
70 and over.....	3.4	86.0	71.8	68.6	16.1	38.7	13.4	2.6	24.5	28.3
20 and over.....	33.9	74.7	52.5	49.4	15.0	24.5	9.7	2.6	18.3	32.9
Females:										
6-11.....	4.4	91.4	81.0	75.8	30.7	40.2	9.1	4.0	24.4	35.0
12-19.....	5.6	75.8	56.9	52.4	18.1	24.9	10.5	2.6	18.1	34.0
20-29.....	7.0	74.5	52.2	46.8	18.2	16.3	11.9	3.8	12.5	34.7
30-39.....	8.8	75.2	53.2	48.8	13.4	24.1	11.8	6.4	13.9	34.7
40-49.....	6.7	76.8	52.2	48.4	13.6	20.7	14.4	4.6	18.0	32.6
50-59.....	5.3	76.7	56.6	51.1	12.6	21.3	16.7	8.4	17.9	32.0
60-69.....	4.2	80.4	63.1	59.5	14.2	27.6	17.8	5.0	21.8	29.3
70 and over.....	4.8	82.7	66.0	63.5	16.5	30.6	17.2	2.3	22.5	25.7
20 and over.....	36.8	77.1	56.1	51.8	14.7	22.8	14.4	5.2	17.0	32.1
All individuals.....	100.0	79.1	60.8	56.0	19.3	26.7	10.7	3.9	18.1	32.5

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.5.--Meat, poultry, and fish: Percentages of individuals consuming, by sex and age, 1 day, 1994-95

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		
<div>Percent-----Percent-----</div>											
Males and females:											
Under 1.....	1.1	32.5	† 2.2	† .4	† .5	† 1.4	7.0	6.2	† 4.3	† 0.0	16.5
1-2.....	3.1	80.5	15.4	11.4	† .8	† .1	30.0	26.6	25.4	5.8	29.8
3-5.....	4.7	87.6	17.5	13.9	† .2	† .2	36.3	25.9	23.3	4.4	32.4
5 and under.....	8.9	78.5	14.9	11.4	† .4	† .3	30.6	23.8	21.8	4.3	29.6
Males:											
6-11.....	4.6	88.8	23.2	13.1	† .2	† .4	37.3	23.8	20.3	7.2	33.7
12-19.....	5.8	87.2	23.9	16.4	† .6	† 0.0	28.1	21.1	17.6	5.5	38.7
20-29.....	7.4	88.8	23.3	12.3	† 1.8	† 1.1	33.0	24.6	20.3	5.7	46.8
30-39.....	8.3	89.9	28.9	14.3	† 1.3	† .6	31.3	25.5	22.8	11.6	38.1
40-49.....	6.9	89.6	25.9	19.8	† 1.3	† 1.4	32.7	23.9	19.5	6.7	37.2
50-59.....	4.5	93.3	23.1	22.7	† 1.5	† .9	30.1	24.8	19.2	12.4	40.5
60-69.....	3.4	92.8	24.9	23.1	† 1.1	† .9	31.6	23.7	18.2	11.1	39.6
70 and over.....	3.4	92.4	19.3	23.6	† 1.7	† 1.8	31.4	20.2	16.8	10.9	36.6
20 and over.....	33.9	90.6	24.9	17.9	1.5	1.1	31.8	24.2	20.1	9.3	40.1
Females:											
6-11.....	4.4	86.6	22.1	12.0	† .5	† .2	34.6	20.2	17.2	6.1	30.8
12-19.....	5.6	80.1	22.9	11.4	† .1	† .1	23.1	19.7	16.9	5.9	34.0
20-29.....	7.0	80.3	17.6	13.5	† 1.1	† 0.0	22.4	25.7	22.0	5.8	34.8
30-39.....	8.8	84.5	22.9	15.0	† .4	† .6	25.7	17.7	15.2	7.2	34.9
40-49.....	6.7	85.5	20.2	15.9	† .8	† .5	23.8	23.3	18.5	6.8	34.0
50-59.....	5.3	86.7	19.4	18.9	† 1.0	† .7	22.6	27.2	21.0	10.5	29.6
60-69.....	4.2	89.9	19.9	21.8	† 1.4	† 1.2	26.5	22.2	18.8	9.8	33.8
70 and over.....	4.8	88.1	14.3	18.1	† 1.3	† .8	24.3	23.4	19.8	9.6	36.3
20 and over.....	36.8	85.3	19.4	16.6	.9	.6	24.2	22.9	18.9	8.0	34.0
All individuals.....	100.0	86.5	21.6	15.9	.9	.6	28.6	23.1	19.4	7.7	35.8

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by sex and age, 1 day, 1994-95

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
Males and females:										
Under 1.....	1.1	7.6	20.1	† 0.0	† 6.1	† 2.7	† 3.2	† 3.5	† .8	† .8
1-2.....	3.1	25.6	12.7	14.1	36.0	28.0	10.6	44.2	7.5	16.4
3-5.....	4.7	17.5	10.6	21.4	43.7	28.3	19.3	58.3	11.6	23.1
5 and under.....	8.9	19.2	12.5	16.3	36.5	25.2	14.3	46.8	8.9	18.1
Males:										
6-11.....	4.6	17.8	10.0	16.9	47.2	26.6	26.1	59.8	11.8	29.6
12-19.....	5.8	17.1	10.1	8.8	44.7	23.4	27.3	48.1	15.4	20.6
20-29.....	7.4	17.0	11.0	7.0	46.2	19.4	28.5	39.7	18.6	14.5
30-39.....	8.3	19.5	15.9	7.7	57.0	31.0	30.3	49.9	32.1	12.3
40-49.....	6.9	21.0	16.0	9.2	57.2	32.2	34.7	52.9	33.8	12.6
50-59.....	4.5	22.3	11.8	10.0	64.5	35.0	32.2	59.0	40.3	14.0
60-69.....	3.4	26.9	13.8	10.1	70.0	47.1	33.5	61.3	45.9	11.6
70 and over.....	3.4	27.4	14.6	10.4	66.9	46.0	29.4	65.8	46.2	7.2
20 and over.....	33.9	21.2	14.0	8.7	58.0	32.4	31.3	52.2	33.4	12.5
Females:										
6-11.....	4.4	15.9	11.1	15.4	50.4	29.9	25.6	58.9	14.7	28.9
12-19.....	5.6	16.8	11.5	8.1	43.7	23.8	26.4	47.5	12.3	22.8
20-29.....	7.0	17.4	13.3	7.9	48.5	20.3	28.8	48.4	26.9	14.4
30-39.....	8.8	17.8	15.6	6.6	58.8	28.8	32.4	56.5	36.1	11.3
40-49.....	6.7	18.4	14.7	8.7	63.9	33.2	34.1	61.4	37.9	15.7
50-59.....	5.3	18.6	13.4	8.3	65.9	41.9	36.1	57.8	39.2	13.6
60-69.....	4.2	22.0	14.9	8.6	69.1	43.2	34.8	56.0	38.1	8.8
70 and over.....	4.8	18.6	12.0	11.1	66.0	45.3	26.9	63.2	42.2	7.4
20 and over.....	36.8	18.5	14.1	8.2	60.9	33.6	32.1	56.8	36.1	12.2
All individuals.....	100.0	19.2	13.2	9.9	54.7	30.8	29.1	53.6	28.2	15.4

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 10.7.--Beverages: Percentages of individuals consuming, by sex and age, 1 day, 1994-95

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		Percent												
Males and females:														
Under 1.....	1.1	6.3	† 0.0	† 0.0	† 0.0	6.3	† 0.0	† .9	† 4.9	† 4.1	† .9	† 2.6	† 2.6	† 0.0
1-2.....	3.1	49.8	† 0.0	† 0.0	† 0.0	49.8	† .2	6.9	30.9	28.2	2.7	22.2	20.5	1.9
3-5.....	4.7	69.6	† 0.0	† 0.0	† 0.0	69.6	† .5	8.9	40.7	38.1	2.9	37.0	32.3	5.2
5 and under.....	8.9	55.1	† 0.0	† 0.0	† 0.0	55.1	† .4	7.2	33.0	30.6	2.6	27.7	24.6	3.4
Males:														
6-11.....	4.6	76.7	† 0.0	† 0.0	† 0.0	76.7	† .6	10.6	39.9	36.7	4.4	48.4	44.7	5.9
12-19.....	5.8	87.7	† 2.4	† .4	† 2.1	87.2	6.8	16.0	27.7	24.1	4.6	69.9	66.8	5.6
20-29.....	7.4	92.2	29.5	3.3	26.0	87.9	24.6	18.6	21.4	17.2	5.5	67.9	62.4	6.5
30-39.....	8.3	94.4	24.3	4.1	20.1	93.1	53.4	27.4	13.1	11.3	† 2.2	63.1	50.6	14.8
40-49.....	6.9	95.9	23.4	5.1	17.9	94.6	62.9	25.5	13.3	11.6	† 1.6	53.7	40.5	15.7
50-59.....	4.5	95.2	23.4	6.5	14.1	93.2	71.7	23.1	15.5	13.2	2.6	50.8	32.8	19.4
60-69.....	3.4	94.4	19.3	5.5	10.5	93.8	79.5	24.2	10.7	9.4	† 1.8	36.8	22.0	16.1
70 and over.....	3.4	91.7	14.9	4.6	6.9	90.9	74.4	26.3	10.0	8.7	† 1.4	27.2	17.9	9.5
20 and over.....	33.9	94.1	23.7	4.7	17.9	92.2	56.2	24.1	14.7	12.5	2.7	54.4	42.6	13.4
Females:														
6-11.....	4.4	72.4	† 0.0	† 0.0	† 0.0	72.4	† .5	12.9	36.8	34.1	2.9	43.5	39.3	6.1
12-19.....	5.6	86.8	† 1.7	† .2	† .8	86.5	3.0	20.5	27.3	24.2	4.1	61.2	55.1	9.1
20-29.....	7.0	90.3	13.8	3.7	8.3	88.3	24.2	26.3	18.7	17.7	† 1.6	62.4	48.7	16.6
30-39.....	8.8	90.9	12.2	5.3	4.8	90.2	46.8	30.6	13.2	11.8	† 1.5	57.2	39.8	18.5
40-49.....	6.7	93.3	10.8	5.6	3.7	92.6	61.2	32.0	11.5	9.2	2.2	53.0	28.7	26.0
50-59.....	5.3	95.2	14.1	7.8	3.9	94.5	71.1	31.3	11.8	9.9	† 1.6	45.8	25.2	21.8
60-69.....	4.2	91.3	14.0	8.4	† 1.6	91.0	69.3	33.3	10.3	8.2	† 1.8	35.0	20.6	15.7
70 and over.....	4.8	88.8	4.6	2.1	† .8	88.1	70.5	33.5	11.0	9.2	† 1.6	21.9	12.7	9.6
20 and over.....	36.8	91.6	11.8	5.3	4.3	90.7	54.2	30.8	13.1	11.4	1.7	48.7	31.7	18.5
All individuals.....	100.0	87.2	12.6	3.6	7.8	86.1	39.7	23.3	19.3	17.1	2.6	50.4	39.0	13.0

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 11. Weight status: Mean Body Mass Index (BMI) and percentages of overweight individuals 20 years of age and older, by sex and age, 1994-95

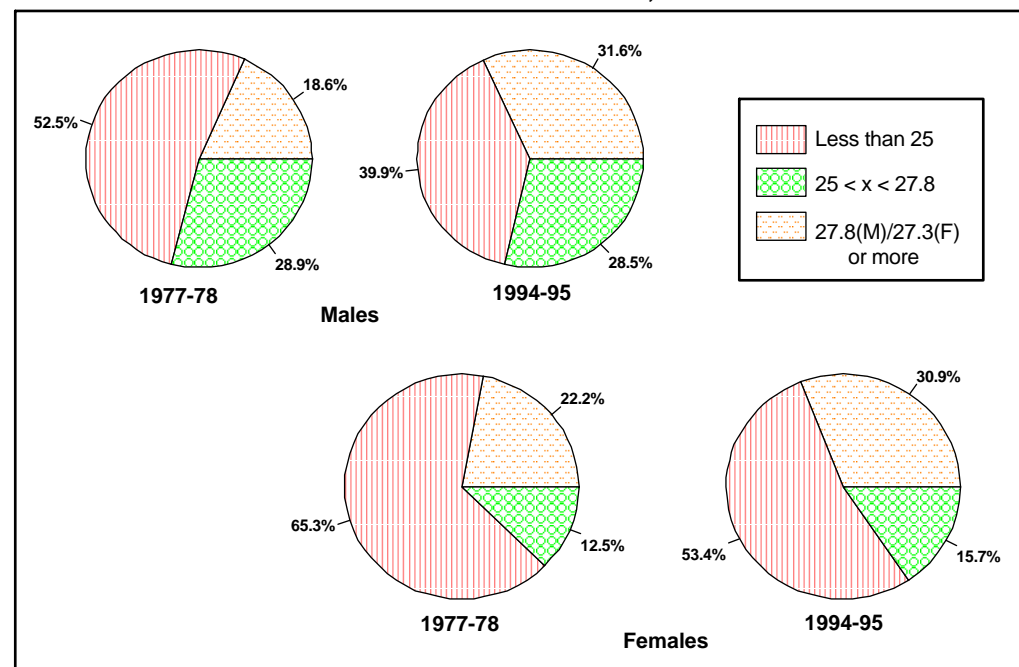
Interpreting the data in this table--

- Body Mass Index (BMI) is calculated by dividing weight in kilograms by the square of height in meters (W/H^2). For example, for a person who weighs 170 pounds ($170 \text{ lb} \times .4536 \text{ kg/lb} = 77.112 \text{ kg}$) and is 5 feet 9 inches tall ($69 \text{ in} \times .0254 \text{ m/in} = 1.7526 \text{ m}$), BMI equals $77.112 \text{ divided by } 1.7526^2 = 25.1$. 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.
- Different BMI cutoff points are used to define overweight in two sets of national nutrition policy objectives. 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 (NHANES II) reference population age 20 to 29 years. Using this definition allows comparisons with earlier reports. The *Dietary Guidelines* 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. The *Dietary Guidelines* (including a figure entitled, "Are You Overweight?") are available online at <http://www.nal.usda.gov/fnic/dga/dga95.html>.

Selected highlights--

- Percentages of overweight individuals increased considerably between 1977-78 and 1994-95, as shown in the figure.
- Among people age 20 years and older in 1994-95, about one-third are overweight according to *Healthy People 2000* criteria, but nearly two-thirds of men and nearly one-half of women are overweight according to *Dietary Guidelines* criteria.

Percent of men and women with BMI at selected levels, 1977-78 and 1994-95



Sources: USDA Nationwide Food Consumption Survey, 1977-78 and USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

- For men in 1994-95, the percentage of overweight individuals is higher in successively older age groups from 20 to 69 years using *Healthy People 2000* criteria and from 20 to 59 years using *Dietary Guidelines* criteria. The pattern is generally similar for women. Overweight is a risk factor for many illnesses. Among the possible reasons for the lower level of overweight in the oldest groups may be purposeful weight loss for health-related reasons, weight loss associated with disease, or the better chance for survival to older ages for individuals with healthy weights.

Percentage of overweight individuals, adults age 20 years and over

Sex and age (years)	BMI = 27.8 or more		BMI = 25.0 or more	
	1977-78	1994-95	1977-78	1994-95
Men:				
20-29.....	12	20	35	44
30-39.....	20	34	53	62
40-49.....	24	37	57	69
50-59.....	23	38	55	71
60-69.....	20	39	49	65
70 and over...	13	24	39	51
Women:				
20-29.....	12	21	19	32
30-39.....	18	27	29	40
40-49.....	26	37	39	54
50-59.....	30	38	45	57
60-69.....	31	36	48	56
70 and over...	24	32	41	48

Sources: USDA Nationwide Food Consumption Survey, 1977-78 and USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 11.--Weight status: Mean Body Mass Index (BMI) and percentages of overweight individuals 20 years of age and older, by sex and age, 1994-95

Sex and age (years)	Percentage of population	Mean BMI	Overweight	
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more
	<i>Percent</i>		<i>Percent</i>	<i>Percent</i>
Males:				
20-29.....	7.4	25.2	20.3	44.5
30-39.....	8.3	26.6	34.2	61.8
40-49.....	6.9	27.1	36.6	69.4
50-59.....	4.5	27.3	37.8	70.8
60-69.....	3.4	27.0	39.1	65.4
70 and over.....	3.4	25.4	23.8	51.2
20 and over.....	33.9	26.4	31.6	60.1
Females:				
20-29.....	7.0	24.0	20.7	32.2
30-39.....	8.8	25.3	27.4	40.4
40-49.....	6.7	26.6	36.7	53.9
50-59.....	5.3	26.8	37.5	56.7
60-69.....	4.2	26.5	36.1	56.1
70 and over.....	4.8	25.4	31.7	48.5
20 and over.....	36.8	25.7	30.9	46.6
All 20 and over.....	70.8	26.0	31.2	53.2

Excludes individuals not reporting height or weight.

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 12. Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994-95

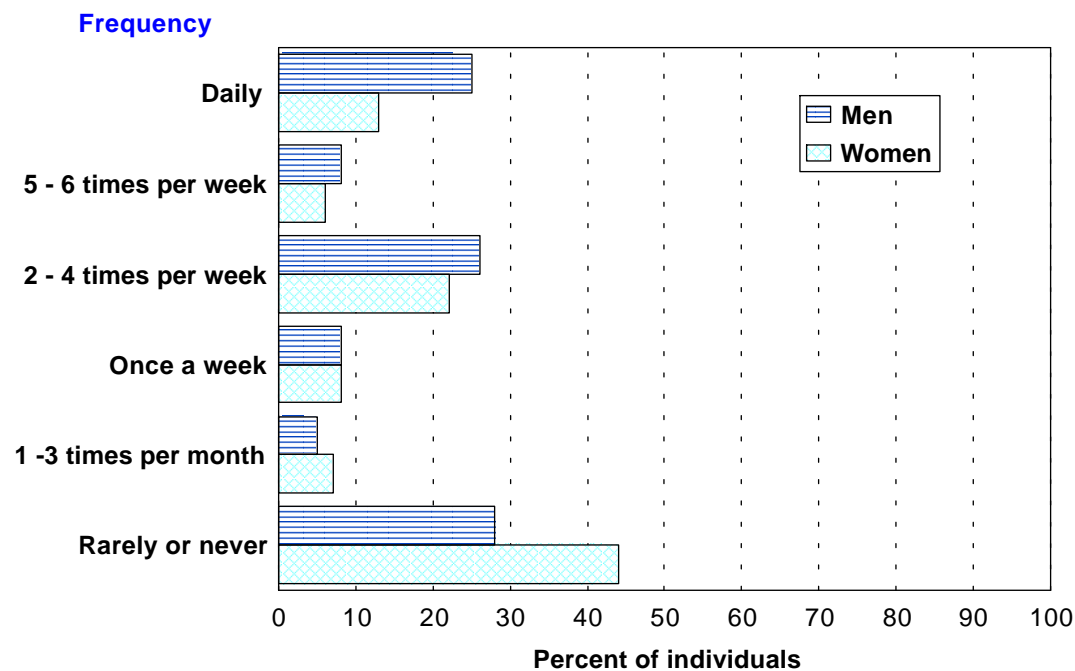
Interpreting the data in this table--

- Vigorous exercise is defined as "enough to work up a sweat." Respondents were asked, "How often do you exercise vigorously enough to work up a sweat?" Answer categories were those listed in the figure below.

Selected highlights--

- Twenty-five percent of men and 13 percent of women age 20 years and older engage in vigorous exercise daily.
- Twenty-eight percent of men and 44 percent of women rarely or never engage in vigorous exercise.

Frequency of vigorous exercise among adults 20 years and over



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95; ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 12.--Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1994-95

Sex and age (years)	Percentage of population	Daily	5 - 6 times per week	2 - 4 times per week	Once a week	1 - 3 times per month	Rarely or never	Don't know	Not ascertained
<i>Percent</i>		<i>Percent</i>							
Males:									
20-29.....	7.4	31.8	9.2	29.5	8.8	4.8	15.6	† 0.0	.2
30-39.....	8.3	23.5	9.8	29.2	10.0	6.3	21.2	† 0.0	0.0
40-49.....	6.9	22.6	8.3	27.1	9.1	5.4	26.8	† .2	.3
50-59.....	4.5	20.2	7.5	23.3	9.0	4.8	34.7	† 0.0	.5
60-69.....	3.4	26.9	6.0	19.6	4.8	3.6	38.5	† 0.0	.6
70 and over.....	3.4	18.9	2.5	14.9	3.9	† 1.9	57.1	† 0.0	.7
20 and over.....	33.9	24.6	7.9	25.7	8.3	4.9	28.2	† .1	.3
Females:									
20-29.....	7.0	12.0	5.7	28.0	10.4	7.5	36.2	† 0.0	.2
30-39.....	8.8	12.4	7.1	28.1	10.4	9.1	32.9	† 0.0	0.0
40-49.....	6.7	12.3	6.1	23.1	9.6	7.5	40.8	† 0.0	.6
50-59.....	5.3	15.1	8.3	20.0	6.4	5.5	44.5	† 0.0	.2
60-69.....	4.2	15.5	3.5	16.6	5.2	4.5	54.5	† 0.0	.1
70 and over.....	4.8	11.2	2.6	9.3	2.2	† 1.9	71.9	† 0.0	.9
20 and over.....	36.8	12.9	5.8	22.3	8.0	6.5	44.2	† 0.0	.3
All 20 and over.....	70.8	18.5	6.8	23.9	8.2	5.8	36.5	† *	.3

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 13. Perceived diet quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1994-95

Interpreting the data in this table--

- Respondents were asked, “Compared to what is healthy, do you think your diet is too low, too high, or about right in (nutrient/food component)?” The nutrients and food components are listed in the left-hand column of table 13.

Selected highlights--

Among adults 20 years of age and older--

- Forty-six percent of men and 48 percent of women think their diets are too high in fat.
- Thirty-six percent of men and 43 percent of women think their diets are too high in calories.
- Twenty-five percent of both men and women think their diets are too high in salt or sodium.
- Twenty-six percent of men and 44 percent of women think their diets are too low in calcium.
- Twenty percent of men and 35 percent of women think their diets are too low in iron.

Table 13.--Perceived diet quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1994-95

Nutrient	Too low	Too high	About right	Don't know	Not ascertained
<hr/>					
<i>Percent</i>					
Men: (N = 1889)					
Calories.....	6.8	35.7	53.7	3.6	.2
Calcium.....	25.9	6.5	60.2	7.2	.2
Iron.....	20.5	2.2	67.2	10.0	.1
Vitamin C.....	25.4	3.7	66.7	4.1	.1
Protein.....	8.8	11.7	75.7	3.8	.1
Fat.....	7.7	46.5	42.8	2.9	.1
Saturated fat.....	9.4	35.2	45.3	10.0	.1
Cholesterol.....	7.6	30.6	53.8	7.7	.3
Salt or sodium.....	11.9	25.3	60.2	1.8	.8
Fiber.....	29.5	2.7	63.5	4.1	.1
Sugar and sweets.....	11.7	28.9	57.6	1.4	.3
Women: (N = 1956)					
Calories.....	5.9	42.7	49.0	1.8	.5
Calcium.....	43.6	2.8	50.6	2.7	.4
Iron.....	34.7	1.5	59.1	4.6	.1
Vitamin C.....	29.8	1.9	65.7	2.4	.3
Protein.....	13.5	10.6	73.5	2.2	.2
Fat.....	6.0	48.5	44.0	1.4	.1
Saturated fat.....	7.3	35.9	48.5	8.0	.4
Cholesterol.....	5.3	29.0	59.9	5.5	.3
Salt or sodium.....	8.7	24.6	65.3	1.2	.2
Fiber.....	34.1	2.9	59.6	3.2	.1
Sugar and sweets.....	7.8	38.7	52.7	† 7	.2

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 14. Perceived importance of dietary guidance, individuals 20 years of age and older, by sex, 1994-95

Interpreting the data in this table--

- Respondents were asked, “To *you personally*, is it very important, somewhat important, not too important, or not at all important to (dietary guidance statement)?” The dietary guidance statements listed in the left-hand column of table 14 are based on the *Dietary Guidelines for Americans* (USDA and DHHS 1995).

Selected highlights--

Among adults 20 years of age and older--

- Maintaining a healthy weight is considered very important by 66 percent of men and 78 percent of women. Only 7 percent of men and 4 percent of women say that maintaining a healthy weight is not too important or not at all important to them.
- The majority of adults also say it is very important to them to choose a diet with plenty of fruits and vegetables--59 percent of men and 76 percent of women. Only 12 percent of men and 3 percent of women say that choosing a diet with plenty of fruits and vegetables is not too important or not at all important to them.
- Despite the emphasis on breads, cereals, rice, and pasta in the *Dietary Guidelines*, only 28 percent of men and 35 percent of women say choosing a diet with plenty of these foods is very important to them. Choosing a diet with plenty of grain products is not too important or not at all important to 27 percent of men and 25 percent of women.
- Eating at least 2 servings of dairy products daily was very important to only 27 percent of men, while it was not too important or not at all important to 35 percent of men. Forty-three percent of women consider eating 2 servings of dairy products daily to be very important, and 24 percent of women consider it not too important or not at all important.

Table 14.--Perceived importance of dietary guidance, individuals 20 years of age and older, by sex, 1994-95

Dietary guidance	Very important	Somewhat important	Not too important	Not at all important	Don't know	Not ascertained
<hr/>						
<i>Percent</i>						
Men: (N = 1889)						
Use salt or sodium only in moderation.....	45.9	30.6	14.9	7.2	† .3	1.1
Choose a diet low in saturated fat.....	47.6	32.7	13.5	3.6	1.7	1.0
Choose a diet with plenty of fruits and vegetables.....	59.1	27.8	10.3	2.2	† .2	.4
Use sugars only in moderation.....	45.1	35.7	14.3	3.7	† .5	.7
Choose a diet with adequate fiber.....	42.9	38.2	12.8	3.2	2.2	.6
Eat a variety of foods.....	53.3	34.9	8.9	2.1	† .3	.6
Maintain a healthy weight.....	66.4	25.9	5.7	1.4	† .1	.4
Choose a diet low in fat.....	50.1	33.0	12.1	3.9	† .3	.6
Choose a diet low in cholesterol.....	49.6	31.7	12.3	4.5	1.5	.4
Choose a diet with plenty of breads, cereals, rice and pasta.....	27.9	44.7	21.7	4.9	† .5	.2
Eat at least two servings of dairy products daily.....	27.3	36.6	27.3	7.8	† .7	.3
Women: (N = 1956)						
Use salt or sodium only in moderation.....	57.8	25.7	10.8	4.7	† .3	.7
Choose a diet low in saturated fat.....	58.9	28.5	7.6	1.8	2.7	.5
Choose a diet with plenty of fruits and vegetables.....	75.5	21.0	2.9	† .2	† .1	.3
Use sugars only in moderation.....	57.4	31.4	9.0	1.7	† .1	.3
Choose a diet with adequate fiber.....	56.2	31.5	9.4	1.1	1.5	.3
Eat a variety of foods.....	66.1	27.3	5.3	.8	† .2	.3
Maintain a healthy weight.....	77.8	18.4	2.7	.8	† .1	.2
Choose a diet low in fat.....	65.1	27.1	6.1	1.0	† .2	.5
Choose a diet low in cholesterol.....	60.9	28.1	7.9	1.4	1.5	.3
Choose a diet with plenty of breads, cereals, rice and pasta.....	34.6	39.9	20.1	4.8	† .6	.1
Eat at least two servings of dairy products daily.....	43.3	31.5	19.6	4.9	† .4	.4

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 15. Knowledge of health problems related to eating behavior or to being overweight and type of problems mentioned, individuals 20 years of age and older, by sex, 1994-95

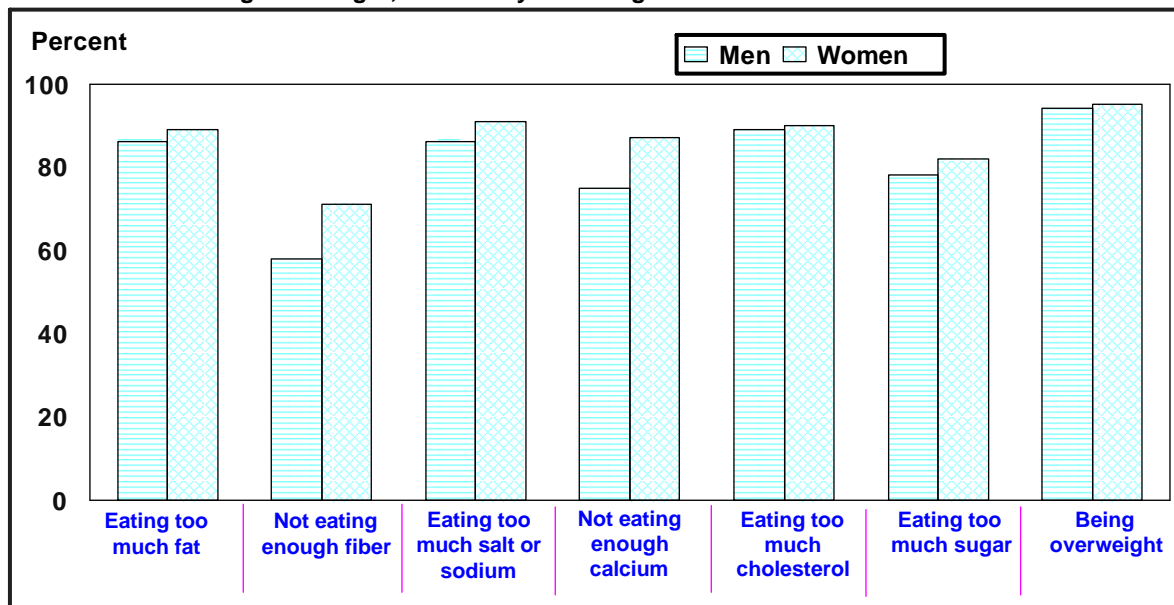
Interpreting the data in this table--

- Respondents were asked, “Have you heard about any health problems caused by (eating behavior/being overweight)?” What health problems are these? Any other problems?” The health problems most often mentioned are presented.
- The percentages of individuals under each health problem column are based on all individuals, not just those who had heard about health problems. Some individuals who had heard of health problems mentioned more than one problem, although a few could not specify any problem. For that reason, percentages across a row may not add up to the percentage in the “Heard of health problem” column.

Selected highlights--

- The majority of adults 20 years of age and over say they have heard of health problems related to selected eating behaviors. Women are slightly more likely than men to have heard of health problems.
- Most men and women (94 percent and 95 percent, respectively) are aware of health problems related to being overweight. About three-fourths of all men and women mention heart disease as related to being overweight.

Percent of men and women who have heard of health problems related to selected eating behaviors or to being overweight, adults 20 years of age and older



Source: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 15.--Knowledge of health problems related to eating behavior or to being overweight and type of problems mentioned, individuals 20 years of age and older, by sex, 1994-95

Eating behavior (or being overweight)	Heard of health problem	Health problems mentioned										
		Bone problems/ osteoporosis	Bowel problems	Cancer	Dental problems	Diabetes	Heart disease/ high blood cholesterol	Hyper- activity	Hyper- tension	Obesity	Stroke	Other
<hr style="border-top: 1px dashed;"/>												
Percent of individuals												
Men: (N = 1889)												
Eating too much fat.....	85.7	† .3	2.9	4.9	† .1	3.0	71.7	† .1	9.9	24.7	3.5	5.0
Not eating enough fiber.....	58.4	† .5	42.7	12.0	† .4	† .6	3.8	0.0	† .8	† 1.1	† .3	4.9
Eating too much salt or sodium.....	86.0	† .3	† .4	† .3	† .1	2.5	30.7	† .4	54.6	1.4	1.9	13.2
Not eating enough calcium.....	75.1	68.2	† .1	† .2	12.1	† .3	† 1.2	† *	† .6	† .3	† *	4.4
Eating too much cholesterol.....	88.7	† .3	† .4	1.2	† *	† 1.1	79.3	† .2	10.5	3.4	4.2	4.1
Eating too much sugar.....	77.5	† .3	1.7	† .5	14.2	46.3	5.0	5.5	4.8	19.0	.5	5.1
Being overweight.....	94.4	3.6	† 1.3	1.7	† .3	11.2	74.7	† .3	21.9	12.7	6.2	22.0
Women: (N = 1956)												
Eating too much fat.....	89.3	† .3	† 4.1	8.9	† 1.1	4.0	75.4	† .2	9.2	26.8	5.2	6.7
Not eating enough fiber.....	70.7	† .2	56.1	16.6	† .1	† .6	4.2	0.0	† .4	† 1.6	† .2	† 5.6
Eating too much salt or sodium.....	90.8	.9	.8	† .4	† .1	1.6	32.4	† .4	57.8	2.7	3.6	19.8
Not eating enough calcium.....	86.6	79.0	† .6	† .2	13.9	† .2	1.9	† .1	† .8	† .4	† *	5.5
Eating too much cholesterol.....	90.1	† .8	† 1.6	2.7	† .1	1.4	80.9	† *	11.6	5.2	8.7	3.1
Eating too much sugar.....	82.0	† .4	1.0	† .6	11.3	55.3	5.5	5.2	3.1	27.8	† .8	7.6
Being overweight.....	94.7	4.9	† 2.4	3.8	† .2	19.0	76.2	† .2	21.6	10.7	8.8	28.4

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-95;

ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 16. Perceived importance of factors related to buying food, individuals 20 years of age and older, by sex, 1994-95

Interpreting the data in this table--

- Respondents were asked, “Now think about buying food. When you buy food how important is (factor)--very important, somewhat important, not too important, or not at all important?” The factors related to buying food are listed in the left-hand column of table 16.

Selected highlights--

- The two factors related to buying food that are most important to both men and women 20 years of age and older are “how safe the food is to eat” and “taste.” Seventy-nine percent of men and 88 percent of women think that “how safe the food is to eat” is very important when buying food. “Taste” is considered very important by 78 percent of men and 86 percent of women.
- The factor “price” ranks fifth out of six factors related to buying food in the percentage of both men and women 20 years of age and older who consider it very important (41 percent and 45 percent, respectively).
- The lowest-ranked of the six factors related to buying food for both men and women 20 years of age and older is “how easy the food is to prepare.” Thirty-three percent of men and 40 percent of women think that “how easy the food is to prepare” is very important when buying food.
- Seventy percent of women 20 years of age and older think that the factor “nutrition” is very important when buying food as compared with 54 percent of men in the same age group.

Table 16.--Perceived importance of factors related to buying food, individuals 20 years of age and older, by sex, 1994-95

Factor	Very important	Somewhat important	Not too important	Not at all important	Don't know	Not ascertained
<hr/>						
<i>Percent</i>						
Men: (N = 1889)						
How safe the food is to eat.....	78.9	14.1	3.6	† 2.2	† .9	.3
Nutrition.....	54.0	35.9	7.3	1.6	† .9	.3
Price.....	40.8	39.2	13.8	5.2	† .8	.2
How well the food keeps.....	52.9	30.3	11.7	3.4	1.5	.3
How easy the food is to prepare.....	33.2	38.1	19.9	7.4	† 1.0	.4
Taste.....	77.6	19.0	2.1	† .6	† .6	.2
Women: (N = 1956)						
How safe the food is to eat.....	87.9	8.9	1.4	† .7	† .6	.6
Nutrition.....	70.1	25.3	3.0	† .3	.7	.6
Price.....	44.6	41.4	10.6	2.7	† .3	.3
How well the food keeps.....	62.7	28.3	7.1	1.2	† .3	.4
How easy the food is to prepare.....	39.8	38.6	16.3	4.7	† .1	.4
Taste.....	85.9	12.1	1.0	† .3	† .1	.5

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 17. Use of food labels when buying foods, individuals 20 years of age and older, by sex, 1994-95

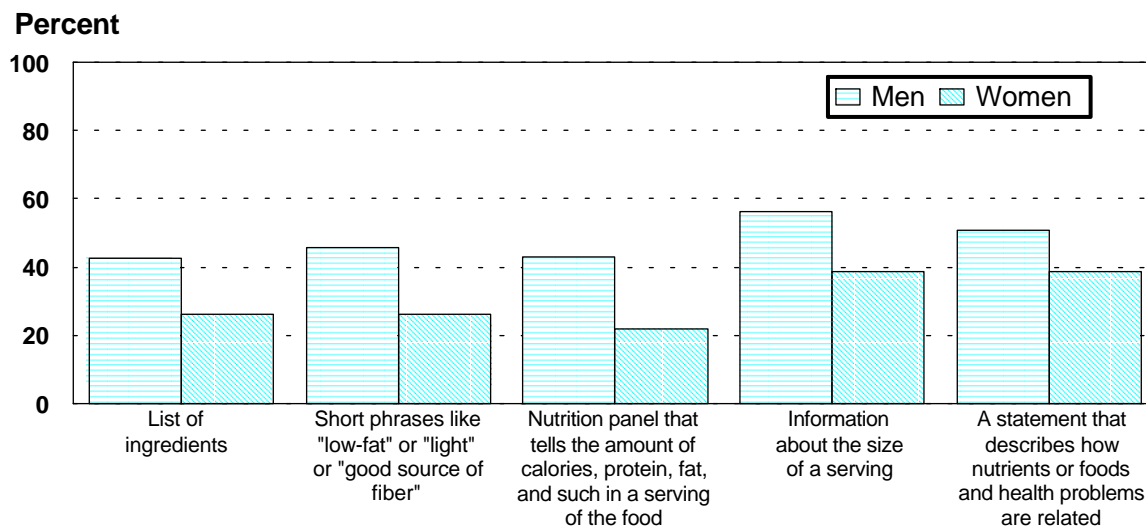
Interpreting the data in this table--

- Respondents were asked, “Now think about food labels. When you buy foods, do you use (part of food label) often, sometimes, rarely, or never?” If the answer was “always,” it was included in the “often” category. The various parts of the food label are listed in the left-hand column of table 17.

Selected highlights--

- When buying foods, about one-half of men and about three-fourths of women always, often, or sometimes use the list of ingredients, short phrases like “low-fat” or “light” or “good source of fiber,” and the nutrition panel that tells the amount of calories, protein, fat, and such in a serving of the food (see figure).
- When buying foods, over one-half of men and about two-fifths of women rarely or never use label information about the size of a serving or statements that describe how nutrients or foods and health problems are related.

Percentages of men and women 20 years of age and older who rarely or never use specified parts of food labels when buying foods



Source: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 17.--Use of food labels when buying foods, individuals 20 years of age and older, by sex, 1994-95

Part of food label	Frequency						
	Often or always	Sometimes	Rarely	Never	Never seen	Don't know	Not ascertained
<hr style="border-top: 1px dashed black;"/> Percent <hr style="border-top: 1px dashed black;"/>							
Men: (N = 1889)							
List of ingredients.....	21.2	32.5	18.2	24.3	2.6	† 1.1	.2
Short phrases like "low-fat" or "light" or "good source of fiber".....	19.7	30.3	18.1	27.4	2.9	1.5	.2
Nutrition panel that tells the amount of calories, protein, fat, and such in a serving of the food.....	26.1	26.5	17.3	25.7	3.3	† 1.1	*
Information about the size of a serving.....	16.0	23.8	21.3	35.1	2.6	† 1.0	*
A statement that describes how nutrients or foods and health problems are related.....	15.4	26.7	20.3	30.6	5.5	1.4	.2
Women: (N = 1956)							
List of ingredients.....	35.1	37.0	13.8	12.5	1.1	† .3	.2
Short phrases like "low-fat" or "light" or "good source of fiber".....	33.7	38.2	11.9	14.1	1.1	.9	.1
Nutrition panel that tells the amount of calories, protein, fat, and such in a serving of the food.....	42.9	33.4	8.9	13.1	1.0	† .5	.2
Information about the size of a serving.....	28.0	31.5	18.6	20.0	1.2	† .4	.3
A statement that describes how nutrients or foods and health problems are related.....	21.9	33.9	20.4	18.2	4.8	† .8	.1

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 18. Use of nutrition information on the food label, individuals 20 years of age and older, by sex, 1994-95

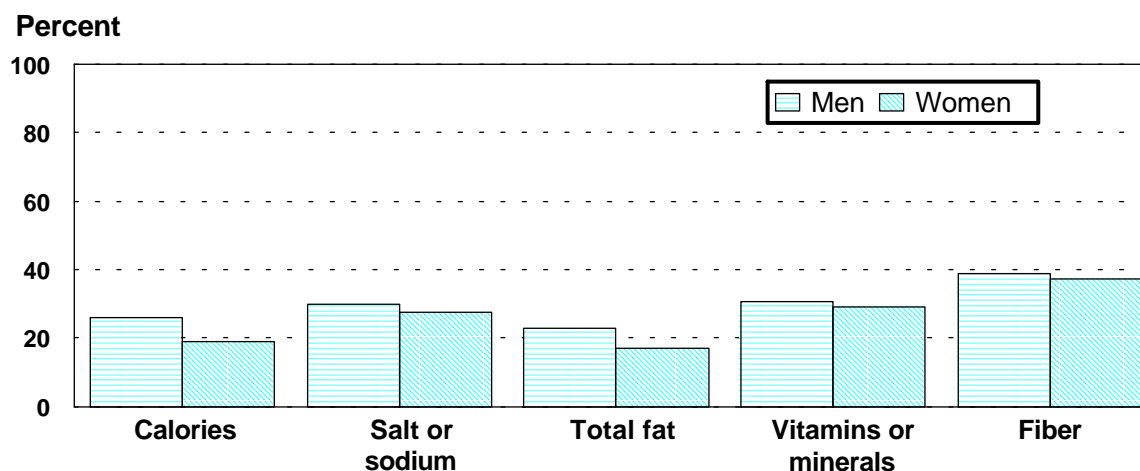
Interpreting the data in this table--

- Respondents were asked, “When you look for nutrition information on the food label, would you say you often, sometimes, rarely, or never look for information about (food label information)?” If the answer was “always,” it was included in the “often” category. The “Food label information” column on the left-hand side of table 18 contains a list of the items asked about in this question series.

Selected highlights--

- Of the nutrients listed on the food label, total fat is the most likely to be looked for and fiber is the least likely to be looked for by men or women. Thirty-two percent of men and 50 percent of women often or always look for label information on total fat. Twenty-three percent of men and 17 percent of women rarely or never look for label information on total fat. Only 14 of men and 20 percent of women look often for label information on fiber. Thirty-nine percent of men and 37 percent of women rarely or never look for label information on fiber.
- Women look for all the listed types of nutrition label information more often than do men.

Percentages of men and women 20 years of age and older who rarely or never use specified types of nutrition information on the food label



Source: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 18.--Use of nutrition information on the food label, individuals 20 years of age and older, by sex, 1994-95

Food label information on...	Frequency				Never use food labels at all	Don't know	Not ascertained
	Often or always	Sometimes	Rarely	Never			
<hr style="border-top: 1px dashed black;"/> Percent <hr style="border-top: 1px dashed black;"/>							
Men: (N = 1889)							
Calories.....	25.0	26.5	16.6	9.3	21.1	† 0	1.5
Salt or sodium.....	24.6	22.7	18.7	11.3	21.1	† 0	1.6
Total fat.....	32.2	22.3	14.6	8.3	21.1	† 0	1.6
Saturated fat.....	26.4	22.5	18.1	10.5	21.1	† 0	1.4
Cholesterol.....	26.0	23.6	17.5	10.4	21.1	† 0	1.4
Vitamins or minerals.....	16.4	30.3	21.7	9.1	21.1	† 0	1.4
Fiber.....	13.6	24.8	25.8	13.0	21.1	† 0	1.7
Sugars.....	18.6	25.8	21.2	11.9	21.1	† 0	1.3
Women: (N = 1956)							
Calories.....	44.2	27.4	12.7	6.5	7.4	† 0	1.9
Salt or sodium.....	34.2	29.1	18.6	8.8	7.4	† *	1.9
Total fat.....	50.5	23.6	10.3	6.6	7.4	† *	1.7
Saturated fat.....	40.7	25.4	15.1	9.6	7.4	† 0	1.8
Cholesterol.....	37.1	28.2	15.5	9.9	7.4	† 0	1.9
Vitamins or minerals.....	25.1	36.5	20.8	8.3	7.4	† 0	1.9
Fiber.....	20.4	33.1	24.8	12.4	7.4	† *	1.9
Sugars.....	30.7	31.0	20.0	9.1	7.4	† 0	1.9

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 19. Vitamin and mineral supplements: Percentages of individuals using and type, by sex and age, 1994-95

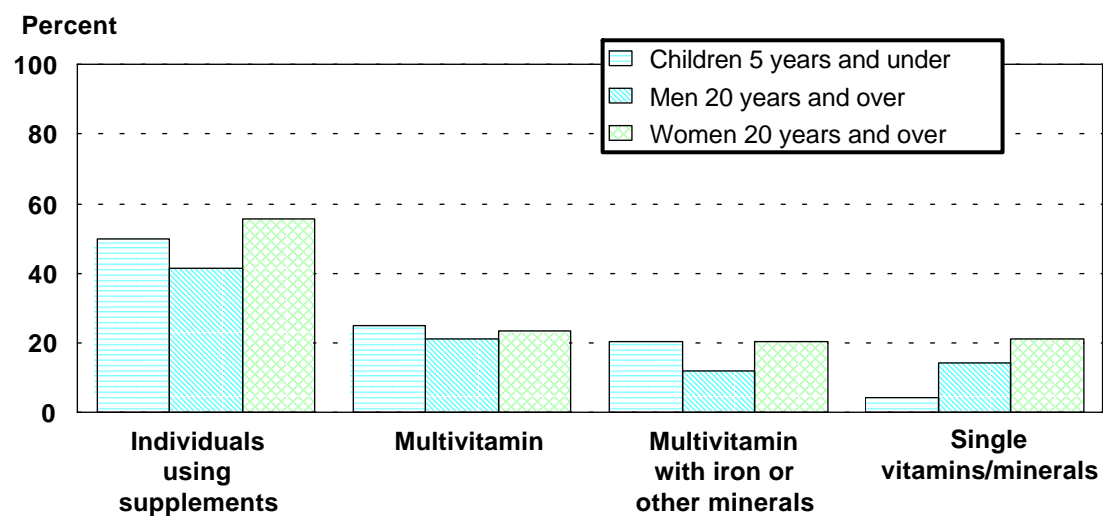
Interpreting the data in this table--

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

Selected highlights--

- Fifty percent of children 5 years of age and under, 42 percent of males 20 years of age and older, and 56 percent of females 20 years of age and older consume a vitamin or mineral supplement every day, almost every day, or every so often.
- Among children age 5 years and under, the most common types of supplement are multivitamin, and multivitamin with iron or other minerals.
- Among adults, the percentage using supplements is highest for women 50 to 59 years (62 percent). Use of single vitamins and minerals is also highest for this group (30 percent).

Percent of vitamin/mineral supplement use, by selected age groups



Source: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Table 19.--Vitamin and mineral supplements: Percentages of individuals using and type, by sex and age, 1994-95

Sex and age (years)	Percentage of population	Individuals using supplements	Type of supplement			
			Multivitamin	Multivitamin with iron or other minerals	Combination of vitamin C and iron	Single vitamins/ minerals
<i>Percent</i> ----- <i>Percent of individuals</i> -----						
Males and females:						
Under 1.....	1.1	18.6	6.1	† 7.5	0.0	† 5.2
1-2.....	3.1	46.2	21.5	20.6	1.7	3.9
3-5.....	4.8	58.9	31.4	23.4	3.2	4.3
5 and under.....	8.9	49.7	24.9	20.5	2.3	4.3
Males:						
6-11.....	4.6	46.9	24.7	17.7	3.6	4.1
12-19.....	5.8	31.3	16.2	6.4	4.7	9.3
20-29.....	7.4	36.6	20.4	8.7	3.5	9.9
30-39.....	8.3	41.1	21.5	13.9	3.9	10.4
40-49.....	6.9	42.0	21.2	11.4	† 1.7	14.3
50-59.....	4.5	45.0	22.4	11.3	3.0	19.0
60-69.....	3.4	45.5	20.9	13.7	† 2.0	19.0
70 and over.....	3.4	44.8	20.0	12.9	† 2.4	20.6
20 and over.....	33.9	41.6	21.1	11.8	2.9	14.1
Females:						
6-11.....	4.4	40.6	20.2	14.1	3.0	5.2
12-19.....	5.6	40.6	17.5	11.2	5.5	11.3
20-29.....	7.1	51.0	23.2	21.0	4.5	12.9
30-39.....	8.9	56.0	21.9	24.6	4.2	16.4
40-49.....	6.7	56.2	23.0	19.2	4.4	24.4
50-59.....	5.3	61.8	27.5	20.2	4.9	29.5
60-69.....	4.2	55.0	20.9	17.9	2.5	27.4
70 and over.....	4.8	53.6	23.4	15.6	2.3	23.4
20 and over.....	36.9	55.5	23.3	20.4	3.9	21.2
All individuals.....	100.0	47.0	21.9	15.8	3.5	14.6

† See "Statistical notes," appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Appendix A. Day 1 and 2-day respondents: Counts and population percentages, by sex and age, 1994-95

Interpreting information in appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group shown in tables 1 through 12 and 19, as well as the weighted percentages of the population that they represent. Ninety-five 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.
- The statistics presented in tables 1 through 19 are based on the data from all appropriate respondents. Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, 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. Fasters were also excluded from the contribution to daily nutrient intake estimates presented in tables 6, 7, and 8 because the calculations required nonzero total nutrient intakes for each person. In 1994-95, three individuals reported no food or beverages for Day 1--a male age 46 years and females age 26 and 71 years. In addition, for tables 6, 7, and 8, individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake for the nutrient was zero.
- Persons not reporting height or weight were excluded from table 11 because their Body Mass Index (BMI) could not be calculated.

Appendix A. Day 1 and 2-day respondents: Counts and population percentages, by sex and age, 1994-95

Sex and age (years)	Day 1 count (unweighted)	Day 1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
	<i>Number</i>	<i>Percent</i>	<i>Number</i>	<i>Percent</i>
Males and females:				
Under 1.....	191	1.1	184	1.1
1-2.....	975	3.1	932	3.1
3-5.....	1,065	4.7	1,040	4.7
5 and under.....	2,231	8.9	2,156	8.9
Males:				
6-11.....	487	4.6	474	4.6
12-19.....	482	5.8	457	5.8
20-29.....	473	7.4	434	7.4
30-39.....	517	8.3	482	8.3
40-49.....	588	6.9	555	6.8
50-59.....	620	4.5	597	4.7
60-69.....	559	3.4	533	3.4
70 and over.....	595	3.4	550	3.4
20 and over.....	3,352	33.9	3,151	33.9
Females:				
6-11.....	505	4.4	484	4.4
12-19.....	479	5.6	462	5.6
20-29.....	443	7.0	413	7.0
30-39.....	534	8.8	505	8.9
40-49.....	567	6.7	548	6.7
50-59.....	619	5.3	590	5.3
60-69.....	545	4.2	520	4.3
70 and over.....	576	4.8	529	4.7
20 and over.....	3,284	36.8	3,105	36.8
All individuals.....	10,820	100.0	10,289	100.0

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-95;
ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

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 takes into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 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:

CSFII Day 1	1.48
CSFII 2-day	1.69
DHKS Day 1	1.90

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

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

Rule 1 has been applied to data in tables 1, 2, 4, 6, 7, 8a, and 9.1 through 9.7 and to the second column in table 11 to flag estimates that should be used with caution. It applies to mean nutrient intakes, mean food intakes, and means expressed as percentages, such as mean intakes of nutrients expressed as percentages of Recommended Dietary Allowances and percentages of nutrients from foods eaten as snacks.

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

Rules 2 and 3 have been applied to data in tables 3a, 3b, 5, 8b, 10.1 through 10.7, 11, 12, 13, 14, 15, 16, 17, 18, and 19, and to the second column of tables 6, 7, and 8a to flag estimates that should be used with caution.

4. Estimated percentiles are flagged according to rules that parallel the cell size rules applied to proportions (rules 2 and 3). Estimated percentiles inside the 25th to 75th range are flagged when the cell size is less than 30 times the average design effect. Estimates of the 25th and lower percentiles are flagged when the cell size is less than 8 times the average design effect divided by P where P is the level of the percentile expressed as a fraction. Estimates of the 75th and higher percentiles are flagged when the cell size is less than 8 times the average design effect divided by $1 - P$.

Rule 4 has been applied to the percentiles presented in table 3c. For table 3c, the variance inflation factor used was 1.69, and the 5th, 10th, 25th, 50th (median), 75th, 90th, and 95th percentiles were flagged if the cell sizes were less than 270.4, 135.2, 54.08, 50.7, 54.08, 135.2, and 270.4, respectively.

Appendix C. Descriptions of food groups used in tables 9.1 to 9.7 and 10.1 to 10.7.

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, "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, and sweet potatoes; 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.

FRUITS

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

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

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

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

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

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

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

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

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

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

MILK AND MILK PRODUCTS

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

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

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

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

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

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

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

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

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

MEAT, POULTRY, AND FISH

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BEVERAGES

Total beverages: Includes alcoholic and nonalcoholic beverages. Excludes 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" is included under this total but not in any of the following subgroups.

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

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

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

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

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

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

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

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

Appendix D. References (with Weblinks as available)

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