

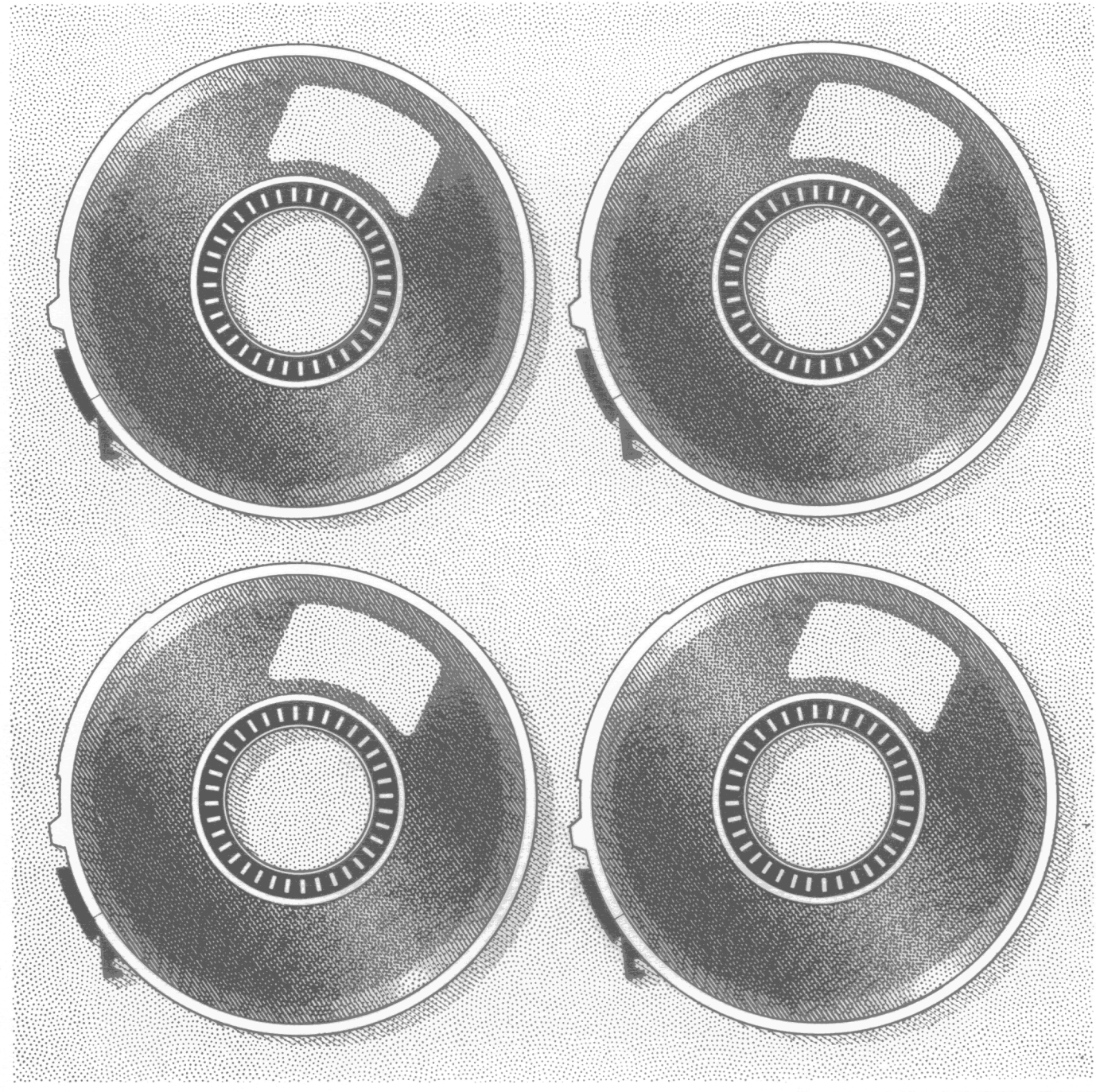
# Public Use Data Tape Documentation



Model Gram and Nutrient Composition  
Tape Numbers 5702 and 5703

National Health and Nutrition Examination Survey,  
1976-1980

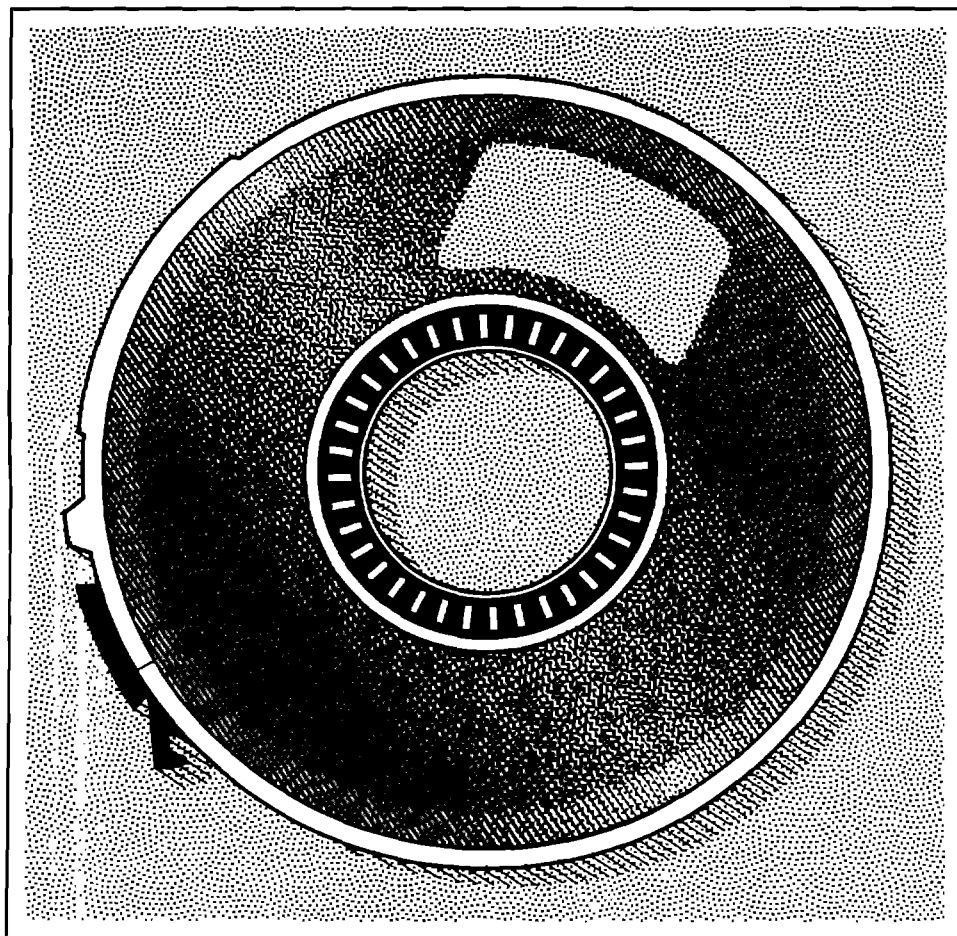
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES • Public Health Service • Centers for Disease Control • National Center for Health Statistics



# Public Use Data Tape Documentation

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Tape Numbers 5702 and 5703

National Health and Nutrition Examination Survey,  
1976-1980



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Public Health Service  
Centers for Disease Control  
National Center for Health Statistics

Hyattsville, Maryland  
February 1982

The micro-data tapes for all examination components will be released as soon as the data has been validated and documented. It is anticipated at this time that release will occur sequentially from July 1981-December 1982. NHANES II data tapes will be available for purchase from:

National Technical Information Service (NTIS)  
5285 Port Royal Road  
Springfield, Virginia 22161  
(703) 487-4763

A current listing of NCHS data tapes available for purchase from NTIS is available from:

Scientific and Technical Information Branch  
National Center for Health Statistics  
Center Building, Room 1-57  
3700 East-West Highway  
Hyattsville, Maryland 20782  
(301) 436-8500

The information included on the Model Gram and Nutrient Composition tapes, unlike other NHANES II data tapes, contain no information about the examined persons. These files form a dietary data bank and were used in conjunction with computer software to code, edit, and process the NHANES II 24-hour recall data.

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I. BACKGROUND

A. National Health and Nutrition Examination Survey, NHANES II, 1976-1980

Description of Survey: A detailed description of the design, content, questionnaires, and operation of NHANES II is provided in the following report: Plan and Operation of the Second Health and Nutrition Examination Survey, 1976-1980, DHHS Pub. No. (PHS) 81-1317 Series 1, No. 15, Public Health Service, Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. The stock number is 017-022-00752-5 and the cost is \$5.50. One copy is provided with the documentation herein, and a general summary of the data collection techniques and content is given in Appendix A.

Target Population: NHANES II was conducted on a nationwide probability sample of approximately 28,000 persons, ages 6 months-74 years, from the civilian, noninstitutionalized population of the United States. The survey started in February 1976 and was completed in February 1980. The NHANES II sample was selected so that certain population groups thought to be at high risk of malnutrition (persons with low incomes, preschool children and the elderly) were oversampled. Adjusted sampling weights were then computed for 76 age, sex, and race categories in order to inflate the sample in such a manner as to closely reflect the estimated civilian noninstitutionalized U.S. population ages 6 months-74 years at the midpoint of the survey (March 1, 1978).

B. Use of NHANES Data

NCHS requests the cooperation of recipients of data tapes in certain actions related to their use:

1. Any publication based on the data should acknowledge the National Center for Health Statistics (NCHS) as the original source. It should include a disclaimer which credits the authors for any analyses, interpretations, or conclusions, and not NCHS, which is responsible only for the data.
2. Consumers who wish to publish a technical description of the data should make a reasonable effort to insure that the description is not inconsistent with that published by NCHS. This does not mean, however, that NCHS will review such descriptions.
3. The National Center for Health Statistics would appreciate receiving reprints of journal articles or other publications based upon findings from the NHANES II survey. Please forward copies to:

Division of Health Examination Statistics  
National Center for Health Statistics  
Center Building, Room 2-58,  
3700 East-West Highway  
Hyattsville, Maryland 20782

C. Editing of the Data Sets

The data users' tapes have been subjected to a great deal of careful editing. Some of the continuous data items have extremely high or low values and it has been verified that they do in fact appear that way on the original interview documents; that is, it has been verified that the values have not been incorrectly keyed. Within each data tape numerous consistency checks have been performed. However, due to the large volume of data collected in the survey, it is likely that a small number of errors or discrepancies remain undetected. The Division of Health Examination Statistics, NCHS would appreciate if any such errors are detected that they be brought to our attention so that errata sheets can be issued to previous purchasers and corrections made if new data tapes are created.

## II. General Notes

As in NHANES I, dietary data were collected using 24-hour recall, 3-month food frequency and dietary supplement forms. Formats of these dietary questionnaires are found in the NHANES II plan and operation publication included with this documentation. The dietary data are available on four tapes: (1) the MODEL GRAM TAPE, (2) the NUTRIENT COMPOSITION TAPE, (3) the 24-HOUR RECALL--SPECIFIC FOOD ITEM TAPE and (4) the TOTAL NUTRIENT INTAKE/FOOD FREQUENCY/AND OTHER RELATED DIETARY DATA TAPE.

Tapes (1) and (2) are the NHANES II dietary data bank, catalog Nos. 5702/5703 and are available from NTIS (order number PB81232878) at a cost of \$185.00. They are used in the computer editing and processing of the NHANES II 24-hour recall forms. The public user of these tapes is responsible for the development of all software for any similar utilization of these tapes. Unlike the NHANES I Model Gram/Nutrient Composition Tapes, catalog nos. 4702/4703, the dietary data bank used in NHANES II consists of only the foods reported on the 24-hour recall forms collected during the survey. An expanded data base was available to the dietary interviewers for coding purposes during the collection of the data.

### TAPE (1): MODEL GRAM

Tape (1) is the first part of a two-part nutrient data bank. The first 119 records on this tape are the acceptable FOOD MODELS or combinations of food models used to aid the respondent in recalling amounts of foods reported on the 24-hour recall form. The second part of this tape



consists of 2605 foods in numeric order with designated food group number, food code number, preferred model code, appropriate gram conversion factor, and alphameric description. When listed by food group, the MODEL GRAM tape provided the basis for the coding manual used by dietary interviewers. In some instances, more than one food was assigned the same food code, but only when the nutrient composition for each of the foods was extremely similar.

TAPE (2): NUTRIENT COMPOSITION

Tape (2) provides a nutrient analysis of the 2605 foods found on the MODEL GRAM TAPE. Calories and seventeen nutrients per 100 gram edible portion are provided for each food. Nutrient values used to update foods on this tape reflect the nutrients available in the food between 1976 and 1980. These nutrient values were obtained either from the manufacturer, or from the U.S. Department of Agriculture's revised Handbook No. 8, sections 1-6 and data tape 456-3 (based on USDA Agriculture Handbook No. 456).

For commercial foods that were reported ingested at least twenty times, the nutrient values reflect the most appropriate information (1980) available from the manufacturer. If the food company did not provide the needed information, nutrient values from other sources were used, where possible. Foods reported fewer than twenty times were not updated and may not reflect the most current nutrient analysis from the manufacturer.

Detailed documentation of the NHANES II nutrient data bank update is available upon request from the Nutrition Statistics Branch, Division Health Examination Statistics, NCHS.

Tapes (3) and (4) contain the dietary data as collected on the forms, or calculated as a result of processing the data using the nutrient data bank.

TAPE (3): 24-HOUR RECALL--SPECIFIC FOOD ITEM DATA

Tape (3) contains information on specific food items consumed by (a) ingestion period, (i.e., breakfast, lunch, dinner, and between-meal foods); (b) the time of day to the closest half hour that the food was consumed; (c) the source of intake (i.e., home, school, restaurant); and calories and 17 nutrients for each food item contributing to the day's total intake. Information is collected for the period of time midnight to midnight preceding the interview and generally reflects intakes reported on Mondays through Fridays, excluding most holidays. This is a result of the general scheduling of examinations on Tuesdays through Saturdays.

TAPE (4): TOTAL NUTRIENT INTAKE/FOOD FREQUENCY/AND OTHER RELATED DIETARY DATA

The TOTAL NUTRIENT INTAKE section of tape 4 consists of a summation of the food-specific nutrient information contained on TAPE (3) for calories and 17 nutrients for each respondent.

The FOOD FREQUENCY section of tape 4 consists of reported frequencies of consumption of foods from 18 food groups, of which 5 have subdivisions for a total of 26 separate categories. Data are intended to reflect usual eating habits of the respondent over the 3 month interval

prior to the dietary interview and do not include irregular eating habits associated with illness or dieting. Data reflect information on foods consumed daily or weekly, Monday through Sunday, and holidays. This food frequency questionnaire served as a crude quality control instrument for the 24 hour recall in addition to providing profiles of eating habits.

OTHER RELATED DIETARY DATA on tape 4 includes information related to food consumption habits recorded on the 24-hour recall and dietary supplement forms, such as vitamin-mineral usage and special diets.

Tape Characteristics

Title: Tape 1. MODEL GRAM TAPE  
Tape 2. NUTRIENT COMPOSITION TAPE  
TAPE

Catalog Number: 1. 5702  
2. 5703

Data Set Name: 1. HEHANES2.DU570202  
2. HEHANES2.DU570302

Record Length: 1. 450  
2. 150

Blocksize: 1. 4050  
2. 4050

Density: 1. 1600 BPI  
2. 1600 PBI

Number of Records: 1. 2724  
2. 2605

Number of Reels : 1. 1  
2. 1

Recording Mode : 1. Fixed Block, EBCDIC  
2. Fixed Block, EBCDIC

Channel : 1. 9 Track  
2. 9 Track

Created by : Division of Health Examination Statistics  
National Center for Health Statistics  
Hyattsville, Maryland

III. Tape Description

MODEL GRAM TAPE SUMMARY - NHANES II

CATALOG Number - 5702

Tape position

Section 1: FOOD MODELS

Description of Tape for Records 0001-0119

Catalog Number.....	1 - 4
Blank.....	5 - 6
Food Model.....	7 - 11
Ounce Equivalent of Food Model.....	12 - 15
Measure Models.....	16 - 17
Blank.....	18 - 450

Section 2: FOODS

Description of Tape for Records 0120-2724

Catalog Number.....	1- 4
Food Group Number.....	5- 6
Food Code Number.....	7- 11
Measure Model.....	12
Gram Conversion Factor.....	13- 17
Blank.....	18- 19
Alphameric Description of Food Code.....	20- 450

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
		DESCRIPTION OF TAPE FOR RECORDS 1-119		Detailed Note #1 provides complete listing of these records and an explanation for symbols + and =.
1-4	4	Catalog Number (5702)		
5-6	2	Blank		
7-11	5	Alphabetic Code for each Food Model		Food model information consists of alphabetic characters and the symbols + and =. The symbols were used whenever the respondent referred to two food models to describe the serving size.
12-15	4	Ounce Equivalent of Food Model		See Detailed Note #2
16-17	2	Type of Measure Model		MEASURE MODELS are not to be confused with FOOD MODELS. FOOD MODELS are the abstract visual aids used by the dietary interviewers to assist the respondent in remembering portion sizes. MEASURE MODELS have letters which indicate whether a food is to be designated as a weight or volume measure. The letter indicates whether a food is to be measured in a "C" - cup containers, a "W" - weight containers, "U" - unit(s) or "X" - grams. Detailed Note #2 shows that "C" - cup containers include cups, glasses, spoons, mounds, bowls, bottles and cans. The "W" - weight containers include DISCS, squares, pats, pies and Greek models. When either the "U" or "X" measure is indicated, foods with these letters preceding the gram conversion factor, are reported in units or grams, respectively.
18-450	433	BLANK		
		(NOTE: For record number 119, tape locations 7-17 are filled with 9's to indicate the end of the food models)		

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
DESCRIPTION OF TAPE FOR RECORDS 120-2724				
1-4	4	Catalog Number (5702)	2605	
5-6	2	FOOD GROUP: These positions on records 120-2724 refer to the food group number. Eighteen basic food groups were used in NHANES II.		see detailed note #3 for specific food group contents.
<p>(NOTE: A nineteenth food group (00) was used when food code 09999 (no food ingested) was recorded by the interviewer on the 24-hour recall form.)</p>				
		Code 00 - No Food Ingested	1	
		01 - Milk and Milk Products	146	
		02 - Meats	214	
		03 - Poultry	58	
		04 - Organ Meats	31	
		05 - Fish/Shellfish	106	
		06 - Eggs	15	
		07 - Soups, Sauces, Gravies	124	
		08 - Fats/Oils	90	
		09 - Legumes/Nuts/Seeds	81	
		10 - Cereals and Grain Products	360	
		11 - Fruits, Vegetables and Juices	638	
		12 - Sugar and Sugar Products	113	
		13 - Desserts	295	
		14 - Miscellaneous	57	
		15 - Mixed Dishes	220	
		16 - Alcoholic Beverages	11	
		17 - Low Calorie Beverages	35	
		18 - Salty Snacks	10	



NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	<p>FOOD CODE: After the Food Group number, the second set of digits represents the food code number. This number consists of a maximum of five (5) digits. Food codes which do not begin with numerals such as 35000, are always preceded by zeros, e.g., 00001, 00019, 00509, 05678, etc. The total number of food codes reported in their respective food groups in NHANES II are as follows:</p>	2605	Detailed notes 4 and 5 provide additional listings of the food codes used by data source and by food group.
		<p>Food Group (FG):00 Code: 09999 no assigned food group</p>	1	When a respondent reported no food was consumed at a specified ingestion period, code 09999 (SKIPO) was recorded to indicate that no food was eaten at that meal.
		<p>FG:01 MILK AND MILK PRODUCTS CODES: 00509-02482 05309-05756 40001, 40053 41001, 41002 72070 85101, 85103</p>	<p>146 50 7 2 2 1 2</p>	<p>456-3 data tape, USDA - 1977 Tulane Dietant Listing Baker-Beechnut Baby Food Company Gerber Baby Food Company USDA Home &amp; Garden Bulletin 72 Bowes &amp; Church, 12th edition</p>

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:01 continued		
		90000 Series (3 Codes)		
		90007	1	National Dairy Council Digest
		90081	1	Sealtest
		90153	1	Ross Laboratories
		91000 Series (77 Codes)		
		91000-91002	3	Fisher Cheese Company
		91005-91028	22	Kraft Foods
		91029, 91064-91071,		
		91094-91096	12	Land 'O Lakes
		91030	1	Nabisco Company
		91031-91035	5	National Cheese Institute
		91036, 91074, 91097, 91098	4	Weight Watchers, Inc.
		91041, 91092, 91093	3	General Foods
		91046, 91061-91063	4	Carnation Co.
		91047-91051, 91059, 91060	5	Mead-Johnson
		91053, 91056	2	Wyeth Laboratories
		91054	1	Ross Laboratories
		91055	1	Loma Linda Foods
		91058	1	Syntex Laboratories
		91072	1	McDonald's
		91073	1	Pet Company
		91075	1	Borden's
		91076	1	Beatrice Foods
		91077	1	Lehigh Valley Dairy
		91078	1	Milnot Company
		91091	1	Campbell Soup Company
		91100	1	Dairy Queen
		91111, 91112	2	Best Foods/Swiss Knorr
		91113-91115	3	R.T. French Company

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:01 continued 94000 Series (2 codes) 94000, 94001	2	Ross Laboratories
		FG:02 MEATS CODES: 00128-02394	214	
		05682-05768	165	456-3 data tape, USDA, 1977
		40002, 40004, 40118	6	Tulane Dietant Listing
		41003-41095	3	Baker-Beechnut Baby Food Company
		91000 Series (31 Codes)	9	Gerber Baby Food Company
		91200	1	Campbell Soup Company
		91202-91207	5	Armour Foods
		91209-91230, 91234-91235	23	Oscar Mayer Meat Company
		91231	1	Stokely-Van Camp
		91232	1	Bowes & Church, 12th Edition
		FG:03 POULTRY	58	
		CODES: 00682-02349	43	456-3 data tape, USDA - 1977
		05778-05779	2	Tulane Dietant Listing
		40057, 40058, 40125	3	Baker-Beechnut Baby Foods
		41009-41098	5	Gerber Baby Foods
		91000 Series (5 Codes)		
		91300	1	Campbell Soup Company
		91301	1	Land 'O Lakes
		91302	1	Oscar Mayer Meat Company
		91304	1	Stouffer's
		91305	1	Weaver's

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:04 ORGAN MEATS	31	
		CODES: 00695-02317	23	456-3 data tape, USDA - 1977
		05760-05781	5	Tulane Dietant Listing
		41011	1	Gerber Baby Foods
		91000 Series (2 Codes)		
		91400	1	Oscar Mayer Meat Company
		91401	1	East Asian Foods
		FG:05 FISH/SHELLFISH	106	
		CODES: 00002-02468	87	456-3 data tape, USDA - 1977
		05245-05655	5	Tulane Dietant Listing
		08500-08519	11	Hawaiian Foods
		91000 Series (3 Codes)		
		91500, 91501	2	H. J. Heinz Company
		91502	1	Mrs. Paul's
		FG:06 EGGS	15	
		CODES: 00968-00983	11	456-3 data tape, USDA - 1977
		05231	1	Tulane Dietant Listing
		91000 Series (3 Codes)		
		91602	1	Standard Brands
		91603	1	Tillie Lewis Foods
		91604	1	Draper Egg Products
FG:07 SOUPS, SAUCES & GRAVIES	124			
CODES: 00144-02287	58	456-3 data tape, USDA - 1977		
05173-05772	9	Tulane Dietant Listing		
08701	1	Hawaiian Foods		

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:07 continued		
		91000 Series (56 Codes)		
		91700, 91737-91748	13	Best Foods/Swiss Knorr
		91701, 91703, 91720-91724	7	R. T. French Company
		91711-91713	3	Carnation Co.
		91714-91718	5	Chef-boy-ar-dee
		91719	1	Del Monte Food Corp.
		91725	1	General Foods
		91761-91794	26	Campbell Soup Company
		FG:08 FAT/OILS	90	
		CODES: 00126-02228	34	456-3 data tape, USDA - 1977
		05461-05620	7	Tulane Dietant Listing
		35052	1	USDA - Confidential
		72038-72056	7	USDA Home & Garden Bull. 72
		91000 Series (41 Codes)		
		91800	1	Oscar Mayer Company
		91801-91807, 91826, 91860-91864	11	Kraft Food Company
		91809	1	Avoset Foods
		91810	1	Carnation Company
		91811-91812, 91818-91819	4	Riches Foods
		91816-91817	2	General Foods
		91821-91825, 91836-91838,	10	Best Foods
		91851, 91852		
		91827	1	Land 'O Lakes
		91828-91830, 91839-91841	6	PVO International
		91831	1	Standard Brands

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:08 continued		
		91853	1	Proctor & Gamble Company
		91854	1	Smucker's
		91865	1	Pet Company
		FG:09 LEGUMES/NUTS/SEEDS	81	
		CODES: 00008-02421	51	456-3 data tape, USDA - 1977
		05060-05738	4	Tulane Dietant Listing
		85100	1	Bowes and Church - 12th edition
		90000 Series (4 Codes)		
		90003	1	Mead - Johnson
		90005	1	McCormick's
		90017	1	Worthington Foods
		90152	1	East Asian Foods
		91000 Series (21 Codes)		
		91900-91902	3	Stokely - Van Camp
		91911-91916	6	Standard Brands
		91926-91927	2	General Mills - Dontrae Foods
		91930-91932, 91944-91946	6	Morningstar Farms
		91933-91940	4	Worthington Foods
		FG:10 CEREALS & GRAIN PRODUCTS	360	
		CODES: 00146-02460	128	456-3 data tapes, USDA - 1977
		05086-05741	23	Tulane Dietant Listing
		08002-08003	2	Hawaiian Foods
		35002-35054	6	USDA - Confidential
		40008-40067	6	Baker-Beechnut Baby Foods
		41015-41162	18	Gerber Baby Foods
		41200	1	Familia Swiss Baby Foods
		72333, 72334	2	USDA Home/Garden Bull. 72

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:10 continued		
		90000 Series (11 Codes)		
		90015	1	Loma Linda Foods
		90022	1	Nabisco Company
		90067, 90108-90129	5	Quaker Oats Company
		90071	1	Kretschmer Products
		90104	1	Kellogg's
		90461, 90462	2	ITT Continental Baking Company
		92000 Series (92 Codes)		
		92000-92004, 92021	6	ITT Continental Baking Company
		92005	1	General Mills Chemical Company
		92006-92020	14	Pepperidge Farms
		92026, 92032	2	Carnation Company
		92027, 92028, 92046-92051,	13	General Mills Company
		92053-92056, 92900		
		92029, 92052, 92057-92075,	25	Kellogg's
		92097, 92902-92904		
		92030, 92076-92084	8	Nabisco Company
		92031	1	Pillsbury Company
		92036-92045, 92901	11	General Foods
		92085, 92086	2	Pet Company
		92087-92091, 92098, 92099	6	Ralston-Purina Company
		92093	1	Kretschmer Products
		92095, 92096	2	Quaker Oats Company
		93000 Series (71 Codes)		
		93001	1	Chef-boy-ar-dee
		93002	1	Campbell's Franco American
		93003, 93004	2	General Mills
		93005	1	Stokely Van Camp

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:10 continued		
		93011-93031	20	Nabisco Company
		93032-93035	3	Stella D'Oro Biscuit Company
		93037-93041	4	Sunshine Biscuit Company
		93042	1	Devonsheer Company
		93046-93047	2	Campbell Soup Company
		93048-93050	3	Kellogg's
		93052, 93054	2	Pillsbury Company
		93059	1	USDA - Confidential-Commercial
		93062-93066	5	ITT Continental Baking Company
		93070-93081, 93094-93099	18	Pepperidge Farms
		93082-93084	3	Sara Lee
		93091-93093	3	General Foods
		93100	1	Thomas' Bakery
		FG:11	638	
		CODE: FRUITS, VEGETABLES & JUICES		
		00013-02474	447	456-3 data tapes, USDA - 1977
		05183-05832	23	Tulane Dietant Listing
		06376, 06379	2	Tulane Dietant Listing
		08102-08146	17	Hawaiian Foods
		35000-35058	5	USDA - Confidential
		40011-40097	43	Baker-Beechnut Baby Foods
		41028-41122	48	Gerber's Baby Foods
		90000 Series (3 Codes)		
		90085	1	Coca Cola Company
		90087	1	Welch's
		90094	1	A. E. Staley Company



NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:11 continued		
		92000 Series (50 Codes)		
		92100, 92136, 92137	3	Del Monte Foods
		92106, 92107	2	Campbell Soup Company
		92108-92112, 92145-92173	25	General Food Company
		92113-92117, 92126-92128	8	Ocean Spray Company
		92118	1	Welch's Foods
		92138-92143	4	R. T. French
		92174-92180	3	General Mills
		92183-92186	4	Stouffer's
		FG:12 SUGAR & SUGAR PRODUCTS	113	
		CODES: 00026-02234	77	456-3 data tapes, USDA - 1977
		05256-05647	21	Tulane Dietant Listing
		90000 Series (1 Code)		
		90084	1	NHANES Calculation
		92000 Series (14 Codes)		
		92200-92204	5	Coca Cola Company
		92205-92206	2	General Foods
		92211-92213	3	General Mills
		92215	1	Pillsbury Company
		92216, 92217	2	Best Foods
		92220	1	Nestle's Company
		FG:13 DESSERTS	295	
		CODES: 00025-01905	84	456-3 data tapes, USDA - 1977
		05094-05834	24	Tulane Dietant Listing
		06357	1	Tulane Dietant Listing
		35031-35055	10	USDA - Confidential

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:13 continued		
		40038-40102	6	Baker-Beechnut Baby Foods
		41060-41160	15	Gerber's Baby Foods
		72403	1	USDA Home & Garden Bull. 72
		90000 Series (16 Codes)		
		90018	1	NHANES Calculation
		90034, 90038	2	Nabisco Company
		90047	1	Sunshine Biscuit Company
		90050-90061	12	Pillsbury Company
		92000 Series (82 Codes)		
		92300-92307	8	ITT Continental Baking Company
		92308-92312	5	General Mills
		92313, 92347-92372	27	Nabisco Company
		92314-92320, 92373-92379	13	Pepperidge Farm
		92321-92325	4	Rich's Food
		92328-92331	4	Sara Lee
		92333	1	Standard Brands
		92346	1	Mead-Johnson
		92380-92385	6	Stella D'ora Biscuit Company
		92386-92399	13	Sunshine Biscuit Company
		93000 Series (56 Codes)		
		93057	1	Nabisco Company
		93300	1	Sunshine Biscuit Company
		93301	1	Barton's
		93061-93067, 93316-93320, 93366-93381	22	ITT Continental Baking Company
		93321-93323	3	Riches Foods
		93326-93333	8	General Food Corp.
		93068-93069, 93341-93349	11	Pepperidge Farms

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
7-11	5	FG:13 continued		
		93350	1	Pillsbury Company
		93351-93356	6	Sara Lee
		93382	1	McDonald's
		93357	1	Stella D'ora Biscuit Company
		FG:14 MISCELLANEOUS	57	
		CODES: 00617-02478	29	456-3 data tape, USDA - 1977
		05311	1	Tulane Dietant Listing
		72539	1	USDA Home & Garden Bull. 72
		90000 Series (3 Codes)		
		90004	1	Bowes & Church, 12th ed.
		90008	1	NHANES Calculation
		90130	1	Plus Products
		92000 Series (23 Codes)		
		92400-92403	4	Carnation Company
		92405, 92414	2	General Foods
		92406	1	Nestle's Company
		92407	1	Hershey's
		92408	1	Borden's
		92409-92412	4	Ovaltine Products
		92413	1	Pillsbury Company
		92415, 92416	2	Alba
		92421, 92423-92426	5	Tille Lewis Company
		92422	1	R.T. French
		92431	1	Doyle Pharmaceutical Company

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
	FG:15	MIXED DISHES	220	
	CODES:	00205-02350	37	456-3 data tape, USDA - 1977
		05171-05831	10	Tulane Dietant Listing
		08151	1	Hawaiian Foods
		35007-35010	3	USDA - Confidential
		40042-40116	14	Baker-Beechnut Baby Foods
		41071-41159	38	Gerber's Baby Foods
	90000	Series (6 Codes)		
		90010-90014	5	General Mills
		90150	1	NHANES Calculation
	92000	Series (83 Codes)		
		92500-92512	11	Armour Meat Company
		92514-92549	30	Campbell Soup Company
		92550-92552	3	Carnation Company
		92553-92564	11	Chef-boy-ar-dee
		92565-92578	11	ITT Continental Baking Company
		92579-92582	4	ITT Continental-Morton's
		92584-92598	13	General Mills
	93000	Series (28 Codes)		
		93500-93502	3	Golden Grain Macaroni Company
		93505-93509	5	Luck's Food
		93510-93515	6	McDonald's
		93516	1	Oscar Mayer Meat Company
		93518, 93519	2	Sara Lee
		93524	1	Stokely Van Camp
		93525-93528	4	Stouffer's
		93531-93551	6	Weight Watchers, Inc.

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
	FG:16	ALCOHOLIC BEVERAGES	11	
	CODES:	00394-00401	8	456-3 data tapes, USDA - 1977
		05459-05556	3	Tulane Dietant Listing
	FG:17	LOW CALORIE BEVERAGES	35	
	CODES:	00403-02277	11	456-3 data tapes, USDA - 1977
		35023-35057	3	USDA - Confidential
	90000	Series (3 Codes)		
		90001	1	NHANES Calculation
		90080	1	General Foods Corp.
		90090	1	Welch's
	92000	Series (18 Codes)		
		92700-92704	5	Coca Cola Company
		92705, 92713-92716	5	General Foods Corp.
		92711	1	A. E. Staley Company
		92717-92719	3	Nestle's Company
		92720-92723	4	Best Foods/Swiss Knorr
	FG:18	SALTY SNACKS	10	
	CODES:	01655-01814	4	456-3 data tape, USDA - 1977
		05189-05673	3	Tulane Dietant Listing
		30016-30017	2	ITT Continental Baking Company
		41088	1	Gerber's Baby Foods

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
12	1	MEASURE MODEL refers to the preferred measure the food is reported in and is represented by the letters C, W, U, or X.  NOTE: A blank was coded for food code 09999 which indicates no food was ingested.		See previous detailed note concerning columns 14-15 for records 1-119.
		C = cup containers W = weight containers U = unit(s) X = grams only Blank	1526 634 273 171 1	
		TOTALS:	2605	

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NIHANES II)

TAPE 1: MODEL GRAM

Tape Loc.	No. of Positions	Item Description & Codes	Control Count	NIHANES II SURVEY DIETARY DATA SOURCE
13-17	5	THE GRAM CONVERSION FACTOR is a five digit number which represents the gram equivalent of a one ounce weight of the corresponding food item.	2604	
		(00000 - 00440) - as given (xxxxx.) 99999 - used for food code 09999 (no food ingested)	1	
18-19	2	Blank	2605	
20-450	430	The ALPHAMERIC DESCRIPTION OF EACH FOOD ITEM lists the food item and details the source of preparation or packaging; enrichment or fortification, i.e., homemade, NIHANES calculation, commercial brand; fresh, canned, frozen, dehydrated; cooked - fried, baked, broiled, boiled; enriched or unenriched, fortified, etc.		

DETAILED NOTE #1

A 1000C  
A+C 2600C  
A+S 1600C  
A+W 2200C  
A=W 1100C  
B 1100C  
B+Q 1600C  
B+V 2000C  
C 1600CW  
CC 0050CW  
CC+E 0070CW  
CC+SS 0120C  
CC+Z 0300C  
CC=Z 0150C  
CC=MM 0055W  
CC=SS 0060C  
Cup 0800C  
Cups 0800C  
C+H 1750W  
C+J 3000C  
C+S 2200CW  
C+U 4700W  
C+Z 1850C  
C=J 1500CW  
C=U 2350W  
D 0400W  
D+Q 0900W  
D=Q 0450W  
E 0020CW  
E+CC 0070CW  
E+M 0050CW  
E+S 0620C  
E+SS 0090C  
E=MM 0040CW  
E=M 0025CW  
G 0100W  
GM  
GMS  
G+H 0250W  
G+MM 0160W  
G=H 0125W  
H 0150W  
H+C 1750W  
J 1400C  
J+C 3000C  
J+S 2000C  
J+Z 1650C  
LG 0500W  
LG+MD 0750W  
M 0030CW  
MD 0250W  
MD+LG 0750W  
MD+SM 0350W  
MD=LG 0375W  
MED 0250W  
MM 0060W  
MM+H 0210W  
MM=G 0080W  
M+CC 0080CW  
M+E 0050CW  
M+SS 0100C  
M=SS 0050C

M=CC 040CW  
OZ 0100CW  
PT 1600C  
Q 0500CW  
QT 3200C  
Q+A 1500C  
Q+B 1600C  
Q+U 3600W  
Q+V 1400C  
Q=U 1800W  
Q=B 0800C  
Q=V 0700C  
S 0600CW  
SKIPO  
SM 0100W  
SM+MD 0350W  
SM=MD 0175W  
SS 0070C  
SS+CC 0120C  
SS+E 0090C  
SS+J 1470C  
SS+M 0100C  
SS+S 0670C  
S+A 1600C  
S+B 1700C  
S+C 2200CW  
S+J 2000C  
S+SS 0670C  
S+V 1500C  
S+Z 0850C  
S=A 0800C  
S=C 1100CW  
S=J 1000C  
S=W 0900C  
TBSP 0050CW  
TSP 0017CW  
U 3100W  
UNIT 0100U  
UNITS 0100U  
U+C 4700W  
V 0900C  
V+B 2000C  
V+Q 1400C  
V+S 1500C  
V=B 1000C  
W 1200C  
W+C 2800C  
W=C 1400C  
Y 0300W  
Z 0250C  
Z+C 1850C  
Z+J 1650C  
Z+S 0850C  
Z=J 0825C  
Z=C 0925CW  
Z=S 0425C  
9999999999 (119th record)

Records: 1-119

MODEL GRAM TAPE Catalog number  
(col. 1-4)

FOOD MODEL (col. 7-11)

OUNCE EQUIVALENT for each Food  
Model (col. 12-15)

MEASURE MODEL(S) (col. 16-17)

Note: The symbol + is used when the amount of food consumed is reported using two food models.

The symbol = is used when the amount of food consumed is larger than the first but smaller than the second, i.e., S(6 ounces) = A(10 ounces).



DETAILED NOTE #2

<u>CONTAINER MEASURE</u>	<u>FOOD MODEL</u>	<u>OUNCE EQUIVALENT</u>	<u>MEASURE</u>	<u>APPROXIMATE HOUSEHOLD MEASURE</u>
Cups	A	10.00	Cup	1¼ cups
	S	06.00		¾ cup
Glasses	B	11.00	Cup	1 3/8 cups
	V	09.00		1 1/8 cups
	Q	05.00		5/8 cup
Spoons	SS	00.70	Cup	1½ TBS
	CC	00.50		1 TBS
	M	00.30		½ TBS
	E	00.20		1 TSP
Mounds	C	16.00	Cup	2 cups
	S	06.00		¾ cup
	Z	02.50		1/3 cup
	J	14.00		1 ¾ cups
Bottles/cans	A	10.00	Cup	1¼ cups
	W	12.00		1½ cups
	C	16.00		2 cups
	S	06.00		¾ cup
Meats	H	01.50	Weight	1½ oz.
	S	06.00		6 oz.
	C	16.00		1 lb.
	U	31.00		2 lb.
	SM	01.00		1 oz.
	MED	02.50		2½ oz.
	LG	05.00		5 oz.
	Y	03.00		3 oz.
French Bread	UNIT		Unit	34 gms
Butter/ margarine	E	00.20	Weight(pat)	1/5 oz.
Pie (pie, pizza, cornbread)	D	04.00	Weight	4 oz.
	Q	05.00		5 oz.
Discs and Squares	E	00.20	Weight	1/5 oz.
	M	00.30		1/3 oz.
	CC	00.50		1/2 oz.
	MM	00.60		2/3 oz.
	G	01.00		1 oz.
H	01.50	1½ oz.		
Boxes (cakes, pies cornbread pizza		20.4 cubic in. 6.25 cubic in. 15.9 cubic in.	Dimension	

DETAILED NOTES

TAPE POSITIONS 369-370

NHANES II FOOD GROUPS

CONTENTS

- |                           |  |
|---------------------------|--|
| 1. MILK & MILK PRODUCTS   | Includes: milk drunk as a beverage or used on cereal; flavored milk drinks; cocoa made with milk; skim milk, yogurt, ice milk; ice cream and puddings made with milk; cheese and cheese dishes.<br>EXCEPTION: cream cheese |
| 2. MEAT                   | Includes: beef, pork, lamb, veal, luncheon meats, canned meats   |
| 3. POULTRY                | Includes: chicken, turkey, duck, game birds, cornish hen   |
| 4. ORGAN MEATS            | Includes: liver, kidney, heart, spleen, tripe, etc.  |
| 5. FISH & SHELLFISH       | Includes: all varieties of fish and shellfish, fresh, canned, frozen, dried or salted  |
| 6. EGGS                   | Includes: eggs eaten, i.e., fried, boiled, poached, deviled, or egg salad. DOES NOT INCLUDE EGGS USED IN COOKED OR BAKED DISHES  |
| 7. SOUPS, SAUCES, GRAVIES | Includes: milk and water based soups, condensed, and diluted; gravies and sauces both meat and vegetable based   |
| 8. FATS & OILS            | Includes: butter, margarine, oils, salad dressings, bacon, cream, cream cheese, peanut butter, nondairy creamers, olives   |
| 9. LEGUMES, NUTS, SEEDS   | Includes: cooked beans and peas previously dried such as: pinto, red, black-eyed, great northern, lentils, etc.; peanuts, soybeans and soy products, textured vegetable protein products, nuts and seeds                   |

10. CEREAL AND GRAIN PRODUCTS  
Includes: breakfast cereals, dry or cooked; grain products such as bread, rolls, biscuits, muffins, crackers, unsalted snack foods; rice; pasta
11. FRUITS, VEGETABLES AND JUICES  
Includes: all kinds: fresh, canned, frozen, cooked, juices and fruit drinks  
Fruits and vegetables rich in Vitamin A  
Fruits and vegetables rich in Vitamin C
12. SUGAR & PRIMARILY SUGAR PRODUCTS  
Includes: Ices, candy, carbonated beverages, drinks prepared with sugar; sugar, honey, jam, jellies, icings, syrups, fruitades
13. DESSERTS  
Includes: cake, pie, cookies, fruit puddings, non-protein gelatin desserts, doughnuts, sherbets, sweet snacks.  
EXCEPTIONS: ice cream, ice milk
14. MISCELLANEOUS  
Includes: dry beverage powders, mustard, gelatin, dry malt, low calorie salad dressings
15. MIXED DISHES  
Includes: casseroles, pot pies, pizza, pasta dishes, etc. The primary ingredient is protein in the form of meat, poultry, fish or eggs
16. ALCOHOLIC BEVERAGES  
Includes: beer, wine and distilled liquors
17. LOW CALORIE BEVERAGES  
Includes: coffee, tea, decaffeinated beverages, bouillons, consommé and low calorie carbonated beverages
18. SALTY SNACKS  
Includes: potato chips, corn chips, puffed salty snacks, cheese snacks, salted pretzels or popcorn, etc.

DETAILED NOTE #4

DATA SOURCES FOR CODE SERIES - NHANES II  
(1976-1980)

CODES

SOURCES

0-02483

Department of Agriculture's 456-3 data tape consists of two data sets. The NHANES Model Gram Tape includes both data sets 456-1: Food names and identification numbers (codes) and 456-2: Food Composition data. The 456-3 tape is the expansion of data published in Nutritive Values of American Foods in Common Units (CFE Adm.) 338, May 1977, USDA, APS, CFEI, Hyattsville, Maryland.

05000

Tulane Dietant Listing - Tulane University, New Orleans, La., 1969. 6000 series refers to school lunch codes.

06000

08000

Hawaiian Foods

Circular 52 - Nutritive Values of Some Hawaiian Foods in Household Units and Common Measures. C.D. Miller and B. Branthoover - Public Health Nutrition, Department of Public Health Sciences, University of Hawaii, School of Public Health, June 1957

Food Composition Table for Use in East Asia  
USDHEW Publication no. (NIH) 79-456, Dec. 1972

Research Bulletin 146 - Fatty Acids, Cholesterol, and Proximate Composition of Certain Prepared and Unprepared Foods in Hawaii. B.R. Standel, D.R. Bassett, P.B. Policar, and M. Thom. Hawaii Agricultural Experimental Station, University of Hawaii, May 1975

30000

Continental Baking Company - codes placed on tape during 1970-71.

35000

Confidential information - USDA. Codes placed on tape during 1971.

40000

Baker-Beechnut Baby Food Corporation. Codes placed on tape in 1975.

41000

Gerber Baby Food Company. Codes placed on tape in 1975.

72000

Nutritive Values of Foods - Home and Garden Bulletin 72, USDA, 1970; slightly revised edition - 1971.

85000

Food Values of Portions Commonly Used; Bowes & Church, 11th edition, 1970; 12th edition, 1975.

90000                    Commercial codes used in NHANES I, 1971-74.  
91000-                   Commercial codes used in NHANES II, 1976-1980.  
94000

NOTE: Exceptions to Code Series are noted in detail in documentation.

DETAILED NOTE #5: DATA SOURCES FOR FOOD CODE SERIES USED IN NIANES II BY FOOD GROUP

Data Source	CODE SERIES	FOOD GROUPS <sup>1</sup>																		TOTALS
		00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	
456-3 data tapes, USDA - 1977-----	0-2482	50	165	43	23	87	11	58	34	51	128	447	77	84	29	37	8	11	4	1347
Tulane Dietant Listing-----	5000/6000	7	6	2	5	5	1	9	7	4	23	25	21	25	1	10	3		3	157
Hawaiian Foods-----	8000																			
East Asian Foods-----	90000,91000				1	11		1		1	2	17				1				34
ITT Cont. Baking Company-----	30000																		2	2
USDA Confidential Information-----	35000,93000								1		7	5		10		3		3	29	
Baker/Beechnut Baby Food Company-----	40000	2	3	3							6	43		6		14				77
Gerber Baby Food Company-----	41000	2	9	5	1						18	48		15		38			1	137
USDA Home & Garden Bulletin 72-----	72000	1							7		2			1	1					12
Bowes & Church-----	85000,90000																			
	91000	2	1							1					1					5
COMMERCIAL CODES	90000-94000												1*	1*	1*	1*		1*		5
A.E. Staley Manufacturing Co.-----												1						1		5
Alba Company-----															2				1	2
Chef-boy-ar-dee (American Foods)---								5			1					11				17
Luck's (American Foods)---																5				5
Armour Food Company-----			5													11				16
Avoset Food Corporation-----									1											1
Barton's-----														1						1
Beatrice Food Company-----		1																		1
Best Foods/Swiss Knorr-----		2						13	10				2					4		31
Borden's-----		1													1					2
Campbell Soup Company-----		1	1	1				26			3	2				30				64
Carnation Company-----		4						3	1		2				4	3				17
Coca Cola Company-----												1	5					5		11
Del Monte Corporation-----								1				3								4
Devonsheer Foods-----											1									1
Doyle Pharmaceutical Company-----															1					1
Draper Egg Products-----							1													1
Familia Swiss Baby Food Company---	41000										1									1
Fisher Cheese Company-----		3																		3
General Foods-----		3						1	2	14	25	2	8	2				6		63

DETAILED NOTE #5: DATA SOURCES FOR FOOD CODE SERIES USED IN NHANES II BY FOOD GROUP

Data Source	CODE SERIES	FOOD GROUPS <sup>1</sup>																		TOTALS
		00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	
General Mills, Inc.-----											2	15	3	3	5		18			46
General Mills Chemical, Inc.-----												1								1
Golden Grain Macaroni Company-----																	3			3
H.J. Heinz Company-----								2												2
Hershey Foods-----																1				1
International Dairy Queen, Inc.-----		1																		1
ITT Continental Baking Co., Inc.---												13			30		15			58
Kellogg Company-----												29								29
Kraft Foods-----		22								11										33
Kretschmer Products-----											2									2
Land O' Lakes-----		12			1					1										14
Lehigh Valley Dairy-----		1																		1
Loma Linda Foods-----		1										1								2
Mead-Johnson-----		5									1				1					7
McCormick's & Co. Inc.-----											1									1
McDonald's-----		1													1		6			8
Miles Labs - Morningstar Farms-----											6									6
Milnot Company-----		1																		1
Mrs. Paul's Kitchen's Inc.-----							1													1
Nabisco, Inc.-----		1									29				30					60
National Cheese Institute-----		5																		5
National Dairy Council Digest-----		1																		1
Nestles Enterprises, Inc.-----														1		1			3	5
Ocean Spray Cranberries, Inc.-----													8							8
Oscar Mayer & Company-----				23	1	1				1							1			27
Ovaltine Products-----																4				4
PVO International, Inc.-----										6										6
Pepperidge Farm Inc.-----											32				24					56
Pet, Inc.-----		1								1	2									4
Pillsbury Company-----											3			1	13	1				18
Plus Products-----																1				1
Proctor & Gamble-----										1										1
Quaker Oats Company-----											7									7

DETAILED NOTE #5: DATA SOURCES FOR FOOD CODE SERIES USED IN NHANES II BY FOOD GROUP

Data Source	CODE SERIES	FOOD GROUPS <sup>1</sup>																		TOTALS	
		00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17		18
Commercial codes - continued																					
R.T. French Company-----			3						7				4			1					15
Ralston-Purina Company-----											6										6
Rich Products Company-----										4					7						11
Ross Laboratories-----			4																		4
Sara Lee-----											3			10		2					15
Sealtest-----			1																		1
J.M. Smucker's Company-----										1											1
Standard Brands, Inc.-----								1		1	6				1						9
Stella D'Oro Biscuit Company, Inc.-----											3				7						10
Stokely-Van Camp, Inc.-----				1							3	1					1				6
Stouffer Foods-----					1								4				4				9
Sunshine Biscuit, Inc.-----												4			15						19
Syntex Labs., Inc.-----			1																		1
S.B. Thomas Inc.-----											1										1
Tillie Lewis Foods, Inc.-----								1								5					6
Weaver's Foods-----					1																1
Weight Watcher's, Inc.-----			4														6				10
Welch's Foods, Inc.-----													2						1		3
Worthington Foods, Inc.-----											5										5
Wyeth Laboratories-----			2																		2
No food ingested-----	09999	1																			1
TOTALS		1	146	214	58	31	106	15	124	90	81	360	638	113	295	57	220	11	35	10	2605

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<sup>1</sup>Food Groups - See Detailed Note #3

\*Nutrients for food code were calculated by NHANES nutrition staff



NUTRIENT COMPOSITION TAPE SUMMARY - NHANES II

CATALOG NUMBER: 5703

	tape position
Catalog Number .....	1-4
FOOD GROUP Number .....	5-6
FOOD CODE Number .....	7-11
Calories and 17 nutrients reported on a 100 gram-edible portion basis .....	12-137
Blank .....	138-150

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 2: NUTRIENT COMPOSITION

Tape Loc.	No. of Positions	ITEM DESCRIPTION & CODES	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
1-4	4	Catalog number: 5703	2605	
5-6	2	FOOD GROUP: The nutrient composition tape consists of the same food groups as found on Model Gram Tape 5702. Codes: (00-18)	2605	see detailed note #3, MODEL GRAM TAPE documentation
7-11	5	FOOD CODES on this tape correspond to respective food codes on the Model Gram Tape 5702. (Codes: (00002-94001)	2605	
12-137		<p>NUTRIENTS</p> <p>Calories and 17 nutrients used to analyze the 24-hour recall data from NHANES II are found in positions 12-137 and each nutrient is listed in a seven digit field. Two decimal places are implied and all values are right-justified within a field. (xxxxx.xx) If specific nutrient information was unavailable, unreliable or represented by insignificant amounts, the value 9999999 was used. A zero (0000000) indicates no value.</p> <p>NOTE: The majority of nutrients in the dietary data bank were updated during 1980. Detailed documentation is available upon request.</p>		see detailed note #4, MODEL GRAM TAPE documentation.

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 2: NUTRIENT COMPOSITION

Tape Loc.	No. of Positions	ITEM DESCRIPTION & CODES	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
		Values for nutrients in the NHANES II dietary data bank are designated per 100 gram edible portion sizes for each food code.		
		<u>NUTRIENT</u>		
12-18	7	Calories 0000000-0090200--as given 9999999--unknown	2605 0	
19-25	7	Protein (grams) 0000000-0008560--as given 9999999--unknown	2596 9	
26-32	7	Fat (grams) 0000000-0010000--as given 9999999--unknown	2595 10	
33-39	7	Total Carbohydrates (grams) 0000000-0010000--as given 9999999--unknown	2598 7	
40-46	7	Calcium (milligrams) 0000000-0254000--as given 9999999--unknown	2557 48	

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 2: NUTRIENT COMPOSITION

Tape Loc.	No. of Positions	ITEM DESCRIPTION & CODES	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
47-53	7	Phosphorus (milligrams) 0000000-0188700--as given 9999999--unknown	2307 298	
54-60	7	Iron (milligrams) 0000000-0010020--as given 9999999--unknown	2543 62	
61-67	7	Sodium (milligrams) 0000000-2400000--as given 9999999--unknown	2355 250	
68-74	7	Potassium (milligrams) 0000000-0527300--as given 9999999--unknown	2252 353	
75-81	7	Vitamin A (International Units) 0000000-7450000--as given 9999999--unknown	2456 149	
82-88	7	Thiamine (milligrams) 0000000-0001875--as given 9999999--unknown	2516 89	
89-95	7	Riboflavin (milligrams) 0000000-0002040--as given 9999999--unknown	2529 76	

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY, 1976-1980

(NHANES II)

TAPE 2: NUTRIENT COMPOSITION

Tape Loc.	No. of Positions	ITEM DESCRIPTION & CODES	Control Count	NHANES II SURVEY DIETARY DATA SOURCE
96-102	7	Preformed Niacin (milligrams) 0000000-0010000--as given 9999999--unknown	2507 98	
103-109	7	Vitamin C (milligrams) 0000000-0036900--as given 9999999--unknown	2426 179	
110-116	7	Total Saturated Fatty Acids (grams) 0000000-0005581--as given 9999999--unknown	1908 697	
117-123	7	Oleic Acid (grams) 0000000-0007500--as given 9999999--unknown	1892 713	
124-130	7	Linoleic Acid (grams) 0000000-0005800--as given 9999999--unknown	1894 711	
131-137	7	Cholesterol (milligrams) 0000000-0314600--as given 9999999--unknown	1971 634	
138-150	13	Blank		

IV. APPENDIX

Data Collection Techniques and Content

The plan developed with respect to the content of NHANES II called for the following:

A. Questionnaires completed in the household:

- (1) Household questionnaire: For each household member, questions referred to family relationships; certain demographic items such as age, sex, and race; selected housing information; occupation, income, education, veteran status; and an indication of participation in food stamp programs.
- (2) Medical history questionnaires:
  - (a) For each sample person ages 6 months-11 years

The questionnaire included items on birth weight, prematurity, congenital conditions, medication, neurological conditions, lead poisoning, accidents, hospital care, disability, diarrhea, pica, vision, and a variety of chronic conditions. In addition, data were collected on allergies, kidney and bladder disease, anemia, speech and hearing, lung and chest conditions and participation in food programs.
  - (b) For each sample person ages 12-74 years

The questionnaire included items on medication; hospital care, tuberculosis; a variety of acute and chronic diseases; tobacco usage, physical activity; weight; height; vision disability, exposure to pesticides; gastrointestinal

problems; and for females, a menstrual and pregnancy history. In addition, data were collected on anemia, diabetes, respiratory condition, hearing and speech, liver and gallbladder conditions, kidney and bladder disease, allergies, hypertension, cardiovascular conditions, stroke, arthritis (stressing middle and upper back and neck problems), and participation in food programs.

Questionnaires and tests administered in the mobile examination center:

(3) Dietary Questionnaires

- (a) For each examined person, a 24-Hour Recall was administered by trained dietary interviewers. Specific and quantitative detail of every food or drink consumed during the previous day was recorded and calculated, thus providing estimates of calories, protein, carbohydrates, fat, unsaturated fats, cholesterol, and specific vitamins and minerals consumed.
- (b) For each examined person, a Food Frequency interview was administered to ascertain usual patterns of food consumption. Daily and/or weekly consumption of foods within 26 subgroups were recorded. In addition, data were collected on usual vitamin-mineral supplement usage.
- (c) For each person ages 12-74 years, a Dietary Supplement form was self-administered and reviewed. This form provided information on special diets, recent medications and barriers to purchasing groceries or eating foods; it does not provide information on vitamin/mineral or other supplements to the diet.

- (4) Medication/Vitamin Usage Form provided information on the past week's usage of any medicines; vitamins or minerals for all examined persons.
- (5) Behavior Questionnaire elicited data on behavior which may be associated with coronary heart disease for examined persons ages 25-74.

B. Examination by physician

A physician performed and recorded the results of a medical examination giving special attention to specified findings related to nutrition, to hearing, to the thyroid gland, and to the cardiovascular, respiratory, neurological and musculoskeletal systems.

C. Special clinical procedures and tests

A specially trained health technician carried out the following on examined persons in the designated age ranges:

1. Spirometry trials of examined persons ages 6-24 years, were digitized and recorded on magnetic tape. Various pulmonary function indicators such as FVC (forced vital capacity), FEV<sub>1</sub> (forced expiratory volume in one second), and peak flow rate were subsequently derived from these data.
2. Electrocardiograms Electrocardiographic signals of examined persons ages 25-74 years were digitized and recorded on magnetic tape providing normative data of amplitude, duration, interval and axis measurements and permitting interpretations of heart disease according to the Minnesota classification code.



3. Body Measurements were made on all examinees and included standing height, body weight, triceps and subscapular skinfolds, and several other anthropometric measurements.
4. Puretone audiometry Tests were carried out on examined persons between the ages of 4 and 19 years, permitting determination of threshold levels of hearing for frequencies of 500, 1000, 2000, and 4000 Hertz for right and left ears.
5. Speech recording, involving use of tape recording of the subject's repetition of specially developed sentences, was carried out on examined persons between the ages of 4 and 6 years, permitting interpretations as an indication of problems with articulation and language development.
6. Allergy tests, involving skin tests (prick test) with eight common allergens (housedust, alternaria, cat fur, dog fur, ragweed, oak, rye grass, and Bermuda grass). The tests were made on examined persons between the ages of 6 and 74 years, to obtain degrees of skin reaction.

D. X-rays

For examined persons ages 25-74 years, two x-rays were made. No x-rays were taken of pregnant women and no lumbar x-rays were taken on women under 50 years of age.

- (1) X-ray of cervical and lumbar spine, were taken to provide evidence of osteoarthritis and degenerative disc disease, and

- (2) X-ray of chest, to be used in the diagnosis of respiratory diseases and to serve as a measure of left ventricular enlargement.

E. Urine tests

Tests as follows were performed on casual samples of urine:

- (1) N-Multistix tests for qualitative protein, glucose, ketones, bilirubin, blood, urobilinogen, pH, and bacteriuria (nitrite test) were done for examined persons ages 6-74 years.
- (2) Urinary sediments, including red cells, white cells, and casts, were measured for a subsample of examined adults ages 20-74 years.
- (3) Gonorrhea cultures, of urinary sediments were performed for male and female examined persons ages 12-40 years. However, of those females who received the Glucose Tolerance Test (GTT) only those ages 20-24 years had the gonorrhea test performed.
- (4) Analyses for pesticide residue and metabolite levels, were carried out on a subsample of examined persons ages 12-74 years, including measures of the body burdens from exposure to alkyl phosphate residues and metabolites, carbamate residues, phenolic compound residues and malathion metabolites.

F. Tests on blood samples

Samples of blood provide a broad range of information related to health and nutrition. The particular tests performed varied with the specific target condition and age group as described in the Series 1, No. 15 program description (page 39).

(1) Glucose tolerance test (GTT)

This test involved collection of blood specimens while in a fasting state as well as at one and two hours after glucose challenge. The test was performed on a specified subsample of examined adults to provide estimates of the prevalence of diabetes.

(2) Tests related to liver function

(a) Post-prandial liver bile acid test. This test measures the ability of the liver to remove bile acids from the blood following consumption of a food preparation which induces eventual addition of bile acids to the blood via contraction of the gallbladder.

(b) Liver biochemistries performed include bilirubin, SGOT, and alkaline phosphatase tests.

(3) Anemia-related laboratory tests

The tests made to characterize anemia consisted of protoporphyrin, iron, total iron binding capacity (TIBC), zinc, copper, red cell folates, serum folates, serum ferritin, B<sub>12</sub>, and the determination of abnormal hemoglobin.

(4) Other nutritional biochemistries

These tests include albumin, Vitamin A and Vitamin C.

(5) Serum lipids

Because of their important relevance to cardiovascular disease, determinations were made of cholesterol, triglycerides, and high density lipoprotein (HDL).

(6) Biochemistries for body burden from environmental exposures

Determinations were made of body burden levels of lead and pesticide residues and metabolites. Tests were also performed for carboxyhemoglobin which reflects environmental exposure to carbon monoxide and the individual's smoking habits.

(7) Hematology

The hematology included determinations of hemoglobin, hematocrit, red blood cell count, white blood cell count and differential leukocyte analysis, and red blood cell morphology and hemoglobin phenotyping.

(8) Kidney function

The only quantitative test for kidney function performed on blood samples was the serum creatinine test.

(9) Syphilis

The serology determinations for syphilis included qualitative and quantitative ART, a FTA-ABS and MHA-TP.