

Third Report on Nutrition Monitoring in the United States

Volume 2

Prepared by the Life Sciences Research Office,
Federation of American Societies for Experimental Biology

**Interagency Board for Nutrition Monitoring
and Related Research**

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Data Tables and Figures

This appendix includes the data tables provided by the Federal Government that LSRO and its Expert Consultants used for this report. These data were analyzed, verified, and prepared for presentation by the Federal Government sponsoring agencies. Data tables that were submitted by the Federal Government that were published previously are not included in this appendix, but they are referenced in the text. For additional information about the data tables in this appendix, the agency contacts are provided below.

Nationwide Food Consumption Survey (NFCS) 1987-88 — Household Food Use¹

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Nationwide Food Consumption Survey (NFCS) 1977-78 — Individual Intake¹

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Continuing Surveys of Food Intakes by Individuals (CSFII 1985-86, CSFII 1989-91)¹

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¹Information about SS/FCL's role and activities in nutrition monitoring can be obtained by written request to: Survey Systems/Food Consumption Laboratory, Attn: Third Report on Nutrition Monitoring, Beltsville Human Nutrition Research Center/Agricultural Research Service/USDA, 4700 River Road, Unit 83, Riverdale, MD 20737. To access SS/FCL materials via Internet: 1. Gopher: Gopher to gopher.nalusda.gov, to the National Agricultural Library's directory. Then select "NAL Information Centers," then select "Food and Nutrition Information Center, USDA," then select "Agricultural Research Service--Nutrition Information," then select "Survey Systems/Food Consumption Laboratory." 2. Telnet: Telnet to a public site (such as the Library of Congress at marvel.loc.gov; log in as [marvel](http://marvel.loc.gov)). Select menu choices as follows: "Internet Resources," "Gophers," "Regional Gopher Servers," "Maryland," and "Food and Nutrition Information Center, USDA" and select the menu options as listed in step 1 above. 3. World Wide Web Home Page: Point your browser to the Uniform Resource Locator (URL) <http://www.nalusda.gov/fnic.html>. Select "Agricultural Research Service--Nutrition Information," then "Survey Systems/Food Consumption Laboratory." NOTE: Because the NAL gopher and World Wide web site is linked to other gophers and Web sites worldwide, the Internet route used to reach NAL will vary.

Diet and Health Knowledge Survey (DHKS), 1989-91¹

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Youth Risk Behavior Survey (YRBS)

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Pregnancy Nutrition Surveillance System (PNSS)

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Pediatric Nutrition Surveillance System (PedNSS)

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National Health and Nutrition Examination Surveys (NHANES I, NHANES II, and NHANES III)²

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Hispanic Health and Nutrition Examination Survey (HHANES)²

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National Vital Statistics Registration System²

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National Survey of Family Growth (NSFG)²

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First National Health Examination Survey (NHES I)²

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²Information about NCHS's role and activities in nutrition monitoring can be obtained by written request to: Nutrition Monitoring Office, Attn: Third Report on Nutrition Monitoring, Division of Health Examination Statistics, Room 1000, National Center for Health Statistics, Centers for Disease Control and Prevention/HHS, 6525 Belcrest Road, Hyattsville, MD 20782. Additional information on NCHS surveys, recent reports, and a list of publications are available on the Internet through the Centers for Disease Control and Prevention Home Page: <http://www.cdc.gov/nchswww/nchshome.htm>.

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Supporting data for chapter 3: nutrient content of the U.S. food supply, by food group, 1990¹

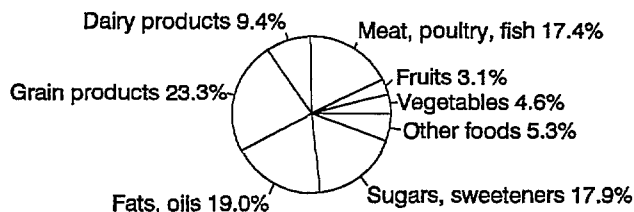


Figure A.3a. Food energy

NOTE: The "other foods" category includes legumes, nuts, and soy (2.8%); eggs (1.3%); and miscellaneous foods (1.2%).

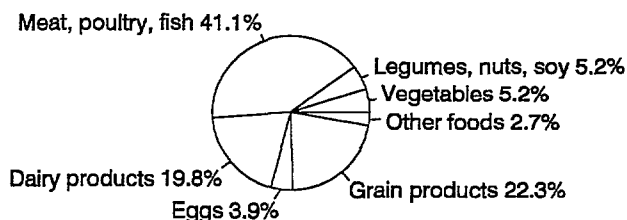


Figure A.3b. Protein

NOTE: The "other foods" category includes fruits (1.2%), fats and oils (0.2%), and miscellaneous foods (1.3%).

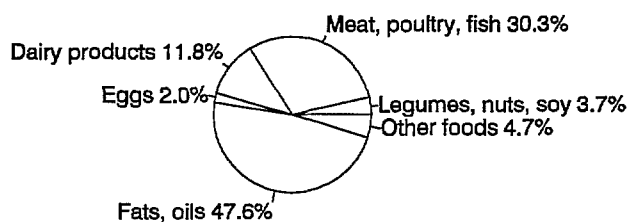


Figure A.3c. Total fat

NOTE: The "other foods" category includes vegetables (0.4%), fruits (0.4%), grain products (1.8%), and miscellaneous foods (2.1%).

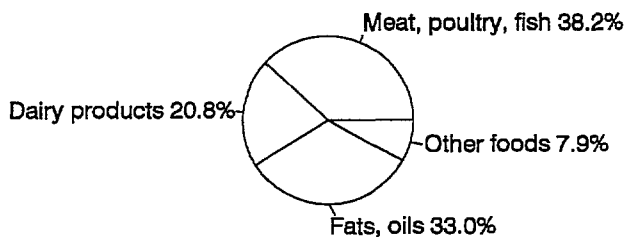


Figure A.3d. Saturated fatty acids

NOTE: The "other foods" category includes vegetables (0.2%); fruits (0.3%); legumes, nuts, and soy (1.9%); eggs (1.7%); grain products (0.8%); and miscellaneous foods (3.0%).

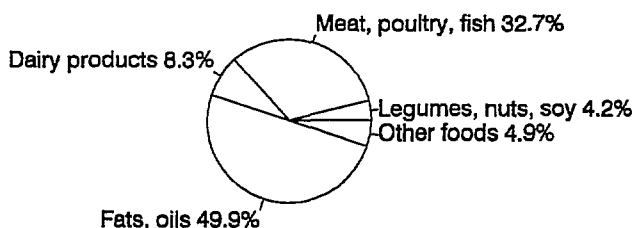


Figure A.3e. Monounsaturated fatty acids

NOTE: The "other foods" category includes vegetables (0.1%), fruits (0.3%), eggs (1.8%), grain products (0.8%), and miscellaneous foods (1.9%).

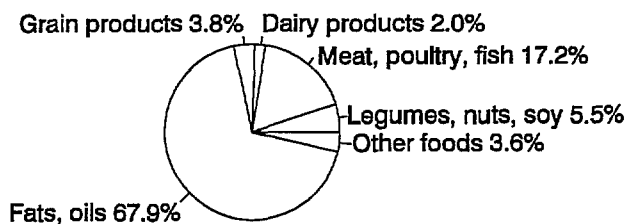


Figure A.3f. Polyunsaturated fatty acids

NOTE: The "other foods" category includes vegetables (0.9%), fruits (0.4%), eggs (1.4%), and miscellaneous foods (0.9%).

¹Data from U.S. Department of Agriculture, Nutrient Content of the U.S. Food Supply, 1990 (Gerrior, S.A., Zizza, C. 1994. Nutrient Content of the U.S. Food Supply, 1909-1990. Home Economics Research Report No. 52. U.S. Department of Agriculture, Washington, DC.).

Supporting data for chapter 3: nutrient content of the U.S. food supply, by food group, 1990—continued

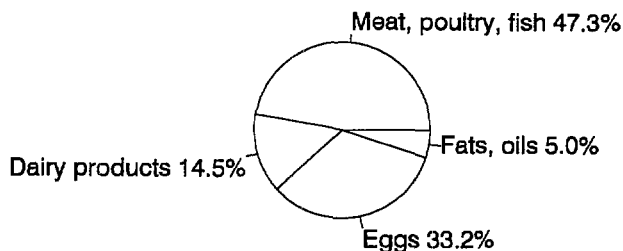


Figure A.3g. Cholesterol

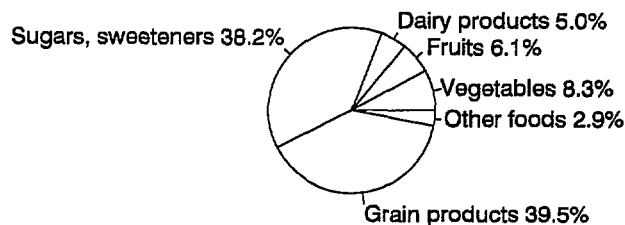


Figure A.3h. Carbohydrate

NOTE: The "other foods" category includes legumes, nuts, and soy (1.8%); meat, poultry, and fish (0.1%); eggs (0.1%); and miscellaneous foods (0.9%).

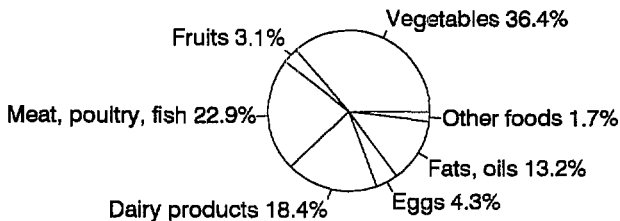


Figure A.3i. Vitamin A

NOTE: The "other foods" category includes grain products (0.5%) and miscellaneous foods (1.2%).

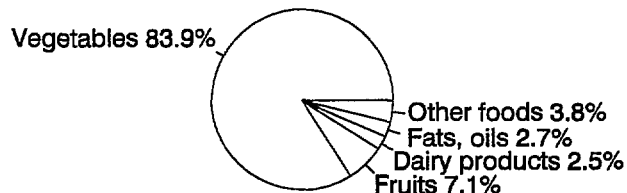


Figure A.3j. Carotenes

NOTE: The "other foods" category includes legumes, nuts, and soy (0.1%); grain products (0.9%); and miscellaneous foods (2.8%).

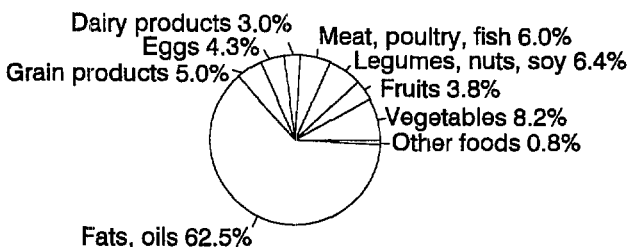


Figure A.3k. Vitamin E

NOTE: The "other foods" category includes only miscellaneous foods (0.8%).

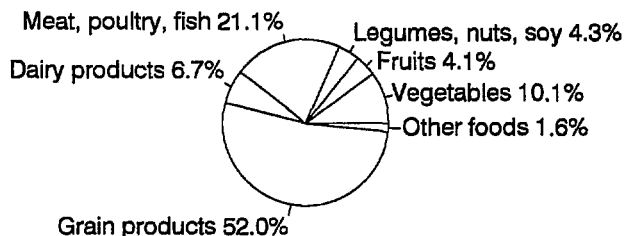


Figure A.3l. Thiamin

NOTE: The "other foods" category includes eggs (0.8%), sugars and sweeteners (0.2%), and miscellaneous foods (0.6%).

Supporting data for chapter 3: nutrient content of the U.S. food supply, by food group, 1990—continued

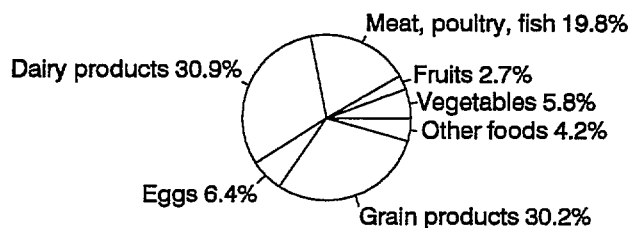


Figure A.3m. Riboflavin

NOTE: The "other foods" category includes legumes, nuts, and soy (1.6%); fats and oils (0.1%); sugars and sweeteners (1.3%); and miscellaneous foods (1.2%).

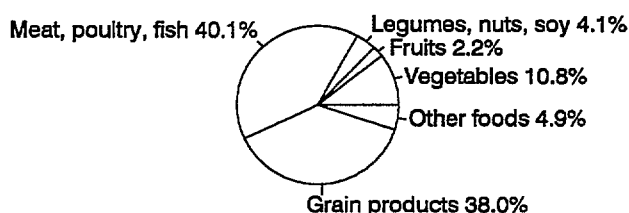


Figure A.3n. Niacin

NOTE: The "other foods" category includes dairy products (1.5%), eggs (0.1%), and miscellaneous foods (3.3%).

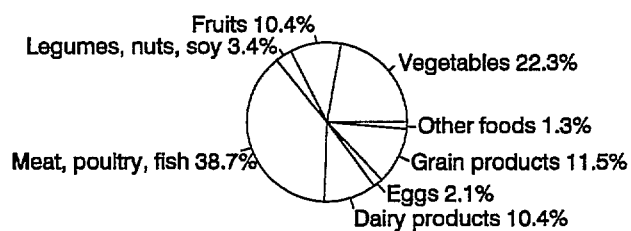


Figure A.3o. Vitamin B₆

NOTE: The "other foods" category includes sugars and sweeteners (0.3%) and miscellaneous foods (1.0%).

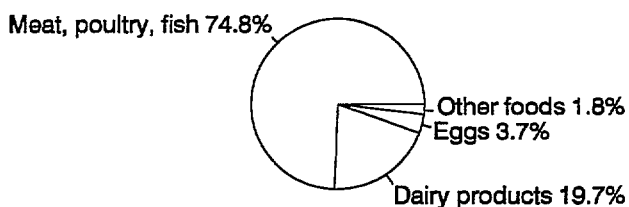


Figure A.3p. Vitamin B₁₂

NOTE: The "other foods" category includes grain products (1.7%) and fats and oils (0.1%).

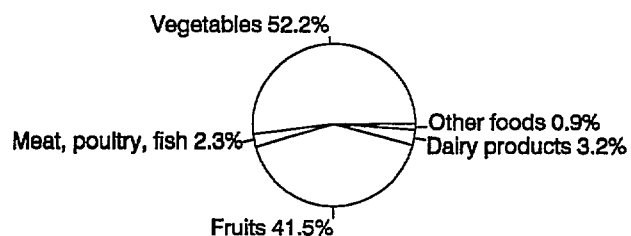


Figure A.3q. Vitamin C

NOTE: The "other foods" category includes legumes, nuts, and soy (0.1%) and miscellaneous foods (0.8%).

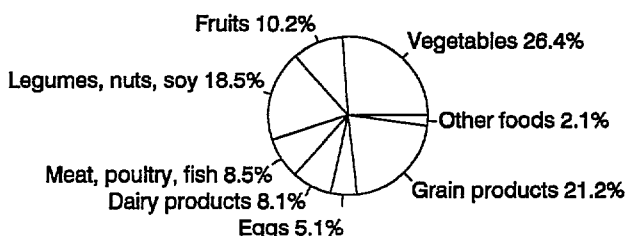


Figure A.3r. Folate

NOTE: The "other foods" category includes fats and oils (0.1%) and miscellaneous foods (2.0%).

Supporting data for chapter 3: nutrient content of the U.S. food supply, by food group, 1990—continued

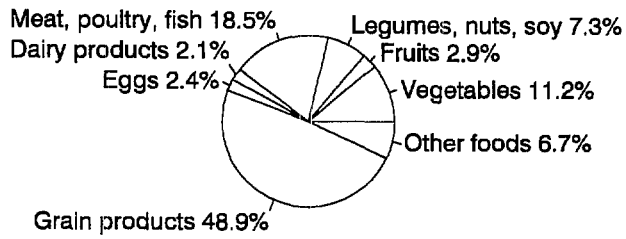


Figure A.3s. Iron

NOTE: The "other foods" category includes fats and oils (0.1%), sugars and sweeteners (1.1%), and miscellaneous foods (5.5%).

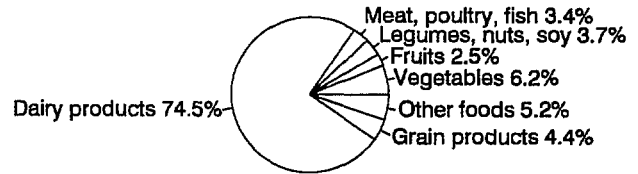


Figure A.3t. Calcium

NOTE: The "other foods" category includes eggs (1.7%), fats and oils (0.1%), sugars and sweeteners (0.8%), and miscellaneous foods (2.6%).

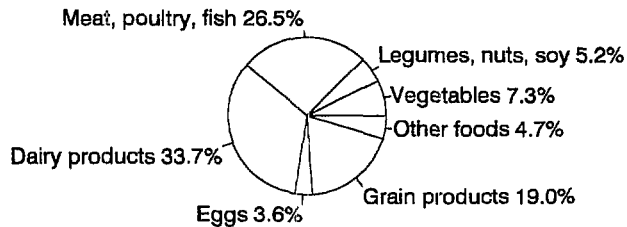


Figure A.3u. Phosphorus

NOTE: The "other foods" category includes fruits (1.7%), fats and oils (0.1%), sugars and sweeteners (0.3%), and miscellaneous foods (2.6%).

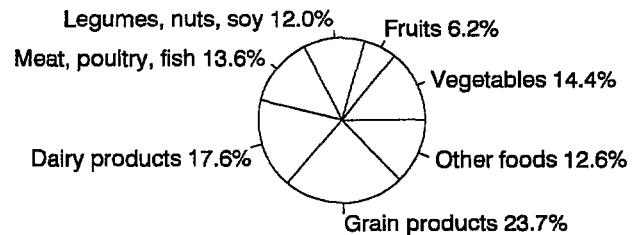


Figure A.3v. Magnesium

NOTE: The "other foods" category includes eggs (0.9%), sugars and sweeteners (0.9%), and miscellaneous foods (10.8%).

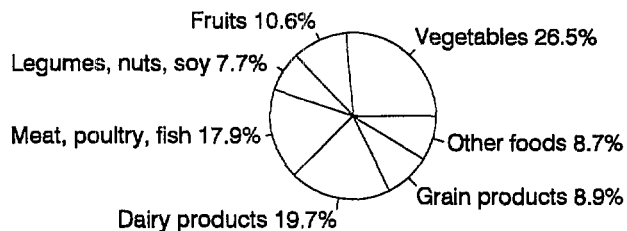


Figure A.3w. Potassium

NOTE: The "other foods" category includes eggs (1.1%), sugars and sweeteners (0.6%), and miscellaneous foods (7.0%).

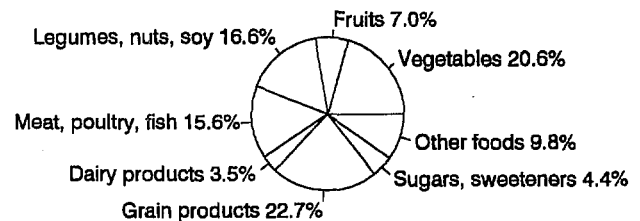


Figure A.3x. Copper

NOTE: The "other foods" category includes eggs (0.3%), fats and oils (0.1%), and miscellaneous foods (9.4%).

Supporting data for chapter 3: nutrient content of the U.S. food supply, by food group, 1990—continued

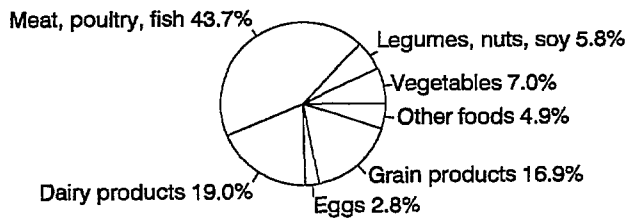


Figure A.3y. Zinc

NOTE: The "other foods" category includes fruits (1.3%), fats and oils (0.1%), sugars and sweeteners (0.5%), and miscellaneous foods (3.0%).

Supporting Data for Chapter 4

Table A.T4-3,F4-3,4,5,6,7,8. Average annual per person food expenditures in urban households, based on Bureau of Labor Statistics Consumer Expenditure Survey real expenditures, 1980-92 (1988 dollars)

Category	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992
Food, total (excluding alcohol)	1,341.41	1,315.96	1,360.30	1,362.67	1,343.21	1,410.66	1,348.81	1,365.04	1,335.36	1,394.56	1,371.71	1,344.49	1,343.10
Food at home	879.30	865.67	870.02	857.20	856.32	892.23	841.81	841.91	824.20	862.29	837.44	877.52	878.50
Cereal and bakery products	122.57	118.99	125.00	116.65	119.78	127.67	119.04	123.89	121.16	128.72	124.90	132.52	131.10
Cereal and cereal products	37.83	38.17	39.86	37.16	38.26	39.82	39.82	43.06	42.12	45.94	43.26	47.04	44.64
Flour and prepared flour mixes	7.53	7.10	7.58	6.37	6.21	6.55	5.40	5.35	5.20	5.57	5.76	6.92	6.58
Cereal	22.65	23.06	24.07	22.14	22.97	24.83	24.75	28.97	28.08	29.79	25.72	26.85	26.05
Rice, pasta, and cornmeal	9.17	8.82	9.45	8.46	9.45	8.74	9.32	8.78	8.84	10.47	10.30	9.93	12.13
Bakery products	84.62	79.90	84.98	79.43	81.45	87.79	79.20	80.95	79.04	82.81	81.74	85.53	86.73
White bread	21.54	19.86	21.68	19.74	18.51	18.65	15.46	16.16	13.52	13.31	11.63	12.74	11.93
Other bread	7.90	9.25	8.90	9.28	8.98	10.43	10.75	11.57	11.44	12.91	12.17	12.22	12.63
Fresh biscuits, rolls, and muffins	9.62	8.76	9.63	9.37	9.62	10.00	9.88	10.59	10.40	10.77	10.25	11.37	11.41
Cakes and cupcakes	9.33	8.40	8.02	8.34	9.14	9.94	9.15	8.26	7.80	9.09	9.12	9.66	10.73
Cookies	11.35	10.85	11.65	11.22	12.45	12.99	11.41	12.02	12.48	13.59	12.75	13.12	12.60
Crackers and bread products	8.12	8.41	7.88	7.43	7.58	8.72	7.88	7.63	8.32	8.92	8.46	8.12	8.79
Doughnuts and sweet rolls	8.93	8.10	9.75	7.47	7.72	8.68	7.77	8.11	7.28	6.91	8.08	7.70	7.90
Fresh and refrigerated bakery and fresh pies, tarts, and turnovers	8.63	7.07	8.01	6.49	7.39	7.62	6.75	6.48	7.28	7.46	9.28	10.46	10.64
Meats, poultry, fish, and eggs	286.75	279.88	268.35	264.81	257.51	264.15	245.03	231.23	217.36	226.20	226.33	240.54	239.17
Meats	203.86	196.78	185.40	182.37	174.68	180.45	167.02	154.37	146.64	153.02	149.19	156.65	155.99
Beef	103.06	101.06	96.78	92.34	88.35	89.02	86.72	79.52	71.76	74.56	72.43	75.69	71.46
Ground beef (excluding canned)	34.97	34.60	34.25	32.48	32.79	31.97	33.45	33.82	30.68	31.93	27.19	28.82	29.32
Chuck roast	9.01	9.45	7.73	7.97	6.77	5.88	6.51	4.87	4.68	4.29	3.74	4.81	4.08
Round roast	6.43	4.28	4.28	4.94	4.36	4.53	4.58	3.77	3.12	3.93	4.35	3.87	4.50
Round steak	10.46	8.67	8.50	6.95	8.11	7.11	6.43	4.37	4.68	4.66	4.49	5.46	5.11
Sirloin steak	6.48	6.98	7.54	8.19	6.75	7.51	6.71	5.61	5.20	6.17	6.98	8.15	6.89
Other beef (excluding canned)	33.75	36.73	33.65	31.11	29.67	32.38	25.04	26.95	23.40	23.64	25.81	24.82	21.91
Pork	65.73	58.18	51.57	53.79	50.95	53.73	46.94	41.88	42.12	44.72	42.95	46.88	53.16
Bacon	10.00	9.45	8.22	8.92	8.58	8.29	7.74	6.87	7.28	7.44	6.95	6.92	7.60
Pork chops	15.65	14.25	12.91	13.03	12.37	13.14	11.28	10.25	10.40	10.94	9.33	11.28	11.60
Ham	17.72	13.35	12.65	12.60	11.09	13.36	11.29	10.99	9.88	10.79	10.57	12.45	14.05
Other pork	14.70	12.82	10.98	11.18	11.27	11.53	9.51	7.69	8.32	9.68	10.04	9.64	12.52
Pork sausage	7.65	8.25	7.39	7.99	7.49	8.09	7.07	6.10	5.72	5.87	6.05	6.60	7.87
Other meats	37.12	38.01	36.91	36.46	34.79	38.38	33.47	33.09	32.76	33.92	33.89	34.05	31.71
Frankfurters	7.60	7.28	6.99	7.05	7.05	7.62	6.88	6.95	6.76	6.88	6.63	7.66	6.96
Bologna, liverwurst, and salami	9.17	9.32	8.93	8.30	8.27	8.14	8.46	8.03	7.28	7.12	7.48	7.71	7.51
Other lunch meats	15.34	16.45	16.22	15.98	16.11	17.27	14.55	14.85	15.60	16.68	16.48	15.55	14.13
Lamb and miscellaneous meat	5.28	5.18	4.76	4.87	3.60	5.34	2.90	3.26	3.12	3.17	3.35	3.32	3.40

Table A.T4-3,F4-3,4,5,6,7,8. Average annual per person food expenditures in urban households, based on Bureau of Labor Statistics Consumer Expenditure Survey real expenditures, 1980-92 (1988 dollars)—continued

Category	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992
Poultry	38.18	38.60	39.32	37.53	36.85	37.83	36.81	37.33	33.80	36.58	38.44	44.89	45.69
Chicken	31.26	32.03	31.95	31.43	30.26	30.21	29.18	30.55	26.00	27.95	28.88	34.08	34.42
Fresh whole chicken	14.47	14.16	13.73	13.51	11.33	11.20	9.02	8.04	6.24	6.12	8.24	9.27	7.72
Fresh and frozen chicken parts	17.49	18.56	18.25	17.93	18.34	19.62	20.14	22.42	19.76	21.80	20.58	24.65	26.50
Other poultry	7.26	6.89	8.17	6.42	7.24	7.26	7.17	7.31	7.80	8.66	9.50	10.70	11.06
Fish and seafood	31.02	32.41	31.29	34.53	35.56	34.54	30.42	28.59	26.00	26.75	30.76	30.49	28.45
Canned fish and seafood	9.09	8.92	7.71	7.92	8.10	8.09	8.03	7.61	6.76	6.91	8.19	7.14	6.84
Fresh and frozen fish and seafood	22.14	23.13	24.30	26.65	28.04	26.81	23.09	20.54	19.24	19.38	22.66	23.37	21.64
Eggs	13.73	13.20	14.08	12.45	11.60	12.30	11.51	11.16	10.92	9.98	8.70	9.44	9.58
Dairy	100.41	99.60	105.12	100.48	100.33	106.13	98.85	105.53	102.96	106.04	93.52	94.96	97.40
Fresh milk and cream	52.85	53.32	55.20	51.52	51.59	53.00	49.49	51.62	50.96	52.12	45.18	43.52	43.17
Fresh whole milk	32.43	30.68	33.32	28.66	28.47	26.95	23.85	23.42	19.76	18.97	17.34	16.22	16.06
Other fresh milk and cream	20.44	22.01	21.83	22.76	23.10	26.58	25.59	28.68	31.20	33.09	27.90	27.35	28.30
Cheese	30.09	28.96	31.14	30.02	28.03	30.27	28.14	31.63	30.68	32.23	27.11	27.44	27.36
Ice cream and related products	12.95	12.28	13.24	14.18	14.96	16.14	15.36	15.90	15.60	15.47	15.51	17.09	17.26
Other dairy products	5.58	5.17	5.03	5.49	5.93	6.84	6.08	5.89	5.20	6.28	5.88	6.67	7.31
Fruits and vegetables	157.37	157.03	158.67	158.82	151.27	153.64	149.70	151.51	147.16	148.86	138.82	139.76	141.44
Fresh fruits	50.85	54.07	53.91	54.75	50.70	47.96	49.47	47.86	47.32	46.41	42.57	39.34	39.74
Apples	9.09	10.76	9.18	9.59	9.17	9.25	8.55	8.52	8.32	8.56	8.85	8.05	7.83
Bananas	6.10	6.99	8.39	7.02	7.60	8.69	8.26	8.33	8.32	8.42	8.09	8.76	8.86
Oranges	8.29	7.39	5.76	8.14	5.35	5.65	6.23	4.98	4.16	4.33	4.30	2.73	4.47
Other fresh fruits	26.71	27.98	30.07	29.73	29.14	24.50	26.63	26.21	26.52	24.93	21.49	21.06	18.92
Fresh vegetables	47.67	46.65	48.56	47.56	44.12	46.79	44.34	46.46	43.68	45.35	40.14	42.52	42.25
Potatoes	7.64	7.92	8.02	7.46	7.47	7.31	7.09	7.47	6.24	6.62	7.13	8.07	8.29
Lettuce	7.95	8.24	7.68	7.49	7.24	6.55	6.85	5.67	5.20	5.82	5.65	5.67	6.29
Tomatoes	7.03	6.76	7.53	6.35	6.05	6.18	6.33	6.58	5.72	6.31	5.57	6.82	5.77
Other fresh vegetables	25.47	25.31	25.83	26.55	23.69	26.41	24.05	27.29	26.00	26.80	21.60	21.91	22.05
Processed fruits	34.77	33.90	34.11	34.27	32.57	35.33	33.41	33.85	33.80	34.15	32.64	35.29	35.06
Frozen fruits and fruit juices	10.36	10.18	9.79	9.29	8.19	8.85	8.08	7.19	7.28	6.57	7.19	8.26	7.45
Other fruit juices	16.78	16.36	16.82	17.12	16.24	18.47	16.78	18.37	18.20	20.10	17.70	18.31	19.38
Canned and dried fruits	7.09	6.62	6.83	7.21	7.49	7.87	6.66	7.55	7.80	7.39	8.01	8.20	7.69
Processed vegetables	25.27	23.78	23.76	23.06	23.72	22.92	22.39	22.87	22.36	23.06	23.86	24.28	25.49
Frozen vegetables	8.33	8.07	7.91	7.61	8.54	7.69	7.64	7.98	8.32	8.48	8.09	8.86	8.84
Canned beans and corn	5.76	5.11	4.85	4.85	5.14	4.56	4.60	4.47	4.16	4.40	4.85	5.06	5.75
Other processed vegetables	11.27	10.68	10.40	10.54	10.59	10.56	10.60	10.86	9.88	10.14	10.70	10.21	10.78
Sugar and sweets	31.45	29.12	29.20	31.06	31.61	32.51	30.47	28.84	30.16	31.49	32.92	34.66	34.07
Candy and chewing gum	15.20	14.24	14.41	16.79	17.11	17.63	16.88	16.56	17.16	18.68	18.70	19.88	20.10
Sugar and artificial sweeteners	9.21	8.22	8.48	8.18	8.05	8.64	7.55	7.49	7.28	7.13	7.44	7.82	7.04
Other sweets	6.70	6.59	6.91	6.15	6.53	6.87	6.07	5.37	5.72	5.71	6.91	7.00	6.96

Table A.T4-3,F4-3,4,5,6,7,8. Average annual per person food expenditures in urban households, based on Bureau of Labor Statistics Consumer Expenditure Survey real expenditures, 1980-92 (1988 dollars)—continued

Category	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992
Fats and oils	27.97	27.85	28.34	26.16	26.39	28.03	24.72	23.85	24.44	24.71	27.63	28.77	29.23
Butter	4.88	4.54	4.99	4.38	4.28	4.76	4.22	3.62	3.12	3.53	4.27	4.39	4.25
Margarine	5.80	5.66	5.61	4.94	5.03	5.35	4.37	4.47	4.68	4.48	4.59	4.66	4.81
Other fat and oil products	17.32	17.62	17.74	16.85	17.08	18.47	16.17	15.76	16.64	16.70	18.73	19.57	19.93
Other fats, oils and salad dressings	11.95	11.57	12.22	11.23	11.61	13.11	11.49	11.64	11.96	12.30	13.31	13.42	14.03
Nondairy cream substitutes	6.14	5.98	5.51	5.65	5.50	5.33	5.24	4.16	4.68	4.41	5.43	6.15	5.93
Beverages	72.16	69.18	68.52	70.56	72.14	75.57	73.40	75.92	77.48	80.78	77.55	82.23	78.79
Carbonated drinks	36.83	37.52	37.12	37.83	38.87	42.26	41.41	45.24	47.84	49.35	42.25	45.87	44.53
Coffee	21.96	21.75	20.62	21.18	20.96	20.97	17.57	16.98	15.60	15.21	16.85	15.96	15.74
Roasted coffee	12.07	12.74	11.79	12.54	12.69	13.05	10.40	11.37	9.36	8.99	9.55	9.46	9.71
Instant and freeze-dried coffee	9.77	8.79	8.80	8.63	8.28	7.98	7.06	5.59	6.24	6.29	7.34	6.52	5.98
Other noncarbonated drinks and beverages	13.09	11.93	12.13	13.73	13.75	13.71	15.14	13.79	14.56	16.44	18.12	19.60	17.55
Miscellaneous foods	81.44	83.82	87.29	88.34	97.07	103.17	99.44	100.81	104.00	114.92	117.11	125.30	127.58
Soups	7.27	7.40	7.81	6.92	7.32	8.16	7.39	8.11	8.32	8.11	7.94	8.16	7.58
Frozen prepared foods	13.26	13.59	13.82	15.77	18.86	19.28	18.21	16.76	18.20	19.62	22.08	23.66	25.22
Potato chips, snacks, and nuts	16.84	16.65	17.32	19.21	20.24	22.48	20.63	21.98	22.80	24.43	23.48	25.89	26.63
Seasonings, olives, pickles, and relishes	9.14	8.22	8.23	7.93	7.73	8.68	8.48	7.55	7.80	8.65	9.43	9.41	9.99
Sauces, gravies, and other condiments	14.67	14.03	16.18	14.43	14.70	15.96	14.99	14.97	15.60	16.93	15.79	18.46	19.31
Miscellaneous prepared food, including baby food	21.51	24.16	24.73	22.47	27.19	28.87	30.54	31.56	31.72	37.13	38.84	40.31	39.94
Food away from home	463.87	452.73	494.24	507.82	488.10	519.58	508.20	523.27	511.16	530.19	531.44	466.29	463.82
Lunch	162.86	169.32	179.30	181.39	178.92	192.31	185.54	202.19	200.20	206.10	184.67	162.81	163.12
Dinner	192.23	197.05	210.96	230.21	213.76	240.03	227.28	232.29	225.68	241.33	252.30	219.40	217.35
Other meals and snacks	107.71	84.91	103.76	97.01	94.90	86.92	95.03	88.58	85.80	82.68	94.85	83.98	83.64
Alcoholic beverages	145.65	131.99	132.71	137.63	123.39	133.40	112.70	117.82	106.08	105.36	104.94	92.76	92.82
Alcoholic beverages at home	85.70	71.46	75.91	77.94	67.84	73.38	64.10	67.11	58.76	59.53	60.89	53.99	54.51
Beer and ale	44.89	37.95	38.10	38.97	37.67	40.15	37.23	39.15	34.32	32.98	33.34	27.64	29.58
Whiskey	11.36	9.48	11.57	10.72	6.48	7.41	5.85	5.25	5.20	4.31	4.38	5.61	4.40
Wine	16.90	15.14	16.18	18.40	14.70	17.89	14.23	15.90	13.00	16.24	16.29	14.92	14.41
Other alcoholic beverages	11.47	8.32	9.32	9.76	8.45	7.52	6.39	6.87	6.24	6.04	6.97	5.84	6.06
Alcoholic beverages away from home	59.18	59.99	56.80	61.48	60.31	67.74	56.37	59.10	47.32	45.79	44.16	38.73	38.30

SOURCE: DOL, CES, 1980-92 (LSRO, 1994).

Supporting Data for Chapter 6

Table A.T6-2a. Grain products: percentage of people reporting use during 3 days, by sex and age, 1989-91

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				
	Percent										

Males and females:											
Under 1.....	1.0	76.4	10.4	73.9	11.8	1.4	3.7	10.2	22.0	5.9	23.7
1-2.....	3.2	99.8	84.1	91.5	67.6	25.9	12.4	48.7	60.1	47.4	70.9
3-5.....	4.7	100.0	94.7	91.9	79.3	27.9	20.8	47.7	67.6	43.6	73.1
5 and under.....	8.9	97.2	81.1	89.7	67.3	24.1	15.8	43.8	59.6	40.6	66.6
Males:											
6-11.....	4.9	100.0	92.3	91.7	78.1	23.9	14.1	48.5	72.1	42.8	78.6
12-19.....	5.0	100.0	93.5	75.0	58.6	18.9	15.3	43.5	68.1	45.7	72.2
20-29.....	7.2	99.7	91.0	59.7	35.0	22.4	14.1	36.5	51.0	31.1	70.0
30-39.....	8.6	99.2	90.2	61.4	33.0	21.5	18.8	36.3	51.6	38.5	66.3
40-49.....	6.1	100.0	91.6	59.0	30.6	21.7	17.8	43.4	59.1	42.8	55.2
50-59.....	4.3	99.3	95.3	63.7	36.8	17.9	15.5	42.6	52.1	40.2	47.4
60-69.....	3.9	99.9	94.5	72.7	45.5	19.2	11.0	40.7	59.6	35.8	44.4
70 and over.....	3.1	99.8	91.2	83.8	50.9	20.5	14.0	44.0	64.0	42.0	34.4
20 and over.....	33.2	99.6	91.9	64.3	36.6	20.9	15.8	39.7	55.0	37.9	57.1
Females:											
6-11.....	4.6	100.0	96.0	88.7	75.3	19.7	20.7	54.9	71.8	45.6	72.7
12-19.....	5.8	99.5	91.2	72.6	52.7	22.7	14.3	44.3	58.6	41.1	73.2
20-29.....	7.7	99.4	91.0	61.6	37.1	20.0	20.2	38.8	52.2	44.0	67.2
30-39.....	9.1	99.3	92.5	63.5	34.0	23.9	20.3	42.4	54.2	45.3	62.8
40-49.....	6.7	99.7	90.3	60.9	36.5	20.2	15.0	38.9	55.5	43.2	55.0
50-59.....	4.5	99.3	92.8	68.8	42.5	20.7	10.5	37.9	55.2	44.7	48.1
60-69.....	4.6	99.5	91.2	70.4	47.0	17.7	13.9	42.4	58.9	41.7	37.4
70 and over.....	4.8	100.0	94.8	80.3	51.6	19.2	10.0	38.6	62.4	37.7	37.1
20 and over.....	37.4	99.5	92.0	66.3	40.0	20.7	16.0	40.0	55.8	43.2	54.1
All individuals.....	100.0	99.4	91.2	70.8	46.5	21.2	15.9	41.8	58.2	41.3	60.3

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-2b. Grain products: percentage of people reporting use during 3 days, by race and income level, 1989-91

Race, income level, 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				
		<u>Percent</u>	-----								<u>Percent</u>
Race											
White											
Males 20 and over.....	28.5	99.6	92.9	64.0	37.7	18.4	15.8	39.4	57.6	39.9	57.3
Females 20 and over....	31.4	99.4	92.4	65.5	41.4	17.3	17.5	39.4	58.2	45.5	54.9
All individuals.....	82.7	99.4	92.0	69.9	47.1	17.8	17.1	41.4	60.4	43.8	60.9
Black											
Males 20 and over.....	3.2	99.4	88.1	65.9	30.6	34.9	12.6	37.1	42.7	21.6	44.5
Females 20 and over....	4.4	99.8	90.0	71.4	33.1	37.5	7.2	40.3	45.1	27.3	46.4
All individuals.....	12.3	99.2	88.8	76.0	43.6	37.1	8.9	40.9	50.6	26.3	52.5
Income level											
Under 131% poverty:											
Males 20 and over.....	3.5	99.2	89.4	60.6	33.2	20.3	9.5	45.9	37.2	28.1	47.5
Females 20 and over....	6.0	99.6	90.7	68.7	39.0	22.5	10.7	40.6	42.4	35.1	49.9
All individuals.....	16.4	99.0	88.4	73.6	48.4	22.5	10.5	45.2	46.4	33.8	57.4
131-350% poverty											
Males 20 and over.....	11.3	99.7	90.4	64.7	35.0	20.6	15.2	40.8	55.9	36.4	57.5
Females 20 and over....	13.1	99.4	92.2	67.0	39.8	21.6	15.9	38.5	55.6	39.3	53.5
All individuals.....	36.7	99.4	91.7	71.5	47.4	20.8	15.8	41.1	59.3	39.2	60.9
Over 350% poverty											
Males 20 and over.....	15.1	99.6	93.1	65.4	39.0	20.5	18.5	37.0	59.5	42.2	58.0
Females 20 and over....	14.8	99.6	92.9	65.0	41.0	19.8	18.3	41.2	61.9	50.5	56.9
All individuals.....	37.7	99.5	92.4	69.6	46.1	20.8	18.9	41.1	63.0	47.8	61.1

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-2c. Grain products: mean intakes per person per day, 3 days, by sex and age, 1989-91

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				
	<u>Percent</u>	----- <u>Grams</u> -----									
Males and females:											
Under 1.....	1.0	57	1	31	† 1	† 1	† 1	† 2	† 2	*	† 20
1-2.....	3.2	176	23	60	11	12	4	11	14	5	64
3-5.....	4.7	228	36	67	19	15	12	15	23	6	81
5 and over.....	8.9	190	27	60	14	12	8	12	17	5	68
Males:											
6-11.....	4.9	278	44	77	23	20	8	17	33	8	98
12-19.....	5.0	324	60	66	23	17	15	30	41	10	116
20-29.....	7.2	351	67	69	15	28	15	24	34	7	151
30-39.....	8.6	323	58	83	14	32	20	20	31	9	121
40-49.....	6.1	304	61	74	11	25	18	26	39	10	94
50-59.....	4.3	268	62	68	12	20	16	19	32	10	76
60-69.....	3.9	270	64	86	18	18	† 13	22	37	6	55
70 and over.....	3.1	270	55	104	18	18	11	26	38	5	44
20 and over.....	33.2	307	61	78	14	25	16	23	35	8	102
Females:											
6-11.....	4.6	267	44	68	20	13	13	21	33	8	94
12-19.....	5.8	256	42	57	16	21	11	18	25	8	105
20-29.....	7.7	244	44	51	11	17	14	15	25	8	101
30-39.....	9.1	232	45	57	10	20	16	17	28	8	78
40-49.....	6.7	205	41	48	9	18	10	16	27	7	66
50-59.....	4.5	208	47	59	10	17	9	15	26	7	54
60-69.....	4.6	201	45	66	13	12	11	16	27	5	41
70 and over.....	4.8	220	47	77	13	14	6	16	30	4	45
20 and over.....	37.4	221	45	58	11	17	12	16	27	7	69
All individuals.....	100.0	259	49	67	14	20	13	19	30	7	87

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-2d. Grain products: mean intakes per person per day, 3 days, by race and income level, 1989-91

Race, income level, 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				
	<u>Percent</u>	----- <u>Grams</u> -----									
Race											
White											
Males 20 and over.....	28.5	302	62	74	15	22	16	22	36	9	99
Females 20 and over....	31.4	217	46	52	12	13	13	15	29	7	68
All individuals.....	82.7	256	50	61	15	16	14	18	32	8	86
Black											
Males 20 and over.....	3.2	290	56	96	10	36	† 13	22	25	† 4	86
Females 20 and over....	4.4	232	39	86	8	34	5	20	18	4	65
All individuals.....	12.3	254	43	90	12	34	7	20	21	4	75
Income level											
Under 131% poverty:											
Males 20 and over.....	3.5	284	61	84	11	30	10	33	23	5	77
Females 20 and over....	6.0	221	43	70	10	24	9	19	20	5	65
All individuals.....	16.4	246	45	73	12	24	8	23	22	5	78
131-350% poverty:											
Males 20 and over.....	11.3	305	62	77	13	29	14	25	33	8	100
Females 20 and over....	13.1	226	44	62	11	18	11	16	26	6	71
All individuals.....	36.7	260	49	68	15	20	12	19	29	7	87
Over 350% poverty:											
Males 20 and over.....	15.1	304	59	78	16	22	19	18	39	10	100
Females 20 and over....	14.8	220	46	50	12	14	13	15	30	8	71
All individuals.....	37.7	262	50	64	15	17	16	16	34	9	88

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-3a. Vegetables: percentage of people reporting use during 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	<u>Percent</u>										

Males and females:											
Under 1.....	1.0	63.1	13.7	4.8	7.4	44.6	5.1	0.0	13.8	12.5	27.2
1-2.....	3.2	94.0	74.7	52.1	16.5	18.6	36.6	12.4	31.2	41.8	41.4
3-5.....	4.7	96.2	73.6	55.6	18.3	16.5	52.5	22.8	26.3	39.1	45.8
5 and under.....	8.9	91.6	67.1	48.4	16.4	20.5	41.3	16.4	26.6	37.0	42.1
Males:											
6-11.....	4.9	97.9	74.9	60.1	12.9	17.1	56.3	35.6	22.0	42.5	55.5
12-19.....	5.0	97.7	81.9	65.6	13.4	15.7	58.8	44.0	18.7	36.6	51.0
20-29.....	7.2	96.4	78.2	57.7	14.9	13.9	64.2	46.9	16.5	26.2	63.8
30-39.....	8.6	96.7	73.8	52.6	21.6	18.8	62.4	49.0	20.3	32.7	67.5
40-49.....	6.1	98.3	78.5	51.1	19.8	21.4	67.1	59.3	22.0	30.9	73.9
50-59.....	4.3	97.0	72.6	39.2	25.8	26.3	60.2	56.8	24.6	35.6	73.6
60-69.....	3.9	98.9	72.1	30.0	27.9	30.5	54.2	57.9	27.4	37.8	71.0
70 and over.....	3.1	98.8	75.1	29.0	28.2	33.2	61.4	51.0	22.3	37.7	77.4
20 and over.....	33.2	97.4	75.4	46.8	21.7	21.9	62.3	52.7	21.4	32.4	70.0
Females:											
6-11.....	4.6	97.8	79.1	66.0	16.4	17.7	61.1	40.1	26.4	41.4	53.3
12-19.....	5.8	96.2	79.1	59.9	14.0	16.5	56.5	43.0	20.8	26.4	53.6
20-29.....	7.7	95.6	68.7	46.1	18.1	19.1	56.5	46.7	15.6	31.0	62.3
30-39.....	9.1	98.1	72.6	46.9	25.9	24.2	61.3	55.6	21.6	32.3	66.1
40-49.....	6.7	97.0	74.3	40.5	24.0	21.6	58.6	58.1	20.7	30.4	75.0
50-59.....	4.5	97.9	73.8	31.4	33.0	33.6	58.8	59.5	26.6	34.2	77.0
60-69.....	4.6	98.2	70.1	24.9	29.0	35.1	55.3	58.4	26.4	31.0	78.9
70 and over.....	4.8	98.5	70.4	17.5	30.2	37.0	50.8	45.5	29.6	31.8	76.7
20 and over.....	37.4	97.4	71.6	37.3	25.7	26.8	57.4	53.8	22.5	31.7	71.2
All individuals.....	100.0	96.9	73.9	46.6	21.2	22.6	57.8	47.4	22.3	33.3	64.6

NOTES: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-3b. Vegetables: percentage of people reporting use during 3 days, by race and income level, 1989-91

Race, income level, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent										
Race											
White											
Males 20 and over.....	28.5	97.6	76.5	47.3	21.1	22.6	63.1	54.6	20.8	32.8	71.5
Females 20 and over....	31.4	97.7	72.4	36.7	24.9	28.4	59.3	56.3	22.5	32.0	72.9
All individuals.....	82.7	97.3	74.7	46.1	20.2	23.8	59.4	50.2	21.9	33.7	65.9
Black											
Males 20 and over.....	3.2	96.1	70.6	47.8	26.0	14.9	57.8	40.3	27.0	33.5	61.4
Females 20 and over....	4.4	95.1	69.9	42.3	33.8	15.1	43.9	35.1	22.4	33.1	59.4
All individuals.....	12.3	95.1	72.9	52.8	28.1	14.5	48.1	31.4	25.8	34.3	56.4
Income level											
Under 131% poverty:											
Males 20 and over.....	3.5	95.8	71.7	42.9	16.0	16.5	52.9	34.7	21.6	30.4	60.3
Females 20 and over....	6.0	96.6	68.7	35.2	19.9	18.8	49.8	38.8	24.8	31.9	61.1
All individuals.....	16.4	94.9	70.9	45.0	16.2	15.4	50.7	32.8	23.8	34.2	55.9
131-350% poverty											
Males 20 and over.....	11.3	98.1	77.6	50.1	20.8	19.1	61.2	47.3	23.6	34.3	68.4
Females 20 and over....	13.1	97.1	72.3	39.4	22.8	24.3	56.7	49.2	23.1	30.7	67.2
All individuals.....	36.7	97.1	76.0	50.7	19.4	20.2	58.4	43.8	24.0	34.8	61.5
Over 350% poverty											
Males 20 and over.....	15.1	98.2	75.3	46.0	23.6	25.7	65.2	60.8	19.7	32.3	74.2
Females 20 and over....	14.8	98.2	74.3	37.0	29.5	32.0	62.1	64.8	19.4	32.0	77.7
All individuals.....	37.7	97.9	75.5	44.8	24.2	27.6	60.8	57.2	19.7	32.5	71.1

NOTES: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-3c. Vegetables: mean intakes per person per day, 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	<u>Percent</u>	----- <u>Grams</u> -----									
Males and females:											
Under 1.....	1.0	55	† 4	† 1	† 1	28	† 1	0	† 5	† 4	12
1-2.....	3.2	75	27	12	4	4	6	1	7	11	14
3-5.....	4.7	91	32	15	6	4	13	3	5	14	13
5 and under.....	8.9	81	27	12	5	7	9	2	6	12	13
Males:											
6-11.....	4.9	124	50	25	5	5	13	7	6	16	20
12-19.....	5.0	180	85	36	6	7	20	13	6	17	26
20-29.....	7.2	197	79	31	8	8	30	15	7	16	33
30-39.....	8.6	206	75	26	11	6	29	17	8	19	40
40-49.....	6.1	228	72	26	10	8	33	24	8	19	53
50-59.....	4.3	234	78	18	14	14	31	20	9	19	48
60-69.....	3.9	264	75	12	16	15	34	19	13	25	65
70 and over.....	3.1	244	63	12	18	17	32	15	10	24	64
20 and over.....	33.2	222	75	23	12	10	31	18	9	19	47
Females:											
6-11.....	4.6	128	49	24	† 7	4	17	8	7	16	17
12-19.....	5.8	144	59	27	7	5	19	11	7	12	25
20-29.....	7.7	153	48	17	9	6	25	12	5	15	34
30-39.....	9.1	169	48	16	11	8	23	20	7	13	38
40-49.....	6.7	186	56	15	12	9	25	17	7	13	46
50-59.....	4.5	212	50	10	16	11	29	21	11	15	57
60-69.....	4.6	219	49	6	15	15	26	18	11	16	67
70 and over.....	4.8	217	51	5	17	16	28	14	11	16	61
20 and over.....	37.4	186	50	13	13	10	26	17	8	14	48
All individuals.....	100.0	180	58	19	10	9	24	15	8	16	39

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-3d. Vegetables: mean intakes per person per day, 3 days, by race and income level, 1989-91

Race, income level, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	<u>Percent</u>	----- Grams -----									
Race											
White											
Males 20 and over.....	28.5	224	75	24	11	10	32	19	8	19	48
Females 20 and over....	31.4	189	51	13	12	11	27	18	8	14	48
All individuals.....	82.7	183	59	19	9	9	26	16	8	16	40
Black											
Males 20 and over.....	3.2	210	69	21	17	† 11	20	12	15	22	43
Females 20 and over....	4.4	165	46	15	20	6	17	11	9	20	37
All individuals.....	12.3	166	57	22	17	7	16	9	10	19	31
Income level											
Under 131% poverty:											
Males 20 and over.....	3.5	199	73	25	11	7	26	10	10	17	44
Females 20 and over....	6.0	164	47	14	12	7	20	10	9	15	43
All individuals.....	16.4	150	52	20	9	6	18	8	8	15	34
131-350% poverty:											
Males 20 and over.....	11.3	228	81	26	12	10	31	14	10	21	48
Females 20 and over....	13.1	179	53	14	11	9	26	14	8	15	43
All individuals.....	36.7	179	63	21	9	8	24	12	9	17	36
Over 350% poverty:											
Males 20 and over.....	15.1	224	70	21	12	11	32	23	7	19	49
Females 20 and over....	14.8	197	49	11	14	12	28	23	6	13	50
All individuals.....	37.7	193	58	17	12	11	27	20	6	16	43

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.F6-2. Percent distribution of daily servings of fruits and vegetables consumed by people 18 years of age and older, by age and sex, 1991

Demographic group	N ¹	0-<2.5 servings	2.5-<5 servings	≥5 servings
		<-----% consuming (SE)----->		
Men	1145	37.0 (1.7)	45.1 (1.8)	17.9 (1.3)
18-39 yr	715	40.6 (2.2)	41.1 (2.2)	18.2 (1.7)
40-59 yr	281	34.4 (3.3)	49.2 (3.5)	16.4 (2.5)
60+ yr	144	29.3 (4.4)	51.4 (4.7)	19.3 (3.7)
Women	1666	24.6 (1.3)	48.3 (1.5)	27.1 (1.3)
18-39 yr	878	32.9 (2.0)	44.4 (2.1)	22.7 (1.7)
40-59 yr	453	22.4 (2.3)	49.4 (2.8)	28.2 (2.5)
60+ yr	303	11.8 (2.2)	54.3 (3.4)	33.8 (3.2)

¹Ns by age group do not equal total N by gender because of missing data.

NOTE: See Table Notes in Appendix V Section B.

SOURCE: HHS, Baseline Survey of the 5 A Day for Better Health Program, 1991.

Table A.T6-4a. Fruits: percentage of people reporting use during 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, 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.....	1.0	70.0	15.6	15.6	0.24	68.0	24.6	11.1	0.24	52.3	46.5	
1-2.....	3.2	86.9	38.5	35.1	9.5	79.0	29.7	30.1	10.4	33.1	40.9	
3-5.....	4.7	85.2	46.3	37.6	5.0	75.5	36.3	21.6	11.1	29.6	38.9	
5 and under.....	8.9	84.1	39.9	34.2	6.1	75.9	32.5	23.5	9.6	33.5	40.5	
Males:												
6-11.....	4.9	82.9	41.4	35.5	4.7	74.0	39.4	18.9	9.8	38.4	22.5	
12-19.....	5.0	69.9	41.8	37.1	2.9	53.7	21.0	18.0	7.3	22.4	12.1	
20-29.....	7.2	60.3	40.4	36.6	2.8	35.9	14.6	13.1	7.0	14.0	6.7	
30-39.....	8.6	62.7	36.1	29.6	3.1	45.3	16.3	14.6	10.3	21.6	10.1	
40-49.....	6.1	64.6	34.3	26.8	3.8	52.8	25.6	18.3	14.1	21.9	6.1	
50-59.....	4.3	67.8	35.6	27.4	2.7	56.0	22.3	24.1	13.1	28.6	7.3	
60-69.....	3.9	80.8	51.1	43.2	9.2	67.5	23.8	34.8	19.6	34.1	12.7	
70 and over.....	3.1	88.4	50.2	36.0	14.8	80.0	30.3	43.5	23.4	46.3	12.7	
20 and over.....	33.2	67.7	39.7	32.5	4.9	51.9	20.6	21.3	13.0	24.7	8.8	
Females:												
6-11.....	4.6	86.1	43.9	33.9	4.0	77.1	38.2	23.8	8.2	45.0	24.8	
12-19.....	5.8	69.7	43.9	38.5	2.1	48.9	16.7	14.9	8.8	23.1	13.0	
20-29.....	7.7	67.2	42.4	34.4	2.0	50.9	21.9	15.1	9.9	21.9	15.3	
30-39.....	9.1	71.8	41.2	32.2	3.0	56.6	23.7	19.4	13.4	26.1	14.3	
40-49.....	6.7	71.3	37.1	26.6	6.0	59.7	22.3	21.2	18.3	26.8	6.7	
50-59.....	4.5	80.4	46.7	39.2	6.6	69.0	30.4	30.0	17.9	34.1	7.7	
60-69.....	4.6	85.7	53.7	39.9	11.0	77.2	29.1	36.9	20.9	41.7	11.4	
70 and over.....	4.8	90.3	55.3	43.0	10.7	81.1	25.9	41.8	23.1	44.2	12.8	
20 and over.....	37.4	75.9	44.7	34.8	5.7	63.2	24.8	25.1	16.3	30.6	11.8	
All individuals.....	100.0	74.0	42.2	34.3	5.0	60.4	24.8	22.4	13.0	29.1	14.6	

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-4b. Fruits: percentage of people reporting use during 3 days, by race and income level, 1989-91

Race, income level, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, juices						
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars	
	<u>Percent</u>											<u>Percent</u>

Race												
White												
Males 20 and over.....	28.5	68.7	39.7	32.2	5.3	53.7	21.7	22.2	13.3	25.7	8.6	
Females 20 and over....	31.4	76.8	45.2	34.6	6.1	64.2	25.5	24.9	16.9	31.8	11.7	
All individuals.....	82.7	74.6	42.0	33.6	5.4	61.6	25.9	22.9	13.5	29.8	14.4	
Black												
Males 20 and over.....	3.2	59.4	37.4	34.8	4.2	35.4	12.9	14.4	7.1	15.8	10.9	
Females 20 and over....	4.4	68.8	38.4	34.4	2.6	53.8	17.1	23.7	9.6	18.7	12.4	
All individuals.....	12.3	70.3	41.0	36.2	2.7	51.2	15.8	18.2	8.2	22.5	15.6	
Income level												
Under 131% poverty:												
Males 20 and over.....	3.5	54.1	29.5	25.0	3.0	39.1	14.8	15.5	6.7	13.3	7.9	
Females 20 and over....	6.0	66.2	36.4	30.4	3.8	52.4	20.2	21.1	8.8	23.2	11.7	
All individuals.....	16.4	67.1	36.7	31.7	3.2	53.5	21.4	18.0	7.6	23.0	16.1	
131-350% poverty												
Males 20 and over.....	11.3	65.5	36.2	30.3	3.9	49.8	18.6	22.8	9.9	21.2	8.2	
Females 20 and over....	13.1	76.0	41.2	32.5	4.8	63.7	23.7	28.0	15.4	27.5	11.4	
All individuals.....	36.7	74.3	39.6	32.2	4.6	61.2	25.1	24.3	11.8	27.9	14.1	
Over 350% poverty												
Males 20 and over.....	15.1	72.1	44.8	35.4	6.0	56.6	24.3	21.4	16.4	28.7	10.2	
Females 20 and over....	14.8	80.2	50.3	39.0	6.0	67.2	26.5	25.0	20.0	35.0	12.0	
All individuals.....	37.7	77.7	46.9	37.5	5.6	64.2	26.5	23.0	16.7	32.3	15.4	

NOTE: See "Table notes."
 SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-4c. Fruits: mean intakes per person per day, 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<u>Percent</u>		<u>Grams</u>								
Males and females:											
Under 1.....	1.0	130	† 10	† 10	*	117	† 13	† 5	*	45	54
1-2.....	3.2	178	41	39	2	134	16	13	† 6	19	79
3-5.....	4.7	175	58	51	1	112	22	10	6	15	59
5 and over.....	8.9	171	46	42	1	120	19	10	5	20	66
Males:											
6-11.....	4.9	164	60	55	*	100	30	9	5	28	29
12-19.....	5.0	144	76	71	† 1	63	15	10	7	16	15
20-29.....	7.2	129	75	71	† 1	52	15	8	7	10	13
30-39.....	8.6	131	58	50	† 1	69	16	9	† 13	16	16
40-49.....	6.1	126	48	38	1	76	25	10	12	20	9
50-59.....	4.3	143	57	46	*	83	22	16	9	26	9
60-69.....	3.9	217	101	90	† 4	112	19	22	20	32	18
70 and over.....	3.1	209	72	53	5	131	20	25	21	44	21
20 and over.....	33.2	149	66	57	1	79	19	13	13	21	14
Females:											
6-11.....	4.6	178	54	44	*	120	29	10	6	35	39
12-19.....	5.8	129	64	57	*	61	12	8	7	15	19
20-29.....	7.7	141	63	56	*	76	15	9	6	13	33
30-39.....	9.1	126	52	44	1	72	17	10	11	16	18
40-49.....	6.7	124	48	39	† 1	73	16	11	17	22	7
50-59.....	4.5	152	57	46	† 1	92	21	16	14	29	11
60-69.....	4.6	185	73	53	2	109	22	20	19	34	14
70 and over.....	4.8	192	75	61	2	113	18	23	20	34	19
20 and over.....	37.4	147	60	49	1	85	18	13	14	22	18
All individuals.....	100.0	151	61	53	1	86	19	12	11	22	22

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-4d. Fruits: mean intakes per person per day, 3 days, by race and income level, 1989-91

Race, income level, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<u>Percent</u>	----- <u>Grams</u> -----									
Race											
White											
Males 20 and over.....	28.5	148	65	55	2	80	20	13	12	22	13
Females 20 and over....	31.4	148	59	48	1	86	18	13	14	23	17
All individuals.....	82.7	151	60	51	1	88	20	13	11	22	22
Black											
Males 20 and over.....	3.2	146	77	75	† 1	67	9	8	† 17	14	20
Females 20 and over....	4.4	131	57	50	† 1	72	11	12	† 13	15	21
All individuals.....	12.3	140	65	60	*	73	12	9	† 11	18	23
Income level											
Under 131% poverty:											
Males 20 and over.....	3.5	104	48	44	† 1	54	12	10	8	12	13
Females 20 and over....	6.0	124	51	44	1	71	14	11	9	19	19
All individuals.....	16.4	124	50	45	1	72	15	9	7	17	24
131-350% poverty:											
Males 20 and over.....	11.3	133	59	51	1	72	15	13	10	20	15
Females 20 and over....	13.1	143	56	46	1	85	17	15	14	20	19
All individuals.....	36.7	148	57	49	1	87	19	13	10	22	24
Over 350% poverty:											
Males 20 and over.....	15.1	173	78	65	† 2	91	23	13	16	23	15
Females 20 and over....	14.8	157	67	56	1	87	18	14	16	24	16
All individuals.....	37.7	168	72	61	1	93	20	13	14	23	22

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-5a. Milk and milk products: percentage of people reporting use during 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Total	Milk and milk drinks						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Lowfat	Skim			
		Percent	----- Percent -----							
Males and females:										
Under 1.....	1.0	85.4	80.0	21.9	14.6	7.2	0.0	2.3	17.9	5.5
1-2.....	3.2	98.8	98.3	97.5	61.6	42.5	5.0	8.7	25.4	51.4
3-5.....	4.7	99.0	97.4	96.4	54.9	49.9	7.2	7.5	40.5	46.5
5 and under.....	8.9	97.3	95.7	88.1	52.7	42.3	5.6	7.3	32.4	43.5
Males:										
6-11.....	4.9	98.0	95.3	94.0	51.1	53.4	7.8	5.8	40.7	49.8
12-19.....	5.0	97.4	89.3	87.9	44.8	50.5	5.7	1.1	32.9	49.6
20-29.....	7.2	93.0	77.3	73.8	33.3	35.8	11.8	5.0	23.2	59.8
30-39.....	8.6	91.1	69.2	67.7	31.0	35.4	6.9	3.0	25.4	55.2
40-49.....	6.1	92.6	72.6	68.7	26.4	34.5	11.0	4.9	33.0	51.8
50-59.....	4.3	89.7	74.0	70.7	31.6	33.3	12.7	3.4	27.4	51.2
60-69.....	3.9	93.6	79.1	78.2	26.1	37.9	19.9	1.3	36.1	47.5
70 and over.....	3.1	92.3	84.4	84.1	29.2	41.2	17.3	6.7	37.6	39.7
20 and over.....	33.2	92.0	74.8	72.3	30.0	35.9	12.0	4.0	29.0	52.7
Females:										
6-11.....	4.6	99.3	97.5	96.8	57.3	45.5	7.2	5.4	45.9	54.0
12-19.....	5.8	93.3	83.5	80.0	47.0	34.4	7.3	5.1	30.8	52.6
20-29.....	7.7	93.0	74.0	71.1	32.2	34.1	12.3	7.9	25.3	57.9
30-39.....	9.1	91.3	74.5	70.5	26.1	38.2	14.5	7.2	30.6	55.2
40-49.....	6.7	88.9	72.1	68.5	29.0	33.1	14.9	7.7	26.7	51.9
50-59.....	4.5	94.3	81.4	76.6	20.6	38.2	24.4	10.3	27.5	54.4
60-69.....	4.6	93.1	79.0	75.1	26.5	38.1	16.5	7.6	34.5	51.9
70 and over.....	4.8	94.7	85.2	82.7	28.5	43.3	17.1	5.9	34.0	45.3
20 and over.....	37.4	92.2	76.7	73.1	27.6	37.1	15.9	7.7	29.4	53.4
All individuals.....	100.0	93.5	80.7	77.5	35.1	38.9	11.9	5.8	31.1	51.9

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-5b. Milk and milk products: percentage of people reporting use during 3 days, by race and income level, 1989-91

Race, income level, sex, and age (years)	Percentage of population	Total	Milk and milk drinks						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Lowfat	Skim			
	<u>Percent</u>	<u>Percent</u>	----- <u>Percent</u> -----							
Race										
White										
Males 20 and over.....	28.5	93.8	76.9	74.4	29.0	38.6	13.6	4.4	31.1	54.8
Females 20 and over....	31.4	93.7	78.9	75.3	24.8	40.7	17.8	8.3	30.8	55.6
All individuals.....	82.7	94.9	82.3	79.2	32.0	42.9	13.7	6.3	33.1	54.4
Black										
Males 20 and over.....	3.2	79.6	62.4	60.5	39.7	15.1	2.0	1.7	15.8	36.2
Females 20 and over....	4.4	83.7	64.5	60.3	43.5	14.5	5.7	3.6	23.1	37.4
All individuals.....	12.3	86.0	72.1	67.9	52.9	14.5	2.9	2.5	22.5	36.5
Income level										
Under 131% poverty:										
Males 20 and over.....	3.5	87.6	76.5	74.4	45.9	26.8	5.7	2.4	17.8	41.4
Females 20 and over....	6.0	87.9	76.5	74.3	41.3	28.1	6.9	3.7	19.0	40.6
All individuals.....	16.4	91.3	83.2	80.2	52.8	27.5	5.0	2.9	21.7	41.5
131-350% poverty										
Males 20 and over.....	11.3	91.8	75.1	73.4	32.0	38.3	7.6	3.4	26.8	52.9
Females 20 and over....	13.1	91.4	74.3	71.7	28.6	37.2	11.7	5.7	29.3	51.8
All individuals.....	36.7	93.2	80.2	77.6	35.5	40.7	8.6	5.3	31.1	50.8
Over 350% poverty										
Males 20 and over.....	15.1	95.0	75.3	72.1	24.8	37.0	16.9	4.9	32.4	57.7
Females 20 and over....	14.8	95.0	78.8	73.8	22.1	41.0	22.5	10.2	32.8	61.4
All individuals.....	37.7	95.7	80.7	77.0	27.8	42.9	17.8	7.3	34.8	58.5

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-5c. Milk and milk products: mean intakes per person per day, 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Total	Total	Milk and milk drinks						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Lowfat	Skim			
	Percent	Grams	Calcium equivlent	Grams							
Males and females:											
Under 1.....	1.0	659	350	652	89	† 70	† 17	0	*	† 6	† 1
1-2.....	3.2	423	453	401	380	202	159	† 14	† 6	12	9
3-5.....	4.7	413	451	384	363	161	171	19	6	18	9
5 and under.....	8.9	445	440	421	337	165	149	15	5	15	8
Males:											
6-11.....	4.9	450	487	413	379	166	182	17	† 3	25	10
12-19.....	5.0	456	504	410	368	144	191	22	† 1	27	13
20-29.....	7.2	305	375	266	243	80	119	35	† 4	17	17
30-39.....	8.6	253	317	210	196	74	97	† 23	2	21	16
40-49.....	6.1	222	291	172	155	49	76	26	† 5	29	17
50-59.....	4.3	221	274	179	165	64	65	33	† 4	21	16
60-69.....	3.9	253	294	208	196	50	91	49	† 2	26	13
70 and over.....	3.1	255	286	211	198	60	92	39	† 6	30	10
20 and over.....	33.2	255	314	211	195	65	93	32	4	23	15
Females:											
6-11.....	4.6	414	450	377	346	171	151	15	4	25	10
12-19.....	5.8	308	359	271	243	122	94	18	† 5	21	13
20-29.....	7.7	209	264	178	162	61	71	29	8	15	13
30-39.....	9.1	205	254	167	147	35	81	29	8	19	15
40-49.....	6.7	184	225	152	135	43	58	32	7	15	12
50-59.....	4.5	209	255	173	148	25	64	55	9	17	15
60-69.....	4.6	217	257	175	161	44	79	35	8	23	15
70 and over.....	4.8	214	242	180	169	49	85	30	5	20	11
20 and over.....	37.4	205	250	170	153	43	73	33	7	18	13
All individuals.....	100.0	283	328	245	219	83	102	28	5	21	13

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-5d. Milk and milk products: mean intakes per person per day, 3 days, by race and income level, 1989-91

Race, income level, sex, and age (years)	Percentage of population	Total	Total	Milk and milk drinks						Milk desserts	Cheese
				Total	Fluid milk				Yogurt		
					Total	Whole	Lowfat	Skim			
Percent	Grams	Calcium equivalent	Grams								
Race											
White											
Males 20 and over.....	28.5	269	332	222	205	64	101	36	4	25	17
Females 20 and over....	31.4	216	262	178	160	39	81	38	8	19	14
All individuals.....	82.7	294	342	253	227	75	114	33	6	22	14
Black											
Males 20 and over.....	3.2	161	187	143	127	86	† 30	† 5	† 2	11	6
Females 20 and over....	4.4	137	168	116	99	68	21	† 7	† 5	14	6
All individuals.....	12.3	223	250	200	171	130	32	† 4	† 3	14	7
Income level											
Under 131% poverty:											
Males 20 and over.....	3.5	249	295	218	204	102	82	† 16	2	14	13
Females 20 and over....	6.0	197	227	172	161	80	60	16	4	12	10
All individuals.....	16.4	289	316	264	235	139	77	13	3	13	10
131-350% poverty:											
Males 20 and over.....	11.3	252	306	210	195	70	98	19	4	23	14
Females 20 and over....	13.1	198	238	163	149	46	78	22	5	19	12
All individuals.....	36.7	289	330	251	225	87	111	20	4	21	12
Over 350% poverty:											
Males 20 and over.....	15.1	262	329	214	197	54	94	45	4	25	17
Females 20 and over....	14.8	215	269	176	153	27	75	49	10	19	15
All individuals.....	37.7	277	334	234	210	56	108	42	7	23	15

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-6a. Meat, poultry, and fish: percentage of people reporting use during 3 days, by sex and age, 1989-91

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		
	<u>Percent</u>	----- <u>Percent</u> -----									
Males and females:											
Under 1.....	1.0	38.4	3.6	4.2	0.0	0.0	5.7	12.9	11.9	1.1	25.7
1-2.....	3.2	97.0	40.4	30.4	4.0	.7	62.6	45.8	40.9	19.2	61.9
3-5.....	4.7	98.7	42.2	29.1	3.3	1.0	54.7	45.2	40.8	23.2	71.0
5 and under.....	8.9	91.1	37.1	26.7	3.2	.8	51.9	41.7	37.5	19.2	62.5
Males:											
6-11.....	4.9	99.4	44.3	33.7	1.5	2.0	57.9	50.5	44.6	24.3	66.1
12-19.....	5.0	99.2	54.3	35.7	2.1	0.0	55.9	49.8	41.2	19.6	67.7
20-29.....	7.2	99.1	52.7	41.0	3.9	.7	54.3	50.3	39.9	20.0	67.9
30-39.....	8.6	98.9	55.0	42.1	1.8	.7	55.7	49.4	40.7	32.1	71.8
40-49.....	6.1	99.2	55.4	49.3	4.0	1.5	52.6	51.1	44.9	31.3	70.1
50-59.....	4.3	98.5	57.1	40.7	3.5	1.1	59.6	48.2	43.4	29.9	72.2
60-69.....	3.9	99.7	51.4	45.4	5.5	2.5	54.7	49.0	41.8	36.3	62.3
70 and over.....	3.1	99.0	53.4	41.9	4.1	3.2	51.9	49.0	41.2	27.0	63.6
20 and over.....	33.2	99.0	54.3	43.4	3.5	1.4	54.9	49.7	41.8	29.1	68.8
Females:											
6-11.....	4.6	99.8	48.3	35.6	1.8	.6	62.6	50.0	43.1	21.4	67.4
12-19.....	5.8	96.4	42.7	39.4	.9	0.0	49.4	47.9	43.2	18.8	68.7
20-29.....	7.7	98.3	47.8	33.4	.7	.9	45.0	47.6	39.6	22.5	67.6
30-39.....	9.1	97.9	46.9	33.0	3.4	1.2	44.0	51.8	41.9	28.5	65.3
40-49.....	6.7	98.2	48.2	38.6	2.5	1.0	43.1	49.1	42.5	32.0	63.2
50-59.....	4.5	98.1	47.5	33.1	3.1	2.3	47.6	52.1	46.6	32.2	64.2
60-69.....	4.6	99.0	45.5	38.1	1.6	1.3	42.9	52.0	39.4	31.9	62.3
70 and over.....	4.8	98.0	42.7	37.4	3.1	3.4	43.2	51.7	41.3	30.7	56.3
20 and over.....	37.4	98.2	46.7	35.3	2.4	1.5	44.2	50.5	41.7	29.0	63.7
All individuals.....	100.0	97.9	48.5	37.4	2.7	1.2	50.9	49.2	41.7	26.5	66.1

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-6b. Meat, poultry, and fish: percentage of people reporting use during 3 days, by race and income level, 1989-91

Race, income level, 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			
	Percent	-----										Percent
Race												
White												
Males 20 and over.....	28.5	98.9	55.2	43.0	3.8	1.3	54.7	47.3	38.9	28.4	69.0	
Females 20 and over....	31.4	98.2	48.3	34.0	2.6	1.4	43.4	48.5	38.8	28.5	64.4	
All individuals.....	82.7	98.0	50.3	36.4	2.9	1.1	50.2	46.9	38.5	25.6	66.5	
Black												
Males 20 and over.....	3.2	99.8	48.2	53.5	.9	2.0	57.5	65.3	62.5	33.8	65.7	
Females 20 and over....	4.4	98.1	31.9	47.8	1.1	2.6	50.8	64.6	59.8	33.1	56.4	
All individuals.....	12.3	97.9	35.6	50.2	1.0	2.0	56.7	62.7	59.3	31.6	63.0	
Income level												
Under 131% poverty:												
Males 20 and over.....	3.5	98.5	46.5	43.6	3.2	3.0	58.5	44.0	39.0	21.2	61.2	
Females 20 and over....	6.0	97.9	43.5	41.0	1.7	2.4	50.8	51.3	45.1	23.9	54.8	
All individuals.....	16.4	97.0	42.0	38.9	2.1	2.1	55.5	48.0	42.4	21.2	60.1	
131-350% poverty												
Males 20 and over.....	11.3	99.2	54.3	43.7	2.2	1.6	56.8	50.8	43.0	27.9	69.0	
Females 20 and over....	13.1	98.0	45.1	37.8	1.5	1.0	46.5	48.7	41.5	28.3	66.2	
All individuals.....	36.7	97.9	47.9	37.9	1.6	1.2	53.6	48.4	42.2	25.8	67.8	
Over 350% poverty												
Males 20 and over.....	15.1	99.0	57.6	43.6	4.5	.9	54.0	50.0	41.6	32.6	70.9	
Females 20 and over....	14.8	98.4	49.9	33.1	3.5	1.5	40.1	51.2	40.3	31.6	65.9	
All individuals.....	37.7	98.5	53.5	37.8	3.9	1.0	47.3	50.4	41.2	29.8	67.7	

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-6c. Meat, poultry, and fish: mean intakes per person per day, 3 days, by sex and age, 1989-91

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		
	<u>Percent</u>	<u>Grams</u>									
Males and females:											
Under 1.....	1.0	21	† 1	*	0	*	† 1	† 3	† 2	*	14
1-2.....	3.2	84	8	5	† 1	*	12	12	10	3	41
3-5.....	4.7	109	12	6	† 1	*	14	16	14	7	53
5 and under.....	8.9	90	9	5	*	*	12	13	11	5	44
Males:											
6-11.....	4.9	149	17	10	*	† 1	18	21	19	12	69
12-19.....	5.0	209	33	13	† 1	*	21	27	22	12	97
20-29.....	7.2	276	41	17	† 2	† 1	23	34	29	12	141
30-39.....	8.6	261	38	14	† 1	*	23	33	28	17	129
40-49.....	6.1	254	37	21	† 3	† 1	22	34	27	21	111
50-59.....	4.3	251	39	15	† 3	*	27	32	29	18	113
60-69.....	3.9	221	33	14	† 4	† 1	22	28	22	21	95
70 and over.....	3.1	198	27	15	† 2	† 1	19	25	19	14	89
20 and over.....	33.2	251	37	16	2	1	23	32	27	17	118
Females:											
6-11.....	4.6	141	17	9	*	*	19	21	18	8	65
12-19.....	5.8	163	20	13	*	*	15	22	20	8	81
20-29.....	7.7	162	22	10	*	*	13	23	19	10	80
30-39.....	9.1	174	23	11	† 2	† 1	13	25	20	14	83
40-49.....	6.7	167	24	11	1	*	13	23	20	16	76
50-59.....	4.5	176	24	8	† 1	† 1	14	27	23	15	81
60-69.....	4.6	158	22	10	*	*	13	23	16	18	68
70 and over.....	4.8	143	18	10	† 1	† 1	10	24	17	14	62
20 and over.....	37.4	164	22	10	1	1	13	24	19	14	76
All individuals.....	100.0	187	26	12	1	1	17	26	21	13	88

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-6d. Meat, poultry, and fish: mean intakes per person per day, 3 days, by race and income level, 1989-91

Race, income level, 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			
	<u>Percent</u>											<u>Grams</u>
Race												
White												
Males 20 and over.....	28.5	247	37	15	3	1	23	30	24	17	116	
Females 20 and over....	31.4	162	23	10	1	*	12	22	17	13	77	
All individuals.....	82.7	185	27	11	1	*	17	24	19	13	88	
Black												
Males 20 and over.....	3.2	258	29	25	*	† 1	21	44	41	21	113	
Females 20 and over....	4.4	169	14	17	*	† 1	17	37	30	19	63	
All individuals.....	12.3	190	17	19	*	† 1	20	35	31	16	79	
Income level												
Under 131% poverty:												
Males 20 and over.....	3.5	235	29	16	1	† 2	25	29	25	14	112	
Females 20 and over....	6.0	161	21	12	1	1	15	25	21	11	71	
All individuals.....	16.4	169	21	12	1	† 1	18	24	20	10	79	
131-350% poverty:												
Males 20 and over.....	11.3	257	38	17	† 1	† 1	23	34	29	17	122	
Females 20 and over....	13.1	166	21	11	1	*	13	23	18	14	80	
All individuals.....	36.7	187	25	13	1	1	18	25	21	13	89	
Over 350% poverty:												
Males 20 and over.....	15.1	255	38	15	3	*	23	31	25	19	121	
Females 20 and over....	14.8	169	24	9	2	*	11	25	19	15	80	
All individuals.....	37.7	199	29	12	2	*	16	26	21	15	94	

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-7,11a. Beverages: percentage of people reporting use during 3 days, by sex and age, 1989-91

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.....	1.0	11.5	0.0	0.0	0.0	11.5	0.0	.8	11.0	7.5	.5	3.3	3.3	1.3	
1-2.....	3.2	63.9	0.0	0.0	0.0	63.9	.4	12.2	40.3	35.4	4.1	39.0	35.6	5.5	
3-5.....	4.7	73.1	0.2	.2	0.0	72.9	.3	13.3	41.0	38.5	5.6	48.2	42.4	7.6	
5 and under.....	8.9	62.7	0.1	.1	0.0	62.6	.3	11.4	37.2	33.8	4.5	39.7	35.4	6.1	
Males:															
6-11.....	4.9	81.4	0.1	.1	0.0	81.4	2.8	18.6	44.8	39.5	8.5	65.1	61.4	8.4	
12-19.....	5.0	94.4	1.6	.5	1.1	94.4	7.1	24.7	32.7	28.3	6.0	80.2	77.3	11.4	
20-29.....	7.2	95.7	30.4	5.3	23.5	94.9	42.1	29.8	25.8	20.7	5.7	80.6	71.5	15.9	
30-39.....	8.6	97.6	38.3	8.1	32.1	97.1	63.9	35.9	19.3	16.2	4.3	75.9	63.7	24.0	
40-49.....	6.1	97.3	31.6	9.3	24.0	96.7	77.1	35.6	15.2	11.9	4.6	72.4	55.4	25.8	
50-59.....	4.3	97.5	37.8	10.7	27.4	96.5	79.8	40.7	14.3	11.1	3.6	57.1	41.4	21.6	
60-69.....	3.9	97.2	24.9	8.0	14.2	96.9	82.7	35.5	13.4	11.1	2.5	47.2	29.0	21.8	
70 and over.....	3.1	96.9	16.5	5.6	6.6	96.7	83.3	38.0	20.5	18.2	2.5	37.6	25.1	15.1	
20 and over.....	33.2	97.0	31.7	7.8	23.6	96.4	67.7	35.3	18.7	15.3	4.2	66.9	53.3	21.2	
Females:															
6-11.....	4.6	81.0	.5	.5	0.0	80.5	1.1	17.9	46.5	44.2	2.8	59.6	51.8	13.4	
12-19.....	5.8	92.9	2.5	1.0	1.4	92.9	8.4	32.5	36.1	31.7	4.9	78.9	70.3	22.9	
20-29.....	7.7	93.3	15.4	5.0	9.1	92.9	34.8	35.7	26.1	23.2	3.3	76.5	61.8	25.5	
30-39.....	9.1	97.6	21.0	10.0	9.6	97.2	57.8	40.4	24.4	21.3	3.5	74.7	53.2	33.4	
40-49.....	6.7	97.1	19.9	9.1	10.0	96.8	72.9	45.9	15.9	13.4	3.0	71.4	44.9	37.0	
50-59.....	4.5	97.7	19.9	10.7	6.3	97.5	77.6	40.8	14.8	13.4	2.0	56.3	31.1	31.3	
60-69.....	4.6	95.4	15.2	8.7	4.5	94.7	79.6	40.2	18.8	15.6	3.3	44.7	26.9	22.8	
70 and over.....	4.8	94.6	9.1	3.2	1.2	94.6	77.9	45.8	18.9	16.0	3.4	33.2	22.1	12.5	
20 and over.....	37.4	96.0	17.3	7.9	7.5	95.6	63.4	41.2	20.7	17.9	3.1	63.2	43.6	28.2	
All individuals.....	100.0	91.7	17.3	5.7	10.8	91.3	47.3	33.0	25.4	22.1	4.1	64.1	50.6	21.1	

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-7,11b. Beverages: percentage of people reporting use during 3 days, by race and income level, 1989-91

Race, income level, 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
<u>Percent</u>		----- <u>Percent</u> -----												
Race														
White														
Males 20 and over.....	28.5	96.8	33.1	8.7	24.1	96.3	69.0	35.1	17.1	13.4	4.5	67.3	52.6	23.1
Females 20 and over....	31.4	95.9	18.5	8.7	7.5	95.5	64.9	41.7	18.8	15.9	3.3	62.4	40.8	30.2
All individuals.....	82.7	91.7	18.6	6.4	11.2	91.3	49.3	33.7	22.9	19.6	4.3	64.2	49.1	23.3
Black														
Males 20 and over.....	3.2	97.2	22.9	2.2	22.0	95.6	55.1	33.2	32.5	32.2	.5	65.3	60.1	7.2
Females 20 and over....	4.4	96.2	11.8	4.1	8.4	96.1	52.9	37.4	33.2	32.5	1.1	68.3	59.8	14.8
All individuals.....	12.3	90.7	10.8	2.0	9.3	90.3	34.9	30.4	39.1	37.6	1.5	62.8	57.8	8.6
Income level														
Under 131% poverty:														
Males 20 and over.....	3.5	94.5	17.2	1.1	15.5	93.9	62.5	30.0	22.8	22.0	1.0	60.2	53.5	10.5
Females 20 and over....	6.0	95.0	6.0	1.9	3.6	94.9	61.6	35.1	24.5	22.8	2.0	55.1	44.9	14.6
All individuals.....	16.4	89.4	6.1	1.0	4.8	89.2	38.4	27.2	32.3	30.8	1.9	57.4	51.4	9.2
131-350% poverty														
Males 20 and over.....	11.3	96.3	25.1	3.8	19.4	96.0	65.0	37.0	20.8	16.7	4.4	67.8	56.9	17.7
Females 20 and over....	13.1	94.8	11.8	4.5	5.5	94.7	60.4	42.6	20.1	17.2	3.3	63.5	46.4	25.1
All individuals.....	36.7	90.1	12.0	2.8	8.0	89.9	42.3	34.1	27.1	23.3	4.8	64.0	53.1	17.9
Over 350% poverty														
Males 20 and over.....	15.1	98.2	40.6	13.3	28.7	97.5	73.0	35.9	16.7	13.0	4.7	67.9	49.7	28.4
Females 20 and over....	14.8	98.1	28.2	14.4	11.7	97.4	67.1	44.1	20.1	17.3	3.3	68.0	41.7	37.5
All individuals.....	37.7	94.8	27.8	11.2	16.3	94.3	56.3	35.8	21.3	17.9	4.4	68.0	48.4	30.4

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-7,11c. Beverages: mean intakes per person per day, 3 days, by sex and age, 1989-91

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		-----						-----					
Males and females:														
Under 1.....	1.0	† 12	0	0	0	† 12	0	*	† 10	† 8	*	† 2	† 2	*
1-2.....	3.2	133	0	0	0	133	*	14	64	56	† 4	56	50	† 6
3-5.....	4.7	195	*	*	0	195	*	24	81	69	† 12	90	79	11
5 and under.....	8.9	152	*	*	0	152	*	18	66	57	† 8	67	59	8
Males:														
6-11.....	4.9	303	0	0	0	303	† 3	36	105	89	† 17	159	148	11
12-19.....	5.0	589	† 3	*	† 3	585	15	94	88	77	† 11	389	347	36
20-29.....	7.2	994	165	5	151	828	166	143	79	58	† 21	440	371	66
30-39.....	8.6	1067	173	8	158	894	353	137	51	39	† 13	351	257	92
40-49.....	6.1	1176	150	13	133	1026	524	147	36	24	† 12	309	207	101
50-59.....	4.3	1045	136	14	114	909	483	182	39	30	† 9	205	124	77
60-69.....	3.9	851	77	† 12	56	774	501	123	24	21	† 3	126	67	57
70 and over.....	3.1	688	34	† 3	† 22	655	410	120	43	36	† 7	82	57	24
20 and over.....	33.2	1008	138	9	121	870	384	143	49	37	12	292	214	76
Females:														
6-11.....	4.6	249	*	*	0	249	† 1	35	88	83	† 5	125	107	18
12-19.....	5.8	516	† 15	*	† 14	501	† 24	88	77	67	† 9	312	255	56
20-29.....	7.7	689	45	† 8	32	644	150	114	51	44	† 6	329	230	99
30-39.....	9.1	804	46	11	28	759	288	141	50	39	† 11	280	161	118
40-49.....	6.7	910	45	12	29	864	424	164	27	21	† 5	249	136	113
50-59.....	4.5	802	34	10	† 20	767	425	148	29	23	† 6	163	80	82
60-69.....	4.6	693	22	9	† 7	671	402	116	32	28	4	120	61	58
70 and over.....	4.8	564	7	3	1	557	294	163	30	24	† 7	69	43	22
20 and over.....	37.4	755	36	9	22	718	316	140	39	32	7	224	133	89
All individuals.....	100.0	717	60	6	50	657	248	115	55	45	9	238	171	66

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-7,11d. Beverages: mean intakes per person per day, 3 days, by race and income level, 1989-91

Race, income level, 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
		<u>Percent</u>	----- <u>Grams</u> -----											
Race														
White														
Males 20 and over.....	28.5	1026	138	10	120	888	406	139	44	30	13	297	213	83
Females 20 and over....	31.4	768	35	9	20	733	332	145	32	26	7	223	125	97
All individuals.....	82.7	739	61	7	49	678	267	119	48	38	9	243	169	73
Black														
Males 20 and over.....	3.2	851	151	† 2	144	700	216	130	99	98	† 1	255	228	† 23
Females 20 and over....	4.4	683	44	9	33	640	222	108	72	70	† 1	238	196	40
All individuals.....	12.3	599	62	4	56	537	142	86	93	89	† 3	216	191	22
Income level														
Under 131% poverty:														
Males 20 and over.....	3.5	884	94	† 1	90	790	324	133	69	65	† 3	263	223	40
Females 20 and over....	6.0	661	14	† 3	11	647	272	125	55	51	† 3	195	152	41
All individuals.....	16.4	557	26	† 1	24	531	173	92	77	73	3	189	163	25
131-350% poverty:														
Males 20 and over.....	11.3	987	122	4	113	865	358	151	53	38	† 15	298	241	54
Females 20 and over....	13.1	763	28	6	18	735	315	146	38	29	† 8	237	150	85
All individuals.....	36.7	692	48	3	41	644	224	118	59	47	† 12	242	187	53
Over 350% poverty:														
Males 20 and over.....	15.1	1070	160	16	134	910	436	141	42	31	11	291	180	109
Females 20 and over....	14.8	807	57	16	34	750	342	148	35	28	7	224	113	111
All individuals.....	37.7	821	89	12	69	732	312	126	43	33	9	251	153	98

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See " Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-8a. Eggs, legumes, nuts and seeds, fats and oils, and sugars and sweets: percentage of people reporting use during 3 days, by sex and age, 1989-91

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
	<u>Percent</u>									

					<u>Percent</u>					
Males and females:										
Under 1.....	1.0	12.5	22.2	3.1	13.1	12.1	2.2	7.3	3.7	0.0
1-2.....	3.2	51.2	21.4	31.8	64.4	51.0	25.1	71.2	27.8	24.2
3-5.....	4.7	39.6	17.4	44.5	76.1	60.7	31.4	76.9	26.8	27.3
5 and under.....	8.9	40.7	19.4	35.2	64.6	51.6	25.8	66.8	24.5	23.0
Males:										
6-11.....	4.9	41.5	20.0	30.4	78.3	62.7	42.7	74.9	33.9	28.5
12-19.....	5.0	31.9	20.7	22.5	80.5	58.0	53.2	68.1	29.4	24.5
20-29.....	7.2	46.5	25.5	16.5	82.9	62.2	51.3	65.4	38.1	19.2
30-39.....	8.6	46.4	31.6	19.0	87.2	59.5	57.9	66.6	44.1	13.3
40-49.....	6.1	43.0	26.4	20.9	87.7	67.3	66.2	68.6	47.9	15.4
50-59.....	4.3	44.9	34.1	18.7	87.9	69.7	66.0	67.1	46.9	10.1
60-69.....	3.9	47.7	31.6	19.0	89.4	72.9	64.3	74.5	50.4	13.9
70 and over.....	3.1	48.0	32.0	18.8	84.8	74.3	49.5	79.0	57.1	10.9
20 and over.....	33.2	45.9	29.7	18.8	86.5	65.8	59.0	68.9	45.8	14.4
Females:										
6-11.....	4.6	40.2	27.9	32.6	84.3	63.7	51.0	80.6	32.8	26.4
12-19.....	5.8	33.6	20.9	18.1	82.4	56.1	53.3	66.0	32.0	19.4
20-29.....	7.7	35.0	20.7	19.5	81.9	56.2	54.6	66.2	39.4	21.8
30-39.....	9.1	37.7	26.7	18.6	87.3	64.5	60.5	69.4	44.7	19.9
40-49.....	6.7	38.3	24.8	19.7	86.4	67.7	59.7	68.7	47.5	16.6
50-59.....	4.5	37.9	24.9	16.6	90.6	67.8	64.4	70.1	47.4	15.7
60-69.....	4.6	35.8	26.4	20.5	87.1	69.4	62.0	71.3	48.3	15.3
70 and over.....	4.8	39.1	22.6	18.8	91.8	78.3	53.2	79.6	54.5	13.2
20 and over.....	37.4	37.2	24.4	19.0	87.0	66.1	58.9	70.3	46.2	17.8
All individuals.....	100.0	40.3	25.2	21.7	83.7	63.4	54.2	69.8	41.2	18.5

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-8b. Eggs, legumes, nuts and seeds, fats and oils, and sugars and sweets: percentage of people reporting use during 3 days, by race and income level, 1989-91

Race, income level, 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
	<u>Percent</u>									

	<u>Percent</u>									

Race										
White										
Males 20 and over.....	28.5	44.5	28.7	20.1	87.3	66.6	60.2	68.1	43.1	15.3
Females 20 and over....	31.4	35.2	24.3	19.9	88.2	67.7	61.1	70.5	44.1	19.0
All individuals.....	82.7	38.6	24.4	22.8	85.2	64.8	56.3	69.9	39.4	19.7
Black										
Males 20 and over.....	3.2	54.3	27.3	13.1	80.7	58.5	51.7	71.9	60.0	8.8
Females 20 and over....	4.4	50.5	22.1	16.0	80.5	59.2	46.7	68.1	55.6	9.9
All individuals.....	12.3	48.7	25.3	17.9	77.2	56.3	44.2	69.2	47.9	12.2
Income level										
Under 131% poverty:										
Males 20 and over.....	3.5	55.9	36.3	16.1	78.5	59.3	44.3	66.3	50.7	9.9
Females 20 and over....	6.0	44.6	27.9	16.0	80.7	62.2	46.4	69.9	52.3	9.4
All individuals.....	16.4	47.0	29.5	19.3	74.8	57.9	40.9	67.6	45.7	13.1
131-350% poverty										
Males 20 and over.....	11.3	45.7	32.3	19.5	86.9	64.5	57.5	70.4	48.4	13.1
Females 20 and over....	13.1	38.1	23.2	18.9	86.8	64.7	57.1	70.8	48.6	17.1
All individuals.....	36.7	39.3	24.8	22.6	83.9	62.2	53.2	71.0	41.9	18.8
Over 350% poverty										
Males 20 and over.....	15.1	44.0	25.7	18.9	89.8	69.7	63.8	68.7	44.8	16.5
Females 20 and over....	14.8	35.1	24.0	20.0	90.6	70.7	66.6	70.5	42.9	21.4
All individuals.....	37.7	39.7	23.1	21.7	88.7	69.0	61.2	70.7	40.2	20.9

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-8c. Eggs, legumes, nuts and seeds, fats and oils, and sugars and sweets: mean intakes per person per day, 3 days, by sex and age, 1989-91

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
	<u>Percent</u>				<u>Grams</u>					
Males and females:										
Under 1.....	1.0	3	169	*	*	*	*	† 5	*	0
1-2.....	3.2	15	9	3	3	2	1	17	1	4
3-5.....	4.7	14	8	6	6	3	2	28	1	5
5 and under.....	8.9	13	27	4	4	3	2	21	1	4
Males:										
6-11.....	4.9	13	10	4	9	4	4	27	3	6
12-19.....	5.0	17	23	5	14	6	8	29	3	7
20-29.....	7.2	26	22	3	16	6	9	20	5	5
30-39.....	8.6	25	28	4	17	5	10	21	6	3
40-49.....	6.1	23	25	5	22	8	12	19	6	4
50-59.....	4.3	21	38	4	21	8	11	16	5	2
60-69.....	3.9	24	26	4	20	8	11	23	4	3
70 and over.....	3.1	21	36	3	17	8	7	25	5	2
20 and over.....	33.2	24	28	4	19	7	10	20	5	3
Females:										
6-11.....	4.6	14	17	5	9	4	5	33	2	6
12-19.....	5.8	12	12	3	11	4	7	23	3	5
20-29.....	7.7	15	15	3	12	4	6	16	4	5
30-39.....	9.1	14	18	4	15	5	9	17	4	4
40-49.....	6.7	13	15	3	15	5	8	16	4	4
50-59.....	4.5	13	16	2	17	5	10	19	4	3
60-69.....	4.6	11	22	2	17	6	8	16	3	3
70 and over.....	4.8	12	19	2	15	7	7	21	4	2
20 and over.....	37.4	14	17	3	15	5	8	17	4	4
All individuals.....	100.0	17	21	4	14	5	8	21	4	4

* Value less than 0.5 but greater than 0.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-8d. Eggs, legumes, nuts and seeds, fats and oils, and sugars and sweets: mean intakes per person per day, 3 days, by race and income level, 1989-91

Race, income level, 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
	<u>Percent</u>				----- <u>Grams</u> -----					
Race										
White										
Males 20 and over.....	28.5	23	27	4	20	7	11	21	5	3
Females 20 and over....	31.4	12	17	3	16	5	8	17	4	4
All individuals.....	82.7	16	20	4	15	6	8	21	4	4
Black										
Males 20 and over.....	3.2	30	25	† 3	12	6	6	19	7	† 3
Females 20 and over....	4.4	20	16	† 3	11	3	6	16	6	2
All individuals.....	12.3	20	20	3	10	4	5	21	5	3
Income level										
Under 131% poverty:										
Males 20 and over.....	3.5	32	46	3	14	7	6	18	6	2
Females 20 and over....	6.0	17	23	2	11	5	5	15	5	2
All individuals.....	16.4	20	29	3	10	4	5	18	4	3
131-350% poverty:										
Males 20 and over.....	11.3	24	31	4	17	7	9	20	6	3
Females 20 and over....	13.1	13	17	3	14	5	7	18	5	4
All individuals.....	36.7	16	22	4	13	5	7	21	4	4
Over 350% poverty:										
Males 20 and over.....	15.1	22	22	4	21	7	12	21	5	4
Females 20 and over....	14.8	13	14	3	18	6	10	17	3	4
All individuals.....	37.7	17	17	4	18	6	10	22	3	4

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.T6-9. Daily mean water consumption of people 2 months of age and older, by sex, age, and race/ethnicity, 1988-91 (fl oz)

Sex and age	Total population/ ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Mean	SEM	Sample size	Mean	SEM	Sample size	Mean	SEM	Sample size	Mean	SEM
Males and females												
2-11 months	999	4.5	0.29	559	3.7	0.28	174	7.9	0.64	191	5.0	0.52
1-2 years	1,275	11.5	0.50	439	10.0	0.59	372	17.7	0.90	415	12.4	0.75
3-5 years	1,578	17.8	0.68	438	15.1	0.85	469	27.6	1.35	615	20.5	0.98
6-11 years	1,709	27.3	0.95	502	25.2	1.32	447	34.2	1.69	711	29.2	1.25
Males												
12-15 years	329	37.6	2.73	95	35.0	4.00	92	46.3	4.19	128	46.7	3.06
16-19 years	367	47.5	3.13	113	46.8	4.24	99	53.9	5.48	140	48.6	4.28
20-29 years	834	44.0	2.44	212	42.1	3.43	241	59.8	4.91	347	46.7	2.84
30-39 years	729	46.1	2.29	268	43.9	2.88	212	53.9	3.67	225	46.9	3.45
40-49 years	621	37.1	2.04	240	34.8	2.43	177	53.9	3.54	180	45.8	3.29
50-59 years	461	41.2	2.42	246	40.5	2.61	101	47.4	4.01	93	49.8	4.07
60-69 years	527	40.7	2.13	238	39.6	2.42	132	56.9	4.31	151	37.3	2.69
70-79 years	432	40.9	2.17	278	39.3	2.09	87	57.8	4.01	62	40.5	6.85
80 years and over	288	38.7	3.35	247	38.8	2.96	19	41.5*	*	18	26.8*	*
All ages/ ²	7,313	38.6	1.11	2,899	37.1	1.30	1,887	48.2	1.58	2,257	40.5	1.96
Females												
12-15 years/ ³	368	37.7	2.38	120	36.0	3.24	94	42.6	4.08	140	40.9	3.60
16-19 years/ ³	395	37.5	2.63	132	35.7	3.27	114	45.7	5.44	130	41.1	4.08
20-29 years/ ³	833	36.4	1.52	242	36.5	2.25	252	38.6	2.38	315	39.4	2.20
30-39 years/ ³	783	40.0	1.70	279	39.5	2.27	239	45.5	2.48	242	37.7	2.41
40-49 years/ ³	594	40.8	2.16	224	39.9	2.85	156	46.2	3.57	183	42.0	3.15
50-59 years	443	41.9	2.15	216	40.8	2.48	120	54.5	3.44	97	40.6	3.81
60-69 years	552	41.3	1.95	246	41.1	2.32	145	49.1	3.56	150	40.1	2.87
70-79 years	402	39.9	1.95	253	39.5	1.98	88	46.9	3.50	51	36.4	5.82
80 years and over	311	33.4	1.96	253	32.7	1.64	34	44.4	7.53	20	27.5*	*
All ages/ ²	7,517	35.8	0.98	2,941	35.3	1.20	1,977	41.3	1.26	2,347	34.5	1.58
Pregnant women, total/⁴	165	42.1	3.84	39	41.0	5.24	51	50.2	4.45	73	42.6	4.06

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² All ages includes individuals 2 months of age and over.

³ Both pregnant and nonpregnant females are included in these analyses.

⁴ Analyses are based solely on pregnant females between 12 and 49 years of age.

NOTE: Plain drinking water includes tap and spring water, and water from water fountains or coolers. It does not include bottled mineral waters; "designer water"; water used to prepare coffee, tea, formula, or other beverages; or water used to prepare other foods.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-10a. Daily mean ethanol intake of people 2 months of age and older, by race/ethnicity, sex, and age, 1988-91 (g/d)

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean*	SEM	Median	Mean*	SEM	Median	Mean*	SEM	Median	Mean*	SEM	Median
Male												
2-11 months/2	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
1-2 years/2	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
3-5 years	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
6-11 years	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
12-15 years	0	0.0	0	0	0.0	0	0	0.2	0	0	0.0	0
16-19 years	13	2.4	0	16	4.3	0	5	2.1	0	8	3.3	0
20-29 years	23	2.2	0	26	4.3	0	20	2.6	0	13	1.8	0
30-39 years	18	1.6	0	18	2.3	0	22	3.0	0	20	2.8	0
40-49 years	18	1.7	0	17	2.3	0	21	3.4	0	23	3.3	0
50-59 years	12	1.6	0	12	2.0	0	12	2.5	0	11	2.5	0
60-69 years	11	1.4	0	10	1.7	0	10	2.5	0	8	1.6	0
70-79 years	7	1.0	0	7	1.2	0	3	1.5	0	1	0.6	0
80 years and over	4	0.9	0	5	0.9	0	0	0.0	0	0	0.0	0
20-59 years	19	1.2	0	19	1.7	0	20	1.7	0	17	1.4	0
60 years and over	9	0.9	0	9	1.0	0	7	1.7	0	5	1.2	0
Total/2	12	0.9	0	13	1.1	0	11	1.0	0	10	0.7	0
Female												
2-11 months/2	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
1-2 years/2	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
3-5 years	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
6-11 years	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0
12-15 years	0	0.2	0	0	0.3	0	0	0.0	0	0	0.1	0
16-19 years	2	0.6	0	2	1.0	0	1	0.4	0	1	0.5	0
20-29 years	9	1.3	0	11	2.2	0	4	0.8	0	2	1.0	0
30-39 years	8	1.1	0	7	1.5	0	8	1.7	0	5	1.5	0
40-49 years	5	1.1	0	6	1.6	0	4	1.0	0	4	1.1	0
50-59 years	5	1.0	0	6	1.2	0	4	1.8	0	4	1.3	0
60-69 years	4	0.7	0	5	0.9	0	1	0.7	0	1	0.3	0
70-79 years	2	0.6	0	2	0.7	0	1	0.5	0	1	0.4	0
80 years and over	1	0.5	0	1	0.5	0	0	0.0	0	0	0.0	0
20-59 years	7	0.9	0	8	1.2	0	5	0.7	0	4	0.6	0
60 years and over	3	0.6	0	3	0.6	0	1	0.4	0	1	0.2	0
Total/2	5	0.5	0	5	0.6	0	3	0.4	0	2	0.3	0

* Estimates of alcohol intake are very skewed; the mean and standard error of the mean should be used and interpreted with extreme caution.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-10b. For the U.S. population, daily alcohol intake as a percent of calories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean *	SEM	Median	Mean *	SEM	Median	Mean *	SEM	Median	Mean *	SEM	Median
Male												
2-11 months/2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1-2 years/2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3-5 years	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
6-11 years	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12-15 years	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16-19 years	2.6	0.5	0.0	3.2	0.8	0.0	0.9	0.4	0.0	1.8	0.6	0.0
20-29 years	4.9	0.4	0.0	5.4	0.7	0.0	4.4	0.5	0.0	3.3	0.4	0.0
30-39 years	4.3	0.4	0.0	4.0	0.5	0.0	5.8	0.8	0.0	4.9	0.6	0.0
40-49 years	4.9	0.5	0.0	4.8	0.6	0.0	5.5	0.8	0.0	5.8	0.8	0.0
50-59 years	3.4	0.5	0.0	3.3	0.5	0.0	4.6	1.0	0.0	3.1	0.7	0.0
60-69 years	3.2	0.4	0.0	3.2	0.5	0.0	3.4	0.8	0.0	2.1	0.4	0.0
70-79 years	2.7	0.5	0.0	2.9	0.5	0.0	1.4	0.8	0.0	0.4	0.3	0.0
80 years and over	1.5	0.3	0.0	1.6	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
20-59 years	4.5	0.2	0.0	4.5	0.3	0.0	5.1	0.4	0.0	4.2	0.3	0.0
60 years and over	2.9	0.3	0.0	2.9	0.3	0.0	2.4	0.6	0.0	1.5	0.3	0.0
Total/2	3.1	0.2	0.0	3.2	0.3	0.0	2.9	0.3	0.0	2.5	0.2	0.0
Female												
2-11 months/2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1-2 years/2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3-5 years	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
6-11 years	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12-15 years	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0
16-19 years	0.6	0.2	0.0	0.8	0.4	0.0	0.2	0.1	0.0	0.4	0.2	0.0
20-29 years	3.0	0.4	0.0	3.6	0.7	0.0	1.3	0.3	0.0	0.9	0.3	0.0
30-39 years	2.4	0.3	0.0	2.3	0.4	0.0	2.6	0.5	0.0	1.6	0.4	0.0
40-49 years	1.8	0.3	0.0	2.1	0.5	0.0	1.6	0.5	0.0	1.0	0.3	0.0
50-59 years	2.1	0.4	0.0	2.3	0.5	0.0	1.4	0.6	0.0	1.6	0.5	0.0
60-69 years	1.5	0.3	0.0	1.7	0.3	0.0	0.5	0.3	0.0	0.4	0.2	0.0
70-79 years	0.9	0.3	0.0	1.0	0.3	0.0	0.2	0.2	0.0	0.2	0.1	0.0
80 years and over	0.6	0.2	0.0	0.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
20-59 years	2.4	0.3	0.0	2.6	0.4	0.0	1.8	0.2	0.0	1.2	0.2	0.0
60 years and over	1.2	0.2	0.0	1.3	0.3	0.0	0.3	0.2	0.0	0.3	0.1	0.0
Total/2	1.6	0.2	0.0	1.8	0.2	0.0	1.0	0.1	0.0	0.7	0.1	0.0

* Estimates of percent of calories from alcohol are very skewed; the mean and standard error of the mean should be used and interpreted with extreme caution.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-12. Alcoholic beverages: percentage of people 20 years of age and older consuming alcoholic beverages monthly or more frequently, by sex, race/ethnicity, and age, 1988-91

Sex and age	Sample size	All types of alcohol		Beer		Wine		Hard liquor	
		Percent	SE	Percent	SE	Percent	SE	Percent	SE
Male									
Total population/1									
All males 20 years and over	4,726	66.8	2.01	57.9	1.76	26.9	1.91	33.9	1.68
20-39 years	1,795	74.2	2.02	68.3	2.09	27.9	1.96	36.3	2.03
40-59 years	1,237	66.1	2.63	56.4	2.68	29.9	2.42	33.6	2.41
60 years and over	1,694	50.8	2.37	36.0	2.22	20.1	1.81	28.8	1.97
Non-Hispanic white									
20-39 years	561	74.1	2.87	67.9	3.00	29.1	2.82	36.6	2.93
40-59 years	563	66.4	3.09	56.1	3.19	32.2	2.90	33.4	2.86
60 years and over	1,047	51.7	2.40	36.2	2.26	21.8	1.87	29.4	2.03
Non-Hispanic black									
20-39 years	509	72.2	2.29	66.6	2.25	27.3	2.08	42.5	2.19
40-59 years	322	61.2	3.14	51.1	3.00	18.8	2.29	38.8	2.72
60 years and over	308	42.1	3.25	33.1	2.89	9.6	1.77	24.2	2.45
Mexican American									
20-39 years	657	75.1	2.13	71.9	2.40	13.7	2.12	22.2	2.25
40-59 years	302	63.8	3.49	58.6	3.88	16.7	3.39	24.0	3.41
60 years and over	311	42.6	3.54	35.2	3.72	9.8	2.66	13.0	2.64
Female									
Total population/1									
All females 20 years and over	4,743	46.0	2.12	24.2	1.52	29.0	1.95	22.2	1.47
20-39 years	1,794	55.9	2.27	34.7	1.96	34.8	2.29	27.5	1.79
40-59 years	1,189	46.0	2.80	20.8	2.05	30.4	2.71	21.4	2.03
60 years and over	1,760	28.5	2.08	9.5	1.22	16.7	1.81	13.7	1.40
Non-Hispanic white									
20-39 years	583	59.6	3.29	36.7	2.99	38.1	3.27	31.0	2.66
40-59 years	513	49.1	3.57	20.8	2.68	34.6	3.42	23.3	2.59
60 years and over	1,087	30.0	2.25	9.5	1.33	18.1	1.90	15.1	1.51
Non-Hispanic black									
20-39 years	538	53.9	2.32	36.0	2.21	30.8	2.46	22.4	2.01
40-59 years	318	36.9	2.92	24.3	2.57	12.9	2.32	17.5	2.38
60 years and over	356	16.7	2.13	10.4	1.73	5.9	1.54	6.2	1.43
Mexican American									
20-39 years	618	34.8	2.25	21.7	1.87	17.5	1.97	15.5	1.46
40-59 years	310	32.6	3.13	22.5	2.68	14.0	2.54	12.0	1.85
60 years and over	284	16.4	2.58	10.0	2.01	7.3	1.99	2.8*	*

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

NOTE: Based on food frequency questionnaires.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F6-3,4. Nutrient contribution of breakfast: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Individuals eating breakfast at least once	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
----- <i>Percent</i> -----									
Males and females:									
Under 1.....	1.0	60.4	12.7	12.0	11.7	11.9	11.6	11.8	12.0
1-2.....	3.2	99.5	21.2	20.4	18.1	19.4	17.1	17.0	28.8
3-5.....	4.7	99.4	22.9	21.0	19.4	21.2	18.3	17.7	28.5
5 and under.....	8.9	94.9	21.1	19.7	18.0	19.5	17.1	16.8	26.7
Males:									
6-11.....	4.9	99.4	21.2	19.1	17.4	19.6	16.3	15.0	25.7
12-19.....	5.0	91.2	18.3	16.4	15.9	17.2	15.5	14.3	22.3
20-29.....	7.2	89.3	16.4	14.3	16.2	17.1	16.1	14.8	24.4
30-39.....	8.6	92.6	15.7	13.3	14.9	15.8	14.8	13.8	21.9
40-49.....	6.1	91.9	15.4	12.8	14.1	14.6	14.2	13.1	19.1
50-59.....	4.3	90.6	16.7	14.1	15.4	16.6	15.3	14.1	21.1
60-69.....	3.9	96.4	21.5	17.9	18.2	19.4	18.1	17.0	23.8
70 and over.....	3.1	98.9	24.6	20.3	20.9	21.6	20.5	20.2	24.2
20 and over.....	33.2	92.5	17.4	14.7	16.1	16.9	16.0	14.9	22.2
Females:									
6-11.....	4.6	99.1	20.6	18.6	16.9	18.7	16.0	14.7	26.4
12-19.....	5.8	90.8	17.4	15.6	14.8	16.5	14.3	12.6	20.0
20-29.....	7.7	90.4	17.0	14.0	15.1	15.9	15.0	14.3	20.0
30-39.....	9.1	94.4	16.8	13.8	14.5	15.6	14.3	13.1	19.6
40-49.....	6.7	94.4	17.4	14.3	15.4	16.6	15.1	14.3	19.6
50-59.....	4.5	95.4	18.3	14.5	15.2	16.3	15.0	14.1	18.4
60-69.....	4.6	96.4	19.7	16.0	15.6	17.0	15.2	14.0	17.9
70 and over.....	4.8	98.8	23.1	18.3	18.2	19.5	17.8	16.8	19.1
20 and over.....	37.4	94.5	18.3	14.9	15.5	16.6	15.2	14.3	19.2
All individuals.....	100.0	94.0	18.5	15.8	16.0	17.2	15.7	14.7	21.8

Table A.F6-3,4. Nutrient contribution of breakfast: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91—continued

Sex and age (years)	Carbohydrate	Dietary fiber	Vitamin A (IU)	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----								
Males and females:								
Under 1.....	13.5	10.7	7.9	9.4	5.5	11.3	11.4	19.0
1-2.....	23.6	19.5	28.7	35.6	10.8	21.4	31.0	32.8
3-5.....	25.7	20.1	32.8	41.2	12.3	22.5	32.5	34.8
5 and under.....	23.5	18.8	28.5	35.5	11.0	20.8	29.5	32.3
Males:								
6-11.....	24.5	18.1	30.4	38.5	11.1	20.8	33.5	34.4
12-19.....	20.5	15.7	26.6	33.4	9.8	19.8	29.2	28.2
20-29.....	18.3	13.9	21.3	27.1	9.0	20.5	22.6	22.5
30-39.....	18.0	14.6	19.2	24.6	8.3	19.6	19.5	22.1
40-49.....	18.1	14.0	17.8	23.1	7.8	18.3	19.4	21.1
50-59.....	19.7	15.5	17.9	24.2	6.9	20.1	20.8	24.0
60-69.....	25.7	22.8	20.5	28.3	8.0	23.2	25.5	30.7
70 and over.....	29.0	25.2	21.7	29.2	9.2	27.4	32.2	34.1
20 and over.....	20.2	16.4	19.6	25.7	8.2	20.8	22.2	24.4
Females:								
6-11.....	23.7	17.3	28.6	36.8	9.8	19.9	30.2	33.2
12-19.....	19.9	14.5	24.2	30.3	9.3	17.7	28.7	26.8
20-29.....	19.6	15.4	20.3	25.6	10.1	19.5	24.7	23.2
30-39.....	19.9	15.3	18.6	24.8	7.5	18.9	22.6	23.8
40-49.....	20.6	17.0	18.9	24.6	8.7	19.5	20.4	23.1
50-59.....	22.3	17.5	16.1	22.0	6.5	18.7	22.0	25.6
60-69.....	24.4	21.0	19.4	26.1	8.2	20.8	28.9	29.5
70 and over.....	28.3	24.4	18.4	25.3	8.8	21.8	30.5	32.5
20 and over.....	21.9	17.8	18.8	24.8	8.4	19.7	24.4	25.6
All individuals.....	21.5	17.1	21.7	28.0	8.9	20.1	25.3	26.8

Table A.F6-3,4. Nutrient contribution of breakfast: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91—continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	16.8	19.2	12.2	11.9	11.3	14.4	13.9
1-2.....	33.2	26.4	32.8	40.5	26.0	29.0	25.4
3-5.....	38.0	28.1	35.7	44.9	30.2	33.1	27.8
5 and under.....	33.8	26.5	31.9	39.5	26.5	29.5	25.3
Males:							
6-11.....	36.8	27.7	35.2	44.2	27.7	31.2	25.9
12-19.....	30.8	22.6	27.3	36.0	23.9	26.4	21.7
20-29.....	25.7	16.6	19.6	27.1	19.4	23.0	18.8
30-39.....	24.8	17.5	18.5	25.1	18.1	22.1	17.8
40-49.....	22.6	16.6	17.6	23.4	15.7	21.5	17.0
50-59.....	25.8	18.5	20.0	26.6	18.4	24.7	19.1
60-69.....	32.4	24.4	25.7	32.8	24.3	29.1	24.4
70 and over.....	34.0	26.6	28.8	35.7	24.9	32.0	27.4
20 and over.....	26.5	19.0	20.6	27.3	19.3	24.3	19.7
Females:							
6-11.....	35.4	27.0	33.7	42.9	29.4	29.8	24.8
12-19.....	29.1	21.0	25.7	33.9	22.5	26.0	20.6
20-29.....	25.4	18.2	20.8	28.5	19.0	23.5	18.7
30-39.....	25.7	18.8	20.8	27.5	19.2	24.0	18.7
40-49.....	25.1	18.3	19.7	25.8	17.5	24.0	19.2
50-59.....	26.0	19.8	20.7	27.6	17.3	24.7	19.7
60-69.....	29.6	23.6	25.2	33.1	22.6	27.8	22.4
70 and over.....	31.1	25.3	27.2	34.9	22.9	30.5	25.4
20 and over.....	26.7	20.1	21.9	29.1	19.5	25.3	20.2
All individuals.....	28.5	21.2	24.1	31.4	21.3	25.9	21.1

Table A.F6-3.4. Nutrient contribution of breakfast: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91—continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	14.3	22.0	12.1	12.4	11.4	11.1
1-2.....	25.2	34.8	22.2	19.1	19.9	22.8
3-5.....	26.9	35.2	23.8	20.8	20.8	25.3
5 and under.....	24.8	33.5	21.9	19.2	19.4	22.7
Males:						
6-11.....	25.4	33.4	22.7	19.8	18.9	23.8
12-19.....	21.1	27.4	19.0	16.2	16.2	19.5
20-29.....	18.8	21.0	15.8	14.9	15.0	17.9
30-39.....	19.1	21.8	14.9	14.8	14.2	17.7
40-49.....	18.8	20.6	14.5	14.7	13.4	17.6
50-59.....	20.7	22.4	16.2	15.5	14.9	18.8
60-69.....	26.4	30.9	22.0	19.6	19.0	23.3
70 and over.....	29.6	32.7	23.4	22.6	20.9	25.3
20 and over.....	21.0	23.6	16.8	16.2	15.5	19.2
Females:						
6-11.....	23.9	33.4	22.8	18.4	18.4	22.1
12-19.....	20.5	25.0	17.4	16.1	15.2	19.3
20-29.....	20.1	22.5	15.8	16.3	14.7	19.4
30-39.....	20.7	22.7	16.5	16.2	15.3	19.2
40-49.....	21.3	22.6	16.2	16.5	15.3	19.3
50-59.....	23.0	23.9	16.5	17.7	15.9	20.4
60-69.....	26.5	28.4	20.6	19.9	16.4	23.2
70 and over.....	29.4	31.8	22.6	22.8	19.6	25.1
20 and over.....	22.8	24.7	17.6	17.8	15.9	20.6
All individuals.....	22.4	26.1	18.3	17.3	16.3	20.4

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.F6-5.6. Nutrient contribution of snacks: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Individuals eating snacks at least once	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
----- Percent -----									
Males and females:									
Under 1.....	1.0	44.5	12.6	11.2	13.2	14.0	12.4	† 11.9	10.1
1-2.....	3.2	86.4	18.5	13.6	17.1	18.7	16.0	14.8	11.9
3-5.....	4.7	86.5	14.4	8.3	12.9	13.8	12.3	12.3	8.3
5 and under.....	8.9	81.6	15.7	10.5	14.4	15.6	13.7	13.2	9.8
Males:									
6-11.....	4.9	77.7	12.2	7.1	11.2	11.9	10.8	11.0	7.4
12-19.....	5.0	84.8	14.5	9.2	13.0	13.9	12.6	12.6	9.0
20-29.....	7.2	83.6	12.9	7.7	10.6	11.3	10.3	10.3	6.9
30-39.....	8.6	81.7	11.6	6.3	9.0	10.0	8.8	8.1	5.8
40-49.....	6.1	83.8	12.7	7.3	10.6	11.3	10.4	10.2	6.2
50-59.....	4.3	79.1	9.8	5.4	8.1	8.6	8.0	8.3	4.8
60-69.....	3.9	80.8	10.0	5.5	8.2	9.1	8.1	7.0	5.0
70 and over.....	3.1	77.9	9.2	5.0	7.9	9.3	7.8	6.2	5.0
20 and over.....	33.2	81.7	11.4	6.5	9.3	10.2	9.1	8.7	5.8
Females:									
6-11.....	4.6	83.9	13.0	7.2	12.1	12.2	11.8	12.8	7.9
12-19.....	5.8	78.9	14.5	9.0	13.1	13.4	12.8	13.4	9.0
20-29.....	7.7	82.6	13.3	7.3	10.9	11.7	10.7	10.1	6.8
30-39.....	9.1	83.1	12.6	6.5	10.7	11.6	10.6	9.7	6.9
40-49.....	6.7	85.5	13.4	7.3	10.8	11.3	10.7	10.1	6.6
50-59.....	4.5	83.6	11.1	6.1	8.8	9.8	8.6	8.0	5.5
60-69.....	4.6	80.6	10.7	6.1	9.2	10.1	8.9	8.3	5.5
70 and over.....	4.8	76.4	8.8	5.2	7.6	8.4	7.5	6.4	4.8
20 and over.....	37.4	82.3	12.0	6.5	9.9	10.8	9.8	9.0	6.2
All individuals.....	100.0	81.8	12.5	7.2	10.6	11.4	10.4	10.0	6.8

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Table A.F6-5,6. Nutrient contribution of snacks: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91—continued

Sex and age (years)	Carbohydrate	Dietary fiber	Vitamin A (IU)	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----								
Males and females:								
Under 1.....	12.3	† 3.8	† 8.5	† 10.1	3.6	† 12.1	13.5	9.7
1-2.....	21.1	14.3	12.3	13.6	9.6	16.9	18.2	14.1
3-5.....	17.5	12.1	8.4	8.7	8.9	13.3	13.2	9.7
5 and under.....	18.2	11.9	9.8	10.6	8.5	14.4	15.1	11.3
Males:								
6-11.....	14.5	10.6	9.5	9.4	9.9	10.5	9.5	7.7
12-19.....	17.1	12.7	9.7	10.4	8.6	13.1	11.4	9.6
20-29.....	15.6	11.8	8.5	8.9	8.1	10.9	10.6	8.7
30-39.....	14.4	9.9	6.4	7.1	5.6	8.6	9.1	7.7
40-49.....	15.3	11.9	7.4	8.1	6.4	10.2	8.7	8.3
50-59.....	11.8	9.3	6.2	6.6	5.8	8.0	9.3	6.8
60-69.....	11.5	8.0	5.4	6.0	4.9	7.8	8.3	6.4
70 and over.....	10.7	6.6	4.5	5.2	4.0	6.7	7.6	5.6
20 and over.....	13.8	10.1	6.7	7.3	6.1	9.1	9.1	7.6
Females:								
6-11.....	15.6	10.8	7.9	8.5	7.1	12.9	11.8	7.9
12-19.....	17.2	12.5	9.6	9.7	10.2	13.7	12.0	9.7
20-29.....	16.3	11.3	8.1	8.8	7.4	10.8	11.0	8.9
30-39.....	15.7	10.2	7.2	7.8	6.4	10.1	9.3	8.0
40-49.....	16.8	12.0	8.3	8.7	8.2	11.1	11.1	9.1
50-59.....	13.8	9.6	6.4	7.1	5.9	8.5	10.4	7.7
60-69.....	13.0	8.9	6.5	7.0	5.9	9.5	10.2	7.4
70 and over.....	10.6	7.2	4.4	5.2	3.7	7.4	8.3	6.3
20 and over.....	14.8	10.1	7.0	7.6	6.4	9.8	10.1	8.0
All individuals.....	15.1	10.6	7.6	8.2	7.0	10.5	10.4	8.3

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Table A.F6-5,6. Nutrient contribution of snacks: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91—continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- Percent -----							
Males and females:							
Under 1.....	11.3	† 8.4	11.6	† 12.0	† 12.9	12.6	12.1
1-2.....	18.2	10.3	15.2	14.7	15.9	20.5	17.8
3-5.....	11.1	7.4	9.9	9.4	8.3	12.3	10.9
5 and under.....	13.7	8.5	12.0	11.6	11.6	15.3	13.5
Males:							
6-11.....	9.4	6.4	7.8	7.9	7.1	10.3	9.2
12-19.....	11.8	8.4	10.0	9.8	8.9	13.5	12.3
20-29.....	10.8	8.3	9.4	10.7	7.4	12.5	10.7
30-39.....	10.2	7.4	8.3	9.2	6.8	11.5	9.5
40-49.....	11.0	8.6	8.9	10.3	6.5	12.5	10.5
50-59.....	8.3	6.6	6.7	8.0	5.3	9.2	7.8
60-69.....	8.4	6.1	7.0	7.1	5.4	10.6	8.0
70 and over.....	7.8	4.5	6.4	5.9	5.0	10.3	7.1
20 and over.....	9.8	7.3	8.1	9.0	6.3	11.4	9.3
Females:							
6-11.....	9.4	6.8	8.6	8.3	7.1	10.2	9.7
12-19.....	11.8	8.1	10.0	10.1	8.9	13.3	11.9
20-29.....	11.2	7.6	9.0	10.1	7.7	11.8	10.5
30-39.....	10.4	6.9	7.7	8.7	6.7	11.4	9.7
40-49.....	11.3	8.6	9.3	11.0	6.9	13.1	10.8
50-59.....	9.8	6.9	7.5	8.7	6.5	11.5	9.0
60-69.....	9.5	5.9	7.6	7.5	6.0	11.4	8.7
70 and over.....	8.2	4.9	6.0	6.4	5.9	9.5	7.2
20 and over.....	10.3	7.0	8.0	9.0	6.7	11.5	9.6
All individuals.....	10.5	7.3	8.6	9.2	7.3	11.9	10.1

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Table A.F6-5.6. Nutrient contribution of snacks: mean percentage of nutrient intake per individual per day over 3 days, by sex and age, 1989-91—continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	11.0	† 8.4	11.7	† 11.4	10.7	12.7
1-2.....	18.7	12.2	13.9	16.5	10.6	19.1
3-5.....	12.2	9.7	8.8	13.2	7.9	12.3
5 and under.....	14.4	10.5	11.0	14.1	9.2	14.8
Males:						
6-11.....	10.3	8.2	7.7	10.9	7.9	9.9
12-19.....	14.0	9.9	10.1	13.8	8.9	12.2
20-29.....	12.9	8.6	8.3	11.9	7.8	11.0
30-39.....	11.9	7.8	7.0	10.6	6.1	10.4
40-49.....	14.0	8.9	8.3	12.5	7.3	11.9
50-59.....	10.4	6.8	6.2	8.9	5.4	9.1
60-69.....	9.8	5.7	5.9	8.7	5.1	9.2
70 and over.....	8.2	4.9	5.1	7.4	4.2	8.2
20 and over.....	11.7	7.5	7.1	10.5	6.3	10.3
Females:						
6-11.....	11.0	8.1	7.6	12.0	7.6	10.2
12-19.....	13.6	9.8	9.8	13.7	10.0	12.7
20-29.....	12.8	8.8	8.4	12.4	7.2	11.5
30-39.....	12.6	8.3	7.7	12.1	7.0	11.3
40-49.....	14.9	9.3	8.7	13.4	7.2	13.3
50-59.....	11.9	7.9	7.6	10.4	6.2	11.1
60-69.....	10.2	6.9	6.7	9.6	6.0	10.0
70 and over.....	8.0	5.8	5.8	7.7	4.7	7.8
20 and over.....	12.1	8.0	7.6	11.3	6.6	11.1
All individuals.....	12.2	8.3	8.0	11.6	7.1	11.2

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T6-13a. Percentage of people eating specified occasions away from home during 1 day, by sex and age, 1989-91

Sex and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	<i>Percent</i>	<i>Percent</i>			
Males and females:					
Under 1.....	0.9	† 0.0	† .8	† .8	† 1.6
1-2.....	3.2	7.8	20.0	10.6	18.2
3-5.....	4.8	12.0	26.4	15.7	21.3
5 and under.....	9.0	9.2	21.4	12.3	18.1
Males:					
6-11.....	4.9	15.1	45.9	18.1	15.6
12-19.....	5.3	11.8	41.3	17.3	16.7
20-29.....	7.3	12.2	33.9	21.2	24.7
30-39.....	8.5	13.6	36.0	21.4	23.6
40-49.....	6.2	14.4	32.7	17.7	22.1
50-59.....	4.2	10.9	29.0	17.3	21.6
60-69.....	3.9	10.1	20.1	14.0	14.4
70 and over.....	3.1	4.7	15.7	11.9	7.8
20 and over.....	33.2	11.9	30.3	18.4	20.8
Females:					
6-11.....	4.6	8.6	49.1	14.6	14.8
12-19.....	5.6	9.4	39.8	20.0	20.9
20-29.....	7.7	10.8	31.9	21.8	21.5
30-39.....	9.1	11.2	32.5	20.7	23.4
40-49.....	6.7	9.0	28.3	15.3	21.6
50-59.....	4.5	9.1	28.8	15.2	18.4
60-69.....	4.6	5.5	19.9	16.1	11.8
70 and over.....	4.8	2.7	13.6	8.8	4.2
20 and over.....	37.4	8.7	27.2	17.2	18.2
All individuals.....	100.0	10.3	31.1	17.2	18.8

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T6-13b. Percentage of people eating specified occasions away from home during 1 day, by race, sex, and age, 1989-91

Race, sex, and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	<i>Percent</i>	<i>Percent</i>			
White:					
Males and females:					
1-2.....	2.3	9.6	22.0	10.7	19.0
3-5.....	3.8	12.7	27.6	16.2	21.8
5 and under ‡	6.8	10.4	23.0	12.8	18.9
Males:					
6-11.....	3.9	14.1	46.7	17.9	16.6
12-19.....	4.5	12.2	44.0	18.7	17.4
20-39.....	13.2	13.8	35.7	22.2	25.0
40-59.....	9.3	13.4	33.1	17.6	22.6
60 and over.....	6.0	8.5	18.6	14.2	12.9
20 and over.....	28.5	12.6	31.3	19.0	21.7
Females:					
6-11.....	3.5	7.1	47.4	15.8	16.4
12-19.....	4.1	9.6	42.2	21.5	24.3
20-39.....	13.7	10.2	33.1	21.3	23.4
40-59.....	9.3	9.3	28.7	16.7	20.0
60 and over.....	8.3	4.4	18.2	13.5	8.4
20 and over.....	31.3	8.4	27.9	17.9	18.5
All individuals.....	82.7	10.5	32.0	18.0	19.6
Black:					
Males and females:					
1-2.....	0.6	† 4.7	17.4	† 7.8	20.0
3-5.....	0.6	† 9.2	25.0	† 12.0	21.8
5 and under ‡	1.4	6.1	18.4	8.7	18.2
Males:					
6-11.....	0.6	20.2	42.3	† 14.1	† 6.6
12-19.....	0.6	† 13.0	26.0	† 11.5	16.7
20-39.....	1.7	10.9	29.7	16.7	21.7
40-59.....	0.8	11.4	12.2	18.8	16.9
60 and over.....	0.8	† .9	14.4	† 5.1	† .5
20 and over.....	3.2	8.5	21.7	14.3	15.3
Females:					
6-11.....	0.8	14.3	60.5	† 5.7	† 11.7
12-19.....	1.2	10.6	33.9	16.7	13.1
20-39.....	2.1	13.1	28.7	17.5	20.0
40-59.....	1.4	10.9	24.4	8.5	21.7
60 and over.....	0.9	† 1.9	† 5.4	† 3.8	† 3.5
20 and over.....	4.4	10.1	22.6	11.8	17.2
All individuals.....	12.3	10.2	26.7	12.3	15.5

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T6-13c. Percentage of people eating specified occasions away from home during 1 day, by income level, sex, and age, 1989-91

Income level, sex, and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	Percent	Percent			
Under 131% poverty:					
Males and females:					
1-2.....	1.0	† 3.6	12.0	12.0	11.3
3-5.....	1.2	9.7	22.1	10.5	15.8
5 and under ‡	2.4	6.1	15.7	10.0	12.7
Males:					
6-11.....	1.1	18.0	47.9	10.6	7.8
12-19.....	1.0	8.5	46.0	10.6	12.6
20-39.....	1.6	8.8	26.6	11.7	11.2
40-59.....	0.8	3.5	15.8	10.6	9.8
60 and over.....	1.0	† 4.3	13.0	6.7	† 4.3
20 and over.....	3.4	6.3	20.2	10.0	8.9
Females:					
6-11.....	1.1	15.8	42.9	12.9	13.5
12-19.....	1.2	5.6	42.0	17.7	15.9
20-39.....	2.5	5.4	17.6	14.3	13.6
40-59.....	1.2	5.2	16.4	10.4	10.0
60 and over.....	2.1	3.1	9.9	8.1	5.2
20 and over.....	5.9	4.5	14.6	11.3	9.8
All individuals.....	16.0	7.1	24.0	11.3	10.8
131-350% poverty:					
Males and females:					
1-2.....	1.2	† 10.4	22.5	† 13.8	22.1
3-5.....	2.1	14.4	29.6	14.5	24.0
5 and under ‡	3.6	11.7	24.4	13.0	21.1
Males:					
6-11.....	2.3	15.5	48.9	17.4	16.7
12-19.....	2.1	16.9	37.0	20.6	17.1
20-39.....	5.8	12.3	34.0	21.6	20.6
40-59.....	2.7	11.0	25.1	16.8	20.3
60 and over.....	2.7	7.9	15.6	12.9	8.6
20 and over.....	11.1	10.9	27.4	18.3	17.6
Females:					
6-11.....	2.1	† 5.9	54.2	12.4	13.2
12-19.....	2.1	10.7	39.4	22.0	14.2
20-39.....	6.0	11.6	31.0	20.9	22.0
40-59.....	3.0	10.6	29.7	13.0	21.7
60 and over.....	3.4	4.6	16.2	10.9	8.3
20 and over.....	12.5	9.5	26.6	16.3	18.2
All individuals.....	35.9	10.8	31.0	17.0	17.6

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Continued

‡ Includes infants under 1.

Table A.T6-13c. Percentage of people eating specified occasions away from home during 1 day, by income level, sex, and age, 1989-91—continued

Income level, sex, and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	<i>Percent</i>	----- <i>Percent</i> -----			
Over 350% poverty:					
Males and females:					
1-2.....	0.8	† 8.9	† 25.3	† 5.4	† 23.7
3-5.....	1.1	† 12.6	28.6	24.7	30.2
5 and under ‡	2.1	† 10.2	25.1	15.1	25.3
Males:					
6-11.....	1.2	† 10.3	42.0	29.4	22.4
12-19.....	1.7	† 9.3	46.8	† 17.6	18.5
20-39.....	6.4	14.5	40.0	21.8	30.8
40-59.....	5.8	16.0	36.4	19.4	24.1
60 and over.....	2.6	† 7.4	22.4	15.3	18.4
20 and over.....	14.8	13.9	35.5	19.7	26.1
Females:					
6-11.....	1.0	† 5.4	† 50.5	† 22.2	† 23.0
12-19.....	1.7	† 9.0	40.4	20.8	29.7
20-39.....	6.3	12.8	40.3	23.1	28.0
40-59.....	5.5	9.9	30.7	18.6	24.2
60 and over.....	2.5	† 3.8	24.3	16.3	11.2
20 and over.....	14.3	10.1	33.8	20.2	23.6
All individuals.....	36.8	11.4	35.6	20.0	24.7

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T6-13d. Percentage of people eating specified occasions away from home during 1 day, by sex and age, 1987-88

Sex and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	<i>Percent</i>	<i>----- Percent -----</i>			
Males and females:					
Under 1.....	1.1	† 1.2	† 1.7	† 2.0	† 1.1
1-2.....	2.9	† 5.1	14.9	11.8	6.2
3-5.....	4.6	5.2	18.7	9.2	15.2
5 and under.....	8.7	4.6	15.2	9.2	10.3
Males:					
6-11.....	4.4	11.7	46.4	15.9	17.4
12-19.....	5.7	8.6	48.1	15.4	16.7
20-29.....	8.3	15.7	41.2	22.2	22.3
30-39.....	8.2	12.8	36.5	21.2	21.9
40-49.....	5.8	16.3	37.5	16.1	15.7
50-59.....	4.1	8.5	30.1	18.8	14.8
60-69.....	4.0	† 3.5	24.9	12.9	7.7
70 and over.....	3.0	† 3.9	15.3	10.3	† 4.6
20 and over.....	33.4	11.7	33.8	18.3	16.8
Females:					
6-11.....	4.6	12.0	40.8	16.1	15.4
12-19.....	6.1	6.9	41.4	21.7	10.9
20-29.....	8.5	8.0	29.2	22.5	19.0
30-39.....	8.6	9.1	30.2	16.3	19.2
40-49.....	6.4	9.2	31.8	16.2	18.2
50-59.....	4.3	7.8	25.8	19.4	14.8
60-69.....	4.7	3.5	16.3	12.5	6.7
70 and over.....	4.7	† 1.7	12.0	11.7	4.6
20 and over.....	37.1	7.1	25.7	17.0	15.1
All individuals.....	100.0	8.9	31.3	16.9	15.2

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table A.T6-13e. Percentage of people eating specified occasions away from home during 1 day, by race, sex, and age, 1987-88

Race, sex, and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	<i>Percent</i>	<i>Percent</i>			
White:					
Males and females:					
1-2.....	2.3	† 6.3	17.0	14.3	† 6.2
3-5.....	3.6	4.9	20.1	9.9	16.7
5 and under ‡	6.6	4.9	17.0	10.5	11.5
Males:					
6-11.....	3.4	8.4	48.2	15.6	17.7
12-19.....	4.6	7.9	50.0	17.5	17.3
20-39.....	13.9	14.8	39.1	22.0	23.2
40-59.....	8.3	12.9	34.4	18.8	15.8
60 and over.....	6.5	3.7	21.0	12.7	6.7
20 and over.....	28.6	11.7	33.6	19.0	17.3
Females:					
6-11.....	3.5	11.0	41.8	18.9	17.7
12-19.....	4.7	6.4	41.5	25.5	12.9
20-39.....	14.2	9.4	30.6	20.7	20.7
40-59.....	9.1	8.6	29.0	18.0	17.0
60 and over.....	8.1	2.7	15.8	13.3	6.4
20 and over.....	31.4	7.4	26.3	18.0	15.9
All individuals.....	82.8	8.9	31.8	18.1	16.1
Black:					
Males and females:					
1-2.....	0.5	† 1.0	† 7.8	† 4.4	† 5.2
3-5.....	0.7	† 3.9	† 7.6	† 6.9	† 10.5
5 and under ‡	1.6	† 3.0	† 6.9	† 5.7	† 6.9
Males:					
6-11.....	0.6	† 22.0	† 42.2	† 14.4	† 9.1
12-19.....	0.7	† 14.7	36.7	† 8.1	† 12.0
20-39.....	1.6	† 10.8	30.7	19.2	† 14.0
40-59.....	1.3	† 13.2	36.6	† 10.2	† 15.0
60 and over.....	0.5	† 1.2	† 17.4	† 0.0	† 6
20 and over.....	3.4	10.4	31.1	13.2	12.6
Females:					
6-11.....	0.7	† 11.6	† 44.2	† 6.1	† 9.6
12-19.....	1.0	† 9.4	46.4	† 10.6	† 5.3
20-39.....	2.0	† 5.7	23.7	13.8	13.0
40-59.....	1.3	† 10.0	33.5	17.0	17.4
60 and over.....	1.0	† 2.7	† 4.3	† 1.3	† 8
20 and over.....	4.2	6.3	22.2	11.9	11.5
All individuals.....	12.2	8.8	27.8	10.9	10.5

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table A.T6-13f. Percentage of people eating specified occasions away from home during 1 day, by income level, sex, and age, 1987-88

Income level, sex, and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	Percent	----- Percent -----			
Under 131% poverty:					
Males and females:					
1-2.....	0.8	† 2.2	† 8.2	† 8.9	† 7.6
3-5.....	1.2	† 5.5	13.3	† 8.6	† 7.5
5 and under ‡	2.4	† 3.7	9.8	7.7	6.7
Males:					
6-11.....	1.0	24.8	53.3	20.3	† 11.5
12-19.....	1.0	† 9.3	41.6	† 7.9	† 6.7
20-39.....	1.9	† 7.2	21.3	13.6	11.1
40-59.....	0.8	† 6.0	25.4	† 6.0	† 6.0
60 and over.....	1.1	† 4.6	† 8.4	† 7.9	† 4.9
20 and over.....	3.7	6.2	18.5	10.3	8.2
Females:					
6-11.....	1.1	13.8	39.2	10.8	† 9.5
12-19.....	1.2	† 6.1	34.1	12.1	† 8.7
20-39.....	3.0	† 2.9	15.7	10.7	9.1
40-59.....	1.2	† 4.8	21.7	19.0	† 9.4
60 and over.....	2.2	† 2.0	7.3	10.4	† 2.9
20 and over.....	6.4	† 2.9	14.0	12.2	7.0
All individuals.....	16.8	6.4	21.5	11.3	7.8
131-350% poverty:					
Males and females:					
1-2.....	1.3	† 7.9	22.9	† 12.2	† 5.8
3-5.....	2.2	† 6.1	17.3	† 7.5	11.3
5 and under ‡	3.8	6.1	17.5	8.4	8.3
Males:					
6-11.....	2.1	8.7	45.8	14.5	18.7
12-19.....	2.3	† 4.7	46.1	18.9	13.7
20-39.....	6.6	14.2	39.8	16.6	19.4
40-59.....	3.0	10.8	20.3	17.0	18.8
60 and over.....	2.6	† 3.9	19.4	9.2	† 5.9
20 and over.....	12.2	11.2	30.8	15.2	16.4
Females:					
6-11.....	2.1	14.8	36.6	22.8	21.8
12-19.....	2.3	† 7.9	48.0	25.4	† 8.1
20-39.....	6.4	8.0	25.0	22.6	20.4
40-59.....	3.3	6.9	19.2	11.3	14.9
60 and over.....	3.3	† 3.0	15.4	10.7	7.4
20 and over.....	13.0	6.4	21.1	16.7	15.7
All individuals.....	37.7	8.5	29.2	16.2	15.1

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Continued

‡ Includes infants under 1.

Table A.T6-13f. Percentage of people eating specified occasions away from home during 1 day, by income level, sex, and age, 1987-88—continued

Income level, sex, and age (years)	Percentage of population	Eating occasion			
		Breakfast	Brunch/ Lunch	Dinner/ Supper	Snack/ beverage break
	<i>Percent</i>	<i>Percent</i>			
Over 350% poverty:					
Males and females:					
1-2.....	0.5	† 4.4	† 11.0	† 16.9	† 5.7
3-5.....	1.0	† 3.1	28.5	† 13.9	28.9
5 and under ‡	1.7	† 3.2	20.4	13.4	19.1
Males:					
6-11.....	0.9	† 7.7	38.8	† 18.4	28.0
12-19.....	1.9	† 12.3	50.8	14.6	20.9
20-39.....	6.3	17.7	43.9	29.3	29.6
40-59.....	4.9	12.8	42.1	18.3	16.4
60 and over.....	2.2	† 3.1	27.9	17.0	† 8.0
20 and over.....	13.4	13.5	40.5	23.2	21.2
Females:					
6-11.....	1.0	† 7.3	51.1	† 13.7	† 13.8
12-19.....	1.8	† 5.5	39.0	17.9	17.2
20-39.....	6.1	12.0	41.6	20.8	24.8
40-59.....	4.9	11.8	39.9	20.9	20.4
60 and over.....	2.1	† 8	20.8	11.1	† 8.7
20 and over.....	13.0	10.1	37.6	19.3	20.6
All individuals.....	33.7	10.8	39.2	20.0	20.6

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

‡ Includes infants under 1.

NOTE: See "Table notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table A.T6-14. Household food sufficiency of the low-income population, by poverty status, Food Stamp Program (FSP) participation, and race, 1989-91

Sufficiency	Poverty Status		Food Stamp Program Participation		Race	
	Under 100% poverty	Under 131% poverty	Participant	Non-participant	Black	White
	-----Percent----- (cell size)					
Enough of the kinds of food we want to eat	49.6 (864)	53.9 (1,391)	43.0 (361)	58.7 (1,030)	44.3 (289)	58.2 (1,029)
Enough, but not always what we want to eat	38.5 (727)	36.7 (1,038)	43.3 (389)	33.8 (649)	42.7 (315)	34.4 (650)
Sometimes not enough to eat	9.0* (168)	7.2* (200)	10.2* (93)	5.9* (107)	8.9* (65)	5.9* (104)
Often not enough to eat	2.5* (51)	1.9* (58)	3.5* (31)	1.2* (27)	4.0* (26)	1.2* (29)

¹ The low-income population includes individuals in households having gross income for the previous year under 131 percent of the Federal poverty thresholds.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T6-15. Prevalence of a reported family food-sufficiency problem in individuals, by race/ethnicity and poverty status, 1988-91

Race/ethnicity and poverty income ratio	Sample size	Enough food		Sometimes not enough		Often not enough	
		Percent	SE	Percent	SE	Percent	SE
Total ¹	17,379	96.1	0.41	3.3	0.33	0.6*	*
Race/ethnicity							
Non-Hispanic white	7,096	97.4	0.46	2.1	0.35	0.5*	*
Non-Hispanic black	4,418	92.7	0.75	6.7	0.78	0.6*	*
Mexican American	5,226	84.5	1.69	14.2	1.62	1.3	0.32
Poverty status							
Below poverty	4,418	84.1	1.78	13.2	1.41	2.7*	*
At or above poverty	11,004	98.3	0.25	1.5	0.24	0.1*	*
Under 131% poverty	5,766	87.0	1.24	10.7	0.98	2.2*	*

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21a. For the U.S. population, daily food energy intake in kilocalories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	903	21	858	905	21	851	902	39	879	923	34	932
1-2 years/2	1,339	27	1,291	1,336	32	1,283	1,402	47	1,385	1,306	43	1,253
3-5 years	1,663	29	1,568	1,659	38	1,550	1,748	50	1,616	1,652	45	1,552
6-11 years	2,036	33	1,913	2,058	45	1,909	1,975	50	1,948	1,951	46	1,839
12-15 years	2,578	87	2,486	2,608	115	2,549	2,380	146	2,307	2,379	122	2,107
16-19 years	3,097	96	2,918	3,208	127	3,188	3,045	168	2,679	2,573	115	2,477
20-29 years	3,025	66	2,799	3,125	95	2,935	3,070	135	2,788	2,673	70	2,490
30-39 years	2,872	64	2,736	2,941	77	2,806	2,697	113	2,456	2,644	86	2,519
40-49 years	2,545	56	2,349	2,574	64	2,396	2,513	106	2,397	2,533	76	2,458
50-59 years	2,341	61	2,221	2,410	63	2,267	1,926	94	1,842	2,125	94	2,061
60-69 years	2,110	55	1,926	2,118	59	1,932	1,882	94	1,630	1,963	79	1,805
70-79 years	1,887	49	1,797	1,924	45	1,813	1,532	84	1,346	1,660	111	1,480
80 years and over	1,776	56	1,692	1,802	45	1,725	*1,562	*	*1,394	*1,460	*	*1,464
20-59 years	2,758	43	2,549	2,814	57	2,616	2,677	65	2,430	2,585	41	2,466
60 year and over	1,998	44	1,851	2,017	44	1,863	1,735	65	1,543	1,841	60	1,654
Total/2	2,478	29	2,269	2,522	34	2,309	2,371	40	2,156	2,301	38	2,150
Female												
2-11 months/2	850	16	818	847	17	823	864	37	818	827	36	788
1-2 years/2	1,236	21	1,191	1,235	27	1,199	1,290	40	1,206	1,228	38	1,163
3-5 years	1,516	23	1,451	1,484	35	1,421	1,655	41	1,583	1,483	36	1,425
6-11 years	1,753	26	1,685	1,731	36	1,669	1,833	45	1,734	1,769	42	1,664
12-15 years	1,838	46	1,799	1,783	58	1,730	2,079	91	1,927	1,805	82	1,723
16-19 years	1,958	57	1,795	1,885	74	1,622	2,107	83	1,961	1,874	90	1,779
20-29 years	1,957	34	1,838	1,953	50	1,836	2,034	58	1,945	1,862	57	1,729
30-39 years	1,883	35	1,798	1,894	48	1,805	1,849	59	1,699	1,861	58	1,751
40-49 years	1,764	34	1,673	1,786	46	1,687	1,658	49	1,545	1,764	66	1,598
50-59 years	1,629	38	1,545	1,617	42	1,544	1,647	58	1,537	1,635	76	1,697
60-69 years	1,578	37	1,493	1,602	45	1,510	1,402	47	1,405	1,297	47	1,306
70-79 years	1,435	32	1,382	1,431	32	1,380	1,457	76	1,326	1,280	110	1,057
80 years and over	1,329	35	1,285	1,335	31	1,294	1,272	91	1,199	*1,251	*	*1,264
20-59 years	1,834	22	1,737	1,837	29	1,742	1,841	30	1,716	1,816	26	1,721
60 years and over	1,488	26	1,419	1,497	27	1,424	1,404	38	1,346	1,288	34	1,253
Total/2	1,732	18	1,632	1,722	21	1,628	1,776	23	1,648	1,712	27	1,609

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21b. For the U.S. population, daily protein intake in grams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	27	0.9	23	27	0.9	23	25	1.9	21	29	1.6	26
1-2 years/2	50	1.1	47	49	1.4	47	52	1.9	49	50	1.7	45
3-5 years	59	1.2	54	59	1.7	53	60	1.9	57	60	1.6	57
6-11 years	71	1.3	67	69	1.7	67	72	2.2	66	74	1.8	69
12-15 years	89	3.0	82	88	4.1	83	79	5.0	72	93	4.5	84
16-19 years	111	3.8	100	114	5.4	102	105	5.5	96	98	4.6	92
20-29 years	110	2.7	96	109	4.0	94	117	5.7	103	106	2.8	100
30-39 years	106	2.4	97	108	3.1	99	99	4.6	86	104	3.3	98
40-49 years	96	2.3	90	95	2.7	91	99	5.2	84	98	3.2	93
50-59 years	93	2.8	88	95	3.0	90	74	3.8	65	85	3.5	78
60-69 years	84	2.4	78	85	2.7	79	78	4.7	67	78	2.8	74
70-79 years	74	2.2	70	75	2.1	70	63	3.4	60	73	5.2	64
80 years and over	69	2.5	64	69	1.9	65	*70	*	*56	*62	*	*60
20-59 years	103	1.6	94	103	2.1	94	102	2.8	88	102	1.6	96
60 years and over	79	1.7	74	80	1.8	74	72	3.1	65	75	2.2	71
Total/2	92	0.9	82	92	1.2	83	88	1.9	77	89	1.3	82
Female												
2-11 months/2	25	0.9	20	25	1.0	21	22	1.4	18	24	1.7	18
1-2 years/2	45	0.9	43	45	1.2	42	48	1.7	44	48	1.6	45
3-5 years	54	1.0	50	52	1.6	47	59	1.7	57	55	1.5	52
6-11 years	63	1.1	60	62	1.7	59	65	2.0	63	66	1.7	60
12-15 years	62	2.0	58	59	2.6	57	73	4.1	63	66	3.1	62
16-19 years	67	2.2	62	66	3.1	61	72	3.4	66	72	4.0	66
20-29 years	69	1.5	66	68	2.1	67	74	2.4	66	72	2.4	64
30-39 years	70	1.6	66	70	2.1	66	67	2.5	62	70	2.4	63
40-49 years	67	1.5	64	66	1.9	64	64	2.4	60	68	2.9	59
50-59 years	64	1.7	59	64	2.1	59	62	2.2	60	69	3.5	62
60-69 years	64	1.6	60	64	2.0	60	56	2.3	51	56	2.4	53
70-79 years	58	1.6	55	57	1.5	55	62	3.5	57	50	3.9	45
80 years and over	52	1.7	49	52	1.6	49	50	4.5	45	*43	*	*41
20-59 years	68	0.9	64	67	1.2	64	68	1.3	63	71	1.4	63
60 years and over	60	1.1	56	60	1.2	56	57	1.8	52	53	2.0	50
Total/2	64	0.6	60	63	0.7	59	65	1.1	60	66	1.0	59

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21c. For the U.S. population, daily protein intake as a percentage of kilocalories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	11.8	0.3	10.4	11.9	0.3	10.5	10.8	0.4	9.7	12.4	0.6	11.5
1-2 years/2	15.0	0.2	14.8	14.8	0.3	14.7	14.8	0.3	15.1	15.3	0.3	14.9
3-5 years	14.3	0.2	13.8	14.2	0.3	13.8	13.8	0.2	13.9	14.6	0.2	14.2
6-11 years	14.2	0.2	13.8	13.7	0.3	13.4	14.7	0.3	14.1	15.3	0.2	15.0
12-15 years	14.2	0.3	13.8	13.9	0.5	13.7	13.8	0.5	13.1	15.8	0.4	15.4
16-19 years	14.4	0.3	14.4	14.2	0.4	14.4	14.5	0.5	14.5	15.1	0.5	14.7
20-29 years	14.6	0.2	14.4	14.0	0.3	13.5	15.2	0.3	14.8	16.0	0.3	15.8
30-39 years	15.1	0.2	14.7	15.0	0.3	14.6	15.0	0.4	14.5	15.8	0.4	15.5
40-49 years	15.6	0.3	14.7	15.1	0.3	14.2	16.4	0.7	14.9	15.6	0.4	15.7
50-59 years	16.1	0.3	15.4	16.0	0.3	15.4	16.1	0.7	15.2	16.3	0.5	16.5
60-69 years	16.4	0.3	16.1	16.3	0.3	16.1	17.2	0.6	16.7	16.5	0.4	16.1
70-79 years	16.0	0.3	15.7	15.9	0.3	15.6	17.1	0.7	16.1	17.8	0.7	17.6
80 years and over	16.0	0.4	15.3	15.7	0.3	15.2	*18.9	*	*18.3	*17.6	*	*17.5
20-59 years	15.2	0.1	14.7	14.9	0.1	14.4	15.5	0.2	14.8	15.9	0.2	15.7
60 years and over	16.2	0.2	15.8	16.1	0.2	15.7	17.3	0.4	16.6	16.9	0.3	16.6
Total/2	15.1	0.1	14.6	14.8	0.1	14.4	15.2	0.1	14.6	15.6	0.1	15.4
Female												
2-11 months/2	11.2	0.2	9.8	11.6	0.3	10.3	9.8	0.3	9.1	11.1	0.5	9.6
1-2 years/2	14.9	0.2	14.5	14.6	0.2	14.4	14.9	0.3	14.6	16.1	0.4	15.5
3-5 years	14.3	0.2	14.3	14.1	0.2	14.1	14.3	0.2	14.2	14.9	0.2	14.5
6-11 years	14.5	0.2	14.1	14.4	0.3	14.0	14.2	0.3	14.0	15.0	0.2	14.7
12-15 years	13.5	0.3	12.9	13.1	0.4	12.6	14.1	0.5	13.4	14.7	0.4	14.0
16-19 years	14.1	0.3	13.6	14.2	0.4	13.6	13.7	0.4	13.5	15.3	0.5	14.9
20-29 years	14.5	0.2	13.9	14.3	0.3	13.6	14.5	0.3	14.3	15.9	0.3	15.2
30-39 years	15.3	0.3	14.5	15.4	0.3	14.6	14.8	0.3	14.0	15.4	0.4	14.7
40-49 years	15.8	0.3	15.0	15.4	0.4	14.9	15.7	0.5	15.0	15.8	0.4	15.2
50-59 years	16.1	0.3	15.5	16.1	0.3	15.4	15.4	0.4	14.9	17.3	0.6	16.0
60-69 years	16.6	0.3	16.3	16.4	0.3	16.3	16.2	0.5	15.2	17.5	0.5	16.9
70-79 years	16.6	0.3	15.8	16.4	0.3	15.7	17.3	0.6	16.9	16.4	0.7	16.3
80 years and over	15.9	0.4	15.0	15.9	0.3	15.0	15.5	0.9	14.1	*13.9	*	*13.0
20-59 years	15.3	0.1	14.6	15.2	0.2	14.5	15.0	0.2	14.5	15.9	0.2	15.2
60 years and over	16.5	0.2	15.9	16.3	0.2	15.8	16.5	0.3	15.7	16.8	0.3	16.1
Total/2	15.2	0.1	14.6	15.1	0.1	14.5	14.8	0.1	14.4	15.6	0.1	14.9

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21d. For the U.S. population, daily vitamin A intake in retinol equivalents (RE), on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	950	38	810	1,007	45	897	801	54	705	922	67	794
1-2 years/2	700	32	573	710	42	578	675	42	516	743	88	543
3-5 years	860	36	679	907	58	707	728	48	565	850	41	725
6-11 years	931	37	747	962	53	782	879	74	693	926	47	697
12-15 years	1,231	180	736	1,349	315	846	839	106	552	1,147	233	698
16-19 years	959	61	742	992	85	774	833	96	553	931	101	666
20-29 years	1,026	65	712	1,031	77	740	1,175	195	558	924	70	617
30-39 years	1,245	97	745	1,313	136	780	960	143	489	959	115	645
40-49 years	1,231	118	753	1,285	164	771	1,059	181	605	871	86	605
50-59 years	1,085	63	738	1,151	69	797	866	139	449	856	107	587
60-69 years	1,306	83	880	1,301	94	914	914	114	551	1,171	161	613
70-79 years	1,322	101	892	1,348	104	916	1,166	176	543	1,167	315	583
80 years and over	1,207	114	837	1,237	106	851	*693	*	*455	*787	*	*395
20-59 years	1,152	46	739	1,202	67	775	1,039	89	527	919	46	623
60 years and over	1,300	56	881	1,310	62	911	984	90	552	1,141	131	612
Total/2	1,115	34	747	1,167	48	784	947	46	563	936	46	650
Female												
2-11 months/2	892	33	781	875	36	767	862	51	783	859	66	728
1-2 years/2	674	25	581	711	35	602	570	38	486	652	47	535
3-5 years	742	26	606	764	42	626	708	48	536	731	39	578
6-11 years	823	33	664	835	50	693	690	51	548	766	40	610
12-15 years	738	73	518	676	68	501	793	215	512	778	83	470
16-19 years	816	74	518	925	121	587	583	52	477	672	76	434
20-29 years	786	54	550	765	55	566	823	173	429	775	55	509
30-39 years	909	52	600	936	68	626	722	90	362	1,010	140	565
40-49 years	829	48	567	841	60	592	761	91	444	761	91	462
50-59 years	934	89	610	936	104	636	1,066	187	509	712	90	441
60-69 years	1,097	65	778	1,116	72	816	959	165	431	714	72	435
70-79 years	1,155	77	881	1,163	75	903	1,101	137	710	*1,453	*	*577
80 years and over	1,083	93	734	1,073	72	754	*1,376	*	*451	*613	*	*480
20-59 years	859	25	581	866	35	599	816	65	416	840	54	524
60 years and over	1,115	38	800	1,125	42	834	1,058	108	506	894	148	479
Total/2	884	23	612	903	29	643	803	38	479	802	40	538

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21e. For the U.S. population, daily carotene intake in retinol equivalents (RE), on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	375	37	154	438	43	202	192	48	47	306	61	91
1-2 years/2	234	22	104	241	35	95	227	22	137	190	21	105
3-5 years	270	26	117	263	42	113	230	27	131	360	39	148
6-11 years	283	22	132	272	32	127	252	19	139	380	41	157
12-15 years	323	46	151	310	65	145	286	55	109	517	114	172
16-19 years	307	39	147	272	42	141	274	39	152	582	105	193
20-29 years	534	47	204	500	65	188	501	78	185	793	97	253
30-39 years	584	57	249	582	76	256	342	47	128	819	120	304
40-49 years	595	52	225	582	66	216	487	57	185	871	123	434
50-59 years	534	47	250	553	52	256	454	67	250	661	135	208
60-69 years	622	65	243	592	66	245	421	76	109	634	102	243
70-79 years	566	65	218	570	66	217	495	80	199	686	159	310
80 years and over	513	80	198	500	70	203	*297	*	*96	*841	*	*170
20-59 years	564	28	235	554	41	236	441	34	168	802	56	290
60 years and over	591	42	225	574	47	234	437	52	133	664	78	267
Total/2	487	19	189	483	23	193	368	21	150	638	59	212
Female												
2-11 months/2	319	34	104	320	36	118	239	43	71	262	63	39
1-2 years/2	209	19	89	209	24	89	191	29	86	252	43	129
3-5 years	245	19	109	242	27	106	242	23	124	330	40	119
6-11 years	275	29	105	244	40	100	283	42	120	346	37	130
12-15 years	255	40	119	191	34	99	254	34	148	408	84	142
16-19 years	400	77	126	448	113	128	296	82	120	470	109	140
20-29 years	328	25	151	314	32	153	238	26	100	590	61	215
30-39 years	481	45	193	471	58	184	338	38	114	769	121	258
40-49 years	452	42	180	431	51	173	363	49	159	698	95	210
50-59 years	459	55	204	439	60	209	614	95	163	511	110	193
60-69 years	592	53	261	601	55	275	560	117	190	391	43	224
70-79 years	613	55	311	605	53	312	621	92	255	572	165	198
80 years and over	546	72	224	554	64	226	*454	*	*129	*526	*	*146
20-59 years	426	21	172	411	25	171	353	22	122	658	55	227
60 years and over	592	34	270	595	32	280	568	67	190	453	60	206
Total/2	419	16	160	415	20	162	350	20	132	523	47	171

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21f. For the U.S. population, daily vitamin E intake in milligrams α -tocopherol equivalents, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	11.01	0.43	11.75	10.62	0.46	11.13	12.52	0.71	12.23	11.44	0.90	12.86
1-2 years/2	4.83	0.22	3.88	4.56	0.22	3.76	5.46	0.36	4.72	6.16	0.69	4.15
3-5 years	6.03	0.26	5.17	6.08	0.39	5.12	5.97	0.28	5.50	6.98	0.53	5.42
6-11 years	7.03	0.28	5.92	6.94	0.37	5.98	7.34	0.40	5.88	8.24	0.74	5.64
12-15 years	14.74	4.30	6.99	*16.40	*	*6.81	8.49	0.62	7.45	9.79	1.34	6.69
16-19 years	10.12	0.45	9.07	10.30	0.62	9.27	10.46	0.82	9.16	9.64	0.72	7.74
20-29 years	10.08	0.35	8.41	10.19	0.46	8.72	10.97	0.82	8.64	10.51	0.65	8.32
30-39 years	11.60	0.56	9.16	12.24	0.76	9.70	9.32	0.58	7.70	10.28	0.65	8.03
40-49 years	10.04	0.41	8.15	10.43	0.51	8.66	9.20	0.74	7.10	9.46	0.58	7.93
50-59 years	11.32	0.90	8.57	11.99	1.01	8.87	7.77	0.88	5.57	8.71	1.12	6.77
60-69 years	9.77	0.56	7.33	10.08	0.66	7.49	6.88	0.57	5.43	7.61	0.64	6.60
70-79 years	8.91	0.65	6.47	8.91	0.54	6.50	9.28	2.36	4.86	6.85	0.74	5.30
80 years and over	9.21	0.90	6.30	9.45	0.75	6.49	*4.82	*	*3.77	*4.95	*	*4.60
20-59 years	10.74	0.31	8.63	11.20	0.46	9.01	9.63	0.36	7.54	10.07	0.50	8.00
60 years and over	9.42	0.45	6.82	9.61	0.47	7.00	7.55	0.84	5.14	7.20	0.63	5.93
Total/2	10.00	0.40	7.53	10.38	0.51	7.75	8.80	0.25	6.79	9.29	0.54	7.17
Female												
2-11 months/2	11.16	0.37	11.50	10.54	0.41	11.45	12.52	0.64	12.38	11.89	0.78	11.89
1-2 years/2	4.66	0.22	3.66	4.56	0.24	3.62	4.81	0.37	3.91	6.47	0.74	4.09
3-5 years	5.75	0.25	4.78	5.64	0.39	4.76	6.67	0.44	5.40	6.08	0.37	4.85
6-11 years	6.76	0.35	5.54	6.49	0.39	5.46	8.29	1.05	5.92	6.70	0.37	5.25
12-15 years	6.93	0.41	5.87	6.44	0.42	5.64	8.72	0.92	6.77	7.81	1.09	5.02
16-19 years	8.24	0.67	5.91	8.12	1.03	5.76	8.06	0.86	6.26	8.07	0.83	6.10
20-29 years	7.70	0.30	6.34	7.66	0.45	6.41	7.68	0.35	6.15	8.16	0.59	5.75
30-39 years	8.19	0.37	6.38	8.29	0.49	6.52	7.37	0.38	6.16	10.19	1.21	6.43
40-49 years	7.50	0.31	6.00	7.82	0.44	6.21	6.72	0.36	5.93	6.81	0.42	6.10
50-59 years	7.51	0.42	5.87	7.79	0.54	6.02	6.46	0.44	5.48	6.31	0.42	5.50
60-69 years	8.32	0.61	5.97	8.74	0.81	6.31	6.03	0.50	4.48	5.97	0.73	4.21
70-79 years	7.62	0.56	5.59	7.81	0.62	5.74	6.47	0.61	5.02	6.20	1.22	4.09
80 years and over	7.44	0.65	5.18	7.66	0.61	5.43	5.40	1.57	3.79	*5.19	*	*4.71
20-59 years	7.77	0.18	6.26	7.92	0.25	6.37	7.20	0.18	6.00	8.33	0.42	6.00
60 years and over	7.94	0.38	5.71	8.23	0.43	5.88	6.10	0.37	4.54	5.95	0.53	4.36
Total/2	7.57	0.18	5.90	7.67	0.20	5.99	7.31	0.21	5.78	7.72	0.53	5.51

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21g. For the U.S. population, daily vitamin C intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	136	5.8	122	136	6.3	121	143	10.8	128	138	11.0	125
1-2 years/2	90	3.9	72	85	4.8	70	109	6.7	89	84	5.6	69
3-5 years	104	4.1	86	97	4.8	81	124	7.7	105	115	6.7	89
6-11 years	110	4.5	80	107	6.4	74	120	6.9	96	108	6.4	82
12-15 years	129	8.4	98	129	12.1	97	131	13.4	102	125	12.0	90
16-19 years	116	8.9	80	99	8.5	67	170	20.7	113	126	14.5	82
20-29 years	121	6.5	78	109	9.4	70	155	10.9	109	143	9.2	92
30-39 years	123	5.6	93	125	7.2	96	124	9.7	86	115	8.1	89
40-49 years	115	6.6	83	116	8.2	83	119	10.7	82	129	12.3	88
50-59 years	114	6.9	84	118	7.5	89	97	10.4	59	100	10.6	79
60-69 years	107	5.3	81	106	5.8	82	87	8.1	58	111	11.3	79
70-79 years	102	5.4	85	102	5.0	86	96	11.2	72	127	24.6	67
80 years and over	97	5.6	82	98	4.6	82	*86	*	*83	*43	*	*31
20-59 years	119	4.3	85	118	5.8	84	130	6.1	92	128	5.9	89
60 years and over	104	4.4	83	104	4.5	83	90	6.8	65	110	11.4	75
Total/2	115	3.8	84	112	4.4	83	127	4.0	93	121	5.5	87
Female												
2-11 months/2	138	5.7	130	130	5.6	116	167	11.2	159	135	8.2	135
1-2 years/2	87	4.3	65	84	4.9	65	106	8.1	79	86	5.3	64
3-5 years	100	3.8	84	97	4.8	84	118	6.6	96	106	5.7	77
6-11 years	91	3.1	78	84	3.9	73	112	5.6	98	100	4.2	87
12-15 years	91	6.2	66	79	7.3	53	109	8.8	90	98	8.1	72
16-19 years	101	8.4	65	90	8.0	61	117	11.6	84	114	10.4	76
20-29 years	87	4.3	61	81	5.2	58	103	7.2	69	116	7.4	70
30-39 years	99	5.1	71	97	6.2	72	88	6.4	50	112	8.3	65
40-49 years	88	4.5	66	88	5.4	68	81	6.3	56	96	8.1	60
50-59 years	93	5.4	72	94	6.0	71	80	5.9	65	90	9.5	60
60-69 years	111	5.9	89	112	6.7	89	105	7.8	86	84	6.3	64
70-79 years	98	5.5	77	97	4.9	78	100	8.1	76	86	11.5	58
80 years and over	105	6.7	86	106	5.6	87	94	13.4	60	*72	*	*50
20-59 years	92	2.9	67	90	3.7	66	90	3.4	58	108	4.3	66
60 years and over	105	4.2	85	106	4.3	86	102	5.1	81	83	5.3	61
Total/2	95	2.9	73	93	3.4	71	100	3.0	73	104	4.6	73

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21h. For the U.S. population, daily thiamin intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	1.20	0.05	1.05	1.18	0.05	1.04	1.33	0.08	1.20	1.11	0.07	1.01
1-2 years/2	1.12	0.03	1.08	1.08	0.03	1.06	1.27	0.05	1.21	1.09	0.05	0.95
3-5 years	1.45	0.04	1.28	1.44	0.05	1.26	1.47	0.05	1.37	1.47	0.05	1.38
6-11 years	1.67	0.04	1.59	1.67	0.05	1.59	1.67	0.05	1.51	1.68	0.05	1.54
12-15 years	2.31	0.20	1.90	2.40	0.32	1.90	1.74	0.10	1.58	2.10	0.16	1.74
16-19 years	2.28	0.10	2.08	2.35	0.14	2.22	2.21	0.16	1.80	1.84	0.11	1.64
20-29 years	2.11	0.06	1.85	2.11	0.09	1.88	2.13	0.11	1.85	1.93	0.07	1.72
30-39 years	2.06	0.06	1.80	2.10	0.07	1.85	1.89	0.09	1.68	1.89	0.09	1.68
40-49 years	1.91	0.06	1.69	1.90	0.07	1.68	1.79	0.09	1.52	1.76	0.07	1.56
50-59 years	1.84	0.07	1.66	1.89	0.07	1.68	1.52	0.09	1.41	1.74	0.11	1.46
60-69 years	1.81	0.06	1.62	1.83	0.07	1.66	1.52	0.09	1.30	1.55	0.08	1.45
70-79 years	1.69	0.06	1.58	1.72	0.05	1.61	1.43	0.14	1.19	1.51	0.14	1.33
80 years and over	1.65	0.07	1.48	1.67	0.06	1.50	*1.41	*	*1.10	*1.39	*	*1.35
20-59 years	2.00	0.04	1.77	2.02	0.05	1.79	1.90	0.05	1.62	1.87	0.04	1.64
60 years and over	1.75	0.05	1.59	1.77	0.05	1.62	1.48	0.06	1.23	1.53	0.07	1.44
Total/2	1.91	0.03	1.68	1.93	0.04	1.70	1.78	0.03	1.54	1.77	0.05	1.55
Female												
2-11 months/2	1.17	0.04	1.08	1.12	0.04	1.04	1.36	0.09	1.20	1.24	0.11	1.17
1-2 years/2	1.05	0.02	0.96	1.05	0.03	0.94	1.10	0.04	0.98	1.06	0.05	0.98
3-5 years	1.31	0.02	1.23	1.28	0.04	1.23	1.43	0.05	1.36	1.21	0.04	1.08
6-11 years	1.45	0.03	1.34	1.43	0.04	1.30	1.50	0.05	1.42	1.46	0.04	1.29
12-15 years	1.31	0.05	1.21	1.24	0.06	1.19	1.55	0.10	1.32	1.37	0.09	1.18
16-19 years	1.46	0.06	1.20	1.37	0.08	1.16	1.57	0.09	1.30	1.41	0.09	1.18
20-29 years	1.43	0.04	1.29	1.40	0.05	1.28	1.48	0.05	1.34	1.39	0.05	1.24
30-39 years	1.37	0.04	1.23	1.37	0.05	1.23	1.27	0.05	1.16	1.45	0.07	1.25
40-49 years	1.33	0.04	1.22	1.32	0.05	1.21	1.20	0.04	1.15	1.33	0.07	1.12
50-59 years	1.28	0.04	1.18	1.27	0.05	1.15	1.28	0.05	1.22	1.30	0.07	1.24
60-69 years	1.42	0.05	1.22	1.46	0.07	1.26	1.18	0.05	1.06	1.10	0.06	0.95
70-79 years	1.31	0.04	1.18	1.31	0.04	1.19	1.24	0.07	1.03	1.11	0.11	0.93
80 years and over	1.30	0.05	1.15	1.30	0.05	1.15	1.31	0.15	1.16	*0.96	*	*0.90
20-59 years	1.36	0.02	1.23	1.35	0.03	1.23	1.33	0.03	1.22	1.39	0.03	1.23
60 years and over	1.36	0.03	1.20	1.38	0.04	1.21	1.22	0.04	1.06	1.09	0.05	0.95
Total/2	1.36	0.02	1.22	1.35	0.02	1.22	1.36	0.02	1.23	1.35	0.04	1.19

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,211. For the U.S. population, daily riboflavin intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/ ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/ ²	1.71	0.05	1.64	1.73	0.05	1.65	1.69	0.09	1.61	1.75	0.09	1.70
1-2 years/ ²	1.66	0.04	1.60	1.65	0.05	1.60	1.60	0.06	1.60	1.75	0.07	1.53
3-5 years	1.91	0.05	1.76	1.96	0.07	1.77	1.76	0.05	1.70	1.98	0.07	1.88
6-11 years	2.16	0.05	2.03	2.22	0.06	2.07	1.97	0.06	1.85	2.22	0.07	2.10
12-15 years	2.77	0.24	2.45	2.95	0.38	2.53	2.04	0.11	1.80	2.62	0.21	2.21
16-19 years	2.77	0.12	2.46	2.94	0.16	2.67	2.50	0.16	2.17	2.35	0.15	2.12
20-29 years	2.45	0.06	2.23	2.56	0.09	2.31	2.33	0.10	2.08	2.25	0.08	2.02
30-39 years	2.47	0.08	2.21	2.60	0.10	2.35	2.05	0.09	1.67	2.22	0.10	2.08
40-49 years	2.17	0.06	1.98	2.23	0.08	2.03	1.98	0.09	1.77	2.09	0.08	1.96
50-59 years	2.17	0.08	1.95	2.28	0.08	2.02	1.55	0.09	1.30	1.94	0.12	1.74
60-69 years	2.21	0.08	1.99	2.26	0.09	2.04	1.74	0.08	1.54	1.90	0.10	1.68
70-79 years	2.06	0.07	1.86	2.11	0.07	1.90	1.73	0.15	1.42	1.67	0.13	1.53
80 years and over	1.95	0.09	1.77	1.99	0.07	1.78	*1.63	*	*1.46	*1.51	*	*1.48
20-59 years	2.35	0.05	2.11	2.44	0.07	2.19	2.06	0.05	1.73	2.18	0.04	1.98
60 years and over	2.13	0.07	1.91	2.18	0.07	1.95	1.73	0.07	1.51	1.81	0.06	1.67
Total/ ²	2.30	0.04	2.05	2.38	0.04	2.13	2.01	0.03	1.74	2.17	0.06	1.97
Female												
2-11 months/ ²	1.64	0.04	1.57	1.62	0.04	1.57	1.71	0.09	1.61	1.71	0.13	1.65
1-2 years/ ²	1.58	0.03	1.48	1.61	0.04	1.49	1.49	0.06	1.41	1.67	0.07	1.49
3-5 years	1.71	0.03	1.62	1.70	0.05	1.58	1.70	0.05	1.60	1.73	0.06	1.62
6-11 years	1.89	0.04	1.76	1.91	0.06	1.83	1.73	0.06	1.59	1.95	0.06	1.80
12-15 years	1.68	0.06	1.47	1.67	0.08	1.45	1.71	0.11	1.45	1.76	0.12	1.65
16-19 years	1.73	0.07	1.53	1.74	0.09	1.55	1.75	0.13	1.51	1.65	0.12	1.45
20-29 years	1.71	0.04	1.53	1.72	0.06	1.54	1.61	0.07	1.44	1.64	0.07	1.48
30-39 years	1.64	0.04	1.50	1.70	0.05	1.59	1.40	0.05	1.23	1.74	0.10	1.44
40-49 years	1.59	0.04	1.47	1.64	0.05	1.50	1.32	0.05	1.27	1.54	0.08	1.35
50-59 years	1.54	0.05	1.42	1.56	0.05	1.46	1.41	0.07	1.26	1.51	0.10	1.36
60-69 years	1.71	0.06	1.51	1.77	0.07	1.57	1.28	0.07	1.12	1.40	0.09	1.17
70-79 years	1.58	0.05	1.40	1.61	0.05	1.41	1.43	0.08	1.32	*1.45	*	*1.27
80 years and over	1.59	0.06	1.40	1.60	0.05	1.41	1.52	0.20	1.19	*1.29	*	*1.22
20-59 years	1.63	0.02	1.49	1.67	0.03	1.53	1.45	0.03	1.31	1.64	0.05	1.43
60 years and over	1.65	0.04	1.45	1.69	0.04	1.49	1.36	0.05	1.17	1.40	0.07	1.23
Total/ ²	1.67	0.02	1.51	1.69	0.03	1.55	1.53	0.03	1.36	1.68	0.05	1.49

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21J. For the U.S. population, daily niacin intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	12.57	0.52	11.43	12.72	0.56	11.83	12.90	0.76	11.35	10.97	0.63	10.80
1-2 years/2	12.43	0.38	11.29	12.17	0.44	11.35	14.28	0.59	13.00	11.76	0.65	10.52
3-5 years	16.89	0.44	14.99	16.99	0.62	14.88	17.35	0.57	15.33	16.25	0.58	15.61
6-11 years	20.42	0.48	18.79	20.56	0.68	18.97	20.37	0.62	18.43	19.00	0.69	16.88
12-15 years	27.61	2.48	22.91	29.00	4.11	23.78	21.44	1.23	19.49	24.19	1.55	20.34
16-19 years	30.29	1.31	26.09	31.49	1.84	26.96	29.81	1.96	24.37	23.22	1.47	19.11
20-29 years	30.40	0.83	27.41	31.12	1.24	28.64	32.36	1.42	26.64	24.98	0.84	22.61
30-39 years	29.71	0.81	27.36	30.40	1.03	28.16	28.08	1.12	26.59	26.32	1.19	23.59
40-49 years	28.31	0.75	25.22	28.65	0.89	25.81	26.52	1.23	23.38	24.50	1.02	23.09
50-59 years	27.47	0.94	23.91	28.62	1.00	24.69	21.10	1.16	18.43	22.41	1.32	21.11
60-69 years	25.16	0.84	22.92	25.59	0.94	23.61	20.55	1.12	17.94	19.05	1.02	16.54
70-79 years	22.47	0.83	19.81	22.88	0.76	20.12	18.69	1.65	15.62	18.20	1.55	15.13
80 years and over	21.43	1.03	18.93	21.54	0.85	19.35	*20.44	*	*15.43	*14.14	*	*13.24
20-59 years	29.23	0.47	26.20	29.88	0.67	26.70	28.23	0.68	24.84	25.06	0.47	22.88
60 years and over	23.85	0.59	21.46	24.22	0.64	21.89	19.89	0.90	16.84	18.45	0.68	16.20
Total/2	26.35	0.31	23.23	27.00	0.38	23.78	24.63	0.50	21.03	22.30	0.53	19.55
Female												
2-11 months/2	11.83	0.36	10.60	11.60	0.39	10.47	13.01	0.81	10.96	11.14	0.92	9.34
1-2 years/2	11.70	0.31	10.72	11.72	0.41	10.74	12.58	0.53	11.19	11.44	0.65	10.29
3-5 years	15.07	0.31	13.75	14.90	0.47	13.62	17.11	0.61	15.39	13.47	0.49	12.25
6-11 years	17.84	0.37	16.11	17.84	0.55	16.03	17.74	0.58	17.30	16.54	0.54	15.33
12-15 years	17.08	0.64	15.23	16.53	0.86	14.52	19.46	1.26	17.29	17.16	1.25	14.96
16-19 years	18.34	0.72	16.30	17.82	1.03	15.01	19.96	1.19	16.85	17.13	1.16	14.46
20-29 years	19.64	0.46	17.64	19.47	0.65	17.65	19.63	0.74	17.14	17.18	0.67	15.25
30-39 years	19.18	0.46	16.88	19.48	0.64	17.37	18.10	0.70	16.84	18.42	0.93	15.82
40-49 years	19.25	0.46	17.83	19.41	0.59	18.05	17.62	0.74	16.13	17.03	0.87	14.33
50-59 years	18.69	0.57	17.14	18.95	0.68	17.20	16.53	0.70	15.80	17.79	1.12	16.66
60-69 years	19.20	0.60	17.25	19.78	0.76	17.52	15.01	0.76	13.98	14.70	0.96	12.57
70-79 years	17.80	0.58	16.52	17.97	0.61	16.57	16.49	1.05	14.69	13.63	1.70	10.80
80 years and over	16.96	0.67	14.66	17.14	0.61	14.78	15.92	1.83	12.96	*11.09	*	*9.98
20-59 years	19.25	0.23	17.47	19.37	0.32	17.65	18.26	0.35	16.59	17.62	0.48	15.41
60 years and over	18.35	0.35	16.52	18.70	0.39	16.82	15.62	0.54	14.13	14.02	0.85	11.77
Total/2	18.35	0.19	16.52	18.47	0.23	16.65	17.75	0.30	16.08	16.50	0.38	14.33

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21k. For the U.S. population, daily vitamin B₆ intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	0.81	0.03	0.72	0.82	0.03	0.73	0.76	0.04	0.66	0.84	0.05	0.75
1-2 years/2	1.22	0.04	1.10	1.19	0.05	1.09	1.31	0.05	1.24	1.29	0.07	1.13
3-5 years	1.49	0.04	1.30	1.49	0.06	1.26	1.49	0.05	1.38	1.61	0.06	1.48
6-11 years	1.69	0.05	1.55	1.71	0.07	1.56	1.65	0.06	1.45	1.72	0.07	1.58
12-15 years	2.29	0.26	1.84	2.44	0.41	1.88	1.65	0.10	1.56	1.91	0.13	1.62
16-19 years	2.36	0.12	2.06	2.43	0.16	2.08	2.25	0.16	1.86	1.95	0.12	1.66
20-29 years	2.29	0.06	2.04	2.30	0.09	2.06	2.38	0.10	2.08	2.30	0.08	2.01
30-39 years	2.27	0.07	1.99	2.32	0.09	2.07	2.06	0.09	1.87	2.16	0.10	1.94
40-49 years	2.16	0.07	1.92	2.20	0.08	1.96	1.92	0.09	1.60	2.06	0.08	1.97
50-59 years	2.12	0.09	1.84	2.22	0.10	1.91	1.54	0.09	1.43	1.92	0.13	1.79
60-69 years	2.05	0.08	1.76	2.09	0.09	1.83	1.52	0.08	1.33	1.68	0.09	1.47
70-79 years	1.92	0.08	1.67	1.96	0.07	1.71	1.65	0.18	1.20	1.67	0.17	1.28
80 years and over	1.91	0.10	1.71	1.93	0.08	1.75	*1.72	*	*1.38	*1.24	*	*1.14
20-59 years	2.23	0.04	1.97	2.27	0.06	2.00	2.06	0.05	1.78	2.18	0.05	1.96
60 year and over	1.99	0.06	1.73	2.03	0.06	1.78	1.58	0.09	1.30	1.64	0.08	1.34
Total/2	2.07	0.03	1.80	2.12	0.04	1.84	1.87	0.04	1.60	1.95	0.08	1.74
Female												
2-11 months/2	0.76	0.02	0.70	0.74	0.02	0.67	0.75	0.04	0.70	0.73	0.04	0.65
1-2 years/2	1.20	0.03	1.06	1.21	0.04	1.08	1.20	0.05	1.11	1.25	0.08	1.06
3-5 years	1.35	0.03	1.26	1.32	0.05	1.23	1.46	0.05	1.36	1.39	0.06	1.27
6-11 years	1.47	0.03	1.35	1.46	0.05	1.35	1.45	0.06	1.30	1.49	0.05	1.31
12-15 years	1.36	0.06	1.11	1.31	0.07	1.10	1.47	0.10	1.35	1.41	0.11	1.16
16-19 years	1.45	0.07	1.14	1.40	0.09	1.12	1.54	0.10	1.24	1.51	0.12	1.31
20-29 years	1.50	0.04	1.32	1.47	0.06	1.32	1.45	0.06	1.20	1.58	0.07	1.34
30-39 years	1.50	0.04	1.36	1.52	0.06	1.39	1.34	0.05	1.19	1.61	0.10	1.34
40-49 years	1.43	0.04	1.29	1.44	0.05	1.30	1.23	0.05	1.14	1.37	0.08	1.16
50-59 years	1.48	0.06	1.25	1.52	0.07	1.25	1.26	0.06	1.10	1.52	0.10	1.35
60-69 years	1.63	0.06	1.39	1.67	0.07	1.44	1.29	0.07	1.16	1.30	0.09	1.13
70-79 years	1.59	0.06	1.35	1.62	0.06	1.38	1.38	0.08	1.23	*1.27	*	*0.98
80 years and over	1.55	0.07	1.32	1.57	0.06	1.37	1.43	0.18	0.98	*0.98	*	*0.91
20-59 years	1.48	0.02	1.31	1.49	0.03	1.33	1.34	0.03	1.18	1.54	0.05	1.32
60 years and over	1.60	0.04	1.38	1.63	0.04	1.40	1.34	0.06	1.17	1.25	0.09	1.07
Total/2	1.47	0.02	1.30	1.48	0.02	1.31	1.37	0.03	1.20	1.47	0.06	1.26

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21I. For the U.S. population, daily folate intake in micrograms, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	160	6.0	142	157	6.4	138	167	9.2	155	176	12.3	146
1-2 years/2	183	6.0	164	179	6.8	169	203	10.7	168	194	12.1	160
3-5 years	238	8.1	206	239	11.0	208	234	11.6	203	275	12.4	231
6-11 years	278	8.7	244	284	12.2	253	265	13.3	218	296	13.0	256
12-15 years	382	50.2	299	417	84.3	305	246	16.8	199	313	23.7	254
16-19 years	333	19.0	264	345	25.9	281	309	30.9	212	340	25.9	263
20-29 years	323	10.6	274	322	15.5	277	309	18.0	247	368	14.9	304
30-39 years	359	14.8	307	377	19.2	315	287	18.8	213	333	18.0	299
40-49 years	317	12.4	265	327	15.1	278	274	21.4	211	315	15.7	276
50-59 years	318	14.7	270	330	15.7	274	246	21.2	212	311	26.4	250
60-69 years	331	14.0	295	335	16.0	302	259	18.8	218	327	21.2	268
70-79 years	303	14.4	261	310	13.1	268	257	33.1	187	244	21.4	197
80 years and over	304	18.9	249	310	15.9	261	*205	*	*170	*261	*	*234
20-59 years	332	8.4	280	342	11.7	291	286	10.3	229	342	10.8	289
60 years and over	318	11.3	274	324	12.0	282	254	16.4	199	299	18.7	244
Total/2	317	7.0	266	327	8.6	274	271	6.4	213	318	13.0	265
Female												
2-11 months/2	160	4.9	143	151	5.2	133	174	9.5	157	179	9.3	182
1-2 years/2	182	5.9	164	186	7.4	168	171	8.6	155	200	14.2	162
3-5 years	214	5.8	200	212	8.2	205	236	11.4	204	230	9.3	201
6-11 years	235	6.9	206	236	10.0	210	224	11.9	181	253	10.0	216
12-15 years	220	11.8	181	217	15.6	180	208	19.0	176	227	18.9	182
16-19 years	234	12.9	186	230	17.1	183	219	18.9	150	239	20.2	190
20-29 years	230	7.8	186	227	11.2	183	204	10.8	148	258	12.0	214
30-39 years	237	9.0	188	242	12.5	194	192	10.3	155	262	16.9	208
40-49 years	220	7.6	185	224	10.2	188	182	10.1	154	218	12.3	201
50-59 years	239	9.5	207	244	11.0	216	216	16.2	152	239	20.3	204
60-69 years	279	12.4	225	285	15.0	229	240	22.0	174	207	15.0	173
70-79 years	272	12.1	233	274	12.2	236	234	19.0	185	212	27.8	147
80 years and over	255	13.9	204	256	12.4	205	*260	*	*174	*173	*	*150
20-59 years	231	4.8	189	234	6.3	192	198	5.7	154	249	9.2	207
60 years and over	273	8.4	224	276	8.6	229	240	14.1	179	205	14.6	170
Total/2	236	4.4	195	239	5.2	200	209	4.4	163	240	10.2	201

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21m. For the U.S. population, daily vitamin B₁₂ intake in micrograms, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/ ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/ ²	3.09	0.09	2.88	3.05	0.10	2.86	3.06	0.20	2.79	3.44	0.19	3.19
1-2 years/ ²	3.32	0.12	2.97	3.22	0.12	2.95	3.44	0.19	2.99	3.95	0.43	3.08
3-5 years	4.02	0.20	3.22	3.89	0.19	3.27	3.56	0.20	2.98	3.62	0.15	3.12
6-11 years	4.37	0.14	3.62	4.27	0.17	3.50	4.68	0.35	3.58	4.58	0.20	3.90
12-15 years	6.77	0.74	4.72	7.24	1.27	4.84	4.57	0.51	3.77	6.41	1.15	4.23
16-19 years	6.80	0.42	5.15	6.95	0.46	5.16	6.27	0.80	4.96	7.25	1.41	4.89
20-29 years	6.69	0.45	4.97	6.77	0.77	5.04	7.16	0.79	4.84	6.30	0.42	4.76
30-39 years	7.34	0.44	4.99	7.74	0.61	5.30	6.78	0.74	4.13	5.90	0.53	4.46
40-49 years	6.83	0.58	4.49	6.88	0.77	4.68	6.21	0.87	4.08	5.56	0.43	4.53
50-59 years	5.81	0.32	4.39	6.07	0.36	4.77	4.45	0.65	3.08	4.43	0.41	3.16
60-69 years	6.13	0.35	4.48	6.25	0.44	4.51	5.18	0.50	3.43	6.12	0.75	3.57
70-79 years	5.29	0.39	3.95	5.36	0.40	4.00	4.89	0.69	3.30	*4.83	*	*2.49
80 years and over	5.88	0.66	3.74	6.12	0.62	3.89	*2.89	*	*2.50	*3.26	*	*2.47
20-59 years	6.79	0.25	4.83	6.99	0.34	4.97	6.47	0.42	4.20	5.86	0.25	4.50
60 year and over	5.82	0.25	4.14	5.94	0.27	4.21	4.90	0.39	3.30	5.55	0.63	3.28
Total/ ²	6.15	0.16	4.39	6.32	0.21	4.51	5.59	0.26	3.80	5.55	0.24	4.11
Female												
2-11 months/ ²	2.96	0.09	2.93	2.93	0.10	2.91	2.90	0.20	2.65	3.20	0.19	3.17
1-2 years/ ²	3.02	0.08	2.73	3.01	0.11	2.68	2.87	0.15	2.62	3.32	0.20	2.71
3-5 years	3.36	0.11	2.99	3.29	0.17	2.94	3.55	0.24	2.98	3.60	0.17	3.09
6-11 years	4.26	0.16	3.38	4.45	0.30	3.40	3.41	0.17	2.91	3.92	0.15	3.35
12-15 years	4.09	0.34	3.19	4.06	0.38	3.38	4.76	1.15	2.90	3.97	0.33	3.41
16-19 years	3.93	0.37	3.11	3.79	0.31	3.41	4.96	1.33	3.08	4.07	0.40	2.97
20-29 years	3.97	0.24	3.10	3.72	0.21	3.05	5.30	0.90	3.30	4.17	0.37	3.31
30-39 years	4.67	0.34	3.06	4.67	0.50	3.27	3.96	0.47	2.82	4.70	0.66	2.96
40-49 years	3.79	0.21	2.92	3.71	0.25	3.07	3.92	0.47	2.55	3.59	0.39	2.84
50-59 years	4.28	0.40	2.85	4.36	0.52	3.00	3.92	0.77	2.54	3.38	0.38	2.78
60-69 years	4.19	0.27	2.96	4.08	0.33	3.01	3.82	0.60	2.19	3.44	0.35	2.37
70-79 years	3.59	0.29	2.61	3.50	0.28	2.64	4.10	0.67	2.55	*6.50	*	*2.23
80 years and over	3.45	0.30	2.56	3.29	0.19	2.60	*5.82	*	*2.12	*2.46	*	*1.63
20-59 years	4.20	0.17	3.03	4.12	0.23	3.11	4.39	0.33	2.91	4.14	0.29	3.00
60 years and over	3.86	0.19	2.77	3.75	0.19	2.79	4.16	0.45	2.32	4.13	0.86	2.28
Total/ ²	4.04	0.10	3.00	3.98	0.11	3.05	4.21	0.24	2.85	4.00	0.16	3.07

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21n. For the U.S. population, daily calcium intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	784	26	699	810	27	743	682	41	623	791	54	683
1-2 years/2	852	24	799	860	29	809	732	32	720	872	45	807
3-5 years	894	23	834	928	31	849	757	28	713	894	36	830
6-11 years	1,007	22	965	1,041	30	994	834	29	761	1,037	36	986
12-15 years	1,138	46	1,053	1,179	63	1,078	870	56	717	1,135	82	1,020
16-19 years	1,274	61	1,102	1,373	83	1,234	1,076	74	907	1,128	86	953
20-29 years	1,075	32	942	1,142	46	999	875	44	712	1,028	48	870
30-39 years	1,049	39	915	1,122	49	994	733	39	554	995	59	854
40-49 years	834	31	728	851	35	756	703	38	592	890	50	774
50-59 years	854	36	720	902	37	785	533	38	418	749	65	614
60-69 years	875	34	722	895	37	734	609	42	480	837	53	810
70-79 years	808	34	671	832	31	688	608	47	516	673	65	558
80 years and over	721	31	634	742	25	671	*512	*	*467	*626	*	*476
20-59 years	976	22	847	1,026	28	903	747	25	596	966	37	827
60 years and over	835	25	700	857	25	721	601	34	498	775	52	657
Total/2	976	17	856	1,016	18	901	776	16	654	977	41	856
Female												
2-11 months/2	732	20	629	765	23	652	650	32	592	712	55	590
1-2 years/2	817	20	800	843	26	819	699	33	631	832	36	762
3-5 years	815	18	756	827	27	773	727	29	629	829	34	724
6-11 years	867	20	814	879	28	822	755	30	688	958	37	890
12-15 years	796	33	685	801	45	744	737	54	613	872	58	790
16-19 years	822	34	745	866	46	797	725	51	620	816	63	676
20-29 years	778	22	640	806	33	647	656	30	582	754	36	653
30-39 years	753	22	649	788	29	678	574	25	492	847	50	667
40-49 years	685	22	575	717	29	614	530	25	442	701	46	567
50-59 years	651	23	557	660	26	559	564	31	502	701	58	575
60-69 years	711	26	625	743	32	660	477	26	399	606	42	494
70-79 years	636	24	571	651	24	586	549	40	436	*593	*	*511
80 years and over	626	28	531	633	24	544	484	63	347	*595	*	*436
20-59 years	727	14	617	754	19	644	591	14	498	767	27	633
60 years and over	671	19	590	692	20	613	502	21	402	602	39	497
Total/2	744	12	652	764	13	669	626	12	536	799	34	694

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21o. For the U.S. population, daily phosphorus intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	658	21	563	677	22	575	573	37	513	687	44	601
1-2 years/2	975	21	943	987	27	960	895	33	876	987	39	916
3-5 years	1,112	23	1,034	1,138	32	1,031	1,016	32	978	1,115	34	1,069
6-11 years	1,274	22	1,234	1,282	30	1,230	1,163	35	1,104	1,347	35	1,294
12-15 years	1,517	49	1,416	1,529	68	1,416	1,275	77	1,159	1,551	82	1,370
16-19 years	1,825	65	1,641	1,916	92	1,691	1,633	93	1,506	1,660	89	1,462
20-29 years	1,712	39	1,571	1,751	56	1,590	1,613	79	1,431	1,748	52	1,662
30-39 years	1,666	41	1,533	1,728	52	1,597	1,390	61	1,231	1,678	61	1,615
40-49 years	1,452	33	1,374	1,462	38	1,397	1,333	65	1,166	1,549	53	1,514
50-59 years	1,418	43	1,336	1,471	45	1,366	1,028	54	902	1,338	67	1,278
60-69 years	1,378	41	1,259	1,395	45	1,283	1,111	65	1,005	1,298	52	1,193
70-79 years	1,230	35	1,146	1,259	33	1,158	948	57	825	1,126	68	1,018
80 years and over	1,147	38	1,063	1,167	31	1,092	*904	*	*898	*1,047	*	*871
20-59 years	1,591	24	1,466	1,627	31	1,502	1,403	42	1,237	1,651	35	1,571
60 years and over	1,303	28	1,185	1,323	29	1,219	1,038	49	966	1,232	46	1,180
Total/2	1,479	16	1,346	1,512	17	1,379	1,290	29	1,149	1,501	41	1,382
Female												
2-11 months/2	604	19	519	631	21	538	534	30	464	582	45	475
1-2 years/2	904	18	870	917	24	884	836	31	781	951	29	898
3-5 years	993	18	942	984	28	922	983	30	945	1,026	30	951
6-11 years	1,132	22	1,072	1,130	31	1,076	1,091	41	1,021	1,204	33	1,137
12-15 years	1,079	35	1,024	1,058	48	1,044	1,108	60	970	1,155	58	1,126
16-19 years	1,152	38	1,062	1,154	52	1,057	1,134	56	1,041	1,203	68	1,080
20-29 years	1,137	24	1,046	1,141	35	1,053	1,082	37	969	1,207	40	1,060
30-39 years	1,130	24	1,068	1,151	33	1,106	997	35	918	1,222	46	1,113
40-49 years	1,067	23	1,012	1,081	31	1,026	928	32	857	1,118	46	993
50-59 years	1,018	27	963	1,025	31	974	936	38	880	1,117	59	1,099
60-69 years	1,048	28	983	1,074	35	998	832	33	772	919	43	876
70-79 years	957	27	887	962	27	900	908	53	785	859	64	818
80 years and over	888	30	812	895	27	831	795	87	727	*796	*	*731
20-59 years	1,098	15	1,026	1,110	21	1,039	1,002	18	907	1,184	26	1,075
60 years and over	991	20	911	1,004	22	926	853	27	772	890	38	818
Total/2	1,069	10	994	1,076	11	1,006	995	19	908	1,135	31	1,042

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21p. For the U.S. population, daily magnesium intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	125	4.3	112	129	4.4	119	110	6.8	97	123	7.4	110
1-2 years/2	189	4.5	180	190	5.3	182	182	6.7	177	193	8.7	173
3-5 years	219	4.9	206	221	6.7	204	207	6.8	197	225	7.2	218
6-11 years	243	4.9	229	245	6.6	233	221	7.0	203	257	6.9	244
12-15 years	291	11.7	275	299	17.1	279	252	15.4	229	285	15.0	261
16-19 years	340	13.0	305	353	17.9	313	303	18.1	273	323	17.7	282
20-29 years	351	8.5	315	358	12.3	326	320	14.3	280	366	11.1	341
30-39 years	375	10.5	336	391	13.1	359	297	12.5	272	364	14.8	343
40-49 years	349	9.0	323	361	10.4	333	286	15.3	246	348	12.2	332
50-59 years	343	11.2	313	358	11.5	327	242	14.4	209	312	15.6	307
60-69 years	328	11.1	299	333	12.1	306	246	14.0	205	299	13.3	273
70-79 years	300	9.8	272	308	8.9	282	222	15.5	198	274	17.6	244
80 years and over	276	10.7	256	282	8.6	263	*189	*	*173	*269	*	*216
20-59 years	357	5.4	326	369	7.3	333	295	9.2	260	357	7.6	336
60 years and over	313	7.3	284	318	7.5	292	233	12.3	202	290	11.3	260
Total/2	321	4.3	290	332	4.7	300	265	6.7	232	313	9.5	287
Female												
2-11 months/2	114	3.7	102	118	4.0	104	107	6.1	94	108	8.4	86
1-2 years/2	174	3.6	169	176	4.6	172	165	6.3	150	182	5.6	175
3-5 years	197	4.1	184	195	6.5	179	200	6.4	193	203	5.5	186
6-11 years	218	4.6	198	217	6.6	196	211	7.7	198	235	6.7	218
12-15 years	206	7.6	183	201	10.5	179	211	11.9	195	219	11.2	208
16-19 years	230	9.2	188	227	11.5	186	213	11.8	175	235	13.9	197
20-29 years	240	5.8	220	243	8.3	223	213	9.0	180	250	8.4	229
30-39 years	261	6.3	241	268	8.3	248	213	8.2	196	266	9.4	251
40-49 years	251	6.3	233	259	8.3	242	201	8.0	180	247	9.8	226
50-59 years	253	7.0	229	259	8.0	239	211	10.3	186	257	14.9	256
60-69 years	257	7.1	236	265	8.6	245	208	10.5	189	216	10.3	200
70-79 years	244	7.3	224	247	7.2	226	219	14.4	193	201	17.8	169
80 years and over	220	7.5	210	221	6.5	211	205	22.8	174	*176	*	*154
20-59 years	251	3.9	230	257	5.0	239	210	4.4	186	256	5.7	237
60 years and over	247	5.3	228	251	5.4	232	211	7.8	188	208	9.6	183
Total/2	238	3.0	219	243	3.2	224	207	4.7	187	236	6.7	218

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21q. For the U.S. population, daily iron intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	15.89	0.73	15.01	15.86	0.78	15.13	17.88	1.13	16.03	14.13	0.90	15.11
1-2 years/2	9.74	0.35	8.61	9.56	0.36	8.76	10.58	0.50	9.46	9.50	0.59	7.75
3-5 years	12.47	0.37	10.45	12.48	0.52	10.33	12.40	0.50	10.58	12.88	0.54	10.79
6-11 years	14.54	0.41	13.02	14.84	0.60	13.16	13.81	0.47	12.18	14.59	0.59	12.50
12-15 years	19.51	2.21	14.93	20.50	3.64	15.30	14.55	0.90	13.23	17.44	1.25	14.25
16-19 years	18.64	0.86	16.75	19.22	1.19	17.47	17.68	1.24	14.27	17.61	1.33	13.64
20-29 years	17.87	0.49	16.08	17.86	0.73	15.89	18.02	0.80	15.16	17.45	0.56	15.70
30-39 years	19.16	0.72	16.17	19.83	0.95	16.84	16.50	0.84	13.97	17.19	0.73	15.28
40-49 years	18.18	0.63	16.14	18.64	0.79	16.28	15.89	0.84	13.71	15.92	0.58	14.59
50-59 years	17.25	0.78	13.98	17.94	0.84	14.40	12.94	0.81	11.21	15.50	0.92	13.95
60-69 years	16.59	0.62	14.31	16.84	0.69	14.71	13.24	0.82	10.59	14.65	0.81	13.50
70-79 years	15.84	0.68	13.09	16.10	0.60	13.24	13.49	1.60	9.78	14.31	1.58	11.52
80 years and over	16.22	0.96	13.22	16.65	0.80	13.27	*10.48	*	*8.66	*12.69	*	*11.69
20-59 years	18.25	0.34	15.83	18.69	0.49	16.14	16.39	0.45	13.91	16.90	0.32	15.18
60 years and over	16.30	0.43	13.66	16.57	0.45	13.95	13.11	0.76	10.23	14.41	0.65	12.70
Total/2	17.17	0.31	14.66	17.59	0.39	15.00	15.28	0.32	13.00	15.93	0.47	13.84
Female												
2-11 months/2	15.10	0.60	14.08	14.39	0.61	13.44	18.41	1.31	16.65	14.78	1.56	12.08
1-2 years/2	9.29	0.30	8.22	9.51	0.39	8.30	8.87	0.45	7.70	9.40	0.57	8.02
3-5 years	11.23	0.32	9.98	11.29	0.54	9.83	12.13	0.45	10.99	10.31	0.37	9.09
6-11 years	12.96	0.38	10.70	13.08	0.57	10.66	11.89	0.42	10.69	12.50	0.44	10.53
12-15 years	12.26	0.54	10.17	12.13	0.72	10.06	12.79	0.98	9.76	12.14	0.89	10.15
16-19 years	12.52	0.60	10.28	11.90	0.78	9.50	12.89	0.95	10.39	12.38	0.84	10.23
20-29 years	12.43	0.36	11.11	12.43	0.55	11.11	12.12	0.46	10.87	12.68	0.50	10.80
30-39 years	12.73	0.36	10.86	13.01	0.48	11.07	11.00	0.46	9.69	13.03	0.66	11.09
40-49 years	12.05	0.34	11.06	12.15	0.45	11.23	10.74	0.50	9.72	11.80	0.50	10.67
50-59 years	11.84	0.40	10.59	11.95	0.46	10.74	10.83	0.54	9.53	11.72	0.74	10.65
60-69 years	12.97	0.54	10.41	13.23	0.67	10.68	10.64	0.60	9.29	10.56	0.66	8.66
70-79 years	12.77	0.54	10.26	12.90	0.56	10.26	11.55	0.69	9.89	11.26	1.73	8.32
80 years and over	11.76	0.62	9.55	11.80	0.55	9.57	*12.73	*	*9.15	*8.62	*	*6.78
20-59 years	12.34	0.22	10.93	12.46	0.28	11.09	11.29	0.23	9.93	12.51	0.38	10.86
60 years and over	12.71	0.39	10.22	12.88	0.40	10.29	11.21	0.41	9.65	10.53	0.77	8.44
Total/2	12.37	0.19	10.63	12.45	0.22	10.72	11.63	0.21	10.04	12.09	0.35	10.46

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21r. For the U.S. population, daily zinc intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/ ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/ ²	6.16	0.15	5.87	6.04	0.16	5.59	6.33	0.31	6.28	6.56	0.31	6.32
1-2 years/ ²	6.96	0.16	6.57	6.86	0.18	6.67	7.47	0.34	6.74	7.16	0.41	5.81
3-5 years	8.43	0.20	7.53	8.32	0.31	7.28	8.62	0.30	8.13	8.72	0.33	7.80
6-11 years	10.40	0.24	9.25	10.32	0.36	9.02	10.40	0.40	9.17	10.55	0.35	9.27
12-15 years	14.86	1.57	11.42	16.03	2.78	11.62	10.47	0.71	8.91	13.13	0.88	10.48
16-19 years	16.24	1.60	13.22	15.79	0.77	13.43	17.47	4.32	12.28	*20.35	*	*12.04
20-29 years	15.19	0.38	13.12	15.22	0.59	13.14	15.76	0.81	12.90	14.99	0.50	13.27
30-39 years	15.96	0.59	13.32	16.63	0.81	13.88	13.73	1.07	10.77	14.82	0.62	13.19
40-49 years	13.84	0.39	12.21	13.95	0.50	12.25	12.91	0.73	10.55	14.65	0.73	12.35
50-59 years	14.45	0.96	11.55	15.27	1.15	12.27	10.10	0.70	8.40	11.87	0.82	9.73
60-69 years	13.09	0.52	11.26	13.38	0.65	11.52	10.45	0.67	8.77	10.64	0.54	8.71
70-79 years	12.05	0.66	10.03	12.24	0.68	10.34	10.73	1.29	7.84	9.99	0.95	8.13
80 years and over	10.72	0.49	8.87	10.89	0.43	9.06	*8.09	*	*7.04	*8.81	*	*7.74
20-59 years	15.00	0.33	12.68	15.37	0.44	13.08	13.74	0.49	11.26	14.57	0.33	12.60
60 years and over	12.48	0.41	10.56	12.71	0.41	10.78	10.36	0.63	8.52	10.32	0.45	8.26
Total/ ²	13.63	0.23	11.42	13.94	0.28	11.66	12.39	0.35	9.83	13.34	0.51	10.86
Female												
2-11 months/ ²	5.87	0.13	5.68	5.75	0.13	5.55	5.99	0.26	5.80	6.15	0.25	5.89
1-2 years/ ²	6.37	0.16	5.71	6.31	0.20	5.65	6.52	0.27	5.69	6.93	0.40	5.72
3-5 years	7.64	0.18	6.76	7.34	0.29	6.48	8.62	0.32	7.47	7.66	0.24	6.79
6-11 years	9.54	0.57	7.86	9.61	0.99	7.70	9.05	0.33	8.12	9.32	0.29	8.07
12-15 years	9.52	0.52	8.16	9.24	0.77	8.07	10.32	0.74	8.53	9.80	0.66	8.65
16-19 years	9.59	0.43	8.47	9.44	0.63	8.38	10.01	0.56	9.37	10.24	0.65	8.62
20-29 years	9.67	0.28	8.45	9.41	0.37	8.41	10.24	0.49	8.86	10.58	0.46	8.80
30-39 years	9.64	0.26	8.62	9.74	0.35	8.78	8.81	0.36	7.55	10.56	0.54	8.39
40-49 years	9.42	0.28	8.35	9.51	0.37	8.55	8.27	0.39	7.16	9.25	0.42	7.80
50-59 years	9.49	0.73	7.87	9.67	0.93	7.94	8.61	0.47	7.01	9.09	0.67	8.13
60-69 years	9.66	0.40	7.70	9.88	0.52	7.71	7.87	0.42	6.93	8.38	0.47	6.80
70-79 years	8.72	0.36	7.18	8.79	0.37	7.18	8.07	0.63	6.37	7.90	0.91	6.42
80 years and over	7.82	0.37	6.58	7.83	0.33	6.59	7.97	1.17	5.92	*5.91	*	*5.26
20-59 years	9.57	0.22	8.32	9.58	0.29	8.43	9.14	0.23	7.82	10.14	0.25	8.36
60 years and over	9.04	0.28	7.44	9.15	0.30	7.46	7.95	0.34	6.61	7.99	0.36	6.48
Total/ ²	9.26	0.14	7.91	9.27	0.18	7.93	8.96	0.14	7.66	9.49	0.15	7.88

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21s. For the U.S. population, daily copper intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	0.78	0.03	0.74	0.79	0.03	0.74	0.79	0.04	0.78	0.77	0.04	0.76
1-2 years/2	0.73	0.02	0.68	0.72	0.02	0.68	0.76	0.03	0.71	0.76	0.04	0.68
3-5 years	0.91	0.02	0.83	0.90	0.03	0.83	0.95	0.03	0.87	0.94	0.03	0.83
6-11 years	1.08	0.02	1.01	1.08	0.03	1.01	1.09	0.04	0.99	1.10	0.03	1.01
12-15 years	1.33	0.05	1.19	1.34	0.07	1.21	1.27	0.07	1.14	1.40	0.09	1.18
16-19 years	1.56	0.10	1.38	1.56	0.08	1.39	1.57	0.19	1.30	1.72	0.31	1.32
20-29 years	1.63	0.05	1.46	1.63	0.06	1.49	1.69	0.11	1.40	1.62	0.05	1.48
30-39 years	1.74	0.05	1.55	1.80	0.07	1.63	1.47	0.08	1.27	1.70	0.11	1.51
40-49 years	1.58	0.05	1.45	1.62	0.06	1.52	1.35	0.08	1.11	1.60	0.06	1.43
50-59 years	1.52	0.06	1.29	1.57	0.07	1.30	1.19	0.07	1.02	1.39	0.07	1.29
60-69 years	1.45	0.06	1.24	1.47	0.07	1.26	1.05	0.06	0.90	1.36	0.08	1.32
70-79 years	1.30	0.05	1.16	1.32	0.05	1.17	1.08	0.08	0.94	1.20	0.10	1.16
80 years and over	1.18	0.05	1.10	1.21	0.04	1.13	*0.79	*	*0.68	*1.01	*	*0.84
20-59 years	1.64	0.03	1.45	1.67	0.04	1.50	1.48	0.06	1.23	1.62	0.04	1.46
60 years and over	1.37	0.04	1.19	1.39	0.04	1.22	1.04	0.06	0.89	1.29	0.06	1.19
Total/2	1.45	0.02	1.27	1.48	0.03	1.29	1.31	0.04	1.09	1.43	0.05	1.25
Female												
2-11 months/2	0.75	0.02	0.73	0.73	0.02	0.71	0.79	0.04	0.76	0.78	0.05	0.76
1-2 years/2	0.65	0.01	0.62	0.65	0.02	0.62	0.67	0.03	0.65	0.69	0.03	0.62
3-5 years	0.83	0.02	0.74	0.81	0.03	0.73	0.89	0.03	0.83	0.84	0.03	0.77
6-11 years	0.99	0.03	0.87	0.97	0.05	0.86	1.05	0.06	0.92	0.98	0.03	0.88
12-15 years	1.03	0.05	0.88	0.99	0.07	0.85	1.13	0.08	0.93	0.98	0.05	0.89
16-19 years	1.12	0.05	0.96	1.07	0.06	0.94	1.12	0.07	0.99	1.08	0.07	1.00
20-29 years	1.13	0.03	0.99	1.11	0.04	1.00	1.13	0.07	0.92	1.14	0.04	1.02
30-39 years	1.17	0.03	1.06	1.19	0.04	1.09	1.04	0.05	0.91	1.18	0.06	1.06
40-49 years	1.13	0.03	1.05	1.13	0.04	1.07	0.98	0.05	0.86	1.10	0.05	0.96
50-59 years	1.11	0.04	0.98	1.12	0.05	1.03	1.04	0.08	0.83	1.09	0.06	1.00
60-69 years	1.11	0.03	1.00	1.14	0.04	1.03	0.95	0.05	0.84	0.91	0.04	0.87
70-79 years	1.04	0.03	0.93	1.04	0.03	0.94	0.92	0.06	0.83	1.03	0.17	0.81
80 years and over	0.92	0.03	0.87	0.92	0.03	0.87	*0.98	*	*0.75	*0.74	*	*0.63
20-59 years	1.14	0.02	1.02	1.14	0.03	1.05	1.06	0.03	0.89	1.14	0.03	1.02
60 years and over	1.05	0.03	0.96	1.07	0.03	0.97	0.94	0.04	0.83	0.92	0.06	0.84
Total/2	1.07	0.02	0.96	1.07	0.02	0.97	1.03	0.02	0.88	1.04	0.02	0.92

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21t. For the U.S. population, daily sodium intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	624	37	359	589	32	364	588	88	306	804	87	524
1-2 years/2	2,031	53	1,956	2,013	60	1,989	2,350	105	2,270	2,048	92	1,767
3-5 years	2,675	63	2,398	2,616	82	2,276	2,922	108	2,605	2,632	95	2,359
6-11 years	3,138	59	2,891	3,093	77	2,830	3,320	111	3,091	3,059	85	2,790
12-15 years	4,018	150	3,654	3,974	183	3,690	3,569	226	3,287	3,853	262	3,204
16-19 years	4,783	180	4,451	4,949	241	4,670	4,933	300	4,300	3,750	207	3,225
20-29 years	4,659	120	4,126	4,780	170	4,287	4,801	257	4,151	3,924	133	3,429
30-39 years	4,445	115	3,983	4,520	135	4,104	4,145	210	3,540	3,792	146	3,485
40-49 years	3,960	106	3,732	3,933	119	3,764	4,039	200	3,625	3,673	156	3,366
50-59 years	3,640	114	3,278	3,713	114	3,355	3,041	204	2,674	3,465	209	3,221
60-69 years	3,409	102	3,140	3,429	104	3,205	2,879	200	2,490	3,138	144	2,828
70-79 years	3,142	98	2,973	3,192	89	2,987	2,604	188	2,422	3,098	254	2,712
80 years and over	2,861	114	2,728	2,912	90	2,767	*2,087	*	*1,739	*2,639	*	*2,429
20-59 years	4,269	76	3,813	4,315	100	3,863	4,189	110	3,619	3,793	83	3,428
60 years and over	3,260	80	3,030	3,291	81	3,083	2,721	121	2,355	3,089	129	2,826
Total/2	3,853	52	3,395	3,888	64	3,460	3,744	65	3,250	3,454	64	3,105
Female												
2-11 months/2	524	31	312	527	32	317	458	52	267	547	73	304
1-2 years/2	1,838	45	1,757	1,810	56	1,758	2,050	85	1,779	1,950	75	1,825
3-5 years	2,383	48	2,230	2,299	67	2,147	2,807	87	2,616	2,318	67	2,132
6-11 years	2,852	58	2,608	2,795	81	2,562	3,123	101	2,872	2,783	80	2,522
12-15 years	2,927	100	2,615	2,790	123	2,582	3,553	203	2,964	2,765	138	2,549
16-19 years	3,097	120	2,563	2,967	156	2,465	3,320	171	3,069	2,937	179	2,533
20-29 years	3,002	66	2,759	2,996	94	2,772	3,277	103	2,956	2,863	102	2,497
30-39 years	2,977	72	2,657	2,980	91	2,657	2,907	106	2,671	2,820	109	2,629
40-49 years	2,919	91	2,640	2,835	89	2,672	2,672	99	2,540	2,755	132	2,475
50-59 years	2,575	76	2,382	2,553	79	2,378	2,563	107	2,368	2,704	179	2,470
60-69 years	2,578	74	2,379	2,634	88	2,427	2,221	102	2,090	2,076	112	1,801
70-79 years	2,411	79	2,233	2,379	71	2,246	2,200	139	1,894	2,013	212	1,812
80 years and over	2,248	75	2,172	2,274	65	2,182	2,008	181	1,854	*2,051	*	*2,008
20-59 years	2,904	46	2,641	2,876	55	2,650	2,929	55	2,675	2,810	61	2,557
60 years and over	2,467	55	2,293	2,484	55	2,315	2,188	76	1,988	2,057	91	1,827
Total/2	2,756	36	2,488	2,721	42	2,484	2,847	41	2,558	2,652	48	2,387

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21u. For the U.S. population, daily potassium intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	1,366	41	1,232	1,413	42	1,288	1,182	68	1,084	1,404	73	1,291
1-2 years/2	1,962	44	1,922	1,943	52	1,922	1,924	72	1,908	1,975	70	1,846
3-5 years	2,110	46	1,998	2,111	62	1,970	2,074	69	1,979	2,181	68	2,092
6-11 years	2,361	46	2,225	2,367	63	2,231	2,219	71	2,049	2,471	61	2,288
12-15 years	2,791	105	2,627	2,879	153	2,643	2,429	144	2,192	2,726	150	2,448
16-19 years	3,208	125	2,978	3,289	171	3,175	3,061	192	2,872	2,871	145	2,579
20-29 years	3,280	79	3,038	3,353	117	3,097	3,105	140	2,665	3,263	92	3,021
30-39 years	3,451	89	3,133	3,627	113	3,344	2,710	116	2,444	3,153	108	3,049
40-49 years	3,263	81	3,083	3,386	98	3,209	2,654	128	2,394	3,075	100	3,019
50-59 years	3,240	97	2,992	3,397	101	3,064	2,247	117	2,103	2,841	141	2,824
60-69 years	3,107	92	2,861	3,145	98	2,924	2,280	126	2,093	2,747	107	2,629
70-79 years	2,899	86	2,704	2,978	79	2,760	2,209	143	1,961	2,591	156	2,406
80 years and over	2,595	86	2,456	2,635	69	2,505	*2,093	*	*1,766	*2,285	*	*2,073
20-59 years	3,324	55	3,060	3,455	72	3,208	2,767	79	2,507	3,154	56	3,001
60 years and over	2,980	69	2,743	3,031	68	2,801	2,241	105	2,039	2,669	85	2,546
Total/2	3,029	39	2,754	3,136	43	2,860	2,547	57	2,295	2,841	72	2,651
Female												
2-11 months/2	1,258	35	1,149	1,292	40	1,174	1,151	55	1,041	1,220	83	1,044
1-2 years/2	1,832	37	1,746	1,841	50	1,754	1,784	66	1,734	1,917	60	1,824
3-5 years	1,968	39	1,860	1,946	60	1,859	1,989	66	1,827	2,053	61	1,941
6-11 years	2,080	40	1,947	2,056	59	1,901	2,055	64	1,972	2,224	67	2,079
12-15 years	1,984	70	1,745	1,891	93	1,662	2,163	118	1,841	2,078	110	1,945
16-19 years	2,208	87	1,965	2,162	101	1,935	2,133	114	1,882	2,227	146	1,944
20-29 years	2,260	49	2,104	2,289	71	2,134	2,019	68	1,858	2,333	87	2,052
30-39 years	2,480	57	2,269	2,582	80	2,356	1,965	67	1,756	2,424	96	2,223
40-49 years	2,388	55	2,246	2,465	72	2,368	1,903	71	1,755	2,262	102	2,013
50-59 years	2,446	65	2,287	2,515	76	2,342	2,023	84	1,892	2,421	138	2,369
60-69 years	2,547	69	2,422	2,630	86	2,495	1,964	78	1,850	2,046	104	1,888
70-79 years	2,375	66	2,204	2,412	67	2,221	2,052	113	1,777	1,957	178	1,607
80 years and over	2,221	71	2,129	2,247	63	2,146	1,976	187	1,585	*1,794	*	*1,678
20-59 years	2,389	34	2,230	2,460	44	2,305	1,979	36	1,822	2,359	53	2,146
60 years and over	2,435	49	2,277	2,489	51	2,344	1,995	60	1,809	1,995	87	1,829
Total/2	2,296	28	2,145	2,348	31	2,208	1,992	38	1,828	2,225	56	2,041

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-16,21v. Sample sizes for NHANES III used to assess 1-day dietary intake, by sex and age, 1988-91

	<u>Total population/1</u>	<u>Non-Hispanic white</u>	<u>Non-Hispanic black</u>	<u>Mexican American</u>
<u>Sex and age</u>	<u>Sample size</u>	<u>Sample size</u>	<u>Sample size</u>	<u>Sample size</u>
Male				
2-11 months/2	439	241	78	89
1-2 years/2	601	202	182	186
3-5 years	744	219	210	281
6-11 years	868	252	239	344
12-15 years	338	98	95	129
16-19 years	368	112	103	139
20-29 years	844	216	245	349
30-39 years	735	271	213	225
40-49 years	626	243	178	181
50-59 years	473	251	105	96
60-69 years	546	247	141	152
70-79 years	444	285	93	60
80 years and over	296	250	21	19
20-59 years	2,678	981	741	851
60 years and over	1,286	782	255	231
Total/2	7,322	2,887	1,903	2,250
Female				
2-11 months/2	432	232	84	74
1-2 years/2	630	222	173	216
3-5 years	803	206	244	328
6-11 years	877	259	213	383
12-15 years	373	123	96	140
16-19 years	397	133	114	131
20-29 years	838	244	254	317
30-39 years	791	279	241	247
40-49 years	602	224	160	185
50-59 years	456	221	125	100
60-69 years	560	246	148	153
70-79 years	407	253	93	51
80 years and over	313	251	35	23
20-59 years	2,687	968	780	849
60 years and over	1,280	750	276	227
Total/2	7,479	2,893	1,980	2,348

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-17,22a. For the Hispanic population, daily food energy intake in kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	1,003	60	997	4	1,413*	*	1,590*	16	1,083*	*	1,122*
1-2 years**	206	1,283	34	1,194	22	1,582*	*	1,410*	71	1,360	83	1,308
3-5 years	356	1,582	32	1,544	25	1,609*	*	1,568*	103	1,720	70	1,659
6-11 years	626	2,037	31	1,953	65	2,037	94	1,995	209	2,119	74	1,957
12-15 years	377	2,408	57	2,171	58	2,595	152	2,378	151	2,693	136	2,347
16-19 years	275	2,869	88	2,534	55	3,397	207	3,312	146	2,997	148	2,729
20-29 years	444	2,757	59	2,554	57	2,394	121	2,332	113	2,813	147	2,606
30-39 years	374	2,660	56	2,508	55	2,470	140	2,287	90	2,237	115	2,094
40-49 years	243	2,385	64	2,249	82	2,217	108	2,081	87	2,138	134	1,976
50-59 years	233	2,269	67	2,146	109	2,082	76	1,926	101	2,002	104	1,962
60-74 years	162	1,840	60	1,731	73	1,921	114	1,684	50	1,727	111	1,693
20-59 years	1,294	2,615	32	2,462	303	2,278	54	2,124	391	2,381	69	2,188
60-74 years	162	1,840	60	1,731	73	1,921	114	1,684	50	1,727	111	1,693
Total**	3,347	2,348	25	2,150	605	2,276	52	2,104	1,137	2,300	34	2,061
Female												
6-11 months**	55	931	48	934	3	868*	*	706*	20	1,029*	*	944*
1-2 years**	238	1,260	35	1,203	16	1,272*	*	1,115*	61	1,360	65	1,309
3-5 years	296	1,509	40	1,422	24	1,716*	*	1,583*	101	1,579	61	1,497
6-11 years	653	1,816	28	1,728	61	1,819	84	1,741	209	1,962	56	1,890
12-15 years	353	1,796	45	1,674	46	2,105	143	1,951	161	2,014	79	1,868
16-19 years	325	1,671	45	1,550	45	1,857	166	1,645	153	2,098	99	1,818
20-29 years	558	1,680	34	1,592	70	1,580	88	1,381	202	1,764	61	1,613
30-39 years	461	1,663	36	1,593	96	1,571	67	1,488	176	1,587	69	1,408
40-49 years	315	1,552	41	1,415	103	1,291	51	1,250	170	1,429	47	1,324
50-59 years	324	1,460	40	1,389	114	1,398	53	1,319	131	1,381	63	1,310
60-74 years	203	1,339	42	1,251	102	1,353	51	1,294	90	1,126	66	966
20-59 years	1,658	1,621	19	1,537	383	1,460	32	1,359	679	1,590	32	1,442
60-74 years	203	1,339	42	1,251	102	1,353	51	1,294	90	1,126	66	966
Total**	3,781	1,617	15	1,520	680	1,537	33	1,419	1,474	1,683	22	1,538

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22b. For the Hispanic population, daily protein intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	37	2.9	34	4	66*	*	70*	16	33*	*	32*
1-2 years**	206	56	1.8	51	22	72*	*	57*	71	55	3.6	51
3-5 years	356	64	1.7	59	25	73*	*	69*	103	68	2.6	66
6-11 years	626	84	1.6	77	65	86	6.1	83	209	87	3.5	79
12-15 years	377	101	2.8	91	58	114	10.3	99	151	107	4.9	101
16-19 years	275	121	4.6	107	55	147	12.8	135	146	122	6.1	110
20-29 years	444	117	3.2	100	57	116	7.5	107	113	116	6.0	105
30-39 years	374	111	3.1	99	55	111	8.6	101	90	87	6.5	78
40-49 years	243	104	4.0	89	82	105	7.7	88	87	95	6.4	84
50-59 years	233	99	3.7	87	109	97	5.1	90	101	89	5.7	79
60-74 years	162	87	3.8	77	73	87	6.0	81	50	71	4.2	74
20-59 years	1,294	111	1.8	98	303	107	3.5	97	391	99	3.2	89
60-74 years	162	87	3.8	77	73	87	6.0	81	50	71	4.2	74
Total**	3,347	100	1.5	87	605	104	3.0	93	1,137	94	1.7	84
Female												
6-11 months**	55	35	2.8	32	3	34*	*	26*	20	32*	*	30*
1-2 years**	238	54	1.8	51	16	56*	*	55*	61	55	3.1	53
3-5 years	296	60	1.9	54	24	80*	*	67*	101	64	2.8	61
6-11 years	653	73	1.3	68	61	81	6.1	72	209	79	2.6	74
12-15 years	353	72	2.1	66	46	92	8.3	77	161	79	3.8	71
16-19 years	325	68	2.3	62	45	83	8.5	76	153	85	5.0	69
20-29 years	558	71	1.8	64	70	71	5.0	64	202	75	3.2	66
30-39 years	461	71	1.8	64	96	71	4.0	66	176	66	2.8	61
40-49 years	315	65	2.0	60	103	58	3.3	53	170	62	2.5	57
50-59 years	324	62	1.9	55	114	64	2.8	61	131	59	3.3	51
60-74 years	203	59	2.4	53	102	62	3.2	56	90	48	3.1	41
20-59 years	1,658	69	1.0	62	383	66	1.9	61	679	67	1.5	60
60-74 years	203	59	2.4	53	102	62	3.2	56	90	48	3.1	41
Total**	3,781	67	0.9	61	680	69	1.8	62	1,474	70	1.1	62

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22c. For the Hispanic population, daily protein intake as a percentage of kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	14.4	0.9	15.6	4	18.7*	*	18.7*	16	11.5*	*	11.6*
1-2 years**	206	17.4	0.4	16.9	22	18.0*	*	18.0*	71	15.9	0.5	16.7
3-5 years	356	16.3	0.3	15.6	25	17.0*	*	18.1*	103	16.2	0.4	15.8
6-11 years	626	16.4	0.2	16.0	65	16.6	0.6	15.9	209	16.4	0.3	15.6
12-15 years	377	16.7	0.3	16.2	58	17.6	0.8	17.3	151	16.3	0.4	15.8
16-19 years	275	16.8	0.4	16.1	55	17.2	0.7	16.9	146	16.3	0.4	15.8
20-29 years	444	17.1	0.3	16.1	57	19.7	0.8	18.7	113	16.8	0.5	16.2
30-39 years	374	16.8	0.3	15.9	55	18.1	0.8	17.5	90	15.4	0.6	15.0
40-49 years	243	17.4	0.4	16.3	82	18.8	0.7	17.4	87	17.7	0.6	17.1
50-59 years	233	17.8	0.5	16.8	109	19.0	0.7	17.5	101	17.5	0.6	16.4
60-74 years	162	19.1	0.6	18.1	73	18.8	0.9	16.6	50	17.0	0.9	16.6
20-59 years	1,294	17.1	0.2	16.1	303	18.9	0.4	18.0	391	16.7	0.3	16.0
60-74 years	162	19.1	0.6	18.1	73	18.8	0.9	16.6	50	17.0	0.9	16.6
Total**	3,347	17.0	0.1	16.2	605	18.4	0.2	17.5	1,137	16.4	0.2	15.8
Female												
6-11 months**	55	14.6	0.8	14.5	3	15.4*	*	15.8*	20	12.0*	*	10.5*
1-2 years**	238	17.2	0.3	16.5	16	17.4*	*	17.8*	61	16.3	0.7	15.7
3-5 years	296	15.9	0.3	15.2	24	17.9*	*	16.2*	101	16.0	0.5	15.8
6-11 years	653	16.2	0.2	15.8	61	17.4	0.7	16.2	209	16.4	0.4	15.6
12-15 years	353	16.0	0.3	15.5	46	16.9	0.7	16.1	161	15.5	0.4	15.2
16-19 years	325	16.4	0.3	15.3	45	18.6	1.2	17.6	153	16.0	0.5	15.3
20-29 years	558	16.8	0.3	16.4	70	18.2	0.7	17.1	202	16.7	0.5	16.0
30-39 years	461	17.1	0.3	16.3	96	18.4	0.6	17.4	176	17.2	0.6	15.9
40-49 years	315	17.1	0.4	16.3	103	18.7	0.7	18.1	170	17.5	0.6	16.5
50-59 years	324	17.5	0.4	16.6	114	18.9	0.6	18.1	131	17.2	0.6	16.4
60-74 years	203	17.6	0.5	16.4	102	18.7	0.7	17.1	90	18.3	1.1	16.5
20-59 years	1,658	17.0	0.2	16.3	383	18.5	0.3	17.7	679	17.1	0.3	16.2
60-74 years	203	17.6	0.5	16.4	102	18.7	0.7	17.1	90	18.3	1.1	16.5
Total**	3,781	16.7	0.1	16.0	680	18.3	0.2	17.4	1,474	16.7	0.2	15.8

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22d. For the Hispanic population, daily vitamin A intake in retinol equivalents (RE), on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	885	103	648	4	771*	*	645*	16	1460*	*	1093*
1-2 years**	206	774	51	579	22	992*	*	628*	71	705	60	613
3-5 years	356	862	52	681	25	680*	*	626*	103	850	74	680
6-11 years	626	971	39	760	65	806	65	725	209	1043	70	769
12-15 years	377	1079	91	737	58	692	72	579	151	1120	133	747
16-19 years	275	940	81	620	55	1029	184	619	146	1130	115	726
20-29 years	444	864	53	590	57	690	77	541	113	904	95	614
30-39 years	374	1222	197	584	55	757	154	530	90	552	59	488
40-49 years	243	763	97	492	82	919	276	468	87	839	149	498
50-59 years	233	851	143	507	109	693	67	468	101	1252	580	498
60-74 years	162	777	78	529	73	655	67	436	50	695	146	410
20-59 years	1,294	960	68	563	303	765	84	516	391	847	128	540
60-74 years	162	777	78	529	73	655	67	436	50	695	146	410
Total**	3,347	946	65	611	605	774	59	539	1,137	936	48	619
Female												
6-11 months**	55	989	117	702	3	487*	*	371*	20	969*	*	945*
1-2 years**	238	748	45	592	16	1167*	*	805*	61	764	89	613
3-5 years	296	790	64	634	24	732*	*	566*	101	797	64	636
6-11 years	653	914	48	680	61	721	104	519	209	836	42	728
12-15 years	353	715	61	520	46	645	101	403	161	706	55	477
16-19 years	325	657	45	487	45	489	61	394	153	702	71	453
20-29 years	558	808	111	468	70	462	48	348	202	545	50	405
30-39 years	461	914	107	503	96	785	243	362	176	659	106	371
40-49 years	315	762	90	437	103	483	47	353	170	705	127	379
50-59 years	324	880	129	473	114	649	60	436	131	642	92	399
60-74 years	203	798	131	488	102	876	148	473	90	722	173	324
20-59 years	1,658	843	57	473	383	606	70	369	679	627	48	392
60-74 years	203	798	131	488	102	876	148	473	90	722	173	324
Total**	3,781	818	54	527	680	660	60	403	1,474	688	26	461

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22e. For the Hispanic population, daily carotene intake in retinol equivalents (RE), on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	266	65	132	4	353*	*	305*	16	858*	*	176*
1-2 years**	206	277	39	118	22	435*	*	152*	71	222	34	148
3-5 years	356	252	24	116	25	142*	*	73*	103	222	33	126
6-11 years	626	309	27	143	65	154	15	111	209	262	33	115
12-15 years	377	360	55	134	58	203	41	107	151	217	35	91
16-19 years	275	450	81	158	55	499	160	211	146	360	56	138
20-29 years	444	427	44	196	57	240	55	122	113	314	50	159
30-39 years	374	425	62	189	55	230	42	148	90	209	36	88
40-49 years	243	328	38	148	82	258	35	133	87	477	109	177
50-59 years	233	368	58	157	109	334	46	158	101	402	68	171
60-74 years	162	329	55	115	73	299	51	132	50	272	68	92
20-59 years	1,294	405	27	182	303	269	23	142	391	333	33	140
60-74 years	162	329	55	115	73	299	51	132	50	272	68	92
Total**	3,347	369	33	155	605	275	28	134	1,137	300	16	128
Female												
6-11 months**	55	455	104	141	3	79*	*	85*	20	382*	*	206*
1-2 years**	238	270	38	129	16	712*	*	269*	61	257	55	113
3-5 years	296	249	28	123	24	224*	*	78*	101	200	34	104
6-11 years	653	322	28	136	61	160	27	91	209	205	19	114
12-15 years	353	255	30	108	46	225	79	83	161	182	23	102
16-19 years	325	300	41	126	45	144	23	78	153	278	52	83
20-29 years	558	307	28	137	70	173	32	92	202	226	38	107
30-39 years	461	396	49	167	96	192	35	90	176	238	30	91
40-49 years	315	389	46	141	103	221	32	113	170	245	34	94
50-59 years	324	378	51	150	114	300	51	116	131	331	54	118
60-74 years	203	346	52	146	102	316	54	114	90	348	79	115
20-59 years	1,658	357	21	149	383	221	20	100	679	247	19	101
60-74 years	203	346	52	146	102	316	54	114	90	348	79	115
Total**	3,781	328	24	138	680	233	23	99	1,474	242	12	103

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22f. For the Hispanic population, daily vitamin E intake in milligrams α -tocopherol equivalents, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	9.67	1.39	4.87	4	6.86*	*	5.97*	16	11.10*	*	11.89*
1-2 years**	206	5.74	0.56	4.18	22	5.23*	*	4.37*	71	4.15	0.34	3.75
3-5 years	356	7.01	0.59	5.25	25	4.91*	*	4.44*	103	7.87	1.85	5.46
6-11 years	626	8.47	0.42	6.62	65	6.09	0.41	5.72	209	8.69	1.21	6.25
12-15 years	377	9.28	0.44	7.43	58	7.76	0.72	6.13	151	9.14	0.83	7.24
16-19 years	275	10.22	0.46	8.88	55	11.81	1.49	10.45	146	12.65	2.64	8.85
20-29 years	444	10.56	0.64	8.52	57	8.25	0.81	6.66	113	9.56	0.68	8.41
30-39 years	374	10.33	0.50	8.14	55	10.16	0.93	7.89	90	8.84	1.24	7.28
40-49 years	243	8.77	0.42	7.43	82	7.31	0.55	6.44	87	8.81	1.29	7.19
50-59 years	233	7.86	0.32	6.94	109	8.09	0.66	6.54	101	7.54	0.65	6.41
60-74 years	162	7.20	0.49	5.85	73	7.54	0.85	5.59	50	7.42	0.65	6.69
20-59 years	1,294	9.91	0.30	7.88	303	8.38	0.36	6.66	391	8.88	0.49	7.48
60-74 years	162	7.20	0.49	5.85	73	7.54	0.85	5.59	50	7.42	0.65	6.69
Total**	3,347	9.15	0.39	7.19	605	8.07	0.36	6.47	1,137	8.94	0.43	6.98
Female												
6-11 months**	55	8.16	0.99	7.99	3	8.09*	*	10.10*	20	10.77*	*	11.81*
1-2 years**	238	5.51	0.54	4.34	16	5.24*	*	3.85*	61	6.19	1.69	3.38
3-5 years	296	6.69	0.52	5.03	24	5.09*	*	3.67*	101	5.94	1.03	4.79
6-11 years	653	7.55	0.36	6.01	61	5.98	0.63	4.51	209	6.92	0.35	6.13
12-15 years	353	6.98	0.45	5.79	46	6.88	0.62	5.80	161	7.83	0.80	5.91
16-19 years	325	6.79	0.39	5.55	45	6.00	0.60	5.00	153	8.17	0.83	6.38
20-29 years	558	7.75	0.48	5.76	70	6.39	0.57	5.17	202	7.29	0.69	5.55
30-39 years	461	7.54	0.41	5.99	96	6.48	0.54	4.99	176	6.61	0.66	5.25
40-49 years	315	6.51	0.32	5.28	103	5.01	0.35	4.33	170	6.26	0.62	4.53
50-59 years	324	5.98	0.27	5.09	114	6.24	0.71	4.43	131	5.31	0.32	4.34
60-74 years	203	6.09	0.54	4.87	102	6.74	1.07	4.62	90	4.15	0.30	3.70
20-59 years	1,658	7.22	0.22	5.69	383	6.03	0.28	4.63	679	6.62	0.33	5.10
60-74 years	203	6.09	0.54	4.87	102	6.74	1.07	4.62	90	4.15	0.30	3.70
Total**	3,781	7.04	0.27	5.50	680	6.13	0.32	4.66	1,474	6.78	0.25	5.27

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22g. For the Hispanic population, daily vitamin C intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months **	51	125	16.4	94	4	245*	*	261*	16	217*	*	204*
1-2 years **	206	82	5.2	57	22	121*	*	103*	71	112	14.7	76
3-5 years	356	99	4.3	73	25	69*	*	39*	103	114	10.0	88
6-11 years	626	108	3.8	84	65	92	9.8	78	209	125	8.8	88
12-15 years	377	104	4.9	77	58	104	20.3	44	151	116	8.1	103
16-19 years	275	126	7.9	86	55	148	22.2	90	146	163	21.8	124
20-29 years	444	110	4.9	79	57	76	13.6	43	113	115	15.4	68
30-39 years	374	106	5.5	73	55	109	17.0	74	90	95	12.6	46
40-49 years	243	90	6.2	67	82	93	11.3	70	87	95	13.2	55
50-59 years	233	87	6.4	58	109	90	7.6	75	101	93	10.7	69
60-74 years	162	75	6.3	47	73	97	12.5	66	50	102	13.4	90
20-59 years	1,294	103	2.9	72	303	91	5.9	61	391	102	6.9	59
60-74 years	162	75	6.3	47	73	97	12.5	66	50	102	13.4	90
Total **	3,347	103	3.5	73	605	98	5.4	67	1,137	117	7.5	80
Female												
6-11 months **	55	125*	*	105*	3	127*	*	169*	20	221*	*	230*
1-2 years **	238	83	6.7	64	16	120*	*	66*	61	123	18.5	81
3-5 years	296	91	6.4	65	24	78*	*	44*	101	89	7.0	69
6-11 years	653	98	4.8	76	61	77	7.2	67	209	114	6.2	102
12-15 years	353	92	6.5	63	46	72	9.9	49	161	115	8.2	91
16-19 years	325	90	7.2	57	45	58	7.3	45	153	122	13.8	71
20-29 years	558	92	5.7	56	70	53	6.6	33	202	72	4.9	44
30-39 years	461	92	5.7	67	96	61	6.5	37	176	67	5.5	39
40-49 years	315	77	5.8	52	103	67	7.3	33	170	63	4.8	41
50-59 years	324	88	7.2	56	114	77	7.1	53	131	71	5.8	47
60-74 years	203	84	6.8	69	102	80	8.0	52	90	61	6.9	42
20-59 years	1,658	89	3.1	59	383	65	3.5	38	679	68	2.6	41
60-74 years	203	84	6.8	69	102	80	8.0	52	90	61	6.9	42
Total **	3,781	90	2.9	63	680	69	3.6	42	1,474	87	4.7	54

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22h. For the Hispanic population, daily thiamin intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	1.18	0.10	1.11	4	1.21*	*	0.92*	16	1.40*	*	1.47*
1-2 years**	206	0.99	0.04	0.87	22	1.32*	*	1.09*	71	1.12	0.08	1.00
3-5 years	356	1.24	0.04	1.14	25	1.16*	*	1.11*	103	1.50	0.09	1.39
6-11 years	626	1.57	0.03	1.42	65	1.51	0.09	1.38	209	1.80	0.07	1.58
12-15 years	377	1.69	0.05	1.50	58	2.04	0.16	1.82	151	2.27	0.16	1.85
16-19 years	275	1.83	0.08	1.53	55	2.38	0.16	2.20	146	2.40	0.15	2.09
20-29 years	444	1.77	0.06	1.49	57	1.64	0.11	1.48	113	2.15	0.15	1.83
30-39 years	374	1.74	0.05	1.53	55	1.67	0.14	1.41	90	1.59	0.11	1.38
40-49 years	243	1.62	0.07	1.40	82	1.47	0.08	1.40	87	1.48	0.13	1.34
50-59 years	233	1.55	0.06	1.36	109	1.51	0.09	1.31	101	1.52	0.11	1.25
60-74 years	162	1.26	0.05	1.18	73	1.37	0.10	1.26	50	1.39	0.12	1.19
20-59 years	1,294	1.71	0.03	1.48	303	1.57	0.05	1.40	391	1.75	0.07	1.49
60-74 years	162	1.26	0.05	1.18	73	1.37	0.10	1.26	50	1.39	0.12	1.19
Total**	3,347	1.61	0.03	1.39	605	1.61	0.04	1.40	1,137	1.82	0.04	1.51
Female												
6-11 months**	55	1.09	0.08	1.07	3	0.66*	*	0.77*	20	1.60*	*	1.48*
1-2 years**	238	0.97	0.03	0.85	16	1.04*	*	0.89*	61	1.10	0.10	0.97
3-5 years	296	1.15	0.04	1.08	24	1.09*	*	0.96*	101	1.29	0.06	1.21
6-11 years	653	1.35	0.03	1.22	61	1.30	0.09	1.17	209	1.61	0.06	1.47
12-15 years	353	1.30	0.04	1.15	46	1.48	0.16	1.24	161	1.68	0.10	1.52
16-19 years	325	1.15	0.04	1.02	45	1.21	0.11	0.99	153	1.64	0.10	1.24
20-29 years	558	1.15	0.03	0.97	70	1.12	0.09	1.00	202	1.36	0.07	1.17
30-39 years	461	1.11	0.03	0.98	96	1.07	0.06	0.93	176	1.12	0.06	0.92
40-49 years	315	1.04	0.03	0.91	103	0.96	0.05	0.88	170	1.05	0.04	0.92
50-59 years	324	1.01	0.03	0.91	114	1.05	0.06	0.88	131	0.96	0.05	0.87
60-74 years	203	0.93	0.04	0.84	102	1.02	0.07	0.87	90	0.87	0.06	0.71
20-59 years	1,658	1.10	0.02	0.95	383	1.05	0.03	0.90	679	1.17	0.03	0.97
60-74 years	203	0.93	0.04	0.84	102	1.02	0.07	0.87	90	0.87	0.06	0.71
Total**	3,781	1.14	0.02	1.00	680	1.10	0.03	0.94	1,474	1.31	0.03	1.11

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22i. For the Hispanic population, daily riboflavin intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	1.92	0.13	1.85	4	2.41*	*	2.85*	16	1.92*	*	2.01*
1-2 years**	206	1.71	0.07	1.53	22	2.28*	*	1.97*	71	1.88	0.12	1.75
3-5 years	356	1.87	0.06	1.75	25	2.12*	*	1.93*	103	2.10	0.11	2.03
6-11 years	626	2.27	0.05	2.15	65	2.31	0.15	2.06	209	2.47	0.10	2.25
12-15 years	377	2.49	0.09	2.23	58	2.29	0.14	2.34	151	2.86	0.17	2.47
16-19 years	275	2.45	0.10	2.12	55	2.80	0.30	2.21	146	2.84	0.17	2.53
20-29 years	444	2.29	0.08	2.00	57	2.12	0.13	1.95	113	2.46	0.16	2.28
30-39 years	374	2.27	0.10	1.90	55	2.06	0.14	1.97	90	1.65	0.11	1.53
40-49 years	243	1.93	0.08	1.77	82	1.89	0.13	1.64	87	1.77	0.13	1.64
50-59 years	233	1.99	0.09	1.83	109	1.71	0.07	1.59	101	1.81	0.24	1.58
60-74 years	162	1.73	0.07	1.55	73	1.60	0.09	1.44	50	1.60	0.15	1.41
20-59 years	1,294	2.19	0.05	1.90	303	1.94	0.06	1.71	391	1.98	0.08	1.74
60-74 years	162	1.73	0.07	1.55	73	1.60	0.09	1.44	50	1.60	0.15	1.41
Total**	3,347	2.18	0.06	1.93	605	2.04	0.06	1.81	1,137	2.25	0.04	1.98
Female												
6-11 months**	55	1.77	0.11	1.76	3	1.38*	*	1.30*	20	2.06*	*	2.13*
1-2 years**	238	1.66	0.05	1.52	16	1.88*	*	1.59*	61	1.96	0.12	1.84
3-5 years	296	1.73	0.06	1.59	24	2.06*	*	1.83*	101	1.94	0.09	1.83
6-11 years	653	1.95	0.04	1.83	61	1.89	0.11	1.80	209	2.15	0.07	2.06
12-15 years	353	1.75	0.06	1.58	46	1.81	0.15	1.73	161	1.92	0.09	1.76
16-19 years	325	1.50	0.05	1.33	45	1.53	0.14	1.36	153	1.73	0.10	1.51
20-29 years	558	1.54	0.06	1.34	70	1.28	0.09	1.15	202	1.49	0.07	1.22
30-39 years	461	1.48	0.05	1.25	96	1.42	0.12	1.26	176	1.36	0.07	1.19
40-49 years	315	1.36	0.05	1.20	103	1.19	0.07	1.05	170	1.31	0.07	1.13
50-59 years	324	1.36	0.06	1.17	114	1.34	0.06	1.21	131	1.23	0.07	1.11
60-74 years	203	1.32	0.07	1.15	102	1.40	0.09	1.23	90	1.19	0.09	1.00
20-59 years	1,658	1.47	0.03	1.25	383	1.31	0.04	1.19	679	1.38	0.04	1.17
60-74 years	203	1.32	0.07	1.15	102	1.40	0.09	1.23	90	1.19	0.09	1.00
Total**	3,781	1.58	0.04	1.41	680	1.44	0.04	1.29	1,474	1.60	0.03	1.40

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22j. For the Hispanic population, daily niacin intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	9.79	0.94	8.89	4	13.63*	*	13.75*	16	12.78*	*	11.51*
1-2 years**	206	11.61	0.50	9.79	22	16.51*	*	13.11*	71	11.89	0.92	10.02
3-5 years	356	15.66	0.52	13.86	25	15.10*	*	13.58*	103	16.33	0.96	15.54
6-11 years	626	19.40	0.43	17.17	65	19.32	1.45	15.95	209	23.15	0.96	20.55
12-15 years	377	21.61	0.62	19.93	58	25.67	2.12	22.80	151	29.52	1.66	24.21
16-19 years	275	26.58	1.06	21.53	55	34.42	2.65	29.38	146	29.68	1.73	25.90
20-29 years	444	27.32	0.75	24.56	57	25.47	1.75	23.17	113	29.35	1.47	27.10
30-39 years	374	27.28	0.73	24.60	55	23.36	1.90	21.74	90	22.50	1.47	19.90
40-49 years	243	24.97	0.90	22.45	82	23.81	1.89	21.18	87	24.10	1.55	19.30
50-59 years	233	23.90	0.85	20.89	109	22.25	1.17	20.29	101	21.32	1.39	18.40
60-74 years	162	20.35	0.97	16.80	73	20.49	1.30	19.53	50	16.42	0.97	15.99
20-59 years	1,294	26.56	0.41	23.99	303	23.68	0.82	21.73	391	25.05	0.76	22.21
60-74 years	162	20.35	0.97	16.80	73	20.49	1.30	19.53	50	16.42	0.97	15.99
Total**	3,347	23.21	0.29	20.30	605	23.33	0.55	20.92	1,137	23.95	0.50	20.27
Female												
6-11 months**	55	10.09	0.97	8.47	3	6.30*	*	6.84*	20	13.92*	*	13.51*
1-2 years**	238	10.91	0.46	9.65	16	11.94*	*	8.89*	61	11.79	1.30	9.79
3-5 years	296	14.50	0.51	13.17	24	15.00*	*	11.92*	101	15.64	0.81	15.25
6-11 years	653	16.78	0.37	15.08	61	17.74	1.35	15.55	209	19.68	0.75	17.11
12-15 years	353	16.11	0.53	14.75	46	19.95	1.75	18.35	161	19.36	1.03	17.31
16-19 years	325	15.29	0.54	13.52	45	18.61	1.70	15.33	153	20.50	1.25	15.92
20-29 years	558	16.01	0.44	14.06	70	15.79	1.13	13.47	202	17.70	0.73	15.78
30-39 years	461	16.72	0.47	15.11	96	16.28	0.83	15.23	176	16.12	0.74	14.19
40-49 years	315	15.84	0.54	13.36	103	13.01	0.71	11.37	170	14.89	0.71	12.60
50-59 years	324	14.66	0.49	12.66	114	14.01	0.68	12.84	131	13.83	0.74	11.64
60-74 years	203	13.68	0.61	11.73	102	15.01	0.88	12.64	90	11.13	0.72	9.30
20-59 years	1,658	15.99	0.24	13.98	383	14.80	0.42	13.22	679	16.13	0.38	14.20
60-74 years	203	13.68	0.61	11.73	102	15.01	0.88	12.64	90	11.13	0.72	9.30
Total**	3,781	15.50	0.17	13.59	680	15.51	0.35	13.62	1,474	16.81	0.30	14.55

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.
 ** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22k. For the Hispanic population, daily vitamin B₆ intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	0.87	0.06	0.82	4	1.25*	*	1.14*	16	0.91*	*	0.97*
1-2 years**	206	1.27	0.05	1.10	22	1.60*	*	1.40*	71	1.16	0.09	1.02
3-5 years	356	1.52	0.05	1.31	25	1.55*	*	1.52*	103	1.57	0.11	1.45
6-11 years	626	1.78	0.04	1.56	65	1.65	0.14	1.46	209	2.03	0.10	1.73
12-15 years	377	1.87	0.06	1.68	58	1.96	0.19	1.55	151	2.53	0.20	1.84
16-19 years	275	2.19	0.10	1.87	55	2.72	0.22	2.46	146	2.43	0.17	2.12
20-29 years	444	2.24	0.07	1.98	57	1.87	0.14	1.81	113	2.19	0.14	1.89
30-39 years	374	2.22	0.07	2.01	55	2.11	0.15	1.93	90	1.71	0.14	1.43
40-49 years	243	1.94	0.07	1.69	82	2.00	0.13	1.81	87	1.84	0.16	1.39
50-59 years	233	1.91	0.07	1.66	109	1.91	0.10	1.75	101	1.82	0.14	1.44
60-74 years	162	1.63	0.08	1.37	73	1.83	0.12	1.57	50	1.42	0.13	1.12
20-59 years	1,294	2.15	0.04	1.91	303	1.97	0.06	1.85	391	1.92	0.07	1.62
60-74 years	162	1.63	0.08	1.37	73	1.83	0.12	1.57	50	1.42	0.13	1.12
Total**	3,347	1.95	0.04	1.69	605	1.95	0.04	1.75	1,137	1.97	0.05	1.62
Female												
6-11 months**	55	0.88	0.07	0.85	3	0.77*	*	0.55*	20	0.92*	*	0.79*
1-2 years**	238	1.20	0.05	1.08	16	1.11*	*	0.92*	61	1.12	0.10	0.99
3-5 years	296	1.37	0.05	1.23	24	1.40*	*	1.39*	101	1.43	0.07	1.33
6-11 years	653	1.55	0.04	1.38	61	1.47	0.12	1.28	209	1.72	0.07	1.52
12-15 years	353	1.38	0.05	1.22	46	1.45	0.13	1.25	161	1.60	0.09	1.38
16-19 years	325	1.28	0.06	1.12	45	1.42	0.14	1.19	153	1.62	0.10	1.20
20-29 years	558	1.37	0.05	1.21	70	1.15	0.08	1.05	202	1.37	0.06	1.15
30-39 years	461	1.36	0.05	1.20	96	1.33	0.09	1.11	176	1.19	0.06	1.06
40-49 years	315	1.28	0.05	1.12	103	1.10	0.06	0.98	170	1.16	0.05	1.04
50-59 years	324	1.22	0.05	1.05	114	1.34	0.06	1.19	131	1.11	0.06	1.01
60-74 years	203	1.20	0.06	1.09	102	1.43	0.08	1.28	90	1.05	0.08	0.79
20-59 years	1,658	1.33	0.03	1.17	383	1.23	0.04	1.05	679	1.24	0.03	1.08
60-74 years	203	1.20	0.06	1.09	102	1.43	0.08	1.28	90	1.05	0.08	0.79
Total**	3,781	1.34	0.03	1.18	680	1.30	0.03	1.11	1,474	1.36	0.03	1.14

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22I. For the Hispanic population, daily folate intake in micrograms, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months **	51	184	17.9	149	4	129*	*	130*	16	200*	*	205*
1-2 years **	206	189	9.4	152	22	182*	*	163*	71	178	18.4	156
3-5 years	356	237	8.5	198	25	190*	*	148*	103	237	18.5	213
6-11 years	626	299	7.9	258	65	212	15.2	185	209	288	17.6	230
12-15 years	377	316	11.8	270	58	247	25.5	191	151	329	23.7	269
16-19 years	275	348	15.6	266	55	359	32.7	299	146	386	35.8	337
20-29 years	444	344	11.6	288	57	225	17.2	197	113	312	23.0	260
30-39 years	374	350	12.2	286	55	283	28.8	238	90	244	20.3	213
40-49 years	243	297	13.9	229	82	249	17.1	214	87	244	24.1	181
50-59 years	233	313	15.2	246	109	222	12.4	208	101	231	20.0	199
60-74 years	162	263	16.0	216	73	210	16.4	185	50	236	21.9	216
20-59 years	1,294	335	6.6	275	303	243	9.2	209	391	266	11.3	220
60-74 years	162	263	16.0	216	73	210	16.4	185	50	236	21.9	216
Total **	3,347	311	6.0	253	605	241	6.8	201	1,137	281	7.4	228
Female												
6-11 months **	55	163	13.0	157	3	103*	*	111*	20	209*	*	195*
1-2 years **	238	195	10.6	152	16	168*	*	115*	61	178	18.8	142
3-5 years	296	214	10.1	179	24	185*	*	159*	101	198	13.6	179
6-11 years	653	252	7.8	208	61	185	14.9	155	209	246	10.1	216
12-15 years	353	234	10.5	197	46	194	21.5	157	161	249	13.8	210
16-19 years	325	219	11.3	178	45	172	17.3	135	153	237	19.4	162
20-29 years	558	229	9.3	180	70	138	13.4	112	202	188	10.6	148
30-39 years	461	225	8.8	186	96	158	12.8	133	176	175	11.2	147
40-49 years	315	212	9.4	172	103	160	11.6	138	170	171	9.2	147
50-59 years	324	205	9.0	165	114	178	10.8	140	131	155	8.9	134
60-74 years	203	203	14.8	161	102	180	13.8	155	90	153	13.6	116
20-59 years	1,658	221	4.8	179	383	159	6.1	132	679	176	5.3	145
60-74 years	203	203	14.8	161	102	180	13.8	155	90	153	13.6	116
Total **	3,781	223	4.2	180	680	167	4.7	138	1,474	197	4.6	157

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22m. For the Hispanic population, daily vitamin B₁₂ intake in micrograms, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	4.41	0.32	4.01	4	4.22*	*	3.46*	16	3.88*	*	4.29*
1-2 years**	206	3.93	0.25	3.34	22	5.69*	*	4.68*	71	3.63	0.27	3.29
3-5 years	356	4.79	0.42	3.74	25	5.45*	*	4.56*	103	4.63	0.34	4.02
6-11 years	626	5.85	0.23	4.88	65	5.91	0.63	5.38	209	6.21	0.40	4.86
12-15 years	377	7.13	0.51	5.52	58	7.09	0.88	5.47	151	7.58	1.23	4.83
16-19 years	275	7.31	0.37	6.04	55	8.64	1.18	6.38	146	6.96	0.52	5.49
20-29 years	444	7.10	0.40	5.16	57	6.86	0.68	5.82	113	6.44	0.52	5.19
30-39 years	374	10.26	1.87	5.01	55	8.93	1.82	6.07	90	5.16	0.73	3.59
40-49 years	243	6.80	0.94	4.34	82	9.68	2.98	4.81	87	5.59	0.64	4.05
50-59 years	233	7.12	1.36	4.75	109	6.42	0.60	5.27	101	10.93	5.88	3.79
60-74 years	162	5.55	0.59	3.84	73	4.41	0.42	3.59	50	7.44	2.46	3.75
20-59 years	1,294	8.05	0.64	4.93	303	7.92	0.91	5.36	391	6.62	1.23	4.09
60-74 years	162	5.55	0.59	3.84	73	4.41	0.42	3.59	50	7.44	2.46	3.75
Total**	3,347	7.04	0.47	4.69	605	7.18	0.51	5.27	1,137	6.39	0.60	4.38
Female												
6-11 months**	55	3.73	0.20	3.66	3	1.73*	*	1.27*	20	3.80*	*	3.42*
1-2 years**	238	3.77	0.14	3.39	16	4.02*	*	3.72*	61	4.38	0.43	3.97
3-5 years	296	4.38	0.39	3.37	24	5.86*	*	4.20*	101	4.28	0.29	3.98
6-11 years	653	5.22	0.32	4.08	61	6.65	1.25	4.37	209	5.00	0.29	4.14
12-15 years	353	4.81	0.46	3.58	46	5.34	0.56	4.52	161	4.38	0.34	3.47
16-19 years	325	3.94	0.17	3.16	45	4.78	0.67	3.98	153	5.00	0.73	3.21
20-29 years	558	5.47	0.91	3.20	70	3.27	0.30	2.68	202	4.07	0.29	3.00
30-39 years	461	6.00	0.82	3.07	96	7.58	2.51	3.50	176	4.41	1.01	2.50
40-49 years	315	4.42	0.66	2.79	103	3.19	0.23	2.71	170	7.40	2.26	2.70
50-59 years	324	5.37	0.98	2.62	114	3.76	0.34	3.09	131	5.71	1.52	2.36
60-74 years	203	4.25	0.79	2.21	102	5.59	1.49	2.72	90	3.69	1.42	2.20
20-59 years	1,658	5.44	0.45	2.97	383	4.62	0.70	2.94	679	5.11	0.66	2.68
60-74 years	203	4.25	0.79	2.21	102	5.59	1.49	2.72	90	3.69	1.42	2.20
Total**	3,781	5.00	0.39	3.22	680	4.98	0.55	3.21	1,474	4.87	0.39	3.15

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22n. For the Hispanic population, daily calcium intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	937	88	892	4	1,307*	*	939*	16	798*	*	731*
1-2 years**	206	850	43	754	22	1,169*	*	996*	71	1,017	76	953
3-5 years	356	842	32	798	25	1,065*	*	1,132*	103	1,009	51	1,012
6-11 years	626	1,085	28	1,025	65	1,217	81	1,113	209	1,059	45	936
12-15 years	377	1,224	54	1,078	58	1,072	74	1,013	151	1,185	64	960
16-19 years	275	1,157	59	1,016	55	1,294	164	1,079	146	1,327	83	1,168
20-29 years	444	1,015	45	819	57	947	84	788	113	1,043	87	823
30-39 years	374	913	37	788	55	924	86	822	90	645	48	541
40-49 years	243	747	39	644	82	770	54	664	87	726	56	693
50-59 years	233	754	42	640	109	734	42	684	101	663	49	610
60-74 years	162	703	46	582	73	765	61	666	50	691	80	524
20-59 years	1,294	913	23	771	303	837	32	733	391	804	36	634
60-74 years	162	703	46	582	73	765	61	666	50	691	80	524
Total**	3,347	965	36	831	605	933	30	814	1,137	971	20	849
Female												
6-11 months**	55	805	73	726	3	888*	*	660*	20	884*	*	785*
1-2 years**	238	836	39	755	16	1,024*	*	855*	61	1,059	53	1,001
3-5 years	296	813	40	718	24	1,105*	*	979*	101	925	48	893
6-11 years	653	964	26	917	61	960	53	996	209	975	33	948
12-15 years	353	860	40	772	46	828	76	715	161	893	44	831
16-19 years	325	741	39	610	45	692	71	607	153	772	53	624
20-29 years	558	704	30	590	70	642	70	504	202	629	35	532
30-39 years	461	653	29	527	96	582	35	516	176	586	27	488
40-49 years	315	569	27	501	103	527	30	523	170	567	26	532
50-59 years	324	573	28	487	114	647	36	579	131	595	39	536
60-74 years	203	567	34	502	102	634	34	636	90	564	46	483
20-59 years	1,658	647	15	530	383	597	21	526	679	598	16	523
60-74 years	203	567	34	502	102	634	34	636	90	564	46	483
Total**	3,781	734	26	618	680	673	20	590	1,474	721	13	638

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22o. For the Hispanic population, daily phosphorus intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months **	51	855	66	806	4	1,238*	*	1,092*	16	706*	*	643*
1-2 years **	206	1,028	35	955	22	1,289*	*	1,144*	71	1,092	73	1,027
3-5 years	356	1,115	29	1,064	25	1,265*	*	1,234*	103	1,221	52	1,234
6-11 years	626	1,458	26	1,412	65	1,514	87	1,479	209	1,406	53	1,241
12-15 years	377	1,686	52	1,502	58	1,686	110	1,540	151	1,661	78	1,509
16-19 years	275	1,891	70	1,775	55	2,150	193	1,955	146	1,946	98	1,793
20-29 years	444	1,775	48	1,580	57	1,595	90	1,550	113	1,706	97	1,470
30-39 years	374	1,684	44	1,524	55	1,588	106	1,548	90	1,195	73	1,155
40-49 years	243	1,471	49	1,334	82	1,407	78	1,221	87	1,268	83	1,126
50-59 years	233	1,424	52	1,313	109	1,316	54	1,250	101	1,223	75	1,055
60-74 years	162	1,264	51	1,196	73	1,233	72	1,134	50	1,066	79	971
20-59 years	1,294	1,661	25	1,499	303	1,467	40	1,341	391	1,394	45	1,272
60-74 years	162	1,264	51	1,196	73	1,233	72	1,134	50	1,066	79	971
Total **	3,347	1,557	32	1,400	605	1,498	39	1,359	1,137	1,440	23	1,309
Female												
6-11 months **	55	764	57	736	3	832*	*	549*	20	777*	*	689*
1-2 years **	238	1,010	34	953	16	1,089*	*	1,046*	61	1,129	51	1,083
3-5 years	296	1,069	36	959	24	1,355*	*	1,204*	101	1,128	49	1,092
6-11 years	653	1,272	24	1,208	61	1,281	67	1,190	209	1,312	38	1,258
12-15 years	353	1,204	37	1,119	46	1,398	109	1,254	161	1,299	55	1,204
16-19 years	325	1,108	38	985	45	1,154	101	1,009	153	1,268	67	1,026
20-29 years	558	1,128	30	1,039	70	1,023	68	907	202	1,101	47	926
30-39 years	461	1,084	30	1,007	96	1,005	50	944	176	965	40	882
40-49 years	315	981	29	908	103	834	39	790	170	913	33	869
50-59 years	324	949	30	851	114	973	41	895	131	886	46	848
60-74 years	203	910	34	864	102	939	39	948	90	792	51	726
20-59 years	1,658	1,064	16	987	383	957	25	874	679	992	22	889
60-74 years	203	910	34	864	102	939	39	948	90	792	51	726
Total **	3,781	1,094	21	1,013	680	1,032	24	943	1,474	1,084	16	972

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.
 ** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22p. For the Hispanic population, daily magnesium intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months **	51	147	10.3	147	4	219*	*	249*	16	134*	*	129*
1-2 years **	206	193	6.6	180	22	236*	*	201*	71	193	12.1	188
3-5 years	356	214	5.5	200	25	216*	*	224*	103	226	10.2	214
6-11 years	626	276	4.9	265	65	258	13.0	252	209	253	9.3	237
12-15 years	377	309	9.1	271	58	294	19.6	273	151	305	16.2	266
16-19 years	275	360	13.3	318	55	391	27.6	361	146	340	18.3	297
20-29 years	444	360	9.0	328	57	277	14.6	278	113	333	17.1	307
30-39 years	374	366	9.1	339	55	324	21.3	321	90	257	16.2	245
40-49 years	243	323	10.3	303	82	291	14.4	270	87	267	17.9	230
50-59 years	233	320	10.4	286	109	272	9.9	249	101	255	14.4	226
60-74 years	162	269	10.1	254	73	262	14.9	242	50	235	16.8	226
20-59 years	1,294	352	5.0	322	303	290	7.3	274	391	285	8.7	268
60-74 years	162	269	10.1	254	73	262	14.9	242	50	235	16.8	226
Total **	3,347	315	6.6	283	605	287	5.8	267	1,137	276	4.1	249
Female												
6-11 months **	55	137	10.2	137	3	139*	*	87*	20	156*	*	130*
1-2 years **	238	189	7.4	178	16	194*	*	168*	61	200	10.4	185
3-5 years	296	206	7.4	189	24	233*	*	224*	101	205	7.7	198
6-11 years	653	244	5.2	229	61	223	11.8	217	209	241	7.3	230
12-15 years	353	233	8.0	211	46	230	16.8	215	161	228	8.8	224
16-19 years	325	214	7.8	197	45	202	16.5	173	153	231	11.7	200
20-29 years	558	226	6.2	212	70	180	11.5	158	202	204	9.2	182
30-39 years	461	226	6.1	207	96	201	10.2	179	176	190	7.8	168
40-49 years	315	223	7.3	204	103	174	7.2	159	170	190	5.8	182
50-59 years	324	210	6.4	192	114	205	9.3	174	131	180	8.2	162
60-74 years	203	202	7.5	195	102	198	8.7	187	90	170	9.6	151
20-59 years	1,658	223	3.3	206	383	191	4.8	169	679	194	4.2	178
60-74 years	203	202	7.5	195	102	198	8.7	187	90	170	9.6	151
Total **	3,781	221	4.2	203	680	198	3.9	177	1,474	205	2.9	188

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22q. For the Hispanic population, daily iron intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	11.40	1.35	9.33	4	14.84*	*	12.99*	16	17.02*	*	11.67*
1-2 years**	206	8.70	0.36	7.59	22	15.58*	*	13.12*	71	10.85	0.97	8.92
3-5 years	356	11.14	0.36	9.69	25	11.59*	*	10.75*	103	13.52	0.90	12.12
6-11 years	626	14.07	0.31	12.32	65	13.66	0.87	12.75	209	16.23	0.72	14.53
12-15 years	377	15.53	0.43	13.97	58	18.46	1.32	16.27	151	19.97	1.34	15.66
16-19 years	275	17.87	0.66	15.84	55	23.22	1.78	22.03	146	20.56	1.33	18.49
20-29 years	444	17.48	0.50	15.34	57	16.15	1.07	15.28	113	18.51	0.95	17.27
30-39 years	374	17.38	0.48	15.41	55	16.95	1.29	15.83	90	15.08	1.04	13.13
40-49 years	243	15.53	0.52	14.21	82	15.74	1.06	13.84	87	13.90	0.99	12.75
50-59 years	233	15.34	0.50	13.91	109	16.24	0.73	16.32	101	13.62	0.79	12.28
60-74 years	162	12.95	0.50	12.30	73	13.15	1.07	11.08	50	13.33	1.01	11.85
20-59 years	1,294	16.91	0.27	14.89	303	16.24	0.50	15.06	391	15.81	0.50	13.92
60-74 years	162	12.95	0.50	12.30	73	13.15	1.07	11.08	50	13.33	1.01	11.85
Total**	3,347	15.44	0.25	13.48	605	16.17	0.41	14.64	1,137	16.38	0.34	14.36
Female												
6-11 months**	55	11.56	1.21	10.31	3	8.11*	*	9.96*	20	22.09*	*	19.17*
1-2 years**	238	8.63	0.34	7.48	16	13.58*	*	7.17*	61	11.65	2.30	7.38
3-5 years	296	10.52	0.37	8.84	24	10.34*	*	8.51*	101	10.94	0.75	10.39
6-11 years	653	12.22	0.24	10.98	61	12.12	0.82	10.87	209	13.50	0.54	12.41
12-15 years	353	11.34	0.33	10.13	46	13.52	1.10	11.69	161	13.86	0.75	12.44
16-19 years	325	10.80	0.35	9.41	45	13.26	1.46	10.41	153	14.04	0.94	11.31
20-29 years	558	11.02	0.30	9.76	70	10.03	0.84	8.12	202	11.97	0.62	10.26
30-39 years	461	10.98	0.27	9.88	96	11.62	0.63	10.81	176	10.65	0.57	9.60
40-49 years	315	10.49	0.31	9.63	103	9.68	0.47	9.33	170	10.45	0.76	8.98
50-59 years	324	9.84	0.27	9.32	114	10.39	0.51	9.66	131	9.92	0.64	8.70
60-74 years	203	9.70	0.41	8.20	102	10.29	0.73	9.12	90	7.80	0.60	6.99
20-59 years	1,658	10.75	0.15	9.73	383	10.49	0.30	9.50	679	10.99	0.33	9.69
60-74 years	203	9.70	0.41	8.20	102	10.29	0.73	9.12	90	7.80	0.60	6.99
Total**	3,781	10.83	0.16	9.67	680	10.97	0.29	9.69	1,474	11.81	0.23	10.13

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22r. For the Hispanic population, daily zinc intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	7.17	0.59	6.34	4	10.75*	*	8.00*	16	7.81*	*	7.70*
1-2 years**	206	7.58	0.31	6.59	22	11.59*	*	8.19*	71	7.50	0.56	7.18
3-5 years	356	9.03	0.30	8.06	25	11.25*	*	9.72*	103	9.32	0.45	8.37
6-11 years	626	12.34	0.30	10.80	65	12.95	1.74	10.99	209	12.57	0.71	9.97
12-15 years	377	14.75	0.49	12.81	58	18.20	2.42	12.45	151	15.71	1.05	12.30
16-19 years	275	18.07	0.83	14.54	55	21.70	2.27	17.62	146	16.60	0.93	14.62
20-29 years	444	17.45	0.60	14.30	57	17.68	1.52	14.93	113	16.54	1.11	14.35
30-39 years	374	17.12	0.75	14.19	55	19.99	3.65	14.73	90	12.50	1.45	9.84
40-49 years	243	15.89	0.87	12.45	82	16.23	1.55	12.01	87	12.73	1.26	9.17
50-59 years	233	14.77	0.71	12.91	109	15.70	1.59	12.69	101	12.56	1.15	9.74
60-74 years	162	12.48	0.75	10.07	73	11.88	1.00	10.00	50	9.09	0.65	8.75
20-59 years	1,294	16.81	0.37	13.68	303	17.26	1.03	13.89	391	13.98	0.63	11.17
60-74 years	162	12.48	0.75	10.07	73	11.88	1.00	10.00	50	9.09	0.65	8.75
Total**	3,347	14.82	0.25	12.02	605	16.29	0.81	13.07	1,137	13.29	0.29	10.66
Female												
6-11 months**	55	6.33	0.44	5.59	3	5.24*	*	5.83*	20	7.00*	*	5.98*
1-2 years**	238	7.39	0.25	6.74	16	8.71*	*	8.58*	61	7.53	0.46	6.88
3-5 years	296	8.68	0.32	7.37	24	12.38*	*	7.31*	101	8.40	0.39	7.95
6-11 years	653	10.69	0.23	9.48	61	13.91	2.35	10.09	209	10.70	0.40	9.63
12-15 years	353	10.61	0.37	9.16	46	13.31	1.34	11.62	161	10.58	0.50	9.45
16-19 years	325	10.09	0.40	8.31	45	13.07	1.76	11.00	153	11.56	0.75	8.39
20-29 years	558	11.28	1.17	8.70	70	9.12	0.85	7.73	202	10.58	0.57	8.65
30-39 years	461	10.52	0.34	8.70	96	11.14	0.87	8.87	176	8.65	0.46	7.13
40-49 years	315	9.51	0.35	7.93	103	8.35	0.58	6.91	170	8.25	0.41	6.66
50-59 years	324	9.03	0.32	7.45	114	9.13	0.47	8.05	131	7.64	0.55	6.09
60-74 years	203	8.76	0.46	6.68	102	8.20	0.49	6.82	90	6.35	0.45	5.15
20-59 years	1,658	10.43	0.45	8.38	383	9.51	0.35	7.80	679	9.12	0.26	7.25
60-74 years	203	8.76	0.46	6.68	102	8.20	0.49	6.82	90	6.35	0.45	5.15
Total**	3,781	10.05	0.30	8.27	680	10.17	0.45	7.99	1,474	9.42	0.17	7.82

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22s. For the Hispanic population, daily copper intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	0.74	0.09	0.55	4	0.73*	*	0.59*	16	0.92*	*	0.94*
1-2 years**	206	0.70	0.02	0.63	22	0.91*	*	0.80*	71	0.72	0.05	0.68
3-5 years	356	0.88	0.02	0.82	25	0.80*	*	0.74*	103	0.91	0.05	0.85
6-11 years	626	1.12	0.02	1.03	65	1.10	0.08	0.98	209	1.10	0.05	0.96
12-15 years	377	1.35	0.07	1.16	58	1.42	0.11	1.28	151	1.35	0.08	1.15
16-19 years	275	1.51	0.06	1.31	55	1.77	0.14	1.63	146	1.51	0.08	1.31
20-29 years	444	1.52	0.04	1.37	57	1.26	0.11	1.12	113	1.49	0.09	1.29
30-39 years	374	1.65	0.06	1.41	55	1.56	0.19	1.28	90	1.18	0.08	1.09
40-49 years	243	1.39	0.05	1.28	82	1.33	0.09	1.18	87	1.13	0.10	0.97
50-59 years	233	1.33	0.05	1.20	109	1.34	0.08	1.17	101	1.27	0.18	1.05
60-74 years	162	1.07	0.04	1.01	73	1.12	0.07	1.04	50	1.05	0.08	1.04
20-59 years	1,294	1.52	0.03	1.35	303	1.37	0.06	1.18	391	1.29	0.06	1.16
60-74 years	162	1.07	0.04	1.01	73	1.12	0.07	1.04	50	1.05	0.08	1.04
Total**	3,347	1.34	0.03	1.16	605	1.31	0.03	1.16	1,137	1.22	0.02	1.07
Female												
6-11 months**	55	0.66	0.05	0.59	3	0.56*	*	0.59*	20	0.89*	*	0.88*
1-2 years**	238	0.69	0.03	0.65	16	0.82*	*	0.58*	61	0.76	0.06	0.74
3-5 years	296	0.86	0.04	0.79	24	0.92*	*	0.83*	101	0.80	0.03	0.77
6-11 years	653	1.01	0.02	0.93	61	1.06	0.11	0.87	209	1.03	0.04	0.96
12-15 years	353	0.99	0.04	0.89	46	1.04	0.07	0.97	161	1.03	0.04	1.00
16-19 years	325	0.95	0.03	0.87	45	0.92	0.07	0.88	153	1.09	0.06	0.88
20-29 years	558	1.07	0.08	0.85	70	0.82	0.06	0.72	202	0.93	0.04	0.85
30-39 years	461	1.05	0.04	0.91	96	0.94	0.09	0.77	176	0.90	0.05	0.80
40-49 years	315	0.93	0.04	0.82	103	0.76	0.03	0.70	170	0.85	0.05	0.75
50-59 years	324	0.93	0.04	0.84	114	0.88	0.04	0.79	131	0.79	0.04	0.72
60-74 years	203	0.84	0.04	0.76	102	0.86	0.05	0.73	90	0.71	0.06	0.62
20-59 years	1,658	1.02	0.03	0.87	383	0.85	0.03	0.74	679	0.89	0.02	0.81
60-74 years	203	0.84	0.04	0.76	102	0.86	0.05	0.73	90	0.71	0.06	0.62
Total**	3,781	0.97	0.02	0.85	680	0.89	0.02	0.77	1,474	0.92	0.01	0.83

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22t. For the Hispanic population, daily sodium intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	1,003	110	924	4	1,284*	*	1,110*	16	845*	*	713*
1-2 years**	206	2,051	101	1,834	22	2,209*	*	1,810*	71	2,093	173	1,833
3-5 years	356	2,479	75	2,314	25	2,395*	*	2,389*	103	2,967	144	2,715
6-11 years	626	3,136	68	2,880	65	3,216	191	2,988	209	3,653	136	3,294
12-15 years	377	3,641	114	3,270	58	4,742	330	4,288	151	4,367	258	3,805
16-19 years	275	4,243	163	3,771	55	5,389	388	4,811	146	5,079	263	4,510
20-29 years	444	3,851	114	3,518	57	4,101	229	3,924	113	4,771	274	4,002
30-39 years	374	3,716	115	3,389	55	4,487	399	3,756	90	3,583	214	3,352
40-49 years	243	3,464	127	3,239	82	3,589	193	3,353	87	3,408	211	3,275
50-59 years	233	3,318	120	2,990	109	3,729	193	3,385	101	3,444	203	3,107
60-74 years	162	2,800	119	2,659	73	3,223	216	2,871	50	3,258	335	2,847
20-59 years	1,294	3,689	62	3,380	303	3,950	125	3,475	391	3,941	125	3,494
60-74 years	162	2,800	119	2,659	73	3,223	216	2,871	50	3,258	335	2,847
Total**	3,347	3,419	74	3,091	605	3,854	124	3,405	1,137	3,838	72	3,413
Female												
6-11 months**	55	964	109	715	3	729*	*	297*	20	720*	*	492*
1-2 years**	238	2,001	66	1,900	16	2,064*	*	1,596*	61	1,973	134	1,714
3-5 years	296	2,312	67	2,135	24	2,661*	*	2,340*	101	2,632	109	2,566
6-11 years	653	2,735	48	2,556	61	2,827	140	2,737	209	3,221	91	3,103
12-15 years	353	2,627	75	2,399	46	3,381	236	3,375	161	3,432	157	3,097
16-19 years	325	2,598	84	2,361	45	2,865	251	2,617	153	3,542	190	3,064
20-29 years	558	2,552	63	2,204	70	2,635	190	2,115	202	2,911	110	2,782
30-39 years	461	2,550	65	2,320	96	2,758	158	2,606	176	2,787	121	2,427
40-49 years	315	2,376	77	2,078	103	2,373	117	2,151	170	2,528	92	2,374
50-59 years	324	2,334	84	2,137	114	2,440	120	2,118	131	2,380	113	2,158
60-74 years	203	2,080	83	1,849	102	2,262	112	2,198	90	2,169	135	1,796
20-59 years	1,658	2,490	35	2,189	383	2,557	73	2,243	679	2,725	57	2,471
60-74 years	203	2,080	83	1,849	102	2,262	112	2,198	90	2,169	135	1,796
Total**	3,781	2,467	49	2,220	680	2,595	72	2,333	1,474	2,843	46	2,605

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-17,22u. For the Hispanic population, daily potassium intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	1,691	129	1,674	4	2,704*	*	2,953*	16	1,605*	*	1,605*
1-2 years**	206	2,015	69	1,871	22	2,830*	*	2,716*	71	2,141	135	2,082
3-5 years	356	2,156	60	2,036	25	2,364*	*	2,452*	103	2,323	98	2,241
6-11 years	626	2,679	52	2,579	65	2,657	160	2,603	209	2,580	106	2,331
12-15 years	377	2,971	94	2,619	58	2,954	227	2,761	151	2,927	169	2,597
16-19 years	275	3,325	130	3,107	55	4,042	347	3,702	146	3,362	197	3,103
20-29 years	444	3,197	88	2,948	57	2,819	168	2,854	113	3,174	190	2,701
30-39 years	374	3,126	85	2,854	55	3,331	239	3,222	90	2,464	168	2,322
40-49 years	243	2,884	105	2,631	82	3,002	165	3,012	87	2,748	204	2,463
50-59 years	233	2,852	92	2,772	109	2,841	139	2,572	101	2,724	193	2,319
60-74 years	162	2,494	104	2,342	73	2,812	172	2,652	50	2,396	172	2,326
20-59 years	1,294	3,088	48	2,845	303	2,986	87	2,786	391	2,814	96	2,512
60-74 years	162	2,494	104	2,342	73	2,812	172	2,652	50	2,396	172	2,326
Total**	3,347	2,880	63	2,631	605	2,985	65	2,762	1,137	2,748	44	2,468
Female												
6-11 months**	55	1,550	110	1,484	3	1,881*	*	1,179*	20	1,723*	*	1,744*
1-2 years**	238	1,985	72	1,893	16	2,219*	*	1,727*	61	2,122	115	2,164
3-5 years	296	2,010	70	1,806	24	2,514*	*	2,267*	101	2,119	89	2,060
6-11 years	653	2,354	51	2,240	61	2,325	135	2,164	209	2,458	77	2,387
12-15 years	353	2,195	72	1,978	46	2,366	170	2,149	161	2,297	93	2,147
16-19 years	325	2,053	78	1,843	45	2,087	175	1,779	153	2,366	125	1,949
20-29 years	558	2,115	59	1,968	70	1,830	116	1,576	202	2,020	77	1,876
30-39 years	461	2,178	60	2,026	96	2,096	107	1,951	176	1,841	70	1,652
40-49 years	315	2,093	71	1,942	103	1,885	89	1,714	170	1,968	65	1,915
50-59 years	324	2,005	66	1,836	114	2,186	91	1,913	131	1,901	95	1,794
60-74 years	203	1,952	73	1,853	102	2,219	96	2,023	90	1,801	102	1,609
20-59 years	1,658	2,114	32	1,959	383	2,006	51	1,819	679	1,940	38	1,798
60-74 years	203	1,952	73	1,853	102	2,219	96	2,023	90	1,801	102	1,609
Total**	3,781	2,120	42	1,964	680	2,104	42	1,891	1,474	2,080	29	1,924

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.F6-7,8,9,10,11,12. Nutrient intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs): mean per individual per day over 3 days, by income level, sex, and age, 1989-91

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	----- Percent -----								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	88	295	175	160	71	183	144	187	129
3-5.....	1.2	87	265	180	165	87	180	153	173	139
5 and under ‡	2.5	90	265	183	169	112	208	170	199	143
Males:										
6-11.....	1.0	89	244	126	114	88	194	150	164	136
12-19.....	1.0	78	161	96	84	75	171	126	130	118
20-39.....	1.7	75	143	111	94	81	143	114	119	122
40-59.....	0.8	75	131	103	86	76	118	112	113	122
60 and over.....	1.0	73	110	139	110	68	142	126	125	133
20 and over.....	3.5	74	131	117	97	76	137	117	120	125
Females:										
6-11.....	1.2	84	219	128	118	93	174	146	157	132
12-19.....	1.2	76	143	91	79	69	133	119	121	111
20-39.....	2.6	69	126	111	90	73	127	109	108	111
40-59.....	1.3	66	113	121	91	70	114	104	101	108
60 and over.....	2.2	68	109	150	119	73	129	118	118	121
20 and over.....	6.0	68	117	127	101	72	125	111	110	114
All individuals.....	16.4	76	162	129	110	81	151	128	135	123
131-350% poverty:										
Males and females:										
1-2.....	1.2	94	287	175	166	67	190	141	191	127
3-5.....	1.9	87	254	186	178	74	186	149	174	137
5 and under ‡	3.5	91	255	190	178	96	232	158	195	140
Males:										
6-11.....	2.5	94	244	164	153	93	230	162	180	149
12-19.....	2.0	85	169	110	105	93	182	135	147	133
20-39.....	5.7	80	153	123	100	87	156	117	122	135
40-59.....	3.0	78	139	146	113	88	144	122	124	139
60 and over.....	2.6	80	120	179	153	94	174	140	148	151
20 and over.....	11.3	80	142	142	116	89	157	124	128	140
Females:										
6-11.....	2.1	89	225	141	125	90	198	151	162	141
12-19.....	2.3	78	147	114	99	80	169	131	131	128
20-39.....	6.3	72	127	120	97	74	129	112	113	116
40-59.....	3.2	68	119	137	103	77	123	111	107	121
60 and over.....	3.6	73	116	183	138	83	161	124	123	130
20 and over.....	13.1	71	122	142	109	77	136	115	114	121
All individuals.....	36.7	79	159	144	121	85	166	129	136	133

‡ Includes infants under 1.

Table A.F6-7,8,9,10,11,12. Nutrient intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs): mean per individual per day over 3 days, by income level, sex, and age, 1989-91—continued

Income level, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (IU)	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<u>Percent</u>	----- <u>Percent</u> -----								
Over 350% poverty:										
Males and females:										
1-2.....	0.9	† 81	† 263	† 169	† 165	† 60	† 227	† 122	† 178	† 103
3-5.....	1.2	† 98	† 292	† 194	† 178	† 83	† 199	† 156	† 190	† 145
5 and under ‡	2.2	91	268	190	179	93	228	162	199	137
Males:										
6-11.....	1.1	† 85	† 220	† 137	† 123	† 85	† 168	† 131	† 151	† 137
12-19.....	1.6	89	177	156	133	97	226	141	155	137
20-39.....	6.6	79	153	129	104	98	180	122	130	140
40-59.....	5.8	79	139	146	111	101	160	121	124	148
60 and over.....	2.7	83	130	192	150	99	213	144	151	165
20 and over.....	15.1	80	144	147	115	99	178	126	131	147
Females:										
6-11.....	1.1	† 86	† 217	† 173	† 147	† 88	† 186	† 139	† 160	† 133
12-19.....	1.8	81	149	121	105	79	162	125	140	119
20-39.....	6.5	72	132	145	112	90	142	114	118	123
40-59.....	5.8	73	128	174	129	89	153	116	119	131
60 and over.....	2.6	77	124	216	151	102	194	130	130	144
20 and over.....	14.8	74	129	169	126	92	155	118	121	130
All individuals.....	37.7	79	151	158	124	94	173	126	134	137

‡ Includes infants under 1.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Table A.F6-7,8,9,10,11,12. Nutrient intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs): mean per individual per day over 3 days, by income level, sex, and age, 1989-91—continued

Income level, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent -----								
Under 131% poverty:								
Males and females:								
1-2.....	105	333	489	92	110	200	90	66
3-5.....	123	322	424	95	123	175	106	79
5 and under ‡	120	352	498	98	119	187	111	78
Males:								
6-11.....	112	241	322	112	147	136	119	95
12-19.....	93	161	256	76	112	78	129	85
20-39.....	87	135	277	98	158	76	153	84
40-59.....	76	121	281	87	151	73	133	76
60 and over.....	81	131	244	83	136	70	135	65
20 and over.....	82	131	268	91	150	74	143	77
Females:								
6-11.....	106	236	311	101	133	125	117	90
12-19.....	87	116	192	60	89	69	73	76
20-39.....	78	102	208	67	109	69	70	71
40-59.....	73	99	179	64	106	66	81	67
60 and over.....	84	120	208	68	107	71	111	67
20 and over.....	79	108	202	67	108	69	87	69
All individuals.....	92	171	279	82	122	97	108	76
131-350% poverty:								
Males and females:								
1-2.....	113	324	421	98	114	219	87	62
3-5.....	124	334	394	104	128	180	110	78
5 and under ‡	121	339	425	105	123	194	109	76
Males:								
6-11.....	123	283	340	118	148	141	135	95
12-19.....	106	172	286	93	127	85	142	89
20-39.....	96	135	285	101	167	82	157	89
40-59.....	94	132	277	99	166	82	152	88
60 and over.....	96	150	396	92	149	77	159	79
20 and over.....	95	138	309	98	163	81	156	87
Females:								
6-11.....	120	244	298	104	138	132	116	92
12-19.....	104	137	192	62	91	72	84	82
20-39.....	83	111	175	72	114	75	77	71
40-59.....	84	104	196	70	114	76	84	72
60 and over.....	92	125	210	75	117	79	116	69
20 and over.....	86	113	190	72	115	76	89	71
All individuals.....	99	166	270	89	133	97	119	81

‡ Includes infants under 1.

Table A.F6-7,8,9,10,11,12. Nutrient intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs): mean per individual per day over 3 days, by income level, sex, and age, 1989-91—continued

Income level, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent -----								
Over 350% poverty:								
Males and females:								
1-2.....	† 93	† 285	† 404	† 97	† 107	† 185	† 83	† 58
3-5.....	† 125	† 348	† 540	† 105	† 134	† 214	† 118	† 79
5 and under ‡	114	341	499	103	123	202	111	74
Males:								
6-11.....	† 106	† 226	† 314	† 105	† 136	† 127	† 122	† 83
12-19.....	113	181	325	102	138	92	150	93
20-39.....	103	149	314	110	174	86	175	95
40-59.....	96	137	298	97	165	85	158	86
60 and over.....	107	161	375	97	160	88	176	98
20 and over.....	101	147	319	103	168	86	169	92
Females:								
6-11.....	† 115	† 235	† 303	† 105	† 137	† 131	† 125	† 87
12-19.....	101	137	186	73	98	77	79	76
20-39.....	88	119	208	78	121	80	80	77
40-59.....	91	125	218	79	126	85	94	76
60 and over.....	103	144	206	78	124	86	130	81
20 and over.....	92	126	212	79	123	83	94	77
All individuals.....	99	156	280	92	141	94	128	84

‡ Includes infants under 1.

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T6-18a. For the U.S. population, daily total fat intake in grams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	37	0.9	35	36	0.9	34	40	1.9	39	39	1.8	37
1-2 years/2	51	1.2	49	50	1.6	48	56	2.3	54	52	2.3	48
3-5 years	62	1.4	57	61	1.9	55	69	2.5	66	61	2.3	57
6-11 years	78	1.5	73	78	2.1	74	79	2.8	77	75	2.3	66
12-15 years	97	3.8	86	97	5.0	87	95	6.9	84	96	6.0	78
16-19 years	120	4.1	112	123	5.3	114	127	8.8	110	101	5.6	90
20-29 years	116	3.0	106	121	4.2	110	124	7.0	109	99	3.7	90
30-39 years	113	3.0	106	116	3.6	110	106	5.9	93	100	4.7	89
40-49 years	98	2.7	87	100	3.2	90	100	5.5	87	93	4.0	86
50-59 years	95	3.1	90	99	3.2	96	73	4.7	64	78	4.6	76
60-69 years	80	2.6	71	81	2.8	71	73	5.2	59	73	4.0	62
70-79 years	73	2.5	64	74	2.3	66	59	4.4	50	59	6.1	52
80 years and over	67	2.7	62	69	2.2	64	*58	*	*50	*56	*	*52
20-59 years	108	1.9	99	111	2.4	102	106	3.5	91	96	2.1	88
60 years and over	76	2.0	67	77	1.9	69	67	3.6	55	68	3.0	60
Total/2	96	1.4	85	98	1.6	87	95	2.0	82	87	1.2	77
Female												
2-11 months/2	35	0.8	33	34	0.8	33	36	1.6	34	36	1.6	36
1-2 years/2	47	1.2	43	47	1.5	43	52	2.0	46	48	1.9	44
3-5 years	57	1.2	53	55	1.9	51	66	2.0	62	57	1.7	52
6-11 years	68	1.4	63	67	2.1	62	73	2.4	68	69	1.9	63
12-15 years	72	2.6	66	67	3.3	64	90	5.0	73	72	3.9	64
16-19 years	77	3.1	65	74	4.2	60	86	4.0	82	74	4.0	67
20-29 years	75	1.8	70	74	2.5	70	86	2.9	81	72	2.8	65
30-39 years	75	1.9	68	76	2.6	70	74	2.8	69	70	2.8	62
40-49 years	70	2.0	64	72	2.7	65	67	2.7	62	66	3.0	59
50-59 years	63	2.1	59	63	2.4	59	64	3.0	63	58	3.4	54
60-69 years	59	2.0	54	60	2.3	55	53	2.7	45	46	2.1	44
70-79 years	53	1.9	49	53	1.9	50	58	4.0	50	45	5.0	32
80 years and over	47	1.7	44	47	1.5	44	42	3.4	42	*50	*	*48
20-59 years	72	1.1	66	72	1.5	66	75	1.5	69	69	1.3	60
60 years and over	55	1.3	51	55	1.4	51	54	2.0	46	46	1.6	41
Total/2	67	0.9	60	67	1.0	60	72	1.2	65	66	0.8	58

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18b. For the U.S. population, daily total fat intake as a percentage of kilocalories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	36.9	0.6	38.0	35.8	0.6	36.6	39.8	1.0	40.6	38.0	1.2	39.1
1-2 years/2	33.5	0.5	34.1	33.1	0.6	33.8	35.2	0.7	35.5	35.3	0.8	35.9
3-5 years	32.8	0.4	33.2	32.7	0.5	32.9	35.2	0.6	35.6	32.2	0.6	32.9
6-11 years	33.9	0.4	34.0	33.8	0.5	34.0	35.6	0.6	35.5	34.1	0.6	34.9
12-15 years	33.1	0.6	32.7	32.7	0.9	31.9	34.9	1.0	35.2	35.2	0.9	35.4
16-19 years	34.6	0.6	34.6	34.4	0.8	34.4	36.8	0.8	36.5	34.8	0.9	34.8
20-29 years	34.0	0.4	34.9	34.4	0.6	35.6	35.5	0.7	35.9	32.2	0.6	32.5
30-39 years	34.6	0.5	35.5	34.9	0.6	35.9	34.1	0.8	34.3	33.2	0.9	33.7
40-49 years	33.9	0.5	34.8	34.6	0.6	35.1	34.6	0.9	35.2	32.5	0.9	32.9
50-59 years	35.7	0.6	36.1	36.2	0.6	36.8	33.2	1.2	33.4	32.6	1.2	31.8
60-69 years	33.3	0.6	33.4	33.4	0.6	33.5	33.4	1.1	33.4	32.7	1.0	32.6
70-79 years	33.8	0.6	34.0	33.9	0.6	34.0	34.1	1.4	33.9	31.1	1.5	30.1
80 years and over	33.3	0.7	33.9	33.7	0.6	34.6	*32.4	*	*33.1	*33.7	*	*32.4
20-59 years	34.4	0.3	35.2	34.9	0.4	35.7	34.6	0.4	34.8	32.6	0.4	32.8
60 years and over	33.5	0.5	33.6	33.6	0.4	33.8	33.6	0.8	33.6	32.3	0.7	31.7
Total/2	34.1	0.3	34.7	34.4	0.3	34.9	34.9	0.4	35.2	33.3	0.4	33.8
Female												
2-11 months/2	37.6	0.6	38.2	37.1	0.6	37.6	38.2	0.9	38.6	39.8	1.0	39.2
1-2 years/2	34.0	0.4	34.3	33.8	0.5	34.1	36.0	0.7	36.7	34.2	0.7	34.3
3-5 years	33.1	0.4	33.0	32.7	0.6	32.6	35.2	0.5	35.1	34.3	0.5	33.7
6-11 years	34.2	0.4	33.9	34.2	0.6	33.9	35.5	0.6	35.2	34.7	0.5	34.6
12-15 years	33.7	0.7	33.8	32.5	0.9	33.1	37.9	1.0	37.7	34.8	0.8	35.1
16-19 years	34.4	0.7	34.4	34.1	1.0	34.2	36.2	0.8	36.9	35.0	0.8	34.8
20-29 years	34.0	0.5	34.1	33.7	0.6	34.0	37.2	0.6	37.0	33.7	0.6	33.2
30-39 years	34.2	0.5	34.8	34.5	0.6	35.5	34.8	0.7	35.9	33.0	0.7	32.9
40-49 years	34.9	0.6	35.3	35.6	0.7	36.3	35.4	0.8	35.5	33.0	0.8	33.6
50-59 years	33.8	0.7	33.4	33.9	0.7	33.3	34.5	0.9	34.0	31.8	1.1	31.0
60-69 years	32.8	0.6	33.3	33.0	0.7	33.5	33.5	1.0	32.6	31.5	0.9	31.1
70-79 years	32.3	0.7	31.8	32.3	0.7	31.8	34.2	1.2	34.3	30.6	1.4	31.7
80 years and over	31.3	0.7	32.0	31.4	0.6	32.1	29.4	1.5	28.7	*35.1	*	*37.0
20-59 years	34.2	0.3	34.5	34.4	0.4	34.8	35.7	0.5	35.8	33.1	0.4	32.9
60 years and over	32.4	0.4	32.5	32.5	0.4	32.5	33.2	0.9	32.8	31.6	0.8	31.6
Total/2	33.9	0.3	34.1	33.8	0.3	34.1	35.5	0.4	35.5	33.7	0.4	33.5

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18c. For the U.S. population, daily saturated fatty acid intake in grams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	16	0.4	15	15	0.4	15	16	0.9	16	17	0.8	16
1-2 years/2	21	0.5	20	21	0.6	20	21	0.9	20	21	0.9	19
3-5 years	24	0.5	22	24	0.8	22	26	0.9	25	23	0.9	22
6-11 years	29	0.6	27	30	0.9	28	29	1.1	27	28	0.9	25
12-15 years	36	1.3	32	36	1.7	33	33	2.5	30	36	2.4	29
16-19 years	44	1.5	39	45	2.0	40	44	3.1	36	36	2.2	30
20-29 years	41	1.1	37	43	1.5	41	41	2.4	35	34	1.5	31
30-39 years	39	1.1	36	41	1.4	38	34	1.9	29	35	1.7	31
40-49 years	33	0.9	29	33	1.1	30	33	1.8	28	31	1.5	28
50-59 years	31	1.0	29	33	1.1	30	23	1.5	21	26	1.9	22
60-69 years	27	1.0	23	28	1.1	24	24	1.7	20	25	1.6	19
70-79 years	25	0.9	22	26	0.9	23	20	1.5	18	20	2.1	16
80 years and over	23	0.9	20	24	0.7	22	*20	*	*17	*20	*	*19
20-59 years	37	0.7	33	38	0.9	35	35	1.2	30	33	0.9	29
60 years and over	26	0.8	23	27	0.8	23	22	1.2	19	23	1.3	19
Total/2	34	0.6	29	35	0.6	31	32	0.7	28	31	0.5	26
Female												
2-11 months/2	15	0.4	14	15	0.4	14	15	0.7	14	15	0.8	14
1-2 years/2	19	0.5	17	19	0.6	17	20	0.8	18	19	0.9	17
3-5 years	22	0.5	20	21	0.7	20	24	0.8	22	22	0.7	19
6-11 years	25	0.5	23	25	0.8	23	26	0.8	25	26	0.8	23
12-15 years	26	1.0	24	24	1.3	24	31	1.8	26	27	1.6	24
16-19 years	27	1.3	23	26	1.4	22	31	1.6	28	27	1.6	24
20-29 years	26	0.7	24	26	0.9	24	29	1.0	26	25	1.1	22
30-39 years	26	0.7	24	27	0.9	24	24	1.0	21	25	1.1	21
40-49 years	24	0.7	21	25	1.0	22	22	0.9	20	22	1.2	19
50-59 years	21	0.7	19	21	0.8	18	23	1.2	21	20	1.4	19
60-69 years	20	0.7	18	20	0.9	18	17	0.8	14	16	0.9	13
70-79 years	18	0.7	16	18	0.7	16	19	1.3	15	15	1.8	11
80 years and over	16	0.7	15	16	0.6	15	14	1.3	13	*18	*	*14
20-59 years	25	0.5	22	25	0.6	23	25	0.5	22	24	0.5	21
60 years and over	19	0.6	17	19	0.6	17	17	0.7	15	16	0.6	13
Total/2	23	0.4	21	23	0.4	21	24	0.4	22	23	0.4	21

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18d. For the U.S. population, daily saturated fatty acid intake as a percentage of kilocalories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	15.8	0.3	16.0	15.6	0.3	15.7	15.9	0.6	16.1	16.6	0.6	17.1
1-2 years/2	13.8	0.2	13.7	13.7	0.3	13.7	13.6	0.3	13.7	14.4	0.4	14.1
3-5 years	12.6	0.2	12.7	12.7	0.3	12.7	13.0	0.3	12.9	12.2	0.3	12.2
6-11 years	12.8	0.2	12.8	12.9	0.2	13.0	12.8	0.3	12.6	12.8	0.3	12.8
12-15 years	12.4	0.3	12.4	12.4	0.3	12.6	12.2	0.4	12.4	13.2	0.4	13.1
16-19 years	12.6	0.3	12.6	12.8	0.3	12.7	12.8	0.3	12.5	12.3	0.5	12.1
20-29 years	12.0	0.2	12.0	12.4	0.3	12.4	11.8	0.3	11.7	10.9	0.3	10.4
30-39 years	11.9	0.2	11.8	12.2	0.2	12.2	11.1	0.3	10.8	11.5	0.4	11.3
40-49 years	11.4	0.2	11.1	11.6	0.2	11.3	11.5	0.4	11.4	10.7	0.4	10.1
50-59 years	11.8	0.2	11.9	12.1	0.2	12.1	10.6	0.4	11.0	10.8	0.6	9.7
60-69 years	11.3	0.3	10.8	11.5	0.3	11.0	11.1	0.4	11.2	11.0	0.5	10.3
70-79 years	11.6	0.3	11.3	11.7	0.3	11.4	11.5	0.5	11.0	10.4	0.7	10.0
80 years and over	11.4	0.3	11.2	11.6	0.2	11.4	*11.0	*	*10.6	*11.8	*	*12.2
20-59 years	11.8	0.1	11.8	12.1	0.2	12.1	11.4	0.2	11.2	11.0	0.2	10.5
60 years and over	11.4	0.2	11.1	11.5	0.2	11.1	11.2	0.3	11.0	10.9	0.4	10.3
Total/2	12.1	0.1	12.0	12.2	0.1	12.2	11.9	0.1	11.8	11.8	0.2	11.6
Female												
2-11 months/2	15.9	0.3	16.1	15.9	0.3	16.3	15.8	0.5	16.1	16.4	0.5	16.1
1-2 years/2	13.9	0.2	13.8	13.9	0.3	13.8	13.9	0.3	13.8	14.0	0.4	13.6
3-5 years	12.6	0.2	12.5	12.4	0.2	12.5	12.7	0.2	12.4	13.1	0.3	12.9
6-11 years	12.7	0.2	12.4	12.8	0.2	12.5	12.5	0.2	12.2	13.0	0.2	12.8
12-15 years	12.0	0.3	12.1	11.6	0.4	11.9	13.3	0.4	12.8	13.1	0.4	12.9
16-19 years	12.3	0.4	12.2	12.2	0.4	12.2	12.7	0.4	12.7	12.5	0.5	12.2
20-29 years	11.9	0.2	11.7	11.9	0.3	11.8	12.6	0.3	12.4	11.7	0.3	11.4
30-39 years	11.9	0.2	11.9	12.2	0.3	12.2	11.3	0.3	11.1	11.6	0.3	11.0
40-49 years	11.8	0.2	11.3	12.2	0.3	11.7	11.5	0.3	11.6	11.1	0.4	10.9
50-59 years	11.4	0.3	11.6	11.3	0.3	11.6	12.1	0.4	11.7	10.7	0.5	10.1
60-69 years	11.0	0.3	10.6	11.1	0.3	10.7	10.7	0.4	10.0	10.9	0.5	10.3
70-79 years	10.8	0.3	10.5	10.7	0.3	10.6	11.2	0.5	10.9	10.2	0.7	9.3
80 years and over	10.8	0.3	10.6	10.8	0.2	10.6	*9.8	*	*9.8	*12.7	*	*12.9
20-59 years	11.8	0.1	11.7	11.9	0.2	11.9	11.9	0.2	11.7	11.4	0.2	11.1
60 years and over	10.9	0.2	10.6	10.9	0.2	10.6	10.8	0.3	10.2	10.9	0.4	10.3
Total/2	11.9	0.1	11.7	11.9	0.1	11.8	12.1	0.1	11.9	12.1	0.2	11.8

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18e. For the U.S. population, daily monounsaturated fatty acid intake in grams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	9	0.4	8	9	0.3	7	10	0.8	7	10	0.7	9
1-2 years/2	18	0.5	17	18	0.6	18	21	0.9	20	18	0.8	17
3-5 years	23	0.6	21	23	0.8	20	26	1.0	24	22	0.8	20
6-11 years	29	0.6	26	29	0.8	26	30	1.2	28	28	0.9	24
12-15 years	37	1.5	34	36	2.0	34	36	2.7	32	36	2.4	29
16-19 years	45	1.6	42	46	2.1	42	49	3.4	43	37	2.0	33
20-29 years	44	1.2	39	45	1.7	42	48	2.9	40	36	1.3	33
30-39 years	43	1.3	40	44	1.5	41	41	2.5	35	37	1.7	33
40-49 years	37	1.2	32	38	1.4	33	38	2.3	33	35	1.5	33
50-59 years	36	1.3	33	37	1.3	34	29	2.0	26	30	1.9	27
60-69 years	30	1.1	25	30	1.2	26	28	2.1	22	27	1.5	23
70-79 years	27	1.0	24	28	1.0	25	23	1.8	19	22	2.5	19
80 years and over	26	1.1	23	26	0.9	24	*22	*	*18	*22	*	*20
20-59 years	41	0.8	37	42	1.0	39	41	1.4	35	35	0.9	33
60 years and over	29	0.9	25	29	0.8	25	26	1.5	21	25	1.3	21
Total/2	36	0.6	32	37	0.7	33	36	0.8	31	32	0.5	28
Female												
2-11 months/2	9	0.3	7	9	0.3	7	9	0.5	7	9	0.7	7
1-2 years/2	17	0.5	15	17	0.6	16	19	0.8	17	16	0.7	15
3-5 years	21	0.5	19	21	0.8	18	24	0.8	23	21	0.6	19
6-11 years	25	0.6	23	25	0.8	23	28	0.9	25	25	0.7	23
12-15 years	27	1.0	25	25	1.3	24	33	1.9	28	27	1.5	24
16-19 years	28	1.2	24	28	1.7	22	32	1.5	30	27	1.4	23
20-29 years	28	0.7	26	27	1.0	25	32	1.1	29	26	1.0	24
30-39 years	27	0.8	25	28	1.0	25	28	1.1	25	25	1.0	22
40-49 years	26	0.8	23	27	1.0	24	25	1.1	23	24	1.2	21
50-59 years	23	0.8	21	23	0.9	20	24	1.1	24	21	1.3	19
60-69 years	22	0.8	20	22	0.9	20	21	1.1	17	17	0.8	15
70-79 years	19	0.8	17	19	0.7	17	22	1.7	17	16	1.9	11
80 years and over	17	0.7	17	17	0.6	17	16	1.4	17	*19	*	*17
20-59 years	26	0.4	24	26	0.6	24	28	0.6	26	25	0.5	22
60 years and over	20	0.5	18	20	0.5	18	20	0.9	17	17	0.7	15
Total/2	25	0.4	22	24	0.4	22	27	0.5	24	24	0.3	21

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18f. For the U.S. population, daily monounsaturated fatty acid intake as a percentage of kilocalories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	9.2	0.3	7.8	9.0	0.3	7.7	9.6	0.5	8.3	9.9	0.5	8.9
1-2 years/2	12.1	0.2	12.0	12.0	0.3	12.0	12.9	0.3	13.1	12.5	0.3	12.3
3-5 years	12.1	0.2	11.9	12.1	0.3	11.8	13.1	0.3	13.2	11.6	0.3	11.7
6-11 years	12.6	0.2	12.4	12.6	0.2	12.4	13.4	0.3	13.2	12.6	0.2	12.7
12-15 years	12.5	0.3	12.4	12.3	0.4	12.0	13.3	0.4	13.6	13.2	0.4	12.8
16-19 years	13.1	0.3	13.0	12.9	0.3	12.8	14.3	0.4	14.0	12.9	0.4	13.1
20-29 years	12.7	0.2	12.8	12.9	0.3	13.0	13.5	0.3	13.4	11.8	0.3	11.5
30-39 years	13.1	0.2	13.4	13.2	0.3	13.5	13.2	0.4	13.0	12.1	0.4	12.0
40-49 years	12.6	0.2	12.6	12.8	0.3	12.7	13.2	0.4	13.2	12.1	0.4	12.0
50-59 years	13.4	0.3	13.5	13.6	0.3	13.7	13.0	0.5	12.9	12.4	0.6	11.8
60-69 years	12.5	0.3	12.4	12.6	0.3	12.4	13.0	0.5	12.9	11.9	0.4	11.8
70-79 years	12.7	0.3	12.4	12.7	0.3	12.4	13.1	0.6	13.0	11.4	0.7	10.0
80 years and over	12.7	0.3	12.8	12.9	0.3	12.9	*12.3	*	*11.6	*13.0	*	*12.3
20-59 years	12.9	0.1	13.0	13.1	0.2	13.2	13.2	0.2	13.2	12.0	0.2	11.7
60 years and over	12.6	0.2	12.4	12.7	0.2	12.5	13.0	0.4	12.8	11.9	0.4	11.3
Total/2	12.7	0.1	12.7	12.8	0.1	12.8	13.2	0.2	13.2	12.2	0.2	12.1
Female												
2-11 months/2	9.2	0.3	7.6	9.2	0.3	7.6	9.0	0.4	7.5	9.7	0.6	8.0
1-2 years/2	12.2	0.2	12.0	12.2	0.2	11.9	13.2	0.3	13.3	11.7	0.3	11.8
3-5 years	12.2	0.2	12.0	12.1	0.2	11.9	13.1	0.2	13.3	12.5	0.2	12.1
6-11 years	12.6	0.2	12.4	12.6	0.2	12.4	13.4	0.2	13.5	12.7	0.2	12.4
12-15 years	12.6	0.3	12.8	12.2	0.4	12.3	14.1	0.4	13.7	12.9	0.4	13.2
16-19 years	12.6	0.3	12.6	12.6	0.4	12.6	13.4	0.3	13.0	12.7	0.4	12.5
20-29 years	12.4	0.2	12.3	12.3	0.3	12.2	13.8	0.3	13.4	12.3	0.3	12.4
30-39 years	12.5	0.2	12.6	12.6	0.3	12.7	12.9	0.3	13.2	11.9	0.3	12.2
40-49 years	12.8	0.3	13.0	13.0	0.3	13.2	13.4	0.3	13.5	12.1	0.4	12.0
50-59 years	12.4	0.3	12.1	12.3	0.3	12.1	12.7	0.4	13.1	11.4	0.5	10.8
60-69 years	12.1	0.3	12.2	12.1	0.3	12.2	12.8	0.5	12.2	11.4	0.4	11.5
70-79 years	11.7	0.3	11.6	11.7	0.3	11.7	12.8	0.5	12.5	10.8	0.7	10.1
80 years and over	11.5	0.3	11.7	11.5	0.3	11.8	*11.2	*	*11.1	*13.2	*	*13.1
20-59 years	12.5	0.1	12.4	12.6	0.2	12.6	13.3	0.2	13.3	12.0	0.2	12.1
60 years and over	11.8	0.2	11.9	11.9	0.2	11.9	12.6	0.4	12.1	11.5	0.4	11.3
Total/2	12.4	0.1	12.3	12.4	0.1	12.3	13.2	0.2	13.2	12.2	0.2	12.1

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18g. For the U.S. population, daily polyunsaturated fatty acid intake in grams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	8	0.3	8	8	0.3	8	10	0.6	10	9	0.7	8
1-2 years/2	8	0.3	7	8	0.4	7	10	0.5	9	9	0.6	7
3-5 years	11	0.3	9	11	0.4	9	13	0.6	12	11	0.6	9
6-11 years	14	0.4	12	14	0.5	12	15	0.6	14	13	0.6	11
12-15 years	18	1.0	14	17	1.5	13	18	1.3	17	16	1.3	13
16-19 years	22	1.1	20	23	1.4	21	24	1.9	22	20	1.8	16
20-29 years	23	0.7	19	23	1.1	19	26	1.4	22	21	0.9	18
30-39 years	23	0.8	19	23	1.0	19	22	1.2	19	21	1.6	17
40-49 years	21	0.8	17	22	1.0	18	21	1.3	18	20	1.2	18
50-59 years	20	0.9	17	21	0.9	18	15	1.1	12	16	1.2	15
60-69 years	16	0.7	14	16	0.8	14	15	1.3	11	16	1.1	12
70-79 years	15	0.7	12	15	0.7	12	12	1.1	10	13	1.6	10
80 years and over	13	0.8	11	14	0.6	11	*12	*	*8	*9	*	*8
20-59 years	22	0.4	18	22	0.5	19	22	0.7	18	20	0.5	17
60 years and over	15	0.4	13	16	0.4	13	13	0.8	10	14	0.7	11
Total/2	19	0.3	15	19	0.3	16	19	0.4	15	17	0.5	14
Female												
2-11 months/2	8	0.3	8	8	0.3	8	10	0.6	9	9	0.5	9
1-2 years/2	8	0.3	6	8	0.3	6	9	0.4	8	8	0.4	7
3-5 years	10	0.3	9	10	0.4	9	12	0.5	11	10	0.4	8
6-11 years	13	0.4	11	13	0.6	11	15	1.0	12	13	0.5	10
12-15 years	14	0.7	12	13	0.9	11	18	1.6	15	13	0.7	11
16-19 years	16	0.8	14	15	1.1	13	17	1.1	15	15	1.0	12
20-29 years	16	0.5	14	16	0.7	14	19	0.9	15	15	0.7	12
30-39 years	16	0.5	13	16	0.7	13	17	0.8	13	14	0.7	11
40-49 years	15	0.5	13	16	0.7	13	15	0.8	13	14	0.7	13
50-59 years	14	0.6	12	14	0.7	12	13	0.7	11	13	0.8	11
60-69 years	13	0.5	11	13	0.7	11	12	0.8	9	9	0.5	8
70-79 years	12	0.5	10	12	0.5	10	13	1.1	10	10	1.3	7
80 years and over	10	0.5	9	10	0.4	9	8	0.9	7	*9	*	*8
20-59 years	15	0.3	13	15	0.3	13	16	0.5	13	14	0.4	12
60 years and over	12	0.3	10	12	0.3	10	12	0.7	9	10	0.4	8
Total/2	14	0.2	12	14	0.2	11	15	0.3	12	13	0.3	11

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18h. For the U.S. population, daily polyunsaturated fatty acid intake as a percentage of kilocalories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/ ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/ ²	8.8	0.3	8.4	8.2	0.3	7.9	10.9	0.6	11.2	8.4	0.6	8.0
1-2 years/ ²	5.2	0.1	4.9	5.0	0.2	4.7	6.0	0.2	5.9	5.8	0.2	5.5
3-5 years	5.7	0.1	5.3	5.6	0.2	5.3	6.5	0.2	6.0	5.9	0.2	5.4
6-11 years	6.0	0.1	5.4	5.8	0.2	5.3	6.8	0.2	6.1	6.0	0.2	5.4
12-15 years	5.8	0.2	5.1	5.6	0.4	4.9	6.8	0.3	6.6	6.1	0.3	5.6
16-19 years	6.3	0.2	5.9	6.2	0.3	5.8	6.9	0.3	6.5	6.9	0.4	5.9
20-29 years	6.6	0.2	6.1	6.6	0.3	6.1	7.4	0.2	6.7	6.8	0.2	6.2
30-39 years	7.0	0.2	6.3	6.9	0.2	6.2	7.1	0.2	6.7	6.9	0.3	6.1
40-49 years	7.3	0.2	6.6	7.5	0.3	6.6	7.2	0.3	6.7	6.9	0.3	6.6
50-59 years	7.7	0.2	7.1	7.7	0.3	7.2	6.8	0.3	6.1	6.8	0.3	6.1
60-69 years	6.7	0.2	6.2	6.8	0.2	6.2	6.6	0.3	5.9	7.0	0.3	5.9
70-79 years	6.8	0.2	6.1	6.8	0.2	6.2	6.6	0.4	5.5	6.5	0.5	5.6
80 years and over	6.5	0.2	6.0	6.6	0.2	6.0	*6.1	*	*6.1	*5.9	*	*5.4
20-59 years	7.1	0.1	6.4	7.1	0.1	6.4	7.2	0.1	6.6	6.8	0.1	6.2
60 years and over	6.7	0.1	6.2	6.8	0.1	6.2	6.6	0.2	5.7	6.8	0.2	5.7
Total/ ²	6.7	0.1	6.1	6.7	0.1	6.1	7.0	0.1	6.4	6.6	0.1	5.9
Female												
2-11 months/ ²	9.3	0.3	9.3	8.9	0.3	8.8	10.2	0.5	9.7	10.2	0.5	10.7
1-2 years/ ²	5.4	0.1	5.0	5.3	0.1	5.0	6.3	0.2	6.0	5.8	0.2	5.3
3-5 years	5.8	0.1	5.4	5.8	0.2	5.3	6.6	0.2	6.3	6.0	0.1	5.5
6-11 years	6.4	0.2	5.5	6.4	0.2	5.4	7.0	0.3	5.8	6.3	0.2	5.8
12-15 years	6.6	0.3	5.7	6.3	0.3	5.4	7.7	0.5	6.7	6.2	0.2	5.9
16-19 years	7.0	0.2	6.2	6.8	0.3	6.0	7.4	0.4	7.0	7.1	0.3	6.5
20-29 years	7.2	0.2	6.4	7.1	0.2	6.2	8.0	0.3	7.2	7.0	0.2	6.3
30-39 years	7.2	0.2	6.6	7.1	0.2	6.6	7.9	0.3	7.3	6.8	0.2	6.2
40-49 years	7.6	0.2	7.1	7.7	0.3	7.3	7.8	0.3	7.0	7.1	0.2	6.8
50-59 years	7.4	0.2	6.8	7.6	0.3	7.1	6.9	0.3	6.1	7.0	0.3	6.5
60-69 years	7.1	0.2	6.3	7.2	0.2	6.4	7.2	0.3	6.2	6.4	0.3	5.8
70-79 years	7.2	0.2	6.4	7.2	0.3	6.4	7.5	0.4	6.4	6.9	0.5	6.2
80 years and over	6.6	0.2	5.8	6.7	0.2	5.9	5.8	0.4	5.8	*6.6	*	*5.9
20-59 years	7.3	0.1	6.7	7.3	0.1	6.6	7.8	0.2	7.0	7.0	0.1	6.4
60 years and over	7.0	0.1	6.3	7.1	0.1	6.4	7.1	0.3	6.1	6.6	0.2	5.9
Total/ ²	7.1	0.1	6.4	7.0	0.1	6.4	7.5	0.1	6.8	6.7	0.1	6.2

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18i. For the U.S. population, daily cholesterol intake in milligrams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	79	5.1	57	73	4.7	55	82	10.8	57	122	15.2	73
1-2 years/2	186	7.5	137	173	9.3	129	210	11.4	171	252	17.0	209
3-5 years	196	6.8	153	179	8.7	138	220	10.6	172	273	14.9	205
6-11 years	234	7.7	192	211	9.2	181	277	13.5	216	299	16.7	225
12-15 years	293	16.4	224	262	18.1	208	327	28.9	240	343	31.5	252
16-19 years	372	18.4	287	362	24.6	281	409	30.7	310	371	27.4	308
20-29 years	395	14.8	291	378	20.9	275	474	30.0	344	461	23.9	369
30-39 years	375	14.9	289	372	18.2	290	417	26.5	300	434	28.8	322
40-49 years	338	13.5	271	329	15.2	256	409	31.7	311	421	25.6	348
50-59 years	322	13.1	270	320	13.3	271	299	24.1	233	383	35.6	297
60-69 years	312	14.4	237	306	15.8	232	340	24.3	280	354	23.8	296
70-79 years	267	11.6	219	264	10.5	217	278	21.9	225	310	36.8	244
80 years and over	257	15.7	191	253	12.4	190	*338	*	*276	*292	*	*235
20-59 years	364	9.7	283	355	12.5	279	418	14.0	304	438	11.6	352
60 years and over	291	11.1	226	286	11.3	221	319	15.4	258	337	15.6	261
Total/2	322	6.6	244	312	7.9	237	358	10.4	264	378	7.8	289
Female												
2-11 months/2	78	5.7	50	75	5.5	50	78	12.1	47	104	16.5	53
1-2 years/2	174	6.9	131	162	8.9	123	200	12.5	158	245	11.8	219
3-5 years	192	6.9	145	171	10.2	121	222	10.9	167	264	12.4	206
6-11 years	215	7.7	169	205	10.7	163	234	15.1	179	247	10.5	191
12-15 years	202	10.8	162	181	12.3	160	275	27.4	169	238	16.2	187
16-19 years	210	10.6	161	204	14.4	154	232	17.1	200	287	20.9	219
20-29 years	244	8.4	194	230	11.3	177	298	15.3	241	295	14.7	225
30-39 years	249	8.8	198	242	11.2	194	264	15.0	199	283	15.0	201
40-49 years	235	8.8	183	232	11.5	182	248	15.5	191	284	16.7	223
50-59 years	222	9.9	176	217	10.9	173	252	18.3	206	264	20.4	214
60-69 years	210	9.2	164	204	10.3	162	214	19.0	151	227	15.7	178
70-79 years	193	8.6	157	187	8.5	154	246	18.4	215	243	31.3	220
80 years and over	174	9.6	134	172	8.5	134	205	31.7	125	*211	*	*196
20-59 years	240	4.2	187	232	5.8	182	270	7.5	218	285	8.1	218
60 years and over	199	5.1	160	193	5.5	158	223	11.7	164	229	12.8	186
Total/2	221	4.3	173	213	5.2	168	250	6.4	195	267	5.3	205

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18j. For the U.S. population, daily carbohydrate intake in grams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	119	3.4	112	122	3.5	113	114	5.4	105	116	5.4	115
1-2 years/2	176	3.9	173	178	4.8	176	178	6.3	177	164	6.2	155
3-5 years	225	4.3	214	227	5.6	217	228	7.2	207	223	6.8	207
6-11 years	272	5.3	258	278	7.4	262	250	6.9	236	253	7.2	241
12-15 years	346	14.2	325	357	20.1	341	309	20.2	292	295	16.6	272
16-19 years	381	13.7	348	395	18.3	370	370	20.8	334	312	15.6	294
20-29 years	353	8.6	330	364	12.8	338	341	14.8	316	323	8.8	310
30-39 years	335	8.8	312	345	10.8	323	304	13.6	262	305	10.9	299
40-49 years	298	8.4	273	302	9.9	278	272	12.1	250	292	10.3	285
50-59 years	266	7.9	246	272	8.2	254	227	12.2	212	258	14.7	231
60-69 years	253	7.6	237	254	8.3	239	217	10.6	196	242	11.7	227
70-79 years	231	7.0	217	235	6.5	223	187	11.5	173	212	15.3	190
80 years and over	225	8.2	209	228	6.6	211	*193	*	*147	*181	*	*136
20-59 years	321	5.5	295	328	7.2	297	299	7.4	267	306	5.8	293
60 years and over	242	5.7	224	244	5.7	230	204	7.7	182	229	9.5	210
Total/2	299	4.2	274	305	5.1	277	278	4.6	250	280	7.3	265
Female												
2-11 months/2	112	2.5	107	112	2.6	107	115	5.5	111	103	5.4	97
1-2 years/2	163	3.1	158	165	3.9	161	162	5.6	159	156	5.8	145
3-5 years	204	3.2	196	202	4.8	196	213	5.9	206	193	5.2	179
6-11 years	229	3.6	219	227	5.0	218	235	6.5	227	228	6.2	215
12-15 years	243	6.1	236	243	8.0	228	252	12.1	238	230	11.2	225
16-19 years	254	8.2	233	242	9.5	231	267	12.1	244	234	11.6	223
20-29 years	241	4.6	237	241	6.6	238	241	7.8	230	233	7.3	218
30-39 years	228	4.5	213	228	6.1	212	220	7.4	204	236	7.7	230
40-49 years	213	4.7	194	213	6.1	196	198	6.9	185	222	9.0	209
50-59 years	199	5.1	187	197	5.4	186	203	8.7	195	207	11.5	204
60-69 years	199	5.3	185	202	6.5	185	178	6.8	180	169	7.1	165
70-79 years	185	4.5	179	186	4.3	180	175	9.9	154	172	15.5	148
80 years and over	179	5.2	173	180	4.5	173	179	14.5	161	*163	*	*140
20-59 years	223	3.0	210	223	3.9	211	220	3.7	204	229	4.3	221
60 years and over	191	3.9	181	193	3.9	182	177	4.9	167	169	6.3	159
Total/2	217	2.7	203	216	3.1	202	218	2.8	203	217	5.4	208

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18k. For the U.S. population, daily carbohydrate intake as a percentage of kilocalories, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	52.7	0.6	52.2	53.8	0.6	53.6	50.5	1.2	49.3	50.5	1.3	49.9
1-2 years/2	53.2	0.6	53.2	54.0	0.8	54.1	51.1	0.9	50.6	50.9	1.0	50.4
3-5 years	54.8	0.5	54.8	55.3	0.7	55.9	52.5	0.8	52.2	54.7	0.8	54.0
6-11 years	53.5	0.5	53.3	54.2	0.6	54.0	50.9	0.8	51.0	52.1	0.8	51.9
12-15 years	54.0	0.8	55.1	54.8	1.1	56.0	52.5	1.3	53.2	50.2	1.1	49.5
16-19 years	49.6	0.7	50.5	49.4	1.0	50.0	48.8	1.0	49.0	49.3	1.2	49.3
20-29 years	47.6	0.5	47.3	47.3	0.8	47.1	45.7	0.9	45.9	49.6	0.7	49.3
30-39 years	47.4	0.6	47.1	47.5	0.7	47.4	46.0	1.0	46.5	47.3	1.1	48.0
40-49 years	46.9	0.7	46.7	47.0	0.8	46.7	44.3	1.2	44.7	47.3	1.2	46.9
50-59 years	46.3	0.8	45.8	46.0	0.8	45.8	47.0	1.4	48.2	48.9	1.5	49.1
60-69 years	48.7	0.7	48.3	48.7	0.8	48.4	47.0	1.4	46.7	49.9	1.3	49.8
70-79 years	49.4	0.8	49.8	49.3	0.7	49.8	48.8	1.7	49.0	52.0	1.9	52.8
80 years and over	51.2	0.9	50.8	51.1	0.7	50.6	*49.6	*	*51.8	*49.7	*	*55.7
20-59 years	47.2	0.4	46.8	47.1	0.5	46.7	45.7	0.5	46.1	48.4	0.5	48.7
60 years and over	49.2	0.6	49.3	49.2	0.6	49.3	47.8	1.0	47.8	50.5	1.1	50.8
Total/2	49.2	0.3	49.3	49.2	0.4	49.3	48.0	0.5	48.3	49.7	0.6	49.7
Female												
2-11 months/2	52.4	0.6	51.6	52.6	0.7	51.7	53.0	1.0	51.9	50.0	1.1	49.9
1-2 years/2	53.0	0.5	52.4	53.7	0.7	53.4	50.5	0.8	50.9	51.2	1.0	50.3
3-5 years	54.4	0.5	54.4	55.3	0.7	55.5	51.9	0.6	52.2	52.4	0.6	52.6
6-11 years	52.9	0.5	52.9	53.1	0.7	53.4	51.7	0.7	52.1	51.8	0.6	52.1
12-15 years	54.4	0.8	53.4	56.0	1.2	54.9	49.4	1.1	50.1	51.9	1.0	52.1
16-19 years	52.4	0.9	52.1	52.5	1.2	52.0	51.4	0.9	51.2	50.7	1.1	51.7
20-29 years	50.0	0.6	49.8	49.9	0.8	49.7	48.1	0.7	49.1	50.9	0.7	51.6
30-39 years	49.7	0.6	49.0	49.5	0.8	48.6	48.9	0.8	48.7	51.6	0.8	52.1
40-49 years	49.0	0.7	48.5	48.4	0.9	47.7	48.5	0.9	47.8	51.4	1.0	50.8
50-59 years	49.8	0.7	50.6	49.6	0.8	50.0	49.9	1.1	50.6	50.8	1.4	52.6
60-69 years	51.1	0.7	51.1	51.1	0.9	50.9	51.2	1.1	51.8	52.2	1.2	52.5
70-79 years	52.4	0.8	52.5	52.6	0.8	52.5	49.9	1.3	50.1	54.5	1.8	56.7
80 years and over	54.5	0.8	54.4	54.4	0.7	54.3	57.0	1.9	55.5	*52.3	*	*52.4
20-59 years	49.6	0.3	49.5	49.4	0.5	49.1	48.7	0.5	49.1	51.2	0.5	51.9
60 years and over	52.1	0.5	52.4	52.2	0.5	52.3	51.5	0.9	51.9	52.8	1.0	52.8
Total/2	51.1	0.3	51.0	51.1	0.4	50.9	49.9	0.4	50.2	51.5	0.6	51.9

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-18I. For the U.S. population, daily dietary fiber intake in grams, on 1 day, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median	Mean	SEM	Median
Male												
2-11 months/2	4.73	0.26	4.15	5.26	0.28	4.74	3.31	0.43	2.50	4.43	0.48	3.58
1-2 years/2	9.01	0.31	7.92	9.16	0.40	7.93	9.17	0.45	8.81	9.05	0.53	7.77
3-5 years	11.18	0.30	10.35	11.02	0.40	10.32	11.60	0.50	10.66	13.39	0.59	10.95
6-11 years	13.14	0.33	12.00	13.09	0.46	12.22	12.75	0.51	11.23	15.66	0.61	13.55
12-15 years	15.09	0.66	13.60	15.08	0.96	13.60	14.23	0.96	12.31	17.44	1.21	14.83
16-19 years	17.44	0.78	15.81	17.38	1.05	16.16	16.13	1.14	13.50	21.16	1.60	15.96
20-29 years	18.74	0.59	15.98	18.22	0.84	15.80	18.09	0.92	14.63	26.28	1.09	21.49
30-39 years	19.97	0.62	17.82	20.29	0.79	18.69	16.40	0.82	14.05	23.73	1.21	20.79
40-49 years	18.01	0.60	16.70	18.36	0.75	17.30	14.96	0.80	12.36	22.81	1.21	18.89
50-59 years	18.29	0.72	16.35	18.73	0.78	16.49	14.46	1.07	12.48	21.77	1.45	19.10
60-69 years	17.60	0.69	15.27	17.77	0.81	15.31	13.89	0.98	12.25	20.86	1.31	18.15
70-79 years	17.17	0.75	14.41	17.65	0.75	14.73	12.93	0.99	10.31	17.99	1.62	16.84
80 years and over	16.55	0.83	14.56	17.08	0.71	15.07	*9.00	*	*6.73	*19.75	*	*13.12
20-59 years	18.89	0.33	16.49	19.00	0.45	16.72	16.41	0.56	13.70	24.43	0.78	20.65
60 years and over	17.34	0.46	14.87	17.65	0.51	14.95	13.17	0.82	10.75	19.98	1.22	18.03
Total/2	17.01	0.27	14.73	17.24	0.32	15.12	14.68	0.38	12.34	20.56	0.85	16.70
Female												
2-11 months/2	4.10	0.23	3.54	4.33	0.25	3.96	3.71	0.46	3.19	3.72	0.49	2.77
1-2 years/2	8.00	0.24	7.13	8.06	0.32	7.33	7.84	0.35	7.05	9.62	0.52	8.22
3-5 years	10.24	0.27	9.40	9.97	0.43	9.20	11.30	0.42	10.09	11.75	0.48	9.48
6-11 years	11.81	0.30	10.28	11.47	0.44	9.70	11.96	0.46	10.89	14.17	0.57	12.04
12-15 years	11.45	0.49	10.04	10.81	0.64	9.98	12.02	0.77	10.08	13.14	0.85	10.45
16-19 years	12.57	0.56	9.99	11.96	0.69	9.69	12.08	0.81	9.48	15.06	1.24	11.34
20-29 years	12.51	0.35	10.93	12.31	0.51	10.71	10.91	0.43	9.66	16.68	0.74	13.61
30-39 years	13.53	0.38	12.45	13.66	0.51	12.59	11.73	0.56	9.94	17.05	0.92	14.40
40-49 years	12.81	0.40	11.90	12.81	0.51	12.27	11.10	0.55	9.49	16.41	0.94	14.85
50-59 years	13.71	0.48	12.45	13.66	0.54	12.47	12.96	0.88	10.56	17.62	1.50	14.75
60-69 years	14.74	0.52	12.79	15.17	0.65	13.44	12.64	0.76	11.04	13.66	0.88	11.72
70-79 years	14.63	0.55	12.53	14.72	0.55	12.92	13.19	1.10	11.02	13.01	1.64	11.22
80 years and over	12.64	0.50	11.43	12.81	0.46	11.70	11.84	1.18	9.96	*10.34	*	*6.91
20-59 years	13.10	0.23	11.86	13.08	0.29	12.12	11.53	0.27	9.99	16.86	0.61	14.25
60 years and over	14.37	0.36	12.45	14.62	0.38	12.82	12.73	0.54	11.03	13.13	0.95	11.48
Total/2	12.75	0.19	11.24	12.78	0.23	11.43	11.54	0.28	9.98	14.94	0.58	12.36

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-19a. For the Hispanic population, daily total fat intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	45	3.2	43	4	60*	*	78*	16	38*	*	46*
1-2 years**	206	53	1.6	51	22	58*	*	43*	71	51	3.7	46
3-5 years	356	62	1.7	59	25	65*	*	63*	103	65	3.1	62
6-11 years	626	82	1.5	77	65	74	4.1	74	209	79	3.2	72
12-15 years	377	101	3.0	88	58	98	7.3	90	151	102	5.5	84
16-19 years	275	119	4.4	105	55	125	10.1	116	146	111	6.1	97
20-29 years	444	111	3.2	99	57	93	5.8	84	113	107	6.8	100
30-39 years	374	106	3.0	97	55	96	7.5	80	90	82	5.0	77
40-49 years	243	96	3.5	88	82	77	4.5	72	87	82	6.2	74
50-59 years	233	89	3.2	79	109	73	4.3	61	101	73	5.1	65
60-74 years	162	76	3.1	68	73	68	5.7	56	50	65	4.9	59
20-59 years	1,294	105	1.7	94	303	84	2.7	75	391	89	3.1	78
60-74 years	162	76	3.1	68	73	68	5.7	56	50	65	4.9	59
Total**	3,347	95	1.6	82	605	84	2.9	75	1,137	86	1.5	75
Female												
6-11 months**	55	39	2.1	41	3	35*	*	36*	20	38*	*	34*
1-2 years**	238	53	1.7	50	16	48*	*	46*	61	53	2.9	52
3-5 years	296	61	2.0	56	24	67*	*	54*	101	61	3.1	56
6-11 years	653	74	1.4	68	61	72	5.2	62	209	75	2.7	71
12-15 years	353	75	2.3	70	46	87	8.3	77	161	78	4.0	68
16-19 years	325	68	2.2	61	45	73	9.0	57	153	83	4.9	71
20-29 years	558	70	1.7	63	70	65	4.7	63	202	71	3.2	59
30-39 years	461	69	1.8	64	96	63	4.0	56	176	62	3.5	52
40-49 years	315	62	2.0	55	103	46	2.5	43	170	56	2.5	49
50-59 years	324	58	2.2	51	114	49	2.8	42	131	53	3.3	47
60-74 years	203	54	2.2	49	102	46	2.9	41	90	40	3.0	34
20-59 years	1,658	67	1.0	60	383	56	1.8	50	679	63	1.7	55
60-74 years	203	54	2.2	49	102	46	2.9	41	90	40	3.0	34
Total**	3,781	66	1.0	60	680	59	2.0	51	1,474	66	1.1	57

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19b. For the Hispanic population, daily total fat intake as a percentage of kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	38.3	1.7	40.9	4	37.6*	*	39.1*	16	31.1*	*	33.7*
1-2 years**	206	36.8	0.6	37.2	22	31.5*	*	31.8*	71	33.1	0.9	32.8
3-5 years	356	34.9	0.5	35.0	25	33.0*	*	35.5*	103	33.8	0.7	33.4
6-11 years	626	35.9	0.4	36.0	65	31.9	0.9	32.3	209	33.2	0.5	33.0
12-15 years	377	36.5	0.5	36.9	58	33.1	1.1	34.7	151	33.6	0.6	34.6
16-19 years	275	36.4	0.6	36.9	55	32.5	1.5	31.9	146	32.9	0.7	32.4
20-29 years	444	35.1	0.5	35.0	57	35.1	1.2	33.3	113	33.4	0.9	33.6
30-39 years	374	35.4	0.5	35.6	55	33.7	1.3	33.2	90	32.3	0.9	31.7
40-49 years	243	35.2	0.7	35.3	82	31.4	1.2	31.6	87	34.2	1.0	34.5
50-59 years	233	34.8	0.7	35.3	109	30.1	0.9	30.5	101	31.8	1.0	31.9
60-74 years	162	36.6	0.8	36.6	73	29.8	1.1	29.8	50	32.9	1.2	32.2
20-59 years	1,294	35.2	0.3	35.3	303	32.4	0.6	31.9	391	33.0	0.5	33.6
60-74 years	162	36.6	0.8	36.6	73	29.8	1.1	29.8	50	32.9	1.2	32.2
Total**	3,347	35.6	0.3	35.8	605	32.2	0.5	32.0	1,137	33.1	0.2	33.3
Female												
6-11 months**	55	38.2	0.8	38.6	3	37.2*	*	34.2*	20	33.4*	*	32.1*
1-2 years**	238	37.5	0.5	37.9	16	34.8*	*	34.7*	61	35.4	0.9	35.9
3-5 years	296	35.9	0.5	36.4	24	34.7*	*	33.2*	101	33.5	0.8	34.3
6-11 years	653	36.1	0.3	35.8	61	34.2	1.4	35.5	209	34.0	0.5	33.8
12-15 years	353	36.4	0.5	36.8	46	35.9	1.4	36.9	161	34.2	0.7	33.7
16-19 years	325	36.3	0.5	36.7	45	34.3	1.6	31.8	153	34.1	0.8	33.9
20-29 years	558	36.7	0.4	36.6	70	35.7	1.4	35.1	202	34.9	0.6	34.7
30-39 years	461	36.0	0.5	36.2	96	34.7	1.0	34.8	176	33.7	0.8	33.2
40-49 years	315	35.8	0.6	35.9	103	31.0	1.0	30.6	170	33.9	0.7	33.8
50-59 years	324	34.6	0.6	34.8	114	30.9	0.9	30.3	131	32.8	1.0	32.8
60-74 years	203	35.3	0.7	35.1	102	29.8	1.1	29.0	90	30.3	1.2	31.6
20-59 years	1,658	36.0	0.2	36.0	383	33.1	0.5	32.7	679	34.1	0.4	33.8
60-74 years	203	35.3	0.7	35.1	102	29.8	1.1	29.0	90	30.3	1.2	31.6
Total**	3,781	36.2	0.3	36.2	680	33.1	0.5	32.8	1,474	33.9	0.2	33.8

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19c. For the Hispanic population, daily saturated fatty acid intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	20	1.5	18	4	30*	*	34*	16	17*	*	19*
1-2 years**	206	22	0.8	20	22	27*	*	21*	71	23	1.8	20
3-5 years	356	24	0.8	22	25	29*	*	25*	103	26	1.3	25
6-11 years	626	32	0.7	31	65	32	2.1	31	209	31	1.4	28
12-15 years	377	39	1.3	34	58	39	3.0	37	151	40	2.2	32
16-19 years	275	45	1.8	37	55	47	4.5	42	146	43	2.5	39
20-29 years	444	41	1.4	34	57	36	2.6	31	113	40	2.8	35
30-39 years	374	38	1.2	34	55	34	3.0	29	90	28	1.8	26
40-49 years	243	34	1.3	31	82	29	1.9	27	87	29	2.4	24
50-59 years	233	32	1.4	29	109	26	1.7	22	101	26	2.0	23
60-74 years	162	27	1.2	25	73	24	1.9	21	50	22	2.0	17
20-59 years	1,294	38	0.7	33	303	31	1.1	27	391	32	1.2	27
60-74 years	162	27	1.2	25	73	24	1.9	21	50	22	2.0	17
Total**	3,347	35	0.7	31	605	32	1.3	28	1,137	33	0.6	27
Female												
6-11 months**	55	17	1.0	17	3	17*	*	14*	20	17*	*	17*
1-2 years**	238	22	0.7	20	16	22*	*	22*	61	23	1.2	23
3-5 years	296	24	0.8	21	24	30*	*	24*	101	25	1.3	22
6-11 years	653	29	0.6	27	61	30	2.3	28	209	30	1.1	27
12-15 years	353	29	0.9	26	46	34	3.7	29	161	31	1.5	28
16-19 years	325	26	0.9	22	45	28	3.7	24	153	31	1.9	27
20-29 years	558	25	0.7	22	70	23	1.7	23	202	26	1.2	21
30-39 years	461	24	0.7	22	96	23	1.4	21	176	22	1.2	19
40-49 years	315	21	0.7	19	103	16	1.0	16	170	20	0.9	17
50-59 years	324	21	0.8	18	114	18	1.1	16	131	19	1.2	16
60-74 years	203	20	0.9	17	102	17	1.2	15	90	15	1.3	14
20-59 years	1,658	24	0.4	21	383	20	0.7	18	679	22	0.6	19
60-74 years	203	20	0.9	17	102	17	1.2	15	90	15	1.3	14
Total**	3,781	25	0.4	22	680	22	0.9	19	1,474	25	0.4	21

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19d. For the Hispanic population, daily saturated fatty acid intake as a percentage of kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	17.2	1.0	18.0	4	18.9*	*	15.9*	16	13.6*	*	14.5*
1-2 years**	206	15.3	0.3	15.0	22	14.9*	*	14.8*	71	15.0	0.6	14.6
3-5 years	356	13.7	0.2	13.8	25	14.8*	*	15.7*	103	13.9	0.4	13.9
6-11 years	626	14.2	0.2	14.0	65	13.8	0.5	13.4	209	13.1	0.3	13.0
12-15 years	377	14.2	0.2	14.0	58	13.2	0.5	13.9	151	13.5	0.3	13.2
16-19 years	275	13.6	0.3	13.8	55	12.0	0.6	12.8	146	12.8	0.3	12.4
20-29 years	444	12.8	0.2	12.9	57	13.7	0.7	12.9	113	12.2	0.4	12.2
30-39 years	374	12.5	0.2	12.4	55	12.3	0.6	11.8	90	11.0	0.4	10.2
40-49 years	243	12.4	0.3	12.3	82	11.7	0.5	11.6	87	12.0	0.5	11.7
50-59 years	233	12.2	0.3	12.4	109	10.8	0.4	10.5	101	11.0	0.4	10.6
60-74 years	162	13.2	0.4	12.8	73	10.9	0.4	11.3	50	10.9	0.5	10.2
20-59 years	1,294	12.6	0.1	12.5	303	12.1	0.3	11.7	391	11.6	0.2	11.3
60-74 years	162	13.2	0.4	12.8	73	10.9	0.4	11.3	50	10.9	0.5	10.2
Total**	3,347	13.3	0.1	13.2	605	12.4	0.3	12.2	1,137	12.6	0.1	12.4
Female												
6-11 months**	55	16.8	0.6	15.8	3	17.3*	*	17.9*	20	14.6*	*	14.8*
1-2 years**	238	15.7	0.3	15.6	16	16.3*	*	16.3*	61	15.7	0.6	15.9
3-5 years	296	13.9	0.3	14.0	24	15.6*	*	16.4*	101	14.0	0.4	14.4
6-11 years	653	14.1	0.2	14.1	61	14.3	0.6	14.3	209	13.5	0.3	13.3
12-15 years	353	13.9	0.2	13.7	46	14.3	0.8	13.4	161	13.4	0.3	13.3
16-19 years	325	13.5	0.3	13.3	45	13.2	0.8	12.0	153	12.8	0.4	12.4
20-29 years	558	13.2	0.2	13.2	70	12.8	0.6	12.8	202	12.7	0.3	12.7
30-39 years	461	12.7	0.2	12.5	96	12.8	0.4	12.9	176	11.8	0.3	11.4
40-49 years	315	12.4	0.3	12.0	103	11.0	0.5	10.8	170	12.0	0.3	11.6
50-59 years	324	12.4	0.3	12.3	114	11.3	0.4	11.2	131	11.6	0.4	11.4
60-74 years	203	12.7	0.3	12.6	102	10.7	0.4	10.4	90	11.5	0.6	12.3
20-59 years	1,658	12.8	0.1	12.6	383	12.0	0.2	11.8	679	12.1	0.2	12.0
60-74 years	203	12.7	0.3	12.6	102	10.7	0.4	10.4	90	11.5	0.6	12.3
Total**	3,781	13.4	0.1	13.3	680	12.4	0.2	12.2	1,474	12.7	0.1	12.6

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19e. For the Hispanic population, daily monounsaturated fatty acid intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	12	1.1	12	4	21*	*	24*	16	9*	*	9*
1-2 years**	206	19	0.6	19	22	20*	*	14*	71	18	1.4	15
3-5 years	356	23	0.7	22	25	23*	*	24*	103	24	1.5	21
6-11 years	626	31	0.6	29	65	27	1.6	25	209	29	1.3	25
12-15 years	377	39	1.2	33	58	39	3.3	34	151	38	2.2	32
16-19 years	275	47	1.8	41	55	49	4.2	46	146	41	2.4	37
20-29 years	444	44	1.3	39	57	36	2.4	33	113	41	2.9	38
30-39 years	374	43	1.3	39	55	37	3.3	31	90	32	2.1	31
40-49 years	243	39	1.5	35	82	30	2.0	26	87	32	2.7	28
50-59 years	233	36	1.4	33	109	29	1.8	25	101	28	2.3	26
60-74 years	162	30	1.3	26	73	27	2.6	23	50	25	1.9	24
20-59 years	1,294	42	0.7	37	303	33	1.2	29	391	34	1.3	30
60-74 years	162	30	1.3	26	73	27	2.6	23	50	25	1.9	24
Total**	3,347	37	0.6	32	605	33	1.2	28	1,137	32	0.6	28
Female												
6-11 months**	55	11	0.8	10	3	10*	*	9*	20	9*	*	8*
1-2 years**	238	19	0.7	18	16	16*	*	14*	61	19	1.1	17
3-5 years	296	23	0.8	21	24	24*	*	21*	101	22	1.2	20
6-11 years	653	28	0.6	25	61	27	2.2	23	209	27	1.0	25
12-15 years	353	29	0.9	25	46	34	3.7	29	161	29	1.6	25
16-19 years	325	26	0.9	23	45	28	4.1	22	153	31	2.0	27
20-29 years	558	27	0.7	24	70	24	1.8	22	202	27	1.3	23
30-39 years	461	26	0.7	24	96	25	1.8	22	176	24	1.6	19
40-49 years	315	24	0.9	21	103	17	1.1	15	170	21	1.0	19
50-59 years	324	23	0.9	19	114	18	1.0	15	131	20	1.4	18
60-74 years	203	21	1.0	18	102	18	1.2	15	90	14	1.1	13
20-59 years	1,658	26	0.4	23	383	21	0.7	18	679	24	0.7	20
60-74 years	203	21	1.0	18	102	18	1.2	15	90	14	1.1	13
Total**	3,781	25	0.4	22	680	22	0.9	19	1,474	24	0.4	21

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19f. For the Hispanic population, daily monounsaturated fatty acid intake as a percentage of kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	10.3	0.6	10.1	4	12.8*	*	13.6*	16	7.1*	*	6.9*
1-2 years**	206	13.3	0.2	13.2	22	10.9*	*	10.7*	71	11.3	0.3	10.9
3-5 years	356	13.0	0.2	12.8	25	11.7*	*	12.2*	103	12.1	0.3	11.7
6-11 years	626	13.6	0.2	13.6	65	11.4	0.4	11.8	209	12.0	0.2	11.8
12-15 years	377	14.0	0.2	14.2	58	12.8	0.5	12.4	151	12.4	0.3	12.2
16-19 years	275	14.3	0.3	14.3	55	12.8	0.7	12.9	146	12.1	0.3	12.0
20-29 years	444	13.9	0.2	13.6	57	13.6	0.5	13.2	113	12.9	0.4	12.9
30-39 years	374	14.1	0.2	14.1	55	13.1	0.6	12.8	90	12.4	0.4	12.1
40-49 years	243	14.1	0.3	14.1	82	12.0	0.5	12.2	87	12.9	0.5	12.7
50-59 years	233	14.1	0.3	14.4	109	12.1	0.4	12.1	101	12.2	0.5	11.6
60-74 years	162	14.5	0.4	14.2	73	11.6	0.5	11.6	50	12.5	0.5	12.1
20-59 years	1,294	14.0	0.1	14.0	303	12.7	0.3	12.5	391	12.7	0.2	12.4
60-74 years	162	14.5	0.4	14.2	73	11.6	0.5	11.6	50	12.5	0.5	12.1
Total**	3,347	13.9	0.1	13.8	605	12.4	0.2	12.2	1,137	12.3	0.1	12.1
Female												
6-11 months**	55	10.3	0.6	10.4	3	10.8*	*	11.0*	20	7.7*	*	7.4*
1-2 years**	238	13.6	0.3	13.4	16	11.7*	*	11.2*	61	12.3	0.4	12.3
3-5 years	296	13.4	0.2	13.2	24	12.5*	*	12.4*	101	11.9	0.3	12.0
6-11 years	653	13.6	0.2	13.5	61	12.8	0.6	12.6	209	12.2	0.2	11.9
12-15 years	353	13.9	0.2	13.8	46	13.8	0.6	14.1	161	12.4	0.3	12.2
16-19 years	325	13.8	0.3	13.8	45	13.1	0.8	12.4	153	12.6	0.3	12.3
20-29 years	558	14.2	0.2	14.0	70	13.4	0.6	12.9	202	13.2	0.3	13.0
30-39 years	461	13.9	0.2	13.8	96	13.4	0.5	13.2	176	12.7	0.4	12.2
40-49 years	315	13.9	0.3	13.5	103	11.8	0.5	11.2	170	12.8	0.3	12.3
50-59 years	324	13.3	0.3	13.1	114	11.5	0.4	11.0	131	12.5	0.4	12.5
60-74 years	203	13.5	0.4	13.4	102	11.4	0.5	10.8	90	10.8	0.5	11.6
20-59 years	1,658	13.9	0.1	13.7	383	12.5	0.2	12.1	679	12.9	0.2	12.6
60-74 years	203	13.5	0.4	13.4	102	11.4	0.5	10.8	90	10.8	0.5	11.6
Total**	3,781	13.7	0.1	13.6	680	12.5	0.2	12.1	1,474	12.5	0.1	12.3

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19g. For the Hispanic population, daily polyunsaturated fatty acid intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	9	1.0	8	4	6*	*	5*	16	9*	*	9*
1-2 years**	206	8	0.3	7	22	6*	*	5*	71	7	0.6	5
3-5 years	356	10	0.3	9	25	8*	*	7*	103	11	0.6	10
6-11 years	626	13	0.3	11	65	10	0.7	9	209	13	0.6	11
12-15 years	377	16	0.6	14	58	14	1.2	12	151	17	1.1	14
16-19 years	275	19	0.8	16	55	20	1.7	18	146	19	1.2	16
20-29 years	444	18	0.6	16	57	14	1.3	13	113	19	1.3	17
30-39 years	374	18	0.6	16	55	17	1.8	12	90	17	1.3	15
40-49 years	243	17	0.7	14	82	13	0.8	12	87	16	1.4	15
50-59 years	233	15	0.6	13	109	12	1.1	10	101	14	1.0	12
60-74 years	162	13	0.7	11	73	12	1.5	9	50	14	1.1	12
20-59 years	1,294	18	0.3	15	303	14	0.6	12	391	17	0.6	15
60-74 years	162	13	0.7	11	73	12	1.5	9	50	14	1.1	12
Total**	3,347	16	0.4	13	605	13	0.5	11	1,137	15	0.3	13
Female												
6-11 months**	55	8	0.7	7	3	5*	*	3*	20	9*	*	10*
1-2 years**	238	8	0.4	7	16	6*	*	5*	61	8	0.7	7
3-5 years	296	10	0.4	9	24	8*	*	7*	101	10	0.7	9
6-11 years	653	12	0.4	11	61	10	1.0	8	209	13	0.6	12
12-15 years	353	12	0.6	10	46	13	1.1	13	161	14	0.8	12
16-19 years	325	12	0.5	10	45	11	1.4	8	153	15	1.0	12
20-29 years	558	13	0.4	11	70	13	1.2	10	202	13	0.6	11
30-39 years	461	13	0.5	11	96	11	0.9	8	176	12	0.8	11
40-49 years	315	12	0.6	9	103	9	0.6	8	170	11	0.6	9
50-59 years	324	10	0.5	8	114	10	0.9	7	131	10	0.6	8
60-74 years	203	9	0.5	8	102	8	0.6	7	90	7	0.6	6
20-59 years	1,658	12	0.2	10	383	10	0.5	8	679	12	0.3	10
60-74 years	203	9	0.5	8	102	8	0.6	7	90	7	0.6	6
Total**	3,781	12	0.3	10	680	10	0.4	8	1,474	12	0.2	10

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.
 ** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19h. For the Hispanic population, daily polyunsaturated fatty acid intake as a percentage of kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	7.5	0.7	5.1	4	3.3*	*	4.2*	16	7.5*	*	9.2*
1-2 years**	206	5.6	0.2	5.4	22	3.6*	*	3.4*	71	4.5	0.3	4.6
3-5 years	356	5.6	0.1	5.2	25	4.3*	*	3.7*	103	5.4	0.2	5.0
6-11 years	626	5.6	0.1	5.2	65	4.5	0.2	4.2	209	5.8	0.2	5.5
12-15 years	377	5.7	0.1	5.4	58	4.8	0.3	4.6	151	5.4	0.2	5.1
16-19 years	275	6.0	0.2	5.7	55	5.5	0.5	4.7	146	5.7	0.2	5.3
20-29 years	444	5.9	0.1	5.5	57	5.4	0.4	4.5	113	6.0	0.3	6.0
30-39 years	374	6.2	0.1	5.8	55	6.0	0.5	5.1	90	6.7	0.3	6.3
40-49 years	243	6.1	0.2	5.7	82	5.5	0.4	4.7	87	6.8	0.4	6.1
50-59 years	233	5.9	0.2	5.4	109	5.0	0.3	4.6	101	6.2	0.3	5.5
60-74 years	162	6.0	0.2	5.7	73	5.2	0.4	4.3	50	7.2	0.4	6.4
20-59 years	1,294	6.0	0.1	5.6	303	5.5	0.2	4.7	391	6.4	0.2	6.1
60-74 years	162	6.0	0.2	5.7	73	5.2	0.4	4.3	50	7.2	0.4	6.4
Total**	3,347	5.9	0.1	5.5	605	5.2	0.2	4.5	1,137	6.0	0.1	5.7
Female												
6-11 months**	55	7.7	0.6	7.5	3	5.8*	*	3.1*	20	8.0*	*	9.5*
1-2 years**	238	5.4	0.2	5.2	16	4.1*	*	3.2*	61	5.0	0.3	4.9
3-5 years	296	6.0	0.2	5.5	24	4.3*	*	3.8*	101	5.4	0.2	5.2
6-11 years	653	5.9	0.1	5.6	61	4.9	0.4	4.7	209	5.8	0.2	5.5
12-15 years	353	5.9	0.2	5.4	46	5.4	0.4	4.8	161	6.0	0.2	5.5
16-19 years	325	6.4	0.2	5.8	45	5.7	0.5	5.4	153	6.2	0.2	6.1
20-29 years	558	6.7	0.2	6.2	70	7.0	0.5	6.4	202	6.6	0.2	6.4
30-39 years	461	6.9	0.2	6.1	96	6.1	0.3	5.7	176	6.8	0.2	6.6
40-49 years	315	6.8	0.2	5.9	103	6.0	0.3	5.4	170	6.6	0.2	6.4
50-59 years	324	6.2	0.2	5.8	114	5.8	0.4	4.9	131	6.3	0.3	6.1
60-74 years	203	6.3	0.2	5.9	102	5.5	0.3	4.8	90	5.7	0.3	5.4
20-59 years	1,658	6.7	0.1	6.1	383	6.2	0.2	5.5	679	6.6	0.1	6.4
60-74 years	203	6.3	0.2	5.9	102	5.5	0.3	4.8	90	5.7	0.3	5.4
Total**	3,781	6.4	0.1	5.8	680	5.8	0.2	5.2	1,474	6.3	0.1	6.0

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19i. For the Hispanic population, daily cholesterol intake in milligrams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months **	51	182	23.7	153	4	218*	*	260*	16	120*	*	93*
1-2 years **	206	310	15.9	309	22	300*	*	203*	71	253	19.6	222
3-5 years	356	310	13.5	260	25	310*	*	245*	103	314	19.2	284
6-11 years	626	346	10.4	303	65	325	35.0	260	209	351	16.1	312
12-15 years	377	430	21.5	352	58	389	34.2	344	151	407	22.4	349
16-19 years	275	525	26.4	455	55	489	55.8	416	146	496	29.9	417
20-29 years	444	514	19.8	468	57	471	40.2	400	113	480	30.7	442
30-39 years	374	494	21.2	414	55	412	33.3	361	90	361	30.7	288
40-49 years	243	460	22.7	408	82	369	28.9	336	87	405	36.2	322
50-59 years	233	458	23.1	414	109	364	25.0	292	101	393	35.7	308
60-74 years	162	441	23.4	430	73	279	22.6	248	50	306	36.6	246
20-59 years	1,294	493	11.1	438	303	402	15.7	342	391	417	16.6	350
60-74 years	162	441	23.4	430	73	279	22.6	248	50	306	36.6	246
Total **	3,347	443	10.1	371	605	380	14.2	313	1,137	390	8.3	323
Female												
6-11 months **	55	186	19.1	161	3	259*	*	277*	20	119*	*	73*
1-2 years **	238	308	13.6	285	16	282*	*	272*	61	277	22.8	231
3-5 years	296	291	12.4	254	24	325*	*	227*	101	278	18.5	224
6-11 years	653	294	7.7	246	61	279	26.0	233	209	348	16.1	286
12-15 years	353	300	12.8	247	46	372	47.0	289	161	332	20.9	251
16-19 years	325	286	12.5	225	45	281	32.5	215	153	355	20.5	302
20-29 years	558	336	11.4	270	70	266	25.7	206	202	329	17.2	261
30-39 years	461	327	11.4	278	96	295	26.6	216	176	290	16.2	220
40-49 years	315	303	12.5	272	103	242	30.5	156	170	271	16.6	201
50-59 years	324	297	12.7	260	114	319	78.3	173	131	249	17.7	184
60-74 years	203	302	15.6	292	102	211	17.5	160	90	200	20.0	142
20-59 years	1,658	322	6.1	270	383	281	24.1	194	679	295	8.7	227
60-74 years	203	302	15.6	292	102	211	17.5	160	90	200	20.0	142
Total **	3,781	308	6.7	262	680	279	18.7	201	1,474	302	6.0	232

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19j. For the Hispanic population, daily carbohydrate intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	116	7.2	103	4	158*	*	159*	16	157*	*	160*
1-2 years**	206	150	4.6	141	22	199*	*	185*	71	173	10.7	171
3-5 years	356	197	4.4	188	25	185*	*	170*	103	218	10.3	206
6-11 years	626	246	4.2	234	65	260	12.1	241	209	268	10.1	250
12-15 years	377	282	6.6	265	58	314	18.6	279	151	339	19.6	299
16-19 years	275	315	9.5	279	55	404	25.6	407	146	365	18.4	338
20-29 years	444	297	6.4	276	57	257	15.4	256	113	325	17.8	303
30-39 years	374	291	6.6	277	55	268	16.3	249	90	261	13.0	253
40-49 years	243	255	7.3	229	82	253	13.0	232	87	227	13.8	221
50-59 years	233	243	7.6	228	109	237	9.3	229	101	223	12.4	221
60-74 years	162	198	7.3	185	73	234	13.5	210	50	216	17.1	208
20-59 years	1,294	282	3.6	266	303	253	6.5	240	391	270	8.1	252
60-74 years	162	198	7.3	185	73	234	13.5	210	50	216	17.1	208
Total**	3,347	262	2.5	244	605	263	5.4	241	1,137	276	4.5	250
Female												
6-11 months**	55	112	7.1	106	3	109*	*	92*	20	144*	*	138*
1-2 years**	238	146	5.1	135	16	160*	*	157*	61	168	9.3	151
3-5 years	296	185	5.8	172	24	202*	*	186*	101	196	7.2	188
6-11 years	653	221	4.3	208	61	215	8.6	214	209	245	7.7	232
12-15 years	353	214	5.9	200	46	240	14.4	231	161	251	8.8	232
16-19 years	325	199	6.4	181	45	215	18.3	199	153	254	11.2	229
20-29 years	558	192	4.6	179	70	175	10.9	168	202	206	6.6	191
30-39 years	461	191	4.7	177	96	177	8.2	169	176	187	8.3	176
40-49 years	315	180	5.6	164	103	164	7.5	158	170	167	5.0	153
50-59 years	324	175	5.5	155	114	176	7.3	167	131	161	6.3	152
60-74 years	203	156	5.4	149	102	175	7.5	172	90	146	8.5	132
20-59 years	1,658	187	2.5	174	383	173	4.2	164	679	186	3.6	173
60-74 years	203	156	5.4	149	102	175	7.5	172	90	146	8.5	132
Total**	3,781	190	1.7	177	680	183	3.4	174	1,474	203	2.9	187

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19k. For the Hispanic population, daily carbohydrate intake as a percentage of kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	48.6	2.2	46.1	4	47.5 *	*	47.9 *	16	59.2*	*	57.2*
1-2 years**	206	47.1	0.9	46.1	22	51.9*	*	49.9*	71	51.9	1.2	51.8
3-5 years	356	50.3	0.7	50.3	25	50.8*	*	46.0*	103	50.5	1.0	51.7
6-11 years	626	48.9	0.5	48.4	65	52.2	1.4	52.2	209	50.9	0.7	51.1
12-15 years	377	47.8	0.7	48.0	58	49.6	1.4	49.9	151	50.3	0.9	49.7
16-19 years	275	45.8	0.8	45.3	55	48.7	1.8	50.2	146	49.9	0.9	50.8
20-29 years	444	44.6	0.6	43.9	57	43.1	1.4	43.8	113	47.2	1.0	47.7
30-39 years	374	44.2	0.6	44.9	55	43.9	1.4	45.4	90	48.2	1.0	48.5
40-49 years	243	43.7	0.9	43.7	82	46.4	1.4	47.6	87	44.2	1.2	43.7
50-59 years	233	43.8	0.9	42.8	109	46.3	1.2	46.2	101	46.2	1.3	46.4
60-74 years	162	43.8	1.1	44.9	73	49.7	1.6	49.0	50	50.1	1.6	51.3
20-59 years	1,294	44.3	0.4	44.0	303	45.0	0.7	45.5	391	46.7	0.6	46.6
60-74 years	162	43.8	1.1	44.9	73	49.7	1.6	49.0	50	50.1	1.6	51.3
Total**	3,347	45.9	0.4	46.0	605	47.2	0.8	47.3	1,137	49.0	0.5	49.2
Female												
6-11 months**	55	48.4	1.4	48.3	3	49.7*	*	51.9*	20	56.1*	*	56.5*
1-2 years**	238	46.5	0.8	46.4	16	49.2*	*	48.9*	61	49.2	1.5	48.3
3-5 years	296	49.7	0.7	49.2	24	48.1*	*	49.5*	101	51.0	1.2	51.1
6-11 years	653	49.1	0.4	49.0	61	48.9	1.7	48.0	209	50.3	0.8	50.8
12-15 years	353	49.0	0.6	48.7	46	47.6	1.8	47.6	161	50.9	1.1	51.9
16-19 years	325	48.3	0.7	48.3	45	46.6	2.1	46.8	153	49.8	1.1	49.7
20-29 years	558	46.6	0.6	45.9	70	45.0	1.7	44.6	202	48.2	1.0	47.5
30-39 years	461	47.1	0.6	46.4	96	45.8	1.4	46.2	176	48.3	1.2	47.5
40-49 years	315	47.3	0.8	47.3	103	50.8	1.3	49.0	170	48.2	1.0	47.1
50-59 years	324	49.0	0.8	49.1	114	50.7	1.2	50.5	131	49.0	1.3	50.3
60-74 years	203	47.9	0.9	48.7	102	52.3	1.4	51.3	90	52.3	2.0	50.8
20-59 years	1,658	47.2	0.3	47.0	383	48.1	0.7	47.8	679	48.3	0.5	47.6
60-74 years	203	47.9	0.9	48.7	102	52.3	1.4	51.3	90	52.3	2.0	50.8
Total**	3,781	47.9	0.3	47.8	680	48.6	0.7	48.3	1,474	49.4	0.4	49.2

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-19I. For the Hispanic population, daily dietary fiber intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American				Cuban American				Puerto Rican			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male												
6-11 months**	51	6.13	1.18	4.50	4	10.24*	*	11.86*	16	6.70*	*	7.27*
1-2 years**	206	8.57	0.41	7.69	22	10.43*	*	8.98*	71	6.75	0.50	6.81
3-5 years	356	11.64	0.39	10.08	25	6.91*	*	6.62*	103	8.61	0.54	8.34
6-11 years	626	15.56	0.38	14.03	65	10.75	0.64	10.66	209	10.39	0.45	9.36
12-15 years	377	17.03	0.61	13.84	58	12.81	1.05	11.30	151	12.54	0.84	10.31
16-19 years	275	19.99	0.91	16.08	55	18.27	2.29	14.72	146	14.61	0.92	13.11
20-29 years	444	20.47	0.61	17.85	57	11.42	0.94	9.59	113	14.30	0.86	13.88
30-39 years	374	21.17	0.69	18.27	55	15.32	1.35	13.49	90	12.56	1.09	9.50
40-49 years	243	18.31	0.73	16.16	82	13.94	1.07	12.05	87	11.62	1.08	10.85
50-59 years	233	18.64	0.86	15.70	109	13.17	0.79	10.76	101	12.18	0.90	9.93
60-74 years	162	14.76	0.76	13.49	73	13.35	1.11	12.06	50	10.77	0.95	10.48
20-59 years	1,294	20.15	0.36	17.41	303	13.42	0.51	11.01	391	12.91	0.49	11.49
60-74 years	162	14.76	0.76	13.49	73	13.35	1.11	12.06	50	10.77	0.95	10.48
Total**	3,347	17.68	0.33	14.97	605	13.16	0.38	11.15	1,137	11.85	0.23	10.05
Female												
6-11 months**	55	5.07	0.66	3.89	3	8.86*	*	6.94*	20	6.04*	*	4.91*
1-2 years**	238	8.88	0.53	7.48	16	10.10*	*	9.58*	61	5.70	0.44	4.98
3-5 years	296	10.84	0.43	9.59	24	8.35*	*	6.39*	101	7.69	0.43	6.97
6-11 years	653	13.95	0.37	12.42	61	9.92	0.71	9.44	209	10.17	0.42	9.16
12-15 years	353	12.52	0.52	10.14	46	9.95	0.86	9.39	161	9.97	0.44	8.82
16-19 years	325	12.54	0.65	10.12	45	8.29	0.79	6.65	153	10.41	0.61	9.08
20-29 years	558	12.41	0.42	10.64	70	7.84	0.60	7.18	202	8.67	0.44	7.48
30-39 years	461	12.89	0.44	11.51	96	8.86	0.73	6.06	176	8.13	0.43	6.63
40-49 years	315	12.72	0.53	10.73	103	8.67	0.55	7.38	170	8.17	0.42	6.92
50-59 years	324	12.54	0.51	10.87	114	10.26	0.74	7.91	131	7.54	0.44	6.39
60-74 years	203	11.25	0.58	9.95	102	9.28	0.59	8.27	90	8.05	0.74	6.38
20-59 years	1,658	12.62	0.24	10.94	383	8.92	0.34	7.19	679	8.26	0.22	6.94
60-74 years	203	11.25	0.58	9.95	102	9.28	0.59	8.27	90	8.05	0.74	6.38
Total**	3,781	12.32	0.21	10.64	680	9.08	0.24	7.74	1,474	8.68	0.16	7.34

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.
 ** Excludes nursing infants and children.
 NOTE: 24-hour dietary recall, 1 day.
 SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.T6-20. Percentage of people with total fat intake $\leq 30\%$ of calories, $>30\%$ and $\leq 40\%$ of calories, and $>40\%$ of calories, by age, sex, race, income level, and Food Stamp Program (FSP) participation during 3 days, 1989-91

Age, race, income level, and FSP participation	At or below 30 percent		Greater than 30 percent and less than or equal to 40 percent		Greater than 40 percent	
	----- Percent -----					
	Male	Female	Male	Female	Male	Female
Age (years)						
Under 1	3.2*	8.1*	52.8	44.0	44.0	47.9
1-2	23.5	21.6	52.5	59.8	24.0	18.6
3-5	23.4	18.0	58.2	70.3	18.4	11.8
6-11	18.2	17.7	64.2	66.9	17.6	15.4
12-19	14.0	17.9	67.5	61.1	18.6	21.0
20-29	17.7	25.9	58.4	55.6	23.9	18.5
30-39	19.2	21.7	57.4	54.9	23.4	23.5
40-49	16.7	20.2	52.3	50.9	31.1	28.9
50-59	20.8	25.8	46.5	54.7	32.7	19.4
60-69	31.5	30.6	45.8	50.1	22.7	19.3
70 and over	28.7	32.1	56.1	54.4	15.2	13.6
20 and over	20.9	25.2	53.8	53.6	25.3	21.1
Race						
White, 20 and over	20.6	25.3	53.1	53.7	26.3	21.0
Black, 20 and over	17.0	21.3	62.5	55.5	20.5	23.3
Income level						
<131% poverty, 20 and over ...	21.7	25.9	50.9	53.0	27.4	21.2
131-350% poverty, 20 and over	18.2	26.0	56.0	54.7	25.8	19.3
>350% poverty, 20 and over	22.3	23.6	52.0	53.4	25.7	23.0
FSP participation						
Participating, 20 and over ...	21.5	23.5	48.6	52.7	30.0	23.8
Not participating, 20 and over	21.8	26.9	51.5	53.1	26.7	20.0

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T6-23. Mean 1-day nutrient intakes of American Indians 45-74 years of age, by age, sex, and State of residence, compared with the 1989 recommended values, 1989-91

NUTRIENT	ARIZONA			OKLAHOMA			SOUTH DAKOTA		
	Sample Size	Mean	SEM	Sample Size	Mean	SEM	Sample Size	Mean	SEM
Energy (kcal)									
Men 45-59	83	2177	117.2	64	2156	155.1	67	2095	162.5
Women 45-59	93	1644	62.8	87	1656	85.2	88	1801	101.3
Men 60-74	54	1621	101.7	79	1567	77.5	50	1594	125.0
Women 60-74	67	1476	60.0	86	1204	59.3	70	1469	91.2
Carbohydrate (gm)									
Men 45-59	83	266	15.0	64	233	16.3	67	226	15.5
Women 45-59	93	197	8.6	87	200	11.7	88	219	11.3
Men 60-74	54	188	11.1	79	191	10.0	50	189	17.8
Women 60-74	67	185	8.4	86	149	7.8	70	182	11.7
Protein (gm)									
Men 45-59	83	78	4.0	64	77	5.5	67	83	6.8
Women 45-59	93	66	3.0	87	62	3.0	88	67	3.9
Men 60-74	54	65	4.1	79	61	3.0	50	63	3.8
Women 60-74	67	58	2.5	86	48	2.3	70	56	3.3
Fat (gm)									
Men 45-59	83	78	5.1	64	92	8.7	67	90	8.1
Women 45-59	93	67	3.2	87	69	4.1	88	72	4.7
Men 60-74	54	65	5.6	79	63	3.7	50	64	5.1
Women 60-74	67	56	3.0	86	48	3.4	70	58	4.2

SOURCE: HHS, Strong Heart Dietary Study, 1989 - 91.

Table A.T6-24. For pregnant females, daily mean nutrient intakes from food, by race/ethnicity, 1988-91

Nutrient	All pregnant females ¹		Non-Hispanic white		Non-Hispanic black		Mexican American	
	(n=169)		(n=40)		(n=53)		(n=74)	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Food energy (kcal)	2282	104	2265	146	2335	192	2184	112
Protein (g)	85	4.5	84	6.6	88	7.9	82	3.8
Total fat (g)	93	6.2	93	8.9	100	8.4	86	4.2
Saturated fat (g)	34	2.3	34	3.2	34	3.0	31	1.4
Monounsaturated fat (g)	33	2.2	33	3.1	37	3.0	30	1.4
Polyunsaturated fat (g)	19	1.7	19	2.4	21	2.3	18	1.9
Cholesterol (mg)	299	27.2	274	37.1	373	47.7	365	27.6
Carbohydrate (g)	285	12.4	282	15.2	278	24.2	278	17.1
Dietary fiber (g)	14.49	0.65	14.26	0.98	13.33	1.33	18.73	1.42
Alcohol (g)	*1	*	*1	*	*0	*	*1	*
Energy from total fat (% kcal)	36.1	1.1	36.2	1.6	37.4	1.3	34.4	0.8
Energy from saturated fat (% kcal)	13.3	0.4	13.6	0.6	12.8	0.6	12.6	0.6
Energy from monounsaturated fat (% kcal)	13.0	0.4	13.0	0.6	13.8	0.6	12.1	0.4
Energy from polyunsaturated fat (% kcal)	7.1	0.5	7.1	0.7	7.8	0.5	6.9	0.6
Energy from protein (% kcal)	14.6	0.4	14.5	0.6	14.9	0.4	15.3	0.6
Energy from carbohydrate (% kcal)	50.7	1.4	50.8	2.0	48.7	1.5	51.8	1.3
Energy from alcohol (% kcal)	*0.2	*	*0.3	*	*0.0	*	*0.2	*
Vitamin A (μg RE)	1043	146	957	136	*1475	*	905	86
Carotenenes (μg RE)	409	46	368	63	*411	*	771	120
Vitamin E (mg α-tocopherol equivalents)	9.41	1.06	9.48	1.54	8.36	0.60	11.96	1.05
Vitamin C (mg)	128	13.0	108	11.5	140	26.9	147	12.6
Thiamin (mg)	1.85	0.12	1.79	0.16	1.32	0.18	1.83	0.09
Riboflavin (mg)	2.24	0.16	2.24	0.24	2.17	0.20	2.31	0.12
Niacin (mg)	23.31	1.88	23.24	2.73	24.60	2.58	20.70	0.92
Vitamin B ₆ (mg)	1.91	0.14	1.86	0.20	1.90	0.21	2.00	0.12
Folate (μg)	288	19.3	281	28.6	270	37.8	326	18.2
Vitamin B ₁₂ (μg)	5.50	0.83	4.85	0.73	*8.67	*	5.08	0.46
Calcium (mg)	1064	83	1104	119	851	90	1098	76
Phosphorus (mg)	1428	83	1449	124	1298	111	1501	50
Magnesium (mg)	285	14.4	286	20.0	241	22.0	303	11.0
Iron (mg)	13.89	0.59	13.23	0.74	14.43	1.28	15.09	0.66
Zinc (mg)	10.89	0.54	10.45	0.82	11.98	1.12	12.33	0.91
Copper (mg)	1.26	0.05	1.20	0.05	1.41	0.26	1.26	0.08
Sodium (mg)	3681	215	3784	289	3712	318	3162	225
Potassium (mg)	2936	162	2893	207	2658	252	2935	127

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

NOTE: 24-hour dietary recall, 1 day. Values do not include nutrient intakes from dietary supplements.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T6-26. Percentage of children and adults 2 months of age and older who reported taking vitamin and/or mineral supplements in the past month, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
2-11 months	569	26.6	2.77	323	29.4	2.97	93	16.9	3.89	112	23.2	4.86
1-2 years	692	39.6	2.78	234	43.5	3.80	204	27.6	3.13	216	33.2	3.90
3-5 years	882	42.1	2.49	265	47.4	3.59	257	28.2	2.81	322	31.3	3.15
6-11 years	973	31.1	2.22	287	33.8	3.27	272	21.8	2.50	376	19.2	2.47
12-15 years	373	15.6	2.81	106	16.7	4.25	110	12.6	3.17	139	16.0	3.79
16-19 years	414	24.3	3.15	126	28.0	4.69	110	10.3	2.90	160	19.8	3.84
20-29 years	946	23.9	2.08	249	26.3	3.27	264	18.4	2.38	394	12.3	2.02
30-39 years	850	30.7	2.37	314	32.1	3.09	244	25.6	2.79	263	23.5	3.18
40-49 years	693	29.4	2.59	270	30.9	3.29	201	24.7	3.04	196	19.2	3.43
50-59 years	546	33.0	3.01	294	34.2	3.24	122	24.5	3.90	106	28.0	5.31
60-69 years	660	33.9	2.76	293	34.9	3.26	164	21.3	3.20	191	30.8	4.07
70-79 years	575	33.3	2.94	369	33.6	2.88	110	32.8	4.48	89	30.7	5.95
80 years and over	463	36.6	3.35	387	38.0	2.89	35	24.7	7.29	32	39.4*	*
Total	8,636	29.7	1.45	3,517	31.9	1.96	2,186	21.7	1.03	2,596	20.9	1.07
Female												
2-11 months	552	21.4	2.67	311	21.9	2.87	93	12.6	3.76	100	26.7	4.67
1-2 years	745	43.3	2.78	270	47.1	3.72	198	28.6	3.51	254	40.0	3.24
3-5 years	956	42.2	2.45	266	47.4	3.75	286	29.7	2.95	374	39.6	2.67
6-11 years	967	25.6	2.15	291	27.2	3.19	230	22.7	3.02	417	21.7	2.13
12-15 years ²	417	20.0	3.00	137	21.5	4.30	109	13.7	3.60	155	20.1	3.40
16-19 years ²	427	30.1	3.40	151	31.6	4.63	119	20.1	4.01	137	21.4	3.70
20-29 years ²	925	37.2	2.44	274	42.1	3.65	275	23.5	2.79	348	30.8	2.61
30-39 years ²	868	41.9	2.57	309	45.0	3.47	263	36.0	3.23	269	25.9	2.82
40-49 years ²	673	39.8	2.89	253	42.0	3.80	181	27.5	3.62	203	28.9	3.36
50-59 years	517	45.0	3.36	260	47.4	3.79	137	36.7	4.50	108	39.2	4.96
60-69 years	684	47.1	2.93	306	49.0	3.50	176	37.1	3.98	188	35.9	3.69
70-79 years	539	47.8	3.30	336	49.3	3.34	127	37.3	4.69	63	46.4	6.63
80 years and over	543	51.0	3.29	449	53.0	2.89	54	31.0	6.87	34	45.5	9.01
Total	8,813	39.0	1.54	3,613	42.2	2.04	2,248	28.1	1.11	2,650	29.2	1.18
Pregnant females	171	65.3	5.90	40	72.7	6.52	53	51.4	8.94	75	55.0	7.88

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² Includes pregnant and lactating females.

NOTE: Based on supplements taken in the past month. Unknown or unrecognizable supplements were not counted as vitamin and/or mineral supplements. Nonvitamin, nonmineral dietary supplements, e.g., herbs, food items, or formula drinks were not counted as vitamin and/or mineral supplements.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F6-13. Daily mean intake of food energy, over 3 days, by sex and age, 1977-78, 1987-88, and 1989-91

Sex and age (years)	NFCS 1977-78		NFCS 1987-88		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM
-----Kilocalories-----						
Males and Females:						
Under 1	793	10.5	768	75.8	781	25.3
1-2	1,209	16.8	1,147	30.0	1,145	29.0
3-5	1,466	13.5	1,350	37.2	1,429	27.0
5 and under	1,293	12.6	1,206	24.4	1,252	22.1
Males:						
6-11	1,934	18.9	1,923	70.3	1,811	34.2
12-19	2,432	28.3	2,257	64.0	2,337	75.8
20-29	2,432	29.0	2,231	57.3	2,445	58.9
30-39	2,335	28.6	2,171	57.2	2,207	57.5
40-49	2,258	24.6	2,010	39.8	2,161	49.8
50-59	2,178	21.2	1,893	44.4	1,976	55.7
60-69	2,031	29.5	1,908	48.2	1,900	45.5
70 and over	1,876	43.2	1,887	71.3	1,763	40.3
20 and over	2,239	19.0	2,067	32.5	2,142	31.2
Females:						
6-11	1,788	17.2	1,645	36.4	1,728	36.9
12-19	1,771	16.6	1,715	50.4	1,731	39.5
20-29	1,614	19.6	1,502	28.0	1,602	33.5
30-39	1,539	18.6	1,484	24.0	1,582	25.0
40-49	1,533	19.3	1,429	28.0	1,468	25.9
50-59	1,523	13.5	1,440	38.9	1,465	32.6
60-69	1,488	14.5	1,394	31.3	1,413	27.9
70 and over	1,409	17.7	1,363	43.0	1,365	24.4
20 and over	1,534	9.0	1,447	13.9	1,503	16.0
All individuals	1,826	12.6	1,725	24.9	1,774	18.4

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA, Nationwide Food Consumption Survey (NFCS), 1977-78 and 1987-88 and Continuing Survey of Food Intakes by Individuals (CSFII), 1989-91

Table A.F6-14a. Daily mean percentage of kilocalories from carbohydrate, over 3 days, by sex and age, 1977-78, 1987-88, and 1989-91

Sex and age (years)	NFCS 1977-78		NFCS 1987-88		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM
-----Percent-----						
Males and Females:						
Under 1	45.2	0.82	51.2	1.43	50.1	0.91
1-2	46.9	0.38	48.8	1.22	50.6	0.81
3-5	47.5	0.32	50.4	0.72	51.6	0.55
5 and under	47.0	0.36	50.0	0.69	51.0	0.45
Males:						
6-11	46.5	0.27	49.3	0.39	51.1	0.52
12-19	44.4	0.17	48.9	0.48	50.6	0.44
20-29	40.7	0.25	45.9	0.45	46.4	0.59
30-39	39.2	0.31	43.8	0.70	46.5	0.37
40-49	38.4	0.37	43.5	0.60	45.3	0.49
50-59	39.0	0.38	43.5	0.69	45.1	0.56
60-69	40.6	0.29	45.0	0.67	48.2	0.62
70 and over	43.0	0.69	46.7	1.06	50.2	0.62
20 and over	40.0	0.25	44.6	0.28	46.6	0.28
Females:						
6-11	46.9	0.20	50.2	0.51	51.5	0.47
12-19	45.0	0.25	49.3	0.43	50.7	0.55
20-29	42.0	0.23	47.1	0.38	50.2	0.35
30-39	40.7	0.35	46.5	0.38	48.2	0.35
40-49	39.8	0.40	46.0	0.47	47.6	0.48
50-59	40.6	0.30	45.6	0.70	49.0	0.50
60-69	42.6	0.33	47.3	0.57	49.8	0.46
70 and over	45.0	0.34	48.4	0.52	51.4	0.39
20 and over	41.5	0.22	46.8	0.23	49.2	0.22
All individuals	42.6	0.19	46.9	0.17	48.9	0.21

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA, Nationwide Food Consumption Survey (NFCS), 1977-78 and 1987-88 and Continuing Survey of Food Intakes by Individuals (CSFII), 1989-91

Table A.F6-14b. Daily mean percentage of kilocalories from protein, over 3 days, by sex and age, 1977-78, 1987-88, and 1989-91

Sex and age (years)	NFCS 1977-78		NFCS 1987-88		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM
-----Percent-----						
Males and Females:						
Under 1	14.2	0.19	10.7	0.48	10.7	0.30
1-2	16.4	0.18	16.3	0.54	16.1	0.26
3-5	15.6	0.13	15.7	0.26	15.7	0.20
5 and under	15.7	0.12	15.2	0.15	15.3	0.18
Males:						
6-11	15.6	0.15	15.6	0.22	15.4	0.26
12-19	16.0	0.11	15.3	0.17	15.4	0.21
20-29	16.6	0.13	16.1	0.23	16.6	0.23
30-39	16.6	0.10	17.0	0.22	16.8	0.20
40-49	16.8	0.13	16.9	0.31	17.1	0.23
50-59	17.0	0.18	17.4	0.24	17.4	0.35
60-69	17.0	0.17	17.3	0.22	17.4	0.23
70 and over	16.4	0.16	16.6	0.48	16.8	0.25
20 and over	16.7	0.11	16.8	0.15	17.0	0.11
Females:						
6-11	15.6	0.13	15.2	0.17	15.2	0.20
12-19	15.9	0.13	15.4	0.22	15.5	0.23
20-29	16.8	0.10	16.3	0.17	16.2	0.19
30-39	17.0	0.14	16.8	0.23	17.0	0.23
40-49	17.4	0.21	16.9	0.19	16.8	0.21
50-59	17.4	0.15	18.2	0.35	17.7	0.31
60-69	17.2	0.17	17.8	0.33	17.5	0.22
70 and over	16.8	0.22	17.1	0.33	16.8	0.18
20 and over	17.1	0.12	17.0	0.12	16.9	0.13
All individuals	16.5	0.11	16.5	0.08	16.5	0.11

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA, Nationwide Food Consumption Survey (NFCS), 1977-78 and 1987-88 and Continuing Survey of Food Intakes by Individuals (CSFII), 1989-91

Table A.F6-14c. Daily mean percentage of kilocalories from fat, over 3 days, by sex and age, 1977-78, 1987-88, and 1989-91

Sex and age (years)	NFCS 1977-78		NFCS 1987-88		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM
-----Percent-----						
Males and Females:						
Under 1	36.5	0.52	39.2	1.58	40.3	0.79
1-2	37.6	0.22	36.0	0.63	34.6	0.59
3-5	37.8	0.23	35.2	0.46	34.1	0.45
5 and under	37.6	0.20	36.0	0.51	35.0	0.34
Males:						
6-11	38.8	0.12	36.4	0.35	34.8	0.41
12-19	40.1	0.14	36.7	0.39	35.1	0.37
20-29	41.2	0.24	36.7	0.51	35.6	0.36
30-39	42.2	0.25	38.0	0.54	35.4	0.32
40-49	42.7	0.35	37.5	0.47	36.4	0.47
50-59	42.5	0.35	38.5	0.60	36.0	0.47
60-69	41.6	0.40	37.1	0.53	34.0	0.53
70 and over	40.6	0.52	35.9	0.77	33.4	0.52
20 and over	41.8	0.24	37.3	0.29	35.4	0.23
Females:						
6-11	38.6	0.18	35.8	0.38	34.8	0.38
12-19	39.7	0.21	36.2	0.36	34.7	0.43
20-29	40.7	0.25	36.6	0.40	34.0	0.27
30-39	41.4	0.27	36.5	0.32	34.9	0.32
40-49	42.2	0.26	37.0	0.37	35.6	0.39
50-59	41.6	0.18	36.6	0.59	33.9	0.45
60-69	40.4	0.25	35.7	0.49	33.5	0.38
70 and over	38.9	0.21	35.7	0.44	33.1	0.38
20 and over	41.0	0.17	36.4	0.23	34.3	0.19
All individuals	40.5	0.15	36.7	0.19	34.8	0.17

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA, Nationwide Food Consumption Survey (NFCS), 1977-78 and 1987-88 and Continuing Survey of Food Intakes by Individuals (CSFII), 1989-91

Table A.F6-15. Daily mean intake of iron, over 3 days, by sex and age, 1977-78, 1987-88, and 1989-91

Sex and age (years)	NFCS 1977-78		NFCS 1987-88		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM
-----Milligrams-----						
Males and Females:						
Under 1	14.0	0.58	18.5	3.25	15.2	1.13
1-2	7.5	0.11	8.7	0.34	8.6	0.29
3-5	8.8	0.08	9.9	0.46	10.9	0.38
5 and under	9.0	0.10	10.6	0.39	10.6	0.32
Males:						
6-11	11.4	0.12	13.4	0.42	13.1	0.49
12-19	14.1	0.16	16.0	0.98	16.6	0.46
20-29	13.9	0.20	14.3	0.36	16.8	0.48
30-39	13.6	0.13	14.6	0.42	16.5	0.63
40-49	13.7	0.20	13.8	0.40	15.8	0.50
50-59	13.6	0.16	13.4	0.32	14.6	0.46
60-69	13.2	0.17	14.5	0.42	16.7	0.62
70 and over	12.6	0.30	14.2	0.66	15.2	0.73
20 and over	13.6	0.10	14.2	0.19	16.1	0.27
Females:						
6-11	10.5	0.11	11.4	0.46	12.5	0.44
12-19	10.1	0.12	11.6	0.76	12.1	0.39
20-29	9.5	0.14	10.1	0.29	11.7	0.31
30-39	9.4	0.11	10.2	0.21	12.0	0.35
40-49	9.6	0.16	10.2	0.24	10.9	0.30
50-59	9.9	0.11	11.2	0.55	11.7	0.31
60-69	9.8	0.11	10.6	0.31	12.1	0.41
70 and over	9.6	0.18	11.2	0.36	11.6	0.40
20 and over	9.6	0.07	10.5	0.13	11.6	0.16
All individuals	11.2	0.05	12.3	0.16	13.4	0.17

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA, Nationwide Food Consumption Survey (NFCS), 1977-78 and 1987-88 and Continuing Survey of Food Intakes by Individuals (CSFII), 1989-91

Table A.F6-16. Daily mean intake of calcium, over 3 days, by sex and age, 1977-78, 1987-88, and 1989-91

Sex and age (years)	NFCS 1977-78		NFCS 1987-88		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM
-----Milligrams-----						
Males and Females:						
Under 1	753	21.6	699	89.3	654	31.6
1-2	741	13.3	735	32.2	773	20.6
3-5	758	10.2	769	50.2	823	21.8
5 and under	752	10.1	749	30.0	786	16.3
Males:						
6-11	958	17.2	1,075	65.9	951	28.9
12-19	1,122	25.9	1,048	26.9	1,098	31.4
20-29	892	16.5	886	38.5	1,000	34.1
30-39	805	14.2	839	34.1	844	31.7
40-49	738	14.9	676	22.4	801	21.9
50-59	743	14.0	711	25.4	730	26.2
60-69	729	16.1	745	28.3	752	20.1
70 and over	710	18.3	712	34.9	715	26.4
20 and over	787	9.2	784	20.2	832	17.2
Females:						
6-11	901	16.7	804	29.1	893	21.0
12-19	780	16.7	807	33.6	789	27.1
20-29	630	11.2	625	14.7	662	19.0
30-39	562	12.4	595	12.5	643	17.3
40-49	526	6.3	556	17.7	580	15.6
50-59	549	8.2	576	26.7	618	16.8
60-69	565	7.4	566	21.9	610	18.9
70 and over	572	10.0	584	30.4	582	14.7
20 and over	572	6.8	588	8.8	621	9.4
All individuals	743	10.0	738	13.0	768	9.7

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA, Nationwide Food Consumption Survey (NFCS), 1977-78 and 1987-88 and Continuing Survey of Food Intakes by Individuals (CSFII), 1989-91

Table A.6a. For the Hispanic population, daily alcohol intake in grams, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American			Cuban American			Puerto Rican		
	Sample size	Mean	SEM	Sample size	Mean	SEM	Sample size	Mean	SEM
Male									
6-11 months**	51	0	0.0	4	0*	*	16	0*	*
1-2 years**	206	0	0.0	22	0*	*	71	0	0.0
3-5 years	356	0	0.0	25	0*	*	103	0	0.2
6-11 years	626	0	0.0	65	0	0.0	209	0	0.0
12-15 years	377	0	0.2	58	0	0.0	151	1	0.7
16-19 years	275	11	2.5	55	11	6.4	146	8	2.9
20-29 years	444	19	2.1	57	9	3.3	113	13	3.0
30-39 years	374	19	1.8	55	15	3.2	90	16	3.9
40-49 years	243	16	2.2	82	14	3.6	87	16	5.0
50-59 years	233	18	2.9	109	14	2.1	101	14	3.4
60-74 years	162	5	1.4	73	7	1.6	50	1	1.0
20-59 years	1,294	18	1.1	303	13	1.5	391	15	1.9
60-74 years	162	5	1.4	73	7	1.6	50	1	1.0
Total**	3,347	11	0.5	605	9	1.3	1,137	7	1.2
Female									
6-11 months**	55	0	0.0	3	0*	*	20	0*	*
1-2 years**	238	0	0.0	16	0*	*	61	0	0.0
3-5 years	296	0	0.0	24	0*	*	101	0	0.0
6-11 years	653	0	0.0	61	0	*	209	0	0.0
12-15 years	353	0	0.3	46	0	0.0	161	0	0.0
16-19 years	325	1	0.5	45	3	1.8	153	1	0.6
20-29 years	558	3	0.5	70	3	1.2	202	2	0.5
30-39 years	461	3	0.8	96	3	0.8	176	3	1.4
40-49 years	315	5	1.6	103	0	0.2	170	2	1.0
50-59 years	324	1	0.3	114	1	0.6	131	5	2.3
60-74 years	203	2	0.6	102	0	0.2	90	0	0.4
20-59 years	1,658	3	0.4	383	2	0.4	679	3	0.6
60-74 years	203	2	0.6	102	0	0.2	90	0	0.4
Total**	3,781	2	0.2	680	1	0.3	1,474	2	0.4

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.6b. For the Hispanic population, daily alcohol intake as a percentage of kilocalories, on 1 day, by sex, age, and Hispanic origin, 1982-84

Sex and age	Mexican American			Cuban American			Puerto Rican		
	Sample size	Mean	SEM	Sample size	Mean	SEM	Sample size	Mean	SEM
Male									
6-11 months**	51	0.0	0.0	4	0.0*	*	16	0.0*	*
1-2 years**	206	0.0	0.0	22	0.0*	*	71	0.0	0.0
3-5 years	356	0.0	0.0	25	0.0*	*	103	0.1	0.1
6-11 years	626	0.0	0.0	65	0.0	0.0	209	0.0	0.0
12-15 years	377	0.1	0.0	58	0.0	0.0	151	0.2	0.2
16-19 years	275	2.0	0.4	55	1.9	1.1	146	1.2	0.4
20-29 years	444	4.3	0.5	57	2.2	0.8	113	3.0	0.7
30-39 years	374	4.7	0.4	55	4.7	1.2	90	4.4	1.0
40-49 years	243	4.9	0.6	82	3.8	0.8	87	4.3	1.2
50-59 years	233	4.8	0.6	109	4.6	0.8	101	4.7	1.1
60-74 years	162	1.7	0.4	73	2.4	0.6	50	0.6	0.4
20-59 years	1,294	4.6	0.3	303	3.8	0.4	391	3.9	0.5
60-74 years	162	1.7	0.4	73	2.4	0.6	50	0.6	0.4
Total**	3,347	2.6	0.1	605	2.6	0.3	1,137	1.9	0.3
Female									
6-11 months**	55	0.0	0.0	3	0.0*	*	20	0.0*	*
1-2 years**	238	0.0	0.0	16	0.0*	*	61	0.0	0.0
3-5 years	296	0.0	0.0	24	0.0*	*	101	0.0	0.0
6-11 years	653	0.0	0.0	61	0.0	0.0	209	0.0	0.0
12-15 years	353	0.1	0.0	46	0.0	0.0	161	0.0	0.0
16-19 years	325	0.4	0.2	45	0.8	0.6	153	0.5	0.2
20-29 years	558	1.2	0.2	70	1.4	0.5	202	0.7	0.2
30-39 years	461	1.2	0.3	96	1.4	0.4	176	1.2	0.4
40-49 years	315	1.2	0.3	103	0.2	0.1	170	0.9	0.4
50-59 years	324	0.6	0.1	114	0.6	0.3	131	1.6	0.7
60-74 years	203	0.7	0.2	102	0.2	0.1	90	0.2	0.2
20-59 years	1,658	1.1	0.1	383	0.9	0.2	679	1.0	0.2
60-74 years	203	0.7	0.2	102	0.2	0.1	90	0.2	0.2
Total**	3,781	0.6	0.1	680	0.6	0.2	1,474	0.6	0.2

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** Excludes nursing infants and children.

NOTE: 24-hour dietary recall, 1 day.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84.

Table A.6c. Frequency of salt use at the table, 1989-91

Sex and age (years)	Percentage of population	Never	Use salt substitute or lite salt	Use ordinary salt			Don't know/ no answer
				Rarely	Occasionally	Very often	
	<i>Percent</i>			-----	<i>Percent</i>		
Males and females:							
Under 1.....	0.9	85.7	† 0.0	† 2.7	9.5	† 0.0	† 2.1
1-2.....	3.2	67.0	† 1.5	20.3	9.4	† 1.1	† .7
3-5.....	4.8	49.8	2.5	26.7	17.0	3.6	† .4
5 and under.....	9.0	59.7	1.9	21.9	13.5	2.3	† .7
Males:							
6-11.....	4.9	39.2	† 1.4	31.9	21.3	4.8	† 1.3
12-19.....	5.3	31.1	4.6	26.7	26.2	9.7	† 1.0
20-29.....	7.3	28.7	4.0	20.9	28.1	17.2	† 1.1
30-39.....	8.5	28.0	4.7	21.7	27.1	18.2	† .2
40-49.....	6.2	30.0	6.1	17.3	26.8	18.5	† .9
50-59.....	4.2	31.0	6.7	23.4	21.9	15.9	† 1.1
60-69.....	3.9	31.8	9.3	21.8	20.2	15.1	† 1.8
70-79.....	2.4	34.1	12.6	25.4	19.8	7.4	† .7
80 and over.....	0.7	37.1	† 8.9	21.2	28.1	† 4.0	† .2
20 and over.....	33.2	30.0	6.3	21.2	25.3	16.3	.9
Females:							
6-11.....	4.6	37.6	3.4	30.1	23.3	4.9	† .7
12-19.....	5.6	26.4	3.7	23.7	29.7	15.3	† .9
20-29.....	7.7	31.4	6.0	23.0	26.0	12.9	† .7
30-39.....	9.1	31.5	5.0	24.6	23.8	14.7	† .4
40-49.....	6.7	33.4	7.3	22.3	24.5	12.2	† .3
50-59.....	4.5	38.1	7.5	30.6	16.5	6.8	† .5
60-69.....	4.6	40.6	10.1	25.2	17.9	5.3	† .9
70-79.....	3.0	43.9	11.7	26.0	14.8	3.0	† .4
80 and over.....	1.8	49.5	6.9	24.7	13.9	† 3.8	† 1.2
20 and over.....	37.4	35.6	7.2	24.8	21.6	10.3	.6
All individuals.....	100.0	35.4	5.6	24.0	22.8	11.3	.8

† Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTE: See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91

Table A.6d. Estimated daily mean intakes of selected minerals for various age/sex groups, 1982-89

Element	Infants 6-11 mo	Children 2 yr	Girls 14-16 yr	Boys 14-16 yr	Women 25-30 yr	Men 25-30 yr	Women 60-65 yr	Men 60-65 yrs.
-----mg/day-----								
Sodium	696	1,634	2,162	3,263	1,980	3,040	1,875	2,592
Potassium	1,416	1,642	2,044	3,030	2,017	2,998	2,058	2,644
Calcium	707	621	725	1,141	577	858	511	673
Phosphorus	698	841	1,060	1,632	972	1,528	880	1,243
Magnesium	124	158	197	302	195	301	195	259
Iron	12.0	8.9	11.0	18.1	10.7	16.2	10.6	15.1
Zinc	5.4	7.5	10.1	15.9	9.7	16.4	8.7	12.9
Copper	0.45	0.58	0.76	1.16	0.94	1.22	0.86	1.18
Manganese	1.10	1.48	1.78	2.76	2.14	2.81	2.23	2.64
Selenium	0.02	0.05	0.07	0.10	0.07	0.11	0.06	0.09
Iodine	0.18	0.28	0.34	0.55	0.26	0.41	0.24	0.33

SOURCE: HHS, Total Diet Study, 1982-89.

Table A.6e. Trends in 1-day food energy intake in kilocalories from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----kilocalories-----												
Males and females: ²												
Under 1 ³	-	-	802	14	996	26	-	-	877	14	792	29
1-2	1,350	15	1,196	14	1,287	11	1,309	36	1,289	18	1,195	27
3-5	1,676	14	1,454	17	1,569	9	1,527	29	1,591	20	1,466	29
6-11	2,045	22	1,876	16	1,960	22	-	-	1,897	23	1,863	27
Males:												
12-15	2,625	51	2,431	32	2,490	55	-	-	2,578	87	2,310	62
16-19	3,010	77	2,629	39	3,048	83	-	-	3,097	96	2,615	102
20-29	2,850	60	2,501	34	2,899	64	2,806	96	3,025	66	2,519	57
30-39	2,668	67	2,382	32	2,554	56	2,484	88	2,872	64	2,317	72
40-49	2,428	56	2,341	37	2,421	65	2,384	91	2,545	56	2,205	50
50-59	2,157	55	2,240	30	2,203	55	-	-	2,341	61	2,085	58
60-69	1,967	23	2,041	33	1,961	19	-	-	2,110	55	1,904	47
70 and over ⁴	1,747	19	1,875	36	1,734	29	-	-	1,859	38	1,798	43
Females:												
12-15	1,910	40	1,870	25	1,821	40	-	-	1,838	46	1,847	53
16-19	1,735	45	1,721	27	1,687	46	-	-	1,958	57	1,663	53
20-29	1,681	18	1,634	18	1,675	30	1,674	31	1,957	34	1,655	40
30-39	1,610	19	1,571	19	1,596	36	1,648	27	1,883	35	1,658	26
40-49	1,552	23	1,562	19	1,531	35	1,541	31	1,764	34	1,520	29
50-59	1,466	33	1,548	20	1,417	36	-	-	1,629	38	1,482	33
60-69	1,352	15	1,475	20	1,340	12	-	-	1,578	37	1,498	35
70 and over ⁴	1,239	14	1,386	17	1,270	18	-	-	1,402	25	1,375	26

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6f. Trends in 1-day protein intake in grams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Males and females: ²												
Under 1 ³	-	-	29	0.6	39	1.3	-	-	26	0.7	23	1.4
1-2	53	0.7	48	0.6	48	0.5	51	1.4	48	0.8	46	1.0
3-5	61	0.6	56	0.8	56	0.4	60	1.5	57	0.8	55	1.2
6-11	76	0.9	72	0.7	71	1.0	-	-	67	0.9	69	1.1
Males:												
12-15	97	2.2	94	1.2	92	2.3	-	-	89	3.0	87	2.4
16-19	118	3.5	106	1.6	122	3.9	-	-	111	3.8	100	3.6
20-29	112	2.7	102	1.4	113	2.9	105	4.1	110	2.7	102	2.5
30-39	107	3.3	96	1.4	99	2.7	96	4.6	106	2.4	94	2.7
40-49	100	2.8	95	1.5	95	2.8	95	3.8	96	2.3	91	2.0
50-59	89	2.4	93	1.2	89	2.5	-	-	93	2.8	86	1.8
60-69	80	1.1	84	1.3	79	0.9	-	-	84	2.4	82	2.3
70 and over ⁴	69	0.9	76	1.5	69	1.3	-	-	73	1.7	74	2.0
Females:												
12-15	73	1.8	72	1.0	66	1.6	-	-	62	2.0	68	2.3
16-19	67	2.1	69	1.2	63	2.1	-	-	67	2.2	64	2.4
20-29	67	0.8	67	0.9	64	1.3	65	1.3	69	1.5	66	1.8
30-39	65	0.9	65	0.9	63	1.7	66	1.1	70	1.6	66	1.0
40-49	65	1.2	66	0.9	62	1.8	63	1.2	67	1.5	63	1.2
50-59	63	1.8	66	1.0	56	1.7	-	-	64	1.7	63	1.5
60-69	57	0.8	62	0.9	54	0.6	-	-	64	1.6	64	1.2
70 and over ⁴	51	0.7	57	0.8	49	0.9	-	-	56	1.2	55	1.2

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6g. Trends in percentage of kilocalories from protein over 1 day from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----%-----												
Males and females: ²												
Under 1 ³	-	-	14	0.2	16	0.4	-	-	11.5	0.2	11.5	0.5
1-2	16	0.1	16	0.1	15	0.1	16	0.3	14.9	0.1	15.6	0.3
3-5	15	0.1	16	0.1	14	0.1	16	0.2	14.3	0.1	15.4	0.2
6-11	15	0.1	16	0.1	15	0.1	-	-	14.4	0.1	15.1	0.2
Males:												
12-15	15	0.2	16	0.1	15	0.2	-	-	14.2	0.3	15.5	0.3
16-19	16	0.3	16	0.1	16	0.3	-	-	14.4	0.3	15.7	0.4
20-29	16	0.3	16	0.1	15	0.2	15	0.5	14.6	0.2	16.7	0.3
30-39	16	0.4	16	0.2	15	0.3	16	0.4	15.1	0.2	16.8	0.3
40-49	16	0.3	17	0.2	16	0.3	17	0.6	15.6	0.3	17.1	0.2
50-59	16	0.3	17	0.2	16	0.3	-	-	16.1	0.3	17.3	0.4
60-69	16	0.1	17	0.2	16	0.1	-	-	16.4	0.3	17.7	0.3
70 and over ⁴	16	0.1	17	0.2	16	0.2	-	-	16.1	0.3	16.7	0.3
Females:												
12-15	15	0.2	16	0.1	14	0.3	-	-	13.5	0.3	14.9	0.3
16-19	15	0.3	16	0.2	15	0.3	-	-	14.1	0.3	15.9	0.4
20-29	16	0.1	17	0.1	15	0.2	16	0.3	14.5	0.2	16.5	0.2
30-39	16	0.2	17	0.1	15	0.3	17	0.2	15.3	0.3	16.6	0.2
40-49	17	0.2	17	0.2	16	0.3	17	0.2	15.8	0.3	17.0	0.3
50-59	17	0.3	17	0.2	16	0.3	-	-	16.1	0.3	17.6	0.3
60-69	17	0.2	17	0.2	16	0.1	-	-	16.6	0.3	17.5	0.2
70 and over ⁴	16	0.2	17	0.2	15	0.2	-	-	16.3	0.2	16.4	0.2

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6h. Trends in 1-day total fat intake in grams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
g												
Males and females: ²												
Under 1 ³	-	-	32	0.6	37	1.4	-	-	36	0.6	35	1.2
1-2	56	0.8	50	0.7	51	0.6	51	1.6	49	0.9	45	1.2
3-5	68	0.7	62	1.0	62	0.5	60	1.4	59	1.0	55	1.3
6-11	83	1.1	81	0.8	79	1.1	-	-	73	1.1	71	1.3
Males:												
12-15	108	2.6	108	1.7	102	2.8	-	-	97	3.8	90	3.0
16-19	127	4.0	120	2.1	126	4.0	-	-	120	4.1	103	4.7
20-29	119	3.1	115	1.9	118	3.2	115	4.5	116	3.0	100	2.7
30-39	111	3.6	112	1.8	105	3.0	103	5.5	113	3.0	92	3.2
40-49	101	3.1	111	2.0	103	3.5	101	4.6	98	2.7	90	2.6
50-59	91	3.3	107	1.7	91	2.8	-	-	95	3.1	85	2.8
60-69	81	1.3	96	2.0	82	1.0	-	-	80	2.6	73	2.5
70 and over ⁴	71	1.0	86	2.2	71	1.6	-	-	71	1.9	68	2.2
Females:												
12-15	80	2.1	83	1.5	76	2.1	-	-	72	2.6	71	2.8
16-19	72	2.4	77	1.5	69	2.3	-	-	77	3.1	64	2.7
20-29	68	0.9	75	1.1	67	1.5	68	1.4	75	1.8	64	1.8
30-39	67	1.0	73	1.0	66	1.9	68	1.4	75	1.9	66	1.4
40-49	65	1.2	74	1.1	64	2.1	65	1.5	70	2.0	60	1.4
50-59	59	1.8	72	1.2	58	1.9	-	-	63	2.1	57	1.6
60-69	53	0.8	67	1.2	53	0.7	-	-	59	2.0	57	1.5
70 and over ⁴	49	0.8	60	0.9	48	0.9	-	-	51	1.4	51	1.4

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6i. Trends in percentage of kilocalories from total fat over 1 day from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
------%-----												
Males and females: ²												
Under 1 ³	-	-	37	0.5	32	0.7	-	-	37.2	0.4	40.4	0.9
1-2	37	0.2	37	0.3	36	0.2	35	0.4	33.7	0.3	33.4	0.6
3-5	36	0.2	37	0.3	36	0.1	35	0.4	32.9	0.3	33.3	0.5
6-11	37	0.2	38	0.2	36	0.2	-	-	34.0	0.3	34.0	0.3
Males:												
12-15	37	0.4	39	0.2	37	0.4	-	-	33.1	0.6	34.3	0.6
16-19	38	0.5	40	0.2	38	0.5	-	-	34.6	0.6	35.1	0.5
20-29	37	0.5	41	0.3	36	0.4	36	0.7	34.0	0.4	35.2	0.5
30-39	37	0.6	42	0.3	37	0.5	36	0.8	34.6	0.5	35.2	0.5
40-49	37	0.6	42	0.3	38	0.5	37	0.8	33.9	0.5	35.9	0.5
50-59	38	0.6	42	0.3	37	0.5	-	-	35.7	0.6	35.6	0.6
60-69	37	0.3	42	0.4	38	0.2	-	-	33.3	0.6	33.7	0.6
70 and over ⁴	37	0.3	41	0.5	37	0.4	-	-	33.7	0.5	33.2	0.6
Females:												
12-15	38	0.4	39	0.3	37	0.5	-	-	33.7	0.7	33.9	0.6
16-19	37	0.5	40	0.3	37	0.5	-	-	34.4	0.7	33.6	0.6
20-29	37	0.2	40	0.3	36	0.4	36	0.4	34.0	0.5	34.0	0.4
30-39	37	0.2	41	0.3	37	0.5	37	0.3	34.2	0.5	34.6	0.4
40-49	37	0.3	42	0.3	38	0.5	37	0.4	34.9	0.6	34.7	0.5
50-59	36	0.5	41	0.3	37	0.5	-	-	33.8	0.7	33.7	0.5
60-69	36	0.3	40	0.3	36	0.2	-	-	32.8	0.6	33.3	0.4
70 and over ⁴	36	0.3	38	0.4	35	0.4	-	-	32.0	0.5	32.0	0.4

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6j. Trends in 1-day saturated fatty acid intake in grams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----g-----												
Males and females: ²												
Under 1 ³	-	-	-	-	14	0.7	-	-	15	0.3	15	0.5
1-2	22	0.3	-	-	19	0.2	21	0.7	20	0.4	19	0.5
3-5	26	0.3	-	-	23	0.2	24	0.6	23	0.4	22	0.6
6-11	32	0.5	-	-	29	0.4	-	-	27	0.4	28	0.5
Males:												
12-15	40	1.1	-	-	38	1.1	-	-	36	1.3	34	1.1
16-19	46	1.6	-	-	48	1.6	-	-	44	1.5	38	1.7
20-29	43	1.3	-	-	43	1.2	42	1.8	41	1.1	36	1.0
30-39	40	1.4	-	-	38	1.1	37	2.0	39	1.1	32	1.4
40-49	37	1.3	-	-	38	1.3	37	2.2	33	0.9	31	0.9
50-59	33	1.3	-	-	33	1.0	-	-	31	1.0	29	0.9
60-69	30	0.5	-	-	29	0.4	-	-	27	1.0	25	0.9
70 and over ⁴	26	0.4	-	-	25	0.6	-	-	24	0.7	24	0.9
Females:												
12-15	30	0.9	-	-	27	0.8	-	-	26	1.0	27	1.2
16-19	26	1.0	-	-	25	0.8	-	-	27	1.3	24	0.9
20-29	25	0.4	-	-	24	0.5	25	0.6	26	0.7	22	0.7
30-39	24	0.4	-	-	23	0.7	25	0.5	26	0.7	23	0.5
40-49	23	0.5	-	-	23	0.7	23	0.6	24	0.7	21	0.6
50-59	22	0.8	-	-	20	0.7	-	-	21	0.7	19	0.6
60-69	19	0.3	-	-	18	0.2	-	-	20	0.7	19	0.6
70 and over ⁴	18	0.3	-	-	16	0.3	-	-	17	0.5	17	0.5

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6k. Trends in 1-day monounsaturated fatty acid intake in grams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74 ¹		NFCS 1977-78		NHANES II 1976-80 ¹		CSFII 1985-86 ²		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Males and females: ³												
Under 1 ⁴	-	-	-	-	10	0.6	-	-	9	0.3	9	0.6
1-2	20	0.3	-	-	18	0.2	18	0.7	18	0.4	16	0.5
3-5	25	0.3	-	-	22	0.2	22	0.5	22	0.4	20	0.5
6-11	30	0.4	-	-	28	0.4	-	-	27	0.5	27	0.5
Males:												
12-15	39	1.1	-	-	37	1.0	-	-	37	1.5	34	1.2
16-19	46	1.5	-	-	47	1.4	-	-	45	1.6	39	1.8
20-29	44	1.2	-	-	44	1.1	44	1.7	44	1.2	38	1.0
30-39	42	1.4	-	-	39	1.1	40	2.5	43	1.3	35	1.2
40-49	39	1.3	-	-	39	1.3	38	1.8	37	1.2	34	1.0
50-59	35	1.3	-	-	34	1.0	-	-	36	1.3	32	1.2
60-69	32	0.5	-	-	31	0.4	-	-	30	1.1	27	1.0
70 and over ⁵	28	0.4	-	-	26	0.6	-	-	27	0.8	25	0.8
Females:												
12-15	30	0.8	-	-	27	0.8	-	-	27	1.0	26	1.0
16-19	26	1.0	-	-	25	0.8	-	-	28	1.2	23	1.0
20-29	26	0.4	-	-	24	0.5	25	0.5	28	0.7	23	0.6
30-39	26	0.4	-	-	24	0.7	25	0.5	27	0.8	24	0.5
40-49	25	0.5	-	-	24	0.7	24	0.6	26	0.8	22	0.6
50-59	23	0.7	-	-	21	0.7	-	-	23	0.8	21	0.6
60-69	21	0.3	-	-	20	0.2	-	-	22	0.8	21	0.6
70 and over ⁵	19	0.3	-	-	17	0.4	-	-	19	0.6	19	0.6

- Data not available.

¹ Data for NHANES I and II are for oleic acid.

² Data for males for 1985 only.

³ All surveys exclude breast-feeding infants and children.

⁴ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁵ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6I. Trends in 1-day polyunsaturated fatty acid intake in grams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74 ¹		NFCS 1977-78		NHANES II 1976-80 ¹		CSFII 1985-86 ²		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
g												
Males and females: ³												
Under 1 ⁴	-	-	-	-	3	0.2	-	-	8	0.2	8	0.5
1-2	4	0.1	-	-	6	0.1	8	0.3	8	0.2	7	0.3
3-5	6	0.1	-	-	8	0.1	10	0.3	10	0.2	9	0.3
6-11	8	0.2	-	-	10	0.2	-	-	13	0.3	12	0.3
Males:												
12-15	10	0.4	-	-	14	0.5	-	-	18	1.0	16	0.7
16-19	13	0.7	-	-	16	0.6	-	-	22	1.1	18	1.1
20-29	13	0.6	-	-	16	0.5	21	1.1	23	0.7	18	0.6
30-39	12	0.7	-	-	15	0.5	19	1.0	23	0.8	18	0.7
40-49	10	0.5	-	-	14	0.5	18	0.9	21	0.8	18	0.8
50-59	10	0.6	-	-	12	0.5	-	-	20	0.9	17	0.7
60-69	8	0.2	-	-	11	0.2	-	-	16	0.7	15	0.6
70 and over ⁵	7	0.2	-	-	10	0.3	-	-	14	0.5	14	0.5
Females:												
12-15	8	0.3	-	-	11	0.4	-	-	14	0.7	13	0.7
16-19	8	0.5	-	-	10	0.4	-	-	16	0.8	12	0.9
20-29	8	0.2	-	-	10	0.3	13	0.3	16	0.5	13	0.5
30-39	8	0.2	-	-	10	0.4	13	0.4	16	0.5	14	0.5
40-49	7	0.2	-	-	10	0.5	13	0.4	15	0.5	13	0.4
50-59	6	0.3	-	-	8	0.3	-	-	14	0.6	12	0.4
60-69	6	0.1	-	-	8	0.1	-	-	13	0.5	12	0.4
70 and over ⁵	5	0.1	-	-	7	0.2	-	-	11	0.4	11	0.4

- Data not available.

¹ Data for NHANES I and II are for linoleic acid.

² Data for males for 1985 only.

³ All surveys exclude breast-feeding infants and children.

⁴ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁵ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6m. Trends in 1-day cholesterol intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	-	-	166	12.8	-	-	79	4.3	81	8.6
1-2	284	6.3	-	-	227	4.2	247	12.6	180	5.7	181	8.8
3-5	290	4.9	-	-	245	3.2	261	10.6	194	5.4	201	8.2
6-11	314	6.8	-	-	278	7.0	-	-	225	6.1	243	6.6
Males:												
12-15	379	13.6	-	-	359	15.4	-	-	293	16.4	321	21.1
16-19	518	23.8	-	-	493	21.4	-	-	372	18.4	323	17.5
20-29	513	19.6	-	-	453	16.7	466	30.8	395	14.8	381	19.3
30-39	517	22.8	-	-	453	18.5	423	24.9	375	14.9	352	13.7
40-49	497	20.0	-	-	442	19.5	435	26.1	338	13.5	362	14.6
50-59	470	18.9	-	-	437	17.8	-	-	322	13.1	319	13.9
60-69	424	8.6	-	-	415	7.2	-	-	312	14.4	303	13.3
70 and over ⁴	424	10.7	-	-	365	11.1	-	-	265	9.5	290	12.6
Females:												
12-15	305	11.3	-	-	256	11.2	-	-	202	10.8	222	11.0
16-19	297	14.2	-	-	255	12.4	-	-	210	10.6	225	12.5
20-29	304	5.9	-	-	270	9.1	302	10.6	244	8.4	250	11.7
30-39	312	6.5	-	-	289	11.6	304	8.6	249	8.8	244	7.7
40-49	340	10.0	-	-	305	14.7	298	8.8	235	8.8	238	10.5
50-59	317	14.4	-	-	263	12.1	-	-	222	9.9	221	8.4
60-69	298	6.6	-	-	262	4.9	-	-	210	9.2	222	8.7
70 and over ⁴	256	5.7	-	-	216	7.3	-	-	187	6.5	184	7.4

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6n. Trends in 1-day carbohydrate intake in grams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
g												
Males and females: ²												
Under 1 ³	-	-	91	2.8	128	3.6	-	-	115	2.3	99	4.3
1-2	161	2.1	140	2.1	162	1.6	166	4.9	170	2.7	157	4.4
3-5	209	2.0	172	2.2	200	1.2	192	3.8	215	2.9	192	4.7
6-11	252	3.0	219	2.1	246	3.0	-	-	251	3.6	244	4.0
Males:												
12-15	319	6.6	276	4.0	304	7.0	-	-	346	14.2	294	8.2
16-19	341	8.9	282	4.3	340	9.6	-	-	381	13.7	328	13.4
20-29	301	7.1	252	3.5	305	6.6	317	12.9	353	8.6	292	8.1
30-39	271	7.7	233	3.4	272	6.5	279	9.3	335	8.8	269	9.5
40-49	245	6.6	225	4.0	245	6.8	263	10.7	298	8.4	249	6.2
50-59	222	5.7	218	3.7	229	7.0	-	-	266	7.9	235	8.0
60-69	214	2.7	205	3.6	211	2.2	-	-	253	7.6	226	6.5
70 and over ⁴	199	2.7	199	4.1	198	3.5	-	-	229	5.5	226	5.6
Females:												
12-15	228	5.0	213	2.9	223	5.2	-	-	243	6.1	239	6.8
16-19	205	5.4	190	3.1	198	5.7	-	-	254	8.2	210	6.7
20-29	193	2.2	170	2.0	195	3.9	198	4.2	241	4.6	206	4.7
30-39	178	2.2	160	2.3	177	4.5	188	3.9	228	4.5	201	3.4
40-49	168	2.9	154	2.1	168	4.3	173	4.0	213	4.7	181	4.2
50-59	163	4.1	156	2.3	158	4.3	-	-	199	5.1	180	4.3
60-69	156	2.1	158	2.2	158	1.6	-	-	199	5.3	185	5.4
70 and over ⁴	148	1.8	156	2.6	159	2.6	-	-	184	3.5	179	3.0

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6o. Trends in percentage of kilocalories from carbohydrate over 1 day from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----%-----												
Males and females: ²												
Under 1 ³	-	-	45	0.8	52	0.8	-	-	52.5	0.5	49.1	1.1
1-2	48	0.3	47	0.3	50	0.2	51	0.5	53.1	0.4	52.5	0.8
3-5	50	0.2	48	0.3	51	0.2	51	0.6	54.6	0.4	52.7	0.6
6-11	49	0.3	47	0.2	50	0.3	-	-	53.2	0.3	52.3	0.4
Males:												
12-15	49	0.5	46	0.3	49	0.5	-	-	54.0	0.8	51.5	0.7
16-19	46	0.6	43	0.3	45	0.6	-	-	49.6	0.7	50.1	0.7
20-29	42	0.6	41	0.3	42	0.4	46	0.9	47.6	0.5	46.6	0.6
30-39	41	0.7	40	0.3	43	0.6	46	1.1	47.4	0.6	46.4	0.5
40-49	41	0.7	39	0.4	41	0.6	44	1.0	46.9	0.7	45.5	0.5
50-59	41	0.6	40	0.3	41	0.6	-	-	46.3	0.8	45.6	0.6
60-69	44	0.3	41	0.4	43	0.3	-	-	48.7	0.7	47.8	0.7
70 and over ⁴	45	0.3	43	0.5	46	0.5	-	-	49.8	0.6	50.9	0.8
Females:												
12-15	48	0.5	46	0.3	49	0.6	-	-	54.4	0.8	52.4	0.8
16-19	47	0.7	45	0.4	47	0.6	-	-	52.4	0.9	51.1	0.7
20-29	46	0.3	42	0.3	47	0.5	48	0.5	50.0	0.6	49.8	0.6
30-39	44	0.3	41	0.3	45	0.6	46	0.4	49.7	0.6	48.8	0.4
40-49	44	0.4	40	0.4	44	0.7	45	0.5	49.0	0.7	48.3	0.6
50-59	45	0.7	41	0.3	45	0.6	-	-	49.8	0.7	49.1	0.6
60-69	47	0.3	44	0.4	47	0.3	-	-	51.1	0.7	49.9	0.6
70 and over ⁴	48	0.3	45	0.5	50	0.4	-	-	53.1	0.6	52.9	0.5

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6p. Trends in 1-day vitamin A intake in international units from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCs 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Males and females: ²												
Under 1 ³	-	-	4,413	206	4,918	414	-	-	5,112	258	4,370	583
1-2	3,427	88	3,511	138	3,618	54	4,489	332	3,702	164	3,612	238
3-5	3,753	132	3,958	158	4,008	45	4,411	338	4,275	174	4,122	268
6-11	4,319	156	4,936	144	4,989	130	-	-	4,645	196	5,058	275
Males:												
12-15	4,951	266	5,946	211	5,663	341	-	-	6,069	781	5,088	338
16-19	5,272	393	6,101	367	6,295	584	-	-	4,962	381	6,741	716
20-29	5,510	401	5,823	324	5,437	220	5,711	669	6,623	464	6,257	422
30-39	5,092	574	5,799	207	5,917	511	5,933	612	7,782	630	6,250	450
40-49	5,058	387	6,578	417	6,036	460	7,114	716	7,788	635	6,586	466
50-59	5,628	439	6,953	350	6,020	350	-	-	7,047	505	7,173	455
60-69	5,684	287	6,889	440	6,163	191	-	-	8,306	687	10,033	782
70 and over ⁴	5,830	294	6,441	319	6,731	376	-	-	7,910	553	7,764	496
Females:												
12-15	3,899	296	4,449	189	4,018	210	-	-	4,014	442	4,481	572
16-19	3,725	288	4,369	242	3,777	223	-	-	5,179	713	4,618	424
20-29	3,891	133	4,462	153	4,207	189	5,241	250	4,626	291	5,162	370
30-39	4,403	190	4,836	217	4,691	364	5,573	384	6,044	431	5,207	378
40-49	4,950	353	5,090	251	5,250	438	5,442	314	5,594	423	5,456	506
50-59	5,337	496	5,990	295	5,331	365	-	-	6,055	598	6,363	336
60-69	6,030	483	6,722	327	5,400	139	-	-	7,495	545	7,929	660
70 and over ⁴	4,527	186	5,942	279	5,469	258	-	-	7,582	454	7,613	408

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6q. Trends in 1-day thiamin intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	0.89	0.02	0.82	0.03	-	-	1.19	0.03	1.01	0.07
1-2	0.80	0.01	0.90	0.02	0.92	0.01	1.08	0.04	1.08	0.02	1.00	0.03
3-5	0.97	0.01	1.10	0.02	1.14	0.01	1.23	0.03	1.38	0.02	1.27	0.03
6-11	1.16	0.02	1.39	0.01	1.40	0.02	-	-	1.56	0.03	1.56	0.03
Males:												
12-15	1.48	0.04	1.75	0.03	1.77	0.05	-	-	2.31	0.20	1.92	0.06
16-19	1.64	0.06	1.78	0.03	1.97	0.07	-	-	2.28	0.10	2.05	0.09
20-29	1.53	0.05	1.57	0.03	1.73	0.05	1.81	0.08	2.11	0.06	1.92	0.06
30-39	1.40	0.05	1.52	0.03	1.60	0.06	1.72	0.09	2.06	0.06	1.78	0.06
40-49	1.31	0.06	1.51	0.03	1.56	0.05	1.77	0.12	1.91	0.06	1.71	0.06
50-59	1.19	0.04	1.50	0.03	1.41	0.04	-	-	1.84	0.07	1.67	0.06
60-69	1.16	0.02	1.43	0.03	1.40	0.02	-	-	1.81	0.06	1.70	0.06
70 and over ⁴	1.04	0.02	1.39	0.03	1.28	0.03	-	-	1.68	0.05	1.64	0.06
Females:												
12-15	1.10	0.03	1.31	0.02	1.16	0.03	-	-	1.31	0.05	1.43	0.05
16-19	0.92	0.04	1.15	0.02	1.05	0.04	-	-	1.46	0.06	1.36	0.06
20-29	0.94	0.02	1.05	0.02	1.09	0.03	1.17	0.03	1.43	0.04	1.32	0.04
30-39	0.87	0.02	1.03	0.02	1.05	0.05	1.13	0.03	1.37	0.04	1.31	0.03
40-49	0.87	0.02	1.01	0.02	1.02	0.03	1.07	0.03	1.33	0.04	1.20	0.03
50-59	0.85	0.03	1.04	0.02	0.98	0.03	-	-	1.28	0.04	1.24	0.03
60-69	0.82	0.01	1.04	0.02	1.01	0.02	-	-	1.42	0.05	1.30	0.04
70 and over ⁴	0.77	0.01	1.03	0.02	0.95	0.02	-	-	1.31	0.03	1.23	0.03

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6r. Trends in 1-day riboflavin intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	1.53	0.04	1.78	0.06	-	-	1.68	0.04	1.51	0.06
1-2	1.56	0.02	1.48	0.02	1.54	0.02	1.65	0.05	1.62	0.03	1.54	0.04
3-5	1.70	0.02	1.64	0.02	1.74	0.01	1.71	0.04	1.81	0.03	1.76	0.04
6-11	2.02	0.03	2.02	0.02	2.18	0.04	-	-	2.03	0.03	2.06	0.04
Males:												
12-15	2.49	0.07	2.51	0.04	2.63	0.08	-	-	2.77	0.24	2.45	0.07
16-19	2.62	0.10	2.51	0.05	3.08	0.13	-	-	2.77	0.12	2.54	0.12
20-29	2.39	0.08	2.13	0.04	2.53	0.08	2.29	0.12	2.45	0.06	2.29	0.06
30-39	2.06	0.08	1.93	0.03	2.21	0.10	1.97	0.09	2.47	0.08	2.10	0.08
40-49	1.98	0.07	1.92	0.05	2.05	0.08	2.01	0.13	2.17	0.06	2.02	0.07
50-59	1.79	0.06	1.92	0.04	2.00	0.07	-	-	2.17	0.08	1.94	0.06
60-69	1.76	0.04	1.86	0.04	1.90	0.03	-	-	2.21	0.08	2.02	0.06
70 and over ⁴	1.57	0.03	1.77	0.04	1.77	0.06	-	-	2.03	0.06	1.96	0.08
Females:												
12-15	1.78	0.05	1.85	0.03	1.73	0.05	-	-	1.68	0.06	1.82	0.06
16-19	1.45	0.05	1.59	0.03	1.59	0.06	-	-	1.73	0.07	1.64	0.08
20-29	1.40	0.02	1.39	0.02	1.49	0.04	1.51	0.04	1.71	0.04	1.58	0.05
30-39	1.31	0.02	1.34	0.02	1.44	0.07	1.42	0.04	1.64	0.04	1.56	0.03
40-49	1.33	0.04	1.30	0.03	1.44	0.08	1.34	0.04	1.59	0.04	1.42	0.03
50-59	1.31	0.05	1.40	0.03	1.35	0.06	-	-	1.54	0.05	1.48	0.03
60-69	1.32	0.04	1.40	0.03	1.36	0.02	-	-	1.71	0.06	1.55	0.04
70 and over ⁴	1.11	0.02	1.35	0.03	1.33	0.04	-	-	1.58	0.04	1.47	0.03

- Data not available.

¹ Data for males for 1985 only.² All surveys exclude breast-feeding infants and children.³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6s. Trends in 1-day niacin intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	9.0	0.30	8.70	0.37	-	-	12.21	0.34	11.0	0.77
1-2	8.82	0.15	10.3	0.18	10.82	0.14	12.4	0.53	12.08	0.27	11.4	0.36
3-5	11.20	0.14	13.5	0.20	13.92	0.11	15.6	0.52	16.00	0.29	15.5	0.38
6-11	14.37	0.24	17.5	0.18	17.52	0.27	-	-	19.15	0.33	19.0	0.35
Males:												
12-15	18.89	0.51	22.3	0.33	23.00	0.62	-	-	27.61	2.48	23.7	0.71
16-19	23.85	0.83	24.4	0.40	29.55	1.02	-	-	30.29	1.31	26.5	1.12
20-29	25.21	0.70	24.6	0.37	29.42	0.70	28.0	1.09	30.40	0.83	27.8	0.71
30-39	24.94	0.80	23.6	0.39	26.12	0.72	26.2	1.37	29.71	0.81	26.6	0.75
40-49	23.52	0.71	23.8	0.42	25.90	0.76	25.3	1.05	28.31	0.75	25.6	0.64
50-59	20.52	0.61	23.5	0.35	23.15	0.63	-	-	27.47	0.94	23.8	0.80
60-69	18.54	0.30	21.6	0.36	21.23	0.26	-	-	25.16	0.84	24.6	0.69
70 and over ⁴	15.82	0.28	19.4	0.42	18.78	0.41	-	-	22.21	0.67	21.3	0.74
Females:												
12-15	14.01	0.38	17.0	0.31	15.34	0.42	-	-	17.08	0.64	18.0	0.61
16-19	13.65	0.49	16.4	0.32	15.04	0.50	-	-	18.34	0.72	18.2	0.88
20-29	14.36	0.20	15.7	0.26	16.17	0.34	17.3	0.43	19.64	0.46	18.3	0.43
30-39	15.14	0.25	16.1	0.24	16.81	0.45	17.1	0.32	19.18	0.46	18.6	0.38
40-49	15.05	0.30	16.4	0.24	16.50	0.47	16.6	0.36	19.25	0.46	17.9	0.47
50-59	14.41	0.45	17.0	0.27	15.10	0.40	-	-	18.69	0.57	18.0	0.42
60-69	13.45	0.24	16.0	0.26	14.83	0.18	-	-	19.20	0.60	18.6	0.52
70 and over ⁴	11.33	0.18	14.8	0.26	14.14	0.28	-	-	17.54	0.45	16.3	0.39

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6t. Trends in 1-day vitamin C intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	78	2.1	67	4.9	-	-	137	4.6	114	11.1
1-2	71	2.4	66	2.1	88	1.8	81	3.8	88	3.3	82	5.6
3-5	82	2.2	71	2.2	100	1.6	81	3.1	102	3.1	85	4.2
6-11	81	2.5	87	2.0	107	3.3	-	-	101	3.1	94	3.0
Males:												
12-15	91	5.1	95	3.1	117	6.3	-	-	129	8.4	115	9.5
16-19	109	7.4	100	3.2	125	7.7	-	-	116	8.9	112	8.4
20-29	102	6.0	89	2.7	118	5.7	107	8.6	121	6.5	115	6.2
30-39	78	5.3	84	2.3	102	5.8	104	7.1	123	5.6	96	4.5
40-49	84	5.1	86	3.1	98	5.2	124	13.4	115	6.6	91	4.7
50-59	91	5.4	95	2.8	105	5.6	-	-	114	6.9	103	7.9
60-69	93	2.4	90	2.8	101	2.0	-	-	107	5.3	119	7.5
70 and over ⁴	91	2.6	89	3.3	102	3.3	-	-	101	4.1	106	5.1
Females:												
12-15	79	4.2	79	2.2	82	4.5	-	-	91	6.2	98	9.6
16-19	82	5.6	77	2.1	79	4.9	-	-	101	8.4	83	5.4
20-29	80	2.3	74	2.2	95	4.1	86	4.1	87	4.3	89	3.4
30-39	76	2.2	73	2.0	86	4.7	86	4.1	99	5.1	82	2.8
40-49	79	2.9	78	2.1	91	4.9	81	3.2	88	4.5	77	4.2
50-59	90	4.6	86	2.3	102	5.0	-	-	93	5.4	91	4.2
60-69	96	2.5	92	2.4	102	1.8	-	-	111	5.9	103	4.6
70 and over ⁴	83	2.3	85	2.2	112	3.2	-	-	100	4.3	103	3.6

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6u. Trends in 1-day iron intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	14.0	0.59	12.84	0.93	-	-	15.50	0.50	14.2	1.13
1-2	7.35	0.16	7.4	0.13	8.57	0.13	10.2	0.51	9.53	0.24	9.1	0.36
3-5	8.58	0.11	8.7	0.10	10.02	0.09	11.0	0.34	11.86	0.26	11.1	0.36
6-11	10.81	0.17	11.1	0.07	12.34	0.21	-	-	13.76	0.30	13.3	0.30
Males:												
12-15	14.13	0.42	14.1	0.15	16.01	0.45	-	-	19.51	2.21	17.3	0.84
16-19	16.70	0.51	15.0	0.21	18.15	0.60	-	-	18.64	0.86	18.4	0.83
20-29	16.55	0.40	14.3	0.22	17.59	0.45	16.7	0.79	17.87	0.49	16.6	0.44
30-39	16.54	0.48	13.9	0.15	16.48	0.49	15.6	0.70	19.16	0.72	16.8	0.72
40-49	15.26	0.42	14.1	0.18	16.58	0.53	15.6	0.81	18.18	0.63	16.7	0.62
50-59	13.85	0.38	14.0	0.28	15.21	0.43	-	-	17.25	0.78	15.4	0.51
60-69	13.08	0.18	13.2	0.23	14.73	0.20	-	-	16.59	0.62	16.6	0.78
70 and over ⁴	11.68	0.16	12.7	0.28	13.24	0.29	-	-	15.94	0.56	15.5	0.67
Females:												
12-15	10.44	0.28	10.7	0.15	10.71	0.32	-	-	12.26	0.54	12.1	0.51
16-19	9.54	0.30	9.9	0.14	10.04	0.34	-	-	12.52	0.60	11.8	0.64
20-29	10.06	0.13	9.5	0.14	10.67	0.23	11.1	0.27	12.43	0.36	12.5	0.46
30-39	10.36	0.14	9.7	0.11	11.08	0.31	11.1	0.26	12.73	0.36	12.2	0.36
40-49	10.40	0.18	9.6	0.12	11.10	0.34	10.6	0.22	12.05	0.34	11.2	0.33
50-59	10.15	0.28	10.2	0.16	10.30	0.30	-	-	11.84	0.40	11.7	0.33
60-69	9.53	0.14	9.8	0.11	10.53	0.13	-	-	12.97	0.54	12.7	0.44
70 and over ⁴	8.63	0.13	9.5	0.18	10.18	0.22	-	-	12.46	0.42	11.6	0.31

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6v. Trends in 1-day calcium intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	760	24	931	34	-	-	759	18	672	31
1-2	885	13	755	16	770	11	843	23	835	17	780	22
3-5	921	12	759	13	818	8	828	18	855	16	836	26
6-11	1,093	18	936	12	1,029	19	-	-	938	16	948	17
Males:												
12-15	1,309	37	1,146	22	1,202	41	-	-	1,138	46	1,122	40
16-19	1,310	55	1,144	26	1,370	56	-	-	1,274	61	1,168	63
20-29	1,115	46	909	18	1,096	40	1,067	65	1,075	32	1,000	36
30-39	917	43	819	19	889	35	853	42	1,049	39	869	43
40-49	887	42	749	19	830	36	847	59	834	31	806	26
50-59	784	31	757	16	832	38	-	-	854	36	743	30
60-69	763	15	708	16	755	12	-	-	875	34	749	22
70 and over ⁴	693	12	708	20	664	19	-	-	786	25	734	29
Females:												
12-15	940	31	849	15	854	32	-	-	796	33	881	39
16-19	744	33	716	16	725	35	-	-	822	34	725	40
20-29	685	12	628	11	662	21	691	20	778	22	666	25
30-39	605	12	567	11	595	24	656	20	753	22	681	18
40-49	604	16	532	10	596	27	600	19	685	22	576	19
50-59	582	22	555	10	569	28	-	-	651	23	619	17
60-69	559	11	555	9	552	9	-	-	711	26	620	18
70 and over ⁴	537	11	555	11	546	14	-	-	633	19	588	16

- Data not available.

¹ Data for males for 1985 only.² All surveys exclude breast-feeding infants and children.³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6w. Trends in 1-day phosphorus intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	652	20	884	29	-	-	631	15	557	29
1-2	1,005	12	889	14	1,014	13	987	25	941	15	904	18
3-5	1,100	12	976	13	1,164	10	1,083	21	1,054	16	1,033	25
6-11	1,337	17	1,230	12	1,412	23	-	-	1,204	17	1,239	19
Males:												
12-15	1,643	37	1,560	23	1,757	51	-	-	1,517	49	1,526	43
16-19	1,873	58	1,663	28	2,060	70	-	-	1,825	65	1,673	71
20-29	1,775	47	1,534	22	1,911	50	1,703	71	1,712	39	1,581	44
30-39	1,605	47	1,441	22	1,609	44	1,472	59	1,666	41	1,439	48
40-49	1,498	42	1,385	24	1,520	46	1,446	58	1,452	33	1,374	32
50-59	1,336	36	1,358	19	1,435	41	-	-	1,418	43	1,294	32
60-69	1,244	17	1,259	23	1,290	14	-	-	1,378	41	1,247	32
70 and over ⁴	1,096	14	1,178	22	1,133	21	-	-	1,209	27	1,188	33
Females:												
12-15	1,204	29	1,178	16	1,246	40	-	-	1,079	35	1,189	44
16-19	1,046	33	1,074	18	1,125	51	-	-	1,152	38	1,065	37
20-29	1,029	13	1,010	12	1,117	38	1,065	21	1,137	24	1,048	31
30-39	970	13	976	13	1,024	28	1,049	22	1,130	24	1,054	19
40-49	974	17	949	13	994	28	972	21	1,067	23	962	20
50-59	939	25	965	13	932	30	-	-	1,018	27	990	22
60-69	880	12	932	12	894	10	-	-	1,048	28	994	20
70 and over ⁴	793	11	890	13	876	16	-	-	936	21	909	21

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6x. Trends in 1-day sodium intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ²		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ³												
Under 1 ⁴	-	-	-	-	1,046	51	-	-	575	26	493	61
1-2	1,631	26	-	-	1,828	21	1,873	65	1,938	38	1,883	54
3-5	1,925	24	-	-	2,173	18	2,169	51	2,531	43	2,376	48
6-11	2,393	37	-	-	2,716	44	-	-	2,998	45	3,032	53
Males:												
12-15	2,923	83	-	-	3,405	96	-	-	4,018	150	3,896	112
16-19	3,219	117	-	-	4,030	135	-	-	4,783	180	4,454	187
20-29	3,123	96	-	-	3,916	107	4,021	209	4,659	120	4,319	126
30-39	2,928	116	-	-	3,550	112	3,604	160	4,445	115	3,925	114
40-49	2,839	103	-	-	3,542	127	3,330	127	3,960	106	3,954	108
50-59	2,515	88	-	-	3,278	105	-	-	3,640	114	3,887	121
60-69	2,381	39	-	-	2,975	38	-	-	3,409	102	3,454	86
70 and over ⁵	2,114	31	-	-	2,804	61	-	-	3,072	77	3,228	92
Females:												
12-15	2,094	59	-	-	2,567	77	-	-	2,927	100	3,063	112
16-19	1,812	69	-	-	2,336	80	-	-	3,097	120	2,728	108
20-29	1,928	30	-	-	2,404	58	2,593	50	3,002	66	2,639	82
30-39	1,822	30	-	-	2,354	67	2,491	52	2,977	72	2,615	48
40-49	1,793	39	-	-	2,327	83	2,486	77	2,919	91	2,439	64
50-59	1,713	64	-	-	2,186	71	-	-	2,575	76	2,375	59
60-69	1,548	25	-	-	2,108	27	-	-	2,578	74	2,437	84
70 and over ⁵	1,473	27	-	-	1,903	36	-	-	2,360	58	2,240	55

- Data not available.

¹ Excludes sodium from salt added at the table.

² Data for males for 1985 only.

³ All surveys exclude breast-feeding infants and children.

⁴ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁵ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6y. Trends in 1-day potassium intake in milligrams from selected national surveys, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74		NFCS 1977-78		NHANES II 1976-80		CSFII 1985-86 ¹		NHANES III 1988-91		CSFII 1989-91	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
-----mg-----												
Males and females: ²												
Under 1 ³	-	-	-	-	1,544	47	-	-	1,313	30	1,092	55
1-2	1,720	21	-	-	1,732	18	1,914	51	1,900	32	1,768	46
3-5	1,937	21	-	-	1,912	14	1,991	41	2,040	33	1,951	48
6-11	2,334	32	-	-	2,365	35	-	-	2,223	34	2,358	40
Males:												
12-15	2,915	72	-	-	2,940	79	-	-	2,791	105	2,842	95
16-19	3,287	108	-	-	3,510	114	-	-	3,208	125	3,128	133
20-29	3,131	83	-	-	3,340	81	3,308	138	3,280	79	3,015	69
30-39	2,897	90	-	-	3,026	74	3,209	113	3,451	89	2,986	87
40-49	2,778	80	-	-	2,963	81	3,287	136	3,263	81	2,942	81
50-59	2,557	65	-	-	2,765	74	-	-	3,240	97	2,957	80
60-69	2,398	31	-	-	2,560	27	-	-	3,107	92	2,968	86
70 and over ⁴	2,146	29	-	-	2,291	43	-	-	2,823	66	2,769	75
Females:												
12-15	2,181	53	-	-	2,121	55	-	-	1,984	70	2,272	94
16-19	1,956	64	-	-	1,952	64	-	-	2,208	87	2,038	76
20-29	1,956	25	-	-	2,055	44	2,143	43	2,260	49	2,129	50
30-39	1,929	26	-	-	2,076	51	2,260	46	2,480	57	2,244	40
40-49	1,957	34	-	-	2,096	57	2,210	47	2,388	55	2,167	45
50-59	1,980	50	-	-	1,993	58	-	-	2,446	65	2,343	56
60-69	1,870	25	-	-	1,998	20	-	-	2,547	69	2,417	55
70 and over ⁴	1,683	22	-	-	1,973	34	-	-	2,327	49	2,247	37

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.6z. Sample sizes for selected national surveys used to assess trends in 1-day dietary intake, by sex and age, 1971-74, 1977-78, 1976-80, 1985-86, 1988-91, 1989-91

Sex and age (years)	NHANES I 1971-74 N	NFCS 1977-78 N	NHANES II 1976-80 N	CSFII 1985-86 ¹ N	NHANES III 1988-91 N	CSFII 1989-91 N
Males and females: ²						
Under 1 ³	-	455	356	-	871	197
1-2	1,180	1,113	1,417	363	1,231	574
3-5	1,773	1,838	2,345	633	1,547	806
6-11	2,019	4,107	1,725	-	1,745	1,476
Males:						
12-15	729	1,613	688	-	338	465
16-19	596	1,284	663	-	368	325
20-29	986	1,752	1,261	222	844	903
30-39	654	1,338	871	249	735	956
40-49	715	1,082	695	164	626	723
50-59	717	1,166	691	-	473	523
60-69	1,247	941	1,579	-	546	587
70 and over ⁴	673	684	507	-	740	527
Females:						
12-15	732	1,596	632	-	373	413
16-19	614	1,397	632	-	397	424
20-29	2,283	2,282	1,366	1,000	838	1,272
30-39	1,687	1,901	986	1,049	791	1,365
40-49	1,233	1,496	766	735	602	989
50-59	780	1,698	793	-	456	729
60-69	1,376	1,412	1,729	-	560	851
70 and over ⁴	755	1,192	620	-	720	1,023

- Data not available.

¹ Data for males for 1985 only.

² All surveys exclude breast-feeding infants and children.

³ NHANES II includes data for 6-11 month olds only. NHANES III includes data for 2-11 month olds only.

⁴ NHANES I and NHANES II include data for 70-74 year olds only.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; USDA, Nationwide Food Consumption Survey, 1977-78; HHS, Second National Health and Nutrition Examination Survey, 1976-80; USDA, Continuing Survey of Food Intakes by Individuals, 1985-86; HHS, Third National Health and Nutrition Examination Survey, 1988-91; USDA, Continuing Survey of Food Intakes by Individuals, 1989-91.

Supporting Data for Chapter 7

Table A.T7-2. Percentage of people 4 years of age and older with serum vitamin A <20 µg/dL and between 20 and 29 µg/dL, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Less than 20 µg/dL</u>												
<u>Male</u>												
4-5 years	369	0.5*	*	105	--	--	102	2.0*	*	143	2.0*	*
6-8 years	352	0.1*	*	115	--	--	77	--	--	145	1.5*	*
9-11 years	401	0.3*	*	107	--	--	109	1.2*	*	169	0.8*	*
12-15 years	294	--	--	87	--	--	77	--	--	118	--	--
16-19 years	334	--	--	102	--	--	91	--	--	128	--	--
20-29 years	793	--	--	199	--	--	232	--	--	330	--	--
30-39 years	694	0.0*	*	262	--	--	190	0.4*	*	217	--	--
40-49 years	611	0.1*	*	240	--	--	165	0.9*	*	180	--	--
50-59 years	474	0.5*	*	259	0.3*	*	100	2.2*	*	95	--	--
60-69 years	563	0.1*	*	253	--	--	132	0.7*	*	168	1.5*	*
70-79 years	453	0.0*	*	294	--	--	84	--	--	70	0.8*	*
80 years and over	344	0.1*	*	294	--	--	19	--	--	26	4.3*	*
Total	5,682	0.1*	*	2,317	0.0*	*	1,378	0.6*	*	1,789	0.3*	*
<u>Female²</u>												
4-5 years	359	0.9*	*	92	1.2*	*	101	1.0*	*	151	--	--
6-8 years	358	2.4*	*	103	2.8*	*	80	1.1*	*	166	2.6*	*
9-11 years	387	--	--	111	--	--	85	--	--	176	--	--
12-15 years	329	--	--	100	--	--	86	--	--	130	--	--
16-19 years	339	0.1*	*	121	--	--	96	0.9*	*	104	--	--
20-29 years	690	--	--	205	--	--	203	--	--	260	--	--
30-39 years	706	--	--	251	--	--	206	--	--	224	--	--
40-49 years	586	0.1*	*	222	--	--	153	1.0*	*	179	0.8*	*
50-59 years	437	--	--	214	--	--	117	--	--	94	--	--
60-69 years	551	0.3*	*	248	0.3*	*	136	--	--	156	0.4*	*
70-79 years	407	0.1*	*	258	--	--	90	1.4*	*	48	--	--
80 years and over	350	--	--	289	--	--	35	--	--	22	--	--
Total	5,499	0.2*	*	2,214	0.2*	*	1,388	0.3*	*	1,710	0.3*	*

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

0.0 Quantity more than zero but less than 0.05

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T7-2. Percentage of people 4 years of age and older with serum vitamin A <20 µg/dL and between 20 and 29 µg/dL, by sex, age, and race/ethnicity, 1988-91—continued

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>20-29 µg/dL</u>												
<u>Male</u>												
4-5 years	369	26.4	2.60	105	22.8	4.27	102	32.1	4.82	143	38.9	4.36
6-8 years	352	17.2	2.28	115	15.8	3.55	77	21.9	4.91	145	21.5	3.65
9-11 years	401	9.3	1.64	107	7.2*	*	109	16.2	3.68	169	9.9	2.46
12-15 years	294	3.3*	*	87	2.1*	*	77	5.9*	*	118	2.4*	*
16-19 years	334	0.1*	*	102	--	--	91	--	--	128	0.7*	*
20-29 years	793	0.2*	*	199	--	--	232	1.2*	*	330	--	--
30-39 years	694	0.1*	*	262	--	--	190	0.7*	*	217	0.9*	*
40-49 years	611	0.1*	*	240	--	--	165	1.2*	*	180	0.6*	*
50-59 years	474	0.4*	*	259	0.3*	*	100	0.6*	*	95	2.8*	*
60-69 years	563	0.9*	*	253	0.9*	*	132	1.8*	*	168	--	--
70-79 years	453	0.5*	*	294	0.3*	*	84	2.8*	*	70	0.8*	*
80 years and over	344	0.5*	*	294	0.5*	*	19	--	--	26	--	--
Total	5,682	2.2	0.20	2,317	1.7	0.27	1,378	4.4	0.55	1,789	4.3	0.49
<u>Female²</u>												
4-5 years	359	24.2	2.47	92	22.1	4.33	101	29.4	4.53	151	30.8	3.95
6-8 years	358	15.2	2.07	103	14.6	3.48	80	19.4	4.42	166	18.5	3.17
9-11 years	387	8.3	1.53	111	6.9*	*	85	9.7*	*	176	11.9	2.57
12-15 years	329	0.8*	*	100	--	--	86	2.6*	*	130	4.3*	*
16-19 years	339	2.2*	*	121	0.5*	*	96	6.6*	*	104	7.0*	*
20-29 years	690	0.8*	*	205	0.4*	*	203	2.0*	*	260	3.5*	*
30-39 years	706	1.0*	*	251	0.3*	*	206	5.0*	*	224	4.9*	*
40-49 years	586	1.0*	*	222	0.8*	*	153	2.7*	*	179	2.9*	*
50-59 years	437	1.0*	*	214	1.1*	*	117	--	--	94	2.1*	*
60-69 years	551	0.6*	*	248	0.5*	*	136	2.3*	*	156	1.5*	*
70-79 years	407	0.0*	*	258	--	--	90	--	--	48	2.3*	*
80 years and over	350	0.7*	*	289	0.3*	*	35	5.3*	*	22	--	--
Total	5,499	2.3	0.32	2,214	1.6	0.27	1,388	4.8	0.57	1,710	6.6	0.61

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

0.0 Quantity more than zero but less than 0.05

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-2,3. Percentage of people 1 year of age and older with low hemoglobin levels, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
1-2 years	418	14.8	2.17	137	12.1	3.01	129	19.8	3.57	130	17.8	3.78
3-5 years	599	6.1	1.22	174	3.6*	*	175	16.4	2.85	218	5.5*	*
6-11 years	782	3.7	0.84	228	2.4*	*	203	7.3	1.86	318	4.8	1.35
12-19 years	631	3.6	0.92	187	1.8*	*	168	12.0	2.55	249	2.6*	*
20-29 years	804	2.6	0.70	205	1.4*	*	231	8.1	1.83	335	0.9*	*
30-39 years	707	6.1	1.12	265	5.6	1.52	198	16.9	2.71	219	1.2*	*
40-49 years	604	6.0	1.21	234	4.0*	*	166	23.5	3.35	179	4.3*	*
50-59 years	475	10.2	1.73	257	8.4	1.87	101	30.4	4.66	95	6.0*	*
60-69 years	553	12.8	1.77	246	10.8	2.13	134	38.8	4.29	163	12.4	2.91
70-79 years	457	22.6	2.44	296	19.9	2.50	87	47.4	5.45	69	33.1	6.39
80 years and over	347	38.0	3.25	296	35.5	3.00	21	71.3*	*	25	52.5*	*
Total	6,377	7.5	0.57	2,525	6.4	0.62	1,613	18.3	1.03	2,000	4.4	0.71
Female												
1-2 years	405	15.1	2.31	134	12.2	2.83	125	19.7	4.25	131	18.4	4.14
3-5 years	634	7.5	1.36	158	4.1*	*	197	11.0	2.66	259	9.5	2.22
6-11 years	761	3.9	0.91	214	2.9*	*	178	9.0	2.56	345	2.5*	*
12-19 years ²	672	10.6	1.54	225	7.4	1.75	177	27.6	4.01	239	11.4	2.51
20-29 years ²	707	10.5	1.50	208	8.6	1.94	213	22.2	3.40	264	10.3	2.28
30-39 years ²	706	12.0	1.58	254	7.4	1.65	205	32.9	3.92	222	16.6	3.05
40-49 years ²	582	15.4	1.94	216	11.4	2.16	154	35.5	4.60	180	21.9	3.77
50-59 years	437	6.1	1.49	217	4.4*	*	115	16.5	4.13	93	7.0*	*
60-69 years	547	10.6	1.70	243	9.9	1.92	138	21.2	4.15	154	10.8	3.05
70-79 years	415	9.8	1.89	257	7.8	1.67	97	28.3	5.46	50	15.8*	*
80 years and over	360	22.2	2.84	295	19.9	2.33	38	49.6*	*	22	12.1*	*
Total	6,226	10.8	0.67	2,421	8.2	0.72	1,637	24.6	1.14	1,959	11.9	1.14

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: Uses the Centers for Disease Control and Prevention's (CDC) criteria for low hemoglobin for defining anemia.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-4.5. Low-birth-weight (LBW) prevalence among low-income, high-risk females who smoked and did not smoke during pregnancy, by prepregnancy weight and weight gain during pregnancy, 1992

	Very Underweight		Underweight		Normal Weight		Overweight		Very Overweight		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
Records Accepted	5,925	11.2	13,686	8.2	58,933	6.0	14,599	4.7	21,496	4.9	114,639	6.1
Smokers												
Less Than Ideal	875	22.9	1,619	16.4	4,677	13.7	687	8.4	1,518	7.8	9,376	13.7
Ideal	653	12.6	1,399	9.3	4,269	8.1	771	7.0	3,128	5.4	10,220	7.7
Greater Than Ideal	359	3.6	721	5.4	3,993	4.2	1,500	4.8	0	0.0	6,573	4.4
Total	1,887	15.6	3,739	11.6	12,939	8.9	2,958	6.2	4,646	6.2	26,169	9.0
Non-Smokers												
Less Than Ideal	1,844	14.7	4,358	11.5	16,404	8.0	2,440	6.9	5,225	5.7	30,271	6.2
Ideal	1,499	5.9	3,714	3.9	15,468	4.4	3,207	5.1	11,625	4.0	35,513	4.3
Greater Than Ideal	695	1.0	1,875	2.6	14,122	2.6	5,994	2.9	0	0.0	22,686	2.6
Total	4,038	9.1	9,947	7.0	45,994	5.1	11,641	4.4	16,850	4.5	88,470	5.3
Total												
Less Than Ideal	2,719	17.3	5,977	12.8	21,081	9.3	3,127	7.3	6,743	6.2	39,647	9.7
Ideal	2,152	7.9	5,113	5.4	19,737	5.2	3,978	5.5	14,753	4.3	45,733	5.1
Greater Than Ideal	1,054	1.9	2,596	3.4	18,115	2.9	7,494	3.3	0	0.0	29,259	3.0
Total	5,925	11.2	13,686	8.2	58,933	6.0	14,599	4.7	21,496	4.9	114,639	6.1

NOTE: LBW < 2500
 Very Underweight = BMI 10.0-17.9
 Underweight = BMI 18.0-19.7
 Normal Weight = BMI 19.8-27.3
 Overweight = BMI 27.4-31.0
 Very Overweight = BMI 31.1-74.9

SOURCE: HHS, Pregnancy Nutrition Surveillance System, 1992

Table A.F7-6. Percentage of all live-birth infants who had low birth weight (LBW) among females with and without anemia, by age and race/ethnicity of mother, 1991

Anemia status and race-ethnicity of mother	Maternal age						
	Total	< 20 years	20-24 years	25-29 years	30-34 years	35-39 years	40-49 years
With Anemia							
All races and ethnicities\1	10.1	10.3	9.7	9.8	10.3	11.3	14.3
Hispanic	7.1	8.0	6.8	6.3	6.9	9.1	*
Non-Hispanic	10.6	10.8	10.2	10.4	10.7	11.5	14.1
White\1	8.1	8.4	7.7	7.9	8.3	9.0	11.8
Hispanic	7.0	7.8	6.7	6.1	6.8	8.6	*
Non-Hispanic	8.4	8.7	7.9	8.3	8.6	9.0	11.0
Black\1	15.0	13.1	14.0	16.0	17.6	20.0	21.3
Hispanic	12.9	*	*	*	*	*	*
Non-Hispanic	15.0	13.1	14.0	16.0	17.7	19.7	21.6
Asian/Pacific Islander\1	8.5	11.7	7.4	7.2	7.8	10.1	16.9
Hispanic	*	*	*	*	*	*	*
Non-Hispanic	8.7	13.0	7.5	7.4	8.0	9.6	17.5
American Indian\1	6.6	5.5	6.7	5.4	8.0	8.9	12.1
Hispanic	*	*	*	*	*	*	*
Non-Hispanic	6.5	5.3	6.5	5.5	8.1	8.9	12.1
Without Anemia							
All races and ethnicities\1	7.0	9.2	7.0	6.1	6.4	7.4	8.3
Hispanic	5.9	7.3	5.6	5.3	5.8	6.9	7.9
Non-Hispanic	7.1	9.7	7.4	6.2	6.5	7.5	8.4
White\1	5.7	7.5	5.7	5.0	5.3	6.3	7.1
Hispanic	5.9	7.3	5.6	5.3	5.8	6.8	7.8
Non-Hispanic	5.6	7.6	5.7	5.0	5.2	6.2	7.0
Black\1	13.3	13.3	12.4	13.1	14.8	15.8	16.2
Hispanic	8.0	8.5	8.1	7.6	6.9	10.0	*
Non-Hispanic	13.4	13.4	12.4	13.2	15.0	15.8	16.2
Asian/Pacific Islander\1	6.5	10.0	6.9	5.7	5.8	7.1	8.8
Hispanic	6.5	8.2	6.9	5.1	6.1	*	*
Non-Hispanic	6.5	10.2	6.9	5.7	5.8	7.1	8.7
American Indian\1	6.1	6.6	5.4	5.6	6.9	7.6	10.8
Hispanic	6.0	6.0	4.5	5.9	*	*	*
Non-Hispanic	6.1	6.6	5.4	5.6	6.8	7.8	10.3

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

\1 Includes births of unknown ethnicity.

NOTE: Anemia was diagnosed during pregnancy, and was defined as a hemoglobin <10.0 gm/dl or a hematocrit <30 percent. Information about anemia on U.S. certificates of live birth was collected from the medical record. Findings include a total of 49 reporting states and the District of Columbia, but exclude births for New Hampshire, which did not report ethnicity of the mother.

SOURCE: HHS, National Vital Statistics System, 1991.

Table A.F7-7,8. Percentage of low-income, high-risk pregnant females 12-59 years of age with low hemoglobin or hematocrit indices stratified by trimester of initial visit, by age and race/ethnicity of mother, 1992

	Initial Visit					
	First Trimester		Second Trimester		Third Trimester	
	N	%	N	%	N	%
Records Accepted	120,831	10.1	127,607	10.8	82,953	29.1
Mother's Age						
12-15 years	3,341	13.4	3,639	13.6	2,091	38.5
16-19 years	29,044	10.4	29,992	11.6	19,180	32.4
20-29 years	69,682	9.7	72,477	10.1	48,301	27.8
30-39 years	17,991	10.6	20,498	11.3	12,715	27.4
40-49 years	768	11.9	995	11.2	660	28.1
50-59 years	5	4	6
Ethnic Composition						
Non-Hispanic White	66,945	5.8	63,431	7.1	40,730	22.3
Non-Hispanic Black	37,334	18.8	35,164	18.4	24,250	42.6
Hispanic	13,654	7.1	24,506	9.3	15,427	26.2
Non-Hispanic Asian/Pacific Islander	2,140	13.4	3,373	11.6	1,825	25.2
Non-Hispanic American Indian/Alaskan Native	758	7.7	1,131	9.4	721	30.2

.... Does not meet minimum sample size requirements.

NOTE: Low hematology is defined as either a hemoglobin (HGB) or a hematocrit (HCT) less than the following:

HGB Cutoffs	HCT Cutoffs
1st Trimester = 11.0	1st Trimester = 33.0
2nd Trimester = 10.5	2nd Trimester = 32.0
3rd Trimester = 11.5	3rd Trimester = 33.0

All values were adjusted for altitude and smoking status.

SOURCE: HHS, Pregnancy Nutrition Surveillance System, 1992.

Table A.T7-4. Growth-status indicators of children and adolescents in the U.S. population, 1988-91

Growth status indicators for selected age groups	Male			Female ¹		
	Sample size	Percent	SE	Sample size	Percent	SE
<i>Low recumbent length for age</i>						
2-5 months	165	4.9*	*	197	3.7*	*
6-11 months	299	4.4	1.2	284	3.9*	*
12-23 months	338	3.8	1.1	362	3.5	1.0
<i>Low height for age</i>						
2-5 years	1,113	5.2	0.9	1,174	5.1	0.8
6-11 years	919	4.7	0.9	915	4.1	0.8
12-17 years	553	6.1	1.3	576	1.5*	*
<i>Low weight for recumbent length</i>						
2-5 months	161	1.3*	*	192	--	--
6-11 months	298	1.6*	*	282	2.7*	*
12-23 months	334	3.4	1.0	362	3.2*	*
<i>Low weight for height</i>						
2-5 years	975	2.7	0.7	993	0.6*	*
6-9 years	569	2.6*	*	538	3.6	0.9
<i>High weight for recumbent length</i>						
2-5 months	161	11.9	2.7	192	12.0	2.4
6-11 months	298	8.5	1.7	282	11.5	1.9
12-23 months	334	10.5	1.8	362	10.6	1.6
<i>High weight for height</i>						
2-5 years	975	4.2	0.9	993	7.5	1.1
6-11 years	909	9.4	1.3	908	12.6	1.5
12-19 years	723	10.1	1.5	746	9.0	1.4

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

¹ Excludes pregnant women.

NOTE: Percentages below the NCHS growth chart 5th percentiles were used for low recumbent length for age and low weight for recumbent length for children 6-23 mons., for low height for age for children 2-17 yrs, and for low weight for height for children 2-9 yrs. Percentages above the NCHS growth chart 95th percentiles were used for high weight for recumbent length for children 6-23 mons. and high weight for height for children 2-19 yrs.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T7-5. Growth-status indicators of Mexican-American children and adolescents, by age and sex, 1982-84 and 1988-91

Growth status indicators for selected age groups	Male						Female ¹					
	HHANES, 1982-84			NHANES III, 1988-91			HHANES, 1982-84			NHANES III, 1988-91		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Low recumbent length for age												
6-11 months	47	--	--	56	1.3*	*	53	--	--	44	1.3*	*
12-23 months	102	9.8*	*	109	6.7*	*	125	9.4*	*	116	4.5*	*
Low height for age												
2-5 years	480	10.6	1.4	379	4.8	1.4	418	9.5	1.8	454	7.5	1.6
6-11 years	632	6.3	1.0	359	5.8	1.6	655	6.1	1.2	394	6.0	1.5
12-17 years	521	8.8	1.2	211	14.4	3.2	515	9.3	1.6	206	10.4	2.7
Low weight for recumbent length												
6-11 months	47	3.1*	*	55	3.2*	*	53	--	--	44	--	--
12-23 months	101	7.3*	*	107	--	--	118	2.0*	*	116	3.8*	*
Low weight for height												
2-5 years	423	1.2*	*	339	1.8*	*	334	1.5*	*	384	1.0*	*
6-9 years	421	1.5*	*	223	1.6*	*	388	2.6*	*	240	3.0*	*
High weight for recumbent length												
6-11 months	47	4.5*	*	55	16.9*	*	53	7.3*	*	44	16.0*	*
12-23 months	101	7.9*	*	107	16.7	4.0	118	11.3	3.1	116	9.2*	*
High weight for height												
2-5 years	423	5.2	1.1	339	8.6	1.5	334	8.0	1.5	384	13.2	1.8
6-11 years	632	13.9	1.4	350	18.1	2.4	655	13.4	1.3	389	16.7	2.1
12-19 years	650	7.2	1.1	268	10.8	2.2	665	9.3	1.1	256	13.0	2.4

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

¹ Excludes pregnant women.

NOTE: Percentages below the NCHS growth chart 5th percentiles were used for low recumbent length for age and low weight for recumbent length for children 6-23 mons., for low height for age for children 2-17 yrs, and for low weight for height for children 2-9 yrs. Percentages above the NCHS growth chart 95th percentiles were used for high weight for recumbent length for children 6-23 mons. and high weight for height for children 2-19 yrs.

SOURCE: HHS, Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-9,10a. Mean weight, height, and body mass index (BMI) in kg/m² of American Indian school children 5-18 years of age, 1990-91

Age (y)	Sample Size	Weight (kg)	Height (cm)	BMI
<u>Males</u>				
5	364	21.6	113.3	16.6
6	539	25.1	120.8	17.2
7	482	28.9	126.7	17.9
8	524	33.8	132.6	19.1
9	511	36.8	137.2	19.4
10	493	42.3	142.9	20.5
11	419	48.1	147.3	21.7
12	369	53.5	157.8	22.1
13	281	59.8	161.2	22.9
14	246	63.5	166.9	22.7
15	249	67.8	170.2	22.9
16	204	68.6	174.1	23.8
17	165	72.6	171.7	24.2
18	75	75.9	176.5	24.2

SOURCE: HHS, Survey of Heights and Weights of American Indian School Children, 1990-91 (Jackson, 1993).

Table A.F7-9,10a. Mean weight, height, and body mass index (BMI) in kg/m² of American Indian school children 5-18 years of age, 1990-91—continued

Age (y)	Sample Size	Weight (kg)	Height (cm)	BMI
<u>Females</u>				
5	404	21.5	114.6	16.6
6	494	24.7	118.6	17.0
7	538	29.0	126.5	18.1
8	495	32.2	131.3	18.4
9	469	37.2	137.7	19.6
10	404	42.0	143.9	20.3
11	384	47.8	149.0	21.3
12	311	55.4	154.2	21.4
13	231	60.4	158.0	23.6
14	228	60.1	159.3	23.6
15	209	62.1	161.7	23.4
16	181	64.0	161.9	25.3
17	152	66.5	162.4	25.1
18	43	68.6	164.0	26.6

SOURCE: HHS, Survey of Heights and Weights of American Indian School Children, 1990-91 (Jackson, 1993).

Table A.F7-9,10b. Mean body mass index (BMI) in kg/m² of children and adolescents 2-19 years of age in the U.S. population, 1988-91

Sex and age	Sample size	Mean	SEM
<u>Male</u>			
2 years	308	16.5	0.10
3 years	263	16.0	0.12
4 years	271	15.9	0.10
5 years	266	16.0	0.15
6 years	161	16.3	0.27
7 years	135	16.2	0.25
8 years	146	17.3	0.29
9 years	149	17.6	0.31
10 years	169	17.7	0.32
11 years	149	19.0	0.39
12 years	94	19.9	0.47
13 years	91	19.9	0.47
14 years	68	21.2	0.66
15 years	91	22.0	0.63
16 years	91	21.6	0.67
17 years	107	23.7	0.58
18 years	96	22.4	0.55
19 years	85	23.5	0.50
<u>Female</u>			
2 years	288	16.4	0.15
3 years	308	15.9	0.13
4 years	280	15.7	0.15
5 years	287	15.9	0.18
6 years	148	15.9	0.24
7 years	151	16.4	0.34
8 years	151	17.5	0.45
9 years	167	17.5	0.34
10 years	143	18.1	0.44
11 years	148	18.7	0.43
12 years	83	20.8	0.73
13 years	94	20.9	0.56
14 years ¹	111	22.1	0.62
15 years ¹	89	21.8	0.55
16 years ¹	91	23.3	0.68
17 years ¹	93	23.4	0.74
18 years ¹	87	23.3	0.77
19 years ¹	98	22.9	0.64

¹ Excludes pregnant women.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-11,12,13. Growth-status indicators of children and adolescents in the U.S. population, 1971-74, 1976-80, and 1988-91

Growth status indicators for selected age groups	NHANES I, 1971-74			NHANES II, 1976-80			NHANES III, 1988-91		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
	<u>Male</u>								
Low height for age									
2-5 years	1,183	4.4	0.8	1,589	7.0	0.8	1,113	5.2	0.9
6-11 years	1,026	4.8	0.9	900	4.6	0.8	919	4.7	0.9
12-17 years	1,057	5.6	0.9	1,033	5.2	0.8	553	6.1	1.3
Low weight for height									
2-5 years	1,043	2.0	0.5	1,416	2.2	0.5	975	2.7	0.7
6-9 years	659	4.4	0.9	575	3.4	0.9	569	2.6*	*
High weight for height									
2-5 years	1,043	3.8	0.8	1,416	3.4	0.5	975	4.2	0.9
6-11 years	1,026	5.6	0.9	900	8.2	1.0	909	9.4	1.3
12-19 years	1,319	5.3	0.8	1,343	4.2	0.6	723	10.1	1.5
	<u>Female¹</u>								
Low height for age									
2-5 years	1,159	5.7	0.8	1,438	8.2	0.9	1,174	5.1	0.8
6-11 years	1,031	4.5	0.7	854	5.1	0.9	915	4.1	0.8
12-17 years	1,040	4.1	0.7	921	4.0	0.7	576	1.5*	*
Low weight for height									
2-5 years	1,010	2.2	0.5	1,244	2.8	0.5	993	0.6*	*
6-9 years	595	2.8	0.7	521	2.1	0.7	538	3.6	0.9
High weight for height									
2-5 years	1,010	4.1	0.7	1,244	5.5	0.8	993	7.5	1.1
6-11 years	1,031	5.3	0.8	854	8.7	1.0	908	12.6	1.5
12-19 years	1,314	6.3	0.8	1,236	5.3	0.7	746	9.0	1.4

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Excludes pregnant women.

NOTE: Percentages below the NCHS growth chart 5th percentile were used for low recumbent length for age and low weight for recumbent length for children 6-23 mos., for low height for age for children 2-17 yrs., and for low weight for height for children 2-9 yrs. Percentages above the NCHS growth chart 95th percentile were used for high weight for recumbent length for children 6-23 mos. and high weight for height for children 2-19 yrs.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-14. Growth-status indicators of low-income, high-risk infants less than 1 year of age and children and adolescents 1-19 years of age, 1973-92

Year	Low Ht/Age		Low Wt/Ht		High Wt/Ht	
	N	%	N	%	N	%
1973	22,795	9.2	19,520	4.1	19,520	7.2
1974	75,991	11.4	66,677	4.2	66,677	10.0
1975	80,766	10.6	154,898	3.7	154,898	9.7
1976	243,041	10.0	210,105	3.2	210,105	9.5
1977	85,777	9.5	329,956	3.3	329,956	8.8
1978	440,499	9.3	387,868	3.1	387,868	8.3
1979	544,102	9.5	487,866	3.0	487,886	8.3
1980	891,906	10.0	807,312	3.3	807,312	8.3
1981	778,555	10.9	717,275	3.4	717,275	8.4
1982	967,603	11.1	904,140	3.4	904,140	8.0
1983	1,246,382	11.0	1,164,053	3.6	1,164,053	7.8
1984	1,616,439	10.4	1,518,942	3.5	1,518,942	7.8
1985	2,085,716	10.2	1,956,927	3.9	1,956,927	8.5
1986	2,491,548	10.5	2,337,460	3.8	2,337,460	8.6
1987	2,743,297	10.4	2,557,104	3.9	2,557,104	8.3
1988	3,001,418	10.0	2,767,527	3.6	2,767,527	8.2
1989	4,647,160	9.4	4,399,741	3.3	4,399,741	9.4
1990	5,198,136	9.3	4,720,948	3.4	4,720,948	9.6
1991	6,001,569	8.9	5,620,936	3.3	5,620,936	9.6
1992	6,252,864	8.6	5,895,954	3.1	5,895,954	9.8
Total	39,815,564	9.6	37,025,229	3.4	37,025,229	9.0

NOTE: Low: < 5th percentile, NCHS Growth Reference
 High > 95th percentile, NCHS Growth Reference

SOURCE: HHS, Pediatric Nutrition Surveillance System, 1992

Table A.F7-15. Percentage of people 20 years of age and older who are overweight (high BMI), by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
Total	4,209	31.4	0.93	1,896	32.3	1.40	1,045	30.9	1.86	1,136	35.5	1.85
20-29 years	858	20.2	1.85	218	19.2	2.78	251	30.0	2.94	353	24.1	2.28
30-39 years	759	27.4	2.19	277	28.3	2.83	223	26.1	2.99	233	29.4	2.98
40-49 years	643	37.0	2.57	247	38.1	3.22	186	34.4	3.55	185	56.9	3.64
50-59 years	493	42.1	3.01	262	42.5	3.19	110	38.0	4.71	98	51.6	5.05
60-69 years	588	42.2	2.75	262	43.6	3.20	150	31.6	3.86	167	54.0	3.86
70-79 years	495	35.9	2.91	318	36.0	2.81	99	34.6	4.87	72	41.0	5.80
80 years and over	373	18.0	2.69	312	18.4	2.29	26	16.1*	*	28	24.1*	*
Female/2												
Total	4,050	35.2	0.98	1,818	32.8	1.43	1,067	48.6	1.99	1,039	46.7	2.02
20-29 years	755	20.1	1.83	224	17.7	2.55	230	31.0	3.53	277	34.4	2.85
30-39 years	770	34.1	2.14	274	31.2	2.80	236	47.7	3.76	234	48.2	3.27
40-49 years	623	37.6	2.43	233	32.5	3.07	169	59.8	4.37	188	57.1	3.61
50-59 years	465	51.8	2.90	228	50.9	3.31	128	59.3	5.03	98	56.8	5.00
60-69 years	595	42.5	2.54	260	40.3	3.04	159	63.3	4.42	162	52.3	3.92
70-79 years	446	37.2	2.87	277	35.4	2.87	103	49.0	5.70	53	49.7	6.87
80 years and over	396	26.2	2.77	322	25.2	2.42	42	36.5	8.60	27	30.6*	*

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Includes data for race-ethnic groups not shown separately.

/2 Excludes pregnant women.

NOTE: BMI is an index used to relate weight to stature. For men, overweight is defined as a BMI greater than or equal to 27.8 kilograms per meter squared; for women, it is defined as a BMI greater than or equal to 27.3 kilograms per meter squared.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-16. Age-adjusted percentage of people 20 years of age and older who are overweight (high BMI), by sex, race/ethnicity, and income level, 1988-91

Sex and poverty income ratio	Total population/1			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
Below poverty	712	30.4	2.24	142	29.8	3.02	211	29.6	2.53	338	36.9	4.22
At or above poverty	3,069	31.9	1.00	1,625	32.3	1.02	724	32.8	1.65	621	40.6	1.02
Under 131% poverty	1,034	32.8	2.49	238	33.3	3.18	313	28.4	2.20	453	37.2	3.44
131-350% poverty	1,793	32.7	1.38	865	33.6	1.64	460	33.2	2.26	401	41.4	1.75
Over 350% poverty	954	29.0	1.34	664	28.7	1.39	162	36.4	3.31	105	46.1	5.72
Female												
Below poverty	850	47.3	2.70	189	46.9	5.12	290	50.0	3.96	347	50.5	3.02
At or above poverty	2,710	32.2	1.20	1,442	30.1	1.34	637	49.0	1.61	540	44.4	2.89
Under 131% poverty	1,185	46.1	2.11	321	44.7	3.88	390	51.1	3.42	441	50.3	2.79
131-350% poverty	1,643	33.8	1.49	806	31.9	1.54	421	49.0	2.12	349	44.4	4.21
Over 350% poverty	732	28.0	2.30	504	26.4	2.39	116	46.1	3.11	97	40.0	6.81

/1 Includes data for race-ethnic groups not shown separately.

NOTE: BMI is an index used to relate weight to stature. For men, overweight is defined as a BMI greater than or equal to 27.8 kilograms per meter squared; for women, it is defined as a BMI greater than or equal to 27.3 kilograms per meter squared.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-17,18,19. Prevalence of overweight (high BMI) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91

Sex, age, race and Hispanic origin	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>20-74 years, age-adjusted</u>												
Both sexes ¹	6,126	24.3	0.70	12,911	25.0	0.53	11,765	25.4	0.63	7,106	33.3	0.85
Male ¹	2,895	22.8	1.00	4,992	23.7	0.86	5,604	24.1	0.83	3,651	31.7	1.14
Female ^{1 2}	3,231	25.7	0.80	7,919	26.0	0.68	6,161	26.5	0.82	3,455	34.8	1.29
White male	2,502	23.0	1.04	4,135	23.8	0.94	4,883	24.2	0.90	2,573	32.0	1.14
White female ²	2,766	23.6	0.84	6,384	24.0	0.81	5,331	24.4	0.85	2,388	33.4	1.36
Black male	332	22.1	3.10	793	23.9	1.86	607	26.2	1.54	993	31.8	1.75
Black female ²	415	41.6	2.26	1,450	43.1	1.88	719	44.5	2.33	991	49.2	1.98
White, non-Hispanic male	4,646	24.2	0.93	1,460	32.0	1.11
White, non-Hispanic female ²	5,069	23.9	0.83	1,373	32.2	1.44
Black, non-Hispanic male	597	26.0	1.50	982	31.8	1.78
Black, non-Hispanic female ²	711	44.2	2.44	975	49.1	1.94
Mexican-American male ³	1,454	30.9	1.55	1,085	39.8	1.02
Mexican-American female ^{2 3}	1,797	41.5	1.41	990	48.1	2.19
<u>20-74 years, crude</u>												
Both sexes ¹	6,126	25.5	0.67	12,911	25.5	0.56	11,765	25.7	0.60	7,106	33.7	0.89
Male ¹	2,895	23.4	0.95	4,992	24.0	0.87	5,604	24.2	0.85	3,651	31.7	1.22
Female ^{1 2}	3,231	27.4	0.94	7,919	27.0	0.73	6,161	27.1	0.84	3,455	35.6	1.29
White male	2,502	23.7	1.00	4,135	24.1	0.98	4,883	24.4	0.93	2,573	32.4	1.27
White female ²	2,766	25.4	0.97	6,384	25.2	0.82	5,331	25.1	0.90	2,388	34.3	1.33
Black male	332	22.5	2.96	793	24.5	2.31	607	25.7	2.29	993	31.2	1.82
Black female ²	415	43.0	3.14	1,450	43.2	2.00	719	43.7	2.38	991	49.1	1.97
White, non-Hispanic male	4,646	24.4	0.92	1,460	32.7	1.33
White, non-Hispanic female ²	5,069	24.8	0.89	1,373	33.2	1.37
Black, non-Hispanic male	597	25.6	2.32	982	31.2	1.82
Black, non-Hispanic female ²	711	43.4	2.41	975	49.1	1.97
Mexican-American male ³	1,454	29.6	1.56	1,085	35.6	1.99
Mexican-American female ^{2 3}	1,797	39.1	1.50	990	47.1	2.17

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.² Excludes pregnant women.³ Data for Mexican Americans are for 1982-1984.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-17,18,19. Prevalence of overweight (high BMI) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91—continued

Race, sex and age	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>White male</u>												
20-29 years	499	18.4	2.06	828	16.4	1.69	1,072	15.3	1.34	577	19.1	2.03
30-39 years	612	21.1	1.95	547	28.0	2.32	751	24.9	1.91	517	28.3	2.46
40-49 years	567	26.3	2.19	592	30.5	2.27	614	31.5	2.28	439	38.0	2.88
50-59 years	419	28.7	2.62	603	27.0	2.19	603	28.5	2.23	369	43.1	3.20
60-74 years	405	24.3	2.53	1,565	21.7	1.39	1,843	27.3	1.26	671	41.8	2.37
<u>Black male</u>												
20-29 years	69	20.6*	*	144	9.5*	*	160	12.1	2.81	256	29.4	2.85
30-39 years	81	31.9	6.71	93	38.1	6.52	97	25.4	4.81	225	26.6	2.95
40-49 years	69	18.4*	*	116	29.8	5.51	63	46.6	6.84	188	34.0	3.45
50-59 years	61	29.0	7.53	108	28.6	5.59	78	30.1	5.66	112	39.0	4.61
60-74 years	52	9.3*	*	332	20.0	3.00	209	27.7	3.37	212	33.5	3.24
<u>White female</u>												
20-29 years ¹	559	8.9	1.21	1,687	11.4	1.04	1,083	12.8	1.09	503	18.7	2.15
30-39 years ¹	626	18.3	1.55	1,308	20.1	1.39	838	21.6	1.53	514	33.1	2.57
40-49 years ¹	663	23.9	1.66	989	28.0	1.76	655	26.8	1.86	430	34.8	2.84
50-59 years	480	33.5	2.15	646	32.5	2.17	675	33.5	1.96	327	50.9	3.42
60-74 years	438	43.9	2.37	1,754	37.6	1.52	2,080	35.7	1.13	614	39.7	2.44
<u>Black female</u>												
20-29 years ¹	92	18.2	4.61	400	23.2	3.20	174	27.4	4.02	236	31.4	3.74
30-39 years ¹	112	43.7	5.37	325	43.1	4.04	109	37.4	5.51	240	48.2	4.00
40-49 years ¹	87	50.8	6.14	226	45.2	4.78	96	48.8	6.06	173	59.9	4.62
50-59 years	70	46.4	6.83	131	63.1	5.99	103	63.4	5.64	129	58.7	5.37
60-74 years	54	63.9	7.49	368	54.6	3.89	237	59.3	3.79	213	60.6	4.15

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Excludes pregnant women.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-20. Age-adjusted percentage of people 20 years of age and older with high serum total cholesterol levels, by sex, race/ethnicity, and poverty level, 1988-91

Sex and poverty income ratio	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
Below poverty	668	21.3	2.35	135	23.2	3.30	192	14.0	2.20	324	15.2	1.82
At or above poverty	2,890	18.7	0.87	1,559	18.6	0.94	633	18.6	1.17	603	22.0	2.53
Under 131% poverty	968	20.9	2.07	227	22.7	2.99	280	15.0	1.90	435	16.8	1.97
131-350% poverty	1,684	18.0	1.05	829	17.8	1.15	402	19.1	1.81	389	22.9	2.77
Over 350% poverty	906	18.9	1.46	638	18.7	1.54	143	19.8	2.80	103	22.2	3.95
Female												
Below poverty	828	20.6	2.54	178	20.5	3.68	274	20.5	1.50	354	17.4	2.96
At or above poverty	2,600	21.7	1.21	1,386	21.7	1.54	584	20.6	1.88	542	20.4	1.78
Under 131% poverty	1,150	22.2	1.97	304	22.3	2.80	365	22.7	1.31	450	17.7	2.34
131-350% poverty	1,584	21.9	1.02	782	22.2	1.42	387	18.3	1.72	349	21.1	2.36
Over 350% poverty	694	20.6	2.21	478	20.3	2.49	106	19.3	5.23	97	20.6	4.26

¹ Includes data for race-ethnic groups not shown separately.

NOTE: A high total cholesterol level is defined as a level greater than or equal to 240 mg/dL.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-21,22. Percentage of people 20 years of age and older with levels of serum low-density-lipoprotein (LDL) cholesterol within selected ranges, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Less than 130 mg/dL</u>												
Male												
20-29 years	326	76.9	3.01	82	77.3	4.88	97	66.2	5.64	141	76.1	4.29
30-39 years	297	48.4	3.74	110	44.6	5.00	85	64.1	6.11	90	59.1	6.19
40-49 years	255	46.5	4.03	104	45.8	5.15	67	47.0	7.16	69	53.1	7.18
50-59 years	215	37.5	4.26	117	37.8	4.73	43	51.4	8.95	45	45.5	8.87
60-69 years	246	39.7	4.02	114	39.6	4.83	60	37.4	7.33	68	38.2	7.04
70-79 years	201	46.2	4.53	134	48.3	4.55	33	26.5*	*	29	30.9*	*
80 years and over	128	57.3	5.64	111	56.0	4.97	8	6
Total	1,668	51.9	1.82	772	50.6	2.10	393	56.2	2.91	448	61.1	2.92
Female												
20-29 years	357	76.9	2.76	95	78.6	4.32	100	74.4	4.86	152	72.6	3.62
30-39 years	330	70.9	3.09	119	70.9	4.28	101	70.7	5.05	102	65.6	4.71
40-49 years	258	60.2	3.77	89	59.4	5.35	67	58.3	6.71	87	57.8	5.29
50-59 years	206	40.5	4.23	107	40.8	4.88	52	45.5	7.69	42	40.4	7.57
60-69 years	221	33.3	3.92	100	34.2	4.87	57	20.9	6.01	59	41.4	6.41
70-79 years	167	32.2	4.47	111	32.8	4.58	30	37.1*	*	21	58.2*	*
80 years and over	134	39.8	5.23	108	40.0	4.84	15	8
Total	1,673	57.6	1.80	729	57.1	2.14	422	58.5	2.79	471	61.6	2.84

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

.... Does not meet minimum sample size requirements.

¹ Includes data for race-ethnic groups not shown separately.

NOTE: The sample size is based on people who were in the morning sample who fasted 9 or more hours. Low density lipoprotein (LDL) cholesterol is calculated by the Friedewald et al. formula where $LDL = TC - [HDL + (TG/5)]$ for fasting triglycerides (TG) below 400 mg/dL. {TC=total cholesterol; HDL=high density lipoprotein cholesterol.}

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-21,22. Percentage of people 20 years of age and older with levels of serum low-density-lipoprotein (LDL) cholesterol within selected ranges, by sex, age, and race/ethnicity, 1988-91—continued

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>130-159 mg/dL</u>												
<u>Male</u>												
20-29 years	326	17.3	2.70	82	18.0	4.44	97	21.0	4.62	141	15.2	3.47
30-39 years	297	28.6	3.38	110	30.1	4.57	85	24.7	5.23	90	19.9	4.82
40-49 years	255	30.9	3.73	104	29.4	4.67	67	36.2	6.56	69	33.2	6.50
50-59 years	215	29.3	4.00	117	29.4	4.40	43	21.5*	*	45	32.0	7.97
60-69 years	246	32.4	3.84	114	32.7	4.59	60	32.6	6.77	68	28.7	6.29
70-79 years	201	28.0	4.08	134	25.7	3.95	33	46.3*	*	29	49.1*	*
80 years and over	128	27.9	5.10	111	29.2	4.51	8	6
Total	1,668	27.0	1.52	772	27.3	1.87	393	26.6	2.61	448	22.7	1.98
<u>Female</u>												
20-29 years	357	18.1	2.32	95	16.1	3.77	100	21.1	4.38	152	19.4	3.20
30-39 years	330	21.9	2.60	119	23.3	3.88	101	19.8	4.25	102	25.0	4.29
40-49 years	258	25.5	3.10	89	25.4	4.62	67	24.5	5.64	87	24.7	4.62
50-59 years	206	29.6	3.63	107	26.7	4.28	52	31.7	6.92	42	38.0	7.49
60-69 years	221	29.8	3.51	100	29.1	4.54	57	30.7	6.56	59	28.2	5.86
70-79 years	167	31.9	4.12	111	30.9	4.39	30	30.6*	*	21	23.8*	*
80 years and over	134	27.2	4.39	108	25.6	4.20	15	8
Total	1,673	24.7	1.48	729	24.2	1.86	422	24.6	2.46	471	25.1	2.00

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

.... Does not meet minimum sample size requirements.

¹ Includes data for race-ethnic groups not shown separately.

NOTE: The sample size is based on people who were in the morning sample who fasted 9 or more hours. Low density lipoprotein (LDL) cholesterol is calculated by the Friedewald et al. formula where $LDL = TC - [HDL - (TG/5)]$ for fasting triglycerides (TG) below 400 mg/dL. {TC=total cholesterol; HDL=high density lipoprotein cholesterol.}

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-21,22. Percentage of people 20 years of age and older with levels of serum low-density-lipoprotein (LDL) cholesterol within selected ranges, by sex, age, and race/ethnicity, 1988-91—continued

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>160 mg/dL or more</u>												
Male												
20-29 years	326	5.8	1.72	82	4.7*	*	97	12.8*	*	141	8.7*	*
30-39 years	297	23.0	3.25	110	25.3	4.29	85	11.3*	*	90	21.0	5.07
40-49 years	255	22.6	3.49	104	24.8	4.38	67	16.9*	*	69	13.7*	*
50-59 years	215	33.2	4.27	117	32.8	4.50	43	27.1	7.80	45	22.6*	*
60-69 years	246	28.0	3.81	114	27.7	4.34	60	30.0	6.81	68	33.0	6.73
70-79 years	201	25.8	4.11	134	26.0	3.92	33	27.2*	*	29	20.0*	*
80 years and over	128	14.9	4.18	111	14.8	3.49	8	6
Total	1,668	21.1	1.35	772	22.0	1.56	393	17.2	1.91	448	16.2	2.30
Female												
20-29 years	357	5.0*	*	95	5.3*	*	100	4.4*	*	152	8.1	2.26
30-39 years	330	7.2	1.89	119	5.8*	*	101	9.5*	*	102	9.4*	*
40-49 years	258	14.3	2.90	89	15.1	4.11	67	17.2	4.80	87	17.5	4.17
50-59 years	206	29.9	4.24	107	32.5	4.90	52	22.8	6.06	42	21.6*	*
60-69 years	221	36.9	4.32	100	36.7	5.21	57	48.3	6.90	59	30.4	6.13
70-79 years	167	35.9	4.94	111	36.3	4.94	30	32.3*	*	21	18.0*	*
80 years and over	134	32.9	5.40	108	34.4	4.95	15	8
Total	1,673	17.7	1.26	729	18.7	1.51	422	16.9	1.82	471	13.2	2.06

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

.... Does not meet minimum sample size requirements.

¹ Includes data for race-ethnic groups not shown separately.

NOTE: The sample size is based on people who were in the morning sample who fasted 9 or more hours. Low density lipoprotein (LDL) cholesterol is calculated by the Friedewald et al. formula where $LDL = TC - [HDL - (TG/5)]$ for fasting triglycerides (TG) below 400 mg/dL. (TC=total cholesterol; HDL=high density lipoprotein cholesterol.)

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-23,24. Percentage of people 20 years of age and older with low levels of serum high-density-lipoprotein (HDL) cholesterol (<35 mg/dL), by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
20-29 years	793	10.3	1.35	202	11.6	2.30	230	5.4	1.51	329	13.4	2.18
30-39 years	699	14.1	1.65	263	14.6	2.21	194	10.2	2.19	218	11.3	2.50
40-49 years	600	20.8	2.07	238	23.2	2.79	162	11.4	2.52	174	25.4	3.84
50-59 years	472	19.8	2.29	258	21.3	2.59	100	10.1*	*	94	12.2*	*
60-69 years	558	20.0	2.12	251	21.2	2.63	129	12.0	2.89	168	20.1	3.60
70-79 years	458	19.1	2.30	300	19.4	2.32	84	13.0	3.71	69	14.7*	*
80 years and over	340	15.4	2.45	291	16.4	2.21	19	--	--	25	23.1*	*
Total	3,920	16.3	1.13	1,803	17.8	1.32	918	9.2	1.16	1,077	15.2	1.67
Female												
20-29 years	783	4.5	1.10	224	4.8*	*	232	1.5*	*	303	4.7	1.27
30-39 years	740	7.8	1.46	260	8.6	1.95	216	4.1*	*	239	3.5*	*
40-49 years	582	3.4*	*	221	3.3*	*	153	5.2*	*	176	9.1	2.26
50-59 years	434	6.6	1.77	214	7.5	2.02	115	2.7*	*	93	7.3*	*
60-69 years	549	5.4	1.44	245	5.8	1.69	135	3.5*	*	157	6.2*	*
70-79 years	412	6.2	1.77	261	6.8	1.75	90	3.4*	*	50	5.3*	*
80 years and over	356	7.2	2.04	292	7.6	1.75	38	3.8*	*	22	7.6*	*
Total	3,856	5.7	0.72	1,717	6.2	0.86	979	3.3	0.69	1,040	5.5	1.08

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

¹ Includes data for race-ethnic groups not shown separately.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-25,26a. Prevalence of desirable serum total cholesterol levels (<200 mg/dL) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91

Sex, age, race and Hispanic origin	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>20-74 years, age-adjusted</u>												
Both sexes ¹	6,098	36.6	1.22	13,106	40.9	0.84	11,864	43.5	0.89	6,785	49.3	1.12
Male ¹	2,841	37.1	1.67	4,992	40.9	1.20	5,604	44.2	1.10	3,439	48.6	1.19
Female ¹	3,257	36.1	1.18	8,114	41.1	0.87	6,260	43.0	0.98	3,346	50.3	1.43
White male	2,453	36.1	1.63	4,135	40.3	1.23	4,883	43.9	1.10	2,477	48.2	1.25
White female	2,787	35.2	1.17	6,537	41.5	0.86	5,418	42.8	1.04	2,356	50.2	1.53
Black male	327	44.5	3.05	793	46.8	2.86	607	48.5	2.49	880	51.8	1.80
Black female	414	41.2	2.04	1,484	37.9	1.96	729	44.9	2.61	920	48.8	1.34
White, non-Hispanic male	4,646	43.9	1.09	1,406	48.4	1.40
White, non-Hispanic female	5,148	42.5	1.14	1,327	50.4	1.65
Black, non-Hispanic male	597	48.6	2.32	870	51.6	1.82
Black, non-Hispanic female	721	44.4	2.58	904	48.7	1.33
Mexican-American male ²	1,407	42.9	0.76	1,045	46.5	2.12
Mexican-American female ²	1,797	47.6	1.12	1,003	50.7	1.73
<u>20-74 years, crude</u>												
Both sexes ¹	6,098	33.7	1.15	13,106	39.6	0.76	11,864	42.9	0.86	6,785	48.8	0.98
Male ¹	2,841	33.6	1.69	4,992	39.8	1.24	5,604	44.0	1.25	3,439	47.7	1.37
Female ¹	3,257	33.7	1.58	8,114	39.4	0.97	6,260	42.0	1.18	3,346	49.7	1.39
White male	2,453	32.6	1.54	4,135	39.1	1.23	4,883	43.6	1.29	2,477	46.6	1.30
White female	2,787	32.3	1.44	6,537	39.5	0.98	5,418	41.4	1.21	2,356	49.1	1.34
Black male	327	40.0	3.39	793	46.2	3.49	607	49.5	3.03	880	53.2	1.93
Black female	414	41.6	3.03	1,484	38.3	2.49	729	46.4	2.75	920	51.2	1.89
White, non-Hispanic male	4,646	43.5	1.33	1,406	46.3	1.34
White, non-Hispanic female	5,148	40.6	1.25	1,327	48.7	1.38
Black, non-Hispanic male	597	49.5	3.21	870	53.0	1.94
Black, non-Hispanic female	721	46.0	2.91	904	51.0	1.91
Mexican-American male ²	1,407	46.9	1.33	1,045	51.1	3.14
Mexican-American female ²	1,797	52.5	1.18	1,003	56.2	3.18

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

² Data for Mexican Americans are for 1982-1984.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-25,26a. Prevalence of desirable serum total cholesterol levels (<200 mg/dL) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91—continued

Sex and age	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male¹												
20-29 years	576	63.8	2.97	986	65.5	2.08	1,261	67.5	1.69	800	75.8	1.85
30-39 years	698	33.2	2.64	654	42.9	2.65	871	46.4	2.16	704	47.9	2.31
40-49 years	638	23.2	2.48	715	26.2	2.26	695	33.0	2.28	612	40.0	2.42
50-59 years	475	24.1	2.91	717	24.3	2.20	691	25.7	2.13	474	28.7	2.54
60-74 years	454	23.6	2.96	1,920	27.6	1.40	2,086	31.2	1.30	849	31.9	1.96
75 years and over	514	48.3	2.70
Female¹												
20-29 years	747	65.8	2.15	2,283	63.9	1.49	1,366	67.3	1.52	790	72.6	2.20
30-39 years	764	45.2	2.24	1,687	55.1	1.79	986	58.8	1.88	745	65.1	2.42
40-49 years	739	29.6	2.08	1,233	37.4	2.04	766	36.3	2.08	590	48.1	2.85
50-59 years	529	8.1	1.47	780	16.5	1.97	793	16.7	1.59	437	26.4	2.92
60-74 years	478	8.9	1.62	2,131	13.2	1.09	2,349	14.8	0.88	784	20.1	1.98
75 years and over	539	28.0	2.68

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-25,26b. Prevalence of borderline-high-risk serum total cholesterol levels (200-239 mg/dL) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91

Sex, age, race and Hispanic origin	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>20-74 years, age-adjusted</u>												
Both sexes ¹	6,098	31.8	0.68	13,106	31.8	0.62	11,864	30.2	0.55	6,785	31.0	0.80
Male ¹	2,841	34.6	0.95	4,992	33.1	0.98	5,604	31.1	0.79	3,439	32.5	1.14
Female ¹	3,257	29.2	0.73	8,114	30.7	0.76	6,260	29.4	0.78	3,346	29.5	0.99
White male	2,453	35.0	1.02	4,135	33.6	1.00	4,883	31.4	0.82	2,477	32.8	1.17
White female	2,787	29.5	0.80	6,537	30.4	0.76	5,418	29.1	0.88	2,356	29.4	1.09
Black male	327	31.1	2.68	793	28.5	2.62	607	27.0	2.17	880	31.4	1.72
Black female	414	27.7	2.22	1,484	32.9	2.28	729	30.0	2.45	920	31.1	1.56
White, non-Hispanic male	4,646	31.3	0.80	1,406	32.8	1.27
White, non-Hispanic female	5,148	29.3	1.03	1,327	29.6	1.09
Black, non-Hispanic male	597	27.2	2.02	870	31.5	1.77
Black, non-Hispanic female	721	30.5	2.53	904	31.2	1.61
Mexican-American male ²	1,407	38.1	1.13	1,045	33.0	1.21
Mexican-American female ²	1,797	32.4	0.89	1,003	30.3	1.23
<u>20-74 years, crude</u>												
Both sexes ¹	6,098	32.7	0.68	13,106	32.2	0.58	11,864	30.3	0.57	6,785	31.5	0.81
Male ¹	2,841	35.7	1.01	4,992	33.5	0.95	5,604	31.1	0.83	3,439	33.2	1.15
Female ¹	3,257	30.0	0.90	8,114	31.0	0.73	6,260	29.6	0.78	3,346	29.9	1.14
White male	2,453	36.0	1.07	4,135	34.0	0.93	4,883	31.5	0.89	2,477	33.8	1.18
White female	2,787	30.2	0.96	6,537	30.7	0.72	5,418	29.4	0.83	2,356	30.1	1.18
Black male	327	33.3	2.80	793	28.7	3.09	607	26.7	2.45	880	31.5	1.79
Black female	414	28.4	2.38	1,484	32.9	2.34	729	29.9	2.31	920	30.7	1.74
White, non-Hispanic male	4,646	31.4	0.91	1,406	34.1	1.26
White, non-Hispanic female	5,148	29.6	0.85	1,327	30.4	1.26
Black, non-Hispanic male	597	26.8	2.34	870	31.5	1.82
Black, non-Hispanic female	721	30.3	2.21	904	30.9	1.78
Mexican-American male ²	1,407	36.5	1.28	1,045	31.3	1.54
Mexican-American female ²	1,797	31.0	1.09	1,003	28.2	1.52

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

² Data for Mexican Americans are for 1982-1984.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-25,26b. Prevalence of borderline-high-risk serum total cholesterol levels (200-239 mg/dL) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91—continued

Sex and age	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male¹												
20-29 years	576	26.5	2.05	986	23.8	1.85	1,261	22.4	1.31	800	18.7	1.78
30-39 years	698	40.0	2.07	654	34.1	2.53	871	32.7	1.78	704	34.4	2.31
40-49 years	638	39.1	2.16	715	38.3	2.48	695	34.0	2.01	612	39.4	2.55
50-59 years	475	35.7	2.45	717	38.8	2.48	691	36.1	2.04	474	39.9	2.90
60-74 years	454	36.0	2.51	1,920	36.7	1.50	2,086	35.7	1.17	849	39.6	2.17
75 years and over	514	31.8	2.65
Female¹												
20-29 years	747	24.1	1.69	2,283	26.3	1.20	1,366	24.0	1.32	790	20.1	1.90
30-39 years	764	36.7	1.88	1,687	30.6	1.46	986	26.7	1.60	745	25.2	2.13
40-49 years	739	36.0	1.91	1,233	34.8	1.76	766	34.0	1.95	590	34.6	2.62
50-59 years	529	28.3	2.12	780	36.0	2.23	793	35.2	1.93	437	38.3	3.11
60-74 years	478	22.8	2.07	2,131	29.4	1.28	2,349	31.6	1.09	784	37.4	2.31
75 years and over	539	32.8	2.70

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-25,26c. Prevalence of high serum total cholesterol levels (≥ 240 mg/dL) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91

Sex, age, race and Hispanic origin	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>20-74 years, age-adjusted</u>												
Both sexes ¹	6,098	31.6	1.17	13,106	27.3	0.64	11,864	26.3	0.82	6,785	19.6	0.73
Male ¹	2,841	28.3	1.52	4,992	26.0	0.96	5,604	24.7	0.93	3,439	18.9	0.87
Female ¹	3,257	34.7	1.22	8,114	28.2	0.76	6,260	27.6	0.93	3,346	20.2	0.96
White male	2,453	28.9	1.52	4,135	26.1	1.00	4,883	24.7	0.99	2,477	19.0	0.90
White female	2,787	35.2	1.25	6,537	28.1	0.79	5,418	28.0	0.94	2,356	20.3	1.16
Black male	327	24.4	2.84	793	24.7	2.32	607	24.4	1.97	880	16.8	1.04
Black female	414	31.0	2.44	1,484	29.2	1.71	729	25.0	2.14	920	20.1	1.08
White, non-Hispanic male	4,646	24.8	0.91	1,406	18.8	0.95
White, non-Hispanic female	5,148	28.2	0.95	1,327	20.1	1.26
Black, non-Hispanic male	597	24.2	2.12	870	16.9	1.04
Black, non-Hispanic female	721	25.1	2.26	904	20.1	1.07
Mexican-American male ²	1,407	19.0	1.23	1,045	20.5	2.23
Mexican-American female ²	1,797	20.0	0.67	1,003	19.0	1.39
<u>20-74 years, crude</u>												
Both sexes ¹	6,098	33.6	1.11	13,106	28.2	0.65	11,864	26.8	0.74	6,785	19.7	0.63
Male ¹	2,841	30.7	1.58	4,992	26.8	1.04	5,604	24.9	1.05	3,439	19.0	0.88
Female ¹	3,257	36.3	1.54	8,114	29.6	0.84	6,260	28.5	1.03	3,346	20.3	0.91
White male	2,453	31.4	1.52	4,135	26.9	1.08	4,883	25.0	1.08	2,477	19.6	0.96
White female	2,787	37.5	1.49	6,537	29.8	0.89	5,418	29.2	1.08	2,356	20.8	1.01
Black male	327	26.7	2.95	793	25.1	2.43	607	23.9	2.52	880	15.3	1.21
Black female	414	29.9	2.71	1,484	28.8	1.86	729	23.7	2.30	920	18.1	1.27
White, non-Hispanic male	4,646	25.1	1.08	1,406	19.6	1.06
White, non-Hispanic female	5,148	29.8	1.08	1,327	20.9	1.12
Black, non-Hispanic male	597	23.7	2.79	870	15.4	1.22
Black, non-Hispanic female	721	23.7	2.54	904	18.2	1.28
Mexican-American male ²	1,407	16.6	0.99	1,045	17.6	2.22
Mexican-American female ²	1,797	16.5	0.88	1,003	15.6	2.16

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

² Data for Mexican Americans are for 1982-1984.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-25,26c. Prevalence of high serum total cholesterol levels (≥ 240 mg/dL) among people 20-74 years of age, by sex, age, and race/ethnicity, 1960-62, 1971-74, 1976-80, and 1988-91—continued

Sex and age	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male¹												
20-29 years	576	9.7	1.70	986	10.6	1.36	1,261	10.0	1.04	800	5.5	1.00
30-39 years	698	26.8	2.31	654	23.0	2.27	871	20.9	1.69	704	17.7	1.78
40-49 years	638	37.7	2.64	715	35.5	2.48	695	33.0	2.18	612	20.6	2.03
50-59 years	475	40.2	3.10	717	36.9	2.49	691	38.2	2.26	474	31.5	2.64
60-74 years	454	40.4	3.17	1,920	35.7	1.51	2,086	33.1	1.26	849	28.6	1.92
75 years and over	514	19.9	2.18
Female¹												
20-29 years	747	10.0	1.43	2,283	9.8	0.85	1,366	8.6	0.92	790	7.3	1.30
30-39 years	764	18.1	1.82	1,687	14.3	1.16	986	14.5	1.36	745	9.7	1.53
40-49 years	739	34.4	2.28	1,233	27.7	1.74	766	29.6	2.01	590	17.3	2.20
50-59 years	529	63.7	2.73	780	47.5	2.44	793	48.1	2.16	437	35.3	3.22
60-74 years	478	68.3	2.78	2,131	57.4	1.46	2,349	53.6	1.25	784	42.5	2.49
75 years and over	539	39.2	2.96

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T7-7. Prevalence of hypertension among people 20 years of age and older, by age, sex, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
20-29 years	939	5.1	0.94	246	4.3*	*	263	8.2	1.76	391	3.3	0.94
30-39 years	844	13.0	1.51	314	12.8	1.90	242	20.9	2.72	260	9.3	1.88
40-49 years	690	24.4	2.13	268	23.4	2.61	200	36.8	3.55	196	22.4	3.11
50-59 years	537	42.2	2.78	290	41.8	2.92	121	55.9	4.70	102	36.0	4.97
60-69 years	648	52.1	2.56	288	51.3	2.97	162	63.6	3.94	186	53.8	3.82
70-79 years	558	60.7	2.69	360	60.3	2.60	107	68.0	4.70	84	52.1	5.70
80 years and over	443	60.5	3.03	370	60.3	2.56	33	62.4	8.78	31	70.5*	*
Total, crude	4,659	25.7	1.13	2,136	26.4	1.31	1,128	31.6	1.98	1,250	15.5	1.63
Total, age-adjusted	4,659	27.0	0.99	2,136	26.4	1.13	1,128	35.3	1.68	1,250	24.4	0.97
Female												
20-29 years ²	816	1.0*	*	244	0.8*	*	245	2.4*	*	301	1.1*	*
30-39 years ²	826	6.2	1.17	297	5.0	1.46	248	12.1	2.27	255	6.5	1.54
40-49 years ²	662	14.4	1.91	251	12.7	2.41	179	30.5	3.78	196	10.7	2.21
50-59 years	516	38.8	3.00	259	36.8	3.44	137	47.9	4.69	108	33.5	4.54
60-69 years	677	53.5	2.68	301	50.9	3.31	175	77.8	3.45	187	59.3	3.59
70-79 years	529	67.6	2.84	332	66.9	2.96	125	72.6	4.38	60	67.0	6.07
80 years and over	509	74.7	2.69	423	74.3	2.44	48	80.5	6.29	33	71.0	7.90
Total, crude	4,535	25.1	1.14	2,107	25.3	1.30	1,157	30.2	1.93	1,140	15.7	1.71
Total, age-adjusted	4,535	23.7	0.80	2,107	22.4	0.90	1,157	32.6	1.07	1,140	22.9	1.13
Both sexes²												
Total, crude	9,194	25.4	0.80	4,243	25.8	0.92	2,285	30.9	1.38	2,390	15.6	1.18
Total, age-adjusted	9,194	25.4	0.64	4,243	24.5	0.74	2,285	34.0	1.22	2,390	23.8	0.79

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: Hypertension is defined as either having elevated blood pressure (systolic pressure of at least 140 mmHg or diastolic pressure of at least 90 mmHg) or taking antihypertensive medication. Percents are based on the mean of up to six available blood pressure measurements.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-27. Age-adjusted percentage of people 20 years of age and older who have hypertension, by sex, race/ethnicity, and poverty income level, 1988-91

Sex and poverty income ratio	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
Below poverty	770	27.7	1.89	162	25.6	2.92	223	36.0	3.32	362	19.8	1.25
At or above poverty	3,399	26.7	1.06	1,813	26.2	1.21	785	35.0	1.61	694	24.4	1.92
Under 131% poverty	1,124	29.7	1.83	270	30.3	3.42	329	33.2	2.57	491	20.0	1.08
131-350% poverty	1,984	26.6	1.48	960	25.8	1.78	507	35.9	2.31	445	24.7	2.27
Over 350% poverty	1,061	25.8	1.60	745	25.4	1.68	172	36.2	3.31	120	30.1	4.14
Female²												
Below poverty	934	30.4	1.93	215	27.7	2.64	320	39.7	2.38	374	23.6	1.79
At or above poverty	3,005	22.8	0.84	1,644	22.0	0.92	675	29.8	1.02	595	22.9	1.32
Under 131% poverty	1,323	28.6	1.74	380	26.3	2.44	428	38.4	1.82	480	23.2	1.34
131-350% poverty	1,801	23.2	0.94	911	22.1	1.06	443	31.2	1.25	381	22.9	2.17
Over 350% poverty	815	22.0	1.37	568	21.7	1.44	124	27.3	1.94	108	17.4	2.27

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: Hypertension is defined as either having elevated blood pressure (systolic pressure of at least 140 mmHg or diastolic pressure of at least 90 mmHg) or taking antihypertensive medication. Percents are based on the mean of up to six available blood pressure measurements.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-28,29,30. Percentage of people 20 years of age and older who have hypertension, by age, sex, and race/ethnicity, 1960-62, 1971-74, 1976-80, 1988-91

Sex, age, race and Hispanic origin	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>20-74 years, age-adjusted</u>												
Both sexes ¹	6,023	36.8	1.25	12,827	38.4	0.84	11,665	39.0	1.27	6,726	23.3	0.72
Male ¹	2,855	39.7	1.88	4,962	42.6	1.13	5,566	44.0	1.68	3,473	26.3	1.06
Female ^{1 2}	3,168	33.9	1.13	7,865	34.3	0.90	6,099	34.1	1.03	3,253	20.4	0.70
White male	2,466	39.0	1.93	4,114	41.9	1.18	4,853	43.6	1.78	2,441	25.0	1.15
White female ²	2,708	31.9	1.15	6,353	32.4	0.90	5,281	32.4	1.09	2,243	19.1	0.73
Black male	329	48.3	3.34	2,211	51.1	2.93	600	48.9	2.30	949	37.6	1.29
Black female ²	409	51.2	2.16	784	49.9	2.01	708	47.8	1.74	934	30.7	1.08
White, non-Hispanic male	4,620	44.0	1.83	1,400	25.2	1.19
White, non-Hispanic female ²	5,022	32.1	1.08	1,310	19.0	0.74
Black, non-Hispanic male	590	48.9	2.50	939	37.4	1.30
Black, non-Hispanic female ²	700	47.9	1.74	918	30.8	1.12
Mexican-American male ³	1,460	25.2	1.34	1,011	27.1	1.37
Mexican-American female ^{2 3}	1,798	21.8	0.88	910	20.5	0.98
<u>20-74 years, crude</u>												
Both sexes ¹	6,023	39.1	1.30	12,827	39.7	0.84	11,665	39.7	1.09	6,726	23.5	0.78
Male ¹	2,855	41.7	1.91	4,962	43.3	1.37	5,566	44.0	1.60	3,473	25.7	1.12
Female ^{1 2}	3,168	36.7	1.77	7,865	36.5	1.06	6,099	35.6	1.48	3,253	21.3	1.08
White male	2,466	41.0	1.87	4,114	42.8	1.47	4,853	43.8	1.73	2,441	25.0	1.18
White female ²	2,708	35.1	1.73	6,353	34.9	1.14	5,281	34.2	1.59	2,243	20.4	1.15
Black male	329	50.5	3.78	784	52.1	3.18	600	47.4	2.54	949	34.3	1.77
Black female ²	409	52.0	3.39	1,427	50.2	2.36	708	46.1	2.34	934	28.7	1.70
White, non-Hispanic male	4,620	44.3	1.83	1,400	25.8	1.29
White, non-Hispanic female ²	5,022	34.4	1.68	1,310	20.7	1.23
Black, non-Hispanic male	590	47.5	2.54	939	34.2	1.80
Black, non-Hispanic female ²	700	46.1	2.32	918	29.0	1.74
Mexican-American male ³	1,460	18.8	1.08	1,011	19.6	1.89
Mexican-American female ^{2 3}	1,798	16.7	0.93	910	14.9	1.78

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

³ Data for Mexican Americans are for 1982-1984.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-28,29,30. Percentage of people 20 years of age and older who have hypertension, by age, sex, and race/ethnicity, 1960-62, 1971-74, 1976-80, 1988-91—continued

Sex and age	NHES I (1960-62)			NHANES I (1971-74)			NHANES II (1976-80)			NHANES III (1988-91)		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male¹												
20-29 years	578	19.7	2.35	977	21.8	1.83	1,249	25.9	1.80	820	6.0	1.11
30-39 years	702	31.0	2.48	649	35.5	2.60	868	37.9	2.39	732	16.6	1.84
40-49 years	640	42.4	2.77	713	46.4	2.59	691	45.3	2.75	619	26.1	2.36
50-59 years	480	54.2	3.23	716	59.5	2.54	687	59.2	2.73	473	42.9	3.04
60-74 years	455	66.9	3.13	1,907	65.5	1.51	2,071	65.3	1.52	829	55.4	2.31
75 years and over	477	63.7	2.94
Female¹												
20-29 years ²	665	6.4	1.12	2,109	9.2	0.89	1,282	9.6	1.17	718	1.0*	*
30-39 years ²	737	18.0	1.66	1,645	20.5	1.40	950	19.8	1.83	732	8.9	1.45
40-49 years ²	748	34.5	2.04	1,224	33.9	1.91	751	37.2	2.49	579	14.3	2.00
50-59 years	539	53.1	2.53	772	54.4	2.53	785	57.1	2.50	437	37.0	3.18
60-74 years	479	79.3	2.18	2,115	73.5	1.35	2,331	66.9	1.38	787	55.7	2.44
75 years and over	514	75.2	2.62

... Category not applicable.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: Hypertension is defined as either having elevated blood pressure (systolic pressure of at least 140 mmHg or diastolic pressure of at least 90 mmHg) or taking antihypertensive medication. Percents are based on a single measurement of blood pressure to provide comparable data across the 4 time periods.

SOURCE: HHS, First National Health Examination Survey, 1960-62; First National Health and Nutrition Examination Survey, 1971-74; Second National Health and Nutrition Examination Survey, 1976-80; Hispanic Health and Nutrition Examination Survey, 1982-84; and Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-31,32. Total femur bone mineral density (gm/cm²) of people 20 years of age and older, by age, sex, and race/ethnicity, 1988-91

Sex and age	Non-Hispanic white				Non-Hispanic black				Mexican American			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
<u>Male</u>												
20 years and older	1,676	0.99	0.005	0.98	926	1.10	0.006	1.09	981	1.03	0.008	1.03
20-29 years	207	1.03	0.010	1.02	230	1.18	0.012	1.19	320	1.06	0.009	1.05
30-39 years	254	1.01	0.009	1.00	202	1.13	0.012	1.11	208	1.02	0.010	1.02
40-49 years	233	1.00	0.011	0.99	166	1.06	0.013	1.04	167	1.02	0.011	1.01
50-59 years	244	0.98	0.010	0.96	98	1.05	0.018	1.06	79	1.03	0.019	1.02
60-69 years	241	0.96	0.011	0.94	125	1.03	0.016	1.02	135	0.98	0.015	0.98
70-79 years	271	0.91	0.009	0.91	82	0.97	0.021	0.96	55	0.95	0.021	0.95
80 years and over	226	0.84	0.012	0.82	23	0.89*	*	0.94*	17	0.82*	*	0.80*
<u>Female/1</u>												
20 years and older	1,541	0.87	0.005	0.87	906	0.98	0.006	0.97	859	0.92	0.010	0.92
20-29 years	194	0.93	0.008	0.94	204	1.03	0.010	1.02	220	0.94	0.008	0.94
30-39 years	243	0.94	0.008	0.93	198	1.00	0.011	0.98	195	0.96	0.010	0.95
40-49 years	215	0.91	0.009	0.90	153	1.03	0.013	1.01	158	0.96	0.011	0.96
50-59 years	200	0.86	0.009	0.86	115	0.95	0.017	0.95	88	0.86	0.015	0.85
60-69 years	239	0.80	0.009	0.80	132	0.88	0.014	0.87	136	0.82	0.011	0.81
70-79 years	232	0.73	0.007	0.73	77	0.83	0.018	0.80	44	0.72	0.020	0.71
80 years and over	218	0.66	0.009	0.65	27	0.68*	*	0.65*	18	0.67*	*	0.65*

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

/1 Excludes pregnant women.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F7-33. Percentage of non-Hispanic white females who have osteopenia and osteoporosis, by age, 1988-91

Region of interest and age	Osteopenia			Osteoporosis	
	Sample size	Percent	SE	Percent	SE
Femur neck					
50-59	200	54.4	4.01	4.2*	*
60-69	239	50.7	3.69	20.2	2.60
70-79	232	56.4	3.71	33.6	3.10
80+	218	44.3	3.83	51.9	3.38
Trochanter					
50-59	200	38.1	3.74	5.8	1.66
60-69	239	40.5	3.46	14.9	2.30
70-79	232	51.7	3.58	24.6	2.83
80+	218	43.2	3.66	42.4	3.35
Intertrochanter					
50-59	200	28.6	3.20	4.6*	*
60-69	239	34.2	3.09	16.6	2.40
70-79	232	46.9	3.29	26.6	2.90
80+	218	35.8	3.26	51.7	3.38
Total					
50-59	200	35.0	3.37	6.1	1.70
60-69	239	37.8	3.14	18.9	2.53
70-79	232	48.2	3.28	31.1	3.04
80+	218	37.2	3.27	51.9	3.38

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.
 SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T7a. Percentage of visits to non-Federal, office-based physicians providing selected nutrition-related services, 1989-91

Sex, age and race	Weight reduction counseling			Cholesterol reduction counseling			Cholesterol measurement		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Total</u>	5,815	5.5	0.01	3,239	3.1	0.09	3,726	3.8	0.11
<u>Age</u>									
Less than 20 years of age	213	0.9	0.07	54	0.2	0.07	153	0.7	0.09
20-29 years	410	3.2	0.22	83	0.7	0.13	216	2.1	0.22
30-39 years	877	5.5	0.24	250	1.8	0.18	408	3.0	0.25
40-49 years	1,161	9.0	0.33	491	4.2	0.35	603	5.0	0.36
50-59 years	1,094	10.4	0.40	714	6.9	0.37	668	6.6	0.42
60-69 years	1,151	9.2	0.31	865	6.8	0.36	830	6.6	0.37
70-79 years	716	6.8	0.30	629	5.6	0.38	639	6.2	0.42
80 years and over	193	3.8	0.32	153	2.8	0.37	209	4.1	0.55
<u>Sex</u>									
Male	1,914	4.5	0.12	1,417	3.3	0.14	1,442	3.5	0.15
Female	3,901	6.2	0.08	1,822	3.0	0.12	2,284	4.0	0.15
<u>Race</u>									
White	4,936	5.3	0.04	2,843	3.1	0.10	3,299	3.8	0.12
Black	687	8.5	0.38	279	3.7	0.35	281	3.8	0.35
All others	192	3.5	0.32	117	2.2	0.35	146	2.9	0.36

SOURCE: HHS, National Ambulatory Medical Care Survey, 1989-91.

Table A.T7b. Height in centimeters of males and females 2-19 years of age, by single year of age, 1988-91

Sex and age	Sample size	Mean	SEM	Median
Male				
2 years	309	90.8	0.34	90.8
3 years	263	98.7	0.38	98.3
4 years	274	105.4	0.41	105.4
5 years	267	111.9	0.43	111.9
6 years	162	118.4	0.84	118.9
7 years	135	125.1	0.77	124.6
8 years	149	130.7	0.70	130.5
9 years	150	136.8	0.80	136.1
10 years	169	141.6	0.70	141.9
11 years	154	147.7	0.87	147.1
12 years	97	154.4	1.07	153.3
13 years	94	160.9	1.18	161.1
14 years	69	167.6	1.39	167.4
15 years	92	171.2	1.06	169.9
16 years	94	175.5	1.20	176.6
17 years	107	177.2	1.13	177.5
18 years	96	177.4	1.14	176.3
19 years	86	175.9	0.88	175.2
Total, 2-19 years	2,767	141.9	1.23	143.1
Female				
2 years	289	90.0	0.39	89.3
3 years	313	97.9	0.40	97.6
4 years	282	104.8	0.40	104.9
5 years	290	111.7	0.45	111.4
6 years	150	117.9	0.62	118.1
7 years	151	123.8	0.72	123.3
8 years	151	131.1	0.73	131.2
9 years	168	135.6	0.75	135.9
10 years	147	142.3	0.87	142.4
11 years	148	148.3	1.03	150.3
12 years	84	155.8	1.17	156.5
13 years	98	159.7	0.95	158.8
14 years ¹	116	161.3	0.93	161.5
15 years ¹	91	163.6	0.77	163.5
16 years ¹	94	163.6	0.93	163.6
17 years ¹	93	164.2	0.96	163.7
18 years ¹	87	163.3	1.07	163.7
19 years ¹	99	164.1	0.87	164.7
Total, 2-19 years ¹	2,851	138.5	1.06	143.2

¹ Excludes pregnant women.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

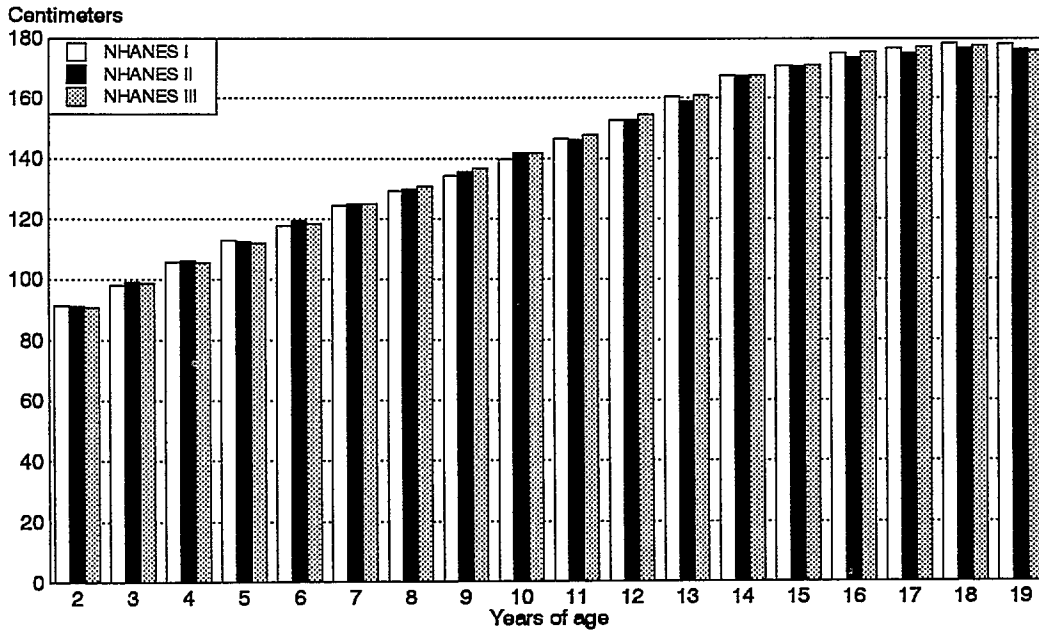


Figure A.F7a. Mean height of males 2-19 years of age, 1971-74, 1976-80, and 1988-91

NOTE: Data are based on standing height without shoes.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74 (HEW Publication No. (PHS)78-1650, 1977); Second National Health and Nutrition Examination Survey, 1976-80 (HHS Publication No. (PHS)87-1688, 1987); Third National Health and Nutrition Examination Survey, 1988-91.

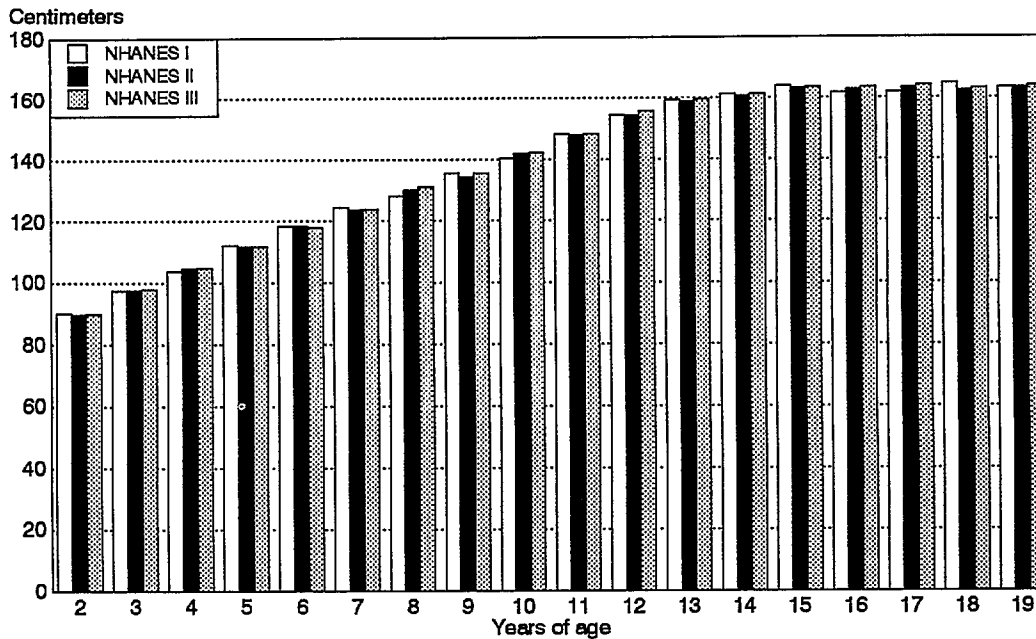


Figure A.F7b. Mean height of females 2-19 years of age, 1971-74, 1976-80, and 1988-91

NOTE: Data are based on standing height without shoes.

SOURCE: HHS, First National Health and Nutrition Examination Survey, 1971-74 (HEW Publication No. (PHS)77-1650, 1977); Second National Health and Nutrition Examination Survey, 1976-80 (HHS Publication No. (PHS)87-1688, 1987); Third National Health and Nutrition Examination Survey, 1988-91.

Table A.T7c. Serum total cholesterol levels (mg/dL) for people 20 years of age and older, by sex, age, and race/ethnicity, 1988-91

Sex and age	Total population ¹				Non-Hispanic white				Non-Hispanic black				Mexican American			
	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median	Sample size	Mean	SEM	Median
Male																
20-29 years	800	181	1.5	178	205	180	2.4	179	230	185	2.8	179	333	186	2.4	180
30-39 years	704	203	1.7	202	264	205	2.4	205	195	191	3.1	192	220	203	3.4	198
40-49 years	612	212	1.9	208	241	213	2.6	207	165	208	3.5	205	180	216	3.9	212
50-59 years	474	222	2.3	221	259	222	2.5	221	100	216	5.4	215	95	224	7.3	218
60-69 years	562	221	1.9	219	254	221	2.4	220	129	218	4.6	214	169	220	4.1	214
70-79 years	460	211	2.2	204	301	210	2.3	203	84	216	5.6	214	70	218	6.5	219
80 years and over	341	201	2.5	200	292	202	2.4	201	19	186*	*	181*	25	192*	*	201*
Total	3,953	205	0.8	201	1,816	206	1.0	203	922	199	1.6	195	1,092	202	1.6	199
Female																
20-29 years	790	183	1.7	179	229	182	3.2	179	232	186	2.6	182	305	185	2.3	179
30-39 years	745	190	1.8	187	264	189	2.8	187	217	188	2.7	187	239	193	2.9	189
40-49 years	590	204	2.1	202	224	205	3.3	202	155	202	3.7	200	179	207	3.5	201
50-59 years	437	231	3.0	225	215	232	4.2	226	116	226	4.6	222	94	225	4.3	220
60-69 years	552	237	2.8	229	247	237	4.1	228	136	239	4.9	232	157	231	3.5	230
70-79 years	413	234	3.1	234	261	235	3.8	235	91	228	5.9	224	50	219	6.1	215
80 years and over	358	228	3.2	223	294	228	3.6	224	38	228	5.8	219	22	233*	*	222*
Total	3,885	207	1.0	202	1,734	208	1.5	202	985	203	1.6	200	1,046	200	1.4	195

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

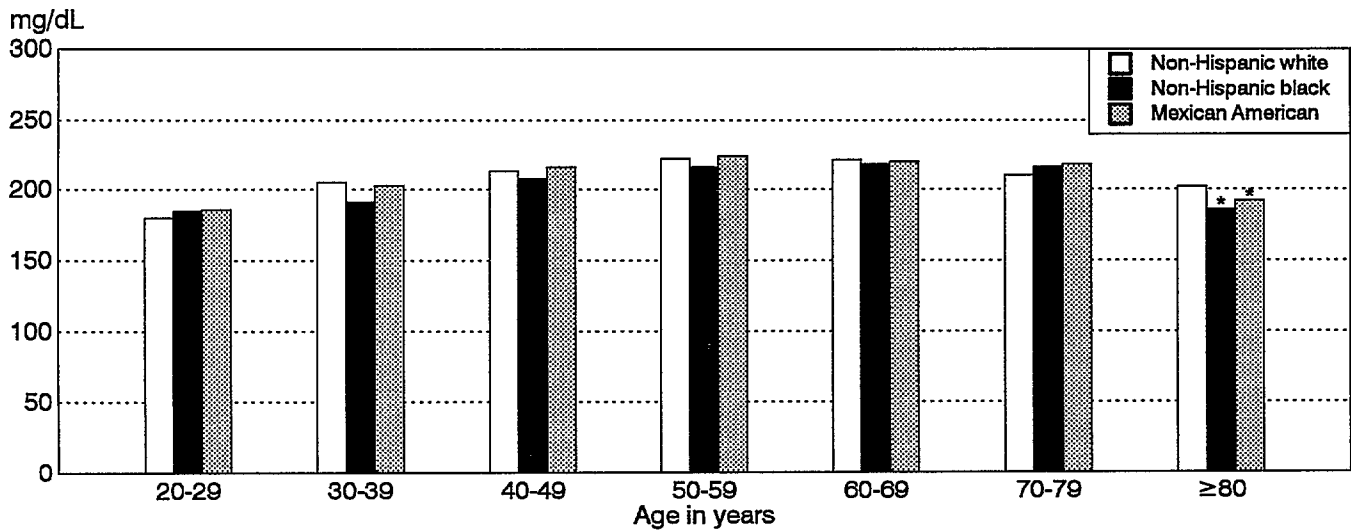


Figure A.F7c. Mean serum total cholesterol level for males 20 years of age and older, by age and race/ethnicity, 1988-91

NOTE: An asterisk (*) indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

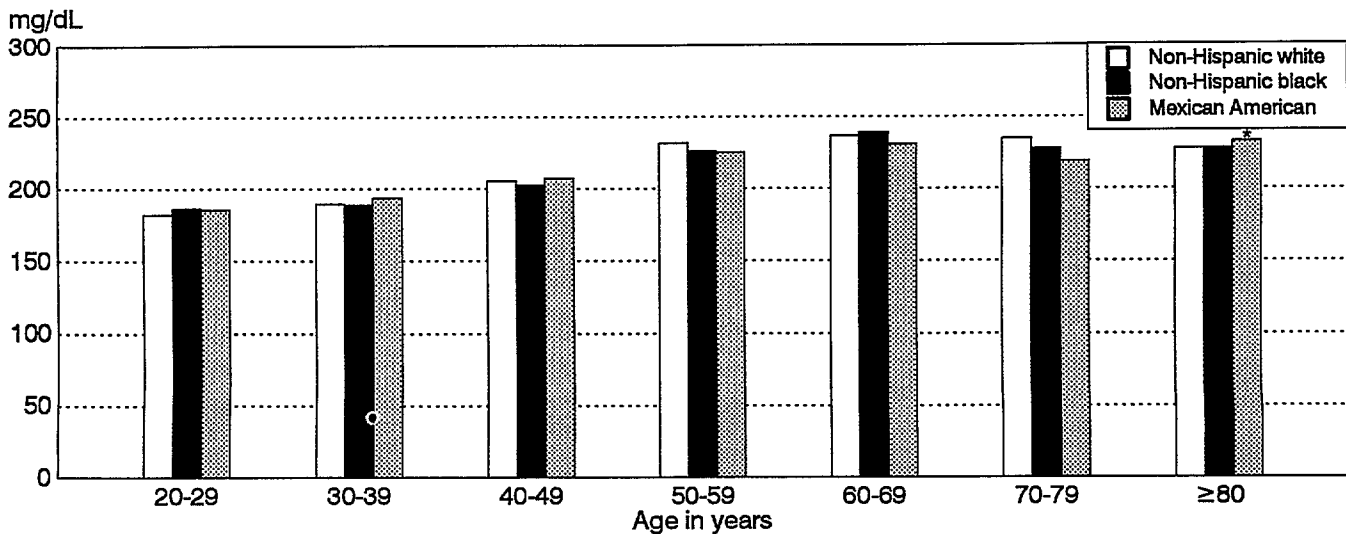


Figure A.F7d. Mean total serum cholesterol level for females 20 years of age and older, by age and race/ethnicity, 1988-91

NOTE: An asterisk (*) indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Supporting Data for Chapter 8

Table A.T8-2a. Prevalence and duration of breastfeeding among mothers 15-44 years of age, by year of baby's birth and selected characteristics of mothers, 1978-80

Characteristics of mothers	Ever breastfed ¹			Duration of breastfeeding among babies who were ever breastfed											
	Sample size	Percent	SE	Sample size	0 - 3 mons.		4 - 6 mons.		7 - 9 mons.		10 - 11 mons.		One or more years		
					Percent	SE	Percent	SE	Percent	SE	Percent	SE	Percent	SE	
<u>Total</u> ²	1,678	46.1	2.4	621	34.8	3.4	27.3	3.2	12.5	2.4	5.1*	*	20.4	2.9	
<u>Race</u>															
White	831	50.3	2.7	426	34.6	3.6	25.9	3.3	12.5	2.5	5.5*	*	21.5	3.1	
Black	820	22.8	5.4	181	39.9*	*	41.4*	*	9.5*	*	1.0*	*	8.2*	*	
<u>Educational level</u> ³															
Less than 9 years	64	26.4*	*	15	
9 - 11 years	230	33.7	6.8	60	27.7*	*	38.9*	*	11.7*	*	8.6*	*	13.0*	*	
12 years	583	42.8	4.1	202	42.2	6.3	22.5	5.3	11.0*	*	4.0*	*	20.3	5.1	
13 or more years	507	63.4	3.9	289	28.4	4.6	28.2	4.6	15.8	3.7	5.8*	*	21.9	4.2	
<u>Age</u>															
Less than 20 years	294	25.0	6.0	55	49.3	13.8	40.7*	*	0.8*	*	3.0*	*	6.2*	*	
20 - 29 years	1,113	48.4	3.0	439	38.7	4.1	24.7	3.7	13.5	2.9	5.4*	*	17.7	3.2	
30 - 39 years	267	52.1	5.7	126	16.9*	*	31.1	7.3	12.8*	*	4.7*	*	34.5	7.5	
40 - 44 years	4	1	
<u>Region of residence</u>															
Northeast	291	38.4	5.4	108	40.7	8.8	22.9*	*	7.7*	*	2.5*	*	26.2*	*	
South	372	49.8	4.7	162	35.6	6.4	30.9	6.2	13.9*	*	5.1*	*	14.5*	*	
Midwest	768	35.5	4.1	201	35.9	6.8	28.4	6.4	13.2*	*	3.9*	*	18.5	5.5	
West	247	65.7	5.1	150	29.6	6.1	25.3	5.8	13.0*	*	7.4*	*	24.7	5.7	
<u>Percent of poverty level</u>															
Below poverty ⁴	477	30.7	5.1	116	45.5	9.8	29.8*	*	3.1*	*	0.2*	*	21.3*	*	
At or above poverty	1,201	50.0	2.7	505	33.1	3.6	27.0	3.4	13.9	2.7	5.8*	*	20.2	3.1	

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

.... Does not meet minimum sample size requirements.

¹ Analyses include all singleton live births in 1978-80.

² Includes data for other races not shown separately.

³ Analyses limited to women 20-44 years of age.

⁴ Below poverty is defined as falling below 100 percent of the poverty income ratio.

SOURCE: HHS, National Survey of Family Growth, 1982.

Table A.T8-2b. Prevalence and duration of breastfeeding among mothers 15-44 years of age, by year of baby's birth and selected characteristics of mothers, 1984-86

Characteristics of mothers	Ever breastfed ¹			Duration of breastfeeding among babies who were ever breastfed											
	Sample size	Percent	SE	Sample size	0 - 3 mons.		4 - 6 mons.		7 - 9 mons.		10 - 11 mons.		One or more years		
					Percent	SE	Percent	SE	Percent	SE	Percent	SE	Percent	SE *	
<u>Total</u> ²	1,855	55.0	1.7	884	38.1	1.9	27.6	1.8	9.9	1.1	5.7	0.8	18.7	1.6	
<u>Race</u>															
White	1,094	59.9	2.0	667	37.4	1.9	26.8	1.9	10.7	1.3	6.0	0.9	19.1	1.8	
Black	679	23.4	2.2	166	50.0	5.7	25.2	4.1	8.6	2.3	3.7*	*	12.6	3.4	
<u>Educational level</u> ³															
Less than 9 years	79	49.1	7.1	33	47.7	9.7	19.5*	*	--	--	2.3*	*	30.5	8.8	
9 - 11 years	222	34.5	5.9	60	33.5	6.0	40.4	8.3	14.7*	*	0.3*	*	11.1*	*	
12 years	615	51.9	2.8	274	44.5	3.5	23.2	2.8	9.1	1.9	6.1	1.6	17.1	2.5	
13 or more years	696	75.0	2.2	480	33.2	2.7	28.6	2.7	11.2	1.6	6.8	1.3	20.3	2.2	
<u>Age</u>															
Less than 20 years	243	16.6	3.5	37	53.8	11.0	37.4	11.1	1.2*	*	--	--	7.6*	*	
20 - 29 years	1,167	57.2	2.0	578	41.4	2.4	27.0	2.3	9.4	1.4	4.9	1.1	17.4	1.9	
30 - 39 years	436	66.7	2.9	263	28.9	2.7	28.6	3.2	12.0	2.1	8.2	1.7	22.2	3.0	
40 - 44 years	9	6	
<u>Region of residence</u>															
Northeast	349	63.5	2.8	201	30.9	3.6	26.2	3.9	11.7	2.7	7.1	2.0	24.1	4.1	
South	718	45.6	3.0	266	44.5	3.7	28.1	4.0	9.4	2.1	4.5	1.3	13.5	2.2	
Midwest	492	51.3	3.3	221	43.4	4.7	25.9	3.2	10.3	2.5	7.3*	*	13.1	2.9	
West	296	68.8	3.9	196	32.0	3.2	29.9	3.7	8.6	2.0	4.4*	*	25.1	4.4	
<u>Percent of poverty level</u>															
Below poverty ⁴	507	27.3	3.7	113	44.6	5.9	25.1	5.8	8.9*	*	7.9*	*	13.6	4.0	
At or above poverty	1,348	62.3	1.8	771	37.3	2.0	27.9	2.0	10.1	1.2	5.5	0.9	19.2	1.7	

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

.... Does not meet minimum sample size requirements.

¹ Analyses include all singleton live births in 1984-86.

² Includes data for other races not shown separately.

³ Analyses limited to women 20-44 years of age.

⁴ Below poverty is defined as falling below 100 percent of the poverty income ratio.

SOURCE: HHS, National Survey of Family Growth, 1988.

Table A.F8-2,3. Self-perceived body weight status of high school students, by sex and race/ethnicity, 1991

	Females							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
Very underweight	46	1.7	58	3.6	59	3.0	12	1.8
Slightly underweight	301	10.2	264	16.0	244	11.7	59	10.5
About the right weight	1161	44.1	769	50.6	657	38.5	185	41.2
Slightly overweight	940	38.0	386	24.2	612	40.3	151	40.0
Very overweight	141	6.1	84	5.6	106	6.6	26	6.5
Total	2589	100.0	1561	100.0	1678	100.0	433	100.0

	Males							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
Very underweight	89	2.7	57	5.5	57	3.8	22	3.4
Slightly underweight	572	20.4	248	19.1	283	19.4	89	23.9
About the right weight	1524	54.4	738	59.0	779	55.0	213	48.9
Slightly overweight	545	20.3	173	13.8	330	18.3	82	19.3
Very overweight	55	2.2	25	2.5	50	3.5	12	4.5
Total	2785	100.0	1241	100.0	1499	100.0	418	100.0

NOTE: There were 41 observations with missing data.

SOURCE: HHS, Youth Risk Behavior Survey, 1991

Table A.F8-4,5. Self-perceived overweight: percentage of people 20 years of age and older who think they are overweight stratified by measured body weight, by age, sex, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Total</u>												
<u>Male</u>												
20-39 years old	1,620	39.1	1.45	495	42.8	1.74	474	27.9	1.86	589	33.8	1.97
40-59 years old	1,134	51.7	1.93	506	55.2	2.17	296	39.3	2.81	283	52.7	2.23
60 years and over	1,366	42.0	1.86	815	43.9	2.15	271	29.2	2.65	258	32.1	4.17
Total	4,120	43.6	1.12	1,816	47.0	1.32	1,041	31.4	1.40	1,130	38.4	1.66
<u>Female²</u>												
20-39 years old	1,525	62.0	1.53	494	63.0	1.97	466	60.7	2.15	515	62.2	2.05
40-59 years old	1,083	73.5	2.07	454	75.1	2.36	296	74.8	2.65	288	69.8	3.19
60 years and over	1,342	54.0	1.89	785	56.3	2.02	290	45.4	3.02	238	44.5	4.61
Total	3,950	63.5	1.19	1,733	64.8	1.28	1,052	61.9	1.60	1,041	62.1	1.57
<u>Not overweight</u>												
<u>Male</u>												
20-39 years old	1,202	24.8	1.50	372	28.1	2.08	342	10.1	1.59	436	18.7	2.05
40-59 years old	654	27.6	2.35	303	30.7	2.70	188	19.6	3.30	128	20.6	2.97
60 years and over	883	23.2	1.80	548	24.7	2.06	183	12.6	3.35	135	10.4	2.32
Total	2,739	25.3	1.16	1,223	28.1	1.54	713	13.1	1.32	699	18.4	1.71
<u>Female²</u>												
20-39 years old	983	49.5	1.72	367	51.4	1.98	280	41.1	3.01	300	44.1	4.28
40-59 years old	526	56.5	2.60	267	59.6	2.90	112	46.5	6.06	122	43.3	3.92
60 years and over	787	35.3	2.35	518	38.6	2.34	132	13.5	2.59	119	22.6	3.47
Total	2,296	47.9	1.24	1,152	50.2	1.31	524	37.5	2.27	541	41.3	2.77
<u>Overweight</u>												
<u>Male</u>												
20-39 years old	418	84.5	2.37	123	88.8	3.02	132	73.4	3.91	153	75.6	3.95
40-59 years old	480	89.0	1.33	203	92.1	1.66	108	74.0	4.52	155	78.9	2.39
60 years and over	483	73.0	2.58	267	74.6	2.76	88	63.7	6.32	123	54.9	5.90
Total	1,381	83.4	1.31	593	86.2	1.57	328	71.9	2.83	431	74.2	2.36
<u>Female²</u>												
20-39 years old	542	94.5	1.39	127	97.4*	*	186	90.9	1.77	215	87.3	3.65
40-59 years old	557	95.4	1.05	187	98.0*	*	184	93.4*	*	166	88.9	2.39
60 years and over	555	83.6	1.98	267	86.5	2.19	158	71.7	4.11	119	66.5	5.27
Total	1,654	91.8	0.96	581	94.2	1.09	528	87.4	1.43	500	85.1	1.60

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: Based on self-perceived overweight status. BMI is an index used to relate weight to stature. For men, overweight is defined as a BMI equal to or greater than 27.8 kilograms per meter squared; for women, overweight is defined as a BMI equal to or greater than 27.3 kilograms per meter squared.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-6,7. Self-perceived compared with actual body weight status of main meal planners and preparers, by sex, 1989-91

Sex and body mass index	: Respondents :	Self-assessment of weight status			
		: Underweight :	: About right :	: Overweight :	: Don't know/ no answer :
	Number <u>1</u> /	-----Percent-----			
All females:					
Under 19.1 (underweight).....	232	33.6	61.5	4.9*	.0*
19.1 to 27.2 (acceptable weight)....	2,146	3.0	62.3	34.4	0.3*
27.3 to 32.2 (overweight).....	718	.7*	15.3	83.9	.0*
32.3 and over (severe overweight)...	415	.2*	4.0*	95.7*	.0*
All.....	3,511	4.4	47.8	47.6	.2*
All males:					
Under 20.7 (underweight).....	56	38.3*	52.9*	8.8*	.0*
20.7 to 27.7 (acceptable weight)....	488	7.5	70.6	21.9	.0*
27.8 to 31.0 (overweight).....	132	.9*	33.7	62.7	2.7*
31.1 and over (severe overweight)...	83	.7*	22.8	76.4	.0*
All.....	759	7.3	58.3	33.8	.5*

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Based on self-reported weight and height. Body mass index (BMI) is calculated by dividing weight in kilograms by the square of height in meters. Cutpoints and descriptors for BMI categories were developed based on the 15th, 85th and 95th percentiles of the National Health and Nutrition Examination Survey II population, aged 20-29. (Rowland, 1989) Estimates are for people with 3 days of dietary intake.

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

Table A.F8-8. Percentage of people 20 years of age and older who have tried to lose weight during the past 12 months, by age, sex, and race/ethnicity, 1988-91

Sex and age	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
Male												
20-29 years	945	22.0	1.82	249	26.5	2.91	264	14.3	2.33	393	17.4	1.92
30-39 years	851	32.8	2.17	314	35.7	2.81	245	20.2	2.77	263	25.3	2.70
40-49 years	691	35.3	2.45	269	37.6	3.07	200	33.2	3.59	196	33.8	3.40
50-59 years	545	36.7	2.78	293	38.5	2.96	122	24.8	4.22	106	33.9	4.63
60-69 years	660	32.7	2.46	293	33.6	2.87	164	26.2	3.71	191	29.8	3.33
70-79 years	571	26.8	2.50	365	27.6	2.44	110	16.6	3.83	89	22.2	4.43
80 years and over	466	13.0	2.10	390	13.6	1.81	35	8.4*	*	32	5.3*	*
Total	4,729	30.3	1.22	2,173	33.0	1.37	1,140	21.5	1.61	1,270	24.5	1.58
Female												
20-29 years	925	54.2	2.21	274	58.3	3.03	275	42.4	2.99	348	37.9	2.91
30-39 years	869	60.4	2.23	309	64.5	2.77	263	49.5	3.09	270	47.0	3.40
40-49 years	671	57.7	2.57	253	60.8	3.12	180	56.5	3.71	202	46.5	3.93
50-59 years	517	59.4	2.91	260	62.3	3.06	137	46.8	4.27	108	50.9	5.38
60-69 years	683	47.3	2.57	305	48.2	2.91	176	47.8	3.78	188	42.6	4.04
70-79 years	540	33.2	2.73	336	34.3	2.63	128	24.7	3.82	63	28.9	6.39
80 years and over	541	14.3	2.03	448	14.5	1.69	53	12.6*	*	34	11.9*	*
Total	4,746	52.6	1.33	2,185	54.9	1.45	1,212	45.7	1.89	1,213	42.9	1.86

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

¹ Includes data for race-ethnic groups not shown separately.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-9,10. Percentage of people 20 years of age and older who are currently trying to lose weight, by sex, age, race/ethnicity, and body weight status, 1988-91

Sex, age, and body weight status	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Male</u>												
20-39 years												
Underweight	174	1.0*	*	55	--	--	59	7.0*	*	52	3.5*	*
Acceptable weight	1,001	17.8	1.76	314	18.8	2.62	272	8.6	1.95	373	14.0	2.02
Overweight	403	46.2	3.61	121	49.3	5.39	132	40.5	4.90	140	35.4	4.55
Total	1,578	22.6	1.62	490	24.0	2.48	463	17.6	1.84	565	18.5	1.95
40-59 years												
Underweight	47	4.6*	*	15	25	--	--	4
Acceptable weight	591	17.8	2.10	286	18.6	2.38	153	18.1	3.11	121	17.7	3.70
Overweight	459	53.0	3.10	200	52.7	3.66	101	58.3	4.91	145	42.7	4.39
Total	1,097	31.0	2.15	501	31.5	2.67	279	30.9	2.88	270	30.8	3.35
60 years and over												
Underweight	111	3.6*	*	60	4.4*	*	33	--	--	14
Acceptable weight	749	13.7	1.90	477	13.1	1.95	145	18.7	3.68	115	22.1	3.87
Overweight	465	51.7	3.51	267	51.8	3.86	81	49.2	6.31	115	57.2	4.61
Total	1,325	27.4	1.88	804	27.6	2.02	259	25.8	2.83	244	38.7	3.72
Total, 20 years and over												
Underweight	332	2.0*	*	130	0.9*	*	117	4.1*	*	70	3.8*	*
Acceptable weight	2,341	17.0	1.20	1,077	17.5	1.50	570	12.8	1.72	609	15.3	1.50
Overweight	1,327	50.2	2.13	588	51.3	2.67	314	47.8	3.47	400	41.0	2.54
Total	4,000	26.2	1.07	1,795	27.2	1.35	1,001	22.7	1.38	1,079	23.5	1.54

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

.... Does not meet minimum sample size requirements.

¹ Includes data for race-ethnic groups not shown separately.

NOTE: BMI is an index used to relate weight to stature. Underweight is defined as a BMI less than or equal to the 15th percentile, acceptable weight as a BMI between the 16th and 84th percentiles, and overweight as a BMI equal to or greater than the 85th percentile, based on BMIs for 20-29 year old males.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-9,10. Percentage of people 20 years of age and older who are currently trying to lose weight, by sex, age, race/ethnicity, and body weight status, 1988-91—continued

Sex, age, and body weight status	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Female²</u>												
20-39 years old												
Underweight	86	0.4*	*	40	--	--	27	4.0*	*	15
Acceptable weight	873	41.0	1.85	322	41.8	2.75	247	31.3	3.30	277	35.7	2.88
Overweight	532	64.6	2.31	127	66.0	4.20	184	67.1	3.88	208	53.9	3.46
Total	1,491	44.5	2.08	489	44.5	2.78	458	43.9	2.65	500	42.2	2.51
40-59 years old												
Underweight	30	5.1*	*	20	6.3*	*	6	1
Acceptable weight	480	40.4	3.35	243	42.2	3.90	102	34.8	4.72	116	28.8	4.20
Overweight	538	63.0	3.11	184	65.8	4.30	175	58.7	3.72	161	49.0	3.94
Total	1,048	48.6	2.49	447	50.0	2.93	283	48.4	3.40	278	40.6	3.34
60 years and over												
Underweight	55	3.0*	*	38	3.6*	*	8	6
Acceptable weight	712	22.4	1.74	471	22.9	1.94	118	14.4	3.24	111	24.5	5.27
Overweight	542	53.1	2.38	262	52.5	3.09	155	57.0	3.98	115	47.1	6.01
Total	1,309	33.4	2.11	771	33.0	2.10	281	37.8	3.31	232	35.1	3.56
Total, 20 years and over												
Underweight	171	2.1*	*	98	2.2*	*	41	2.8*	*	22	--	--
Acceptable weight	2,065	36.2	1.54	1,036	36.8	1.77	467	29.1	2.32	504	32.7	2.09
Overweight	1,612	60.8	1.77	573	61.7	2.40	514	61.7	2.36	484	51.3	2.27
Total	3,848	42.9	1.29	1,707	42.9	1.48	1,022	44.0	1.78	1,010	40.8	1.76

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

-- Observed percent is 0.0.

.... Does not meet minimum sample size requirements.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: BMI is an index used to relate weight to stature. Underweight is defined as a BMI less than or equal to the 15th percentile, acceptable weight as a BMI between the 16th and 84th percentiles, and overweight as a BMI equal to or greater than the 85th percentile, based on BMIs for 20-29 year old females.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-11. Percentage of high school students who dieted, exercised, and dieted and exercised to lose weight or keep from gaining weight, by sex and race/ethnicity, 1991

	Females							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
Did not do anything	713	27.4	836	53.5	599	31.2	170	36.1
Dieted	282	11.1	117	7.9	204	12.6	52	14.1
Exercised	605	23.0	266	17.7	403	22.8	81	21.7
Exercised and dieted	850	33.1	186	11.2	366	26.5	106	23.1
Other method	137	5.5	158	9.7	107	6.8	24	5.1
Total	2587	100.0	1563	100.0	1679	100.0	433	100.0

	Males							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
Did not do anything	1824	65.9	748	58.9	789	51.9	246	62.7
Dieted	83	3.0	21	1.7	54	4.6	14	2.3
Exercised	597	21.2	330	28.1	456	29.4	96	20.5
Exercised and dieted	217	8.0	66	5.3	130	9.8	47	12.0
Other method	65	2.0	74	6.0	66	4.3	16	2.4
Total	2786	100.0	1239	100.0	1495	100.0	419	100.0

NOTE: There were 46 observations with missing data.
 SOURCE: HHS, Youth Risk Behavior Survey, 1991

Table A.F8-12. Prevalence of physical activity among people 20 years of age and older and percentage meeting the Healthy People 2000 objective for physical activity, by age and sex, 1992

Sex	Unknown [†]		No Physical Activity		Irregular Activity		Regular Activity		Year 2000 Objective		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
Male	28	0.1	10785	27.0	11636	29.9	11636	30.2	5181	12.9	39266	100.0
Female	22	0.0	16631	31.0	14324	26.5	14018	26.6	8771	15.9	53766	100.0
Total	50	0.0	27416	29.1	25960	28.1	25654	28.3	13952	14.4	93032	100.0
Age (Yrs)												
20-29	11	0.1	3820	22.6	5094	30.1	6294	37.2	1833	10.0	17052	100.0
30-39	11	0.0	5794	25.5	7096	31.1	7015	30.0	3359	13.3	23275	100.0
40-49	5	0.0	4799	27.9	5157	29.2	4594	26.0	3098	16.9	17653	100.0
50-59	7	0.0	3797	32.7	3014	25.9	2815	24.6	1883	16.8	11516	100.0
60-69	7	0.0	3824	34.2	2686	23.8	2803	25.1	1888	16.9	11208	100.0
70-79	5	0.1	3482	38.9	2049	22.9	1729	20.6	1452	17.5	8717	100.0
80+	4	0.1	1900	51.0	864	23.5	404	11.8	439	13.6	3611	100.0
Total	50	0.0	27416	29.1	25960	28.1	25654	28.3	13952	14.4	93032	100.0

No. of States: 49 Median: 27.60 Range: 17.41-48.2

[†] Includes Don't Know and Refused responses.
NOTE: No Physical Activity: Respondents who report no physical activity during the past month.
Irregular Activity: Any physical activity or pair of activities done for less than 20 minutes or less than three times per week.
Regular Activity: Any physical activity or pair of activities done for total of 20 or more minutes three or more times per week at less than 50% of capacity.
Year 2000 Objective: Any physical activity or pair of activities that requires rhythmic contraction of large muscle groups at 50% or more of functional capacity for 20 or more minutes three or more times per week.

SOURCE: HHS, Behavioral Risk Factor Surveillance System, 1992.

Table A.F8-13,14. Percentage of people 20 years of age and older who exercised three or more times per week during leisure time, by age, race/ethnicity, and body weight status, 1988-91

Sex, age, and body weight status	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Male</u>												
Total												
Underweight	341	52.2	4.27	132	50.7	5.47	120	63.2	5.76	74	48.2	6.67
Acceptable weight	2,400	62.8	2.24	1,093	64.4	2.44	593	61.8	2.29	625	46.6	2.61
Overweight	1,381	55.1	2.19	593	56.1	2.68	328	58.7	3.09	431	41.1	2.38
Total	4,122	59.5	1.79	1,818	60.7	2.06	1,041	61.0	2.28	1,130	44.7	1.59
20-39 years old												
Underweight	177	50.0	5.38	55	47.5	6.56	59	73.6	7.67	55	51.6	7.18
Acceptable weight	1,025	64.1	3.23	317	65.0	3.95	283	72.0	3.14	381	48.6	2.39
Overweight	418	59.9	2.99	123	59.2	3.77	132	72.2	4.68	153	44.2	5.95
Total	1,620	61.5	2.38	495	61.6	2.91	474	72.2	3.05	589	47.7	1.43
40-59 years old												
Underweight	48	66.8	6.92	16	64.2*	*	25	73.8*	*	4
Acceptable weight	606	62.0	2.81	287	64.5	3.31	163	54.6	3.79	124	39.1	5.07
Overweight	480	51.1	2.63	203	53.6	3.24	108	46.2	5.61	155	38.3	6.16
Total	1,134	57.9	2.09	506	60.1	2.58	296	53.2	2.69	283	38.2	4.59
60 years and over												
Underweight	116	49.0	6.40	61	53.0	7.41	36	22.6	5.58	15	35.6*	*
Acceptable weight	769	60.4	2.44	489	63.0	2.53	147	38.4	4.83	120	46.0	5.23
Overweight	483	54.0	4.55	267	55.6	5.01	88	45.2	5.97	123	37.3	2.93
Total	1,368	57.2	2.65	817	59.5	2.84	271	38.5	3.07	258	41.4	2.66

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

.... Does not meet minimum sample size requirements.

¹ Includes data for race-ethnic groups not shown separately.

NOTE: Based on self-reported leisure-time physical activity. BMI is an index used to relate weight to stature. Underweight is defined as a BMI less than or equal to the 15th percentile, acceptable weight as a BMI between the 16th and 84th percentiles, and overweight as a BMI equal to or greater than the 85th percentile, based on BMIs for 20-29 year old males.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-13,14. Percentage of people 20 years of age and older who exercised three or more times per week during leisure time, by age, race/ethnicity, and body weight status, 1988-91—continued

Sex, age, and body weight status	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Female²</u>												
Total												
Underweight	179	48.0	6.77	101	49.9	8.27	45	37.6	6.82	22	54.5*	*
Acceptable weight	2,119	54.0	2.25	1,052	56.3	2.40	480	42.5	2.99	519	35.1	1.87
Overweight	1,656	41.9	2.69	581	44.8	3.33	528	38.7	2.97	502	26.7	3.59
Total	3,954	49.3	1.90	1,734	52.1	2.16	1,053	40.4	2.35	1,043	31.5	2.11
20-39 years old												
Underweight	88	53.6	7.97	40	54.4	9.88	28	46.7*	*	15	59.2*	*
Acceptable weight	895	56.1	2.87	327	58.9	3.04	252	46.6	3.44	285	36.7	2.36
Overweight	542	43.7	4.06	127	45.6	5.23	186	50.6	4.49	215	26.3	4.38
Total	1,525	52.4	2.35	494	55.2	2.54	466	48.1	2.37	515	33.0	2.67
40-59 years old												
Underweight	30	37.7*	*	20	44.5*	*	6	1
Acceptable weight	496	53.3	4.00	247	55.2	4.72	106	45.3	7.42	121	33.9	5.03
Overweight	558	42.9	3.31	187	47.5	4.44	184	32.9	4.46	167	28.1	4.50
Total	1,084	48.0	2.52	454	51.6	3.22	296	37.4	4.00	289	30.4	2.62
60 years and over												
Underweight	61	44.4	7.35	41	44.4	7.03	11	6
Acceptable weight	728	50.9	2.71	478	53.2	2.64	122	25.6	4.47	113	29.3	6.17
Overweight	556	38.4	3.59	267	40.9	4.19	158	27.1	4.78	120	24.3	3.82
Total	1,345	45.7	2.69	786	48.2	2.85	291	25.9	3.95	239	27.1	3.49

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

.... Does not meet minimum sample size requirements.

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: Based on self-reported leisure-time physical activity. BMI is an index used to relate weight to stature. Underweight is defined as a BMI less than or equal to the 15th percentile, acceptable weight as a BMI between the 16th and 84th percentiles, and overweight as a BMI equal to or greater than the 85th percentile, based on BMIs for 20-29 year old females.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-15,16. Percentage of people 20 years of age and older who are overweight (high BMI), by age, race/ethnicity, and frequency of participation in physical activity during leisure time, 1988-91

Sex, age, and frequency of physical activity	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Male</u>												
Total 20 years and over												
Less than once a week	1,037	34.9	2.31	359	37.1	3.18	240	30.3	2.35	401	38.6	2.76
1-2.75 times per week	851	35.2	2.66	389	35.5	3.09	200	36.0	2.91	238	37.4	2.81
3 or more times per week	2,234	29.2	1.34	1,070	30.0	1.22	601	30.0	2.04	491	32.9	2.33
Total	4,122	31.6	1.18	1,818	32.4	1.17	1,041	31.2	1.69	1,130	35.8	1.57
20-39 years old												
Less than once a week	324	22.1	3.30	71	21.7	4.82	60	27.2	6.51	178	26.3	2.80
1-2.75 times per week	346	27.0	3.73	127	28.0	4.27	75	28.7	3.72	133	31.2	3.39
3 or more times per week	950	23.4	1.83	297	23.2	1.99	339	28.0	2.39	278	24.7	4.06
Total	1,620	24.0	1.42	495	24.2	1.42	474	28.0	1.74	589	26.7	1.82
40-59 years old												
Less than once a week	301	44.9	3.76	91	49.4	5.12	75	35.7	3.87	118	57.8	4.95
1-2.75 times per week	241	46.1	3.77	109	44.0	4.41	64	48.7	6.94	60	49.4	5.54
3 or more times per week	592	34.6	1.84	306	35.6	1.96	157	31.5	4.03	105	55.2	4.74
Total	1,134	39.2	1.84	506	39.9	2.01	296	36.3	2.48	283	55.0	2.69
60 years and over												
Less than once a week	412	42.0	3.71	197	43.1	4.32	105	27.3	4.01	105	51.1	4.44
1-2.75 times per week	264	39.1	5.46	153	41.1	6.50	61	31.6	6.09	45	54.1	9.85
3 or more times per week	692	35.7	2.71	467	35.9	2.73	105	38.2	5.77	108	43.8	4.28
Total	1,368	37.8	1.82	817	38.5	2.12	271	32.5	3.08	258	48.6	2.56

¹ Includes data for race-ethnic groups not shown separately.

NOTE: Based on self-reported leisure-time physical activity. BMI is an index used to relate weight to stature. For men, overweight is defined as a BMI greater than or equal to 27.8 kilograms per meter squared.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-15,16. Percentage of people 20 years of age and older who are overweight (high BMI), by age, race/ethnicity, and frequency of participation in physical activity during leisure time, 1988-91—continued

Sex, age, and frequency of physical activity	Total population ¹			Non-Hispanic white			Non-Hispanic black			Mexican American		
	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE	Sample size	Percent	SE
<u>Female²</u>												
Total 20 years and over												
Less than once a week	1,578	43.6	2.37	564	40.6	2.75	440	50.9	3.07	516	52.3	2.25
1-2.75 times per week	764	36.2	2.67	323	35.0	3.26	216	49.1	3.88	210	47.7	3.29
3 or more times per week	1,612	30.1	1.76	847	28.5	1.97	397	46.7	2.60	317	40.3	4.58
Total	3,954	35.5	1.18	1,734	33.1	1.34	1,053	48.8	1.85	1,043	47.6	2.44
20-39 years old												
Less than once a week	530	35.9	4.84	112	33.1	6.32	147	35.8	4.91	252	48.7	2.71
1-2.75 times per week	316	29.3	3.07	114	28.1	3.67	102	40.2	6.16	93	38.8	3.33
3 or more times per week	679	23.1	2.03	268	20.8	2.70	217	41.4	4.37	170	33.3	4.55
Total	1,525	27.7	1.62	494	25.2	1.99	466	39.4	3.12	515	41.8	2.44
40-59 years old												
Less than once a week	410	50.1	3.28	120	44.7	4.27	125	64.8	4.74	141	58.4	4.40
1-2.75 times per week	238	45.0	4.84	102	42.8	5.66	65	64.5	6.40	65	64.0	6.17
3 or more times per week	436	39.0	3.31	232	37.2	3.60	106	53.1	7.72	83	53.6	7.50
Total	1,084	43.7	1.91	454	40.4	2.23	296	60.4	3.75	289	58.2	3.39
60 years and over												
Less than once a week	638	46.0	2.82	332	44.0	3.18	168	55.0	4.38	123	55.4	6.27
1-2.75 times per week	210	38.4	4.16	107	37.7	4.42	49	50.0	8.10	52	44.5	4.84
3 or more times per week	497	32.4	2.50	347	31.3	2.68	74	57.2	5.61	64	45.1	7.85
Total	1,345	38.6	2.05	786	36.9	2.20	291	54.7	2.96	239	50.2	3.53

¹ Includes data for race-ethnic groups not shown separately.

² Excludes pregnant women.

NOTE: Based on self-reported leisure-time physical activity. BMI is an index used to relate weight to stature. For women, overweight is defined as a BMI greater than or equal to 27.3 kilograms per meter squared.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.F8-17. Frequency of participation in vigorous physical activity over the past 14 days among high school students, by sex and race/ethnicity, 1990

	Females							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
None	676	21.9	493	38.0	363	28.7	87	37.2
1 to 2 days	857	26.8	311	27.6	327	30.3	77	20.8
3 to 5 days	775	23.8	230	16.9	233	20.2	72	20.5
6 to 8 days	362	10.7	73	6.8	107	9.1	34	10.4
9 or more days	502	16.8	132	10.6	151	11.7	48	11.1
Total	3172	100.0	1239	100.0	118	100.0	318	100.0

	Males							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
None	338	11.5	196	20.3	160	12.4	69	18.9
1 or 2 days	454	15.2	159	16.1	188	17.3	57	17.7
3 to 5 days	678	21.8	222	20.8	241	20.4	83	18.2
6 to 8 days	453	14.3	119	12.5	151	15.4	47	10.8
9 or more days	1201	37.1	326	30.2	346	34.5	143	34.4
Total	3124	100.0	1022	100.0	1086	100.0	399	100.0

NOTE: There were 55 cases with missing data for Q49

SOURCE: HHS, Youth Risk Behavior Survey, 1990

Table A.F8-18a. Percentage of people 18 years of age and older who are heavy exercisers by number of hours of television usually watched per day, by sex and age, 1989-91

Sex and Age (years)	Percentage of Individuals*	Hours of Television Watched Per Day						
		1/2 hour or less	About 1 hour	About 2 hours	About 3 hours	About 4 hours	5 hours or more	No answer
-----Percent-----								
Males:								
18-19	35.8	9.6 [†]	13.3 [†]	20.0 [†]	39.1 [†]	15.1 [†]	2.9 [†]	-
20-39	22.4	13.8	21.9	24.4	17.8	11.3	10.6	0.2 [†]
40-59	18.3	15.3	16.9	25.0	23.5	10.0	9.4	-
60-79	9.9	7.4 [†]	18.6 [†]	29.0	15.9 [†]	21.1 [†]	7.3 [†]	0.6 [†]
80 and over	-	-	-	-	-	-	-	-
All Males 18 and over	18.9	13.3	19.5	24.7	20.8	12.1	9.4	0.2 [†]
Females:								
18-19	24.0	40.0 [†]	7.4 [†]	10.4 [†]	23.7 [†]	12.1 [†]	6.3 [†]	-
20-39	10.9	27.6	26.5	17.8	12.1	7.5 [†]	8.5	-
40-59	7.7	21.7	14.6 [†]	31.8	19.8	6.0 [†]	6.2 [†]	-
60-79	5.1	19.4 [†]	13.0 [†]	14.1 [†]	24.9 [†]	6.8 [†]	21.8 [†]	-
80 and over	1.9	-	66.3 [†]	33.8 [†]	-	-	-	-
All Females 18 and over	9.0	26.4	20.3	20.2	16.6	7.5	9.0	-
Males and Females:								
18-19	29.1	23.7	10.6 [†]	15.6 [†]	31.9	13.7 [†]	4.5 [†]	-
20-39	16.5	18.5	23.5	22.2	15.9	10.0	9.8	0.2 [†]
40-59	12.8	17.3	16.2	27.1	22.3	8.7	8.4	-
60-79	7.3	12.1 [†]	16.4	23.3	19.4	15.6	12.9 [†]	0.4 [†]
80 and over	1.3	-	66.3 [†]	33.8 [†]	-	-	-	-
All Males and Females 18 and over.....	13.6	17.9	19.8	23.1	19.3	10.5	9.3	0.1 [†]

* Percentage of individuals (weighted) who are heavy exercisers.

[†] Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

- Data not available.

NOTE: See Table Notes in Appendix V Section B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.F8-18b. Percentage of people 18 years of age and older who are heavy exercisers by number of hours of television usually watched per day, by race and sex, 1989-91

Race, Sex and Age (years)	Percentage of Individuals*	Hours of Television Watched Per Day						
		1/2 hour or less	About 1 hour	About 2 hours	About 3 hours	About 4 hours	5 hours or more	No answer
-----Percent-----								
White:								
Males 18 and over	19.4	14.2	19.8	25.0	20.3	12.0	8.5	0.2 [†]
Females 18 and over	9.0	27.4	20.9	21.2	15.6	7.2	7.7	-
All Whites 18 and over	13.9	18.7	20.1	23.7	18.7	10.4	8.2	0.1 [†]
Black:								
Males 18 and over	15.5	9.8 [†]	17.2 [†]	24.7 [†]	20.6 [†]	12.8 [†]	15.0 [†]	-
Females 18 and over	9.7	26.0 [†]	18.4 [†]	2.7 [†]	26.1 [†]	11.7 [†]	15.0 [†]	-
All Blacks 18 and over	12.1	17.5 [†]	17.7 [†]	14.3 [†]	23.2	12.2 [†]	15.0 [†]	-
Other Races:								
Males 18 and over	16.7	0.6 [†]	18.3 [†]	18.8 [†]	31.1 [†]	13.4 [†]	17.8 [†]	-
Females 18 and over	7.3	4.4 [†]	13.7 [†]	57.1 [†]	5.4 [†]	-	19.4 [†]	-
All Others 18 and over	11.7	1.9 [†]	16.8 [†]	31.5 [†]	22.6 [†]	9.0 [†]	18.3 [†]	-

* Percentage of individuals (weighted) who are heavy exercisers.

[†] Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

- Data not available.

NOTE: See Table Notes in Appendix V Section B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.F8-18c. Percentage of people 18 years of age and older who are heavy or moderate exercisers by number of hours of television usually watched per day, by sex and age, 1989-91

Sex and Age (years)	Percentage of Individuals*	Hours of Television Watched Per Day						
		1/2 hour or less	About 1 hour	About 2 hours	About 3 hours	About 4 hours	5 hours or more	No answer
-----Percent-----								
Males:								
18-19	77.0	9.2 [†]	10.7 [†]	28.8	27.4	16.0	7.5 [†]	0.3 [†]
20-39	70.6	10.9	19.8	27.8	17.3	12.0	12.1	0.1 [†]
40-59	62.9	8.1	15.8	29.3	24.0	11.8	10.9	0.2 [†]
60-79	47.8	8.8	13.7	12.9	26.3	17.1	12.0	0.3 [†]
80 and over	26.2	7.1 [†]	6.7 [†]	12.3 [†]	13.8 [†]	33.3 [†]	26.8 [†]	-
All Males 18 and over	63.4	9.6	17.2	27.3	21.0	13.0	11.7	0.2 [†]
Females:								
18-19	64.7	21.8	15.3	21.3	19.7	8.6 [†]	11.8 [†]	1.6 [†]
20-39	60.7	15.9	19.2	25.7	18.3	9.8	10.7	0.4 [†]
40-59	55.0	12.9	17.0	27.1	21.5	11.7	9.7	-
60-79	43.0	7.6	12.7	24.5	24.1	14.0	17.0	0.1 [†]
80 and over	19.2	18.0 [†]	13.1 [†]	29.0 [†]	16.9 [†]	11.5 [†]	11.6 [†]	-
All Females 18 and over	53.9	14.1	17.2	25.8	20.2	11.0	11.5	0.3 [†]
Males and Females:								
18-19	70.1	15.8	13.1	24.9	23.4	12.1	9.7	1.0 [†]
20-39	65.5	13.3	19.5	26.8	17.8	10.9	11.4	0.2 [†]
40-59	58.8	10.4	16.4	28.2	22.8	11.8	10.3	0.1 [†]
60-79	45.2	8.2	13.2	23.3	25.2	15.5	14.6	0.2 [†]
80 and over	21.2	14.1 [†]	10.8 [†]	23.0	15.8 [†]	19.3	17.0 [†]	-
All Males and Females 18 and over	58.3	11.8	17.2	26.6	20.6	12.0	11.6	0.2 [†]

* Percentage of individuals (weighted) who are heavy or moderate exercisers.

[†] Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

- Data not available.

NOTE: See Table Notes in Appendix V Section B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.F8-18d. Percentage of people 18 years of age and older who are heavy or moderate exercisers by number of hours of television usually watched per day, by race and sex, 1989-91

Race, Sex and Age (years)	Percentage of Individuals*	Hours of Television Watched Per Day						
		1/2 hour or less	About 1 hour	About 2 hours	About 3 hours	About 4 hours	5 hours or more	No answer
-----Percent-----								
White:								
Males 18 and over	64.5	9.6	17.7	28.0	20.9	12.6	11.0	0.2 [†]
Females 18 and over	54.9	14.3	18.6	26.3	20.0	10.6	10.0	0.2 [†]
All Whites 18 and over	59.5	11.9	18.1	27.2	20.4	11.7	10.5	0.2 [†]
Black:								
Males 18 and over	55.1	11.3	10.8	23.0	21.5	13.9	19.3	0.1 [†]
Females 18 and over	45.6	13.0	7.9	15.6	23.0	13.3	26.1	1.1 [†]
All Blacks 18 and over	49.5	12.2	9.3	19.0	22.3	13.6	23.0	0.6 [†]
Other Races:								
Males 18 and over	59.3	7.3 [†]	20.0	22.2	22.4	18.5	9.7 [†]	-
Females 18 and over	57.6	12.0	13.0	38.0	18.2	12.1	6.7 [†]	-
All Others 18 and over	58.4	9.8	16.3	30.5	20.2	15.1	8.1	-

* Percentage of individuals (weighted) who are heavy or moderate exercisers.

[†] Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

- Data not available.

NOTE: See Table Notes in Appendix V Section B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.F8-18e. Percentage of people 18 years of age and older who are light exercisers by number of hours of television usually watched per day, by sex and age, 1989-91

Sex and Age (years)	Percentage of Individuals*	Hours of Television Watched Per Day						
		1/2 hour or less	About 1 hour	About 2 hours	About 3 hours	About 4 hours	5 hours or more	No answer
-----Percent-----								
Males:								
18-19	17.4	12.0 [†]	12.0 [†]	12.2 [†]	15.8 [†]	11.3 [†]	36.8 [†]	-
20-39	28.4	8.0	14.6	24.9	21.5	12.2	18.8	0.1 [†]
40-59	35.7	6.9	13.8	22.0	21.3	21.6	14.4	-
60-79	47.6	3.9	13.2	21.6	20.5	15.8	25.1	-
80 and over	65.7	3.3 [†]	4.2 [†]	20.3 [†]	28.9	23.7	19.6 [†]	-
All Males 18 and over	34.5	6.5	13.5	22.7	21.4	16.5	19.4	0.0 [†]
Females:								
18-19	32.4	11.6 [†]	3.6 [†]	24.4 [†]	14.3 [†]	15.7 [†]	29.5	0.9 [†]
20-39	38.3	8.3	16.6	23.1	18.5	14.2	19.5	0.0 [†]
40-59	43.9	10.6	15.0	23.2	21.8	13.3	15.9	0.1 [†]
60-79	55.0	5.2	8.9	19.5	19.6	19.7	26.0	1.1 [†]
80 and over	72.2	10.3	8.9	17.0	18.5	25.9	19.3	-
All Females 18 and over	44.5	8.5	13.2	21.9	19.6	16.2	20.4	0.3 [†]
Males and Females:								
18-19	25.9	11.7 [†]	6.0 [†]	20.8	14.7 [†]	14.4 [†]	31.6	0.7 [†]
20-39	33.5	8.2	15.6	23.9	19.8	13.4	19.2	0.1 [†]
40-59	40.0	9.0	14.5	22.7	21.6	16.9	15.3	0.0 [†]
60-79	51.6	4.6	10.7	20.3	20.0	18.1	25.6	0.7 [†]
80 and over	70.3	8.4	7.6	17.9	21.3	25.3	19.4	-
All Males and Females 18 and over	39.8	7.7	13.3	22.2	20.3	16.3	20.0	0.2 [†]

* Percentage of individuals (weighted) who are light exercisers.

[†] Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

- Data not available.

NOTE: See Table Notes in Appendix V Section B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.F8-18f. Percentage of people 18 years of age and older who are light exercisers by number of hours of television usually watched per day, by race and sex, 1989-91

Race, Sex and Age (years)	Percentage of Individuals*	Hours of Television Watched Per Day						
		1/2 hour or less	About 1 hour	About 2 hours	About 3 hours	About 4 hours	5 hours or more	No answer
-----Percent-----								
White:								
Males 18 and over	33.4	6.5	14.0	23.6	21.9	16.6	17.4	0.0 [†]
Females 18 and over	43.6	8.6	12.7	22.3	20.6	15.8	19.6	0.4 [†]
All Whites 18 and over	38.7	7.8	13.2	22.8	21.1	16.1	18.7	0.3 [†]
Black:								
Males 18 and over	43.0	3.1 [†]	10.2	18.0	18.1	16.4	34.1	-
Females 18 and over	52.3	6.9	16.7	20.4	13.2	20.0	22.8	-
All Blacks 18 and over	48.5	5.5	14.3	19.5	15.0	18.7	27.0	-
Other Races:								
Males 18 and over	37.7	13.3 [†]	13.2 [†]	20.1 [†]	20.2 [†]	15.6 [†]	17.6 [†]	-
Females 18 and over	40.9	10.2 [†]	11.6	18.2	22.0	11.0	27.1	-
All Others 18 and over	34.4	11.6	12.2	19.0	21.2	13.1	22.9	-

* Percentage of individuals (weighted) who are light exercisers.

[†] Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

- Data not available.

NOTE: See Table Notes in Appendix V Section B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1989-91.

Table A.T8-4a. Percentage of female main meal planners and preparers who are aware of health problems related to calcium intake, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-4c. Percentage of female main meal planners and preparers who are aware of health problems related to being overweight, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-4d. Percentage of female main meal planners and preparers who are aware of health problems related to fat intake, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-4e. Percentage of female main meal planners and preparers who are aware of health problems related to saturated fat intake, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-4f. Percentage of female main meal planners and preparers who are aware of health problems related to cholesterol intake, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-4g. Percentage of female main meal planners and preparers who are aware of health problems related to fiber intake, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-4h. Percentage of female main meal planners and preparers who are aware of health problems related to sugar intake, by selected characteristics, 1989-91

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

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-4i. Percentage of female main meal planners and preparers who are aware of health problems related to salt or sodium intake, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.F8-19. Perceived importance of selected factors in grocery shopping among female main meal planners and preparers, 1989-91

Factors	Importance				Mean of scaled responses
	High	Moderate	Low	Don't know/ no answer	
	-----Percent-----				Score
Product safety.....	86.8	9.6	3.1	0.5*	5.5
Nutrition.....	84.2	14.0	1.4	.5*	5.4
Price.....	67.9	25.3	6.3	.5*	5.0
How well the food keeps.....	74.2	19.5	5.9	.4*	5.1
How easy the food is to prepare.....	55.1	32.4	12.3	.2*	4.5
Taste.....	93.0	6.1	.6	.2*	5.6

¹/ Number in the sample = 3,580.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20a. Perceived importance to self of dietary guidance on salt or sodium by awareness of health problems among main meal planners and preparers, by sex, 1989-91

Awareness of health problems	: Respondents :	Importance				: Don't know/ no answer :	: Mean of scaled responses :
		High	Moderate	Low			
Aware of any health problems related to how much salt or sodium a person eats?	Number <u>1/</u>	-----Percent-----					Score
All males:							
Yes	606	60.1	25.1	14.6	0.2*		4.5
No	152	38.6	46.9	14.0	.6*		4.0
All females:							
Yes	3,014	64.7	22.6	12.5	.2*		4.7
No	551	55.9	27.4	15.8	.9*		4.4
All MMPP:							
Yes	3,620	63.8	23.1	12.9	.2*		4.6
No	703	51.4	32.5	15.3	.8*		4.3

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20b. Perceived importance to self of dietary guidance on saturated fat by awareness of health problems among main meal planners and preparers, by sex, 1989-91

Awareness of health problems	Respondents	Importance				Mean of scaled responses
		High	Moderate	Low	Don't know/ no answer	
		-----Percent-----				Score
Aware of any health problems related to how much saturated fat a person eats?						
All males:						
Yes	453	68.2	24.6	7.1	0.1*	4.8
No	304	48.1	41.4	10.1	.3*	4.4
All females:						
Yes	2,094	73.1	20.8	5.8	.3*	5.0
No	1,467	60.1	25.6	13.4	1.0*	4.6
All MMPP:						
Yes	2,547	72.1	21.5	6.1	.3*	5.0
No	1,771	57.7	28.8	12.8	.8*	4.5

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20c. Perceived importance to self of dietary guidance on fat by awareness of health problems among main meal planners and preparers, by sex, 1989-91

Awareness of health problems	: Respondents	Importance				: Don't know/ : no answer	: Mean of : scaled responses
		: High	: Moderate	: Low	:		
Aware of any health problems related to how much fat a person eats?	Number <u>1/</u>	-----Percent-----					Score
All males:							
Yes	541	62.9	25.1	12.0	0.0*		4.6
No	216	46.2	36.7	17.1	.0*		4.1
All females:							
Yes	2,633	67.3	24.3	7.9	.5*		4.9
No	925	54.2	30.0	15.8	.0*		4.4
All MMPP:							
Yes	3,174	66.4	24.5	8.7	.4*		4.8
No	1,141	52.3	31.6	16.1	.0*		4.3

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20d. Perceived importance to self of dietary guidance on cholesterol by awareness of health problems among main meal planners and preparers, by sex, 1989-91

Awareness of health problems	: Respondents :	: Importance :				: Mean of scaled responses :
		: High :	: Moderate :	: Low :	: Don't know/ no answer :	
Aware of any health problems related to how much cholesterol a person eats?	Number <u>1/</u>	-----Percent-----				Score
All males:						
Yes	608	64.1	27.5	8.0	0.3*	4.8
No	150	55.0	29.4	15.5	.0*	4.4
All females:						
Yes	2,920	73.4	20.1	6.4	.2*	5.0
No	651	62.9	22.7	13.7	.7*	4.6
All MMPP:						
Yes	3,528	71.6	21.5	6.7	.2*	5.0
No	801	61.0	24.2	14.2	.6*	4.6

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20e. Perceived importance to self of dietary guidance on fiber by awareness of health problems among main meal planners and preparers, by sex, 1989-91

Awareness of health problems	: Respondents :	Importance				: Don't know/ no answer :	: Mean of scaled responses :
		: High :	: Moderate :	: Low :			
Aware of any health problems related to how much fiber a person eats?	Number ^{1/}	-----Percent-----					Score
All males:							
Yes	340	52.5	39.0	8.2	0.4*		4.5
No	417	56.7	31.2	11.4	.6*		4.4
All females:							
Yes	1,746	68.5	26.0	4.4	1.1		4.9
No	1,811	62.1	26.8	9.6	1.5		4.6
All MMPP:							
Yes	2,086	65.5	28.4	5.2	.9		4.8
No	2,228	61.0	27.8	10.0	1.3		4.6

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20f. Perceived importance to self of dietary guidance on sugar by awareness of health problems among main meal planners and preparers, by sex, 1989-91

Awareness of health problems	: Respondents :	Importance				: Don't know/ no answer :	: Mean of scaled responses :
		: High :	: Moderate :	: Low :	:		

	Number <u>1/</u>	-----Percent-----					Score
Aware of any health problems related to how much sugar a person eats?							
All males:							
Yes	557	57.0	32.9	9.9	0.2*	4.5	
No	202	40.2	44.4	14.7	.6*	3.9	
All females:							
Yes	2,858	62.0	27.8	9.7	.5*	4.6	
No	714	55.4	32.5	11.9	.2*	4.5	
All MMPP:							
Yes	3,415	61.1	28.7	9.7	.4*	4.6	
No	916	51.4	35.6	12.7	.3*	4.3	

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20g. Perceived importance to self of dietary guidance on maintaining a healthy or desirable weight by awareness of health problems among main meal planners and preparers, by sex, 1989-91

Awareness of health problems	: Respondents :	Importance				: Don't know/ no answer :	: Mean of scaled responses :
		High	Moderate	Low			
Aware of any health problems related to being overweight?	Number <u>1/</u>	-----Percent-----					Score
All males:							
Yes	644	74.6	20.8	4.6	0.1*		5.1
No	117	61.0	28.1	10.2*	.7*		4.6
All females:							
Yes	3,151	79.4	16.5	3.9	.2*		5.3
No	422	71.9	20.0	6.9	1.1*		4.9
All MMPP:							
Yes	3,795	78.4	17.4	4.0	.2*		5.2
No	539	69.6	21.8	7.6	1.0*		4.9

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

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

Table A.F8-20h. Perceived importance to self of dietary guidance on consuming at least 5 servings of fruits and vegetables per day by awareness of health problems among main meal planners and preparers, by sex, 1989-90

Awareness of health problems	: Respondents	Importance				: Don't know/ : no answer	: Mean of : scaled responses
		: High	: Moderate	: Low	:		
Aware of any health problems related to how much fiber a person eats?	Number <u>1/</u>	-----Percent-----					Score
All males:							
Yes	215	36.0	35.0	29.0	0.0*		3.7
No	289	25.9	45.8	28.3	.0*		3.5
All females:							
Yes	1,180	51.1	26.9	21.8	.2*		4.1
No	1,165	47.5	24.8	27.5	.1*		3.9
All MMPP:							
Yes	1,395	48.3	28.4	23.1	.1*		4.1
No	1,454	43.0	29.2	27.7	.1*		3.9

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey & Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table A.F8-20i. Perceived importance to self of dietary guidance on consuming at least 6 servings of grain products per day by awareness of health problems among main meal planners and preparers, by sex, 1989-90

Awareness of health problems	: Respondents :	Importance				: Don't know/ no answer :	: Mean of scaled responses :
		High	Moderate	Low			
Aware of any health problems related to how much fiber a person eats?	Number 1/	-----Percent-----					Score
All males:							
Yes	215	34.1	40.6	24.8	0.5*		3.8
No	289	25.1	49.7	25.1	.0*		3.5
All females:							
Yes	1,180	37.2	36.5	26.0	.3*		3.8
No	1,165	39.4	37.5	23.0	.0*		3.9
All MMPP:							
Yes	1,395	36.6	37.3	25.8	.4*		3.8
No	1,454	36.4	40.1	23.5	.0*		3.8

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Data based on 6-point scaled question. Scale was collapsed as follows: Ratings 1 and 2 (low importance), 3 and 4 (moderate importance), and 5 and 6 (high importance). Estimates are for people with 3 days of dietary intake.

SOURCE: USDA Diet and Health Knowledge Survey & Continuing Survey of Food Intakes by Individuals, 1989-1990.

Table A.F8-21. Percentage of households that reported using specific sources of nutrition information, by income level, 1987-88

Sources	All Households**	Income Level		
		0-130% poverty	131-350% poverty	351% poverty or more
		----- <u>Percent</u> -----		
Doctor, nurse, other health professional...	34.1	34.9	33.6	34.8
Nutritionist, dietitian, home economist, or extension agent.....	16.9	19.9	13.5	18.7
Relatives or friends....	24.3	21.6	23.6	28.1
Radio or television....	33.3	29.1	33.4	36.0
Newspapers, magazines, or books.....	47.5	32.2	46.2	58.2
Government or health organization.....	13.6	13.0	11.7	16.5
Food company publications.....	12.5	10.0	11.3	15.8
Food package or labels..	43.6	28.1	43.5	52.2
Cell counts.....	(4,495)	(925)	(1,672)	(1,317)

** All households include those not reporting income; distribution is based on weighted data.

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA Nationwide Food Consumption Survey 1987-88, household portion.

Table A.F8-22. Preferred source of nutrition information among household food managers, by income level, 1987-88

Sources	All Households**	Income Level		
		0-130% poverty	131-350% poverty	351% poverty or more
		----- Percent -----		
Doctor, nurse, other health professional...	32.4	41.5	32.5	27.7
Nutritionist, dietitian, home economist, or extension agent.....	13.3	12.7	13.7	14.0
Relatives or friends....	3.8	4.5	4.2	3.4
Radio or television....	4.8	6.6	4.4	4.0
Newspapers, magazines, or books.....	19.4	12.2	19.8	24.2
Government or health organization.....	2.7	2.9	2.6	2.9
Food company publications.....	.6	.7*	.6	.7*
Food package or labels..	11.0	6.0	11.2	12.3
None of above sources...	11.3	12.6	10.8	10.2
Don't know.....	.2	.2*	.1*	.3*
No answer.....	.4	.2*	.1*	.2*
Total.....	100.0	100.0	100.0	100.0
Cell counts.....	(4,495)	(925)	(1,672)	(1,317)

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

** All households include those not reporting income; distribution is based on weighted data.

NOTE: See Table Notes in Appendix V section B.

SOURCE: USDA Nationwide Food Consumption Survey 1987-88, household portion.

Table A.F8-23. Frequency of use of the nutrient panel on food labels by main meal planners and preparers, by selected characteristics, 1989

Selected characteristics	Respondents	Frequency				Don't know/ no answer
		Always	Sometimes	Rarely	Never	
	Number <u>1/</u>	-----Percent-----				
All males.....	247	19.0	35.9	22.5	22.6	.0*
All females.....	1,216	20.5	54.1	15.1	9.9	0.3*
Age:						
39 years and under.....	490	21.3	53.5	16.8	8.5	.0*
40-59 years.....	333	22.2	59.1	11.6	6.8	.3*
60 years and over.....	393	17.7	49.9	16.2	15.3	.9*
Income level:						
Under 131% poverty.....	510	19.1	41.5	18.0	19.9	1.5*
131-350% poverty.....	377	19.4	53.8	14.5	12.1	.2*
Over 350% poverty.....	229	22.0	60.6	14.2	3.2*	.0*
Race:						
Black.....	161	22.2	33.1	27.5	17.3	.0*
White.....	1,010	20.0	56.6	14.1	8.9	.4*
Education:						
Grade 8 or less.....	176	12.5	39.3	23.0	25.2	.0*
Grade 9-12/GED.....	674	21.4	52.1	16.9	9.0	.7*
At least some college.....	353	21.9	60.2	11.1	6.8	.0*
Employment status:						
Employed.....	513	20.1	57.2	15.6	7.0	.1*
Not employed.....	689	21.7	51.2	13.8	12.7	.6*
Self-assessed health status:						
Excellent or very good.....	537	20.3	57.4	15.3	6.9	.2*
Good.....	433	19.2	51.0	16.4	12.7	.7*
Fair or poor.....	238	24.1	48.3	12.6	15.0	.0*

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.
SOURCE: USDA Diet and Health Knowledge Survey & Continuing Survey of Food Intakes by Individuals, 1989.

Table A.T8-6. Percentage of people 18 years of age and older providing correct responses to questions about fat and cholesterol knowledge, 1983, 1986, 1988, and 1990

<u>Questions (correct response underscored)</u>	<u>1983</u>	<u>1986</u>	<u>1988</u>	<u>1990</u>
Are saturated fats usually found in:				
<u>Animal products like meat and dairy products</u>	55	60	62	69
Vegetables and vegetable oils	15	10	11	11
Not sure	30	30	27	20
Are polyunsaturated fats usually found in:				
<u>Vegetables and vegetable oils</u>	55	55	55	61
Animal products like meat and dairy products	13	12	13	16
Not sure	32	33	32	23
Which kind of fat is more likely to be a liquid rather than a solid:				
<u>Polyunsaturated fats</u>	32	34	34	36
Saturated fats; equally likely to be liquids	32	28	30	38
Not sure	36	38	36	26
Which kind of fat is more likely to raise people's blood cholesterol level:				
<u>Saturated fats</u>	52	51	56	60
Polyunsaturated fats; both of them; neither of them	20	20	20	25
Not sure	28	29	24	15
Which kind of fat is higher in calories:				
<u>Both the same</u>	21	20	21	26
Saturated fats, polyunsaturated fats	43	44	46	53
Not sure	35	37	33	21
Is cholesterol the same thing as:				
<u>Neither</u>	36	38	41	54
Saturated fat; polyunsaturated fat	19	21	21	21
Not sure	45	41	38	25

See note at the end of the table.

Table A.T8-6. Percentage of people 18 years of age and older providing correct responses to questions about fat and cholesterol knowledge, 1983, 1986, 1988, and 1990—continued

<u>Questions (correct response underscored)</u>	<u>1983</u>	<u>1986</u>	<u>1988</u>	<u>1990</u>
If a food is labeled cholesterol free, is it also:				
<u>It could be either high or low in saturated fats</u>	NA	29	35	50
Low in saturated fats; high in saturated fats	NA	48	44	41
Not sure	NA	23	21	9
If a product is labeled as containing only vegetable oils, would it be:				
<u>It could be either high or low in saturated fat</u>	NA	NA	29	33
Low in saturated fat; high in saturated fat	NA	NA	47	53
Not sure	NA	NA	24	14
If a fat or oil has been hydrogenated, has it become:				
<u>More saturated</u>	10	11	17	26
Less saturated	26	27	32	37
Not sure	64	63	51	37
Is cholesterol found in:				
<u>Animal products like meat and dairy products</u>	31	32	33	32
Vegetables/vegetable oils; all foods containing fat/oil	55	53	53	59
Not sure	14	15	14	9
Have you heard of mono-unsaturated fats or oils?				
<u>Yes</u>	NA	NA	27	34
No	NA	NA	73	66
<hr/>				
Sample size	4,007	4,004	3,201	1,198

NOTE: NA indicates that the question was not asked in that year.

SOURCE: HHS, Health and Diet Survey, 1983-1990

Table A.T8-7a. Fat: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-7b. Saturated fat: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-7c. Cholesterol: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-7d. Fat: perceived adequacy of own diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-7e. Saturated fat: perceived adequacy of own diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-7f. Cholesterol: perceived adequacy of own diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8a. Vitamin C: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8b. Calcium: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8c. Iron: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8d. Fiber: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8e. Salt or sodium: perceived adequacy of own diet among female main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8f. Vitamin C: perceived adequacy of own diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8g. Calcium: perceived adequacy of own diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8h. Iron: perceived adequacy of diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8i. Fiber: perceived adequacy of diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.T8-8j. Salt or sodium: perceived adequacy of diet among male main meal planners and preparers, by selected characteristics, 1989-91

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

^{1/} Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.F8-24a. Percentage of people 20 years of age and older who reported current drinking, by sex and age, 1992

Sex	Yes		No		Refused		Total	
	N	%	N	%	N	%	N	%
Male	22995	60.0	16242	40.0	29	0.1	39266	100.0
Female	22000	41.8	31744	58.2	22	0.0	53766	100.0
Total	44995	50.5	47986	49.5	51	0.1	93032	100.0
Age (Yrs)								
20-29	10221	61.1	6825	38.9	6	0.0	17052	100.0
30-39	13155	57.0	10104	42.9	16	0.1	23275	100.0
40-49	9139	52.6	8502	47.4	12	0.1	17653	100.0
50-59	5041	45.3	6468	54.7	7	0.0	11516	100.0
60-69	4214	39.8	6989	60.2	5	0.0	11208	100.0
70-79	2526	31.6	6189	68.4	2	0.0	8717	100.0
80+	699	22.8	2909	77.0	3	0.1	3611	100.0
Total	44995	50.5	47986	49.5	51	0.1	93032	100.0

No. of States: 49 Median: 51.5 Range: 26.58-69.98

SOURCE: HHS, Behavioral Risk Factor Surveillance System, 1992.

Table A.F8-24b. Percentage of people 20 years of age and older who reported acute drinking, by sex and age, 1992

Sex	Yes		No		Unknown [†]		Total	
	N	%	N	%	N	%	N	%
Male	8397	22.4	30426	76.5	443	1.0	39266	100.0
Female	3474	6.9	50064	92.7	228	0.1	53766	100.0
Total	11871	14.3	80490	85.0	671	0.7	93032	100.0
Age (Yrs)								
20-29	4356	27.6	12588	71.8	108	0.6	17052	100.0
30-39	3898	17.3	19211	82.0	166	0.7	23275	100.0
40-49	2015	11.9	15502	87.4	136	0.7	17653	100.0
50-59	882	8.4	10528	90.8	106	0.8	11516	100.0
60-69	526	5.3	10596	94.0	86	0.8	11208	100.0
70-79	163	2.1	8498	97.2	56	0.7	8717	100.0
80+	31	0.8	3567	98.9	13	0.3	3611	100.0
Total	11871	4.3	80490	85.0	671	0.7	93032	100.0

No. of States: 49

Median: 14.20

Range: 5.35 - 24.06

[†] Includes Don't Know and Refused responses.NOTE: Also known as Binge Drinking. Respondents who reported that they have had alcoholic beverages in the past month and have had five or more alcoholic drinks on an occasion one or more times in the past month.

SOURCE: HHS, Behavioral Risk Factor Surveillance System, 1992.

Table A.F8-24c. Percentage of people 20 years of age and older who reported chronic drinking, by sex and age, 1992

Sex	Yes		No		Unknown [†]		Total	
	N	%	N	%	N	%	N	%
Male	2372	6.2	36233	92.2	661	1.6	39266	100.0
Female	470	1.0	52718	98.0	578	1.0	53766	100.0
Total	2842	3.5	88951	95.2	1239	1.3	93032	100.0
Age (Yrs)								
20-29	799	5.4	16029	93.5	224	1.1	17052	100.0
30-39	782	3.6	22230	95.3	263	1.1	23275	100.0
40-49	518	3.2	16905	95.7	230	1.1	17653	100.0
50-59	316	2.7	11018	95.7	182	1.6	11516	100.0
60-69	278	2.9	10754	95.2	176	1.9	11208	100.0
70-79	121	1.6	8478	96.9	118	1.5	8717	100.0
80+	28	0.6	3537	97.8	46	1.6	3611	100.0
Total	2842	3.5	88951	95.2	1239	1.3	93032	100.0

No. of States: 49 Median: 2.86 Range: 1.71-6.68

[†] Includes Don't Know and Refused responses.
 NOTE: Respondents who reported that they have had on the average two or more drinks per day i.e., 60 or more drinks a month (based on the total number of drinks per month).

SOURCE: HHS, Behavioral Risk Factor Surveillance System, 1992.

Table A.F8-25a. Percentage of high school students who drank alcoholic beverages during their lifetime, by sex and race/ethnicity, 1991

	Females							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
0 days	454	17.5	329	22.0	349	16.1	132	33.7
1 or 2 days	236	9.8	344	24.4	285	14.9	45	9.1
3 to 9 days	465	21.2	290	23.0	269	18.9	77	20.2
10 to 19 days	335	13.4	162	11.4	200	15.6	43	11.2
20 to 39 days	317	12.4	130	8.3	164	12.4	33	8.0
40 to 99 days	300	12.5	74	7.4	120	13.5	29	7.1
100 or more days	339	13.2	57	3.6	103	8.6	30	10.5
Total	2446	100.0	1386	100.0	1490	100.0	389	100.0

	Males							
	Non-Hispanic White		Non-Hispanic Black		Hispanic		Other (non-Hispanic)	
	N	%	N	%	N	%	N	%
None	461	16.5	223	21.4	195	13.9	99	27.8
1 or 2 days	238	10.6	213	20.3	207	15.1	47	9.3
3 to 9 days	358	14.1	181	17.9	202	14.6	62	16.6
10 to 19 days	345	11.9	131	11.6	170	14.2	38	7.9
20 to 39 days	325	12.0	122	10.5	168	12.1	34	10.9
40 to 99 days	357	13.7	78	6.5	155	9.2	45	13.1
100 or more days	550	21.1	141	11.8	262	20.9	57	14.3
Total	2634	100.0	1089	100.0	1359	100.0	382	100.0

NOTE: There were 1072 observations with missing data.

SOURCE: HHS, Youth Risk Behavior Survey, 1991

Table A.F8-25b. Percentage of high school students who drank alcoholic beverages during their lifetime, by age and sex, 1991

	Female							
	All		15yrs or Less		16 or 17yrs		18yrs or Older	
	N	%	N	%	N	%	N	%
0 days	1267	19.1	545	15.1	545	15.4	177	13.0
1 or 2 days	911	12.4	295	11.9	450	12.8	166	12.3
3 to 9 days	1104	21.2	388	24.4	540	20.0	175	18.2
10 to 19 days	741	13.2	246	14.3	368	12.5	127	13.0
20 to 39 days	644	11.5	166	8.2	337	12.8	141	14.4
40 to 99 days	523	11.5	104	6.7	307	14.0	112	13.9
100 or more days	530	11.1	133	7.1	289	12.6	108	15.3
Total	5720	100.0	1877	100.0	836	100.0	1006	100.0

	Males							
	All		15yrs or Less		16 or 17yrs		18yrs or older	
	N	%	N	%	N	%	N	%
0 days	979	17.7	389	27.1	431	14.0	158	13.5
1 or 2 days	710	12.1	240	17.3	347	11.3	123	6.2
3 to 9 days	804	14.8	235	15.9	418	14.7	150	13.1
10 to 19 days	685	11.8	189	12.4	364	12.4	132	9.1
20 to 39 days	652	11.8	173	11.8	350	12.3	129	10.5
40 to 99 days	635	12.4	120	7.5	357	14.7	158	13.7
100 or more days	1010	19.5	141	8.1	532	20.4	337	33.9
Total	5475	100.0	1487	100.0	2799	100.0	1187	100.0

NOTE: There were 1072 observations with missing data.

SOURCE: HHS, Youth Risk Surveillance System, 1991

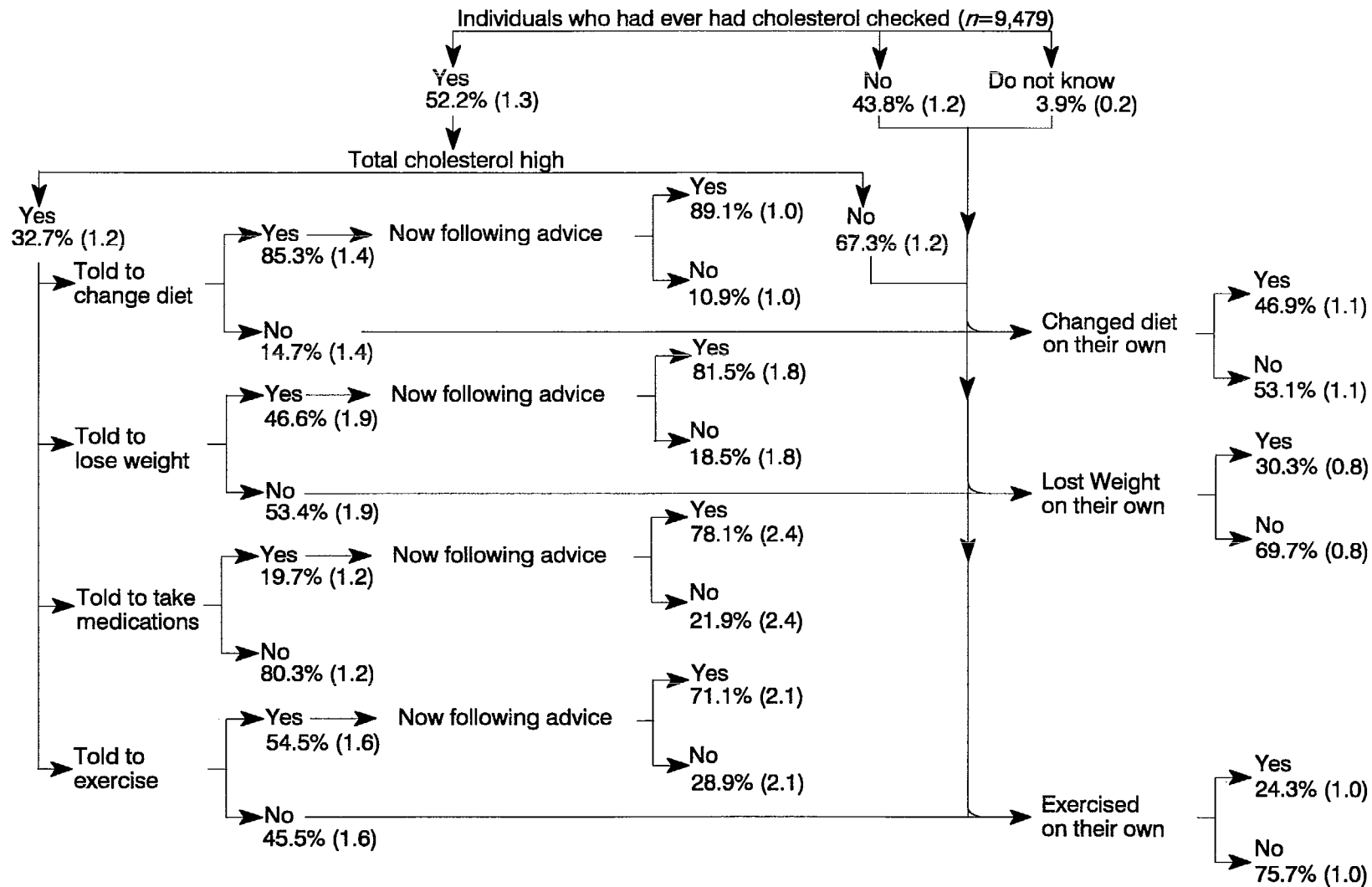


Figure A.F8-26. Serum cholesterol reduction intervention reported by adults 20 years of age and older: actions taken with and without advice from a doctor or other health professional, including sample size and standard errors, 1988-91

NOTE: Numbers in parentheses below each response are standard errors (%). Unknown values were excluded from computations.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91

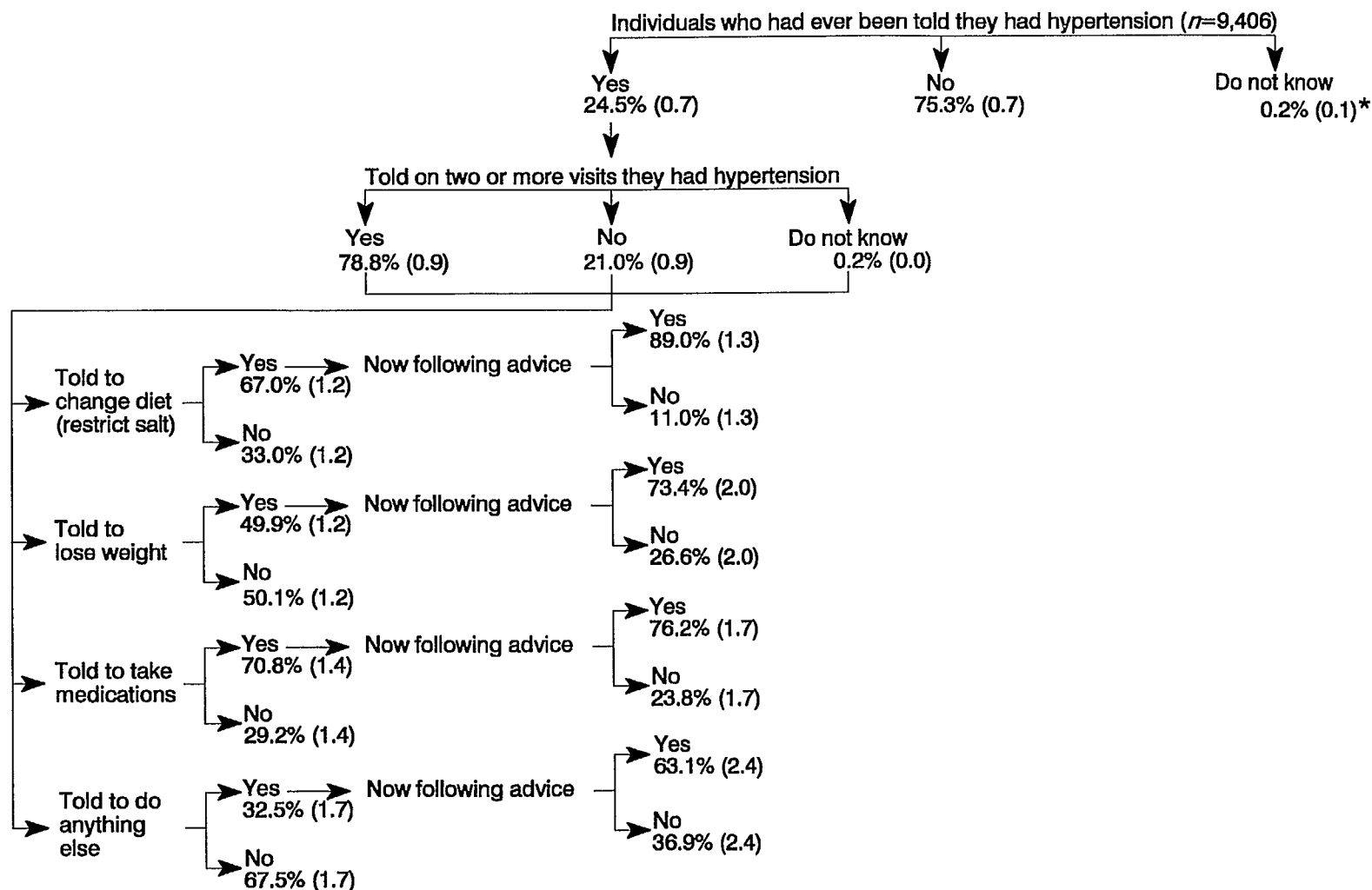


Figure A.F8-27. Percentage of individuals 20 years of age and older who were told they had hypertension and who reported following advice from a doctor or other health professional, including sample size and standard errors, 1988-91

NOTE: Numbers in parentheses below each response are standard errors (%). Unknown values were excluded from computations. An asterisk(*) indicates a statistic that is potentially unreliable because of a small sample size or large coefficient of variation. "Told to do anything else" included exercise more, restrict alcohol, stop smoking, relax, and make other diet changes.

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.8a. Percentage of female enlisted trainees who expressed dissatisfaction with current body weight, by percent body fat, 1993

	Number of Examined Persons (n=171)	Number Reporting Desire to Lose Weight	Percent Desiring to Lose Weight
<20% body fat.....	6	0	0
20-24% body fat.....	27	8	28.6
25-29% body fat.....	37	15	42.1
≥30% body fat.....	101	80	79.2

SOURCE: DOD, Military Nutrition Survey, 1993.

Table A.8b. Percentage of adolescents 12-19 years of age who are currently trying to lose weight, by age, race/ethnicity, and body weight status, 1988-91

Age and body weight status	Sample size	Percent	SE
12-15 years old			
Underweight	46	—	—
Acceptable weight	453	12.0	2.06
Overweight	175	43.5	5.04
Total	674	18.7	1.68
16-19 years old			
Underweight	46	13.6*	*
Acceptable weight	518	18.8	2.80
Overweight	162	56.4	6.35
Total	726	25.6	2.62
Total, 12-19 years old			
Underweight	92	8.0*	*
Acceptable weight	971	15.8	1.77
Overweight	337	50.0	4.12
Total	1,400	22.5	1.63

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

— Observed percent is 0.0.

Note: Excludes pregnant women. BMI is an index used to relate weight to stature. Underweight is defined as a BMI less than or equal to the 15th percentile, acceptable weight as a BMI between the 16th and 84th percentiles, and overweight as a BMI equal to or greater than the 85th percentile, based on age- and sex-specific BMIs (Must et al., 1991).

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.8d. Percentage of adolescents 17-19 years of age who are overweight, by age, race/ethnicity, and frequency of participation in physical activity during leisure time, 1988-91

Frequency of physical activity	Sample size	Percent	SE
Less than once a week	105	27.5	6.88
1-2.75 times per week	85	17.7*	*
3 or more times per week	375	17.4	2.57
Total	565	18.8	1.92

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Note: Based on self-reported leisure-time physical activity. Excludes pregnant women. BMI is an index used to relate weight to stature. The definition of overweight is based on age- and sex-specific BMIs (Must et al., 1991).

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.8c. Percentage of adolescents 17-19 years of age who exercised three or more times per week during leisure time, by age, race/ethnicity, and body weight status, 1988-91

Body weight status	Sample size	Percent	SE
Underweight	33	64.9*	*
Acceptable weight	400	71.7	3.94
Overweight	132	64.8	6.92
Total	565	70.0	3.97

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

Note: Based on self-reported leisure-time physical activity. Excludes pregnant women. BMI is an index used to relate weight to stature. Underweight is defined as a BMI less than or equal to the 15th percentile, acceptable weight as a BMI between the 16th and 84th percentiles, and overweight as a BMI equal to or greater than the 85th percentile, based on age- and sex-specific BMIs (Must et al., 1991).

SOURCE: HHS, Third National Health and Nutrition Examination Survey, 1988-91.

Table A.8e. Mean intakes of total fat, saturated fat, cholesterol, sodium, and fiber by awareness of a relationship between cholesterol intake and heart disease among main meal planners and preparers, by sex, income level, and race, 1989-91

Health problem mentioned	: Respondents :	: Total fat :		: Saturated fat :		: Cholesterol :		: Sodium :		: Fiber :	
		: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :
Mentioned heart disease as a health problem related to how much cholesterol a person eats?	Number <u>1/</u>	-----Percent kcal-----		-----mg-----		-----g-----					
Sex:											
All males:											
Yes.....	479	35.2	0.33	12.4	0.15	322	7.9	3,257	56.6	15.1	0.36
No.....	129	34.0	.76	11.8	.30	316	15.4	3,210	135.0	14.9	.70
All females:											
Yes.....	2,351	34.5	.15	12.0	.07	218	2.4	2,341	18.9	12.0	.12
No.....	569	34.3	.31	11.8	.14	214	5.4	2,221	39.8	11.2	.24
Income level:											
Under 131% of poverty:											
Yes.....	927	34.4	.24	12.1	.11	236	4.7	2,459	35.9	11.9	.22
No.....	321	34.4	.43	11.7	.18	238	8.7	2,294	62.9	11.1	.33
131%-350% of poverty:											
Yes.....	964	34.6	.23	11.9	.10	228	4.1	2,499	32.7	12.4	.20
No.....	203	34.3	.49	12.3	.23	234	9.3	2,472	73.4	11.7	.38
Over 350% of poverty:											
Yes.....	713	34.8	.26	12.0	.12	245	4.7	2,583	37.5	13.4	.24
No.....	117	34.7	.76	11.8	.30	229	12.1	2,608	122.4	13.6	.71
Race:											
White:											
Yes.....	2,454	34.7	.14	12.1	.07	232	2.6	2,507	20.5	12.8	.13
No.....	547	34.3	.33	11.9	.14	220	5.6	2,405	47.6	12.2	.27
Black:											
Yes.....	287	34.1	.42	11.6	.19	265	10.0	2,330	66.1	9.9	.30
No.....	123	35.0	.64	11.8	.30	279	15.2	2,358	109.0	9.9	.49

1/ Number in the sample.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.8f. Mean intakes of total fat, saturated fat, cholesterol, sodium, and fiber by awareness of a relationship between total fat intake and heart disease among main meal planners and preparers, by sex, income level, and race, 1989-91

Health problem mentioned	: Respondents :	: Total fat :		: Saturated fat :		: Cholesterol :		: Sodium :		: Fiber :	
		: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :
Mentioned heart disease as a health problem related to how much fat a person eats?	Number <u>1/</u>	-----Percent kcal-----		-----mg-----		-----g-----					
Sex:											
All males:											
Yes.....	419	34.8	0.35	12.2	0.16	315	8.1	3,282	64.9	15.6	0.40
No.....	122	35.5	.70	12.5	.31	319	16.9	2,942	106.2	13.6	.70
All females:											
Yes.....	2,106	34.5	.15	11.9	.07	218	2.5	2,321	19.7	12.2	.13
No.....	527	33.8	.30	11.6	.13	225	5.8	2,262	42.9	11.3	.25
Income level:											
Under 131% of poverty:											
Yes.....	816	34.7	.25	12.0	.12	235	4.9	2,428	38.2	12.0	.23
No.....	299	34.0	.40	11.8	.17	258	9.4	2,326	64.8	11.3	.37
131%-350% of poverty:											
Yes.....	850	34.5	.24	11.9	.11	231	4.4	2,492	34.5	12.8	.22
No.....	198	34.3	.48	12.0	.21	229	9.1	2,412	68.8	11.5	.38
Over 350% of poverty:											
Yes.....	661	34.7	.27	12.0	.12	241	4.8	2,565	40.8	13.8	.27
No.....	104	33.8	.74	11.2	.28	227	12.0	2,565	101.4	13.0	.59
Race:											
White:											
Yes.....	2,165	34.6	.15	12.0	.07	229	2.7	2,499	22.1	13.1	.14
No.....	518	34.0	.31	11.9	.14	228	6.0	2,387	43.5	12.1	.28
Black:											
Yes.....	268	34.5	.44	11.6	.20	264	10.2	2,291	66.8	10.2	.32
No.....	109	34.8	.71	11.7	.28	298	17.9	2,328	124.3	9.4	.45

1/ Number in the sample.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.8g. Mean intakes of total fat, saturated fat, cholesterol, sodium, and fiber by awareness of a relationship between saturated fat intake and heart disease among main meal planners and preparers, by sex, income level, and race, 1989-91

Health problem mentioned	: Respondents :	: Total fat :		: Saturated fat :		: Cholesterol :		: Sodium :		: Fiber :	
		: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :
Mentioned heart disease as a health problem related to how much saturated fat a person eats?	Number <u>1/</u>	-----Percent kcal-----		-----mg-----		-----g-----					
Sex:											
All males:											
Yes.....	387	35.2	0.38	12.2	0.17	313	8.6	3,248	66.8	15.5	0.42
No.....	66	35.1*	.93	12.6*	.39	318*	25.5	3,023*	164.9	14.4*	1.02
All females:											
Yes.....	1,780	34.6	.17	11.9	.08	219	2.8	2,342	22.0	12.4	.15
No.....	314	33.3	.41	11.5	.18	223	6.8	2,264	52.8	11.9	.33
Income level:											
Under 131% of poverty:											
Yes.....	667	34.8	.29	12.0	.13	236	5.6	2,437	42.7	12.6	.27
No.....	180	33.1	.55	11.4	.22	247	11.5	2,455	88.8	11.8	.47
131%-350% of poverty:											
Yes.....	738	34.4	.26	11.9	.12	233	4.8	2,517	38.3	12.7	.23
No.....	113	34.4	.70	12.2	.31	241	13.0	2,345	91.2	12.5	.59
Over 350% of poverty:											
Yes.....	602	34.8	.28	11.9	.13	240	5.0	2,560	42.7	13.6	.28
No.....	63	33.8*	.87	11.7*	.34	229*	16.4	2,425*	105.3	13.8*	.78
Race:											
White:											
Yes.....	1,908	34.8	.16	12.0	.07	232	2.9	2,518	23.8	13.2	.15
No.....	309	33.6	.42	11.9	.18	225	7.8	2,379	57.8	12.7	.37
Black:											
Yes.....	190	34.7	.55	11.8	.25	280	13.7	2,299	87.3	10.5	.38
No.....	56	33.9*	1.01	11.4*	.40	291*	19.7	2,345*	154.4	10.0*	.72

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.8h. Mean intakes of total fat, saturated fat, cholesterol, sodium, and fiber by awareness of a relationship between sodium intake and hypertension among main meal planners and preparers, by sex, income level, and race, 1989-91

Health problem mentioned	: Respondents :	: Total fat :		: Saturated fat :		: Cholesterol :		: Sodium :		: Fiber :	
		: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :
Mentioned hypertension as a health problem related to how much sodium a person eats?	Number <u>1/</u>	-----Percent kcal-----		-----mg-----		-----g-----					
Sex:											
All males:											
Yes.....	427	34.8	0.35	12.2	0.16	312	8.2	3,271	62.9	14.7	0.37
No.....	179	34.9	.59	12.4	.27	340	14.7	3,156	100.8	15.1	.62
All females:											
Yes.....	2,283	34.3	.15	11.9	.07	219	2.6	2,319	19.4	11.8	.12
No.....	731	34.6	.26	12.0	.12	219	4.2	2,257	33.7	11.5	.21
Income level:											
Under 131% of poverty:											
Yes.....	1,014	34.4	.22	11.9	.10	239	4.6	2,416	34.8	11.5	.20
No.....	339	34.1	.40	11.9	.18	237	8.1	2,340	60.8	11.6	.36
131%-350% of poverty:											
Yes.....	856	34.4	.24	11.9	.11	226	4.2	2,483	34.0	12.3	.20
No.....	312	35.2	.38	12.3	.18	244	7.7	2,422	57.6	12.0	.35
Over 350% of poverty:											
Yes.....	631	34.7	.28	12.0	.13	242	5.3	2,579	42.1	13.3	.26
No.....	186	34.8	.53	12.0	.23	246	9.6	2,595	73.3	13.8	.48
Race:											
White:											
Yes.....	2,214	34.4	.15	12.0	.07	224	2.6	2,465	21.4	12.6	.14
No.....	796	34.8	.26	12.2	.12	239	5.0	2,476	37.6	12.5	.23
Black:											
Yes.....	411	34.7	.35	11.8	.16	279	9.1	2,435	59.5	10.2	.26
No.....	81	34.5	.74	11.8	.38	287	19.3	2,110	127.9	9.8	.58

1/ Number in the sample.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Table A.8I. Mean intakes of total fat, saturated fat, cholesterol, sodium, and fiber by awareness of a relationship between fiber intake and cancer among main meal planners and preparers, by sex, income level, and race, 1989-91

Health problem mentioned	: Respondents :	: Total fat :		: Saturated fat :		: Cholesterol :		: Sodium :		: Fiber :	
		: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :	: Mean :	: SEM :
Mentioned cancer as a health problem related to how much fiber a person eats?	Number <u>1/</u>	-----Percent kcal-----		-----mg-----		-----g-----					
Sex:											
All males:											
Yes.....	102	34.1	0.71	11.8	0.32	324	15.5	3,401	114.5	17.5	0.91
No.....	238	35.2	.45	12.2	.20	320	12.0	3,242	85.6	14.7	.47
All females:											
Yes.....	579	34.4	.29	12.0	.14	215	4.4	2,355	36.5	13.1	.26
No.....	1,167	34.2	.21	11.9	.09	218	3.5	2,316	27.0	12.0	.17
Income level:											
Under 131% of poverty:											
Yes.....	146	35.0	.60	12.7	.30	217	9.6	2,414	88.4	12.8	.65
No.....	535	34.2	.31	11.9	.14	238	6.5	2,436	47.2	12.1	.27
131%-350% of poverty:											
Yes.....	244	33.9	.42	11.6	.19	233	7.8	2,486	61.0	13.4	.43
No.....	465	34.5	.33	11.9	.14	229	5.9	2,476	46.5	12.3	.26
Over 350% of poverty:											
Yes.....	241	34.7	.45	11.9	.20	240	8.0	2,591	64.1	14.5	.43
No.....	307	34.8	.40	12.0	.18	242	6.9	2,580	62.4	13.2	.34
Race:											
White:											
Yes.....	624	34.3	.28	11.9	.13	227	4.7	2,509	39.3	13.9	.28
No.....	1,202	34.4	.21	12.0	.09	227	3.8	2,490	30.0	12.8	.18
Black:											
Yes.....	44	36.1*	.97	12.7*	.47	293*	24.9	2,521*	175.7	11.0*	.83
No.....	152	34.9	.54	11.7	.25	283	13.9	2,287	88.9	10.0	.42

1/ Number in the sample.

* Indicates a statistic that is potentially unreliable because of small sample size or large coefficient of variation.

NOTES: See Table Notes in Appendix V section B. Estimates are for people with 3 days of dietary intake.

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

Appendix VB

Table Notes

CSFII 1989-91, NFCS 1977-78, and NFCS 1987-88

Reporting guidelines

ARS (formerly HNIS) is following, to the extent possible, the statistical reporting guidelines developed by the HNIS/NCHS Analytic Working Group discussed in Chapter 2 and presented in Appendix III, and described in a manuscript titled "Joint Policy on Variance Estimation and Statistical Reporting Standards on NHANES III and CSFII Reports: HNIS/NCHS Analytic Working Group Recommendations."

The average design effect for the CSFII 1989-91 is approximately 2.3. This relatively high design effect results from the complex sample design of the CSFII and from the procedures used to weight the data. The weighting procedures involved using regression techniques to calibrate the sample to match population characteristics thought to be correlated with eating behavior. The regression techniques also incorporated day of the week and month of the year of intake as control variables. Although this weighting reduces the magnitude of nonresponse bias and adjusts for other vagaries of the sample selection process, it also tends to increase the variance of the estimates.

Footnotes 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 as follows:

- (1) An estimated mean is flagged when it is based on a cell size of less than 69 (that is, a cell size of less than 30 times the average design effect of 2.3) or when its coefficient of variation (CV) is equal to or greater than 30 percent. This rule applies to estimated means in the food intake tables. It also applies to means expressed as percentages, for example, the mean intake of nutrients expressed as a percentage of the Recommended Dietary Allowances and the nutritive contribution of breakfast and the nutritive contribution of snacks. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group.
- (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 69 (that is, a cell size of less than 30 times the average design effect of 2.3).
- (3) An estimated proportion (percent) of 25 percent or lower or 75 percent or higher is flagged when the cell size on which the estimate is based (n) is smaller than the larger of $18.4/p$ and $18.4/(1-p)$, where p is the percentile expressed as a fraction; that is, when the smaller of np and $n(1-p)$ is less than 8 times the average design effect of 2.3.

An exception to the rules for proportions (percents) in items (2) and (3) above is made for estimates of the percentage of individuals using foods from specified food groups or subgroups. These tables are presented

together with tables of mean intakes of the same food groups or subgroups. A flag on the mean estimate may be considered to be an index of the statistical reliability of the corresponding "percentage using" estimate, because they are closely related.

Standard errors--A standard error is a measure of the sampling and random nonsampling errors in an estimate. It does not measure the effects of systematic biases in the survey data (nonrandom nonsampling errors). Rather, the standard error of an estimate measures the potential variation between that estimate and the value that would have been obtained had the entire population been surveyed using the same methodology. The description of a standard error given above assumes that the biasing impact of nonresponse has been removed in the estimation process. We make that assumption. Tables of standard errors for the estimates in this report are available by writing to the Survey Systems/Food Consumption Laboratory, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, 4700 River Road, Unit 83, Riverdale, MD 20737.

Coefficient of variation--The CV for an estimated mean is the standard error of the mean divided by the estimated mean and multiplied by 100 percent. Thus, an estimate of 10 with a standard error of 1 has a CV of $(1/10)100\% = 10\%$.

Confidence intervals for means--Because of the known problems of skewness with food and nutrient variables, the construction of confidence intervals around estimated values based on the normal distribution may not be appropriate.

Sample sizes (see pages VB-3 through VB-7)

Notes:

Breast-fed children--Breast-fed individuals are excluded from the counts and from the calculations made to determine the percentage of population.

Race--Tables on race exclude individuals who reported a race other than white or black.

General definitions

1 day--A dietary recall of beverages and foods ingested during the day preceding the interview--the 24 hours from midnight to 11:59 p.m.

3 days--Includes 3 days of dietary intake from a 1-day dietary recall of foods ingested during the day preceding the interview and a 2-day record of foods and beverages ingested during the day of the interview and the following day.

Breast-fed child--Any child that received any breast milk during the survey days, whether or not the child also had intakes of food other than breast milk. Since breast milk intakes were not quantified in the CSFII, intake information for breast-fed children was underestimated. For this reason, breast-fed children are excluded from tables of food and nutrient intakes. Breast-fed children were included in the weighting process.

Percentage of Population--The numbers in the "Percentage of Population" column in the tables are calculated from weighted counts of individuals (excluding children being breast fed). Results in the data columns are weighted to estimate population values. Note: income or race was not reported for some individuals, therefore, the numbers in the "Percentage of Population" column for the income and race categories may not sum to 100 percent.

Tables A.T6-2a through A.T6-8a; A.T6-2c through A.T6-8c; A.6a; A.F6-3,4; A.F6-5,6; A.F6-13; A.F6-14a through A.F6-14c; A.F6-15; A.F6-16; A.T6-20; A.T6-13a; and A.T6-13d in appendix VA. Counts of individuals by sex and age group, NFCS 1977-78, NFCS 1987-88, CSFII 1989-91

Sex and age (years)	NFCS 1977-78	NFCS 1987-88		CSFII 1989-91	
	3 days	1 day	3 days	1 day	3 days
	Number				
Males and females:					
Under 1	435	121	100	197	151
1-2	1,054	326	279	574	445
3-5	1,740	489	415	806	615
5 and under	4,116	936	794	1,577	1,211
Males:					
Under 1	-	-	-	102	79
1-2	-	-	-	284	222
3-5	-	-	-	408	318
6-11	1,897	460	389	754	599
12-19	2,729	518	420	790	618
20-29	1,606	654	546	903	719
30-39	1,213	774	661	956	784
40-49	973	539	437	723	573
50-59	1,064	431	344	523	418
60-69	837	433	368	587	461
70-79	-	-	-	394	-
80 and over	-	-	-	133	-
70 and over	609	327	263	527	426
20 and over	6,302	3,158	2,619	4,219	3,381
Females:					
Under 1	-	-	-	95	72
1-2	-	-	-	290	223
3-5	-	-	-	398	297
6-11	1,977	501	429	722	573
12-19	2,836	580	477	837	672
20-29	2,047	814	683	1,272	991
30-39	1,742	914	772	1,365	1,051
40-49	1,360	632	522	989	745
50-59	1,499	521	425	729	560
60-69	1,268	590	489	851	666
70-79	-	-	-	650	-
80 and over	-	-	-	373	-
70 and over	1,034	496	402	1,023	787
20 and over	8,950	3,967	3,293	6,229	4,800
All individuals	27,920	10,120	8,421	15,128	11,854

Tables A.T6-2b through A.T6-8b; A.T6-2d through A.T6-8d; A.T6-20; A.T6-13b; and A.T6-3e in appendix VA.
 Counts of individuals by race, NFCS 1987-88 and CSFII 1989-91

Race, sex, and age (years)	NFCS 1987-88	CSFII 1989-91	
	1-day	1-day	3-day
	Number		
WHITE			
Males and females:			
1-2	260	385	303
3-5	394	604	477
5 and under	741	1,116	877
Males:			
6-11	360	574	463
12-19	416	620	496
20-39	1,233	1,563	1,275
40-59	854	1,081	864
60 and over	703	968	780
20 and over	2,790	3,612	2,919
Females:			
6-11	406	533	427
12-19	452	601	496
20-39	1,412	2,019	1,601
40-59	983	1,375	1,056
60 and over	949	1,589	1,235
20 and over	3,344	4,983	3,892
All individuals	8,509	12,039	9,570
BLACK			
Males and females:			
1-2	43	133	102
3-5	65	138	91
5 and under	131	322	235
Males:			
6-11	67	129	94
12-19	72	119	83
20-39	124	184	140
40-59	87	106	79
60 and over	45	117	86
20 and over	256	407	305
Females:			
6-11	64	142	105
12-19	90	176	131
20-39	220	433	315
40-59	136	247	183
60 and over	116	228	176
20 and over	472	908	674
All individuals	1,152	2,203	1,627

Tables A.T6-2b through A.T6-8b; A.T6-2d through A.T6-8d, A.F6-7,8,9,10,11,12; A.T6-13c; and A.T6-13f in appendix VA. Counts of individuals by income level, NFCS 1987-88 and CSFII 1989-91; and by food stamp participation, CSFII 1989-91

Income level, sex, and age (years)	NFCS 1987-88 1 day	CSFII 1989-91	
		1 day	3 days
		Number	
UNDER 131% POVERTY			
Males and females:			
1-2	103	331	267
3-5	142	418	332
5 and under	288	855	684
Males:			
6-11	118	358	284
12-19	127	343	261
20-39	236	617	511
40-59	104	279	224
60 and over	143	374	298
20 and over	483	1,270	1,033
Females:			
6-11	138	363	295
12-19	160	366	289
20-39	368	1,109	864
40-59	168	521	397
60 and over	297	842	667
20 and over	833	2,472	1,928
All individuals	2,147	6,027	4,774
131-350% POVERTY			
Males and females:			
1-2	137	145	114
3-5	232	233	182
5 and under	418	426	336
Males:			
6-11	219	261	222
12-19	212	265	221
20-39	602	635	524
40-59	309	387	319
60 and over	307	400	328
20 and over	1,218	1,422	1,171
Females:			
6-11	228	243	193
12-19	227	249	213
20-39	704	792	643
40-59	399	512	405
60 and over	407	572	464
20 and over	1,510	1,876	1,512
All individuals	4,032	4,742	3,868

--continued

Table --continued

Income level, sex, and age (years)	NFCS 1987-88	CSFII 1989-91	
	1 day	1 day	3 days
	-----Number-----		
OVER 350% POVERTY			
Males and females:			
1-2	50	58	42
3-5	77	80	58
5 and under	143	149	107
Males:			
6-11	76	74	58
12-19	131	104	83
20-39	435	410	342
40-59	432	446	359
60 and over	196	226	191
20 and over	1,063	1,082	892
Females:			
6-11	83	65	53
12-19	131	118	98
20-39	467	458	361
40-59	444	498	401
60 and over	196	221	186
20 and over	1,107	1,177	948
All individuals	2,734	2,769	2,239

Food stamp participation, sex, and age (years)	CSFII 1989-91
	3 days
Males 20 and over:	
Participating	232
Not participating	801
Females 20 and over:	
Participating	664
Not participating	1,264

Tables A.F8-18a through A.F8-18f in appendix VA. Counts of individuals by exercise status, by sex and age and by race, CSFII 1989-91

Category	Heavy Exerciser	Heavy/Moderate Exerciser	Light Exerciser
-----Number-----			
SEX and AGE (years)			
Males:			
18-19	46	115	31
20-39	388	1,296	539
40-59	214	754	472
60-79	81	448	497
80 and over	0	35	91
18 and over	729	2,648	1,630
Females:			
18-19	35	145	71
20-39	224	1,529	1,082
40-59	125	871	817
60-79	59	549	914
80 and over	4	68	271
18 and over	447	3,163	3,155
Both Males and Females			
18-19	81	260	102
20-39	612	2,825	1,621
40-59	339	1,625	1,289
60-79	140	997	1,411
80 and over	4	103	362
18 and over	1,176	5,810	4,785
RACE			
White:			
Males 18 and over	645	2,299	1,359
Females 18 and over	390	2,633	2,417
All 18 and over	1,035	4,932	3,776
Black:			
Males 18 and over	57	223	193
Females 18 and over	41	370	561
All 18 and over	98	593	754
Other Races:			
Males 18 and over	27	126	78
Females 18 and over	16	159	177
All 18 and over	43	285	255

Demographic variables

Age--Calculated from date of birth.

Food Stamp Program participation--Based on the response of the household respondent to the question: "Is your household receiving food stamps at the present time?" Participation and nonparticipation are based on the low-income population only; that is, individuals in households with annual incomes at or below 130 percent of the Federal poverty thresholds.

Income level--Tables presenting results by income level use household income for the previous calendar year expressed as a percentage of the Federal poverty thresholds adjusted for inflation. Each household's income before taxes was expressed as a percentage of the poverty threshold for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty threshold. The poverty thresholds are provided by the U.S. Bureau of the Census. Tables on income level exclude individuals living in households that did not report income.

Race--The main meal-planner/preparer reported the race of each household member as white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or some other race. Some tables on race may exclude individuals who reported a race other than white or black.

Notes to specific tables

Food intakes (tables A.T6-2a through A.T6-8d in app. VA)

Food intake--All foods and beverages (except water) ingested by an individual. Does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements. Descriptions of what foods are included in each table category reflect the scope of food codes available in the HNIS Manual of Food Codes for Individual Intake at the time of the survey. Not all foods mentioned here were necessarily eaten by survey participants.

Per individual per day--For each food group and subgroup identified in the column head, quantities reported for each individual over the 3 days of observation were totaled and divided by three to obtain a mean intake per day for the individual. Individual mean intakes were totaled and divided by the number of individuals in the group to obtain the mean per individual per day for that group. If no food from a specific food group or subgroup was reported on the survey days, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include intake values for both users and nonusers.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup at least once in 3 days.

Grain products (tables A.T6-2a through A.T6-2d in app. VA)

Total grain products--Includes yeast breads and rolls; cereals and pastas; quick breads, pancakes, and french toast; cakes, cookies, pastries, and pies; crackers, popcorn, pretzels, and 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, which are tabulated under meat, poultry, and fish, or bread in a cheese sandwich coded as a single item, which is tabulated under milk and milk products. Flour and biscuit mix coded separately are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, multigrain, and other yeast breads and rolls (excluding sweet rolls), english muffins, and bagels. Excludes yeast breads and rolls that were ingredients in food mixtures coded as a single item.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, uncooked cereal grains such as unprocessed bran, baby food cereals, and mixtures of baby cereal and fruit or egg yolk. Excludes cereals and pastas that were ingredients in food mixtures coded as a single item.

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

Rice--includes white, brown, and wild rice. Excludes rice that was an ingredient in food mixtures coded as a single item.

Pastas--Includes macaroni, noodles, and spaghetti. Excludes pastas that were ingredients in food mixtures coded as a single item.

Quick breads, pancakes, french toast--Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, french toast, and plain crepes. Excludes quick breads that were ingredients in food mixtures coded as a single item.

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

Crackers, popcorn, pretzels, corn chips--Includes nonsweet crackers, corn -or cornmeal-based salty snacks, popcorn, and pretzels. Excludes potato chips, which are tabulated under fried white potatoes.

Mixtures mainly grain--Includes mixtures having a grain product as a main ingredient, such as enchiladas, 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.

Vegetables (tables A.T6-3a through A.T6-3d in app. VA)

Total vegetables-- Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, and 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, which is coded under meat, poultry, and fish.

Total white potatoes--Includes raw, baked, boiled, mashed, scalloped, and fried potatoes; potato skins; 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 chard, collards, escarole, mustard and turnip greens, kale and spinach; mixtures having dark-green vegetables as a main ingredient, such as spinach souffle; dark-green based salads, such as caesar salad; 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, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups, tomato and corn, tomato and okra, and tomato sandwiches coded as a single item.

Lettuce--Includes raw and cooked lettuce; mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; Greek salad; and Cobb salad.

Green beans--Includes raw or cooked string beans including pole beans, Italian beans, snap beans, french cut beans, wax beans, and green and yellow string beans; mixtures having beans as a main ingredient such as beans with tomatoes and onions, bean salad, and beans with cream or mushroom sauce; pickled beans; and green bean baby food.

Corn, green peas, and lima beans--Includes raw or cooked corn, green peas, and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, corn fritters, pea salad, pea soup, or succotash; and corn, green pea, or lima bean baby food. Excludes dry lima beans (butter beans).

Other vegetables--Includes raw and cooked vegetables other than white potatoes, deep-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures having "other" vegetables as a main ingredient.

Fruits (tables A.T6-4a through A.T-6-4d in app. VA)

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, which are tabulated under grain products.

Total citrus fruits and juices--Includes oranges and other citrus fruits, mixtures having citrus fruit as a main ingredient, orange juice and other citrus juices, mixtures of citrus and other fruit 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, tangerine, and other citrus juices, whether sweetened or unsweetened; mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

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

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

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes apples that were ingredients in noncitrus fruit mixtures coded as a single item.

Bananas--Includes raw and cooked bananas. Excludes bananas that were ingredients in noncitrus fruit mixtures coded as a single item. Excludes the starchy vegetables called "green bananas," which are tabulated under other vegetables.

Melons and berries--Includes cantaloupe, casaba, and honeydew melons, watermelon, blueberries, blackberries, mulberries, raspberries, strawberries, and cranberries.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruit, apples, and bananas; mixtures of apple or banana and other noncitrus fruits coded as a single item; and baby-food noncitrus fruits (except applesauce) and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars--Includes fruit juices, nectars, and baby-food juices other than citrus. Excludes fruit drinks and ades, which are tabulated under beverages.

Milk and milk products (tables A.T6-5a through A.T6-5d in app. VA)

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 and milk drinks--Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, whey, 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, acidophilus, and filled cow's milk; buttermilk; goat's milk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk--Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat milk--Includes lowfat (1 and 2 percent) cow's milk, buttermilk (lowfat and nonfat), acidophilus milk, lowfat fluid milk filled with vegetable oil, lowfat lactose-reduced fluid milk, lowfat fluid milk fortified with calcium, reconstituted lowfat dry milk, and reconstituted dry buttermilk (lowfat and nonfat).

Skim milk--Includes skim or nonfat fluid cow's milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

Yogurt--Includes plain, flavored and fruit-variety yogurt, and breakfast yogurt. Excludes frozen yogurt.

Milk desserts--Includes ice cream, imitation ice cream, ice milk, 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.

Calcium equivalent--The amount, expressed in grams, of whole fluid cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor for cheddar cheese--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g whole fluid milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor-- $57 \text{ g} \times 6.06 = 345 \text{ g}$. (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of whole fluid milk).

Intakes of total milk and milk products may be compared among population groups using calcium equivalents to take into account the different calcium densities of milk products subgroups (for example, fluid milk and cheese) that may be used in varying proportions by the population groups.

Meat, poultry, fish (tables A.T6-6a through A.T6-6d in app. VA)

Total meat, poultry, 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, which 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 and oxtail); pickled beef; corned beef; beef bacon; pastrami; and baby-food beef. Excludes organ meats and frankfurters, sausages, and luncheon meats. Excludes beef that was an ingredient in food mixtures coded as a single item.

Pork--Includes all cuts (including ground); pickled, dehydrated, smoked, and cured pork; ham; pork roll; bacon; salt pork; pork cracklings; pig's feet; pork rinds; and baby-food pork and ham. Excludes organ meats and frankfurters, sausages, and luncheon meats. Excludes pork that was an ingredient in food mixtures coded as a single item.

Lamb, veal, game--Includes lamb, mutton, goat, veal, rabbit, venison, other game, and baby-food lamb and veal. Excludes organ meats and frankfurters, sausages, and luncheon meats. Excludes lamb, veal, and game that were ingredients in food mixtures coded as a single item.

Organ meats--Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart. Excludes organ meats that were ingredients in food mixtures coded as a single item.

Frankfurters, sausages, luncheon meats--Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game, chicken, and turkey and baby-food meat sticks and frankfurters. Excludes frankfurters, sausages, and luncheon meats that were ingredients in food mixtures coded as a single item.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, dove, quail, pheasant, and baby-food chicken and turkey. Excludes organ meats (giblets) and frankfurters, sausages, and luncheon meats. Excludes poultry that was an ingredient in food mixtures coded as a single item.

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

Fish and Shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle. Excludes fish and shellfish that were ingredients in food mixtures coded as a single item.

Mixtures mainly meat, poultry, and fish--Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef potpie; tuna-noodle casserole; venison stew; liver dumplings; hash; shrimp 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 (tables A.T6-8a through A.T6-8d in app. VA)

Eggs--Includes whole eggs, egg whites, egg yolks, meringues, egg substitutes, baby-food egg yolks, 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, which are tabulated under grain products.

Legumes--Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans, lentil soup, or baby-food split peas; soybean-derived products, such as soy-based baby formulas, imitation milk, tofu, soy sauce, and soy-based meal replacements; frozen meals with cooked dry beans or pea as the main course; 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, which 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; coconut milk and cream; nut mixtures; seeds; and carob products. Excludes chocolate-covered and sugar-coated nuts, which are tabulated under 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, which are tabulated under grain products.

Total fats and oils--Includes table fats; cooking fats such as bacon drippings, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sweet cream and sour cream substitutes; and hollandaise 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, which are tabulated under meat, poultry, or fish, or mayonnaise in cole slaw, which is tabulated under vegetables.

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

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

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, sweet pastes, gelatin desserts, ices, fruit bars, sorbets, 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, which is tabulated under grain products, or sugar in carbonated soft drinks, which is tabulated under beverages.

Sugars--Includes white, brown, maple, and raw sugar; fructose; and sugar substitutes.

Candy--Includes all types of candy (including dietetic sweets), chocolate-covered and sugar-coated nuts, chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

Beverages (tables A.T6-7a through A.T6-7d in app. VA)

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes 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, which 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, cooking 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, light ("lite") beer, and beer coolers. Excludes near beer, which is tabulated under nonalcoholic beverages.

Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, and soft drinks. Several nonalcoholic, nonfruit, noncarbonated beverages (for example, Puerto Rican oatmeal beverage); nonalcoholic wine; and "near beer" are included under this total but not in any of the following subgroups.

Coffee--Includes decaffeinated and regular coffee made from ground or instant coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes decaffeinated and regular tea made from leaves, from frozen concentrate, 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. Also includes fruit-based nonalcoholic cocktail mixes, such as pina colada mix. 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.

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, seltzer water, and carbonated mineral water.

Frequency of salting at the table (table A.6a in app. VA)

Salt substitute--Individuals were asked what type of salt they added to food at the table: ordinary salt, lite salt, salt substitute, none, or don't know.

Frequency--Response to the following question: "How often do you add (Answer given above) to your food at the table."

Nutrient contribution of breakfast (table A.F6-3,4 in app. VA)

Breakfast--Any eating occasion designated as such by the respondent. Includes data for 3 days for all individuals whether or not they reported breakfast.

Nutrient contribution of snacks (table A.F6-5,6 in app. VA)

Snack--Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break. Includes data for 3 days for all individuals whether or not they reported a snack.

Percentage of individuals eating specified occasions away from home (tables A.T6-13a through A.T6-13f in app. VA)

Eating occasion--Any report of eating or drinking by a respondent. The name of the eating occasion was provided by the respondent. Respondents were asked "Would you call this eating or drinking occasion: breakfast, brunch, lunch, dinner, supper, snack/beverage break/happy hour, infant feeding, something else."

Away from home--Each eating occasion is defined as one in which all foods at that occasion are "away foods."

Household food sufficiency of the low-income population (table A.T6-14 in app. VA)

Sufficiency--Based on the question "Which one of the following statements best describes the food eaten in your household: Enough of the kinds of food we want to eat, enough but not always what we want to eat, sometimes not enough to eat, or often not enough to eat?"

Nutrient intakes as percentages of 1989 Recommended Dietary Allowances (tables A.F6-7,8 and A.F6-9,10,11,12 in app. VA)

Nutrient intake--Nutrient content of all foods and beverages (except water) ingested by the respondent. Excludes vitamin, mineral, and other supplements.

Per individual per day--For each day, each individual's intakes of food energy and 15 nutrients were expressed as percentages of the 1989 RDA for a person of the appropriate sex and age. Each individual's intakes expressed as percentages of RDA were summed over 3 days, then divided by three to yield mean percentages per day for the individual. Individuals' mean percentages were totaled and then divided by the number of individuals in the group to obtain the mean nutrient intakes per individual per day expressed as percentages of RDA for that group.

Recommended Dietary Allowances--Levels of nutrient intake considered by the Food and Nutrition Board of the National Academy of Science to be adequate to meet the known nutritional needs of practically all healthy individuals. In a population group whose usual intake approximates or exceeds the RDA, the likelihood of deficiency is small. Data in the tables are compared with the 1989 RDA.

Vitamin A--Based on intakes expressed as international units (IU).

Trends in food energy from macronutrients (tables A.F6-13 and A.F6-14a through A.F6-14c in app. VA)

Food energy--Energy provided by protein, fat, carbohydrate, and alcohol was calculated using the general factors 4, 9, 4, and 7 kilocalories per gram, respectively, rather than food-specific factors.

Per individual per day--Each individual's intakes of protein, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, carbohydrate, and alcohol were summed over 3 days. Intakes of protein were multiplied by 4 kilocalories per gram; fat, by 9 kilocalories per gram; carbohydrate, by 4 kilocalories per gram, and alcohol, by 7 kilocalories per gram. Those values were divided by the sum of the individual's food energy intakes over 3 days and then 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.

Total fat--The difference between the amount of total fat and the sum of the amounts of saturated, monounsaturated, and polyunsaturated fatty acids includes the non-fatty-acid components of fat, such as glycerol, phosphoric acid aminobases of phospholipids, sterols (including cholesterol), and fat-soluble vitamins.

Trends in mean intakes of selected nutrients (tables A.F6-15 and A.F6-16 in app. VA)

Iron--Estimates of iron intake from NFCS 1977-78 have been revised to reflect improvements in the nutrient data base.

Percentage of individuals by level of exercise and number of hours of television usually watched per day (tables A.F8-18a through A.F8-18f in app. VA)

Level of exercise--Self reported. Based on the question "Think now about how you usually spend your leisure time, that is, other than at your job or doing housework. Would you say your usual level of physical activity is: Heavy/Rigorous, Moderate, or Light?"

Number of hours of television usually watched--Self reported. Based on the question "About how many hours per day do you usually watch TV?"

Sources of nutrition information (A.F8-21 and A.F8-22 in app. VA)

The household-level response rate for NFCS 1987-88 was low (38%); therefore, ARS suggests that users carefully balance their need for these data and tolerance for error in their specific applications against the possibility of nonresponse bias. The NFCS 1987-88 is the only nationwide survey that provides data on current household food use and money value of food.

DHKS 1989-91

Reporting guidelines

ARS (formerly HNIS) is following, to the extent possible, the statistical reporting guidelines developed by the HNIS/NCHS Analytic Working Group discussed in Chapter 2 and presented in Appendix III, and described in a manuscript titled "Joint Policy on Variance Estimation and Statistical Reporting Standards on NHANES III and CSFII Reports: HNIS/NCHS Analytic Working Group Recommendations."

The average design effect for the 1989-91 DHKS is approximately 2.3. This design effect results from the complex sample design of the DHKS and from the procedures used to weight the data. The weighting procedures involved using regression techniques to calibrate the sample to match population characteristics thought to be correlated with eating behavior. The regression techniques also incorporated a three month period (quarter) of the year of intake as a control variable. Although this weighting reduces the magnitude of nonresponse bias and adjusts for other vagaries of the sample selection process, it also increases the variance of the estimates.

Footnotes are used in the DHKS tables to flag estimates that may tend to be less statistically reliable than those that are not flagged. The rules used for flagging estimates for these tables are as follows:

- (1) An estimated mean is flagged when it is based on a cell size of less than 69 (that is, a cell size of less than 30 times the average design effect of 2.3) or when its coefficient of variation (CV) is equal to or greater than 30 percent. This rule applies to estimated mean nutrient intakes, and to means of percentages, such as the mean intake of fat expressed as a percentage of kilocalories. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group.
- (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 69 (that is, a cell size of less than 30 times the average design effect of 2.3).
- (3) An estimated proportion of 25 percent or lower is flagged when the cell size on which the estimate is based (n) is smaller than $18.4/p$, where p is the proportion expressed as a fraction; an estimated proportion of 75 percent or higher is flagged when the cell size on which the estimate is based is smaller than $18.4/(1-p)$. Another way to express this rule is to say that an estimate is flagged when the smaller of np and $n(1-p)$ is less than 8 times the average design effect of 2.3.

Standard errors--A standard error is a measure of the sampling and random nonsampling errors in an estimate. It does not measure the effects of systematic biases in the survey data (nonrandom nonsampling errors). Rather, the standard error of an estimate measures the potential variation between that estimate and the value that would have been obtained had the entire population been surveyed using the same methodology. The description of a standard error given above assumes that the biasing impact of nonresponse has been removed in the estimation process. We make that assumption.

Coefficient of variation--The CV for an estimated mean is the standard error of the mean divided by the estimated mean and multiplied by 100 percent. Thus, an estimate of 10 with a standard error of 1 has a CV of $(1/10)100\% = 10\%$.

Confidence intervals for means--Because of the known problems of skewness with food and nutrient variables, the construction of confidence intervals around estimated values based on the normal distribution may not be appropriate.

General definitions

Respondents--Includes 4,346 DHKS participants who were identified as main meal planners/preparers in households participating in the CSFII and who also provide 3 days of dietary intake data.

Percent--Data were weighted as described for CSFII and may not add to 100 due to rounding.

Age--Calculated from date of birth.

Education--Main meal planners/preparers were categorized according to the highest grade of formal schooling they completed. Formal schooling does not include trade or vocational schooling, company training, or tutoring, unless credit is given that would be accepted at a regular school or college.

Employment status--Employment includes any full-time or part-time work done during the week prior to the CSFII household interview for which money, goods, or services were received. Employment includes active duty in the Armed Forces. An individual was also "employed" if he or she had a job but was not actually at work that week.

Income level--Tables presenting results by income level use household income for the previous calendar year expressed as a percentage of the Federal poverty thresholds adjusted for inflation. Each household's income before taxes was expressed as a percentage of the poverty threshold for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty threshold. The poverty thresholds are provided by the U.S. Bureau of the Census.

Race--The main meal planner/preparer reported the race of each household member as white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or some other race. Race categories included in the tables are limited to black and white because of the small numbers of individuals of other races.

Self-assessed health status--In the CSFII, individuals were asked, "In general, would you say your health is excellent, very good, good, fair, or poor?"

SEM--Standard error of the mean.

Nutrient intakes--Nutrient content of all foods and beverages (except water) ingested by the respondent. Excludes vitamin, mineral, and other supplements.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table. Consequently, sodium intake estimates may be lower than actual intakes and must be interpreted with caution.

Dietary fiber--Represents total dietary fiber including both the insoluble fraction (cellulose, hemicellulose, and lignin) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Dietary guidance--The 1985 Dietary Guidelines for Americans provides the basis for the wording of questions on the 1989 and 1990 DHKS. The 1990 revision of the Dietary Guidelines provides the basis for wording of questions on the 1991 DHKS. The decision was made not to merge the data for the questions on fruit, vegetable, and grain product recommendations because the meaning of the questions was considered fundamentally different--that is, the wording changed from quantified recommendations to general advice for diets.

Appendix VC

Acknowledgments

The TRONM activities were overseen, and assistance was provided to LSRO and its Expert Consultants, by a Steering Committee. The Steering Committee consisted of representatives from agencies submitting data for this report or primary data users and served to provide oversight for the report on behalf of the Interagency Board for Nutrition Monitoring and Related Research (IBNMRR). Members of the Steering Committee and the IBNMRR reviewed the report for technical accuracy. Members of the National Nutrition Monitoring Advisory Council (NNMAC) provided input to the format and also reviewed selected drafts of the report. The cooperation and the careful, conscientious reviews provided by the Steering Committee, the IBNMRR, and the NNMAC were essential to the successful completion of this project.

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