Ben Jessen

Nationwide Food Consumption Survey 1977-78
Preliminary Report No. 2

FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY IN THE UNITED STATES, SPRING 1977

U.S. Department of Agriculture
Science and Education Administration

September 1980

ABSTRACT

This report presents data on 1-day food and nutrient intakes of 9,620 individuals from the Nationwide Food Consumption Survey 1977-78 in the 48 conterminous States of the United States in the spring of 1977. Average food intakes of individuals in 22 sex-age groups are summarized in 10 major food groups and 43 subgroups. Average intakes of food groups and subgroups for all individuals and for users only of each food group and the percentage of individuals using each food group are given. Also included are average intakes of energy and 14 nutrients, nutrient-to-calorie ratios, comparisons of intakes with the 1980 Recommended Dietary Allowances, nutrient contributions of major food groups, nutritive value of food eaten away from home, frequency and nutritive value of meals and snacks reported, certain characteristics of sample, and some comparisons with similar information collected in a 1965 survey. Data are presented in 75 tables with a summary of the main points.

KEYWORDS: Dietary survey, food away from home, food intakes, frequency of eating, meals, nutrient density, nutrient intakes, snacks.

A free copy of this publication is available from the Consumer Nutrition Center, Human Nutrition, Federal Building, Hyattsville, Md. 20782.

Science and Education Administration, Nationwide Food Consumption Survey 1977-78, Preliminary Report No. 2, September 1980

Published by the Office of the Director, Science and Education Administration, U.S. Department of Agriculture, Washington, D.C. 20250

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FOOD AND NUTRIENT INTAKES OF INDIVIDUALS IN 1 DAY IN THE UNITED STATES, SPRING 1977[1]

I. SUMMARY

One day's food and nutrient intakes of 9,620 individuals in the 48 conterminous States in April-June 1977, reported in the USDA Nationwide Food Consumption Survey 1977-78, were classified by 22 sex-age groups. Some findings are as follows:

- Energy intakes of foods eaten averaged 15 percent below the median 1980 Recommended Dietary Allowances (RDA)[2] for individuals reporting them. For example, energy intakes for women 23 to 34 years averaged about 1,600 kcal and those for men of the same age about 2,400 kcal; their respective RDA are 2,000 and 2,700 kcal.

- Energy from protein for all individuals surveyed averaged 16.6 percent; from fat, 40.3 percent; and from carbohydrate, 42.8 percent.

- Energy and fat contributed by major food groups:

  Food energy--The meat, poultry, and fish group was the largest contributor of food energy (28 percent), followed by grain products (25 percent), and milk and milk products excluding butter (14 percent). Energy sources varied among sex and age groups. For infants, the major source of energy was the milk group; for children 1 to 2 years, milk and grain products; for 3- to 14-year-olds, grain products; and for most groups 15 years and over, meat, poultry, and fish.

  Fat--Fat in the diet was contributed mainly by the meat, poultry, and fish group (41 percent), followed by milk and milk products (17 percent), grain products (15 percent), and fats and oils (10 percent).

- Nutrient intakes as a percentage of the RDA:

  --Protein, riboflavin, niacin, and vitamin C intakes for all 22 sex-age groups met the RDA in full.

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[1] Prepared by the Consumer Nutrition Center, Human Nutrition, Science and Education Administration, U.S. Department of Agriculture, Hyattsville, Md. 20782.

[2] Food and Nutrition Board. 1980. Recommended Dietary Allowances. Ed. 9, 185 pp. National Research Council, National Academy of Sciences, Washington, D.C.

--Phosphorus, vitamin A, thiamin, and vitamin B_{12} intakes for almost all sex-age groups met the RDA in full; exceptions were some groups of females whose intakes exceeded 90 percent of the RDA.

--Calcium intakes met the RDA in full only for children under 3 years and 6 to 8 years and males 19 to 34 years. Intakes of females 12 years and over were lowest compared to their RDA (64 to 77 percent).

--Iron intakes averaged 100 percent or more of the RDA for infants, most school-age children, and men but were well below the RDA for 1- to 2-year-olds (53 percent), 3- to 5-year-olds (79 percent), and females 12 to 50 years of age (58 to 64 percent).

--All groups over 2 years of age had less than 100 percent of the RDA for magnesium and vitamin B_6, with women's intakes lower than those of men.

o Forty-four percent of the individuals obtained and ate food away from home. The 23- to 34-year-old men had the largest percentage of persons obtaining and consuming food or beverage away from home (60 percent).

o Eating three times during the day of the survey was the most frequently reported pattern by individuals (39 percent), followed by 28 percent eating four times, and 14 percent eating five times; almost 1 percent ate only once and 7 percent ate twice. Breakfast was reported by 86 percent of the individuals and snacks by 59 percent. Over half of the snacks were consumed in the evening between 5 o'clock and midnight.

o Comparisons with a similar survey in 1965:

--Energy intakes of all sex-age groups were lower in 1977 than in 1965, and the decline was smallest for the oldest adult groups.

--Intakes of fat averaged less for all sex-age groups in 1977.

--Average iron intakes of infants in 1977 were dramatically higher than in 1965 because of increased iron fortification of cereals and and formulas.

--Vitamin C intakes likewise were higher in 1977 than in 1965, with increased contributions from ready-to-eat cereals and citrus fruit juices.

--Consumption of total milk and milk products, eggs, total grain products, fats and oils, and sugar and sweets was lower in 1977 than in 1965, but consumption of cheese, soft drinks, and alcoholic drinks was higher in 1977.

--The increased popularity of eating out was reflected in 1965-77 comparisons for most sex-age groups. The largest increase in the percentage of individuals obtaining and eating food away from home in 1977 compared with 1965 was for females 23 to 34 years, paralleled

by an increase for the 3- to 5-year-olds. These increases probably reflect the great expansion of younger women into the work force and their use of day care outside the home for preschoolers.

II. SCOPE OF 1977-78 SURVEY

The Nationwide Food Consumption Survey (NFCS) 1977-78 is the sixth nationwide survey of households to be conducted by the U.S. Department of Agriculture. Previous surveys were conducted in 1936-37, 1942, 1948 (urban only), 1955, and 1965-66. Information on food used at home by housekeeping households (at least 1 member having a minimum of 10 meals from home food supplies during the week surveyed) was collected in all the surveys. However, NFCS 1977-78 included households irrespective of the number of meals from home supplies. In addition to household food use, information on dietary intakes (at home and away from home) of specified members of the households was obtained in the last two surveys--in the spring only of the 1965-66 survey and in all four seasons of the NFCS 1977-78.

The results of the NFCS 1977-78 provide new benchmark data on the kinds and quantities of foods and nutritive values of diets ingested by men, women, and children of different ages classified by various household characteristics. Dietary information obtained for individuals included the kind and amount of each food eaten; the time the food was eaten; the name of eating occasions at which and with whom the food was eaten; and if the food was eaten away from home, the place it was eaten, the type of service, and the cost. Individuals were also asked if the day's intake was typical and if they were on a special diet, were vegetarians, or took vitamins, minerals, or other supplements.

Information was obtained on those household characteristics believed to be related to food consumption of individuals and their households. Some household characteristics included were region and urbanization of residence; household income; participation in food programs; education, occupation, and employment status of male and female heads of households; household size; race; home production of food; money value of household food used at home; and cost of food eaten away from home by household members. Characteristics of individuals included sex, age, estimated height and weight, and self-appraisal of health and physical handicaps.

A stratified area probability sample was surveyed in the 48 conterminous States in each of 4 quarters from April 1977 through March 1978 (basic survey). Approximately 15,000 households and about 34,000 individuals in these households participated. Also, 2 supplemental surveys were conducted in the 48 conterminous States on (1) about 5,000 households with at least 1 member 65 years or over and about 7,500 individuals from April 1977 through March 1978 and (2) about 4,700 households eligible for the Food Stamp Program and about 13,000 individuals from November 1977 through March 1978. Three additional surveys were conducted on (1) about 1,100 urban households and 2,400 individuals in Alaska from January through March 1978, (2) about 1,250 households and 3,100 individuals in Hawaii from January through March 1978, and (3) about 3,100 households and 9,000 individuals in Puerto Rico from July through December 1977.

Information on dietary intakes was collected for all individuals in the household in all 5 supplemental surveys and in the spring segment of the basic survey in the 48 conterminous States. In the remaining three seasons of the basic survey, all household individuals under 19 years of age were asked to provide intake information, but only half of those 19 years and over were asked. Dietary intake information was sought for 3 consecutive days in all surveys except in the supplemental survey of households with at least one member 65 years or over. In this survey only a 24-hour dietary recall was obtained.

III. DATA COLLECTION

Trained interviewers collected most of the data by personal interview with the household member most responsible for food planning and preparation, usually the homemaker. An appointment for the interview was made at least 7 days before the interview. Household food consumption information was obtained using a list to aid the respondent in recalling the kind, form, quantity, and cost, if purchased, of foods used during the previous 7 days. The household respondent also supplied the information on household characteristics, such as income, participation in food programs, number of meals eaten at home and away by household members, and educational level and employment status of the heads of the household.

After the household respondent finished giving information about the household, the interviewer proceeded to obtain from each eligible household member present a recall of the previous day's dietary intake. The household respondent usually answered for children under 12 years old and others unable to answer for themselves. Individuals then recorded their intake for the day of the interview and the next day and thus provided data for 3 consecutive days. If a household member was absent at the time of the interview but was expected to return within the next 2 days, forms were left to be completed. The interviewer returned to the home to pick up and review the records.

The method of data collection in the spring 1977-78 survey was slightly different from the method used in the spring of 1965. In 1965, no advance notice of the interview was given. Also in 1965, an individual intake recall was obtained for the previous day only, and the household respondent provided this information for all eligible family members. In 1965, the sample included members under 20 and over 64 years of age and one-half of the members 20 through 64 years of age. A form was left to be returned by mail if the household respondent could not supply the information. In order to measure the impact of changes in method on the results in the 1977-78 survey, a bridging survey of about 1,300 households, yielding about 3,800 individual 1-day recalls, was conducted in the spring of 1977 using the 1965 methods.

IV. DISCUSSION OF PRELIMINARY RESULTS

This preliminary report is based on 9,620 24-hour dietary recalls during the first quarter of the 1977-78 survey--April-June 1977. Data presented (including breast-fed infants) have been weighted from 8,661 to 9,660 total individuals to correct for irregular response rates of households in the survey sample. Characteristics of the households and individuals surveyed are discussed in the last section. Data for 40 breast-fed infants are excluded unless otherwise specified.

A. FOOD INTAKE

Food reported as eaten by individuals in 22 sex-age groups on the 1 day preceding the interview in the spring of 1977 is summarized in 10 major food groups and 43 food subgroups (tables 1.1a-1.5c). The average quantity in grams of food and beverages (other than water) ingested per individual surveyed is shown. Also shown are the percentage of individuals using the food or food group on the 1 day reported and the average quantity ingested per individual reporting use of the particular food or food group (user). Mixtures made up of ingredients belonging in several different food groups are placed in the group of the major ingredient.

1. Meat, Poultry, and Fish

This group includes the meats--beef, pork, lamb, veal, and game; poultry; organ meats and mixtures mainly organ meats; frankfurters, sausages, luncheon meats, and meat spreads; fish and shellfish; and mixtures that contain meat, poultry, and/or fish, such as stews, soups, casseroles, and such combinations as frozen dinners and sandwiches if reported as single units. Small amounts of meat, poultry, or fish are in the grain products group as ingredients in mixtures mainly grain products.

The average daily intake of meat, poultry, and fish was 4.8 ounces (28.35 grams = 1 ounce) per individual, and mixtures including these items averaged an additional 2.5 ounces per individual (table 1.1a). Over 90 percent of the individuals surveyed reported use of at least one food from this group on the day surveyed. This popularity of meat, poultry, and fish was apparent at all ages except infants.

Beef was the most popular meat, with 35 percent of the individuals reporting it. Beef intake averaged 1.9 ounces per individual (table 1.1a) and 5.4 ounces per user (table 1.1c). Adults under 65 years of age ate beef more often than older adults and children did, and a larger proportion of the men ate beef than did women. Males 15 to 34 years averaged the highest daily intake, about 3 ounces per individual and over 7 ounces per user. Females 12 to 64 years averaged about 1.7 ounces per individual in a day or about 5 ounces per user.

Pork cuts were consumed by 26 percent of the individuals. Daily intake was 0.7 ounce per individual or 2.8 ounces per user. In contrast to beef, pork was more popular among older than among younger adults.

Poultry, most of it chicken, was consumed by 18 percent of the individuals--less often than for either beef or pork. Daily intake was about 1 ounce per individual or about 5.2 ounces per user.

Frankfurters, sausages, luncheon meats, and spreads--which may contain beef, pork, or poultry, or a combination of these--were consumed by 28 percent of the individuals. Daily intake averaged 0.7 ounce per individual or 2.4 ounces per user in a day. About a third of the children 1 to 11 years ate these products, with a dropoff among female users 12 years and older but little change in usage among older males.

Fish or shellfish was eaten by 9 percent of the individuals. Daily intake averaged about 0.4 ounce per individual and 4.4 ounces per user.

Lamb, veal, and game were eaten by slightly over 1 percent of the individuals. Organ meats were reported by 2 percent of the individuals, but use was greatest among adults 35 years and older.

Over one-third of the individuals reported mixtures partly meat, poultry, or fish. Unlike other meat group items, mixtures were reported almost as frequently by infants as by older groups.

The percentage of individuals using meat, poultry, fish, and their mixtures in 1977 was similar to the percentage using them in the 1965 survey, over 90 percent.[3] Among subgroups, mixtures containing ingredients of meat, poultry, or fish were more often selected and pork was less often selected in 1977 than in 1965. Ethnic mixtures, such as oriental and Mexican foods, were reported more frequently in 1977.

2. Milk and Milk Products

Milk and milk products, as reported in tables 1.2a-1.2c, include all dairy products except butter. They include mixtures, mainly milk such as ice cream and cornstarch puddings, but exclude cream soups, which are grouped according to kind--cream of chicken in the meat group, for example. Total quantity of milk and milk products is in terms of calcium equivalent. The total grams of calcium equivalent were obtained by converting each milk product to its equivalent weight of whole milk on the basis of its calcium content before aggregation. For example, 1 ounce (28 g) of cheddar cheese is equivalent to three-fourths cup of milk (181 g) based on its calcium content.

At least one item from this group was consumed during the day as reported by 85 to 93 percent of the children and teenagers, by about 80 to 84 percent of the adults 65 years and older, and by 73 to 82 percent of the younger adults. Boys 15 to 18 years old had the largest average intake of milk and milk products, an equivalent of 2.6 cups of milk per individual and 3.0 cups per user.

Milk and milk drinks were reported by 69 percent of the individuals and an average intake was slightly over 1 cup. Infants averaged the largest intake of milk and milk drinks (including milk-based baby formulas), about 2.5 cups, and boys 12 to 18 averaged the second largest intake, about 2 cups. Yogurt was reported by less than 2 percent of the individuals, and users were most often women although men 23 to 34 reported this item almost as frequently as women of this age group. Cheese was consumed by about a fourth of the individuals--more often by adults than by children and teenagers--averaging about a half ounce each. Cream and milk desserts, such as ice cream and ice milk, were consumed by about one-fifth to one-fourth of all groups except infants.

Average intake of milk and milk products (total calcium equivalent) was down in 1977 from 1965 (fig.1).[3] However, elderly groups were exceptions,

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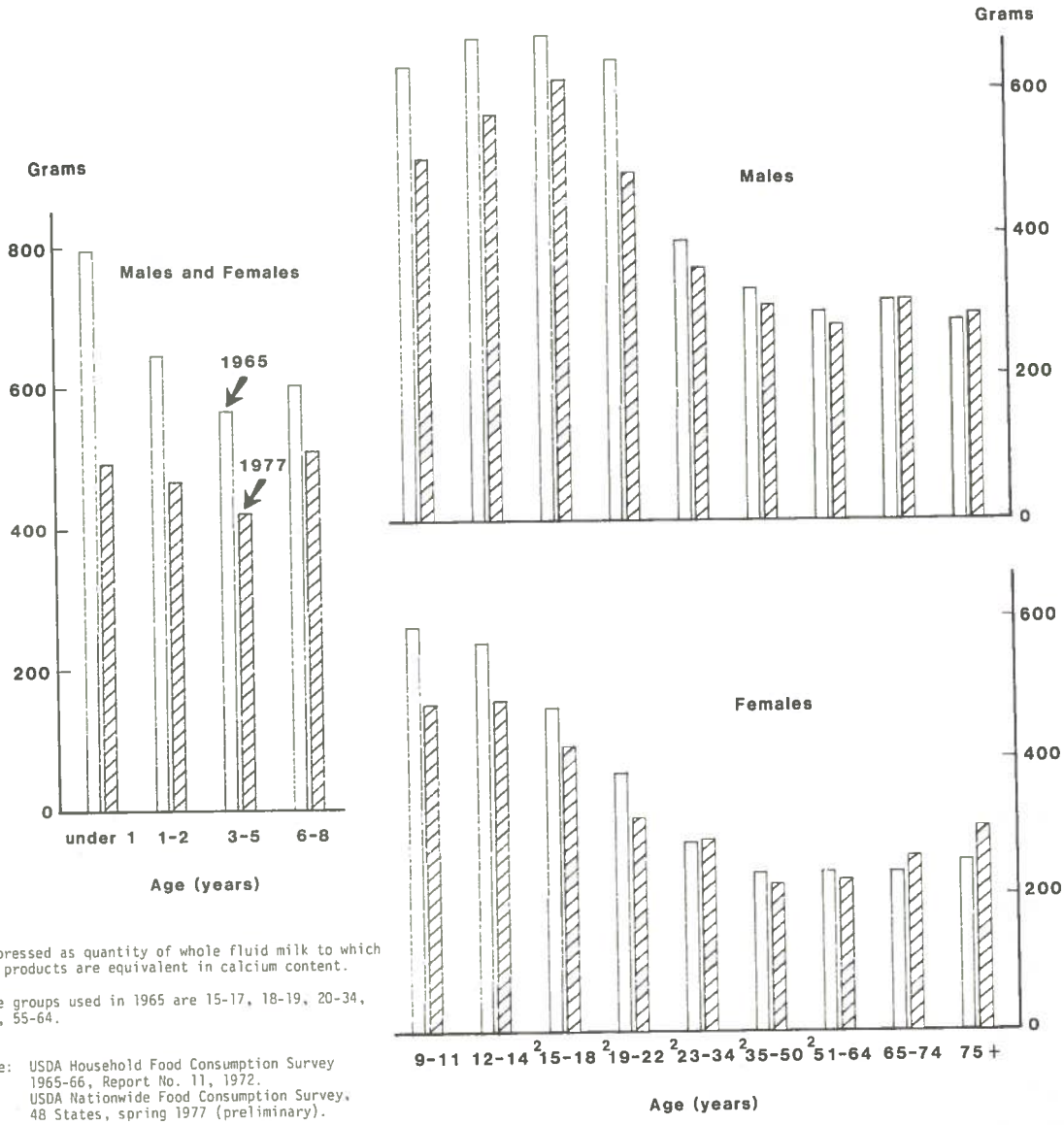
[3] U.S. Agricultural Research Service, Consumer and Food Economics Research Division. 1972. Food and Nutrient Intake of Individuals in the United States, Spring 1965. U.S. Dept. Agr. Household Food Consumption Survey 1965-66, Rpt. 11, 290 pp.

MILK AND MILK PRODUCTS

Quantity[1] per individual in a day, spring 1965 and 1977



[1]Expressed as quantity of whole fluid milk to which dairy products are equivalent in calcium content.

[2]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 1

showing as high or higher average intakes in 1977 than in 1965. Average intake by infants showed the biggest decline of all sex-age groups. Intake of some components of the group--cheese and yogurt--was up.

3. Eggs

The egg group includes such items as omelets, egg salad, egg sandwiches, and egg substitutes and is reported in tables 1.2a-1.2c. About a third of the individuals ate eggs on the 1 day reported, and users averaged about 1-3/4 eggs. (One large cooked egg weighs 50 g.) Eggs were eaten by one-tenth of the infants, one-third of the 1- to 5-year-olds, and one-fourth of the 6- to 8-year-olds. Among men, one-third of the 23- to 34-year-olds reported egg items, and the proportion of individuals increased to one-half for the oldest group. Among females, 9- to 14-year-olds had the smallest fraction of users, about a fifth.

Egg consumption was down in 1977 compared with levels in the 1965 survey (fig. 2).[4] This was chiefly because fewer persons ate eggs. However, the amount eaten per user in 1977 was up slightly for most sex-age groups. In the earlier survey, over half of the men ate eggs, and the proportion increased as age of the group increased except for the oldest group. Among the elderly men, the proportion of users was the same as in 1965.

4. Legumes, Nuts, and Seeds

The legume, nut, and seed group includes peanut butter and soy-based baby formulas, as well as cooked dry beans, peas, and lentils, and nuts and is reported in tables 1.2a-1.2c. One-fifth of all individuals reported at least one item from this group on the day reported, and intakes averaged about 1 ounce per individual. Children 3 to 11 years and 12- to 14-year-old boys most often selected these foods. A smaller fraction of women than men reported using them.

Intake of the legume, nut, and seed group was generally down in 1977 from the 1965 survey for groups under 35 years of age.[4] Most groups 35 years and over averaged more in 1977 than in 1965.

5. Grain Products

Grain products were consumed by 95 percent or more of all sex-age groups except infants and women 19 to 50 years (table 1.3b), and the average intake per individual was just over 7 ounces (table 1.3a). Teenage boys were the heaviest users at 10 to 11 ounces per individual.

Bread, rolls, and biscuits were consumed by almost 80 percent of the individuals excluding infants, with a range from about 70 percent for the 1- to 2-year-old children to about 85 percent of the men and women 65 years and older. Larger proportions of the men than women ate these items, especially between the ages of 19 and 50 years.

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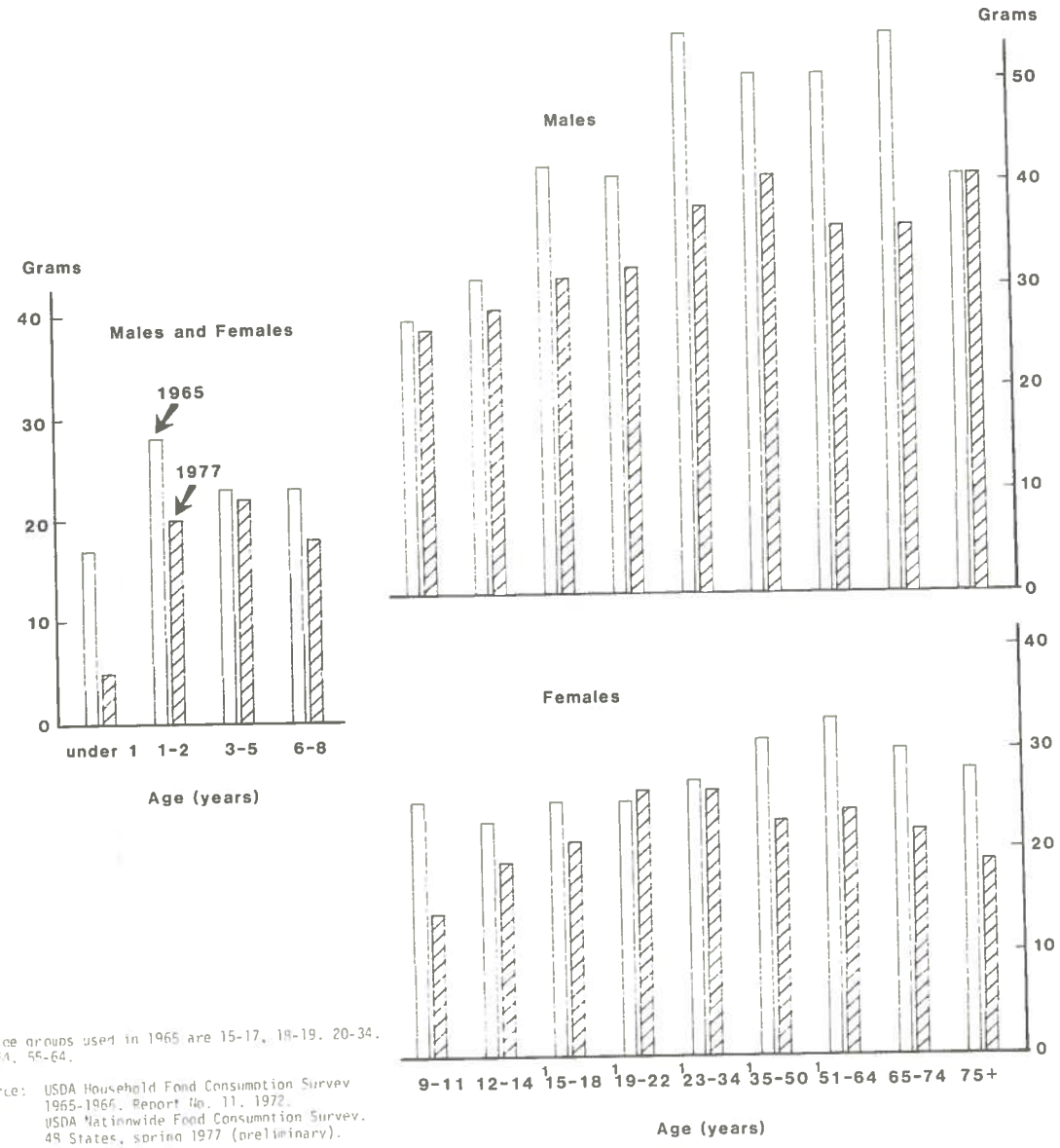
[4]See footnote 3, p. 6.

EGGS

Quantity per individual in a day, spring 1965 and1977



[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-1966, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 2

Other bakery products--including cookies, crackers, doughnuts, pies, cakes, and other pastries--were consumed by over half of the individuals in the survey, with an average intake of 1.75 ounces per individual and over 3 ounces per user (table 1.3c). The largest proportion of users was among children 3 to 14 years. Generally, slightly more men than women used these bakery products.

Ready-to-eat cereals were reported by over one-fourth of the survey respondents and intakes of users averaged just over 1.3 ounces. Almost three-fourths of the infants and over half of the children 1 to 11 years reported ready-to-eat cereals (fig. 3). These products were less popular among teenagers and young and middle-aged adults, but users among older adults increased to one-third or more.

Mixtures, mainly a grain product, included such items as lasagna, pizzas, spaghetti, and egg rolls. Thus, some of the grain mixtures had pieces of meat, poultry, or fish as an ingredient but less than in mixtures classified under the meat group. Mixtures were reported by almost 20 percent of the respondents and were more common in the groups under 35 years of age excluding infants.

Intakes of grain products were down in the spring of 1977 from 1965.[5] For bread, rolls, and biscuits, the 1977 survey shows a 6- to 13-percent decline in male users and a 7- to 19-percent decline in female users. However, there may be more reporting of bread and rolls as parts of sandwiches, which are included in other categories. Intakes of ready-to-eat cereals averaged considerably higher in 1977, particularly for infants, teenage boys, and the elderly.

6. Fats and Oils

This group comprises the following foods when reported separately by the respondent: Table fats, such as butter and margarine, salad dressings, sauces, such as tartar and hollandaise, oils, and cream substitutes. Fats in commercially or home-prepared mixtures or used in cooking, such as deep-fat frying, are not included in this group, nor is salad dressing if an ingredient in a salad.

Fats and oils were mentioned in the day's diet by 60 percent of the individuals, and the average intake was 0.5 ounce per individual and 0.8 ounce per user (tables 1.3a-1.3c). Over half of the adults 65 years and over reported using table fats, but fewer among the younger groups did so. Conversely, older adults less often reported use of salad dressing.

Intakes of fats and oils were down considerably in 1977 from the 1965 survey.[5] Average intakes of total fats and oils in 1977 for children and males under 65 years of age were less than half the amounts reported in 1965; for women, differences were smaller.

7. Vegetables

Vegetables include white potatoes, tomatoes, dark green and deep yellow vegetables, and other vegetables, as well as mixtures with vegetables as the

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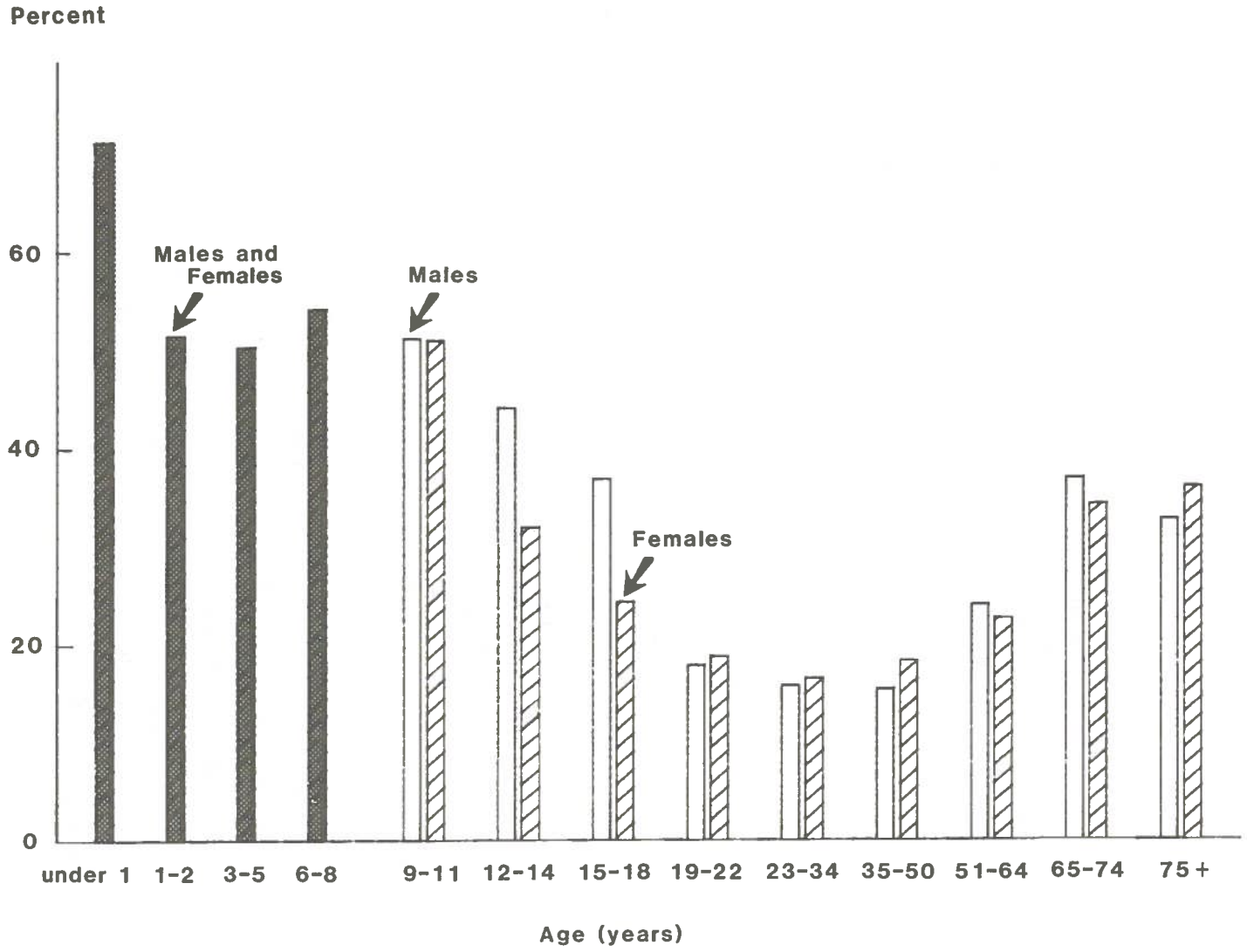
[5]See footnote 3, p. 6.

READY-TO-EAT CEREALS

Percentage of individuals using in a day, spring 1977



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 3

main ingredient, such as vegetable soups (tables 1.4a-1.4c). Over 85 percent of the individuals consumed one or more vegetables, with an average intake per individual of 7 ounces. Generally, popularity of vegetables increased slightly with age of the eater, with over 90 percent of adults over 50 years of age using them.

Almost half of the respondents consumed white potatoes. White potatoes include potato chips and potato salad as well as potatoes not specified as to form. Of the types of vegetables shown, potatoes were most often reported. Males 19 to 22 years of age had the highest consumption per day, almost 3.5 ounces per individual. Men who ate potatoes averaged intakes of about 6 ounces per day. Among females, girls 9 to 18 years most often used potatoes, and elderly women used them least often. Generally, a higher proportion of the boys and men ate potatoes than the same age groups of females.

Tomatoes were reported by almost one-fourth of the individuals. The tomato group includes catsup and tomato soup as well as raw and cooked tomatoes and tomato juice. Dark green and deep yellow vegetables each were consumed by about 1 in 12 individuals.

Average intakes of potatoes in 1977 were less than in 1965 for children and teenage boys but higher for teenage girls and most groups of adults.[6] Generally, dark green vegetable intake was up and deep yellow vegetable and tomato intakes were down between 1965 and 1977.

8. Beverages

Nonalcoholic beverages include coffee; tea; soft drinks, carbonated and noncarbonated; and fruit and fruit-flavored drinks (tables 1.4a-1.4c). About 85 percent of the individuals reported at least one of these beverages--more among adults and fewer among children.

Coffee was the beverage reported by the largest percentage of individuals, 45 percent. Its popularity increased with the age of the respondent. About 25 percent of the 19- to 22-year-olds, almost 50 percent of the 23- to 34-year-olds, around 70 percent of the 35- to 50-year-olds, and about 80 percent or more of the respondents over 50 years consumed coffee. Users among men averaged between 2 and 3 cups in 1 day, and women averaged only slightly less.

Tea was consumed by 28 percent of the respondents. Although few children drank coffee, about one out of seven between 1 and 11 years drank tea. However, use of tea did not increase with age as much as coffee. By about age 20, one in four selected tea and one in four selected coffee, but more adults beyond this age preferred coffee. Tea was more popular among women (33 to 40 percent using) than among men (25 to 33 percent using).

Soft drinks (including both carbonated and noncarbonated ones) were reported by 40 percent of the individuals and were most popular in the age

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[6]See footnote 3, p. 6.

groups below 35 years of age. Teenagers 15 to 18 years of age had the highest percentage of users (56 to 60 percent). Almost half of the children 3 to 8 years drank soft drinks, and almost 40 percent of the 1- to 2-year-olds did also. Even among infants, 11 percent had soft drinks. Only among adults over 35 years of age were soft drinks less often selected than coffee.

Soft drink intake increased considerably in 1977 from 1965 (fig. 4).[7] Although less popular with adults 35 years and over than with younger groups, average intakes in 1977 increased over those in 1965 for all groups except 12- to 14-year-old boys and the oldest men. The greatest increase in quantity consumed was for boys 15 to 18 years of age. Fruit drinks and fruit-flavored drinks were consumed by less than 10 percent of the respondents. The largest percentage of users was among the children and teenagers (12 to 18 percent).

Alcoholic beverages were part of the day's diet for 10 percent of the respondents, but use differed widely by age and sex (tables 1.4a-1.4c). Nearly 25 percent of the men 23 to 50 years old and about 14 percent of women this age consumed at least one of these beverages. As age increased beyond 50 years, the percentage using these beverages decreased. Teenage use of these beverages was limited to 1 to 3 percent of the age groups. Intakes by 19- to 22-year-old men were greatest, averaging 38 fluid ounces in a day for users of alcoholic beverages, most of which were beer and ale. Women's consumption peaked at a later age, 23 to 35 years, but even then users consumed only half as much as 19- to 22-year-old men.

9. Fruits

Fruits were consumed by 54 percent of the individuals and average intake was 5 ounces per individual surveyed (tables 1.5a-1.5c). Among the infants and adults over 50 years, average intakes were 6 to 6-2/3 ounces. Over 85 percent of the infants ate fruits, mostly noncitrus types. Otherwise, groups of children 1 to 8 years and adults over 50 years of age had the largest percentage of users, generally 60 percent or more.

Citrus fruit or juice was reported by one-third of the individuals, with a larger fraction for groups over 50 years of age, especially for women. Citrus juice was much more popular than other fruit juices, except for infants. About one-third of the individuals reported noncitrus fruit. Apples--raw and cooked such as applesauce--were eaten by 1 in 10, bananas by 1 in 14, and other fruits by 1 in 5. For each of these, infants, preschool children, and adults over 50 years were most often the users. Bananas were eaten by equally as many infants as apples, but more adults over 64 years ate bananas than apples. Dried fruits, eaten by about 1 percent of the individuals, were most popular with older adults.

10. Sugar and Sweets

The sugar and sweets group contains such items as granulated sugars, jams, jellies, sirups, and candies and is reported in tables 1.5a-1.5c. Sugars and sweeteners, which are ingredients in other foods, are reported with those foods--

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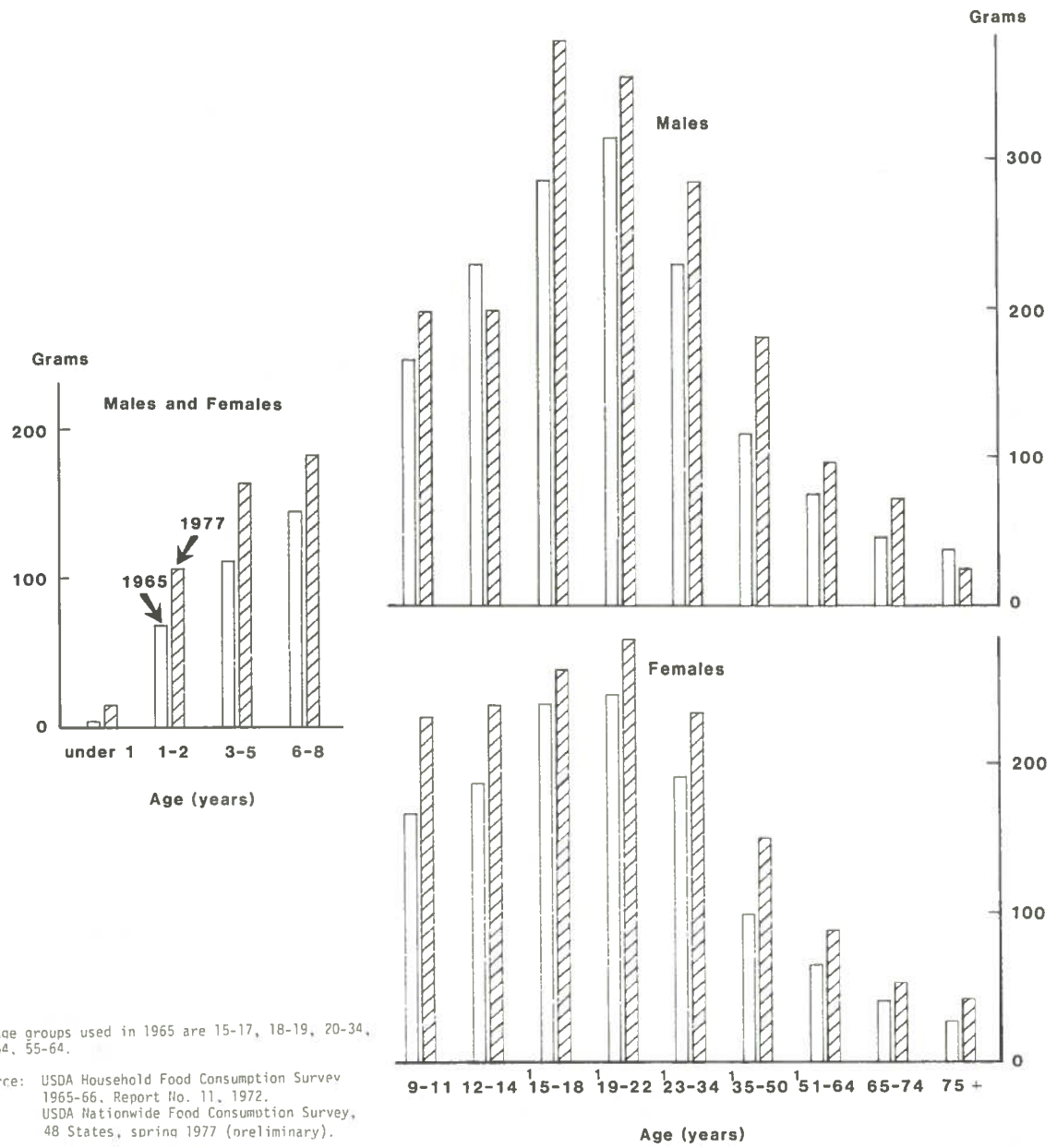
[7]See footnote 3, p. 6.

SOFT DRINKS

Quantity per individual in a day, spring 1965 and 1977



[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 4

sweeteners in soft drinks in the beverage group and sweeteners in presweetened cereals in the grain products groups, for example. Over half of the individuals reported one or more items from the sugar and sweets group, and over one-third used sugar. Generally, more of the adults than children and slightly more males than females reported sugar. Only 6 percent reported candy, with the largest proportions of users among children and teenagers.

In 1977, intake of sugar and sweets was down from 1965.[8] The largest decline in intakes of sugar and sweets was by teenage girls and young adults under 35 years.

B. NUTRIENT CONTRIBUTIONS BY MAJOR FOOD GROUPS

1. Food Energy

Food energy was contributed mainly by three major food groups--meat, poultry, and fish (28 percent); grain products (25 percent); and milk and milk products (14 percent) (table 2.1). However, contributions for sex-age groups varied. Although the meat group provided the largest proportion of food energy for most groups over 15 years, grain products provided the most energy for 3- to 14-year-olds and the milk and milk products group for infants. The milk group provided over 50 percent of infants' food energy, 25 percent for the 1- to 2-year-olds, and about 20 percent for the 3- to 8-year-olds. Children over 9 years and teenagers obtained 16 to 18 percent and adults 10 to 16 percent of their energy from milk and milk products. The contribution of food energy by 11 food groups is shown in figure 5 for three sex-age groups.

2. Protein

Protein was contributed mainly by the same three major food groups that were the main sources of energy--meat, poultry, and fish (47 percent); grain products (19 percent); and milk and milk products (18 percent) (table 2.2). The meat group was the primary source of protein for all sex-age groups (37 to 54 percent) except infants (15 percent) and 1- to 2-year-olds (32 percent). The milk group was the main source of protein for infants (62 percent) but provided about the same amount as the meat group for the 1- to 2-year-olds. The milk group was more important as a source of protein than the grain group for children 3 to 11 years, about equally as important for teenagers, and less important for adults. Other food groups contributed less protein to the average intake of the sex-age groups.

3. Fat

Fat in the diets of individuals was contributed largely by the meat, poultry, and fish group (41 percent), followed by the milk group excluding butter (17 percent), grain products (15 percent), fats and oils (10 percent), and vegetables (9 percent) (table 2.3). Other major food groups each contributed less than 5 percent. However, there were departures from this general picture among various sex-age groups.

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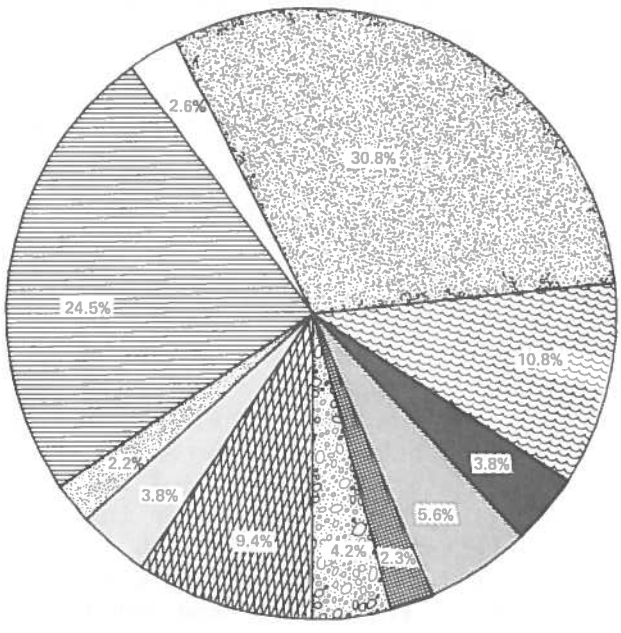
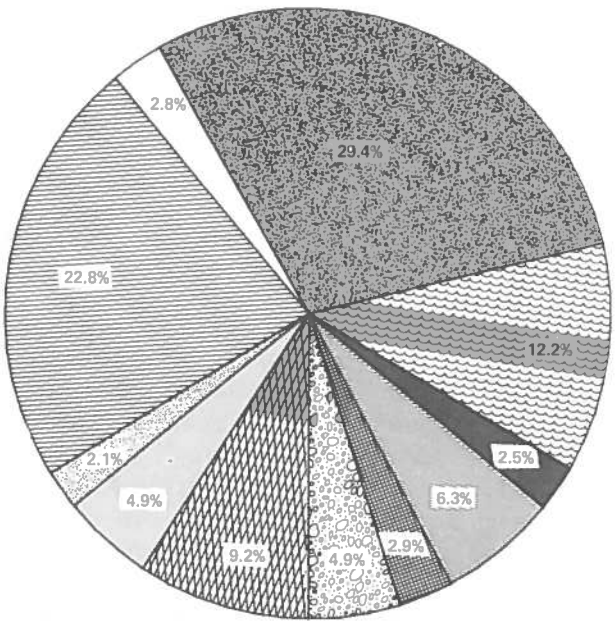
[8] See footnote 3, p. 6.

FOOD ENERGY CONTRIBUTION OF FOOD GROUPS

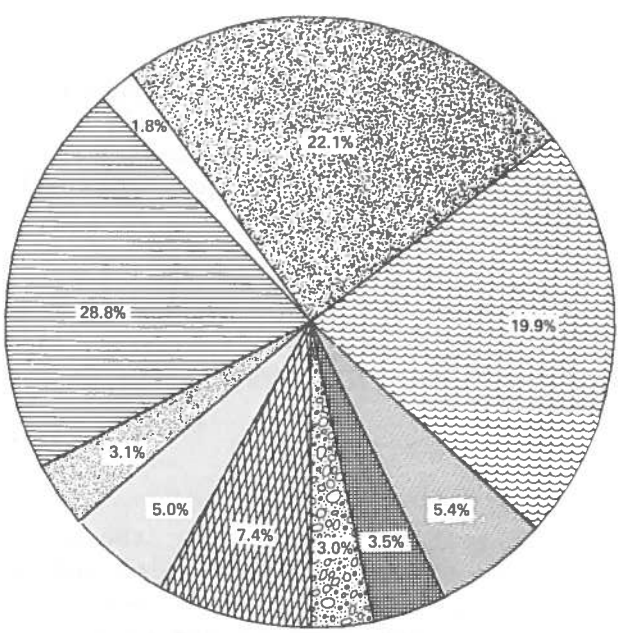
Percentage of day's intake per individual, spring 1977



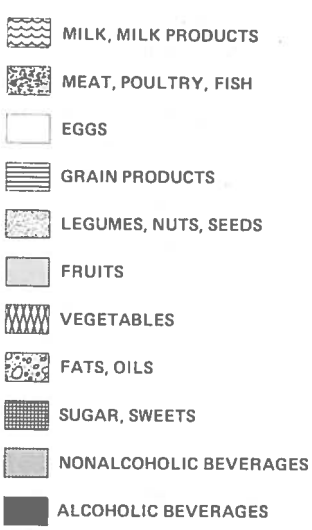
MALES, 23 - 34 YEARS



FEMALES, 23 - 34 YEARS



BOYS and GIRLS, 6 - 8 YEARS



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 5

The meat group was the most important source of fat for all sex-age groups except the two youngest. Its contribution increased progressively with age of the group from infancy (13 percent) to middle age (over 45 percent) and then decreased slightly in the older age groups.

Milk and milk products supplied the same amount of fat as the meat group in diets of 1- to 2-year-olds (30 percent), but for infants this group was by far the largest contributor (68 percent). Depending on the sex-age group, the grain or milk group was second to meat as a contributor of fat to diets.

The fats and oils group contributed proportionately more fat to diets of females (9 to 14 percent) than to those of males over 14 years of age (8 to 11 percent). Children and teenagers received 8 percent or less from this source.

Potatoes and other vegetables also contributed some fat, almost all of it from items that had fat added during or after cooking, such as potato chips and buttered peas.

4. Carbohydrate

Carbohydrate in the diet was contributed largely by the grain products group (40 percent) (table 2.4). Fruits and vegetables provided about 23 percent. The milk and nonalcoholic beverage groups each provided 11 percent. Sugar and sweets when reported separately contributed only 6 percent, but sweeteners as ingredients in beverages and many other products obviously contributed additional carbohydrate.

The grain group contributed the largest percentage of carbohydrate for all sex-age groups (36 to 44 percent) except infants (17 percent). The milk group contributed 40 percent of the carbohydrate in diets of infants, almost 20 percent in diets of 1- to 2-year-olds, and less in diets of older children and adults.

Nonalcoholic beverages, mainly the soft drinks, fruit drinks, and ades, contributed about 10 to 16 percent of the carbohydrate in diets. Major exceptions were for infants and adults over 50 years of age (7 percent or less).

5. Calcium

Calcium in diets was derived primarily from the milk and milk products group (46 percent), and the second most plentiful source was the grain products (23 percent) (table 2.5). The meat group provided about 8 percent and the vegetable group about 9 percent. Infants received 73 percent of dietary calcium from the milk group and 14 percent from the grain group. Children and teenagers received less than infants from the milk group (53 to 68 percent) but more from the grain products (13 to 22 percent). Adults received 36 to 48 percent of their calcium from the milk group and 22 to 26 percent from the grain group. The meat group provided about 10 percent of calcium only in diets of middle-aged men and women. Vegetables also provided about 10 percent of calcium in diets of some groups of adults. Other major food groups provided 5 percent or less in diets of any sex-age group.

6. Iron

Iron in the diet was supplied mainly and about equally by the meat, poultry, and fish group (34 percent) and grain products (33 percent) (table 2.6). The infant group deviated the most from the general picture with grain products, mostly cereals, furnishing the largest amount of dietary iron (46 percent), followed by the milk group (28 percent) (primarily from iron-fortified formulas), the fruits and vegetables group (11 percent), and the meat group (8 percent). For children from 1 to 14 years, the grain group was the most important source of iron (39 to 43 percent), and the meat group was second (23 to 31 percent). For teenagers 15 to 18 years, these two food groups furnished about the same amount of iron (34 to 37 percent). Then for adults 19 to 64 years, the meat group was the dominant source of iron (35 to 39 percent), and grain products (28 to 31 percent) were next most important. For adults 65 years and older, the two food groups were reversed in importance, and grain products were most important, especially for the women. Vegetables also contributed significant amounts of iron--less than one-tenth in diets of children and slightly more in diets of adults. Egg, legume, noncitrus fruit, and nonalcoholic beverage groups each contributed up to 6 percent of the iron in diets of a few sex-age groups.

7. Magnesium

Significant amounts of magnesium in diets were contributed by almost all groups--fruits and vegetables (22 percent); grain products (21 percent); meat, poultry, and fish (18 percent); milk and milk products (17 percent); nonalcoholic beverages (12 percent); and legumes (5 percent) (table 2.7).

The milk group was the major contributor of magnesium to diets of infants and children (1 to 11 years) (26 to 51 percent), with grain products second in importance (18 to 25 percent). For teenagers, these two food groups were about equally important (22 to 27 percent), but for adults a larger share came from the grain products (18 to 24 percent) than from the milk group (10 to 19 percent). Meat, poultry, and fish (18 to 21 percent) and grain products were about equally important sources of dietary magnesium for adults 19 to 64 years, but meat was less important than grains for adults 65 years and older. Vegetables, especially potatoes, contributed more magnesium to diets of most sex-age groups than fruits except for the infants. Adults 23 years and older derived 12 to 21 percent of their dietary magnesium from the nonalcoholic beverage group, mainly from coffee.

8. Phosphorus

Phosphorus was contributed largely by three major food groups--meat, poultry, and fish (29 percent); milk and milk products (27 percent); and grain products (20 percent) (table 2.8). Milk and milk products were the primary source of phosphorus for infants (67 percent), children (37 to 48 percent), teenagers (32 to 35 percent), and women 75 years and older (29 percent). For adults, except the elderly women, the meat, poultry, and fish group was the primary source of phosphorus, usually followed by the milk and grain groups. Vegetables and fruits, eggs, legumes, and nonalcoholic beverages contributed small amounts of phosphorus.

9. Vitamin A Value

Vegetables and fruits contributed the largest share of vitamin A value (41 percent) of any major food group (table 2.9). Also important as sources were the milk group (19 percent) and the grain group (16 percent). The meat group (10 percent), fats and oils (6 percent), and eggs (5 percent) also contributed this vitamin. For infants, the milk group (49 percent) was the main source of vitamin A, and vegetables and fruits (31 percent) were next most important. For children, the milk, vegetable-fruit, and grain products groups were about equally important as sources of vitamin A. For adults, vegetables and fruits were the dominant source of vitamin A in diets, and generally the meat group contributed almost as much as the grain products.

10. Thiamin

Thiamin was provided chiefly by grain products (41 percent), meat, poultry, and fish (23 percent), vegetables and fruits (20 percent), and milk and milk products (11 percent) (table 2.10). Grain products were the major source of thiamin for all sex-age groups except infants. Even for infants, milk and milk products contributed only slightly more (44 percent) than grain products (38 percent). For young children, the grain products were especially important (44 to 48 percent), with the milk group (15 to 21 percent) and the meat group (13 to 17 percent) also providing important amounts.

11. Riboflavin

Principal sources of riboflavin in diets were milk and milk products, grain products (each 28 percent), and meat, poultry, and fish (24 percent) (table 2.11). Milk and milk products were the predominant source for infants (61 percent), children (37 to 46 percent), and teenagers (33 to 37 percent), and grain products were next in importance. For adults 23 to 64, the meat group was generally the largest source, followed closely by the grain group, and for adults over 64 years, grain products contributed the most riboflavin. Vegetables and fruits contributed about 11 percent, eggs about 5 percent, and other food groups less.

12. Preformed Niacin

Preformed niacin was supplied in large part by the meat, poultry, and fish group (43 percent) and grain products (31 percent) (table 2.12). The vegetable-fruit group contribution came primarily from potatoes. Nonalcoholic beverages, mainly coffee, contributed 7 to 10 percent in diets of adults over 34 years of age. Infants derived 25 percent of preformed niacin from the milk group, but grain products (44 percent) were the most important source. The grain products group was also the most important source for children 1 to 11 years, but for older age groups the meat group was the major source.

13. Vitamin B_6

Vitamin B_6 was furnished in significant amounts by several major food groups--most by meat, poultry, and fish (39 percent), vegetables and fruits (23 percent), grain products (19 percent), and milk and milk products (11 percent) (table 2.13). Almost half of the infants' intake was supplied by the milk group.

For the 1- to 2-year-olds, the milk group (22 percent) was of about the same importance as the meat group (24 percent), the grain group (24 percent), and the vegetable-fruit group (22 percent). For older groups, the meat group was most important. The grain group was second in importance for children 3 to 14 years, but fruits and vegetables were second for adults.

14. Vitamin B_{12}

Vitamin B_{12} was provided by the animal products--meat, poultry, and fish (48 percent), the milk group (31 percent), and eggs (9 percent) (table 2.14). The grain products supplied 8 percent, which came from fortification and small amounts of animal products, which were ingredients in mixtures mainly grain.

15. Vitamin C

Vitamin C was supplied by fruits and vegetables (68 percent)--the citrus fruits and tomatoes (27 percent); white potatoes (15 percent); dark green, deep yellow, and other vegetables (18 percent); and noncitrus fruit (8 percent) (table 2.15). Other worthwhile amounts came from grain products (9 percent), milk and milk products (7 percent), nonalcoholic drinks (7 percent), and the meat, poultry, and fish group (6 percent), most likely from mixtures.

Compared to the average, infants received larger proportions of vitamin C from noncitrus fruit and formula in the milk group. Children and teenagers averaged a larger proportion of vitamin C from the grain products than infants or adults. Men obtained a larger proportion from potatoes than other sex-age groups.

C. NUTRITIVE VALUE OF FOOD INTAKE

Nutritive values of food intakes of individuals were calculated from a special nutrient data base constructed from partially updated composition values of foods from Agriculture Handbook No. 8.[9] For new or unusual foods, values were obtained from manufacturers' data, were based on similar foods, were calculated from the ingredients, or were based on a composite of these values. Average intakes were calculated for food energy, protein, fat, carbohydrate, four minerals--calcium, iron, magnesium, and phosphorus--and seven vitamins--vitamin A value, thiamin, riboflavin, preformed niacin, vitamin B_6, vitamin B_{12}, and vitamin C. Nutritive values for magnesium and vitamins B_6 and B_{12} in many foods are less reliable than for other nutrients evaluated, and consequently these averages should be interpreted with restraint.

The average nutritive value of food intakes is presented for individuals classified by sex and age (table 3.1) and then by three urbanizations (tables 3.2a-3.2c) and by four regions (tables 3.3a-3.3d). The percentage of energy provided by protein, fat, carbohydrate, and other sources is shown in table 3.4. Nutritive values of individual intakes, classified by income, are also expressed as percentages of the 1980 RDA (tables 3.5a-3.5f) and as nutrients per 1,000 kcal (tables 3.6a-3.6f).

[9]U.S. Department of Agriculture. 1980. Nutritive Values Used in Individual Survey, 1977-78. Accession No. PB80 197403. Tape available from U.S. Department of Commerce, National Technical Information Service, 5285 Port Royal Rd., Springfield, Va. 22161.

1. Energy and Nutrient Intakes

Energy.--Average food energy intakes peaked at 2,700 kcal for boys 15 to 18 years and then gradually declined to about 2,400 kcal for 23- to 34-year-olds and to about 1,800 kcal for males 75 and older. For females, the highest intake of energy averaged 1,900 kcal for the 12- to 14-year-olds, declined to 1,500 to 1,600 kcal for the 19- to 64-year-olds, and then dropped to below 1,400 kcal for women 75 and older.

Energy-providing nutrients.--Patterns similar to those for energy were apparent for the three energy-providing nutrients--protein, fat, and carbohydrate. Protein intakes were largest for males 15 to 18 years (107 g) and decreased with age to an average of 75 g for the oldest group. The peak intake of protein for females averaged nearly 75 g for 12- to 14-year-olds, and it declined to 65 g in diets of young and middle-aged women (19 to 64 years) and to about 55 g for the oldest group. Average fat intakes, also highest for 15- to 18-year-old boys (almost 125 g), declined to about 100 g for men 51 to 64 years and to about 85 g for men 75 years and older. Among the groups of females, the 12- to 14-year-olds averaged the largest fat intakes (85 g), and intakes declined to around 70 g for women 23 to 64 years and then dropped to about 60 g for the oldest women. Carbohydrate intakes for males averaged the highest for the 15- to 18-year-olds (295 g) and then gradually decreased with age to 185 g for the oldest group. Among females, carbohydrate intakes were lowest at about 150 g for the 35- to 50-year-olds and highest at 225 g for the 9- to 11-year-olds.

Minerals.--Calcium intakes, which were 700 to 800 mg for infants and preschoolers, peaked at almost 1,200 mg for 15- to 18-year-old males and progressively declined with increasing age to below 700 mg for men 75 years and older. Calcium intakes for females declined from a high short of 900 mg for 12- to 14-year-olds to a low of about 500 mg for women 35 to 50 years and then turned upward somewhat for the oldest groups. Iron intakes averaged highest for infants (17 mg) and lowest for 1- to 2-year-olds (8 mg), followed closely by 3- to 5-year-olds (10 mg). Iron intakes of groups over 8 years of age ranged from 13 to 17 mg for males and 10 to 12 mg for females. Average magnesium intakes for groups of children increased from about 125 to over 200 mg; intakes of women were slightly above 200 mg, whereas intakes of men were generally closer to 300 mg. Phosphorus intakes averaged from about 650 mg for infants to about 1,700 mg for 15- to 18-year-old boys.

Vitamins.--Average intakes of vitamin A value among adults, both males and females, generally increased with the age of the group to over 6,000 IU for five of the oldest groups. Thiamin intakes and those for other B vitamins--riboflavin, preformed niacin, vitamin B_6, and vitamin B_{12}--were generally higher for males 9 years and older than for younger males and females of all ages. Average intakes of vitamin C, as for vitamin A value, were highest for the groups of adults over 50 years of age (96 to 100 mg for men, 90 to 93 mg for women). An exception was the 15- to 18-year-old boys with an intake of 112 mg.

2. Nutrient Intakes Among Urbanizations

Intakes of most nutrients by individuals, grouped separately by urbanization of household--central cities, suburban areas, and nonmetropolitan areas--showed

only very small differences (tables 3.2a-3.2c). Nutrients with the greatest differences were calcium, with the lowest average in the central cities and nonmetropolitan areas (713 and 718 mg) and highest in the suburban areas (763 mg); vitamin A, with a low in the nonmetropolitan areas (4,800 IU) and a high in the central cities (5,600 IU); and vitamin C, with a low of about 80 mg in the nonmetropolitan areas and a high of about 95 mg in the central cities.

3. Nutrient Intakes Among Regions

When individuals were grouped separately by region--Northeast, North Central, South, and West--differences in average intakes for most nutrients were very small (tables 3.3a-3.3d). Individuals in the West had somewhat higher average intakes of calcium, magnesium, and phosphorus than those in the other regions. Individuals in the Northeast had higher average intakes of vitamins B_{12} and C. Individuals in the South had slightly lower average intakes of energy, protein, fat, carbohydrate, calcium, riboflavin, vitamin B_6, vitamin B_{12}, and vitamin C than those in the other three regions.

4. Percentage of Energy From Protein, Fat, and Carbohydrate

The general factors 4, 9, and 4[10] were used to calculate the energy value from each gram of protein, fat, and carbohydrate, respectively, for each individual's intake. Then the percentage of kilocalories from each source was computed for each individual, after which an average was obtained for each sex-age group (table 3.4). These factors have been found to give suitable estimates for a typical mixed diet. Alcohol is also a source of energy but is not accounted for in this calculation. Therefore, the difference between total energy and energy calculated from protein, fat, and carbohydrate is assumed to be an estimate for alcohol plus an amount generated by atypical diets and is labeled "other." Because infant diets, largely milk, are not typical of the usual mixed diet, the explanation of the values in table 3.4 is excluded from the following discussion.

For all individuals surveyed in the spring of 1977, the average proportion of energy from protein was 16.6 percent; fat, 40.3 percent; and carbohydrate, 42.8 percent. The percentage of energy from protein for children or teenagers (15.4 to 16.1) was generally lower than for men over 34 years (16.7 to 17.2) and women 19 to 74 years (16.8 to 17.5). Men 35 years and older had the highest proportion of energy from fat, about 42 percent, and children and girls 9 to 11 years had the lowest. The Food and Nutrition Board of the National Academy of Sciences recommends that no more than 35 percent of dietary energy come from fat.[11] Females 9 to 11 years of age obtained the highest proportion of energy from carbohydrate (48 percent), and males 35 to 50 years had the lowest (39 percent).

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[10]Merrill, A. L., and Watt, B. K. Energy Value of Foods - Basis and Derivation. U.S. Dept. Agr. Agr. Handb. 74, 1955. (Sl. rev. 1973.)

[11]See p. 36 of footnote 2 reference, p. 1.

5. Nutrient Intakes Compared With 1980 RDA

Nutrient intakes of sex-age groups are compared with the 1980 Recommended Dietary Allowances (RDA)[12] in table 3.5a, and comparisons by income level appear in tables 3.5b-3.5f. For each nutrient, each individual's intake was compared with the appropriate RDA (see table 7.1 for RDA used) and expressed as a percentage. The percentages of all individuals within each sex-age group were then averaged. Among the nutrients considered, average intakes of each of the sex-age groups exceeded the RDA for protein, riboflavin, niacin, and vitamin C (fig. 6).

Energy and protein.--Energy intakes of individuals averaged 85 percent of the RDA, ranging from 76 percent for 19- to 22- and 35- to 50-year-old females to 100 percent for infants. Energy needs of individuals vary according to body size, age, and physical activity, and thus some individuals need less than others. The midpoint of the range for energy RDA of each sex-age group was used for these comparisons. The average protein intake of all individuals was 165 percent of the RDA and varied from 123 percent for women 75 years and older to 210 percent for 1- and 2-year-olds.

Minerals.--Phosphorus intakes exceeded the RDA for all except those for two groups of teenage girls that were close to the recommended amounts. Average calcium intakes of four groups met or exceeded their RDA slightly, and infants' intake exceeded the RDA substantially. Other groups failed to meet the RDA for calcium. Intakes of groups of males averaged 85 percent or more of their RDA, but some groups of females had average intakes 64 to 77 percent of the RDA. Iron intakes of infants and 6- to 8-year-olds averaged more than adequate to meet recommendations, but intakes of 1- to 2- and 3- to 5-year-olds were lower than their RDA, 53 and 79 percent, respectively. Intakes of females 12 to 50 years averaged only 58 to 64 percent of their RDA. Magnesium intakes exceeded the RDA for children from infancy through 2 years of age, and 3- to 8-year-olds had average intakes slightly below their RDA. For older individuals, intakes of magnesium were between 65 and 89 percent of their RDA.

Vitamins.--Of the seven vitamins investigated, three--riboflavin, niacin, and vitamin C--showed group averages that exceeded the RDA for all sex-age groups. Three of the other four vitamins--vitamin A, thiamin, and vitamin B_{12}--had average intakes that met the RDA for all sex-age groups except one or two whose intakes were a few percentage points below the RDA. Intakes of vitamin B_6 averaged below the RDA for all sex-age groups except children under 3 years and were especially low (60 to 65 percent) for women.

Of the four income levels, the lowest income level had the lowest intakes as a percentage of the RDA for energy and all nutrients calculated except vitamin A, thiamin, riboflavin, and vitamin C. The lowest income group had the highest percentage for vitamin A of all four income groups. The highest income group had the highest percentage of all income groups for vitamin C. However, among the income groups, all sex-age groups met the RDA for protein and vitamin C. Some very small differences appear, but they probably would not show significance if tested statistically.

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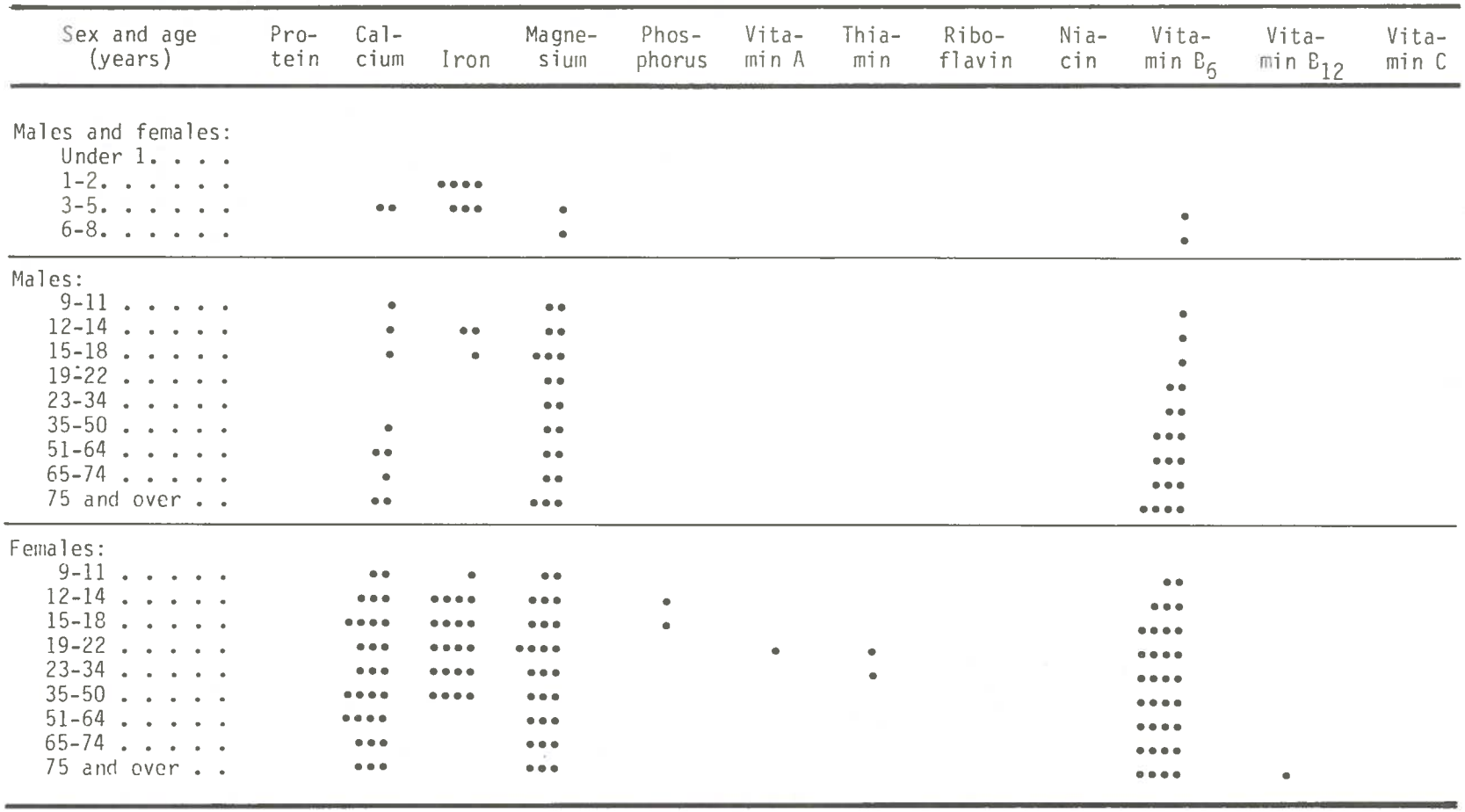
[12]See footnote 2, p. 1.

NUTRIENT INTAKES BELOW 1980 RECOMMENDED DIETARY ALLOWANCES

Average intake as percentage of 1980 RDA, spring 1977



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 6

6. Nutrient Intakes of 1977 and 1965 Compared

Nutrient intakes of individuals in the spring of 1977 are compared with similar published data from the spring 1965 survey[13] collected as described previously under data collection. Several age groups by which data in the 1965 survey were tabulated differed slightly from groupings used in 1977 (see note on fig. 7).

Energy.--Food energy intakes of individuals in 1977 were lower on the average than those reported in 1965 (fig. 7). Intakes of children under 3 years declined the most (17 percent) and intakes of certain groups of elderly persons declined the least (2 to 4 percent). Intakes of all three energy-yielding nutrients--protein, fat, and carbohydrate--decreased in 1977 from 1965. Average fat intakes decreased about 15 percent for half of the 22 sex-age groups.

Minerals.--Calcium intakes averaged lower for infants, children, and teenagers in 1977 than in 1965. For most age groups of adults, intakes were close to or above 1965 levels. Considerable increases in intakes of calcium occurred for the oldest group of men and for the two oldest groups of women. Iron intakes increased slightly from 1965 to 1977 for many sex-age groups. The increase in the iron intake of infants was especially dramatic, about triple the 1965 level. However, in 1977, iron intake of 1- to 2-year-olds was less than half that of the infants. The increase in iron intakes of infants is the result of increased iron fortification of baby cereals and formulas since the 1965 survey. Magnesium intakes in 1977 were somewhat less than the 1965 estimates for infants and most groups of children and teenagers but higher for most groups of adults, especially those 65 years and over. (Phosphorus intakes for 1965 are not available.)

Vitamins.--Average vitamin A intakes were lower in 1977 than in 1965 for all sex-age groups except children 6 to 8 years old, men 65 years and older, and women 51 years and older. The decreases in vitamin A intakes varied from about 5 to 25 percent. Nevertheless, the 1977 vitamin A intake of only one sex-age group (19- to 22-year-old women) averaged below the RDA (95 percent). Vitamin C intakes in 1977 were considerably higher than in 1965, with increases ranging from approximately 15 to 65 percent, except for infants whose average intake more than doubled. Fortification of beverages and ready-to-eat cereals and higher consumption of citrus fruit juices contributed substantially to the increases.

Intakes of thiamin averaged higher in 1977 for all groups except 19- to 34-year-old men. Average riboflavin intakes were down in 1977 for infants, children, teenage girls, and adults less than 65 years, but intakes still met the RDA. Vitamin B_6 average intakes were higher in 1977 than estimated intakes in 1965 except for 1- to 2-year-olds, men 23 to 50 years, and women 19 to 34 years of age. Average intakes of vitamin B_{12} were lower in 1977 than in 1965, especially for infants and individuals 12 to 34 years of age. Niacin values are not available for the 1965 survey.

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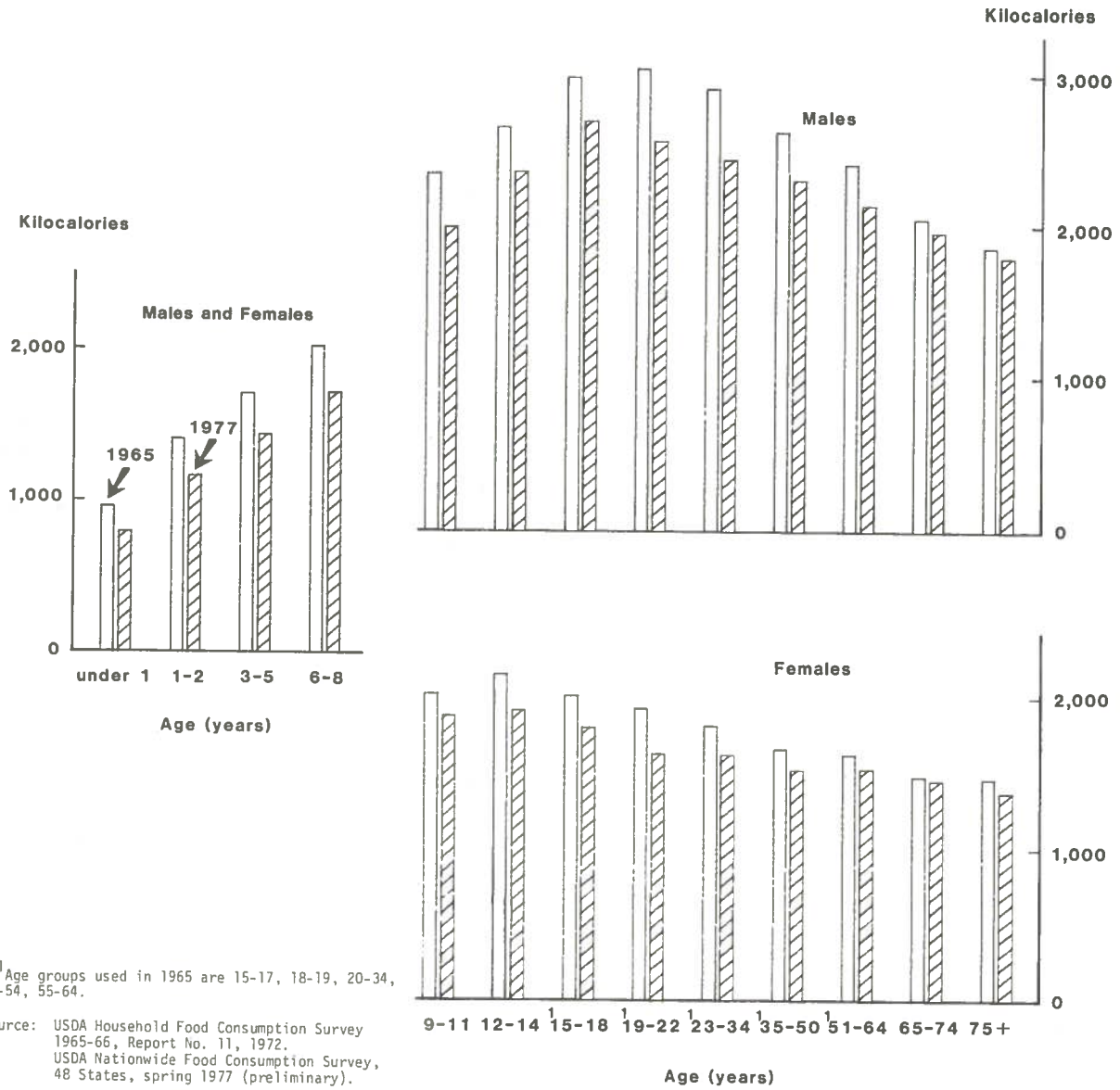
[13] See footnote 3, p. 6.

FOOD ENERGY

Average intake per individual in a day, spring 1965 and 1977



[1] Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 7

7. Nutrient Densities

Reporting of nutrient intakes per 1,000 kcal (tables 3.6a-3.6f) permits the comparison of the nutrient density of diets. Variation in nutrient level among sex-age groups is greatly reduced when nutrient intakes are expressed as nutrient densities. Examining the nutrient density of food intakes relative to the RDA is a useful alternative method for considering nutritional quality of diets in this study where average energy levels are consistently below the RDA. Nutrient densities of the RDA have been calculated (in table 7.2) for comparison with nutrient densities in tables 3.6a-3.6f.

The vitamin and mineral densities of infants' diets were generally much higher than for the diets of other age groups, and the protein and fat densities of their diets were somewhat lower. For example, the iron density for the infants, 22.1 mg/1,000 kcal, was about three times higher than for any other group as illustrated in figure 8 and was also much higher than the nutrient density of the RDA (14.5 mg). Infants were not included in the following discussion of the range of nutrient densities between the sex-age groups.

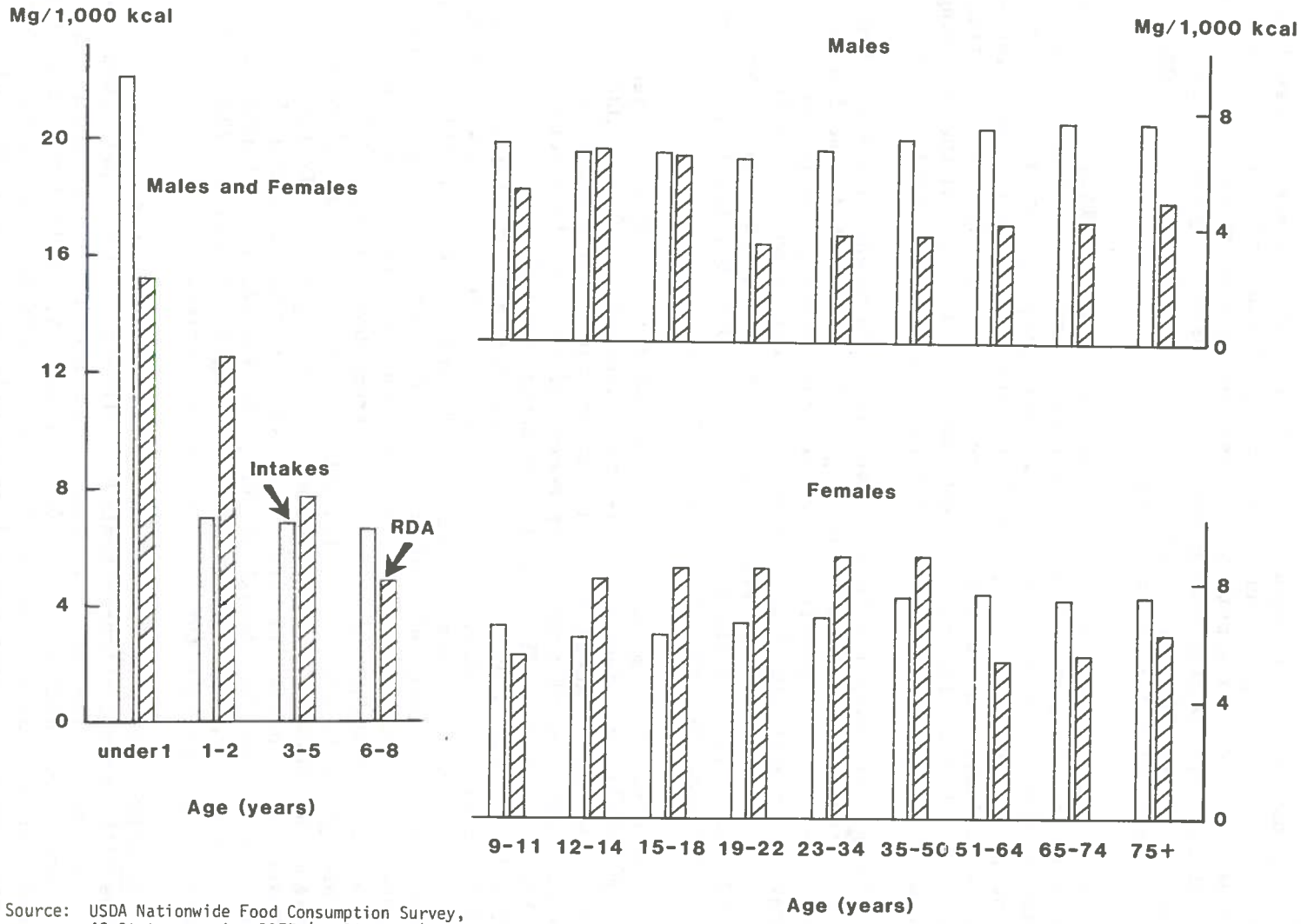
Energy-providing nutrients.--Average protein densities were slightly lower for children and teenagers (38 to 40 g/1,000 kcal) than for adults (40 to 44 g/1,000 kcal). These densities exceeded considerably the protein densities of comparable RDA (table 7.2). Carbohydrate density was lowest for men 35 to 64 years of age (98 g/1,000 kcal) and highest for girls 9 to 11 years old (121 g/1,000 kcal). Fat density varied from 41 g/1,000 kcal for 1- to 2-year-olds to 47 g/1,000 kcal for men over 50 years of age.

Minerals.--Calcium density was lowest for men 35 to 64 years (about 340 mg/1,000 kcal) and highest for 1- to 2-year-olds (633 mg/1,000 kcal); these calcium densities exceeded the densities for their respective RDA (fig. 9). However, densities of intakes for women and teenage girls were below densities of their calcium RDA. The lowest iron density was for 12- to 14-year-old girls (6.2 mg/1,000 kcal), and the highest was for 51- to 64-year-old women (7.7 mg/1,000 kcal). Densities of iron intakes were well below densities of the girls' RDA, as they were for older girls and women of childbearing age; but intakes exceeded the density of iron RDA for older women (fig. 8). Preschool-age children's iron intakes also were low when compared to their RDA on a 1,000 kcal basis. Magnesium densities varied from about 120 mg/1,000 kcal for teenage boys and girls to over 160 mg/1,000 kcal for women over 35 years. Densities of magnesium intakes exceeded densities of magnesium RDA for children under 12 years, were below the RDA densities for teenagers and the elderly, and were close to the RDA densities for young and middle-aged adults. Phosphorus intake densities, which varied from 600 mg/1,000 kcal to 730 mg/1,000 kcal, exceeded RDA densities for all sex-age categories.

Vitamins.--Vitamin intakes exceeded RDA on a density basis for all sex-age groups with one exception--vitamin B_6. Vitamin A intakes per 1,000 kcal varied among sex-age groups the most of all nutrients--lowest for young men (2,000 IU/1,000 kcal) and highest for elderly women (4,600 IU/1,000 kcal) (fig. 10). Thiamin density was also lowest for young men (0.62 mg/1,000 kcal) but highest for children and elderly men and women (0.75 to 0.80 mg/1,000 kcal). The lowest density for riboflavin was for men (0.80 to 0.85 mg/1,000 kcal), and the highest

IRON DENSITY OF INTAKES AND RECOMMENDED DIETARY ALLOWANCES

Average intake per individual in a day, spring 1977

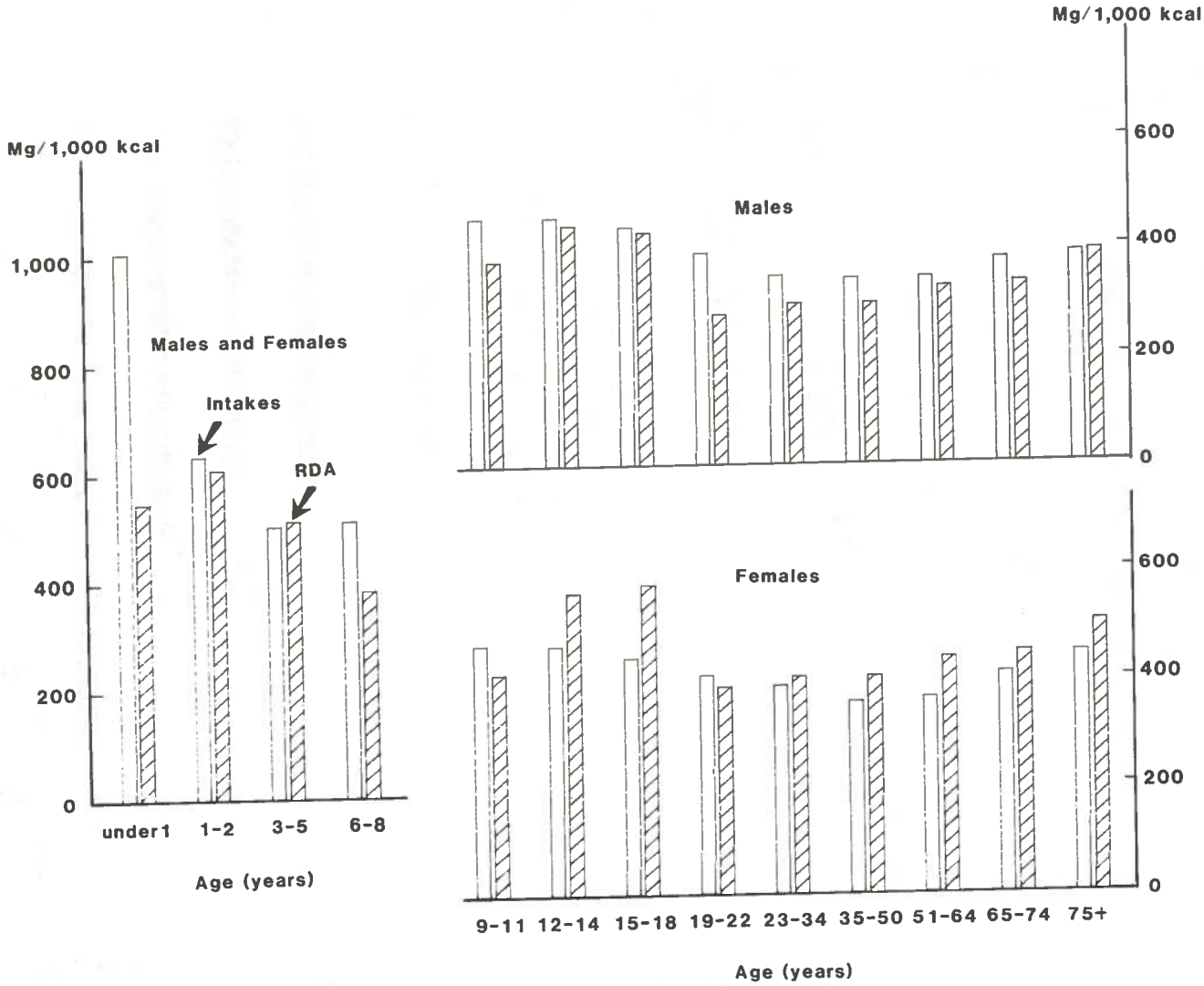


Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 8

CALCIUM DENSITY OF INTAKES AND RECOMMENDED DIETARY ALLOWANCES

Average intake per individual in a day, spring 1977

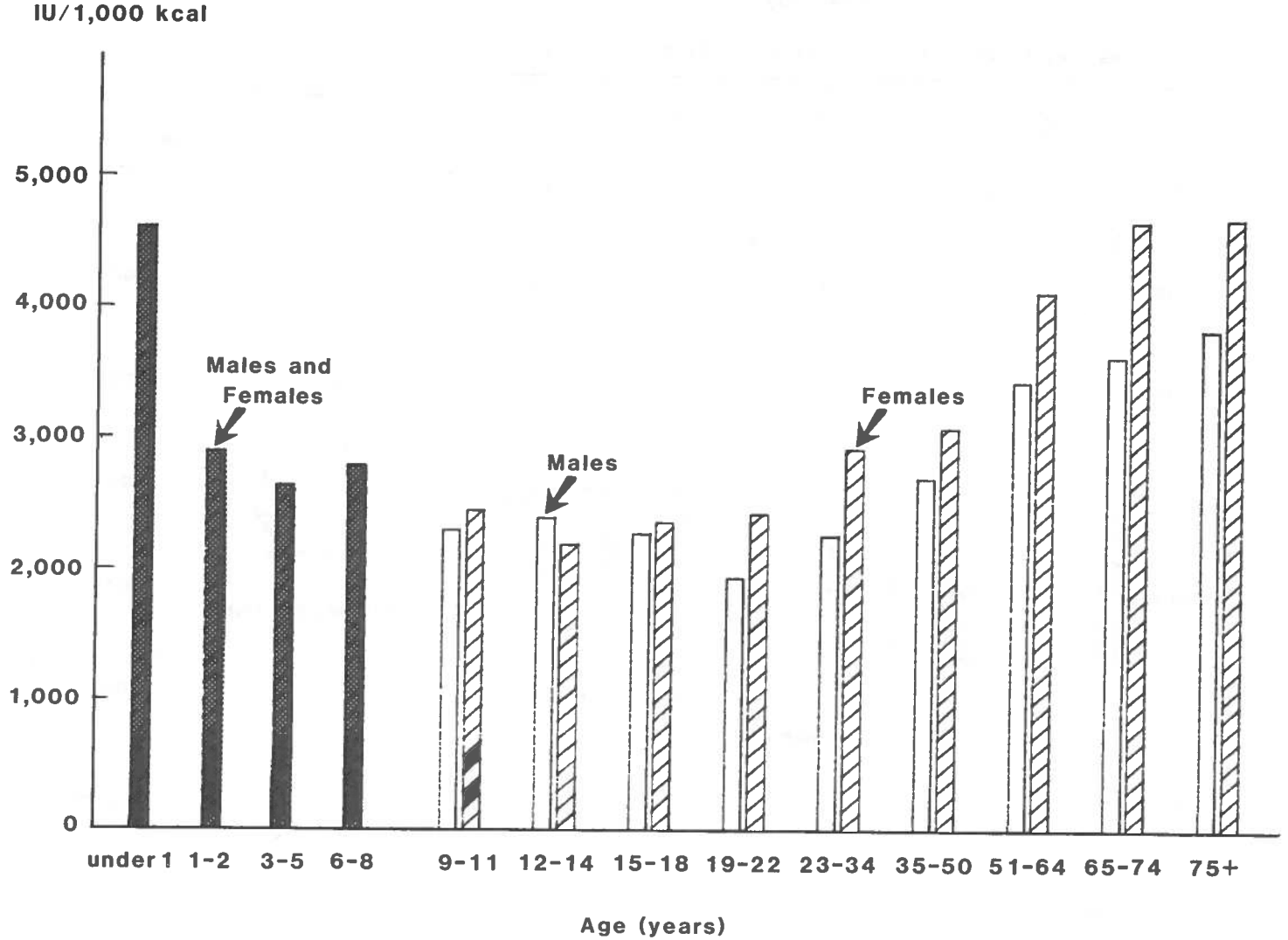


Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 9

VITAMIN A DENSITY PER 1,000 KILOCALORIES

Average intake per individual in a day, spring 1977



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 10

was for 1- to 2-year-olds (1.25 mg/1,000 kcal). Densities for preformed niacin varied from a low of 9 mg/1,000 kcal for 1- to 2-year-olds to a high of 12 mg/1,000 kcal for some groups of women. Vitamin B_6 density was lowest for teenagers and young men and women (0.70 to 0.75 mg/1,000 kcal) and highest for older men and women (about 0.85 mg/1,000 kcal). Vitamin B_{12} densities varied from 2.1 to 3.7 mcg/1,000, with teenagers and young adults having the lowest. Vitamin C density varied widely among sex-age groups--from 35 mg/1,000 kcal to 70 mg/1,000 kcal--with teenage boys and men having the lowest densities.

When individuals were divided by income level and average nutrient densities were compared, little difference among income levels was found for protein, fat, carbohydrate, preformed niacin, vitamin B_6, or vitamin B_{12}. However, compared with those in most higher income levels, individuals with household incomes of less than $6,000 had intakes with nearly the same or higher nutrient densities for most other nutrients. The high magnesium density of 35- to 50-year-old women in the lowest income group is due to an intake of coffee (a significant source of magnesium) and little else by one woman. Only for two nutrients--calcium and vitamin B_{12}--was the density for any income group higher than for the lowest income group.

D. NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME

The average contribution of food obtained and eaten away from home to the total day's nutrient intake for all individuals is presented in table 4.1. Forty-four percent of the individuals surveyed obtained and ate some food or beverage away from home on the day reported. The percentages of males and females eating away from home were very similar below age 22 and over age 65; however, for ages 23 to 64, the percentage of men eating away from home was much greater than that of women.

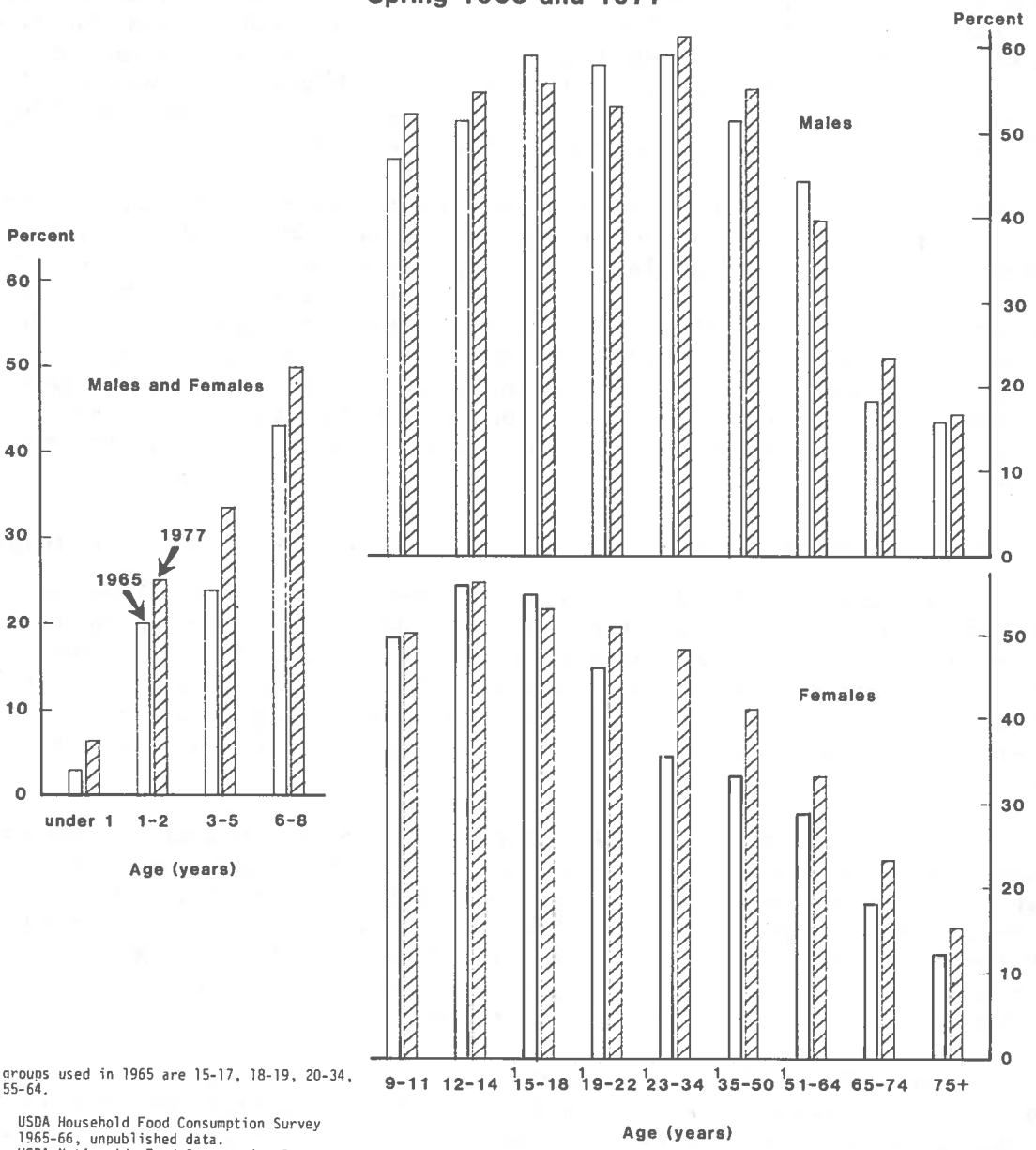
Six percent of the infants had some food or beverage that was obtained and eaten away from home. This proportion increased progressively for 1- to 2-year-olds (25 percent), for 3- to 5-year-olds (33 percent), and for 6- to 22-year-olds (50 to 55 percent). This continued to increase to a peak of 60 percent for 23- to 34-year-old males but declined to below 50 percent for females of this age. Eating away from home then decreased with age to 23 percent for men and women age 65 to 74 and about 15 to 17 percent for those 75 and older.

In the 1965 survey, 39 percent of the individuals obtained and ate some food away from home compared with the 44 percent reported here for 1977. The sex-age group with the greatest increase since 1965 was the 23- to 34-year-old females (fig. 11). In 1965, 35 percent of this group had food away from home on the day surveyed; in 1977, almost 50 percent ate out. The next largest increase was for the 3- to 5-year-olds; 24 percent had food away from home in 1965 compared with 33 percent in 1977. These increases probably reflect the large expansion of the younger women into the work force and their use of day care outside the home for preschoolers.

Almost 19 percent of the energy intake (and of the intakes of energy-providing nutrients) for all individuals came from food obtained and eaten away from home. By sex-age groups the proportion of energy from food away averaged between a low of about 7 percent for the oldest groups and a high of 27 percent for 23-

INDIVIDUALS OBTAINING AND EATING FOOD AWAY FROM HOME

Spring 1965 and 1977



[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, unpublished data.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 11

to 34-year-old men (fig. 12). Compared with energy-providing nutrients, vitamins and minerals from food obtained and eaten away represented a slightly smaller percentage of the total intake. When all individuals are considered (table 4.1), the proportions of vitamins and minerals coming from food obtained and eaten away from home ranged from 15 to 18 percent compared with 19 percent for energy-providing nutrients.

The importance of food away in diets of people who eat out was appraised by studying only the individuals who had some food away from home. For these individuals the proportions of vitamins and minerals provided by away-from-home foods averaged from 35 to 42 percent, and the energy was 43 percent of the total day's intake (table 4.2). Among these individuals who ate away from home, some age groups obtained nearly half of their food energy away from home, namely males 19 to 22 years, females 15 to 34 years, and the groups who ate out the least--men and women over 64 years. Apparently elderly individuals who eat out have substantial proportions of their day's food away from home. Unlike most younger groups, adults over 64 obtained a greater percentage of their protein than of their caloric intake from food away from home, indicating that the food they had away from home had a higher protein density than that of most younger groups.

E. EATING OCCASIONS

1. Frequency of Eating

Three times a day was the most frequent eating pattern reported by individuals (39 percent), followed by four times (28 percent), and five times (14 percent) (table 5.1a). Almost 1 percent ate only once and 7 percent ate twice on the day reported. Adults 75 years and older had the highest proportion (58 percent) eating three times during the day, and infants and 1- to 2-year-olds had the smallest proportion (6 and 26 percent, respectively). Almost half (46 percent) of the infants ate six or more times in the day.

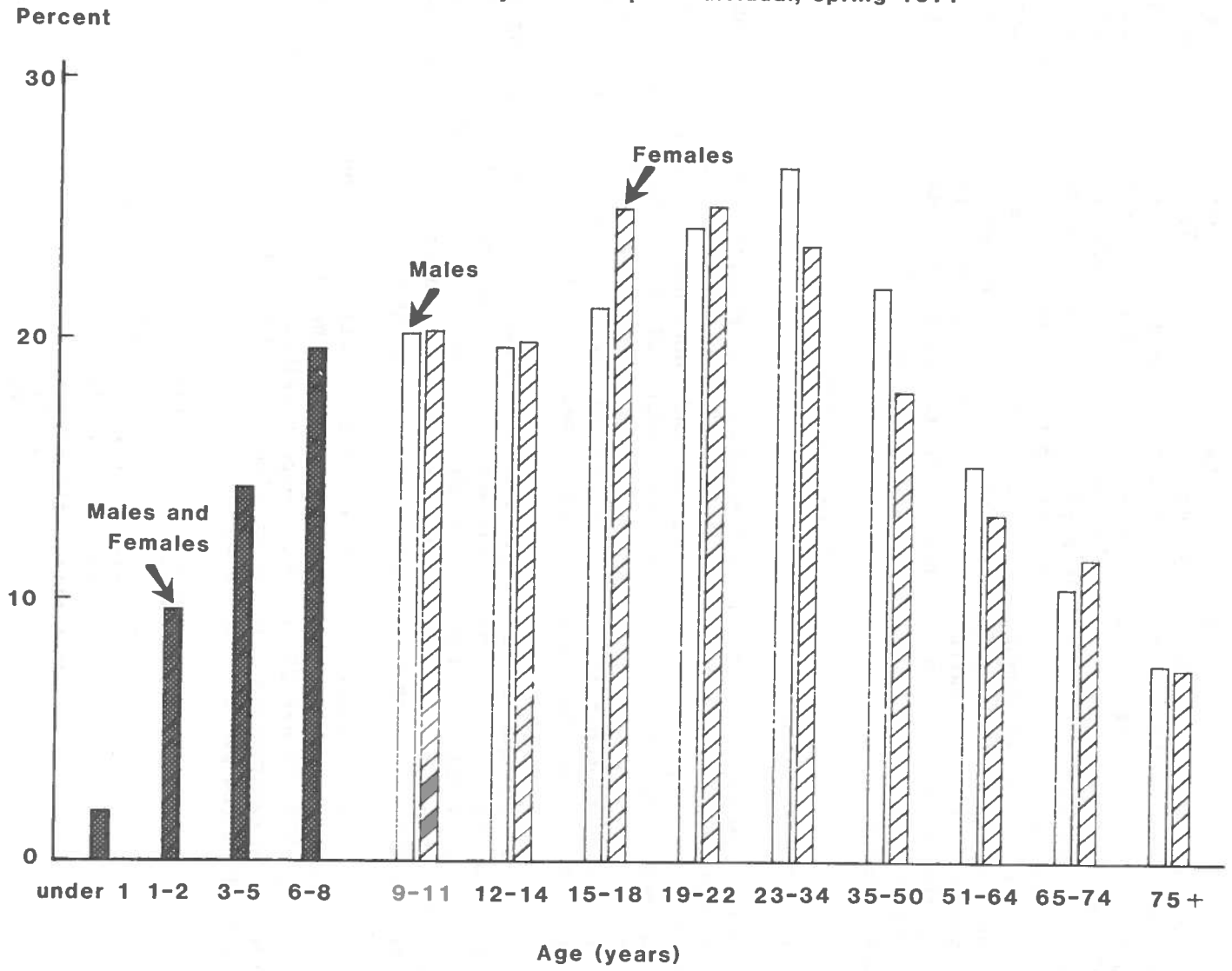
About 95 percent of the sample reported between two and six eating occasions in the day. Eating twice a day was reported most often by males 19 to 34 years (about 13 percent) and females 15 to 50 years (9 to 12 percent). About 4 percent of the 19- to 22-year-old females reported eating only once during the day as did 2 percent of the males in this age group.

In 1965, the frequencies of three and four eating occasions per individual in 1 day were nearly equal (32 and 31 percent of the individuals, respectively) but not in 1977 (39 and 28 percent, respectively). In 1977, fewer persons appeared to be eating more than three times in a day (53 percent) compared with those in 1965 (64 percent) as shown below.

Frequency of eating	1965	1977
	Percent	
1.....	0.2	0.9
2.....	3.5	7.4
3.....	32.2	39.2
4.....	31.1	27.6
5.....	19.4	14.3
6.....	8.5	6.1
7.....	3.0	2.5
8.....	1.1	.9
9 or more.....	1.0	1.1

FOOD ENERGY FROM FOOD OBTAINED AND EATEN AWAY FROM HOME

Percentage of day's intake per individual, spring 1977



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 12

2. Identification of Eating Occasions

Eating occasions were identified by participants in the 1977 survey (table 5.1b). Breakfast was not reported by 14 percent of the individuals. However, 29 percent of the 19- to 22-year-olds reported no breakfast as did 25 percent of adults 23 to 34 years of age. The oldest adults (75 years and older) had the smallest proportion reporting no breakfast along with the 1- to 2-year-olds (1 to 2 percent).

Lunch, which includes brunch, was reported by 77 percent of the individuals. Dinner was reported by 49 percent and supper by 52 percent. Some of the respondents called the midday meal "dinner" as shown in figure 13. Many of these may be individuals 65 years and over who, of the sex-age groups, most often report dinner and supper and least often report lunch.

Snacks, which include coffee breaks, were reported by 59 percent of the respondents, with 32 percent reporting only one. The 1- to 2-year-olds had the highest proportion with more than one snack reported. For about 45 percent of the infants, the eating occasion was not named by the respondent, probably because it was often difficult for mothers to label.

3. Time of Day

The frequency of eating meals and snacks by the time of day is shown in figure 13 and table 5.2. Breakfast was most frequently reported between 7 and 8 a.m. (31 percent), lunch between 12 and 1 p.m. (53 percent), and dinner and supper between 6 and 7 p.m. (33 and 38 percent, respectively). "Dinner" appears more frequently to refer to the evening meal, although 11 percent of "dinners" were reported between 12 and 1 p.m.; how many are midday meals on Sunday has not been ascertained yet. Snacking peaked during three periods--10 to 11 a.m. (8 percent), 3 to 4 p.m. (11 percent), and 8 to 10 p.m. (25 percent). About half (51 percent) of the snacking took place in the evening hours (5 p.m. to midnight).

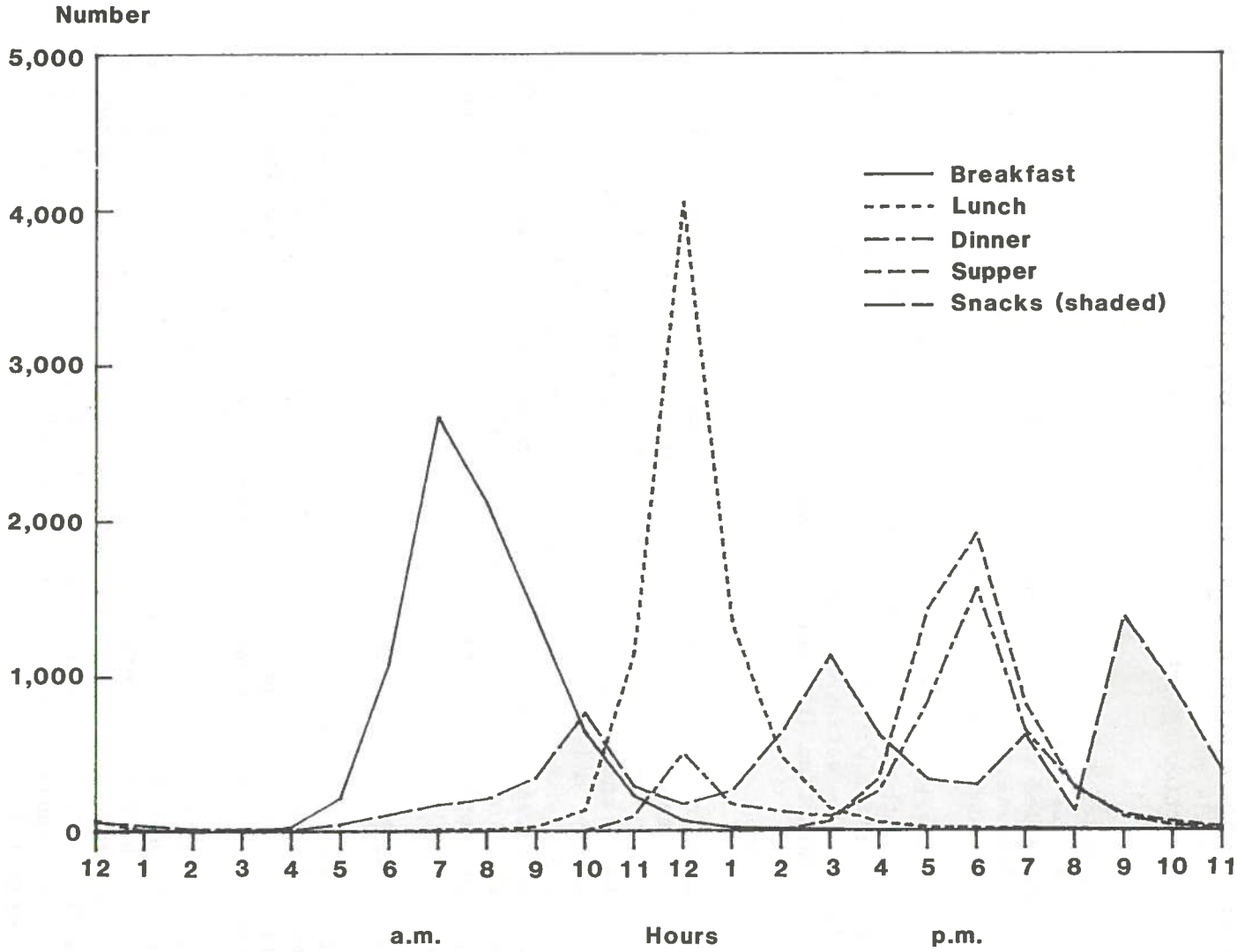
4. Nutritive Value of Eating Occasions

The average nutritive content of meals and snacks has been computed in two ways: (1) Including all individuals even though the particular meal or snack was not eaten by everyone (tables 5.3a-5.9a) and (2) including only users, or individuals who reported eating the meal or snack (tables 5.3b-5.9b).

The contribution to the day's energy and nutrient intake of each eating occasion based on all individuals is shown in tables 5.3a-5.9a. The energy content of breakfast averaged 18 percent of the total day's energy intake, lunch (including brunch) 25 percent, dinner and supper 22 percent each, and snacks (including coffee and beverage breaks) 11 percent. Other eating occasions that respondents considered not to fit into these categories or did not name averaged 2 percent.

The contribution of an eating occasion based on intakes of only those individuals reporting that eating occasion, as discussed here, may be more useful to meal planners than those based on intakes of all individuals. The average

EATING OCCASIONS BY TIME OF DAY, SPRING 1977



Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 13

proportion of the day's energy intake provided by specified meals based on only the individuals reporting (users) was breakfast 21 percent, lunch 32 percent, dinner 45 percent, supper 42 percent, and snacks 19 percent (tables 5.3b-5.7b and fig. 14).

Breakfast.--Breakfasts for users provided proportionately more carbohydrate (26 percent) than protein or fat (18 percent) and proportionately more of the vitamins and minerals (22 to 31 percent) than energy (21 percent) (table 5.3b and fig. 14). The nutrient density of breakfast appears to be higher than for other meals in the day. Children's (1 to 11 years) breakfasts supplied about one-fourth (22 to 27 percent) of the day's energy but more than one-third of their day's intake of vitamin A (35 to 39 percent), thiamin (36 to 41 percent), riboflavin (36 to 38 percent), and vitamin C (36 to 40 percent). The elderly averaged somewhat higher percentages of their day's energy and most nutrients from breakfast than most groups of younger adults, possibly because they had few snacks.

Lunch.--Lunch, which includes brunch, by users showed a different profile of energy and nutrients than breakfast by its users (fig. 14). For most sex-age groups except infants and young children, about one-third of the users' energy and most nutrients came from lunch, with smaller fractions of vitamins A and C (28 and 25 percent, respectively).

Dinner.--The nutrient profile for dinner showed less carbohydrate and calcium but more iron, vitamin A, and vitamin C in relation to food energy than the profile for lunch (fig. 14). For people reporting dinner, about one-half of the day's intake of fat, protein, and vitamin B_6 came from this meal, almost one-half of the iron (46 percent), preformed niacin (48 percent), and vitamin A (48 percent) but less of the other vitamins and minerals (table 5.5b). Generally, children and younger teenagers obtained a lower percentage of energy and nutrients from this meal than did adults, possibly because snacks are more important for the younger groups.

Supper.--Supper for its users provided a slightly smaller share of the day's intake of energy and nutrients than dinner did for its users (fig. 14). Supper for the elderly provided a little over one-third of their day's intake of energy and most nutrients. Children's and younger teenagers' suppers also provided less of their day's intake of energy and most nutrients than suppers of young and middle-aged adults.

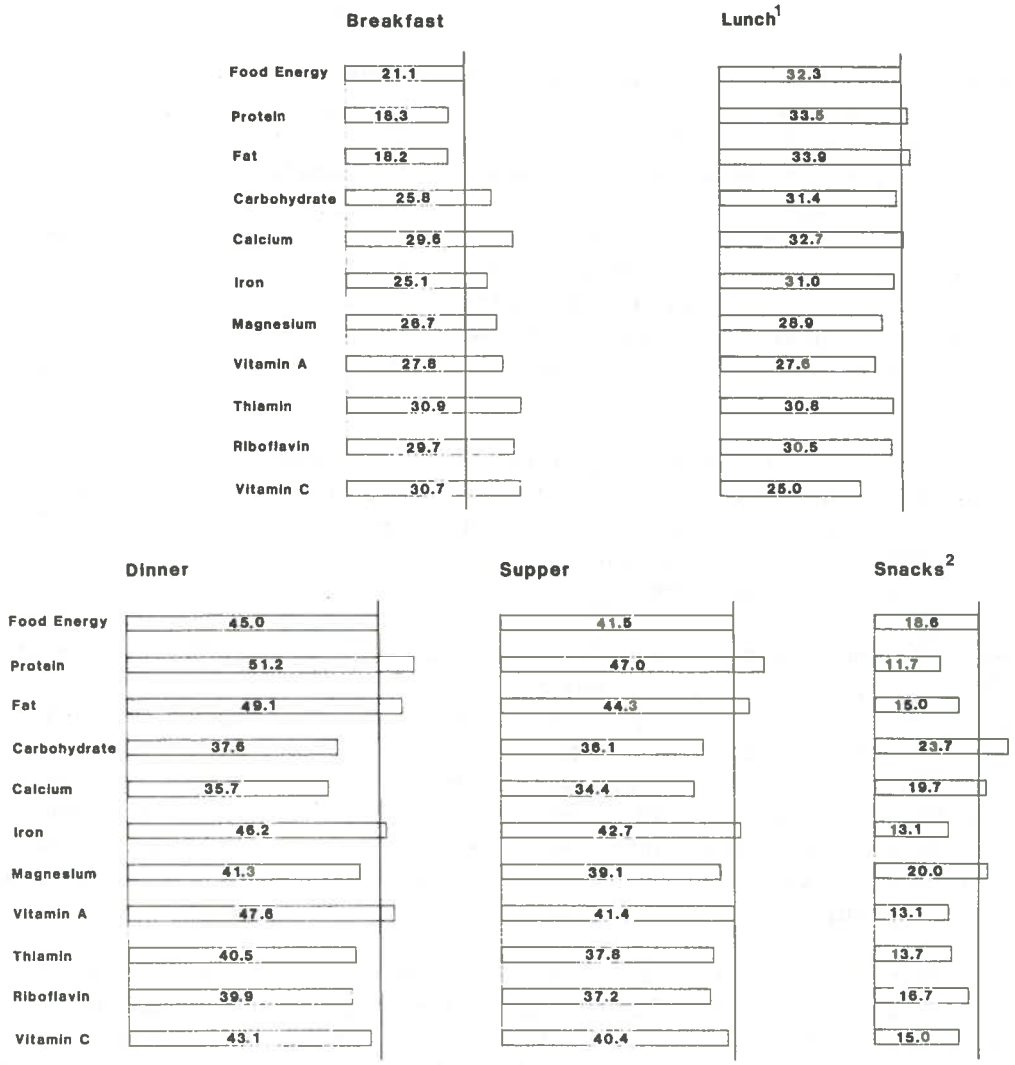
Snacks.--The nutrient profile for snacks differed markedly from profiles for other eating occasions (fig. 14). Snacks were relatively higher in energy and carbohydrate than in protein, iron, or vitamins. The relatively high values for magnesium in snacks are likely from coffee, and for calcium they are likely from milk or milk products.

5. Eating Occasions Away From Home

Of the total eating occasions reported, 17.8 percent included only food obtained and eaten away from home (1.6 percent were breakfasts; 6.1 percent, lunches (including brunches); 2.0 percent, dinners; 1.5 percent, suppers; 6.0 percent, snacks; and 0.6 percent, other). In addition to eating occasions,

NUTRIENT CONTRIBUTION OF EATING OCCASIONS

Percentage of day's intake per individual reporting specified eating occasions, spring 1977



[1]Includes brunch.

[2]Includes coffee and beverage breaks.

Source: USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 14

which included only food obtained away from home, about 1.3 percent of the total occasions included some food carried from home and some food obtained away from home. For example, a lunch could consist of a sandwich from home and milk purchased at school or place of work. Of the total eating occasions, 3.7 percent consisted only of food carried from home and eaten elsewhere--2.0 percent were lunches carried from home and 1.2 percent were snacks.

Each eating occasion was also studied separately. For each sex-age group and specified eating occasion, the number of each eating occasion with all food obtained away from home was expressed as a percentage of the group's total number of that eating occasion (at home and away). For example, 23- to 34-year-old men reported that 94 out of a total of 587 breakfasts (numbers not shown) were obtained away from home, or 16 percent as shown below.

Eating Occasions With All Food Obtained Away From Home

Sex and age (years)	Break-fast	Lunch	Dinner	Supper	Snack	All occasions
	Percent					
Males and females:						
Under 1.....	0	1.5	3.6	1.9	1.8	1.5
1-2.....	3.6	9.6	14.0	9.9	7.1	7.9
3-5.....	4.4	19.8	17.7	8.2	13.9	12.3
6-8.....	5.9	37.1	13.7	7.1	19.3	17.5
Males:						
9-11.....	5.9	38.1	9.8	9.5	10.3	15.5
12-14.....	5.5	46.4	10.1	5.4	21.4	18.8
15-18.....	7.4	46.2	8.8	9.2	24.6	21.0
19-22.....	11.0	29.0	21.1	21.7	34.8	25.7
23-34.....	16.0	35.4	23.9	18.7	35.1	27.7
35-50.....	12.4	34.8	14.6	13.1	32.7	23.6
51-64.....	5.9	27.1	12.4	10.7	19.1	15.5
65-74.....	1.4	15.4	15.0	6.1	6.0	8.0
75 and over.....	1.6	8.1	9.0	5.7	4.7	5.4
Females:						
9-11.....	4.3	34.5	18.3	9.1	19.4	17.6
12-14.....	4.9	41.3	9.6	7.9	20.9	18.8
15-18.....	4.8	41.4	21.7	15.9	26.8	23.4
19-22.....	8.5	30.7	22.7	18.8	35.1	24.8
23-34.....	10.1	30.0	22.7	12.8	25.4	22.4
35-50.....	5.5	24.9	13.7	10.5	20.3	15.7
51-64.....	4.0	19.3	13.2	7.8	15.6	11.9
65-74.....	1.6	12.3	14.6	6.1	8.8	7.8
75 and over.....	.5	13.0	7.3	4.6	2.6	5.4
All individuals...	6.7	29.1	15.8	10.8	22.0	17.8

As can be seen in these data, the 23- to 34-year-old men had the largest proportion of breakfasts out. Boys 12 to 18 years obtained nearly half (46 percent) of their lunches away from home, more than for any other sex-age

group. Almost one-fourth of the dinners of 23- to 34-year-olds were obtained outside the home and less than one-tenth for infants, some teenage groups, and the oldest adults. A smaller proportion of suppers (10.8 percent) than dinners (15.8 percent) was obtained at places other than at home. One-third or more of the snacks of 19- to 50-year-old men were obtained away from home, but among females only the 19- to 22-year-olds obtained this level. When all eating occasions were considered, the older teenagers, men less than 51 years, and women less than 35 years more frequently reported occasions away from home.

F. CHARACTERISTICS OF HOUSEHOLDS AND INDIVIDUALS

Household income (table 6.1), race (tables 6.1-6.3), household size (table 6.4), and age, education, and employment status of the female head of the household (table 6.5) were among those household characteristics for which information was collected in the survey. Race of the respondent was recorded as observed by the interviewer; other characteristics were reported to the interviewer by the household respondent. Unlike other tables in this report, breast-fed infants and children were included.

1. Income, Race, and Age

Household income before taxes in 1976, one of the income variables obtained in the 1977-78 NFCS, was under $6,000 for 12.7 percent of the individuals surveyed, $6,000-$9,999 for 13.4 percent, $10,000-$15,999 for 20.8 percent, $16,000 or more for 34.4 percent, and was not reported for 18.7 percent. Blacks made up a higher proportion (26 percent) of the lowest income group than of higher income groups, and the proportion of blacks in the higher income groups progressively decreased as the income level increased.

Elderly people were more often from low income households than were younger people. Thirty-four percent of the individuals 65 years and older were from households in the lowest income group compared with only 10 percent of adults age 19 to 64 years as shown below.

Age (years)	Individuals (number)	1976 household income before taxes (percent)				
		Under $6,000	$6,000-$9,999	$10,000-$15,999	$16,000 or more	Not reported
Under 19.....	3,169	10.7	13.4	21.9	37.1	16.9
19-64.....	5,495	10.0	12.5	21.5	37.5	18.5
65 and over....	996	33.5	19.0	12.8	8.4	26.3

2. Region, Urbanization, and Race

The respondents surveyed were 84.1 percent white, 11.7 percent black, 3.8 percent of another race, and a few were unreported (table 6.2). Of the elderly (75 years and older), over 90 percent were white. Blacks made up a higher percentage of the respondents in central cities (27 percent) than in suburban

(5 percent) or nonmetropolitan areas (7 percent). In the regions, the blacks made up a higher percentage of the respondents from the South (21 percent) than of respondents in the Northeast (8 percent), North Central (7 percent), or West (6 percent) (table 6.3).

3. Region, Urbanization, and Income

A higher percentage of individuals was from households in the lowest income group in the South (17 percent) than in other regions (10 to 12 percent). A higher percentage of individuals in central cities (18 percent) and nonmetropolitan areas (13 percent) resided in households with incomes under $6,000 than in suburban areas (8 percent). A lower percentage of individuals in central cities (30 percent) and nonmetropolitan areas (30 percent) resided in households with the highest income ($16,000 and over) than in suburban areas (42 percent). The distribution of individuals in the four regions and three urbanizations by level of household income is summarized as follows:

Region and urbanization	Individuals (number)	1976 household income before taxes (percent)				
		Under $6,000	$6,000-$9,999	$10,000-$15,999	$16,000 or more	Not reported
48 States.....	9,660	12.6	13.4	20.7	34.4	18.8
Northeast.....	2,298	12.0	11.7	17.7	40.1	18.5
North Central....	2,501	9.5	9.4	21.3	38.6	21.2
South.....	3,085	16.7	17.1	21.0	25.7	19.6
West.....	1,776	10.8	15.0	23.4	36.5	14.3
Central cities...	2,726	18.4	13.3	22.3	29.6	16.4
Suburban areas...	3,687	8.1	11.8	19.5	42.0	18.6
Nonmetropolitan areas.....	3,247	13.0	15.4	20.9	29.8	20.9

4. Household Size

Household size refers to the number of members regularly living in the household but excludes roomers, boarders, and employees. About 7 percent of the individuals participating in the survey lived alone (4 percent lived alone in the 1965 survey[14]), and elderly women more often lived alone than any other sex-age group (table 6.4). Generally, a higher proportion of women than men lived alone at a given age, and the proportion of men and women living alone became larger as age of the group increased. Almost 50 percent of the elderly women (75 years and older) lived alone as compared with only about 20 percent of the men in this age group. Thirty-seven percent of individuals lived in households composed of four or five persons, and almost 20 percent lived in households with more than five persons.

[14]See footnote 3, p. 6.

Individuals surveyed in central cities were more often from one-person households than in other urbanizations, and individuals in suburban and nonmetropolitan areas were more often from large families (four or more persons) than in central cities as shown below.

Urbanization	Individuals (number)	Household size (percent)				
		1	2	3	4	More than 5
48 States.....	9,660	6.8	22.0	16.5	36.8	17.9
Central cities....	2,726	11.5	23.4	16.5	30.1	18.5
Suburban areas....	3,687	4.3	19.9	16.6	41.4	17.7
Nonmetropolitan areas.....	3,247	5.8	23.1	16.4	37.1	17.6

In this survey, as in those in the past, household income of small households was lower than that of large households. Over half of the individuals in the lowest income category, under $6,000, were in one- and two-person households. Two-thirds of the individuals from large households (four or more persons) were from households with incomes of $16,000 and over as shown below.

Household income	Individuals (number)	Household size (percent)				
		1	2	3	4 or 5	More than 5
All incomes.....	9,660	6.8	22.0	16.5	36.8	17.9
Under $6,000.....	1,223	23.0	28.2	16.9	24.0	8.0
$6,000-$9,999.....	1,299	9.2	29.7	16.3	27.0	17.8
$10,000-$15,999....	2,006	5.0	19.9	18.2	36.8	20.1
$16,000 and over...	3,321	1.7	16.1	16.2	46.0	19.9
Not reported.....	1,811	5.6	25.3	15.3	35.4	18.4

5. Characteristics of the Female Head of Household

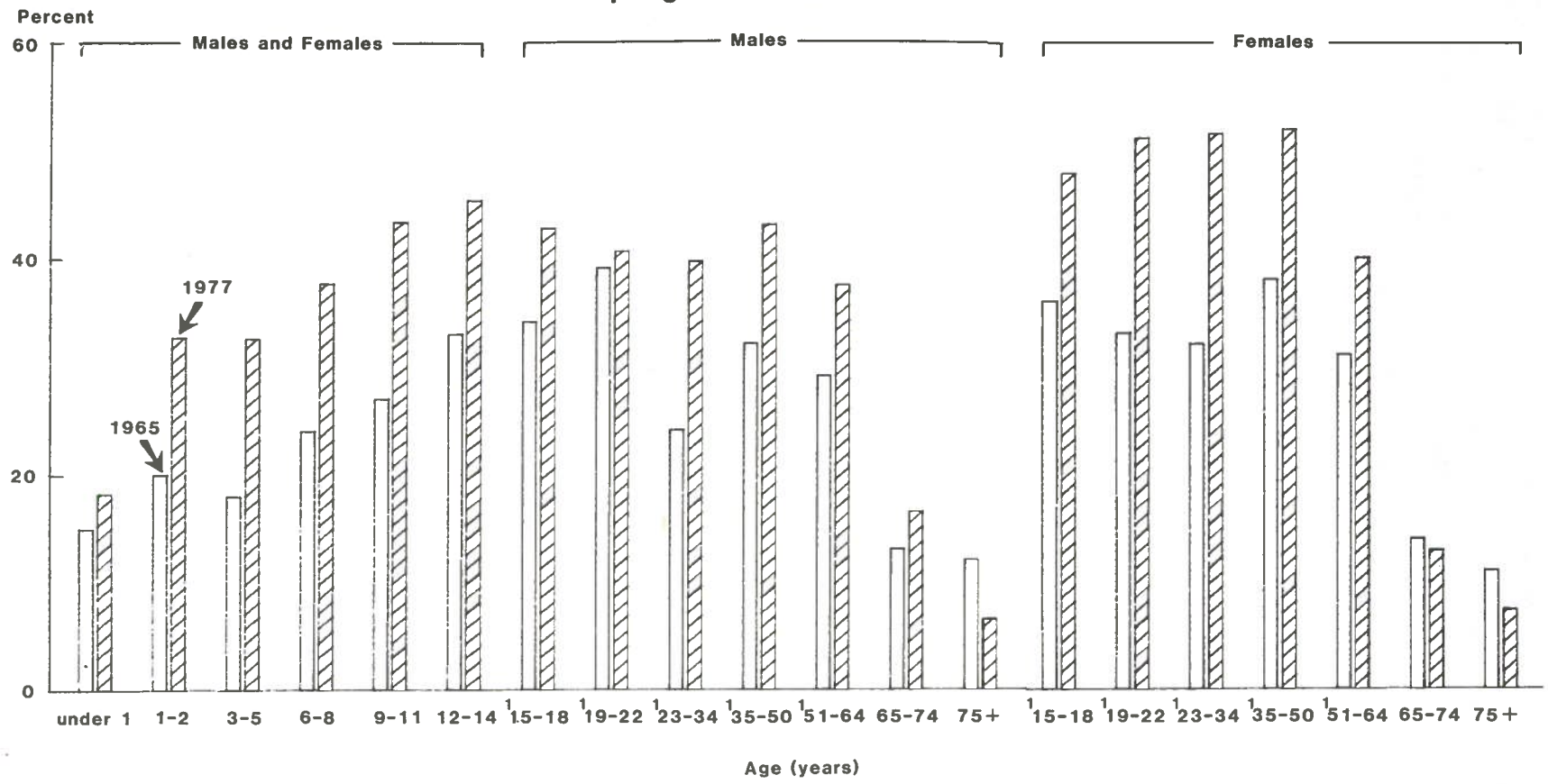
Fifty-five percent of the individuals surveyed lived in households in which the female head was between 35 and 64 years of age (table 6.5). About 4 percent of the individuals lived in households without a female head.

The highest proportion of individuals lived in households with female heads who had completed high school (39 percent), and the next highest proportion lived in households in which the female head had attended college (29 percent) (table 6.5). Among individuals living in households in which the female head had attended elementary school only (or less), the largest percentages were in the oldest age groups.

Forty percent of the individuals surveyed lived in households with employed female heads (table 6.5). The proportion of individuals in households

with employed female heads increased with the age group, being lowest for infants (18 percent) and peaking for females 23 to 34 years. When compared with 1965, the 1977 data showed an increase in the number of individuals in households with employed female heads (fig. 15). Older women and the oldest group of men were the only groups to show a smaller percentage than in 1965 of individuals in households with employed female heads.

INDIVIDUALS LIVING IN HOUSEHOLDS WITH EMPLOYED FEMALE HEAD OF HOUSEHOLD
Spring 1965 and 1977



[1]Age groups used in 1965 are 15-17, 18-19, 20-34, 35-54, 55-64.

Source: USDA Household Food Consumption Survey 1965-66, Report No. 11, 1972.
USDA Nationwide Food Consumption Survey, 48 States, spring 1977 (preliminary).

Figure 15

TABLE 1.1a.--MEAT, POULTRY, FISH
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Meat, poultry, fish									
		Total	Beef	Pork	Lamb, veal, game	Poultry		Organ meats, mixtures mainly organ meats	Frankfurters, sausages, luncheon meats, spreads	Fish, shellfish	Mixtures mainly meat, poultry, fish
						Total	Chicken				
	Number	Grams									
Males and females:											
Under 1	[3]78	72	9	4	3	4	1	0	2	0	51
1-2	[4]264	91	18	6	([5])	16	13	([5])	15	4	32
3-5	437	121	23	8	([5])	19	19	1	15	6	49
6-8	469	149	33	15	1	20	19	1	17	7	55
Males:											
9-11	216	188	41	22	3	24	21	1	19	7	71
12-14	313	218	53	18	([5])	27	24	([5])	25	8	87
15-18	400	272	82	24	1	37	32	3	25	7	93
19-22	287	310	90	21	2	45	43	1	33	6	112
23-34	770	285	86	27	1	31	29	2	30	14	94
35-50	784	295	75	28	1	31	28	3	26	17	113
51-64	634	274	70	32	1	31	29	4	29	22	86
65-74	295	231	54	25	2	29	26	5	22	21	72
75 and over	127	196	41	39	7	28	25	4	19	5	54
Females:											
9-11	241	162	38	17	1	27	23	0	20	5	55
12-14	309	176	47	19	1	23	22	1	18	7	61
15-18	402	180	46	14	2	28	27	1	16	11	61
19-22	337	184	52	19	1	26	24	([5])	18	8	61
23-34	949	183	48	17	1	24	22	1	16	10	66
35-50	942	187	49	19	2	24	21	2	14	14	63
51-64	792	187	52	19	2	26	24	4	12	12	60
65-74	377	159	34	21	4	30	25	2	12	9	47
75 and over	197	134	31	17	2	19	16	3	9	4	49
All individuals	[6]9,620	207	54	20	2	27	24	2	20	11	72

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Less than 0.5 g but more than 0.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.1b.--MEAT, POULTRY, FISH
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Meat, poultry, fish									
		Total	Beef	Pork	Lamb, veal, game	Poultry		Organ meats, mixtures mainly organ meats	Frankfurters, sausages, luncheon meats, spreads	Fish, shellfish	Mixtures mainly meat, poultry, fish
						Total	Chicken				
	Number	Percent									
Males and females:											
Under 1	[3]78	56.0	11.3	6.0	4.9	4.5	1.6	0	4.9	0	31.0
1-2	[4]264	87.2	27.4	18.9	.5	19.6	16.3	.5	31.4	5.7	32.3
3-5	437	89.7	29.6	21.8	.2	17.5	16.8	2.0	33.6	7.9	35.0
6-8	469	93.3	31.0	25.7	1.2	18.3	16.8	1.1	31.3	8.3	33.9
Males:											
9-11	216	96.4	32.7	21.9	2.6	16.7	13.6	1.1	33.7	10.6	39.5
12-14	313	95.1	35.3	18.7	.3	17.8	16.1	.4	28.8	8.5	43.5
15-18	400	96.4	40.1	26.2	.8	19.8	16.8	2.3	32.1	6.8	42.3
19-22	287	92.9	41.7	26.7	.8	21.6	19.5	1.2	36.3	2.9	43.2
23-34	770	93.6	40.5	25.9	.7	15.1	13.7	1.9	32.2	9.1	40.1
35-50	784	96.4	40.7	31.7	.8	18.3	16.1	3.4	29.9	11.2	44.6
51-64	634	96.4	36.9	30.7	1.1	16.7	15.7	2.9	33.0	11.3	35.6
65-74	295	94.6	37.4	35.4	2.0	19.5	16.7	3.9	31.6	10.5	34.3
75 and over	127	95.1	28.1	43.0	5.2	21.8	18.7	4.5	29.0	4.0	23.9
Females:											
9-11	241	93.4	33.7	20.2	.8	22.7	17.7	0	34.8	9.1	32.5
12-14	309	92.2	30.7	25.8	1.2	17.3	16.2	.7	30.8	8.4	35.3
15-18	402	91.2	31.7	19.6	2.0	21.4	19.6	1.3	26.7	7.3	36.0
19-22	337	90.2	34.8	21.0	1.3	17.7	15.9	.7	25.5	7.5	31.9
23-34	949	90.2	33.4	22.8	1.0	17.4	15.7	.8	24.9	9.0	32.5
35-50	942	93.1	36.4	26.3	1.5	18.9	16.5	2.6	23.7	11.5	34.0
51-64	792	92.9	35.6	27.1	2.0	17.8	15.4	2.9	21.0	10.3	34.6
65-74	377	92.0	29.5	28.9	2.5	22.4	18.1	3.5	23.5	7.6	26.6
75 and over	197	90.6	31.8	27.2	2.0	18.3	14.6	4.4	17.9	5.3	28.3
All individuals	[5]9,620	92.8	35.0	25.8	1.3	18.3	16.2	2.0	28.3	8.9	35.9

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.1c.--MEAT, POULTRY, FISH
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Meat, poultry, fish									
		Total	Beef	Pork	Lamb, veal, game	Poultry		Organ meats, mixtures mainly organ meats	Frankfurters, sausages, luncheon meats, spreads	Fish, shellfish	Mixtures mainly meat, poultry, fish
						Total	Chicken				
	Number	Grams									
Males and females:											
Under 1	[4]478	128	79	56	57	97	72	0	32	0	166
1-2	[5]264	105	64	33	67	80	80	35	48	77	99
3-5	437	135	78	38	20	112	112	45	45	73	139
6-8	469	159	105	57	104	111	115	72	56	78	163
Males:											
9-11	216	196	125	101	111	146	154	135	56	68	177
12-14	313	229	150	94	54	149	146	144	88	93	200
15-18	400	282	204	91	184	187	191	128	79	105	220
19-22	287	333	216	78	231	211	221	72	90	233	249
23-34	770	305	213	103	203	204	209	84	94	151	208
35-50	784	306	185	88	183	170	174	97	88	149	254
51-64	634	284	189	104	117	185	186	134	87	191	241
65-74	295	244	145	70	96	149	156	133	71	205	211
75 and over	127	207	144	91	122	126	131	76	66	125	224
Females:											
9-11	241	173	112	81	69	116	128	0	57	59	171
12-14	309	191	152	75	52	135	138	79	59	78	173
15-18	402	198	145	72	114	130	135	70	61	150	170
19-22	337	204	148	88	121	144	148	49	70	107	189
23-34	949	203	145	75	123	140	141	72	64	107	202
35-50	942	200	134	72	108	125	129	80	59	121	187
51-64	792	201	145	72	122	148	154	120	56	113	173
65-74	377	172	114	38	151	132	138	68	51	122	176
75 and over	197	148	96	63	106	101	108	60	50	84	173
All individuals	[6]9,620	223	154	79	121	147	151	93	69	124	200

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] User is an individual reporting a specified food item.
[3] Based on 24-hour dietary recall of day preceding interview.

[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.2a.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Milk, milk products						Eggs	Legumes, nuts, seeds
		Total (calcium equivalent[3])	Milk, milk drinks			Cream, milk desserts	Cheese		
			Total	Fluid milk	Yogurt				
	Number	Grams							
Males and females:									
Under 1	[4]78	492	618	361	0	7	1	5	63
1-2	[5]264	466	404	397	1	15	8	20	21
3-5	437	421	353	330	1	23	9	22	19
6-8	469	508	433	401	2	25	10	18	26
Males:									
9-11	216	515	432	402	1	39	8	26	24
12-14	313	577	504	461	([6])	34	9	28	32
15-18	400	626	519	467	2	44	13	31	33
19-22	287	494	388	353	3	22	15	32	30
23-34	770	359	243	213	7	24	21	38	30
35-50	784	306	203	192	1	29	18	41	43
51-64	634	277	180	173	2	29	17	36	32
65-74	295	313	217	204	([6])	34	14	36	24
75 and over	127	293	193	184	0	31	18	41	21
Females:									
9-11	241	465	402	371	0	30	7	14	33
12-14	309	470	387	343	1	33	11	19	25
15-18	402	405	316	279	3	29	11	21	21
19-22	337	303	224	205	5	20	18	26	19
23-34	949	272	182	158	8	18	19	26	21
35-50	942	209	130	117	5	20	18	23	21
51-64	792	214	139	128	5	21	19	24	19
65-74	377	248	166	156	4	27	14	22	15
75 and over	197	289	214	205	1	26	20	19	8
All individuals	[7]9,620	352	266	242	3	26	15	27	26

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Calcium equivalent is quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.
[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Less than 0.5 g but more than 0.
[7] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.2b.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Milk, milk products						Eggs	Legumes, nuts, seeds
		Total	Milk, milk drinks			Cream, milk desserts	Cheese		
			Total	Fluid milk	Yogurt				
	Number	Percent							
Males and females:									
Under 1	[3] 78	92.2	92.2	60.9	0	6.5	3.6	10.0	14.5
1-2	[4] 264	93.4	90.9	90.5	.6	19.3	21.7	33.3	22.8
3-5	437	91.7	87.8	85.6	.3	21.8	21.0	33.6	30.7
6-8	469	93.4	90.5	88.5	1.2	25.0	19.7	24.3	29.4
Males:									
9-11	216	92.9	90.7	87.9	.5	24.3	16.1	26.4	28.0
12-14	313	90.2	86.3	81.1	.4	23.0	14.5	28.8	27.5
15-18	400	85.9	77.3	75.7	.7	27.9	20.7	30.4	20.9
19-22	287	81.6	74.3	69.7	1.3	16.4	26.0	30.1	17.7
23-34	770	73.8	58.3	53.6	2.9	21.9	28.3	33.7	19.7
35-50	784	75.8	57.6	56.5	.8	24.1	27.0	39.8	22.5
51-64	634	77.8	61.8	60.9	1.1	26.2	25.9	40.1	20.5
65-74	295	81.3	71.2	70.4	.3	29.1	24.8	47.7	15.2
75 and over	127	80.7	67.9	66.3	0	25.8	25.2	51.5	20.3
Females:									
9-11	241	92.5	88.8	86.8	0	25.6	16.8	19.7	30.6
12-14	309	86.6	80.9	76.2	.3	22.7	22.8	23.4	21.0
15-18	402	85.4	74.7	69.2	2.0	24.2	24.9	25.5	18.0
19-22	337	78.1	65.1	62.3	1.9	18.3	26.9	27.2	14.3
23-34	949	74.3	58.6	54.5	3.4	18.8	28.5	31.3	18.2
35-50	942	73.0	55.2	52.6	2.8	21.4	28.0	28.0	17.4
51-64	792	73.9	58.2	56.0	2.5	21.1	26.8	33.2	17.1
65-74	377	80.3	68.4	67.3	2.7	26.9	25.6	32.9	11.7
75 and over	197	84.2	73.1	71.4	2.0	28.4	24.5	32.2	9.6
All individuals	[5] 9,620	80.7	68.8	65.9	1.7	22.8	24.7	31.9	20.2

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 1.2c.--MILK, MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS
Average intake per user[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Milk, milk products						Eggs	Legumes, nuts, seeds
		Total (calcium equivalent[3])	Milk, milk drinks			Cream, milk desserts	Cheese		
			Total	Fluid milk	Yogurt				
	Number	Grams							
Males and females:									
Under 1.....	[4]78	531	667	596	0	102	22	44	442
1-2.....	[5]264	500	443	438	196	77	37	61	93
3-5.....	437	459	401	385	363	104	41	67	62
6-8.....	469	544	479	453	182	102	49	73	87
Males:									
9-11.....	216	554	477	457	256	158	52	98	88
12-14.....	313	641	584	568	154	149	59	98	115
15-18.....	400	728	672	616	230	158	62	103	157
19-22.....	287	606	523	507	235	137	56	107	166
23-34.....	770	486	417	398	249	110	76	112	151
35-50.....	784	403	354	339	188	122	68	104	190
51-64.....	634	356	291	285	174	112	65	89	157
65-74.....	295	385	305	290	52	118	56	76	156
75 and over.....	127	364	283	277	0	119	70	80	104
Females:									
9-11.....	241	503	453	427	0	116	42	72	108
12-14.....	309	531	478	450	168	144	50	81	117
15-18.....	402	474	423	403	159	121	45	84	120
19-22.....	337	387	343	329	221	108	67	96	133
23-34.....	949	366	309	289	221	95	65	83	113
35-50.....	942	286	236	223	193	93	63	82	122
51-64.....	792	269	239	229	179	102	69	73	113
65-74.....	377	309	242	232	141	100	54	66	126
75 and over.....	197	342	292	288	66	91	83	59	87
All individuals...	[6]9,620	436	387	367	199	113	62	86	127

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Calcium equivalent is quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.
[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.3a.--GRAIN PRODUCTS; FATS, OILS
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Grain products						Fats, oils		
		Total	Bread, rolls, biscuits	Other baked goods	Cereals, pastas		Mixtures mainly grain	Total	Table fats	Salad dressing
					Total	Ready-to-eat cereals				
	Number	Grams								
Males and females:										
Under 1	[3]78	42	4	5	30	25	3	1	([4])	([4])
1-2	[5]264	158	27	24	44	14	63	5	3	1
3-5	437	181	46	37	54	16	45	8	5	3
6-8	469	206	53	56	60	19	38	9	5	4
Males:										
9-11	216	238	67	56	51	20	64	11	5	5
12-14	313	288	76	80	57	22	74	12	8	4
15-18	400	303	91	77	53	19	82	16	8	8
19-22	287	253	84	53	64	9	52	17	9	6
23-34	770	256	82	60	40	7	74	18	8	9
35-50	784	234	82	58	44	7	50	19	9	8
51-64	634	229	78	57	48	10	46	18	8	8
65-74	295	235	71	60	69	15	35	17	8	6
75 and over	127	196	70	50	58	12	19	14	10	2
Females:										
9-11	241	214	58	59	44	21	53	10	4	5
12-14	309	235	57	61	45	12	72	11	5	6
15-18	402	196	57	43	41	10	55	12	6	6
19-22	337	161	44	36	33	7	48	13	5	7
23-34	949	163	49	38	32	6	44	15	5	8
35-50	942	161	49	37	32	7	43	14	5	8
51-64	792	155	52	40	36	8	27	15	6	7
65-74	377	175	57	42	47	12	29	13	7	4
75 and over	197	178	54	44	58	11	22	14	8	4
All individuals	[6]9,620	204	62	49	44	11	49	14	6	6

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.5 g but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.3b.--GRAIN PRODUCTS; FATS, OILS
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Grain products						Fats, oils		
		Total	Bread, rolls, biscuits	Other baked goods	Cereals, pastas		Mixtures mainly grain	Total	Table fats	Salad dressing
					Total	Ready-to-eat cereals				
	Number	Percent								
Males and females:										
Under 1	[3]78	81.9	13.8	22.0	76.1	71.1	4.9	9.3	7.5	1.8
1-2	[4]264	98.1	67.9	56.8	69.5	51.4	35.7	45.0	36.2	11.1
3-5	437	99.8	78.1	60.7	66.1	50.3	26.9	53.0	40.6	19.5
6-8	469	99.7	80.6	67.3	68.7	54.1	20.5	53.3	40.3	22.4
Males:										
9-11	216	99.1	85.2	62.9	65.3	51.1	21.2	54.5	39.1	24.5
12-14	313	99.1	83.2	65.6	53.2	44.0	27.2	61.1	47.8	21.6
15-18	400	98.0	80.7	55.6	49.6	36.8	23.8	53.7	38.2	26.5
19-22	287	95.8	81.3	46.4	34.5	17.8	14.0	58.5	41.7	25.2
23-34	770	94.5	80.1	51.2	27.8	15.8	22.4	61.2	44.0	30.0
35-50	784	96.3	84.1	51.7	31.8	15.4	15.5	66.0	48.0	29.7
51-64	634	95.1	85.5	51.9	38.2	24.0	14.4	66.7	49.2	28.1
65-74	295	98.7	87.3	59.4	56.0	36.8	11.1	70.0	55.4	27.1
75 and over	127	100.0	85.1	52.3	56.3	32.7	7.6	64.9	56.5	11.2
Females:										
9-11	241	99.3	82.2	63.7	60.3	50.9	23.3	53.3	41.4	24.2
12-14	309	96.6	77.3	60.3	46.2	31.9	25.1	47.6	34.0	23.6
15-18	402	96.2	76.4	53.9	36.3	24.3	20.1	57.2	41.2	26.9
19-22	337	88.7	68.8	44.6	27.9	18.7	20.3	52.5	36.3	27.1
23-34	949	91.7	73.4	44.8	28.8	16.5	20.4	61.3	38.6	33.5
35-50	942	92.1	74.3	45.4	30.9	18.3	17.5	64.3	42.3	33.5
51-64	792	95.9	80.7	50.0	36.4	22.6	11.0	67.3	47.1	29.7
65-74	377	97.7	84.7	51.9	50.8	34.2	13.0	69.1	51.4	26.1
75 and over	197	99.1	86.8	53.3	55.4	36.0	9.9	69.1	56.2	16.3
All individuals	[5]9,620	95.7	78.9	52.7	42.4	28.5	18.7	60.3	43.4	26.9

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 1.3c.--GRAIN PRODUCTS; FATS, OILS
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Grain products						Fats, oils		
		Total	Bread, rolls, biscuits	Other baked goods	Cereals, pastas		Mixtures mainly grain	Total	Table fats	Salad dressing
					Total	Ready-to-eat cereals				
	Number	Grams								
Males and females:										
Under 1	[4]78	51	32	22	40	35	49	6	3	19
1-2	[5]264	161	40	43	63	28	176	10	8	13
3-5	437	182	59	61	81	31	167	15	12	16
6-8	469	206	66	83	87	36	184	17	11	17
Males:										
9-11	216	240	79	89	78	39	300	19	13	22
12-14	313	291	92	122	108	51	274	20	16	19
15-18	400	309	112	138	108	51	345	30	21	30
19-22	267	264	104	115	185	50	370	29	22	24
23-34	770	271	102	118	142	44	330	29	18	29
35-50	784	243	97	111	139	44	324	29	19	28
51-64	634	241	91	110	124	40	323	27	17	28
65-74	295	239	81	101	124	39	310	24	14	24
75 and over	127	196	82	96	103	37	237	21	17	21
Females:										
9-11	241	215	70	93	74	41	226	18	10	20
12-14	309	243	74	101	97	36	287	24	14	26
15-18	402	204	75	80	112	42	275	21	14	21
19-22	337	182	64	80	119	40	239	25	14	26
23-34	949	177	67	85	110	36	214	24	13	24
35-50	942	175	66	81	105	39	245	22	13	23
51-64	792	162	64	80	98	34	247	22	12	23
65-74	377	179	67	82	93	34	222	19	13	17
75 and over	197	180	62	82	105	31	218	20	14	22
All individuals	[6]9,620	213	78	93	105	39	260	23	15	24

[1]Quantities given are for foods as ingested; no inedible parts are included.
[2]User is an individual reporting a specified food item.
[3]Based on 24-hour recall of day preceding interview.
[4]Excludes 36 breast-fed infants.
[5]Excludes 4 breast-fed infants.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.4a.--VEGETABLES; BEVERAGES
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Vegetables						Beverages							
		Total[3]	White potatoes[3]	Tomatoes[3]	Dark green[3]	Deep yellow[3]	Other vegetables[3]	Total	Nonalcoholic beverages					Alcoholic beverages	
									Total	Coffee	Tea	Soft drinks	Fruit drinks, ades	Total	Beer, ale
	Number	Grams													
Males and females:															
Under 1	[4]78	76	13	4	1	15	43	50	50	0	9	15	27	0	0
1-2	[5]264	91	29	6	2	8	47	178	177	1	33	106	37	1	1
3-5	437	100	36	15	4	3	42	238	237	0	38	163	36	([6])	([6])
6-8	469	136	50	9	7	6	63	272	272	2	44	182	44	0	0
Males:															
9-11	216	138	55	10	4	4	64	303	303	7	52	197	48	([6])	0
12-14	313	184	65	17	12	6	84	371	371	16	111	198	47	0	0
15-18	400	216	89	13	11	6	96	614	602	49	110	379	64	12	11
19-22	287	226	96	22	10	5	94	871	657	124	140	355	39	214	201
23-34	770	248	90	27	7	7	118	974	772	297	167	284	24	203	181
35-50	784	261	86	30	9	10	126	1,017	836	494	143	180	20	181	153
51-64	634	285	85	27	12	11	150	901	801	536	156	96	13	100	78
65-74	295	265	71	25	11	16	142	739	687	464	137	72	14	52	49
75 and over	127	264	85	30	18	7	124	624	596	450	99	25	22	28	25
Females:															
9-11	241	139	51	11	7	4	66	340	340	3	68	231	38	0	0
12-14	309	154	59	17	10	5	64	382	381	10	71	239	61	1	0
15-18	402	178	63	21	11	6	77	479	466	55	105	263	44	13	10
19-22	337	184	60	21	8	3	91	559	534	109	112	283	30	25	21
23-34	949	187	51	25	9	7	94	772	694	273	163	234	23	78	52
35-50	942	187	49	27	8	7	96	829	786	432	185	150	19	43	24
51-64	792	229	56	27	14	9	124	765	740	464	175	88	13	25	13
65-74	377	221	51	21	11	16	122	621	611	390	151	53	17	10	7
75 and over	197	198	53	26	13	12	94	536	525	337	134	42	13	10	4
All individuals	[7]9,620	201	64	22	9	8	99	667	604	262	129	185	29	63	51

[1]Quantities given are for foods as ingested; no inedible parts are included.
[2]Based on 24-hour dietary recall of day preceding interview.
[3]Includes mixtures.
[4]Excludes 36 breast-fed infants.
[5]Excludes 4 breast-fed infants.
[6]Less than 0.5 g but more than 0.
[7]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.4b.--VEGETABLES; BEVERAGES
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Vegetables						Beverages						
		Total[3]	White potatoes[3]	Tomatoes[3]	Dark green[3]	Deep yellow[3]	Other vegetables[3]	Total	Nonalcoholic beverages					Alcoholic beverages
									Total	Coffee	Tea	Soft drinks	Fruit drinks, ades	Total	Beer, ale
	Number	Percent													
Males and females:															
Under 1	[4]78	62.7	11.9	2.2	1.4	19.4	42.2	23.1	23.1	0	7.2	11.3	6.8	0	0
1-2	[5]264	78.0	45.4	9.1	3.7	10.0	52.5	57.3	57.3	.8	14.6	39.5	13.2	.8	.8
3-5	437	79.3	47.5	21.3	5.3	7.4	55.1	63.4	63.4	0	13.1	47.9	12.0	.2	.2
6-8	469	84.3	53.2	17.5	4.3	8.2	64.2	67.3	67.3	1.3	14.1	49.8	14.6	0	0
Males:															
9-11	216	83.5	56.0	17.4	4.6	6.4	64.2	65.6	65.6	2.7	14.8	47.6	15.4	.6	0
12-14	313	84.5	51.9	24.1	8.0	9.6	63.2	68.8	68.8	4.8	25.5	44.0	16.0	0	0
15-18	400	85.9	57.8	19.2	7.2	8.1	67.6	82.8	82.8	14.1	22.2	60.2	14.4	1.9	1.7
19-22	287	84.7	56.8	20.9	5.6	6.3	63.2	83.0	77.8	24.3	23.4	51.6	6.5	18.8	16.0
23-34	770	88.5	55.6	25.9	4.8	7.2	72.2	90.2	87.6	49.5	29.2	54.1	5.7	24.1	17.9
35-50	784	86.8	49.8	27.5	6.5	8.6	74.0	93.4	92.0	72.7	27.7	34.3	5.9	24.4	16.6
51-64	634	90.3	50.8	23.1	9.5	7.9	77.6	93.8	93.1	83.7	31.8	25.2	3.6	19.1	11.0
65-74	295	88.5	39.9	25.5	9.4	11.8	72.7	93.0	92.4	83.3	33.1	16.7	4.1	11.9	8.6
75 and over	127	93.6	49.3	30.1	14.3	6.8	74.8	92.5	92.5	86.6	25.2	6.8	7.7	8.1	5.5
Females:															
9-11	241	83.7	52.9	21.4	6.5	8.1	67.5	69.0	69.0	2.2	17.1	52.0	12.1	0	0
12-14	309	84.6	54.1	21.9	7.5	6.8	69.5	74.9	74.2	3.4	18.8	52.5	17.8	1.0	0
15-18	402	83.8	49.3	25.1	8.6	7.2	61.9	75.4	74.8	11.6	23.7	55.6	11.8	3.2	1.5
19-22	337	81.1	47.1	23.0	4.9	6.1	66.6	81.1	80.0	25.4	25.5	53.4	9.4	6.1	3.8
23-34	949	84.7	44.3	27.4	6.8	7.5	70.1	90.8	89.6	47.0	33.9	52.3	7.7	14.1	6.0
35-50	942	84.6	42.0	27.3	6.8	7.2	70.8	93.5	92.8	70.3	39.8	35.2	6.1	12.8	3.5
51-64	792	89.8	41.8	23.9	12.0	8.5	78.5	95.0	94.6	81.6	36.5	25.2	4.4	9.7	.5
65-74	377	87.2	37.5	23.2	10.1	13.4	75.7	96.2	95.7	81.9	39.0	14.8	5.6	4.3	1.5
75 and over	197	88.1	39.8	21.4	9.9	12.0	68.5	91.2	90.7	76.4	33.4	14.2	4.8	5.7	1.0
All individuals	[6]9,620	85.6	47.9	23.5	7.3	8.2	69.0	84.3	83.5	45.3	27.9	40.4	8.5	10.4	5.8

[1] User is an individual reporting a specified food item.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Includes mixtures.
[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.4c.--VEGETABLES; BEVERAGES
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Vegetables						Beverages						
		Total[4]	White potatoes	Tomatoes[4]	Dark green[4]	Deep yellow[4]	Other vegetables	Total	Nonalcoholic beverages				Alcoholic beverages	
									Total	Coffee	Tea	Soft drinks	Fruit drinks, ades	Total	Beer, ale
	Number	Grams													
Males and females:															
Under 1	[5]78	121	113	159	71	76	102	215	215	0	111	127	413	0	0
1-2	[6]264	116	64	63	41	76	89	310	309	99	229	269	281	76	76
3-5	437	126	75	71	72	43	77	375	374	0	294	340	304	98	98
6-8	469	161	95	52	160	79	98	404	404	176	310	365	302	0	0
Males:															
9-11	216	165	99	59	87	65	99	462	462	265	349	413	313	37	0
12-14	313	217	125	70	150	67	132	540	540	333	433	448	294	0	0
15-18	400	251	155	68	157	79	142	742	728	347	493	630	444	611	633
19-22	287	267	169	103	176	79	148	1,050	846	508	598	688	585	1,138	1,252
23-34	770	280	163	103	139	94	163	1,080	881	600	572	525	417	840	1,012
35-50	784	300	173	107	144	112	170	1,089	909	679	515	523	345	743	924
51-64	634	316	168	118	125	144	193	960	860	640	489	382	357	522	710
65-74	295	300	178	98	115	131	195	796	743	556	414	432	353	440	574
75 and over	127	281	172	100	127	97	166	676	646	517	397	357	282	355	448
Females:															
9-11	241	166	97	51	111	48	97	494	494	145	402	446	312	0	0
12-14	309	183	110	77	129	68	107	510	513	298	380	455	341	111	0
15-18	402	212	127	83	133	82	124	636	623	467	444	474	375	394	693
19-22	337	227	128	92	161	55	137	688	668	426	440	530	321	396	552
23-34	949	221	116	93	128	94	135	850	774	582	481	448	298	555	867
35-50	942	221	118	99	124	91	135	887	847	615	465	426	314	336	690
51-64	792	255	133	113	113	106	157	804	782	568	479	347	301	164	522
65-74	377	253	137	91	109	115	161	647	638	477	387	359	300	235	516
75 and over	197	226	135	121	130	99	137	589	580	442	400	292	275	187	412
All individuals	[7]9,620	235	133	94	127	93	143	791	724	579	461	458	337	598	866

[1]Quantities given are for foods as ingested; no inedible parts are included.
[2]User is an individual reporting a specified food item.
[3]Based on 24-hour dietary recall of day preceding interview.
[4]Includes mixtures.
[5]Excludes 36 breast-fed infants.
[6]Excludes 4 breast-fed infants.
[7]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.5a.--FRUITS; SUGAR, SWEETS
Average intake[1] per individual in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Fruits									Sugar, sweets		
		Total	Citrus fruits, juices		Dried fruits	Other fruits, mixtures, juices					Total	Sugar	Candy
			Total	Juices		Total	Apples	Bananas	Other fruits, mixtures mainly fruit	Noncitrus juices, nectars			
	Number	Grams											
Males and females:													
Under 1	[3]78	169	16	16	0	153	25	30	67	31	10	1	0
1-2	[4]264	146	57	51	1	88	17	12	32	27	19	2	4
3-5	437	134	58	52	1	75	18	9	30	18	25	3	4
6-8	469	152	70	62	([5])	81	16	7	40	17	27	3	4
Males:													
9-11	216	133	61	48	([5])	72	15	6	36	15	37	3	10
12-14	313	120	58	50	([5])	62	20	5	33	4	42	4	7
15-18	400	147	86	72	([5])	61	17	6	32	6	30	6	5
19-22	287	107	50	41	([5])	57	13	6	32	6	22	5	2
23-34	770	141	77	70	([5])	64	14	6	31	13	19	6	2
35-50	784	115	61	51	([5])	55	11	6	32	6	24	7	2
51-64	634	171	81	58	1	90	19	15	48	7	27	6	2
65-74	295	174	83	62	3	88	8	11	62	7	25	7	2
75 and over	127	186	71	48	5	110	32	20	52	6	25	6	([5])
Females:													
9-11	241	148	77	65	([5])	71	21	7	36	7	34	4	9
12-14	309	120	56	44	1	64	18	6	32	8	22	3	6
15-18	402	126	60	49	1	64	16	5	33	9	19	4	6
19-22	337	133	71	61	([5])	62	13	4	36	9	14	4	2
23-34	949	122	56	47	([5])	65	15	5	31	15	18	6	3
35-50	942	133	71	61	([5])	62	13	7	37	6	19	5	2
51-64	792	171	88	63	1	82	18	11	44	9	20	5	2
65-74	377	179	89	63	2	89	15	14	53	7	21	3	1
75 and over	197	189	83	58	2	103	16	16	58	13	25	5	1
All individuals	[6]9,620	142	70	57	1	72	16	8	38	10	23	5	3

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Less than 0.5 g but more than 0.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 1.5b.--FRUITS; SUGAR, SWEETS
Individuals using[1] in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Fruits									Sugar, sweets		
		Total	Citrus fruits, juices		Dried fruits	Other fruits, mixtures, juices					Total	Sugar	Candy
			Total	Juices		Total	Apples	Bananas	Other fruits, mixtures mainly fruit	Noncitrus juices, nectars			
	Number	Percent											
Males and females:													
Under 1	[3]78	86.8	15.0	15.0	0	83.4	28.2	28.7	52.2	23.6	16.7	10.3	0
1-2	[4]264	62.9	30.5	27.4	3.4	45.5	15.2	12.4	23.0	14.1	46.2	24.0	7.6
3-5	437	56.1	30.1	27.6	2.4	36.4	12.8	7.7	18.4	8.8	55.6	27.1	9.9
6-8	469	60.1	34.4	30.2	.9	40.6	11.6	6.2	24.1	7.3	55.6	31.9	8.3
Males:													
9-11	216	50.5	28.7	23.5	.4	35.5	10.5	4.7	20.9	5.0	61.9	31.7	15.3
12-14	313	51.2	29.9	24.9	.8	35.1	11.7	4.7	20.3	1.9	55.8	31.4	11.5
15-18	400	47.0	32.1	27.7	.7	28.1	9.7	5.5	16.3	2.5	53.8	37.4	9.5
19-22	287	39.4	21.6	17.0	.9	26.2	8.4	5.3	14.6	2.5	42.1	26.8	5.5
23-34	770	46.4	28.3	24.5	.5	26.9	8.4	4.3	15.3	4.3	49.4	36.7	4.4
35-50	784	44.0	28.7	23.2	.6	27.5	7.6	5.2	16.8	2.1	57.3	42.5	4.0
51-64	634	62.4	40.0	29.0	1.5	40.6	10.1	13.1	24.9	3.9	57.8	40.9	3.4
65-74	295	62.2	39.8	30.4	3.9	40.8	6.4	11.0	30.0	4.5	67.2	51.0	4.3
75 and over	127	62.6	33.7	26.2	8.2	50.1	12.3	15.6	29.2	3.8	66.6	49.3	1.4
Females:													
9-11	241	59.7	37.9	33.1	.5	38.0	15.5	4.8	23.3	3.3	57.2	29.2	16.7
12-14	309	48.7	28.2	23.3	1.0	32.1	10.9	5.1	16.8	3.9	49.1	25.6	12.6
15-18	402	49.9	29.2	25.2	.8	31.7	9.0	5.2	19.5	3.4	42.6	23.3	10.4
19-22	337	48.0	30.6	27.0	1.2	25.5	8.5	3.5	15.2	3.5	41.3	33.4	4.2
23-34	949	47.7	28.3	23.8	1.0	29.8	9.1	4.9	18.0	4.6	50.9	38.1	5.0
35-50	942	52.8	34.3	28.9	.8	32.0	9.0	5.7	18.6	2.8	55.0	42.7	4.2
51-64	792	66.7	46.2	33.6	1.6	41.1	11.8	10.7	24.2	4.5	51.6	36.9	4.3
65-74	377	69.3	47.4	35.5	3.4	46.9	10.6	14.4	31.7	4.5	57.4	39.0	2.3
75 and over	197	64.7	43.9	31.0	5.3	49.1	11.1	15.0	34.7	6.0	57.8	38.2	2.8
All individuals	[5]9,620	54.2	33.4	27.2	1.4	34.9	10.2	7.5	20.9	4.5	53.0	35.9	6.2

[1]User is an individual reporting a specified food item.
[2]Based on 24-hour dietary recall of day preceding interview.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 1.5c.--FRUITS; SUGAR, SWEETS
Average intake[1] per user[2] in a day,[3] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Fruits									Sugar, sweets		
		Total	Citrus fruits, juices		Dried fruits	Other fruits, mixtures, juices					Total	Sugar	Candy
			Total	Juices		Total	Apples	Bananas	Other fruits, mixtures mainly fruit	Noncitrus juices, nectars			
	Number	Grams											
Males and females:													
Under 1	[4]78	196	101	101	0	184	88	108	127	135	58	7	0
1-2	[5]264	231	187	186	30	193	111	100	137	193	41	10	51
3-5	437	239	193	188	39	205	138	112	163	212	45	11	37
6-8	469	253	205	204	53	200	141	119	168	233	49	10	50
Males:													
9-11	216	263	212	205	47	201	139	132	173	289	60	11	68
12-14	313	236	194	200	25	177	169	112	162	187	75	14	64
15-18	400	313	269	261	47	216	171	112	194	249	55	16	49
19-22	287	271	230	238	23	218	159	115	216	242	51	17	40
23-34	770	305	274	285	28	237	166	134	200	310	38	16	54
35-50	784	262	211	218	52	198	147	113	191	274	42	17	56
51-64	334	275	201	199	60	221	188	118	194	177	47	14	51
65-74	295	281	208	205	69	216	121	102	205	156	38	14	40
75 and over	127	197	211	187	55	220	257	129	178	155	38	12	28
Females:													
9-11	241	247	203	196	18	185	134	136	155	219	60	14	55
12-14	309	247	198	189	63	199	165	113	189	207	45	11	50
15-18	402	251	207	194	185	201	182	102	171	269	44	16	54
19-22	337	278	233	226	38	242	147	114	239	248	35	11	57
23-34	949	255	199	197	24	219	160	108	170	322	35	15	49
35-50	942	252	208	210	29	193	131	118	199	201	34	12	48
51-64	792	256	190	189	50	200	157	106	180	199	38	12	39
65-74	377	259	188	178	53	189	137	96	167	164	36	9	28
75 and over	197	292	191	188	45	208	143	109	168	207	42	12	41
All individuals	[6]9,620	263	209	208	49	206	153	112	181	227	43	14	50

[1] Quantities given are for foods as ingested; no inedible parts are included.
[2] User is an individual reporting a specified food item.
[3] Based on 24-hour dietary recall of day preceding interview.

[4] Excludes 36 breast-fed infants.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.1.--FOOD ENERGY

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk prod-ucts	Meat, poul-try, fish	Eggs	Legumes, nuts, seeds	Grain prod-ucts	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vege-tables	Fats, oils	Sugar, sweets	Beverages: Non-alco-holic	Beverages: Alco-holic
Males and females:																
Under 1	[3] 76	100	54.3	7.8	1.1	5.3	11.4	1.3	10.6	0.6	1.2	2.1	0.4	1.8	1.8	0
1-2	[4] 264	100	24.5	19.0	3.2	2.5	24.6	3.0	5.2	.4	4.3	2.2	2.4	3.3	5.0	([5])
3-5	437	100	19.7	21.1	2.9	3.2	27.4	2.4	3.4	.2	4.3	1.9	3.4	4.0	5.5	([5])
6-8	469	100	19.9	22.1	1.8	3.1	28.8	2.2	2.8	.4	4.5	2.2	3.0	3.5	5.4	0
Males:																
9-11	216	100	18.1	24.4	2.3	3.4	27.7	1.7	2.6	.2	4.6	1.9	3.2	4.4	5.1	([5])
12-14	313	100	16.8	25.2	2.3	2.9	30.0	1.5	1.8	.5	4.7	2.3	3.1	3.9	4.6	0
15-18	400	100	15.8	28.1	2.1	2.2	26.8	1.8	1.3	.4	5.4	2.3	3.6	2.6	7.0	.2
19-22	287	100	13.2	30.8	2.1	2.3	24.0	1.2	1.7	.3	5.4	2.6	3.9	2.2	6.7	3.2
23-34	770	100	10.8	30.8	2.6	2.2	24.5	2.0	1.8	.4	5.7	2.9	4.2	2.3	5.6	3.8
35-50	784	100	10.0	32.8	3.2	2.9	23.7	1.8	1.7	.4	4.6	3.5	4.7	2.6	3.9	3.8
51-64	634	100	9.9	32.5	3.0	2.5	24.0	2.2	2.8	.7	5.1	4.2	4.7	2.5	2.7	2.7
65-74	295	100	11.4	29.0	3.4	2.0	26.7	2.5	3.0	.8	4.9	4.3	4.7	3.2	2.4	1.4
75 and over	127	100	12.2	28.8	3.8	2.1	25.7	2.0	4.6	.6	5.1	4.6	4.4	3.0	1.8	.7
Females:																
9-11	241	100	17.3	22.9	1.5	3.7	29.3	2.2	2.4	.3	4.9	2.2	2.9	4.3	5.8	0
12-14	309	100	17.3	24.8	1.8	2.5	28.9	1.9	2.1	.3	5.1	2.0	3.2	2.9	6.8	.1
15-18	402	100	15.5	26.2	1.9	2.2	26.1	2.2	2.6	.4	5.8	2.4	4.0	2.8	7.2	.4
19-22	337	100	14.1	29.7	3.0	1.7	22.5	2.9	2.3	.3	5.4	3.2	4.5	2.1	7.3	.7
23-34	949	100	12.2	29.4	2.8	2.1	22.8	2.3	2.7	.5	4.5	3.6	4.9	2.9	6.3	2.5
35-50	942	100	10.2	31.9	2.7	2.4	23.3	2.9	2.8	.5	4.5	3.9	5.3	2.6	4.9	1.9
51-64	792	100	10.5	30.6	2.8	2.3	23.6	3.5	3.8	.8	4.4	4.6	5.5	2.6	3.1	1.4
65-74	377	100	12.6	26.9	2.5	1.6	27.8	3.6	4.1	1.2	3.7	4.7	5.2	2.5	2.7	.6
75 and over	197	100	15.5	23.3	2.5	1.3	27.8	3.4	5.2	.9	3.9	3.7	5.9	3.2	2.4	.7
All individuals	[6] 9,620	100	13.8	28.2	2.6	2.4	25.2	2.4	2.8	.5	4.8	3.3	4.3	2.9	4.9	1.6

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Less than 0.05% but more than 0.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.2.--PROTEIN
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3] 78	100	61.5	15.3	1.4	5.8	9.3	0.7	1.6	0.5	0.7	2.8	(4)	0.2	(4)	0
1-2	[5] 264	100	32.8	31.6	5.0	3.2	19.0	1.6	1.0	.3	2.1	2.2	0.1	.9	0.1	(4)
3-5	437	100	26.5	37.0	4.8	4.1	20.1	1.3	.7	.3	2.2	2.0	.1	.5	.1	(4)
6-8	469	100	26.7	39.2	2.8	4.0	19.6	1.0	.6	.4	2.2	2.2	.1	.6	.1	0
Males:																
9-11	216	100	22.9	42.0	3.6	4.0	20.8	.8	.5	.1	2.2	1.8	.1	.9	.1	0
12-14	313	100	21.8	41.9	3.5	3.6	22.3	.7	.4	.5	2.3	2.0	.1	.6	.1	0
15-18	400	100	20.1	46.9	3.3	2.8	19.6	.8	.3	.4	2.6	2.0	.1	.5	.1	(4)
19-22	287	100	16.7	50.9	3.5	2.8	18.0	.6	.6	.3	2.6	2.3	.2	.2	.2	.7
23-34	770	100	14.0	50.5	4.3	2.7	19.1	1.1	.4	.3	2.9	2.8	.2	.2	.4	.7
35-50	784	100	11.9	53.8	4.9	3.6	17.0	1.0	.4	.5	2.4	2.9	.2	.3	.2	.5
51-64	634	100	11.8	53.1	4.7	3.0	17.2	1.1	.6	.6	2.7	3.6	.2	.3	.2	.3
65-74	295	100	14.2	48.3	5.6	2.6	18.9	1.4	.7	.6	2.5	3.9	.2	.2	.2	.2
75 and over	127	100	14.3	47.5	6.1	2.8	18.4	1.0	.9	1.0	2.8	4.2	.1	.3	.2	.1
Females:																
9-11	241	100	22.6	41.3	2.4	5.0	20.8	1.0	.5	.4	2.4	2.2	.1	.8	.1	0
12-14	309	100	22.4	41.5	3.3	3.2	22.4	1.1	.4	.4	2.5	1.7	.1	.6	.1	(4)
15-18	402	100	19.8	46.1	3.2	2.6	19.7	1.1	.7	.5	3.0	2.2	.1	.5	.2	(4)
19-22	337	100	17.9	48.3	4.3	2.2	17.9	1.4	.6	.4	2.8	2.7	.2	.3	.6	.1
23-34	949	100	15.9	49.6	4.3	2.9	17.6	1.3	.6	.5	2.5	3.1	.3	.4	.3	.3
35-50	942	100	12.7	52.5	4.2	3.1	17.3	1.4	.7	.5	2.4	3.3	.3	.4	.4	.2
51-64	792	100	13.5	50.9	4.4	2.9	16.9	1.8	.8	.9	2.4	4.0	.3	.4	.3	.1
65-74	377	100	15.4	46.1	4.3	2.0	20.8	1.9	.9	.9	2.1	4.1	.2	.3	.3	.2
75 and over	197	100	20.3	41.9	4.2	1.6	20.9	1.8	1.1	.9	2.4	3.5	.2	.5	.4	(4)
All individuals	[6] 9,620	100	17.6	47.3	4.2	3.1	18.7	1.2	.6	.5	2.5	2.9	.2	.4	.2	.2

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.3.--FAT

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	67.9	12.9	2.4	5.8	5.5	0.5	1.1	0.1	1.1	1.4	1.0	([4])	0	0
1-2	[5]264	100	30.3	29.9	5.5	3.1	15.3	.7	.4	.2	4.8	1.9	6.0	1.2	0	0
3-5	437	100	24.5	32.9	5.1	4.6	15.6	.4	.3	.2	5.1	1.8	8.3	1.0	0	0
6-8	469	100	24.3	34.7	3.2	4.1	16.9	.2	.4	.3	5.0	2.1	7.6	1.0	0	0
Males:																
9-11	216	100	21.9	36.4	4.0	4.9	15.4	.1	.2	.1	5.3	1.7	7.9	1.6	0	0
12-14	313	100	19.9	37.6	4.1	3.4	18.1	.1	.3	.4	5.0	2.2	7.6	1.1	0	0
15-18	400	100	18.2	41.7	3.7	2.1	16.6	.2	.1	.2	5.7	2.3	8.2	.7	0	0
19-22	287	100	16.0	44.4	3.7	2.2	14.8	.1	.9	.2	5.5	2.6	9.0	.4	([4])	([4])
23-34	770	100	13.1	44.7	4.1	2.2	15.2	.3	.5	.3	6.2	3.0	9.5	.4	([4])	.1
35-50	784	100	12.2	46.8	5.2	2.6	13.4	.3	.4	.3	4.1	3.5	10.4	.5	([4])	0
51-64	634	100	12.0	46.3	4.8	2.4	13.1	.2	.4	.5	4.5	4.2	10.7	.3	.1	([4])
65-74	295	100	13.9	42.2	5.5	1.7	14.5	.4	.5	.4	4.7	4.5	10.6	.8	([4])	0
75 and over	127	100	15.2	42.7	6.2	2.3	12.7	.2	.7	.5	3.8	4.9	10.2	.2	([4])	([4])
Females:																
9-11	241	100	21.8	35.4	2.6	4.7	17.6	.2	.5	.3	5.6	2.3	7.1	1.6	([4])	0
12-14	309	100	21.3	36.6	3.3	2.8	18.6	.3	.3	.4	6.0	1.8	7.4	1.0	([4])	0
15-18	402	100	18.5	38.1	3.1	2.7	16.4	.2	.9	.4	6.5	2.5	9.2	1.1	0	0
19-22	337	100	17.1	42.2	4.8	1.3	14.1	.4	.5	.3	5.2	3.1	10.0	.4	([4])	0
23-34	949	100	15.1	42.3	4.8	1.9	13.7	.4	.5	.4	4.8	3.8	11.2	.7	([4])	([4])
35-50	942	100	12.2	45.4	4.3	2.3	13.5	.3	.8	.4	4.2	3.9	11.7	.5	([4])	([4])
51-64	792	100	12.3	43.9	4.7	2.2	13.4	.6	.9	.5	3.8	4.9	12.0	.6	([4])	([4])
65-74	377	100	15.6	39.8	4.2	1.5	16.0	.6	.7	.8	3.3	4.8	12.1	.1	.1	0
75 and over	197	100	19.8	36.6	4.4	1.4	14.6	.4	.8	.6	2.9	3.9	14.1	.3	([4])	([4])
All individuals	[6]9,620	100	16.8	41.2	4.4	2.6	14.8	.3	.5	.4	4.8	3.3	9.9	.7	([4])	([4])

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.4.--CARBOHYDRATE

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	40.0	2.4	0.1	4.8	17.1	2.2	21.7	1.1	1.5	3.0	([4])	2.7	3.2	0
1-2	[5]264	100	18.6	3.2	.4	1.9	35.8	5.3	10.1	.6	5.1	3.0	0.1	5.9	9.7	([4])
3-5	437	100	15.0	4.0	.3	2.2	40.1	4.6	6.7	.3	4.9	2.5	.1	7.5	11.3	([4])
6-8	469	100	15.4	3.7	.2	2.3	41.8	4.2	5.6	.5	5.4	2.8	.2	6.5	11.2	0
Males:																
9-11	216	100	14.9	4.2	.2	2.1	42.0	3.5	5.4	.3	5.7	2.7	.2	7.9	10.5	([4])
12-14	313	100	13.6	5.3	.2	2.5	43.8	3.2	3.7	.6	5.9	3.1	.2	7.3	10.3	0
15-18	400	100	13.1	5.5	.2	2.0	40.6	3.8	3.0	.7	6.8	3.1	.3	5.2	15.3	.2
19-22	287	100	11.0	5.8	.2	2.4	38.6	2.8	3.4	.4	7.7	3.5	.3	5.3	15.4	2.8
23-34	770	100	8.7	6.1	.4	2.3	39.5	4.5	3.8	.6	8.0	4.3	.5	5.2	12.6	3.3
35-50	784	100	8.3	7.1	.5	3.3	40.4	4.2	3.7	.7	7.5	5.2	.6	6.4	8.7	3.2
51-64	634	100	8.2	5.8	.4	2.7	41.1	5.3	6.6	1.2	8.0	6.0	.6	6.0	6.1	1.9
65-74	295	100	9.1	4.6	.3	2.3	43.9	5.4	6.5	1.3	6.7	5.4	.6	7.3	5.0	1.1
75 and over	127	100	9.4	3.4	.3	2.0	43.6	4.9	9.9	.8	7.9	5.5	.3	7.0	3.9	.8
Females:																
9-11	241	100	13.6	4.0	.2	3.0	41.5	4.4	4.6	.3	5.4	2.9	.3	7.8	11.7	0
12-14	309	100	14.6	4.6	.2	2.2	41.0	3.6	4.4	.5	5.9	2.8	.3	5.5	14.2	([4])
15-18	402	100	12.5	5.1	.2	1.8	38.5	4.8	4.9	.6	7.0	2.9	.4	5.2	15.4	.3
19-22	337	100	11.5	5.8	.4	2.2	34.8	6.3	4.6	.4	7.8	4.7	.5	4.4	15.8	.7
23-34	949	100	9.6	5.3	.4	2.0	36.3	5.1	5.7	.8	6.3	5.2	.7	6.3	14.2	1.8
35-50	942	100	8.5	5.7	.4	2.6	38.2	6.6	5.8	.8	6.6	5.8	.9	5.8	10.3	1.4
51-64	792	100	8.7	4.9	.4	2.3	39.4	7.9	8.0	1.2	6.7	6.4	.7	5.7	6.6	.7
65-74	377	100	9.8	3.9	.2	1.7	43.6	7.3	8.6	1.8	5.4	5.9	.6	5.4	5.2	.4
75 and over	197	100	10.9	3.5	.2	1.1	43.6	6.9	10.4	1.4	5.7	4.5	.5	6.4	4.4	.3
All individuals	[6]9,620	100	11.1	5.2	.3	2.3	39.6	5.2	5.8	.8	6.6	4.5	.5	6.0	10.5	1.2

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.5.--CALCIUM

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	72.9	2.3	0.5	5.0	14.0	0.3	1.5	0.5	0.3	1.3	([4])	0.1	1.1	0
1-2	[5]264	100	67.7	3.5	2.8	1.8	14.9	1.9	1.5	.7	1.2	1.7	0.2	1.0	1.0	([4])
3-5	437	100	62.4	4.7	3.1	1.5	18.7	1.6	1.4	.7	1.3	1.7	.2	1.0	1.3	([4])
6-8	469	100	63.7	4.5	1.9	1.6	18.1	1.6	1.0	1.4	1.5	2.0	.2	1.1	1.2	0
Males:																
9-11	216	100	61.0	5.3	2.7	1.8	19.7	1.3	1.0	.9	1.4	1.6	.2	1.6	1.1	([4])
12-14	313	100	56.2	5.9	2.5	1.6	13.3	1.1	.6	2.0	1.6	2.2	.2	1.5	1.2	0
15-18	400	100	52.8	7.4	2.6	1.6	13.0	1.4	.6	2.0	2.0	3.0	.3	1.0	2.0	.1
19-22	287	100	48.3	9.9	2.6	2.1	22.2	1.3	.9	1.6	2.3	3.4	.5	.7	2.6	1.4
23-34	770	100	39.5	10.5	3.6	2.2	25.6	2.1	1.0	1.1	3.0	4.6	.5	.8	3.4	1.8
35-50	784	100	36.3	11.7	4.6	2.9	25.2	1.9	1.0	1.7	2.4	5.5	.6	.8	3.4	1.6
51-64	634	100	37.2	10.0	4.4	2.3	23.8	2.9	1.4	2.4	3.1	6.8	.6	.5	3.3	1.0
65-74	295	100	40.2	9.0	4.3	1.8	25.0	2.4	1.6	2.4	2.6	6.1	.5	.6	2.7	.6
75 and over	127	100	42.6	6.0	4.7	1.3	23.5	2.4	2.2	3.8	2.5	7.0	.5	.6	2.4	.3
Females:																
9-11	241	100	59.2	4.8	1.6	2.3	20.7	1.9	1.0	1.2	1.5	2.3	.3	1.5	1.5	0
12-14	309	100	56.7	5.9	2.3	1.5	22.0	1.7	1.0	1.8	1.9	2.1	.3	1.2	1.6	([4])
15-18	402	100	52.7	7.4	2.3	1.5	21.5	2.0	1.2	1.9	2.4	2.8	.4	1.1	2.4	.1
19-22	337	100	45.6	9.5	3.5	1.7	21.6	2.4	1.1	1.4	3.3	4.6	.5	.5	3.7	.4
23-34	949	100	40.4	10.2	3.5	1.8	22.9	2.4	1.4	2.1	2.4	5.8	.6	.8	4.5	.8
35-50	942	100	35.8	10.9	3.9	2.3	23.8	3.1	1.6	2.2	2.6	6.5	.8	.7	4.8	.7
51-64	792	100	36.6	9.1	3.6	2.0	23.5	3.8	2.1	3.3	2.6	7.4	.7	.6	3.9	.4
65-74	377	100	41.7	6.8	3.0	1.4	24.8	3.4	2.0	3.0	2.3	7.2	.6	.4	2.9	.2
75 and over	197	100	47.1	5.3	2.7	.8	24.5	3.5	2.5	3.0	1.7	4.9	.6	.6	2.3	.2
All individuals	[6]9,620	100	45.8	8.4	3.3	2.0	22.7	2.3	1.3	1.9	2.3	4.7	.5	.8	3.0	.6

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.6.--IRON

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	28.3	7.5	1.2	5.2	45.9	0.8	6.9	0.4	0.6	2.5	(4)	0.1	0.3	0
1-2	[5]264	100	6.2	22.6	5.6	3.7	42.4	2.2	5.9	.8	3.4	3.7	0.1	1.9	1.2	0
3-5	437	100	5.2	25.9	5.1	4.0	42.5	2.0	4.0	.8	3.3	3.6	.2	2.0	1.1	0
6-8	469	100	5.0	27.7	3.2	4.0	42.7	1.7	3.3	1.0	3.5	4.2	.2	1.9	1.5	0
Males:																
9-11	216	100	4.4	30.4	3.7	3.9	41.0	1.4	2.9	.7	3.4	3.5	.2	2.9	1.4	(4)
12-14	313	100	4.4	30.5	3.6	3.9	41.5	1.3	1.9	1.2	3.5	3.9	.1	2.7	1.2	0
15-18	400	100	4.1	35.4	3.4	3.6	36.5	1.5	1.6	1.2	4.1	4.4	.2	1.2	2.3	(4)
19-22	287	100	3.6	39.1	3.6	3.5	31.0	1.3	2.1	.9	4.5	4.9	.2	1.5	3.3	.2
23-34	770	100	2.9	38.3	4.3	3.3	30.1	2.2	1.9	.8	4.4	5.5	.3	1.4	4.0	.3
35-50	784	100	2.2	39.2	5.1	4.5	28.0	2.0	1.8	1.2	3.5	5.8	.3	1.2	4.6	.3
51-64	634	100	2.1	37.4	4.7	3.5	28.7	2.3	3.0	1.6	3.8	7.0	.2	.8	4.5	.2
65-74	295	100	2.4	32.2	5.2	3.1	33.9	2.6	3.5	1.6	3.4	6.3	.2	1.4	3.9	(4)
75 and over	127	100	2.4	30.9	5.8	2.9	32.0	2.9	4.8	2.1	3.8	6.7	.1	1.2	4.1	(4)
Females:																
9-11	241	100	4.2	28.9	2.6	5.5	41.4	1.8	2.8	1.0	3.7	4.2	.2	2.0	1.6	0
12-14	309	100	4.5	31.4	3.2	3.6	38.8	1.9	2.8	1.3	4.1	4.0	.3	1.8	2.2	(4)
15-18	402	100	4.0	33.7	3.5	3.0	34.5	2.3	3.1	1.4	4.5	4.8	.3	1.4	3.1	.1
19-22	337	100	3.8	37.2	4.6	2.9	28.8	2.4	3.1	1.0	4.4	5.6	.4	1.0	4.5	.1
23-34	949	100	3.3	35.4	4.5	3.1	29.0	2.6	3.0	1.4	3.6	6.6	.4	.9	5.5	.6
35-50	942	100	2.7	36.5	4.2	3.7	27.5	2.8	2.8	1.3	3.4	6.9	.4	.7	6.3	.4
51-64	792	100	2.4	35.0	4.3	3.0	28.1	3.6	3.9	2.2	3.2	7.5	.3	.7	5.4	.2
65-74	377	100	2.4	29.7	4.1	2.4	34.9	3.5	4.6	2.3	2.7	7.5	.3	.6	4.7	.1
75 and over	197	100	3.1	27.2	4.0	1.4	38.2	3.3	5.8	2.2	3.3	6.2	.2	.8	3.9	.1
All individuals	[6]9,620	100	3.5	33.8	4.2	3.5	33.1	2.4	3.1	1.3	3.6	5.7	.3	1.3	3.8	.2

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.7.--MAGNESIUM

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	51.3	5.8	0.5	6.2	18.1	1.3	8.3	1.6	1.6	4.2	0	0.4	0.6	0
1-2	[4]264	100	34.9	11.4	2.1	5.0	22.2	4.6	5.6	1.1	5.3	4.0	.1	1.7	1.7	.1
3-5	437	100	28.6	14.5	2.0	7.2	24.4	4.5	4.5	1.0	5.5	4.3	.1	1.3	1.8	([5])
6-8	469	100	29.0	15.1	1.2	6.9	24.3	3.9	3.7	1.6	6.0	4.6	.1	1.5	1.8	0
Males:																
9-11	216	100	27.1	16.4	1.5	7.7	24.5	3.4	3.4	.9	6.1	4.2	.1	2.5	2.0	([5])
12-14	313	100	25.2	17.0	1.5	6.3	26.8	3.1	2.3	1.9	6.1	4.8	.1	1.6	3.1	0
15-18	400	100	23.4	19.7	1.4	5.3	23.8	3.7	2.0	1.8	7.4	5.5	.2	1.1	4.0	.4
19-22	287	100	19.0	21.2	1.5	5.0	21.3	2.7	2.3	1.3	7.2	5.6	.2	.6	6.9	4.8
23-34	770	100	13.3	20.2	1.7	4.6	21.5	4.0	2.3	1.1	7.2	5.8	.2	.6	11.9	5.1
35-50	784	100	11.0	20.9	1.9	6.0	18.9	3.4	2.2	1.4	5.8	6.4	.2	.7	16.8	4.1
51-64	634	100	10.4	19.2	1.8	4.7	18.7	4.2	3.6	2.1	6.0	7.4	.2	.7	18.3	2.5
65-74	295	100	12.6	16.9	1.8	3.8	22.5	4.5	3.6	2.1	5.4	6.9	.1	.6	17.3	1.7
75 and over	127	100	12.2	14.2	1.9	4.0	22.7	4.1	5.1	2.6	6.6	7.1	.1	.7	17.4	1.0
Females:																
9-11	241	100	25.6	15.2	1.0	8.1	25.2	4.3	3.2	1.4	6.4	4.8	.2	1.8	2.5	0
12-14	309	100	25.5	17.3	1.4	5.6	24.6	4.1	3.1	1.6	7.1	4.5	.2	1.6	3.0	.1
15-18	402	100	22.0	19.1	1.3	4.3	22.6	4.5	3.8	2.0	7.4	5.0	.2	1.4	5.7	.4
19-22	337	100	17.6	20.7	1.8	4.1	21.2	5.0	3.1	1.2	7.3	6.3	.2	.7	9.6	1.1
23-34	949	100	13.6	20.0	1.7	4.2	19.4	4.5	3.2	1.7	5.7	7.2	.3	.8	15.1	2.3
35-50	942	100	10.3	19.3	1.5	4.5	18.1	5.2	3.5	1.5	5.2	7.0	.3	.7	21.2	1.4
51-64	792	100	10.1	17.6	1.4	4.0	18.2	5.7	4.5	2.6	5.2	7.7	.2	.7	21.0	.7
65-74	377	100	12.3	14.2	1.2	2.8	23.0	5.8	4.9	2.8	4.5	8.0	.2	.5	19.0	.4
75 and over	197	100	16.0	12.3	1.4	2.1	24.4	5.5	5.7	2.8	5.3	5.7	.2	.7	17.2	.3
All individuals	[6]9,620	100	17.2	18.0	1.6	5.0	21.3	4.4	3.5	1.7	6.0	6.1	.2	.9	12.2	1.6

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Less than 0.05% but more than 0.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.8.--PHOSPHORUS
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk prod-ucts	Meat, poul-try, fish	Eggs	Legumes, nuts, seeds	Grain prod-ucts	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vege-tables	Fats, oils	Sugar, sweets	Beverages: Non-alco-holic	Beverages: Alco-holic
Males and females:																
Under 1	[3]76	100	66.5	6.9	1.1	5.1	13.4	0.6	2.3	0.5	0.9	2.0	([4])	0.2	0.3	0
1-2	[5]264	100	47.7	15.9	4.4	2.8	17.5	1.9	1.9	.4	2.8	2.4	0.1	.9	1.0	([4])
3-5	437	100	40.4	20.5	4.5	3.8	19.8	1.6	1.2	.3	3.1	2.4	.2	.7	1.3	([4])
6-8	469	100	40.6	21.3	2.7	3.7	20.3	1.4	1.0	.5	3.2	2.7	.2	.7	1.5	0
Males:																
9-11	216	100	37.2	23.5	3.6	4.0	20.4	1.2	1.0	.2	3.3	2.3	.2	1.3	1.6	([4])
12-14	313	100	34.6	24.1	3.7	3.4	22.9	1.0	.6	.6	3.5	2.7	.1	.9	1.5	0
15-18	400	100	32.4	27.8	3.5	3.0	20.6	1.2	.5	.6	3.9	2.8	.2	.6	2.4	.3
19-22	287	100	27.1	31.1	3.5	3.0	18.7	.9	.9	.4	4.1	3.2	.2	.3	3.0	3.2
23-34	770	100	22.0	32.0	4.5	2.9	19.5	1.6	.7	.5	4.6	3.5	.3	.4	3.6	3.5
35-50	784	100	19.3	34.9	5.3	4.1	18.4	1.5	.7	.6	3.8	4.0	.4	.4	3.3	3.0
51-64	634	100	19.6	34.6	5.1	3.3	18.7	1.8	1.1	.9	4.3	4.8	.4	.4	3.0	1.8
65-74	295	100	21.9	29.8	5.5	2.7	22.4	2.0	1.2	.9	3.9	4.8	.4	.3	2.4	1.3
75 and over	127	100	23.6	28.1	6.1	2.7	21.6	1.7	1.6	1.2	4.4	5.2	.4	.4	2.3	.6
Females:																
9-11	241	100	36.5	22.6	2.4	4.9	21.0	1.5	.9	.4	3.7	2.8	.3	1.1	1.6	0
12-14	309	100	35.0	24.5	3.1	3.1	22.0	1.5	.8	.5	3.6	2.3	.2	.8	2.3	([4])
15-18	402	100	31.7	27.5	3.3	2.6	19.4	1.7	1.1	.6	4.4	2.8	.3	.7	3.4	.3
19-22	337	100	27.3	30.3	4.4	2.6	18.1	2.0	1.0	.5	4.4	3.6	.3	.4	4.4	.7
23-34	949	100	23.7	31.9	4.4	2.8	18.1	1.8	1.0	.7	3.7	4.2	.6	.5	4.7	1.5
35-50	942	100	19.9	34.4	4.4	3.4	18.7	2.3	1.2	.7	3.7	4.5	.6	.5	4.7	.9
51-64	792	100	20.5	33.1	4.5	3.0	19.2	2.6	1.5	1.1	3.8	5.2	.6	.5	3.6	.4
65-74	377	100	23.7	28.2	4.1	2.2	23.1	2.7	1.6	1.3	3.4	5.3	.6	.3	2.9	.4
75 and over	197	100	28.8	24.9	4.0	1.5	23.6	2.6	2.0	1.2	3.6	4.0	.6	.4	2.4	.2
All individuals	[6]9,620	100	27.2	29.2	4.2	3.2	19.6	1.8	1.1	.7	3.8	3.8	.4	.5	3.1	1.1

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Less than 0.05% but more than 0.
[5]Excludes 4 breast-fed infants.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.9.--VITAMIN A VALUE

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	48.9	11.4	1.2	3.9	2.7	2.5	4.9	13.3	0.5	10.1	0.5	([4])	([4])	0
1-2	[5]264	100	29.8	6.4	5.5	1.0	20.6	6.8	5.1	8.2	1.4	9.4	4.3	0.5	0.4	0
3-5	437	100	25.6	8.8	5.8	.2	24.8	8.1	4.6	6.7	1.3	8.0	5.2	.3	.3	0
6-8	469	100	25.2	6.8	3.8	.3	25.8	6.7	5.0	7.7	1.5	11.5	4.8	.2	.4	0
Males:																
9-11	216	100	23.5	6.4	5.3	.2	26.7	6.3	5.3	6.3	1.6	11.8	5.2	.3	.8	0
12-14	313	100	23.0	8.6	5.1	.5	23.4	6.8	2.8	9.9	1.6	10.8	6.7	.2	.3	0
15-18	400	100	23.9	10.5	5.0	.2	21.0	6.9	3.2	8.7	1.9	12.3	5.7	.1	.3	0
19-22	287	100	23.0	12.8	5.3	.8	13.4	7.2	4.8	7.4	2.7	14.4	7.6	([4])	.3	.1
23-34	770	100	17.6	12.5	5.8	.6	14.5	9.5	3.6	6.8	2.7	18.6	6.9	.1	.2	([4])
35-50	784	100	14.6	13.5	7.5	.9	11.5	8.8	3.4	9.4	2.1	19.7	7.6	.3	.2	.1
51-64	634	100	13.5	11.3	6.8	.7	12.2	8.8	4.9	10.4	2.6	21.3	6.6	.1	.1	.1
65-74	295	100	13.5	10.9	6.6	.3	15.7	9.0	5.6	12.9	2.0	16.3	6.9	([4])	([4])	0
75 and over	127	100	15.2	9.0	6.0	.2	14.3	9.2	5.9	12.9	2.2	16.9	7.8	([4])	.1	([4])
Females:																
9-11	241	100	22.1	7.3	3.0	.9	27.1	8.4	4.8	7.7	1.3	12.1	4.6	.3	.2	0
12-14	309	100	27.0	7.6	3.9	.6	21.8	7.5	4.0	8.8	2.4	10.9	4.8	.2	.4	0
15-18	402	100	23.9	9.6	4.1	.3	16.9	9.9	4.4	9.3	2.0	12.5	6.3	.2	.2	0
19-22	337	100	20.7	11.6	5.6	.5	14.1	9.7	3.7	6.8	3.4	15.9	5.9	.1	.2	0
23-34	949	100	18.0	10.7	5.7	.3	14.1	10.3	4.2	8.6	2.1	18.7	6.4	.1	.2	.1
35-50	942	100	14.6	11.5	5.3	.8	12.5	11.5	5.2	8.8	2.1	20.4	6.5	.1	.2	([4])
51-64	792	100	12.2	10.2	5.1	.3	11.6	10.8	5.9	12.5	2.0	21.4	6.9	.1	.3	.1
65-74	377	100	13.0	9.0	4.1	.4	15.1	9.7	6.4	14.3	1.8	18.3	7.5	.1	.1	([4])
75 and over	197	100	16.8	7.8	5.1	.1	15.2	8.4	8.0	13.5	2.1	14.1	8.3	([4])	.1	([4])
All individuals	[6]9,620	100	18.9	10.3	5.4	.5	16.2	9.0	4.6	9.3	2.1	16.4	6.4	.2	.2	([4])

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.10.--THIAMIN
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	44.0	3.5	0.6	4.3	37.5	2.1	3.0	0.3	1.1	1.8	0	(4)	1.5	0
1-2	[5]264	100	20.7	13.1	2.1	2.0	43.8	6.4	2.7	.5	3.8	3.5	(4)	0.7	.7	0
3-5	437	100	15.6	16.3	1.9	2.0	47.3	5.5	2.3	.6	3.8	3.4	(4)	.6	.5	0
6-8	469	100	15.4	17.1	1.1	2.0	47.7	5.1	2.0	.7	3.8	3.9	(4)	.7	.3	0
Males:																
9-11	216	100	13.8	17.7	1.4	2.3	49.5	4.4	1.7	.5	4.2	3.1	(4)	.9	.2	0
12-14	313	100	14.3	19.3	1.3	2.4	47.7	3.6	1.2	.9	4.3	3.5	(4)	.9	.2	0
15-18	400	100	13.6	21.8	1.3	2.1	43.8	4.5	1.0	.8	5.6	4.4	.1	.5	.3	0
19-22	287	100	12.1	26.3	1.4	1.8	39.8	3.5	1.5	.7	6.2	5.4	.1	.4	.3	.2
23-34	770	100	8.2	27.5	1.9	2.2	39.4	5.4	1.6	.6	6.3	5.7	.1	.5	.2	.1
35-50	784	100	7.4	28.0	2.4	2.8	39.4	4.9	1.4	1.0	5.5	6.4	.1	.5	.1	(4)
51-64	634	100	6.7	27.4	2.1	2.2	39.0	5.6	2.2	1.2	5.8	7.0	.1	.2	.1	(4)
65-74	295	100	8.3	21.8	2.1	2.1	44.3	6.1	2.1	1.1	5.2	6.2	.1	.3	.1	(4)
75 and over	127	100	8.0	24.8	2.2	2.1	40.3	5.2	3.0	1.7	5.9	6.0	(4)	.2	.4	(4)
Females:																
9-11	241	100	13.3	17.8	1.0	2.7	47.9	5.7	1.6	.5	4.3	4.0	(4)	.7	.3	0
12-14	309	100	15.0	19.7	1.2	2.1	44.4	5.0	1.7	.9	5.0	3.6	(4)	.8	.4	(4)
15-18	402	100	13.3	21.2	1.5	1.8	42.4	5.6	2.3	.9	5.7	4.1	(4)	.7	.2	(4)
19-22	337	100	11.7	26.0	2.2	1.9	35.8	6.9	2.0	.7	6.2	5.4	.1	.4	.4	(4)
23-34	949	100	9.4	25.7	2.1	1.9	37.9	5.9	2.4	1.1	5.1	7.0	.1	.5	.2	.2
35-50	942	100	7.0	25.7	2.0	2.6	37.9	7.4	2.5	1.1	5.1	7.3	.1	.3	.2	.1
51-64	792	100	7.5	23.2	1.9	2.2	38.0	8.5	3.2	1.7	4.9	7.9	.1	.3	.2	(4)
65-74	377	100	8.6	20.0	1.7	1.6	43.0	7.9	3.1	1.9	4.2	7.4	(4)	.1	.2	(4)
75 and over	197	100	10.4	17.8	1.6	.9	44.8	8.0	3.6	1.7	4.7	5.8	(4)	.2	.1	(4)
All individuals	[6]9,620	100	10.7	23.0	1.8	2.2	41.3	5.9	2.2	1.0	5.1	5.7	.1	.5	.2	(4)

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.11.--RIBOFLAVIN
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	60.5	4.4	1.0	4.2	22.8	0.3	2.8	0.5	0.3	1.6	(4)	0.2	1.3	0
1-2	[5]264	100	45.7	11.8	4.5	1.3	26.9	1.4	2.4	.6	1.5	2.2	(4)	.8	.7	(4)
3-5	437	100	39.0	16.1	4.9	1.0	30.4	1.1	1.7	.6	1.5	2.0	0.1	.6	.7	(4)
6-8	469	100	40.2	15.9	3.0	1.0	31.3	1.0	1.4	.8	1.7	2.3	.1	.6	.4	0
Males:																
9-11	216	100	36.8	17.0	3.9	1.1	33.3	.8	1.3	.5	1.7	1.8	.1	1.0	.4	0
12-14	313	100	35.5	18.2	3.8	1.0	32.6	.7	.8	1.2	1.9	2.4	.1	.8	.7	0
15-18	400	100	33.7	22.5	4.0	1.0	29.1	.9	.8	1.1	2.2	2.7	.2	.5	.9	.2
19-22	287	100	29.3	27.4	4.1	1.0	24.5	.9	1.4	1.0	2.6	3.3	.2	.4	.9	2.8
23-34	770	100	22.7	28.5	5.2	1.2	26.2	1.6	1.2	.7	3.0	4.2	.2	.4	1.3	3.1
35-50	784	100	20.6	30.2	6.3	1.6	25.5	1.4	1.3	1.3	2.5	4.7	.3	.4	1.1	2.6
51-64	634	100	20.2	28.8	6.1	1.2	26.8	1.6	1.9	1.6	2.9	5.4	.2	.3	1.0	1.7
65-74	295	100	23.0	23.7	6.3	1.0	30.5	1.7	2.1	1.5	2.5	4.8	.2	.3	1.0	1.1
75 and over	127	100	24.2	22.6	7.2	.9	28.2	1.6	2.8	2.5	2.8	5.4	.2	.3	.7	.3
Females:																
9-11	241	100	36.5	17.1	2.6	1.4	33.0	1.1	1.4	.7	1.8	2.5	.1	.9	.6	0
12-14	309	100	36.9	18.8	3.5	1.0	30.0	1.3	1.3	1.1	2.1	2.5	.1	.7	.5	(4)
15-18	402	100	33.1	22.4	3.7	.9	27.5	1.4	1.8	1.2	2.7	2.9	.1	.7	1.0	.3
19-22	337	100	28.9	26.5	5.3	.9	24.4	1.6	1.4	.8	3.0	4.0	.3	.3	1.6	.6
23-34	949	100	24.2	26.9	5.3	1.0	25.3	1.8	1.7	1.5	2.4	5.3	.3	.6	1.8	1.4
35-50	942	100	20.3	28.6	5.3	1.4	26.6	2.2	2.0	1.4	2.5	5.5	.3	.4	2.0	.8
51-64	792	100	21.2	27.0	5.4	1.1	26.1	2.6	2.6	2.3	2.5	6.1	.3	.4	1.7	.5
65-74	377	100	23.9	22.5	4.9	.7	30.3	2.2	2.7	2.3	2.1	5.9	.3	.2	1.4	.3
75 and over	197	100	29.4	19.3	4.5	.5	30.0	2.0	3.4	2.0	1.9	4.5	.2	.4	1.4	.2
All individuals	[6]9,620	100	27.7	24.1	4.9	1.1	27.7	1.6	1.7	1.3	2.4	4.2	.2	.5	1.2	1.0

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.12.--PREFORMED NIACIN
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]378	100	25.2	13.4	0.1	5.1	44.1	1.6	4.9	0.8	1.4	2.5	0	0.1	0.5	0
1-2	[4]264	100	5.2	32.1	.4	3.7	42.1	3.1	3.1	.5	5.7	3.2	([5])	.5	.1	.1
3-5	437	100	3.5	34.7	.3	5.8	41.9	2.5	2.0	.4	5.5	2.9	([5])	.2	.1	([5])
6-8	469	100	3.3	36.4	.2	5.0	41.3	2.0	1.8	.6	5.6	3.0	([5])	.5	.2	0
Males:																
9-11	216	100	2.9	37.7	.2	5.5	41.0	1.7	1.6	.2	5.8	2.3	([5])	.5	.2	0
12-14	313	100	2.9	39.3	.1	4.3	40.3	1.6	1.0	.7	6.1	2.7	([5])	.3	.3	0
15-18	400	100	2.8	44.2	.1	3.3	35.2	1.8	1.0	.6	6.8	2.6	([5])	.2	.9	.3
19-22	287	100	2.5	47.5	.2	2.9	28.2	1.5	1.4	.4	6.3	3.2	.1	.1	1.7	3.9
23-34	770	100	1.8	45.0	.3	2.4	27.9	2.3	1.0	.4	6.7	3.6	([5])	.2	4.0	3.8
35-50	784	100	1.3	47.4	.3	3.2	24.7	2.0	1.0	.6	5.4	3.7	([5])	.3	6.8	2.9
51-64	634	100	1.2	44.8	.2	2.8	26.3	2.2	1.8	.7	5.6	4.2	([5])	.1	7.7	2.0
65-74	295	100	1.6	39.6	.2	2.2	31.6	2.7	2.2	.8	5.4	4.2	([5])	.2	7.5	1.4
75 and over	127	100	1.5	40.7	.2	2.7	30.1	2.4	2.4	1.2	6.2	4.2	([5])	.1	7.4	.6
Females:																
9-11	241	100	2.6	38.2	.2	5.5	40.0	2.1	1.4	.4	5.9	2.9	([5])	.4	.1	0
12-14	309	100	3.2	40.2	.2	3.8	37.8	2.6	1.3	.4	6.5	2.7	([5])	.7	.4	([5])
15-18	402	100	2.8	43.9	.3	2.9	33.2	2.4	1.8	.5	6.8	2.9	([5])	.6	1.2	.3
19-22	337	100	2.7	47.2	.4	1.7	27.7	3.1	2.0	.4	6.4	3.7	([5])	.4	3.2	.7
23-34	949	100	2.2	45.2	.3	2.3	27.1	2.8	1.7	.7	5.4	4.2	([5])	.3	6.0	1.5
35-50	942	100	1.5	46.0	.3	2.6	24.9	3.0	1.7	.6	4.8	4.2	([5])	.2	9.1	.8
51-64	792	100	1.5	44.3	.3	2.6	25.3	3.2	2.2	1.0	4.8	4.5	([5])	.2	9.5	.4
65-74	377	100	1.6	39.3	.2	1.7	31.7	3.3	2.9	1.3	4.1	4.6	([5])	([5])	8.6	.3
75 and over	197	100	2.2	35.8	.2	1.5	34.7	3.5	3.4	1.0	5.1	4.2	.1	.1	7.8	.2
All individuals	[6]9,620	100	2.4	42.5	.3	3.1	31.0	2.5	1.8	.6	5.6	3.6	([5])	.3	4.8	1.2

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Less than 0.05% but more than 0.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.13.--VITAMIN B_6

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	48.0	10.4	0.9	5.4	12.9	1.4	12.2	1.7	1.9	3.3	0	0.3	1.3	0
1-2	[4]264	100	22.0	24.3	3.3	3.2	23.6	3.6	8.5	1.0	5.4	3.6	([5])	.6	.6	.1
3-5	437	100	16.5	29.0	3.0	3.9	27.0	3.7	5.7	.8	5.6	3.6	([5])	.6	.4	([5])
6-8	469	100	16.4	30.6	1.7	3.5	27.8	3.0	4.7	1.3	5.6	4.2	([5])	.5	.4	0
Males:																
9-11	216	100	14.6	33.0	2.3	4.0	28.5	2.4	3.6	.7	5.9	3.7	.1	.8	.3	([5])
12-14	313	100	13.9	34.5	2.2	3.4	27.4	2.3	2.8	1.5	6.1	4.6	([5])	.7	.3	0
15-18	400	100	13.4	40.3	2.0	3.3	22.0	2.6	2.4	1.2	7.0	4.3	.1	.4	.3	.4
19-22	287	100	10.9	44.3	2.4	2.8	15.6	2.4	2.7	.9	7.0	5.2	.1	.3	.4	4.7
23-34	770	100	8.2	43.5	2.7	2.8	15.8	3.5	3.1	.8	7.9	5.7	.1	.3	.1	4.9
35-50	784	100	7.3	46.9	3.1	3.9	13.3	3.3	2.8	1.3	6.8	6.4	.1	.4	.2	4.0
51-64	634	100	6.8	42.9	2.9	3.2	14.8	3.8	5.5	1.7	7.3	7.5	.1	.2	.1	2.7
65-74	295	100	8.6	37.6	3.3	2.8	20.0	4.2	5.2	1.8	6.5	7.3	.1	.2	([5])	2.1
75 and over	127	100	7.8	36.9	3.3	3.0	18.5	3.5	8.0	2.4	8.6	6.7	([5])	.2	.1	.8
Females:																
9-11	241	100	13.8	32.6	1.5	4.4	28.6	3.5	3.4	.9	6.0	3.9	([5])	.5	.4	0
12-14	309	100	14.9	35.4	2.1	3.3	23.2	3.6	3.5	1.2	6.7	4.4	.1	.6	.7	([5])
15-18	402	100	13.7	39.2	2.1	2.7	19.1	3.7	4.5	1.3	7.4	4.5	.1	.6	.4	.5
19-22	337	100	11.6	41.6	2.6	2.3	17.3	4.1	3.7	.9	7.5	6.1	.2	.4	.3	1.0
23-34	949	100	9.2	42.9	2.8	2.8	15.5	4.2	4.0	1.6	6.5	7.1	.1	.5	.2	2.2
35-50	942	100	7.2	44.9	2.7	3.2	15.0	4.9	4.6	1.5	6.4	7.0	.1	.4	.2	1.4
51-64	792	100	7.4	41.6	2.6	3.0	14.6	5.4	6.6	2.4	6.7	8.2	.1	.3	.1	.7
65-74	377	100	8.3	35.4	2.4	2.1	20.6	5.1	7.4	2.7	5.8	9.0	.1	.1	.1	.5
75 and over	197	100	11.5	31.6	2.4	1.5	20.7	5.4	8.6	2.3	7.7	7.0	([5])	.5	([5])	.4
All individuals	[6]9,620	100	10.9	39.3	2.6	3.1	18.7	3.9	4.6	1.4	6.7	6.0	.1	.4	.2	1.6

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Less than 0.05% but more than 0.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.14.--VITAMIN B_{12}
Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]378	100	77.6	12.4	2.1	5.7	0.6	0.3	(4)	(4)	0.2	1.0	(4)	(4)	0	0
1-2	[5]264	100	51.8	26.2	8.1	1.3	10.0	0	(4)	0	.4	.4	0.2	0.6	0	0
3-5	437	100	44.8	32.9	9.7	.3	10.7	0	0	(4)	.5	.2	.3	.2	0	0
6-8	469	100	45.6	34.8	5.9	.5	11.5	.1	(4)	(4)	.5	.4	.2	.2	0	0
Males:																
9-11	216	100	39.4	38.0	6.4	.4	14.3	0	0	0	.3	.4	.3	.4	0	0
12-14	313	100	39.4	36.4	7.8	1.1	13.5	0	(4)	(4)	.6	.3	.3	.4	0	0
15-18	400	100	36.0	45.2	7.7	.4	8.9	0	0	(4)	.7	.3	.4	.4	0	0
19-22	287	100	30.5	51.4	7.3	.7	7.8	0	(4)	(4)	.9	.3	.5	.1	0	0
23-34	770	100	24.5	55.1	9.1	1.0	7.1	0	(4)	(4)	1.1	.6	.6	.1	.1	0
35-50	784	100	21.1	58.4	10.9	.7	6.2	0	(4)	(4)	.7	.7	.5	.2	.1	0
51-64	634	100	22.7	56.0	10.6	1.0	6.5	0	(4)	(4)	1.0	1.0	.5	.2	.1	0
65-74	295	100	25.2	49.8	12.4	1.2	8.0	(4)	0	(4)	.9	1.3	.5	.1	.1	0
75 and over	127	100	26.3	46.6	15.1	.8	8.0	0	(4)	0	1.0	1.3	.5	.1	(4)	0
Females:																
9-11	241	100	43.2	36.1	4.7	1.4	12.9	0	(4)	.1	.4	.3	.3	.5	0	0
12-14	309	100	41.4	39.2	6.4	.4	10.4	0	0	0	.7	.1	.5	.4	0	0
15-18	402	100	37.4	44.2	6.9	.6	8.2	0	.1	(4)	.9	.2	.4	.3	0	0
19-22	337	100	31.5	47.6	8.9	.5	7.3	(4)	0	.1	1.4	.4	.7	.2	(4)	0
23-34	949	100	27.0	51.7	9.5	.4	8.0	.1	(4)	.1	1.1	.5	1.0	.3	(4)	0
35-50	942	100	22.8	56.8	9.3	.7	6.9	.1	.1	(4)	1.0	.3	.8	.2	(4)	0
51-64	792	100	24.6	54.5	9.9	.6	7.4	0	.1	(4)	.9	.8	.6	.3	(4)	0
65-74	377	100	28.6	48.0	9.7	.5	9.1	0	(4)	0	1.2	.9	.4	.1	.1	0
75 and over	197	100	35.4	43.5	9.6	.4	8.6	.2	(4)	0	.6	.5	.7	.3	.1	0
All individuals	[6]9,620	100	31.0	48.1	9.0	.7	8.4	(4)	(4)	(4)	.8	.5	.5	.2	(4)	0

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Percentages may not add to 100 because of rounding.
[3] Excludes 36 breast-fed infants.
[4] Less than 0.05% but more than 0.
[5] Excludes 4 breast-fed infants.
[6] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 2.15.--VITAMIN C

Percentage contribution of 14 food groups per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	All food[2]	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts, seeds	Grain products	Citrus fruits, tomatoes	Non-citrus fruits	Vegetables: Dark green, deep yellow	Vegetables: White potatoes, viandas	Vegetables: Other vegetables	Fats, oils	Sugar, sweets	Beverages: Non-alcoholic	Beverages: Alcoholic
Males and females:																
Under 1	[3]78	100	29.9	2.6	0	3.3	5.7	8.0	38.9	2.0	3.1	2.5	0	0.4	3.5	0
1-2	[4]264	100	13.5	4.3	(5)	.8	12.2	23.1	14.0	2.4	10.0	7.0	(5)	.7	11.4	0
3-5	437	100	11.2	5.3	0	.2	14.3	25.0	9.4	2.1	11.7	7.7	(5)	.7	11.7	0
6-8	469	100	10.6	4.4	0	.3	15.9	24.4	8.3	2.8	11.9	8.4	(5)	.4	11.9	0
Males:																
9-11	216	100	10.4	7.3	0	.4	17.0	21.6	6.4	2.9	12.8	7.3	.1	.5	12.7	0
12-14	313	100	9.2	4.8	0	.5	15.1	22.5	5.7	4.6	15.3	9.2	(5)	.5	12.5	0
15-18	400	100	8.9	5.3	0	.6	11.7	24.0	5.1	4.6	16.1	10.6	.1	.3	11.7	0
19-22	287	100	10.8	7.1	0	1.2	8.1	19.3	5.8	3.9	19.9	14.5	.3	1.1	6.0	.5
23-34	770	100	6.1	7.0	(5)	.6	8.2	24.8	6.4	2.6	19.8	16.5	.2	.3	5.5	.2
35-50	784	100	6.0	9.3	(5)	1.0	5.6	25.1	6.3	3.9	17.8	18.0	.1	.3	4.3	.2
51-64	634	100	4.7	5.8	(5)	1.0	6.5	29.7	9.2	5.0	16.3	17.8	.1	.5	2.2	(5)
65-74	295	100	4.9	4.9	0	.6	8.3	30.6	9.0	5.8	15.5	15.0	.1	.7	2.9	0
75 and over	127	100	6.1	4.2	0	.3	7.9	28.4	9.5	7.0	14.5	15.5	(5)	1.8	3.9	.2
Females:																
9-11	241	100	8.8	3.7	0	.6	16.1	27.4	7.4	3.0	11.9	9.4	.1	.4	11.0	0
12-14	309	100	10.9	4.2	0	.4	12.8	22.4	6.9	4.0	15.0	9.2	(5)	.3	12.8	0
15-18	402	100	9.6	5.9	0	.6	10.1	24.6	8.3	4.4	16.0	10.2	.1	.2	8.7	(5)
19-22	337	100	9.2	6.7	(5)	.6	9.1	26.2	6.9	2.6	14.7	14.0	.3	.2	6.3	0
23-34	949	100	6.0	6.0	(5)	.6	7.9	25.3	8.2	4.1	13.7	17.7	.2	.3	6.7	.6
35-50	942	100	4.5	7.1	.1	.6	7.0	30.1	8.0	4.2	13.6	17.0	.1	.3	4.8	.2
51-64	792	100	3.9	4.1	(5)	.4	4.7	34.9	9.9	6.1	12.7	17.7	.1	.4	3.1	.1
65-74	377	100	4.7	3.2	0	.3	6.9	33.8	11.1	6.5	11.1	17.5	.1	.3	2.9	.0
75 and over	197	100	8.4	2.6	0	.3	6.4	32.6	11.4	5.3	11.9	15.2	(5)	.8	3.8	.2
All individuals	[6]9,620	100	7.4	5.8	(5)	.6	9.1	26.8	8.3	4.1	14.6	14.2	.1	.4	6.7	.1

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Percentages may not add to 100 because of rounding.
[3]Excludes 36 breast-fed infants.
[4]Excludes 4 breast-fed infants.
[5]Less than 0.05% but more than 0.
[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.1.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1.....	[2]78	794	29.2	30.4	97.0	791	17.4	128	654	3,511	0.89	1.53	9.3	0.65	2.32	77
1-2.....	[3]264	1,164	46.1	48.9	137.8	729	7.9	158	840	3,281	.87	1.43	10.1	.91	3.04	68
3-5.....	437	1,435	55.1	61.0	170.5	713	9.5	178	930	3,694	1.06	1.57	13.6	1.12	3.68	70
6-8.....	469	1,711	65.9	72.4	203.3	867	11.1	215	1,134	4,533	1.30	1.86	16.2	1.35	4.24	85
Males:																
9-11.....	216	2,000	78.0	87.6	228.8	920	13.3	245	1,267	4,500	1.52	2.10	19.8	1.56	4.86	85
12-14.....	313	2,366	89.7	105.5	270.0	1,077	15.3	284	1,467	5,429	1.71	2.39	22.0	1.78	5.24	92
15-18.....	400	2,698	106.6	123.3	294.8	1,194	17.1	317	1,691	5,764	1.82	2.57	24.6	1.96	5.77	112
19-22.....	287	2,569	105.3	118.4	256.8	983	16.0	308	1,601	5,015	1.56	2.20	25.5	1.94	5.39	88
23-34.....	770	2,449	98.1	114.8	241.6	830	15.9	303	1,461	5,278	1.55	1.98	24.1	1.81	5.47	95
35-50.....	784	2,314	95.6	109.3	220.8	764	15.8	310	1,397	5,690	1.45	1.88	23.8	1.73	5.55	86
51-64.....	634	2,148	90.1	101.6	208.8	702	15.5	304	1,289	6,945	1.47	1.88	23.1	1.75	7.18	98
65-74.....	295	1,970	81.0	92.8	205.3	729	14.5	287	1,246	6,834	1.40	1.85	20.9	1.58	5.82	100
75 and over.....	127	1,808	74.6	86.2	184.8	679	13.4	267	1,137	6,693	1.41	1.73	18.7	1.51	4.95	96
Females:																
9-11.....	241	1,865	70.4	79.1	222.6	845	11.9	237	1,161	4,225	1.37	1.87	17.6	1.43	3.86	87
12-14.....	309	1,903	73.2	85.3	214.3	864	11.6	220	1,193	4,066	1.29	1.81	17.1	1.35	4.02	81
15-18.....	402	1,791	70.7	80.5	198.5	774	11.1	215	1,112	4,195	1.19	1.65	16.9	1.30	3.66	80
19-22.....	337	1,621	66.7	75.9	168.8	630	10.5	200	1,008	3,796	1.04	1.37	15.0	1.22	3.65	79
23-34.....	949	1,616	65.9	73.7	165.2	604	10.7	217	993	4,335	1.02	1.35	15.8	1.22	3.60	76
35-50.....	942	1,514	63.9	70.8	151.2	515	10.7	222	922	4,264	1.01	1.27	16.2	1.19	3.78	79
51-64.....	792	1,522	65.2	71.2	153.8	532	11.4	235	948	6,044	1.05	1.40	17.2	1.29	5.27	93
65-74.....	377	1,444	60.4	65.8	155.4	566	10.6	227	930	6,218	1.07	1.41	15.6	1.24	4.21	92
75 and over.....	197	1,367	54.1	59.0	157.4	591	10.1	214	880	5,931	1.01	1.40	13.8	1.15	4.07	90
All individuals...	[4]9,620	1,865	75.5	85.3	195.7	734	12.7	248	1,159	5,069	1.26	1.71	18.7	1.44	4.66	87

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 36 breast-fed infants.
[3] Excludes 4 breast-fed infants.
[4] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.2a.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, central cities, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1.....	[2]21	834	33.8	30.6	105.4	852	15.3	131	681	3,898	0.87	1.59	9.8	0.84	2.70	77
1-2.....	[3]64	1,215	50.4	52.9	137.6	825	8.4	174	927	3,814	.96	1.59	10.9	1.05	3.41	69
3-5.....	119	1,377	54.0	58.1	162.8	707	9.5	171	910	4,323	1.07	1.60	13.6	1.08	4.54	64
6-8.....	105	1,650	67.5	66.9	197.6	787	11.7	212	1,078	6,162	1.40	1.91	18.2	1.49	5.07	106
Males:																
9-11.....	60	1,929	80.2	86.6	209.6	901	13.0	230	1,247	5,309	1.61	2.10	20.6	1.72	4.66	90
12-14.....	71	2,412	94.7	111.5	260.0	956	15.2	259	1,406	6,170	1.63	2.29	24.2	1.92	4.83	88
15-18.....	114	2,686	106.4	123.2	290.0	1,077	17.5	296	1,595	6,492	1.70	2.49	24.9	2.03	5.89	117
19-22.....	77	2,803	115.3	129.3	265.5	962	17.7	343	1,743	5,783	1.69	2.37	29.9	2.27	5.64	98
23-34.....	226	2,278	91.9	102.3	232.9	795	15.1	286	1,383	5,733	1.51	1.92	22.7	1.68	5.35	112
35-50.....	203	2,303	96.8	106.1	217.1	780	15.5	296	1,416	6,343	1.43	1.86	23.4	1.75	5.67	91
51-64.....	176	2,090	92.5	99.7	194.1	650	14.7	287	1,231	5,822	1.38	1.67	23.1	1.65	6.23	99
65-74.....	80	1,976	84.2	90.8	205.1	736	15.6	289	1,284	6,230	1.56	1.89	22.9	1.72	5.06	115
75 and over.....	38	1,717	73.5	74.4	190.7	703	13.0	268	1,116	7,098	1.19	1.59	17.3	1.49	3.08	101
Females:																
9-11.....	63	1,858	71.6	76.9	223.7	820	12.1	259	1,186	4,738	1.33	1.82	18.0	1.48	4.04	87
12-14.....	82	2,010	79.2	88.6	228.2	859	12.7	233	1,263	4,957	1.48	1.89	19.3	1.55	4.09	96
15-18.....	121	1,860	76.8	81.4	206.9	763	11.4	214	1,145	4,933	1.31	1.73	18.7	1.41	3.53	90
19-22.....	121	1,623	67.7	76.4	166.7	648	10.7	194	1,017	4,320	1.05	1.40	15.5	1.29	3.46	86
23-34.....	287	1,668	68.6	74.1	170.2	632	11.0	221	1,036	5,082	1.07	1.42	16.6	1.30	3.87	89
35-50.....	271	1,494	64.1	67.8	152.7	522	10.6	213	917	4,365	1.06	1.28	16.3	1.21	3.41	96
51-64.....	237	1,471	66.4	69.2	143.1	520	10.8	226	927	5,895	.99	1.32	17.3	1.26	4.24	96
65-74.....	117	1,405	58.7	64.6	148.7	552	10.3	220	896	7,512	1.00	1.42	15.5	1.17	5.70	83
75 and over.....	62	1,302	54.7	54.2	155.3	600	10.4	208	884	7,489	1.00	1.56	14.3	1.24	6.16	95
All individuals...	[4]2,715	1,841	76.6	83.1	191.4	713	12.6	242	1,147	5,530	1.27	1.68	19.0	1.47	4.64	94

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 10 breast-fed infants.
[3] Excludes 1 breast-fed infant.
[4] Excludes 11 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.2b.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, suburban areas, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[2] 27	827	31.8	31.0	102.0	907	18.7	151	767	3,544	0.99	1.71	9.8	0.64	2.52	84
1-2	117	1,163	44.8	47.4	143.2	731	8.0	159	831	3,528	.85	1.41	19.7	.90	2.86	74
3-5	161	1,505	56.1	66.3	175.9	723	9.8	186	954	3,536	1.05	1.58	13.5	1.14	3.55	77
6-8	197	1,773	66.5	75.9	211.0	918	11.2	222	1,183	4,261	1.29	1.88	16.1	1.37	4.08	83
Males:																
9-11	77	2,076	78.9	91.5	238.7	918	14.1	264	1,313	4,141	1.59	2.16	20.8	1.56	5.48	81
12-14	140	2,389	89.8	108.5	269.7	1,158	15.2	294	1,521	5,522	1.74	2.47	21.2	1.74	5.63	93
15-18	149	2,832	109.1	131.1	310.8	1,364	17.6	347	1,823	5,895	1.98	2.82	24.7	2.05	6.43	126
19-22	108	2,630	108.4	123.4	259.9	1,055	16.1	301	1,644	4,654	1.62	2.24	24.5	1.86	5.43	87
23-34	293	2,417	97.9	116.1	229.4	816	15.7	302	1,462	5,215	1.53	1.93	24.1	1.83	5.73	86
35-50	335	2,258	93.9	106.9	812.0	738	15.4	315	1,363	5,566	1.40	1.83	24.5	1.73	5.25	90
51-64	242	2,150	88.3	101.7	211.0	722	15.8	310	1,295	7,536	1.45	1.98	22.6	1.76	8.88	101
65-74	93	2,003	81.1	96.8	207.2	800	14.1	304	1,287	7,107	1.37	1.90	20.9	1.60	5.77	99
75 and over	36	1,893	72.9	92.7	194.5	815	13.7	269	1,168	6,199	1.45	1.81	18.5	1.55	4.70	120
Females:																
9-11	99	1,994	72.2	85.4	238.6	896	12.3	236	1,206	4,080	1.46	1.97	18.1	1.43	3.92	99
12-14	131	1,923	72.2	87.5	215.8	902	11.4	221	1,204	3,754	1.23	1.83	16.6	1.29	4.24	85
15-18	160	1,836	69.5	85.4	199.8	786	11.2	218	1,126	3,728	1.15	1.61	16.5	1.28	3.80	82
19-22	116	1,607	64.1	73.6	173.7	649	10.6	198	1,009	3,044	1.06	1.42	14.1	1.20	3.37	74
23-34	365	1,593	66.2	74.8	158.5	590	10.9	218	980	4,340	1.00	1.33	16.1	1.23	3.90	77
35-50	382	1,537	65.0	74.4	147.3	532	10.8	226	929	4,106	.99	1.24	16.1	1.16	3.68	75
51-64	281	1,566	67.2	73.5	158.1	558	12.1	248	986	6,299	1.09	1.48	17.8	1.36	6.19	100
65-74	111	1,470	61.3	66.5	160.0	580	11.0	230	944	6,419	1.11	1.47	16.4	1.33	4.69	101
75 and over	53	1,419	53.4	61.3	165.6	578	10.3	221	858	5,110	.96	1.26	13.3	1.14	2.64	94
All individuals	[2] 3,673	1,897	76.1	88.0	197.3	763	12.8	254	1,183	4,968	1.27	1.73	18.7	1.45	4.90	88

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 14 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.2c.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
48 States, nonmetropolitan areas, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[2]30	737	23.8	29.7	86.8	645	17.6	105	535	3,212	0.82	1.33	8.5	0.52	1.88	70
1-2	[3]83	1,124	44.7	47.9	130.5	653	7.6	146	787	2,531	.83	1.34	10.0	.80	3.01	58
3-5	157	1,407	54.7	57.6	170.7	707	9.2	176	920	3,376	1.07	1.55	13.7	1.12	3.17	67
6-8	167	1,676	64.0	71.6	197.6	856	10.6	206	1,110	3,828	1.22	1.79	15.2	1.23	3.89	74
Males:																
9-11	79	1,979	75.2	84.5	233.6	937	12.7	238	1,237	4,239	1.38	2.04	18.4	1.42	4.40	86
12-14	102	2,301	85.9	97.0	277.1	1,051	15.5	288	1,433	4,788	1.71	2.35	21.7	1.74	4.99	93
15-18	137	2,560	103.9	114.8	281.2	1,105	16.3	300	1,626	5,015	1.74	2.37	24.3	1.81	4.94	93
19-22	102	2,327	94.3	104.6	246.8	923	14.6	287	1,447	4,813	1.40	2.02	23.4	1.76	5.16	80
23-34	251	2,640	103.7	124.4	263.4	877	16.8	318	1,528	4,940	1.61	2.10	25.4	1.92	5.28	90
35-50	246	2,399	96.6	115.1	235.5	786	16.6	315	1,425	5,319	1.53	1.96	23.3	1.73	5.86	77
51-64	216	2,191	90.0	103.1	218.4	723	15.8	312	1,329	7,192	1.54	1.94	23.7	1.81	6.02	95
65-74	122	1,940	78.8	91.0	204.0	670	14.1	273	1,189	7,020	1.33	1.80	19.6	1.46	6.36	92
75 and over	53	1,818	77.1	90.7	182.1	572	13.6	264	1,129	6,739	1.53	1.79	19.9	1.49	6.41	78
Females:																
9-11	79	1,707	67.0	72.9	201.4	801	11.4	222	1,084	3,997	1.28	1.79	16.6	1.39	3.64	74
12-14	96	1,783	69.4	79.5	200.4	818	10.8	208	1,117	3,731	1.19	1.70	16.0	1.25	3.65	65
15-18	121	1,660	66.0	72.9	188.1	769	10.7	210	1,059	4,074	1.11	1.60	15.7	1.22	3.60	68
19-22	100	1,635	68.4	77.8	165.5	588	10.3	207	995	4,034	1.01	1.30	15.4	1.18	4.21	77
23-34	297	1,593	62.7	72.0	168.4	594	10.2	212	967	3,605	.99	1.31	14.9	1.13	2.97	62
35-50	289	1,502	62.2	69.1	154.6	485	10.9	225	918	4,377	1.00	1.31	16.3	1.22	4.25	68
51-64	274	1,520	62.1	70.7	158.7	516	11.1	230	926	5,909	1.05	1.40	16.7	1.24	5.22	83
65-74	149	1,454	61.2	66.2	157.2	566	10.5	230	946	5,042	1.10	1.35	15.3	1.23	2.68	93
75 and over	82	1,370	54.1	61.1	153.6	593	10.0	213	892	5,288	1.05	1.37	13.8	1.09	3.43	84
All individuals	[4]3,232	1,850	74.0	84.2	197.3	718	12.6	246	1,143	4,798	1.26	1.69	18.3	1.40	4.46	79

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 12 breast-fed infants.
[3]Excludes 3 breast-fed infants.
[4]Excludes 15 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.3a.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
Northeast, all urbanizations, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[2]14	831	31.2	31.9	98.2	816	21.6	139	694	2,829	1.03	1.70	11.2	0.65	2.59	104
1-2	[3]45	1,265	49.8	51.3	154.2	821	9.3	171	907	3,091	.94	1.61	11.0	1.00	3.57	100
3-5	107	1,541	62.5	67.5	175.8	824	10.2	195	1,016	3,994	1.08	1.72	14.9	1.21	4.01	80
6-8	108	1,887	71.6	79.0	227.3	1,011	11.7	237	1,261	4,949	1.41	2.06	17.5	1.50	4.58	113
Males:																
9-11	57	1,990	80.2	85.0	228.0	934	12.5	243	1,277	4,457	1.45	2.07	19.4	1.46	5.31	85
12-14	76	2,434	92.8	111.3	272.5	1,083	15.0	293	1,496	5,140	1.62	2.42	23.0	1.76	5.58	101
15-18	97	2,659	101.5	123.1	289.8	1,206	15.9	302	1,627	5,748	1.75	2.54	23.1	1.82	5.81	115
19-22	53	2,782	113.7	125.6	267.2	1,078	16.1	356	1,744	4,327	1.58	2.34	29.0	2.06	5.49	106
23-34	186	2,437	95.1	109.4	246.7	867	14.9	306	1,446	5,996	1.46	2.02	23.3	1.78	6.57	125
35-50	178	2,331	98.2	110.1	213.5	735	15.1	306	1,369	5,514	1.36	1.81	24.1	1.71	5.80	89
51-64	158	2,073	89.4	95.3	198.6	672	14.9	297	1,270	7,608	1.38	1.87	22.6	1.66	10.64	107
65-74	67	1,953	80.8	90.1	199.9	756	14.7	286	1,217	6,823	1.43	1.96	20.6	1.60	6.55	114
75 and over	27	1,590	71.5	70.2	170.0	634	13.0	250	1,076	5,882	1.36	1.62	19.1	1.63	3.57	107
Females:																
9-11	60	2,027	76.4	85.2	242.7	892	12.2	245	1,219	3,754	1.50	2.04	19.7	1.45	4.19	93
12-14	76	1,868	73.8	80.5	214.2	830	11.0	210	1,150	3,354	1.26	1.78	17.6	1.38	4.25	85
15-18	84	1,658	68.1	75.8	175.7	679	10.1	195	1,016	3,471	1.03	1.44	16.0	1.16	3.79	71
19-22	78	1,779	73.8	83.4	184.3	678	11.4	230	1,113	4,269	1.17	1.50	16.0	1.31	4.23	91
23-34	252	1,748	71.2	77.5	175.4	664	11.5	233	1,065	4,719	1.03	1.46	17.3	1.34	4.29	91
35-50	242	1,505	64.6	69.5	151.9	516	10.7	228	923	4,118	1.00	1.28	15.8	1.15	4.80	89
51-64	195	1,556	68.4	73.8	150.0	555	11.5	237	975	7,001	1.03	1.46	17.5	1.33	7.26	111
65-74	90	1,469	61.9	68.3	156.3	541	10.3	223	900	7,398	1.04	1.44	16.0	1.24	5.29	100
75 and over	42	1,315	49.5	58.7	149.7	511	9.2	214	798	5,598	.98	1.15	13.0	1.03	2.13	91
All individuals	[4]2,292	1,897	77.5	85.9	197.0	750	12.5	253	1,172	5,256	1.24	1.74	19.0	1.45	5.51	99

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 5 breast-fed infants.
[3] Excludes 1 breast-fed infant.
[4] Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.3b.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
North Central, all urbanizations, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[2]19	794	27.7	26.1	111.9	754	18.6	123	591	3,453	0.96	1.50	11.0	0.81	2.00	65
1-2	[3]62	1,147	51.9	49.6	125.2	799	7.4	169	915	2,949	.93	1.57	11.1	.94	3.40	67
3-5	105	1,449	56.0	62.0	171.5	721	9.2	186	956	4,086	1.06	1.64	13.7	1.12	4.65	71
6-8	111	1,707	64.4	72.5	204.3	864	11.2	223	1,127	4,976	1.33	1.90	16.5	1.33	4.93	85
Males:																
9-11	70	2,040	77.1	91.0	233.0	896	12.9	248	1,248	4,019	1.51	2.06	19.5	1.51	4.40	85
12-14	79	2,211	84.3	96.9	256.4	1,080	14.3	274	1,420	4,710	1.63	2.36	20.5	1.78	4.93	86
15-18	104	2,710	105.3	123.4	300.8	1,342	18.0	326	1,741	7,203	1.91	2.84	24.4	2.08	6.14	131
19-22	67	2,626	107.5	117.9	263.1	1,041	15.7	323	1,664	5,156	1.57	2.32	26.9	2.09	5.49	104
23-34	214	2,501	101.1	122.2	237.4	852	16.4	305	1,499	4,969	1.64	2.07	25.0	1.87	5.64	88
35-50	202	2,357	96.5	111.8	226.0	766	16.3	314	1,406	5,183	1.46	1.89	24.3	1.79	5.38	90
51-64	175	2,192	89.0	105.8	212.3	680	15.1	300	1,255	6,002	1.49	1.83	24.0	1.75	5.72	94
65-74	75	2,049	82.2	98.6	214.4	719	15.2	291	1,258	6,156	1.44	1.79	22.5	1.64	4.58	98
75 and over	36	1,988	78.2	93.9	209.7	684	14.2	273	1,171	7,140	1.53	1.85	18.8	1.50	6.34	100
Females:																
9-11	70	1,844	67.2	82.5	213.4	777	11.2	236	1,093	3,574	1.23	1.68	16.1	1.26	3.73	86
12-14	79	1,808	66.7	80.3	209.7	866	10.8	212	1,137	4,195	1.23	1.76	15.4	1.18	3.81	71
15-18	113	1,818	69.5	81.1	206.0	772	11.0	219	1,122	3,947	1.17	1.65	16.7	1.32	3.56	76
19-22	78	1,546	65.3	72.5	156.5	614	10.0	195	998	3,374	.96	1.31	15.0	1.23	4.30	75
23-34	234	1,685	66.3	78.6	173.3	657	10.7	223	1,041	4,618	1.10	1.44	15.7	1.23	3.96	81
35-50	231	1,534	62.2	72.3	152.6	491	10.9	222	897	3,871	1.01	1.24	16.4	1.19	3.30	72
51-64	204	1,566	67.7	76.4	151.8	498	11.5	236	941	4,832	1.04	1.32	18.2	1.30	4.21	87
65-74	96	1,502	61.0	68.5	163.5	579	11.2	233	977	6,674	1.14	1.49	16.4	1.27	4.81	94
75 and over	64	1,522	62.7	64.1	176.0	645	11.3	231	979	6,681	1.13	1.62	16.5	1.35	5.69	91
All individuals	[4]2,488	1,902	76.1	88.1	198.6	744	12.8	252	1,173	4,896	1.29	1.74	19.1	1.47	4.63	86

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 12 breast-fed infants.
[3]Excludes 1 breast-fed infant.
[4]Excludes 13 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.3c.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
South, all urbanizations, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[2]28	791	29.6	33.9	85.5	763	16.9	121	650	3,913	0.84	1.50	8.5	0.60	2.41	78
1-2	[3]91	1,118	40.9	45.8	138.6	598	7.5	143	736	3,151	.81	1.24	9.4	.84	2.72	52
3-5	142	1,382	50.0	56.3	171.6	587	8.9	161	829	3,273	1.02	1.35	16.6	1.06	2.67	70
6-8	161	1,589	61.0	66.4	189.9	717	10.2	188	999	4,151	1.19	1.63	15.4	1.28	3.38	75
Males:																
9-11	56	1,832	73.0	79.2	209.4	830	12.8	215	1,164	4,330	1.41	1.95	19.0	1.50	4.32	78
12-14	98	2,243	85.2	100.6	252.1	936	15.3	257	1,338	6,038	1.69	2.20	21.3	1.75	4.85	85
15-18	129	2,586	103.9	116.1	284.1	959	16.7	289	1,567	4,834	1.72	2.21	24.3	1.83	4.79	95
19-22	98	2,313	95.8	105.5	240.0	772	16.1	269	1,380	4,510	1.55	1.94	24.0	1.83	4.47	73
23-34	236	2,345	93.9	106.2	242.9	703	15.5	282	1,351	4,822	1.52	1.79	23.6	1.70	4.24	81
35-50	238	2,277	94.4	106.7	225.9	739	16.0	292	1,371	6,109	1.54	1.89	23.4	1.69	5.97	84
51-64	212	2,075	86.5	97.1	213.1	724	15.5	293	1,277	7,332	1.50	1.91	21.8	1.69	6.03	92
65-74	104	1,923	82.8	91.3	197.0	664	14.5	280	1,256	7,455	1.42	1.90	21.1	1.59	6.83	98
75 and over	41	1,820	76.0	88.8	191.4	635	13.3	259	1,122	6,454	1.44	1.77	20.1	1.55	5.15	80
Females:																
9-11	67	1,735	68.2	72.3	207.0	761	12.6	223	1,097	4,737	1.32	1.75	17.0	1.47	3.55	85
12-14	99	1,930	74.0	89.5	209.4	750	11.9	212	1,148	4,033	1.27	1.69	17.6	1.35	3.76	75
15-18	135	1,796	71.3	79.3	202.5	708	11.6	213	1,082	4,337	1.22	1.57	17.5	1.31	3.33	87
19-22	94	1,522	60.4	68.9	167.1	536	10.1	173	887	3,838	.97	1.28	14.7	1.16	2.92	76
23-34	289	1,500	61.3	67.9	157.6	476	10.2	196	877	3,699	.96	1.18	15.2	1.14	2.74	62
35-50	290	1,492	63.7	69.2	153.4	492	10.6	209	909	4,337	1.02	1.25	16.4	1.19	3.40	72
51-64	276	1,436	60.4	64.2	154.8	522	11.1	220	917	6,117	1.05	1.43	16.0	1.22	4.81	82
65-74	125	1,359	58.0	60.9	146.7	540	10.0	212	892	5,220	1.07	1.31	14.9	1.17	2.89	83
75 and over	62	1,284	50.5	56.8	144.3	610	9.6	193	863	5,523	.96	1.40	12.5	1.07	3.69	70
All individuals	[4]3,071	1,782	72.3	80.4	191.7	652	12.5	230	1,088	4,979	1.25	1.60	18.1	1.38	4.12	79

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 12 breast-fed infants.
[3] Excludes 2 breast-fed infants.
[4] Excludes 14 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.3d.--NUTRITIVE VALUE OF FOOD
Average intake per individual in a day,[1] spring 1977
West, all urbanizations, all incomes

Sex and age (years)	Individuals	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1.....	[2]17	770	28.6	28.1	98.7	860	13.3	136	701	3,455	0.80	1.49	7.0	0.54	2.32	66
1-2.....	66	1,173	45.3	50.9	137.4	782	8.1	161	869	3,902	.85	1.43	9.3	.91	2.78	69
3-5.....	83	1,371	53.0	59.1	160.3	774	10.2	176	956	3,530	1.13	1.69	13.5	1.09	3.77	53
6-8.....	89	1,722	69.3	74.9	196.9	964	11.9	222	1,230	4,158	1.28	1.95	16.0	1.33	4.49	70
Males:																
9-11.....	33	2,220	83.9	99.1	254.3	1,101	16.5	296	1,466	5,904	1.85	2.51	23.0	1.90	5.97	97
12-14.....	60	2,680	99.8	117.1	313.3	1,296	17.1	332	1,697	5,743	1.93	2.71	24.1	1.85	5.84	98
15-18.....	70	2,935	120.3	136.6	312.2	1,386	18.4	373	1,931	5,345	1.96	2.88	27.6	2.22	6.93	112
19-22.....	69	2,713	110.0	131.3	266.4	1,152	16.1	309	1,741	6,110	1.55	2.33	23.8	1.83	6.52	78
23-34.....	134	2,563	104.4	125.3	238.5	966	17.1	330	1,611	5,569	1.58	2.13	24.7	1.97	5.84	88
35-50.....	166	2,297	92.9	108.9	214.7	827	15.7	336	1,450	5,895	1.39	1.92	23.7	1.75	4.89	81
51-64.....	89	2,362	101.7	115.6	209.9	746	17.4	352	1,417	6,694	1.49	1.90	25.4	2.00	6.61	109
65-74.....	49	1,970	75.4	90.5	216.1	843	13.4	298	1,246	6,577	1.27	1.72	18.4	1.41	4.61	89
75 and over.....	23	1,753	71.4	89.2	169.5	798	13.0	288	1,174	7,338	1.23	1.62	15.8	1.30	4.01	109
Females:																
9-11.....	44	1,874	70.4	75.6	233.1	1,020	12.0	250	1,287	5,126	1.49	2.13	18.0	1.62	4.09	87
12-14.....	55	2,039	80.2	91.5	229.4	1,115	12.8	259	1,412	4,924	1.41	2.11	18.2	1.54	4.45	101
15-18.....	70	1,895	74.4	87.2	205.5	1,020	11.6	235	1,267	5,190	1.33	2.02	17.2	1.43	4.30	83
19-22.....	87	1,653	68.4	79.6	167.6	705	10.7	204	1,054	3,707	1.08	1.42	14.5	1.21	3.34	76
23-34.....	174	1,523	65.0	71.5	151.7	658	10.3	221	1,018	4,452	.97	1.35	15.0	1.18	3.55	72
35-50.....	179	1,536	65.3	73.7	144.3	580	11.1	235	974	4,848	1.01	1.33	16.4	1.26	3.64	87
51-64.....	117	1,587	66.8	74.5	161.3	577	11.7	264	987	6,386	1.07	1.42	17.9	1.36	4.90	100
65-74.....	66	1,483	62.2	67.6	158.8	630	11.5	254	973	5,817	1.01	1.43	15.5	1.34	4.36	97
75 and over.....	29	1,278	49.5	52.7	155.4	551	10.5	218	818	5,624	.90	1.29	11.8	1.09	4.17	129
All individuals...	[2]1,769	1,916	77.9	89.2	196.6	838	13.1	266	1,247	5,227	1.28	1.80	18.7	1.49	4.63	86

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 7 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.4.--NUTRIENT SOURCES OF FOOD ENERGY[1]
Percentage[2] of individuals' intake in a day,[3] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Protein	Fat	Carbohydrate	Other
Males and females:					
Under 1	[4]78	14.8	35.1	47.4	4.1
1-2	[5]264	16.1	37.3	47.6	.2
3-5	437	15.6	37.7	47.8	.2
6-8	469	15.6	37.6	47.8	.2
Males:					
9-11	216	15.8	38.8	46.1	.3
12-14	313	15.5	39.9	45.5	.1
15-18	400	16.0	40.6	44.0	.3
19-22	287	16.5	40.8	41.0	2.3
23-34	770	16.2	41.2	40.5	2.7
35-50	784	17.0	41.7	38.9	2.9
51-64	634	17.2	41.9	39.4	2.2
65-74	295	16.7	42.0	42.2	1.1
75 and over	127	16.9	41.8	41.7	.7
Females:					
9-11	241	15.4	37.4	48.3	.2
12-14	309	15.5	39.3	46.0	.2
15-18	402	16.1	39.6	44.8	.4
19-22	337	16.8	41.2	42.2	.7
23-34	949	17.0	40.2	41.6	2.1
35-50	942	17.4	41.3	40.2	2.0
51-64	792	17.5	41.3	41.1	1.4
65-74	377	16.8	39.7	44.2	.6
75 and over	197	16.1	38.4	46.2	.6
All individuals	[6]9,620	16.6	40.3	42.8	1.4

[1]The general factors 4, 9, 4 were used to calculate energy values as described in Merrill, A. L., and Watt, B. K., "Energy Value of Foods - Basis and Derivation." U.S. Dept. Agr. Agr. Handb. 74, 1955. (Sl. rev. 1973.)

[2]Percentages may not add to 100 because of rounding.

[3]Based on 24-hour dietary recall of day preceding interview.

[4]Excludes 36 breast-fed infants.

[5]Excludes 4 breast-fed infants.

[6]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5a.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[2]	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:														
Under 1	[3]78	100	189	171	147	208	209	188	218	302	133	129	251	219
1-2	[4]264	97	210	100	53	125	125	159	145	204	112	113	160	162
3-5	437	92	197	89	79	97	116	152	133	175	136	93	148	155
6-8	469	81	206	108	111	94	142	140	118	155	116	90	143	184
Males:														
9-11	216	80	205	97	102	85	133	111	117	140	117	92	162	176
12-14	313	87	195	90	85	80	122	109	122	149	122	99	175	176
15-18	400	96	190	99	95	79	141	115	130	151	137	98	192	183
19-22	287	89	188	123	160	88	200	100	104	129	134	88	176	140
23-34	770	91	175	104	159	86	183	100	111	124	134	82	165	149
35-50	784	86	171	96	158	89	175	109	103	117	132	79	165	143
51-64	634	87	161	88	155	87	161	118	122	134	144	79	156	164
65-74	295	82	145	91	145	82	156	124	117	132	130	72	155	167
75 and over	127	88	133	85	134	76	142	128	117	124	117	68	128	161
Females:														
9-11	241	80	181	89	92	88	122	115	114	134	110	84	129	186
12-14	309	87	159	72	64	73	99	102	117	139	114	75	134	159
15-18	402	85	152	64	62	71	92	105	107	126	120	65	121	132
19-22	337	76	148	77	58	65	123	95	93	104	106	60	112	129
23-34	949	80	145	72	59	70	120	103	98	109	120	60	107	123
35-50	942	76	144	64	60	74	115	104	101	105	124	59	110	131
51-64	792	83	148	67	114	78	119	121	105	113	132	65	111	155
65-74	377	80	137	71	106	76	116	137	107	117	120	62	108	154
75 and over	197	85	123	74	101	71	110	136	101	117	106	58	97	150
All individuals	[5]9,620	85	165	85	104	83	136	116	112	130	126	76	139	152

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 3.5b.--NUTRITIVE VALUE OF FOOD
Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income under $6,000[2]

Sex and age (years)	Individuals (number)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[3]	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:														
Under 1	[4]11	101	186	187	97	213	224	137	180	279	85	119	252	191
1-2	50	93	197	90	49	119	116	164	157	203	119	122	145	170
3-5	51	92	207	94	86	93	119	154	161	196	148	96	149	151
6-8	45	74	205	98	107	84	129	109	124	152	118	91	129	193
Males:														
9-11	23	72	207	92	102	79	130	127	118	134	109	95	142	203
12-14	26	82	169	78	73	70	106	145	129	135	110	82	119	163
15-18	40	85	179	82	88	65	124	125	123	125	126	83	168	171
19-22	40	82	173	109	152	84	191	94	99	110	118	79	161	118
23-34	58	85	156	106	146	83	174	93	106	119	111	74	139	212
35-50	41	86	175	98	164	97	181	99	121	107	130	78	146	154
51-64	57	82	147	79	135	74	146	110	116	117	128	68	127	134
65-74	81	80	140	83	138	77	147	122	120	121	118	64	137	139
75 and over	44	85	131	82	133	71	136	157	110	126	108	65	134	139
Females:														
9-11	27	76	198	81	95	83	120	142	108	127	111	93	137	158
12-14	25	72	122	49	55	58	75	99	109	105	97	62	92	138
15-18	39	81	156	62	59	72	92	98	108	124	129	56	95	108
19-22	56	69	138	73	56	64	119	86	96	95	95	58	106	111
23-34	104	74	138	65	55	61	113	97	101	103	115	57	98	115
35-50	77	72	144	64	58	68	113	91	111	103	118	54	100	130
51-64	118	80	144	65	107	72	115	126	109	113	123	62	102	136
65-74	117	80	136	73	107	75	118	130	115	119	121	61	92	142
75 and over	92	83	124	81	104	72	115	138	102	120	106	59	99	132
All individuals	[4]1,222	80	154	80	99	77	128	119	115	125	117	70	120	144

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4]Excludes 1 breast-fed infant.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5c.--NUTRITIVE VALUE OF FOOD

Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income $6,000-$9,999[2]

Sex and age (years)	Individuals (number)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[3]	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:														
Under 1.....	[4]10	99	211	142	104	179	193	159	187	266	121	125	305	150
1-2.....	26	99	209	106	62	130	124	162	149	212	115	113	166	146
3-5.....	73	86	190	79	74	87	106	140	116	149	118	84	125	127
6-8.....	57	79	199	95	100	84	129	107	99	131	103	76	118	146
Males:														
9-11.....	22	78	213	98	93	83	134	136	99	127	111	86	136	182
12-14.....	46	83	175	74	81	71	107	100	96	117	102	78	139	138
15-18.....	39	93	194	83	100	78	135	109	119	132	138	102	186	158
19-22.....	36	95	196	124	170	91	209	121	114	140	148	103	201	158
23-34.....	100	97	185	107	169	83	192	95	117	125	136	82	173	116
35-50.....	59	77	157	85	150	71	157	116	99	119	115	67	187	119
51-64.....	80	88	167	94	158	87	165	104	123	135	142	82	150	134
65-74.....	65	77	137	97	142	83	153	130	112	131	126	71	133	193
75 and over.....	25	94	133	91	136	81	140	120	128	122	117	72	115	175
Females:														
9-11.....	37	82	192	98	101	92	131	128	117	140	113	89	139	178
12-14.....	42	84	156	67	65	73	95	84	116	125	107	69	109	128
15-18.....	66	87	157	66	65	72	91	125	112	128	123	71	116	144
19-22.....	55	81	149	89	61	67	133	113	103	114	110	64	110	136
23-34.....	136	76	149	73	57	70	120	100	93	108	122	59	107	114
35-50.....	100	75	139	58	53	66	107	103	93	93	119	56	93	131
51-64.....	120	84	151	69	120	78	120	112	106	119	139	69	115	138
65-74.....	72	79	136	72	106	78	117	153	100	120	114	62	116	151
75 and over.....	27	85	117	65	95	68	106	129	101	120	97	53	83	181
All individuals...	[4]1,293	84	163	83	102	79	132	115	108	125	122	74	132	140

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5d.--NUTRITIVE VALUE OF FOOD

Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income $10,000-$15,999[2]

Sex and age (years)	Individuals (number)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[3]	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:														
Under 1	[4]31	98	174	182	178	211	210	207	263	324	149	123	244	231
1-2	[5]82	97	205	108	52	124	131	150	138	209	99	116	164	161
3-5	98	96	196	96	88	104	122	172	138	189	140	101	169	147
6-8	122	82	200	108	114	91	141	132	120	158	118	89	144	170
Males:														
9-11	43	80	188	96	103	83	129	101	116	141	112	86	163	140
12-14	59	93	202	89	93	83	126	110	132	159	128	104	200	177
15-18	74	99	186	104	94	78	142	113	127	159	136	95	192	166
19-22	49	81	169	108	146	81	178	100	195	124	129	84	150	137
23-34	192	90	171	107	155	87	183	97	111	127	130	81	163	131
35-50	180	89	172	102	162	89	180	111	108	124	135	80	163	130
51-64	127	88	162	85	160	90	160	104	127	133	149	77	159	151
65-74	42	82	136	90	140	85	153	103	118	129	134	74	151	206
75 and over	14	104	151	121	154	92	175	115	143	161	144	82	177	225
Females:														
9-11	49	77	168	85	89	83	116	104	113	131	110	84	128	185
12-14	70	90	168	75	67	75	105	115	126	151	124	83	135	164
15-18	57	90	156	69	65	72	97	115	116	137	123	69	134	140
19-22	68	76	160	76	59	65	126	86	90	106	109	63	118	128
23-34	234	78	143	73	58	69	119	111	95	106	117	58	106	129
35-50	182	76	141	69	61	72	116	101	107	113	127	60	114	126
51-64	151	86	155	66	117	83	123	112	104	120	144	65	119	151
65-74	55	82	140	76	105	73	119	111	106	118	118	61	105	147
75 and over	16	97	138	77	105	77	118	92	107	122	116	62	103	155
All individuals	[6]1,995	86	167	89	105	85	139	114	116	137	128	78	144	147

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4] Excludes 10 breast-fed infants.
[5] Excludes 1 breast-fed infant.
[6] Excludes 11 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5e.--NUTRITIVE VALUE OF FOOD

Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income $16,000 or more[2]

Sex and age (years)	Individuals (number)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[3]	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:														
Under 1	[4]22	91	178	138	120	184	184	174	189	252	119	125	200	228
1-2	[5]70	103	233	107	55	136	133	169	147	211	123	116	169	190
3-5	158	93	202	87	77	101	117	153	131	173	143	94	150	178
6-8	181	83	208	114	111	98	146	160	123	160	117	95	151	211
Males:														
9-11	76	82	207	96	102	87	133	101	117	137	115	96	157	205
12-14	128	85	195	92	83	80	122	109	122	153	125	103	179	195
15-18	156	98	192	104	96	82	142	113	131	159	142	103	204	198
19-22	93	92	204	141	167	90	211	110	107	138	141	89	193	159
23-34	297	91	179	100	161	87	182	107	112	122	140	86	167	165
35-50	363	85	169	93	157	90	171	107	100	112	134	80	162	142
51-64	243	91	166	90	157	90	165	126	123	136	148	83	161	186
65-74	33	90	160	106	169	89	170	130	133	154	151	85	195	176
75 and over	8	79	130	68	114	72	125	104	88	98	107	60	125	163
Females:														
9-11	92	79	171	87	88	84	117	105	111	132	107	80	123	201
12-14	110	92	173	78	68	79	105	103	117	149	122	79	154	174
15-18	167	84	150	62	61	69	90	100	103	121	118	61	128	132
19-22	96	79	146	75	58	66	120	98	87	105	109	62	115	136
23-34	345	84	149	74	62	74	123	107	104	113	124	63	107	135
35-50	402	76	147	65	62	77	116	110	98	108	125	60	118	128
51-64	222	86	151	70	115	84	122	128	107	113	135	67	109	176
65-74	29	81	132	64	102	70	110	103	105	104	115	58	107	173
75 and over	14	83	121	60	92	61	97	90	86	91	111	52	86	120
All individuals	[6]3,305	86	171	87	104	85	139	117	111	130	129	79	145	164

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.
[4]Excludes 13 breast-fed infants.
[5]Excludes 3 breast-fed infants.
[6]Excludes 16 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.5f.--NUTRITIVE VALUE OF FOOD

Percentage of 1980 Recommended Dietary Allowances in a day,[1] spring 1977
48 States, all urbanizations, income not reported

Sex and age (years)	Individuals (number)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin[2]	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:														
Under 1	[3]4	151	304	285	302	356	342	327	219	547	227	228	439	321
1-2	36	89	190	80	50	107	108	152	138	178	105	91	150	109
3-5	57	87	181	92	72	95	115	127	126	170	122	86	135	141
6-8	64	85	218	111	118	100	151	151	112	155	119	92	151	165
Males:														
9-11	52	80	213	100	106	88	139	116	127	153	129	91	190	148
12-14	54	92	219	104	89	88	141	96	129	165	132	110	194	171
15-18	91	98	194	104	96	82	147	120	138	152	133	98	185	188
19-22	69	89	184	117	160	90	202	80	96	126	133	86	168	118
23-34	123	90	174	104	157	88	180	95	105	125	134	81	167	136
35-50	141	87	177	99	157	89	182	112	104	124	133	79	175	166
51-64	127	81	153	87	154	84	159	131	117	139	141	78	161	167
65-74	74	85	155	89	148	83	163	131	111	138	137	73	178	149
75 and over	36	84	129	75	130	74	142	109	116	114	119	67	111	152
Females:														
9-11	36	89	197	96	95	107	137	120	128	142	113	83	128	176
12-14	62	82	143	71	58	68	96	97	111	130	100	68	132	158
15-18	73	83	149	64	60	73	93	93	106	128	115	69	114	130
19-22	62	75	145	73	58	61	119	91	93	101	104	53	105	130
23-34	130	78	134	72	59	70	117	84	94	110	117	57	119	99
35-50	181	74	147	59	58	74	115	99	100	99	125	60	101	144
51-64	181	76	141	62	109	71	111	121	98	106	122	60	109	155
65-74	104	80	139	67	106	79	114	156	103	117	125	65	121	167
75 and over	48	87	120	68	102	73	105	165	101	114	107	59	103	172
All individuals	[3]1,805	83	162	83	105	82	137	115	109	127	125	74	141	150

[1]Based on 24-hour dietary recall day preceding interview.

[2]Based on Recommended Dietary Allowance values as milligrams preformed niacin rather than niacin equivalents.

[3]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6a.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal: Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[2]78	794	37.0	39.0	118.5	1,008	22.1	161	838	4,601	1.13	1.96	11.4	0.80	2.96	101
1-2	[3]264	1,164	40.3	41.4	118.9	633	7.0	137	732	2,895	.77	1.25	8.7	.79	2.66	65
3-5	437	1,435	38.9	41.8	119.6	503	6.8	125	657	2,638	.75	1.11	9.5	.79	2.64	50
6-8	469	1,711	39.0	41.8	119.4	511	6.6	126	669	2,790	.77	1.10	9.6	.80	2.57	50
Males:																
9-11	216	2,000	39.4	43.1	115.3	458	6.8	122	631	2,299	.77	1.06	10.1	.80	2.48	43
12-14	313	2,366	38.7	44.3	113.7	458	6.5	121	624	2,395	.74	1.03	9.6	.77	2.22	40
15-18	400	2,698	40.0	45.1	110.0	440	6.5	118	629	2,274	.69	.96	9.4	.74	2.19	42
19-22	287	2,569	41.2	45.3	102.6	390	6.3	121	623	1,934	.62	.86	9.9	.75	2.10	35
23-34	770	2,449	40.5	45.7	101.2	347	6.6	129	604	2,258	.64	.82	10.0	.74	2.25	41
35-50	784	2,314	42.5	46.4	97.3	341	7.0	140	617	2,701	.64	.84	10.7	.76	2.51	41
51-64	634	2,148	43.1	46.5	98.5	342	7.4	148	617	3,438	.69	.91	11.0	.83	3.73	49
65-74	295	1,970	41.6	46.7	105.5	376	7.6	152	644	3,625	.74	.98	10.9	.83	3.10	54
75 and over	127	1,808	42.2	46.5	104.3	387	7.6	154	646	3,833	.81	.98	10.9	.86	2.52	54
Females:																
9-11	241	1,865	38.4	41.6	120.7	462	6.6	129	630	2,451	.76	1.04	9.7	.80	2.15	49
12-14	309	1,903	38.8	43.7	114.9	459	6.2	118	637	2,189	.69	.97	9.1	.72	2.17	45
15-18	402	1,791	40.2	44.0	111.9	436	6.3	122	626	2,361	.67	.93	9.7	.73	2.11	47
19-22	337	1,621	41.9	45.7	105.6	403	6.7	134	653	2,426	.65	.88	9.5	.76	2.42	52
23-34	949	1,616	42.6	44.6	104.0	384	6.9	143	634	2,920	.65	.86	10.3	.79	2.37	52
35-50	942	1,514	43.4	45.9	100.4	353	7.6	183	638	3,080	.69	.87	12.2	.81	2.67	57
51-64	792	1,522	43.9	45.9	102.7	360	7.7	163	638	4,120	.71	.94	11.7	.87	3.29	67
65-74	377	1,444	41.9	44.2	110.6	406	7.5	164	652	4,659	.76	1.01	11.1	.87	3.11	70
75 and over	197	1,367	40.3	42.6	115.6	443	7.6	160	658	4,683	.77	1.07	10.4	.86	3.45	68
All individuals	[4]9,620	1,865	41.4	44.7	106.9	409	7.1	142	638	2,966	.70	.95	10.4	.79	2.64	51

[1] Based on 24-hour dietary recall of day preceding interview.

[2] Excludes 36 breast-fed infants.
[3] Excludes 4 breast-fed infants.
[4] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6b.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income under $6,000[2]

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal: Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[3]11	778	36.4	42.4	113.1	1,124	14.8	163	908	4,627	0.89	1.86	7.5	0.66	2.76	84
1-2	50	1,121	39.9	40.6	121.2	571	6.8	136	703	3,340	.86	1.27	9.8	.90	2.49	82
3-5	51	1,448	40.4	41.7	117.4	523	7.1	120	663	2,454	.90	1.24	10.2	.80	2.39	52
6-8	45	1,558	42.6	42.6	112.3	520	7.2	128	673	3,484	.91	1.24	10.9	.94	2.51	59
Males:																
9-11	23	1,810	43.9	42.5	109.7	475	7.7	125	670	2,964	.86	1.14	10.8	.95	2.39	55
12-14	26	2,213	37.8	45.8	111.4	441	6.3	115	585	4,066	.88	1.02	9.7	.73	1.68	44
15-18	40	2,378	41.8	46.8	103.6	418	6.7	111	620	3,098	.76	.94	9.6	.72	2.26	46
19-22	40	2,367	38.8	43.2	110.7	381	6.3	123	626	1,879	.62	.78	8.9	.70	1.94	34
23-34	58	2,294	38.1	42.1	112.8	353	6.6	129	606	2,071	.67	.81	9.0	.71	1.76	69
35-50	41	2,333	42.7	46.0	100.1	373	7.2	151	628	3,622	.72	.79	10.3	.76	2.00	51
51-64	57	2,021	42.0	46.7	98.0	322	7.0	134	594	4,074	.73	.85	10.2	.76	2.08	45
65-74	81	1,919	41.9	47.3	102.5	362	7.6	150	649	3,496	.80	.98	10.5	.78	2.42	43
75 and over	44	1,744	42.3	45.7	104.4	409	7.9	153	645	5,261	.79	1.04	10.4	.84	3.51	50
Females:																
9-11	27	1,775	43.4	42.3	111.7	455	7.6	133	642	3,539	.81	1.11	10.2	1.00	2.59	44
12-14	25	1,586	36.9	44.2	115.3	405	6.9	116	597	3,021	.82	.97	9.3	.80	2.03	47
15-18	39	1,736	43.7	42.7	112.2	441	6.3	128	647	2,398	.72	.97	11.1	.65	1.71	39
19-22	56	1,456	43.9	47.3	99.6	426	7.7	166	780	2,400	.70	.93	9.9	.81	2.28	50
23-34	104	1,500	42.0	44.9	104.7	344	6.8	126	605	3,006	.68	.84	10.2	.79	2.01	49
35-50	77	1,441	44.4	42.5	103.7	391	8.6	307	704	2,501	.72	.85	16.7	.75	2.04	55
51-64	118	1,476	43.8	45.2	103.6	357	7.7	164	642	4,536	.74	.94	11.4	.86	3.43	66
65-74	117	1,449	41.9	44.4	109.6	429	7.6	163	656	4,774	.82	1.06	11.4	.86	2.99	64
75 and over	92	1,333	41.2	43.1	115.1	478	8.0	165	687	4,582	.79	1.11	10.6	.89	3.27	62
All individuals	[3]1,222	1,673	41.8	44.3	107.9	419	7.4	153	654	3,526	.77	.99	10.8	.81	2.49	55

[1]Based on 24-hour dietary recall of day preceding interview.

[2]1976 household income before taxes.

[3]Excludes 1 breast-fed infant.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6c.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income $6,000-$9,999[2]

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal: Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[3]10	827	41.9	41.9	101.1	935	15.6	147	831	3,700	0.95	1.86	10.1	0.81	3.82	70
1-2	26	1,190	40.5	43.3	114.5	685	8.3	141	744	2,842	.79	1.33	9.0	.77	2.86	54
3-5	73	1,343	40.1	41.4	118.3	477	6.7	120	643	2,427	.71	1.02	8.9	.75	2.16	46
6-8	57	1,651	38.1	42.2	118.8	447	6.1	116	610	2,036	.67	.95	8.8	.69	2.02	41
Males:																
9-11	22	1,948	42.3	45.0	109.2	486	6.3	124	662	2.907	.67	1.01	10.1	.78	2.22	48
12-14	46	2,252	36.5	42.2	120.7	393	6.6	113	578	2,060	.62	.84	8.5	.62	1.86	30
15-18	39	2,601	41.2	46.7	105.2	383	6.9	124	623	2,198	.63	.85	9.3	.77	2.10	40
19-22	36	2,757	40.1	44.4	102.1	383	6.4	119	611	2,273	.67	.91	10.5	.83	2.27	36
23-34	100	2,608	40.7	48.2	96.7	334	6.6	116	600	1,923	.64	.78	9.7	.70	1.99	27
35-50	59	2,092	43.5	46.9	97.1	317	7.6	124	615	3,837	.66	.95	10.4	.73	4.49	33
51-64	80	2,161	44.1	46.4	100.5	358	7.4	145	625	2,558	.70	.90	11.0	.85	2.35	39
65-74	65	1,854	41.6	47.4	106.2	404	7.9	160	653	3,577	.74	.99	11.5	.90	2.34	68
75 and over	25	1,922	40.2	50.0	98.2	369	7.4	155	585	3,276	.85	.91	10.9	.90	1.67	55
Females:																
9-11	37	1,914	39.8	42.1	118.5	492	7.2	136	670	2,557	.77	1.08	9.9	.84	2.31	45
12-14	42	1,828	40.0	44.3	111.8	435	6.4	120	637	1,627	.66	.89	8.9	.69	1.94	34
15-18	66	1,840	40.4	44.4	111.1	426	6.6	119	598	2,748	.69	.92	9.9	.80	1.94	51
19-22	55	1,740	39.2	45.3	110.7	416	6.5	125	632	2,841	.68	.88	9.3	.76	1.93	54
23-34	136	1,538	45.6	43.9	104.5	400	6.9	145	663	2,915	.64	.90	11.1	.82	2.16	50
35-50	100	1,506	42.2	45.7	103.7	322	6.7	141	600	2,868	.65	.78	10.9	.78	1.96	57
51-64	120	1,543	43.0	46.4	104.0	368	8.0	158	630	3,422	.72	.96	12.0	.92	2.91	57
65-74	72	1,416	42.0	42.9	114.0	414	7.6	171	666	5,280	.74	1.03	10.7	.89	3.69	72
75 and over	27	1,362	38.1	41.1	117.8	399	7.1	152	644	7,018	.77	1.14	9.5	.79	6.79	84
All individuals	[3]1,293	1,820	41.5	44.9	107.4	402	7.1	136	632	2,963	.69	.93	10.3	.80	2.49	49

[1]Based on 24-hour dietary recall of day preceding interview.

[2]1976 household income before taxes.

[3]Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6d.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income $10,000-$15,999[2]

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal: Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[3]31	744	35.0	36.5	126.7	1,088	28.8	170	856	5,385	1.35	2.17	13.5	0.83	2.75	116
1-2	[4]82	1,161	40.0	42.3	117.5	695	6.7	138	776	2,827	.71	1.28	7.7	.80	2.75	59
3-5	98	1,497	37.1	42.2	121.1	527	7.3	129	666	2,823	.75	1.16	9.4	.84	2.90	45
6-8	122	1,714	38.4	41.7	120.4	512	6.8	123	671	2,365	.77	1.12	9.7	.77	2.54	45
Males:																
9-11	43	2,002	35.5	44.4	117.0	453	6.7	117	605	2,071	.76	1.06	9.5	.74	2.46	37
12-14	59	2,531	37.8	45.4	112.5	423	6.6	116	599	2,171	.76	1.02	9.4	.75	2.32	36
15-18	74	2,759	38.2	44.7	113.4	438	6.3	112	615	2,069	.65	.96	9.0	.69	2.05	35
19-22	49	2,362	41.6	45.7	101.1	363	6.3	119	600	1,975	.67	.88	10.4	.78	2.13	40
23-34	192	2,435	39.5	45.9	102.4	362	6.5	130	613	2,187	.65	.85	9.8	.74	2.19	39
35-50	180	2,408	41.6	46.7	97.8	347	7.0	136	612	2,481	.65	.84	10.6	.74	2.36	35
51-64	127	2,178	43.3	48.4	94.1	318	7.6	149	603	3,483	.70	.91	11.6	.80	4.08	43
65-74	42	1,958	40.2	46.1	106.8	373	7.2	155	634	2,647	.72	.92	11.2	.84	2.41	62
75 and over	14	2,136	39.2	42.8	118.7	471	7.2	153	663	2,748	.80	1.09	10.7	.85	2.58	64
Females:																
9-11	49	1,789	37.0	40.6	125.0	464	6.6	128	628	2,415	.80	1.06	10.0	.82	2.14	50
12-14	70	1,972	38.9	44.9	111.6	470	6.1	115	650	2,381	.73	1.02	9.5	.76	2.08	43
15-18	57	1,897	38.6	45.4	110.3	454	6.3	116	625	2,569	.68	.98	9.3	.72	2.40	45
19-22	68	1,622	45.1	45.7	101.2	397	6.6	129	645	2,126	.64	.86	9.5	.79	2.23	52
23-34	234	1,579	42.2	45.0	103.1	392	7.0	147	644	3,147	.63	.84	10.3	.77	2.41	56
35-50	182	1,537	42.5	47.2	98.9	391	7.9	219	662	3,218	.75	.94	13.7	.82	2.74	52
51-64	151	1,581	44.0	47.4	97.8	348	7.6	163	633	3,801	.68	.92	12.1	.83	3.23	62
65-74	55	1,479	42.5	43.9	110.9	419	7.4	156	664	3,403	.74	.99	10.7	.84	2.13	62
75 and over	16	1,549	40.9	44.5	108.8	464	7.2	163	664	2,618	.73	1.07	10.2	.86	2.27	60
All individuals	[5]1,995	1,884	40.7	45.2	106.4	425	7.3	144	643	2,802	.71	.97	10.5	.78	2.58	49

[1]Based on 24-hour dietary recall of day preceding interview.
[2]1976 household income before taxes.
[3]Excludes 10 breast-fed infants.
[4]Excludes 1 breast-fed infant.
[5]Excludes 11 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6e.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income $16,000 or more [2]

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal													
			Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[3]22	781	37.6	38.4	121.4	858	19.0	150	776	3,955	1.01	1.74	11.1	0.81	2.86	105
1-2	[4]70	1,236	41.3	41.4	118.3	629	7.0	140	722	2,709	.75	1.20	9.0	.76	2.60	74
3-5	158	1,458	39.5	42.1	118.8	484	6.5	127	753	2,827	.73	1.08	9.8	.78	2.89	55
6-8	181	1,789	38.8	41.1	121.4	531	6.5	130	681	3,115	.79	1.12	9.5	.82	2.83	56
Males:																
9-11	76	2,058	38.6	42.4	117.6	439	6.5	122	612	2,020	.74	.99	9.5	.79	2.30	48
12-14	128	2,308	39.3	44.2	113.4	488	6.5	125	641	2,370	.74	1.08	9.8	.82	2.37	45
15-18	156	2,746	40.0	44.5	111.2	457	6.6	121	631	2,173	.69	1.01	9.6	.78	2.36	44
19-22	93	2,682	43.6	46.5	99.9	414	6.5	121	635	1,994	.62	.89	10.2	.76	2.22	38
23-34	297	2,446	42.0	46.3	98.5	343	6.7	127	606	2,431	.65	.82	10.4	.76	2.35	43
35-50	363	2,285	42.3	46.4	96.4	337	7.0	144	614	2,473	.63	.81	10.9	.78	2.20	42
51-64	243	2,233	42.7	46.6	97.4	333	7.1	145	605	3,209	.68	.87	10.8	.83	2.84	53
65-74	33	2,166	40.2	42.0	111.6	382	7.7	149	623	2,773	.75	.97	10.9	.86	2.74	66
75 and over	8	1,629	44.8	47.7	96.5	339	7.3	160	623	3,204	.70	.90	11.1	.84	2.21	62
Females:																
9-11	92	1,833	37.4	40.9	123.3	455	6.4	124	615	2,237	.74	1.03	9.6	.76	2.07	55
12-14	110	2,019	40.0	42.8	115.7	471	6.2	120	633	2,138	.65	.98	9.3	.71	2.30	47
15-18	167	1,764	40.0	44.0	111.4	434	6.2	120	623	2,259	.65	.91	9.6	.71	2.24	48
19-22	96	1,667	40.2	46.2	106.6	371	6.4	127	599	2,445	.61	.85	9.6	.78	2.12	48
23-34	345	1,719	42.4	44.9	103.5	382	6.8	142	623	2,766	.66	.86	10.2	.78	2.23	52
35-50	402	1,531	43.6	46.4	98.7	348	7.6	163	625	3,173	.66	.88	11.3	.82	3.12	54
51-64	222	1,591	43.3	44.9	104.0	368	7.5	169	640	4,058	.70	.89	11.6	.88	2.30	74
65-74	29	1,457	39.5	46.6	106.0	337	7.0	151	592	3,004	.78	.83	10.6	.80	2.01	100
75 and over	14	1,332	41.1	43.2	108.8	360	7.4	141	592	3,015	.71	.87	11.5	.80	2.03	61
All individuals	[5]3,305	1,946	41.5	44.8	105.9	403	6.9	139	628	2,753	.68	.92	10.3	.79	2.48	52

[1] Based on 24-hour dietary recall of day preceding interview.
[2] 1976 household income before taxes.
[3] Excludes 13 breast-fed infants.
[4] Excludes 3 breast-fed infants.
[5] Excludes 16 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 3.6f.--NUTRIENTS PER 1,000 KILOCALORIES
Average intake per individual in a day,[1] spring 1977
48 States, all urbanizations, income not reported

Sex and age (years)	Individuals	Food energy in total diet	Nutrient per 1,000 kcal: Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Number	Kcal	G	G	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg	Mg	Mcg	Mg
Males and females:																
Under 1	[2]4	1,172	37.9	44.6	99.7	1,102	24.5	176	880	4,439	1.18	2.18	11.2	0.77	3.33	94
1-2	36	1,069	39.6	39.3	123.2	550	7.3	127	688	2,841	.79	1.20	8.9	.68	2.67	43
3-5	57	1,371	37.6	41.1	122.7	533	6.4	126	666	2,228	.74	1.11	9.2	.75	2.30	49
6-8	64	1,789	39.3	43.1	117.2	501	6.7	130	677	2,866	.71	1.07	9.7	.80	2.40	45
Males:																
9-11	52	2,019	40.6	42.6	115.6	473	7.0	124	653	2,351	.82	1.17	11.1	.79	2.94	35
12-14	54	2,495	40.7	44.5	111.1	490	6.7	129	672	2,170	.76	1.07	10.1	.83	2.32	39
15-18	91	2,745	40.2	45.2	110.1	448	6.4	120	646	2,289	.72	.95	9.1	.72	2.04	44
19-22	69	2,581	39.8	45.2	102.8	384	6.2	123	630	1,680	.58	.84	9.3	.71	1.93	29
23-34	123	2,420	39.7	43.8	104.3	339	6.4	142	590	2,308	.61	.84	10.0	.74	2.53	36
35-50	141	2,357	43.4	45.7	98.2	342	6.8	137	630	2,835	.64	.86	10.5	.74	2.86	45
51-64	127	2,002	43.6	44.4	103.8	379	7.9	160	661	4,099	.71	1.01	11.3	.88	6.71	54
65-74	74	2,045	42.8	47.9	104.6	363	7.5	147	648	4,757	.67	.99	10.9	.79	5.07	44
75 and over	36	1,722	43.9	46.2	104.6	351	7.7	154	687	3,056	.83	.93	11.5	.88	1.96	53
Females:																
9-11	36	2,063	37.7	43.8	117.0	454	6.0	135	626	2,135	.75	.99	9.1	.71	1.90	42
12-14	62	1,798	36.5	43.3	119.3	461	6.0	117	646	2,116	.68	.93	8.3	.67	2.25	49
15-18	73	1,754	40.0	43.4	115.0	430	6.3	128	647	2,062	.68	.93	9.3	.79	1.97	47
19-22	62	1,593	41.7	44.1	109.9	426	6.7	129	650	2,377	.67	.92	9.2	.68	3.66	56
23-34	130	1,581	41.1	43.7	105.7	395	7.2	150	637	2,849	.64	.90	10.3	.78	3.22	48
35-50	181	1,488	44.3	45.1	102.3	329	7.3	160	636	3,096	.69	.82	11.4	.86	2.27	68
51-64	181	1,403	45.1	45.9	103.8	359	7.9	158	642	4,654	.72	1.00	11.3	.88	4.74	71
65-74	104	1,435	42.3	44.2	110.3	386	7.5	170	649	5,220	.74	1.00	11.4	.91	3.65	73
75 and over	48	1,385	39.3	41.9	119.5	417	7.3	161	629	4,725	.75	1.01	10.1	.86	2.74	76
All individuals	[2]1,805	1,860	41.6	44.4	108.0	400	7.1	143	644	3,163	.69	.95	10.3	.80	3.20	52

[1]Based on 24-hour dietary recall of day preceding interview.

[2] Excludes 6 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 4.1.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals eating away (percent)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	6.4	1.9	1.7	2.1	1.8	1.4	1.5	1.5	1.5	2.0	0.8	1.1	1.1	2.0	1.7	2.1
1-2	[3]264	25.0	9.6	9.0	9.7	9.7	7.4	8.7	8.3	8.4	7.3	8.1	7.8	9.4	8.4	7.9	8.1
3-5	437	33.4	14.3	13.9	14.4	14.3	11.9	13.1	13.1	13.0	10.4	12.2	12.2	13.6	12.4	12.2	11.7
6-8	469	49.7	19.6	19.8	20.2	19.1	20.5	17.0	18.7	19.8	17.0	16.7	18.7	17.6	17.0	19.6	17.3
Males:																	
9-11	216	51.4	20.2	19.9	20.8	20.1	20.0	18.1	18.7	19.5	18.3	16.8	18.7	18.6	18.0	19.7	18.0
12-14	313	54.0	19.7	19.8	19.6	20.1	22.0	17.7	19.6	20.6	17.3	17.8	19.6	17.3	17.3	20.3	16.8
15-18	400	55.0	21.2	20.7	21.5	21.4	20.6	19.0	19.4	20.8	16.0	18.6	19.7	19.3	17.9	20.6	15.3
19-22	287	52.3	24.3	23.4	23.8	24.3	20.7	22.8	22.0	22.8	20.7	20.6	21.1	22.9	22.7	21.9	21.9
23-34	770	60.4	26.6	25.7	26.5	26.7	24.3	25.8	25.0	25.6	22.0	24.5	24.7	26.3	24.7	25.4	21.1
35-50	784	54.3	22.0	21.5	21.6	22.3	20.6	21.1	21.1	21.5	19.5	20.2	21.1	22.1	20.7	21.4	19.1
51-64	634	39.0	15.2	15.2	15.0	15.3	14.1	14.5	14.0	14.8	13.8	13.5	14.5	15.1	14.3	14.9	11.8
65-74	295	23.1	10.5	10.7	11.0	9.8	7.7	9.7	8.8	9.4	8.7	8.1	8.2	10.5	9.4	9.4	8.4
75 and over	127	16.5	7.6	8.2	8.3	6.4	5.7	7.1	6.8	7.1	6.6	5.8	5.7	8.1	7.0	7.3	6.1
Females:																	
9-11	241	49.4	20.3	21.0	21.7	19.4	20.8	18.3	18.7	20.3	16.7	17.2	19.3	18.4	17.5	20.5	15.7
12-14	309	55.3	19.9	18.7	20.0	20.7	19.6	17.6	18.9	19.5	15.6	17.5	18.2	17.9	16.7	18.7	16.0
15-18	402	52.2	25.0	24.6	25.3	25.1	23.7	23.6	23.6	24.6	20.7	21.3	23.2	23.5	23.3	24.6	19.6
19-22	337	50.1	25.1	24.5	24.5	25.5	22.6	24.6	24.3	24.3	22.9	23.2	23.5	24.7	24.7	24.0	21.2
23-34	949	47.5	23.6	23.0	24.1	22.9	21.5	23.0	22.2	22.6	21.4	22.3	21.8	23.1	22.4	22.0	21.0
35-50	942	40.6	18.0	17.5	18.3	17.6	16.8	17.1	16.4	17.3	15.9	16.5	16.6	17.1	16.8	16.7	15.1
51-64	792	32.8	13.3	12.9	13.9	12.8	11.9	12.2	11.8	12.6	11.9	11.6	12.0	12.4	11.9	12.8	9.9
65-74	377	23.1	11.6	12.1	12.4	10.4	9.9	10.7	9.7	11.0	10.7	9.5	10.4	11.2	10.6	11.4	7.1
75 and over	197	15.2	7.4	8.4	8.5	5.9	6.5	6.8	6.2	7.4	6.2	5.9	6.7	7.3	7.3	7.7	5.3
All individuals	[4]9,620	43.7	18.8	18.5	19.0	18.6	17.5	17.6	17.5	18.2	16.2	16.7	17.3	18.0	17.2	17.9	15.4

[1] Based on 24-hour dietary recall of day preceding interview.
[2] Excludes 36 breast-fed infants.
[3] Excludes 4 breast-fed infants.
[4] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 4.2.--NUTRITIVE VALUE OF FOOD OBTAINED AND EATEN AWAY FROM HOME
Percentage of a day's[1] intake per individual eating away, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals eating away: Number	Individuals eating away: Percent	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																		
Under 1	[2]78	5	6.4	27.7	25.0	30.8	26.4	20.2	21.4	21.4	21.6	29.6	11.6	16.4	15.9	28.3	24.8	31.0
1-2	[3]264	66	25.0	38.3	36.1	38.9	38.9	29.5	34.8	33.2	33.7	29.1	32.5	31.3	37.4	33.8	31.7	32.4
3-5	437	146	33.4	42.8	41.7	43.1	42.8	35.6	39.2	39.2	39.0	31.3	36.7	36.5	40.9	37.3	36.4	35.2
6-8	469	233	49.7	39.4	39.8	40.7	38.5	41.2	34.3	37.7	39.9	34.1	33.7	37.6	35.4	34.2	39.5	34.8
Males:																		
9-11	216	111	51.4	39.6	38.9	40.7	39.3	39.2	35.5	36.6	38.2	35.7	32.9	36.6	36.4	35.2	38.5	35.2
12-14	313	169	54.0	36.4	36.7	36.3	37.3	40.8	32.8	36.3	38.1	31.9	33.0	36.2	32.1	32.1	37.7	31.0
15-18	400	220	55.0	38.6	37.7	39.2	39.0	37.5	34.7	35.3	37.8	29.2	33.8	35.9	35.2	32.6	37.5	27.8
19-22	287	150	52.3	46.4	44.7	45.5	46.5	39.5	43.6	42.0	43.6	39.5	39.4	40.3	43.7	43.4	41.8	41.8
23-34	770	465	60.4	44.1	42.7	43.9	44.2	40.3	42.7	41.5	42.4	36.5	40.5	41.0	43.6	40.9	42.0	35.0
35-50	784	426	54.3	40.4	39.6	39.7	40.9	37.9	38.8	38.8	39.6	35.9	37.2	38.8	40.7	38.1	39.3	35.2
51-64	634	247	39.0	38.9	38.9	38.6	39.2	36.2	37.3	35.9	37.9	35.3	34.6	37.1	38.6	36.6	38.2	30.2
65-74	295	68	23.1	45.7	46.6	47.7	42.5	33.5	42.3	38.2	40.7	37.8	35.3	35.6	45.5	40.8	41.0	36.4
75 and over	127	21	16.5	46.6	50.1	50.9	38.8	34.8	43.4	41.8	43.5	40.4	35.6	34.8	49.7	42.9	44.9	37.6
Females:																		
9-11	241	119	49.4	41.0	42.5	43.7	39.1	42.0	37.0	37.8	40.9	33.8	34.7	39.0	37.1	35.4	41.3	31.8
12-14	309	171	55.3	36.0	33.8	36.1	37.4	35.4	31.8	34.2	35.2	28.2	31.6	32.8	32.2	30.2	33.7	28.9
15-18	402	210	52.2	47.9	47.1	48.5	48.1	45.4	45.3	45.3	47.1	39.6	40.8	44.5	45.1	44.6	47.1	37.5
19-22	337	169	50.1	50.0	48.8	49.0	50.9	45.0	49.1	48.5	48.5	45.6	46.2	46.9	49.2	49.3	47.8	42.3
23-34	949	451	47.5	49.7	48.5	50.7	48.2	45.2	48.3	46.8	47.4	45.0	47.0	45.9	48.7	47.1	46.2	44.3
35-50	942	382	40.6	44.4	43.0	45.0	43.2	41.3	42.0	40.4	42.6	39.1	40.5	40.8	42.2	41.4	41.1	37.2
51-64	792	260	32.8	40.5	39.2	42.4	38.9	36.3	37.1	36.0	38.3	36.2	35.3	36.6	37.6	36.1	39.1	30.2
65-74	377	87	23.1	50.5	52.5	53.9	45.4	43.1	46.7	42.0	47.6	46.3	41.3	45.4	48.8	46.1	49.7	31.0
75 and over	197	30	15.2	47.8	54.2	54.7	38.1	41.7	43.6	40.3	47.7	40.2	38.2	43.4	47.5	47.0	49.5	34.2
All individuals	[4]9,620	4,206	43.7	43.0	42.2	43.5	42.5	39.9	40.3	39.9	41.5	37.0	38.3	39.7	41.1	39.4	41.0	35.3

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.1a.--FREQUENCY OF EATING

Percentage[1] of individuals reporting specified number of eating occasions in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Frequency of eating												
		1	2	3	4	5	6	7	8	9	10	11	12	13 or more
Males and females:														
Under 1	[3] 78	0	0	5.9	21.7	26.5	21.1	11.5	6.1	6.1	1.0	0	0	0
1-2	[4] 264	.5	2.2	26.4	25.4	22.0	12.8	7.0	2.6	.5	.5	0	0	0
3-5	437	0	3.1	38.8	28.3	15.0	10.5	2.1	.8	1.5	0	0	0	0
6-8	469	.2	4.0	33.4	36.1	17.5	4.3	3.4	.8	0	0	0	.2	0
Males:														
9-11	216	0	5.4	34.3	34.1	18.6	7.1	.6	0	0	0	0	0	0
12-14	313	0	5.0	38.0	28.7	17.2	8.4	1.6	.6	.5	0	0	0	0
15-18	400	1.3	5.7	36.4	28.0	14.6	7.6	3.1	1.3	.9	.2	0	.3	.6
19-22	287	1.8	13.9	40.6	24.2	12.3	3.5	1.1	1.1	.6	.5	0	.3	0
23-34	770	1.5	12.6	36.5	24.7	13.6	5.7	2.1	1.6	.8	.2	.4	.3	0
35-50	784	1.2	7.4	38.5	23.7	15.7	7.3	3.4	1.7	.7	.3	.2	0	0
51-64	634	.8	5.6	41.5	28.9	12.6	5.2	3.5	.6	.6	.3	.2	.2	0
65-74	295	0	4.8	45.2	32.0	10.8	5.0	1.2	.4	.7	0	0	0	0
75 and over	127	.9	8.3	57.5	24.2	4.0	4.0	1.1	0	0	0	0	0	0
Females:														
9-11	241	.5	2.5	33.9	37.7	17.2	5.9	1.0	0	.4	.4	0	0	.6
12-14	309	.4	6.0	34.2	36.9	13.6	5.4	2.5	.4	.3	.3	0	0	0
15-18	402	1.3	10.2	38.0	29.7	13.8	4.2	2.5	0	0	0	0	0	.2
19-22	337	3.7	11.9	43.0	26.4	8.7	3.8	1.7	.4	.4	0	0	0	0
23-34	949	1.9	9.6	38.6	25.1	13.5	5.9	2.1	1.6	.5	.1	.2	.1	.8
35-50	942	.6	9.2	37.7	25.1	16.3	6.4	2.9	1.0	.7	.1	0	0	0
51-64	792	.5	6.6	42.4	26.6	14.3	5.6	2.9	.5	.2	.2	.2	0	0
65-74	377	.6	5.6	54.2	27.6	8.6	2.6	.6	0	0	.2	0	0	0
75 and over	197	0	6.5	57.9	22.3	10.8	2.1	.5	0	0	0	0	0	0
All individuals	[5] 9,620	.9	7.4	39.2	27.6	14.3	6.1	2.5	.9	.6	.2	.1	.1	.1

[1] Percentages may not add to 100 because of rounding.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Excludes 36 breast-fed infants.
[4] Excludes 4 breast-fed infants.
[5] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.1b.--FREQUENCY OF EACH EATING OCCASION

Percentage[1] of individuals reporting specified number of each eating occasion in a day,[2] spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Frequency																		
		Breakfast			Lunch[3]			Dinner			Supper			Snacks[4]					Other[5]	
		0	1	2 or more	0	1	2 or more	0	1	2 or more	0	1	2 or more	0	1	2	3	4 or more	0	1 or more
Males and females:																				
Under 1	[6]78	10.4	87.3	2.3	21.5	71.1	7.4	65.4	33.4	1.2	34.9	64.1	1.0	34.8	27.5	12.5	15.3	9.9	54.5	45.4
1-2	[7]264	1.2	92.5	6.3	18.2	80.1	1.6	57.3	42.3	.4	39.5	59.7	.8	34.0	24.3	23.2	8.9	9.7	87.3	12.7
3-5	437	4.5	92.6	2.9	14.7	83.2	2.1	58.2	41.1	.7	39.4	60.1	.5	41.9	27.2	19.9	7.6	3.3	92.4	7.7
6-8	469	3.5	95.3	1.2	12.7	84.9	2.4	55.0	45.0	0	43.9	55.7	.4	35.6	37.6	18.9	4.6	3.4	95.9	4.1
Males:																				
9-11	216	7.5	91.4	1.1	15.0	82.8	2.1	52.8	47.2	0	46.3	53.7	0	32.1	40.6	19.7	7.0	.6	96.1	3.9
12-14	313	7.8	90.9	1.3	20.5	78.1	1.4	52.6	47.1	.3	41.3	58.4	.3	37.5	33.9	18.1	7.0	3.5	95.5	4.5
15-18	400	13.9	84.7	1.4	23.2	74.7	2.1	52.6	46.7	.7	45.8	53.9	.3	35.7	33.7	16.0	8.1	6.6	94.7	5.3
19-22	287	29.4	68.7	2.0	25.4	72.7	1.9	54.0	45.7	.4	45.2	54.8	0	44.6	28.8	17.2	6.0	3.3	91.7	8.4
23-34	770	25.4	73.2	1.4	24.3	72.6	3.1	50.7	48.7	.7	50.6	48.8	.6	39.3	32.3	17.3	5.6	5.4	91.5	8.4
35-50	784	16.0	82.1	2.0	22.6	75.9	1.5	50.1	49.3	.6	48.7	50.9	.5	41.1	29.1	15.9	7.4	6.4	90.7	9.3
51-64	634	8.6	88.6	2.8	25.7	73.1	1.2	48.1	51.6	.3	48.5	51.4	.1	43.5	30.8	15.0	6.3	4.3	93.1	6.8
65-74	295	5.1	94.1	.8	27.1	69.3	3.6	48.8	50.5	.8	44.9	55.1	0	44.8	37.4	10.7	5.4	1.7	93.3	6.7
75 and over	127	1.7	97.6	.7	35.9	61.1	2.9	41.2	56.7	2.0	45.8	53.5	.7	61.3	30.6	4.7	2.4	1.1	94.5	5.5
Females:																				
9-11	241	4.6	93.9	1.5	17.3	81.1	1.7	51.9	46.5	1.6	45.2	54.8	0	34.2	38.5	18.6	5.8	2.9	95.2	4.8
12-14	309	14.4	85.4	.3	18.4	78.8	2.8	59.5	40.5	0	42.8	56.8	.4	31.0	39.7	20.5	5.3	3.5	94.6	5.3
15-18	402	23.2	75.8	1.0	24.0	73.7	2.3	50.5	47.5	1.9	49.2	50.3	.4	39.8	33.2	18.0	3.9	5.1	94.5	5.5
19-22	337	28.9	69.6	1.6	25.2	72.5	2.3	52.1	47.7	.2	54.3	45.7	0	40.6	36.0	15.6	4.9	2.8	94.1	5.9
23-34	949	24.1	74.2	1.8	23.3	74.2	2.5	50.9	48.6	.5	52.4	47.4	.1	38.6	33.3	15.2	7.6	5.3	90.8	9.2
35-50	942	14.6	82.6	2.7	23.6	74.3	2.1	48.3	51.2	.4	51.5	48.4	.1	40.6	30.3	18.4	7.3	3.4	90.0	10.0
51-64	792	9.8	86.7	3.6	25.5	72.5	2.0	49.2	50.4	.4	48.2	51.7	.1	42.3	31.4	17.4	6.0	3.0	92.7	7.4
65-74	377	3.6	93.9	2.5	29.7	69.2	1.2	45.4	54.6	0	48.3	51.2	.5	53.1	34.0	9.7	2.7	.5	93.8	6.2
75 and over	197	2.4	94.8	2.8	35.0	63.3	1.7	44.3	55.0	.7	45.8	53.7	.5	59.8	26.6	10.7	2.4	.5	93.3	6.6
All individuals	[8]9,620	13.8	84.1	2.1	23.0	74.9	2.2	51.1	48.3	.5	47.6	52.1	.3	40.7	32.4	16.6	6.3	4.0	92.3	7.7

[1] Percentages may not add to 100 because of rounding.
[2] Based on 24-hour dietary recall of day preceding interview.
[3] Includes brunch.
[4] Includes coffee and beverage breaks.
[5] Includes eating occasions named by respondent as something other than breakfast, lunch, brunch, dinner, snack, coffee or beverage break, and eating occasions with no name reported.

[6] Excludes 36 breast-fed infants.
[7] Excludes 4 breast-fed infants.
[8] Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 5.2.--TIME OF DAY OF EATING OCCASIONS
Percentage[1] reported at specified times, spring 1977
48 States, all urbanizations, all incomes

Clock time	Breakfast	Lunch[2]	Dinner	Supper	Snack[3]	Other[4]	All occasions
12 p.m. (midnight).	([5])	1.0	([5])	0	0.6	0.6	0.4
1 a.m.....	0.1	.1	0	([5])	.4	.7	.2
2.....	([5])	([5])	0	0	.2	.5	.1
3.....	.1	.1	.1	([5])	.2	.6	.1
4.....	.4	([5])	0	([5])	.1	.4	.1
5.....	2.5	([5])	0	.1	.5	.9	.8
6.....	12.6	([5])	.1	.1	1.1	2.6	3.3
7.....	31.2	.2	([5])	([5])	1.8	3.6	7.8
8.....	24.8	.2	([5])	0	2.1	2.8	6.4
9.....	16.1	.4	0	.1	3.5	3.2	4.8
10.....	7.5	1.8	.1	([5])	7.6	4.4	4.3
11.....	2.7	15.0	2.1	([5])	2.9	3.0	4.8
12 m. (noon).....	.8	52.9	10.6	.2	1.8	6.9	13.1
1 p.m.....	.3	17.5	3.7	([5])	2.6	3.7	5.0
2.....	.2	6.3	2.7	.2	6.3	4.2	3.5
3.....	.1	1.9	2.0	1.3	11.3	6.1	4.1
4.....	([5])	.8	5.5	6.8	6.2	5.4	3.6
5.....	.1	.3	17.5	28.1	3.3	6.7	7.3
6.....	.1	.3	32.8	37.7	3.0	8.1	10.4
7.....	.2	.3	13.6	16.0	6.2	7.5	5.9
8.....	.1	.2	6.0	5.5	11.2	8.7	4.9
9.....	.1	.1	2.0	2.2	13.8	8.0	4.6
10.....	.1	.1	.8	1.0	9.3	6.9	3.0
11.....	.1	.3	.3	.5	4.0	4.4	1.4
Total.....	100.0	100.0	100.0	100.0	100.0	100.0	100.0

[1] Percentages may not add to 100 because of rounding.
[2] Includes brunch.
[3] Includes coffee and beverage breaks.
[4] Includes eating occasions named by respondent as something other than breakfast, lunch, dinner, snack, coffee or beverage break, and eating occasions with no name reported.
[5] Less than 0.05% but more than 0.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 5.3a.--NUTRITIVE VALUE OF BREAKFAST
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																
Under 1	[2]78	20.8	19.1	18.2	23.0	25.2	39.6	23.9	23.1	14.1	35.5	29.1	34.7	22.2	18.5	22.9
1-2	[3]264	26.4	23.9	23.0	30.8	34.0	35.0	29.3	29.0	34.7	40.5	37.1	30.9	32.1	31.7	37.1
3-5	437	23.3	21.6	20.5	26.2	33.7	29.8	26.9	27.5	36.6	35.4	36.2	25.8	31.1	33.0	34.6
6-8	469	22.4	20.3	18.9	26.4	32.4	28.2	25.9	26.3	36.5	35.4	36.1	25.9	30.8	32.2	38.2
Males:																
9-11	216	20.2	18.1	17.3	24.1	31.3	25.5	23.1	24.3	35.7	34.3	35.0	24.9	29.2	30.4	33.7
12-14	313	20.8	17.9	17.6	24.8	30.8	24.9	22.9	23.6	31.1	31.9	32.0	21.9	24.0	28.4	30.4
15-18	400	17.6	15.8	15.5	20.8	25.3	21.3	20.8	20.4	27.6	27.1	27.0	18.8	21.6	24.2	28.4
19-22	287	15.8	14.7	15.4	18.2	25.0	17.0	18.8	18.5	21.9	22.3	23.4	14.2	15.2	21.7	20.4
23-34	770	14.9	13.7	14.1	17.3	21.5	16.8	18.1	16.8	19.4	21.0	20.8	14.4	13.8	18.9	21.3
35-50	784	15.1	12.9	13.7	18.5	21.5	17.6	19.6	16.0	18.6	21.2	20.2	14.7	12.9	17.8	19.3
51-64	634	18.0	15.1	16.3	21.8	23.7	21.2	23.7	18.8	21.6	24.7	23.3	18.9	16.7	20.6	24.0
65-74	295	22.9	19.3	19.5	28.9	28.8	28.2	30.0	24.4	26.3	33.5	29.7	25.6	23.7	24.0	30.0
75 and over	127	26.5	22.2	23.3	31.7	30.7	30.0	32.6	27.5	26.8	34.5	32.2	25.8	25.1	28.8	27.4
Females:																
9-11	241	20.7	18.0	17.0	25.0	31.6	25.2	24.2	24.0	34.3	34.5	34.0	23.6	28.1	30.4	36.2
12-14	309	18.3	17.1	16.3	21.3	28.3	20.4	20.6	21.2	28.8	27.0	28.7	18.6	21.6	26.1	28.7
15-18	402	16.5	14.4	14.2	19.5	24.5	18.3	19.3	18.7	22.8	24.9	24.5	17.0	18.2	21.5	23.9
19-22	337	16.2	14.4	14.2	20.1	23.3	17.4	20.7	17.6	18.8	22.6	22.1	16.2	15.7	19.3	24.3
23-34	949	14.4	12.4	12.3	17.9	19.7	16.5	19.1	15.5	19.0	20.1	19.8	15.2	14.0	17.6	21.0
35-50	942	15.8	12.7	13.0	20.8	22.6	18.2	23.1	16.8	18.7	22.6	21.0	17.0	14.3	17.0	22.9
51-64	792	17.7	14.1	14.2	23.8	24.2	20.8	25.7	18.9	20.0	25.5	22.8	19.4	16.1	19.1	27.1
65-74	377	21.9	18.3	17.6	28.0	28.2	26.4	30.5	23.6	24.3	31.6	27.3	24.3	22.5	22.8	31.3
75 and over	197	24.6	20.0	20.0	30.9	30.1	29.1	32.2	25.3	25.5	34.6	29.3	26.5	24.0	24.3	33.2
All individuals	[4]9,620	18.2	15.8	15.7	22.2	25.5	21.6	23.0	20.1	24.0	26.7	25.6	19.5	19.3	22.3	26.5

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.3b.--NUTRITIVE VALUE OF BREAKFAST
Percentage of a day's[1] intake per individual reporting breakfast, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals reporting breakfast	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	89.6	23.2	21.3	20.3	25.7	28.1	44.2	26.7	25.8	15.8	39.7	32.5	38.7	24.8	20.6	25.6
1-2	[3]264	98.8	26.7	24.2	23.3	31.2	34.4	35.4	29.7	29.3	35.1	41.0	37.6	31.2	32.5	32.1	37.5
3-5	437	95.5	24.4	22.6	21.5	27.4	35.3	31.2	28.2	28.8	38.4	37.1	37.9	27.0	32.6	34.6	36.3
6-8	469	96.5	23.2	21.0	19.6	27.4	33.6	29.2	26.8	27.2	37.8	36.7	37.5	26.9	31.9	33.3	39.6
Males:																	
9-11	216	92.5	21.9	19.6	18.7	26.0	33.8	27.6	25.0	26.3	38.6	37.0	37.9	26.9	31.6	32.8	36.4
12-14	313	92.2	22.5	19.4	19.1	26.9	33.4	27.0	24.9	25.6	33.7	34.6	34.7	23.7	26.0	30.8	32.9
15-18	400	86.1	20.4	18.4	18.0	24.1	29.4	24.8	24.2	23.8	32.1	31.5	31.4	21.9	25.1	28.1	32.9
19-22	287	70.6	22.4	20.9	21.8	25.8	35.4	24.1	26.5	26.2	31.0	31.6	33.1	20.1	21.5	30.8	28.8
23-34	770	74.6	19.9	18.3	18.9	23.2	28.8	22.5	24.2	22.5	26.0	28.2	27.8	19.4	18.4	25.3	28.6
35-50	784	84.0	17.9	15.4	16.3	22.0	25.6	21.0	23.3	19.0	22.2	25.2	24.0	17.5	15.4	21.2	22.9
51-64	634	91.4	19.7	16.5	17.8	23.9	26.0	23.2	25.9	20.6	23.6	27.0	25.5	20.7	18.3	22.5	26.3
65-74	295	94.9	24.1	20.3	20.5	30.5	30.3	29.7	31.6	25.7	27.7	35.3	31.3	27.0	25.0	25.3	31.6
75 and over	127	98.3	26.9	22.5	23.7	32.2	31.3	30.6	33.2	27.9	27.2	35.1	32.8	26.2	25.5	29.3	27.9
Females:																	
9-11	241	95.4	21.7	18.9	17.8	26.2	33.1	26.4	25.4	25.2	36.0	36.1	35.6	24.7	29.5	31.9	37.9
12-14	309	85.6	21.3	20.0	19.0	24.9	33.0	23.8	24.1	24.8	33.7	31.6	33.5	21.8	25.3	30.5	33.5
15-18	402	76.8	21.4	18.8	18.5	25.3	31.9	23.8	25.1	24.3	29.7	32.4	31.9	22.1	23.7	28.0	31.2
19-22	337	71.1	22.8	20.3	19.9	28.2	32.8	24.4	29.1	24.7	26.4	31.8	31.1	22.8	22.1	27.1	34.2
23-34	949	75.9	18.9	16.3	16.2	23.5	25.9	21.8	25.1	20.4	25.0	26.4	26.0	20.1	18.4	23.2	27.7
35-50	942	85.4	18.5	14.9	15.2	24.3	26.5	21.3	27.1	19.7	21.9	26.5	24.6	19.9	16.7	19.9	26.8
51-64	792	90.2	19.6	15.7	15.8	26.4	26.9	23.0	28.5	21.0	22.1	28.3	25.2	21.5	17.9	21.1	30.1
65-74	377	96.4	22.8	19.0	18.3	29.0	29.2	27.4	31.7	24.5	25.3	32.8	28.4	25.2	23.4	23.7	32.5
75 and over	197	97.6	25.2	20.5	20.5	31.6	30.8	29.9	33.0	25.9	26.1	35.4	30.0	27.1	24.6	24.9	34.0
All individuals	[4]9,620	86.2	21.1	18.3	18.2	25.8	29.6	25.1	26.7	23.3	27.8	30.9	29.7	22.6	22.3	25.9	30.7

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.4a.--NUTRITIVE VALUE OF LUNCH
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																
Under 1	[2]78	18.9	19.9	19.6	18.2	16.0	12.9	16.7	17.2	25.4	12.6	15.0	15.9	19.7	19.7	17.2
1-2	[3]264	22.6	22.9	23.9	21.2	19.6	20.4	19.6	20.6	20.1	17.8	17.4	20.8	17.7	19.9	14.2
3-5	437	26.4	26.6	27.3	25.7	24.8	24.2	24.6	24.8	19.3	23.0	22.1	26.1	20.1	23.3	17.5
6-8	469	28.6	29.4	30.0	27.5	28.9	26.3	27.8	28.2	22.2	25.0	25.0	27.8	23.2	26.1	19.6
Males:																
9-11	216	28.3	29.1	29.7	27.1	28.3	26.1	27.4	27.4	23.3	24.3	24.4	26.6	23.4	25.5	25.3
12-14	313	24.3	25.0	25.1	23.9	25.3	22.0	23.6	24.1	20.0	22.4	22.8	22.8	20.5	23.9	21.3
15-18	400	24.6	25.5	26.1	23.5	25.0	23.5	22.9	24.4	19.4	22.9	23.2	24.0	21.7	26.4	17.4
19-22	287	26.7	27.2	27.8	26.2	27.2	26.4	23.9	26.1	21.3	27.0	25.7	26.3	24.0	26.7	19.3
23-34	770	25.6	26.0	26.3	26.0	24.5	26.0	22.1	24.3	20.8	25.2	23.4	25.7	23.2	25.3	18.5
35-50	784	25.3	26.1	26.6	25.4	25.9	24.9	22.2	25.0	21.6	26.0	25.0	24.9	23.6	26.8	21.2
51-64	634	23.1	23.6	23.4	24.0	24.0	22.1	20.1	22.6	19.4	23.4	22.5	22.2	21.2	23.9	19.0
65-74	295	23.4	24.0	25.1	21.8	23.7	21.8	20.4	23.0	21.8	21.8	21.7	22.4	21.1	22.8	17.4
75 and over	127	20.4	21.4	22.2	18.5	21.4	18.8	17.1	20.7	20.1	17.9	18.9	19.4	18.2	21.8	16.5
Females:																
9-11	241	26.6	27.9	28.4	25.0	27.9	24.3	25.8	26.5	19.8	23.0	23.9	26.2	21.5	26.3	17.3
12-14	309	26.9	26.8	27.7	26.9	27.5	26.3	26.0	26.9	21.7	26.0	25.6	26.4	23.6	27.3	21.9
15-18	402	23.8	24.1	24.9	23.1	23.7	23.6	22.4	23.6	20.3	23.1	22.9	23.0	21.6	25.3	20.6
19-22	337	26.3	27.0	28.1	25.0	26.3	25.6	22.9	25.8	22.3	25.2	25.2	25.0	23.8	27.8	21.5
23-34	949	25.4	26.9	27.2	24.2	27.4	24.9	22.2	25.9	23.4	25.3	24.9	24.3	23.4	27.7	20.1
35-50	942	24.9	26.0	26.3	24.0	25.8	24.2	21.5	25.0	22.5	24.7	24.9	24.1	23.5	27.3	18.6
51-64	792	23.1	24.8	24.0	22.5	23.9	22.2	19.9	23.4	21.0	22.5	22.8	22.5	22.2	24.8	18.6
65-74	377	23.6	24.7	25.5	21.5	22.9	22.1	20.3	22.9	21.6	21.3	21.9	22.7	21.8	22.2	18.1
75 and over	197	22.1	24.3	24.1	19.6	21.6	20.0	19.1	22.6	20.3	19.3	20.1	20.8	22.3	22.3	18.7
All individuals	[4]9,620	24.9	25.8	26.1	24.2	25.2	23.9	22.3	24.6	21.3	23.7	23.5	24.1	22.3	25.4	19.2

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.4b.--NUTRITIVE VALUE OF LUNCH

Percentage of a day's[1] intake per individual reporting lunch, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals reporting lunch	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	78.5	24.1	25.3	25.0	23.3	20.4	16.4	21.3	21.9	32.4	16.1	19.1	20.3	25.1	25.1	21.9
1-2	[3]264	81.8	27.7	28.0	29.3	25.9	24.0	24.9	23.9	25.3	24.6	21.8	21.3	25.5	21.7	24.4	17.4
3-5	437	85.3	30.9	31.2	31.9	30.1	29.1	28.4	28.8	29.0	22.6	27.0	25.9	30.6	23.5	27.3	20.5
6-8	469	87.3	32.8	33.7	34.3	31.5	33.1	30.1	31.8	32.4	25.4	28.6	28.6	31.9	26.6	29.9	22.4
Males:																	
9-11	216	85.0	33.3	34.3	34.9	31.9	33.3	30.7	32.3	32.2	27.4	28.6	28.7	31.4	27.5	30.1	29.8
12-14	313	79.5	30.6	31.4	31.6	30.0	31.8	27.7	29.7	30.3	25.1	28.2	28.7	28.7	25.8	30.1	26.8
15-18	400	76.8	32.1	33.3	34.0	30.6	32.6	30.6	29.8	31.7	25.2	29.8	30.3	31.3	28.3	34.4	22.6
19-22	287	74.6	35.8	36.5	37.2	35.1	36.4	35.4	32.0	34.9	28.6	36.1	34.4	35.2	32.1	35.8	25.9
23-34	770	75.7	33.7	34.3	34.7	34.4	32.3	34.3	29.2	32.1	27.5	33.3	30.9	34.0	30.7	33.3	24.5
35-50	784	77.4	32.7	33.7	34.3	32.8	33.4	32.2	28.7	32.3	27.9	33.7	32.3	32.2	30.5	34.6	27.3
51-64	634	74.3	31.1	31.7	31.6	32.3	32.2	29.8	27.0	30.4	26.1	31.5	30.3	29.9	28.5	32.2	25.6
65-74	295	72.9	32.2	33.0	34.4	29.9	32.6	29.9	27.9	31.5	29.9	29.9	29.8	30.8	29.0	31.2	23.8
75 and over	127	64.1	31.9	33.4	34.6	28.9	33.4	29.3	26.7	32.3	31.4	27.9	29.6	30.3	28.3	34.0	25.7
Females:																	
9-11	241	82.7	32.2	33.7	34.3	30.3	33.7	29.4	31.2	32.1	24.0	27.8	28.9	31.7	26.0	31.8	20.9
12-14	309	81.6	32.9	32.9	34.0	33.0	33.7	32.3	31.9	33.0	26.6	31.9	31.4	32.4	28.9	33.4	26.9
15-18	402	76.0	31.3	31.8	32.7	30.4	31.2	31.1	29.5	31.1	26.7	30.4	30.1	30.3	28.4	33.3	27.1
19-22	337	74.8	35.2	36.2	37.6	33.5	35.2	34.3	30.7	34.5	29.9	33.8	33.7	33.5	31.9	37.2	28.7
23-34	949	76.7	33.1	35.1	35.5	31.5	35.7	32.5	29.0	33.8	30.6	33.0	32.5	31.7	30.5	36.1	26.3
35-50	942	76.4	32.6	34.0	34.4	31.4	33.8	31.7	28.1	32.7	29.4	32.3	32.6	31.5	30.8	35.7	24.4
51-64	792	74.5	31.0	33.3	32.3	30.2	32.1	29.8	26.7	31.4	28.2	30.2	30.6	30.3	29.8	33.4	25.0
65-74	377	70.3	33.5	35.1	36.3	30.6	32.5	31.5	28.9	32.6	30.7	30.3	31.1	32.3	30.9	31.6	25.7
75 and over	197	65.0	34.0	37.5	37.1	30.2	33.2	30.7	29.4	34.7	31.2	29.8	31.0	32.0	34.3	34.4	28.8
All individuals	[4]9,620	77.0	32.3	33.5	33.9	31.4	32.7	31.0	28.9	31.9	27.6	30.8	30.5	31.3	29.0	33.0	25.0

[1]Based on 24-hour dietary recall of day preceding interview.

[2]Excludes 36 breast-fed infants.

[3]Excludes 4 breast-fed infants.

[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.5a.--NUTRITIVE VALUE OF DINNER
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																
Under 1	[2]78	8.3	9.4	8.8	7.7	8.1	6.5	8.1	8.3	11.4	6.4	7.7	7.6	8.8	8.8	7.5
1-2	[3]264	13.3	16.0	15.2	10.7	10.5	12.7	12.7	13.0	14.1	10.5	11.0	14.6	14.4	13.2	11.4
3-5	437	15.4	18.3	17.2	12.8	12.0	15.4	14.6	15.2	15.1	13.1	12.9	17.4	17.0	14.5	14.0
6-8	469	16.6	19.1	18.4	13.7	11.7	16.5	15.5	15.6	15.0	13.5	12.7	17.9	17.1	15.1	13.5
Males:																
9-11	216	18.2	20.8	19.6	15.3	12.3	19.2	16.7	16.9	15.0	15.1	14.0	19.0	18.8	18.1	13.3
12-14	313	18.6	21.4	20.7	15.5	13.7	18.7	17.9	18.2	18.0	14.6	14.3	19.1	20.0	16.4	16.7
15-18	400	20.0	23.4	22.0	16.3	16.7	20.1	19.4	20.1	20.8	17.7	17.5	21.9	22.5	19.0	19.2
19-22	287	19.6	21.8	21.2	17.6	16.2	20.9	19.4	19.1	22.7	18.7	17.5	21.6	22.2	18.9	21.1
23-34	770	22.8	25.6	24.3	19.8	20.3	23.6	21.9	22.6	25.8	21.8	21.6	24.2	25.9	22.9	23.8
35-50	784	23.8	27.0	25.6	20.6	19.5	25.0	21.5	23.6	27.0	22.7	22.1	25.1	27.6	24.0	26.1
51-64	634	24.9	28.3	27.0	20.6	19.6	25.6	22.6	24.8	26.8	22.3	22.5	26.3	28.4	25.4	25.1
65-74	295	23.1	26.1	25.1	19.6	17.7	22.5	20.6	22.2	23.9	19.3	19.7	23.9	24.8	22.0	21.8
75 and over	127	26.2	30.2	27.6	22.6	20.7	27.1	24.4	25.7	26.1	23.7	23.0	29.1	30.7	24.6	29.0
Females:																
9-11	241	19.4	22.0	21.3	16.4	14.7	19.8	18.5	18.9	18.7	16.8	15.7	20.0	20.8	17.2	18.1
12-14	309	16.5	19.1	17.9	13.1	12.3	17.5	15.8	16.0	17.0	14.4	13.3	18.9	18.5	15.0	14.5
15-18	402	22.9	26.5	24.9	19.2	18.4	24.1	22.2	22.9	24.0	20.6	20.2	26.0	25.3	21.6	20.5
19-22	337	23.4	26.3	25.9	19.4	19.0	24.5	22.5	23.3	24.7	21.8	21.5	26.4	26.7	22.6	20.9
23-34	949	23.5	26.6	25.7	19.7	19.3	24.6	21.6	23.2	25.1	22.6	21.9	25.8	26.9	23.4	22.8
35-50	942	25.9	29.3	28.2	20.8	20.4	26.6	22.1	25.6	26.9	23.5	23.3	27.4	29.9	26.1	24.4
51-64	792	24.5	27.4	27.1	20.0	18.7	25.0	21.0	23.7	26.3	22.0	21.8	25.6	27.6	24.1	22.3
65-74	377	25.4	28.8	27.8	21.3	19.8	25.6	22.7	25.1	27.2	22.6	22.7	27.3	27.9	25.6	22.7
75 and over	197	24.3	27.7	27.3	20.2	18.6	24.7	21.6	23.7	28.2	20.1	21.9	26.2	27.6	26.1	23.8
All individuals	[4]9,620	22.0	25.0	24.0	18.4	17.5	22.6	20.2	21.6	23.3	19.8	19.5	23.6	24.7	21.6	21.1

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.5b.--NUTRITIVE VALUE OF DINNER
Percentage of a day's[1] intake per individual reporting dinner, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals reporting dinner	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	34.6	24.1	27.2	25.4	22.3	23.4	18.8	23.5	24.1	33.1	18.5	22.3	21.9	25.4	25.3	21.7
1-2	[3]264	42.7	31.1	37.4	35.5	25.0	24.6	29.6	29.7	30.5	33.1	24.6	25.7	34.3	33.7	30.9	26.7
3-5	437	41.8	36.9	43.7	41.1	30.7	28.6	36.9	34.8	36.3	36.1	31.3	30.8	41.6	40.7	34.7	33.5
6-8	469	45.0	36.8	42.5	41.0	30.5	26.0	36.7	34.4	34.8	33.3	29.9	28.2	39.8	38.0	33.7	30.1
Males:																	
9-11	216	47.2	38.6	44.0	41.6	32.4	26.0	40.8	35.4	35.7	31.9	32.1	29.6	40.2	39.9	38.4	28.2
12-14	313	47.4	39.3	45.0	43.6	32.6	28.8	39.4	37.7	38.4	38.0	30.8	30.2	40.3	42.1	34.6	35.2
15-18	400	47.4	42.3	49.5	46.4	34.5	35.3	42.4	41.0	42.3	43.9	37.4	36.9	46.3	47.4	40.0	40.5
19-22	287	46.0	42.5	47.4	46.0	38.3	35.2	45.3	42.2	41.5	49.2	40.6	38.1	47.0	48.2	41.0	45.9
23-34	770	49.3	46.2	51.9	49.3	40.2	41.2	47.8	44.3	45.7	52.2	44.1	43.7	49.0	52.5	46.5	48.2
35-50	784	49.9	47.6	54.2	51.3	41.3	39.0	50.2	43.1	47.3	54.1	45.6	44.3	50.3	55.2	48.1	52.3
51-64	634	51.9	48.0	54.5	52.0	39.7	37.8	49.2	43.5	47.8	51.6	43.0	43.2	50.6	54.7	48.9	48.4
65-74	295	51.2	45.1	50.9	48.9	38.3	34.6	43.9	40.1	43.3	46.7	37.8	38.4	46.7	48.4	43.0	42.6
75 and over	127	58.8	44.6	51.5	46.9	38.5	35.2	46.2	41.5	43.7	44.4	40.3	39.2	49.5	52.2	41.9	49.3
Females:																	
9-11	241	48.1	40.3	45.8	44.3	34.1	30.5	41.3	38.6	39.3	38.9	34.9	32.6	41.6	43.3	35.7	37.7
12-14	309	40.5	40.6	47.0	44.0	32.4	30.2	43.2	38.9	39.4	41.9	35.5	32.9	46.6	45.5	36.9	35.8
15-18	402	49.5	46.2	53.5	50.3	38.9	37.1	48.8	44.9	46.2	48.6	41.6	40.8	52.6	51.2	43.7	41.5
19-22	337	47.9	49.0	54.9	54.0	40.5	39.6	51.1	47.0	48.7	51.6	45.6	44.8	55.2	55.8	47.2	43.7
23-34	949	49.1	47.8	54.3	52.3	40.2	39.2	50.0	44.0	47.3	51.0	46.0	44.6	52.6	54.7	47.6	46.5
35-50	942	51.7	50.1	56.7	54.6	40.2	39.5	51.5	42.8	49.6	52.1	45.4	45.2	53.0	57.9	50.5	47.3
51-64	792	50.8	48.2	54.0	53.3	39.3	36.8	49.2	41.4	46.7	51.8	43.4	42.9	50.5	54.4	47.4	44.0
65-74	377	54.6	46.5	52.8	50.9	39.1	36.2	46.8	41.6	46.0	49.8	41.4	41.6	49.9	51.1	46.8	41.6
75 and over	197	55.7	43.7	49.7	49.1	36.2	33.4	44.4	38.8	42.5	50.7	36.1	39.4	47.0	49.5	47.0	42.8
All individuals	[4]9,620	48.9	45.0	51.2	49.1	37.6	35.7	46.2	41.3	44.2	47.6	40.5	39.9	48.3	50.6	44.1	43.1

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 5.6a.--NUTRITIVE VALUE OF SUPPER
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																
Under 1	[2]78	14.1	14.7	13.4	15.5	11.0	12.5	15.0	12.8	15.8	11.9	11.4	15.3	14.6	11.4	16.6
1-2	[3]264	19.9	23.1	21.5	17.0	14.2	20.2	19.5	18.8	17.2	16.7	15.4	24.3	22.0	17.0	19.1
3-5	437	21.5	25.5	23.7	18.3	17.1	21.5	21.7	21.8	19.2	18.6	17.7	23.2	23.0	19.9	19.8
6-8	469	20.4	23.8	22.4	17.2	15.0	21.2	19.7	19.7	18.0	18.0	16.3	22.1	21.9	18.8	18.1
Males:																
9-11	216	19.5	22.8	21.1	16.7	15.2	19.6	18.2	19.4	15.8	16.6	15.8	20.6	19.5	17.8	16.5
12-14	313	22.3	26.0	24.0	18.9	16.6	23.6	21.4	21.7	21.0	19.2	17.9	25.6	25.4	19.8	21.4
15-18	400	21.4	24.1	22.6	18.8	17.4	22.8	21.6	21.1	21.1	19.2	18.3	23.6	23.4	19.0	20.6
19-22	287	23.7	26.8	24.9	20.6	18.5	25.5	23.1	23.1	23.7	22.2	20.6	26.3	26.6	22.8	25.9
23-34	770	23.1	25.9	24.6	19.8	20.0	24.2	22.5	23.6	24.5	22.1	21.9	24.7	26.8	23.6	24.7
35-50	784	23.1	26.0	24.4	20.3	19.5	23.7	21.3	23.4	24.6	21.0	20.9	24.5	26.6	23.2	24.1
51-64	634	22.7	25.1	24.2	20.1	19.4	22.8	20.6	22.9	23.3	20.9	20.7	23.1	24.8	22.0	22.2
65-74	295	20.7	23.4	21.7	17.9	17.9	21.0	19.6	20.8	20.2	18.1	19.2	21.4	23.0	23.0	22.6
75 and over	127	20.4	20.8	21.3	19.0	19.0	19.1	18.5	19.3	22.4	18.3	18.7	20.4	20.2	18.8	21.4
Females:																
9-11	241	19.6	23.5	20.9	16.7	14.4	20.7	18.4	19.6	18.0	16.8	16.1	21.6	21.1	18.2	16.7
12-14	309	22.2	26.4	23.4	19.0	17.6	24.0	22.4	22.6	20.6	20.5	19.5	25.2	26.1	20.9	21.2
15-18	402	22.4	25.7	23.9	19.5	19.0	23.4	21.8	22.5	21.1	20.6	20.2	24.9	24.7	21.7	19.9
19-22	337	20.7	23.9	21.5	18.0	17.8	22.7	20.7	21.5	21.7	20.1	20.2	23.4	24.6	21.8	19.4
23-34	949	22.2	25.1	23.9	19.3	19.1	23.0	21.0	22.4	23.2	21.6	20.7	23.6	26.0	22.1	22.3
35-50	942	21.4	23.9	22.6	19.0	17.6	21.6	18.8	21.5	21.7	19.7	19.4	22.2	24.0	21.4	21.3
51-64	792	23.0	25.5	25.0	19.4	19.5	23.2	20.6	22.9	24.0	20.4	21.4	23.4	25.8	23.6	20.8
65-74	377	19.6	21.5	20.9	17.4	17.3	19.4	17.1	19.5	20.0	16.7	18.2	20.1	21.0	20.7	19.0
75 and over	197	19.7	20.5	20.2	18.8	19.3	18.9	17.4	19.9	18.8	18.2	19.5	18.9	18.5	19.8	15.6
All individuals	[4]9,620	21.7	24.6	23.2	18.9	18.0	22.4	20.5	21.8	21.7	19.8	19.5	23.2	24.3	21.3	21.2

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.6b.--NUTRITIVE VALUE OF SUPPER

Percentage of a day's[1] intake per individual reporting supper, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals reporting supper	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	65.1	21.7	22.5	20.6	23.7	16.8	19.1	23.1	19.6	24.3	18.3	17.6	23.5	22.4	17.6	25.4
1-2	[3]264	60.5	32.9	38.1	35.5	28.0	23.4	33.4	32.2	31.1	28.4	27.6	25.5	40.2	36.4	28.0	31.5
3-5	437	60.6	35.5	42.0	39.2	30.1	28.1	35.5	35.8	36.0	31.7	30.7	29.2	38.2	37.9	32.9	32.7
6-8	469	56.1	36.3	42.4	40.0	30.7	26.8	37.9	35.1	35.1	32.2	32.2	29.1	39.4	39.1	33.5	32.2
Males:																	
9-11	216	53.7	36.3	42.5	39.3	31.0	28.3	36.5	33.8	36.1	29.4	31.0	29.4	38.3	36.3	33.0	30.7
12-14	313	58.7	38.1	44.4	40.9	32.2	28.3	40.3	36.4	37.0	35.9	32.8	30.6	43.6	43.3	33.8	36.5
15-18	400	54.2	39.5	44.5	41.7	34.7	32.2	42.2	39.8	38.9	38.9	35.4	33.8	43.5	43.3	35.0	38.0
19-22	287	54.8	43.2	48.9	45.4	37.6	33.7	46.6	42.1	42.2	43.2	40.5	37.7	48.0	48.6	41.6	47.3
23-34	770	49.4	46.7	52.5	49.9	40.1	40.6	49.0	45.6	47.8	49.6	44.6	44.3	49.9	54.2	47.9	50.0
35-50	784	51.3	45.0	50.6	47.5	39.5	38.0	46.1	41.6	45.5	47.9	41.0	40.7	47.7	51.9	45.2	46.9
51-64	634	51.5	44.0	48.7	46.9	39.0	37.7	44.3	40.0	44.5	45.1	40.5	40.2	44.8	48.1	42.7	43.1
65-74	295	55.1	37.5	42.5	39.4	32.6	32.5	38.2	35.5	37.8	36.6	32.8	34.9	38.8	41.7	41.8	40.9
75 and over	127	54.2	37.5	38.4	39.2	35.1	35.1	35.2	34.0	35.6	41.3	33.7	34.4	37.6	37.3	34.6	39.6
Females:																	
9-11	241	54.8	35.9	42.9	38.1	30.4	26.3	37.8	33.6	35.7	32.8	30.6	29.3	39.4	38.6	33.3	30.5
12-14	309	57.2	38.9	46.1	40.9	33.2	30.8	41.9	39.2	39.6	36.0	35.8	34.1	44.1	45.6	36.6	37.1
15-18	402	50.8	44.1	50.7	47.1	38.5	37.4	46.1	42.9	44.2	41.5	40.5	39.8	49.1	48.7	42.7	39.3
19-22	337	45.7	45.3	52.4	47.1	39.3	38.9	49.6	45.2	47.0	47.5	44.0	44.1	51.1	53.8	47.7	42.4
23-34	949	47.6	46.6	52.5	50.3	40.5	40.1	48.3	44.1	47.2	48.8	45.4	43.6	49.6	54.6	46.6	46.9
35-50	942	48.5	44.1	49.4	46.6	39.2	36.4	44.5	38.8	44.3	44.8	40.7	40.1	45.8	49.5	44.1	43.9
51-64	792	51.8	44.4	49.3	48.2	37.5	37.6	44.7	39.8	44.3	46.4	39.4	41.3	45.1	49.7	45.5	40.2
65-74	377	51.7	38.0	41.7	40.4	33.7	33.5	37.6	33.1	37.7	38.8	32.3	35.2	38.9	40.6	40.0	36.7
75 and over	197	54.2	36.4	37.9	37.4	34.8	35.6	34.9	32.2	36.7	34.6	33.5	36.0	34.9	34.2	36.6	28.9
All individuals	[4]9,620	52.4	41.5	47.0	44.3	36.1	34.4	42.7	39.1	41.5	41.4	37.8	37.2	44.3	46.3	40.7	40.4

[1]Based on 24-hour dietary recall of day preceding interview.

[2]Excludes 36 breast-fed infants.

[3]Excludes 4 breast-fed infants.

[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.7a.--NUTRITIVE VALUE OF SNACKS

Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																
Under 1.....	[2]78	17.5	15.9	17.4	17.5	17.5	12.3	16.3	17.0	14.4	15.1	16.3	11.4	15.5	18.3	17.9
1-2.....	[3]264	14.6	11.0	13.3	17.2	17.4	9.3	15.3	14.6	10.5	11.6	15.3	7.0	10.8	14.2	14.8
3-5.....	437	11.4	6.2	9.4	15.0	10.6	7.2	10.4	9.0	7.9	8.0	9.3	5.8	7.2	7.3	11.0
6-8.....	469	10.9	6.5	9.1	13.9	10.9	6.8	10.1	9.1	7.4	7.2	9.0	5.4	6.1	7.0	9.3
Males:																
9-11.....	216	12.7	8.3	11.4	15.7	12.2	8.7	13.6	11.0	9.4	9.0	10.1	7.9	8.3	7.6	9.5
12-14.....	313	12.7	8.7	11.5	15.5	12.2	9.7	12.8	11.1	9.0	10.5	11.6	9.4	9.2	10.5	9.2
15-18.....	400	14.4	9.3	12.1	18.5	13.7	10.6	13.5	12.4	10.0	11.5	12.3	9.8	9.1	9.8	11.7
19-22.....	287	12.2	8.0	9.0	15.1	11.4	8.6	12.9	11.4	8.6	8.2	10.9	9.9	10.3	8.2	10.4
23-34.....	770	11.3	6.9	8.4	14.5	11.5	7.5	12.8	10.3	7.4	7.7	10.1	8.5	7.7	7.0	8.6
35-50.....	784	10.5	6.2	8.0	12.9	11.5	7.0	12.9	9.8	6.0	7.3	9.7	8.7	7.3	6.3	6.0
51-64.....	634	9.0	5.9	7.1	11.2	10.9	6.4	10.7	8.7	6.7	6.7	8.8	7.4	6.6	6.0	6.8
65-74.....	295	8.2	5.7	7.1	10.1	10.4	5.1	8.2	8.1	6.4	6.0	8.3	5.2	5.8	6.4	6.0
75 and over.....	127	5.0	3.4	4.1	6.9	6.5	3.5	5.9	5.0	3.2	4.2	5.5	3.5	4.0	3.9	4.0
Females:																
9-11.....	241	12.0	6.9	10.7	15.0	9.9	8.4	11.4	9.3	7.9	7.6	8.9	7.0	6.7	6.2	10.6
12-14.....	309	14.2	8.8	12.9	17.6	12.7	10.0	13.4	11.4	10.2	10.6	11.3	9.1	8.7	8.8	11.1
15-18.....	402	12.6	7.7	10.3	16.5	12.7	9.0	12.4	10.7	10.2	9.2	10.6	7.5	8.5	8.1	11.7
19-22.....	337	12.1	7.4	8.9	16.2	12.4	8.8	12.1	10.7	9.3	8.9	10.1	7.7	7.9	6.3	9.4
23-34.....	949	12.1	7.1	8.9	16.5	12.5	9.1	13.6	10.9	7.6	8.7	10.6	8.7	7.7	7.3	9.7
35-50.....	942	9.6	5.6	7.4	12.9	11.3	7.3	11.9	8.9	7.8	7.3	8.9	7.2	6.0	5.7	8.2
51-64.....	792	10.1	6.7	8.4	12.6	11.8	7.5	11.3	9.3	7.0	8.2	9.6	7.7	6.9	6.7	8.3
65-74.....	377	7.4	4.8	6.3	9.9	9.8	5.0	7.7	6.9	5.5	6.3	7.8	4.2	5.1	5.7	6.2
75 and over.....	197	7.1	5.1	6.1	8.5	8.6	5.5	7.7	6.6	5.3	6.1	7.3	5.7	5.4	5.2	5.9
All individuals...	[4]9,620	11.0	6.9	8.9	14.1	11.7	7.8	11.9	9.9	7.8	8.2	9.9	7.6	7.4	7.2	8.9

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.7b.--NUTRITIVE VALUE OF SNACKS

Percentage of a day's[1] intake per individual reporting snacks, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals reporting snacks	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	52.9	26.8	24.4	26.6	26.8	26.9	18.8	24.9	26.1	22.0	23.2	25.0	17.5	23.8	28.1	27.5
1-2	[3]264	66.1	22.1	16.7	20.1	26.1	26.3	14.0	23.2	22.1	15.9	17.6	23.2	10.6	16.3	21.5	22.4
3-5	437	58.1	19.6	10.7	16.1	25.8	18.2	12.5	17.9	15.4	13.6	13.8	16.0	10.0	12.3	12.5	18.9
6-8	469	64.4	17.0	10.1	14.2	21.6	17.0	10.5	15.6	14.2	11.5	11.2	13.9	8.4	9.5	10.8	14.4
Males:																	
9-11	216	67.9	18.7	12.2	16.7	23.0	18.0	12.8	20.0	16.3	13.8	13.2	14.9	11.7	12.2	11.1	14.0
12-14	313	62.5	20.3	13.9	18.5	24.8	19.5	15.5	20.5	17.8	14.4	16.9	18.6	15.0	14.6	16.8	14.7
15-18	400	64.3	22.4	14.5	18.8	28.7	21.4	16.5	21.0	19.3	15.5	17.9	19.1	15.2	14.2	15.2	18.1
19-22	287	55.4	22.0	14.4	16.4	27.3	20.6	15.5	23.3	20.6	15.6	14.8	19.7	17.8	18.6	14.8	18.7
23-34	770	60.7	18.6	11.3	13.9	24.0	19.0	12.3	21.2	17.0	12.2	12.8	16.6	14.0	12.8	11.5	14.1
35-50	784	58.9	17.8	10.5	13.7	21.9	19.5	11.9	21.9	16.7	10.1	12.3	16.5	14.7	12.3	10.7	10.2
51-64	634	56.5	15.9	10.5	12.5	19.9	19.3	11.4	19.0	15.4	11.9	11.8	15.6	13.2	11.8	10.6	12.0
65-74	295	55.2	14.9	10.3	12.9	18.4	18.9	9.2	14.8	14.7	11.6	10.8	15.0	9.5	10.5	11.7	11.0
75 and over	127	38.7	12.9	8.8	10.5	17.7	16.7	9.0	15.2	13.1	8.2	10.8	14.1	9.1	10.3	10.1	10.4
Females:																	
9-11	241	65.8	18.2	10.4	16.3	22.9	15.0	12.7	17.3	14.2	12.0	11.6	13.5	10.7	10.2	9.4	16.2
12-14	309	69.0	20.6	12.7	18.7	25.6	18.5	14.6	19.4	16.5	14.7	15.3	16.4	13.2	12.6	12.8	16.0
15-18	402	60.2	20.9	12.8	17.1	27.4	21.2	14.9	20.5	17.8	16.9	15.2	17.5	12.4	14.0	13.5	19.3
19-22	337	59.4	20.4	12.4	15.0	27.3	20.9	14.8	20.3	18.1	15.7	15.0	17.0	13.0	13.4	10.6	15.9
23-34	949	61.4	19.7	11.6	14.4	26.8	20.4	14.8	22.1	17.7	12.4	14.2	17.2	14.1	12.5	11.9	15.7
35-50	942	59.4	16.2	9.5	12.5	21.7	19.1	12.3	20.1	14.9	13.2	12.2	15.0	12.2	10.0	9.6	13.8
51-64	792	57.7	17.5	11.6	14.5	21.8	20.4	13.0	19.6	16.2	12.1	14.3	16.6	13.3	12.0	11.6	14.4
65-74	377	46.9	15.9	10.2	13.4	21.0	21.0	10.6	16.4	14.6	11.6	13.5	16.7	8.8	10.9	12.2	13.2
75 and over	197	40.2	17.5	12.8	15.2	21.1	21.3	13.6	19.2	16.5	13.1	15.2	18.1	14.1	13.3	12.9	14.6
All individuals	[4]9,620	59.3	18.6	11.7	15.0	23.7	19.7	13.1	20.0	16.7	13.1	13.7	16.7	12.8	12.5	12.2	15.0

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.8a.--NUTRITIVE VALUE OF OTHER EATING OCCASIONS
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																
Under 1	[2]278	13.1	13.5	14.6	11.2	14.8	9.7	12.6	14.1	11.9	11.5	13.2	8.5	12.1	15.4	10.5
1-2	[3]264	1.4	1.4	.9	1.4	2.4	1.0	1.8	2.0	1.3	1.4	2.0	.8	1.2	1.3	1.4
3-5	437	.3	.2	.2	.3	.2	.1	.1	.1	([4])	.2	.2	.1	.1	.1	.2
6-8	469	.3	.2	.3	.4	.3	.3	.3	.3	.3	.2	.3	.2	.2	.2	.3
Males:																
9-11	216	.3	.2	.2	.3	.2	.2	.3	.3	.2	.2	.2	.2	.1	.2	.3
12-14	313	.3	.2	.2	.5	.5	.2	.3	.3	.3	.3	.4	.2	.2	.2	.5
15-18	400	.2	.2	.2	.3	.2	.2	.2	.2	([4])	.1	.2	.2	.2	.2	.1
19-22	287	.5	.2	.3	.6	.2	.2	.3	.3	.2	.2	.3	.2	.2	.2	.5
23-34	770	1.0	.5	.6	1.0	.8	.6	1.3	.9	.6	.5	.8	.9	1.0	.5	.6
35-50	784	.6	.2	.2	.7	.5	.2	.7	.5	.3	.3	.6	.5	.5	.1	.4
51-64	634	.7	.3	.3	.6	.6	.3	.6	.5	.3	.3	.5	.5	.5	.2	.3
65-74	295	.5	.2	.4	.5	.3	.3	.3	.3	.3	.2	.4	.3	.4	.3	([4])
75 and over	127	.6	.6	.6	.5	.6	.5	.5	.7	.6	.6	.7	.5	.6	.8	.6
Females:																
9-11	241	.3	.2	.3	.4	.2	.2	.3	.2	.2	.2	.2	.2	.2	.2	.2
12-14	309	.3	.2	.2	.4	.1	.2	.2	.2	.1	.2	.2	.2	.1	.1	.4
15-18	402	.8	.6	.6	1.0	.9	.6	.9	.8	.6	.8	.8	.7	.8	.3	.9
19-22	337	.5	.3	.4	.5	.5	.3	.5	.5	.6	.3	.4	.2	.3	.3	.6
23-34	949	1.2	.6	.6	1.2	.9	.7	1.4	.9	.4	.5	.8	.9	.7	.4	.6
35-50	942	1.2	.8	1.0	1.2	1.1	1.0	1.2	1.0	.8	.9	1.0	.9	.8	.6	1.1
51-64	792	.5	.2	.2	.5	.6	.3	.5	.4	.3	.3	.4	.3	.2	.3	.2
65-74	377	.9	.8	.8	.8	.9	.6	.6	.9	.6	.7	.9	.6	.7	.8	.4
75 and over	197	.4	.4	.3	.3	.3	.3	.3	.3	.3	.2	.3	.4	.5	.5	.1
All individuals	[5]9,620	.8	.5	.5	.8	.7	.5	.8	.7	.5	.5	.7	.6	.6	.5	.6

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Less than 0.05% but more than 0.
[5]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.8b.--NUTRITIVE VALUE OF OTHER EATING OCCASIONS
Percentage of a day's[1] intake per individual reporting other eating occasions, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals reporting other eating occasions	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	30.2	43.2	44.7	48.3	36.9	48.8	32.0	41.8	46.7	39.3	38.0	43.7	28.0	40.0	51.0	34.9
1-2	[3]264	6.5	20.9	20.9	13.2	21.9	37.1	15.1	27.8	30.9	19.4	21.6	31.6	11.6	18.5	19.7	22.2
3-5	437	2.0	12.7	7.6	9.9	15.6	7.9	5.8	6.3	7.2	1.6	10.9	11.3	5.0	3.6	6.5	11.6
6-8	469	1.7	19.0	14.0	16.0	25.5	16.6	15.5	20.2	16.6	15.4	12.9	17.0	13.4	10.4	11.6	17.7
Males:																	
9-11	216	1.2	21.9	20.1	20.2	25.4	21.1	15.2	23.4	22.2	15.8	15.0	13.6	14.6	7.9	18.6	22.7
12-14	313	1.9	15.9	10.8	10.5	24.3	27.8	11.2	15.1	15.5	14.4	16.9	18.8	9.0	8.6	11.4	24.7
15-18	400	.7	35.1	27.8	31.4	41.9	21.7	26.7	21.3	30.2	6.8	20.9	23.0	24.0	24.0	30.2	18.5
19-22	287	3.3	14.9	5.5	8.3	19.4	7.2	7.0	9.1	8.0	7.5	7.0	8.0	7.4	6.1	5.9	13.8
23-34	770	4.8	20.5	11.1	11.8	21.2	16.6	12.2	26.4	18.8	11.9	10.6	16.8	19.5	20.2	9.7	11.8
35-50	784	4.7	12.9	4.8	3.5	15.3	9.5	5.0	14.7	10.8	7.0	6.1	12.2	11.1	10.1	2.0	7.5
51-64	634	3.3	22.7	8.4	8.1	19.6	16.9	7.8	19.0	15.7	10.3	8.4	14.3	14.4	15.7	6.1	9.7
65-74	295	3.2	15.1	7.6	12.2	14.6	9.4	7.8	10.6	10.5	10.7	7.4	10.8	8.8	10.8	8.4	.4
75 and over	127	2.3	26.6	27.6	28.3	22.6	27.6	23.1	22.0	28.5	27.8	28.1	32.2	23.3	26.7	33.1	27.0
Females:																	
9-11	241	.8	37.6	22.7	35.0	53.2	24.0	28.4	33.1	22.5	29.6	18.5	22.9	23.3	22.3	23.0	27.0
12-14	309	1.6	18.5	11.3	11.2	24.8	6.5	13.4	15.5	14.0	9.0	10.7	9.7	15.7	9.4	8.1	25.2
15-18	402	1.7	46.3	33.3	37.6	57.3	52.1	32.7	51.8	44.9	34.0	49.5	47.2	39.1	45.7	18.4	53.3
19-22	337	3.0	15.1	8.9	11.7	17.3	17.1	11.4	15.9	16.5	18.9	10.4	12.8	5.9	10.4	8.9	18.9
23-34	949	5.9	19.8	9.5	9.4	20.4	15.7	12.1	23.7	14.4	7.1	8.8	14.3	15.4	11.0	7.2	9.4
35-50	942	5.7	21.0	14.9	17.2	21.7	18.7	17.0	21.5	17.0	14.6	16.6	18.0	16.1	14.9	10.6	19.1
51-64	792	4.1	12.0	5.7	5.4	11.2	13.7	6.9	11.9	10.2	6.1	6.7	9.6	8.4	4.9	7.1	4.6
65-74	377	2.8	30.6	29.0	29.2	29.4	32.0	23.1	21.8	32.9	21.5	25.3	30.4	20.2	26.7	29.9	14.3
75 and over	197	2.3	17.5	18.8	14.5	14.8	11.9	12.3	12.9	13.7	14.5	9.7	12.5	18.5	20.4	20.0	4.8
All individuals	[4]9,620	3.8	20.8	13.8	14.4	21.5	19.5	13.5	21.5	18.5	13.4	13.9	18.2	15.2	15.4	12.5	14.8

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 5.9a.--NUTRITIVE VALUE OF EATING OCCASIONS WITH NAME NOT REPORTED
Percentage of a day's[1] intake per individual, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																
Under 1	[2]78	7.1	7.4	7.8	6.7	7.3	6.5	7.1	7.3	6.7	6.8	7.1	6.5	7.0	7.7	7.2
1-2	[3]264	1.6	1.6	1.8	1.5	1.8	1.4	1.7	1.8	1.6	1.3	1.6	1.5	1.6	1.7	1.5
3-5	437	1.5	1.5	1.6	1.5	1.5	1.5	1.6	1.5	1.6	1.5	1.5	1.5	1.4	1.4	2.2
6-8	469	.7	.6	.7	.6	.6	.6	.6	.6	.5	.5	.5	.5	.5	.6	.2
Males:																
9-11	216	.6	.5	.5	.7	.4	.5	.5	.6	.4	.4	.3	.6	.5	.3	1.0
12-14	313	.8	.7	.8	.9	.8	.8	.9	.8	.5	.8	.8	.9	.7	.6	.4
15-18	400	1.6	1.4	1.4	1.7	1.4	1.3	1.4	1.3	1.0	1.3	1.4	1.5	1.4	1.3	1.5
19-22	287	1.4	1.1	1.3	1.4	1.4	1.2	1.5	1.4	1.4	1.3	1.5	1.3	1.4	1.1	1.0
23-34	770	1.3	1.2	1.2	1.3	1.2	1.1	1.2	1.2	1.1	1.2	1.2	1.1	1.2	1.3	1.0
35-50	784	1.5	1.4	1.4	1.6	1.6	1.4	1.6	1.5	1.6	1.3	1.4	1.4	1.4	1.3	1.4
51-64	634	1.5	1.4	1.5	1.4	1.6	1.4	1.5	1.4	1.5	1.4	1.5	1.4	1.5	1.5	1.4
65-74	295	1.0	1.1	.9	1.0	.9	.9	.8	1.0	.9	.9	.9	1.0	1.1	1.0	.5
75 and over	127	.8	1.2	.8	.6	.9	.8	.9	1.0	.7	.7	.8	1.1	1.1	1.2	.4
Females:																
9-11	241	1.2	1.3	1.3	1.2	1.2	1.3	1.2	1.3	.8	1.1	1.1	1.2	1.3	1.3	.6
12-14	309	1.5	1.5	1.6	1.5	1.4	1.4	1.4	1.5	1.4	1.2	1.3	1.3	1.3	1.4	1.2
15-18	402	1.0	.8	1.0	1.1	.7	.9	.9	.8	.9	.7	.7	.8	.9	.8	1.2
19-22	337	.7	.5	.7	.7	.5	.6	.5	.4	.8	.6	.5	.6	.6	.5	.6
23-34	949	1.2	1.1	1.2	1.0	1.0	1.1	1.0	1.1	1.0	1.0	1.0	1.2	1.1	.9	.9
35-50	942	1.1	1.2	1.2	.9	1.0	1.1	1.2	1.1	1.1	.9	1.1	1.1	1.1	1.0	1.1
51-64	792	1.0	1.1	1.0	1.0	1.2	1.0	.9	1.1	1.0	1.0	1.1	.9	1.0	1.2	.6
65-74	377	1.0	.9	.9	.9	1.0	.6	.9	.9	.6	.7	1.0	.8	.8	.8	.6
75 and over	197	1.7	1.7	1.7	1.6	1.5	1.3	1.5	1.5	1.5	1.3	1.4	1.4	1.7	1.6	1.4
All individuals	[4]9,620	1.2	1.2	1.2	1.2	1.2	1.1	1.2	1.2	1.1	1.1	1.2	1.2	1.2	1.2	1.1

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 5.9b.--NUTRITIVE VALUE OF EATING OCCASIONS WITH NAME NOT REPORTED
Percentage of a day's[1] intake per individual reporting unnamed eating occasions, spring 1977
48 States, all urbanizations, all incomes

Sex and age (years)	Individuals (number)	Individuals reporting unnamed eating occasions	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Magnesium	Phosphorus	Vit-A value	Thiamin	Riboflavin	Preformed niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
Males and females:																	
Under 1	[2]78	15.3	46.5	48.2	51.1	43.9	47.6	42.5	46.7	48.0	44.1	44.7	46.6	42.4	45.7	50.8	47.3
1-2	[3]264	7.0	23.6	23.6	25.7	21.7	26.0	20.0	23.9	25.4	23.0	19.0	22.9	21.4	23.6	25.1	21.0
3-5	437	5.7	27.2	27.3	28.0	27.3	26.9	26.1	27.6	26.4	28.3	25.8	25.7	26.7	25.2	25.3	38.1
6-8	469	2.4	26.9	22.8	26.9	26.7	24.1	25.1	26.9	24.7	18.9	21.0	20.9	19.4	21.7	22.8	9.7
Males:																	
9-11	216	2.8	22.7	17.7	19.1	24.9	13.3	19.5	19.7	19.8	16.2	13.0	10.9	22.3	19.3	10.8	34.5
12-14	313	2.6	31.2	26.9	29.3	35.4	32.0	30.6	35.6	32.1	17.5	32.3	31.3	34.4	28.3	21.6	17.1
15-18	400	4.6	34.1	31.2	29.6	37.4	31.5	29.1	30.8	29.0	21.1	29.3	30.2	32.0	30.5	29.6	33.3
19-22	287	5.0	27.3	22.3	26.9	28.2	27.1	25.0	29.5	28.1	28.9	26.4	29.3	26.3	27.1	21.2	19.4
23-34	770	4.0	32.0	29.3	31.2	33.1	30.8	28.3	30.6	29.7	26.8	29.9	30.9	28.2	30.0	31.3	24.2
35-50	784	4.6	33.0	31.1	30.8	34.3	35.0	31.0	36.1	33.4	34.0	28.7	30.9	30.9	31.7	29.3	30.0
51-64	634	3.8	38.1	37.2	38.9	37.3	42.1	36.5	39.3	37.2	38.4	37.0	38.3	36.9	38.5	39.2	37.3
65-74	295	3.4	29.8	30.9	27.2	27.6	27.2	27.1	24.5	27.6	26.8	27.2	26.8	27.9	31.1	29.0	15.9
75 and over	127	3.2	26.0	37.7	26.3	18.9	27.1	25.7	27.4	31.9	21.3	22.2	24.5	34.4	33.9	38.1	12.2
Females:																	
9-11	241	3.9	31.1	33.3	32.1	29.7	29.3	31.7	31.2	32.6	21.1	28.3	28.3	31.6	33.4	32.7	15.8
12-14	309	4.5	33.6	32.9	35.0	33.5	31.1	31.2	30.6	34.0	31.6	26.6	28.7	29.4	28.0	30.7	26.9
15-18	402	3.8	26.0	20.6	26.6	27.7	17.8	23.7	23.0	20.6	23.6	17.9	19.2	21.6	22.9	22.1	30.3
19-22	337	2.9	22.4	17.3	23.1	23.4	15.8	20.5	16.1	14.8	27.3	20.7	17.5	21.3	18.9	15.9	20.8
23-34	949	3.6	32.1	29.9	31.9	28.8	27.0	28.9	28.3	29.3	27.0	26.5	27.8	32.3	31.4	24.9	25.0
35-50	942	4.9	22.3	24.5	24.1	19.4	21.2	22.4	23.7	22.5	23.5	19.1	22.3	22.3	22.7	21.5	22.6
51-64	792	3.2	31.6	34.0	31.2	30.1	37.0	30.4	26.6	34.8	30.7	30.1	34.4	26.9	32.3	37.0	20.0
65-74	377	3.4	28.9	26.8	27.2	25.7	29.3	18.6	25.2	26.8	18.5	19.6	28.2	23.5	23.1	22.0	17.6
75 and over	197	4.3	38.4	39.4	38.7	35.9	34.2	31.0	34.0	34.0	35.2	30.5	31.2	31.8	38.5	37.7	31.2
All individuals	[4]9,620	4.1	30.2	29.2	30.1	29.5	29.3	27.7	29.2	29.3	27.5	26.4	28.2	28.2	28.9	28.1	26.0

[1]Based on 24-hour dietary recall of day preceding interview.
[2]Excludes 36 breast-fed infants.
[3]Excludes 4 breast-fed infants.
[4]Excludes 40 breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78,
48 conterminous States, spring 1977 (preliminary).

TABLE 6.1.--Distribution of individuals by household income[1] and race

Sex and age (years)	Under $6,000				$6,000-$9,999				$10,000-$15,999				$16,000 or more				Not reported			
	Individuals[2]	White	Black	Other races[3]	Individuals[2]	White	Black	Other races[3]	Individuals[2]	White	Black	Other races[3]	Individuals[2]	White	Black	Other races[3]	Individuals[2]	White	Black	Other races[3]
	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct
Males and females:																				
Under 1.....	12	71.6	20.2	8.2	16	74.4	25.6	0	41	93.0	3.9	3.1	35	92.4	0	7.6	10	100.0	0	0
1-2.....	50	64.3	30.8	4.9	26	67.1	0	27.3	83	88.9	6.6	4.5	73	86.5	10.3	3.2	36	79.6	11.5	8.9
3-5.....	51	54.9	32.2	12.9	73	70.6	13.7	15.8	98	88.1	8.8	3.1	158	88.0	8.0	4.0	57	73.0	16.2	10.8
6-8.....	45	55.1	38.3	6.6	57	63.5	18.0	16.0	122	87.1	10.3	2.6	181	88.0	7.9	2.5	64	86.8	8.6	4.6
Males:																				
9-11.....	23	44.7	35.6	19.7	22	69.3	30.7	0	43	86.5	10.8	2.7	76	87.6	4.5	7.8	52	81.1	17.3	1.5
12-14.....	26	55.9	44.1	0	46	40.8	44.6	14.6	59	95.9	4.1	0	128	83.1	10.3	6.6	54	87.2	12.8	0
15-18.....	40	56.1	31.8	12.1	39	49.4	32.3	18.3	74	82.0	15.4	2.6	156	93.7	4.7	1.7	91	76.0	22.2	1.8
19-22.....	40	80.1	10.8	6.8	36	77.9	13.9	0	49	75.8	18.1	6.1	93	93.4	4.2	2.3	69	85.9	9.5	4.7
23-34.....	58	68.1	14.8	17.0	100	84.8	9.5	5.7	192	89.0	6.2	4.8	297	93.4	5.2	1.4	123	90.7	6.3	3.0
35-50.....	41	75.1	14.8	10.1	59	71.4	20.1	8.5	180	82.2	14.2	3.6	363	88.7	7.5	3.1	141	89.1	10.4	.6
51-64.....	57	72.6	25.3	0	80	85.1	8.7	6.2	127	91.3	7.2	1.5	243	94.6	2.6	2.4	127	89.2	10.8	0
65-74.....	81	82.4	17.6	0	65	90.8	7.5	1.7	42	94.5	3.1	0	33	100.0	0	0	74	79.0	16.3	2.9
75 and over.....	44	81.7	18.3	0	25	95.9	4.1	0	14	91.8	0	8.2	8	100.0	0	0	36	95.5	2.2	0
Females:																				
9-11.....	27	39.2	44.1	16.6	37	68.1	15.2	16.8	49	91.7	8.3	0	92	84.5	12.6	2.8	36	92.9	7.1	0
12-14.....	25	42.2	41.9	16.0	42	68.6	14.1	17.3	70	82.6	13.6	3.8	110	89.2	7.7	3.1	62	85.9	10.6	3.5
15-18.....	39	55.1	37.0	7.9	66	51.8	34.2	8.2	57	82.3	17.7	0	167	89.5	8.3	1.3	73	87.2	9.9	2.8
19-22.....	56	76.4	19.9	2.0	55	75.8	12.1	9.4	68	85.2	13.4	1.4	96	88.4	8.6	3.0	62	87.1	12.9	0
23-34.....	104	60.2	32.6	7.2	136	76.0	15.7	7.2	234	87.4	7.8	4.8	345	89.5	8.9	1.5	130	91.8	6.3	1.9
35-50.....	77	49.1	38.1	12.9	100	69.5	22.6	6.4	182	85.0	11.4	3.6	402	88.9	6.8	3.7	181	83.2	13.9	2.8
51-64.....	118	72.2	26.2	0	120	89.5	7.6	2.8	151	93.2	5.1	1.7	222	93.8	3.0	3.1	181	82.4	15.6	1.2
65-74.....	117	81.1	18.9	0	72	88.8	9.2	2.0	55	89.6	5.8	2.7	29	92.4	2.5	0	104	91.3	8.7	0
75 and over.....	92	86.7	12.5	0	27	97.1	0	2.9	16	100.0	0	0	14	100.0	0	0	48	90.1	8.2	0
All individuals...	1,223	68.1	25.8	5.6	1,299	75.2	15.7	8.0	2,006	87.6	9.3	3.1	3,321	90.2	6.6	2.9	1,811	86.1	11.6	2.1

[1]1976 household income before taxes.
[2]Includes breast-fed infants.
[3]Does not include individuals for whom race was not reported.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.2.--Distribution of individuals by urbanization and race

Sex and age (years)	All urbanizations				Central cities				Suburban areas				Nonmetropolitan areas			
	Individuals[1]	White	Black	Other races[2]	Individuals[1]	White	Black	Other races[2]	Individuals[1]	White	Black	Other races[2]	Individuals[1]	White	Black	Other races[2]
	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct
Males and females:																
Under 1	114	88.6	7.1	4.3	31	81.3	15.8	2.9	41	92.3	0	7.7	42	90.6	7.4	2.0
1-2	268	80.3	12.1	7.0	65	58.1	30.6	9.0	117	87.1	3.9	9.0	86	87.7	9.3	2.9
3-5	437	79.3	13.0	7.7	119	54.9	32.9	12.2	161	89.0	4.7	6.3	157	88.1	6.3	5.7
6-8	469	81.5	12.7	4.9	105	53.6	35.0	7.2	197	91.1	5.6	3.3	167	87.6	7.2	5.2
Males:																
9-11	216	79.4	14.8	5.8	60	52.6	37.9	9.6	77	88.1	6.8	5.0	79	91.2	5.1	3.7
12-14	313	77.7	17.4	4.8	71	48.9	43.9	7.2	140	88.1	7.1	4.7	102	83.4	13.2	3.4
15-18	400	79.5	16.0	4.5	114	56.5	36.8	6.7	149	90.9	4.4	4.7	137	86.2	11.4	2.4
19-22	287	84.8	10.0	3.8	77	75.1	19.2	1.9	108	93.3	3.9	2.7	102	83.2	9.3	6.5
23-34	770	88.9	6.9	4.3	226	73.7	17.3	9.0	293	92.8	3.7	3.5	251	97.8	1.3	.9
35-50	784	85.3	10.9	3.5	203	68.4	25.7	5.1	335	92.0	4.6	3.1	246	90.1	7.1	2.8
51-64	634	89.7	8.0	2.0	176	74.8	20.0	4.5	242	95.2	2.8	1.6	216	95.6	4.0	.4
65-74	295	87.1	11.0	1.1	80	70.4	28.3	0	93	91.8	3.2	3.5	122	94.4	5.6	0
75 and over	127	90.7	7.7	.9	38	81.6	15.4	3.1	36	95.9	4.1	0	53	93.7	4.8	0
Females:																
9-11	241	79.7	14.8	5.5	63	57.0	30.8	12.2	99	92.1	5.7	2.2	79	82.3	13.4	4.3
12-14	309	80.5	13.2	6.3	82	56.5	34.9	8.6	131	89.4	4.5	6.1	96	88.8	6.7	4.6
15-18	402	78.5	17.0	3.2	121	59.9	32.2	3.5	160	86.2	9.9	4.0	121	87.0	11.2	1.8
19-22	337	83.5	12.8	3.0	121	68.2	25.3	5.3	116	92.4	6.7	1.0	100	91.7	4.8	2.6
23-34	949	84.2	11.9	3.8	287	66.7	26.2	6.5	365	90.5	6.1	3.4	297	93.1	5.1	1.8
35-50	942	81.7	13.3	4.6	271	63.3	28.0	7.6	382	90.1	6.2	3.5	289	88.0	8.9	3.1
51-64	792	87.2	10.4	1.9	237	72.7	23.4	3.1	281	95.1	1.7	2.8	274	91.8	8.2	0
65-74	377	97.5	11.1	.8	117	72.6	24.1	1.2	111	94.0	4.7	1.3	149	94.4	5.6	0
75 and over	197	91.0	7.8	.4	62	77.9	19.6	1.3	53	100.0	0	0	82	95.1	3.9	0
All individuals	9,660	84.1	11.7	3.8	2,726	66.2	26.8	6.0	3,687	91.5	4.8	3.6	3,247	90.7	6.9	2.3

[1]Includes breast-fed infants.
[2]Does not include individuals for whom race was not reported.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.3.--Distribution of individuals by region and race

Sex and age (years)	48 States				Northeast				North Central				South				West			
	Individuals[1]	White	Black	Other races[2]	Individuals[1]	White	Black	Other races[2]	Individuals[1]	White	Black	Other races[2]	Individuals[1]	White	Black	Other races[2]	Individuals[1]	White	Black	Other races[2]
	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct	Number	Pct	Pct	Pct
Males and females:																				
Under 1.....	114	88.6	7.1	4.3	19	75.5	7.9	16.6	31	93.4	6.6	0	40	84.1	11.3	4.5	24	100.0	0	0
1-2.....	268	80.3	12.1	7.0	46	70.5	15.6	13.9	63	95.6	2.1	0	93	71.5	25.7	2.7	66	85.0	0	15.0
3-5.....	437	79.3	13.0	7.7	107	81.6	11.6	6.8	105	86.3	11.0	2.7	141	73.0	20.8	6.2	83	78.3	4.1	17.6
6-8.....	469	81.5	12.7	4.9	108	89.2	6.7	4.1	111	86.5	9.6	0	161	69.8	23.6	6.6	89	86.8	4.6	8.6
Males:																				
9-11.....	216	79.4	14.8	5.8	57	72.7	15.1	12.2	70	82.7	16.0	1.3	56	75.1	21.5	3.5	33	91.7	0	8.3
12-14.....	313	77.7	17.4	4.8	76	84.3	12.1	3.5	79	91.1	4.3	4.6	98	65.9	30.6	3.5	60	71.1	20.0	8.9
15-18.....	400	79.5	16.0	4.5	97	83.0	10.9	6.1	104	86.9	13.1	0	129	69.6	23.5	6.9	70	81.5	13.8	4.7
19-22.....	287	84.8	10.0	3.8	53	87.3	8.5	2.4	67	88.5	3.6	3.5	98	82.8	17.0	.8	69	83.0	7.4	9.6
23-34.....	770	88.9	6.9	4.3	186	86.9	6.1	7.0	214	95.4	3.0	1.6	236	84.9	12.7	2.4	134	88.2	3.8	8.0
35-50.....	784	85.3	10.9	3.5	178	90.7	6.4	2.4	202	89.7	8.0	1.5	238	74.7	21.0	4.3	166	89.2	4.7	6.2
51-64.....	634	89.7	8.0	2.0	158	92.8	3.9	3.2	175	94.0	4.8	.5	212	82.3	16.0	1.3	89	93.0	2.4	4.6
65-74.....	295	87.1	11.0	1.1	67	96.8	3.2	0	75	86.7	13.3	0	104	80.4	19.6	0	49	88.5	0	6.6
75 and over.....	127	90.7	7.7	.9	27	100.0	0	0	36	96.7	3.3	0	41	84.2	10.9	2.8	23	82.4	17.6	0
Females:																				
9-11.....	241	79.7	14.8	5.5	60	81.9	8.3	9.8	70	89.2	9.5	1.3	67	62.5	31.1	6.4	44	87.8	7.3	4.9
12-14.....	309	80.5	13.2	6.3	76	77.8	14.4	7.8	79	89.2	9.7	1.1	99	78.5	17.8	3.7	55	75.2	8.6	16.2
15-18.....	402	78.5	17.0	3.2	84	86.7	10.0	3.3	113	89.4	5.1	.8	135	66.4	32.1	1.5	70	74.3	15.6	10.1
19-22.....	337	83.5	12.8	3.0	78	89.3	6.0	3.5	78	93.5	3.1	1.5	94	67.5	30.7	1.8	87	86.4	8.3	5.3
23-34.....	949	84.2	11.9	3.8	252	82.6	12.4	5.0	234	90.2	8.2	.9	289	80.1	17.7	2.3	174	85.1	6.2	8.7
35-50.....	942	81.7	13.3	4.6	242	83.6	9.2	7.3	231	89.1	7.5	2.2	290	70.4	25.5	3.8	179	88.2	6.5	5.3
51-64.....	792	87.2	10.4	1.9	195	93.0	5.7	1.2	204	90.6	8.4	.4	276	80.7	18.4	.7	117	87.3	3.1	8.5
65-74.....	377	87.5	11.1	.8	90	96.3	3.7	0	96	92.6	5.8	0	125	73.6	26.4	0	66	94.1	0	4.4
75 and over.....	197	91.0	7.8	.4	42	97.2	2.8	0	64	90.6	9.4	0	62	83.0	13.2	1.3	29	100.0	0	0
All individuals...	9,660	84.1	11.7	3.8	2,298	86.8	8.3	4.8	2,501	90.4	7.4	1.2	3,085	75.8	21.1	2.9	1,776	86.0	5.9	7.8

[1] Includes breast-fed infants.
[2] Does not include individuals for whom race was not reported.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.4.--Distribution[1] of individuals by household size

Sex and age (years)	Individuals[2]	Number of household members				
		1	2	3	4 or 5	More than 5
	Number	Percent				
Males and females:						
Under 1.....	114	0	0.7	31.3	49.3	18.7
1-2.....	268	0	2.8	26.3	54.2	16.7
3-5.....	437	0	2.5	14.9	61.0	21.5
6-8.....	469	0	.5	10.0	61.0	28.6
Males:						
9-11.....	216	0	1.4	6.3	55.4	36.9
12-14.....	313	0	.7	6.7	52.9	39.7
15-18.....	400	.2	2.3	18.6	40.8	38.0
19-22.....	287	2.7	22.2	20.6	33.9	20.6
23-34.....	770	7.7	24.1	23.9	37.4	6.9
35-50.....	784	5.0	12.8	14.8	46.0	21.5
51-64.....	634	6.7	48.5	19.8	20.0	5.0
65-74.....	295	11.9	71.3	11.8	3.9	1.1
75 and over.....	127	19.1	69.6	5.6	3.6	2.1
Females:						
9-11.....	241	0	1.5	11.3	53.1	34.0
12-14.....	309	0	2.0	7.5	45.6	45.0
15-18.....	402	.2	5.6	12.2	42.3	39.7
19-22.....	337	5.5	27.0	22.8	30.3	14.4
23-34.....	949	8.7	19.6	20.7	41.2	9.8
35-50.....	942	4.4	14.8	19.7	40.7	20.3
51-64.....	792	11.5	51.6	17.6	15.4	3.9
65-74.....	377	31.7	53.5	9.2	3.1	2.5
75 and over.....	197	48.6	36.3	5.6	6.8	2.8
All individuals...	9,660	6.8	22.0	16.5	36.8	17.9

[1] Percentages may not add to 100 because of rounding.
[2] Includes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-1978, 48 conterminous States, spring 1977 (preliminary).

TABLE 6.5.--Distribution[1] of individuals by characteristics of the female head of household--age, education, and employment status

Sex and age (years)	Individuals[2]	Age (years)					Highest education level						Employment status				
		Under 20	20-34	35-64	65 and over	No female head	Elementary school or less	Some high school	High school completed	College	Not reported	No female head	Full time	Part time	Not employed	Not reported	No female head
	Number	Percent															
Males and females:																	
Under 1	114	4.4	83.9	11.6	0	0	6.7	10.7	48.0	34.6	0	0	8.2	10.0	81.1	0.7	0
1-2	268	3.8	79.0	16.2	0	1.0	8.0	18.3	38.0	33.8	.8	1.0	16.8	15.9	66.2	0	1.0
3-5	437	.4	75.2	23.3	.2	.6	10.5	14.0	37.3	37.1	.5	.6	17.9	14.7	66.6	.2	.6
6-8	469	0	61.7	37.3	.3	.4	6.3	19.0	43.2	30.2	.9	.4	20.6	17.1	61.8	.2	.4
Males:																	
9-11	216	0	43.6	56.4	0	0	5.8	19.3	48.8	25.6	.5	0	19.2	23.9	56.5	.4	0
12-14	313	0	24.7	73.2	.9	1.2	12.0	18.0	40.3	28.5	0	1.2	26.4	22.3	49.5	.6	1.2
15-18	400	.7	8.2	85.7	1.7	3.7	11.6	15.2	45.0	24.5	0	3.7	22.6	20.0	53.4	.2	3.7
19-22	287	9.4	14.3	61.4	1.7	12.7	9.7	12.9	44.6	20.1	0	12.7	22.7	17.8	46.8	0	12.7
23-34	770	1.0	69.4	14.9	.9	12.8	4.7	11.2	33.5	37.4	.4	12.8	26.2	13.4	47.4	.1	12.8
35-50	784	.2	19.3	70.6	2.3	6.7	9.1	13.2	40.2	30.6	.1	6.7	25.2	17.8	50.2	.1	6.7
51-64	634	0	1.0	85.1	4.1	9.0	13.6	14.2	41.1	21.1	1.0	9.0	23.0	14.4	53.2	.4	9.0
65-74	295	0	1.0	44.6	41.4	12.4	24.2	16.8	25.8	20.1	.8	12.4	12.6	3.8	70.4	.8	12.4
75 and over	127	0	0	14.3	62.9	22.1	33.1	6.1	23.4	14.6	.7	22.1	4.9	1.6	71.5	0	22.1
Females:																	
9-11	241	0	39.0	58.5	1.4	1.0	12.8	19.5	40.3	25.9	.4	1.0	21.7	22.0	55.2	0	1.0
12-14	309	0	20.6	78.2	0	.3	14.1	14.9	48.3	21.7	.6	.3	22.7	19.3	57.5	.3	.3
15-18	402	5.6	5.9	86.4	.5	1.1	13.2	13.2	41.5	30.8	.2	1.1	27.8	20.1	50.8	.2	1.1
19-22	337	6.4	46.7	43.9	.4	1.8	8.8	11.9	43.7	33.9	0	1.8	32.6	18.5	47.2	0	1.8
23-34	949	.1	91.5	7.8	.2	.5	4.7	13.0	36.7	44.8	.4	.5	35.5	16.0	47.7	.3	.5
35-50	942	0	0	98.4	1.6	0	10.3	14.1	44.1	31.0	.5	0	33.3	18.6	48.0	.1	0
51-64	792	0	1.0	98.1	.9	0	21.0	17.5	38.9	22.1	.5	0	26.4	13.6	59.4	.6	0
65-74	377	0	1.1	6.3	91.6	0	31.4	21.2	26.0	20.7	.7	0	5.9	7.0	87.1	0	0
75 and over	197	0	2.4	12.3	84.9	.5	44.4	10.5	26.7	17.1	.9	.5	3.6	3.8	90.9	1.2	.5
All individuals	9,660	1.1	32.0	54.5	8.4	3.7	12.5	14.8	39.2	29.4	.5	3.7	24.1	15.8	56.2	.3	3.7

[1]Percentages may not add to 100 because of rounding.
[2]Includes breast-fed infants.

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States, spring 1977 (preliminary).

TABLE 7.1.--RECOMMENDED DIETARY ALLOWANCES, 1980, EXPRESSED AS LEVELS OF INTAKE
Adapted for use with the USDA Nationwide Food Consumption Survey 1977-78

Sex and age (years)	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	Kcal	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg(NE[1])	Mg	Mcg	Mg
Males and females:													
0.0-0.5.....	([2])	([3])	360	10	50	240	1,400	0.3	0.4	6	0.3	0.5	35
0.6-0.9.....	([4])	([5])	540	15	70	360	2,000	.5	.6	8	.6	1.5	35
1-2.....	1,199	22	726	15	127	674	2,000	.6	.7	9	.8	1.9	42
3-5.....	1,567	28	800	12	183	800	2,333	.8	.9	10	1.2	2.3	45
6-8.....	2,100	32	800	10	229	800	3,071	1.1	1.2	14	1.5	2.8	45
Males:													
9-11.....	2,513	38	950	13	288	950	4,063	1.3	1.5	17	1.7	3.0	47
12-14.....	2,713	46	1,200	18	356	1,200	5,000	1.4	1.6	18	1.8	3.0	51
15-18.....	2,800	56	1,200	18	400	1,200	5,000	1.4	1.7	18	2.0	3.0	60
19-22.....	2,900	56	800	10	350	800	5,000	1.5	1.7	19	2.2	3.0	60
23-50.....	2,700	56	800	10	350	800	5,000	1.4	1.6	18	2.2	3.0	60
51-64.....	2,462	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
65-74.....	2,400	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
75 and over.....	2,050	56	800	10	350	800	5,000	1.2	1.4	16	2.2	3.0	60
Females:													
9-11.....	2,325	39	950	13	269	950	3,688	1.2	1.4	16	1.7	3.0	47
12-14.....	2,188	46	1,200	18	300	1,200	4,000	1.1	1.3	15	1.8	3.0	51
15-18.....	2,100	46	1,200	18	300	1,200	4,000	1.1	1.3	14	2.0	3.0	60
19-22.....	2,100	44	800	18	300	800	4,000	1.1	1.3	14	2.0	3.0	60
23-50.....	2,000	44	800	18	300	800	4,000	1.0	1.2	13	2.0	3.0	60
51-64.....	1,842	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
65-74.....	1,800	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
75 and over.....	1,600	44	800	10	300	800	4,000	1.0	1.2	13	2.0	3.0	60
Pregnant:													
15-18.....	2,400	76	1,600	18	450	1,600	4,200	1.5	1.6	16	2.6	4.0	80
19-22.....	2,400	74	1,200	18	450	1,200	4,200	1.5	1.6	16	2.6	4.0	80
23-50.....	2,300	74	1,200	18	450	1,200	4,200	1.4	1.5	15	2.6	4.0	80
Lactating:													
15-18.....	2,600	66	1,600	18	450	1,600	4,400	1.6	1.8	19	2.5	4.0	100
19-22.....	2,600	64	1,200	18	450	1,200	4,400	1.6	1.8	19	2.5	4.0	100
23-50.....	2,500	64	1,200	18	450	1,200	4,400	1.6	1.8	19	2.5	4.0	100

[1] 1 NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.
[2] Weight (kg) x 115 = kilocalories.
[3] Weight (kg) x 2.2 = protein (g).
[4] Weight (kg) x 105 = kilocalories.
[5] Weight (kg) x 2.0 = protein (g).

TABLE 7.2.--RECOMMENDED DIETARY ALLOWANCES, 1980, EXPRESSED AS NUTRIENT DENSITIES (per 1,000 kilocalories)
Adapted for use with the USDA Nationwide Food Consumption Survey 1977-78

Sex and age (years)	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A value	Thiamin	Riboflavin	Niacin	Vitamin B_6	Vitamin B_{12}	Vitamin C
	G	Mg	Mg	Mg	Mg	IU	Mg	Mg	Mg(NE[1])	Mg	Mcg	Mg
Males and females:												
0.0-0.5	18.8	522	14.5	72	348	2,029	0.43	0.58	8.7	0.43	0.72	51
0.6-0.9	19.0	571	15.9	74	381	2,116	.53	.63	8.5	.63	1.59	37
1-2	18.3	606	12.5	106	562	1,668	.50	.58	7.5	.67	1.58	35
3-5	17.9	511	7.7	117	511	1,489	.51	.57	6.4	.77	1.47	29
6-8	15.2	381	4.8	109	381	1,462	.52	.57	6.7	.71	1.33	21
Males:												
9-11	15.1	378	5.2	115	378	1,617	.52	.60	6.8	.68	1.19	19
12-14	17.0	442	6.6	131	442	1,843	.52	.59	6.6	.66	1.11	19
15-18	20.0	429	6.4	143	429	1,786	.50	.61	6.4	.71	1.07	21
19-22	19.3	276	3.4	121	276	1,724	.52	.59	6.6	.76	1.03	21
23-34	20.7	296	3.7	130	296	1,852	.52	.59	6.7	.81	1.11	22
35-50	20.7	296	3.7	130	296	1,852	.52	.59	6.7	.81	1.11	22
51-64	22.7	325	4.1	142	325	2,031	.49	.57	6.5	.89	1.22	24
65-74	23.3	333	4.2	146	333	2,083	.50	.58	6.7	.92	1.25	25
75 and over	27.3	390	4.9	171	390	2,439	.59	.68	7.8	1.07	1.46	29
Females:												
9-11	16.8	409	5.6	116	409	1,586	.52	.60	6.9	.73	1.29	20
12-14	21.0	548	8.2	137	548	1,828	.50	.59	6.9	.82	1.37	23
15-18	21.9	571	8.6	143	571	1,905	.52	.62	6.7	.95	1.43	29
19-22	21.0	381	8.6	143	381	1,905	.52	.62	6.7	.95	1.43	29
23-34	22.0	400	9.0	150	400	2,000	.50	.60	6.5	1.00	1.50	30
35-50	22.0	400	9.0	150	400	2,000	.50	.60	6.5	1.00	1.50	30
51-64	23.9	434	5.4	163	434	2,172	.54	.65	7.1	1.09	1.63	33
65-74	24.4	444	5.6	167	444	2,222	.56	.67	7.2	1.11	1.67	33
75 and over	27.5	500	6.3	188	500	2,500	.63	.75	8.1	1.25	1.88	38
Pregnant:												
15-18	31.7	667	7.5	188	667	1,750	.63	.67	6.7	1.08	1.67	33
19-22	30.8	500	7.5	188	500	1,750	.63	.67	6.7	1.08	1.67	33
23-50	32.2	522	7.8	196	522	1,826	.61	.65	6.5	1.13	1.74	35
Lactating:												
15-18	25.4	615	6.9	173	615	1,692	.62	.70	7.3	.96	1.54	38
19-22	24.6	462	6.9	173	462	1,692	.62	.70	7.3	.96	1.54	38
23-50	25.6	480	7.2	180	480	1,760	.64	.70	7.3	1.00	1.60	40

[1] 1 NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

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