



AgEcon SEARCH
RESEARCH IN AGRICULTURAL & APPLIED ECONOMICS

The World's Largest Open Access Agricultural & Applied Economics Digital Library

This document is discoverable and free to researchers across the globe due to the work of AgEcon Search.

Help ensure our sustainability.

Give to AgEcon Search

AgEcon Search

<http://ageconsearch.umn.edu>

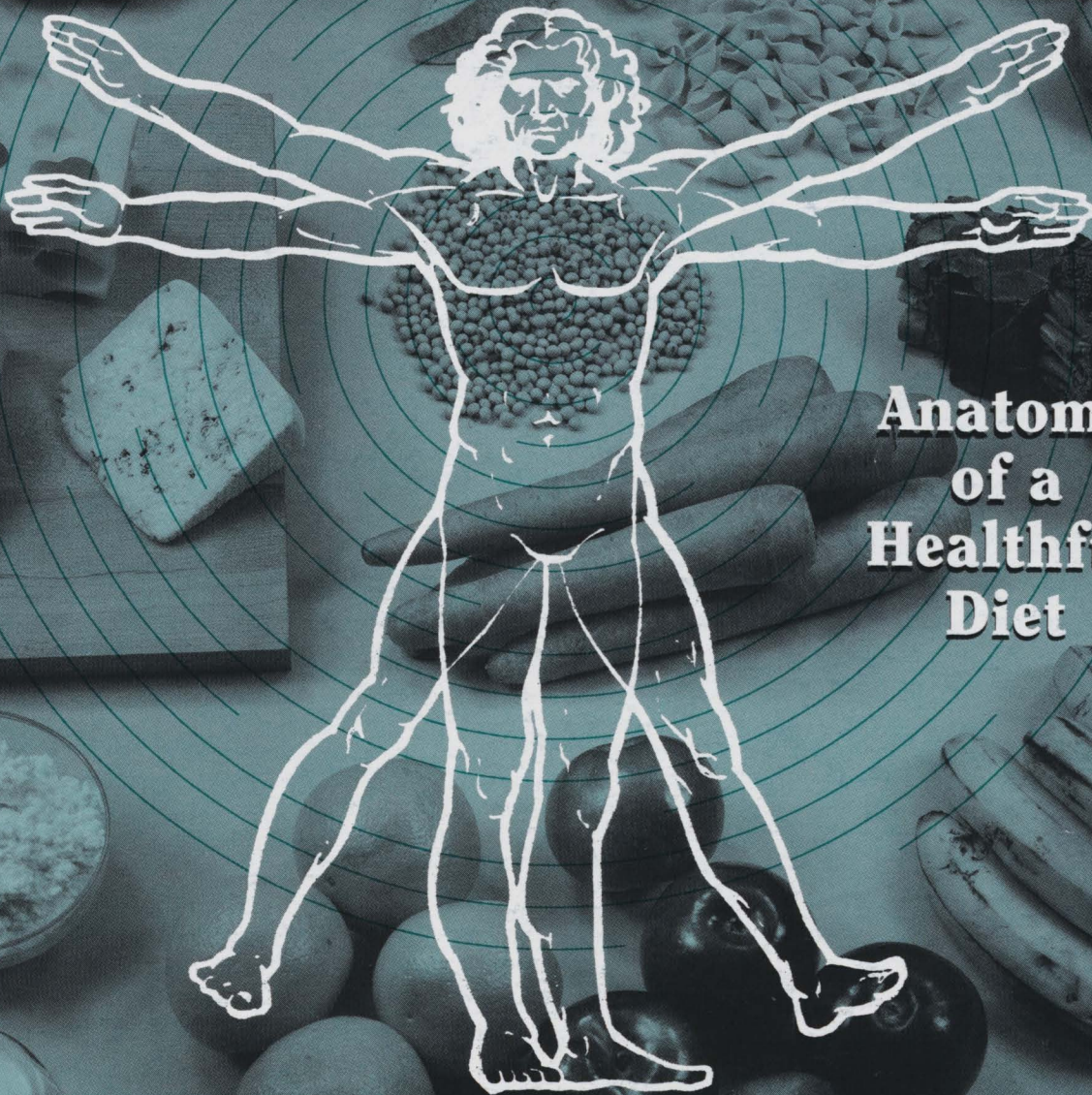
aesearch@umn.edu

*Papers downloaded from **AgEcon Search** may be used for non-commercial purposes and personal study only. No other use, including posting to another Internet site, is permitted without permission from the copyright owner (not AgEcon Search), or as allowed under the provisions of Fair Use, U.S. Copyright Act, Title 17 U.S.C.*

aHD9001.N275

the magazine • of food economics
FoodReview

United States Department of Agriculture • Economic Research Service • January-April 1994 • Volume 17 Issue 1



**Anatomy
of a
Healthful
Diet**

...Upfront

FoodReview (ISSN 1056-327X) is published three times a year by the Commodity Economics Division, Economic Research Service, U.S. Department of Agriculture.

Send questions, requests, and editorial comments to *FoodReview*, Room 228 USDA, 1301 New York Avenue, NW., Washington, DC 20005-4789.

Annual subscriptions are \$17.00 to U.S. addresses (\$21.25 foreign). Multiyear subscriptions are also available. Call toll free 1-800-999-6779 (weekdays 8:30-5:00 ET) to charge your order to Visa or MasterCard (callers outside the United States or Canada, please dial 703-834-0125). Or, order by mail from ERS-NASS, 341 Victory Drive, Herndon, VA 22070. Make check or money order payable to ERS-NASS. Please include your complete address and daytime telephone number. Sorry, but refunds cannot be issued.

The use of commercial or trade names does not imply approval or constitute endorsement by USDA or ERS.

Economics Editors:

Elizabeth Frazao
Ralph Parlett
(202) 219-0864

Managing Editor:

Mary E. Maher
(202) 219-0494

Editorial/graphic assistance:

Jack Harrison
Douglas Martinez
Susan Yanero

Contents of this magazine may be reprinted without permission.

Photos courtesy of USDA and Grant Heilman, Inc.

Nutrition Reports in This Issue Based on First-of-Kind Surveys

Several of the articles in this issue are based on results of a new type of survey conducted by USDA's Human Nutrition Information Service—the Diet and Health Knowledge Survey (DHKS). The survey gathers information on the attitudes and knowledge about nutrition, diet, and health of the household's main meal planner/preparer.

The DHKS was designed so that information from it could be linked, for the first time on a nationwide basis, to information on food consumption from USDA's Continuing Survey of Food Intakes by Individuals (CSFII). This combined information allows researchers to analyze how individual attitudes and knowledge about healthy eating affect food choices and dietary status.

The CSFII for 1989 and 1990 provide dietary data covering 3 consecutive days for individuals of all ages. The first day's data were collected in a personal in-home interview using a 1-day dietary recall. The second and third days' data are from a 2-day dietary record kept by the respondents. Personal data—such as income, age, race, and education—were also collected, as were self-reported health status, weight, and height.

The 1989 and 1990 DHKS were conducted as a telephone follow-up to the CSFII. Individuals identified in the CSFII as the main meal planner/preparer for the household were contacted about 6 weeks after the CSFII and asked a series of questions about diet and health.

The article by Tippet and Goldman on how well U.S. diets meet the recommendations of the Dietary Guidelines is based exclusively on CSFII data and provides information that may be generalized to the population. Frazao and Cleveland's article on fat and cholesterol consumption and Smallwood and Blaylock's article on fiber intake are based on combined DHKS/CSFII data, and represent only the household's main meal planners/preparers—these data may not be representative of all individuals in the population. Rose's article about maintaining a healthy weight is based on a subset of the DHKS/CSFII data—it includes only women who were not pregnant or breastfeeding at the time of the survey and who provided information on their weight.

To provide a consistent way of reporting income over several time periods and to help account for inflation, the articles express household income for the previous calendar year as a percentage of the Federal poverty thresholds. These levels are determined by the Federal Government and differ by household size and composition. For example, the average poverty threshold for a household of four in 1989 was \$11,669.

Inside...



Health Linked to Nutrition

2 The High Costs of Poor Diets

by Betsy Frazao

4 The Dietary Guidelines Focus on Reducing Excessive Intakes

by Anne Shaw and Carole Davis

8 Diets More Healthful, But Still Fall Short of Dietary Guidelines

by Katherine S. Tippett and Joseph D. Goldman

Knowledge Can Help Change Diet, Nutrition, and Health

15 Diet-Health Awareness About Fat and Cholesterol—Only a Start

by Betsy Frazao and Linda Cleveland

23 Fiber: Not Enough of a Good Thing?

by David M. Smallwood and James R. Blaylock

30 Attitudes and Behaviors Related to Weight Status

by Donald Rose

35 The Food Industry Discovered That Nutrition Information Sells

News of Food Prices

36 Food Prices Rose Moderately for the Third Consecutive Year

by Ralph Parlett

Food Consumption Throughout the Western Hemisphere

40 Much Room for Growth in Latin America's Food Expenditures and Consumption

by Miriam Stuart