

# **Food Consumption Profiles Of White And Black Persons Aged 1-74 Years:**

**United States, 1971-74**

Presents graphs and tables from the Health and Nutrition Examination Survey on the percent of persons consuming foods from selected food groups for specified intervals in a probability sample of the white and black U.S. population aged 1-74 years by age, sex, race, and income levels, 1971-74.

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In accordance with specifications established by the National Center for Health Statistics, the Bureau of the Census, under a contractual agreement, participated in the design and selection of the sample, and carried out the first stage of the field interviewing and certain parts of the statistical processing.

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### SYMBOLS

Data not available-----	---
Category not applicable-----	...
Quantity zero-----	-
Quantity more than 0 but less than 0.05-----	0.0
Figure does not meet standards of reliability or precision-----	*

# FOOD CONSUMPTION PROFILES OF WHITE AND BLACK PERSONS AGED 1-74 YEARS: UNITED STATES, 1971-74

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## INTRODUCTION

The Health and Nutrition Examination Survey program was undertaken by the National Center for Health Statistics in response to a directive from the Secretary of the Department of Health, Education, and Welfare to establish a continuing national nutrition surveillance system under the authority of the National Health Survey Act of 1956. This system has as its purposes the measuring of nutritional status for the U.S. population and monitoring the changes in this status over time.

The Health and Nutrition Examination Survey (HANES) is the first program to collect measures of nutritional status for a scientifically designed sample representative of the U.S. civilian non-institutionalized population in a broad range of ages, 1-74 years. Other earlier nutrition surveys, such as the Ten-State Nutrition Survey,<sup>1</sup> have had more limited objectives. The probability sample design permits estimates to be made for the total population and at the same time permits more detailed analysis of data for certain groups at high risk of malnutrition—the poor, preschool children, women of childbearing ages, and the elderly.<sup>2</sup> This is made possible through use of differential sampling of these high-risk groups and appropriate weighting of the data.

The first HANES program began data collection in April 1971, was in full operation by August, and was completed in June 1974. A detailed description of the specific content and

plan of operation, including the sample design, has been published<sup>3</sup> and only the general characteristics are mentioned here. The U.S. Bureau of the Census cooperated in the sample design and in the initial visits to and interviewing at selected eligible households in the 65 primary sampling units (PSU's) throughout the United States. Additional household visiting, interviewing, history taking, and explaining of the examination portion of the program were performed by members of the field teams of the Center. These teams traveled to the various locations and included professional and para-professional medical and dental examiners along with technicians, interviewers, and other staff. The selected sample persons for whom appointments could be made were brought into specially constructed mobile examination centers that were moved into a central location in each PSU area.

Of the 28,043 sample persons selected to represent 194 million persons aged 1-74 years in the U.S. population, the program examined 20,749, or 74 percent of the sample, at 65 locations visited between April 1971 and June 1974. This is an effective response rate of 75 percent when adjustment is made for the effect of oversampling among preschool children, women of childbearing age, the poor, and the elderly. Data presenting breakdowns by race are based on findings from HANES of a sample of 27,730 white and black persons, of whom 20,514 were examined. Estimates in this report



are based on weighted observations, i.e., the data obtained for the examined persons are inflated to the level of the total population using the appropriate weights to account for both sampling fractions and response results. (See appendix V.)

## DEFINITIONS OF VARIABLES

Race was observed and recorded as white, black, and other races. Of the 20,749 sample persons examined, 78.8 percent were white and 20.07 percent were black. Only 1.13 percent of the sample was classified as other races. Other races are included only when the total subjects are used; they are not used in the white-black breakdowns.

The sample design focused special attention on groups of people known to be at greater risk of malnutrition by oversampling these groups. The oversampling was directed first of all to the poor. The design thus enabled the Center to obtain sufficient numbers to analyze the nutritional status of poor black and white persons without resorting to separate oversampling of racial or ethnic groups. Thus while black persons represent about .11 percent of the U.S. population, they constitute one-fifth of the HANES sample. Such large numbers were found because the economically poor segments of the population include disproportionate numbers of black persons. These larger numbers yield more reliable estimates for this group.

Income status is considered when nutritional data are presented because quantity and quality of dietary intake have been known to be associated with level of income. The income status for each examined person is expressed by the Poverty Income Ratio. (See appendix I.) Families and unrelated individuals are classified as being above or below the poverty level, using the poverty index adopted by the Federal Inter-agency Committee in 1969. This index, in contrast to total family income, reflects the different consumption requirements of families based on their size and composition, sex and age of the family head, and farm-nonfarm residence.

For analysis, two groups of income levels are presented: income below poverty level, a ratio of

less than 1; and income at and above poverty level, a ratio of 1 or more. Small numbers preclude the analysis of dietary intake data by further gradation of incomes in both income groups. Examined persons with unknown income are excluded from the two income classification groups, but they are included in the total group.

## FIGURE AND TABLE CONTENT

In this report, the data on frequency of consumption of food groups by the white and black U.S. population are grouped in six categories: 4 times a day or more, 3 times a day, 2 times a day, and once a day; 1-6 times a week; and seldom or never. The 1-6 times per week frequency category shows the percent of sample persons who consumed food items at least once a week but not more than 6 times per week.

The cross-sectional data on food frequency intake of subjects were obtained on different age cohorts. The age trends show percentage values for successive cohorts of different age groups and reflect the effect of different environmental influences. The limitations of cross-sectional data are recognized in considering group age changes.

Figures A-D present graphic profiles of percent distribution of frequency of intake of 19 selected food groups for persons of both sexes ages 1-74 years for race and income groups. Figures 1-19 present graphic profiles of percent distribution of frequency of intake of specified food groups for race, age, and sex without regard to income groups. Figures 20-57 present graphic profiles of percent distribution of frequency of intake of specified food groups for race, age, sex, and income groups. The 19 selected food groups on which graphic and tabular data are based are shown in appendix III.

Tables 1 and 2 present tabular data of the percent distribution of frequency of intake of 19 food groups for persons of both sexes aged 1-74 years for race and income groups. Tables 3-14 present tabular data of the percent distribution of frequency of intake of 19 food groups for race, sex, and specified age groups without regard to income. Tables 15-26 present tabular

data of the percent distribution of frequency of intake of 19 food groups for race, sex, and specified age and income groups.

The sources of nutrients for selected food groups used in HANES I are shown in appendix III. This information will be used in assessing the actual food consumption profiles of the U.S. population. A daily food guide recommended by the U.S. Department of Agriculture is shown in appendix IV.

## NUTRITION DATA

Information on each sample person's usual pattern of food intake was obtained during the first national Health and Nutrition Examination Survey by means of a dietary interview consisting of a 24-hour recall of food consumption and a food frequency questionnaire (appendix II). This interview was conducted by dietary staff who are graduates of accredited colleges and/or universities and who majored in home economics with emphasis in foods and nutrition.

The nutrition examination also included a general medical examination by a physician for indicators of nutritional deficiencies, a skin examination by a dermatologist, and a dental examination by a dentist. Body measurements were taken by a trained technician, and numerous laboratory tests were performed on whole blood, serum, plasma, and urine. A description of the sampling process, HANES operation, and response rates has been published.<sup>3</sup>

In this report, these graphic and tabular dietary findings, based on the HANES food frequency data, are directed to a qualitative assessment of food pattern profiles of the white and black population, both combined and separately. The frequency of consumption of 19 food groups with similar nutritional charac-

teristics ingested daily and/or weekly over the 3-month interval prior to the nutrition interview are presented here by age, race, sex, and income level. The food frequency interview accounted for all regular meals, as well as for between-meal foods or snacks, eaten during the week (including special occasions and holidays) and were reported in six frequency categories. The food frequency method served as a quality control technique for the 24-hour recall method of obtaining data while depicting diet profile patterns over a longer period of time.

Although this report does not include analysis of the data, it does provide a pictorial and qualitative method of appraising the usual diet patterns of subgroups within the population. The data provide a basis for identifying groups within communities who are likely to need more detailed dietary investigation and nutrition counseling and for planning educational programs for such groups.

Analysis and discussion of the pictorial food frequency profiles presented in this report for the white and black U.S. population aged 1-74 years for specified age, sex, race, and income levels will be made in a supplemental report. Comparison of these findings with the percent contribution of nutrients from the 24-hour recall data and with the dietary findings presented in Series 11-No. 202 of the *Vital and Health Statistics* series will be made to validate dietary methodologies used and provide sources of nutrient density in the American diet.

Another report based on the 24-hour recall questionnaire, entitled "Meal Pattern Profiles of the U.S. Population Aged 1-74 Years: 1971-74," will analyze and discuss specific foods eaten at each meal or as snacks. The nutrient contribution of these foods to individual meals and to the total day's intake for the total population and selected subgroups will be emphasized.

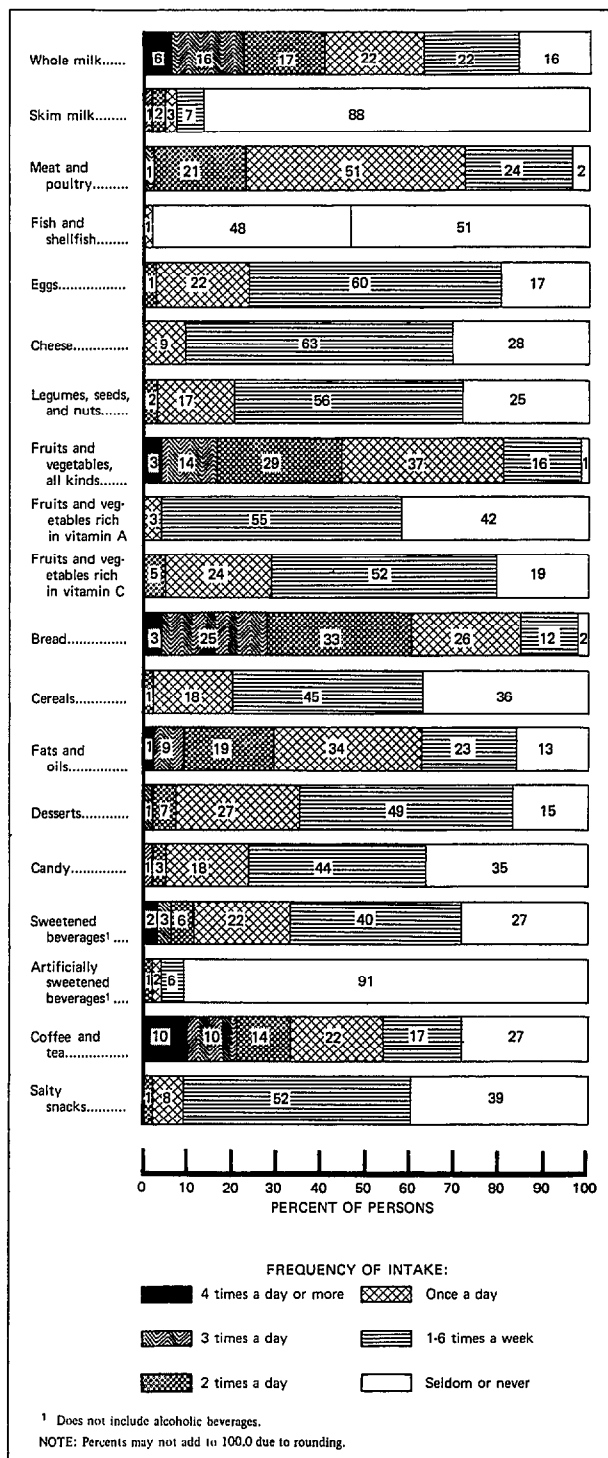


Figure A. Percent distribution of white persons aged 1-74 years with income below poverty level by frequency of intake of selected food groups: United States, 1971-74

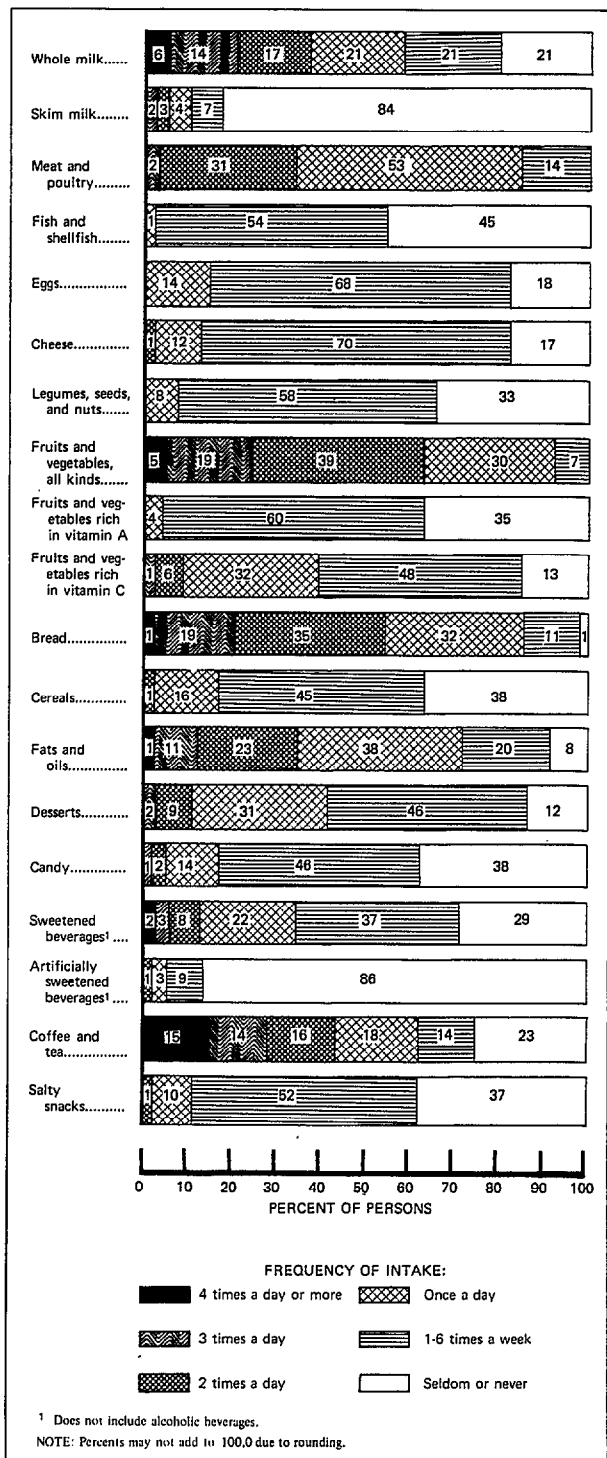


Figure B. Percent distribution of white persons aged 1-74 years with income above poverty level by frequency of intake of selected food groups: United States, 1971-74

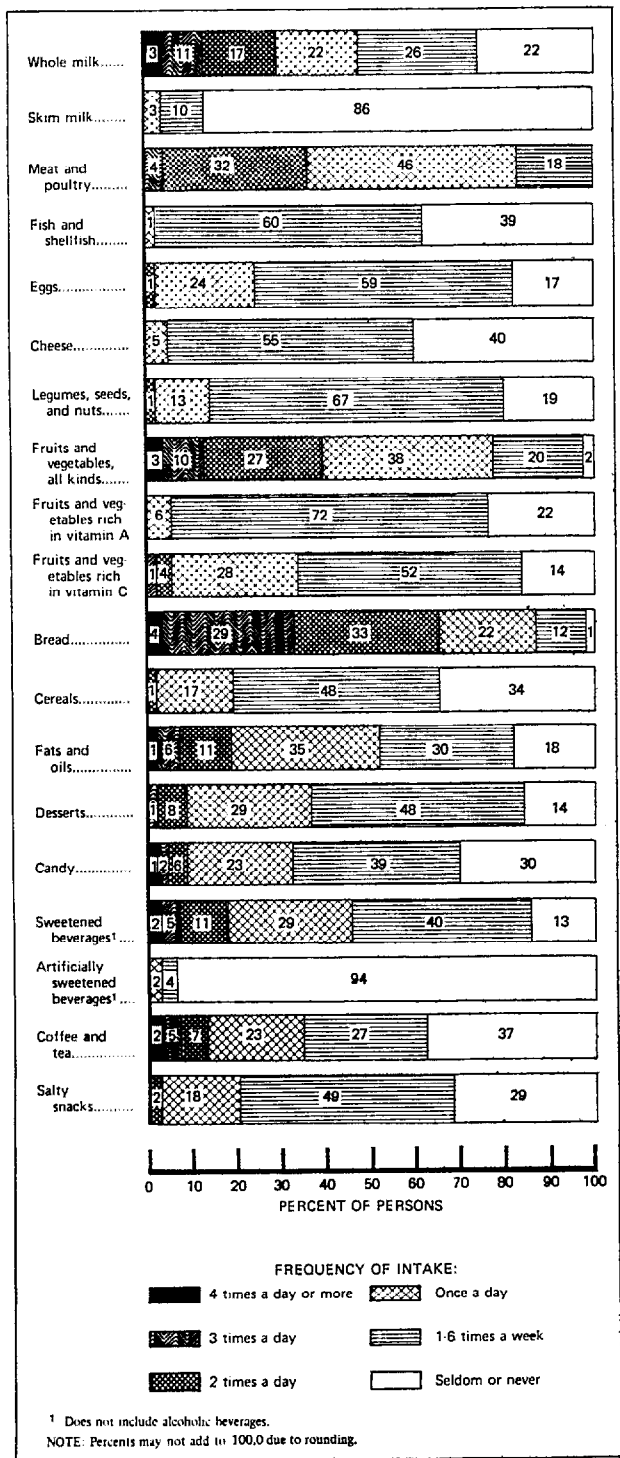


Figure C. Percent distribution of black persons aged 1-74 years with income below poverty level by frequency of intake of selected food groups: United States, 1971-74

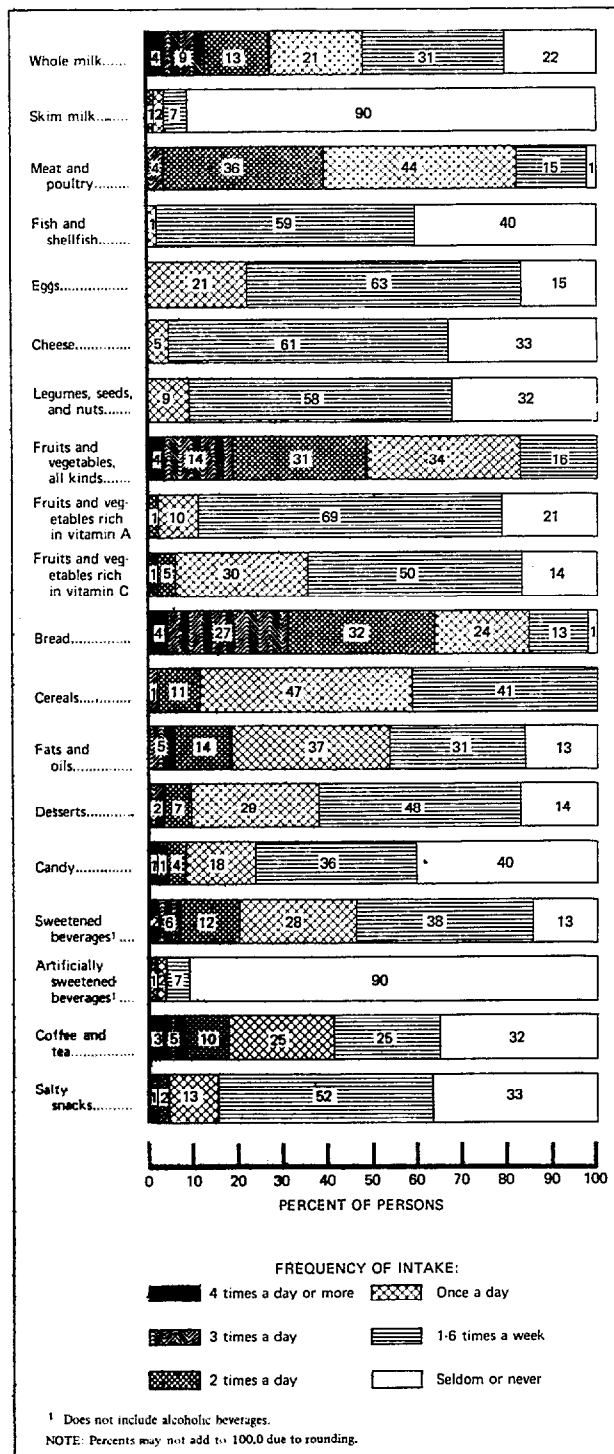


Figure D. Percent distribution of black persons aged 1-74 years with income above poverty level by frequency of intake of selected food groups: United States, 1971-74

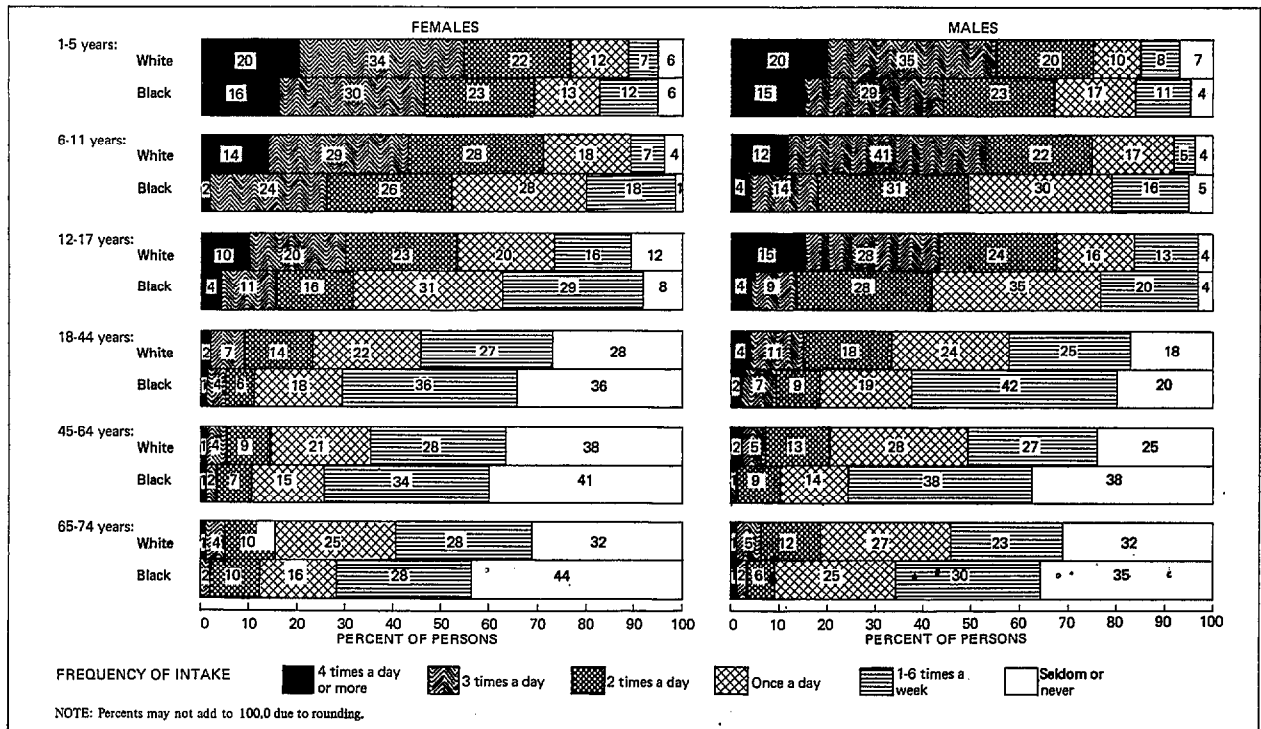


Figure 1. Percent distributions of females and males by frequency of intake of whole milk, according to age and race: United States, 1971-74

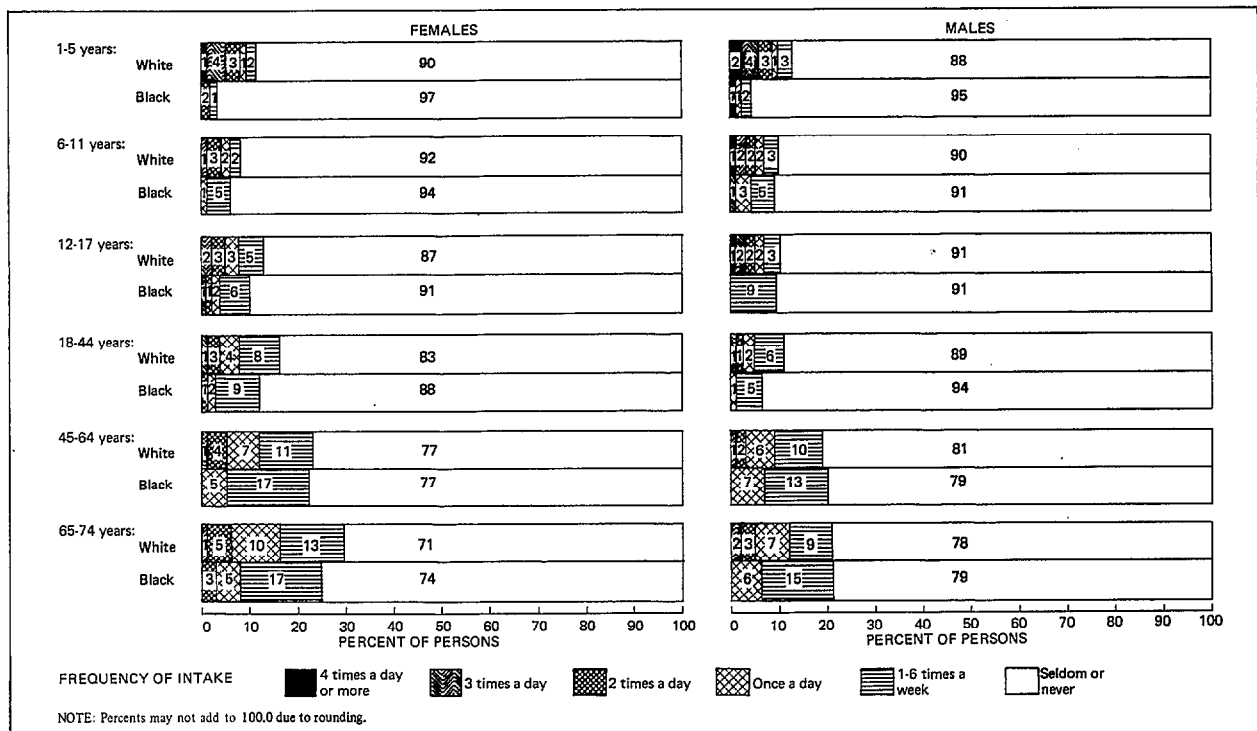


Figure 2. Percent distributions of females and males by frequency of intake of skim milk, according to age and race: United States, 1971-74

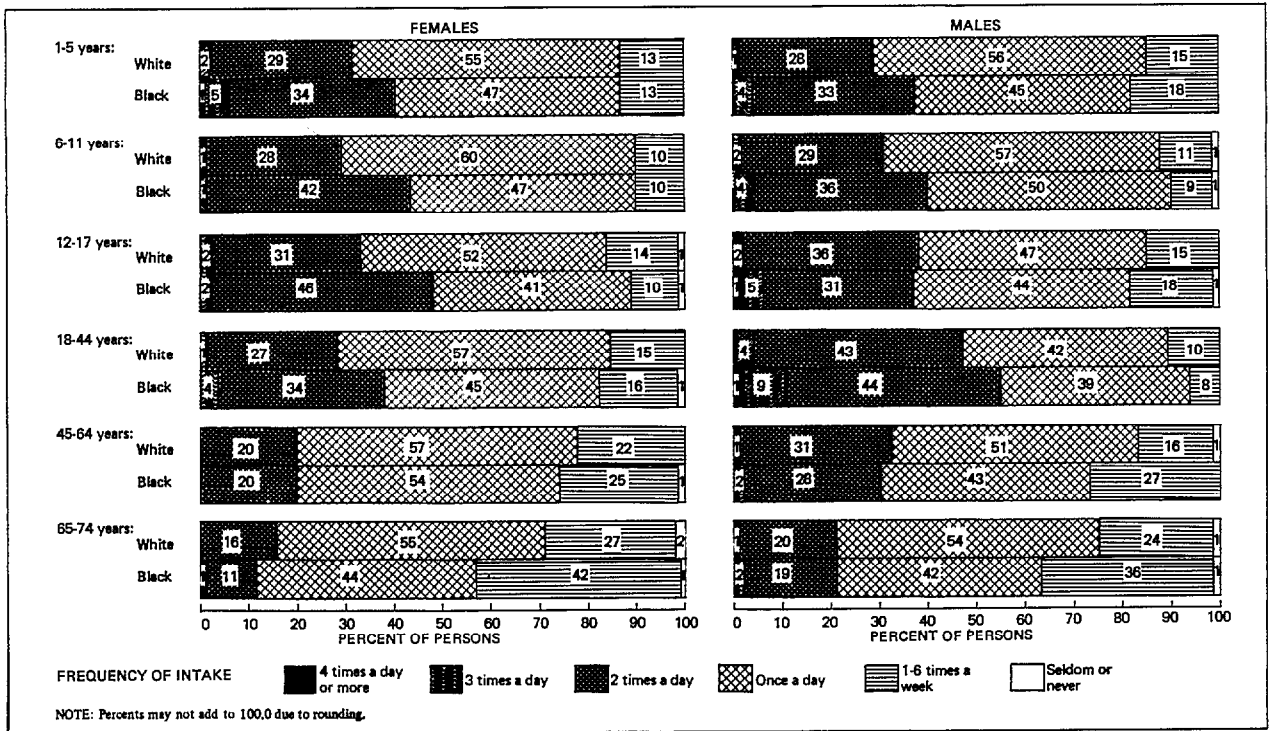


Figure 3. Percent distributions of females and males by frequency of intake of meat and poultry, according to age and race: United States, 1971-74

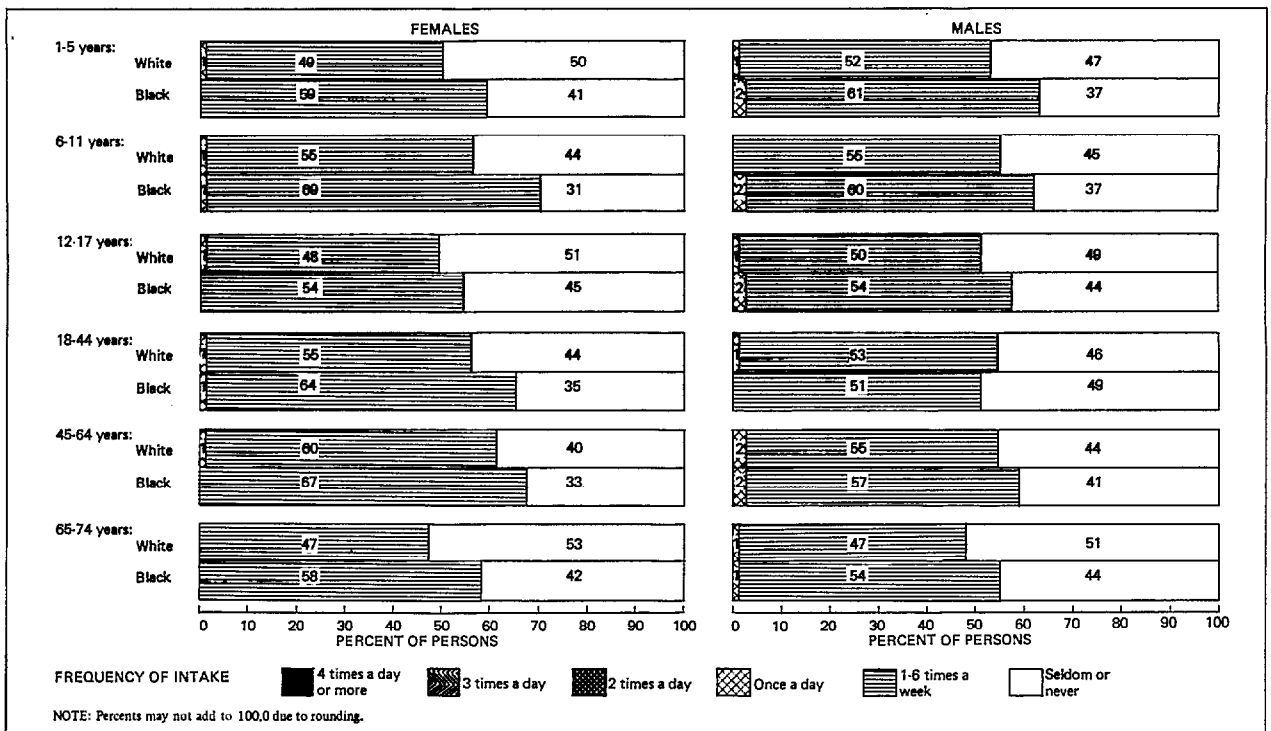


Figure 4. Percent distributions of females and males by frequency of intake of fish and shellfish, according to age and race: United States, 1971-74

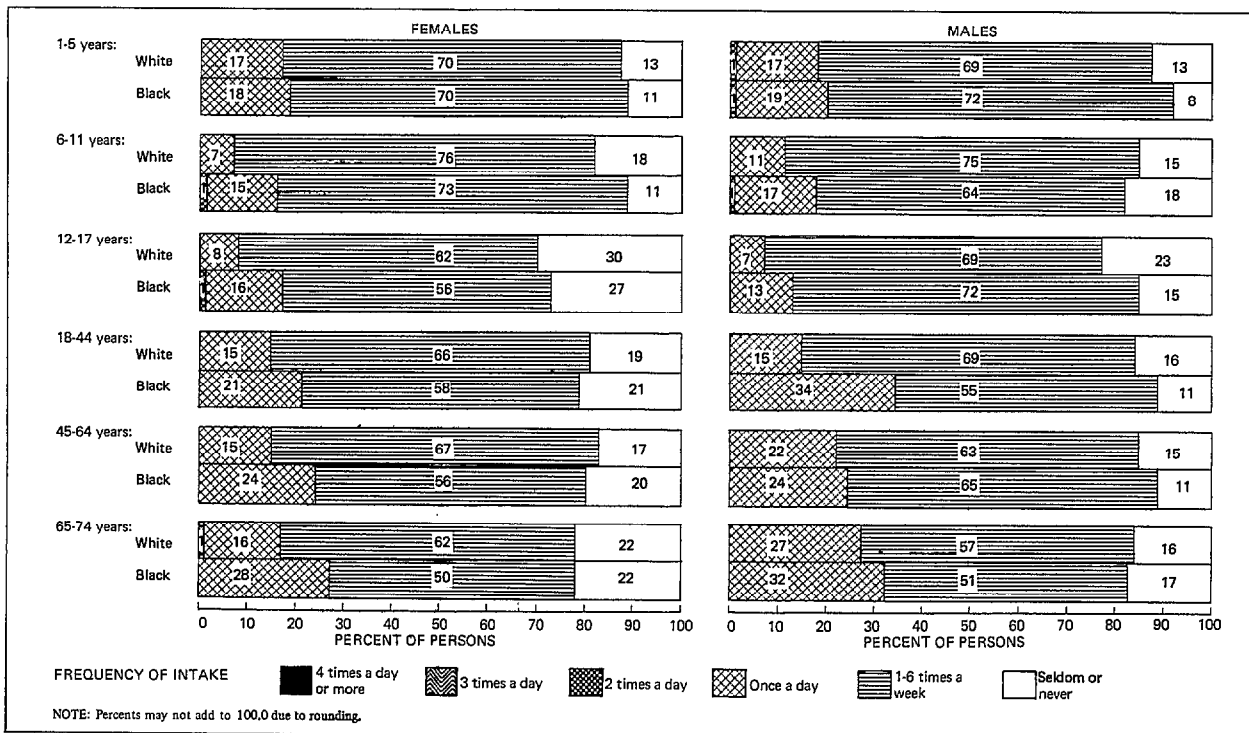


Figure 5. Percent distributions of females and males by frequency of intake of eggs, according to age and race: United States, 1971-74

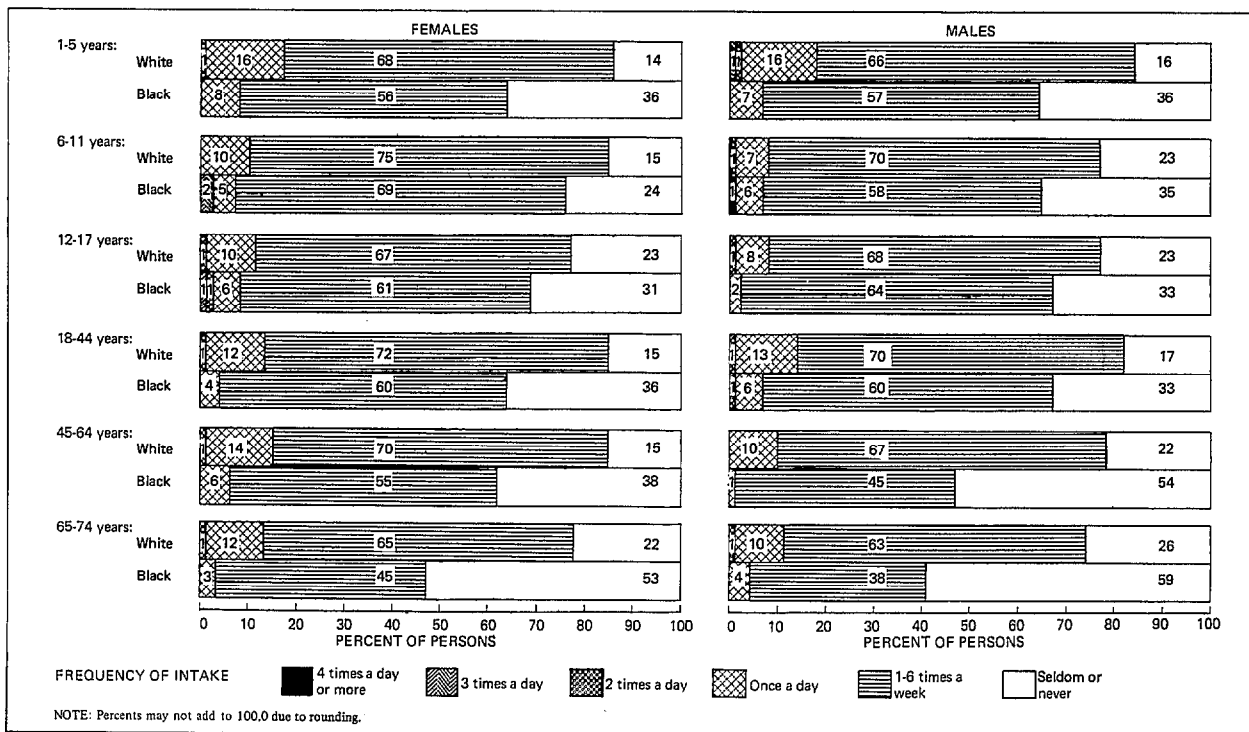


Figure 6. Percent distributions of females and males by frequency of intake of cheese, according to age and race: United States, 1971-74

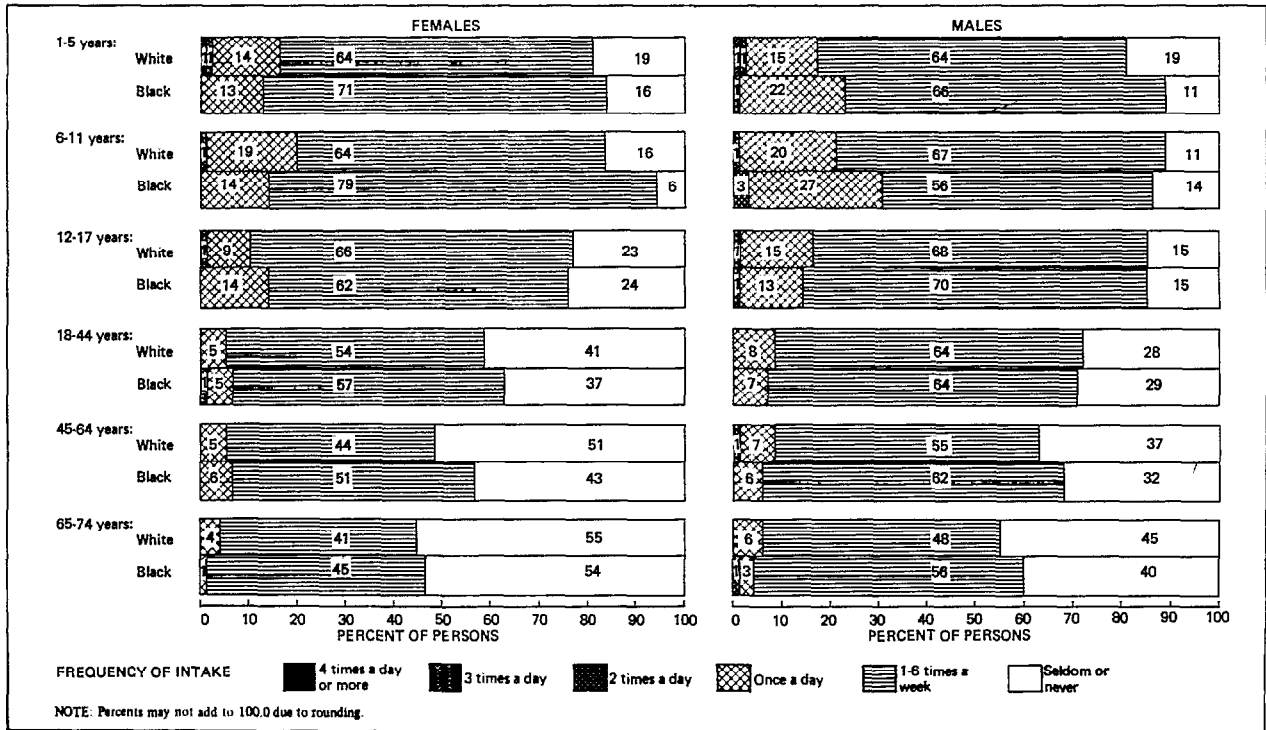


Figure 7. Percent distributions of females and males by frequency of intake of legumes, seeds, and nuts, according to age and race: United States, 1971-74

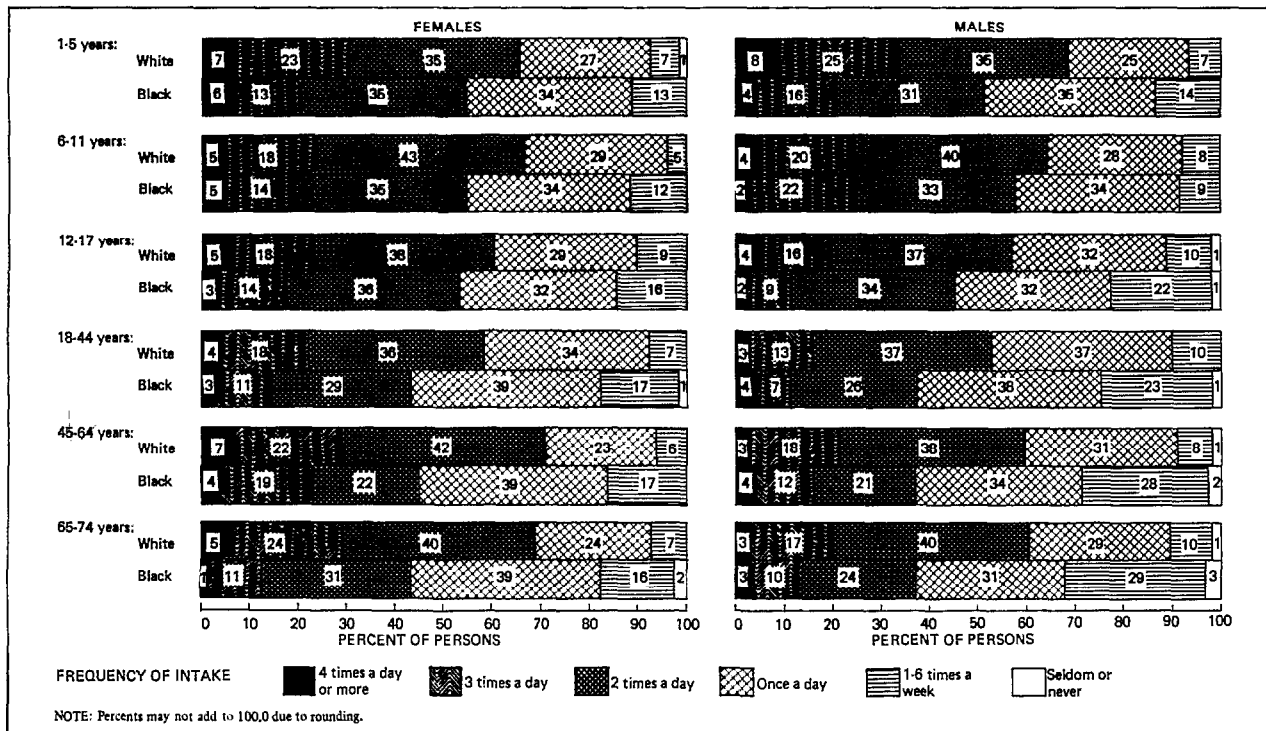


Figure 8. Percent distributions of females and males by frequency of intake of fruits and vegetables, all kinds, according to age and race: United States, 1971-74



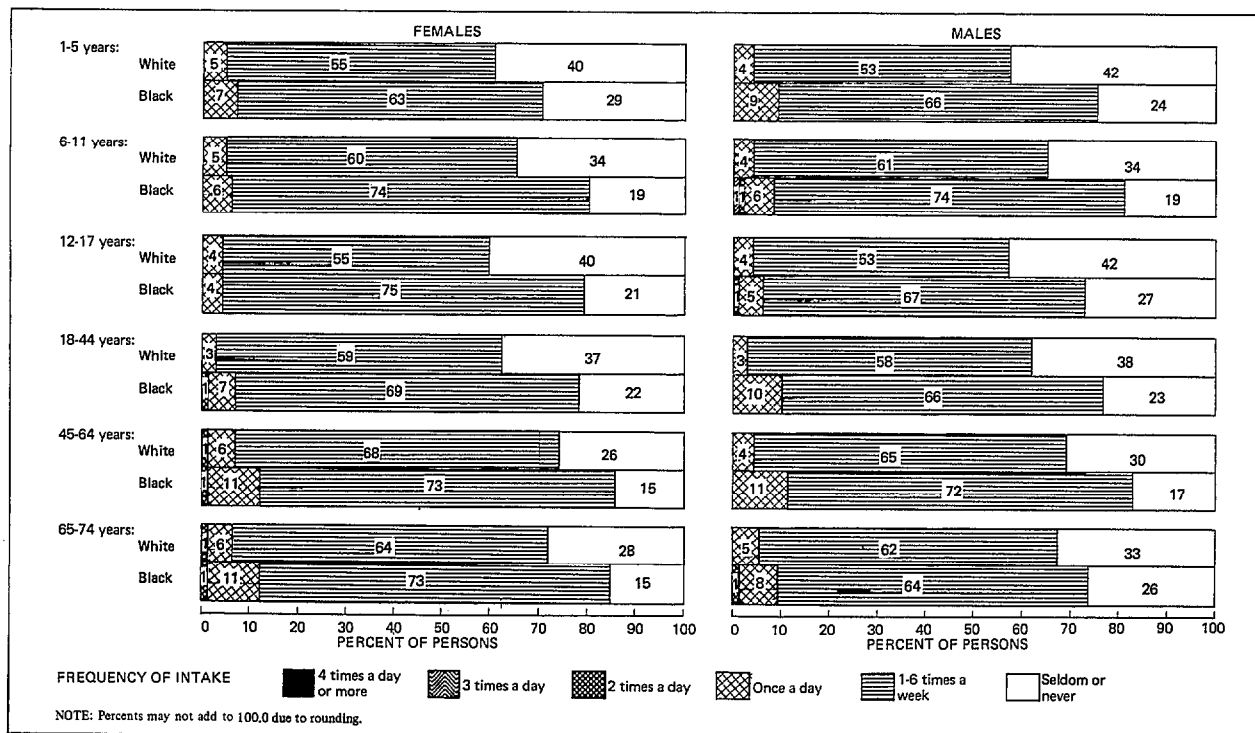


Figure 9. Percent distributions of females and males by frequency of intake of fruits and vegetables rich in vitamin A, according to age and race: United States, 1971-74

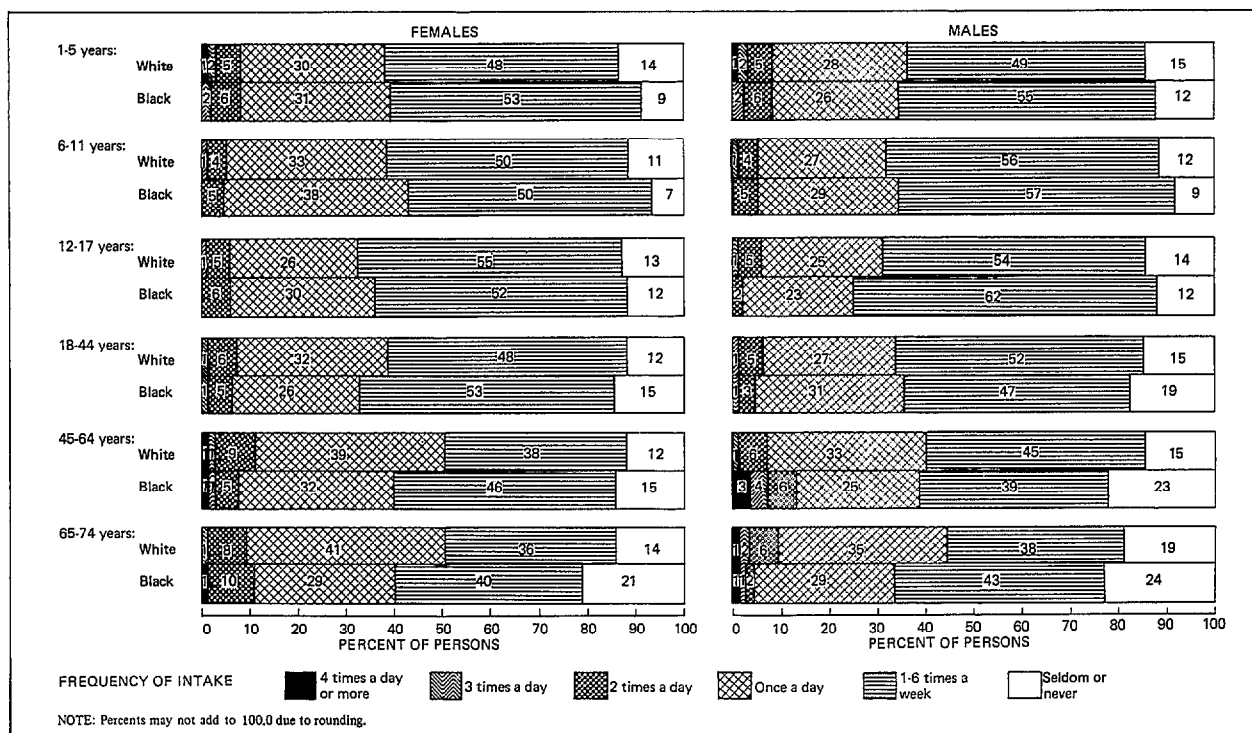


Figure 10. Percent distributions of females and males by frequency of intake of fruits and vegetables rich in vitamin C, according to age and race: United States, 1971-74

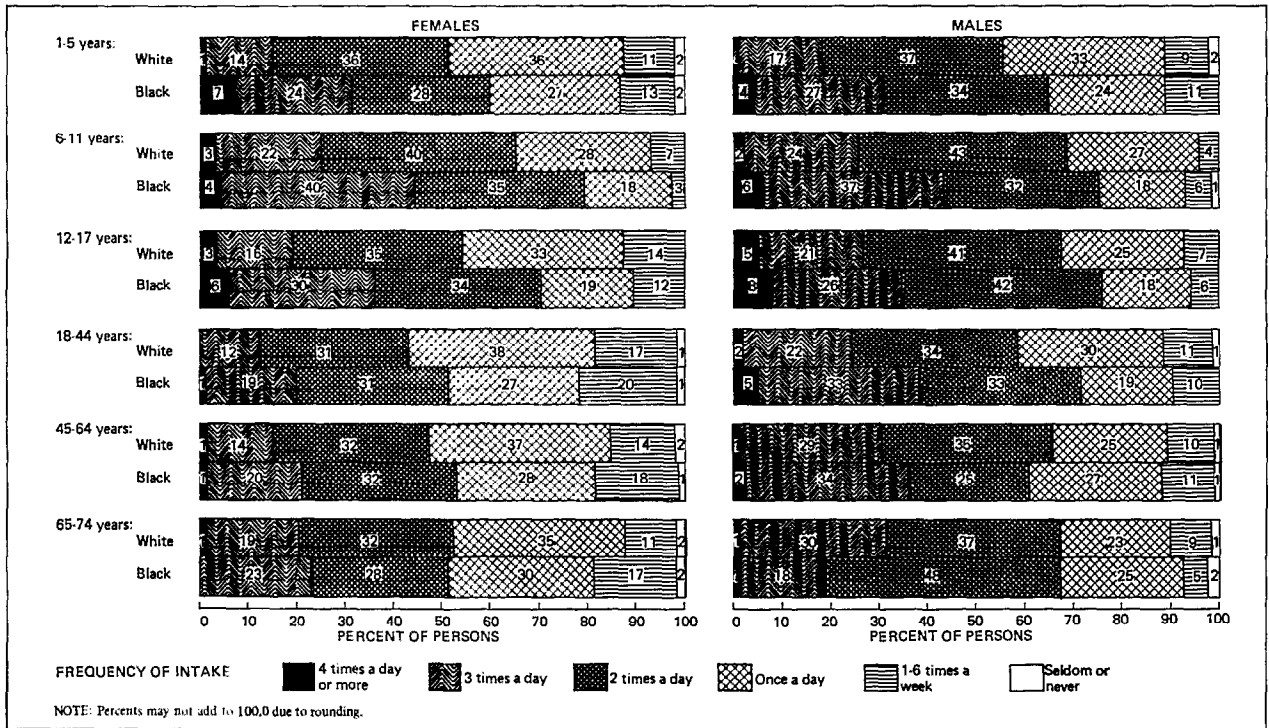


Figure 11. Percent distributions of females and males by frequency of intake of bread, according to age and race: United States, 1971-74

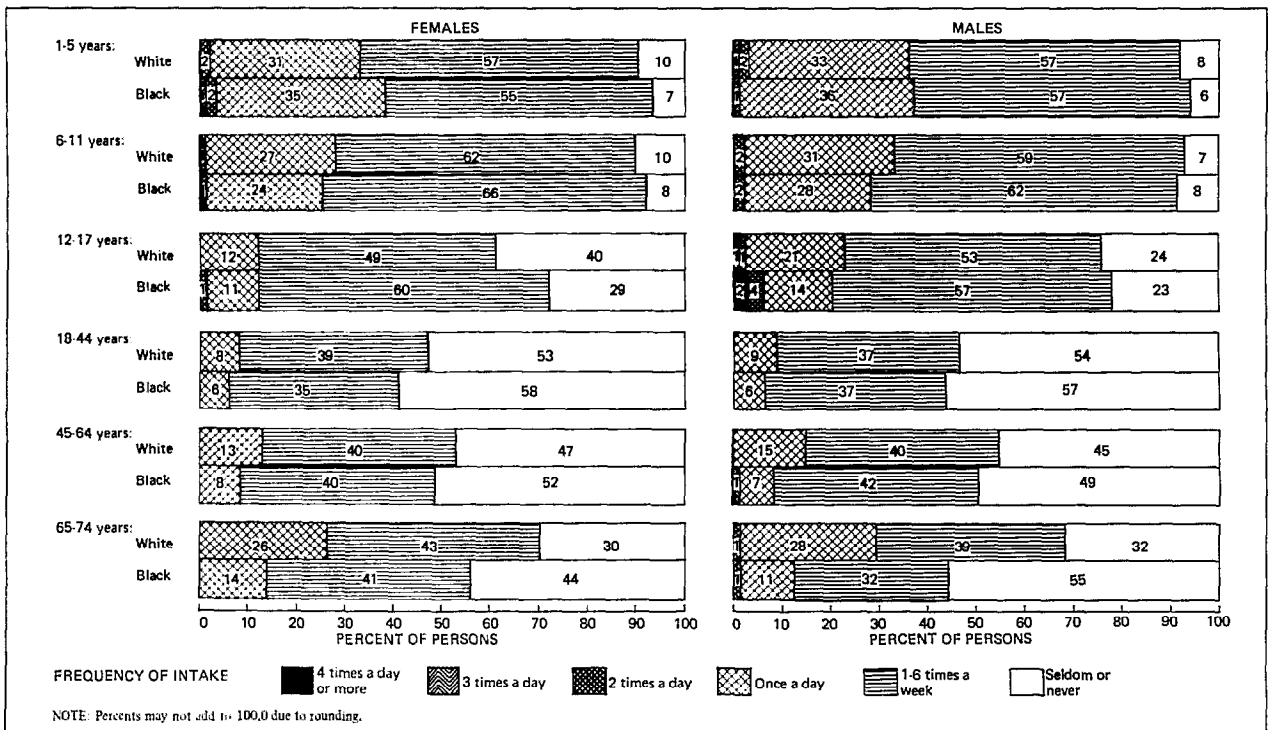


Figure 12. Percent distributions of females and males by frequency of intake of cereals, according to age and race: United States, 1971-74

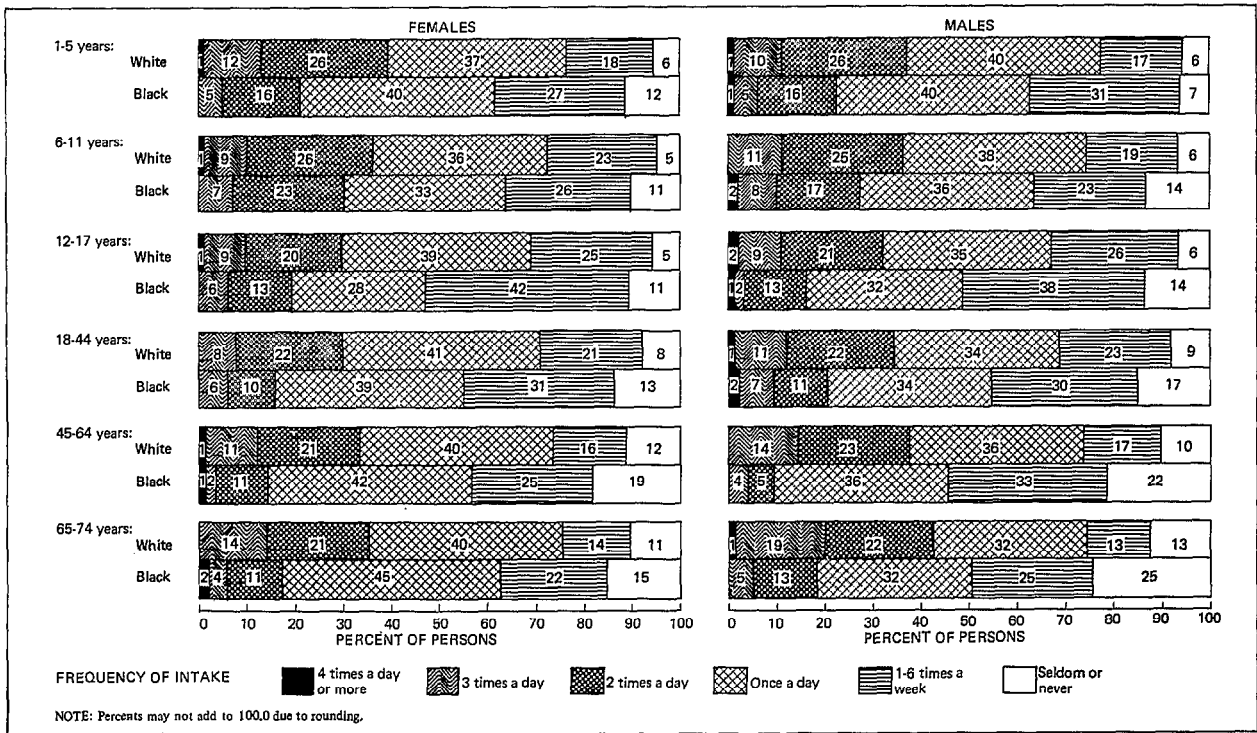


Figure 13. Percent distributions of females and males by frequency of intake of fats and oils, according to age and race: United States, 1971-74

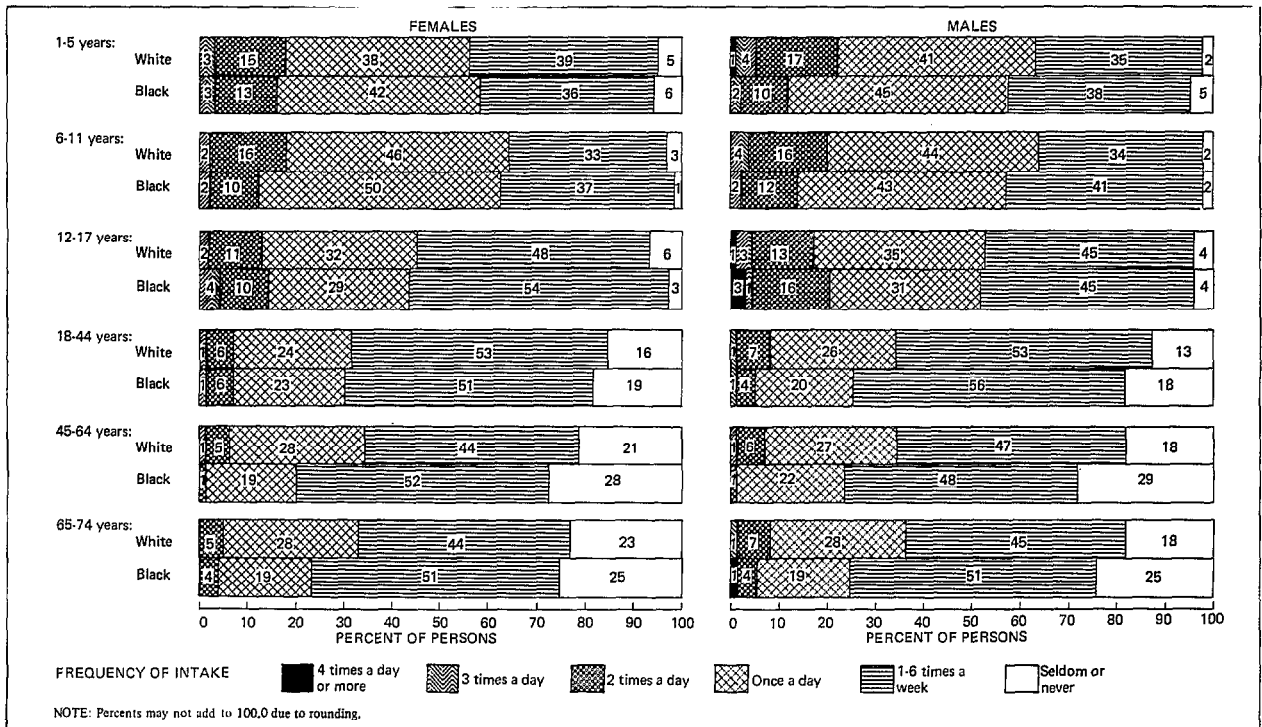


Figure 14. Percent distributions of females and males by frequency of intake of desserts, according to age and race: United States, 1971-74

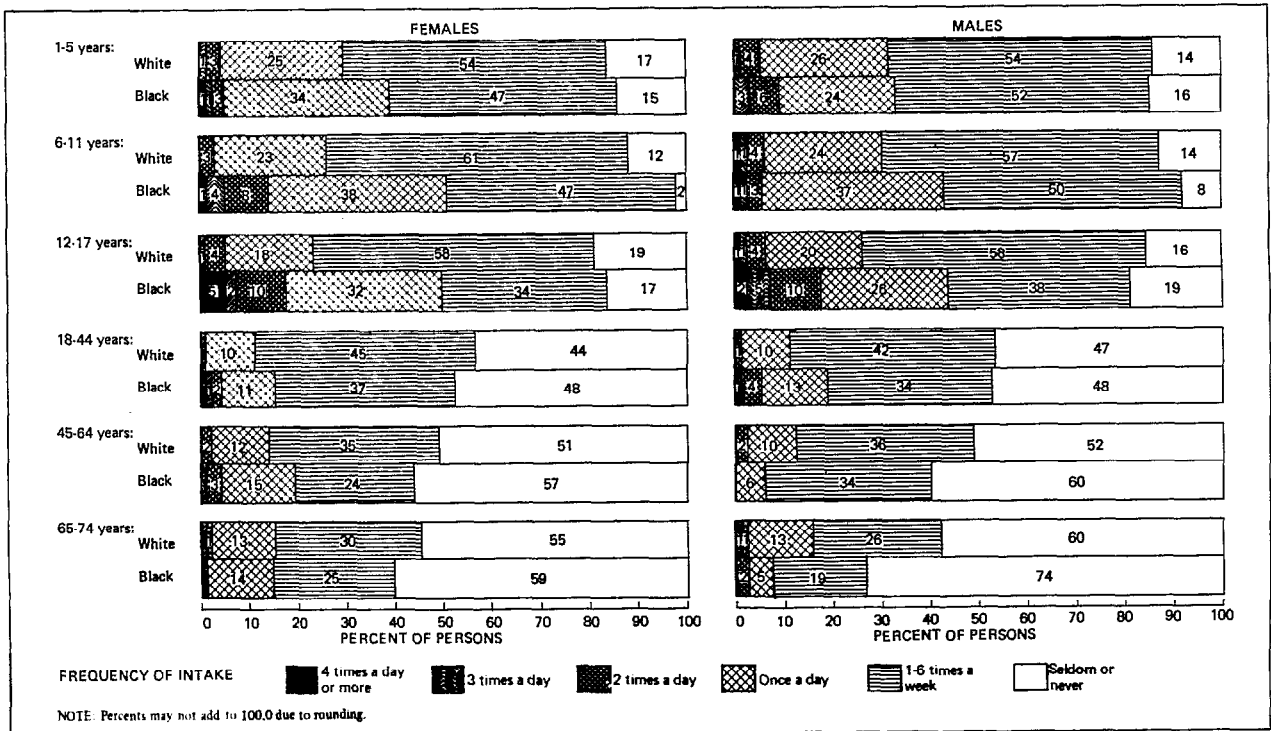


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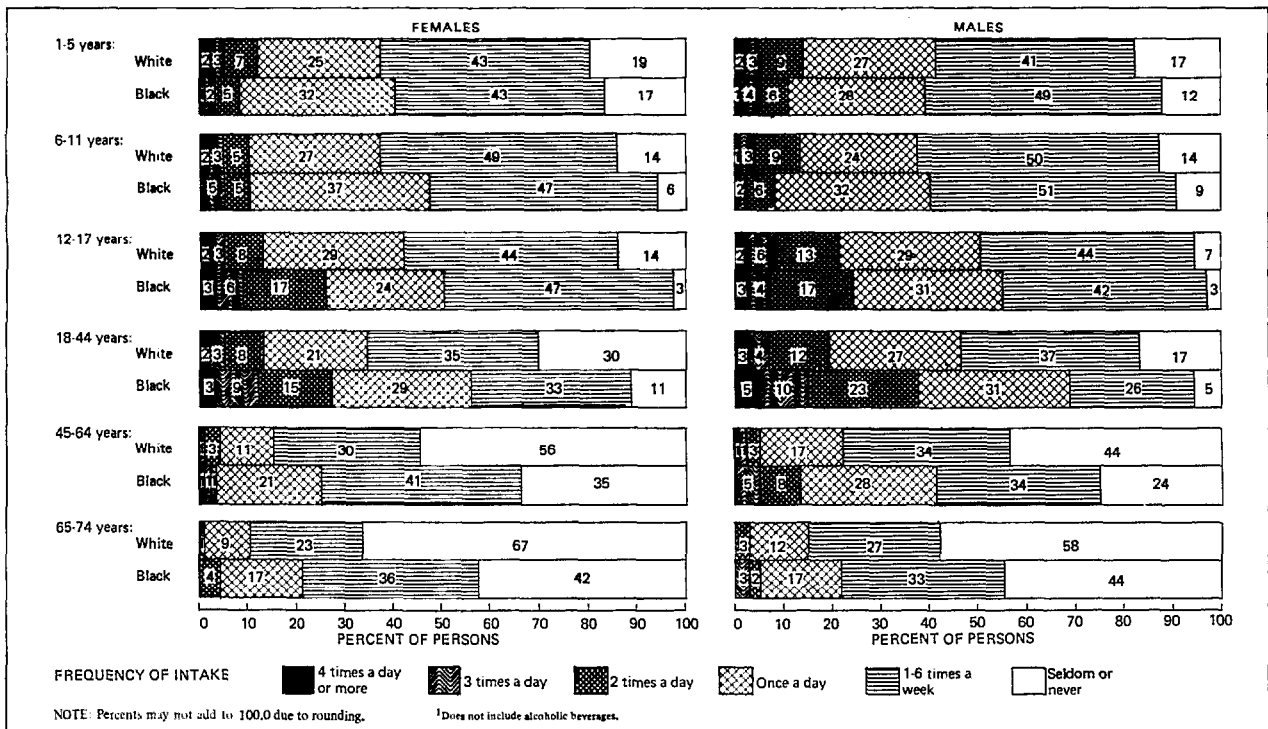


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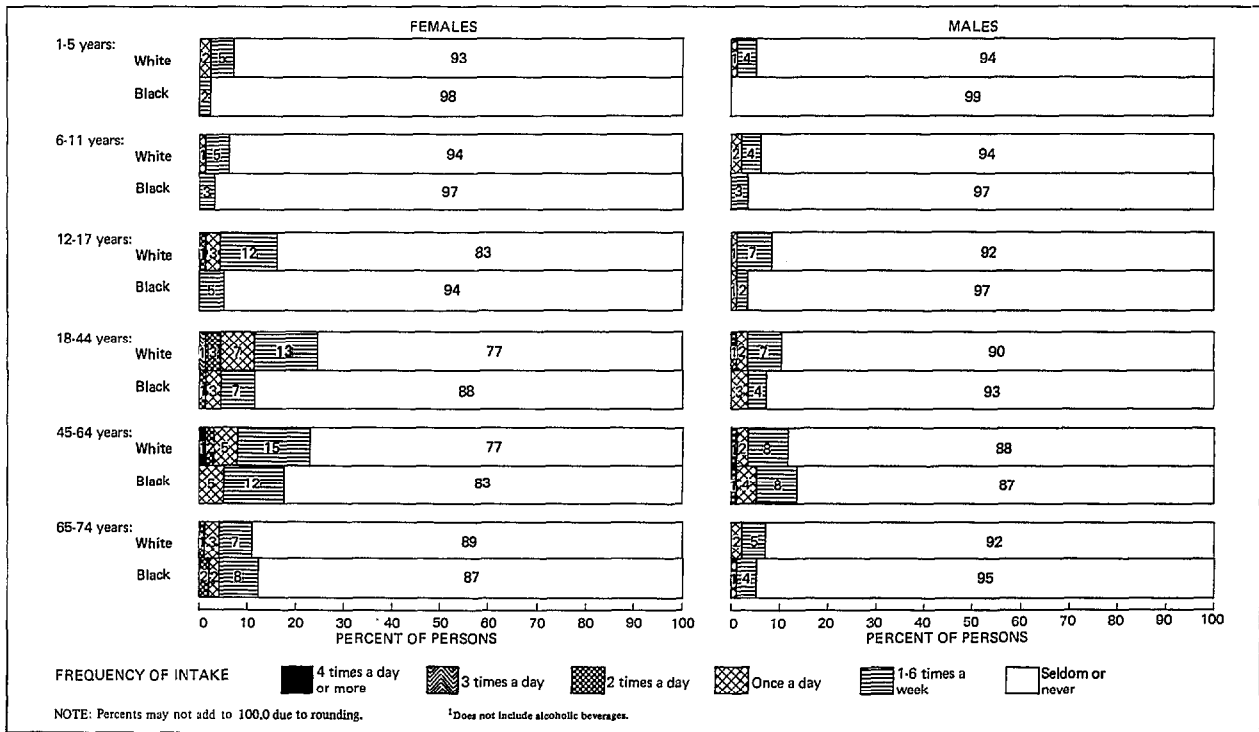


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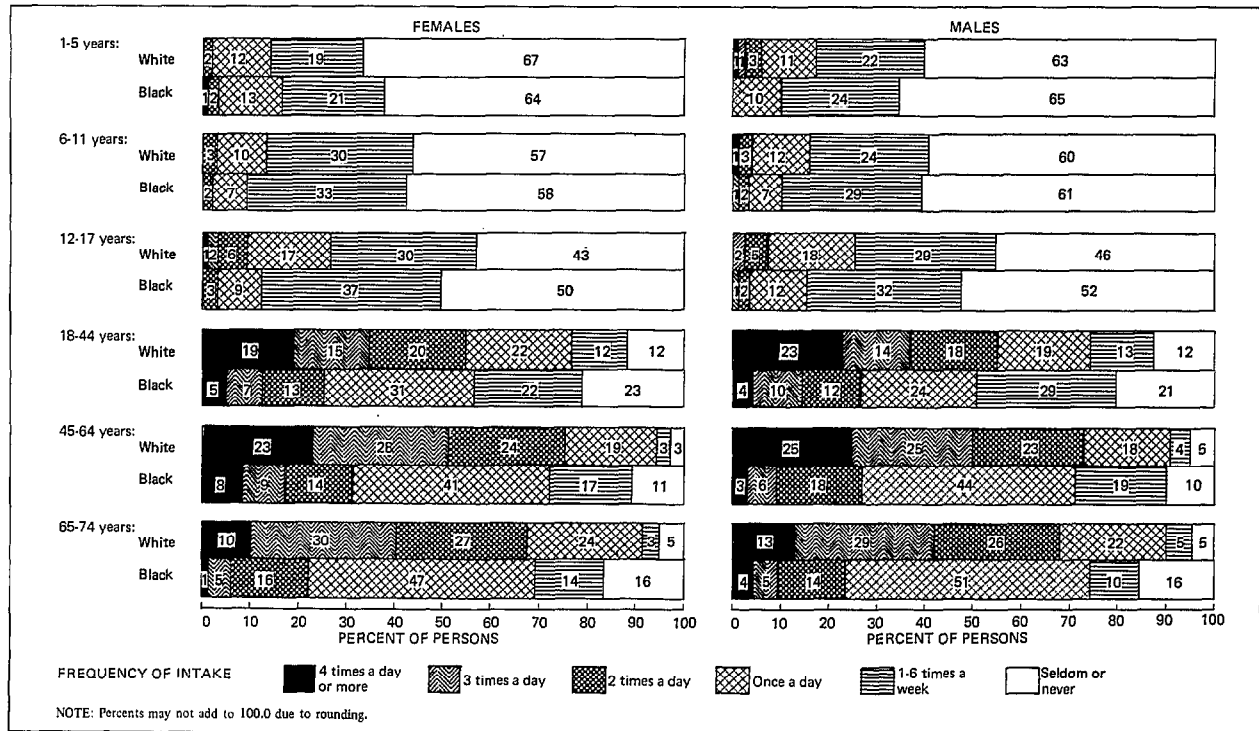


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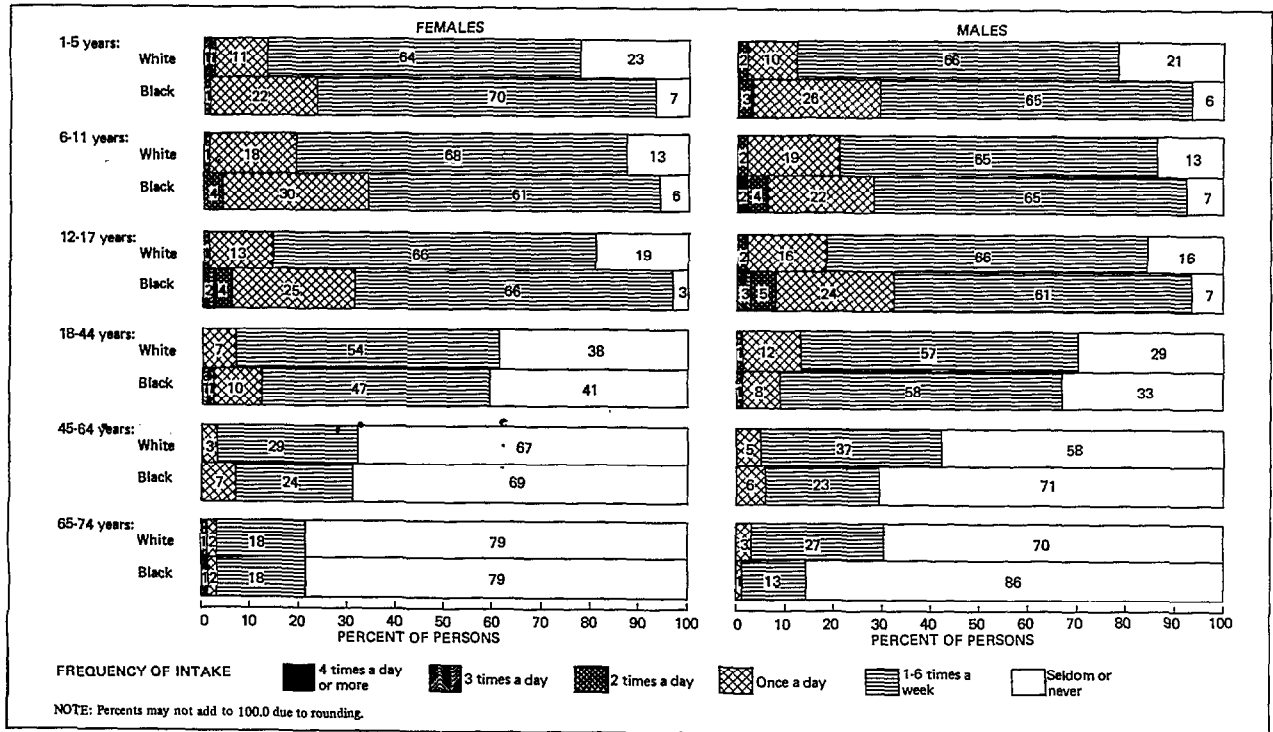


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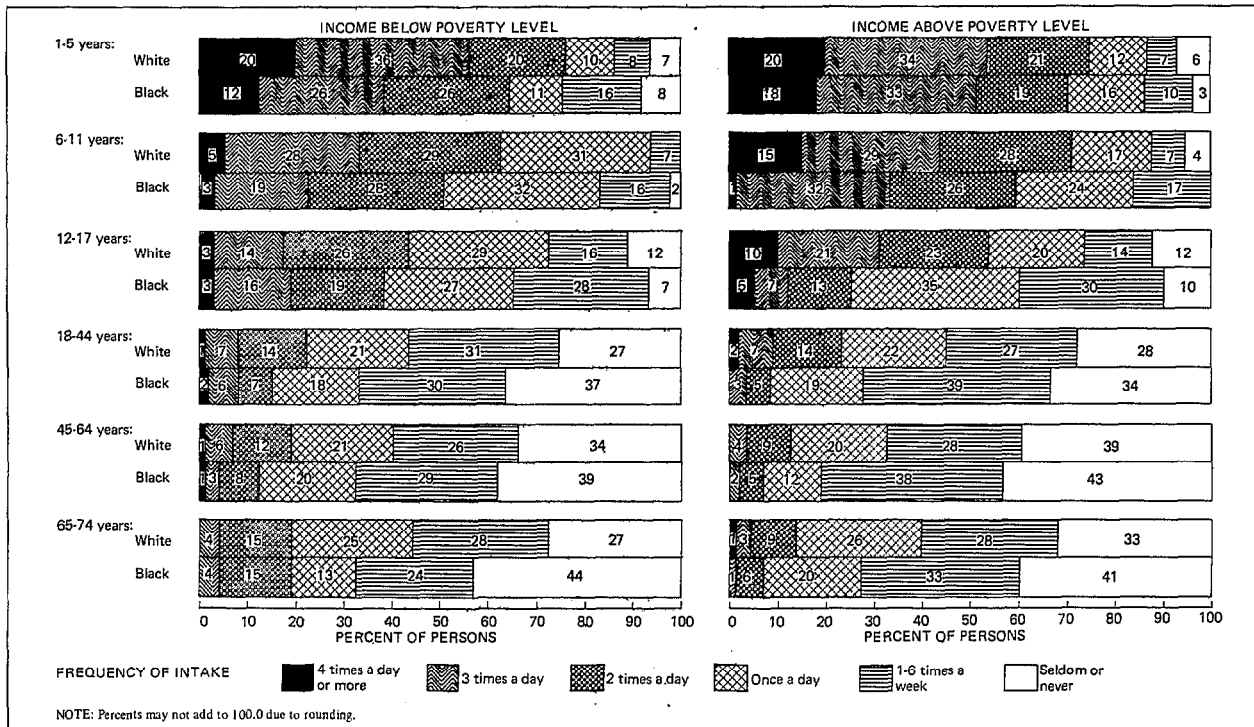


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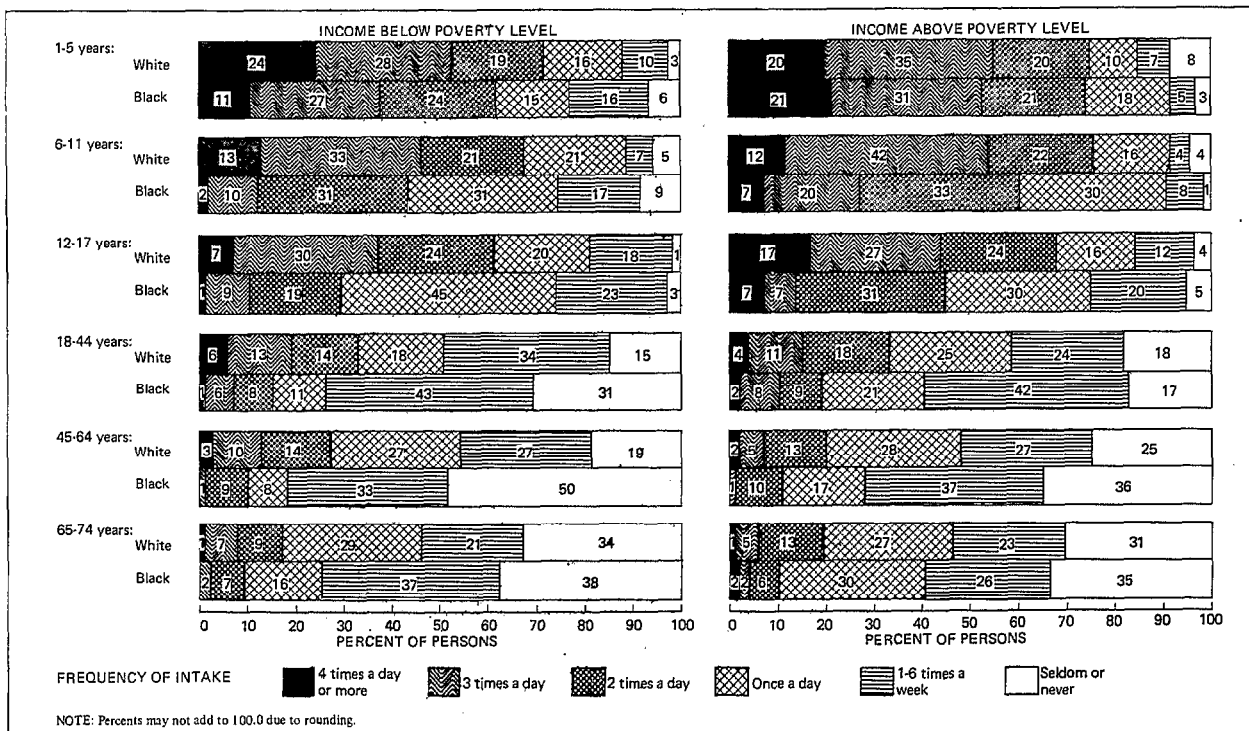


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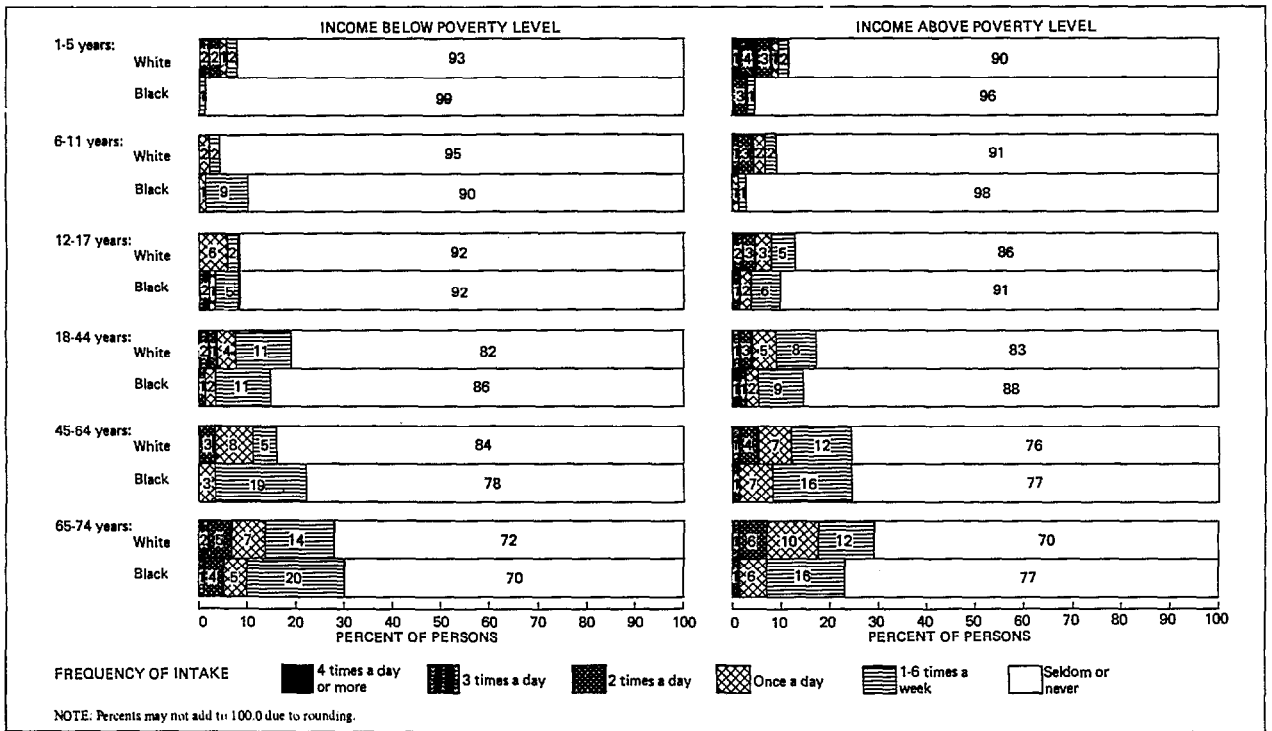


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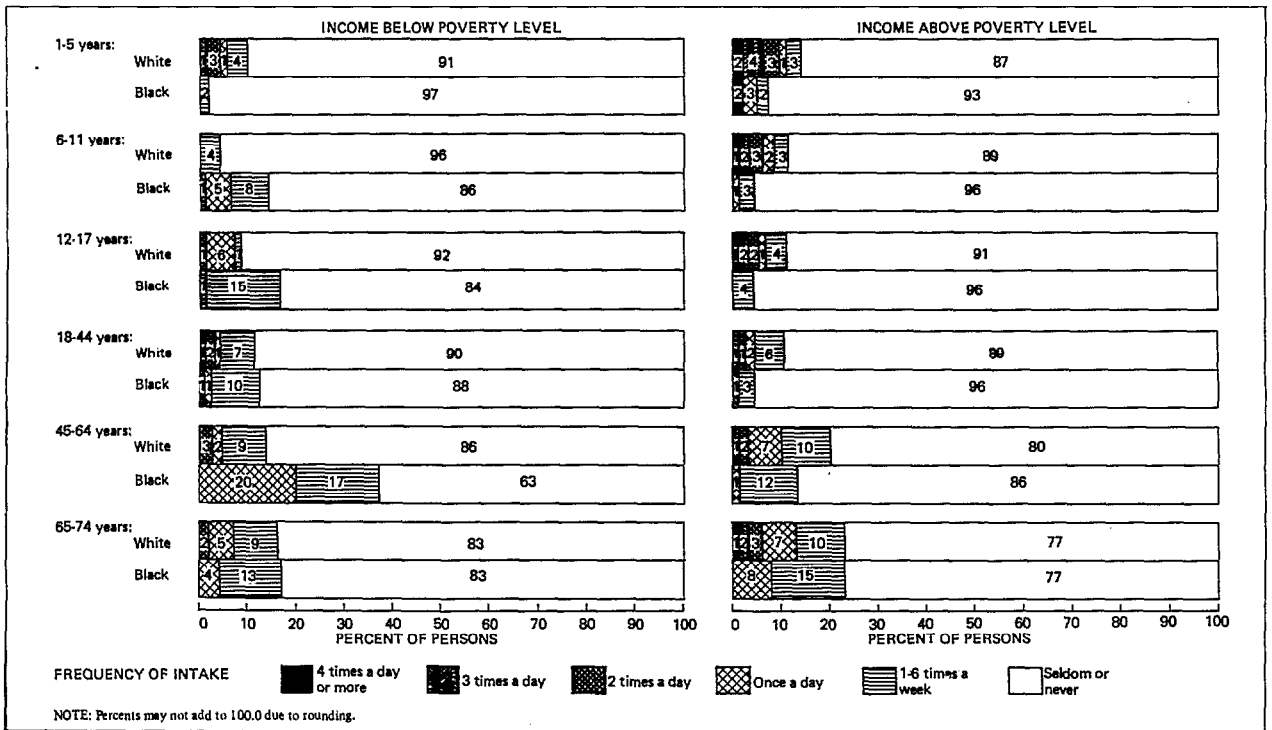


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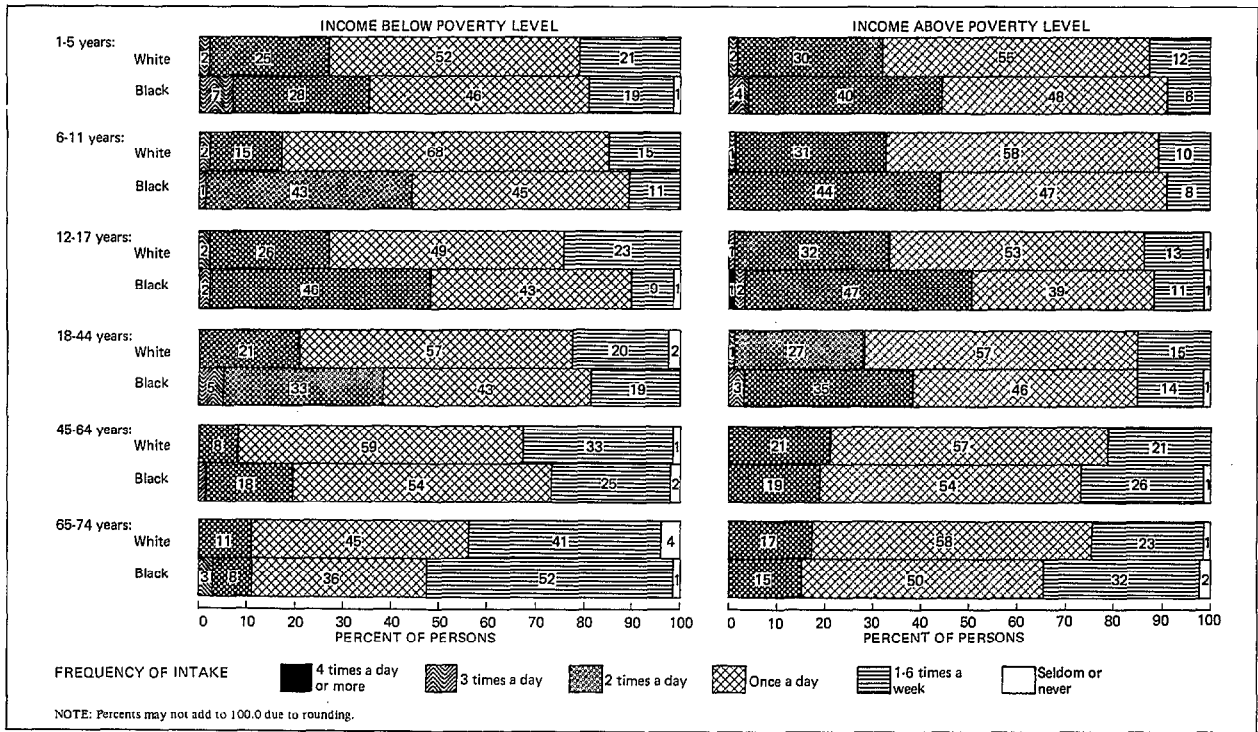


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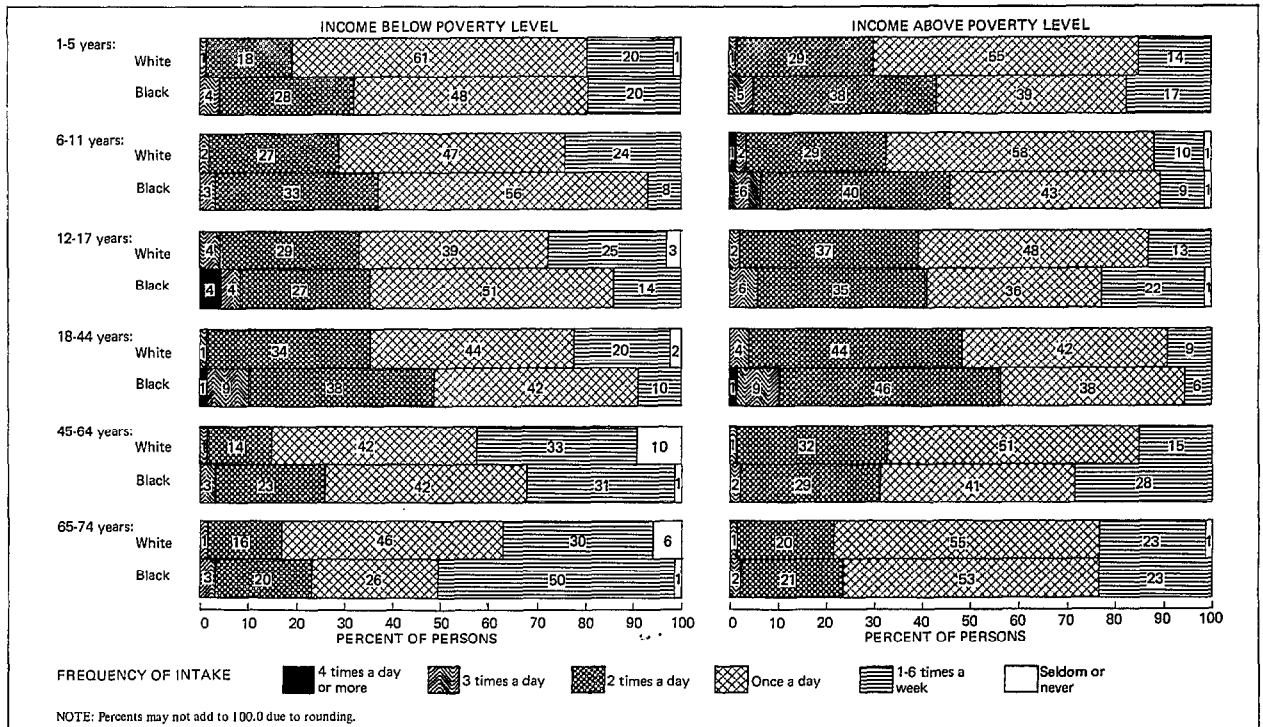


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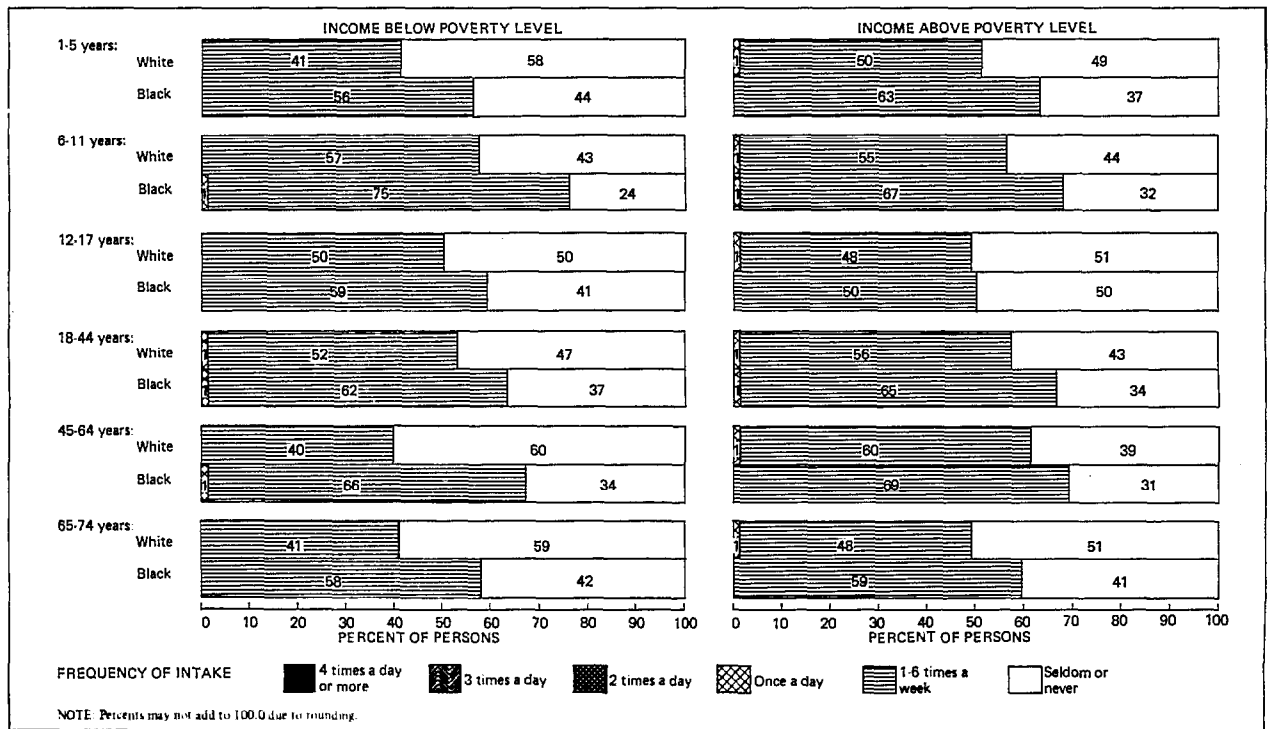


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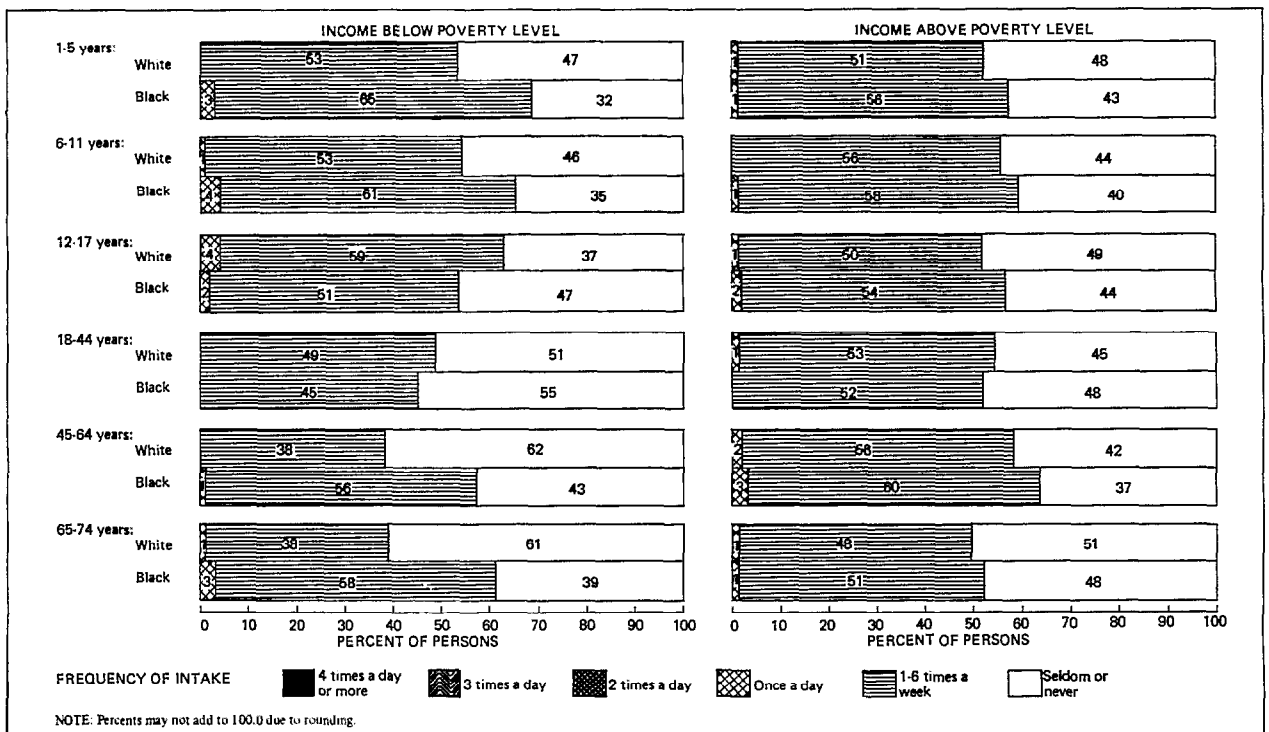


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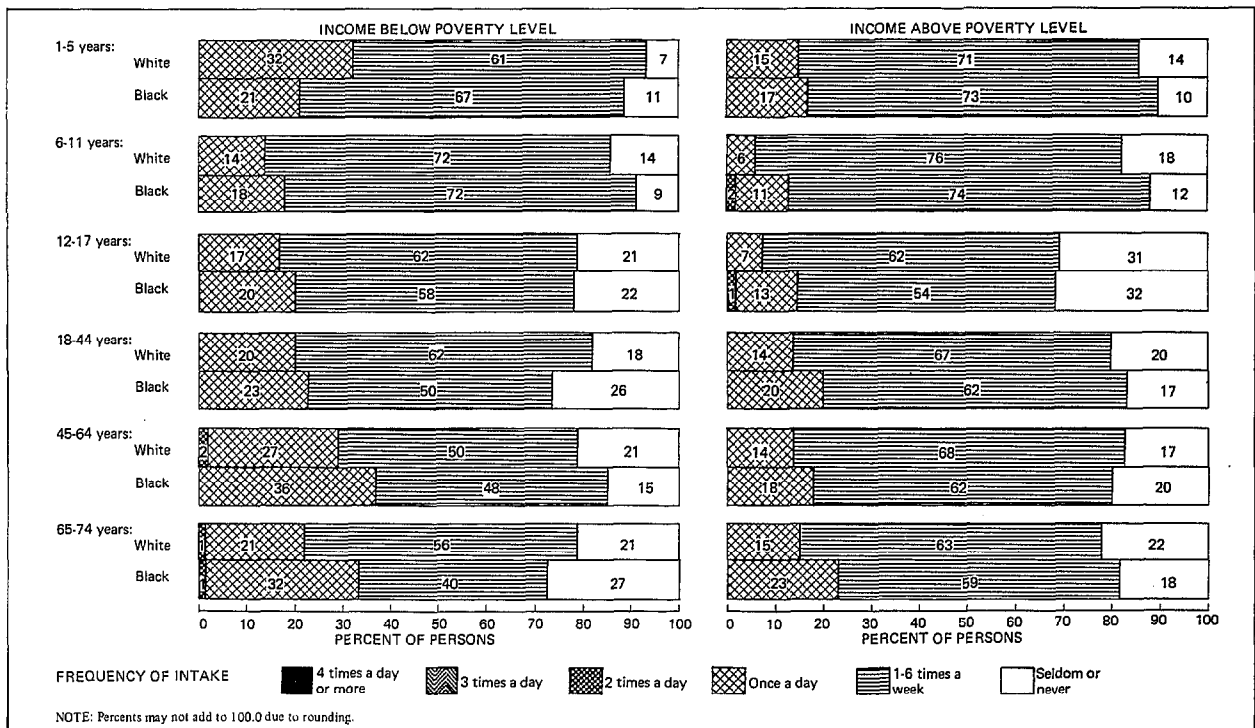


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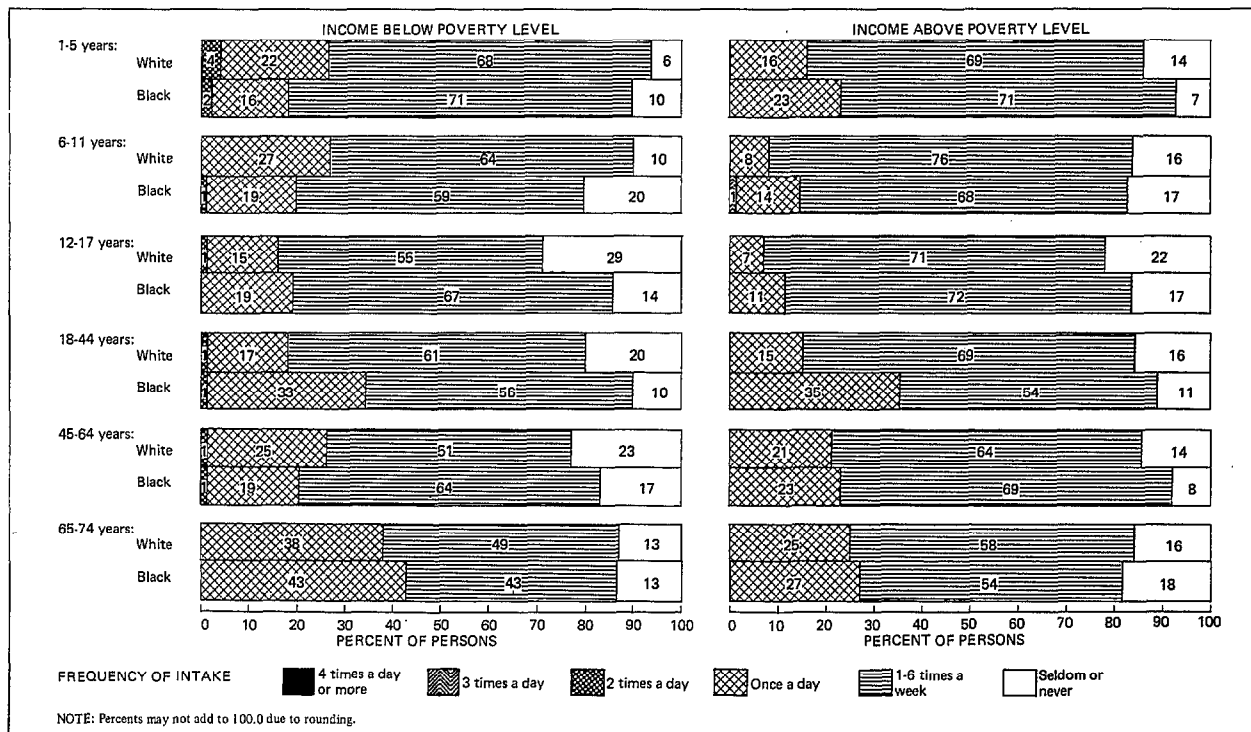


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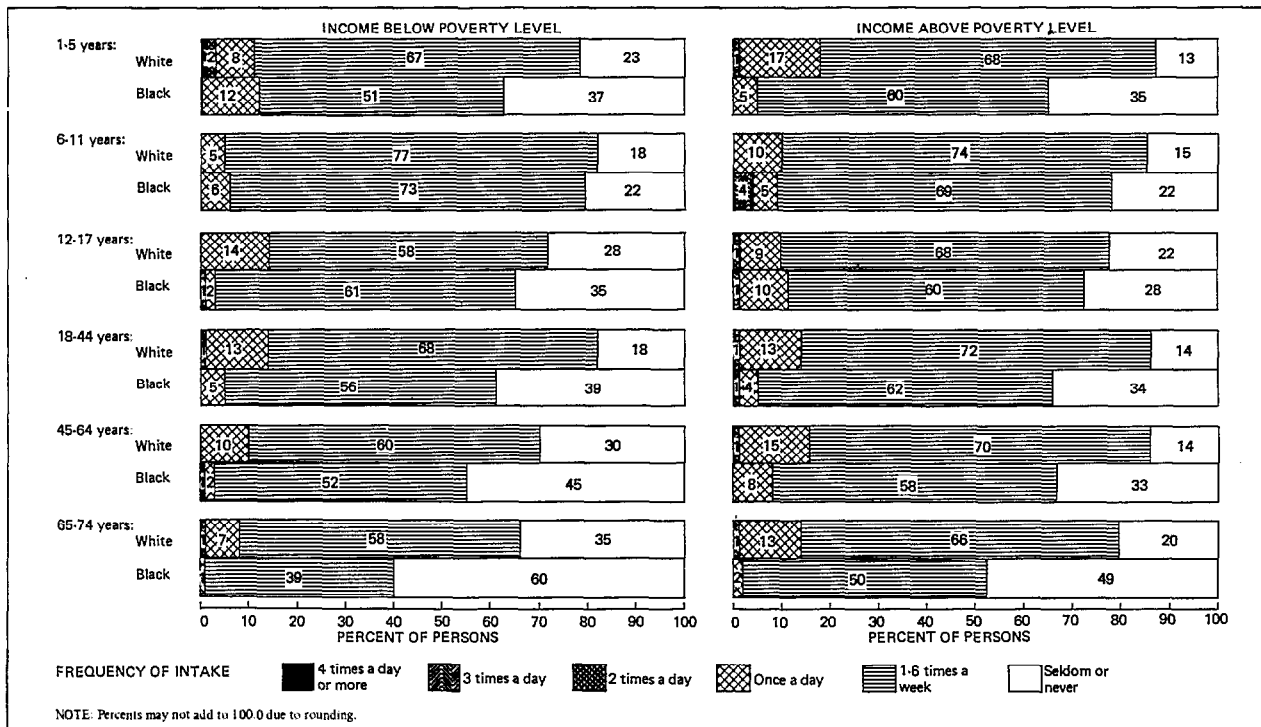


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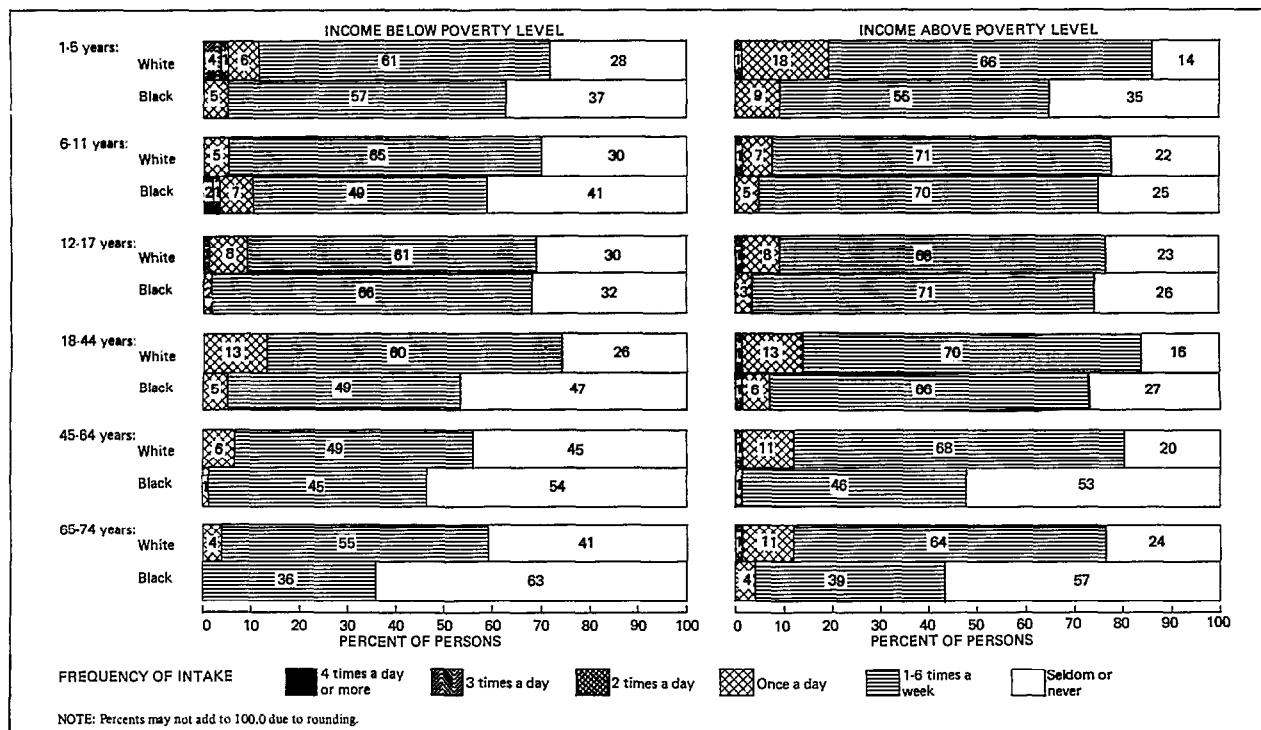


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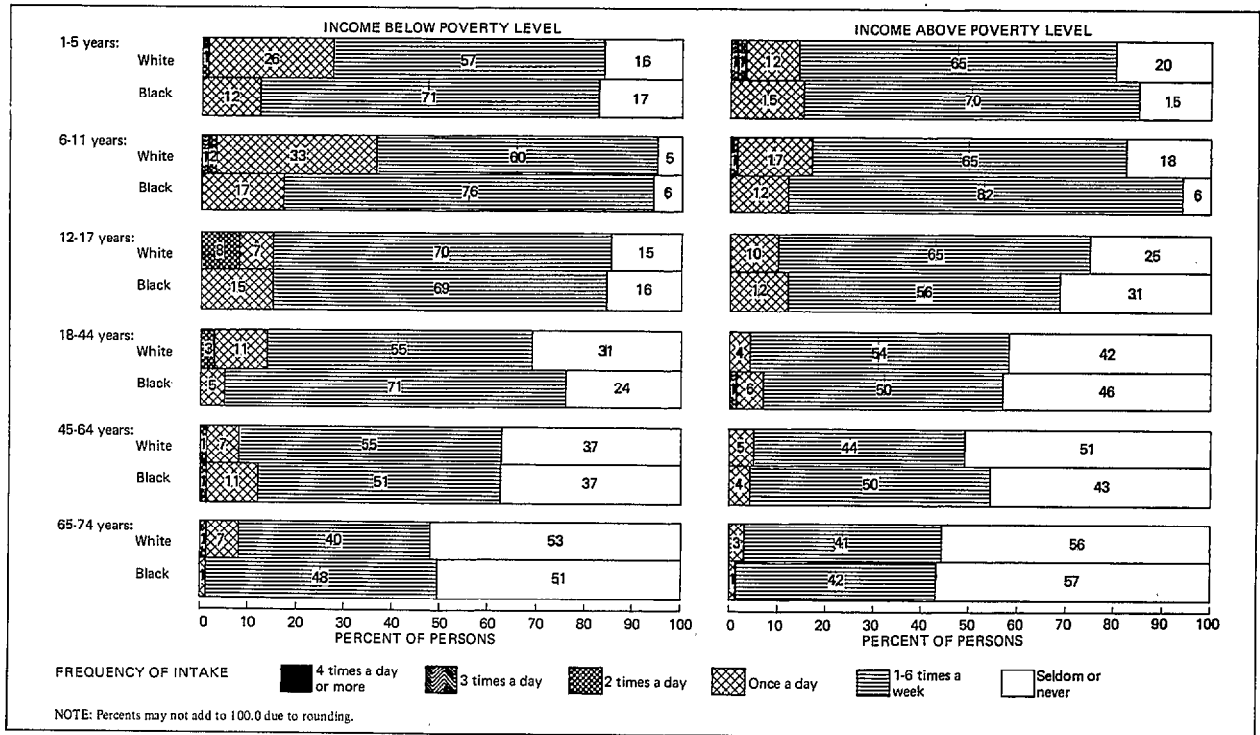


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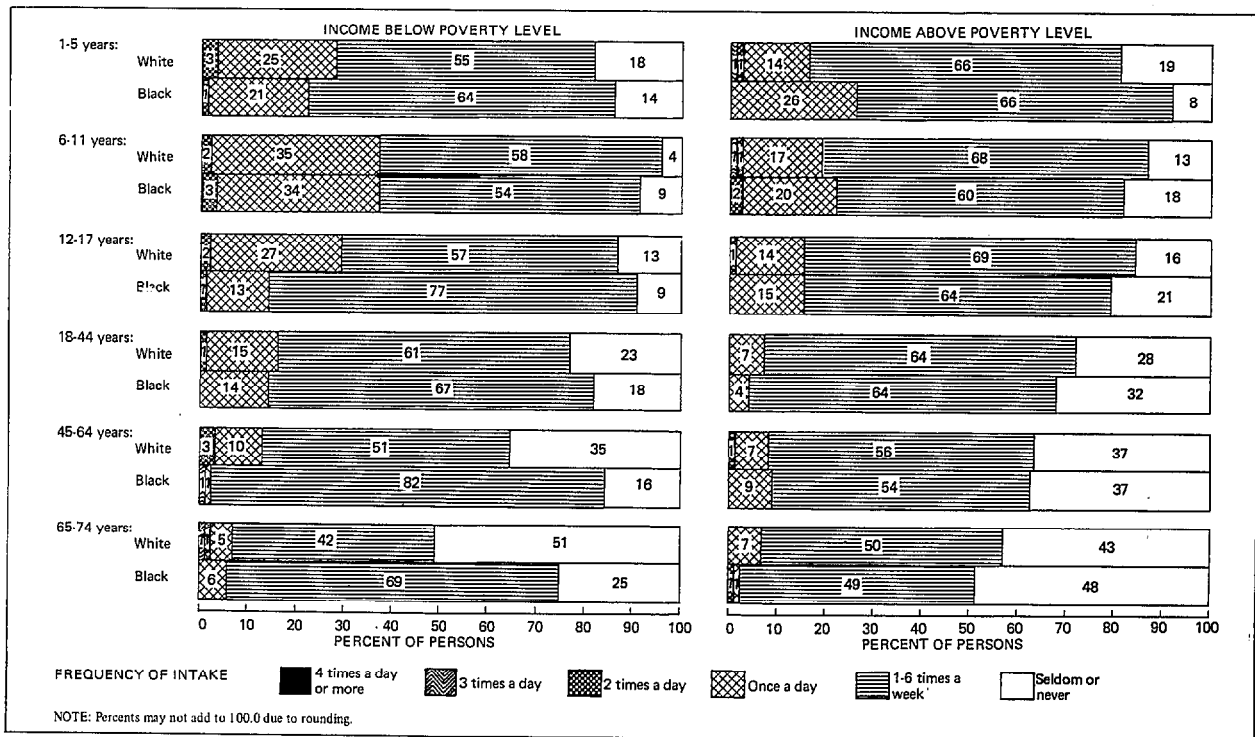


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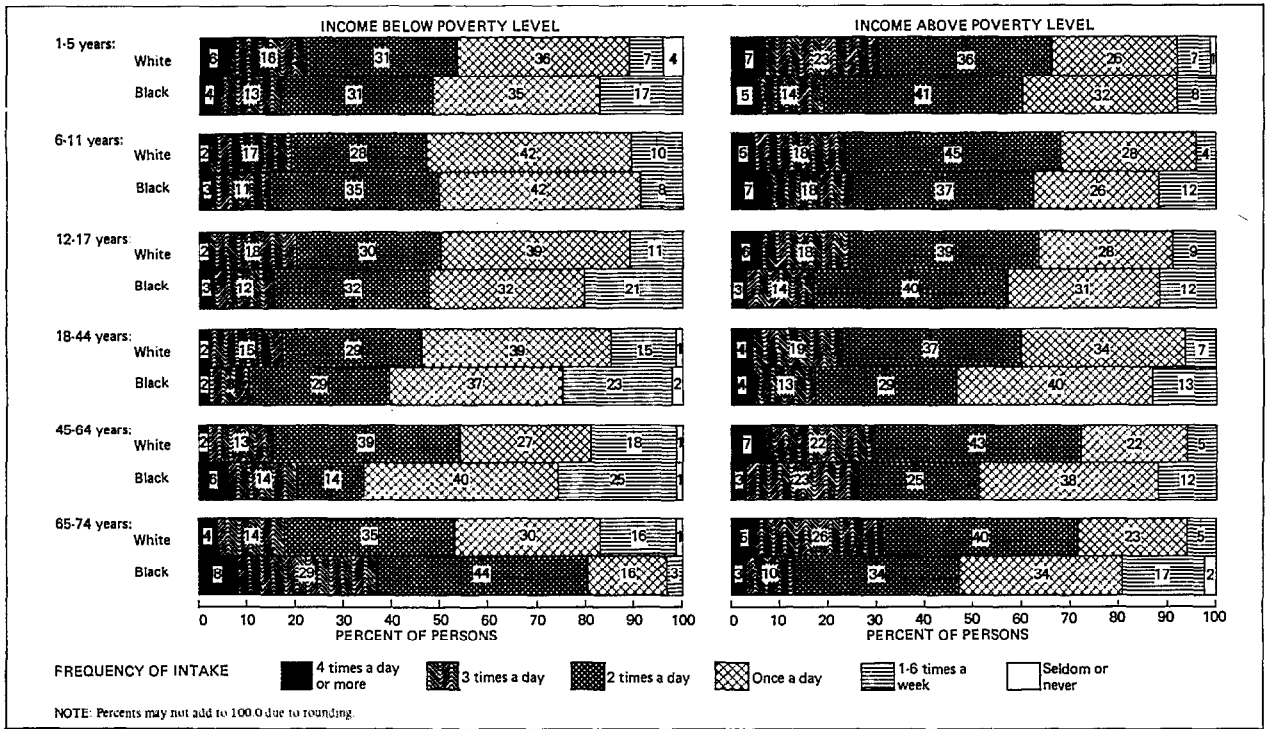


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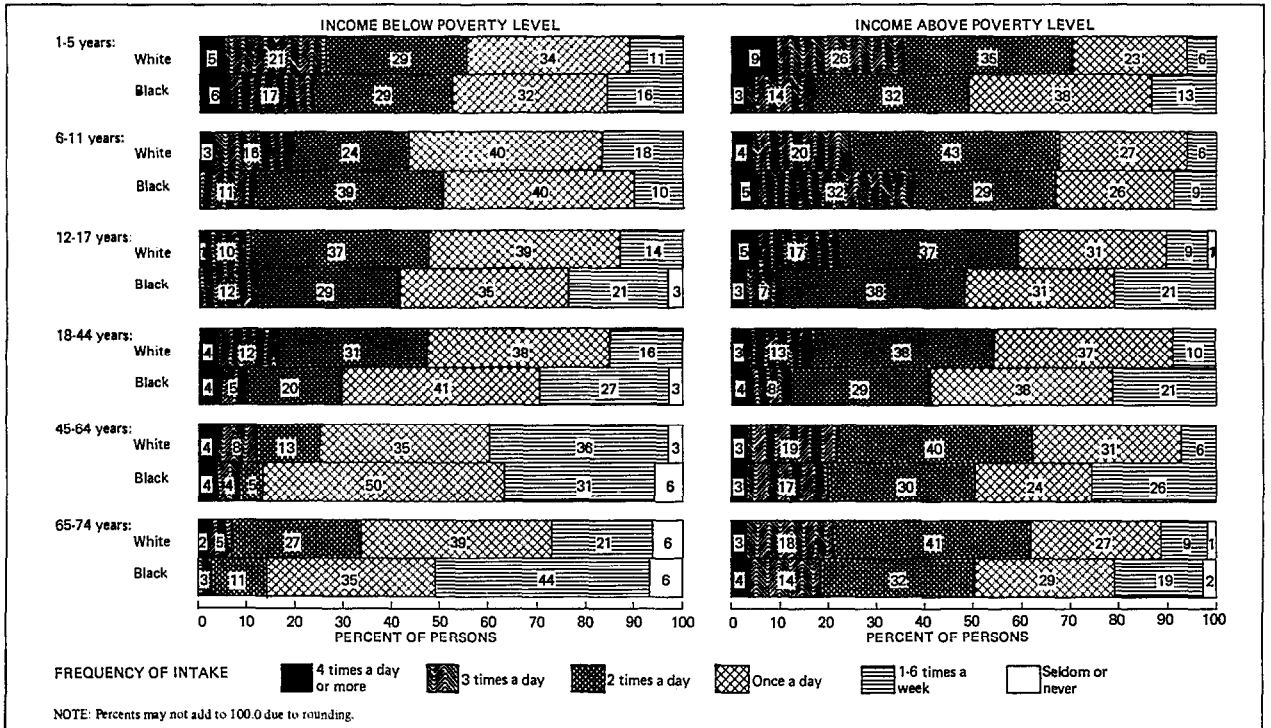


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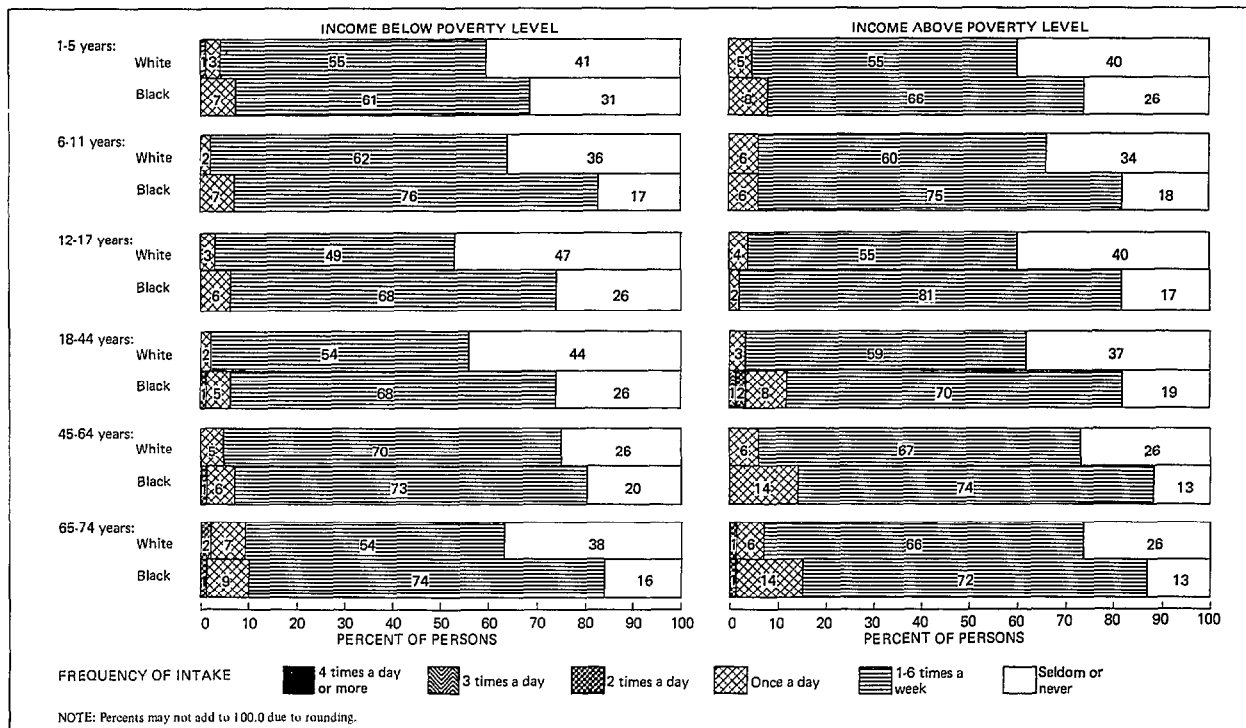


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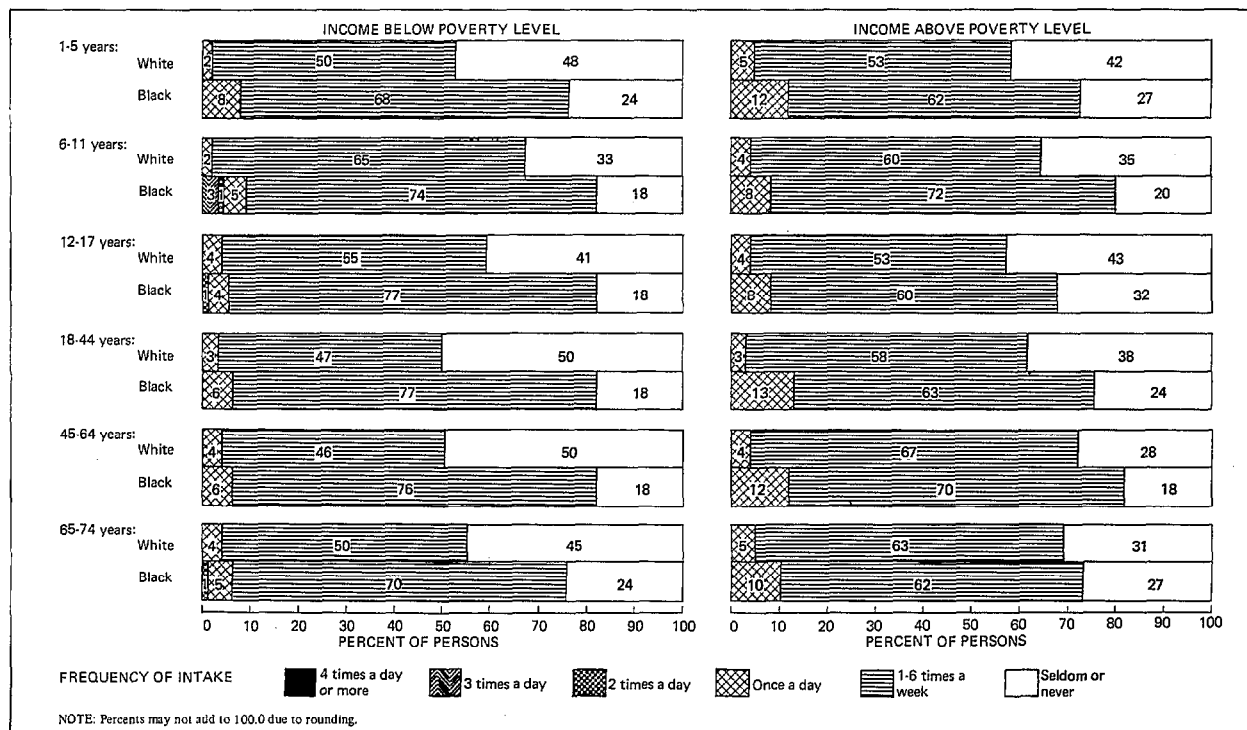


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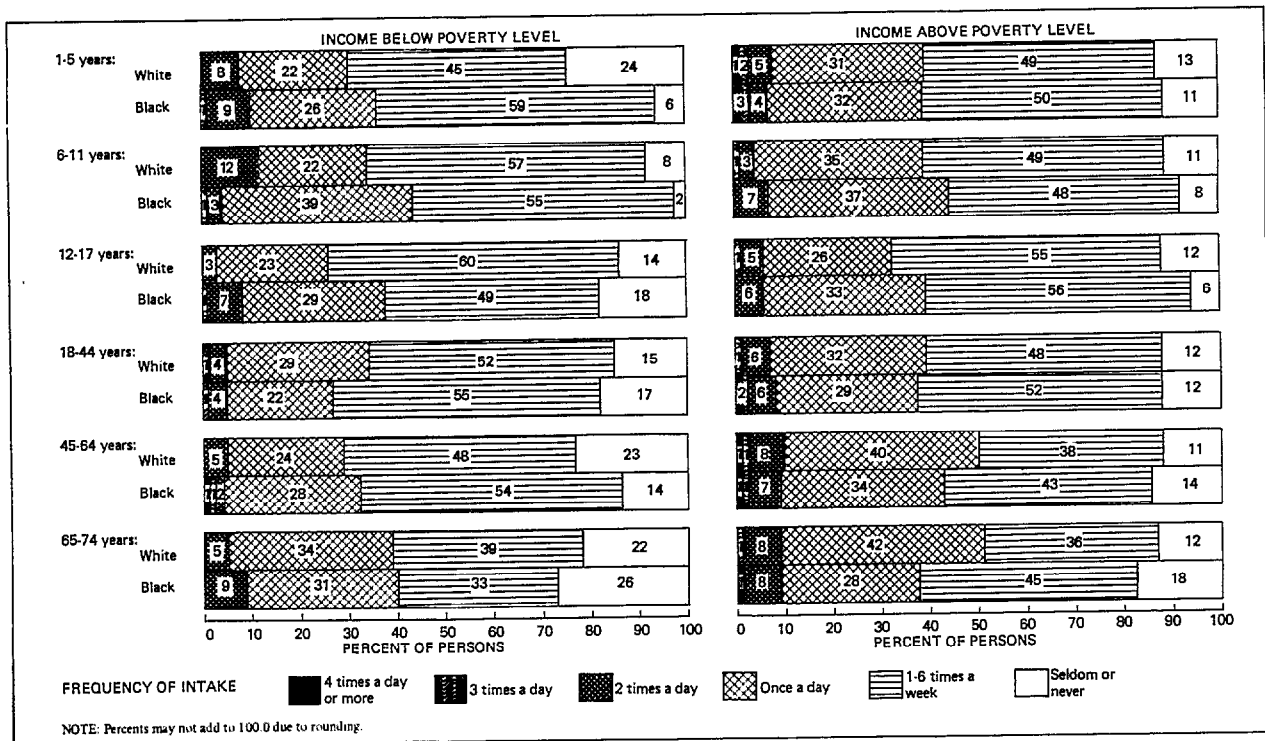


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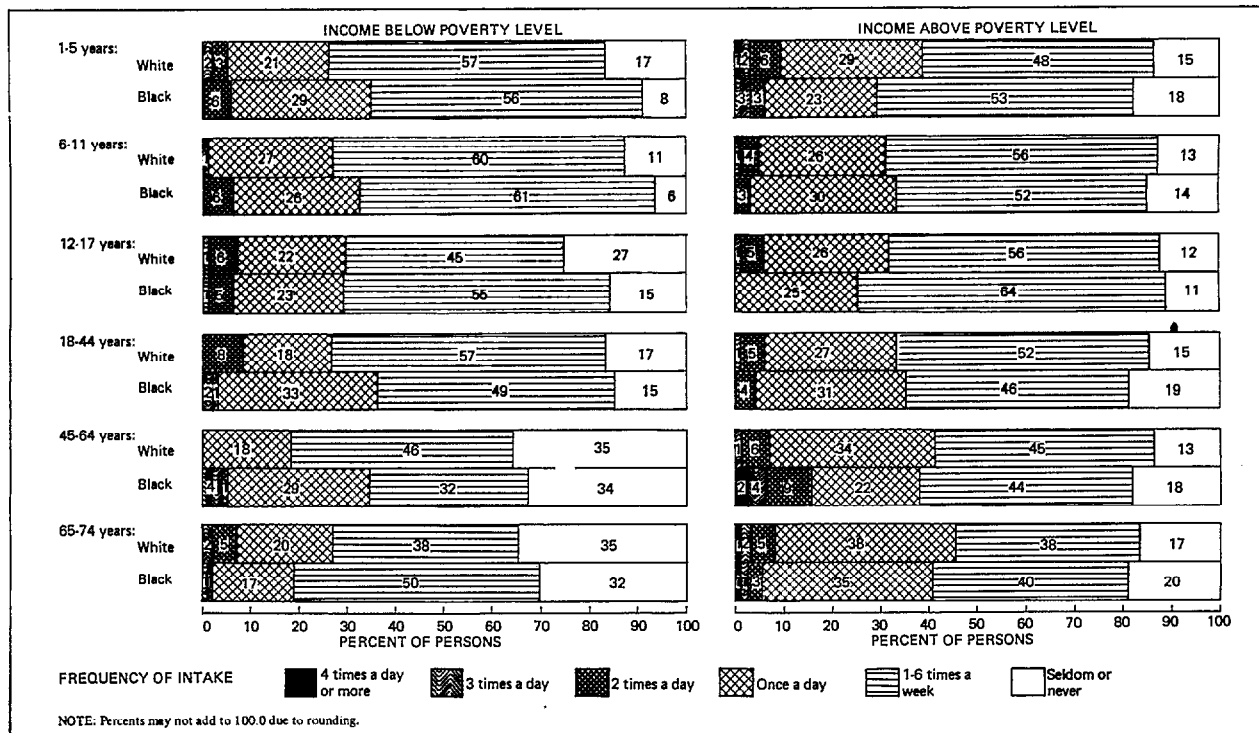


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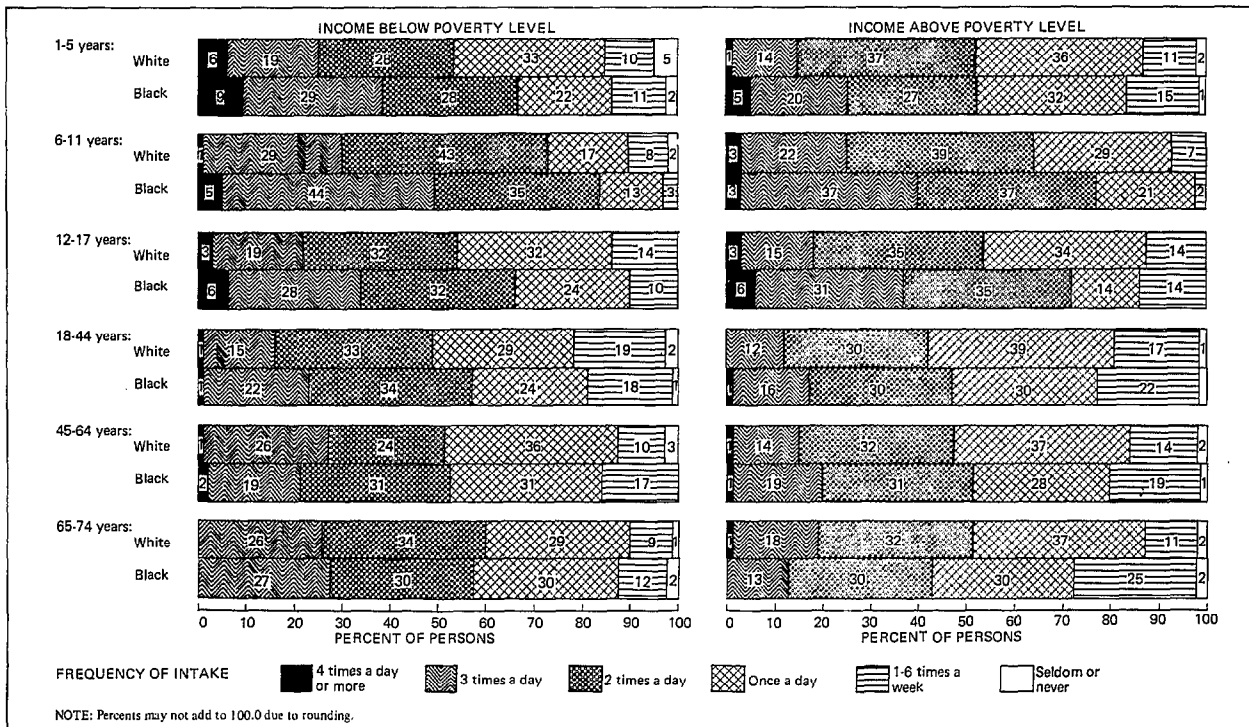


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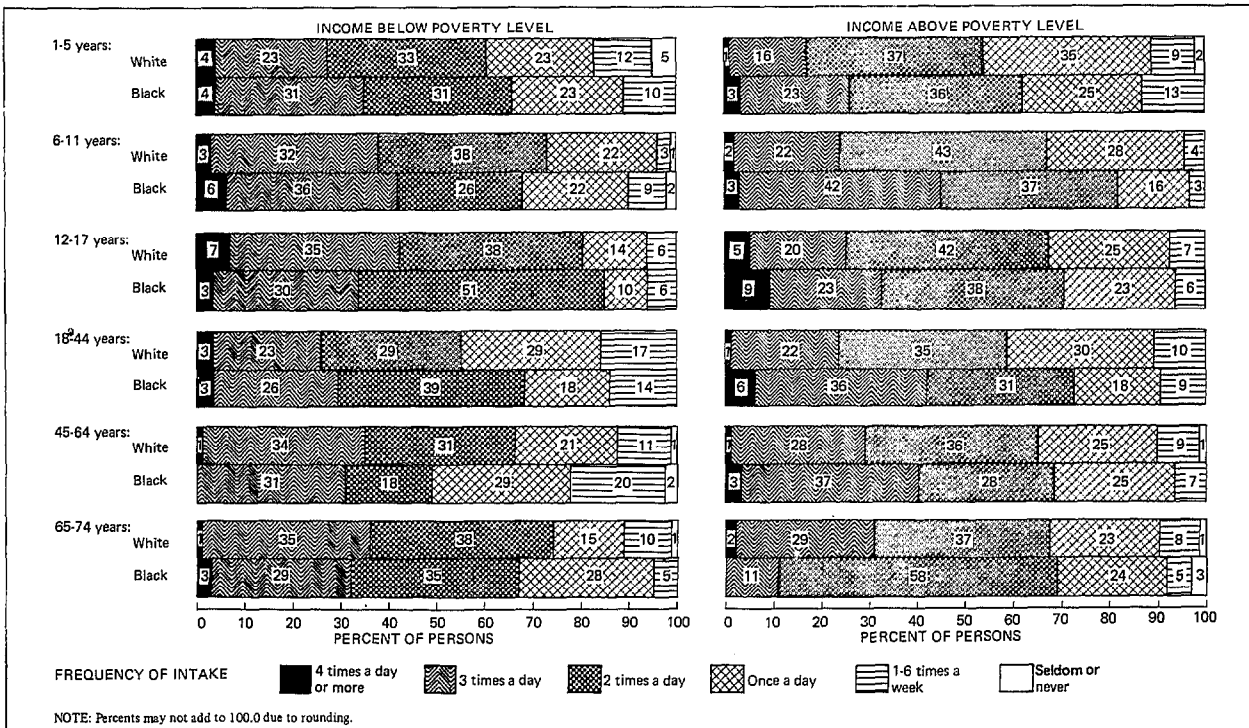


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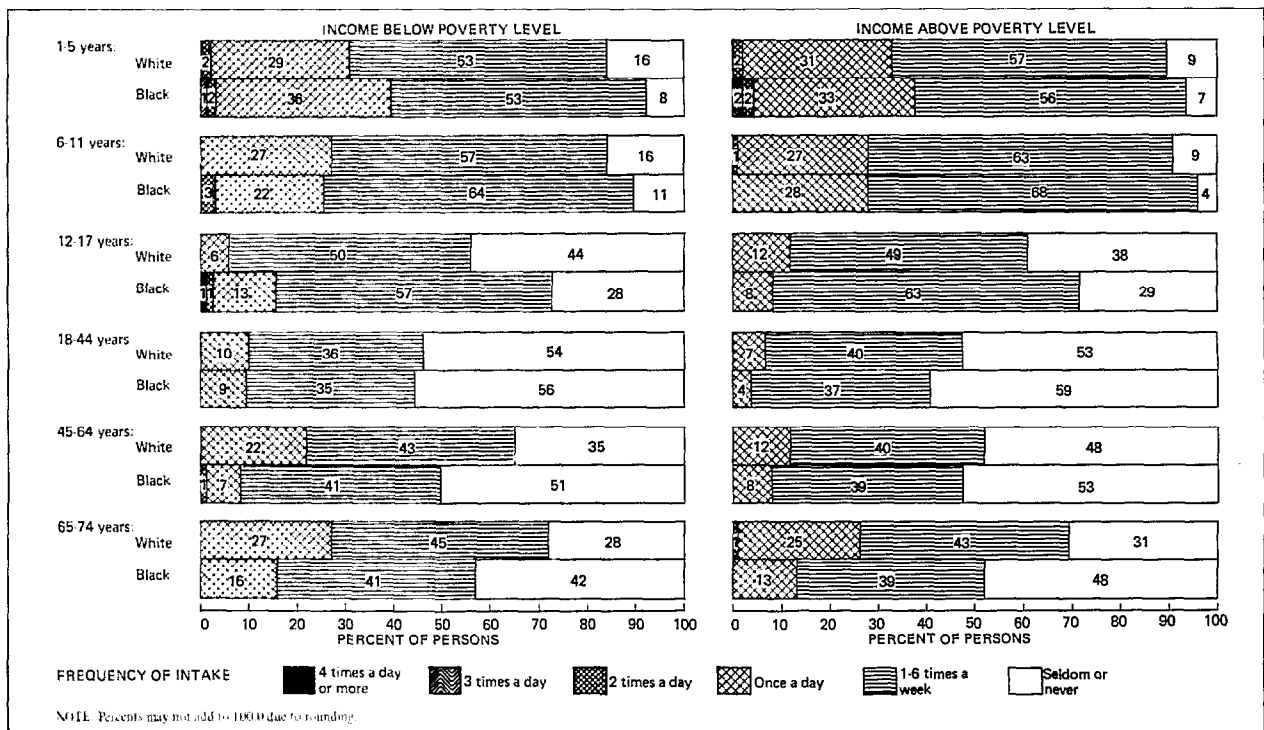


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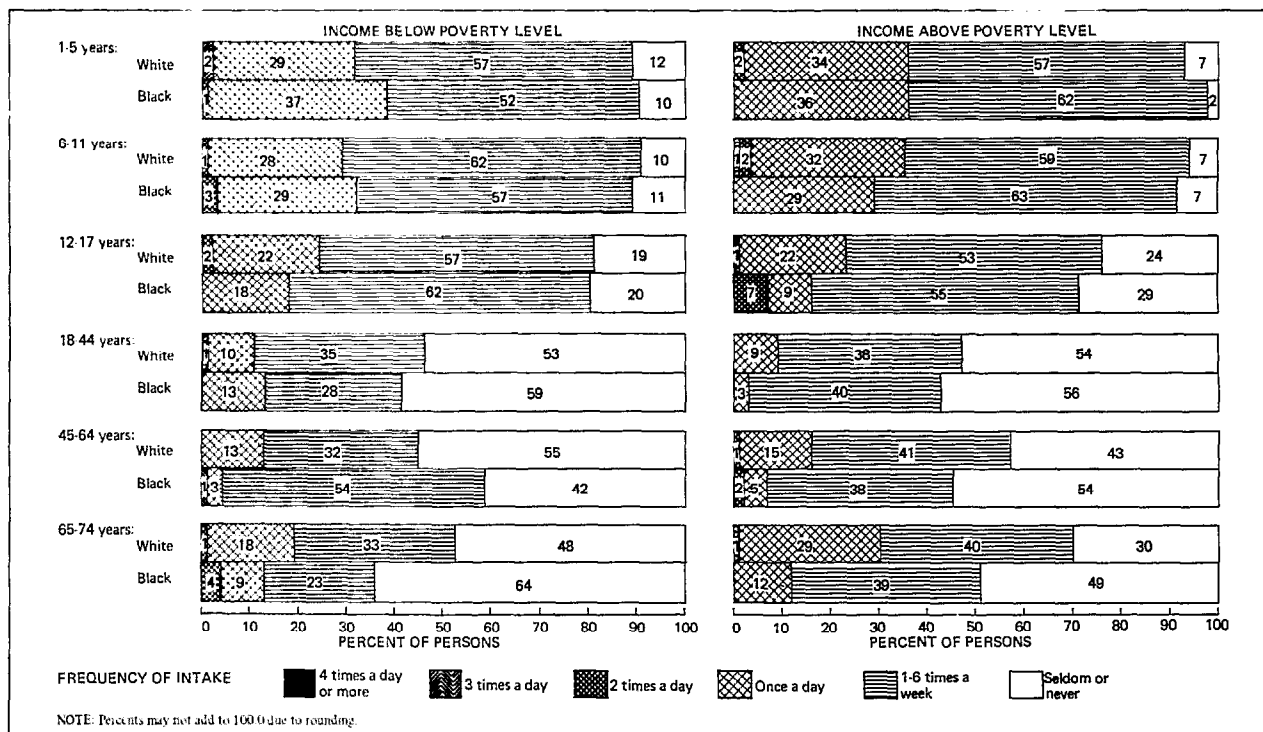


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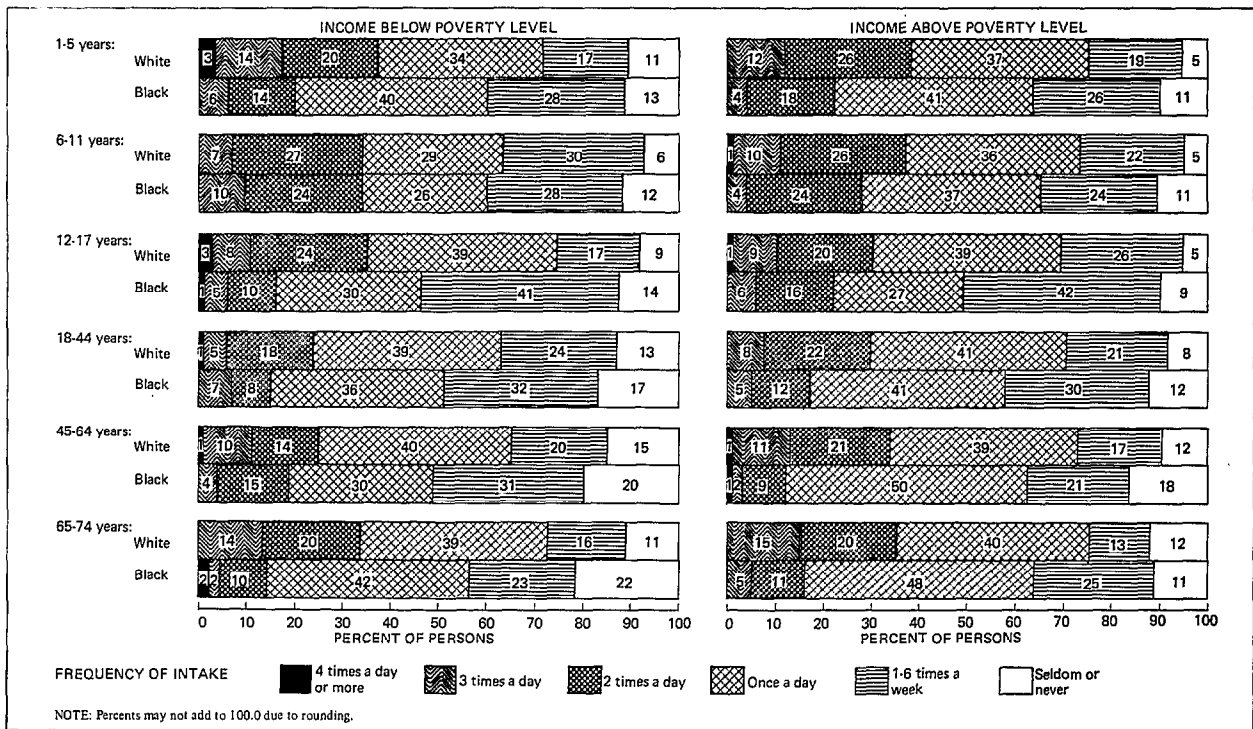


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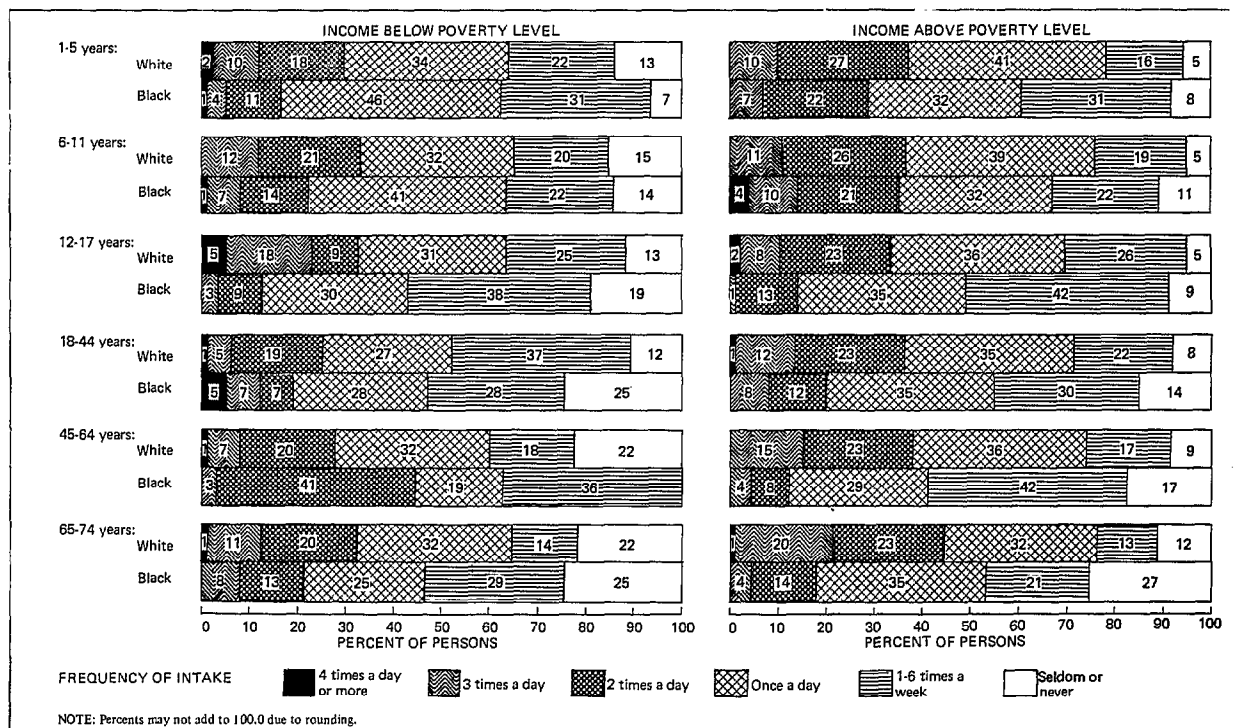


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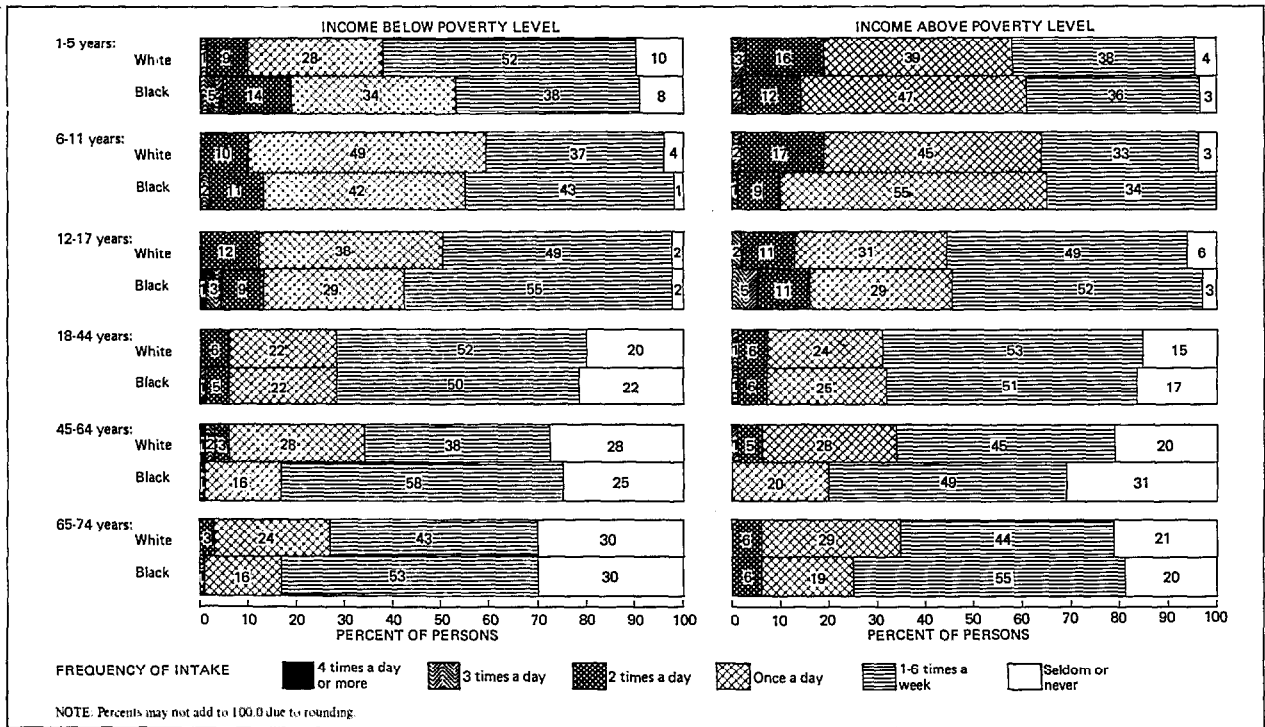


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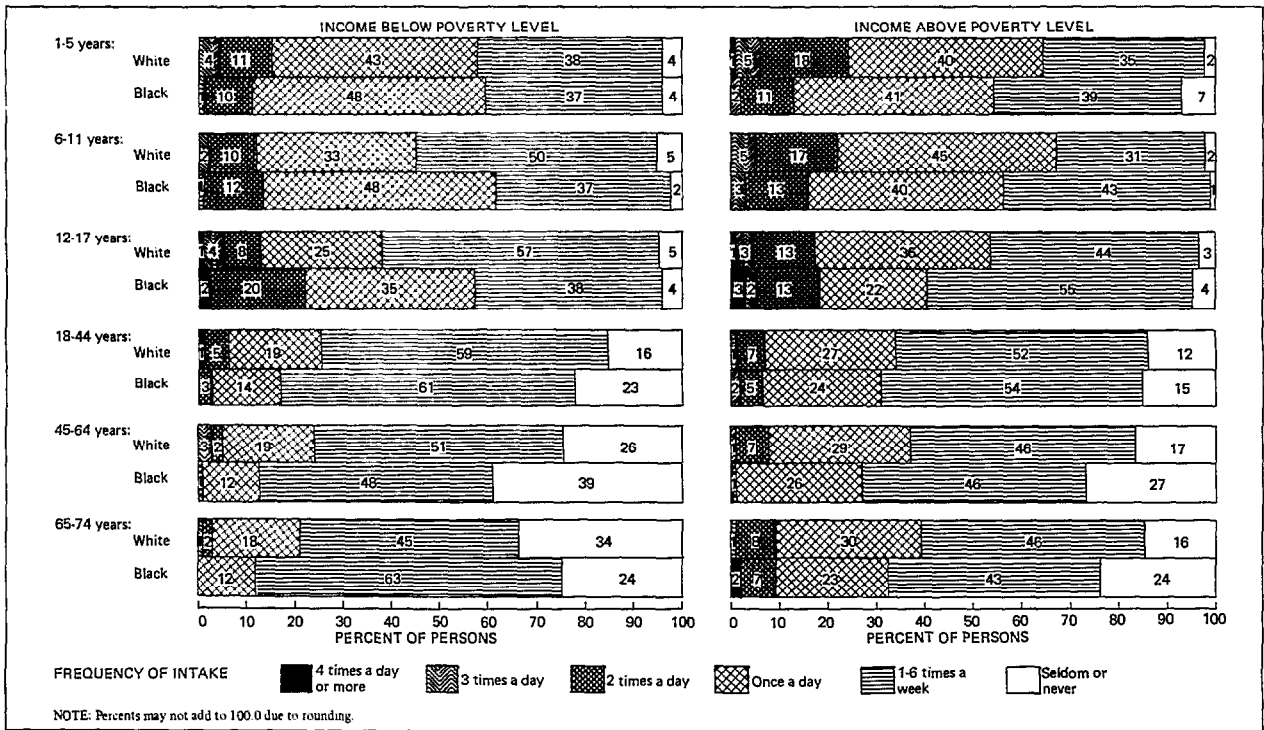


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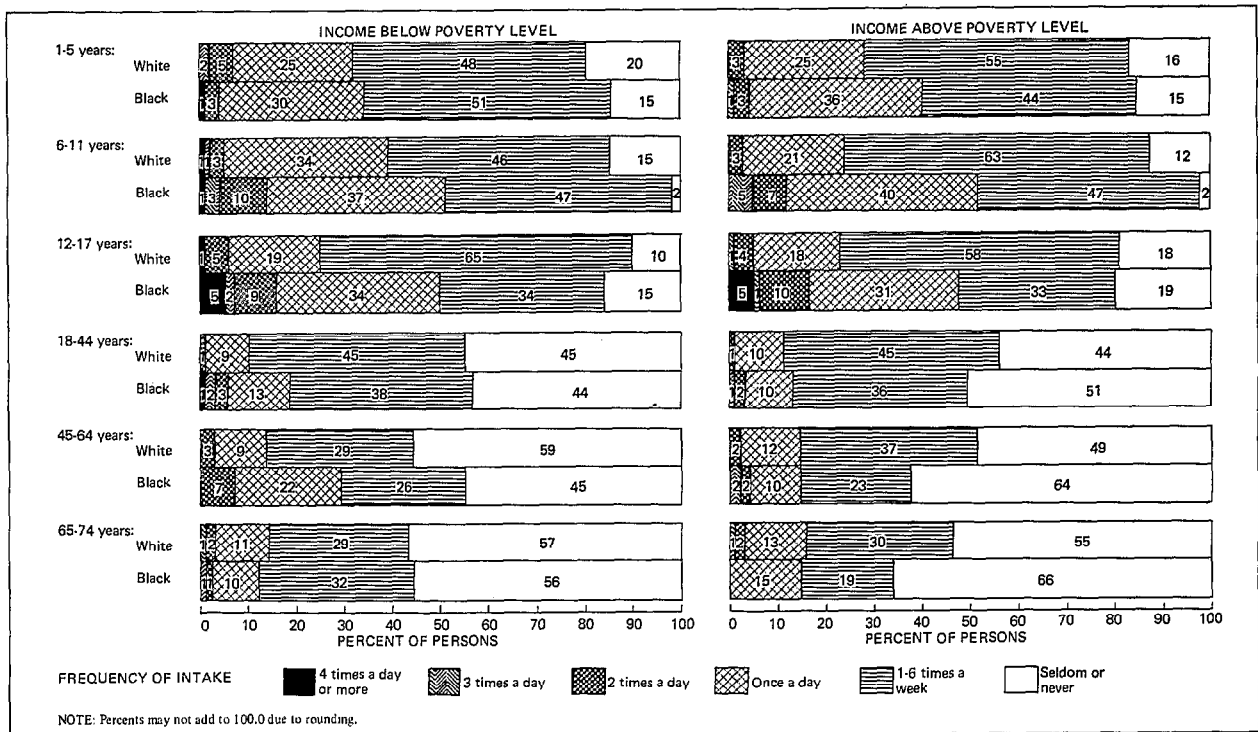


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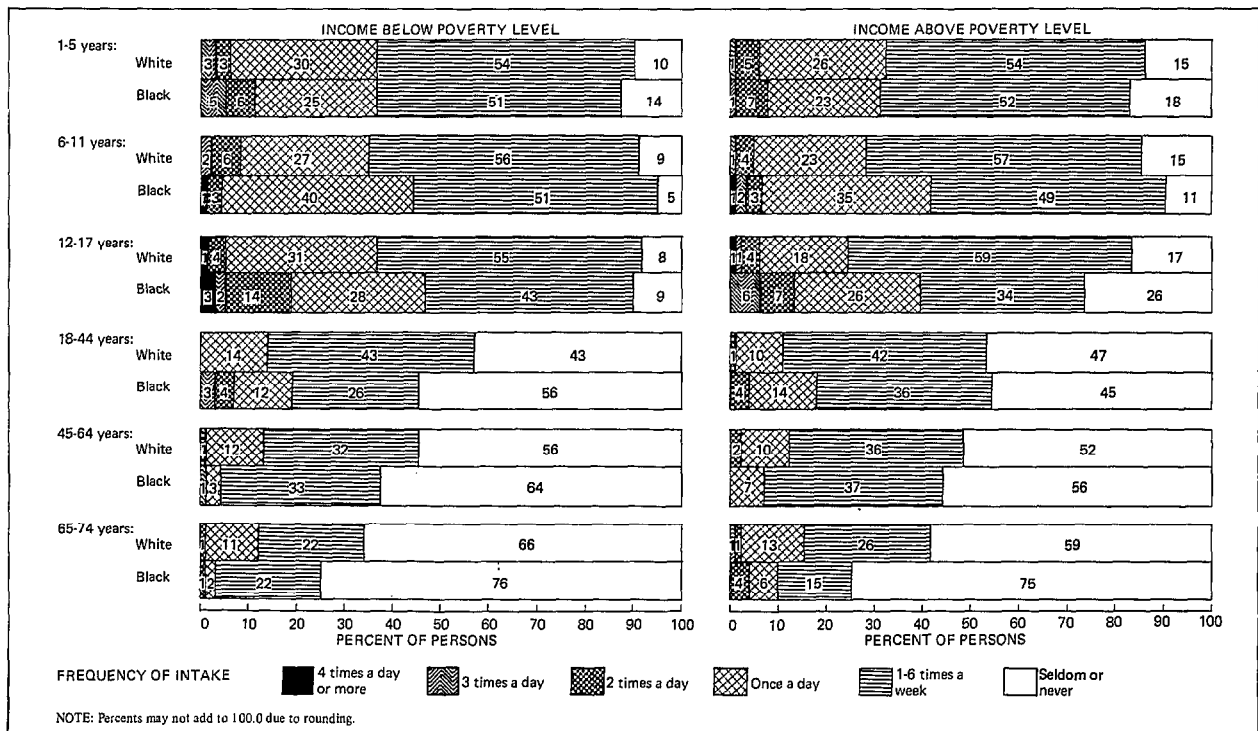


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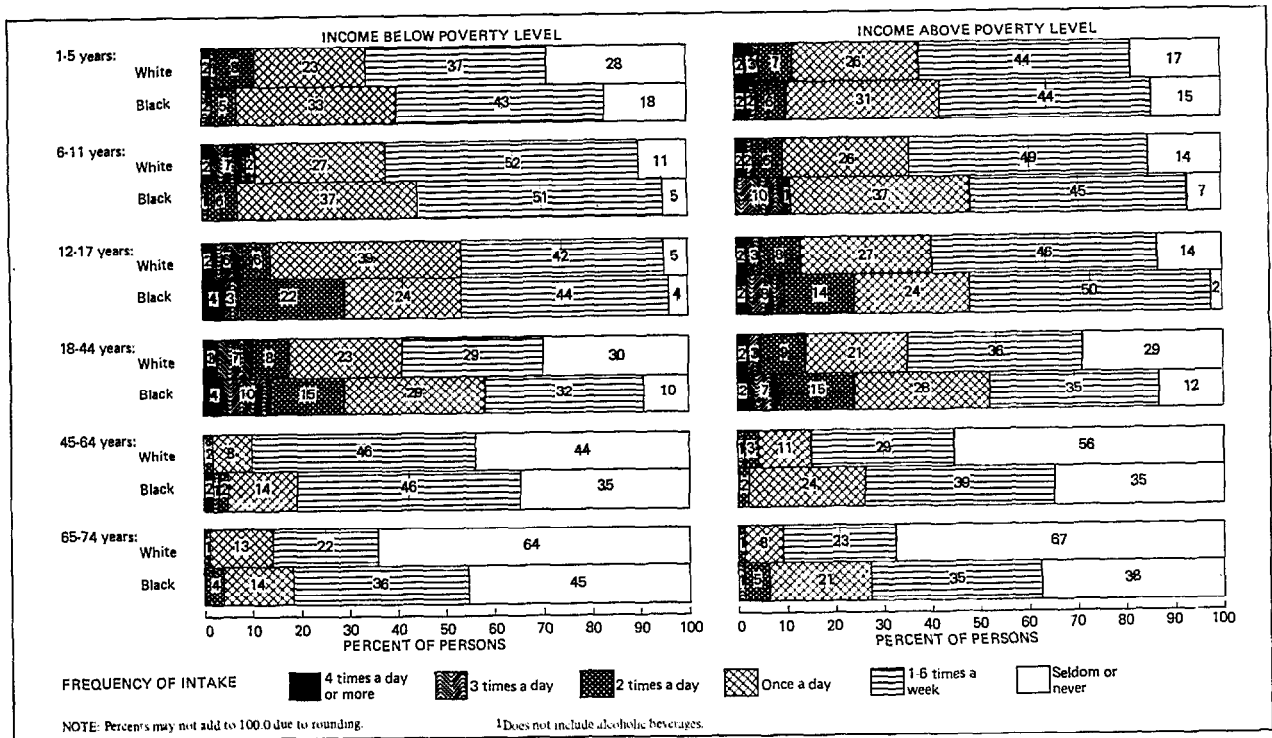


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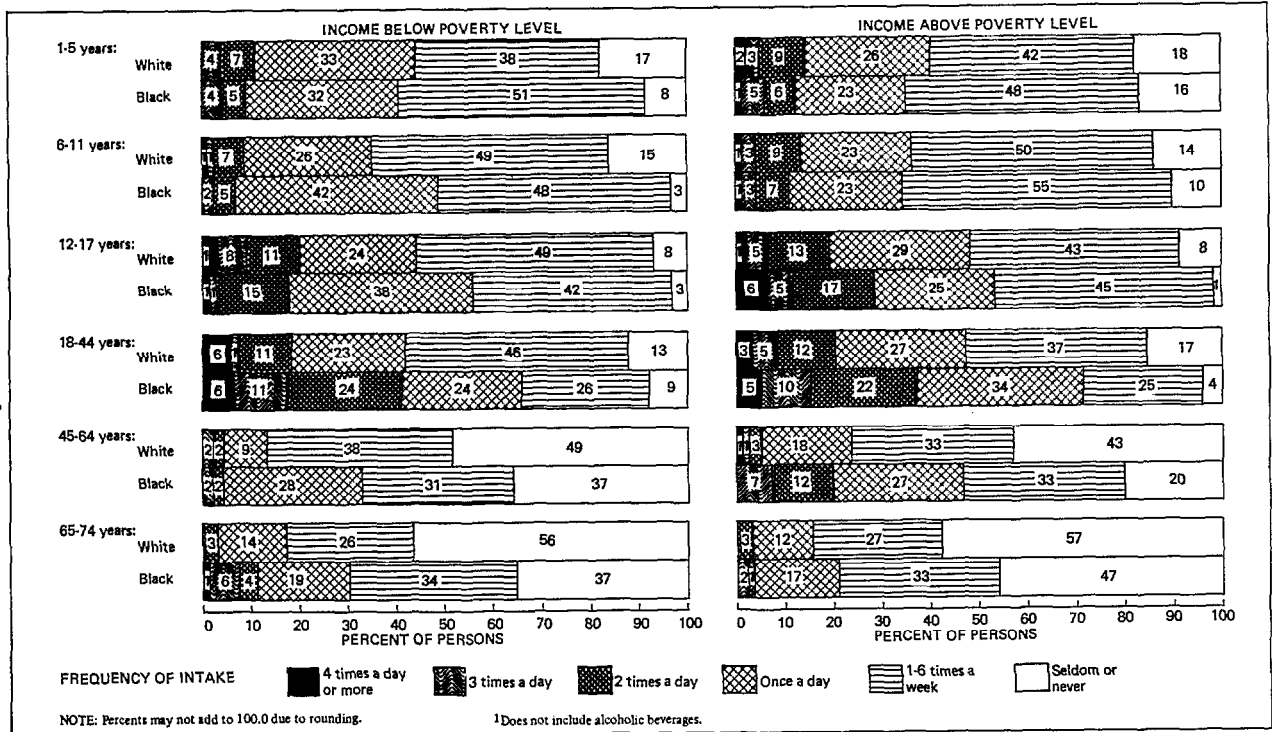


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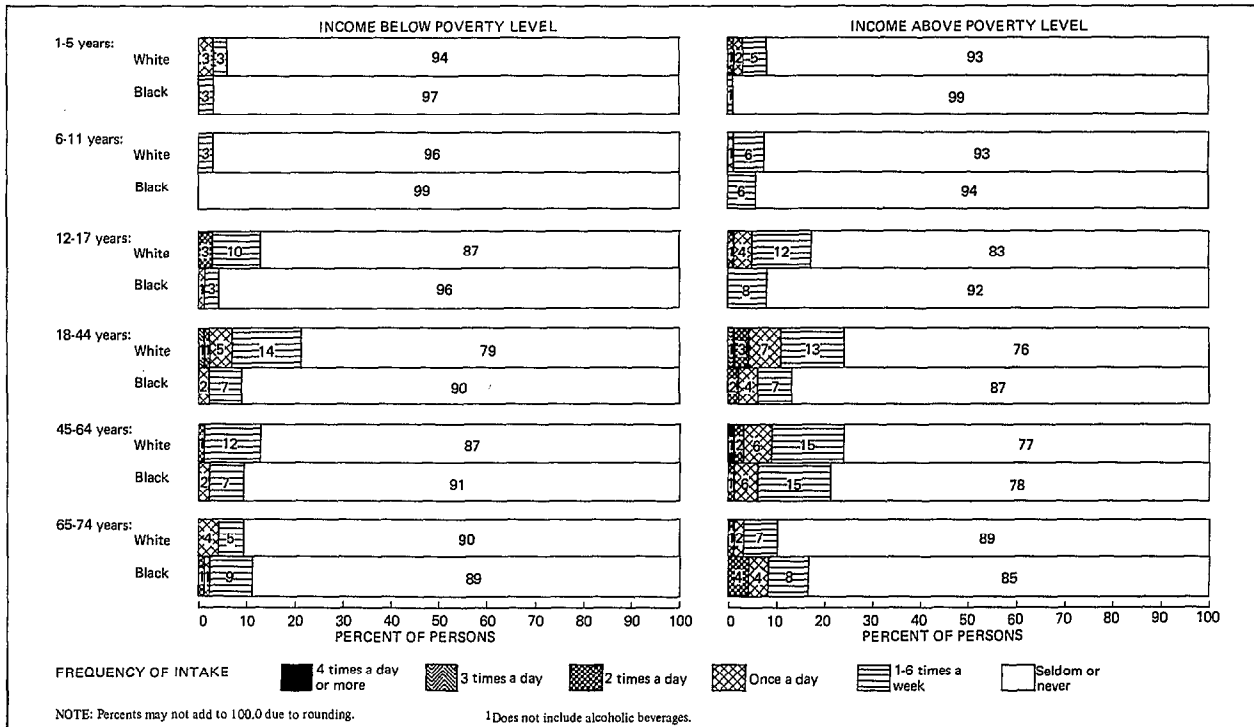


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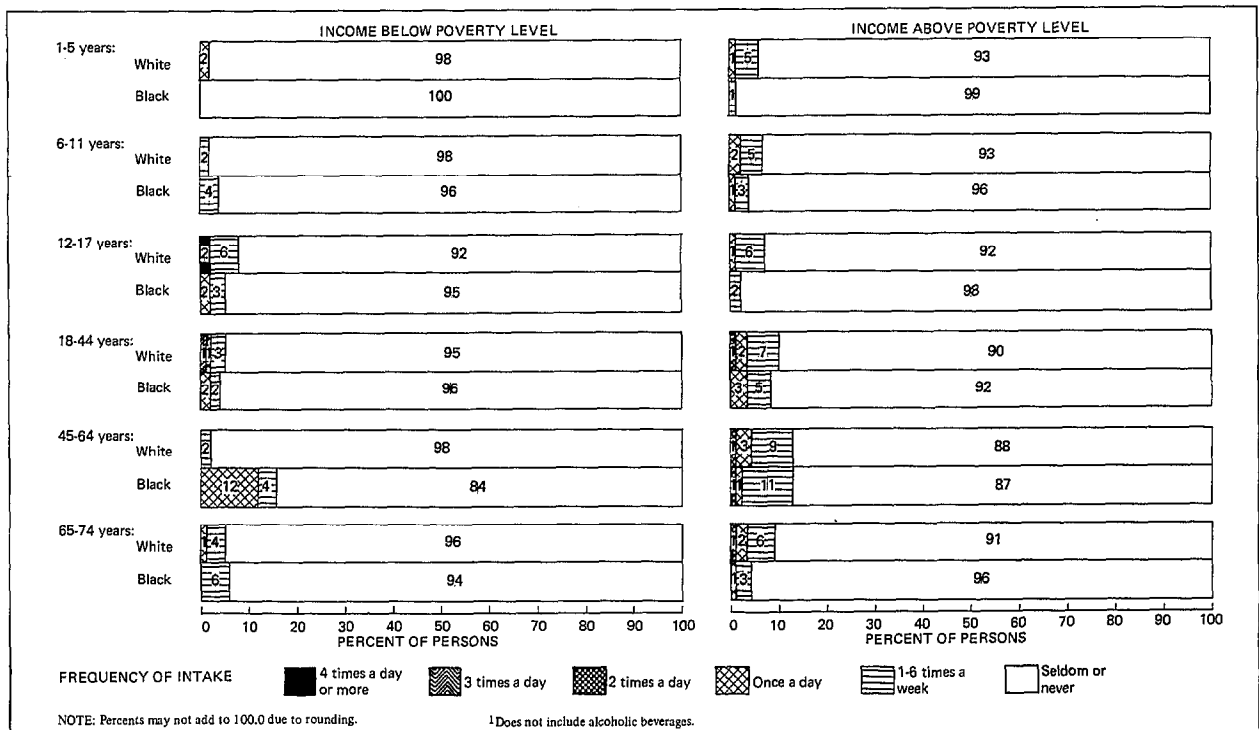


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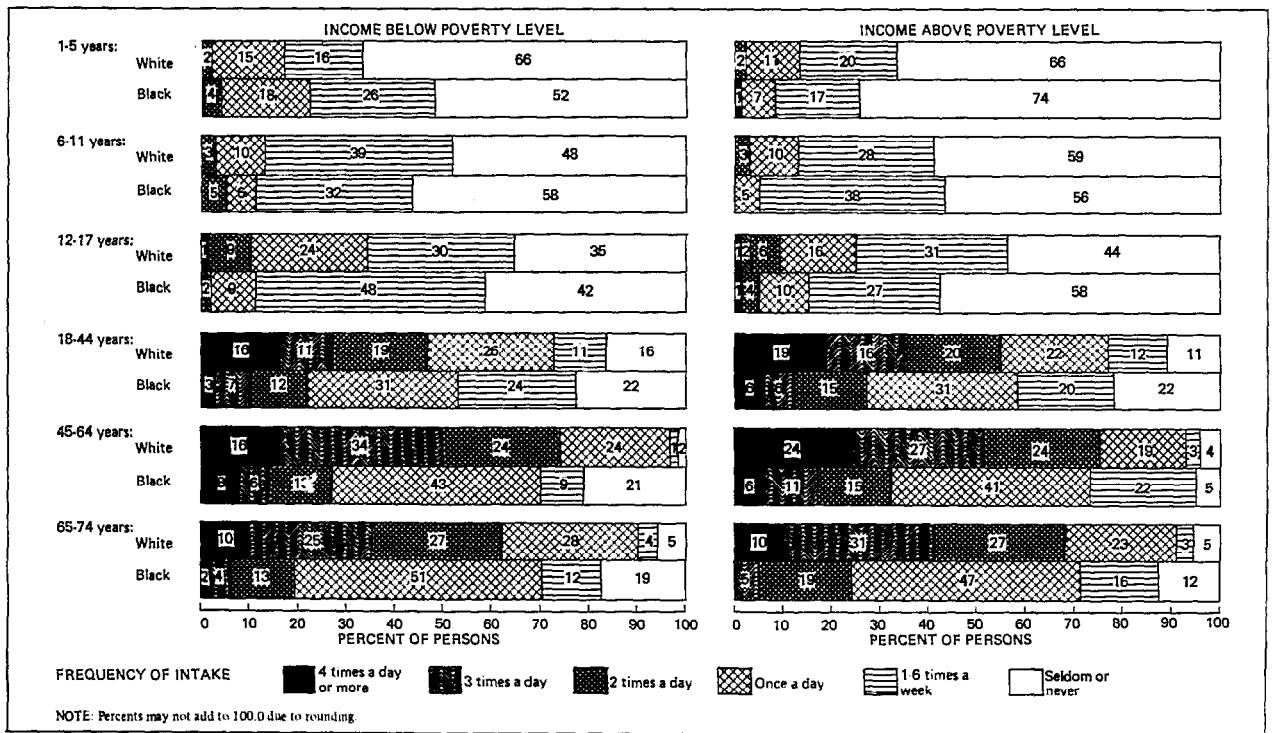


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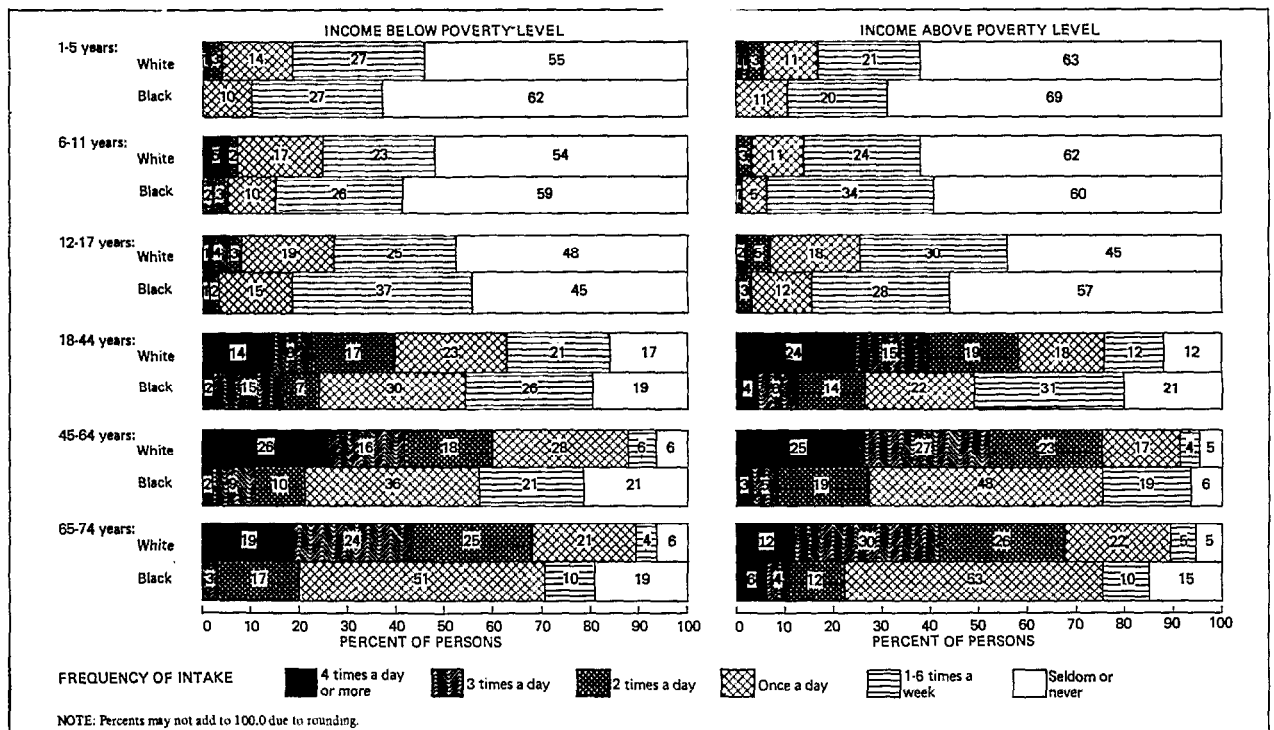


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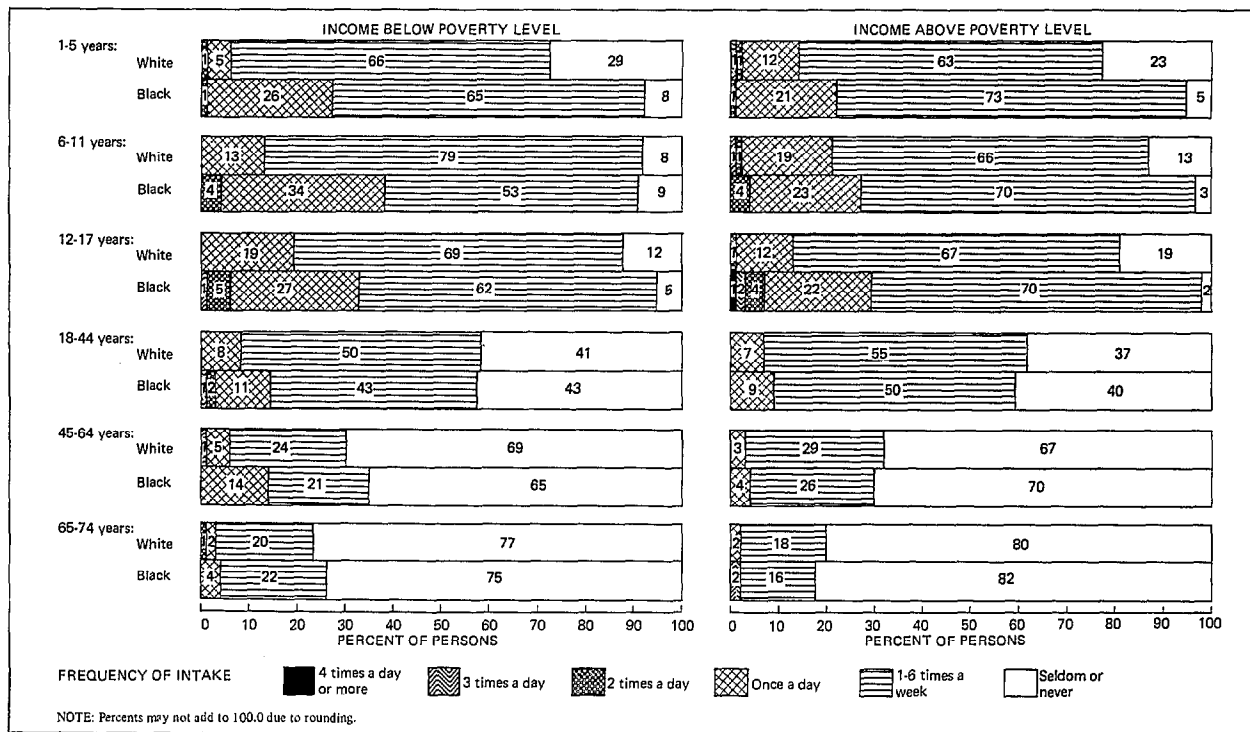


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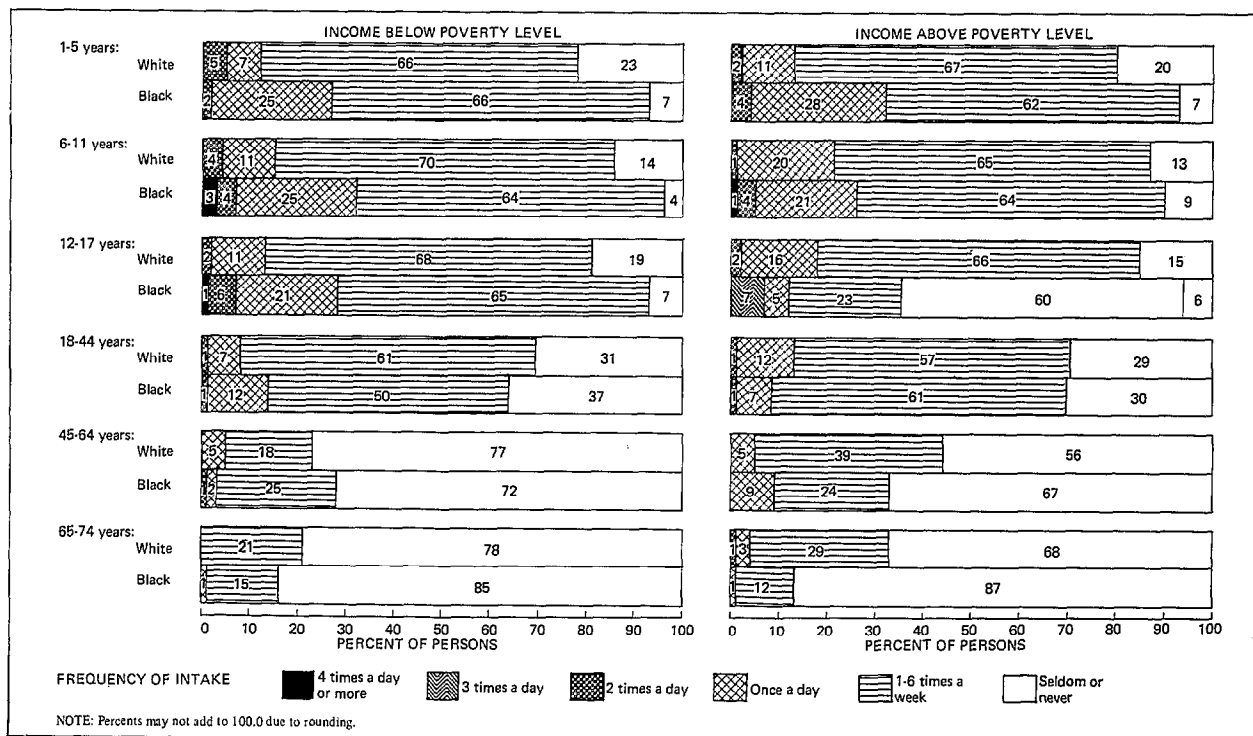


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Table 1. Number of persons in sample, estimated population, and percent distribution of white persons aged 1-74 years by frequency of intake of selected food groups, according to income level: United States, 1971-74

Income level and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					Seldom or never
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	
<u>Income below poverty level</u>			Percent distribution					
Whole milk-----	2,118	16,101	5.9	16.3	17.3	21.9	22.0	16.5
Skim milk-----	2,118	16,074	0.2	0.6	1.5	3.4	6.7	87.5
Meat and poultry-----	2,114	16,054	0.0	1.2	21.2	51.1	24.2	2.3
Fish and shellfish-----	2,120	16,105	0.0	0.0	0.0	0.6	48.4	51.0
Eggs-----	2,118	16,102	0.0	0.1	0.7	21.8	60.0	17.5
Cheese-----	2,118	16,099	0.1	0.2	0.4	9.3	62.5	27.5
Legumes, seeds, and nuts-----	2,118	16,093	0.0	0.1	2.3	16.8	55.9	24.9
Fruits and vegetables, all kinds-----	2,103	16,009	2.9	13.9	29.2	36.6	16.1	1.2
Fruits and vegetables rich in vitamin A-----	2,106	16,011	0.0	0.1	0.1	3.2	54.5	42.1
Fruits and vegetables rich in vitamin C-----	2,100	16,004	0.1	0.5	4.8	24.0	51.5	19.2
Bread-----	2,116	16,022	2.5	24.5	32.9	26.2	12.2	1.7
Cereals-----	2,118	16,095	0.0	0.2	0.6	18.0	44.7	36.4
Fats and oils-----	2,117	16,036	1.4	8.9	19.1	34.2	23.2	13.2
Desserts-----	2,117	16,087	0.4	1.2	6.6	27.4	48.9	15.4
Candy-----	2,118	16,096	0.2	0.6	2.5	17.7	44.2	34.9
Sweetened beverages <sup>1</sup> -----	2,119	16,087	2.0	3.4	6.3	22.0	39.4	27.0
Artificially sweetened beverages <sup>1</sup> -----	2,120	16,100	0.2	0.3	0.5	1.8	6.4	90.8
Coffee and tea-----	2,116	16,090	10.2	10.2	13.8	21.7	16.9	27.2
Salty snacks-----	2,119	16,098	0.0	0.1	1.1	8.0	51.9	38.9
<u>Income above poverty level</u>								
Whole milk-----	13,466	145,155	6.2	14.4	16.8	21.2	20.9	20.6
Skim milk-----	13,467	145,122	0.4	1.5	2.7	4.1	7.0	84.4
Meat and poultry-----	13,455	145,077	0.2	1.6	31.0	52.7	14.1	0.4
Fish and shellfish-----	13,468	145,121	0.0	0.0	0.1	1.0	54.0	44.9
Eggs-----	13,469	145,169	0.1	0.0	0.1	13.8	68.0	17.9
Cheese-----	13,460	144,964	0.1	0.1	0.8	12.0	69.8	17.2
Legumes, seeds, and nuts-----	13,460	145,076	0.0	0.1	0.4	8.1	58.4	32.9
Fruits and vegetables, all kinds-----	13,451	145,038	4.5	18.7	39.1	30.2	7.1	0.3
Fruits and vegetables rich in vitamin A-----	13,439	144,940	0.0	0.0	0.3	4.2	60.3	35.2
Fruits and vegetables rich in vitamin C-----	13,438	144,901	0.3	1.1	5.8	31.9	47.9	13.1
Bread-----	13,464	145,121	1.4	18.8	35.1	32.4	11.4	1.0
Cereals-----	13,468	145,121	0.0	0.1	0.6	16.0	44.8	38.5
Fats and oils-----	13,460	145,025	0.6	11.0	22.8	37.7	19.8	8.0
Desserts-----	13,463	145,057	0.4	1.6	9.1	30.7	46.2	12.0
Candy-----	13,458	145,099	0.2	0.5	2.0	13.9	45.5	37.8
Sweetened beverages <sup>1</sup> -----	13,458	145,008	1.6	2.8	7.6	21.7	37.3	28.9
Artificially sweetened beverages <sup>1</sup> -----	13,469	145,157	0.3	0.3	1.1	3.5	9.2	85.6
Coffee and tea-----	13,464	145,149	14.8	14.5	15.7	17.6	14.1	23.4
Salty snacks-----	13,464	145,141	0.1	0.1	0.8	9.8	52.1	37.1

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 2. Number of persons in sample, estimated population, and percent distribution of black persons aged 1-74 years by frequency of intake of selected food groups, according to income level: United States, 1971-74

Income level and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Income below poverty level</u>			Percent distribution					
Whole milk-----	1,864	8,323	3.0	11.2	16.5	21.6	25.9	21.7
Skim milk-----	1,868	8,390	0.0	0.4	0.5	2.9	10.3	86.0
Meat and poultry-----	1,855	8,302	0.5	4.0	31.6	45.7	17.8	0.5
Fish and shellfish-----	1,866	8,383	0.0	0.0	0.0	1.1	59.7	39.2
Eggs-----	1,866	8,388	0.0	0.1	0.5	23.5	58.8	17.0
Cheese-----	1,860	8,339	0.3	0.0	0.2	4.5	55.2	39.8
Legumes, seeds, and nuts-----	1,863	8,379	0.0	0.0	0.6	13.3	67.5	18.6
Fruits and vegetables, all kinds-----	1,850	8,315	2.8	10.2	26.8	38.4	20.2	1.6
Fruits and vegetables rich in vitamin A-----	1,855	8,362	0.0	0.3	0.5	5.9	71.7	21.7
Fruits and vegetables rich in vitamin C-----	1,848	8,291	0.2	1.0	4.4	27.6	52.5	14.3
Bread-----	1,859	8,355	3.5	28.8	33.0	22.0	12.0	0.7
Cereals-----	1,865	8,377	0.0	0.2	1.2	17.2	47.3	34.2
Fats and oils-----	1,861	8,315	0.8	5.8	11.1	34.5	30.1	17.7
Desserts-----	1,860	8,369	0.3	1.2	7.8	28.5	48.0	14.2
Candy-----	1,853	8,347	1.1	1.7	5.5	22.6	38.9	30.3
Sweetened beverages <sup>1</sup> -----	1,864	8,372	2.0	4.5	10.9	29.3	40.0	13.3
Artificially sweetened beverages <sup>1</sup> -----	1,865	8,385	0.0	0.0	0.1	1.8	4.0	94.1
Coffee and tea-----	1,860	8,341	1.8	4.7	6.8	23.2	26.6	37.0
Salty snacks-----	1,861	8,344	0.3	0.3	2.3	18.2	49.4	29.4
<u>Income above poverty level</u>								
Whole milk-----	1,953	12,114	3.8	9.3	13.0	21.3	30.9	21.6
Skim milk-----	1,953	12,123	0.1	0.2	0.8	1.9	7.0	90.2
Meat and poultry-----	1,953	12,118	0.4	4.0	36.3	43.7	15.1	0.6
Fish and shellfish-----	1,956	12,132	0.0	0.0	0.1	0.8	59.5	39.7
Eggs-----	1,953	12,125	0.0	0.1	0.3	21.1	63.0	15.5
Cheese-----	1,950	12,090	0.0	0.3	0.4	5.1	61.0	33.1
Legumes, seeds, and nuts-----	1,952	12,118	0.0	0.2	0.2	8.9	58.3	32.4
Fruits and vegetables, all kinds-----	1,946	12,082	3.9	14.5	31.4	34.3	15.7	0.2
Fruits and vegetables rich in vitamin A-----	1,949	12,104	0.0	0.1	0.6	9.6	68.9	20.8
Fruits and vegetables rich in vitamin C-----	1,946	12,090	0.4	1.2	5.2	29.6	49.5	14.1
Bread-----	1,954	12,126	3.7	26.6	32.5	23.6	12.9	0.7
Cereals-----	1,954	12,127	0.0	0.1	0.9	11.2	46.6	41.2
Fats and oils-----	1,946	12,059	0.4	5.2	13.7	37.3	30.6	12.8
Desserts-----	1,951	12,099	0.3	1.6	6.7	28.5	48.7	14.1
Candy-----	1,955	12,130	0.6	1.5	3.7	18.3	35.9	40.0
Sweetened beverages <sup>1</sup> -----	1,952	12,121	2.2	6.1	12.3	27.9	38.0	13.5
Artificially sweetened beverages <sup>1</sup> -----	1,955	12,129	0.0	0.0	0.7	2.4	6.6	90.2
Coffee and tea-----	1,955	12,129	3.3	4.7	10.4	24.7	24.8	32.1
Salty snacks-----	1,949	12,084	0.1	0.8	1.6	12.5	51.6	33.4

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 3. Number of persons in sample, estimated population, and percent distribution of females aged 1-5 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	1,012	6,848	20.0	34.1	21.6	11.5	6.6	6.1
Skim milk-----	1,014	6,853	0.8	3.6	2.6	1.0	1.5	90.4
Meat and poultry-----	1,013	6,849	0.2	2.4	29.3	54.6	13.2	0.3
Fish and shellfish-----	1,014	6,853	0.0	0.0	0.0	0.7	48.8	50.5
Eggs-----	1,013	6,851	0.1	0.0	0.0	17.3	69.7	12.9
Cheese-----	1,013	6,841	0.2	0.0	1.4	15.9	68.0	14.4
Legumes, seeds, and nuts-----	1,012	6,836	0.4	0.6	1.3	14.1	64.2	19.4
Fruits and vegetables, all kinds-----	1,012	6,836	6.9	22.9	35.1	27.3	6.8	1.0
Fruits and vegetables rich in vitamin A-----	1,011	6,837	0.0	0.1	0.0	4.7	55.1	40.0
Fruits and vegetables rich in vitamin C-----	1,009	6,824	0.7	1.6	5.2	30.1	47.8	14.5
Bread-----	1,011	6,825	1.3	14.4	36.2	35.5	10.7	1.9
Cereals-----	1,013	6,840	0.1	0.2	2.0	31.1	56.8	9.8
Fats and oils-----	1,014	6,853	0.8	12.0	25.8	37.1	18.2	6.1
Desserts-----	1,013	6,840	0.4	2.6	14.9	38.3	39.4	4.6
Candy-----	1,009	6,819	0.2	0.6	3.4	24.5	54.3	17.1
Sweetened beverages <sup>1</sup> -----	1,012	6,834	2.2	2.9	7.1	25.4	43.5	18.9
Artificially sweetened beverages <sup>1</sup> -----	1,013	6,844	0.0	0.1	0.5	1.9	4.5	93.1
Coffee and tea-----	1,014	6,853	0.2	0.3	2.1	11.6	18.9	66.8
Salty snacks-----	1,013	6,845	0.0	0.7	1.3	11.0	63.5	23.5
<u>Black</u>								
Whole milk-----	360	1,197	15.6	29.9	23.3	13.3	12.4	5.5
Skim milk-----	362	1,207	0.1	0.1	1.9	0.2	0.6	97.2
Meat and poultry-----	360	1,197	0.7	5.1	33.7	46.8	13.3	0.3
Fish and shellfish-----	362	1,207	0.0	0.0	0.0	0.2	59.0	40.8
Eggs-----	362	1,207	0.0	0.2	0.1	18.4	70.4	10.9
Cheese-----	361	1,202	0.0	0.0	0.0	8.1	55.9	36.0
Legumes, seeds, and nuts-----	360	1,197	0.0	0.0	0.0	13.4	70.6	16.0
Fruits and vegetables, all kinds-----	358	1,192	5.6	13.5	34.7	33.6	12.6	0.0
Fruits and vegetables rich in vitamin A-----	361	1,198	0.0	0.0	0.2	7.4	63.5	28.9
Fruits and vegetables rich in vitamin C-----	359	1,190	0.1	1.8	5.7	30.6	53.1	8.6
Bread-----	361	1,203	6.9	23.9	27.8	26.7	13.1	1.7
Cereals-----	361	1,203	0.0	1.3	2.0	34.6	54.8	7.2
Fats and oils-----	360	1,199	0.3	4.5	15.6	39.9	27.5	12.2
Desserts-----	359	1,193	0.1	3.4	13.0	41.7	36.2	5.6
Candy-----	359	1,200	0.5	0.9	2.8	33.4	46.9	15.4
Sweetened beverages <sup>1</sup> -----	362	1,207	0.9	1.7	5.4	32.5	42.6	16.9
Artificially sweetened beverages <sup>1</sup> -----	362	1,207	0.0	0.0	0.0	0.4	1.9	97.8
Coffee and tea-----	362	1,207	0.7	0.0	1.6	13.2	21.0	63.6
Salty snacks-----	361	1,203	0.0	0.0	0.9	22.5	69.7	6.9

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 4. Number of persons in sample, estimated population, and percent distribution of males aged 1-5 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	1,072	7,136	20.4	34.6	19.9	10.5	7.6	6.9
Skim milk-----	1,074	7,155	1.7	3.6	2.8	1.0	2.8	88.1
Meat and poultry-----	1,071	7,130	0.4	0.9	27.6	56.1	14.7	0.4
Fish and shellfish-----	1,074	7,155	0.0	0.0	0.2	0.6	51.7	47.5
Eggs-----	1,074	7,155	0.0	0.0	0.7	17.0	69.4	12.9
Cheese-----	1,073	7,151	0.1	0.6	1.2	16.5	65.5	16.0
Legumes, seeds, and nuts-----	1,074	7,155	0.0	0.7	0.8	15.4	64.3	18.8
Fruits and vegetables, all kinds-----	1,074	7,155	8.3	25.4	34.6	24.5	7.0	0.2
Fruits and vegetables rich in vitamin A-----	1,071	7,130	0.2	0.0	0.3	4.2	53.1	42.2
Fruits and vegetables rich in vitamin C-----	1,071	7,130	0.7	1.9	5.2	28.4	48.9	15.0
Bread-----	1,074	7,155	1.4	17.3	36.9	32.9	9.3	2.2
Cereals-----	1,074	7,155	0.2	0.6	1.6	33.1	56.8	7.6
Fats and oils-----	1,074	7,155	0.7	10.4	25.6	40.1	16.9	6.3
Desserts-----	1,074	7,155	0.9	4.5	16.9	40.6	34.6	2.5
Candy-----	1,072	7,136	0.2	1.1	4.4	26.2	53.7	14.5
Sweetened beverages <sup>1</sup> -----	1,072	7,139	2.1	3.1	9.4	26.8	41.1	17.5
Artificially sweetened beverages <sup>1</sup> -----	1,074	7,155	0.3	0.0	0.4	1.2	4.2	93.9
Coffee and tea-----	1,072	7,139	0.7	0.8	2.8	11.1	21.7	62.9
Salty snacks-----	1,074	7,155	0.0	0.2	2.2	10.4	66.4	20.9
<u>Black</u>								
Whole milk-----	336	1,187	15.4	29.3	22.6	17.1	11.3	4.4
Skim milk-----	337	1,188	0.7	0.1	0.3	1.2	2.2	95.5
Meat and poultry-----	336	1,178	0.2	4.2	32.4	44.6	18.4	0.1
Fish and shellfish-----	337	1,188	0.0	0.0	0.0	1.8	61.1	37.1
Eggs-----	336	1,186	0.1	0.0	1.1	18.6	71.7	8.4
Cheese-----	335	1,185	0.0	0.1	0.2	6.9	56.9	35.8
Legumes, seeds, and nuts-----	337	1,188	0.0	0.0	0.8	22.5	65.8	10.9
Fruits and vegetables, all kinds-----	336	1,187	4.5	15.7	30.9	34.7	14.2	0.0
Fruits and vegetables rich in vitamin A-----	336	1,187	0.0	0.1	0.2	9.3	66.1	24.3
Fruits and vegetables rich in vitamin C-----	335	1,186	0.0	1.6	5.6	25.8	54.6	12.4
Bread-----	334	1,181	3.6	27.4	33.7	23.6	11.3	0.3
Cereals-----	337	1,188	0.0	0.2	1.0	35.9	57.1	5.9
Fats and oils-----	335	1,186	0.5	5.2	15.7	39.8	31.3	7.5
Desserts-----	335	1,184	0.0	1.5	10.5	45.2	37.6	5.2
Candy-----	334	1,182	0.3	3.0	5.9	23.6	51.5	15.6
Sweetened beverages <sup>1</sup> -----	337	1,188	0.7	4.0	6.0	28.3	49.0	11.8
Artificially sweetened beverages <sup>1</sup> -----	337	1,188	0.0	0.0	0.0	0.2	0.4	99.4
Coffee and tea-----	336	1,187	0.1	0.2	0.2	10.1	24.3	65.1
Salty snacks-----	336	1,187	0.2	0.1	2.9	25.6	64.8	6.4

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.



Table 5. Number of persons in sample, estimated population, and percent distribution of females aged 6-11 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	749	9,433	14.4	29.0	27.6	18.2	7.2	3.6
Skim milk-----	748	9,412	0.3	1.0	2.9	1.8	2.2	91.8
Meat and poultry-----	748	9,416	0.3	1.2	28.1	59.8	10.5	0.0
Fish and shellfish-----	749	9,433	0.0	0.0	0.2	0.8	54.9	44.2
Eggs-----	748	9,431	0.0	0.0	0.0	6.6	75.8	17.5
Cheese-----	747	9,389	0.0	0.2	0.2	9.7	74.6	15.3
Legumes, seeds, and nuts-----	749	9,433	0.0	0.1	1.1	18.6	64.0	16.2
Fruits and vegetables, all kinds-----	746	9,362	4.7	17.9	43.2	29.4	4.7	0.0
Fruits and vegetables rich in vitamin A-----	744	9,394	0.0	0.0	0.3	5.1	60.2	34.4
Fruits and vegetables rich in vitamin C-----	739	9,331	0.2	0.9	4.4	33.4	50.4	10.8
Bread-----	747	9,377	2.5	22.5	39.6	27.6	7.4	0.4
Cereals-----	749	9,433	0.0	0.0	1.0	27.3	62.0	9.6
Fats and oils-----	745	9,353	0.7	9.4	26.1	35.8	22.7	5.4
Desserts-----	749	9,433	0.3	1.9	15.7	45.6	33.4	3.1
Candy-----	748	9,418	0.4	0.3	3.4	23.0	60.9	12.0
Sweetened beverages <sup>1</sup> -----	749	9,433	2.1	2.9	5.5	26.8	48.8	13.9
Artificially sweetened beverages <sup>1</sup> -----	749	9,433	0.0	0.0	0.1	0.9	5.5	93.5
Coffee and tea-----	749	9,433	0.2	0.1	2.6	9.9	29.7	57.5
Salty snacks-----	746	9,404	0.0	0.5	1.2	17.9	67.8	12.6
<u>Black</u>								
Whole milk-----	240	1,576	2.4	24.2	26.2	28.3	18.0	0.9
Skim milk-----	240	1,576	0.0	0.0	0.0	0.8	4.9	94.3
Meat and poultry-----	239	1,574	0.0	1.0	41.6	47.0	10.4	0.0
Fish and shellfish-----	240	1,574	0.0	0.0	0.0	0.7	68.6	30.7
Eggs-----	239	1,574	0.2	0.0	0.9	15.3	73.0	10.6
Cheese-----	238	1,543	0.0	1.6	0.1	5.1	69.1	24.2
Legumes, seeds, and nuts-----	240	1,574	0.0	0.0	0.1	14.1	79.4	6.3
Fruits and vegetables, all kinds-----	238	1,572	4.8	14.2	34.9	34.3	11.7	0.0
Fruits and vegetables rich in vitamin A-----	238	1,572	0.0	0.0	0.4	6.2	74.0	19.3
Fruits and vegetables rich in vitamin C-----	238	1,572	0.0	0.4	4.7	37.9	50.5	6.5
Bread-----	240	1,576	4.1	40.2	34.7	18.2	2.6	0.2
Cereals-----	239	1,574	0.0	0.0	1.4	24.2	66.1	8.3
Fats and oils-----	238	1,553	0.2	7.0	23.3	32.5	26.0	11.1
Desserts-----	240	1,576	0.2	1.8	10.3	49.8	37.2	0.8
Candy-----	238	1,572	0.7	3.8	8.3	37.7	47.3	2.2
Sweetened beverages <sup>1</sup> -----	240	1,576	0.1	5.0	5.1	36.8	47.3	5.7
Artificially sweetened beverages <sup>1</sup> -----	239	1,574	0.0	0.0	0.0	0.2	2.8	97.0
Coffee and tea-----	239	1,571	0.0	0.2	2.5	6.5	33.0	57.8
Salty snacks-----	238	1,552	0.0	0.0	4.0	29.6	60.8	5.7

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding

Table 6. Number of persons in sample, estimated population, and percent distribution of males aged 6-11 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	743	9,837	12.1	40.7	21.6	16.8	4.7	4.2
Skim milk-----	744	9,858	0.7	1.9	2.2	1.6	3.1	90.5
Meat and poultry-----	744	9,843	0.5	1.8	28.9	56.6	11.5	0.7
Fish and shellfish-----	744	9,843	0.0	0.0	0.2	0.4	54.7	44.7
Eggs-----	744	9,850	0.0	0.0	0.0	10.6	74.7	14.7
Cheese-----	745	9,866	0.1	0.0	0.6	6.5	69.6	23.2
Legumes, seeds, and nuts-----	744	9,849	0.2	0.4	0.8	20.1	67.3	11.2
Fruits and vegetables, all kinds-----	743	9,839	4.0	19.8	40.2	28.1	7.6	0.3
Fruits and vegetables rich in vitamin A-----	741	9,816	0.0	0.3	0.2	3.9	61.3	34.3
Fruits and vegetables rich in vitamin C-----	741	8,810	0.2	0.7	4.1	26.5	56.4	12.2
Bread-----	744	9,848	2.2	23.8	42.9	26.7	4.2	0.2
Cereals-----	744	9,850	0.0	0.5	2.3	31.1	58.9	7.3
Fats and oils-----	741	9,784	0.4	11.2	25.0	38.4	19.0	6.1
Desserts-----	744	9,860	0.5	4.4	15.8	43.5	33.8	2.1
Candy-----	744	9,860	0.5	1.1	3.7	23.8	56.7	14.1
Sweetened beverages <sup>1</sup> -----	741	9,811	1.3	2.9	8.8	23.6	49.5	13.9
Artificially sweetened beverages <sup>1</sup> -----	745	9,866	0.0	0.0	0.2	1.7	4.1	94.1
Coffee and tea-----	745	9,866	0.7	0.2	3.0	12.0	23.6	60.5
Salty snacks-----	742	9,833	0.2	0.0	1.9	19.2	65.5	13.2
<u>Black</u>								
Whole milk-----	231	1,576	4.0	14.0	30.6	29.5	16.5	5.4
Skim milk-----	231	1,576	0.0	0.6	0.0	2.8	5.4	91.2
Meat and poultry-----	230	1,567	0.2	3.9	36.5	49.6	9.2	0.6
Fish and shellfish-----	231	1,576	0.0	0.0	0.0	2.6	60.0	37.5
Eggs-----	231	1,576	0.0	0.2	0.8	17.1	64.1	17.8
Cheese-----	230	1,573	0.9	0.0	0.3	6.1	57.9	34.8
Legumes, seeds, and nuts-----	229	1,571	0.0	0.0	2.7	27.5	56.1	13.7
Fruits and vegetables, all kinds-----	229	1,558	2.3	21.9	32.7	34.0	9.0	0.0
Fruits and vegetables rich in vitamin A-----	231	1,576	0.0	1.3	0.6	5.9	73.6	18.7
Fruits and vegetables rich in vitamin C-----	228	1,549	0.1	0.1	4.6	28.6	57.4	9.2
Bread-----	231	1,576	5.7	37.4	32.3	18.0	5.6	1.0
Cereals-----	230	1,574	0.2	0.0	1.8	28.0	61.5	8.5
Fats and oils-----	230	1,573	2.1	8.0	16.8	35.7	23.5	13.8
Desserts-----	230	1,560	0.0	2.0	11.9	43.4	41.3	1.5
Candy-----	231	1,576	0.6	0.7	3.2	37.5	49.6	8.3
Sweetened beverages <sup>1</sup> -----	231	1,576	0.5	2.3	5.9	31.7	50.9	8.7
Artificially sweetened beverages <sup>1</sup> -----	231	1,576	0.0	0.0	0.0	0.4	3.3	96.3
Coffee and tea-----	230	1,567	0.0	1.2	1.7	7.0	28.7	61.4
Salty snacks-----	230	1,551	1.6	0.3	4.1	22.5	64.4	7.1

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 7. Number of persons in sample, estimated population, and percent distribution of females aged 12-17 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	785	10,219	9.6	20.2	22.5	20.4	15.7	11.7
Skim milk-----	785	10,219	0.3	1.9	2.6	3.5	4.9	86.7
Meat and poultry-----	784	10,198	0.0	1.6	31.3	52.2	14.1	0.8
Fish and shellfish-----	784	10,201	0.0	0.0	0.1	0.7	48.1	51.2
Eggs-----	784	10,213	0.0	0.1	0.1	8.0	61.7	30.1
Cheese-----	784	10,204	0.1	0.0	0.6	9.7	66.5	23.2
Legumes, seeds, and nuts-----	784	10,204	0.0	0.1	1.1	9.1	66.3	23.4
Fruits and vegetables, all kinds-----	783	10,200	5.2	18.4	38.1	28.8	9.4	0.1
Fruits and vegetables rich in vitamin A-----	783	10,196	0.0	0.0	0.2	4.2	55.2	40.4
Fruits and vegetables rich in vitamin C-----	784	10,210	0.0	1.2	5.3	26.4	54.5	12.6
Bread-----	785	10,219	2.6	15.9	34.6	33.0	13.7	0.2
Cereals-----	785	10,219	0.0	0.0	0.3	11.5	48.4	39.7
Fats and oils-----	784	10,206	1.3	9.2	20.4	39.3	24.8	5.0
Desserts-----	785	10,219	0.4	2.1	10.6	32.0	48.4	6.4
Candy-----	784	10,211	0.4	1.1	3.6	18.1	58.1	18.7
Sweetened beverages <sup>1</sup> -----	785	10,219	1.8	3.3	8.0	28.5	44.3	14.0
Artificially sweetened beverages <sup>1</sup> -----	785	10,219	0.1	0.0	1.2	3.4	12.2	83.1
Coffee and tea-----	785	10,219	1.0	2.0	6.5	17.1	30.1	43.4
Salty snacks-----	785	10,219	0.1	0.0	1.1	13.3	66.1	19.4
<u>Black</u>								
Whole milk-----	253	1,660	4.2	11.2	15.9	31.3	28.9	8.5
Skim milk-----	253	1,662	0.0	0.7	0.7	1.6	5.7	91.3
Meat and poultry-----	252	1,656	0.5	2.2	46.0	40.6	9.9	0.8
Fish and shellfish-----	254	1,665	0.0	0.0	0.0	0.3	54.4	45.3
Eggs-----	254	1,665	0.0	0.0	0.7	16.5	55.8	27.0
Cheese-----	253	1,661	0.2	0.6	0.6	6.2	60.9	31.4
Legumes, seeds, and nuts-----	253	1,663	0.0	0.0	0.1	13.5	62.5	23.9
Fruits and vegetables, all kinds-----	252	1,652	2.7	13.7	36.3	31.6	15.7	0.0
Fruits and vegetables rich in vitamin A-----	253	1,662	0.0	0.0	0.3	3.5	75.0	21.2
Fruits and vegetables rich in vitamin C-----	253	1,656	0.2	0.3	6.0	29.7	52.1	11.8
Bread-----	254	1,665	6.0	29.6	33.5	18.8	12.0	0.0
Cereals-----	253	1,656	0.2	0.0	0.6	10.6	59.8	28.7
Fats and oils-----	253	1,660	0.2	5.6	13.2	28.2	41.9	10.8
Desserts-----	253	1,656	0.4	4.0	10.1	29.1	53.6	2.8
Candy-----	252	1,654	4.9	1.7	9.7	32.5	33.9	17.3
Sweetened beverages <sup>1</sup> -----	253	1,660	2.9	5.6	17.2	24.2	47.1	3.0
Artificially sweetened beverages <sup>1</sup> -----	254	1,665	0.0	0.0	0.0	0.2	5.9	93.9
Coffee and tea-----	252	1,656	0.4	0.2	3.1	9.3	36.6	50.4
Salty snacks-----	253	1,660	0.3	1.5	4.4	24.5	65.8	3.5

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 8. Number of persons in sample, estimated population, and percent distribution of males aged 12-17 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	793	10,538	15.4	27.9	23.7	15.6	12.9	4.4
Skim milk-----	792	10,535	0.5	1.6	1.6	2.0	3.3	90.9
Meat and poultry-----	792	10,515	0.2	2.0	35.8	47.0	14.8	0.3
Fish and shellfish-----	794	10,544	0.0	0.0	0.0	1.0	50.3	48.7
Eggs-----	794	10,544	0.2	0.1	0.1	7.4	69.2	23.1
Cheese-----	794	10,544	0.0	0.2	0.6	8.5	67.7	23.1
Legumes, seeds, and nuts-----	793	10,527	0.0	0.2	1.1	15.1	68.1	15.4
Fruits and vegetables, all kinds-----	792	10,512	4.4	16.2	36.7	32.3	9.6	0.7
Fruits and vegetables rich in vitamin A-----	790	10,505	0.0	0.0	0.2	4.4	53.0	42.4
Fruits and vegetables rich in vitamin C-----	790	10,503	0.3	1.4	4.9	25.3	54.4	13.7
Bread-----	793	10,520	5.3	20.9	41.3	25.0	7.2	0.3
Cereals-----	794	10,544	0.0	0.6	1.3	21.5	52.9	23.7
Fats and oils-----	792	10,519	2.2	8.8	21.4	35.3	26.4	5.9
Desserts-----	793	10,527	1.0	3.2	12.6	34.7	45.0	3.6
Candy-----	794	10,544	0.7	1.4	3.8	19.8	58.0	16.3
Sweetened beverages <sup>1</sup> -----	792	10,503	1.5	5.7	13.1	28.7	43.6	7.4
Artificially sweetened beverages <sup>1</sup> -----	794	10,544	0.4	0.2	0.3	0.6	6.5	92.1
Coffee and tea-----	794	10,544	0.3	2.0	4.7	17.9	29.4	45.8
Salty snacks-----	792	10,516	0.2	0.0	1.9	15.5	66.2	16.1
<u>Black</u>								
Whole milk-----	243	1,630	3.9	9.0	27.9	35.4	20.0	3.7
Skim milk-----	243	1,634	0.0	0.3	0.2	0.2	8.5	90.8
Meat and poultry-----	244	1,637	1.5	4.7	31.3	43.8	18.2	0.5
Fish and shellfish-----	244	1,637	0.0	0.0	0.0	1.9	54.5	43.6
Eggs-----	244	1,637	0.0	0.0	0.2	13.2	71.7	15.0
Cheese-----	243	1,634	0.0	0.0	0.0	2.4	64.4	33.3
Legumes, seeds, and nuts-----	244	1,637	0.0	0.2	0.6	13.3	70.5	15.5
Fruits and vegetables, all kinds-----	242	1,613	1.9	8.7	34.0	31.9	22.2	1.3
Fruits and vegetables rich in vitamin A-----	243	1,634	0.0	0.0	0.5	5.4	67.4	26.6
Fruits and vegetables rich in vitamin C-----	243	1,634	0.0	0.3	2.3	23.4	61.8	12.2
Bread-----	243	1,628	8.0	26.3	41.9	17.7	5.8	0.4
Cereals-----	244	1,637	2.1	0.0	3.7	13.7	56.9	23.5
Fats and oils-----	242	1,617	1.5	1.7	13.1	31.6	38.5	13.6
Desserts-----	243	1,621	2.6	1.4	15.7	30.7	45.4	4.2
Candy-----	244	1,637	1.5	5.4	9.6	25.8	38.3	19.5
Sweetened beverages <sup>1</sup> -----	244	1,637	3.5	4.5	16.8	30.8	41.7	2.7
Artificially sweetened beverages <sup>1</sup> -----	243	1,634	0.0	0.0	0.0	1.0	2.4	96.7
Coffee and tea-----	243	1,634	0.2	0.6	1.9	12.3	32.2	52.7
Salty snacks-----	244	1,637	0.3	3.5	4.9	23.5	60.9	6.9

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 9. Number of persons in sample, estimated population, and percent distribution of females aged 18-44 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	3,972	33,176	1.8	6.7	13.7	22.2	27.2	28.4
Skim milk-----	3,973	33,179	0.3	1.3	3.2	4.4	7.9	82.9
Meat and poultry-----	3,969	33,129	0.1	0.6	26.6	57.2	15.0	0.5
Fish and shellfish-----	3,973	33,154	0.0	0.0	0.0	0.9	55.2	43.8
Eggs-----	3,974	33,180	0.0	0.0	0.2	14.9	66.1	18.8
Cheese-----	3,973	33,172	0.1	0.1	0.9	12.4	71.8	14.7
Legumes, seeds, and nuts-----	3,972	33,165	0.0	0.0	0.5	4.5	53.8	41.1
Fruits and vegetables, all kinds-----	3,967	33,138	3.7	18.1	36.1	34.3	7.5	0.3
Fruits and vegetables rich in vitamin A-----	3,969	33,155	0.0	0.0	0.2	3.3	58.9	37.6
Fruits and vegetables rich in vitamin C-----	3,970	33,156	0.3	1.2	5.9	32.0	48.2	12.4
Bread-----	3,972	33,165	0.4	12.4	30.9	38.1	16.8	1.4
Cereals-----	3,971	33,163	0.0	0.0	0.1	7.5	39.2	53.1
Fats and oils-----	3,973	33,177	0.4	8.0	21.6	40.7	21.0	8.2
Desserts-----	3,972	33,163	0.2	0.7	6.3	24.2	52.9	15.7
Candy-----	3,972	33,162	0.1	0.2	0.8	9.9	45.0	43.9
Sweetened beverages <sup>1</sup> -----	3,972	33,162	1.9	3.5	8.5	21.5	34.9	29.7
Artificially sweetened beverages <sup>1</sup> -----	3,973	33,176	0.2	0.7	2.8	6.7	13.0	76.6
Coffee and tea-----	3,970	33,154	19.3	15.2	19.5	22.2	12.0	11.8
Salty snacks-----	3,973	33,177	0.1	0.1	0.4	7.4	54.5	37.5
<u>Black</u>								
Whole milk-----	973	4,406	0.9	3.8	5.9	18.1	35.7	35.5
Skim milk-----	972	4,403	0.0	0.4	0.8	1.7	9.4	87.7
Meat and poultry-----	972	4,404	0.3	3.9	34.0	45.1	16.0	0.7
Fish and shellfish-----	973	4,406	0.0	0.0	0.2	0.9	63.8	35.0
Eggs-----	972	4,405	0.1	0.1	0.2	20.6	58.1	20.8
Cheese-----	972	4,405	0.0	0.0	0.5	3.9	59.8	35.8
Legumes, seeds, and nuts-----	973	4,406	0.0	0.5	0.0	5.4	57.3	36.8
Fruits and vegetables, all kinds-----	967	4,384	3.2	11.3	28.5	39.1	17.0	1.0
Fruits and vegetables rich in vitamin A-----	971	4,400	0.0	0.3	1.3	6.9	69.2	22.2
Fruits and vegetables rich in vitamin C-----	969	4,396	0.3	1.5	5.4	25.8	52.5	14.6
Bread-----	972	4,405	1.2	18.9	31.3	27.3	20.3	1.0
Cereals-----	973	4,406	0.0	0.1	0.0	6.0	35.5	58.3
Fats and oils-----	972	4,405	0.0	5.7	10.3	39.3	31.3	13.4
Desserts-----	972	4,405	0.1	1.1	6.1	23.4	50.7	18.6
Candy-----	970	4,392	0.8	1.3	2.3	10.7	36.5	48.4
Sweetened beverages <sup>1</sup> -----	971	4,402	2.9	9.3	15.3	28.0	33.4	11.1
Artificially sweetened beverages <sup>1</sup> -----	972	4,404	0.0	0.2	1.2	3.4	7.3	88.0
Coffee and tea-----	973	4,406	4.8	6.6	13.4	30.9	21.6	22.6
Salty snacks-----	971	4,388	0.0	0.5	0.9	10.1	47.2	41.2

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 10. Number of persons in sample, estimated population, and percent distribution of males aged 18-44 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	1,847	31,031	4.1	11.1	18.3	23.8	24.8	18.0
Skim milk-----	1,846	31,020	0.3	0.9	1.0	2.4	6.5	88.8
Meat and poultry-----	1,847	31,031	0.2	3.9	43.3	42.2	10.0	0.5
Fish and shellfish-----	1,845	30,999	0.0	0.0	0.0	1.2	53.1	45.7
Eggs-----	1,847	31,031	0.0	0.1	0.3	14.8	68.9	15.9
Cheese-----	1,845	30,981	0.0	0.1	0.6	12.7	69.6	16.9
Legumes, seeds, and nuts-----	1,846	31,022	0.0	0.1	0.5	8.0	63.7	27.8
Fruits and vegetables, all kinds-----	1,846	31,022	2.8	13.1	37.1	36.7	10.0	0.3
Fruits and vegetables rich in vitamin A-----	1,845	31,004	0.0	0.0	0.2	3.0	58.3	38.4
Fruits and vegetables rich in vitamin C-----	1,845	31,010	0.2	0.6	5.4	26.9	52.0	14.9
Bread-----	1,847	31,031	1.6	22.4	34.2	30.5	10.7	0.5
Cereals-----	1,847	31,031	0.0	0.1	0.1	9.0	37.4	53.5
Fats and oils-----	1,847	31,031	0.7	11.2	22.5	34.0	22.6	9.1
Desserts-----	1,847	31,031	0.3	1.0	6.9	26.3	52.8	12.6
Candy-----	1,847	31,031	0.2	0.1	1.2	9.8	41.8	47.0
Sweetened beverages <sup>1</sup> -----	1,847	31,031	2.9	4.4	12.3	27.0	36.7	16.8
Artificially sweetened beverages <sup>1</sup> -----	1,847	31,031	0.1	0.3	0.6	2.3	6.7	90.1
Coffee and tea-----	1,846	31,015	23.0	14.4	18.4	18.9	13.3	12.0
Salty snacks-----	1,847	31,031	0.1	0.0	1.0	12.0	57.5	29.4
<u>Black</u>								
Whole milk-----	330	3,352	1.7	7.5	8.9	18.6	42.3	21.1
Skim milk-----	331	3,361	0.0	0.0	0.9	0.3	5.2	93.5
Meat and poultry-----	331	3,361	0.9	8.9	43.6	38.9	7.6	0.1
Fish and shellfish-----	331	3,361	0.0	0.0	0.0	0.0	51.1	48.9
Eggs-----	331	3,361	0.0	0.0	0.4	33.8	55.3	10.5
Cheese-----	330	3,347	0.0	0.0	1.0	5.6	60.1	33.3
Legumes, seeds, and nuts-----	331	3,361	0.0	0.0	0.1	6.9	64.3	28.7
Fruits and vegetables, all kinds-----	331	3,361	3.8	7.3	26.4	38.4	23.2	0.8
Fruits and vegetables rich in vitamin A-----	331	3,361	0.0	0.0	0.0	10.4	66.3	23.3
Fruits and vegetables rich in vitamin C-----	330	3,357	0.0	0.7	3.3	30.7	46.8	18.6
Bread-----	331	3,361	5.2	32.7	33.2	18.6	10.2	0.0
Cereals-----	331	3,361	0.0	0.0	0.1	5.9	37.2	56.8
Fats and oils-----	329	3,306	1.5	7.5	10.6	33.5	29.6	17.3
Desserts-----	330	3,357	0.0	1.4	4.4	20.3	56.4	17.4
Candy-----	331	3,361	0.3	0.9	3.9	13.1	33.6	48.2
Sweetened beverages <sup>1</sup> -----	331	3,361	4.9	9.9	22.6	30.9	26.2	5.5
Artificially sweetened beverages <sup>1</sup> -----	331	3,361	0.0	0.0	0.1	2.5	4.2	93.1
Coffee and tea-----	331	3,361	3.7	10.0	12.2	24.2	28.7	21.2
Salty snacks-----	331	3,361	0.0	0.1	0.8	8.1	57.7	33.4

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 11. Number of persons in sample, estimated population, and percent distribution of females aged 45-64 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	1,243	19,809	0.5	3.6	9.0	20.7	27.7	38.4
Skim milk-----	1,240	19,749	0.1	0.7	3.7	7.4	11.3	76.8
Meat and poultry-----	1,243	19,809	0.0	0.2	19.9	57.4	22.1	0.4
Fish and shellfish-----	1,243	19,809	0.0	0.0	0.0	0.6	59.7	39.7
Eggs-----	1,243	19,809	0.0	0.1	0.3	14.9	67.4	17.3
Cheese-----	1,241	19,722	0.0	0.0	0.9	14.4	69.9	14.8
Legumes, seeds, and nuts-----	1,242	19,799	0.0	0.1	0.1	4.8	44.3	50.7
Fruits and vegetables, all kinds-----	1,243	19,809	6.7	22.2	41.5	23.4	6.1	0.1
Fruits and vegetables rich in vitamin A-----	1,238	19,720	0.2	0.0	0.5	5.6	67.7	26.0
Fruits and vegetables rich in vitamin C-----	1,241	19,767	0.6	0.9	9.1	39.5	37.9	12.0
Bread-----	1,243	19,809	0.7	14.1	32.0	37.0	13.9	2.3
Cereals-----	1,243	19,809	0.0	0.0	0.0	13.0	40.0	47.0
Fats and oils-----	1,241	19,776	0.6	10.9	21.0	39.6	16.2	11.8
Desserts-----	1,241	19,740	0.4	0.8	5.0	28.3	44.4	21.1
Candy-----	1,242	19,799	0.1	0.4	2.0	11.5	35.3	50.7
Sweetened beverages <sup>1</sup> -----	1,241	19,790	0.4	0.6	2.5	10.5	30.4	55.6
Artificially sweetened beverages <sup>1</sup> -----	1,242	19,784	0.9	0.3	1.5	5.4	15.0	76.9
Coffee and tea-----	1,242	19,804	23.0	27.6	24.2	18.7	3.0	3.4
Salty snacks-----	1,243	19,809	0.0	0.2	0.1	3.2	29.2	67.2
<u>Black</u>								
Whole milk-----	232	2,022	0.9	1.8	7.3	14.8	34.0	41.3
Skim milk-----	232	2,022	0.0	0.0	0.4	5.0	17.1	77.4
Meat and poultry-----	226	1,968	0.0	0.2	19.9	53.9	24.9	1.1
Fish and shellfish-----	232	2,022	0.0	0.0	0.0	0.2	66.9	32.9
Eggs-----	231	2,018	0.0	0.0	0.0	24.0	56.1	19.9
Cheese-----	232	2,022	0.4	0.0	0.0	6.1	55.2	38.3
Legumes, seeds, and nuts-----	232	2,022	0.0	0.0	0.2	5.9	51.2	42.7
Fruits and vegetables, all kinds-----	232	2,022	3.8	18.6	21.9	38.7	16.7	0.3
Fruits and vegetables rich in vitamin A-----	231	2,018	0.0	0.0	0.5	11.4	73.1	14.9
Fruits and vegetables rich in vitamin C-----	230	2,008	1.1	0.8	5.5	31.6	45.5	15.5
Bread-----	231	2,009	1.0	20.4	31.7	28.3	17.8	0.9
Cereals-----	232	2,022	0.0	0.0	0.5	7.5	39.9	52.2
Fats and oils-----	230	1,999	0.7	2.3	11.0	42.2	24.5	19.3
Desserts-----	232	2,022	0.0	0.0	0.7	19.0	52.1	28.2
Candy-----	232	2,022	0.0	1.3	3.3	14.5	24.1	56.8
Sweetened beverages <sup>1</sup> -----	231	2,010	0.6	0.5	1.5	21.1	41.1	35.1
Artificially sweetened beverages <sup>1</sup> -----	232	2,022	0.0	0.0	0.5	5.2	11.7	82.6
Coffee and tea-----	232	2,022	7.9	8.8	14.3	41.4	17.1	10.5
Salty snacks-----	231	2,019	0.0	0.0	0.0	6.9	24.3	68.8

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 12. Number of persons in sample, estimated population, and percent distribution of males aged 45-64 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	1,115	17,962	1.8	4.9	13.1	28.2	27.1	24.9
Skim milk-----	1,115	17,962	0.3	0.9	1.8	6.5	9.7	80.7
Meat and poultry-----	1,117	17,992	0.2	1.3	31.0	50.6	15.8	1.1
Fish and shellfish-----	1,117	17,992	0.0	0.0	0.0	1.7	54.6	43.8
Eggs-----	1,115	17,947	0.2	0.0	0.1	21.8	63.3	14.6
Cheese-----	1,116	17,969	0.2	0.1	0.5	10.2	66.6	22.5
Legumes, seeds, and nuts-----	1,113	17,943	0.0	0.0	0.7	7.0	55.3	37.0
Fruits and vegetables, all kinds-----	1,116	17,969	3.1	18.3	38.4	31.2	8.4	0.7
Fruits and vegetables rich in vitamin A-----	1,116	17,973	0.0	0.0	0.3	4.4	65.2	30.1
Fruits and vegetables rich in vitamin C-----	1,115	17,960	0.4	0.5	6.4	32.6	45.4	14.8
Bread-----	1,116	17,966	1.1	28.6	34.7	25.2	9.5	0.9
Cereals-----	1,115	17,931	0.1	0.0	0.5	14.6	40.1	44.7
Fats and oils-----	1,116	17,977	0.4	14.1	22.6	35.5	17.0	10.4
Desserts-----	1,114	17,948	0.4	0.8	6.4	27.4	46.7	18.4
Candy-----	1,117	17,992	0.2	0.3	1.6	9.8	35.8	52.2
Sweetened beverages <sup>1</sup> -----	1,115	17,943	1.0	1.3	3.5	16.9	33.5	43.8
Artificially sweetened beverages <sup>1</sup> -----	1,116	17,969	0.1	0.4	0.6	2.3	8.1	88.4
Coffee and tea-----	1,114	17,975	24.8	25.5	23.2	17.5	4.2	4.8
Salty snacks-----	1,117	17,992	0.0	0.0	0.1	4.5	37.4	57.9
<u>Black</u>								
Whole milk-----	203	1,614	0.2	0.7	8.8	14.4	37.6	38.3
Skim milk-----	204	1,674	0.0	0.1	0.0	7.1	13.2	79.5
Meat and poultry-----	204	1,674	0.0	1.9	28.2	42.7	27.0	0.2
Fish and shellfish-----	204	1,674	0.0	0.0	0.0	2.0	57.1	40.8
Eggs-----	204	1,674	0.0	0.0	0.4	24.3	64.7	10.5
Cheese-----	203	1,650	0.0	0.0	0.0	0.5	45.2	54.3
Legumes, seeds, and nuts-----	204	1,674	0.0	0.2	0.0	5.8	61.7	32.3
Fruits and vegetables, all kinds-----	202	1,641	4.3	11.8	20.8	33.5	27.6	2.1
Fruits and vegetables rich in vitamin A-----	203	1,671	0.0	0.0	0.2	10.7	72.5	16.6
Fruits and vegetables rich in vitamin C-----	201	1,646	3.0	3.9	6.1	25.0	39.1	23.0
Bread-----	204	1,674	2.1	33.6	25.5	27.4	10.8	0.6
Cereals-----	204	1,674	0.0	0.3	1.4	7.1	42.2	48.9
Fats and oils-----	204	1,674	0.0	3.6	5.3	36.0	33.5	21.6
Desserts-----	203	1,670	0.0	0.2	1.1	21.8	47.7	29.3
Candy-----	203	1,669	0.0	0.4	0.0	5.7	34.2	59.7
Sweetened beverages <sup>1</sup> -----	204	1,674	0.2	5.0	8.4	28.0	34.4	23.9
Artificially sweetened beverages <sup>1</sup> -----	204	1,674	0.0	0.0	0.6	4.0	8.4	87.0
Coffee and tea-----	203	1,650	2.7	6.3	17.9	44.2	18.8	10.1
Salty snacks-----	203	1,671	0.0	0.0	0.3	6.3	22.8	70.6

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.



Table 13. Number of persons in sample, estimated population, and percent distribution of females aged 65-74 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<b>White</b>			<b>Percent distribution</b>					
Whole milk-----	1,465	6,481	0.5	3.7	10.3	25.4	27.7	32.3
Skim milk-----	1,466	6,487	0.4	1.2	5.3	9.6	12.7	70.7
Meat and poultry-----	1,459	6,470	0.2	0.3	16.0	55.2	26.7	1.5
Fish and shellfish-----	1,465	6,486	0.0	0.0	0.0	0.4	46.6	53.0
Eggs-----	1,465	6,485	0.0	0.0	0.5	16.1	61.6	21.8
Cheese-----	1,463	6,475	0.0	0.2	0.6	12.0	65.2	21.9
Legumes, seeds, and nuts-----	1,462	6,467	0.0	0.1	0.1	3.6	40.8	55.4
Fruits and vegetables, all kinds-----	1,451	6,442	4.5	23.8	40.0	24.0	7.2	0.4
Fruits and vegetables rich in vitamin A-----	1,452	6,435	0.0	0.0	0.8	6.2	64.4	28.5
Fruits and vegetables rich in vitamin C-----	1,452	6,437	0.1	1.1	7.7	41.2	36.0	13.8
Bread-----	1,461	6,468	0.7	19.3	32.3	34.8	11.2	1.7
Cereals-----	1,465	6,485	0.0	0.2	0.5	25.5	43.3	30.5
Fats and oils-----	1,465	6,480	0.4	14.3	20.7	39.7	13.5	11.4
Desserts-----	1,462	6,470	0.0	0.4	5.4	27.8	43.6	22.7
Candy-----	1,461	6,464	0.3	0.6	1.5	12.8	29.6	55.2
Sweetened beverages <sup>1</sup> -----	1,464	6,469	0.1	0.3	1.4	8.6	22.5	67.1
Artificially sweetened beverages <sup>1</sup> -----	1,466	6,487	0.2	0.1	0.7	2.7	7.0	89.4
Coffee and tea-----	1,464	6,483	10.0	30.0	27.4	24.2	3.2	5.1
Salty snacks-----	1,465	6,482	0.0	0.1	0.5	2.4	18.0	79.0
<b>Black</b>								
Whole milk-----	295	612	0.0	2.2	9.6	16.3	27.8	44.1
Skim milk-----	296	613	0.0	0.2	2.7	5.5	17.1	74.5
Meat and poultry-----	295	607	0.0	1.4	11.0	43.9	42.2	1.5
Fish and shellfish-----	295	607	0.0	0.0	0.0	0.0	58.1	41.9
Eggs-----	295	612	0.0	0.0	0.4	28.2	49.9	21.6
Cheese-----	294	609	0.0	0.0	0.0	2.6	44.8	52.6
Legumes, seeds, and nuts-----	295	607	0.0	0.0	0.0	0.9	44.8	54.3
Fruits and vegetables, all kinds-----	292	604	1.3	10.5	30.8	39.1	16.2	2.0
Fruits and vegetables rich in vitamin A-----	290	596	0.0	0.0	0.6	10.8	73.6	15.0
Fruits and vegetables rich in vitamin C-----	290	595	0.6	0.0	10.1	28.6	39.5	21.2
Bread-----	296	613	0.0	22.5	28.1	29.7	17.4	2.2
Cereals-----	295	612	0.0	0.0	0.1	14.4	41.3	44.2
Fats and oils-----	296	613	2.3	4.5	10.7	44.9	22.3	15.3
Desserts-----	294	611	0.0	0.0	3.9	19.3	51.4	25.4
Candy-----	296	613	0.0	0.4	0.6	14.5	25.1	59.4
Sweetened beverages <sup>1</sup> -----	293	605	0.0	0.4	4.3	16.9	36.2	42.2
Artificially sweetened beverages <sup>1</sup> -----	296	613	0.0	0.1	2.2	2.3	8.1	87.3
Coffee and tea-----	296	613	0.9	5.3	16.1	47.3	14.3	16.1
Salty snacks-----	294	604	0.0	1.0	0.0	1.7	17.8	79.4

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 14. Number of persons in sample, estimated population, and percent distribution of males aged 65-74 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>			Percent distribution					
Whole milk-----	1,315	4,870	0.7	5.1	12.1	27.4	23.0	31.6
Skim milk-----	1,316	4,875	0.5	1.5	3.0	7.2	9.5	78.3
Meat and poultry-----	1,311	4,864	0.0	0.8	19.8	53.7	24.2	1.5
Fish and shellfish-----	1,315	4,873	0.0	0.0	0.1	1.1	47.3	51.4
Eggs-----	1,314	4,868	0.2	0.0	0.2	26.6	56.9	16.0
Cheese-----	1,311	4,860	0.0	0.1	0.8	10.2	62.7	26.3
Legumes, seeds, and nuts-----	1,314	4,868	0.0	0.2	0.4	6.5	48.3	44.6
Fruits and vegetables, all kinds-----	1,307	4,857	3.1	16.7	39.5	29.1	10.2	1.5
Fruits and vegetables rich in vitamin A-----	1,312	4,866	0.0	0.1	0.3	5.3	61.6	32.6
Fruits and vegetables rich in vitamin C-----	1,307	4,857	0.5	1.6	5.6	35.1	38.5	18.6
Bread-----	1,316	4,875	1.4	29.6	36.6	22.6	8.6	1.2
Cereals-----	1,315	4,872	0.1	0.0	0.7	27.9	39.5	31.8
Fats and oils-----	1,314	4,866	0.6	18.6	22.2	31.8	13.4	13.5
Desserts-----	1,314	4,873	0.2	1.2	7.0	28.2	45.1	18.3
Candy-----	1,315	4,874	0.2	0.5	0.7	12.8	25.7	60.0
Sweetened beverages <sup>1</sup> -----	1,316	4,875	0.4	0.2	2.7	12.3	26.6	57.7
Artificially sweetened beverages <sup>1</sup> -----	1,314	4,864	0.1	0.2	0.4	1.9	5.3	92.1
Coffee and tea-----	1,314	4,871	12.7	29.1	26.0	22.2	4.7	5.2
Salty snacks-----	1,314	4,869	0.1	0.0	0.4	2.9	27.0	69.5
<u>Black</u>								
Whole milk-----	283	473	1.0	1.9	6.1	25.2	30.4	35.4
Skim milk-----	283	473	0.2	0.0	0.0	6.2	14.9	78.8
Meat and poultry-----	282	472	0.2	2.3	19.5	41.9	35.6	0.5
Fish and shellfish-----	282	472	0.0	0.0	0.0	1.4	54.5	44.1
Eggs-----	283	473	0.0	0.2	0.0	32.2	50.8	16.9
Cheese-----	282	472	0.0	0.0	0.0	3.7	37.5	58.7
Legumes, seeds, and nuts-----	280	469	0.2	0.0	0.7	3.4	56.3	39.5
Fruits and vegetables, all kinds-----	278	463	2.5	10.3	24.3	30.9	28.6	3.3
Fruits and vegetables rich in vitamin A-----	279	465	0.2	0.0	1.4	8.1	64.3	26.0
Fruits and vegetables rich in vitamin C-----	281	467	0.5	0.9	2.2	29.3	43.2	24.0
Bread-----	279	464	1.3	17.6	48.2	25.4	5.4	2.0
Cereals-----	283	473	0.0	0.0	1.4	11.4	32.2	55.0
Fats and oils-----	281	464	0.0	5.4	12.9	31.7	25.0	25.0
Desserts-----	282	471	1.1	0.0	4.2	18.9	50.7	25.0
Candy-----	281	471	0.0	0.0	2.4	4.5	18.7	74.3
Sweetened beverages <sup>1</sup> -----	282	472	0.4	3.0	2.4	17.3	33.4	43.6
Artificially sweetened beverages <sup>1</sup> -----	282	472	0.1	0.0	0.0	0.5	4.3	95.0
Coffee and tea-----	281	470	3.8	4.7	13.8	51.4	10.1	16.2
Salty snacks-----	281	469	0.0	0.0	0.0	0.9	13.5	85.6

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 15. Number of persons in sample, estimated population, and percent distribution of females aged 1-5 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	157	866	20.0	35.8	19.8	9.6	7.8	7.0
Skim milk-----	159	870	0.5	2.0	2.0	0.7	1.7	93.2
Meat and poultry-----	159	870	0.2	1.6	25.1	52.3	20.7	0.0
Fish and shellfish-----	159	870	0.0	0.0	0.2	0.2	41.1	58.4
Eggs-----	159	870	0.0	0.2	0.2	31.8	60.8	7.0
Cheese-----	159	870	1.2	0.0	1.6	7.7	66.8	22.6
Legumes, seeds, and nuts-----	159	870	0.0	0.0	1.3	25.5	57.1	16.1
Fruits and vegetables, all kinds-----	159	870	6.1	16.1	31.0	35.8	7.4	3.6
Fruits and vegetables rich in vitamin A-----	159	870	0.0	1.1	0.0	2.8	54.9	41.1
Fruits and vegetables rich in vitamin C-----	157	865	0.0	0.4	8.2	22.4	44.7	24.3
Bread-----	158	861	6.2	19.0	27.7	32.6	10.0	4.5
Cereals-----	159	870	0.0	0.0	2.4	29.1	52.8	15.7
Fats and oils-----	159	870	3.0	14.1	19.9	34.3	17.3	11.3
Desserts-----	159	870	0.0	1.2	9.2	27.8	51.6	10.2
Candy-----	159	870	0.0	2.2	4.5	24.8	48.2	20.2
Sweetened beverages <sup>1</sup> -----	158	861	1.5	1.4	8.1	23.0	37.5	28.4
Artificially sweetened beverages <sup>1</sup> -----	159	870	0.0	0.2	0.0	2.8	3.2	93.7
Coffee and tea-----	159	870	0.0	0.4	2.3	15.4	15.5	66.4
Salty snacks-----	159	870	0.0	0.0	0.8	4.7	65.6	28.9
<u>Black</u>								
Whole milk-----	194	549	12.4	26.3	26.0	11.2	15.6	8.5
Skim milk-----	194	549	0.0	0.2	0.2	0.4	0.6	98.6
Meat and poultry-----	193	548	0.0	7.1	28.0	45.6	18.6	0.7
Fish and shellfish-----	194	549	0.0	0.0	0.0	0.5	55.5	44.0
Eggs-----	194	549	0.0	0.4	0.3	21.4	67.2	10.7
Cheese-----	194	549	0.0	0.0	0.0	12.0	51.5	36.6
Legumes, seeds, and nuts-----	193	549	0.0	0.0	0.0	12.4	70.7	16.9
Fruits and vegetables, all kinds-----	192	545	4.2	13.0	30.6	35.3	16.9	0.0
Fruits and vegetables rich in vitamin A-----	194	549	0.0	0.0	0.3	7.4	61.1	31.2
Fruits and vegetables rich in vitamin C-----	193	546	0.0	0.8	7.5	26.4	59.2	6.1
Bread-----	193	546	9.0	28.8	27.5	21.9	10.6	2.1
Cereals-----	193	546	0.0	0.7	2.1	35.7	53.5	8.0
Fats and oils-----	193	546	0.3	5.6	13.6	39.6	27.9	12.9
Desserts-----	192	545	0.3	5.4	14.0	34.2	38.0	8.1
Candy-----	191	543	0.6	0.5	3.1	30.3	50.7	14.8
Sweetened beverages <sup>1</sup> -----	194	549	0.4	1.9	4.7	32.8	42.6	17.5
Artificially sweetened beverages <sup>1</sup> -----	194	549	0.0	0.0	0.0	0.5	2.6	96.9
Coffee and tea-----	194	549	0.0	0.0	3.5	18.5	26.4	51.7
Salty snacks-----	193	546	0.0	0.0	0.8	26.1	65.5	7.6

See footnotes at end of table.

Table 15. Number of persons in sample, estimated population, and percent distribution of females aged 1-5 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	836	5,872	20.3	33.9	21.4	11.9	6.5	6.0
Skim milk-----	836	5,872	0.8	3.8	2.8	1.1	1.5	90.0
Meat and poultry-----	835	5,868	0.2	2.5	30.0	55.0	11.9	0.4
Fish and shellfish-----	836	5,872	0.0	0.0	0.0	0.7	49.9	49.4
Eggs-----	835	5,870	0.0	0.0	0.0	15.3	70.8	13.9
Cheese-----	835	5,861	0.0	0.0	1.4	17.1	68.1	13.3
Legumes, seeds, and nuts-----	834	5,856	0.4	0.7	1.3	12.4	64.9	20.3
Fruits and vegetables, all kinds-----	834	5,856	7.0	23.6	35.9	26.3	6.7	0.6
Fruits and vegetables rich in vitamin A-----	833	5,857	0.0	0.0	0.0	5.0	55.2	39.8
Fruits and vegetables rich in vitamin C-----	833	5,849	0.8	1.8	4.6	31.2	48.5	13.0
Bread-----	834	5,854	0.5	13.9	37.4	35.8	10.9	1.5
Cereals-----	835	5,860	0.1	0.2	1.9	31.2	57.4	9.1
Fats and oils-----	836	5,872	0.5	11.7	26.5	37.5	18.5	5.3
Desserts-----	835	5,860	0.4	2.8	15.7	39.5	37.7	3.8
Candy-----	831	5,839	0.2	0.4	3.3	24.7	54.9	16.5
Sweetened beverages <sup>1</sup> -----	835	5,863	2.3	3.2	6.8	26.0	44.2	17.4
Artificially sweetened beverages <sup>1</sup> -----	835	5,863	0.0	0.1	0.5	1.8	4.6	93.0
Coffee and tea-----	836	5,872	0.3	0.3	2.1	11.2	19.6	66.5
Salty snacks-----	835	5,865	0.0	0.8	1.5	11.9	63.2	22.7
<u>Black</u>								
Whole milk-----	151	602	18.1	33.2	19.4	16.0	10.2	3.0
Skim milk-----	153	612	0.1	0.0	3.5	0.0	0.5	95.9
Meat and poultry-----	152	603	0.0	3.7	39.7	48.5	8.1	0.0
Fish and shellfish-----	153	612	0.0	0.0	0.0	0.0	63.1	36.9
Eggs-----	153	612	0.0	0.0	0.0	16.9	73.0	10.0
Cheese-----	152	607	0.0	0.0	0.0	4.7	60.3	35.0
Legumes, seeds, and nuts-----	152	603	0.0	0.0	0.0	15.4	69.8	14.8
Fruits and vegetables, all kinds-----	151	602	5.4	13.8	40.6	32.2	8.0	0.0
Fruits and vegetables rich in vitamin A-----	152	603	0.0	0.0	0.2	7.9	65.6	26.3
Fruits and vegetables rich in vitamin C-----	151	599	0.3	2.9	3.8	32.1	49.5	11.4
Bread-----	153	612	5.2	20.3	26.7	31.8	14.8	1.2
Cereals-----	153	612	0.0	2.0	2.1	33.0	56.1	6.9
Fats and oils-----	152	607	0.3	3.9	17.6	40.9	26.5	10.8
Desserts-----	152	603	0.0	1.6	12.4	47.2	36.4	2.5
Candy-----	153	612	0.5	1.3	2.6	36.2	44.4	15.0
Sweetened beverages <sup>1</sup> -----	153	612	1.5	1.5	6.4	31.0	44.1	15.4
Artificially sweetened beverages <sup>1</sup> -----	153	612	0.0	0.0	0.0	0.2	1.2	98.6
Coffee and tea-----	153	612	1.3	0.0	0.0	7.5	17.1	74.1
Salty snacks-----	153	612	0.0	0.0	1.0	20.6	73.2	5.2

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 16. Number of persons in sample, estimated population, and percent distribution of males aged 1-5 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	171	953	24.2	27.9	19.2	15.5	10.0	3.2
Skim milk-----	171	953	0.3	0.9	2.6	1.3	3.7	91.1
Meat and poultry-----	171	953	0.0	0.5	17.8	61.5	19.7	0.5
Fish and shellfish-----	171	953	0.0	0.0	0.0	0.0	53.0	47.0
Eggs-----	171	953	0.0	0.0	3.6	21.9	68.4	6.1
Cheese-----	171	953	0.0	3.8	0.8	5.9	61.1	28.4
Legumes, seeds, and nuts-----	171	953	0.0	0.0	2.9	24.7	54.9	17.5
Fruits and vegetables, all kinds-----	171	953	5.1	21.4	28.5	33.6	11.2	0.2
Fruits and vegetables rich in vitamin A-----	171	953	0.0	0.0	0.0	1.7	50.0	48.3
Fruits and vegetables rich in vitamin C-----	171	953	0.3	1.8	2.6	21.0	57.2	17.1
Bread-----	171	953	3.6	22.6	33.2	23.1	11.9	5.5
Cereals-----	171	953	0.0	2.3	0.0	29.2	56.7	11.8
Fats and oils-----	171	953	2.2	10.2	18.4	34.4	21.8	12.9
Desserts-----	171	953	0.3	3.9	11.2	43.3	37.8	3.5
Candy-----	171	953	0.2	2.8	5.2	30.0	53.6	10.2
Sweetened beverages <sup>1</sup> -----	171	953	0.0	4.2	7.3	32.9	38.3	17.3
Artificially sweetened beverages <sup>1</sup> -----	171	953	0.0	0.2	0.0	1.5	0.3	97.9
Coffee and tea-----	171	953	0.0	0.6	3.4	14.2	26.8	55.2
Salty snacks-----	171	953	0.0	0.0	5.3	6.5	65.6	22.6
<u>Black</u>								
Whole milk-----	202	650	11.3	26.8	24.5	15.3	16.4	5.7
Skim milk-----	203	651	0.0	0.2	0.2	0.0	2.4	97.1
Meat and poultry-----	202	641	0.2	3.6	28.0	48.1	20.0	0.2
Fish and shellfish-----	203	651	0.0	0.0	0.0	2.8	64.8	32.4
Eggs-----	203	651	0.2	0.0	2.0	16.2	71.3	10.2
Cheese-----	202	650	0.0	0.0	0.2	5.2	57.2	37.4
Legumes, seeds, and nuts-----	203	651	0.0	0.0	1.3	20.6	64.3	13.9
Fruits and vegetables, all kinds-----	202	650	5.5	17.5	29.2	32.1	15.8	0.0
Fruits and vegetables rich in vitamin A-----	202	650	0.0	0.2	0.0	7.9	68.4	23.6
Fruits and vegetables rich in vitamin C-----	201	649	0.0	0.4	6.4	29.1	56.1	8.1
Bread-----	201	646	4.1	31.5	30.7	22.8	10.5	0.4
Cereals-----	203	651	0.0	0.2	1.3	36.7	52.3	9.5
Fats and oils-----	201	644	0.9	4.1	11.4	45.1	31.4	7.1
Desserts-----	201	648	0.0	1.0	10.4	47.5	37.4	3.8
Candy-----	200	646	0.4	4.8	5.6	24.6	50.6	14.1
Sweetened beverages <sup>1</sup> -----	203	651	0.2	3.4	4.8	32.0	51.3	8.2
Artificially sweetened beverages <sup>1</sup> -----	203	651	0.0	0.0	0.0	0.3	0.0	99.7
Coffee and tea-----	202	650	0.0	0.4	0.3	10.0	27.1	62.2
Salty snacks-----	202	650	0.3	0.0	1.8	24.9	66.4	6.6

See footnotes at end of table.

Table 16. Number of persons in sample, estimated population, and percent distribution of males aged 1-5 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					Seldom or never
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	883	6,052	19.9	35.3	20.1	9.7	7.4	7.5
Skim milk-----	885	6,071	1.9	4.1	2.8	1.0	2.7	87.5
Meat and poultry-----	882	6,046	0.4	1.0	29.4	54.9	13.9	0.3
Fish and shellfish-----	885	6,071	0.0	0.0	0.3	0.8	50.8	48.2
Eggs-----	885	6,071	0.0	0.0	0.2	16.3	69.3	14.2
Cheese-----	884	6,067	0.2	0.1	1.3	18.5	65.9	14.0
Legumes, seeds, and nuts-----	885	6,071	0.0	0.8	0.5	13.8	65.8	19.1
Fruits and vegetables, all kinds-----	885	6,071	8.9	26.0	35.3	23.2	6.4	0.2
Fruits and vegetables rich in vitamin A-----	882	6,046	0.3	0.0	0.3	4.5	53.3	41.6
Fruits and vegetables rich in vitamin C-----	882	6,046	0.8	1.9	5.7	29.2	47.7	14.7
Bread-----	885	6,071	1.1	16.5	36.9	34.8	9.1	1.6
Cereals-----	885	6,071	0.2	0.4	1.9	33.5	56.9	7.0
Fats and oils-----	885	6,071	0.3	10.4	27.0	41.0	16.0	5.3
Desserts-----	885	6,071	1.1	4.6	17.9	39.6	34.7	2.2
Candy-----	883	6,052	0.2	0.9	4.6	25.7	53.7	14.9
Sweetened beverages <sup>1</sup> -----	883	6,055	2.5	3.0	9.4	25.9	41.7	17.6
Artificially sweetened beverages <sup>1</sup> -----	885	6,071	0.3	0.0	0.5	1.2	4.8	93.2
Coffee and tea-----	883	6,055	0.8	0.8	2.8	10.8	21.4	63.4
Salty snacks-----	885	6,071	0.0	0.2	1.8	10.6	66.9	20.4
<u>Black</u>								
Whole milk-----	129	514	20.8	31.5	21.3	18.2	5.4	2.9
Skim milk-----	129	514	1.5	0.0	0.3	2.8	1.9	93.5
Meat and poultry-----	129	514	0.3	5.2	38.6	38.5	17.3	0.0
Fish and shellfish-----	129	514	0.0	0.0	0.0	0.6	56.1	43.2
Eggs-----	128	513	0.0	0.0	0.0	22.2	71.2	6.6
Cheese-----	128	513	0.0	0.3	0.3	9.4	55.5	34.5
Legumes, seeds, and nuts-----	129	514	0.0	0.0	0.3	25.9	66.3	7.5
Fruits and vegetables, all kinds-----	129	514	3.4	14.1	31.8	38.0	12.7	0.0
Fruits and vegetables rich in vitamin A-----	129	514	0.0	0.0	0.4	11.6	61.7	26.4
Fruits and vegetables rich in vitamin C-----	129	514	0.0	3.2	3.2	22.8	52.5	18.3
Bread-----	128	513	3.2	23.1	35.9	24.8	12.6	0.3
Cereals-----	129	514	0.0	0.2	0.3	36.4	61.6	1.5
Fats and oils-----	129	514	0.0	6.8	21.6	32.4	30.9	8.3
Desserts-----	129	514	0.0	2.3	10.9	41.2	38.5	7.1
Candy-----	129	514	0.2	0.9	6.5	23.2	51.6	17.6
Sweetened beverages <sup>1</sup> -----	129	514	1.4	5.0	6.3	23.2	48.0	16.2
Artificially sweetened beverages <sup>1</sup> -----	129	514	0.0	0.0	0.0	0.0	0.9	99.1
Coffee and tea-----	129	514	0.3	0.0	0.0	10.6	20.2	68.9
Salty snacks-----	129	514	0.0	0.2	4.1	27.6	61.6	6.5

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 17. Number of persons in sample, estimated population, and percent distribution of females aged 6-11 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	109	1,139	4.7	28.2	29.1	30.9	6.9	0.2
Skim milk-----	109	1,139	0.0	0.0	0.4	2.4	2.3	94.9
Meat and poultry-----	109	1,139	0.0	2.0	14.9	68.0	15.0	0.0
Fish and shellfish-----	109	1,139	0.0	0.0	0.0	0.0	56.5	43.5
Eggs-----	108	1,137	0.0	0.0	0.0	14.1	72.3	13.6
Cheese-----	109	1,139	0.0	0.0	0.0	4.6	76.9	18.5
Legumes, seeds, and nuts-----	109	1,139	0.0	0.7	2.5	32.5	59.7	4.7
Fruits and vegetables, all kinds-----	108	1,094	2.5	17.4	28.2	41.5	10.0	0.3
Fruits and vegetables rich in vitamin A-----	106	1,115	0.0	0.0	0.0	1.5	62.3	36.2
Fruits and vegetables rich in vitamin C-----	105	1,109	0.0	0.5	12.5	22.4	56.8	7.8
Bread-----	108	1,094	1.5	28.6	42.8	17.1	7.9	2.1
Cereals-----	109	1,139	0.0	0.0	0.5	27.0	56.9	15.6
Fats and oils-----	107	1,087	0.4	6.9	27.2	29.0	30.1	6.4
Desserts-----	109	1,139	0.0	0.2	9.9	49.3	36.8	3.9
Candy-----	109	1,139	1.2	0.7	3.3	33.9	45.9	15.0
Sweetened beverages <sup>1</sup> -----	109	1,139	1.7	6.6	1.9	27.1	51.7	11.0
Artificially sweetened beverages <sup>1</sup> -----	109	1,139	0.0	0.0	0.0	0.2	3.3	96.5
Coffee and tea-----	109	1,139	0.0	0.0	3.0	9.7	38.9	48.4
Salty snacks-----	108	1,137	0.0	0.0	0.2	12.6	78.8	8.3
<u>Black</u>								
Whole milk-----	140	789	3.0	18.9	28.0	31.9	16.5	1.8
Skim milk-----	140	789	0.0	0.0	0.0	1.0	8.9	90.1
Meat and poultry-----	140	789	0.0	1.5	42.5	45.3	10.7	0.0
Fish and shellfish-----	140	789	0.0	0.0	0.0	0.8	74.7	24.5
Eggs-----	140	789	0.0	0.0	0.4	18.4	72.1	9.2
Cheese-----	140	789	0.0	0.0	0.1	5.6	72.6	21.7
Legumes, seeds, and nuts-----	140	789	0.0	0.0	0.0	17.1	76.4	6.4
Fruits and vegetables, all kinds-----	138	785	3.1	11.1	35.2	42.2	8.4	0.0
Fruits and vegetables rich in vitamin A-----	138	785	0.0	0.0	0.3	6.6	76.1	17.0
Fruits and vegetables rich in vitamin C-----	138	785	0.0	0.7	3.1	39.1	55.0	2.1
Bread-----	140	789	4.9	44.0	34.6	13.1	3.0	0.4
Cereals-----	140	789	0.0	0.0	2.9	21.8	63.9	11.4
Fats and oils-----	140	789	0.3	9.6	23.8	26.5	27.8	12.0
Desserts-----	140	789	0.4	2.2	11.5	41.5	43.3	1.1
Candy-----	138	785	1.4	2.8	10.1	36.8	47.1	1.9
Sweetened beverages <sup>1</sup> -----	140	789	0.0	1.0	6.1	37.1	50.8	5.1
Artificially sweetened beverages <sup>1</sup> -----	139	786	0.0	0.0	0.0	0.3	0.3	99.3
Coffee and tea-----	139	784	0.0	0.0	4.6	6.3	31.6	57.6
Salty snacks-----	139	784	0.0	0.0	4.1	33.8	53.4	8.7

See footnotes at end of table.

Table 17. Number of persons in sample, estimated population, and percent distribution of females aged 6-11 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			<u>Percent distribution</u>					
<u>White</u>								
Whole milk-----	626	8,115	15.3	29.2	27.7	16.5	7.4	3.9
Skim milk-----	625	8,095	0.3	0.9	3.3	1.8	2.2	91.4
Meat and poultry-----	625	8,098	0.3	1.2	30.5	58.0	10.0	0.1
Fish and shellfish-----	626	8,115	0.0	0.0	0.2	0.9	54.5	44.4
Eggs-----	626	8,115	0.0	0.0	0.0	5.6	75.9	18.5
Cheese-----	624	8,072	0.0	0.2	0.2	10.0	74.3	15.2
Legumes, seeds, and nuts-----	626	8,115	0.0	0.0	0.8	16.5	65.0	17.7
Fruits and vegetables, all kinds-----	624	8,090	4.7	18.4	43.3	27.6	4.0	0.0
Fruits and vegetables rich in vitamin A-----	624	8,101	0.0	0.0	0.4	5.7	59.9	34.1
Fruits and vegetables rich in vitamin C-----	620	8,043	0.2	0.8	3.3	35.0	49.2	11.4
Bread-----	625	8,105	2.5	21.8	38.9	29.2	7.5	0.2
Cereals-----	626	8,115	0.1	0.0	1.1	27.4	62.8	8.6
Fats and oils-----	624	8,087	0.7	9.8	23.7	36.4	22.0	5.4
Desserts-----	626	8,115	0.3	2.2	16.7	45.2	32.7	2.9
Candy-----	625	8,100	0.3	0.3	3.5	21.4	62.8	11.7
Sweetened beverages <sup>1</sup> -----	626	8,115	2.2	2.4	6.0	26.3	48.8	14.4
Artificially sweetened beverages <sup>1</sup> -----	626	8,115	0.0	0.0	0.1	1.0	5.9	93.0
Coffee and tea-----	626	8,115	0.2	0.2	2.6	9.9	28.0	59.2
Salty snacks-----	624	8,089	0.0	0.5	1.4	19.1	66.2	12.8
<u>Black</u>								
Whole milk-----	90	709	1.5	31.5	25.6	24.1	17.4	0.0
Skim milk-----	90	709	0.0	0.0	0.0	0.6	0.9	98.4
Meat and poultry-----	89	706	0.0	0.6	43.9	47.0	8.5	0.0
Fish and shellfish-----	90	709	0.0	0.0	0.0	0.7	67.1	32.3
Eggs-----	89	706	0.5	0.0	1.5	11.4	74.2	12.4
Cheese-----	88	676	0.0	3.6	0.0	5.0	68.9	22.5
Legumes, seeds, and nuts-----	90	709	0.0	0.0	0.3	11.9	81.8	6.0
Fruits and vegetables, all kinds-----	90	709	7.2	17.8	37.1	26.0	12.0	0.0
Fruits and vegetables rich in vitamin A-----	90	709	0.0	0.0	0.5	6.5	75.1	17.9
Fruits and vegetables rich in vitamin C-----	90	709	0.0	0.0	7.0	36.7	48.1	8.2
Bread-----	90	709	3.3	37.2	36.5	20.7	2.3	0.0
Cereals-----	89	706	0.0	0.0	0.0	28.1	67.6	4.2
Fats and oils-----	88	686	0.0	4.2	24.0	37.1	23.9	10.7
Desserts-----	90	709	0.0	1.5	8.7	55.4	33.9	0.4
Candy-----	90	709	0.0	4.8	6.5	40.0	47.1	1.5
Sweetened beverages <sup>1</sup> -----	90	709	0.2	10.1	1.2	36.5	45.1	6.9
Artificially sweetened beverages <sup>1</sup> -----	90	709	0.0	0.0	0.0	0.0	5.8	94.2
Coffee and tea-----	90	709	0.0	0.5	0.0	5.2	38.2	56.0
Salty snacks-----	89	690	0.0	0.0	4.3	23.3	70.0	2.4

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.



Table 18. Number of persons in sample, estimated population, and percent distribution of males aged 6-11 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	121	1,427	13.4	33.2	20.7	21.1	6.9	4.8
Skim milk-----	121	1,427	0.2	0.0	0.0	0.0	3.7	96.1
Meat and poultry-----	120	1,404	0.0	2.0	26.7	46.8	24.5	0.0
Fish and shellfish-----	121	1,427	0.0	0.0	0.0	1.4	52.7	45.9
Eggs-----	121	1,427	0.0	0.0	0.0	26.5	63.9	9.5
Cheese-----	121	1,427	0.4	0.0	0.0	4.7	65.3	29.5
Legumes, seeds, and nuts-----	121	1,427	0.0	0.0	2.2	35.0	58.3	4.5
Fruits and vegetables, all kinds-----	120	1,418	2.7	15.7	23.6	39.7	17.8	0.5
Fruits and vegetables rich in vitamin A-----	118	1,397	0.0	0.3	0.0	2.5	64.7	32.5
Fruits and vegetables rich in vitamin C-----	119	1,407	0.4	0.0	0.6	27.4	60.5	11.1
Bread-----	121	1,427	3.4	32.3	38.0	22.2	2.9	1.1
Cereals-----	121	1,427	0.0	0.0	1.0	28.1	61.1	9.9
Fats and oils-----	120	1,417	0.3	11.9	21.1	32.0	20.3	14.5
Desserts-----	120	1,421	0.4	1.7	9.8	33.2	50.2	4.7
Candy-----	120	1,421	0.0	1.6	5.7	27.5	56.0	9.2
Sweetened beverages <sup>1</sup> -----	121	1,427	0.8	1.0	7.4	25.9	49.4	15.4
Artificially sweetened beverages <sup>1</sup> -----	121	1,427	0.0	0.0	0.0	0.0	1.8	98.2
Coffee and tea-----	121	1,427	4.5	0.2	2.1	16.8	22.8	53.6
Salty snacks-----	120	1,421	0.0	0.0	4.0	11.2	70.5	14.3
<u>Black</u>								
Whole milk-----	128	805	1.5	9.8	30.9	31.2	17.1	9.5
Skim milk-----	128	805	0.0	1.2	0.0	4.7	7.8	86.2
Meat and poultry-----	127	796	0.0	2.6	32.9	56.4	8.1	0.0
Fish and shellfish-----	128	805	0.0	0.0	0.0	3.9	61.4	34.7
Eggs-----	128	805	0.0	0.0	1.5	19.1	59.2	20.2
Cheese-----	128	805	1.8	0.0	0.6	7.3	49.3	40.9
Legumes, seeds, and nuts-----	128	805	0.0	0.0	3.3	33.5	54.4	8.8
Fruits and vegetables, all kinds-----	128	805	0.0	11.2	38.6	40.3	9.9	0.0
Fruits and vegetables rich in vitamin A-----	128	805	0.0	2.5	0.7	4.6	74.5	17.7
Fruits and vegetables rich in vitamin C-----	126	786	0.0	0.3	5.7	26.3	61.3	6.3
Bread-----	128	805	5.6	36.3	26.2	21.6	8.5	1.8
Cereals-----	128	805	0.0	0.0	3.1	29.3	56.8	10.7
Fats and oils-----	128	805	0.7	7.1	14.3	41.2	22.2	14.5
Desserts-----	128	805	0.0	1.1	11.8	48.5	36.7	1.9
Candy-----	128	805	0.7	0.0	3.3	40.5	50.7	4.8
Sweetened beverages <sup>1</sup> -----	128	805	0.0	1.9	5.5	41.6	48.0	3.0
Artificially sweetened beverages <sup>1</sup> -----	128	805	0.0	0.0	0.0	0.0	3.8	96.2
Coffee and tea-----	127	796	0.0	2.4	2.6	9.7	26.2	59.1
Salty snacks-----	127	780	2.6	0.3	3.8	25.5	63.8	4.0

See footnotes at end of table.

Table 18. Number of persons in sample, estimated population, and percent distribution of males aged 6-11 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	607	8,180	11.9	41.9	21.5	16.1	4.5	4.2
Skim milk-----	608	8,200	0.8	2.2	2.6	1.9	3.1	89.3
Meat and poultry-----	609	8,209	0.6	1.8	29.1	58.2	9.6	0.6
Fish and shellfish-----	608	8,186	0.0	0.0	0.2	0.3	55.5	44.1
Eggs-----	608	8,192	0.0	0.0	0.0	8.1	76.3	15.6
Cheese-----	609	8,209	0.0	0.0	0.5	6.6	71.2	21.7
Legumes, seeds, and nuts-----	608	8,192	0.3	0.5	0.6	17.5	68.5	12.6
Fruits and vegetables, all kinds-----	608	8,191	4.0	20.0	43.2	26.8	5.7	0.3
Fruits and vegetables rich in vitamin A-----	609	8,209	0.0	0.3	0.3	3.9	60.1	35.4
Fruits and vegetables rich in vitamin C-----	608	8,192	0.2	0.8	4.2	26.1	56.0	12.7
Bread-----	608	8,191	2.1	22.5	43.3	27.9	4.3	0.0
Cereals-----	608	8,193	0.0	0.6	2.3	31.6	59.1	6.5
Fats and oils-----	606	8,138	0.4	11.3	25.5	39.2	19.0	4.5
Desserts-----	609	8,209	0.5	4.7	16.7	45.1	31.2	1.8
Candy-----	609	8,209	0.4	1.1	3.5	22.6	57.3	15.1
Sweetened beverages <sup>1</sup> -----	605	8,154	1.1	2.9	8.7	23.4	49.9	13.9
Artificially sweetened beverages <sup>1</sup> -----	609	8,209	0.0	0.0	0.2	2.0	4.6	93.2
Coffee and tea-----	609	8,209	0.1	0.3	3.2	10.9	23.6	62.0
Salty snacks-----	608	8,204	0.2	0.0	1.4	20.3	65.2	12.8
<u>Black</u>								
Whole milk-----	96	696	7.3	19.9	33.2	30.0	8.4	1.2
Skim milk-----	96	696	0.0	0.0	0.0	0.9	2.8	96.3
Meat and poultry-----	96	696	0.5	5.5	40.4	43.2	9.2	1.3
Fish and shellfish-----	96	696	0.0	0.0	0.0	1.3	58.3	40.4
Eggs-----	96	696	0.0	0.5	0.0	14.4	68.1	17.0
Cheese-----	95	694	0.0	0.0	0.0	5.4	69.5	25.1
Legumes, seeds, and nuts-----	94	691	0.0	0.0	2.3	19.6	59.9	18.2
Fruits and vegetables, all kinds-----	95	694	4.9	32.4	28.7	25.5	8.5	0.0
Fruits and vegetables rich in vitamin A-----	96	696	0.0	0.0	0.4	7.6	72.4	19.5
Fruits and vegetables rich in vitamin C-----	95	689	0.3	0.0	3.4	30.4	52.4	13.5
Bread-----	96	696	3.0	41.8	36.8	15.4	2.7	0.3
Cereals-----	95	694	0.5	0.0	0.4	28.8	63.4	6.8
Fats and oils-----	95	694	4.0	10.0	21.1	32.4	21.7	10.7
Desserts-----	96	696	0.0	3.1	13.1	40.0	42.7	1.1
Candy-----	96	696	0.5	1.6	3.2	34.7	49.0	11.0
Sweetened beverages <sup>1</sup> -----	96	696	1.0	3.0	7.0	23.3	55.4	10.2
Artificially sweetened beverages <sup>1</sup> -----	96	696	0.0	0.0	0.0	0.5	3.1	96.3
Coffee and tea-----	96	696	0.0	0.0	0.8	4.7	34.2	60.2
Salty snacks-----	96	696	0.6	0.2	4.5	21.3	64.3	9.1

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 19. Number of persons in sample, estimated population, and percent distribution of females aged 12-17 years by frequency and intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<b>INCOME BELOW POVERTY LEVEL</b>			<b>Percent distribution</b>					
<u>White</u>								
Whole milk-----	107	1,084	3.3	13.6	25.9	29.3	15.7	12.1
Skim milk-----	107	1,084	0.0	0.0	0.0	5.8	2.4	91.7
Meat and poultry-----	106	1,062	0.0	1.9	26.0	49.5	22.6	0.0
Fish and shellfish-----	107	1,084	0.0	0.0	0.0	0.0	49.6	50.4
Eggs-----	107	1,084	0.0	0.0	0.0	17.5	61.6	20.9
Cheese-----	107	1,084	0.0	0.0	0.0	14.3	58.2	27.5
Legumes, seeds, and nuts-----	107	1,084	0.0	0.2	7.9	7.4	69.8	14.7
Fruits and vegetables, all kinds-----	106	1,079	2.5	18.1	30.0	38.8	10.6	0.0
Fruits and vegetables rich in vitamin A-----	107	1,084	0.0	0.0	0.3	3.5	49.5	46.6
Fruits and vegetables rich in vitamin C-----	107	1,084	0.0	0.0	3.5	23.3	59.5	13.7
Bread-----	107	1,084	3.4	18.7	31.7	31.8	14.1	0.3
Cereals-----	107	1,084	0.0	0.0	0.0	6.2	49.8	44.0
Fats and oils-----	107	1,084	3.4	8.5	24.4	38.5	16.6	8.5
Desserts-----	107	1,084	0.0	0.2	11.6	37.5	48.8	1.8
Candy-----	107	1,084	0.9	0.3	5.2	18.9	65.2	9.6
Sweetened beverages <sup>1</sup> -----	107	1,084	2.4	5.7	5.6	39.2	41.8	5.3
Artificially sweetened beverages <sup>1</sup> -----	107	1,084	0.0	0.0	3.1	0.2	10.1	86.6
Coffee and tea-----	107	1,084	1.2	0.3	8.5	24.2	30.4	35.4
Salty snacks-----	107	1,084	0.0	0.0	0.3	19.4	68.7	11.6
<u>Black</u>								
Whole milk-----	142	743	3.0	16.5	18.7	26.8	27.7	7.3
Skim milk-----	143	747	0.0	1.6	0.0	1.2	5.2	92.0
Meat and poultry-----	141	739	0.0	1.8	45.7	42.9	8.6	1.0
Fish and shellfish-----	143	747	0.0	0.0	0.0	0.3	58.8	40.9
Eggs-----	143	747	0.0	0.0	0.0	20.1	58.4	21.5
Cheese-----	142	743	0.0	0.0	1.4	2.1	61.0	35.5
Legumes, seeds, and nuts-----	142	745	0.0	0.0	0.0	15.0	69.2	15.8
Fruits and vegetables, all kinds-----	141	734	2.8	12.1	31.6	32.3	21.1	0.0
Fruits and vegetables rich in vitamin A-----	143	747	0.0	0.0	0.0	5.7	67.9	26.4
Fruits and vegetables rich in vitamin C-----	142	739	0.5	0.6	6.7	26.2	48.5	17.6
Bread-----	143	747	6.4	27.7	31.8	24.2	10.0	0.0
Cereals-----	142	739	0.5	0.0	1.3	13.2	56.7	28.3
Fats and oils-----	142	743	0.5	5.0	9.5	29.6	41.4	13.9
Desserts-----	142	739	1.0	3.2	8.7	29.2	55.5	2.4
Candy-----	142	739	4.6	2.1	9.2	34.3	34.4	15.3
Sweetened beverages <sup>1</sup> -----	142	743	3.6	2.9	21.6	24.1	43.9	4.0
Artificially sweetened beverages <sup>1</sup> -----	143	747	0.0	0.0	0.0	0.5	3.2	96.3
Coffee and tea-----	141	739	0.0	0.4	1.5	8.9	47.6	41.6
Salty snacks-----	142	743	0.0	1.4	4.9	27.4	61.6	4.8

See footnotes at end of table.

Table 19. Number of persons in sample, estimated population, and percent distribution of females aged 12-17 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	651	8,646	10.4	20.9	22.6	20.0	14.4	11.7
Skim milk-----	651	8,646	0.4	2.2	3.1	2.6	5.4	86.3
Meat and poultry-----	651	8,646	0.0	1.4	32.3	52.8	12.6	0.9
Fish and shellfish-----	650	8,628	0.0	0.0	0.1	0.8	48.1	51.0
Eggs-----	650	8,640	0.0	0.1	0.1	6.8	62.0	30.9
Cheese-----	650	8,631	0.1	0.0	0.7	8.9	67.9	22.5
Legumes, seeds, and nuts-----	650	8,633	0.0	0.0	0.3	9.5	65.1	25.1
Fruits and vegetables, all kinds-----	650	8,632	5.8	18.2	39.0	27.7	9.2	0.1
Fruits and vegetables rich in vitamin A-----	649	8,623	0.0	0.0	0.1	4.3	55.3	40.3
Fruits and vegetables rich in vitamin C-----	650	8,638	0.0	1.4	5.3	26.2	54.7	12.4
Bread-----	651	8,646	2.6	15.1	34.6	33.6	13.9	0.2
Cereals-----	651	8,646	0.0	0.0	0.4	12.1	49.1	38.5
Fats and oils-----	650	8,633	1.2	9.3	20.1	39.2	25.6	4.7
Desserts-----	651	8,646	0.5	2.4	10.8	30.9	48.9	6.5
Candy-----	650	8,639	0.4	1.2	3.7	18.4	58.0	18.3
Sweetened beverages <sup>1</sup> -----	651	8,646	1.8	2.8	7.9	27.4	45.6	14.4
Artificially sweetened beverages <sup>1</sup> -----	651	8,646	0.2	0.0	0.8	3.8	12.2	83.1
Coffee and tea-----	651	8,646	1.1	2.3	5.7	15.7	30.9	44.3
Salty snacks-----	651	8,646	0.2	0.0	1.2	12.0	67.3	19.3
<u>Black</u>								
Whole milk-----	106	904	5.3	6.7	13.4	35.2	29.7	9.7
Skim milk-----	105	901	0.0	0.0	1.3	1.9	6.3	90.5
Meat and poultry-----	106	904	0.9	1.9	46.9	38.8	10.8	0.7
Fish and shellfish-----	106	904	0.0	0.0	0.0	0.3	50.0	49.7
Eggs-----	106	904	0.0	0.0	1.3	13.2	53.6	31.9
Cheese-----	106	904	0.3	1.1	0.0	9.8	60.3	28.5
Legumes, seeds, and nuts-----	106	904	0.0	0.0	0.3	12.4	56.4	30.9
Fruits and vegetables, all kinds-----	106	904	2.6	14.5	39.8	31.5	11.6	0.0
Fruits and vegetables rich in vitamin A-----	105	901	0.0	0.0	0.5	1.7	80.9	17.0
Fruits and vegetables rich in vitamin C-----	106	904	0.0	0.0	5.5	32.7	55.6	6.3
Bread-----	106	904	5.9	30.6	35.5	14.2	13.9	0.0
Cereals-----	106	904	0.0	0.0	0.0	8.4	62.7	28.9
Fats and oils-----	106	904	0.0	6.2	15.9	27.2	42.3	8.5
Desserts-----	106	904	0.0	4.6	11.4	28.5	52.5	3.0
Candy-----	105	901	5.2	1.1	10.3	30.8	33.5	19.2
Sweetened beverages <sup>1</sup> -----	106	904	2.3	7.7	13.8	23.9	50.1	2.2
Artificially sweetened beverages <sup>1</sup> -----	106	904	0.0	0.0	0.0	0.0	8.1	91.9
Coffee and tea-----	106	904	0.7	0.0	4.4	9.8	27.3	57.7
Salty snacks-----	106	904	0.5	1.6	4.0	21.6	69.7	2.5

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 20. Number of persons in sample, estimated population, and percent distribution of males aged 12-17 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	100	980	7.1	30.4	24.0	19.5	18.2	0.8
Skim milk-----	100	980	0.0	0.0	0.8	6.2	1.1	91.9
Meat and poultry-----	100	980	0.0	4.4	29.4	38.8	24.5	2.9
Fish and shellfish-----	100	980	0.0	0.0	0.0	3.7	59.3	37.1
Eggs-----	100	980	0.0	0.0	0.6	15.2	55.5	28.8
Cheese-----	100	980	0.0	0.0	0.8	7.8	61.3	30.1
Legumes, seeds, and nuts-----	100	980	0.0	0.5	2.2	26.9	57.0	13.5
Fruits and vegetables, all kinds-----	100	980	0.8	9.6	36.6	39.3	13.7	0.0
Fruits and vegetables rich in vitamin A-----	100	980	0.0	0.0	0.0	3.6	55.0	41.4
Fruits and vegetables rich in vitamin C-----	99	976	0.0	1.0	5.9	21.8	44.7	26.5
Bread-----	100	980	7.4	34.6	37.6	14.4	6.0	0.0
Cereals-----	100	980	0.0	0.0	2.3	21.6	57.0	19.2
Fats and oils-----	99	972	4.7	17.6	8.6	31.2	25.3	12.7
Desserts-----	100	980	1.1	3.9	8.0	25.4	56.6	5.0
Candy-----	100	980	0.8	0.2	4.2	31.5	54.9	8.3
Sweetened beverages <sup>1</sup> -----	100	980	1.1	8.1	10.7	23.5	49.1	7.5
Artificially sweetened beverages <sup>1</sup> -----	100	980	2.3	0.0	0.0	0.0	6.1	91.7
Coffee and tea-----	100	980	0.5	3.9	3.3	19.1	25.2	48.0
Salty snacks-----	100	980	0.0	0.4	1.9	10.5	67.8	19.4
<u>Black</u>								
Whole milk-----	124	684	0.9	9.5	19.0	44.9	22.6	3.2
Skim milk-----	124	684	0.0	0.8	0.0	0.5	14.5	84.2
Meat and poultry-----	124	684	3.6	3.8	27.0	51.1	14.5	0.0
Fish and shellfish-----	124	684	0.0	0.0	0.0	1.6	51.3	47.1
Eggs-----	124	684	0.0	0.0	0.0	18.8	67.3	13.9
Cheese-----	123	681	0.0	0.0	0.0	2.2	66.1	31.6
Legumes, seeds, and nuts-----	124	684	0.0	0.0	1.3	13.0	76.6	9.0
Fruits and vegetables, all kinds-----	124	684	0.4	12.3	28.5	35.0	20.7	3.1
Fruits and vegetables rich in vitamin A-----	124	684	0.0	0.0	0.8	3.7	76.9	18.6
Fruits and vegetables rich in vitamin C-----	124	684	0.0	0.6	5.2	23.3	55.4	15.4
Bread-----	123	674	2.8	29.9	51.4	9.6	5.9	0.4
Cereals-----	124	684	0.0	0.0	0.4	17.5	62.3	19.7
Fats and oils-----	124	684	0.0	3.1	9.3	29.8	38.3	19.5
Desserts-----	124	684	2.1	0.0	20.4	35.5	38.3	3.7
Candy-----	124	684	3.2	2.1	14.0	28.3	43.2	9.3
Sweetened beverages <sup>1</sup> -----	124	684	0.7	1.5	14.9	37.6	42.2	3.1
Artificially sweetened beverages <sup>1</sup> -----	124	684	0.0	0.0	0.0	1.9	2.8	95.4
Coffee and tea-----	124	684	0.0	1.5	1.6	14.7	36.7	45.5
Salty snacks-----	124	684	0.7	0.0	5.6	21.2	65.0	7.5

See footnotes at end of table.

Table 20. Number of persons in sample, estimated population, and percent distribution of males aged 12-17 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			<u>Percent distribution</u>					
<u>White</u>								
Whole milk-----	656	9,026	16.5	27.4	24.2	15.5	12.0	4.3
Skim milk-----	655	9,023	0.6	1.9	1.7	1.5	3.7	90.6
Meat and poultry-----	655	9,003	0.2	1.8	36.7	47.9	13.4	0.0
Fish and shellfish-----	657	9,032	0.0	0.0	0.0	0.7	50.2	49.1
Eggs-----	657	9,032	0.3	0.1	0.0	6.9	70.9	21.8
Cheese-----	657	9,032	0.0	0.2	0.6	8.5	68.0	22.8
Legumes, seeds, and nuts-----	656	9,015	0.0	0.1	1.0	14.1	69.1	15.7
Fruits and vegetables, all kinds-----	656	9,015	4.6	16.9	36.9	31.5	9.3	0.8
Fruits and vegetables rich in vitamin A-----	653	8,993	0.0	0.0	0.2	4.3	52.5	43.0
Fruits and vegetables rich in vitamin C-----	654	8,996	0.3	1.1	4.9	25.6	55.8	12.3
Bread-----	656	9,008	5.3	19.7	42.1	25.4	7.0	0.4
Cereals-----	657	9,032	0.0	0.4	1.3	21.8	52.5	24.0
Fats and oils-----	656	9,015	2.0	7.5	22.9	36.1	26.4	5.0
Desserts-----	656	9,015	1.0	2.8	12.8	35.9	44.4	3.3
Candy-----	657	9,032	0.7	1.5	3.7	18.1	59.4	16.6
Sweetened beverages <sup>1</sup> -----	655	8,991	1.4	5.4	13.1	29.1	43.1	7.9
Artificially sweetened beverages <sup>1</sup> -----	657	9,032	0.2	0.2	0.4	0.7	6.5	92.0
Coffee and tea-----	657	9,032	0.3	1.9	4.5	18.5	29.5	45.3
Salty snacks-----	655	9,004	0.2	0.0	1.9	16.4	66.4	15.1
<u>Black</u>								
Whole milk-----	107	834	7.0	7.1	31.0	30.1	20.1	4.7
Skim milk-----	106	831	0.0	0.0	0.4	0.0	3.8	95.8
Meat and poultry-----	107	834	0.0	6.1	34.9	36.0	22.1	1.0
Fish and shellfish-----	107	834	0.0	0.0	0.0	2.4	53.8	43.8
Eggs-----	107	834	0.0	0.0	0.0	10.5	72.3	17.2
Cheese-----	107	834	0.0	0.0	0.0	2.8	70.8	26.5
Legumes, seeds, and nuts-----	107	834	0.0	0.3	0.0	14.5	64.1	21.0
Fruits and vegetables, all kinds-----	106	817	3.4	6.6	37.7	31.3	21.0	0.0
Fruits and vegetables rich in vitamin A-----	106	830	0.0	0.0	0.0	7.7	59.7	32.5
Fruits and vegetables rich in vitamin C-----	106	830	0.0	0.0	0.2	25.3	63.6	10.8
Bread-----	107	834	9.5	22.9	38.0	22.7	6.5	0.4
Cereals-----	107	834	0.0	0.0	7.0	9.3	55.1	28.7
Fats and oils-----	105	814	0.0	0.8	13.2	35.2	41.9	8.9
Desserts-----	106	817	3.3	1.9	12.9	22.0	55.4	4.4
Candy-----	107	834	0.3	5.8	7.3	26.3	34.4	25.8
Sweetened beverages <sup>1</sup> -----	107	834	6.2	5.1	17.0	25.0	45.3	1.4
Artificially sweetened beverages <sup>1</sup> -----	106	831	0.0	0.0	0.0	0.4	1.9	97.8
Coffee and tea-----	106	831	0.5	0.0	2.5	11.6	28.2	57.3
Salty snacks-----	107	834	0.0	6.9	5.1	22.4	59.9	5.7

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 21. Number of persons in sample, estimated population, and percent distribution of females aged 18-44 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					Seldom or never
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	448	3,161	0.7	7.1	13.7	21.1	30.9	26.6
Skim milk-----	448	3,161	0.1	1.5	0.9	4.2	11.5	81.7
Meat and poultry-----	448	3,160	0.0	0.4	21.1	56.6	19.7	2.1
Fish and shellfish-----	449	3,162	0.0	0.0	0.0	0.8	51.9	47.4
Eggs-----	449	3,162	0.0	0.1	0.0	19.9	61.8	18.2
Cheese-----	449	3,162	0.0	0.0	0.8	13.1	68.2	18.0
Legumes, seeds, and nuts-----	449	3,162	0.0	0.0	2.6	11.4	55.1	31.0
Fruits and vegetables, all kinds-----	446	3,152	2.0	14.8	28.9	38.6	14.6	1.0
Fruits and vegetables rich in vitamin A-----	448	3,161	0.0	0.0	0.0	2.3	53.5	44.2
Fruits and vegetables rich in vitamin C-----	447	3,157	0.0	0.7	3.6	28.6	51.8	15.4
Bread-----	449	3,162	1.2	15.2	33.4	28.8	19.3	2.0
Cereals-----	447	3,153	0.0	0.4	0.0	9.8	36.1	53.7
Fats and oils-----	449	3,162	1.3	4.7	18.1	38.9	23.9	13.1
Desserts-----	448	3,153	0.4	0.1	6.1	21.8	52.0	19.6
Candy-----	449	3,162	0.0	0.0	1.0	9.3	44.9	44.8
Sweetened beverages <sup>1</sup> -----	449	3,162	3.5	6.7	8.0	23.0	29.0	30.0
Artificially sweetened beverages <sup>1</sup> -----	449	3,162	0.0	0.6	0.9	5.0	14.3	79.1
Coffee and tea-----	449	3,162	15.5	11.1	19.5	26.0	11.5	16.4
Salty snacks-----	449	3,162	0.0	0.0	0.1	8.2	50.3	41.4
<u>Black</u>								
Whole milk-----	421	1,643	1.6	6.3	7.2	18.1	29.5	37.4
Skim milk-----	421	1,643	0.0	0.1	1.1	1.9	11.2	85.8
Meat and poultry-----	420	1,642	0.4	5.2	32.5	42.8	18.8	0.3
Fish and shellfish-----	421	1,643	0.0	0.0	0.0	0.5	62.1	37.4
Eggs-----	420	1,642	0.1	0.1	0.2	22.8	50.4	26.4
Cheese-----	420	1,642	0.1	0.0	0.1	4.7	55.7	39.4
Legumes, seeds, and nuts-----	421	1,643	0.0	0.0	0.0	5.5	70.7	23.7
Fruits and vegetables, all kinds-----	417	1,629	1.6	8.3	28.5	37.0	22.5	2.2
Fruits and vegetables rich in vitamin A-----	419	1,638	0.0	0.0	0.7	5.3	67.9	26.2
Fruits and vegetables rich in vitamin C-----	418	1,636	0.5	1.2	4.5	21.9	54.5	17.5
Bread-----	420	1,642	1.1	22.4	33.8	24.3	17.8	0.7
Cereals-----	421	1,643	0.0	0.1	0.0	8.8	34.8	56.3
Fats and oils-----	420	1,642	0.0	7.0	7.6	36.4	32.2	16.8
Desserts-----	420	1,642	0.1	0.9	4.7	21.9	50.2	22.2
Candy-----	418	1,630	0.7	1.8	2.8	12.6	38.1	44.1
Sweetened beverages <sup>1</sup> -----	420	1,642	4.4	10.2	14.9	29.0	31.9	9.6
Artificially sweetened beverages <sup>1</sup> -----	420	1,642	0.0	0.1	0.2	2.2	7.5	90.1
Coffee and tea-----	421	1,643	3.5	7.4	12.3	31.2	23.8	21.7
Salty snacks-----	421	1,643	0.0	0.8	1.8	11.3	43.1	43.0

See footnotes at end of table.

Table 21. Number of persons in sample, estimated population, and percent distribution of females aged 18-44 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			<u>Percent distribution</u>					
<u>White</u>								
Whole milk-----	3,404	28,962	2.0	6.7	13.7	22.2	27.1	28.3
Skim milk-----	3,405	28,965	0.3	1.3	3.5	4.5	7.7	82.7
Meat and poultry-----	3,401	28,917	0.1	0.6	27.3	57.1	14.6	0.3
Fish and shellfish-----	3,404	28,939	0.0	0.0	0.0	0.9	55.6	43.4
Eggs-----	3,405	28,965	0.0	0.0	0.2	14.3	66.6	19.0
Cheese-----	3,404	28,957	0.1	0.1	1.0	12.5	71.9	14.4
Legumes, seeds, and nuts-----	3,404	28,960	0.1	0.0	0.3	3.6	53.7	42.3
Fruits and vegetables, all kinds-----	3,401	28,933	3.8	18.7	36.6	33.9	6.7	0.2
Fruits and vegetables rich in vitamin A-----	3,401	28,942	0.0	0.0	0.2	3.4	59.0	37.3
Fruits and vegetables rich in vitamin C-----	3,403	28,946	0.3	1.3	5.9	32.3	47.9	12.3
Bread-----	3,403	28,950	0.3	12.4	30.4	39.1	16.5	1.4
Cereals-----	3,404	28,957	0.0	0.0	0.1	7.3	39.9	52.7
Fats and oils-----	3,404	28,962	0.3	8.2	21.8	41.0	20.9	7.8
Desserts-----	3,404	28,957	0.2	0.8	6.4	24.1	53.5	15.1
Candy-----	3,403	28,947	0.1	0.2	0.7	10.1	45.1	43.7
Sweetened beverages <sup>1</sup> -----	3,403	28,947	1.8	3.2	8.6	21.2	36.0	29.3
Artificially sweetened beverages <sup>1</sup> -----	3,404	28,961	0.3	0.7	3.0	6.8	13.1	76.1
Coffee and tea-----	3,401	28,939	19.3	15.9	19.5	21.9	12.2	11.3
Salty snacks-----	3,404	28,962	0.2	0.1	0.4	7.4	55.1	36.8
<u>Black</u>								
Whole milk-----	511	2,618	0.4	2.5	5.4	18.5	38.6	34.5
Skim milk-----	510	2,615	0.0	0.6	0.7	1.7	8.7	88.3
Meat and poultry-----	511	2,618	0.3	3.2	35.1	46.4	14.0	1.0
Fish and shellfish-----	511	2,618	0.0	0.0	0.4	0.8	65.3	33.5
Eggs-----	511	2,618	0.1	0.1	0.2	20.1	62.4	17.1
Cheese-----	511	2,618	0.0	0.0	0.7	3.6	61.9	33.9
Legumes, seeds, and nuts-----	511	2,618	0.0	0.9	0.0	5.6	50.0	43.5
Fruits and vegetables, all kinds-----	509	2,611	4.3	13.2	28.7	40.4	13.2	0.3
Fruits and vegetables rich in vitamin A-----	511	2,618	0.0	0.5	1.7	8.2	70.1	19.5
Fruits and vegetables rich in vitamin C-----	510	2,615	0.1	1.7	5.5	28.7	52.0	11.9
Bread-----	511	2,618	1.2	15.7	30.0	29.9	21.9	1.3
Cereals-----	511	2,618	0.0	0.0	0.1	4.3	37.1	58.5
Fats and oils-----	511	2,618	0.1	4.9	12.3	41.2	30.1	11.5
Desserts-----	511	2,618	0.1	1.3	6.2	24.7	51.1	16.6
Candy-----	511	2,618	0.2	1.1	2.1	10.1	35.6	50.9
Sweetened beverages <sup>1</sup> -----	510	2,616	1.9	7.2	15.3	28.3	35.2	12.1
Artificially sweetened beverages <sup>1</sup> -----	511	2,618	0.0	0.2	1.8	4.3	7.0	86.7
Coffee and tea-----	511	2,618	5.9	6.0	14.7	31.0	19.8	22.5
Salty snacks-----	509	2,600	0.0	0.3	0.4	9.4	50.0	39.8

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.



Table 22. Number of persons in sample, estimated population, and percent distribution of males aged 18-44 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	181	2,230	5.7	13.5	14.1	18.3	33.9	14.5
Skim milk-----	180	2,219	0.5	0.0	1.5	0.7	6.8	90.5
Meat and poultry-----	181	2,230	0.0	0.8	33.6	43.7	19.6	2.2
Fish and shellfish-----	181	2,230	0.0	0.0	0.0	0.2	48.8	51.0
Eggs-----	181	2,230	0.0	0.2	1.1	17.1	61.1	20.5
Cheese-----	181	2,230	0.0	0.0	0.0	13.5	60.4	26.2
Legumes, seeds, and nuts-----	181	2,230	0.0	0.0	0.9	15.1	60.8	23.2
Fruits and vegetables, all kinds-----	180	2,222	3.6	11.5	30.5	38.3	15.9	0.2
Fruits and vegetables rich in vitamin A-----	179	2,203	0.0	0.0	0.0	3.3	46.7	50.0
Fruits and vegetables rich in vitamin C-----	179	2,210	0.0	0.4	7.7	17.8	56.8	17.3
Bread-----	181	2,230	3.2	22.5	28.8	29.0	16.5	0.0
Cereals-----	181	2,230	0.0	0.0	1.2	9.9	35.5	53.4
Fats and oils-----	181	2,230	1.0	5.3	18.6	26.6	36.6	11.9
Desserts-----	181	2,230	0.6	0.4	5.2	18.9	59.2	15.9
Candy-----	181	2,230	0.0	0.0	0.4	13.7	43.5	42.5
Sweetened beverages <sup>1</sup> -----	181	2,230	5.8	1.2	10.8	23.4	46.1	12.8
Artificially sweetened beverages <sup>1</sup> -----	181	2,230	0.0	1.0	0.5	1.0	2.8	94.7
Coffee and tea-----	181	2,230	14.1	8.1	16.9	22.9	20.7	17.4
Salty snacks-----	181	2,230	0.0	0.0	0.8	6.8	61.0	31.4
<u>Black</u>								
Whole milk-----	101	898	0.6	6.5	8.4	11.1	42.7	30.6
Skim milk-----	101	898	0.0	0.0	0.6	1.2	10.4	87.8
Meat and poultry-----	101	898	0.7	8.5	38.4	41.7	10.3	0.5
Fish and shellfish-----	101	898	0.0	0.0	0.0	0.0	45.2	54.8
Eggs-----	101	898	0.0	0.0	0.6	33.2	55.6	10.5
Cheese-----	100	883	0.0	0.0	0.0	4.7	48.6	46.6
Legumes, seeds, and nuts-----	101	898	0.0	0.0	0.3	14.0	67.4	18.3
Fruits and vegetables, all kinds-----	101	898	4.1	5.0	20.2	40.8	27.3	2.5
Fruits and vegetables rich in vitamin A-----	101	898	0.0	0.0	0.0	5.6	76.8	17.6
Fruits and vegetables rich in vitamin C-----	100	894	0.0	1.8	1.0	32.9	49.1	15.3
Bread-----	101	898	3.1	25.6	38.8	18.5	13.9	0.0
Cereals-----	101	898	0.0	0.0	0.0	13.3	27.7	59.0
Fats and oils-----	100	847	5.1	7.0	7.1	27.6	28.1	25.2
Desserts-----	101	898	0.0	0.0	3.6	13.5	60.7	22.2
Candy-----	101	898	0.0	2.6	4.3	11.5	25.8	55.8
Sweetened beverages <sup>1</sup> -----	101	898	5.6	11.1	23.9	24.4	26.3	8.7
Artificially sweetened beverages <sup>1</sup> -----	101	898	0.0	0.0	0.0	1.7	2.0	96.3
Coffee and tea-----	101	898	2.5	14.9	7.0	30.5	25.7	19.4
Salty snacks-----	101	898	0.0	0.0	0.8	11.7	50.4	37.2

See footnotes at end of table.

Table 22. Number of persons in sample, estimated population, and percent distribution of males aged 18-44 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	1,609	27,763	3.9	10.7	18.4	24.7	24.5	17.7
Skim milk-----	1,609	27,763	0.3	1.1	0.9	2.3	6.4	89.1
Meat and poultry-----	1,609	27,763	0.1	4.1	43.7	42.3	9.4	0.4
Fish and shellfish-----	1,607	27,731	0.0	0.0	0.0	1.3	53.2	45.4
Eggs-----	1,609	27,763	0.0	0.1	0.2	14.5	69.4	15.8
Cheese-----	1,607	27,713	0.0	0.1	0.7	12.5	70.5	16.2
Legumes, seeds, and nuts-----	1,608	27,755	0.0	0.1	0.3	7.2	64.4	28.0
Fruits and vegetables, all kinds-----	1,609	27,763	2.7	13.1	37.5	36.9	9.5	0.3
Fruits and vegetables rich in vitamin A-----	1,609	27,763	0.0	0.0	0.3	2.9	58.4	38.4
Fruits and vegetables rich in vitamin C-----	1,609	27,763	0.2	0.7	5.2	27.3	51.6	15.1
Bread-----	1,609	27,763	1.3	22.4	35.2	30.3	10.4	0.4
Cereals-----	1,609	27,763	0.0	0.1	0.1	8.8	37.6	53.5
Fats and oils-----	1,609	27,763	0.7	11.8	22.7	34.5	21.8	8.5
Desserts-----	1,609	27,763	0.3	1.1	7.1	26.9	52.4	12.2
Candy-----	1,609	27,763	0.2	0.1	1.1	9.7	41.9	47.0
Sweetened beverages <sup>1</sup> -----	1,609	27,763	2.5	4.6	12.2	27.2	36.5	16.9
Artificially sweetened beverages <sup>1</sup> -----	1,609	27,763	0.1	0.2	0.6	2.4	7.1	89.6
Coffee and tea-----	1,608	27,747	23.5	15.2	18.6	18.4	12.5	11.7
Salty snacks-----	1,609	27,763	0.1	0.0	0.9	12.5	57.5	29.0
<u>Black</u>								
Whole milk-----	214	2,345	2.2	8.0	9.3	21.2	42.3	17.0
Skim milk-----	215	2,354	0.0	0.0	1.1	0.0	3.3	95.6
Meat and poultry-----	215	2,354	1.0	9.2	45.9	37.7	6.3	0.0
Fish and shellfish-----	215	2,354	0.0	0.0	0.0	0.0	52.0	48.0
Eggs-----	215	2,354	0.0	0.0	0.2	34.9	54.4	10.5
Cheese-----	215	2,354	0.0	0.0	1.4	5.9	65.6	27.1
Legumes, seeds, and nuts-----	215	2,354	0.0	0.0	0.0	4.5	63.4	32.1
Fruits and vegetables, all kinds-----	215	2,354	3.9	7.9	29.5	37.6	21.1	0.0
Fruits and vegetables rich in vitamin A-----	215	2,354	0.0	0.0	0.0	12.6	63.1	24.3
Fruits and vegetables rich in vitamin C-----	215	2,354	0.0	0.3	4.1	30.6	45.5	19.4
Bread-----	215	2,354	6.2	35.7	30.8	18.2	9.1	0.0
Cereals-----	215	2,354	0.0	0.0	0.1	3.4	40.5	56.0
Fats and oils-----	214	2,350	0.4	8.1	12.0	35.4	30.2	14.0
Desserts-----	214	2,350	0.0	1.9	4.9	23.5	54.5	15.1
Candy-----	215	2,354	0.4	0.3	3.9	14.3	36.1	45.0
Sweetened beverages <sup>1</sup> -----	215	2,354	4.7	9.6	22.4	34.2	24.9	4.2
Artificially sweetened beverages <sup>1</sup> -----	215	2,354	0.0	0.0	0.2	3.0	5.1	91.8
Coffee and tea-----	215	2,354	4.3	8.1	14.2	21.8	31.0	20.7
Salty snacks-----	215	2,354	0.0	0.2	0.8	7.1	61.4	30.5

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 23. Number of persons in sample, estimated population, and percent distribution of females aged 45-64 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<b>INCOME BELOW POVERTY LEVEL</b>			Percent distribution					
<u>White</u>								
Whole milk-----	112	1,312	0.9	6.4	11.5	21.5	25.6	34.1
Skim milk-----	111	1,292	0.0	0.5	2.8	7.6	4.9	84.2
Meat and poultry-----	112	1,312	0.0	0.0	7.7	58.6	32.8	0.9
Fish and shellfish-----	112	1,312	0.0	0.0	0.0	0.0	40.2	59.8
Eggs-----	112	1,312	0.0	0.0	1.8	27.1	50.5	20.7
Cheese-----	112	1,312	0.0	0.0	0.0	10.1	60.1	29.8
Legumes, seeds, and nuts-----	112	1,312	0.0	0.0	0.5	7.4	55.0	37.1
Fruits and vegetables, all kinds-----	112	1,312	1.6	12.8	39.1	27.1	17.9	1.5
Fruits and vegetables rich in vitamin A-----	112	1,312	0.0	0.0	0.0	4.5	69.5	26.0
Fruits and vegetables rich in vitamin C-----	112	1,312	0.0	0.0	5.2	24.3	47.5	23.0
Bread-----	112	1,312	0.5	25.5	24.2	36.4	10.0	3.4
Cereals-----	112	1,312	0.0	0.0	0.0	21.7	43.1	35.3
Fats and oils-----	112	1,312	0.5	9.7	14.4	40.0	19.9	15.4
Desserts-----	112	1,312	1.0	2.0	3.3	27.7	38.3	27.8
Candy-----	112	1,312	0.0	0.0	2.9	9.1	29.3	58.7
Sweetened beverages <sup>1</sup> -----	112	1,312	0.0	0.0	1.8	8.4	46.0	43.8
Artificially sweetened beverages <sup>1</sup> -----	112	1,312	0.0	0.0	0.7	0.5	11.7	87.1
Coffee and tea-----	112	1,312	15.7	33.9	23.6	23.6	1.0	2.3
Salty snacks-----	112	1,312	0.0	1.3	0.0	5.1	24.4	69.2
<u>Black</u>								
Whole milk-----	84	667	1.3	2.6	7.6	20.4	29.1	39.1
Skim milk-----	84	667	0.0	0.0	0.0	2.5	19.5	78.0
Meat and poultry-----	79	616	0.0	0.7	19.1	53.7	24.5	2.0
Fish and shellfish-----	84	667	0.0	0.0	0.0	0.6	65.7	33.6
Eggs-----	84	667	0.0	0.0	0.0	36.4	48.5	15.0
Cheese-----	84	667	1.1	0.0	0.0	2.4	51.8	44.8
Legumes, seeds, and nuts-----	84	667	0.0	0.0	0.6	10.8	51.3	37.3
Fruits and vegetables, all kinds-----	84	667	6.5	13.1	14.3	40.3	25.1	0.8
Fruits and vegetables rich in vitamin A-----	83	664	0.0	0.0	1.1	6.4	72.7	19.8
Fruits and vegetables rich in vitamin C-----	82	653	1.1	1.0	2.3	28.5	53.5	13.6
Bread-----	83	655	2.1	19.1	30.7	31.5	16.6	0.0
Cereals-----	84	667	0.0	0.0	1.4	6.7	40.8	51.0
Fats and oils-----	83	655	0.0	3.8	15.4	29.6	31.2	20.0
Desserts-----	84	667	0.0	0.0	1.0	15.9	57.8	25.3
Candy-----	84	667	0.0	0.0	6.9	21.6	26.1	45.4
Sweetened beverages <sup>1</sup> -----	83	656	1.9	0.9	1.8	14.1	46.0	35.3
Artificially sweetened beverages <sup>1</sup> -----	84	667	0.0	0.0	0.0	2.2	6.9	90.9
Coffee and tea-----	84	667	7.8	5.9	13.4	42.7	9.3	20.9
Salty snacks-----	84	667	0.0	0.0	0.0	14.1	21.2	64.7

See footnotes at end of table.

Table 23. Number of persons in sample, estimated population, and percent distribution of females aged 45-64 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			<u>Percent distribution</u>					
<u>White</u>								
Whole milk-----	1,075	17,418	0.4	3.5	8.9	19.7	28.3	39.2
Skim milk-----	1,073	17,377	0.1	0.7	3.9	7.2	11.9	76.1
Meat and poultry-----	1,075	17,418	0.0	0.3	21.2	57.2	21.0	0.3
Fish and shellfish-----	1,075	17,418	0.0	0.0	0.0	0.7	60.0	39.3
Eggs-----	1,075	17,418	0.0	0.1	0.2	14.3	68.1	17.4
Cheese-----	1,073	17,331	0.0	0.0	1.0	14.6	70.3	14.1
Legumes, seeds, and nuts-----	1,074	17,407	0.0	0.1	0.0	4.7	44.3	50.9
Fruits and vegetables, all kinds-----	1,075	17,418	6.9	22.1	43.2	22.5	5.4	0.0
Fruits and vegetables rich in vitamin A-----	1,071	17,343	0.2	0.0	0.3	5.7	67.4	26.4
Fruits and vegetables rich in vitamin C-----	1,073	17,376	0.6	1.1	8.3	40.5	38.2	11.3
Bread-----	1,075	17,418	0.8	13.5	32.2	37.1	14.2	2.2
Cereals-----	1,075	17,418	0.0	0.0	0.0	12.2	40.0	47.8
Fats and oils-----	1,073	17,384	0.6	11.0	21.4	38.5	16.5	11.9
Desserts-----	1,073	17,348	0.4	0.8	5.2	28.2	45.1	20.3
Candy-----	1,074	17,407	0.2	0.5	1.9	11.6	36.6	49.3
Sweetened beverages <sup>1</sup> -----	1,073	17,399	0.4	0.6	2.6	11.2	29.3	55.8
Artificially sweetened beverages <sup>1</sup> -----	1,074	17,392	1.0	0.3	1.5	5.8	14.9	76.5
Coffee and tea-----	1,074	17,412	23.6	27.1	23.6	18.9	3.2	3.6
Salty snacks-----	1,075	17,418	0.0	0.1	0.2	3.3	29.1	67.3
<u>Black</u>								
Whole milk-----	138	1,279	0.0	1.5	5.3	11.9	38.0	43.3
Skim milk-----	138	1,279	0.0	0.0	0.7	6.6	15.6	77.1
Meat and poultry-----	137	1,276	0.0	0.0	19.4	54.4	25.5	0.8
Fish and shellfish-----	138	1,279	0.0	0.0	0.0	0.0	69.0	31.0
Eggs-----	137	1,276	0.0	0.0	0.0	17.9	61.9	20.2
Cheese-----	138	1,279	0.0	0.0	0.0	8.4	58.4	33.3
Legumes, seeds, and nuts-----	138	1,279	0.0	0.0	0.0	3.7	50.1	46.2
Fruits and vegetables, all kinds-----	138	1,279	2.7	22.6	24.7	37.7	12.4	0.0
Fruits and vegetables rich in vitamin A-----	138	1,279	0.0	0.0	0.2	13.6	73.1	13.0
Fruits and vegetables rich in vitamin C-----	138	1,279	1.1	0.8	7.5	33.5	42.9	14.2
Bread-----	138	1,279	0.5	20.1	31.0	27.7	19.4	1.4
Cereals-----	138	1,279	0.0	0.0	0.0	7.6	39.2	53.2
Fats and oils-----	137	1,269	0.5	1.6	9.4	49.6	21.3	17.6
Desserts-----	138	1,279	0.0	0.0	0.2	19.9	49.1	30.8
Candy-----	138	1,279	0.0	2.0	1.6	9.5	23.1	63.8
Sweeten beverages <sup>1</sup> -----	138	1,279	0.0	0.4	1.4	23.7	39.4	35.2
Artificially sweetened beverages <sup>1</sup> -----	138	1,279	0.0	0.0	0.8	6.4	14.8	78.0
Coffee and tea-----	138	1,279	5.8	10.8	15.2	41.1	22.2	4.8
Salty snacks-----	137	1,276	0.0	0.0	0.0	3.6	26.0	70.4

<sup>1</sup> Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 24. Number of persons in sample, estimated population, and percent distribution of males aged 45-64 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					Seldom or never
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	
<u>INCOME BELOW POVERTY LEVEL</u>			<u>Percent distribution</u>					
<u>White</u>								
Whole milk-----	107	1,259	2.8	9.8	13.9	27.2	26.8	19.5
Skim milk-----	107	1,259	0.0	0.0	2.6	2.2	9.2	86.0
Meat and poultry-----	107	1,259	0.0	1.1	14.4	42.2	32.6	9.7
Fish and shellfish-----	107	1,259	0.0	0.0	0.0	0.0	38.3	61.7
Eggs-----	107	1,259	0.0	0.0	1.0	25.1	51.2	22.7
Cheese-----	107	1,259	0.0	0.0	0.0	5.8	48.8	45.4
Legumes, seeds, and nuts-----	107	1,259	0.0	0.0	3.1	10.3	51.1	35.4
Fruits and vegetables, all kinds-----	107	1,259	3.9	8.3	13.2	35.0	36.2	3.3
Fruits and vegetables rich in vitamin A-----	107	1,259	0.0	0.0	0.0	3.6	46.1	50.3
Fruits and vegetables rich in vitamin C-----	107	1,259	0.0	0.0	0.0	18.5	46.3	35.3
Bread-----	106	1,233	1.0	34.2	31.1	21.0	11.4	1.3
Cereals-----	107	1,259	0.0	0.0	0.0	12.6	32.0	55.4
Fats and oils-----	107	1,259	1.0	6.7	20.2	32.1	18.4	21.6
Desserts-----	106	1,256	0.0	2.5	1.6	18.6	51.2	26.0
Candy-----	107	1,259	0.0	0.0	1.0	11.5	31.6	55.9
Sweetened beverages <sup>1</sup> -----	107	1,259	0.0	1.9	2.5	8.6	38.3	48.7
Artificially sweetened beverages <sup>1</sup> -----	107	1,259	0.0	0.0	0.2	0.0	1.9	97.8
Coffee and tea-----	105	1,247	26.1	16.4	18.0	27.6	6.3	5.6
Salty snacks-----	107	1,259	0.0	0.0	0.0	5.2	18.2	76.6
<u>Black</u>								
Whole milk-----	64	440	0.0	0.7	8.8	7.8	33.1	49.6
Skim milk-----	65	500	0.0	0.0	0.0	20.4	16.7	63.0
Meat and poultry-----	65	500	0.0	3.4	23.1	42.4	30.5	0.5
Fish and shellfish-----	65	500	0.0	0.0	0.0	0.6	56.3	43.0
Eggs-----	65	500	0.0	0.0	0.8	18.6	63.9	16.8
Cheese-----	64	476	0.0	0.0	0.0	0.5	45.3	54.2
Legumes, seeds, and nuts-----	65	500	0.0	0.8	0.0	1.1	81.5	16.6
Fruits and vegetables, all kinds-----	64	476	4.0	3.8	4.7	49.9	31.4	6.1
Fruits and vegetables rich in vitamin A-----	64	497	0.0	0.0	0.0	6.2	75.8	18.1
Fruits and vegetables rich in vitamin C-----	63	474	0.0	4.0	0.8	28.8	32.5	33.8
Bread-----	65	500	0.0	30.8	18.6	28.8	20.4	1.5
Cereals-----	65	500	0.0	1.0	0.0	2.7	54.2	42.1
Fats and oils-----	65	500	0.0	2.8	0.5	41.1	19.2	36.4
Desserts-----	65	500	0.0	0.0	0.6	12.1	48.3	38.9
Candy-----	64	495	0.0	0.8	0.0	2.9	32.6	63.7
Sweetened beverages <sup>1</sup> -----	65	500	0.0	2.0	2.0	27.6	31.0	37.4
Artificially sweetened beverages <sup>1</sup> -----	65	500	0.0	0.0	0.0	12.0	4.3	83.7
Coffee and tea-----	64	476	2.5	9.3	10.0	35.8	21.4	21.0
Salty snacks-----	65	500	0.0	0.0	1.0	1.9	25.4	71.7

See footnotes at end of table.

Table 24. Number of persons in sample, estimated population, and percent distribution of males aged 45-64 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	966	16,014	1.7	4.7	13.2	28.4	26.6	25.4
Skim milk-----	965	15,992	0.4	1.0	1.7	6.9	9.6	80.4
Meat and poultry-----	966	16,014	0.2	1.4	32.1	51.1	14.8	0.5
Fish and shellfish-----	966	16,014	0.0	0.0	0.0	1.9	56.4	41.8
Eggs-----	965	15,991	0.2	0.0	0.1	21.3	64.2	14.2
Cheese-----	965	15,991	0.2	0.1	0.5	10.8	68.1	20.3
Legumes, seeds, and nuts-----	963	15,964	0.0	0.0	0.5	6.8	55.9	36.7
Fruits and vegetables, all kinds-----	965	15,991	3.1	19.1	40.0	31.1	6.2	0.5
Fruits and vegetables rich in vitamin A-----	965	15,995	0.0	0.0	0.3	4.1	67.2	28.4
Fruits and vegetables rich in vitamin C-----	964	15,981	0.4	0.6	6.4	33.9	45.4	13.3
Bread-----	966	16,014	1.1	28.3	35.5	25.1	9.3	0.7
Cereals-----	964	15,953	0.1	0.0	0.5	14.8	41.1	43.5
Fats and oils-----	965	15,998	0.4	14.9	23.0	36.0	16.5	9.2
Desserts-----	964	15,972	0.4	0.6	7.0	28.5	46.1	17.3
Candy-----	966	16,014	0.2	0.3	1.8	9.7	36.3	51.6
Sweetened beverages <sup>1</sup> -----	964	15,965	1.1	1.3	3.4	18.1	32.8	43.4
Artificially sweetened beverages <sup>1</sup> -----	965	15,991	0.2	0.4	0.7	2.6	8.6	87.5
Coffee and tea-----	965	16,008	25.0	26.6	23.5	16.6	3.5	4.8
Salty snacks-----	966	16,014	0.0	0.0	0.2	4.6	38.9	56.3
<u>Black</u>								
Whole milk-----	127	1,046	0.4	0.7	9.6	16.6	37.0	35.7
Skim milk-----	127	1,046	0.0	0.2	0.0	1.4	12.2	86.2
Meat and poultry-----	127	1,046	0.0	1.5	29.3	41.3	27.9	0.0
Fish and shellfish-----	127	1,046	0.0	0.0	0.0	2.9	60.2	36.8
Eggs-----	127	1,046	0.0	0.0	0.3	22.8	68.8	8.1
Cheese-----	127	1,046	0.0	0.0	0.0	0.5	46.4	53.1
Legumes, seeds, and nuts-----	127	1,046	0.0	0.0	0.0	8.7	53.8	37.5
Fruits and vegetables, all kinds-----	126	1,037	2.5	17.0	29.8	24.3	25.9	0.5
Fruits and vegetables rich in vitamin A-----	127	1,046	0.0	0.0	0.3	11.8	70.2	17.6
Fruits and vegetables rich in vitamin C-----	126	1,044	2.4	4.4	9.2	21.7	44.5	17.8
Bread-----	127	1,046	3.3	36.8	28.3	24.5	6.8	0.3
Cereals-----	127	1,046	0.0	0.0	2.3	5.2	38.1	54.4
Fats and oils-----	127	1,046	0.0	4.4	8.0	28.5	42.0	17.1
Desserts-----	126	1,043	0.0	0.3	0.7	26.5	46.0	26.6
Candy-----	127	1,046	0.0	0.3	0.0	7.5	36.5	55.8
Sweetened beverages <sup>1</sup> -----	127	1,046	0.4	7.1	12.2	26.8	33.5	20.1
Artificially sweetened beverages <sup>1</sup> -----	127	1,046	0.0	0.0	0.9	0.7	11.4	87.0
Coffee and tea-----	127	1,046	3.2	5.2	18.6	48.3	18.5	6.3
Salty snacks-----	126	1,043	0.0	0.0	0.0	9.1	23.8	67.1

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

Table 25. Number of persons in sample, estimated population, and percent distribution of females aged 65-74 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	309	1,119	0.2	4.0	15.0	25.0	28.4	27.3
Skim milk-----	309	1,119	0.4	1.8	4.5	7.1	14.2	71.9
Meat and poultry-----	307	1,117	0.3	0.0	10.5	44.5	40.7	4.1
Fish and shellfish-----	309	1,119	0.0	0.0	0.0	0.0	41.2	58.8
Eggs-----	308	1,117	0.0	0.1	1.1	21.4	56.3	21.1
Cheese-----	308	1,116	0.1	0.0	0.8	7.1	57.4	34.6
Legumes, seeds, and nuts-----	307	1,106	0.0	0.0	0.5	6.8	40.1	52.6
Fruits and vegetables, all kinds-----	303	1,109	4.0	13.6	35.1	30.2	16.0	1.1
Fruits and vegetables rich in vitamin A-----	305	1,108	0.0	0.1	1.6	6.6	53.9	37.9
Fruits and vegetables rich in vitamin C-----	305	1,108	0.3	0.1	5.4	34.2	38.4	21.6
Bread-----	307	1,114	0.2	26.1	34.0	29.2	9.3	1.2
Cereals-----	308	1,117	0.0	0.0	0.0	27.1	44.9	28.0
Fats and oils-----	309	1,119	0.2	13.8	20.2	38.7	15.9	11.2
Desserts-----	308	1,118	0.0	0.4	3.4	23.9	42.8	29.5
Candy-----	308	1,115	0.0	1.0	1.7	11.1	29.1	57.0
Sweetened beverages <sup>1</sup> -----	308	1,118	0.2	0.0	1.3	12.8	21.9	63.8
Artificially sweetened beverages <sup>1</sup> -----	309	1,119	0.1	0.0	0.2	4.4	5.4	89.9
Coffee and tea-----	307	1,114	10.0	24.6	27.4	28.7	4.2	5.1
Salty snacks-----	309	1,119	0.0	0.2	0.8	2.8	19.8	76.5
<u>Black</u>								
Whole milk-----	145	282	0.0	3.9	14.9	12.8	23.8	44.5
Skim milk-----	146	284	0.0	0.5	4.3	5.4	20.2	69.6
Meat and poultry-----	145	278	0.0	2.8	7.9	36.4	51.8	1.1
Fish and shellfish-----	145	278	0.0	0.0	0.0	0.0	57.6	42.4
Eggs-----	145	282	0.0	0.0	0.8	31.9	40.0	27.3
Cheese-----	144	279	0.0	0.0	0.0	1.0	38.6	60.3
Legumes, seeds, and nuts-----	145	278	0.0	0.0	0.0	0.6	47.9	51.5
Fruits and vegetables, all kinds-----	143	276	0.3	7.6	29.0	44.2	16.2	2.8
Fruits and vegetables rich in vitamin A-----	142	275	0.0	0.0	0.8	8.6	74.4	16.2
Fruits and vegetables rich in vitamin C-----	142	273	0.3	0.0	9.4	30.7	33.4	26.2
Bread-----	146	284	0.0	26.5	30.1	29.9	11.5	1.9
Cereals-----	145	282	0.0	0.0	0.3	16.3	41.3	42.2
Fats and oils-----	146	284	2.1	1.8	10.0	41.5	22.7	21.8
Desserts-----	145	282	0.0	0.0	0.5	16.3	53.3	29.9
Candy-----	146	284	0.0	0.9	1.0	10.0	32.2	56.0
Sweetened beverages <sup>1</sup> -----	146	284	0.0	0.0	3.9	14.4	36.3	45.4
Artificially sweetened beverages <sup>1</sup> -----	146	284	0.0	0.3	1.1	0.7	8.6	89.3
Coffee and tea-----	146	284	1.7	3.9	12.6	51.2	11.6	19.1
Salty snacks-----	145	278	0.0	0.0	0.0	3.6	21.9	74.5

See footnotes at end of table.

Table 25. Number of persons in sample, estimated population, and percent distribution of females aged 65-74 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	1,095	5,051	0.6	3.1	9.1	26.0	27.8	33.4
Skim milk-----	1,096	5,057	0.4	1.1	5.5	10.4	12.3	70.4
Meat and poultry-----	1,091	5,042	0.2	0.4	17.5	57.7	23.1	1.1
Fish and shellfish-----	1,095	5,056	0.0	0.0	0.0	0.5	48.5	50.9
Eggs-----	1,096	5,057	0.0	0.0	0.4	15.0	62.6	22.0
Cheese-----	1,094	5,047	0.0	0.3	0.6	12.8	66.3	20.0
Legumes, seeds, and nuts-----	1,094	5,050	0.0	0.1	0.0	3.0	41.3	55.6
Fruits and vegetables, all kinds-----	1,088	5,026	4.9	26.5	39.8	23.0	5.4	0.3
Fruits and vegetables rich in vitamin A-----	1,086	5,016	0.0	0.0	0.7	6.5	66.4	26.3
Fruits and vegetables rich in vitamin C-----	1,086	5,019	0.0	1.3	8.3	42.1	36.0	12.3
Bread-----	1,093	5,042	0.8	17.5	31.9	36.7	11.1	1.9
Cereals-----	1,096	5,057	0.0	0.3	0.6	24.5	43.2	31.4
Fats and oils-----	1,095	5,050	0.5	14.5	19.9	40.3	13.2	11.6
Desserts-----	1,093	5,041	0.0	0.4	5.7	28.6	43.8	21.4
Candy-----	1,092	5,038	0.4	0.6	1.5	13.1	29.7	54.8
Sweetened beverages <sup>1</sup> -----	1,095	5,050	0.1	0.4	1.5	7.9	23.1	67.1
Artificially sweetened beverages <sup>1</sup> -----	1,096	5,057	0.3	0.2	0.8	2.2	7.3	89.2
Coffee and tea-----	1,096	5,057	9.7	31.3	27.3	23.2	3.2	5.3
Salty snacks-----	1,095	5,052	0.0	0.1	0.5	2.3	17.6	79.6
<u>Black</u>								
Whole milk-----	136	290	0.0	0.8	5.7	19.6	32.6	41.2
Skim milk-----	136	290	0.0	0.0	1.0	6.3	16.2	76.6
Meat and poultry-----	136	290	0.0	0.3	15.4	50.3	31.9	2.0
Fish and shellfish-----	136	290	0.0	0.0	0.0	0.0	58.7	41.3
Eggs-----	136	290	0.0	0.0	0.0	22.9	58.9	18.2
Cheese-----	136	290	0.0	0.0	0.0	1.5	49.7	48.7
Legumes, seeds, and nuts-----	136	290	0.0	0.0	0.0	1.3	42.1	56.6
Fruits and vegetables, all kinds-----	135	289	2.6	9.5	34.4	34.5	17.4	1.6
Fruits and vegetables rich in vitamin A-----	134	282	0.0	0.0	0.5	14.1	72.4	12.9
Fruits and vegetables rich in vitamin C-----	134	282	0.9	0.0	8.5	27.5	44.8	18.3
Bread-----	136	290	0.0	13.3	29.5	30.1	25.4	1.8
Cereals-----	136	290	0.0	0.0	0.0	13.1	38.7	48.2
Fats and oils-----	136	290	0.0	4.8	11.4	48.2	24.9	10.7
Desserts-----	135	289	0.0	0.0	5.8	19.0	55.1	20.1
Candy-----	136	290	0.0	0.0	0.4	15.2	19.0	65.5
Sweetened beverages <sup>1</sup> -----	133	282	0.0	0.9	5.2	20.7	35.2	38.0
Artificially sweetened beverages <sup>1</sup> -----	136	290	0.0	0.0	3.6	4.2	7.6	84.6
Coffee and tea-----	136	290	0.2	5.5	18.9	47.3	16.5	11.7
Salty snacks-----	135	287	0.0	2.2	0.0	0.0	16.0	81.8

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.



Table 26. Number of persons in sample, estimated population, and percent distribution of males aged 65-74 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME BELOW POVERTY LEVEL</u>			<u>Percent distribution</u>					
<u>White</u>								
Whole milk-----	196	571	0.5	6.6	9.2	28.6	21.1	34.0
Skim milk-----	196	571	0.0	0.0	2.1	5.0	9.4	83.4
Meat and poultry-----	194	567	0.2	1.5	16.0	46.4	29.8	6.2
Fish and shellfish-----	195	569	0.0	0.0	0.2	0.8	37.7	61.3
Eggs-----	195	570	0.0	0.0	0.1	37.8	48.8	13.2
Cheese-----	194	566	0.0	0.0	0.0	4.2	54.9	40.9
Legumes, seeds, and nuts-----	195	570	0.0	1.3	0.8	4.7	42.3	50.8
Fruits and vegetables, all kinds-----	191	561	1.8	5.3	27.0	38.6	21.2	6.0
Fruits and vegetables rich in vitamin A-----	194	569	0.0	0.0	0.0	4.2	50.4	45.4
Fruits and vegetables rich in vitamin C-----	192	565	0.0	2.2	4.6	20.4	38.3	34.6
Bread-----	196	571	1.0	34.5	38.4	15.1	10.2	0.7
Cereals-----	196	571	0.0	0.0	1.1	18.3	32.9	47.7
Fats and oils-----	196	571	0.8	11.1	20.2	32.0	14.2	21.7
Desserts-----	196	571	0.3	0.9	2.1	17.9	45.4	33.5
Candy-----	195	570	0.2	0.1	0.6	11.4	22.0	65.6
Sweetened beverages <sup>1</sup> -----	196	571	0.0	0.3	3.2	14.0	26.3	56.2
Artificially sweetened beverages <sup>1</sup> -----	195	564	0.0	0.0	0.0	0.8	3.5	95.7
Coffee and tea-----	195	569	19.2	24.1	25.4	21.2	4.4	5.7
Salty snacks-----	196	571	0.0	0.3	0.0	0.2	21.1	78.5
<u>Black</u>								
Whole milk-----	119	174	0.0	2.0	7.5	15.7	37.1	37.7
Skim milk-----	119	174	0.0	0.0	0.0	4.2	13.2	82.6
Meat and poultry-----	118	173	0.0	2.7	19.5	26.2	50.5	1.1
Fish and shellfish-----	118	173	0.0	0.0	0.0	2.9	57.9	39.2
Eggs-----	119	174	0.0	0.4	0.0	43.1	43.3	13.2
Cheese-----	119	174	0.0	0.0	0.0	0.3	36.4	63.2
Legumes, seeds, and nuts-----	117	172	0.0	0.0	0.0	6.1	69.1	24.7
Fruits and vegetables, all kinds-----	116	167	0.4	2.7	11.4	35.5	44.2	5.7
Fruits and vegetables rich in vitamin A-----	117	172	0.0	0.0	0.6	5.0	70.4	24.0
Fruits and vegetables rich in vitamin C-----	119	174	0.0	1.2	1.1	16.7	49.5	31.6
Bread-----	116	169	3.2	29.0	34.8	27.9	4.7	0.4
Cereals-----	119	174	0.0	0.0	3.7	8.6	23.5	64.2
Fats and oils-----	119	174	0.0	8.2	12.8	25.2	29.2	24.6
Desserts-----	118	172	0.0	0.0	0.4	12.4	63.5	23.7
Candy-----	117	172	0.0	0.0	0.9	1.5	22.0	75.5
Sweetened beverages <sup>1</sup> -----	118	173	1.1	5.6	3.7	19.1	33.9	36.7
Artificially sweetened beverages <sup>1</sup> -----	118	173	0.0	0.0	0.0	0.0	6.3	93.7
Coffee and tea-----	117	172	0.3	3.0	16.6	50.8	9.9	19.3
Salty snacks-----	118	173	0.0	0.0	0.0	0.6	14.8	84.5

See footnotes at end of table.

Table 26. Number of persons in sample, estimated population, and percent distribution of males aged 65-74 years by frequency of intake of selected food groups, according to income level and race: United States, 1971-74—Con.

Income level, race, and food group	Number of persons in sample	Estimated population in thousands	Frequency of intake					
			4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>INCOME ABOVE POVERTY LEVEL</u>			Percent distribution					
<u>White</u>								
Whole milk-----	1,058	4,054	0.8	5.0	12.7	27.2	23.3	31.1
Skim milk-----	1,059	4,054	0.5	1.8	3.2	7.2	9.8	77.4
Meat and poultry-----	1,056	4,052	0.0	0.7	20.3	55.1	23.0	0.9
Fish and shellfish-----	1,059	4,059	0.0	0.0	0.2	1.2	48.2	50.5
Eggs-----	1,058	4,053	0.2	0.0	0.3	25.3	57.9	16.3
Cheese-----	1,058	4,053	0.0	0.2	0.9	10.6	63.8	24.5
Legumes, seeds, and nuts-----	1,058	4,053	0.0	0.1	0.3	6.7	49.8	43.1
Fruits and vegetables, all kinds-----	1,056	4,052	3.4	17.9	41.3	27.5	9.0	0.9
Fruits and vegetables rich in vitamin A-----	1,057	4,052	0.0	0.1	0.4	5.5	62.5	31.4
Fruits and vegetables rich in vitamin C-----	1,056	4,052	0.5	1.6	5.5	37.7	37.8	16.9
Bread-----	1,059	4,059	1.6	29.2	37.0	23.1	7.8	1.3
Cereals-----	1,058	4,056	0.1	0.0	0.5	29.2	39.9	30.3
Fats and oils-----	1,057	4,050	0.6	19.9	22.5	31.8	12.8	12.4
Desserts-----	1,058	4,058	0.2	1.2	8.0	29.5	45.5	15.6
Candy-----	1,059	4,059	0.2	0.5	0.8	12.8	26.3	59.4
Sweetened beverages <sup>1</sup> -----	1,059	4,059	0.5	0.2	2.6	12.0	27.3	57.4
Artificially sweetened beverages <sup>1</sup> -----	1,058	4,054	0.1	0.2	0.5	2.0	5.8	91.3
Coffee and tea-----	1,058	4,056	12.3	29.6	26.4	22.1	4.8	4.9
Salty snacks-----	1,057	4,053	0.1	0.0	0.5	3.2	28.7	67.5
<u>Black</u>								
Whole milk-----	148	276	1.7	1.9	5.7	29.6	25.9	35.1
Skim milk-----	148	276	0.3	0.0	0.0	8.0	14.7	77.1
Meat and poultry-----	148	276	0.3	2.3	20.6	53.2	23.3	0.2
Fish and shellfish-----	148	276	0.0	0.0	0.0	0.6	51.5	47.9
Eggs-----	148	276	0.0	0.0	0.0	27.3	54.4	18.3
Cheese-----	147	275	0.0	0.0	0.0	4.3	38.8	57.0
Legumes, seeds, and nuts-----	147	275	0.3	0.0	1.3	1.2	49.0	48.3
Fruits and vegetables, all kinds-----	146	273	4.0	13.9	32.3	28.8	19.2	1.8
Fruits and vegetables rich in vitamin A-----	146	271	0.3	0.0	0.0	10.2	62.5	27.0
Fruits and vegetables rich in vitamin C-----	146	271	0.9	0.7	3.1	35.5	40.0	19.8
Bread-----	147	271	0.3	10.6	57.6	23.8	4.7	3.1
Cereals-----	148	276	0.0	0.0	0.0	12.0	39.4	48.6
Fats and oils-----	146	267	0.0	3.9	13.7	34.8	20.8	26.8
Desserts-----	148	276	1.9	0.0	7.0	23.5	43.4	24.2
Candy-----	148	276	0.0	0.0	3.6	6.0	15.0	75.4
Sweetened beverages <sup>1</sup> -----	148	276	0.0	1.7	1.0	16.6	33.3	47.4
Artificially sweetened beverages <sup>1</sup> -----	148	276	0.3	0.0	0.0	0.9	2.9	96.0
Coffee and tea-----	148	276	6.2	4.4	12.1	52.6	10.1	14.5
Salty snacks-----	147	273	0.0	0.0	0.0	1.1	12.3	86.5

<sup>1</sup>Does not include alcoholic beverages.

NOTE: Percents may not add to 100.0 due to rounding.

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## APPENDIX I

# Demographic and Socioeconomic Terms

The demographic and socioeconomic characteristics of the population sampled are defined as follows.

*Age.*—The age recorded for each examinee was the age at his last birthday as of the date of examination. The age criterion for inclusion in the sample used in this survey was defined in terms of age at time of census interview. Some of those who were 74 years old at the time of interview became 75 years old by the time of the examination. There were 20 such cases. In the adjustment and weighting procedures used to produce national estimates, these persons were included in the 74-year-old group.

*Race.*—For each individual, race was recorded as “white,” “black,” or “other races.” The last category included American Indians, Chinese, Japanese, and all races other than white or black. Mexican persons were included with “white” unless definitely known to be American Indian or of a race other than white. Blacks and persons of mixed Negro and other parentage were recorded as “black.”

*Family income.*—The income recorded was the total income reported during the past 12 months by the head of the household and all other household members related to the head by blood, marriage, or adoption. This income was the total cash income (excluding pay in kind, e.g., meals, living quarters, or supplies provided in place of cash wages) except in the case of a family with its own farm or business, in which case net income was recorded. Also included in the family income figure were allotments and other money received by the family from a member of the Armed Forces whether he was living at home or not.

*Poverty index.*—Income status was deter-

mined by the Poverty Income Ratio (PIR). Poverty statistics published in Census Bureau reports<sup>4</sup> were based on the poverty index developed by the Social Security Administration in 1964. (For a detailed discussion of the SSA poverty standards, see references.<sup>5,6</sup>) Modifications in the definition of poverty were adopted in 1969.<sup>7</sup> The standard data series in poverty for statistical use by all executive departments and establishments has been established.<sup>8</sup>

The two components of the PIR are the total income of the household (numerator) and a multiple of the total income necessary to maintain a family with given characteristics on a nutritionally adequate food plan<sup>6</sup> (denominator). The dollar value of the denominator of the PIR is constructed from a food plan (economy plan) necessary to maintain minimum recommended daily nutritional requirements. The economy plan is designated by the Department of Agriculture for “emergency or temporary use when funds are low.”

For families of three or more persons, the poverty level was set at 3 times the cost of the economy food plan. For smaller families and persons living alone, the cost of the economy food plan was adjusted by the relatively higher fixed expenses of these smaller households.

The denominator or poverty income cutoff adjusts the family poverty income maintenance requirements by the family size, the sex of the family head, the age of the family head in families with one or two members, and the place of residence (farm, nonfarm). Annual revisions of the poverty income cutoffs are based on the

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NOTE: A list of references follows the text.

changes in the average cost of living as reflected in the Consumer Price Index.

As shown in table I, the annual income considered to be the poverty level increases as the family size increases. A family with any combination of characteristics and with the same income as shown in the table has been designated as having a PIR or poverty level of 1.0. The same family with twice the income found in the table would have a PIR of 2.0. Ratios of less than 1.0 can be described as "below poverty," ratios greater than 1.0, as "above poverty."

Poverty thresholds are computed on a national basis only. No attempt has been made to adjust these thresholds for regional, State, or other local variation in the cost of living (except for the farm, nonfarm difference). None of the noncash public welfare benefits such as food stamp bonuses or free food commodities are included in the income of the low-income families receiving these benefits.

Table I shows threshold income values for the combinations listed above.

Table I. Weighted average thresholds at the low-income level in 1971, by farm-nonfarm residence, sex of family head, and size of family: United States

Size of family	Total	Nonfarm			Farm		
		Total	Male head <sup>1</sup>	Female head <sup>1</sup>	Total	Male head <sup>1</sup>	Female head <sup>1</sup>
All unrelated individuals .....	\$2,033	\$2,040	\$2,136	\$1,978	\$1,727	\$1,783	\$1,669
Under 65 years .....	2,093	2,098	2,181	2,017	1,805	1,853	1,715
65 years and over .....	1,931	1,940	1,959	1,934	1,652	1,666	1,643
All families .....	3,700	3,724	3,764	3,428	3,235	3,242	3,079
2 persons .....	2,612	2,633	2,641	2,581	2,219	2,224	2,130
Head under 65 years .....	2,699	2,716	2,731	2,635	2,317	2,322	2,195
Head 65 years and over .....	2,424	2,448	2,450	2,437	2,082	2,081	2,089
3 persons .....	3,207	3,229	3,246	3,127	2,745	2,749	2,627
4 persons .....	4,113	4,137	4,139	4,116	3,527	3,528	3,513
5 persons .....	4,845	4,880	4,884	4,837	4,159	4,159	4,148
6 persons .....	5,441	5,489	5,492	5,460	4,688	4,689	4,656
7 persons or more .....	6,678	6,751	6,771	6,583	5,736	5,749	5,516

<sup>1</sup>For unrelated individuals, sex of the individual.

SOURCE: U.S. Bureau of the Census: Characteristics of the low-income population: 1971, *Current Population Reports*, Series P-60, No. 86, p. 18.

## APPENDIX II

# Dietary Frequency Questionnaire

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE  
PUBLIC HEALTH SERVICE  
HEALTH RESOURCES ADMINISTRATION  
NATIONAL CENTER FOR HEALTH STATISTICS  
HEALTH AND NUTRITION EXAMINATION SURVEY

FORM APPROVED  
O.M.D. NO. 88-1134

ASSURANCE OF CONFIDENTIALITY - All information which would permit identification of the individual will be held strictly confidential, will be used only by persons engaged in and for the purposes of the survey, and will not be disclosed or released to others for any other purposes. (22 FR 1687).

HRA-12-18 (Formerly HSM-425-18)  
11-73

NAME \_\_\_\_\_

BEGIN CARD NO. 1

SAMPLE NO. (1-5)	SEGMENT (6-11)	SERIAL (12-13)	COLUMN (14-15)	RESP. CODE (16)	DATE OF BIRTH (17-22)			"SEX" (23)	DATE OF INTERVIEW (24-29)									
					MO.	DAY	YEAR		MO.	DAY	YEAR							
<b>1 MILK (BEVERAGE AND ON CEREALS)</b>											<b>12 BREAKFAST CEREALS EITHER DRY AS CORN FLAKES OR COOKED SUCH AS OATMEAL</b>							
				NO. OF TIMES (30-31)		INTERVAL (32)						NO. OF TIMES (63-64)		INTERVAL (65)				
WHOLE FRESH MILK																		
<b>2 SKIM MILK</b>											<b>13 BUTTER AND MARGARINE (Fats &amp; Oils)</b>							
				(33-34)		(35)						(66-67)		(68)				
<b>3 MEAT AND POULTRY</b> All kinds such as beef, pork, lamb, veal, chicken, turkey, etc.											<b>14 DESSERTS such as: cake, pie, cookies, puddings, ice cream</b>							
				(36-37)		(38)						(69-70)		(71)				
<b>4 FISH OR SHELL FISH</b>											<b>15 "CANDY"</b>							
				(39-40)		(41)						(72-73)		(74)				
<b>5 EGGS</b>											CARD NO. 1		0 1					
<b>6 CHEESE AND CHEESE DISHES</b>											<b>BEGIN CARD NO. 2 Repeat Columns 1-16 from Card No. 1</b>							
				(42-43)		(44)						(17-18)		(19)				
<b>7 DRY BEANS AND PEAS like (Legumes/seeds/nuts)</b> Pinto beans, red beans, black-eye peas, peanuts and peanut butter											<b>16 BEVERAGES</b> COLD DRINKS, SUCH AS SODA, COLA, LEMONADE, KOOL-AID, MADE WITH SUGAR							
				(45-46)		(47)						(20-21)		(22)				
<b>8 FRUITS AND VEGETABLES</b> A) ALL KINDS - FRESH, CANNED, FROZEN, COOKED, OR RAW, JUICES											<b>17 COLD DRINKS, AS ABOVE, ARTIFICIALLY SWEETENED OR "DIET" DRINKS</b>							
				(51-52)		(53)						(23-24)		(25)				
<b>9 FRUITS AND VEGETABLES RICH IN VITAMIN A</b> dark-green and deep-yellow vegetables, fruits											<b>18 COFFEE OR TEA</b>							
				(54-55)		(56)						(26-27)		(28)				
<b>10 FRUITS AND VEGETABLES RICH IN VITAMIN C</b> grapefruit, orange, cantaloupe, etc.											<b>19 Salty SNACK FOODS (potato chips, corn chips, cheese snacks, etc.)</b>							
				(57-58)		(59)						(75-77)		(78)				
<b>11 BREAD</b> BREAD, ROLLS, BISCUITS, MUFFINS, CORNBREAD, PASTA, RICE, ETC.											<b>INTERVIEWER'S CODE</b>		<b>COMPLETION CODE</b>		<b>CARD NO. 2</b>		<b>(79-80)</b>	
				(60-61)		(62)						NO. OF TIMES CODE		INTERVAL CODE		"SEX" CODE (Use highest applicable code)		
												0=NONE OR NEVER		0=NEVER		1=MALE		
												1=UNKNOWN		1=DAILY		2=FEMALE EXCEPT		
												2=LESS THAN ONCE A WEEK		2=WEEKLY		3=REG. OR BREAK FEEDING		
												3=UNKNOWN		3=LESS THAN ONCE A WEEK		4=REG. 1-4 MOS.		
												RESPONDENT CODE		COMPLETION CODE		5=REG. 5-9 MOS.		
												1=SAMPLE PERSON		1=COMPLETED SATISFACTORY		6=REG. FEEDING/		
												2=SPOUSE		2=COMPLETED UNSATISFACTORY (SPECIFY)		7=REG. 1-4 MOS.		
												3=PARENT				8=REG. 5-9 MOS.		
												4=GRANDPARENT				9=REG. FEEDING/		
												5=COMBINATION OF ABOVE				0=REG. 0-9 MOS.		
												6=OTHER				0=OTHER		
												7=REFUSAL						
												8=NOT AVAILABLE						
												9=INFORMANT INCAPABLE						

APPENDIX III.

Source of Nutrients for Standard Food Groups:  
HANES I Dietary Frequency Data, 1971-74<sup>9-11</sup>

FOOD GROUP AND MAJOR CONTRIBUTING  
NUTRIENTS

OTHER NUTRIENTS

1. WHOLE MILK

Excellent source: Calcium, phosphorus, protein,  
vitamin A, riboflavin, and  
calories

Good source: Vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, and folacin

Fair source: Magnesium, thiamin, vitamin E

Low source: Iron—though low, has an excellent  
quality and is readily available in  
soluble form; copper; vitamin C;  
vitamin D—will vary depending on  
fortification

Major minerals: Potassium,  
calcium, chlorine, sodium,  
phosphorus, magnesium, iron,  
iodine

Minor mineral elements:  
Aluminum, boron, bromine,  
chromium, cobalt, copper,  
selenium, manganese, nickel,  
molybdenum, zinc, sulfur

Fat-soluble vitamins:  
A, D, E, K

Water-soluble vitamins:  
Thiamin, riboflavin, niacin,  
pantothenic acid, vitamin  
B<sub>6</sub>, folic acid, biotin,  
vitamin B<sub>12</sub>, vitamin C, and  
choline

2. SKIM MILK

Can be used as a substitute for whole or  
2-percent milk and is approximately equal  
in food value. Has fewer calories, is  
lower in vitamin A unless fortified, and  
has most of the fat removed.

3. MEAT AND POULTRY

Meat: Protein, fat

Excellent source: Phosphorus, magnesium, iron

Good source: Niacin, riboflavin, vitamin B<sub>6</sub>,  
vitamin B<sub>12</sub>, and vitamin A in  
liver

Thiamin, calcium, sodium,  
potassium, copper, zinc,  
sulfur, pantothenic acid,  
choline

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NOTE: A list of references follows the text.



## FOOD GROUP AND MAJOR CONTRIBUTING NUTRIENTS

Poultry: Protein, phosphorus, magnesium, iron, thiamin, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, vitamin A, riboflavin. Is lower in fat

### 4. FISH AND SHELLFISH

Excellent source: Protein

Phosphorus, magnesium, iron, thiamin, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, vitamin A, riboflavin

### 5. EGGS

Whites: Protein, riboflavin

Yolks: Vitamin A, vitamin E, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, thiamin, riboflavin, vitamin B, iron, cholesterol, biotin, choline

### 6. CHEESE AND CHEESE DISHES

Calories, protein, fat, calcium, vitamin A, riboflavin, phosphorus

### 7. LEGUMES, SEEDS, AND NUTS

Excellent source: Iron

Good source: Protein, thiamin, zinc, magnesium, niacin

Sprouted legumes: Rich in vitamin C

Soybeans:

Excellent source: Vitamin A, thiamin, phosphorus, potassium, calcium, iron, niacin, and riboflavin

Peanuts: Protein, sodium, potassium, phosphorus, thiamin, iron, riboflavin, niacin

Seeds:

Excellent source: Phosphorus, niacin  
Good source: Thiamin, riboflavin, calcium

Nuts: Fat, calories, protein  
Fair source: Thiamin, riboflavin, niacin

## OTHER NUTRIENTS

Sodium, potassium, sulfur, chloride, zinc, pantothenic acid, folic acid, choline

Fish: Potassium, vitamin A, zinc, pantothenic acid, choline

Shellfish: Iodine, zinc, sulfur, fluorine; appreciable amounts of cobalt, copper, calcium, sodium, potassium, cholesterol

Phosphorus, magnesium, sodium, copper, sulfur, zinc, folic acid

Iron, thiamin, magnesium, sulfur

Phosphorus, sulfur, manganese, copper, molybdenum, pantothenic acid, biotin

Manganese, phosphorus, biotin, magnesium, sulfur, copper

## FOOD GROUP AND MAJOR CONTRIBUTING NUTRIENTS

## OTHER NUTRIENTS

### 8.-10. FRUITS AND VEGETABLES

Fruits: Ascorbic acid, vitamin A

Vegetables: Vitamin A, ascorbic acid, Folic acid, potassium, and indigestible cellulose fiber (nonnutritive food constituent)

### 11. BREAD

### 12. CEREALS

Enriched foods from these groups supply:

Calories

Excellent source: Iron, vitamin B<sub>6</sub>, niacin, thiamin, and riboflavin

Fair source: Folacin

### 13. BUTTER AND MARGARINE (FATS AND OILS)

Calories, fat soluble vitamins: A, D, E, and K

### 14. DESSERTS

Calories and fat

### 15. CANDY

### 16. SWEETENED CARBONATED BEVERAGES AND BEVERAGES PREPARED WITH SUGAR

### 17. ARTIFICIALLY SWEETENED BEVERAGES

### 18. COFFEE AND TEA

Food and beverages from food groups 15-18 do not significantly contribute to the protein, mineral, or vitamin levels of the diet, but food groups 15 and 16 do supply calories.

### 19. SALTY SNACK FOODS

Calories and fat

Iron, magnesium, vitamin B<sub>6</sub>, indigestible cellulose fiber (nonnutritive food constituent), B-complex vitamins, appreciable amounts of sodium and potassium

Green leafy: Calcium, vitamin K, riboflavin, iron, ascorbic acid, thiamin, folic acid

Flowering: Phosphorus, riboflavin

Fruit: Vitamin C

Bulb: Vitamin C

Root: Thiamin

Phosphorus, magnesium, potassium, protein, manganese, copper, molybdenum, pantothenic acid

Cholesterol, essential fatty acids

Calcium, phosphorus, iron, sodium, potassium, vitamin A, thiamin, riboflavin, essential fatty acids and cholesterol. These nutrients vary, depending on the enrichment and/or fortification of the product.

Calcium, phosphorus, iron, sodium, potassium, thiamin

## APPENDIX IV

# A Daily Food Guide

The following guide appears in a *Home and Garden Bulletin* published by the U.S. Department of Agriculture.<sup>12</sup>

### A DAILY FOOD GUIDE

The daily food guide below presents foods in four groups on the basis of their similarity in nutrient content. The four groups are:

the meat group  
the vegetable-fruit group  
the milk group  
the bread-cereal group

#### MEAT GROUP

**FOOD INCLUDED:** Beef; veal; lamb; pork; variety meats, such as liver, heart, kidney. Poultry and eggs. Fish and shellfish.

As alternates—dry beans, dry peas, lentils, nuts, peanuts, peanut butter.

**AMOUNTS RECOMMENDED:** Choose two or more servings every day. Count as a serving: 2 to 3 ounces of lean cooked meat, poultry or fish—all without bone.

One egg, 1/2 cup cooked dry beans, dry peas, or lentils, or 2 tablespoons peanut butter may replace one-half serving of meat.

#### VEGETABLE-FRUIT GROUP

**FOODS INCLUDED:** All vegetables and fruits. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

##### Sources of Vitamin C:

Good sources—Grapefruit or grapefruit juice; orange or orange juice; cantaloupe; guava; mango; papaya; fresh strawberries; broccoli; brussels sprouts; green pepper; sweet red pepper.

Fair sources—honeydew melon; lemon; tangerine or tangerine juice; watermelon; asparagus tips; raw cabbage; collards; garden cress; kale; kohlrabi; mustard greens; potatoes and sweet potatoes cooked in the jacket; spinach; tomatoes or tomato juice; turnip greens.

##### Sources of Vitamin A:

Dark green and deep yellow vegetables and a few fruits: apricots, broccoli, cantaloupe, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweet potatoes, turnip greens and other dark green leafy vegetables, winter squash.

##### AMOUNTS RECOMMENDED:

Choose four or more servings every day, including:

One serving of a good source of vitamin C or two servings of a fair source.

One serving, at least every other day, of a good source of vitamin A. If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

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NOTE: A list of references follows the text.

The remaining one to three or more servings may be of any vegetable or fruit, including those that are valuable for vitamin C and for vitamin A.

Count as one serving: 1/2 cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium orange or potato, half a medium grapefruit or cantaloupe, or the juice of one lemon.

#### MILK GROUP

**FOODS INCLUDED:** Milk—fluid whole, evaporated, skim, dry, buttermilk.

Cheese—cottage; cream; Cheddar-type, natural or processed. Ice cream. Yogurt.

**AMOUNTS RECOMMENDED:** Some milk every day for everyone.

Recommended amounts are given below in terms of 8-ounce cups of whole fluid milk:

Children under 9	2 to 3	Adults	2 or more
Children 9 to 12	3 or more	Pregnant women	3 or more
Teenagers	4 or more	Nursing mothers	4 or more

Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk or dry milk.

Other milk products, such as cheese, ice cream or yogurt, may replace part of the milk. The amount it will take to replace a given amount of milk is figured on the basis of calcium content. Common portions of cheese, yogurt and ice cream and their milk equivalents in calcium are:

1-inch cube Cheddar-type cheese	= 1/2 cup milk
1/2 cup yogurt	= 1/2 cup milk
1/2 cup cottage cheese	= 1/3 cup milk
2 tablespoons cream cheese	= 1 tablespoon milk
1/2 cup ice cream or ice milk	= 1/3 cup milk

#### BREAD-CEREAL GROUP

**FOOD INCLUDED:** All breads and cereals that are whole grain, enriched or restored; check labels to be sure.

Specifically, this group includes: breads; cooked cereals; ready to eat cereals; cornmeal; crackers; flour; grits; macaroni and spaghetti; noodles; rice; rolled oats; and quick breads and other baked goods if made with whole-grain or enriched flour.

Bulgur and par-boiled rice and wheat also may be included in this group.

**AMOUNTS RECOMMENDED:** Choose four servings or more daily. Or, if no cereals are chosen, have an extra serving of breads or baked goods, which will make at least five servings from this group daily.

Count as one serving: 1 slice of bread; 1 ounce ready-to-eat cereal; 1/2 to 3/4 cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

#### OTHER FOODS:

To round out meals and meet energy needs, almost everyone will use some foods not specified in the four food groups. Such foods include: unenriched, refined breads, cereals, flours; sugars; butter, margarine, other fats. These often are ingredients in a recipe or added to other foods during preparation or at the table.

*Try to include some vegetable oil among the fats used.*

## APPENDIX V

# Statistical Notes

### The Survey Design

The sampling plan for the first 65 stands of the Health and Nutrition Examination Survey (HANES) followed a stratified multistage probability design in which a sample of the civilian noninstitutionalized population of the coterminous United States, 1-74 years of age, was selected. Excluded from the selection were persons residing in Alaska and Hawaii and those within the coterminous United States confined to institutions or residing on reservation lands of American Indians. Successive elements dealt with in the process of sampling were the primary sampling unit (PSU), census enumeration district (ED), segment (a cluster of households), household, eligible person, and finally sample person.

The starting points in the first stage of this design were the 1960 decennial census lists of addresses and the nearly 1,900 PSU's into which the entire United States was divided. Each PSU is either a standard metropolitan statistical area (SMSA), a county, or two or three contiguous counties. The PSU's were grouped into 357 strata for use in the Health Interview Survey and subsequently collapsed into 40 superstrata for use in Cycle II and Cycle III of the Health Examination Survey and HANES.

Fifteen of the 40 superstrata contained a single large metropolitan area of more than 2 million population. These 15 large metropolitan areas were chosen into the sample with certainty. The 25 noncertainty strata were classified into four broad geographic regions of approximately equal population and cross-classified into four broad population density groups in each region. Then a modified

Goodman-Kish controlled-selection technique was used to select two PSU's from each of the 25 noncertainty superstrata, with the probability of selection of a PSU proportionate to its 1960 population so that proportionate representation of specified State groups and rate of population change classes was maintained in the sample. In this manner a total first-stage sample of 65 PSU's was selected. These 65 sample PSU's, or stands, are the areas within which a sample of persons would be selected for examination over a 3-year survey period.

Although the 1970 census data were used as the frame for selecting the sample within PSU's when they became available, the calendar of operations required that 1960 census data be used for 44 of the 65 stands in the sample of HANES. ED's in each PSU were divided into segments of an expected six housing units each. In urban ED's the segments were clusters of six addresses from the 1960 Census Listing Books. For ED's not having usable addresses, area sampling was employed; consequently some variation in the segment size occurred. To make the sample representative of the current population of the United States, the address or list segments were supplemented by a sample of housing units that had been constructed since 1960.

Within each PSU a systematic sample of segments was selected. The ED's which fell into the sample were coded into one of two economic classes. The first class, identified as the "poverty stratum," was composed of "current poverty areas" that had been identified by the Bureau of the Census in 1970 (pre-1970 census), plus other ED's in the PSU with a mean income of less than \$3,000 in 1959 (based on 1960 census). The second economic class, the "nonpoverty,

stratum," included all ED's not designated as belonging to the "poverty stratum." All sample segments classified as being in the "poverty stratum" were retained in the sample. For those sample segments in "nonpoverty stratum" ED's, the selected segments were divided into eight random subgroups and one of the subgroups was chosen to remain in the HANES sample. This procedure permits a separate analysis with adequate reliability of those classified as being below the poverty level and those classified as being above the poverty level.

After identifying the sample segments, a list of all current addresses within the segment boundaries was made, and the households were interviewed to determine the age and sex of each household member as well as other demographic and socioeconomic information.

To select the persons in sample segments to be examined in HANES, all household members aged 1-74 in each segment were listed on a sample selection worksheet, with each household in the segment listed serially. The number of household members in each of the six age-sex groups shown below was listed on the worksheet under the appropriate age-sex group column. The sample selection worksheets were then put in segment number order, and a systematic random sample of persons in each age-sex group was selected to be examined using the following sampling rates.

Age	Rate
1-5 years . . . . .	1/2
6-19 years . . . . .	1/4
20-44 years (male) . . . . .	1/4
20-44 years (female) . . . . .	1/2
45-64 years . . . . .	1/4
65-74 years . . . . .	1

The persons selected in the 65-stand sample of HANES comprise a representative sample of the target population and included 28,043 sample persons 1-74 years of age. Of these, 20,749, or 74.0 percent, were examined. When adjustments are made for differential sampling for high-risk groups, the response rate becomes 75.2 percent.

All data presented in this report are based on "weighted" observations; that is, data recorded

for each sample person are inflated to characterize the subuniverse from which that sample person was drawn. The weight for each examined person is a product of the reciprocal of the probability of selecting the person, an adjustment for nonresponse cases (i.e., persons not examined), and a poststratified ratio adjustment which increases precision by making the final sample estimates of the population agree approximately with independent controls prepared by the U.S. Bureau of the Census for the noninstitutionalized population of the United States as of November 1, 1972 (approximate midsurvey point), by color, sex, and age (table II). Population estimates are included in some of the tables in greater detail than that used for weighting. These population figures, while not precise census estimates in this degree of age detail, are included to give a rough idea of the number in the population at risk.

A more detailed description of the survey design and selection technique can be found in *Vital and Health Statistics*, Series 1-No. 10a.<sup>3</sup>

### Nonresponse

In any health examination survey, after the sample is identified and the sample persons are requested to participate in the examination, the survey meets one of its more severe problems. Usually a sizable number of sample persons will not participate in the examination. Individual participation is determined by many factors, some of them uncontrollable, and therefore it may be treated as a random event with a particular probability of occurrence. If this probability were known and were greater than zero for all persons, then the examined persons would constitute a probability sample from which unbiased estimates of the target population could be derived. In this situation, the effect of nonparticipation would only reduce the sample size, thereby increasing the sampling errors of examination findings. In practice, however, a potential for bias due to nonresponse

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NOTE: A list of references follows the text.

Table II. Civilian noninstitutionalized population, by age, sex, and race: United States, November 1, 1972

Sex and race	Total	Age				
		1-5 years	6-19 years	20-44 years	45-64 years	65-74 years
Total .....	193,976,447	17,282,843	55,434,127	66,307,351	42,344,237	12,607,889
Male .....	94,151,059	8,818,156	28,014,291	31,757,861	20,090,791	5,469,960
White .....	82,652,067	7,407,500	23,911,243	28,195,112	18,190,148	4,948,064
Other races.....	11,498,992	1,410,656	4,103,048	3,562,749	1,900,643	521,896
Female .....	99,825,388	8,464,687	27,419,836	34,549,490	22,253,446	7,137,929
White .....	86,932,196	7,070,529	23,261,515	30,102,612	20,011,119	6,486,421
Other races.....	12,893,192	1,394,158	4,158,321	4,446,878	2,242,327	651,508

SOURCE: Unpublished estimates of September 27, 1974, from the U.S. Bureau of the Census.

exists because exact probabilities are never known. A further potential for bias exists if:

1. A sizable proportion of sample persons have a zero probability of participation; that is, if they would never agree to participate in an examination survey employing the same procedures and inducements.
2. These persons differ from other sample persons with respect to the characteristics under examination.

For these reasons intensive efforts are made in HANES to develop and implement procedures and inducements that reduce the number of nonrespondents, thereby reducing the potential for bias. These procedures and inducements are discussed in *Vital and Health Statistics*, Series 1-No. 10a.<sup>3</sup>

Despite these intensive efforts, 24.8 percent of the sample persons from the 65 stands were not examined. Consequently, the potential for sizable bias does exist in the estimates in this publication. However, from what is known about the nonrespondents and the nature of nonresponse, the likelihood of sizable bias is small. For instance, only a small proportion of persons gave reasons for nonparticipation which would lead to the belief that they would never

agree to participate in examination surveys and that they differed from examined persons with respect to the characteristic under examination. Only 15 percent of the nonrespondents gave as their reasons for nonparticipation personal illness, physical inability, pregnancy, antidoctor sentiment, or fear of finding something wrong. Typical among the reasons given by the other nonrespondents were: unable because of work, school, or household duties; suspicious or skeptical of the program; just not interested in participating; and private medical care sufficient or just visited doctor.

As was mentioned earlier, the data in this report are based on weighted observations, and one of the components of the weight assigned to an examined person was an adjustment for nonresponse. Since the probabilities of participation are not known for sample persons in HANES, a procedure was adopted which multiplies the reciprocal of the probability of selection of sample persons by a factor which brings estimates based on examined persons only up to a level which would have been achieved if all sample persons had been examined. This non-response adjustment factor is the ratio of the sum of sampling weights for all sample persons within a relatively homogeneous class defined by age, sex, and five income groups (under \$3,000, \$3,000-\$6,999, \$7,000-\$9,999, \$10,000-\$14,999, and \$15,000 and over) within each stand to the sum of sampling weights for all responding sample persons within the same

NOTE: A list of references follows the text.

homogeneous class for the same stand. To the degree that homogeneous groups can be defined which are also homogeneous with respect to the characteristics under study, the procedure can be effective in reducing the potential bias from nonresponse. For the 65-stand sample of HANES, the percent distribution of the non-response adjustment factors used for the 325 income group-stand cells is shown in table III.

### Missing Data

Examination surveys lose information not only through the failure to examine all sample persons, but also through the failure to obtain and record all items of information for examined persons.

Out of 20,514 black and white examinees ages 1-74 years, 402 (2.0 percent) had unsatisfactory dietary frequency records. In addition, there were a small number of cases for which the number of times a subject ate a particular food was recorded as unknown. The number of such items by food group is shown in table IV. No imputations were made for missing data.

### Standard Errors

The probability design of the survey makes possible the estimation of standard errors corresponding to the weighted estimates presented. The standard error is primarily a measure of sampling variability, that is, the variations that might occur by chance because only a sample of the population is surveyed. As calculated for this

Table III. Number and percent distribution of cells by size of nonresponse adjustment factors: HANES, stands 1-65, 1971-74

Size of factor	Number of cells	Percent distribution
Total.....	325	100.0
1.00-1.24.....	106	32.6
1.25-1.49.....	125	38.4
1.50-1.74.....	59	18.2
1.75-1.99.....	24	7.4
2.00-2.49.....	9	2.8
2.50-2.99.....	1	0.3
3.00-3.03.....	1	0.3

report, the standard error also reflects part of the variation which arises in the measurement process. It does not include estimates of any biases which might lie in the data. The chances are about 68 out of 100 that an estimate from the sample would differ from a complete census by less than the standard error. The chances are about 95 out of 100 that the difference would be less than twice the standard error and about 99 out 100 that it would be less than 2½ times as large.

Estimates of standard errors are obtained from the sample data and are themselves subject to sampling error when the number of cases in a cell is small, or even occasionally when the number of cases is substantial.

Estimates of the standard errors for the percentages of the frequency of intake of selected foods are shown in tables V through XVIII.

### Standards of Reliability and Precision

When percentages are reported, there is only one criterion used, which is that the number of people from which the percentage is calculated was at least 10. All statistics met the standards.

Table IV. Number of subjects with satisfactory completion codes but missing food items: HANES, stands 1-65, 1971-74

Food group	Number
Total .....	411
Whole milk .....	22
Skim milk .....	15
Meat and poultry .....	43
Fish and shellfish .....	10
Eggs .....	15
Cheese .....	35
Legumes, seeds, and nuts .....	29
Fruits and vegetables, all kinds .....	75
Fruits and vegetables rich in vitamin A .....	73
Fruits and vegetables rich in vitamin C .....	91
Bread .....	27
Cereals .....	15
Fats and oils .....	36
Desserts .....	32
Candy .....	36
Sweetened beverages <sup>1</sup> .....	27
Artificially sweetened beverages <sup>1</sup> .....	11
Coffee and tea .....	25
Salty snacks .....	29

<sup>1</sup>Does not include alcoholic beverages.



Table V. Standard errors for the percentages of frequency of intake of selected food groups for white persons aged 1-74 years, by income level: United States, 1971-74

Income level and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Income below poverty level</u>						
Whole milk-----	0.82	1.41	1.10	1.63	1.41	1.18
Skim milk-----	0.08	0.19	0.34	0.69	0.98	1.46
Meat and poultry-----	0.04	0.40	2.49	2.03	2.32	0.52
Fish and shellfish-----	-	-	0.01	0.18	2.20	2.18
Eggs-----	-	0.04	0.29	2.27	2.40	1.31
Cheese-----	0.08	0.20	0.19	1.25	2.32	2.55
Legumes, seeds, and nuts-----	-	0.07	0.59	1.86	1.96	1.67
Fruits and vegetables, all kinds-----	0.64	2.16	2.83	2.07	2.64	0.28
Fruits and vegetables rich in vitamin A-----	-	0.06	0.06	0.54	2.37	2.54
Fruits and vegetables rich in vitamin C-----	0.01	0.15	0.91	1.61	1.85	2.26
Bread-----	2.49	1.32	1.57	1.47	1.16	0.50
Cereals-----	-	0.12	0.23	1.50	1.50	2.03
Fats and oils-----	0.16	1.49	2.20	1.84	2.20	1.62
Desserts-----	0.16	0.38	1.13	1.92	2.30	1.34
Candy-----	0.11	0.16	0.50	1.54	1.81	1.48
Sweetened beverages <sup>1</sup> -----	0.52	0.60	0.85	1.68	1.72	1.66
Artificially sweetened beverages <sup>1</sup> -----	0.14	0.19	0.20	0.41	0.76	0.80
Coffee and tea-----	1.30	0.85	1.34	1.66	1.40	1.85
Salty snacks-----	-	0.10	0.53	0.92	1.81	2.02
<u>Income above poverty level</u>						
Whole milk-----	0.29	0.42	0.40	0.52	0.58	0.61
Skim milk-----	0.07	0.17	0.17	0.28	0.33	0.52
Meat and poultry-----	0.16	0.29	1.48	1.23	0.76	0.08
Fish and shellfish-----	-	-	0.02	0.18	0.96	0.98
Eggs-----	0.02	0.02	0.03	0.84	0.79	0.39
Cheese-----	0.03	0.03	0.15	0.44	0.57	0.52
Legumes, seeds, and nuts-----	0.02	0.06	0.06	0.36	0.69	0.74
Fruits and vegetables, all kinds-----	0.40	0.79	0.73	0.94	0.51	0.07
Fruits and vegetables rich in vitamin A-----	0.02	0.02	0.07	0.34	1.61	1.82
Fruits and vegetables rich in vitamin C-----	0.08	0.12	0.45	0.83	0.73	0.92
Bread-----	1.42	0.63	0.58	0.54	0.40	0.11
Cereals-----	0.02	0.04	0.08	0.57	0.83	0.62
Fats and oils-----	0.21	0.91	0.84	0.79	1.06	0.48
Desserts-----	0.07	0.17	0.52	0.59	0.87	0.56
Candy-----	0.05	0.08	0.20	0.42	0.75	0.79
Sweetened beverages <sup>1</sup> -----	0.16	0.25	0.38	0.98	1.00	0.65
Artificially sweetened beverages <sup>1</sup> -----	-	0.07	0.13	0.20	0.41	0.53
Coffee and tea-----	0.41	0.39	0.39	0.59	0.51	0.77
Salty snacks-----	0.03	0.03	0.13	0.52	0.76	0.68

<sup>1</sup>Does not include alcoholic beverages.

Table VI. Standard errors for the percentages of frequency of intake of selected food groups for black persons aged 1-74 years, by income level: United States, 1971-74

Income level and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Income below poverty level</u>						
Whole milk-----	0.36	1.48	1.49	1.84	1.65	1.30
Skim milk-----	-	0.18	0.19	0.85	1.77	1.89
Meat and poultry-----	0.45	1.02	2.20	2.06	1.88	0.17
Fish and shellfish-----	-	-	-	0.40	2.46	2.62
Eggs-----	0.02	0.04	0.20	1.96	2.66	1.80
Cheese-----	0.21	-	0.16	0.87	2.11	2.27
Legumes, seeds, and nuts-----	-	0.05	0.28	1.61	1.99	1.45
Fruits and vegetables, all kinds-----	0.70	1.25	2.18	1.39	2.56	0.71
Fruits and vegetables rich in vitamin A-----	-	0.24	0.19	0.76	3.21	3.58
Fruits and vegetables rich in vitamin C-----	0.10	0.40	0.76	2.51	2.53	1.60
Bread-----	3.47	2.30	1.48	1.76	1.55	0.21
Cereals-----	0.05	0.11	0.34	1.41	1.95	1.76
Fats and oils-----	0.39	1.33	1.91	2.14	2.37	2.71
Desserts-----	0.17	0.45	1.24	1.40	2.25	1.55
Candy-----	0.28	0.63	0.89	1.64	2.69	2.45
Sweetened beverages <sup>1</sup> -----	0.51	0.94	1.06	2.06	2.63	0.97
Artificially sweetened beverages <sup>1</sup> -----	-	0.02	0.04	0.60	0.58	0.83
Coffee and tea-----	0.50	0.92	0.98	2.41	1.86	1.66
Salty snacks-----	0.25	0.16	0.48	1.44	1.95	1.99
<u>Income above poverty level</u>						
Whole milk-----	0.60	1.05	1.16	1.99	2.27	1.76
Skim milk-----	0.07	0.09	0.31	0.32	1.12	0.96
Meat and poultry-----	0.36	0.48	2.11	1.76	1.83	0.24
Fish and shellfish-----	-	-	0.08	0.28	1.89	1.94
Eggs-----	0.03	0.04	0.21	1.81	2.00	1.05
Cheese-----	0.02	0.23	0.27	1.04	2.07	1.61
Legumes, seeds, and nuts-----	0.01	0.20	0.13	0.98	2.23	1.55
Fruits and vegetables, all kinds-----	0.81	1.52	1.62	2.28	1.78	0.09
Fruits and vegetables rich in vitamin A-----	0.01	0.10	0.23	1.81	1.70	1.80
Fruits and vegetables rich in vitamin C-----	0.08	0.28	0.66	1.95	1.62	1.30
Bread-----	3.65	1.77	1.74	1.96	1.26	0.19
Cereals-----	0.03	0.10	0.48	1.37	2.41	1.73
Fats and oils-----	0.26	0.91	1.50	1.65	2.03	1.27
Desserts-----	0.23	0.45	0.94	1.37	2.27	1.49
Candy-----	0.22	0.41	0.79	1.38	1.55	1.52
Sweetened beverages <sup>1</sup> -----	0.54	1.03	1.71	1.70	2.04	1.42
Artificially sweetened beverages <sup>1</sup> -----	-	0.04	0.21	0.55	0.85	0.89
Coffee and tea-----	0.62	0.83	1.12	1.33	1.64	1.80
Salty snacks-----	0.05	0.43	0.42	1.16	1.92	1.76

<sup>1</sup>Does not include alcoholic beverages.

Table VII. Standard errors for the percentages of frequency of intake of selected food groups for males aged 1-5 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	1.48	1.75	1.73	1.02	0.91	0.83
Skim milk-----	0.52	1.54	0.61	0.24	0.53	1.07
Meat and poultry-----	0.25	0.46	1.83	1.71	1.27	0.15
Fish and shellfish-----	-	-	0.22	0.30	1.44	1.48
Eggs-----	-	-	0.50	1.29	1.71	1.12
Cheese-----	0.15	0.48	0.52	1.42	2.47	1.42
Legumes, seeds, and nuts-----	-	0.49	0.26	1.46	1.67	1.89
Fruits and vegetables, all kinds-----	1.09	1.92	1.67	1.53	1.35	0.14
Fruits and vegetables rich in vitamin A-----	0.23	-	0.16	0.72	2.92	3.20
Fruits and vegetables rich in vitamin C-----	0.48	0.60	0.80	1.86	1.75	1.59
Bread-----	0.44	1.54	1.89	1.94	1.15	0.56
Cereals-----	0.16	0.30	0.39	1.93	2.05	1.12
Fats and oils-----	0.39	1.44	1.82	1.43	1.85	0.91
Desserts-----	0.35	0.82	1.58	1.76	2.40	0.53
Candy-----	0.16	0.54	0.84	1.78	2.46	1.43
Sweetened beverages <sup>1</sup> -----	0.56	0.83	1.22	2.01	1.98	1.34
Artificially sweetened beverages <sup>1</sup> -----	0.27	0.03	0.28	0.37	0.67	0.89
Coffee and tea-----	0.32	0.30	0.56	1.44	1.48	2.35
Salty snacks-----	-	0.15	1.08	1.09	2.18	1.73
<u>Black</u>						
Whole milk-----	2.71	5.15	3.98	2.89	2.72	1.52
Skim milk-----	0.69	4.14	0.20	1.13	0.84	1.56
Meat and poultry-----	0.17	1.70	4.74	5.38	4.31	0.10
Fish and shellfish-----	-	-	-	1.19	4.98	5.03
Eggs-----	0.13	-	0.94	5.53	5.46	2.28
Cheese-----	-	0.15	0.19	2.30	4.77	3.65
Legumes, seeds, and nuts-----	-	-	0.50	3.76	3.73	2.92
Fruits and vegetables, all kinds-----	1.92	2.74	3.90	4.76	3.73	-
Fruits and vegetables rich in vitamin A-----	-	0.11	0.19	2.83	5.13	5.23
Fruits and vegetables rich in vitamin C-----	-	0.97	1.71	5.16	4.88	2.71
Bread-----	1.17	4.15	3.45	4.47	2.52	0.21
Cereals-----	-	0.16	0.47	5.02	4.78	1.59
Fats and oils-----	0.39	1.46	2.20	4.70	3.65	2.04
Desserts-----	-	0.46	2.41	2.95	3.24	1.79
Candy-----	0.22	2.29	1.76	3.22	4.20	4.09
Sweetened beverages <sup>1</sup> -----	0.46	1.85	1.37	3.75	3.43	2.82
Artificially sweetened beverages <sup>1</sup> -----	-	-	-	0.13	0.28	0.31
Coffee and tea-----	0.15	0.20	0.20	3.39	3.38	4.08
Salty snacks-----	0.20	0.10	1.26	3.62	3.47	1.64

<sup>1</sup> Does not include alcoholic beverages.

Table VIII. Standard errors for the percentages of frequency of intake of selected food groups for females aged 1-5 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	1.80	1.84	1.65	1.67	1.16	0.92
Skim milk-----	0.33	0.99	0.48	0.36	0.43	1.07
Meat and poultry-----	0.15	0.91	2.33	2.04	1.56	0.16
Fish and shellfish-----	-	-	0.03	0.36	1.94	1.84
Eggs-----	0.06	0.02	0.02	2.33	2.51	1.51
Cheese-----	0.16	-	0.57	1.81	2.37	1.90
Legumes, seeds, and nuts-----	0.25	0.45	0.34	1.31	1.95	1.77
Fruits and vegetables, all kinds-----	1.08	1.68	2.01	1.91	1.07	0.72
Fruits and vegetables rich in vitamin A-----	-	0.14	0.03	1.24	3.55	3.97
Fruits and vegetables rich in vitamin C-----	0.46	0.49	0.89	1.92	1.41	1.86
Bread-----	0.45	0.99	1.44	1.73	0.85	0.78
Cereals-----	0.11	0.14	0.51	2.07	2.21	1.14
Fats and oils-----	0.39	1.78	1.61	1.77	1.88	1.03
Desserts-----	0.19	0.78	1.58	2.08	1.70	0.88
Candy-----	0.12	0.30	0.60	1.76	2.48	1.57
Sweetened beverages <sup>1</sup> -----	0.55	0.78	1.31	1.97	2.39	1.49
Artificially sweetened beverages <sup>1</sup> -----	0.02	0.06	0.25	0.60	0.81	0.95
Coffee and tea-----	0.22	0.06	0.53	1.98	1.74	2.90
Salty snacks-----	-	0.31	0.48	1.02	1.69	1.67
<u>Black</u>						
Whole milk-----	2.54	3.32	2.53	1.97	2.67	1.77
Skim milk-----	0.07	2.88	1.12	0.21	0.31	1.40
Meat and poultry-----	0.72	2.11	2.99	3.46	2.97	0.24
Fish and shellfish-----	-	-	-	0.15	4.06	4.07
Eggs-----	-	0.19	0.13	3.69	3.52	3.05
Cheese-----	-	-	-	2.72	4.79	3.93
Legumes, seeds, and nuts-----	-	-	-	3.44	4.44	2.61
Fruits and vegetables, all kinds-----	1.58	2.66	4.65	4.38	2.60	-
Fruits and vegetables rich in vitamin A-----	-	-	0.16	1.83	5.46	5.57
Fruits and vegetables rich in vitamin C-----	0.11	1.05	1.31	4.08	3.83	1.77
Bread-----	1.83	2.91	3.55	4.81	2.56	0.66
Cereals-----	-	0.96	1.04	3.76	4.18	1.92
Fats and oils-----	0.20	1.57	3.34	4.17	4.23	3.10
Desserts-----	0.14	1.46	2.52	3.75	3.38	1.87
Candy-----	0.35	0.45	0.96	3.72	5.33	3.25
Sweetened beverages <sup>1</sup> -----	0.69	0.68	1.78	3.76	4.19	3.38
Artificially sweetened beverages <sup>1</sup> -----	-	-	-	0.29	1.11	1.13
Coffee and tea-----	0.68	-	1.07	3.07	4.75	5.73
Salty snacks-----	-	-	0.34	4.31	4.14	1.78

<sup>1</sup>Does not include alcoholic beverages.

Table IX. Standard errors for the percentages of frequency of intake of selected food groups for males aged 6-11 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	1.24	2.17	1.80	1.50	0.79	1.00
Skim milk-----	0.34	1.77	0.70	0.54	0.78	1.37
Meat and poultry-----	0.38	0.76	2.12	2.19	1.40	0.33
Fish and shellfish-----	-	-	0.12	0.23	2.49	2.52
Eggs-----	-	-	-	2.01	2.22	1.41
Cheese-----	0.06	-	0.30	1.07	2.72	2.52
Legumes, seeds, and nuts-----	0.22	0.30	0.34	1.84	2.16	1.48
Fruits and vegetables, all kinds-----	0.96	2.03	2.73	2.40	1.56	0.24
Fruits and vegetables rich in vitamin A-----	-	0.28	0.25	0.78	2.25	2.47
Fruits and vegetables rich in vitamin C-----	0.19	0.39	0.78	2.07	1.92	1.66
Bread-----	0.60	1.78	1.86	1.93	0.80	0.13
Cereals-----	-	0.32	0.65	2.07	2.21	1.11
Fats and oils-----	0.23	1.87	2.38	2.30	2.22	1.04
Desserts-----	0.26	0.92	1.84	2.38	2.90	0.59
Candy-----	0.34	0.47	0.99	2.03	1.96	1.82
Sweetened beverages <sup>1</sup> -----	0.52	0.74	1.38	1.77	2.12	1.73
Artificially sweetened beverages <sup>1</sup> -----	-	-	0.19	0.61	0.85	1.14
Coffee and tea-----	0.45	0.20	0.69	1.25	2.23	2.52
Salty snacks-----	0.18	-	0.70	1.62	1.82	1.39
<u>Black</u>						
Whole milk-----	1.55	3.09	4.46	5.34	3.45	2.24
Skim milk-----	-	5.09	-	1.81	1.93	2.17
Meat and poultry-----	0.24	1.50	4.52	3.61	2.64	0.57
Fish and shellfish-----	-	-	-	1.68	4.15	4.38
Eggs-----	-	0.25	0.44	4.33	5.13	4.13
Cheese-----	1.02	-	0.36	2.52	3.76	2.74
Legumes, seeds, and nuts-----	-	-	1.63	5.41	5.48	3.45
Fruits and vegetables, all kinds-----	1.31	4.01	4.87	4.42	2.90	-
Fruits and vegetables rich in vitamin A-----	-	1.26	0.36	2.45	4.81	3.88
Fruits and vegetables rich in vitamin C-----	0.13	0.16	1.69	3.96	4.68	3.29
Bread-----	2.52	5.09	4.45	4.50	2.00	1.03
Cereals-----	0.24	-	1.13	4.47	4.03	2.64
Fats and oils-----	1.92	2.89	3.92	4.15	4.30	3.08
Desserts-----	-	1.21	2.43	6.24	5.59	0.85
Candy-----	0.40	0.52	1.35	4.52	4.57	2.94
Sweetened beverages <sup>1</sup> -----	0.30	1.39	2.18	6.43	5.87	2.55
Artificially sweetened beverages <sup>1</sup> -----	-	-	-	0.33	1.90	1.96
Coffee and tea-----	-	1.31	0.86	2.18	4.58	3.72
Salty snacks-----	1.30	0.21	1.96	4.65	4.68	2.93

<sup>1</sup>Does not include alcoholic beverages.

Table X. Standard errors for the percentages of frequency of intake of selected food groups for females aged 6-11 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	1.58	2.17	1.96	2.06	1.47	0.82
Skim milk-----	0.17	1.74	0.69	0.57	0.58	1.10
Meat and poultry-----	0.19	0.51	2.62	2.33	1.49	0.05
Fish and shellfish-----	-	-	0.19	0.41	2.46	2.43
Eggs-----	-	-	-	1.13	1.52	1.21
Cheese-----	-	0.22	0.16	1.00	1.81	1.54
Legumes, seeds, and nuts-----	-	0.08	0.42	1.82	2.41	1.84
Fruits and vegetables, all kinds-----	1.03	1.84	2.06	2.17	1.05	0.04
Fruits and vegetables rich in vitamin A-----	-	-	0.34	1.21	2.66	2.75
Fruits and vegetables rich in vitamin C-----	0.19	0.28	1.23	2.60	2.75	1.50
Bread-----	0.61	1.74	2.45	2.54	0.93	0.26
Cereals-----	0.05	0.03	0.36	2.54	2.71	1.31
Fats and oils-----	0.33	1.84	2.11	1.77	2.09	1.36
Desserts-----	0.23	0.63	1.82	2.72	2.23	1.11
Candy-----	0.30	0.16	1.06	1.59	1.88	1.27
Sweetened beverages <sup>1</sup> -----	0.64	0.77	1.07	3.27	2.65	1.52
Artificially sweetened beverages <sup>1</sup> -----	-	-	0.07	0.43	1.01	1.21
Coffee and tea-----	0.17	0.15	0.61	1.90	1.92	3.36
Salty snacks-----	-	0.05	0.51	1.84	1.77	1.29
<u>Black</u>						
Whole milk-----	0.92	4.67	3.90	3.49	3.87	0.47
Skim milk-----	-	5.94	-	0.69	1.52	1.81
Meat and poultry-----	-	0.54	4.30	4.68	2.91	-
Fish and shellfish-----	-	-	-	0.43	3.73	3.80
Eggs-----	0.23	-	0.76	3.51	4.84	2.52
Cheese-----	-	1.63	0.06	2.06	3.71	4.08
Legumes, seeds, and nuts-----	-	-	0.15	2.72	2.72	1.86
Fruits and vegetables, all kinds-----	2.11	2.71	5.39	4.95	2.57	-
Fruits and vegetables rich in vitamin A-----	-	-	0.30	2.21	5.59	5.69
Fruits and vegetables rich in vitamin C-----	-	0.39	2.11	5.30	5.76	1.67
Bread-----	1.83	5.94	4.40	3.69	1.14	0.25
Cereals-----	-	-	1.17	3.28	3.50	2.07
Fats and oils-----	0.16	2.66	4.43	3.47	3.30	3.18
Desserts-----	0.23	0.46	3.08	4.27	4.91	0.58
Candy-----	0.64	2.16	2.30	4.49	4.74	1.09
Sweetened beverages <sup>1</sup> -----	0.09	2.62	2.34	5.02	4.54	1.66
Artificially sweetened beverages <sup>1</sup> -----	-	-	-	0.17	1.70	1.73
Coffee and tea-----	-	0.26	1.62	1.98	5.39	5.67
Salty snacks-----	-	-	1.74	3.82	4.71	2.14

<sup>1</sup>Does not include alcoholic beverages.

Table XI. Standard errors for the percentages of frequency of intake of selected food groups for males aged 12-17 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	1.74	1.56	1.73	1.52	1.22	0.73
Skim milk-----	0.34	1.78	0.43	0.57	0.61	1.09
Meat and poultry-----	0.14	0.65	2.51	2.14	2.00	0.23
Fish and shellfish-----	-	-	-	0.39	2.26	2.21
Eggs-----	0.23	0.12	0.05	0.96	1.69	1.62
Cheese-----	-	0.16	0.30	1.31	1.99	1.78
Legumes, seeds, and nuts-----	-	0.10	0.44	1.53	2.29	1.59
Fruits and vegetables, all kinds-----	0.95	1.83	1.99	1.73	1.30	0.36
Fruits and vegetables rich in vitamin A-----	-	-	0.15	1.08	2.56	2.68
Fruits and vegetables rich in vitamin C-----	0.25	0.45	0.98	2.26	1.97	1.53
Bread-----	0.94	1.78	2.29	1.95	1.01	0.25
Cereals-----	-	0.34	0.40	1.68	2.20	1.92
Fats and oils-----	0.82	1.52	2.21	2.36	2.62	0.93
Desserts-----	0.39	0.78	1.23	2.39	2.22	0.69
Candy-----	0.26	0.43	0.70	1.55	1.94	1.33
Sweetened beverages <sup>1</sup> -----	0.46	1.11	1.44	1.97	2.31	0.92
Artificially sweetened beverages <sup>1</sup> -----	0.26	0.16	0.23	0.33	0.98	1.02
Coffee and tea-----	0.18	0.57	0.83	1.66	1.53	2.00
Salty snacks-----	0.19	0.04	0.57	1.83	2.20	1.75
<u>Black</u>						
Whole milk-----	2.18	1.72	4.61	5.18	3.20	1.78
Skim milk-----	-	4.96	0.19	0.20	2.74	2.78
Meat and poultry-----	1.54	1.43	4.22	4.81	4.86	0.51
Fish and shellfish-----	-	-	-	1.11	4.05	4.03
Eggs-----	-	-	0.16	2.74	4.36	3.19
Cheese-----	-	-	-	0.95	4.12	4.13
Legumes, seeds, and nuts-----	-	0.18	0.59	2.57	4.03	2.96
Fruits and vegetables, all kinds-----	1.62	2.94	4.04	3.81	4.32	1.33
Fruits and vegetables rich in vitamin A-----	-	-	0.40	2.45	4.11	3.69
Fruits and vegetables rich in vitamin C-----	-	0.27	1.72	3.26	4.72	2.68
Bread-----	3.69	4.89	5.94	3.69	2.51	0.28
Cereals-----	2.08	-	3.37	2.96	4.57	3.28
Fats and oils-----	1.58	0.79	3.83	4.68	4.36	3.76
Desserts-----	1.80	1.03	3.58	3.97	5.58	1.99
Candy-----	0.86	2.21	2.81	4.26	4.89	4.22
Sweetened beverages <sup>1</sup> -----	1.79	2.19	3.90	4.47	5.50	1.06
Artificially sweetened beverages <sup>1</sup> -----	-	-	-	0.66	1.11	1.14
Coffee and tea-----	0.25	0.50	1.34	3.36	4.45	4.66
Salty snacks-----	0.29	3.37	2.30	4.68	5.81	1.71

<sup>1</sup>Does not include alcoholic beverages.

Table XII. Standard errors for the percentages of frequency of intake of selected food groups for females aged 12-17 years, by race: United States 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	1.50	1.59	1.49	1.99	1.46	1.35
Skim milk-----	0.22	1.89	0.64	1.01	0.98	1.71
Meat and poultry-----	-	0.67	3.21	2.77	1.52	0.45
Fish and shellfish-----	-	-	0.08	0.39	2.23	2.27
Eggs-----	-	0.13	0.11	1.24	2.20	2.10
Cheese-----	0.06	-	0.32	1.59	1.98	2.12
Legumes, seeds, and nuts-----	-	0.10	0.65	0.99	2.05	1.90
Fruits and vegetables, all kinds-----	1.04	1.93	1.94	2.39	1.31	0.09
Fruits and vegetables rich in vitamin A-----	-	-	0.13	1.11	2.30	2.75
Fruits and vegetables rich in vitamin C-----	-	0.47	1.19	2.06	2.29	1.44
Bread-----	0.73	1.89	2.01	2.11	1.19	0.14
Cereals-----	-	-	0.26	1.50	2.24	2.14
Fats and oils-----	0.56	1.39	2.08	2.38	1.95	0.89
Desserts-----	0.28	0.68	1.37	2.05	2.45	1.23
Candy-----	0.25	0.44	0.87	1.82	2.13	1.79
Sweetened beverages <sup>1</sup> -----	0.56	0.88	0.94	2.51	2.08	1.81
Artificially sweetened beverages <sup>1</sup> -----	0.15	-	0.48	0.95	1.31	2.00
Coffee and tea-----	0.41	0.54	1.24	1.64	1.99	2.24
Salty snacks-----	0.11	-	0.42	1.40	1.90	1.60
<u>Black</u>						
Whole milk-----	1.85	3.36	3.02	4.50	4.48	2.25
Skim milk-----	-	4.95	0.78	0.69	2.58	2.38
Meat and poultry-----	0.11	1.05	5.84	4.83	3.14	0.61
Fish and shellfish-----	-	-	-	0.22	4.80	4.87
Eggs-----	-	-	0.77	3.29	5.24	6.26
Cheese-----	0.18	0.63	0.68	2.25	4.36	4.31
Legumes, seeds, and nuts-----	-	-	0.15	2.81	4.92	4.88
Fruits and vegetables, all kinds-----	1.51	2.95	5.04	4.94	2.91	-
Fruits and vegetables rich in vitamin A-----	-	-	0.28	1.45	4.21	4.47
Fruits and vegetables rich in vitamin C-----	0.23	0.28	2.25	3.94	4.67	2.86
Bread-----	1.56	4.96	4.49	3.59	3.28	-
Cereals-----	0.25	-	0.32	2.90	5.37	4.46
Fats and oils-----	0.25	2.17	5.35	4.73	4.13	2.42
Desserts-----	0.47	1.92	2.15	4.65	4.77	1.11
Candy-----	1.65	0.51	1.63	5.43	5.01	4.12
Sweetened beverages <sup>1</sup> -----	0.77	1.97	3.40	3.63	5.06	0.98
Artificially sweetened beverages <sup>1</sup> -----	-	-	-	0.22	2.71	2.75
Coffee and tea-----	0.43	0.19	1.52	2.19	5.38	5.08
Salty snacks-----	0.29	0.87	1.44	3.68	3.71	1.11

<sup>1</sup>Does not include alcoholic beverages.



Table XIII. Standard errors for the percentages of frequency of intake of selected food groups for males aged 18-44 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	0.61	0.92	1.33	1.11	1.26	1.17
Skim milk-----	0.15	1.26	0.31	0.55	0.62	0.90
Meat and poultry-----	0.12	0.77	1.95	1.87	0.93	0.19
Fish and shellfish-----	-	-	0.04	0.56	1.71	1.78
Eggs-----	-	0.09	0.14	1.47	1.72	0.92
Cheese-----	0.03	0.10	0.28	1.02	1.19	0.91
Legumes, seeds, and nuts-----	-	0.09	0.23	1.04	1.34	1.25
Fruits and vegetables, all kinds-----	0.62	0.89	1.62	1.38	0.86	0.14
Fruits and vegetables rich in vitamin A-----	-	0.03	0.15	0.56	1.88	1.90
Fruits and vegetables rich in vitamin C-----	0.11	0.19	0.82	1.30	1.41	1.37
Bread-----	0.31	1.26	1.35	1.19	1.03	0.21
Cereals-----	-	0.06	0.11	0.79	1.67	1.46
Fats and oils-----	0.22	1.34	1.26	1.39	1.72	0.72
Desserts-----	0.16	0.27	0.61	1.18	1.52	0.95
Candy-----	0.10	0.10	0.27	0.84	1.32	1.49
Sweetened beverages <sup>1</sup> -----	0.44	0.55	0.81	1.39	1.76	1.02
Artificially sweetened beverages <sup>1</sup> -----	0.08	0.16	0.16	0.35	0.76	0.95
Coffee and tea-----	1.54	0.96	1.13	1.09	0.96	0.91
Salty snacks-----	0.06	0.02	0.29	1.12	1.57	1.44
<u>Black</u>						
Whole milk-----	0.90	2.21	2.43	2.76	4.38	3.35
Skim milk-----	-	3.90	0.89	0.33	1.61	1.79
Meat and poultry-----	0.67	1.94	4.38	3.85	1.88	0.15
Fish and shellfish-----	-	-	-	-	4.34	4.34
Eggs-----	-	-	0.25	3.64	3.92	2.31
Cheese-----	-	-	0.99	1.99	3.97	3.85
Legumes, seeds, and nuts-----	-	-	0.08	2.81	4.80	4.44
Fruits and vegetables, all kinds-----	1.57	2.05	2.72	3.79	3.30	0.60
Fruits and vegetables rich in vitamin A-----	-	-	-	3.25	4.21	3.27
Fruits and vegetables rich in vitamin C-----	-	0.57	1.03	4.79	3.95	2.97
Bread-----	2.29	3.90	3.43	3.87	3.08	-
Cereals-----	-	-	0.12	2.16	4.71	5.00
Fats and oils-----	0.97	2.20	2.69	2.85	3.99	2.30
Desserts-----	-	0.92	1.34	2.98	3.92	3.00
Candy-----	0.30	0.72	1.67	2.24	3.49	3.77
Sweetened beverages <sup>1</sup> -----	2.01	2.10	4.11	4.26	4.01	1.65
Artificially sweetened beverages <sup>1</sup> -----	-	-	0.12	1.36	1.90	2.54
Coffee and tea-----	1.40	2.27	2.32	3.47	4.21	4.42
Salty snacks-----	-	0.15	0.38	2.11	4.16	3.81

<sup>1</sup>Does not include alcoholic beverages.

Table XIV. Standard errors for the percentages of frequency of intake of selected food groups for females aged 18-44 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	0.30	0.60	0.68	1.05	1.03	1.20
Skim milk-----	0.09	0.95	0.37	0.41	0.49	0.89
Meat and poultry-----	0.06	0.16	1.47	1.11	0.86	0.12
Fish and shellfish-----	-	-	0.04	0.18	1.23	1.19
Eggs-----	0.03	0.01	0.07	1.21	1.22	0.75
Cheese-----	0.06	0.07	0.18	0.65	1.02	1.00
Legumes, seeds, and nuts-----	0.05	0.03	0.19	0.57	1.09	1.36
Fruits and vegetables, all kinds-----	0.41	0.94	1.09	1.05	0.73	0.08
Fruits and vegetables rich in vitamin A-----	0.03	-	0.09	0.32	1.60	1.71
Fruits and vegetables rich in vitamin C-----	0.11	0.25	0.57	1.24	1.13	1.05
Bread-----	0.12	0.95	0.80	0.90	0.75	0.24
Cereals-----	0.02	0.04	0.04	0.50	1.02	1.09
Fats and oils-----	0.14	0.88	1.10	1.14	1.18	0.72
Desserts-----	0.08	0.20	0.53	0.96	1.29	0.84
Candy-----	0.07	0.08	0.16	0.66	1.15	1.18
Sweetened beverages <sup>1</sup> -----	0.38	0.39	0.71	1.48	1.07	0.94
Artificially sweetened beverages <sup>1</sup> -----	0.08	0.16	0.41	0.44	0.73	0.91
Coffee and tea-----	0.78	0.58	0.94	1.12	0.69	0.76
Salty snacks-----	0.06	0.06	0.15	0.72	1.15	1.11
<u>Black</u>						
Whole milk-----	0.58	0.76	1.34	2.58	2.11	2.37
Skim milk-----	-	1.50	0.44	0.56	1.75	1.67
Meat and poultry-----	0.15	0.89	2.25	2.48	2.05	0.59
Fish and shellfish-----	-	-	0.23	0.41	2.07	2.14
Eggs-----	0.05	0.08	0.13	2.13	2.50	2.17
Cheese-----	0.04	-	0.20	0.73	2.72	2.86
Legumes, seeds, and nuts-----	-	0.55	-	1.46	2.18	1.95
Fruits and vegetables, all kinds-----	0.92	1.94	2.34	2.56	2.05	0.61
Fruits and vegetables rich in vitamin A-----	-	0.27	0.62	1.16	2.03	2.17
Fruits and vegetables rich in vitamin C-----	0.16	0.48	1.13	2.19	2.44	1.60
Bread-----	0.41	1.51	2.02	1.88	2.08	0.38
Cereals-----	-	0.05	0.03	1.41	2.04	2.37
Fats and oils-----	0.05	1.63	1.58	2.59	2.09	2.29
Desserts-----	0.05	0.57	1.05	1.60	2.59	1.95
Candy-----	0.41	0.62	0.85	1.46	2.51	2.71
Sweetened beverages <sup>1</sup> -----	0.58	1.29	1.68	2.10	2.16	1.59
Artificially sweetened beverages <sup>1</sup> -----	-	0.12	0.49	0.81	1.12	1.27
Coffee and tea-----	1.04	1.07	1.84	2.49	1.90	2.44
Salty snacks-----	-	0.28	0.40	1.53	2.46	2.24

<sup>1</sup> Does not include alcoholic beverages.

Table XV. Standard errors for the percentages of frequency of intake of selected food groups for males aged 45-64 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	0.48	0.81	1.15	1.92	1.68	1.76
Skim milk-----	0.21	1.64	0.50	1.12	1.08	1.45
Meat and poultry-----	0.17	0.40	2.14	1.99	1.51	0.46
Fish and shellfish-----	-	-	-	0.47	2.13	2.32
Eggs-----	0.16	-	0.08	1.66	1.73	1.39
Cheese-----	0.16	0.06	0.29	1.12	1.98	1.75
Legumes, seeds, and nuts-----	-	-	0.25	0.97	2.13	1.89
Fruits and vegetables, all kinds-----	0.61	1.49	1.92	2.02	1.42	0.22
Fruits and vegetables rich in vitamin A-----	-	-	0.22	0.63	2.72	2.87
Fruits and vegetables rich in vitamin C-----	0.20	0.25	1.03	2.16	1.92	1.82
Bread-----	0.46	1.64	2.02	1.45	1.01	0.28
Cereals-----	0.11	-	0.27	1.07	1.75	1.70
Fats and oils-----	0.25	1.72	1.63	1.92	1.58	1.50
Desserts-----	0.25	0.31	0.95	1.33	1.62	1.35
Candy-----	0.13	0.19	0.47	1.14	2.07	2.26
Sweetened beverages <sup>1</sup> -----	0.29	0.41	0.67	1.67	1.98	2.06
Artificially sweetened beverages <sup>1</sup> -----	0.11	0.22	0.23	0.53	1.09	1.42
Coffee and tea-----	1.49	1.18	1.34	1.30	0.68	0.71
Salty snacks-----	-	-	0.12	0.71	1.84	2.01
<u>Black</u>						
Whole milk-----	0.25	0.37	3.13	3.64	5.15	4.90
Skim milk-----	-	6.27	-	3.91	4.49	5.55
Meat and poultry-----	-	1.10	5.15	6.22	4.39	0.15
Fish and shellfish-----	-	-	-	1.33	4.55	4.07
Eggs-----	-	-	0.36	4.63	5.00	3.82
Cheese-----	-	-	-	0.26	5.77	5.61
Legumes, seeds, and nuts-----	-	0.26	-	2.33	4.86	4.41
Fruits and vegetables, all kinds-----	1.96	4.06	4.37	5.17	4.08	1.00
Fruits and vegetables rich in vitamin A-----	-	-	0.23	3.78	5.12	3.47
Fruits and vegetables rich in vitamin C-----	2.10	1.96	3.09	5.44	5.97	4.35
Bread-----	1.87	6.27	6.09	6.59	3.69	0.37
Cereals-----	-	0.30	1.44	2.79	5.24	5.64
Fats and oils-----	-	1.87	1.83	5.21	4.41	4.66
Desserts-----	-	0.18	0.62	4.58	5.76	5.15
Candy-----	-	0.30	-	1.66	5.20	4.67
Sweetened beverages <sup>1</sup> -----	0.23	2.00	3.11	5.04	4.33	4.69
Artificially sweetened beverages <sup>1</sup> -----	-	-	0.44	2.45	2.79	3.51
Coffee and tea-----	1.16	1.68	4.97	4.46	4.59	3.55
Salty snacks-----	-	-	0.30	2.10	5.28	5.18

<sup>1</sup>Does not include alcoholic beverages.

Table XVI. Standard errors for the percentages of frequency of intake of selected food groups for females aged 45-64 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	0.19	0.60	1.11	1.17	1.88	1.52
Skim milk-----	0.10	1.21	0.63	1.04	1.03	1.53
Meat and poultry-----	-	0.16	1.77	2.20	2.07	0.25
Fish and shellfish-----	-	-	-	0.31	1.54	1.52
Eggs-----	-	0.10	0.16	1.26	1.68	1.36
Cheese-----	-	-	0.30	1.50	1.56	1.06
Legumes, seeds, and nuts-----	-	0.11	0.08	0.72	1.75	1.96
Fruits and vegetables, all kinds-----	0.97	1.79	1.91	1.51	1.15	2.10
Fruits and vegetables rich in vitamin A-----	0.13	-	0.31	0.85	1.88	2.10
Fruits and vegetables rich in vitamin C-----	0.29	0.26	1.25	1.69	1.90	1.59
Bread-----	0.32	1.21	1.64	1.51	1.10	0.56
Cereals-----	-	-	-	1.06	1.62	1.66
Fats and oils-----	0.31	1.38	1.70	1.64	1.62	1.17
Desserts-----	0.21	0.30	0.67	1.45	1.84	1.28
Candy-----	0.10	0.14	0.51	1.30	1.69	2.12
Sweetened beverages <sup>1</sup> -----	0.25	0.20	0.81	0.93	1.89	2.13
Artificially sweetened beverages <sup>1</sup> -----	0.28	0.22	0.52	0.87	1.43	1.21
Coffee and tea-----	1.19	1.43	1.53	1.14	0.57	0.61
Salty snacks-----	0.02	0.15	0.14	0.57	1.35	1.40
<u>Black</u>						
Whole milk-----	0.58	0.63	2.64	3.86	5.54	5.91
Skim milk-----	-	3.61	0.32	1.07	3.53	3.76
Meat and poultry-----	-	0.23	4.25	4.21	6.33	0.62
Fish and shellfish-----	-	-	-	0.22	6.22	6.20
Eggs-----	-	-	-	4.14	4.67	4.08
Cheese-----	0.21	-	-	3.31	6.09	4.91
Legumes, seeds, and nuts-----	-	-	0.19	1.85	5.31	4.81
Fruits and vegetables, all kinds-----	1.10	4.64	3.68	6.04	3.08	0.26
Fruits and vegetables rich in vitamin A-----	-	-	0.25	3.99	5.08	3.76
Fruits and vegetables rich in vitamin C-----	0.80	0.55	3.09	3.92	4.08	2.97
Bread-----	0.66	3.62	5.03	4.49	3.67	0.7
Cereals-----	-	-	0.33	2.07	4.88	5.1
Fats and oils-----	0.60	0.82	2.76	5.02	4.29	4.42
Desserts-----	-	-	0.42	2.57	5.78	4.99
Candy-----	-	1.42	1.70	3.31	3.96	4.16
Sweetened beverages <sup>1</sup> -----	0.73	0.34	0.48	4.04	4.33	3.78
Artificially sweetened beverages <sup>1</sup> -----	-	-	0.56	2.05	3.11	2.91
Coffee and tea-----	2.87	3.56	3.21	5.06	5.91	2.03
Salty snacks-----	-	-	-	2.61	5.55	5.35

<sup>1</sup>Does not include alcoholic beverages.

Table XVII. Standard errors for the percentages of frequency of intake of selected food groups for males aged 65-74 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>White</u>						
Whole milk-----	0.22	0.73	1.18	1.81	1.47	1.51
Skim milk-----	0.29	2.03	0.62	0.96	0.90	1.53
Meat and poultry-----	0.02	0.31	1.91	1.94	2.19	0.52
Fish and shellfish-----	-	-	0.13	0.37	2.25	2.14
Eggs-----	0.20	0.03	0.14	1.94	2.22	1.21
Cheese-----	-	0.10	0.36	0.89	1.64	1.45
Legumes, seeds, and nuts-----	-	0.15	0.18	0.89	1.35	1.56
Fruits and vegetables, all kinds-----	0.54	1.61	1.44	1.62	1.26	0.56
Fruits and vegetables rich in vitamin A-----	-	0.11	0.17	0.94	2.18	2.52
Fruits and vegetables rich in vitamin C-----	0.31	0.58	0.85	1.27	1.77	1.42
Bread-----	0.62	2.03	1.77	1.50	1.13	0.35
Cereals-----	0.09	0.01	0.23	1.26	1.63	1.60
Fats and oils-----	0.26	1.86	1.64	1.81	0.96	1.35
Desserts-----	0.13	0.38	1.12	1.36	1.68	1.35
Candy-----	0.12	0.24	0.26	1.15	1.63	2.06
Sweetened beverages <sup>1</sup> -----	0.29	0.14	0.65	1.06	1.42	1.41
Artificially sweetened beverages <sup>1</sup> -----	0.10	0.13	0.21	0.43	0.95	0.92
Coffee and tea-----	1.05	1.78	1.29	1.75	0.80	0.85
Salty snacks-----	0.05	0.03	0.27	0.63	1.57	1.54
<u>Black</u>						
Whole milk-----	1.02	1.22	1.76	2.45	4.03	3.20
Skim milk-----	0.17	2.71	-	2.53	3.61	3.82
Meat and poultry-----	0.20	1.83	3.18	4.19	3.95	0.28
Fish and shellfish-----	-	-	-	0.74	5.09	5.02
Eggs-----	-	0.17	-	4.47	3.50	3.47
Cheese-----	-	-	-	1.94	4.21	4.31
Legumes, seeds, and nuts-----	0.17	-	0.76	1.37	4.64	4.46
Fruits and vegetables, all kinds-----	1.11	3.36	4.01	4.37	2.82	2.89
Fruits and vegetables rich in vitamin A-----	0.21	-	1.21	2.73	4.87	4.17
Fruits and vegetables rich in vitamin C-----	0.52	0.60	1.38	4.36	3.93	2.48
Bread-----	1.11	2.74	4.34	4.03	1.61	1.04
Cereals-----	-	-	1.22	2.44	4.72	4.79
Fats and oils-----	-	2.63	3.55	3.70	4.43	3.67
Desserts-----	0.99	-	2.08	3.54	4.27	3.28
Candy-----	-	-	1.45	1.52	3.00	3.91
Sweetened beverages <sup>1</sup> -----	0.29	1.01	0.93	3.60	3.66	4.21
Artificially sweetened beverages <sup>1</sup> -----	0.16	-	-	0.42	1.29	1.36
Coffee and tea-----	1.90	1.68	3.10	4.75	2.12	3.40
Salty snacks-----	-	-	-	0.58	2.63	2.58

<sup>1</sup>Does not include alcoholic beverages.

Table XVIII. Standard errors for the percentages of frequency of intake of selected food groups for females aged 65-74 years, by race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times a day or more	3 times a day	2 times a day	Once a day	1-6 times a week	Seidom or never
<u>White</u>						
Whole milk-----	0.22	0.61	1.31	1.40	1.68	1.59
Skim milk-----	0.16	1.53	0.96	1.20	0.88	1.70
Meat and poultry-----	0.14	0.24	1.57	1.71	2.03	0.35
Fish and shellfish-----	-	-	-	0.19	1.32	1.32
Eggs-----	-	0.02	0.25	1.31	1.87	1.24
Cheese-----	0.02	0.16	0.25	1.19	1.76	1.47
Legumes, seeds, and nuts-----	-	0.07	0.09	0.59	2.02	2.07
Fruits and vegetables, all kinds-----	0.90	1.70	1.63	1.77	1.16	0.18
Fruits and vegetables rich in vitamin A-----	0.04	0.01	0.38	1.16	2.41	2.75
Fruits and vegetables rich in vitamin C-----	0.09	0.33	0.97	1.94	1.65	1.56
Bread-----	0.32	1.54	1.59	1.71	0.97	0.35
Cereals-----	-	0.15	0.27	1.66	1.70	1.82
Fats and oils-----	0.20	1.46	1.76	1.77	1.07	1.30
Desserts-----	0.03	0.19	0.92	1.34	1.55	1.45
Candy-----	0.18	0.25	0.51	1.11	1.51	1.73
Sweetened beverages <sup>1</sup> -----	0.10	0.19	0.37	1.20	1.72	1.64
Artificially sweetened beverages <sup>1</sup> -----	0.21	0.09	0.25	0.52	0.83	0.83
Coffee and tea-----	1.04	1.92	1.40	1.67	0.46	0.69
Salty snacks-----	-	0.05	0.33	0.50	1.30	1.59
<u>Black</u>						
Whole milk-----	-	1.29	2.84	3.10	3.72	4.21
Skim milk-----	-	3.83	1.35	1.45	3.22	3.56
Meat and poultry-----	-	1.30	2.30	3.57	3.01	0.63
Fish and shellfish-----	-	-	-	-	4.27	4.27
Eggs-----	-	-	0.27	3.75	4.12	3.62
Cheese-----	-	-	-	1.31	4.21	3.99
Legumes, seeds, and nuts-----	-	-	-	0.33	5.11	5.13
Fruits and vegetables, all kinds-----	0.66	2.42	4.00	4.69	2.27	1.02
Fruits and vegetables rich in vitamin A-----	-	-	0.42	3.36	4.40	4.50
Fruits and vegetables rich in vitamin C-----	0.33	-	2.91	3.39	2.73	3.66
Bread-----	-	3.83	2.98	3.54	2.99	0.85
Cereals-----	-	-	0.13	2.62	3.96	3.69
Fats and oils-----	1.71	1.55	2.45	4.35	3.19	3.57
Desserts-----	-	-	2.18	4.27	5.64	4.39
Candy-----	-	0.42	0.41	2.92	3.94	4.43
Sweetened beverages <sup>1</sup> -----	-	0.28	1.89	3.92	5.02	4.17
Artificially sweetened beverages <sup>1</sup> -----	-	0.13	1.18	1.06	2.27	2.57
Coffee and tea-----	0.57	1.76	2.99	5.04	2.91	3.27
Salty snacks-----	-	1.03	-	1.31	3.34	3.43

<sup>1</sup>Does not include alcoholic beverages.

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