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NFS Report No. 96-4

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Results From USDA's 1994-96 Diet and Health Knowledge Survey

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By Katherine S. Tippett and Linda E. Cleveland

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Abstract

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This publication provides selected results from the 1994–96 Diet and Health Knowledge Survey (DHKS) and the 1994–96 Continuing Survey of Food Intakes by Individuals (CSFII). The tables include information from 5,649 individuals age 20 and over who participated in the DHKS and provided 2 days of dietary intake in the CSFII. The tables in the report provide information on people's perceptions about the adequacy of their own food and nutrient intakes, the personal importance they place on dietary guidance messages, their self-appraised weight status, the importance they place on factors related to buying food, and the beliefs they hold that may influence dietary behavior. Data are provided by sex and age, income, race, national origin, and education. Standard error tables are provided.

Audiences for this report consist of food and nutrition program administrators, personnel in food regulatory agencies; nutrition educators; public health professionals; nutrition scientists and researchers; cooperative extension staff; agricultural and consumer economists; food industry personnel; researchers in government, universities, and private industry; Congress; and the media.

Keywords: dietary behavior, dietary survey, food intake, health knowledge, minerals, nutrient intake, nutrition attitudes, overweight, pyramid servings, vitamins

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- Six of 10 adults “somewhat disagree” or “strongly disagree” with the following statements: “Some people are born to be fat and some thin; there is not much you can do to change this” and “Starchy foods, like bread, potatoes, and rice, make people fat” (tables 10.1 and 10.2).

Person Most Responsible for Household Meals

- Almost 87 percent of women in the DHKS 1994–96 indicated they are the person most responsible for household meals, compared with 29 percent of men (table 11). Among adults age 20 to 39 years, the percent of women who were the person most responsible for household meals was slightly lower (82 percent) and that of men slightly higher (34 percent).

Table 1.1a.--CALORIES: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in calories?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	7.4	38.8	50.5	3.2
40-59.....	16.3	6.1	38.7	52.3	2.9
60 and over.....	9.6	3.5	28.9	63.6	4.0
20 and over.....	47.9	6.2	36.8	53.7	3.3
Females:					
20-39.....	22.3	7.8	42.6	48.1	† 1.6
40-59.....	17.1	5.2	47.4	45.7	1.7
60 and over.....	12.7	4.3	32.6	59.7	3.3
20 and over.....	52.1	6.1	41.7	50.1	2.0
All individuals 20 and over.....	100.0	6.1	39.4	51.9	2.6
Income:					
Under 131% poverty.....	15.8	9.0	30.8	54.7	5.5
131-350% poverty.....	41.2	6.0	37.6	53.2	3.2
Over 350% poverty.....	43.0	5.2	44.2	49.5	1.0
Race: ‡					
White.....	80.6	5.4	41.0	51.1	2.5
Black.....	11.4	9.8	35.1	52.3	2.8
National origin:					
Hispanic.....	9.0	9.2	30.1	53.9	6.9
Non-Hispanic.....	91.0	5.8	40.3	51.7	2.2
Education: ‡					
Grade 8 or less.....	6.5	6.8	21.4	62.0	9.9
Grades 9-12/GED.....	42.0	7.0	41.4	48.6	3.0
At least some college.....	50.3	5.4	40.3	52.9	1.4

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.1b.--CALORIES: Mean intakes (2-day average) and percentages of individuals who are overweight (based on self-reported heights and weights), by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of calories they consume is "TOO HIGH"		Individuals who think the amount of calories they consume is "ABOUT RIGHT"	
	Mean calorie intake	Percentages of individuals who are overweight §	Mean calorie intake	Percentages of individuals who are overweight §
	<i>Kilocalories</i>	<i>Percent</i>	<i>Kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	2,715	68.2	2,644	46.5
40-59.....	2,439	85.7	2,262	59.1
60 and over.....	2,178	82.7	1,946	57.5
20 and over.....	2,532	76.8	2,352	53.3
Females:				
20-39.....	1,809	55.6	1,725	27.3
40-59.....	1,705	69.6	1,505	39.3
60 and over.....	1,534	68.7	1,368	42.9
20 and over.....	1,718	63.3	1,555	35.4
All individuals 20 and over.....	2,083	69.3	1,951	44.3
Income:				
Under 131% poverty.....	1,972	72.0	1,848	44.9
131-350% poverty.....	2,074	67.5	1,935	46.3
Over 350% poverty.....	2,118	70.1	2,010	42.1
Race: ‡				
White.....	2,094	67.8	1,951	42.1
Black.....	1,836	89.7	1,958	61.4
National origin:				
Hispanic.....	1,984	68.1	2,007	53.6
Non-Hispanic.....	2,090	69.4	1,946	43.4
Education: ‡				
Grade 8 or less.....	1,737	79.7	1,725	54.4
Grades 9-12/GED.....	2,025	72.4	1,900	49.5
At least some college.....	2,157	65.9	2,031	39.1

§ Body Mass Index (BMI) at or above 25; based on NIH Clinical Guidelines (see "Table notes"). Excludes individuals not reporting height and weight.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.2a.--PROTEIN: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in protein?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	11.2	13.9	70.3	4.6
40-59.....	16.3	9.5	12.3	75.7	2.5
60 and over.....	9.6	5.7	8.3	80.4	5.6
20 and over.....	47.9	9.5	12.2	74.2	4.1
Females:					
20-39.....	22.3	20.7	11.5	66.3	† 1.5
40-59.....	17.1	11.1	11.2	76.6	† 1.1
60 and over.....	12.7	8.3	5.1	81.5	5.1
20 and over.....	52.1	14.5	9.8	73.4	2.2
All individuals 20 and over.....	100.0	12.1	11.0	73.8	3.1
Income:					
Under 131% poverty.....	15.8	14.3	9.5	69.5	6.7
131-350% poverty.....	41.2	12.7	10.3	74.1	3.0
Over 350% poverty.....	43.0	10.8	12.1	75.0	2.0
Race: ‡					
White.....	80.6	11.8	11.7	73.7	2.7
Black.....	11.4	10.7	7.2	77.9	4.1
National origin:					
Hispanic.....	9.0	14.3	12.8	68.2	4.7
Non-Hispanic.....	91.0	11.9	10.8	74.3	3.0
Education: ‡					
Grade 8 or less.....	6.5	9.3	4.4	75.4	10.9
Grades 9-12/GED.....	42.0	13.3	10.1	72.4	4.2
At least some college.....	50.3	11.6	12.4	74.8	1.1

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.2b.--PROTEIN: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean protein intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of protein they consume is "TOO LOW"		Individuals who think the amount of protein they consume is "ABOUT RIGHT"	
	Mean protein intake	Percentages of individuals with mean protein intake below 100% of the 1989 RDA	Mean protein intake	Percentages of individuals with mean protein intake below 100% of the 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	134	26.8	167	15.3
40-59.....	137	22.2	147	19.2
60 and over.....	† 119	† 30.5	127	27.4
20 and over.....	134	25.7	152	19.3
Females:				
20-39.....	127	27.3	132	26.7
40-59.....	116	48.4	123	29.2
60 and over.....	110	46.6	115	38.5
20 and over.....	122	35.3	124	30.8
All individuals 20 and over.....	126	31.7	137	25.2
Income:				
Under 131% poverty.....	121	36.4	133	29.9
131-350% poverty.....	122	37.5	135	28.8
Over 350% poverty.....	134	22.8	141	20.3
Race: ‡				
White.....	124	32.4	136	25.1
Black.....	124	35.2	139	29.0
National origin:				
Hispanic.....	† 125	† 21.3	139	26.3
Non-Hispanic.....	127	32.9	137	25.1
Education: ‡				
Grade 8 or less.....	† 107	† 43.0	121	37.0
Grades 9-12/GED.....	119	38.1	134	29.2
At least some college.....	135	24.3	142	20.4

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.3a.--FIBER: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in fiber?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	35.3	2.3	57.0	5.3
40-59.....	16.3	33.1	3.3	60.8	2.9
60 and over.....	9.6	15.2	2.1	78.5	4.2
20 and over.....	47.9	30.5	2.6	62.6	4.3
Females:					
20-39.....	22.3	46.0	3.3	47.9	2.8
40-59.....	17.1	34.4	3.1	61.2	† 1.4
60 and over.....	12.7	19.4	† 0.4	74.9	5.3
20 and over.....	52.1	35.7	2.5	58.9	2.9
All individuals 20 and over.....	100.0	33.2	2.6	60.6	3.6
Income:					
Under 131% poverty.....	15.8	32.1	2.8	55.2	9.9
131-350% poverty.....	41.2	31.7	2.3	62.4	3.6
Over 350% poverty.....	43.0	35.1	2.8	60.9	1.2
Race: ‡					
White.....	80.6	33.8	2.4	61.2	2.7
Black.....	11.4	29.6	† 2.2	63.1	5.1
National origin:					
Hispanic.....	9.0	32.2	6.3	50.6	10.9
Non-Hispanic.....	91.0	33.3	2.2	61.6	2.8
Education: ‡					
Grade 8 or less.....	6.5	18.6	† 2.6	63.0	15.8
Grades 9-12/GED.....	42.0	33.1	2.7	60.5	3.7
At least some college.....	50.3	35.6	2.5	60.1	1.7

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.3b.--FIBER: Mean intakes (2-day average) and percentages of individuals with mean fiber intake below 20 grams per day, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of fiber they consume is "TOO LOW"		Individuals who think the amount of fiber they consume is "ABOUT RIGHT"	
	Mean fiber intake	Percentages of individuals with mean fiber intake below 20 grams per day	Mean fiber intake	Percentages of individuals with mean fiber intake below 20 grams per day
	<i>Grams</i>	<i>Percent</i>	<i>Grams</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	18.0	65.6	19.1	63.3
40-59.....	16.7	69.5	18.7	58.2
60 and over.....	16.8	74.1	18.6	65.6
20 and over.....	17.4	67.9	18.8	62.2
Females:				
20-39.....	13.9	84.0	14.0	82.3
40-59.....	13.2	87.4	14.2	83.9
60 and over.....	12.4	93.6	14.1	81.5
20 and over.....	13.5	86.4	14.1	82.6
All individuals 20 and over.....	15.2	78.2	16.5	72.5
Income:				
Under 131% poverty.....	13.7	80.3	14.3	80.2
131-350% poverty.....	14.6	80.2	16.0	74.8
Over 350% poverty.....	16.2	75.8	17.6	67.7
Race: ‡				
White.....	15.1	79.2	16.8	70.8
Black.....	13.2	82.8	14.1	80.6
National origin:				
Hispanic.....	14.9	75.5	18.1	63.8
Non-Hispanic.....	15.2	78.5	16.3	73.2
Education: ‡				
Grade 8 or less.....	13.9	74.9	15.8	80.0
Grades 9-12/GED.....	13.5	84.5	15.2	77.5
At least some college.....	16.6	73.9	17.6	67.0

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.4a.--CALCIUM: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in calcium?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	30.9	8.1	53.4	7.6
40-59.....	16.3	26.4	4.7	62.3	6.6
60 and over.....	9.6	12.4	4.1	73.2	10.2
20 and over.....	47.9	25.7	6.1	60.4	7.8
Females:					
20-39.....	22.3	51.8	4.2	41.9	2.1
40-59.....	17.1	44.2	1.8	51.4	2.6
60 and over.....	12.7	26.7	† 1.6	67.2	4.6
20 and over.....	52.1	43.2	2.8	51.2	2.9
All individuals 20 and over.....	100.0	34.8	4.4	55.6	5.2
Income:					
Under 131% poverty.....	15.8	34.6	5.8	52.2	7.4
131-350% poverty.....	41.2	33.3	4.5	56.4	5.8
Over 350% poverty.....	43.0	36.3	3.8	56.1	3.9
Race: ‡					
White.....	80.6	35.7	3.9	55.4	5.0
Black.....	11.4	31.7	5.4	58.2	4.7
National origin:					
Hispanic.....	9.0	34.0	5.2	52.3	8.5
Non-Hispanic.....	91.0	34.9	4.3	55.9	4.9
Education: ‡					
Grade 8 or less.....	6.5	17.9	4.3	62.4	15.5
Grades 9-12/GED.....	42.0	33.3	4.5	56.0	6.1
At least some college.....	50.3	38.2	4.3	54.3	3.2

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.4b.--CALCIUM: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean calcium intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of calcium they consume is "TOO LOW"		Individuals who think the amount of calcium they consume is "ABOUT RIGHT"	
	Mean calcium intake	Percentages of individuals with mean calcium intake below 100% of 1989 RDA	Mean calcium intake	Percentages of individuals with mean calcium intake below 100% of 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	100	57.3	114	51.1
40-59.....	93	63.8	108	52.4
60 and over.....	91	64.1	98	56.3
20 and over.....	97	60.2	108	52.8
Females:				
20-39.....	71	80.6	80	75.2
40-59.....	69	83.4	77	74.0
60 and over.....	67	87.7	75	76.3
20 and over.....	70	82.6	78	75.2
All individuals 20 and over.....	79	74.7	94	63.5
Income:				
Under 131% poverty.....	75	77.7	77	76.2
131-350% poverty.....	78	76.0	92	66.2
Over 350% poverty.....	82	72.5	101	56.6
Race: ‡				
White.....	82	72.7	98	59.9
Black.....	60	88.8	72	82.6
National origin:				
Hispanic.....	74	83.6	91	65.9
Non-Hispanic.....	80	73.8	94	63.3
Education: ‡				
Grade 8 or less.....	67	82.9	76	76.6
Grades 9-12/GED.....	76	78.6	89	66.9
At least some college.....	83	70.8	100	58.9

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.5a.-- IRON: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in iron?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	26.6	2.5	61.3	9.6
40-59.....	16.3	20.8	2.0	69.5	7.8
60 and over.....	9.6	11.2	1.7	73.3	13.7
20 and over.....	47.9	21.6	2.2	66.5	9.8
Females:					
20-39.....	22.3	46.0	† 1.6	48.6	3.8
40-59.....	17.1	33.5	† 1.1	61.5	3.9
60 and over.....	12.7	18.7	† 1.1	71.6	8.6
20 and over.....	52.1	35.2	1.3	58.5	5.0
All individuals 20 and over.....	100.0	28.7	1.7	62.3	7.3
Income:					
Under 131% poverty.....	15.8	30.0	2.2	56.8	11.0
131-350% poverty.....	41.2	28.5	2.1	61.8	7.6
Over 350% poverty.....	43.0	28.4	1.1	64.8	5.6
Race: ‡					
White.....	80.6	28.4	1.6	62.5	7.5
Black.....	11.4	29.0	† 1.6	63.7	5.8
National origin:					
Hispanic.....	9.0	28.3	3.6	54.1	14.0
Non-Hispanic.....	91.0	28.7	1.5	63.1	6.6
Education: ‡					
Grade 8 or less.....	6.5	17.6	† 1.8	64.8	15.8
Grades 9-12/GED.....	42.0	27.4	2.0	61.6	8.9
At least some college.....	50.3	31.4	1.4	62.4	4.9

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.5b.--IRON: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean iron intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of iron they consume is "TOO LOW"		Individuals who think the amount of iron they consume is "ABOUT RIGHT"	
	Mean iron intake	Percentages of individuals with mean iron intake below 100% of 1989 RDA	Mean iron intake	Percentages of individuals with mean iron intake below 100% of 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	207	† 12.3	197	8.8
40-59.....	174	11.4	178	13.9
60 and over.....	185	17.0	172	13.9
20 and over.....	194	12.5	185	11.7
Females:				
20-39.....	88	71.9	85	72.5
40-59.....	97	60.7	98	62.0
60 and over.....	117	42.0	122	39.6
20 and over.....	95	64.6	101	59.0
All individuals 20 and over.....	130	45.8	144	34.8
Income:				
Under 131% poverty.....	140	50.8	128	45.8
131-350% poverty.....	126	47.5	141	35.5
Over 350% poverty.....	131	42.2	152	30.7
Race: ‡				
White.....	128	45.6	146	33.2
Black.....	151	50.2	123	44.7
National origin:				
Hispanic.....	120	55.1	130	43.2
Non-Hispanic.....	131	44.9	145	34.1
Education: ‡				
Grade 8 or less.....	124	49.8	121	45.3
Grades 9-12/GED.....	128	49.8	138	35.6
At least some college.....	132	42.7	151	32.7

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.6a.--VITAMIN C: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in Vitamin C?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	31.5	5.4	59.5	3.6
40-59.....	16.3	28.3	2.7	65.4	3.6
60 and over.....	9.6	16.2	† 1.6	75.3	6.9
20 and over.....	47.9	27.3	3.7	64.7	4.3
Females:					
20-39.....	22.3	35.2	2.0	61.6	† 1.2
40-59.....	17.1	29.4	1.7	66.8	2.0
60 and over.....	12.7	19.7	† 1.1	74.4	4.8
20 and over.....	52.1	29.5	1.7	66.4	2.4
All individuals 20 and over.....	100.0	28.5	2.7	65.6	3.3
Income:					
Under 131% poverty.....	15.8	24.2	4.4	65.8	5.7
131-350% poverty.....	41.2	29.4	2.6	64.9	3.1
Over 350% poverty.....	43.0	29.1	2.1	66.2	2.6
Race: ‡					
White.....	80.6	30.7	2.1	64.0	3.2
Black.....	11.4	18.9	4.3	74.7	† 2.1
National origin:					
Hispanic.....	9.0	29.3	5.8	60.0	5.0
Non-Hispanic.....	91.0	28.4	2.3	66.1	3.1
Education: ‡					
Grade 8 or less.....	6.5	17.9	† 1.6	69.8	10.8
Grades 9-12/GED.....	42.0	30.0	2.7	63.5	3.7
At least some college.....	50.3	28.5	2.7	66.9	1.9

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.6b.--VITAMIN C: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean vitamin C intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of vitamin C they consume is "TOO LOW"		Individuals who think the amount of vitamin C they consume is "ABOUT RIGHT"	
	Mean vitamin C intake	Percentages of individuals with mean vitamin C intake below 100% of 1989 RDA	Mean vitamin C intake	Percentages of individuals with mean vitamin C intake below 100% of 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	148	45.0	203	32.4
40-59.....	123	55.5	181	34.5
60 and over.....	130	50.0	184	30.8
20 and over.....	137	49.3	191	32.7
Females:				
20-39.....	121	55.0	154	39.8
40-59.....	111	58.0	165	33.6
60 and over.....	108	57.2	167	33.8
20 and over.....	116	56.3	162	36.1
All individuals 20 and over.....	126	53.1	176	34.5
Income:				
Under 131% poverty.....	123	55.0	161	41.2
131-350% poverty.....	125	52.2	164	38.4
Over 350% poverty.....	127	53.4	192	28.5
Race: ‡				
White.....	120	54.2	171	35.6
Black.....	146	52.7	173	33.6
National origin:				
Hispanic.....	174	43.7	204	28.4
Non-Hispanic.....	121	54.1	173	35.1
Education: ‡				
Grade 8 or less.....	136	57.3	161	43.6
Grades 9-12/GED.....	108	60.6	154	40.0
At least some college.....	141	45.5	195	28.7

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.7a.--FAT: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in fat?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	9.4	53.0	35.1	2.5
40-59.....	16.3	5.7	49.5	42.2	2.6
60 and over.....	9.6	6.5	31.1	58.4	3.9
20 and over.....	47.9	7.6	47.5	42.2	2.8
Females:					
20-39.....	22.3	5.6	57.2	36.0	† 1.2
40-59.....	17.1	5.5	52.6	41.2	† 0.6
60 and over.....	12.7	7.5	28.0	62.0	2.5
20 and over.....	52.1	6.0	48.6	44.0	1.4
All individuals 20 and over.....	100.0	6.8	48.0	43.1	2.1
Income:					
Under 131% poverty.....	15.8	10.6	39.1	45.5	4.8
131-350% poverty.....	41.2	7.0	47.1	43.7	2.2
Over 350% poverty.....	43.0	5.2	52.2	41.8	0.9
Race: ‡					
White.....	80.6	6.0	50.3	42.0	1.7
Black.....	11.4	10.6	42.6	44.3	2.6
National origin:					
Hispanic.....	9.0	10.0	39.5	46.1	4.4
Non-Hispanic.....	91.0	6.4	48.9	42.9	1.8
Education: ‡					
Grade 8 or less.....	6.5	8.1	27.9	54.8	9.1
Grades 9-12/GED.....	42.0	7.7	46.9	43.2	2.2
At least some college.....	50.3	5.8	51.6	41.6	1.0

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.7b.--FAT: Mean intakes (2-day average) and percentages of individuals with mean fat intake above 30 percent of calories, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of fat they consume is "TOO HIGH"		Individuals who think the amount of fat they consume is "ABOUT RIGHT"	
	Mean fat intake as a percentage of calories	Percentages of individuals with mean fat intake above 30 percent of calories	Mean fat intake as a percentage of calories	Percentages of individuals with mean fat intake above 30 percent of calories
	<i>Percent of kilocalories</i>	<i>Percent</i>	<i>Percent of kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	34.0	75.0	33.1	70.3
40-59.....	35.7	79.9	33.5	68.8
60 and over.....	34.7	74.4	32.8	64.7
20 and over.....	34.7	76.7	33.2	68.3
Females:				
20-39.....	33.2	68.2	30.7	53.3
40-59.....	34.4	72.1	31.7	58.2
60 and over.....	33.9	70.0	32.0	60.2
20 and over.....	33.7	69.8	31.5	57.2
All individuals 20 and over.....	34.2	73.1	32.3	62.4
Income:				
Under 131% poverty.....	35.1	75.8	32.5	61.3
131-350% poverty.....	33.8	70.6	33.0	67.3
Over 350% poverty.....	34.3	74.5	31.4	57.8
Race: ‡				
White.....	34.2	73.0	32.4	63.2
Black.....	35.5	78.2	33.6	69.0
National origin:				
Hispanic.....	34.3	79.1	31.9	59.1
Non-Hispanic.....	34.2	72.6	32.3	62.7
Education: ‡				
Grade 8 or less.....	33.7	71.0	33.4	64.3
Grades 9-12/GED.....	34.9	76.8	33.2	66.9
At least some college.....	33.6	70.3	31.3	58.5

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.8a.--SATURATED FAT: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in saturated fat?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	11.0	42.5	37.3	9.3
40-59.....	16.3	7.7	35.6	47.5	9.2
60 and over.....	9.6	6.9	24.9	57.1	11.0
20 and over.....	47.9	9.0	36.6	44.7	9.6
Females:					
20-39.....	22.3	7.8	44.0	42.4	5.8
40-59.....	17.1	6.0	36.0	50.7	7.3
60 and over.....	12.7	6.6	22.0	61.8	9.6
20 and over.....	52.1	6.9	36.0	49.8	7.2
All individuals 20 and over.....	100.0	7.9	36.3	47.4	8.4
Income:					
Under 131% poverty.....	15.8	12.1	28.4	43.5	16.0
131-350% poverty.....	41.2	7.8	37.1	46.2	8.9
Over 350% poverty.....	43.0	6.5	38.5	50.0	5.0
Race: ‡					
White.....	80.6	7.0	38.3	47.7	7.0
Black.....	11.4	9.7	32.6	46.1	11.6
National origin:					
Hispanic.....	9.0	14.8	25.1	40.4	19.7
Non-Hispanic.....	91.0	7.3	37.4	48.1	7.2
Education: ‡					
Grade 8 or less.....	6.5	5.2	17.5	54.1	23.3
Grades 9-12/GED.....	42.0	8.7	36.0	45.8	9.5
At least some college.....	50.3	7.6	38.9	47.9	5.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.8b.--SATURATED FAT: Mean intakes (2-day average) and percentages of individuals with mean intake of saturated fat at or above 10 percent of calories, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of saturated fat they consume is "TOO HIGH"		Individuals who think the amount of saturated fat they consume is "ABOUT RIGHT"	
	Mean saturated fat intake as a percentage of calories	Percentages of individuals with mean saturated fat intake at or above 10 percent of calories	Mean saturated fat intake as a percentage of calories	Percentages of individuals with mean saturated fat intake at or above 10 percent of calories
	<i>Percent of kilocalories</i>	<i>Percent</i>	<i>Percent of kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	11.7	69.2	11.4	70.1
40-59.....	11.7	71.6	11.1	63.9
60 and over.....	11.4	65.9	10.8	57.1
20 and over.....	11.7	69.5	11.1	64.5
Females:				
20-39.....	11.4	69.3	9.9	47.6
40-59.....	11.5	66.4	10.3	51.6
60 and over.....	11.4	66.0	10.1	48.3
20 and over.....	11.5	67.8	10.1	49.2
All individuals 20 and over.....	11.6	68.7	10.6	56.1
Income:				
Under 131% poverty.....	11.9	70.5	11.0	61.7
131-350% poverty.....	11.5	66.4	10.7	58.5
Over 350% poverty.....	11.6	70.2	10.3	52.2
Race: ‡				
White.....	11.6	69.8	10.6	55.4
Black.....	11.4	63.7	11.1	66.5
National origin:				
Hispanic.....	11.8	74.8	10.6	57.3
Non-Hispanic.....	11.5	68.3	10.6	56.0
Education: ‡				
Grade 8 or less.....	11.2	60.0	11.2	62.7
Grades 9-12/GED.....	12.0	74.7	11.0	60.7
At least some college.....	11.2	64.5	10.2	51.8

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.9a.--CHOLESTEROL: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in cholesterol?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	10.1	35.8	46.5	7.5
40-59.....	16.3	6.0	32.3	56.4	5.3
60 and over.....	9.6	3.1	21.8	68.0	7.1
20 and over.....	47.9	7.3	31.8	54.2	6.7
Females:					
20-39.....	22.3	7.1	31.3	57.6	4.0
40-59.....	17.1	5.1	28.7	62.0	4.2
60 and over.....	12.7	3.1	23.4	64.3	9.2
20 and over.....	52.1	5.5	28.5	60.7	5.3
All individuals 20 and over.....	100.0	6.4	30.1	57.6	6.0
Income:					
Under 131% poverty.....	15.8	12.5	25.5	51.2	10.7
131-350% poverty.....	41.2	6.5	31.4	55.4	6.7
Over 350% poverty.....	43.0	4.0	30.5	62.0	3.5
Race: ‡					
White.....	80.6	5.0	30.4	59.4	5.3
Black.....	11.4	11.5	30.5	49.3	8.7
National origin:					
Hispanic.....	9.0	14.2	21.0	54.5	10.3
Non-Hispanic.....	91.0	5.6	31.0	57.9	5.6
Education: ‡					
Grade 8 or less.....	6.5	5.6	20.0	57.9	16.6
Grades 9-12/GED.....	42.0	6.4	31.3	55.7	6.6
At least some college.....	50.3	6.3	30.4	59.2	4.1

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.9b.--CHOLESTEROL: Mean intakes (2-day average) and percentages of individuals with cholesterol intake above 300 milligrams, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of cholesterol they consume is "TOO HIGH"		Individuals who think the amount of cholesterol they consume is "ABOUT RIGHT"	
	Mean cholesterol intake	Percentages of individuals with mean cholesterol intake above 300 milligrams	Mean cholesterol intake	Percentages of individuals with mean cholesterol intake above 300 milligrams
	<i>Milligrams</i>	<i>Percent</i>	<i>Milligrams</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	368	51.8	326	43.0
40-59.....	336	48.6	322	43.4
60 and over.....	327	45.2	292	37.9
20 and over.....	351	49.8	316	41.9
Females:				
20-39.....	226	26.0	219	23.1
40-59.....	222	23.8	198	20.9
60 and over.....	213	17.6	196	17.6
20 and over.....	222	23.6	206	20.9
All individuals 20 and over.....	287	36.9	256	30.4
Income:				
Under 131% poverty.....	272	31.9	275	35.7
131-350% poverty.....	290	38.6	261	32.1
Over 350% poverty.....	290	36.7	245	27.3
Race: ‡				
White.....	286	35.9	246	28.1
Black.....	287	32.5	311	38.1
National origin:				
Hispanic.....	300	46.3	291	40.2
Non-Hispanic.....	287	36.2	252	29.5
Education: ‡				
Grade 8 or less.....	273	43.0	252	28.0
Grades 9-12/GED.....	291	36.2	275	35.2
At least some college.....	286	37.1	242	27.0

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.10a.--SALT OR SODIUM: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in salt or sodium?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	13.2	28.2	56.9	† 1.7
40-59.....	16.3	11.3	26.2	61.3	† 1.2
60 and over.....	9.6	8.5	17.6	71.7	2.2
20 and over.....	47.9	11.6	25.4	61.4	1.7
Females:					
20-39.....	22.3	10.7	28.4	60.0	† 0.8
40-59.....	17.1	7.8	25.4	66.1	† 0.6
60 and over.....	12.7	6.4	13.2	78.5	1.9
20 and over.....	52.1	8.7	23.7	66.5	1.0
All individuals 20 and over.....	100.0	10.1	24.5	64.1	1.3
Income:					
Under 131% poverty.....	15.8	15.6	20.8	60.0	3.5
131-350% poverty.....	41.2	9.6	25.7	63.3	1.4
Over 350% poverty.....	43.0	8.5	24.8	66.2	† 0.5
Race: ‡					
White.....	80.6	9.1	24.6	65.2	1.1
Black.....	11.4	13.8	23.8	61.1	† 1.3
National origin:					
Hispanic.....	9.0	19.9	19.9	56.0	4.2
Non-Hispanic.....	91.0	9.1	25.0	64.9	1.0
Education: ‡					
Grade 8 or less.....	6.5	6.6	16.2	70.3	6.8
Grades 9-12/GED.....	42.0	10.9	25.4	62.3	1.4
At least some college.....	50.3	9.7	24.9	64.9	† 0.5

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.10b.--SALT OR SODIUM: Mean intakes (2-day average) and percentages of individuals with mean sodium intake above 2,400 milligrams, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of salt or sodium they consume is "TOO HIGH"		Individuals who think the amount of salt or sodium they consume is "ABOUT RIGHT"	
	Mean sodium intake §	Percentages of individuals with mean sodium intake above 2,400 milligrams	Mean sodium intake §	Percentages of individuals with mean sodium intake above 2,400 milligrams
	<i>Milligrams</i>	<i>Percent</i>	<i>Milligrams</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	4667	90.7	4393	89.7
40-59.....	3993	86.6	3906	85.5
60 and over.....	3738	84.0	3397	77.1
20 and over.....	4301	88.3	3993	85.3
Females:				
20-39.....	2947	65.4	2919	67.1
40-59.....	2751	60.3	2764	59.5
60 and over.....	2725	60.8	2423	46.8
20 and over.....	2848	63.0	2726	58.8
All individuals 20 and over.....	3568	75.6	3307	71.0
Income:				
Under 131% poverty.....	3521	71.1	3043	61.7
131-350% poverty.....	3654	75.1	3272	68.5
Over 350% poverty.....	3497	77.4	3426	76.3
Race: ‡				
White.....	3594	76.7	3339	72.4
Black.....	3140	68.3	3114	62.0
National origin:				
Hispanic.....	3350	75.4	3096	65.5
Non-Hispanic.....	3585	75.6	3325	71.4
Education: ‡				
Grade 8 or less.....	3283	65.0	2742	54.7
Grades 9-12/GED.....	3500	71.5	3234	67.0
At least some college.....	3651	79.8	3448	76.4

§ Excludes salt added at the table.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.11a.--SUGAR AND SWEETS: Perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in sugar and sweets?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	13.4	34.9	50.7	† 1.0
40-59.....	16.3	8.7	31.4	58.3	1.6
60 and over.....	9.6	10.2	22.8	65.7	† 1.2
20 and over.....	47.9	11.2	31.3	56.3	1.2
Females:					
20-39.....	22.3	7.7	42.2	49.7	† 0.4
40-59.....	17.1	6.9	38.8	53.7	† 0.6
60 and over.....	12.7	6.1	27.2	65.1	† 1.6
20 and over.....	52.1	7.1	37.4	54.8	0.7
All individuals 20 and over.....	100.0	9.0	34.5	55.5	1.0
Income:					
Under 131% poverty.....	15.8	10.8	32.5	55.2	1.5
131-350% poverty.....	41.2	9.6	33.0	56.1	1.3
Over 350% poverty.....	43.0	7.8	36.7	55.0	† 0.4
Race: ‡					
White.....	80.6	8.6	35.4	55.2	0.9
Black.....	11.4	6.5	33.8	58.5	† 1.1
National origin:					
Hispanic.....	9.0	15.8	27.2	55.2	† 1.8
Non-Hispanic.....	91.0	8.4	35.2	55.5	0.9
Education: ‡					
Grade 8 or less.....	6.5	9.7	22.2	64.4	3.7
Grades 9-12/GED.....	42.0	9.4	33.5	55.8	1.4
At least some college.....	50.3	8.7	37.0	54.1	† 0.3

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.11b.--SUGAR AND SWEETS: Mean intakes (2-day average) and percentages of individuals with intake of added sugars at or above 10 percent of calories, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of sugars and sweets they consume is "TOO HIGH"		Individuals who think the amount of sugars and sweets they consume is "ABOUT RIGHT"	
	Mean intake of added sugars §	Percentages of individuals consuming at or above 10 percent of calories from added sugars	Mean intake of added sugars §	Percentages of individuals consuming at or above 10 percent of calories from added sugars
	<i>Percent of kilocalories</i>	<i>Percent</i>	<i>Percent of kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	17.4	76.4	15.3	72.1
40-59.....	15.1	73.3	12.8	56.4
60 and over.....	14.3	72.4	11.5	53.3
20 and over.....	16.2	74.8	13.5	62.2
Females:				
20-39.....	18.1	78.5	15.8	68.9
40-59.....	16.1	72.1	12.5	53.4
60 and over.....	14.2	70.7	12.4	56.9
20 and over.....	16.7	75.0	13.8	60.4
All individuals 20 and over.....	16.5	74.9	13.6	61.3
Income:				
Under 131% poverty.....	17.4	77.7	14.4	65.2
131-350% poverty.....	17.7	79.6	14.4	65.5
Over 350% poverty.....	15.1	69.9	12.6	55.7
Race: ‡				
White.....	16.4	75.5	13.6	60.6
Black.....	17.8	78.2	15.1	66.4
National origin:				
Hispanic.....	15.3	67.0	13.4	63.4
Non-Hispanic.....	16.6	75.5	13.7	61.1
Education: ‡				
Grade 8 or less.....	15.2	76.2	12.7	60.1
Grades 9-12/GED.....	17.0	76.9	14.5	62.6
At least some college.....	16.2	72.9	13.1	60.4

§ "Added sugars" includes white, brown, and raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.1a.-- Perceived importance of MAINTAINING A HEALTHY WEIGHT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to maintain a healthy weight?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	65.4	27.2	5.7	† 1.7	† 0.0
40-59.....	16.3	70.3	23.3	4.8	† 1.5	† 0.1
60 and over.....	9.6	71.7	22.0	4.4	† 1.5	† 0.4
20 and over.....	47.9	68.3	24.8	5.2	1.6	† 0.1
Females:						
20-39.....	22.3	78.4	18.7	† 1.7	† 1.0	† 0.1
40-59.....	17.1	77.9	18.0	3.7	† 0.3	† 0.1
60 and over.....	12.7	74.0	21.2	3.6	† 0.6	† 0.7
20 and over.....	52.1	77.2	19.1	2.8	0.7	† 0.2
All individuals 20 and over.....	100	72.9	21.8	4.0	1.1	† 0.2
Income:						
Under 131% poverty.....	15.8	74.0	20.0	4.0	1.5	† 0.4
131-350% poverty.....	41.2	71.5	22.2	4.4	1.6	† 0.2
Over 350% poverty.....	43.0	73.9	22.1	3.5	† 0.5	† *
Race: ‡						
White.....	80.6	72.4	22.1	4.3	1.1	† 0.1
Black.....	11.4	76.5	19.9	2.6	† 0.8	† 0.1
National origin:						
Hispanic.....	9.0	77.6	15.9	5.3	† 1.2	† 0.1
Non-Hispanic.....	91.0	72.5	22.4	3.8	1.1	† 0.2
Education: ‡						
Grade 8 or less.....	6.5	64.2	25.7	7.8	† 1.5	† 0.7
Grades 9-12/GED.....	42.0	71.7	21.8	4.5	1.8	† 0.2
At least some college.....	50.3	75.3	21.2	3.0	† 0.5	† *

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.1b.-- Mean body mass index (based on self-reported heights and weights), by perceived importance of MAINTAINING A HEALTHY WEIGHT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to maintain a healthy weight?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean body mass index § -----			
Sex and age (years):			
Males:			
20-39.....	25.8	26.2	25.8
40-59.....	27.1	28.1	25.8
60 and over.....	26.4	27.3	29.6
20 and over.....	26.4	27.0	26.5
Females:			
20-39.....	24.8	25.9	† 27.7
40-59.....	26.2	28.1	† 31.0
60 and over.....	26.5	25.7	† 27.6
20 and over.....	25.7	26.5	28.9
All individuals 20 and over.....	26.0	26.8	27.3
Income:			
Under 131% poverty.....	26.9	27.3	26.1
131-350% poverty.....	26.0	26.8	25.9
Over 350% poverty.....	25.6	26.6	29.9
Race: ‡			
White.....	25.7	26.7	27.7
Black.....	28.1	29.0	† 25.9
National origin:			
Hispanic.....	26.2	28.5	† 26.6
Non-Hispanic.....	26.0	26.7	27.4
Education: ‡			
Grade 8 or less.....	27.2	26.2	† 26.9
Grades 9-12/GED.....	26.8	27.4	27.0
At least some college.....	25.2	26.4	27.7

§ Excludes individuals not reporting height and/or weight. See "Table notes" for information on calculating body mass index.

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.2a.-- Perceived importance of EATING A VARIETY OF FOODS, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat a variety of foods?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	50.0	37.6	9.4	2.9	† 0.1
40-59.....	16.3	57.9	31.6	9.3	† 1.2	† *
60 and over.....	9.6	66.0	26.9	5.1	† 1.3	† 0.8
20 and over.....	47.9	55.9	33.4	8.5	2.0	† 0.2
Females:						
20-39.....	22.3	61.3	31.9	5.7	† 1.1	† 0.0
40-59.....	17.1	71.3	23.0	5.4	† 0.2	† 0.1
60 and over.....	12.7	71.1	22.4	5.1	† 0.7	† 0.7
20 and over.....	52.1	66.9	26.7	5.5	0.7	† 0.2
All individuals 20 and over.....	100.0	61.6	29.9	6.9	1.3	† 0.2
Income:						
Under 131% poverty.....	15.8	58.2	31.1	7.6	2.8	† 0.3
131-350% poverty.....	41.2	62.1	29.0	7.6	1.0	† 0.3
Over 350% poverty.....	43.0	62.5	30.4	6.1	1.0	† 0.1
Race: ‡						
White.....	80.6	62.9	29.2	6.5	1.1	† 0.2
Black.....	11.4	54.6	32.3	10.2	2.7	† 0.2
National origin:						
Hispanic.....	9.0	63.2	25.8	9.9	† 1.1	† *
Non-Hispanic.....	91.0	61.5	30.3	6.6	1.3	† 0.2
Education: ‡						
Grade 8 or less.....	6.5	54.6	28.2	14.0	† 1.8	† 1.5
Grades 9-12/GED.....	42.0	59.3	30.3	8.0	2.1	† 0.2
At least some college.....	50.3	64.7	29.7	4.9	† 0.6	† 0.1

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.2b.-- Mean Healthy Eating Index (HEI) score (2-day average), by perceived importance of EATING A VARIETY OF FOODS, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat a variety of foods?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- HEI score § -----			
Sex and age (years):			
Males:			
20-39.....	61.8	60.5	58.6
40-59.....	62.1	60.0	58.4
60 and over.....	67.2	62.9	58.9
20 and over.....	63.2	60.7	58.6
Females:			
20-39.....	63.7	61.7	† 59.2
40-59.....	65.2	61.9	56.4
60 and over.....	67.8	66.2	† 61.7
20 and over.....	65.3	62.7	58.9
All individuals 20 and over.....	64.4	61.7	58.7
Income:			
Under 131% poverty.....	60.6	58.6	56.8
131-350% poverty.....	63.4	61.3	58.7
Over 350% poverty.....	66.6	63.1	59.8
Race: ‡			
White.....	64.8	62.0	59.8
Black.....	59.8	56.9	53.0
National origin:			
Hispanic.....	63.3	64.1	† 61.0
Non-Hispanic.....	64.5	61.4	58.4
Education: ‡			
Grade 8 or less.....	61.9	62.1	58.2
Grades 9-12/GED.....	62.1	59.2	56.9
At least some college.....	66.5	63.6	61.5

§ The HEI, a summary measure of overall diet quality, includes 10 components; the maximum score for all components combined is 100. See "Table notes" for additional information.

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.3a.-- Perceived importance of CHOOSING A DIET WITH PLENTY OF BREADS, CEREALS, RICE, AND PASTA, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of breads, cereals, rice, and pasta?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	29.7	46.0	20.8	3.3	† 0.3
40-59.....	16.3	26.1	48.3	21.3	4.0	† 0.2
60 and over.....	9.6	30.1	38.1	23.6	6.5	1.6
20 and over.....	47.9	28.6	45.2	21.5	4.2	† 0.5
Females:						
20-39.....	22.3	33.1	44.3	17.7	4.7	† 0.3
40-59.....	17.1	36.6	36.6	22.2	4.6	† 0.1
60 and over.....	12.7	34.2	39.1	19.7	5.1	1.8
20 and over.....	52.1	34.5	40.5	19.6	4.8	0.6
All individuals 20 and over.....	100.0	31.6	42.8	20.5	4.5	0.6
Income:						
Under 131% poverty.....	15.8	31.8	38.6	21.2	6.8	1.5
131-350% poverty.....	41.2	30.9	41.2	22.6	4.7	† 0.6
Over 350% poverty.....	43.0	32.3	45.7	18.3	3.4	† 0.2
Race: ‡						
White.....	80.6	32.3	44.3	19.0	3.8	0.6
Black.....	11.4	27.9	33.1	29.5	9.1	† 0.4
National origin:						
Hispanic.....	9.0	32.8	39.3	23.5	3.6	† 0.7
Non-Hispanic.....	91.0	31.5	43.1	20.3	4.6	0.6
Education: ‡						
Grade 8 or less.....	6.5	27.5	34.2	28.6	6.3	3.4
Grades 9-12/GED.....	42.0	28.4	42.1	22.9	6.0	† 0.6
At least some college.....	50.3	35.0	44.5	17.3	3.0	† 0.2

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.3b.-- Mean number of grain servings per day (2-day average), by perceived importance of CHOOSING A DIET WITH PLENTY OF BREADS, CEREALS, RICE, AND PASTA, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of breads, cereals, rice, and pasta?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean number of grain servings per day § -----			
Sex and age (years):			
Males:			
20-39.....	9.1	9.0	8.2
40-59.....	8.1	7.2	7.6
60 and over.....	7.0	6.9	6.5
20 and over.....	8.3	8.0	7.6
Females:			
20-39.....	6.2	6.2	5.0
40-59.....	5.9	5.7	5.0
60 and over.....	5.0	4.8	4.6
20 and over.....	5.8	5.7	4.9
All individuals 20 and over.....	6.9	6.9	6.2
Income:			
Under 131% poverty.....	6.5	7.4	5.4
131-350% poverty.....	6.9	6.4	6.3
Over 350% poverty.....	7.0	7.1	6.6
Race: ‡			
White.....	6.9	6.7	6.4
Black.....	6.3	6.9	5.0
National origin:			
Hispanic.....	7.1	6.5	6.3
Non-Hispanic.....	6.9	6.9	6.2
Education: ‡			
Grade 8 or less.....	6.0	6.4	5.1
Grades 9-12/GED.....	6.4	6.5	6.1
At least some college.....	7.3	7.2	6.6

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.4a.-- Perceived importance of CHOOSING A DIET WITH PLENTY OF FRUITS AND VEGETABLES, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of fruits and vegetables?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	55.0	29.9	13.1	2.0	† 0.0
40-59.....	16.3	61.0	29.5	7.9	1.6	† 0.1
60 and over.....	9.6	67.5	24.7	5.7	† 1.5	† 0.6
20 and over.....	47.9	59.5	28.7	9.8	1.8	† 0.2
Females:						
20-39.....	22.3	72.2	23.6	3.6	† 0.7	† 0.0
40-59.....	17.1	78.6	17.5	3.4	† 0.4	† 0.1
60 and over.....	12.7	78.6	17.1	3.5	† 0.1	† 0.6
20 and over.....	52.1	75.9	20.0	3.5	† 0.5	† 0.2
All individuals 20 and over.....	100.0	68.0	24.2	6.5	1.1	† 0.2
Income:						
Under 131% poverty.....	15.8	71.8	19.8	6.5	1.4	† 0.4
131-350% poverty.....	41.2	66.5	25.7	6.6	1.0	† 0.2
Over 350% poverty.....	43.0	68.1	24.3	6.4	1.1	† *
Race: ‡						
White.....	80.6	67.9	24.8	6.2	1.0	† 0.1
Black.....	11.4	66.6	24.0	8.0	† 1.2	† 0.2
National origin:						
Hispanic.....	9.0	72.2	19.7	7.8	† 0.2	† 0.1
Non-Hispanic.....	91.0	67.6	24.6	6.4	1.2	† 0.2
Education: ‡						
Grade 8 or less.....	6.5	66.7	22.3	8.3	† 1.4	† 1.3
Grades 9-12/GED.....	42.0	66.0	24.5	7.5	1.9	† 0.1
At least some college.....	50.3	70.0	24.0	5.5	† 0.4	† *

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.4b.-- Mean number of fruit and vegetable servings per day (2-day average), by perceived importance of CHOOSING A DIET WITH PLENTY OF FRUITS AND VEGETABLES, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of fruits and vegetables?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean number of fruit and vegetable servings per day § -----			
Sex and age (years):			
Males:			
20-39.....	6.0	5.4	6.3
40-59.....	5.9	5.1	4.6
60 and over.....	6.1	5.0	4.6
20 and over.....	6.0	5.2	5.6
Females:			
20-39.....	4.8	3.9	† 3.4
40-59.....	5.0	4.1	† 3.2
60 and over.....	4.8	4.2	† 4.8
20 and over.....	4.9	4.0	3.6
All individuals 20 and over.....	5.4	4.7	5.1
Income:			
Under 131% poverty.....	4.6	4.2	4.9
131-350% poverty.....	5.2	4.5	5.1
Over 350% poverty.....	5.8	5.1	5.1
Race: ‡			
White.....	5.3	4.8	4.6
Black.....	5.0	3.7	† 6.5
National origin:			
Hispanic.....	5.7	5.0	† 5.9
Non-Hispanic.....	5.3	4.7	5.0
Education: ‡			
Grade 8 or less.....	5.1	4.4	† 5.6
Grades 9-12/GED.....	4.8	4.4	4.8
At least some college.....	5.9	5.0	5.2

§ See "Table notes."

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.5a.-- Perceived importance of EATING AT LEAST TWO SERVINGS OF DAIRY PRODUCTS DAILY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat at least two servings of dairy products daily?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	33.3	37.0	23.0	6.6	† 0.1
40-59.....	16.3	23.8	40.7	28.5	6.7	† 0.3
60 and over.....	9.6	25.3	35.6	29.9	7.3	1.9
20 and over.....	47.9	28.5	38.0	26.2	6.8	† 0.5
Females:						
20-39.....	22.3	47.3	30.1	18.8	3.7	† 0.1
40-59.....	17.1	38.6	36.8	19.6	4.8	† 0.3
60 and over.....	12.7	42.3	29.9	19.0	6.5	2.3
20 and over.....	52.1	43.2	32.2	19.1	4.8	0.7
All individuals 20 and over.....	100.0	36.2	35.0	22.5	5.7	0.6
Income:						
Under 131% poverty.....	15.8	45.8	28.2	19.6	5.2	1.3
131-350% poverty.....	41.2	37.5	35.7	20.9	5.3	† 0.6
Over 350% poverty.....	43.0	31.3	36.8	25.2	6.3	† 0.4
Race: ‡						
White.....	80.6	35.0	36.5	22.4	5.5	0.5
Black.....	11.4	40.0	28.0	24.0	7.0	† 1.1
National origin:						
Hispanic.....	9.0	45.7	29.2	20.3	4.3	† 0.5
Non-Hispanic.....	91.0	35.2	35.6	22.7	5.9	0.6
Education: ‡						
Grade 8 or less.....	6.5	39.9	32.8	20.2	4.5	† 2.6
Grades 9-12/GED.....	42.0	36.1	34.1	22.6	6.4	0.9
At least some college.....	50.3	35.7	36.1	22.6	5.4	† 0.2

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.5b.-- Mean number of dairy servings per day (2-day average), by perceived importance of EATING AT LEAST TWO SERVINGS OF DAIRY PRODUCTS DAILY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat at least two servings of dairy products daily?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean number of dairy servings per day § -----			
Sex and age (years):			
Males:			
20-39.....	1.9	1.8	1.4
40-59.....	2.1	1.4	1.1
60 and over.....	1.6	1.4	1.1
20 and over.....	1.9	1.6	1.2
Females:			
20-39.....	1.5	1.1	0.8
40-59.....	1.2	1.0	0.8
60 and over.....	1.3	1.0	0.7
20 and over.....	1.3	1.0	0.8
All individuals 20 and over.....	1.6	1.3	1.0
Income:			
Under 131% poverty.....	1.4	1.2	0.9
131-350% poverty.....	1.6	1.3	1.0
Over 350% poverty.....	1.7	1.4	1.1
Race: ‡			
White.....	1.6	1.4	1.1
Black.....	1.2	0.9	0.7
National origin:			
Hispanic.....	1.5	1.2	0.9
Non-Hispanic.....	1.6	1.3	1.1
Education: ‡			
Grade 8 or less.....	1.1	1.0	0.6
Grades 9-12/GED.....	1.5	1.2	1.0
At least some college.....	1.7	1.4	1.2

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.6a.-- Perceived importance of CHOOSING A DIET WITH ADEQUATE FIBER, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with adequate fiber?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	34.7	42.3	17.7	3.2	2.1
40-59.....	16.3	50.0	36.6	9.7	2.3	† 1.4
60 and over.....	9.6	56.6	28.6	8.0	2.8	4.0
20 and over.....	47.9	44.3	37.6	13.0	2.8	2.2
Females:						
20-39.....	22.3	45.9	39.1	11.9	† 1.6	† 1.6
40-59.....	17.1	63.8	28.4	5.9	† 1.0	† 0.8
60 and over.....	12.7	61.9	26.8	7.1	† 1.1	3.1
20 and over.....	52.1	55.7	32.6	8.8	1.3	1.7
All individuals 20 and over.....	100.0	50.2	35.0	10.8	2.0	2.0
Income:						
Under 131% poverty.....	15.8	48.7	27.9	14.7	3.2	5.6
131-350% poverty.....	41.2	48.7	35.7	11.4	2.1	2.1
Over 350% poverty.....	43.0	52.3	36.9	8.8	1.5	† 0.5
Race: ‡						
White.....	80.6	50.0	36.2	10.3	2.1	1.4
Black.....	11.4	51.4	30.2	15.1	† 1.7	† 1.6
National origin:						
Hispanic.....	9.0	46.6	32.5	11.6	† 2.2	7.2
Non-Hispanic.....	91.0	50.6	35.2	10.7	2.0	1.4
Education: ‡						
Grade 8 or less.....	6.5	43.4	28.0	13.2	2.9	12.5
Grades 9-12/GED.....	42.0	49.3	33.4	12.7	3.0	1.7
At least some college.....	50.3	52.0	37.2	8.9	1.1	0.8

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculation.s Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.6b.-- Mean fiber intake (2-day average), by perceived importance of CHOOSING A DIET WITH ADEQUATE FIBER, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with adequate fiber?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean fiber intake (grams) § -----			
Sex and age (years):			
Males:			
20-39.....	20.4	17.9	18.0
40-59.....	19.0	16.9	16.9
60 and over.....	19.7	16.7	15.8
20 and over.....	19.7	17.4	17.4
Females:			
20-39.....	13.9	14.4	11.8
40-59.....	14.4	13.2	11.9
60 and over.....	14.5	12.3	12.0
20 and over.....	14.2	13.6	11.9
All individuals 20 and over.....	16.5	15.6	15.2
Income:			
Under 131% poverty.....	13.9	14.3	15.0
131-350% poverty.....	16.1	15.2	14.5
Over 350% poverty.....	17.8	16.3	16.0
Race: ‡			
White.....	16.9	15.5	15.0
Black.....	13.5	12.9	15.6
National origin:			
Hispanic.....	17.5	18.1	† 12.5
Non-Hispanic.....	16.5	15.3	15.4
Education: ‡			
Grade 8 or less.....	16.2	15.6	13.3
Grades 9-12/GED.....	14.6	14.2	14.9
At least some college.....	18.1	16.7	15.8

§ See "Table notes."

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.7a.-- Perceived importance of CHOOSING A DIET LOW IN FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in fat?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	43.4	36.5	15.7	4.3	† 0.1
40-59.....	16.3	53.2	35.1	9.0	2.6	† 0.2
60 and over.....	9.6	62.3	26.0	8.2	2.5	† 1.1
20 and over.....	47.9	50.5	33.9	11.9	3.4	† 0.3
Females:						
20-39.....	22.3	59.7	33.3	5.9	† 1.0	† 0.1
40-59.....	17.1	67.3	25.8	5.7	† 0.9	† 0.2
60 and over.....	12.7	69.8	22.8	6.1	† 0.6	† 0.7
20 and over.....	52.1	64.7	28.3	5.9	0.9	† 0.3
All individuals 20 and over.....	100.0	57.9	31.0	8.8	2.1	0.3
Income:						
Under 131% poverty.....	15.8	61.9	25.9	8.7	2.5	† 0.9
131-350% poverty.....	41.2	57.5	29.8	10.1	2.4	† 0.3
Over 350% poverty.....	43.0	56.8	33.9	7.5	1.6	† 0.1
Race: ‡						
White.....	80.6	56.6	32.0	9.2	2.0	† 0.2
Black.....	11.4	65.0	24.2	8.3	† 1.9	† 0.7
National origin:						
Hispanic.....	9.0	66.6	22.1	9.5	† 1.5	† 0.3
Non-Hispanic.....	91.0	57.0	31.9	8.7	2.1	† 0.3
Education: ‡						
Grade 8 or less.....	6.5	58.9	26.1	9.5	3.9	† 1.7
Grades 9-12/GED.....	42.0	57.0	29.8	9.8	3.1	† 0.3
At least some college.....	50.3	58.4	32.8	7.7	1.0	† 0.1

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.7b.-- Mean fat intake as a percentage of calories (2-day average), by perceived importance of CHOOSING A DIET LOW IN FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in fat?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean fat intake (% of kilocalories) § -----			
Sex and age (years):			
Males:			
20-39.....	32.7	33.5	35.4
40-59.....	33.8	35.6	34.9
60 and over.....	32.7	33.9	35.7
20 and over.....	33.1	34.3	35.3
Females:			
20-39.....	31.8	33.4	† 33.8
40-59.....	32.3	34.0	38.1
60 and over.....	31.5	33.8	36.0
20 and over.....	31.9	33.7	35.7
All individuals 20 and over.....	32.4	34.0	35.4
Income:			
Under 131% poverty.....	33.2	33.4	36.1
131-350% poverty.....	32.4	34.5	34.7
Over 350% poverty.....	32.1	33.8	36.0
Race: ‡			
White.....	32.3	34.4	35.5
Black.....	34.7	34.5	36.4
National origin:			
Hispanic.....	32.6	32.3	† 35.5
Non-Hispanic.....	32.4	34.1	35.4
Education: ‡			
Grade 8 or less.....	32.5	34.1	34.8
Grades 9-12/GED.....	33.5	34.6	35.4
At least some college.....	31.5	33.5	35.6

§ See "Table notes."

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.8a.-- Perceived importance of CHOOSING A DIET LOW IN SATURATED FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in saturated fat?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	39.5	37.3	18.0	4.1	† 1.1
40-59.....	16.3	50.1	34.6	10.5	2.6	2.1
60 and over.....	9.6	60.3	25.7	8.1	3.0	2.9
20 and over.....	47.9	47.3	34.1	13.5	3.4	1.8
Females:						
20-39.....	22.3	53.8	32.8	9.1	2.6	† 1.7
40-59.....	17.1	63.8	26.7	6.4	† 1.0	2.0
60 and over.....	12.7	64.7	21.8	6.0	2.8	4.7
20 and over.....	52.1	59.7	28.1	7.5	2.1	2.5
All individuals 20 and over.....	100.0	53.8	31.0	10.4	2.7	2.2
Income:						
Under 131% poverty.....	15.8	53.7	24.6	11.7	4.2	5.8
131-350% poverty.....	41.2	52.5	31.3	10.7	3.3	2.2
Over 350% poverty.....	43.0	55.0	33.0	9.5	1.6	0.9
Race: ‡						
White.....	80.6	54.0	31.6	10.2	2.5	1.7
Black.....	11.4	52.2	27.0	13.0	4.3	3.5
National origin:						
Hispanic.....	9.0	59.9	19.4	13.3	4.0	† 3.4
Non-Hispanic.....	91.0	53.2	32.1	10.1	2.6	2.1
Education: ‡						
Grade 8 or less.....	6.5	48.0	24.5	13.1	5.0	9.4
Grades 9-12/GED.....	42.0	51.7	28.6	13.2	4.1	2.4
At least some college.....	50.3	56.3	33.8	7.6	1.2	1.1

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.8b.-- Mean saturated fat intake as a percentage of calories (2-day average), by perceived importance of CHOOSING A DIET LOW IN SATURATED FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in saturated fat?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean saturated fat intake (% of kilocalories) § -----			
Sex and age (years):			
Males:			
20-39.....	10.7	11.6	12.5
40-59.....	10.8	12.0	12.0
60 and over.....	10.6	11.9	11.8
20 and over.....	10.7	11.8	12.3
Females:			
20-39.....	10.4	11.0	11.9
40-59.....	10.5	11.2	12.2
60 and over.....	10.1	11.0	11.3
20 and over.....	10.3	11.1	11.8
All individuals 20 and over.....	10.5	11.5	12.1
Income:			
Under 131% poverty.....	11.1	11.4	11.7
131-350% poverty.....	10.5	11.5	12.1
Over 350% poverty.....	10.2	11.4	12.3
Race: ‡			
White.....	10.5	11.5	12.3
Black.....	11.1	12.0	11.8
National origin:			
Hispanic.....	10.6	11.2	11.7
Non-Hispanic.....	10.5	11.5	12.1
Education: ‡			
Grade 8 or less.....	10.6	11.5	10.8
Grades 9-12/GED.....	11.0	11.8	12.2
At least some college.....	10.1	11.2	12.3

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.9a.-- Perceived importance of CHOOSING A DIET LOW IN CHOLESTEROL, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in cholesterol?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	44.4	34.5	15.8	4.4	† 1.0
40-59.....	16.3	54.9	32.7	9.0	3.0	† 0.4
60 and over.....	9.6	62.1	23.1	8.2	3.0	3.6
20 and over.....	47.9	51.5	31.6	11.9	3.6	1.3
Females:						
20-39.....	22.3	52.8	35.4	9.5	† 1.4	† 0.9
40-59.....	17.1	65.4	26.0	5.9	1.8	† 0.9
60 and over.....	12.7	68.6	20.2	6.1	1.9	3.1
20 and over.....	52.1	60.8	28.6	7.5	1.7	1.4
All individuals 20 and over.....	100.0	56.3	30.0	9.6	2.6	1.4
Income:						
Under 131% poverty.....	15.8	58.0	25.8	10.0	2.9	3.3
131-350% poverty.....	41.2	57.4	28.1	9.9	2.9	1.7
Over 350% poverty.....	43.0	54.8	33.5	9.2	2.2	† 0.3
Race: ‡						
White.....	80.6	54.6	31.2	10.2	2.7	1.2
Black.....	11.4	65.1	22.6	8.1	† 2.1	† 2.1
National origin:						
Hispanic.....	9.0	63.4	21.3	11.2	† 2.6	† 1.5
Non-Hispanic.....	91.0	55.6	30.9	9.5	2.6	1.4
Education: ‡						
Grade 8 or less.....	6.5	60.0	21.9	8.1	4.4	5.6
Grades 9-12/GED.....	42.0	57.4	27.6	9.6	3.6	1.7
At least some college.....	50.3	55.1	32.9	9.8	1.6	† 0.5

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.9b.-- Mean cholesterol intake (2-day average), by perceived importance of CHOOSING A DIET LOW IN CHOLESTEROL, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in cholesterol?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean cholesterol intake (milligrams) § -----			
Sex and age (years):			
Males:			
20-39.....	342	336	365
40-59.....	328	319	344
60 and over.....	285	312	349
20 and over.....	323	326	357
Females:			
20-39.....	201	235	270
40-59.....	201	203	264
60 and over.....	198	208	195
20 and over.....	200	221	252
All individuals 20 and over.....	254	274	316
Income:			
Under 131% poverty.....	279	300	326
131-350% poverty.....	252	282	319
Over 350% poverty.....	246	261	308
Race: ‡			
White.....	242	264	306
Black.....	313	307	388
National origin:			
Hispanic.....	287	259	† 306
Non-Hispanic.....	250	275	317
Education: ‡			
Grade 8 or less.....	252	301	248
Grades 9-12/GED.....	275	282	329
At least some college.....	237	267	315

§ See "Table notes."

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.10a.-- Perceived importance of USING SALT OR SODIUM ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use salt or sodium only in moderation?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	36.5	35.8	19.3	8.3	† *
40-59.....	16.3	51.8	29.1	12.3	6.3	† 0.5
60 and over.....	9.6	60.2	24.5	9.1	5.6	† 0.5
20 and over.....	47.9	46.5	31.2	14.9	7.1	† 0.3
Females:						
20-39.....	22.3	46.6	32.1	15.8	5.2	† 0.2
40-59.....	17.1	62.1	25.6	8.1	4.1	† 0.1
60 and over.....	12.7	67.3	20.1	8.2	3.2	† 1.2
20 and over.....	52.1	56.7	27.1	11.4	4.4	† 0.4
All individuals 20 and over.....	100.0	51.8	29.1	13.1	5.7	0.4
Income:						
Under 131% poverty.....	15.8	54.8	22.3	15.5	6.9	† 0.6
131-350% poverty.....	41.2	50.5	30.1	13.4	5.7	† 0.4
Over 350% poverty.....	43.0	52.0	30.6	12.0	5.2	† 0.2
Race: ‡						
White.....	80.6	52.7	28.9	12.6	5.6	† 0.2
Black.....	11.4	49.5	28.0	15.8	6.3	† 0.3
National origin:						
Hispanic.....	9.0	52.3	25.5	16.0	5.8	† 0.4
Non-Hispanic.....	91.0	51.8	29.4	12.8	5.7	0.3
Education: ‡						
Grade 8 or less.....	6.5	58.2	20.2	14.0	6.5	† 1.1
Grades 9-12/GED.....	42.0	52.0	27.0	14.1	6.4	† 0.4
At least some college.....	50.3	51.3	31.8	11.9	4.9	† 0.2

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.10b.-- Mean sodium intake (2-day average), by perceived importance of USING SALT OR SODIUM ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use salt or sodium only in moderation?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean intake of sodium (milligrams) § -----			
Sex and age (years):			
Males:			
20-39.....	4,496	4,363	4,750
40-59.....	3,840	3,868	4,119
60 and over.....	3,405	3,464	3,482
20 and over.....	3,964	4,065	4,397
Females:			
20-39.....	2,851	2,926	2,981
40-59.....	2,697	2,844	2,859
60 and over.....	2,490	2,454	2,203
20 and over.....	2,692	2,815	2,813
All individuals 20 and over.....	3,237	3,458	3,701
Income:			
Under 131% poverty.....	3,045	3,369	4,114
131-350% poverty.....	3,237	3,396	3,567
Over 350% poverty.....	3,312	3,540	3,647
Race: ‡			
White.....	3,249	3,471	3,657
Black.....	3,057	3,278	4,288
National origin:			
Hispanic.....	3,244	3,120	2,945
Non-Hispanic.....	3,237	3,487	3,790
Education: ‡			
Grade 8 or less.....	2,862	3,110	2,514
Grades 9-12/GED.....	3,191	3,274	3,835
At least some college.....	3,337	3,624	3,783

§ Excludes salt added at the table. See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.11a.-- Perceived importance of USING SUGARS ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use sugars only in moderation?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals -----				
Sex and age (years):						
Males:						
20-39.....	22.0	37.2	42.4	16.3	4.0	† 0.1
40-59.....	16.3	49.9	36.8	10.2	2.7	† 0.3
60 and over.....	9.6	57.6	26.9	10.3	3.9	† 1.3
20 and over.....	47.9	45.6	37.4	13.0	3.6	† 0.4
Females:						
20-39.....	22.3	47.0	39.9	10.7	2.4	† 0.0
40-59.....	17.1	62.0	29.3	7.1	† 1.5	† *
60 and over.....	12.7	64.1	26.8	6.9	† 1.0	† 1.2
20 and over.....	52.1	56.1	33.2	8.6	1.8	† 0.3
All individuals 20 and over.....	100.0	51.1	35.2	10.7	2.6	0.4
Income:						
Under 131% poverty.....	15.8	50.3	30.1	15.2	3.6	† 0.7
131-350% poverty.....	41.2	50.8	35.8	10.5	2.7	† 0.3
Over 350% poverty.....	43.0	51.6	36.6	9.3	2.2	† 0.3
Race: ‡						
White.....	80.6	51.6	35.3	10.2	2.6	† 0.3
Black.....	11.4	50.6	33.4	13.3	† 2.3	† 0.4
National origin:						
Hispanic.....	9.0	55.3	27.6	13.3	3.7	† 0.2
Non-Hispanic.....	91.0	50.7	36.0	10.5	2.5	0.4
Education: ‡						
Grade 8 or less.....	6.5	54.6	25.7	15.9	† 2.2	† 1.6
Grades 9-12/GED.....	42.0	51.7	33.8	10.9	3.2	† 0.4
At least some college.....	50.3	49.9	37.8	10.0	2.1	† 0.2

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.11b.-- Mean intake of added sugars as a percentage of calories (2-day average), by perceived importance of USING SUGARS ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use sugars only in moderation?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean intake of added sugars (% of kilocalories) § -----			
Sex and age (years):			
Males:			
20-39.....	14.5	15.9	17.6
40-59.....	12.6	14.8	14.0
60 and over.....	11.1	12.9	13.2
20 and over.....	12.9	15.1	15.9
Females:			
20-39.....	15.7	16.3	20.5
40-59.....	13.2	14.5	15.5
60 and over.....	12.1	14.5	13.1
20 and over.....	13.8	15.4	17.7
All individuals 20 and over.....	13.4	15.2	16.6
Income:			
Under 131% poverty.....	14.6	15.3	16.3
131-350% poverty.....	14.3	15.5	18.5
Over 350% poverty.....	12.1	15.0	14.7
Race: ‡			
White.....	13.2	15.4	17.0
Black.....	15.6	16.0	16.4
National origin:			
Hispanic.....	12.8	13.4	18.0
Non-Hispanic.....	13.5	15.4	16.4
Education: ‡			
Grade 8 or less.....	12.1	14.1	15.8
Grades 9-12/GED.....	14.3	15.9	16.6
At least some college.....	12.8	14.8	17.0

§ See "Table notes."

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 3.1.--Macronutrient sources of food energy, by perceived importance of dietary guidance, MEN 20 years of age or older, 2-day average, 1994-96

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbo-hydrate	Alcohol
----- Percent of kilocalories -----							
MEN: n= 2,846							
Eat a variety of foods:							
Very or somewhat important.....	16.1	33.7	11.3	13.0	6.7	49.0	2.4
Not too or not at all important.....	15.9	34.9	11.8	13.7	6.5	47.5	2.7
Eat at least two servings of dairy products daily:							
Very or somewhat important.....	16.2	33.9	11.5	13.1	6.7	48.9	2.2
Not too or not at all important.....	16.1	33.7	11.2	13.1	6.7	48.7	2.8
Maintain a healthy weight:							
Very or somewhat important.....	16.2	33.7	11.3	13.0	6.7	49.0	2.3
Not too or not at all important.....	15.3	35.3	12.0	14.0	6.6	46.0	4.2
Choose a diet with plenty of fruits and vegetables:							
Very or somewhat important.....	16.2	33.7	11.2	13.0	6.7	49.1	2.3
Not too or not at all important.....	15.5	35.1	12.1	13.7	6.5	46.7	3.4
Choose a diet with plenty of breads, cereals, rice, and pasta:							
Very or somewhat important.....	16.2	33.4	11.2	12.9	6.7	49.3	2.3
Not too or not at all important.....	16.0	35.0	11.8	13.6	6.7	47.5	2.5
Choose a diet with adequate fiber:							
Very or somewhat important.....	16.2	33.6	11.2	13.0	6.7	49.2	2.2
Not too or not at all important.....	15.8	35.1	12.0	13.6	6.6	46.4	3.5

Continued

Table 3.1.--Macronutrient sources of food energy, by perceived importance of dietary guidance, MEN 20 years of age or older, 2-day average, 1994-96--continued

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbo-hydrate	Alcohol
----- <i>Percent of kilocalories</i> -----							
Choose a diet low in fat:							
Very or somewhat important.....	16.3	33.6	11.2	13.0	6.7	49.2	2.2
Not too or not at all important.....	15.2	35.3	12.2	13.7	6.7	46.8	3.6
Choose a diet low in saturated fat:							
Very or somewhat important.....	16.2	33.6	11.2	13.0	6.7	49.3	2.2
Not too or not at all important.....	15.6	35.2	12.3	13.7	6.5	46.7	3.4
Choose a diet low in cholesterol:							
Very or somewhat important.....	16.3	33.7	11.2	13.0	6.8	49.1	2.1
Not too or not at all important.....	15.2	34.6	11.9	13.5	6.5	47.5	3.7
Use sugars only in moderation:							
Very or somewhat important.....	16.3	34.0	11.4	13.1	6.7	48.8	2.2
Not too or not at all important.....	15.4	33.3	11.4	12.9	6.5	48.9	3.4
Use salt or sodium only in moderation:							
Very or somewhat important.....	16.2	33.7	11.3	13.0	6.8	49.1	2.2
Not too or not at all important.....	15.9	34.1	11.6	13.3	6.5	48.0	3.1

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 3.2.--Macronutrient sources of food energy, by perceived importance of dietary guidance, WOMEN 20 years of age or older, 2-day average, 1994-96

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbo-hydrate	Alcohol
----- Percent of kilocalories -----							
WOMEN: n=2,803							
Eat a variety of foods:							
Very or somewhat important.....	15.8	32.5	10.7	12.3	7.0	51.9	1.4
Not too or not at all important.....	15.3	34.5	11.3	13.2	7.4	50.5	0.9
Eat at least two servings of dairy products daily:							
Very or somewhat important.....	15.8	32.5	10.7	12.3	6.9	52.0	1.3
Not too or not at all important.....	15.6	33.2	10.6	12.7	7.3	51.1	1.6
Maintain a healthy weight:							
Very or somewhat important.....	15.8	32.6	10.7	12.3	7.0	51.8	1.4
Not too or not at all important.....	14.5	35.5	12.2	13.6	6.9	50.1	† 1.1
Choose a diet with plenty of fruits and vegetables:							
Very or somewhat important.....	15.8	32.6	10.7	12.3	7.0	51.9	1.4
Not too or not at all important.....	14.8	35.5	11.9	13.8	7.2	49.8	1.1
Choose a diet with plenty of breads, cereals, rice, and pasta:							
Very or somewhat important.....	15.7	32.4	10.6	12.3	6.9	52.2	1.4
Not too or not at all important.....	16.0	33.6	11.0	12.7	7.1	50.6	1.2
Choose a diet with adequate fiber:							
Very or somewhat important.....	15.8	32.4	10.6	12.3	7.0	52.0	1.4
Not too or not at all important.....	15.7	34.8	11.6	13.4	7.1	49.6	1.2

† See "Statistical notes," appendix B.

Continued

Table 3.2.--Macronutrient sources of food energy, by perceived importance of dietary guidance, WOMEN 20 years of age or older, 2-day average, 1994-96--continued

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbohydrate	Alcohol
----- <i>Percent of kilocalories</i> -----							
Choose a diet low in fat:							
Very or somewhat important.....	15.8	32.4	10.6	12.3	7.0	52.0	1.4
Not too or not at all important.....	15.1	35.7	12.4	13.7	6.8	49.3	1.0
Choose a diet low in saturated fat:							
Very or somewhat important.....	15.8	32.4	10.6	12.2	7.0	52.1	1.4
Not too or not at all important.....	15.1	35.2	11.8	13.5	7.2	49.6	1.4
Choose a diet low in cholesterol:							
Very or somewhat important.....	15.8	32.4	10.6	12.3	7.0	52.0	1.3
Not too or not at all important.....	15.0	34.6	11.8	13.4	6.8	50.0	1.8
Use sugars only in moderation:							
Very or somewhat important.....	15.8	32.7	10.7	12.4	7.0	51.7	1.4
Not too or not at all important.....	15.4	32.5	10.9	12.3	6.7	52.5	1.0
Use salt or sodium only in moderation:							
Very or somewhat important.....	15.7	32.5	10.7	12.3	6.9	52.1	1.3
Not too or not at all important.....	15.9	33.4	10.9	12.6	7.2	50.4	1.5

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 4.-- Weight status: Percentages of individuals in specified body mass index (BMI) categories, by sex, race, and income by self-appraised weight status, individuals 20 years of age and over, 1994-96

Sex, race, and income by self-appraised weight status	Respondents	BMI § (based on self-reported heights and weights)			
		Underweight (BMI <18.5)	Normal weight (BMI 18.5 - 24.99)	Overweight (BMI 25 - 29.99)	Obese (BMI 30 and over)
	Number	-----Percent of individuals-----			
Sex:					
Males:					
Underweight	171	13.6	71.3	9.8	† 5.3
About right.....	1,535	† 0.4	54.5	40.6	4.6
Overweight.....	1,104	† *	8.6	53.5	37.9
Females:					
Underweight	133	32.8	46.3	14.4	† 6.6
About right.....	1,144	4.6	78.9	12.6	4.0
Overweight.....	1,418	† 0.2	22.9	41.9	35.0
All individuals 20 and over #	5,530	2.6	42.8	35.6	19.0
Race ‡					
WHITE:					
Males:					
Underweight	138	† 2.3	82.4	† 9.5	† 5.8
About right.....	1,257	† 0.3	55.7	40.3	3.7
Overweight.....	970	† *	9.1	54.3	36.6
Females:					
Underweight	107	32.5	50.2	† 9.4	† 7.9
About right.....	896	5.0	82.9	9.4	2.7
Overweight.....	1,145	† 0.2	26.5	43.8	29.5
BLACK:					
Males:					
Underweight ††.....	23	† 25.3	† 50.6	† 13.6	† 10.5
About right.....	169	† 0.4	46.8	39.6	13.3
Overweight.....	81	† 0.0	† 1.0	52.7	46.2
Females:					
Underweight ††.....	18	† 18.5	† 55.5	† 20.7	† 5.3
About right.....	154	† 2.3	50.1	35.1	12.5
Overweight.....	202	† 0.1	† 3.0	34.6	62.2

§ BMI cutoffs and descriptors are from NIH Clinical Guidelines (see "Table notes"); excludes individuals not reporting height and/or weight.

Continu

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

Includes individuals who did not respond to the question on self-appraised weight status.

‡ The category "race" excludes 370 individuals other other than white or black.

†† Statistics in this row are potentially unreliable because of small sample size.

NOTES: Rows and columns may not add to 100 percent because of rounding.

Table 4.-- Weight status: Percentages of individuals in specified body mass index (BMI) categories, by sex, race, and income by self-appraised weight status, individuals 20 years of age and over, 1994-96--continued

Sex, race, and income by self-assessed weight status	Respondent	BMI § (based on self-reported heights and weights)			
		Underweight (BMI <18.5)	Normal weight (BMI 18.5-24.99)	Overweight (BMI 25 -29.99)	Obese (BMI 30 and over)
	Number	-----Percent of individuals -----			
Income					
UNDER 130% POVERTY:					
Males:					
Underweight ††.....	56	† 10.5	† 77.5	† 7.3	† 4.8
About right.....	354	† 1.3	52.7	38.5	7.4
Overweight.....	212	† 0.1	13.4	48.7	37.8
Females:					
Underweight ††.....	39	† 37.8	† 42.8	† 6.4	† 13.0
About right.....	338	† 4.2	68.4	18.4	9.0
Overweight.....	399	† 0.6	13.6	35.8	50.0
131-350% POVERTY:					
Males:					
Underweight	60	† 0.7	† 78.8	† 14.8	† 5.6
About right.....	638	† 0.4	55.3	39.5	4.7
Overweight.....	388	† 0.0	9.8	51.4	38.9
Females:					
Underweight	61	† 18.9	48.2	† 26.5	† 6.3
About right.....	441	5.6	75.5	14.6	4.3
Overweight.....	537	† 0.2	22.2	40.9	36.7
OVER 350% POVERTY:					
Males:					
Underweight ††.....	55	† 25.0	† 63.6	† 6.3	† 5.1
About right.....	543	† 0.0	54.1	42.5	3.4
Overweight.....	504	† 0.0	6.8	56.0	37.2
Females:					
Underweight ††.....	33	† 48.7	† 45.5	† 2.3	† 3.5
About right.....	365	† 3.6	87.5	7.7	† 1.1
Overweight.....	482	† *	27.2	45.4	27.4

§ BMI cutoffs and descriptors are from NIH Clinical Guidelines (see "Table notes"); excludes individuals not reporting height and/or weight.

†† Statistics in this row are potentially unreliable because of small sample size.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

NOTES: Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.1a.--BREAD, CEREAL, RICE, AND PASTA GROUP: Number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the bread, cereal, rice, and pasta group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health							Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4	5	6 or more	Don't know	
	Percent	----- Percent of individuals -----							
Sex and age (years):									
Males:									
20-39.....	22.0	20.8	24.2	29.4	12.0	4.3	5.0	4.1	97.5
40-59.....	16.3	25.3	30.9	25.1	8.8	2.5	4.9	2.5	94.5
60 and over.....	9.6	24.7	30.3	23.7	9.0	2.7	3.8	5.8	96.3
20 and over.....	47.9	23.1	27.7	26.8	10.3	3.4	4.7	3.9	96.2
Females:									
20-39.....	22.3	14.8	24.0	26.0	13.2	6.0	13.3	2.7	83.6
40-59.....	17.1	18.8	21.7	29.7	12.7	7.8	7.3	2.0	85.5
60 and over.....	12.7	22.8	30.9	27.1	7.4	4.4	3.8	3.5	87.7
20 and over.....	52.1	18.1	24.9	27.5	11.6	6.2	9.0	2.7	85.2
All individuals 20 and over.....	100.0	20.5	26.3	27.2	11.0	4.8	7.0	3.3	90.5
Income:									
Under 131% poverty.....	15.8	21.2	26.8	28.5	8.3	2.8	4.6	8.0	88.9
131-350% poverty.....	41.2	22.6	27.0	26.8	10.1	4.1	6.6	2.9	91.0
Over 350% poverty.....	43.0	18.2	25.4	27.0	12.8	6.3	8.3	2.0	90.5
Race: ‡									
White.....	80.6	18.8	26.4	27.1	11.9	5.5	7.8	2.6	90.4
Black.....	11.4	29.6	28.2	28.2	5.8	† 2.3	2.8	3.0	90.2
National origin:									
Hispanic.....	9.0	27.2	24.5	20.4	7.4	† 3.0	4.7	12.8	89.0
Non-Hispanic.....	91.0	19.8	26.4	27.8	11.4	5.0	7.2	2.3	90.6
Education: ‡									
Grade 8 or less.....	6.5	22.9	27.2	24.1	5.9	† 1.0	† 2.1	16.8	89.3
Grades 9-12/GED.....	42.0	25.6	28.3	26.8	8.6	3.2	4.3	3.2	90.3
At least some college.....	50.3	16.0	24.4	27.8	13.8	6.8	9.8	1.4	90.6

§ Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-!

Table 5.1b.--BREAD, CEREAL, RICE, AND PASTA GROUP: Mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health						
			1 or less	2	3	4	5	6 or more	Don't know
Sex and age (years):			Percent ----- Mean number of servings consumed per day -----						
Males:									
20-39.....	22.0	8.8	7.2	8.8	8.9	9.7	† 10.3	† 11.3	† 9.1
40-59.....	16.3	7.5	6.6	7.5	8.1	8.3	† 9.9	† 7.0	† 7.3
60 and over.....	9.6	6.8	5.9	6.8	6.9	8.3	† 7.5	† 9.3	5.6
20 and over.....	47.9	8.0	6.7	7.9	8.3	9.0	9.8	9.4	7.7
Females:									
20-39.....	22.3	5.9	4.9	5.5	6.4	6.2	† 6.3	6.5	† 5.2
40-59.....	17.1	5.6	4.8	5.1	5.8	5.8	6.7	6.6	† 5.2
60 and over.....	12.7	4.8	4.7	4.6	4.9	5.4	† 5.7	† 5.6	† 4.8
20 and over.....	52.1	5.6	4.8	5.1	5.8	6.0	6.4	6.4	5.1
All individuals 20 and over.....	100.0	6.7	5.8	6.5	7.0	7.3	7.5	7.4	6.6
Income:									
Under 131% poverty.....	15.8	6.5	5.4	6.9	6.2	6.5	† 7.4	† 9.3	7.4
131-350% poverty.....	41.2	6.5	5.8	6.1	6.9	7.7	7.2	7.2	6.2
Over 350% poverty.....	43.0	6.9	6.0	6.8	7.4	7.3	7.7	7.2	† 5.8
Race: ‡									
White.....	80.6	6.7	5.7	6.4	7.1	7.3	7.7	7.4	5.9
Black.....	11.4	6.0	5.5	7.2	5.5	† 6.5	† 6.0	† 6.3	† 4.0
National origin:									
Hispanic.....	9.0	6.7	5.7	6.6	7.4	† 6.8	† 5.8	† 4.7	8.7
Non-Hispanic.....	91.0	6.7	5.8	6.5	7.0	7.4	7.6	7.6	5.4
Education: ‡									
Grade 8 or less.....	6.5	5.8	5.0	5.1	5.9	† 6.8	† 7.3	† 9.0	7.0
Grades 9-12/GED.....	42.0	6.4	5.7	6.6	6.4	6.7	7.3	7.3	6.6
At least some college.....	50.3	7.1	6.1	6.7	7.6	7.7	7.6	7.3	† 5.8

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.2a.--VEGETABLE GROUP: Number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the vegetable group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health						Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4	5 or more	Don't know	
	Percent	----- Percent of individuals -----						
Sex and age (years):								
Males:								
20-39.....	22.0	14.0	29.1	29.1	14.7	9.9	3.3	68.3
40-59.....	16.3	15.0	35.7	26.7	11.7	8.7	2.3	69.0
60 and over.....	9.6	19.7	37.5	23.0	8.1	6.2	5.4	74.3
20 and over.....	47.9	15.5	33.0	27.1	12.4	8.7	3.4	69.7
Females:								
20-39.....	22.3	7.8	24.4	26.7	24.0	14.6	2.5	45.9
40-59.....	17.1	6.2	27.6	30.8	18.4	15.3	1.7	48.4
60 and over.....	12.7	11.9	35.0	28.7	12.4	9.2	3.0	52.1
20 and over.....	52.1	8.3	28.0	28.5	19.3	13.5	2.4	48.2
All individuals 20 and over.....	100.0	11.7	30.4	27.8	16.0	11.2	2.8	58.4
Income:								
Under 131% poverty.....	15.8	12.8	32.7	26.3	13.6	7.4	7.2	54.5
131-350% poverty.....	41.2	13.4	33.2	26.7	14.3	9.8	2.7	59.1
Over 350% poverty.....	43.0	9.8	26.9	29.5	18.6	13.9	1.4	59.2
Race: ‡								
White.....	80.6	10.7	28.9	28.6	17.5	12.2	2.1	57.9
Black.....	11.4	15.8	41.0	25.9	9.2	5.5	2.7	58.4
National origin:								
Hispanic.....	9.0	17.0	33.5	19.0	10.9	7.0	12.6	62.3
Non-Hispanic.....	91.0	11.2	30.1	28.7	16.5	11.6	1.9	58.1
Education: ‡								
Grade 8 or less.....	6.5	18.1	32.9	20.9	8.2	3.1	16.9	68.1
Grades 9-12/GED.....	42.0	14.2	33.5	26.9	13.4	9.1	2.9	57.7
At least some college.....	50.3	8.9	27.5	29.6	19.3	13.9	0.9	58.4

§ Dry beans and peas are included here as well as in table 5.5a, "Meat, Poultry, Fish, Dry Beans, and Eggs Group." Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.2b.--VEGETABLE GROUP: Mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health					
			1 or less	2	3	4	5 or more	Don't know
	Percent		-----Mean number of servings consumed per day §-----					
Sex and age (years):								
Males:								
20-39.....	22.0	4.5	4.8	4.3	4.4	4.4	4.5	† 5.8
40-59.....	16.3	4.0	3.3	3.8	4.2	4.5	4.4	† 4.4
60 and over.....	9.6	3.8	3.3	3.7	4.2	4.1	† 4.8	3.6
20 and over.....	47.9	4.2	3.9	4.0	4.3	4.4	4.5	4.8
Females:								
20-39.....	22.3	3.2	3.2	3.0	3.3	3.2	3.4	† 3.2
40-59.....	17.1	3.2	2.9	2.8	3.4	3.4	3.5	† 3.6
60 and over.....	12.7	2.9	2.2	2.9	2.9	3.3	3.7	† 2.5
20 and over.....	52.1	3.1	2.8	2.9	3.2	3.3	3.5	3.1
All individuals 20 and over.....	100.0	3.6	3.5	3.5	3.7	3.7	3.9	4.0
Income:								
Under 131% poverty.....	15.8	3.3	2.9	2.9	3.6	3.4	3.7	4.2
131-350% poverty.....	41.2	3.5	3.2	3.5	3.5	3.5	3.8	4.1
Over 350% poverty.....	43.0	3.9	4.1	3.7	4.0	3.9	4.0	† 3.7
Race: ‡								
White.....	80.6	3.6	3.3	3.5	3.7	3.7	3.8	4.0
Black.....	11.4	3.4	† 3.8	3.1	3.7	3.5	† 3.3	† 2.7
National origin:								
Hispanic.....	9.0	3.7	3.4	3.7	3.5	† 3.0	† 4.1	4.7
Non-Hispanic.....	91.0	3.6	3.5	3.4	3.8	3.7	3.9	3.6
Education: ‡								
Grade 8 or less.....	6.5	3.6	3.2	3.1	3.6	† 3.8	† 5.6	4.4
Grades 9-12/GED.....	42.0	3.4	3.5	3.2	3.5	3.4	3.4	3.5
At least some college.....	50.3	3.8	3.5	3.8	3.9	3.8	4.1	† 4.8

§ Dry beans and peas are included here as well as in table 5.5a "Meat, Poultry, Fish, Dry Beans, and Eggs Group."

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.3a.--FRUIT GROUP: Number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the fruit group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health					Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4 or more	Don't know	
	Percent	----- Percent of individuals-----					
Sex and age (years):							
Males:							
20-39.....	22.0	16.3	27.7	28.2	24.5	3.3	20.6
40-59.....	16.3	17.8	33.9	27.5	17.7	3.1	22.8
60 and over.....	9.6	28.7	31.4	24.2	9.9	5.8	38.0
20 and over.....	47.9	19.3	30.5	27.2	19.3	3.7	24.8
Females:							
20-39.....	22.3	9.3	23.0	30.3	34.6	2.8	14.2
40-59.....	17.1	8.2	26.3	37.4	26.4	1.7	18.2
60 and over.....	12.7	14.4	32.5	30.5	19.4	3.1	27.7
20 and over.....	52.1	10.2	26.4	32.7	28.2	2.5	18.8
All individuals 20 and over.....	100.0	14.6	28.4	30.0	23.9	3.1	21.6
Income:							
Under 131% poverty.....	15.8	14.6	29.4	25.8	22.8	7.4	18.1
131-350% poverty.....	41.2	15.5	28.6	32.4	20.7	2.8	21.1
Over 350% poverty.....	43.0	13.6	27.8	29.3	27.5	1.8	23.4
Race: ‡							
White.....	80.6	13.3	29.0	30.3	25.0	2.4	20.6
Black.....	11.4	18.4	29.6	28.6	20.5	2.9	21.2
National origin:							
Hispanic.....	9.0	12.3	29.1	28.8	17.6	12.3	29.9
Non-Hispanic.....	91.0	14.8	28.3	30.2	24.6	2.2	20.9
Education: ‡							
Grade 8 or less.....	6.5	18.8	29.7	23.5	11.3	16.7	22.1
Grades 9-12/GED.....	42.0	17.1	29.8	29.5	20.3	3.4	18.7
At least some college.....	50.3	12.1	27.1	31.3	28.6	1.0	24.2

§ Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.3b.--FRUIT GROUP: Mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health				
			1 or less	2	3	4 or more	Don't know
Sex and age (years):		-----Mean number of servings consumed per day-----					
Males:							
20-39.....	22.0	1.4	1.1	1.4	1.3	1.6	† 1.2
40-59.....	16.3	1.5	1.1	1.5	1.6	2.0	† 0.6
60 and over.....	9.6	1.9	1.6	1.9	2.3	2.5	1.2
20 and over.....	47.9	1.5	1.2	1.5	1.6	1.8	1.1
Females:							
20-39.....	22.3	1.3	0.9	1.2	1.3	1.5	† 3.0
40-59.....	17.1	1.6	0.8	1.6	1.6	1.9	† 1.4
60 and over.....	12.7	1.8	1.3	1.6	1.9	2.3	† 1.4
20 and over.....	52.1	1.5	1.0	1.4	1.6	1.7	2.2
All individuals 20 and over.....	100.0	1.5	1.1	1.5	1.6	1.8	1.5
Income:							
Under 131% poverty.....	15.8	1.2	0.9	1.1	1.3	1.5	1.3
131-350% poverty.....	41.2	1.5	1.1	1.5	1.5	1.7	1.7
Over 350% poverty.....	43.0	1.7	1.3	1.6	1.8	1.9	† 1.6
Race: ‡							
White.....	80.6	1.5	1.1	1.4	1.6	1.8	1.4
Black.....	11.4	1.4	0.9	1.5	1.6	1.5	† 0.6
National origin:							
Hispanic.....	9.0	1.9	1.7	1.8	1.7	2.2	2.1
Non-Hispanic.....	91.0	1.5	1.1	1.5	1.6	1.7	1.2
Education: ‡							
Grade 8 or less.....	6.5	1.4	0.9	1.4	1.5	† 1.3	1.6
Grades 9-12/GED.....	42.0	1.3	0.9	1.4	1.3	1.4	1.3
At least some college.....	50.3	1.8	1.4	1.6	1.8	2.0	† 1.3

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.4a.--MILK, YOGURT, AND CHEESE GROUP: Number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the milk, yogurt, and cheese group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health					Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4 or more	Don't know	
	Percent	----- Percent of individuals -----					
Sex and age (years):							
Males:							
20-39.....	22.0	25.2	33.1	23.1	15.0	3.6	30.3
40-59.....	16.3	37.6	30.3	21.5	7.2	3.4	31.4
60 and over.....	9.6	43.0	32.0	16.3	3.0	5.7	34.9
20 and over.....	47.9	33.0	31.9	21.2	10.0	4.0	31.6
Females:							
20-39.....	22.3	12.8	29.9	31.3	23.6	2.4	14.0
40-59.....	17.1	21.4	35.7	29.5	10.6	2.8	13.4
60 and over.....	12.7	28.9	33.0	23.0	9.8	5.4	14.7
20 and over.....	52.1	19.6	32.6	28.7	16.0	3.2	14.0
All individuals 20 and over.....	100.0	26.0	32.3	25.1	13.1	3.6	22.4
Income:							
Under 131% poverty.....	15.8	24.4	28.1	24.7	14.6	8.2	20.3
131-350% poverty.....	41.2	25.5	31.4	25.2	14.5	3.4	20.2
Over 350% poverty.....	43.0	27.0	34.6	25.1	11.1	2.1	25.1
Race: ‡							
White.....	80.6	24.8	32.2	26.0	14.2	2.8	23.1
Black.....	11.4	33.7	34.0	18.6	9.9	3.8	16.2
National origin:							
Hispanic.....	9.0	18.4	29.5	24.5	14.7	12.9	26.1
Non-Hispanic.....	91.0	26.7	32.5	25.2	12.9	2.7	22.0
Education: ‡							
Grade 8 or less.....	6.5	27.1	28.6	19.4	7.7	17.3	19.6
Grades 9-12/GED.....	42.0	26.6	31.8	23.7	13.9	4.0	20.4
At least some college.....	50.3	25.4	33.2	26.9	13.1	1.4	24.5

§ Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.4b.--MILK, YOGURT, AND CHEESE GROUP: Mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health				
			1 or less	2	3	4 or more	Don't know
	Percent	-----Mean number of servings consumed per day-----					
Sex and age (years):							
Males:							
20-39.....	22.0	1.7	1.3	1.8	1.8	2.3	† 1.3
40-59.....	16.3	1.5	1.2	1.5	1.8	2.1	† 1.1
60 and over.....	9.6	1.4	1.2	1.4	1.7	† 1.9	1.3
20 and over.....	47.9	1.6	1.2	1.6	1.8	2.2	1.2
Females:							
20-39.....	22.3	1.2	0.8	1.2	1.3	1.4	† 1.1
40-59.....	17.1	1.0	0.7	1.1	1.1	1.3	† 0.8
60 and over.....	12.7	1.0	0.7	1.1	1.3	1.4	† 0.7
20 and over.....	52.1	1.1	0.8	1.1	1.2	1.4	0.8
All individuals 20 and over.....	100.0	1.3	1.0	1.3	1.4	1.7	1.0
Income:							
Under 131% poverty.....	15.8	1.2	0.9	1.2	1.5	1.4	1.0
131-350% poverty.....	41.2	1.3	1.0	1.3	1.4	1.8	1.1
Over 350% poverty.....	43.0	1.4	1.1	1.4	1.5	1.7	† 0.9
Race: ‡							
White.....	80.6	1.4	1.1	1.4	1.5	1.8	1.1
Black.....	11.4	1.0	0.7	0.9	† 1.4	1.2	† 0.4
National origin:							
Hispanic.....	9.0	1.3	1.2	1.3	1.3	† 1.3	1.2
Non-Hispanic.....	91.0	1.3	1.0	1.3	1.5	1.7	1.0
Education: ‡							
Grade 8 or less.....	6.5	1.0	0.8	1.0	1.1	† 1.2	0.9
Grades 9-12/GED.....	42.0	1.3	1.0	1.2	1.4	1.6	1.1
At least some college.....	50.3	1.4	1.1	1.5	1.5	1.8	† 1.0

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.5a.--MEAT, POULTRY, FISH, DRY BEANS, EGGS, and NUTS GROUP: Number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the meat, poultry, fish, dry beans, eggs, and nuts group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health					Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4 or more	Don't know	
	Percent	----- Percent of individuals -----					
Sex and age (years):							
Males:							
20-39.....	22.0	26.7	37.6	24.6	7.4	3.7	63.2
40-59.....	16.3	36.3	36.9	19.4	4.8	2.7	66.4
60 and over.....	9.6	46.3	34.0	12.6	1.9	5.2	67.9
20 and over.....	47.9	33.9	36.6	20.4	5.4	3.7	65.2
Females:							
20-39.....	22.3	24.3	40.6	24.1	8.2	2.8	36.7
40-59.....	17.1	30.3	39.8	23.0	5.4	† 1.5	33.9
60 and over.....	12.7	43.2	34.6	14.9	3.7	3.6	42.0
20 and over.....	52.1	30.9	38.9	21.5	6.2	2.5	37.1
All individuals 20 and over.....	100.0	32.3	37.8	21.0	5.8	3.1	50.5
Income:							
Under 131% poverty.....	15.8	28.4	35.4	22.5	6.2	7.4	48.5
131-350% poverty.....	41.2	34.4	36.2	21.5	5.1	2.8	51.4
Over 350% poverty.....	43.0	31.7	40.2	20.0	6.3	1.7	50.3
Race: ‡							
White.....	80.6	32.3	38.8	20.8	5.7	2.4	48.4
Black.....	11.4	32.9	31.9	25.4	7.3	2.5	56.5
National origin:							
Hispanic.....	9.0	32.6	32.8	14.8	6.9	12.9	57.1
Non-Hispanic.....	91.0	32.3	38.3	21.6	5.7	2.1	49.9
Education: ‡							
Grade 8 or less.....	6.5	32.0	31.0	18.4	† 2.3	16.3	52.6
Grades 9-12/GED.....	42.0	33.3	35.8	21.1	6.8	3.0	50.1
At least some college.....	50.3	31.4	40.6	21.2	5.4	1.3	50.7

§ One serving is defined as 2.5 ounces of cooked lean meat equivalents. Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.5b.--MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP: Mean numbers of servings consumed per day (2-day average) by number of servings necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health				
			1 or less	2	3	4 or more	Don't know
	Percent	-----	-----Mean number of servings consumed per day § -----				
Sex and age (years):							
Males:							
20-39.....	22.0	2.9	2.8	2.8	3.3	2.7	† 3.1
40-59.....	16.3	2.7	2.5	2.8	2.9	† 2.8	† 2.9
60 and over.....	9.6	2.2	2.1	2.3	2.5	† 2.8	2.1
20 and over.....	47.9	2.7	2.5	2.7	3.1	2.7	2.8
Females:							
20-39.....	22.3	1.7	1.6	1.8	1.8	1.4	† 1.4
40-59.....	17.1	1.6	1.5	1.6	1.7	† 1.8	† 1.9
60 and over.....	12.7	1.5	1.5	1.5	1.6	† 1.8	† 1.4
20 and over.....	52.1	1.6	1.5	1.7	1.7	1.6	1.5
All individuals 20 and over.....	100.0	2.2	2.0	2.2	2.3	2.1	2.2
Income:							
Under 131% poverty.....	15.8	2.2	1.9	2.1	2.9	2.1	2.2
131-350% poverty.....	41.2	2.1	2.0	2.2	2.3	2.1	2.0
Over 350% poverty.....	43.0	2.2	2.1	2.1	2.2	2.1	† 2.6
Race: ‡							
White.....	80.6	2.1	2.0	2.1	2.2	2.0	2.2
Black.....	11.4	2.6	2.4	2.4	3.1	† 2.5	† 1.8
National origin:							
Hispanic.....	9.0	2.3	2.2	2.3	2.4	† 2.0	2.4
Non-Hispanic.....	91.0	2.1	2.0	2.1	2.3	2.1	2.1
Education: ‡							
Grade 8 or less.....	6.5	2.1	2.0	2.2	2.3	† 1.6	2.1
Grades 9-12/GED.....	42.0	2.2	2.1	2.1	2.5	2.1	2.3
At least some college.....	50.3	2.1	2.0	2.2	2.2	2.1	† 2.3

§ One serving is defined as 2.5 ounces of cooked lean meat equivalents.

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 6.1.--Awareness of health problems related to NOT EATING ENOUGH CALCIUM and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned		
		Yes	No/don't know	Bone problems/osteoporosis	Dental problems	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----				
Sex and age (years):						
Males:						
20-39.....	22.0	76.5	23.5	70.4	14.4	5.8
40-59.....	16.3	78.7	21.3	70.9	11.6	8.4
60 and over.....	9.6	74.6	25.4	63.2	12.0	8.3
20 and over.....	47.9	76.9	23.1	69.1	13.0	7.2
Females:						
20-39.....	22.3	86.6	13.4	79.5	15.4	8.0
40-59.....	17.1	92.3	7.7	85.3	17.9	10.0
60 and over.....	12.7	79.7	20.3	70.8	11.4	8.4
20 and over.....	52.1	86.8	13.2	79.3	15.2	8.8
All individuals 20 and over.....	100.0	82.0	18.0	74.4	14.2	8.0
Income:						
Under 131% poverty.....	15.8	72.7	27.3	61.5	12.5	8.1
131-350% poverty.....	41.2	81.2	18.8	73.4	15.0	8.6
Over 350% poverty.....	43.0	86.3	13.7	80.1	14.0	7.4
Race: ‡						
White.....	80.6	84.1	15.9	77.7	14.4	7.6
Black.....	11.4	73.5	26.5	59.3	15.3	9.7
National origin:						
Hispanic.....	9.0	74.6	25.4	64.8	13.6	8.5
Non-Hispanic.....	91.0	82.8	17.2	75.3	14.2	8.0
Education: ‡						
Grade 8 or less.....	6.5	62.9	37.1	45.5	5.4	9.9
Grades 9-12/GED.....	42.0	76.0	24.0	68.2	14.1	6.8
At least some college.....	50.3	89.6	10.4	83.3	15.3	8.9

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.
 SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.2.--Awareness of health problems related to BEING OVERWEIGHT and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned			
		Yes	No/don't know	Heart disease	Hypertension	Diabetes	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----					
Sex and age (years):							
Males:							
20-39.....	22.0	96.0	4.0	76.3	22.9	10.2	42.6
40-59.....	16.3	95.2	4.8	76.9	25.6	15.8	42.6
60 and over.....	9.6	89.3	10.7	66.8	16.2	11.1	42.5
20 and over.....	47.9	94.4	5.6	74.6	22.5	12.3	42.6
Females:							
20-39.....	22.3	95.4	4.6	78.1	22.7	17.7	46.7
40-59.....	17.1	97.7	2.3	78.5	28.5	22.2	53.0
60 and over.....	12.7	90.8	9.2	66.0	17.7	18.0	43.2
20 and over.....	52.1	95.0	5.0	75.3	23.4	19.3	48.0
All individuals 20 and over.....	100.0	94.7	5.3	75.0	22.9	15.9	45.4
Income:							
Under 131% poverty.....	15.8	90.0	10.0	64.3	17.6	12.1	42.1
131-350% poverty.....	41.2	93.4	6.6	72.8	23.1	14.2	43.9
Over 350% poverty.....	43.0	97.7	2.3	81.0	24.8	18.9	48.0
Race: ‡							
White.....	80.6	94.8	5.2	76.2	23.0	17.1	44.8
Black.....	11.4	95.0	5.0	70.6	24.8	12.9	52.2
National origin:							
Hispanic.....	9.0	91.1	8.9	66.6	18.0	11.9	42.9
Non-Hispanic.....	91.0	95.1	4.9	75.8	23.4	16.3	45.6
Education: ‡							
Grade 8 or less.....	6.5	84.0	16.0	55.3	12.9	10.8	31.7
Grades 9-12/GED.....	42.0	93.1	6.9	72.9	22.7	13.8	42.8
At least some college.....	50.3	97.6	2.4	79.5	24.4	18.7	49.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.3.--Awareness of health problems related to EATING TOO MUCH FAT and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned				
		Yes	No/don't know	Heart disease	High blood cholesterol	Obesity	Hyper-tension	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----						
Sex and age (years):								
Males:								
20-39.....	22.0	84.3	15.7	65.5	12.9	23.5	10.4	15.2
40-59.....	16.3	90.1	9.9	73.0	14.1	23.7	11.7	22.3
60 and over.....	9.6	83.0	17.0	57.5	17.3	26.0	8.7	16.3
20 and over.....	47.9	86.0	14.0	66.5	14.2	24.1	10.5	17.9
Females:								
20-39.....	22.3	88.8	11.2	70.5	15.6	30.0	9.8	20.9
40-59.....	17.1	94.1	5.9	78.8	18.6	23.5	12.4	31.1
60 and over.....	12.7	86.1	13.9	58.6	15.8	28.9	8.3	21.9
20 and over.....	52.1	89.9	10.1	70.3	16.6	27.6	10.3	24.5
All individuals 20 and over.....	100.0	88.0	12.0	68.5	15.5	25.9	10.4	21.3
Income:								
Under 131% poverty.....	15.8	81.9	18.1	54.2	13.9	21.7	11.0	18.9
131-350% poverty.....	41.2	85.7	14.3	65.2	15.1	24.7	10.8	18.7
Over 350% poverty.....	43.0	92.5	7.5	76.8	16.4	28.6	9.8	24.7
Race: ‡								
White.....	80.6	89.3	10.7	70.7	14.9	26.4	9.4	21.8
Black.....	11.4	79.0	21.0	57.1	16.5	20.2	16.3	19.3
National origin:								
Hispanic.....	9.0	84.4	15.6	63.4	20.3	25.5	11.4	18.8
Non-Hispanic.....	91.0	88.4	11.6	69.0	15.0	25.9	10.3	21.6
Education: ‡								
Grade 8 or less.....	6.5	75.9	24.1	44.2	10.8	22.1	9.5	13.2
Grades 9-12/GED.....	42.0	84.5	15.5	62.8	17.0	22.8	9.9	17.5
At least some college.....	50.3	92.7	7.3	76.7	15.0	28.8	11.0	25.9

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.4.--Awareness of health problems related to EATING TOO MUCH CHOLESTEROL and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned			
		Yes	No/don't know	Heart disease	Hyper-tension	High blood cholesterol	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----					
Sex and age (years):							
Males:							
20-39.....	22.0	88.9	11.1	77.3	11.5	9.1	15.1
40-59.....	16.3	92.4	7.6	79.9	11.9	7.4	15.1
60 and over.....	9.6	83.6	16.4	69.3	7.1	7.9	11.2
20 and over.....	47.9	89.1	10.9	76.6	10.8	8.3	14.3
Females:							
20-39.....	22.3	91.9	8.1	75.6	13.3	11.9	20.2
40-59.....	17.1	93.8	6.2	82.5	12.9	10.7	23.9
60 and over.....	12.7	83.2	16.8	69.4	8.5	10.4	17.6
20 and over.....	52.1	90.4	9.6	76.4	12.0	11.2	20.8
All individuals 20 and over.....	100.0	89.8	10.2	76.5	11.4	9.8	17.7
Income:							
Under 131% poverty.....	15.8	82.2	17.8	63.7	10.9	8.7	20.3
131-350% poverty.....	41.2	88.0	12.0	73.3	11.1	11.0	16.4
Over 350% poverty.....	43.0	94.1	5.9	84.2	12.0	9.0	18.0
Race: ‡							
White.....	80.6	90.9	9.1	79.1	11.1	9.9	16.9
Black.....	11.4	84.1	15.9	62.8	12.3	12.3	20.5
National origin:							
Hispanic.....	9.0	84.4	15.6	61.6	12.0	11.6	17.3
Non-Hispanic.....	91.0	90.3	9.7	77.9	11.4	9.6	17.7
Education: ‡							
Grade 8 or less.....	6.5	71.3	28.7	48.5	5.3	10.6	11.9
Grades 9-12/GED.....	42.0	86.6	13.4	72.4	11.5	8.8	16.2
At least some college.....	50.3	94.9	5.1	83.6	12.2	10.5	20.0

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.5.--Awareness of health problems related to NOT EATING ENOUGH FIBER and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned		
		Yes	No/don't know	Bowel problems	Cancer	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----				
Sex and age (years):						
Males:						
20-39.....	22.0	51.7	48.3	39.0	12.7	7.8
40-59.....	16.3	68.6	31.4	49.0	16.3	13.1
60 and over.....	9.6	65.8	34.2	50.4	9.6	10.6
20 and over.....	47.9	60.3	39.7	44.7	13.3	10.2
Females:						
20-39.....	22.3	63.2	36.8	49.2	15.3	10.9
40-59.....	17.1	80.0	20.0	62.1	24.3	12.7
60 and over.....	12.7	70.0	30.0	58.2	10.0	9.0
20 and over.....	52.1	70.4	29.6	55.7	17.0	11.0
All individuals 20 and over.....	100.0	65.5	34.5	50.4	15.2	10.6
Income:						
Under 131% poverty.....	15.8	48.2	51.8	35.4	6.7	8.3
131-350% poverty.....	41.2	64.7	35.3	49.6	12.6	11.0
Over 350% poverty.....	43.0	72.7	27.3	56.7	20.9	11.1
Race: ‡						
White.....	80.6	68.4	31.6	53.1	17.2	10.1
Black.....	11.4	54.0	46.0	39.0	6.9	13.1
National origin:						
Hispanic.....	9.0	49.8	50.2	37.9	5.8	8.3
Non-Hispanic.....	91.0	67.1	32.9	51.7	16.2	10.9
Education: ‡						
Grade 8 or less.....	6.5	46.5	53.5	32.3	2.9	7.6
Grades 9-12/GED.....	42.0	57.6	42.4	43.0	9.9	9.2
At least some college.....	50.3	74.9	25.1	59.0	21.5	12.4

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.6.--Awareness of health problems related to EATING TOO MUCH SUGAR and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned			
		Yes	No/don't know	Dental problems	Diabetes	Obesity	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----					
Sex and age (years):							
Males:							
20-39.....	22.0	76.6	23.4	17.7	41.0	15.4	23.1
40-59.....	16.3	77.7	22.3	10.8	47.5	21.4	22.7
60 and over.....	9.6	79.8	20.2	9.0	56.2	22.0	14.8
20 and over.....	47.9	77.6	22.4	13.6	46.2	18.8	21.3
Females:							
20-39.....	22.3	78.2	21.8	13.2	49.9	28.1	19.8
40-59.....	17.1	86.2	13.8	13.4	59.0	31.8	22.3
60 and over.....	12.7	84.1	15.9	8.5	58.1	25.7	16.2
20 and over.....	52.1	82.2	17.8	12.1	54.9	28.7	19.7
All individuals 20 and over.....	100.0	80.0	20.0	12.8	50.7	23.9	20.5
Income:							
Under 131% poverty.....	15.8	78.0	22.0	10.9	54.6	13.8	18.5
131-350% poverty.....	41.2	80.0	20.0	12.7	50.4	21.7	21.2
Over 350% poverty.....	43.0	80.8	19.2	13.7	49.6	29.8	20.6
Race: ‡							
White.....	80.6	79.6	20.4	13.4	49.7	25.8	20.3
Black.....	11.4	79.0	21.0	11.2	51.2	15.3	21.6
National origin:							
Hispanic.....	9.0	82.4	17.6	11.1	60.6	11.6	23.7
Non-Hispanic.....	91.0	79.8	20.2	13.0	49.8	25.2	20.2
Education: ‡							
Grade 8 or less.....	6.5	77.4	22.6	3.8	62.1	9.2	12.8
Grades 9-12/GED.....	42.0	78.6	21.4	10.0	52.0	22.2	19.2
At least some college.....	50.3	81.8	18.2	16.2	48.3	27.5	22.5

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.7.--Awareness of health problems related to EATING TOO MUCH SALT OR SODIUM and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned		
		Yes	No/don't know	Heart disease	Hyper-tension	Other
	<i>Percent</i>	<i>----- Percent of individuals -----</i>				
Sex and age (years):						
Males:						
20-39.....	22.0	84.3	15.7	23.4	56.1	21.4
40-59.....	16.3	88.8	11.2	29.5	60.0	23.0
60 and over.....	9.6	86.0	14.0	26.7	52.0	23.0
20 and over.....	47.9	86.2	13.8	26.2	56.6	22.2
Females:						
20-39.....	22.3	87.7	12.3	25.8	54.4	27.7
40-59.....	17.1	94.6	5.4	31.2	67.6	37.0
60 and over.....	12.7	90.5	9.5	30.8	54.2	31.4
20 and over.....	52.1	90.7	9.3	28.8	58.7	31.7
All individuals 20 and over.....	100.0	88.5	11.5	27.5	57.7	27.2
Income:						
Under 131% poverty.....	15.8	83.2	16.8	19.1	51.1	26.7
131-350% poverty.....	41.2	87.4	12.6	28.3	55.1	26.3
Over 350% poverty.....	43.0	91.5	8.5	29.9	62.6	28.1
Race: ‡						
White.....	80.6	88.6	11.4	29.7	57.0	26.4
Black.....	11.4	91.1	8.9	19.0	66.6	31.4
National origin:						
Hispanic.....	9.0	82.1	17.9	17.5	43.5	33.8
Non-Hispanic.....	91.0	89.1	10.9	28.5	59.1	26.5
Education: ‡						
Grade 8 or less.....	6.5	79.1	20.9	22.5	42.5	27.3
Grades 9-12/GED.....	42.0	84.9	15.1	24.5	54.9	25.3
At least some college.....	50.3	92.7	7.3	30.6	62.4	28.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.1.--Knowledge regarding the relationship between physical form and type of fat, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Which kind of fat is more likely to be a liquid rather than a solid...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Saturated fats	Polyunsaturated fats	Equally likely to be liquids	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	12.8	28.1	30.4	28.7
40-59.....	16.3	11.1	28.2	28.9	31.8
60 and over.....	9.6	12.5	22.7	22.1	42.7
20 and over.....	47.9	12.1	27.1	28.2	32.6
Females:					
20-39.....	22.3	14.1	24.9	27.1	34.0
40-59.....	17.1	10.7	33.6	27.2	28.5
60 and over.....	12.7	10.8	22.9	23.5	42.7
20 and over.....	52.1	12.2	27.3	26.3	34.3
All individuals 20 and over.....	100.0	12.2	27.2	27.2	33.5
Income:					
Under 131% poverty.....	15.8	12.2	16.5	28.7	42.7
131-350% poverty.....	41.2	12.6	24.8	27.6	35.0
Over 350% poverty.....	43.0	11.7	33.4	26.3	28.7
Race: ‡					
White.....	80.6	11.9	29.8	26.6	31.7
Black.....	11.4	18.0	15.2	33.5	33.3
National origin:					
Hispanic.....	9.0	11.7	16.8	25.4	46.1
Non-Hispanic.....	91.0	12.2	28.2	27.4	32.2
Education: ‡					
Grade 8 or less.....	6.5	8.7	5.9	23.0	62.4
Grades 9-12/GED.....	42.0	13.3	20.1	29.8	36.8
At least some college.....	50.3	11.7	35.9	25.5	26.8

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.2.--Knowledge regarding presence of fat in cholesterol-free foods, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: If a food has no cholesterol is it also...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Low in saturated fat	High in saturated fat	Could be either high or low in saturated fat	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	24.0	3.8	55.6	16.6
40-59.....	16.3	23.3	4.1	55.9	16.8
60 and over.....	9.6	27.5	4.6	43.9	24.0
20 and over.....	47.9	24.4	4.1	53.3	18.2
Females:					
20-39.....	22.3	24.3	3.2	57.3	15.2
40-59.....	17.1	24.3	5.2	54.4	16.1
60 and over.....	12.7	26.7	3.5	44.7	25.1
20 and over.....	52.1	24.9	3.9	53.3	17.9
All individuals 20 and over.....	100.0	24.7	4.0	53.3	18.0
Income:					
Under 131% poverty.....	15.8	26.8	5.5	43.5	24.2
131-350% poverty.....	41.2	25.4	4.2	50.6	19.9
Over 350% poverty.....	43.0	23.2	3.2	59.5	14.0
Race: ‡					
White.....	80.6	24.0	3.8	55.3	17.0
Black.....	11.4	28.2	4.1	47.4	20.4
National origin:					
Hispanic.....	9.0	25.3	5.5	46.0	23.2
Non-Hispanic.....	91.0	24.6	3.8	54.0	17.5
Education: ‡					
Grade 8 or less.....	6.5	26.5	6.4	28.1	39.1
Grades 9-12/GED.....	42.0	24.3	4.3	51.3	20.1
At least some college.....	50.3	24.6	3.4	58.4	13.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.3.--Knowledge regarding type of foods in which cholesterol occurs, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Is cholesterol found in...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Vegetables and vegetable oils	Animal products like meat and dairy products	ALL foods containing fat or oil	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	† 1.5	26.7	59.3	12.5
40-59.....	16.3	† 1.4	36.9	52.2	9.5
60 and over.....	9.6	† 0.9	40.1	44.6	14.4
20 and over.....	47.9	1.3	32.9	53.9	11.8
Females:					
20-39.....	22.3	† 1.5	33.1	55.8	9.6
40-59.....	17.1	1.9	43.5	47.3	7.2
60 and over.....	12.7	† 1.4	42.0	40.5	16.1
20 and over.....	52.1	1.6	38.7	49.3	10.4
All individuals 20 and over.....	100.0	1.5	35.9	51.5	11.1
Income:					
Under 131% poverty.....	15.8	2.3	30.9	49.4	17.4
131-350% poverty.....	41.2	1.5	35.0	50.9	12.6
Over 350% poverty.....	43.0	1.1	38.7	52.9	7.4
Race: ‡					
White.....	80.6	1.2	36.3	52.4	10.1
Black.....	11.4	3.0	31.2	48.3	17.5
National origin:					
Hispanic.....	9.0	† 1.7	32.4	49.7	16.3
Non-Hispanic.....	91.0	1.5	36.3	51.7	10.6
Education: ‡					
Grade 8 or less.....	6.5	† 2.6	33.3	37.4	26.7
Grades 9-12/GED.....	42.0	1.7	32.6	52.0	13.8
At least some college.....	50.3	1.2	38.9	53.0	6.8

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.4.--Knowledge regarding saturated fat in vegetable oil, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: If a product is labeled as containing only vegetable oil is it...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Low in saturated fat	High in saturated fat	Could be either high or low in saturated fat	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	35.5	4.6	44.8	15.1
40-59.....	16.3	34.0	4.2	48.3	13.5
60 and over.....	9.6	37.1	3.7	39.9	19.3
20 and over.....	47.9	35.3	4.3	45.0	15.4
Females:					
20-39.....	22.3	32.4	7.4	48.2	12.0
40-59.....	17.1	35.9	4.2	49.1	10.8
60 and over.....	12.7	33.9	4.9	42.3	18.9
20 and over.....	52.1	33.9	5.8	47.0	13.3
All individuals 20 and over.....	100.0	34.6	5.0	46.1	14.3
Income:					
Under 131% poverty.....	15.8	33.9	6.3	36.3	23.5
131-350% poverty.....	41.2	35.6	5.9	43.6	14.9
Over 350% poverty.....	43.0	33.9	3.8	52.0	10.3
Race: ‡					
White.....	80.6	34.3	5.0	48.3	12.4
Black.....	11.4	38.1	5.9	36.2	19.7
National origin:					
Hispanic.....	9.0	30.2	3.5	44.6	21.6
Non-Hispanic.....	91.0	35.0	5.2	46.2	13.6
Education: ‡					
Grade 8 or less.....	6.5	33.5	6.5	27.7	32.3
Grades 9-12/GED.....	42.0	35.9	5.7	41.8	16.6
At least some college.....	50.3	33.4	4.3	52.2	10.0

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.5.--Knowledge regarding the meaning of the term "light" on the food label, by selected characteristics, individuals 20 years of age and over, 1994-96

**Question: If a food product is labeled "light" does that mean that compared to a similar product not labeled "light" it is...?
(Correct answer in bold in column head)**

Selected characteristics	Percentage of population	Lower in calories	Lower in fat	Lower in calories and/or fat	Something else	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	14.4	11.0	42.8	21.1	10.7
40-59.....	16.3	15.6	11.0	35.3	23.2	14.9
60 and over.....	9.6	11.8	17.6	31.2	21.8	17.5
20 and over.....	47.9	14.3	12.3	37.9	21.9	13.5
Females:						
20-39.....	22.3	17.3	9.4	43.2	17.8	12.3
40-59.....	17.1	14.5	11.0	35.5	25.8	13.2
60 and over.....	12.7	13.3	13.7	27.5	24.9	20.5
20 and over.....	52.1	15.4	11.0	36.8	22.2	14.6
All individuals 20 and over.....	100.0	14.9	11.6	37.3	22.1	14.1
Income:						
Under 131% poverty.....	15.8	14.8	11.0	37.8	17.2	19.2
131-350% poverty.....	41.2	15.5	11.3	38.7	20.4	14.1
Over 350% poverty.....	43.0	14.3	12.2	35.9	25.4	12.3
Race: ‡						
White.....	80.6	15.5	11.5	37.2	23.1	12.6
Black.....	11.4	12.0	10.9	39.2	18.5	19.4
National origin:						
Hispanic.....	9.0	12.3	8.6	42.1	19.8	17.3
Non-Hispanic.....	91.0	15.1	11.9	36.9	22.3	13.8
Education: ‡						
Grade 8 or less.....	6.5	14.0	13.0	27.3	12.9	32.8
Grades 9-12/GED.....	42.0	14.3	11.7	37.2	21.9	14.9
At least some college.....	50.3	15.5	11.3	38.9	23.5	10.9

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 8.1.--FAT: Percentages of individuals giving the correct answer to the questions below, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Based on your knowledge, which has more fat: ...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Regular hamburger or ground round?	Loin pork chops or pork spare ribs?	Hot dogs or ham?	Peanuts or popcorn?	Yogurt or sour cream?	Porterhouse steak or round steak?
----- Percent -----							
Sex and age (years):							
Males:							
20-39.....	22.0	71.9	61.1	59.7	82.1	83.8	46.1
40-59.....	16.3	80.2	64.4	64.7	83.1	82.3	47.9
60 and over.....	9.6	78.5	62.1	61.9	83.5	77.8	51.3
20 and over.....	47.9	76.0	62.4	61.9	82.7	82.1	47.7
Females:							
20-39.....	22.3	78.5	64.0	57.9	88.0	88.0	43.2
40-59.....	17.1	86.3	75.7	67.7	92.2	90.1	54.9
60 and over.....	12.7	81.6	69.5	57.0	87.2	80.1	54.0
20 and over.....	52.1	81.8	69.1	60.9	89.2	86.8	49.7
All individuals 20 and over.....	100.0	79.1	65.9	61.4	86.1	84.5	48.7
Income:							
Under 131% poverty.....	15.8	69.4	54.3	48.7	77.1	77.0	36.4
131-350% poverty.....	41.2	79.6	64.8	60.1	85.4	82.8	46.5
Over 350% poverty.....	43.0	82.1	71.3	67.1	90.0	89.0	55.4
Race: ‡							
White.....	80.6	82.4	68.8	66.7	88.6	87.2	52.1
Black.....	11.4	70.7	61.0	35.9	75.4	72.9	40.5
National origin:							
Hispanic.....	9.0	68.2	50.1	51.6	75.3	79.8	33.2
Non-Hispanic.....	91.0	80.1	67.5	62.3	87.2	85.0	50.3
Education: ‡							
Grade 8 or less.....	6.5	64.7	50.9	39.5	74.4	66.3	35.4
Grades 9-12/GED.....	42.0	80.4	64.6	58.8	84.1	83.6	47.2
At least some college.....	50.3	80.1	68.9	66.4	89.4	87.6	51.9

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 8.2.--SATURATED FAT: Percentages of individuals giving the correct answer to the questions below, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Based on your knowledge, which has more saturated fat: ...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Liver or t-bone steak?	Butter or margarine?	Egg white or egg yolk?	Skim milk or whole milk?
----- Percent -----					
Sex and age (years):					
Males:					
20-39.....	22.0	70.2	77.2	74.5	91.1
40-59.....	16.3	63.9	75.5	77.3	93.6
60 and over.....	9.6	50.7	74.6	77.7	92.9
20 and over.....	47.9	64.2	76.1	76.1	92.3
Females:					
20-39.....	22.3	68.0	76.3	83.7	95.9
40-59.....	17.1	58.1	71.8	85.5	95.3
60 and over.....	12.7	48.0	66.1	85.6	91.0
20 and over.....	52.1	59.8	72.3	84.7	94.5
All individuals 20 and over.....	100.0	61.9	74.2	80.6	93.4
Income:					
Under 131% poverty.....	15.8	62.6	69.9	67.7	88.9
131-350% poverty.....	41.2	62.2	75.2	80.3	93.2
Over 350% poverty.....	43.0	61.4	74.7	85.6	95.3
Race: ‡					
White.....	80.6	61.2	75.1	83.2	95.1
Black.....	11.4	64.6	68.0	69.2	86.2
National origin:					
Hispanic.....	9.0	65.9	70.0	69.9	90.2
Non-Hispanic.....	91.0	61.5	74.6	81.7	93.8
Education: ‡					
Grade 8 or less.....	6.5	50.2	63.5	63.1	82.3
Grades 9-12/GED.....	42.0	63.5	71.6	76.6	92.5
At least some college.....	50.3	62.0	77.6	86.1	95.7

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.1.--Perceived importance of FOOD SAFETY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is food safety--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	75.9	17.9	3.7	2.3	† 0.3
40-59.....	16.3	81.1	14.8	2.5	† 0.9	† 0.8
60 and over.....	9.6	81.0	13.0	2.6	† 1.4	2.0
20 and over.....	47.9	78.7	15.8	3.1	1.6	0.8
Females:						
20-39.....	22.3	86.1	12.1	† 1.2	† 0.3	† 0.3
40-59.....	17.1	91.6	6.6	† 1.0	† 0.7	† 0.1
60 and over.....	12.7	90.0	7.5	† 0.7	† 0.3	† 1.5
20 and over.....	52.1	88.9	9.2	1.0	† 0.4	† 0.5
All individuals 20 and over.....	100.0	84.0	12.4	2.0	1.0	0.6
Income:						
Under 131% poverty.....	15.8	85.0	11.7	2.0	† 0.5	† 0.8
131-350% poverty.....	41.2	84.9	11.3	1.4	1.4	0.9
Over 350% poverty.....	43.0	82.7	13.6	2.6	† 0.8	† 0.4
Race: ‡						
White.....	80.6	83.2	12.9	2.2	1.2	0.5
Black.....	11.4	90.2	7.8	† 0.2	† 0.6	† 1.2
National origin:						
Hispanic.....	9.0	81.1	12.7	† 2.4	† 2.1	† 1.7
Non-Hispanic.....	91.0	84.3	12.3	2.0	0.9	0.5
Education: ‡						
Grade 8 or less.....	6.5	84.3	11.6	† 1.5	† 0.6	† 2.1
Grades 9-12/GED.....	42.0	85.3	10.7	1.7	1.5	0.8
At least some college.....	50.3	82.9	13.9	2.4	0.6	† 0.3

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.2.--Perceived importance of NUTRITION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is nutrition--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	49.4	41.0	8.1	† 1.3	† 0.3
40-59.....	16.3	54.4	39.0	4.5	† 1.1	† 1.1
60 and over.....	9.6	64.8	26.6	4.8	2.2	† 1.6
20 and over.....	47.9	54.1	37.5	6.2	1.4	0.8
Females:						
20-39.....	22.3	64.6	32.0	2.7	† 0.6	† 0.0
40-59.....	17.1	73.1	23.7	2.5	† 0.3	† 0.3
60 and over.....	12.7	74.5	19.9	3.1	† 0.3	2.2
20 and over.....	52.1	69.8	26.3	2.7	† 0.5	0.6
All individuals 20 and over.....	100.0	62.3	31.7	4.4	0.9	0.7
Income:						
Under 131% poverty.....	15.8	65.5	28.1	3.5	† 1.0	1.9
131-350% poverty.....	41.2	62.6	30.8	4.5	1.3	0.7
Over 350% poverty.....	43.0	60.8	33.8	4.6	† 0.5	† 0.3
Race: ‡						
White.....	80.6	60.5	33.6	4.5	0.9	0.6
Black.....	11.4	71.0	23.4	3.7	† 0.5	† 1.5
National origin:						
Hispanic.....	9.0	71.4	19.0	7.0	† 1.5	† 1.0
Non-Hispanic.....	91.0	61.4	32.9	4.1	0.8	0.7
Education: ‡						
Grade 8 or less.....	6.5	68.7	23.0	3.9	† 1.2	3.2
Grades 9-12/GED.....	42.0	61.8	30.0	6.1	1.4	0.7
At least some college.....	50.3	62.0	34.2	3.0	† 0.5	† 0.3

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.3.--Perceived importance of PRICE, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is price--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	44.8	39.2	12.5	3.4	† 0.2
40-59.....	16.3	35.5	43.3	15.7	4.7	† 0.8
60 and over.....	9.6	37.7	37.1	14.9	8.9	† 1.4
20 and over.....	47.9	40.2	40.2	14.1	4.9	0.6
Females:						
20-39.....	22.3	45.4	40.7	11.0	3.0	† 0.0
40-59.....	17.1	42.8	45.4	9.6	1.9	† 0.3
60 and over.....	12.7	54.7	31.9	9.9	3.0	† 0.5
20 and over.....	52.1	46.8	40.1	10.3	2.6	† 0.2
All individuals 20 and over.....	100.0	43.7	40.1	12.1	3.7	0.4
Income:						
Under 131% poverty.....	15.8	67.3	23.1	7.3	1.9	† 0.4
131-350% poverty.....	41.2	49.3	37.5	10.1	2.7	† 0.4
Over 350% poverty.....	43.0	29.5	48.9	15.7	5.4	† 0.4
Race: ‡						
White.....	80.6	40.4	42.7	12.6	3.9	0.4
Black.....	11.4	63.7	24.5	8.3	2.9	† 0.5
National origin:						
Hispanic.....	9.0	50.2	33.2	13.2	† 3.1	† 0.4
Non-Hispanic.....	91.0	43.0	40.8	12.0	3.8	0.4
Education: ‡						
Grade 8 or less.....	6.5	65.7	18.2	10.9	3.9	† 1.2
Grades 9-12/GED.....	42.0	50.5	34.0	11.4	3.7	† 0.4
At least some college.....	50.3	34.9	48.4	12.7	3.8	† 0.3

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.4.--Perceived importance of KEEPING QUALITY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is how well the food keeps--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	48.1	34.9	12.9	3.2	† 0.9
40-59.....	16.3	55.1	29.9	11.9	1.8	† 1.3
60 and over.....	9.6	56.9	29.4	9.4	2.6	1.7
20 and over.....	47.9	52.3	32.1	11.8	2.6	1.2
Females:						
20-39.....	22.3	57.5	32.7	8.9	† 0.9	† 0.1
40-59.....	17.1	58.1	33.2	6.8	1.6	† 0.2
60 and over.....	12.7	73.7	19.8	4.6	† 0.9	† 0.9
20 and over.....	52.1	61.6	29.7	7.2	1.1	† 0.3
All individuals 20 and over.....	100.0	57.1	30.9	9.4	1.8	0.7
Income:						
Under 131% poverty.....	15.8	72.3	20.9	4.8	1.2	† 0.8
131-350% poverty.....	41.2	62.5	27.1	7.8	1.8	0.8
Over 350% poverty.....	43.0	46.5	38.1	12.6	2.1	† 0.7
Race: ‡						
White.....	80.6	53.2	33.2	11.1	1.9	0.6
Black.....	11.4	81.0	15.4	† 1.2	† 0.9	† 1.5
National origin:						
Hispanic.....	9.0	66.2	27.3	4.0	† 0.9	† 1.5
Non-Hispanic.....	91.0	56.2	31.2	9.9	1.9	0.7
Education: ‡						
Grade 8 or less.....	6.5	74.2	20.5	2.9	† 0.9	† 1.4
Grades 9-12/GED.....	42.0	66.5	24.7	6.5	1.4	0.9
At least some college.....	50.3	47.2	37.4	12.6	2.4	† 0.5

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.5.--Perceived importance of EASE OF PREPARATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is how easy the food is to prepare--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	35.2	40.4	17.5	6.3	† 0.6
40-59.....	16.3	35.1	37.8	19.1	6.9	† 1.2
60 and over.....	9.6	35.1	34.3	21.4	7.9	† 1.3
20 and over.....	47.9	35.2	38.3	18.8	6.8	0.9
Females:						
20-39.....	22.3	39.1	40.3	15.9	4.7	† 0.0
40-59.....	17.1	39.1	42.8	14.9	3.1	† 0.1
60 and over.....	12.7	41.1	35.9	17.4	5.2	† 0.5
20 and over.....	52.1	39.6	40.1	15.9	4.3	† 0.1
All individuals 20 and over.....	100.0	37.5	39.2	17.3	5.5	0.5
Income:						
Under 131% poverty.....	15.8	45.7	29.6	17.1	7.1	† 0.6
131-350% poverty.....	41.2	39.7	38.2	17.1	4.6	† 0.5
Over 350% poverty.....	43.0	32.3	43.7	17.6	5.8	† 0.5
Race: ‡						
White.....	80.6	35.7	40.6	17.9	5.4	0.4
Black.....	11.4	51.5	31.7	10.6	5.0	† 1.1
National origin:						
Hispanic.....	9.0	42.7	33.1	18.2	5.5	† 0.4
Non-Hispanic.....	91.0	36.9	39.8	17.2	5.5	0.5
Education: ‡						
Grade 8 or less.....	6.5	47.8	30.6	15.3	5.1	† 1.2
Grades 9-12/GED.....	42.0	39.2	36.1	18.1	6.0	† 0.6
At least some college.....	50.3	34.6	42.9	17.0	5.2	† 0.4

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.6.--Perceived importance of TASTE, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is taste--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	79.0	19.0	† 1.6	† 0.2	† 0.2
40-59.....	16.3	78.9	18.3	1.7	† 0.3	† 0.8
60 and over.....	9.6	79.5	15.9	2.7	† 1.0	† 0.9
20 and over.....	47.9	79.1	18.1	1.9	† 0.4	† 0.5
Females:						
20-39.....	22.3	85.1	13.7	† 1.0	† 0.2	† 0.1
40-59.....	17.1	88.0	11.2	† 0.6	† 0.2	† 0.0
60 and over.....	12.7	87.5	10.3	1.7	† 0.2	† 0.2
20 and over.....	52.1	86.6	12.1	1.0	† 0.2	† 0.1
All individuals 20 and over.....	100.0	83.0	15.0	1.4	† 0.3	0.3
Income:						
Under 131% poverty.....	15.8	84.0	12.8	2.4	† 0.4	† 0.4
131-350% poverty.....	41.2	84.2	14.3	0.9	† 0.3	† 0.3
Over 350% poverty.....	43.0	81.5	16.4	1.5	† 0.2	† 0.3
Race: ‡						
White.....	80.6	82.9	15.3	1.4	† 0.2	† 0.3
Black.....	11.4	87.1	10.5	† 1.3	† 0.5	† 0.5
National origin:						
Hispanic.....	9.0	79.5	17.0	† 2.4	† 0.4	† 0.7
Non-Hispanic.....	91.0	83.4	14.8	1.3	† 0.3	† 0.3
Education: ‡						
Grade 8 or less.....	6.5	86.8	9.6	† 2.6	† 0.2	† 0.8
Grades 9-12/GED.....	42.0	85.9	12.0	1.4	† 0.4	† 0.3
At least some college.....	50.3	80.2	18.1	1.2	† 0.2	† 0.2

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 10.1.--Beliefs with potential to influence dietary behavior, MEN 20 years of age and older, 1994-96

Question: Now I am going to read some statements about what people eat. Please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with the statement.

Statement	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Don't know
----- Percent -----					
MEN: n=2,846					
Choosing a healthy diet is just a matter of knowing what foods are good and what foods are bad	37.3	42.3	15.3	4.9	† 0.2
Eating a variety of foods each day probably gives you all the vitamins and minerals you need.....	33.1	43.7	17.4	5.5	† 0.3
Some people are born to be fat and some thin; there is not much you can do to change this	13.7	27.5	32.6	26.1	† 0.2
Starchy foods, like bread, potatoes, and rice, make people fat	11.8	28.9	31.5	27.2	0.6
There are so many recommendations about healthy ways to eat, it's hard to know what to believe	39.5	41.6	13.3	5.3	† 0.2
What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer	57.8	32.7	6.2	3.0	† 0.3
The things I eat and drink now are healthy so there is no reason for me to make changes	16.3	37.3	36.0	10.2	† 0.2

† See "Statistical notes," appendix B.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 10.2.--Beliefs with potential to influence dietary behavior, WOMEN 20 years of age and older, 1994-96

Question: Now I am going to read some statements about what people eat. Please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with the statement.

Statement	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Don't know
----- Percent -----					
WOMEN: n=2,803					
Choosing a healthy diet is just a matter of knowing what foods are good and what foods are bad	40.3	40.6	13.6	5.4	† 0.2
Eating a variety of foods each day probably gives you all the vitamins and minerals you need.....	34.2	40.1	19.2	6.4	† 0.1
Some people are born to be fat and some thin; there is not much you can do to change this	12.2	25.7	34.9	27.1	† 0.1
Starchy foods, like bread, potatoes, and rice, make people fat	12.7	21.1	34.9	31.0	† 0.3
There are so many recommendations about healthy ways to eat, it's hard to know what to believe	40.1	40.3	13.0	6.5	† 0.2
What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer	63.5	27.9	6.1	2.3	† 0.2
The things I eat and drink now are healthy so there is no reason for me to make changes	15.3	35.2	36.5	13.1	† *

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 11.--Percentages of individuals who say they are the person most responsible for household meals, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Are you the person MOST responsible for planning or preparing the meals in your household?

Selected characteristics	Percentage of population	Yes	No	Don't know
	Percent	-----Percent-----		
Sex and age (years):				
Males:				
20-39.....	22.0	33.6	65.9	† 0.5
40-59.....	16.3	25.6	74.1	† 0.3
60 and over.....	9.6	24.9	74.5	† 0.7
20 and over.....	47.9	29.1	70.4	† 0.5
Females:				
20-39.....	22.3	81.9	17.8	† 0.4
40-59.....	17.1	90.4	9.4	† 0.2
60 and over.....	12.7	89.7	10.1	† 0.2
20 and over.....	52.1	86.6	13.1	† 0.3
All individuals 20 and over.....	100.0	59.1	40.5	0.4
Income:				
Under 131% poverty.....	15.8	69.4	30.0	† 0.5
131-350% poverty.....	41.2	58.5	41.2	† 0.3
Over 350% poverty.....	43.0	55.9	43.7	† 0.4
Race: ‡				
White.....	80.6	58.3	41.3	0.4
Black.....	11.4	63.3	36.5	† 0.3
National origin:				
Hispanic.....	9.0	52.8	46.4	† 0.7
Non-Hispanic.....	91.0	59.8	39.9	0.3
Education: ‡				
Grade 8 or less.....	6.5	60.9	38.7	† 0.5
Grades 9-12/GED.....	42.0	58.3	41.4	† 0.3
At least some college.....	50.3	59.7	39.9	† 0.4

† See "Statistical notes," appendix B.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table Notes

Tables 1.1a–1.11b. Perceived adequacy of own diet, mean intakes, and percentages of individuals meeting (or failing to meet) specified health goals or levels of intake

- **Overweight.** Individuals classified as overweight are those with a body mass index (BMI) of 25 or more. This definition encompasses all individuals classified as either overweight (BMI = 25 to 29.9) or obese (BMI = 30 or more), according to the clinical guidelines issued by the National Heart, Lung, and Blood Institute (National Institutes of Health 1998).

BMI can be calculated by dividing weight in pounds by the square of height in inches and then multiplying by 703. For example, for a person who weighs 170 pounds and is 5 feet 9 inches tall (69 inches), BMI is calculated as follows: $[170 \div (69)^2] \times 703 = 25.1$. Persons not reporting height or weight were excluded from the estimates in the table.

The BMIs in this report are based on self-reported weights and heights; measured weights and heights are not available from the CSFII/DHKS 1994–96. Research has shown that while differences between mean self-reported and measured weight and height are small, some adults tend to underreport weight or overreport height or both, biasing the accuracy of BMI estimates (Pao et al. 1989, Rowland 1990, Plankey et al. 1997). The percentage of adults classified as overweight or obese (BMI = 25 or more) was 54.9, based on measured weights and heights in the 1988–94 National Health and Nutrition Examination Survey (Flegal et al. 1998). This does not differ greatly from the 53.2 percent of adults classified as overweight or obese based on self-reported weights and heights in the CSFII 1994–96 (U.S. Department of Agriculture, Agricultural Research Service 1998a). Some individuals in the CSFII 1994–96 may have been assigned to the wrong BMI category due to errors in reporting of weight or height. However, the data here are being used to show relationships between BMI and attitudes/perceptions related to diet rather than for clinical assessment.

- **Recommended Dietary Allowances.** The RDAs provide a safety factor appropriate to each nutrient (except energy) and exceed the actual requirements of most individuals (Food and Nutrition Board, National Research Council 1989, p. 2). In other words, individuals with intakes below the RDA do not necessarily have inadequate intakes.

Safety factors for the various nutrients were assigned in different ways and are of different magnitudes. Seventy-five percent of the RDA for one nutrient does not necessarily correspond to 75 percent of the RDA for another nutrient. Although RDAs are most appropriately applied to groups, a comparison of individual intakes, averaged over a sufficient length of time, to the RDA allows an estimate to be made about that individual's probable risk of deficiency (Food and Nutrition Board, National Research Council 1989, p. 9). For most nutrients, RDAs are intended to be average intakes over at least 3 days. For others, (for example, vitamins A and B-12), they may be averaged over several months (Food and Nutrition Board, National Research Council 1989, p. 20). Estimates in these tables are based on 2-day averages of intakes.

- **Calcium.** Although a new Dietary Reference Intake (DRI) for calcium was announced in 1997, guidance on interpretation and uses of the DRIs had not been issued when this report was written, so the 1989 RDA was used in table 1.4b.
- **Fiber.** The National Cancer Institute recommends that individuals consume 20 to 30 grams of fiber per day (National Institutes of Health, National Cancer Institute 1987).
- **Fat, saturated fat, and cholesterol.** Both the 1995 and the 2000 *Dietary Guidelines for Americans* recommend that people choose a diet which provides no more than 30 percent of calories from fat, less than 10 percent of calories from saturated fat, and 300 mg or less of cholesterol (Dietary Guidelines Advisory Committee 1995; U.S. Department of Agriculture and U.S. Department of Health and Human Services 1995, 2000). The 1995 guidelines were in effect during the CSFII/DHKS 1994–96.

- **Sodium.** The National Research Council recommends that daily intakes of salt (sodium chloride) be limited to 6 g. Six g of salt contains 2,400 mg of sodium (National Research Council, Committee on Diet and Health 1989).
- **Added sugars.** This category includes white, brown, and raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods, such as breads, cakes, soft drinks, jams, and ice cream. Added sugars does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk. The Food Guide Pyramid recommends that people try to limit “added sugars” to 6 tsp a day in a 1,600- calorie diet (6.0 percent of calories), 12 tsp at 2,200 calories (8.7 percent of calories), or 18 tsp at 2,800 calories (10.3 percent of food calories) (U.S. Department of Agriculture 1992, Cleveland et al. 1997).

Tables 2.1a–2.11b. Perceived importance of dietary guidance and means of associated dietary or health characteristics

- **Healthy Eating Index.** The HEI (Bowman et al. 1998) is a measure of overall quality of diet. The HEI score is the sum of 10 components representing different aspects of a healthful diet. Each component has a maximum score of 10 and a minimum score of zero, so the maximum HEI score is 100. High component scores indicate intakes close to recommended ranges or amounts; low component scores indicate less compliance with recommended ranges or amounts.

Components 1–5 measure the degree to which a person’s diet conforms to USDA’s Food Guide Pyramid servings recommendations for the five major food groups: grain, vegetable, fruit, milk, and meat. Component 6 measures total fat consumed as a percentage of total food energy intake. Component 7 measures saturated fat consumption as a percentage of total food energy

intake. Component 8 measures total cholesterol intake. Component 9 measures total sodium intake. Component 10 examines variety in a person’s diet. This last component, dietary variety, is assessed by totaling the number of different foods that a person eats in a day in amounts sufficient to contribute at least one-half of a serving in a food group.

The 1996 mean HEI score for the U.S. population was 64. The 1994–96 CSFII was used to calculate the components of the HEI. When necessary, food mixtures were disaggregated, so their ingredients could be assigned to the appropriate food category.

- **Mean number of servings per day.** These estimates are based on USDA’s Food Guide Pyramid (U.S. Department of Agriculture 1992) and calculated using data from USDA’s 1994–96 CSFII (U. S. Department of Agriculture, Agricultural Research Service 1998b). For the method used to derive Pyramid servings, see Cleveland et al. (1997).
- **Body mass index.** See p. 89, note for Overweight.
- **Vegetable servings.** Dry beans and peas are included in these estimates.
- **Fiber.** See p. 89.
- **Fat, saturated fat, and cholesterol.** See p. 89.
- **Added sugars.** See left-hand column, top.
- **Sodium.** See left-hand column, top
- In the “b” tables, the categories “not too important” and “not at all important” were combined because of the small cell sizes in these two groups. “Cell size” refers to the unweighted number of individuals in a given sex-age or demographic group.

Tables 3.1 and 3.2. Macronutrient sources of food energy, by perceived importance of dietary guidance

- Degree of importance. Respondents were asked to rate how important specified dietary guidance was to them personally, using a four-point scale: very important, somewhat important, not too important, or not at all important. Responses were collapsed into two categories: “very or somewhat important” and “not too or not at all important.”
- Mean percentages of calories from protein, fat, fatty acids, carbohydrate, and alcohol. The percentage of calories from protein, fat, fatty acids, carbohydrate, and alcohol was calculated by multiplying each individual’s 2-day average intake of protein by 4 kcal/g, fat and fatty acids by 9 kcal/g, carbohydrate by 4 kcal/g, and alcohol 7 kcal/g. These values were divided by the person’s 2-day average food energy intake and multiplied by 100 to obtain the percentage of an individual’s total food energy intake from each nutrient. Individual percentages were totaled and divided by the number of people in the group in the left column to obtain the mean percentage per individual for that group.

The general factors 4, 9, 4, and 7 give estimates for a typical mixed diet (Merrill and Watt 1973). Percentages may not add up to 100 percent because general factors were used instead of food-specific factors and because of rounding. Fifteen individuals who had no food intake for the day were excluded from the calculations for these tables.

Table 4. Weight status: Percentages of individuals in specified body mass index categories

- Self-appraised weight status. Respondents were asked “Do you consider yourself to be overweight, underweight, or about right?” One individual responded, “Don’t know,” and no answer was determined for 25 individuals. The “All individuals 20 and over” row in the table includes all who provided height and weight, regardless of whether or not they answered the self-appraised weight status question.

- Body mass index. See p. 89, Overweight.

Tables 5.1a–5.5b. Number of servings perceived as necessary for good health; percentages of individuals reaching perceived goal; and mean numbers of servings consumed per day

- Question. Respondents were asked, “Let’s begin by talking about the number of servings from different food groups that a person should eat each day. How many servings from the (FOOD GROUP) would you say a person of your age and sex should eat each day for good health?” A range of servings was not accepted as an answer.
- Servings. The Food Guide Pyramid (U. S. Department of Agriculture 1992) and the Dietary Guidelines for Americans (U.S. Department of Agriculture and U.S. Department of Health and Human Services 1995, 2000) specify numbers of servings one should eat from five major food groups. According to the Pyramid and the Guidelines, everyone should eat a least the lowest number of servings within recommended ranges: fruit, 2–4 servings; vegetables, 3–5 servings; dairy, 2–3 servings; grain, 6–11 servings; and meat, 5–7 ounces to provide a total of 2–3 servings.
- Mean numbers of servings. These estimates were calculated using data from the 1994–96 CSFII (U.S. Department of Agriculture, Agricultural Research Service 1998b). For the method used to derive Pyramid servings, see the reference by Cleveland et al. (1997).

In previously published tables that report estimates of Pyramid servings, dry beans and peas were tabulated with the vegetable group alone in order to avoid double counting. However, for this set of tables, dry beans and peas were tabulated with both the vegetable group and the meat group because respondents could correctly have considered them part of either group when responding to the DHKS question. Also, the meat group was read to respondents as the “Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group,” which is the exact name of the group used in consumer publications about the Pyramid.

- Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. In the last column of table 5.5a and in table 5.5b, one serving was defined as 2.5 ounces of cooked lean-meat equivalents.

Tables 6.1–6.7. Awareness of health problems related to eating behavior (or being overweight) and type of problems mentioned

- Respondents were asked, “Have you heard about any health problems caused by (BEHAVIOR)?” (See table titles for specific behaviors.) Those who responded “yes” were then asked to specify those problems. The health problems most often mentioned are presented.
- The percentages in the columns under “Health problems mentioned” are based on all individuals responding to the question, not just those who responded “yes.” Of those who said they had heard of health problems, some mentioned more than one problem, while others did not mention any. The “other” column excludes those who said they had heard of health problems but did not specify a problem. For these reasons, the sum of the percentages in the columns under “Health problems mentioned” may not equal the percentage of individuals who said they had heard of health problems.
- Bowel problems. Also includes mention of colitis, colon problems, constipation, digestive problems, diverticulosis, or irregularity.
- Dental problems. Also includes mention of cavities, caries, or tooth problems.
- Diabetes. Also includes mention of high blood sugar.
- Heart disease. Also includes mention of arteriosclerosis, atherosclerosis, clogged arteries, coronary disease, hardening of the arteries, heart problems, or heart attack.
- Hypertension. Also includes mention of high blood pressure.

- Obesity. Also includes mention of fat/overweight.

Tables 7.1–7.5. Knowledge of food characteristics related to fat, cholesterol, and calories

- The correct answer is bold in each table.

Tables 8.1 to 8.2. Percentages of individuals giving the correct answer about the food with the most fat or saturated fat

- The correct answer is bold on each table.

Tables 9.1–9.6. Perceived importance of factors related to buying food

- This series of questions asks the respondent how important certain factors are when he or she buys food.

Tables 10.1 to 10.2. Beliefs with potential to influence dietary behavior

- This series of questions asks the respondent how much he or she agrees or disagrees with statements that may be related to his or her willingness to make dietary changes.

Appendix A. Counts of 2-day Respondents 20 Years of Age and Over and Population Percentages

- Table 12 shows the unweighted counts of survey respondents in each sex-age, income, race, Hispanic origin, and education group, as well as the weighted percentages of the population they represent.

Table 13 shows the unweighted counts of survey respondents in each category in tables 1.1b–1.11b.

- Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics known to be correlated with eating behavior, and to equalize intakes over the 4 quarters of the year and the 7 days of the week.
- The category “race” excludes 370 individuals who gave their race as other than white or black, and the category “education” excludes 61 individuals who could not be classified.
- The statistics presented in tables 1–11 are based on the data from all appropriate respondents. Individuals who did not answer a question were excluded from the calculations for that question. Fasters—individuals reporting they consumed no foods or beverages for the day—were included in the calculations for most tables. However, 15 fasters (5 on day 1 and 10 on day 2) were excluded from the calculations for the Healthy Eating Index in table 2.2b and the mean percentages of calories from protein, fat, fatty acids, carbohydrate, and alcohol in table 3.2.
- Persons not reporting height or weight were excluded from tables providing BMI because height and weight are needed for the calculation.

Table 12.-- Counts of 2-day respondents 20 years of age and over and population percentages, by sex and age, 1994-96

Selected characteristics	2-day count (unweighted)	2-day percentage of population (weighted)
	Number	Percent
Sex and age (years):		
Males:		
20-39.....	848	22.0
40-59.....	1,024	16.3
60 and over.....	974	9.6
20 and over.....	2,846	47.9
Females:		
20-39.....	826	22.3
40-59.....	1,022	17.1
60 and over.....	955	12.7
20 and over.....	2,803	52.1
All individuals 20 and over	5,649	100.0
Income:		
Under 131% poverty.....	1,451	15.8
131-350% poverty.....	2,176	41.2
Over 350% poverty.....	2,022	43.0
Race:		
White.....	4,617	80.6
Black.....	662	11.4
National origin:		
Hispanic.....	456	9.0
Non-Hispanic.....	5,193	91.0
Education:		
Grade 8 or less.....	576	6.5
Grades 9-12/GED.....	2,545	42.0
At least some college.....	2,467	50.3

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 13.--Counts of individuals in tables 1.1b to 1.11b, 1994-96

Selected characteristics	Calories		Protein		Fiber		Calcium		Iron		Vitamin C	
	Too high	About right	Too low	About right	Too low	About right	Too low	About right	Too low	About right	Too low	About right
-----Number-----												
Sex and age (years):												
Males:												
20-39.....	329	434	89	605	319	457	279	480	237	517	276	506
40-59.....	396	535	106	760	346	600	281	616	216	698	293	658
60 and over.....	260	606	56	778	132	763	140	682	116	695	148	738
20 and over.....	985	1,575	251	2,143	797	1,820	700	1,778	569	1,910	717	1,902
Females:												
20-39.....	349	389	174	545	382	389	426	341	368	404	289	499
40-59.....	484	449	135	760	358	608	437	526	345	606	310	663
60 and over.....	309	559	77	775	189	704	259	637	183	672	179	715
20 and over.....	1,142	1,397	386	2,080	929	1,701	1,122	1,504	896	1,682	778	1,877
All individuals 20 and over.....	2,127	2,972	637	4,223	1,726	3,521	1,822	3,282	1,465	3,592	1,495	3,779
Income:												
Under 131% poverty.....	448	790	184	1,056	398	870	450	809	371	868	382	925
131-350% poverty.....	806	1,161	253	1,640	659	1,380	693	1,272	580	1,375	581	1,463
Over 350% poverty.....	873	1,021	200	1,527	669	1,271	679	1,201	514	1,349	532	1,391
Race:												
White.....	1,806	2,411	500	3,470	1,436	2,918	1,511	2,706	1,185	2,963	1,277	3,064
Black.....	221	348	75	507	189	411	195	388	180	421	138	480
National origin:												
Hispanic.....	140	245	59	316	134	233	144	240	117	254	114	283
Non-Hispanic.....	1,987	2,727	578	3,907	1,592	3,288	1,678	3,042	1,348	3,338	1,381	3,496
Education:												
Grade 8 or less.....	116	348	50	428	91	377	104	350	89	365	104	382
Grades 9-12/GED.....	1,006	1,295	320	1,891	793	1,573	833	1,468	671	1,596	718	1,682
At least some college.....	990	1,289	261	1,860	833	1,527	872	1,425	692	1,591	660	1,676

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Continued

Table 13.--Counts of individuals in tables 1.1b to 1.11b, 1994-96--continued

Selected characteristics	Fat		Saturated fat		Cholesterol		Salt or sodium		Sugars and sweets	
	Too high	About right	Too high	About right	Too high	About right	Too high	About right	Too high	About right
-----Number-----										
Sex and age (years):										
Males:										
20-39.....	477	291	394	311	324	404	227	489	302	429
40-59.....	506	423	368	468	331	562	273	614	309	599
60 and over.....	287	574	237	554	193	651	174	699	225	644
20 and over.....	1,270	1,288	999	1,333	848	1,617	674	1,802	836	1,672
Females:										
20-39.....	459	295	354	346	257	461	229	490	347	399
40-59.....	525	422	365	512	300	609	243	678	407	530
60 and over.....	276	587	201	579	228	610	138	719	251	619
20 and over.....	1,260	1,304	920	1,437	785	1,680	610	1,887	1,005	1,548
All individuals 20 and over.....	2,530	2,592	1,919	2,770	1,633	3,297	1,284	3,689	1,841	3,220
Income:										
Under 131% poverty.....	540	714	406	679	375	784	317	907	418	844
131-350% poverty.....	962	1,010	739	1,077	637	1,267	502	1,409	699	1,251
Over 350% poverty.....	1,028	868	774	1,014	621	1,246	465	1,373	724	1,125
Race:										
White.....	2,153	2,083	1,637	2,296	1,376	2,750	1,050	3,060	1,550	2,614
Black.....	254	325	200	314	175	361	157	418	198	404
National origin:										
Hispanic.....	173	205	112	183	97	249	78	264	121	253
Non-Hispanic.....	2,357	2,387	1,807	2,587	1,536	3,048	1,206	3,425	1,720	2,967
Education:										
Grade 8 or less.....	146	325	109	293	111	326	97	386	116	371
Grades 9-12/GED.....	1,132	1,157	871	1,219	773	1,440	598	1,636	821	1,451
At least some college.....	1,230	1,076	921	1,226	734	1,494	578	1,625	885	1,361

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Appendix B. Statistical Notes

Estimates based on small cell sizes may tend to be less statistically reliable than those based on larger cell sizes. “Cell size” refers to the unweighted number of individuals in a given sex-age or demographic group (see appendix A).

The guidelines (listed below) for determining when a cell size is small take into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 1.00, its effect on accuracy is negligible; a larger design effect implies a greater effect on variance. The guidelines derive from a policy statement that specifies the use of a broadly calculated design effect (Federation of American Societies for Experimental Biology 1995). In that role, we are using a variance inflation factor. The variance inflation factor is 1.97 for the survey data set used in generating these tables (that is, for DHKS respondents with 2 days of CSFII data).

Guidelines for Flagging

Daggers are used in the tables to mark—or flag—estimates that may be less statistically reliable than unmarked estimates.

Rule 1. An estimated mean is flagged when it is based on a cell size of less than 30 times the average design effect or when its coefficient of variation (*CV*) is equal to or greater than 30 percent. The *CV* is the ratio of the estimated standard error of the mean to the estimated mean, expressed as a percentage.

Rule 2. An estimated proportion (percent) that exceeds 25 percent and falls below 75 percent is flagged when it is based on a cell size of less than 30 times the average design effect or when the *CV* is equal to or greater than 30 percent.

Rule 3. An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the smaller of np and $n(1-p)$ is less than 8 times the average design effect, where

n is the cell size on which the estimate is based, and
 p is the proportion expressed as a fraction.

Tables To Which Rules Apply

Rule 1 is applied to data in the 1st and 3rd data columns of tables 1.1b–1.11b and to all data in tables 2.1b–2.11b, 3.1, 3.2, and 5.1b–5.5b to flag estimates that should be used with caution. It applies to mean nutrient intakes; mean food intakes; and means expressed as percentages, such as mean intakes of nutrients expressed as percentages of Recommended Dietary Allowances.

Rules 2 and 3 are applied to the 2nd and 4th data columns in tables 1.1b–1.11b and to all data in tables 1.1a–1.11a, 2.1a–2.11a, 4, 5.1a–5.5a, and 6–11 to flag estimates that should be used with caution.

Appendix C. Standard Error Tables

Standard error tables carry the same table numbers as tables in the body of the report, except that the suffix *se* is added after the table number. For example, the table providing standard errors for table 1.1 is labeled *table 1.1se*. A dash (–) in a cell indicates that the estimated mean or percent was 0 and there is no corresponding standard error.

The standard errors of the mean and percentage estimates in this report were estimated by the Taylor series linearization method as implemented by SUDAAN (Shah et al. 1993). The particular implementation used requires pairs of Primary Sampling Units (PSUs), where the PSUs are characterized by the sample design (Chu and Goldman 1998).

Table 1.1ase.--CALORIES: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in calories?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	1.4	2.9	2.5	1.1
40-59.....	16.3	0.8	1.9	2.0	1.1
60 and over.....	9.6	0.6	2.1	2.0	0.6
20 and over.....	47.9	0.7	1.7	1.5	0.7
Females:					
20-39.....	22.3	1.5	2.4	2.6	0.4
40-59.....	17.1	0.6	1.9	2.1	0.6
60 and over.....	12.7	0.9	1.7	1.8	0.6
20 and over.....	52.1	0.7	1.3	1.5	0.3
All individuals 20 and over.....	100.0	0.5	1.1	1.1	0.4
Income:					
Under 131% poverty.....	15.8	1.2	2.2	1.8	0.9
131-350% poverty.....	41.2	0.7	1.4	1.3	0.7
Over 350% poverty.....	43.0	0.8	1.4	1.6	0.3
Race: ‡					
White.....	80.6	0.6	1.2	1.2	0.5
Black.....	11.4	2.4	2.7	2.2	0.8
National origin:					
Hispanic.....	9.0	1.6	2.4	2.7	1.9
Non-Hispanic.....	91.0	0.6	1.1	1.2	0.3
Education: ‡					
Grade 8 or less.....	6.5	1.6	2.4	3.2	1.4
Grades 9-12/GED.....	42.0	0.8	1.6	1.5	0.7
At least some college.....	50.3	0.7	1.6	1.7	0.3

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.1bse.--CALORIES: Standard errors of mean intakes (2-day average) and percentages of individuals who are overweight (based on self-reported height and weight), by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of calories they consume is "TOO HIGH"		Individuals who think the amount of calories they consume is "ABOUT RIGHT"	
	Mean calorie intake	Percentages of individuals who are overweight §	Mean calorie intake	Percentages of individuals who are overweight §
	<i>Kilocalories</i>	<i>Percent</i>	<i>Kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	86	4.7	81	3.7
40-59.....	61	2.7	47	2.8
60 and over.....	57	2.8	35	2.3
20 and over.....	44	2.6	38	1.6
Females:				
20-39.....	40	3.5	34	2.9
40-59.....	25	2.4	35	3.0
60 and over.....	33	3.1	23	2.9
20 and over.....	24	1.7	19	2.0
All individuals 20 and over.....	27	1.5	21	1.3
Income:				
Under 131% poverty.....	75	2.9	61	2.8
131-350% poverty.....	48	2.1	32	1.6
Over 350% poverty.....	36	2.6	40	2.0
Race: ‡				
White.....	28	1.8	24	1.4
Black.....	66	2.2	118	3.2
National origin:				
Hispanic.....	113	4.8	65	4.4
Non-Hispanic.....	29	1.6	24	1.4
Education: ‡				
Grade 8 or less.....	135	4.8	82	3.0
Grades 9-12/GED.....	41	2.5	43	1.7
At least some college.....	39	1.9	26	1.8

§ Body Mass Index (BMI) at or above 25; based on NIH Clinical Guidelines (see "Table notes"). Excludes individuals not reporting height and weight.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.2ase.--PROTEIN: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in protein?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	1.5	1.5	2.0	1.3
40-59.....	16.3	1.1	1.3	1.5	0.7
60 and over.....	9.6	1.0	1.2	1.7	1.0
20 and over.....	47.9	0.7	0.9	1.2	0.7
Females:					
20-39.....	22.3	1.6	1.2	2.0	0.4
40-59.....	17.1	1.1	1.4	1.6	0.3
60 and over.....	12.7	1.0	0.9	1.4	0.9
20 and over.....	52.1	0.8	0.9	1.2	0.3
All individuals 20 and over.....	100.0	0.6	0.6	0.9	0.4
Income:					
Under 131% poverty.....	15.8	1.5	1.7	2.0	1.1
131-350% poverty.....	41.2	1.1	0.9	1.5	0.4
Over 350% poverty.....	43.0	0.9	0.9	1.2	0.7
Race: ‡					
White.....	80.6	0.6	0.7	0.9	0.4
Black.....	11.4	1.4	2.0	2.9	1.1
National origin:					
Hispanic.....	9.0	2.0	2.4	2.6	0.8
Non-Hispanic.....	91.0	0.6	0.7	0.9	0.4
Education: ‡					
Grade 8 or less.....	6.5	1.6	1.3	2.4	1.2
Grades 9-12/GED.....	42.0	1.1	1.0	1.5	0.9
At least some college.....	50.3	0.9	0.7	1.2	0.2

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.2bse.--PROTEIN: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean protein intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of protein they consume is "TOO LOW"		Individuals who think the amount of protein they consume is "ABOUT RIGHT"	
	Mean protein intake	Percentages of individuals with mean protein intake below 100% of the 1989 RDA	Mean protein intake	Percentages of individuals with mean protein intake below 100% of the 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	6	5.1	4	1.8
40-59.....	6	4.4	3	2.0
60 and over.....	5	7.2	2	1.9
20 and over.....	4	2.8	2	1.3
Females:				
20-39.....	5	4.0	3	2.2
40-59.....	4	4.5	2	2.0
60 and over.....	6	7.5	2	2.4
20 and over.....	3	2.7	1	1.4
All individuals 20 and over.....	3	1.8	1	1.0
Income:				
Under 131% poverty.....	6	5.1	3	2.6
131-350% poverty.....	4	3.5	2	1.8
Over 350% poverty.....	5	3.2	2	1.1
Race: ‡				
White.....	2	1.9	2	1.2
Black.....	8	7.2	4	2.6
National origin:				
Hispanic.....	6	7.6	4	2.7
Non-Hispanic.....	3	1.9	1	1.1
Education: ‡				
Grade 8 or less.....	7	8.1	3	3.1
Grades 9-12/GED.....	3	3.3	2	1.7
At least some college.....	5	3.4	2	1.3

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.3ase.--FIBER: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in fiber?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	2.9	0.6	2.6	1.0
40-59.....	16.3	1.7	0.8	1.8	0.6
60 and over.....	9.6	1.7	0.8	2.0	0.7
20 and over.....	47.9	1.5	0.4	1.4	0.5
Females:					
20-39.....	22.3	2.5	0.7	2.7	0.6
40-59.....	17.1	1.8	0.7	1.8	0.4
60 and over.....	12.7	1.6	0.2	1.9	0.9
20 and over.....	52.1	1.4	0.4	1.6	0.4
All individuals 20 and over.....	100.0	1.2	0.3	1.2	0.4
Income:					
Under 131% poverty.....	15.8	1.9	0.6	1.9	1.4
131-350% poverty.....	41.2	1.5	0.4	1.7	0.6
Over 350% poverty.....	43.0	1.7	0.4	1.7	0.3
Race: ‡					
White.....	80.6	1.2	0.3	1.2	0.3
Black.....	11.4	2.8	0.7	2.8	1.0
National origin:					
Hispanic.....	9.0	2.4	1.5	2.2	1.9
Non-Hispanic.....	91.0	1.3	0.2	1.3	0.3
Education: ‡					
Grade 8 or less.....	6.5	2.5	1.0	2.7	2.1
Grades 9-12/GED.....	42.0	1.7	0.5	1.9	0.5
At least some college.....	50.3	1.5	0.4	1.4	0.3

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.3bse.--FIBER: Standard errors of mean intakes (2-day average) and percentages of individuals with mean fiber intake below 20 grams per day, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of fiber they consume is "TOO LOW"		Individuals who think the amount of fiber they consume is "ABOUT RIGHT"	
	Mean fiber intake	Percentages of individuals with mean fiber intake below 20 grams per day	Mean fiber intake	Percentages of individuals with mean fiber intake below 20 grams per day
	<i>Grams</i>	<i>Percent</i>	<i>Grams</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	1	4.0	1	3.3
40-59.....	1	3.5	*	2.3
60 and over.....	1	4.6	*	2.0
20 and over.....	1	2.8	*	1.7
Females:				
20-39.....	1	2.3	1	2.8
40-59.....	*	1.8	*	2.2
60 and over.....	1	1.8	*	1.8
20 and over.....	1	1.5	*	1.3
All individuals 20 and over.....	*	1.5	*	1.2
Income:				
Under 131% poverty.....	1	5.6	1	3.1
131-350% poverty.....	*	2.1	*	1.9
Over 350% poverty.....	1	2.1	*	1.6
Race: ‡				
White.....	*	1.5	*	1.3
Black.....	2	7.7	1	3.0
National origin:				
Hispanic.....	1	5.3	1	4.3
Non-Hispanic.....	*	1.6	*	1.3
Education: ‡				
Grade 8 or less.....	1	6.2	2	4.3
Grades 9-12/GED.....	*	2.2	*	1.8
At least some college.....	1	2.2	*	1.8

* Value less than 0.5 but greater than 1.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.4ase.--CALCIUM: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in calcium?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	2.1	1.8	2.4	2.2
40-59.....	16.3	1.8	0.7	2.0	1.2
60 and over.....	9.6	1.4	0.8	1.9	1.5
20 and over.....	47.9	1.1	0.9	1.4	1.2
Females:					
20-39.....	22.3	2.2	1.1	2.4	0.6
40-59.....	17.1	2.0	0.5	1.9	0.7
60 and over.....	12.7	1.6	0.5	1.7	1.0
20 and over.....	52.1	1.2	0.5	1.3	0.4
All individuals 20 and over.....	100.0	0.9	0.5	1.0	0.7
Income:					
Under 131% poverty.....	15.8	2.1	1.6	1.6	0.9
131-350% poverty.....	41.2	1.5	0.5	1.7	0.9
Over 350% poverty.....	43.0	1.2	0.8	1.2	0.8
Race: ‡					
White.....	80.6	0.9	0.4	1.1	0.8
Black.....	11.4	2.7	2.0	3.1	1.1
National origin:					
Hispanic.....	9.0	3.2	1.2	3.8	2.0
Non-Hispanic.....	91.0	0.9	0.5	1.0	0.7
Education: ‡					
Grade 8 or less.....	6.5	1.9	1.4	2.4	2.3
Grades 9-12/GED.....	42.0	1.4	0.7	1.4	1.1
At least some college.....	50.3	1.3	0.8	1.3	0.6

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.4bse.--CALCIUM: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean calcium intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of calcium they consume is "TOO LOW"		Individuals who think the amount of calcium they consume is "ABOUT RIGHT"	
	Mean calcium intake	Percentages of individuals with mean calcium intake below 100% of 1989 RDA	Mean calcium intake	Percentages of individuals with mean calcium intake below 100% of 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	5	4.4	4	3.2
40-59.....	3	3.8	4	2.9
60 and over.....	4	4.3	2	2.5
20 and over.....	3	2.7	2	1.5
Females:				
20-39.....	2	2.4	3	3.2
40-59.....	2	2.4	2	2.3
60 and over.....	2	2.1	2	1.9
20 and over.....	1	1.6	2	1.5
All individuals 20 and over.....	1	1.3	1	1.1
Income:				
Under 131% poverty.....	2	2.6	3	2.1
131-350% poverty.....	2	2.0	2	1.8
Over 350% poverty.....	2	1.8	2	1.7
Race: ‡				
White.....	1	1.5	1	1.2
Black.....	3	2.5	3	2.2
National origin:				
Hispanic.....	5	3.6	5	4.1
Non-Hispanic.....	1	1.3	1	1.2
Education: ‡				
Grade 8 or less.....	6	5.9	3	2.4
Grades 9-12/GED.....	2	1.7	2	1.6
At least some college.....	2	1.8	2	1.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.5ase-- IRON: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in iron?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	2.7	0.8	2.5	1.8
40-59.....	16.3	1.7	0.5	1.8	1.3
60 and over.....	9.6	1.9	0.6	2.3	1.8
20 and over.....	47.9	1.5	0.5	1.6	1.1
Females:					
20-39.....	22.3	1.9	0.3	1.9	0.9
40-59.....	17.1	1.9	0.4	2.1	0.6
60 and over.....	12.7	1.8	0.5	1.8	0.9
20 and over.....	52.1	1.1	0.2	1.1	0.5
All individuals 20 and over.....	100.0	0.9	0.3	1.0	0.6
Income:					
Under 131% poverty.....	15.8	1.8	0.6	2.5	1.3
131-350% poverty.....	41.2	1.3	0.5	1.4	0.9
Over 350% poverty.....	43.0	1.3	0.3	1.4	0.8
Race: ‡					
White.....	80.6	1.0	0.3	1.0	0.8
Black.....	11.4	2.8	0.6	3.1	1.1
National origin:					
Hispanic.....	9.0	2.6	1.0	3.5	2.7
Non-Hispanic.....	91.0	0.9	0.3	1.0	0.6
Education: ‡					
Grade 8 or less.....	6.5	2.5	0.8	3.1	1.9
Grades 9-12/GED.....	42.0	1.6	0.5	1.9	1.3
At least some college.....	50.3	1.5	0.4	1.6	0.6

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.5bse.--IRON: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean iron intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of iron they consume is "TOO LOW"		Individuals who think the amount of iron they consume is "ABOUT RIGHT"	
	Mean iron intake	Percentages of individuals with mean iron intake below 100% of 1989 RDA	Mean iron intake	Percentages of individuals with mean iron intake below 100% of 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	21	4.1	6	1.2
40-59.....	8	1.7	4	1.8
60 and over.....	16	4.5	4	1.7
20 and over.....	12	2.4	3	1.0
Females:				
20-39.....	3	2.3	2	2.4
40-59.....	4	3.6	3	2.6
60 and over.....	4	3.9	3	2.6
20 and over.....	2	1.8	1	1.3
All individuals 20 and over.....	5	1.4	2	0.9
Income:				
Under 131% poverty.....	28	5.6	5	2.7
131-350% poverty.....	4	2.0	3	1.5
Over 350% poverty.....	4	2.8	3	1.3
Race: ‡				
White.....	3	1.5	2	1.1
Black.....	40	6.9	4	2.3
National origin:				
Hispanic.....	11	5.8	7	4.3
Non-Hispanic.....	6	1.4	2	0.9
Education: ‡				
Grade 8 or less.....	11	7.1	5	4.2
Grades 9-12/GED.....	12	2.6	3	1.6
At least some college.....	4	2.4	3	1.5

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.6ase.--VITAMIN C: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in Vitamin C?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	2.8	1.4	2.7	1.3
40-59.....	16.3	1.7	0.6	1.9	1.1
60 and over.....	9.6	1.3	0.6	1.9	1.1
20 and over.....	47.9	1.3	0.6	1.3	0.8
Females:					
20-39.....	22.3	2.0	0.5	2.1	0.4
40-59.....	17.1	2.2	0.6	2.1	0.5
60 and over.....	12.7	1.4	0.4	1.4	0.7
20 and over.....	52.1	1.3	0.3	1.4	0.3
All individuals 20 and over.....	100.0	1.0	0.4	1.0	0.4
Income:					
Under 131% poverty.....	15.8	1.4	1.4	1.9	0.7
131-350% poverty.....	41.2	1.4	0.5	1.4	0.4
Over 350% poverty.....	43.0	1.7	0.4	1.5	0.7
Race: ‡					
White.....	80.6	1.2	0.3	1.1	0.5
Black.....	11.4	1.7	2.0	2.6	0.5
National origin:					
Hispanic.....	9.0	3.0	1.3	3.3	0.9
Non-Hispanic.....	91.0	1.1	0.4	1.1	0.5
Education: ‡					
Grade 8 or less.....	6.5	2.6	0.6	2.9	1.4
Grades 9-12/GED.....	42.0	1.7	0.7	1.6	1.0
At least some college.....	50.3	1.4	0.4	1.4	0.2

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.6bse.--VITAMIN C: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDA) (2-day average) and percentages of individuals with mean vitamin C intake below 100 percent of the 1989 RDA, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of vitamin C they consume is "TOO LOW"		Individuals who think the amount of vitamin C they consume is "ABOUT RIGHT"	
	Mean vitamin C intake	Percentages of individuals with mean vitamin C intake below 100% of 1989 RDA	Mean vitamin C intake	Percentages of individuals with mean vitamin C intake below 100% of 1989 RDA
	<i>Percent of RDA</i>	<i>Percent</i>	<i>Percent of RDA</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	12	3.8	10	2.9
40-59.....	7	3.2	7	2.9
60 and over.....	8	4.7	6	2.3
20 and over.....	7	2.7	5	1.7
Females:				
20-39.....	9	4.2	8	3.3
40-59.....	7	3.5	7	2.9
60 and over.....	8	4.5	6	2.1
20 and over.....	6	2.9	4	1.9
All individuals 20 and over.....	4	1.9	4	1.4
Income:				
Under 131% poverty.....	9	2.9	9	3.2
131-350% poverty.....	7	2.9	4	1.7
Over 350% poverty.....	6	3.0	6	2.1
Race: ‡				
White.....	4	2.1	4	1.4
Black.....	12	4.5	7	3.6
National origin:				
Hispanic.....	27	7.2	15	3.6
Non-Hispanic.....	3	1.9	4	1.5
Education: ‡				
Grade 8 or less.....	24	7.1	11	2.9
Grades 9-12/GED.....	5	2.1	4	1.8
At least some college.....	6	2.7	5	1.5

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.7ase.--FAT: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in fat?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	1.9	2.9	2.4	0.8
40-59.....	16.3	1.0	2.6	2.3	1.1
60 and over.....	9.6	1.1	1.7	2.0	0.8
20 and over.....	47.9	1.1	1.9	1.6	0.6
Females:					
20-39.....	22.3	0.6	2.4	2.1	0.5
40-59.....	17.1	0.9	2.2	2.1	0.2
60 and over.....	12.7	1.2	1.9	2.1	0.8
20 and over.....	52.1	0.5	1.5	1.4	0.3
All individuals 20 and over.....	100.0	0.6	1.4	1.1	0.3
Income:					
Under 131% poverty.....	15.8	1.6	3.0	2.0	0.9
131-350% poverty.....	41.2	0.9	1.6	1.6	0.5
Over 350% poverty.....	43.0	0.7	1.5	1.5	0.4
Race: ‡					
White.....	80.6	0.6	1.4	1.2	0.3
Black.....	11.4	2.7	3.2	2.7	1.1
National origin:					
Hispanic.....	9.0	1.5	3.3	3.7	1.5
Non-Hispanic.....	91.0	0.6	1.3	1.1	0.4
Education: ‡					
Grade 8 or less.....	6.5	1.6	2.9	3.6	2.0
Grades 9-12/GED.....	42.0	1.0	1.9	1.6	0.6
At least some college.....	50.3	0.7	1.5	1.4	0.3

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.7bse.--FAT: Standard errors of mean intakes (2-day average) and percentages of individuals with mean fat intake above 30 percent of calories, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of fat they consume is "TOO HIGH"		Individuals who think the amount of fat they consume is "ABOUT RIGHT"	
	Mean fat intake as a percentage of calories	Percentages of individuals with mean fat intake above 30 percent of calories	Mean fat intake as a percentage of calories	Percentages of individuals with mean fat intake above 30 percent of calories
	<i>Percent of kilocalories</i>	<i>Percent</i>	<i>Percent of kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	0.4	2.7	0.7	3.8
40-59.....	0.3	2.0	0.5	2.8
60 and over.....	0.4	3.1	0.5	2.8
20 and over.....	0.3	1.6	0.4	1.7
Females:				
20-39.....	0.5	3.0	0.6	3.3
40-59.....	0.4	2.7	0.5	2.5
60 and over.....	0.4	2.7	0.4	2.1
20 and over.....	0.3	1.7	0.3	1.5
All individuals 20 and over.....	0.2	1.0	0.3	1.3
Income:				
Under 131% poverty.....	0.4	2.2	0.6	2.7
131-350% poverty.....	0.3	1.8	0.4	2.3
Over 350% poverty.....	0.3	1.5	0.3	1.9
Race: ‡				
White.....	0.2	1.1	0.3	1.5
Black.....	0.5	2.9	0.6	3.5
National origin:				
Hispanic.....	0.6	2.9	0.8	5.0
Non-Hispanic.....	0.2	1.1	0.3	1.4
Education: ‡				
Grade 8 or less.....	0.7	4.7	0.7	4.5
Grades 9-12/GED.....	0.3	1.6	0.4	2.0
At least some college.....	0.2	1.3	0.4	2.1

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.8ase.--SATURATED FAT: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in saturated fat?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	2.2	3.1	2.3	1.7
40-59.....	16.3	1.6	2.1	2.2	1.4
60 and over.....	9.6	1.1	1.6	1.9	1.5
20 and over.....	47.9	1.4	1.7	1.5	0.9
Females:					
20-39.....	22.3	1.0	2.5	2.3	1.1
40-59.....	17.1	1.0	2.1	1.8	1.0
60 and over.....	12.7	1.1	2.1	2.2	0.8
20 and over.....	52.1	0.7	1.4	1.1	0.6
All individuals 20 and over.....	100.0	0.8	1.0	0.8	0.5
Income:					
Under 131% poverty.....	15.8	2.2	2.0	1.8	1.7
131-350% poverty.....	41.2	1.0	1.7	1.7	0.8
Over 350% poverty.....	43.0	0.8	1.3	1.5	0.7
Race: ‡					
White.....	80.6	0.8	1.0	1.0	0.6
Black.....	11.4	3.0	2.5	2.6	1.2
National origin:					
Hispanic.....	9.0	2.1	3.1	3.6	2.4
Non-Hispanic.....	91.0	0.8	1.0	0.8	0.4
Education: ‡					
Grade 8 or less.....	6.5	1.4	2.3	3.4	2.2
Grades 9-12/GED.....	42.0	1.2	1.4	1.4	0.8
At least some college.....	50.3	0.9	1.4	1.2	0.6

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.8bse.--SATURATED FAT: Standard errors of mean intakes (2-day average) and percentages of individuals with mean intake of saturated fat at or above 10 percent of calories, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of saturated fat they consume is "TOO HIGH"		Individuals who think the amount of saturated fat they consume is "ABOUT RIGHT"	
	Mean saturated fat intake as a percentage of calories	Percentages of individuals with mean saturated fat intake at or above 10 percent of calories	Mean saturated fat intake as a percentage of calories	Percentages of individuals with mean saturated fat intake at or above 10 percent of calories
	<i>Percent of kilocalories</i>	<i>Percent</i>	<i>Percent of kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	0.2	3.0	0.2	3.6
40-59.....	0.2	2.9	0.2	2.7
60 and over.....	0.3	3.6	0.2	3.1
20 and over.....	0.1	1.9	0.1	1.8
Females:				
20-39.....	0.3	3.0	0.2	2.7
40-59.....	0.2	3.1	0.2	2.6
60 and over.....	0.3	4.0	0.1	2.6
20 and over.....	0.2	2.2	0.1	1.4
All individuals 20 and over.....	0.1	1.5	0.1	1.4
Income:				
Under 131% poverty.....	0.2	3.7	0.2	2.9
131-350% poverty.....	0.2	2.6	0.1	2.0
Over 350% poverty.....	0.1	2.0	0.1	1.9
Race: ‡				
White.....	0.1	1.6	0.1	1.3
Black.....	0.2	4.1	0.3	3.8
National origin:				
Hispanic.....	0.4	4.5	0.3	6.1
Non-Hispanic.....	0.1	1.6	0.1	1.4
Education: ‡				
Grade 8 or less.....	0.4	7.6	0.3	4.7
Grades 9-12/GED.....	0.2	2.2	0.2	2.3
At least some college.....	0.1	1.8	0.1	1.8

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.9ase.--CHOLESTEROL: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in cholesterol?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	1.9	2.4	2.4	1.5
40-59.....	16.3	1.1	2.1	1.9	1.1
60 and over.....	9.6	0.6	1.6	1.6	0.9
20 and over.....	47.9	1.0	1.4	1.3	0.9
Females:					
20-39.....	22.3	1.0	2.4	2.2	1.0
40-59.....	17.1	0.9	1.5	1.7	0.9
60 and over.....	12.7	0.5	1.8	1.8	1.3
20 and over.....	52.1	0.6	1.3	1.2	0.7
All individuals 20 and over.....	100.0	0.7	0.9	1.0	0.6
Income:					
Under 131% poverty.....	15.8	2.4	1.8	1.7	1.3
131-350% poverty.....	41.2	1.0	1.2	1.7	1.0
Over 350% poverty.....	43.0	0.5	1.5	1.6	0.5
Race: ‡					
White.....	80.6	0.6	1.0	0.9	0.7
Black.....	11.4	3.1	2.7	2.7	1.6
National origin:					
Hispanic.....	9.0	2.1	2.8	3.5	2.0
Non-Hispanic.....	91.0	0.7	1.0	1.0	0.6
Education: ‡					
Grade 8 or less.....	6.5	1.4	2.1	2.8	2.0
Grades 9-12/GED.....	42.0	0.8	1.2	1.5	0.9
At least some college.....	50.3	0.9	1.3	1.4	0.7

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.9bse.--CHOLESTEROL: Standard errors of mean intakes (2-day average) and percentages of individuals with cholesterol intake above 300 milligrams, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of cholesterol they consume is "TOO HIGH"		Individuals who think the amount of cholesterol they consume is "ABOUT RIGHT"	
	Mean cholesterol intake	Percentages of individuals with mean cholesterol intake above 300 milligrams	Mean cholesterol intake	Percentages of individuals with mean cholesterol intake above 300 milligrams
	<i>Milligrams</i>	<i>Percent</i>	<i>Milligrams</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	12	3.6	17	3.6
40-59.....	13	3.9	9	2.6
60 and over.....	24	4.0	8	2.1
20 and over.....	9	2.7	8	1.9
Females:				
20-39.....	12	3.0	9	2.4
40-59.....	9	3.2	6	1.8
60 and over.....	11	3.0	7	1.8
20 and over.....	6	1.7	4	1.3
All individuals 20 and over.....	6	1.6	4	1.2
Income:				
Under 131% poverty.....	12	3.4	12	3.0
131-350% poverty.....	11	2.7	6	1.9
Over 350% poverty.....	8	3.0	6	1.6
Race: ‡				
White.....	7	1.6	4	1.2
Black.....	24	5.2	23	3.2
National origin:				
Hispanic.....	24	6.6	17	4.2
Non-Hispanic.....	6	1.7	4	1.2
Education: ‡				
Grade 8 or less.....	18	6.7	14	3.4
Grades 9-12/GED.....	10	2.1	7	1.8
At least some college.....	8	2.5	6	1.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.10ase.--SALT OR SODIUM: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 year of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in salt or sodium?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	1.7	2.6	2.5	0.5
40-59.....	16.3	1.4	2.1	2.1	0.3
60 and over.....	9.6	1.4	1.3	1.9	0.6
20 and over.....	47.9	1.2	1.6	1.6	0.3
Females:					
20-39.....	22.3	1.5	2.0	2.3	0.4
40-59.....	17.1	1.1	1.4	1.4	0.3
60 and over.....	12.7	1.0	1.1	1.7	0.5
20 and over.....	52.1	0.7	1.0	1.2	0.2
All individuals 20 and over.....	100.0	0.8	0.9	1.0	0.2
Income:					
Under 131% poverty.....	15.8	2.2	1.8	2.0	0.6
131-350% poverty.....	41.2	0.9	1.4	1.8	0.3
Over 350% poverty.....	43.0	0.9	1.3	1.3	0.2
Race: ‡					
White.....	80.6	0.7	1.0	1.0	0.2
Black.....	11.4	3.1	1.6	2.7	0.6
National origin:					
Hispanic.....	9.0	2.1	3.3	3.1	0.8
Non-Hispanic.....	91.0	0.8	0.9	0.9	0.2
Education: ‡					
Grade 8 or less.....	6.5	1.4	2.6	2.4	1.1
Grades 9-12/GED.....	42.0	1.1	1.5	1.6	0.4
At least some college.....	50.3	1.0	1.2	1.5	0.1

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.10bse.--SALT OR SODIUM: Standard errors of mean intakes (2-day average) and percentages of individuals with mean sodium intake above 2,400 milligrams, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of salt or sodium they consume is "TOO HIGH"		Individuals who think the amount of salt or sodium they consume is "ABOUT RIGHT"	
	Mean sodium intake §	Percentages of individuals with mean sodium intake above 2,400 milligrams	Mean sodium intake §	Percentages of individuals with mean sodium intake above 2,400 milligrams
	<i>Milligrams</i>	<i>Percent</i>	<i>Milligrams</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	216	4.4	119	1.8
40-59.....	110	2.6	106	2.0
60 and over.....	143	3.4	60	1.7
20 and over.....	112	2.7	71	1.2
Females:				
20-39.....	78	3.8	61	2.2
40-59.....	65	4.4	52	2.0
60 and over.....	113	4.8	42	2.4
20 and over.....	52	2.8	37	1.5
All individuals 20 and over.....	73	1.9	40	0.8
Income:				
Under 131% poverty.....	221	3.4	98	2.2
131-350% poverty.....	87	2.6	60	1.8
Over 350% poverty.....	97	3.1	52	1.3
Race: ‡				
White.....	59	1.5	46	0.9
Black.....	223	8.0	105	3.2
National origin:				
Hispanic.....	232	8.6	113	3.8
Non-Hispanic.....	76	2.0	44	0.9
Education: ‡				
Grade 8 or less.....	168	4.3	80	3.2
Grades 9-12/GED.....	110	2.7	61	1.7
At least some college.....	98	2.7	52	1.3

§ Excludes salt added at the table.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 1.11ase.--SUGAR AND SWEETS: Standard errors of perceived adequacy of own diet, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Compared to what is healthy, do you think your diet is too low, too high, or about right in sugar and sweets?

Selected characteristics	Percentage of population	Too low	Too high	About right	Don't know
-----Percent-----					
Sex and age (years):					
Males:					
20-39.....	22.0	1.6	2.0	2.2	0.4
40-59.....	16.3	1.0	2.5	2.5	1.0
60 and over.....	9.6	1.8	1.8	2.4	0.3
20 and over.....	47.9	0.9	1.5	1.6	0.4
Females:					
20-39.....	22.3	1.1	2.7	2.5	0.2
40-59.....	17.1	1.0	1.9	1.9	0.3
60 and over.....	12.7	0.8	1.6	1.9	0.5
20 and over.....	52.1	0.6	1.3	1.2	0.2
All individuals 20 and over.....	100.0	0.6	0.9	1.0	0.2
Income:					
Under 131% poverty.....	15.8	1.3	2.3	2.2	0.4
131-350% poverty.....	41.2	1.1	1.4	1.3	0.5
Over 350% poverty.....	43.0	0.8	1.5	1.8	0.2
Race: ‡					
White.....	80.6	0.6	0.9	1.0	0.2
Black.....	11.4	1.5	2.6	2.7	0.5
National origin:					
Hispanic.....	9.0	2.7	2.7	3.4	0.7
Non-Hispanic.....	91.0	0.6	0.9	1.0	0.2
Education: ‡					
Grade 8 or less.....	6.5	1.8	2.1	3.1	1.1
Grades 9-12/GED.....	42.0	0.8	1.4	1.4	0.4
At least some college.....	50.3	0.8	1.5	1.6	0.1

‡ The category "race" excludes individuals of other races, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 1.11bse.--SUGAR AND SWEETS: Standard errors of mean intakes (2-day average) and percentages of individuals with intake of added sugars at or above 10 percent of calories, by perceived adequacy of intake, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Individuals who think the amount of sugars and sweets they consume is "TOO HIGH"		Individuals who think the amount of sugars and sweets they consume is "ABOUT RIGHT"	
	Mean intake of added sugars §	Percentages of individuals consuming at or above 10 percent of calories from added sugars	Mean intake of added sugars §	Percentages of individuals consuming at or above 10 percent of calories from added sugars
	<i>Percent of kilocalories</i>	<i>Percent</i>	<i>Percent of kilocalories</i>	<i>Percent</i>
Sex and age (years):				
Males:				
20-39.....	0.6	3.1	0.6	3.1
40-59.....	0.6	3.2	0.3	2.2
60 and over.....	0.6	3.5	0.4	3.2
20 and over.....	0.3	1.7	0.4	2.1
Females:				
20-39.....	0.6	3.0	0.7	3.3
40-59.....	0.4	2.3	0.4	2.8
60 and over.....	0.5	3.7	0.4	2.7
20 and over.....	0.3	2.0	0.3	1.5
All individuals 20 and over.....	0.2	1.3	0.3	1.4
Income:				
Under 131% poverty.....	0.6	4.1	0.5	2.8
131-350% poverty.....	0.5	2.0	0.4	2.0
Over 350% poverty.....	0.3	2.1	0.4	2.1
Race: ‡				
White.....	0.3	1.3	0.3	1.4
Black.....	1.0	5.3	0.7	3.6
National origin:				
Hispanic.....	0.8	5.8	0.9	5.5
Non-Hispanic.....	0.2	1.3	0.3	1.4
Education: ‡				
Grade 8 or less.....	1.1	5.2	0.6	3.6
Grades 9-12/GED.....	0.4	2.0	0.4	2.0
At least some college.....	0.5	2.1	0.3	1.7

§ "Added sugars" includes white, brown, and raw sugar, corn syrup, honey, molasses, and artificial sweeteners containing carbohydrate that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream. Does not include sugars such as fructose and lactose that occur naturally in foods such as fruit and milk.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.1ase.-- Standard errors of perceived importance of MAINTAINING A HEALTHY WEIGHT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to maintain a healthy weight?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.0	2.0	1.3	0.5	0.0
40-59.....	16.3	1.9	1.7	1.3	0.5	0.1
60 and over.....	9.6	2.0	1.8	1.2	0.6	0.2
20 and over.....	47.9	1.4	1.3	0.8	0.4	0.1
Females:						
20-39.....	22.3	1.6	1.6	0.5	0.5	
40-59.....	17.1	2.3	1.9	0.7	0.2	*
60 and over.....	12.7	2.0	1.7	0.9	0.3	0.3
20 and over.....	52.1	1.4	1.3	0.4	0.2	0.1
All individuals 20 and over.....	100	1.1	1.0	0.4	0.2	0.1
Income:						
Under 131% poverty.....	15.8	2.3	1.9	0.8	0.4	0.2
131-350% poverty.....	41.2	1.5	1.5	0.7	0.4	0.1
Over 350% poverty.....	43.0	1.2	1.1	0.5	0.2	*
Race: ‡						
White.....	80.6	1.1	1.0	0.5	0.2	*
Black.....	11.4	3.2	2.6	0.9	0.4	0.1
National origin:						
Hispanic.....	9.0	1.9	2.1	2.0	0.8	0.1
Non-Hispanic.....	91.0	1.2	1.0	0.4	0.2	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.3	3.2	1.4	0.7	0.3
Grades 9-12/GED.....	42.0	1.5	1.4	0.7	0.4	0.1
At least some college.....	50.3	1.3	1.1	0.5	0.2	*

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.1bse.-- Standard errors of mean body mass index (based on self-reported heights and weights), by perceived importance of MAINTAINING A HEALTHY WEIGHT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to maintain a healthy weight?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean body mass index § -----			
Sex and age (years):			
Males:			
20-39.....	0.4	0.6	0.7
40-59.....	0.2	0.3	1.2
60 and over.....	0.2	0.4	0.8
20 and over.....	0.2	0.3	0.6
Females:			
20-39.....	0.3	0.6	2.0
40-59.....	0.2	0.6	1.8
60 and over.....	0.3	0.4	1.1
20 and over.....	0.2	0.4	1.0
All individuals 20 and over.....	0.2	0.2	0.6
Income:			
Under 131% poverty.....	0.3	0.4	0.9
131-350% poverty.....	0.2	0.3	0.7
Over 350% poverty.....	0.2	0.4	0.9
Race: ‡			
White.....	0.1	0.2	0.6
Black.....	0.3	0.4	1.7
National origin:			
Hispanic.....	0.5	1.3	2.0
Non-Hispanic.....	0.2	0.2	0.6
Education: ‡			
Grade 8 or less.....	0.4	0.5	1.0
Grades 9-12/GED.....	0.2	0.3	0.8
At least some college.....	0.2	0.4	1.0

§ Excludes individuals not reporting height and/or weight. See "Table notes" for information on calculating body mass index.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.2ase.-- Standard errors of perceived importance of EATING A VARIETY OF FOODS, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat a variety of foods?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.8	2.7	1.5	0.8	0.1
40-59.....	16.3	1.9	2.0	1.3	0.4	*
60 and over.....	9.6	2.4	2.2	0.9	0.4	0.3
20 and over.....	47.9	2.0	1.5	1.1	0.4	0.1
Females:						
20-39.....	22.3	1.9	1.8	1.1	0.6	0.0
40-59.....	17.1	2.7	2.6	0.7	0.1	0.1
60 and over.....	12.7	2.2	1.8	0.9	0.3	0.3
20 and over.....	52.1	1.4	1.4	0.5	0.3	0.1
All individuals 20 and over.....	100.0	1.5	1.3	0.6	0.2	0.1
Income:						
Under 131% poverty.....	15.8	2.3	2.2	1.1	0.8	0.1
131-350% poverty.....	41.2	1.8	1.6	0.9	0.3	0.1
Over 350% poverty.....	43.0	1.7	1.8	0.6	0.3	*
Race: ‡						
White.....	80.6	1.5	1.4	0.5	0.2	*
Black.....	11.4	2.7	2.6	1.6	1.2	0.1
National origin:						
Hispanic.....	9.0	3.5	3.4	3.4	0.4	*
Non-Hispanic.....	91.0	1.5	1.4	0.5	0.3	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.4	4.3	2.6	0.6	0.5
Grades 9-12/GED.....	42.0	2.3	2.1	0.9	0.4	0.1
At least some college.....	50.3	1.5	1.4	0.5	0.2	0.1

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.2bse.-- Standard errors of mean Healthy Eating Index (HEI) score (2-day average), by perceived importance of EATING A VARIETY OF FOODS, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat a variety of foods?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- HEI score § -----			
Sex and age (years):			
Males:			
20-39.....	0.8	0.5	1.3
40-59.....	0.6	1.1	1.1
60 and over.....	0.5	0.9	1.0
20 and over.....	0.4	0.5	0.9
Females:			
20-39.....	0.5	0.8	1.7
40-59.....	0.6	0.9	1.7
60 and over.....	0.6	1.1	2.5
20 and over.....	0.3	0.6	1.1
All individuals 20 and over.....	0.3	0.4	0.8
Income:			
Under 131% poverty.....	0.6	0.7	1.8
131-350% poverty.....	0.4	0.7	1.2
Over 350% poverty.....	0.3	0.6	0.9
Race: ‡			
White.....	0.3	0.4	0.8
Black.....	0.8	1.1	2.3
National origin:			
Hispanic.....	1.2	1.2	2.5
Non-Hispanic.....	0.3	0.4	0.8
Education: ‡			
Grade 8 or less.....	1.0	1.5	2.1
Grades 9-12/GED.....	0.4	0.6	1.0
At least some college.....	0.3	0.5	1.1

§ The HEI, a summary measure of overall diet quality, includes 10 components; the maximum score for all components combined is 100. See "Table notes" for additional information.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.3ase.-- Standard errors of perceived importance of CHOOSING A DIET WITH PLENTY OF BREADS, CEREALS, RICE, AND PASTA, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of breads, cereals, rice, and pasta?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.4	2.6	2.6	0.8	0.2
40-59.....	16.3	1.6	2.2	2.0	0.9	0.1
60 and over.....	9.6	1.8	2.0	1.5	1.0	0.6
20 and over.....	47.9	1.5	1.4	1.3	0.6	0.2
Females:						
20-39.....	22.3	1.8	2.2	2.3	1.0	0.3
40-59.....	17.1	2.4	2.2	2.0	1.2	*
60 and over.....	12.7	2.1	2.0	1.4	1.1	0.4
20 and over.....	52.1	1.3	1.4	1.2	0.7	0.1
All individuals 20 and over.....	100.0	1.1	1.1	1.0	0.5	0.1
Income:						
Under 131% poverty.....	15.8	1.9	2.0	1.8	1.1	0.5
131-350% poverty.....	41.2	1.6	1.7	1.6	0.7	0.2
Over 350% poverty.....	43.0	1.4	1.7	1.4	0.6	0.1
Race: ‡						
White.....	80.6	1.3	1.0	1.0	0.5	0.1
Black.....	11.4	2.9	3.3	3.5	1.7	0.2
National origin:						
Hispanic.....	9.0	3.8	3.9	3.8	0.8	0.3
Non-Hispanic.....	91.0	1.2	1.2	1.0	0.5	0.1
Education: ‡						
Grade 8 or less.....	6.5	2.5	3.5	3.2	1.4	0.8
Grades 9-12/GED.....	42.0	1.3	1.5	1.2	0.9	0.2
At least some college.....	50.3	1.4	1.2	1.3	0.6	0.1

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.3bse.-- Standard errors of mean number of grain servings per day (2-day average), by perceived importance of CHOOSING A DIET WITH PLENTY OF BREADS, CEREALS, RICE, AND PASTA, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of breads, cereals, rice, and pasta?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- <i>Mean number of grain servings per day</i> § -----			
Sex and age (years):			
Males:			
20-39.....	0.4	0.5	0.3
40-59.....	0.2	0.2	0.3
60 and over.....	0.2	0.2	0.2
20 and over.....	0.2	0.2	0.2
Females:			
20-39.....	0.2	0.2	0.2
40-59.....	0.2	0.2	0.2
60 and over.....	0.1	0.1	0.2
20 and over.....	0.1	0.1	0.1
All individuals 20 and over.....	0.1	0.1	0.1
Income:			
Under 131% poverty.....	0.3	0.8	0.2
131-350% poverty.....	0.2	0.1	0.2
Over 350% poverty.....	0.2	0.2	0.2
Race: ‡			
White.....	0.1	0.1	0.1
Black.....	0.4	1.3	0.3
National origin:			
Hispanic.....	0.4	0.4	0.4
Non-Hispanic.....	0.1	0.2	0.1
Education: ‡			
Grade 8 or less.....	0.3	0.6	0.4
Grades 9-12/GED.....	0.2	0.3	0.2
At least some college.....	0.2	0.1	0.2

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.4ase.-- Standard errors of perceived importance of CHOOSING A DIET WITH PLENTY OF FRUITS AND VEGETABLES, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of fruits and vegetables?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.6	2.4	2.3	0.5	0.0
40-59.....	16.3	1.9	1.6	0.9	0.6	0.1
60 and over.....	9.6	1.8	1.6	0.7	0.4	0.3
20 and over.....	47.9	1.6	1.4	1.2	0.4	0.1
Females:						
20-39.....	22.3	2.3	2.0	0.9	0.3	0.0
40-59.....	17.1	1.8	1.7	0.7	0.2	0.1
60 and over.....	12.7	2.0	1.8	0.6	0.1	0.3
20 and over.....	52.1	1.3	1.2	0.5	0.1	0.1
All individuals 20 and over.....	100.0	1.2	0.9	0.6	0.2	*
Income:						
Under 131% poverty.....	15.8	2.0	1.5	1.0	0.4	0.2
131-350% poverty.....	41.2	1.4	1.4	1.0	0.2	0.1
Over 350% poverty.....	43.0	1.7	1.2	1.1	0.3	*
Race: ‡						
White.....	80.6	1.3	1.0	0.6	0.2	*
Black.....	11.4	2.9	2.3	1.4	0.4	0.1
National origin:						
Hispanic.....	9.0	2.3	2.3	2.9	0.2	0.1
Non-Hispanic.....	91.0	1.3	1.0	0.6	0.2	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.1	2.9	1.8	0.5	0.4
Grades 9-12/GED.....	42.0	1.9	1.5	1.0	0.4	0.1
At least some college.....	50.3	1.6	1.3	0.9	0.1	*

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.4bse.-- Standard errors of mean number of fruit and vegetable servings per day (2-day average), by perceived importance of CHOOSING A DIET WITH PLENTY OF FRUITS AND VEGETABLES, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with plenty of fruits and vegetables?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean number of fruit and vegetable servings per day § -----			
Sex and age (years):			
Males:			
20-39.....	0.2	0.2	0.7
40-59.....	0.2	0.3	0.4
60 and over.....	0.2	0.2	0.4
20 and over.....	0.1	0.1	0.4
Females:			
20-39.....	0.1	0.2	0.4
40-59.....	0.1	0.2	0.3
60 and over.....	0.1	0.2	1.2
20 and over.....	0.1	0.1	0.4
All individuals 20 and over.....	0.1	0.1	0.4
Income:			
Under 131% poverty.....	0.2	0.3	0.5
131-350% poverty.....	0.1	0.1	0.4
Over 350% poverty.....	0.1	0.2	0.7
Race: ‡			
White.....	0.1	0.1	0.2
Black.....	0.2	0.4	1.8
National origin:			
Hispanic.....	0.2	0.5	0.8
Non-Hispanic.....	0.1	0.1	0.4
Education: ‡			
Grade 8 or less.....	0.3	0.3	1.1
Grades 9-12/GED.....	0.1	0.1	0.5
At least some college.....	0.1	0.2	0.4

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.5ase.-- Standard errors of perceived importance of EATING AT LEAST TWO SERVINGS OF DAIRY PRODUCTS DAILY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat at least two servings of dairy products daily?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.5	2.3	2.7	1.2	0.1
40-59.....	16.3	1.9	2.1	1.9	1.1	0.1
60 and over.....	9.6	2.0	2.0	1.9	1.0	0.6
20 and over.....	47.9	1.6	1.4	1.5	0.7	0.1
Females:						
20-39.....	22.3	2.0	2.0	1.9	0.8	0.1
40-59.....	17.1	2.5	2.5	1.5	0.8	0.1
60 and over.....	12.7	2.0	2.2	1.6	1.0	0.6
20 and over.....	52.1	1.4	1.4	1.0	0.5	0.1
All individuals 20 and over.....	100.0	1.3	1.0	1.0	*	0.1
Income:						
Under 131% poverty.....	15.8	2.2	2.1	1.9	1.0	0.3
131-350% poverty.....	41.2	1.7	1.5	1.2	0.6	0.2
Over 350% poverty.....	43.0	1.4	1.4	1.3	0.9	0.1
Race: ‡						
White.....	80.6	1.4	1.0	1.0	0.5	0.1
Black.....	11.4	3.7	2.8	1.9	1.3	0.4
National origin:						
Hispanic.....	9.0	2.2	2.5	2.6	1.1	0.2
Non-Hispanic.....	91.0	1.3	1.0	1.0	0.5	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.7	2.8	2.7	0.8	0.6
Grades 9-12/GED.....	42.0	1.9	1.6	1.8	0.6	0.2
At least some college.....	50.3	1.4	1.3	1.1	0.5	*

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.5bse.-- Standard errors of mean number of dairy servings per day (2-day average), by perceived importance of EATING AT LEAST TWO SERVINGS OF DAIRY PRODUCTS DAILY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to eat at least two servings of dairy products daily?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean number of dairy servings per day § -----			
Sex and age (years):			
Males:			
20-39.....	0.2	0.1	0.1
40-59.....	0.1	0.1	0.1
60 and over.....	0.1	0.1	0.1
20 and over.....	0.1	0.1	*
Females:			
20-39.....	0.1	0.1	0.1
40-59.....	0.1	*	0.1
60 and over.....	0.1	*	0.1
20 and over.....	*	*	*
All individuals 20 and over.....	*	*	*
Income:			
Under 131% poverty.....	0.1	0.1	0.1
131-350% poverty.....	0.1	*	*
Over 350% poverty.....	*	0.1	*
Race: ‡			
White.....	*	*	*
Black.....	0.3	0.1	0.1
National origin:			
Hispanic.....	0.1	0.1	0.1
Non-Hispanic.....	*	*	*
Education: ‡			
Grade 8 or less.....	0.1	0.1	0.1
Grades 9-12/GED.....	0.1	*	*
At least some college.....	0.1	0.1	*

§ See "Table notes."

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.6ase.-- Standard errors of perceived importance of CHOOSING A DIET WITH ADEQUATE FIBER, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with adequate fiber?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.5	2.7	2.3	0.8	0.6
40-59.....	16.3	1.7	1.8	1.4	0.7	0.4
60 and over.....	9.6	2.2	1.8	0.9	0.6	0.6
20 and over.....	47.9	1.8	1.7	1.3	0.5	0.4
Females:						
20-39.....	22.3	2.7	2.4	1.3	0.5	0.6
40-59.....	17.1	2.3	2.0	1.1	0.5	0.3
60 and over.....	12.7	2.0	1.5	1.3	0.4	0.7
20 and over.....	52.1	1.8	1.4	0.8	0.3	0.4
All individuals 20 and over.....	100.0	1.5	1.1	0.8	0.2	0.3
Income:						
Under 131% poverty.....	15.8	3.0	1.8	2.1	0.6	1.1
131-350% poverty.....	41.2	1.9	1.6	1.0	0.4	0.5
Over 350% poverty.....	43.0	2.0	1.8	1.0	0.3	0.2
Race: ‡						
White.....	80.6	1.6	1.3	0.7	0.3	0.2
Black.....	11.4	2.7	2.6	2.8	0.6	0.4
National origin:						
Hispanic.....	9.0	3.0	2.3	1.9	1.1	2.4
Non-Hispanic.....	91.0	1.6	1.2	0.8	0.2	0.2
Education: ‡						
Grade 8 or less.....	6.5	4.3	3.3	2.5	0.7	3.2
Grades 9-12/GED.....	42.0	2.2	1.9	1.2	0.5	0.3
At least some college.....	50.3	1.5	1.4	1.0	0.3	0.3

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculation.s Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.6bse.-- Standard errors of mean fiber intake (2-day average), by perceived importance of CHOOSING A DIET WITH ADEQUATE FIBER, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet with adequate fiber?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean fiber intake (grams) § -----			
Sex and age (years):			
Males:			
20-39.....	1.0	0.6	1.2
40-59.....	0.5	0.6	0.8
60 and over.....	0.6	0.6	0.9
20 and over.....	0.4	0.4	0.8
Females:			
20-39.....	0.3	0.8	0.6
40-59.....	0.3	0.6	0.7
60 and over.....	0.4	0.5	0.7
20 and over.....	0.2	0.4	0.4
All individuals 20 and over.....	0.2	0.3	0.6
Income:			
Under 131% poverty.....	0.6	0.6	1.4
131-350% poverty.....	0.4	0.5	0.5
Over 350% poverty.....	0.3	0.4	0.9
Race: ‡			
White.....	0.2	0.3	0.5
Black.....	0.5	0.7	2.7
National origin:			
Hispanic.....	0.8	1.5	1.3
Non-Hispanic.....	0.2	0.3	0.6
Education: ‡			
Grade 8 or less.....	1.3	1.9	1.0
Grades 9-12/GED.....	0.3	0.4	0.8
At least some college.....	0.4	0.4	0.6

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.7ase.-- Standard errors of perceived importance of CHOOSING A DIET LOW IN FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in fat?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.6	2.5	1.5	0.9	*
40-59.....	16.3	2.4	2.2	1.1	0.6	0.1
60 and over.....	9.6	2.2	1.9	1.1	0.5	0.4
20 and over.....	47.9	1.8	1.6	0.9	0.5	0.1
Females:						
20-39.....	22.3	2.3	2.2	1.1	0.4	0.1
40-59.....	17.1	2.3	1.9	1.1	0.3	0.1
60 and over.....	12.7	2.8	2.6	1.2	0.3	0.3
20 and over.....	52.1	1.8	1.7	0.7	0.2	0.1
All individuals 20 and over.....	100.0	1.5	1.4	0.6	0.3	0.1
Income:						
Under 131% poverty.....	15.8	1.8	1.7	1.2	0.6	0.3
131-350% poverty.....	41.2	1.7	1.7	0.8	0.4	0.1
Over 350% poverty.....	43.0	2.0	1.9	0.9	0.4	0.1
Race: ‡						
White.....	80.6	1.5	1.5	0.7	0.4	*
Black.....	11.4	3.1	2.2	2.0	0.6	0.3
National origin:						
Hispanic.....	9.0	2.9	2.9	3.7	0.6	0.2
Non-Hispanic.....	91.0	1.6	1.4	0.6	0.3	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.4	3.6	1.8	1.3	0.5
Grades 9-12/GED.....	42.0	2.0	1.6	1.0	0.6	0.1
At least some college.....	50.3	1.6	1.5	0.9	0.2	0.1

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.7bse.-- Standard errors of mean fat intake as a percentage of calories(2-day average), by perceived importance of CHOOSING A DIET LOW IN FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in fat?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean fat intake (% of kilocalories) § -----			
Sex and age (years):			
Males:			
20-39.....	0.7	0.4	0.7
40-59.....	0.4	0.5	0.8
60 and over.....	0.5	0.6	1.0
20 and over.....	0.3	0.3	0.5
Females:			
20-39.....	0.4	0.7	0.9
40-59.....	0.4	0.6	0.9
60 and over.....	0.3	0.7	1.1
20 and over.....	0.2	0.5	0.6
All individuals 20 and over.....	0.2	0.3	0.4
Income:			
Under 131% poverty.....	0.5	0.6	0.9
131-350% poverty.....	0.3	0.5	0.5
Over 350% poverty.....	0.3	0.4	0.7
Race: ‡			
White.....	0.3	0.3	0.5
Black.....	0.4	0.8	1.3
National origin:			
Hispanic.....	0.5	1.0	0.7
Non-Hispanic.....	0.2	0.3	0.4
Education: ‡			
Grade 8 or less.....	0.6	1.2	1.5
Grades 9-12/GED.....	0.2	0.4	0.6
At least some college.....	0.3	0.3	0.6

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.8ase.-- Standard errors of perceived importance of CHOOSING A DIET LOW IN SATURATED FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in saturated fat?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.7	2.8	1.5	0.7	0.4
40-59.....	16.3	2.4	2.3	1.0	0.5	0.6
60 and over.....	9.6	2.2	1.8	1.2	0.7	0.7
20 and over.....	47.9	1.8	1.8	0.9	0.4	0.3
Females:						
20-39.....	22.3	3.1	2.8	1.3	0.7	0.7
40-59.....	17.1	1.5	1.5	1.0	0.2	0.5
60 and over.....	12.7	2.2	1.8	1.0	0.7	0.9
20 and over.....	52.1	1.7	1.7	0.7	0.4	0.4
All individuals 20 and over.....	100.0	1.5	1.4	0.7	0.3	0.2
Income:						
Under 131% poverty.....	15.8	2.2	2.2	1.3	0.9	0.9
131-350% poverty.....	41.2	2.3	2.2	1.1	0.4	0.3
Over 350% poverty.....	43.0	1.8	1.8	0.9	0.3	0.3
Race: ‡						
White.....	80.6	1.7	1.6	0.7	0.3	0.2
Black.....	11.4	2.7	3.2	2.2	1.0	1.0
National origin:						
Hispanic.....	9.0	2.7	2.6	2.9	1.0	1.1
Non-Hispanic.....	91.0	1.6	1.5	0.7	0.3	0.3
Education: ‡						
Grade 8 or less.....	6.5	2.6	3.3	2.1	1.4	1.4
Grades 9-12/GED.....	42.0	2.0	1.8	1.1	0.6	0.5
At least some college.....	50.3	1.8	1.8	0.8	0.3	0.3

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.8bse.-- Standard errors of mean saturated fat intake as a percentage of calories (2-day average), by perceived importance of CHOOSING A DIET LOW IN SATURATED FAT, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in saturated fat?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean saturated fat intake (% of kilocalories) § -----			
Sex and age (years):			
Males:			
20-39.....	0.3	0.2	0.3
40-59.....	0.2	0.2	0.3
60 and over.....	0.2	0.3	0.4
20 and over.....	0.1	0.1	0.3
Females:			
20-39.....	0.2	0.3	0.6
40-59.....	0.2	0.3	0.4
60 and over.....	0.2	0.3	0.4
20 and over.....	0.1	0.2	0.3
All individuals 20 and over.....	0.1	0.1	0.2
Income:			
Under 131% poverty.....	0.3	0.2	0.3
131-350% poverty.....	0.1	0.2	0.3
Over 350% poverty.....	0.1	0.2	0.3
Race: ‡			
White.....	0.1	0.1	0.3
Black.....	0.3	0.3	0.5
National origin:			
Hispanic.....	0.3	0.5	0.4
Non-Hispanic.....	0.1	0.1	0.2
Education: ‡			
Grade 8 or less.....	0.2	0.4	0.5
Grades 9-12/GED.....	0.1	0.2	0.3
At least some college.....	0.1	0.2	0.3

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.9ase.-- Standard errors of perceived importance of CHOOSING A DIET LOW IN CHOLESTEROL, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in cholesterol?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.7	2.5	1.5	0.8	0.4
40-59.....	16.3	2.5	2.4	1.2	0.7	0.2
60 and over.....	9.6	2.4	1.8	1.4	0.6	0.6
20 and over.....	47.9	1.9	1.6	1.0	0.5	0.3
Females:						
20-39.....	22.3	2.3	2.4	1.1	0.4	0.4
40-59.....	17.1	2.6	1.7	1.1	0.8	0.5
60 and over.....	12.7	2.4	1.8	1.4	0.7	0.7
20 and over.....	52.1	1.6	1.5	0.8	0.3	0.3
All individuals 20 and over.....	100.0	1.4	1.3	0.7	0.3	0.2
Income:						
Under 131% poverty.....	15.8	2.5	1.9	1.0	0.7	0.6
131-350% poverty.....	41.2	1.7	1.7	1.1	0.4	0.4
Over 350% poverty.....	43.0	1.7	1.7	0.7	0.4	0.1
Race: ‡						
White.....	80.6	1.4	1.3	0.8	0.4	0.2
Black.....	11.4	3.1	3.1	1.6	0.8	0.8
National origin:						
Hispanic.....	9.0	2.8	3.2	3.4	0.6	0.4
Non-Hispanic.....	91.0	1.5	1.3	0.7	0.3	0.2
Education: ‡						
Grade 8 or less.....	6.5	3.9	3.5	1.7	1.2	1.0
Grades 9-12/GED.....	42.0	2.3	1.8	1.0	0.6	0.3
At least some college.....	50.3	1.2	1.3	0.8	0.3	0.1

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.9bse.-- Standard errors of mean cholesterol intake (2-day average), by perceived importance of CHOOSING A DIET LOW IN CHOLESTEROL, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to choose a diet low in cholesterol?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean cholesterol intake (milligrams) § -----			
Sex and age (years):			
Males:			
20-39.....	28	15	28
40-59.....	10	13	21
60 and over.....	10	15	13
20 and over.....	13	9	19
Females:			
20-39.....	7	14	22
40-59.....	7	6	20
60 and over.....	7	8	12
20 and over.....	4	8	14
All individuals 20 and over.....	7	6	14
Income:			
Under 131% poverty.....	27	16	22
131-350% poverty.....	8	11	18
Over 350% poverty.....	5	8	25
Race: ‡			
White.....	5	7	12
Black.....	32	16	77
National origin:			
Hispanic.....	16	20	40
Non-Hispanic.....	7	6	14
Education: ‡			
Grade 8 or less.....	11	27	26
Grades 9-12/GED.....	12	13	23
At least some college.....	6	9	15

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.10ase.-- Standard errors of perceived importance of USING SALT OR SODIUM ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use salt or sodium only in moderation?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.1	2.1	1.9	1.3	*
40-59.....	16.3	2.2	2.1	1.2	0.9	0.3
60 and over.....	9.6	2.1	1.7	1.3	1.1	0.3
20 and over.....	47.9	1.5	1.4	1.0	0.7	0.1
Females:						
20-39.....	22.3	2.2	2.2	1.5	1.0	0.2
40-59.....	17.1	2.3	2.0	1.2	0.7	0.1
60 and over.....	12.7	2.9	2.2	1.2	0.9	0.5
20 and over.....	52.1	1.7	1.7	0.8	0.5	0.2
All individuals 20 and over.....	100.0	1.4	1.3	0.7	0.5	0.1
Income:						
Under 131% poverty.....	15.8	2.5	1.4	1.6	1.7	0.2
131-350% poverty.....	41.2	1.4	1.3	1.1	0.7	0.2
Over 350% poverty.....	43.0	2.0	2.0	0.8	0.6	0.1
Race: ‡						
White.....	80.6	1.5	1.4	0.9	0.4	0.1
Black.....	11.4	2.5	2.5	2.3	2.0	0.2
National origin:						
Hispanic.....	9.0	4.5	2.9	2.9	1.9	0.3
Non-Hispanic.....	91.0	1.4	1.4	0.7	0.5	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.7	2.5	2.3	1.3	0.5
Grades 9-12/GED.....	42.0	1.9	1.7	1.3	0.7	0.2
At least some college.....	50.3	1.6	1.8	0.8	0.7	0.1

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.10bse.-- Standard errors of mean sodium intake (2-day average), by perceived importance of USING SALT OR SODIUM ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use salt or sodium only in moderation?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean intake of sodium (milligrams) § -----			
Sex and age (years):			
Males:			
20-39.....	155	163	465
40-59.....	93	124	184
60 and over.....	61	94	186
20 and over.....	59	106	283
Females:			
20-39.....	62	53	126
40-59.....	40	89	118
60 and over.....	46	106	101
20 and over.....	35	52	85
All individuals 20 and over.....	35	72	170
Income:			
Under 131% poverty.....	101	157	768
131-350% poverty.....	67	101	103
Over 350% poverty.....	48	91	133
Race: ‡			
White.....	40	84	88
Black.....	78	165	1,081
National origin:			
Hispanic.....	121	207	129
Non-Hispanic.....	40	78	177
Education: ‡			
Grade 8 or less.....	85	184	143
Grades 9-12/GED.....	64	114	323
At least some college.....	44	87	118

§ Excludes salt added at the table. See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 2.11ase.-- Standard errors of perceived importance of USING SUGARS ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use sugars only in moderation?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent of individuals-----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.2	2.3	1.6	0.8	0.1
40-59.....	16.3	2.2	2.1	1.4	0.7	0.2
60 and over.....	9.6	2.7	2.1	1.5	0.6	0.4
20 and over.....	47.9	1.6	1.4	0.9	0.5	0.1
Females:						
20-39.....	22.3	2.6	2.5	1.6	0.9	0.0
40-59.....	17.1	2.4	2.2	1.2	0.4	*
60 and over.....	12.7	2.2	1.9	1.4	0.4	0.6
20 and over.....	52.1	1.4	1.3	0.8	0.4	0.1
All individuals 20 and over.....	100.0	1.2	1.0	0.7	0.3	0.1
Income:						
Under 131% poverty.....	15.8	2.5	2.0	1.7	0.9	0.3
131-350% poverty.....	41.2	1.4	1.4	1.0	0.4	0.1
Over 350% poverty.....	43.0	1.9	1.6	0.8	0.4	0.1
Race: ‡						
White.....	80.6	1.3	1.0	0.7	0.3	0.1
Black.....	11.4	2.5	2.6	1.9	1.1	0.3
National origin:						
Hispanic.....	9.0	3.6	2.9	2.4	1.4	0.1
Non-Hispanic.....	91.0	1.2	1.0	0.7	0.3	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.5	1.9	2.3	0.6	0.7
Grades 9-12/GED.....	42.0	1.5	1.3	1.1	0.5	0.2
At least some college.....	50.3	1.7	1.7	0.7	0.4	0.1

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 2.11bse.-- Standard errors of mean intake of added sugars as a percentage of calories (2-day average), by perceived importance of USING SUGARS ONLY IN MODERATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: To you personally, how important is it to use sugars only in moderation?

Selected characteristics	Very important	Somewhat important	Not too important or not at all important
----- Mean intake of added sugars (% of kilocalories) § -----			
Sex and age (years):			
Males:			
20-39.....	0.8	0.6	1.0
40-59.....	0.5	0.6	0.7
60 and over.....	0.3	0.5	0.9
20 and over.....	0.3	0.4	0.7
Females:			
20-39.....	0.6	0.8	1.3
40-59.....	0.3	0.8	1.2
60 and over.....	0.3	0.6	1.1
20 and over.....	0.3	0.4	0.8
All individuals 20 and over.....	0.2	0.3	0.6
Income:			
Under 131% poverty.....	0.4	0.5	1.0
131-350% poverty.....	0.3	0.5	0.9
Over 350% poverty.....	0.3	0.4	0.9
Race: ‡			
White.....	0.3	0.3	0.7
Black.....	0.8	0.8	1.6
National origin:			
Hispanic.....	0.9	1.2	1.4
Non-Hispanic.....	0.2	0.3	0.6
Education: ‡			
Grade 8 or less.....	0.6	1.0	1.3
Grades 9-12/GED.....	0.3	0.4	1.0
At least some college.....	0.3	0.4	0.8

§ See "Table notes."

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 3.1se.--Standard errors of macronutrient sources of food energy, by perceived importance of dietary guidance, MEN 20 years of age or older, 2-day average, 1994-96

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbohydrate	Alcohol
----- Percent of kilocalories -----							
MEN: n= 2,846							
Eat a variety of foods:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.4	0.6	0.2	0.3	0.2	0.7	0.5
Eat at least two servings of dairy products daily:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.2	0.4	0.2	0.2	0.1	0.4	0.3
Maintain a healthy weight:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	1.0	0.4	0.6	0.2	1.1	1.2
Choose a diet with plenty of fruits and vegetables:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	0.7	0.3	0.3	0.3	0.9	0.8
Choose a diet with plenty of breads, cereals, rice, and pasta:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.2	0.4	0.2	0.2	0.1	0.5	0.3
Choose a diet with adequate fiber:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	0.5	0.2	0.2	0.2	0.6	0.6

Continued

Table 3.1se.--Standard errors of macronutrient sources of food energy, by perceived importance of dietary guidance, MEN 20 years of age or older, 2-day average, 1994-96--continued

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbohydrate	Alcohol
----- Percent of kilocalories -----							
Choose a diet low in fat:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	0.5	0.2	0.2	0.2	0.7	0.6
Choose a diet low in saturated fat:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.2	0.2
Not too or not at all important.....	0.3	0.5	0.3	0.2	0.2	0.8	0.5
Choose a diet low in cholesterol:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.2	0.4	0.2	0.2	0.1	0.6	0.6
Use sugars only in moderation:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	0.4	0.2	0.2	0.1	0.5	0.5
Use salt or sodium only in moderation:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.2	0.5	0.2	0.2	0.2	0.7	0.4

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 3.2se.--Standard errors of macronutrient sources of food energy, by perceived importance of dietary guidance, WOMEN 20 years of age or older, 2-day average, 1994-96

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbohydrate	Alcohol
----- Percent of kilocalories -----							
WOMEN: n=2,803							
Eat a variety of foods:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.1
Not too or not at all important.....	0.4	0.6	0.3	0.3	0.2	0.8	0.3
Eat at least two servings of dairy products daily:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.1
Not too or not at all important.....	0.2	0.4	0.2	0.2	0.1	0.4	0.3
Maintain a healthy weight:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.3	0.1
Not too or not at all important.....	0.4	0.8	0.4	0.3	0.3	1.1	0.4
Choose a diet with plenty of fruits and vegetables:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.3	0.1
Not too or not at all important.....	0.5	0.6	0.3	0.3	0.4	0.8	0.3
Choose a diet with plenty of breads, cereals, rice, and pasta:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	0.4	0.2	0.1	0.2	0.5	0.2
Choose a diet with adequate fiber:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	0.5	0.2	0.2	0.2	0.7	0.4

Table 3.2se.--Standard errors of macronutrient sources of food energy, by perceived importance of dietary guidance, WOMEN 20 years of age or older, 2-day average, 1994-96--continued

Dietary guidance and degree of importance	Protein	Total fat	Saturated fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	Carbohydrate	Alcohol
----- Percent of kilocalories -----							
Choose a diet low in fat:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.4	0.6	0.2	0.2	0.3	0.6	0.2
Choose a diet low in saturated fat:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.1
Not too or not at all important.....	0.3	0.8	0.3	0.4	0.3	1.1	0.4
Choose a diet low in cholesterol:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.2	0.2
Not too or not at all important.....	0.4	0.8	0.3	0.4	0.3	1.0	0.3
Use sugars only in moderation:							
Very or somewhat important.....	0.1	0.2	0.1	0.1	0.1	0.3	0.2
Not too or not at all important.....	0.3	0.8	0.3	0.3	0.3	0.9	0.2
Use salt or sodium only in moderation:							
Very or somewhat important.....	0.1	0.3	0.1	0.1	0.1	0.3	0.1
Not too or not at all important.....	0.3	0.5	0.3	0.2	0.1	0.6	0.3

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 4se.-- Weight status: Standard errors of percentages of individuals in specified body mass index (BMI) categories, by sex, race, and income by self-appraised weight status, individuals 20 years of age and over, 1994-96

Sex, race, and income by self-appraised weight status	Respondents	BMI § (based on self-reported heights and weights)			
		Underweight (BMI <18.5)	Normal weight (BMI 18.5 - 24.99)	Overweight (BMI 25 - 29.99)	Obese (BMI 30 and over)
	Number	-----Percent of individuals-----			
Sex:					
Males:					
Underweight	171	8.8	7.8	2.7	2.3
About right.....	1,535	0.1	1.9	1.6	0.8
Overweight.....	1,104	*	1.4	1.9	2.0
Females:					
Underweight	133	5.6	5.6	5.5	2.7
About right.....	1,144	0.9	1.8	1.4	0.7
Overweight.....	1,418	0.1	1.5	1.7	2.0
All individuals 20 and over #	5,530	0.5	1.0	0.8	0.9
Race ‡					
WHITE:					
Males:					
Underweight	138	1.1	3.9	3.1	2.6
About right.....	1,257	0.2	1.7	1.5	0.6
Overweight.....	970	*	1.4	2.2	2.1
Females:					
Underweight	107	4.6	6.1	4.0	3.6
About right.....	896	1.1	1.8	1.2	0.6
Overweight.....	1,145	0.1	1.6	1.9	1.7
BLACK:					
Males:					
Underweight ††.....	23	19.1	15.8	7.2	9.8
About right.....	169	0.3	6.2	5.2	3.7
Overweight.....	81	--	0.9	11.6	11.6
Females:					
Underweight ††.....	18	10.1	16.3	12.3	5.4
About right.....	154	1.3	4.2	4.2	3.0
Overweight.....	202	0.1	1.4	5.0	5.1

§ BMI cutoffs and descriptors are from NIH Clinical Guidelines (see "Table notes"); excludes individuals not reporting height and/or weight.

Continued

* Value less than 0.05 but greater than 0.

Includes individuals who did not respond to the question on self-appraised weight status.

‡ The category "race" excludes 370 individuals other than white or black.

†† Statistics in this row are potentially unreliable because of small sample size.

-- Estimated percent is 0.

NOTES: Rows and columns may not add to 100 percent because of rounding.

Table 4se.-- Weight status: Standard errors of percentages of individuals in specified body mass index (BMI) categories, by sex, race, and income by self-appraised weight status, individuals 20 years of age and over, 1994-96--continued

Sex, race, and income by self-assessed weight status	Respondent	BMI § (based on self-reported heights and weights)			
		Underweight (BMI <18.5)	Normal weight (BMI 18.5-24.99)	Overweight (BMI 25 -29.99)	Obese (BMI 30 and over)
	Number	-----Percent of individuals -----			
Income					
UNDER 130% POVERTY:					
Males:					
Underweight ††.....	56	5.2	9.0	2.6	4.6
About right.....	354	0.7	4.3	4.3	2.6
Overweight.....	212	0.1	5.0	7.9	6.2
Females:					
Underweight ††.....	39	8.7	8.3	3.7	6.2
About right.....	338	1.1	3.7	2.7	2.2
Overweight.....	399	0.5	2.4	3.0	3.3
131-350% POVERTY:					
Males:					
Underweight	60	0.5	6.6	6.0	3.3
About right.....	638	0.2	2.6	2.2	1.2
Overweight.....	388	--	2.8	3.7	3.7
Females:					
Underweight	61	5.2	7.8	9.6	4.4
About right.....	441	1.6	3.0	2.6	1.2
Overweight.....	537	0.2	2.5	3.0	3.6
OVER 350% POVERTY:					
Males:					
Underweight ††.....	55	16.0	14.0	2.8	1.9
About right.....	543	--	2.2	2.2	0.9
Overweight.....	504	--	1.5	2.7	2.7
Females:					
Underweight ††.....	33	12.5	11.9	1.9	3.0
About right.....	365	1.0	2.2	1.7	0.5
Overweight.....	482	*	2.6	2.3	2.2

§ BMI cutoffs and descriptors are from NIH Clinical Guidelines (see "Table notes"); excludes individuals not reporting height and/or weight.

†† Statistics in this row are potentially unreliable because of small sample size.

-- Estimated percent is 0.

* Value less than 0.05 but greater than 0.

NOTES: Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.1ase.--BREAD, CEREAL, RICE, AND PASTA GROUP: Standard errors of number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the bread, cereal, rice, and pasta group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health							Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4	5	6 or more	Don't know	
	Percent	----- Percent of individuals -----							
Sex and age (years):									
Males:									
20-39.....	22.0	1.8	2.3	2.2	1.6	0.7	1.0	0.7	0.6
40-59.....	16.3	1.9	2.4	2.2	1.0	0.5	0.8	0.5	0.8
60 and over.....	9.6	1.5	1.8	1.7	1.1	0.7	0.8	1.1	0.6
20 and over.....	47.9	1.0	1.7	1.2	1.0	0.4	0.6	0.5	0.5
Females:									
20-39.....	22.3	1.8	1.6	1.6	1.3	1.0	1.7	0.8	1.5
40-59.....	17.1	1.3	1.8	1.8	1.5	1.2	1.0	0.4	1.3
60 and over.....	12.7	2.2	1.7	1.3	1.1	0.7	0.8	0.7	1.4
20 and over.....	52.1	1.3	1.1	1.0	0.8	0.6	0.7	0.4	0.8
All individuals 20 and over.....	100.0	1.0	0.9	0.8	0.6	0.4	0.5	0.3	0.5
Income:									
Under 131% poverty.....	15.8	1.7	1.7	2.0	1.0	0.7	1.1	1.1	1.3
131-350% poverty.....	41.2	1.7	1.3	1.3	0.9	0.6	0.7	0.4	0.6
Over 350% poverty.....	43.0	1.2	1.4	1.6	0.9	0.5	0.7	0.4	0.9
Race: ‡									
White.....	80.6	0.8	1.1	0.8	0.7	0.4	0.6	0.3	0.5
Black.....	11.4	3.8	2.9	2.0	1.2	0.7	0.9	0.9	1.8
National origin:									
Hispanic.....	9.0	2.7	2.7	3.6	1.3	0.9	1.5	2.6	1.8
Non-Hispanic.....	91.0	1.0	1.0	0.8	0.6	0.4	0.5	0.3	0.5
Education: ‡									
Grade 8 or less.....	6.5	2.6	2.6	2.0	1.2	0.5	1.0	3.6	1.4
Grades 9-12/GED.....	42.0	1.5	1.4	1.4	0.7	0.5	0.5	0.4	0.9
At least some college.....	50.3	1.0	1.4	1.2	0.8	0.7	0.8	0.3	0.6

§ Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-!

Table 5.1bse.--BREAD, CEREAL, RICE, AND PASTA GROUP: Standard errors of mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health						
			1 or less	2	3	4	5	6 or more	Don't know
Sex and age (years):			Percent ----- Mean number of servings consumed per day-----						
Males:									
20-39.....	22.0	0.3	0.3	0.9	0.4	0.5	0.8	0.8	1.2
40-59.....	16.3	0.1	0.3	0.2	0.3	0.5	1.1	0.5	0.4
60 and over.....	9.6	0.1	0.2	0.2	0.2	0.5	0.5	0.5	0.5
20 and over.....	47.9	0.1	0.1	0.4	0.2	0.3	0.6	0.5	0.6
Females:									
20-39.....	22.3	0.1	0.3	0.2	0.3	0.2	0.4	0.3	0.5
40-59.....	17.1	0.1	0.2	0.2	0.2	0.2	0.5	0.4	0.4
60 and over.....	12.7	0.1	0.2	0.1	0.1	0.3	0.5	0.4	0.3
20 and over.....	52.1	0.1	0.2	0.1	0.2	0.1	0.3	0.2	0.2
All individuals 20 and over.....	100.0	0.1	0.1	0.2	0.1	0.2	0.3	0.2	0.3
Income:									
Under 131% poverty.....	15.8	0.4	0.2	1.1	0.3	0.5	1.1	1.1	0.8
131-350% poverty.....	41.2	0.1	0.2	0.2	0.2	0.4	0.7	0.4	0.4
Over 350% poverty.....	43.0	0.1	0.2	0.2	0.2	0.2	0.4	0.3	0.3
Race: ‡									
White.....	80.6	0.1	0.1	0.2	0.1	0.3	0.3	0.2	0.2
Black.....	11.4	0.5	0.2	1.5	0.3	0.6	0.8	0.6	0.6
National origin:									
Hispanic.....	9.0	0.2	0.3	0.6	0.5	0.6	0.8	0.7	0.6
Non-Hispanic.....	91.0	0.1	0.1	0.2	0.1	0.2	0.3	0.3	0.2
Education: ‡									
Grade 8 or less.....	6.5	0.3	0.2	0.4	0.6	0.4	1.3	1.2	0.9
Grades 9-12/GED.....	42.0	0.1	0.2	0.4	0.2	0.3	0.9	0.3	0.4
At least some college.....	50.3	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.2ase.--VEGETABLE GROUP: Standard errors of number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the vegetable group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health						Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4	5 or more	Don't know	
	Percent	----- Percent of individuals -----						
Sex and age (years):								
Males:								
20-39.....	22.0	1.7	2.9	2.3	1.7	1.4	0.6	2.4
40-59.....	16.3	1.3	1.8	2.2	1.2	1.2	0.4	1.8
60 and over.....	9.6	1.9	2.2	1.5	1.2	0.9	1.0	1.6
20 and over.....	47.9	1.1	1.6	1.2	1.0	0.9	0.4	1.4
Females:								
20-39.....	22.3	1.4	2.3	1.8	1.8	1.7	0.7	2.4
40-59.....	17.1	1.3	1.9	1.6	1.6	1.3	0.4	1.8
60 and over.....	12.7	1.1	2.0	2.3	1.0	0.8	0.7	2.2
20 and over.....	52.1	0.9	1.3	1.2	1.0	0.9	0.4	1.4
All individuals 20 and over.....	100.0	0.8	0.9	0.8	0.7	0.7	0.3	0.9
Income:								
Under 131% poverty.....	15.8	1.6	2.2	2.1	1.5	0.9	1.1	2.5
131-350% poverty.....	41.2	1.0	1.5	1.5	1.2	1.1	0.5	2.0
Over 350% poverty.....	43.0	1.1	1.4	1.1	1.2	1.0	0.3	1.5
Race: ‡								
White.....	80.6	0.8	1.0	0.9	0.9	0.9	0.3	1.0
Black.....	11.4	2.4	3.1	3.2	1.8	1.3	0.9	3.7
National origin:								
Hispanic.....	9.0	1.8	3.5	2.2	2.1	1.7	2.5	3.5
Non-Hispanic.....	91.0	0.9	0.9	0.9	0.7	0.7	0.3	0.9
Education: ‡								
Grade 8 or less.....	6.5	2.5	3.2	2.2	2.8	1.2	3.5	2.7
Grades 9-12/GED.....	42.0	1.4	1.4	1.4	0.9	0.8	0.4	1.4
At least some college.....	50.3	0.8	1.4	1.1	1.2	1.0	0.2	1.3

§ Dry beans and peas are included here as well as in table 5.5a, "Meat, Poultry, Fish, Dry Beans, and Eggs Group." Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.2bse.--VEGETABLE GROUP: Standard errors of mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health					
			1 or less	2	3	4	5 or more	Don't know
	Percent	-----	-----Mean number of servings consumed per day §-----					
Sex and age (years):								
Males:								
20-39.....	22.0	0.2	0.7	0.2	0.3	0.3	0.5	0.9
40-59.....	16.3	0.1	0.2	0.2	0.2	0.3	0.4	0.4
60 and over.....	9.6	0.1	0.2	0.1	0.2	0.2	0.4	0.3
20 and over.....	47.9	0.1	0.3	0.1	0.2	0.2	0.3	0.5
Females:								
20-39.....	22.3	0.1	0.4	0.2	0.2	0.1	0.2	0.6
40-59.....	17.1	0.1	0.3	0.1	0.2	0.1	0.1	0.7
60 and over.....	12.7	0.1	0.1	0.1	0.1	0.2	0.3	0.5
20 and over.....	52.1	*	0.2	0.1	0.1	0.1	0.1	0.3
All individuals 20 and over.....	100.0	0.1	0.2	0.1	0.1	0.1	0.1	0.4
Income:								
Under 131% poverty.....	15.8	0.1	0.2	0.1	0.4	0.2	0.4	0.6
131-350% poverty.....	41.2	0.1	0.2	0.2	0.1	0.1	0.2	0.6
Over 350% poverty.....	43.0	0.1	0.6	0.1	0.1	0.1	0.2	0.5
Race: ‡								
White.....	80.6	0.1	0.1	0.1	0.1	0.1	0.1	0.5
Black.....	11.4	0.2	1.1	0.2	0.4	0.4	0.4	0.6
National origin:								
Hispanic.....	9.0	0.2	0.3	0.4	0.2	0.3	0.6	0.6
Non-Hispanic.....	91.0	0.1	0.2	0.1	0.1	0.1	0.1	0.4
Education: ‡								
Grade 8 or less.....	6.5	0.2	0.4	0.2	0.4	0.2	1.2	0.7
Grades 9-12/GED.....	42.0	0.1	0.3	0.1	0.1	0.1	0.2	0.3
At least some college.....	50.3	0.1	0.2	0.1	0.1	0.1	0.2	1.3

§ Dry beans and peas are included here as well as in table 5.5a "Meat, Poultry, Fish, Dry Beans, and Eggs Group."

* Value less than 0.05 but less than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.3ase.--FRUIT GROUP: Standard errors of number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the fruit group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health					Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4 or more	Don't know	
	Percent	----- Percent of individuals-----					
Sex and age (years):							
Males:							
20-39.....	22.0	1.8	2.5	2.0	2.3	0.6	2.1
40-59.....	16.3	1.6	1.9	1.8	1.9	0.6	2.0
60 and over.....	9.6	2.4	2.2	2.1	1.5	1.1	1.6
20 and over.....	47.9	1.2	1.4	1.1	1.3	0.5	1.1
Females:							
20-39.....	22.3	2.0	1.7	2.3	1.8	0.7	1.4
40-59.....	17.1	1.1	1.9	1.8	1.9	0.4	1.4
60 and over.....	12.7	1.7	1.5	1.9	1.6	0.7	2.0
20 and over.....	52.1	1.4	1.1	1.3	1.2	0.4	1.1
All individuals 20 and over.....	100.0	1.1	0.9	0.9	0.9	0.3	0.7
Income:							
Under 131% poverty.....	15.8	1.4	1.9	1.8	2.0	1.1	1.6
131-350% poverty.....	41.2	1.7	1.2	1.5	1.4	0.4	0.9
Over 350% poverty.....	43.0	1.1	1.1	1.5	1.3	0.3	1.4
Race: ‡							
White.....	80.6	0.9	0.9	1.1	1.0	0.3	0.7
Black.....	11.4	4.4	2.4	3.3	3.2	0.9	2.3
National origin:							
Hispanic.....	9.0	1.7	2.3	2.3	2.6	2.5	2.5
Non-Hispanic.....	91.0	1.2	0.9	1.0	1.0	0.3	0.8
Education: ‡							
Grade 8 or less.....	6.5	2.8	3.3	2.7	2.6	3.4	3.6
Grades 9-12/GED.....	42.0	1.2	1.1	1.2	1.2	0.4	1.1
At least some college.....	50.3	1.2	1.2	1.4	1.4	0.3	1.1

§ Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.3bse.--FRUIT GROUP: Standard errors of mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health				
			1 or less	2	3	4 or more	Don't know
	Percent		-----Mean number of servings consumed per day-----				
Sex and age (years):							
Males:							
20-39.....	22.0	0.1	0.1	0.2	0.1	0.2	0.5
40-59.....	16.3	0.1	0.2	0.1	0.2	0.2	0.1
60 and over.....	9.6	0.1	0.1	0.1	0.1	0.3	0.2
20 and over.....	47.9	*	0.1	0.1	0.1	0.1	0.2
Females:							
20-39.....	22.3	0.1	0.1	0.1	0.1	0.1	0.7
40-59.....	17.1	0.1	0.1	0.2	0.1	0.3	0.4
60 and over.....	12.7	0.1	0.1	0.1	0.1	0.2	0.3
20 and over.....	52.1	0.1	0.1	0.1	0.1	0.1	0.4
All individuals 20 and over.....	100.0	*	0.1	0.1	0.1	0.1	0.2
Income:							
Under 131% poverty.....	15.8	0.1	0.1	0.1	0.1	0.1	0.3
131-350% poverty.....	41.2	0.1	0.1	0.1	0.1	0.2	0.4
Over 350% poverty.....	43.0	0.1	0.1	0.1	0.1	0.1	0.5
Race: ‡							
White.....	80.6	*	0.1	0.1	0.1	0.1	0.3
Black.....	11.4	0.1	0.1	0.2	0.2	0.1	0.2
National origin:							
Hispanic.....	9.0	0.1	0.4	0.2	0.2	0.4	0.4
Non-Hispanic.....	91.0	*	0.1	0.1	0.1	0.1	0.2
Education: ‡							
Grade 8 or less.....	6.5	0.1	0.2	0.2	0.3	0.3	0.3
Grades 9-12/GED.....	42.0	*	0.1	0.1	0.1	0.1	0.3
At least some college.....	50.3	0.1	0.1	0.1	0.1	0.1	0.2

* Value less than 0.05 but less than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.4ase.--MILK, YOGURT, AND CHEESE GROUP: Standard errors of number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the milk, yogurt, and cheese group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health					Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4 or more	Don't know	
	Percent	----- Percent of individuals -----					
Sex and age (years):							
Males:							
20-39.....	22.0	2.7	2.9	2.3	1.5	0.6	2.3
40-59.....	16.3	2.1	2.5	1.9	1.1	0.6	2.0
60 and over.....	9.6	2.0	2.0	1.5	0.6	1.2	2.3
20 and over.....	47.9	1.8	1.6	1.4	0.9	0.4	1.2
Females:							
20-39.....	22.3	2.3	1.9	2.1	1.4	0.7	1.4
40-59.....	17.1	1.2	2.1	1.8	1.4	0.6	0.9
60 and over.....	12.7	1.7	2.0	1.5	1.4	0.9	1.2
20 and over.....	52.1	1.2	1.0	1.1	0.8	0.4	0.7
All individuals 20 and over.....	100.0	1.1	0.9	0.9	0.7	0.3	0.7
Income:							
Under 131% poverty.....	15.8	1.7	1.5	1.8	1.5	1.2	1.7
131-350% poverty.....	41.2	1.6	1.5	1.5	1.1	0.4	1.0
Over 350% poverty.....	43.0	1.3	1.3	1.1	0.9	0.4	1.2
Race: ‡							
White.....	80.6	1.0	1.0	0.9	0.8	0.3	0.7
Black.....	11.4	3.8	2.4	2.7	1.9	1.0	3.4
National origin:							
Hispanic.....	9.0	2.2	2.2	2.9	2.8	2.7	2.8
Non-Hispanic.....	91.0	1.2	1.0	0.9	0.7	0.3	0.7
Education: ‡							
Grade 8 or less.....	6.5	2.5	2.6	2.4	2.1	3.7	2.1
Grades 9-12/GED.....	42.0	1.4	1.5	1.4	1.1	0.5	1.2
At least some college.....	50.3	1.3	1.2	1.1	1.0	0.2	1.0

§ Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.4bse.--MILK, YOGURT, AND CHEESE GROUP: Standard errors of mean numbers of servings consumed per day (2-day average) by number of servings perceived as necessary for good health by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health				
			1 or less	2	3	4 or more	Don't know
	Percent	-----	-----Mean number of servings consumed per day-----				
Sex and age (years):							
Males:							
20-39.....	22.0	0.1	0.1	0.1	0.2	0.2	0.2
40-59.....	16.3	0.1	0.1	0.1	0.1	0.2	0.2
60 and over.....	9.6	*	0.1	0.1	0.1	0.2	0.3
20 and over.....	47.9	*	*	0.1	0.1	0.1	0.1
Females:							
20-39.....	22.3	*	0.1	0.1	0.1	0.1	0.2
40-59.....	17.1	*	*	0.1	0.1	0.1	0.1
60 and over.....	12.7	*	0.1	0.1	0.1	0.1	0.1
20 and over.....	52.1	*	*	*	0.1	0.1	0.1
All individuals 20 and over.....	100.0	*	*	*	0.1	0.1	0.1
Income:							
Under 131% poverty.....	15.8	0.1	0.1	0.1	0.3	0.2	0.1
131-350% poverty.....	41.2	*	*	0.1	0.1	0.1	0.1
Over 350% poverty.....	43.0	*	*	0.1	0.1	0.1	0.1
Race: ‡							
White.....	80.6	*	*	*	*	0.1	0.1
Black.....	11.4	0.1	0.1	0.1	0.5	0.2	0.1
National origin:							
Hispanic.....	9.0	0.1	0.1	0.1	0.2	0.2	0.1
Non-Hispanic.....	91.0	*	*	*	0.1	0.1	0.1
Education: ‡							
Grade 8 or less.....	6.5	*	0.1	0.1	0.1	0.2	0.1
Grades 9-12/GED.....	42.0	*	*	0.1	0.1	0.1	0.1
At least some college.....	50.3	*	*	0.1	*	0.1	0.1

* Value less than 0.05 but less than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.5ase.--MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP: Standard errors of the number of servings perceived as necessary for good health and percentages of individuals reaching perceived goal, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: How many servings from the meat, poultry, fish, dry beans, eggs, and nuts group would you say a person of your age and sex should eat each day for good health?

Selected characteristics	Percentage of population	Number of daily servings perceived as necessary for good health					Individuals consuming at least the number of servings perceived as necessary for good health §
		1 or less	2	3	4 or more	Don't know	
	Percent	----- Percent of individuals -----					
Sex and age (years):							
Males:							
20-39.....	22.0	2.0	2.1	2.1	1.2	0.6	2.6
40-59.....	16.3	2.1	1.9	1.4	1.1	0.6	2
60 and over.....	9.6	2.0	1.9	0.9	0.5	1.1	1.7
20 and over.....	47.9	1.3	1.3	1.1	0.7	0.5	1.5
Females:							
20-39.....	22.3	2.4	1.7	2.0	0.9	0.7	2.5
40-59.....	17.1	2.5	2.5	2.0	1.0	0.3	2.1
60 and over.....	12.7	1.7	1.6	1.2	0.8	0.7	2.2
20 and over.....	52.1	1.6	1.1	1.3	0.5	0.4	1.6
All individuals 20 and over.....	100.0	1.2	0.9	1.0	0.4	0.3	1.1
Income:							
Under 131% poverty.....	15.8	2.0	1.7	1.7	0.9	1.2	2.5
131-350% poverty.....	41.2	1.9	1.6	1.5	0.6	0.4	1.6
Over 350% poverty.....	43.0	1.2	1.3	1.3	0.9	0.3	1.4
Race: ‡							
White.....	80.6	1.3	1.0	1.0	0.5	0.3	1.1
Black.....	11.4	3.9	2.5	3.3	1.4	0.9	3.3
National origin:							
Hispanic.....	9.0	2.7	3.1	2.1	1.7	2.7	3.3
Non-Hispanic.....	91.0	1.3	0.9	1.1	0.4	0.3	1.1
Education: ‡							
Grade 8 or less.....	6.5	2.7	2.8	2.8	0.7	3.4	3.1
Grades 9-12/GED.....	42.0	1.7	1.4	1.3	0.8	0.4	1.7
At least some college.....	50.3	1.4	1.1	1.1	0.6	0.3	1.4

§ One serving is defined as 2.5 ounces of cooked lean meat equivalents. Excludes individuals responding "don't know" to the number of servings perceived as necessary for good health.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 5.5bse.--MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP: Standard errors of mean numbers of servings consumed per day (2-day average) by number of servings necessary for good health, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Mean number of servings consumed per day	Number of daily servings perceived as necessary for good health				
			1 or less	2	3	4 or more	Don't know
	Percent		-----Mean number of servings consumed per day § -----				
Sex and age (years):							
Males:							
20-39.....	22.0	0.1	0.1	0.1	0.3	0.2	0.3
40-59.....	16.3	0.1	0.1	0.1	0.1	0.2	0.3
60 and over.....	9.6	0.1	0.1	0.1	0.1	0.3	0.1
20 and over.....	47.9	0.1	0.1	0.1	0.2	0.1	0.2
Females:							
20-39.....	22.3	*	0.1	0.1	0.1	0.1	0.2
40-59.....	17.1	*	0.1	0.1	0.1	0.1	0.3
60 and over.....	12.7	*	*	*	0.1	0.4	0.1
20 and over.....	52.1	*	*	*	0.1	0.1	0.1
All individuals 20 and over.....	100.0	*	*	*	0.1	0.1	0.1
Income:							
Under 131% poverty.....	15.8	0.2	0.1	0.1	0.5	0.1	0.1
131-350% poverty.....	41.2	*	0.1	0.1	0.1	0.2	0.3
Over 350% poverty.....	43.0	*	0.1	0.1	0.1	0.2	0.3
Race: ‡							
White.....	80.6	*	*	*	0.1	0.1	0.2
Black.....	11.4	0.2	0.1	0.1	0.6	0.3	0.3
National origin:							
Hispanic.....	9.0	0.1	0.1	0.2	0.2	0.3	0.2
Non-Hispanic.....	91.0	*	*	*	0.1	0.1	0.2
Education: ‡							
Grade 8 or less.....	6.5	0.1	0.1	0.1	0.2	0.3	0.2
Grades 9-12/GED.....	42.0	0.1	0.1	0.1	0.2	0.1	0.2
At least some college.....	50.3	*	0.1	0.1	0.1	0.1	0.3

§ One serving is defined as 2.5 ounces of cooked lean meat equivalents.

* Value less than 0.05 but less than 0.

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey, 1994-96.

Table 6.1se.--Standard errors of awareness of health problems related to NOT EATING ENOUGH CALCIUM and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned		
		Yes	No/don't know	Bone problems/osteoporosis	Dental problems	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.3	2.3	2.5	1.7	1.0
40-59.....	16.3	1.7	1.7	1.8	1.3	1.1
60 and over.....	9.6	2.1	2.1	2.4	1.6	1.1
20 and over.....	47.9	1.2	1.2	1.4	1.0	0.5
Females:						
20-39.....	22.3	1.6	1.6	1.5	2.1	1.5
40-59.....	17.1	0.8	0.8	1.2	1.7	1.2
60 and over.....	12.7	1.8	1.8	1.9	1.5	1.1
20 and over.....	52.1	0.9	0.9	1.0	1.4	0.9
All individuals 20 and over.....	100.0	0.9	0.9	1.0	1.1	0.6
Income:						
Under 131% poverty.....	15.8	1.7	1.7	2.1	1.5	1.2
131-350% poverty.....	41.2	1.3	1.3	1.5	1.3	0.9
Over 350% poverty.....	43.0	1.3	1.3	1.7	1.4	0.8
Race: ‡						
White.....	80.6	0.8	0.8	0.9	1.3	0.7
Black.....	11.4	2.8	2.8	3.2	2.6	1.6
National origin:						
Hispanic.....	9.0	2.3	2.3	2.3	3.4	1.9
Non-Hispanic.....	91.0	0.9	0.9	1.1	1.0	0.6
Education: ‡						
Grade 8 or less.....	6.5	2.6	2.6	2.7	1.0	1.6
Grades 9-12/GED.....	42.0	1.6	1.6	1.6	1.2	0.6
At least some college.....	50.3	0.9	0.9	1.3	1.4	0.9

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.2se.--Standard errors of awareness of health problems related to BEING OVERWEIGHT and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned			
		Yes	No/don't know	Heart disease	Hyper-tension	Diabetes	Other
	<i>Percent</i>	<i>----- Percent of individuals -----</i>					
Sex and age (years):							
Males:							
20-39.....	22.0	0.7	0.7	1.5	1.8	1.5	2.3
40-59.....	16.3	1.0	1.0	1.9	2.1	2.0	2.4
60 and over.....	9.6	1.3	1.3	2.0	1.5	1.1	2.7
20 and over.....	47.9	0.6	0.6	1.0	1.2	0.9	1.7
Females:							
20-39.....	22.3	0.9	0.9	1.9	1.9	1.6	2.3
40-59.....	17.1	0.6	0.6	1.4	1.5	1.8	2.6
60 and over.....	12.7	1.2	1.2	2.1	1.7	1.7	2.8
20 and over.....	52.1	0.5	0.5	1.0	1.0	1.3	2.0
All individuals 20 and over.....	100.0	0.4	0.4	0.8	0.8	0.7	1.7
Income:							
Under 131% poverty.....	15.8	0.9	0.9	1.7	1.4	1.1	2.3
131-350% poverty.....	41.2	0.5	0.5	1.2	1.4	1.0	2.1
Over 350% poverty.....	43.0	0.4	0.4	1.1	1.2	1.2	2.2
Race: ‡							
White.....	80.6	0.4	0.4	0.8	0.9	0.9	1.8
Black.....	11.4	0.9	0.9	3.0	3.2	1.7	4.3
National origin:							
Hispanic.....	9.0	1.7	1.7	3.0	2.9	2.1	3.1
Non-Hispanic.....	91.0	0.4	0.4	0.8	0.8	0.7	1.8
Education: ‡							
Grade 8 or less.....	6.5	1.4	1.4	3.2	2.3	1.7	2.6
Grades 9-12/GED.....	42.0	0.5	0.5	1.2	1.1	1.1	1.9
At least some college.....	50.3	0.4	0.4	1.3	1.2	0.7	2.1

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.3se.--Standard errors of awareness of health problems related to EATING TOO MUCH FAT and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned				
		Yes	No/don't know	Heart disease	High blood cholesterol	Obesity	Hyper-tension	Other
	<i>Percent</i>	<i>----- Percent of individuals -----</i>						
Sex and age (years):								
Males:								
20-39.....	22.0	2.0	2.0	2.5	1.8	2.0	1.2	1.8
40-59.....	16.3	1.3	1.3	2.1	1.3	1.7	1.5	2.0
60 and over.....	9.6	1.4	1.4	2.4	2.0	2.0	1.3	1.6
20 and over.....	47.9	1.0	1.0	1.7	1.2	1.4	0.9	1.1
Females:								
20-39.....	22.3	1.5	1.5	2.3	2.3	2.0	1.5	1.6
40-59.....	17.1	0.9	0.9	1.6	1.6	1.7	1.1	2.0
60 and over.....	12.7	1.5	1.5	2.1	1.5	2.0	1.0	1.4
20 and over.....	52.1	0.9	0.9	1.2	1.4	1.3	0.7	1.0
All individuals 20 and over.....	100.0	0.7	0.7	1.1	1.0	1.2	0.5	0.9
Income:								
Under 131% poverty.....	15.8	1.7	1.7	2.3	1.4	1.7	1.3	1.5
131-350% poverty.....	41.2	1.0	1.0	1.4	1.3	1.6	0.9	1.5
Over 350% poverty.....	43.0	0.7	0.7	1.5	1.5	1.5	0.8	1.1
Race: ‡								
White.....	80.6	0.7	0.7	1.0	1.1	1.2	0.6	1.0
Black.....	11.4	2.2	2.2	3.0	2.8	2.1	2.0	2.2
National origin:								
Hispanic.....	9.0	2.3	2.3	3.1	2.2	3.4	2.0	2.6
Non-Hispanic.....	91.0	0.7	0.7	1.2	1.2	1.2	0.6	0.9
Education: ‡								
Grade 8 or less.....	6.5	2.6	2.6	3.7	1.8	3.3	1.8	1.9
Grades 9-12/GED.....	42.0	0.9	0.9	1.7	1.3	1.5	0.8	0.7
At least some college.....	50.3	0.7	0.7	1.1	1.5	1.4	0.9	1.5

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.4se.--Standard errors of awareness of health problems related to EATING TOO MUCH CHOLESTEROL and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned			
		Yes	No/don't know	Heart disease	Hypertension	High blood cholesterol	Other
	<i>Percent</i>	<i>----- Percent of individuals -----</i>					
Sex and age (years):							
Males:							
20-39.....	22.0	1.9	1.9	2.3	1.7	1.6	2.0
40-59.....	16.3	1.0	1.0	1.7	1.4	1.2	1.4
60 and over.....	9.6	1.7	1.7	2.4	0.9	1.4	1.6
20 and over.....	47.9	0.9	0.9	1.3	1.1	1.1	1.2
Females:							
20-39.....	22.3	1.0	1.0	2.5	1.6	1.9	2.0
40-59.....	17.1	1.0	1.0	1.2	1.4	1.3	2.0
60 and over.....	12.7	1.6	1.6	1.9	1.1	1.3	1.5
20 and over.....	52.1	0.8	0.8	1.3	0.9	1.2	1.4
All Individuals 20 and over.....	100.0	0.7	0.7	1.2	0.8	0.9	1.0
Income:							
Under 131% poverty.....	15.8	1.4	1.4	1.9	1.8	1.1	1.9
131-350% poverty.....	41.2	1.0	1.0	1.7	0.9	1.3	1.6
Over 350% poverty.....	43.0	1.2	1.2	1.4	1.0	1.0	1.1
Race: ‡							
White.....	80.6	0.8	0.8	1.1	0.9	1.0	1.0
Black.....	11.4	2.0	2.0	3.9	1.7	2.8	2.8
National origin:							
Hispanic.....	9.0	2.2	2.2	3.6	2.4	2.9	2.1
Non-Hispanic.....	91.0	0.8	0.8	1.2	0.8	1.0	1.1
Education: ‡							
Grade 8 or less.....	6.5	3.2	3.2	3.5	1.0	2.0	1.9
Grades 9-12/GED.....	42.0	1.4	1.4	1.8	1.0	1.0	1.3
At least some college.....	50.3	0.6	0.6	1.1	0.9	1.3	1.5

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.5se.--Standard errors of awareness of health problems related to NOT EATING ENOUGH FIBER and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned		
		Yes	No/don't know	Bowel problems	Cancer	Other
	<i>Percent</i>	<i>Percent of individuals</i>				
Sex and age (years):						
Males:						
20-39.....	22.0	2.6	2.6	2.4	1.7	1.5
40-59.....	16.3	2.0	2.0	2.0	1.4	1.4
60 and over.....	9.6	2.4	2.4	2.8	1.2	1.6
20 and over.....	47.9	1.5	1.5	1.5	0.9	1.1
Females:						
20-39.....	22.3	2.2	2.2	2.3	1.6	2.0
40-59.....	17.1	1.5	1.5	2.0	2.0	1.6
60 and over.....	12.7	2.1	2.1	2.1	1.2	1.6
20 and over.....	52.1	1.3	1.3	1.5	1.2	1.4
All individuals 20 and over.....	100.0	1.2	1.2	1.1	0.8	1.1
Income:						
Under 131% poverty.....	15.8	2.4	2.4	2.5	0.8	0.8
131-350% poverty.....	41.2	1.8	1.8	1.5	1.1	1.8
Over 350% poverty.....	43.0	1.6	1.6	1.6	1.3	1.1
Race: ‡						
White.....	80.6	1.2	1.2	1.2	0.8	0.9
Black.....	11.4	3.4	3.4	3.0	1.5	4.0
National origin:						
Hispanic.....	9.0	2.5	2.5	2.2	1.6	1.1
Non-Hispanic.....	91.0	1.3	1.3	1.2	0.8	1.2
Education: ‡						
Grade 8 or less.....	6.5	3.4	3.4	3.5	1.1	1.3
Grades 9-12/GED.....	42.0	1.3	1.3	1.2	0.9	1.2
At least some college.....	50.3	1.5	1.5	1.5	1.1	1.5

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.6se.--Standard errors of awareness of health problems related to EATING TOO MUCH SUGAR and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned			
		Yes	No/don't know	Dental problems	Diabetes	Obesity	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----					
Sex and age (years):							
Males:							
20-39.....	22.0	1.9	1.9	1.8	2.8	1.7	2.1
40-59.....	16.3	2.0	2.0	1.3	2.3	1.9	1.6
60 and over.....	9.6	1.6	1.6	1.6	2.4	1.8	1.6
20 and over.....	47.9	1.2	1.2	1.1	1.6	1.2	1.3
Females:							
20-39.....	22.3	1.7	1.7	1.3	2.0	2.3	1.8
40-59.....	17.1	1.1	1.1	1.5	2.2	1.9	2.2
60 and over.....	12.7	1.4	1.4	1.3	1.5	2.0	1.6
20 and over.....	52.1	0.9	0.9	1.0	1.0	1.4	1.2
All individuals 20 and over.....	100.0	0.8	0.8	0.9	1.0	1.0	1.0
Income:							
Under 131% poverty.....	15.8	1.7	1.7	1.6	2.6	1.6	2.0
131-350% poverty.....	41.2	1.4	1.4	1.3	1.5	1.6	1.4
Over 350% poverty.....	43.0	1.0	1.0	1.0	1.6	1.3	1.2
Race: ‡							
White.....	80.6	0.8	0.8	1.0	0.9	1.2	1.0
Black.....	11.4	2.4	2.4	2.0	3.9	2.8	3.0
National origin:							
Hispanic.....	9.0	2.1	2.1	3.3	5.0	2.2	3.1
Non-Hispanic.....	91.0	0.8	0.8	0.9	1.0	1.0	1.0
Education: ‡							
Grade 8 or less.....	6.5	3.2	3.2	1.2	2.9	1.7	2.2
Grades 9-12/GED.....	42.0	1.1	1.1	1.1	1.5	1.3	1.2
At least some college.....	50.3	0.9	0.9	1.2	1.5	1.3	1.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 6.7se.--Standard errors of awareness of health problems related to EATING TOO MUCH SALT OR SODIUM and type of problems mentioned, by selected characteristics, individuals 20 years of age and over, 1994-96

Selected characteristics	Percentage of population	Heard of health problem		Health problems mentioned		
		Yes	No/don't know	Heart disease	Hyper-tension	Other
	<i>Percent</i>	----- <i>Percent of individuals</i> -----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.0	2.0	1.8	2.7	1.9
40-59.....	16.3	1.4	1.4	2.3	2.3	2.1
60 and over.....	9.6	1.6	1.6	1.8	1.6	1.7
20 and over.....	47.9	1.2	1.2	1.5	1.7	1.2
Females:						
20-39.....	22.3	1.2	1.2	2.2	2.6	2.3
40-59.....	17.1	0.8	0.8	1.8	2.1	2.2
60 and over.....	12.7	1.1	1.1	1.8	1.4	2.5
20 and over.....	52.1	0.6	0.6	1.2	1.6	1.6
All individuals 20 and over.....	100.0	0.6	0.6	1.0	1.4	1.2
Income:						
Under 131% poverty.....	15.8	1.6	1.6	1.6	2.3	1.7
131-350% poverty.....	41.2	0.7	0.7	1.4	1.6	1.9
Over 350% poverty.....	43.0	1.0	1.0	1.4	1.6	1.5
Race: ‡						
White.....	80.6	0.6	0.6	1.2	1.4	1.3
Black.....	11.4	1.9	1.9	2.2	4.8	3.1
National origin:						
Hispanic.....	9.0	2.3	2.3	2.2	5.2	3.4
Non-Hispanic.....	91.0	0.6	0.6	1.1	1.4	1.2
Education: ‡						
Grade 8 or less.....	6.5	2.2	2.2	3.0	2.8	3.0
Grades 9-12/GED.....	42.0	1.2	1.2	1.2	1.9	1.3
At least some college.....	50.3	0.6	0.6	1.5	1.4	1.6

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.1se.--Standard errors of knowledge regarding the relationship between physical form and type of fat, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Which kind of fat is more likely to be a liquid rather than a solid...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Saturated fats	Polyunsaturated fats	Equally likely to be liquids	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	1.2	2.1	2.2	2.3
40-59.....	16.3	1.3	2.2	1.8	1.5
60 and over.....	9.6	1.6	1.9	1.7	2.3
20 and over.....	47.9	0.9	1.4	1.4	1.4
Females:					
20-39.....	22.3	1.6	1.8	2.1	2.1
40-59.....	17.1	1.1	1.8	1.8	2.2
60 and over.....	12.7	1.1	1.5	1.8	1.9
20 and over.....	52.1	0.8	1.1	1.3	1.3
All individuals 20 and over.....	100.0	0.6	1.0	1.1	0.9
Income:					
Under 131% poverty.....	15.8	1.0	1.7	1.5	2.0
131-350% poverty.....	41.2	1.0	1.2	1.5	1.5
Over 350% poverty.....	43.0	0.9	1.7	1.5	1.4
Race: ‡					
White.....	80.6	0.6	0.9	1.2	1.1
Black.....	11.4	2.3	1.7	2.7	2.5
National origin:					
Hispanic.....	9.0	2.9	2.3	4.1	4.9
Non-Hispanic.....	91.0	0.6	1.0	1.1	0.9
Education: ‡					
Grade 8 or less.....	6.5	1.2	1.1	3.5	3.5
Grades 9-12/GED.....	42.0	1.0	1.0	1.3	1.3
At least some college.....	50.3	1.0	1.4	1.4	1.1

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.2se.--Standard errors of knowledge regarding presence of fat in cholesterol-free foods, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: If a food has no cholesterol is it also...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Low in saturated fat	High in saturated fat	Could be either high or low in saturated fat	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	2.3	0.7	2.8	1.9
40-59.....	16.3	1.6	0.8	1.6	1.5
60 and over.....	9.6	1.7	0.9	2.4	2.1
20 and over.....	47.9	1.2	0.5	1.6	1.1
Females:					
20-39.....	22.3	1.8	0.6	2.2	1.8
40-59.....	17.1	1.6	1.2	1.9	1.3
60 and over.....	12.7	1.6	0.7	2.1	2.1
20 and over.....	52.1	1.1	0.5	1.4	1.2
All individuals 20 and over.....	100.0	0.8	0.4	1.2	0.9
Income:					
Under 131% poverty.....	15.8	1.8	0.9	2.3	1.7
131-350% poverty.....	41.2	1.3	0.6	1.7	1.4
Over 350% poverty.....	43.0	1.0	0.6	1.3	0.8
Race: ‡					
White.....	80.6	0.9	0.4	1.0	0.9
Black.....	11.4	2.8	1.4	3.9	3.0
National origin:					
Hispanic.....	9.0	2.4	1.4	3.3	3.8
Non-Hispanic.....	91.0	0.8	0.4	1.2	0.9
Education: ‡					
Grade 8 or less.....	6.5	2.2	1.3	2.9	3.4
Grades 9-12/GED.....	42.0	1.3	0.6	1.6	1.5
At least some college.....	50.3	1.2	0.5	1.3	0.8

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.3se.--Standard errors of knowledge regarding type of foods in which cholesterol occurs, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Is cholesterol found in...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Vegetables and vegetable oils	Animal products like meat and dairy products	ALL foods containing fat or oil	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	0.5	2.0	2.6	2.5
40-59.....	16.3	0.4	2.4	2.5	1.2
60 and over.....	9.6	0.3	2.0	2.1	1.4
20 and over.....	47.9	0.3	1.4	1.7	1.5
Females:					
20-39.....	22.3	0.5	2.5	2.8	1.5
40-59.....	17.1	0.4	2.2	2.0	0.9
60 and over.....	12.7	0.3	1.8	2.1	1.7
20 and over.....	52.1	0.2	1.6	1.9	1.0
All individuals 20 and over.....	100.0	0.2	1.2	1.5	1.0
Income:					
Under 131% poverty.....	15.8	0.4	1.5	2.2	1.7
131-350% poverty.....	41.2	0.4	1.5	2.1	1.5
Over 350% poverty.....	43.0	0.3	1.8	1.8	0.9
Race: ‡					
White.....	80.6	0.2	1.3	1.4	1.0
Black.....	11.4	0.7	2.6	4.2	3.1
National origin:					
Hispanic.....	9.0	1.0	3.8	5.4	3.3
Non-Hispanic.....	91.0	0.2	1.3	1.5	1.1
Education: ‡					
Grade 8 or less.....	6.5	0.8	2.7	3.3	3.1
Grades 9-12/GED.....	42.0	0.3	1.7	2.0	1.9
At least some college.....	50.3	0.3	1.7	1.8	0.7

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.4se.--Standard errors of knowledge regarding saturated fat in vegetable oil, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: If a product is labeled as containing only vegetable oil is it...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Low in saturated fat	High in saturated fat	Could be either high or low in saturated fat	Don't know
	Percent	----- Percent -----			
Sex and age (years):					
Males:					
20-39.....	22.0	2.4	0.8	2.8	2.2
40-59.....	16.3	2.0	0.8	1.9	1.2
60 and over.....	9.6	2.0	0.7	2.2	1.5
20 and over.....	47.9	1.5	0.5	1.8	1.2
Females:					
20-39.....	22.3	2.2	1.2	1.8	1.6
40-59.....	17.1	2.0	0.9	2.0	1.3
60 and over.....	12.7	2.2	0.7	1.9	1.7
20 and over.....	52.1	1.4	0.6	1.1	1.1
All individuals 20 and over.....	100.0	1.0	0.4	0.9	1.0
Income:					
Under 131% poverty.....	15.8	2.7	1.1	1.9	2.6
131-350% poverty.....	41.2	1.6	0.7	1.2	1.2
Over 350% poverty.....	43.0	1.3	0.5	1.6	1.0
Race: ‡					
White.....	80.6	1.0	0.5	1.0	0.8
Black.....	11.4	3.9	1.0	2.1	3.3
National origin:					
Hispanic.....	9.0	3.1	1.1	3.3	3.5
Non-Hispanic.....	91.0	1.0	0.4	1.0	1.0
Education: ‡					
Grade 8 or less.....	6.5	3.2	1.4	3.1	3.5
Grades 9-12/GED.....	42.0	1.3	0.6	1.3	1.5
At least some college.....	50.3	1.3	0.6	1.5	0.8

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 7.5se.--Standard errors of knowledge regarding the meaning of the term "light" on the food label, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: If a food product is labeled "light" does that mean that compared to a similar product not labeled "light" it is...?
(Correct answer in bold in column head)

Selected characteristics	Percentage of population	Lower in calories	Lower in fat	Lower in calories and/or fat	Something else	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	1.7	1.8	2.1	2.0	1.7
40-59.....	16.3	1.4	1.0	2.1	1.4	1.8
60 and over.....	9.6	1.0	1.9	1.9	1.4	1.4
20 and over.....	47.9	1.0	1.0	1.2	1.1	1.3
Females:						
20-39.....	22.3	1.8	1.2	2.6	2.0	2.0
40-59.....	17.1	1.7	1.3	2.5	1.9	1.4
60 and over.....	12.7	1.3	1.1	1.5	2.0	1.9
20 and over.....	52.1	1.2	0.7	1.5	1.3	1.4
All individuals 20 and over.....	100.0	0.9	0.7	1.0	0.9	1.2
Income:						
Under 131% poverty.....	15.8	1.4	1.1	1.9	1.4	1.9
131-350% poverty.....	41.2	1.2	0.9	1.6	1.5	1.5
Over 350% poverty.....	43.0	1.1	1.1	1.6	1.5	1.3
Race: ‡						
White.....	80.6	0.8	0.6	1.1	1.1	0.9
Black.....	11.4	2.1	1.5	3.3	2.4	3.3
National origin:						
Hispanic.....	9.0	1.9	1.4	3.1	5.4	3.4
Non-Hispanic.....	91.0	0.9	0.7	1.1	0.9	1.2
Education: ‡						
Grade 8 or less.....	6.5	2.2	2.1	2.3	2.3	3.6
Grades 9-12/GED.....	42.0	1.2	0.8	1.3	1.3	1.7
At least some college.....	50.3	1.0	1.0	1.7	1.2	1.3

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 8.1se.--FAT: Standard errors of percentages of individuals giving the correct answer to the questions below, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Based on your knowledge, which has more fat: ...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Regular hamburger or ground round?	Loin pork chops or pork spare ribs?	Hot dogs or ham?	Peanuts or popcorn?	Yogurt or sour cream?	Porterhouse steak or round steak?
----- Percent -----							
Sex and age (years):							
Males:							
20-39.....	22.0	3.0	2.4	3.2	2.3	2.6	2.9
40-59.....	16.3	1.8	1.5	2.4	1.7	1.8	2.3
60 and over.....	9.6	1.6	2.0	2.3	1.7	2.0	2.3
20 and over.....	47.9	1.6	1.2	2.1	1.3	1.7	1.6
Females:							
20-39.....	22.3	2.0	2.1	2.3	1.4	2.1	2.4
40-59.....	17.1	1.7	1.8	2.1	0.9	1.4	2.2
60 and over.....	12.7	1.8	1.7	2.3	1.6	1.8	2.2
20 and over.....	52.1	1.1	1.2	1.4	0.8	1.5	1.4
All individuals 20 and over.....	100.0	1.1	0.9	1.3	0.8	1.5	1.2
Income:							
Under 131% poverty.....	15.8	1.9	2.6	2.4	1.8	1.7	2.3
131-350% poverty.....	41.2	1.3	1.3	1.6	1.2	2.0	1.2
Over 350% poverty.....	43.0	1.5	1.8	2.0	1.0	1.3	1.9
Race: ‡							
White.....	80.6	1.0	1.0	1.4	0.6	1.2	1.3
Black.....	11.4	3.5	2.3	3.5	3.3	4.3	2.6
National origin:							
Hispanic.....	9.0	4.6	3.2	4.1	2.6	2.1	2.7
Non-Hispanic.....	91.0	1.1	0.9	1.2	0.8	1.6	1.2
Education: ‡							
Grade 8 or less.....	6.5	3.1	3.6	4.1	3.0	2.7	2.7
Grades 9-12/GED.....	42.0	1.5	1.4	1.5	1.6	1.6	1.4
At least some college.....	50.3	1.6	1.4	1.7	0.7	1.5	1.9

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 8.2se.--SATURATED FAT: Standard errors of percentages of individuals giving the correct answer to the questions below, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Based on your knowledge, which has more saturated fat: ...? (Correct answer in bold in column head)

Selected characteristics	Percentage of population	Liver or t-bone steak?	Butter or margarine?	Egg white or egg yolk?	Skim milk or whole milk?
----- Percent -----					
Sex and age (years):					
Males:					
20-39.....	22.0	2.3	2.1	2.0	2.2
40-59.....	16.3	1.8	1.8	1.7	0.9
60 and over.....	9.6	2.4	1.7	2.2	1.2
20 and over.....	47.9	1.2	1.4	1.3	1.3
Females:					
20-39.....	22.3	2.4	2.2	1.7	0.9
40-59.....	17.1	1.3	1.9	1.4	1.2
60 and over.....	12.7	1.9	1.4	1.7	1.3
20 and over.....	52.1	1.4	1.3	1.1	0.9
All individuals 20 and over.....	100.0	1.1	1.2	0.9	1.0
Income:					
Under 131% poverty.....	15.8	2.0	1.6	2.6	1.4
131-350% poverty.....	41.2	2.1	1.8	1.3	1.2
Over 350% poverty.....	43.0	1.4	1.4	0.9	1.2
Race: ‡					
White.....	80.6	1.0	1.0	0.8	0.8
Black.....	11.4	4.3	4.0	2.8	2.5
National origin:					
Hispanic.....	9.0	3.4	2.8	2.3	2.0
Non-Hispanic.....	91.0	1.0	1.3	0.9	1.1
Education: ‡					
Grade 8 or less.....	6.5	3.0	3.1	3.0	2.3
Grades 9-12/GED.....	42.0	1.3	1.7	1.8	1.7
At least some college.....	50.3	1.2	1.1	0.9	0.7

‡ The category "race" excludes individuals other than white or black, and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.1se.--Standard errors of perceived importance of FOOD SAFETY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is food safety--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.2	1.9	0.9	0.9	0.1
40-59.....	16.3	1.6	1.6	0.6	0.3	0.4
60 and over.....	9.6	1.3	1.4	0.6	0.4	0.6
20 and over.....	47.9	1.4	1.2	0.5	0.4	0.2
Females:						
20-39.....	22.3	1.3	1.4	0.4	0.2	0.1
40-59.....	17.1	1.2	1.0	0.4	0.3	0.1
60 and over.....	12.7	1.2	1.1	0.3	0.2	0.6
20 and over.....	52.1	0.7	0.7	0.2	0.2	0.1
All individuals 20 and over.....	100.0	0.8	0.7	0.2	0.2	0.1
Income:						
Under 131% poverty.....	15.8	1.9	1.8	0.5	0.3	0.2
131-350% poverty.....	41.2	1.3	1.1	0.3	0.5	0.3
Over 350% poverty.....	43.0	1.0	0.9	0.5	0.3	0.1
Race: ‡						
White.....	80.6	0.9	0.7	0.3	0.2	0.1
Black.....	11.4	1.9	1.9	0.1	0.3	0.5
National origin:						
Hispanic.....	9.0	4.3	3.2	1.0	1.7	0.6
Non-Hispanic.....	91.0	0.7	0.6	0.2	0.2	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.4	3.5	0.6	0.4	0.6
Grades 9-12/GED.....	42.0	1.0	0.6	0.3	0.5	0.2
At least some college.....	50.3	1.0	0.9	0.4	0.2	0.1

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.2se.--Standard errors of perceived importance of NUTRITION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is nutrition--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.6	2.9	1.5	0.3	0.1
40-59.....	16.3	2.4	2.1	1.0	0.4	0.6
60 and over.....	9.6	1.8	1.7	0.9	0.5	0.5
20 and over.....	47.9	1.6	1.5	0.8	0.2	0.3
Females:						
20-39.....	22.3	1.8	1.7	0.7	0.4	--
40-59.....	17.1	2.2	1.9	0.6	0.2	0.1
60 and over.....	12.7	2.3	1.9	0.8	0.2	0.6
20 and over.....	52.1	1.2	1.1	0.4	0.2	0.2
All individuals 20 and over.....	100.0	1.0	1.0	0.5	0.2	0.1
Income:						
Under 131% poverty.....	15.8	2.1	2.4	0.6	0.3	0.5
131-350% poverty.....	41.2	1.5	1.5	0.6	0.3	0.2
Over 350% poverty.....	43.0	1.5	1.3	0.9	0.2	0.2
Race: ‡						
White.....	80.6	1.3	1.1	0.5	0.2	0.1
Black.....	11.4	3.0	3.2	1.3	0.3	0.5
National origin:						
Hispanic.....	9.0	3.3	2.2	2.3	0.9	0.4
Non-Hispanic.....	91.0	1.1	1.0	0.4	0.2	0.2
Education: ‡						
Grade 8 or less.....	6.5	2.5	2.4	1.1	0.4	0.8
Grades 9-12/GED.....	42.0	1.7	1.5	0.9	0.3	0.2
At least some college.....	50.3	1.2	1.1	0.5	0.2	0.2

-- Estimated percent is 0.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.3se.--Standard errors of perceived importance of PRICE, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is price--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	3.4	3.1	1.5	0.7	0.1
40-59.....	16.3	2.2	2.1	1.5	0.9	0.5
60 and over.....	9.6	1.8	1.8	1.2	1.2	0.6
20 and over.....	47.9	2.0	1.7	0.9	0.6	0.2
Females:						
20-39.....	22.3	2.7	2.5	1.8	1.1	--
40-59.....	17.1	2.3	2.2	0.9	0.6	0.3
60 and over.....	12.7	1.7	1.6	1.1	0.6	0.2
20 and over.....	52.1	1.8	1.4	0.9	0.6	0.1
All individuals 20 and over.....	100.0	1.6	1.1	0.8	0.5	0.1
Income:						
Under 131% poverty.....	15.8	2.4	2.0	1.2	0.5	0.2
131-350% poverty.....	41.2	1.7	1.4	0.8	0.4	0.2
Over 350% poverty.....	43.0	2.1	1.8	1.4	0.9	0.2
Race: ‡						
White.....	80.6	1.5	1.0	0.7	0.5	0.2
Black.....	11.4	4.7	4.1	1.6	1.1	0.3
National origin:						
Hispanic.....	9.0	3.5	3.4	3.8	0.7	0.2
Non-Hispanic.....	91.0	1.6	1.2	0.7	0.5	0.1
Education: ‡						
Grade 8 or less.....	6.5	3.5	2.4	3.4	1.2	0.6
Grades 9-12/GED.....	42.0	1.9	1.4	0.9	0.5	0.2
At least some college.....	50.3	1.7	1.3	1.0	0.7	0.2

– Estimated percent is 0.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.4se.--Standard errors of perceived importance of KEEPING QUALITY, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is how well the food keeps--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.1	2.4	1.6	1.0	0.4
40-59.....	16.3	2.5	2.1	1.5	0.4	0.6
60 and over.....	9.6	2.1	2.0	1.1	0.6	0.5
20 and over.....	47.9	1.7	1.5	1.1	0.6	0.3
Females:						
20-39.....	22.3	2.4	2.2	1.2	0.3	0.1
40-59.....	17.1	2.1	2.0	1.0	0.4	0.2
60 and over.....	12.7	2.0	2.0	0.9	0.2	0.4
20 and over.....	52.1	1.6	1.4	0.7	0.2	0.1
All individuals 20 and over.....	100.0	1.3	1.2	0.7	0.3	0.2
Income:						
Under 131% poverty.....	15.8	2.2	1.9	0.7	0.5	0.2
131-350% poverty.....	41.2	2.1	1.9	0.9	0.3	0.2
Over 350% poverty.....	43.0	1.2	1.6	1.1	0.4	0.2
Race: ‡						
White.....	80.6	1.3	1.1	0.8	0.3	0.2
Black.....	11.4	3.1	2.7	0.4	0.4	0.7
National origin:						
Hispanic.....	9.0	3.3	3.0	1.3	0.3	1.0
Non-Hispanic.....	91.0	1.4	1.2	0.8	0.3	0.2
Education: ‡						
Grade 8 or less.....	6.5	3.4	3.9	0.8	0.5	0.4
Grades 9-12/GED.....	42.0	1.3	1.4	0.7	0.3	0.3
At least some college.....	50.3	1.6	1.4	0.9	0.5	0.2

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.5se.--Standard errors of perceived importance of EASE OF PREPARATION, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is how easy the food is to prepare--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	2.1	2.5	1.8	1.2	0.3
40-59.....	16.3	2.3	1.9	1.7	0.9	0.6
60 and over.....	9.6	1.9	1.8	1.5	0.9	0.5
20 and over.....	47.9	1.5	1.6	1.0	0.7	0.3
Females:						
20-39.....	22.3	2.3	2.1	1.7	1.1	--
40-59.....	17.1	2.1	2.0	1.4	0.6	0.1
60 and over.....	12.7	1.8	2.2	1.6	0.8	0.2
20 and over.....	52.1	1.5	1.3	1.0	0.5	0.1
All individuals 20 and over.....	100.0	1.2	1.1	0.8	0.4	0.1
Income:						
Under 131% poverty.....	15.8	2.1	1.7	1.4	1.2	0.2
131-350% poverty.....	41.2	1.6	1.4	1.0	0.4	0.2
Over 350% poverty.....	43.0	1.6	1.7	1.2	0.6	0.2
Race: ‡						
White.....	80.6	1.1	1.0	0.9	0.4	0.1
Black.....	11.4	4.4	4.0	1.3	1.3	0.7
National origin:						
Hispanic.....	9.0	3.3	2.8	2.3	1.0	0.2
Non-Hispanic.....	91.0	1.3	1.1	1.0	0.4	0.2
Education: ‡						
Grade 8 or less.....	6.5	3.4	3.5	1.8	1.3	0.4
Grades 9-12/GED.....	42.0	1.9	1.6	1.1	0.6	0.2
At least some college.....	50.3	1.7	1.4	1.1	0.6	0.2

– Estimated percent is 0.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 9.6se.--Standard errors of perceived importance of TASTE, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Now think about buying food. When you buy food, how important is taste--very important, somewhat important, not too important, or not at all important?

Selected characteristics	Percentage of population	Very important	Somewhat important	Not too important	Not at all important	Don't know
	Percent	----- Percent -----				
Sex and age (years):						
Males:						
20-39.....	22.0	1.9	1.8	0.5	0.1	0.1
40-59.....	16.3	1.9	1.7	0.4	0.2	0.5
60 and over.....	9.6	1.6	1.6	0.8	0.3	0.4
20 and over.....	47.9	1.2	1.1	0.3	0.1	0.2
Females:						
20-39.....	22.3	2.1	2.0	0.4	0.1	0.1
40-59.....	17.1	1.3	1.3	0.2	0.2	--
60 and over.....	12.7	1.3	1.3	0.5	0.1	0.2
20 and over.....	52.1	1.2	1.1	0.2	0.1	*
All individuals 20 and over.....	100.0	0.7	0.7	0.2	0.1	0.1
Income:						
Under 131% poverty.....	15.8	1.7	1.6	0.7	0.2	0.2
131-350% poverty.....	41.2	1.2	1.2	0.2	0.1	0.1
Over 350% poverty.....	43.0	1.1	1.1	0.3	0.1	0.2
Race: ‡						
White.....	80.6	0.8	0.8	0.2	*	0.1
Black.....	11.4	2.1	1.9	0.6	0.3	0.3
National origin:						
Hispanic.....	9.0	2.1	2.2	0.7	0.3	0.4
Non-Hispanic.....	91.0	0.7	0.7	0.2	0.1	0.1
Education: ‡						
Grade 8 or less.....	6.5	2.1	1.9	0.8	0.1	0.4
Grades 9-12/GED.....	42.0	1.0	1.0	0.3	0.1	0.1
At least some college.....	50.3	1.2	1.2	0.2	0.1	0.2

– Estimated percent is 0.

* Value less than 0.05 but greater than 0.

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

NOTE: Individuals who did not provide a response are excluded from the calculations. Rows and columns may not add to 100 percent because of rounding.

Table 10.1se.--Standard errors of beliefs with potential to influence dietary behavior, MEN 20 years of age and older, 1994-96

Question: Now I am going to read some statements about what people eat. Please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with the statement.

Statement	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Don't know
----- Percent -----					
MEN: n=2,846					
Choosing a healthy diet is just a matter of knowing what foods are good and what foods are bad	2.0	1.6	1.1	0.6	0.1
Eating a variety of foods each day probably gives you all the vitamins and minerals you need.....	1.5	1.6	1.3	0.7	0.1
Some people are born to be fat and some thin; there is not much you can do to change this	1.1	1.8	1.8	1.2	*
Starchy foods, like bread, potatoes, and rice, make people fat	0.9	1.4	1.5	1.5	0.2
There are so many recommendations about healthy ways to eat, it's hard to know what to believe	1.5	1.6	1.0	0.5	0.1
What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer	1.7	1.7	0.8	0.5	0.1
The things I eat and drink now are healthy so there is no reason for me to make changes	1.1	2.0	1.8	1.0	0.1

* Value less than 0.05 but greater than 0.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 10.2se.--Standard errors of beliefs with potential to influence dietary behavior, WOMEN 20 years of age and older, 1994-96

Question: Now I am going to read some statements about what people eat. Please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with the statement.

Statement	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Don't know
----- Percent -----					
WOMEN: n=2,803					
Choosing a healthy diet is just a matter of knowing what foods are good and what foods are bad	1.8	1.3	1.2	0.7	0.1
Eating a variety of foods each day probably gives you all the vitamins and minerals you need.....	1.9	1.6	1.1	0.6	*
Some people are born to be fat and some thin; there is not much you can do to change this	1.4	1.2	1.9	1.2	*
Starchy foods, like bread, potatoes, and rice, make people fat	1.7	1.1	1.8	1.6	0.1
There are so many recommendations about healthy ways to eat, it's hard to know what to believe	1.6	1.5	1.0	0.6	0.1
What you eat can make a big difference in your chance of getting a disease, like heart disease or cancer	1.3	1.2	0.6	0.4	0.1
The things I eat and drink now are healthy so there is no reason for me to make changes	0.9	1.5	1.4	1.0	*

* Value less than 0.05 but greater than 0.

NOTES: Individuals who did not provide a response are excluded from the calculations. Rows may not add to 100 percent because of rounding.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

Table 11se.--Standard errors of percentages of individuals who say they are the person most responsible for household meals, by selected characteristics, individuals 20 years of age and over, 1994-96

Question: Are you the person MOST responsible for planning or preparing the meals in your household?

Selected characteristics	Percentage of population	Yes	No	Don't know
	Percent	-----Percent-----		
Sex and age (years):				
Males:				
20-39.....	22.0	3.4	3.4	0.2
40-59.....	16.3	2.7	2.7	0.2
60 and over.....	9.6	1.7	1.7	0.3
20 and over.....	47.9	1.9	1.9	0.2
Females:				
20-39.....	22.3	2.2	2.1	0.3
40-59.....	17.1	1.2	1.2	0.1
60 and over.....	12.7	1.4	1.4	0.2
20 and over.....	52.1	1.1	1.1	0.2
All individuals 20 and over.....	100.0	1.3	1.3	0.1
Income:				
Under 131% poverty.....	15.8	2.9	2.8	0.2
131-350% poverty.....	41.2	1.3	1.3	0.1
Over 350% poverty.....	43.0	1.7	1.7	0.2
Race: ‡				
White.....	80.6	1.3	1.3	0.1
Black.....	11.4	3.4	3.4	0.2
National origin:				
Hispanic.....	9.0	3.8	3.6	0.4
Non-Hispanic.....	91.0	1.1	1.2	0.1
Education: ‡				
Grade 8 or less.....	6.5	2.7	2.7	0.3
Grades 9-12/GED.....	42.0	1.8	1.8	0.1
At least some college.....	50.3	1.6	1.6	0.2

‡ The category "race" excludes individuals other than white or black and the category "education" excludes individuals who could not be classified.

SOURCE: USDA Diet and Health Knowledge Survey, 1994-96.

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