



PYRAMID SERVINGS DATA

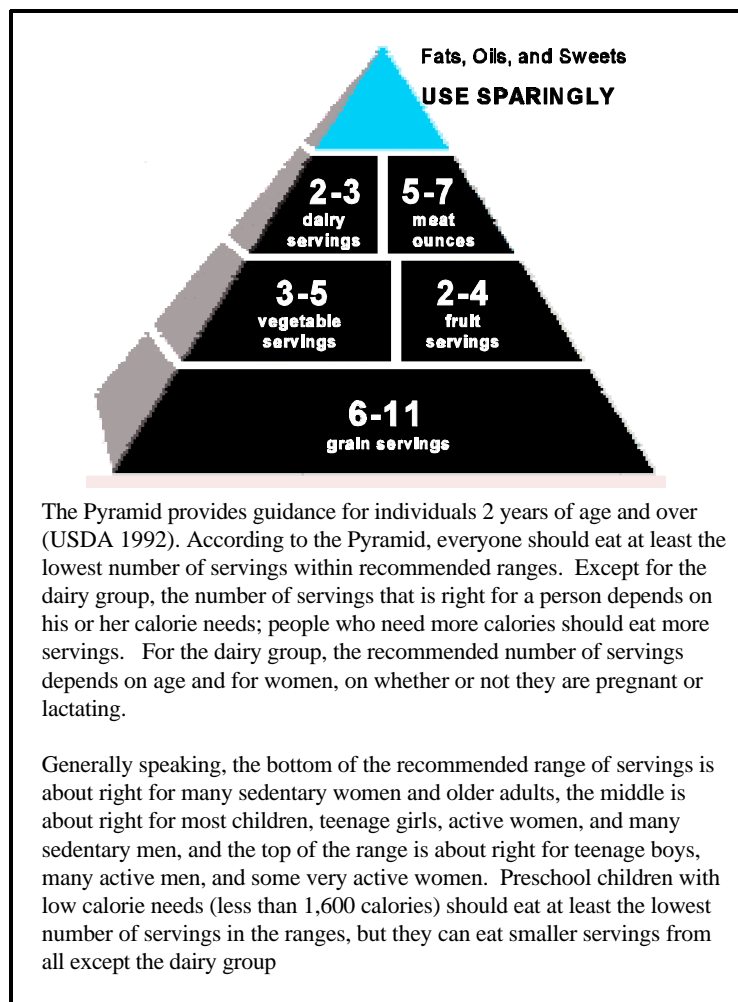
Results from USDA's 1995 and 1996 Continuing Survey of Food Intakes by Individuals

Table Set 7

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How Do American Diets Stack Up Compared to Food Guide Pyramid Recommendations?

This table set presents data comparing food intakes of Americans to recommendations in the U.S. Department of Agriculture's Food Guide Pyramid -- a general guide designed to help Americans choose what and how much to eat to get the nutrients they need without excess calories or fat (see box). The Pyramid specifies numbers of servings to eat from five major food groups (grain, vegetable, fruit, dairy, and meat) and gives advice about intakes of fats and added sugars as well.



The data are derived from the 1995 and the 1996 Continuing Survey of Food Intakes by Individuals (CSFII) conducted by the Agricultural Research Service of the U.S. Department of Agriculture. The table set includes data presented separately for each survey year. The data in these tables provide national probability estimates for the U.S. population based on food intakes reported by individuals 2 years of age and older on 2 nonconsecutive days (4,699 individuals in 1995 and 4,605 individuals in 1996--breast-fed children are excluded). Sample sizes on which the estimates are based are provided in appendix A. Daggers are used in the tables to flag estimates that may tend to be less statistically reliable than those that are not flagged. Statistical guidelines are provided in appendix B. References are provided in appendix C.

USDA has developed a method for converting data from the CSFII into Pyramid servings. The method adheres to Pyramid principles, uses the serving sizes specified by the Pyramid, and strictly categorizes foods according to Pyramid criteria. Since many people eat foods that count toward more than one food group--like pizza, soups, and pies--the method separates foods into their ingredients before servings are counted.

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Suggested citation. U.S. Department of Agriculture, Agricultural Research Service. 1997. Pyramid Servings Data: Results from USDA's 1995 and 1996 Continuing Survey of Food Intakes by Individuals. On 1994-96 Continuing Survey of Food Intakes by Individuals and 1994-96 Diet and Health Knowledge Survey. CD-ROM.

1995
PYRAMID SERVINGS DATA TABLES

**Table 1A.--Grain Group: How many servings a day did Americans eat, on average, in 1995?
 USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Males:				
2-5.....	3.4	6.3	1.1	5.2
6-11.....	4.7	7.2	1.2	5.9
12-19.....	5.9	8.7	1.1	7.6
20-29.....	8.2	9.0	1.3	7.8
30-39.....	7.8	9.5	1.0	8.6
40-49.....	7.1	7.4	1.0	6.4
50-59.....	4.7	7.3	1.1	6.2
60-69.....	3.5	7.1	1.1	6.0
70 and over.....	3.5	6.0	1.2	4.8
20 and over.....	34.8	8.1	1.1	7.0
Females:				
2-5.....	3.1	6.0	1.0	5.0
6-11.....	4.5	6.0	.9	5.2
12-19.....	5.8	6.2	.9	5.3
20-29.....	7.2	6.2	.9	5.4
30-39.....	9.0	5.7	.8	4.9
40-49.....	6.8	5.5	.8	4.7
50-59.....	5.7	5.6	.9	4.7
60-69.....	4.2	4.8	.9	3.9
70 and over.....	5.1	4.9	1.0	3.8
20 and over.....	37.8	5.5	.9	4.7
All Individuals 2 and over.....	100.0	6.8	1.0	5.8

‡ One serving is 1 slice of bread; 1 small roll; 1/2 bagel, English muffin, or croissant; 1 ounce of ready-to-eat cereal; 1/2 cup cooked cereal, rice, or pasta; 1 small muffin; or amounts of other grain products such as pretzels and cakes that contain an amount of grain equivalent to that in a standard slice of bread. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs. Whole- and nonwhole-grain servings were calculated based on the proportion of whole- and nonwhole-grain ingredients in foods as consumed.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 1B.--Grain Group: In 1995, what percentage of Americans consumed less than 1 serving of grain products a day? What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Males:				
2-5.....	3.4	†0	52	48
6-11.....	4.7	†0	68	49
12-19.....	5.9	†1	75	43
20-29.....	8.2	†1	77	53
30-39.....	7.8	†0	74	42
40-49.....	7.1	†1	62	36
50-59.....	4.7	†1	67	41
60-69.....	3.5	†0	60	41
70 and over.....	3.5	†0	48	37
20 and over.....	34.8	†1	67	43
Females:				
2-5.....	3.1	†0	49	45
6-11.....	4.5	†0	49	41
12-19.....	5.8	†0	48	30
20-29.....	7.2	†0	46	39
30-39.....	9.0	†1	39	31
40-49.....	6.8	†1	34	27
50-59.....	5.7	†0	39	33
60-69.....	4.2	†1	25	22
70 and over.....	5.1	†2	27	24
20 and over.....	37.8	†1	36	30
All Individuals 2 and over.....	100.0	1	53	38

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 6 grain servings a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 9 grain servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 11 grain servings a day.

† See "Statistical notes," appendix B.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 2A.--Vegetable Group: How many servings a day did Americans eat, on average, in 1995?
 USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy ‡		
	<i>Percent</i>	----- <i>Servings §</i> -----							
Males:									
2-5.....	3.4	2.2	.1	.1	.1	1.0	.2	.3	.4
6-11.....	4.7	2.2	.1	.1	.1	.9	.2	.4	.5
12-19.....	5.9	3.9	† .1	.1	.2	1.8	.2	.5	.8
20-29.....	8.2	4.1	.1	.1	.2	1.7	.2	.6	1.2
30-39.....	7.8	4.9	.3	.2	.3	1.8	.2	.6	1.5
40-49.....	7.1	3.9	.2	.2	.3	1.0	.3	.7	1.3
50-59.....	4.7	4.2	.2	.2	.3	1.2	.3	.5	1.5
60-69.....	3.5	3.9	.2	.2	.2	1.1	.2	.6	1.4
70 and over.....	3.5	3.4	.2	.3	.2	.9	.3	.4	1.2
20 and over.....	34.8	4.2	.2	.2	.2	1.4	.2	.6	1.3
Females:									
2-5.....	3.1	2.1	.1	.1	.1	.9	.2	.3	.4
6-11.....	4.5	2.2	.1	.1	.1	1.0	.2	.3	.4
12-19.....	5.8	2.6	.1	.1	.1	1.1	.2	.4	.7
20-29.....	7.2	3.0	.2	.2	.1	1.0	.2	.4	1.0
30-39.....	9.0	3.0	.2	.2	.2	.9	.2	.4	1.0
40-49.....	6.8	3.1	.2	.2	.2	.9	.2	.4	1.1
50-59.....	5.7	3.3	.2	.2	.2	.7	.2	.5	1.2
60-69.....	4.2	3.1	.2	.2	.2	.7	.2	.4	1.2
70 and over.....	5.1	3.0	.3	.2	.1	.7	.3	.4	1.0
20 and over.....	37.8	3.1	.2	.2	.2	.8	.2	.4	1.1
All Individuals 2 and over.....	100.0	3.3	.2	.2	.2	1.1	.2	.5	1.0

‡ Examples are corn, green peas, and lima beans (immature).

§ One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

† See "Statistical notes," appendix B.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 2B.--Vegetable Group: In 1995, what percentage of Americans consumed less than 1 serving of vegetables a day? What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Males:				
2-5.....	3.4	19	24	23
6-11.....	4.7	25	25	16
12-19.....	5.9	10	56	38
20-29.....	8.2	8	71	50
30-39.....	7.8	† 4	74	65
40-49.....	7.1	9	61	45
50-59.....	4.7	6	66	56
60-69.....	3.5	9	60	52
70 and over.....	3.5	9	52	48
20 and over.....	34.8	7	66	53
Females:				
2-5.....	3.1	18	21	20
6-11.....	4.5	18	21	17
12-19.....	5.8	14	39	27
20-29.....	7.2	† 7	45	39
30-39.....	9.0	10	40	32
40-49.....	6.8	7	48	46
50-59.....	5.7	9	49	48
60-69.....	4.2	11	46	45
70 and over.....	5.1	8	42	41
20 and over.....	37.8	9	45	41
All Individuals 2 and over.....	100.0	10	49	41

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 3 vegetable servings a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 4 vegetable servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 5 vegetable servings a day.

† See "Statistical notes," appendix B.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 3A.--Fruit Group: How many servings a day did Americans eat, on average, in 1995?
 USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of
 fruits each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡ -----</i>		
Males:				
2-5.....	3.4	2.2	.8	1.5
6-11.....	4.7	1.8	.9	.9
12-19.....	5.9	1.6	1.0	.6
20-29.....	8.2	1.3	.8	.5
30-39.....	7.8	1.3	.7	.6
40-49.....	7.1	1.4	.7	.7
50-59.....	4.7	1.8	.9	.9
60-69.....	3.5	1.8	.9	1.0
70 and over.....	3.5	2.0	.9	1.1
20 and over.....	34.8	1.5	.8	.7
Females:				
2-5.....	3.1	2.3	.9	1.4
6-11.....	4.5	1.6	.7	.8
12-19.....	5.8	1.5	.9	.6
20-29.....	7.2	1.1	.6	.5
30-39.....	9.0	1.2	.7	.5
40-49.....	6.8	1.5	.9	.6
50-59.....	5.7	1.6	.8	.7
60-69.....	4.2	1.7	.9	.9
70 and over.....	5.1	2.0	.9	1.1
20 and over.....	37.8	1.5	.8	.7
All Individuals 2 and over.....	100.0	1.6	.8	.8

‡ One serving is a whole fruit such as a medium apple, banana, or orange; a grapefruit half; 1/2 cup of berries, melon, or chopped raw fruit; 1/2 cup of cooked or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of fruit juice. For children 2 to 5 years old who consume less than 1,600 calories, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 3B.--Fruit Group: In 1995, What percentage of Americans consumed less than 1 serving of fruit a day?
What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?**

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	----- <i>Percent</i> -----		
Males:				
2-5.....	3.4	29	46	45
6-11.....	4.7	39	35	25
12-19.....	5.9	51	26	18
20-29.....	8.2	57	27	18
30-39.....	7.8	55	22	15
40-49.....	7.1	54	26	18
50-59.....	4.7	49	30	23
60-69.....	3.5	42	36	29
70 and over.....	3.5	36	40	36
20 and over.....	34.8	51	28	21
Females:				
2-5.....	3.1	24	50	49
6-11.....	4.5	45	28	23
12-19.....	5.8	50	26	23
20-29.....	7.2	60	18	16
30-39.....	9.0	56	20	18
40-49.....	6.8	55	21	20
50-59.....	5.7	47	28	27
60-69.....	4.2	38	35	33
70 and over.....	5.1	26	43	42
20 and over.....	37.8	49	26	24
All Individuals 2 and over.....	100.0	48	29	24

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 2 fruit servings a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 3 fruit servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 4 fruit servings a day.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 4A.--Dairy Group: How many servings a day did Americans eat, on average, in 1995?
 USDA's Food Guide Pyramid recommends eating 2 or 3 servings of dairy products each
 day, depending on age and physiological status.**

Sex and age (years)	Percentage of population	Total dairy ‡	Milk	Yogurt	Cheese
	<i>Percent</i>	<i>Servings §</i>			
Males:					
2-5.....	3.4	1.9	1.5	*	.3
6-11.....	4.7	2.1	1.6	†*	.5
12-19.....	5.9	2.5	1.7	†*	.8
20-29.....	8.2	1.7	.8	†*	.8
30-39.....	7.8	1.8	1.1	†*	.8
40-49.....	7.1	1.6	1.0	†*	.5
50-59.....	4.7	1.3	.8	†*	.4
60-69.....	3.5	1.3	.9	†*	.4
70 and over.....	3.5	1.4	1.1	†*	.2
20 and over.....	34.8	1.6	1.0	*	.6
Females:					
2-5.....	3.1	1.8	1.5	*	.3
6-11.....	4.5	1.8	1.4	†*	.4
12-19.....	5.8	1.5	1.0	†*	.5
20-29.....	7.2	1.2	.8	†*	.4
30-39.....	9.0	1.2	.7	.1	.4
40-49.....	6.8	1.0	.6	*	.4
50-59.....	5.7	1.1	.7	.1	.4
60-69.....	4.2	1.0	.7	*	.2
70 and over.....	5.1	1.2	.9	*	.2
20 and over.....	37.8	1.1	.7	*	.4
All Individuals 2 and over.....	100.0	1.5	1.0	*	.5

‡ Includes small amounts of miscellaneous dairy products, such as whey and nonfat sour cream, that are not included in the subgroups (milk, yogurt, cheese).

§ One serving is 1 cup of milk; 1 cup of yogurt; 1-1/2 ounces of natural cheese; 2 ounces of processed cheese; 1/2 cup of ricotta cheese; or 2 cups of cottage cheese. Dairy desserts, such as ice cream, ice milk, frozen yogurt, custard, and pudding, were separated into ingredients, and servings from dairy ingredients (usually milk) are tabulated. Serving sizes are the same for all individuals regardless of age.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 4B.--Dairy Group: In 1995, what percentage of Americans consumed less than 1 serving of dairy products a day? What percentage consumed at least 2 servings a day? What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least the minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>	<i>----- Percent -----</i>		
Males:				
2-5.....	3.4	19	40	40
6-11.....	4.7	12	49	45
12-19.....	5.9	21	53	28
20-29.....	8.2	35	28	21
30-39.....	7.8	42	28	28
40-49.....	7.1	47	27	27
50-59.....	4.7	49	17	17
60-69.....	3.5	46	24	24
70 and over.....	3.5	43	26	26
20 and over.....	34.8	43	26	24
Females:				
2-5.....	3.1	25	38	38
6-11.....	4.5	22	35	32
12-19.....	5.8	40	27	11
20-29.....	7.2	46	14	† 8
30-39.....	9.0	51	20	19
40-49.....	6.8	58	15	15
50-59.....	5.7	53	15	15
60-69.....	4.2	58	11	11
70 and over.....	5.1	54	17	17
20 and over.....	37.8	53	16	14
All Individuals 2 and over.....	100.0	41	26	22

‡ The recommendation for an individual is based on age and physiological status. Women who were pregnant or lactating and individuals 11 to 24 years of age were counted as meeting the recommendation if they consumed at least 3 dairy servings a day; all other individuals were counted as meeting the recommendation if they consumed at least 2 dairy servings a day.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 5A.--Meat Group: How many ounces a day of cooked lean meat or the equivalent in meat alternates did Americans eat, on average, in 1995?
 USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates
 each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total meat and alternates ‡	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products §	Nuts and seeds
	Percent	----- Ounces Cooked Lean Meat Equivalents ¶ -----								
Males:										
2-5.....	3.4	2.9	.9	.7	.2	†*	.7	.2	†*	.2
6-11.....	4.7	4.0	1.4	.9	.3	†*	.9	.3	†*	.2
12-19.....	5.9	5.9	2.6	1.4	.4	†*	1.0	.4	†*	.1
20-29.....	8.2	6.6	3.0	1.4	.5	†*	1.1	.4	†*	.2
30-39.....	7.8	8.1	3.5	1.7	.6	†*	† 1.6	.4	†*	.2
40-49.....	7.1	6.4	2.7	1.6	.4	†*	1.0	.5	†*	.1
50-59.....	4.7	6.5	2.5	1.7	.7	†*	.9	.5	†*	.2
60-69.....	3.5	5.7	2.3	1.2	.5	† .1	.9	.5	†*	.1
70 and over.....	3.5	4.6	1.8	1.0	.6	†*	.6	.5	†*	.1
20 and over.....	34.8	6.6	2.8	1.5	.5	†*	1.1	.4	†*	.2
Females:										
2-5.....	3.1	2.7	.8	.7	.2	†*	.6	.2	†*	.2
6-11.....	4.5	3.2	1.2	.6	.3	†*	.7	.3	†*	.2
12-19.....	5.8	3.6	1.4	.9	.3	†*	.5	.3	†*	.1
20-29.....	7.2	4.0	1.4	1.2	.4	†*	.5	.3	†*	.1
30-39.....	9.0	4.3	1.6	1.0	.6	†*	.6	.3	†*	.1
40-49.....	6.8	4.2	1.5	1.2	.4	†*	.6	.3	†*	.1
50-59.....	5.7	3.8	1.5	1.0	.4	†*	.5	.3	†*	.1
60-69.....	4.2	3.9	1.4	1.1	.4	†*	.5	.4	†*	.1
70 and over.....	5.1	3.4	1.1	1.1	.4	†*	.5	.3	*	.1
20 and over.....	37.8	4.0	1.4	1.1	.5	*	.5	.3	*	.1
All Individuals 2 and over.....	100.0	4.9	1.9	1.2	.4	*	.8	.4	*	.1

‡ Excludes cooked dry beans and peas, which are tabulated with vegetables in Table 2A; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate.

§ Includes tofu and simulated meat products made from soy.

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, and 1/4 cup of seeds are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in Table 6.

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 5B.--Meat Group: In 1995, what percentage of Americans consumed less than 1 ounce of cooked lean meat or the equivalent in meat alternates a day? What percentage consumed the amount recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least the minimum number of ounce equivalents recommended (5 a day)	Consuming number of ounce equivalents recommended based on caloric intake ‡
	<i>Percent</i>	----- <i>Percent</i> -----		
Males:				
2-5.....	3.4	9	11	16
6-11.....	4.7	† 5	29	25
12-19.....	5.9	† 3	51	35
20-29.....	8.2	† 2	64	53
30-39.....	7.8	† 1	71	59
40-49.....	7.1	† 2	64	53
50-59.....	4.7	† 1	63	54
60-69.....	3.5	† 2	55	47
70 and over.....	3.5	† 2	38	33
20 and over.....	34.8	2	62	52
Females:				
2-5.....	3.1	9	7	14
6-11.....	4.5	† 6	12	9
12-19.....	5.8	8	23	19
20-29.....	7.2	† 8	26	22
30-39.....	9.0	† 6	31	28
40-49.....	6.8	6	31	29
50-59.....	5.7	6	24	23
60-69.....	4.2	† 3	26	24
70 and over.....	5.1	8	17	17
20 and over.....	37.8	6	26	24
All Individuals 2 and over.....	100.0	5	38	33

‡ Recommended amounts were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day. The recommendation was adjusted for children 2 to 5 years old who consumed less than 1,600 calories. To allow for their lower energy needs, the minimum recommendation was lowered by one-third to 3.3 ounce equivalents.

† See "Statistical notes," appendix B.

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 6.--Pyramid Tip: How many calories and how much fat and sugar a day did Americans eat, on average, in 1995?
 USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they contain calories and little else of nutritional value.**

Sex and age (years)	Percentage of population	Food energy	Total fat	Discretionary fat ‡	Added sugars §	Discretionary fat	Added sugars
	Percent	Kilocalories	----- Percent of Kilocalories -----		----- Grams -----	--- Teaspoons ¶ ---	
Males:							
2-5.....	3.4	1,532	32.1	25.0	16.1	42.8	15.5
6-11.....	4.7	2,043	31.9	24.5	19.3	56.3	24.9
12-19.....	5.9	2,693	33.0	25.3	19.7	76.9	33.5
20-29.....	8.2	2,626	32.7	24.5	17.2	72.6	27.9
30-39.....	7.8	2,906	34.5	25.9	15.0	87.0	28.4
40-49.....	7.1	2,308	33.2	24.3	14.5	63.8	21.3
50-59.....	4.7	2,270	34.6	25.6	12.4	66.0	18.6
60-69.....	3.5	2,083	33.9	25.0	12.3	59.6	16.6
70 and over.....	3.5	1,793	32.3	23.9	11.8	49.4	13.6
20 and over.....	34.8	2,437	33.6	24.9	14.5	69.5	22.8
Females:							
2-5.....	3.1	1,462	32.0	25.1	16.5	41.3	15.2
6-11.....	4.5	1,753	32.0	25.2	18.9	49.3	21.3
12-19.....	5.8	1,845	31.9	24.9	20.7	51.8	24.6
20-29.....	7.2	1,811	31.5	24.1	17.4	49.4	20.9
30-39.....	9.0	1,668	33.6	25.4	15.6	48.7	16.6
40-49.....	6.8	1,657	34.0	25.8	15.0	48.6	16.0
50-59.....	5.7	1,593	32.9	24.8	13.1	44.6	13.4
60-69.....	4.2	1,434	32.0	23.4	12.7	38.6	11.4
70 and over.....	5.1	1,405	31.4	23.3	12.0	37.3	10.6
20 and over.....	37.8	1,621	32.7	24.6	14.7	45.6	15.5
All Individuals 2 and over.....	100.0	2,000	32.9	24.8	15.8	56.6	20.3

‡ Discretionary fat includes fats added to foods in preparation and at the table (i.e., cream, butter, margarine, cream cheese, oil, lard, meat drippings, cocoa, and chocolate) and fat from grain products, vegetables, fruits, dairy products, and meats and meat alternates beyond amounts people would consume if they selected only the lowest-fat foods in each food group.

§ Includes white sugar, brown sugar, 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.

¶ Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

SOURCE: 1995 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

1996
PYRAMID SERVINGS DATA TABLES

**Table 1A.--Grain Group: How many servings a day did Americans eat, on average, in 1996?
 USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Males:				
2-5.....	3.2	6.7	1.0	5.6
6-11.....	4.7	6.9	.9	5.9
12-19.....	6.0	9.6	1.2	8.4
20-29.....	7.5	8.5	.9	7.5
30-39.....	8.2	8.3	1.1	7.2
40-49.....	7.3	8.1	1.2	6.9
50-59.....	4.8	7.0	1.1	5.9
60-69.....	3.5	6.9	1.1	5.7
70 and over.....	3.4	6.0	1.2	4.8
20 and over.....	34.8	7.7	1.1	6.6
Females:				
2-5.....	3.2	6.3	.9	5.3
6-11.....	4.5	6.1	.8	5.3
12-19.....	5.8	6.3	.9	5.4
20-29.....	7.2	6.1	.8	5.2
30-39.....	8.7	6.2	.9	5.3
40-49.....	7.4	5.8	.9	4.9
50-59.....	5.2	5.5	1.0	4.5
60-69.....	4.1	5.3	.8	4.5
70 and over.....	5.1	4.8	1.0	3.8
20 and over.....	37.8	5.7	.9	4.8
All Individuals 2 and over.....	100.0	6.8	1.0	5.8

‡ One serving is 1 slice of bread; 1 small roll; 1/2 bagel, English muffin, or croissant; 1 ounce of ready-to-eat cereal; 1/2 cup cooked cereal, rice, or pasta; 1 small muffin; or amounts of other grain products such as pretzels and cakes that contain an amount of grain equivalent to that in a standard slice of bread. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs. Whole- and nonwhole-grain servings were calculated based on the proportion of whole- and nonwhole-grain ingredients in foods as consumed.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 1B.--Grain Group: In 1996, what percentage of Americans consumed less than 1 serving of grain products a day? What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Males:				
2-5.....	3.2	†0	59	54
6-11.....	4.7	†0	58	43
12-19.....	6.0	†0	83	51
20-29.....	7.5	†1	64	39
30-39.....	8.2	†0	68	40
40-49.....	7.3	†0	74	41
50-59.....	4.8	†0	55	32
60-69.....	3.5	†0	57	44
70 and over.....	3.4	†0	47	38
20 and over.....	34.8	†0	64	39
Females:				
2-5.....	3.2	†0	52	50
6-11.....	4.5	†0	45	36
12-19.....	5.8	†1	45	33
20-29.....	7.2	†2	44	35
30-39.....	8.7	†1	48	40
40-49.....	7.4	†1	39	34
50-59.....	5.2	†1	36	31
60-69.....	4.1	†1	31	28
70 and over.....	5.1	†1	23	22
20 and over.....	37.8	1	39	33
All Individuals 2 and over.....	100.0	1	53	38

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 6 grain servings a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 9 grain servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 11 grain servings a day.

† See "Statistical notes," appendix B.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 2A.--Vegetable Group: How many servings a day did Americans eat, on average, in 1996?
 USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy ‡		
	<i>Percent</i>	----- <i>Servings §</i> -----							
Males:									
2-5.....	3.2	2.0	.1	.1	.1	.9	.2	.3	.3
6-11.....	4.7	2.4	.1	.1	.1	1.0	.2	.4	.5
12-19.....	6.0	3.6	.1	.1	.2	1.7	.1	.6	.8
20-29.....	7.5	4.4	.1	.1	.3	1.9	.1	.7	1.1
30-39.....	8.2	4.3	.1	.1	.3	1.5	.2	.7	1.3
40-49.....	7.3	4.1	.2	.2	.3	1.3	.3	.6	1.3
50-59.....	4.8	4.2	.2	.2	.3	1.2	.4	.6	1.2
60-69.....	3.5	3.8	.3	.2	.3	1.0	.3	.5	1.1
70 and over.....	3.4	3.5	.2	.3	.2	.9	.2	.4	1.3
20 and over.....	34.8	4.1	.2	.2	.3	1.4	.3	.6	1.2
Females:									
2-5.....	3.2	2.3	.1	.1	.2	.9	.2	.4	.5
6-11.....	4.5	2.3	†.1	.1	.1	.9	.2	.3	.5
12-19.....	5.8	2.8	.2	.1	.2	1.1	.1	.5	.6
20-29.....	7.2	3.2	.1	.2	.3	1.0	.2	.5	1.0
30-39.....	8.7	3.3	.2	.2	.2	1.0	.2	.5	1.1
40-49.....	7.4	3.2	.2	.2	.2	.9	.2	.4	1.2
50-59.....	5.2	3.2	.2	.2	.2	.8	.2	.4	1.2
60-69.....	4.1	2.9	.2	.2	.1	.7	.2	.4	1.1
70 and over.....	5.1	2.8	.2	.2	.1	.7	.2	.4	1.0
20 and over.....	37.8	3.2	.2	.2	.2	.9	.2	.5	1.1
All Individuals 2 and over.....	100.0	3.4	.2	.2	.2	1.1	.2	.5	1.0

‡ Examples are corn, green peas, and lima beans (immature).

§ One serving is 1 cup of raw leafy vegetables; 1/2 cup of cooked or chopped raw vegetables; 1 ounce of vegetable chips; or 3/4 cup of vegetable juice. For children 2 to 5 years old who consume less than 1,600 calories per day, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

† See "Statistical notes," appendix B.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 2B.--Vegetable Group: In 1996, what percentage of Americans consumed less than 1 serving of vegetables a day? What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Males:				
2-5.....	3.2	26	23	22
6-11.....	4.7	21	29	22
12-19.....	6.0	11	56	34
20-29.....	7.5	7	60	45
30-39.....	8.2	4	67	50
40-49.....	7.3	7	61	50
50-59.....	4.8	6	70	57
60-69.....	3.5	6	58	52
70 and over.....	3.4	13	56	52
20 and over.....	34.8	7	63	50
Females:				
2-5.....	3.2	16	28	27
6-11.....	4.5	24	29	26
12-19.....	5.8	13	40	33
20-29.....	7.2	13	48	44
30-39.....	8.7	7	50	45
40-49.....	7.4	9	47	44
50-59.....	5.2	10	51	48
60-69.....	4.1	9	42	41
70 and over.....	5.1	11	41	41
20 and over.....	37.8	9	47	44
All Individuals 2 and over.....	100.0	11	50	42

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 3 vegetable servings a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 4 vegetable servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 5 vegetable servings a day.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 3A.--Fruit Group: How many servings a day did Americans eat, on average, in 1996?
 USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of
 fruits each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡ -----</i>		
Males:				
2-5.....	3.2	2.2	.7	1.4
6-11.....	4.7	1.3	.5	.8
12-19.....	6.0	1.3	.7	.6
20-29.....	7.5	1.2	.7	.5
30-39.....	8.2	1.1	.6	.5
40-49.....	7.3	1.5	.7	.8
50-59.....	4.8	1.7	.9	.9
60-69.....	3.5	2.0	.9	1.1
70 and over.....	3.4	2.1	.9	1.2
20 and over.....	34.8	1.5	.7	.7
Females:				
2-5.....	3.2	2.3	.9	1.4
6-11.....	4.5	1.4	.6	.9
12-19.....	5.8	1.2	.7	.6
20-29.....	7.2	1.3	.6	.7
30-39.....	8.7	1.3	.7	.6
40-49.....	7.4	1.3	.6	.7
50-59.....	5.2	1.6	.8	.8
60-69.....	4.1	1.6	.8	.8
70 and over.....	5.1	1.7	.8	.9
20 and over.....	37.8	1.4	.7	.7
All Individuals 2 and over.....	100.0	1.5	.7	.8

‡ One serving is a whole fruit such as a medium apple, banana, or orange; a grapefruit half; 1/2 cup of berries, melon, or chopped raw fruit; 1/2 cup of cooked or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of fruit juice. For children 2 to 5 years old who consume less than 1,600 calories, 1 serving is two-thirds of the standard serving size to allow for their lower energy needs.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 3B.--Fruit Group: In 1996, What percentage of Americans consumed less than 1 serving of fruit a day?
What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?**

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
Males:				
2-5.....	3.2	32	45	44
6-11.....	4.7	49	22	19
12-19.....	6.0	57	22	11
20-29.....	7.5	63	21	13
30-39.....	8.2	64	21	14
40-49.....	7.3	52	27	18
50-59.....	4.8	47	29	19
60-69.....	3.5	36	40	33
70 and over.....	3.4	36	43	38
20 and over.....	34.8	53	27	20
Females:				
2-5.....	3.2	28	47	47
6-11.....	4.5	47	23	19
12-19.....	5.8	55	22	16
20-29.....	7.2	54	23	19
30-39.....	8.7	55	25	22
40-49.....	7.4	56	19	17
50-59.....	5.2	45	29	27
60-69.....	4.1	38	30	29
70 and over.....	5.1	37	34	34
20 and over.....	37.8	49	26	24
All Individuals 2 and over.....	100.0	50	27	22

‡ Recommended servings were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 2 fruit servings a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 3 fruit servings a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 4 fruit servings a day.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 4A.--Dairy Group: How many servings a day did Americans eat, on average, in 1996?
 USDA's Food Guide Pyramid recommends eating 2 or 3 servings of dairy products each
 day, depending on age and physiological status.**

Sex and age (years)	Percentage of population	Total dairy ‡	Milk	Yogurt	Cheese
	<i>Percent</i>	<i>Servings §</i>			
Males:					
2-5.....	3.2	1.8	1.4	†*	.4
6-11.....	4.7	2.2	1.7	†*	.4
12-19.....	6.0	2.4	1.6	†*	.8
20-29.....	7.5	1.6	.8	*	.8
30-39.....	8.2	1.7	.9	†*	.7
40-49.....	7.3	1.6	1.0	†*	.6
50-59.....	4.8	1.4	.9	†*	.5
60-69.....	3.5	1.3	1.0	†*	.3
70 and over.....	3.4	1.2	1.0	†*	.3
20 and over.....	34.8	1.5	.9	*	.6
Females:					
2-5.....	3.2	1.9	1.5	*	.3
6-11.....	4.5	1.9	1.5	†*	.4
12-19.....	5.8	1.5	1.0	†*	.5
20-29.....	7.2	1.2	.7	†*	.5
30-39.....	8.7	1.2	.7	.1	.5
40-49.....	7.4	1.1	.6	*	.4
50-59.....	5.2	1.0	.7	.1	.3
60-69.....	4.1	1.0	.7	.1	.3
70 and over.....	5.1	1.1	.9	†*	.2
20 and over.....	37.8	1.1	.7	*	.4
All Individuals 2 and over.....	100.0	1.5	1.0	*	.5

‡ Includes small amounts of miscellaneous dairy products, such as whey and nonfat sour cream, that are not included in the subgroups (milk, yogurt, cheese).

§ One serving is 1 cup of milk; 1 cup of yogurt; 1-1/2 ounces of natural cheese; 2 ounces of processed cheese; 1/2 cup of ricotta cheese; or 2 cups of cottage cheese. Dairy desserts, such as ice cream, ice milk, frozen yogurt, custard, and pudding, were separated into ingredients, and servings from dairy ingredients (usually milk) are tabulated. Serving sizes are the same for all individuals regardless of age.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 4B.--Dairy Group: In 1996, what percentage of Americans consumed less than 1 serving of dairy products a day? What percentage consumed at least 2 servings a day? What percentage consumed the number of servings recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least the minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>	<i>----- Percent -----</i>		
Males:				
2-5.....	3.2	21	39	39
6-11.....	4.7	15	55	50
12-19.....	6.0	17	51	29
20-29.....	7.5	38	29	21
30-39.....	8.2	36	33	33
40-49.....	7.3	41	29	29
50-59.....	4.8	50	23	23
60-69.....	3.5	44	23	23
70 and over.....	3.4	46	20	20
20 and over.....	34.8	41	28	26
Females:				
2-5.....	3.2	16	43	43
6-11.....	4.5	21	42	39
12-19.....	5.8	40	25	10
20-29.....	7.2	41	16	8
30-39.....	8.7	55	20	19
40-49.....	7.4	58	14	13
50-59.....	5.2	62	13	13
60-69.....	4.1	61	12	12
70 and over.....	5.1	54	14	14
20 and over.....	37.8	54	15	14
All Individuals 2 and over.....	100.0	41	27	23

‡ The recommendation for an individual is based on age and physiological status. Women who were pregnant or lactating and individuals 11 to 24 years of age were counted as meeting the recommendation if they consumed at least 3 dairy servings a day; all other individuals were counted as meeting the recommendation if they consumed at least 2 dairy servings a day.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 5A.--Meat Group: How many ounces a day of cooked lean meat or the equivalent in meat alternates did Americans eat, on average, in 1996?
 USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates
 each day, depending on calorie needs.**

Sex and age (years)	Percentage of population	Total meat and alternates ‡	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products §	Nuts and seeds
	<i>Percent</i>	<i>----- Ounces Cooked Lean Meat Equivalents ¶ -----</i>								
Males:										
2-5.....	3.2	2.6	.8	.7	.1	†*	.6	.3	†*	.2
6-11.....	4.7	3.4	1.4	.7	.2	†*	.8	.2	†*	.1
12-19.....	6.0	5.9	2.8	1.1	.3	†*	1.1	.4	†*	.2
20-29.....	7.5	6.3	2.9	1.5	.4	†*	.9	.5	†*	.2
30-39.....	8.2	6.8	2.9	1.4	.6	†*	1.2	.4	†*	.2
40-49.....	7.3	6.4	2.6	1.5	.6	†*	1.1	.5	†*	.1
50-59.....	4.8	6.2	2.7	1.1	.8	†.1	.9	.5	†*	.2
60-69.....	3.5	5.4	2.1	1.1	.7	†*	.8	.6	†*	.1
70 and over.....	3.4	4.1	1.7	.8	.4	†*	.6	.4	†*	.2
20 and over.....	34.8	6.1	2.6	1.3	.5	*	1.0	.5	*	.2
Females:										
2-5.....	3.2	2.5	.8	.6	.2	†*	.6	.2	†*	.1
6-11.....	4.5	2.9	1.2	.7	.1	†*	.6	.2	†*	.1
12-19.....	5.8	3.5	1.5	.9	.2	†*	.6	.2	†*	.1
20-29.....	7.2	3.6	1.5	.9	.3	†*	.5	.3	†*	.1
30-39.....	8.7	3.9	1.6	1.0	.4	†*	.5	.2	†*	.1
40-49.....	7.4	3.7	1.5	.9	.4	†*	.5	.3	†*	.1
50-59.....	5.2	3.7	1.3	1.0	.7	†*	.4	.3	†*	.1
60-69.....	4.1	3.9	1.4	.9	.6	†*	.6	.4	†*	.1
70 and over.....	5.1	3.4	1.3	.9	.5	†*	.3	.3	†*	.1
20 and over.....	37.8	3.7	1.4	.9	.4	*	.5	.3	*	.1
All Individuals 2 and over.....	100.0	4.5	1.9	1.0	.4	*	.7	.3	*	.1

‡ Excludes cooked dry beans and peas, which are tabulated with vegetables in Table 2A; according to USDA's Food Guide Pyramid they can be counted as a vegetable or a meat alternate.

§ Includes tofu and simulated meat products made from soy.

¶ Only the lean portion of meat, poultry, fish, and simulated meat products is tabulated here. One egg, 1/2 cup of tofu, 2 tablespoons of peanut butter, 1/3 cup of nuts, and 1/4 cup of seeds are each equivalent to 1 ounce of cooked lean meat. Fat in excess of amounts in the leanest meats is tabulated as discretionary fat in Table 6.

* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Table 5B.--Meat Group: In 1996, what percentage of Americans consumed less than 1 ounce of cooked lean meat or the equivalent in meat alternates a day? What percentage consumed the amount recommended by USDA's Food Guide Pyramid?

Sex and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least the minimum number of ounce equivalents recommended (5 a day)	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent	----- Percent -----		
Males:				
2-5.....	3.2	16	8	13
6-11.....	4.7	8	19	15
12-19.....	6.0	† 2	55	44
20-29.....	7.5	† 3	60	46
30-39.....	8.2	† 1	64	55
40-49.....	7.3	† 2	66	56
50-59.....	4.8	† 2	59	51
60-69.....	3.5	† 2	49	43
70 and over.....	3.4	† 5	29	26
20 and over.....	34.8	2	58	49
Females:				
2-5.....	3.2	14	7	14
6-11.....	4.5	† 5	9	8
12-19.....	5.8	8	19	17
20-29.....	7.2	11	24	21
30-39.....	8.7	† 4	25	22
40-49.....	7.4	5	24	21
50-59.....	5.2	7	23	21
60-69.....	4.1	6	28	28
70 and over.....	5.1	† 6	16	16
20 and over.....	37.8	6	23	21
All Individuals 2 and over.....	100.0	5	35	30

‡ Recommended amounts were derived from sample patterns in "The Food Guide Pyramid" (USDA 1992). Individuals consuming less than 2,200 calories met the recommendation if they ate at least 5 ounces of cooked lean meat equivalents a day; individuals consuming 2,200 up to 2,800 calories met the recommendation if they ate at least 6 ounces of cooked lean meat equivalents a day; and individuals consuming 2,800 calories or more met the recommendation if they ate at least 7 ounces of cooked lean meat equivalents a day. The recommendation was adjusted for children 2 to 5 years old who consumed less than 1,600 calories. To allow for their lower energy needs, the minimum recommendation was lowered by one-third to 3.3 ounce equivalents.

† See "Statistical notes," appendix B.

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

**Table 6.--Pyramid Tip: How many calories and how much fat and sugar a day did Americans eat, on average, in 1996?
 USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they contain calories and little else of nutritional value.**

Sex and age (years)	Percentage of population	Food energy	Total fat	Discretionary fat ‡	Added sugars §	Discretionary fat	Added sugars
	Percent	Kilocalories	----- Percent of Kilocalories -----		----- Grams -----		--- Teaspoons ¶ ---
Males:							
2-5.....	3.2	1,552	32.6	25.8	16.3	44.7	15.7
6-11.....	4.7	1,907	32.1	24.9	18.7	53.2	22.5
12-19.....	6.0	2,739	33.5	25.7	19.6	79.2	33.7
20-29.....	7.5	2,620	33.2	25.1	17.1	73.3	28.0
30-39.....	8.2	2,518	34.0	25.4	15.9	72.4	25.3
40-49.....	7.3	2,462	34.2	25.7	14.1	72.3	22.8
50-59.....	4.8	2,216	34.3	25.5	14.3	64.5	19.4
60-69.....	3.5	2,019	32.2	23.4	11.7	53.9	15.1
70 and over.....	3.4	1,779	33.2	25.1	12.7	50.5	14.1
20 and over.....	34.8	2,363	33.7	25.2	14.8	67.5	22.4
Females:							
2-5.....	3.2	1,455	31.5	24.8	16.1	40.5	14.8
6-11.....	4.5	1,724	32.3	25.5	18.5	49.3	20.3
12-19.....	5.8	1,809	31.9	24.7	20.9	50.2	23.6
20-29.....	7.2	1,774	31.3	23.9	18.7	48.5	20.9
30-39.....	8.7	1,758	31.7	24.1	16.1	48.8	18.3
40-49.....	7.4	1,622	33.7	26.0	14.7	47.9	14.9
50-59.....	5.2	1,559	32.1	24.5	13.9	43.8	13.9
60-69.....	4.1	1,438	32.0	23.5	12.3	38.5	11.2
70 and over.....	5.1	1,393	32.0	23.9	13.3	37.1	11.7
20 and over.....	37.8	1,623	32.1	24.4	15.2	45.2	15.9
All Individuals 2 and over.....	100.0	1,969	32.7	24.9	16.1	55.7	20.1

‡ Discretionary fat includes fats added to foods in preparation and at the table (i.e., cream, butter, margarine, cream cheese, oil, lard, meat drippings, cocoa, and chocolate) and fat from grain products, vegetables, fruits, dairy products, and meats and meat alternates beyond amounts people would consume if they selected only the lowest-fat foods in each food group.

§ Includes white sugar, brown sugar, 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.

¶ Quantities are standardized on a carbohydrate equivalent basis. One teaspoon of added sugars is defined as the quantity of a sweetener that contains the same amount of carbohydrate as 1 teaspoon (4 grams) of table sugar (sucrose).

SOURCE: 1996 Continuing Survey of Food Intakes by Individuals, 2-day average, excluding breast-fed children
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group

Appendix A. Pyramid Servings: Counts of 2-day respondents and population percentages, by sex and age, 1995 and 1996

Interpreting information in Appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group shown in the tables and the weighted percentages of the population that they represent. Breast-fed children are excluded from the unweighted counts and the weighted percentages of the population they represent. 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.

Appendix A.-- Pyramid Servings: Counts of 2-day respondents and population percentages, by sex and age, 1995 and 1996

Sex and age (years)	1995		1996	
	2-day count (unweighted)	2-day percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
----- Percent -----				
Males:				
2-5.....	389	3.4	251	3.2
6-11.....	222	4.7	252	4.7
12-19.....	189	5.9	239	6.0
20-29.....	190	8.2	289	7.5
30-39.....	187	7.8	338	8.2
40-49.....	267	7.1	260	7.3
50-59.....	342	4.7	251	4.8
60-69.....	302	3.5	276	3.5
70 and over.....	316	3.5	186	3.4
20 and over.....	1,604	34.8	1,600	34.8
Females:				
2-5.....	300	3.1	334	3.2
6-11.....	230	4.5	222	4.5
12-19.....	201	5.8	240	5.8
20-29.....	157	7.2	262	7.2
30-39.....	227	9.0	269	8.7
40-49.....	261	6.8	322	7.4
50-59.....	318	5.7	234	5.2
60-69.....	288	4.2	235	4.1
70 and over.....	313	5.1	145	5.1
20 and over.....	1,564	37.8	1,467	37.8
All Individuals 2 and over.....	4,699	100.0	4,605	100.0

SOURCE: 1995 and 1996 Continuing Survey of Food Intakes by Individuals, excluding 2 breast-fed children in 1995 and 3 breast-fed children in 1996.
 USDA, ARS, Beltsville Human Nutrition Research Center, Food Surveys Research Group.

Appendix B. Statistical Notes

Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. Cell size refers to the unweighted number of individuals in a given sex-age group 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 (FASEB/LSRO 1995) that specifies the use of a broadly calculated average design effect. In that role, we are using a variance inflation factor. Variance inflation factors for the 1995 and 1996 CSFII survey data sets used to generate these tables are as follows:

CSFII 1995 (2 days): 1.77

CSFII 1996 (2 days): 1.48

Daggers † are used in the tables to flag estimates that may tend to be less statistically reliable than those that are not flagged. The rules used for flagging estimates are listed below, and tables to which each rule applies are identified.

1. An estimated mean or median 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 1 has been applied to data in tables 1A, 2A, 3A, 4A, 5A, and 6 to flag estimates that should be used with caution. It applies to mean intakes of servings and means expressed as percentages, such as the percent of kilocalories in table 6.

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

Rules 2 and 3 have been applied to data in tables 1B, 2B, 3B, 4B, and 5B to flag estimates that should be used with caution.

Appendix C. References

FASEB/LSRO (Federation of American Societies for Experimental Biology, Life Sciences Research Office). 1995. Third report on nutrition monitoring in the United States: Volume 1. Prepared for the Interagency Board for Nutrition Monitoring and Related Research. U.S. Government Printing Office, Washington, DC, pages III-1 to III-10. Highlights, executive summary, and ordering information also available online: <<http://www.barc.usda.gov/bhnrc/foodsurvey/new3.htm>> [visited 1997, October 27]. III-10.

USDA (U.S. Department of Agriculture). 1992. The Food Guide Pyramid. Home and Garden Bulletin 252.