

Food and Nutrient Intakes by Children
1994-96, 1998

Table Set 17



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Food and Nutrient Intakes by Children 1994-96, 1998 Table Set 17

The Supplemental Children's Survey to the 1994-96 Continuing Survey of Food Intakes by Individuals (CSFII 1998) was conducted in response to the Food Quality Protection Act of 1996, which required the U.S. Department of Agriculture to provide data from a larger sample of children for use by the Environmental Protection Agency in estimating exposure to pesticide residues in the diets of children. The 1998 survey adds intake data from 5,559 children birth through 9 years of age to the intake data collected from 4,253 children of the same age participating in the CSFII 1994-96. The 1994-96 survey included the collection of data from persons of all ages.

The CSFII 1998 was designed to be combined with the CSFII 1994-96, thus the approaches to sample selection, data collection, data file preparation, and weighting were consistent. The design, methodology, and operation of the CSFII 1994-96 are detailed in a separate report [Tippett and Cypel (eds.) 1997]. The CSFII 1998 was conducted between December 1997 and December 1998 by USDA's Agricultural Research Service.

This table set includes national probability estimates based on all 4 years of the CSFII (1994-96 and 1998) for children age 9 years and under and on CSFII 1994-96 only for individuals age 10 years and over. The results are weighted to adjust for differential rates of sample selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior. Users should note that some weights calculated for the purpose of combining data from 1994-96 with those from 1998 yield estimates for individuals 12 through 19 years of age that may be slightly different from estimates issued earlier from the CSFII 1994-96.

Sample sizes on which estimates are based are provided in the tables; readers using data for young children should note that 503 breast-fed children have been excluded from the estimates. Appendix A provides estimates of sample sizes for 1994-96 and 1998 separately (table 16), and population percentages for the combined sample (table 17).

In general, the sample sizes for each sex-age group provide a sufficient level of precision to ensure statistical reliability of the estimates; see appendix B for the criteria used in flagging estimates. For CSFII 1998, the overall day-1 response rate was 85.6 percent and the overall 2-day response rate was 81.7 percent. The CSFII 1994-96 day-1 response rate was 80.0 percent and the 2-day response rate was 76.1 percent.

Selenium, caffeine, and theobromine values were added to the Survey Nutrient Database for this release, and estimated intakes of these three food components are provided in the tables. Folate intakes in 1998 were influenced by regulations that became effective on January 1, 1998, requiring the addition of folic acid to enriched cereal grain products; folate intakes for the separate years (1994-96 and 1998) are provided in appendix E.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can track trends over time from surveys with different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes. Notes to aid in interpretation of the tables are provided in appendixes C and D. References are in appendix F.

Suggested citation:

U.S. Department of Agriculture, Agricultural Research Service. 1999. Food and Nutrient Intakes by Children 1994-96, 1998. Online. ARS Food Surveys Research Group, available on the "Products" page at <http://www.barc.usda.gov/bhnrc/foodsurvey/home.htm> [accessed year, month, day].

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Table 1.--Nutrient intakes: Mean amounts consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Number</i>	<i>Kilocalories</i>	----- Grams -----				<i>Milligrams</i>	
Males and females:								
Under 1.....	1,126	856	22.1	37.1	14.9	13.0	7.6	44
1.....	1,016	1,256	47.6	46.4	20.0	16.5	6.6	182
2.....	1,102	1,402	50.5	50.6	19.6	18.9	8.3	196
1-2.....	2,118	1,330	49.1	48.6	19.8	17.7	7.5	189
3.....	1,831	1,545	54.4	55.5	21.1	20.8	9.4	189
4.....	1,859	1,666	58.7	60.2	22.6	22.7	10.4	196
5.....	884	1,763	61.9	64.8	24.0	24.6	11.3	206
3 - 5.....	4,574	1,658	58.3	60.2	22.6	22.7	10.4	197
5 and under.....	7,818	1,449	50.8	53.4	20.7	19.8	9.0	176
Males:								
6-9.....	787	2,003	69.7	73.5	27.2	28.2	12.5	225
6-11	1,031	2,050	71.2	75.1	27.6	28.9	13.0	232
12-19	737	2,765	97.4	102.8	36.4	40.2	18.4	322
Females:								
6-9.....	704	1,768	60.9	64.2	23.6	24.6	11.3	190
6-11	969	1,825	62.7	66.8	24.4	25.7	11.8	199
12-19.....	732	1,911	65.3	69.3	24.5	26.6	12.9	215
All individuals:								
9 and under.....	9,309	1,625	56.6	59.6	22.6	22.5	10.2	189
19 and under	11,287	1,949	67.8	71.7	26.2	27.5	12.7	225

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		----- Micrograms retinol equivalents -----		----- Milligrams alpha-tocopherol equivalents -----	----- Milligrams -----	
Males and females:							
Under 1.....	109.4	3.5	826	253	11.1	108	0.90
1.....	166.5	8.3	742	278	4.6	100	1.08
2.....	191.3	9.6	736	280	4.9	105	1.17
1-2.....	179.2	8.9	739	279	4.8	103	1.13
3.....	213.3	10.5	782	277	5.4	106	1.32
4.....	228.8	11.5	834	299	5.9	106	1.42
5.....	239.6	12.2	878	305	6.3	99	1.47
3 - 5.....	227.3	11.4	832	293	5.9	103	1.41
5 and under.....	196.5	9.6	799	283	6.1	104	1.25
Males:							
6-9.....	272.7	13.3	938	294	6.9	102	1.71
6-11.....	279.6	13.8	964	310	7.1	103	1.77
12-19.....	366.1	17.4	1,085	410	9.3	119	2.12
Females:							
6-9.....	243.1	12.1	796	272	6.2	96	1.46
6-11.....	250.0	12.3	801	277	6.5	95	1.48
12-19.....	261.9	13.0	799	334	7.0	95	1.45
All individuals:							
9 and under.....	221.3	10.8	827	284	6.3	102	1.39
19 and under.....	263.7	12.9	882	321	7.1	104	1.58

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

**Table 1--Nutrient intakes: Mean amounts consumed per individual, by sex and age, individuals 19 years of age and under, 1 day
1994-96, 1998 ‡ --continued**

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate §	Vitamin B-12	Calcium	Phosphorus	Magnesium
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----		
Males and females:								
Under 1.....	1.32	11.0	0.67	128	2.19	685	521	102
1.....	1.75	11.9	1.25	186	3.34	924	977	186
2.....	1.66	13.6	1.35	209	3.07	788	955	188
1-2.....	1.71	12.8	1.30	198	3.20	854	966	187
3.....	1.82	15.5	1.47	263	3.54	843	1,034	201
4.....	1.90	17.0	1.54	283	3.73	864	1,085	212
5.....	1.97	18.1	1.61	279	3.84	887	1,136	222
3 - 5.....	1.90	16.9	1.54	275	3.70	865	1,085	212
5 and under.....	1.76	14.7	1.35	231	3.35	839	976	190
Males:								
6-9.....	2.24	20.9	1.79	295	4.34	977	1,273	242
6-11.....	2.28	21.5	1.84	299	4.53	984	1,292	249
12-19.....	2.58	27.7	2.21	319	5.84	1,145	1,631	311
Females:								
6-9.....	1.90	17.7	1.50	249	3.86	850	1,106	215
6-11.....	1.91	18.1	1.52	246	3.87	865	1,138	219
12-19.....	1.76	19.0	1.53	232	3.81	773	1,109	223
All individuals:								
9 and under.....	1.89	16.6	1.47	247	3.65	870	1,063	205
19 and under.....	2.03	19.7	1.66	261	4.19	914	1,205	234

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

§ Folate fortification standards that went into effect in January 1998 increased folate intake between the 1994-96 and 1998 surveys; see appendix E for folate intake estimates from the separate surveys.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Iron	Zinc	Copper	Selenium	Sodium	Potassium	Caffeine	Theo-bromine
	-----Milligrams-----			Micrograms	-----Milligrams-----			
Males and females:								
Under 1.....	16.0	6.6	0.7	25.9	485	1,126	† 0.4	0.7
1.....	10.6	7.2	0.6	55.7	1,782	1,994	4.6	16.0
2.....	10.9	7.6	0.7	63.7	2,125	2,005	8.6	26.1
1-2.....	10.8	7.4	0.7	59.8	1,957	1,999	6.7	21.1
3.....	12.3	8.5	0.8	68.9	2,414	2,092	10.2	35.8
4.....	13.4	9.3	0.9	75.1	2,629	2,151	12.1	45.3
5.....	13.9	9.7	0.9	80.7	2,763	2,227	15.9	55.2
3 - 5.....	13.2	9.2	0.9	74.9	2,602	2,157	12.7	45.5
5 and under.....	12.7	8.2	0.8	63.8	2,126	1,979	9.2	31.7
Males:								
6-9.....	15.8	10.9	1.0	90.1	3,195	2,385	22.8	65.9
6-11.....	16.6	11.4	1.0	92.9	3,264	2,439	25.2	70.8
12-19.....	19.8	14.5	1.4	125.0	4,404	3,110	85.5	60.4
Females:								
6-9.....	13.6	9.4	0.9	79.2	2,764	2,127	18.9	51.1
6-11.....	13.8	9.6	0.9	81.3	2,839	2,166	22.6	55.7
12-19.....	13.8	9.9	1.0	86.5	3,054	2,220	58.8	43.7
All individuals:								
9 and under.....	13.5	9.0	0.8	72.2	2,470	2,091	13.9	42.5
19 and under.....	15.1	10.5	1.0	87.5	3,041	2,350	38.3	49.4

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Number</i>	<i>Percent of RDA</i>							
Males and females:									
Under 1.....	1,126	112	161	220	319	326	251	287	195
1.....	1,016	97	297	185	77	249	155	219	133
2.....	1,102	108	316	184	81	263	167	208	151
1-2.....	2,118	102	307	185	79	257	161	213	142
3.....	1,831	119	340	196	91	264	189	227	172
4.....	1,859	93	244	167	84	235	158	173	142
5.....	884	98	258	176	89	219	164	179	151
3-5.....	4,574	103	281	179	88	240	170	193	155
5 and under.....	7,818	104	275	186	113	256	177	211	155
Males:									
6-9.....	787	103	258	147	98	227	175	190	164
6-11.....	1,031	101	244	139	96	226	172	186	161
12-19.....	737	99	184	108	93	213	150	155	148
Females:									
6-9.....	704	91	227	127	89	214	150	162	139
6-11.....	969	91	214	121	91	208	149	160	138
12-19.....	732	87	145	100	88	171	131	135	126
All individuals:									
9 and under.....	9,309	101	262	167	105	242	171	197	154
19 and under.....	11,287	97	218	137	98	219	158	174	147

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Vitamin B-6	Folate §	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc	Selenium
----- Percent of RDA -----									
Males and females:									
Under 1.....	144	417	548	135	127	196	199	132	198
1.....	125	372	477	115	122	232	106	72	279
2.....	135	419	438	98	119	235	109	76	319
1-2.....	130	396	457	107	121	234	108	74	299
3.....	147	526	506	105	129	251	123	85	345
4.....	140	378	373	108	136	177	134	93	376
5.....	147	372	384	111	142	185	139	97	403
3-5.....	144	425	421	108	136	204	132	92	375
5 and under.....	140	414	449	111	129	213	132	90	327
Males:									
6-9.....	136	319	337	122	159	156	158	109	334
6-11.....	133	298	326	116	152	146	161	107	318
12-19.....	117	180	292	95	136	92	169	96	263
Females:									
6-9.....	115	273	307	106	138	140	136	94	297
6-11.....	114	248	283	102	134	129	130	93	276
12-19.....	104	138	190	64	92	77	91	82	178
All individuals:									
9 and under.....	134	367	398	112	137	187	138	95	323
19 and under.....	123	272	324	98	128	140	136	93	277

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

§ Folate fortification standards that went into effect in January 1998 increased folate intake between the 1994-96 and 1998 surveys; see appendix E for folate intake estimates from the separate surveys.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 3.--Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, individuals 19 years of age and under, 2-day average, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Number	----- Percentage of individuals -----							
Males and females:									
Under 1.....	1,065	56.8	78.6	94.7	93.3	97.0	97.2	† 98.7	91.8
1.....	972	36.8	† 98.8	78.5	17.3	81.1	82.2	95.8	63.5
2.....	1,051	53.2	† 99.1	78.4	20.6	81.8	89.1	94.4	79.9
1-2.....	2,023	45.1	98.9	78.5	19.0	81.4	85.7	95.1	71.8
3.....	1,754	67.2	† 99.9	82.1	28.0	81.9	93.9	97.1	89.3
4.....	1,782	29.6	98.5	73.0	21.4	80.4	86.5	90.3	76.8
5.....	850	37.0	† 99.0	71.4	26.0	76.5	88.4	92.0	81.8
3-5.....	4,386	44.6	99.1	75.5	25.2	79.6	89.6	93.1	82.7
5 and under.....	7,474	46.2	96.6	78.8	31.2	82.3	89.2	94.5	80.0
Males:									
6-9.....	758	46.3	† 98.7	66.3	35.5	77.4	93.4	93.5	87.2
6-11.....	991	42.9	97.8	63.2	33.4	78.3	90.2	92.2	86.0
12-19.....	696	39.4	90.4	35.9	35.4	67.5	76.0	76.8	75.8
Females:									
6-9.....	665	26.3	† 98.9	53.5	28.0	77.8	83.4	85.7	77.0
6-11.....	922	27.9	95.3	50.4	27.7	75.1	80.5	83.8	74.7
12-19.....	702	25.2	76.2	30.6	24.0	57.7	68.0	64.4	61.9
All individuals:									
9 and under.....	8,897	42.4	97.5	71.3	31.5	80.4	88.9	92.6	80.9
19 and under.....	10,785	37.6	91.5	54.4	30.5	73.0	81.4	83.3	75.9

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 3.--Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, individuals 19 years of age and under, 2-day average, 1994-96, 1998 ‡ --continued

Sex and age (years)	Vitamin B-6	Folate §	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc	Selenium
----- Percentage of individuals -----									
Males and females:									
Under 1.....	78.0	† 99.8	† 99.2	74.5	64.1	92.4	86.5	73.4	93.2
1.....	59.6	† 98.7	† 99.4	57.2	66.7	97.5	40.2	13.2	97.2
2.....	71.3	† 99.2	† 98.6	42.8	64.5	97.4	48.7	17.1	† 98.6
1-2.....	65.5	99.0	99.0	49.9	65.6	97.4	44.5	15.2	97.9
3.....	77.5	† 99.7	† 98.9	44.7	68.3	98.7	59.4	22.9	† 99.8
4.....	72.7	† 99.0	97.7	50.2	76.5	91.8	67.7	30.7	† 99.7
5.....	76.8	† 98.5	97.6	50.3	81.1	95.1	70.1	37.4	† 99.5
3-5.....	75.7	99.1	98.0	48.4	75.3	95.2	65.7	30.4	† 99.7
5 and under.....	72.5	99.1	98.5	52.1	70.6	95.6	60.9	30.3	98.3
Males:									
6-9.....	68.9	96.6	† 97.9	63.0	89.9	85.6	82.9	49.6	† 99.4
6-11.....	67.9	95.5	97.8	57.2	83.3	77.2	81.6	47.0	† 99.1
12-19.....	53.8	73.2	92.5	36.2	72.9	33.4	83.2	34.6	† 97.4
Females:									
6-9.....	56.1	95.6	96.9	47.3	78.9	80.2	69.5	32.7	† 99.3
6-11.....	55.1	90.6	93.9	43.2	73.1	68.3	61.5	31.9	† 98.3
12-19.....	42.4	58.3	73.9	13.4	33.6	17.8	27.5	23.9	86.4
All individuals:									
9 and under.....	68.6	97.9	98.1	53.4	76.2	90.6	67.1	34.8	98.7
19 and under.....	59.7	84.3	91.8	41.0	66.3	61.4	62.3	32.8	96.0

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

§ Folate fortification standards that went into effect in January 1998 increased folate intake between the 1994-96 and 1998 surveys; see appendix E for folate intake estimates from the separate surveys.

† See "Statistical notes," Appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 4.--Nutrient intakes: Mean percentages of food energy from protein, total fat, fatty acids, carbohydrate, and alcohol, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Number</i>	<i>Percent of kilocalories</i>						
Males and females:								
Under 1.....	1,126	10.0	39.7	15.9	13.8	8.3	50.7	† *
1.....	1,016	15.2	32.7	14.1	11.5	4.6	53.6	*
2.....	1,102	14.5	32.0	12.4	11.9	5.2	55.0	*
1-2.....	2,118	14.8	32.4	13.3	11.7	4.9	54.3	*
3.....	1,831	14.2	31.9	12.1	11.9	5.4	55.5	*
4.....	1,859	14.1	32.2	12.1	12.2	5.5	55.2	*
5.....	884	14.1	32.5	12.1	12.3	5.6	54.9	*
3 - 5.....	4,574	14.2	32.2	12.1	12.1	5.5	55.2	*
5 and under.....	7,818	13.9	33.1	13.0	12.2	5.6	54.4	*
Males:								
6-9.....	787	14.0	32.5	12.0	12.5	5.6	54.9	*
6-11.....	1,031	14.0	32.6	12.0	12.5	5.6	54.8	*
12-19.....	737	14.4	33.1	11.7	12.9	5.9	53.2	† 0.4
Females:								
6-9.....	704	13.9	32.4	11.9	12.4	5.7	55.2	*
6-11.....	969	13.9	32.6	11.9	12.5	5.7	54.9	*
12-19.....	732	14.0	32.2	11.3	12.3	6.0	55.0	† 0.2
All individuals:								
9 and under.....	9,309	13.9	32.9	12.6	12.3	5.6	54.6	*
19 and under.....	11,287	14.0	32.8	12.1	12.5	5.8	54.4	0.1

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, individuals 19 years of age and under, 2-day average, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Number</i>	<i>Percent of individuals</i>		
Males and females:				
Under 1.....	1,065	9.6	5.5	† 98.2
1.....	972	31.2	13.6	86.5
2.....	1,051	37.1	22.7	84.5
1-2.....	2,023	34.2	18.2	85.5
3.....	1,754	37.0	24.1	86.2
4.....	1,782	32.9	22.4	84.6
5.....	850	29.2	21.4	83.1
3 - 5.....	4,386	33.0	22.6	84.6
5 and under.....	7,474	30.6	19.1	86.5
Males:				
6-9.....	758	30.5	22.5	80.4
6-11.....	991	31.3	24.9	79.1
12-19.....	696	30.4	27.6	55.9
Females:				
6-9.....	665	32.6	23.4	86.2
6-11.....	922	33.5	24.5	85.5
12-19.....	702	35.4	33.5	80.9
All individuals:				
9 and under.....	8,897	31.0	20.6	85.2
19 and under.....	10,785	32.0	25.2	78.1

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Individuals eating breakfast	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Number</i>		<i>Percent</i>						
Males and females:									
Under 1.....	1,126	49.6	9.7	9.4	8.5	8.4	8.3	8.9	9.9
1.....	1,016	95.9	21.5	20.6	20.0	20.9	19.1	19.9	26.3
2.....	1,102	97.7	22.1	21.8	20.4	22.2	19.5	18.8	29.1
1-2.....	2,118	96.8	21.8	21.2	20.2	21.6	19.3	19.4	27.7
3.....	1,831	96.8	21.7	21.1	18.5	20.6	17.3	16.5	24.7
4.....	1,859	96.8	21.4	20.5	18.1	20.2	16.9	16.0	23.7
5.....	884	96.5	20.2	19.6	16.6	18.7	15.5	14.7	21.8
3 - 5.....	4,574	96.7	21.1	20.4	17.7	19.8	16.6	15.7	23.4
5 and under.....	7,818	91.1	20.0	19.4	17.5	19.0	16.5	16.2	23.4
Males:									
6-9.....	787	94.6	20.2	19.2	16.6	18.3	15.5	15.6	21.9
6-11.....	1,031	92.9	19.9	18.9	16.2	17.9	15.1	15.1	21.5
12-19.....	737	78.4	17.7	16.6	15.7	16.9	15.1	15.4	20.3
Females:									
6-9.....	704	93.5	19.5	18.5	16.0	17.6	15.1	15.1	20.7
6-11.....	969	92.0	19.3	18.3	16.1	17.8	15.2	14.9	20.9
12-19.....	732	74.6	16.2	15.4	13.7	14.6	13.1	13.2	17.3
All individuals:									
9 and under.....	9,309	92.3	19.9	19.1	17.0	18.6	16.0	15.8	22.6
19 and under.....	11,287	85.8	18.7	17.8	16.0	17.4	15.2	15.1	20.9

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	10.5	15.7	7.7	7.6	8.1	9.5	15.7
1.....	22.9	22.2	31.9	13.4	20.5	24.6	31.3
2.....	23.3	20.0	38.9	14.7	19.5	28.7	32.7
1-2.....	23.1	21.1	35.5	14.0	20.0	26.7	32.0
3.....	23.8	19.7	38.9	13.9	17.8	27.5	33.1
4.....	23.6	19.2	39.2	13.8	17.3	28.2	32.8
5.....	22.7	18.2	40.3	13.1	16.7	28.2	32.9
3 - 5.....	23.3	19.0	39.5	13.6	17.2	28.0	32.9
5 and under.....	21.7	19.4	34.3	13.2	17.1	25.3	30.6
Males:							
6-9.....	22.9	18.2	39.0	13.0	16.8	28.3	31.7
6-11.....	22.5	18.3	38.7	13.7	16.9	29.3	32.0
12-19.....	19.4	16.7	32.7	14.6	17.5	26.0	26.1
Females:							
6-9.....	21.9	17.6	36.0	13.2	16.0	27.7	30.3
6-11.....	21.7	17.4	36.3	13.8	16.1	27.5	30.1
12-19.....	18.2	14.9	27.9	12.6	15.1	23.4	25.0
All individuals:							
9 and under.....	22.0	18.8	35.6	13.2	16.8	26.4	30.7
19 and under.....	20.7	17.5	33.8	13.5	16.6	26.0	28.8

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, individuals 19 years of age and under, day 1, 1994-96, 1998 ‡ --continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate §	Vitamin B-12	Calcium	Phosphorus	Magnesium
----- <i>Percent</i> -----								
Males and females:								
Under 1.....	14.4	14.8	11.4	9.6	8.5	11.0	11.1	11.6
1.....	31.9	28.0	32.3	34.3	26.5	27.1	25.4	24.7
2.....	35.8	27.7	33.7	38.3	30.8	30.4	27.5	25.5
1-2.....	33.9	27.8	33.0	36.4	28.7	28.8	26.5	25.1
3.....	36.1	28.1	34.3	35.2	31.0	31.7	27.9	25.2
4.....	36.3	28.0	34.7	35.4	30.6	31.2	27.1	25.1
5.....	35.8	27.7	33.9	35.8	29.3	30.7	26.2	24.1
3 - 5.....	36.0	28.0	34.3	35.8	30.3	31.2	27.1	24.8
5 and under.....	32.7	26.3	31.1	32.8	27.1	28.0	25.0	23.3
Males:								
6-9.....	35.2	27.0	33.3	38.1	28.5	30.5	25.7	23.6
6-11.....	35.1	27.4	33.7	39.1	28.3	29.8	25.4	23.6
12-19.....	28.6	21.4	25.9	31.4	24.0	24.5	21.4	20.5
Females:								
6-9.....	32.9	26.0	31.8	35.6	26.8	28.3	24.5	23.3
6-11.....	32.8	25.4	31.5	35.9	27.4	28.2	24.2	22.8
12-19.....	26.4	20.4	23.2	28.9	21.0	23.0	19.8	18.9
All individuals:								
9 and under.....	33.3	26.4	31.7	34.5	27.3	28.6	25.0	23.4
19 and under.....	31.1	24.3	29.0	33.3	25.5	26.6	23.2	21.9

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

§ Folate fortification standards that went into effect in January 1998 increased folate intake between the 1994-96 and 1998 surveys; see appendix E for folate intake estimates from the separate surveys.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Iron	Zinc	Copper	Selenium	Sodium	Potassium	Caffeine	Theo-bromine
----- Percent -----								
Males and females:								
Under 1.....	16.5	9.4	9.3	11.4	8.5	9.1	† 2.3	† 3.8
1.....	36.0	26.0	20.1	23.4	19.5	22.2	7.7	10.4
2.....	35.7	28.3	19.4	24.4	20.9	23.6	8.0	11.0
1-2.....	35.8	27.2	19.8	23.9	20.2	22.9	7.9	10.7
3.....	35.6	28.9	18.7	22.7	19.9	23.4	10.8	15.0
4.....	35.2	28.5	18.3	21.8	19.6	23.6	9.5	13.4
5.....	34.4	27.7	17.2	21.3	18.8	21.9	10.5	16.1
3 - 5.....	35.1	28.4	18.1	21.9	19.5	22.9	10.3	14.8
5 and under.....	33.1	25.7	17.6	21.3	18.4	21.3	9.5	13.5
Males:								
6-9.....	32.5	25.1	17.3	20.4	19.0	22.2	9.2	11.9
6-11.....	32.7	25.0	17.4	20.0	18.8	22.1	8.5	11.4
12-19.....	25.9	19.6	16.4	17.5	16.9	19.8	10.1	13.3
Females:								
6-9.....	31.6	25.0	17.3	19.7	18.2	21.8	8.0	10.1
6-11.....	31.1	24.1	16.9	19.5	18.2	21.5	7.8	10.0
12-19.....	24.2	19.1	15.3	16.6	15.5	18.0	7.9	9.9
All individuals:								
9 and under.....	32.7	25.4	17.5	20.8	18.5	21.6	9.0	12.3
19 and under.....	29.6	22.9	16.8	19.2	17.6	20.5	8.8	11.8

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Individuals eating snacks	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Number</i>		<i>Percent</i>						
Males and females:									
Under 1.....	1,126	44.1	11.2	9.6	10.9	10.8	11.1	10.9	9.6
1.....	1,016	88.5	24.5	19.4	23.4	24.7	22.9	20.8	17.6
2.....	1,102	89.7	24.2	16.6	21.6	22.4	21.1	20.2	14.4
1-2.....	2,118	89.1	24.3	18.0	22.5	23.5	22.0	20.5	16.0
3.....	1,831	88.7	22.1	14.8	20.2	20.4	19.9	20.4	13.3
4.....	1,859	89.9	23.0	14.8	21.4	21.6	21.3	21.5	14.0
5.....	884	85.5	21.0	13.5	19.6	19.7	19.5	19.2	12.5
3 - 5.....	4,574	88.0	22.0	14.4	20.4	20.6	20.2	20.4	13.2
5 and under.....	7,818	83.1	21.5	15.1	20.0	20.4	19.7	19.3	13.8
Males:									
6-9.....	787	82.9	20.6	12.9	19.4	19.1	19.3	20.3	11.9
6-11.....	1,031	83.3	20.7	13.2	19.6	19.6	19.3	19.9	12.4
12-19.....	737	78.8	19.5	12.5	16.9	17.0	16.8	17.3	11.2
Females:									
6-9.....	704	83.6	20.6	12.2	19.5	19.8	19.4	19.6	12.7
6-11.....	969	82.4	20.2	12.0	19.2	19.4	19.0	19.6	12.4
12-19.....	732	76.6	21.2	13.1	19.2	19.6	18.9	18.5	12.9
All individuals:									
9 and under.....	9,309	83.2	21.1	14.1	19.8	20.0	19.6	19.6	13.2
19 and under.....	11,287	80.9	20.7	13.4	19.0	19.3	18.8	18.9	12.7

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	11.9	10.6	9.4	9.6	11.1	13.5	9.7
1.....	26.7	18.9	18.0	15.7	22.9	27.1	20.2
2.....	27.6	22.7	16.7	17.4	22.3	25.3	18.8
1-2.....	27.1	20.9	17.3	16.6	22.6	26.2	19.5
3.....	25.4	21.5	16.0	17.0	21.1	24.2	16.6
4.....	26.2	22.3	16.2	17.4	22.5	23.7	16.6
5.....	24.0	20.3	13.6	16.5	20.2	21.8	14.8
3 - 5.....	25.2	21.3	15.2	16.9	21.2	23.2	16.0
5 and under.....	24.3	20.1	15.3	16.1	20.5	23.1	16.5
Males:							
6-9.....	23.3	19.8	14.4	15.2	19.4	18.1	14.4
6-11.....	23.5	19.5	15.0	15.5	19.2	17.6	14.6
12-19.....	22.7	17.8	13.2	14.7	18.0	16.8	13.8
Females:							
6-9.....	23.5	18.3	14.6	15.2	19.6	18.1	14.4
6-11.....	23.0	18.2	14.4	14.6	19.5	17.1	14.2
12-19.....	24.2	18.6	15.8	16.3	17.9	17.5	14.6
All individuals:							
9 and under.....	23.9	19.7	15.0	15.7	20.1	21.1	15.6
19 and under.....	23.6	19.0	14.8	15.5	19.2	19.0	14.9

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate §	Vitamin B-12	Calcium	Phosphorus	Magnesium
----- Percent -----								
Males and females:								
Under 1.....	10.2	9.1	10.8	10.9	10.6	10.6	10.1	10.1
1.....	23.4	15.2	20.3	19.0	21.9	26.2	23.0	23.3
2.....	20.8	14.9	18.8	17.7	17.4	23.1	20.2	22.3
1-2.....	22.0	15.1	19.5	18.3	19.6	24.6	21.6	22.8
3.....	18.6	13.5	17.4	16.3	15.0	20.0	18.0	20.7
4.....	18.8	13.8	16.9	16.3	14.9	20.3	18.2	20.9
5.....	16.6	12.6	15.1	14.5	13.5	17.6	16.3	19.0
3 - 5.....	18.0	13.3	16.5	15.7	14.5	19.3	17.5	20.2
5 and under.....	18.4	13.4	16.8	16.0	15.8	20.1	18.0	19.9
Males:								
6-9.....	15.8	12.4	14.2	14.6	11.9	16.8	15.7	18.7
6-11.....	16.3	13.0	14.3	14.8	12.2	17.4	16.1	19.0
12-19.....	15.4	12.5	13.7	14.9	11.2	16.6	15.4	18.3
Females:								
6-9.....	15.8	12.1	13.6	14.1	11.8	16.1	14.9	17.5
6-11.....	15.5	12.0	13.1	14.1	11.5	16.0	14.8	17.5
12-19.....	17.0	12.3	14.5	15.0	13.4	17.9	16.6	18.8
All individuals:								
9 and under.....	17.4	13.0	15.7	15.4	14.2	18.6	16.9	19.2
19 and under.....	16.8	12.7	14.8	15.1	13.2	17.9	16.4	18.9

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

§ Folate fortification standards that went into effect in January 1998 increased folate intake between the 1994-96 and 1998 surveys; see appendix E for folate intake estimates from the separate surveys.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Iron	Zinc	Copper	Selenium	Sodium	Potassium	Caffeine	Theo-bromine
----- Percent -----								
Males and females:								
Under 1.....	9.3	10.2	10.7	9.4	10.6	11.0	† 38.0	† 41.9
1.....	16.9	19.3	21.7	15.6	17.3	24.8	49.0	56.6
2.....	17.3	16.9	22.7	13.6	15.7	22.7	47.3	58.5
1-2.....	17.1	18.1	22.2	14.5	16.5	23.7	48.0	57.7
3.....	15.5	15.1	21.3	12.2	14.7	21.0	42.4	50.4
4.....	16.0	15.2	22.1	12.3	15.5	20.7	46.5	58.2
5.....	14.4	13.7	20.5	11.4	14.5	19.1	40.1	51.5
3 - 5.....	15.3	14.7	21.3	12.0	14.9	20.3	42.9	53.3
5 and under.....	15.2	15.3	20.3	12.5	14.9	20.3	44.4	54.5
Males:								
6-9.....	14.6	14.1	19.5	11.4	14.1	16.8	33.5	41.8
6-11.....	14.8	14.4	19.6	11.8	14.3	17.1	35.8	43.4
12-19.....	13.9	13.5	19.1	11.7	13.4	16.4	32.1	45.6
Females:								
6-9.....	14.2	12.7	19.1	10.4	13.8	16.5	38.2	45.7
6-11.....	14.0	12.6	18.7	10.4	13.8	16.0	36.5	44.7
12-19.....	15.0	14.3	19.3	11.9	14.5	17.2	33.5	48.5
All individuals:								
9 and under.....	14.9	14.5	19.9	11.9	14.5	18.9	40.1	49.0
19 and under.....	14.7	14.2	19.5	11.8	14.3	17.8	36.4	47.7

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 8.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Individuals eating away	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Number</i>	<i>Percent</i>							
Males and females:									
Under 1.....	1,126	12.6	3.1	3.4	2.9	2.8	3.0	2.9	4.3
1.....	1,016	36.2	13.0	13.3	13.8	12.9	14.4	15.0	13.3
2.....	1,102	38.2	15.0	14.9	16.1	15.4	16.7	16.7	14.9
1-2.....	2,118	37.2	14.0	14.1	14.9	14.2	15.6	15.9	14.1
3.....	1,831	45.1	18.4	18.0	19.6	19.3	20.1	19.6	18.6
4.....	1,859	51.3	20.3	20.3	21.4	21.5	21.9	20.6	21.2
5.....	884	60.9	24.7	24.9	26.6	26.5	27.0	26.2	25.7
3 - 5.....	4,574	52.4	21.1	21.1	22.5	22.5	23.0	22.1	21.9
5 and under.....	7,818	42.4	16.5	16.6	17.6	17.2	18.1	17.7	17.3
Males:									
6-9.....	787	65.1	26.1	26.3	27.4	27.9	27.7	26.2	26.8
6-11.....	1,031	65.4	26.3	26.4	27.7	28.3	28.0	26.5	26.9
12-19.....	737	71.9	33.2	31.9	34.9	35.5	35.6	33.5	32.8
Females:									
6-9.....	704	64.0	28.8	28.6	29.8	31.0	30.0	27.7	29.1
6-11.....	969	66.2	30.1	30.0	31.1	32.1	31.5	29.1	29.9
12-19.....	732	64.3	32.4	31.3	34.2	34.2	34.8	33.6	31.9
All individuals:									
9 and under.....	9,309	51.3	20.9	20.9	21.9	22.1	22.4	21.4	21.5
19 and under.....	11,287	59.6	26.4	26.0	27.8	28.1	28.3	27.0	26.6

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 8.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	3.1	5.4	2.5	5.1	2.2	2.6	2.8
1.....	12.6	14.4	10.8	13.7	13.9	11.1	11.9
2.....	14.4	15.0	11.7	15.4	15.6	12.1	13.1
1-2.....	13.5	14.7	11.2	14.6	14.7	11.6	12.5
3.....	17.7	18.3	14.7	18.6	18.7	15.9	16.0
4.....	19.8	19.8	16.7	20.5	20.1	17.4	17.9
5.....	23.6	24.6	19.8	24.2	25.0	19.4	21.6
3 - 5.....	20.4	20.9	17.1	21.1	21.3	17.6	18.5
5 and under.....	15.9	17.2	13.3	17.3	16.8	13.7	14.5
Males:							
6-9.....	25.4	26.7	22.0	27.3	25.9	23.3	22.6
6-11.....	25.6	26.4	21.8	26.6	25.7	22.4	22.4
12-19.....	32.6	31.9	26.6	30.9	32.1	28.4	29.3
Females:							
6-9.....	28.4	27.9	26.4	28.9	27.7	24.7	26.0
6-11.....	29.7	29.7	27.4	30.5	29.4	26.3	27.1
12-19.....	31.6	31.1	27.2	31.6	32.2	28.0	28.8
All individuals:							
9 and under.....	20.3	21.3	17.6	21.7	20.8	17.8	18.4
19 and under.....	25.8	26.2	22.0	26.2	26.1	22.6	23.3

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 8.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate §	Vitamin B-12	Calcium	Phosphorus	Magnesium
----- Percent -----								
Males and females:								
Under 1.....	2.6	3.0	3.2	3.2	2.6	2.4	3.0	3.1
1.....	10.4	13.6	11.8	11.7	11.2	10.3	12.1	12.0
2.....	12.3	14.7	12.8	12.7	13.6	12.8	13.9	13.6
1-2.....	11.4	14.1	12.3	12.2	12.5	11.6	13.0	12.8
3.....	15.3	17.2	15.4	15.8	16.6	16.1	17.0	16.8
4.....	17.7	19.0	17.2	17.5	19.2	18.7	19.4	18.9
5.....	21.7	22.4	20.5	21.1	23.8	23.8	24.2	23.1
3 - 5.....	18.2	19.6	17.7	18.2	19.9	19.5	20.2	19.6
5 and under.....	14.0	15.7	14.1	14.3	15.3	14.7	15.7	15.3
Males:								
6-9.....	23.5	22.9	21.6	21.1	25.6	26.2	25.8	25.1
6-11.....	23.5	23.0	21.6	20.9	25.5	26.4	25.7	25.0
12-19.....	29.5	30.4	28.5	28.1	32.1	31.9	31.8	30.3
Females:								
6-9.....	27.5	25.5	24.7	24.4	28.9	30.8	29.2	27.6
6-11.....	28.7	26.9	25.8	25.4	30.2	32.1	30.5	29.1
12-19.....	28.4	30.0	28.2	28.1	30.7	30.8	30.9	29.9
All individuals:								
9 and under.....	18.6	19.1	17.7	17.7	20.0	20.2	20.4	19.7
19 and under.....	23.5	24.2	22.6	22.4	25.4	25.6	25.6	24.7

Continued

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

§ Folate fortification standards that went into effect in January 1998 increased folate intake between the 1994-96 and 1998 surveys; see appendix E for folate intake estimates from the separate surveys.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 8.--Food obtained and eaten away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡ --continued

Sex and age (years)	Iron	Zinc	Copper	Selenium	Sodium	Potassium	Caffeine	Theo-bromine
----- Percent -----								
Males and females:								
Under 1.....	2.5	2.7	2.8	3.6	4.4	3.1	† 21.6	† 14.8
1.....	12.2	12.2	13.9	13.6	14.1	12.4	20.5	17.6
2.....	13.4	13.7	14.8	14.6	15.7	14.4	22.4	16.3
1-2.....	12.8	13.0	14.3	14.1	14.9	13.4	21.6	16.9
3.....	16.2	17.0	18.2	17.8	18.7	17.5	24.1	18.8
4.....	18.1	18.6	20.0	19.9	20.7	19.9	24.1	20.9
5.....	21.3	22.9	24.3	24.0	25.0	24.2	31.5	27.0
3 - 5.....	18.5	19.5	20.8	20.6	21.4	20.6	26.8	22.5
5 and under.....	14.6	15.2	16.4	16.3	17.2	16.0	25.2	20.7
Males:								
6-9.....	22.7	24.7	26.3	25.0	26.4	26.9	36.7	34.4
6-11.....	22.5	24.8	26.1	25.0	26.3	26.5	35.9	34.0
12-19.....	29.8	31.3	32.1	31.0	32.9	31.6	43.8	42.5
Females:								
6-9.....	24.6	27.0	27.7	27.6	28.2	28.7	40.6	38.4
6-11.....	26.1	28.5	29.2	28.9	29.5	30.2	40.5	39.7
12-19.....	28.5	29.5	31.4	30.6	32.0	31.1	45.0	38.2
All individuals:								
9 and under.....	18.2	19.5	20.6	20.3	21.2	20.7	31.8	28.5
19 and under.....	23.2	24.6	25.9	25.2	26.4	25.8	38.2	34.5

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 9A.--Grain products: Mean quantities (in grams) consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
	<i>Number</i>	<i>----- Grams -----</i>									
Males and females:											
Under 1.....	1,126	56	2	29	1	2	† 1	1	3	1	20
1.....	1,016	192	16	57	11	9	9	9	16	7	87
2.....	1,102	219	26	62	16	15	12	12	22	9	87
1-2.....	2,118	206	21	59	13	12	11	11	19	8	87
3.....	1,831	242	30	64	19	13	12	16	23	11	98
4.....	1,859	264	36	67	22	15	11	17	30	13	102
5.....	884	284	41	76	24	17	11	15	33	13	107
3-5.....	4,574	264	36	69	22	15	11	16	29	12	102
5 and under.....	7,818	219	27	61	16	13	10	12	22	9	87
Males:											
6-9.....	787	310	45	77	28	18	15	23	39	16	109
6-11.....	1,031	318	46	80	31	16	18	23	40	15	115
12-19.....	737	406	54	82	29	27	17	26	49	19	175
Females:											
6-9.....	704	284	43	61	21	12	15	18	42	13	107
6-11.....	969	280	43	62	20	14	15	19	42	14	101
12-19.....	732	306	40	67	17	19	22	15	37	15	132
All individuals:											
9 and under.....	9,309	250	34	64	20	14	12	16	30	12	96
19 and under.....	11,287	298	40	69	22	17	15	18	36	14	120

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 9B.--Grain products: Percentages of individuals consuming, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready-to-eat cereals	Rice	Pasta				
	Number	----- Percent -----									
Males and females:											
Under 1.....	1,126	70.6	10.9	62.8	9.1	3.4	2.1	4.4	16.5	10.3	15.0
1.....	1,016	† 98.2	48.4	70.6	45.3	11.3	9.4	23.0	47.0	39.0	47.8
2.....	1,102	† 99.0	58.7	71.1	51.9	14.4	9.4	27.5	46.6	37.9	45.3
1-2.....	2,118	98.7	53.7	70.9	48.7	12.9	9.4	25.3	46.8	38.4	46.5
3.....	1,831	† 99.4	64.1	69.7	53.3	11.1	8.6	28.8	46.1	38.5	49.0
4.....	1,859	† 99.5	67.0	69.1	54.8	11.4	7.1	28.6	52.3	39.4	46.2
5.....	884	† 99.9	69.2	70.4	54.9	11.4	6.8	25.2	52.4	32.1	47.4
3-5.....	4,574	† 99.6	66.8	69.7	54.3	11.3	7.5	27.5	50.3	36.7	47.5
5 and under.....	7,818	95.8	55.5	69.3	46.9	10.9	7.5	24.0	45.0	34.1	43.3
Males:											
6-9.....	787	† 98.9	69.8	62.6	50.8	10.5	7.4	28.1	52.5	36.0	44.5
6-11.....	1,031	† 99.0	69.1	64.0	52.4	9.7	8.1	27.1	52.3	33.8	45.3
12-19.....	737	† 98.2	62.7	44.6	33.2	10.0	5.9	24.4	41.3	27.2	46.2
Females:											
6-9.....	704	† 99.7	71.5	61.2	47.6	9.0	7.9	26.3	57.1	38.3	48.0
6-11.....	969	† 99.3	71.0	59.3	45.6	9.4	7.1	27.1	55.0	37.1	45.7
12-19.....	732	† 97.6	60.9	45.9	30.3	8.6	9.3	19.8	40.6	30.9	46.1
All individuals:											
9 and under.....	9,309	97.2	61.6	66.4	47.9	10.5	7.6	25.3	48.9	35.3	44.4
19 and under.....	11,287	97.6	62.4	57.6	41.7	9.9	7.6	24.2	46.1	32.5	45.1

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 10A.--Vegetables: Mean quantities (in grams) consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
			----- Grams -----								
Males and females:											
Under 1.....	1,126	57	9	1	2	19	† 1	† *	6	5	16
1.....	1,016	79	26	11	5	9	7	1	8	9	16
2.....	1,102	87	32	17	4	5	11	2	7	10	17
1-2.....	2,118	83	29	14	5	7	9	1	7	9	17
3.....	1,831	91	34	17	5	5	13	2	5	11	16
4.....	1,859	97	37	19	6	5	11	3	5	12	18
5.....	884	103	44	22	4	6	12	3	6	12	17
3-5.....	4,574	97	38	20	5	5	12	3	5	11	17
5 and under.....	7,818	88	31	16	4	7	10	2	6	10	17
Males:											
6-9.....	787	110	47	26	4	5	16	5	5	11	16
6-11.....	1,031	115	50	27	5	5	16	5	5	11	18
12-19.....	737	176	85	44	6	6	28	12	† 3	10	25
Females:											
6-9.....	704	110	42	22	5	4	14	6	5	13	21
6-11.....	969	116	46	25	5	4	15	7	5	12	22
12-19.....	732	145	61	31	9	4	18	12	4	8	28
All individuals:											
9 and under.....	9,309	97	37	19	4	6	12	3	6	11	18
19 and under.....	11,287	125	53	27	6	6	17	7	5	10	22

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 10B.--Vegetables: Percentages of individuals consuming, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
			----- Percent -----								
Males and females:											
Under 1.....	1,126	47.2	12.3	4.3	2.3	20.5	1.8	† 0.2	7.8	8.5	14.8
1.....	1,016	73.3	40.4	25.2	6.4	13.3	18.0	3.9	13.7	17.6	19.4
2.....	1,102	78.4	46.7	34.5	7.6	10.5	30.8	7.5	11.5	15.0	22.3
1-2.....	2,118	75.9	43.6	29.9	7.0	11.8	24.6	5.7	12.6	16.2	20.9
3.....	1,831	80.5	46.7	34.7	7.0	10.7	34.1	8.3	10.1	14.6	24.7
4.....	1,859	80.7	47.3	34.8	7.2	12.0	33.0	10.0	9.0	16.4	26.5
5.....	884	83.0	50.7	38.3	4.6	13.3	36.5	13.4	10.4	16.1	28.8
3-5.....	4,574	81.4	48.2	35.9	6.3	12.0	34.5	10.6	9.9	15.7	26.7
5 and under.....	7,818	75.4	42.3	30.1	6.1	13.0	27.2	7.6	10.5	15.0	23.3
Males:											
6-9.....	787	78.8	47.9	38.0	6.3	12.5	38.2	13.1	7.8	15.0	29.7
6-11.....	1,031	79.3	48.7	38.4	6.1	12.4	38.7	13.9	6.7	13.8	30.8
12-19.....	737	78.2	49.5	38.6	3.6	8.0	43.0	23.8	3.5	7.4	33.2
Females:											
6-9.....	704	80.5	48.2	36.3	5.9	11.9	33.8	15.8	8.4	15.9	26.6
6-11.....	969	81.7	50.8	38.9	5.4	11.4	33.5	17.1	7.8	15.1	29.2
12-19.....	732	79.5	46.4	34.6	7.0	10.6	35.3	25.1	4.4	7.4	34.5
All individuals:											
9 and under.....	9,309	77.1	44.6	32.9	6.1	12.7	30.7	10.3	9.6	15.2	25.2
19 and under.....	11,287	78.3	46.8	35.3	5.6	11.2	34.6	16.6	7.0	11.9	29.4

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 11A.--Fruits: Mean quantities (in grams) consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
		<i>Number</i>			<i>Grams</i>						
Males and females:											
Under 1.....	1,126	131	4	4	† *	126	14	10	† 1	39	61
1.....	1,016	267	47	42	2	216	22	23	8	29	134
2.....	1,102	276	65	56	2	207	27	20	10	20	130
1-2.....	2,118	271	56	49	2	212	24	22	9	24	132
3.....	1,831	256	61	51	1	191	27	18	13	24	110
4.....	1,859	243	62	52	1	177	31	17	14	22	92
5.....	884	218	55	44	† *	160	31	14	13	24	78
3-5.....	4,574	239	59	49	1	176	30	16	13	23	93
5 and under.....	7,818	237	52	44	1	182	26	17	10	26	103
Males:											
6-9.....	787	194	58	51	† *	133	32	11	21	20	50
6-11.....	1,031	183	67	60	† *	113	28	11	16	19	40
12-19.....	737	174	102	94	† 1	70	13	8	† 11	10	29
Females:											
6-9.....	704	180	63	54	† 1	113	23	10	10	25	46
6-11.....	969	169	64	54	† *	103	21	8	8	23	42
12-19.....	732	157	72	67	† *	83	13	5	15	14	35
All individuals:											
9 and under.....	9,309	217	55	47	1	159	27	15	12	24	81
19 and under.....	11,287	191	70	62	1	118	21	11	12	19	56

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

Note: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 11B.--Fruits: Percentages of individuals consuming, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices						
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars	
		<i>Number</i>			<i>Percent</i>							
Males and females:												
Under 1.....	1,126	59.7	3.6	2.7	† 0.4	59.0	15.7	13.3	1.8	29.9	33.0	
1.....	1,016	81.0	23.6	19.0	5.9	73.0	23.4	25.1	6.9	26.5	43.2	
2.....	1,102	76.6	30.6	23.4	5.3	64.7	24.0	20.2	8.5	19.4	37.0	
1-2.....	2,118	78.8	27.2	21.3	5.6	68.8	23.7	22.6	7.7	22.9	40.0	
3.....	1,831	74.5	27.9	21.4	4.1	64.2	22.4	17.5	7.8	20.1	33.3	
4.....	1,859	72.6	28.0	21.8	3.0	62.1	23.7	15.7	7.6	20.0	30.8	
5.....	884	67.6	26.9	19.5	† 1.3	56.9	21.9	12.6	7.4	19.0	24.5	
3-5.....	4,574	71.6	27.6	20.9	2.8	61.0	22.7	15.3	7.6	19.7	29.5	
5 and under.....	7,818	72.6	24.6	18.8	3.5	63.5	22.2	17.6	6.9	22.0	33.5	
Males:												
6-9.....	787	59.0	24.8	20.5	† 0.8	49.1	20.3	8.7	7.3	16.8	15.5	
6-11.....	1,031	56.5	25.2	21.6	† 1.1	44.2	18.2	8.0	6.6	15.4	12.7	
12-19.....	737	44.5	24.7	21.7	† 1.0	27.1	8.2	6.0	4.1	7.1	8.2	
Females:												
6-9.....	704	64.9	27.9	22.3	† 1.5	50.4	17.3	8.8	7.4	20.4	17.3	
6-11.....	969	62.1	27.7	21.5	† 1.1	47.2	16.2	7.3	7.4	19.0	14.9	
12-19.....	732	45.6	22.4	18.1	† 1.1	30.2	8.2	4.4	6.0	11.3	9.7	
All individuals:												
9 and under.....	9,309	68.3	25.2	19.8	2.5	58.0	20.9	14.0	7.1	20.6	26.7	
19 and under.....	11,287	57.8	24.8	20.1	1.8	44.4	15.2	9.7	6.2	15.5	17.9	

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 12A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Lowfat	Skim			
<i>Number</i>		<i>Grams</i>								
Males and females:										
Under 1.....	1,126	762	757	61	49	11	† *	4	3	1
1.....	1,016	546	526	475	347	115	† 5	14	11	9
2.....	1,102	405	377	344	181	141	17	10	16	11
1-2.....	2,118	474	450	408	262	128	11	12	14	10
3.....	1,831	419	384	347	166	150	26	10	22	12
4.....	1,859	407	369	328	147	149	27	10	23	14
5.....	884	417	376	330	137	159	25	9	25	14
3-5.....	4,574	414	376	335	150	153	26	10	23	13
5 and under.....	7,818	477	447	327	177	127	18	10	18	11
Males:										
6-9.....	787	450	405	343	127	176	29	6	31	13
6-11.....	1,031	450	402	335	121	172	33	6	35	12
12-19.....	737	409	358	303	99	158	40	† 3	29	19
Females:										
6-9.....	704	380	337	288	105	146	26	4	29	13
6-11.....	969	382	336	283	108	136	29	4	30	14
12-19.....	732	269	220	190	66	92	30	† 4	29	14
All individuals:										
9 and under.....	9,309	453	417	323	153	141	22	8	23	12
19 and under.....	11,287	405	362	291	121	135	29	6	27	14

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 12B.--Milk and milk products: Percentages of individuals consuming, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Lowfat	Skim			
<i>Number</i>		<i>Percent</i>								
Males and females:										
Under 1.....	1,126	85.4	84.6	11.1	8.3	2.4	† 0.2	3.1	4.5	6.0
1.....	1,016	95.3	92.7	87.7	61.7	26.5	† 1.5	10.0	13.9	29.7
2.....	1,102	91.6	87.3	84.3	44.8	36.3	5.2	6.8	17.5	32.6
1-2.....	2,118	93.4	90.0	86.0	53.0	31.5	3.4	8.4	15.8	31.2
3.....	1,831	94.3	88.3	84.6	42.5	39.5	6.8	7.3	21.4	37.0
4.....	1,859	93.2	87.8	85.0	41.3	40.4	7.7	5.8	21.7	36.9
5.....	884	93.1	86.4	81.2	38.1	41.7	6.5	5.5	21.4	34.9
3-5.....	4,574	93.5	87.5	83.6	40.6	40.6	7.0	6.2	21.5	36.3
5 and under.....	7,818	92.5	88.0	75.7	41.0	32.9	4.9	6.6	17.5	30.9
Males:										
6-9.....	787	93.2	85.5	80.7	32.4	44.3	8.6	3.8	24.0	34.6
6-11.....	1,031	92.3	84.6	79.0	30.8	43.1	9.5	3.7	25.0	32.3
12-19.....	737	81.3	65.8	59.6	22.6	30.7	7.0	† 1.7	13.6	37.1
Females:										
6-9.....	704	90.2	82.5	77.5	31.5	40.8	8.1	2.9	24.1	30.9
6-11.....	969	90.2	81.5	76.0	33.2	37.8	8.4	3.0	22.4	31.9
12-19.....	732	75.4	54.0	49.7	17.5	23.9	9.5	† 2.2	17.1	36.1
All individuals:										
9 and under.....	9,309	92.2	86.4	77.1	37.4	36.8	6.3	5.3	20.1	31.7
19 and under.....	11,287	86.7	75.6	68.1	30.1	33.1	7.5	3.8	18.6	33.5

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 13A.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat poultry, fish
								Total	Chicken		
	<i>Number</i>	<i>----- Grams -----</i>									
Males and females:											
Under 1.....	1,126	24	† 1	† *	† *	† *	2	3	2	† *	16
1.....	1,016	80	5	2	† *	† *	13	12	12	3	43
2.....	1,102	94	7	6	† *	† *	18	17	16	4	41
1-2.....	2,118	87	6	4	† *	† *	15	15	14	3	42
3.....	1,831	101	8	6	† *	† *	19	19	18	4	43
4.....	1,859	115	10	6	† *	† *	22	20	19	5	49
5.....	884	121	14	6	† *	† *	22	22	19	5	51
3-5.....	4,574	112	11	6	*	† *	21	21	19	5	47
5 and under.....	7,818	93	8	5	*	† *	17	16	15	4	42
Males:											
6-9.....	787	151	18	7	† *	† *	24	23	21	7	71
6-11.....	1,031	154	19	7	† *	† *	24	22	20	6	72
12-19.....	737	250	30	12	† 1	0	28	31	26	8	134
Females:											
6-9.....	704	121	17	4	† *	† *	18	19	16	5	55
6-11.....	969	130	18	5	† *	† *	19	20	17	5	60
12-19.....	732	158	21	5	† *	† *	15	21	19	6	85
All individuals:											
9 and under.....	9,309	110	12	5	*	† *	19	18	17	5	50
19 and under.....	11,287	152	18	7	† *	† *	20	22	19	6	76

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 13B.--Meat, poultry, and fish: Percentages of individuals consuming, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat poultry, fish
								Total	Chicken		
	<i>Number</i>	<i>Percent</i>									
Males and females:											
Under 1.....	1,126	26.0	2.1	† 1.1	† 0.2	† 0.2	6.1	6.3	5.0	† 1.0	13.7
1.....	1,016	77.4	11.9	7.3	† 0.8	† 0.2	26.3	24.0	23.1	5.4	32.2
2.....	1,102	85.2	16.2	14.9	† 0.8	† 0.2	33.2	27.6	25.6	6.1	31.4
1-2.....	2,118	81.4	14.1	11.2	† 0.8	† 0.2	29.9	25.8	24.4	5.8	31.8
3.....	1,831	86.2	13.8	13.3	† 0.5	† *	36.4	28.3	26.0	6.4	29.2
4.....	1,859	86.2	16.1	13.8	† 0.5	† 0.2	37.0	27.4	25.1	6.4	30.5
5.....	884	87.1	18.2	13.2	† 0.6	† 0.2	35.1	27.7	24.8	6.2	30.8
3-5.....	4,574	86.5	16.0	13.4	0.5	† 0.2	36.1	27.8	25.3	6.3	30.2
5 and under.....	7,818	77.5	13.7	11.2	0.6	† 0.2	30.4	24.5	22.6	5.5	28.8
Males:											
6-9.....	787	87.4	20.1	11.9	† 0.4	† 0.1	37.4	24.8	22.3	5.1	36.2
6-11.....	1,031	87.8	22.0	12.2	† 0.4	† 0.2	36.2	22.9	20.5	5.4	35.7
12-19.....	737	86.8	24.2	15.8	† 0.6	0.0	31.8	20.6	17.6	5.0	38.3
Females:											
6-9.....	704	84.6	19.4	9.2	† 0.4	† 0.2	33.5	23.1	20.2	6.4	32.4
6-11.....	969	86.5	20.2	10.0	† 0.4	† 0.1	33.1	22.9	19.8	6.1	32.8
12-19.....	732	80.1	22.0	11.2	† 0.1	† 0.1	24.6	21.6	18.9	5.8	34.0
All individuals:											
9 and under.....	9,309	80.9	16.1	10.9	0.5	† 0.2	32.4	24.3	22.0	5.6	31.0
19 and under.....	11,287	82.8	19.6	12.1	0.4	† 0.1	30.9	22.7	20.1	5.5	33.3

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 14A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	Number	----- Grams -----								
Males and females:										
Under 1.....	1,126	3	151	†*	*	*	†*	2	*	†*
1.....	1,016	13	26	2	2	1	1	13	*	3
2.....	1,102	18	12	4	3	2	1	22	*	5
1-2.....	2,118	16	19	3	3	2	1	18	*	4
3.....	1,831	13	13	5	4	2	2	31	1	7
4.....	1,859	13	15	5	5	2	2	33	1	8
5.....	884	13	12	6	5	2	3	33	1	9
3-5.....	4,574	13	13	5	5	2	2	32	1	8
5 and under.....	7,818	13	32	4	4	2	2	23	1	6
Males:										
6-9.....	787	11	11	5	8	3	4	46	1	13
6-11.....	1,031	12	13	5	7	3	4	42	1	12
12-19.....	737	22	17	5	12	3	9	35	2	13
Females:										
6-9.....	704	10	14	5	7	3	3	41	1	11
6-11.....	969	11	12	5	7	3	4	41	1	12
12-19.....	732	13	14	3	10	2	7	31	2	12
All individuals:										
9 and under.....	9,309	12	24	4	5	2	3	32	1	8
19 and under.....	11,287	14	20	4	8	2	5	33	1	10

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 14B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Number</i>		<i>Percent</i>								
Males and females:										
Under 1.....	1,126	6.7	18.7	† 1.1	6.0	5.3	† 0.7	6.9	1.9	† 0.5
1.....	1,016	22.8	12.7	12.4	31.5	25.6	7.5	39.3	7.9	12.1
2.....	1,102	27.3	10.9	16.8	41.1	30.9	14.0	50.2	8.2	21.0
1-2.....	2,118	25.1	11.8	14.7	36.4	28.3	10.8	44.9	8.1	16.7
3.....	1,831	19.8	11.1	20.5	42.1	30.2	15.6	57.5	10.4	24.1
4.....	1,859	16.9	12.5	20.4	44.3	30.3	18.1	58.4	11.3	24.6
5.....	884	16.4	11.2	21.1	44.7	29.0	20.1	57.3	11.7	25.7
3-5.....	4,574	17.7	11.6	20.7	43.7	29.8	17.9	57.7	11.1	24.8
5 and under.....	7,818	18.9	12.5	16.3	36.6	26.4	13.4	47.2	9.0	19.1
Males:										
6-9.....	787	15.1	9.3	17.0	48.1	30.8	24.0	61.3	11.9	31.2
6-11.....	1,031	15.6	9.8	15.7	46.9	29.0	24.6	59.6	12.2	29.3
12-19.....	737	17.0	10.9	8.7	43.1	20.8	27.7	46.7	13.3	21.0
Females:										
6-9.....	704	13.4	12.7	18.7	52.3	33.3	23.0	61.0	12.2	28.5
6-11.....	969	13.3	11.0	17.2	49.3	31.0	23.4	60.3	12.9	28.9
12-19.....	732	15.0	10.7	7.8	45.6	23.9	28.6	46.3	11.9	23.9
All individuals:										
9 and under.....	9,309	17.1	11.9	16.9	42.0	28.6	17.5	52.8	10.2	23.4
19 and under.....	11,287	16.4	11.2	13.2	43.2	25.9	22.4	50.8	11.5	23.5

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 15A.--Beverages: Mean quantities (in grams) consumed per individual, by sex and age, individuals 19 years of age and under, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
----- Grams -----														
Males and females:														
Under 1.....	1,126	19	0	0	0	19	0	† 2	15	7	† 3	† 1	† 1	† *
1.....	1,016	120	0	0	0	120	† *	15	79	69	7	25	24	† 1
2.....	1,102	196	0	0	0	196	† *	21	113	100	† 11	62	56	5
1-2.....	2,118	159	0	0	0	159	† *	18	96	85	9	44	40	3
3.....	1,831	240	† *	0	† *	240	† 1	18	137	126	8	84	77	7
4.....	1,859	268	† *	† *	0	268	† *	20	141	130	8	106	95	11
5.....	884	299	0	0	0	299	1	28	149	140	† 6	121	112	7
3-5.....	4,574	269	† *	† *	† *	269	1	22	143	132	8	104	95	8
5 and under.....	7,818	201	† *	† *	† *	201	1	18	111	101	8	71	65	6
Males:														
6-9.....	787	385	† *	0	0	385	† 2	39	163	145	17	181	159	21
6-11.....	1,031	413	† *	0	0	413	† 2	39	155	137	17	217	194	23
12-19.....	737	995	† 44	† 1	† 40	951	21	114	205	158	44	609	584	25
Females:														
6-9.....	704	322	† *	0	0	322	† 1	32	135	126	7	154	143	11
6-11.....	969	370	† *	0	0	370	† 2	34	134	125	† 8	200	181	19
12-19.....	732	645	† 8	† 1	† 6	637	14	93	134	113	20	395	349	43
All individuals:														
9 and under.....	9,309	263	† *	† *	† *	263	1	25	127	115	9	110	99	10
19 and under.....	11,287	502	10	† *	† 9	492	8	57	144	124	19	282	260	21

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.5 but greater than 0.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Table 15B.--Beverages: Percentages of individuals consuming, by sex and age, individuals 19 years of age and under, 1 day, 1994-96, 1998 ‡

Sex and age (years)	Sample size	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Number		Percent												
Males and females:														
Under 1.....	1,126	8.4	0.0	0.0	0.0	8.4	0.0	† 1.4	6.5	3.8	† 1.2	† 1.2	† 1.1	† 0.2
1.....	1,016	40.8	0.0	0.0	0.0	40.8	† 0.1	5.9	27.7	24.6	2.7	14.2	13.6	† 0.8
2.....	1,102	57.1	0.0	0.0	0.0	57.1	† 0.3	7.4	34.0	31.2	3.0	27.5	24.7	3.0
1-2.....	2,118	49.1	0.0	0.0	0.0	49.1	† 0.2	6.6	30.9	28.0	2.8	21.0	19.3	1.9
3.....	1,831	61.6	† 0.1	0.0	† 0.1	61.6	† 0.7	6.5	38.9	36.6	2.5	31.7	29.1	2.9
4.....	1,859	67.8	† *	† *	0.0	67.8	† 0.6	7.4	41.2	38.4	2.6	36.9	32.8	4.5
5.....	884	70.9	0.0	0.0	0.0	70.9	† 0.8	9.1	38.8	37.3	2.2	39.0	36.1	2.9
3-5.....	4,574	66.8	† *	† *	† *	66.8	0.7	7.7	39.6	37.4	2.4	35.9	32.7	3.4
5 and under.....	7,818	53.7	† *	† *	† *	53.7	0.5	6.6	32.6	30.1	2.4	26.6	24.3	2.5
Males:														
6-9.....	787	73.2	† 0.3	0.0	0.0	73.2	† 0.9	8.8	41.6	38.1	5.3	43.1	38.8	5.4
6-11.....	1,031	74.2	† 0.2	0.0	0.0	74.2	† 1.2	8.9	39.0	35.4	4.8	47.1	43.2	5.5
12-19.....	737	87.4	2.9	† 0.3	† 2.3	86.9	6.1	16.2	28.4	23.7	5.6	69.2	66.2	5.2
Females:														
6-9.....	704	69.4	† 0.2	0.0	0.0	69.4	† 0.7	10.4	37.9	35.6	† 1.9	39.1	36.4	3.7
6-11.....	969	72.8	† 0.1	0.0	0.0	72.8	† 0.8	10.7	36.2	33.9	2.1	44.8	40.9	5.8
12-19.....	732	87.0	† 1.8	† 0.4	† 0.9	86.7	3.7	19.2	27.2	23.9	4.0	62.2	56.1	8.5
All individuals:														
9 and under.....	9,309	60.7	† 0.1	† *	† *	60.7	0.6	7.8	35.5	32.8	2.9	32.4	29.6	3.3
19 and under.....	11,287	72.8	1.0	† 0.1	0.6	72.7	2.4	11.9	32.3	29.1	3.7	47.8	44.1	5.2

‡ Estimates are based on combined data from 1994-96 and 1998 for individuals 9 years of age and under and on 1994-96 data alone for those age 10 years and over.

† See "Statistical notes," appendix B.

* Value less than 0.05 but greater than 0.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Appendix A. Counts and population percentages

- Table 16 shows unweighted counts of survey respondents by sex-age group for CSFII 1994-96 and for CSFII 1998 separately.
- Table 17 shows the weighted percentages of the population represented by the combined sample using two population bases: All individuals age 19 years and under and all individuals in the United States.
- Breast-fed children are excluded from the estimates in tables 1 through 15 and in the counts and population percentages in tables 16 and 17. There was a total of 503 breast-fed children in the combined sample; 135 children in 1994-96 and 368 children in 1998.
- The estimates in tables 1 through 15 are weighted. 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. Users should note that some weights calculated for the purpose of combining data from 1994-96 with those from 1998 yield estimates for individuals age 12 through 19 years that may be slightly different from estimates issued earlier from the CSFII 1994-96.
- The statistics presented in tables 1 through 15 are based on the data from all appropriate respondents. Fasters (that is, individuals reporting no foods or beverages consumed for the day) were included in the calculations for most tables. However, they were excluded from the calculations for table 4 because nonzero energy intakes are required from each person for the contribution to energy estimates, and fasters are the only individuals reporting zero energy intake. Fasters were also excluded from the contribution to daily nutrient intake estimates presented in tables 6, 7, and 8 because the calculations required nonzero total nutrient intakes for each person. In 1994-96, 1998 there were no fasters ages birth through 19 years.

Table 16.-- Counts of day-1 and 2-day respondents, by sex and age, individuals 19 years of age and under, 1994-96 and 1998

Sex and age (years)	1994-96		1998	
	Day-1	2-day	Day-1	2-day
-----Number-----				
Males and females:				
Under 1.....	284	269	842	796
1.....	674	645	342	327
2.....	702	671	400	380
1-2.....	1,376	1,316	742	707
3.....	489	475	1,342	1,279
4.....	511	495	1,348	1,287
5.....	475	462	409	388
3 - 5.....	1,475	1,432	3,099	2,954
5 and under.....	3,135	3,017	4,683	4,457
Males:				
6-9.....	508	493	279	265
6-11.....	752	726	—	—
12-19.....	737	696	—	—
Females:				
6-9.....	475	449	229	216
6-11.....	740	706	—	—
12-19.....	732	702	—	—
All individuals:				
9 and under.....	4,118	3,959	5,191	4,938
19 and under.....	6,096	5,847	—	—

NOTE: Excludes 135 breast-fed children in 1994-96 and 368 breast-fed children in 1998.

SOURCES: USDA's Continuing Survey of Food Intakes by Individuals 1994-96 and 1998.

Table 17.-- Population percentages (weighted) for day-1 respondents by population base, individuals 19 years of age and under, 1 day, combined sample--1994-96, 1998

Sex and age (years)	Population base: All individuals 19 and under	Population base: All individuals in the United States
	-----Percent-----	
Males and females:		
Under 1.....	3.6	1.1
1.....	5.1	1.5
2.....	5.3	1.6
1-2.....	10.4	3.0
3.....	5.4	1.6
4.....	5.3	1.6
5.....	5.5	1.6
3 - 5.....	16.2	4.7
5 and under.....	30.3	8.9
Males:		
6-9.....	10.5	3.1
6-11.....	15.8	4.6
12-19.....	19.8	5.8
Females:		
6-9.....	9.7	2.8
6-11.....	15.0	4.4
12-19.....	19.1	5.6
All individuals:		
9 and under.....	50.5	14.8
19 and under.....	100.0	29.2

NOTE: Excludes 503 breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998

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 design effect. In that role we are using a variance inflation factor. Variance inflation factors used to generate the estimates in this table set were calculated on individuals 19 years of age and under; they are as follows:

Day-1, CSFII 1994-96, 1998 – 2.24
2-day, CSFII 1994-96, 1998 – 2.50

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 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 1, 2, 4, 6, 7, 8, 9A, 10A, 11A, 12A, 13A, 14A, and 15A 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 and percentages of nutrients from foods eaten as snacks.

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 3, 5, 9B, 10B, 11B, 12B, 13B, 14B and 15B and to the second column of tables 6, 7, and 8 to flag estimates that should be used with caution.

Appendix C. Table notes

Table 1. Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, CSFII 1994-96, 1998

- The estimated nutrient intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the left-hand column. For each nutrient or dietary component identified in the column head, intakes for each individual in a day were totaled, and a group mean was calculated. The nutrient intakes presented in the tables do not include nutrients from vitamin and mineral supplements or plain drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. The sodium intake does not include sodium from salt added at the table. Intakes of folate are affected by new regulations that went into effect on January 1, 1998 requiring the addition of folic acid to enriched cereal grain products subject to standards of identity (see appendix E).

Table 2. Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, CSFII 1994-96, 1998

- Nutrient intakes by individuals were expressed as percentages of the RDA, then averaged for the group. "The RDAs provide a safety factor appropriate to each nutrient [except energy] and exceed the actual requirements of most individuals" (FNB/NRC 1989, p. 2). "If a group average intake approximates that of the ... group RDA, some persons within the group are consuming less than the RDA and others more. Except for energy, in which the average requirement of the population group is recommended, the RDAs are intended to be sufficiently generous to encompass the presumed ... variability in requirement among people. Thus, if a population's habitual intake approximates or exceeds the RDA, the probability of deficiency is quite low" (FNB/NRC 1989, p. 21). However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes. Intakes of folate are affected by new regulations that went into effect on January 1, 1998 requiring the addition of folic acid to enriched cereal grain products subject to standards of identity (see appendix E).

Table 3. Nutrient Intakes: Percentages of individuals with diets meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, CSFII 1994-96, 1998

- "The RDAs provide a safety factor appropriate to each nutrient [except energy], and exceed the actual requirements of most individuals" (FNB/NRC 1989, p.2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. However, as the percentage of the population with intakes below 100 percent of a given RDA increases, so does the likelihood that some individuals in the population are at nutritional risk.

- “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 the probable risk of deficiency for that individual” (FNB/NRC 1989, p.9). “For most nutrients, RDAs are intended to be average intakes over at least 3 days; for others, (e.g., vitamin A and B-12), they may be averaged over several months” (FNB/NRC 1989, p.20). Estimates in this table are based on 2-day average data.
- Intakes of folate are affected by new regulations that went into effect on January 1, 1998 requiring the addition of folic acid to enriched cereal grain products subject to standards of identity (see appendix E).

Table 4. Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, CSFII 1994-96, 1998

- The percentage contributions of protein, fat, fatty acids, carbohydrate, and alcohol to food energy intake were calculated by multiplying each individual’s intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, carbohydrate by 4 kilocalories per gram, and alcohol by 7 kilocalories per gram.

These values were divided by the individual’s total food energy intake and multiplied by 100 to obtain the percentage of an individual’s total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group 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).

- Five individuals who had no food intake for the day were excluded from the calculations. Percentages may not add to 100 percent because of the use of the general factors cited above.

Table 5. Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by sex and age, 2-day average, CSFII 1994-96, 1998

- The 1995 *Dietary Guidelines for Americans* (USDA and DHHS 1995) recommend that people 2 years of age and older choose a diet with no more than 30 percent of calories from total fat, less than 10 percent of calories from saturated fat, and no more than 300 milligrams per day of cholesterol. In addition, the *Healthy People 2000* objectives establish a goal of increasing to at least 50 percent the proportion of people aged 2 and older who meet the average daily goals of no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat (DHHS/PHS 1995). Please note that although the age groups used in this table are the same as those used throughout the table set, the recommendations are not appropriate for children under 2 years.

Table 6. Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, CSFII 1994-96, 1998

- Each separate time a respondent ate and/or drank was considered to be an “eating occasion.” Eating occasions identified by the respondent as “breakfast” are included here.
- Calculations of averages were based on all individuals, not just those who ate breakfast. An individual's intake of each nutrient from breakfast was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If breakfast contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.
- Intakes of folate are affected by new regulations that went into effect on January 1, 1998 requiring the addition of folic acid to enriched cereal grain products subject to standards of identity (see appendix E).

Table 7. Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, CSFII 1994-96, 1998

- Each separate time a respondent ate and/or drank was considered to be an “eating occasion.” The specific wording of the question on which this table is based is, “Looking at this card, please tell me what you would call this occasion?” The answer card shown to the respondent listed the categories “breakfast, brunch, lunch, dinner, supper, *food and/or beverage break (snack, alcoholic beverage, other beverage)*, feeding (infant only), and other (specify).” In this table, “snack” refers to any eating occasion designated by the respondent as a food and/or beverage break, including the snack, alcoholic beverage, and other beverage subcategories.
- Calculations of averages were based on all individuals, not just those who ate snacks. An individual's intake of each nutrient from snacks was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If snacks contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.
- Intakes of folate are affected by new regulations that went into effect on January 1, 1998 requiring the addition of folic acid to enriched cereal grain products subject to standards of identity (see appendix E).

Table 8. Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, CSFII 1994-96, 1998

- For each food item eaten, the respondent was asked, “Before you ate this particular food, was it ever at your home?” If the answer was “no,” the food was classified as food obtained and eaten away from home (food away from home). Prepared foods obtained away and taken home to be eaten and foods taken from home to be eaten elsewhere were not classified as food obtained and eaten away from home.
- Calculations of averages were based on all individuals, not just those who obtained and ate food away from home. An individual's intake of each nutrient from food away from home was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by such food. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If food obtained and eaten away from home contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total day 1 intake of that nutrient was zero.
- Intakes of folate are affected by new regulations that went into effect on January 1, 1998 requiring the addition of folic acid to enriched cereal grain products subject to standards of identity (see appendix E).

Tables 9A to 15B. Food intakes: Mean quantities (in grams) of food from various food groups consumed per individual and percentages of individuals consuming foods from various food groups, by sex and age, 1 day, CSFII 1994-96, 1998

- Appendix D lists foods in each food group shown in these tables.
- Quantities exclude inedible parts of foods such as bones, rinds, and seeds.
- One ounce (by weight) is equivalent to 28.35 grams.
- Food group quantities represent average intakes of both consumers (users of that food group) and nonconsumers on the survey day. If no food from a specific food group or subgroup was reported on the survey day, that individual's total was 0; the 0 was included in the calculation of the group mean. Quantities for consumers alone can be calculated by dividing the average intake of a food group (A tables) by the percentage of individuals using foods from that group (B tables) expressed as a decimal.
- Percentages of individuals consuming: A consumer is an individual reporting any food item in the specified group or subgroup.

- Ingredients in mixed dishes are tabulated with the food group of the primary ingredient. For example, cheese in pizza is tabulated under "Grain products" in the subgroup "Mixtures mainly grain." Among foods eaten by adults in 1994, foods tabulated as "Mixtures mainly grain" were 32 percent grain products, 24 percent vegetables, 8 percent milk and milk products, and 8 percent meat, poultry, and fish by weight, and foods tabulated as "mixtures mainly meat, poultry, fish" were 14 percent grain products, 28 percent vegetables, 6 percent milk and milk products, and 34 percent meat, poultry, and fish by weight (unpublished data).

Appendix D. Descriptions of food groups used in tables 9A to 15B, CSFII 1994-96, 1998

GRAIN PRODUCTS

Total grain products: Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, French toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a grilled cheese sandwich coded as a single item is tabulated under Milk and Milk Products.

Yeast breads and rolls: Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

Total cereals, rice, pasta: Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

Ready-to-eat cereals: Includes unsweetened and sweetened ready-to-eat cereals.

Rice: Includes white, brown, and wild rice.

Pasta: Includes macaroni, noodles, and spaghetti.

Quick breads, pancakes, French toast: Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

Cakes, cookies, pastries, pies: Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

Crackers, popcorn, pretzels, corn chips: Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables in the subgroup "white potatoes."

Mixtures mainly grain: Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

VEGETABLES

Total vegetables: Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, potatoes or tomatoes in beef stew are tabulated under Meat, Poultry, and Fish.

White potatoes: Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

Fried potatoes: Includes french-fried, deep-fried, hash brown, and home-fried potatoes; potato skins; and potato chips.

Dark-green vegetables: Includes raw and cooked broccoli and dark-green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

Deep-yellow vegetables: Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweet potatoes; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweet potato casserole; and baby-food carrots, squash, and sweet potatoes.

Tomatoes: Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

Lettuce, lettuce-based salads: Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

Green beans: Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

Corn, green peas, lima beans: Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans, which are tabulated under Legumes.

Other vegetables: Includes raw and cooked vegetables other than the following: white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having "other" vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat.

FRUITS

Total fruits: Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, apples in apple pie are tabulated under Grain Products.

Total citrus fruits and juices: Includes oranges and other citrus fruits, mixtures of orange juice and other citrus juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under Beverages.

Citrus juices: Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under "noncitrus juices and nectars."

Dried fruits: Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under "other fruits, mixtures, and juices."

Total other fruits, mixtures, juices: Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes frozen fruit juice bars and sorbets, which are tabulated under Total Sugars and Sweets.

Apples: Includes raw and cooked apples, applesauce, and baby-food applesauce.

Bananas: Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or "green bananas," which are tabulated under Vegetables in the subgroup "other."

Melons and berries: Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

Other fruits and mixtures mainly fruit: Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars: Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

MILK AND MILK PRODUCTS

Total milk and milk products: Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, cheese on pizza is tabulated under Grain Products.

Total milk, milk drinks, yogurt: Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

Total fluid milk: Includes fluid whole, lowfat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk: Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

Lowfat milk: Includes lowfat (1 and 2 percent) milk, buttermilk (lowfat and nonfat), acidophilus milk, lowfat lactose-reduced fluid milk, and reconstituted lowfat dry milk.

Skim milk: Includes skim or nonfat fluid milk, lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

Yogurt: Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under "milk desserts."

Milk desserts: Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

Cheese: Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

MEAT, POULTRY, AND FISH

Total meat, poultry, and fish: Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

Beef: Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Pork: Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig's feet; and pork rinds. Excludes organ meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game: Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Organ meats: Includes liver, tripe, gizzards, and other organ meats.

Frankfurters, sausages, luncheon meats: Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

Total poultry: Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

Chicken: Includes only chicken. Excludes organ meats (giblets).

Fish and shellfish: Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

Mixtures mainly meat, poultry, fish: Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

EGGS; LEGUMES; NUTS AND SEEDS; FATS AND OILS; SUGARS AND SWEETS

Eggs: Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, eggs in baked goods are tabulated under Grain Products.

Legumes: Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, beans in tacos are tabulated under Grain Products.

Nuts and seeds: Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets in the subgroup "candy." Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, nuts in baked goods are tabulated under Grain Products.

Total fats and oils: Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, or Fish. Also, mayonnaise in cole slaw is tabulated under Vegetables.

Table fats: Includes butter, margarine, imitation margarine, margarine-like spreads, blends of butter with margarine or vegetable oil, and butter replacements.

Salad dressings: Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

Total sugars and sweets: Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, sugar in baked goods is tabulated under Grain Products. Also, sugar in carbonated soft drinks is tabulated under Beverages.

Sugars: Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

Candy: Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

BEVERAGES

Total beverages: Includes alcoholic and nonalcoholic beverages. Excludes plain tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

Total alcoholic beverages: Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

Wine: Includes wine; light wine; and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under "nonalcoholic beverages."

Beer and ale: Includes beer, ale, and light ("lite") beer. Excludes "near beer," which is tabulated under "nonalcoholic beverages."

Total nonalcoholic beverages: Includes coffee, tea, fruit drinks and ades, and soft drinks. "Near beer and nonalcoholic wine" are included under this total but not in any of the following subgroups.

Coffee: Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

Tea: Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

Total fruit drinks and ades: Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under "carbonated soft drinks."

Regular fruit drinks and ades: Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

Low-calorie fruit drinks and ades: Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks: Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

Regular carbonated soft drinks: Includes all carbonated soft drinks except unsweetened and sugar-free types.

Low-calorie carbonated soft drinks: Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.

Appendix E. Folate intakes in CSFII 1994-96 and CSFII 1998

Tables 1, 2, and 3 in the main table set contain estimates of folate intake that are based on all 4 years of the CSFII (1994-96 and 1998). The use of the combined data to calculate mean intakes masks the increase in folate intake that took place in 1998 as a result of regulations that became effective on January 1, 1998, requiring the addition of folic acid to enriched cereal grain products subject to standards of identity (DHHS/FDA 1996). For that reason, table 18 in this appendix contains separate estimates of folate intakes in 1994-96 and 1998 for children 9 years of age and under (older children were not surveyed in 1998).

The Survey Nutrient Database used with CSFII data to calculate nutrient intakes is a multi-year database that contains start- and end-dates indicating the time period when each value was available for coding. Folate values in the Survey Nutrient Database were updated for 1998 to reflect the new regulations. For the most part, values in the database were calculated by the ARS Nutrient Data Laboratory based on enrichment levels specified in the regulations, since the analytical values were not yet available. For those foods where the enrichment level is given as a range the midpoint was used to set the value.

Products affected by the regulations include flour, cornmeal and grits, farina, rice, macaroni, noodles, bread, rolls, and buns. Folic acid may continue to be added (with some restrictions on amounts) to breakfast cereals, infant formulas, medical foods, food for special dietary use, and meal replacements products. Food items containing any of these products as ingredients, such as baked products made with enriched flour, were also updated.

Table 18.--Folate intakes in 1994-96 and 1998: Mean intake, mean intake as a percentage of the 1989 Recommended Dietary Allowances (RDA), and percentages of individuals with diets meeting 100 percent of the RDA, by sex and age, children age 9 years and under

Sex and age (years)	Mean folate intake (1 day)		Mean folate intake as a percentage of the 1989 RDA (1 day)		Percentage of individuals with diets meeting 100 percent of the 1989 RDA for folate (2-day average)	
	1994-96	1998	1994-96	1998	1994-96	1998
	<i>Micrograms</i>		<i>Percent</i>		<i>Percentage of individuals</i>	
Males and females:						
Under 1.....	118	130	390	422	† 99.6	† 99.9
1.....	166	230	332	459	† 98.3	† 99.8
2.....	187	255	374	509	† 98.9	† 100.0
1-2.....	177	242	354	485	98.6	† 99.9
3.....	207	286	414	572	† 99.1	† 100.0
4.....	204	317	273	423	97.0	† 100.0
5.....	236	330	314	439	† 97.3	† 100.0
3 - 5.....	215	311	332	479	97.8	† 100.0
5 and under.....	190	267	347	474	98.3	† 100.0
Males:						
6-9.....	271	372	292	399	95.7	† 100.0
Females:						
6-9.....	227	313	247	341	94.8	† 100.0
All children:						
9 and under.....	214	299	316	431	97.1	† 100.0

† See "Statistical notes," appendix B.

NOTE: Excludes breast-fed children.

SOURCE: USDA's Continuing Survey of Food Intakes by Individuals 1994-96, 1998.

Appendix F. References

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